



East Asian Pastoral Institute

FORMING FAITHFUL DISCIPLES • SERVING THE CHURCH • TRANSFORMING LIVES



60th
ANNIVERSARY
EDITION

Sabbatical Renewal Experience E-Magazine | JANUARY–MAY 2026

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60 YEARS OF GLOBAL LEADERSHIP

FORMATION and PASTORAL RENEWAL

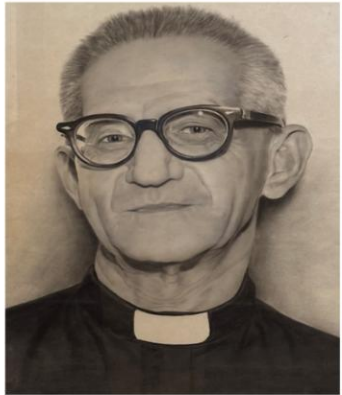
The East Asian Pastoral Institute (EAPI) at Ateneo de Manila University began its 60th anniversary celebration on 15 August 2025. This year-long event marks a journey that started in the 1960s. The institute has grown through the dedication of visionary directors and staff who have trained laypeople, religious, and priests for six decades.

Fr Johannes Hofinger initiated this institute as a centre for the Institute for Missionary Apologetics. His goal was to train missionaries and catechists, especially for Asia, which needed a strong foundation of faith.

In 1961, the centre adopted its current name and expanded its training programmes to meet broader needs. It included pastoral formation, catechetics, liturgy, and renewal ministry, moving from apologetics to renewing pastoral practices.

The EAPI consolidated its identity when Fr Alfonso Nebraska was appointed as the first director on 15 August, 1966. This appointment established EAPI as a multicultural centre for pastoral formation and renewal. Today, the institute trains priests, religious, and laypeople, serving the Universal Mother Church and addressing the needs of South Asia, the Pacific islands, Africa, and beyond. EAPI imparts the participants, with a sense of mission and empowering them to face that mission with greater zest and zeal from the perspective of the Church. This helps the participants, to reflect and have a deeper understanding of self and a greater burning desire to exercise what they have learnt from the institute.

Besides, a supportive environment nurtures participants minds and spirits, ensuring the institution's ongoing success. This has been EAPI's strength for 60 years, and it's no surprise that people continue to return. Coz, it has created a legacy of 60 years in pastoral leadership and renewal. This issue of the e-magazine, is a testimony of such an institute that endured, lived and refined its visions and mission. The January-May 2026 batch expresses how much they have been shaped and inspired by the EAPI.



JOHANESS B HOFINGER, SJ
EAPI FOUNDER: 1949-1966



ALFONSO NEBREDA, SJ
EAPI 1st DIRECTOR: 1966-1978



First Batch Pastoral Course: 1966-1967

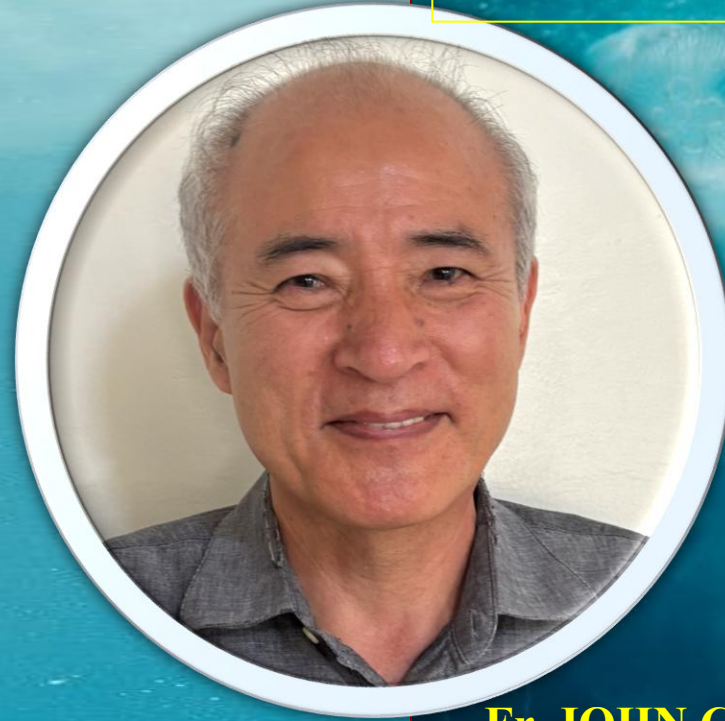
HEARTBEATS OF THE STAFF

SABBATICAL— Four Months is Too Short!

This year, EAPI celebrates its 60th anniversary. Founded toward the end of the Second Vatican Council, EAPI has understood its mission as carrying forward the spirit of that Council. It has emphasized the richness of cultural diversity and the Church's role as leaven for transformation in both Church and society. In recent years, it has also highlighted synodality in the decision-making processes. We believe that all of these reflect the fundamental spirit of Vatican II.

EAPI has been rooted in the Asian context and shaped by a culture and way of life that are deeply community-oriented. Participants are not passive learners; rather, they form a communion of brothers and sisters who learn from and teach one another.

The SRE group of January 2026 was especially dynamic. On weekends, you organized pilgrimages to churches around Manila, a pilgrimage to Monte Maria in Batangas, and even a Wednesday afternoon visit to Baclaran Church, where you presided at Mass.



Fr. JOHN CHONG CHECHON, S.J.
DIRECTOR,
East Asian Pastoral Institute
Ateneo de Manila, Philippines

Two years ago, one participant asked me if we could at least provide a simple guidebook to places worth visiting. As a foreigner, I felt quite helpless at the time. But this year, not only was a guidebook possible—there were actual tour guides. I am deeply grateful to the Filipino priests who took the initiative to make all this happen.

After the SRE group departed, the remaining PLMM group would often complain that “six months is too long.” This year, for the first time, I heard the opposite complaint: “four months is too short.” Before the pandemic, the sabbatical program lasted six months. However, as the number of participants gradually declined, it was shortened to four months. One notable change since the pandemic is the growing number of people seeking sabbatical courses. More than before, people are looking for opportunities for pause and rest, for healing and reconciliation, for communion and unity.

The companions you meet during your time at EAPI can become a new spiritual support group. The outcome will vary depending on the dynamism and closeness of each group. As we conclude our 60th anniversary celebrations this coming September, we are planning a Grand Homecoming Day. On that occasion, we hope to encourage the formation of associations by batch and by region. We hope that your EAPI experience will not remain a one-time event, but will continue as a lasting support group—encouraging and sustaining one another throughout your lives.

Thanks for choosing to be brothers and sisters of EAPI! May God bless you!

COORDINATOR SR LEY SPEAKS



SR MERLE I. SALAZAR, FDNSC

Dear friends, as we approach the end of your EAPI Sabbatical Renewal Experience, I spend some moments remembering the time of your arrival in EAPI. It was early January 2026 and, at that time the operative word was COME!

Wel-COME to EAPI; COME and feel at home; COME and take some rest; COME and open yourself to healing and renewal.

And you came in your own way and pace, you came and you stayed! Thank you for coming, for staying and for engaging with all that the program offered. Thank you for deeply relating with each other. From where I stand, I see that in the four months you lived together here in EAPI, you have formed deep friendships. “Friends in the Lord”, this is what you have become.

Yours is a group whose EAPI-SRE experience was not limited to the EAPI spaces. Many of you went out on weekends and free days exploring many places, from the north, to the center, and to the south of the Philippines. You went in big and small groups, creating beautiful memories with each other, taking and sharing thousands of photos! This assures me that you will not forget EAPI and your EAPI friends easily.

Sabbatical Renewal Experience Program Coordinator

And you shall eat by the
fruit of your labour.



Then, just on the 7th week of your stay in EAPI, the world was plunged into war with the US-Israel conflict with Iran. Individually or in groups, we updated ourselves with what was happening. PEACE became the primary and repeated intention in our prayers and Eucharistic celebrations.

The money from the Lenten project that you gave to our workers came at the right time, when fuel prices began to spike. We thank God for Pope Leo XIV who models for us the non-violent but firm way of responding to violence and insults. We hear the call to be bearers and promoters of the Peace that the Risen Lord gave, a Peace that disarms.

As we end the program, we end in HOPE. The ceasefire seems to be holding, fuel prices have started to roll back, it has become clear that war is not a solution and that this war is not God's will. We continue praying and working for peace



SRE group on a visit to our Mother of Perpetual Help Shrine at Baclaran

The SRE is ending. From COME, I now say to you GO! GO in the peace of Christ. GO, and share with the people of God the great things the Lord has done for you here in EAPI. GO, to wherever your congregations or dioceses are sending you. GO with greater passion for mission and compassion for all. GO, with your words and deeds... serve, lead, inspire!

Until we meet again, may the Lord hold you in the palm of his hand! GO!



Godspeed,
Dear SREians



Fr Pham Dinh Khoan, SJ
Pastoral Program Coordinator

Life is a continuous journey that begins in God and ultimately returns to God. Although we do not know how long our path will be, we are responsible for choosing how we walk it, whose guidance we follow, and when we pause to rest and renew ourselves. With this understanding, many of you came to EAPI seeking a peaceful place to rest after busy and demanding days, hoping to recharge for the journey ahead.

During these four months, however, EAPI became much more than simply a place of rest. Through your experiences, you discovered EAPI as a living community where the Church of God is experienced as one family. Despite differences in culture, language, age, education, leadership styles, and personal skills, bonds of love, understanding, and unity were formed among all.

EAPI also offered each participant a precious opportunity for deeper solitude and prayer with God. In the quietness of reflection, many rediscovered their identity, their calling, and their relationship with the God who continues to guide them. This time of formation has helped prepare hearts and minds to respond more generously to whatever God may ask in the future.

There are surely many other experiences, lessons, and memories that words cannot fully express. Yet all these moments have made your stay at EAPI meaningful and transformative. As this chapter comes to a close, let us come together in gratitude, giving thanks to God for the blessings, friendships, growth, and spiritual renewal received during this journey. Let us join together in giving thanks to God.

IN THANKFUL HEARTS: *A Tribute to SREians Jan-May 2026*



**Fr YUSTINUS EKA
HERUMURCAHYANA, SJ**
Administration Manager

My beloved Sisters and Brothers, we have been living in the vibrant life of EAPI for four months. Time seems to pass so quickly. We have only just met and gotten to know each other, but soon you will be leaving this place. We cannot stop the passage of time. There are moments when we meet, we walk together, and arrive at the point when we must physically separate, as we carry out our missions.

I express my deep gratitude for this meaningful encounter. You, twenty-three Sisters, Brothers, and Priests have been channels of God's blessings to me and the EAPI staff. You have also been teachers and inspirations for me in faith, hope and love in responding to God's call, and in carrying out God's mission.

In the Spiritual Exercises, I am invited to find God in everything. Here, God has sent you from diverse backgrounds: countries, cultures, personalities, and spiritual riches. I also feel invited by God to discover his presence and work personally within you. This experience is much deeper and more meaningful than my other experience of enjoying the natural beauty of the mountains or the colourful coral and fishes in the sea.

I love looking at world maps and sometimes imagining the beauty of the countries and the people within them. Sometimes I envy travellers who can visit various countries and interact with the people they meet. They travel by car, motorcycle, bicycle, or even just on foot. They made friends with many individuals and groups. They enjoy very interesting adventures.

As a Jesuit, I could never do that. I am grateful to all of you, because your presence heals my envy. In four months, we can experience a vibrant intercultural life. This time is indeed too short, but it can be a good start for our journey and involvement in God's mission. Once again, thank you very much for this beautiful, healing and inspiring experience. I also apologize if my presence and service, as well as that of the EAPI staff, have not met international standards. May our limitations not diminish your joy. Let's pray for each other. May you continue your apostolates with a new spirit and spread God's blessings to many people. Praise be to God. Alleluia.

Expressions of the SRGians: Jan-May 2026





FRIAR JOSEPH LEE, OFM



The EAPI Sabbatical Renewal Experience has been, an adventure with the Lord. It is a journey marked not only by personal renewal but by deep affirmations - coming from the EAPI Coordinating Team, Staffs and fellow participants of diverse Countries and Cultures, each bringing their own stories of faith experience.

Stepping away from the demands of ministry allowed me to listen more deeply - to God, to others, and to my own heart. The weekly Modules opened new horizons within me: they were not just informative but truly formative - gently inviting me to revisit the core of my vocation, with honesty and gratitude. What I treasure most are the simple yet profound moments of shared prayers, conversations across cultures, and the quiet reminders that we are not alone in our journey. Community-building games and activities brought lightness and joy, strengthening bonds of fraternity that transcend nationality and background.

Above all, the programme is shaped by exemplary leadership - guidance, accompaniment, and instilling in us the need to serve, with authenticity and vision. I leave this experience renewed- not with all the answers, but with a deeper trust in God's guidance and a rekindled desire to serve with compassion, humility, and joy.

Tour de Manila

Fr. **ABNER** Fabraquel Dimo, MHM



On January 17, 2026, two EAPI groups—the SRE and PLMM—together with four coordinators, went on a city tour of Manila. Two buses departed from EAPI that morning, carrying 60 participants from 26 countries. The purpose of the tour was to explore key historical sites in Manila, including the Manila Cathedral, Fort Santiago, Luneta, and various museums. The tour not only introduced participants to the rich history of the Philippines but also highlighted the struggles of Filipinos under Spanish rule and their journey toward independence. Many brave individuals fought for freedom and are now honoured as national heroes.

Like many others, I was a stranger in Manila, eager to discover its historical treasures—places that Filipinos can truly be proud of. I am grateful that EAPI included this city tour as part of its program. It gave me the opportunity to reflect on the sacrifices of those who fought for our freedom—the freedom to live as Filipinos, to express our thoughts and beliefs, and to stand for truth. What touched me most was the sense of unity during the tour. Boarding the same bus symbolized our shared journey at EAPI.

Together, we built friendships and companionship, supporting one another as we rested, healed, and renewed ourselves. Now, I feel ready to embrace new responsibilities entrusted to me by my Superior. I carry with me the learnings, laughter, love, and prayers as I begin a new journey beyond Philippines.



**Br. Arockiasamy Savarimuthu
(Basker), CSC
CONGREGATION OF HOLY CROSS**

LEARNING, for me, is no longer just about gathering information—it begins with understanding the “container” of my mind, shaped by my emotions, beliefs, and past experiences. This reflection helped me realize that my openness to learning greatly affects how deeply I understand new ideas. This module reminded me that learning is not just about gaining new knowledge, but also about unlearning outdated beliefs and relearning with a more open and reflective mindset. I’ve come to see that growth requires humility—the willingness to admit that I don’t know everything and that my perspectives may be incomplete.

I also became more aware of how my emotions impact my learning. When I feel anxious or doubtful, I tend to close myself off and resist new ideas. However, when I approach learning with curiosity and calmness, I become more engaged and open. This awareness encourages me to manage my mindset more intentionally.

The idea that real learning happens when my assumptions are challenged resonated deeply with me. Discomfort is no longer something to avoid, but something to embrace as part of growth. I also relate to the idea of being in a “stretch zone,” where I am challenged enough to grow but not overwhelmed. I realized that learning must be practiced to be meaningful. Applying what I learn helps me retain and truly understand it. Overall, this reflection has strengthened my belief that learning is a continuous, active, and deeply personal process—one that requires openness, effort, and a willingness to change.

GOD IMAGING: Reflection on Stages of Faith

In order to live a truly disciple of Christ, we all need to change our God imaging. Our imaging of the good, the better, the just, the blessed and the hoped for has implications for the way the status quo is perceived and whether change is required. By drawing on my own experience along with insights from the workshop I attended; Stages of Faith, it affirms that an intentional process of re-imaging is both possible and necessary.

An experience that disturbs and disorients needs to be facilitated so that a new encounter with God and a new imaging might occur (essential to the maturation of our faith). While this is the task for each of us, I believe that we need God's grace to be able to help us re-imaging God. Surely, stages of Faith journey show God's movements at different levels that help the process.

In humility we place ourselves in God's service open to God continually calling us to more authentic imaging and action.

Fr. Marlon Peter Banzon
Maylon, SVD



ECOLOGICAL CONVERSION



Br TATA Oliver Tunka, FMS
Marist Brothers of the Schools

The module on **ECOLOGICAL CONVERSION** was an opportunity to re-examine Pope Francis' invitation to address the root causes of our various environmental issues. However, doing so requires not only an awareness of the physical problems but also an understanding of the various worldviews that shape our responses.

First, we must recognize that while the Earth provides essential resources and absorbs the waste we produce, its capacity to do so is not infinite. In fact, its ability to sustain us is strictly limited; resources regenerate only at a natural pace, and ecosystems have finite waste absorption thresholds. Therefore, sustainability requires that we live within these boundaries.

Additionally, our environmental worldviews determine how we define our relationship with the planet. They exist on a spectrum ranging from anthropocentric to ecocentric. The anthropocentric view treats the Earth mainly as a depot of resources intended for human utility. The biocentric worldview argues that all living creatures have a right to exist regardless of their value to people, thereby prioritizing the protection of biodiversity. This worldview adopts a holistic approach, viewing humans as interconnected system.

Ecological conversion acknowledges these perspectives and a radical shift from tyrannical anthropocentrism toward integral ecology. It involves a change of heart that invites us to see creation as a gift rather than a commodity and manifests as a culture of care that integrates social justice with environmental stewardship. By embracing, we foster harmony between humanity, and nature, and sustaining life.

THE WORLD IN ONE ROOM: *Celebrating Unity in Diversity In EAP1*



Sr Noella Linda Dimas, DOLSH

The **INTRODUCTORY ORIENTATION** of SRE programme for 2026, was a radiant tapestry of cultural week. The event was more than an orientation. It was a heartfelt celebration, bringing missionaries from 26 different countries in a stunning display of unity.

The room buzzed with vibrant energy from the start. The highlight was a lively series of showcasing the participants rich cultural fabrics. We were captivated by traditional dances, moving musical acts, and heartwarming PowerPoint presentations that broke language barriers.

Beyond the formal programme, true connection developed over platefuls of diverse international cuisine, and new friendships connected. Participants taught each other phrases, swapped contact details, and realised that our shared curiosity can erase borders, even from different corners of the world.

This orientation was a powerful reminder that our greatest strength is our diversity. The orientation set a vibrant blueprint for inclusive, globally-minded community we continue to build, showing us all profound beauty of our unified world.

A PILGRIMAGE TO MONTEMARIA SHRINE

I AM FILIPINO, but I have spent my missionary life in Brazil. Sometimes, I feel like a stranger in my homeland, the Philippines. I work in a country with some of the largest Marian pilgrimage sites, like the Basilica of the National Shrine of Our Lady of Aparecida. This is the biggest Marian shrine in the world, welcoming over 10 million pilgrims in 2025.

Visiting Montemaria is on my list for 2026. I'm thankful to the EAPI community for helping make this dream come true. Montemaria Shrine is a Catholic pilgrimage site in Batangas City. It has the world's tallest statue of the Virgin Mary.

On the morning of March 7, the SRE group left EAPI for a full-day trip. The chapel at the base of the statue holds daily Masses and has a gallery. After we arrived, we celebrated Holy Mass, led by Fr. Vemedo. The site offers dining options, souvenir shops, and reflection areas. Plans for a water park and hotels are also in the works.

One highlight is the Miracle Walk, a 118-metre glass walkway 45 metres above sea level. The Mother of All Asia Statue stands 33 storeys high, dedicated to Mary, Mother of All Asia, and the Tower of Peace. Visiting Montemaria was incredible. The statue's size shows the Filipino people's deep faith and devotion to Mama Mary.



Fr Noel Espina, CICM



Subic Resort: A MEMOIR



FINALLY, the long-awaited EAPI Synodical family outing took place. At around 5:45 PM, we gathered by the two big buses outside the EAPI main building. Joyful chatter filled the air as we packed our picnic food and bags. After a roll call on the buses, the driver was introduced. We said a prayer for protection and set off for our destination.

Blue Water Resorts lies along the N. Highway in Lower Kalakian, City of Zambales, Philippines. It's near Subic Bay, about a three-hour drive from Manila. When we arrived, we had a few minutes to settle while the spirituality team prepared for Mass. After Mass, we enjoyed free time with various activities like swimming. Some groups competed in football and volleyball, while others strolled along the beach or chatted.

At 12 PM, we had a delicious lunch. Afterward, we had more free time to relax and enjoy God's beautiful creation. Later, some members entertained us with karaoke. The outing ended on a high note, with teams winning wonderful prizes, leading to great celebrations among us.

Our outing concluded after a prayer and blessing. We packed our bags and said our goodbyes. In closing, I want to thank the EAPI administration for creating a welcoming environment. We all felt at home, built strong relationships, and gained valuable knowledge to help us become more relevant in our society and for ourselves.



Sr. Patricia Mpambanya, OP
Dominican Missionary Sisters of the sacred Heart of Jesus

FROM CREATION TO RESURRECTION: *A Pilgrimage to the Holy Land Subic*



Fr SHAJU Varghese, CMI



The **HOLY LAND**, Subic in the Philippines, offers a unique spiritual sanctuary that masterfully blends Biblical narrative with the natural beauty of a mountain landscape. A recent visit by SRE participants highlights the site's immersive approach to faith, particularly through its newly inaugurated Museum of Creation, which utilizes light and sound to bring the creation story to life.

The sprawling grounds serve as a living Bible, featuring detailed depictions of the Stations of the Cross, the Mysteries of the Rosary, and pivotal Gospel scenes such as the Sermon on the Mount and Jesus' encounter with the Samaritan woman. Significant structures like the Upper Room and the Saints Wall provide spaces for reflection, while the extensive Museum of Mary showcases a diverse collection of Marian statues.

Designed for both pilgrimage and rest, the site provides golf carts to navigate the vast terrain and comfortable cottages for overnight retreatants. The inclusion of a swimming pool and House of Prayer ensures a balanced experience of physical relaxation and spiritual renewal. It's a place where history and nature converge, offering a profound journey through the heart of the Catholic faith.



SR. GISELA SELE, DOLSH
Daughters of Lady of Sacred Heart



LIFE EXPERIENCES can scatter us, making it hard to connect with our true selves. We drift from our centre and forget the quiet wisdom beneath the noise. Aesthetic self-care is the art of valuing ourselves—a sacred return. It invites awareness, reminding us we are not machines, deadlines, or demands.

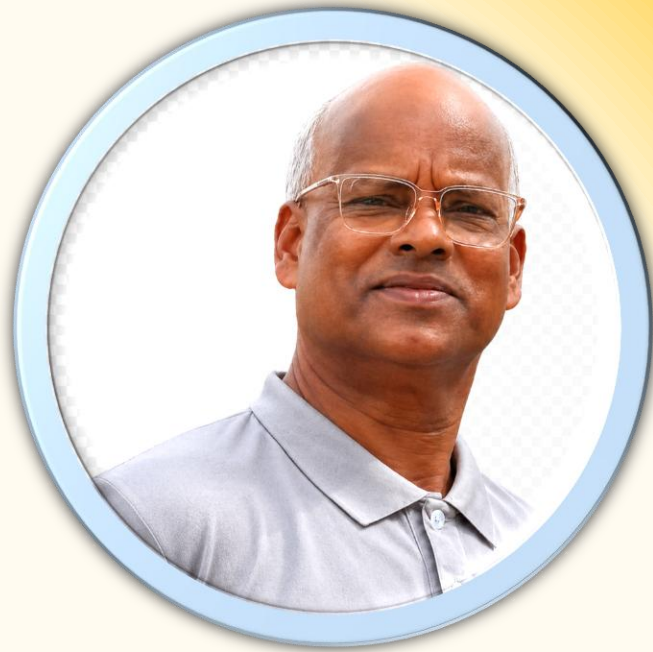
This module gently guides us to remember. It teaches us to see our bodies, our breath, and our being as part of God’s creation. Loving and caring for ourselves becomes worship: lighting a candle honours light, anointing our skin with oil blesses our temple, and watching steam rise from a bath shows grace in motion.

Here, we transform the ordinary. Skincare becomes poetry, mirrors turn into sanctuaries, and journaling is a gentle rebellion against a hurried world. Each brushstroke, every drop of serum, and every quiet moment is a step back home. Anxious thoughts unravel like silk, and confidence takes root.

Caring for yourself isn’t vanity; it’s stewardship. It’s a love letter on your skin, reminding your soul that you are crafted, worthy, and loved. You are called to tenderness, presence, and light, just as all creation is.

REFLECTION ON SAFEGUARDING

Fr ABRAHAM Kolamkuzhyil



SAFEGUARDING is not merely a procedural obligation but a profound ethical orientation that shapes how we relate with one another. It calls for a vigilant and compassionate mindset, especially in environments where trust is sacred. A sound safeguarding approach is rooted in clarity of thought, moral courage, and structured action.

The perspective of safeguarding begins with recognizing the inherent dignity of every person, particularly the vulnerable. It is not passive awareness but active attentiveness. It involves seeing risks before they manifest and responding with integrity. This perspective is preventive, responsive, and formative—creating a culture in which safety is internalized rather than imposed.

Boundaries are the visible expression of safeguarding. They define appropriate behaviour and protect both the caregiver and the one receiving care. Clear relational, emotional, and physical boundaries eliminate ambiguity and reduce the possibility of harm. Respecting limits is not distance but discipline, ensuring interactions remain healthy and professional.

In essence, safeguarding is a shared moral commitment. When perspective, boundaries, and principles are integrated, they create an environment of trust, responsibility, and authentic human care.

LIVING BUDDHA;
LIVING CHRIST, A
CONTEMPLATIVE
PERSPECTIVE

Fr. Sitrarasu Kanickaraj
Ellammal, SDB

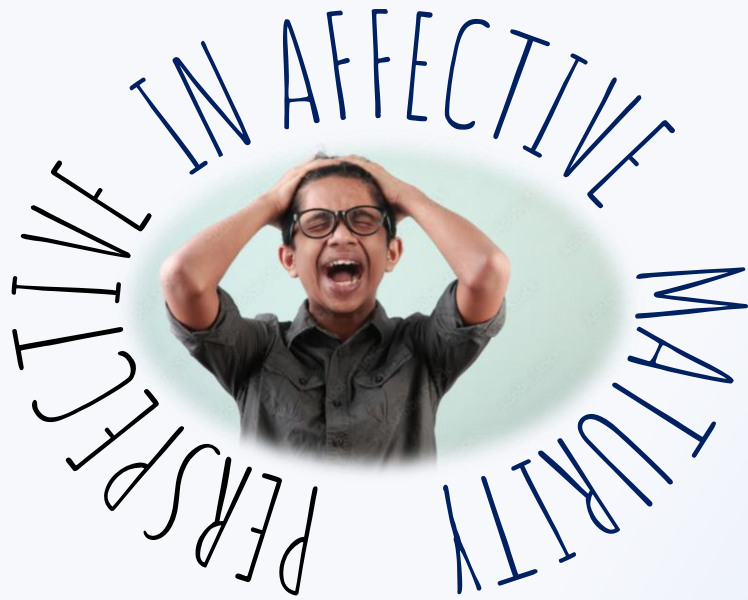


IN A MID-WINTER STORY, Francis of Assisi calls to an almond tree, “Speak to me of God,” and it bursts into bloom—symbolizing how all creation reveals the divine when approached with contemplative awareness. This reflects the idea that BEING itself is the source of all, and contemplation is a return to our essence: seeing reality with the “eyes of the heart” through a deep, loving attentiveness. Such awareness recognizes the divine presence everywhere, echoed in the Biblical understanding of the Holy Spirit as breath—*RUAH* or *pneuma*—giving life to all creation (Gen 2:7; Wis 1:7; Rom 8:14; Jn 3:8).

Similarly, the term “Buddha” means “one who is awake,” pointing to enlightenment (Nirvana). Through mindful breathing—“breath in, breath out”—one touches the seed of awakening within. Everyday acts like sitting, walking, and eating become sacred when done in mindfulness, revealing Buddha nature.

Christian contemplative traditions express this awakening in diverse ways: the Benedictines emphasize prayer, work, silence, and *Lectio Divina*; the Carmelites, inspired by Teresa of Avila and John of the Cross, seek union with God through inner transformation; the Franciscans live simplicity and love of creation; the Trappist tradition, influenced by Thomas Merton, practices centering prayer; and Ignatius of Loyola offers imaginative contemplation.

Zen meditation (Dhyana/Chan) complements this through mindfulness, breath awareness, and direct experience. Practices like Zazen, walking meditation, and koans aim at enlightenment, awakening one to their true nature and the unity of all reality.



BR. GUBENDIRAN MUTHU, FSP
THE BROTHERS OF ST PATRICK



EVERY HUMAN BEING is precious to God. A supportive environment is essential for nurturing this value. In religious life, a person needs a certain level of maturity to choose the path. Some religious people undergo significant transformations through various formation programmes. Many religious orders make sacrifices to inspire young minds. Once formed, they have to live in a community and take on tasks at mission stations. Without proper early training, they risk misguiding others, raising serious questions about their preparation.

Transitions can be gradual. But it affects the whole person – emotionally, physically, and mentally – influencing their roles and self-image. There are three life stages: endings, the neutral zone, and new beginnings. According to William Bridges, the inner process people go through as they adapt to change allows them to experience new situations.

We are emotional beings. Our emotions connect to biological and chemical reactions in our bodies. The intensity of emotions varies from person to person in response to situations. Our bodies hold all our emotional experiences. We can sense joy, anger, sorrow, anxiety, and embarrassment. We often notice this when extreme pain manifests, showing the body as the "container" and "channel" for these experiences. That is why it is important to take care of our health in all dimensions for a balanced, healthy life.

DIGITAL PROPHECY:

OUR PROPHETIC RESPONSE

“ And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.

MATTHEW 24:14



PRAY

Seek God's will and guidance



PROCLAIM

Share truth with boldness



PREPARE

Be rooted in the Word



PARTNER

Build kingdom connections



PUSH FORWARD

Use every platform for His glory

...K. EVERY POST.
...NVERSATION.
...AL IMPACT.



...DOM, EQUIPPED FOR THE DIGITAL AGE.

FR VEMEDO KEZO

It was **MR GALVIN NGO**, a professor of Ateneo de Manila University School of Education, unfolded the digital world to us. The course module were digital networking, film shooting, film editing, and creative use of generative AI in our ministry.

What surprised me about this module was that it can offer a dynamic role in transmitting and communicating the Gospel values beyond the geographic boundaries within a fraction of a second. The digital prophecy offers new vistas of executing the technological resources for effective management of pastoral and spiritual accompaniment. It offers a great leap in teaching and learning process in all the arenas of the education field, propagating and transmitting gospel values across the nations.

The key takeaway from this module can be summarised into a popular adage that goes, adapt or perish. This challenged us to adopt and reinvent our whole missiological stance in order to be more relevant, effective, and impactful with the technological happenings. If we remain insulated from the technological disruption, we will be outdated and misfit. Therefore, upgrading our skills with technological change becomes indispensable for a fruitful and productive ministry. Like Frederick Buechener, we too can feel that God's desire for our mission is the place where our deep gladness and the world's deep hunger meet. The technological skills will enhance that meeting point.

AWAKENING THE HEART: *Spiritual Discernment in the Sabbatical Journey*

Sr. Dariah Binti Ajap
Franciscan Sisters of the Immaculate
Conception



AFTER MORE THAN 20 YEARS of pastoral work, I have discovered that spiritual discernment is the vital "Gift and Art" that transitions us from simply doing for God to truly being with Him. As I begin my Ignatian retreat in Tagaytay, this session has been a catalyst for renewal, helping me realize that my life is the sum total of my choices made in harmony with the Spirit.

True discernment requires a "Double Look": looking out at the "signs of the times" and looking in at our inner movements. By sifting through our consolations and desolations, we awaken to God's active presence. This practice is grounded in four essential dimensions:

1. Presence: Recognizing God's constant labor in our daily lives.
2. Interiority: Understanding our deepest feelings and dominant desires.
3. Meaning: Finding spiritual significance in the world's realities.
4. God's Will: Listening to where the Lord invites us to move next.

This session has refreshed and rekindled my faith, reminding me that God's will and our deepest consolations are inseparable. To discern is to listen to the heart—the sacred space where God speaks most intimately to those who long for Him.

RETREAT AT CANOSSA HOUSE OF SPIRITUALITY, TAGAYTAY



Sr ETHEL GORONGA, OP

**Dominican Missionary of the Sacred Heart
of Jesus**

Mark 6:3 says, “**Come with me** to a quiet place and get some rest”. We found ourselves leaving EAPI, to a solitary place at Canossa House of Spirituality in Tagaytay to have some quiet space with our Lord for 8 days. The retreat was based on the Spiritual Exercises of St Ignatius of Loyola and our theme was, “Be still and know that I am God”.

Sr Cecile encouraged us to enter the retreat with openness to the promptings of the Holy Spirit as well as emptying ourselves to HIS mercy.

We reflected on some of these topics:

- ❁ The word was made flesh and dwelt among us
- ❁ You are mine; called to be God’s beloved
- ❁ The tender mercy of God
- ❁ Called to patience and endurance
- ❁ Called to gratitude and joy
- ❁ Expecting Epiphanies

We had powerful illustrations which made the inputs more meaningful. The silent adoration completed our day of reflection. We concluded our retreat by ‘Gathering the graces of the retreat’ and shared that into small groups and headed back to EAPI rejuvenated and transformed.

VOCATION STORIES: Igniting Souls for the MISSION



SR. MOLLY LIIM, FMM

THIS TOPIC SURPRISED us because it wasn't on the original schedule. It replaced the "Synodal Leadership in the Church" module by Dr Christina Kheng. She had to cancel her flight from Singapore due to her father's unexpected passing. Fr. VP Khoan stepped in at short notice with a module called "Called and Sent by Jesus" and facilitated the vocation stories of the participants.

Fr. VP Khoan guided us through the biblical calls of Israel and St Paul. We reflected on the challenges of being called. Vocation is a great gift from God. It is sacred and remains a mystery beyond our understanding. We had the privilege of hearing the vocation stories of Fr. Khoan, Fr. John, Fr. Heru, and Sr. Ley. Each call is unique, and we truly appreciate their openness in sharing their personal experiences.

This module lets us listen to every participant's vocation story and their courage in responding to such a call. We felt affirmed in our own vocations, faith, and mission ahead. It was moving to hear about early and late vocations, family struggles, and conversion stories. Some left high-paying careers, while others left loved ones to follow Jesus. As we listened, we sensed the sacredness of their revelations. We entered the "unknown" of our brothers and sisters, deepening our connections and forging a closer bond to look forward in hope and faith.

CULTURAL MASS AT EAPI: *The Epitome Of Unity*

SR. ROSEMARY MWEWA MWIMA, OP
Dominican Missionary Sisters of the Sacred
Heart of Jesus



UNITY IN DIVERSITY AT EAPI is a lived reality that you don't imagine but rather experience in more ways than one. The January to May 2026 participants came from 26 countries, and if that is not diversity, then I wonder what it could be or what it is! Many activities we did helped us to bond together. However, celebrating the Eucharist was the anchor of unity.

Each group was assigned a day on which they could lead and present their cultural Mass to the EAPI community. It was amazing how the moments of preparation helped us to become aware of the grace of oneness in God beyond cultures. There was no competition to see which culture was best, but we recognized, respected, and appreciated the cultural differences. Moreover, despite the various cultures and specific ways of expressing our own traditions, our shared faith in Christ unified us. Furthermore, the differences in our various cultures enriched our common identity in God. I can say those Eucharistic celebrations were indeed the epitome of unity.

In addition, after every cultural Mass, there was a presentation depicting how different traditions celebrate important events in their communities. Each culture adorned in its colourful regalia sang and danced. You could taste the happiness in the air as people got remarkable glimpses into the world of other people. In all, during those moments, we celebrated a tapestry of cultures from different countries and continents.

SPORTS DAY: *The EAPI Style*



SR PONTHIP KEOKING, SIHM
Sister Servants of Immaculate Heart of Mary



THE SPORTS DAYS AT EAPI were more than just throwing or kicking a ball or passing an egg on a spoon to another person. Such occasions were hilarious, energizing and remedies of stress. It was during those moments that we experienced jubilant companionship. Furthermore, we built teamwork spirit and coordination, and cultivated networking.

The fun style games we had, such as blanket basketball, scoring basketball/soccer, sack race, and egg race, made amateurs and pros face each other with confidence. No team left the sports field without a reward, regardless of whether you won all the games or lost all the games, you still were rewarded. The winning team and the losing teams all got the same reward. It was during those moments that we experienced jubilant companionship.

The speciality of the EAPI Sports Day was that every group was a winner, as the rationale of the sports day was not to compete but to give a space for everyone to participate and cooperate in a team building. It was not to identify the abled sportspeople personally but to build a bridge through fun games. In that way, it has achieved its purpose, though.

My Experience of Ministry of Spiritual Accompaniment

THE BUSULO MISSION IN ETHIOPIA marked the completion of my 24-year journey in Africa. After years of demanding leadership—managing a hospital and constructing a new convent—I found myself facing profound burnout. My soul was in desperate need of spiritual direction.

EAPI became a providential gift from God. I was particularly moved by the **Ministry of Spiritual Accompaniment** led by **Sr. Linda Lizada, RC**, whose wisdom was deeply rooted in experience. Through practical group work as **director, directee, and supervisor**, I gained vital tools: **listening, affirmation, accountability, and the courage for confronting challenges**. Alongside **teaching, integration, and counseling**, these functions guided me through my "spiritual desert" toward deeper **discernment and prayer**.

I truly experienced what I learned; through the guidance of **Ms. Gem, my Spiritual Director from EAPI**, I clearly sensed God's healing presence. This encounter revealed the path for the "**second act**" of my life. I realized that the gifts I received were meant to be shared.

Moved by His grace, I have courageously answered "**Yes**" to the calling of spiritual accompaniment. The wisdom and healing I found here will be a great help as I step into my new mission, ready to share God's guidance with others.



Sr. Jounhee MOON, FMM



Straight From the Heart



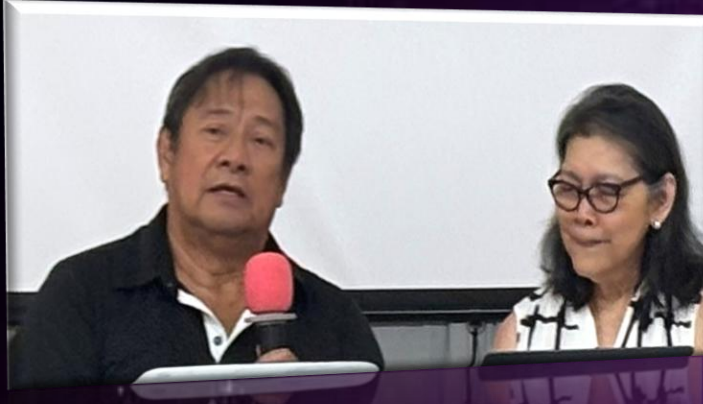
Sr Damiana HYEEUN HAM, Good Shepherd Sister

I am truly a blessed religious in God while participating in the sabbatical renewal experience programme. I was able to face the darkest parts of myself and go through a time of healing. This journey has been like living a glimpse of heaven with those who have deeply lived in God's time.

It is so sad and difficult for me to leave earlier than the others, but I will not forget you all my dear SRE friends and SRE staff. I will remember you all and continue to walk together with you in prayer. I love you so much EAPI.



FAMILY MINISTRY: *A Reflection on the Marshall Islands*



Fr. Ariel Alaan Galido, MSC
Missionaries of the Sacred Heart



IN THE MINISTRY TO FAMILIES MODULE, Fr. Teodulo Gonzalez, SJ, states that effective family ministry needs psychological readiness—strong self-identity and independence—before the wedding. In the Marshall Islands, however, these ideas face a complex cultural landscape. Church weddings are rare, often happening only in a couple's later years when they have grandchildren.

Fr. Gonzalez warns of "shaky foundations" that are common here. These are shaped by histories of teenage pregnancy, domestic violence, and infidelity. Cultural factors like traditional adoption and deep loyalties to families of origin complicate the shift to an independent marital unit. When marriage springs from pressure instead of preparation, the ability to care often gives way to survival.

Thus, ministry here focuses less on pre-marital guidance and more on reconciliation. It involves addressing years of unhealed trauma and broken trust. The aim is to help couples find a sense of inner peace, turning the delayed church wedding into more than just a late-life event. By encouraging mutual healing and respect, the ministry seeks to ground families in a choice of faith and hope, moving beyond past scars toward a shared future with God.

A Trip to our Lady of Perpetual Help, Baclaran

The **AFTERNOON OF FEBRUARY 25TH** gave the SRE group a different excitement. While it was a significant holiday in Metro Manila, as the country remembers the day of People's Power in 1986, the diverse group of SRE participants headed down to Baclaran Church, where the icon of Our Lady of Perpetual Help is venerated.

The church built in the middle of the busy Redemptorist Road in Paranaque City has been a mecca of devotion and deep faith for everyone who pleads for Our Lady's intercession in the face of all types of uncontrollable challenges one may encounter in daily life. The expression of faith, from ordinary people to the most influential in society, is found in Baclaran Church. This was the kind of faith that our group witnessed as we approached the church as pilgrims. The reception of the Shrine Rector and his assistant made us feel welcome.

The volunteers who received us hospitably made us aware of the mission and ministry that Baclaran church does for the faithful. A concelebrated Mass was offered for the intention of God's people and ours. It was a great moment of connection as one family of faith that acknowledges that we are children of God under the mantle of protection of the Blessed Mother.

Fr. NOEL Beltran
Reyes



Profile of the EAPI Staff, 2026
and
the SREians: Jan-May 2026

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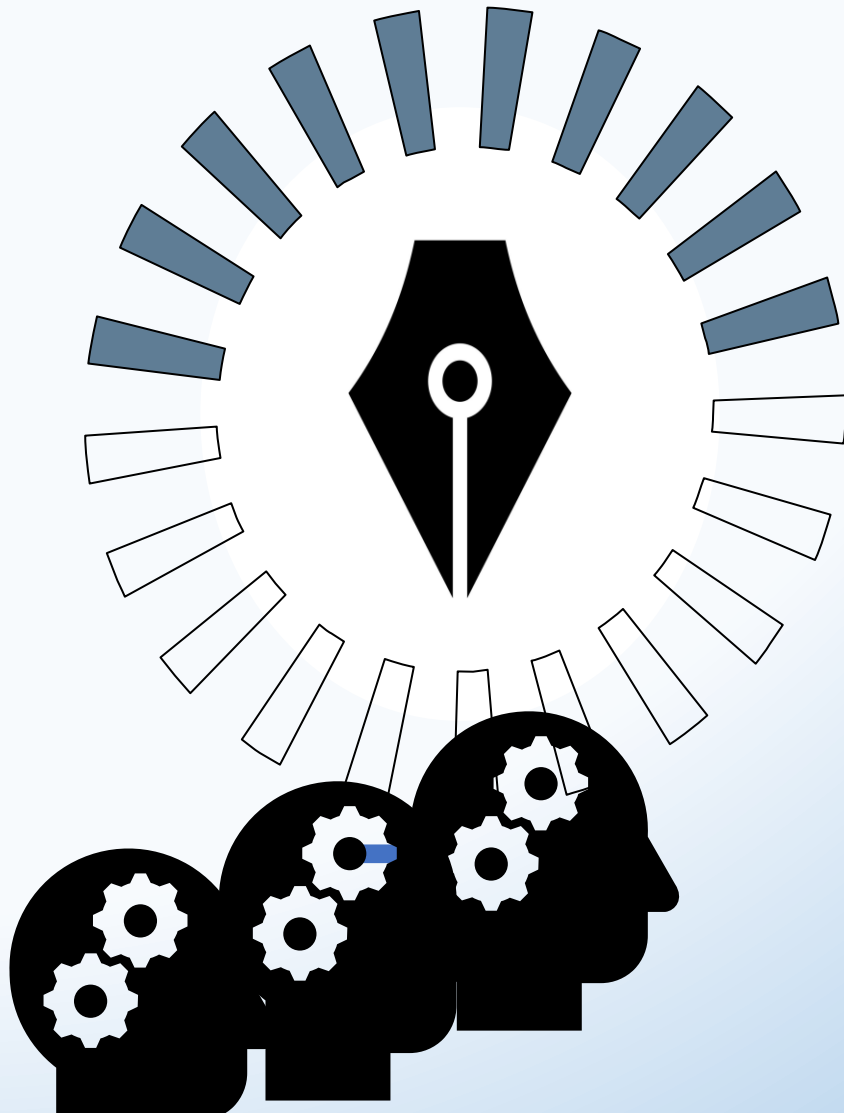
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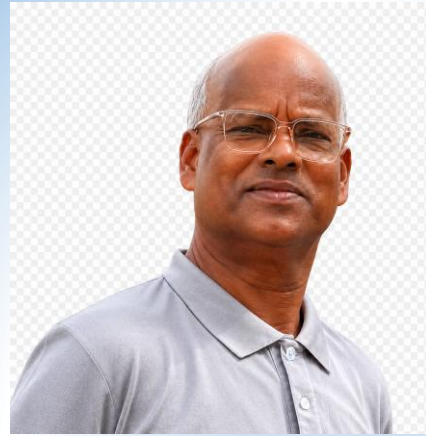
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Profile of SREians: January-May 2026



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Fr. Vemedo Kezo, Diocese of Kohima
(NE INDIA)


Pilgrims
— *in* —
Pictures

VISUAL *Memories*

moments of togetherness, memories that last



 Community we belong

 Communicating we care

 Commitment we serve

Grateful for the Past, Inspired for the FUTURE





International Sabbatical Renewal Experience: EAPI Manila, JAN-MAY 2026

IMAGING THE *Emmaus* EXPERIENCE OF EAPI

SEEING • LISTENING • JOURNEYING TOGETHER

Journeying Together



“ We gather, share, and listen to one another as companions on the road. ”

Moments of Reflection



We reflect, respond, and discover God's presence in our stories and in one another. ”

Our Table, Our Stories



“ We gather around the table of life, where stories are shared, hearts are opened, and grace is encountered. ”

Irish Blessing

MAY THE ROAD rise up to meet you.
MAY THE WIND be always at your back.
MAY THE SUN shine warm upon your face;
the rains fall soft upon your fields
and until we meet again,
MAY GOD HOLD YOU in the palm of His hand.

What We Bring Forward

- “ We leave with gratitude for the journey shared. ”
- “ We carry new insights, renewed hearts, and deeper faith. ”
- “ We go forth, ready to live our mission with hope and love. ”

The road continues, but we are not alone.



THE EXPEDITION

(Slightly adjusted for our use)

My Sabbatical Renewal Experience in EAPI is coming to an end and I think of the days I have spent in these surroundings.

I see an image of myself as I was when I came here and I look at myself as I am today at the close of the program.

I think of the persons and places that have been a part of my sabbatical experience. To each of them, I speak my gratitude. To each, I say goodbye. Other places, other persons call to me and I must go.

I think of experiences I have had, the graces I have been granted in this place. For each of these too, I am grateful.

I think of the kind of life I have lived here, the atmosphere, the daily schedule. I say goodbye to them; another type of life awaits me, other graces, other experiences.

And as I say goodbye to persons, places, things, events, experiences, and graces, I do so under life's imperious bidding. I must live my life to be alive. I must learn to die at every moment, that is, to say goodbye, let go, move on.

When this is done, I turn to face the future and I say "Welcome." And I say "Welcome." I imagine my trip from this place on the day of my departure. And I say "Welcome."

I think of the work that waits for me, the people I shall meet, the events that will take place when I arrive there. And I extend my arms in welcome to the summons of the future."

Walking together. Growing together. Sent together.

BRETHREN IN ARMS

♥ *One in Christ. One in Mission. One in Love.* ♥



Different in Many Ways

Together in His Grace



ONE BODY
in Christ



ONE HEART
in Mission



ONE SPIRIT
in Love



ONE FAMILY
in Faith

"How good and pleasant it is when God's people live together in unity!" – Psalm 133:1



Go, Serve, Lead and Inspire.

— A JOURNEY OF PURPOSE. A LIFE THAT MAKES A DIFFERENCE. —



GO

Go beyond your comfort zone. Make a difference where you are.



SERVE

Serve others with a humble heart. Love in action changes lives.



LEAD

Lead with integrity and courage. Empower others to rise.



INSPIRE

Inspire through your words, your actions and your faith.



Be the Light. Be the Change.

GO • SERVE • LEAD • INSPIRE



Mission on Fire



GO! SERVE, LEAD and INSPIRE