



Julv/Auagust 2009

Fourth Day News

Washington Cursillo Movement

Informing, Enlightening, and Building Community

A Fond Farewell to a Friend



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It was a lovely day, and an even more lovely celebration – the retirement party for Fr. Jim Downs. On Sunday, June 13th, we gathered at the Pastoral Center for a Cursillo-style Mass celebrated by Fr. Jim Downs and Fr. Joe McCloskey. Jackie DeMesme-Gray presented Fr. Downs with a plaque from the Washington DC Secretariat for “42 years of Christ-like leadership and love”. Following the Mass was a potluck dinner to thank Fr. Downs for his many years of selfless service to the Cursillo Movement and the Catholic Church.

Fr. Downs is a well-known pillar of the Washington Cursillo movement and was instrumental in building up and spreading Cursillo throughout the Archdiocese of Washington DC. Throughout the dinner, many long-time friends and former teammates (from countless Cursillo weekends) made statements about Fr. Jim’s importance and influence in their lives. (NOTE: At last count, Fr. Jim had served on 25 Cursillo teams and at other Cursillo events in many capacities.)

He was referred to as a model “servant leader”, and it was said that he “reflects the tenets of Piety, Study and Action” in all that he does. Someone else said he “blesses those he encounters with his joy of life.” Truly, he will be missed at future Cursillo gatherings!

It was Thanksgiving Weekend 1967 when Fr. Jim attended a Cursillo

weekend – the men’s 29th in the diocese of Baltimore . At that time, the Washington DC Cursillo had become inactive. It wasn’t long after that 29th Cursillo weekend that Fr. Jim decided (with the help of his sponsor, Gali Galiciano) that he was going to start an Ultreya in the Washington DC area. He was going to try to get the movement active again in our diocese. Starting with only a handful of people, they met at St. Matthias in Lanham.

It took many months of work to re-connect with Cursillistas in the area and establish a functioning Ultreya. Then on August 15, 1971 with the help of Fr. Jack Duogher (the spiritual director for the Washington Movement), the first Cursillo weekend in Washington was re-established, after a dormancy of 4 years. Jack Anderson was the first lay director of the new secretariat.

It is hard to imagine the many thousands of lives that have been touched by Fr. Downs through Cursillo, as well as his many years of pastoral work in the Washington archdiocese, including his current assignment at St. Mary’s. His wonderful sense of humor, and nearly endless ability to tell a good joke will be missed by many. And yes, there were a few jokes told at the farewell celebration!

Cards and messages to Fr. Downs may be sent to:

Reverend L. James Downs
22783 Dogwood Drive
Lewes, DE 19958

Secretariat Corner

THE STUFF ON OUR PLATES

"Be still, and know that I am God" Psalm 46:10

Have you ever thought, "I've got too much stuff on my plate!"? What we mean is that our lives have become too busy. Isn't it funny how we teach our children not to take too much food (i.e., take only what you will eat)? Don't we encourage them to not put too much "stuff" on their plates? Yet, here we are as adults with way too much stuff on our own plates. We've allowed ourselves to be involved with so many things that there is the potential to hinder our spiritual and physical well-being.

Personally, I enjoy being busy; but sometimes we can become so busy that life seems to consume us. I don't think Christ intended us to live that way. When we do get into that busy, busy mode of running, running, and running, we tend to let those nutritional things that should be on our plate slide off – like ***group reunion and Ultreya***. Sometimes we keep them on our plates, but tend to treat them like salt and pepper that only flavor our lives, rather than the full course meal that can give us the nourishment we need to survive.

Don't you just love that "*Be still*" part of Psalm 46:10? It requires slowing down, doesn't it? Look at the benefits. "*Be still and know that I am God.*" Wow! Taking a much-needed break to reflect on God and His greatness, love, and power will help us know Him. Even in the midst of all that is going on around us, we need to make and spend time with the Lord and each other.

So, what's on your plate? Come and share it! See you at Ultreya and the School of Leaders... we miss you!

God bless,

Jackie DeMesme-Gray, Lay Director

An Opportunity to Grow

I have a desire to put down in writing a recent experience of living that GOD allowed me to have. Maybe my small witness will enhance the lesson for me, and by extension, be helpful to someone else in this experiment called life.

The trigger was my discomfort and anxiety following a rather contentious set of episodes with a person trying to encourage me to work with her on a project. I felt pushed and I pushed back hard – an okay response for a kid but not for a mature practicing Catholic. I could find no peace with myself, mostly because I was certain that I had not taken the advice I give my grandchildren.

I tell my grandchildren repeatedly that their jobs as Christians are to behave in such a way that they keep a smile on Jesus' face. I knew Jesus was not smiling at me at this point. I felt terrible. I prayed and prayed again. I went to the scriptures – remembering a familiar saying, "What would Jesus do?" I was searching but not satisfied.

I shared this experience with my group reunion. We have journeyed together through many things. I felt confident that they cared and would be helpful by telling me what I needed to hear as opposed to what I might want to hear. They listened attentively and provided perspectives that I had not seen because of my own impatience and anger. They also began to pray harder for me and with me toward a resolution of the issues that were at war with me and vice versa.

Brother Jesus wanted to teach me something and I believe HE allowed me to ponder the situation a while to make sure that I would indeed "get it". After praying the Rosary, I was able to relax and to think of problem solving. I remembered a process that I learned in the Education for Parish Service program called Theological Reflection. In the past it had been helpful to me; so I started setting up the situation in writing.

I thought about what our faith traditions teach about the concepts involved in my situation such as anger, rejection, patience, trials, being a Christian, wisdom, etc. Then I went back to the scriptures to see what Jesus had to say about the same concepts. In Mathew 5:22 it says that

whoever is angry with his brother is liable to judgment. We're also told in Psalm 30 that "Divine anger lasts but a moment; but divine favor lasts a lifetime." In Nehemiah 9, we're told that GOD is slow to anger and rich in mercy. I remembered that Jesus was rejected by human beings (Luke 20) but is precious to GOD, as is each one of us who is baptized into His body.

1 Peter 2:4, 15 states "It is the will of the Father that by doing good we may silence the ignorance of foolish people" (that includes me too). We're told to "give honor to all, love the community, fear GOD, and honor the King..." Since all of this is indeed a trial I went next to James 1:2 which states, "Consider it all joy...when you encounter various trials for you know that the testing of your faith produces perseverance. Let your perseverance be perfect that you may be perfect and complete and lacking in nothing." James further states, "That if any lacks wisdom he should ask GOD who gives to all generously...."

The search for wisdom took me to Baruch 3:9-4:4 where we're advised to learn where prudence is, where strength, where understanding; "that you may also know where are length of days, and life, where light of the eyes and peace...HE who knows all things knows her (wisdom)." We're further told, "Blessed are we, O Israel; for what pleases GOD is KNOWN to us!"

The final concept I researched was patience. In 2 Peter 3 we find that "The LORD does not delay HIS promises but is patient with you, not wishing that any should perish but that all should come to repentance."

I felt very close to Jesus during this episode, my piety. This process is certainly one of study. My action will follow, but before I go there let me share what I've learned, what new truth, what new meaning for living and what commitment for action.

I learned that: (1) anger can and does cloud judgment; (2) those I reject, for whatever reason, I disrespect – GOD loves them and I must too; (3) I must do good to decrease my own foolishness and the foolishness of others; (4) I must consider my trials JOY, they teach perseverance which helps me grow toward perfection; and (5) patience and wisdom will result in understanding, light and peace.

My resulting apostolic action was to make amends to the person involved, going to confession to put that smile back on Jesus' face (mine too) and sharing this with all of you.

De Colores!!

Your Sister in Christ, Joan Bowser
NE/SE Ultreya

Focus Article

Cursillo School of Leaders **The Life of Cursillo**

The Washington Cursillo School of Leaders (CSOL) is co-chaired by Joyce Davis and Phyllis Winston. Since January, the monthly meetings have consisted of a doctrinal presentation on each of the five chapters of Father David Knight's book: "Reaching Jesus...Five Steps to a Fuller Life." The technique talks focused on Sponsorship.

The sessions were spirit-filled, and generated very lively discussions. Speakers included Father William Norvel, Spiritual Director for the Washington Cursillo Movement, Deacons Bobby White and Ira Chase, and Monsignor Raymond East.

Further, covering Father Knight's book led right into the preparation for our highly anticipated Relax and Reflect with Jesus Retreat, scheduled for July 24–26, 2009 at the Mattaponi Retreat Center. Father Knight will serve as our Retreat Director as he guides us through the theme: "Immersed in Christ: Buoyed Up by the Five Promises of Baptism." It should prove to be a spirit-filled experience!

The CSOL recently hosted "Touch the Spirit of Cursillo" on April 26, 2009, which included talks on the history, purpose and strategy of the Cursillo Movement. Upcoming activities will include "How To" workshops for Cursillistas interested in serving the community as musicians, Ultreya Leaders, and members of a weekend team. Come and grow with us!

Below are the answers to some of the frequently asked questions about the CSOL.

What is the School of Leaders?

As an operational structure of the Movement, the School is a community of Christians who, united in the atmosphere of a Group Reunion, serve the Cursillo Community.

Who can attend the School of Leaders?

The School is open for any interested Cursillista, whether a babe chick, seasoned or in-between. Its members are drawn from the Ultreyas.

How often does the School meet, and what happens at the sessions?

The Washington CSOL meets on the third Wednesday of each month, with the exception of July and August. The sessions consist of: Prayer, Leaders' Group Reunion, Doctrinal Presentation, (usually given by a Priest or Deacon), Technique Presentation, (usually provided by a lay person), Work of the Sections, (Pre-Cursillo, 3-Day Cursillo Weekend and Post-Cursillo) and any Announcements.

What can I expect to learn at the School of Leaders?

You will be provided with the necessary information and materials for your personal growth and development in understanding the Cursillo mentality and formation, spirituality, methodology, and doctrine.

Why was the School of Leaders started?

The School of Leaders was established as a community of service for all Cursillistas. The Cursillo School of Leaders is to the Cursillo community, what the group of leaders (the team) is to the Cursillo weekend.

When does one graduate from the Cursillo School of Leaders?

Never. It is an on-going process that nurtures and builds up the Movement.

Upcoming Events for the School of Leaders

July 24 – 26, 2009 - Relax and Reflect with Jesus – Mattaponi Retreat Center –Father David Knight, Retreat Director – Theme: “Immersed in Christ: Buoyed Up by the Five Promises of Baptism.”



“Bubblin’ in the Spirit”

The Cursillo Cookbook

The Secretariat has been casting its nets for ways to help us do some “fun”draising. Weekends are getting more expensive and money isn’t falling out of the sky like manna, at least as of yet. So one of the ideas that came to us (from the Holy Spirit, of course) is to put together a cookbook. The cookbook will be titled **“Bubblin’ in the Spirit,”** named appropriately so because that is what we in Cursillo do – Bubble in the Holy Spirit!

So, let’s get bubblin’!! To have a cookbook, we need recipes and to get recipes, we need your help. How? We have a few questions for you to think about that might help you answer. For example, do you have a favorite dish? Is there a special snack, appetizer, dessert, or dish people always ask you to bring? Would you be willing to share your recipes with us for inclusion in the Bubblin’ in the Spirit Cookbook?

My fellow Cursillistas, it doesn’t matter if your recipe is a treasured family recipe handed down from generation to generation; a recipe from a magazine; or a recipe from an ingredient box. It could be a main dish, veggies, soup, side, candies, sauces, preserves, smoothies, rub, bread, appetizer, snack, salad, beverage, this & that... **All** recipes are welcome!

So... Come on now!! Support this effort and make it a Spirit-filled success! If you have one or several recipes you would like to share, please give a typed version to your Ultreya Leader (who is collecting recipes to be forwarded) or submit your recipe directly to one of the below points of contact. Just make sure you include your name and Ultreya! Our cookbook coordinators are waiting to hear from you:

Mimi (Laurel) - mimi.nostro@gmail.com
Ron (OLPH) - rojcole@gmail.com
Lethia (STA) - larsk@earthlink.com
Darah (NE/SE)-dcmeansross@verizon.net

Or fax to: 202-678-3325 Attention: Darah

Together, let's have good fun, fellowship & food ... the Cursillo way! Let's make this fundraiser a huge success! Bubble, Bubble, Bubble.... Bubbling with the Holy Spirit!!

ULTREYA LEADERS CORNER

Calvert

CHANGE—It can be difficult for all of us. But, often it is necessary and can really enliven us, our environments, and our organizations. It certainly did that for the Calvert Ultreya. When we took over as Ultreya leaders, we didn't immediately change anything—not the time we met, nor the day, and, of course, not the format. We've all heard the maxim, "If it's not broke, don't fix it." Well, certainly the Calvert Ultreya didn't seem broke—it has been successfully meeting for longer than most of us remember.

But sometimes necessity, (aka God, perhaps) has different plans. Due to a schedule conflict in October, we had to move the meeting from its regular Friday night to the following Monday evening. And because the four of us (as new Ultreya leaders) wanted to be in a location where we felt more comfortable and sure of ourselves, we moved it from Jesus the Divine Word to St. John Vianney.

Well, the Monday night meeting seemed like an immediate success – Cursillistas that hadn't been coming on Fridays showed up on Monday and attendance went from 10-15 to 25-30. All agreed that we'd try Mondays out until the first of the year to see if the change really was a success. We are happy to report that our attendance has regularly been in the 25 to 30 range.

So, what's the message? Trust in God and don't be afraid. Apparently God knew this change would occur and encouraged us out of necessity. Could your Ultreya benefit from a night, time, or location change? You might just try it – it doesn't have to be permanent; but if you put it in God's hands, your "experiment" in change may reap many benefits!

On another note, we've recently started sending out a "Morning After" synopsis of the Ultreya meetings. This has gone over very well and we hope will encourage some Cursillistas who haven't been attending to "come on back!" Keep us in your prayers! **ULTREYA!**

Trudy & Joe Mihalcik and Cassie & Joe Garcia,
Ultreya Leaders, Calvert County

Forestville

Greetings from the Forestville Ultreya! We're a peppy bunch who realizes the power of prayer and partnership. Our moments sometimes include tears, but I know we're joyous in the Lord. I've been blessed to be in this caring group.

Like every church gathering, we never lack for food and fellowship. One cool thing that we often do at our weekly Thursday morning group reunion is to prepare a prayer napkin and mail it to those who need to know they are cared about. This reunion has been going on for several years in a reserved section at a local bistro called Mickey D's.

We also learned to use a free teleconferencing service. What does that have to do with Cursillo? Come to the Forestville Ultreya and we'll let you in on the secret.

De Colores! John Geron, Ultreya Leader,
Forestville

LIST OF ULTREYAS

Assumption **TBD**
12:30 pm, 2nd Sunday
Assumption Church

Bowie-Lanham **Al Dwyer**
8:00pm, 2nd Friday **301-341-5076**
St. Edward's, Bowie

Calvert County **Cassie & Joe Garcia**
7:30pm, 2nd Monday **410-586-1944**

St. John Vianney **Trudy & Joe Mihalcik**
Church Basement **410-586-1674**

Central PG County
7:30 – 3rd Friday
St. Joseph's, Largo

Bill Bell
301-437-1920
Theresa Bowser
301-390-1310

East of the River	Jennifer Tilghman
7:30pm, 4th Friday	301-982-0641
OLPH	Pearl Baylor
1st Portable Bldg	301-894-8405
	Rita Robinson
	301-297-7769
	Jocelyn Dugue
	301-982-0641

Forestville **John Geron**
7:00pm, 2nd Sunday **301-449-6654**
St. John's Church Hall
Clinton, MD

Laurel
7:30pm, 3rd Friday
St. Nicholas Church

Marion Gould
301-725-1568
Brinda Albert
301-490-9786
Pat Schmidt
301-490-3624
Jean Hannigan
301-776-7496

Montgomery County
7:30pm, 1st Saturday
1733 Metzerott Road
Adelphi MD

Sue Numrich
301-946-0312

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

Phyllis Winston
202-723-6756
Joseph Bowser
202-635-3733
Bernadette White

**Our Lady
Queen of Peace**
After 10:30 am Mass,
3rd Sunday
**Room 1 Our Lady
Queen of Peace**

Liz Blake
301-853-3029

St. Teresa of Avila
7:30pm, 2nd Monday
St. Teresa's Church
Undercroft

Kelly & Lamont Baxter
301-780 8815
Lethia Kelly
301-464-9438



**We are filled
with the
Holy Spirit!**



CURSILLO ANNUAL PICNIC

September 20, 2009

Hosted by Calvert Ultreya

**St. John Vianney Catholic Church
105 Vianney Lane
Prince Frederick, MD 20678**



EDITOR'S CORNER

Calling All Articles!!

Are you a writer?
Do you have thoughts, poems,
prayers, or reflections to share? The
Washington Cursillo Community
wants to hear from you!!

Submit articles **at any time** to
mjbfuzz@verizon.net AND
annbatiste@hotmail.com

Sept/Oct Issue submissions
are due **by 6 August 2009**.

Special thanks to Burma Hill and
Linda Roberson, Assistant
Editors/Formatters

New Website Is Here!!

See our New & Improved Website!
Comments & Suggestions Welcome!

Special thanks to Darah Means
(formatter and designer) and
Tom Arnold (web manager).
The new website is –

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

Check It Out!!!!

2:30 pm **Mass** (All musicians encouraged to play!)

Immediately following Mass:
Installation of New Ultreya Leaders
Recommitment of all Ultreya Leaders

3:30 pm **Picnic** (Great eating - Holy Cursillo Sustenance)
Sainly and just plain fun and fellowship

Food *Bring the meat or main dish you want to eat and also a
dish to share. There will be grills available, so bring something
for grilling, if you desire.*

Cups and Paper Products, Water, Iced Tea, and Sodas *will
be provided – other drinks are encouraged.*

**The more of us that come, the greater our fellowship! See
you there!**

Directions

Take **Route 4 South** (Pennsylvania Avenue)
Stay on Rt. 4, past Upper Marlboro, past Dunkirk and into Prince
Frederick

*****Wake up to signs when you get to Dares Beach
Road, Route 402 in Prince Frederick, by the Safeway
and Calvert Middle School!

Turn **Left onto Church Street (Route 231)** in Prince Frederick
(Ford Dealership on right)

Go to first stop sign; Turn **Right onto Main Street**

Go approximately 2 blocks, church on left.

Picnic pavilion is past church and behind the parish center.