



The Way and the Eagle

Cursillo Movement of the Archdiocese of Canberra & Goulburn

August 2026

From the Editor

Welcome to another edition of our newsletter for the Cursillo Movement. We are heading towards Spring a time of renewal and warmer weather.

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

De Colores!

Amanda (TW&TE Editor)

Ultreya - Pilgrims of Hope

Our next Ultreya will be next week on Saturday.

- Sat 15 Aug, 10 - 12
- St Monica's Church meeting room, 18 Deffell St, Evatt ([map](#))
- Theme: Pilgrims of Hope
- Hosts: Belconnen Mens' Small Group Reunion

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

Contributions towards morning tea will be appreciated. Please bring a plate of food to share.



Ultreya!

Canberra-Goulburn Cursillo 60th Reunion

Calling all Cursillistas, old and new! Set your calendar for our Reunion.

- **Sat 24 to Sun 25 Oct**
- Hayden Hall, St Christopher's Cathedral Parish Centre, 55 Franklin St, Forrest ACT 2603 ([map](#))
- Weekend style: live-out (come during the day, go home at night)
- Program: reflections, discussions, meals, Mass, fun and games

Registration information will be shared soon.



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

Fourth Day

Hi fellow Cursillistas

It was wonderful to share the Cursillo journey with you all. I hope your Fourth day is going well.

My 2026 Cursillo ended on a high when I met during the afternoon tea with three of the men - Rod Gardiner, Alfred Bongi and Gary Potts - who shared my first Cursillos with me all those years ago. How extraordinary that they should turn up at the end of the weekend to meet everyone. I call that a 'Godincidence'.

I did my first Cursillo in October 1995 and the following year I was on the presenting team for my second Cursillo in October 1996. Both were held at St Michael's noviciate in Goulburn. Alfred was the lay director for my first Cursillo and Rod was part of the presenting team. For my second Cursillo, Father John Rate (a good friend who had talked me into being on team) was the spiritual director and



Rod and Gary were part of the presenting team. I've attached the group photos from the two Cursillos. I had red hair back then. In those days the Cursillo went from Thursday night through to Sunday afternoon, and was men only.

At the second Cursillo I gave the Leaders talk. I was able to find a digital copy of my talk, but it was a word document which I had trouble opening because it was incompatible with the latest Word application. I eventually found a workaround and reading the talk brought back so many memories of where I was in my faith journey then, and it reminded me of how wonderful it is to be part of Cursillo and to share it with such a great bunch of people.

I feel renewed and I hope and pray to you do as well.

De Colores

Paul



Walking with Jesus

In our own age where do we go seeking to find life?

We celebrated the Feast of St James on 25th July. This is the person who was the first apostle to be martyred for the faith. He was taken by legend by two of his disciples and buried in a field in Northern Spain. In 823 a peaceful hermit, known as Pelayo, lived in his house in the Forest of Libredãñ. In the evenings, mysterious lights, coming from the forest, began to capture his attention. Surprised at the strange radiances, Pelayo decided to share his restlessness with Teodomiro, the Bishop of Iria Flavia, at that time. Both men came to the place where the flashes came from and discovered the Marmãrea Ark, which was buried. So, the lights were interpreted as divine signs.

Inside it, rested three bodies. They were quickly attributed to Santiago the Apostle and the two disciples, Anastasio and Teodoro who guarded his remains until their death. The bishop immediately informed the King in those years, Alfonso II, of the surprising discovery. It was this discovery that

initiated this place of St James Tomb as a pilgrimage place that is now known as Santiago de Compostella, or literally St James in the field of stars.

So why do millions of pilgrimages journey to Santiago in our day. This has become popular since Pope Pius XI and later Pope Pius XII saw it as an important place of pilgrimage for our modern age as it sought to reunite Europe after the ravages of war. Many movements that were birthed at that time took up the challenge to provide leadership to the Christian World including Cursillo, Opus Dei and the Neo Catechumenal way. But it recognised how the Christian faith was born at a time where destructive conflict had been ever present in people's lives. There was a call to find a new way that sought to look deeply within their own hearts for a rule of life that could sustain them in a world that sought to rebuild hope. This includes such movements as Taizé, Focolare and Young Christian Workers among many others.

There was a desire to find life that allowed people to build on solid foundations.

In the gospel today we hear the same movement arising in people's hearts the seeker, the finding, the joy and the seeking to invest everything in this treasure. In our own age this goes against the smorgasbord approach to life that seeks to find a little bit of goodness in everything.

We are called to develop a discerning spirit as we have heard over the last week that seeks to find good seed in our lives. It is where we are called to listen to the voice of God in scripture, in our sacramental celebrations and in our daily lives. Father Brendan Byrne SJ notes that in The First Reading, 1 Kings 3:5, 7-12, "comes in here in the sense that what Solomon prayed for - and received - was a discerning heart, a heart that, amid all the wealth and opportunity with which he was surrounded, could tell what was of true and lasting value."

As Father Brendan Byrne SJ comments: "The two brief parables encapsulate the essence of Christian spirituality. Christian life requires a measure of detachment. It requires freedom from being completely absorbed and immersed in the attractions, pleasures and concerns of this world - not because these are bad in themselves but because we have been 'captured' by a sense of God's love and God's future for us that relativises all these things and puts them in their place. We do not yet possess the treasure but the prospect of it, unseen but grasped in faith, is already working transformation."

So, in our own age where do we go seeking to find life? What will sustain us in on journey of faith? Who do we discover that will help us discover the kingdom of God that is ever ancient and ever new?



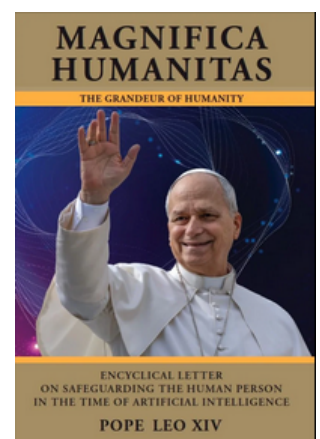
De Colores

Fr. John Armstrong (Australian National Cursillo Spiritual Advisor)

AI for the Common Good

Technology companies (and nations) are investing unprecedented amounts building bigger data centres in a race to develop more powerful AI models. This comes at a cost in energy (and in turn the environment), increases the demand of computing hardware (disadvantaging regular consumers) and introduces concerns about remote warfare, employment, education and the manipulation of information and opinion. To provide a return on their investment, technology companies pressure people and businesses to use AI, overstating its benefits while asking users to overlook its negative aspects.

In May, Pope Leo XIV released the encyclical [Magnifica Humanitas](#) (On Safeguarding the Human Person in the Time of Artificial Intelligence). From my perspective as an IT professional, the encyclical is well informed and avoids outright rejection of AI and other technologies, instead directing people towards a focus on the dignity of humans as AI technologies are developed.



Through analogy drawn from Biblical imagery and reference to past encyclicals, the use of AI is considered within a Social Doctrine framework. Technology, including AI, should:

- seek to improve the common good of society, rather than advantaging individuals with access and wealth;
- be made available to all people, regardless of their situation or location;
- foster subsidiarity by enabling people within their local communities;

- encourage solidarity among God's people, rather than division according to social groupings, in real-world and digital landscapes, both now and into the future and
- allow all people to work and contribute, rather than being replaced by technology.

The impact of this encyclical has had a greater moral impact than any government has been brave enough to attempt. For us as Catholics and Cursillistas, we should consider the cost of our use of AI. We should "disarm" AI by asking how it impacts people within our square metre and around the world, and demand that AI and other technologies are developed for the common good of society.

De Colores
Michael

Inspiring quotes

"The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day." St. Gianna Molla

"The Eucharist is the secret of my day. It gives strength and meaning to all my activities of service to the Church and to the world." Pope Saint John Paul II

"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love." St. Mother Teresa of Calcutta

"It isn't good to let our thoughts disturb us or worry us at all." St. Teresa of Ávila

"Life with Christ is a wonderful adventure." St. John Paul II

"Be who God meant you to be and you will set the world on fire!" St. Catherine of Siena



Invitation and Request to Cursillo Community from Kairos Outside Canberra

Greetings in the name of our Lord and Saviour Jesus Christ, to you and all in the Canberra-Goulburn Cursillo Community. On behalf of Kairos Outside (KO) Canberra we would like to invite and request

the Canberra-Goulburn Cursillo's prayer support and attendance at KO Canberra's upcoming guest weekend this August, please. An advertisement/flyer is below with the full details. Please promote and circulate it for us to your community. We look forward to welcoming you all in person in August and thank you sincerely for your prayers for us.



Thanking you. Blessings always, Mary Miliano (Agape Coordinator, Regional Committee, Kairos Outside Canberra)

Kairos Outside Canberra

Kairos Outside in Canberra provides support for women aged 20 and over with a relative or friend who is current or former prison inmate. We are holding a local guest weekend (retreat) for women with a safe and understanding environment on 21-23 August.

We warmly invite the Canberra-Goulburn Cursillo Community to attend our:

- **'Walking in Love'** event - Saturday evening (22 August) - arrive at 7.30pm for a 7.45pm start @ YWAM, 76 Federal Highway, Watson, ACT, 2602 (entry off Aspinall St) and
- **'Closing Ceremony'** - Sunday afternoon (23 August) - arrive by 3.00pm @ YWAM, 76 Federal Highway, Watson, ACT, 2602 (entry off Aspinall St)

We also ask if you could keep us in your prayers please. There is a Prayer Vigil if you could take a time on it please: <https://signup.com/go/zjwbvsn>

Enquiries to:

- Liz Fyfe or
- Brigita Osolnik

Links for your Reflection

- Fr. John's reflections for your spiritual nourishment
- Minute Meditations from Franciscan Media
- Catholic Daily Reflections

Save the Dates

August

- Sat 15 Aug - Ultreya presented by Belconnen Men (please note change of date)

September

- Sat 19 Sep - Ultreya presented by Online Men

October

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

November 2026

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



Next TW&TE

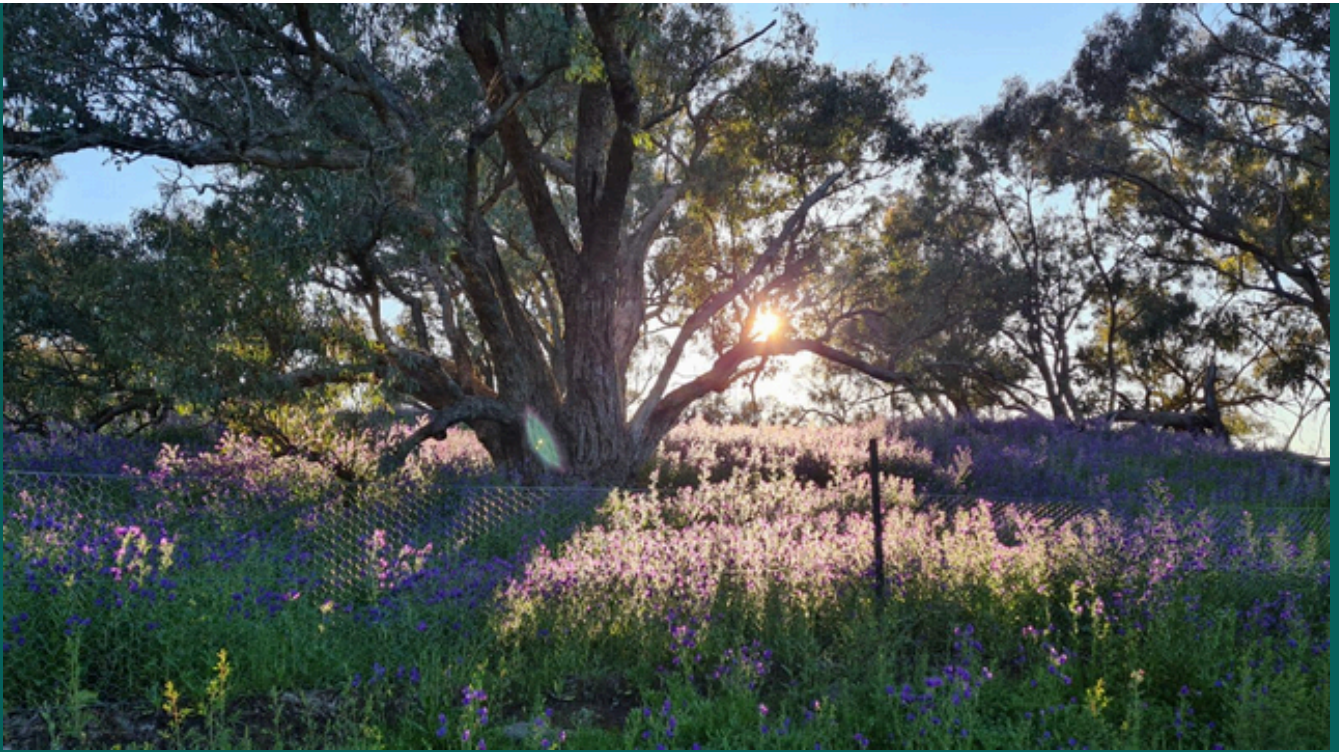
The next 'The Way and The Eagle' will be in November 2026. If you would like to contribute, please [email the editor](#) by Thu 12 Nov. Any contributions are appreciated, particularly stories about our 60 year history. It is always welcome and nice to hear from friends from afar.

Prayers

Poem from My Catholic Life - Teach Me To Sleep

Lighting flashing,
Water splashing,
How can you sleep?
Thunder roaring,
Torrents pouring,
Still not a peep.
Waves arising,
Agonizing,
Tossed to and fro.
Care uncaring,
Hope despairing,
Where shall I go?
Tempest raging,
Fear engaging,
Pondâ€™ring the deep.
Jumping, sinking,
Calling, thinking:
Was I asleep?
Heart awaking,
Hope partaking,
At your command.
Waters rending,
Love extending
Your saving hand.
Demons hushing,
Stillness rushing
Across the sea.
Wind obeying
Jesus saying:
â€œHave faith in me.â€
Future sailing,
Courage failing,
In safety keep.
Storm winds gusting,
Mercy trusting,
Teach me to sleep.

Fr. Timothy J. Draper



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.



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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