



MEN'S WEEKEND - Please join the Cursillo
Community for the "Closing" on Sunday, June 14th, at 5pm at
Christ the King Spiritual Life Center in Greenwich, NY.

**Men's Weekend #48
Cursillo Candidates**

- Oscar Almonte
- Bob Brown
- John Damino
- Kevin Fragnoli
- Bob Gawel
- Dennis Hyland
- John Jones
- Hank Maddalone
- Fred Palmer
- Thomas Quinn
- James Romanchuk
- Donald Rothwein
- Richard Vadnais
- Peter Vance
- Jack Van Wie
- Eugene Vogt
- Edward Foster Waldron

Please keep the Candidates and Team in your prayers as they prepare for the upcoming weekend!

**Men's Weekend #48
Cursillo Team**

- Rev. Vincent Ciotoli, Spiritual Director
- Dcn. Mike Melanson, Spiritual Director
- Hugh Cameron, Rector
- Wil Trombley, Rector-in-Training
- George Galarneau, Service Team Coord.
- Mike Beehner, Music Director
- Joe Amirault
- Pat Cullings
- Al Johnson
- Barry Lupe
- Tom Molloy
- Bob Roche
- Carl Rosenthal
- Joe Thouin

Outside Community Support

is needed in many areas during the weekend from setup to tear down after the weekend is over.



Contact your Ultreya Rep to let them know you can help.



Diocesan Ultreya and Men's Weekend Reunion!



Where: St. Helen's Church, 1803 Union St.—Schenectady, NY 12309.

When: July, 26-3 to 4:30PM (Reunion) and from 5-7PM Diocesan Ultreya/Pot Luck Dinner.

Please Check the Calendar of Events on the Web to get the Directions for this event at www.cursillo.org/albany

Can You Believe...100 Weekends Already!

This Weekend is very special as it is the 100th Weekend given in the Albany Diocese. Please join us at the Closing Ceremony to celebrate this very special event at Christ the King Spiritual Life Center in Greenwich, NY. The Closing will begin at 5:00 PM at Christ the King Chapel Building #11 on the Map below. Someone from our Community will be there to direct you to the proper place within the Building. There is plenty of Parking at the Chapel Area. A 100th Weekend Prayer Card will be given out with the Closing Program. So come and receive your Anniversary Card to commemorate this great event.



We Need Your Help! The cost to produce and send the Little Light through conventional mail has reached \$3 per copy. This includes postage and production costs. When the Little Light is sent via E-mail as a "PDF" file the cost is below 20¢. So how can you help? Start to receive the Little Light via E-mail. Send your address to Albany-Cursillo@nycap.rr.com. If you thought you already did and are not receiving via E-mail, please resend us your address. Your help will allow your leadership to help people more effectively! **De Colores!**



How Do I Get There From Here ??????

Getting to Christ the King Center is very easy. Just follow the directions and the map given below. Also included for your convenience is a map of the 600-acre Spiritual Life Center with the buildings numbered for your convenience. Come and see this gorgeous place.



Christ the King Center
575 Burton Road
Greenwich NY, 12834
Phone: 518 692-9550

*Christ the King is easily accessible from all directions. The Center is approximately:
55 minutes from Albany, NY
35 minutes from Interstate 87 at Saratoga Springs
25 minutes from the New York - Vermont state line*

From I-87, Exit 15

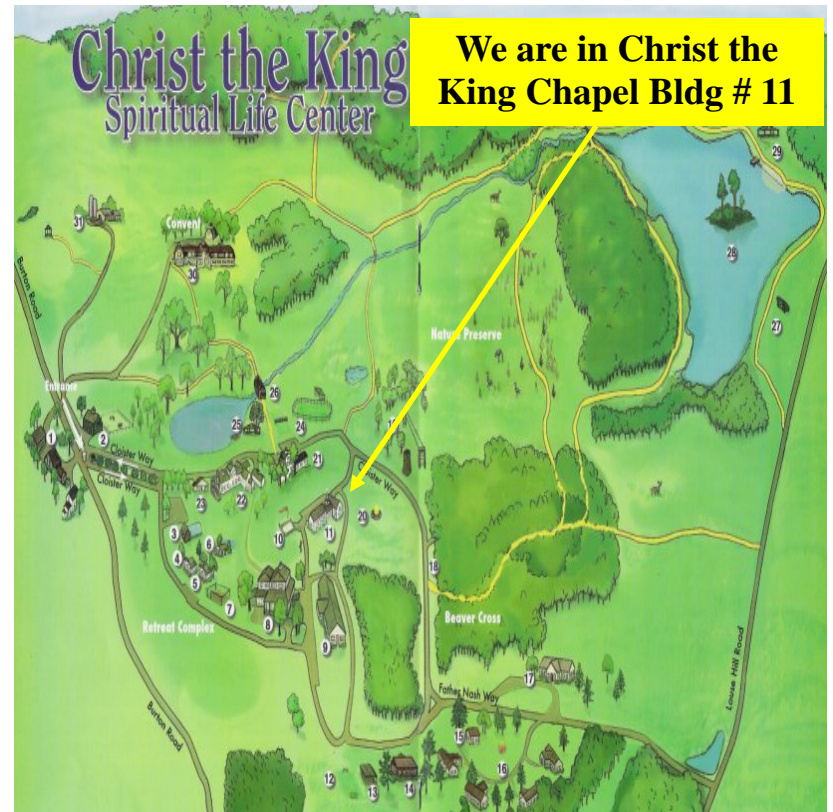
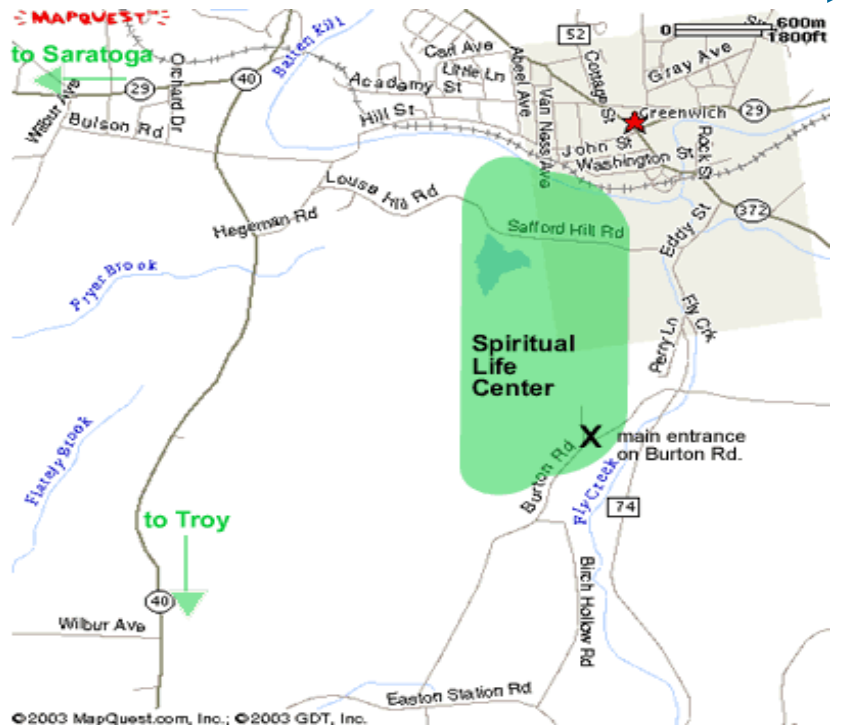
Take Route 50 North for 0.2 miles <>
Turn right onto Weibel Ave at Adirondack Trust Bank and go 1.1 miles <>
Turn left onto Route 29 East and go 11.5 miles <>
Turn right onto Route 40 South and go 3.5 miles <>
Turn left onto Burton Road and go 1.3 miles <>
At the 'Y' intersection, bear left to remain on Burton Road and go 1.3 miles <>
Turn left into Christ the King and proceed to the Chapel Area.

From I-787

Take Route 7 East to Route 40 North <>
Follow Route 40 North for 23 miles <>
Turn right onto Burton Road and go 1.3 miles <>
At the 'Y' intersection, bear left to remain on Burton Road and go 1.3 miles <>
Turn left into Christ the King and proceed to the Chapel Area.

From Vermont/Cambridge/Massachusetts area

Take Route 372 West to Greenwich, NY <>
Turn LEFT onto Route 74 (Eddy Street) and go 1.6 miles <>
Turn RIGHT onto Burton Road and go 1/2 mile <>
Turn right into Christ the King and proceed to the Chapel Area.



We are in Christ the King Chapel Bldg # 11

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|-----------------------|----------------------------|------------------------|------------------------------|
| 1. Bishop's Offices | 9. The King's Inn | 17. St. Mary Lodge | 25. St. Patrick Pavilion |
| 2. Horse Barn | 10. Helicopter Pad | 18. Trail Head | 26. Covered Bridge |
| 3. Greenhouse | 11. Christ the King Chapel | 19. Ropes Course | 27. Lean-to |
| 4. St. Stephen Lodge | 12. Sports Field | 20. Campfire | 28. Lake of the Sacred Heart |
| 5. St. Benedict Lodge | 13. St. Nicholas Pavilion | 21. Healing Oratory | 29. Waterfront |
| 6. St. Francis Lodge | 14. Infirmary | 22. Barry House | 30. St. Mary's Convent |
| 7. Tennis Courts | 15. Youth Activities | 23. St. Barnabas Lodge | 31. Maintenance |
| 8. Welcome Center | 16. Youth Cabins | 24. Volleyball Court | |

SPECIAL INSTRUCTIONS
PRAYING FOR OUR CANDIDATE & TEAM!

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



Flatwater Fundraiser 2009

Get your Raffle ticket now for the **Kayak w/Paddles and High Visibility Kayak Life Vest.**

Drawing to be held July 9th at the Secretariat / Leaders School Meeting. **\$5** per ticket.

You **DO NOT** need to be present to win. This Raffle helps to support Cursillo Events throughout the year.

- Community 1000 total tickets at \$5.00 / ticket = gross revenues \$5,000
- <> We tithe to the Churches who allow us to sell tickets there. <> We tithe to the Ultreyas
- <> 10 booklets of tickets per Ultreya <> Tickets will be sent to Ultreya Facilitators
- <> Each Cursillista who sells a 10 ticket booklet qualifies for a Cursillo Leader's Manual or any other Book on the National Cursillo Website/or any Video on the list up to \$19.95. <> The Ultreya that sells the most tickets gets a Christian Video Library including **"Fireproof"** to share with family and friends encouraging formation and evangelization.



Women's Weekend #52



Weekend #52 Closing Ceremony



The Rectora's Cross being passed on to Nancy Cullings, Rectora for Women's Weekend #53



Congratulations to Sr. Betsy Van Deusen for her recent completion of her Masters in Pastoral Ministries.

Welcome Our New Babe Chick's from Weekend 52

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



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

So...What can I do to help Cursillo?

Your Albany Diocese Cursillo is supported by dedicated and hard working volunteers. The pay each of these people receive comes in the form of God's Graces!

In order for our Cursillo to grow and flourish we need people, like yourselves, to help with the day-to-day operations. Consider volunteering to join the School of Leaders. Become involved with your local Ultreya.

Do You, have something to share with the Cursillo Community?

We are looking for articles, reflections, short stories... and words of encouragement for the Little Light. If you would like to share with your sisters and brothers please contact me, Kit Lawrence (518) 507-6327 or mclaw@nycap.rr.com.



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

De Colores

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 1st Question is:

Babe Chick:

Sara I just made my weekend and I am still a little confused about some of the terms. I was taught that the tri-pod consisted of Evangelization, Formation, and Holiness. Now at my Ultreya I am hearing terms like Action, Study and Piety. Are they making these names up just to confuse me?

Sara:

Hey Babe, don't worry no one is making names up. Joe Thouin stated in his article that Pope Paul II instructed us as a Catholic Movement to return to our roots and revitalize. In the beginning Evangelization was known as Action, Formation was known as Study, and Holiness was known as Piety. In any case Babe though the names of the Tri-Pod are different, the results of each remain the same.

Babe: Thanks Sara for clearing that up for me.

My Second Question is:

Babe Chick:

Sara I just made my weekend and I am still a little confused on what Palanca is all about, can you help?

Sara:

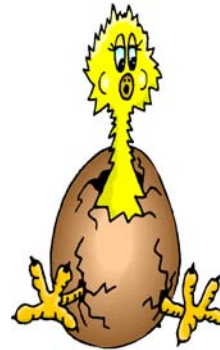
What is Palanca? What is a Palanca letter? A Palanca letter is one that is sent to the candidates and team, informing them of the prayers and sacrifices that you are offering to God on their behalf. A letter may be sent explaining what type of Palanca is being offered, but the letter is NOT the Palanca. The actual Palanca is the action - **intercessory prayer, sacrifice, or works of mercy**, and it can be done without writing a letter.

Babe Chick:

So, I understand, Palanca is not the written message, it is an action that goes with it!

Sara:

That's right, the action of Palanca broadens your faith journey, and allows the recipient to understand the sacrifice of the community at large and on the weekend to participate in the faith of the world-wide Cursillo Community.



ULTREYA SITES

GLENS FALLS, NY

St. Alphonsus Church
Third Friday, 7:30 PM
Wil & Marie Trombley
(518) 793-3901

ILION, NY

Annunciation Church
Fourth Friday, 7:30 PM
Lucille Kinney (315) 894-8385

SCOTIA-GLENVILLE, NY

Immaculate Conception
Church, Glenville
Second Friday, 7:30 PM
Harilyn Beehner (518) 581-0742

TROY, NY

St. Augustine's Church
Second Friday, 7:30 PM
Nancy Harder / Pat
Galarneau (518) 235-2829

ALBANY, NY

St. Teresa of Avila Middle
School Social Center.
Fourth Monday, 7:00 PM
Pat and Nancy Cullings
(518) 275-0012 or [email
ncullin1@nycap.rr.com](mailto:ncullin1@nycap.rr.com)

STUYVESANT FALLS, NY

Nativity/St. Mary's Church,
Route 9, Stuyvesant Falls,
New York 12173
Third Friday, 7:30 PM
Jessica Farley (518) 758-6369

If you have any questions about Cursillo that you would like answered, just send them to:

*Babe Asks
c/o The Little Light
mclaw@nycap.rr.com*