



## **Weekends are Scheduled!**

The men's weekend is October 5-8, 2006.

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:

Happy New Year!!! I pray that your Christmas holidays were happy and holy. Also, I send you and yours happy, healthy wishes for the New Year. Now that winter is about half over, we are looking forward and onward to the Easter season with Ash Wednesday just a few weeks away on 3/1/06. It truly is amazing how fast time flies.

I was looking again at my things-to-do list the other day, and I find that we have a couple of events planned for Cursillo that I would like to tell you about and request that you mark your calendars. First of all, we will be having the Stations of the Cross and Soup Supper on Friday evening, March 10, 2006, at 7:00 p.m. I have called each of the Ultreya representatives to make sure they tell you at the Jan/Feb Ultreya meetings. We will meet for the Stations/Soup Supper at St. Helen's Church on Union Street, Schenectady. We will be sharing the Stations with the youth of the parish as this is the beginning of their 30-hour Food Fast. Won't you join us on that Friday evening ~ check in with your Ultreya rep. and find out if you can donate a meatless soup or some bread and butter. Secretariat will be providing the

beverages, and because it is Lent, we will be forfeiting dessert.

The next event that I would like to tell you about is the Diocesan Ultreya that will be held on Sunday, May 21, 2006, from 3-7p.m. We will gather at St. Alphonsus Parish, Broad Street, Glens Falls. This will be a covered dish supper; we will have a regular Ultreya with music, grouping and a witness speaker. Please think about what dish you'd like to share with your Cursillo friends, bring it along with your spouse or a friend that you haven't seen at Ultreya in a while, and join us at St. Alphonsus for a good time.

We have tried hard to put together a few activities during the year that we can all attend with our Cursillo community. It is difficult to maintain a community feeling if we do not gather together once in a while. However, I have been feeling frustrated as of late because attendance at Ultreya and some of these gatherings has been VERY sparse. I have been praying for passion in our small communities (Ultreya's) and in our community at large.

**Sr. Betsy Van Deusen**  
**Spiritual Director**

We are just ending a very brief segment of "Ordinary Time" in the Church year and gearing up for Lent. What has been "ordinary" about this time since Christmas for you? We get so caught up in the day to day events and as soon as Epiphany happens, Christmas is over. How can we extend that period or at least the sense of gift giving and gratitude, not in material things but in our time and talent and in being grateful for the little things that are done for us or that we can do for one another?



What, as a member of this Cursillo community, can you do, can I do, to extend "the Light," the Light of Christ to all whom we meet? We have lots of excitement as we have dates for Weekends in 2006!

We have the privilege of inviting others to experience this "short course" and to get in touch with God who dwells in each of us. We need one another to walk the walk and to share the Light. Recently I was asked, "Why do you stay in community (meaning the Sisters of St. Joseph) and I responded, "Because He calls me to." We are all called to find that which gives us life and to share it. Sometimes it is a simple event on a given day and sometimes it is the

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Marie Trombley**

After all, we have a set of weekends booked for October, we need to make our friends, be friends and bring those friends to Christ through the weekend. We need to be a community if we are to present community to our babe chicks during and after the weekends. We need to practice what we preach!

Please try to attend the upcoming Stations/Soup supper and the Diocesan Ultreya. These two events are wonderful ways to meet Christ through YOUR community. Won't you join me?

In the Joy of Jesus,  
Marie Trombley

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Sr. Betsy**

invitation and the imperative to walk for a lifetime with someone.

My good friend, Sr. Sue Zemgulis, OP and I recently presented a weekend retreat at the Dominican Retreat and Conference Center (where our weekends will be held) with the theme, "Let your life speak." How can you and will you let your life speak as we finish, for now, "Ordinary Time" and move into the Season of Lent? How will you, in the midst of ordinary days, listen to the voice of God who enlivens you and share that Light with another person. Perhaps God is nudging you to extend an invitation now for an October weekend. Will you respond to that nudging?

De Colores!  
Sr. Betsy

## **Stations of the Cross and Soup Supper**

Join us for worship and fellowship. The Stations of the Cross and Soup Supper will be held on Friday evening, March 10, 2006, at 7:00 p.m. Join us at St. Helen's, 1803 Union St., Niskayuna, NY 12309.

If you would like to donate a meatless soup check with your Ultreya Rep.

**Kurt Lawrence  
Pre-Cursillo**

Hello from Pre-Cursillo,

It is difficult to imagine that Lent is around the corner especially since I have not had closure on Christmas yet. I guess it is true as we get older time does pass quicker.

The dates are set, now as a movement we need to evangelize to the community and look for candidates. This task is not one person or groups mission, it is a mission for all Cursillistas. For the movement to grow and prosper we need to act in the manner your sponsors acted. Chances are it was a simple invitation to be involved in something special. Webster's defines a movement as; "*series of organized activities by people working concertedly toward some goal*". This is very true, and our goal is Jesus.

This is the time to reflect on what Jesus has done for humanity, and to reflect on how you and I can

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### **SEARCHING OUR ENVIRONMENTS**

By Pat Johnson

As we prepare for the next set of weekends in the fall, I would like to encourage each and every Cursillista to search their environments for candidates for the weekends. As it states in the Leaders Rollo: Christian leaders work as if everything depends upon them and pray as if everything depends on God. Pray to the Lord for guidance in searching the environments you are in so that He may help you identify the person or persons that you can ask to go on a weekend. Offer up Palanca for the success of this endeavor.

The School of Leaders, with the blessing of Secretariat, has been actively involved in having a booth at Spring Enrichment and at the Parish Convening to get the news of Cursillo out. We also have been speaking at parishes to bring information about Cursillo to the people of the Albany Diocese. We plan to contact more parishes

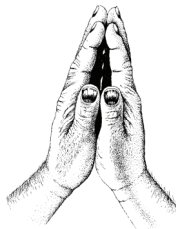
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Kurt Lawrence**

continue Jesus' mission on this earth. It is not an easy task; following Jesus in itself is not an easy task. He demands that when we act in His name that we act with a pure heart and soul. I find this very difficult at times with all the "stuff" we must face in today's world. It is through the grace of God that we persevere and continue on.

During Lent have you tried to doing something special with Jesus, what better way than to sponsor a brother and sister and let them walk the Cursillo path towards Holiness, Formation and Evangelization.

Finally, I have a special request of the Cursillo Community during this Lenten Season. It is to pray for all the men and women that serve in our country's military, that will be spending Lent and Easter in harm's way. May the Light of Jesus protect them and bring them home safe.



God Bless and De Colores,  
Kurt Lawrence  
[kurtlaw@nycap.rr.com](mailto:kurtlaw@nycap.rr.com)

**GREETINGS FROM SR. SUE**

De Colores and greetings to my Cursillo sisters and brothers in this lovely, *chilly*, north country! I have been back here a year, and after 8 1/2 years in Miami I think my blood is finally starting to adjust to this climate. It is good to be home and it is good to be back among so many friends. And what better welcome home than to hear that the Cursillo



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Pat Johnson**

to continue this education process in the months ahead. The School needs your help, though. We can present what

Cursillo is and even get some names of people that are interested in making a weekend. The most successful method for inviting people to a weekend remains with you, the Cursillo Community. As the School strives to get the Cursillo message out in the open, we need you to be actively seeking out people in your environments. Most of us were asked in a personal way to go on a Cursillo weekend. Try to remember how it felt to be asked to go on the weekend, and then the excitement that you had once the weekend was over. Let us take that excitement and enthusiasm and pass it on to a candidate that we sponsor for the fall weekends.

Please continue to offer Palanca for the success of the upcoming weekends. With the Lord's help all things are possible

De Colores,  
Pat Johnson.

retreats will be returning to the Dominican Retreat and Conference Center! I look forward to being with you here! Of course you don't have to wait until then. Come over for prayer as we do Sung Vespers in the Spirit of Taize each month, or any of our other programs. Check out our calendar at [www.dslcny.org](http://www.dslcny.org) or call us at 393-4169. I look forward to seeing you soon!

Sr. Sue Zemgulis, OP

**Carl Rosenthal  
Web Master**

New Year's Day not only begins a new calendar year but also reminds us of the importance of new beginnings. How about bringing a touch of newness back to our community in this New Year? If you haven't been to Ultreya or small group in awhile, please come back, your loving community is waiting to welcome you back with open arms. We miss you and need you to be another face of Jesus in our lives. Our web site gives all the information you'll need to find an Ultreya near you or at other sites throughout the Diocese where you can come and find old friends. If you are already going to Ultreya and small group, please reach out and invite someone back who hasn't been around in awhile. It may be the push they need to come back and join us.



Since the end of October 2005, we have had close to 600 visitors on our web site. I hope all you readers out there have had a chance to check out our web site and enjoyed the trip through all the pages. I'm hoping to add Men's and Women's Weekend pages when all the information is available. On those pages you'll be able to find a list of team and candidates, plus be able to e-mail Palanca to the teams for the weekends.

It has been a challenge to keep our web site updated with all the information you need to know. But through the grace of God, I have been able to learn and relearn the

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Carl Rosenthal**

programs and codes necessary to get this site running and updated. I hope you find this venue a faster way of communication for your use than waiting for the *Little Light* to come out. I have tried to keep the site updated on a weekly basis and as soon as the information is made available to me. I encourage you to check out our site often 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 let me know what you want or need to improve our site. Also, let me know if you have any suggestions and/or comments in general. You can e-mail me at [albanycursilloweb@yahoo.com](mailto:albanycursilloweb@yahoo.com)

I thank God every day for allowing me to be your web master and being able to communicate with you in this special way. He has given me the talent to do this for you and I will use this talent in His name always. I will remember you in daily prayer as I contemplate God's goodness to us in His giving of many different talents that we all possess. Please consider using your talents in this New Year to make many new beginnings for our community, our Church and our world.

DeColores  
Carl Rosenthal

**Do you have something to share?**

The Little Light would love to hear from you. Your reflection on your journey, a funny little story. Let your heart talk to you community, and share with us your life!

**Directions to St. Helen's**

**Daytime Phone—(518) 346-6137 Evening Phone—(518) 377-3119**

**From Albany and points East** - Travel west on Central Ave. (Rte 5) until you reach Balltown Road. (Mohawk Commons Shopping Center is on right). Turn right. Travel approximately 1.5 miles, crossing Rt. 7 and Balltown becomes Rt. 146. The next light after crossing Rt. 7 turn left onto Union Street. St. Helen's is 2 blocks down on the right.

**From the Northway (I-87)** - Get off at Exit 6 - Latham, Schenectady, Rte 7. Travel west on Rt. 7 (Troy-Schenectady Road) for 7 miles. Stay in the right lane and follow signs for "Union Street." Go straight at the light and St. Helen's will be two blocks down on the right.

**From the NYS Thruway (I-90)** - Exit the Thruway at Exit 25. Continue straight on I-890 to the Route 7, Troy exit. Merge onto the Cross-town (pass Home Depot on your right). Continue past Watt Street, Consaul Road and Golf Road. The next light is Balltown Road (Rte 146), turn left. At the next light, turn left onto Union Street. St. Helen's is two blocks down on the right.

**IT DOES NOT MATTER WHAT TIME OF YEAR IT IS!**

The Christmas presents are long opened and, perhaps, well used, the decorations have long been put away, the and the year is well under way. The annual celebration of the Incarnation is, for many, a distant memory.

The Epilogue of the Little Blue Book from Saginaw Little Books used during the Advent Season quotes Sister Barbara Reid who wrote in her book "A Retreat with Luke" in the person of Mary in her later years: "The same faithful God who walked with our ancestors has now shown utmost compassion to me in all that has happened since my son was born. I did not always understand what God was doing, but I was given the grace to continue... I think I raised my son well. I tried to teach him to turn to God at every moment. I told him how I knew from the moment he was conceived that God's Spirit was with him in a special way and that God would never abandon him. I hope that you, too, have known God's strength and comfort in this way in your life. God continues to be born in every person's life."

It does not matter what time of the year it may be — Christmas, Easter, the end of January, the beginning of July, or what the celebration may be — a Baptism, a First Holy Communion, a Marriage, or what the occasion — a birthday, an anniversary, even a death, the fact that the Word became Flesh, that the Divine became Human, that Jesus came among us as one of us not only changed the course of history but has also changed each one of us personally. All during the year Jesus is Emmanuel, God with us. He accompanies us on our faith journey and He is born over and over again. May 2006 be a year when we recognize and seize the opportunities to give birth to Christ in our hearts, in our homes, in our midst and all over the world!

Vince Ciotoli

**Evangelization**

**Joe Thouin**

When I see or hear the word Evangelization, I think of many things. I think of St Paul who suffered so much in his quest to evangelize the world as he knew it. I think of Cursillo's tripod of Holiness, Formation and Evangelization. I also think of modern day Evangelizer Billy Graham. Then my thoughts turn inward. What does Evangelization mean to me? Ugh. That's an uncomfortable thought because I don't know what it means to me day in and day out. When I'm not conducting an RCIA session how am I Evangelizing? When I go to small group every two weeks I'm always scraping the inside of my brain to eke out an experience I can use to say I Evangelized since you saw me last. Then I think well, if we had a Cursillo weekend scheduled I could start looking at potential candidates for the weekend. Well the **good news** is there is a Cursillo weekend planned. It's in Oct of 2006. I have 9 months or less to evangelize the best way I know how.

Each year that there has been a Cursillo weekend, I have had the pleasure of sponsoring a couple to attend the men's and women's weekend. This year the weekend is being held at the Dominican Retreat and Conference Center in Schenectady, NY. Filled to capacity it holds 49 people inclusive of the team. So minus out the 18 or so team members and we have an opportunity to bring in approximately 31 candidates per weekend. Too often we focus on the minimums, i.e. "We need a minimum of 15 men and women candidates to have a Cursillo weekend". What

we need to focus on, is having 31 couples, men and women, to share this rich experience.

**How?** Every year I find 3 couples to Evangelize. I ask these couples if they would like to attend a Cursillo weekend to enrich their personal spirituality. It hasn't failed me yet. 2 of the 3 couples say no and 1 couple says yes. I sponsor the couple who says yes and I ask the 2 couples who said no, "May I ask you again next year if your circumstances permit, or is this something you really don't care to do?". If they say yes, I need only find one more couple for next year. If they say no I need to find more.

**Where?** When I attend RCIA, early in the process I look for candidates I would like to get to know better, become friends with, and I identify with them. After we become friends and they've completed the program, I ask them if they'd like to attend a Cursillo weekend to further enrich their spirituality. Because let's face it, after the RCIA experience, they are on fire with the Holy Spirit, and we certainly don't want them to get lost in a lukewarm congregation.

**Where else?** Where I go to Mass, there are approximately 2000 registered families. Of those families, there are about twelve families involved with Cursillo. That leaves me approximately 1988 registered families as a potential base. We have four services on Sunday. I attend one service. Assuming equal distribution (which it isn't), that gives me approximately 500 families in my "environment". When I'm sitting in prayer after Communion, I watch the line of prayerful people walk by and I let

the Holy Spirit help me decide who He wants me to ask next. As I sit there in prayer I realize there are a lot of people in my parish who would be good for Cursillo, but more importantly, I see a lot of people who could really benefit from Cursillo, even if they use it merely as a launching pad to hear the Word of God more clearly and to follow the path that God has planned for them. And when they say yes, wow, that **is** building up the Kingdom of God!

I love you ... more importantly ...  
Jesus loves you.

De Colores,  
Joe Thouin

**School of Leaders**

**Elaine Granato**

Happy 2006! I hope this finds everyone renewed after the beautiful Christmas season and excited about the future.

At the School of Leaders meetings this fall we have been dividing into groups to tabulate the results of the survey you received and to plan our outreach to various parishes in the diocese. Thanks to all who participated in our survey. We have gained some useful insights that will help us lead the Cursillo movement into the future. After we get feedback from Secretariat we will be sharing the results with you. Only as we identify some areas of concern can we begin to address them.

Carl Rosenthal has done a phenomenal job getting our Cursillo website ([www.cursillo.org/albany/](http://www.cursillo.org/albany/)) website up and running. Check it out! There are links to both the National Cursillo website and to the website of the Albany

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Elaine Granato**

Diocese. We plan to keep adding more information, so watch us as we grow.

Several parishes have been visited this fall by the School of Leaders. At the end of all the Masses on a particular weekend, we shared information about what Cursillo is and how people can become involved. We also brought printed information for parishioners to take home and were available after Mass if anyone had questions. We hope that this will spark enthusiasm and encourage participation on a Weekend. At our February meetings, we will start planning our spring visits. Maybe you'll see us at your parish!

De Colores,  
Elaine Granato

Dear Cursillistas,

Well.... I have heard from some of you. I know you are trying to be patient and somehow I need to get a response to you about **the survey**. At the time of this writing, the School has completed the tabulations, has compiled the findings, has issued a document with suggestions to Secretariat, and we the members of the School are moving into our next project as there is much to do. The Secretariat was unable to move on the documentation because if you check your calendar, we had a snow storm that could have put people in harm's way, and we won't do that. At this time, just pray a little bit longer, while actions take their course. WE thank you for understanding.

I have no idea what others may wish to put in their news to you, however I would like to initiate a word of Gratitude to our Webmaster (Carl Rosenthal) for his contributions in bringing the Albany Cursillo website to the informative state that it is in. If you have access to a computer, by all means go to the site and spend a 1/2 hr and see all that is there. One of the many issues in the survey was about communications and this website has closed many a problematic area that once was in existence. You can see updated calendar of events, when the next Ultreya is being held, complete with maps and contact persons. The weekend dates for 2006 are posted, and the list goes on and on. Furthermore, you can click on a link and go the National Website and see what is evolving at that level. The website address is: <http://www.cursillo.org/albany/> EVANGELIZE YOURSELF by going to the site, you will be uplifted. If you can, invite someone who is Cursillista to do the same. Are you thinking of sponsoring someone for the upcoming weekends?? We hope you are!! This website is not a secret, and you can inform yourself and your perspective candidate about many aspects of the Movement, by visiting the website. This newsletter is being mailed to over 300 people, yet, it will not reach many who have ONLY YOU as their contact. The Survey suggested that there are a few who rely on YOU for their source of information. There is an interesting link, directly to me, to include anyone to get updated and onto the mailing list. There

**Post-Cursillo  
Kit Lawrence**

It's hard to believe that Lent is just around the corner. As you decide what activities you are doing to prepare yourself for the joy that is Easter, remember our Soup Supper with Stations of the Cross at St Helen's. As we contemplate the sacrifice that Jesus made for us, let us work on ours for him.

How can we spread his kingdom? ... make a friend be a friend and bring a friend to Christ. Search your communities, who can you invite to Jesus' community? The weekends have been set. Now we need to fill them. Remember it is up to all of us to search our communities.

Our diocesan Ultreya will be Sunday May 21<sup>st</sup>. This will be a

covered dish supper. What better way to share community with your fellow Cursillistas Breaking bread together sharing our faith and our commitment to Jesus.

Enclosed is a calendar of events for the coming year, however events are added and events change. The best way to keep in touch is by attending a monthly Ultreya. There is no rule that says you can go to only one. One of the reasons they are spread out during the month is to give the opportunity to attend more than one a month and attend different ones. Don't be a stranger....Look for the list of Ultreya's that are available to you!

De Colores,  
Kit Lawrence  
[mclaw@nycap.rr.com](mailto:mclaw@nycap.rr.com)

is always a future chance that the newsletter will be published on the website, so we can save some postage when we get a compiled list of who wishes to receive it that way. There are many changes in the communications area that can be made, but we need your help, suggestions and cooperation to make this happen.

I've taken my space allotted, but have enjoyed trying to be of help to you and ultimately to the movement. I look forward to seeing and hearing, from a number of you, as we go forward into 2006 and beyond. One last thing!!! TREAT YOURSELF to the activities scheduled. If transportation is an issue, call someone. We have people who want to attend, but can no longer handle evening driving and other issues, but if you step up to the plate you CAN make a difference. Please pray for YOUR Ultreya.

DeColores,  
Wil Trombley

## 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  
Latham, NY  
Ilion, New York

Wil & Marie Trombley  
Sharon Thouin  
Lucile Kenny

793-3901  
233-7119  
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...***

### Calendar of Events for 2006

#### March

3/1 Ash Wednesday  
3/10 Stations & Soup Supper

#### April

4/9 Palm Sunday  
4/16 Easter

#### May

5/14 Mother's Day  
5/21 Diocesan Ultreya  
St. Alphonsus—Glens Falls

#### June

6/3 Annual Evangelization Walk

#### July

7/4 Independence Day

#### August

Sun & Fun

#### September

9/17 Service Auction  
Troy Ultreya

#### October

10/5—9 MENS WEEKEND  
10/19—22 WOMENS WEEKEND  
Held at the Dominican  
Retreat and Conference Center  
in Niskayuna, NY  
10/27 EVENING OF MUSIC  
Place to be Announced

#### 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)

The Little Light  
c/o Kit Lawrence  
16 Terrell Way  
Gansevoort, NY 12831