



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

Pagtatapos ng Taon ng Parokya, isinagawa sa Parokya ng Banal na Sakripisyo Hamon sa BECs: Magpalawak, magparami

by Patrick Angelo Narciso

Palawakin pa ang ugnayan sa bawat Munting Sambayanang Kristiyano (MSK) ang hamong iwan sa Parokya ng Banal na Sakripisyo (PBS) sa pagtatapos ng Taon ng Parokya, Set. 23.

“Wag tayong manatili sa mayroon tayo ngayon bagkus ang hamon palagi ay paramihin, palaguin po natin ang ating Munting Sambayanang Kristiyano,” sabi ni Fr. Henry Ferreras, ang kura paroko ng PBS. Mas kilala sa tawag na Basic Ecclesial Communities (BECs), mayroong 14 na MSK na bumubuo sa nasabing parokya.

Nabanggit ni Fr. Ferreras ang isa sa mga naging rekomendasyon ni Obispo Honest Ongtioco, DD noong siya ay dumalaw sa Parokya nitong Hulyo. “Ang hamon sa atin noong pastoral visit ng ating mahal na obispo, ang isang [recommendation] niya sa BEC ay palaguin, magbuo ng iba pang mga cells,” wika niya. Idiniin din ng kura paroko ang kahalagahan ng pagiging kasali ng lahat.

“Sinabi nating sa BEC lahat kasali, kasali lahat. Isasali natin lahat yung ating kapitbahayan. Papalawakin dapat natin yung naabot natin. Wag nating sasabihing ‘Ay! Marami na kami,’” sabi ni Fr. Ferreras.

“Buhay ang pamayanan sa pamamagitan ng pagsasama-sama. Kasali lahat. Sabi ni San Pablo, kung walang maghahati ng Mabuting Balita, kung may kakulangan tayo sa pagdadala nito sa ating mga kapitbahayan, papaano ito maririnig?” dagdag niya.

Bilang pagtugon, siniguro naman ni Sis. Erlinda Cinco, ang kasalukuyang punong tagapag-ugnay ng BECs, na magpapatuloy ang pag-anyaya sa kapitbahayan patungo sa simbahan. “Ang mga area coordinator talaga ay may tungkuling lumabas sa mga kapitbahayan... at mayaya silang pumunta sa parish,” sabi niya.

Ilan sa mga pagkakataong nag-aanyaya sila upang mas mapalapit sa simbahan ang kapitbahayan, ani Sis. Cinco, ay tuwing mayroong pagdiriwang pansimbahan sa mga pamayanan, tulad ng Banal na Misa o Area Mass at Bible sharing.

Sa ginawang pagdiriwang ng pagtatapos, 13 MSK ang nakiisa sa inihandang

Take up your cross, and follow me

by Rex Lago Paras

The cross is a salient feature of the Catholic faith. At Baptism, we are sealed with the Sign of the Cross, a most appropriate gesture to welcome us to Christianity and to proclaim that we belong to Christ. We make the Sign of the Cross to begin and end our prayers, including the greatest worship of all, the Holy Mass.

Then, there are the illustrations of the cultural. A common practice among many Filipino Catholics is making the Sign of the Cross whenever we are about to start an activity or a journey. We see athletes, such as basketball players, make the Sign of the Cross before entering the court to play a game. Before heading for the road, drivers, whether of a private vehicle or a public utility, sign themselves with the Cross to seek protection from harm or to be delivered from the dangers of travelling. And while on the road, many of us, whether as passengers on a jeepney and other forms of public transport or as users of private vehicles, pause for a short while to make this important sign of faith each time we find a church in our path.

It is interesting that the same symbol which stood for suffering and death becomes our source of strength and protection. The Cross is not just a symbol of pain; it is a symbol of glory.

Harana kay Maria, inihandog ng mga Katolikong mag-aaral sa UPD

by Mark Ivan Ugalino

Bilang pagpupugay kay Maria sa kanyang kaarawan, idinaos nitong Set. 7 sa Parokya ng Banal na Sakripisyo ang “Harana kay Maria” (HKM), isang benefit mini-concert, kung saan itinampok ang samut-saring awiting alay para sa Mahal na Birhen.

Pinangunahan ng Campus Ministry Office (CMO) at ng Catholic Students’ Community (CSC) ang nasabing pagtatanghal.

“Psychology says [that] when you sing with other people you emotionally bond with them. This is also a way... to build a community ,” sabi ni Fritz Jalandoni, ang punong abala para sa HKM ngayong taon.

(Ayon sa sikolohiya, kapag umaawit tayo kasama ang ibang tao ay naiuugnay natin ang ating sari-sariling nararamdaman. Paraan din ito upang bumuo ng komunidad.)

“One way na rin ito para mapaalam sa ibang tao iyong tungkol kay Mama Mary [at] mafeel din nila iyong love niya,” dagdag ni Jalandoni. Sampung awitin, kabilang ang “Awit ng Pagsuyo,” “Stella Maris,” “Mariang Ina Ko,” at “Iyung-Iyo,” ang itinampok ng CMO at CSC.

Samantala, ginanap din ang HKM upang makalikom ng pera bilang donasyon sa mga pamilya sa Bagong Silangan, Lungsod Quezon na apektado ng drug war ng administrasyong Duterte.

Ayon sa Philippine Daily Inquirer, huling naitala na mayroong 90% ang pagtaas ng kasuotan ng pagpatay sa mga barangay na sakop ng Quezon City Police District Batasan Hills matapos ipatupad ang drug war, kabilang na ang Bagong Silangan.

“In as much as we are honoring the Blessed Virgin Mary for her birthday tomorrow, this event is also our presence to our brothers and sisters in the margins, particularly those affected by the drug war in Bagong Silangan, Quezon City,” sabi ni Rogelio Nato, ang punong-ugnay ng CMO.

(Kaalinsabay ng pagpipitagan natin sa Mahal na Birheng Maria para sa kanyang kaarawan bukas, ang gawaing ito ay pagpapadama rin ng ating presensya sa ating mga kapatid na nakararanas ng drug war sa Bagong Silangan, Lungsod Quezon.)

UPD Catholic students hold ACLE on Reviving Pakikipagkapwa

by Kaye Baccay

The Catholic Students’ Community (CSC) and the Campus Ministry Office (CMO) organized an Alternative Classroom Learning Experience (ACLE) at the School of Economics on Oct. 12.

With the theme “TAO PO!: Reviving Pakikipagkapwa amid Looming Indifference,” CSC and CMO aim to talk about the perspective of the Church on extrajudicial killings with reference to the Filipino concept of pakikipagkapwa.

“When we planned about this, we still thought of grounding it in the...continuous spate of killings in the country. Maybe some might find it already a passe, [so] we tried to put... a fresh angle into it,” CMO coordinator Rogelio Nato Jr. said.

“So we thought that...maybe one facet of why these things are happening around us especially in the country is because of the lack of feeling for the other or the lack of compassion,” Nato added.

In connection to this, CSC and CMO invited Miguel Karlo Abadines and Fr. Patrick Dominador Falguera, SJ, both from Simbahang Lingkod ng Bayan to provide the perspective of the Church on the current issues the country is facing.

In his talk, Miguel Karlo Abadines, quoting Pope Francis, clarified that the Church can be involved in politics. “Basically, the call was that the Church cannot and must not remain on the sidelines in the fight for justice and to fight for justice demands that we engage in politics,” Abadines said. “The Church is not quiet. The Church has been speaking up even before elections... Even when the war on drugs started...the Church was one of the first groups that actually mobilized... It is the one mobilizing the most amount of money, the most amount of resources, the most amount of time, catering to people who are involved in drugs,” he emphatically added.

Meanwhile, in his talk, Fr. Falguera introduced the concept of engaged citizenship by telling the students that there are many institutions and organizations like theirs where they can extend their help. He ended by encouraging the students to have “the audacity of the impossible” and to carry with them “stubborn hope.”

This semester’s ACLE entry is CSC and CMO’s fourth since it joined the university-wide activity in 2015.



TAGAPAGPALATHALA: Fr. Henry Ferreras

PUNONG PATNUGOT: Rogelio Nato, Jr.

KAPATNUGOT: Amor De Jesus

MGA KAWANI:

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A glimmer becomes a spectacle

by Carlo S. Dureza

Light. Bible stories have used something bright numerous times to illustrate how the Lord has revealed Himself to His people. Brightness conveys an image of God.

Among the very first verses in the book of Genesis include, "Let there be light!", uttered by God Almighty, creator of heaven and earth.

Likewise, the evangelists' accounts of Christ's birth carry another verse that says, "and the people have seen a great light, a light that darkness could not overcome." Written in the storylines of Jesus' birth were the Magi or three wise men from the East who were mentioned as having seen a star which light would guide them to the newly-born babe.

Even the Book of Revelations pictures God surrounded by His angels ascending and descending with blaring trumpets surrounded by the sun, the moon and the stars awash in light with pomp and grandeur!

Centuries and decades that followed showed Catholic tradition carrying in

its institutions the light which has been prominently highlighted as an image of God.

Customarily, the faithful go to church to pray, attend mass, offer special petitions and seek God's guidance to wend their way out of life's labyrinths. They spend hours in solitude seeking answers to questions and solutions to problems. They pine for the light. They search for God.

People storm their favorite saints with novenas and special devotions to implore intercessions for their share of woes be it a wayward child, a debilitating illness, the need for a job, a special intention to perform well in a qualifying exam or to end a burdensome family concern or simply to ask for fairness or recompense for an offense done.

Why not pray before the Blessed Sacrament?

The Blessed Sacrament inspires one into prayer. It is the Bread of Life, the Living God. It is the Light of the World. It draws one into silent, fervent prayer that seeks to receive light. This Living Bread nourishes us all so we would be invigorated to have life in all its fullness.

In the Parish of the Holy Sacrifice, the Tabernacle that bears the Blessed Sacrament is situated near the church sacristy. (This structure is different from the Adoration Chapel itself, wherein the

Blessed Sacrament in a monstrance is exposed for adoration and prayer.) It is a box-shaped, brass-like structure sitting up front a wooden panel and perched atop a one-tiered spiral stairway made of marble and iron. A lamp with a red flickering light stands slightly above the box towards the side of the stairway. This living bread of Christ is placed at the back portion of the church. Upon panoramic view, the Tabernacle could be recognized at the back-most part of the circular church. Regular churchgoers are easily familiar with it.

Upon a closer look however, the Tabernacle looks dark and drab. It looks like as a mere speck, a glimmer of light in a spacious abode. The predominantly dark-brown color of the box-like figure as well as of its wall-backdrop makes this very sacred fixture in church look flat and lifeless. Glancing at it sharply would make one think that it seems to appear counter to the very purpose for which it exists – to spread the light of God. For some years, it could somehow be seen as a sulking spot in the church that silently cries to be infused with vitality.

It was not until July of this year 2017 that a much-awaited change occurred. Thankfully, the Blessed Sacrament had a refreshing face-lift. Courtesy of a kind-hearted person and a friend of the parish priest, Fr. Henry E. Ferreras, thin metal ridges cut and polished to its brightest sheen were assembled to form a halo that was attached to the drab wall. Symbolizing light, the halo cast a brightness that illuminated the Bread of Life.

The erstwhile glimmer of light with traces of darkness at the church corner and which may just have dampened the spirits of those offering prayers has re-surged into a shimmering spectacle to behold! The newly adorned Tabernacle spreads its rays of light as a beacon of hope to those who call unto the Lord. It radiates a profound sense of assurance of the Lord's presence. It ignites a faith whispering that prayers brought before it would be answered.



PARISH PRIEST: Fr. Henry Ferreras

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

PARISH PASTORAL COUNCIL

COORDINATOR: Nathaniel Diola

SECRETARY: Janeth Mabaquiao

TREASURER: Lorenzo Clavejo

MINISTRY HEADS: Ma. Sheilah Napalang, *Formation* - Luis and Josephine De Luna, *Family & Life* - Erlinda Cinco, *BEC*

Ruben Lumberas, *Catechetical* - Rogelio Nato, Jr., *Campus* - Benedick Lapuz, *Public Affairs* - Nanette Pelaez, *Vocation*

Alice Paguio, *Worship* - Severa Arias, *Social Services* - Emerson Gabriel, *Youth* - Mar Philippe Lopez, *Media*

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

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

Marpe Amper & Jocelyn Cedullo, *Cooks*

programa kabilang ang prusisyon sa paligid ng parokya, pagdiriwang ng Banal na Misa, at fellowship sa Bulwagang Delaney.

Bagama't isinara na ang Taon ng Parokya sa PBS, sa darating pang Dis. 2, 2017 ang pormal na pagtatapos ng nasabing taon sa buong Diyosesis ng Cubao.

Ang paalala ni Fr. Ferreras, "Ito pong pamayanan, sana'y hindi po magtapos sa pagtatapos ng Year of the Parish. [San'y] magpatuloy sapagkat hindi naman tayo nawawala. Di naman nawawala ang pamayanan."

Harana Kay Maria

Huling idinaos ang HKM noong Disyembre 2006 upang ipagdiwang ang Dakilang Kapistahan ng Kalinis-linisang Paglilihi sa Mahal na Ina.

Sa muling pagdaraos nito ngayong taon, kasama ng CMO ang apat na Katolikong organisasyong kabilang sa CSC, ang UP In-Christ Thrust for University Students, UP Student Catholic Action, Youth For Christ - Diliman, at Christ's Youth in Action. Bagama't hindi nakadalo, kabilang din sa CSC ang Klub Tala at ang Campus Feast.

Kinumpirma na rin ng CMO, ang punong kalihim ng CSC, ang pagiging taunang gawain ng nasabing pagtatanghal.

"Indeed, we have set to ourselves this commitment to hold this kind of Marian activity every year, as our way of honoring Mama Mary in her birthday, particularly for her role in God's plan of salvation," sabi ni Nato.

(Tunay na amin nang naitalaga sa aming sarili na idaos nang taunan ang ganitong gawain upang bigyang-pitagan ang Inang Maria sa kanyang kaarawan, lalo na sa kanyang papel sa gawang pagliligtas ng Diyos.)

When we see the Cross, We behold the Lord's victory over sin and death. Thus, when we celebrate the Feast of the Exaltation of the Holy Cross annually on September 14, we do not only remember the recovery of the wooden beam on which our Savior was crucified, we also celebrate the dawning of salvation. It is befitting that the feast is also known as the Triumph of the Cross because through the Cross, Jesus redeemed us from our sinfulness and gave us the gift of eternal life. One version of the memorial acclamation at Mass captures it succinctly: "...for by your Cross and Resurrection, you have set us free."

Aside from being the instrument of our redemption, the cross is also essential in defining discipleship. In the Scriptures, Jesus himself declares, "Whoever wishes to come after me must deny himself, take up his cross, and follow me." (Matthew 16:24) The message of the Lord is delivered to us loud and clear. One who desires to be a follower of Christ cannot dissociate himself/herself from the cross. The cross is and will always be an integral part of being a Christian.

Our very own St. Lorenzo Ruiz wholeheartedly responded to Christ's call to this kind of discipleship. The first Filipino saint gladly took up his cross and followed Jesus. He was arrested for being a Christian and was ordered to renounce his faith. He refused to recant and was tortured. In the end, he chose to give up his life for the faith. According to the record of his death, his last words were, "I am a Catholic and wholeheartedly do accept death for God. Had I a thousand lives, all these to Him I shall offer."

We commemorate the martyrdom of St. Lorenzo Ruiz on September 28, a couple of weeks after the celebration of the Feast of the Exaltation or Triumph of the Holy Cross. During the Memorial of St. Lorenzo Ruiz, we pray to God, for the same perseverance shown by the saint in denying himself, taking up his cross, and following Christ even to the point of death. We pray for the gift to remain steadfast in our faith and to endure the persecution that may come our way.

We may not be martyred for the faith but each one of us has a cross to carry as part of following Christ. These may be the problems in our family, the struggles of daily living or the mission to bring light to a world in darkness. When our crosses seem too heavy to bear, may we draw inspiration from the life and sacrifice of St. Lorenzo Ruiz who did not waver in his resolve to be a follower of Christ. Like St. Lorenzo Ruiz, let us embrace our crosses and realize that by doing so, we follow in the footsteps of Christ—we become Christians in the real sense of the word, and give our entire self to God.

Rex Lago Paras is the Chair 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*

CONFESION: 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*