

WHAT IS POST CURSILLO?

We all know that everything done regarding the Cursillo purpose and methodology has the Post-Cursillo (PC) as its final objective. The Pre-Cursillo and the Cursillo weekend are only preliminary steps toward the Post-Cursillo.

In Pre-Cursillo-the person seeks Christ.

In the Three-day weekend-the person encounters Christ

In the Post-Cursillo- the person follows Christ

The Post-Cursillo is the perennial living of what is fundamental for being a Christian. It is designed to increase and continue the conversion process to live what is fundamental for being a Christian throughout one's life. The Post-Cursillo aims to accomplish the vision permeated on the weekend.

If the weekend experience was valid, it should open the realistic possibility of continuing the encounter with self, Christ, and brothers and sisters in a progressive and growing manner. The immediate objective of the leader in Post-Cursillo is to motivate and help the new Cursillista to find a group of Cursillista friends with whom they can share their fourth day.

Through the Friendship Group and the Ultreya, the Post-Cursillo offers a spiritual community of persons with the same desire for progressive conversion and living according to that attitude. The Christian life is an apostolate; thus, all actions should be apostolic.

Many people leave the Cursillo with enthusiasm after having had the opportunity to encounter self, Christ, and others. This is only the first step. The Cursillista should be encouraged to take the second step to freely use the method to persevere by seeking a group of friends and committing to them to share the Christian way of life, fortifying the three encounters initiated in their Cursillo.

FRIENDSHIP GROUP is a group of individuals who are friends because they are Christians and wish to become better friends and be better Christians and vice versa. Therefore, Group Reunion is friendship converted into permanent actual Grace.

PURPOSE OF GROUP REUNION:

They are the channel and source of countless experiences, an ever-living fertile source of restlessness and initiative: it is a road to the creation and development of personalities centered in Christ. It tends to encourage and increase the idealism, the spirit of self-surrender, and the spirit of charity of each member to ensure perseverance.

Following the Cursillo, the Friendship Group Reunion should be initiated immediately. The group must be small, and there must be a certain rapport, receptivity, and desire for the same friendship among the members; otherwise, there will be no bond. It must be based on true friendship and Christian sharing by the group members to become closer friends and better Christians each day. The Group Reunion is valid if the members share their Piety, Study, and Action, most especially the presence of Christ in our lives and the wonder and effectiveness of Christianity in action; otherwise, the conversation is in vain.

In PIETY, we share all the aids for our growth in Christian life—examples: Morning prayers, Novena, holy rosary, meditation, etc.

STUDY - we share what we have heard and read that has helped us know Christ better and understand His will for us, like the bible, homily, scriptural passages, etc.

ACTION - we are called to be a living ferment that evangelizes our families, places of work, neighborhoods, and other environments. It is not a matter of apostolic commitment but a commitment of apostolic life.” There are no apostolic plans only when we have free time.”

Another critical aspect of the Group Reunion is sharing our Moment closest to God. It need not be an emotional event. Usually, it is an awareness of Christ in our lives,

dealing with our family, prayer meditation, liturgy, etc. We will share that moment of greater awareness of Him in our lives with others so they can also become aware of Christ in a similar circumstance.

Ideally, it should be done weekly because it fits into a normal rhythm of life. This is to continue the development of a more profound friendship towards the conversion to Christian life.

When Group Reunion functions as a social group, they are not achieving the purpose of the Cursillo Movement and are in danger of ceasing to exist as a Group Reunion.

ULTREYA

It is the reunion of the different Friendship Groups!

The Friendship Group Reunion- oversees the good of the individual.

The ULTREYA- oversees the good of the community.

Both are important for attaining the direction of our whole life in the light of the Gospel and the opportunity to share that life with other Christians.

In the Ultreya, the Friendship Group Reunion members must mingle with the other Friendship Group Reunion. This unifies the Cursillo Movement and facilitates the new Cursillistas moving into the second stage of the Cursillo community.

The ULTREYA should be where we receive the nourishment we need for our spiritual and evangelical journey. It should be kept short and simple so that it does not take the whole morning or afternoon of the members' time. It should not waste time because of an elaborately formal schedule. It should be parochial for convenience.

Organizing the ULTREYA:

Since the ULTREYA is an essential part of the Cursillo Movement, it should be planned. It is not a "to do or plan something, or to give teachings, or specific info to everybody."

It should be viewed as something they want and need as an attractive opportunity rather than something they are compelled to attend.

The Ultreya must have two periods:

- 1-The floating Group Reunion
- 2-The lay witness Rollo, comments(echo), announcements

The Ultreya should not be the work of one person. It should be the fruit of the efforts of a team of leaders. Each team should be responsible for one Ultreya; in our case, each Group Reunion should be responsible for one Ultreya in the year.

The book says Ultreya should be done weekly, but in our case, we only have it every fourth Saturday of the month, so it is just monthly for us.

Ultreyas should be available in the same place and at the same time.

By doing this we become more aware of the Ultreyas and grow and persevere in friendship and love of GOD.

The leaders play a vital role in the Ultreya.

The spiritual advisor and lay director/diocesan coordinator will take care of the details of the Ultreya:

- facilitating the new Cursillistas incorporation into the Ultreya
- greeting and bringing all brothers /sisters into closer friendship
- creating a climate of joy, sincerity, openness, equality, respect
- constant personal contact
- respecting the individuality and originality of each person
- giving more attention to those less frequent to the Ultreyas: to visit those who last assisted a while ago.

They are to do this with the attitude of humble servants, radiating the life and joy of the Holy Spirit.

Opening Prayer-it is important that we invoke the Lord's presence in everything we do.

ULTREYA Floating Group Reunion

They will share their PSA.

The leaders need to listen to what is being shared, especially the sharing of the new Cursillistas about their Christian life on the fourth day of their journey to the Father with their Piety, Study, and Action, and, if needed, spiritual direction.

Each leader should manage the time group to ensure all participants are heard.

ULTREYA WITNESS TALK -10 to 15 minutes

The speaker should talk about her concrete experience of striving to live what is fundamental for being a Christian.

How she lives a love of God and neighbor and how she has overcome the daily obstacles in living a Christian life. The witness talk should be something other than instructional but an encouragement by personal example, not theory.

It is a personal sharing of bringing others to know Christ, to love and serve HIM.

It should not be highly emotional, down to earth, not a propaganda message, or an outpouring of personal troubles that end in a call for help.

On the fourth day, Ultreya will have two levels of witnesses.

-one in which the new Cursillista witness concentrates on the change and conversion in their life before and after the Cursillo experience.

-the second type centers on their attempts to put into practice and live the grace they experienced in their Cursillo.

ECHO- after the witness talk, 2-3 Cursillistas will echo the message in the witness talk on how they have lived in the same dimension. 2-3 minutes only

SPIRITUAL ADVISOR'S SUMMATION

According to the book, it should be at most five minutes.

Only a deacon, a priest, or a vowed religious can give the summation considering the Gospel; hence, the deacon should receive a copy of the witness talk before the Ultreya to prepare the summary. A laity can never give a summation.

Visit to the Blessed Sacrament or a Closing Prayer

A closing Prayer is essential to conclude the Ultreya if a visit to the Blessed Sacrament is not possible.

We should focus on something other than the Ultreya coming out well but on the persons coming out better!