



# Bukas-Loob Sa Diyos (BLD) Trenton

## Singles Ministry Edition

### MONTHLY SCHEDULE

1<sup>st</sup> and 2<sup>nd</sup> Friday:

St. William the Abbot  
2740 Lakewood-Allenwood Rd. Howell,  
NJ 07731

3<sup>rd</sup> and 4<sup>th</sup> Friday:

Church of the Nativity  
102 2<sup>nd</sup> St. Howell, NJ 07731#

### THIS SUNDAY'S COUNSELS

#### WORD:

Hab 1:2-3; 2:2-4/ Ps 95:1-2, 6-7, 8-9/  
2 Tm 1:6-8, 13-14/  
Lk 17:5-10

#### THEME:

We have unwavering faith when we bear the hardship of sharing the gospel.

#### PROMISE:

"...but the just man, because of his faith, shall live." (Hab 2:2)

### COMMUNITY EVENTS

**October 8th** -- Corporate  
Worship  
Singles Food Service Night  
Anointing of New Singles  
Core Members

**October 15th** -- Singles  
Worship at Nativity

**October 16th** -- Halloween  
Party at K-Rod's

**October 22th** -- Singles  
Worship at Nativity

**October 29th** - Corporate  
Worship at St Al's

*"...that today you would hear his voice, harden not your hearts..." (Ps 95:7 - 8)*

## SE4 GRAND REUNION

Se4 Grand Reunion was once again a victorious day for the Lord! We were able to feel His presence in our lives and heed God's calling. Allow us to share with you how the Singles Encounter Weekend touched our lives....

*I am very thankful to the Lord because he has blessed me with the opportunity to experience something new and to open myself to a new community. The singles community is a place where you can be yourself and there is a reassuring feeling to know that you will always have a time and place to be with God. ---*

*- I'm thankful for having the SE family always there for me. Thankful that God brought me the realest, most down to earth people. and I thank the SE family for helping me find God back into my life through the SE retreat.*

*- Singles Ministry is my second family.!*

*- My heart is overflowing with gratitude for what He has done for me and what He has given me. In the past 12 months, He gave me an abundance of gifts that literally altered my life in every possible way. In 2008, I moved to NJ for one big reason and though it no longer is the same reason I am here, I finally have found peace in my heart that I am exactly where I am supposed to be.*

We look forward to serve the Lord in the coming Singles Encounter. May God's grace be with us all!

Se4 Family



## BIRTHDAYS

Charisse Bacalso	10/5
JayR Torres	10/24
Ryla Durante	10/30

## SAVE THE DATE

November 12<sup>th</sup>  
– 14<sup>th</sup>

Life in Spirit  
Seminar 12



## Something I'd Like To Share...

It sucks to get hurt and sometimes, revenge seems so sweet. All of us, at some point in our lives, have been hurt by people we love, and we in turn, may have hurt them. What makes getting hurt difficult for us as we grow older is the cumulative effect of our "hurt" experience. The pattern created leads us to a phobia, a fear of getting hurt over and over again. Worst off, the hurtful act cuts through our hearts deeply and we bleed for a long time. What if the blow comes from someone whom we expected to love us, or we thought loved us? Our pain is then intensified a thousand-fold, and life becomes miserable, maybe even unbearable. Those of us who have experienced this kind of pain will know how difficult it is to move forward.

When someone hurts us, we lose our trust for the person who hurt us; and likewise, we lose a piece of ourselves. Then we start to question... why? The foundation of our trust for the person who hurt us suddenly crumbles. We start to lose that person, and this saddens us. The dynamics of the relationship has changed. Whatever hurtful situation we may find ourselves in, it is that element of lost trust that leaves us fearful of what is to come, that leaves us feeling paranoid of recreating the same circumstances that may have lead us to getting hurt, and that leaves us feeling uncertain of ourselves.

We NEED to grieve after we get hurt. We go through several stages of grief: denial, bargaining, anger, and finally, acceptance. Some of us get stuck in the first three stages and we just never move on to acceptance, and life can end up bitter all the time.

No one wants to be miserable forever, so what comes after grief? There is truth in what we already have heard: that time heals all wounds. Time is on our side but we must use it wisely; we analyze what had been done and we plan on what we do next to heal ourselves. We must believe that it is only God's loving grace and mercy that can completely heal us. We need to pray for healing, listen to His voice and take His cue to participate in shaping our own lives.

True healing starts with forgiveness. Once the heart forgives, everything else follows. We need to forgive even if the person who hurt us has no remorse; or even if our relationship with the person who hurt us is beyond repair; or even if it means accepting our own misgivings that may have hurt the other person. Only in forgiving can we find that inner peace that leads to our acceptance of how our life has been.

"Forgiveness is to pardon and remit the sins and hurts another has committed against one. It is to release blame and to free the other from any sense of obligation and resentment, and it involves giving up one's right to retain that hurt and sin." Nothing can go wrong when we love like we should. I finally have found my own definition(s) of forgiveness: it means letting go; it means wishing the person who hurt me love, peace, and happiness, even in my absence; it means giving the person who hurt me as much love as my badly bruised self can allow without hurting inside of me. One big lesson I have learned: I also need to forgive myself before I can heal completely.

So I now end this piece by going back to the second part of my first sentence: revenge seems so sweet. Revenge will NEVER be sweet. Taking revenge hurts the person who hurt you. And the question gets thrown back at you: why would you hurt a person you love? The best revenge is living life well and learning to love yourself again.