



# Fourth Day News



## Secretariat Corner

### True Spiritual Friends

***What “Make a Friend, Be a Friend and Bring a Friend to Christ” Truly Means***

I believe in Spiritual Direction. You can say that I have two spiritual directors. Father Pawel Sass, who is my pastor, and a Lay Spiritual Director who will remain anonymous.

One of Cursillo’s more powerful mottos is “Make a Friend, Be a Friend, and Bring a Friend to Christ”. Relationship is what worldly friendship is all about, but spiritual friendship is all about getting your friend to heaven.

Those who know me, know that I wanted to be the Washington Movement’s lay director for a long time. Many times, over the years, I would talk to Father Sass about my frustrations about not being able to serve as a lay director because someone else had been chosen by the Movement, and he would tell me to be patient. My Lay Spiritual Director told me the same thing. I would fume, and they would calm me down.



Then this past year I was chosen to serve as a Co-Lay Director with Cheryl Kerwin, on December 1, 2016. This made me very happy.

But very soon afterward, on December 22, 2016 I lost my sight in my right eye, while I was asleep. I had suffered something called an eye stroke and doctors said that the loss of sight is permanent. Of course, I was scared and totally devastated. Father Sass called me while I was in the hospital in Louisiana and told me that Jesus was the major healer. My lay spiritual director prayed with me and gave me words of encouragement. I thought about resigning as Co-Lay Director of the Washington Cursillo Movement, but my awesome Co-Lay Director Cheryl Kerwin said that she didn’t want me to resign because she needed me. In fact, the whole Secretariat was behind her 100%. Still, how was I to serve effectively, if I could not drive? How would I be able to serve effectively with my loss of eyesight in one eye?

### Inside This Issue

<u>Secretariat Corner</u>	1-2
<u>“True Spiritual Friends”</u>	
<u>Fifth Day Corner</u>	3-4
<u>4th Day Corner</u>	4-5
<u>Prayer Corner</u>	4
<u>Rude Times</u>	5-7
<u>Voice</u>	7
<u>Calendar of Events</u>	8
<u>Bottoming Out</u>	8
<u>Production Schedule</u>	9
<u>Editor’s Corner</u>	9
<u>Ultreyas</u>	10
<u>Contribution Form</u>	11

Father Sass encouraged me to go to another doctor because my doctor was saying things to me about the permanency of my loss of eyesight and the treatment of my condition that Father Sass did not agree with I went to the doctor Father Sass recommended but being hardheaded I also went back to my doctor. A very big mistake! I was so upset with what my doctor had told me that I texted Father Sass. What I didn't know was that Father Sass was very upset with me for going back to my doctor. I went to see Father Sass at church and He asked me why I had gone back to my doctor instead of just going to the one he had recommended? All I could think to say was that I was stupid. What Father Sass told me was that I did not trust God.

I called my other spiritual director and she raked me over the coals, too. The doctor I go to now related to me that my former doctor had put me on 400 milligrams of blood thinner. I was already on 300. I could have died. And because I did not listen, because I did not trust, my life had been put in danger.

In March of 2017 I fell, and I broke my right arm. While in the sling, I fell again while coming home. You guessed it, my awesome pastor was with me. I was starting to cry, and he firmly told me to get myself together. From that day forward, he told anyone who took me home from church he was holding them responsible if I fell.

My spiritual friendships with Father Sass and my Lay Spiritual Director have been saving graces in my walk through the challenges of dealing with my loss of eyesight in one eye. Their Christ-like love and friendship helping me over the years has been a great source of strength to me. But that is not all.

After my loss of eyesight in one eye, my Co-Lay Director, Cheryl Kerwin, has come many times from the outer suburbs where she lives to pick me up and take me to the various Cursillo events that I need to attend. She has driven many miles many times to pick me up and take me to Leaders School and Secretariat meetings, and then she takes me home. Her Christ-like friendship and sacrifice are another living example of what it means to "Make a Friend, Be a Friend, and Bring a Friend to Christ".

I am still praying for the miracle of regaining my eyesight. I know Father Sass is praying for me, as is my Lay Spiritual Director. I wouldn't be able to do a lot of the things I dreamed of doing all those years I looked to become a lay director in the movement without my Co-Lay Director's many kindnesses to me. Thank you, my true and wonderful spiritual friends in Christ! If you are not in spiritual direction, consider being in spiritual direction, for it is another opportunity to "Make a Friend, Be a Friend, and Bring a Friend to Christ". That is what spiritual direction has done for me: brought me to Christ.

**Sheila Vallot**  
**Co-Lay Director**  
**Women's 32nd Cursillo Weekend**  
**Table of St. Theresa of Avilla**





## ***Fifth Day Corner***

*As Cursillistas, we live our Fourth Day, preparing to live our Fifth Day when the Lord calls us home. At this writing we say so long to Cursillistas who began their Fifth Day this quarter. Please keep their families in your daily prayers as they stay here while those so close to them go on without them for a while.*

### **Joe Kleponis**

---

Joe peacefully began his 5th Day on May 9, surrounded by his beloved family. Joe retired from the U.S Air Force out of Andrews AFB and settled near the base in Camp Springs, MD. He was a long-time member of the Forestville Ultreya and an active member of the Andrews Air Force Base Chapel community. I met Joe, and his soulmate Kathy, in that chapel community as a young Army officer and we became good friends.

After I made my Cursillo weekend in 1987 Joe welcomed me into his group reunion. It was like I had a group of big brothers in Joe, Tony Gray, Bruce Carr, Bob Baczynski and JT Hogan. I came to know Joe as faithful and true, a generous soul, who heartily lived the Cursillo method. Joe was the coordinator for a men's weekend in 1989 and I was thrilled when he invited me to serve on my first team with him.

Joe loved to golf, and we enjoyed many golfing outings together. He was involved with supporting the Cursillo golf outing in Washington for many years. Besides being visible in the Washington Cursillo movement, Joe was a leader in the chapel community at Andrews and helped Kathy coordinate RCIA for many years. After Joe and Kathy moved to Gettysburg, PA they continued their involvement in leading many new disciples to Christ through RCIA.

Joe was a great family man and loyal to many of us he called his friends. It was largely through Cursillo that Joe came to a personal and life changing encounter with Christ and his Church. His authentic experience of the love of God in Christ filled him with the Spirit of God and empowered him to live a life in Christ that entailed carrying out Christ's mission to bring others closer to God, including me.

*Enjoy rest from your  
labors, good friend, in the  
Father's house.*

---

*Edmund Madden  
Madden Tribute*

---

With heavy hearts the members of Saint John's/ Forestville Ultreya announce the passing of longtime Cursillista, **Edmund Madden**. Eddie died at his home in Clinton, MD, on Saturday, July 14, after a long illness. Mass of Christian Burial was celebrated at Saint John's, Clinton, on July 19, 2018.

Friends and neighbors knew Eddie as a graduate of Penn State and an army veteran. For the twenty-plus years prior to his retirement, he worked in Civilian Personnel at Andrews Air Force Base. Parishioners at Saint John's knew him in another capacity.

Eddie's Catholic faith was a constant presence in his life. A daily communicant, he had a deep devotion to Jesus in the Blessed Sacrament. He served as a Lay Eucharistic Minister at Mass and took Communion to local hospitals, nursing homes, and the home-bound. He was a member of St. John's Senior Lunch Bunch, a "money-counter," and a Fourth-Degree Knight of Columbus.

A widower himself, Eddie even owed his second marriage to his faith. At a Post-Cana function, he met, and shortly thereafter married, a Catholic widow, Janet Morisi. Janet, who was already a Cursillista, sponsored Eddie for the Men's 170<sup>th</sup> in March of 2001, and he embraced the Cursillo movement with gusto. During their almost 15 years of marriage, the Maddens remained faithful and enthusiastic members of the Forestville/St. John's Ultreya.

Knowing what his faith meant to him, Eddie's family buried him not only with an army medal, but also with a rosary, a Knights of Columbus officer's ribbon, and.....slightly faded, somewhat ruffled .... the Cursillo donut he made on his Cursillo weekend!

*Enjoy your heavenly reward, Eddie. We look forward to grouping with you again in your 5th day!*



**MY PRAYER TO MY ANCHOR, MY ROCK**

*Therefore thus says the Lord God, see, I am laying in Zion a foundation stone, a tested stone, a precious cornerstone, a sure foundation: "One who trusts will not panic."*

**Isaiah 28:16**

***If you need prayer or know someone who does, please send your request to James Brightful at [Pray911amen@gmail.com](mailto:Pray911amen@gmail.com).***



© Prawny · www.ClipartOf.com/1053378



## ***IT WAS FUN!***

Saturday, June 30<sup>th</sup>, Our Lady Queen of Peace hosted Cursillo, beginning with their 4pm Vigil Mass, followed by a delicious potluck supper and then the games began! Some played Corn Hole Toss, some Trivia Pursuit, and others played Clue, Taboo and various card games. And still others chose to socialize with friends they enjoy just being with. Theresa Bowser celebrated her 75<sup>th</sup> birthday by winning \$75 in the 50/50 drawing. Congrats Theresa! More than 50 Cursillistas represented 10 of our Ultreyas. *Thank you, Fr. Sass, for your hospitality!*

## ***In Our 4<sup>th</sup> Day – From 4<sup>th</sup> Day Committee***

**Discernment remains our focus.** The survey is complete and is capturing valuable information. Thank you for your input. For those of you who have not been given the opportunity to take the survey, we will do the best we can to get it to you.

To keep our community strong and our diverse spiritual friendship foremost, we hope to continue to gather as often as possible.

Since January, ***Northeast/Southeast Ultreya*** invited us to their Epiphany celebration. Brother Richard graciously hosted and led our Morning Reflection for Lent and we look forward to the Cursillo Picnic in September hosted by Calvert Ultreya.

***Northeast/Southeast Ultreya*** was on July 13<sup>th</sup> starting with Mass and a cookout immediately following. We'd love to have a Grand Reunion Ultreya in October! Our challenge has been getting free space within our parishes to hold events. Please consider looking into getting space for a quarterly or Grand Ultreya on a Saturday afternoon or evening. At this time there is no extra money in the budget to rent space. Please contact me at 443-994-8887.

*Nancy Smallwood  
Chair, 4th Day Committee*

## ***Rude Times***

We live in a time when rudeness seems to rule and on a very practical level, one wonders do you fight fire with fire or do you try to take the high ground by grinning and bearing it.

As Cursillistas, if we are truly living our lives using the method, every moment is one where we look for an encounter with Christ. That would mean we are to find Christ in each moment and in that finding, manifest His love to all those we meet. Yet it is hard to remember how to be Christ when the person in front of you is yelling at you because they do not agree with your opinion no matter the issue: care for mom, politics, or the latest unbelievable news.

The world seems full of “Alternative facts,” and it has become difficult to agree on or speak peacefully about current events. You know it has gotten bad when things revert to name calling and shouting has become the new normal in our civil discourse. Civility seems to be a lost art, and its loss presents a clear and present danger to our peace of mind and heart. Mark these words: “Rudeness is catching!” And it is the antithesis to the love Christ calls us to live as his disciples. There were good reasons behind the manners we were taught as kids, and it is time we embrace them again in a whole-hearted fashion if the love of Christ is our motivation in life.

Neuroscientists have discovered that when something negative happens to a person, it stays with them for a long time. We can’t stop thinking about the negative things that happen to us because it is natural for us to wallow in and pick at them, as we imagine all the things we could have done, or we will do to the perpetrator who has visited this cruelty upon us. It is the same when someone is rude to us or treats us uncivilly. But it is not like this with the positive things that happen in our lives.

Neuroscience tells us that when something positive happens, human beings will generally notice it, but it really doesn’t stay with them for very long. What usually happens is that we move on to next things thinking something akin to, “Ah that’s nice.” Recent neurological studies reveal that for positive things to really stay with us, we need to sit for a spell and think about them so that the happiness and pleasure remains with us in a more lasting way.

To really retain the joy and benefits we should get from our positive experiences, for them to really affect us and make a difference in our lives, we need to sit for at least 12 to 20 seconds thinking about them right after they happen. Otherwise, all the positive energy and most of the positive effects are negated.

Rudeness is particularly damaging because when someone is rude to us, science shows that one incidence of rudeness during our day, whether we dwell on it or not, causes us to look for and expect rudeness from others. It also causes us to react in rude ways and increases our chances of being rude to others. One act of rudeness distracts us in our dealings with other people and affects our ability to focus on what we are doing. The most worrisome effect from a Christian point of view with what we are seeing going on in our society today is that negativity and rude behavior are catching, and joy and peace are not. Joy and peace seem to be withering on the vine.

So, what should we as Christians do when faced with a rude person? What should we do when confronted by ill treatment and a lack of respect?

While there is no one way to deal with rude situations, it is important to not react to fight rudeness with rudeness. Yelling back at the person yelling at you only fosters more yelling and shuts down communications. Also, when things get to name calling there is little chance for communication. And it may be the more Christian thing to simply step away from things.

In all things we should use Christ as our model, and as the Apostle Paul recommends.... "Put on the Mind of Christ!" One place in our Gospels where Jesus gives us a good example of how to handle rudeness is found in how He handled the Scribes and the Pharisees in John 8: 1-11. The Scribes and the Pharisees drag before Jesus a woman they have accused of adultery. They want to trap Jesus. They know that under the Law the woman will be stoned, and they are hoping that He will respond in a way that will allow them to bring Him before the Sanhedrin, whom they hope will order Him killed. Jesus, instead, does something unexpected when dealing with their rudeness or incivility. He asks a question that turns the Scribes' and Pharisees' thinking in on themselves... "Let the one among you who is without sin cast the first stone." Having turned their thoughts in upon themselves, they soon withdraw. Similarly, Jesus turns the woman's thoughts inwardly when He tells her, "Is there no one to condemn you? Go and sin no more."

While it is hard for us to remain calm in emotionally charged circumstances, we can see from how Jesus handled the adulteress woman by keeping His head and not letting the people before Him rob Him of His peace. In the face of their murderous rudeness, Jesus acts from a heart-centered place that peacefully resolves a very emotional situation. So, the next time you are confronted with some act of rudeness or incivility, consider acting as Jesus acted here. Do not return rudeness with rudeness, do not fight fire with fire, but rather ask an open-ended question that turns the person's thinking back in upon themselves. Something akin to, "What is bothering you so much about this?"

What is upsetting you?" Rest in the Holy Spirit and the appropriate question will come.

May God's Peace always be manifest in your heart, so that His justice and joy may shine forth in your life.

**Deacon Jim Caldwell  
Assistant Spiritual Director  
Washington Cursillo Movement  
Men's 160<sup>th</sup> Table of L.I.F.E.  
November 1998**

## Voice

*Loud is He when He calls you by name,  
gentleness when he comforts.*

*Cries when you suffer,  
is there when you feel abandon.*

*Loves unconditionally,  
forgives with no hesitation.*

*Catches you when you fall,  
dances when you dance.*

*Gives, to never receive,  
waits till you come back.*

*Meets you where you are,  
His words resonate on your sleeve.*

*His sacrifice will never be forgotten,  
for you are His and He is yours*

*He is your Voice*

©noahvictoria2/13/15

## **SAVE THIS DATE!!!**

**Sunday, September 30<sup>th</sup>, 2018  
Cursillo Picnic**



**Hosted by Calvert Ultreya  
Look for more information soon!**

## **CURSILLO SCHOOL OF LEADERS (CSOL)**

**St. Josephs Church  
2020 Saint Josephs Dr., Largo, MD 20774  
7:00pm – 8:50pm**

**RELAX AND REFLECT  
September 20-21, 2018**

## **28th National Cursillo Encounter**

**August 16th - 19th, 2018**

**Seattle University  
Seattle, Washington**

See National Cursillo Center website at  
<https://www.natl-cursillo.org> to register.

## **Bottoming Out**

*In the book of Kings,  
it tells of a poor widow  
feeding Elijah  
from a jar of flour  
that never goes empty.  
If we regard our minds  
as that never emptying jar,  
I think at times we find  
precious little at the bottom.  
That's when the  
tools of depression,  
sorrow and hopelessness,  
try to snag our souls.  
But the Lord promised  
He would never abandon us,  
so somewhere down there,  
if we scrape a bit deeper,  
we'll find hope.*

**Peter E. Abresch  
May 28, 2018**





## Editor's Corner

Do you have thoughts, poems, prayers, or reflections to share? The Washington Cursillo® Community wants to hear from you!! **Utreya Leaders**, please send us your sharing – it would be great to hear from each leader at least once a year!

**Babe Chicks** your articles are the most important ones. Let us hear from you. **If you know someone who has gone on to their 5<sup>th</sup> Day**, we need your memories.

**Please send them before the submission deadlines!!!!**

**Articles should be submitted in Arial 12 Font Size no later than the "submission deadline" listed on the Production Schedule.**

**Remember to sign your articles with your name, weekend, and Utreya.**

**Submit articles by email at any time to:  
Lethia Kelly  
[communications@washdc-cursillo.org](mailto:communications@washdc-cursillo.org)**

**The Washington Cursillo® Movement website is**

<http://www.washdc-cursillo.org>



## 2018 PRODUCTION SCHEDULE

### 3rd QUARTER ISSUE

July – September  
Submission Deadline  
Oct. 1st  
Publish Date–Oct. 15th

### 4th QUARTER ISSUE

October – December  
Submission Deadline  
December 10th  
Publish Date–Dec. 17<sup>th</sup>

# ULTREYA

**Assumption**  
1:30pm, 2<sup>nd</sup> Saturday  
Undercroft  
Assumption Church

**Gwendolyn Jarmon**  
[gwendolyn.jarman@rcn.com](mailto:gwendolyn.jarman@rcn.com)  
**Richard Sylvester**

**Bowie-Lanham**  
7:00pm, 2nd Friday  
St. Edward's, Bowie

**Jim Carrier**  
[jamescarrier@comcast.net](mailto:jamescarrier@comcast.net)

**Calvert County**  
7:30pm, 2nd Monday  
St. John Vianney  
Church Basement

**Ginger Caldwell**  
[goingsouth@olg.com](mailto:goingsouth@olg.com)  
**Cathy Martinoli**  
[auntcathy20736@yahoo.com](mailto:auntcathy20736@yahoo.com)

**Central PG County**  
7pm, 4<sup>th</sup> Monday  
Rosemont Room  
St. Joseph's in Largo

**Burma Hill**  
[burmahill57@aol.com](mailto:burmahill57@aol.com)  
**Thelma Adams**  
[thelmaadams1@verizon.net](mailto:thelmaadams1@verizon.net)  
**Vanetta Wallace**  
[nettasnest@verizon.net](mailto:nettasnest@verizon.net)

**East of the River**  
7:30pm, 4th Friday  
OLPH  
1st Portable Bldg.

**Pearl Baylor**  
301-894-8405  
[pearlbaylor@yahoo.com](mailto:pearlbaylor@yahoo.com)  
**Rita Robinson**  
301-297-7769  
[equityassurance@hotmail.com](mailto:equityassurance@hotmail.com)

**Laurel**  
7:30pm, 3rd Friday  
St. Nicholas Church  
8603 Contee Road  
Laurel, MD 20708

**Nancy Bryce**  
[nancybryce@hotmail.com](mailto:nancybryce@hotmail.com)  
**Mimi Nostro**  
[mimi.nostro@gmail.com](mailto:mimi.nostro@gmail.com)  
**Mary Anastosio**  
[auntmuri0655@ahol.com](mailto:auntmuri0655@ahol.com)  
**Emmeline Thomas-Suah**  
[em\\_linet@yahoo.com](mailto:em_linet@yahoo.com)

**Montgomery County**  
7:30pm, 1st Saturday  
**Missionaries of the  
Most Holy Trinity Home**  
1733 Metzert Road  
Adelphi MD

**Sue Numrich**  
[SNumrich@ida.org](mailto:SNumrich@ida.org)  
**Faye McAneny**  
301-806-0960

**North Montgomery County**  
7:15pm, 3rd Friday  
St. Paul's Church Hall  
9240 Damascus Rd.  
Damascus, MD 20872

**Steve & Rosemary  
Reeves**  
301-391-6580  
[steve55reeves@outlook.com](mailto:steve55reeves@outlook.com)

**NE/SE**  
7:30pm, 1st Friday  
St. Anthony's Cafeteria

**Carrie Clark**  
[Carriejohnsonclark@yahoo.com](mailto:Carriejohnsonclark@yahoo.com)  
**Duane Clark**  
[Trekkiefu1957@yahoo.com](mailto:Trekkiefu1957@yahoo.com)

**St. Teresa of Avila**  
7:30pm, 2nd Monday  
St. Teresa's Church  
**Parish Life Center (PLC)**  
14<sup>th</sup> & V Streets, SE  
Washington, DC

**Joyce & Willie McNeill**  
[jmdavjan98@aol.com](mailto:jmdavjan98@aol.com)  
[staultreya@gmail.com](mailto:staultreya@gmail.com)

**So. Maryland**  
7pm, 4th Wednesday  
St. Mary's Church  
Newport

**Marc Abresch**  
[tipmanrules@hotmail.com](mailto:tipmanrules@hotmail.com)  
**Christine Abresch**  
[chrisabresch@hotmail.com](mailto:chrisabresch@hotmail.com)

# Donation Form



## Washington Cursillo Movement

*“Make a friend, be a friend, bring that friend to Christ!”*

### Donor Information (please print or type)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, ST. Zip Code: \_\_\_\_\_

Phone 1 (Home): \_\_\_\_\_

Phone 2 (Cell): \_\_\_\_\_

### Pledge Information

I (we) pledge a total of \$ \_\_\_\_\_ to be paid  now  monthly  
 quarterly  yearly

I (we) plan to make this contribution in the form of  Cash  Check  
 Money Order

### Acknowledgement Information

Please use the following name(s) in all acknowledgements:

\_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please make checks payable to:  
Sent to:

Washington Cursillo Movement  
Charles Smallwood, Treasurer  
Washington Cursillo Movement  
90 Turnabout Lane  
Huntingtown, MD 20639

**WASHINGTON CURSILLO®**  
2051 Huntingfields Drive  
Huntington, MD 20639

**NON-PROFIT ORG.**  
U.S. Postage PAID  
Rockville, MD  
Permit No. 733

**PRINTED BY CENTERS FOR THE HANDICAPPED**