



Ultreya Bulletin

February 25th, 2010



The Season of Lent has now begun. Lent is a very important time of the year. It is a season of penance, reflection and fasting that prepares us for Christ's Ressurrection on Easter Sunday, through which we attain redemption. This journey enables us to grow closer to God.

Lenten fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch this Lent. Below are some suggestions you may want to consider.

1. **Fast from anger and hatred.** Give your family an extra dose of love each day.
2. **Fast from judging others.** Before making judgments, recall how Jesus overlooks our faults.
3. **Fast from discouragement.** Hold on to Jesus' promise that he has a perfect plan for your life (Jer. 29:11).
4. **Fast from complaining.** When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.
5. **Fast from resentment or bitterness.** Work on forgiving those who may have hurt you.

Repentance doesn't mean going through life with your head down, feeling remorseful for being so bad. It means start doing something good. Start practicing what you believe in.

"Repent" means start doing the things that you know you should do. If you are alienated from somebody, be reconciled. If you are self-righteous in relation to others, humble yourself. If you have been uncaring toward the poor, now is the time to get some moral imagination and put yourself in the plight of another human being. If you have been callous about prospects for peace in the world, now is the time for you to start praying and begin

working for those things in your own neighborhood that make for peace. If you have put your trust in the accumulation of things so that you are slave to a whole host of masters, now is the time for you to unload some of the stuff and to put your trust in God. And if you assumed to this point that you are going to be judged on your ability to avoid evil in this life, this is the time for you to hear that you are going to be judged on your courage to do the good.

Repentance is not some negative, life-denying gesture. In fact, repentance doesn't mean turning to a past way of thinking or doing at all. Repentance means turning to a new way. Repentance does not mean to change from what we are to what we were. It means to change from what we are to what we are going to be."

~**Claudia Aucoin, Lay Director**

Upcoming Cursillo Weekends:

119th Women's weekend - April 22-25 with Rector Claire Marchand

80th Men's weekend - May 21-24 with Rector Russell Aucoin

120th Women's weekend - June 3-6 with Rector Edna Aucoin

Upcoming Challenge Weekends:

Mar 19-21 Arlene Edwards & Janelle Aucoin

Mar 26-28 Terry Jerrett & Semisel Stevens

Challenge Co-Ed-April 16 -18

HIGH SCHOOL REPS: Nolan Conrad

Erica Stevens

UNIVERSITY REPS: Rainbow Poulette

Semisel Stevens

Upcoming Events

Mark your calendar to attend our School of leaders booked for April 11th at Our Lady of Fatima hall starting at 1pm. Our theme for this session is on Sponsorship. Please paln to attend to learn more about this wonderful movement along with other fellow Cursillistas. We will have songs and a light lunch will be served.

Conference 2010 will be held
on the campus of St. Francis Xavier University in
Antigonish, Nova Scotia, from

June 24 to 27, 2010 at the
Keating Millennium Centre

When plans have been finalized, you may register on-line to attend the 2010 CCCC Conference. Registrations will begin the early part of the New Year.

Executive Members:

- Claudia Aucoin, Lay Director
- Fr. Donald MacGillivray, Spiritual Director
- Fr. Patrick O'Neill, Spiritual Director
- Allan & Anita O'Donnell, Post Cursillo
- Frances Presseau, Women's Pre-Cursillo
- Sheila Cabot, Women's Pre-Cursillo
- Colin Samson, Men's Pre-Cursillo
- Tom Gale, Men's Pre-Cursillo
- Patricia Campbell, Secretary
- Jody Sutherland, Treasurer
- Gary David, Richmond County Rep.
- Philomena Sutherland, Supplies
- Jermaine Doucette, Eskasoni Member at Large
- Bev Dilny, Food Palanca Coordinator
- Brian Murray, Fourth Day
Terry Jerrett, Bulletin

Palanca Drop Offs:

- **LA Hair Design**, Kings Road, Sydney
562-0076
- **Kenny's Pizzeria**, Sydney River –
564-5588
- **Tasty Treat**, Grand Lake Road, Sydney
562-1225
- **MacSween's Flowers**, Heelan St., NW
862-6468
- **Shepherd Photo**, McKeen St., Glace
Bay, 849-6365
- **Gilbert Bernard**, 9009 Trans Canada Highway,
Whycocomagh:
Home: 756-9063
Cell: 623-0204
- **Bubblo's Store (Beverly Jeddore)**, 5281
Mountain Rd, Eskasoni
Store Number: 379-2465
Home Phone: 379-2256

Ultreyas:

Industrial Cape Breton – Last Thursday of the month, OLF, Sydney River – 7:30 p.m. **Next Ultreya: March 25, 2010**

Richmond – Third Tuesday of the month, St. Louis Parish Hall, Louisdale – 7:30 p.m.

United Church – 2nd Monday of the month, United Church, Sydney River, 7:30 p.m.

Reminders:

- Please remember to take to Ultreya your good reading material that you are no longer using. It will be placed on the Study Table on the weekends free of charge for the candidates.
- Remember to wear your cross and name tag to Ultreya.
- If your Group Reunion would like to host an upcoming Ultreya, please contact Allen or Anita O'Donnell at 567-2866.
- Please take a moment to sign the registration sheets. They are very helpful when selecting Teams; Eucharistic Ministers; Lectors; Music etc.
- Applications for Cursillo and Challenge, along with information on Sponsorship, are available on the back table.

Please note: I would appreciate if you could provide me with names of new and old Cursillistas that would like to work a weekend. I will make sure these names will be shared with our future Rectors.

Thanks, Claudia Aucoin

Email: theaucoins@ns.sympatico.ca

C.B. Cursillo Movement Email Address:

www.cb cursillo.com

Tom McMullin, Cursillo & Challenge website coordinator:

cb cursillo@gmail.com

Canadian Conference of Catholic Cursillo (CCCC):

www.cursillo-canada.org

World Body of the Cursillo Movement (OMCC):

www.orgmcc.org/index.htm

Suggestion Box:

If you have suggestions about how to build a stronger community or add to the enrichment of the Weekends and Ultreya, please come forward and place your signed suggestions in the box provided. All ideas and suggestions will be given serious consideration.

If you have anything you wish included in this newsletter, please contact Terry Jerrett @ 736-2041 or frosty678@hotmail.com

