

THE FOURTH DAY

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

ISSUE #21
Sept. 2020
Quarterly

Due to Covid-19, Cursillo NC#109 has been postponed. Fear not as we will keep you updated with further plans. Inquiries can be directed to toni.routt@gmail.com or your parish.

God is our refuge and strength, an ever-present help in trouble

Psalm 46:1-3

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Presiding Bishop Invites You to Cursillo
https://youtu.be/WYsqR65_lfw

God is Close

From The Catholic Health Association

Leader

As our lives seem distant and disjointed, we remember that God is always close and in this divine closeness we are one no matter where we sit.

Reader

A reading from the first book of Kings.

"And the word of the LORD came to [Elijah]: 'What are you doing here, Elijah?' He replied, 'I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.' The LORD said, 'Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.' Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a **gentle whisper**. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, 'What are you doing here, Elijah?'" (1 Kings 19, NIV).

Reflection

We are living through a period of deep disruption, chaos and anxiety. The things and people we hold most dear have been separated from us and the normal order of life has been utterly upended. The prophet Elijah was in a similar place. Rejected by his people, chased by his government, he was the last prophet in the land of Israel. Lonely and afraid, disconnected and heartbroken, Elijah waits for God. God does not arrive in wind. God does not arrive in an earthquake. God does not arrive in a fire. The creator of all that is and was and is to come, is present in the gentle whisper. God is in the gentle whisper. Though the wind rages, the earth shakes and fire scorches all we see, God will be there, close enough to whisper peace to our weary hearts. As we navigate this pandemic, may we remember the absolute tenderness and perpetual closeness of God. In all the chaos and fear, God is always close enough that we can hear the divine whisper in our hearts.

Closing

God of silence and stillness, we trust you are with us in this time of noise and chaos. We pray for an end to this pandemic. Whisper your words of comfort, encouragement and hope to all who need them in these days of fear. Draw close to those who are sick and all those who risk illness, caring for them, protecting and uplifting them. In Your name, we pray. Amen



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Ultreya Invitation

Please come join in the Cursillo family reunion that we lovingly know as Ultreya.

When? September 13th, 2020

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.

Topic: Episcopal Diocese of NC Ultreya Invitation

Time: Sep 13, 2020 05:15 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87042496084?pwd=amZ0ZHpRUGo4VmNhYVhBZmllVTFWZz09>

Meeting ID: 870 4249 6084

Passcode: 723227

One tap mobile

+19294362866,,87042496084#,,,,,0#,,723227# US (New York)

+13017158592,,87042496084#,,,,,0#,,723227# US (Germantown)

Dial by your location

+1 929 436 2866 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 870 4249 6084

Passcode: 723227

Find your local number: <https://us02web.zoom.us/j/87042496084?pwd=amZ0ZHpRUGo4VmNhYVhBZmllVTFWZz09>

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Our schedule will be:

5:15 - 5:30 Log in and Welcome

5:30 - 6:15 Break out into groups of 4 for Reunion Group Meetings.

6:25 - 6:55 Speaker - Mute microphones at home.

7:00 - 7:15 Clergy Response

7:15 - 7:30 Music Postlude and closing Prayer

If you would like to be added to the invitation list please contact Cameron Cooke at Cameroncooke539@gmail.com

If there are floating reunion groups out there that are meeting and we would love to hear from you to share your progress. Email us and don't forget your church name, address and zip code.

FYI – The Mens' Reunion group meets every Saturday morning at the parrish. They have approximately 9 active members.

Interested? Contact Sid Chadwick at sidchadwickcc@gmail.com

Bob Byrant from the Mens' Group of St. Clements has committed himself to start a new Mens' Reunion Group at St. Christopher's in High Point. Interested? sidchadwickcc@gmail.com

Announcements

Secretariat Members Needed

Volunteer 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

The Secretariat makes plans and carries out activities for the ministry in this Diocese. Meetings usually run from 10 a.m. until 2 or 2:30 p.m. Meetings occur on the third Saturday of every other month and vary by location.

Cursillistas are encouraged to attend; the meetings are open to the public.

Contact NorthCarolinaCursillo@gmail.com for further information

Missing church? Several worship services are offered via the internet.

For starters try tuning in to Christ Church in WS for coverage on FaceBook and Youtube <https://youtu.be/98gkAHprxy>

How to Make a Donation

Please prayerfully consider a contribution in support of NC Episcopal Cursillo. Any amount can be given.

Cursillo is supported by contributions from people like you. You may give in three ways:

The Harold Elsner Fund is set aside for scholarships for the

3-day weekend and can be used for candidates or team members.

The Merry Walker Clergy Fund supports clergy who act as weekend Spiritual Directors. Often, clergy must pay for the weekend without parish support and even pay for a supply priest.

The General Fund supports the overall expenses of Cursillo, mailings and newsletter production, this web site, supplies for the weekend and so forth.

Please consider offering a donation by sending your check to Episcopal Cursillo 200 W Morgan St #300 Raleigh NC 27601

Wite Out = The Bottled Redemption

I grew up with certain jargon that leaves younger folk baffled. I remark that I am going to xerox this rather than copy. That word xerox does not click with young people. Mimeograph was always a treat as a kid and another word our younger generation is in the dark about. The teacher would pass out those cold, blue-purple inked sheets and we would press them to our faces to inhale the scent. And then there's Wite Out.

A little trivia here with this great product, Wite Out. Founded by Betty Nesmith Graham in 1956 Ms. Graham strove to make corrections easier as she worked as a typist. She was the mother of Michael Nesmith, one of the musicians in the teeny bopper bands from the 60's known as The Monkees. Ms. Nesmith changed the business world with her creation of liquid paper. I cannot imagine how many mistakes have been corrected with good ole' Wite Out.

Just recently I remarked to a fellow cursillista that I wish I had Wite Out after publishing the Cursillo newsletter with his name incorrect. Where is Wite Out when you need it these days? Apologies again, Mr. Sullivan MacGregor (no such thing as liquid paper when it comes to PDFs).

I look back on my naive years and would like to erase some of my mistakes. I have said some things that I wish I could take back after the fact. I've made silly judgements without giving it complete thought. And I wish I could make regrets vanish. Instead, I think I'll start using God's Wite Out.

Our Baptismal Covenant is a form of God's Wite Out. To clean off, start anew, to correct one's mistakes. Cursillo is liquid paper used in the biography of our lives. We begin again, equipped with the power to focus without mistakes. The Holy Trinity can be seen as a symbol of Wite Out; God directing, the Holy Spirit guiding and Jesus Christ as our main focus to help us avoid mistakes. Wite Out: to erase past mistakes. I believe we all have in our possession God's Wite Out.

I guess Wite Out is a sign of the past. With technology it's hard to make errors these days. However, being human we still do, right Mr. Sullivan-MacGregor? Let's remember we are, after all, just human. But God is giving us the tools to correct our lives. Wite Out isn't really a thing of the past after all.
Decolores! KC Grieser



9 Ways to Help During Corona Virus

Idealist.org 4/2020

If there is one common thread among idealists, it's our deep desire to help and support others, be they family members, members of our community, or fellow humans across the globe. We understand that for most (if not all) of us, the novel coronavirus feels uncertain and scary. But in spite of those feelings, many of us have still been moved to ask, "How can I help?" Today, we offer you a variety of suggestions for ways to support others. After all, socially distanced as we may be, we're all in this together.

1. Check on your neighbors

Call or text your neighbors (especially elderly neighbors) to make sure they're doing okay. Ask if there is anything that they need (be it a box of tissues or a cup of sugar). If you have what they're looking for, offer to leave it outside their front door so that they can pick it up without coming in direct contact with you. It sounds extreme, but this is actually a great (and safe) way to make sure that your more vulnerable neighbors have what they need. If you feel comfortable going out, consider knocking on the door of any elderly neighbors and chatting through the screen or storm door just to offer a bit of comfort and reassurance.

2. Explore ways to connect and volunteer virtually

Right here on idealist.org, we have plenty of volunteer and action opportunities, and as the landscape of volunteering evolves in the wake of COVID-19, you're likely to see a lot more [virtual opportunities to take action](#) posted on our site.

As we speak, nonprofits around the world are working to [problem solve and develop innovative solutions so they can continue to run their programs](#) even as we have to limit large gatherings and in-person service delivery. I urge you to check in with us each day to see what new opportunities for virtual volunteering arise over the coming weeks and months. In fact, here's one wonderful initiative that came across my (home-office) desk earlier this week. Dorot, an NYC-based organization whose mission is to alleviate social isolation among the elderly and homebound, is looking for [volunteers willing to make weekly, friendly phone calls to their clients](#). After a brief orientation webinar and two personal references, you'll be able to join the battle against the social isolation that impacts some of our most vulnerable neighbors.

You can also expect to see a lot of new platforms, tools, and apps for connecting with people and getting the job done virtually. One such example that predates COVID-19 (if you follow our newsletter, you already know that it's a personal favorite of mine) is the [Be My Eyes app](#). This amazing app pairs the blind and visually impaired with volunteers via a video call in order to assist with everyday tasks (think reading a recipe on the back of a box or selecting a particular article of clothing from the closet). Now more than ever, there is a need to maintain person-to-person connection in any (safe) way that we can.

3. Waste not, want not

For many of us, the first of many mad dashes to the grocery store happened a while back. And if we're lucky, our pantries, freezers, and

fridges are stocked with the necessities (and maybe even a few treats). But as grocery store shelves continue to empty, we can't keep counting on restocking as usual, and so it's very important that we use (cook it, eat it, share it, store it) what we have. According to Feeding America, each year [72 billion pounds of food goes to waste](#). A few [simple ways to cut down on food waste](#) include storing food in the proper place (and at the proper temperature), waiting to wash produce until you're ready to use it (to avoid mold), freezing anything that you don't expect to use in the near future (if freezing is possible), making a stock, composting, and for crying out loud, eating your leftovers!

4. Give blood

According to a recent [press release from the American Red Cross](#), as the novel coronavirus continues to spread, we can expect to see a decrease in those eligible (and willing) to donate blood. Here is what they have to say about the current situation:

"Right now, the American Red Cross encourages healthy, eligible individuals to schedule a blood or platelet donation appointment at [redcrossblood.org](#) to help maintain a sufficient blood supply and avoid any potential shortages. Donating blood is a safe process and people should not hesitate to give or receive blood. The need for blood is constant, and volunteer donors are the only source of blood for those in need of transfusions."

5. Make a donation

While many of us are busy hunkering down and pouring over the latest CDC recommendations, millions of nonprofit professionals all over the world are working to continue to deliver services and implement programs, uninterrupted. And that's going to be really, *really* difficult. And so if you have the resources, consider making a donation to your favorite organization. Whether they're on the front lines of the fight to quell the coronavirus, or their mission is entirely unrelated to the current crisis, your dollars will make a big difference.

6. Be a leader

If you're in a position of professional authority and you have the decision-making power to allow your team to work from home (and programmatically, your organization can operate virtually), make it happen. Even if you don't consider your employees to be particularly high risk, making the call to work from home sends an important message to your team and to the sector by letting others know that you and your team are ready to do your civic duty by staying off of public transportation, out of hospitals, and just generally out of the way.

7. Find your local mutual aid network

Right now, all over the country (and around the world), communities are coming together to create [mutual aid networks](#).

Think of a mutual aid network as a kind of hyper-local COVID-19 Craigslist where neighbors are able to post their needs—groceries, translation services, pharmacy runs, even cash to make rent—and others can choose to answer the call. [Find your local mutual aid network or start your own here](#).

8. Remember those who are still out there on the front lines

Though it may be hard to imagine, at some point, the pandemic will subside and we'll be able to slowly get back to our lives. And once we're on the other side of this crisis, we're going to have a whole lot of people to thank. Grocery store clerks, domestic workers, nurses and doctors, police officers and fire fighters, the people who work at the laundromat, sanitation workers, delivery people, teachers who taught our kids virtually, and the list goes on. We may not be able to do much right now, but we can certainly get a head start on finding ways to show our gratitude. Take some time over the next days and weeks to consider how you might show your appreciation to even one of these people. Call up your local police department and ask if they'd be willing to accept a delivery of a few pizzas as a small token of your appreciation (this helps out your local pizzeria, too!); encourage your market to allow cashiers to put out tip jars for the duration of the pandemic; put a box of goods (or goodies) next to your front door with a message thanking delivery people and encouraging them to help themselves; connect with your favorite bars and restaurants and set up a virtual tip jar spreadsheet (a simple spreadsheet with names and

Paypal/Venmo information for hosts, servers, cooks, baristas, bus boys, etc.) so you can still offer a tip and help support one of the hardest hit industries. Remember, if any of these gestures involve the exchange of actual, physical money or goods, you'll need to make sure that everything is hygienic, safe, and clean.

9. Take care of yourself!

As they say, secure your own oxygen mask before assisting others. In other words, self-care is incredibly important at a time like this, and [ensuring that you're making safe and smart choices is a civic duty](#) of the utmost importance. So for some, doing your part will simply mean taking care of yourself. And that's okay!

Internet Tools to Get Us Through

With having to stay closer to home here are some great tools to use right at your fingertips:

Presiding Bishop's Weekly Invitation

As we learn how to adjust our lives given the reality of the coronavirus and the request to do our part to slow its spread by practicing social distancing, I invite you to join me each week to take a moment to cultivate a 'habit of grace.' A [new meditation will be posted on Mondays](#). These meditations can be watched at any time by clicking [here](#).

~*~

The best part of Cursillo weekends has to be the music. So click and sit back to enjoy....<https://youtu.be/GINNh15cT08>

~*~

Bill Soissone is living the 4th Day From Faith Magazine <https://youtu.be/NEe8B-sSvU8>

What's It All About

The Three Day Weekend

is conducted by lay and clergy volunteers from parishes throughout the Diocese of NC area, enriches the faith of those attending and fosters ministry among lay people. Attendees are seeking ways to develop the focus of their lives as Christians.

The Fourth Day

is the time after the Three Day Weekend. The Fourth Day never ends and is considered the most important part of the Cursillo movement because after the Three Day Weekend everyone is armed with the prayers and support of other Christians as they pursue Christian service.

Reunion Groups

are prayerful groups of Cursillistas (those who have attended a Three Day Weekend) who meet regularly to pray, share, and develop individual plans for Christian action.

Ultreya

The Heartland Episcopal Cursillo has a monthly gathering of Cursillistas from the NC Region area called Ultreya. We meet at parishes through-out the area and share a pot luck dinner, music, prayer and lively discussion surrounding piety, study or action. Ultreyas usually last approximately 90 minutes

John Lewis One of the most prominent leaders of the Civil Rights Movement. 1940-2020 RIP

"Do not get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is not the struggle of a day, a week, a month, or a year, it is the struggle of a lifetime. Never, ever be afraid to make some noise and get in good trouble, necessary trouble."



**Make a friend,
Be a friend,
Bring a friend to Christ.**