



4th Day Newsletter
Cursillo Movement of Hamilton Diocese
April 2010

UPCOMING WEEKENDS:

The women's weekend will be facilitated by Marg Carreiro in Deemerton at the Ignatius Centre from **Thurs. Sept. 30th to Sun. Oct. 3rd, 2010**. Candidates should arrive by 7:30 p.m. sharp. Closing is at 3:00 p.m. sharp on the Sunday, Oct. 3rd.

The men's weekend facilitated by Jim Schramek will take place in Deemerton at the Ignatius Centre from **Thurs. Oct. 21st to Sun. Oct. 24th 2010**. Candidates again should arrive by 7:30 p.m. sharp. The closing is at 3:00 p.m. sharp on the Sunday.

Please make sure you get your candidate applications to David Milne, our weekend coordinator. His e-mail address is communications@4thday.ca and his mailing address is: 98 Cedarwoods Crescent, Kitchener, N2G 2J8.

Please remember to start walking with your candidate now. Invite your candidate to Ultreya now to prepare for the weekend.

PRE-CURSILLO:

Parish Representatives – You, as a Cursillista, could help us by being a parish representative for Cursillo. You would be a contact person for your parish for Cursillo and would periodically be asked to place an announcement in your parish bulletin. Please advise Rodney Bell by e-mail at rodney.bell@sympatico.ca if you are interested. We especially need representatives from the Hamilton, Burlington and Brantford areas.

PALANCA:

The fruits of our labours are generated by the powerhouse of prayer and palanca. All those involved in the upcoming Cursillo workshop on Apr. 23/24 would appreciate your support in this endeavour. If you cannot physically attend this workshop perhaps you could offer your support by your prayers and sacrifices.

Thank you!

2010 CURSILLO ENRICHMENT SPRING WORKSHOP

Come and develop a better unity of understanding as we grow together in our knowledge & leave with hearts filled with stronger revelations of the Charism and the Graces of Cursillo.

FRIDAY APRIL 23, 7:00-9:00pm
SATURDAY APRIL 24, 8:30-4:00pm

ST MICHAEL'S Church, Parish Hall
240 Hemlock St @ University Ave. Waterloo, Ont.

Presented by: CANADIAN CONFERENCE OF CATHOLIC CURSILLOS

Hosted: HAMILTON DIOCESE CURSILLO MOVEMENT

Friday: Presentation DVD on the History of Cursillo followed by sharing/discussion and social time.

Saturday: There will be 3 Rollos followed by sharing/discussion

1. ENCULTURATION IN CURSILLO
2. CHRISTIANITY IN ACTION
3. STEWARDSHIP IN CURSILLO

Lunch: Bring your own bag lunch

Cost: Free will offering to cover expenses

RSVP: No later than April 14th to Sharon Penlington via email
sharon.penlington@gmail.com or 519-748-1711.

For those who would like to be billeted overnight on Friday with a fellow Cursillista, this will be arranged at the time of booking.

LOOKING FORWARD TO SEEING YOU ON THE 23rd!

Canadian Conference of Catholic Cursillo (CCCC)

For those who want to deepen their understanding of the Cursillo Movement as well as make many new friends in Christ, plan now to attend this year's conference to be held on the campus of [St. Francis Xavier University](#) in Antigonish, Nova Scotia, from **June 24 to 27, 2010**

[Registration On line at \[www.cursillo-canada.org\]\(http://www.cursillo-canada.org\)](#)

Conference 2010

De Colores!

If you want to know more about the conference or you have any questions please contact

***CCCC Central Region Representative,
Marg Weber @ marg.weber@sympatico.ca
or phone 519-747-5937***

WITNESS:

A Season for Fasting or Feasting

Lent is more than a time for fasting. It can also be a joyous season of feasting. Lent is a time to fast from certain things and feast on others.

Fast from judging other, Feast on the Christ dwelling in them

Fast from emphasis on differences Feast on the unity of life

Fast from sadness, feast on appreciation

Fast from thoughts of illness, Feast on the healing power of God

Fast from words that pollute, Feast on words that purify

Fast from hostility, feast on peace.

Fast from bitterness, feast on forgiveness

Fast from self-concern, Feast on compassion for others.

Fast from personal anxiety, feast on trust

Fast from discouragement, feast on hope.

Fast from acts that tear down, Feast on acts which build up

Fast from thoughts that weaken, Feast on promises that inspire.

Now, what is the definition of 'nail to a cross'?

"To punish or scold someone severely, literally to crucify someone or to nail someone's skin to the wall like that of a captured animal".

The Nail: .by Laurene H. Bell

The nail is used for many things, a useful securing tool; a hammer is taken by the hand, and drives it, that's the rule.

A nail is needed when you build, it's a necessary thing.

It was also used over two thousand years ago, to hang upon a tree, the King.

He took the pain and suffering, for all mankind, you see.

Yet He took the torture just for you, and He took it just for me.

You cannot keep a good man down, through the years many have said.

He went down a man, and rose a King, to deliver the spiritually dead.

He is on the throne, at God's right hand. The First, the Last, the Great I Am.

No nail, no hammer can touch Him now, the mighty King on high, what He built is

forevermore, Salvation for you and I. So when you see a simple nail with its

sharpened end, and need to build or repair, Lift up your eyes, your heart and mind

And thank Him with a prayer

Father Frank Reitzel shared this with us at a Secretariat meeting in Feb.

It is called.

Remembered By a Nail from Our Daily Bread

By this we know love, because He laid down His life for us. --1 John 3:16

Emil Mettler, a restaurant owner in London, was known for his generosity. He often fed people for nothing. If a representative of a Christian organization came in and told him of a need, he would open his cash drawer and give a sizable donation.

One day Emil opened his cash drawer in the presence of a missionary official who noticed a nail among the bills and coins. Surprised at what he saw, the man asked, "What's that doing there?" Emil picked up the 6-inch spike and replied, "I keep this with my money to remind me of the price Christ paid for my salvation and what I owe Him in return."

Emil used that nail to remind himself that he owed the Lord a great debt of love and gratitude because Jesus had laid down His life for him (1 John 3:16-23). Emil used that simple object to stimulate his own generosity as he remembered the Savior's sacrifice.

How often do we think about the sacrifice on Calvary where Jesus paid the penalty for our sin with His own death on the cross? Emil's example inspires us in the midst of our most mundane activities to remember not just the thorns, the nails, and the spear-thrust, but the loving heart of Him who gave His life for us. This was written by [Vernon C. Grounds](#)

Christ gave Himself for us that we might give ourselves for others.

The Cross: The young man was at the end of his rope. Seeing no way out, he dropped to his knees in prayer. "Lord, I can't go on," he said. "I have too heavy a cross to bear." The Lord replied, "My son, if you can't bear its weight, just place your cross inside this room. Then, open that other door, and pick out any cross you wish." The man was filled with relief. "Thank you, Lord," he sighed, and he did as he was told. Upon entering the other door, he saw many crosses, some so large the tops were not visible. Then he spotted a tiny cross leaning against a far wall. "I'd like that one, Lord," he whispered. And the Lord replied, "My son that is the cross you just brought in."

When life's problems seem overwhelming, it helps to look around and see what other people are coping with. You may consider yourself far more fortunate than you imagined. Whatever your cross, whatever your pain, there will always be sunshine after the rain. Perhaps you may stumble, perhaps you may fall, but God's always there to help you through it all.

You know, many of these articles have just popped up in front of me these past few weeks. I was shredding some things for my mother and came across one. I was looking through some books to give away when I came across the book *Grace for the Moment* by Max Lucado. I opened the page randomly and it said

Not Perfection, but Forgiveness.

Christ had no sin but God made Him become sin so that in Christ we would become right with God taken from 2 Corinthians 5:21

It wasn't the Romans who nailed Jesus to the cross. It wasn't spikes that held Jesus to the cross. What held Him to that cross was His conviction that it was necessary that He become sin – that He who is pure become sin and that the wrath of God be poured down, not upon the creation but upon the Creator.

When the One who knew no sin became sin for us, when the sinless One was covered with all the sins of all the world, God didn't call His army of angels to save Him. He didn't because He knew He would rather give up His Son, than give up on us.

Regardless of what you've done, it's not too late. It doesn't matter how low the mistake is, it's not too late to dig down, pull out that mistake and let it go – and be free.

What makes a Christian a Christian is not perfection but forgiveness.

What makes your Good Friday?

I remember about 37 years ago, I had to take my daughter (then four) to the emergency room at the hospital. I think it was close to or was Good Friday. At that time we were put in a room and waiting for a doctor to see her. When the door opened, I turned around to look and beyond the door the room opposite us also had the door open and there sat one of my brothers with his hand wrapped in what seemed like miles of gauze. I was stunned but could do nothing at the time. As it turned out, he had gotten his hand caught in his broken snow blower and I clearly remember my mother saying that he was having his Good Friday. We all have our Good Fridays, some have more than others. What has been your Good Friday lately? Also, let's not forget the feasting side. What is your Easter Sunday?

De Colores

Sandi Farwell, St. Anthony Daniel Ultreya, Kitchener

CHALLENGE TO ALL ULTREYAS:

I would like to challenge all Ultreyas to send in one witness talk per year. That way we can cover all of the newsletters. Please send to sandwalt@sympatico.ca or to Sandi Farwell, 27 Wren Crescent, Kitchener, N2A 1Y7. Thanks.

ACTIVE ULTREYAS:

Burlington: St. Paul the Apostle, 2265 Headon Rd.

Sat. mornings at 7:30 a.m. followed by Mass and Rosary at 9:00 a.m.

Leader: Peter Mesaros; pmesaros@primus.ca 905-336-7597

Fergus: St. Joseph's Parish

Every Sat. at 9:30 a.m. except for the Saturdays when the School of Leaders is held.

Leader: Martin Saunders; martin_saunders@hotmail.com 519-787-7034

Guelph: St. Joseph's Church, 2nd & 4th Saturday at 9:00 a.m.

Leader: Natalie Legault; natalielegault@live.com 519-821-9741

Hamilton: Cathedral of Christ the King

2nd & 4th Fridays of the month from 7:00 – 8:00 p.m.

Leaders: David Smith & Margaret Carreiro; margaret-carreiro@yahoo.ca 905-628-5682

Hamilton: Holy Cross Church – Croatian Ultreya, 1883 King St. E...

1st & 3rd Friday with 6:30 p.m. Mass & Ultreya to follow

Leader: Bill Boros; billboros@hotmail.com 905-383-6269

Hamilton – Saint Lawrence Parish, 4375 Mary St.

Every other Sunday at 9:00 a.m. followed by Mass at 10:30 a.m.

Leader: Maureen Walton; maureen.walton@sheridanc.on.ca 905-527-8865

Hamilton – St. Margaret Mary, Sat. 7:30 a.m. followed by 9:00 a.m. Mass

Leader: Bart Jankowski, bj@quickclick.net 905-679-6679 and Diane Dunn

Hanover Area - Usually the second Sunday of the month

Contact Joe Foster for the date, time and place Ultreya will be held or if you could be of assistance.

joecarolefoster@gmail.com 519-364-5842

Kitchener – St. Anthony Daniel, 29 Midland Dr. - Every Saturday at 8:00 a.m.

Leaders: Sharon Penlington; sharon.penlington@gmail.com 519-748-1711

Walt Sowinski; waltsowinski@yahoo.ca 519-504-2814

Milton – Holy Rosary - Saturdays at 7:45 a.m.

Leader: Bob Moser; bob.moser@xplornet.com 905-854-0690

Owen Sound – St. Mary's Parish - 1st & 3rd Saturdays at 8:00 a.m.

Leaders: Barb Fox; foxb@sympatico.ca 519-372-0432

Dianne Rovers; 519-371-0022

SECRETARIAT MEMBERS:

Lay Director: Kim Jones kajj@canada.com or laydirector@4thday.ca

Spiritual Advisor: Father Frank Reitzel lestier2349@resurrectioncollege.ca

Pre-Cursillo: Rodney Bell Rodney.bell@sympatico.ca

Weekend Coordinator: David Milne weekenddirector@4thday.ca

Post Cursillo: Patrick Guay pguay2@cogeco.ca

School of Leaders: Sharon Penlington sharon.penlington@gmail.com

Communications: David Milne communications@4thday.ca

Secretary: Natalie Legault

Treasurer: Joe Trocki joe@trocki-gordonsupply.com



We, the Secretariat, wish all of you a Blessed Easter Season!

The Cursillo Movement

Diocese of Hamilton, Ontario

INFORMATION FOR CANDIDATES

A Cursillo Weekend is the focus of a lay movement of Christian Renewal begun by Catholics in Spain in the 1940's. The word Cursillo is Spanish for "short course". The Cursillo weekend gives us a short course in Christian living and is the beginning of a new and fuller awareness of what Christianity can mean in our daily lives at home, at work, with our neighbors, and with other members of our church. During these three days the Sacraments are stressed; therefore all candidates for a Catholic Cursillo must be Catholic and in a position to receive the sacraments or become so.

The Church of today needs lay people who can be strong Christian witnesses, thereby bringing about change in our world. To be effective witnesses, we need to be formed and informed. We can't do this on our own but need the help and support of other Christians.

The weekend program will consist of a number of talks given by both lay people and clergy. You will be at a table with 4 or 5 others and will have the opportunity to discuss the talks. There will be prayer times and times for reflection, time to socialize and time to discuss – a truly activity-packed weekend. Cursillo continues after the weekend by providing each of us with the opportunity to grow in faith and Christian commitment.

For the weekend you will require casual, comfortable clothing, bath towel, toiletries and any needed medication. You are also required to bring a sleeping bag and pillow or bedding for a single bed, whichever you prefer. In order to respect each person's quiet time, we ask you not bring a radio or cell phone. Don't worry, if you forget anything or run out, there will be people there to look after your needs. The cost of providing the weekend could be approximately between \$ 180.00 & 220.00 depending on the facilities we are able to reserve. It will include your accommodation, food, and all materials needed. It should be noted however, that no one would be refused because of money.

Your sponsor can clarify any of these needs for you.

The Cursillo weekend begins on Thursday evening at 7:30 PM and ends on Sunday sometime between 5:30 and 6:30 p.m. Your sponsor will make sure you are driven to and from the weekend.

In order to provide everyone with the greatest of views and opinions during table discussions, attempts will be made to put people in groups with different ages, occupations, and life situations.

Therefore, we ask for some personal information, which will be used for the administration of the weekend. All forms will then be destroyed.

If you have **ANY** questions, please contact your sponsor.

REVISED – October 2009

The Cursillo Movement

Diocese of Hamilton, Ontario CANDIDATE APPLICATION

NAME _____

Male _____ Female _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

PHONE #'S: HOME (____) _____ WORK (____) _____

E-MAIL ADDRESS _____

MARITAL STATUS (circle): Married__ Single__ Widowed__ Separated__ Divorced__

AGE: _____ OCCUPATION: _____

DENOMINATION _____ PARISH _____ LOCATION _____

SPONSOR'S NAME: _____

In order to help us prepare for your special needs, please list any health/dietary/allergy needs for which you may require assistance on the weekend.

Do you have any impairment of sight, hearing or movement, which may require special arrangements to be made? Please indicate type of arrangement required.

Please read carefully the **INFORMATION FOR CANDIDATES** on the reverse side of this application.

If you have further questions please contact your sponsor.

Do we have permission to share your name, address, phone & e-mail information with others on the weekend? Yes _____ No _____

Applicant's Signature Date _____

REVISED – October 2009

The Cursillo Movement

Diocese of Hamilton, Ontario

INFORMATION FOR SPONSORS

As a sponsor you are responding in a very concrete way to Christ's call to spread His good news in our environments. It is a special blessing to be the instrument in providing someone with the opportunity to learn that through Christ we can be truly alive. We all know that our weekend was a very moving experience but perhaps we can also remember the apprehension we felt.

Your candidate will often need a lot of encouragement and support to make what might seem like a sacrifice. Some information is enclosed for your candidate but there will probably be many more questions that you may be able to answer. Please be there for your candidate and be open and honest with your answers. Remember that you can give any information about the weekend but we ask that you not disclose the letters, Palanca chapel and closing. These were very powerful experiences for you and will hopefully be the same for your candidate.

There are some things that you should discuss with your candidate. One is the matter of the cost of the weekend. It is not fair to leave the candidate with the uncertainty of the amount that he/she may be asked to pay. No one need feel embarrassed to talk about the cost. The major source of funds for the Movement is the financial contributions of everyone who attends the weekend – team and candidates. These funds are necessary to cover the cost of the weekend. However, please let your candidate know that no one is turned away because they are unable to pay. If your candidate needs assistance covering the cost of the weekend, it is suggested you request assistance from your local Ultreya or the parish your candidate worships in. Cursillo is a Diocesan Movement and well supported by the Bishop, moreover the candidate will return to the parish as leaven within the parish community. If you would like to make a contribution on behalf of your candidate, please tell him/her and put your contribution in an envelope when you bring your candidate to the weekend.

You are also responsible for doing Palanca for your candidate. This should start before you even approach him/her about making a Cursillo weekend. It is so important to 'talk to God about your candidate before talking to your candidate about God'. Although writing a Palanca letter to your candidate is very important and necessary (this should be left at the registration desk specifically labeled 'Candidate name and Palanca letter – Sponsor'), please remember that more powerful Palanca is the offering of prayer, fasting and acts of self-sacrifice. In addition, as part of preparing your candidate, you may wish to invite him/her to join you at your Group Reunion or Ultreya as Pre-Cursillo preparation.

As a sponsor, you are responsible for getting your candidate to/from the weekend; and are asked to remain at the facilities with your Candidate until they are settled in. If you are on team then let you candidate know ahead of time as you will be late in leaving and consider asking a friend to take your candidate home. It is the team's responsibility to clean up after the weekend. You are also responsible for journeying with your candidate in the weeks and months that follow. Please don't leave him/her without the necessary support of Group Reunion and Ultreya.

Please also remember that the Cursillo is not a cure-all for personal problems. It is your duty as a sponsor to help to remove any major obstacles and to dispose the candidate for the total message of the weekend. All candidates must be Catholic and in a position to receive the sacraments or become so or are going through the RCIA process.

Please keep this sheet for further information.

REVISED – October 2009

The Cursillo Movement

Diocese of Hamilton, Ontario SPONSOR IDENTIFICATION

As a sponsor you should belong to an active Group Reunion and/or Ultreya, be willing to remain actively involved with your candidate throughout the Pre-Cursillo and the Post-Cursillo stages, and if the candidate is married, try to sponsor the couple at the same time.

SPONSOR'S NAME _____

(Male _____) (Female _____)

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

PHONE: HOME () _____ WORK () _____

E-MAIL ADDRESS _____

WHEN AND WHERE DID YOU MAKE YOUR CURSILLO?

WHAT ULTREYA ARE YOU A MEMBER OF? _____

CANDIDATE'S NAME _____ DENOMINATION _____

In confidentiality, is there anything about your candidate's relationship with the church and with the receiving of the sacraments that we should know? (If yes, please check__) Give information on a separate sheet of paper and attach to this application.

Please identify any Church related activities in which your candidate is active (e.g.: Charismatic Renewal, Alpha, Marriage/Engaged Encounter, RCIA, SVDP etc).

How would you rate your candidate's ability to communicate with others?

Talkative _____ Quiet _____ In-between _____

Sponsors please note: It is your obligation to fully prepare your candidate and to be aware of any problems that could hamper him/her from experiencing the weekend fully (e.g. recent bereavement, medical problems, etc) and to inform the weekend co-coordinator.

* The National Secretariat restricts the participation of non- Catholics in Catholic Cursillo activities in favour of their participation in renewal programs, including Cursillo, available to them within their own denominations.

Please read carefully the INFORMATION FOR SPONSORS on this application.

Thank you for responding to Christ's call to reach out to those around you and to bring them to Him.

Completed forms should be returned to Weekend Coordinator:

David Milne

98 Cedarwoods Crescent, Kitchener, Ontario. N2C 2J8

Email: weekenddirector@4thday.ca

Phone: 519-894-0657

REVISED – October 2009

**CURSILLO MOVEMENT
DIOCESE OF HAMILTON
INFORMATION FOR POTENTIAL TEAM MEMBERS
WANT TO BE ON TEAM???**

The Secretariat is compiling a list of Cursillistas who are interested, qualified and available to be on team.

There is no guarantee that by completing this questionnaire that you will be chosen to serve on a team, but your request will be given serious consideration.

Team Selection Criteria:

- It is preferable that you have been practicing the Cursillo method of Group Reunion and/or Ultreya, and attending School of Leaders and other events put on by Secretariat. It is very difficult to witness to and/or be an example of the method of the Cursillo movement if you are not “Walking the Talk”
- If you are involved in other church movements, please be prepared to set these aside during Cursillo weekends, so that the team and all candidates can fully experience the Cursillo movement as a whole.
- As this is a Catholic movement, only practicing Roman Catholics are eligible for teams.

Team Selection Considerations:

- A balance between those who have been on team and new Cursillistas is considered very important.
- An attempt is made to see that the same people are not continually on team. New Cursillistas help provide new ideas and inject vitality into the movement.

Personal Considerations:

- Anyone who is in crisis should give themselves time to deal with their struggles and time to heal before serving on team.

Team Commitments:

- Be willing to attend all or most of the preparatory team meetings so no messages are missed and so that proper bonding of the team takes place before the weekend
- Must participate in the full 3 days, including Thursday night.
- You are expected to help the new Cursillistas become integrated into the Cursillo community by encouraging them to go to Ultreya and by helping them to join and/or start a group reunion possibly with them if necessary for awhile.
- A payment will be requested towards the expenses of the weekend. The amount will be confirmed by your Rector/Rectora.

Team meetings are crucial to building team community but, on a weekend, a team member’s role is one of self-sacrifice and service to the candidates. In a small way, you will follow the example of Jesus Christ when He washed the feet of His disciples.

If you are interested in serving on an upcoming Cursillo team, then take a moment to fill out the information and forward to the weekend co-coordinator.

Revised March 2010

CURSILLO MOVEMENT DIOCESE OF HAMILTON

WANT TO BE ON TEAM

If you have read the reverse side and are not in a personal crisis, can make the commitment, meet the criteria as outlined and wish to be considered for team, please complete the following information form (please print)

I prefer to work on the Men's Team _____ Women's Team _____ or
Kitchen (if applicable) _____

Date and Location where you made your Cursillo Weekend

Rev. Mr. Mrs. Miss Ms. ف

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Email Address _____ allergies _____

Home Parish:

City: _____

Age Group (info used to help determine Team/table groups):

17 + ___ 20+ ___ 30+ ___ 40+ ___ 50+ ___

Have you attended School of Leaders and/or other Cursillo sponsored events? Yes No

Event _____

Are you presently in a Cursillo Group Reunion? (Small Group) Yes No Currently in-between

Do you regularly attend an Ultreya? Yes No Location _____

Other Cursillo activities you have supported (e.g. Ultreya Leader, Secretariat, etc.)

Have you worked on team before? Yes _____ No _____ Date last served on
team _____

Position: Spiritual Advisor Rector(a) Assistant Team member

SIGNATURE: _____

DATE: _____

PLEASE FORWARD COMPLETED FORM AND MAIL TO: Weekend Cursillo Coordinator

David Milne

98 Cedarwoods Crescent,
Kitchener, Ontario N2C 2J8

If you have any questions you can e-mail WeekendDirector@4thday.ca or phone David at 519-894-0657.

Revised March 2010