

THE FOURTH DAY

The FOURTH Day is a Regional Publication for the Diocese of NC

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Cursillo #109 for 2022 is happening (finally)! March 3 – 6, 2022 at Camp Walter Johnson in Denton, NC. Think of candidates and pilgrims for this great retreat. We are actively looking for folk to serve on teams. Candidate form: http://asfcursillo.com/clients/879797/File/Cursillo_Candidate_Application_Form_Revision04-2011.pdf

For further questions on #109 please contact Weekend Leader Toni Routt at toni.routt@gmail.com

Our newsletter is open to being shared and dispersed. We welcome all readers. And we would be most interested in having other Cursillo Newsletters made available to us. Please share.



Ultreya ZOOM Meeting coming up. Look for your email invite. Please come join in the Cursillo family reunion that we lovingly know as Ultreya. Look for further info on how to connect to the next meeting. When? **December 19th. Where? In front of your laptop, Ipad, or cell phone. Please bring food and beverage of your choice, your physical self, and an open heart and an open mind. Look for a special invite to come and how to connect.**

Share the light!

12/19/21 Ultreya Zoom Meeting
Agenda

- 5:30 – welcome, introductions, Scripture meditation, prayer for the Holy Spirit
- 6:00 – break into zoom rooms for reunion groups
- 7:00 – witness talk
- 7:30 – clergy response to witness talk
- 7:50 – music postlude
- 7:55 – closing prayer

Guests are welcome. **Make a friend, Be a friend, Bring a friend to Christ.** If you would like to be added to the invitation list please contact Cameron Cooke at Cameroncooke539@gmail.com

Announcements

Secretariat Members Needed

Volunteers are needed to help lead our NC Cursillo movement. Contact the current secretariat to learn more.

Need More Information?

To find out more about attending a three-day weekend or sponsoring a participant, contact NorthCarolinaCursillo@gmail.com

Secretariat meetings

Abiding by pandemic restrictions, Secretariat The Fourth Day meetings meet via conference call and Zoom meetings. We currently met the second Tuesday of every month at 8:00 pm via zoom. Contact NorthCarolinaCursillo@gmail.com for further information

Our NEW Newsletter Coordinator is jumping on board!

Welcome, Ann Lockhart from #105 retreat. Thank you for continuing on with our updates and news by publishing our quarterly newsletter.

Christmas 2021

December 2017 New Website: www.BellevilleCursillo.org FROM THE SPIRITUAL DIRECTOR DEACON WAYNE WEILER

Dear Brothers and Sisters of the 4th Day,

Once again, our Christian journey finds us at the beginning of the Blessed and Holy Season of Advent. The weather is getting colder, the trees are bare, and the days are noticeably shorter, and there are obvious signs of change all around us. The new Liturgical Year is another sign of change.

Advent gives us the opportunity to use the stillness and quiet of these weeks before the Incarnation to reflect, pray, and to accept Jesus in our lives in new and amazing ways, while we anticipate and await His return.

But despite our best efforts, the time leading up to Christmas is often filled with business, distractions, and stress. We have our family traditions and gatherings, shopping, baking, wrapping, and yes all those “holiday” parties to attend. So much for the stillness and quiet of Advent, right?

Such is the world we live in today, and this is what our culture has embraced as the norm for celebrating Christmas. But these are not altogether sad reflections on society as much as they are occasions to show the face of Christ in an increasingly secular world. Here’s why.

As Christians, and especially Cursillistas, at Christmas we celebrate much more than the materialism and commercialism that has so taken hold of this most blessed result of God’s love for us. While we do, and should, take part in the festivities of the season—we celebrate Emmanuel—“God is with us” (Mt 1:23). We celebrate the coming of The Savior who has come to us, is with us still and will come to us again. We celebrate the One who gives us answers to the trials and evils of our troubled world. This is truly cause for celebration!

We are not removed from the negativity of our world, we live as a Christian witness in it, embrace it with all its faults, and bring Jesus, and His unfailing message to it. And by the Grace of God, perhaps we change it one person at a time. We pray that this Holy

Advent season be a time of reconciliation and change—change of heart for ourselves as well as our neighbor. May this be a season that brings hope to the hopeless and healing to the wounded souls of our time. And above all, may it be a season of the love and joy that the Prince of Peace makes ever possible, again and again. O Come, O Come Emmanuel.

DeColores!

Deacon Wayne

Covid/Delta

Cursillo in Christianity newsletter 4/2020

During this time of the pandemic, I find myself at peace. I know the Lord is watching over us and this medical crisis is all for a reason. My acceptance was helped along by the close moment when I learned the definition of quarantine. The word comes from medieval Venice, quarantena, which translates to 40 days. Yes, 40 days. The number 40 appears in the bible over 140 times, it symbolizes a period of testing, trial, probation. We need to look at this quarantine from our normal lives as a gift from God. A time for us to look inward and find Him in our hearts.

During this Lent, we are literally being put in our own desert. We are being tempted by the devil to “break” the curfew, “fight” with our home-mates, “hoard” what is needed, and more. As Christians, and more importantly as Cursillistas, we need to be Christ-like and avoid these temptations. We need to model the best attitude and behavior. And to help us do this, we need to keep following the Cursillo method of piety, study and action. Many churches are streaming daily Mass or offering rosary online.

I know I am finding more time for my prayer life and it have brought me this peace and acceptance. We also need our brothers and sisters-in-Christ to hold us up. It is very important to continue our Cursillo method through group reunion, and if possible, participation in Ultreya while maintaining social distancing. The new technologies of today offer digital face-to-face contact through Facetime, Skype, Zoom, Google Hangout, and more. I ask that you try grouping at least via phone if not through a conferencing app... it is so nice to see those familiar loving faces. Keep in touch with your fellow Cursillistas to make sure they are okay or in need. If you are shopping ask if you can drop needed items at the door of a neighbor or friend. Volunteer to sew masks, assemble tents, whatever you can offer, and be safe! The Lord will guide us through this time of crisis and we pray that as we come out of the pandemic, humanity has re-discovered love of each other and the sins of greed, self- pride, and gluttony have lost the battle.

De Colores,
Bobbi LaVoie, Region III Coordinator



"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." ~ [2 Chronicles 7:14](#)

Prayer For Our Country

Almighty God,
Ruler of all the peoples of the earth,
forgive our shortcomings as a nation,
purify our hearts to see and love the truth,
give wisdom to our leaders,
and steadfastness to our people,
and bring us at last
to that fair city of peace
whose foundations are mercy,
justice, and goodwill,
of which you are the designer and builder;
through your Son, Jesus Christ our Lord.
Amen.

By Woodrow Wilson

The Giving Season: Self Help

By Elizabeth Svoba 2020 Mind and Body article

Helping Others Can Help You Cope with Lockdown In the time of coronavirus, turning outward is a win-win prospect. It's easy to feel, these days, that we're swirling in a coronavirus-induced vortex of helplessness. In many regions, COVID-19 case counts are jumping dramatically. Health care workers face impossible decisions about who to disconnect from ventilators. And those of us who remain well must comply with "stay at home" orders, which anchor us in place as the needs of people around us keep growing.

Our first instinct may be to hunker down and protect ourselves and our immediate families. But to get through these times with our sanity and well-being intact, we may need to push back on this initial impulse—to turn outward, not just inward. Research shows that when we put a high priority on reaching out to others, our own mental and physical health flourish.

It's a rare win-win proposition in a bleak equal landscape: In other people get through this crisis, you can help yourself in

measure. "It's a way of reframing your existence," says bioethicist Stephen Post, "getting out from the negative vortex and feeling free to do something that is meaningful."

Helping buoys the helper, not just the recipient

While we've never faced a foe quite like COVID-19 before, doctors and scientists have studied what happens when people pull together and help others after a setback. About a year after the 2008 financial crisis, when thousands of people lost their jobs and homes, Post and his Stony Brook University colleagues [surveyed 4,500 Americans](#) about their volunteering habits and their mental health.

In the wake of the financial downturn, rates of volunteering were higher than they had been the year before—and that bump came with clear psychological benefits.

Eighty-nine percent of people felt happier overall thanks to their helping efforts, and 78 percent reported that volunteering helped them better deal with disappointment and loss. About three in four volunteers felt less stressed. Many respondents reported making deeper friendships by connecting with other helpers.

"When people feel vulnerable, they can take their mind off the self and the problems of the self, and just experience the simple gratification of contributing to the life of another human being," Post says. "That's how people were coping."

Helping also buoys us mentally because it directs our focus away from scary abstractions and back toward concrete, solvable problems. One of this pandemic's defining features is the numbing parade of numbers—new cases mounting by the thousands, hospitals inching closer to capacity overrun.

Psychologist Paul Slovic has [long contended](#) that our brains check out when we consider the abstract fate of large populations: We aren't fully equipped to process what it means when a small town's worth of people dies each day. Concentrating on what individual people need, on the other hand, motivates us to help—and we then reap the benefits that come with that decision. At the height of a pandemic, it seems especially relevant that helping promotes robust physical health, as well.

In a [2013 study](#) of adults over 50, those who volunteered regularly were 40 percent less likely than non-volunteers to have high blood pressure years later. And incredibly, frequent volunteers have lower mortality rates across the board. A Stanford University team [reported](#) that, over an eight-year period, people who volunteered occasionally had a 25 percent lower risk of dying than those who didn't help—while people who volunteered frequently were 33 percent less likely to die.

Creative stay-at-home helping ventures abound

But how do you help people when you're stuck at home?

Social distancing and shelter-in-place restrictions do put some volunteer opportunities out of reach, especially for members of high-risk groups. However, motivated helpers have found plenty of creative ways to serve others remotely.

When doctors and nurses in the San Francisco Bay Area started running out of personal protection equipment (PPE), thousands of people donated surgical and N95 masks, face shields, antiseptic wipes, and other materials to Kaiser Permanente and other health care organizations.

Greater Good's Guide to Well-Being During Coronavirus

Practices, resources, and articles for individuals, parents, and educators facing COVID-19

[Read It Now](#)



After medical students around the country were pulled from clinics, fourth-year University of Michigan student Marina Haque launched an [online community](#) under the hashtag #students_against_covid to support and amplify the helping efforts of many other students and allies. Some students, Haque says, are caring for the children of doctors on the front lines, while others are reaching out to local labs that can donate PPE to hospitals.

In Boston, high school teacher Randi Stern has created an uplifting newsletter called The Daily Drop, complete with suggested lockdown activities, book recommendations, and inspiring quotes. She sends it regularly to her friends and family. “It calms me for a couple hours each day,” Stern says. “It’s also nice to get emails back in response to what I’ve written.” She enjoys fostering social connection at a time when so many are hungry for it.

On an even more individual level, Kara Loewentheil, a life coach and host of the Unf*ck Your Brain [podcast](#), is offering free web meetings and coaching calls to help people stay grounded and optimistic during the coronavirus pandemic. Efforts like these are “the key to staying sane, I think,” Loewentheil says. “When we focus on others, we get connected back into the community and big picture and out of our stress-response brain.”

Matching your strengths to the right opportunities

We tend to get caught up in thinking that only medical personnel and first responders can make a meaningful difference during this crisis. Yet in the coronavirus era, “simply reaching out to people is being helpful and heroic in small ways,” says University of Richmond psychologist Scott Allison. “Each of us can make a positive difference by tapping into our strengths and sharing them.”

In a shelter-in-place context, that might mean teaching a free online math class to kids who can’t attend regular school, or a few minutes a day doing Skype check-ins with lonely members of your social circle.

You don’t have to commit full-time to these practices to make a major difference in others’ lives—and your own. In Post’s study, most volunteers “weren’t overdosing. They were volunteering on average 100 hours a year,” he points out. “If you wanted to space that out, you’re talking about a couple of hours a week, more or less.”

Thinking about helping as an incremental venture, rather than an all-or-nothing one, may help you overcome any initial inertia. Even making a donation to a helping organization whose mission you support—which may take less than a minute—can [boost your well-being](#) measurably. If you live alone and you’re in good health, you may be eligible for essential helping roles that involve a higher

degree of risk. Food banks around the country desperately need volunteers at community centers to distribute produce and pantry staples to households in need. Opportunities like this require you to weigh the positive impact you can have against the likelihood of contracting the virus. In stepping into a helping identity in times of hardship, Post observes, you can embark on a kind of inner journey philosopher Martin Buber [described](#): the transition from an “I-It” mindset, in which you see other people as peripheral objects in your own universe, to an “I-Thou” mindset, in which you relate to others as worthy, complete beings in their own right. This journey mirrors Joseph Campbell’s [vision](#) of finding your highest self in the act of helping others. It’s also a productive alternative to waiting impatiently for a coronavirus vaccine. “They’re gonna come up with something’ is passive,” Post says. **“Volunteering is an active form of hope.”**

