

Dear cursillistas,

I'm currently preparing the new website for **Cursillos of Christianity in Japan**, and I would love it to be filled with real faces and real voices: **your testimony**. Your experience could be exactly the light someone else needs to take the step, come closer to God, or return to the Church.

That's why I'd like to invite you to record a **short video testimony** so we can publish it on the website.

What should the video include?

- **Introduce yourself:** your name (and, if you'd like, your city or community).
- In a few words, share what the Cursillo has meant for you: what you discovered, what changed in your life, what you're taking with you, and what sustains you today.

Simple guidelines to record it well

- **Horizontal video** (landscape), **NOT VERTICAL**.
- **Maximum length: 3 minutes**.
- **Medium close-up shot:** from about the chest/waist up (avoid filming from far away).
- **Speak clearly and a bit slowly**, so the audio is easy to understand.
- If possible, record in a **quiet place with good lighting** (ideally with the light in front of you).

How to send it

When it's ready, please email me at joseramon@misionjapon.es and I'll tell you the easiest way to share the file (for example, by sending a link or uploading it).

Thank you from the heart. Truly: **your testimony can open new paths for others**.

De colores!

