

MASSACHUSETTS EPISCOPAL CURSILLO MINISTRY (MECM)

Information About Cursillo

What is Cursillo? (pronounced cur-see-yo)

The full name is Cursillo de Cristiandad meaning short course in Christian living. The Cursillo movement started in Spain in 1949 under its founder, Bishop Juan Hervas. The Cursillo gives those who make it a new understanding of basic Christian truths and the desire to serve the church.

From Thursday evening until Sunday evening, lay people and clergy live and work together to gain a deep, permanent living awareness of the treasure and responsibility of their faith. They come with many questions and some apprehensions. They leave full of joyful enthusiasm as brothers and sisters in Christ, determined to extend His kingdom.

Is it a Retreat?

The Retreat portion of the Cursillo lasts only from the opening night until the following morning, during which time silence is maintained. Therefore, the basic teachings of Christ are discussed in an atmosphere of joy, song and lightheartedness.

How often should one make a Cursillo?

You may make a Cursillo only once in your life, but you are encouraged to build upon it for the rest of your life. It is not suitable for a retreat, but rather compliments it. The Cursillo will make subsequent retreats more profitable. Those who have made a Cursillo often want to make an annual retreat. They are encouraged to do so in order to renew their Cursillo resolutions.

What is the format?

The Cursillo Weekend format consists of series of spiritual talks, exercises and conferences, blending seriousness with lightheartedness. These activities are conducted by clergy and lay people. Although the MECM Cursillos are lay directed, the clergy assists in this effort most enthusiastically. Most of the talks are given by lay people.

Cursillo is *NOT* a Society.

During the Cursillo Weekend, the candidates are repeatedly told NOT to form cliques or special groups, but to get involved in the greater life of the parish and community. In other words, the Candidates are to leaven the world for GOD!

Is it Parish Centered?

Cursillistas are strongly advised to become active in their parishes. It should be noted however, that all do not come out of the Cursillo experience with the same outlook. Cursillo is, for many, the start of a growing experience that varies in each person's life according to the individual.

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Post Cursillo

The Weekend lasts three days, with the Fourth Day being the rest of one's life. Cursillistas are urged to make some sort of commitment to God to intensify the growth and deepening of their faith. The Cursillo Weekend neither pretends to nor is able to give complete Christian formation in just three days. Cursillistas are by no means *finished* products on Sunday night of the Weekend. Therefore, additional activities are available to increase their knowledge and keep aflame their enthusiasm.

Cursillistas are encouraged to join or form small Reunion groups that meet regularly to share their walk with Christ and their progress with piety, study and action. Periodically, another large type of reunion, called ULTREYA (Spanish for Onward), is held. At an Ultreya, Cursillistas give brief talks developing one of the points covered during the Cursillo Weekend.

Who Lives a Cursillo?

Christians who are looking to deepen their faith and commitment to Christ attend a Cursillo. In the case of husbands and wives or significant others, MECM recommends that sponsors talk to both members of the couple. It is important to know that Cursillo is lived by an individual, but is a shared experience, strengthening a couple's commitment. If possible, a couple should agree to live their Cursillo Weekends consecutively (or simultaneously) and submit their applications together. However, if there is a vital reason that one or the other does not apply, the other may still attend. Every Cursillo applicant **MUST** have a Sponsor who is a friend and someone knowledgeable enough about the candidate to assume the responsibilities of Sponsorship.

Please keep this sheet for your information
or to pass along to someone
else that may be interested in Cursillo

Any member of the MECM Secretariat (see the list in the Tripod issue or at <https://Masscursillo.org>) would be happy to answer any questions you may have about Sponsorship or Fourth Day activities.

Please keep this document as a guide.

<https://masscursillo.org>

MASSACHUSETTS EPISCOPAL CURSILLO MINISTRY
CLERGY FORM

**PLEASE FILL OUT THIS FORM LEGIBLY AND SUBMIT TO THE
SPONSOR FOR PROCESSING.**

Candidate's Name _____

Is this person prepared for a Cursillo Weekend? _____

Have you attended a Cursillo Weekend ? _____

If so, where and when _____

Clergy's Printed Name _____

Clergy's Signature _____ **Date** _____

Address _____

Street

City/Town

State

Zip

Phones: Home _____ **Cell** _____

Email _____

Name of Clergy Parish _____

Address _____

Street

City/ Town

State

Zip

MASSACHUSETTS EPISCOPAL CURSILLO MINISTRY

PALANCA GUIDELINES

Palanca is:

*An outward and visible sign through prayer and action of our Christian love.
In this way, God's love is used as a lever to bring about that
which we cannot do by ourselves.*

We offer ourselves in prayer and action to become a **PALANCA PERSON**.

Prayer is the operative word. As individuals and as a part of a praying community. We live our life as a **PALANCA PERSON** in these ways:

- ✓ Proper love and care for our family
- ✓ A good day's work reflecting God to our co-workers and friends
- ✓ Responsible citizenship
- ✓ Bringing Christ to our environment
- ✓ Seeing Christ in each person just as he/she is

A few specific ways of realizing the enormous potential are listed below.

Remember the outward signs (letters, posters, etc.) are indicating the prayer, the action, the offering, the sacrifice which is the palanca.

- **HOLY EUCHARIST:** Receive the elements in the name of a person.
- **OFFERING** a discipline or a sacrifice in conscious prayer for someone; fasting, not smoking, not drinking, practicing patience for example.
- **DIRECT COMMUNICATION:** Writing or speaking with someone to tell how they bring Christ into your life, how you admire their unique gifts, tell what is your specific prayer or offering is for that person, etc.
- **A GIFT OF SERVICE:** Such as taking care of their children, cooking a meal for an invalid, writing a letter for a handicapped person, visiting, etc.
- **OF AN OBJECT:** If, and only if, it is understood to stand as a symbol of your love in Christ, a poster, with Palanca always indicated; something you have made in love and prayer, something with a very special meaning.
- **OFFERING** a pleasant task or personal situation of thanksgiving and conscious prayer for the recipient; making something you enjoy doing, burning a candle, being in the midst of a happy family gathering, etc.
- **OFFERING** an unpleasant task or situation in conscious prayer for someone; being stuck in traffic, scrubbing the toilet, pain, etc. may be offered to the glory of God in someone's name.


Revised July 31, 2010


In conscious prayer, we offer these and other elements of our lives with the specific intention of becoming channels of God's love. This love then becomes a lever to bring about God's will. We become a part of the circle of light from God-to-us-to-others-back-to-God.


As part of a praying community of **PALANCA PEOPLE** we are blessed to have God's grace shower upon us as we attempt to Christianize the world.





Practical Tips:


 You may put "Sponsor" or "Spouse" in lower left corner of envelope and indicate desired day for delivery (Fri, Sat, Sun). Palanca room workers will TRY to comply.


 You may visit the Palanca Room over the weekend.


 Gifts are NOT appropriate on the weekend; save them for the Fourth Day or for the ride home.

 Never put TEAM on an envelope or poster.

 Always show your palanca on the poster.

 One poster per weekend, one letter per day is appropriate for your Candidate.

 In the spirit of palanca, send or bring notes and posters addresses to other candidates, team members and spiritual directors.

 An example of a sacrifice (or discipline, or offering) could be to pass up breakfast if you like breakfast and to use the time to pray for the recipient. You may tell that person what you have done (or intend to do) or not. God knows, and the power is there either way.

ANY MEMBER OF THE SECRETARIAT (see the list on the inside cover of the Tripod) WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE CONCERNING SPONSORSHIP OR 4TH DAY ACTIVITIES. Keep this document as a guide.

PLEASE VISIT THE FOLLOWING WEBSITES:

MASSACHUSETTS EPISCOPAL CURSILLO MINISTRY

MECM WEBSITE

<https://masscursillo.org>

*We are currently in the process of updating and reorganizing this website.
Please check back periodically.*

EPISCOPAL CURSILLO MINISTRY

ECM WEBSITE

www.episcopalcursilloministry.org

This website will connect you to several publications and resources available to the Cursillo Community, such as Crosses and Reunion Cards, Fourth Day Magazine, Items to Purchase, etc. This website was formerly known as the National Episcopal Cursillo.