



BATINGAW

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Boomers, X'ers, Millennials, and their Successors: Sowing for Those Who Follow to Reap



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RECTOR'S MESSAGE: Sowing for Another to Reap

By: Bishop Ariel P. Santos

I really love that Tagalog song entitled Panalangin Sa Pagiging Bukas Palad. It is a prayer asking the Lord to teach us the value of generosity and service without expecting anything in return. It turns the self-centered, reward-oriented prosperity gospel on its head, the teaching that focuses on what you can get rather than simply on the virtue of giving.

It's true that what we sow is what we reap. But Jesus invites us to live on a higher plane by sowing so that others can reap the fruit. When He talked to His disciples about this (John 4:36-38), He mentioned that it's not only the reaper who rejoices but also the sower. They obtain joy together. One gets the joy of receiving and the other of giving. The Lord wants His followers to experience for themselves the blessing of giving and prove that it is greater than that of receiving (Acts 20:35).

The title of this message is the theme of our diocese for the coming liturgical year. The purpose is to remind ourselves that the motivation for whatever we do should not just be our own benefit but the common good, not only for twelve months but all the days of our lives. In particular, we want to plant something that the next generation can harvest. The construction of our church building is a major part of this because it will be where God's people, being restored in His image and ever growing in love for Him, will become a habitation of His presence and ministers of His life, in this generation and in the next ones, for a witness to His goodness and to the glory of His name.

Boomers, X'ers, Millennials, and their Successors: Sowing for Those Who Follow to Reap

By: Fr. Gary W. Thurman, Editor-in-Chief



Don't flub the handoff!

One of the most exciting events in the arena of Track and Field is the Relay Race. You have four prime athletes, each giving it his or her all, and only when each team member performs at the peak of perfection can the race be won. No one person wins the race until all team members finish the race, and come out on top. And if the team is successful, no one runner wins—the whole team wins.

Often a Relay Race is decided by the quality of the handoff of the baton from the current runner to the one who will follow. No matter how successful the current runner has been, when his or her leg of the race is finished, the baton must be passed to the next runner. It must be done at top speed, with great precision, and no slip-ups. A flubbed handoff can be fatal to the team's chances.

St. Paul compared his Christian life to a race in *2 Timothy 4: 7*, and he earlier mentioned Timothy's lineage as a type of relay race: First in the race was Lola Lois, then Nanay Eunice, and now it was Timothy's turn. (*2 Timothy 1: 5*)

The Old Testament contains quite a few instances where, in passing the baton of faith from one generation to the next, the handoff is flubbed. The generation of Joshua ran a good race, but the handoff to their successors was mishandled (*Judges 2: 8-11*), and it took over four hundred years of the baton being passed from judge to judge, with the generations following the judge losing their handle on the situation, before the goal was reached—the Israelites in their own land, with a temple in its center. And the baton dropping didn't stop there, until there came days of exile in Babylon, followed by bondage to Greece, then Rome.

I'm told the two most common reason for a dropped baton are (1) when the original runner holds on to it too long before letting the new runner take over, and (2) when the new runner is thinking more on his own running and doesn't concentrate enough on first getting firm possession of the baton.

This brings us to the main title for this article: "Boomers, X'ers, Millennials, and their Successors: Sowing for Those Who Follow to Reap;" as well as the Diocesan theme for 2025, "Sowing for Another to Reap." The Kingdom of God is only realized generationally, as it says in Hebrews 11: 39, 40: "And all these [the generations from the Old Testament, through the Church fathers, up to the present day], having gained approval through their faith, did not receive what was promised, because God had provided something better for us [every generation, no matter what their letter, from now until the return of Christ], so that apart from us they would not be made perfect."

I have no idea when the baton will be passed to Generation Omega, who will take the Church to final victory. God alone does. But one thing is certain: Even though many generations have flubbed the handoff, and perhaps there will be more of the same in the future, the time will come when the race will finally be won; the final harvest will come. Not because of the spiritual athleticism of the runners, but because of the greatness of God, for "the Lord is good, His lovingkindness is everlasting, and His truth endures to all generations." (*Psalms 100: 5*)

So current and former runners, let the next generation of runners in the race run the leg assigned to them, and reap some of the seeds that you have sown. Fear not, your race is not over until the last leg is run. Fresh holders of the baton, do not disregard the runners who came before you, for you would not be where you are in the race if not for them. Do not feel objectified by them, as if they are forcing you to run a race not your own. There is but one race that leads to the glory of eternal victory; the race you are now running. A big part of that race is sowing and reaping the seed of the Kingdom of God.



Addressing the Rising Concern of Obesity in the Philippines

By. Dr. Joanna Macheca

Obesity has emerged as a significant health issue, not only in high-income countries, but also in low to middle-income nations including the Philippines. According to the Department of Science and Technology's Food and Nutrition Research Institute (2022), nearly 27 million Filipinos are overweight and obese, a number that is projected to increase in the coming years. This issue, once considered a taboo topic, is now gaining attention due to the alarming rise in cardiovascular diseases, a non-communicable condition linked to lifestyle factors such as diet, particularly among students and working adults.

Obesity is a multifactorial disease influenced by genetics and psychosocial factors, and an imbalance between energy intake (diet) and energy expenditure (physical activity). The Department of Health, along with other government agencies, is urging Filipinos to become more aware and concerned about this issue. Excessive fat deposits can impair health and increase the risk of heart disease, type 2 diabetes, bone and reproductive health issues, and cancers.

DIAGNOSING OBESITY

How do we diagnose obesity? According to the World Health Organization (WHO), for children under five years of age, overweight is defined as having more weight than what is considered normal for their height. If a child's weight is much more than the usual range for their height, it's called obesity. For children aged 5-19 years, overweight is classified if their body weight is higher than what's typical for their age, and obesity means their weight is even higher than that. For adults, a BMI of 25 or higher indicates overweight, while a BMI of 30 or higher indicates obesity; while for Asians, a BMI 23-24.9 indicates overweight while 25 and above is considered obese.

PREVENTING OBESITY: PRACTICAL LIFESTYLE TIPS

Prevention is the most practical and effective way to manage obesity and related diseases. The Harvard School of Public Health suggests several healthy habits that can be incorporated into our daily lives to help prevent obesity:

1. **Limit Unhealthy Foods and Beverages:** Reduce intake of refined grains, sweets, potatoes, red and processed meats, and sugary drinks. These foods contribute to unnecessary fat and sugar buildup in the body, leading to weight gain if not consumed in moderation.
2. **Increase Physical Activity:** Engage in aerobic exercises, which are crucial for cardiovascular and pulmonary health, promoting proper blood circulation and overall fitness.
3. **Limit Screen Time:** Reduce time spent watching television, using screens, and engaging in other sedentary activities. Less physical activity leads to increased fat storage in the body.
4. **Improve Sleep Quality:** Ensure adequate sleep to allow the body to recuperate from daily stress and energy expenditure.
5. **Reduce Stress:** Along with maintaining a proper diet, it is essential to manage mental health by minimizing stress. A healthy mind is integral to maintaining a healthy body.

By adopting these healthy habits, we can gradually improve our weight and overall health. Maintaining a normal weight reduces the risk of complications, allowing us to lead lighter and healthier lives.

Serving God. Serving His People.

By Sis. Lourdes V. Lim



The Ushering Ministry, headed by Dcn. Leo Santos, is composed of men and women whose delight is in serving God and His people. Service has been at the heart of the ministry since its organization during the early years of the Church. From Magallanes to the time when the Church was literally nomadic until it finally settled in its permanent home in Marimar, the ministry has been there to serve and support Church activities and its various projects.

Ushers and greeters are considered as the Church's frontliners, even acting as the Bishop's extension in welcoming people to Church, and helping them receive God's message by ensuring that distractions are minimized, if not totally eliminated. As joints supplying the Body of Christ, Ushers reliably attend to the needs of members in every possible way.

Providing support is not limited during Sunday Masses only, but also during diocesan or territorial gatherings as well as weddings, Resurrection Masses, clean ups, or outreaches. Currently, the ministry is very active in supporting the construction of the physical church, having already completed six Gideon 300 blocks even though the majority of its members are seniors, single-income or average-income earners.

The ministry also makes it a point to virtually pray as a group on Friday evenings, an intercessory endeavor which was started during the pandemic until now, to stand in the gap for those in need of prayer and encouragement.

For more than two decades, the members have been consistently setting aside a regular amount every month which goes into the ministry's funds to extend financial help to members and sometimes others outside of the ministry. Collection and disbursement of these funds per guidelines are summarized every month and shared with the members for transparency.

The ministry also makes sure to gather at least once every quarter to discuss ministry concerns and physically bond to encourage one another. Otherwise, constant communication is ensured, sharing with each other the highs and lows or just to show care. There are times that physical visits are organized to minister whenever there are illnesses or death among ushers or their families. Over the years, the Ushering Ministry has become a closely-knit family where teamwork, mutual respect, caring, and sharing keep the relationship dynamic and healthy.

As the ministry tries its best to take care of its own, it is now beginning to enlarge its borders by collaborating with other ministries to help achieve the vision and plans of the Church to benefit those who are outside of the fold needing help and care.

That being said, it is the Ushering Ministry's prayer that young people will respond to God's call to serve Him and His people through this ministry. Some of the positive attributes Ushers have learned over decades of service include teachability, flexibility, perseverance, willingness, punctuality, humility, commitment, diligence, giving and sharing cheerfully, putting others' welfare above one's own, patience, self-control, giving credit to whom it is due, and many more. We believe these are not only helpful when doing ministry work but also equip us when facing life's constant challenges. To borrow the words of one usher from years back, "Life is tough but whatever I have learned as an usher, helped me cope with it." Big words? Indeed.



AliveYouth Celebrates 15 Years of Making Christ Alive in Everyone

By: Juan Miguel Diaz and Joanna Marie Udarbe

LAST July 24, AliveYouth (AY) celebrated 15 years of God's faithfulness to the ministry, since its establishment and first youth fellowship in 2009.

This year's anniversary celebration was centered on "expanding the mission" as it stays true to its vision of "Making Christ Alive in Everyone". The youth leaders of AY wanted the celebration to not only be a momentous event but also one that would create an impact to the community to which it belongs.

Three activities were lined up for the event, representing the objectives of the ministry: to make Christ Alive in Everyone, be the next generation, and strengthen the youth's relationship with God.

AliveYouth celebrates its anniversary in three ways

Last July 20, AliveYouth conducted the *sugod bahay*, an outreach activity which allowed the youth to go out of the church and do ministry work to the surrounding communities, namely, Marimar 1, Jeepan, and Sitio Pag-Asa. The youth were able to share blessings with around 110 families by conducting simple *kamustahan* and giving simple tokens of rice, canned goods, and noodles.

Moreover last July 27, the AliveYouth Ministry, in partnership with the Stew Ward Ministry, sponsored and hosted the *Pagtitipon*, where youth leaders and volunteers ministered to young children through songs, activities, and teaching.

Furthermore, on the afternoon of July 27, AliveYouth conducted its anniversary youth fellowship together with members from various youth ministries of the Diocese of Metro Manila and Northern Luzon. The youth fellowship was an excellent way to cap off the celebration and give thanks for fifteen amazing years as the youth conducted worship, activities, and fellowship.

To fifteen years and beyond

In line with the ministry's 2024 direction of expanding the mission, AliveYouth launched its ministry immersion program last January, which allowed the youth to experience and immerse themselves in other ministries, such as the Counseling Ministry, Ushering Ministry, Shepherd's Touch Ministry, and Children's Ministry.

Likewise, AliveYouth also held its regular monthly fellowships and worship afternoons, which are aimed at strengthening the relationship of the youth with Jesus Christ while discovering and honing their God-given talents.

And memorably, last September 22 AliveYouth, in collaboration with the youth ministries from the churches under the Diocese of Metro Manila and Northern Luzon and the Diocese of Southern Luzon, held the United Concert, a praise and worship fundraising concert. A portion of the proceeds from the concert went to the church building fund, while the rest were equally divided among the various youth ministries as seed money for their outreach and other activities.


As the ministry moves forward, it stays strong in its commitment to make Christ Alive in Everyone. This coming December 14, AliveYouth will be conducting a Christmas caroling, where, instead of asking for monetary donations, the ministry will be giving Christmas gift packs to around fifty families in the Jeepan community. *(cont. next page)*

AliveYouth Celebrates...

Planting Seeds in 2025

As the ministry celebrates its 15th anniversary, it looks back at its rich history and looks forward to each youth member's potential for ministry, growth, and service. In preparation for next year, AliveYouth has laid down plans to plant seeds of faith, hope, and love, by strengthening its core programs, discipleship program, and outreach programs.

As the youth moves with the church's direction in 2025 of sowing for another to reap, AliveYouth likewise looks forward to this coming year of planting seeds, and to more years of reaping by making Christ alive in everyone.

In celebration of its 15th anniversary, AliveYouth carries out house-to-house visits and distributes simple food packs. 



Acolyte Ministry: Who we are

1 Chronicles 23:28 says, "For their office is to assist the sons of Aaron with the service of the house of the Lord, in the courts and in the chambers and in the purifying of all holy things, even the work of the service of the house of God."

Acolytes are not just trained to hold vessels or bow properly and reverently. The training goes beyond that. We are centered around spiritual growth and nourishment of the ministry. Devotion and prayer are the foundation of everything.

The Acolytes gather every Saturday to prepare the altar and share our devotion for the week. It is for us to understand deeper the word of God through our daily lives, prayer, and meditation. With each person's learnings and testimonies, the Acolytes foster a strong sense of brotherhood based on God's word and seeking guidance from the ultimate Master.

The ministry is not just a place to train young boys, but it also serves as a preparation for higher calling. Some of the church leaders started in the Acolytes Ministry, for part of the ministry's vision is to train young people to rise up and be future leaders of the church. These devotional meetings and prayers are ways to equip, train, and lead the younger brethren into the godly life of an acolyte. Every member is challenged and encouraged to lead weekly devotions and serve at every Mass.

It's our mission to serve the Lord with all our hearts and live out Christ-likeness every day wherever we go.

As the ministry grows, it seeks to magnify the love and the glory of God through our service. With a strong presence of brotherhood and dedication to helping others, the ministry grows together in deed and in spirit to carry out its mission in the body of Christ.

We are "Team A." - ALWAYS in service for the glory of God.

Written by: Juan Miguel Diaz





Diocesan Gathering 2024: Celebrating 30 Years of Faith and Unity

By Sis. Lala Espiña

On July 28, 2024, the Cathedral of the King was filled with joy and anticipation as the Diocese of Metro Manila and Northern Luzon gathered to celebrate a remarkable milestone: 30 years since our Church was welcomed into the Charismatic Episcopal Church. This Diocesan Gathering brought together churches from across the region, including the Parish Church of the Holy Family in Novaliches, Saint Augustine Parish Church in Cavite, Saint Stephen Parish Church in Taguig, the Parish Church of Saint Andrew in Muntinlupa, the Mission Church of Saint Peter in Pasay, the Mission Church of the Good Shepherd in Baguio, and the Mission Church of San Juan Evangelista in Pasig.

The day's theme, "Service Without Borders," resonated in Bishop Ariel's heartfelt message, reminding us to build not just for today, but for future generations. As he posed the question, "What do you have?" he encouraged us to trust that God can multiply even our smallest offerings when given with a willing heart.

One of the most touching moments of the gathering was the Bishop's prayer over the elderly, honoring them as pillars of faith who inspire the younger generation. 62 seniors received a special gift from the Elderly Ministry, including the "Great is Thy Faithfulness: A Legacy Journal" to capture their stories and reflections—a precious way to preserve their legacy for future generations.

The celebration continued with a lively program, each parish bringing its unique cheer or chant that energized the gathering, celebrated each community's identity, and added a vibrant sense of unity. Each also had a special song and/or dance number, showcasing various talents. The Elderly Ministry of the Cathedral of the King even performed a dance that invited everyone to join in, filling the cathedral with laughter, joy, and camaraderie.

Everyone gathered for a shared meal, where connections were deepened and the spirit of fellowship flourished. The Diocesan Gathering was more than just an event—it was a celebration of God's love and the unity among His people. Marked by worship, inspiring messages, and cherished bonds, it was a beautiful reminder of our shared journey to know God and make Him known.





A CALL TO GIVE

By Sis. Leony R. Bandalaria

As followers and disciples of Jesus, we all have a calling. An important aspect of this calling is to give, and we look to Jesus as our example and model. How did Jesus give? In His divinity, He became man, suffered and died for us that we might live. And that's how it should be for us – we give of ourselves.

In the book of Corinthians, St. Paul encourages us to be generous with what we have and to give with cheerful hearts. But how can we feel excited about giving away our hard-earned money? When we give, we honor God. He gave His life for our salvation – a gift we can never repay. We can express our gratitude by giving to what God loves: His purposes.

Knowing this truth about Who God is, we who have been converted and transformed by His grace should follow His example. How do we align ourselves with this truth? As a church, there is always room for growth. There are plenty of opportunities to serve. We are aware of our “Project of Love”, which is focused on completing the construction of our church building. Needless to say, our participation is greatly needed. God has been glorified in this project through the overwhelming support of the parishioners and others who have contributed their talents, services, and financial assistance. Most importantly, it is the steadfast prayers of the parishioners that has been central to this mission. As of now, we still need a significant amount to complete this project. Although we are few in number, it is the dedication of the parishioners that has made it possible to get this far. Aren't we excited to show the world that God is the source of all we need? This is a wonderful opportunity for us to give.

What about the needs of the different ministries? It's also important to help them grow by supporting their missions. Take, for example, the Shepherd's Touch Ministry, which has been a channel of blessings by caring for the needy through various projects. Isn't this a chance for us to lend a hand? The same goes for the Media Ministry. They need essential equipment to enhance their production responsibilities, including streaming, covering church events, and similar activities. All these efforts are part of our call to evangelize.

There are many ways we can get involved in giving. As parishioners, we should be sensitive to God's call to give. Have we truly given our all to Him? We can never outgive God. Let's return to Him what is rightfully His. Giving helps loosen our grip on self-sufficiency. It gives us a new opportunity to trust God to provide what we naturally want to secure for ourselves. Isn't that exciting? How much are we willing to sacrifice? Can love truly exist without giving? Love would not exist if God hadn't sent His Son, Jesus, to save us. What He desires from us is to trust and obey Him, believing in the work He has accomplished on our behalf.

Our God is an awesome God! His love is beyond description. Let us reflect His image in this world by being generous, just as He is. I'd like to share a quote by C.S. Lewis which says, “The instrument through which you see God is your whole self. And if a man's self is not kept clean and bright, his glimpse of God will be blurred –like the Moon seen through a dirty telescope.”

With every breath and every moment, our entire life should be an act of giving – an act of thanksgiving to God.

CEC-ASIA LITURGICAL SUMMIT 2024

LITURGICAL DESIGN FOR CONVERGENCE WORSHIP

FIRST CONVERSATION: STRUCTURE OF THE MASS

Clergy and laity united for the First Conversation (i.e., session, and so throughout) at the first Liturgical Summit of the Charismatic Episcopal Church in Cebu, focusing on the Structure of the Mass. Delegates from all Asian dioceses engaged in open dialogue, seeking scriptural guidance on various aspects of the Mass, such as processional order and homily length. The summit emphasized the importance of aligning with the Lord's will to foster a common practice while respecting individual parish traditions. This journey aims for a more unified and spiritually enriching worship experience, promoting unity in essentials and diversity in non-essentials.

SECOND CONVERSATION OF THE LITURGICAL SUMMIT 2024: THE CHIEF PRESIDERS AND OTHER MINISTERS OF THE ALTAR

Fueled by the Morning Office of Prayer and the Eucharist, participants explored the Mass, liturgical roles, and the interplay of authority, order, and grace. Various dioceses shared practices, enhancing our understanding as altar ministers. Acknowledging our bishops' wisdom and God's authority, we aim to create a welcoming environment that draws people closer to God. The Liturgical Summit will compile best practices into an official Manual approved by the bishops. We are committed to ongoing liturgical renewal, united in faith and responsive to the Holy Spirit.

THIRD CONVERSATION: PRAISE AND WORSHIP: ROLE OF MUSIC, ARTS, AND MOVEMENT IN WORSHIP

The Third Conversation highlighted that worship is primarily about glorifying God. The presider guides the congregation to focus on Jesus, and all who serve in various forms of expression contribute to a unified worship act. True worship combines liturgical obedience with pure motives aimed at God's glory, emphasizing His character over personal emotions. The altar's centrality reminds us that worship is about honoring God, not ourselves.

FOURTH CONVERSATION: ROLES AND FUNCTIONS OF LITURGICAL SUPPORT - USHERS AND GREETERS, CHILDREN'S MINISTRY, MEDIA MINISTRY

In the Fourth Conversation of our Liturgical Summit, the vital roles of various ministries were explored:

- Ushering Ministry: Creates a welcoming atmosphere for worship, helping prepare participants to encounter God.
- Children's Ministry: Fosters faith development in children, working alongside parents to nurture spiritual growth.
- Media Ministry: Acts as digital missionaries, using technology to effectively communicate the Gospel in a modern context.

Together, these ministries promote full participation in liturgy, ensuring everyone feels connected to the Lord. It is important to remain focused on God during any service and approach our roles with a willingness to learn, enhancing the beauty of the Liturgy.

FIFTH CONVERSATION: LITURGY AND MISSIONS: DEACON'S MASS AND LAY READERS CELEBRATION, COUNSELLING.

SIXTH CONVERSATION: TERRITORIAL CALENDAR - SEASONS AND THEMES

Key Takeaways from the Liturgical Summit:

- Day Two focused on strengthening faith and enhancing liturgical practices.
- Emphasized the vital role of the laity, including commissioning lay readers and deacons.
- Encouraged embracing our identity as the Charismatic Episcopal Church (CEC) authentically.

(cont. on page 12)

This unit stands out as a favorite among guests, proudly maintaining a consistent 5-star rating on Airbnb! ★★★★★



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Message MR. MARK BANDALARIA for inquiries & bookings.

BANDALARIAS

thank you



USHERING MINISTRY

Serving God. Serving His people.

thank you

LITURGICAL CALENDAR 2025

FIRST SUNDAY OF ADVENT

Sunday, December 1, 2024

ADVENT HOUR

December 17 - 23, 2024 (5AM)

CHRISTMAS EVE

Tuesday, December 24, 2024 (6PM)

CHRISTMAS DAY

Wednesday, December 24, 2024 (12NN)

FEAST OF HOLY INNOCENTS

Saturday, December 28, 2024 (9AM)

FEAST OF HOLY NAME

Wednesday, January 1, 2025 (12NN)

FEAST OF EPIPHANY

Monday, January 6, 2025 (12NN)

FEAST OF THE BAPTISM

OF OUR LORD JESUS CHRIST

Sunday, January 12, 2025 (9AM)

FEAST OF THE LORD, GIVER OF LIFE

Sunday, January 19, 2025 (9AM)

ASH WEDNESDAY

Wednesday, March 5, 2025 (6AM and 6PM)

PALM SUNDAY

Sunday, April 13, 2025 (9AM)

HOLY WEDNESDAY (HEALING MASS)

Wednesday, April 16, 2025 (6PM)

MAUNDY THURSDAY

Thursday, April 17, 2025 (6PM)

GOOD FRIDAY

Friday, April 18, 2025 (12NN)

EASTER VIGIL

Saturday, April 19, 2025 (6PM)

EASTER SUNDAY

April 20, 2025 (9AM)

FEAST OF ASCENSION

Wednesday, May 28, 2025 (6AM)

PENTECOST SUNDAY

June 8, 2025 (9AM)

TRINITY SUNDAY

June 15, 2025 (9AM)

CEC FOUNDATION DAY

June 29, 2025 (9AM)

ANNIVERSARY OF OUR BEING RECEIVED INTO THE COMMUNION OF THE CEC

July 27, 2025 (9AM)

FEAST OF TRANSFIGURATION

Wednesday, August 6, 2025 (6AM)

FEAST OF ALL SAINTS

Saturday, November 1, 2025 (9AM)

FEAST OF CHRIST THE KING

November 23, 2025 (9AM)

Liturgical Summit 2024 (cont.)

- The Counseling Ministry showcased their impact on emotional and spiritual support.
- Discussed practical matters like the Territorial Calendar of Seasons and Themes.
- Technical Working Groups aimed to improve liturgical practices for meaningful celebrations.
- The Summit fostered growth, renewal, and inspiration, emphasizing service and ongoing development.

As we progress, let us embrace these lessons and foster welcoming, inclusive communities that live the Gospel message daily.

“Do not despise these small beginnings, for the LORD rejoices to see the work begin.” (Zechariah 4:10, NLT)

The bishops stated, "This is only the beginning," at the Liturgical Summit, which fostered critical dialogue over two days. The discussions will be documented in a report for the bishops' review. Ongoing prayer is encouraged as we strive for a more unified and spiritually enriching worship experience.

Written by: Chat Jandayan