

GO 4th

NEWSLETTER OF THE SAN JOSE FILIPINO CURSILLO MOVEMENT

In this Corner

Welcome to the first issue of Go 4th-- the new San Jose Filipino Cursillo Movement newsletter.

A few months ago, who would have thought that we will be living shelter-in-place to contain the coronavirus spread? But here we are.

Amidst the adjustment to a life that is house-bound, travel banned, elbow-bumping, going to mass on line, working from home and lining up to buy toilet paper at 6am in the morning, today we are replacing our face to face interactions with virtual meetings.

Sure, for the moment, we can't gather for Ultreyas, School of Leaders or breakfast Group Reunions, to encourage each other in our journey to the Lord. But our PSA will always be with us, limited only by our willingness and determination.

This is why we came up with Go 4th. We need to move on, Go 4th glorifying the Lord by our life. We hope this keeps us on the same page (pun intended) and let us journey together.

This is your newsletter. We hope you enjoy it and through it, share our PSA with fellow brothers and sisters. Better still, we hope that you can contribute your stories, prayers and suggestions to keep it going.

The Cursillo goes where its leaders take it. Remember that you are a leader and Christ is counting on you.

Take care and De Colores,
Sis. Robin

A Message from the Spiritual Adviser

Brothers and Sisters,

Due to the Corona Virus, our lives have been disrupted; our plans, changed; our Cursillo activities and programs, on hold or postponed. Uncertainty remains. In this crisis, our immediate recourse is our Faith. But as public Masses and parish activities are suspended, the burden of this crisis hurts even more.

Not being able to receive the Eucharist and physically participate in the celebration give us a sense of great void. That is why we thank God for the gift of technology. Having been instructed to stay home, we can still celebrate the Eucharist through the online Mass. This experience makes us realize the blessings we have in our Diocese of San Jose, still able to come to Mass every Sunday.

Since our only option to celebrate the Eucharist is online, allow me to walk you through how to make the most out of it. Since you already know the times, prepare yourselves well for it. Here is a list of online Masses available in our Diocese of San Jose: <https://www.dsj.org/vlog/live-stream-video-mass-list/>

Do not watch it with a cup of coffee. Turn off your TV, smart phones and other devices. I would encourage you to wear appropriate Sunday clothes (only the best for the Lord, right?)

Before the Mass, read the Sunday readings to prepare yourselves. You can find the readings at the US Conference of Bishops' website: www.usccb.com/readings

Take a few moments to remember what to thank the Lord for and what to offer him. Remember you are praying with other fellow Catholics not only in our parish but all over the world.

During the Mass, remain reverent. Stand, sit and kneel at the appropriate times. Don't just watch the Mass, join in prayers, responses and songs. It would be great if the whole family joins together in the Mass.

At the time of communion, make the act of spiritual communion prayer from St. Alphonsus de Liguori:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

At the end of the online Mass, take some moment of silence to reflect how you can live out God's Word that day or week.

I encourage you, if you are able, to continue your commitment to send in your weekly donation to your respective parish. Please check your own parish website on how to access online donation.

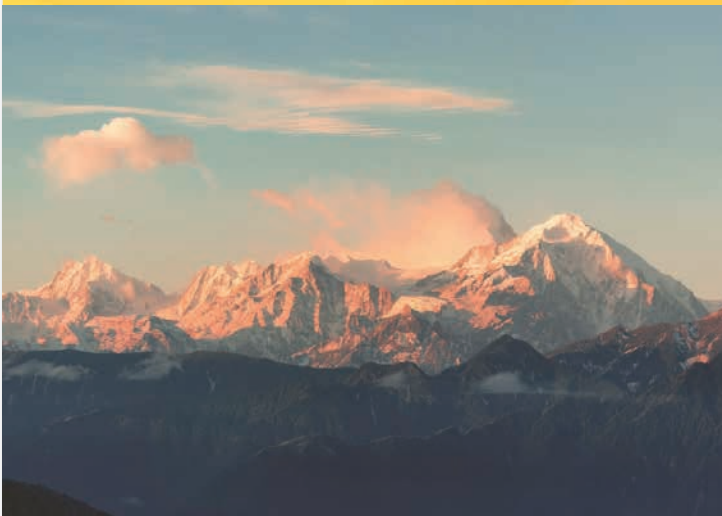
I also would like to echo the letter that Bishop Eduardo Nevares, Episcopal Advisor to the Cursillo, sent via email recently. He invites us to take time in getting to know God by means of Lectio Divina. Let us take this time while we are at home to be fed at the Table of God's Living Word.

Lastly, to all our brothers and sisters in the healthcare field, thank you for your dedication and service. It takes courage and devotion to continue working in the frontline to keep the rest of us safe.

Yes, our Sunday community worship has been cancelled, our events and activities are suspended but to Love, Pray, show Kindness and Hope in God, they must remain alive. Let us embrace all the GOOD that remains in our life. Stay healthy and safe!

De Colores,

Fr. Francis Kalaw
Spiritual Adviser



Lockdown an opportunity, not restriction

When COVID-19 broke out, I thought of it as a designer plague straight out of the Old Testament. Because I prayed for a return to justice, morality and decency. Now it feels like a trojan virus – we'll need to reboot our lives knowing that we've lost some things and it won't be the same again. When bishops from different dioceses shut down churches I felt it confirmed God is unfriending us. He is doing more than pebble-throwing to catch our attention because we're still not paying attention.

The enforced lockdown and social distancing increase the loneliness and isolation. Not exactly the environment to build friendship. Still we Cursillistas make friendship our way to evangelize. And we don't isolate ourselves like islands.

But there are days when fear of the situation paralyzes even the faithful to stop praying. In these hard times, there is more danger when an individual is left to his own devices.

This is why we've turned to smart devices to bring group reunions, SOLs and Ultreyas online. This is the spirit of the Cursillista who studies his environment and adapts to it. Much like the pioneer Cursillistas who adapted De Colores as their anthem and battle cry.

I now see the lockdown as an opportunity, not a restriction. Before lockdown, I only went to Mass on Wednesdays, first Fridays, first Saturdays and Sundays. But after lockdown, I now go to Mass every day, do rosaries every day and even manage stations of the cross.

The pandemic is breaking down barriers. The public charge policy that stops some from seeking medical aid has been taken down. It is as though God is telling us: even with man's technology and laws, He is still in control.

In our grave new world, Christ asks us to care of our neighbors. To love them as He loves us. To care for them as He does. As Cursillistas, we are called to be a friend, make a friend and bring our friends to Christ. The Covid-19 crisis is giving us plenty of opportunities to do this. -- HB

News Bits

3-Day Weekends:

The 3-Day Cursillo Weekends will be held at the Vallambrosa Retreat Center on Aug. 19-22, 2021 for Women and Aug. 26-29, 2021 for Men.

Call to Pray the Rosary:

Join us in the Call to Pray the Cursillo Family Rosary – we will send you meeting invitations for the call, starting April, 2020.

Vocation in my Vacation

A memorable stop in our 2018 Panama cruise was Cartagena in Colombia. We visited the Church of St. Peter Claver, built by the Jesuits between 1580 and 1654. There was also a school, a convent (and the cell where Claver stayed) and the museum exhibiting torture devices dating from the Spanish Inquisition.

St. Peter Claver ministered to African slaves in the 17th and 18th century. He gave the newly arrived slaves medication and food. An estimate says he baptized 300,000 even as a third of the slaves died over the long journey. He contracted the plague in 1650 and died on September 8, 1654. He reputedly had the gift of prophecy and the ability to read souls. Numerous miracles were attributed to him. In his honor, the Knights of St. Peter Claver, Inc. in New Orleans, Louisiana is the largest African-American Catholic fraternal organization in the US – **Sis. Robin Barkin**



Statue of St. Peter Claver who declared himself, "slave of the negroes forever"



Uncorrupted body of St. Peter Claver can be viewed housed at the altar of Iglesia de San Pedro Claver at Cartagena de Indias in Colombia

Visited any interesting church, encountered any fascinating religious, saint or devotion in your travels? Share stories and photos with us. Send stories and photos (in jpg format) to any of our Communications team members.



A Prayer to combat the coronavirus pandemic

Most Merciful and Triune God, we come to You in our weakness.
 We come to You in our fear.
 We come to You with trust.
 For You alone are our hope.
 We place before You the disease present in our world.
 We turn to You in our time of need.
 Bring wisdom to doctors.
 Give understanding to scientists.
 Endow caregivers with compassion and generosity.
 Bring healing to those who are ill.
 Protect those who are most at risk.
 Give comfort to those who have lost a loved one.
 Welcome those who have died into Your Eternal Home.
 Stabilize our communities. Unite us in our compassion.
 Remove all fear from our hearts.
 Fill us with confidence in Your care.
 (Mention your particular concerns and prayers now)
 Jesus, I trust in You.
 Jesus, I trust in You.
 Jesus, I trust in You.
 Amen.

Short Litany to Our Blessed Mother

Our Lady, Queen of Peace, pray for us.
 Our Lady, Comforter of the Afflicted, pray for us.
 Our Lady, Help of Christians, pray for us.
 Our Lady, Health of the Sick, pray for us.
 Our Lady, Seat of Wisdom, pray for us.
 Our Lady, Queen of Heaven and Earth, pray for us.
 Amen.

A priest walks into a bar...

A mother was preparing pancakes for her sons. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'" One of them turned to the other and said, "You be Jesus!"

God was talking to one of His angels. He said, "Boy, I just figured out how to rotate the earth so it creates this really incredible 24-hour period of alternating light and darkness." The angel said, "What are you going to do now?" God said, "Call it a day."

from A Prairie Home Companion Pretty Good Joke Book
 Do you have a funny clean joke? Share them and your source.
 Send them to any member of our Communications team.



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Links

Explore what's new at the San Jose Filipino Cursillo Movement website @:
www.dsifcm.org

Learn the Cursillo way- check out the National Cursillo Resource Center at the Cursillo Website @:
<https://www.natl-cursillo.org>

In Memory of Bro. Darwin Domingo

"It would be an understatement, to say the least, that Darwin loved the Church and her priests. In his own unique ways, Darwin expressed his love and devotion to Christ by being a constant companion and friend to his family and friends. Even though he had his own share of personal suffering and pain, he never complained. Nevertheless, he channeled his cross by offering friendship and spreading good vibes to everyone he encountered.

"For those who truly knew Darwin, he was a person of deep faith and humility. I remember having a conversation with him about his faith journey. How he would defend the teachings of the Church and her presbyters from friends and acquaintances. His humility is also admirable. There was a time that he had offended someone; that he brought it to himself as a penance to wear a shirt that says: "Darwin is Wrong" to express his sincere apology to that person.

"Darwin is a lot of things to everyone he encountered. But one thing stands out-- the love of God truly reigned in his heart and allowed him to illumine Christ's light, Christ's compassionate mercy to everyone he met in this world."

Fr. Vincent Pineda

Pastor, St. Cyprian Church in Sunnyvale

"Kuya Darwin's care and support for his seminarian-friends, majority of whom are now priests, will always be treasured. His ever-engaging disposition is truly missed and will not be forgotten. There are relationships we sometimes consider to be thicker than blood. That's definitely how Kuya Darwin was and will forever be for me."

Fr. John Erick Villa

Parish Administrator, St. Raymond Catholic Church in Dublin

"Darwin or Kuya Darwin as he was fondly called by seminarians, touched our lives by his presence, prayers and support while we were still students in the seminary. It was also through the Filipino Cursillo Movement in the Diocese of San Jose that I personally learned more about Kuya Darwin's faith and personal stories. I witnessed him serve on Weekends, School of Leaders, Christmas Parties and Ultreyas. There is no denying that he lived out our Cursillo's ideals of Piety, Study and Action with great joy."

Fr. Francis Kalaw

Parochial Vicar, St. Catherine of Alexandria Parish in Morgan Hill

"I will always remember Darwin as the friend and supporter of us, Filipino seminarians. Darwin accompanied us in the seminary and always supported us in our events. During the Christmas Seasons, he went with us many times when we sang carols in different parishes. I really appreciated his presence, and more so, when we needed more people to sing with us. He even led in the collection of financial support from the people who heard our carols and in encouraging the people to do so. I remember that there were some people who even asked about him if he is also a seminarian because he often went with us in parish events.

He was really close to us, Filipino seminarians and would even invite us to go somewhere to hangout during our seminary breaks. One of the fondest memories that I will have of him is when he took care of our common priest friend who got really sick. He assisted our friend priest and attended to his needs. I am sure that now, either God is accompanying Darwin to his heavenly reward as he accompanied us during my seminary days, or he is already hanging out with all the saints in heaven with our Blessed Mother and Jesus, and praying for us priest and seminarians whom he treated us as his family."

Fr. Eric Piczon

Parochial Vicar, St. Leo the Great Parish in San Jose, CA

