

# THE LITTLE LIGHT PUBLICATION OF THE CURSILLO MOVEMENT OF THE ALBANY DIOCESE

SEPTEMBER 2006



## Womens' Weekend is Scheduled!

The women's weekend is October 19-22, 2006.

The weekend's will be held at the Dominican Retreat & Conference Center in Niskayuna, NY. Secretariat estimates the cost not to exceed \$165. per person. Secretariat and the School of Leaders are working diligently to reduce the weekend cost.

### Marie Trombley

Lay Director

Dear Cursillistas:

Hasn't it been a terribly hot/humid summer?! Yuck, the soupy air has really gotten me down. I don't have much energy when I get home from work to do the simple things that I have to get done. I have been hoping for the cooler air to give us some relief ~ just a little relief would be nice!

I always struggle as to what to write to you since I usually like to share somewhat where I am with my journey through this life. The letter finds me trading places with my mom she is the child and I am the mom. She just turned eighty years old in July an age that is TWICE what I used to think was old! J She is relying on me more and more for even the little things ~ like reminding her when to get her hair cut or making her grocery list and the like. When it comes to the more difficult tasks that need to be done, I find that I am the only one who is able to do them . . . like the task of cleaning the 'stuff' that she has accumulated and 'pack-ratted' all of the years since her husband passed away. OH BOY!!! Lord, help me!

Each week as I enter the apartment on our 'cleaning day' she lets me know whether she has completed the 'homework' that I have given her from the last week. Sometimes it's to

clean out a small drawer or separate some books on a shelf she always looks forward to this day. I can't tell you how many bags of statements and receipts and correspondence I have shredded! I have found countless gift bags of Bath & Bodyworks items that have just been stored away; and we have come across envelopes of cards and pictures and other little mementos that she has saved. The closets are FULL of clothing, some of which no longer fit her. So, I am making trips with the clothing to the Good Will and giving things away to some of the ladies who live in the building. It is quite hard work because I can only work with her an hour or two at a time because she gets tired out (me too!). I must say, that we have had some good times especially when we find certain things. Like, for instance, my Aunt Theresa (mom's sister) sent her some pictures from when they were girls ~ there is the BEST picture of my mother and father when they were engaged ~ just hugging each other with the biggest smiles on their faces! Now, that may not be a big deal to you, but my parents have been divorced since I was 16 years old; and they were never really civil to each other at all! It is wonderful to see that they really were in love once!

### Sr. Betsy Van Deusen

Spiritual Director

The summer flew by and the fall season is upon us! Some would say this is when everything gets started again but I had an interesting insight this summer about life being lived in the NOW. We can enter into each moment and embrace the travail that comes and live much more peacefully or we can live in the illusion that, "next time or in a few weeks or months it will be more calm." My early summer reading consisted of three books, The Power of Now by Eckhart Tolle, Embracing Travail by Cynthia Crysdale and The Rhythm of Life by Matthew Kelly. Tolle approaches life as an opportunity and each moment, each now, is what we need to live and not worry about tomorrow. Sounds familiar doesn't it?  
Matthew 6: 25-27

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to your life?"*

Jesus certainly was clear with his disciples just as he is clear with us. Sometimes I miss the point and get caught in the "stuff" of life.

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**Marie Trombley Continued from Page 1**

I have sifted through cards from her grandchildren who live on the west coast, little prayer cards from funerals and pieces of jewelry that were hers when she was younger. Although I complain about how much there is to do, I would not want to trade this time with her for anything. One day, I will not have her with me ~ but right now, thank you Jesus for this time of doing things together, this time of being together, this time of loving together. God is Good!!!

Have a great 'rest of the summer'.  
In the Joy of Jesus,  
Marie Trombley

**Sr. Betsy Continued from Page 1**

Crysdale refers to this as travail and in a particularly poignant passage

she says, "*It is only through "being grasped by ultimate concern," through an "other worldly falling in love," that one can even consider negotiating the pitfalls of travail," and "One embraces travail because one is in the embrace of God (Crysdale, 27).*"

As you sit reading this can you recognize that you are in the embrace of God?

The Rhythm of Life was given to me by one of the teenagers with whom I minister. Kelly speaks about a "time out" that he took, using the analogy that our life is like a tree and I quote,

*"A tree with strong roots grows strong. A tree with strong roots bears much fruit. A tree with strong roots bears good fruit. A tree with strong roots can weather any storm. If a tree is uprooted and replanted often, it will not be able to sink its roots deep into the earth and therefore will not grow strong or be fruitful. The tree helped me to see that my physical, emotional, intellectual, and spiritual roots were neither strong nor deep (Kelly, 146)."*

One of the gifts of the Cursillo Method is that it gives us opportunities to trust the Lord and not worry about tomorrow, to feel the embrace of a God who adores us and to sink deep roots and to nurture our relationship with the Lord. Perhaps now is a good time to examine your "roots," consider your worries and fall into the embrace of our loving, forgiving God.

De Colores!

## Survey Says.....

Dear Cursillista's,

We would like to take this opportunity to thank each and every one of you who graciously responded to our survey that was conducted many months ago. Your patience to date is to be commended. The response we received was **OVERWHELMING!** An interesting fact: For those persons who were sent this survey, three out of four persons responded back to us. That is absolutely astonishing! **THANK YOU!!!**

Before we proceed, please know that "*WE*" (the School of Leaders' Survey Sub-Committee Members) took this challenge to heart: we prayed, read and *re-read* your responses and found ourselves amazed and (yes, even sometimes confused) about the various comments we were reading. We made every attempt to assess our situation with eyes of faith.

At this time, we would like to take this opportunity to provide you with the results of this survey and to provide information for YOU to process. Keep in mind that the results of this survey can be used as an excellent tool for education. Following are overall questions, thoughts and comments. Please read each one carefully:

### **WHY WAS THE SURVEY SENT?**

The survey was sent in an attempt to find out what has happened to the general population of the Cursillo Movement here in the Albany Diocese. It was also formatted in such a way as to be informative and to provide a forum for the recipient to share their satisfaction and/or dissatisfaction about the movement at this time. We provided a series of opportunities for people to make comments about what was most lacking in the movement. Written responses were received -- both positive and negative -- about certain topic areas of Cursillo.

It was hoped we could IDENTIFY weak areas and provide some insight into what it may take to revive Cursillistas to come back to Grouping and Ultreyas, as well as to sponsor excellent candidates for the upcoming weekends. What we learned was most helpful.

### **HOW WILL YOU RECEIVE INFORMATION?**

The results of the survey are being made available to the Ultreyas and through the *Little Light* publication. If you do not attend Ultreya, you WILL miss some of the factual information until it becomes available in the printing of the *Little Light*. We have a limited amount of space in each newsletter, so the publishers will print only portions as they feel room allows.

### **INTERESTING FACTS**

Cursillistas responding to our survey overall were between the ages of 50 and 65 with the "average" age being 60. Most made their weekends from 1970 to the early 90's, when Cursillo in the Albany Diocese was quite active -- weekend sponsorships were not usually a problem as they are today. The men's and women's weekends were formatted the same as they are today. Over the years there has been some pre-conceived idea that the structure has become more rigid and has taken away some of the 'spirit' of the weekend. We all know that the structure of the talks has not really changed. What we "used to have" was more heart-wrenching, inner-sharing circumstances that somehow helped to deliver the message of the talk right to the heart. A few feel the talks are now too rigid and what is really missing is that we still have Team Members who do not know how to take the outline and make it their own.

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Some people simply ‘trusted’ their sponsor and agreed to go on the weekend with little or NO information. The survey actually revealed that 18% felt that they were ill informed about the weekend beforehand as well as afterward. Several people responded that if they had transportation, they would have left the weekend. (Back then, the sponsors literally always provided the transportation of the candidate to the site and were there throughout the weekend: helping in the kitchen, listening to the singing through the old corridors, spending countless hours in the Palanca Chapel and doing almost anything to help out.) We agree that it is sad that those former days of being able to help with the dishes, cooking and all those other ‘behind the scenes’ tasks have changed. **PLEASE NOTE: New York State regulations and regulations from the sponsoring facility are issues we encounter within our current time period.** We have to accept it and move forward. Many are reluctant to do so and, therefore, are pulling their support of the movement in various ways.

### **FORMER CURSILLISTAS**

So what has happened to the Cursillista? This survey shows that a minimum of 52 ministries is being served by Cursillistas. We have no doubt that even more exists! Many are actively involved in their parish not only by serving in those ministries but are active by participating in a great number of Prayer Study or group prayer activities. Sadly, it is true that by their own reporting, about 20% of the people do nothing to foster spiritual growth and are NOT particularly active in their Church.

### **“FEELINGS” REGARDING CURSILLO**

When responding to the question regarding their “*feelings about Cursillo*,” we discovered that emotions varied, depending on what was on their mind at the time. If they happened to be upset by not being asked to be on team, they responded that way. There is a LONG list of statements that are in the categories of “Frustration,” “Sadness,” “Uncomfortable,” and “ANGER.” All is not lost though because there are a FEW in the category of “HAPPY” as well.

### **SCHOOL OF LEADERS**

Very few people actually know the actual reason and mission for the **School Of Leaders** who worked so hard on this survey. If you have access to a computer, please go to the Albany Cursillo website at: [www.cursillo.org/albany](http://www.cursillo.org/albany) and look up the names of your current leadership in the School as well as those members in the current Secretariat. The School Of Leaders does exist and MANY of you are capable of having a voice in the activities of the School in The Albany Diocese.

Although our school has been in existence for many years, we are still *revitalizing* ourselves to be more in conformance with the National Movement. In the book “**The Fundamental Ideas of The Cursillo Movement**,” there are 11 pages dedicated to the function, structure, strategy, and requirements for membership. We would encourage you to read this excellent book. To summarize: “*The School is an instrument of apostolic outreach to people who have lived the experience of a Cursillo Weekend. It helps them discover, accept and grow in their vocation, bringing them closer together so they may take on the responsibility of being leaders in the Church, the Movement, and in their respective secular environments.*” If you re-read that, isn’t that something that the “*Cursillo Experience*” helps us to do after we’ve identified our talents and gifts as given to us by God? Think about that!

### **From the Cursillo Web Master**

Carl Rosenthal

I pray this finds that you are enjoying your summer and renewing your Spiritual life. During one of my daily prayer times, I came across this meditation from the *Living Faith* by Karla Manternach based on Matthew 14:25 where Jesus came toward the disciples walking on the sea. I quote her:

“Jesus was full of surprises. Over and over again in the gospels, we read how the disciples were stunned by his words and actions. He healed the afflicted, associated with the ostracized and preached what seemed impossible. Yet for all their astonishing experiences of him, not one of the disciples was prepared to see Jesus walking across the water. It was something they couldn’t fathom and they reacted with fear and disbelief. I don’t think we are any more prepared than any of the God’s activity in difficult for us to less comprehend us. I more often we  
 for God’s surprises the world can be believe in, much hend. Yet it is all wonder how much would see the amazing work of God if we just expected it. How often each day we would marvel at the sheer improbability of life or love—or our very existence! Lord, you work miracles all around me. Open my eyes today to all you do in my life, no matter how unlikely it seems.”



The above is very true in my own life as I try to go about the Lord’s work. God is always putting things in our paths and we try to ignore them or out of fear just avoid them. This is true in evangelization because even though the Gospels tell us to spread the Message of Jesus, we are terrified of speaking up about our Faith. Me being a quiet and reserved person have to force myself to do Our Lord’s work such as being a Catechist in RCIA, giving a pulpit talk on Cursillo or other ministries that really make me uncomfortable. But it is what God calls me to do. Can you say “yes” to what the Lord asks of you or do you ignore the call out of fear?

Our Web site has been receiving lots of visitors and I hope it is keeping you informed of all current Cursillo activities. The weekends will soon be upon us so get some Candidates to attend and if you aren’t active at this time, get back involved and know that God is calling you to be his disciple. So don’t be afraid to do his work and evangelize the world.

I also encourage you to check out our web site often

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and put The Albany Diocesan Cursillo Web Page on your favorites list. You can find us at: [www.cursillo.org/albany](http://www.cursillo.org/albany) . This is your Web Page so send me comments or suggestions for our site. You can e-mail me at [albanycursilloweb@yahoo.com](mailto:albanycursilloweb@yahoo.com) . You can also send general palanca for the Weekends to that e-mail address.

De Colores  
Carl Rosenthal

School of Leaders Continued

at the beginning of Cursillo's resurgence. We have been gathering momentum and are ready to get back to God's work with renewed zeal.

Cursillo is made up of people who know they can't be all God has called them to be if they try to go it alone. We need each other and our Cursillo friends to give us the support that is vital to living our Christian life. It is important to remember that our participation in Cursillo activities also gives support to others in helping them on their journey. Together we can bring God's love to a hurting world and that needs to be a priority for all of us.

De Colores Elaine

**Elaine Granato**  
School of Leaders

God is good-all the time! As I travel this summer I am reminded that God is indeed good and God is everywhere. He's in the trees and farmland of New England and also in the wasteland of eastern Montana, Going by train to Montana has given me time to think and praise God for all situations. It has also given me reason to thank God for his Church. Although every parish has its own customs there is a common faith and belief, which unites us all as Catholics. That puts many things in perspective and might cause us to rethink our priorities. Life gets so busy and hectic sometimes that we need to stop and think about what's important. The School of Leaders has taken a break from meetings over the summer. When we come together again in September we will have a joint meeting with Secretariat. Although we are not meeting we are still busy visiting parishes to tell others about Cursillo. We are planting seeds and causing people to think about their relationship with God. Let's hope this results in applications for our October weekends. Is there anyone you know who might be interested in attending a weekend?

During this summer season my thoughts are drawn to the rhythm of life. Plants sprout, flower and then fade. Trees have their bright green leaves right now, but we know the leaves will change color and then fall to the ground. Organizations and movements are like that as well. They flower and then fade for a while. After a time of rest they are renewed and come back to life. I believe that we are

**Please pray for the Women's Team and Candidates.....**

- |                       |                     |                |
|-----------------------|---------------------|----------------|
| Pat Galarneau—Rectora | Harrilyn Beehner    | Ellen Bradt    |
| Rosalie Adams         | Mary Ellen Crucetti | Nancy Cullings |
| Fr. Peter Chapaitis   | Anna Ferreira       | Sandy Haas     |
| Deacon Warren Dorsch  | Pat Johnson         | Pat McDonnell  |
| Ann Harris            | Sr. Monica Murphy   | Shirley Neet   |
| Linda Molloy          | Shirley Pilch       | Keith Reynolds |
| Barbara O'Brien       | Marian Rosenthal    | Sharon Thouin  |
| Mary Ann Roche        |                     |                |

Pat's Outside coordinators are Pat McDonnell (587-7686) and Pat Johnson (374-4370). If you are going to prepare a cake for Sat. night or a lasagna for Sunday dinner, please contact one of the Pats and make arrangements.

Please Pray for the Candidates...

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|---------------------|--------------------|
| Theresa Bergdorf    | Margaret Hyland    |
| Antoinette Callahan | Tammy Magnano      |
| Gloria Collesidia   | Mary McGinty       |
| Grace Deasy         | Elizabeth Meer     |
| Barbara Fallain     | Jane Noblett       |
| Jessica Farley      | Maria Grazia Renda |
| Nancy Friss         | Christine Robinson |
| Kimberly Gray       | Kathryn Sheely     |
| Geneva Guerrette    | Patricia Smith     |
| Barbara Honors      | Marisa Tutay       |

**Food for Thought.....**

**"The nice thing about getting senile is that you can hide your own Easter eggs!" :-)**

**"Know how to prevent sagging? Just eat until the wrinkles fill out!"**

**"I'm getting into swing dancing ~ Not on purpose though, some parts of my body are just prone to swinging!"**

## Monthly Ultreya Locations & Contacts

### **2nd Friday**

Ravena, NY  
Scotia-Glenville  
Troy, NY

### **Contact**

Beth Hazelton  
Harilyn Beehner  
Chuck & Rosalie Adams

### **Phone**

767-3736  
581-0742  
273-9017

### **3rd Friday**

Glens Falls, NY  
Ilion, New York

Wil & Marie Trombley  
Lucile Kenny

793-3901  
315-894-8385

### **Miscellaneous Ultreya Information**

Northville

Freddie Hoffert

863-4780

Call for time and place.

***IMPORTANT DATES:  
DON'T FORGET TO MARK YOUR CALENDARS...***

### September

Little Light

### October

10/19—22 WOMENS WEEKEND  
Held at the Dominican  
Retreat and Conference Center  
in Niskayuna, NY  
10/27 EVENING OF MUSIC  
At St. Gabriele's 7:30 pm

### November

11/19 Weekend Reunion—2pm  
Diocesan Ultreya—4pm  
Date TBA Evening of Music

### December

12/25 Merry Christmas

For more information contact your Ultreya Rep, or email us at [mclaw@nycap.rr.com](mailto:mclaw@nycap.rr.com)

Below is your assigned prayer time. Please pray for the team and candidates as they take their journey on the women's weekend.

<p><b>Thurs</b> <u>Evening</u> 6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00</p>	<p><b>Friday</b> <u>Aft Noon</u> 4:30 5:00 6:00</p> <p><b>Friday</b> <u>Evening</u> 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00</p> <p><b>Friday</b> <u>Morn</u> 12:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00</p>	<p><b>Sat</b> <u>Aft Noon</u> 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00</p> <p><b>Sat</b> <u>Evening</u> 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00</p> <p><b>Sat</b> <u>Morn</u> 12:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00</p>	<p><b>Sunday</b> <u>Morn</u> 12:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00</p>	<p><b>November</b> 11/19 Weekend Reunion—2pm Diocesan Ultreya—4pm Date TBA Evening of Music</p> <p><b>December</b> 12/25 Merry Christmas</p>	<p><b>Sat</b> <u>Aft Noon</u> 1:00 1:30 2:00 2:30 3:00 3:30 4:00</p> <p><b>Sat</b> <u>Aft Noon</u> 12:00 12:30 1:00 1:30</p>
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The Little Light  
Fall 2006 Edition  
16 Terrell Way  
Gansevoort, NY 12831

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**IMPORTANT!**  
**Please do not forget and attend Las Maninitas, arrive at 6:45am at the Retreat Center , and please make every effort to attend the Closing at 5pm, also at the Retreat Center**

**Directions**

Dominican Spiritual Life Center  
1945 Union St, Niskayuna, NY 12309 (518) 393-4169

**From the North**—I87 south to Exit 6 (Rte 7) right off the ramp onto Rte 7, follow Rte 7 into Niskayuna. The Retreat Center will be on your right just after Congregation Augudat Achim.

**From the East, West and South**—take the NYS Thruway to Exit 24, to I-87 north, take exit 6 (Rte 7), left off the ramp you will travel apprx. 7 miles , into Niskayuna. The Retreat Center will be on your right just after Congregation Augudat Achim.

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***THE MENS WEEKEND***

On Monday September 11, 2006 the Secretariat and the School of Leaders held a joint meeting. The sole topic of this meeting was the men's weekend. After 2 and half hours of intense discussion, deliberation, prayer and soul searching it was jointly decided to postpone the weekend. What we as a group kept coming back to was the quality of the experience for the men attending the weekend.

We are exploring some solutions to the current difficulty in obtaining candidates to have an men's weekend.

However, evangelization is the best solution is to get the candidates for the men's weekend. Evangelization, this is something we as Cursillista's are all called to do.