

NEWSLETTER

Filipino Cursillo Movement of San Diego, CA | Volumn XLV, Issue 13 | December 2025



Lets hear from the Volunteers - When compassion meets action

*Good Samaritans
that want to make
a differences*

In the heart of downtown San Diego, where the gap between abundance and need is often just a city block, a group of extraordinary individuals is making a profound difference. They're not waiting for someone else to solve the problem. They're not making excuses.

Continue talk the Volunteers

They're showing up, rolling up their sleeves, and proving that when ordinary people do extraordinary things, miracles happen.

The Power of 300

Three hundred hot meals. Three hundred moments of dignity. Three hundred reminders that someone cares.

On November 20th and December 18th, 2025, volunteers gathered at St. Vincent de Paul to prepare spaghetti meals for homeless individuals living on the streets of downtown San Diego. But they didn't stop at just food.

Understanding that hunger comes in many forms, they also provided:

- Dozens of warm blankets for cold nights on the streets**
- Fresh oranges packed with nutrition and vitamin C**
- Tissue paper and essential hygiene items**
- Bags of clean clothing for both men and women**

These aren't just statistics. Each item represents a thought, a prayer, a moment of someone saying, 'You matter. You are seen. You are not forgotten.'

The Faces of Hope

Look at the photograph. Really look at it. You'll see something remarkable: joy. Despite the challenging work ahead, despite the cold evening, despite knowing the immense need they're about to address—these volunteers are smiling. Why? Because they understand a truth that the world desperately needs to remember: serving others doesn't drain us. It fills us.

Standing together under the dramatic San Diego sky, this diverse group represents the very best of our community. Young and old. Different backgrounds, different stories, different paths in life. But united by a single, powerful commitment: to show up for those who have nowhere else to turn.

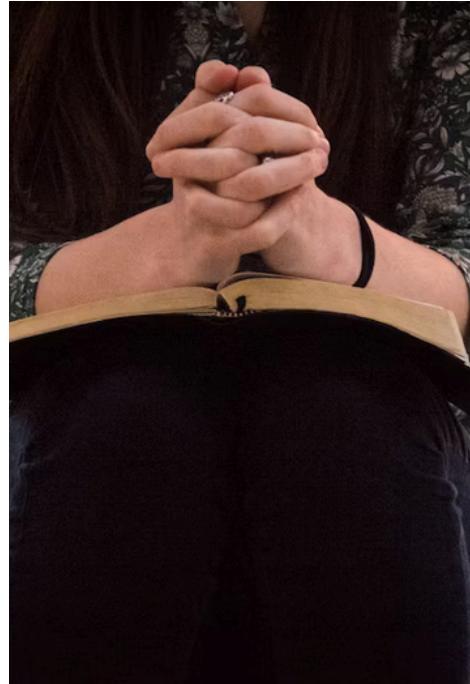
Continue talk the Volunteers

The person wearing the 'FAMILY ABOVE ALL' shirt? They're living those words. Because family isn't just who shares your last name—it's who shows up when you're hungry, cold, and forgotten by the rest of the world. This team, gathering twice in November and December, embodies that expanded definition of family.

Why This Matters Now

Homelessness in San Diego continues to challenge our city. Behind every statistic is a person—someone's son or daughter, maybe someone's parent, perhaps a veteran who served our country. They're not invisible, though society often treats them that way.

These volunteers refuse to look away. They refuse to walk past. They refuse to leave the work to 'someone else.' And in that refusal, they're issuing a challenge to all of us:



What will YOU do?

How You Can Join This Movement

You don't have to be in the photo to be part of this story. Every great movement starts with individuals saying yes. Yes to compassion. Yes to action. Yes to being the change they want to see.

Here's how you can help:

Financial Donations

“For where two or three are gathered in my name, I am there among them”

MATTHEW 18:20

Your financial support allows this team to expand their reach. Every dollar buys ingredients for hot meals, warm blankets for cold nights, and essential supplies that restore dignity. Whether it's \$10 or \$1,000, your contribution directly impacts lives. No amount is too small when it comes from the heart.

Continue talk the Volunteers

Donate Supplies

Clean clothing, new blankets, hygiene products, non-perishable food items—these tangible gifts meet immediate needs. Contact the team to learn what items are most needed and where to drop them off.

Volunteer Your Time

Join the next meal preparation session. Bring your family. Teach your children what compassion looks like in action. The time commitment is just a few hours, but the impact lasts forever—both for those who receive and for those who give.

Spread the Word

Share this story. Post it on social media. Talk about it at your workplace, your church, your community center. Awareness creates opportunity, and opportunity creates change.

The Ripple Effect

Think about this: when someone experiencing homelessness receives a hot meal, a warm blanket, and a kind word, something shifts. Maybe it's the first time in weeks that someone has looked them in the eye. Maybe it's the first time in months they've felt warm. Maybe it's the moment they remember that they still matter.

And that moment? It can change everything. It can be the difference between giving up and holding on. Between despair and hope. Between invisible and seen.

But here's the beautiful secret these volunteers have discovered: the transformation isn't one-way. Yes, they're changing lives on the streets of San Diego. But they're being changed too. Because when you give from the heart, when you serve without expecting anything in return, when you look into the eyes of someone society has forgotten and say 'You matter'—you become more fully human yourself.

Your Moment Is Now

The volunteers in that photograph? They're not superheroes. They're ordinary people who decided to do something extraordinary. They have jobs, families, responsibilities, challenges of their own. But they chose to show up anyway.

Continue talk the Volunteers

And now it's your turn.

You have the power to extend this circle of compassion. Your donation—whether money, time, or supplies—multiplies the impact of this beautiful work. Together, we can ensure that no one on the streets of downtown San Diego goes to bed hungry, cold, or forgotten.

The next gathering is approaching. Three hundred meals are waiting to be made. Dozens of blankets are waiting to be distributed. And hundreds of hearts are waiting for the reminder that someone cares.

Will you be part of making that happen?

Because when ordinary people do extraordinary things,

miracles happen—one meal, one blanket, one act of kindness at a time.

Join us. Make a difference. Change a life.