



# Community News

Volume 19, Issue 5

<http://bldtrenton.com>

February 1, 2019

**THEME:** We proclaim God's love when we follow Jesus and stand up for Him.

**PROMISE:** "...I am with you to deliver you." (Jer 1:19b)

**WORD:** Jer 1:4-5, 17-19/ Ps 71:1-6, 15-17/ 1Cor 12:31-13:13/ Lk 4:21-30

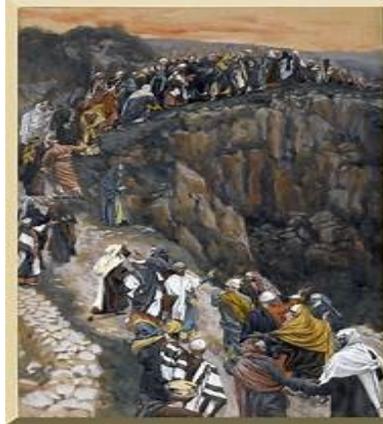
**ORDERS:** "Be merciful, just as your Father is merciful." (Lk 6:36)

**DIRECTIONS:**

- Help those who are sick and needy to let them feel and know the love of God.
- Love your enemies by praying for them.

## To Afflict and Comfort

**REFLECTION:** In his youth, Jeremiah was no different from any ordinary youth who dreamed of marrying, raising children and leading a peaceful life in his hometown. But God had other plans for him. God had chosen him to be a prophet. And like Jeremiah, God calls all of us to be prophets too, not just "hearers of His word, but bearers of His word as well." In other words, we are to exercise our gift of prophesy without fear or letup. We are to see the world with the eyes of God. We cannot just keep quiet at the sight of injustice and abuse of power. As prophets we are called to denounce oppressions, unmask corruption, and censure those who perpetrate violence and lead people astray. Easier said than done. But that is our calling and we should not fear because the Lord



has promised in Jeremiah 1:19: "They will fight against you but not prevail over you, for I am with you to deliver you."

In the 2nd reading, St. Paul declares the love of God and neighbor as the underlying foundation and motivation behind the use of our spiritual gifts. Only through love are our charisms made more effective as we set out on mission. We are reminded too that love is not to be confused with selfish passion that seeks to serve one's own interest and pleasure. Jesus did not love mankind because man is good (on the contrary, many men are in fact thieves, murderers, adulterers); He made them good by loving them unconditionally. One can have many virtues or good qualities, and even accomplish many wonderful

*To Afflict—See Page 2*

### Know Your Saints

## St. Francis de Sales: Patron of Writers

Born to a noble family in 1567 in Swiss Savoy, Francis de Sales was a successful lawyer but knew for years he had a vocation to the priesthood. After he was ordained a priest, he volunteered to lead a mission to bring back Catholics who had forsaken their faith for the Calvinist religion. For three years he his face and rocks thrown at their doors for him so he found a way to get phlets explaining true Catholic doctrines

Once he became Bishop of Geneva in religious instruction for the faithful, both erful, and he wrote many articles about many religious leaders were angry and calm manner drew many people to him and

Contrary to the popular thinking at the just the clergy, was called to holiness and sanc- might be. He had proven with his own life that people could grow in holiness while actively involved in an occupation. He also recognized that Christian marriage and family life is itself a call to holiness.

St. Francis de Sales died of a heart attack in 1622. He is honored as a Doctor of the Church and patron saint of writers and journalists.



worked the countrysides, had doors slammed in him. No one would listen to him nor open under the door. He wrote out little pam- and slipped them under people's doors. 1602, Francis de Sales immediately began young and old. His sermons were very pow- faith. Most importantly, in an age where intolerant, he was humble and gentle. His to the Church.

time, Francis insisted that every Christian, not tity no matter what their career or state in life

### Teaching Schedule

Feb 2 - ME 19 Mind of Christ  
 Walking in the Spirit  
 Feb 9 - ME 18 Shepherds Training I  
 Feb 23 - ME 20 Book of Books  
 Approach to the Word

### Save the Date

Feb. 23 : Washing of the Feet Retreat  
 Venue : St. Thomas Church, Old Bridge  
 Mar 22-24 : Solo Parents Encounter  
 Venue : Days Inn, New Brunswick  
 Apr 26-28 : Marriage Encounter # 21  
 Venue : Executive Suites, Carteret

### God's Blessings Birthday

Rene Gallofin	2/1	Jiyenchy Gerges	2/3
Brenda Palao	2/1	Viema Cac	2/4
Mike Crocco	2/2	Gene Del Carmen	2/5
Linda Sypher	2/3	Olivia Cuasay	2/7

### Anniversary

Woody & Ruby Woodard	2/2
Mike and Beth Zarraga	2/3
Allan & Elma Pontipiedra	2/5

### Marshall Assignment

Feb 1 - Claro Gomez & Jojo Legaspi  
 Feb 8 - Caesar Morte & Dan Catarata

### Rosary Leaders, Prayer Warriors & Proclaimers

Healing Mass Sponsored by ME 14

### The Lord's Provision - January 25, 2019

Tithes: \$550.00 Love Offering: \$149.00  
 Thank You For Your Generosity

## Prepare To Be Offended

When Jesus first proclaimed the good news of God's kingdom to his own townspeople at Nazareth (Lk 4:23-27), he did not hesitate to confront them with their sin of indifference and unbelief. He startled his listeners in the synagogue at Nazareth with a seeming rebuke that no prophet or servant of God could receive honor among his own people. He then angered them when he complimented Gentiles (non-Jews) who had shown more faith in God than the "chosen ones" of Israel. Some who despised the Gentiles even spoke of them as "fuel for the fires of hell." Jesus' praise for "outsiders" offended the ears of his own people because they were blind-sighted to God's merciful plan of redemption for all the nations.

We all stand in need of God's grace and merciful help every day and every moment of our lives. Scripture tells us that *"the steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning"* (Lam 3:22-23). God gives grace to the humble who seek him with expectant faith and with a repentant heart that wants to be made whole and clean again.

The Lord Jesus will set us free from every sinful habit and every harmful way of relating to our neighbor, if we allow him to cleanse and heal us. If we want to walk in freedom and grow in love and holiness, then we must humbly renounce our sinful ways and submit to Christ's instruction and healing discipline in our lives. Scripture tells us that the Lord disciplines us *for our good that we may share his holiness* (Heb 12:10). Do you want the Lord Jesus to set you free and make you whole again?



*Adapted from [www.dailyscripture.net](http://www.dailyscripture.net)*

To Afflict: *Continued from Page 1*

things, without possessing the kind of love Jesus has. St. Paul reminds us, in the end three gifts are left... *"Faith, hope*

*and love, but the greatest of these is love,"* (1Cor 12:13).

The gospel is rather difficult to understand. How could the admiration of the people of Nazareth turn into sudden fury and hostility against Jesus, to the point they wanted to kill Him? Simple answer; their expectations and worldly mindset had betrayed them. First, they did not expect the Son of God to come from among them. And, if they had known, they expected Jesus to perform the same wonders and miracles in their hometown. But Jesus did not; Jesus wanted them to understand that He did not come to solve all their problems at the flick of His finger. He wanted His town mates to believe and proclaim His gospel, exercise their prophetic gifts, and give their lives over to spreading of the gospel. Similarly, Jesus wants us to realize that the salvation of God is not a privilege reserved exclusively for members and disciples of Bukas Loob Sa Diyos (Open in Spirit to God) but for all peoples.

Today, Jesus is asking for the kind of open-hearted love from us that He had hoped to find among the people of His time and place. We cannot love Jesus in an intellectual vacuum, or simply by repeating, "Lord, Lord" without internalizing and living out our faith. Our Catechism reminds us that we can even sin by being ungrateful, indifferent, or lukewarm toward God's love.

*Adapted from [www.bldworld.com](http://www.bldworld.com)*

**This Sunday's  
Counsel**

**THEME:** We proclaim God's love when we respond to His call to be fishers of men.

**PROMISE:** "The Lord will complete what he has done for me." (Ps 138:8a)

**WORD:** Is 6:1-2a, 3-8/ Ps 138:1-5, 7-8/ 1Cor 15:1-11/ Lk 5:1-11

**ORDERS:** "Do not be afraid." (Lk 5:10)

**DIRECTIONS:**

- Hold fast to the word of God.
- Trust in the Lord.
- Cast your nest into deeper water. Reach out to others beyond your comfort zone to spread the word of God.



**BLD Trenton**



# Community News

Volume 19, Issue 6

<http://bldtrenton.com>

February 8, 2019

## He Wants Deep Water Fishers



**REFLECTION:** From the early stage of our lives, we have heard Jesus' teachings, leading us to be a light to the nations, the salt of the earth, and builders of His kingdom here on earth with justice, peace, and love. We are encouraged to make a difference in the world and in His church. To be fishers of men we must effectively reflect the love of God in our own life.

Our faith journey took a deeper turn when we all joined the community. Most of us were called initially thru an invitation to a retreat. We hesitated for fear of embarking on an unknown journey. We were comfortable with our so-called spiritual life which consisted mainly of attend-

ing Sunday masses. But somehow God's miraculous grace led us to take that first bite...the weekend retreat. And things have not been the same since then.

From that time of our encounter, the Lord was already calling us and telling us to cast our nets to deeper water. To have a deeper relationship with the Father and discover what He has in store for us through Jesus Christ. All of us have had life changing experiences when the Lord touched us during our ME, LSS and other retreats. The teachings and our attendance at Friday worships contributed to our ongoing personal conversion and prepared us for greater things to come. The more we learned of Jesus, the more desirous we became of wanting to follow Him. "They left their nets and followed him" (Luke 5). We sealed our covenant and served in ministries we are assigned.

In serving, we saw our faith grow as we experienced the cost and rewards of following the Lord's footsteps. We gave up our time, talent, and treasure for the needs of the community and found joy as

*Fishers — See Page 2*

**FUN  
FACTS  
OF OUR  
FAITH**

## Bless Your Throat

Have you had your throat blessed lately?

The annual blessing of throats is ordinarily given during Mass or a celebration of the word of God on February 3, the memorial of Saint Blaise. It is a traditional sign of the struggle against illness in the life of the Christian. A priest, deacon or lay minister touches the throat of each person with two unlit candles blessed on the feast of the Presentation of the Lord (February 2), and which have been joined together in the form of a cross, while giving this blessing: "Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness. In the name of the Father and of the Son, and of the Holy Spirit."

Saint Blaise was the bishop of Sebaste in Armenia during the 4th century. According to various accounts he was a physician before becoming a bishop. In 316 A.D., Agricola, the governor of Cappadocia and of Lesser Armenia arrived in Sebaste at the order of the emperor to kill the Christians. Blaise was arrested and as he was being led to prison, a mother set her only son, choking to death of a fish-bone, at his feet. Touched at her grief, he offered up his prayers, and the child was cured straight away. But, unable to make Blaise renounce his faith, the governor beat him with a stick, ripped his flesh with iron combs, and beheaded him. Since the 8th century, Saint Blaise has been invoked for protection against injuries and illnesses of the throat.



### Teaching Schedule

Feb 9 - ME 18 Shepherds Training I  
 Feb 23 - ME 20 Book of Books  
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### Marshall Assignment

Feb 8 - Caesar Morte & Dan Catarata  
 Feb 15 - Dennis Zulueta & Jay Talag

### Rosary Leaders, Prayer Warriors & Proclaimers

Tet & Thomas Edralin, Nestor & Chat Conde, Edgar Arabit, Erwin & Grace Bustamante

### WRITERS NEEDED

Calling everyone to contribute to our Community News. We welcome spiritual articles, testimonies, and reflections of 300 words or less. Please submit manuscripts by e-mail to [bldword@gmail.com](mailto:bldword@gmail.com).

### God's Blessings Birthday

Toy Juarez	2/8	Emily Ho	2/11
Edna Perez	2/10	Christopher Biala	2/12
Dette Santos	2/10	Carl Caparros	2/12
Claro Gomez	2/11	Gerald Mirandilla	2/12
Nino Fajardo		2/13	

### Save the Date

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 Venue : Executive Suites, Carteret

### The Lord's Provision - February 1, 2019

Tithes: \$195.00 Love Offering: \$199.00  
 Thank You For Your Generosity

Do you ever feel haunted by a past failure or a guilty conscience?

## Healing A Guilty Conscience

The Lord Jesus came to set us free from the oppression of sin and guilt. King Herod, the most powerful and wealthy man in Judea, had everything he wanted, except a clear conscience and peace with God. Herod had respected and feared John the Baptist as a great prophet and servant of God. John, however did not fear to rebuke Herod for his adulterous relationship with his brother's wife, Herodias. John ended up in prison because of Herodias' hatred and jealousy to please his family and friends. Herod, out of impulse and a desire to please his family and friends, had John beheaded. Now Herod's conscience is pricked when he hears John's message.



When Herod heard the fame of John the Baptist, whom he had beheaded, had returned from the dead. Unfortunately for Herod, he could not rid himself of sin by ridding himself of the Baptist. Herod was a weak man. He could not take a strong stand on the wrong things when he knew the right. Such a stand, however, was a sign of weakness and cowardice. The Lord gives grace to the humble, to those who acknowledge their sins and who seek God's mercy and pardon. His grace and pardon not only frees us from a guilty conscience, it enables us to pursue holiness in thought and action as well. God's grace enables us to fight fear with faith and to overcome the temptation to compromise goodness and truth with wrongdoing and falsehood.

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**Fishers:** *Continued from Page 1*

we bring Him to the lives of those whom we served. We experienced God's presence in kind and compassionate words of fellow brethren as they minister to the people around them. Faith was alive when we witnessed reconciliation among family members and people within the community.

Like Peter in our gospel, however, we also display some shortcomings. We complain at times when we feel we work so hard but couldn't see the fruits of our labor. We go thru periods of doubt over the effectiveness of our ministry work. When discouragement sets in, we must hold fast to the word of God. We take to heart His promise that He will complete what He has done for us.

Casting our nets to the deep water means moving out of our comfort zone. It can mean serving in a ministry that we are not comfortable with. Sometimes the "deep water" may mean forgiving those who have wronged us. It can also be that the Lord is asking us to let go of our nets of pride so we can be more engaging in converting others. When we make a leap to the unknown, we must not feel unequipped because God equips and qualifies everyone He calls. All that He needs from us is our yes. Did He not say, "Do not be afraid"? Like Isaiah, Paul and Peter, let us cooperate with the Lord's grace and become fishers of men to complete what the Lord has planned for us from the very beginning of our faith journey. The grace of God that is with us is more than enough for us to follow and obey Him. To tell Him "here I am Lord send me."

**This Sunday's  
Counsel**



**BLD Trenton**



# Community News

Volume 19, Issue 6

<http://bldtrenton.com>

February 15, 2019

**THEME:** We proclaim God's love when we perform charitable acts.

**PROMISE:**  
*"Behold, your reward will be great in heaven..."* (Lk 6:23)

**WORD:** Jer 17:5-8/  
Ps 1:1-4, 6/ 1Cor 15:12, 16-20/ Lk 6:17, 20-26

**ORDERS:** *"Hope and trust in the Lord."* (Jer 17:7)

- DIRECTIONS:**
- Delight and meditate on the law of the Lord.
  - Read, study and take time to pray and meditate on the word of the Lord.
  - Share your time and treasure to those in need.

## Love Through Charity

**REFLECTION:** What does the Bible tell us about charity? Some bible versions (e.g. King James) equates charity to love. In 1 Corinthians 13, the word "agapē" is a Greco-Christian term referring to love, "the highest form of love, charity" and "the love of God for man and of man for God." Acts 9:36 tells about a woman named Tabitha (which translated means Dorcas) who was completely occupied with good deeds and almsgiving or charity. The Greek word here means "compassion, as exercised towards the poor; beneficence." The Bible has much to say about charity and how we are to care for the poor and needy among us. One of the most famous passages on the importance of caring for those in need is in Jesus' parable of the sheep and the goats. He says, "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and



*you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. I tell you the truth, whatever you did*

*for one of the least of these brothers of mine, you did for me"* (Mt 25:34-36, 40). Clearly, when we care for someone in need, we do the will of Christ and manifest in our charitable actions the love of the Father. And our Father shows His appreciation and gratitude to us by promising the highest reward when He assures us: "Behold, your reward will be great in heaven," (Lk 6:23).

*Charity —See Page 2*

**Know  
Your  
Saints**

## Saint Valentine: Patron of Lovers

At least three different Saint Valentines, all of them martyrs, are mentioned in the early martyrologies under date of February 14. One is described as a priest in the Roman Empire who helped persecuted Christians, was thrown in jail and later beheaded. Another was a bishop of Interamna (modern Terni) who was also beheaded. Both suffered in the second half of the third century and were said to have been buried on the Flaminian Way, but at different distances from the city. The third Saint Valentine was believed to have secretly married couples when marriage was forbidden in Africa, wrote letters to his jailer's daughter and was probably beheaded.

Confusion over its origins led the Church in 1969 to drop Saint Valentine's Day from the Roman calendar of official, worldwide Catholic feasts. (Those highly sought-after days are reserved for saints with more clear historical record. After all, the saints are real individuals for us to imitate.)

There was also a conventional belief in Europe during the Middle Ages that birds chose their partners in the middle of February. Thus the day was dedicated to love, and people observed it by writing love letters and sending small gifts to their beloved. Legend has it that Charles, duke of Orleans, sent the first real Valentine card to his wife in 1415, when he was imprisoned in the Tower of London. (He, however, was not beheaded, and died a half-century later of old age.)



**St. Valentine**

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**Feb. 23** : Washing of the Feet Retreat  
 Venue : St. Thomas Church, Old Bridge  
**Mar 22-24** : Solo Parents Encounter  
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**Mar 30** : Agony in the Garden Retreat  
 Venue : St. Robert Church, Freehold  
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Mike & Rhea Bell, Popong & Maryann Arias,  
 Gene & Leleng del Carmen, Tony & Tess Corso

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### The Lord's Provision Feb. 8, 2019

Tithes: \$430.00  
 Love Offering: \$140.00

*Thank You For Your  
 Generosity*

### God's Blessings Birthday

Faye Juezan	2/17	Mike Agustin	2/18
Grace Mantes	2/17	Arwin David	2/18
Robin Rae Toucheffe	2/17	Al Guerrero	2/19
Steph Antona	2/17	David Baliscao	2/20

### Anniversary

Domenick & Carmela Palumbo	2/15
Toy & Malen Juarez	2/22

### Teaching Schedule

<b>Feb 23</b>	- ME 20	Book of Books
<b>Mar 2</b>	- ME 19	World & Flesh/ Body & Blood of Christ
<b>Mar 16</b>	- ME 20	Approach to the Word/ Word of God/ Response to the Word

### Marshall Assignment

<b>Feb 15</b>	- Dennis Zulueta & Jay Talag
<b>Feb 22</b>	- Wendell Lumapas & Yoyoy Quiapo

God's love is so unlike human love. There simply is no way to quantify it. For God Himself is love (1Jn

## How Do I Love Thee? I Don't Count The Ways

4:16). The Bible is filled with stories and accounts of the creation, history and destiny of the human race. And underlying all these, one theme resounds - LOVE.

St. Paul described true love thus: *"Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails."* (1 Cor 13:4-8)

We were made in the image of God (Gn 1:27) and therefore imbued with the ability to love. But our free will oftentimes stands in the way such that our love pales in comparison to God's love which is steadfast (Is 54:10), everlasting (Jer 31:3) and selfless (Jn 15:13). God loved us first (1 Jn 4:19) and wants us to love Him (Mt 22:37). He knows each one of us by name (Is 43:1), gives good gifts (Mt 7:11) and does not discriminate (Mt 5:45). And he sent Jesus as expiation for our sins (Gal 1:4) so that we can receive the gift of eternal life (Rom 6:23).

God shows His love for us in countless and varied ways. Through our senses we are able to see, hear, smell, touch and taste his unbounded love. So, it is important to keep our senses open and ready to receive and experience this love of God in our everyday lives. With God's love overflowing in us, we have more to share to other people. By that, we are loving God back as we should.



### Charity: Continued from Page 1

For those who are in community, the compelling question would be – If I am already assigned to a ministry or apostolate doing other tasks, do I need to be involved in charitable acts or in mission works? The answer can be taken from the exhortation of Pope Francis when he said: "Churchmen should leave their comfort zone and tend to the needy on the peripheries. Jesus wanted his church to be a church on the move, a church that goes out into the world."

As Christians, we are expected to help alleviate and even fight for better living conditions for the poor and the underprivileged. Social justice is part and parcel of Christian morality and something greatly emphasized by the Church from the time of its foundation. Social justice and care for the less fortunate is a foremost concern and duty for all Christians. Christ's followers were convinced of that. Paul told Timothy, *"Tell those who are rich in this world's goods not to rely on so uncertain a thing as wealth. Charge them to do good, and be rich in good works, generally sharing what they have,"* (1 Tim 6:17).

It is in this context that our community sets Christ in his earthly ministry, as our model for social responsibility. With an additional exhortation to serve him with joy, this call to action is clearly expressed in our week's theme: We proclaim God's love when we perform charitable acts.

*Adapted from [www.bldworld.com](http://www.bldworld.com)*



# Community News

Volume 19, Issue 8

<http://bldtrenton.com>

February 22, 2019

## This Sunday's Counsel

**THEME:** We proclaim God's love when we forgive those who have wronged us.

**PROMISE:** "Forgive and you will be forgiven." (Lk 6:37b)

**WORD:** Sm 26:2, 7-9, 12-13, 22-23/Ps 103:1-4, 8, 10, 12-13/ 1Cor 15:45-49/ Lk 6:27-38

**ORDERS:** "Forgive and you will be forgiven." (Lk 6:37b)

### DIRECTIONS:

- Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.
- Stop judging.
- Stop condemning.
- Be reconciled with God and others.

## Forgiving The Unforgivable

**REFLECTION:** As Catholic Christians and community members, we have experienced forgiveness through personal repentance, the Sacrament of Reconciliation and life changing renewal in the various encounters and LSS that led us to be reconciled with God and with our own family. But because of our sinful nature, we still continue to offend God and frequently hurt



each other in our words and actions and even in our thoughts. When we become estranged from one another because of this, there is much reason to be reconciled with each other. It demands from us to ask God forgiveness with all humility, as well as from the person we have hurt, or forgive those who have hurt us. Yet when it comes to forgiveness, it would seem easy for us to demand mercy from God (Lord, please forgive me), but want justice for the sinner (They must be punished for what they did). Or perhaps say, 'I can't forgive

that person until he says he is sorry.' But the teaching of Jesus is to forgive all those who have betrayed us, rejected us or caused us emotional wounds. He is very explicit, "If you forgive others their transgressions, your Heavenly Father will forgive you. But if you do not forgive others, neither will your Heavenly Father forgive your transgressions," (Mt 6:14-15). This is the

same message that Jesus teaches us in the 'Our Father' prayer. Our love for others, even our 'enemies' must encompass the same kindness and mercy that Jesus showed us on the cross – "Father, forgive them for they know not what they do." It is easier to show kindness and mercy when we expect to benefit from doing so. It is much harder if we expect nothing in return. Indeed, it is very difficult to forgive someone who has slighted or pained us. Pope Francis has said: "Human

*Forgiving — See Page 2*

## FUN FACTS OF OUR FAITH

### Guardian Angels

The very first lesson parents teach their children about the spiritual world is probably that everyone has a guardian angel that helps them avoid physical or spiritual dangers. Jesus indicated that there are guardian angels for individuals, including little children: "See that you do not despise one of these little ones; for I tell you that in heaven their angels always look upon the face of my heavenly Father" (Mt 18:10).

Sacred Scripture mentions nine hierarchies or choirs of angels, namely: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim and seraphim. Angels are the closest to us humans and they act as intermediaries between us and God. Guardian angels come from this class of angelic beings. The Catechism of the Catholic Church affirms that each believer has a special guardian angel (CCC336).

With colorful depictions of them in art as beautiful winged creatures with halos and harps, angels certainly are a fascinating part of our religious tradition. Those images, however, are not entirely accurate since angels are immaterial spirits as described in Hebrews 1:14 and are thus invisible. Nevertheless, God sometimes allow them to reveal themselves in human form as when the angel Gabriel appeared to Mary in the Annunciation. Also, while it may be exciting to give a name to one's guardian angel, the Church frowns upon such practice, except in the cases of Gabriel, Raphael and Michael whose names are found in Holy Scripture.



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Venue	:	Executive Suites, Carteret

## God's Blessings Birthday

John Alberto	2/23	Dennis Buenafe	2/25
Fred Poblete	2/23	Raquel Adame	2/26
Jackie DelValle	2/24	Roy Roldan	2/26
Josie Rodriguez	2/24	Cecil Sanchez	2/26
John Young	2/24	Nelia Doropan	2/27
Mabel Bartocillo	2/25	Nona Alquiros	2/28

*Holy Mary, pray for us.*

### WRITERS NEEDED

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<b>Feb 22</b>	- Wendell Lumapas & Yoyoy Quiapo
<b>Mar 1</b>	- Edgar Arabit & Dave Smith

## Nailing Down Mercy

Abishai gave David the traditional "wisdom of war," that is: "Kill, nail, and spear the enemies before they do it to you first." In other words, "do unto others before they do unto you." David surprisingly rejected Abishai's standard advice (1 Sm 26:9). In this he prefigured Jesus, the Son of David.

Jesus didn't just talk about having mercy on our enemies. He paid the price for mercy by taking on Himself the just punishments which His enemies deserved. Instead of nailing His enemies to the ground (see 1 Sm 26:8), He let His enemies nail Him to the cross. Instead of thrusting a spear into His enemies, He let them thrust a spear into His side (see Jn 19:34). Jesus knows that treating guilty enemies with mercy would be unjust. So He fulfilled justice out of love for His enemies by paying the price for mercy on Calvary.

Therefore, "love your enemy and do good" (Lk 6:35). "Be compassionate, as your Father is compassionate. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Pardon, and you shall be pardoned" (Lk 6:36-37).

*"Abishai whispered to David: 'God has delivered your enemy into your grasp this day. Let me nail him to the ground with one thrust of the spear.' "*  
—1 Samuel 26:8



*Adapted from [www.presentationministries.com](http://www.presentationministries.com)*

### Forgiving: Continued from Page 1

strength or will is not enough to be able to forgive; it requires grace from the Holy Spirit." It is grace to treat others not as they deserve, but with loving kindness and mercy as God wishes them to be treated.

Here are three practical steps that are helpful in forgiveness:

1. Take your mind off the person you can't forgive. Do not allow yourself to grumble, or justify your situation, or feel sorry for yourself, or think about ways to get even. Suppress these thoughts as soon as you see him/ her coming.

2. Remember that you are a sinner too. Recall specific ways you needed forgiveness. Ask God to help you, and practice being grateful for the mercy God has shown you.

3. Every time that person comes to mind, say the words, 'I forgive you' whether you feel it or not. Make it an act of the will and ask the Holy Spirit to pour God's love into your heart. Over time, start asking God to bless the person. Romans 12:14 says, "Bless those who persecute you; bless and do not curse them." Resolve to make this a habit and watch how that sets your heart free.

All of us have received the mercy of God. He has forgiven our sins, washed them away, even though we do not deserve it. This is why St. Paul tells the Ephesians, "Let all bitterness, and wrath, and anger, and clamor, and slander, be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you," (Eph 4:31-32). Then, we will reap the promise of God that we will be forgiven because we choose to forgive, (cf Lk 6:37b).

*Adapted from [www.bldworld.com](http://www.bldworld.com)*