

KIWI CURSILLO

*The Magazine for
New Zealand Anglican Cursillo*

Easter 2020

Issue 50



*News from
the Diocese'*

*Coping with
Covid-19...*

And more...

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When you're truly committed to getting the gospel out, God will reveal what work He is calling you to do. He has a place for everyone of us—nobody is insignificant or unusable. The limiting factor is not the Lord's ability to use us but our availability to His call.—Dr Charles Stanley

FROM THE EDITOR

Eight years ago I wrote in my very first letter from the Editor that I looked forward to the challenge of being Editor for Kiwi Cursillo! That was Easter 2012 and I have enjoyed every part of the journey, learning so much from your stories and what has been happening in your Diocese'.

Two verses from Matthew stand out for me as we approach Easter 2020! "Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me". *Matthew 16:24* and "For my yoke is easy and my burden is light". *Matthew 11:30*

Jesus is always with us through the Holy Spirit and even though we are told to 'take up our cross' he helps us carry it just as Simon, the Cyrene, helped Jesus carry his cross to the Crucifixion. One of the Easter Songs I like is 'Will you come and follow me if I but call your name?' Jesus is calling us and so many of your stories reflect this. The last verse says;

**Lord your summons echoes true
when you but call my name.
Let me turn and follow you
and never be the same.
In Your company I'll go where
Your love and footsteps show.
Thus I'll move and live and grow in you
and you in me.**

After eight years of this I know I am not the same. We have lost some older members and we have new members. We need to pray for new pilgrims in all our Diocese'. Cursillo is a wonderful training base for us all to learn more about how we can serve in his kingdom!

From the earlier issues I have found this prayer plan for us all to pray for each other.

De Colores *Janice*



Keep Cursillo in your prayers . . .

Monday Waikato/Taranaki Diocese
Tuesday Wellington Diocese
Wednesday Christchurch Diocese
Thursday Dunedin Diocese
Friday Waiapu Diocese

Saturday NZ Anglican Cursillo Council
Sunday Teams training for Cursillos/
DDU's

*Be guided in your prayer by items
within the pages of this issue.*

NATIONAL LAY DIRECTORS

Locked Down Thoughts

For the last few years, an oft-heard complaint from me has been the number of young people I see walking down the road in groups of 3 or 4 – all with their noses buried in their individual phones! My lament has been “Why don’t they talk to the people they are with, rather than with someone who isn’t with them!” I suspect I’m not alone in this observation and lament.



However, in these strange times in which we now live (I’m writing in day 2 of the national lockdown), I am having to reassess and recalibrate my antipathy to social media. Already I have organised to “meet” with all my Directees online via various communication apps; I have set up a Facebook group for the Cancer Support Group I facilitate to enable us to communicate online; we held our Home Group meeting last night via Zoom, and will possibly do the same with our 4th Day Group in a couple of weeks; and we are planning to have regular Zoom meetings with our immediate family over the next few weeks. The ability to form community online has huge potential



to ease loneliness and foster good mental health in this time of social distancing. I have become a fan. I still think it best to talk face to real face, but I am prepared to use whatever means are available to maintain contact with my friends and family, and my church community in this emergency (including wearing a face mask!).

The thing I appreciated most on my Cursillo 3 Day Weekend was that it didn’t matter which Church I attended, or on which end of the theological spectrum I sat, we were able to form community by sharing the experience of the 3 Days and by sharing our own experiences of life. We are social animals - we need our community.

This Lent I have been reading a Lenten resource from Living Compass called *Living Well Through Lent: Practicing Courage with All Your Heart, Soul, Strength, and Mind* with weekday reflections written by the Rev. Dr. Scott Stoner, an Episcopal priest. This week the theme is “The Courage to Let Go.” The week’s readings consider the courage to let go of the familiar: our ways of doing things, our need to be perfect, our feelings of inadequacy, our own inner darkness of prejudice, pettiness, and self-righteousness. Today’s reading is about the courage to let go of fear and worry.

The following caught my attention: “The root meaning of the word *worry* means *to strangle*. That seems appropriate given how worry can constrict our spiritual and emotional well-being.”

This rang bells for me! We are living in very stressful and worrying times. Sometimes I notice I let my worries for myself and my loved ones strangle my relationship with God and with the very people I worry about and for – my loved ones.

The antidote the writer suggests is that somewhat clichéd but always helpful little mantra “Let go and let God” and he points his readers to Psalm 23:

God, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction. Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure. You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I'm back home in the house of God for the rest of my life. (The Message)

We always have a choice about what we are going to focus on. We can focus on our worries - and find we are becoming more and more

strangled; or we can decide to remind ourselves of God's love for each of us. I have found it best not to struggle on my own with my worries growing exponentially. Sharing how I feel with trusted friends lessens the stranglehold my worries have over my feelings. And this is where my Church and Cursillo communities help me.

So, if you find your worries becoming strangling:

Pick up the phone, use whatever social media you are familiar with and reach out to your friends.

Laugh as much as possible.

We change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up, and we breathe faster, sending more oxygen to our tissues. It is as good as a workout and really is the best medicine! Again, I thank Facebook for this dose of medicine!

As our Prime Minister has been telling us, we all have a job to do now: to save lives - but let's get support from our Cursillo community as we do it!

Ultreya!

Glenda Prosser

National Lay Co-Director

"Be Kind. Stay home. Save Lives."



Help! is definitely on my tongue as a one-word prayer when I can't form coherent words. Help! is what I am asking for, as I face an unpleasant future, that is preceded by a couple of very unpleasant years. Help! came on time; I am still hurting, grieving this loss of [a] hoped for, dreamed about, new future, but am reminded to hang in there and yell out from the depths of my soul, Help! -F. Ngunjiri

NATIONAL SPIRITUAL ADVISOR

Peace be with you.

As I write this, we are in the first official week of the COVID19 lockdown. All our regular patterns of work, socialising, shopping, church and connecting have gone out the window. In a relatively short span of time everything has changed.



And so we need the peace of God that passes all understanding (Philippians 4:7) more than ever. Of course be concerned, of course be driven to desperate prayer, but have peace. (And on top of that, let's flourish in all of the fruits of the Spirit - love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control - at this time.)

So where do we find this peace? Isn't peace at a time like this just a foolish mirage? Firstly, peace is an intentional decision - we have the choice which narrative will define our mindset... will we be absorbed by the news headlines or by the confidence that comes from knowing that no matter what happens God is still in charge. Secondly, peace is something that we practice and grow in. The most peaceful people I know are not people who have never known trials, but those who have come through them and continue to hope, continue to smile, and continue to persevere.

The words to the third verse of the hymn, 'The Solid Rock' by Edward Mote come to mind:

His oath, His covenant, His blood,
Support me in the whelming flood;
When all around my soul gives way,
He then is all my hope and stay.
On Christ, the solid Rock, I stand;
All other ground is sinking sand,
All other ground is sinking sand.

It seems to me that this is the perfect time for us to be a palanca people. For me, my palanca experience on my first Cursillo was one of knowing that I was surrounded by the prayers and love of a whole community. We need that

experience more than ever at the moment as we live in physical isolation from one another. Why not spend some time in prayer, inviting God to bring to mind people whom you could pray for and send a text message, email or letter of encouragement today?

Ultreya! (Onward!)

Chris Darnell - NSA

Reflection

from Rev. Chris Darnell

I write this reflection from school camp with a group of Year 12 students as they prepare for their student leadership roles in 2020. Being a school chaplain (as well as being a local parish priest) gives me a unique opportunity to journey with a wonderful group of young people from a variety of different viewpoints and passions, and gives me the chance to try my darnedest to share the Good News of Jesus Christ with them.

At school camp I see the confident students, I see those who from the first moment will leapfrog through each physical and mental challenge, I see the students who have packed enough superfluous changes of clothes to supply them for a week, I see those who have an abject look of terror any new activity is mentioned. For some camp is a highlight, for others it's really tough being at camp. What's going to happen? How will I get by? Why do we have to be away from the comforts of home?

As I write this reflection, I am sitting with someone who's honestly having an awful time at camp. He's decided that the afternoon's physical activities are a step too far. To be true, he's opted out of camp from before the bus even left school – his decision that he's not enjoying (and is not going to enjoy it) it has shaped the whole way that he has seen everything. As we sat and talked, I challenged him on the way that our attitude can shape our experience, but it's a tough journey.

To be honest school camp is a microcosm of our wider world.

How does the attitude we bring shape our experience of church, of our

workplace, our family or social interactions?

In what ways are we overburdened by simply carrying too much luggage with us?

How will we approach the mental and physical challenges that come our way?

At camp we have been focussing on the leadership skills that start with “know yourself” (sound familiar?). We all have different personalities and different gifts to offer. We are each called, gifted and challenged by different things.

As good as our time together is, we don’t come to camp simply for the benefit of being at camp... camp is for the purpose of preparing us for the year ahead. Our Cursillo weekends, or Church on Sunday, are not a means or an event in themselves but a time of preparation for us to “go now to love and serve the world” in the name of Christ.

How is God preparing you for 2020?

Who is God calling you to be?

What are the opportunities for growth that lie ahead?

How will you respond to God’s invitation?

What terrifies you, and in what was do you have strength to be able to help others who face the future with trepidation?

What do we need to step up for, and what do we need to let go of?

May God bless your journey ahead. May you know that you have the encouragement and cheerleading team of heaven calling you onwards.

Ultreya!

Rev Chris



We are on a Journey

Jesus says in John 10 v 9 “I am the gate: whoever enters by me will be saved. He will come in and go out and find pasture.” In John 10, Jesus describes the connection between himself and his followers. Jesus speaks of the gate to help clarify the image of a shepherd. It is about the trustworthy one -- whether leader or path -- who brings his followers into beautiful pastures. Jesus is the good shepherd of Psalm 23; the leader whose work and life are for the sheep and their well-being.

We know of God’s love for us, yet we experience anxiety every day! – Well, I do! Today Covid 19 increases its presence in our communities. What path will this virus take? When will it be in my community? My street? Will my extended family be safe while we are apart?

Where is my faith?! Where is my belief?! Jesus gives us so many invitations – yet, at times I struggle. Covid 19 is putting me to the test. What if? What if? In a world where social media, fake news and facts are being sensationalized it creates an added pressure. We must trust that we will be fed along with all God's people. Verse 10 sums up these blessings: “I came that they may have life and have it abundantly.” Abundant life is not going to be upstaged by Covid 19.

The goal of Cursillo is to change the world of Christ. We are Christians empowered by a vision of apostolic action. We are surrounded by love and prayer. Cursillo gives us opportunity to grow in faith and spiritually through the teachings of Jesus. As Cursillistas we share the joy of love and caring within our parishes and communities, throughout our diocese, across Aotearoa New Zealand and beyond. Cursillo is our path. The three-Day Cursillo is the gate that is opened. ‘I am the gate.’ Or, as some versions say, ‘I am the door.’ This is one of the very emphatic ‘I am’ statements found on the lips of Jesus in John’s Gospel. The opened gate leads us along the path of our fourth day.

Continued on page 12

Waikato Ultreya – 7/03/2020

Some of us attended the Cursillo gathering today at St James Church in Hamilton East.

We had a great afternoon of singing and sharing with others. Ariel shared her testimony of encouragement with us and Wendy gave us music to sing to. We finished with a cuppa and chat!



Ariel McCracken



Annette Rea



Rev. Wendy Tyrrell

Isabella sat quietly
through the whole
meeting



Cursillo creates saints and apostles; people who know God's love and grace; who are blessed by God and who live their lives blessed by God. Apostles are saints who pass on their knowledge to others.

As Cursillistas we have much work to do – and Covid 19 may require us to modify our 2020 plans, but it will not distract us.

De Colores,
Jan Lockett-Kay (Dr) - Diocesan Lay Director, Waikato/Taranaki Diocese.

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### **By the way – Easter 2020**

The focus for the first Sunday in the season of Lent is the story of Jesus being led out into the wilderness by the Holy Spirit. There Jesus is tempted by the devil.

The main purpose of the challenges by the devil or Satan – is that he is questioning who Jesus is. But Jesus responds with great wisdom because he knows who he is, and that is that Jesus is the son of God.

I believe the challenge for us this Lent and Easter period is to know who we are in Christ. The answer of course is that we are sons and daughters of God.

During this period I would like to encourage you to look at who you are in Christ. Do you see yourself as a son or daughter of God? How does this effect your behaviour, lifestyle and especially around the temptation's placed before us by the world?

Below are some scripture verses that you may find helpful as you focus on your place with God

Ephesians 2:8-10, John 1:12, Galatians 3:26, 1 John 4:10, 2 Corinthians 12:9, Romans 6:23, Romans 3:3, Romans 5:8-10, Romans 5:20, Romans 8:1, 1 John 3:2, 2 Corinthians 13:14.

Vicar Brendan - shared DSA Waikato/Taranaki Diocese

## PRAYER FOR PROTECTION

All powerful, living and all loving God  
Who has created the world  
In such wonderful beauty and order,  
Who has redeemed us through Jesus Christ  
And through the power of his Holy Spirit  
Has enabled us to share in his healing purpose,  
We hold up before you the present Covid 19 crisis,  
Set up a barrier against further infection,  
Deliver us from all fear and anxiety.  
Help us to adjust to the changes required  
And if necessary to re-order our lives.  
Remember all those who are affected  
That they may get adequate treatment  
And be enabled to recover,  
And protect all those who care for them.  
All this we ask in the name  
of our Lord and Saviour, Jesus Christ.

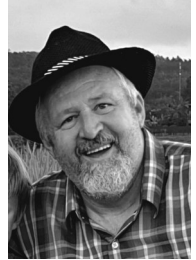
*By Chris B, TSSF  
25/3/20*

*"...the deepest spiritual lessons are not learned by his letting us have our way in the end, but by his making us wait, bearing with us in love and patience until we are able to honestly pray what he taught his disciples to pray: Thy will be done."*

# WELLINGTON DIOCESE

Greetings from Wellington!

If you had told me I was giving up going to church, let alone out and about for Lent I would have laughed. But what a wonderful opportunity to reflect, in the now quietness of the day. (with exception of my 12 year old).



So, we will be doing some of this as a secretariat , we have a zoom licence and will be meeting and potentially having mini Ultreya's in this format.

We have had to cancel our weekends this year, I am hoping we are just postponing them and that our LD's and teams can continue next year.

We as a diocese are working and worshiping remotely and taking our time to get closer to the lord, reflect and pray.

In this time coming up to Easter, use your time wisely and check in on our more vulnerable regularly .

This was sent to me by Lynley W43 and I feel I should share.

## **St Columba's Prayer**

Be a bright flame before me ,O God  
a guiding star above me.

Be a smooth path below me  
a kindly shepherd behind me

Today tonight and for ever.

Alone with none but you, my God  
I journey on my way;

What need I fear when you are near,  
O Lord of night and day?

More secure am I within your hand  
than if a multitude did round me stand. Amen

Regards

David Kendall DLD Wellington

# An Easter Message of Hope

As we share with the Christian world their Easter celebration, let us also share in the sense of hope which is one of the most important message of Easter.

This message of hope should be meaningful in our desire towards living the fullness of our lives even during this uncertain time we are in.

I'd like to quote the Easter message of Archbishop Colin Johnson of the Diocese of Toronto of the Anglican Church of Canada.

*"So many things can make us afraid. The loss of a loved one, work, a broken friendship and the experience of not being valued by others are among the many experiences that can leave us despondent, not knowing what to expect, even afraid. Those who met the risen Christ -- the two Marys, the guards, the disciples -- all experienced a profound change in their lives. Christ was alive and offered peace and hope to them. They were offered new beginnings. His presence brought not vengeance but reconciliation. Our Lord's resurrection overcame sin and death. His resurrection is true redemption, an invitation to new life, where every human flaw can be corrected and we can be freed from whatever binds and constricts or destroys true freedom, and welcomed into his kingdom."*

We live in a wonderful but deeply wounded and wounding world that is at times uncaring, unforgiving, cruel, and devoid of second chances. Easter offers the assurance that the many difficulties and challenges that threaten to overwhelm us will be overcome.

Despite the desertion of his disciples, the cruelty of the soldiers and the despair of the women, Jesus offered them, as he offers us, new life, forgiveness and hope for the future. We can find healing and hope in Him who came that we might have life in all its fullness. The risen Christ, in His profound love, makes possible for all of us to have second chances, new beginnings, new life.

Jesus says to frightened disciples, "Do not be afraid." To us he says, "Do not be afraid." Whatever it is that causes you to fear, Jesus the risen Christ will be

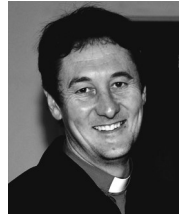
with you and will go ahead of you and continue to be with you. He offers you joy and peace, forgiveness and hope. Most of all he offers you himself. You need not fear. He has overcome the world!

**2 Corinthians 4:16-18** - Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Happy Easter to all of us!

Ngā mihi nui

Rev. Hennie Nothnagel - Wellington DSA



## Changes and Memories

Rev. Mary Rowlands

As I walked back to our home of forty-five years and looked towards the mountains to the west, the last smattering of snow melting on the tops, I wondered, 'what are we doing?' You see this is the last day for tenders to be offered on our farm. We've built our retirement home with a view of the sea, but I'm just realizing how much I will miss the rugged Ruahines. As a family we have tramped those ranges and I give thanks to God that we were able to do that.



This new life, this new beginning, is exciting too and we are keen to get on with it, but I can't help feeling sad to be going. But go we will and after we've locked the door and driven down the road, we will face our new beginning. There is so much to look forward to... new friends, new neighbours, a new church family, and a new garden. We are so blessed.

Someone else will make their living off this land and I pray that they will be as contented as we were; that this home and this land will be good them.



It is said that when one door closes, another one opens, maybe tis true for our family. No more motorbikes, tree huts and chickens but fishing and kayaking and bike rides will soon take over. There are so many fond memories of this place, but we'll move forward and make some new memories ... God is Good.

This poem by Bill Bennett in his book 'The Shepherd's Call' says it all.

### ***Gates***

*Jesus Christ, the gate of the sheepfold,  
our lives often involve  
Making entrances and exits,  
moving from one situation to another.  
Some of these are like  
the juddering over cattlestops.  
Some require us to work at undoing a chained gate,  
or dragging open a gate with only one hinge.  
Some may be like a Taranaki gate, difficult to open,  
taking us through deep mud.  
Help us to see beyond  
to new possibilities,  
to appreciate what has gone before,  
and move through to fresh pastures.  
For you are also the Good Shepherd  
who leads us on life's pilgrimage.*



# WAIAPU DIOCESE

Greetings Cursillistas from Waiapu

Our planning for 2020 had to deal with a time of uncertainty; a 3-Day Cursillo may have to take on a new look which may be 2 events, one in the Bay of Plenty and one in Hawkes Bay in the form of a retreat focussing on Spiritual Growth. These events will be open to all Cursillistas in the area and an invitation to those exploring becoming part of the Cursillo movement. Watch this space.



I was to step down as Diocesan Lay Director after 3 years in the role at our last Secretariat meeting on 28 March in Taupo which had to be cancelled due to the COVID-19 Alert 2 status. It has been a humbling and exciting time. I've been called to do and be what I'd never imagined: leading, encouraging and building up on policies as guided by NZACC to be more current in today's society, albeit this is still an ongoing discussion to be followed through with the new leadership.

To have been a leader of the Cursillo Movement in Waiapu has been fulfilling and a blessing. With the ongoing support of the Secretariat and leaders of the New Zealand Anglican Cursillo Council and Cursillistas in my own Diocese, I have been able to push through some challenging personal times.

It is with great pleasure and thanks to God that I introduce to you the new leadership in Waiapu as this is my final writing to you.

Waiapu Anglican Cursillo Diocesan Lay Director – Jennifer Whyman and  
Waiapu Anglican Cursillo – Diocesan Spiritual Advisor

The commissioning of Jennifer Whyman and Rev Sybil Gibson and the de-commissioning of Hanlie Viljoen and Rev Mary Rowlands is planned to take place in a service at All Saint's Taradale on **Sunday, July 26, 2020 at 6.30pm**

## WAIAPU EVENTS 2020

**All Waiapu events for the foreseeable future have been suspended as advised by our government in-line with the COVID-19.**

Ultreya and abundant blessings

Hanlie Viljoen

### Lebanese Chickpea Balila

#### Ingredients

- 1/4 cup olive oil
- 2 cloves garlic, crushed
- 1 teaspoon cumin
- 1/4 teaspoon salt ( to taste)
- 2 cups cooked chickpeas (well-cooked and soft)
- 1 cup organic, sodium free vegetable broth
- 4 tablespoons lemon juice (about one lemon)
- ¼ cup parsley, chopped
- ¼ cup toasted pine nuts (optional)



#### Directions

Heat olive oil in a medium skillet over medium heat. Cook garlic and cumin about two minutes, stirring constantly.

Add chickpeas and salt, cook 3 to 4 minutes. Flatten/crush about 1/3 of the chickpeas with a fork.

Add broth and lemon, bring to a boil, reduce heat and simmer about 7 to 10 minutes or until thickened. Top with parsley and pine nuts.

# CHRISTCHURCH DIOCESE

It has taken us a while to finalise plans for 2020, mainly because a number of our Cursillistas needed to make certain of their plans. But now we do have an LD for C23 , ( John Preece ), a time, ( 3 -6 Sept ) and a place ( Blue Skies, Kaiapoi ). So just as we were beginning to make further plans, we find ourselves in the uncharted situation of a lockdown. Life will seem different and our experience of Easter will seem very different, although the realities of what occurred with Jesus' death and resurrection remain the same.



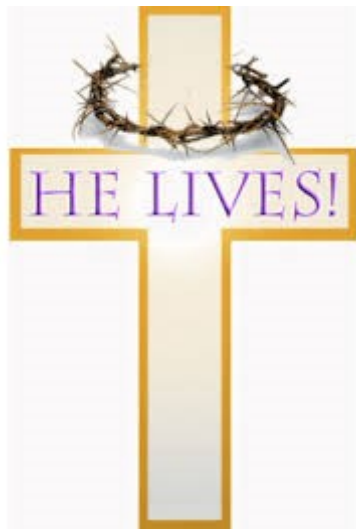
Two very different poems that I have been remembering, the first by Luci Shaw, a twentieth century American poet and the second by George Herbert, a seventeenth century British clergyman.

## ROYALTY

He was a plain man  
and learned no latin.  
Having left all gold behind him  
he dealt out peace  
to all us wild men  
and the weather

He ate fish, bread  
country wine and God's will.

Dust sandalled his feet  
He wore purple only once  
and that was an irony.



## EASTER WINGS

Lord, who createst man in wealth and store  
Though foolishly he lost the same,  
Decaying more and more,  
Till he became  
Most poor  
With thee  
O let me rise  
As larks, harmoniously  
And sing this day thy victories  
Then shall the fall further the flight in me.

My tender age in sorrow had begun  
And still with sicknesses & shame  
Thou didst so punish sinne,  
That I became  
Most thin.  
With thee  
Let me combine,  
And feel thy victories,  
For if I imp my wing on thine  
Affliction shall advance the flight in me.



## We Have A Choice

The Gospel of Matthew contains only a very succinct version of the actual Crucifixion of Jesus and certainly not any information about words from the Cross. However, in Luke's Gospel we find a more detailed story containing some of the words which Jesus spoke. After Jesus had assured the dying thief of his place in Paradise, Jesus cried "Father, into your hands I commend my spirit" and finally breathed his last breath,

For Luke, Jesus' last words are not a cry of abandonment, but of giving himself back to the one who made him. At an ordinary funeral this is called the commendation. The Priest stands near the body and commends the person who has died to God. *"God alone is holy and just and good, in that confidence therefore we commend you to God's judgement and mercy, to God's forgiveness and love. Blessed be God the Father, who has caused the light of Christ to shine upon you"*

There was no one to do that for Jesus which may be why he did it for himself and in doing so horrified many who stood around that day. After all, he was a blasphemer and therefore had no business commending himself to God. As far as the authorities were concerned this was not a funeral - it was an execution and perhaps the prisoner should have been gagged.

But the prisoner was not gagged and by saying what he did he shifted the entire context of his death. Until he said those words - it looked to everyone that his life was being taken away from him. His perverse religion had been stopped - his schemes had failed.

But by saying what he did - he took himself out of their hands. By commending himself to God whose enemy they said he was, he redefined everything that was happening to him. He ***gave*** away everything they thought they were ***taking*** away from him and the whole scene lost its balance. One moment there was a tug of war going on between the good guys and the bad guys but the next - the next Jesus simply opened his hands and those who thought they had him nailed fell right on top of each other.

In this way Jesus introduces us all to the shocking power of sacrifice which can turn something that looks for all the world like loss into something that feels for all the world like gain. Think carefully about the ways our nation has remembered the events of 15th March 2019. According to

Frederick Buechner *"To sacrifice something is to make it holy by giving it away for love"*. even if someone is trying to force your fingers open and pry it from your hands. Even if those standing around you laugh and shout that you have no choice -***you have a choice. You*** can still decide how you will let go. You can still open your hands at the last moment and give up what others thought they were taking from you. You can even make it holy by doing it for love.

Think how this has been exemplified by the words of many of the victims of that horrific event.

And this kind of miracle can happen anywhere and at any time. Holocaust survivor Victor Frankel writes that he even saw it in the Nazi death camps when people had to stand in line for hours for the ovens. even there - he says he watched people exercise choice - some of them turned into wild animals in their fear, whilst others ministered lovingly and tenderly to those around them.

All these people had suffered, and they were about to suffer more, but some of them would not allow what was being inflicted, forced upon them to become the meaning of their lives. Even there with so few choices left, they reserved the right to make their own meaning - and the meaning was what they made out of what was happening to them.

It was how they stood there.

It was whom they loved while they stood there.

It was what they said before they died.

Love, in the form of Jesus goes on loving, and challenging, which finally gets him killed – not by villains, but by people - people just like us, **just like us**.

And in fact, the point of Good Friday is not what sense we can make of the Cross but what sense the Cross makes of us. We have everything to do with his death. He has everything to do with our lives. God help us. Good Friday is the day for thinking, really thinking about these things while Easter Sunday is still a rumour.

May he not rest in peace.

May he stay busy with us – each one of us – who are in desperate need of him. Amen.

Lynnette Lightfoot - DSA Christchurch



# DUNEDIN DIOCESE

## MENTAL HEALTH and THE SANCTUARY COURSE.

### Jesus is our shalom

The Sanctuary Course was created to raise awareness and start conversations in local Canadian churches regarding mental health challenges. In response to the COVID-19 events it offers suggestions on how the course may be run by Church groups connecting digitally.

It can be accessed **[sanctuarymentalhealth.org](https://sanctuarymentalhealth.org)**

Download for free using the code available on the website until 18 April.

Topics covered include Mental Health, Mental Illness, Stigma, Recovery, Companionship, Self-Care and the Church.

Three different perspectives are highlighted: psychological, social, and theological.

Some of the included films address challenging mental health issues such as suicide so every week a session overview is provided to give an idea of where the session is headed.

In these troubled times you may find the session on self-care helpful. It

1. Explores the importance of self-care, boundaries, and self-compassion
2. Considers the stresses and challenges faced by caregivers
3. Reflects on the theological implications of self-care.

In January Rev Dr John Swinton, University of Aberdeen, one of the principal authors of the series presented a University of Otago course: *Practical Theology and Mental Health*.

He writes that Mental Health is the presence of Jesus, Yahweh, it is a relationship.

Those of us within the Church, ... bring to (society) ...a very particular understanding of what a human being is, that resonates with holistic care, but actually goes deeper and allows open space for that interconnection between the spiritual, the soulful, and the physical. *Session 2 transcript*

Judges affirms that “Yahweh is shalom.” (Judges 6:11-24) and Paul in Ephesians (6:44) talks about the idea that Jesus is our peace. Jesus is our shalom.

Vivienne Galletly - Dunedin Spiritual Adviser







We are introduced to 'De Colores' and 'Ultreya' at our 3 Day Cursillo. De Colores, we are told, comes from a Spanish folk song of the same name.

The song was popular long before the beginning of the Cursillo movement. When a bus broke down in Spain with a load of Cursillistas, they were forced to

walk something like 20 miles and passed the time by singing the song over and over again.

De Colores literally means in Spanish 'O the colours!' It is also often associated with the rainbow ("*many colours of God's love*"). The rooster, in medieval times was used to signify the exultant greeting at the dawn of a new day.

'Ultreya' on the other hand is the cry that the early pilgrims called out as they regathered strength for the next stage of their journey.

'Ultreya' - onwards and upwards. Persevere! Keep on going! And so, this comes after our Cursillo as we 'cry' a word of encouragement to each other in our 4th Day. "Keep on going."

"Persevere"!

So, 'De Colores' at our Cursillo. 'Ultreya' on our 4th Day



Reprint from #14

Everyone's portrait of Jesus is incomplete.  
Did someone see Jesus in you today?  
Did they see enough?

Watch your thoughts; they become words.  
Watch your words, they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; for it becomes your  
destiny!"

*Author Unknown*

## Cursillo Badges — A Great idea for Palanca

A few years ago, the Christchurch Secretariat commissioned the design and manufacture of a colourful and attractive “Anglican Cursillo New Zealand” lapel pin badge (pictured right).

Featuring a colourful “de colores” rooster emblem, this badge is a great way to show your colours and start a conversation about Cursillo.

**Priced at only \$10 each** (plus \$2.00 postage), if required, badges will be on sale at three day weekends and Ultreyas, or may be obtained from Lesley Allan (03) 356 1819 or [chchcursillo@gmail.com](mailto:chchcursillo@gmail.com)



### Websites:

Episcopal Cursillo Website (USA) - [episcopalcursilloministry.org](http://episcopalcursilloministry.org)  
British Anglican Cursillo Council - <https://www.anglicancursillo.co.uk/>  
Wellington Cursillo Website - [www.cursillo.org.nz](http://www.cursillo.org.nz)  
Waiapu Cursillo Website - <http://www.waiapu.com/about-us/cursillo/>  
Christchurch Website - <http://cursillo.org.nz/christchurch/>  
Bible Study (Nicky Gumbel) - <http://www.bibleinoneyear.org/>  
Bible Readings - <http://www.biblegateway.com>

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