

# THE FOURTH DAY

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Quarterly

The **FOURTH** Day is a Regional Cursillo quarterly publication for the Diocese of NC

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## Decolores, Y'all for 2020!

( from [www.seas-np.org/CursilloReflections](http://www.seas-np.org/CursilloReflections) )

Cursillo is a “short course in Christianity.” The Weekend begins on Thursday evening and ends on Sunday evening. Cursillo offers the opportunity for personal growth in your faith, thus allowing to better share your faith with others. The goal of Cursillo is to make Christ the prime influence in society by helping Christians better understand their power and mission to become leaven in civic, social and economic life. We need Christian leaven in the world!! Are you interested in being that leaven in your corner of the world?

It's a New Year ... a time for new beginnings and fresh starts. Cursillo is a great way to stop and take a look at your life. Who are you? Where have you been? Where do you want to go? Ralph Martin, international religious speaker and author, said, “I knew that the most important decision that I have ever made in my life was to surrender my life to the Lord on Cursillo, to go to confession, to get reconciled with the Lord ... but I also knew that what attracted me to the Church wasn't the buildings, wasn't the stained glass, but it was the person of Jesus Christ. Jesus Christ is the mystery of the Church ... Jesus Christ is the heart of the Church ... and I knew that I needed to develop that personal dimension of relationship with Jesus if I was going to persevere ... that it wasn't going to be enough to just be part of the crowd ... I needed to know Him ... I needed to be with Him ... I needed to let that grow.” How about you – do you need a better relationship with our Lord?

Cursillo may provide the encounter you are looking for.

Cursillo aims to transform in a Christian way, the environments where people live and work. Because the task of bringing Christ to our environments is not an easy one, Cursillo has two very important means for growing and persevering in the Christian life following the three-day weekend: Group Reunion and Ultreya. The Group Reunion is a small group of friends who meet weekly to share with one another their efforts toward growth in piety, study and action; it also provides the support needed to persevere in challenging times. The second means of growing and persevering is the Ultreya (a Spanish word meaning “Onward!”), which is a gathering (usually monthly) of the larger Cursillo community. Cursillo teaches that conversion is not limited to one experience. Though conversion does have a starting point, it is ongoing and, thus, occurs during every minute of every day. Cursillo gives you the tools to better understand your faith and then share it with those in your everyday life ... it gives you the tools to evangelize. Many of us have experienced a profound conversion on a retreat intending to make changes in our lives, but over time, we fall back into the same ol' ruts. The followup tools of Group Reunion and Ultreya help the cursillista to continue daily down the path of conversion and growing closer to Christ ... and we bring our brothers and sisters with us

## HEAR YE, HEAR YE!!!!!!

**ANNOUNCING CURSILLO #109  
FOR 2020! AUGUST 6TH THROUGH  
AUGUST 9TH AT CAMP WALTER  
JOHNSON     DENTON, NC**

**CUSILLO #109 - INQUIRE WITH YOUR  
PARISH or Email DAVE MOON AT  
WILLIAMDMOON@GMAIL.COM**



**Make a friend.  
Be a friend.  
Bring a friend  
to Christ.**

**Forms for sponsoring pilgrims and  
candidates' information can be  
downloaded by visiting  
NCCursillo.org under the application  
forms**

### **Cusillista Clergy Speaks**

From Rev. R. Cook

Early on in my ministry I was the Bishops Canon for youth ministry in the Diocese of Southeast Florida. Early on in that ministry I kept hearing words like Cursillo, Decolores, servant, ministry. It was not long before I discovered these were coming from the adults who served on the Youth Commission. People soon asked me if I wanted to attend a week-end. I was really busy, all over the diocese, in a different church every weekend. I had a perfect excuse which was also very real - My work kept me from going on the weekend. Then one week the Bishop's Secretary

poked her head into my office and asked me if we could talk. She was a very important person to the youth ministry. I listened for a good discussion and ended up signing the application. My weekend did not come right away, probably 9 months following our discussion. Several of my friends then followed with their own weekends. The youth leadership took on an entirely new and a very much action and healing approach. Youth in the diocese began working together, 11 of them attended the Episcopal Convention in Denver. Four or five of the young people have gone on to seminary. I tie the youth in with the people who attended Cursillo because the adults were some of the best youth ministers I have ever known and gave their life and spirit to the youth. When I left the Diocese of Southeast Florida I became the rector of a church in Lakeland, Florida.

One of the first things I did was talk to the vestry about Cursillo. They all said NO WAY, the previous rector had totally destroyed the potential. The next thing I said to them was I wanted six people to attend and then come back and tell people about their experience. I told them I did not care what they had to say and if they did not find it valuable - tell people just that. One of the best things that happened was the senior warden said he would go and people did know he talked the truth. Charlie had one of the largest accounting firms in Central Florida, was the treasure of the church and people always listened to Charlie. Charlie chose to attend in March of my first full year. (Note Tax season). Charlie came back and on the Monday of his return his - by far largest - client came into his office with boxes of payment and pay roll forms. He laid them on his desk. Charlie looked up and the man saw his Cursillo Cross. The guy stood straight up and said "What the hell is that?". Charlie told him it was his Cursillo Cross. The guy (keeping his usual demeanor) asked "and what does that mean?" Charlie in his usual accountant decorum replied, "It means I am not doing your taxes any more". Everyone on that Cursillo (From the church) was excited and every year thereafter had a full complement of leaders from the church. For five years we had 6 people on every Cursillo (two Cursillos a year totaled 60 very active leaders). When I moved to Greensboro I found a young Cursillo community that was working very well in the church. We worked the annual Book Sale, Worked

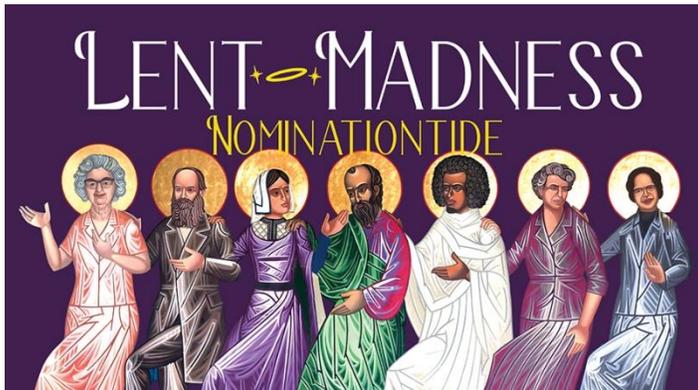
around the church, repainted all the classrooms and opened up a house for expanded youth ministry. All the way along I found God's presence working in the hearts of the people. We populated the leadership team for the weekends and guided people on their journey. Everything we did was God inspired. The Cursillo people populated a lot of what God inspired in the church. Cursillo was a solid rock of the marriage of Bob and Sandy Cook. The weekend is lay led with Clergy support. Sandy and I worked several weekends and she was Rector for one weekend. What a place of love, joy and Holy Spirit.

Grace, Peace, Love and Joy in Jesus

Father Robert Cook (Retired) Christ Church,  
Walnut Cove

~\*~

## Lent Begins Feb. 26 – Join the Fun!



Vote for your favorite saints candidates!

Lentmadness.org

## Ultreyas

Greensboro / High Point / Winston-Salem; 1/12<sup>th</sup>, 3/8<sup>th</sup>, 6/14<sup>th</sup>, 9/13<sup>th</sup> & 11/8<sup>th</sup>. St. Matthews 1100 Salisbury St., Kernersville. A potluck meal will begin at 5:30 pm followed by the Ultreya. Contact Patrick Sullivan at [macgregor2@windstream.net](mailto:macgregor2@windstream.net)

Charlotte / Concord; 2/9<sup>th</sup> At the Parish Hall of All Saints' , 525 Lake Concord Rd NE, Concord, . A potluck meal will begin at 5:30pm followed by the Ultreya. Contact Dave Millar at [dmillar@carolina.rr.com](mailto:dmillar@carolina.rr.com)

Raleigh / Apex / Cary / Durham; meetings are held once per quarter. Location can vary. Potluck is at 5:30 followed by Ultreya. Musicians are encouraged to come. Further info: Dave Moon at [Williamdmoon@gmail.com](mailto:Williamdmoon@gmail.com)

**We need to hear from you! Please email us so we can send info regarding specific Ultreyas that we may share. Don't forget your church name, address and zip.**

## Donations

**Cursillo is supported by contributions from people like you. You may give in three ways:**

The Harold Eisner Fund is set aside for scholarships for the 3-day weekend and can be used for candidates or team leaders.

The Merry Walker Clergy Fund supports clergy who act as weekend spiritual directors. Often clergy must pay for the weekend without parish support even pay for a supply priest.

The General Fund supports the overall expenses of Cursillo, mailings and newsletter production, supplies for the weekend and so forth.

Please consider offering a donation by sending your check to **NC Cursillo, 200 W. Morgan St., Raleigh, NC 27601**

## Your 4<sup>th</sup> Day Never Ends

The 4th-Day begins on the Sunday night of the 3-Day Weekend and it represents the rest of your life. The Cursillo movement began with the Fourth Day only – small groups meeting regularly in support of one another living as Christians in a predominantly non-Christian world. The three-day weekend came later. (read [What is Cursillo?](#) for more information). The weekend experience provides the foundation but the 4th-Day is the real point. After the weekend, those who attended join a Reunion Group and an Ultreya in your area. **The 4th-Day involves:**

*A rule of life in which individuals are encouraged and stimulated to continue to deepen their spiritual*

life by means of the sacraments, prayer, individual study, spiritual direction and intentional action

*Group Reunions, where committed individuals meet with others in small groups on a regular basis to review their spiritual progress (prayer, study, action) and to plan ways to bring their Lord to other people*

*Ultreyas where Group Reunions get together with other Group Reunions to share ideas and apostolic successes and disappointments*

**The point of the 4th-Day is to underscore and support apostolic action. The emphasis is on meeting in order to engage each other in a vital ministry, to share the grace of God with one another, to plan ways to share that grace and to hold each other accountable for carrying out our plans.**

## Fourth Day Activities

### Kairos Prison Ministry

The Kairos Prison Ministry is an outgrowth of Cursillo and is a prison ministry of continuing presence. Once a person commits to serve on a team, he or she has committed to eight meetings for team preparation, to the three days of the weekend

If you would like additional information about Kairos in the Diocese of North Carolina, visit <http://kairosnc.org/>.

### Daughters of the King (DOK)

The Order of the Daughters of the King® (DOK) is a spiritual sisterhood of women,. If you would like additional information about the Daughters of the King, visit [www.doknational.com](http://www.doknational.com)

### Epiphany Ministry, Inc

Epiphany Ministry is an ecumenical Christian ministry for young men and women who are in the custody of Juvenile Custody Facilities. The weekend models on which it is based are: Chrysalis, Cross, Cursillo, Happening, Kairos Prison Ministry, and Walk to Emmaus.

If you would like additional information about the Epiphany Ministry, visit [www.epiphanyministry.org](http://www.epiphanyministry.org)

### Education for Ministry (EfM)

Education for Ministry (EfM) is an international program of lay theological education established in 1975. Participants in the EfM program study the breadth of the Christian tradition from the earliest period to the present. If you would like additional information about the Education for Ministry, visit [www.sewanee.edu/EFM/EFMAboutUs.htm](http://www.sewanee.edu/EFM/EFMAboutUs.htm).

### Episcopal Church Women (ECW)

The Episcopal Church Women in the Diocese of North Carolina are dedicated to sharing the good news of our Lord Jesus Christ by engaging in worship, prayer, study, service and fellowship. Any woman who is a member of the Episcopal Church automatically belongs to ECW. That's it. There are no special criteria or tests or initiations required. The extent to which a woman is involved in organized ECW activity is up to her.

If you would like additional information about the Episcopal Church Women in the Diocese of North Carolina, visit [www.ecw-nc.org](http://www.ecw-nc.org)

### The International Order of St. Luke the Physician

The International Order of St. Luke the Physician is an ecumenical organization dedicated to the Christian healing ministr. Episcopal Church Women in the Diocese of North Carolina, email Dr. Elizabeth Allen at [eallen510@gmail.com](mailto:eallen510@gmail.com).

**Let's not forget ongoing Ultreyas and floating reunion groups. Ask your parish for these locations and/or refer to the previous page of locations, dates and contacts**

## 12 Symptoms of Spiritual Awakening

From contemplativemonk.com

- An increased tendency to let things happen rather than make them happen.
- Frequent attacks of smiling.
- Feelings of being connected with others and nature..
- Frequent overwhelming episodes of

appreciation.

- A tendency to think and act spontaneously rather than from fears based on past experience.
- An unmistakable ability to enjoy each moment.
- A loss of ability to worry..
- A loss of interest in conflict loss of interest in judging others.
- A loss of interest in judging self.
- Gaining the ability to love without expecting anything in return.

## Mary Crow, One of Our Own!

(fromsistersinsongwhw.wordpress.com)

It took some googling, poking around and sleuthing to find out about this talented woman, Mary Crow. I finally tracked her down and interviewed her by phone this month. She was born in New Jersey, the daughter of a commercial airline pilot, but moved to Florida as an infant and raised in the Methodist church. However, after she got to Salem College in Winston-Salem North Carolina, she became enamored of the liturgy of the Episcopal Church and remains a faithful member today. She got a degree in music and a Master's degree in education followed by a long career teaching music in public schools. She combined her love of music and church by directing church choirs in her Episcopal church in Asheville, North Carolina. Today, she is retired and spends half the year in Asheville, and the other half in Florida. "Weave" is a beautiful ecumenical song written in 1979. She said when her home church got a new rector from Australia, he was obviously new and different. In his first sermon he said that he felt God led him to them and the rector was waiting to see how God would weave their lives together. That sermon, plus the Quaker sharing of the peace, "The Christ in me greets the Christ in thee" inspired the song. When three branches of the Lutheran church merged, they used this song as a theme. Shortly thereafter, the Girl Scouts adopted it as a song. The 1984 Girl Scout/Girl Guides world conference in New York used it as their theme song. The hymn is in

their songbook as well as in the Chalice Hymnal used by the Disciples of Christ. Upon listening to it, I think it would make a haunting round suitable for any denomination open to the love of God found in each person.

## Testimonies

I have been struggling over the last couple of years to have a closer relationship to God. However, something kept getting in the way. Work, school, life in general kept me from having that relationship that I saw others having but was unable to find for myself. Or was I getting in the way? And what did a personal relationship with God look like?

Cursillo gave me the opportunity and time to reflect on what my relationship with God could be. As I continue my journey I still have struggles, but now I have people in my life who help me in my faith walk. I have learned so much from the speakers at my weekend, but also my awesome reunion group. Making a Cursillo has helped me deepen my faith. ~Marci Byers

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Cursillo has given me teachings, hope, and faith, and the belief that I can be as safe and bright and happy as that little girl who sang, "Jesus Loves Me" so long ago. I do believe God and Jesus love me, I do believe that my -His- light can shine. With the weekend embedded in me through the whole team of brothers and sisters, and their love, caring, music, lessons, words and sharing, I'm on the path to ever-growing my own relationship with Jesus. I feel now more than ever that everywhere I am, there is the presence of God. Everyone I meet is a beloved child of God. **The Holy Spirit is in every breath.** Cursillo has taught me that there is a new dawn every 24 hours, and it offers God's grace, serenity and peace. It is so comforting, beautiful and wonderful that it's almost incomprehensible -- a treasured blessing that humbles and fills me with joy and gratitude, and a commitment to ever seek Him ~ Linda Lytvinenko