



# The Fourth Day

The Ottawa Cursillo Community's Newsletter

Fall 2024 Edition

## Message from the Lay Director, Sylva Sheridan

Dear Cursillistas,

My name is Sylva Sheridan. I made Cursillo in December 2010, and I sat at St. Francis of Assisi table. I also made my Cursillo in November 2005 and sat at C-Unit and the Purple Penguin Patrol Table. It is an honour to serve as Lay Director this Cursillo year. As I was reflecting on this year, the verse that has spoken to me is from Paul's letter to Peter: *"As Living Stones, Let Us Build"*. We are a community shared in love of God, love of each other and love for the Cursillo and Challenge Community.

This year, we are launching a fall retreat day, and the team is hard at work preparing. The retreat will be on *Saturday, November 23 from 10:00am-4:00pm* at St. Maurice Parish (4 Perry Street). The theme of the retreat will be *"He Restores My Soul"* from Psalm 23, and we hope you will join us. The retreat day is open to anyone who has made a Cursillo/Challenge or is interested in making a Cursillo. You will hear talks from Karen Lahaise, Angiolina Allaire, Bernie Reilander and Lisa-Marie Flynn. There will be opportunities for table discussion, praise and worship (from the dynamic team of Chris Zettel and Sierra DiGiacomo-Maika), fellowship, as well as a Q&A session on the Cursillo Method. To register for this retreat, please click [here](#).

Friends, this community does not run with one person. We have a full secretariat this year to serve the community as we strive to do God's will. There are open positions including Central Ultreya Coordinator. If you are interested in working with our team, please contact me at [sylva.sheridan@gmail.com](mailto:sylva.sheridan@gmail.com). Also, we are in the midst of updating our parish rep list. If you are a parish rep, or would like to be a parish rep, please send me an email and include your parish name and location.

I look forward to seeing many of you on the 23<sup>rd</sup>, as well as at our Central Ultreya throughout the year. As you prayerfully consider inviting non-Cursillistas to this retreat day, recall our message of shared community: *Make a friend, be a friend, bring a friend to Christ.*

If you would like to contribute to our Fourth Day Newsletter, please reach out to John Sullivan, our Communications Director at [john.sullivan.1993@gmail.com](mailto:john.sullivan.1993@gmail.com).

May God continue to bless each of you and our wonderful Cursillo Community.

De Colores,  
Sylva



## **Introducing the 2024-2025 Secretariat**

For the first time in quite a while, the Ottawa Cursillo movement has a full secretariat. It is a collection of both returning faces in new roles, and new faces in new roles. The contact information for the secretariat is available at the end of the newsletter, but throughout the year, a portion of The Fourth Day will include brief biographies of different secretariat members.

### **Patrick Power, Past Lay Director:**

I made my Cursillo Weekend in November 2016 but - unknowingly at the time! - I joined the Community about four years before that. In 2012, I took a course at my parish with Don O'Grady, and he invited me to join his Small Group Reunion. Throughout my time as a Cursillista, I have enjoyed being on both "ends" of the phrase Make a friend, be a friend, and bring a friend to Christ. My weekly Small Group Reunion, attendance at parish and Central Ultreyas, and the other spiritual helps that this Community offers have been great supports to me in my walk with the Lord, and I try to do the same for others.

Here on Secretariat, I first came on board in July 2021 as Co-Lay Director and then served as Lay Director from July 2022 to June 2024. In my current role as Past Lay Director, I hope to provide continuity and support to Sylva and the rest of Secretariat as they pursue many wonderful projects in this coming year!

### **Kelsey Regnier, Pre-Cursillo Director**

I made my Challenge in November 2006 (Kind of a Big Deal table) and my Cursillo in November of 2015 (St. Rita table). I'm married to my wonderful husband Matt. We met when serving with NET Ireland, and have 2 children, Will and Sophie. We live in Barrhaven and typically attend St. Elizabeth Parish. I enjoy baking, art (particularly coloured pencils), fitness, and quality time coffee dates with friends and family. I will be serving as half of the pre-Cursillo team this year.

### **Pam Swords, Secretary**

Well, hello my name Pam Swords. I have made my Cursillo way back and have been on team a few times. I am a recent grandmother, and it is pretty exciting!!! I have 2 children Family, friends and doing some community volunteering are my staples. Julie and I are the Secretary Duo. I look forward to getting to know all of you.

### **Julie Daley, Secretary**

Hi, my name is Julie Daley and I will be attempting with the aid of my great friend Pam Swords to manage the job of secretary. I am Mary Sheridan's older sister therefore Sylva's Aunt. I made my Cursillo in 2011 and was a team member in 2015 and 2016. I was born and raised in Ottawa but lived in Kingston for 35 years and returned home upon my retirement. I am a recent widow with 2 lovely daughters and a beautiful granddaughter. I look forward to getting to know and work with everyone.



## **The Convent Era: Reflections on Notre-Dame-de-la-Providence**

When I made my Cursillo weekend, it was my first true experience at Notre-Dame-de-la-Providence (aka the Convent). I had been there previously for some weekend closings and a mananitia, but this was my first time staying there for an extended period. What first struck me was that the accommodations were a significant upgrade on what I had experienced on Challenge weekends (going from a school gym or church hall to having my own room with a bed was nice), but also that I was in a location that meant a lot to the Cursillo community.

I'm not the only one to have experienced this feeling. In a previous edition of The Fourth Day, Diane Derenzis reflected on her own 1st weekend at the Convent when she was rectora of the 81st Women's Cursillo Weekend in 1981, one of the 1st weekends to be held there: "The Nuns and the environment were so welcoming and there was a sense of peace, serenity and prayerfulness in all the spaces utilized by us... especially the Chapel."

I was privileged to be able to have 2 additional weekends at Notre-Dame-de-la-Providence, this time as part of teams for the Men's weekends in November 2018 and March 2020. Both of these weekends were just as special as my own Cursillo, and I assumed that I'd have many more to come. Little did I realize that a week after the March 2020 weekend, the world would shut down for 2 years due to the COVID-19 Pandemic, our weekends here in Ottawa would be paused, and the Convent would be closed and ultimately sold. As we know now, God has blessed us with a new weekend location, the Centre de L'Amour in Plantagenet, and our weekends have resumed.

As for Notre-Dame-de-la-Providence, it was sold to the City of Ottawa in July and it's planned to be used for transitional housing for up to 150 adults, mostly those seeking asylum. Our past lay director, Patrick Power, said when discussing this news, "I saw that article and it made me think that I benefited from that property when I sought asylum in the Lord's love and mercy on my Cursillo Weekend, so I guess it's appropriate that it be used for people seeking asylum in Canada!"

God does provide for his people. He provided many blessings to our community at the convent for close to 40 years, and He'll provide comfort to those who'll use the convent in its new role. May we continue to be blessed as we now continue onward in Plantagenet, while always remembering the good times in Orleans.

**John Sullivan, Communications Director**

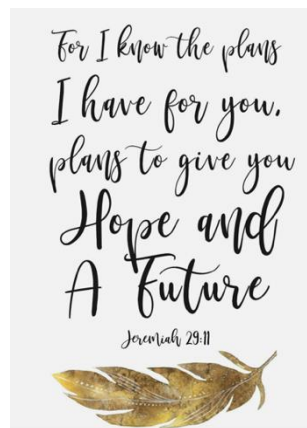


## The Movement's Most Recent Weekends & Newest Cursillistas

Since the move to Centre de L'Amour and the resumption of weekends, we've been blessed to have had 3 weekends, each with an abundance of fellowship, faith, fun and food. Through these weekends, we've welcomed 44 sisters and brothers to the community. These weekends wouldn't have been possible without the team members who devoted their time and talents to the movement; we thank them all.

Below, you'll find a summary of each of these weekends. Continue to pray for our newest cursillistas, and that we may be blessed with more in the years to come.

### **147<sup>th</sup> Women's Cursillo Weekend – April 27-30, 2023**



<b>Team</b>	<b>New Cursillistas</b>
Angiolina Allaire (Rectora)	Marie Abou Debb
Fr. John Orban	Theresa Anderson
Cheryl Thompson	Katelyn Bancroft-Labelle
Gail Dunnigan	Nicole Brenes
Shauna Paul	Miriam Browning
Gabriela Garcia	Vicky Butz
Veronica Verner	Monique Campeau-Leblanc
Rita Hughes	Joyce De Morais
Martha Holt	Maureen Foster
Rosella MacNeil	Alison Hajjar
	Kaitlyn Haley
	Linda MacDonald
	Miriam Pion
	Marianne Pridmore
	Anna Riseborough
	Renée Rozon
	Anne Speck
	Paulette Vernier
	Elia Viviani



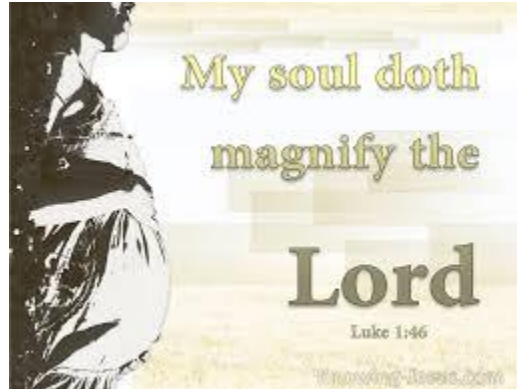
**143 Men's Cursillo Weekend – February 1-4, 2024**



<b>Team</b>	<b>New Cursillistas</b>
John Sheridan (Rector)	Joel Balkovec
Fr. John Orban	Fabio Rancevas
John Farnand	Brian Smith
Sylva Sheridan	Phil Cote
John Sullivan	Bijit Jacob Mattam
John Makadi	Dan Waselbuk
Pat Haggart	Kent Powell
Don Cleyn	Jake Sheridan
Keith Doucette	Nate McCallum
George Balkovec	David Thurton
Joe Farah	Henry Kinsella
Al Lanctot	Trevor Murray
John Evans	Ari Kulidijan
Paul Noah	



148<sup>th</sup> Women's Cursillo Weekend – April 25-28, 2024



<b>Team</b>	<b>New Cursillistas</b>
Gail Dunnigan (Rectora)	Cathy Ford
Fr. John Orban	Chantal Frappier
Fitzi Grant	Pauline Pelletier
Theresa Keil	Vivianne Boileau
Lisa-Marie Flynn	Olivia Colasante
Maureen Miller	Shauancey Peplinski
Geralyn Howel	Marina Caro
Marie Murray	Maria Witol
	Adrienne D. Witol
	May Arabach
	Natasha Nesrallah
	Sandy Kingston



## **A Greeting from the New Associate Spiritual Director, Karen Lahaise!**

It felt just like a family reunion - attending the Grand Ultreya in June of this year, after being away for so many years. It felt like coming home. That is what the Cursillo movement has been like for me, ever since going on a Challenge way back in the 1970's, making a Cursillo in 1985, and working on 5 teams since then. This is a loving community, based on good news and filled with caring, committed people. It is also one of the most faithful and enriching families I have been involved with, since that Challenge weekend 50 years ago.

I find that spiritual invitations “arrive” just when we need them. As I shared at the Grand Ultreya, I retired two years ago and last year finally published my book, Cup of Light! Inspiration and Reflection Along the Spiritual Path. Since then, I’ve had more time, energy and empty space to fill. But how? I wondered what was next on my faith journey. I asked for God’s guidance, insight and wisdom, and prayed, “This is Yours, I am Yours, Thy will be done.”

Then, well you might have already guessed it: I was asked to be involved in the Cursillo community, as its new Associate Spiritual Director! I have come to trust such God-incidences, soulful resonance and spiritual synchronicity – when it arrives in my life. If I am discerning what God is calling me to at this time, then I seriously need to listen when I receive an unexpected invitation – especially from others who are also seeking God’s guidance. If I am filled with joy and peace – the answer is YES. If there are confirmations from trusted others, then it is a clear YES.

With renewed energy and enthusiasm, I can then go, flow and glow in the current of grace. For whenever the heart says “yes”, the experience that follows is with Love. From this place, I look forward to doing my best and trusting the GREAT LOVER GOD to do the rest. I am thrilled to be working with the Cursillo Secretariat, supporting our Ottawa movement and helping to launch the first Renewal Retreat Day. Please pray for the Holy Spirit to continue to enkindle and rekindle us all.

De Colores.

With grace and gratitude,

Karen

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**Cup of Light! Inspiration and Reflection Along the Spiritual Path**, Karen’s book is available [online](#) and also available at retreats and author special events.



**Galilee Centre - Retreat September 27-28** – Karen is leading a [retreat](#) in Arnprior at (registration limited) that invites you to fill your cup, nourish your heart, enlighten your soul and calm your mind.

**Lenten Retreat Day – March 8, 2025** – Karen is hosting a day of reflection and preparation to welcome more Divine Light and Sacred Presence before Easter at the Upper Room Home of Prayer in Ottawa Lent ([theupperroomhomeofprayer.org](http://theupperroomhomeofprayer.org))

**YouTube Channel** - [Listen](#) to Karen's channel for uplifting songs, poetry and interview.

Please feel free to reach out to Karen if you want to find out more about these spiritual resources: [lahaisekaren@gmail.com](mailto:lahaisekaren@gmail.com)

## Community Events

Do you have an event coming up? Is there something you would like to share with the greater [Cursillo](#) community? If so, we would love to support you! Please reach out to John Sullivan, our Communications Director at [john.sullivan.1993@gmail.com](mailto:john.sullivan.1993@gmail.com) to include in our next edition of the **FOURTH DAY**.



De [Colores](#).





## 2024-25 OTTAWA CURSILLO MOVEMENT SECRETARIAT/CONTACTS

### Secretariat Positions:

Lay Director	Sylva Sheridan	<a href="mailto:sylva.sheridan@gmail.com">sylva.sheridan@gmail.com</a>
Co-Lay Director	Angiolina Allaire	<a href="mailto:ang.erialla@gmail.com">ang.erialla@gmail.com</a>
Past Lay Director	Patrick Power	<a href="mailto:patrickmartinpower@gmail.com">patrickmartinpower@gmail.com</a>
Spiritual Director	Fr. John Orban	<a href="mailto:frjohnorban@gmail.com">frjohnorban@gmail.com</a>
Assoc. Spiritual Dir.	Karen Lahaise	<a href="mailto:lahaisekaren@gmail.com">lahaisekaren@gmail.com</a>
Pre-Cursillo Director	Roxanne Le Blanc-Lemieux	<a href="mailto:roxanne-leblanc@rogers.com">roxanne-leblanc@rogers.com</a>
Pre-Cursillo Director	Kelsey Regnier	<a href="mailto:kelsey.e.regnier@gmail.com">kelsey.e.regnier@gmail.com</a>
Weekend Director	Maureen Miller	<a href="mailto:maureen_miller@cogeco.ca">maureen_miller@cogeco.ca</a>
Post-Cursillo Dir.	Lisa-Marie Flynn	<a href="mailto:lisamarielynn13@gmail.com">lisamarielynn13@gmail.com</a>
Communications	John Sullivan	<a href="mailto:john.sullivan.1993@gmail.com">john.sullivan.1993@gmail.com</a>
Treasurer	Rosella Mac Neil	<a href="mailto:rosella.macneil@sympatico.ca">rosella.macneil@sympatico.ca</a>
Secretary	Pam Swords	<a href="mailto:pmswords@rogers.com">pmswords@rogers.com</a>
Secretary	Julie Daley	<a href="mailto:juliedaley@rogers.com">juliedaley@rogers.com</a>

### Support Positions:

Supply Manager	Angiolina Allaire	<a href="mailto:ang.erialla@gmail.com">ang.erialla@gmail.com</a>
Palanca Manager (outside)	John Sullivan	<a href="mailto:john.sullivan.1993@gmail.com">john.sullivan.1993@gmail.com</a>
Bookkeeper	Gerry Larkin	<a href="mailto:gplarkin@qplarkin.com">gplarkin@qplarkin.com</a>
Archivist/Sacristan/Manuals	Bernie Reilander	<a href="mailto:breilander@rogers.com">breilander@rogers.com</a>
Song/Prayer Booklets Publisher	Jerome Gagnier	<a href="mailto:jerome.a.gagnier@outlook.com">jerome.a.gagnier@outlook.com</a>
Prayer Line E-Mail	André Sirois	<a href="mailto:andresiroiscursillo@gmail.com">andresiroiscursillo@gmail.com</a>

### Other Contacts:

Cursillo Mailing Address	Ottawa Cursillo Movement, % Our Lady of Fatima Church, 153 Woodroffe Ave., Ottawa ON K2A 3T8
Centre de l'Amour Retreat House	220, route 21, Plantagenet ON K0B 1L0; <a href="http://centredelamour.org">centredelamour.org</a> ; 613-673-4766
School of Leaders	Bernie Reilander 501—1081 Ambleside Drive, Ottawa ON K2B 8C8; <a href="mailto:breilander@rogers.com">breilander@rogers.com</a> ; 613-222-6351
Challenge Lay Director	Kurt Chavolla-Wolf, <a href="mailto:challengelaydirector@gmail.com">challengelaydirector@gmail.com</a>
Challenge Spiritual Director	Deacon René Allain 1790 Stoneboat Crescent, Orleans K1C 1W8; <a href="mailto:allain.rene@yahoo.ca">allain.rene@yahoo.ca</a> ; 613-834-2947
CCCC Resource Centre	Sheelagh Winston 13—53158 Range Rd. 215, Ardrossan, Alberta T8E 2C9; 250-307-6585; <a href="mailto:cccresource2@gmail.com">cccresource2@gmail.com</a>



## Ottawa Area Ultreyas

The Ultreya, together with Group Reunion, make up the Cursillo Method, unique to Cursillo, helping Cursillistas to persevere on their 'Fourth Day' pilgrimage. The Ultreya is a meeting place for Christians who share a common experience and goal. The Ultreya is where we renew friendships and where we are inspired by the 'story' of a fellow pilgrim whose testimony is supported by others. It can also be the place to start a new Group Reunion for those seeking "companions on the journey". Ultreyas are monthly or bi-monthly—whatever meets the needs of the Cursillo community. Sometimes called 'the gathering of the groups', ultreyas are a great place to receive and give support, especially for those not yet in a group or between groups.

An ultreya has three basic parts; (1) meeting and sharing in floating group reunions, (2) listening to a witness (Fourth Day) talk and the responses, and (3) praying together with community intentions.

Ultreya' means 'onward' or 'keep on going'. Come whenever you can to gather in friendship where you will be encouraged on your pilgrimage. See the list below.

<b>Parish and Location</b>	<b>Day of the Month</b>	<b>Mass Time</b>	<b>Ultreya Time</b>	<b>Contact</b>
Central Ultreya • Our Lady of Fatima Parish • 153 Woodroffe Ave.	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday	7:00pm	7:30pm	Sylva Sheridan 613.761.0284
St. Elizabeth • 1303 Leaside Ave (at Merivale Rd.)	3 <sup>rd</sup> Saturday	9am liturgy	9:30am	Paul and Marlene Pignat 613.728.2529
St. Mary • 28 Hawthorn St. (Carleton Palce)	4 <sup>th</sup> Monday		7:00pm	Teresa Keil keillclan@gmail.com  Rachel Hickey rachhickey@hotmail.com
Holy Redeemer • 44 Rothesay Dr. (Kanata)	Last Monday		7:30pm	Marc Bélanger 613.836.2874



## Important Upcoming Dates to Mark in Your Calendar (Updated Throughout the Year)

Date	Event and Location
October 9, 2024	Central Ultreya, 7:00pm   Our Lady of Fatima
October 19, 2024	St. Elizabeth Ultreya   9:30am
October 28, 2024	St. Mary Ultreya   7:00pm
October 28, 2024	Holy Redeemer Ultreya   7:30pm
October 30, 2024	Central Ultreya (Challenge host), 7:00pm   Our Lady of Fatima *Send-off*
<b>November 1-3, 2024</b>	<b>Challenge Weekend   Sacred Heart High School</b>
November 13, 2024	Central Ultreya, 7:00pm   Our Lady of Fatima
November 16, 2024	St. Elizabeth Ultreya   9:30am
<b>November 23, 2024</b>	<b>Fall Renewal Retreat</b>
November 25, 2024	St. Mary Ultreya   7:00pm
November 25, 2024	Holy Redeemer Ultreya   7:30pm
November 27, 2024	Central Ultreya (Challenge host), 7:00pm   Our Lady of Fatima
December 4, 2024	Grand Ultreya, 7:00pm   Location TBD
January 8, 2025	Central Ultreya (Challenge host), 7:00pm   Our Lady of Fatima
January 18, 2025	St. Elizabeth Ultreya   9:30am
January 22, 2025	Central Ultreya, 7:00pm   Our Lady of Fatima *Send-Off, Men's 144th*
January 27, 2025	St. Mary Ultreya   7:00pm
January 27, 2025	Holy Redeemer Ultreya   7:30pm
<b>January 30 to February 2nd</b>	<b>144<sup>th</sup> Men's Cursillo   Centre De L'Amour</b>
February 12, 2025	Central Ultreya, 7:00pm   Our Lady of Fatima *Welcome Back, Men's 144 <sup>th</sup> *
February 15, 2025	St. Elizabeth Ultreya   9:30am
February 24, 2025	St. Mary Ultreya   7:00pm
February 24, 2025	Holy Redeemer Ultreya   7:30pm
February 26, 2025	Central Ultreya (Challenge host), 7:00pm   Our Lady of Fatima
March 12, 2025	Central Ultreya, 7:00pm   Our Lady of Fatima
March 15, 2025	St. Elizabeth Ultreya   9:30am
March 24, 2025	St. Mary Ultreya   7:00pm
March 26, 2025	Central Ultreya (Challenge host), 7:00pm   Our Lady of Fatima
March 31, 2025	Holy Redeemer Ultreya   7:30pm
April 9, 2025	Central Ultreya, 7:00pm   Our Lady of Fatima *Send off-Women's 149 <sup>th</sup> *
April 19, 2025	St. Elizabeth Ultreya   9:30am
<b>April 24 to April 27<sup>th</sup>, 2025</b>	<b>149<sup>th</sup> Women's Cursillo   Centre De L'Amour</b>
April 28, 2025	St. Mary Ultreya   7:00pm
April 28, 2025	Holy Redeemer Ultreya   7:30pm
April 30, 2025	Central Ultreya, 7:00pm   Our Lady of Fatima *Welcome Back*
May 14, 2025	Central Ultreya, 7:00pm   Our Lady of Fatima
May 17, 2025	St. Elizabeth Ultreya   9:30am
May 26, 2025	St. Mary Ultreya   7:00pm
May 26, 2025	Holy Redeemer Ultreya   7:30pm
May 28, 2025	Central Ultreya (Challenge host), 7:00pm   Our Lady of Fatima
June 4, 2025	Grand Ultreya, 7:00pm   Location Our Lady of Fatima



## 1<sup>st</sup> Ottawa Renewal Retreat

*He Restores My Soul – Psalm 23:3*

We invite you to attend our first renewal retreat day on Saturday November 23<sup>rd</sup> at St. Maurice Parish (4 Perry St.) from 10am – 4pm. This is an opportunity for Cursillistas, Challengers, and those considering making a Cursillo or Challenge. Join us for inspiring talks, table discussion, fellowship, and friendship in Christ.

