



The Cursillo Movement of the Archdiocese of Toronto

The Fourth Day Newsletter

March 2010

“Make a Friend, Be a Friend, Bring that Friend into Friendship with Christ”

2010 National Cursillo Conference

Conference 2010 will be held on the campus of [St. Francis Xavier University](http://www.stfrancisxavier.ca) in Antigonish, Nova Scotia, from June 24 to 27, 2010 at the Keating Millennium Centre, Theme: The Ten Topics of Cala Figuera, as Rooted in the Gospel and Lived Out in the Mentality of the Movement.

For information and applications www.cursillo-canada.org

Lay Director's Message

I was introduced to Prayer Walking as part of the Action part of the tripod at the Agincourt Ultreya. Prayer walking is the physical act of praying, silently, aloud or singing while walking around one of my environments. I first used this for my work environment. I had been taught to draw a picture of the environments where things were happening that were definitely not of God. Then I had to acknowledge the things that were going on. In the workplace there were many behaviours going on that bothered me such as gossip, profanity, verbal abuse, shouting, threats, incompetence, angry outbursts, etc. Praying with people one on one at breaks and lunch was helpful but these were not enough. My office occupies 4 floors of a high rise building so I drew a plan of each floor. On the drawing of the environment I wrote down the signs of evil or sin. Then I walked around the building for many days. While walking I prayed for many different things, the binding of evil spirits and placing them at the foot of the cross for Jesus to deal with, cleansing prayer of the spaces inside and around the building, deliverance and inner healing prayers for specific people and the employees as a group.

Some people do their best praying and are most comfortable praying while they are moving. Prayer Walking can be a wonderful gift for those who like to get up and move around while intentionally communicating with God. Prayer Walking can be done in any location at any time, sometimes alone or with a group.

Music plays a part in most people's lives and can be listened to on various levels of our intellect and emotions. Music can be used in our prayer life in various ways. For some, music can be used as an introduction to their prayer time and maybe to round it off. For others, music is prayer. An excellent example being Taizé music with its repeated phrases. There are many musical styles that can be used with prayer and in addition to traditional tunes and words 'secular' and even popular styles as well as specifically 'religious' music are often used. Different types of music can be used for different topics in a prayer session, e.g. thanksgiving, penitence, petition, intercession. I ask God to show me what songprayer He wants me to pray for the specific environment and person involved. I do not have

to think about it or ponder it endlessly for God always has a plan and a specific songprayer He wants me to pray. He points it out clearly.

I integrate music into prayer walking by singing songprayers as I walk around a site, building, and inside the office environment by using Christian music as the practice pieces for the beginner guitar classes I teach as a volunteer at lunch. This not only surrounds my office building with prayer but brings it right into the heart of the office environment in a gentle, non threatening way. All denominations participate, not just the Christians. To me this is a miracle every time we have a class. I allow God to use me this way in the office environment. When I am exhausted, I surrender the fatigue as sacrifice or palanca.

Prayer walking fits perfectly into the Cursillo tripod. For Piety – I must ask the Holy Spirit to guide me, do some Christian meditation and be open in heart, mind and spirit. With Study - I must study my environments and identify what sins or evil I and or others are taking part in. I must familiarize myself with the physical environment, site, building or part thereof, where the problems are happening. In Action and Evangelization – I must decide to take action, make a plan of the site, building or space, write on the problems and then do the prayer walking for as long as God indicates I should continue.

With the office it is an ongoing call to prayer walking. In my old house three times was enough. At my apartment building, I prayer walked around it several times when I moved in and now whenever something is going on such as drug sales in the mall parking lot across the street. I have also used it around hospitals performing abortions. Please try prayer walking in one of your environments.

I pray each of you finds Christ, great joy and grace in your sharing with others. Decolores!

Cathy Ferren
Lay Director

General Information

Secretariat Meetings.....Fourth Thursday of the Month @ 7:00 pm at Consolata 2nd Floor Room 4
Any Cursillista is welcome to attend and observe.
Team Formation.....Please pray and do palanca for the weekend rectors and teams.

Ultreyas

Archdiocesan Ultreya.....First Monday of the Month @ 7:00 pm at Consolata except Holidays
Brampton Ultreya.....Third Thursdays @ 7:45 pm at [St. Jerome's Church](#)
Mimico Ultreya.....Every Thursday @ 7:30 pm at [St. Leo's Church](#) (basement)
Toronto East Ultreya.....Second Saturday @ 10:00 am at Holy Redeemer Church

For further detailed information, check our Toronto Cursillo Web Site http://cursillotoronto.com

School Of Leaders

Mondays @ 7:00 pm at Consolata in the downstairs hall. If you have any questions about the school of leaders or what a school of inquiry is all about, contact the Rectors of the School, Manchiu and Flavia Wong at 905-624-2752 or wlm.wong@bell.net.

Rollo from the School of Leaders on February 8, 2010.

The following is a rollo I was given to write in response to one of the questions asked at our School of Leaders. QUESTION: "**How do I write a rollo?**"

Flipchart: **P - PRAYER & PALANCA**
 R - RESEARCH & REFLECTION
 I - INQUIRE
 O - ORGANIZE
 R - READ & REFLECTION

P - PRAYER: Soon after my weekend in 1997, I was invited to be on team, which I knew meant for one thing having to write and present a rollo. I promptly fell into a state of terror and disbelief. While standing there in a mute stupor, and before I could pick up my jaw off the floor to respond, I was advised to pray about it. I really wanted to say "no way!" right then and there, but I was agreeable to discussing with, or should I say telling God all my reasons for Him to agree with my declining. I felt quite confident that He would agree with me. That evening as I prayed about it, I felt drawn to pick up my bible and turn to scripture. I had no idea what to look for but came to 2Cor. 12:9 "My grace is enough for you; my power is at it's best in your weakness."

I did feel very weak in the rollo writing and public speaking departments, but those words convinced me that Christ would provide the grace I would need to do this for Him in spite of my weakness and limitations.

Prayer to me is now the jumpstart, the GPS and the fuel for not only His calls to do this or that, or go here or there, but helps keep my windshield clear and clean for greater visibility for wherever Christ and I journey.

Palanca is the fuel booster and the engine cleaner for a more efficient performance. Sometimes, it is costly and I may not like the price, but it is always, always worthwhile. I also ask others for their palanca.

I have learned to invite the Holy Spirit into the creation of each rollo, even before I begin. That together with palanca, even through the rollo may be very challenging, serve to help me remain confident that "our", the Holy Spirit & my rollo will ultimately rest on the heart, the mind, and the soul for which it was created. I do strongly believe that each rollo is meant to be for someone. Certainly it is always meant for me to challenge me to grow, and for at least one other person.

R - RESEARCH: How can I begin to write a rollo if I am not knowledgeable of the subject. Yes, the potter can shape the clay, but one can't make a flower vase is there is only enough clay for a small candy dish. So I must read and study instructions, outlines, reviews, previous writings, etc. pertinent to the topic such as Cursillo booklets, Catholic catechism, scripture, internet, etc.

R - REFLECTION: I reflect on my life and faith experiences that might serve to support, reinforce, enlighten, or demonstrate a relevant point. Nothing brings a point home like a personal, verbal illustration that says "this was my struggle, and this is how Christ did, or is helping me to grow through it". In other words sharing and witnessing.

At this moment Matthew's gospel speaks to me "What I say to you in the dark, tell it in the daylight. What you hear in whispers, proclaim from the housetops." These words say to me "the moments and times that Christ and I spent together in the privacy of my life are given to me to share as His gift to others as well as myself".

I - INQUIRE: This one is quite simple. We have a bounty or rollo-writing experience here in the School of Leaders. I have no hesitation in asking other more seasoned Cursillistas for pointers if and when I feel led to do so. I may even ask one to read my rollo for their input. Sometimes a different perspective is just what is needed, and sometimes I may just need affirmation.

O - ORGANIZE: I personally find it easier to begin by writing down my thoughts, sentiments and information in point form and then organize all that to create a smooth flow of ideas as opposed to jumping back and forth with them. I try to make a start a fluid body and a conclusion. To accomplish that, I ask myself these questions as I work along:

- 1- What is **the** message of the rollo?
- 2- Are my points relevant to the message and to each other?
- 3- Do they contribute something to the message?
- 4- Is there needless repetition?
- 5- Am I being too wordy, or does anything need more expanding?
- 6- Do I have my listeners in mind?
- 7- Would a point, a witness, or a sentence flow better elsewhere in the rollo?
- 8- Have kept prayerful to the Holy Spirit throughout? (I have tried at times to take over the rollo, not relying on Him, which only led to frustration and getting nowhere).

Having organized as above, I then begin writing a draft of the rollo.

R - READ: After refining the final draft of my rollo, I read it out loud to myself or to someone else as I said earlier if I feel the need, to get a sense of its continuity, content and clarity from a listener's point of view, even if it is only my own voice I am hearing.

I wish to point out at this time, that writing a rollo for a weekend is different in that there are specific guidelines and outlines that must be adhered to. We have critiquers who understand, guide and whose responsibility is to ensure adherence to the specifics of the content. These specifics are crucial to the individual message of each weekend rollo and the understand they are designed for. But my rollo tonight mostly relates to writing a rollo for the School of Leaders.

R - REFLECTION: Upon completion and delivery of a rollo, I look forward to reflecting on the full experience of it from beginning to end. I seek to recognize, acknowledge and give thanks for the graces receive through it and there always are. Even with the most challenging ones no for me, the greater the challenge, the greater the graces.

I would like to conclude with a reading that says it all for me. 1 Cor. 2:1-5 "As for me brothers, when I came to you, it was not with any show of oratory or philosophy, but simply to tell you what God has guaranteed. Far from relying on any power of my own, I came among you in great fear and trembling, and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God."

DeColores! Evie Warden

Comments:

The group sharing and plenary sharing that followed, clearly showed that there is no one direct formula for writing a rollo. Instead it became clear that everyone used the same types of inputs, but that the Holy Spirit moves in no particular order or steps. Some people spend more time in reflection or meditation and others spend more time in prayer. Other people spend very little time in the inquire stage. In the end being open to the prompting of the Holy Spirit was common to all and most importantly TRUST that God would give the words HE wants people to hear. DeColores Cathy Ferren

Post Cursillo – Group Reunion

Contact Post Cursillo, Ernie King for help forming or finding a group reunion at 905-619-6943.

2010 Toronto Cursillo Weekends

Applications for Spring and Fall 2010 weekends should be sent to Pre Cursillo, contact Evie Warden 905-840-8377. If you need an application let Evie know and it can be sent out to you by e-mail.

Spring	Men's Weekend	June 3 – 6	Women's Weekend	June 10 – 13
Fall	Men's Weekend	Dec 2 – 5	Women's Weekend	Nov 18 – 21

Commitment Ceremony January 2011

The annual commitment ceremony for Cursillistas committing to the Cursillo Movement as their prime apostolate for one year will be held on January 24, 2011, 7:30 pm at Consolata. The Day of Reflection on commitment will be January 15, 2011, from 9:15 am to 3:00 pm.

Secretariat Profile – Ernie King, Post Cursillo

My name is: Ernie King Made Cursillo: March 1978

The special graces which I received from participating in Cursillo are as follows:

- 1) I returned to my Catholic Faith and restored my relationship with Jesus.
 - 2) I heard and was given the grace to respond to Jesus' call to find him and to serve him firstly at home in my wife and kids.
 - 3) Then I responded to his call to serve him in Cursillo, in Group Reunion, Ultreya, the School of Leaders and on Cursillo Weekends as a Team Member.
 - 4) After several years I heard another one of God's calls, and was given the grace to respond to him together with my wife, and serve him in my Parish conducting Marriage Preparation Classes, Bible Study Classes, and Apologetics Workshops.
 - 5) Now God has recently given me a new assignment, to sell Catholic CD from Lighthouse Catholic Media, after all Masses once a month. This is to help others to learn more about their Catholic Faith.
- God Bless, Ernie

Cursillo Publications Available at the School of Leaders

The Fourth Day A Perennial Cursillo \$7

FAQ \$5

PreCursillo Pulpit Presentations, Information Nights and Journey With the Far Away

If you would like to know what is involved in the Pulpit Presentation Strategy which includes giving pulpit presentations, holding information nights in a parish near your home or work, and befriending

potential candidates, please contact your secretariat. Contact Dennis Coates by email at dennis.coates@sympatico.ca

Canadian Conference of Catholic Cursillos CCCC <http://www.cursillo-canada.org/about.htm>

CCCC Newsletter Online <http://www.cursillo-canada.org/newsletter.htm>

Secretariat for 2010 - Please not CHANGES in some email addresses

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Internet Prayer Line	cursillo.toronto.prayerline@gmail.com
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