

THE 4TH DAY



Filipino Cursillo Movement of San Diego, CA | Volume XXXIX, Issue 1 | January 2020

Upcoming Dates

ULTREYA

February 16, 2020
Sunday, 2pm
St. Gregory the Great

MEN'S CLASS 120

June 25-28, 2020
Quinta-De Guadalupe

WOMEN'S CLASS 121

July 9-12, 2020
Quinta-De Guadalupe

5TH DAY

If you know of any Cursilista that has passed on, please contact Bro Rudy to request for Cursillo services during the wake/funeral.

Contact:

Bro. Rudy
619.846.2129
sigarlaki@gmail.com



HAPPY NEW YEAR!!!

By Father André Ramos, Spiritual Director

It's 2020. It's a new year. To those who dislike aging, a new year is a reminder of the incontrovertible truth that we have grown older. And to those who prefer to be optimists, it's another year of opportunities.

In this connection, let us embrace this new chance God has given us to go further, to go ahead continuing with the ideals the Cursillo has implanted in our minds and hearts.

The Lord has given 2020 for us to continue our efforts towards stronger intimacy with Him, deepening our Prayer life. He has given us 2020 to know more extensively the various ways of revealing Himself. "Yes" to God gives us this new period to reflect, discern, study His many mysteries.

And finally 2020 has come upon us to bring to our world, our square meter environment, God's love. I pray we strive for greater charity this year God has gifted us with.

God is counting on us to be faithful.



JOURNEY OF A LIFETIME

By Sis. Nida Tolentino

As a Cursillista, I have learned when God calls, you answer. My daily or weekly routine may be altered, but I am fine because I live to become closer to our Lord. I remember being at a CLP meeting at St Michael when Sister Remy Jimenez announced to all of us that she will be traveling to Mallorca, Spain to attend the 75th anniversary of the Cursillo Movement. I thought, "Wow, how blessed she is to be attending!" In my heart I



thought how amazing it would be if I could be a part of this celebration too. Well, God was definitely listening to my heart at that moment because after the CLP meeting, Sister Remy approached me and asked, "Sister Nida, if given the chance, would you be interested in going?". All I could do is hug her and told her it would be a dream come true. Days passed and I received an email. The context was in Spanish, but I knew in my heart it was an invitation from Mallorca. The email read, "Querido Amigo, Queremos recordarte la celebracion del proximo Cursillo De Cursillos que Dios mediante tendra lugar del 24 al 27 de Octubre en Mallorca". I didn't even

continue to read the whole message, because I knew it was an invitation to attend the 75th anniversary of the Cursillo. I was in tears jumping with joy and shared the good news with my daughter, Sister Melanie and the rest of my family. We prayed about how our schedules and appointments would need to be adjusted, but we knew this was a gift God was giving to all of us. This once-in-a-life-time opportunity consisted of our travel, the gathering of Cursillistas in Mallorca, and finally, my learnings at the 75th anniversary.

During the travel, I was with Sister Linda Buhay, Sister Remy Jimenez, and Sister Novy Balan. We made arrangements to go to Rome from October 20-23. Upon our arrival in

THE 4TH DAY

Rome, we were met by Friar Dominic who is assigned at the Basilica St Mary Major. We stayed in a monastery called Jesu et Mariae. When we arrived at the monastery we were told we will be on the 5th floor. Since there were no elevators, we carried our luggage and carry-on bags all the way to the 5th floor. In Rome, we experienced taking the bus, train, and taxi all in one day. We did a lot of walking, which actually made my knees a little swollen, but I endured it all in exchange for the beauty of the different places. While in Rome, we visited the Basilica of St Francis of Assisi which was an amazing experience. I was in awe because



I was present where St Francis of Assisi lived. Some other areas we visited were: Basilica of St Clare of Assisi, an Italian woman who was one of St Francis' first followers, St Benedict, who is the patron saint of Europe, the catacombs, a place where people are buried underground, and the Basilica St Mary Major and a personal tour of this whole place by Friar Dominic. The history we learned from visiting all of these places was precious and treasured.

All of the Cursillistas from different countries were gathered in unity at Palma de Mallorca from October 24-28 and we stayed at Sol Palmanova Hotel. This was an unforgettable encounter. There was so much that I did not know about our Cursillo movement. I learned about the simplicity of how the Cursillo movement started and how it remains simple even at this present time. On the invitation I received, it stated, "We would be very happy to count on your

presence and friendship in such a special year such as this one, no time is valuable that unites us which is Christ, but also to learn and deepen the foundational charism of the Cursillo of Christianidad and to know the authentic meaning thought by its founder Eduardo Bonnín who wanted to transmit to us the true meaning of our faith." This invitation stood for what it was inviting our brothers and



THE 4TH DAY

sisters to experience. Knowing and living the method that Eduardo Bonnín developed under the inspiration of the effective and faithful to genuine and Foundational Charism. We were able to listen to rollos delivered from the heart and which came from their personal



experiences. This is how Eduardo Bonnín delivered all the rollos that he prepared. There were many things that amazed me. Eduardo Bonnín was a very noble man because after all that he did for the Cursillo movement, he did not want to be recognized. He never took credit for the movement, and he always said, it is the work of the Holy Spirit and it is owned by everyone. We were reminded to always focus on what unites us, not what separates us. I thought if we all could learn to be humble like Eduardo Bonnín we could live in our truths authentically. We should always surrender to the will of our Lord Jesus Christ and be proud of our Catholic

faith. While in Mallorca, I was blessed and had the opportunity to team with Miguel Sureda Tierno, who teamed and was a good friend of Eduardo Bonnín. I was also honored to have a conversation with Juan Aumatel who is also a good friend of Eduardo Bonnín. We visited Cala Figuera Y San Honorato, this is a place I will never forget. As we drove around Mallorca, I can feel the peacefulness of the island. We saw the place where Eduardo Bonnín was born and grew up. Our tour also took us where the first Cursillo was held; a retreat house up on the mountains of Mallorca. Finally, we visited the Capuchin Church where Eduardo Bonnín attended mass daily and where he was laid to rest.

The honor to be invited to go to Mallorca is one that I will treasure for the rest of my life. This journey was a reminder of how I must start with understanding who the Holy Spirit is. It is our Lord Jesus Christ. This experience made me reflect on my Cursillo weekend, a time when I met God face to face. The essence of my Cursillo is my personal experience with Christ. The method that I take with me is living with friendship, Cursillo is friendship, and friendship is Christ. In John 15:12 God commandment: Love one another as I have loved you. The reality of being a Christian and a Cursillista should always be alive in us by loving others at all times.



Happy New Year brothers and sisters. I wish you peace, joy, love, safety and good health now and beyond.

De Colores!

PILGRIMAGE AT SEA

By Sis. Tess and Bro. Jim Bundalian



Have you been on a cruise? Whether it's your first time or you are a frequent cruiser, cruising is a time to relax, enjoy, unwind or get away from the busyness and stresses of life.

Last November 2-9, 2019, the Filipino Cursillo of San Diego organized a Pilgrimage at Sea, with the help of Sister Evelyn Hingada from Global Travel and Tours, a 7-day Mexican Riviera Cruise aboard Ms Eurodam, Holland American Cruise Lines from San Diego to Mexico.

This cruise was unique because we didn't just have cruise activities, we had retreat activities as well. Truly, we were nourished body and soul. The group was composed of 35 cursillistas and 7 non-cursillistas (prospective cursillistas) a total of 42, including our Cursillo Spiritual Adviser, Fr. Andre Ramos and his friend, Fr. Michael Barrosa, the singing priest from Houston Texas.

We got to know each other through our daily cruise and retreat activities. We were provided a private room where we celebrated our daily Masses, night prayers like rosaries, adoration and Divine Mercy. Lectors and Eucharistic Ministers were assigned for our daily Masses. Of course, we had our inspiring 4 sessions led by Fr. Andre and Fr. Michael: reminding us about God's immense love for all of us, amidst our sufferings, we received graces and take part of our Lord's sufferings. We need

to be humble, obedient, yield to the power of God, increase our faith, count our blessings, believe in the power of the rosary, like Mary, we should accept God's will. Father Andre posed a question "How can we reciprocate God's love and will for us?" At this session, Brother Jess Balan from St. Michael shared with us his uplifting song "Let It Be Done to Me." To break the ice of the retreat, Sister Lilia Garcia prepared funny games and with her generosity took care of the prizes for the winners.



THE 4TH DAY

At this Pilgrimage At Sea, we had a chance to visit historical churches like St. Joseph Church at Cabo San Lucas, Church of the Immaculate Conception at Mazatlan and Our Lady of Guadalupe at Puerto Vallarta. We also celebrated birthdays and wedding anniversaries. Some brothers and sisters served as our tour guides, who took us to some famous places and restaurants. Some joined the excursions to see the highlights of the city. Oh yes, we did some shopping and bargaining.



The last day of our Pilgrimage At Sea was concluded by an Ultreya. Sister Lilia Garcia from St. Joseph Cathedral was our Lay Witness and Echo was Brother Albert Garcia.

An excerpt from Sister Lilia's Lay Witnessing:

I would like to share with you my conversion story; How someone has changed my life. One day, I attended a Sunday mass. For some reason, my attention was focused on the Lector who was reading very slow. I told myself, "I can read better than the Lector". Even in the car I continued my criticism out loud to my husband. He suggested, "Why don't you volunteer?". I was invited to



become a Eucharistic Minister by Fr. Bruce Osborne. The secretary informed me to attend an 8hr seminar at Hallow's Church in La Jolla. On the day of the seminar, I couldn't find my way to the venue. I was getting frustrated because I kept getting lost. I told God that if He wants me to attend the seminar, He better show me the way. All of a sudden, I found myself in front of the church. I was amazed. I made it right on time. The seminar opened my eyes.

Boy!! Going to that class I felt like I was asleep for a long time and got dinged by a magic wand and I think the power of the Holy spirit came down upon me and woke me up. I realized for so many years I was missing a sense of purpose in my life and I took God's blessings for granted. When I got home I immediately called my brother Bishop. He said "It's never too late to make up for God and its better that I found it myself". After that, I had a change in attitude and I began to seek and learn more about our faith. I started reading spiritual books and read the Bible. I was full of spiritual zeal. I couldn't stop talking about my newfound spirituality. My transformation was unbelievable. God's power not only amazed me, but also my husband , my 2 daughters and the people around me. Joining the

THE 4TH DAY

cursillo taught me how to sustain my spiritual zeal, how to live the faith and most importantly how to make friend, be a friend and bring a friend to Christ!

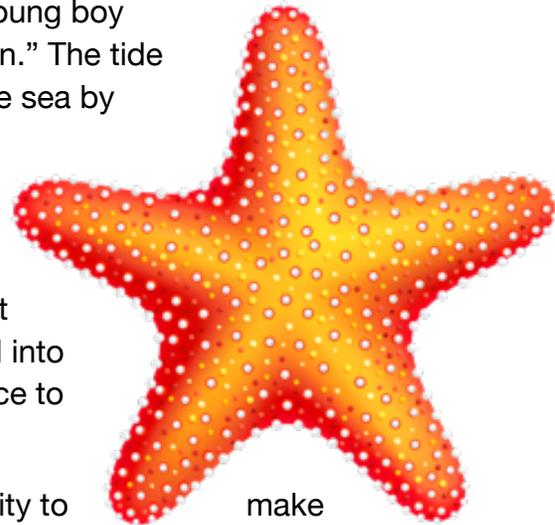


Finally I want to share THE STARFISH story because I made up an acronym to help myself remember this inspiring and motivating story.

THE STARFISH STORY (adapted from the Star Thrower, by Loren Eiseley (1907-1977))

Once upon a time, there was an old man who likes to go to the ocean to do his writing. He had a habit of walking on the beach every morning before he began his work. Early morning, he was walking along the shore after a big storm had passed and found the beach littered with a lot of starfish (the tide has washed them up to the beach). Off in

the distance, the old man noticed a small boy walked, he paused every so often and as he grew closer, the old man could see that the boy was occasionally bending down to pick up an object and throw it into the sea. The boy came closer and the man called out, "Good morning! May I ask what it is that you are doing?" The young boy paused, looked up, and replied "Throwing starfish into the ocean." The tide has washed them up onto the beach and they can't return to the sea by themselves," the youth replied. "When the sun gets really hot, they will die, unless I throw them back into the water." The old man replied "But there must be tens of thousands of starfish on this beach. I am afraid you won't really be able to make much a difference." YOU CAN'T SAVE THEM ALL! The boy bent down, picked up another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, "It made a difference to that one" I JUST HELPED ONE!



We all have the opportunity to make a difference or help create positive change. I know there are times I find myself thinking (I'm guilty of this too), "But I'm already really busy, and how much of a difference can I really make. When I catch myself thinking this way, it helps to remember this StarFish Story. WE ARE CALLED NOT TO DO EVERYTHING BUT TO DO SOMETHING.

THE 4TH DAY

WHAT THE ACRONYM STARFISH MEANS TO ME:

S – smile and enjoy what you do (the only way to great work is love what you do)

T – treat everyone with respect (remember the golden rule) treat other people the way you would like to

Be treated.

A – acknowledge people with a smile (there are no language barriers when we are smiling)

R – reduce anxiety and stress (to contribute to someone's healing- one must be of sound mind, body and spirit)

F – find time to exercise and take care of yourself (we cannot take care of others if we can't take care of ourselves.)

I – inspire others by having a good attitude (good attitude produces good actions)

S – share knowledge and support one another (the more you share your gifts the more will come to you)

H - happiness lies in caring for others (the way to be happy is to make other happy)

DE COLORES!!

SISTER LILIA GARCIA

ST. JOSEPH CATHEDRAL

CLASS 102

DECURIA: ST. CATHERINE

Overall the PILGRIMAGE AT SEA was a success in spite of some flaws and challenges. It indeed brought us the spirit of fellowship, holiness, formation and evangelization. We are glad and thankful we were part of it. THANK GOD!!

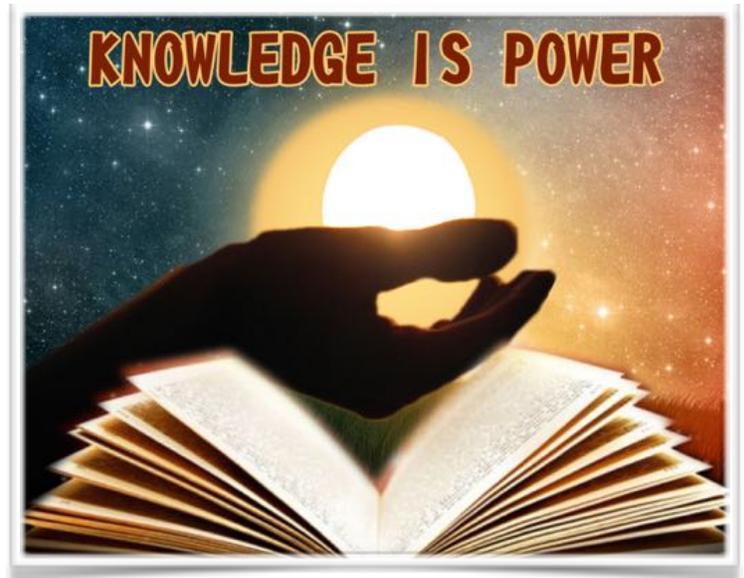
DE COLORES!!

DID YOU KNOW?

The 3 sacred languages are:
HEBREW, **GREEK** and **LATIN**.

They are called, "Tres Linguae Sacrae"

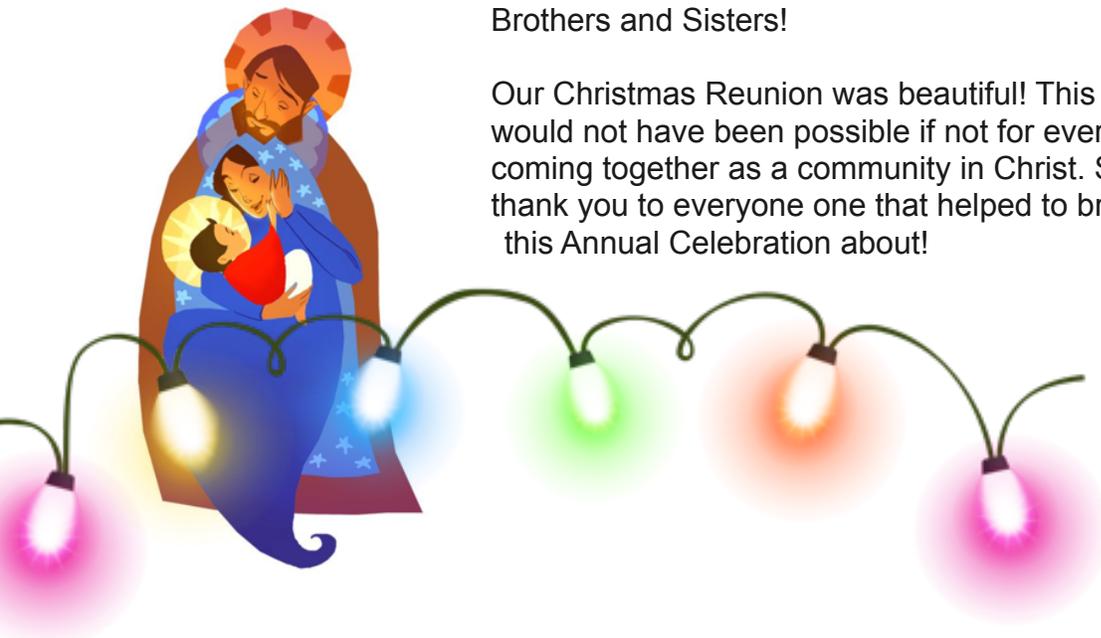
The acronym INRI represents the Latin inscription IESVS NAZARENVS REX IVDÆORVM (Jesus Nazarene, King of the Jews), which in English translates to "Jesus the Nazarene, King of the Jews" (John 19:19). John 19:20 states that this was written in three languages: Hebrew, Greek and Latin and was put on the cross of Jesus.



CHRISTMAS REUNION

Brothers and Sisters!

Our Christmas Reunion was beautiful! This would not have been possible if not for everyone coming together as a community in Christ. So, thank you to everyone one that helped to bring this Annual Celebration about!



THE 4TH DAY



THE 4TH DAY



THE 4TH DAY



SECRETARIAT 2020

SPIRITUAL DIRECTOR

FR. ANDRE RAMOS
agruspi@gmail.com

ASSISTANT SPIRITUAL DIRECTOR

DEACON DAVE LEWIS
davidrlewis@cox.net

LAY DIRECTOR

SIS. NOVY BALAN
novybalan@gmail.com

ASSISTANT LAY DIRECTOR

SIS. CHIT TRAPSE
ctrapse@gmail.com

SECRETARY

BRO. KENNETH FLORENDO
kflorendo@gmail.com

TREASURER

SIS. DAISY JUANITAS
daisyjuanitas@gmail.com

NEWSLETTER EDITOR

BRO. JQ
kuyajq@gmail.com

SCHOOL OF LEADERS

SIS. REMY JIMENEZ
sisremy@yahoo.com

NELSON SALAZAR
nsalazar1@cox.net

PRE CURSILLO

BRO. JAY GONZALES
jayincal@yahoo.com

SIS. DENISE MASCARENAS
zombiedee@yahoo.com

CURSILLO PROPER

BRO. NATHAN MONTEMAYOR
nlukemontemayor@gmail.com

SIS. ANGIE SANDOVAL
angiesandoval38@gmail.com

POST CURSILLO

BRO. JOEY MANABAT
josemanabat@hotmail.com

SIS. NIDA TOLENTINO
ftolent@hotmail.com

MUSIC

BRO. ERWIN F. QUERIMIT JR
equerimit@gmail.com

SIS. KIM SAN PEDRO
sm.liturgy@gmail.com