



**From our Lay Director, Wanda Maciuszko.**

I have had three stunning and moving experiences since the last Newsletter.

It has been an absolute joy to finally meet in person at two Ultreyas and to be able to see each other, talk and pray together after the long period of isolation.

I was able to attend the National Ultreya in Norwich. The sight and sound of 200 people and their voices in the magnificent space and architecture of Norwich Cathedral filled my heart and soul with the awe of God and renewed my hope for the future of Cursillo.



The final experience was to go on the CLW at Shepherd's Dene

Firstly, I was overwhelmed by all the palanca I received and I felt touched by the prayers of everyone all weekend. Thank you for your time and effort. I so appreciated it. To quote just one message "It is in the shelter of each other that we live and grow." I found fellowship and friendship as well as the sharing of ideas about our individual dioceses. We discussed all aspects of Cursillo in an honest and open way. In the quiet time on Saturday I sat in the hut and gazed at the beautiful gardens and the glowing bronze autumn colours of the

plants and leaves on the trees. In the final service I had such a strong presence of God especially when Judy sang the Peruvian Alleluia and we responded. One of the words I took away from the weekend was restlessness but it is in a good way that we feel restless in Cursillo. We are restless to grow our faith and our churches to the glory of God.

Cursillo has restarted and we will continue to grow together in our Reunion groups and on our weekends. I wish you all well in our future work in Cursillo.

Ultreya

*Wanda*

**Dates for your diary.**

**Saturday 4th December, 2.30pm**

**Ultreya on Zoom. A link will be emailed to you.**

**Saturday 15th January, 10.30am**

**Ultreya at Emmanuel Church, Bridlington.  
(70 Cardigan Rd, Bridlington YO15 3JT).**

**Saturday 12th February, 10.30am**

**Ultreya in York, venue to be confirmed.**

**Saturday 26th February & Saturday 26th March** Staff team Training Days for York 30.

**Saturday 5th March, 10am till 4pm**

**Quiet Day at St Oswald's Community, Sleights, Whitby.**

**Friday 29th April to Sunday 1st May**

**York 30 at Wydale Hall.**

**Saturday 21st May, 10.30am**

**AGM and Ultreya, venue to be confirmed.**

## Our Spiritual Director, Revd Jonathan Couper, writes.

Dear All.

The theme this month is "Being a friend". I start with a poem by George Eliot:

"Oh the comfort, the inexpressible comfort of feeling safe with a person: having neither to weigh thoughts nor measure words, but to pour them out, just as they are, chaff and grain together, knowing that a faithful hand will take and sift them, keep what is worth keeping and then with a breath of kindness blow the rest away." (Quoted in Celtic Daily Prayer Northumbria Community p531).



Coming out of lockdown means relationships renewed but it is not always easy. Grief makes you grumpy. Just as the Israelites in the desert got grumpy at Moses because of loss (of cucumbers and melons -see Numbers 11:5) and hardship, so we too have experiencing the the loss of social contact, hardship and our normal routines have been put in disarray. We will meet people who are grumpy. Such people cannot be ignored or avoided. We too can be grumpy. We have been forced to adopt change to the way we live our lives and this is justifiably felt keenly by us all. We all have known disruption to our church life. Many have also faced storms of bereavement or illness without the balance routines provide to life's blows. All of this takes its toll.



Grumps lie in our emotions so our minds are not always conscious about them. So here are some symptoms so we can recognise them.

- Grumpiness shows in negative judgements at our present situation and an indifference to the future.
- Grumpiness hangs its strength on some wrong in the past or some change from the past. We tend to look backward when we are grumpy.
- Our grumpiness is a ready ally to perceived wrongs. Lockdown has produced many perceived wrongs for us. So as church resumes in our parishes we are likely to meet some grumpy people on a mission or with clear "bones to pick".

How do we relate? Remember that grumpiness comes from a real wound in the soul caused by loss which love alone can heal. Fighting or arguing the point with grumpy people does not resolve the problem. It just affirms the negatives they already hold. Give them plenty of slack and keep the door open for them to belong when they are ready to do so. Be a friend.

May God uphold and bless you.

Jonathan



## WASTE NOT, WANT NOT

'Waste not, want not'. When did you last hear this phrase, though it is just as relevant, if not more so, today than 50 years ago? We have so much more 'stuff' now and we waste so much of it. I am sure that we all diligently use our recycling wheelie bins and boxes, but have you thought about what goes into your black bin. Could any of it be re-used, recycled or repaired?



The problem is that everything originates from this finite planet. Whether it is metal, wood, food, plastic. At our current rate of use we would need one and a half 'earths' to provide everything we currently consume. Also, when we throw something away, we are not only throwing away some of our hard-earned money, but we are also adding to the carbon dioxide emitted when that item was made or created. Think about the manufacture and transport of a child's plastic toy: plastic, made from oil, pumped out of the deep ancient rocks; the electricity used to turn it into a toy; the cardboard packaging that it is encased in; the transport around the world by truck and ship; petrol used to go shopping or for it to be delivered to your door. All of this adds to the carbon dioxide entering our atmosphere and it is this that is trapping some of the sun's energy and causing the world's temperature to rise.

I know we are getting better at managing our waste, but have you thought about how you are contributing to the 'climate emergency' every time you throw something away?

***Margaret Price, Lay Minister in the Forest of Galtres Benefice (and 'eco-warrior')***

## Palanca news

As you are all aware due to the Covid pandemic, Cursillo weekends up and down the country sadly had to be cancelled for the past 18 months or so. However, it is with great delight to inform you that the weekends are now taking place.

As Palanca Secretary I am able to once again send Palanca on behalf of York Anglican Cursillo, expressing our greetings, blessings and prayers that on each weekend, pilgrims and teams together will experience much joy, fellowship and closeness to God.

Here are a few responses I have received,

*"Thank you one and all for your palanca" from St Edmundsby & Ipswich Cursillo*

*"Many thanks for your greetings and prayers for our weekend. It is much appreciated. Ultreya" from Chichester Cursillo.*

*"Thank you for your wonderful Palanca. It will be much appreciated by the staff team and participants." Love and prayers. Leicester Cursillo*

Please do pray for the pilgrims and teams attending various Cursillo Weekends throughout the year as they take place around the country. To see when they are taking place, do look for Upcoming Cursillo Weekends on [www.anglicancursillo.co.uk](http://www.anglicancursillo.co.uk) website.

God bless & Ultreya!

**Anne Couper**

## York Cursillo Prayer Diary

- Mondays** - Hull and surrounding villages.
- Tuesdays** - Bridlington, Driffield, Beverley, Pocklington, Rudston, and Huggate.
- Wednesdays** - Scarborough, Hunmanby, and Filey.
- Thursdays** - Whitby.
- Fridays** - Redcar, Brotton, Saltburn by the Sea, and Marske by the Sea.
- Saturdays** - York and surrounding villages.
- Sundays** - Other places such as Northallerton, Tadcaster and any I have missed out!

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Thank you to everyone who has contributed to this issue of York Diocese Anglican Cursillo Newsletter.

The next issue is planned for the autumn and items for inclusion should be sent to: [trevorking3355@gmail.com](mailto:trevorking3355@gmail.com) by 30th September. Please contact me with ideas for articles well before this date.

Trevor King, 4th Day Officer: 07941 338466



**York Anglican Cursillo is faith funded, so thank you to the increasing number of Cursillistas who support York Anglican Cursillo through Gift Aid donations, particularly by monthly standing order. Under Gift Aid, each £1 donated is worth £1.25 to York Anglican Cursillo, the extra 25p coming courtesy of HM Revenue and Customs. If you would like to start making monthly donations, please contact:**

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