


*If we don't stand up,
if we don't proclaim
"long live Christ the
King," to all the ends
of the world, the
world will silence the
faith and silence us.*






*The Lord is near to us.
The Lord is near not just
as a sign of the end of
the world but when we
are experiencing that
unsurpassed anguish
or extraordinary life's
problems or crisis.*

***Remember the Lord
is near. He is with you.***

He is with us.

***He is here to lighten
our burdens.***





The way of Jesus and success are viewed in line with detachment, self-emptying, sacrifice, service, and so. We are being called to the way of Jesus to walk the path to Jesus, and the ultimate goal is salvation and eternal life after a life on earth of daily sacrifices, disappointments, setbacks, struggles, and temptations.





Following God is not just a matter of knowing and obeying the commandments. It is also the matter of removing anything in our lives that hinder us from completely giving ourselves to Him.

We came to this world naked and with nothing.

It is good to remind ourselves that we will


leave this world

with nothing.



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'Ephphatha' that is 'Be opened.' It tell us the power of Jesus, our Lord who wants to touch us, to enter our being, our very lives and bring healing and transformation to us. It tells us too that His words are powerful – it gives life, it removes every stumbling block that hinders us to live life that He wants for us, it brings freedom!



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When it comes to attitude or behavior we cannot seem to desire the good and the beautiful. How come it is easier to for us to fall into trap of putting down people criticizing them rather than to see what is good and beautiful to them? Holiness, comes from being holy not just on the outside but first on the inside.



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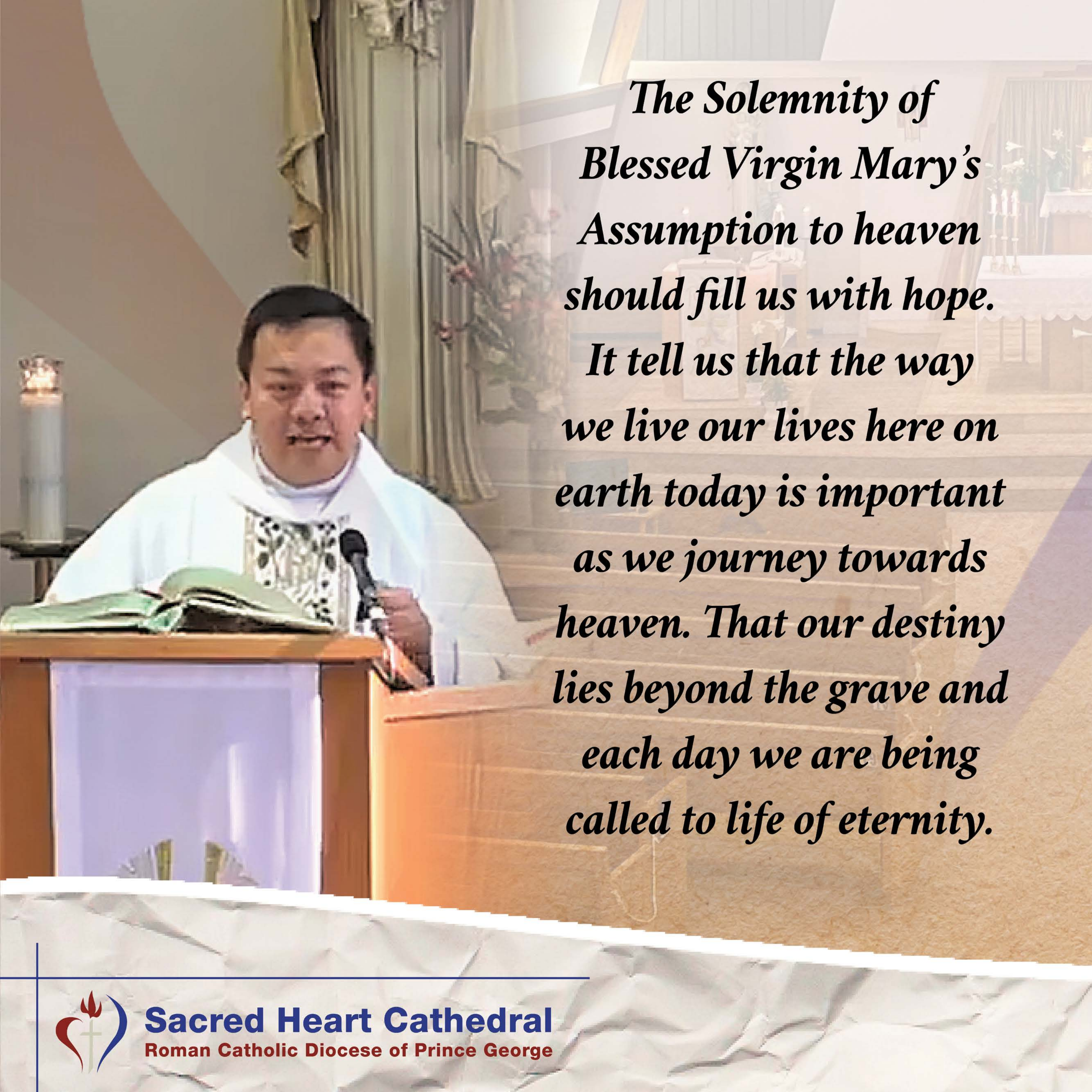


I hope we can unite ourselves with Simon Peter with the Apostles and those others who have stayed with Jesus. Like them, I hope we can profess, Lord to whom can we go? you have the words of eternal life, we have come to believe that you are the holy one of God.



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*The Solemnity of
Blessed Virgin Mary's
Assumption to heaven
should fill us with hope.
It tell us that the way
we live our lives here on
earth today is important
as we journey towards
heaven. That our destiny
lies beyond the grave and
each day we are being
called to life of eternity.*



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In the case of the reception of the holy communion you are not just receiving a thing, you are receiving the gift of God itself. The Eucharist is a gift of God.

It is Christ himself a person with his divine and human nature offered to us as a gift. The very gift is the body and blood of our risen Lord present with us under the sacramental signs of bread and wine.



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*Jesus introduces himself
as the Bread of Life...
He is offering himself to
us. It is an invitation
to continuously accept
him in our lives. And
in doing so, our choices,
our way of life, our
lifestyle should be
consistent with the
values and ways of
Jesus.*




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*The limited resources
that we have or
sometimes our own
feeling of inadequacy
when freely given and
offered to Jesus can
become a blessing for
many. Jesus has the
power to transform
and blessed it for the
benefits of many.*





Despite of His own need for rest, He paid attention to the needs of the people around Him and has decided to be with him. Jesus let those people feel they are significant, He feel their hunger both physical and spiritual. Let us imitate the attentiveness and compassion of Jesus.





No matter what you are doing in life whether you are a single person, married person, religious or someone who is widow, you know with your relationship with God through prayer you are one way or another called and sent to do a particular task in God's Kingdom.





“Do not fear; only believe.”
If you are fearful that
means you are not
completely trusting God.
In other words, if you fear
something more than God
then that means you believe
that something else is
bigger and more powerful
than God Himself.
“Doubt is the enemy of a
confident Faith”



Thirteenth Sunday in Ordinary Time

Jesus woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. Jesus said to them, "why are you afraid? Have you still no faith?"

Mark 4:35-41

The story of Jesus and his disciples crossing over the Sea of Galilee speaks about the fact that those who are following Jesus are in a pilgrim journey. We are on a pilgrimage. It reminds us that our pilgrim journey is not always smooth and calm. Storms may come and roads may be rough.

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All Human life is sacred because God is its source and its end. We are called to protect and reverence human life from conception to natural death. We are giving living out the responsibility of being the caretakers of God's creation. One cannot claim he/she protect lives if it is discriminatory. You cannot be a pro life and yet you are racist at the same time.

I believe God does have a reason for every storm that He permits to arrive in our lives; and that He also has a purpose and a plan beyond every storm. In my own experience, I know storms refine my faith in Him... Let's put it this way: trials in life are the 'classroom' for our spiritual development.

Twelfth Sunday in Ordinary Time

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But here is the good news: God may take us to a storm; but He will never leave us in the middle of a storm. Through the storm, He is always working. Remember, Jesus has the power to calm the storm. With him, we can be sure, everything will be calm in every storm we encounter. With Jesus, no storm is powerful enough to destroy us.

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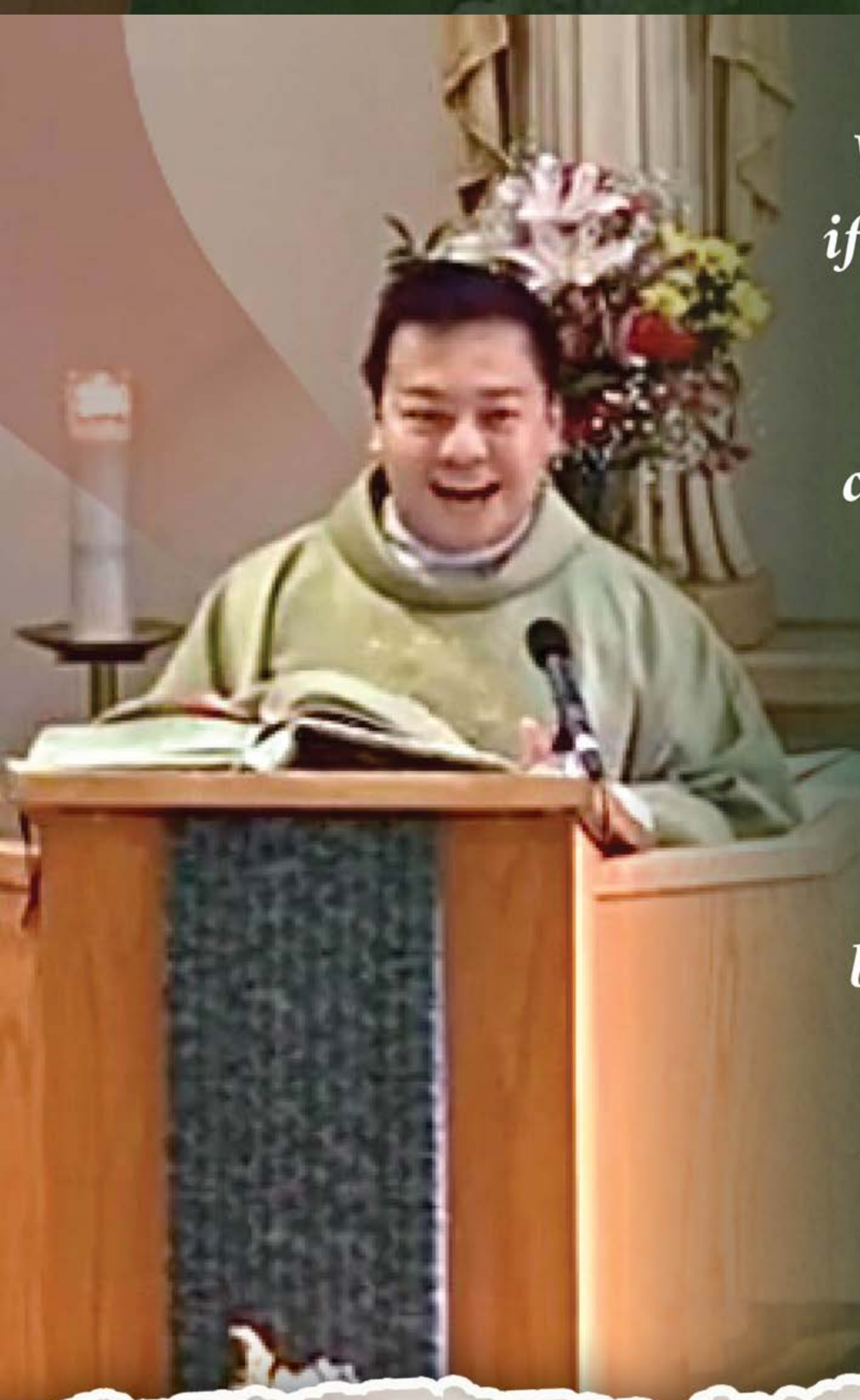
Eleventh Sunday in Ordinary Time

“The kingdom of God is as if a man would scatter seed on the ground and would sleep and rise night and day, and the seed would sprout and grow without his knowing how.”

Mark 4:26-27

The growth of the Kingdom is God’s work. It is vast and mysterious. It is God’s work that we are asked to be a part of, to collaborate with him... The works that we do, may be so little, but in those little acts of goodness, kindness, and love – we know, God’s reign supreme.

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Whatever you are doing, if you yourself has already found your purpose or vocation in life – just continue to try to be good at it! Do not give up! The good things that you do, no matter how small or little they are, it all contributes to the beauty of the big picture. It all contributes to the growth and flourishing of God’s Kingdom!

How is the Kingdom of God present in my life?

What is the concrete, or tangible action on my part that I can humbly say “this is my participation in making God’s Kingdom present and known in this world”?

What are the obstacles for God’s Kingdom to reign supreme in my life? What hinders its growth?


The Solemnity of the Most Holy Blood and Blood of Christ

“While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, “Take; this is my Body.” Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, “This is my Blood of the covenant, which is poured out for many...”

Mark 14:22-25

The Solemnity of the Most Holy Body and Blood of Christ should lead us to express our gratitude to God for giving us an access to His Divine Life.

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Before our Lord, the right attitude is worship and adoration - humble surrendering of ourselves... Not because we are worthy; not because we are better than the others, but because despite of who we are, God has chosen us and allowed himself to be received by us, in the tiny, tiny form of Bread, that is His Body.

*Worship, adoration and regular reception of the Eucharist are not enough! Coming to Church every Sunday or every day is not enough! We need to be transformed. We need to be changed by what it is that we received. And what it is that we received? It is the Lord! It is the Lord who is **MERCY AND LOVE!***

The Solemnity of the Most Holy Trinity

“All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

Matthew 28:18-20

Who is God? Our God is not hidden; He reveals himself to us. He does it so through the Sacred Scripture, the teachings of the Church, the Sacraments, the events of our lives and of course, through our personal relationship with him deepen through prayers.

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Jesus, the Son of God, the Second Person of the Trinity has entrusted us, his disciples, to do the work of evangelization.

We are called to evangelize the world around us even in the midst of the pandemic.

Today, becomes a good opportunity for every one of us, baptized, to renew our belief in God who is the Father, the Son, and the Holy Spirit - the God of Communion not of isolation. The God of Unity not of division. The God who is Love.

Solemnity of Pentecost

“Peace be with you. As the Father has sent me, so I send you. When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

John 20:21-23

The question that can be asked today is that how are we constantly allowing the Holy Spirit in our lives, and how do we manifest that we have received it, that we are temples of the Holy Spirit? It seems like it is a hard task for us baptized. But with the help of the same Holy Spirit, we will be strengthened to respond to what is expected of us.

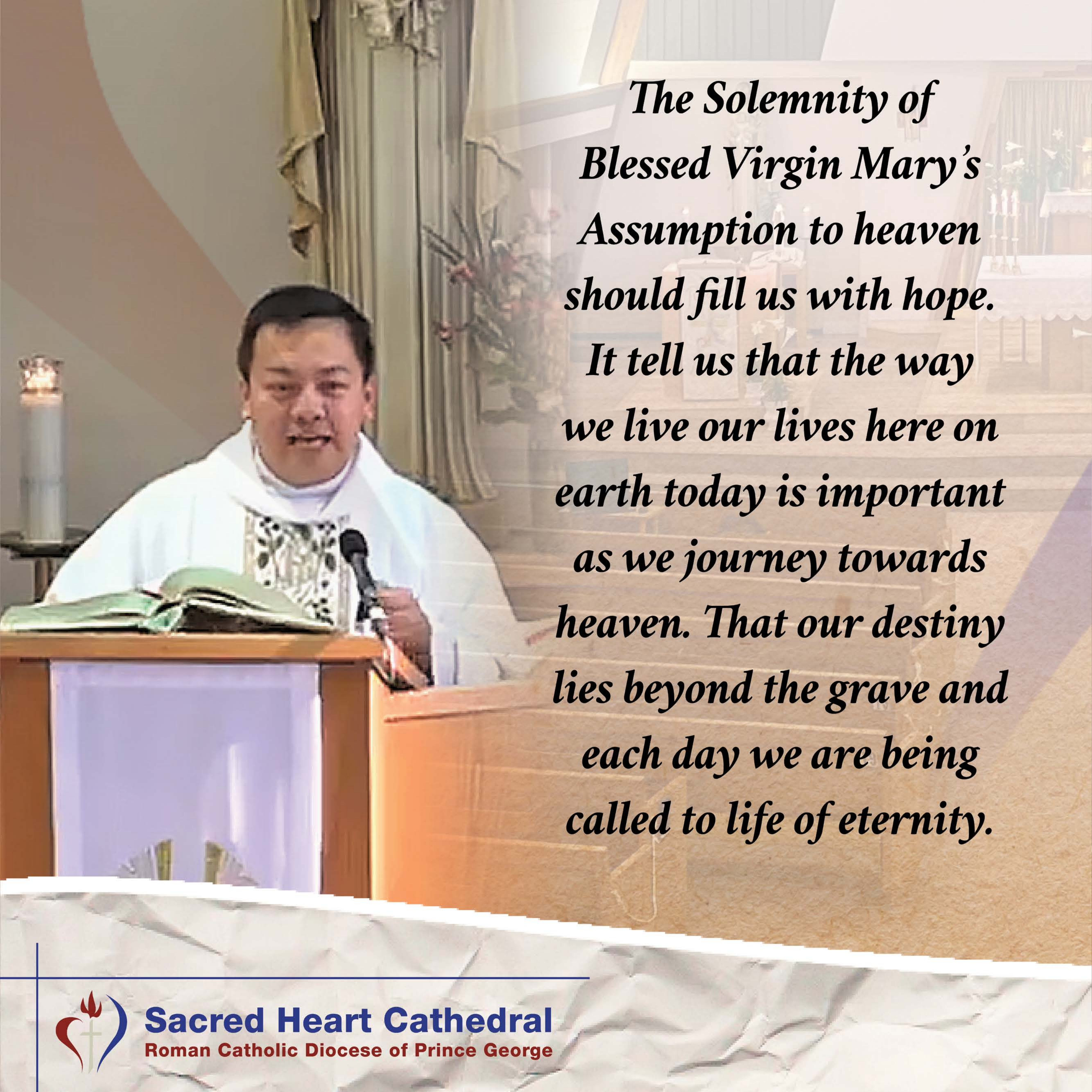
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When we allow the Holy Spirit to dwell in us and through us, we are able to understand each other and accept one another as we are.

It is by the power of the Holy Spirit that each of us is gifted with something intended to bring benefits to the Body of Christ, the Church.

As baptized, we received the Holy Spirit, we are called adopted sons and daughters of God, we are on a mission. The mission is to proclaim the good news. In fulfilling that mission, let's keep in mind, the Holy Spirit is with us, strengthening us, empowering us to heal and restore every broken relationship.





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Solemnity, Ascension of the Lord

“Go into all the world and proclaim the good news to the whole creation. The one who believes and is baptized will be saved...”

Mark 16:15-16

The Ascension of Jesus celebrates his return to the Father in heaven and it also meant to bring us joy. It is inviting us to rejoice and give thanks. Jesus Christ, our Lord has opened for us the possibility of joining him in heaven!

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All of us, by the virtue of our baptism are instructed to go and proclaim the good news; not fake news; not rumors, not gossips! But only the good news!

Today's Solemnity of the Ascension of our Lord is a reminder that our true home is in heaven. We will follow Jesus there!



Sixth Sunday of Easter

“This is my commandment, that you love one another as I have loved you.

No one has greater love than this, to lay down one’s life for one’s friends.”

John 15:4-5

If or when you meet a person who do not know what love is, do not judge that person; instead, show that person, love.

Let that person experience love from you, and I can only be sure, eventually that person will also be able to love.

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*Imitating Christ’ love is a commitment to **consistently do good** whether we feel good or not.*

When you feel tired, exhausted, or even empty; as if you cannot express love anymore, remember, in your emptiness, Jesus has the power to make you full again.



Sixth Sunday of Easter

*“As the Father has loved me so I have loved you
abide in my love.” As if Jesus is telling his disciples
including us. The love that I’m passing on to you
is the love that I have received from the Father
and I want you to remain in that love,
I want you to imitate my love.
Indeed God loves us more than we could ever imagine.*

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Fifth Sunday of Easter

*“Abide in me as I abide in you...
I am the vine, you are the branches.
Whoever abides in me and I
in them bears much fruit, because
apart from me you can do nothing.”*

John 15:4-5

*Our fruitfulness does not solely
depend on our willpower and efforts;
but by the power of God and His
Holy Spirit working in and through us.
We will be fruitful if we allow Jesus
to work in and through us.*

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*Being fruitful
means having our
being and character
changed, renewed,
and progressively
conformed to the
image and likeness
of Christ.*

*Ways to remain connected to Jesus and
bear good fruits:*

- *Spend time with Jesus in prayer.*
- *Make choices that honor our relationship with God.*
- *Seek the guidance and friendship of the Saints.*
- *“Do whatever he tells you.”*



Fifth Day of Easter

“Jesus presented himself as the true vine and the Father as the Divine Grower. And later on He mentioned, I am the vine you are the branches”

- 1. Our Connectedness to Jesus*
- 2. Our Fruitfulness with Jesus*

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Fourth Sunday of Easter



***"I am the good shepherd.
I know my own and
my own know me..."***

John 10:14

***Our relationship with
Jesus requires that we
have knowledge of him.
Knowing him means
listening to his voice.***



Ways to listen to the voice of the Good Shepherd:

- Talk to Jesus in prayer as often as you can.
He is listening.***
- Read about Jesus' life written in the Gospels.
St. John the Evangelist said: those 'were written
so that you may come to believe and that through
believing you may have life in his name.'***
- Do good to others. Imitate the Good Shepherd.***

"I am the good shepherd.

The good shepherd lays down his life for his sheep.

John 10:11

***He is telling us, God is someone
who takes care of his children.
He never abandons them.
He will give his own life for their sake.***

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Cathedral Rector***

Fourth Day of Easter

I am the Good Shepherd. I know my own and my own know me. Just as the Father knows me and I know the Father and I lay down my life for the sheep

He is telling us, God is someone who takes care of his children. He never abandons them. He will give his own life for their sake.

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Third Sunday of Easter

Our Risen Lord despite the horrifying episode on the Cross has decided to appear to his disciples and make his presence known to them as if assuring them:

***'I have risen from the dead;
I have conquered death;
and I came back to be with you.
You are important. You are loved.'***

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***While they were talking about this, Jesus himself stood among them and said to them, "Peace be with you."
They were startled and terrified, and thought they were seeing a ghost.***

Luke 24:36-37



How can our Risen Lord become more real for us? In what ways we bear witness to Jesus' resurrection?

***When our worship finds its continuation on the streets.
When we are able to become his hands and feet making a difference in this world - touching the lives of our brothers and sisters, reaching out to them in their needs, then, our Risen Lord ceases to be a ghost. He is real. He is present with us. He is walking with us.***

Friday of the Passion of the Lord

*It may be tempting to exclude ourselves
in the story of Jesus' crucifixion.*

*Lest we forget, "in him we have redemption through his blood,
the forgiveness of our trespasses, according to the riches of his grace"*

*The **CROSS** means **SACRIFICIAL LOVE** -
for them, for you, for me, for all,
lest we forget.*

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Thursday of the Lord's Supper

John 13:15

*"For I have set you an example,
that you also should do as I have done to you."*

† † †

It is a difficult commandment.

The model is Jesus himself.

Basically, He is saying to us: "imitate Me."

The standard is high.

*That's how it is to be a Christian,
always aiming to live up to the highest standard.*

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Palm Sunday of the Passion of the Lord

Those *palm branches* are:

- *expressions* of our desire to *welcome Jesus* into our hearts,
- *reminders* of our willingness to *follow Him*,
- *declarations* of our zeal to *participate in the Kingdom* that He has inaugurated.

But those palm branches also speak of our *human weaknesses*. We too, every time we *reject the values of the Kingdom* that Jesus has inaugurated can be likened with those crowds who shouted, “*crucify him, crucify him!*”

However, here is the *good news*:

Jesus willingly offers his life on the Cross for your sake and mine.

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Fifth Sunday of Lent



“Sir, we wish to see Jesus.”

John 12:21

Seeing Jesus means:

*“to **enter** his way of thinking, to **embrace** his message,
to **serve** him through our brothers and sisters,
to **follow** him even when it involves pain and suffering,
to **imitate** his self-giving love on the **Cross.**”*

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Fourth Sunday of Lent

*“God so loved the world that he gave his only Son,
that everyone who believes in him may have eternal life.”*

John 3:16

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*“Let’s imitate God’s love and
continue to participate in building a community of love
here on earth.”*

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Third Sunday of Lent



“Let’s meet God in the Sacrament of Reconciliation and allow his mercy to cleanse our hearts, our minds and our souls.”

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Second Sunday of Lent

The Transfiguration of Jesus reminds us that the glory of heaven is our destiny.

Along the way of reaching our destiny, we will encounter challenges. Be firm in faith and strong in hope, God is with us.

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“Lent reminds us that we are on a constant journey towards God. May this special time in the liturgical calendar lead us to a sincere repentance and a real life of conversion.”