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ISSUE

Binhi

SUNDAY GOSPEL REFLECTIONS & CATECHESES

DOMINICAN NOVITIATE OF THE ANNUNCIATION
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ISSUE

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BINHI is the official monthly publication of the novices of the Dominican Novitiate of the Annunciation at the Minor Basilica of Our Lady of the Rosary of Manaoag. Featured in it are the reflections of the novices on the Sunday Gospels of the current month, short catechesis regarding our faith and the lives of saints.

Catechism of the Month

Solemnity of the Annunciation of the Lord

and the Dogma of the Perpetual Virginity of the Blessed Virgin Mary

MARCH 25, 2026

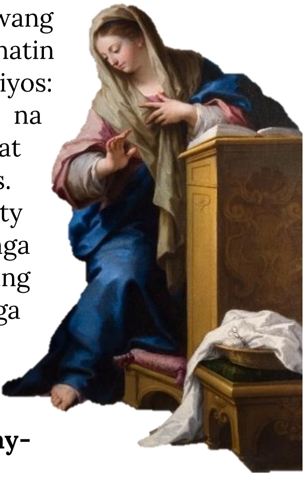
"Narito ang Lingkod ng Panginoon: The Mystery of our Salvation"

By: Br. Michael S. Pepania, Jr.

Ang Solemnity of the **Annunciation of the Lord** o Kapistahan ng Pagpapahayag ng Panginoon ay ipinagdiriwang tuwing March 25. Sa araw na ito, inaalala natin ang mahalagang sandali nang si Archangel Gabriel ay nagbalita kay Birheng Maria na siya ay magiging ina ng Anak ng Diyos sa pamamagitan ng kapangyarihan ng Espiritu Santo. Kaugnay nito, itinataguyod ng Simbahan ang dogma ng **Perpetual Virginity** ni Maria—na siya ay nanatiling dalisay at birhen bago, habang, at matapos isilang si Hesus. Ang dalawang misteryong ito ay magkaugnay at nagpapakita ng dakilang plano ng Diyos para sa ating kaligtasan. Lalong-lalo na ang natatanging tungkulin ni Maria bilang Ina ng Diyos.

Ang sagot ni Maria sa Annunciation, ang kanyang fiat, "Narito ako na lingkod ng Panginoon; mangyari sa akin ang ayon sa iyong salita" (Lk 1:38) - ay tanda ng kanyang kababaang-loob at pagtitiwala sa Diyos. Sa kanyang pagsang-ayon, nagsimula ang misteryo ng Incarnation, kung saan ang Salita ng Diyos ay nagkatawang-tao. Ang perpetual virginity ni Maria ay nagpapatunay na ang pagsilang kay Hesus ay ganap na gawa ng Diyos, hindi ng tao, dahil ipinaglihi Siya sa pamamagitan ng Espiritu Santo bago ipanganak. At ipinanganak ni Maria si Hesus nang hindi nilalabag ang kanyang pagkabirhen sa panahon ng kapanganakan. Ang mga Church Fathers at councils, gaya ng Lateran Council noong 649 AD, ay nagpatibay sa aral na ito bilang mahalagang bahagi ng pananampalataya. Sa pamamagitan ng dalawang misteryong ito, nakikita natin ang kabuuang plano ng Diyos: pumili Siya ng isang babae na lubos na nakatalaga sa Kanya, at sa kanyang sinapupunan isinilang ang Tagapagligtas.

Ang Annunciation at ang perpetual virginity ni Maria ay hindi lamang mga doktrina kundi mga buhay na paalala ng pagmamahal ng Diyos at ng ating pagtugon sa Kanyang plano. Sa pamamagitan ng mga ito, nakikita natin ang hiwaga ng Diyos na nagkatawang-tao at ang kababaang-loob ng isang babae na nagsabing "oo" sa Kanya. **Bilang mga Kristiyano, tayo ay inaanyayahang magbigay-**



galang kay Maria, tularan ang kanyang pananampalataya, at higit sa lahat, mahalin ang Anak na kanyang isinilang—si Hesus na ating Panginoon at Tagapagligtas. Sa ating panahon, ito ay paanyaya na maging tapat, malinis ang puso, at handang tanggapin ang misyon na ibinibigay ng Diyos. Mula sa mga misteryong ito, tinuturuan tayong mga mananampalataya ng tatlong bagay: **pagsunod, kalinisan, at pagtitiwala sa Diyos**.

MARCH
1

Pag-akyat Kasama Si Kristo

ISANG PAGNINILAY para sa **Ikalawang Linggo ng Kuwaresma (Mateo 17: 1-9)**

ni **Br. Khen Airon A. Yonzon**

Ang Kuwaresma ay isang paglalakbay. Hindi ito minamadali. Ito ay panahon ng paghinto, paghinga, at mas malalim na pakikinig sa tinig ng Diyos. Sa gitna ng ating abalang buhay—trabaho, responsibilidad, problema—**inaanyayahan tayo ng Panginoon na huminto muna at tumingala**. Sa Ikalawang Linggo ng Kuwaresma, inaakyat natin ang bundok kasama si Hesus sa Mabuting Balita ang karanasan ng Pagbabagong-anyo o Transfiguration.

Isinama ni Hesus sina Pedro, Santiago, at Juan sa bundok. Hindi lahat—kundi ang mga handang sumama. Doon, nasilayan nila ang Kanyang kaluwalhatian. Ang mukha Niya ay nagningning at ang Kanyang kasuotan ay kumislap sa liwanag. Isang sulyap ng langit, isang paalala kung sino talaga si Hesus. At dito tayo tinatanong: kailan nga ba tayo huling umakyat sa bundok kasama Niya? **Kailan tayo huling huminto sa ingay ng mundo para makasama ang Diyos sa katahimikan?**

Nagpakita rin sina Moises at Elias—ang Kautusan at ang mga Propeta—na nagpapatunay na si Hesus ang katuparan ng lahat. Napakagandang tagpo. Kaya't hindi na nakapagtataka kung sabihin ni Pedro, "Panginoon, napakabuti naming narito." Sino ba ang ayaw manatili sa mga sandaling maliwanag ang pananampalataya? Yung panahong dama natin ang Diyos, yung panahong magaan ang panalangin at buo ang loob natin.

Pero kung tutuusin, minsan gusto lang nating manatili kapag komportable. Kapag maayos ang lahat. Kapag walang sakit, walang tanong, walang krus. Ngunit ang pananampalataya ay hindi lamang para sa bundok. Hindi lang ito para sa mga sandaling masarap at maliwanag. **Tinatawag din tayo nitong magtiwala kahit pababa na—kahit papunta na sa lambak ng pagod, takot, at paghihirap**.

At doon narinig ang tinig ng Ama: **"Ito ang aking minamahal na Anak... pakinggan ninyo Siya."** Isang napakalakas at napakahalagang paanyaya para sa atin ngayon. Sa mundong puno ng ingay—social media, opinyon ng iba, pressure, sariling takot—sino nga ba ang pinakikinggan natin? Ang boses ba ni Hesus, o ang mga boses na unti-unting umaagaw ng kapayapaan natin?

Sa Kuwaresma na ito, inaanyayahan tayong tumahimik. Makinig. Tunay na makinig. Makinig kay Hesus kahit minsan mahirap ang Kanyang hinihingi—pagpapatawad, pagsasakripisyo, pagtitiwala. Makinig kahit hindi malinaw ang susunod na hakbang.

Pagkatapos ng bundok, bumaba rin si Hesus at ang mga alagad. Bumalik sila sa ordinaryong buhay, sa daang may krus. Ganyan din tayo. Hindi araw-araw maliwanag. Hindi araw-araw damá ang Diyos. Pero may baon tayong liwanag. May baon tayong pag-asa. May alaala tayong hindi tayo nag-iisa.

Kaya kapit lang. Patuloy tayong maglakad kasama si Kristo. Hayaan nating baguhin Niya tayo, dahan-dahan, araw-araw. Sa bundok man o sa lambak, ang tanong ay ito: handa ba tayong sumama kay Hesus saan man Niya tayo dalhin?

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7

Shedding Blood for Love of God

CATECHISM on the **Commemoration of Sts. Perpetua and Felicity**
by **Br. Cherwi Jonatan**

In Carthage, North Africa, in the third century, two young women stood firm in their faith in Christ. Perpetua, a woman from a noble family, and Felicitas, a pregnant woman, were united by the same belief in Jesus Christ. **Though they came from different social and family backgrounds, they shared one courageous heart filled with love for God.** When they were arrested for being followers of Christ, they faced a dark prison and the threat of execution. Yet their faith did not waver. Perpetua received a vision that strengthened her heart, as if God Himself affirmed her path. Felicitas, though physically weak because of her pregnancy,

remained steadfast. She gave birth in prison and, with deep faith, entrusted her baby to a Christian family to be raised in the faith.

On the day of execution, Perpetua and Felicitas were brought into the arena before a great crowd. What appeared on their faces was not fear, but peace. With unshakable conviction, they offered their lives as martyrs of Christ. Their blood became the seed of faith that continued to grow in the Church, a testimony that love for God is more precious than life itself. Their story is not merely a historical record, but a mirror for us in the modern age. Perpetua and Felicitas teach us that **true faith transcends social status—noble and slave united in Christ**. They demonstrate courage in the face of suffering, reminding us that today's challenges — whether workplace pressures, the temptations of consumerism, or discrimination—must be faced with steadfast faith.

Their faithfulness until the end of their lives is an example for us to remain faithful in simple things: to be honest even when it is difficult, to love even when it hurts, and to pray even when we are busy. Felicitas' love, shown in her willingness to part from her child for the sake of Christ, teaches us that true love always gives birth to hope, even in the midst of suffering. The commemoration of Saints Perpetua and Felicitas invites us to imitate their courage. In a world that often demands compromise. They remind us that true faith cannot be negotiated. Their witness calls us to **become living witnesses of Christ in our daily lives**—brave enough to stand against the current when our faith is tested, and faithful until the end.

MARCH

8

An Open Soul and A Receptive Heart

REFLECTION on the **Third Sunday of Lent (John 4:5-42)**
by **Br. Lawrence J. Pacatang**

"You people worship what you do not understand". This statement of Jesus to the Samaritan woman in the Gospel today still seems to be true even for us people in this modern age. Many of us worship what we do not understand. Many of us still find the Gospels too abstract and idealistic that we think it is somewhat irreconcilable with the realities of life. Like the Samaritan woman, many of us today still thirst for the truth. However, we might wonder - why so? Jesus is the

truth and He already revealed Himself a long time ago. So, what have we missed in the equation? Why is it that many of us are still ignorant of the truth?

When I was a child, my father used to remind always: **"Always ask and pray for the guidance of the Holy Spirit so that you would always have a clear understanding of everything that is going on in your life"**. This perhaps is what Jesus is also trying to tell us. The **Holy Spirit is the Water** that Jesus is talking about. Whoever drinks this water will never thirst again. Jesus is the Truth. But for us to be able to comprehend this Truth, we need the Holy Spirit. For it is the Holy Spirit that reveals Christ (cf. CCC 689).

Today, on this third Sunday of Lent, we continue to prepare for the resurrection and triumph of our Lord who is the Truth. Let us not forget to lend a more open soul and receptive heart to the Holy Spirit, who is the only one who can reveal the Truth to us.

MARCH
15

Liwanag ng Sanlibutan

REFLECTION on the **Fourth Sunday of Lent (John 9:1-41)**
by **Br. Yoga Dwi Kaswara**

During a strong typhoon, when electricity goes out, everything suddenly becomes dark and quiet. The brownout makes us realize how much we depend on light to see and to feel safe. In those moments, even a small candle or flashlight becomes precious, guiding us through the storm. This experience is similar to the Gospel of John 9:1–41, where Jesus heals the man born blind. **Just as light breaks through the darkness after a storm, Jesus brings spiritual light to those who believe in Him**. *Siya ang nagbigay ng liwanag sa sanlibutan*. The gospel reminds us that faith in Christ opens our eyes and hearts, helping us to see God's presence even in life's darkest times.

In this Gospel, Jesus heals a man who was blind from birth. The disciples wondered why he was blind, but Jesus explained that it was not because of sin, but so that God's works could be shown through him. Jesus makes clay, puts it on the man's eyes, and tells him to wash in the pool of Siloam. The man obeys, and he is able to see for the first time in his life. This miracle shows the power of Jesus and the importance of faith and obedience.

Reflecting on this Gospel, we see how Jesus brings both physical and spiritual sight. The man received his vision, but he also came to believe in Jesus as the Son of God. Meanwhile, the Pharisees refused to accept the miracle because of their pride and closed hearts. **This reminds us that sometimes we can be blind in spirit, even if our eyes work. Faith opens our hearts to see God's presence, while pride and doubt keep us in darkness**.

My dear brothers and sisters in Christ, today's gospel teaches us that **following Jesus means trusting Him even when others criticize or reject us.** The healed man was questioned and even cast out, but he chose to believe in Jesus. His courage inspires us to stand firm in our faith, even when it is difficult. Jesus is the true light who opens our eyes to truth and love. This reflection encourages us to ask Him to heal our blindness, so we can see with faith and live as a witness to His light.

SI KRISTO AY ANG LIWANAG NG SANLIBUTAN
AMEN

MARCH
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Gentle Like St. Cyril

CATECHISM on the **Commemoration of St. Cyril of Jerusalem**
by **Br. Rassched Chevy U. Avilla**

St. Cyril of Jerusalem was a holy bishop and Doctor of the Church who lived from about 315 to 386 AD. Born and raised in Jerusalem, he became a priest under Bishop Maximus and later succeeded him amid heated church fights over Arian heresy, which denied Christ's full divinity. St. Cyril faced tough times: he was exiled three times—totaling 16 years—for standing firm on true faith, selling church goods to feed the poor during famine, and clashing with Arian leaders like Acacius of Caesarea over church rights. Despite plots and emperors like Constantius

and Valens banishing him, St. Cyril returned each time, even prophesying the failure of Emperor Julian's plan to rebuild the Jewish Temple. He saw wonders, like a bright cross in the sky over Golgotha in 351, which led the whole city to praise Christ. At the Council of Constantinople in 381, he embraced the Nicene Creed fully, proving his orthodoxy.

St. Cyril's great gift was teaching the faith through his famous Catechetical Lectures, 19 talks given without notes to baptize candidates in Jerusalem's holy churches, like the Martyrium and Anastasis. These explain the Creed, article by article, using Bible verses to show God's saving plan—from creation to sacraments—drawing listeners into salvation history. He urged them to live holy lives, warning against heresies and sins, while describing rituals like baptism and Eucharist with vivid details, such as the True Cross's discovery nearby. His words formed hearts and minds together, turning catechumens into faithful Christians. The Church honors these as the earliest full theology system, simple yet deep, focused on worship and Scripture.

Today, we can follow St. Cyril as everyday catechists by sharing faith simply and boldly in daily life. **Like him, speak truth amid confusion, defend Christ's divinity at work or at home, using Bible stories to explain beliefs, not arguments**. Teach by example: feed the needy as he did, forgive exiles' hurts, and pray in tough times. In families or friendships, give "lectures" through shared meals, stories of saints, or explaining Mass, inviting others to sacraments. Be gentle like Cyril, weaving God's love into chats, so hearts are converted as minds learn. Thus, we build the Church, turning our world into a new Jerusalem of faith.

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St. Joseph, Spouse of the Virgin Mary

CATECHISM on the **Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary**
by **Br. Kodikara Arachchige Tehan Sampath Sri Dalas Perera**

The story of St Joseph is amazing and full of faith. Joseph was the son of Jacob and came from the family of King David. He lived in Nazareth and worked as a carpenter. He was engaged to Mary and had promised to marry her. Before they lived together, Mary went to visit her cousin Elizabeth. When she came back, he learned that she was pregnant. Joseph

was very confused and hurt. He did not understand what had happened. He decided to divorce her quietly so she would not be shamed.

One night, however, an angel appeared to Joseph in a dream. The angel told him that Mary's child was from the Holy Spirit and that the baby would be the Son of God. **Joseph chose to trust God.** He obeyed the angel and took Mary into his home as his wife. Later, he traveled with Mary to Bethlehem for a census ordered by Caesar Augustus. There, Jesus was born in a manger because there was no room in the inn. Joseph named the baby Jesus, just as the angel had told him.

After Jesus was born, many surprising things happened. Shepherds came to see the baby and spoke about angels who had announced His birth. Wise men from the East also came and brought special gifts. Later, an angel warned Joseph in a dream that King Herod wanted to kill Jesus. Joseph quickly took Mary and Jesus to Egypt to keep them safe. This was a long and difficult journey, but Joseph protected his family. After Herod died, they returned to Nazareth, where Jesus grew up.

Joseph was a quiet and humble man. The Bible does not record any words spoken by him, but his actions show great faith and courage. **He listened to God and obeyed, even when he was afraid or confused. He worked hard to provide for his family and kept them safe from danger.** For many years, he lived a simple life, tucked away, hidden in Nazareth, loving and caring for Mary and Jesus.

Today, St Joseph is a strong example for fathers and husbands. He teaches men to listen to God, to act with courage, and to put their families first. **He shows that true greatness comes from love, sacrifice, and humility**. Fathers today can learn from Joseph's faith and strength. His life reminds us that even in hard times, God is with us. St Joseph's story is truly astonishing and inspiring.

MARCH 22

The Hope of Everlasting Life

REFLECTION on the **Fifth Sunday of Lent (John 11: 1-45)**
by **Br. Francis Hyle M. De Leon**

"Sa pagkabuhay na muli ng nangamatay na tao at sa buhay na walang hanggan." These are the last words of the faith we profess at Mass every Sunday. We believe in the resurrection of the dead and eternal life.

We believe that in the end, we will all be resurrected and enjoy eternal life as promised by our Lord Jesus Christ. What does it mean for us to know that death is not the end of our lives but just the beginning? Does it change the way we view our lives here on Earth?

Sa ebanghelyo ngayong ikalimang Linggo ng Kuwaresma, nasaksihan natin ang pagbuhay ni Hesus kay Lazaro na apat na araw nang patay. For normal people, this happening might be totally absurd and unreal. Sino naman kasing maniniwala na kaya pang maibabalik pa ang buhay ng isang taong patay na, at nailibing na? **Jesus Christ broke the impossible and made it happen.** For what reason? For God to be glorified. God is glorified through our weakness, because when we are weak, we see God work in our lives. **We see that God changes us, renews us, and gives us life**.

Jesus said that He is the resurrection and the life, and whoever believes in him, even if he dies, will live. Tayo man ay mamatay. **Tayo ay babangon muli katulad ni Lazaro, dahil tayo ay minamahal ng Diyos**. Si Lazaro ay muling nabuhay dahil bago siya mamatay, siya ay naging tapat at naniwala kay Hesus. Katulad niya ay maaari din nating matamo ang buhay na walang hanggan. The raising of Lazarus is our hope for the future. Our hope that there is life after death. A life with no more pain, but joy with our Lord Jesus Christ. We don't have the clearest picture of what will happen after death, but one thing is for sure, we will rise again in the end and be

reunited with our Creator. We just need to believe and continue doing good work.

Our death here on earth marks the beginning of our eternal life with the Lord. The sufferings we experience here on earth, mga pangungutya, pang-alipusta, panghahamak, kawalan ng katarungan, will reward us with heavenly treasures. We die to ourselves here on earth, for us to rise in God. We deny ourselves earthly pleasures, so that we might enjoy heavenly treasures. Our sufferings are not forever. But we must never lose hope. **Our perseverance through all these will lead us to a joyful future, an eternal present together with our Lord, who is the resurrection and the life**. No more death, just life.

So, what changed? Hope for eternal life gives us a reason and a challenge para tayo magpatuloy na magbagong buhay, magsisi sa ating mga kasalanan, at humingi ng tawad sa ating Diyos. Ang pangako ng muling pagkabuhay ng mga namatay ay isang pag-asa sa ating mga naniniwala sa Diyos, at patuloy na namumuhay ng nararapat para sa Diyos at sa ating kapwa.

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PA'NO MAGKAROON NG ISANG MAPAYAPANG KALOOBAN?

ISANG PAGNINILAY para sa **Linggo ng Palaspas sa Pagpapakasakit ng Panginoon (Mateo 26:14 – 27:66)**
by **Br. Jim Mark G. Orlan**

Minsan sa aking buhay aking natagpuan ang sarili na nakaupo sa isa sa mga upuan sa labas ng kainan ng mga nobisyo. Sa gitna ng kadilimang bumabalot sa aking katawan, aking napagtanto ang isang nakabibinging katahimikan. Nasabi ko sa sarili ko na ganitong uri ng katahimikan ang aking hinahanap panaka-naka. Ito ay isang katahimikan na, lingid sa kaalaman ng nakararami, nagbibigay ng kakaibang pakiramdam sa isip at puso. Pakiwari ko'y, hinahaplos ako ng isang malamig na simoy ng hangin - banayad na nag-aalay ng kapayapaan.

Tayo ngayon ay pumapasok na sa pinakabanal na linggo ng taon, ang Semana Santa. Bilang hudyat ng panimula, ang linggo ng

pasyon ay isang paalala na si Hesus ay magpapakasakit, mamamatay, at mabubuhay na mag-uli. Ang ating buong pananampalatayang katoliko ay naka-sentro sa mga araw na ito. **Kung hindi naganap ang lahat ng mga pangyayaring ito, walang saysay ang ating buhay Kristiyano**.

Sa panahon ngayon, napakadaling maging masamang tao kaysa maging mabuti. Kadalasan hindi na natin nakikita na ang ating mga salita at gawa ay nakakapahamak na ng ibang tao. Hindi natin napagtatanto ang mga epekto ng mga bagay na ginagawa natin sa iba. Napakadali nating tumanggap ng mga bagay na makakasira ng ating kalooban. At, ang mahirap pa doon, natutuwa tayo sa mga bagay na nakasisira - ng ating relasyon sa ating sarili, sa ibang tao, at lalo na sa Diyos.

Ngayong linggong ito, pinakabanal sa lahat ng mga araw sa buong taon, tayo ay inaanyayahan na **maging mas mapanuri sa mga bagay-bagay na ating ginagawa at binibitawan; piliin ang mga bagay na ating titingnan, papakinggan, at bibigyang-pansin.** Binigyan na tayo ng isang halimbawa ni Hesus – ang matutong tumahimik at suriin ang mga nasa paligid; mas maging matalino sa pag-unawa sa halip na pabayaan ang bugso ng damdamin.

Ang Semana Santa ay isang paanyaya na **makinig sa halip na magsalita, umunawa at hindi lumaban, magpatawad at hindi magkimkim ng sama ng loob sa kapwa, at magmahal sa halip na magsiraan**. Balutin natin ang ating mga sarili ng isang mapayapang kalooban na kailanman hindi natin makakamit mula sa kanino man kundi sa isang buháy at maunawaing Diyos.

13th Century

Dominican Blessing

May God the Father bless us,
may God the Son heal us,
may God the Holy Spirit enlighten us
and give us eyes to see with,
ears to hear with,
hands to do God's work with,
feet to walk with,
and mouth to preach the word of salvation with,
and the angel of peace,
to watch over us and lead us
at last, by the Lord's gift, to the kingdom.
Amen.

Grow

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