

CURSILLO

The PRISM - A Monthly Insight into the Catholic Cursillo Community of Rochester, NY

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Spiritual Advisor Wisdom

Examen / Commitment / Lent

Deacon George Welch, M17, Elmira Ultreya

In just a few days we will begin the season of Lent. It is a time of remembering “first things first”. Like Jesus in the desert, Moses on Mt. Sinai, and Israelites in the desert, we will spend 40 days opening ourselves to the presence of God and looking at what keeps us from our baptismal commitment. We, like the disciples, spend time looking at our life. We ask ourselves as Jesus did in the scripture, “What are you looking for? Where are you looking?” The forty days of Lent are a time of prayer, self-examination and transformation. I would like to invite you to look at your commitment sheet you made at your Cursillo. The promise you made on your weekend. The cover of the service sheet centers us as the Beloved Sons and Daughters of Christ. *“I George Welch from this day on, a conscious and growing member of your Mystical Body in union with all apostolic Christians of your Church, with the help of your grace, will contribute my idealism, my self-surrender, my spirit of charity, to make your kingdom more effective in me, and in all those I come in contact with.”* The sheet has a powerful title, Christ is Counting on You. This commitment is a living faith statement. This is the time to make it fully alive.

One of the aspects of this service sheet is called the “Examination of Conscience.” It is a practice of looking at your day and asking where did I see God. It is a practice in the church mostly associated with the sacrament of Reconciliation. On the service sheet you are asked to respond to the call for holiness. It is a prayer. It is intended to attune you to God’s presence. We are called to be open and be responsive to Christ leading. It is a time to respond to God’s gifts and blessings. It is a time for you to find God and God can find you. I recommend this as a way to renew your promise and to enter fully into Lent.

Step One: Pray for Light. Begin by asking God for the grace to pray, to see and to understand. Step Two: Look at your day in a spirit of gratitude. Everything is a gift from God. Step Three: Guided by the Holy Spirit, look back on your day. Pay attention to your experience. Look for God in everything. Step Four: Face up to failures and shortcomings. Ask forgiveness for your faults. Ask God to show you ways to improve. Step Five: Resolve what to do in the day to come. Where do you need God today? What can you do today? I made Men’s 17 in 1984 and the Examen has invited me to stay in love with God who is counting on me as I am counting on God. Eduardo said “The person who loves lives twice.” The Examen helps us find the Love of God and the Joy that being loved brings.

EXAMEN

A devotional exercise involving reflection on and moral evaluation of one's thoughts and conduct, typically performed on a daily basis.



DeColores!

The Secretariat Page

Notes from January 2021 Meeting:

- Treasurer's Report: We began with a balance of \$1688.68. Allan paid out \$58.00 for Flock Notes and received a donation of \$50.00 last month. Our Closing balance is \$1680.68. Since then, we received \$98.00 in donations and we need to expend \$300 in February for our Region 3 dues.
- Post-Cursillo: Mary Ellen Darling has accepted the Secretariat seat for Post-Cursillo. This can be a committee. She is looking for assistance for the months of November and December due to work commitments. Allan offered to help her.
- School of Leaders: Sue Lorz is our new coordinator. She is working with Margi Lash to get January's meeting off the ground with the Geneva Ultreya. Hilton Ultreya is scheduled for February and Caledonia Ultreya for the March meeting.
- Mary Liz started as new lay director. She will have the website updated with new Secretariat members and information.
- Secretariat discussed open positions: PreCursillo --- Cursillo (3day) --- Assistant Lay Director. Still seeking people to step up into these positions. The position can be filled with an individual, a couple or a pair of friends.
- A discussion was held about the next Men's weekend rector selection. Mary Liz will pull attendance sheets to review possible names. Need to ensure the person attends Ultreya and participates in a Small Reunion Group.
- Spiritual advisor, Deacon David, shared that the death of St Jerome in 420 AD is always celebrated on the 3rd Sunday of Ordinary time. When we genuflect at the altar, we need to look at the pulpit prior to rising to pay homage to "the Word".

What about these Meetings?

Secretariat Meetings are held on the 2nd Tuesday of every month at 7:00 pm. Visitors/Cursillistas are welcome to join the Secretariat meetings. Currently, the meetings are being held virtually. Please contact Allan Stone for the meeting information if you want to join in!

Who are we?

Lay Director:

Mary Liz Bartell, (607) 324-0372

maryliziz@aol.com

Assistant Lay Director:

Is the Lord calling YOU?

Pre-Cursillo Chair: *Is the Lord calling YOU?*

Donna LaDuca, (585) 342-3234

donnapecur12@rochester.rr.com

Cursillo Chair: *Is the Lord calling YOU?*

Bob LaDuca, (585) 943-2427

laduca8@rochester.rr.com

Post-Cursillo Chair:

Mary Ellen Darling, (315) 521-8771

maryellendarling@gmail.com

School of Leaders:

Sue Lorz, (585) 704-4988

suelarry5644@gmail.com

Secretary:

Doreen Gala-Hebert, (585) 236-6049

dgalahebert@gmail.com

Treasurer:

Allan Stone, (585) 269-4640

astone@rochester.rr.com

Donations make out to Rochester Cursillo

Mail to Allan Stone, 35 Cindy Lane,

Rochester, NY 14626

Spiritual Advisors:

Fr. Mickey McGrath, (585) 325-4041

Fr.mickey.mcgrath@dor.org

Dcn. David Paluskiewicz, (585) 281-1390

davidpaluskiewicz@gmail.com

News from the Secretariat >>>

Welcome the New Lay Director

Mary Liz Bartell, W69, Lay Director, Hornell Ultreya

We have some exciting new additions to our Cursillo Secretariat Family. Please welcome our School of Leader's Chairperson Sue Lorz from Hilton Ultreya. Sue has teamed with me many times. She's a quiet joyful Christian who will be a wonderful addition to our Secretariat. Due to Covid-19 our School of Leaders is meeting on Zoom on the 3rd Thursday of every month 7 p.m. School of Leaders is open to all Cursillistas so that we learn more about the Movement, how to be effective Servants of Christ, and support the Movement in providing support to the Secretariat so we can continue to have Cursillos in our Diocese. We select Secretariat Members from the School of Leaders, and the Rector & Rectoras too. If you want to make Cursillo your apostolate there's no better way than participating in Ultreya and School of Leaders.

Our new Post-Cursillo Chairperson is Mary Ellen Darling from the Newark-Geneva Ultreya. Mary Ellen & her husband run a Christmas Tree Farm. Mary Ellen will be working closely with our Ultreya Leaders in gathering attendance sheets, presenting growth opportunities for Cursillistas, such as workshops, Second Touch, and Grand Ultreyas. She will coordinate the Cursillo Picnic.

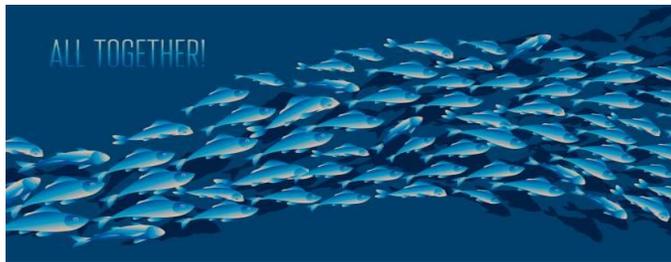
I ask that you pray for our Secretariat Members and that you pray for leaders to step forward for our vacant seats on Secretariat. The good news is that both our Pre-Cursillo chair Donna LaDuca and her husband Bob our 3-day chair are going to stay on to help mentor their replacements. We have another vacancy in the Assistant Lay Director chair which is a larger commitment because they will eventually take my place after 3 years. We need Leaders who are committed to the Cursillo Method & Movement, to say yes to God's call. "Come Follow Me and I will make you Fishers of Men." DeColores!



School of Leaders Sharing

Reflections on School of Leaders

Tom Treis, M35, Fairport Ultreya



After I made my weekend in the fall of 1979, the team was very clear that as you grew in Cursillo you should attend Leaders School. We were told on our weekend that we were all leaders and Leaders School was for everyone. It is the place where we can grow in our faith and learn more about the history and working of the Cursillo movement. I attended Ultreya, joined a permanent group and was invited to Leaders School. It opened my eyes to how Cursillo started and spread all over the world big time!!!!

The term Leaders School was changed to School of Leaders in order to differentiate between the actual make up of its participants. A leaders school, like a driving school would be a place where people would go to learn to be leaders or drivers. The School of Leaders, like a school of fish is the gathering together of leaders or fish. Remember I already had been told that I was a leader: a leader of Christianity.

I came across the analogy of the school of fish and wondered why fish swim in schools? Give up? Because they can't walk!! Seriously, a school of fish is a sight to behold; all moving in unison and all in the same direction! They move together for safety, to increase their feeding capacity and to avoid predators. We Cursillistas certainly need to move in the same direction today!!!

Our School of Leaders is not an academic school (praise God) but a gathering of Cursillo leaders who meet to experience sharing and fellowship with each other, to pass on the teachings of the Cursillo founders, and strengthen each other while giving them a formation in spirituality, doctrine, technique and a spirit of service.

Even though we cannot meet in person during this pandemic, we still have the opportunity to join with Cursillistas all over our diocese through that wonderful technology of Zoom! Won't you join with us to share, to inspire others and grow closer to Christ and the Cursillo Movement. Join us on the third Thursdays of the month for the School of Leaders and swim in unison with us!!
DeColores!



On their 5th Day
Joanne Douglas
Bill McGrath



Ask the Three Wisemen (and women) . . .

Ask a wise Cursillista who has been around forever!

Send in your questions about Cursillo... anything and everything!

Send questions to: notestobobbi@yahoo.com Attn: Ask the Cursillo Wisemen

What is a Witness?

Answered by Chuck Flansburg, M16, Hornell Ultreya

Witness is a function of truth-telling. A witness is a teller of truth. God calls us to do this in Mark 16: 15-16, *He said to them, "Go into the whole world and proclaim the gospel to every creature. Whoever believes and is baptized will be saved; whoever does not believe will be condemned."*

In the Cursillo movement, witness is part of many rollos, and each Ultreya. A witness is the vivid, living and real experience of how a person is living the love of God and neighbor. A witness is not meant to be a retelling of that person's whole life, but a sharing of what God is currently doing in that person's life. A witness shows how that person, in every day life, is living a life filled with the love of God. By allowing other Cursillistas to hear a personal witness, the witness' love is then shared to help reveal God's love of each of us. As we live the method of "Make a friend, be a friend and share Jesus Christ with that friend," witness becomes the heart of our friendship.



Witness by a Friend of Christ!

Mary Ellen Darling, W83
Newark-Geneva Ultreya

A few weeks ago, Mary Liz emailed me and told me she was praying for me. I thought, oh boy, I am in trouble now. We talked and she asked if I would consider being Post-Cursillo Chair. Every year in January, I take time to look at my life's activities and make decisions on how I am making a difference and what my goals are for the coming year. I had made that decision for 2021 and decided I wanted to spend more time with God – being a better Cursillista was my focus and ... my life was full.

So how could I possibly take on this challenging position? Asking for the duties, I was completely overwhelmed by them and how could I do all this ~ I had decided there was no way I could do it well and give it the time it would require. I went back and forth – okay – maybe someone would help me and be a co-chair. But how could I do it? Then, I went to Mass. I prayed and prayed and came out of church saying – okay I will do it. Somehow, I will be able to tackle the duties. God and my fellow cursillistas will be there and it would be okay.

A dear friend and fellow Cursillista always says, “Let go and let God.” And, with help from Him and our Ultreya leaders, we can make a difference in the lives of our new babe chicks by giving them the 4th Day support of Ultreya and Grouping. DeColores!



Upcoming Events!

More info on our website www.rochestercursillo.com

Coming Soon >>>

Check your
Flocknotes messages
for details on events!

School of Leaders
at 7pm via Zoom.us
Thursday, February 18th
Thursday, March 18th
Watch for Invite on Flocknotes

Region III Spring Encounter
Stella Niagara Retreat Center, Lewiston
May 7-8, 2021

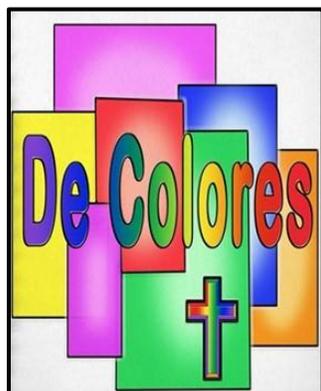
Women's #89
Notre Dame Retreat House, Canandaigua
June 10-13, 2021

National Cursillo Encounter
Orange County California
July 22-25, 2021

Region III Fall Encounter
Notre Dame Retreat House, Canandaigua
November 19-20, 2021

Men's #94
Notre Dame Retreat House, Canandaigua
December 9-12, 2021

For information on the PRISM, please contact:
Bobbi LaVoie at 585-727-4866 or notestobobbi@yahoo.com



You are Welcome
to attend any Ultreya!

Hilton Area - Last Saturday (4th or 5th)
IN PERSON at 6:45pm
Tim Spinelli, (585) 395-4510
tspinelli@aol.com -OR-
Randy Campanaro, (513) 314-2999
rayjaycamp@yahoo.com

*Please contact Ultreya Coordinator for
an invite with the Zoom info!*

Caledonia Area - 1st Saturday
Virtual Ultreya at 7:00pm
Beth Bullen, (585) 538-9406
beth.bullen1@gmail.com

Fairport Area - 2nd Saturday
Virtual Ultreya at 7:00pm
Kathy Jacobsen, (585) 755-9578
[kjacobson046@gmail.com](mailto:kjacobsen046@gmail.com)

Geneva - Newark Area - 2nd Monday
Virtual Ultreya at 7:00pm
Margi Lash, (315) 548-5164
lashmb59@gmail.com

Elmira Area - 4th Thursday
Virtual Ultreya at 7:00pm
Deacon George & Paula Welch
(607) 738-3959
gwelch@tqcp.com

*These Ultreyas are currently not meeting
due to Covid-19. Pray to reunite soon!*

Rochester SPANISH 3rd Sunday
1:30pm Ultreya & School of Leaders
St. Michael's Church
Sr. Theresa Ruty, (585) 325-4041
truty46@yahoo.com

Dansville Area - 2nd Sunday, 11:00am
Sacred Heart Parish, Kennedy House
Bonnie Olsen, (585) 335-5971
summersky252@aol.com

Hornell Area - 1st Thursday, 7:00pm
St. Ann's School
Mary Liz Bartell, (607) 324-0372
maryliziz@aol.com

Owego Area - 2nd Sunday, 2:00pm
St. Patrick's Church
Jerry & Dodie Ward, (607) 786-0339
grr.ward@gmail.com