



APG Newsletter

Make a friend,
Be a friend,
Bring a friend to Christ

LENT SEASON

POPE FRANCIS

"Let us journey together in hope,"

inspired by the Jubilee 2025 theme "Pilgrims of Hope," encouraging reflection, repentance, and a focus on prayer, fasting, and almsgiving.

A LENTEN REFLECTION ON PRAYER

by Fr. Paul, Spiritual Advisor

In our increasingly secularized societies and the ever-growing number of unbelievers, the Catholic Church earnestly seeks to regain the values that she can best offer to humanity.

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MY LENTEN SEASON

by Conrado P. Dizon

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56TH SRI LANKA CURSILLO CONVENTION

by Russell Juriansz



"Make a friend, be a friend and bring the friend to Christ" (Evangelization) as Pilgrims of Hope.

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KWARESMA IN THE PHILIPPINES: THE FILIPINO WAY



Kwaresma, or Lent, is a significant season for Catholics in the Philippines, focusing on reflection,

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ENTHUSIASM AND PASSION - APG

This vibrant mix of cultures and backgrounds ignites enthusiasm and passion.

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A LENTEN REFLECTION ON PRAYER



My dear brothers and sisters Cursillistas in Christ,

In our increasingly secularized societies and the ever-growing number of unbelievers, the Catholic Church earnestly seeks to regain the values that she can best offer to humanity. Many men and women nowadays also realize that human society will lose its way without contemplation and prayer. They recognize that safeguarding man's humanity is impossible without contact with the living God.

The Christians in the Asia-Pacific Region must become more fully a true community of prayer, an intensely praying community whose contemplation is inserted in the context of our time and the cultures of our people today.

Our Christian prayer is a conscious communion with God our Father, in Christ Jesus. It is the fruit of the Holy Spirit working in our hearts (cf. Rom 5:5), enabling us to turn to God and confidently call Him Father (cf. Rom 8:16; Gal 4:6). This prayer is always a gift of God. We pray in the name of Jesus (cf. John 16: 24, 26). We pray to Jesus (cf. 2 Cor 12:8; Eph 5:19; 1 Cor 16:22; Apoc 22:20), the mediator between the Father and ourselves (cf. 1 Tim 2:5). We pray with Jesus, the beloved Son ever turned lovingly to the Father (cf. Mt 11:25; John 17). In a very true sense, Christian prayer means "allowing Jesus to pray in us, allowing Jesus to be one with the will of the Father in our hearts."

Christian prayer is a prayer within the community of those who have accepted the Gospel, those who seek to live in communion with Christ, and those in fellowship work to second (incarnate) Christ's saving work within history. It is an ecclesial prayer.

Our Christian prayer is centered around the Eucharist, the source and summit of a uniquely sacramental worship. For in the Eucharist, the prayer of Jesus assumes its fullest expression and embodiment: the presence of Jesus in His dying and rising again for the world's life. In renewing His self-gift to the Father and His self-gift to us, He makes it possible for our living and dying to be taken into the mystery of His redeeming deed.

Christian prayer is a prayer of self-gift to the brethren. It creates the freedom and joy of loving commitment to others. "This is how we know what love is: Christ gave his life for us. We too, then, ought to give our lives for our brethren" (1 John 3:16). It enables us to find Christ in our brothers and sisters, especially in the suffering and the afflicted, in the poor and the powerless, in "the least of these." In all of them, we are enabled to see Him and serve Him, and thus this prayer sends us into the world and history to help transform them according to the designs of the heart of the Father.

These elements make up the core of Christian prayer. They have shaped the Christian tradition in both the Western and Eastern churches. They have brought into being the treasury of two thousand years of Christian spirituality and the contemplative and mystical experience of the saints. They are at the heart of the prayer life and ways of piety and devotion of the faithful in our Christian communities. All these are gifts that Christian prayer offers to the religious life of Asian men and women in their search for the living God.

What does it mean for the Church to become more fully a true community of Christian prayer, then? It means there must be a genuine renewal and revitalization of these realities in our prayer life. By God's grace, the experience of His presence and action must be deepened and intensified in us. Our hearts must be opened to the fresh outpouring of love, peace, goodness, gentleness – of all the fruits of the Holy Spirit (cf. Gal 5:22). Thus will our lives and the lives of our Christian communities express and embody more authentically before our Asian people the Good News we proclaim in joy.

Fr. Paul T. Nguyen

(Cf. FABC's "50 years of Asian Pastoral Guidance.")

My Lenten Season

by *Conrado P. Dizon, APG President*

Matthew 4:1-11 “The victory of Jesus against temptation”

During the Lenten season, I find myself engaged in deep soul searching and examining my conscience. I strive to *enhance my prayer life*, understand the *significance of almsgiving*, and *practice fasting*.

As the 2025 Lenten season approaches, I am reminded once again of the opportunity to reflect on my identity as a Christian. Each morning, I begin my day with a prayer while sitting on the edge of my bed, often listening to my four regular homiletics priests and the Cardinal as I tidy up my room. However, I frequently find myself tempted to scroll through Facebook, Messenger, and other apps, often losing track of time and realizing that two hours have passed.

My current challenge is to resist the temptation of scrolling on my mobile phone, which distracts me from prioritizing my day and losing opportunities to do good in my duty and responsibility as a Leader in Cursillo Movement.

I am grateful for the Cursillo method, which provides me with the chance to share the Good News with my brothers and sisters, helping them to encounter the living God.

KWARESMA IN THE PHILIPPINES: THE FILIPINO WAY

by *CM Philippines*

Kwaresma, or Lent, is a significant season for Catholics in the Philippines, focusing on reflection, repentance, and preparation for Easter.

During this period, many Filipinos practice self-discipline by abstaining from meat on Fridays. They actively participate in Mass and special prayers, including the "Stations of the Cross." Families come together to pray and discuss their faith and sacrifices, often engaging in Visita Iglesia, where they visit 7 to 14 churches.

Additionally, there is a strong emphasis on charitable activities, particularly during Penitensiya “Repentance” (a Holy Week tradition), where people practiced giving food (Caridad) especially on the Provincial streets. This season serves as a time for individuals to reflect on their mistakes and strive for personal improvement.

56th Sri Lanka Cursillo Convention

by *Russell Juriansz, CM Sri Lanka*

“Make a friend, be a friend and bring the friend to Christ”
(Evangelization) as Pilgrims of Hope.



Blessing of the New National Secretariat for 2025., by Rt. Rev. Dr. J. D. Anthony, Auxiliary Bishop of Colombo.

The Cursillo Convention 2025 was held on January 26, 2025, at St. Peter’s College, Colombo 4, bringing together members of the Cursillo movement for a day of spiritual enrichment, fellowship, and renewal of commitment to the movement’s mission.

The event was graced by the presence of the Chief Guest, Rt. Rev. Dr. Valence Mendis, Bishop of Kandy, and the Guest of Honor, Rt. Rev. Dr. J. D. Anthony, Auxiliary Bishop of Colombo. Their presence underscored the significance of the convention in strengthening the faith and evangelization efforts of the Cursillistas.

The day’s proceedings included inspiring talks, prayer sessions, and group discussions, all aimed at deepening the participants’ understanding of their role in the Church and society. The convention served as a platform for reflection on the core principles of the Cursillo movement—piety, study, and action—encouraging members to live out their faith with renewed enthusiasm.

One of the highlights of the convention was the address by Bishop Valence Mendis, who emphasized the importance of personal conversion and evangelization in today’s world. Bishop J. D. Anthony also shared his insights, encouraging Cursillistas to be authentic witnesses of Christ in their daily lives.

The event fostered a strong sense of community and reaffirmed the commitment of its members to the Cursillo mission. The Cursillo Convention 2025 was truly a blessed and inspiring gathering, leaving all participants spiritually uplifted and motivated to continue their journey of faith.

NATIONAL LEADERS AND SPIRITUAL ADVISORS MEETING

by CM Korea



National Leaders and Spiritual Advisors Meeting
March 14-15, 2025, Seoul



Palanca Offering

Please send your palancas to these local contact people, for offering prayers and sacrifices for their upcoming activities:

• CM Philippines

Diocese of Cubao

Email: cpdizon463@gmail.com

- Men's Three (3) -Day Cursillo Weekend on **April 6-9, 2025**

Archdiocese of Manila

Email: michaelnano79@yahoo.com

- Men's Three (3) -Day Cursillo Weekend on **April 10-14, 2025**

• CM Sri Lanka

Email: russellj@martin-bauer-hayleys.com

- Men's English weekend on **24th to 27th April, 2025** at Tewatte, Sri Lanka
- The Men's Sinhala weekend on **29th May to 1st June, 2025** at Tewatte, Sri Lanka.



Enthusiasm and Passion

by Bro. Conrado Dixon

During our visit to Vietnam, I would say it was the work of the Holy Spirit in all of us (Filipinos and Vietnamese). We happened to learn about their upcoming National Encounter. We asked Brother Anthony if we could go there and join, with a request to stay with a foster family to experience Vietnamese culture and establish friendship.

Since our visit to Vietnam 2 years ago and by the grace of God, we had the opportunity to be fostered by a devout Cursillo family. Our face-to-face encounter with the clergy and lay leaders brings us to dream of a Vietnam as a growing Christian country.

The openness and hospitality we experienced with the host community, the apostolic restlessness, and the witness of life of the clergy and lay leaders, especially Brother Anthony and Brother Tai, brings a light of hope in spreading Christianity.

The Catholic Church in South Korea, a young faith, is growing into a burning faith, as Pope Francis once said. The Catholic Church in Taiwan is slowly growing, and now Father Jose, a Spanish missionary priest from Madrid, Spain, living in the Diocese of Osaka, Japan, is planning to use Cursillo as a tool of evangelization. With this development the APG is becoming a potent force in evangelizing the Asian Region.

The proposed 5-minutes video presentation of the APG to the VI World Ultreya contributes to the increasing awareness of the leaders to be one, "John 17:21, remind us the importance of unity". With the growing collaboration on how to project APG in the coming VI World Ultreya is a manifestation of the presence of the Holy Spirit in all of us.

The current developing communication and exchanges of experiences in the APG is a sign of becoming a diversified IG of the OMCC and our friendship will be bolstered by the VI World Ultreya and the face-to-face contact in the coming 23rd APG Encounter; of course through the grace of God.

APG News Update

VI World Ultreya

June 6 at St. Paul Outside the Wall, Rome

List of member countries who will attending the VI World Ultreya.

- 59 adults and 5kids Vietnam Diaspora
- 103 Cursillistas South Korea
- 6 Cursillistas Philippines
- 3 Cursillistas Australia

APG has to prepare a five (5) minute video.

- Topic given is **Enthusiasm and Passion**
- All APG member countries to prepare a 45-60 second video clip about their Cursillo movement for the combined APG video.
- Alfred Bonggi drafted the first resonance for APG and emailed the Guidelines for Preparing and Presenting the IG Reflection.
- Anne Moloney shared the meeting to CM Australia and David McGovern, a Cursillista from Newcastle NSW Australia, has provided suggestions to assist APG countries to get started with preparation of a 45 second video where the goal is to highlight the challenges of evangelization in regions where Catholics are a minority.

APG Affiliation Fee

- APG affiliation fee to OMCC is set to \$3,000 per year
- South Korea has agreed the \$25 increase
- Australia is likely to approve an increase but hasn't officially confirmed
- Philippines cannot afford the \$25 increase per Diocese. They only offer to pay \$300 from \$200 annually.
- Vietnam and other countries are still considering the proposal

CM Korea Report

The following report outlines the activities and sessions conducted by the Korean Cursillo Movement across the dioceses during the first half of the year.

- 23 sessions for Men's Cursillo
- 24 sessions for Women's Cursillo
- 1 session for Religious Cursillo,
- Senior Cursillo, Coed Cursillo, and Youth Cursillo.
- The Post-Cursillo program held 6 sessions, while the Leaders School conducted 21 sessions and Leaders Training comprised 9 sessions.

Cursillo Upcoming Activities

- **Meeting of the OMCC with the Executive Committees of the International Groups**
June 01,02 & 03, 2025
- **Meeting of All the Movements with Pope Francis**
June 04 & 05, 2025
- **World Ultreya in Rome**
June 06, 2025
- **Jubilee Movements and Associations of the Faithful**
June 07 & 08, 2025
- **APG Encounter in the Philippines**
November 10-14, 2025, Caleruega, Batangas, Philippines



APG SERVICE COMMITTEE 2023-2027



Bro. Conrado P. Dizon
President, Philippines



Fr. Paul Tung Nguyen
Spiritual Advisor, Vietnam



Bro. Anthony Thinh Phan
Vice-President, Vietnam



Sis. Goreth C. Bendoy
Secretary, Philippines



Sis. Maria Anh Tran
Treasurer, Vietnam Diaspora



Bro. Alfred Bonggi
Int'l Rep. - Australia

APG MEMBER COUNTRY/s

US MILITARY, KOREA ENGLISH
US MILITARY, OKINAWA, JAPAN
VIETNAM DIASPORA
GUAM

SRI LANKA
VIETNAM
PHILIPPINES
HAWAII

AUSTRALIA
TAIWAN
SOUTH KOREA
SAIPAN CNMI

IDE COLORES!