

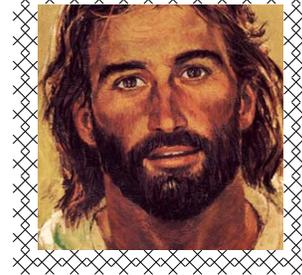
Christ is counting on you - what do you respond?

THE SPONSOR

A Cursillo Newsletter



2016

CHRIST IS
COUNTING ON
YOU...

More than my share!

Lent is really hard for me. Not because of the sacrifices or any of that, but because I just FORGET to do what I said I would do, so I just add this to my list of things I feel guilty for. Actually, except for Ash Wednesday this week I forgot it was Lent. Friday I went up to Sabattus to work on my new icon, and when I left at 4:30, Sister told me that the other Sisters had gone to the Way of the Cross. Darn, I forgot! Off to a great start, huh? "Well, I have a lot of things on my mind right now..." Lame excuse, Denise.

As soldiers drill at peacetime to be ready to fight when war comes, so we discipline ourselves to be ready to obey God's commands...

I decided to look online and see if anyone had shared any tips on how to be better aware of Lent and I found this article that had 10 Reminders for Lent, likely from an eastern rite writer:

1. Examination of Conscience
2. Confession and Penance
3. Reconciliation with Others
4. Prayer
5. Mortification
6. Fasting and Abstinence
7. Holy Study (Lectio Divina)
8. Meditation on the Cross
9. Works of Mercy
10. The Divine Liturgy (the Mass)

The writer had decided to focus his article on 5– Mortification. How *à propos* to my current conundrum! "The New Catholic Encyclopedia defines mortification as **'the deliberate restraint that one places on natural impulses in order to make them increasingly subject to sanctification through obedience to reason illumined by faith'**." I had to read it a couple of times to get it, but I can relate to it. I have been struck in the past couple of months how much "real life" is all about self-restraint and making better decisions in order to become a better (maybe healthier) person. If I want to become more holy, I need to decide day after day to do holy things and stay away from unholy things. If I want to stay sober, I need to stay away from the people, places, and things that tempt me not to stay sober. I need to turn toward God and seek His strength rather than turn away from him to seek my own gratification. If I don't want to be a glutton, I need to seek direction and strength from God to manage my food intake and look to Him for comfort. He may direct me to go walk in the snow and get some fresh air as a bonus!

What does mortification do, according to this author? A) It makes me more prepared to obey God, because my natural impulses are no longer first. B) It prepares me to resist temptation,

Invite someone to Ultreya—Monday February 22 —7pm
Dominican Room - Basilica - Rosary starts at 6:30pm

since I am now getting all this practice in self-restraint! C) It is a fit offering to God in union with Christ. What does God want, after all, but all of me — thought and action? D) It is a sign of repentance and a penance for sin. Fair enough, we all need to do that. Giving up chocolate or ice cream are little things, but they aren't anywhere near Jesus giving up His life. Could I do better than that? Or, at the very least, could I stop complaining and accept the trials that are placed in front of me?

Last month wasn't Lent, but this is an example to ponder. We all had a great time at the Cursillo Fiesta, and there was a lot of work put into it by various people to get it off the ground. There were mailing lists and email lists that had to be updated (we had about 700 names on it, and that was incomplete), mailings to organize, postcards to print, booking the hall, organizing the pot luck and the activities. We worked on it really hard for about 3 weeks straight. People got sick, others had to work extra hours, other things came up. There were only a few of us left to get things done. It all got done, thank God!

What does this have to do with mortification? Did it achieve the goals I just mentioned? Did it make us more prepared to obey God? Yes. Did it prepare us to resist temptation? Yes—we had to make decisions about what would make a fun but also spiritually fulfilling event, and choose not to do other things. Was it a fit offering to God in union with Christ? I think so, even if we did forget to start with a prayer... 😬 It is a sign of repentance and a penance for sin? Well, for ME it was.

As Claude and I were getting ready to head over to the hall, I was feeling a bit overwhelmed, tired, and a bit angry. So I asked Claude "do you ever think that we do more than our share?" He said, "yeah, sometimes". I made the comment again to one or two other people, for no other reason than to complain and let off a little steam.

Later on I took a little break before everything started, still stewing a bit, really feeling that I had done more than my share. Then I saw in my mind's eye Brother Jesus looking down at me from the cross, and He said to me with His arms outstretched: ***"I did more than My share, too."***

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Men's Cursillo Weekends 2016—April 21-24, Sept 29-Oct 2

Women's Cursillo Weekends 2016—May 19-22, Oct. 27-30

Leader's School 2pm to 4:15pm—Sundays Jan 31, Feb 28, Mar 27: Brunswick

Lewiston-Auburn Ultreya—FOURTH Monday of each month