



TUNGKO NEWSLETTER

TRIPOD - PIETY - STUDY - ACTION



Women's Cursillo Class No. 1053



The Women's cursillo weekend was held in Pomona Cursillo Retreat Center, Pomona, CA on September 5 - 8, 2024 with eighteen (18) new Cursillista graduates.

The Rectora for Class No. 1053 was Agnes Golingay while her Vice Rectoras were Agnes Alonzo and Lita Vicente.

The new graduates were welcomed at St. Irenaeus Church hall in Cypress, CA on September 22, 2024 hosted by Women's Class No. 1037 headed by Rectora Lennie Arazo-Davis and Vice Rectoras Doris Agtarap and Zen Alejo.

The welcome ceremonies were preceded with the Eucharistic Celebration in the church and the continuation of the celebration was held at the church hall where delicious Filipino foods were served and the personal sharing and presentation by all the new graduates.

FCIC-LA SECRETARIAT-2024

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Rev. Fr. Rey Matunog

Spiritual Advisor

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ARCHDIOCESAN LAY COORDINATOR'S MESSAGE

Tess Tan Torres



Time passed by so quickly, we have just completed the third quarter of our Tungko Newsletter and soon we will be talking about family reunion for our Thanksgiving weekend and our upcoming annual Christmas party. It has been a very busy year so far but is very fulfilling as well.

Here is the summary of our third quarter activities:

July 12 to 14, 2024 - Days with the Helpers of the Lord (DWHL) Youth Retreat aged 13-19 years old (co-ed) with Josh Manulat and Raymond Bernabe as Prefects and Pam Guinto and Sean Tupaz as Vice Prefects.

July 25 to 28, 2024 - 34th National Cursillo Encounter held in Hofstra University, Hempstead, New York attended by over 600 Cursillistas all over the United States.

August 11, 2024 - 2nd Formation Meeting for Women's Cursillo Weekend Class No. 1053 held in Holy Family Parish Hall in Artesia, CA presided by Rectora Agnes Golingay.

August 17, 2024 - 1st Formation Meeting for Men's Cursillo Class No. 1054 headed by Rector Rex Agtarap and School of Leaders (SOL) meeting held in St. Barnabas Catholic Church hall in Long Beach, CA.

August 25, 2024 - FCIC-LA Annual Picnic held in the Miner's Lake Canopy Site of El Dorado East Regional Park located at 7550 East Spring Street, Long Beach, CA.

September 5 to 8, 2024 - Women's Cursillo Class No. 1053 held at Pomona Cursillo House in Pomona, CA headed by Agnes Golingay as Rectora, Agnes Alonzo and Lita Vicente as Vice Rectoras.

September 21, 2024 - 2nd Formation Meeting for Men's Cursillo Class No. 1054 headed by Rector Rex Agtarap and School of Leaders (SOL) meeting held at Immaculate Heart of Mary School Auditorium located in Santa Monica Boulevard, Los Angeles, CA.

September 22, 2024 - Welcome Party for Women's Cursillo Class No. 1053 hosted by Women's Cursillo Class No. 1037 with Lennie Arazo-Davis as Rectora and Doris Agtarap and Zen Alejo as Vice Rectoras. This was held in St Irenaeus Catholic Church Hall in Cypress, CA.

We would like to promote the **School of Leaders (SOL)** meeting on **November 30, 2024** to be held at St. Linus Church hall in Norwalk, CA where we are honored to have our National Cursillo Spanish Coordinator Juan Ruiz as Technique Presenter. All Cursillistas are encouraged to attend.

Women's Cursillo Class No. 1053 - Sept 5 to 8, 2024



Auxiliaries and New Cursillistas

Transformative Cursillo Weekend By Imelda Llalave



It was a 3-day Cursillo weekend, and I was determined to go. Sister Vina Dungo kindly arranged my transportation and I arrived at the Pomona Retreat House around 3:00 p.m., under the scorching heat-114 degrees. Unfortunately, the air conditioning at the reception hall wasn't working. As I waited for the other candidates to arrive and registration to begin, I felt the urge to back out. The heat was unbearable, but the warm and friendly hospitality of the Cursillistas kept me going, and I decided to stay.

They collected our watches, cell phones, and belongings, sealed them in envelopes, and numbered everything according to our bed assignment. Our dormitory was ready, and the atmosphere of the Cursillo weekend began to settle in. After the welcome ceremonies, we started our Silent Retreat, maintaining silence until our first Mass on Friday. Thursday night passed by quietly, with the temperature cooling down, offering a peaceful respite.

On Friday, we began with morning prayers, meditation in the chapel, and Holy Mass, followed by breakfast. After a short break, we entered the Rollo Room. Around 1:30 p.m., my St. Agnes Table Group mates noticed that I was drenched in sweat, flushed, and overheated from the lack of air conditioning that broke down. They asked if I was okay, and although I felt fine, the medical team checked my blood pressure. It was a persistent 189/92.

I was taken to a cooler room to rest, and Imelda Mayhew kindly offered me extra blood pressure medication. I took it, and after some rest, my blood pressure returned to normal at 132/71. Feeling relaxed, I returned to the Rollo Room, ready to continue with the day's activities.

Later that evening, we entered the chapel for a deeply moving experience. The room was dark, lit only by a small tealight and a crucifix. As I

gazed upon the image of Christ, I felt an overwhelming sense of God's presence, as if He was saying, "I am counting on you." Overcome with emotion, I began to cry, releasing long-held feelings. The experience was profound, and I felt a deep connection with God as if I was being welcomed into His Kingdom. It was an extraordinary moment that left me feeling special and loved.

After dinner, we had some trivia games and staff presentations. The day had been long, and we prepared for bed, but just as we settled down, a bell rang, calling us back to the chapel. I had just finished showering when one of the auxiliaries told me she was waiting for me. Annoyed, I responded, "Now what? I'm not going to the chapel anymore." She gently replied, "I'm your mom, okay?" Realizing my rudeness, I quickly repented.

I dressed, showed up at the chapel, and spent time in reflection, prayer, and meditation, asking God to remove the ugliness in my heart. I prayed unceasingly for forgiveness, and by the time I returned to my room, I felt peaceful and rested.

The next morning, I sought out the woman who had patiently waited for me and hugged her tightly, apologizing tearfully for my outburst. She forgave me, and I felt an enormous sense of relief.

Sunday arrived, and with it, our investiture and graduation ceremonies. It was the culmination of an unforgettable experience - the best I've ever had in my 68 years. I am deeply grateful to everyone involved in making this Cursillo weekend so special.

For me, October 8, 2024, will always be a significant and cherished day. De Colores!

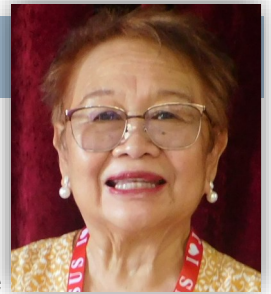


My Cursillo Weekend Experience - by Rosalie Sumagaysay-Kneebone

My deep respect and admiration especially by reconnecting with God through the Cursillo Weekend. It was a quest for my inner enlightenment and a profound impact on my spirituality and my faith.

The wholeness of the Cursillo experience gave me the spiritual nourishment I needed that left me feeling fully fulfilled. De Colores!

Cursillo Reflection by Federina Gullano



My experience with Cursillo weekend enabled me to reflect deeply on my faith and prayed to God on how to better love and serve Him. The Rollos given were spiritually enriching and gave meaning to the many ways and graces that God bestowed on us in living our lives. It was the best 4 days that affected me to be a better Catholic Christian. It provided specific direction in my relationship with God and with my brothers and sisters through faith and and service in action. De Colores!

Personal Message

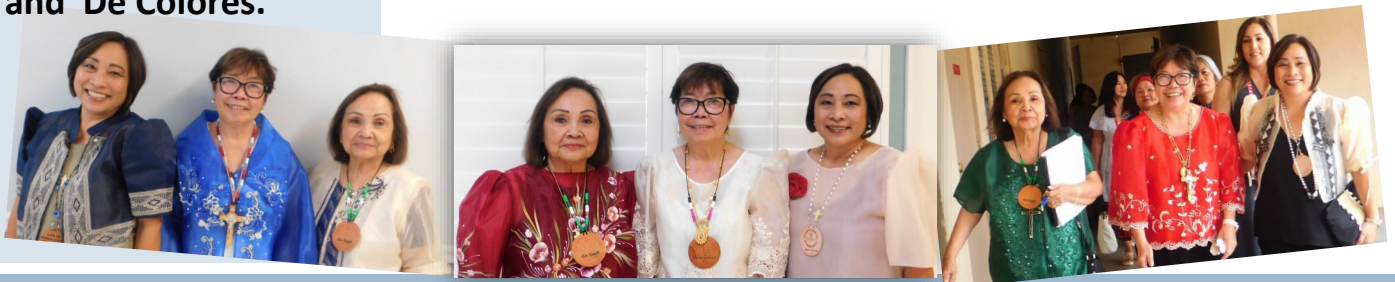
Agnes Golingay, Rectora - Women's Class No.1053



Quoting from a Spiritual Guru: "Don't wait for the storms of life to pass, just learn to dance in the rain."

The Women's Cursillo Class 1053 was done with challenges from the heat and some few health problems from some of our new Cursillistas. With the prayerful support from each and everyone, we overcame and faced those challenges with ease. None of the auxiliaries got overwhelmed. We simply knew how to keep our smiles and the love. We learned how to face any problem. As the saying goes "Just learn to dance in the rain. "

I thank you all for the opportunity given to me as Rectora of Class 1053 God bless and De Colores.



Welcome of Women's Cursillo Class No. 1053

The women's Cursillo Class No. 1053 welcome party was held at St. Irenaeus Catholic Church hall in Cypress, CA on September 22, 2024 hosted by Women's Cursillo Class No. 1037 headed by Rectora Lennie Arazo-Davis, and Vice Rectoras Doris Agtarap and Zen Alejo.





THE FCIC-LA ANNUAL PICNIC 2024- ONE WAY ROAD TO FRIENDSHIP IN CHRIST By Ramon Geluz—Post Cursillo Chairperson

It was truly a one-way road experience. Right after their early morning Sunday Masses on August 25, 2024, the FCIC-LA Cursillistas were already on their way to the El Dorado East Regional Park on Spring Street in Long Beach. Trav-



elling from as far as Oxnard, CA led by Ron Parcon and from Antelope Valley by Sonny Layao, the different Ultreya members from Los Angeles and Orange Counties arrived only to get lost in the winding one-way roads but also gave them the chance to appreciate nature's beauty, especially, the winding lake. Finally, after finding Miner's Lake Picnic Site, under a blue and white striped canopy and picnic tables and chairs, the Cursillistas got settled and started putting up their portable lawn chairs, umbrellas, and picnic blankets while enjoying the garlic roasted peanuts and fresh water melon, pineapple slices, and figs. Gerry

Torres, and Tess Tan-Torres arrived not only with their 2 very cute grandchildren but also a supersized



"lechon" (roast pig) with the most delicious "pebre" (lechon sauce). Immediately, Danny Dimacali started carving out the "lechon" saving the extras and left overs for Lani Geluz to cook "paksiw na lechon" for the next Women's Cursillo weekend welcome last September. How food-smart are the Cursillistas! Joey Mendoza provided the



music ranging from sleepy elevator songs, religious hymns, and pop. Other dishes included fried Lumpia prepared by Heidi Catabas, the Pansit by Lani Geluz, and the chicken and pork grilled barbecue prepared by Lorna Cortes who kindly volunteered to prepare all the meats and even the barbecue grill. As soon as Fr. Rey Matunog arrived and blessed the food, everyone became focused on eating while Doris Agtarap, Zen Alejo, Nena Mendoza, and Ramon

Annual FCIC-LA Picnic



Geluz and Joey Mendoza assisted in the barbecue. When the eating seemed endless, Ramon Geluz decided to start the Picnic Games, beginning with the Annual Picnic Tug of War Battle of the Sexes. The Cursillista Ladies who were defending their 2023 Title, in spite of all their team effort, and bruises, lost in a 3 out of 5 from the Men Cursillistas who were very proud to be this year's Tug of War Champions. The Women vowed to win during the next 2025 Picnic Games. Volunteers joined in the Animal Calling Game which proved to be

the most fun and exciting for everyone. This was followed by the sack race and egg relay race that proved to be physically challenging for some, like Efren Alabastro, who ran the sack race with only one leg in the sack but still managed to finish. With the summer heat getting stronger, the Cursillistas retreated to the Canopied tables and benches and began an exciting game of "BINGO". Vina Dungo called out the winning numbers while Lita Vicente distributed the Gift Cards as prizes for the winners donated by the Secretariat members. Amidst all the fun and laughter, Fr. Rey Matunog reminded everyone of the importance of finding the time to relax and rest from our labors and to spend this time with Jesus Christ. It turned out that all our one way road experience on this day, ended in the same place, the FCIC-LA Annual Picnic 2024, in Friendship in Christ.

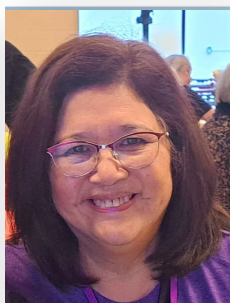


Annual FCIC-LA Picnic



Annual FCIC-LA Picnic





SCHOOL OF LEADERS (SOL)

By Doris Agtarap—SOL Chairperson

The School of Leaders for the 3rd quarter coincided with the first and second formation meetings of Men's Cursillo Class No. 1054

which were held in St. Barnabas Church, Long Beach on Aug. 17, 2024 and Immaculate Heart of Mary, Los Angeles on Sept. 21, 2024, respectively.

life. We Cursillistas must adhere to our motto: "Make a friend, Be a friend and Bring our friends to Christ". Father Rey also mentioned that when we receive the Holy Eucharist, we become like Christ and the Holy Eucharist is the source and summit of our faith.

Our Archdiocesan Coordinator Tess Torres was the Technique speaker and she summarized the



We were not able to have the School of Leaders in July to give way to the 34th National Cursillo Encounter held in Hofstra University, Hempstead, New York on July 25-28, 2024. Our very own Spiritual Advisor Father Rey Matunog, Archdiocesan Coordinator Maritess Tan-Torres and 6 more brothers and sister Cursillistas from Los Angeles attended the Encounter. I asked Father Rey to share to us as his Doctrinal Talk, the Spiritual Keynote: Eucharist, as the Central Focus of Cursillo given by Father Edwin Carreno which also coincided with the conclusion of the National Eucharistic Revival a week earlier in Indianapolis. Father Rey reiterated the homily of Cardinal Luis Tagle in National Eucharistic Revival emphasizing that the Holy Eucharist is a gift and we are sent to proclaim God's word to others. In the same token, Father Carreno said that the Christian, the Cursillistas who participate in the Eucharist learn from it, who become a promoter of communion, peace and solidarity in all circumstances of

National Cursillo Encounter talks regarding friendship, leadership and following up members in the post cursillo. She also mentioned that she was able to personally talk to Juan Ruiz, the National Cursillo Coordinator of the Spanish group, regarding the Step-by-Step implementation. She suggested that we would invite him soon as a Technique Speaker in the School of Leaders.



Last September 21, 2024, we had a guest speaker from the Philippines. Father Alfredo "Bong" Guerrero was

our Doctrinal speaker courtesy of Simon Paculan. Father Bong talked about the coming Jubilee year 2025 declared by Pope Francis with the

SCHOOL OF LEADERS (SOL)

By Doris Agtarap -SOL Chairperson

theme “Pilgrims of Hope”. He said that the Jubilee Year will begin on December 24, 2024, when the Holy Door of St. Peter's Basilica opens, and will end on January 6, 2026, when the Holy Door closes. He also said that in preparation for the Jubilee, Pope Francis asked that Year 2024 will be the “Year of Prayer”, the Holy Father launched it on Sunday, January 21, 2024, on the Fifth Annual Celebration of the ‘Sunday of the Word of God’. He enumerated the significance of the Jubilee Year 2025 as Pilgrims of Hope: Spiritual Renewal, Pilgrimage, Forgiveness and Reconciliation, Charity, Social Justice and Indulgences. It was informative and very lively, the Cursillistas enjoyed specially his jokes.

I did the technique presentation, since the Men’s Cursillo class was upcoming a week after, my topic was about “Friendship in the Cursillo Weekend” for being a Christian”. The friendship

and love of God in Jesus Christ are the center of what is fundamental for being Christian and, in the Cursillo Weekend, friendship continues to be the best method to transmit His friendship and love to all the new Cursillistas. It was a reminder that during the cursillo weekend, the new Cursillistas encounter himself/herself, encounter Christ and encounter others. I reiterated that when we serve during the Cursillo weekend, we need to prepare spiritually, offer palancas from our brothers and sisters from all over the world and work as a team to bring the new Cursillistas to Christ. We have to serve with humility, respect and make the new Cursillistas welcome. Aside from the Doctrinal and Technique presentations, we always start the SOL with Leaders’ Prayer, followed by Leaders’ Group Reunion. It usually ends with announcements and closing prayer. De Colores!!!!





34th Annual National Cursillo Encounter Held at Hofstra University

By Gerry Torres, Jr.

The 34th Annual National Cursillo Encounter took place at Hofstra University, NY from July 25-28, 2024, gathering over 600 Cursillistas from across the United States. Among the attendees were 8 members of the Filipino Cursillos in Christianity-LA, led by Rev. Fr. Rey Matunog, along with Archdiocesan Lay Coordinator Tess Tan Torres, Gerry Torres, Greg and Linda Pascual, Danny and Angie Dimacali, and Vangie Bravo.

The workshops focused on practical and spiritual elements of the Cursillo movement, with sessions like *Follow-up on the Post-Cursillo* and *Passing the Cursillo Torch*. Discussions followed each talk, allowing for deeper reflection, and the Filipino Cursillos in Christianity (FCIC-LA) delegation participated in group sessions, sharing insights and fellowship with English Language Group during breakout discussions.

One of the highlights of the Encounter was the *Regional Breakouts*, which provided an



The event was a vibrant and spiritually enriching experience, featuring key activities such as the Marian Procession, Apostolic Hour, Eucharistic Exposition, Confession, and Benediction. The central focus of the Encounter revolved around deepening the participants' understanding of the faith, with notable keynote speeches on critical topics like the *Eucharist: The Central Focus of Cursillos* (Spiritual Keynote) and *Christ, Person, and Friendship* (Laity Keynote).

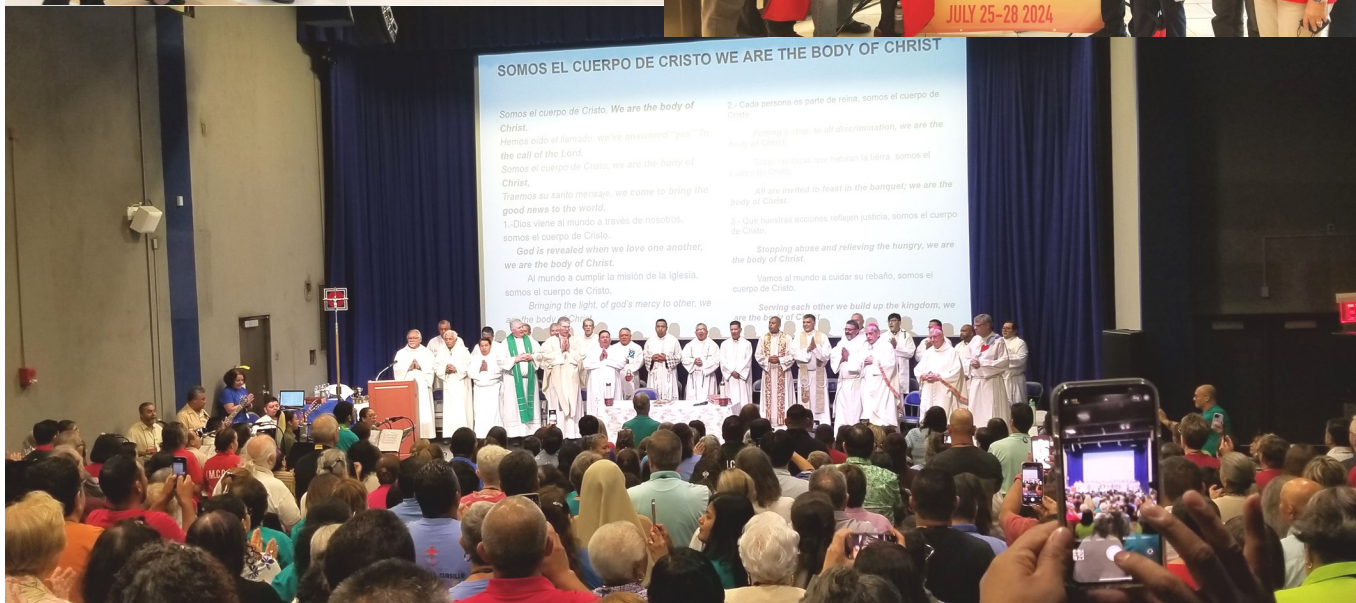


34th Annual National Cursillo Encounter, NY

by Gerry Torres

opportunity for regional groups to share their experiences and challenges. Participants also joined in the *Multilingual Rosary* and celebrated Mass together. The event concluded with *Fiesta Night*, a lively cultural celebration where Filipino Cursillistas from across California performed a choreographed dance, organized by Marissa Dela Cruz of the San Bernardino Diocese, CA.

The 34th National Cursillo Encounter was a memorable gathering, strengthening the bonds of friendship and faith among Cursillistas while reinforcing the Cursillo movement's mission of bringing Christ into their personal relationships and communities.



FROM THE SPIRITUAL ADVISOR - Rev. Fr. Reynaldo Matunog



Early this year, Sister Tess Torres, our Lay Coordinator for Filipino Cursillos in Christianity of the Archdiocese of Los Angeles (FCIC-LA), asked me if I could attend the 34th National Cursillo Encounter to be held in Hofstra University, Hempstead, New York in July 25-28, 2024. Honestly, I did not exactly know what it was all about. I just thought that being the FCIC-LA Spiritual Advisor, I should attend and accompany the Cursillo participants from Los Angeles. After having cleared my schedule, I committed myself and said 'Yes' to her. I was excited about it. After all, it would be my first time attending a National Cursillo event.

My experience in the National Cursillo Encounter has been very rewarding and faith enriching from beginning to end. The host Cursillistas from the different dioceses in New York were doing a fantastic job. Since the event was held in a university far away from downtown Manhattan, New York, they picked us up from the airport. They tried their best so that everyone would have a great experience and a pleasant stay during the encounter.

I have found it so gratifying to have met bishops, priests and deacons who like me are also serving as Spiritual Advisors in different dioceses in the United States. Moreover, it is always great to be in the company of brother and sister Cursillistas. I could feel the excitement, the joy and love in everyone, meeting new friends, sharing in the laughter during casual conversations, enjoying the food and refreshments together and spiritually united in prayer. I have also been blessed with the company of our brother and sister Cursillistas from Los Angeles, Gerry and Tess Torres, Greg

and Linda Pascual, Danny and Angie Dimacali, and Vangie Bravo. Indeed, it was an opportunity for us to bond and enjoy ourselves outside Los Angeles.

The National Encounter took place following the National Eucharistic Congress held in Indianapolis, Indiana last July 17-21, 2024. Hence, the Keynote Address centered on the Holy Eucharist being the Central Focus of the Cursillo. The Holy Eucharist is very essential in our Christian life, even more as Cursillistas. For us to be strengthened, we must be nourished constantly by the Lord Jesus in the Holy Eucharist.

I also would like to highlight the strong presence and participation of our brother and sister Cursillistas from the Hispanic community. I truly admired their dedication and enthusiasm. This is not to undermine my joy and appreciation for the Vietnamese, Korean and Filipino Cursillistas present.

I am truly grateful and blessed to have attended the 34th National Cursillo Encounter. It is truly memorable to be with brothers, sisters and friends. I have learned so much from it. It is definitely a valuable resource for updating and ongoing spiritual formation. It has deepened my love and commitment for Christ and for the Cursillo. If there is an opportunity to attend the future Cursillo National Encounters, I highly recommend it to everyone.

God bless and De Colores.

DAYS WITH THE HELPERS OF THE LORD (DWHL) CLASS NO. 19

The FCIC-LA sponsored retreat for youth 13 to 18 years of age was held on July 12 to 14, 2024 in Pomona Cursillo House Retreat Center, CA. There were 9 young adults who participated and was headed by Prefects Josh Manulat and Raymond Bernabe assisted by Vice Prefects Pam Guinto and Sean Angelo Tupaz. Ron Parcon was the only adult speaker who talked about bridging the gap between the parents and the teenagers. Fr. Rey Matunog was the in-house Spiritual Adviser. Effective in this class, Aya Morales, Prefect of Class 18 was appointed as Moderator with Assistant Archdiocesan Lay Coordinator, Nida Quenga coordinating the activities.



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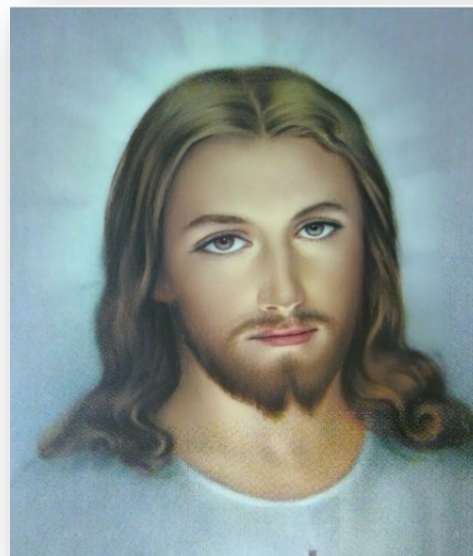
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Rosalie Sumagaysay-Kneebone

Imelda Llalave

Rev. Fr. Rey Matunog



Christ is counting on you!

CALENDAR OF ACTIVITIES

Oct 3 to 6, 2024 - Men's Cursillo Weekend

Rector - Rex Agtarap

Vice Rector - Joe Vicente

Oct 11-12, 2024 - Cursillo Region XI Fall Encounter

St. John Vianney Catholic Church

1650 Ygnacio Valley Rd., Walnut Creek, CA 94598

October 20, 2024

Welcome of Men's Cursillo Class No. 1054

hosted by Men's Class No. 1038

Immaculate Heart of Mary Church Auditorium

Santa Monica Blvd., Los Angeles, CA 90029

November 30, 2024 - 2:00p.m. to 5:00p.m.

School of Leaders' Meeting

St. Linus Catholic Church Hall

13915 Shoemaker Ave., Norwalk CA 90650

December 14, 2024

St. Linus Catholic Church Hall

13915 Shoemaker Ave., Norwalk CA 90650

Theme : OPM Filipino Classic - 70's

Attire: Bell Bottom Jeans/Mini skirts

January 15, 2025—Annual Feeding Program,

La Union, Philippines

January 30 to February 2, 2025

Men's Cursillo Class in Bulacan, Philippines

2025 Cursillo Classes—Pomona Cursillo

Retreat House, Pomona, CA

April 24 to 27, 2025 - Women

August 7 to 10, 2025 - Men

September 11 to 14, 2025 - Women

OBITUARIES: Please pray for the repose of the souls of Rod Maranan, Basilio Failma, Jesusa Santos, Josephine Paulo 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 perpetual light shine upon them. Amen.

INTERCESSORY PRAYERS: Please pray for the continuous healing of Bishop Alex Aclan, Billy Ricafort, Gilda Manalo, Rodel Balino, Philip Abiog, Freddie Soto, Glenn Agaton & family, Linda Pascual, Charito Bondoc, Henry Osio, Anselmo Maranan, Rachel Almeda, Shirley Lumanog, Tony Florendo, Orly Villalon and all those suffering from physical and spiritual challenges. We pray for them through the intercession of the Blessed Virgin Mary and all the angels and saints in the Mighty Name of Jesus. Amen.