

# QC WORD NEWS

## Thr Newsletter of the Verbum Dei Missionary Family of Quezon City







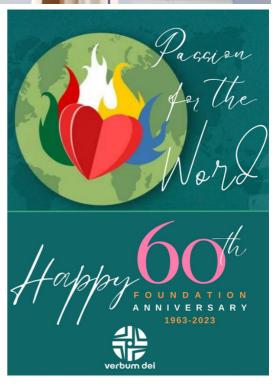


# **QC At Easter Encounter!**

By Gabriel Lanada & the Wordnews Team

The Verbum Dei communities of Luzon held their annual Easter Encounter from April 6 to 9 in Tagaytay. Over a hundred people (49 adults and 67 young people) gathered during the Easter Triduum for this special encounter with the Lord in prayer. The theme of this year's Encounter was "Live with Passion!"

Thirty (30) teens, college students, and young professionals from the Pansol/Quezon City community joined other young people from the Manila-Pasig and Tagaytay communities for the youth sessions of the retreat. Ten of the young people from the QC community gave talks, testimonies, and led group dynamics.















The youth sessions consisted of talks with prayer periods and other activities in between. On Maundy Thursday, Bro. Gelo opened the retreat with a welcome talk. Participants then heard from speakers like Elaine (from the Pasig Community Youth) who spoke about "Life and Love," and Shahani, who spoke about "God the Father" and his great love for all. Darlene led the young people in a dynamic called "A Love Story." The retreat also included a catechesis about the Last Supper, which was given by Gab. Fr. Joseph "Jojo" David then celebrated the Mass of the Last Supper. Afterwards, the young people joined a prayer vigil, in imitation of Jesus' prayer at Gethsemane.

On Good Friday, participants listened to a talk called "Your Life is Love" given by Sr. Dolly (from the Pasig community). After a catechesis on the afternoon's liturgy given by Beth (also from the Pasig community), the young people took part in the Veneration of the Cross, as well as the Via Crucis or Way of the Cross. Later in the day, participants joined a prayer dynamic to help them reflect more on the Lord's Seven Last Words.

Holy Saturday featured a talk on "Unawareness, Sin, and its Consequences," given by Elaine (from the QC community). Allan shared about "Mercy" in his talk and testimony. Later in the day, Luis spoke about the "Call to Love."

To help participants better understand the evening's liturgy, Sr. Lorna gave a catechesis about the Easter Vigil. A joyous Easter Vigil mass followed, led by Fr. Jojo David. Afterwards, everyone gathered for a Fiesta celebration, where participants showcased their talents.

On Easter Sunday, Dr. Resti and Teacher Ceci, a missionary married couple in formation, gave a talk about "Community as a Means of Perseverance." They taught participants how to continue their "Love Story" with Jesus through the means of perseverance: Prayer, Community, Cross, and Mission.

Overall, the retreat was an experience of Resurrection for all who attended, with the Lord gifting them with a New Life filled with Passion and Love.



# A Teen's Testimony

Thirteen-year-old Ella could not understand what she was feeling. "I feel lonely kahit umaattend ako ng Verbum Dei. I feel out of place kahit hindi naman. And I feel na may something na kulang kahit wala din naman. Di ko alam paano ihandle. Kaya iyak lang ako ng iyak kasi that's my way para takasan ang problems ko." ("I felt lonely even if I attend Verbum Dei activities. I felt out of place even if I wasn't. I felt something was missing. I didn't know how to handle it. I cried and cried because that was my way to escape my problems.) She went to the Easter Encounter however, setting aside her concerns. She and other youth also followed Bro Gelo's advice to go off their phones during the retreat, to 'disconnect in order to connect (to God)."

During the Easter Encounter, she was struck by what one of the young speakers, Allan, said. "Sabi niya, yung paghi-heal, di iyan minamadali. And I feel like, oo nga 'no, kasi the more na minamadali natin yung paghi-heal, the more na nasasaktan tayo... There's a right time para magheal. Sabi sa Isaiah 60: 22: I, the LORD, will swiftly accomplish these things when the time comes."

(He said, healing can't be rushed. I thought, that's right, if we rush our healing, we just get more hurt. There is a right time for healing. Isaiah 60: 22 says: "I, the LORD, will swiftly accomplish these things when the time comes.")

So after the Easter Encounter, umiiyak na naman ako kasi bumalik na naman ako sa reality, sa problems. Pero kahit may problems, I don't know pero I feel in love. Kahit wala akong special someone. Kasi hindi naman sa tao lang mararamdaman ang love, or sa special someone. So now I invite you to be all in love with God para maramdaman natin yung totoong happiness at para maramdaman natin yung totoong love.

(After the Easter Encounter, I was crying again because I came back to reality, and to my problems. But even if there are problems, I don't know but I feel that I am in love. Even if I don't have a special someone. Love can be directed not only towards a human person or a special someone. I invite you all to be in love with God, so that we can feel what true happiness is, and what true love is.)











QC and Manila-Pasig Youth Bonding Time. In a follow up activity to the Easter Encounter, about 70 youth and teens from the QC and Manila-Pasig communities gathered in the UP Diliman grounds for an afternoon of fun and friendship. They were accompanied by Srs Angela Gomez and Dolly Tan, Fr. Bong Guinoo and Bro. Gelo Balsita.

They played volleyball, badminton, frisbee, cardgames, boardgames, and Filipino games. They also had a picnic and of course a lot of *kuwentuhan* (exchanging stories). It was an afternoon of wholesome fun and laughter among friends in the Lord.



# "Regen!": Bring Back the Life In You (A Lenten Recollection)

by Angelo Balsita

Pagod ka na ba? "Regen" ka muna. (Are you tired already? Regenerate.) Last March 12, 2023, more than 60 young people joined the Verbum Dei Youth Lenten Recollection and were regenerated by the Lord.

Life is a battle. We feel we lose our life many times. We try to recover by playing computer games, watching videos, browsing social media, going to parties, playing sports, drinking coffee, and so much more. But we know deep inside that these things cannot fully bring back the life in us. They might even be the causes of why we lose it. The main source of life that we all want is God.

To be regenerated, we need three things: Prayer, Fasting, and Almsgiving. In prayer, we are intimately connected with the Lord who shares His very life.



In fasting, we leave behind what does not help us, in order to make more room for the graces of God in our lives. In almsgiving, we transmit the life we have and, in the mysterious ways of God, we receive so much more, and what we share "multiplies."

The experience of prayer, fasting and almsgiving in the recollection itself regenerated us. As we commit ourselves to practicing these three things every day, we trust that we will continue to experience renewal. The Lord strengthens us and He wins with us every battle of our life.















Youth & Teens



















# The True Meaning of Love: A Verbum Dei Valentine

Angelo Balsita and the Wordnews Team

What is the "True Meaning of Love"? This is a question many of the youth ask today and hope to answer. To shed some light on this search for meaning among the youth in a fun and dynamic experience, a pre-valentine's mini-concert by the VD Youth and Teens was held on February 12. More than 200 young people attended the event in Sta Maria Della Strada Parish.

We took fun photos on the love photo booth, played, danced, exercised, and, of course, sang love songs together. Three sets of speakers gave their perspectives on love: as single, married and consecrated persons.

From the different experiences and definitions of love shared by the speakers, we discovered a common ground. The answer came from what is written in Luke 10:27: that we love by loving with all our strength, mind, heart, and soul. The key to eternal life is "love" - to love ourselves, our neighbors, and above all, God.

We find the True Meaning of Love in Christ who has shown us God's unconditional, self-giving, pure, universal, and radical love. The overall experience left the young people eager to discover more about what love truly is.







# Young Professionals Core Group Formed

By Darlene Badilla

On January 21, 2023, Verbum Dei's Quezon City community launched a new group intended for single working individuals 25 to 39 years old. The group hopes to be the place for young adults seeking God amidst the struggles of work and the realities of becoming adults. It hopes to provide them continuous spiritual growth and formation. It will cater to fresh graduates starting to work, those who have been working for some years now, and those who are discerning their life's calling.

The launch began with a simple dinner, where the 7 participants introduced themselves to one other. Fr. Vincent "Bong" Guinoo then facilitated a School of the Word focused on the parable of the vineyard workers (Matthew 20:1-16). Fr. Bong reminded us that the work we are doing is very important—for ourselves, for others and for the Lord. He said we must not just "lay bricks" but "build a cathedral." He added that the actions we take must always reflect God's love for us and for others.

The group hopes to grow in number, to form a strong bond among the members, and eventually focus on the mission of serving the Verbum Dei youth in the neighborhood.

# PRAYER AND PLANNING

"Ignite!" This was the theme of a 'planning retreat' organized by the new young professionals core group on February 18-19, 2023 in Tanay, Rizal. After mass and prayer focused on the call of Moses, the group put together a vision-mission, an organizational structure, chose a group name ("Vessels") and elected a coordinator (Jonnalyn Estrada), a secretary (Darlene Badilla) and a treasurer (Cathy Guzman).

Plans were made to hold a regular School of the Word alternating with formation sessions (on topics like praying with the Word of God, giving prayer guidelines, the Verbum Dei charism, and preparing for marriage or for consecrated life.) Plans were also made for mission activities such as working with the youth and the teens, and helping the teens work with children.









# A Return to the Lord

By the Wordnews Team with Fr. Joseph V. David, FMVD

It almost didn't push through. But with inspiration from the Lord, and the help of generous sponsors, 52 people from the communities of Pansol and Kaingin had the privilege of a silent Lenten retreat in Tagaytay last March 11-12. Facilitated by Fr. Joseph "Jojo" David, the retreat had the theme: "Bumalik ka sa Akin nang Buo Mong Puso" ("Return to Me with your whole heart") from Joel 2.

For many, the retreat was truly an experience of return to the Lord. Half of the participants had never attended a retreat before. Many of them went to confession for the very first time, or for the second time after many years. Most said they emerged from the retreat happy ("masaya") and felt the joy of knowing the Lord. One was very touched by an activity where they listened to the words of God the Father, and felt that the Father was talking to her personally. Another shared, "I felt the embrace of Jesus and the love of the Father."

Another said that she was facing a big problem in her life, but felt lighter and better able to handle it after the retreat ("Gumaan ang aking pakiramdam kahit na meron akong malaking problema. Feeling ko makakayanan ko na.") Yet another shared, "I will straighten up my life." ("Itutuwid ko na ang buhay ko.") Still another said, "I felt encouraged to help other people who have lost their way." ("Encouraged ako para akayin ang ibang taong naliligaw ng landas.")

After retreats like this, the regular School of the Word group grows! Last March 23, 92 people came! (See photo at the bottom).







# Answered Prayer: A Testimony

By Marjorie and the Wordnews Team

For Marjorie, who joined the Lenten retreat, the story of the prodigal son (Luke 15:11-32) really hit home. She recalled how she had reconciled with her parents, after years of choosing to stay away because she had gone into a relationship they could not accept. "Sobrang sakit iyon sa parents, di ba? Pinagpalit ka ng anak mo, pinagpilitan niya yung gusto niyang mangyari. So after 13 years po, bigla ko pong naramdaman na dapat lang humingi ng tawad sa magulang ko, dapat lang magpakita, kasi imagine, pareho nang senior na yung parents ko. So very thankful ako na binigyan ako ng chance ni Lord na makabawi. Marami akong kaibigan na ka-edad ko lang po, pero wala na silang mama, o wala na silang papa, o kaya both parents wala na. Ako, napakaswerte ko kasi buhay pa ang magulang ko...Parang sobrang love talaga ako ni Lord ...kaya noong nag-decide akong magpakita sa kanila, makahingi ng sorry, sobrang relate po ako sa retreat po natin, yung story ng Prodigal Son. Kasi ganoon po ako."

(It is very painful for parents, isn't it? Your child insists on her way, 'exchanges' you for the thing she wants... So after 13 years, I suddenly felt that I should go back and see them, apologize to them, because imagine, they are seniors already. I am very grateful that the Lord gave me a chance to make it up to them. I have friends my age who no longer have their mothers, or their fathers, or both parents. I, on the other hand, am so lucky because both my parents are still alive ...The Lord really loves me. I could really relate to the Prodigal Son, because that was me."

Marjorie had been going through depression over other painful episodes in her life, and is grateful for the healing experience of the entire retreat. "Itong retreat na ito, answered prayer talaga. Kasi sobrang nakakagaan po, lahat ng emotions na nagpapabigat sa dibdib ko, nailabas ko po lahat. Tapos alam n'yo po, noong time ng confession, pakiramdam ko noong nagkukumpisal na ako kay Fr Jojo, pakiramdam ko po si Jesus Christ yung nagsasalita sa akin. Pinaparating niya yung pagpapatawad niya, na akala ko kasi, lahat ng maling desisyon ko, akala ko habang panahon ko dadalhin sa isip ko, sa dibdib ko, pero ito po yung ginawang way ni Lord para iparating sa akin na kahit ano mang nagawa ko, ay kaya niya akong patawarin at bigyan ng another chance para ayusin ang buhay ko."

(This retreat was really an answered prayer. I felt so much lighter. I was able to release all of the heavy emotions I was carrying in my heart. You know, during confession time, when I was confessing to Fr. Jojo, I felt that it was Jesus Christ talking to me. He was extending his forgiveness to me. I thought that I would carry for life--in my mind and heart-- all the wrong decisions I had made. But this was the Lord's way of showing me that no matter what I have done, He can forgive me and give me another chance to put my life in order.")



On February 24, the Pansol Thursday SOW started an "outreach SOW" the neighboring community Kaingin 1. This SOW was held in the community daycare center, and it was filled with people. The Pansol SOW team intends to hold this SOW in Kaingin 1 once a month.



# A "Whole-Hearted" Ash Wednesday Morning

By the Wordnews Team

"Return to Me With Your Whole Heart" (Joel 2:12). This was the theme of a hybrid Lenten Recollection organized on Ash Wednesday by Verbum Dei's School of the Word in Christ the King Parish, Greenmeadows, Quezon City. SOWers and missionaries poured "whole hearted" effort indeed into this recollection. Different teams worked on publicity, logistics and set-up, registration for both online and face-to-face participants, welcome and reception, snacks, and the technical challenge of doing a live zoom.

There were 49 face-to-face participants, while 174 people came online.

Fr. Michael Cheong opened the recollection with a short catechesis on the season of Lent. He said Lent is a journey of return to Someone, to God, and therefore is all about a relationship. He talked about the practices of prayer, fasting and almsgiving as the Church's way of helping us make this journey of return. He gave us an overview of the readings of the Sundays of Lent, showing how they build on the theme of this return of our hearts to God.

Finally he helped us reflect on the Parable of Prodigal Son, saying that Lent is a time to "come back to our senses," to clarify the directions of our lives, and yes, to turn to the Father with all of our questions, restlessness, and longings, and to begin to know and enter the feelings of the Father, who always waits for us.

Stella Deriquito shared about carrying the cross, sharing how her aging and ailing parents helped her see Jesus on the way to the cross, who loved the most at the time when he had so little left. She then invited everyone to reflect on their own personal crosses, and on becoming a "Simon of Cyrene" to others. The misionero priests came in full force to offer face-to-face participants the opportunity confession. The onsite participants then joined the parish's Ash Wednesday noon mass, celebrated by Verbum Dei priests, with Fr. Joseph "Jojo" David as the main presider and homilist. It was indeed a meaningful and insightful morning, a great-hearted start to the season of Lent.









# QC Group Joins Disciples' Retreat in CDO











From April 27 to May 1, some members from the QC community joined others from the Cagayan de Oro, Cebu and Manila-Pasig communities for a silent retreat in Cagayan de Oro. The retreat was facilitated by Fr Filipe Vaz Pardal, Sr. Amy Hernandez, Sr Charisma — and organizers married missionary couples Cookie and Bimbo Abrio, and Yoyoy and Lucy Rama. The few days in the seaside Kong Hoa Pastoral Center in El Salvador, Misamis Oriental were precious days indeed. The retreat was a rare time spent listening to and conversing with the Lord, through His Word, with the wonderful of the retreat facilitators, surrounded by the warmth and the smiles of Verbum Dei's CDO community. One of the participants, Sarah Idulza, who was with the QC community for some time before returning to Cagayan de Oro, shares about her experience.

## **A Testimony**

The last disciples' retreat which was held last April 27 to May 1 in El Salvador Misamis Oriental was my first Verbum Dei retreat in five years. The theme of the retreat was "I have eagerly desired to be with you". From the get-go, I felt how eagerly the Lord desired to spend the retreat with me. No excuse can withstand His desire to spend some time with me. He did send his best messengers for the retreat. The place was perfect for me, it has a beachfront view. It was the retreat that I need. I felt and experienced no condemnation and judgement, just the experience of unconditional love, total acceptance, and freedom to be me. Extremely grateful for His faithfulness, generosity, and His guidance all this time and for the assurance that He will always be there. He will always be faithful for He cannot deny Himself. - by Sarah Idulza

# **Quality Time with God**

By Marichelle Ligon, with Emy Abaya











The long weekend of June 9 to June 12 was well-spent by 18 participants who attended the retreat "I eagerly desire to be with you" in the Verbum Dei Retreat house in Tagaytay. Despite the warnings of the active Taal Volcano, there was no stopping the eagerness of 18 participants to attend this special retreat facilitated by our very own Fr Filipe Vaz Pardal with the support of misionero in formation, Bro. Gelo Balsita. Marichelle Ligon, who was instrumental in organizing this disciples' retreat tells us the fruit of her experience.

With many challenges going on in my life, I really welcomed this retreat. Still, with Alert level 1 up because of Taal Volcano's activity, fear kind of crept in. But I told myself, I have been waiting for this retreat and looking forward to this time alone with my God. So I said, I will just go and leave everything up to Him.

To my surprise, when we arrived in the place, the weather was so nice and pleasant When I got to our room, I felt at peace right away. I could hear the birds chirping. It was a perfect atmosphere for me. It would rain from time to time but we didn't mind because the rain helped us pray silently.

Fr. Filipe led us to prayer and gave us many readings to pray with. I started with this:

"We should try to put our minds and hearts on God as a Father and as a friend, a God who loves us and is always waiting for us to share a silent moment with Him. As the retreat theme says "I have eagerly desired to be with you (Lk 22:15)." That set my silent retreat!

I have learned again and again about God's love and mercy for us, but this time in a deeper way. How he loves us is something so hard to grasp or to contain! It is such an outpouring of love. The prayer time and the music were a perfect combination. It was a different experience!

I had questions in my head before we started the retreat, and without me really thinking about them, those questions were being answered ... through the WORD of God! God was really there with me!!! I cannot explain the feeling but WOW!! He is really there and heard everything that I had in my mind and what I had to say. My take after this was: To pray is not to talk much, but to learn to listen and to surrender our lives into God's loving hands.

Every moment of the retreat was like magic. A lot of my personal issues re-surfaced on their own, and got answered on their own. I realized that GIVING TIME ALONE with God is when we see the miracles in our personal life, and when we grow deeper in our faith and our love for him, and this humbles us. Like they say, more of Him and less of us. I was so happy that I had much needed quality time to be alone with Him.

# Joining a Novitiate Program

By Fr. Iwao Ikegami & the Wordnews Team

From August 2022 to April 2023, Bros. Anish, Andi and Hai took part in the Exodus Novitiate Program. This is a program that regularly offers human and spiritual formation for novices from different religious congregations in Luzon. Verbum Dei in Luzon has been sending its formands to the Exodus Novitiate Program as part of the formation course. Bros. Anish, Andi and Hai are part of the Program's 35th batch.

The program covered topics such as community life and religious vows. Formation on various social ills such as addiction, corruption, and human trafficking was also given. Another component of this program is immersion in different poor communities. Earlier this year, Bro. Andi lived with farmers in Antipolo, while Bros. Savio and Hai stayed with fisherfolk in Bataan. (Bro. Anish writes about his experience in the article below.) The program ended with a recollection.

# A LIFE CHANGING EXPERIENCE









As part of the formation course, we had the honor to attend an immersion program with fisherfolk in Barangay Binuangan in Bataan. We had to live with a family for ten days and get to experience their life and also work with them. The experience was nothing less than life- changing for us. My host family welcomed me as a part of their own family. The simplicity, the hospitality and love of my family and people in the barangay touched me deeply. I remember asking the family what is the secret of their happiness. They lacked many of the material comforts that we take for granted.

The daughter of the family responded that they have each other and as long as they are together as a family they are very happy. Even if sometimes there's no food on the table, the bond of the family helps them to go forward in life. Hardworking, humble, God-fearing people, they had a deep impact on my own life and taught me to be a better human being, a better Catholic, a better missionary. They taught me to love generously. (*By Bro. Anish Savio*)

# **Higher Studies for the Mission**



Fr. Filipe during his thesis defense

On December 12, 2022, Fr. Filipe Vaz Pardal, FMVD successfully completed the oral defense of his Licentiate *tesina* (thesis). He will be graduating from the Loyola School of Theology with a Licentiate in Sacred Theology, with Biblical Theology as his field of concentration. His thesis is entitled: "... But I say to you:" Narrative and Theology in Isaiah 49:1-6."

In his thesis abstract, he writes: "The findings of the narrative study provide different themes for the theological reflection: 1. personal testimony as a vehicle for the transmission of theological content; 2. the presentation of vocation and mission as a process of transformation; 3. the role and meaning of crisis in the mission; 4. the silence of the text on an important event, and its possible theological meaning; 5. the need to experience the inherent precariousness of the human condition; 6. the Word of God and its efficacy; 7. the universal mission.

In the light of the theological reflection, some pastoral indications are offered, with the purpose of inspiring the action of pastoral ministers, especially in times of crisis. The goal is to underline that: 1. the distance between a life in the dark night and a life that is light for others is minimal; 2. there is a crack in everything and that is how the light comes in, and; 3. the personal testimony of life and the Word mutually strengthen the effectiveness of both."



Fr. Mike right before his thesis defense

On March 21, 2023, Fr. Michael Cheong, FMVD successfully completed the oral defense of his doctoral thesis at the *Pontificia Universita Urbaniana* in Rome, Italy. His doctoral studies focused on Missiology. His thesis is entitled "Theology that Forms Apostles for the Third Millenium: Rereading the Method of Theological Formation of the Fraternidad Misionera Verbum Dei (FMVD) in the light of Evangelii Gaudium."

He writes: "'Theology that Forms Apostles for the Third Millennium", that is the title of my thesis. This, for me, represents a climb that Verbum Dei must still do to 'reach the peaks' of what we are meant for. But I think that it would be impossible if there is no dedicated intellectual and spiritual charity to continue thinking about Christian mission today and doing it. The new questions of our changing times need apostles who pray, think through their faith and practice it. As Verbum Dei, we have a gift and challenge...

The thesis has not only been an experience of that individual effort to research and write! It dealt with lots of interactions and encounters with others, a deep sharing of life, work and life lessons of joy and suffering."

## 2023 Calendar of Activities

#### MAY

7: School of Apostles (Ecclesial) 15: Meeting of Luzon

Missionaries with Perpetual Vows 20: QC Apostolic Council

meeting 24: CTK Pentecost

Recollection

28: Pentecost Sunday Luzon Youth Activity

9am-4pm

## JUNE

3-4: Zone Board Meeting 4: School of Apostles 9-12: Disciples' Retreat Luzon 19: Meeting of Luzon Missionaries with Perpetual Vows

24: Jaime Bonet Series 7 20-30: VD International Symposium on Mission (June 30: Final mass livestream)

#### **JULY**

2 School of Apostles 6-7 Missionaries' **Ecclesial Formation** 

July 9-Aug 6 Missionaries' Month Retreat (Ecclesial)

### **AUGUST**

### 13-31: Visit of VD General Board

19: Perpetual Vows of 3 Misioneras (in CDO) 20: Definitive Bonds of 3 Missionary Married Couples (in CDO)

26: QC Apostolic Council 28: 2-6pm Meet & Greet VD General Board, Pasig Apostolate Center





## **SEPTEMBER**

2-3: Zone Board Meeting 3: School of Apostles 23: Jaime Bonet Series 8

### **OCTOBER**

1 School of Apostles 22 Ecclesial Youth World Mission Sunday Mission Trip

**Ecclesial Vocation Jamboree** 

## **NOVEMBER**

5: School of Apostles 25: QC Apostolic Council Nov 29 - Dec 2: Disciples' Retreat in Cebu

## **DECEMBER**

**2-3** Zone Board Meeting **5** School of Apostles? 17 Ecclesial Youth Recollection & Outreach 28-30 Missionaries' **Ecclesial Formation** 

## QC Schools of the Word

For Adults

Wednesdays, 9:00-11:00am, Christ the King Parish, Greenmeadows, QC Thursdays, 7:00pm at Verbum Dei Pansol, QC Fridays once a month, 7:00pm at Kaingin 1

For Young Professionals Saturdays, 7:00- 9:00pm at Verbum Dei Pansol, QC

For Youth and Teens Tuesdays to Fridays, 7:00-8:30pm at Verbum Dei Pansol QC

For Youth and Teens Saturdays, 3:00-5:00pm at Verbum Dei Pansol QC

Sundays, 10:00 - 11:00am at Verbum Dei Pansol QC

## QC School of Leaders (for Youth Only)

Workshops & Formation Sundays 3:00-5:00pm at Verbum Dei Pansol QC

### QC Rosary of the Word

Sundays, 5:30pm (for youth and teens) Tuesdays, 7:00pm (for all) At Verbum Dei Pansol QC

Mass (for youth & teens) Saturdays, 5:30-6:30pm Verbum Dei Pansol QC

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