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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)

**"Bless the Lord, O my soul, O my soul!
Worship His holy name!"**



We have just 'finished' Christmas and put away our decorations. We have tucked such images of baby Jesus away for the year. The season of shopping, visiting, entertaining that has altered the pattern of our lives over the last month or so has passed and now we can get back to normal. Really? 'Normal'? Are you kidding?

First of all, after spending so much time in 'holiday mode', with food and friends and special events in our church and community, it is hard to just 'get back into'

the ordinary swing of things. It's hard to do the ordinary jobs and chores again ... and I think that's the way God intended it.

If we just go back to 'normal' (whatever that normal may be for us), it feels that we are denying the full dimensions of what Christmas is all about. If we just go back to our 'ordinary' lives and set off into another year, dulled and worn out by the previous boring series of events, tasks, and obligations, and if we enter the new year, feeling obligated to take on the same boring jobs and tasks as last year, there seems to be something we have missed.

Something is missing. After all, Christmas has come and has changed life forever.

Do we really let this happen? Wasn't this Christmas different? Yes, indeed: some saw relatives for the first time in years; others had new kinds of food for their festive meal; a few had more guests for Christmas dinner than expected; a few others felt loss and sadness. Yet, in the midst of all of this, one truth remains constant: God became flesh and dwelt among us! By this birth, God changes us forever and He promises to do this every year (in case we forget!)

We know that God keeps His promises and His promises are new every day. What a blessing!

I think of Psalm 103 with the words "Bless the Lord, O my soul, and all that is within me, bless his holy name" (v. 1). Memorable for many are the words from a recent Cursillo Weekend theme song "Bless the Lord, O my soul, O my soul, worship His holy name". I think this song captures the special quality of a new beginning, such as what a new year brings. It also emphasizes the joy and wonder we have been celebrating throughout the season of Christmas and now, Epiphany.



The next line of this song reminds us to "Sing like never before, O my soul," and it concludes by describing our response when we witness such an event: "I'll worship His holy name."

So, how does this apply to you as we begin 2019? First, there are all sorts of activities where Cursillo needs you. (The Phone Survey team, the Ultreya March 10, The Day of Deeper Understanding April 6, to name a few) If you aren't invited to be involved in any of these, call up the person in charge and volunteer. You would make their day, I'm sure.

Secondly, how are you going to "bless His holy name" as you go about your 'ordinary' life in 2019? How are you spreading the Good News to those around you? To your family or the new people on your block or to the new person at work or the cashier where you get your groceries every week? If you aren't sure of the words to say, ask God to help. Try something 'ordinary' and just ask how they are doing. Tell them how good it is to see them or comment on how their smile brightens the day. Be a blessing to them on a dull day in February with a smile and a pleasant comment. This is the kind of Light that our world needs. This is the Light of the world that has come to a people in darkness. Be it a darkness of loneliness, stress or depression, it is the place where God's light, entrusted to you, can make a difference. You can make their 'ordinary' life an experience of the extra-ordinary love of God! "Bless His holy name. Sing like never before, O my soul!" goes the line. When we sing, we express the depth of our feelings, so we sing out about God's gift of love in our life. Some people think they don't sing well and some don't like to sing. None of that matters. Spreading the light of Christ is about

responding to God's gift of love, His Son Jesus, in your life. Spreading God's love is what motivates and energizes us to dispel that darkness, put a smile on that face; turn dullness into a bright place for God's light to shine. Be a blessing! And bring light to a darkened world. Ultreya!

Susan Little
Lay Director, Niagara Huron Cursillo

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

A few years back there was a popular song with a line of lyrics that ran, "If you can't be with the one you love, love the one you're with." I don't recall the rest of the song. Those lyrics may actually have implied some kind of infidelity but I choose to think of them in another that has meaning for me. I have just returned from a vacation in Calgary, Alberta where I visited my daughter and her family. There I was most certainly with the ones I love - my daughter, Jess, her husband, Monty, five-year-old, Reid and seven-month-old Lennon whom I had been longing to hold since last I saw them in October. I caught up on all those missed hugs with my grandsons.

I also visited Christ Church, Elbow Park on two Sundays where I felt warmly welcomed as a visitor and enjoyed the singing offered by their 30 plus SATB choir. I chose Christ Church because the rector is Rev. David Pickett, formerly of St. John's, Ancaster in our diocese. At Coffee Hour, I had a lovely conversation with a woman who started her high school teaching career in Grey County just north of my parish in Shelburne.

That brings me back to the quote above. Susan was just one of many strangers I met in my travels. I journeyed to Calgary by train. I met many people on the train as the wait staff seated us in different groups for meals. People on the train were mostly eager to meet others and there were many lively and interesting conversations at those meals as well as in the lounge car, the activity car and even in the dark one evening in the raised observation car. I contemplated the fact that Jesus spent much of his time encountering strangers. We know of some specifically in their stories – the woman at the well, Nicodemus, the young man lowered through the roof for healing, Jairus and his daughter and all those individuals who came to be healed and received healing in a few moments of time with Jesus. Although Jesus valued his time with his disciples and used it for support and refreshment as well as a teaching time for them, he spent much of his time among strangers. That is when we see Jesus "loving the one he was with." He gave each his attention, acceptance and full regard in the moment of contact.

Most of the people I talked with on my journey never learned that I am a priest but naturally, I found myself trying to follow Jesus in the way I listened

and affirmed the strangers I met. One man shared his three-year journey of mourning his late wife. Another woman spoke of the cancer she fought and was now enjoying travel. Some spoke of the long years of their working lives – Saskatchewan farmers, railway workers, former teachers, hydro workers, executives and labourers, operators of a small hotel in Wales. I never saw anyone ask for or receive an email address to keep in touch. This was friendship, love and acceptance in the moment. As Jesus showed us by the parable of the Good Samaritan, loving your neighbor means much more than those close to you geographically or in your circle of family and friends. “Love the one you’re with.”

De Colores,
Stephanie Pellow

3. Weekend Chair *(Jan Collinson)*

I will start by wishing everyone a healthy and blessed New Year. Weekend 55 is booked for November 1-3, 2019 at Crieff Hills. Once I have spoken with the coordinator we can begin choosing the team, training dates and all the other wonderful things that make up a weekend. I know there are a few challenges with Crieff but there are very few places in the area that fit our needs.

I would like to have a discussion on when we would like to do something in 2020, be it a weekend or renewal. The sooner we contact these facilities the better chance we have of getting the time we want.

Jan Collinson

4. 4th Day Chair
(Patti Troughton)

SAVE THE DATES:

ULTREYA.....MARCH 10, 2019

WHERE.....ST. LUKES PALARMO
Corner of Hwy.25 and Dundas, Oakville
TIME.....3:30 p.m. to 7:00 p.m.

DAY OF DEEPER UNDERSTANDING.....APRIL 6, 2019

WHERE.....ALL SAINTS, WATERLOO
TIME.....9:00 a.m. to 3:30 p.m.

WEEKEND #55

DATE.....NOVEMBER 1st to 3rd, 2019
WHERE.....CRIEFF CENTER

5. **Education Chair**
(Shirley Kitchen)



But where???

DISCERNMENT & ACTION

Day of Deeper Understanding

Saturday April 6th

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

All Saints Anglican Church
400 Northfield Dr. W., Waterloo ON, N2L 0A6

How do we know what God is calling us to do when there is so much good that needs to be done?

- Hear some of our Cursillistas share their wisdom on how to be a sponsor!
- Learn how to sign a praise song

Bring a bag lunch. Soup, tea and coffee will be provided.

(If anyone needs babysitting, you must contact Shirley Kitchen 905-878-2630 before March 15th)

ALL OTHERS confirm your attendance by contacting Shirley by April 3rd

Free will offering

6. CACS

Come and check out our new and improved web site!
www.anglicancursillo.com

7. Treasurer's Report

(Renée Anderson)

“Be shepherds of God’s flock that is under your care, watching over them— not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; not lording it over those entrusted to you, but being examples to the flock.”

1 Peter 5:2-3



We set up E-Transfer this year for the Triennial and it was well received by many participants. We now can offer the same service to donors who prefer this method for ongoing donations and Weekend fees. Please visit the website under Financial Support/Donations for more information on how this works.

Some of our expenses come in the way of the music license, website maintenance, church donations for use of their halls and CACS (Canadian Anglican Cursillo Secretariat). WE ARE THANKFUL FOR ALL DONATIONS.

8. Cursillistas Say

CURSILLO TELEPHONE SURVEY is COMING!

Last year, Cursillo's Blair Richardson's very thorough survey revealed Cursillistas want to be included in knowing about upcoming events and the ways they could help Cursillo.

So...Secretariat decided that this year's priority is connecting with YOU!

We are asking YOU to tell us your accurate information and then we will contact those from whom we have not heard.

Here is the phone number or email address you are to contact, based on the geographical location of your home.

Please save us some time and call or email the person listed below with this helpful information:

- Your accurate name and title (Ms / Mrs/ Rev) and your gender
- Your address, telephone number, and email address
- Your current church
- Please indicate whether you prefer *The Rainbow* by mail or by email

If we do not hear back from you by the end of February, our team of Cursillistas will call you,

Beginning in March, we will call those we have not heard from to verify the accuracy of our records and to compile a more efficient way of connecting with you.

Simple? I hope so. If not, please contact me (Susan Little) directly at 905-512-4686 or by email salittle208@gmail.com Ultreya!



Location	Person to Contact	How to Contact	
Acton/Georgetown	Paulette Switzer	519-853-1047	switzerpaulette@gmail.com
Brantford	Renee Anderson	519-758-0516	renee_btfd@yahoo.ca
Burlington	Blanche Mills	905-632-9055	bwmills@cogeco.ca
Fort Erie / Niagara	Sharon Insley	905-871-6729	sharon2@bell.net
	Joan Costigan	905-892-6861	jlcostigan@gmail.com
Guelph	Donna & Terry Cousineau	519-648-2981	tdcousineau@gmail.com
Hamilton	Jan Collinson	289-274-4488	d.duck4853@gmail.com
	Patti Troughton	289-396-0886	ptroughton@cogeco.ca
	Susan Little	905-912-4686	salittle208@gmail.com
Kitchener-Waterloo	Rachel Prichard	519-502-7764	hrprich@gmail.com
	Cathy Thomson	519-576-6516	cathythomson@bell.net
London	Colin Shutt	226-663-5759	shuttcolin3@gmail.com
Milton	Shirley Kitchen	905-878-2630	p_skitchen@hotmail.com
The North	James Gould	519-216-6152	satbsinger@gmail.com
Oakville / Mississauga	Kathy Parker	905-330-6877	nanakat10@gmail.com

The Whisper

I hear a soft whisper; a distant, echoing call
So quiet, I question whether I heard anything at all
I continue on my way, I let it slip from my mind
The memory of the whisper left far behind
Now it's time to relax, my day is over and done
I only just settle in when I suddenly hear someone
I hear a soft whisper; a warm, gentle call
Though no one's around me, no one at all
I try to listen harder, I keep silent and still
If I really, really focus, maybe I will
I sit and I listen, I can hear the voice saying
“Come have a chat with Me. It's as easy as praying.”
I hear His soft whisper; an inviting, hopeful call
How long has it been since I thought of Him at all?
So I sit and I pray, and I ask myself why?
And how could I let this relationship die?
But He didn't forget me, He called me back
We're mending our relationship, every little crack
I hear His soft whisper; a joyful, daily call
I can't imagine my life without Him; no, not at all
His presence has granted me courage and peace
For me and for everyone, He promises release
“I whispered and whispered until you heard,
Now, please help Me to spread out the Word;
Please hear My soft whisper; that small voice in your ear,
Please open your hearts, so My soft whisper you hear.

By: Victoria Baldwin

Why being on (the) TEAM for a Weekend isn't for everyone.



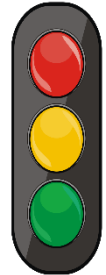
Have you ever wanted to be on a Weekend Team and didn't get asked? That's too bad. It's sad when you don't get what you want, especially if you prayed about it.

Maybe you felt that God wasn't really listening to you after all? Maybe you think that *some* people don't appreciate your finer qualities? Maybe you fear that the last time you served on Team you didn't perform as well as you could have. If you have thought any of these, please, please, please, don't despair!

We all know that like a traffic light, God often gives our prayers answers of YES, NO and WAIT!

It is probably the WAIT that gives most of us our problems. When confronted with another WAIT, we may open the door to these negative thoughts as listed above! Please don't have a pity party, yet. There is much you can do when you are NOT on the Team!

First, you can PRAY. It undergirds every part of the Weekend. From the selection of the Co-ordinator, Assistant Co-ordinator, date of the Weekend, location of the Weekend, theme for the Weekend, the list of all the many decisions to be made to create, run and conclude a Weekend are endless, so our prayer life must be strong enough to take on a task of momentous importance. God has already spoken to YOU about growing closer and walking further along with Him. (We know that because you are reading this religious newsletter!) You know the power of prayer in giving the answers you want. However, when you get the answers you *don't* want, you have the opportunity for growth or not. No one likes being wrong. No one, even in the privacy of conversations with God, wants their request to be denied or ignored. No wonder, then, we feel rejected and alone when our wishes, our prayers, our requests get a NO or a WAIT!



On the other side of not being on the Team, there are some definite positives!

Perhaps you should be rejoicing not weeping when you aren't asked to serve on the Team! First, be glad that you are not on the front lines for the next few months. You don't have to be reorganizing your life for a week or two around the time of the Weekend. You don't have to make up time at work for what you are missing or prepare for those covering your job. Likewise, you won't have to be making food and arrangements for children and partner as you leave them for a Weekend along with all the tasks you are responsible for on the Weekend.

Think of all the time you will have for yourself, now that you're not on the team to do other things. You can thank God that you can have all your Friday nights and Saturdays to yourself in the months preceding a Weekend. You can read a book undisturbed. You can go to the movies, call up an old friend, go shopping, do family things, or whatever your little heart desires.

So, if you are not asked to be on a Weekend, don't be discouraged. You have to believe that the timing for this particular Weekend is just not good for you. God's got better things for you to do in His own time. Just wait. In the meanwhile, there are still ways to contribute to the Weekend without being there!

WAYS to CONTRIBUTE to a CURSILLO WEEKEND

First of all, you can PRAY. There are many who need your prayers. Pray for the Co-ordinator and Assistant Co-ordinator from the moment their names are announced. They will definitely need your prayers as they go about selecting the members of the Team who will carry out the very, very important work on the Weekend. They will be choosing people on the front lines to minister, lead, and working on YOUR behalf, presenting Christ to those participants in a personal, loving way. This very vulnerable

time in a person's life needs all the prayer and encouragement possible, and it is true for both the participant and each Team member.

DONATE money to sponsor a candidate.

SHOP for good bargains on snacks for the Weekend.

BAKE some cookies, muffins or a loaf for the Support Team.

ATTEND the Moonlight on the afternoon of the last Training day.

DECORATE the dining hall for the Agape supper on the Saturday of the Weekend.

DO SOMETHING CRAZY and wake up early to surprise the Team and candidates at the Mañanita.

BRING a few friends to the Closing of the Weekend on the Sunday.

Most of all, remember that whatever you do, you do for the Lord.

Whether on or off the Team, remember what Paul reminds the Christians at Colossae,

“Whatever you do, work at it with your whole being, as though you were working for the Lord” (Col. 3:23)

Susan Little

Palanca request

We send a lot of email Palanca to other weekend groups around the world and we have been using the same page for a few years now. Your mission, should you accept it, is to create a new Palanca page we can send. The page should be an 8x10" creation with Niagara/Huron Cursillo on it. You can include a generic message for the weekend, whatever artwork you like, and an area for Cursillistas to sign would also be appreciated. Secretariat will select the ones they approve for future use. Please send your submissions to niagaracursillocomm@gmail.com

Prayer Request

Hi Everyone:

After a very long and stressful day, Nancy finally returned home sore and tired this evening at 8 pm. The day was filled with radioactive dye injections, gamma X-rays', special mammograms, a 2-hour surgery, and 4 hours in recovery. A tough day!

Our long-time friend Stewart Bryan, who also lives in our condo building, met us in the garage with a wheelchair, and wheeled Nancy onto the elevator and up to the 17th floor. Nancy at that point was in a great deal of pain so the sight of Stewart coming towards us with a wheelchair was a welcoming site indeed. Nancy took some pain medication, went to bed, and is immediately went to sleep.

She has a ton of bandages and a drainage tube with a suction bulb at the end of it which looks like a grenade. The grenade needs to be emptied twice a day and the fluid recorded. The recovery room nurse assigned that duty to me.

Sometime tomorrow a CCAC worker is expected to call and set-up a dressing changing schedule. My understanding is that Nancy will have to go somewhere to have this done. The surgeon wants to see Nancy in 4 to 6 weeks.

Neither I nor Nancy were able to talk with the surgeon after the operation and nobody was able to advise any results. (Nancy was the last surgery of the day). I 'm assuming the operation went okay however - or the surgeon would have told us if it had not. We both remain optimistic that the surgeon was able to remove all the cancer. When we hear we will share this with you.

Both Nancy and I are grateful to all of you for upholding us in your thoughts and prayers. We felt your presence all day and we are very thankful. We are truly blessed to have such wonderful, and caring friends.

It is getting late and I am getting a little tired. Nancy and/or I will keep in touch as developments occur – hopefully positive. Please continue to keep us both in your thoughts and prayers – Nancy for a speedy and cancer-free recovery and me for strength and perseverance.

Peace and good-night.

Bill

9. **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.

Ultreya!



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Niagara Huron Cursillo