

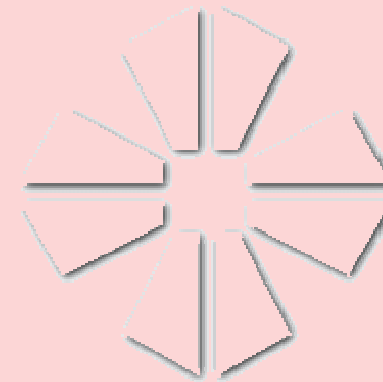


# The Cursillo® Journey



# CURSILLO®

The 3 Day Weekend



The purpose of Melbourne Anglican Cursillo is to nourish and equip people so that they may embrace and enjoy the fullness of Christian Life.

## The Cursillo® 3-Day Weekend

### Your Introduction to Anglican Cursillo

Your Cursillo experience begins when you take part in a 3-day weekend, a live-in course run by lay people and clergy.

On Thursday evening your sponsor takes you to the venue for the weekend, planning for you to arrive between 5.30 - 6pm.

You are introduced to the Coordinator, shown to your room, and invited to join in pre-dinner drinks. Most weekends consist of 10 to 25 candidates like yourself and a team of lay and ordained people, who are your hosts.

#### The First Evening

is planned to help you relax, to get to know the other people on your weekend and to begin to feel at home.

After pre-dinner drinks and dinner you learn something of the History of Cursillo and finish the evening with two short meditations and Compline, "Prayer at the end of the day". Finally you retire in silence until breakfast, time to take a break from the world and prepare for the weekend.

This is the only time that silence is kept.

#### Each day...

begins with Morning Prayer, followed by breakfast. Then, in a casual and relaxed atmosphere team members present a series of talks, each followed by time to discuss the talk in a small group.

There are also creative activities, music and singing, fun, laughter and times to be serious.

There is time for relaxation, conversation, private prayer and reflection, exercise, or just rest.

Eucharist is celebrated each afternoon.

#### Community

In small groups you explore the themes developed in the talks and presentations - of ideals; of personal prayer and meditation; of study and of action.

You experience the encouragement, endorsement, affirmation and support of your small group and are eager to continue to follow this simple method when you return to your normal community.

#### ...and after the weekend...

You return to your family and community, enriched and encouraged by your weekend experience, knowing more fully the love and support which will sustain you for the rest of your life.

You join a small group of Cursillistas, your Group Reunion, who meet regularly for prayer, mutual support, encouragement and affirmation as you all seek to persevere in your Christian ministry - in whatever sphere you are called to serve Christ

- supported by, and supporting your group.

#### Your "4<sup>th</sup> Day"

The real focus of Cursillo is on the "4th Day"  
- the rest of your life, after your Cursillo 3-day weekend.

Cursillo does not exist for itself.

It is a movement within the Anglican Church to equip and inspire people to be active apostles of Christ.

*Become part of this amazing movement !*

#### **Next Cursillo Weekends.**

Women's \_\_\_\_\_

Men's \_\_\_\_\_

*Want more Information?*

*Want to attend a Cursillo Gathering?*

*Want to Join a Weekend?*

*Visit our website*

*or talk to your Parish Contact:* \_\_\_\_\_