



IN THIS ISSUE

From our.

1. Lay Director
2. Spiritual Director
3. Weekend Chair
4. Fourth Day Chair
5. Education
6. Cursillista's Say
7. Communication

Rainbow

Newsletter

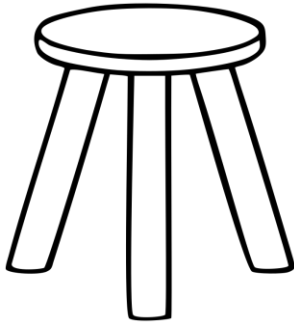
"Like the bow in a cloud on a rainy day such was the appearance of the splendor all around. This was the appearance of the glory of the Lord. Ezekiel 1.28

1. Lay Director (Susan Little)

As January blends into February, the empty landscape reveals the bare trees and profile of where we live. Its starkness reminds me of the backbone of what sustains us throughout the remaining months of the year. While at the Museum of Natural History in London recently, the immense skeletons of prehistoric life impressed me with how perfectly formed and symmetrical its bone structure was! It carried flesh and blood once upon a time and sustained its life form throughout generations and generations. By comparison, our wee bodies and skeletons look frail and vulnerable but one truth remains: the same creator created both species. Speaking for only one of the human sort, a single purpose exists for this skeleton of mine - to know, love and serve my Maker.

As Lent creeps up, I begin to plan what will best suit my needs in relationship to God. By extension, I begin to think about us all. I begin to realize the importance of our backbone, our basic framework upon which the rest of our life depends. When I think of 'skeleton' or 'backbone' with

regard to Cursillo, I am taken back to the three talks early on the Cursillo Weekend, the ones about Faith, Study and Action. If you remember your



Cursillo Weekend, you will remember the struggle that the speaker probably had to keep the three-legged stool upright as the sign for each of the three Talks was added to the stool. Now, as these topics still form the 'backbone' of our Group Reunion, sometimes we still struggle to keep these three in balance. As we gather each week, we recognize that it is the fine balance of these three disciplines that help us journey

through the smooth and rough patches of our lives.

Although I learned quickly about the need for balance in my life with the 'tippy' three-legged stool, life experiences have taught me that the four-legged model is much more practical for me. If you have a stool in your kitchen or elsewhere, you will know that most have four legs. There is more stability and ease in its design. When I have to reach a top shelf, my four-legged stepping stool comes out. Tucked away between my stove and my cupboards, it is an essential in my home when I am decorating for a holiday or painting. Even in other rooms, this stool helps me reach the treasures I think I have stored in a far off spot.



When I am on the stool searching for something that I packed far away, I think of the stability my stool provides. I have recently decided to label the fourth leg of the stool "Grace". As I understand it, Grace is a sign of God's presence in our midst. With this stool, God gives me the means to reach high so I can find what I need. With God, I can approach any question, fear or concern with confidence. God gives me confidence in my footing so that I will not wobble or fall.

Grace is the confidence God gives: it is the unexpected solution that solves the problem and brings peace. How can I plan for Grace? I can't. But in knowing that it is God's Spirit waiting to help me, God enables me to take risks and to go forward with what I feel God is calling me to do. I can't claim to have a monopoly on Grace but I can claim my baptismal promise as a Child of God to inherit the kingdom prepared for us. "Prepared" means open to God's presence in the midst of whatever situation, problem or crisis is occurring. It means God is already there, preparing the place for wherever I am going and making it better. The stability in my life, then, the fourth leg, is the Grace our God provides for us, day in and day out.

God has been ‘fleshing out’ the backbone of our Triennial over the last month or so. In the last week of January, our Triennial Conference planning team is meeting together to finalize more details about the June 22-24 conference. Surprisingly, the presence of God’s Grace continues to appear in our plans. Coincidence? I think not. Similarly, the details for the Ultreya in March is falling together nicely with amazing ease and simplicity. Hmmmm. The Day of Deeper Understanding planned for April 14th is taking on its own shape and promise now, too. Another sign of Grace! Psalm 138 tells us God “answered me on the day I called. You gave me strength in my soul” (v.3). So here is the invitation, again. Call upon the Lord. Rely on the stability I call ‘God’s Grace’ to make all things possible every day to move God’s kingdom closer. Be it a three or four-legged stool, God will provide all that is needed for that to happen. If your life is feeling it lacks the drive and purpose you seek, remember the core values of Faith, Study and Action. The backbone of your early disciplines will provide the stability you need to reach deep into those special places where you’ll find your treasure.

Ultreya!

Susan Little

Lay Director, Niagara and Huron

2. *Spiritual Director* *(Rev. Canon Stephanie Pellow)*

Keeping Lent

As a younger person looking ahead to the benefits of being older - children off to college, working days in the past – the idea of cocooning through the months of January and February seemed particularly attractive to me. I imagined curling up in a big, old chair by a sunny window or the fireplace and reading books to my heart’s content. This idyllic illusion was shattered for me when we moved in next door to a recently retired couple. They too, liked the idea of staying in, warmed by the fire. They had a small sunroom with a cast iron stove in it, which they named, in jest, their Florida room. Much as they just wanted to be at home, it never failed that they would have a medical appointment with a specialist or visit to the dentist on the stormiest days of winter. Days of peace, quiet and contemplation do not necessarily come easily no matter your age and stage of life.

In a number of place in the gospels, we read that Jesus went off by himself to spend time resting from the demands of the crowds and to be in a quiet and receptive place to listen to messages from his heavenly father, to pray. As followers of Jesus, we not only try to live as he taught us through his

stories, parables and interactions with the people around him but we also try to emulate how he lived. Walking on water, feeding thousands and healing people of their illnesses seems to be beyond what we can do but in most other things, we are quite capable of copying Jesus' behavior. We can treat others with kindness and acceptance. We can listen to each other. We can provide caring support. And like Jesus, sometimes we will find we would benefit from withdrawing to a quiet place for pray, contemplation and just resting in God's presence.

On February 14, we enter the liturgical season of Lent. The ancient church built the season of Lent into the church calendar to create just such a time to pause and reflect. It provides a time for us to review our Rule of Life. We may want to add something to our devotions even if only for the season of Lent. This is keeping a holy Lent. We are encouraged to give charitably. Special study in Lent grew out of the practice of the early church which prepared candidates to be baptized at the Easter Vigil by teaching them the faith during Lent. A very common tradition is to give up something we particularly enjoy during Lent. Our small sacrifice is meant to remind us of the much greater sacrifice made for us by Christ on the cross.

So, let's think of Lent as an opportunity; an opportunity to grow towards the full stature of Christ through study, a time to work with our Cursillo Groups as a way to enhance Faith, Study and Action in our lives and especially as an opportunity for rest and refreshment, spending quiet time resting in God's presence.

Decolores, Stephanie

3. Weekend Chair (Jan Collinson)

This will be a very busy and exciting year for Niagara and Huron Cursillo as we are hosting the Canadian Anglican Cursillo Triennial in June. Please make an effort to participate in as much as possible.

I have just confirmed the St. Ignatius Centre in Deemerton for weekend #54. It will be held October 19-21. We are once again going with the shorter format as it proved to be very successful last fall. More details will be passed on when available. Soon we will be putting the team together so please pray about what your answer might be if you get that call asking you to be a team member.

Make a friend, be a friend and bring that friend to Christ! Now is the time to talk to your friends about Cursillo and maybe one or more of them will be a participant on Weekend 54. You can find information on Cursillo including, upcoming events, weekend applications etc. on the webpage niagaracusillo.org.

Jan Collinson

4. 4th Day Chair (Kathleen Beattie)

This is my first time writing a 4th Day Report, so here goes. "Love your neighbor as yourself" Love does no wrong to a neighbor; therefore, love is the fulfilling of the law. (Romans 14 9-10)

I had the privilege of being invited to be on Weekend #53 in October 2017, at St Ignatius Retreat Centre in Deemerton. We were trying out the new shortened weekend (2 day), with every one arriving on the Friday afternoon until Sunday afternoon. Everyone seemed to enjoy the new format for the weekend. We were blessed with good weather; the Retreat Centre looked out over peaceful farmland. The Lord was surely walking with us. We were blessed with 19 new participants from both Niagara and Huron dioceses.

Following weekend #53, we held our Diocesan Ultreya at Holy Trinity Anglican Church, in St. George with great full thanks to Rev. Sharla for allowing us to gather at Holy Trinity once again. Our witness speaker was

Sheila Westover, the music was wonderful with everyone full of the Holy Spirit singing joyously. Most of our new Cursillistas were in attendance as they begin the 4th day journeys. The Ultreya was followed by a pot luck meal & fun/fellowship.

Our next Ultreya is being held at Christ Church Cathedral in Hamilton on Sunday March 4th from 3 -7 p.m. Save the date come and join us for an interesting spirit filled afternoon, followed by a pot luck supper and fun/fellowship. Bring a dish to share. I look forward to seeing you all there.

Yours in God's Service
Kathy Beattie

5. Education Chair (Shirley Kitchen)

Come One, Come All!

Cursillistas are invited to come to a **Day of Deeper Understanding** on Saturday April 14th at All Saints Anglican Church, 400 Northfield Dr. W., Waterloo ON, N2L 0A6. Registration and coffee beginning at 9:00 am. Ending at 3:30 pm. Our topic is Spiritual Transformation. Two Cursillistas will share their interesting journey to faith in Christ. Lots of music, bring a bag lunch, soup will be available to share. If anyone needs babysitting please contact Shirley Kitchen 905-878-2630 before March 15th. This will be a chance to reflect on and share your own story, too, in our small groups. Please share this information with your parish. Poster is included in the Rainbow.

Hope to see you there,
Shirley Kitchen
Education Chair



DAY OF DEEPER UNDERSTANDING

“Spiritual Transformation”

Speaker: Rev. Yun Hee Noh-Perry

Sat., April 14, 2018

9:00 a.m. to 3:30 p.m.

All Saints Anglican Church

400 Northfield Dr. W., Waterloo

Music Education

Faith Sharing

Social Fun

All are welcome. Bring a bag lunch. Coffee and tea provided.

Contact: 905-912-4686

huroncursillo@gmail.com niagaracursillo@gmail.com

www.niagaracursillo.org

Presented by the Niagara Huron Cursillo Secretariat



6. Cursillista's Say

On finally starting to read Richard Rohr's Immortal Diamond, he quotes Hafiz a 14th century Persian mystic and poet, which caught me quite personally.

"God is trying to sell you something, but you don't want to buy. This is what your suffering is: Your fantastic haggling, your manic screaming over the price!"

In my own words this hits home for me for I want what God has to offer but I balk constantly at the price of what I have to give up to get it. Holding on to the corner of the towel unable to throw it in. Whew!

Ring any bells with you.

Ultreya ,Colin~ Weekend 47

How has Cursillo Influenced my Life!

Cursillo has influenced me by bringing out my Faith as a Christian. By this, I mean being a better person. Influences such as bringing friends to Christ by being a friend of Christ. My faith has become much more than I knew was in me. I have done things I never expected were possible as a person of faith. Cursillo has influenced me by being a Speaker on a weekend not too long ago (that I didn't think I could do) coincidence, "I think not". Also a Table Enabler that weekend.

Also, I have been influenced by knowing God Loves me and Guides me with a heart filled with music of God's words and faith to share with others. To know I have more in me than I thought and have things to offer.

My influences have been through our regular Tuesday morning groupings where **FAITH, STUDY, ACTION** is so true. **Thank You Cursillo!**

ULTREYEA and course **HUGS**.

Patti Troughton

The air I breathe and the life I live

Cursillo has made me deliberate and intentional in my daily disciplines of Prayer, Bible Reading and relationships. Each day begins with the Cursillo model of Faith, Study and Action. I thank God for the blessings of the day and the gift of sleep. I offer to God the concerns and tasks of the day ahead. I pick up my *Forward Day by Day* booklet and reflect on its wisdom



and insight. I spend a bit more time reading my electronic bible reading and then a number of pages from my ongoing 'study' book. When things conspire against me (like my cat puking its breakfast on my couch), I put aside my disciplines and do what is needed. Then, if possible, I have a second cup of tea and focus on my study. On worse days, when I have to leave too soon to do all this, my phone carries my electronic bible

reading and I catch up later that day.

The Action part of what I call "my three part start" begins as I think about the tasks of the day - the phone calls I need to make or the emails I must send. Sometimes the apostolic action comes later that day at a meeting or will occur in a 'chance' meeting with the person whose name has been on my heart. Coincidence? I think not.

God is the air I breathe and the life I live. When I don't do these things, when I forget my disciplines, I feel unprepared. My daily disciplines are God's breath over my dry bones, breathing life into my day to help me through the smooth and rough patches. The same is true of my life.

Cursillo helps me know God better and breathes life into my life, making God known wherever my day and my life take me.

Ultreya!

Susan Little

7. Communications

(James Gould)

C/o Cathedral Place
252 James St. North
Hamilton, ON L8R 2L3

Web:

<http://www.niagaracursillo.org>

Communications
Contact

niagaracursillocomm@gmail.com

We are on the Web!

Visit us at:

www.niagaracursillo.org

Getting this **Newsletter** out to our **Cursillistas** and keeping you informed of what is happening in our **Niagara Huron Cursillo** movement via the **niagaracursillo.org** website is a great privilege and I can only pray I am up to the task.

Please visit our website: go to the **weekend** page for applications and weekend info, go to **upcoming events** for what's up in **study, faith & action**, Ultreyas, workshops and more.

The newsletter is for ALL Cursillistas! Yes, it is an important tool for the secretariat to keep all members informed of happenings. Ideally, it is also for fellow Cursillistas to pass on ideas and or events that might help others on their journey. If there is a Cursillista who needs our prayers contact me and I will gladly get their name to our Prayer Team.

Please contact me at

niagaracursillocomm@gmail.com with any inquiries, if you find something missing, if you wish something added or if there appears to be a mistake. Remember if you change your email address please let us know so we can continue to keep in touch with you! If for some reason you wish to be removed from the email lists, email your request for removal from the list and I will remove you from our email lists.

Yours in Love and Service, **Ultreya!**

***Now there are different gifts,
but there is the same spirit; and
there are different ministries, and yet
there is the same Lord; and there are
different activities, and yet it is the
same God who performs them all in
everyone."***

1st Corinthians 12: 4-6

Ultreya