

GO 4th

Issue 5 Volume 2
March - April 2022

THE SAN JOSE FILIPINO

CURSILLO MOVEMENT NEWSLETTER

SJF Cursillo News Bits

- It's time for new Secretariat members nomination. Watch out for email Invitations to the nominations.
- Stand up and be counted. See you at the monthly Ultreya, every first week of the month. Watch out for the monthly Zoom meeting email invitation.
- Keep showing up – the SOL is counting on you! See you at the School Leaders, every 3rd Friday of the month. Watch out for the Zoom meeting email invites and Facebook announcements.
- Let's pray for your intentions. Join the Call to Pray the (Cursillo Family) Rosary every Monday at 7:30pm via WebEx. Use the same meeting ID and passcode for all WebEx meetings.
- Help us tell the San Jose Filipino Cursillo story. We're looking for volunteer writers, photographers and editors for the Go 4th SJFCM newsletter. Contact anyone in the Secretariat team if you can help.
- Support the National Cursillo Movement. Pledge donation to the \$3/Yr. campaign and/or register at Amazon Smile to donate a percentage of your purchases in Amazon. Visit the National Cursillo website for more details. www.natl-cursillo.org

From the Spiritual Director's Desk

New Synod of Bishops includes the whole Church

By Fr. Francis Kalaw

The 16th Ordinary General Assembly of the Synod of Bishops' theme is "For a Synodal Church: Communion, Participation, and Mission" beginning October 2021 and ending October 2023. Through this Synod, Pope Francis is inviting all Catholics across the globe to discern together how to better listen and communicate with each other to strengthen our communion in Christ Jesus.

What is the Synod of Bishops?

Synod of Bishops is a gathering of bishops that:

1. fosters closer unity between the bishops and the pope,
2. provides counsel to the Pope on matters of faith and morals and discipline of the Church,
3. studies questions concerning the Church in the world (c.f. Code of Canon Law c. 342).

Decisions and voting in the Synod of Bishops is limited to bishops present at the synod gathering. However, clergy, men and women religious, theologians, catechists, canon lawyers and lay experts all participate in the synod gathering with bishops by providing their counsel.

What is Synodal Process?

Synodality involves clergy, religious and laity listening and speaking, praying, and discerning together, and placing the hopes and concerns of the People of God at the foot of the bishops, who, united with the Pope, decide matters of faith and morals to preserve the faith and strengthen the Church throughout the world.

What is different about this Synod?

This Synod is unique because the Holy Father is asking that the entire Church participate. The faithful, clergy and religious are invited to pray, listen, and talk together with the bishops before the 2023 gathering of Bishops in Rome. Our Diocese of San Jose, has put together a training module that would allow us to collaborate with Catholic communities (groups, parishes, movements, schools, etc.) and reach out to include non-practicing Catholics to engage in "Listening Sessions."

As a Cursillo community within the Diocese of San Jose, under the guidance of our local bishop, we hope to share our voice by involving our key leaders from the Secretariat Team to participate in these sessions to help our diocese and the universal church achieve its Synod goals.

The objective of the "Listening Session" is to align with the vision of Pope Francis by creating an atmosphere for all people within our Diocesan boundaries to journey together to encounter and listen to the Holy Spirit and one another. Together we can discern the direction the Lord wants for his People.



Bishop Cantu's Letter Lifting of Dispensation of Sunday Mass & Holidays



**DIOCESE OF
SAN JOSÉ**

Office of the Bishop

Brothers and Sisters in the Diocese of San José,

Since the time of Adam and Eve, suffering has been part of the human experience. The pandemic has certainly added a great deal of suffering worldwide. As we understand in our faith, suffering will never be eliminated completely until Jesus Christ returns; however, we are called to mitigate unnecessary suffering where possible. Thus, we live with a certain amount of discomfort and inconvenience, but always with the joy and hope that we are in solidarity with each other and with Christ's suffering and caring for with most vulnerable among us.

Public health experts have been preparing the public for the endemic phase of the Covid-19 disease. With an endemic disease, the virus remains present at a lower level of infection as the population gains greater immunity. Thus, we integrate the health risks of Covid-19 into our life calculations.

Thank goodness, more than 80% of residents of Santa Clara County have been fully vaccinated against COVID-19. With these improving circumstances, therefore, effective March 6, 2022, the First Sunday of Lent, the dispensation of the Sunday and Holy Day obligation will conclude for all Catholics within the Diocese of San José. The faithful who are healthy and without significant risk factors or other serious reasons should fulfill these obligations joyfully and conscientiously, continuing to abide by safety protocols.

At the same time, I remind everyone that the Church has always provided exceptions to the Sunday and Holy Day obligation. Anyone with a "serious reason" or "grave cause" is excused from the obligation. In the case of this pandemic, "serious reason" and "grave cause" would include: anyone who is sick, symptomatic, or tested positive for or has been recently exposed to COVID; anyone who is confined to their home, a hospital, or nursing facility; anyone caring for someone who is ill or immunocompromised; or being at high-risk for contracting COVID-19 (Canon 1245; CCC 2181). Catholics are encouraged to consult with their pastor if they are unsure about their personal situation.

Anyone who isn't able to go to Mass should continue to keep the Lord's Day holy with intentional time in prayer, including engagement in the readings for the day, which may be enhanced through watching a pre-recorded or livestreamed Mass and making a spiritual communion.

Regarding the importance of Sunday worship, the Catechism states: "The celebration of Sunday observes the moral commandment inscribed by nature in the human heart to render to God an outward, visible, public, and regular worship 'as a sign of his universal beneficence to all.' Sunday worship fulfills the moral command of the Old Covenant, taking up its rhythm and spirit in the weekly celebration of the Creator and Redeemer of his people" (CCC 2176).

I invite those of us who are able to return safely to participate in the Sunday Eucharist in their parish. Let us continue to make the Lord's Day a true celebration of thanksgiving for God's love, mercy, and redemption.

I am grateful to everyone who has worked so hard to keep our parishes and schools running so that our mission could continue. Despite the challenges and darkness of this pandemic, we continue to bring the light of Christ to others as seen in our liturgies, visits to the homebound, prayer groups, faith formation, adoration, and much more. Thank you to all the volunteers, staff, and clergy who have creatively nurtured our parish and school communities!

Be ensured of my prayers,

Most Reverend Oscar Cantú
Bishop of San José

Survey: What will you do differently in 2022?

Compiled by Sis. Maria de Quinto

Sis. Eleanor Licup

1. What will you do in 2022 that is different for your Piety, Study, and Action. Why?

This 2022 I will strive to put more effort to give more time to the Lord. Although for the last two years during the pandemic, I was able to attend daily mass and learned more about our Catholic faith by attending several talks, zoom meetings, webinars, prayer meetings, seminars. Through these talks, I appreciate more the traditional Latin Mass and am now learning and loving more what it entails. I have been listening to the talks of Fr. Chad Ripperger and Fr. Michael Rodriguez. Even Fr. James Altman is now appreciating the traditional Latin Mass. So, the difference with my Piety this 2022 would be praying more often and fervently; with my Study, learning more prayers in Lati; and with my Action, attending traditional Latin Mass more often, especially, on Sundays. Why? I just feel that the Holy Spirit is leading me into the sacred tradition that Jesus passed on to St. Peter.

"If there is anything divine among man's possessions which might excite the envy of the citizens of heaven (could they ever be swayed by such a passion), this is undoubtedly the Most Holy Sacrifice of the Mass, by means of which men, having before their eyes, and taking into their hands the very Creator of heaven and earth, experience, while still on earth, a certain anticipation of Heaven."

-- Pope Urban VII, 1634

Also, I have learned that Latin is the language of heaven. More to learn...

2. What will you do in 2022 that is different for your evangelization? Why?

Evangelization is bringing the good news of Jesus Christ to those around us. Jesus himself commanded us to evangelize. People need to hear the good news. Jesus is the way, the truth, and the life. Especially, to our brothers and sisters who are lost in faith. They need to know that scriptures and traditions go hand in hand. What's different this year is that I learned more of our Catholic faith and I'm learning and growing more to love our Catholic faith every single day. Why? Just like the song "Little by little every day. Little by little in every way. Jesus is changing me.."

3. What will you do in 2022 that is different in your group reunion? Why?

I need to get in touch with my group reunion. Since the beginning of the pandemic, we had not had a chance to meet. Every one of us had our own way of serving the Lord. Hopefully, this pandemic will end and we should be meeting again. Why? Well, first of all, I really miss my group reunion. Secondly, we should get connected to bring back our De Colores! We should start again to Make a Friend, Be a Friend, Bring that Friend to Christ.



Sis. Jojo Villarin

1. What will you do in 2022 that's different for your Piety, Study and Action, why?

Aside from my Piety before, this year I am praying The Sacred Space prayer book of the Irish Jesuits that helps me be more aware of my friendship with Jesus.

I will devote more time reading spiritual books that I purchased from last year. I am hoping my volunteer works will be back this year because the pandemic shut them down.

2. What will you do in 2022 that's different for your evangelization and why?

Honestly, I don't think I will be changing the way I evangelize.

3. What will you do in 2022 that's different in your group reunion and why?

I am blessed and thankful for our Young At Hearts group. Even during the pandemic we were able to do our monthly group reunion mostly through Zoom. This year I would like more in person meetings because not all of us can join in Zoom. This year, hopefully we will be consistent in our scheduled group reunion every second Saturday of the month. I would like to propose to our group if we can volunteer in the kitchen for the homeless if it is safe.



Cursillo after Covid

(reprint from the December 2021 National Cursillo Newsletter)

By Cef Aguillon, National English Coordinator

The title of this article is a sign of hope because, in God's time, the Cursillo Movement will be meeting in person, being present to each other in all Cursillo activities. The light at the end of the tunnel is more visible today, so don't lose hope!

Hope means putting Christ at the center of all our activity. C.S. Lewis puts it this way: "Put first things first, and we get second things thrown in; put second things first, and we lose both first and second things."

St. Cyprian and St. Charles Borromeo are famous for their inspirational leadership in times of pandemic. But there is no shortage of much more modern examples today.

It is difficult to know what the "new normal" will look like in the Cursillo community participation at the Ultreyas, School of Leaders, and Secretariats. However, what is certain is that the Cursillo Movement's leadership must not simply see itself as a passive recipient of whatever status quo will eventually emerge. Instead, the leadership must see themselves as being in the business of shaping it.

Inspirational Leadership

The US Cursillo consists of inspirational leaders, those who inspire and motivate others, those who always rise to the challenge. Leaders who have kept their diocesan cursillistas connected through the pandemic. The connection has been through prayer, Group Reunions, Ultreyas, School of Leaders, Secretariats, workshops, and regional and national encounters. Connecting through technology has been effective, so we thank God for providing the means to share our piety, study, and action through friendship.

The challenge for the Cursillo leadership is to prepare a plan for transitioning from technology meetings to in-person Cursillo activities within each diocese. Some in-person activities have already occurred in 2021. However, the timing for transitioning may be different in each diocese based on the status of the pandemic in the area.

The reality is, that each Diocesan Secretariat already has a plan in place: the Cursillo Apostolic Plan. Review the plan to determine if anything needs to be implemented in the Precursillo, Cursillo, or Postcursillo to help the diocese move from technology to in-person activities. For example, is there a need to offer a sponsor's orientation so the Cursillistas can be ready to make friends and make them friends of Christ? Is there a need to study the 'Rector's Guide' to apply it at the next Cursillo Weekend? Is there a need to set up small committees C.S. Lewis, The Collected Letters of C.S. Lewis to start contacting Cursillistas to attend the next in-person Ultreya or School of Leaders? If the answer is yes to these questions, do it now!

Reviewing, revising, and sharing a copy of the Cursillo Apostolic Plan with the Cursillistas will provide an excellent 'road map' that will guide the Cursillo community to a safe transition from technology meetings to in-person Cursillo activities within each diocese. Reach out to your respective Regional Coordinator for assistance if needed. It's time to bring the joy and love of the Cursillo Weekend to the Cursillistas in person. Let's continue to support one another and continue the journey in the company of friends. Thank you for your inspirational leadership. Christ is counting on us! De Colores!



A PRAYER FOR LENT

O Lord and Redeemer
of my life

take from me
the spirit of
laziness
despair
lust
gossip
and pride
replace each one
with a spirit of

humility
patience
purity
and self-denial

with a love
for what You love

and a burden
for what burdens You
My Lord
and Saviour

help me to confront
my own transgressions

and not to condemn
my brothers and sisters

for You alone
are just and Holy

now and forever

AMEN

A priest walks into a bar

A Sunday school class studying the 10 Commandments was ready to learn the last one. The teacher asked if anyone could tell her what the commandment was. A little boy raised his hand and shouted out, "Thou shall not take the covers off thy neighbor's wife!"

A pastor went out one Saturday to visit his church members. At one house, though it was obvious that someone was home, nobody came to the door, even after the preacher knocked several times. Finally, the preacher took out his card and wrote "Revelation 3:30" on the back of it and stuck it in the door. (The verse says: "Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and dine with him, and he with me.") At the next service the card turned up in the collection plate. Below the preacher's message the church member left a message of his own: "I heard your voice in the garden, and I was afraid because I was naked; and I hid myself" – Genesis 3:10

A minister was pulled over for speeding. As the cop was about to write the ticket, the minister said to him, "Blessed are the merciful, for they shall obtain mercy."

The cop handed the minister the ticket and said, "Go thou and sin no more."

An airplane flew into a violent thunderstorm and experienced a lot of turbulence. One very nervous flier happened to be sitting next to a clergyman. "Can't you do something?" she pleaded.

"I'm sorry, ma'am," the reverend said gently. "I'm in sales, not management."

The preacher and the choir director were not getting along and their rift was beginning to affect the worship service.

One week the preacher preached on commitment and how we should dedicate ourselves to service. The choir director then led the song, "I Shall Not Be Moved."

The next Sunday, the preacher preached on giving and how we should gladly give tithes and offerings to the work of the Lord. The choir director then led the song, "Jesus Paid it all."

The next Sunday the preacher preached on gossiping and how sinful it is. The choir director then led the song, "I Love to Tell the Story."

Disgusted, the preacher told the congregation the next Sunday that he was considering resigning. The choir director then led the song, "Oh, why not Tonight."

A few weeks later when the preacher did resign, he told the church that Jesus had led him there and Jesus was taking him away. The choir director then led the song, "What a Friend We have in Jesus."

(All jokes from The Big Book of Church Jokes by Len Jones & Dennis Daniel, copyright 2009 Barbour Publishing, Inc.)



KEEP **SHOWING**
UP
San Jose Filipino Cursillo
School of Leaders



Make a friend. Be a friend. And bring your friend to Christ.

Fr. Francis Kalaw

Bro. Sam Sebastian

Sis. Desi Lucas

Sis. Maria De Quinto

Sis. Marcy Reyes

Sis. Melinda Collins

Sis. Emma Forlanda

Bro. Harvey & Sis. Robin Barkin

Bro. Marlon De Leon

Send us your suggestions for topics, questions and photos. *De Colores!*