FILIPINO CURSILLOS IN CHRISTIANITY - LOS ANGELES

April to June 2023
Volume VI, Issue 2

TUNGKO NEWSLETTER

TRIPOD - PIETY - STUDY - ACTION

FCIC –LA SECRETARIAT

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Men's Cursillo Class No. 1025

By Mike Marcelino, FCIC-LA Cursillo Proper Chairperson –Men



Another successful Men's Cursillo weekend is in the books of FCIC-LA! Class 1025 was just the third Cursillo class since we recovered from the pandemic. The number of auxiliaries and new Cursillistas alike have been trending up since last year. Class 1025 had the most number of auxiliaries in recent years. Rector Rey Alonzo and Vice-Rectors Leo Nobleza and Gerry Fernando were really instrumental in bringing our 11 new Cursillistas to Christ!

Thursday afternoon began with the Holy Mass celebration with the staff and welcoming party. Fr Al Enriquez's homily was very refreshing and uplifting; setting the tone for the spiritual being of the auxiliaries. The night also began with welcoming the new Cursillistas. Attendance of old Cursillistas was overwhelming, an indication that the pandemic is behind us and our folks are very comfortable coming out of a long hibernation!

Kudos to the team leaders and their auxiliaries who did a wonderful job in support of our Rector. They functioned like a well-oiled machine; making sure that the sequence of events was followed and executed promptly and flawlessly! The clean-up crew did a superb job; the entire facility was turned over right after the Clausura without any incident!

Congratulations to Class No. 1025 graduates! May your fourth day be always blessed! Congratulations to Bro. Rector Rey Alonzo and Bros. Vice Rectors Leo Nobleza and Gerry Fernando! And a huge "Thank You" to the entire team for the outstanding job! De Colores!

LAY DIRECTOR'S MESSAGE



It has been another busy, tiring but rewarding experience serving the Lord through the Cursillo Movement. Thank you everyone who has been contributing unselfishly their 3 T's – Time, Talent, and Treasure in all the Cursillo activities.

I am very happy to report the following activities that we had undertaken for the Second Quarter of 2023:

April 2, 2023 - Welcome of Women's Class 1019 hosted by Women's Class 1010

April 30, 2023 - School of Leaders (SOL) meeting held in St. Catherine of Siena Catholic Church hall in Reseda, CA

May 21, 2023 - School of Leaders (SOL) meeting held in Holy Family Catholic Church, St. Joseph Hall in Artesia, CA

June 16 to 17, 2023 - Region XI Spring Encounter held in San Diego, CA

June 22 to 25, 2023 - Men's Cursillo Weekend Class No. 1025 held in Cursillo House Retreat Center in Pomona.

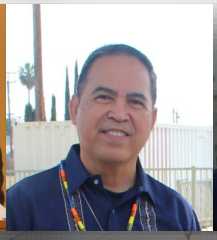
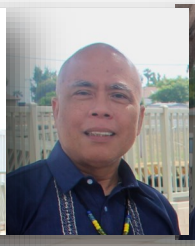
We are currently planning for the **Ultreya Coordinators' Workshop** to be held on September 16, 2023 which will be open not only to the current Ultreya Coordinators but to all FCIC-LA Cursillistas as well. We will be discussing the Ultreya format and guidelines for the review of everyone and will include a forum for all Ultreya Coordinators to share their experiences so all of us can learn from each other.

We will continue to discuss and implement the new **Step-by-Step Rector's Guide** provided by the National Cursillo and we will continue to inform members specially those serving in the cursillo weekend through the School of Leaders (SOL) and formation meetings.

Again, please continue to include in your prayers and palancas the FCIC-LA Secretariat that God may continue to grant us wisdom and knowledge and that through His grace we will be able to carry out our duties according to His holy will. De Colores!

Men's Cursillo Class No. 1025





Men's Cursillo Class No. 1025















My Spiritual Awakening Through Cursillo by **Rey Alonzo**



Last year on April 4, 2022, I suffered a stroke while I was in the Philippines and away from home and my family. It was the scariest and lowest moment of my life. The immediate effects were weakness and numbness on my left side, from head to toe. God's mercy and love allowed me to live and go home to my family after having been away for almost 3 months.

My question is: Why did our Lord allow me to live? Had the unthinkable happened to have my life be over, honestly, I wasn't quite ready yet. How often have we heard that things happened because it was part of God's plan? Then, six months later, I was chosen to lead the next Men's Cursillo Class as the Rector. My final thought was that, God isn't done with me yet after all. Even with lingering effects of the stroke and the physical challenges ahead, still I guess I'm one of the luckiest men alive in the world today. I was given a second chance to redeem myself on everything; including becoming a true servant of our Lord...that others were not as lucky.

I've heard from someone saying "Bro., after becoming a Rector or Rectora in the Cursillo, some slowly disappeared". He continued saying, because they've reached the pinnacle goal as a Cursillista. Sad, but maybe it's the sad truth!

After becoming the Rector, I've learned a lot more than I knew before. I feel like also a new graduate of Cursillo Class #1025. I'm just about to begin my journey again in the Cursillo Movement. This is what our Lord truly intended for me, and not what happened on April 4, 2022. Wherever our Lord takes me, that's where I'm heading. I'm leaving myself entirely at the disposal of God to serve Him.

Perhaps the change in me (after my stroke) has been radical. I'm now rejuvenated, more excited and enlivened to reach out, propagate and influence the hearts and minds of others to live in Divine Grace.

Cursillistas have to be champions of the work of Christ, an act of holiness which requires that we be heroes every minute and every second… until our time is called to be with our Father in Heaven. De Colores!

In Christ,

Bro. Rey Alonzo
Rector, Cursillo Class #1025
June 22-25, 2023

SOUL GRATIFICATION by Michael Tigno



The first time my father approached me to enter the Cursillo, he had let me know with very little notice, to that end, my request to take those days off work was denied. To be honest, I was glad that work did not grant me permission to take those days off, it simply meant that I did not have to come up with some pathetic excuse not to go. The second time he had asked me, he gave me three months to ask my superiors at work for time off, albeit the chances of being granted those days off were still slim, I opted to file for my guaranteed allotted time off for Continuing Education Units for the nursing staff. In some ways, I wanted to give the opportunity to join the Cursillo somewhat of a chance for it to come into fruition. While I was only asked twice, some in my class answered their invitation to join immediately, others took many instances, but beyond that, we all showed up in God's time.

Being given the green light to take those days off only meant one thing, God really wanted me to be there. It was repeated so many times by the brothers during the cursillo weekend, that my being a part of the 11 new Cursillistas was not happenstance, rather, God called me to come, and I heeded His call. He knew that my soul needed sanctification, purification, dare I say, a rebirth. God felt it was time for me to reconcile with Him, it was time to come back home, come back to the Church.

I must admit, I was very skeptical and downright cynical about the whole cursillo thing. I had it in my mind that it was just another Catholic spin-off that was made up of church going, Jesus-fanatics who were trying to impose their feeling of superiority on other ordinary Catholics. To me, the Cursillo was the equivalent of the other religious denominations that go around knocking on our doors to try to save our souls. Frankly, I felt I was the only one who could save myself, I did not need the help of anyone else, not even my parents' Cursillo movement.

Indeed, the 11 souls who joined the Cursillo movement had their own reasons and background stories as to why they surrendered to God. But whatever that reason was, one thing was certain, we all undoubtedly needed to be there. The process of letting go of our pain and suffering started the moment we walked into the Cursillo Retreat House, there, the healing began. From the silent meditations, to being detached from our digital lives, to learning from the 15 Rollos given, to receiving the Sacrament of Reconciliation, to hearing Mass daily, to our meals together, to the Mañanita, and to the camaraderie of brothers. There were fun times, difficult periods, and sacred moments of enlightenment. It was the process of piety, study, and action. They are all part and parcel to finding our way back to the Church, as well as finding ourselves. I knew I needed a break from my busy life to allow this minor miracle to take place. I honestly believe that the Cursillo experience brought me renewed vigor to my religious belief, a deeper understanding of my purpose as a part of God's Church, a tighter grip to the Lord, and a sense of hope, peace, and love.

When Sunday (the 4th Day), rolled in, for the first time in a very long time, I felt happy, it was a certain kind of happiness that brought in a fresh perspective on life – with a feeling of serenity and the weight of world off my shoulders. Last Thursday I was a broken man with a broken soul, by Sunday, I was a renewed man with a mission from God. My soul has attained gratification. Admittedly, all this was not possible without the Filipino Cursillos in Christianity (FCIC-LA) movement, of which I am now a proud card-carrying member. With utmost gratitude and respect, De Colores!

Your brother-in-Christ, **E. Michael Tigno**

Personal Testimony by Felix Castillo



On May 1st 2023, I received a message from Bro. Omar Leyson who invited me to attend a Cursillo class in July. It took me 3 days to respond to his invite and I told him that I was not sure if I could attend that cursillo weekend due to my really hectic work schedule but I also told him that it's still a couple of months away and maybe I could request for a vacation leave for those days. I didn't really mean that, I was just being polite. I just said that hoping he'll forget about it and move on and invite someone else but he texted me back and said that he'll pray hard for it so that by God's grace I will be able to attend the Cursillo weekend.

Days went by and nothing, I thought that was the end of it. Then all of a sudden, 17 days later, he was texting me again. He followed up his invitation and said that he's still praying and hoping that I would be able to join the Cursillo for the coming month. Now, I would like to take this opportunity to apologize to Bro. Omar because I didn't even respond or acknowledge his text messages hoping he'll just go away and maybe get the message that I was not interested and stop bothering me. I was telling myself this guy is really hell-bent, (if I could say that?), on inviting me to this Cursillo. Who is this guy, I wondered? I only know Bro. Omar because he is one of the preachers of the El Shaddai Charismatic Community that I attend in our church and met him a couple of times. I also found out from our small talk that we graduated from the same school in Manila, that is, Paco Catholic School and he is my eldest brother's batchmate. Other than that, we really don't know each other personally. But prayer works. His prayer worked. On June 7th was when I finally reached out to him and told him that there was a possibility that I could attend the Cursillo weekend. God works in mysterious ways that all of a sudden my work schedule became lighter and more flexible as the day approached. Then I asked myself about the Cursillo, what is that? Is it a cult or what? A secret society perhaps like the Masons. All I know about it is when we were kids back home in Manila, my parents, aunties, uncles and their friends would gather once or twice a month and would always sing that song "De Colores" in front of a big picture of Jesus called "The Eye". That song and picture got stuck in my memory but I was completely oblivious about the Cursillo per se. The funny thing is, I am usually a skeptic and would usually research things like these before I get myself into it. Somehow it didn't bother me as much and actually felt at ease knowing that it was Bro. Omar who put me into this and I just trusted him that he's not going to get me into trouble or lead me astray. So I just let my inhibitions fall away, accepted the invite and finally submitted my Cursillo application form to Bro. Omar on June 18th. Two days later, Bro. Omar sent me 2 documents by email. One was the names of candidates and their sponsors and the other one was the Men's Invitation Letter. In short, I didn't get the actual memo that says what to bring there at the retreat house. So for 3 nights, I was sleeping on a bed without a sheet and blanket freezing my "behind". I used my clothes for a pillow and my towel as my blanket and just told myself "hey just offer it to the Lord". A little discomfort is nothing compared to what He went through to save me. So, Bro. Omar, thank you so much!

Frankly, I didn't expect the need or even maybe particularly would like the Cursillo, but here's what happened. After being shepherded through a weekend by really, really, nice gentlemen and a priest who were just showing me the love of God, I came away more myself and who God created me to be. So, technically, there were a lot of talks, rollos and small group discussions, a lot of singing, praying, meditations, reflections and of course my favorite, good and delicious Filipino food, and there were a lot of other lovely and very moving surprises. Yes, I cried too. I felt loved, acknowledged, known and accepted as a child of God. In fact, I came away from Cursillo like the Prodigal Son—he too was acknowledged, known, accepted again by his father after doing all those horrible things and was forgiven. And like that prodigal son, I felt the love that's been missing for so long in my life and I couldn't wait to go tell everyone I bumped into about the love of God I felt there at the Cursillo. I was on fire with the Holy Spirit and inflamed with the love of Christ!

Over those three days, the Cursillo gave me an opportunity to examine my journey in this life with God and equipped me with a set of tools to help me think about where I was on that journey and how to make changes. It woke up childlike feelings—an eagerness and sense of wonder and appreciation—and helped me to realize that God truly loves me—faults and all. I also realized it is not enough to say I love Him back, I felt a need to show my love for God in everything that I do and tell the world of His love.

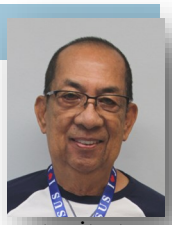
Now I'll tell you what Cursillo is not. It is not a novitiate or apprenticeship orientation class of Catholic Catechism on steroids. It is not a crash course on how to be a better Catholic Christian and it is not an exclusive weekend with other men who think they have it all figured out. This is an encounter with real men of faith doing real things with their faith. These are people, like you and me, who are sharing their experience of grace in a non-threatening, hospitable and gracious way. Cursillo is really about what happens when the weekend is over. It is called the Fourth Day. It's about taking what we experienced and building on it with my fellow brothers. I have learned that I need to stay connected and close to people who know God's love and grace so as not to fall back to my old ways. Cursillo taught us to do that with a group reunion, mine is here with me today but we have yet to plan our first reunion after graduation. I know we're supposed to study, discuss, serve, and be alert to the close encounters with Christ in our daily life and I'm looking forward to our first group reunion. By staying active in a group reunion, I am sure we should be able to hold each other accountable and stay committed to this life of faith moving forward.

Nowadays, we often hear people say that "If it's not about Love, it is not about God."

What I took away from my 3 days experience with the Cursillo is that it is about God's love and how it impacts all of us and how we're supposed to respond to that love.

De Colores, brothers and sisters in Christ!
Ad Majorem Dei Gloriam!

My Cursillo Experience by Enrique Sumaway



1. My experience in the Cursillo House for 72 hours:

It was a breathing space in a setting that inspires my inner reflection. "**Silence and space provided me the freedom to open up to God – it was a break for my heart and mind.**" It was an opportunity to step away from my everyday normal life and focus on myself for the purpose of reconnecting, usually in prayer, with God. Finally, the Cursillo weekend built a sense of camaraderie, increased morale, and ignited motivation within the New Cursillistas.

2. My intentions?

As a Christian, I will stop fighting or wrestle with my fears, to hand over to my Savior, Lord Jesus Christ, moment by moment. To take opportunity to challenge myself to grow. **"To be strong: fear not!" "Behold, God will come with vengeance, with the recompense of God." Lord Jesus will come and save me**. **Alleluia.**

Bro. Rick Sumaway
Table Group of St. John
Men's Cursillo Class No. 1025

Welcome of Women's Cursillo Class 1019

The New Cursillistas of Women's Cursillo Class No. 1019 led by Rectora Heidi Catabas and Vice Rectora Choi Camiling were welcomed into the big Cursillo Movement family in St. Philip the Apostle Catholic Church, Pasadena, CA on April 2, 2023.

Cursillo Class No. 1010 headed by Rectora Linda Pascual and Vice Rectora Tonette Layao hosted the welcome ceremonies with delicious Filipino food and sharing of Cursillo experience by New Cursillistas.

More Pictures on Page 15



School of Leaders (SOL)Report by Doris Agtarap - SOL Chairperson

On April 30, 2023, we had our second SOL meeting immediately after the formation meeting of the Men's Cursillo 3-Day weekend at St. Catherine of Siena Church, Reseda, CA. We were fortunate to have Father Alejandro (Al) Enriquez as our Doctrinal Speaker. The topic was "The Holy Eucharist, Source and Summit of our Christian Life". Father Al explained that we begin and end with Jesus because He is the source (ugat) and summit (rurok) of our life. He discussed the mystery of transubstantiation, the transformation of the substance of the Eucharistic elements (bread and wine) into the body and blood of Christ during the Consecration, only the appearances of bread and wine still remain. He also mentioned the proper and correct practices in the Holy Mass like the appropriate and decent attire, listening and being attentive to the Liturgy of the Word, receiving with utmost reverence the "Body of Christ" and many more. He also specified that the "Orans posture", liturgically is a priest position. Briefly, he spoke about the Vatican II changes in the Mass so that it will be more appreciated and understood. It was very informative and for sure it gave some answers to questions of our fellow Cursillistas regarding our faith. The doctrinal talk was followed by the Technique Presentation of Sister Lisa Lascano about the duties and responsibilities of Pre-cursillo Chairperson and the role of sponsoring new Cursillistas. She discussed that pre-cursillo is a method in the identification and preparation of potential new Cursillistas. Sponsors should follow up with the person they invited, be a friend and bring that friend closer to God. She shared some of her experiences when she called to follow-up potential new Cursillistas for the 3-day cursillo weekend. After the talks, we had our leaders' Group Reunion, then announcements and closing prayer.









School of Leaders (SOL)Report by Doris Agtarap - SOL Chairperson

Last May 21, 2023, we again had our monthly School of Leaders held at Holy Family Church, St. Joseph Hall, Artesia. It was preceded with the Holy Family monthly Ultreya. It was well attended and as usual we felt the joy and the love of friendship with our brother and sister Cursillistas. After the introduction and leaders prayer, we did the Leaders group reunion sharing our Piety, Study and Action as leaders in our environments. This was followed by the Technique Presentation given by Bro. Mike Marcelino about the role and responsibilities of Cursillo leaders in the 3-Day weekend. He also shared his experiences when he was invited and attended the 3-day weekend and how it affected his life spiritually. He mentioned the 3 Encounters with Oneself, with Christ and Others in the Cursillo weekend. Though it was the Solemnity of Ascension, the Doctrinal Presentation was about "As Baptized Christians, We are Priests, Prophets and Kings", this topic is one of the documents in the Vatican II, Lumen Gentium (Dogmatic Constitution on the Church). A video presentation of Bishop Robert Barron was shown. He explained that through our baptism in the Catholic church, we are grafted in Christ. We are anointed to be priests, prophets and kings. Bishop Barron explicitly described how we are to be priests, prophets and kings and differentiated us as the non-ordained from the ordained members of the church who are doing ministerial obligations. After the enlightening video presentation, Deacon Santi Gorospe gave additional information regarding the Lumen Gentium specially chapter 4 titled "Laity" in relation to the topic and the importance in knowing the Vatican II documents so we will have a better understanding of the role of the Cursillo movement in the pastoral work of the Church. Announcement of the upcoming activities of FCIC-LA followed after the doctrinal presentation then the closing prayer.

For the month of June, we did not have School of Leaders because of the scheduled Men's 3-day Cursillo Weekend last June 22-25, 2023 at Cursillo Retreat House in Pomona. CA. De Colores!!!!





REGION XI CURSILLO ENCOUNTER By Thelma Afan

A delegation from the Filipino Cursillos in Christianity of Los Angeles (FCIC-LA) participated in the Region XI Spring Encounter at Quinta de Guadalupe in San Diego on June 16 – 17, 2023. The Spanish Cursillo group hosted the conference.

Region XI is comprised of multinational (English, Filipino, Spanish, Vietnamese, Portuguese, Korean and Chinese) Cursillo groups in California, Nevada, and Hawaii.

Friday, June 16 -

The conference started with registration on Friday afternoon. After a simple dinner, the conference started with the welcome, opening prayer, and the introduction of the Regional Service Teams. This was followed by a Meditation entitled "Lord, Teach Us How to Pray" by Rev. Fr. Vic Maristela.

After a short break, Carlos Sabas, Lay Director of the Filipino Cursillo, Diocese of Orange, (FCDO) as the Ultreya Lay Witness Speaker talked about the role of the Cursillo and PSA (Piety, Study, Action) in his personal life and his relationship with God and others. Loreta Sigalki, English group, and Luz Magaly Cristobal, Spanish group, echoed his witness talk. Deacon Magana, Spanish group, concluded with the Ultreya Summation.

Saturday, June 17 –

After a simple breakfast and the introduction of all dioceses represented, the Morning Prayer and Sabatina followed. Rev. Fr. Chin Dang, the Spiritual Keynote Speaker, then talked about "The Friends of God" followed by a brief group dialogue.

Rita Austin, San Bernardino English group, delivered the first Lay Rollo for the day "Being Present for Those We Love". A group dialogue again followed the rollo.

After lunch, the conference was broken into language groups. The English and Filipino groups combined attended 3 Lay Rollos:

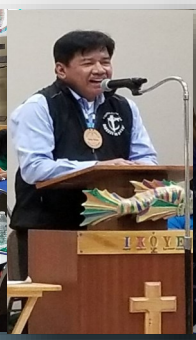
1. The Cursillo Weekend by Vangie Bravo, Region XI Service Team (RST) Member
2. A Journey Through the Cursillo Rollo by Len Robrigado, RST Member
3. Post Cursillo, Essential Stage of the Conversion Process by Tess Tan Torres, FCIC-LA Lay Director

After the breakout sessions, a fiesta followed with presentations from all the groups attending followed by a Holy Mass which marked the end of the Region X1 Cursillo Encounter.

At the end of both days, brothers and sisters from FCIC and FCDO shared a late dinner hosted by Sister Oddie and Brother Caloy Sabas at Gerry's Grill in Bonita, CA for more bonding and sharing.

It was a fun and enlightening Cursillo Encounter. We are looking forward to the Summer Encounter to be hosted by the Filipino Cursillo group.







A Reflection on the Region XI Spring Encounter Held at Quinta de Guadalupe, San Diego June 16-17, 2023



Martin Luther King said and I quote "The ultimate measure of a man is not when he stands in moments of comfort and convenience but where he stands at times of challenge and controversies." Actually, it took me time to decide if I would attend or not the Region XI Spring Encounter considering that it was my first time and the long distance drive of 2 to 3 hours. But due to our noble mission of developing friendship, improving our better selves, and strengthening our service to God and others through the Cursillo Movement, I joined with all enthusiasm and great pleasure.

The warm welcome was felt right then at the registration area. The Regional Secretariat, staff and participants from the different parts of California vibrantly greeted the guests with their contaminating smiles. Truly, our smiles cost us not a single penny but a lot of it wins people and makes friends. It was amazing to see them working together, enjoying every discussion, finding meaning to one's life experience, despite differences in colors, language and culture. They are one in this plight to spiritual journey of Change. This manifests that there is strength in Unity and Diversity.

The talk of Rev. Father Chin Dang which evolved on friendship gave comfort and spiritual joy. He emphasized that encounter is to evangelize others thru sharing the grace of God, having a brain with wisdom and a heart with love. Love is a basic element in any relationship. That is why everyone seeks love; one who has no love in his heart, has no faith at all.

Listening to Lay Director of the Filipino Cursillos, Diocese of Orange (FCDO) Caloy Sabas, the Lay Speaker and to the Echo of Bro. Wayne from San Diego made me realize how perfectly God created us with talents that we have to use for a good cause. God allows us to experience mistakes from which we learn and become a better person. He wants to see us the values of kindness, gratefulness, righteousness, love and humility. In this session and in our small group sharing facilitated by Bro. Gerry Torres, I come to appreciate the role of growth in my life. That, I must always have an open heart to accept the growth of understanding the uniqueness of a person.

The succeeding lectures by Sister Len Robrigado, Region XI Service Team (RST) member, Sister Vangie Bravo, RST member and FCIC-LA Lay Director Tess Tan Torres crystallized the process of conducting a cursillo weekend. It was helpful and rewarding. The enlightening lectures led to a much deeper understanding of our roles as Cursillistas and the proper conduct of cursillo weekend. I said to myself, much is yet to learn, much still has to be done, to do and to probe. The line that Lay Director Tess Torres said, left a footprint in me, "there are those who serve without Love". This defeats our purpose of bringing others closer to Christ. Love is an expression of our Faith. As said by Saint Teresa of Calcuta, "What matters is not what you do, but how much Love you put in what you do".

To end, I post the following questions for you to ponder:

1. When was the last time you became a source of happiness to a person?
2. When was the last time you became the flame that guided a person to take the right path and crossed the most dangerous road to his life?
3. When was the last time you said "I love you" to a friend?

Kudos! Laurels to Region XI Spring Encounter. Thank You and More Power! De Colores!

Corazon B. Ocampo
Vice Coordinator
Holy Family Ultreya Center



Moving Forward . . . How's Your 4th Day?

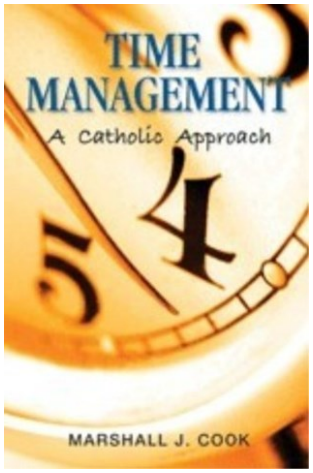
By: Dn. John A. Manalo

The Fourth Day

Sheer perseverance is the challenge one must encounter sustaining the well-balanced life after the three-day Cursillo weekend. Ultreyas and Group Reunions are important tools available for us to encourage one another in spiritual improvement and the Christian apostolate. Yet, by combining the spiritual with the practical, I am elated to share with you this very good read, "Time Management: A Catholic Approach". A simple book as a resource for anyone feeling the crunch of time, the stress of day-to-day life---to sustain what we all experienced during the Cursillo weekend.

What one can learn in the process

During my Aspirancy Year (First Year of Diaconate Formation), this book served as our Class summer reading



to help us in zeroing in our focus as we all consider moving forward to our formation of life. Perhaps most significant thing I've learned was to deeply look on how I honestly manage my time. The book exercises motivate me on creating a lists or schedule that's not only productively conscious but sensible. Planning my day's works either at home or at work gives me a set time to block for each task as I need to do. However, the exercises are not merely simple, I really need to be creative in allocating which tasks are more important or urgent or urgent but not important. Examples of these are: how to turn waiting into rest; just do one thing at a time; and when finished move on, etc.

To maximize my efficiency, I've learned on how to take a look at what causes my inefficiency which comes in a variety of factors and of course excuses. Identifying where time is being wasted and how to cope in spending time worthwhile. Some inefficiency in my daily routine may come from simply losing track of my time, spending more time doing unnecessary things. And so, I've learned that time management isn't just about creating efficiency or productivity but more so looking into minimizing and eliminating time being wasted.

How to be nourished by the exercise

Taking advantage of such reading, the workbook exercises revealed the concept of time management; of what's important, of what's urgent. It showed me that there isn't one set way to turn my days of waste into days of productivity. The book conveyed and taught me on how to start creating a schedule or a list of what is important. Giving myself incentive to stick to the schedule, getting plenty of sleep, and taking breaks to revitalize my spirit. Realizing that time management becomes the kind of thing that I figure out as I go.

It is truly true that I tend to create some bogus commandments just to justify my action. And I recognized that I have some myself–only to understand that "God helps those who help themselves." It is not easy for me to break some bad habits, but I do believe that the path to success, there are many ways to effectively manage my time.

Perseverance, moving on . . .

We do understand that God has a plan for us! Isn't that comforting? We can all persevere with our Fourth Day on learning how we can effectively re-focus or get motivated when we go off track in our daily schedule. Focusing on: What is necessary? What is important? DE COLORES!

COMING SOON FROM YOUR POST CURSILLO By Ramon Geluz—Post Cursillo Chairperson

Greetings Brothers and Sisters from the Secretariat and your Post Cursillo Chairperson. We are so excited about our upcoming projects which we are including in this article and we truly hope and pray that all of you, our brothers and sisters in Christ, will share with us your time, talent, and treasure to promote our Cursillo goals and ideals and help foster and develop the three essential relationships that we discovered during our Cursillo Weekend; friendship with oneself, with Christ, and with others.

In our upcoming **ULTREYA COORDINATORS' WORKSHOP** on September 16, we shall be inviting all of our active Ultreya Coordinators as well as Ultreya members who have a calling to become an Ultreya Coordinator in the future to attend this whole day event to be sponsored by the Secretariat.

This workshop will feature speakers who will talk about The Group Reunion Format and The Ultreya and their importance in the continuation of the conversion process and friendships fostered by transcendent connections. The workshops will include actual demonstrations and participation in the proper way of conducting Group Reunions and Ultreyas.

In the Group Reunion, one-on-one and group friendships are developed which are further strengthened by the Ultreya Meetings. The three stages of the Ultreya, including the interpersonal Group Reunions covering Piety, Study, and Action sharing, the Lay Witness Talk, the Echoes, and Summation by the Spiritual Advisor *shall* be covered in detail. Prayers during the Apostolic Hour with Exposition of the Blessed Sacrament also strengthen the spiritual bond with Christ and among the Cursillistas. The supporting structures of the Ultreya including the School of Leaders and the Secretariat shall also be discussed.



Secretariat is very excited about our annual **FCIC-LA PICNIC** scheduled September 23, 2023 starting at 11 am to 5 pm in **Cerritos Heritage Park** at 18600 Bloomfield Ave, Cerritos CA 90703.

This fun-filled event will include parlor games, water balloon sports, pot-lucks, and lots of fellowship to cool off this hot summer day.

The **FCIC-LA ANNUAL CHRISTMAS PARTY** has been scheduled by the Secretariat on December 2, 2023 starting at 5pm at the Holy Family Church Main Hall in Artesia, CA. This shall be an evening of Latin Songs and Dances amidst a dramatic setting of a resort in Baja, CA. Please come in your best semi-formal Latin-inspired outfits.

The Secretariat is very proud to announce that the presentation of the **FCIC-LA KALBARYO 2024 LENTEN PRESENTATION** has been approved and currently in the works. Performances are being planned at different dates and venues during the 2024 Lenten Season and will involve all the veteran Kalbaryo performers as well as our new talents since our Pre-Covid presentations.

We invite all our talented Cursillistas and even their friends and family members to participate and become part of our Cast, Production, and Technical Staff and experience the friendships that will develop during our rehearsals and production meetings.

We have a very busy schedule of activities planned for the future. We pray that the Holy Spirit will guide us in all our undertakings through Christ Our Lord.

CURSILLO



SAN GABRIEL ULTREYA CENTER By Heidi Catabas

For the first time, after the Covid pandemic, we had our ultreya at St. Christopher Catholic Church room on February 5, 2023, attended by newly appointed Post Cursillo Chairperson Bro. Ramon Geluz and Cursillo Proper Chairperson Sis. Vina Dungo.

Starting in May, 2023, we moved our Ultreya from St. Christopher Catholic Church in West Covina to St. John the Baptist Catholic Church located at 3833 Baldwin Park Boulevard, Baldwin Park, CA and renamed it San Gabriel Valley {SGV} Ultreya Center, which is more fitting in line with our location in the San Gabriel Valley. Rev. Fr, Ismael Robles, Pastor of St. John the Baptist Catholic Church, encouraged and welcomed our Ultreya with open arms. Fr Ismael also invited us to participate in all activities pertaining to the Church.

With the leadership of Sis. Lorna Cortes, it was the first time that we had our own Filipino Cursillo booth during the St. John the Baptist fiesta from May 5 to 7, 2023. Sis. Lorna was instrumental in opening the way to several ministries at St John the Baptist Church by preparing and donating all the foods she cooked with some of our members assisting in the booth. All the proceeds of our Cursillo booth went directly to the church. It was a very fulfilling act of service to participate in this endeavor.

On June 3, 2023, our San Gabriel Ultreya Center also participated at the Santacruzan procession in St. John the Baptist Catholic Church. People are now beginning to notice the presence of the Filipino Cursillo group as one of the ministries involved in the church.

On the feast of St. John the Baptist on June 17, 2023, our Ultreya Center joined the procession celebrating the feast with our SGV banner also being processed. A tri-lingual mass and fellowship followed the procession.



Welcome of Women's Cursillo Class 1019



OBITUARIES: Please pray for the repose of the souls of Frank Paglinawan, Mary Tran Pascual, Pastor Emelito Hernandez, and all those who have gone to be with the Lord. May their souls and the souls of all the faithful departed through the mercy of God rest in eternal peace with God. Let

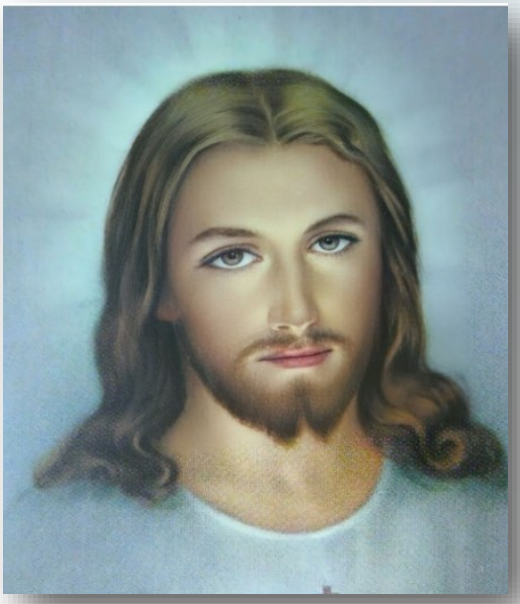
INTERCESSORY PRAYERS:

Please pray for the continuous healing of Bishop Alex Aclan, Rey Alonzo, Lisa Lascano, Billy Tigno, Billy Ricafort, Gilda Manalo, Rodel Balino, and all those suffering from physical and spiritual challenges. We pray for them through the intercession of the Blessed Virgin Mary in the Mighty Name of Jesus.

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Christ is counting on you!

CALENDAR OF ACTIVITIES

July 7 to 9, 2023
DWHL Weekend Class
Cursillo House Retreat Center, Pomona

July 20 to 23, 2023
33rd National Cursillo Encounter
Creighton University, Omaha, Nebraska

August 10 to 13, 2023
Women's Cursillo Weekend
Cursillo House Retreat Center, Pomona

September 16, 2023 8:00 am to 3:00 pm
Ultreya Coordinators' Workshop
Venue: St Linus Catholic Church

September 23, 2023
FCIC-LA Cursillo Picnic
Venue: Heritage Park, Cerritos

October 6 to 7, 2023
Region XI Fall Encounter
Venue: TBA

November 2 to 5, 2023
Men's Cursillo Weekend
Cursillo House Retreat Center, Pomona

December 2, 2023
FCIC Annual Christmas Party
Venue: TBA

********2024 Cursillo Classes and Retreat********

March 7 to 10, 2024 - Women's Cursillo Weekend
May 2 to 5, 2024 - Men's Cursillo Weekend
July 12 to 14, 2024 - DWHL Retreat
Aug 29 to Sept 1, 2024 - Women's Cursillo Weekend
Oct 3 to 6, 2024 - Men's Cursillo Weekend