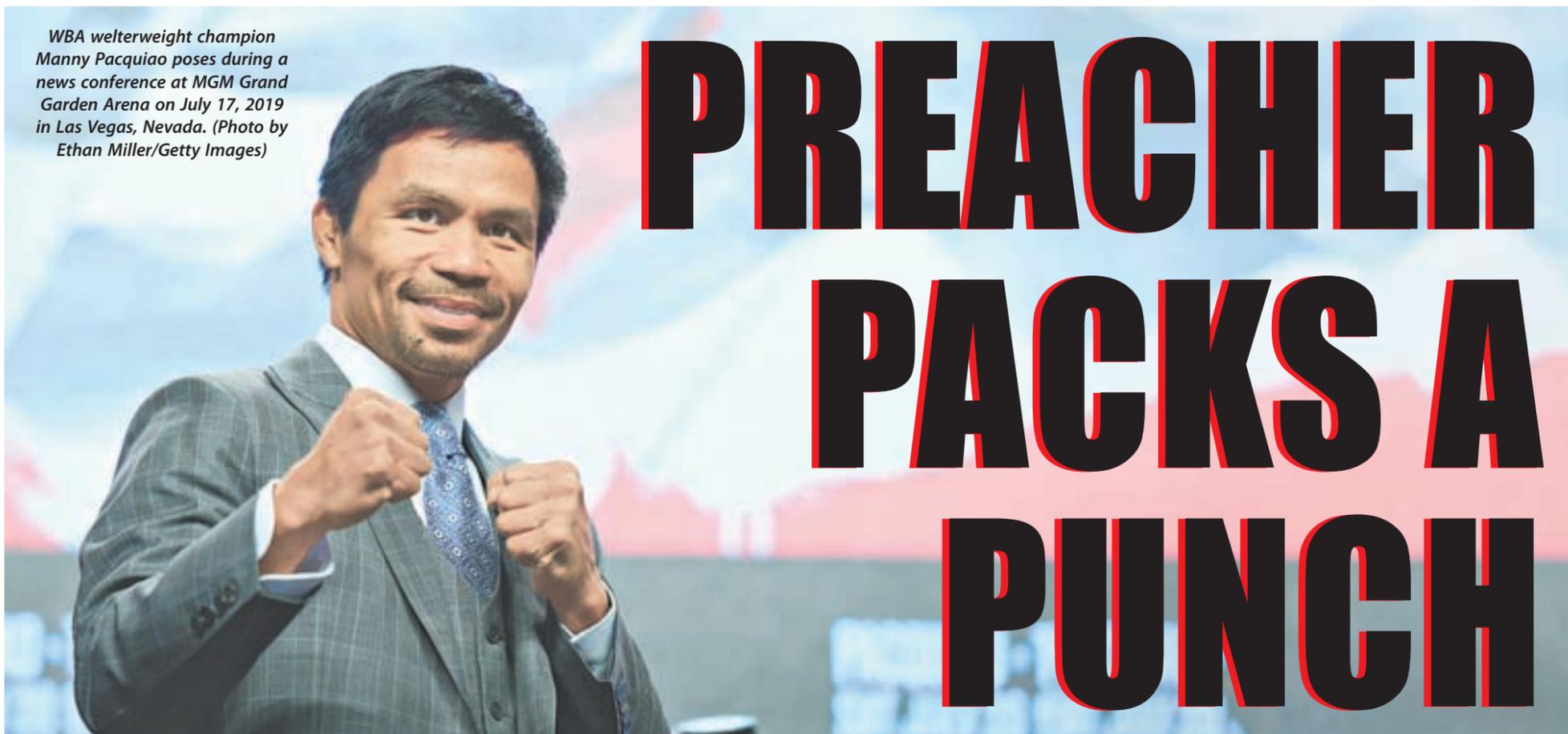


Challenge

THE GOOD NEWS PAPER

No. 1
Philippines Edition

WBA welterweight champion Manny Pacquiao poses during a news conference at MGM Grand Garden Arena on July 17, 2019 in Las Vegas, Nevada. (Photo by Ethan Miller/Getty Images)



PREACHER PACKS A PUNCH

➔ **Ang kwentong ito ay isinalin sa Tagalog sa pahina 4.**

It seems as though everything Manny Pacquiao touches turns to gold. The Senator and the former party president of the PDP-Laban party is one of the greatest professional boxers of all time. He has also tried his hand at basketball and acting and has had a successful music career.



Manny Pacquiao and wife Jinkee at the Los Angeles premiere of "Manny" held in 2015 in Hollywood, California. (Photo by Michael Tran/FilmMagic)

But Manny has worked hard to achieve his current success and has risen from humble beginnings.

He was born in Kibawe, Bukidnon and raised in General Santos but left his broken home at the age of 14 as his mother could no longer afford to support him and his five siblings.

He stowed away on a boat bound for Manila where he lived on the streets before meeting the owner of a gym, Ben Delgado. Ben took a special interest in Manny and agreed to train him and help him achieve his dream of becoming a boxer.

"He always had a big heart, in and out of the ring, and even back then, he wanted to be champion of the world," Ben says. Manny was boxing professionally at 17 and earning \$2 a fight, which he sent home to his mother.

China Daily quotes the Champ as saying of his early years, "When I was younger, I became a fighter because I had to survive. I had nothing. I had no one to depend on except myself. I realised that boxing was something I was good at, and I trained hard so that I could keep myself and my family alive."

Nicknamed PacMan, he has now had 62 wins over eight losses. He is the only eight-division world champion in the history of boxing and has won twelve major world titles. He is the only boxer to hold world championships across four decades (1990s, 2000s, 2010s, and 2020s) and was the

oldest welterweight world champion in history at the age of 40 in 2019.

But win or lose, Manny knows there are more important things in life.

His mother brought him up to understand the value of faith in God but, as his success grew, Manny admits he strayed from God for many years. He acknowledged in 2015 on Filipino TV show *Tapatan ni Tunyng* that in 2010 his marriage to Jinkee was in trouble and only by trusting in the Lord Jesus Christ personally were his life and marriage saved.

Manny recalls, "I was drinking, gambling, womanising and always swearing."

Their fighting was so serious that Jinkee once threatened him with a knife, while he pulled out a gun.

That all changed when he trusted in Jesus as Lord and Savior later that year.

"I'm happy because I found the right way to salvation," Manny told *The Guardian* in 2014.

"We are required to be born-again [of the spirit], all of us. Christ said unless we are born-again we cannot enter the kingdom of God. So it's very important to me. Jesus Christ said: 'I am the way and the truth and the life. No one comes to the Father [God] except through me.' There is no other way. The only way is through Jesus. While we thank the Lord for all His temporal gifts, we are not to depend on them, even slightly. Jesus Christ is our only need in life."

Although he was travelling continually for boxing matches, training and publicity appearances, Manny remained faithful in attending church regularly.

"Win or lose, I will pray at the

corner to thank God for all his blessings," he says.

At a gathering he asked the crowd: "What about you, did you count your blessings? Remember to thank God for all that He has done. He will give you your needs."

Since becoming a Christian, Manny has become a preacher and has also built a massive church in his hometown, General Santos City. Always remembering that his physical ability and wealth comes from God, he never turns the poor away when they come begging for money and food at his house.

"God has given me a gift and it is my duty to share the fruits of this gift with my people," he says.

"Before, my ultimate dream was just to be champion in the Philippines. But look at me now. This is because I lifted it all up to the Lord [in prayer]," he says.

Manny is devoted to public service and donated more than one-third of his career earnings to charity as part of his goal to be an instrument of hope and change around the world.

He and Jinkee have built more than 1000 residential homes, provided support during natural disasters, covered hospital bills and fed the hungry. Manny founded the Manny Pacquiao Foundation, which seeks to further empower communities and individuals.

During the Covid-19 pandemic, Manny teamed up with Jack Ma to bring aid to disadvantaged people in the Philippines. He says he will continue to box as it brings joy to him and to others. In a tweet in 2017, he wrote, "I love this sport and until the passion is gone, I will continue to fight for God, my family, my fans

and my country."

Manny and Jinkee have been married for 23 years and have five children, Emmanuel Jr. (Jimuel), Michael Stephen, Mary Divine Grace (Princess), Queen Elizabeth (Queenie) and Israel. The family share updates on their YouTube channels and have millions of subscribers between them. In a video on Jinkee's YouTube channel, Manny shared their secrets to their now happy marriage. Manny said reading the Bible, praying continually and focusing on their relationship with God helps their marriage succeed.

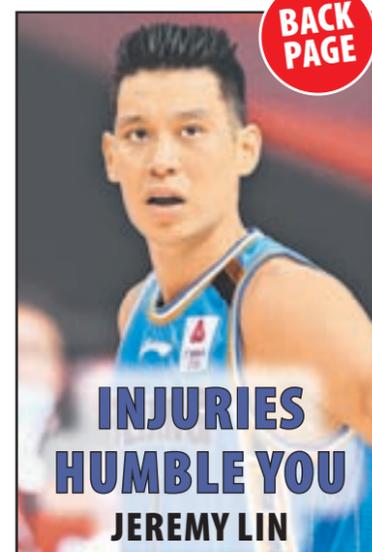
"When you build your relationship with God then your personal relationship with each other gets strong also," Manny says. •

Fun for Kids

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BACK PAGE



**INJURIES
HUMBLE YOU
JEREMY LIN**

Ang pagyakap ng angking lakas at kagandahan

Si Fretzie Joy Vicente ay isang tipikal na “millennial.” Kakatapos lang niyang mag-post ng bagong profile picture na kulay pula ang kanyang buhok habang siya ay nasa isla ng Boracay. Ilang minuto pa lang bago niya nailagay sa Facebook ang kanyang larawan, madami na kaagad siyang nakuhanang mga “like” at “heart” na mga reaksyon at magagandang mga komento mula sa kanyang mga kaibigan at mga “followers.”

Ngunit ang babaeng nagpapakita ngayon ng tiwala sa kanyang sarili sa social media ay ibang-iba noong siya ay bata pa lamang. Si Fretzie ay magkahalo ang lahi -- ang kanyang ina ay isang Bisaya at ang kanya namang ama ay isang Ati. Ang mga Ati ay isa sa mga katutubong grupo ng Pilipinas. Sila ay kilala sa kanilang pisikal na katangian na maitim ang balat at sobrang kulot ng buhok. Kahit na ang kanyang ina ay kayumanggi na ang kulay ng balat at higit na mas maputi sa kanyang ama, nakuha pa rin ni Fretzie ang kulay ng kanyang ama.

Ang mga magulang ni Fretzie ay hindi nagkaroon ng tamang edukasyon dahil sa kahirapan. Ito ang kadalasang sitwasyon ng mga katutubong Pilipino. Ang kanyang ama ay nakakuha naman ng trabaho sa isla ng Boracay bilang tagahugas ng plato sa isang restawran at ang kanya namang ina ay isang “caddie” sa isang

kilalang resort din sa Boracay. Hindi nagtagal, ay bumalik sa mainland Malay ang mag-anak dahil sa kawalan ng benepisyo sa trabaho ng kanyang ama, kumpara sa mga kasamahan nito na nakapag aral.

Pagbalik nila sa kanilang barangay sa Cubay Sur, kung saan sila ipinanganak, naging mas mabuti ang pakiramdam ni Fretzie dahil ang mga kasama niya at nakakasalamuha ay mga kaparehas niyang mga Ati. Naging masaya si Fretzie kasama ang mga mangingisda at magsasaka sa kanilang komunidad. Noong sila kasi ay nasa Boracay pa, nakatatanggap si Fretzie ng mga pagsulyap na may halong pangdidiri at pang aalipusta dahil sa kanilang itsura. Ang ganitong diskriminasyon ay kaniya lalong naranasan habang siya ay nagaaral ng High School. May mga pagkakataon din na pati ang kanyang kapatid na batang lalake ay nakatanggap ng pagaalipusta sa mga hindi Ati. Noong mga panahon na iyon, sila ay pupunta na lamang sa isang sulok at doon na lamang iiyak. Wala silang kalaban bilang mga Ati sa Boracay.

Habang tahimik silang namumuhay sa kanilang komunidad, may isang pastor ang nagimbita kay Fretzie na pumunta sa kanilang simbahan at tinanong siya kung gusto niyang lumahok sa isang “youth camp.” Ngumiti lamang si Fretzie ngunit sa loob-loob niya, ano kaya ang



Si Fretzie Joy Vicente, habang nasa Boracay.

“youth camp?” Ipinaliwanag ng pastor kung ano ito at siya nga ay sumali.

Habang nasa loob ng camp, may naramdaman siyang hindi maipaliwanag na kasiyahan. Umaapaw ang natanggap niyang kabutihan sa mga naging kasamahan niya sa youth camp. “Ngayon lang nangyari sa akin na ako ay tinanggap kung ano ako, ang akala ko ay sasabog ang puso ko sa sobrang kasiyahan.”

Habang sila ay nasa camp, nagkaroon sila ng aktibidad na kailangang ipikit ang kanilang mga mata at tinanong sila ng mga lider nito kung nakikita ba raw nila ang Panginoon. Ngunit, ang pahayag ni Fretzie, kahit na raw nakapikit ang kanyang mga mata, may kaunti pa rin daw siyang naaninag na liwanag. Tuluyan niyang naintindihan ang aral ng gawain na iyon at siya ay napahagulgol. “Sa unang pagkakataon, nakaramdam ako ng presensya ng Panginoon at sinasabi niyang ako ay Kanyang anak, na ako ay mahalaga. Ang Panginoon ay kasama ko kahit na ako ay nakakaranan ng kadiliman sa aking buhay.

Isang araw habang si Fretzie ay nasa kanilang barangay, may isang coach na nag-anyaya sa kaniya na sumali siya sa kanilang basketball team. Pagkatapos nilang maglaro, ay nagbahagi ng salita ng Diyos ang kanilang coach. Dahil sa panibago niyang kakayahan sa paglalaro ng basketball, si Fretzie ay nag try-out sa varsity team ng kanilang High School. Sa kabutihan ng Panginoon, siya naman ay natanggap. Inamin ni Fretzie na ayaw na niyang magtago at matigil ang mundo dahil lang sa pang-aalipusta sa kanya ng mga tao dahil siya ay kakaiba. “Alam ko na mayroon akong angking galing na kaya kong ibahagi kaya ako nag try-out.”

Sa tulong pa rin ng kanyang coach, si Fretzie ay nagpunta ng Maynila upang makapag try-out naman para sa futsal team ng isang kolehiyo. Pagkakataon na rin niya ito na makakuha ng athletic scholarship. Dahil sa kanyang kasipagan, pagtitiyaga, at magandang pakikisama sa mga nakasalamuha niya, natanggap si Fretzie sa futsal team ng University of Makati. Siya rin ay kasalukuyang Team Captain ng kanilang koponan.

Habang nasa Maynila, nakagawa ng mga mahahalagang desisyon si Fretzie. Naisip niya na ang inggit at pagtanim ng galit simula ng pagkabata ay ang mga pumipigil sa kanya

para sundan ang landas na tinahak din ni Hesus. Ang aking panalangin ngayon ay, “Panginoon, nais kitang sundan at nais kong ikaw na ang maghari sa aking buhay. Patawarin mo ako sa aking mga kasalanan at tulungan mo akong ilagay sa tama ang aking pananampalataya. Nais ko rin na ilagay ang aking buong pagtitiwala sa iyo.”

Noong taong 2017, tinanggap at bininyagan si Fretzie sa New Life Christian Center sa Maynila. Sa susunod na taon ay matatapos na ni Fretzie ang Bachelor’s Degree in Physical Wellness majoring in Sports Management. Siya ay pang apat pa lamang sa kanilang tribo na makapagtagapos ng kolehiyo, at kauna-unahang Ati na makapagtagapos sa Maynila.

Kasalukuyang nag-o-online classes si Fretzie dahil sa pandemic at nagpapatuloy na maging ehemplo at inspirasyon sa mga kabataang katulad niya na nakararanas ng diskriminasyon. Siya ngayon ay mayroong libo-libong mga kaibigan at sumusuporta sa kanyang social media at ginagamit niya itong plataporma upang maibahagi ang kanyang buhay.

“Ngayong ako ay mas matanda na at nagkaroon ng bagong pag-asa sa buhay, naging mas komportable na ako sa aking sarili lalo na sa aking pisikal na anyo. Ang mga pangako ng ating Panginoon at ang palagiang pagpapaalala Niya sa akin na ako ay maganda at karapat-dapat sa Kanya dahil ako ay isa sa Kanyang mga anak ang aking pinanghahawakan. Naging isang malakas akong babae nang

dahil sa Panginoon. Ang Awit 139:14 ang palaging nagpapaalala sa akin na ang kanyang napakalawak na pagiging at pagaaruga sa akin ang aking sandigan, at ang lahat ng gawain Niya ay kahanga-hangang tunay.”



Si Fretzie Joy Vicente sa isang programa para sa mga atleta sa kanilang paaralan.

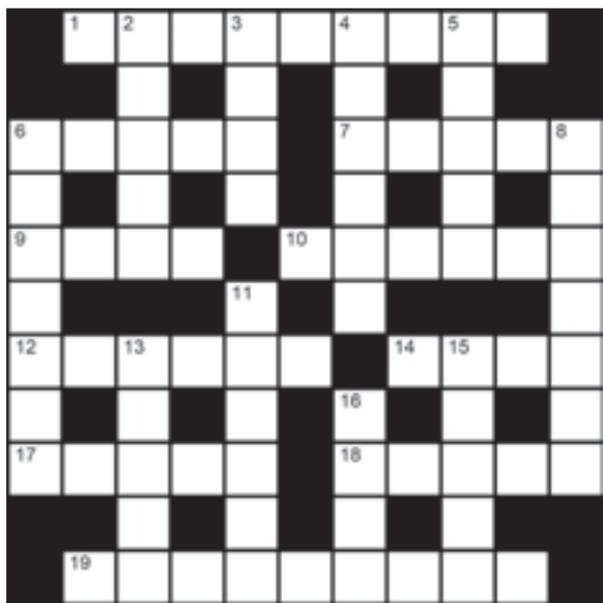
Coffee Break CROSSWORD & SUDOKU

ACROSS

- 1 Absolute rulers
- 6 Soup scoop
- 7 Glossy-black bird
- 9 Salt Lake state
- 10 Bright garden bloom
- 12 Enlarge, as pupils
- 14 Just lying around
- 17 Long (for)
- 18 Too closely fitting
- 19 It slows a descent

DOWN

- 2 Land of over a billion
- 3 Typical learner driver
- 4 Teeth deposit
- 5 Opponent, competitor



- 6 Washday chore
- 8 Closest
- 11 Verse segment
- 13 Andean animal
- 15 Finger or toe
- 16 Make designs in glass

SOLUTIONS PAGE 7



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(ATIN is Filipino/Tagalog for “ours”)



Why ATIN exists:

- to share the Gospel of Jesus Christ
- to assist the disadvantaged and vulnerable with food parcels and aide
- to distribute Bibles

What the logo means:

The logo represents a person between a cross and a heart, representing faith in Jesus combined with service to others out of love. The font represents bamboo, symbolising strength, flexibility, endurance and grace.

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Bettina Carlos

There is purpose in our pain

Bettina Carlos is not new to pain, she experienced it very early on as an illegitimate child. “I came from a broken home; we are the second family. While we are well aware of our situation from day one, the first family did not. My father will be with us during dinner but not during breakfast the following day because he has to go back to his first family.”

Bettina’s family had to endure the set-up and act like it was normal. For the most part of her growing up years, their movement was very controlled. Despite that, she still felt that she had a father because she often saw him. Even though she grew up having her father around, there was still a void in her heart. “I felt part of me was rejected because I am an illegitimate child.”

Bettina studied in an integrated school and did not have subjects that taught about God. “I did not learn about God during my childhood. My family regularly went to a Catholic church but I never listened or focused during mass.”

During her teenage years, Bettina had already accomplished more things than most people her age. She entered showbiz and became an actress, ramp model, and TV host. At 17, she became the co-owner of a seafood restaurant. Genuinely smart with a bubbly personality, Bettina was a consistent scholar during her high school years and even graduated with honors. “I was a regular teenager enjoying life, smoking, and drinking here and there,” she admits.

At the peak of enjoying all the world has to offer, something happened that shook Bettina’s world a year after graduating from college. I think I went too far, I got pregnant unexpectedly at 22 by someone who was not even my boyfriend at that time. And the consequence of my foolishness bore fruit.”

Bettina was in disbelief and because of pride, she thought she could control her body. She kept convincing herself that there is nothing growing inside her. She would chant over and over, “I am not pregnant.”

“I remember praying more than ever before. In the nine months of my pregnancy, God restored everything and allowed forgiveness to take place, little by little. Acceptance of my pregnancy was just the first step to recognizing how powerful and in

control God really is. The Lord used my daughter to bring me to Him, to introduce Himself to me.”

Coming from a broken family, Bettina’s deepest desire was to have a complete and normal one. Bettina and the father of her child lived together while she was pregnant and until she gave birth, but because they hardly knew each other, things went awry. However, Bettina was determined to make it work and did everything she could to that end.

“We tried everything to save our relationship except for one thing, which is to go to the Lord. God divinely appointed a friend to invite me to a church service in July 2011. That began my journey of getting to know the Lord and receiving wisdom from Him. Bettina spent years seeking fulfillment in pursuit of a relationship that would never fully satisfy. Despite being overwhelmed with fears and uncertainty, when she accepted the Lord, things changed for the better.

God did not allow me to fall too far into sin. One time we tried to live together, God did something to break us apart. I left her father when my daughter was barely 6 months old and then began my life as a single mother by choice.

Though the Lord was already in her life, Bettina realized she still had other matters that she had not fully surrendered to Him. It took five years and a cancer scare for God to get Bettina’s attention.

Back in showbiz and with other businesses to take care of, God called Bettina to lay off things she drew value from. “Work and money became my God. I also had unforgiveness in my heart. I did not trust the Lord 100%.”

Bettina fully surrendered and renewed her commitment to Christ in December of 2016. “That day of my baptism, I woke up in tears because I have never felt so loved my whole life; so saved, sure, and secure. He filled up the void in my heart.”

Bettina is now a social media influencer and has thousands of followers. She uses that platform to share God’s words. She also co-owns and manages a bakery. In December of 2020, Bettina married Mikki Eduardo, a former schoolmate whom she reconnected with at church.

“It makes sense that God allowed me to hit rock bottom because when you’re at the bottom, there’s nowhere to go but up. God allowed me to suffer so that my pain may be used as a powerful testimony of how our Father is the father of all, who loves us unconditionally, always faithful, a present help, forgives and accepts us,” declares Bettina.

For Bettina, finding purpose in pain is an essential part of healing. Sometimes, we may never understand why God allows such pain to happen to us. But if we seek Him and find His love and comfort, we will experience far more joy and satisfaction in Him than the suffering we endured. •



Stage 4 cancer diagnosis added life to her days

Dr Agnes Sarthou felt a lump on her right breast that turned out to be an aggressive, fast growing case of Stage 4 breast cancer. By the time it was detected, it had already spread to her bones and several ribs.

“This tragic diagnosis required aggressive medical intervention which included 18 weekly chemo sessions and 30 days of radiation,” she said.

In May, 2003, less than a month after her initial diagnosis, Aggie, as she is known, explained that she had to go through a modified radical mastectomy in which the doctors removed a 10.5cm mega-sized malignant tumour.

At first, Aggie was overcome by doubts and questions. She had studied long and hard to become a doctor so she could help others and now she found herself listed as terminal, barely able to help herself.

“I did not understand why I had cancer,” she said in an interview with the blog BITS (Butterfly in the Spring). “I had just been given a death sentence. My doctor told me: ‘Aggie, I’m a good doctor but only God can heal you.’”

Then, Aggie remembered. She wasn’t alone. God was with her.

“God chooses our circumstances but I get to choose my response,” the Filipino woman explained with a smile. “And so I said, ‘Lord, thank You for reminding me.’ There’s hope in the Big C, because the Big C is not cancer; the Big C is Christ.”

Aggie was not always as grounded in her Christian faith. She met Jesus for the first time at the prestigious University of the Philippines Diliman through another student. “They shared God’s love with me and made me understand that He has a wonderful plan for my life. But this could not be realised if I did it my way. I needed to surrender my broken self and surrender my life to Jesus.”

Aggie described her younger self as “independent and self-righteous” and after graduating college, she drifted away from her faith.

“I was not able to sustain fellowship with other believers and do my Bible studies,” she sighed. “Consequently, my walk with Jesus faltered. Sadly, this was a time when my life didn’t glorify our Lord Jesus.”

Later, Aggie married Ricky – who was not a Christian. “I almost left my husband. He had a volcanic temper and I had a short fuse. I heard all his curses,” she said. “Then, a year-and-a-half later, my husband accepted Jesus as His Lord and Saviour during a Bible study conducted in his office.”

Aggie recalled her earlier commitment to Jesus and restored her personal relationship with Him. The changes in both hers and Ricky’s lives were nothing short of miraculous.

Ricky went on to become the pastor of a church. He and Aggie went on to have two children and four grandchildren.

“We put Jesus at the centre of our lives and marriage,” she said. “It was a complete turnaround for us.”

The couple’s faith in Jesus was their anchor during the horror diagnosis that rocked their world in 2003. God answered their prayers time and time again – from easing Aggie’s pain to providing the expenses for all her medical bills and medications.

“As I faced my mortality, I found great comfort in Jeremiah 29:11-12: ‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.’”

Reading Scripture and praying brought Aggie relief during her suffering. “The stormiest days were my best times with God because those were times I just felt His hand on me giving me a peace and a joy that I can’t even explain even at the height of pain.”

Another Bible passage that Aggie leaned on was Habakkuk 3:17-18 which talks about rejoicing even through the tough times. “God asked me, ‘Will you give me your plans, hopes, fears, career, everything, for My glory?’ I said, ‘Yes. Please be glorified in my cancer.’ That’s when surrender came.”

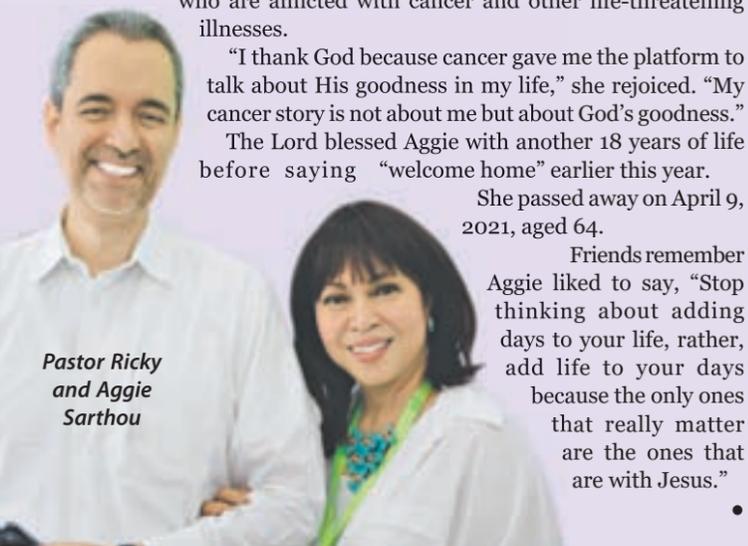
Miraculously, Aggie was fully healed of her cancer. She and Ricky founded Life to the Max, a charity that brings comfort and hope through Jesus to those who are afflicted with cancer and other life-threatening illnesses.

“I thank God because cancer gave me the platform to talk about His goodness in my life,” she rejoiced. “My cancer story is not about me but about God’s goodness.”

The Lord blessed Aggie with another 18 years of life before saying “welcome home” earlier this year.

She passed away on April 9, 2021, aged 64.

Friends remember Aggie liked to say, “Stop thinking about adding days to your life, rather, add life to your days because the only ones that really matter are the ones that are with Jesus.” •



Pastor Ricky and Aggie Sarthou

THE BIG C IS NOT CANCER; THE BIG C IS CHRIST

Ang kampeon ng WBA welterweight na si Manny Pacquiao ay nagpose habang nasa isang news conference sa MGM Grand Garden Arena noong Hulyo 17, 2019 sa Las Vegas, Nevada. (Larawan ni Ethan Miller / Getty Images)



Ang tunay na kampeon ng kanyang buhay

Tulad ng isang sikat na sawikain, tila ang lahat ng nahahawakan ni Manny Pacquiao ay nagiging ginto. Ang senador at ang dating pangulo ng partidong PDP-Laban ay tinaguriang isa sa pinakadakilang propesyonal na boksingero sa buong mundo. Bukod pa rito, sinubukan din niya ang paglalaro ng basketball at pag-arte. Nagkaroon pa rin siya ng isang matagumpay na karera sa musika. Ngunit si Manny ay nagtrabaho at nagsipag ng mabuti, nagsakripisyo, at madaming pinagdaanang hirap bago pa man niya nakamit ang lahat ng kanyang tinatamasang tagumpay ngayon.

Ipinanganak si Manny sa Kibawe, Bukidnon at lumaki sa General Santos City sa Mindanao. Dahil maagang naghiwalay ang kanyang mga magulang at umalis ang kanyang ama sa kanilang tahanan, hindi na siya kayang suportahan at ang

kanyang limang kapatid ng kanyang ina. Napagpasyahan niyang umalis ng kanilang tahanan at nakipagsapalaran sa Maynila. Sumakay siya sa isang barko patungong syudad kung saan naranasan niya ang tumira sa kalye bago niya makilala ang mayari ng isang gym na si Ben Delgado. Si Ben ay nagkaroon ng espesyal na interes kay Manny at pumayag na sanayin siya upang tulungan niyang makamit ang kanyang pangarap na maging isang boksingero.

Ang sabi pa ni Ben “Si Manny ay may malaking puso sa loob at labas ng boxing ring, at kahit na noon pa man, nais niya na talagang maging isang kampeon ng mundo.” Si Manny ay naging professional boxer sa murang edad na 17 at kumikita noon ng \$2 sa isang laban, na ipinapadala naman niya sa kanyang ina na nasa probinsya kasama ng kanyang mga kapatid.

Mula sa isang artikulo ng China Daily, ipinaliwanag ni Manny ang kanyang naging motibasyon noong nagsisimula pa lamang siya sa boksing. “Noong ako ay mas bata pa, ako ay naging isang boksingero dahil kailangan kong mabuhay; walang-wala ako noon, wala akong ibang maaasahan maliban sa sarili ko. Napagtanto ko na ang boksing ay isang larangan na mahusay ako, at nagsanay ako nang mabuti upang maitaguyod ko ang aking sarili at ang aking pamilya.”

Si “PacMan,” ay mayroong animnapu’t dalawang panalo at walong talo. Siya lamang ang nagiisang eight-division world champion sa kasaysayan ng boksing at nagwagi ng labindalawang pangunahing mga titulo sa mundo. Siya rin lamang ang boksingero na nakakuha ng kampeonato sa buong mundo sa loob ng apat na dekada (1990s, 2000s, 2010s, at 2020s). Si Manny rin ang may hawak ng rekord na pinakamatandang welterweight world champion sa kasaysayan sa edad na 40 noong 2019.

Ngunit manalo o matalo, alam ni Manny na mayroon pang mas higit na mahahalagang bagay sa kanyang buhay.

Pinalaki si Manny ng kanyang ina na ipinaunawa ang kahalagahan ng pananampalataya sa Diyos; ngunit, habang lumalaki at umaani ng kanyang tagumpay, inamin ni Manny na nalayo siya sa Diyos sa loob ng maraming taon. Sa isang panayam sa programang “Tapatan ni Tunying” noong 2010, inamin niya na nag-

kaproblema ang kanilang samahang mag-asawa. Ngunit sa pamamagitan ng pagtitiwala sa Panginoong Hesus-kristo ay nailigtas ang kanilang relasyon.

Naalala ni Manny, “umiinom ako, nagsusugal, nangbababae, at palaging nagmumura.” Nagkaroon din sila ng seryosong pag-aaway na humantong sa pagbabanta ni Jinkee na may hawak na kutsilyo, habang si Manny naman ay naglabas ng baril. Nagbago ang lahat nang magtiwala si Manny kay Hesus bilang Panginoon at Tagapagligtas ng taon ding iyon.

“Natutuwa ako sapagkat natagpuan ko ang tamang paraan patungo sa kaligtasan,” sinabi ni Manny sa The Guardian noong 2014. “Tayong lahat ay kailangang ipanganak na muli [ng espirito]. Sinabi ni Kristo na kung tayo ay hindi ipanganak na muli ay hindi tayo makapapasok sa kaharian ng Diyos. Kaya napakahalaga nito sa akin. “Sinabi ni Hesus-kristo: ‘Ako ang daan at ang katotohanan at ang buhay. Walang makakapunta sa Ama kundi sa pamamagitan ko.’ Walang ibang paraan kundi tanging sa pamamagitan ni Hesus lamang. Habang nagpapasalamat tayo sa Panginoon para sa lahat ng Kanyang mga pansamantalang regalo, hindi tayo dapat umasa sa mga ito kahit na kaunti, dahil ito ay mga panandalian lamang. Si Hesus-kristo lamang ang ating kailangan sa ating buhay.”

Bagaman patuloy ang kanyang matagumpay na lakbay sa boksing, pagsasanay at media exposures, nanatiling tapat si Manny sa regular na pagsisimba. “Manalo o matalo, magdarasal ako sa isang sulok ng ring upang magpasalamat sa Diyos para sa lahat ng kanyang mga pagpapala,” sabi niya. Sa isang pagtitipon tinanong niya ang karamihan: “Lahat kayong naririto ngayon, binilang niyo ba ang inyong mga pagpapala? Lagi nating tandaan na magpasalamat sa Diyos sa lahat ng nagawa Niya. Ibibigay Niya sa iyo ang iyong mga pangangailangan.”

Mula nang maging isang Kristi-yano, si Manny ay naging isang mangangaral at nagtayo din ng isang napakalaking simbahan sa kanyang bayan sa General Santos City. Palagi niyang pinapalala sa kanyang sarili



Si Manny Pacquiao (kanan) sa simbahan kasama ang kanyang asawang si Jinkee (gitna) sa kanyang bayan sa lungsod ng General Santos, sa katimugang isla ng Mindanao noong 2012. AFP PHOTO / Paul Bernaldez (Photo credit should read PAUL BERNANDEZ / AFP via Getty Images)

na ang kanyang pisikal na kakayahan at kayamanan ay nagmula lahat sa Diyos. Hindi niya kailanman tinalikuran ang mga mahihirap na humihingi sa kanya ng tulong pinansyal at pagkain

kapag sila ay pumupunta sa kanyang bahay. “Binigyan ako ng Diyos ng isang regalo at tungkulin kong ibahagi ang mga bunga ng regalong ito sa aking mga kababayan,” sabi niya.

Si Manny ay nakatuon din sa serbisyo publiko at naibahagi ang higit sa one-third ng kanyang mga kita sa kawang-gawa bilang bahagi ng kanyang hangarin na maging instrumento ng pag-asa at pagbabago sa buong mundo.

Siya at ang asawang si Jinkee ay nagtayo ng higit sa 1000 na mga tahanan, nagbigay ng suporta sa panahon ng mga sakuna, inako ang mga bayarin sa ospital, at pinakain ang mga nagugutom. Itinatag din ni Manny ang Manny Pacquiao Foundation, na naglalayong higit na bigyang lakas ang mga pamayanan at indibidwal.

Sa panahon ng COVID-19 pandemic, nakipagtulungan si Manny kay Jack Ma upang maghatid ng tulong sa mga mahihirap niyang kababayan sa Pilipinas. Sinabi niya na magpapatuloy siya sa boksing dahil nagdudulot ito ng kasiyahan sa kanya at sa maraming tao. Sa isang tweet noong 2017, isinulat niya, “Gustung-gusto ko ang isport na ito at hanggang sa

mawala ang aking interes sa boksing, magpapatuloy akong ipaglaban ang Diyos, ang aking pamilya, ang aking mga tagahanga, at ang aking bansa.” Nitong Setyembre 2021, ibinalita ni Manny ang kanyang pagreretro sa larangan ng boksing; kasabay nito ang pag-annunsiyo niya ng kanyang pagtakbo bilang pangulo ng Pilipinas.

Si Manny at Jinkee ay kasal sa loob ng 22 taon at mayroong limang anak; sina Emmanuel Jr. (Jimuel), Michael Stephen, Mary Divine Grace (Princess), Queen Elizabeth (Queenie) at Israel. Nagbabahagi ang pamilya ng mga updates sa kanilang mga YouTube channels at may milyong milyong mga subscribers. Sa isang bidyo sa YouTube channel ni Jinkee, ibinahagi ni Manny ang kanilang mga sikreto sa kanilang masayang pagsasama ngayon. Sinabi ni Manny na ang pagbabasa ng Bibliya, patuloy na pagdarasal at pagtuon sa kanilang relasyon sa Diyos ay nakakatulong sa kanilang pagsasama. “Kapag itinatag mo ang iyong relasyon sa Diyos, ang iyong personal na relasyon sa bawat isa ay nagiging malakas din,” pagbabahagi pa ni Manny.

Ang buhay ni Manny ay puno ng pakikipaglaban simula ng kanyang pagkabata, ngunit ang lahat ng ito ay kanyang napagtagumpayan. Bilang isa na ngayong mananampalataya, inilaan ni Manny ang kanyang buhay sa tunay ng kampeon ng buong sanlibutan, ang Panginoong Hesus-kristo. “Dati, ang pinakamimithi ko lamang na pangarap ay maging kampeon sa Pilipinas. Ngunit tingnan mo ako ngayon. Ito ay dahil iniangat ko ang lahat sa Panginoon sa pamamagitan ng panalangin.”

Make friends, live longer

THE saying that friends can save your life actually turns out to be true. Studies show that low social interaction is just as harmful as smoking 15 cigarettes a day.

This is not the finding of an individual academic, but the result of combining 148 different studies of more than 300,000 people. It is consistent across age brackets and both genders.

We are created for relationships and without it we are diminished people. Just as God made us for a relationship with Him, He also created us with the desire for relationships with each other. In Genesis when Cain asked God if he was his brother's keeper, the answer then and now is "yes".

Of course our character weaknesses and personal failures mean that relationships are hard work. And right now, social distancing is making friendships particularly difficult.

But we need them, not just to feel good, but for a full and long life. Pray today for the ability to be a good friend, and seek safe ways to connect with your friends even when you can't see them in person.

ALALAHANING MAGPASALAMAT SA DIYOS SA LAHAT NG NAGAWA NIYA.



Sa itinakdang tamang panahon

"Ako ay isang gangster noong ako ay 13 taong gulang pa lamang," pagtatapat ni Ian Dativas. Palagi akong nakikipag-away noong nasa elementarya at high school ako, nagka-cutting class ako upang makasama ako sa aking mga kaibigan para uminom ng alak, manigarilyo ng marijuana, at manuod ng mga malalawang pelikula."

Sa kanyang murang edad, sumali si Ian sa isang gang at inilarawan niya ito bilang isang "mini-syndicate" sa kanilang nayon. Naging normal sa kanila ang mangloko ng kapwa, mang-bully, at magnakaw sa kanilang komunidad. Minsan, nahuli pa si Ian ng pagnanakaw sa isang tindahan; ngunit dahil siya ay menor de edad pa rin, pinakawalan siya ng mga may-ari.

Ang bawat miyembro ng pamilya ni Ian ay mga Katoliko ngunit hindi talaga interesado si Ian sa relihiyon simula pa man. Naalala niya na sa panahon ng kanyang kabataan, ang

kanyang mga magulang ay palaging abala sa trabaho at pakiramdam niya ay hindi siya nabigyan ng wastong pansin at patnubay bilang isang bata. Karaniwan sa kanilang sambahayan ang pagtatalo at pagmumura. Ang kanyang ama, na nagtatrabaho bilang bodyguard ng lokal na alkalde, ay madalas na binubugbog si Ian dahil sa kanyang mga maling gawi. Ang mga alitan sa mga kalye ay nagpapatuloy sa bahay kasama ang kanyang tatlong kapatid.

Minsan sa kanilang tahanan, ay may hindi kaaya-ayang away ang magkakapatid. Kaliwa't kanan ang mga suntok na natamo ni Ian at nahulog siya sa sahih. Dahil sa matinding sakit na natamo niya sa pagbugbog sa kanya at pakiramdam niya ay wala na siyang magagawa, nakakita ng isang pagkakataon si Ian para makabawi sa sinapit niya. May nakita siyang isang bato na malapit sa kanya at kinuha at ihinagis niya ito patungo sa kanyang panganay

na kapatid. Napatigil sila ng biglang dumating ang kanilang ina upang sila ay awatin.

Kinaumagahan, habang pinag-uusapan nina Ian at ng kanyang ina ang nangyari, napansin niya na may isang pasa sa hita ang kanyang ina. Doon din niya lang nalaman na ang

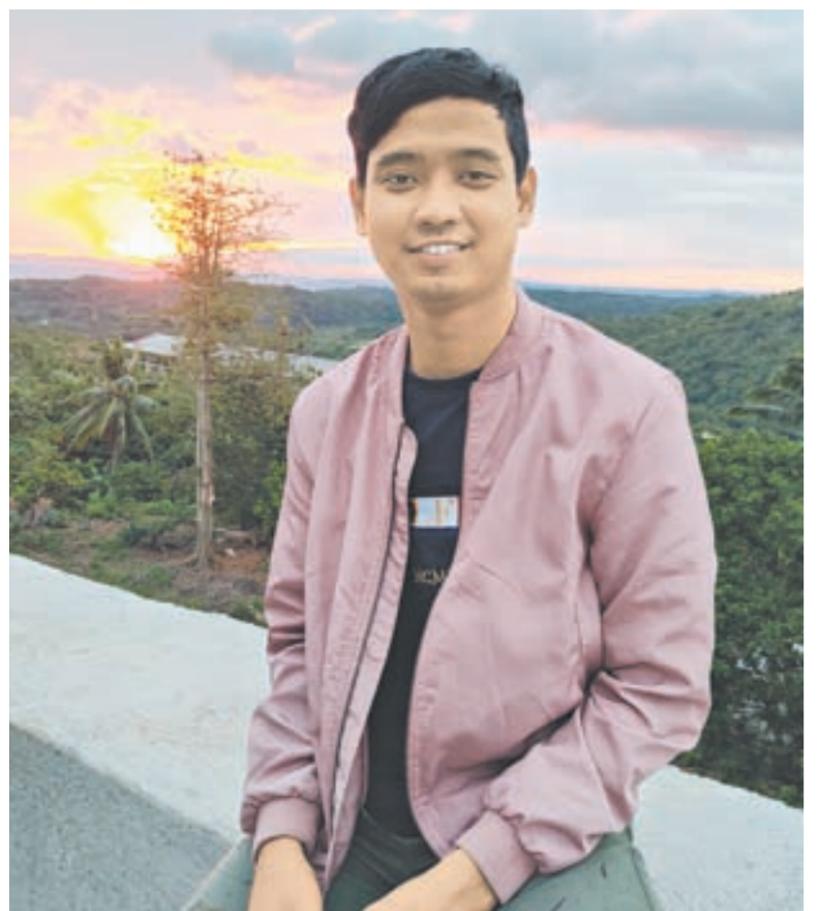
HINDI NA AKO ANG DATI NILANG ANAK NA WALANG KABULUHAN AT WALANG DIREKSYON ANG BUHAY.



bato na itinaon niya sa kanyang kapatid, ay naihampas at dumapo pala sa kanyang ina. Nagulat si Ian sa nadiskubre niya at umiyak ng husto at humingi ng kapatawaran sa kanyang ina. Iyon ang punto sa kanyang buhay na napagtanto niya na kailangan na niyang magbago. Mula noon, tumigil na siya sa pakikisama sa kanyang gang at pinagtuunan ang kanyang pag-aaral.

Noong kanyang senior year sa high school, nakilala ni Ian ang mga kaibigan na nag-anyaya sa kanya sa pag-aaral ng Bibliya. "Sumali ako sa kanila ngunit hindi ko ito sineryoso, kaya lang ako sumasama sa kanila ay dahil makakalibre ako sa meryenda," pag-amin niya. Nang pumasok si Ian sa kolehiyo, nakilala niya si Gab Campos na siyang pinaka-una niyang kaibigan doon. Si Gab ay anak ng isang pastor at palaging inaanyayahan si Ian sa kanilang bahay upang kumain. Ngunit ang paanyaya ni Gab ay higit pa sa pag-aalaga at mabigyan ng nutrisyon ang katawan ni Ian.

"May mga pagkakataong lasing ako habang nagaaral ako ng Bibliya kasama si Gab. Ang aking pag-inom ng alak ay hindi pa tumitigil, at pini-pilit kong bitawan ito," paggunita ni Ian. Ang ama ni Gab na si Pastor Rodel, ang nagtulak sa kaniya upang magkaroon ng one-on-one Bible Study kasama si Ian. Sa loob ng anim na buwan ng pag-aaral ng Bibliya ay doon na lubos na naliwanagan si



Ian. "Ngunit kailangan kong ilihim ang aking pananampalataya mula sa aking pamilya, kaya't talagang mahirap para sa akin na manalangin. Natakot ako na kung makita nila ako, magagalit sila sa akin."

Nagulat ang mga magulang at kaibigan ni Ian nang magsimula na siyang magsimba. Noong mga panahon na iyon, ikinakandado ng kanyang pamilya ang kanilang bahay upang hindi siya makapasok kung siya ay uuwi nang huli mula sa simbahan; at kung makapasok man siya, walang maiiwan na pagkain para sa kanya. Sinabi pa sa kanya ng kanyang ama na huwag nang bumalik sa kanilang bahay kung tuluyan siyang magiging Kristiyano. Ngunit hindi napigilan si Ian, ang

simbahan ang kanyang naging kanlungan sa mga panahong hirap siyang intindihin ng kanyang pamilya tungkol sa kanyang pananampalataya.

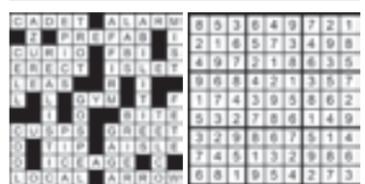
Sa araw ng kanyang binyag bilang bagong Kristiyano noong Hunyo ng 2013, nakaramdam pa rin siya ng takot sa pag-aakalang tatanggihan siya ng kanyang pamilya. "Ngunit ipinagkatiwala ko na ang aking buhay sa Panginoon. Pinili kong sundin Siya dahil alam kong poprotektahan Niya ako at may maganda siyang mga plano para sa akin," deklarasyon ni Ian.

Nakuha pang makauwi ni Ian pagkatapos ng kanyang binyag ngunit hindi siya pinansin ng kanyang ama sa loob ng ilang buwan. Gayunpaman, nakita ng pamilya ang malaking pagbabago ni Ian. Ang relasyon ni Ian sa kanyang ama ay nagsimulang umayos din.

Aminado si Ian, "Hindi na ako ang dati nilang anak na walang kabuluhan at walang direksyon ang buhay. Lubos akong nagpapasalamat sa Panginoon na sa wakas ay tinanggap ng aking pamilya ang aking bagong natagpuang pananampalataya. Hindi lang ako ang binago Niya, ngunit ang pamilya ko rin."

Ngayon, sa edad na 27, si Ian ay bumalik kasama ang kanyang pamilya sa kanyang bayan na Tanay; pagkatapos ng apat na taong pagtatrabaho bilang isang guro sa isang paaralang Kristiyano para sa mga katutubong Ati sa Aklan. Nagtatrabaho siya ngayon sa isang ahensya ng gobyerno at aktibo pa ring kasali sa kanyang simbahan. "Nasasabik ako para sa aking hinaharap sapagkat alam ko na magiging napakaganda nito tulad sa paborito kong talata sa Ecclesiastes 3:11; "Ginawa niya ang bawat bagay na maganda sa kapanahunan niyaon: inilagay rin niya ang sanglibutan sa kanilang puso, na anopa't hindi matalos ng tao ang gawa na ginawa ng Dios mula sa pasimula hanggang sa wakas."

Nananalangin pa rin si Ian na darating ang araw na makakasama siya ng kanyang pamilya sa mga maka-Kristiyanong gawain gaya ng pag-aaral ng Bibliya at mga gawain sa simbahan. "Naniniwala ako na ang Diyos ang may hawak ng lahat ng bagay pati na ng aming buhay, maaaring tumagal pa ang panahon na iyon ngunit nagtitiwala ako sa tamang oras ng Panginoon; at pagdating ng oras na iyon, alam kong napakaganda nito at magiging lubos ang aking kasiyahan."



HOW DO I BECOME A CHRISTIAN?

What? Salvation is an eternal relationship with God – now on Earth and, after we die, in Heaven.

The Lord Jesus says: "I tell you the truth. Everyone who believes in Me has eternal life." John 6:47

"In this world you will have trouble. But take heart! I have overcome the world." John 16:33

Who? Anyone can gain the eternal life offered through Jesus Christ, regardless of how you have previously lived or what you have previously believed.

God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16

Why? Because sin separates us from a holy God. Sin is all the wrong things we do, say and think, as well as our desire to be our own boss.

For all have sinned and fall short of the glory of God. Roman 3:23

How? The Bible says you become a Christian by confessing with your mouth that Jesus is Lord and believing in your heart that God raised Him from the dead.

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. Romans 10:8b-10

Ready to change your life forever? Here is a prayer you can pray, but you can also use your own words. The words are not as important as the heart attitude – which only God can see.

Almighty God, Creator of Heaven and Earth,

I acknowledge that I am a sinner. Please forgive me for all the ways I have disobeyed and defied You.

Thank You for sending Your Son, Jesus Christ, to earth to live the perfect life I couldn't, and die on the cross for my sins. Thank You that His blood was sufficient to pay my debt to You, and His resurrection proves that there is life beyond death. I accept that His sacrifice is all I need to get right with You – I bring nothing I have done but I give you everything I am. Help me to live for You. Please be my Saviour and my Master. Amen.

What now?

1. Tell someone - either a Christian that you know or email us at challenge@atin-asia.com
2. Use the resources in the green box on this page to find a Bible to read and more information regarding Christianity.
3. Keep praying. Talk to God anywhere, about anything. He is always listening, and you don't need a formula.
4. Find a Bible-teaching church to attend.

AS A NEXT STEP:

I have prayed this prayer.

Please send me:

- A Bible portion
- Some 'starting off' literature
- Information on a helpful church

** Please tick and write clearly **

Name _____ Phone _____

Address _____

Email address _____

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Email: challenge@atin-asia.com Facebook: [facebook.com/ATINasiainc](https://www.facebook.com/ATINasiainc)
All overseas enquiries are referred onto someone in their own country

Want to explore more?

Here are some **free**, helpful, Christian online resources:

Online Bible - Olive Tree app (we recommend that you start with an easy-to-read version like the ESV)	
Audio Bible - Bible.is app , or Youversion Bible app	
Christian radio station - CBN radio app (different channels for all genres of music)	
Christian podcasts and sermons - Edifi app	
Christian movies - New Faith Network app (7-day free trial)	
Daily thoughts and inspiration - Our Daily Bread app	
Advice on specific issues, Bible reading plans and studies for new believers - Youversion Bible app .	
The Bible explained with visual aides - the Bible Project on YouTube .	
Alpha Film Series on Youtube - an online introduction to Christianity.	
For kids - Superbook Kids Bible, videos and games app	
Comic book Bible online- goodandevilbook.com	
More inspiring faith stories - back issues of Challenge News at challengenews.online	

Jeremy Lin #17 of the Toronto Raptors dribbles the ball as Henry Ellenson #13 of the New York Knicks defends during the second half of an NBA game at Scotiabank Arena on March 18, 2019 in Toronto, Canada. (Photo by Vaughn Ridley/Getty Images)



INJURIES HUMBLE YOU

There was so much excitement about Jeremy Lin’s rise to basketball fame and success that a new word was coined to describe it – Linsanity.

Jeremy started his National Basketball Association (NBA) career with his hometown Golden State Warriors in 2010, joining the New York Knicks the following year.

It was during this season that he led a winning turnaround for the team and Linsanity was born.

He helped the Knicks make the 2012 playoffs and he was at the top of his game, being named as one of The Time’s 100 most influential people in the world.

He also won the ESPY Award for the Breakthrough Athlete of the Year.

The 33-year-old is one of only a few Asian Americans to play in the NBA and the first to win an NBA championship.

After playing with several teams, he suffered injuries later in his career, eventually leaving the NBA in 2019 and signing with the Beijing Ducks in the Chinese Basketball Association.

Jeremy writes in a blog post on his website, “There are few things more humbling for an athlete than an injury.

“They are a reminder that as much as we would like to be, we are not in control of our lives and careers...The

reality is that even when we plan for things to go a certain way, sometimes God has other plans.”

He writes that sometimes he feels defeated and wants to yell at God in frustration.

But he has been here before.

“I’ve faced lows and seen how God has led me out of them,” he explains.

“I’m quicker to gain perspective and remember His sovereignty and ability to turn my setbacks into life lessons and opportunities.”

Sharing his story in 2011, Jeremy said he attended church weekly as a child but it didn’t really make sense to him. He was a class clown and a bully and would make his Sunday school teachers cry.

It wasn’t until he was in high school that he began to take his faith more seriously. He started attending youth group and was baptised.

Jeremy said that’s when everything started to make sense.

He attended Harvard University, where he says he struggled for the first year and a half as he didn’t have a faith community. Then he joined the Asian American Christian Fellowship and his faith started to grow again.

After his basketball career started, Jeremy received a lot of media attention and his life changed overnight.

However, he lost his confidence as a player.

“I put so much stress and pressure on myself, I couldn’t sleep at night,” he admits.

He wrote in his diary at the time, “This is probably the closest to depression I’ve been. I lack confidence on the court, I’m not having fun playing basketball

anymore... I feel embarrassed and like a failure.”

He says he lost his joy, passion and purpose.

“None of the pay checks, the car, the fame, none of the NBA lifestyle, my dream job, dream life, none of that meant anything to me anymore, cos I was in a really tough situation.

“Basketball had consumed my time, my energy, my thoughts; it consumed my happiness. My happiness was dependent on how well I played. If I didn’t play well, I wasn’t happy.

“And at that point I started to realise, this is becoming an idol for me, it’s my number one priority in my life.

“That’s when I realised I need to start trusting in God more.”

In an online blog post, he writes

about a little girl he knew called Ava Bright Lee, who passed away after a long battle with cancer.

“My situation is nothing like hers, yet she lived with supernatural joy through adversity,” he writes.

“In only eight short years, Ava understood what’s taken me so many more years to stubbornly begin to learn. We don’t get to control what happens to us and we won’t always like our circumstances. But we can choose to lie down and give up, or we can pick ourselves up and try to joyfully make the most of what we’ve been given.

“I hope we can all be like Ava and

choose the latter.”

Outside of basketball, Jeremy founded the Jeremy Lin Foundation to love and serve children and youth by providing hope, empowerment and leadership development.

His foundation website states, “Because Jeremy believes God first loved us, we have the capability and opportunity to love others through our actions and giving of our resources.”

In response to the Covid-19 pandemic, Jeremy pledged \$500,000 to serve communities facing hunger and provide protective equipment for healthcare workers.

BASKETBALL HAD CONSUMED MY HAPPINESS.



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