

THE FOURTH DAY (WINTER 2024 EDITION)

The Ottawa Cursillo Movement
[HTTPS://OTTAWACURSILLO.CA/](https://ottawacursillo.ca/)



Message from the Lay Director

Dear friends,

Happy season of Advent! A time of preparation, a time of renewal and hope as we await the birth of our Saviour, Jesus Christ.

We have had some wonderful events over the past couple of months. On December 4, we held our Grand Ultreya at St. Leonard Parish. We thank Fr. John Urban, our inspiring Spiritual Director, for opening his parish for our use. We heard from two dynamic and spirit-filled speakers. Patrick Power and Jess Saunders each spoke about how the Cursillo and Challenge Community (respectively) have influenced their piety, study and action. We are grateful that St. Leonard's opened their doors to us for our Grand Ultreya. God is good.

We also held our first Renewal Retreat on Saturday November 23 at St. Maurice Parish. We were blessed with 40 Cursillistas, Challengers and friends of the community who registered and shared the day with us. This day-long retreat comprised of four rollos: Piety (delivered by Karen Lahaise), Study (delivered by Angiolina Allaire), Action (delivered by Bernie Reilander) and Leaders (delivered by Lisa-Marie Flynn). We were blessed with some praise and worship led by Chris Zettel and Sierra DiGiacomo-Maika. Our agape (kitchen) team, Julie Daley and Pam Swords have the hearts of servant. The Cursillo community benefited from the teachings and words of wisdom and inspiration from our speakers.

The purpose of the retreat day reflects the spirit of renewal of our Cursillo movement. These day-long retreat give us an opportunity to celebrate our shared friendship and community as we thank God for His love and mercy reflected in our Cursillo and Challenge community.

We received some incredible feedback, and I would just like to share some of the encouraging words we received:

"... the musicians were great and very engaging, and it contributed greatly to the days experience ..."

"... not just enjoyed but learned from the sharing of each speaker. The topics engaged me to remember who I am as a Cursillista and my Christian action. I would listen to them again ..."

"... the speakers provided good life experience - knowing we are all humans in this together with similar struggle and challenges as well as the same goal ..."

"... the timing of just before the start of Advent was good. Nice to take a breath and ponder before heading into the busy time of the year ..."



“... I think this format should be used frequently as a means of enhancing out Cursillo experience ...”

“... Events like this are a great way to build community and awareness of the purpose and mentality of Cursillo ...”

Friends, when we first set out to plan the Renewal retreat, we did not know what to expect. However, our God is truly an awesome God, and his plan came to fruition as a bit of confirmation that we will continue to hold these retreat days. Our plan is to run two or three of these retreat days next fall. This way, we will continue to have a thriving post-Cursillo.

As you know, we are moving into the time of the year where we are preparing for the upcoming Cursillo weekends. We are also bringing this spirit of renewal to the Cursillo weekend itself. If you sponsor someone for this upcoming weekend, you are invited to join them through their weekend. However, the weekends are still men's and women's. Often, we think that we want to sponsor someone, but only if we are on team so that we get to witness how they embrace the Cursillo weekend. What a wonderful gift to be able to journey up and down the mountain.

The team preparation for the 144th Ottawa Men's Cursillo Weekend is underway, and preparations for the 149th Ottawa Women's Cursillo Weekend soon will be. Included within this Fourth Day Newsletter is a letter-sized poster for the upcoming weekends. Feel free to share this information with friends and/or your parish.

Weekend applications are being accepted. Applications for the weekend are reviewed by our wonderful Pre-Cursillo team of Roxanne and Kelsey and can be found at <https://form.jotform.com/243008372660048>.

Once again, thank you for your continued prayers for the Cursillo and Challenge community. God is good.

De Colores,

Sylva Sheridan
Lay Director



144th Ottawa Men’s Cursillo Weekend

Dates:

January 30-February 2, 2025

Location:

Centre de L’Amour, Plantagenet

Theme:



As Sylva mentioned in his message, the men’s team has begun their preparations for the upcoming weekend. Below, you will find the team list; please keep these men in your prayers that they may do the will of the Lord.

Name	Role
Sylva Sheridan	Rector, Total Security, Cursillista After Cursillo,
Fr. John Orban	Spiritual Director, Sacraments
Dcn. Mike Seguin	Spiritual Advisor, Habitual Grace, Life in Grace
Keith Doucette	Associate Spiritual Director, Actual Grace, Obstacles to Christian Living
Pat Haggart	Detail
Joe Cousineau	Music, Action
Jake Sheridan	Ideal
Trevor Murray	Layperson: A Christian in the World
Richard Sheridan	Study
John Sheridan	Leaders, Piety
David Thurton	Study of Environments
Bryne Egan	Christianity in Action
John Sullivan	Service Detail
Joel Balkovec	Service Detail



Introducing the 2024-2025 Secretariat

As we did in the Fall edition of The Fourth Day, we will continue introducing some of the secretariat members.

Rosella Mac Neil, Treasurer:

Hi everyone! I am filling the role of treasurer for the Ottawa Cursillo movement, along with the brains behind the position, Gerry Larkin, who has provided his experience and wisdom to the Secretariat in the 00's as treasurer, a role he has filled for many other faith organizations. I made my Cursillo in 2000, was on team a few times, and continue to enjoy the wonderful experience of sharing our Catholic faith with Secretariat members, the others in Secretariat support roles, the wonderful people in the St. Elizabeth monthly Ultreya, my newish parish, Holy Cross and of course the greater Cursillo community in the diocese of Ottawa-Cornwall.

Maureen Miller, Weekend Director:

My name is Maureen Miller and I made my Cursillo in 2008 and I sat at the Ste. Therèse de Lisieux table. I have two children (a boy and a girl) that are now adults and who are both living with me in Cornwall, ON. My Cursillo was a life altering experience that radically changed the trajectory of my life. I was very grateful to be asked to serve on team for the Women's 148th weekend which was held last April and absolutely loved it...it was almost like reliving my weekend from 2008 and at the same time I got to work with an amazing team of women and meet and share in the experience with the most lovely group of candidates. I remain excited about my faith and am always seeking opportunities for spiritual growth. I believe that being part of the Ottawa Cursillo Secretariat can be just that for me and at the same time it will allow me to repay a most loving community to whom I am eternally grateful. I am an eager and willing learner and look forward to serving this community in any way I can.

John Sullivan, Communications Director:

Hello one and all. I have been part of this great community for close to 15 years (a challenger since March 2010 and a cursillista since November 2017). I have served on several teams, was on the challenge executive for a few years, and have now "graduated" to serving on the secretariat. My primary responsibility as communications director is composing The Fourth Day newsletter, and I also do what I can to help promote the events of the Ottawa Cursillo community. This community has played a vital role in my journey of faith, and I'm always happy to serve wherever I can. I have been a lifelong resident of Ottawa, a lifelong parishioner of St. Maurice Parish, a longtime musician (especially guitar), a semi-competitive euchre player in the St. Elizabeth's men's euchre league and a recent convert to playing Fantasy Football.



(P.S. If you would like to contribute to a future edition of our Fourth Day Newsletter, please reach out to me at john.sullivan.1993@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 to include in our next edition of the FOURTH DAY.



De Colores.



The National School of Leaders

During my time as Lay Director of the Ottawa Cursillo Movement (2021-2022), internet searches were initiated of other Cursillo Movements across Canada and the US to learn how others were coping with the restrictions imposed by COVID. In this process, one stumbled upon the Canadian Conference of Catholic Cursillos(<https://cursillocanada.org/>) and the National Cursillo Movement USA website ([National Cursillo USA](#)). The Canadian and American Cursillo Websites provided me with a treasury of information.

An announcement of a Mini Conference on the website of the Canadian Conference of Catholic Cursillos (<https://cursillocanada.org/>) in the fall of 2022 caught my attention. Being eager and curious about Cursillo, I attended this event held in Grande Prairie AB.

As a veteran of numerous Cursillo teams both as a team member and kitchen detail person, I believed I knew much about Cursillo. My prior involvement in numerous local Cursillo events helped me understand the **how** of Cursillo. The information gained at the conference, proved to me that I knew **little** about Cursillo. It became abundantly clear that I had much to learn about the **why** of Cursillo and the vision for Cursillo that our, Founder Edwardo Bonnin, spent his lifetime developing.

Following my participation at this mini conference, links to the National School of Leaders presentations continue to be forwarded to me, which were shared with members of our Movement.

Past topics have included: The Criteria for Cursillo Decisions; The Woman at the Well – How to Encounter Others; The History of the Study of the Environment Rollo, The Environment Rollo; Pre Cursillo 1; Post Cursillo 1; Post Cursillo 2; The Three Encounters of Cursillo Weekend; Leaders who Think; and The Third Day.

Cursillo, as a short course in the Fundamentals of Christian Living, is a field of study like education, catechesis, or religious education. The concepts and practises of Cursillo as a discipline or school of thought are discussed, analyzed and communicated in the various newsletters, books and pamphlets found in the resources section of the CCCC's [Catalogue-April-2023-.pdf](#) as well as the [Cursillo Literature | Catholic Cursillo Books](#). These lists contain a treasury of worthwhile reading.

The Officers group of the CCCC is planning a Cursillo Conference during the summer of 2025, to be held in London Ontario. More information will be shared as it becomes available.

Participation in the NSOL presentations and attendance of the 2025 summer Conference will increase my understanding and appreciation for the beautiful gift of Cursillo which Our Lord gave us through the lifetime work of Edwardo Bonnin (1917 – 2008).

Brian Sarsfield, Past Lay Director of the Ottawa Cursillo Movement



Unexpected Christmas Blessings

When someone asks about favorite Christmas memories, they often include a favorite present, spending time with loved ones and rejoicing that Christ came into the world. For me, one of my favorite memories occurred a few years ago due to an unexpected phone call.

December 25, 2021 was one of the “COVID” Christmases, where gathering together was severely limited, both in homes and in churches. On Christmas Eve, as my parents and I were preparing our celebration for the next day, we received a phone call from our parish priest at St. Maurice, Fr. Tim Devine. The priests in the rectory had their meal plans fall through and were caught in a bind and Fr. Tim took it upon himself to reach out to see what could be done. Fr. Jerry Gauvreau, who was in residence at the time, couldn't believe that Fr. Tim was reaching out on Christmas Eve to people who were busy planning their own festivities. Nonetheless, Fr. Tim knew that someone out there would respond in kind; it just so happened that we were the ones who did.

Having already prepared most of our meal, we had enough to spare, so we put together take out versions of our meal for the 3 priests. They received a classic Christmas dinner: turkey, potatoes, veggies and apple pie for dessert. The next step was delivering the meal to them...which proved interesting because there was inclement weather on Christmas night. So, braving the elements, we drove to St. Maurice and brought the food in containers and delivered it inside to them. They weren't expecting the meal that they received, and they were very appreciative.

As Christmas was on a Saturday, we ended up seeing them the next day at Sunday Mass. The final verdict on the meal was that it was delicious, nobody got sick and that they were all grateful for the hospitality we provided to them.

I share this story for 2 reasons; first, this will be the last edition of The Fourth Day before Christmas, so I wanted to include a Christmas memory. But secondly, and most importantly, I share this to highlight that some of the best memories and experiences can be borne out of unexpected opportunities, and how we choose to respond can have an impact that can affect people in ways that you would never expect.

As we approach Christmas in 2024, may your Christmas season be filled with joy, may it be a time spent with those you care about most and as the calendar turns to 2025, may our Cursillo community be blessed abundantly and may we respond to the opportunities that God has in store for us.

John Sullivan, Communications Director



2024-25 OTTAWA CURSILLO MOVEMENT SECRETARIAT/CONTACTS

Secretariat Positions:

Lay Director	Sylva Sheridan	sylva.sheridan@gmail.com
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Past Lay Director	Patrick Power	patrickmartinpower@gmail.com
Spiritual Director	Fr. John Orban	frjohnorban@gmail.com
Assoc. Spiritual Dir.	Karen Lahaise	lahaisekaren@gmail.com
Pre-Cursillo Director	Roxanne Le Blanc-Lemieux	roxanne-leblanc@rogers.com
Pre-Cursillo Director	Kelsey Regnier	kelsey.e.regnier@gmail.com
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Communications	John Sullivan	john.sullivan.1993@gmail.com
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Secretary	Julie Daley	juliedaley@rogers.com
Challenge	Kurt Chavolla-Wolf	challengelaydirector@gmail.com

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Bookkeeper	Gerry Larkin	gplarkin@qplarkin.com
Archivist/Sacristan/Manuals	Bernie Reilander	berniereilander@gmail.com
Song/Prayer Booklets Publisher	Jerome Gagnier	communications@stfaustina.ca
Prayer Line E-Mail	André Sirois	andresiroiscursillo@gmail.com

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; https://centredelamour.com/anglais/welcome.html ;
School of Leaders	Bernie Reilander; berniereilander@gmail.com
Challenge Lay Director	Kurt Chavolla-Wolf; challengelaydirector@gmail.com
Challenge Spiritual Director	Deacon René Allain; allain.rene@yahoo.ca ;
CCCC Resource Centre	Sheelagh Winston; cccresource2@gmail.com



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.

Parish and Location	Day of the Month	Mass Time	Ultreya Time	Contact
Central Ultreya <ul style="list-style-type: none"> • Our Lady of Fatima Parish • 153 Woodroffe Ave. 	2 nd and 4 th Wednesday	7:00pm	7:30pm	Sylva Sheridan 613.761.0284
St. Elizabeth <ul style="list-style-type: none"> • 1303 Leaside Ave (at Merivale Rd.) 	3 rd Saturday	9am liturgy	9:30am	Paul and Marlene Pignat 613.728.2529
St. Mary <ul style="list-style-type: none"> • 28 Hawthorn St. (Carleton Place) 	4 th Monday		7:00pm	Teresa Keil keillclan@gmail.com Rachel Hickey rachhickey@hotmail.com
Holy Redeemer <ul style="list-style-type: none"> • 44 Rothesay Dr. (Kanata) 	Last Monday		7:30pm	Marc Bélanger 613.836.2874



Upcoming Cursillo Weekends

**Men's 144th:
January 30-February 2**

**Women's 149th:
April 24-27**

**Location:
Centre De L'Amour**

**To apply for the weekend:
<https://ottawacursillo.ca/weekend/>.**



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

Date	Event and Location
January 8, 2025	Central Ultreya (Challenge host), 7:00pm Our Lady of Fatima
January 10-12, 2025	Challenge Weekend Sacred Heart High School
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
January 30 to February 2nd	144 th Men's Cursillo Centre De L'Amour
February 12, 2025	Central Ultreya, 7:00pm Our Lady of Fatima *Welcome Back, Men's 144 th *
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 th *
April 19, 2025	St. Elizabeth Ultreya 9:30am
April 24 to April 27 th , 2025	149 th Women's Cursillo Centre De L'Amour
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