

**Women's Weekend - Please join the Cursillo Community
for the "Closing" on Sunday March 22nd at 5pm at the
Dominican Center in Niskayuna.**



Joe Thouin
Lay Director

St. Paul

(Paraphrased from *Our Sunday Visitor*)

Let's not give up on our leaders. Let's not give up on our loved ones. For how would God choose such a man as St Paul to be an Apostle? Prior to his conversion, he persecuted Christians! So let's not give up hope on those for whom we worry, those for whom we pray. The early Christians worried about Saul. They worried that he would arrest them and turn them in. Yet after his conversion, he put Jesus Christ at the center of his life. "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (PHILIPPIANS 4:6-7)

With the second largest religious denomination in the United States being *fallen away Catholics*, and with some of our brothers and sisters feeling displaced by parish mergers and closings, *now is the time to make a friend, be a friend and bring that friend to Christ.*

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**Cursillo Women's
Weekend 52 Candidates**

- Sofia Almonte
- Mary Grace Dansereau
- Angela DiBernardo
- Geneva Genovese
- Carol Ann Kelly
- Linda Klopka
- JoAnn Izzo
- Rika Murray
- Beth Ann Proper
- Elizabeth Pulcher
- Pauline Quinn
- Marian Salway

Please keep the candidates in your prayers as they come closer to their 4th day!

**Cursillo Women's
Weekend 52 Team**

- | | |
|----------------------|--------------------|
| Rev. Frank O'Connor | Spiritual Director |
| Sr. Betsy Van Deusen | Spiritual Director |
| Dcn. Warren Dorsch | Spiritual Director |
| Sharon Thouin | Rectora |

- Harrilyn Beehner
- Helen Burns
- Mary Ellen Crucetti
- Nancy Cullings
- Jessica Farley
- Elaine Granato
- Kimberly Gray
- Ann Harris
- Maureen Hayes
- Peg Hyland
- Lucille Kinney
- Kit Lawrence
- Shirley Neet
- Shirley Pilch
- Mary Grace Renda
- Marion Rosenthal
- Toni Vogt

Please keep the team in your prayers as they prepare for the upcoming weekend!

Let us Pray....

*Gracious God,
Bless these
candidates as they
prepare for this journey led by
your Son, Jesus Christ.*



*Open their hearts to Your Will,
show them your Love and
Compassion.*

*Gracious God, Bless them
throughout their 4th Day, Bless
the with Your Gifts.*

*We ask this in the name of
Your Son Jesus the Christ
Amen.*

Sr. Betsy Van Deusen, CSJ
Spiritual Director

Our invitation to do what we are called to do....

As you read this you are dealing in some way with the decisions of the two and a half year process of Called to Be Church. Some of us will be working at closer linkage leading probably to merger. Others will be grieving the loss of a building or a parish. Many of us are grateful that we were not surprised when the letter was read.

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**Bishop Hubbard Celebrated
Cursillo Community
Liturgy.....**

On January 25th, Diocesan Cursillo celebrated the anniversary of the conversion of St. Paul, patron saint of Cursillo, with a Mass at St Vincent de Paul in Albany, with Bishop Howard Hubbard presiding. In the photo with the Bishop is Deacon Martin Beckman, who assisted the Bishop and who was the very first Rector of a Cursillo Weekend in the Albany Diocese in March 1974.



Carl Rosenthal
Web-Master

Jesus said to them, "Come after me: I will make you fishers of men." Then they abandoned their nets and followed him. *Mark 1:17-18*

The above was part of the Gospel reading for Monday, January 12, 2009. The meditation for that day from the Living Faith, written by Rebecca Sande said and I quote;

"Empty the dishwasher please, I asked my son. 'Sure Mom,' he replied. I was grateful for his quick response with no objections. But a few minutes later he still wasn't in the kitchen. I called again. 'OK Mom!' Came the reply. Still no empty dishwasher, and I was

Joe Thouin Continued from Page -1-

Yes, Cursillo, because it's Diocesan wide, can be a common thread that unites Catholic Christians from all parishes. Cursillo can make the displaced feel welcome at any parish. Cursillo allows those who feel displaced to feel like they are part of a much larger Church, a Church of not one building with four walls, but a Church of many buildings, a Church of many people who center their lives around the same Jesus Christ. We certainly cannot discount their feelings, because roots run deep in one's parish. We can empathize however, and offer our friendship, understanding and mutual love of Jesus Christ.

What is your job as a Cursillistas? Pray for unity. Pray for those who have fallen away. Pray for those who feel displaced in our diocese. Be an Apostle. Bring more souls to Christ through your example and your gentle invitation.

God Bless You – and De Colores

RECORDED MIRACLES OF THE APOSTLE PAUL EVENT REFERENCE

1st Missionary Journey

Paul strikes Bar-Jesus (Elymas) the sorcerer blind on Cyprus for trying to turn the proconsul Sergius Paulus from the faith. *(Acts 13:6-11)*

Paul enabled to do miraculous signs and wonders at Iconium *(Acts 14:3)*

Paul heals a man lame since birth in Lystra *(Acts 14:8-10)*

Paul survives being stoned in Lystra Acts *(14:19-20)*

2nd Missionary Journey

Paul heals a demon-possessed girl in Philippi after she follows him and interferes with his preaching. *(Acts 16:16-18)*

Paul (likely) performs miracles during his stay in Thessalonica. *(1-Thess. 1:4-5)*

3rd Missionary Journey

Miraculous healing of those who touch Paul's garments and handkerchiefs during his 18 months in Ephesus. *(Acts 19:11-12)*

Paul brings Eutychus back to life after he falls from a second story window during a late night meeting of the church in Troas. *(Acts 20:9-11)*

Journey to Rome

Paul survives snakebite on the island of Malta *(Acts 28:3-6)*

Paul heals the father of Publius on Malta *(Acts 28:7-8)*

Paul heals the sick on Malta *(Acts 28:9)*

Gods or Men?

Acts of the Apostles, Chapter 14, VS 14-15

"We're not gods! We are men just like you, and we're here to bring you the Message,"

waiting to load it and get on with the next job. Eventually, he came to do the chore, but not before dawdling got him a reprimand. 'I need quick obedience,' I said.

As the words came out of my mouth, it was like a shock to my ears. Recently in prayer, I had been hearing God's prompting to tackle a project, but I kept putting it off. In hearing myself ask for quick obedience from my son, I heard God asking me for the exact same thing. Have you been hearing his voice lately? Today, how will you respond?"

Do you see yourself in these words? I sure did. How often do we put things off because we say we don't have time right now? How often are we too busy that we don't take the time to listen for God's word? Or are we too busy giving him our own agenda? I know the weekends are getting closer and all of us know someone who would be a great leader and can learn from the Cursillo Method. A lot of us are not getting any younger and we need new and younger blood to take over for us in the Church and our Community. Remember what you learned from Cursillo and listen for God's call. Make a Friend, Be a Friend and Bring a Friend to Christ. Life is too short and we may not be here tomorrow. I was reminded of that recently when a good friend of mine lost his wife to cancer. She was diagnosed and 6 weeks later was gone on to Eternal Life. So as you can see from life's lessons, listen for God's voice in your heart and do what he asks instead of putting it off for another day. Jesus invites us each and every day to be his fishers of men.

"Dear Lord, give me the grace of your first disciples. Help me abandon my will and do yours without hesitation."

I also encourage you to check out our web site often for new information and updated Calendar of Events so you can keep up with what's going on in Cursillo. Also, put The Albany Diocesan Cursillo Web Page on your favorites list so you can access us faster. You can find us at: www.cursillo.org/albany .

This is your Web Page so send me comments or suggestions for our site. You can e-mail me at albancursilloweb@yahoo.com.

De Colores
Carl Rosenthal

Marion Rosenthal

School of leaders

We recently attended a wake and funeral for a friend's wife who passed away from cancer. Her family was informed of her illness only six weeks prior to her death. At the time of her diagnosis, the family asked for prayers so we called upon our Cursillo community and other Christian friends & family with this request. Unfortunately, the cancer spread all too quickly and another life was claimed.

We each have our own personal story such as this. We all know of someone who has contracted a serious illness wherein prayers were requested and eventually our lord called the person home to him. This situation is not unique. Unfortunately, it is all too common... and something we can all relate to.

But for me, attending this particular wake and funeral and personally witnessing the family's grief got me to thinking about how our life on earth is so short. To paraphrase a cliché: it would seem that we are here one day and gone the next. Life and death are so unpredictable.

Joe Thouin

A Personal Perspective

The most recent US Presidential election demonstrated many things. Two of them are: Catholics don't vote as a block, and, Catholics have meaningful and varied social priorities:

- ◆ Ending abortion, euthanasia, assisted suicide, and the death penalty.
- ◆ Defining marriage and promoting Family Values.
- ◆ Food, Clothing, Shelter for everyone.
- ◆ Just wages for the worker.
- ◆ Healthcare for everyone.
- ◆ Compassion for the immigrant with a path to full citizenship.
- ◆ Protecting the environment.
- ◆ Rehabilitating the prisoner.
- ◆ Promoting peace.

One thing Catholics did agree on with all other Obama supporters was that they voted for *change*.

The challenge is to define what that *change* was that they voted for, and how that *change* will affect us.

Along this same thought: have you seen the movie, **The Bucket List** with Jack Nicholson and Morgan Freeman? In this movie, both male characters have a terminal illness and they decide to take matters into their own hands by doing all of the things they wanted to do before they (literally) "*kick the bucket*."

Both scenarios I mention above have gotten me to reflect on my own personal life...*really reflect*. Are there any unrealized goals I have? Is there something "special" that I've always wanted to try to do and have put off doing? What about unfinished travel plans, or unread books, or uncompleted projects I've shelved until "*I have more time?*" [time waits for no one.]

What about my personal relationships? Do I tell my husband, children and grandsons often enough how much I truly love them? Do they all know how important they are in my life and that for me; they are my life, my whole world? Do they know what a treasure and a blessing each and every one of them is to me? Do I convey to them sufficiently how much joy, pride and happiness I feel when I'm with them and in calling them "my family?"

Then there are my extended family members, my siblings. God has blessed me with wonderful siblings. Do they know that I think of them as *wonderful*? Are they aware that my cherished childhood memories have them in the picture alongside our (deceased) loving parents? Do they know that even though we don't see one another as often as I would like that I know I can count on each one of them if I needed anything? Have I told them that during the times when we all get together that what I experience when I'm with them is love, genuineness, respect, consideration, laughter and honest caring and sharing?

One of the greatest gifts god has given me is my multitude of friends. Do my friends know how much they mean to me (you know who you are)? Do my friends feel my sincere love, support, gratitude and companionship pour forth whenever we spend time together? Do they know that they can lean on me at anytime ~ day or night ~ for a listening ear, a shoulder to cry on, empathy, honest communication and sincere concern? Do they realize that I recognize, too, that I can also lean on them for these same qualities, when needed?

Most importantly now is the one relationship I savor.....what is my connection with god? Is it personal? Is it genuine? Does Jesus truly

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Sr. Betsy—Continued from Page -1-

Whatever your circumstance, the Catholic Community in the Diocese of Albany is hurting and needs to be prayed with and for and needs the gift and grace of Cursillo.

What Cursillo can bring right now is the sense of continuation and constancy. It can broaden the community across individual church lines and bolster the Body of Christ in every situation. The Movement in Albany has been moving slowly along, touching folks and celebrating life but we now have an opportunity to effect environments, make friends and bring those friends to Christ.

The Cursillo movement is all about Evangelization – sharing the Good News of Jesus Christ in our families, environments and churches. Our Bishop has gathered a task force to find ways for this message to be shared within parishes, local planning groups and the entire diocese. What if every person who ever made a weekend invited just one person whom you know is seeking consolation, hope, faith and passion to make one of the upcoming weekends? What is your hesitation? Perhaps you haven't grouped as much as you used to or perhaps you haven't been to Ultreya in longer than you can remember. The truth is, ***Christ is still counting on you*** and there is no time like the present to invite that couple you travel with or your neighbors down the street to experience this three days. Maybe you will again experience grouping and Ultreya as a gift as they once were early on your Fourth Day!

Our gift to Bishop Hubbard and the diocese is really Palanca for his intentions and the intentions of our brothers and sisters. While you are at it, offer a prayer or two for the upcoming Women's weekend – March 19-22 and the Men's weekend June 11-14. As you know, God's grace is a powerful thing. Add to that the prayerful intention of a community desiring to be all God has called them to be, there is nothing stopping us! Looking forward to seeing you all in March for the Women's weekend! ***De Colores!***

Marion Rosenthal continued from page -3-

Know how much I love him? Do I realize how much Jesus loves me? Do I communicate with our Lord and Savior not just occasionally but rather on a continual basis through prayer?

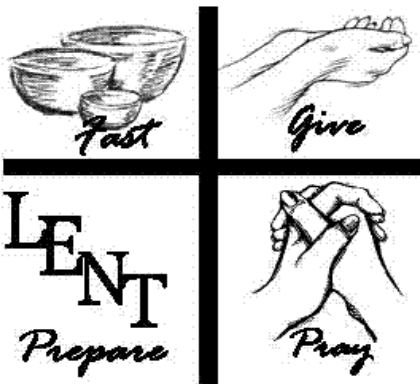
Do I recognize all of the gifts, blessings and mercies my god showers upon me every day? Do I tell Jesus how truly sorry I am when I sin? Do I feel his presence each time I attend liturgy and receive holy Eucharist? Do I recognize that I am the living temple of the holy spirit? Do I see Jesus not only in my beloved family and cherished friends but also in others, in all people?

Do I keep the 10 Commandments? The Beatitudes? Do I practice both corporal and spiritual works of mercy? Do I live the two greatest Commandments: to love the Lord my God with my whole heart, with my whole soul and with my whole mind; and do I love my neighbor as myself?

Where else do I feel God's presence in my life? Do I appreciate God's creation of the universe? Am I grateful for all four seasons ~ yes, even the cold and snowy winters? Do I stop to "smell the roses," look at a babbling brook, hear the roar of the ocean, watch a bird in flight or even take a moment to enjoy the presence of a beautiful butterfly? When I look up to the mountains, do I see God's hand in it? Do I feel god's presence in every raindrop that pours down and do I look in wonder at the awesome colors of a rainbow and appreciate god's grandeur? When I look up to the heavens at night and see the stars, do I recognize God's easel, His canvas? The list can go on, can't it?

A lot of questions.....a lot to reflect on.....a lot to *really* think about. How will I answer all of these questions? How will you answer them in your own life?

De Colores!



Shirley Neet
School of Leaders, Chairperson

"Actions Speak Louder than Words"

Does this phrase sound familiar? I am sure all of us have heard this time and time again throughout our lives.

Think back to an elementary English class. Do you remember what the parts of a sentence were? If my memory serves me correctly, all you needed was a noun and a verb. A noun was a person, place or thing. A verb was the action word that described what the noun did. When you hear the word Palanca, what do you think it is?

We all know that Palanca is a Spanish word meaning "lever". Lever as a noun means a tool, a crowbar perhaps, something that provides leverage. It is used to refer to political pull. "Give me a long enough lever and I could move the world." As a verb, lever means to lift, for ex. to open the lid of a paint can. When leverage is used to release the pressure under the lid, you hear a popping sound.

As a spiritual lever, Palanca releases pressure and lifts us up to God. The pressures Palanca releases are pain, tension, despair, hopelessness and anxiety; and in its place God sends down upon us His Graces of healing, forgiveness, hope, peace and love.

Used in this context, it must be a verb or an action word. However, over the years many of us, my self included, have used it as a noun. I have to ask myself, "What is true Palanca?" Is it the lovely letters and gifts you and I received on the Cursillo weekends we were on or is it the words that were written in the letters and what they meant that were the true Palanca?

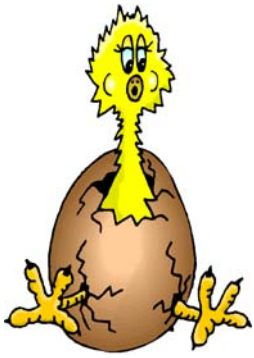
There are many forms of Palanca. It may be fasting from food or an activity we enjoy doing, saying extra prayers or attending extra masses and offering up our Holy Communion, praying the Rosary, being still and quiet and meditating on scripture or doing things for others that we may not want to do, like smiling when we are angry or being patient when we are frustrated. It could also be working on a project we find boring or just don't like or want to do. Anything we find difficult to do or not to do and consciously offer it up as a sacrifice is Palanca. The sacrifices, acts of kindness, the prayers, Holy Communions, Visits to the Blessed Sacrament and Rosaries that were prayed for the team and candidates making the weekends are all examples of true Palanca.

Don't get this confused with table Palanca. These are the little favors put on the tables at meal time and given to everyone.

On the last women's Cursillo weekend, we went back to the original authentic talks. Let us also now go back to authentic Palanca. Granted it is really nice to receive gifts and packages on the weekend from friends and family members, but let us keep in mind and be sensitive to those candidates and team members who may not receive an abundance of "Palanca". These can be given privately before or after the weekend.

For the first time since 2003, we have scheduled both a men's and a women's weekend. On the weekend, we were told there are four elements necessary to complete the third leg of the tripod, Action. They are the will, intellect, heart and knees. Our knees are the purest form of Palanca and as Mother Teresa said, "God answers all prayers offered on our knees. At a regional meeting it was stated, "True Palanca is performed on your knees." Let this be the year for practicing "True Palanca" and offer up those actions asking the Holy Spirit to truly bless and guide the teams and candidates participating in these and future Cursillo Weekends.

Peace,
Shirley



**Babe
Asks....**

Hi my name is Sara Sponsor and I have with me a Babe Chick. Like many new Cursillistas she has many questions. I am sure that there are

many others of you who have them as well. So I will be answering her and your questions in the Little Light.

Today's Question is: How often should I communicate with my sponsor after the weekend?

Sara: You are encouraged to stay in contact with your sponsor for the first year after you make your weekend. However, there have been many candidate/sponsor relationships that have never ended.

During the first year, keeping close contact to your sponsor will be beneficial to you, from finding a small group, to making the monthly Ultreya's, to keeping up with news and events happening in Albany Cursillo Community

Community...Community...Community!

Soup Supper and "The Way of the Cross"....

St. Alphonsus' in Glens Falls hosted the annual Lenten Soup and Stations on March 6th, 2009.

Nearly 60 people attend this evening as we prayed the Stations, then as a Community sat and shared table together.

People were treated to many different homemade soups, Clam Chowder, Vegetable, Tomato Tortellini, Corn Chowder just to name a few.

Many thanks for the St. Alphonsus and Glen Falls Ultreya communities for hosting this event.



Monthly Ultreya Locations & Contacts

2nd Friday

Albany, NY
Scotia-Glenville
Troy, NY
2829

Contact

Nancy Cullings
Harrilyn Beehner
Nancy Harder / Pat Galarneau

Phone

(518) 275-0012
(518) 581-0742
(518) 235-

3rd Friday

Glens Falls, NY
Stuyvesant Falls

Wil & Marie Trombley
Jessica Farley

(518) 793-3901
(518) 758-6369

4th Friday

lion, New York

Lucille Kinney

(315) 894-8385

Joe Thouin Continued from Page -3-

Since we didn't hear any specific plan for change, we may have been so overjoyed with our candidate that we filled in the blanks ourselves.

The Washington Times wrote that Catholics voted for Mr. Obama over Mr. McCain by a nine-point margin (54 percent versus 45 percent), TIME reports that there are 47 million Catholic voters, and that the winner of eight out of the past nine elections has captured a majority of Catholic votes. Catholics then, could definitely impact not only the result of an election if they voted as a unified block, but also the selection of the candidates. Why don't they? TIME says "They are too numerous and varied to speak of as a monolithic Catholic bloc".

That's unfortunate, for I believe that only when Catholics vote as a unified block will we get the kind of **change** that will actually please our God and get the full attention that our social justice platform deserves.

Imagine if we had two candidates who were pro-life? That doesn't happen unless Catholics vote as a block. When political parties understand that they have to have a pro-life candidate in order to win, their greed for power will force them to promote a pro-life candidate.

Why did President Obama win the Catholic vote even though his voting record shows he is adamantly pro abortion?

Perhaps *Faithful Citizenship: A Call to Political Responsibility*, has confused Catholic voters and made them feel good about voting for a candidate that supports their particular social issue. They're voting in a silo of mind thought without a global priority. That same document by the USCCB also drives home the most important issues:

22. There are some things we must never do, as individuals or as a society, because they are always incompatible with love of God and neighbor. Such actions are so deeply flawed that they are always opposed to the authentic good of persons. These are called "intrinsically evil" actions. They must always be rejected and opposed and must never be supported or condoned. A prime example is the intentional taking of innocent human life, as in abortion and euthanasia. In our nation, "abortion and euthanasia have become preeminent threats to human dignity because they directly attack life itself, the most fundamental human good and the condition for all others" (Living the Gospel of Life, no. 5). It is a mistake with grave moral consequences to treat the destruction of innocent human life merely as a matter of individual choice. A legal system that violates the basic right to life on the grounds of choice is fundamentally flawed.

Could it be that we Catholics believe that we'll never overturn Roe VS Wade so "Let's move on to the next priority", when in fact a unified block of Catholic voters could easily result in all parties elevating a pro-life candidate?

Once we have two pro-life candidates on the ballot, wouldn't we then move on to priority number two on our social justice platform?

We Catholics, who voted for change, must define what change is. We can no longer afford to allow the candidate or the party to define change. We must define it. Clearly we need national leadership, a priority list of things we need to accomplish as a voting block, a time table based on national and state wide elections, and we need to take the gloves off and name names.

Political parties and voters need to clearly know where we stand. And we cannot allow our Tax Status to stop us from naming names and doing God's will on earth. I'd rather the Church pay its fair share of taxes and enjoy the freedom to promote particular candidates.

Perhaps we need to live the lesson in Matthew, Mark and Luke's Gospels, which tell us to pay unto Caesar what is Caesar's so that we can pay unto God what is rightfully God's.



A Call To Vocations

Prayer itself,
born in Catholic
families,
nurtured by
programs of

Christian formation, strengthened by the grace of the sacraments, is the first means by which we come to know the Lord's will for our lives. To the extent that we teach young people to pray, and to pray well, we will be cooperating with God's call. Programs, plans and projects have their place; but the discernment of a vocation is above all the fruit of an intimate dialogue between the Lord and his disciples. Young people, if they know how to pray, can be trusted to know what to do with God's call." *Pope Benedict XVI*

SPECIAL INSTRUCTIONS

PRAYING FOR OUR CANDIDATES!

ALL THOSE WHO ARE PART OF THE CURSILLO MOVEMENT ARE ASKED TO DO PALANCA IN THE FORM OF PRAYER FOR THE UPCOMING WEEKEND. THE FOLLOWING INSTRUCTION IS HOW YOU KNOW YOUR TIME TO PRAYER FOR THE CANDIDATES AND THE TEAM.

How this works is simple, your times are determined by the 1st initial of your last name. Please help keep our new Babe Chick's and their team in constant prayer. You know the power of prayer!

| Thursday Evening | Friday Morning Saturday Morning Sunday Morning | Friday Evening Saturday Evening | Sunday Afternoon |
|------------------|--|------------------------------------|------------------|
| <u>PM</u> | <u>AM</u> | <u>PM</u> | <u>PM</u> |
| 6:00 A | 12:00 N | 12:00 K | 12:00 H |
| 6:30 B | 12:30 P | 12:30 L | 12:30 I |
| 7:00 C | 1:00 O | 1:00 M | 1:00 J |
| 7:30 D | 1:30 P | 1:30 N | 1:30 K |
| 8:00 E | 2:00 Q | 2:00 O | 2:00 L |
| 8:30 F | 2:30 R | 2:30 P | 2:30 M |
| 9:00 G | 3:00 S | 3:00 P | 3:00 N |
| 9:30 H | 3:30 T | 3:30 Q | 3:30 O |
| 10:00 I | 4:00 U | 4:00 R | 4:00 P |
| 10:30 J | 4:30 V | 4:30 S | 4:30 Q |
| 11:00 K | 5:00 W | 5:00 T | 5:00 R |
| 11:30 L | 5:30 X | 5:30 U | |
| 12:00 M | 6:00 Y | 6:00 V | |
| | 6:30 Z | 6:30 W | |
| | 7:00 A | 7:00 X | |
| | 7:30 B | 7:30 Y | |
| | 8:00 C | 8:00 Z | |
| | 8:30 D | 8:30 A | |
| | 9:00 E | 9:00 B | |
| | 9:30 F | 9:30 C | |
| | 10:00 G | 10:00 D | |
| | 10:30 H | 10:30 E | |
| | 11:00 I | 11:00 F | |
| | 11:30 J | 11:30 G | |

Albany Cursillo Movement
16 Terrel Way
Gansevoort, NY 12831

NAME
ADDRESS

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

