

CYBERFLASHES

Keeping MVC Alumni & Friends In Touch



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Editor: Eddie Zamora

Redlands, California

Making Lemonade From Lemons

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“Making Lemonade from Lemons”

by Eddie Zamora

Today is Veterans Day in the United States, the day when we honor all the veterans who have served the U.S. Armed Forces. We Filipinos have to be thankful to all the servicemen who fought to free our country from Japanese occupation.

In this issue of the CyberFlashes I would like to mention a fact which all of us have to deal with at some period of our life.

There will be times in life,
Which will make you sad,
Every happening-taking place,
Wouldn't make you glad.

Your every word won't be agreed,
There will be someone to oppose,
Someone who won't like,
Whatever you have proposed.

Criticism you'll have to face,
With each passing day,
To achieve something in life,
Is not a child's play.

Along with friends you'll have,
Some foes too,
The sky above might turn,
Dark from pleasant blue.

Tears will run down your cheeks,
You'll have a lot of pain,
Every time you won't be sheltered,
From sunshine or rain.

There will not be privacy always,
There'll be poking noses,
Don't forget the phrase that
'Life is not a bed of roses!'

Niyati Sangoi

Most of us, if not all, recognize this, that life will not be pleasant all the time. We may have experienced good situations as well as bad situations. How we react or respond to unpleasant situations could vary. Today on Veterans Day we acknowledge the situations many soldiers have gone through. Many of them have had painful experiences. Their responses to their own personal experiences may be difficult for many to understand.

Early in the twentieth century an unknown poet wrote something which was published in the Rotarian which may be a suggestion for how any person could react to many unpleasant situations. The poem was entitled **The Optimist**.

*"Life handed him a lemon,
As Life sometimes will do.
His friends looked on in pity,
Assuming he was through.
They came upon him later,
Reclining in the shade
In calm contentment, drinking
A glass of lemonade."*

Many veterans have become bitter about what life had dealt them. Others, though, have "made lemonades from their lemons." Allow me to reprint suggestions I found posted in Facebook on what could be possible reactions an individual might take. You decide which one you think is best.

6 Things Mentally Strong People Do

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges.
3. They stay happy. They don't waste energy on things they can't control.
4. They are kind, fair and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent that success.

One person that comes to mind who exhibits these strong traits is Jose Rene "J.R." Martinez, an American actor, motivational speaker, author and former U. S. Army soldier. For some he may be remembered as a Mirror Ball Trophy winner in Dancing with the Stars. He is easily recognizable because of the many scars on his face. He spent many months in hospitals recovering from his injuries and undergoing surgeries to reconstruct his face, but he did not make those painful experiences bring him down. Instead he rose above all the hindrances, including having no dancing experience. He was always upbeat, but his emotions also

showed when he got an award from fellow soldiers. He is one person who has turned his lemons into lemonade.



May we all have that inner strength and mental attitude, with God's help, to overcome any trying situation we may have to bear. The Holy Scriptures say, *"No test or temptation that comes your way is beyond the course of what others had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it."* 1 Corinthians 10:13 (The Message).

Eddie Zamora, Redlands, California



When life gives
you lemons,
Make lemonade



Love yourself
Embrace vulnerability
Move away from comparing
Open up your heart in prayer
Never give up on yourself
Avoid social media surfing
Discuss your feelings
Enjoy those moments

“Making Lemonade from Lemons”

by Eddie Zamora

Guideposts magazine had featured stories about soldiers returning from the war in the Middle East. The editor, Edward Grinnan, was going to interview one of the soldiers—U.S. Army S/Sgt. Bobby Henline. Grinnan had all the questions he was going to ask, all written down.

When the two met, Grinnan was at a loss for words. He did not know how to start the interview. Right in front of him was a person in uniform missing one ear and had only a part of the other. This soldier had part of one arm missing, and his face showed scars of the many surgeries he had undergone to give his face the semblance of a human being. Grinnan could not utter a word.

Noticing his discomfort at the sight before him, Bobby nudged him and said, “You should have seen the other guy.” Now Edward didn’t know whether to laugh or give a comment. Bobby smiled, “Chill out. It’s a joke.” Edward Grinnan didn’t know what to make of the

situation. Here is this badly injured soldier making light talk of his condition. And him, the interviewer, not knowing what to say.

Eventually the interview got underway and Bobby talked more seriously. He told Grinnan of those months he spent in bed, staring at the ceiling and asking God, if he really existed, to take his life and end his pain and misery. But Bobby had a good wife who stood by him and helped him heal emotionally. He eventually gave his life to Christ. That was when he started becoming like his old self, a class clown in school, cracking jokes again.

Bobby's physical therapist had a friend who managed a comedy club. He told Bobby he should audition when he was well enough. Today Bobby is a standup comedian as well as a motivational speaker. He has made sweet lemonade from the lemons life threw at him.



The Man by the Window

I read this story many, many years ago from a Reader's Digest issue. I don't remember the magazine date its original title so I provided one, but the gist of the story which I am relating in my own way is the same.

A young man was admitted to a medical facility after he suffered a debilitating accident for which he had just been treated. Being unable to get up at the moment he was placed in a semi-private room on a bed adjacent to another bed beside a window. He noticed that the person, an older man, who occupied that bed often sat on his bed and looked out the window.

Not being able to get up and move much, the young man felt depressed about his condition. How he wished he also could sit on his bed and look out the window and see what was happening in the outside world.

The older man seemed to sense his sadness at his present condition. He started describing what he saw for the benefit of the young man who was confined to his bed. He would describe the beauty of

the clear, blue sky, the sun shining on the green grass nearby, the pretty flowers by the sidewalks. The young man felt bad, almost angry, that he could not personally enjoy the scene that the other patient was describing but he also began to enjoy the picturesque way the gentleman described everything.

There were days when the man talked of the children playing in the park, their dogs running with them. Once he described a parade of boys and girls dressed in beautiful, colored clothes. His way of describing things gave the young man a certain joy and hope that maybe one day, when he was well enough, he could also get up and enjoy the beautiful things the elderly man described for him.

Early one morning nurses and other personnel rushed into the room to the elderly patient's bedside. He noticed them looking very worried as they did procedures on the patient. After some time the people slowly left and some orderlies wheeled the bed with the person out of the room. Later that morning he asked a nurse what happened to the older patient. She sadly told him that the older man had passed away.

He felt sad that his companion and roommate was gone, but he felt that now he could look out the window himself. So later he asked a male orderly if he could move his bed beside the window. The orderly helped move him and his bed beside the much coveted window. When he looked out, all he saw was the brick wall of another building!

When a nurse came in to check on him, he told her of the wonderful things the other patient described to him as he looked at the scenes outside. The nurse looked surprised. Scenes? The other man described to him beautiful scenes? She told him that was hard to believe because that patient was blind!

The Sparrow at Starbucks

The song that silenced the cappuccino machine

By John Thomas Oaks

(This story is reprinted in its original form. Last week it was inadvertently printed as two separate articles. Ed)

It was chilly in Manhattan but warm inside the Starbucks shop on 51st Street and Broadway, just a skip up from Times Square. Early November weather in New York City holds only the slightest hint of the bitter chill of late December and January, but it's enough to send the masses crowding indoors to vie for available space and warmth.

For a musician, it's the most lucrative Starbucks location in the world, I'm told, and consequently, the tips can be substantial if you play your tunes right. Apparently, we were striking all the right chords that night, because our basket was almost overflowing.

It was a fun, low-pressure gig - I was playing keyboard and singing backup for my friend who also added rhythm with an arsenal of percussion instruments. We mostly did pop songs from the '40s to the '90s with a few original tunes thrown in. During our emotional rendition of the classic, "If

You Don't Know Me by Now," I noticed a lady sitting in one of the lounge chairs across from me. She was swaying to the beat and singing along.

After the tune was over, she approached me. "I apologize for singing along on that song. Did it bother you?" she asked.

"No," I replied. "We love it when the audience joins in. Would you like to sing up front on the next selection?"

To my delight, she accepted my invitation.

"You choose," I said. "What are you in the mood to sing?"

"Well ... do you know any hymns?"

Hymns? This woman didn't know who she was dealing with. I cut my teeth on hymns. Before I was even born, I was going to church. I gave our guest singer a knowing look. "Name one."

"Oh, I don't know. There are so many good ones. You pick one."

"Okay," I replied. "How about 'His Eye is on the Sparrow'?"

My new friend was silent, her eyes averted. Then she fixed her eyes on mine again and said, "Yeah. Let's do that one."

She slowly nodded her head, put down her purse, straightened her jacket and faced the center of the shop. With my two-bar setup, she began to sing.

"Why should I be discouraged?
Why should the shadows come?"

The audience of coffee drinkers was transfixed. Even the gurgling noises of the cappuccino machine ceased as the employees stopped what they were doing to listen. The song rose to its conclusion.

"I sing because I'm happy;
I sing because I'm free.
For His eye is on the sparrow
And I know He watches me."

HOLY MOMENT

When the last note was sung, the applause crescendoed to a deafening roar that would have rivaled a sold-out crowd at Carnegie Hall. Embarrassed, the woman tried to shout over the din, "Oh, y'all go back to your coffee! I didn't come in here to do a concert! I just came in here to get somethin' to drink, just like you!"

But the ovation continued. I embraced my new friend. "You, my dear, have made my whole year! That was beautiful!"

"Well, it's funny that you picked that particular hymn," she said.

"Why is that?"

"Well..." she hesitated again, "that was my daughter's favorite song."

"Really!" I exclaimed.

"Yes," she said, and then grabbed my hands. By this time, the applause had subsided and it was business as usual. "She was 16. She died of a brain tumor last week."

I said the first thing that found its way through my stunned silence.

"Are you going to be okay?"

She smiled through tear-filled eyes and squeezed my hands. "I'm gonna be okay. I've just got to keep trusting the Lord and singing his songs, and everything's gonna be just fine."

She picked up her bag, gave me her card, and then she was gone.

Was it just a coincidence that we happened to be singing in that particular coffee shop on that particular November night? Coincidence that this wonderful lady just happened to walk into that particular shop? Coincidence that of all the hymns to choose from, I just happened to pick the very hymn that was the favorite of her daughter, who had died just the week before? I refuse to believe it.

God has been arranging encounters in human history since the beginning of time, and it's no stretch for me to imagine that he could reach into a coffee shop in midtown Manhattan and turn an ordinary gig into a revival. It was a great reminder that if we keep trusting him and singing his songs, everything's gonna be okay.

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(via Mikey's Funnies)

You may encounter
many defeats, but you
must not be defeated.

In fact, it may be
necessary
to encounter
the defeats,
so you can know
who you are,
what you can
rise from,
and how you can
still come out of it.

Maya Angelou



Socio-economic Uplift, Literacy, Anthropological, and Developmental Services

Reaching the Unreached.

SULADS' Corner: "A Box"

By Roldan Lantoria = SCHSL Teacher

It was a foggy morning where one could feel the bite of cold in the mountain air. We paused to praise God that early morning worship. After that, we had our breakfast. This is the beginning of the story when I prepared my things to be brought to the farm.

While roaming about the farm, I had decided to take some shade under the trees; and I somehow landed near a small hut. When taking shade, I didn't know there was someone inside. There was a lady inside the hut. Being a Christian, I greeted her. And she told me that they are new in the neighborhood. I then asked her what's next to you in the malong (cloth with multiple use as sleeping bag, skirt, or wrap). She replied, "It's my baby – I just delivered."

I was amazed and curious so I entered into the little hut to take a peek at the child. I felt pity for the poor baby as it didn't have any clothes at all to keep warm. Only the thin malong wrapped the child. I realized that her husband is a part of the rebel group and came from the other mountains. I then remembered that we had some clothes my wife had kept from our children. So I promised the lady that I'd come back to visit her again.

When I got home, I told my wife what saw and happened with the lady and her baby in the little hut. We prepared the clothes and placed them in one box. As a family (my wife, our 2 children), we went together to the small hut to bring our box of clothes. We saw in their faces the joy and appreciation for the little help we were able to bring the family. The most beautiful thing was that we were able to help give warmth to Baby Jobert Klent and give what he needed. In small ways, we can share the love of Christ to the needy. In this way, we can "reach the unreached".

I'm so happy because I am a part of this Gospel Ministry in SULADS.

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If you would like to support this mission program dedicated to taking the Gospel to the people of Mindanao, please write a check to Gospel Outreach. Mark it for the SULADS and send it to: Gospel Outreach P.O. Box 8 College Place, WA 99324 You may also donate to the SULADS using your credit card by logging on to Gospel Outreach's donation site (<http://www.goaim.org/>) and follow the directions. Again, mark it for SULADS. If you would prefer, you may write your check to the General Conference of SDA and mark the donation for SULADS and send it to: General Conference of SDA Donations 12501 Old Columbia Pike Silver Spring, MD 20904 Thank you for your support of this very important project. If you do not want to receive any more newsletters, Unsubscribe To update your preferences and to unsubscribe visit this link [Forward a Message to Someone this](#)

Jessie's Patch of Weeds

a hodgepodge of thoughts to bring you cheer



Shared by Jessie Colegado

Max

Max, our dog, was so popular with the children in our neighborhood that we joked he knew more people than we did. We didn't know how true that was until the day one of my neighbors told my sister-in-law, Lana, that she had seen Lana's daughter the day

before.

"Who was she with?" asked Lana.

"I don't know the people's names," our neighbor replied, "but their dog's name is Max."

(Da Mouse Tracks)

Fire Instructions

Our kindergarten class went to the fire station for a tour and some instruction in fire safety. The fireman was explaining what to do in case of a fire.

He said, "First, go to the door and feel the door to see if it's hot." Then he said, "Fall to your knees. Does anyone know why you ought to fall to our knees?"

One of the little tykes said, "Sure, to start praying to ask God to get us out of this mess!"

(From Laugh and Lift)

Five

The morning of my daughter's fifth birthday, I told her that if somebody asked her how old she was, she could simply spread out her hand and say "five."

"Oh," she replied, "so now I'm a handful."

(From Da Mouse Tracks)

New Kitchen

Jolene had wanted new kitchen cabinets for a long time, but her husband insisted they were an extravagance. She went to visit her mother for two weeks, and when she returned, she was overjoyed to find that beautiful new cabinets had been installed in her kitchen. A few days later, a neighbor came over to visit and after admiring the new cabinets, the neighbor added,

"We were all so glad that the fire was confined to the kitchen."

(From Pastor Tim)

Military Time

My wife never quite got the hang of the 24-hour military clock. One day she called the orderly room to speak with me. The person who answered told her to call me at the extension in the band rehearsal hall.

"He can be reached at 4700, Ma'am," the soldier advised.

With a sigh of exasperation, my wife responded, "And just what time is that?"

(From GCFL)

Diet Additive

During one of our weekly weight-loss classes, the group leader was extolling the merits of the program's prepared-food products. She raved about the rich, delicious flavor of the imitation chocolate fudge and the nondairy pops, assuring us that we could eat them without the least fear of ruining our diets.

The woman next to me nodded her head emphatically and then whispered, "They're even better when you spread peanut butter on them!"

(From You Make Me Laugh)

Camouflage

A young soldier was up before his commanding officer for a reprimand. After going through a list of his misdemeanors, the CO says, "And another thing, I didn't see you in camouflage practice this morning."

"Thank you, Sir," the soldier replied.

(Mikey's Funnies)

Doll Play

Toward the end of our senior year in high school, we were required to take a CPR course. The classes used the well-known mannequin victim, Resusci-Annie, to practice. Typical of most models, this Resusci-Annie was only a torso, to allow for storage in a carrying case. The class went off in groups to practice.

As instructed, one of my classmates gently shook the doll and asked, "Are you all right?" He then put his ear over the mannequin's mouth to listen for breathing. Suddenly he turned to the instructor and exclaimed, "She said she can't feel her legs!"

(From Pastor Tim)

Children's Home

A tired mom opened the front door of her home to find a young minister from the neighborhood who said, "I'm collecting donations for the new children's home we're building. I hope you'll give what you can."

"To be sure," said the beleaguered woman, "I'll give you two boys, two girls, OR one of each."

(From Da Mouse Tracks)

Bike

A man teaching his son to ride a bike said, "Pedal backward when you want to brake the bike." The boy nodded and rode off, wobbling along until he rode right into a bush. His dad asked, "Why didn't you pedal backward?"

The boy replied, "You said it would break the bike!"

(From Da Mouse Tracks)

Need a Lift?

As a concierge at a posh resort, I was often asked about the ski facilities. One day a couple who had just checked in after a long flight came by and asked me where the lift was. "Go down the hill," I told them, "out the door, past the pool, 200 yards down the block, and you'll see it on your right."

Their tired faces suddenly looked even more exhausted, until the man behind them spoke up. "They're folks are from England," he said. "I think they're looking for the elevator."

Ducks In Heaven

Three guys got into a car crash and all died. When they got up to heaven and met St. Peter at the gates, Peter said, "Okay, everyone can come in, but whatever you do don't step on a duck."

The gates opened and they saw there were ducks everywhere; all over the ground, on tabletops, on the gold paved streets -- everywhere!

The first guy walked in and immediately stepped on a duck. St. Peter came over and handcuffed him to an extremely ugly woman. He said, "Now you must stay handcuffed for all eternity." The other two saw this and resolved to do their best to avoid the ducks.

The second guy went months and months without stepping on a duck. Then one morning he woke up and as he was getting out of bed he stepped on two ducks. St. Peter entered the room and handcuffed him to a very homely woman and said, "Now you must stay handcuffed to each other for all eternity."

The third guy went years and years, never stepping on a duck in all that time. Then one day St. Peter came along and handcuffed him to the most beautiful woman he had ever seen. St. Peter said, "Now you must stay handcuffed to each other for all eternity."

The guy happily said, "Wow, what have I done to deserve this!"

The beautiful woman said, "I don't know what you did, but I stepped on a duck."

(From PearlyGates)

Nobel Prize

A man is driving down a country road, when he spots a farmer standing in the middle of a huge field of grass. He pulls the car over to the side of the road and notices that the farmer is just standing there, doing nothing, looking at nothing. The man gets out of the car, walks all the way out to the farmer and asks him, "Ah excuse me mister, but what are you doing?"

The farmer replies, "I'm trying to win a Nobel Prize."

"How?" asks the man, puzzled. "Well, I heard they give the Nobel Prize to people who are out standing in their field."

(From Mikey's Funnies)

Get to Heaven

If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into Heaven?" I asked the children in my Sunday School class.

"NO!" the children all answered.

"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into Heaven?"

Again, the answer was, "NO!"

"Well, then, if I was kind to animals and gave candy to all the children, and loved my wife,

would that get me into Heaven?" I asked them again.

Again, they all answered, "NO!"

"Well," I continued, "then how can I get into Heaven?"

A five-year-old boy shouted out, "YOU GOTTA BE DEAD!"

(From Doc's Daily Chuckle)

Best Man

A college senior took his new girlfriend to a football game. The young couple found seats in the crowded stadium and were watching the action. A substitute was put into the game, and as he was running onto the field to take his position, the boy said to his girlfriend, "Take a good look at that fellow. I expect him to be our best man next year."

His girlfriend snuggled closer to him and said, "That's the strangest way I ever heard of for a fellow to propose to a girl. Regardless of how you said it, I accept!"

(From Monday Fodder)

Not Registered as Christians

In accepting Christ, individual members of the church take the responsibility of doing the work he has appointed them. By faith they pledge themselves to wear the yoke of Christ, and bear his burdens. If they refuse to practise self-denial, and fail to place themselves in the channel where the Lord, by his Spirit, can work through them, they are not registered as Christians in the books of heaven. The more deeply the church feels the need of multiplying channels, the more thoroughly will the riches of the grace of Christ adorn the doctrines of the gospel of salvation. -- EG White in RH, March 22, 1898, par. 7.

LIFE OF A MISSIONARY

a life like no other, mixed in humble toil, joy & total trust in God



written by Romulo "Romy" M. Halasan, BSBA'86

The Hindus of Bali

Greetings from MVC Campus!

Bali, an island and province of Indonesia, is a multi-religious tourist island with about 83.5% of the population are Balinese Hindus, 13.4% Muslim, and 0.5% Buddhism and 0.5% Christianity.

There were 2 theories as to who brought Hinduism to Bali. It was said that South Indian sea traders brought Hinduism to Indonesia. The other theory is that Indonesian royalty welcomed and adopted the Indian spiritual ideas, religions and culture that were then followed by the masses.

The majority of the Indonesian Hindu community lives on the island of Bali. It is said that the Islamic forces were not powerful enough to break through the high Balinese cultural barriers, causing the island to have a majority Hindu population to this day.

The local people of Indonesia practiced indigenous animism and dynamism, beliefs common to the Austronesian people, whose language is scattered throughout Maritime Southeast Asia, Madagascar including the Philippines, where it is commonly known as the "Philippine or Austronesian-type voice system." Native Indonesians regarded with great respect ancestral spirits. It is believed that some spirits may inhabit certain places such as stones, forests, large trees, mountains or any sacred place. In Bali, it is a common sight to see people worship and offer offerings to a big tree.

Balinese Hinduism

Bali, one of Indonesia's major tourist attraction, is not only famous for its beautiful beaches, landscape and rice fields but also for its unique cultural tradition: Hindu tradition that mainly consists of art and ritual. This religion differs from the Hinduism practiced in India because when Hinduism arrived in Bali, it had undergone some radical changes on the island of Java. The union between Hinduism (or more specific Shivaism) and Buddhism is one of the important features of this change.

Religion in Bali varies according to three principles: desa (place), kala (time) and patra (circumstances). Hinduism acknowledges five pillars of faith. They are belief in the one Supreme God (Brahman of Sang Hyang Widdhi Wasa); belief in the soul as the universal principle of life and consciousness (atma); belief in the fruition of one's deeds (karma phala); belief in the process of birth and death (samsara); and belief in ultimate release (moksa).

The indigenous beliefs for the Balinese Hinduism form the backbone of the rituals while the theological basis stems from Indian philosophy. An important belief is that a spirit influences elements of nature. Offerings (sesajen) made from Agriculture products are offered to this spirit. It is believed that Mount Agung, which is the highest mountain on Bali, is the house of the gods

and ancestors. As such, Mount Agung is referred to as the “mother mountain” and is highly sacred to the Balinese.

Good spirits are believed to reside in the mountains and the seas are the home to demons and ogres. Then there are the spirits of the deceased. Balinese believe in reincarnation of the spirit, the partition of the spirit from the body and is a process that is not an end in itself, but merely a continuation of cycles. This is the same with Buddhism. All basic principles in Balinese Hinduism revolve around obtaining balance and harmony between the different elements in life and afterlife, known as the “dasar asasi.” The key to balance in life is obtained through a harmonious relationship between the spirits other human beings, and the nature that surrounds us.

Acintya is the Supreme God in Balinese Hinduism. He is depicted as the “radiating sun god, on the back of an empty throne” and is considered as the origin of the Universe and all other divinities emerge from him.

The Agama Hindu Dharma’s belief and practices are a mixture of ancient traditions and contemporary pressures placed by Indonesian laws that permit only monotheist belief under the national ideology of “panca sila.” This belief and ideology comprises five principles which is held to be inseparable and interrelated:

1. Belief in the one and only God.
2. Just and civilized humanity
3. The unity of Indonesia
4. Democracy guided by the inner wisdom in the unanimity arising out of deliberations amongst representatives
5. Social justice for all of the people of Indonesia.

Indonesian school textbooks describe Hinduism as having one Supreme Being. It has also certain common beliefs that in part are parallel to those of Islam. Hindus offer three daily mandatory prayers. Traditionally, there was a pantheon of deities, and that tradition of belief is still practiced. The Hindus were granted freedom by Indonesia flexibility as to when, how and where to pray.

In Balinese Hinduism, the indigenous beliefs manifest that nature is "power" and each element is subject to influence from spirits. With ancestor worship as a part of the beliefs, spirits and ancestors are treated with respect, and are housed in a shrine and feted with offerings made from agricultural products.

Many Balinese believe in the Hindu trinity of Brahma, Shiva and Vishnu and are all manifestations of one and the same supreme spirit, “Sanghyang Widhi.” It is a common misconception that Balinese Hinduism subscribes to a multitude of gods, that all have to be worshipped and offered upon. Balinese Hinduism is strongly influenced by animism and naturalism, and the elements of nature are manifestations of the supreme spirit, in the same way that sun, moon and stars are all different manifestations of planets.

The Balinese religion is known through the richness of its rituals. Gods and demons seem to be everywhere making the life of the Balinese refilled with rituals. With the role of rituals, man endeavors to maintain the harmony of the whole system. Adhering to the proper rules of behavior is the only way to keep the balance between the two sets of godly and demonic forces.

The Life Cycle of Balinese People

The Hindu religious believes that after death, a soul passes into another body where it is in torment. When a person dies but its soul fails to achieve enlightenment or "moksa," the cycle of life continues through incarnation. Consequently, the soul is always seeking to free itself from incarnation to attain moksa. When enlightenment is achieved, both the body and soul can join their cosmic equivalents forever. When souls are ready to re-incarnate on earth, they will come straight from hell or from the mountains above. That is the reason why the mountains are revered as the Holy Place. The Balinese believe that the mountains are the abodes of the gods, deified ancestors and souls that did not attain moksa and descend occasionally to earth during temple ceremonies and partake of offerings and to enjoy entertainment.

When you visit to Bali, you will find on a sidewalk a basket (or two) filled with rice and flowers. Please do not step on it. These are small offering baskets called 'canang sari' offered to their gods three times a day. Basically, this is a ritual of giving back that, which was given to you by the gods. Balinese believe that offerings appease the spirit and bring blessings, prosperity and good health to the family. It is also an honor and duty and the most logical thing to maintain a good relationship between people and spirits.

Seeking that sense of harmony ultimately is what drives Balinese life and is seen in all aspects of their lives. A Balinese version of Feng Shui affects the designs of their homes ascribing different rooms and places to different people and functions. The kitchen's place is south, the temple North East, bedrooms for adults in the North and for younger people in the West and ceremonies are to be held in the center.

Even in cooking, the search for harmony is the underlying ideology and a balance between the sweet, sour, salty and bitter is the aspiration of every cook.

Essentially all things have a place and all relations between elements are ultimately what life and death are about. The smallest gestures have an impact and throughout time, maintaining a balanced relationship with spirits, people and nature is the key. So when you come to Bali and you see an offering on the sidewalk, you understand what it means.

I could not count how many times I went to Bali but each time, the island continues to amaze me. I am really impressed with their craftsmen who carve wooden carvings that sell at a very low price compare to anywhere in the world. Stones can be carved to make a beautiful picture depicting nature and the life of the Balinese people.

If you have not travelled to Bali, please come and visit the place. The bookstores of South East Asia are full of books relating to the Balinese culture from house designs to gardens and other information to make your visit enjoyable.

There are 5 SDA churches in Bali. In one of my visits to Bali, I basically spent half a day looking for a hotel. Because it was Ramadan, there were no available rooms in the hotels. My last option was to contact the local church pastor and introduce myself. He provided me one of the church's air-conditioned rooms. The auditors of the Seventh-day Adventist Church from the 3 divisions (SSD, SPD and NSD) will have a meeting in Bali. I thought of having an Evangelistic Crusade in the island of Bali in the future.

It is not easy to win people to Christ in Bali but the SDA church has a strong presence in the island. Please include in your prayers this week our members in Bali.

Romy Halasan
South Philippines



Cars with offerings. A common sight in Bali



A couple in Bali ready to offer their offerings



Hotel owner in Bali. Getting ready to offer his offerings

Woman in Bali. Dropping off her offerings



Decorations at a home where a wedding was to take place



Balinese bride



At Denpasar Temple in Bali

Veterans Day Tribute to MVCians who Served

Joy Caballero-Gadia

The 11th hour of 11.11.1918 marked the end of the hostilities of World War I. Armistice took in effect although the Treaty of Versailles was signed in June 1919 which officially ended WWI. Remembering all the sacrifices made during the war, President Woodrow Wilson of the United States declared the very next November 11 as the first Armistice Day celebrating it with parades and halting of business at 11AM. In 1938, Congress approved an act making November 11 a legal holiday

in honor of veterans and to celebrate a day of peace. After World War II, in 1954, Congress amended the Act changing the name of the holiday to Veterans Day in honor of veterans of all wars.

There are MVCians who served in the armed forces and/or MVCians whose spouses served in the battlefield. Today, on Veterans Day, CyberFlashes would like to honor these heroes who gave up so much for our country. If you know of a veteran who is part of the MVC family, please contact Joy Caballero.



Ed C. Babao, served in the United States Navy during the Vietnam War, serving our country in what he coins as *'some of the happiest times of my life.'* He and his lovely wife Yolanda have a grown son. He is widowed, has retired and settled in San Diego, California, where he lives a very active life traveling, spending time with friends and family, and doing things in his "bucket list." Ed Babao was a student at MVC in the 1960s and is a former editor of CyberFlashes.

Staff Sargent *Anatacio Berial Gayao*, served in the United States Army in the Far East during World War II, and a Japanese Prisoner Of War (POW). He was awarded a Bronze Star Medal for distinguished service. After his honorable discharge he went to school under the GI bill, went

on to become a teacher, minister of the gospel and school administrator. Before he passed away he donated his military decorations together with the American Flag that draped his coffin to Mountain View College where he had previously served as pioneer and president. [Info was taken from his son's Facebook page. Thank you Dr. Lawrence Gayao]

ALAN Gadia served as an officer in the United States Navy during the Cuban crisis and the Gulf Wars. It was his career, his life. After serving for 22 years, he moved on to work in Homeland Security before deciding to retire. He and his beautiful wife MVCSN alumna Triposa "Neneng" Bahian Gadia call Norfolk Virginia their home.

Elfred Suite served as an officer in the United States Marines for 14 years. He was one of the first few friends I met at MVC during my freshman year (1986). I swore back then that he had a photographic memory because he never took notes in any of our pre-nursing classes but yet aced all our tests. He later joined the US Marines where his brilliance and leadership was quickly noticed. He moved up the ranks and was often involved in training other military personnel. After serving on active duty for 14 years, he opted to return to civilian life but Uncle Sam was smart and would not let go of talent. Bong continues to work today with the U.S. Navy as a specialist stationed in the U.S. Base in Japan where he and his gorgeous wife **Sharon Donato** currently call home. Sharon is the daughter of Bernie and Esther Donato.

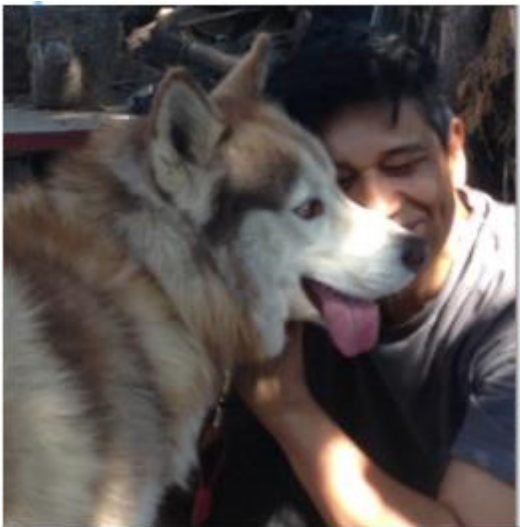
Kenn Salarda served in the United States Army for 8 years and was mostly deployed in Europe as part of the NATO forces during the Balkan Crisis. Three months ago he was recognized for having served 15 years in Federal service. I met Kenn at MVC in 1986; he and his siblings left for California that same year. Kenn and his charming bride **Irish Silagan** call Loma Linda home. His parents are David Salarda Sr. and Buena Lamanero Layon.



Elvin C. Sanz. After graduating from MVC Academy in 1984, he went on to study dentistry then proceeded to join the Philippine Army where he served for many years. He later opted to return to civilian life and raise a family. He opened his dental practice at General Santos City where he and his sweet wife Lorife have settled.

Shirlene Marie Bides Sulatan served as an officer in the United States Navy for more than 15 years. She served at a US military hospital at Germany where all our battlefield wounded were flown to. Sometimes she served at a hospital-ship which was crewed and commanded by the US Navy. Because she was on active duty, she was often away from home and thrust into many difficult situations but her strong leadership, her charm and kindness was always evident. She got married and has a beautiful teenage daughter. A graduate of MVC School of Nursing, I met Shirlene during my freshman year. She was one of my favorite people on campus!

Andy Gadia, my favorite veteran, served in the United States Navy for 4 years during Operation Desert Storm. His fondest memories were of his time spent aboard the battleship USS Missouri. He tells of the laughter and humor onboard the ship in spite the realization that they could die any day. He tells of the sheer exhaustion of standing more than 30 hours manning the ship's big guns as they all stood at battle stations off the coast of Iraq during the war. He chuckles as he recalls the resourceful repairs he and his fellow boiler tech (BT) had to do while at sea. His eyes twinkle as he recalls the pranks and mischief he and his friends played on each other, especially the newbies. His smile falters when he remembers the boys he trained, kids a few years younger than him who met their death during the war... Andy and I have been married for 24 years come Christmas. Like many combat vets, he rarely speaks of his military days. I am in awe of his courage and strength as he battles his nightmares and reach out to his fellow shipmates across the nation.



ANDY & SNOWY

USS MISSOURI. BB 63

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In Closing....

Announcements | From The Mail Bag | Prayer Requests | Acknowledgements
Meet The Editors | Closing Thoughts | Miscellaneous

Our Condolences

An announcement from Weva Alsaybar Decolongon

Memorial Service for PURA NANEZ ALSAYBAR

When: November 19, Saturday

Time: 3:00 pm

Where: Eagle Rock SDA Church

2322 Merton Avenue

Los Angeles, CA 90041

There is no viewing or burial information.

*Mrs. Pura Nanez Alsaybar was a faculty member at MVCA and my Pilipino teacher in 1958. The CyberFlashes staff and readers convey their heartfelt condolences to **Weva, Hannah and Ceasar Decolongon** and the rest of the Nanez and Alsaybar families on their loss. Ed Zamora.*

MVC Alumni Reunion 2016 in California. Dec 16-18

Come! Join us! Enjoy the California desert this holiday with friends!

MVC Alumni Association Western USA Reunion

December 16-18, 2016

Omni Rancho Las Palmas Resort and Spa

41000 Bob Hope Drive, Rancho Mirage, CA 92270. (760) 568.2727

- Directions to the hotel [CLICK HERE](#)
- Things To Do at Rancho Mirage [CLICK HERE](#)
- Closest International Airport:
[9 miles:](#) Palm Springs, CA (PSP / KPSP) [Palm Springs International Airport](#)
[82 miles:](#) Ontario, CA (ONT / KONT) [LA/Ontario International Airport](#) ← we recommend this

Dining – You can choose to eat at the hotel's restaurants or you can walk across the street from the hotel and enjoy an array of many well-known restaurants. Up to you... Many affordable and well-loved cuisines.

MVC Alumni souvenir book

Help keep in touch! Share memorable milestones in photos! Add your photos to the 2016 MVC Alumni Association of Western USA's (MVCAA WUSA) souvenir book along with that of your friends' photos



Instructions:

1. Deadline has passed but many of you. And although many of you have paid, many have not submitted their photos yet. Please hurry and do so! Send 1-2 of your choice of photos to Ben Rosas, Jennilee Luceñara or Elbert Moralde.
2. **Cost:** \$100 for full page. \$60 for half page. (fundraiser to help defray cost of the reunion).
3. **Deadline:** Oct 31, 2016. ← past due
4. **Contact info:** ben.rosas5@gmail.com, jelu82@gmail.com, or elvimor@aol.com.

MVC Alumni Association Western USA Reunion

December 16-18, 2016.

Omni Rancho Las Palmas Resort and Spa.

SPLASHTOPIA

A perfect place for carefree frolicking and water games



Surrounded by a 425-foot lazy river and featuring two 100-foot waterslides, our redesigned Splashtopia on-site water park is fun for adults and kids. There is so much to enjoy at this brand-new water park, including a cliff-side Jacuzzi, sandy beach and unique water-play zones with fountains and sprinklers for the kids. You don't even have to leave the fun behind to get a bite to eat. **Splash Grill** is only a few steps away with delicious burgers and cool, tropical drinks for you to enjoy. Everyone can take a break from the heat and get in on the fun at Splashtopia.

****MOM! I'M BORED!**** Parents will not hear this from their kids because SPLASHTOPIA & the MVC reunion venue is on the same property! What a treat! An added bonus is that the cost of SPLASHTOPIA is included in the cost of the room (up to 4 people). So you can say your family enjoyed the fellowship, the worship, the sightseeing, SPLASHTOPIA and other Things-To-Do that Palm Springs offers. Usual temperature in Palm Springs @December? 50s-70s Fahrenheit. YAY! Water in the desert! Swimming at winter! Kids of all ages would be so excited! ❤️

**** THIS IS TOO COOL! **** For those who love nature and the great outdoors, did you know that THE LIVING DESERT is less than 5 miles away from this year's MVC ALUMNI REUNION venue. Dressed in casual/comfortable clothes enjoying the cool desert (high at 70s Fahrenheit) ... Some alumni members are planning on booking an extra night or two at the hotel so they can take the family sightseeing in Palm Springs before or after the reunion. Getting any ideas, yet? ❤️

<http://www.livingdesert.org/>

Alumni Calendar

WHEN	WHAT	WHERE	POINT OF CONTACT
Dec 16-18	MVC Alumni Association Western USA Reunion	Omni Rancho Las Palmas Resort Spa. Rancho Mirage, CA	POC: Elbert Moralde Lemuel Escamos Ceasar Decolongon Jennilee Luceñara
Dec 28-Jan 1	GYC	Houston, TX	https://gycweb.org/conference/information/
summer 2019 (date to be determined)	MVC-SN Grand Reunion & 50 th Anniversary Celebration	MVC Campus Bukidnon, Philippines	POC: Devaney Bayeta Lucelyn Ferrer Elsa Luceñara
Aug 2019	Int'l Pathfinder Camporee	Oshkosh, Wisconsin	http://www.camporee.org/

Meet The Editors

This week's issue of Cyberflashes was by **Eddie Zamora**. Next week's issue will be by **Melodie Mae Karaan Inapan**. Please direct all entries to her or any of the editors.

NAME:

Eddie Zamora
Evelyn Porteza-Tabingo
Jessie Colegado
Joy Caballero-Gadia
Lily EscaraLare
Melodie Mae Karaan-Inapan
Raylene Rodrigo-Baumgart
Romulo 'Romy' Halasan

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 romsnake at gmail dot com

If you wish to subscribe to Cyberflashes, to unsubscribe, or if you changed your email address and want Cyberflashes to be sent to your new address, please send your request via email to any of the editors. We spell out the @ and dot signs in the email addresses to prevent worms, viruses, and robots from harvesting them. If you would like to correspond, simply substitute the correct symbols.

Acknowledgment

I wish to thank the following for their regular contributions despite their heavy workload:

- **Jessie Colegado** for the chuckles in "*Jessie's Patch of Weeds*";
- **Romy Halasan** for the first-hand mission stories in "*Life of A Missionary*"
- **The SULADS and Gospel Outreach** for their weekly updates in "*SULADS' Corner*";
- **Weva Alsaybar Decolongon** for the announcement on her late mom's memorial service.
- **Evelyn Porteza Tabingo** for her help in editing and **Joy Caballero-Gadia** for the beautiful layout.

Today is Veterans Day in the United States. We acknowledge one of our former editors **Ed C. Babao** (Tokayo, we are proud of you!) and Joy's husband **Andy Gadia**. Both served in the U.S. Navy.

Prayer Request

Prayer for Comfort for the bereaved family of

- Alsaybar, Pura Nanez
- Sanes, Gladys
- Boniales, Rolly
- Bermudez, Pastor Rudy Sr.
- Mendez, Celia
- Pasco, Venus Alicante
- Agtuca, Chamberlain
- Guarino, Geronimo
- Israel, Pastor Salvador
- Colegado, Susante (Jesse's mom)

And for those who recently experienced the loss of a loved one. May the God of peace and love be very close to these families as we all look forward to the blessed tomorrow where there will be no more death.

Prayer for Protection

- **For the missionaries** who dedicated their lives in service to God. Pray for their safety and protection as they face the many challenges in the mission field.
- **For the men and women who protect our country** and that which we believe in

Prayer for Healing:

- Sanes, Neneng
- Zamora, Pastor Oseas
- Tabingo, Pastor Remelito
- Antemano, Rebecca Reyno
- Pido, Roxie
- Osita, Virgie

Continued Special Prayer Request is requested for "Gary's" safe return. No news yet.

A person who was so active in church activities in California then in Virginia, he went to the Philippines to study medicine. Sadly, last month he went missing and his truck was found abandoned. Nothing makes sense. No further clues have been found. Philippine authorities are actively working on the search. That is all that the family knows.

This request was sent by Pastor Manny and Myrna Jardiniano who are close friends with the family and by his wife who is also an MVCian. We are withholding the names of the family for now to be mindful and respectful of them during this horrific time. Let us not ask questions or details. I am sure they will share as soon as they hear anything. Let us just pray for Gary's safe return, for his family and those searching for him.

Closing Remarks



*God grant me
the Serenity*

*to accept the things
I cannot change,
Courage to change the things
I can, and the wisdom
to know the difference.*

*Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the
pathway to peace.*

*Taking, as He did, this sinful world
as it is, not as I would have it;*

*Trusting that He will make all things
right if I surrender to His will;*

*That I may be reasonably happy
in this life,
And supremely happy with Him
forever in the next.*

— Reinhold Niebuhr