

Piety—Study—Action

THE TRIPOD

*Newsletter of the Seattle Archdiocese Cursillo Movement***November 2004**

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WOMEN'S OCTOBER WEEKEND

By Laura Bragg

WOW! It never ceases to amaze me with each weekend how present our God is! Our team came to the weekend prepared and filled with desire to do God's work and bring His love to our 22 candidates.

Each weekend brings us the opportunity to grow in many ways. We were certainly challenged and were given many obstacles! By prayerfully supporting each other and 'letting go', we were able to allow the Holy Spirit to do His work. And did He ever!

The weekend was filled with learning, faith, struggles, silliness, discussions, good food, prayer, music, making friends, laughter, tears, and a lot of love. The rollos were excellent and got the message across well. One song we heard in a rollo that stuck with all of us throughout the weekend is 'Change My Heart O God, make it ever true, change my heart O God, may I be like you....' Our hearts were certainly changed this weekend. God's love was wrapped around us. (I should mention that we also 'Bee-Bopped' to 'Jesus is My Rock and He Rolls My Blues Away!')

Cathy Meehan and the Palanca team worked overtime to make certain everyone's needs were met and to send us off to do our rollos with prayer and enthusiasm. We kept the 'cha-cha' busy! Bernadette Cullen, Carol O'Kelly, Connie McMahon, and the kitchen team kept us nourished with some amazing meals and touched us with their thoughtful place settings.

Our spiritual advisors were generous with their time and were available to the candidates on and off all weekend. Sr. Mary Ann Conley's quiet presence offers a safe place to come and chat. Fr Jim Picton was also available for reconciliation and advice.

We have many new Cursillistas looking for a group! they are ready to begin making a friend, being a friend, and bringing their friend to Christ. I think we all made some new friends this weekend, and are ready to 'be the change we want to see in the world'. As one of our rollista's noted, 'All that really matters is love'.

MEN'S OCTOBER WEEKEND

By Tony Koenig

Well, we have just completed another weekend and of course it was the best one ever, could I say anything less? God blessed us with three spiritual directors who formed the spiritual backbone of our team. First we had our spiritual veteran starter Deacon Eamon Parsons whose "Grace" talk was a powerful witness to the candidates. Father Jim Dalton a man of great faith followed that first day with, but of course, the "Faith" rollo. Last but not least Father Rick Spicer talked on the "Sacrament of Reconciliation" which generated so much interest, Fr. Rick fielded questions from the candidates. That I believe set a new record for the longest rollo.

I could spend a lot of time thanking all of the other team members for their physical and spiritual guidance but I already have. I would like to point out that when I got caught up with schedules and details my co-team coordinators, Larry Pomada and Michael Hartmann, gently guided me back to the candidates and their spiritual journey. In the end I believe that I did let go and let God.

FROM THE LAY DIRECTOR

By Pete Jancola

I have a confession to make. I can hardly keep up with the administrative tasks associated with implementing the Cursillo Movement in the Archdiocese of Seattle. New things keep popping up, like replacing our 4th Day Program with a Grand Ultreya, and making greater use of our website. All the new things are exciting, and easily catch my attention and investment of time. But along the way I find myself forgetting about some of the established tasks that still need to be handled, such as sending "thank you" notes to our weekend spiritual directors, and our periodic potluck social for members of the Schools of Leaders.

Thank God for the Secretariat! Although responsible for most of the new things that pop up, the Secretariat members do an extraordinary job of carrying them out, and doing the established tasks as well (if I can remember to remind them). It's hard to keep up with all this, but I am enjoying the ride! I wonder who the driver is. As Lay "Director", I used to think I would be the driver. Thank God I'm not!

A clue to Who is driving is quite evident at every one of our Secretariat meetings, when Deacon Bill opens with prayer and leads a spiritual session. The meditation topic and the sharing of insights are always awesome to me, and I often wish this part of our meeting could go on for the whole two hours! A result of all this is a new insight for me into the Martha and Mary story. Martha should have joined Mary and Jesus during the time Jesus was speaking, and then all three of them could have worked together on the tasks Martha was concerned with. That's how we do it at the Secretariat meetings. What a ride! I really enjoy and look forward to each meeting! See you at Ultreya!

FRIENDSHIP: The Art of Happiness

A Book Review

By Barbara Levich

After reading a review of this book recently I ordered it online at <http://www.christendompress.com/> for \$11.95. I was already interested in friendship and how it relates to Cursillo, in fact I had done a talk on friendship at the last Region XII meeting. Much of what I covered in my talk is in this book plus other ideas that I had not considered. The author, John Cuddeback, lays out a case for why we need friendship. He maintains that we cannot be truly happy if we do not have true friends. True friends are defined as people that have dedicated themselves to the pursuit of virtue or holiness, making it the focus of their lives. I believe that when Eduardo Bonnin envisioned Cursillo, he had in mind groups of true

friends encouraging one another to live lives of virtue. Cuddeback goes on to say that human friendships are critical preparation for the most important relationship, our relationship with God.

John 15:15 says, "...I call you friends because I have told you everything that the Father has made known to me." What this quote says to me is friends tell each other everything; there is complete sharing. I think that any Cursillista who wants to have a group reunion that is intimate, deep and encourages virtue will want to read this book and put its suggestions to work. Each chapter has questions for discussion at the end so it would be a good book for groups to study together.

I never had a clear idea of why group reunion and ultreya were not just things to do until I read this book. I found out that friends want to see one another because they find each other necessary. Friends are "another self." One woman described it this way: *"It's a feeling of discovery, that something here inside you seems to be growing and opening and expanding. And then the next day I am more energetic and optimistic. Going through the effort of sharing, of getting involved was worthwhile. It is an increase of power, strength, energy."* In fact once a week is not enough, friendship draws one to make contact several times in the week. Ultreya as a gathering of people who were engaged in virtuous friendship would be very engaging and attractive, a not-to-be-missed event.

Do not short-change yourself. Give yourself the gift of true friendship by learning how to be one yourself. Then you will not want to ever give up an intimate group of friends who add so much to your life, and you to theirs. I believe in this so much that I have already bought four more copies of the book to give to friends.

SPANISH LEADERS' SCHOOL

By Harriet Hamerly

This message is to those who have made their weekend and speak Spanish. We need your help to set up a Spanish School of Leaders in the Seattle area. If you or someone you know would like to become a leader, please contact John George at georgef@gt.net or Harriet Hamerly at hjhamerly71@hotmail.com. Christ the King Parish in Seattle has volunteered to play host to this effort. They have a strong Spanish Community.

CALLING ALL CURSILLISTAS

By Michelle Pomada

Many Catholics do not realize they are called to be apostles—to bring the Good News into the world. Through the sacrament of baptism we were enrolled into the ranks of evangelizers. That's our mission, to be

evangelizers and I know that many of you have been doing just that and I'd like to hear about your efforts.

Saint Brendan Parish leadership is looking to educate the parish in a big way to their APOSTOLIC call. To perk interest, it has been suggested that recognition be given in the form of examples of how we who have realized our call to apostleship (i.e. Cursillistas) are living out that call in the secular environment.

Cursillistas are very good at being fruitful behind the scenes. Larry and I want to reveal to the parish community and leadership what wonderful things Cursillistas are doing in Western Washington. We think this will reflect the value of the Cursillo method and its fruitfulness.

To that end, I am requesting Cursillistas of the wider Cursillo community to email me examples of their action, i.e. in the Board Room helping to effect corporate decisions, in work, neighborhood and recreational environments. I know the creation of the Matt Talbot Center was a direct action of the group reunion of Greg Alex. I know that Erv DeSmet, through his leadership, has effected a collegiality of lawyers in Elder Law and Guardianship; that Pat and Larry Thomson, Ann and Doug Chapman and others have been active in Kairos, and many in the St. Brendan Parish have shown their action through Save Our Savior (meals for the homeless) etc. Please tell us (by e_mail) about your efforts to evangelize the secular world.

God bless you. (mwpomada2@msn.com)

NEW MEN CURSILLISTAS



Bret Carlton	St Brendan
Kurt Davis court	Holy Rosary
Richard Foudray	St. Brendan
Michael Guilbeault	St. Madeleine Sophie
Mike Haldeman	St. Madeleine Sophie
Dennis Jenkins	St. Madeleine Sophie

Todd Kinsfather	St Brendan
Ken Kraintz	Our Lady of Perpetual Help
Andrew Krieger	St. Elizabeth Ann Seton
Joseph Kunthara	St. Thomas More
Mike Lampert	St. Cecilia
Dennis Mayfield	St. Alphonsus
Michael McDowell	St. Madeleine Sophie
David McWayne	St. Thomas More
Greg Olson	Holy Rosary
Carl Olson	St. Thomas More
Jeff Riley	St. Madeleine Sophie
Amarildo Souza	St. Thomas More
Preston Tinsley	St. Andrew
Rob Van Tassell	Holy Rosary, Edmonds
Conrad Van Doran	St. Hubert

NEW WOMEN CURSILLISTAS



Alicia Peredo
Carmen Aguiar
Cindy Olson
Ellen Riley
Eryn Huntington
Ginnie Blaine
Helen Tomminger
Janice Joynt
Jayne Manlowe
Jessie Jackson
Judith Sebastianelli
Karen Guilbeault
Kathleen Wright
Melinda Dano
Michelle Van Tassell
Peggy Templeton
Rosalind Deede
Rosemeyre Garcez
Tammy Krieger
Teresa O'Leary
Yen Hoang
Bonnie Weich

What is the most important leg of a three-legged stool?

From Barbara Levich

The one you don't have.

Secretariat Members

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- Susan Holliday, Treasurer, 425-228-4555, pineconeinc@yahoo.com
- Bill Shawver, Spiritual Advisor, 360-956-7131, cb86bill@aol.com

Utreayas

- **Bothell:** "Northend" St. Brendan, 2nd Saturday 8:00PM. Contact: Sam Affronte, 425-481-5296
- **Bremerton:** Holy Trinity, 4th Thursday, 7:00PM. Contact: Jerry Hyde, 360-377-9335

- **Des Moines:** St. Philomena, 3rd Tuesday, 7:00PM. Contact: Marilyn Soderquist, 206-248-2063
- **Lacey:** Sacred Heart, 3rd Sunday, 1:30PM. Contact: Tom Connors, 360-491-7401
- **Montesano** St. John's Mission, 2nd Sunday, 2:00PM. Contact: Helen Pellegrino, 360-249-5535
- **Poulsbo** St. Olaf. 3rd Monday, 7:00PM. Contact: Noreen Millbauer, 360-437-7649
- **Tacoma** St. John of the Woods, 1st Wednesday 7:00PM. Contact: Earl Ducote, 253-845-0112

Web site

Check our website at www.seattlecursillo.org and register for an electronic version of the TRIPOD instead of a printed one. This would save us mailing and printing expenses.

Feedback

Your Feedback, Please:

What kind of information and articles would you like to read? We want your ideas on how we can make the TRIPOD more interesting and useful. Also, would you consider writing an article for the TRIPOD? Have you read a book lately that you would like to recommend? Do you have a witness story you'd like to share? Have you had a close moment that was especially inspiring? Do you know of some coming events that other Cursillistas might be interested in? Please take the time to send us your comments and recommendations.

Send comments to:

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Kirkland, WA 98034

Call 425-821-3599

Send email: Ferpl@AOL.com

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Cursillo = Short Course—Long Commitment