



The British Anglican **Cursillo**® Council

Authentic Cursillo Three Day Weekend

Revised 2018

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Introduction

These booklets, which form the Resource Manual or Handbook for British Anglican Cursillo (BAC), are revised versions of the original documents gifted to BAC from the Episcopal Church of the USA in 1989. In the early to mid-2000s and again in 2013/4 They had been revised for basic differences between the Episcopal ways of doing things and for language alterations, but it became apparent that the booklets were not being read or used effectively by.

This major revision and rewording of the booklets was made by a group of experienced Cursillistas in 2017/8 and is intended for use by Diocesan Cursillo in order to explain and guide such groups in the practicalities and use of the Cursillo method. We believe that this reflects best practice.

In line with recent legal requirements there are also attached Guidelines and Policy Documents, particularly in regard to safeguarding, insurance and financial matters.

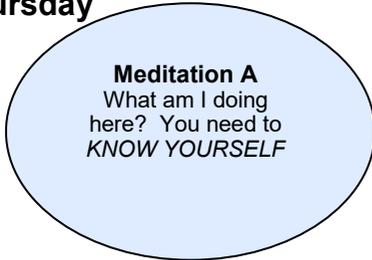
It is recommended that any future reviews of these booklets refer back to the original documents received from the Episcopal Church of the USA, copies of which should be held by the BAC President.

February 2018

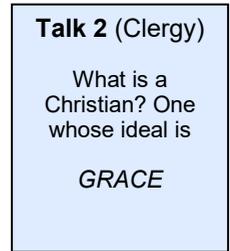
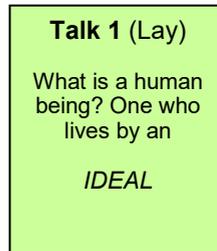
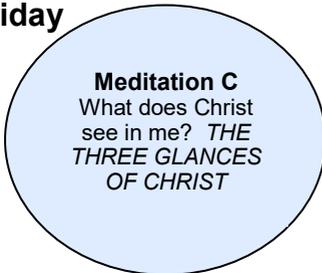
THE FLOW OF THE THREE-DAY MESSAGE

The Cursillo day is like the Hebrew day: the evening and the morning comprise the day

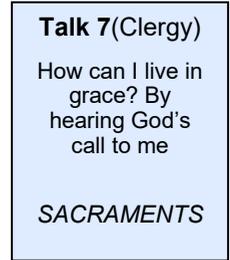
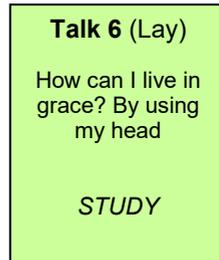
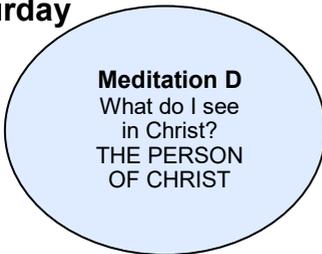
Thursday



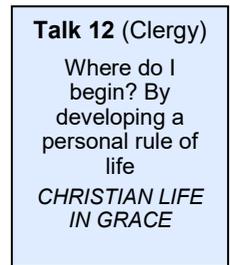
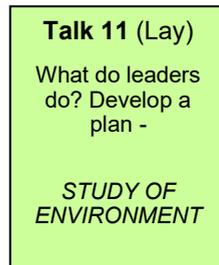
Friday



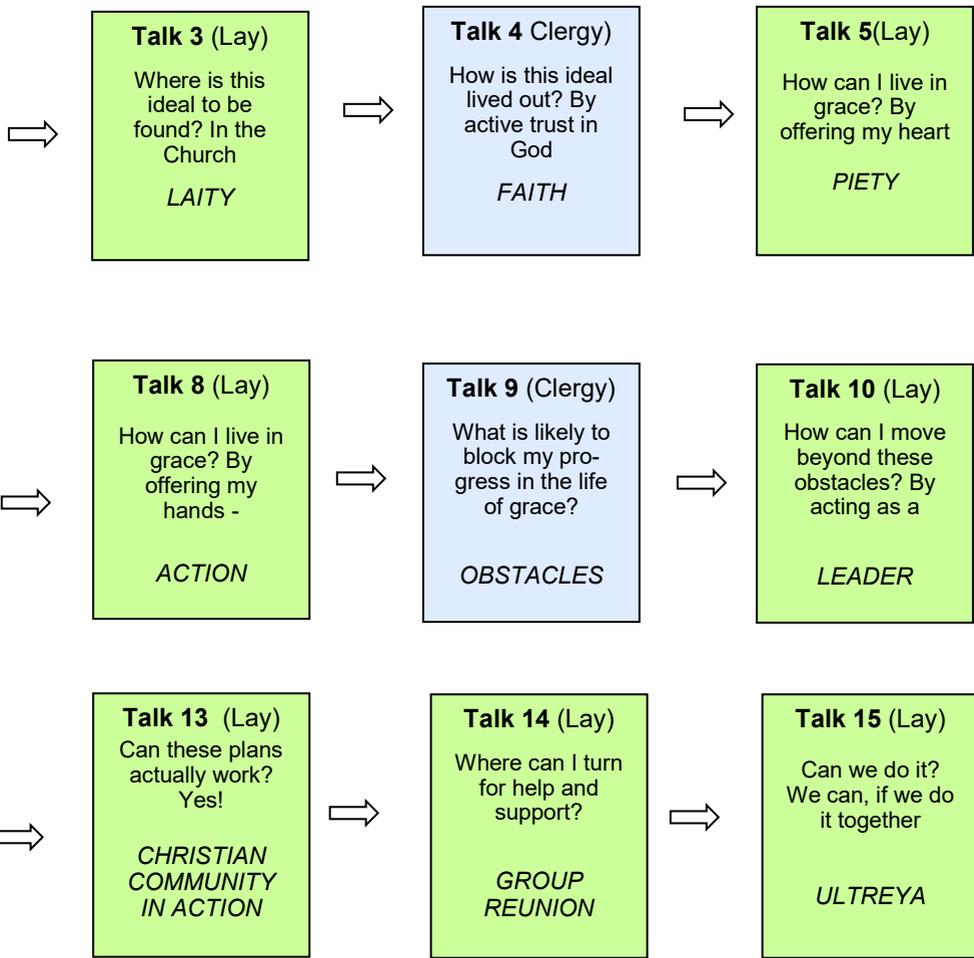
Saturday



Sunday



(Sunset to Sunset)



The Talks and Meditations challenge each person and help them to consider their particular situation, finding new ways to relate the Gospel to everyday life.

The periods of free time are intended to allow for reflection.

Flow of Weekend

The term 'three day Weekend' can be confusing as it usually takes place over four days. It might be helpful to remind people that this refers to a Jewish understanding of 'day'; i.e. sunset to sunset.

The three days of the Weekend work together, each day is not an entity in itself but part of the whole Weekend experience.

Each day looks at different aspects of the participant's journey.

Day 1 – understanding myself

Day 2 – understanding Christ

Day 3 – understanding how Christ is calling me

See attached appendix for diagrammatic representation of the flow of the Weekend

Content of the Weekend

The Authentic Three Day Weekend consists of 15 Talks, 5 Meditations and a daily Eucharist.

It is important to ensure that there is sufficient space for reflection during the Weekend.

Anything else in the programme is an 'add-on'; it is important to think about what will be achieved by anything additional.

Talks

The fifteen talks are delivered by both Lay members of the team (L) and the Spiritual Advisors (SA). Although the talks are listed as 15 talks they are really one long talk given in 15 sections. There are guidelines for the talks in the lay and clergy talks' workbook. It is important that those giving the talks follow the guidelines and ensure they include personal experience to bring the talks more alive.

Working in Groups

Following some of the talks there will be opportunities to discuss together.

The role of the table leaders is to listen carefully and guide the participants to think about how what they have heard is touching them.

It is important not to use the discussion to impose your own views.

The Lay Rector will emphasize this in the training.

Free Time

The programme should be managed to enable some free time for the participants. 'Add ons', such as Stations of the Cross, Visitation, Celebration Meal, Skits, Wake up, etc. although often life giving, are not essential or required. They can actually be a hindrance, restricting the time for individuals to reflect on what they have heard and are experiencing. It is helpful to ensure there are opportunities to share with others. It is important to remember that people learn in different ways so a balance must be sought between activity and free time.

Palanca

Prayer is the essential foundation of the Weekend and is the best gift that could possibly be given. It is offered by the staff team, sponsors, and all the Cursillo community, before, during and after the Weekend.

It should be made clear that fundamentally Palanca is prayer, and any notes, gifts or other 'goodies' are merely the physical token of the prayer of the person who sent the Palanca. Some participants misunderstand the meaning of Palanca when they are overwhelmed by their 'goodie' bag.

It is the sponsor's responsibility to ensure each participant is invited and accompanied into Group Reunion and other Fourth Day activities, see sponsorship booklet for more details

Remember

Throughout the Weekend the most important thing is to be sincere and genuine, not forcing anything or expecting any specific emotional response; let the Holy Spirit do the work. Members of the staff team should be confident that with the prayer support that is offered the Holy Spirit will guide and uphold the team and participants throughout their time together and in their Fourth Day.

