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A Newsletter of WIN - USA Ladies

## *Be The Compassionate One*

**Cynthia de Castro**

One Sunday afternoon a few months ago, I received a text from a church member asking me if I can go to a hospital and visit the husband of one of our new attendees. His kidney was failing due to years of drug addiction and the doctor said he only had a slim chance of making it. I have to be honest. I struggled to say yes. I take care of 5 grandchildren the whole week, I lead weekly Bible studies, Saturday was ministry day (I pastor the Saturday service at WIN LA), and Sunday was my only day off. I was tired, weak and looking forward to taking a long nap. I must admit I wasn't feeling very compassionate as I went to the hospital with my husband. But, thank God for His grace and His compassion which prompted and energized us to minister to the guy and his family.

Over the last several years, the Holy Spirit has been teaching me some things, as He continues to do His "re-construction" work in me. I am learning that serving God is all about loving people. Loving people to the point of dying for them was Christ's example. But many times, we do not treat people the way that we should. We struggle to love the unlovable and to show compassion like Christ did, especially during those times that are inconvenient for us. I must admit that sometimes I am not as compassionate as I would like to be or as I should be. The problem, I think, is our busyness, our prejudices, our weaknesses, our agendas and schedules. All these hinder and suppress us from showing more compassion.

Jesus loved and treated people like no one else ever did. On eight separate occasions, the Bible mentioned that Jesus felt compassion for the crowds. He showed compassion on those that seemed unlovable and unacceptable in the Jewish society like the Samaritans, Canaanites, and Romans. He ministered to those that were rejected by everyone else such as the tax collectors and prostitutes. Jesus showed compassion for the sick and diseased, the demonized, the hopeless and the helpless. He didn't just spend time with those people, he got in amongst them, became their friend and loved them. He wept at the tomb of his friend Lazarus; though He knew He was about to raise him from the dead. When people asked Him to do something for them, He never thought of them as inconveniencing Him. I think that when Jesus looked upon people, He didn't just see diseased, lonely and hurting people. He saw precious souls that were of great worth to God. He had compassion on them- not just on their bodies, but on their souls- and that compassion motivated him to action.

Compassion without action is just pity. Many times, we will look at someone who may be hurting, sick or in need and have sympathy for them, and that's it. More than pity, more than feeling sad for someone in need, compassion should motivate us to action. We in the church spend a lot of time talking about the

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*"There is no exercise better for the heart than reaching down and lifting people up."*

*~ John Holmes*

## Be The Compassionate One

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importance of bible study, prayer and other religious things that we do, but sometimes, we underestimate the compassion. We cannot take this too lightly, though, for showing compassion to those in need speaks more volumes than a thousand sermons.

The guy we visited at the hospital was hurting and needed someone to give him hope. He was in need and as Christians, we have been called to clothe ourselves with compassion towards one another. God gave me and my husband a tender heart for him as Jesus made us realize that He loved him so much that He died to spend eternity with him. If we didn't minister to him at the hospital, we would have missed the mark and missed an opportunity to share the love of God and the power of God over sickness and death.

A few weeks ago, that guy surprised us all when he entered the church, able to walk and drive again. He has been healed of his kidney disease and delivered from his drug addiction. He has seen the Almighty work a miracle in his life. And he was ready to now surrender his life to Jesus.

How we often forget that we Christians have the answer for people's hurts, Jesus Christ, and many times we walk

right on by because we do not want to spend the time or energy or money to show true compassion. As God's body, we possess His Spirit who wants to touch the lives of others—one life at a time. We can come alongside people who are hurting and point them to the healing and hope that come through Jesus.

Remember the invalid that Jesus approached and asked if he wanted to get well? He answered, "Sir, I have no one.." He didn't have anyone to bring him to Jesus, so our Lord Jesus went to him. Our Lord cares about people who have no one in their lives. He cares about those who live in facilities that hardly ever get visits from family or friends. He cares about the person living by herself. He cares about that challenged person who is looking for a friend. There may be someone in your neighborhood who needs you for a friend. Maybe someone you work with needs a place to celebrate Thanksgiving dinner. Perhaps you need to take someone out for coffee or for lunch one of these days. Don't put it off. Look around today. Take time to leave your comfortable surroundings and find someone who has no one. Be the Lord's hands, feet and voice! Be the compassionate one!



*Cynthia is the wife of Nitoy. She is an Associate Pastor of WIN-Los Angeles, California*

“True compassion means not only feeling another’s pain but also being moved to help relieve it.”

~ Daniel Goleman



# Leaving A Legacy That Counts

*Tess Cordero*

I've been thinking about this for a while. How will I be remembered after I'm gone? What kind of legacy am I leaving behind? This thought was reinforced when our dear Sis. Nena Latoja transitioned into glory last June at the age of 72.

Time and again, we are confronted with the reality that our time is limited. Legacy may remind us of death, but it's not about death. It's about intentionally leaving something behind that will outlast our lives. Legacy is about giving meaning to our lives beyond our lifetimes.

Sis. Nena was an intercessor, bible study teacher and one of the leaders of our Ladies Ministry at WIN-LA. She was well-loved because of her generosity and unselfish service to the Lord. She is no longer with us but this is how Sis. Nena continues to live in our hearts and minds today:

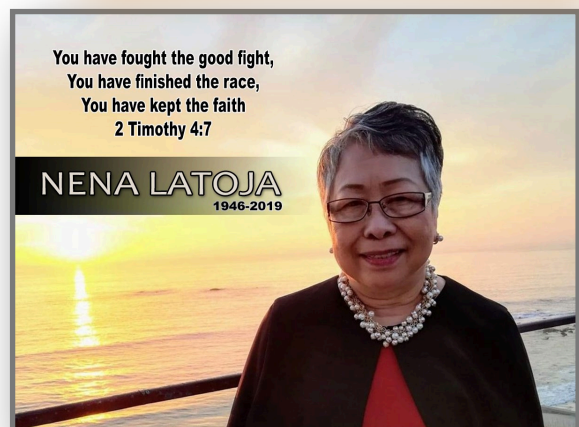
**She had a heart for missions and the work of the Lord.** She helped start the building project of Word International School of Malaybalay in Bukidnon. On her 70<sup>th</sup> birthday party, she asked her guests to donate to Seeds of Hope in lieu of presents. She was able to raise \$2,500 as seed money for the construction. Last July, the new school building was dedicated.

On Sundays, she baked sweet potato bread to raise funds for Pastor Chito's mission trip to Kenya. She also sold bibles, accessories and other items as her personal fundraising effort.

**She gave without expecting anything in return.** Everyone in the church has a story to tell about her generosity. Many years ago, she would bring a family to the grocery once a month and told them to get whatever they want. Always sensitive to people's needs, she blessed people with groceries or money, and extended whatever help she can to those in need. She even sewed clothes for some of our ladies.

**She was a valiant prayer warrior.** She co-started our Ladies' Prayer Line eight years ago. Since then, our ladies have been praying together on Monday nights via conference call. She was also a regular fixture at our Sunday intercessory prayer.

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# Christ-like Compassion Changes the Way We Live

*Julie Atienza*

One summer while we were still living in Halifax, Canada, Hermen had an eye surgery which prohibited him from doing any form of yardwork. Since the boys were still young then, all yardwork chores fell on me. When I finally mowed our front yard (mainly due to embarrassment from our neighbors), my ankle swelled. I had to push hard while mowing as our house was built on an incline and a previous injury resurfaced. After that, even I was out of commission to mow the lawn. A few days after, we had surprise visitors. It was a family from the local church we were attending. They came to tackle our front and backyard – Dad, Mom and 2 teen girls. They were busy but they took the time to pause and meet the need of our family. Even now, I still smile when I think of that day. That family showed us kindness in action. They showed us compassion.

The origin of compassion helps us grasp its true essence. In Latin, 'compati' means "suffer with". It literally means someone else's heartbreak becomes our own. It is a form of love that produces action to help those who suffer and are vulnerable. While this doesn't always come to us naturally, as we follow Christ and are filled with His love, compassion becomes a natural overflow of His love in us.

Jesus is compassionate. There were many instances in Jesus' life on earth where He showed compassion. Remember the blind men? *"So Jesus had compassion and touched their eyes. And immediately their eyes received sight, and they followed Him."* (Matt 20:34 NKJV). Another time, while He was grieving after the death of His cousin John, Jesus went to a deserted place but the crowd heard about it and followed Him there. *"And when Jesus went out He saw a great multitude;*

*and He was moved with compassion for them, and healed their sick."* (Matt. 14:14) His compassion did not end with Him healing their sick. When evening came, Jesus' disciples tried to convince Him to send the multitude away, but Jesus instead fed all 5,000 of them not counting women and children. How amazing was that! Even at a time of heartache and grief, Jesus showed extraordinary compassion. By doing this, Jesus has set the bar for the kind of compassion we His followers should also demonstrate.

So how do we show His kind of compassion? First, we must accept that we will never be able to do it on our own. Our flesh isn't wholly sanctified. The truth is, we are full of ourselves most of the time—our wants, our needs, our burdens, our heartaches. We can only genuinely do this through the grace of God.

Second, we can only effectively show Christ-like compassion when we ourselves experience His compassion. *"The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; he has compassion on all he has made."* (Ps 119:77) Our capacity to show compassion grows every time we receive God's compassion ourselves. God will use our seasons of brokenness to sharpen our ability to show compassion.

Christ-like compassion changes the way we live. To begin showing Christ-like compassion, we must imitate Jesus. I am going to list 3 of the many qualities of His brand of compassion. My prayer is that in doing so, you and I could begin demonstrating His kind of compassion to others and the world.

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# Compassion in Action

*Nickie Paulate*

**Compassion** is a feeling that swells up within your being when faced by suffering and motivates you to action to alleviate the suffering. It is to show pity, love, act kindly and show mercy as Christ has modeled to us.

**Matthew 14:14: "a great multitude, and was moved with compassion toward them, and he healed."**

As Christians, we are to nurture and practice compassion to those around us. Be involved as individuals and as a church to show compassion in the community because Scriptures urges us to be compassionate.

Zech 7:9 - "This is what the LORD Almighty said: 'Administer true justice; show mercy and **compassion** to one another.

Col 3:12 - Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with **compassion**, kindness, humility, gentleness and patience.

There are local non-profit agencies in your community like food banks, rescue missions you can approach to find out their needs so the ladies of the church could come up with a project to help out. Listed below are some organizations who's main goal is to reach out to those who need compassionate people to partner with them to reach out to those that need to experience compassion and love from those who call themselves as followers of Christ.



**Center for Seeds of Hope** exists to help the most vulnerable people in Philippine society – the children. Through education and feeding programs, it aims to bring hope to these children by improving their chances for a brighter tomorrow. Investing in the future of

these precious children may be the best investment you will make! Contact your local SOH Coordinator for more information.

Website: [www.seedsofhopemanila.com](http://www.seedsofhopemanila.com)



**Project Linus** ~ A non-profit organization, we provide homemade blankets to children in need. Blankets are lovingly made by adults and children from all walks of life and many different sources. Volunteers, known as "blanketeers," provide new, handmade, washable blankets to be given as gifts to seriously ill and traumatized children, ages 0 – 18.



To find a local chapter in your area - website: [www.projectlinus.org](http://www.projectlinus.org)

## Compassion in Action . . .

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**Samaritan's Purse** is an evangelical Christian humanitarian aid organization that provides aid to people in physical need as a key part of Christian missionary work.

Website: [www.samaritanspurse.org](http://www.samaritanspurse.org)



**Habitat for Humanity** ~ Help Build Homes For Those In Need Across The World

Website: [www.habitat.org](http://www.habitat.org)



**Toys for Tots** is a program run by the United States Marine Corps Reserve which distributes toys to children whose parents cannot afford to buy them gifts for Christmas.

Website: [www.toysfortots.org](http://www.toysfortots.org)



**American Bible Society** ~ Help Spread The Word Of God To All Peoples And All Nations. With Your Support, We Can Share The **Bible** With Everyone In The World. Bibles for Troops

Website: [americanbible.org](http://americanbible.org)

## Leaving A Legacy . . .

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**She was a faithful servant of the Lord.** After her retirement last December, she spent her last months preparing for our Ladies' Retreat and praying with people. She opened her house for bible studies and overnight prayer. She taught the Word to the ladies, the seniors, and the life groups. Just a couple of months before she passed, she preached one of the Seven Last Words.

Sis. Nena's passing happened too quickly, just a month after being diagnosed with pancreatic cancer. Though she was not perfect, she lived a life that made a strong impact to many. She left a legacy because she was an extension of the love of Jesus.

In whatever season we are in, let us not just cruise through life. We must pour our life to others, so that when we leave this world we will be remembered as one who made a difference. Paul wrote in Phil 3:14, *"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

*Tess is the wife of Pastor Chito Cordero, Senior Pastor of WIN-LA. She leads Deborah's Fire Ladies Ministry.*



## **Christ-like Compassion . . .**

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### ***Jesus was always ready to show compassion***

Col 3:12 reads, “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.” We need to consciously make a decision to “put on” compassion as we relate to others and the world on a daily basis. Just like Jesus, we must be ready to demonstrate compassion whenever the need arises. The reality is we live in a broken world and we are surrounded by opportunities to be compassionate. We must be ready every day – whether at home, work, school, market, bank - wherever we are. Sometimes we forget that we are also called to show compassion to our own families. Let us not neglect our family, that is our first ministry.

### ***Jesus noticed the people around Him***

Jesus did not disregard any one. He noticed the people around Him and often waited for them to ask Him. You see, compassion is only possible when we are attuned to others. If we are engrossed in our own feelings, problems, worries and desires, we will overlook the needs of those whom God will place on our paths. Remember, He listened to the ten lepers and took time to speak with the woman who touched the hem of his garment. He saw Zacchaeus on top of the tree. He saw them and then proceeded to meet their need.

### ***Jesus met their need***

Healing, companionship, forgiveness, food, etc. He met their need. We are not Jesus but He can use us as channels of His provision. For example, when we have friends who are sick, we can pray for them and help them get proper medical treatment when necessary. That might mean helping them get a doctor’s appointment or organizing a crowdsourcing page to help them fund their medical treatment. God will reveal to us ways to put our kindness into action. But we must be open to go the extra mile when God sends people our way. Let us not turn them away. God will provide us with creativity and resources to help meet the need of the person asking for our help.

Lastly, notice that compassion doesn’t need a lot of talking. More than talking, compassion requires listening. When others talk, they reveal to us their need and eventually their real need surfaces – the need of a Savior. It will ultimately come out if we truly listen. We will find an opening to share the good news. Only then we would be able to show utmost compassion by introducing them to Jesus Himself.

*Julie is the wife of Pastor Hermen Atienza III, Associate Pastor of WIN-Los Angeles, California*



Share each other’s troubles and problems, and so obey our Lord’s command. ~ Galatians 6:2 (TLB)



## Flory's Salpicao

3/4 lb. stir fry beef strips, pounded with a meat mallet  
(must have been tenderized)  
2 tbsp. Lea & Perrins Worcestershire sauce  
1 tbsp. liquid seasoning  
1 tsp. garlic powder  
2 tbsp. extra virgin olive oil  
5-6 cloves garlic, minced  
3 sprigs parsley (discard stems, retain leaves & chop)  
1 tsp. cornstarch, dissolve in 2 tsp. water



1. In a bowl, thoroughly marinate tenderized beef in a mixture of worcestershire sauce, liquid seasoning & garlic powder for 30-45 minutes.
2. In a frying pan, heat olive oil. Saute garlic in olive oil until golden brown. Set aside.
3. In the same frying pan, drop the beef into pan, without marinade (set aside marinade to make the sauce). Quickly fry on both sides. Do not overcrowd the pan with beef slices to avoid build-up of liquid. Do not fry too long otherwise beef will harden.
4. Place cooked beef slices onto a serving dish.
5. When all of the beef slices have been cooked, pour marinade with a bit of water onto the same frying pan. Allow to boil. Add the dissolved cornstarch. Stir to thicken the sauce. You may serve the sauce separately or pour it onto the cooked salpicao.
6. Before serving the salpicao, garnish with the fried garlic and chopped parsley.

When we were growing up, my dad liked to take our family out to dinner at Patio de Alba to celebrate one of our birthdays. Our favorite entrees to order was Paella, Lengua and Salpicao. Of course for desert, the yummy Canonigo, a fluffy meringue with with sweet custard sauce.

This is my sister's version of Salpicao. She and my sister, Carmelita are great cooks. A skill they inherited from my mom, who was a great cook and baker. Truly authentic Kapampangans known for cooking delicious meals. Unfortunately, I did not inherit mom's excellent gene of turning out delicious meals :0) ~ Nickie Paulate