



# Cursillo

*A Cursillo Weekend **IS NOT** a retreat. There is no fasting.*

*There is a period of silence on Thursday evening and is over after Mass on Friday morning.*

*The rest of the weekend is based on building Christian Community.*

*A Cursillo Weekend **IS NOT** an encounter group or sensitivity training exercise.*

*A Cursillo Weekend **IS** basic Christianity.*

The power, beauty and joy of the Cursillo Weekend are found as we encounter Christ in ourselves and in each other.

Each Cursillo Weekend offers:

- A time to discuss your faith
- A chance to discover your unique gifts from God
- An examination of conscience that fosters new spiritual growth
- Discovering together that we are on a journey to become more Christ like
- A way to impact your community and to bring the presence of Christ to all you meet

## History and Purpose

The Cursillo Movement started when a group of priests and laymen in Majorca, Spain examined the condition of the Church and felt that something had to be done to assist it. From 1943 to 1947 they formulated a "method" to help renew the Church. They called it a "short course" or "little lesson" in the basic teachings of Jesus, as lived with other Christians. They also developed an ongoing program for after the three days, so that the initial enthusiasm would continue.

Cursillo was deemed an official Movement of the Catholic Church in the early sixties.

Cursillo is endorsed by the Catholic Church and the Diocese of Richmond.

## What Can I Expect During The Weekend?

Approximately twenty to thirty men or women meet from Thursday evening until Sunday afternoon which includes a team, consisting of a priest, and twelve to fifteen laypeople. There are talks, discussions, sharing, singing, joking, laughter and prayer.

During the three days, fifteen talks are given, ten by laypeople and five by the priest. The talks emphasize the true meaning of Grace, the Sacraments, the Mass, the nature and need for prayer, living one's daily life in union with God and introducing Christ to others by word and deed.

The atmosphere of the three days is one of Joy and Grace.

The Cursillo Weekend provides us with the opportunity to grow. It is not meant to solve problems that exist within us or the relationships we have with others. For example, as the Cursillo Weekend begins, people are asked to look at themselves and their own reality in a community of Love.

Cursillo is not designed to solve emotional, mental or medical problems.

Cursillo is not for everyone.

The weekend and the Cursillo Movement is not a "conversion experience" in the normal sense of the word—it is not intended to convert non-believers to Christianity.

People attending the Cursillo Weekend need to be participating Catholics in good standing with the Church.

The Weekend is centered on the Catholic Church's beliefs and the Catholic Sacraments.

The Cursillo Weekend is intended for those who wish to deepen their relationship with Christ.

## What Happens After the Cursillo Weekend?

The Cursillo Weekend in itself is simply a beginning.

The method of Cursillo has very positive results in creating spiritual revitalization of the Christian Community.

The influence of Christ on the individuals attending the Weekend is then transferred to their families, friends, parishes, place of business, social circles, etc.

The goal of the Cursillo Movement is to make Christ the prime influence in one's life and relationships. After the Cursillo Weekend, the Cursillista, (one who has made a Cursillo), is encouraged to expand their prayer life and to become a more active apostle with and for Christ.

The Cursillo Community comes together in both large and small groups for fun, spiritually, education, renewal, and prayer at Ultreya. Attendance is totally up to the Cursillista.

**May you be blessed with God's wisdom as you consider this beautiful experience.**