

# CURSILLO

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

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## Spiritual Advisor Wisdom

### Prayer of Goodness and Kindness

Deacon George Welch, M21, Elmira Ultreya  
Spiritual Advisor



*"Be trustful, firmly believing that God always provides for souls who trust in him".*

St. Catherine of Siena

How do I pray with pain? Can I pray when I or others are suffering? As a hospital chaplain I frequently was with patients and families who are not able to respond because of sickness, grief, fear or pain. Being with people who are in spiritual pain often calls for silence. Silence allows the Holy to be there. Silence invites us to go to our hearts and to be. We may feel that we must do something. Can you say a prayer chaplain? I have a question that you might be able to answer. Why is my mom hurting so much? Where is God?

During these times I have used a prayer practice that I learned from Bill Smith a hospice chaplain. You breathe in the pain and hurt of the person who is sick. Be present to the person. You then breathe out peace sending a healing Spirit to them. You do this in silence. You are with them and send goodness to them. St. Therese called it a "little way", doing little things with great love. You build a circle of silent love around them.

My wife Paula read a story about a prayer of goodness and kindness in her Quilting magazine. The story was about a woman who prayed while she quilted for those whom she loved and cared about. She simply sent out thoughts of goodness and kindness to the people. First you picture yourself in a circle of love. Give yourself goodness and kindness. You then bring into the circle those whom you love and you send to them love and kindness. Picture them with the arms of Jesus around them. Take them into your heart. Next you take someone neutral and put them into the circle. Send the message of love and kindness. This may be someone you work with or an acquaintance like the telephone operator or a volunteer. Next you bring into the circle someone you need to forgive. Send them messages of love and kindness. The prayer transforms you and the person you are sending love and kindness to. Finally, you bring everyone into the circle, and you send them messages of love and kindness. St. John of Cross said, "cast your cares upon God, for you are his and he will not forget you."

In the Christian tradition we believe in the communion of saints and the interconnectedness of the people of God. The specific teaching is that we are created in the image and likeness of God and that God is in love with us. We all have a basic core of goodness because God created us. Nothing can ever change this. Paul invites us to turn this into action by following what he calls the Excellent Path. He outlines it in 1Corinthians 13. As a Christian Contemplative I accept the presence and action of a God of love in what I do and how I pray. Each day as I sit in prayer I open my heart to God. As Fr. Thomas Keating repeats frequently I consent to the presence and action of God. The God that I open to is my "Abba" my loving parent. God calls us to be in a relationship where prayer and action come together.

(continued on page 4)

# The Secretariat Page

Notes from November 9, 2021 Meeting:

- Treasurer's Report: Allan stated we began with a balance of \$3108.07. He paid out \$116.00 for Flock Notes( 2 months), \$149.90 for Zoom acc't, and \$400.00 for National dues. We had a deposit of \$116.20. Our ending balance is \$2558.79
- School of Leaders: Sue reported that they are meeting monthly and have had someone to speak. Last month, Fr. Joe spoke. They broke up into small groups for discussion and reported back. 27 Cursillistas attended. We discussed adding some Catholic catechsis to these meetings while balancing out Cursillo.
- Pre-Cursillo: Donna reported the deadline for applications was Nov 19. 4 applications were sent out including to 2 bilingual candidates. Sponsors who had candidates carried over from cancelled dates have been contacted and we await their answers. Tim gave an application to Sharon Prince. A flocknote will go out to all to everyone with an app to announce the deadline.
- Cursillo: Bob locked down June 2-5 for Women's 89 and November 3-5 for Men's 95
- Post-Cursillo: Mary Ellen scheduled a Grand Ultreya, March, 19, 2022 at St Dominic's in Shortsville
- Region 3 Encounter: Mary Liz reminded us to register.
- Pastoral Plan: Mary Liz said she will fill out the forms and urged others to contact her if they have something to add. Mary Liz need the Secretariat members to submit their address, phone # and email addresses with her.
- Spiritual Leader's Comments: Father Mickey offered his comments and a Closing Prayer by Deacon David.

## 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  
[maryliz@aol.com](mailto:maryliz@aol.com)

### Assistant Lay Director:

*Is the Lord calling YOU?*

### Precursillo Chair: *Is the Lord calling YOU?*

Donna LaDuca, (585) 342-3234  
[donnaprecur12@rochester.rr.com](mailto:donnaprecur12@rochester.rr.com)

### Cursillo Chair: *Is the Lord calling YOU?*

Bob LaDuca, (585) 943-2427  
[laduca8@rochester.rr.com](mailto:laduca8@rochester.rr.com)

### Postcursillo Chair:

Mary Ellen Darling, (315) 521-8771  
[maryellendarling@gmail.com](mailto:maryellendarling@gmail.com)

### School of Leaders:

Sue Lorz, (585) 704-4988  
[suelarry5644@gmail.com](mailto:suelarry5644@gmail.com)

### Secretary: *Is the Lord calling YOU?*

Doreen Gala-Hebert, (585) 236-6049  
[dgalahbert@gmail.com](mailto:dgalahbert@gmail.com)

### Treasurer:

Allan Stone, (585) 269-4640  
[astone@rochester.rr.com](mailto: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](mailto:Fr.mickey.mcgrath@dor.org)

Dcn. David Paluskiewicz, (585) 281-1390  
[davidpaluskiewicz@gmail.com](mailto:davidpaluskiewicz@gmail.com)

## News from the Secretariat >>> Post Cursillo & Secretariat

Mary Ellen Darling, W83, Postcursillo Chair  
Geneva-Newark Ultreya

Everything that is done in terms of the Cursillo purpose and practice has the Postcursillo as its final objective. The Precursillo and the Cursillo are only initial steps toward the Postcursillo. Like everything else in life, it involves a process.

- Precursillo – the person seeks Christ
- 3-Day Cursillo – the person encounters Christ
- Postcursillo – the person follows Christ; the perennial living of what is fundamental for being Christian.

There are two purposes of the Cursillo Movement: Immediate and Ultimate  
The immediate purpose provides the foundation to live what is fundamental for being a Christian – love of God and neighbor, experienced through the encounter with oneself, with Christ and with others. The ultimate purpose is to support Christianity in society, with those who live as a Christian, loving God and our neighbor, throughout our daily lives following these encounters.

We need to remind ourselves that while the Group Reunion and the Ultreyas are essential to the Cursillo, they are not ends in themselves. They must serve as a means for cursillistas to be holy. The Group Reunion and the Ultreyas are the formation for the cursillistas to use as they deal with their daily lives..

Here is an opportunity for our Cursillistas: Secretariat nominations are now open until December 10th for our community to nominate men and women that love Christ and love to serve their community, with a desire to serve the Cursillo community, and are members of a group, attend Ultreya and School of Leaders. Using the previous information, provide their name and contact information and why you think they are an example of Christ. Secretariat will keep your nomination confidential but will let them know they have been nominated and we would love them to pray about service. Pray about this and feel free to nominate yourself as well. Please send the names and contact information to me by December 10th. Reply to this email or send an email to me at [maryellendarling@gmail.com](mailto:maryellendarling@gmail.com) with nominations or questions. Thank you.

DeColores!



# School of Leaders Sharing

## Book Review: *Diary of an American Exorcist*

by Msgr. Stephen K. Rossetti

Beth Bullen, W81, Caledonia Ultreya

Friends, do you agree that we have been on a rollercoaster ride these last couple of years? If so, you have been turning to prayers to help you and your loved ones. My prayers during this turbulent time have been for perseverance and an increase in my faith, hope and charity. I pray for people I disagree with; "Bless him/her and change me." I pray for our country to turn back to God and be at peace. Sadly, I note that people are violent, church attendance is down, nuclear families and family values are in question, and society expects us to be tolerant, accept everything, and allow free will. Friends, something diabolical is very present in our society today.

Therefore, I cannot say enough about the *Diary of an American Exorcist*. I found this book informative, inspiring, and beneficial. I will turn back to it repeatedly. Arguably lay people do not know or understand many things about the demonic. Msgr. Rossetti offers us an inside look at his exorcist vocation. He shares his encounters with the demonic during exorcism as well as in his daily life. It is amazing how easily demons may harass, much less possess people. We are assured that the demonic are no match for the Chief Exorcist Jesus Christ, Our Lady Mary, St Joseph, the Choirs of Angels, and the interceding saints.

That said, Msgr. Rossetti is concerned that America needs deliverance. The USA, he notes, has symptoms of being demonically oppressed and having a demonic mentality. Demonic oppression is evident in the drop in faith and church attendance, one million abortions a year, the practice of witchcraft and occult practices, drug abuse, and pornography. These practices open doors for the demonic. A "demonic mentality" is evident by the discord in our society. This discord precedes suicides, unhappiness, loneliness, rage, anger, murder, and terrorism.

We receive insights into what we need to do and not do in this book. Msgr. Rossetti encourages us to trust in our loving merciful God, hold on to Jesus, say our daily rosary, and ask Our Blessed Mother Mary, St Joseph, the angels, and the saints to protect us. I encourage you to read this book so you too can learn about the role of the exorcist priest and the receive support, strength, and comfort in the healing power of God.

DeColores!



## 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](mailto:notestobobbi@yahoo.com) Attn: Ask the Cursillo Wisemen*



## What is REC?

Answered by Gloria Treis, W29, Fairport Ultreya

Several Cursillistas have heard people talk about doing REC and I thought I would explain it. REC (Residents Encounter Christ) is a retreat program done inside prisons and jails around the United States and other places. It has its roots in Cursillo and the Teens Encounter Christ movement. A funny story about how REC got canceled at one of the prisons: The administration canceled this "REC" at a prison because they thought it was a 3 day recreation program put on by volunteers and that is just not acceptable for the incarcerated. The prison chaplain had to explain that it is a religious experience with the mission to create an environment where the incarcerated can come to know the peace of Christ and live more fully as Christians during and after their incarceration.

In the 1970's, three Cursillistas from the Rochester area attended a REC program at a downstate prison and were so impressed that they started a REC at the Auburn Correctional Facility. And now its offered at Attica, Wende, Groveland and Auburn facilities. Way to go: Bob Bacher, Sandy Sinopoli and Stan Zawacki!!! REC is very similar to the structure of Cursillo by having talks by lay people and then table discussions which help the men form Christian support communities to encourage them after the volunteers leave. There are some similar talks like: Ideals, Piety and Christian Life and Community in Action.

Many of the residents have life changing experiences and truly experience the love and forgiveness of Our Lord and Savior and others for the first time. One resident shared that he knows he is in prison because he deserved to be but he finally had the chance to feel like a real person because of REC. Others have shared they have not had visitors and they truly enjoyed seeing and sharing with people from the outside, talking about the Bills, foods they miss, their families, etc. Many of us like my husband Tom and I who do RECs get much more than we give!!! Unfortunately, because of Covid all programs in New York state have been suspended for last 18 months. Would you please pray that the Lord will open up this wonderful grace filled opportunity to the prison population again so we can follow the Lord's command of Matthew 25:36, 'I was... in prison and you visited me.'

DeColores!



# GIVE THANKS TO THE LORD.

*In Everything Give Thanks!*

## *Prayer of Goodness and Kindness Spiritual Advisor Wisdom* (continued from page 1)

Here is how the prayer comes together as one that is grounded in the belief that the Spirit dwells in everyone. Yes, that is everyone. The kingdom of God is with the hurting, disenfranchised, sinful, broken humanity. As I bring into consciousness those who suffer or those who are afraid, I pray. "The arms of the Crucified are spread out to draw you to his heart." (St. Teresa Benedicta)

1. Go to a quiet place of interior silence and pray a short prayer such as psalm 43. "Be still and know that I am God. Or Isaiah 43:4 "Because you are precious in my eyes and glorious and because I love you." Sink into the realization that God is in love with this person and you. You are alert and open to the presence of God.
2. Call into mind a person who you wish to love, send goodness and kindness. Picture them as God's child and whole. Send a message of love and grace to them as members of the mystical Body.
3. Breathe in the love of God for you and the person you are praying for. Breathe out, send the basic core of goodness to that person or situation. Think positive thoughts. Send out that healing spirit. We are in the Divine dance. God is in relationship with us, we are forgiven and healed.
4. Close by breathing you are accepting love. Breathe out the goodness and kindness of the psalmist. "Only goodness and kindness will follow me all the days of my life." (Ps 23) We build a circle of Love.

DeColores!

## *You're Invited... Men's 94 Clausura, Prayer & Palanca*

Join the Cursillistas of Men's 94 on Sunday, December 12<sup>th</sup> in the Chapel at Notre Dame Retreat House, 5151 Foster Road, Canandaigua, NY. Please arrive to be in your seats ready for the **Closing** or **Clausura** to commence at 3:45 p.m. Kindly note Sunday Mass will not be celebrated, may we suggest participation in your own parish services. Share in the commitment ceremony, witnessing, and the love of Christ.

Please pray for candidates, pray for the team, pray for Cursillo. Palanca, prayers and sacrifices, for Men's 94 can be shared with [ref150@yahoo.com](mailto:ref150@yahoo.com)

Team:

- |                     |                         |
|---------------------|-------------------------|
| • Tim Flynn, Rector | • Allan Stone           |
| • Don Bradt         | • Tom Treis             |
| • Keith Bunker      | • Fr. Mickey McGrath    |
| • Neil Combs        | • Deacon Dennis Lohouse |
| • Joe DiBattisto    | • Deacon George Welch   |
| • Joe Manioci       |                         |



Join the Rochester Cursillo Community as we pray for the team and candidates of Men's 94 (see page 5 for links):

- Friday, December 10, 3:00 pm for **Divine Mercy Chaplet** on Zoom.us Meeting ID: 845 9392 2890 Passcode: 235343
- Saturday, December 11, 6:00 pm for **Rosary & Sabatina** on Zoom.us Meeting ID: 892 8542 2321 Passcode: 382973

Due to Covid, 3-day and kitchen community assistance is not needed this weekend; the team will serve these roles. DeColores!



*Pray for Cursillistas on their 5<sup>th</sup> Day: Linda McCoy, W69*



# Join in Prayer for Men's 94!



All are welcome to join in prayer on Zoom for the Divine Mercy Chaplet.

Topic: Men's 94 Palanca - Divine Mercy

Time: Friday, Dec 10, 2021 3:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/84593922890?pwd=aDVmYS80WUpqUDBhYTR5ZTkxNVRPd09>

zoom.us

Meeting ID: 845 9392 2890

Passcode: 235343

Dial in: 1 646 558 8656 US (New York)

All are welcome to join in prayer on Zoom for the Rosary and Sabatina to our Lady (see Pilgrim's Guide 2016 or later page 95) followed by Ultreya (if you wish to participate.)

Topic: Fairport Ultreya

Time: Saturday, Dec 11, 2021 6:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/89285422321?pwd=OUVZWlJ1cTZ1Sk1XR2RzeVgwZzI1QT09>

zoom.us

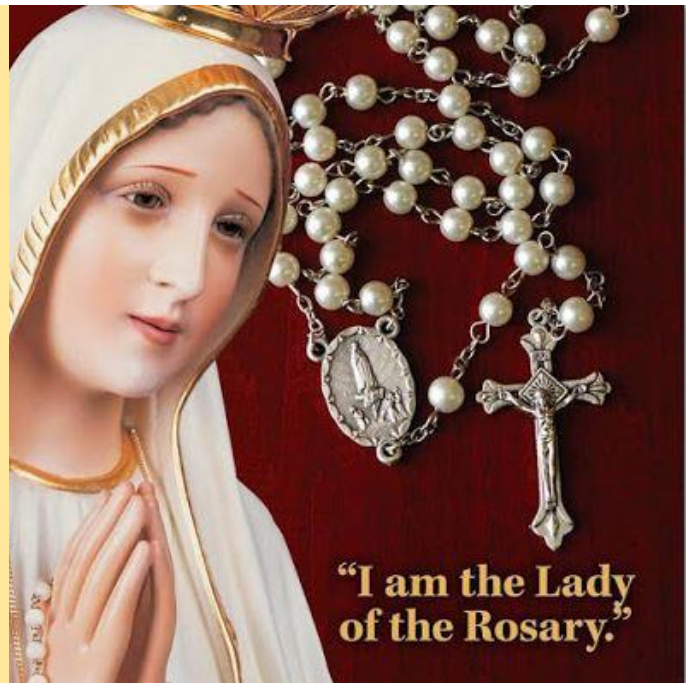
Meeting ID: 892 8542 2321

Passcode: 382973

Dial in: 1 646 558 8656 US (New York)

All are welcome to join in person at Assumption Church, Fairport

- Mass at 4:00 pm (optional)
- Bring your own meal to enjoy 5:15 pm (optional)
- Rosary & Sabatina 6:00 pm followed by Ultreya at 6:30 pm



All are welcome to join in person with the Cursillistas of Men's 94 for the Closing!

Sunday, December 12, 2021

3:45 pm Eastern Time

Chapel at Notre Dame Retreat House  
5151 Foster Road  
Canandaigua, NY.





# Witness by a Friend of Christ!

Ellen Hinds, W64  
Fairport Ultreya

I would like to tell you how much I trust in the Lord, I am so blessed in so many ways. I am so grateful for the blessings God has always sent down on me and all of us. When you wake up and see the magnificent sun rises. When God wakes me up and sends those sun rises to look at. I know God is painting the sky, so we can all see it and appreciate the beauty God is smiling down on us. The amazing sun sets. The sun looks like it is melting into the clouds. The beauty that God sends every day. The colors of the spring, and the magnificent colors of the fall. I know that is God sharing his beauty with me and for all of us to see and to witness of his love for us. God is good always!

God has blessed me with so many wonder family and friends that are truly special. I "Know" first hand that I have gone through so many difficult times in my life, I could never have gone through so many trials in my life, with out knowing that God is holding on to me. I thank you God, I am so truly blessed in so many ways. I can not imagine what it would be like to go through difficult times without God, guiding you and holding on to you. Thank you God for always loving me and holding onto me tightly. These are only a few examples of my faith in God. I put my trust in God. With God all things are possible. DeColores!



You are Welcome  
to attend any Ultreya!

**Hilton Area** - Last Saturday (4<sup>th</sup> or 5<sup>th</sup>)  
IN PERSON Pot Luck 6:15 pm / 6:45pm  
St. Leo's Church  
Randy Campanaro, (513) 314-2999  
[rayjaycamp@yahoo.com](mailto:rayjaycamp@yahoo.com)

**Caledonia Area** - 1st Saturday  
Virtual Ultreya at 7:00pm  
St. Columba Church Rectory  
Beth Bullen, (585) 538-9406  
[beth.bullen1@gmail.com](mailto:beth.bullen1@gmail.com)

**Elmira Area** - 4th Thursday  
IN PERSON (tbd) /Virtual Ultreya at 7pm  
St. Mary's Church Rectory  
Deacon George & Paula Welch  
(607) 738-3959  
[pwelch@tqcp.com](mailto:pwelch@tqcp.com)

**Hornell Area** - 1st Thursday, 7:00pm  
IN PERSON & Virtual Ultreya at 7:00pm  
Mary Liz Bartell, (607) 324-0372  
[maryliziz@aol.com](mailto:maryliziz@aol.com)

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

**Fairport Area** - 2nd Saturday  
IN PERSON & Virtual, Own Meal 5:15pm  
Ultreya 6:00pm  
Kathy Jacobsen, (585) 755-9578  
[kjacobson046@gmail.com](mailto:kjacobsen046@gmail.com)

**Rochester SPANISH** 3rd Saturday  
IN PERSON (tbd) 4:00pm Ultryea&SOL  
St. Michael's Office Building  
Sr. Theresa Rutty, (585) 325-4041  
[trutty46@yahoo.com](mailto:trutty46@yahoo.com)

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

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

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

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

## Upcoming Events!

More info on our website [www.rochestercursillo.com](http://www.rochestercursillo.com)

School of Leaders – 3<sup>rd</sup> Thursday of the Month  
at 7:00pm via Zoom.us - Next meeting is December 16<sup>th</sup>  
For Zoom invite, contact Sue Lorz, (585) 704-4988  
[suelarry5644@gmail.com](mailto:suelarry5644@gmail.com)

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

Second Touch – Buffalo Diocese  
Stella Niagara, February 4-6, 2022  
Bill Gross, 716-821-0175 **Call to sign up NOW!**

Grand Ultreya – **MARK YOUR CALENDAR**  
St. Dominic's Parish Center at St. Peter's, Shortsville, NY  
March 19, 2022 9am-4pm (Mass at 4pm will be available)

Region III Spring Encounter  
St. Ann's, Ebensburg, PA  
May 6-7, 2022

Women's #89  
Notre Dame Retreat House, Canandaigua  
June 2-5, 2022

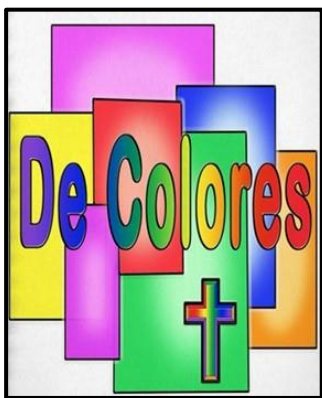
Cursillo National Encounter **Plan to attend!**  
Chapman University, Orange, CA,  
July 21-24, 2022

Region III Fall Encounter  
Stella Niagara, Buffalo, NY  
October 28-29, 2022

Men's #95  
Notre Dame Retreat House, Canandaigua  
November 3-5, 2022

Coming Soon >>>

Check your  
Flocknotes messages  
for details on events!



For information on the  
PRISM, contact:  
Bobbi LaVoie  
at 585-727-4866 or  
[notestobobbi@yahoo.com](mailto:notestobobbi@yahoo.com)