

Coventry Diocesan Cursillo Newsletter

Please note that this web edition
of the Newsletter has been
edited to reduce identification of
people involved.

(Unless permission given)

For fuller identification see the
paper version of this newsletter.

*The views, opinions and statements expressed
in this newsletter are those of the contributor
and do not necessarily reflect opinions or
policies of the Editor or Coventry Diocesan
Cursillo.*

Coventry Diocesan Cursillo Secretariat

Terry Tipple- Lay Director –

Keith Mobberley - Spiritual Director –

Jenny Walsh - Treasurer –

Lesley Borrell - Secretary –

Jackie Cubitt -BACC Representative &

Lay Director Designate –

Maggie Seldon -Pre- Cursillo Representative –

David Mosley -Weekend Representative –

Roger Wain - 4th day Representative –

John Marlow - Trustee's representative / Deputy Lay Director –

Kal Rai - lay rector #34 –

(until the May weekend)

Date for your diary Tuesday 9th September 2008

***Ultreya at Coventry Cathedral !!**

A First– and it's going to be BIG !

This will be the first Midlands Ultreya – with

Peterborough, Worcester and Oxford all invited. If you

have not been to an Ultreya for a long time – you should

come to this one!

A Message from our Lay Director

It is good to reflect back on things, and so I have been thinking back over the last year and the new things that have happened within Cursillo.

In January 2007 the Secretariat held an evening for all the Key People, to thank them for their work and to find out how we could support them in it. We all had a lovely meal together and then a discussion about how we could improve ease of communication around Coventry Cursillo, a very important topic, as we now have over 350 active Cursillistas who would all like to know what is happening and when.

In March we improved our communication for everyone who has internet access by launching our website, www.covcursillo.org. This has all the information about up-and-coming events, especially Ultreyas, with maps and directions, so there is now no excuse for the IT literate among you to miss Ultreyas (unless of course you have something else on that evening!). But we realise that there are still many of you who do not have email or internet access, so we have asked the Key People to make sure that you all know about anything that is happening within Cursillo.

In June we held a Day of Deeper Understanding (DDU) when 15 or so new and not-so-new Cursillistas learnt more about what this Cursillo movement is all about. And I think that those of us who led the day also learnt more and became more convinced that Cursillo is a God-given gift of support and encouragement to the church. So last month we held another DDU, with twice as many attendees, which felt rather like an extension to the

A Message from our Lay Director (continued)

weekend, it was so filled with love and enjoyment. (The next one will be on June 21st, and I would like to encourage you to come and find out more.) Following the DDU we invited the Key People to come for a Cheese and Wine evening, and we were delighted to meet with at least half of them, to assess our progress in improving communication.

We (the Secretariat) know that we still have work to do. We want Cursillo to be a real source of support for everyone, as you all do God's work in this world. And we want Cursillo to be a prayerful source of support for our diocese, part of this being our new daily prayer for the Bishops. I think that we have worked hard over the last 12 months, and we intend to continue doing all we can to encourage you in your daily walk with God. Please let us know if there are ways that we can do better, and please encourage us too when we get it right, so that here in the Diocese of Coventry we can continue to be a movement which is empowered to grow in the knowledge of God, and enabled to share his love with everyone around us.

Ultreya!

Terry

The views, opinions and statements expressed in the Fourth Day magazine are those of the contributor, and do not necessarily reflect opinion or policies of the Editor, or Coventry Diocesan Cursillo.

From Our Spiritual Director

I heard a wise and imaginative Bishop speaking recently about discipleship, and his opening remark was this “Lord preserve us from Christians who hit the ground running, what we need are Christians who hit the ground kneeling”.

In these perceptive and true words Stephen Cotsill the Bishop of Reading is expressing something profoundly Christ like which we all need to hear again and again. I.e. unless we are deeply rooted in prayer and abide in Christ we will lack direction, depth and discernment. I very much liked the definition he gave of prayer, “The lover standing in the presence of the Beloved and saying I love you”.

Everything Bishop Stephen said that day tunes in with what we in leadership have been discerning the Spirit of God to be saying about Cursillo’s primary vocation within the Diocese of Coventry as a Servant community, to be a **HOUSEHOLD OF PRAYER**.

The Diocese of Coventry under the leadership of the former Bishop of Coventry developed a clear mission statement about our primary aim as local churches.

To create worship that is transformative and empowering.

To make disciples.

To work in partnership with our local community to see the Kingdom of God built.

The Cursillo movement world wide has a clear simple mission statement to **WIN THE WORLD FOR CHRIST**.

From Our Spiritual Director (continued)

The Question what does this audacious and challenging call look like where we are in the Coventry Diocese.

I discern 2 subtle but significant changes happening within Coventry.

- 1) A growing partnership between the Diocese and the Cursillo movement. We are looking forward later in the year to Bishop John coming to speak to us about his vision of a more prayerful and Christ centred church.
- 2) A refocusing of the movement behind the importance of the weekend to much more emphasis on health, vitality, and effectiveness of the 4th day.

In the short time I have been spiritual adviser to Cursillo in Coventry, I have been impressed to see the way the secretariat is committed to seeing not just peoples lives changed through the weekend, but to ensure everyone who has been part of the transforming experience of the weekend, are supported as much as possible to follow this through into the 4th day.

We are committed to offering a day of deeper understanding after each weekend to encourage and envision each Cursillo disciple to take full advantage of everything Cursillo has to offer as a resource. As a result I am sure this initiative will bear fruit and more people will discover the powerful support of belonging to a reunion group, the joyful celebration of Ultreya meetings, the gift of being accompanied on their journey by a spiritual director and

From Our Spiritual Director (continued)

The extraordinary rich experience of serving as a member of the Cursillo community in some capacity.

I vividly remember the day Bishop Colin won my heart as my spiritual leader after he arrived in the Diocese. It was at a Swanwick Conference where everyone eagerly expected to hear what this new Bishop had to say. When asked what is the answer to our church beset by a maintenance mind set, maintenance behaviour patterns and limited resources. Bishop Colin shrugged his shoulders and said “I don’t know, but if we pray we will be given a renewal vision of who God is, and all things are possible”.

Shortly our new Bishop will be arriving in our Diocese in a time that has never been more exciting or challenging. We must all endeavour to hold our new Bishop alongside Bishop John, and our new Archdeacon Ian Watson in prayer that they may be strengthened; grow in wisdom, grace and discernment as they seek to lead us forward.

ULTREYA

Keith Mobberley

Offering time

Freddie in church for the first time, watched as the ushers passed the offering plates. When they neared the pew where he sat, the boy piped up, “Don’t pay for me, Daddy, I’m under five”.

My Cursillo weekend

I have heard about Cursillo, but thought it was something for the leadership part of the church. Not for ordinary members of the congregation like me. One day I was stopped in my tracks by the rector and told that I ought to go on the Cursillo Weekend. I always do as I am told so I applied to go. I had no idea what to expect but people who had been on a weekend said that I would enjoy myself and be amazed at the effect it would have on me. So on a dark evening at the beginning of November I found myself driving to Offa House. I am not very good at going to new places and meeting new people but for some reason, I was so very very excited that my usual fears did not surface.

On arrival I was taken to my room and left to unpack, and told the time for our evening meal. The dining room was full which could have been very daunting, but it did not cause me a problem, unusual to say the least, there were so many people in the dining room, but I soon learned that only sixteen of us were guests, or pilgrims, the rest were all staff. The staff were responsible for so many tasks which would enable our weekend to be such a valuable experience. We were told how to recognise the staff, and then our weekend began in earnest. Meditations followed by Compline, which was a treat for me, as I love the Office of Compline.

The next day made me realise how busy we would be and how fulfilling this time together would prove. Mid-morning break brought the first surprise, something that no one at church had even hinted at Palanca. So many cards and gifts and so much prayer. Some from people I know and some from strangers. The day passed in a whirl of talks, discussions, singing, prayers and worship. The stairs to the upper room became so familiar I started a new trend!

My Cursillo weekend (continued)

I forgot to change out of my slippers before going to the Eucharist first thing in the morning, and there was never time to go back to my room to change during the day. More people wore slippers as the weekend passed!

More Palanca on my bed that night, surely some that had not fitted into the bag in the morning, but no, there was more the next morning, and even more the next morning. Some second and third day gifts from the original people, and some from new people. What a wonderful feeling to know that so many people are thinking about me and praying for me. Thank you so much.

Meditation in the church was awesome. All these tee-lights, all that reverent silence. Time meant nothing as we had left our watches behind. What a privilege to be able to talk with one of the Spiritual Leaders. I have no idea what time I went to bed.

The next surprise was Sunday Morning. Up extra early after that very late night in the church, for Wake Up, singing, singing, singing, and then – the doors flew open and all these friends came from Church to greet us. How loved and cared for that made me feel. Thank you for your love and support.

I had one more surprise. Because my room was needed early I had to pack and vacate it straight after lunch, so I missed the last group prayer session. Walking over to the church for the final Eucharist, all I could think about was my Confirmation. My final surprise? The Cursillo Cross that I was given, now a treasured possession.

My Cursillo weekend (continued)

Thank you to all these people who made this a wonderful, awesome, weekend. So many personal memories to be treasured, such a deep impression left on me, such a deepening of my faith.

I have one great regret – I can't do it all again.

Christine Cooke
Coventry #33

One summer evening during a violent thunderstorm a mother was tucking her small boy into bed. She was about to turn off the light when he asked with a tremor in his voice, "Mommy, will you sleep with me tonight?" The mother smiled and gave him a reassuring hug.

"I can't dear," she said.

"I have to sleep in Daddy's room." A long silence was broken at last by his shaky little voice:

"The big sissy."

Fourth Day Magazine Editor:
Roy Dyer
6 Sycamore Close
Stratford-upon-Avon
CV37 0DZ

Email: covcursillo@ntlworld.com

Jenny Walsh - Treasurer - Who am I?

Roy asked me for a "Who am I" as new Treasurer for Coventry Diocesan Cursillo. I think the easiest way to answer that is a potted history. I grew up in Corley in a caring, Christian family. My parents Roger and Molly Cooper were and always will be a superb role model for a life spent focussed on God. I studied Physics and then Electrical Engineering, and went on to work in the electricity industry. I met my husband Joe at Durham University and we were married in Corley Church 20 years ago. We lived for 15 years in Ashted in Surrey, our boys; Christopher and Stephen were born there. Initially we spent more time in Corley church than in Ashted church.

However when expecting Stephen the medics thought he may be very ill - the power of Coventry Diocesan prayer came through then too and he was born perfect. At the same time a note came through the door inviting us to a plant church - The Lanes - God needed be no clearer, we went to that church broken and grew into part of the leadership and worship teams. It was such a Spirit filled place to be - why would we want to be elsewhere? We didn't, God had other ideas! My work moved to Coventry and all doors except moving seemed to close on us, so here we are.

**Jenny Walsh - Treasurer - Who am I?
(continued)**

Soon after coming to Warwickshire again my beloved Dad became ill with heart problems. He often talked about Cursillo and wanted to go on a weekend when he recovered. The Clarks and Moores were a lifeline to us during Dad's illness and Hugh was ever supportive, however Dad never really recovered fully and made his Cursillo in heaven.

Joe and I know God brought us here for my family and to help in the Feldon Group where we can. We also felt God telling us to go on a Cursillo weekend - that we needed to stretch our wings and use our gifts. Adrian mentioned that he needed a replacement as Treasurer at the weekend and I said if he could find no other that I would be happy to help although new to Cursillo. As ever with God, things worked out easily and here I am.

Bear with me as I get to know the ropes - a vision of supporting Coventry Diocese through Cursillo is so exciting, together with God we can make a huge difference.

Ultreya!

Jenny

Metamorphosis

The first Fourth Day News of Coventry Cursillo came off the press in September 1991 - two months before Coventry #1; it was mainly information about Ultreyas, etc. The Wolston Ultreya at that time was small compared with the list of members now; news could be passed easily amongst themselves.

was done by Mike Kerby - who some of you will remember - of interest was his suggestion for the name 'El Quarto Dia' reflecting the use of Spanish terms in Cursillo.

The early issues The cover has not changed in all the 35 issues so far; the design for top right hand corner had Oscar Wolf as Editor (again someone remembered with love by those of us who knew him and Flora) No 2 took on more recognisable shape with articles by the Spiritual Director, (Peter Watkins) Lay Director, (Pat Hobday) Treasurer, Mike Hobday and pieces from new Cursillistas.

There were four issues in 1992 but by 1993 the pattern of two per year was established.

Those of us used to so many fonts, clipart, etc can hardly believe that 17 years ago the layouts were mostly in one font with no pictures.

At this time all the supplies for the weekend were supplied by the Cursillo community.

Other information for the weekends was sent out via the Key People.

Jim Smith was the next Editor, starting with April '94 and he introduced more variety, including cartoons. Most of the issues

Metamorphosis continued

were copied not printed from a computer. Almost with every issue now slight changes can be seen.

Shelagh Shaw took over for Issue 12 in April 96. She collected the articles, which were now much wider in content, and passed it all to me to produce the magazine. I was able to use more fonts and add some basic clipart; I also printed out some decorative borders to be used as page breaks, etc. At this stage cut and paste meant cut and paste and then copy. The print run was gradually growing as more weekends were held.

After the March 97 issue Shelagh passed the Editor's hat to me. The issues were altering (metamorphosing) each time as people started sending in more varied items. As the software improved so much more could be done to change the look of the various articles. Instead of always asking the Spiritual Director for an article I began to involve other Clergy Cursillistas.

In 1999 the National Ultreya was held in Coventry, with the service in the Cathedral in the morning and the afternoon and evening sessions at the Methodist Hall. After lunch, in the ruins, the Procession of banners wended its way from the Cathedral ruins down to the Methodist Hall; memories of the day were published in a handout to accompany the March 2000 magazine.

A pattern began to emerge - I'd feel a God-prod of someone to ask for an article which could be responded to in the next issue. Recently, I asked Mandy Riding to write about the early years of Cursillo which seemed to snowball into various themes to follow up.

Unfortunately, I do respond to humour, which was abundantly obvious in the magazines! I offer no apology as no-one complained!

Metamorphosis continued

In recent years it has been wonderful for Coventry Cursillo to be used by the Diocese - I think the first time was at a Swanwick Conference but there have been other times when we as Coventry Cursillo have been asked to help both physically and by prayer.

We have been getting the magazine printed then correlating, stapling and distributing (my very grateful thanks to Stuart for all his help with this - he has also been a proof reader, sounding board, mopper of forehead, etc, etc.) For the last three issues we have had to produce 300 copies, which includes 16 for the Palanca Gophers to add to the bags given out on the morning of the last day.

Many thanks to all who have contributed to the magazine over the years, both those who contributed voluntarily and those who had to be 'badgered'!

I am very pleased to be handing the baton over to the new Editor Roy Dyer and I am looking forward to seeing how the magazine metamorphoses again under his care.

Ultreya
Pat Badger Cov #1

Renewal of Faith - Cursillo #33

A Christian for a few years but sometimes drifting and a little lost, I was searching for a way to grow closer to God. I had known my sponsors for a short while and after telling me about Cursillo they recommended that I attend a Cursillo weekend. A little uncertain but a couple of Ultreyas later I applied and was given a place on #33

As the weekend approached, I was feeling a little anxious because I realised that I knew very little about Cursillo and the weekend ahead. I knew my sponsor and was aware that people were praying for all those attending #33, so I trusted and waited.

I had asked how I should prepare and was told to have **plenty of rest** and to allow myself to **be as open to God** as possible. This proved to be invaluable advice.

Having arrived at Offa house, I immediately felt the warmth, love, fellowship from those who were already there and such a strong sense of God's presence. In the next few hours and days that followed amazing things were to happen which are hard to express in words. A chance to be still, completely open to God and to bring before him all that had been separating me from him, all that I had been holding on to for too long I was able to lay down at the foot of the cross. With the help of the spiritual advisers and others, I was able to say sorry, to receive his forgiveness and to feel a complete sense of release. Then free to accept the outpouring of God's abundant Grace in the days that followed.

The advice I had received to have plenty of rest before the weekend was spot on, as the days that followed were packed with lively worship, quiet services and Rollo talks from the staff, which were full of encouragement guidance and support. There were small group discussions and art and craft sessions to respond to the Rollo talks. Prayer in small groups and large groups, entertainment, fun and sharing. All of this and the knowledge that at every minute of the weekend, someone was praying for you. The weekend was staffed by others, who you could tell, were passionate about Jesus. The prayers, wonderful words of encouragement, cards and gifts from

Renewal of Faith - Cursillo #33 (continued)

other Cursillistas continued throughout the weekend. And in amongst all of the lively activity, joy and laughter were very special times of quiet and stillness.

Offa house, Cursillo #33 - A rollercoaster of emotion, shared and supported by other friends experiencing similar feelings for many different reasons.

Into the fourth day and leaving behind the safe secure place that Offa house had provided - It took me a little time to settle following the weekend but we had been prepared for that - Prayer, the Bible, "the full armour of God" and to use the support and encouragement from other Christians. Now back with families, in the community, work places and to prayerfully seek ways to live out faith in daily life - to love, to serve and help and encourage others.

Renewed in God's love, I long to grow and pray for opportunities to share Jesus' love.

I thank God for weekend # 33 and thank him for all those involved and for everyone who made it possible for me to take this journey.

Alison Perkins

Internet available, then check out The Coventry Diocesan Cursillo website regularly. www.covcursillo.org

The Queen has approved the nomination of the Reverend Canon Doctor Christopher John Cocksworth BA, PhD, PGCE, Principal of Ridley Hall, Cambridge, for election as Bishop of Coventry

The Benefits of Spiritual Direction

Spiritual Direction used to be regarded as something that only applied to clergy or very devout laity, but recently more and more people have realised the benefit of having someone to talk to about their Christian journey. The Cursillo movement has always encouraged those who have just completed their Cursillo weekend to try to find someone who might become their Spiritual Director.

I had taken the view that Spiritual Direction was probably for everyone else but me, until I asked someone at the end of my Cursillo weekend whether they would be prepared to take on this role for me and since then would not be without the benefits that it has brought already and I am sure will continue to bring.

It is important to be challenged occasionally about how or when we pray, it is easy to get into bad habits and I certainly found that looking at prayer in a new way, really freshened up my relationship with God. Also discussing what books could help me to understand the Bible better, was very worthwhile. It might sound a bit daunting, but when you are led to choose the right person to do this task for you, it is amazing how quickly you can grow and find more confidence in your faith.

You only meet once every six weeks or so to start with and in some cases people only meet with their Spiritual Director two or three times a year. The real value is in being able to be honest about how well things are going in our spiritual lives and if we are having difficulty finding time to pray or read the Bible, being able to say so to someone who will listen to God with us and help us find a way forward.

The Benefits of Spiritual Direction (continued)

If you do not know who to ask, then one of the Spirituality Group from Coventry Diocese can put you in touch with a Spiritual Director, as they hold the list of those who are qualified and experienced in this role and can suggest someone you might like to meet with. It is important to find someone you are comfortable speaking to about your spiritual life and this can sometimes be a person who is of a different churchmanship than yourself. This is not always the case, but they might challenge you to try new ways of praying that you have not come across in your home church.

If you feel that you have got rather stuck in a rut or that your prayer times are very dry, having someone to talk it through with can be a tremendous relief, as you discover that you are not alone in having these or other problems in your Christian journey.

So far I have mentioned mainly one-to-one Spiritual Direction, but some people find that they can receive the same benefits by meeting in a small group. When you made your Cursillo, you will have been told about the fourth day and in some cases been invited to join a Cursillo small group that meets in your home area. These can be an excellent way of gathering with others to discuss the progress we have made in prayer, study and action over the month since the last meeting.

If you feel that there is something really bothering you, that you would rather not discuss with a person who lives in the Diocese, you might like to speak to the Retreat Director whilst on a short retreat at somewhere like Offa House. It is amazing how God finds ways of leading us towards the very person that we need to help us move on in our journey.

Kay Dyer

36 CHRISTIAN WAYS TO REDUCE STRESS

An Angel says, "Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice."

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say No to projects that won't fit into your time schedule or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns.
If a situation is a concern, find out what God would have you do and let go of the anxiety.
If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of ad-vice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read while waiting in line.

36 CHRISTIAN WAYS TO REDUCE STRESS (continued)

17. Get enough rest.

18. Eat right.

19. Get organized so everything has its place.

20. Listen to a tape while driving that can help improve your quality of life.

21. Write down thoughts and inspirations.

22. Every day, find time to be alone.

23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.

24. Make friends with Godly people.

25. Keep a folder of favourite scriptures on hand.

26. Remember that the shortest bridge between despair and hope is often a good "Thank you Jesus."

27. Laugh.

28. Laugh some more!

29. Take your work seriously, but not yourself at all.

30. Develop a forgiving attitude (most people are doing the best they can).

31. Be kind to unkind people (they probably need it the most).

32. Sit on your ego.

33. Talk less; listen more.

34. Slow down.

35. Remind yourself that you are not the general manager of the universe.

36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. "If God is for us (and if you are for God), who can be against us?" (Romans 8:31)