



March 19, 2017

## PARISH BULLETIN

We Care Because We Pray

Third Sunday of Lent  
www.ssaparish.com



Forbes Park, Makati



## HUMILITY IN CAREER

by Tintin San Juan, Faith In Action (FIA)

I haven't been part of the Parish for a long time. I joined Single Young Adults (SYA) in March 2009 and Faith in Action upon its inception in 2016. I have teamed in SYA, joined the Hospital and Prison Ministries in their outreaches, and other activities that have piqued my interest.

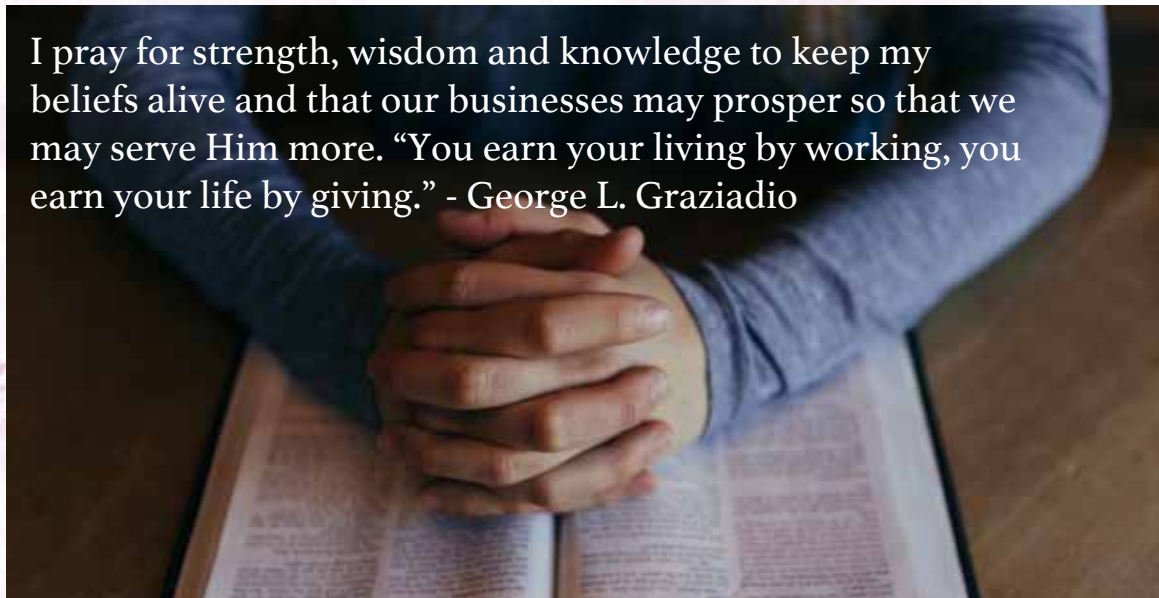
I work five jobs. One of which doesn't even pay me. That's aside from being a daughter, a granddaughter, a sister, a sister in law, a ninang, a cousin, a friend, etc. I also volunteer in two organizations, SSAP being one of them and I am President of the other.

I work for the family businesses and I have a business with friends from my community. At one point in time the load of handling all these business wore me down heavily. My only other sibling has his own medical profession and I had to accept the fact that there was no one else but me. That's when I had a change of perspective.

I looked at aspects of the business that aligned with my personal beliefs and went from there. I look at the business in these ways: first, I am helping the economy; second, I am helping people get out of poverty by providing jobs; third, I am helping the environment. One thing my parents give importance to is to treat our employees like family. Embracing this ethic has given me a new sense of stewardship beyond the business lines and because of this, we have maintained low employee turnover.

Being a daughter/employee has its pros and cons. I have a little more flexibility but I work at odd times. I am constantly aware that my parents are getting older, and that one day the employees' livelihoods will depend on me. Knowing that has kept me grounded. Flexibility gives me time to work on giving back and to have a work-life balance. It gives me the ability to drop things when I am needed. It also gives me time to rest.

I pray for strength, wisdom and knowledge to keep my beliefs alive and that our businesses may prosper so that we may serve Him more. "You earn your living by working, you earn your life by giving." - George L. Graziadio



A Eucharistic Community of Families: Humility in Career

# HUMILITY and CONTEMPLATION

PSALM 131

My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.

But I have calmed and quieted myself,  
Like a child in its mother's breast.



This beautiful psalm addresses our topic of HUMILITY as a means to contemplative prayer. One has to be truly humble in order to really pray. Not the self-denigrating kind of “humility” which is really laced with pride, but the true and basic, simple humility of self-forgetfulness while focusing on God. The beautiful little book on Contemplative Prayer by an anonymous monk, ‘The Cloud of Unknowing’ says it clearly, as does this psalm: “ Everything you are thinking of is between you and God. And you are furthest from God when there is anything but God in your mind.” In other words uplifting thoughts and even theories no matter how sublime are really blocks to prayer. Only HUMILITY, in its most basic form can translate to prayer. “When your heart is not proud” as the psalm says, “ nor is it concerned with things too great for me, “ only then can you find your way to God. One prayer word and nothing

else establishes your path. A “calm and quieted soul” becomes the venue to Contemplative Prayer. Then you rest in God, “like a child quieted in its mother’s breast.”

Verse 2 brings us to SILENCE.

Contemplation is all about silence, letting go of the clutter in the mind, internal dialogues, random insights. In Centering Prayer you simply rest in God, like a baby rests on its mother’s breasts. The silence brings about calm and peace, and eventually clarity of mind, helping you deal with daily life’s problems, leading to their resolution. It starts with the premise that God knows all your needs even before you ask for them. Just spend precious quiet time with Him.

Because this prayer is humble and down to earth, meaning uncluttered and simple, we begin to find God

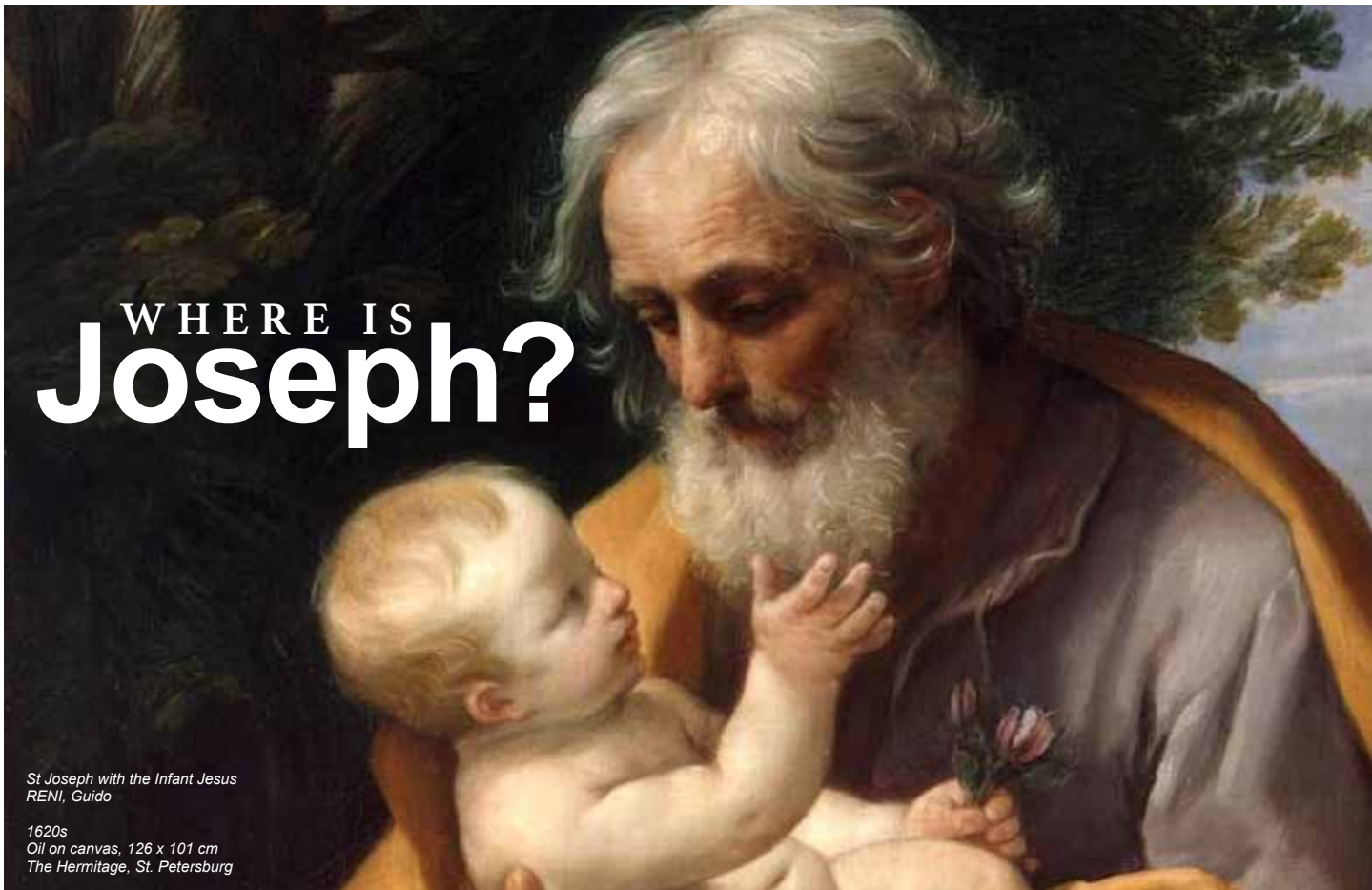
in everyday life events. The Bible becomes a channel of conversation between you and God, and a relationship is initiated and eventually established and deepened.

Silence, Centering Prayer and Lectio Divina have become a pattern in the lives of the members of Contemplative Outreach Philippines (COP.) We are a community of people who meet weekly to pray together . We are true friends, bonded, and non-judgmental of one another . We are supportive and available. Our weekly COP group is a priceless gift.

We invite you to join us every Monday from 10 AM to 12 noon at St. Elizabeth room at the Convento of our Parish Church

Visit us at the Contemplative Outreach Philippines web site. Go to [www.cophil.org.ph](http://www.cophil.org.ph)

# WHERE IS Joseph?



St Joseph with the Infant Jesus  
RENI, Guido

1620s  
Oil on canvas, 126 x 101 cm  
The Hermitage, St. Petersburg

A famous painter once showed Blessed Pope Pius IX a picture of Heaven. The pope greatly admired it. There were the Holy Trinity, Our Lady, the angels and the saints. But he noticed someone missing and asked, “Where is St. Joseph?” No one can blame the painter for forgetting the patriarch. For there was nothing special about Joseph to attract our attention. The Bible hardly mentioned about him. Not a single word was spoken by him in the Gospel. By world’s standard, he had no achievement which was worth recognizing.

God, however, chose Joseph to take care of two greatest treasures— Jesus and Mary. He chose this craftsman of Nazareth to be the husband of Mary and the legal father of Jesus. He was given one of the most difficult and responsible missions. It was not easy because of the exceptional qualities of Mary (who was daughter of God the Father, mother of God the Son, and spouse of God the Holy Spirit).

Besides, the Child Whom he had to care for was the Creator of the universe. This meant that he was inferior to the persons subordinated to him. Yet he worked well and carried out his duties as a family man with love intending to please God. He was always obedient to His plans.

Joseph was not, after all, such an ordinary man as he seemed. He went completely unnoticed because of his humility. No wonder when the artist told Pope Pius IX that he would put St. Joseph almost hidden among the saints, the Holy Father pointed his finger close beside our Lord and said, “No, you will put him there, for that is his place in Heaven.” In 1870, he declared St. Joseph the Patron of the Universal Church. Joseph is the greatest of the saints after Our Lady.

*(Reference: Joseph of Nazareth by Federico Suarez; A Vademecum of Stories by Rev Mauricio Rufino; “St.*

*Joseph: The Greatest Male Saint Who Ever Lived” by St. Josemaria Institute; Catholic Treasury: [www.catholic-treasury.info/joseph.php](http://www.catholic-treasury.info/joseph.php))*

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## ST. FRANCIS

# The Humblest Man in Christendom

When one thinks of HUMILITY (the state or quality of being humble – lowly, modest, unpretentious) one invariably thinks of our dear St. Francis of Assisi. This is because he is considered by many, if not the whole world, to be the humblest man in Christendom.

But this is not because, like Jesus, he was born in a humble stable. This just happened in 1182 when Donna Pica, the wife of a rich cloth merchant Peter Bernardone was about to give birth. A stranger came and said, “If you wish everything to be fine, ask Peter’s wife to go to the stable at once.” When this strange command was carried out, the baby boy was born.

While the boy had black brilliant eyes full of mildness and modesty, he grew to be a young man who was vain, exhibitionist, rather snobbish and a fastidious dresser. He was certainly far from being humble, maybe due to his indulgent parents who never denied him anything.

Yet it was from this proud pretentious boy that God chose to teach the world about the meaning of true humility through a “steady process of giving up to God, little by little, every joy he found.”

It all began when Francis found God in an ancient chapel south of Assisi, Italy virtually in ruins dedicated to San Damiano. When the crucified Christ on a Byzantine wooden crucifix hanging down from the ceiling said to him, “Francis, you see that My house is falling down. Go and repair it for Me.” Francis then and there became a totally poor and humble workman.

This happened because his father was upset with him for stealing his richest cloth in the shop and selling it in order to get funds for his repair job. Francis realized then that the only way he could fulfill his promise was to beg from his rich friends. This generous, high spirited and fashionable man became the butt of all jokes. Many laughed but many gave and many began to listen to him.

Francis became one with God in the only way he knew how: by humbly following in the footsteps of Jesus and humbly saying yes to everything the Lord asked of him.

Ever the leader Francis convinced his friends to join him in a renewed religion and he did it with the strength of his humility, a humility that derived from his love and imitation of Christ.

Since for Francis poverty and sister humility were the only way to witness to the love of Christ he called his Order the Humbler Brethren or Friars Minor which he founded in

1209. He desired that his brothers should really be below their fellows and seek only the last and lowly places. It was dedicated to absolute poverty, humility and the love of all created things. Seeing himself before God as the least of men he never aspired to be a priest – only a deacon.

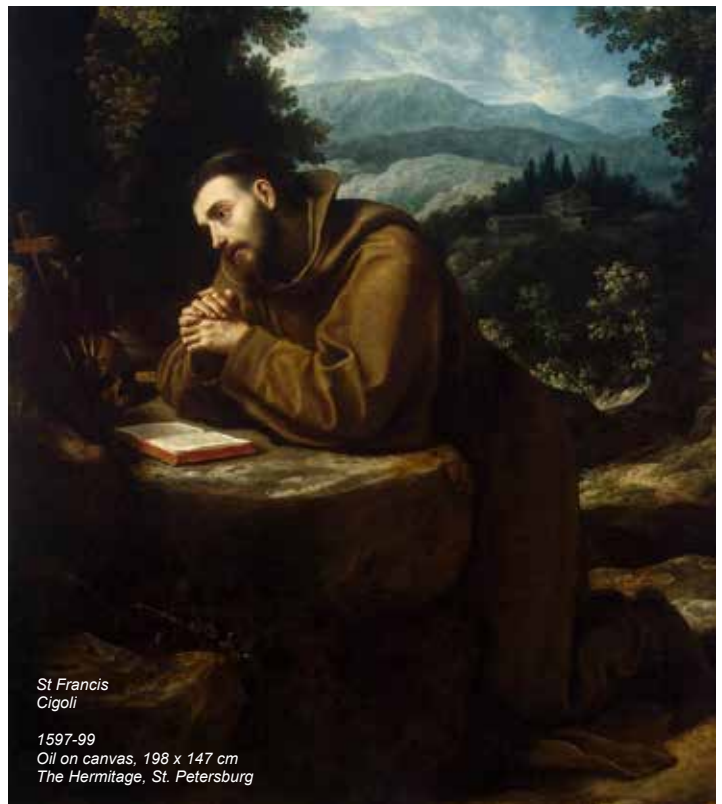
While his order started out as a humble missionary order it grew and radiated through the Christian world and touched men and women of every generation up to this day and age.

On October 4 the Church prays, “O God, You enabled St. Francis to imitate Christ by his poverty and humility.”

The opening prayer of the Mass states that God helped St. Francis to reflect the image of Christ through a life of poverty and humility.

St. Francis in his letter to the faithful said, “We must not be wise and prudent according to the flesh. Rather we must be simple, humble and pure. We should never desire to be over others. Instead, we ought to be servants who are submissive to every human being for God’s sake.”

St. Francis said while dying: “My work is finished. May Christ teach you to carry out yours.”



St Francis  
Cigoli

1597-99  
Oil on canvas, 198 x 147 cm  
The Hermitage, St. Petersburg

PARISH ANNOUNCEMENTS

# Everyone is invited to a Thanksgiving Mass

to be celebrated by

**Fr. Adam Dalac, OFM and  
Rev. Angelito Cortez**

(Beneficiaries of the SSAP  
Pastoral Care for Franciscan  
Vocation Ministry)

March 20, 2017 at 6:00 pm  
SSAP Main Church



## FASTING AND ABSTINENCE

### FASTING

### WHAT ABSTINENCE



**NO MEAT**  
Meatloaf or Steak



**FISH IS OK**  
Salmon or Trout



**NO SNACKS**

### WHO



**WHEN**  
FASTING  
AND  
ABSTINENCE

**ABSTINENCE**



**CATHOLICS  
14+  
ARE OBLIGED TO  
PRACTICE ABSTINENCE**



**CATHOLICS  
18-59  
ARE OBLIGED  
TO FAST**



**THOSE OUTSIDE THE AGE LIMITS**  
and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penance or acts of charity or piety.



*Boys and Girls interested to become Angels for the Easter Salubong on April 15, 2017, Saturday, may register at the Parish Office. Costumes for the event will be provided.*

## SEDER MEAL

*Choice of chicken, fish or lamb.*

*April 4, 2017 after the 6pm Mass  
at the Parish Center Social Hall*

*Lamb P700.00/plate*

*Chicken or Fish  
P600.00/plate*



PARISH ANNOUNCEMENTS

# Stations of the Cross

at the Jardin de Cruces

DATE	SPONSOR
March 24, 2017	EMHC/MSH
March 31, 2017	SYA/Antioch/Luke
April 7, 2017	Scholarship/MBMG
April 14, 2017	Village Stations of the Cross at Dasmarias Village



\*assembly inside the church at 4:30 pm



## Little Sunshine Workshops

SIGN UP AND ENROLL YOUR CHILD TODAY!

SUMMER CLASS STARTS ON APRIL 1, 2017

FREE TRIALS ON MARCH 25 & 27, 2017. Call for inquiries.

<p><b>Kids Art</b> WED. &amp; SAT CRAFTS 10:00 – 12:00 nn ACRYLIC 2:00 – 4:00 pm</p>	<p><b>Kids Ballet</b> TUES. &amp; SAT. 2:00 – 3:00 pm 3:00 – 4:00 pm</p>
<p><b>Water Color</b> TUES. 1:30 – 3:00 pm SAT. 10:00 to 11:30 am</p>	<p><b>Hip-Hop</b> WED. &amp; FRI. 1:00 – 2:00 pm SAT. 4:00 – 5:00 PM</p>
<p><b>Brush Calligraphy</b> MON. 2:00 – 3:30 pm SAT. 11:30 – 12:30 pm</p>	<p><b>Street Jazz</b> M – TH – S 1:00 – 2:00 pm</p>
<p><b>Piano</b> MON. &amp; WED. 1:00 – 4:00 pm</p>	<p><b>Voice</b> MON. &amp; TUES. 9:00 – 10:00 am 10:00 – 11:00 am 11:00 – 12:00 nn</p>

TRIAL CLASS	CLASS	INSTRUCTOR	TIME
Saturday, March 25	Kids Art: Craft Activities	Theresa Buiser Arts Association of the Philippines Member	10:00 – 11:00 am
	Acrylic		11:00 – 12:00 nn
	Water Color	Junette Villanueva Urban Sketchers-Phils Member	10:00 – 11:00 am
	Brush Calligraphy		11:00 – 12:00 nn
	Street Jazz For Girls	Danny Vinculado Arts in the City	1:30 – 2:30 pm
	Kids Ballet	Jan Manlapig Acts Manila	2:30 – 4:30 pm
Monday, March 27	Hip-Hop	Nikki Camasura Arts in the City	4:30 – 5:30 pm
	Voice	Vida Mirang Voice Performance	9:00 am – 12:00 nn
	Piano	Daisy Morales 50+ Years of Teaching	1:00 – 4:00 pm

\*Art Kits available for sale.  
Contact Us to Sign Up on or before March 22:  
56 Jupiter Street, Brgy. Bel-Air Makati City  
T. (632) 856-4144 / 856-4162  
M. (0917) 515-5656  
E. [seniorhubjupiter@gmail.com](mailto:seniorhubjupiter@gmail.com)



**PARISH ANNOUNCEMENTS**



**CONTINUING CATHOLIC DEVELOPMENT (CCD)**

Parish Office, Santuario de San Antonio Parish, Forbes Park, Makati City

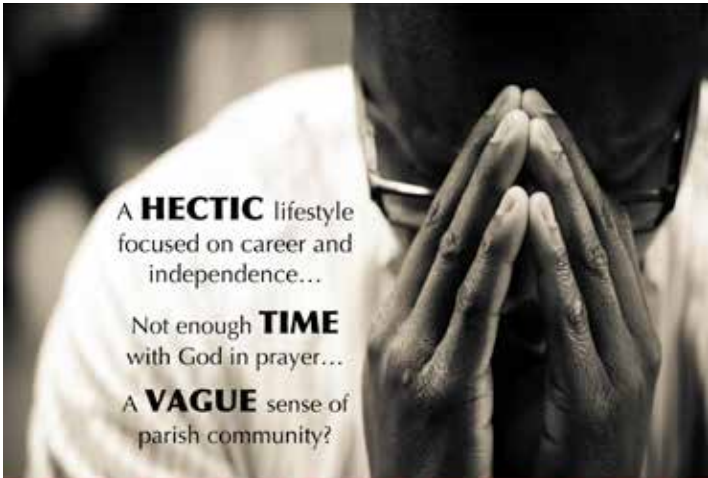
**Enrollment is ongoing** for SY August 2017 - May 2018!

- We are accepting applicants in the following levels:  
 RECEPTION: for 5 - 6 year olds  
 LEVEL 1 - PRE-FIRST COMMUNION: for 6 - 7 year olds  
 LEVEL 2 - FIRST COMMUNION: for 7 - 8 year olds  
 LEVEL 3: for 8 - 9 year olds  
 LEVEL 4: for 9 - 10 year olds  
 LEVEL 5: for 10 - 11 year olds  
 LEVEL 6 - PRE-CONFIRMATION: for 11 - 12 year olds  
 LEVEL 7 - CONFIRMATION: for 12 - 13 year olds  
 club8+ YOUTH GROUP: for 13 - 18 year olds

The Continuing Catholic Development (CCD) is an internationally recognized parochial religious education program for children. In the Philippines, it has been officially assigned as a ministry of the Santuario de San Antonio Parish (SSAP) in Forbes Park. As such, it is committed to educate its students with the basic teachings and fundamental truths of the Church. It also prepares students for the reception of the Sacraments of Reconciliation, First Holy Communion and Confirmation.

CCD is currently offered to children who study in non-Catholic schools that do not provide Catechism as part of its curriculum nor as an extra-curricular activity.

For inquiries, please call or visit LEAH AZARCON at the CCD Office:  
 Tel # 843 8834 Tuesdays to Sundays  
 Email - ccd.office.ssap@gmail.com  
 Mobile # 0917 819 3542



A **HECTIC** lifestyle focused on career and independence...

Not enough **TIME** with God in prayer...

A **VAGUE** sense of parish community?



**33rd SINGLE YOUNG ADULTS (SYA) WEEKEND**  
**March 24 - 26, 2017**  
 Santuario de San Antonio Parish Center

A retreat and community of self-discovery and faith for single adults ages 21-35

For more information, contact:  
 Jonathan - 0917.836.7374  
 Rosy - 0917.811.3515



**Contemplative Outreach Philippines**



**Developing Our Relationship with the Lord**

"Interior silence is the perfect seedbed for divine love to take root". (TK)  
 "I think of the TREES and how SIMPLY they LET GO". (May Sarton)  
 In preparation for Holy Week, You are invited to attend a weekend of silence, reflection and prayer at this

**Introductory Retreat on Centering Prayer and Lectio Divina Maryridge, (A Place of Healing and Renewal)**  
 Good Shepherd Sisters, Iruh West, Tagaytay City  
**March 24-26, 2017**

For more information, please contact

Betty Florendo: 0917-877-2402; Anna Marie Llanos: 0916-315-3980  
 Herbie Aquino: 0916-469-7766 / Landline: 501-5231 email at cop.secretariat@gmail.com

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Ask for NARCING/JULIET

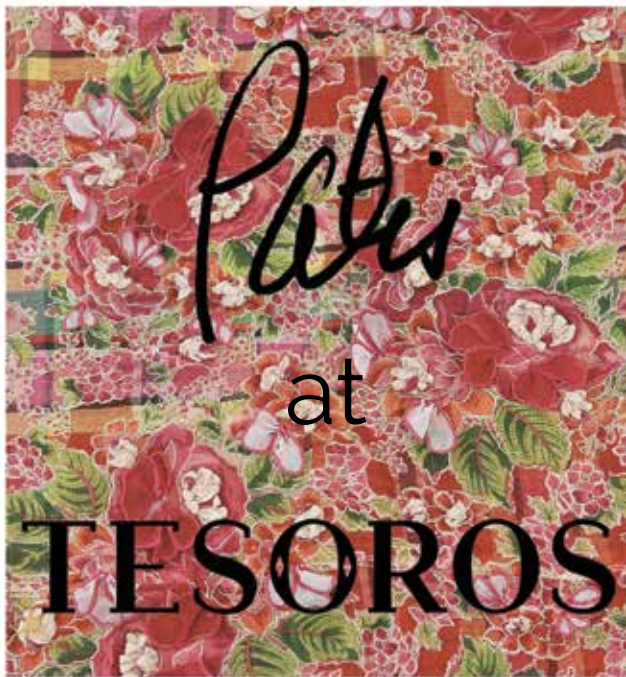
**Prayer to St. Joseph of Cupertino for Success in Examinations**

*O Great St. Joseph of Cupertino who while on earth did obtain from God the grace to be asked at your examination only the questions you knew, obtain for me a like favour in the examinations for which I am now preparing. In return I promise to make you known and cause you to be invoked. Through Christ our Lord.*

*St. Joseph of Cupertino, Pray for us.*

*Amen.*

**TO GOD BE THE GLORY**



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