2020 The Year that Was







EMOTIONALLY HEALTHY CHURCH ONLINE COURSE Kamuning Bible Christian Fellowship | Dec. 27,2020 via

EHC Course Online

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2020 The Year that Was

2020 started off like most years do... with fireworks and celebrations. Unknowingly, we were all about to face a giant that would change so much of life as we knew it.

Everything happened so fast. Before January ended, Covid-19 was found to have reached our country. All of a sudden, kissing and hugging friends and even family were not allowed. We had to keep our distance from one another. And in a matter of



weeks, quarantine happened. Many of the places we frequented were locked down, KBCF included.

Was this the end of our church life? Not really! After the March 17 effectivity of the pandemic quarantine, we had our first online sermon the following Sunday.

So, what were the activities we were able to pull through despite the lockdown? Surprisingly, a lot. Let us look at the list of things we accomplished online in 2020:



March 14 - Baptismal Class Part 2

May 23-27 - Interview for Candidates for Baptism

June 14/ 28/ July 12 - Council Nomination/Election/Installation

July 31 - Family Fun Day

Oct. 31 to Dec. 19 - Emotionally Healthy Church Seminar/ Graduation

Dec. 13 - 45th Church Anniversary

Dec. 14 to 19 and Dec. 21 to 24 - Simbang Madaling Araw





Plus, our regular Sunday worship services, midweek prayer meetings, prayer chain, age group fellowships (Sunday school, youth, young adults), cell group and discipleship meetings, ministry meetings and assemblies, trainings, recording of worship songs and testimonies, and a lot of other activities. In addition to these, KBCF distributed rice (May, Aug., Nov.) and financial assistance (April, May & Nov.) to some members. Virtual memorial services and virtual visitation of members were also done.

No virus can ever hinder God's church from continuing God's work! All glory to God!





"BELOVED" in Pandemic

By Elder Rey Garrido



God's goodness and steadfast love is new and fresh every morning. Whatever situation we are in, we are safe and secure in the loving hands of our God. Times may be tough and challenging but we continue to trust Him, He will never fail for we are His Beloved.

I am excited to share with you our cell group updates especially during the pandemic. Allow me to introduce to you our cell group, Beloved. It started as a house bible study led by our late Pastor Aris de los Santos way back 2006. I took over this group, which later evolved to a cell group. At first we named it *TAMBAY (Tanging Angkin Mong Buhay Ang Yaman)*, which became Laminin before settling to Beloved. We used to have mixed attendees comprising of young fathers and single men. But as we transitioned to Beloved we saw the need to focus on fathers, from young dads to the *"manongs"* or more senior dads.

We had a great 2019, ending with a post-Christmas fellowship, then new members joined in early 2020. We were gaining momentum amidst the busyness of everyone. Most of us found it difficult to attend the then face to face meeting because of different reasons; some didn't attend at all, some transferred to other churches.

On the night when everybody was awaiting the President's announcement on quarantine, we were still able to meet at KBCF enjoying our usual fellowship, Word and prayer. Then the announcement came, and soon stricter safety protocols prevented people from gathering, or even to go out of their homes.









Even with this new development the Beloved still maintained good communication and made a decision to continue meeting online, from Messenger in the early meetings to Zoom. We were really blessed as those who found it difficult to attend before were now able to join and are being revived by the Lord. Those who have moved to other churches also joined our Thursday night fellowship, worship, Word and prayer. In 2020, we had, by God's grace, 38 online meetings, and continuing this year.

I am blessed to see each one being rooted more in the Word, growing more in our relationship, praying and helping one another in the midst of this pandemic. We also maintain our connection and move toward the direction set by KBCF. We are in close contact with our Pastor Renz Punio, inviting him to our face to face fellowships.

Another blessing for me is seeing small clusters meeting together for building up one another within the Beloved group (AO1 coaching ministry, business ventures and even simple *kumustahan* chat groups during night time).

Yes, this pandemic wreaked havoc to many who lost a lot of important things and people close to their hearts; but God allowed us to appreciate the blessing of more quality time to enjoy Him, our family, our friends. and our cell group. We will continue to hold on to God in faith, to place our hope in His hands for we know we are so precious to Him. We are His ... BELOVED. We are committed to **BE** vessels of God's **LOVE D**aily.



EHC Course Online

By Elder Renfred Silva



I praise and thank the Lord for the opportunity to serve as a facilitator for the recently concluded Emotionally Healthy Church first online classes. I thank the Lord for allowing our church to host this learning workshop despite our challenging situation last year and even up until now.

Having taken the EHC Course a few years ago, this recent experience as a facilitator was a refreshing experience for me. I considered myself both a facilitator and a co-learner, studying the course again and learning from the insights of our group members. I thank the Lord for providing me His grace to lead, to facilitate and to be able to listen to our group members. As I went through the course for the second time, I praise the Lord for providing me new insights, reflections and realizations about Jesus and my life. I was blessed to remember, relearn and re-apply the principles of EHC in my life.

The Lord is faithful to provide the necessary wisdom, time and effort to all the organizers, writers, facilitators and students who have gone through this course. I must say for all who participated that going through this course was not a walk in the park. We all had our personal challenges and concerns but the Lord is faithful to each and everyone. It was a pilot course done online and I thank the Lord for all the feedback we have received from our students that would allow this course to be improved in the succeeding batches.

It is my prayer that the Lord would encourage you to join the next batch and be transformed by God through this course. All praises and glory to the Lord! Sign up na sa next batch!



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My Experience as EHC Participant

By Faith Constantino-Leonen





When I was asked to join the Emotionally Healthy Church Online Classes, I was hesitant at first because of the schedule, as I work as a full time mom. My everyday routine includes taking care of the kids and my husband, household chores, errands and a lot more in between, but not forgetting my devotion to Jesus. EHC was an answer to one of my prayers, which is to further serve and continue to grow spiritually.



In the first few sessions, I was a little anxious and shy to talk and share my own battles, as I was not so familiar with the other participants. As we moved forward, I learned that it's okay not to be okay and there will always be someone or a group of people whom you can trust to care and pray for you.

Because of EHC I will continue to develop more self-control, patience, understanding, listening skills, friendships and acceptance of my own shortcomings and of others, too. Accepting and embracing my past will also help me to rebuild a better future.

Thank you KBCF and EHC facilitators and participants for the time of caring that gave a whole new perspective to our current situation.

All these I offer to Jesus, the God of grace. God is good all the time!

KKCCS: Surviving the Wilderness By Dr. Sierry Tendero

Kinder 2 - Hope



Education, during this time of pandemic, has taken new turns. It has become like a "wilderness". KBCF KINDER CARE CHRIS-TIAN SCHOOL (KKCCS) had to find ways to navigate the unknown. The landscape of education suddenly changed from face to face learning in a school setting to a blended one (on-



line education and answering of modules at home — synchronous and asynchronous education). Praise God that KKCCS was able to submit the Most Essential Learning Competencies (MELC) requirement of the Department of Education to have the school opening last September 2020 through the help of Dr. Lorina Calingasan, KKCCS board member and academic and curriculum consultant. The enrolment this school year dropped to more than 50%. The sustainability of the school was greatly affected but we acted by faith — by believing the promises of God's Words. "Rivers of living water" and grace were experienced for daily needs. The salaries of the teachers during the four-month lockdown were provided even though they did not work because classes were suspended. We used the reserve money we saved through the years because many parents were not able to pay the tuition fees last school year. Health protocols required by the Department of Health (DOH) and government were put in place. Our faith is not based on wishful thinking. It is rooted on reason, our knowledge of who God is.

The school year is almost over. I am glad the KKCCS is surviving. Moving Up/Recognition Day is on May 21. The next school year is tentatively set on August 23. We again trust God for sustenance during the break period. We plan to offer summer classes and provide 20% discount to those who will reserve for enrolment. God surprised KKCCS when Giving Hands Foundation in Germany granted the request of KBCF Operation Paglingap Foundation for assistance to 35 preschoolers and salaries for four teachers and one staff for 12 months. The money will be transferred to the bank of KKCCS. In Hebrews 11, the faith chapter of the Bible, several men of faith travelled the wilderness of difficulty and doubt. We were inspired by them that we chose to do what God mandated us to do, continue to provide quality and affordable education to our community during these difficult and challenging times. God is faithful (Lamentations 3:22-23). The Lord uses challenges, trials, sufferings, and difficulties to teach us to trust Him and to strengthen our faith. Let us continue to depend on and surrender to God as He enables us to survive and to overcome.



KOPF Perseveres Amid Lockdown

By Dr. Sierry Tendero

The unexpected happened! The President declared a lockdown on March 16, 2020 because Covid-19 had become a pandemic. We thought it would just be for a few months, but until now we are still battling with it. It has transformed the people's way of life. The abnormal became the new normal. The crisis greatly affected KOPF's (KBCF **Operation Paglingap Founda**tion) ministries, yet praise the Lord! He enables us to persevere, by being "joyful in hope, patient in affliction and faithful in prayer" (Romans 12:12).

KOPF celebrated its 30th anniversary last December 21, 2020. The Noche Buena package and cash gifts were distributed to volunteers and families of scholars on December 23. The allowances of all scholars were distributed to them on time. Hebrews 13:16 says, "And don't forget to do good and to share with others, for with such sacrifices. God is pleased." It is good to be reminded of Psalm 41:1," Blessed is he who considers the poor. The Lord will deliver him in times of trouble." To date we have a total of 52 elementary, high school and college scholars, and 33 preschoolers. Even though KOPF is facing the crisis and challenges brought about by Covid-19, God is showing His "waves of grace," mercy, and provision. The blessings being bestowed on us must be shared through giving of our time, talents, skills, possessions, and finances to those in need. KOPF seeks to alleviate the welfare of the marginalized and the poor through its programs on Health, Opportunities, Pastoral Care and Education (HOPE).

"Don't withhold good from those who deserve, when it is in your power to help" (Proverbs 31:21). If you want to help and to bless, you can adopt a scholar. Annual support for Preschooler = P5000

Elementary and High School = P7500

College Scholars = P7500/semester x 2 semesters = P15000

Any amount is gratefully appreciated. Check donations may be made payable to KOPF. You can make a direct deposit to:

Bank of Commerce

Account name: KBCF OPERATION PAGLINGAP FOUNDATION

Peso Savings Account No. 014-00000-290-0

Dollar Savings account No. 014-21-000060-8 SWIFT CODE - PABIPHMM

For more information you may call 02 89866776 or +639178322190 (Sierry Tendero); Email - operation paglingap21@gmail,com; Facebook Account - KOPF Paglingap Facebook Page - Kopf Inc.









Pandemic musings

The Covid-19 pandemic is something that rattled not just our country but the whole world, and it affected different people in different ways. As suggested by a former staff member of the Scroll and a dear friend, we gathered some of the thoughts of KBCFers from different age groups, and these are what they shared.

For an elderly couple whose children (and one apo) are all living abroad, the lockdown, quarantine, isolation, ECQ, MCQ, etc. are all difficult words to comprehend. But a year has passed since the declaration of a nationwide lockdown, and here we are, still living and hopeful, that all of these things would come to an end. But again, until when? Until the lights are off, until we are no longer able to independently fend for ourselves? MAHIRAP PO TALAGA. But we live each day, thankful that God is with us. *(Manny and Miriam)*

Of all the siblings in the family, I am more than equipped to handle the lockdown, having just been isolated from the rest (relatives and friends) during my chemo up to the last quarter of 2019. Then again, in the first half of 2020, I had two successive eye surgeries for glaucoma and cataract. Other than going back to my painting, I learned a new craft—sewing. I was able to sew house dresses for myself, my friends and relatives, until I ran out of batik cloths which I ordered from my friend based in Davao (I sew around 30 house dresses mostly for Christmas giveaways). I also went into

Manny & Miriam Daway (Seniors)



gardening (vegetables and rare plants) and trying new cooking ideas. I told myself, if people behind bars can endure their incarceration for several years serving their sentence, why can't we, if this lockdown is intended for our protection anyway. The key to keep ourselves busy is to remember the old saying: "An idle mind is the devil's workshop." (Miriam)

Suzette Alviar (Homebuilders)



Nasa mundo tayo na naghahari si enemy at habang naghaharian ang enemy patuloy po dapat kumapit kay Lord.

If may God ka, buhay ang pag ibig sa puso at di ka matatakot dahil lahat kaya lagpasan dahil sa love.

- 1. Hindi dapat iplease ang tao kundi si God.
- 2. Hindi tao makakasagip, si God lang. Magbuild ng stronger relationship kay God
- 3. Ipaubaya ang finances at buhay pamilya kay God.

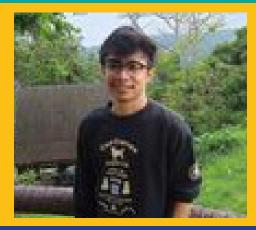
God is sovereign, good, loving, omniscient.

Charis Pabia (Single Adults)

My world was already small; the pandemic made it smaller. It made me realize that freedom is an irreplaceable gift and good health is a cherished blessing. I discovered that I don't want to live a life that I settled for. I want to live a life that I would unquestionably be joyful and satisfied, a life God intended for me.



Junel Mansit (Youth - College)



This pandemic seems to give a lot of waves of challenges. Aside from the waves of Covid-19, the first wave of challenge is on physical health - how strong is your immune system. Second wave is on mental health - the pandemic puts you on survival mode that causes constant stress to the mind. Lastly, on spiritual health - it seems to be impossible to put up a good fight of faith especially when you're on the marginalized community while also seeing other people make this their time to reach their successes in life.

Ivan Salem (Youth - High School)

I've learned that the pandemic that we're currently having is bad news, because it is greatly affecting many countries. It is causing the loss of people's lives, it is something I never expected to happen. But it's also a good thing because I've proven that God can make something good out of the bad. Like families became closer to each other because of the lockdown.



Max Ricote (Sunday School)



This pandemic taught me a lot. At first, it was fun because I just stayed at home, no waking up early for school, but right now, I miss my classmates already. I love that my Mama and Daddy are with me ALL THE TIME. It's also weird for me not to greet my friends with a hug. It's ridiculous how Covid-19 stopped me from hugging people. I hope and pray that it will end soon.

Quarantine *a la* Senior



By Elder Dulce P. Abutal

In the early months of the imposed quarantine in 2020, I wondered how older persons, who we generally refer to as seniors, were coping with the unprecedented restrictions. Social distancing is in, and family and social gatherings are out, even in places of prayer and worship. I purposefully selected the senior citizens in my contacts list, and those with senior parents, and asked them my questions online. These are what I found out:

Seniors stay in quarantine. Most of the seniors said that they stay at home! Some said that they are already used to staying in even before the quarantine period. Those who leave the house do so to go to the bank, and to buy medicine and food.

Seniors stick to their chores. Such chores include cooking, washing the dishes, doing the laundry, cleaning and disinfecting the house, gardening, watering the plants, taking care of pets, doing minor repairs, de-cluttering, and organizing items. One senior said a day is not enough for her to get everything done! Seniors work from home. Some of the seniors reported that they continue their work via video conferencing and emails. A teacher holds classes online, a counsellor does video counseling, and a dressmaker continues to sew for a living.

Seniors are health-conscious. One cooks for her family to refrain from ordering in and avoid the risk of eating contaminated food. Walking and following Zumba videos were mentioned as exercise routines. One goes to her garden to get sunlight, and others mentioned that they are getting enough sleep and rest. A few of them are catching up on their reading, and listening to music. One plays with cards, and another watches Gags for Laughs and Family Feud on YouTube for doses of humor. Some are on Netflix.

Seniors stay connected. The seniors bond with family members at home by keeping each other company, engaging in small talk at meal times, and praying together. Other than using social media, some call up or send text messages to stay connected with family and friends here and abroad. One respondent shared that her mom asks her for videos of her children (the apos), as she misses them a lot.

Seniors stay informed. The seniors monitor the latest news via television, social media, and reputable websites. One even fact-checks questionable information, and posts the correction to discourage the spread of fake news.

Seniors reflect on what is going on. Most, if not all, of the seniors spend time in prayer, meditation, and reading Scripture while in quarantine. One said that she is not worried about this pandemic. Another wonders what's in store after all this, but remains thankful that he and his family had so many meaningful experiences last year that they would not have experienced had they planned them for 2020.

Apparently, these seniors are not helpless in this crisis, and they are able to manage their days in quarantine with certain levels of control. Sana all! God bless our seniors!

Ramblings of a Broken Heart

By Erna Llorente



Makarios

As you walk through the valley of despondency, defeat and sorrow, let My love elevate you above every pain, worry, and fear. Allow Me to walk you through these and bring you to where you can see past the shadows that haunt you.

Quiet your heart while you sit with Me and I will give you the kind of peace you are looking for. I am with you as you battle your storms. My grace will be your strength. Let Me show how I can move this mountain for you. Don't you remember? I am the God of possibilities!

Allow Me to do this for you.

"Makarios refers to how God assesses our situation. It is an objective state of being, not a subjective feeling. What matters is not how we feel about ourselves or our situation but what matters is how God feels about you or your situation." -Pastor Oyan Simatupang

"It's like having a heavenly perspective while going through our earthly turmoil and living in that knowledge." – Ptr. Ernie V. Pinzon (Erna's father)

Ministry opportunity!!!

The Scroll is opening its doors once more for KBCFers who have the heart to serve using their gifts.

If you can write, edit, and do layouts, and are willing to commit, then we invite you to join the team.

Approach anyone from the staff, or inquire at the KBCF office for details.

SOAR!



By Mayang Burgos-Gorospe

Weeks before my husband, JunAbe, passed away on December 8, 2019, he said, "Mayang, you have sacrificed so much especially in my nine years of health challenge with Chronic Kidney Failure...it's about time for you to soar."

Widowed at 55 with no biological children, I began to contemplate on what the word SOAR implies. Slowly I made plans to go back to counseling work and yes, to fly! I would like to visit places and experience different cultures. Then the pandemic happened.

Being alone during the lockdown period, the Lord allowed me to SOAR from a different perspective. I re-discovered my values; my coping mechanisms; my preferences in food, clothing, and even hobbies such as needlecrafts, gardening, and writing. I was able to cry and grieve over the loss of my high school sweetheart (we met in one of the ISCF camps in the 80s) while packing away his belongings. Looking at old pictures brought back precious memories of the full life we had together for 29 years. There is no space for regrets in my heart; only gratefulness for God's lovingkindness and tender mercies. At the end of each day, I count my blessings.

Meditating on God's word led me to SOAR in another way. God caught my attention in I Kings 17 where He used the widow at Zarephath to supply the prophet Elijah with food. A prompting in my heart ignited days of prayer to discern the specific ministry that the Lord is leading me into. He said, "Encourage and feed the modern day 'Elijahs'. They are the frontliners who risk their lives during this pandemic." However, at the height of this calling, two of my dear family members tested positive for COVID-19. The challenge then was either to linger in worry or to obey. I chose to do the latter, for He assured me, "*Be still and know that I am GOD*."

I find that wisdom overflows as I trust and follow His leading. Just like the widow at Zarephath, I offered the little resources I had to start **The Raven Community**, a group of volunteers who 'take flight' as the ravens did in 1 Kings 17. This ministry brings food and a token of appreciation to frontliners, to encourage and honor them for their sacrifices towards the well-being of others. Since August 2020, more than 1,000 frontliners in different hospitals, media, and LGUs have been served by the 'ravens.' One frontliner sent a personal message that went, *"Thank you not only for feeding our body but our soul as well."*

I learned that to SOAR means to rise above life's challenges and circumstances as I trust and obey God. In this pandemic, it may feel as though we are behind iron bars in a prison cell, but if we allow GOD to take control, nothing can hold us back from soaring. As Isaiah 40:31 says, "But those who trust in the Lord will find new strength. They will soar high on wings like eagles..."













Celebrating Even In Times of Adversity

By Ruth Rodriguez

How do you think people would celebrate, especially during the Christmas season, if they are currently facing difficulties in life?

I can still recall when my husband, Pastor Eli, spoke in a church in Bulacan in December 2019. His topic was about celebrating Christmas during times of difficulties. Unexpectedly, his message became applicable to us days after he delivered it. It was when we found out that I was seriously ill.

It all started with just an excruciating abdominal pain that I felt about a month earlier. I was in and out of the hospital for nearly a month and my doctors couldn't pinpoint the reason behind the pain. Finally, before yearend, my doctors decided to include a hematologist onboard.

Early January 2020, I underwent a bone marrow aspiration and found out that I had acute myeloid leukemia or cancer of the blood.

Upon learning the treatment options and despite not being sure how we'll be able to pay for it, I immediately started my chemotherapy. Our family held on to the promises of the Lord that He will be with us in this battle and that He will provide for our needs.

The initial chemotherapy was really frightening because I developed complications during the treatment. I stayed in the hospital for almost a month with a lot of medications passing through my veins. During that time, I thought I wouldn't survive, but praise God because He is my great healer.

After that, I underwent another 5 cycles of consolidation chemo. The effect of each cycle was unpredictable, and that was when we saw how powerful God is and how powerful prayer is. There were times when I needed to undergo blood transfusion and God immediately provided blood donors. Aside from this, I did not experience serious complications even when my blood count was very low.

We praise God because last October I was finally declared in remission or cancer free.

My family and I wouldn't have been able to overcome this difficulty on our own. Praise God because He was with us all throughout my battle against leukemia. I admit that I have a tendency to worry too much or feel easily discouraged but I am always reminded of how faithful our God is and how much He loves me. Aside from this, we know that our God is bigger than our problems.

These are just some of the many truths that my family and I held on to during those difficult times, that was why we were still able to celebrate and be happy even during that time of adversity.

Our family will always hold on to God's promise which is written in Jeremiah 29:11 which says, "For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"

All praises and glory belong to our Lord Jesus Christ.







PEOPLE UPDATES

Best Wishes



... Julian & Joanne Salcedo, who exchanged "I dos" on December 12, 2020



... Mon Robert & Mayumi San Pascual, who tied the knot on December 20, 2020



... Pastor BJ & Ces Saavedra, blessed with a baby girl, Rainbow, last November 23, 2020



... Raffy and Babbie Ricote, blessed with a baby girl, Luna, on December 20, 2020

Christian Sympathy

Baby Congratulations

Our heartfelt sympathy for the families of those who have gone ahead of us...

- Naty Camiring, mother of Juliet Montano, went home to be with the Lord on February 20, 2020
- Ding Alcala passed away on July 20, 2020

• Josefina V. Calub, mother of Beth Silva, went home to be with the Lord on August 27

• Maggie Morato, former choir member and sister of Cynthia Morato, passed away on September 7 due to heart failure

• Jesus Luna died on Aug. 30, 2020

• Ray Antonio, who was called home by the Lord on October 14

- Francisco Purugganan, Jr., father of JP Purugganan, went home to be with the Lord on November 18, 2020
- Grandfather of Ivan Mahaguay passed away on November 26, 2020.
- Rene B. Claravall, brother of Baby Garrido, went home to be with the Lord on December 11
- Felino M. Capital, brother of Raffy Capital, went home to be with the Lord on December 24
- Lawrence Samson, brother of Lilyan Cristobal, went home to be with the Lord on December 24

Graduates

High School



Marychelle Romero Don Alejandro Roces Sr. Science Technology High School Food and Beverage Services NC II Passer



Nichole Sinday Quezon City High School With Honors



Ysabela Gabrielle F. Agbayani School of the Holy Spirit Senior High School STEM



Elicia Justine Equipelag ABM APEC Schools

Senior High School



Paul Argie Bañaga STEM Our Lady of Fatima University



Joshua C. Gensola Jose Rizal University Senior High School (STEM)



Kathleen Aira Declaro HUMSS Arellano University Wih Honors



Moselle F. Nacu School of the Holy Spirit Senior High School STEM

Elijah Gabriel Hubalde



Lyra Permacio Accountancy Business and Management With Honors

College



Crisadel Valencia ABM UST



Clarisse Aquino BS-IHM De La Salle-College of Saint Benilde



Reycelle Ann Garrido Bachelor of Arts in Communication Arts UST



Moshe F. Nacu UPLB BA Computer Science



MISSION

We exist to glorify God by bringing people to Jesus Christ and membership in His family, developing them towards Christ-like maturity, and equipping them for their ministry in the church and life mission and the world.

VISION

A church after God's own heart that multiplies disciple-makers, leaders, and congregations.

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