

# THE 4TH DAY



Filipino Cursillo Movement of San Diego, CA | Volume XXXVIII, Issue 1 | April 2019

## Upcoming Dates

### **REGION XI SPRING ENCOUNTER**

May 3-5, 2019  
Fresno, CA  
(Contact us for Details)

### **41ST ANNIVERSARY**

May 11, 2019  
St. Mary's Parish Hall

### **ULTREYA**

May 19, 2019  
Saturday, 2pm  
(Location TBD)

### **WOMEN'S CLASS 119**

June 27-30, 2019  
Quinta-De Guadalupe

### **4TH DAY**

July 14, 2019  
St. Charles Parish Hall

### **NATIONAL ENCOUNTER**

July 18-21, 2019  
Scranton, PA

### **ULTREYA**

October 20, 2019  
(Location TBD)

### **PILGRIMAGE AT SEA**

November 2-9, 2019  
(Contact us for Details)

### **CHRISTMAS REUNION**

December 7, 2019  
(Time and location TBD)



## A SHORT LENTEN REFLECTION

By Father André Ramos, Spiritual Director

Chances are we all have heard of the word 'minimalism.' It is the thinking that as long as you do this or that, you will be fine. It shows up when some of the faithful push for a novena, or first Saturdays observance, wearing a scapular and say these would lead to sanctity and salvation—almost automatically.

Devotions and sacramentals can indeed lead us to salvation. But it is God who saves us; it is not we saving ourselves. Devotions and sacramentals are good and beneficial only as long as they lead to the deepening of our relationship with God.

The Pharisees, in the mind of our Lord, were guilty of this minimalism, this erroneous understanding.

They propounded ablutions for instance and equated this minimalist fulfillment as the prerequisite to the Law of Moses. They said that if every Jew would perform the Mosaic prescriptions, they were upright in the mind of God. By legalism, God's people would turn godly.

Jesus' disciples were criticized for eating without first washing their hands. (I'd always wash my hands before

grabbing a sandwich!) But he went deeper than mere ablutions. He said that there is evil in other forms such as uncharitable thoughts, wishing evil on someone, not helping others or ignoring needy people's dire circumstances.

There are times when we say, "As long as you do this, you'll be fine." At other times, we say "It's the least I can do." They are statements that indicate minimalism that needs to be corrected. Even the sentence, "I could have done more" is an admission of having fallen short in some way.

When it comes to being true disciples of Christ and following his teaching, less is definitely not more, not enough. The demands of charity and justice are limitless, not precise, tidy and manageable.

When we come face to face with God at the pearly gates, we cannot say there, "It was the least I could do." Yes, indeed, God is merciful. But knowing how much he loves us and realizing how much has given us, we could do better than doing the minimum. God's love as a matter of fact should ideally imbue every cell of our being!

Lent is here to invite us towards conversion, to renew our commitment and to make up for our slack or—yes—our minimalist discipleship.

## PIETY

By Bro. Nathan Montemayor

During this Lenten season and in anticipation of the upcoming Class 119, I'd like to reflect on how I was moved by the Holy Spirit to serve for last year's class. Serving on the Cursillo retreat staff has been a humbling and unforgettable experience. Through all of the classes I've served, the essence and my trust always fell completely on God. I know that if it were not for God's grace, I wouldn't have been able to make it through.



Preparing for the weekend is always a little intimidating. When the anxiety wells up, I always remind myself that I can do all things through Christ that strengthens me and internally say a prayer; after which I am calm and ready. It always amazes me how prayer works. My inner-life with God seems to be stronger and more clear with prayer. That closeness with God is a pool of strength that I draw upon during every challenge I run into. Even our Lord Himself took time to pray in the Garden of Gethsemane before ultimately saving all of humanity by His passion.

Praying the Rosary and the Divine Mercy are some of the spiritual tools I use to help me remain focused. Last year, during the weekend, I also made the Sacrament of

## THE 4TH DAY

Reconciliation a priority to ensure I was ready to faithfully serve. Being open to spending time with Him and also being vulnerable to His mercy helped me to reflect His love to the classes which I served.

Let us all remember to pray and ask God for strength, peace and clarity for everyone serving for Class 119.

St. Paul, patron Saint of the Cursillo Movement, **pray for us!**

DE COLORES!



## STUDY

By Sis. Raechelle Manlapaz



It was the first Sunday of April 2019. I walked back into the church after serving for the 1pm Mass at St. Michaels. My Confirmation candidate walked in to the Church and I couldn't help but to feel proud of her. Proud of her accomplishments and proud of her taking a deliberate step toward receiving this beautiful Sacrament. I've known her since she was in elementary school and its amazing to see her grow in her Faith. We attended the Confirmation meeting with god-parents and parents that Sis. Arla has been doing a great job managing.

That day reminded of my Confirmation when I was in High School. At first, I did not think it was a big deal; that was until I had to go through the confirmation classes to prepare. More and more, after each class, I realized how important the study of our Faith is in order to be properly prepared for this Holy Sacrament.

Let us all be reminded about our own Confirmation and the importance of our continued study of the Faith; to become a sharper, more refined and knowledgeable soldier for God!



**"Study. Study in earnest. If you are to be salt and light, you need knowledge, capability."**

- "The Way", JoseMaria Escriva #340

DE COLORES!!!

## ACTION

---

By Bro. Bert Porciuncula



During the days of yore (way before my fourth day), the pro-life movement was not of any significance to me. What the mainstream media and their cohorts were espousing was what appeared logical at the time and thus it affected what my actions, beliefs and choices leaned upon. Fast forward 2011 - Even though an interior cultivation of all things pro-life was slowly being formed after my Cursillo weekend, my involvement with the pro-life movement did not pick up steam until a fellow Cursillista told me about it in 2015. One particular evening, after Holy Mass, that fellow Cursillista gave me a flyer

about the “40 Days for Life” (40FDL) Kick-Off Event at the Planned Parenthood (PPCV) site in Chula Vista. I was a little apprehensive, but I took the invitation. It was unknown territory but I ventured in, Rosary at hand. Ave Maria.

When the movie “Unplanned” was released this year, I was very surprised (in a good way). Soon, that feeling of surprise turned to concern when the MMPA gave the film an “R” rating, even though there was no profanity, no immodesty, no nudity and no suggestive elements in the film. I would later find out the significant digital marketing blockage Unplanned received from Big Tech upon its initial release. There is a sense of irony in giving an “R” rating to a Pro-Life movie and yet children/teens are free to seek out abortion. The dogma of mainstream media reared

its ugly head. Like clockwork, the community I belong to (Holy Martyrs) began planning to organize a movie event for the congregation and the public. Weeks later, the church was able to reserve in four theaters inside a very popular cinema house in the Temecula mall. All 1,500 theater seats were filled. The tickets were sold out in one week. The parish had also reserved the theater lobby for tables and booths for pro-life ministries. Those ministries provided information/assistance for attendees and mothers who were expecting or who have suffered through an abortion. A couple of the “Unplanned” producers were also present signing autographs and books for people. The parish also brought images of St. Michael, the Blessed Virgin Mary and other sacred statues around the theater. The Miles Christi religious order (in full cassock attire) was there doing confessions behind the theater concierge booth at the center of the lobby. It was amazing to see confession happening in plain sight for everyone to see, but with enough privacy for the penitent. That was a powerful



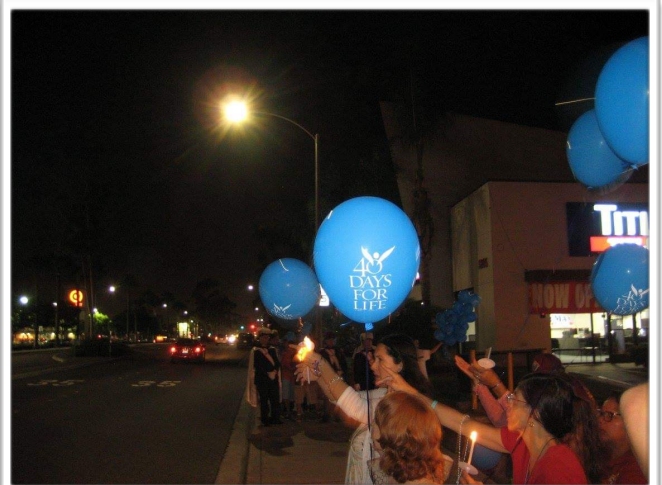
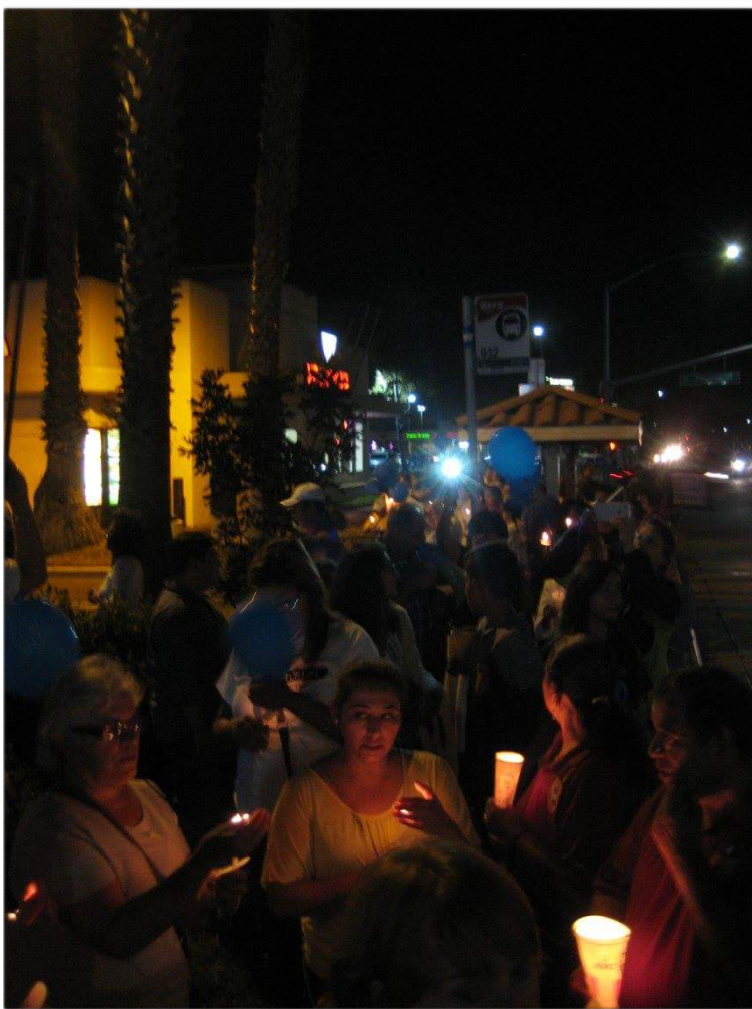


## THE 4TH DAY

thing to witness. With four theater rooms filled with Catholics, non-Catholics, their invitees and guests via live video projection simultaneously on all four movie screens, our pastor started with an introduction and opening prayer. A layperson prayed and sang two hymns in latin, and had Catholic ministries provide pro-life information to the audience. When the movie ended, our parishioners were giving out long stem roses near the entrance of every theater room. The purpose for the roses are tied to the movie (if you haven't seen it, I won't spoil it for you. You'll just have to watch it). In short, all this work, tickets, took time, money and of course, prayers and spiritual warfare.

If even a poor schmuck like me can walk, pray, evangelize and participate in these events, you can too. We all have day/night jobs and circumstances, but we can still make a difference. We need to tip the scales, partake and inform other Catholics on how they can join the movement. Souls are on the line. According to the Pew Research Center [2018], 51% of Catholics say abortion should be legal - Let's change that through humility, fraternal correction, love, spiritual works of mercy, compassion, and being a witness to the truth. Continue your prayers, offer pro-life intentions (for the mothers, fathers and babies) when you are participating in the mass or in confession. Whether you start on the front lines or become a prayer warrior for the movement, be an advocate, protector and voice for the babies who do not have a voice.

+J.M.J. De Colores.





## THE 4TH DAY

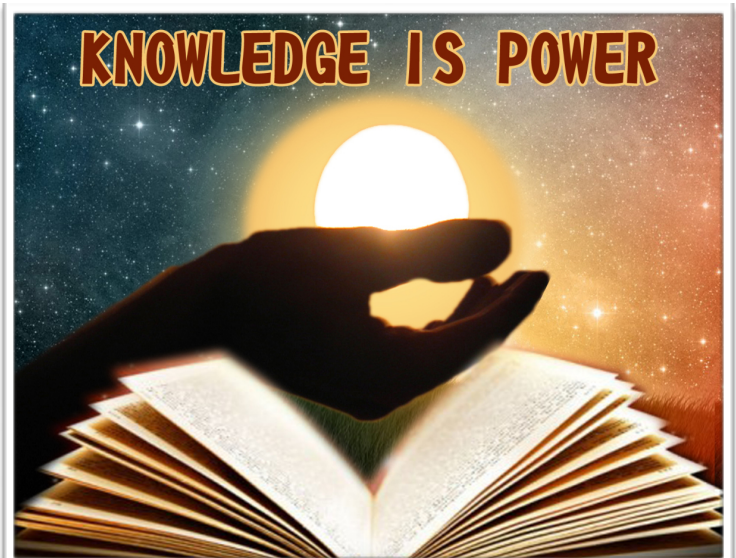


## DID YOU KNOW?

The summit of the Liturgical Year is the **EASTER TRIDUUM**... from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

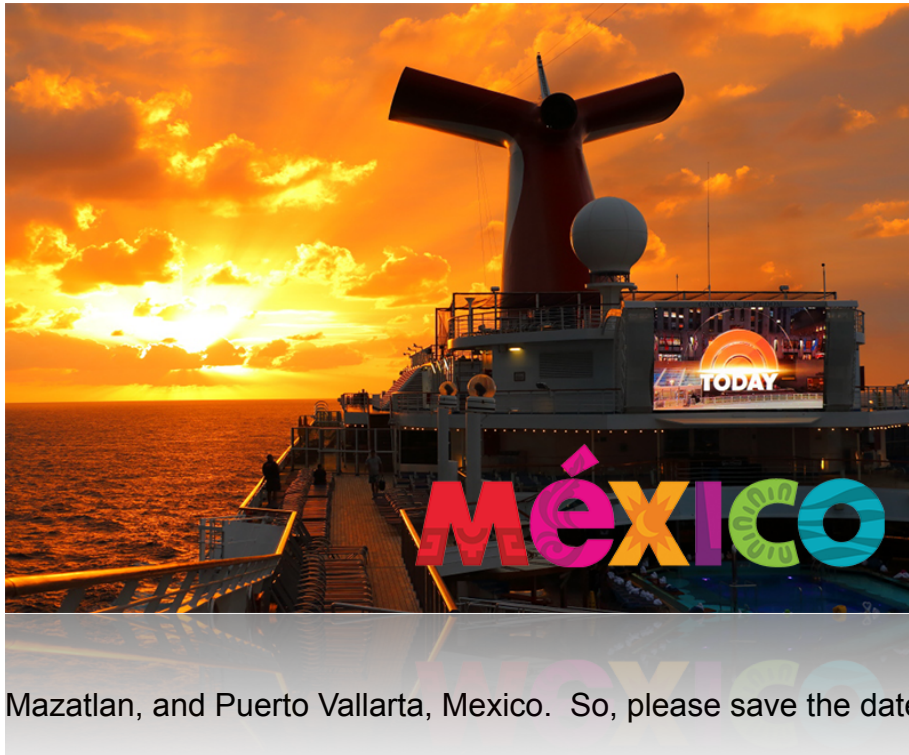
The liturgical services that take place during the Triduum are:

- Mass of the Lord's Supper
- Good Friday of the Lord's Passion
- Mass of the Resurrection of the Lord



## SCHOOL OF LEADERS

---



By **Sis Remy**

Welcome aboard,  
Brothers and Sisters!!  
We will have fun days  
at sea!

The Secretariat and the  
School of Leaders are  
planning a 7 - Day  
Mexican Riviera  
Cruise..."PILGRIMAGE  
at SEA". A round trip  
cruise from San Diego  
to Cabo San Lucas,  
Mazatlan, and Puerto Vallarta, Mexico. So, please save the date: November 2 - 9, 2019.

This is in lieu of our Annual Workshop and Annual Retreat. The details of the activities are still in progress and we will inform you as they become available. Watch for announcements from your Parish team coordinators. Flyers will also be distributed.

This cruise is open to non-Cursillistas. So, invite your family, friends and relatives and let them witness the joy of being a Cursillista.

This will be an unforgettable event...a time to get out of our routine, a time for prayer and fellowship, a time to enjoy each other's company...

So, Brothers and Sisters, get your passports ready and let's go sailing!!

De Colores!!  
Sis Remy Jimenez  
Sis Novy Balan (for Sis Ditas Manabat)



## SECRETARIAT 2018

### SPIRITUAL DIRECTOR

**FR. ANDRE RAMOS**

619.791.6034

agruspi@gmail.com

### ASSISTANT SPIRITUAL DIRECTOR

**DEACON SAM MARTINEZ**

619.423.3580

samnel@cox.net

### LAY DIRECTOR

**BRO. RUDY SIGARLAKI**

619.846.2129

sigarlaki@gmail.com

### SECRETARY

**SIS. DENISE MASCARENAS**

619.200.0619

zombiedee@yahoo.com

### ASSISTANT SPIRITUAL DIRECTOR

**DEACON DAVE LEWIS**

619.206.8842

davidrlewis@cox.net

### ASSISTANT LAY DIRECTOR

**SIS. CHIT TRAPSE**

858.722.0424

jtjakieboy@gmail.com

### TREASURER

**SIS. HELDY MAGALLANES**

858.603.6736

hs.magallanes@gmail.com

### SCHOOL OF LEADERS

**SIS. REMY JIMENEZ**

619.342.5003

sisremy@yahoo.com

**NELSON SALAZAR**

nsalazar1@cox.net

### PRE CURSILLO

**BRO. JAY GONZALES**

858.472.9680 j

ayincal@yahoo.com

**SIS. LORIE OPELANIO-BUENCAMINO**

619.508.2426

lopelanio@yahoo.com

### CURSILLO PROPER

**BRO. BOBBY GARCHITORENA**

619.475.0612

drgeegr8t@gmail.com

**SIS. NELLIE LANSANG**

858.335.5950

### POST CURSILLO

**BRO. JOEY MANABAT**

619.475.4203

josemanabat@hotmail.com

**SIS. JOSIE HERNANDEZ**

619.987.8461

jjfhernandez@sbcglobal.net

### MUSIC

**BRO. ERWIN F. QUERIMIT JR**

619.948.0853

equerimit@gmail.com

**SIS. KIM SAN PEDRO**

619.993.1384

sm.liturgya@gmail.com

### NEWSLETTER EDITOR

**BRO. JQ MANLAPAZ**

601.667.9207

kuyajq@gmail.com