



Niagara Huron Anglican Cursillo

Rainbow Newsletter

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1. Lay Director

Renée Anderson



"(For every house is built by someone, but the builder of all things is God.) Hebrews 3:4 NRSV



Although Paul is talking about Christ building up the church, we could mirror this verse to express the steps we take in Cursillo to build up an awareness of Christ in peoples' lives. With God's help, Cursillo changes our lives. I hear

it often. It has changed my life in many ways.

This is the first newsletter distributed since the Annual Meeting for Niagara Huron Anglican Cursillo on September 22, 2019. It is with humility and great pleasure that I write this article as its Lay Director. I have been embraced with love, hugs, and smiles during the past few months. I am in continued prayer asking God to give us wisdom, understanding, love, and care to those in the wider community and those on Secretariat. To stand on Secretariat is quite a commitment; most stay a term longer than the normal one; it could be two years or four years, but no longer than four. We are grateful for this commitment of so many who have gone before us.

We formed a team for the Recharge Weekend even before the Annual Meeting (AM), our first meeting being held last July, with the inspiration of Susan Little. While some of us probably would have liked more rest in the hot summer months, Susan encouraged us to forge ahead and see what could become of this chance to rekindle our spirits and give “us” time to hear speakers and enjoy workshops of enlightenment. We were delighted when Mount Mary Retreat Centre was available for the March date. Many of us made our Weekend at that facility or have been on team and it was like returning home. Our team was made up of others on Secretariat who shared their knowledge of talents in the community that could offer their gifts to this Weekend—Patti Troughton, Shirley Kitchen, Jan Collinson, Rita Predon, and myself. And we *did* forge ahead, and they *did* say “yes” to our invitations. Thanks to all these wonderful people who brought forth their loves, be it prayer beads, Taizé, pilgrimages, gospel storytelling or contemplative prayer. Our keynote speaker was the Rev. Canon Dr. Lizette Larson-Miller, who is an Anglican Priest, Professor and Huron-Lawson Chair at Huron University College of Western Ontario. Lizette followed the theme ‘Step by Step’ and spoke on Liturgy and Life as One Journey into God. Wow. Truly amazing. She taught us that “liturgy and worship are not exactly the same, *liturgy* is one way of *worshipping*.” Her talk disclosed that “a life of worship is an active and conscious way of being before God; prayer is always a Godward activity;” gave a list of “the necessary pieces of prayer;” and shared “how are liturgy and life a continuous stream of worship?” These are just a few of the things that were on the Weekend agenda with Lizette. We truly were indeed blessed to have her spend a weekend with us and yes, she did have time for rest and recharging as well!

We have spent quite a few months reaching out to clergy, holding a focus group discussion with the assistance of an outside professional facilitator, gathering information for a report that would eventually be presented to Bishop Susan Bell. We are happy to report we are in the final stages of this process, thanks to Blair Richardson, Rev. Brian Galligan, and Rev. Canon Dr. Dawn Davis.

During our meeting with Bishop Susan in recent weeks, she gave her consent to our proposal to designate the Coordinator of Faith Formation, in Niagara, Rev. Canon Dr. Dawn Davis, as Member-at-Large Liaison to the Bishop. Upon commissioning Dawn will attend our regular meetings and be responsible for effective two-way communication between Niagara Huron Anglican Cursillo, the Bishop, and diocesan staff. This role is separate from our Spiritual Director. As this role takes on specifics, we will work together to ensure the plans and objectives of both organizations are aligned and mutually supportive.

Fr. Brian and I along with the CACS Chair met recently with Bishop Todd Townshend, Bishop of Huron, after waiting for his ordination and consecration to take place in January, coming after the election in October. It was a pleasure to present Cursillo as one method that brings people together in a closer relationship with God. Small group meetings, larger group gatherings (ultreyas), and the weekend concept were introduced and discussed with Bishop Todd along with updates on our progression and work with the Diocese of Niagara. We wish the best for Bishop Todd as he engages with a long “to do” list while assuming this new life of service.

Grouping

Please remember your Fourth Day talk on Group Reunion or Grouping. Group Reunion begins and ends with prayer. Using the Group Reunion card will help to keep the discussion focused on Piety (Faith), Study and Action each discussed separately. The card also helps structure sharing and keeps us on track so that the time together does not become another “get together” to chat. If you have made your Weekend and are not in a Group, please take action, or put this on your list for action and reap the benefits! Think of the friendships you will develop through this method of communication. Think of the educational opportunities you may hear about as your friends share their acts of generosity, kindness, and knowledge. Think of the power of prayer when two or more are gathered! **GROUPING IS AN ACTION WORD!**

Sponsorship

The website www.anglicancursillo.com contains the guidelines for Sponsoring and Sponsorship. Please take some time to read up on these documents. It is our hope that these guidelines will tie in with the registration form for a Weekend. Each participant should be sponsored by a Cursillista and each sponsor should be in touch with the priest of the potential participant to discern involvement in the Cursillo Weekend.

2. *Spiritual Director* Rev. Brian Galligan

I would love to use my column in this edition of the Rainbow to talk about the amazing Cursillo Recharge Weekend that I just attended at Mt Mary, Ancaster from March 6th-8th 2020. Or perhaps I could write about the tremendously positive meetings that I and others have recently had, with Bishop Susan Bell of Niagara and Bishop Todd Townsend of Huron. There is so much support and enthusiasm building up in our two Dioceses about the future of Cursillo as an essential component of faith formation, that I want to shout about it from the mountaintop and cry out to everyone that; “All is well!”.

However, all is not well and we are called yet again, to be God’s hands, feet and face in a troubled world. As I sit in front of my computer writing this letter, I am acutely aware of the fears of many and of the widespread disruptions to the routines of our regular lives, being created by the gradual worldwide spread, of the Novel Covid-19 virus. Along with having a Rule of Life, being part of a Group Reunion and attending regular Ultreyas, this situation reminds me of the other key component necessary for a Cursillista to faithfully live out their Fourth Day and that is to have a Spiritual Director. As I listen to reports of borders being closed, mass quarantines and scuffles over essential items in grocery stores, all because of the present pandemic, it causes me to reflect on a question that my own Spiritual Director always asks me when I meet with her, “Where do you see God in all of this?”

I wonder if that can best be answered by something sent to me recently via Facebook and that I immediately shared on my own “page”. It reads as follows:

“To those who now have 28 packages of pasta. To those who are searching the black market for hand sanitizer. To those who are walking around with a face mask. And to those who are planning to flee with their kids, out from a coronavirus infected area: Never again look down on people who are fleeing from war or famine.”

At first those words spoke to me about how far humanity has drifted away from Christ’s commandment that; “You love your neighbour as yourself” (Matthew 22:39). However I could also hear God speaking through those same words and saying this is an opportunity for Christian Witness, an opportunity to transform our environments for Christ. Now is the time, the time for our good deeds to be seen in the world, the time for our voices of Christian love and compassion to be heard in the world, and also a time for us to be recognised, as not being of, or subscribing to, the ways of the world. You see when people are afraid, afraid of the unknown or of what lies ahead for them and for their families, it’s easy for them, out of fear, to begin displaying selfish, at times even aggressive behaviour towards others. Some might call it, an instinct of self-preservation.

As Christians with a mission to make Jesus known in the world, there so many ways that we can help our neighbours get through these difficult and fearful times. Take a look around, pray and try to discern who and where God is calling you to show love to your neighbour. Perhaps they are seniors, those with disabilities, the immuno-compromised, perhaps even Moms with young children who are experiencing difficulties coping, whoever they are, give them a call, let them know of your concern for them and ask how you can be of help. In particular let them know you are praying for them and for all your neighbours at this time, as we demonstrate our love for them by bringing their troubles to God in prayer. Perhaps this may also be an opportunity to share your faith in Jesus Christ, the source of your own hope in what lies ahead.

De Colores, Brian+

3. Former Spiritual Director Rev. Stephanie Pellow

The Joy of the Lord is Your Strength

My name is Stephanie Pellow and I made my Cursillo in May of 1978. I sat at the Table of St. Catherine. I was under the age of 30 and had only been attending church regularly for five years after a hiatus of a few years. In the two congregations with which I had contact, I observed many Christians. For many there seemed to be a peace and comfort about their faith. Some, like me had a burning desire to learn more about our faith. Earnest, hard-working, devoted, sincere, faithful, and hopeful are other descriptions that I might have assigned to my fellow parishioners of the time. Joyfulness, though was not something I saw in them. It was at Cursillo where I first encountered joy.

Where did that joy come from? For me, it came from the realization that I was truly loved, truly beloved of God. Truly loved but not any more or any less than everyone else. I found this to be remarkably freeing. But as St. Paul argues in various places in his writing, the response to gaining that freedom in Christ is to enter into servitude to him. It sounds like an oxymoron but it isn't. Freedom in Christ draws you away from the snares of earthly life but requires you to seek to make life better for others for Christ's sake. I wanted to share the new joy and freedom I had found.

In 1984, after taking on various other weekend roles, I was asked to coordinate a Women's Cursillo Weekend. I chose a passage from Nehemiah as the theme. It comes from the part of the story where the people have gathered to celebrate the rebuilding of Jerusalem after they returned from exile in Babylon. Ezra read the Book of the Law to them at the Watergate. They all prayed. Some wept and some cheered. Ezra pleaded with them to be joyful, to embrace the new and let go of their precious memories of what had been before. He said, "This day is holy to the Lord. Do not mourn or weep.....do not be grieved for the joy of the Lord is your strength." Our Cursillo Weekend in 1984 was joyful. Like many Cursillo Weekends, there were some glitches – there is no group picture – but in the main it was full of joy. I have seen and experienced that same joy in the Lord on many weekends and Cursillo gatherings since. And even more significant, I sense and experience that joy each day that I live with the love of God held precious in my heart.

One of my great joys has been to serve as Spiritual Director of Cursillo in Niagara/Huron for the past 10 years. It has been a joy to meet and learn from so many brothers and sisters in Christ. It has been a joy to work with you to bring others to joy. Thank you for allowing me that privilege. As you go forward with Rev. Brian Galligan as your Spiritual Director may you continue to grow in love and be helpful to many others who through the vehicle of Cursillo come to experience the love of the Creator fully, to walk with Jesus as friend and brother and sense the Spirit active in their lives.

De Colores, Stephanie Pellow; former Spiritual Director

4. Weekend Chair Report Jan Collinson

I am writing this after attending the Recharge Weekend. I certainly came home feeling just that. It was nice to return to Mount Mary. I am not going into details of the weekend as there will be a report on that. I must say the hardest party of the weekend was not hugging. Until something is taken away from you, you don't realize how important it is. Hope you are all staying home and healthy.

Save the Date: Weekend 56 is being held November 13-15 2020. I am pleased to announce that Ann Mulvale has agreed to be Coordinator for the weekend. Please keep her in your prayers as she begins the team selection. You can also prayerfully consider what your answer might be if you are asked to be on team. We will be moving to a new location this year, Five Oaks Conference Centre in Paris Ontario. Everyone I

have spoken to says it is a wonderful place and I am excited that we were able to book it. The current plan for team training is to have a social get to know you gathering one evening and then team training on a Friday night and all day Saturday. This was tried for Weekend 55 and worked out very well. Stay tune for dates and time for the Moonlight service and other events around the Weekend.

While being on team is a wonderful experience it is not the only thing you can do for the weekend. Palanca and prayer are also very important, the team and participants being held up in prayer is a necessary part of the weekend. As you probably remember one of the most moving times of the weekend is when the participants receive their Palanca please make the effort to send something for the participants.

Other ways you can be part of a weekend is to help set up for the Agape meal. This does not take a lot of time, many hands make light work and it helps the support team immensely. You can also attend the Magenta and the closing; it is wonderful to see the wider community at these events.

Romans 12 4-8 says: For as one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Respectfully Submitted by

Jan Collinson

5. PALANCA Rita Predon

I was asked recently, "what is palanca?". We all heard about and received Palanca on our weekend and some of us have sent it to others on many weekends, but it never hurts to have a reminder. Palanca is the Spanish word for lever. The notes and letters you received plus the letters from many other Cursillo groups that were put on the wall were meant as a lever to lift you up and support you on your weekend. These notes and letters were not the actual Palanca but a visual representation of the prayers being offered on your behalf.

We as a community send out palanca to other groups when we are informed of their weekends. There is a weekend prayer team that is sent notification of these weekends and prays for them. If you would like to be a part of that team, please send your email address to niagaracursillocomm@gmail.com and I will add you to the list and put your name on the outgoing palanca.

Please be safe and keep praying, Ultreya Rita Predon, Palanca Chair

6. Prayers to End Covid-19 Shared by Tim and Eva Standish

1. Heavenly Father, we pray for you to intervene to **stop the spread of the coronavirus**. We pray in Jesus' name that the virus would recede and diminish from this day forward, and that the numbers of those infected would decline rapidly. We trust you, Lord, to intervene today with your loving care.

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we asked of him. 1 John 5:14

2. We pray for **those who are sick**, that they will have access to the care and treatment they need. We pray peace and perseverance for them amidst suffering. We pray for those in isolation who are cut off from their normal routines and support systems, that they would seek their strength from you, Lord. We pray encouragement over the thousands in quarantine, waiting to find out if they have the virus or not.

God is our refuge and strength, a very present help in trouble. – Psalm 46:1

3. We pray for the **health workers** who are caring for those with COVID-19. We pray for their protection from the virus, for stamina during long or intense work hours, and for safe protocols to be observed in healthcare institutions in order to keep them protected. We pray for health workers to seek you during this crisis.

Then they cried to the LORD in their trouble, and he delivered them from their distress. – Psalm 107:28

4. Pray for **grieving families** who have lost loved ones to the coronavirus. Even as their hearts are breaking, we pray they would know your nearness and comfort. We pray that your compassion, Lord, would be felt through the Holy Spirit's ministry and through the ministry of friends and neighbours who come around them. We pray against despair; we pray new mercies every morning.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:6-7

5. Pray for **pastors** serving their churches and communities affected and infected by COVID-19. We pray that the Holy Spirit would give them shepherd leaders the right words for the right time and the right actions for the right situation. We pray they would speak your gospel in heart, word and deed to each person they are called to minister to.

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ... The prayer of a righteous person has great power AS IT IS WORKING. – James 5:14,16

6. Pray for the **body of Christ worldwide**, that they would rise up to pray and to support the sick and their caregivers in practical and sacrificial ways. We pray for your church to be a light on a hill in the neighbourhoods, hospitals, communities, and cities where you have placed them. We pray for an outpouring of love, compassion and service, in your name.

But God has composed the body and has given greater honour to the parts that lacked it, so that there should be no division in the body, but that its members should have mutual concern for one another. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it. Now you are the body of Christ, and each of you is a member of it. 1 Corinthians 12:24-27

7. We pray for **government officials and decision makers** who are leading countries and organizations through the crisis. We acknowledge you have allowed each on to be in a place of influence during this time. We pray they would mobilize resources quickly and effectively to where they are most urgently needed. We pray for all those working behind the scenes; we pray the good administration and execution of response efforts worldwide.

Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper. – Jeremiah 29:7

8. Pray for **those waking up each day to fallout caused by COVID-19**, that they would reach out to you, Lord. We pray for people look earnestly for you, because we know their desire to seek you will have come from you, and we know you will meet them. We pray for those whose businesses and livelihoods are ruined by the halt in many sectors of the economy. We pray for those who may lose jobs and salaries. For each one, we pray new beginnings with you walking by their side.

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.” – Jeremiah 29:11,12

9. We pray for **our mission co-workers worldwide** today, especially those serving in areas acutely impacted by COVID-19. We pray for wisdom for each ministry team to know how to carry out their responsibilities. We pray that ministries would not have to shut down, but that you would see fit that they are carried on through this difficult time, for your glory.

We are hard pressed on every side, but not crushed; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. – 2 Corinthians 4:7-9.

10. We pray for **all those who live and die without the knowledge of Jesus** to hear about you through this crisis and respond to your love. We pray the gift of salvation for every man, woman and child around the world today, so that they will become our

brothers and sisters in Christ. We are asking in your name for this gift to come out of this crisis.

The Lord is not slow to fulfil his promise as some understand slowness but is patient with you, not wanting anyone to perish but everyone to come to repentance. – 2 Peter 3:9

Home prayers for times of Pandemic - shared by Jan Collinson with permission from The Anglican Diocese of Niagara Compiled and Created by the Reverend Mike Deed and The Reverend Canon Matthew Griffin



A Short Form of Daily Prayer During a Time of Isolation

+ In the name of the Father, Son and Holy Spirit.

Opening Prayer God who in Jesus stills the storm and soothes the frantic heart, Bring hope and courage to us as we wait in uncertainty. Make us equal to whatever lies ahead. Give us courage to endure what cannot be avoided, For your will I hope and wholeness; You are God and we need you. Amen.

Canticle: 1 The wilderness and the dry land shall rejoice, • the desert shall blossom and burst into song. 2 They shall see the glory of the Lord, • the majesty of our God. 3 Strengthen the weary hands, • and make firm the feeble knees. 4 Say to the anxious, 'Be strong, fear not, your God is coming with judgement, • coming with judgement to save you.' 5 Then shall the eyes of the blind be opened, • and the ears of the deaf unstopped; 6 Then shall the lame leap like a hart, • and the tongue of the dumb sing for joy. 7 For waters shall break forth in the wilderness, • and streams in the desert. Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever.



Amen. The Reading for Day

If you are using a lectionary, please refer to the reading for the day. Alternatively, take time to time meditate on one of the following verses:

God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgement, because as he is, so are we in this world. 1John4.16b-17

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. Hebrews 4.14-16

The LORD upholds all who are falling, and raises up all who are bowed down. The eyes of all look to you, and you give them their food in due season. You open your hand, satisfying the desire of every living thing. The LORD is just in all his ways, and kind in all his doings. The LORD is near to all who call on him, to all who call on him in truth. Psalm 145.14-18

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, 'For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.' No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers. Romans 8.35-38

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 29Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy, and my burden is light.' Matthew 11.28-30

The Prayers Holy God, in whom we live and move and have our being, we make our prayer to you, saying, Lord, hear us.

Grant to all who seek you the assurance of your presence, your power and your peace. Lord, hear us.

Grant your healing grace to [name and] all who are sick that they may be made whole in body, mind and spirit. Lord, hear us.

Grant to all who minister to the suffering wisdom and skill, sympathy and patience. Lord, hear us.

Sustain and support the anxious and fearful and lift up all who are brought low. Lord, hear us.

Almighty God, whose Son revealed in signs and miracles the wonder of your saving presence: renew all your people with your heavenly grace, and in all our weakness sustain us by your mighty power, through Jesus Christ our Lord.

Amen.

Our Father.....

Conclusion: May the divine helper remain with us always, And with our loved ones everywhere. Amen.

USEFUL PRAYERS

Be with us Spirit of God Nothing can separate us from our love. Breathe on us, breath of God; Fill us with your saving power. Speak in us, wisdom of God; Bring strength, healing and peace. The Lord is

here. His Spirit is with us. (From Common Worship, Church of England)

Divine physician, we pray you to continue Christ's healing work in our hospitals and homes. Give skill, understanding, and sympathy to all who minister to the sick and strengthen them in their work of mercy. (from Church of Ireland Book of Common Prayer 2004)

Almighty and ever living God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ your Son. Amen. (B.A.S. p.355)

God of grace, power and mercy; look on your servant (name) with love. Give (them / me) courage and complete confidence in your care and protection. Keep (them / me) in peace, through your Son, Jesus Christ. Amen. (The Pastoral and Occasional Services, Melanesia)

Hear us, Lord, when we cry to you. Calm our bodies and minds with the peace that passes understanding, and make us radiant with the knowledge of your goodness; through Jesus Christ our Lord. Amen. (B.A.S. p.746)

Gracious God, in the night of distress, we forget the days of Sun and joy. Even when we do not know your presence, preserve us from the dark torrent of despair. We ask this in the name of Jesus Christ. Amen. (B.A.S. p759)

In darkness and in light, in trouble and in joy, help us, heavenly father, to trust you love, to serve your purpose, and to praise your

name; through Jesus Christ our Lord. (Joint Liturgical Group of Great Britain)

God our healer, keep us aware of your presence, Support us with your power, Comfort us with your protection, Give us strength and establish us in your peace. Amen. (New Zealand Prayer Book)

You Lord are in this place, Your presence fills it, Your presence is peace.

You Lord are in my life, Your presence fills it, Your presence is peace.

You Lord are in the storm, Your presence fills it, Your presence is peace. (by David Adam)

Keep watch dear Lord, with those who wake, or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary; sustain the dying ones; calm the suffering and pity the distressed, all for your loves sake. (Saint Augustine 354-430AD)

Stir up your power, O God, and come among us. Heal our wounds, calm our fears, and give us peace; through Jesus our redeemer. Amen. (Common Worship Daily Prayer p.348)

Loving God, whose peace passes all our understanding; as we face this present pandemic, and experience fear and anxiety, may we hear your voice, bringing calm to the storms of our time.

Strengthen those who work to limit the spread of infection, and those who seek to care for the sick, and keep us mindful of those most vulnerable.

May we shape our living to protect one another, and may our changing habits, practices and sacrifices, be for the greater love of our community and all your people. Amen. (The Diocese of Niagara)

Prayers for Children God, you listen to me. When I need help, you listen to me. When I need comfort, you listen to me. When I need guidance, you listen to me. When I need love, you love me. (Becky Perrins, Age 12)

Lord make me like a mirror, Facing the place where the sun always shines, So I can reflect the joy of the sun, Onto all of the people (Lauren Newman age 8)

God, let your blessing rest upon us, Like dew on the grass, Bringing refreshment, beauty and peace, To body, mind, and soul. Amen. (Author Unknown)

7. Telling God's story shared by Terry Burk

Excerpts from Divine Beauty. The Invisible Embrace By John O'Donohue

Colour is the language of light; it adorns the earth with beauty. Through colour light brings its passion, kindness and imagination to all things: pink to granite, green to leaves, blue to ocean, yellow to dawn. Light is not simply a functional brightness that clears space for visibility. Perhaps of all the elements, light has the most refined imagination; it is never merely a medium.

Light is the greatest unnoticed force of transfiguration in the world: it literally alters everything it touches and through colour dresses nature to delight, befriend, inspire and shelter us. The miracle of colour is a testament to the diverse, precise and ever surprising beauty of the primal imagination.

The intense passion of the first artist glows forth in the rich colours of creation. In this sense, colour is the visual Eucharist of things. In a world without colour, it would be impossible to image beauty; for colour and beauty are sisters.



8. God's love for me submitted by Stuart Laird, Weekend 1,

Niagara Cursillo, St Mildred's Lightbourn School, Oakville

based on: Luke 15:11-32 New International Version (NIV)

The Parable of the Lost Son

This is one way of many I am reminded of God's Love for me, and for each and every person.

For me, this is an example of God, with skin on.

11 Jesus continued: "There was a man who had two sons. 12 The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.

13 "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. 14 After he had spent everything,

there was a severe famine in that whole country, and he began to be in need. 15 So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs.

16 He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

17 “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! 18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.’

20 So he got up and went to his father.

“But while he was still a long way off, his father (God) saw him and was filled with compassion for him; he (God) ran to his son (me), threw his arms around him and kissed him.

21 “The son (me) said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’

22 **“But the father (God) said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. 23 Bring the fattened calf and kill it. Let’s have a feast and celebrate. 24 For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.**

25 “Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. 26 So he called one of the servants and asked him what was going on. 27 ‘Your brother has come,’ he replied, ‘and your father (God) has killed the fattened calf because he (God) has him back safe and sound.’

28 “The older brother became angry and refused to go in. **So his father (God) went out and pleaded with him.**

29 But he answered his father, ‘Look! All these years I’ve been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. 30 But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!’ 31 **“My son,’ the father (God) said, ‘you are always with me, and everything I have is yours.**

32 But **we had to celebrate and be glad,** because this brother of yours (me) was dead and is alive again; **he was lost and is found.”**

9. I Am There (author unknown) submitted by Blanche Mills

You cannot see me, yet, I am the light you see by. You cannot hear me, yet, I speak through your voice

You cannot feel me, yet, I am the power at work through your hands

I am at work, though you do not understand my ways. I am at work, though you do not recognize my works.

I am not strange visions. I am no mystery. Only in absolute stillness, beyond self, can you know me as I am

Then but as a feeling and as a faith. Yet, I am here. Yet, I hear. Yet, I answer.

When you need me, I am there. Even if you deny me, I am there

Even in your fears, I am there. Even in your pain, I am there

I am there when you pray and when you do not pray. I am in you and you are in me

Only in your mind can you feel separate from me, for only in your mind are the myths of "yours" and "mine."

Yet only in your mind can you know me and experience Me. Empty your heart of empty fears

When you get yourself out of the way, I am there. You can of yourself do nothing, but I can do all. And I am in all.

Though you may not see the good, good is there, for I am there.

I am there because I have to be, for I AM

Only in me does the world have meaning. Only in me does the world take form

Only because of me does the world go forward.

I am the law in which the movement of the stars and the growth of living cells are founded

I am the Love that is fulfilling. I am the assurance. I am the peace. I am the oneness.

I am the law that you can live by. I am the Love that you can cling to.

I am your assurance. I am your peace. I am the one with you.

I AM.

Though you fail me, I do not fail you. Though your faith in me is unsure, my faith never waivers,

because I know you, because I love you. BELOVED I am there.

Don't ever doubt this

We are all diamonds in God's eyes

10 Announcements

SAVE THE DATE!

MARCH 5 & 6, 2021

CURSILLO LEARNERS WORKSHOP

(CLW)

**This workshop gives an opportunity for
Cursillistas to learn more about the
Cursillo Movement.**

Presented by

Canadian Anglican Cursillo Secretariat.

Hosted by your Secretariat.

Thank you!

**To the facilitators of
The Recharge Weekend Workshops:**

The Rev'd. Canon Susan Wilson

The Ven. Dr. David Anderson

The Rev'd. Sue Nicolls

The Rev'd. Brian Galligan

**and to The Rev'd. Paddy Doran for the Taizé
Service and Music**