



FORWARD



OCTOBER 2016

Cursillo in the Episcopal Diocese of San Diego

Our Mission Is To Christianize Environments and Develop Lay Leadership

Please visit our Cursillo website for a ton of information at: www.sdcursillo.org

A WORD FROM THE SECRETARIAT PRESIDENT

Wow! The Cursillo #139 Weekend is just around the corner and there are 36 Candidates who have been called to attend! Rom Ituarte put together a full team too! The Candidate list is printed in The Forward as well as at the sdcursillo.org website. Your palanca of prayers for the candidates and team are welcome and appreciated. Do you see someone you know on the candidate list? Gift a gift of love and create an unforgettable memory by surprising your friend with Mananitas. Also, Come to the Open Closures on October 23, 2016, and welcome the new Cursillistas.

The Ultreya at St. Matthew's, National City, was held on October 1, 2016. It was very well attended and had great music with about 6 musicians leading the throng. The Cursillo Community at St. Matthew's is growing and doing. The Witness Talk by Jill McGrew showed how the Holy Spirit has worked in her life to reach others for Christ. She shared the depth and breadth of Palanca being sent and received by our Cursillio Community with some 20 to 30 other Cursillo Communities from around the world. Eileen Pierce gave some encouraging words in the Echo. Mother Cristina rattled the crowd with her Scriptural Response with the reading of the passage from Ezekial 37 about the Valley of Dry Bones.

Soon it will be time for the Grand Ultreya on November 19, 2016, at St. Andrew's, La Mesa. Do you feel called, or perhaps curious, about taking part in the Cursillo Ministry as a member of the Secretariat? Whether the call be that "little voice" beckoning you right now, or an actual phone call from someone you thought was your friend, say YES! Experience the power of the Holy Spirit as He clears all obstacles that you or someone else puts in your way. This is an opportunity to learn more, to do more, and to serve the Lord in a meaningful way. Contact me or any other member of the Secretariat: the list and contact information are included in the Forward. Do it right away and let God do the rest.

In this Forward you will find an application for the Back To The Mountain retreat that will take place at Camp Stevens on January 6-8, 2017. Ginny and I have gone the last three years and plan to attend BTTM 2017 too. We give the Retreat as our Christmas gift to each other. It is a great time to share fellowship with a host of Cursillistas in a beautiful setting and take part in a low-key spiritual retreat. It is a wonderful way to begin the new year. Also, if you are looking for a Grouping buddy, BTTM is a splendid opportunity to make a new friend with whom you may wish to share your spiritual journey in that way.

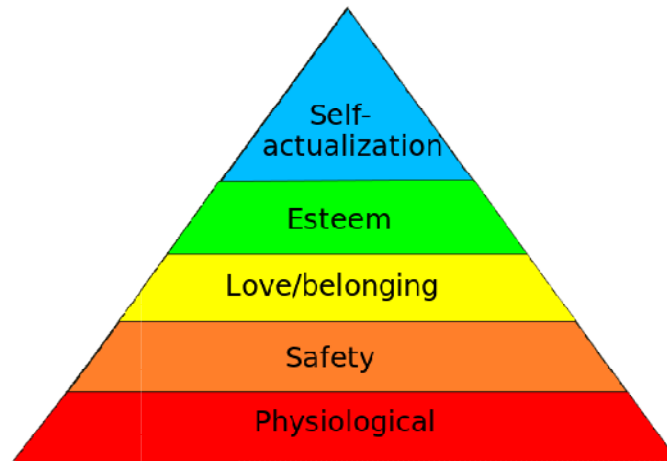
Ultreya!

Ruben Rodriguez,

2016 Secretariat President

FROM THE DIOCESAN CURSILLO SPIRITUAL ADVISOR

Self-Transcendence



By FireflySixtySeven - Own work using Inkscape, based on Maslow's paper, A Theory of Human Motivation., CC BY-SA 4.0

The Search for Happiness

I have noticed some remarkable convergences when it comes to the topic of happiness. The Bible, Christian theology, philosophers, and psychologists all tell us about finding happiness in similar ways. The above triangle contains Abraham Maslow's hierarchy of needs. Every one of those needs are acknowledged and addressed in the Bible and Christian theology. They are also acknowledged and addressed in thousands of years of philosophy, but it's interesting that all the above resources agree that it is not by meeting our basic needs that we become happy. Happiness is met through a greater need—the need for self-transcendence. The psychologist Maslow thought that self-actualization would bring about happiness and fulfillment in life, but in his later years believed that realizing your potential under your own power was not enough. He believed that a person, in order to realize his or her potential needs to serve something bigger and better than one's own self. There must be an absolutely good and ultimate end for which they need to be living that brings about self-transcendence. Theology, philosophy, and psychology all agree that happiness is not found in self-centered needs, but in the realm of self-transcendence. If our basic needs are not met, we will be unhappy, but simply meeting our basic needs without self-transcendence will not make us happy. Self-transcendence into moral goodness and spiritual enlightenment is essential for happiness.

I find it interesting that many people today believe that if they live a selfish life focused on themselves that they will be able to meet all their own needs: bodily needs, safety needs, love/belonging needs, esteem needs, self-actualization, by their own power, by themselves. Their actions show they believe a self-centered and selfish life is the key to finding happiness. Secular culture bombards us with messages of self-centered and selfish solutions that will bring about our happiness. "Buy our product and you will be happy." The truth is: no one ever finds happiness by being selfish.

We Christians are called to disagree with our culture's messages of finding happiness through ever-greater consumption of consumer products. We must be clear that we are not called to live for selfishness, but for the self-transcendence brought to us through Jesus Christ. We are called to move beyond ourselves by being born again. We also know what the ultimate transcendent end is; it is to be with God in heaven! On earth we live for God looking forward to heaven, thus transcending ourselves, living a life of self-transcendence. It is by transcending ourselves that we fulfill our potential on earth. As we live for God we find a happiness that we could not find in living a self-centered life – a selfish life. Jesus tells us that a selfish life will lead to not having any life at all. Jesus says: "what good is it for someone to gain the

whole world, yet forfeit their soul?” (Mark 8:36). Jesus says that we must be willing to lose our life to him and the Gospel in order to have life. Jesus says: “For whoever wants to save their life will lose it, but whoever loses their life for me and the Gospel will save it (Mark 8:35).

As Christians we believe that when we turn our life over to Jesus, live a Christ centered life, that Jesus works a miracle; he comes inside of us giving us a new transcendent life. Jesus empowers us and lifts us with His grace. He supernaturally makes us transcend our old self and day by day giving us a new self. We transcend sins, negative emotions, living on God’s goodness and grace.

It is through Jesus’ miracle of self-transcendence in us that we realize our potential; we become bigger and better people than we could ever become otherwise. As we spiritually and emotionally grow, we become happier over time. This is not to say we do not have any problems or disappointments; some things do not work out the way we would want. But gradually, as we transcend ourselves, we are lifted by God into a state of greater happiness. And some day we will be supremely happy when we live in the direct presence of God and see Jesus face to face in heaven. (See Revelation Chapters 21-22:5.) Being in union with God in heaven is the ultimate self-transcendence and the ultimate happiness!!!

Your Friend in Christ,
Father George



CALENDAR YEAR 2016

OCT 8- CURSILLO 139 TEAM MEETING, ST. PHILIPS, 9:00AM
OCT 8 – RON GOODMAN FUNERAL, CARLTON HILLS LUTHERAN CHURCH
OCT 9 – ULTREYA, ST. PAULS, YUMA, 5:50 PM START.
OCT 20 – EPISCOPAL CURSILLO MINISTRY CONF., LONG ISLAND, REGISTER ON-LINE
OCT 20 – CURSILLO #139, CAMP STEVENS
NOV 3 – SECRETARIAT MEETING, ST. DUNSTAN’S, 6:30PM
NOV 5 – DODU, ST. ANDREWS, LaMESA, 8:30PM – 2:00PM
NOV 10 – DIOCESAN CONVENTION, ST. MARGARET’S, PALM DESERT,
NOV 19 – GRAND ULTERYA, ST. ANDREW’S, LaMESA, 6:00PM
NOV 25 – FORWARD ARTICLES DUE
DEC 3 - SERVANT COMMUNITY MEETING, ST. DUNSTAN’S, 8:30AM
DEC 3 – SECRETARIAT MEETING, ST. DUNSTAN’S, 11:00AM
DEC 3 – CHRISTMAS PARTY, ST. DUNSTAN’S, 1:00 PM

ULTREYA !

CURSILLO CORNER - OCTOBER



The Cursillo community accepts donations year-round. These donations allow us to set up “scholarships” to help defray the cost of sponsoring new Cursillistas and workers, pay our bills, support ministries, and the Episcopal Cursillo Ministry. If you’d like to make a donation, please send it to:

Jamie Wood – Treasurer
4554 Point Loma Avenue
San Diego, Ca. 92107

Checks made out to: Cursillos in Christianity

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CURSILLO NEWS/NOTES

FROM JUDY ANDERSON-4th DAY CHAIR

FOURTH DAY NEWS

Palanca Ultreya at St. Matthew’s

Nearly 30 people attended the Oct. 1 Ultreya at St. Matthew’s and we had a glorious time. The subject of Palanca was the perfect choice for us who are in the middle of thinking of what Palanca we will be providing for the weekend. Jill McGrew spoke of her background and of taking on the job of Palanca Chair

without really knowing what Palanca was all about. She grew in the job and in her Cursillo walk, and provided us with a copy of a message that she sends as weekend Palanca all over the country, and even the world. Eileen Pierce echoed Jill's message by admitting she still keeps the Palanca bag she received on her weekend and whenever she needs a lift, she dips into the bag. Music was ably led by Rachel Ambasing (her first time as Ultreya music director). Jon Turley and Ryan Beck strummed their guitars; Fr. Ed Busch played the flute; and our singers were Ruben Rodriguez, Susan Miller and Kit Chevalier. This was the first time in many years that St. Matthew's has hosted an Ultreya. Thank you and the St. Matthew's congregation, Mother Cristina.

Palanca in Spanish is a lever—Prayers and sacrifices to spiritually lift up candidates and team members on the weekend. It can be something tangible (a card, a note, an item) or intangible (prayer, fasting, taking care of the children of a couple who attend the weekend). Palanca parties are scheduled in many parishes for the upcoming weekend. Please consider how much the Palanca meant to you on your weekend and spread the love to the candidates. The candidates and names are listed on the website. If you put names on your Palanca, please alphabetize it and don't forget to send Palanca to the team as well. I'm praying daily for the candidates and team; please join me.

The next Grand Ultreya will be at St. Andrew's La Mesa on Nov. 19. At this time Secretariat elections will be held and the name of the rector for the April weekend will be announced. Are you willing to become more involved in Cursillo by taking on the responsibility of serving on the Secretariat? Pray about it—it can only deepen your walk with the Lord.

Ultreya, Judy Anderson, 4th Day Chair

2016 Secretariat Lay Members

Name	E-Mail	Function	Term Exp.
Ruben Rodriguez	rodriguez_ruben@msn.com	2016 President	'16
Miguel Cosio	gmiguelcosio1971@yahoo.com	Hispanic Partners Chair	'18
Katherine Gordon	yosemiteshair@yahoo.com	Pre-Cursillo Vice-Chair	'17
Debbie Kistler	dk.outoflove@cox.net	4 th Day Vice-Chair	'17
Jill McGrew	jmcgrew2015@gmail.com	2016 President Elect	'18
Eileen Pierce	langelight@mindspring.com	Historian/Kairos	'17
Jon Turley	turley.jonixxi@gmail.com	3-Day Weekend Vice-Chair	'18
Mercedes Webber	858-277-4183	3 Day Weekend Chair	'16
Pete Wolfinger	hwolfinger@aol.com	Communications Vice-Chair	'16

2016 Secretariat Clergy Members

Name	E-Mail	Function	Term Exp.
Rev. George Calvert	calvert@calalum.org subject: Cursillo Secretariat Business	Diocesan Spiritual Advisor	Bishop Apnt'd
Rev. Ed Busch, M.D.	edwbus@hotmail.com subject: Cursillo Secretariat Business	Asst. Spiritual Advisor (Honorary)	Retired inactive
Rev. Bob Nelson	bobnelson1@hotmail.com subject: Cursillo Secretariat Business	Asst. Spiritual Advisor	'17
Rev. Cristina Borges	St. Matthew's Church, 1-760-596-9821	Asst. Spiritual Advisor	'17
Rev. Carlos Garcia	carlangas1986@cs.com subject: Cursillo Secretariat Business	Asst. Spiritual Advisor	Bishop Apnt'd



SPECIAL CURSILLO SERVANTS

Name	E-Mail	Function
Judy Brown	jbrown3944@aol.com	<u>Secretary</u>
Jamie Wood	jamiewood2@cox.net	<u>Treasurer</u>
Larry Salvadori	lasalvadori@yahoo.com	Servant Community Convener
Judy Anderson	jmanderson38@sbcglobal.net	Parish Reps / 4th Day Chair
Larry Salvadori	lasalvadori@yahoo.com	Forward Editor
Karen Rice	ktkrice@att.net	<u>Pre-Cursillo Chair</u>
Susan Miller	miller.sv@sbcglobal.net	Cursillo Music Coordinator
Jill McGrew	jmcgrew2014@gmail.com	Palanca
Judy Brown	jbrown3944@aol.com	NECC Representative
Eileen Pierce	angelslight@mindspring.com	KAIROS Liaison
Ed Embick	sueanded@san.rr.com	Webmaster
Shell Pierce	roaminchristian@mindspring.com	Alt. Webmaster

Palanca Requests

Please pray and email Palanca for the following Cursillo weekends

PALANCA EVENTS AROUND THE GLOBE:

Our Cursillo weekend #139 is coming up soon, and other states and countries will be supporting our team with prayer and Palanca greetings as we will.

We also wish to support other teams and candidates who will be participating as follows:

October

10/06-10/09 Cursillo – Alabama
10/06-10/09 Coed Cursillo #123 – Central Florida
10/06-10/09 Women’s Cursillo WE – Florida
10/06-10/09 Men’s Cursillo WE – Southeast Florida
10/06-10/09 Cursillo WE – West Texas
10/06-10/09 Cursillo #46 – East Tennessee
10/07-10/09 Campsite 2-day in Step – Texas
10/13-10/16 Co-Ed Cursillo WE – Southern Virginia
10/13-10/16 Co-Ed Cursillo – Dallas/Ft. Worth
10/13-10/16 Women’s Cursillo – Bahamas
10/13-10/16 Co-Ed Cursillo WE – Southeast Virginia
10/20-10/23 Cursillo #180 – South Carolina
10/20-10/23 Cursillo #150 - Western Louisiana
10/20-10/23 Cursillo WE – New York
10/20-10/23 Co-Ed Cursillo WE – Camp Stevens – San Diego
10/22-10/25 ECM National Conference – Long Island, NY
10/27-10/30 Cursillo – Tennessee
10/27-10/30 AWC #9 – Jamaica/Cayman Islands

November

11/03-11/06 Cursillo Coed Spanish – Dallas/Ft. Worth
11/03-11/06 Cursillo WE – West Texas
11/03-11/06 Cursillo #94 - East Carolina
11/04-11/06 Cursillo Weekend – Maryland
11/05 Grand Ultreya – Southern
11/10-11/13 Cursillo #157 – Central
11/17-11/20 Cursillo WE – Long Island – NY

Please pray for spiritual encouragement for their Teams and Candidates for the above weekends and for our Rector.

Please also pray for our Back to the Mountain retreat January 6-8, 2017. We hope God will lead you back to Camp Stevens for a rest. See the website for specifics.

**PALANCA REQUESTS FOR SAN DIEGO CURSILLO
WEEKEND #139 CANDIDATES**

ADAMS, LAUREL	ERICKSON, VIRGINIA	MAGUIRE, FIONA
AMEELE, CLAIRE	FIELDS, LAURA	MARQUEZ, MARTHA
BARRAZA, DAYA	FLINT, PATTI	PITNEY, SUE
BARRAZA, OMAR	GOMEZ, ISABEL	RICE, SEBASTIAN
BARRIENTOS, FRANKY	GONZALEZ, JUANITA	ROMERO, ANABEL
CANTU, RAMONA	GONZALEZ, PAOLA	ROMERO, RAFAEL
CASTRO, MARTHA	HARGREAVES, MARK	SANCHEZ, JUDITH
CORONA, KARLA	JERANDEZ, ASMARA	SANCHEZ, JULIAN

CUMBERBATCH, SHIRLEY	KOSKY, JOHN	SIMPSON, ANDREA
De La TORRE, MARIA ESTHER	KOZIOL, DONNA	STARK, JOANNE
DIDULO, DENNIS	LLANAS, IVONNE	THOMAS, ROBERT
DRESSER, CECILLIA	LORD, JULIA	THOMAS, NAN

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NOTE FROM THE EDITOR

**PLEASE REVIEW THE FOLLOWING INFORMATION TAKEN
FROM THE EPISCOPAL CURSILLO MINISTRY NEWS NOTES**

What Churches Do Young Adults Attend?

By Lovett H. Weems, Jr.

This article is reprinted by permission from Leading Ideas, a free e-newsletter from the Lewis Center for Church Leadership of Wesley Theological Seminary and available at churchleadership.com.

What are the characteristics of congregations that attract young adults? A new report, *Engaging Young Adults*, by Kristina Lizardy-Hajbi, draws on the *American Congregations 2015* survey by Faith Communities Today. This research provides important clues about the types of churches young adults (18 to 34 years of age) are likely to attend today.

Who Are the Young Adult Attendees?

Young adults are present (at least one) in most congregations, though usually not in great numbers. One of the surprising findings of the research is that, overall, 70 percent of young adult participants are related by family to someone else in the congregation. While this is probably not the case for larger and growing young adult ministries, it is a good reminder that churches might begin their young adult efforts by looking close to home.

Churches wishing to reach young adults must have a passion and deliberate strategy for reaching young adults. But these efforts will not be successful if the church as a whole is not thriving. The churches that young adults are most attending are those that are appealing to others as well.

Young adults today marry much later than in the past. Of those ages 18-24, only 9 percent were married in 2010, compared to 45 percent in 1960. Among those 25-34 years of age, 44 percent were married in 2010, compared to 82 percent in 1960. Young adults attending church tend to be married in disproportionate numbers, in that 57 percent are married. This is particularly true in new suburbs. However, the report makes clear that demography is critical to understanding young adult patterns since thriving young adult congregations in downtown urban areas or near universities often reach primarily single young adults.

Where Young Adults Attend

There are several general things we know about where young adults worship in greater numbers than is typical for most congregations. For example, the study considers a congregation with 15 percent participation by young adults as a “critical mass” church. Only one-third of congregations fit this standard. Such churches tend to be located in the South and West, often in downtown areas, newer suburbs, or larger cities, and less likely to be located in rural or older suburban areas.

Young adults are more likely to attend churches with an average worship attendance of 100 or more rather than smaller churches. This is an important finding for many denominations in which the number of churches with 100 or more in worship has been declining for almost four decades. While one can assume that larger churches do better because they have more financial resources, it is important to note that financial resources alone is not a significant variable compared to other factors reported previously. Money helps, but it is not the primary reason for success or failure in reaching young adults.

As one would expect, young adults tend to be found in churches located where there is the greatest growth of the young adult population. Yet, once again, a growing population of young adults is only moderately related to success in reaching young adults. For example, of churches located where there is the greatest growth in young adult population, fewer than 30 percent reached a critical mass of young adults.

Thriving Congregations

Perhaps the most important finding of this research is that the characteristics of churches with thriving young adult engagement are virtually the same as any thriving congregation. While it is clear that churches wishing to reach young adults must have a passion, strategy, leadership, and dedicated time focused on young adults, it appears that a church could have all these things and still not be successful in reaching young adults if the church as a whole was not thriving. The churches that young adults are most attending are those that are appealing to others as well. Notice these ways in which the churches young adults attend are similar to thriving churches in general:

Better at incorporating newcomers into the congregation

More spiritually vital and alive

More caring and supportive of members

More willing to meet new challenges

More social justice oriented

Different from other congregations in their community

Worship

In churches where increasing numbers of young adults attend, worship is central and often seen as innovative in some ways. Young adults give worship high marks in the churches they choose to attend. Coupled with the quality of the worship is greater emphasis on reaching others through worship, incorporating technology, and often modeling diversity.

Participation beyond Worship

While worship is the primary way young adults participate in church, half of them engage in activities beyond worship. Again, this is a pattern that matches members of thriving congregations as a whole. This tends to point to a congregation with a strong mission that elicits passion and participation by all members well beyond the worship service. Young adults tend to worship where there are groups specifically designed for young adult fellowship. Community service also ranks high for young adult participation.

Conclusion

Young adults are far more present in congregations than some might expect, but the decision to attend church for young adults is a deliberate choice that in many ways is counter cultural, certainly among many of their peers. Churches that try to understand and respond to this large and talented cohort can be blessed by them as well as being a blessing in their lives.

The full report is available in a free pdf version at

<http://www.faithcommunitiestoday.org/sites/default/files/Engaging-Young-Adults-Report.pdf>.

Kristina Lizardy-Hajbi, author of *Engaging Young Adults*, is with the Center for Analytics, Research, and Data of the United Church of Christ.

Open Letter to New Cursillistas

What is the Fourth Day?

By Judy Anderson

Ultreya Coordinator & Fourth Day Chair

San Diego

You've been on a three-day weekend and on the following day (or perhaps on the evening of the third day) you realize that though you may have been changed by your experience, your world is pretty much as you left it.

Your Fourth Day is the rest of your life and it's up to you what you make of it. On your weekend you were given the tools; on the Day of Deeper Understanding these tools were reinforced, but until you use the tools— really use them—your weekend will be only a fond memory, not a life-changing experience.

The tools are piety, study and action, and the method we proclaim is through grouping and Ultreyas. In grouping you share with your grouping brothers or sisters your life of piety, study and action. This is the small group setting whereby you share your innermost feelings and are upheld in prayer and love.

The larger group—your Diocesan Cursillo community—is experienced through Ultreyas and working on the teams organizing and presenting weekends for new candidates. Not all of us are able, for one reason or another, to work weekends, but we are all able to receive the reinforcement and joy of Ultreyas. At Ultreyas we share a meal, listen to others share their action, sing and receive reinforcement to go on shining our Christ light in our environment.

Each Diocese maintains its own schedule for Ultreyas and Fourth Day meetings. Contact your local Secretariat to get the date and location for the next gathering.

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Back to the Mountain

January 6-8, 2017

Come laugh, listen, talk, sing, pray, learn, grow, have fun and be refreshed.

Where: Camp Stephens, Julian CA (Food will be provided by the camp).

When: 7:00 pm Fri., January 6 - Noon Sun., January 8, 2017.

For an extra \$9.50, join us for dinner in the dining hall at 6:00 pm Fri.

Who: All Cursillistas (and adults who have been on an equivalent three day weekend, such as Walk to Emmaus).

Cost: \$145. per person when paid by 12/23/2016; and \$155. after 12/23/2016. Last day to register is December 30 (No refunds after Dec. 30 if you are unable to attend).

There will be planned activities and lots of free time to enjoy the beautiful surroundings and each other. We hope you'll join us!

Lynn Sarnecki 619-379-0610 - Jan Martin 619-857-6749
lynn11355@cox.net djmartin@cox.net

Applications(at sdcursillo.org) and Payments should be sent to: Lynn Sarnecki, 10153 Marcella Ct, Santee, CA 92071

MORE INFO - BACK TO THE MOUNTAIN

All Cursillistas (those having attended a Cursillo Weekend), and all who have attended a similar or equivalent weekend retreat are welcomed and encouraged to come

What is "Back To The Mountain"?

"Back To The Mountain" is a weekend retreat early in the new year where all Cursillistas have an opportunity to meet one another, renew old acquaintances, and establish new friends. The dates this coming year are January 6-8, 2017.

Why should I attend "Back To The Mountain"?

"Back To The Mountain" provides you an opportunity to learn and further grow in your faith, spirituality and closeness to Jesus/God/Holy Spirit. It is also a time for fun, relaxation where you have a chance to explore your mountain surroundings, view the local trees and fauna, while breathing the fresh mountain air.

Where is "Back To The Mountain"?

"Back To The Mountain" is held in the same location where we hold our Cursillo Weekends - Camp Stevens in Julian.

Do I have to work at "Back To The Mountain"?

The only work required is to talk, sing, pray and learn. Camp Stevens' staff are present and provide and prepare all our food.

How much does it cost to attend "Back To The Mountain"?

All the information about the cost and the application process is contained on the application blank, and is **available** on the sdcursillo.org website