



Growing Christ-Centered Leaders  
It's not just a weekend;  
It's not just a retreat;  
It's a worldwide faith formation and  
renewal movement alive in our diocese!

# The Cursillo Weekend



The Cursillo Movement of the  
Catholic Diocese of  
Jefferson City, Missouri

## The Three Day Weekend

A Cursillo Weekend brings together a diverse group of Catholics to share the richness of many modes of worship and to broaden each one's appreciation for our Church. Lay people conduct the Weekend with two members of the clergy functioning as spiritual advisors. A Spiritual Advisor is usually a priest and the Assistant Spiritual Advisor is a deacon or religious.

Cursillo presumes that those who attend are already well grounded in the faith. It is not intended to be a conversion experience but an enriching and deepening of what is already there. It often provides new insights into our faith as well as fostering ministry among lay people.

The Weekend begins Thursday evening with meditation and prayer. Then blessed silence is kept until after worship on Friday morning. Following breakfast, participants are assigned to table groups for the remainder of the weekend.

The three days are filled with talks and group discussions with emphasis on the doctrine of Grace, the Sacraments, and the great Cursillo tripod: Piety/Study/Action. Plus there is fellowship, singing, good food, and time for privacy, meditation, prayer, and walks. The Eucharist is celebrated each day.

## Weekend Talks

The Weekend consists of 15 talks (Rollo) and 5 meditations. The focus and message of the weekend Rollo are:

**Ideal** – The need to have goals and objectives in life to be fully human.

**Habitual Grace** – The call to be a full Christian person and to have a personal relationship with God the Father, His Son Jesus Christ, and the Holy Spirit.

**Lay Person in the Church** – The call to Christians to be active members of the People of God (The Church)

**Actual Grace** – The divine life is possible only through the gift of Actual Grace, which we find in the Sacraments, our ongoing contact with God.

**Piety** – Living in union with Christ and to be in His presence.

**Study** – We need to grow in the life of faith. In study, we hear God's word speaking to us.

**Sacraments** – Encounters with Christ in the Church makes possible the fullness of a relationship with Christ.

**Action** – The ability to take Apostolic Action into the places we live our lives through the Cursillo method: "Make a friend; Be a friend; Bring a friend to Christ."

**Obstacles to a life of Grace** – We must be prepared for difficulties. This rollo shows us how we can overcome sin.

**Leaders** – A Christian leader is a servant leader who knows Christ, follows Him and centers his/her life upon Him.

**Study of the Environment** – Our goal is the transformation of our part of the world for Christ.

**Life in Grace** – a truly Christian life of piety, study and action fosters a love for Christ and our neighbors.

**Christianity in Action** – the plan on how to live your life of piety, study and action in the world and within your own environments.

**The Cursillista Beyond the Cursillo** – Contact with others can improve our spiritual life as well as improve theirs. Group Reunion is a small group of friends that meet regularly to keep each other accountable for their spiritual journey of piety, study and apostolic action.

**Total Security** – The Group Reunion as well as the Ultreya (a larger group of both men and women in your faith community) gives us the support we need as we continue the process of our own conversion in which we deepen our friendship with Christ, becoming more and more convinced of God's infinite love for us. We maintain these groups through honest sharing of our experiences of Christian leadership. We grow in faith together and through this growth we become sanctified.



The first Cursillos were developed in the Roman Catholic Church in Mallorca, Spain in the late 1940's. Under the leadership of their bishop, several laymen began to formulate a way to draw active laymen into the work of "Christianizing" the everyday life settings where they lived. Because of its Spanish heritage, the following are meanings of Spanish terms you may have or will hear on a Weekend.

**Cursillo** – (Ker-see-yo) An intense three-day short course in Christianity.

**Cursillista** – (Ker-see-ees-tuh) The name referred to someone who has attended a Cursillo.

**Rollo** – (Roy-oh) A short talk. There are 15 Rollos on the Weekend given by Lay and Clergy. The 15 Rollos form the message of the Weekend.

**Palanca** – (Puh-lonk-uh) A word which means to lean or to be a lever. We use a lever to overcome resistance. Palanca is the prayer and sacrifice made by others on behalf of the participants on the weekend.

**Ultreya** – (Uhl-tray-uh) A word of encouragement and greeting meaning "onward" or "keep going" on our Christian walk. It is also used to describe a larger meeting of prayer and worship for sharing and community support.

**Closura** – (Close-your-uh) A ceremony at the end of a Cursillo Weekend, welcoming the new candidates into the Cursillo Movement.



The Jefferson City, Missouri Cursillo Movement is affiliated with the National Cursillo Movement.

National Movement:

[www.natl-cursillo.org](http://www.natl-cursillo.org)

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To maintain the effectiveness of its operation, the Cursillo Movement has its own strategy for making sure its method is correctly applied and for providing, testing, organizing, and adjusting the means, resources, and other elements necessary to achieve its goals.

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To meet this need, the Cursillo Movement has two operational structures in place in every diocese; the **School of Leaders** and the **Secretariat**. These are the instruments of organization to guarantee its proper use, and thus nurture a way of living that constitutes the very essence of this Movement for renewal.

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For more information visit the  
**Jefferson City Diocese  
Cursillo website:**  
[www.diojeffcity.org/cursillo/](http://www.diojeffcity.org/cursillo/)

We encourage you to call and visit with someone living the Cursillo Movement.

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More Questions?  
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