

30 years of Young Adults Program

Melanie M. Dela Cruz

CFM's Young Adults Program (YAP) is a weekend encounter designed to meet the spiritual needs and to share with single young adults ages 22 to 40 the tools to discern their vocation or meaning in life.

YAP was created by the late Fr. Ben Carlos, S.J. together with Mr. and Mrs. Joe and Charito Hilario and a working group composed of four SADE team leaders, of whom one is now a nun (Arlene Arceo (now Sister to be confirmed) and three are married (Bong Abletez, Betty Lugay-San Luis and Cherry Santiago-Altarejos).

The first YAP weekend was held on February 23 to 25 ,1990 at the Sacred Heart in Novaliches, Quezon City with the young adults in the working group and three more young adults (Magus Angeles, Mark Ortiz and Annalee Singzon). The seven participants eventually became the pioneer YAP core.

For thirty years, YAP had been given to our young adults in Bacolod, Baguio, Bulacan, Capiz, Cavite, Cebu, Iloilo, Laguna, Pampanga, Zambales, and Zamboanga. It is our fervent prayers that the weekend had helped them find their life meaning according to God's plan and continue to use the tools we shared to them in their current life.

Following are testimonies from two of our active youth leaders for YAP.

From Carmela Castro, Diocese of San Fernando Pampanga

"Everything happens for a reason— but guess what? It sometimes takes a few years before you get to know what the reason is, you just need to trust the process and believe in God's perfect plan for you...Let Go and LET GOD"

This is how my journey in CFM-YAP started: Clueless! It started with a "nudge" from my parents, they asked me to join the YAP weekend; So, on March 24, 2012, I found myself in the four corners of Nazareth Home and it felt like I have this question marked all over my face: "Ano nga ulit ito? Bakit ako nandito?"

Fast forward to today, I'm really thankful that I said YES to that invitation. I have grown in my spiritual journey as an individual and also as part of the YAP family; with the daily promptings of the Holy Spirit to serve amidst the many demands from the different roles I have in life. It made me realize that at the end of the day, one's life on earth should be lived in accordance to God's will, trusting that even in our weaknesses & wretchedness, there is always something good that if cultivated will blossom into a fruitful harvest.

So, Let Go and Let God...

YAPpy Anniversary!!! 😊 God bless us all!

From Kirstienne Reyes, Diocese of Pasig

YAP changed my life.

I have learned to value myself and the people around me.

I have learned to be more compassionate. I realized that we all struggle in our ways silently.

I now have a strong desire to reach out to people. It brings me joy, love and most especially peace. YAP is a good reminder that I am not alone, that we are never alone.

I used to feel empty and lost.

I found my way back home because of YAP. I have so much peace in my heart right now.

And I will forever be grateful to this program.

I have learned how to trust God. That His plans are always better than my plans. It has taught me how to surrender all my worries, my fears and my difficulties to God.

And because of this program, I gained not just friends, but a family. I gained a home. I gained a support system. And above all, I gained life. Young Adults Program taught me how to truly live.