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Cursillo #109 is in the beginning stages of planning for 2021. For further questions contact Weekend Leader Toni Routt at [toni.routt@gmail.com](mailto:toni.routt@gmail.com) or ask your parish

## Our NEXT Ultreya ZOOM Meeting



Please come join in the Cursillo family reunion on June 13<sup>th</sup> that we lovingly know as Ultreya.. Look for further info on how to connect.

**Where?** In front of your laptop, I pad, or cell phone. Please bring food and beverage of your choice, your physical self, and an open heart and an open mind

## Ultreya

*share the light*

Sunday – June 13th

5:30 PM - 8:00 PM

### Agenda

5:30 – welcome, introductions, Scripture meditation, prayer for the Holy Spirit

6:00 – break into zoom rooms for reunion groups

7:00 – witness talk

7:30 – clergy response to witness talk

7:50 – music postlude

7:55 – closing prayer

Guests are welcome. **Make a friend, Be a friend, Bring a friend to Christ.** If you would like to be added to the invitation list please contact Cameron Cooke at [Cameroncooke539@gmail.com](mailto:Cameroncooke539@gmail.com)

Find your local number: <https://us02web.zoom.us/j/keNAvrI7H>

**If there are floating reunion groups out there that are meeting we would love to hear from you to share your progress. Email us and don't forget your church name, address and zip code.**

## Announcements

### Secretariat Members Needed

Volunteers are needed to help lead our NC Cursillo movement. Contact the current secretariat to learn more.

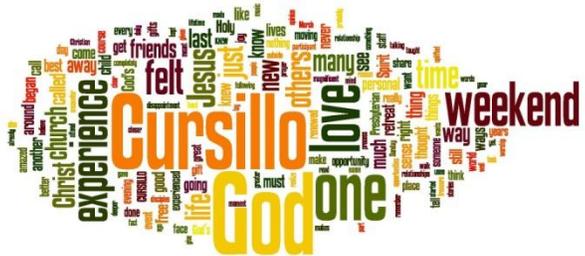
### Need More Information?

To find out more about attending a three-day weekend or sponsoring a participant, contact [NorthCarolinaCursillo@gmail.com](mailto:NorthCarolinaCursillo@gmail.com)

## Secretariat meetings

Abiding by pandemic restrictions (for the past year) Secretariat The Fourth Day meetings have met via conference call and Zoom meetings. We currently meet the second Tuesday evening of every month at 8:00pm via Zoom.

Contact [NorthCarolinaCursillo@gmail.com](mailto:NorthCarolinaCursillo@gmail.com) for further information.



## Testimonials

Stbasils.org

“I never believed in miracles. I do believe in miracles now.”

“I knew Jesus was around me. Now I realize that He is in me.”

“I had been asked for years to live cursillo, yet always refused. It was fear that held me back. After I said ‘yes’, I now have a great relationship with Jesus. I know He has my back.”

“At the beginning of my Cursillo weekend, we were told that this weekend was more than a typical retreat that would end in three days. We were told this weekend was an invitation to live Cursillo. Ten years later, I am still Living my Cursillo as I walk humbly with Jesus on my Faith journey. Cursillo gave me the courage and the tools I needed; study, piety and action to change the direction of my life.”

“I lived my Cursillo in March of 2010, notice I said lived! It awakened and renewed my spiritual life. It was a gift to share a weekend with beautiful women and new friends were made. A lot of fun and it exceeded my expectations. Every day is a gift from God and that weekend truly was and I felt Him sitting right next to me each day.”

“I was surprised to find that Cursillo was not about church or religion. Instead it was a powerful, loving and supportive framework for looking at the basic questions of my life. If God is love, as Saint John tells me, and I live in love, then God and the way that I love the people in my life, takes on a new dimension. Is Jesus real? Did he really rise from the dead? Is He still alive? Can I meet Him? Saint Matthew tells me to ask God and He will answer me, to seek and I will find, to knock and the door to understanding will be opened. Cursillo at Saint Basils became the place for me to ask God to honor this promise and His answers have changed my life!”

“The friendships that I made on my Cursillo weekend will last forever. I could never have prepared for how fantastic the weekend actually was. It was not all about religion but rather a weekend full of examples on how to live the rest of my life. I love being part of the entire community. Just a great group of people.”

## Find A Local Soup Kitchen That Needs Your Help

Posted in [Donate Car News](#), Thursday, March 5, 2020

Plug in your zip code and find all of the many charities you can volunteer for at <https://www.wheelsforwishes.org/news/find-a-local-soup-kitchen/>

Soup kitchens are always looking for volunteers, but it's still important that you call ahead of time. The holidays especially encourage many groups and individuals to volunteer. Do some homework to see which soup kitchen or shelter has the biggest need for volunteers. There are many online resources available for people who wish to help the homeless any time of the year. Check out [HomelessShelterDirectory.org](#) to find a list of soup kitchens near you.

[Feeding America](#) is another great resource for finding local food banks in your area. They secure and distribute more than 3 billion meals throughout the U.S. each year.

[FoodPantries.org](#) is a third resource which allows you to search for soup kitchens. Use this to find nonprofit organizations committed to fighting hunger.

**Donate To Local Soup Kitchens - Besides serving food at local soup kitchens, in-kind donations are also needed. Food banks and soup kitchens are always looking for donations such as:**

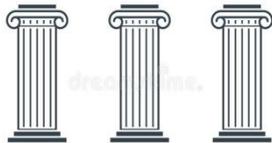
- Canned goods, especially carrots, peas, green beans, and beans.
- Canned fruit, especially sliced apples, peaches, pineapples, and mixed fruit.
- Coffee creamer, sugar/sweetener, and teabags.
- Salad dressings, including mayonnaise. Check out [Hampton Creek's](#) Just Mayo, who is working to end world hunger.
- Personal care products for men and women, including shampoo and soap.
- Napkins, tissues, dish soap, laundry detergent.
- Clothing such as hats, mittens, and scarves.

**Other Ways To Help - Help your community even more! Here are a few simple resources to benefit charity locally:**

- [Donate furniture](#)
- [Donate a mattress](#)
- [Donate a car today!](#) The proceeds benefit your local chapter of Make-A-Wish.

## A Thought in Piety

By Father Mike McKinney



One of the three pillars of Cursillo is piety. Living our life with Christ with a sense of intention usually results in a more vibrant relationship with the Lord. That, in turn, motivates us to deeper study and to be more enthused to live out our faith in action. One aspect of piety that can often be overlooked is how it is done beyond the purely personal realm. The most obvious example is attending Mass, which is always a communal experience of our shared life with Jesus. Many parishes offer other spiritual and liturgical opportunities that could also lend themselves to exercising our piety more in our faith community. For married people, spending time in prayer as a couple could be another goal in the area of piety. Most couples I know want to do more prayer together but do not ever seem to incorporate it into their ongoing routines. Cursillo can give the impetus and excuse to live more deeply the grace of the Sacrament of Marriage. An extension of this naturally leads into more family prayer time, yet another rich source of spiritual blessing. If you are a Cursillista, you already have faith-based friendships with others. Having an experience of prayer with one or more people on an occasional basis could be a goal for your piety. Even if you share a couple of moments praying for a friend over the phone, you can add another dimension to your growth in holiness. The next time you meet in your group and you are covering the area of piety, make sure you encourage each other to expand beyond just the individual experiences of prayer or spirituality. It seems this would easily fall under the notion that “the best things in life are shared.”

### A CURSILLO WEEKEND IS ‘ONE OF THOSE EXPERIENCES THAT CHANGES EVERYTHING’

BY MEG WATERS 1/24/2015

If one of your New Year’s resolutions was to find a new road to get closer to God and your faith, a Cursillo weekend might be just the ticket. You’ve likely heard of it through friends and fellow parishioners, but may not have gotten a clear picture of what it’s all about. Deacon Doug Cook from San Antonio de Padua Parish in Anaheim Hills has been Spiritual Director for Orange County Cursillo for 10 years, and he offers a succinct and telling explanation: “Any Christian seeking to live a full Christian life is a good candidate for Cursillo,” he says. “It is a bit like Marriage Encounter for your relationship with Christ and his Church, a bit like boot camp and for most people it is one of those experiences that changes everything.”

Nick Williams, Cursillo’s Lay Director, describes his three-day retreat in more colorful terms, “My Cursillo experience has changed my faith journey from black and white to a brilliant 3-D Technicolor.”

Cursillo started in 1944 in Majorca Spain, as a “small course” (the literal English translation of the word). It involves a three-day retreat meant to empower Christians/Catholics by strengthening their faith and giving them the tools and encouragement to live their faith in their daily lives. In 1957, the Cursillo movement came to the United States, and by 1961 Cursillo served both Spanish and English communities with weekends held across the country.

More than 10,000 people have gone through the Cursillo experience since it was established in Orange County in 1977. Patricia Doyle, a realtor, made her weekend retreat in 2011. “I was hesitant about going on a retreat but the three days changed my faith life. I now have a close relationship with God, peace in my life and I am more trusting of God’s infinite wisdom.”

Participants come from all walks of life and live together in Christian community for three days. Nancy Coletto has remained an active volunteer. “Making my Cursillo in January of 2007 brought my faith from my head to my heart,” she says. “I had taught religious education for many years and was very active at my parish, but it wasn’t a living, vibrant faith until my encounter with the Holy Spirit through Cursillo.”

*“INSTEAD OF BEING JUST A CHURCH THAT WELCOMES AND RECEIVES BY KEEPING THE DOORS OPEN, LET US TRY ALSO TO BE A CHURCH THAT FINDS NEW ROADS, THAT IS ABLE TO STEP OUTSIDE ITSELF AND GO TO THOSE WHO DO NOT ATTEND MASS, TO THOSE WHO HAVE QUIT OR ARE INDIFFERENT.”—POPE FRANCIS*

Maria Schinderle, former General Counsel for the Diocese of Orange, and her husband David, a bank executive, attended consecutive weekends. “David and I made our Cursillos 27 years ago,” says Maria. “It took me several months to understand how I was being called, but when I did, it took hold and never let go. My understanding of saying yes to the Lord and maintaining a personal and intimate relationship with Jesus Christ has grown over the years and is steadfast because of the love I see in my Cursillo brothers and sisters. I know I could not have done what I was called to do these last 16 years for the Church without Cursillo.”

This is not to say that after a weekend a new “Cursista” ends up on a street corner with a sign proclaiming “Jesus Saves.” “Quite the contrary,” says Deacon Doug. “The purpose of Cursillo is to develop the spiritual muscles to continue with your life as it is, but with a new Christ-centered focus and purpose.”

Elizabeth Vargas, who is heading the English women’s retreat from Jan. 22 to 25, says that “Cursillo gave me the tools to align my spiritual journey with God’s call. My spiritual life is what it is because of the seeds planted that took deep root through my Cursillo experience.”

Most dioceses across the country have active Cursillo programs. The Diocese of Orange holds 16 weekends each year: eight conducted in English, six in Spanish and two in Vietnamese. Men and women go on separate weekends, which are held at the Divine Word Retreat Center in La Sierra, near Riverside.

Making a Cursillo weekend is a once-in-a-lifetime answer to the call of the Holy Spirit. However, a larger group of “Cursistas”—those who have already made their weekend—plan and staff retreats. It takes more than 50 people to coordinate a weekend. Attendees are asked to leave their problems, worries and especially their cell phones at home to focus on the message of the weekend. Talks on various aspects of Catholic values, Mass, confession and private reflection fill the agenda. The suggested cost to attend is under \$200, or whatever the candidate can afford.

“The great thing about Cursillo is that once you’ve lived it, you can come back as a volunteer any time and find it familiar, yet still learn something new,” says Deacon Doug. “In fact, we encourage people to work a weekend even if they have been away for a while, just to refresh and enjoy the Christian spiritual community.”



## Considering Faith, Community, and Mental Health During the COVID-19 Crisis

According to a recent survey released by the American Psychiatric Association many people have significant anxiety and concerns related to coronavirus disease (COVID-19).

- Nearly half of Americans (48%) are anxious about the possibility of getting coronavirus
- Nearly four in ten Americans (40%) are anxious about becoming

seriously ill or dying from coronavirus.

- Far more Americans (62%) are anxious about the possibility of family and loved ones getting coronavirus. One in four people who seek help for mental health concerns turn to faith leaders before they seek help from clinical professionals. This document is written with faith- and community-based leaders in mind, as they serve people experiencing fear and anxiety associated with COVID-19. The following are resources that address these fears and the mental health concerns that may be associated with COVID-19. The resources recommended herein are a compilation gathered through Partnership Center research and received from stakeholders. The resource list is not intended to be exhaustive, and we welcome other resource recommendations be sent to [Partnerships@hhs.gov](mailto:Partnerships@hhs.gov).

Christian American Association of Christian Counselors (AACC) has a resource page related to COVID-19. The Beyond Disaster program from the Trauma Healing Institute provides materials to help people recover from natural and man-made disasters and may be helpful in addressing individuals whose mental health may be affected by the coronavirus outbreak. The program integrates best practices in mental health into a biblical framework and is offered in English and Spanish. Download FREE PDF copies or order printed copies from <https://disasterrelief.bible>. Beyond Disaster is distributed by the American Bible Society in the USA and by other partners worldwide. Spiritual First Aid from the Humanitarian Disaster Institute offers a step-by-step approach to learning and providing care for others remotely and while staying at home. Reboot Alliance developed their REBOOT Recovery Crisis Edition based on their work helping people overcome trauma together for nearly a decade. Reboot Recovery Crisis Edition is a FREE, five-part web series to help people cope with the current crisis. The Presbyterian Mission Agency (PMA) has posted a wealth of resources to address the mental health impacts of COVID-19. This includes how to address Mental Health Well-Being during a Pandemic. Key Ministry is collecting a number of resources to address coronavirus. Fresh Hope is hosting Mental Health Monday’s online and promoting a resource to address anxiety related to coronavirus. My Quiet Cave is offering online support groups.



## Tribute to Angie Forde

By Sid Chadwick

11/1/1949 – 1/24/2021

***“Do not neglect hospitality to strangers, for by this some have entertained angels without knowing it.”.....Hebrews 13:2***

Angie Forde... was an angel... in our midst.

When first meeting her, at a post-Weekend Ultreya as I remember, in a one-on-one conversation, I was struck by her intensity, her earnestness, and her ability to ask smart, substantive questions...Not much warm-up...not much chit-chat. (I can hear and see you giggling, now, Angie.)

She was genuine... to the point that you felt the impossible tug to scoop her up and bring her home.

Sometimes we meet someone whose impact...seems to create *after-shocks*...looking back on that 1<sup>st</sup> conversation and meeting, I eerily felt I'd met someone who was rare, no pretentiousness, not much time to waste.....who would impact my world.

Angie personally understood that one needs to develop one's gifts... in order to do one's work – to have the impact God intended us to have.

She had multiple degrees from Queens College (Barbados), Codrington College (Barbados), Queens College (USA), and University of Phoenix (USA) – attaining degrees in Mathematics, Business, and Theology. She also plowed a career trail at Xerox, Coopers and Lybrand, and Johnson and Johnson – “implementing information management and planning systems, and advancing to the level of Director.”

I don't remember having a conversation with Angie in which she did not “hit me up” to buy tickets to a benefit for the homeless, and particularly homeless families with school-age children – in Charlotte. (I could never refuse her.)

Knowing that she needed to be in front of Charlotte city leaders, she was for a brief period a star at Toastmasters, going through their solid training meetings, and winning local competitions.

Angie knew the dark, silent, pain-laden, hidden humanity of Charlotte. As her Rector at St. Martins offered in his Memorial Eulogy, to paraphrase, *“I won't forget a meeting one evening in Charlotte, where about 300 city-leaders wanted to crawl under our tables... when Angie spoke to us.”*

At a Formation session recently, the question was posed for group discussion, *“What is the Episcopal Church, the Christian Church, not attending to, that it should?”*

There seems to be a lot of media promotion and conversation re. “Love” and “Love thy neighbor as thyself”. From that echo, I look sometimes to our young people, who seem to not get too caught-up in contemporary smoke-screen promotions.

*“For just as the body without the spirit is dead, so faith without works is also dead.”.....James 2:26*

Angie Forde knew what was needed in our world, as she lived it and did the work.



## Lent Madness

It's not too late to join the fun for Lent. Once again, we can vote for 'who gets the golden halo?' from saintly candidates. Just sign in to: [playlentmadness.com](http://playlentmadness.com) and have a ball being a cheerleader to the saint of your choice. Because of covid and social distancing Lent Madness XII will be having a virtual opening ceremony to kick us off. The online ceremony begins with the video, courtesy of the Cathedral of Saint James in South Bend, Indiana. Those kindly folk painted the peg dolls used in the video. Be sure to catch it and be entertained learning more about the church saints.