



Tayo nawa'y maging isang Sambayanan na pinagbuklod ng Eukaristiya na kumikilos ayon sa kalooban ng Diyos at naghahandog ng sarili tungo sa Iglesia ng maralita.



Faithful gather at the Parish of the Holy Sacrifice to celebrate for the first time the Misa ng Bayang Pilipino.

## PHS celebrates Misa ng Bayang Pilipino

by Rogelio Nato Jr.

The Parish of the Holy Sacrifice (PHS) celebrated the Misa ng Bayang Pilipino (MBP) on June 17, the last novena mass for the parish fiesta.

“[N]apakaganda na sa pagdiriwang natin ng Dakilang Kapistahan ng Kabanal-banalang Katawan at Dugo ng ating Panginoon, ang Misa ng Sambayanan Pilipino ang ating ginagamit, sapagkat sa liturhiyang ito nakasentro ang atensyon sa krus ng Panginoon,” Fr. Ronald Roberto, diocesan minister for liturgical affairs, said in his homily.

Falling on a Saturday evening, the last novena mass used the Sunday liturgy, thus the Solemnity of the Most Holy Body and Blood of Christ.

“Sa simula ng misa, bitbit ng pari ang Krus. ‘Purihin at ipagdangal ang krus na banal!’ [T]ayo ay inaanyayahan hindi lamang para tumingin doon sa [katawan] at dugo, tinapay at alak. Bagkus sa pagtanggap natin ng tinapay at alak sa Banal na Misa, sa pagtanggap natin sa Katawan at Dugo ni Kristo, tayo ay inaanyayahang tumingala sa kanyang Krus,” Roberto said.

Roberto added, according to biblical experts, that besides fulfilling the prophecy about the Son of Man, the Cross is raised high for the Jews believed that no criminal should touch the ground because s/he will desecrate it.

“Itinataas ang Krus ni Kristo, itinaas ang Krus niya dahil sabi sa kanya, siya’y kriminal. [H]indi hinahayaang ang kriminal ay dumikit sa lupa habang siya’y nabubuhay,” Roberto said.

“Pero ano ang ginawa ng Panginoon noong siya’y nakabayubay sa krus? Ang katawan nakabayubay sa krus, mula sa mga sugat ng Panginoong Hesus ay dumaloy ang dugo na humalik sa lupa. Habang siya’y nabubuhay pa’t naghihirap, dumaloy ang dugo sa lupa ng sanlibutan at ito’y nagpabanal sa sanlibutan,” he added.

Roberto then urged the parishioners to contemplate Christ’s wounded Body as a holy sacrifice of love.

“Sa pagtanggap sa katawan ni Kristo sa Eukaristiya ay tingnan ang Kanyang katawan na sugatan. Tandaang ang Katawan na ito ang nagdulot sa’yo ng buhay at kaligtasan. Sugatan pero nagmamahal,” he said.

Meanwhile, the diocesan liturgical minister explained the rite of celebrating the MBP, saying that it is founded on the mystery of Christ’s Incarnation.

## Glory to the Father, the Son, and the Holy Spirit

by Rex Lago Paras

We have recently concluded the Easter Season and returned to Ordinary Time. In the Philippines, the last two Sundays of Easter are spent celebrating the Ascension of the Lord and Pentecost, respectively. The Solemnity of the Ascension of the Lord and Pentecost Sunday are so intertwined that they are celebrated consecutively in the calendar of our Church.

In one of two Prefaces to the Eucharistic Prayer used during the mass of Ascension Sunday, we hear that “the Lord Jesus, king of glory, conqueror of sin and death ascended...not to distance himself from our lowly state but that we, his members, might be confident of following where he, our Head and Founder, has gone before.” The previous version of this Preface states that “Christ, the mediator between God and man, judge of the world and Lord of all, has passed beyond our sight, not to abandon us but to be our hope.” While these statements acknowledge that our Lord has ‘left’ us, his departure should in no way be construed as an act of desertion. We need only to remind ourselves of the Lord’s

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## News Bits: Presiders for the Novena Masses

Day 1, Friday, June 9	Most Rev. Mylo Hubert Vergara
Day 2, Saturday, June 10	Fr. Raymond Arre
Day 3, Sunday, June 11	Fr. Jojo Monis
Day 4, Monday, June 12	Fr. Serge Maniba
Day 5, Tuesday, June 13	Fr. Arthur Opiniano
Day 6, Wednesday, June 14	Fr. Ronnie Santos
Day 7, Thursday, June 15	Fr. William Garcia
Day 8, Friday, June 16	Msgr. Manuel Gabriel
Day 9, Saturday, June 17	Fr. Ron Roberto

## PHS holds Kasalang Parokya

*by Rogelio Nato, Jr.*

“Bilib na ako sa sarili ko, saka sa kanya. Sinasabi dati yung mga anak ko ay anak sa labas. Iba pa rin talaga na kasal ka sa Simbahan.”

Thus shared Marilou de la Paz-Punzalan after she and spouse Efren officially received the sacrament of matrimony during the Kasalang Parokya held at the Parish of the Holy Sacrifice (PHS) on June 10, 2017.

The Punzalan couple is one of the six couples that participated in the said mass wedding solemnized by Rev. Fr. Renato Licalalde.

Mrs. Punzalan expressed her thanks to PHS parish priest, Fr. Henry Ferreras for encouraging them and other couples to receive marriage under the Church.

“Nagpapasalamat talaga ako kay Fr. Henry. Siya talaga yung nanuyo: ‘Yung mga hindi pa kasal diyan, magpakasal na. Meron tayong paraan, hindi naman kailangang gumastos nang malaki. Meron tayong libreng kasalan. Basta kumpletuhin niyo lang ang mga requirement, na meron naman talaga kayo nun,’” she said.

Before couples are endorsed for the parish priest’s interview, they would undergo Pre-Cana seminar sessions wherein topics like God and marriage, marriage as a sacrament, and sex and marriage, among others, were tackled by PHS Family and Life Ministry (FLM).

“Kailangan nilang umattend ng seminars, yung Pre-Cana na tinatawag, to prepare them for the sacrament of marriage that they will receive,” Marie Josephine de Luna of FLM said.

Mrs. Punzalan further shared with Handuhay their very minimal preparations for the wedding, thus encouraging other couples planning to be married.

“Kami lang talaga ng asawa ko ang nag-asikaso. Sa requirements, ako na ang bahala. Sabi ko, meron mang handa o wala, ikaw na ang bahala. Basta makarating kami ng simbahan,” she said.

Speaking of God’s providence, Mrs. Punzalan added, “Kahit anong hinihiling mo, ibibigay rin naman pala siya. Kahit mahirap, walang imposible talaga. Gagawin niya ang lahat para sa ikabubuti.”

The parish will hold another Kasalang Parokya on Dec. 30 this year. Interested couples should file their applications until Sept. 30, 2017.

## Mahal Kita, Aking Ama by Kenn John Soltones

*Nang unang minulat aking mga  
mata  
Ni anino’y di man lang nakita  
Lumaki akong balot ng lungkot  
May kulang sa pusong may sigalot*

*Larawang tangan silbing patunay,  
Na ikaw sakin nagbigay buhay,  
Kaya’t taon man sa’tin dumaan,  
Ako’y makikipagsapalaran.*

*Noong magtapos ng kolehiyo,  
Kita’y di kasama pagpanhik ko,  
Ngunit ano man naging tagumpay,  
Pasasalamat sa iyo alay.*

*Tadhana ba’ng makapagsasabi  
Mayayakap, pagtulog katabi?  
Saba’y sambit matagal nang dala,  
Kataga - “Mahal kita, aking Ama.”*

*Handuhay*  
PATNUGUTAN

**TAHAPAGPALATHALA:** Fr. Henry Ferreras  
**PUNONG PATNUGOT:** Rogelio Nato, Jr.  
**KAPATNUGOT:** Amor De Jesus  
**MGA KAWANI:**  
Matt Dom, Minette Genorga, Spencer Go,  
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“Pinili ng Diyos ang kultura ng tao upang siya’y makapiling natin. Pinili ng Diyos ang isang aspeto ng buhay, ang pagiging tao para ipahayag ang katotohanan ng kanyang sarili sa atin.

Ang ating pagsamba sa kanya ay sa pamamaraang nagkakaroon ng kahulugan sa atin,” Roberto said.

“At yung Misa ng Sambayanang Pilipino, salamat sa dalubhasang pag-aaral ni Fr. Anscar Chupungco... pinag-aralan ang ating kulturang Pilipino, pinag-aralan ang ating kaugalian, pinag-aralan kung paano tayo mabuhay bilang isang bayan, at doo’y nagmumula ang ating pagsamba, kung ano ang lahat-lahat sa atin, sa Diyos,” he added.

Other liturgical practices in the rite of MBP, Roberto said, include lectors paying reverence through pagmamano before proclamation, parishioners at karakol, a liturgical dance, offering food which would be partaken of after the mass, and the presider and lay ministers receiving Communion last to show the Filipino sense of hospitality to visitors.

“Mga kaugalian na matatagpuan sa kulturang Pilipino na nakapaloob sa pagsamba. Sapagkat ang pagsamba ay pag-aakyat ng buong pagkatao sa Diyos,” Roberto said.

Otherwise, the requirements for a valid mass namely, matter, form, and ordained ministry, were present in the celebration.

Roberto earned his master’s degree in liturgy from San Beda College.

### She

by Rian Fritz Jalandoni

*Do you believe in love at first sight?*

*She does the time she first saw me*

*The time when she held me so tight*

*Hugged me, kissed me, made me feel lovely*

*Whenever I am cold, she is my blanket*

*When I’m hungry she prepares a banquet*

*Even there’s noise when she sounds her*

*trumpet*

*Hymn remains, sustains like a clarinet*

*But I grew tall and forgot her word*

*And went to a path to my own discord*

*Yet she waited for me and still willingly stood*

*Then lovingly forgave me, always*

*understood*

*Oh how great, magnificent, your love is to*

*me*

*Though I yours truly am really unworthy.*

## Lakbay Buhay pilgrims welcomed at Manila

by Patrick Narciso and Cloie Sioson

Enduring a 21-day caravan dubbed Lakbay Buhay, pilgrims finally reached Metro Manila last May 19.

The caravan started in Cagayan de Oro on May 4, 2017. It aimed to speak out against reimposing the death penalty bill, that is “anti-poor, immoral, and illegal,” in the country.

All 14 pilgrims were welcomed by the Ateneo de Manila University (AdMU), along with Luzon-based church and non-sectarian organizations including UP Student Catholic Action and UP Campus Ministry Office (CMO).

AdMU president Fr. Jose Ramon Villarín, SJ said that death penalty is an issue of national concern. “Hindi lang naman ito issue ng mayayaman o ng mga elitista. Issue ‘to ng buong bayang Pilipino,” he said in an interview with Handuhay.

Villarín said he is happy to see the youth’s presence to share their advocacy.

“Nasisiyahan ako kasi akala ko matatanda lang [ang nandito]. Pero [maraming] kabataan. So merong tumutuloy [sa paglaban],” he said.

CMO youth volunteer Joshua Anthony Gapay told Handuhay that every human person is a brother or sister whom we are responsible for.

“Tinuturing nating kapatid ang bawat isa at tayo’y may pananagutan sa kapwa. Bawat buhay ng tao ay mahalaga at may dignidad. Naniniwala ako na ang pagkitil ng buhay ay hindi sagot sa kriminalidad at karahasan,” CMO youth volunteer Joshua Anthony Gapay told Handuhay.

“May mga mas malalim na problema na kailangan nating ayusin gaya ng kahirapan, terorismo, pagpapaunlad ng ekonomiya at pagbibigay hanapbuhay sa ating mga kababayan,” Gapay added.

Likewise, in his homily at the Church of the Gesu later that day, Villarín stressed the grave effects of death penalty to society and reiterated the sanctity of life and human dignity.

“Ang nais ay katahimikan, kapayapaan, kapanatagan sa ating lipunan. Matatamo ba natin ang mga ito sa pamamagitan ng [death penalty]? Ang buhay ay sagrado... wala tayong karapatan na sabihin na walang kwenta ang ating buhay,” he said.

Moreover, Villarín said that death penalty is a systemic issue, not only about economic differences among people. “Ang buhay ay buhay. Mahirap ka man o mayaman,” he said.

On May 21, the pilgrims were joined by the crowd in University of Santo Tomas for a mass. On May 24, they trooped to the Senate to rally against the revival of capital punishment.

In 1987, the death penalty was first abolished in the Philippines. It was then reinstated under Ramos administration, but abolished again under Arroyo presidency.

The death penalty bill is set to be heard at Senate after it has passed the Congress’ lower house.



**PARISH SERVANT  
LEADERS**

**PARISH PRIEST:** Fr. Henry Ferreras

**GUEST PRIESTS:** Fr. Tizan Jose & Fr. Binu Scaria

**PARISH PASTORAL COUNCIL**

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**SECRETARY:** Janeth Mabaquiao

**TREASURER:** Lorenzo Clavejo

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**PARISH STAFF**

Jasmin Sabaiton, *Bookkeeper* - Ann Amparado & Gina Nerval, *Secretaries* - Cesar Maquinana, *Sacristan Mayor*

Joseph Arellano & Leo Ferreras, *Sacristans* - Jaime Subalid, *Gardener* - Armando & Rolando Cedullo, *Maintenance*

Marpe Amper & Jocelyn Cedullo, *Cooks*

assurance: "I will not leave you orphans; I will come to you." (John 14:18)

Jesus Christ himself tells us that "[a] little while and you will no longer see me." (John 16:16) Because of this, we "will weep and mourn." (John 14:20). However, he promises that "a little while later and you will see me [again]." (John 16:16). Then, "[our] grief will become joy." (John 14:20) The Lord's Ascension teaches us a lesson in farewells. Leaving is not always good-bye. It is not necessarily an end and is not always bad. In fact, before he 'left,' Jesus said, "it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you." (John 16:7) By being taken up into heaven, Christ has gone ahead of us so that he could prepare a place for us. And, when he comes back, he shall take us to himself, so that where he is, we also may be. (cf. John 14:2-3). Christ "was taken up to heaven...that he might make us sharers in his divinity." (Preface of the Ascension of the Lord II). Not only that, he 'left' us so as to pave the way for a great beginning—the birth of the Church.

On Pentecost, when the Paschal Mystery is brought to its completion, we celebrate not just the coming of the Holy Spirit, but also the great beginning of the Church when people from many languages of the earth were brought together to profess one faith. (cf. Preface of Pentecost). The mystery of Pentecost imparts, among others, that Christ is true to his word. At Pentecost, a promise is fulfilled. Just as he said, Jesus does not leave us orphans but asks the Father to give us another Advocate to be with us always and to teach us everything. (cf. John 14:16, 27) The Pentecost narrative reveals that the coming of the promised Advocate changed the course of things. The Holy Spirit enabled the apostles to proclaim the Kingdom of God (cf. Acts 2:4) and to continue to preach the word of God with boldness. (cf. Acts 4:31) Those who believed became a community of one heart and mind (cf. Acts 4:32). "They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers." (Acts 2:42)

During this Year of the Parish, when the focus is on Basic Ecclesial Communities (BECs), it is not too difficult to see parallels in the events that followed Pentecost and the experiences of our BECs. Our Parishes and BECs of today may be separated by several thousands of years from the early Christian communities described in the Acts of the Apostles, but we share the same Holy Spirit. The Holy Spirit that animated the church throughout all Judea, Galilee and Samaria (Acts 9:31) now invigorates us to become truly a "communion of communities."

Now that our celebration of Easter is ended, we are currently traversing the remaining weeks of what is known as Ordinary Time. This period in the liturgical calendar does "not celebrate a particular element of the mystery of Christ. Rather, especially on the Sundays, these weeks are devoted to the mystery of Christ in its entirety." (Ceremonial Bishops). Three Solemnities are celebrated within the weeks immediately after Pentecost Sunday. First, Trinity Sunday, which celebrates the mystery of the Triune God, the central mystery of Christian faith and life. (Catechism of the Catholic Church, 234) Second, Corpus Christi Sunday or the Solemnity of the Most Holy Body and Blood of Christ which is also the titular feast of our Parish. Third, the Solemnity of the Sacred Heart of Jesus, which reminds us that the heart of Jesus was "pierced by our sins and for our salvation." (CCC, 478).

While Ordinary Time is not one of the seasons having their own distinctive character, may we not lose sight of its significance which is still to honor the mystery of Christ in its fullness. (Universal Norms, 43)

*Rex Lago Paras is the Chairperson of the Lectors and Commentators Group of the Parish of the Holy Sacrifice.*



**CELEBRATING THE SACRAMENTS AT THE PARISH OF THE HOLY SACRIFICE**

**WEEKDAY MASSES:** 6am, 12nn, 6pm **FILIPINO SUNDAY MASSES:** 6am, 8am, 10am, 6pm

**ENGLISH SUNDAY MASSES:** 7am, 9am, 12:15PM, 5PM, 7PM, 8PM

**INDIVIDUAL BAPTISM:** Tuesday - Saturday, *by appointment*

**CONFESSION:** Mon - Thu, *during and after 12nn and 6pm Mass* | Friday, *during & after 12nn Mass*

**GROUP BAPTISM:** Saturday, 11:15am **ANOINTING OF THE SICK:** *by appointment*