



The Way and the Eagle

Cursillo Movement of the Archdiocese of Canberra & Goulburn

May 2026

From the Editor

Welcome to another edition of our newsletter for the Cursillo Movement. We are still within the season of Easter, a wonderful time of the year.

May our days be blessed by continued contact with our Lord.

De Colores!

Amanda (TW&TE Editor)

Enthusiasm for Faith

An enthusiastic mixed Cursillo was held from 17 to 19 April 2026 at Galong. The Cursillo attracted 14 candidates including 10 women and four men. We welcome Suzanne, Louise, Kathy T, Yvette, Vicki, Catherine, Tom, Selina, Frank, Elizabeth, Paul, Luigi, Stella and Margaret as new Cursillistas.



The program was delivered successfully without too much pressure to keep to time. All talks were delivered with confidence. Table discussions were enthusiastic and meaningful. Meal times and free-time periods were relaxed with such a wonderfully friendly group. Masses were holy and we were treated to the expert musical contributions of Karina and Jimmy. The Emmaus Walk once again had a significant impact, drawing together table-group members and deepening friendships in Christ. The Clausura was well-attended by members from the Cursillo Community and family of new Cursillistas. The new Cursillistas were happy to share testimonies of their experience and the growth of faith over the three days; many expressed how their early uncertainties had been transformed into a rich experience.



We thank Rose, Joseph, Kavee, Gerry, Celine, Fr Mick, Jeanne, Jimmy, Karina, Sr Kim, Glen,

Wilfred, Jane, Prakash and Ralph for being a great Team who formed naturally and truly showed the love of God. Unfortunately, Ralph became sick before the weekend and was unable to attend. Joseph and Rose brought their extensive experience as Chas, ensuring all ran on time and rollistas and prayer partners were supported. A fun fiesta was organised by Kavee and Jeanne. Jane ran another successful bookstall. Gerry drew together palanca from across the globe. A sincere thank you to Fr Mick for acting as Spiritual Director once again. Joseph was unfortunately injured on the evening of the second day and required hospital treatment, supported by Rose, however the Team pulled together and covered the Cha tasks for Rose and Joseph. The Team and Candidates rallied together around their concern for Joseph, making the encounter with others apparent and aligned to the talks of the final day.



De Colores!
Michael and Erica

Ultreya on The Holy Spirit

All cursillistas, old and new, are warmly invited to gather for our next Ultreya.

- Sat 23 May, 10 - 12
- St Monica's Church meeting room, 18 Deffell St, Evatt ([map](#))
- Theme: The Holy Spirit
- Hosts: Belconnen Ladies' Small Group Reunion

All are welcome. Perhaps bring a non-Cursillista friend who is considering their first Cursillo.

Please bring a plate of food to share.



Watreya!

Celebrating 60 Years of English Speaking Cursillo in the Canberra Goulburn Archdiocese

Gratitude, Friendship, and Mission

Sixty years ago, a simple “yes” sparked a movement in Canberra that continues to shape lives today, across Australia and around the world. If you are reading this, chances are you have lived a Cursillo weekend. You know how deeply it changed something in your life. And if that is true, then Cursillo matters to you—just as much as it matters to me.



Anniversaries are about more than remembering dates. They remind us that we are part of a living story, one that began long before us and will continue long after us. Every good story begins with gratitude.

Years ago, a small group of people said “yes” to a bold and uncertain idea. They trusted the Holy Spirit, trusted one another, and believed deeply that Christian friendship could change lives. With no roadmap and no guarantees, they took the first step and brought Cursillo to Australia.

Cursillo continues to grow because people continue to say “yes,” one invitation at a time. Yet each of us belongs to something far bigger than ourselves. Cursillo is a global movement, united through the OMCC with communities across continents, cultures, and languages, including our Asia Pacific Group. We are never alone; we belong, and we walk together.

This mission does not remain neatly contained within a weekend. It unfolds in daily life: in families, parishes, workplaces, and communities, through acts of kindness, listening without judgement, patient accompaniment, courage, and faithful presence. Often, it looks very ordinary, but it is precisely there that transformation occurs.

We do not replace the Church; we serve her mission. We walk together in a spirit of synodality, listening, discerning, and trusting the Holy Spirit to guide us.

This is our charism, officially recognised by the Church. It calls us to ongoing conversion and growth. Formation lies at the heart of this call, not merely formation for roles or weekends, but human, spiritual, doctrinal, and social formation that shapes us into better listeners, more generous companions, and humbler servants.

As we celebrate 60 years of Cursillo in Canberra-Goulburn, we do so in communion with the wider global Movement. This anniversary is both a moment of thanksgiving and a renewed call to fidelity.

The future of Cursillo does not depend solely on large initiatives or new programs, but on faithfulness in small, concrete ways: commitment to Post Cursillo structures, openness to ongoing formation, and willingness to serve when called. Even one faithful response can renew the Movement.

Perhaps it is a recommitment to your friendship group. Perhaps it is inviting someone to a weekend. Perhaps it is a call to formation, leadership, or quiet service.

Thank you for your faithfulness. Thank you for your leadership. Thank you for continuing to say "yes." May this milestone strengthen our unity, deepen our friendship, and renew our shared mission in the service of the Church and the world.

Ultreya!
Alfred Bongji

Walking with Jesus

A pilgrimage of faith relating scripture to daily life.

We are in the midst of a spiritual housing crisis! We are in the middle of a housing crisis. People long to find shelter and a stable place which they can call home. We have witnessed many governments and individuals seeking to address this issue, especially in a time when it is difficult to raise sufficient funds to make a deposit or afford the monthly repayments. How do we assist people to build on solid foundations, not just for this generation but for future generations?

It is against this background that we hear St Peter encourage people to build on the person of Jesus Christ as the living stone on which it is possible to create a living relationship with God. If you ask any builder, it is important to deal with a building's foundations before you let it take shape. This means that the sewer lines, electrical cables, and other essential items must be installed before a frame is ever created, bricks are laid, or a roof is set in place. This is where we start to realise that it is in baptism that we first encounter the person of Christ. We build on this foundation to continue to meet him daily. It provides the living encounter that forms us in our relationship with a faith community, where we can build our lives. This allows us to be reconciled, healed, and nourished and provides the sacramental witness of how people witness to their faith through marriage, ordination, religious life, and single commitment. You are a chosen nation, a royal priesthood, a consecrated nation set apart to sing the praises of God.

This living presence of Jesus Christ is also affirmed in the passages from John. Amid all the uncertainty we face, sometimes daily, we are called not to let our hearts be troubled. This may seem easier said than done, but it calls us to recognise the principle and foundation that becomes our touchstone for our faith. What scripture passage can we call to mind that will sustain us through each day? This is at the heart of Thomas question when he hears Jesus say that he will prepare many rooms for us so that we can be with him. This is not just about

careful planning for a future event, but about a present reality in which we meet Jesus as the Way, the Truth, and the Life. It also leads to Philip's deeper question about how we see Jesus in the events of this day. This can at times seem very abstract, but it is where we are called to be together as a prayerful community. We are called to witness to others through our presence that God is with us. This allows us to study the environment in which we work, noticing the graced moments when God is at work and when we are called to act. At the end of each day, we can examine how we have both cooperated with God's grace and resisted it. This gentle art of reflection allows us to surrender each day to receive and give thanks for how God is at work in our lives.

We also know through the Acts of the Apostles that people can be moved to focus on aspects of community life. At the heart of synodality is the need to listen not just to the loudest voice but the living heartbeat of Christ that draws people together. Where there are differences of opinion, we need to ensure that all the charisms are at work to build up a community of disciples who preach the Good News with their lives. At the heart of this is also a recognition that certain people are set aside for prayer and service of the Word. Yet a community is not just built on the work of one person but on the inspiration of the Holy Spirit, who fills us with wisdom to spread the Gospel in our times.

A faith community builds on solid foundations, not just the priests' but also the baptised's, who have formed a community. People in our own age are looking for a place where they can belong and call home. There is a spiritual housing crisis! This is not just about finding any place, but about seeking a continual renewal of faith that calls each of us to be disciples. This allows us to become people of prayer, reflection, and action who embody the words of the psalmist: "Lord, let your mercy be on us, as we place our trust in you."



De Colores

Fr. John Armstrong (Australian National Cursillo Spiritual Advisor)

From a war over a bucket to Living Water

In 1325, two Italian city-states went to war over a wooden bucket. Yes, really! It's the kind of story that makes us smile... and then asks an uncomfortable question: what "bucket" might I be carrying in my own heart? Modena, with about 7,000 soldiers, defeated Bologna's much larger force (around 30,000) at the Battle of Zappolino. The dispute is remembered as the War of the Bucket: Modena's soldiers took a bucket from a public well and refused to return it. About 2,000 people died. That's where the bucket stops being medieval history and becomes a mirror. Friendships and families can fracture over a single comment, a misunderstanding, or an old wound, things that later seem small (or are even forgotten), while the hurt remains.



Unforgiveness is heavy luggage. It drains joy, shrinks our "square metre", and makes it harder to be open instruments of Jesus in the world. The Gospel sets us a different goal: not to win an argument, but to win back a brother or sister, someone we hope to share Heaven with. Jesus even gives a practical pathway (see Matthew 18:15–35). Pray first. Then, if the Holy Spirit prompts you to act, follow Jesus' steps: speak privately and respectfully. If that doesn't help, bring one or two others for support and clarity. Only afterwards involve the wider community—and always with reconciliation as the goal, never humiliation.

This fits our Cursillo method: make a friend, be a friend, and bring your friend to Jesus. The challenge is to live that method not only with those we naturally click with but also with those who have hurt us and may be far from God. Our "square metre" includes them too. When we've been hurt, it's easy to replay the offence and rehearse our "right-ness." Yet when others were ready to condemn, Jesus said, "Let the one without sin cast the first stone." He alone was without sin. He could have condemned, yet He chose mercy. He held truth and compassion together, and He invites us to do the same.

So what happened to that famous bucket? The victors kept it as a trophy. It still sits in the basement of Modena's city hall, no longer fulfilling its original purpose of drawing water, just collecting attention. If we cling to old hurts, we can end up like that: made for grace, yet stuck as a monument to yesterday. Let's ask Jesus to empty whatever we're carrying and fill us again with His living water.

De Colores
Alfred Bongsi

Diaconate Ordination of Anthony Karaira

Rose and Joe attended the ordination of Anthony Karaira last week. The whole church was packed. It was a truly joyful celebration and Anthony was ecstatic. The liturgy organised by Lukasz, another seminarian, was excellent and the choir of which Isaac de Raadt, one of our local cursillistas, was a part was wonderful.

Below are some photos of Anthony during the ordination.





Prayers

Prayer for the 60th Anniversary of Cursillo

Gatherer of all good memories
We have come to celebrate 60 years of Cursillo
You have been a companion for each one on our journey.
You have been the Breath of Life
For everyone who has birthed a child,
Wedded a lover, buried a dear one.
You have sown the deep seeds of faith
Through the fidelity and the generosity of those
Who have served You through Cursillo.

While our world is weary and worn with pain
May we take hope and find courage
In what we celebrate:
The strong faith of those before us
The friendships formed through Cursillo
The generous leadership of all those on teams
The goodness of each one willing to reach out
And be there in times of need.

We thank you Gracious God, for our faith
And for the graces given to us through Cursillo
We thank you for the nourishment we have received
And for those who provided a source of nurturing faith
For all who came seeking you.



May we be filled with hope
Knowing that for over sixty years
We believed in your constant Presence,
Accepted your Grace, shared your Love
And celebrated your Life with one another. Amen

Prayers for the Community

I ask for you to prayer for Cursillistas who are struggling with ill health and other challenges. I also ask for your continued prayers for the Cursillo Movement and our activities.

Links for your Reflection

- [Fr. John's reflections for your spiritual nourishment](#)
- [Minute Meditations from Franciscan Media](#)
- [St. Francis of Assisi and His Canticle of the Sun from Franciscan Media](#)

Save the Dates

May

- Sat 23 May - Ultreya presented by Belconnen Ladies

June

- Sat 27 Jun - Spirituality Day presented by Belconnen Roses

August

- Thu 13 Aug - TW&TE contributions due
- Sat 22 Aug - Ultreya presented by Kippax Men

September

- Sat 19 Sep - Ultreya presented by Online Men

October

- Sat 24 to Sun 25 Oct - 60-Year Retreat

November 2026

- Thu 12 Nov - TW&TE contributions due
- Sat 28 Nov - 2026 Christmas Ultreya

Next TW&TE



The next 'The Way and The Eagle' will be in August 2026. If you would like to contribute, please email the editor by Thu 13 Aug. Any contributions are appreciated, particularly stories about our 60 year history. It is always welcome and nice to hear from friends from afar.

News from OMCC

In March, the international Cursillo body (OMCC) gathered in South Africa with Cursillo leaders from across the African continent. Leaders from Benin, Togo, Ghana, Lesotho, Uganda, and South Africa came together for what was a truly inspiring and joyful encounter. The meeting was a wonderful opportunity to connect with Cursillo there, and has sparked fresh energy and enthusiasm for Cursillo in the region. While the movement's growth was unfortunately impacted by the COVID 19 pandemic, it was encouraging to be part of the process of reawakening it and rebuilding its momentum. An initial plan to support this renewed growth has already been developed and is now underway. As part of this, the OMCC has asked the wider Cursillo community to keep Africa, especially, in their prayers. The first Friday of every month has been set aside as a dedicated day of prayer for Africa.





ORGANISMO
MUNDIAL DE CURSILLOS
DE CRISTIANDAD

PRAYER FOR AFRICA CURSILLO

Heavenly Father,

In Your infinite love and providence, we lift up to You the Cursillo Movement in Africa, Pour out Your Holy Spirit upon all who serve in this mission, that it may bear abundant fruit for Your Kingdom.

Lord Jesus Christ,

You called Your apostles to go forth and **make disciples of all nations**. Strengthen all leaders and **participants of Cursillo**, that through their witness, faith may be renewed, hearts converted, and communities transformed in Your love.

Through the **powerful intercession of Saint Paul the Apostle**, patron of the Cursillo Movement and missionary to the nations, grant zeal, courage, and perseverance to all who proclaim the Good News across Africa.

Through the humble and faithful intercession of **Saint Joseph**, guardian of the Church and protector of Your people, guide and safeguard this movement. May it grow in unity, integrity, and holiness, always rooted in the truth of the Catholic faith.

We unite this **prayer** with those of **Francisc Napoli** and **Father Isaac Abanyie**, asking that their intentions be heard and fulfilled according to Your divine will.

Mary, Mother of the Church, pray for us and accompany this mission with your tender care.

We ask this through Christ our Lord.

CHRIST • OUR LIFE • CURSILLO • OUR MISSION • AFRICA • OUR FIELD

Request for 2026 Donations

The Australian Catholic Cursillo Movement in the Canberra-Goulburn Archdiocese relies on your donation as its primary source of finance. This is mainly used to support Cursillo candidates who cannot pay the full amount.

Please consider making a donation of \$25. If you can contribute more towards the subsidy of participants to attend future Cursillos, it would be appreciated.



Methods of payment

1. Cheques payable to The Cursillo Movement posted to PO Box 28, Curtin ACT 2605
2. Electronic Funds Transfer to BSB: 062786, Acct: 000022730, Account Name: Cursillo Movement, Reference: your name.

Thank you for your ongoing support.

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