



GALLINA GAZETTE

Newsletter for the San Diego English Speaking Cursillo Community

Winter 2010-11

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WEEKEND COMMENTS FROM OUR NEW CURSILLISTAS

WOMEN'S WEEKEND #261: HEALING AND FORGIVENESS

I felt I had to care my crosses alone. I wanted to show God and everyone else I was strong. Now I know I can't do it alone and I have a lot of sisters to help me care my burdens.

I was touched by the team. This weekend revived my belief in the goodness of people.

God loves me no matter what I've done. This weekend proved his love. I was overwhelmed by the dedication of the team. Before this weekend, I was afraid to hug. Now, I'm a hugger.

I thought I was a good Christian. I did the right things. I was even an overachiever. I learned this weekend that it is not what I do for God, it's what God does for me. Jesus loves me no matter what I've done.

I had to be on this weekend. I just started to go back to Church. I just started to open up a Bible. I know now that I can always come back and Jesus will lift me up. I'm on my way to God.

I've lived through tragedy in my life and have lost my way. I keep wondering how I can be the happy person I once was. God has healed me in many ways this weekend and has given me hope. I had to break out and this was the time. I didn't know why I was here, but now I want to know more about God and share that with others. I want to return and help on the next Cursillo weekend.

I felt I was the Prodigal Daughter. This weekend, I returned to the Father. He gave me new friends, support and a willingness to pray. I know that every time I fall, I have to get up. The only way I can do that is through the Cross.

Before this weekend, I was too overloaded and too self-focused. I know now what was missing in my life, Jesus. I need to take the time and focus on him in my life.

This was the best girl weekend ever. Great music, great food and great friends, especially my friend, Jesus.

MY CURSILLO EXPERIENCE

LAY DIRECTOR, PATRICK O'BRIEN

The drive from Immaculate Conception Church in Old Town to Whispering Winds Catholic Camp takes less than 90 minutes. The San Diego and later the Sweetwater River guides the road up through the Cuyamaca Mountains and into the sheltered cove of Whispering Winds. The camp curves to the southwest sun and suddenly the metropolis of Southern California is gone.

A few hundred people went up to the Cuyamaca recently, leaving family and familiarity behind, and reset their souls with the guidance of the Cursillo Method. Life in the spirit leads to healing and forgiveness as the men and women experienced on successive weekends.

The October weekends worked in time to provide God's healing and to rekindle hope in people both expecting it and not expecting it. The life of the spirit distributes itself equally and is available to all. On the Cursillo weekends, individuals and God are able to get together, acquaint or reacquaint themselves, and move forward in grace. There on the mountain, the nights last longer and the stars are colder and then, in the middle of the unknown, we find renewal and hope. We rediscover a constant glow like a small wood fire fed by faith. Hope is God's promise that our needs will be met, although not as we may expect them to be met. In hope we are healed and in hope we are strengthened to continue our life in the spirit.

May the miraculous touch of God extend into all of our environments. May our actions reflect the blessings we have received. May Cursillo be present in what we do each day.

DeColores my friends.

Patrick O'Brien



The Gallina Gazette is the newsletter of the Cursillo Movement for the Diocese of San Diego. It is written and distributed to aid Christians achieve the objectives of Cursillo: develop Christian community in their environments. The means of Cursillo are Piety, Study and Apostolic Action.

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FR. GIL'S SERMON

FOR THE WELCOMING ULTREYA

Welcome to St. Kevin, err, St. Kieran's Parish.

Holy Spirit, fall like fire upon us. The fire falling upon us from the Spirit defines Cursillo.

In his first letter to the Thessalonians, St. Paul wrote: "May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones." Strengthen our hearts. That's why we're here, so God can strengthen our hearts. Cursillo strengthens our hearts, so we can love as Jesus loved. Is this really possible? Well, we can't outdo Jesus. We can't give ourselves to others the way Jesus offered himself to the Father. But we can enjoy and use the great gift of love the Father has given us through his Son. Cursillo is that gift of love. It strengthens our hearts to walk the Christian road.

When St. Paul wrote to the Philippians, he thanked them for their financial support, but he also wanted them to realize a greater support: spiritual support. He wanted their prayers, but he really wanted them to live in the Spirit. In the Spirit, Paul would truly realize the support the Philippian community offered him. In the Spirit, we realize the support God gives us with his gifts. Cursillo has its share of the Spirit's gifts: the rollos, the table groups, the Friday night healing service, the Mananitas, the Masses, the music, the meals. All these strengthen us on our journey. Are we perfect? No, but these gifts help to perfect us. We are saved sinners walking together. In Cursillo, we don't walk that path alone. Cursillo is an opportunity to grow in Christ, strengthen each other in community and live the Christian lifestyle.

Do you remember the three questions from the Ideal Rollo. What do you do with your free time? What do you spend your extra money on? What do you think about the most? These three questions help us to define our character. If we turn our attention, our monetary resources and our free time toward Christ, we can move mountains. Even if you feel alone, you are not really alone. Christ and I form an overwhelming majority. Together, we can spread the Good News. With the Spirit of Christ, we can renew the face of the earth, one person at a time.

Holy Spirit, fall like fire upon us. Rest in us.



FOURTH DAY TALK ON PERSEVERENCE

JEAN DIETZEN

Why do we suffer? Is suffering God's revenge for sins committed in the long past? We might not understand God's will, but, when we suffer, we are tempted to ask: is God unfair?

Fortunately, we have a friend in the Logos, God's only Son, who was with the Father in the beginning. The Logos became flesh and lives among us. He gives us insight into the mind of God. We know a little of what God thinks because the Logos suffered the way we suffer.

We find suffering tolerable when we persevere. We can persevere through faith. Those who suffer in Christ's name join him in his suffering. So, we need to trust God with our suffering. But, how can we trust God in a world of evil? Jesus trusted the Father in the face of an evil that killed him. Jesus realized the Father had a purpose. He has a purpose for us. The Father uses suffering to shape our character, for his service.

Christ suffered more than physical pain. Like us, he suffered pain of the heart. Remember the death of Lazarus. Jesus suffered the loss felt by his sisters, Martha and Mary. He empathized with the grief the family and friends endured. Christ came to suffer our suffering, physical, emotional, psychological and spiritual. And because he suffers with us, he can act on our behalf. The cross was not an end, but a beginning. The Risen Christ is alive and is active in our lives. Trust in Christ. He understands and brings us closer to the Father.

Why does God allow us to reach the end of our rope? To bring us to our knees, to open our eyes, and to bring us closer to himself. Everything that happens has a spiritual significance, even evil. God can and does bring good from evil, for our good. In Christ, God walks with us in our own suffering. So, we must trust God to heal our hearts.

Our suffering can be our greatest ministry to others. We become a source of faith and comfort for others when we share our pain. Those who share their suffer console others. Sharing such pain creates a bond and becomes the basis for community. Only shared pain can be effect and help us persevere.

Share your suffering with God and others. Share the hurt of the body, but, more importantly, the hurt of the heart. When we give our suffering spirit to God, he can heal us and give us the opportunity for forgiveness.

Suffering can be an opportunity to realize God's work in our lives.



THOUGHTS FROM THE RECTORA,

PEGGY CHISAM

Gee, where do I begin?

When I was announced as Rectora at the Welcoming Ultreya in June, 2010, the community was excited, but I knew the real work had just begun with prayer and Bible reading. Please Holy Spirit, send me the women you want on the mountain to spread the Good News. And did he ever! The team for Weekend 261 was the largest ever assembled. I looked into the eyes of every woman at team school was amazed at God's perfect choices. The theme song we sang summed up my feelings: Sarah Wright's "I Love the Way You Love Me."

Every week at team school, I read a paragraph from my One Day At A Time Bible. The themes of healing and forgiveness were heard over and over again. Our mantra for team school was, "Read your Bible daily with purpose, passion and palanca in your heart."

Most women's weekends have a disaster occur somewhere, sometime. For us, we were the "Blackout Weekend." A few minutes into Thursday night's rollo call, we lost all power. But, out came the flashlights and everyone was accounted for. As usual, we coped.

One high point for the weekend was the kitchen team. Every meal, every costume, every decoration, every service was beyond perfect. And when did you learn to sing and sign "I Need You to Survive?" The Saturday night meal and table settings will talked about for years.

Another high point was the rollo room team. We had many first time prime rollos and many, many women move from the kitchen to the rollo room as backups. The rollos were simply outstanding! The deacons and priests kept commenting on their quality.

Our theme of the weekend, "Healing and Forgiveness," called us all to go deep and let go of the hurt. Every person on that holy mountain received healing and forgiveness one way or another. We laid our problems down before the Lord.

I invite all the new Cursillistas to work with me on the next weekend in May 2011. I'll be there with you in the kitchen.



THOUGHTS FROM THE RECTOR,

KEVIN HELPERS

I would like to begin by addressing the new Cursillistas. I you want to experience the love of Christ in a tangible way, work a Cursillo. If you want your friends to experience that love, sponsor them for a Cursillo. I have been so touched by fellow Cursillistas who reached out to me this weekend. They loved me the same way Jesus loves me. Before the weekend, I had the impression my time on the mountain, my weekend, would be great. And, it would be about me! Yet, throughout Team School and the weekend, I found I was not the center of the action. I was not to be served. Instead, I found I was the servant. The weekend was not the high I was expecting, but it was real, it was the life I hoped to live. I lived in the Spirit. I pray and hope to continue that life.

I love each and everyone of you.



UP COMING WEEKENDS

Men's Weekend # 262: May 12, 2011: I Will Make You Fishers Of Men
Rector: Will House. Email: willcasa@cox.net

Women's Weekend # 263: May 19, 2011: Let Your Light Shine
Rectora: Erika Toraya. Email: erika@stbrigid-sandiego.org

Team School begins Friday, February 25, 2011 at Our Lady of Grace, 125 freeway and Navajo Rd. in Fletcher Hills.

ULTREYAS AROUND THE DIOCESE

Ultreyas are gatherings of people for social and spiritual conversations. They often include pot luck or refreshments. These gatherings are open to all people interested in Cursillo.

Beach Area

St. Brigid's Ministry Center
Second Sunday, 6:30pm
Dinner and refreshments: \$8 for dinner
Doug Cox: 619-405-7274
Bea Espinola 619-517-4152
bespinola@mindspring.com
Bob Ski 858-735-6694
bski@alwizard.com

South Bay Ultreya

Second Sunday, 7pm (normal time)
Alternates between St. Pius X
& St. Rose of Lima, Chula Vista
Gaby and John Litke dlitkes@cox.net

Coronado

Contact: John and Judy Bowen
Sacred Heart Church
706 C Ave.
Coronado, CA
Email: jbowne3@san.rr.com
First Sunday of the month
5:00 PM with Potluck

North County Coastal

Contact: Joe Vina
858-688-2544
Joe & Gina Vina's home
2348 Larimar Ave, Carlsbad, CA
92009
Second Saturday of the month, 6:
30pm
Joe_Vina@yahoo.com

North County Inland

Contact: Jim and Penny Koed
760-740-9324
1338 Wicker Place, Escondido 92027
Last Sunday of the month, 5:30-7:
30pm
Children Welcome-Potluck dinner
Email: jpkoed@cox.net

Mt. Helix

Santa Sophia Church, De Moore Room
9800 San Juan St.
Spring Valley, CA 92977
Van & Rita Fritzenkotter
Email: rafritzkotter@aol.com
First Sunday of the Month at 7:00 PM

Del Cerro/Allied Gardens

Annette & Tom Moore, 619-977-1624
5918 Madra Ave, SD 92120
Email: annettemoore@cox.net
3rd Saturday, 6:30 pm.
May bring appetizer or dessert.

East County

Kevin and Yvette Helffers
3rd Sunday at 5:30.
1923 Fernbrook Ct. El Cajon, CA
619 447-4743
Email: kevinylvette@yahoo.com
Potluck, fellowship, children.

East County

Contact: Doloris Stuhr
619-444-2605
Second Saturday, but call to verify
1237 N. 3rd St, El Cajon, 92021
6:30pm potluck begins
Email: sis26@cox.net

Lakeside

Fourth Sunday of the Month
OLPH Parish, Family Center
6:30-8:30 PM, begins with potluck
Dennis & Colleen O'Neil 619-443-2516

Santee

Cindy & Eli Rascon 619-258-7285
9668 Ryder , Santee, CA 92071
Email: santeemom@cox.net
First Saturday at 6:30 pm
9668 Ryder Road, Santee 92071,
Dinner & refreshments, donations
welcome

Fletcher Hills/San Carlos

Contact: Linda Joliff, 619-204-9160
Email: ffwb@juno.com
Our Lady of Grace, Lauerman Hall
First Sunday - Call to verify
6:30 Potluck - Call re food item
7:00-8:30pm Ultreya activities

Borrego Springs

Every Monday morning at 8:00 AM
St. Barnabas Church
Rudy & Marilyn Regalado
Call 760-767-3118 for more
information

Facilitators who have made their
Cursillo weekend are needed to host
Ultreyas in the Diocese of San Diego.
Contact cursillosd@cox.net for more
information.



WEEKEND COMMENTS FROM OUR NEW CURSILLISTAS

MEN'S WEEKEND 260: LIFE IN THE SPIRIT

The love and beauty here is indescribable. I learned so much about myself this weekend. I have so much to give because I have the Holy Spirit inside me.

I have been expressing myself so much this weekend, I should buy stock in the Kleenex company. I learned that we can move mountains with the Spirit.

They say men don't cry. They lied.

I was raised in the Catholic faith but didn't realize the power of the Holy Spirit. This weekend I was asking for a drink and was hit by the blast from a fire hose.

What an amazing experience! What is the Holy Spirit about? I always imagined the Spirit was like a ghost that hovered around me. Now the Spirit is within me. I need to be part of a group like this.

God put me here, at this time, with these people. All weekend long, my tank was being filled. Now it overflows with the Spirit.

I felt I needed something in my life. I've trying to do it alone. Now I know I don't have to bear the burden by myself. I have my brothers to give me strength.

Before this weekend, I didn't really know who the Holy Spirit was. The Spirit showed me men can love. Now I clearly see the Spirit alive in the Christian acts of others, in the lives of those I love.

I know I am little compared to God's grace and gifts. But, despite my failings and weaknesses, God reaches out to us and says, "I love you."

We may be the only face of Christ others will see. I am going home to serve others, and hope they see that face in what I do.

I needed to come up to this weekend for my family. I experienced forgiveness and acceptance for all my faults. I am going home to be the kind of man God wants me to be.

I didn't know how I was doing on my spiritual walk. Well, after hearing the talks, I realized I'm not alone. We're all on the same road with a God that loves us.

This weekend clearly reminded me what Christ did for me. In a word, sacrifice. The music, the meals, the talks were acts of loving sacrifice. They spoke of Christ to me.

I saw Christ in the team. I saw his love on this weekend. I felt God call me to a greater holiness.

Jesus was my sponsor for this weekend. He called me to be here. If you come with an open mind and open heart, the Spirit will come and dwell within you.