



The Fourth Bridge

March 2021



The 'Light' has
reappeared to
bring us great Joy
and Hope

Happy Easter





**From Sally
Lay Director**

Dear friends,

Well, here we are, a year in; the past twelve months have been something we could never have imagined a year ago!

I hope that you are well and that things are bearable. The vaccine has given so many of us the first glimpse of the light at the end of the tunnel as it grows brighter.

There are a lot of words from me in this magazine, so I intend to be brief here. I'm writing in early March, the days are lengthening, flowers are growing and we are looking forward to churches reopening - God willing and virus permitting. It feels a little like Narnia, there has been a long winter, but Aslan is back and there are signs of life returning. What better time than Easter for these things to be happening?

In this magazine you will find a variety of articles, Margaret has done a wonderful job of contacting people and producing something we can be proud of. If you think you too might have something others would like to hear about then please do get in touch with her.

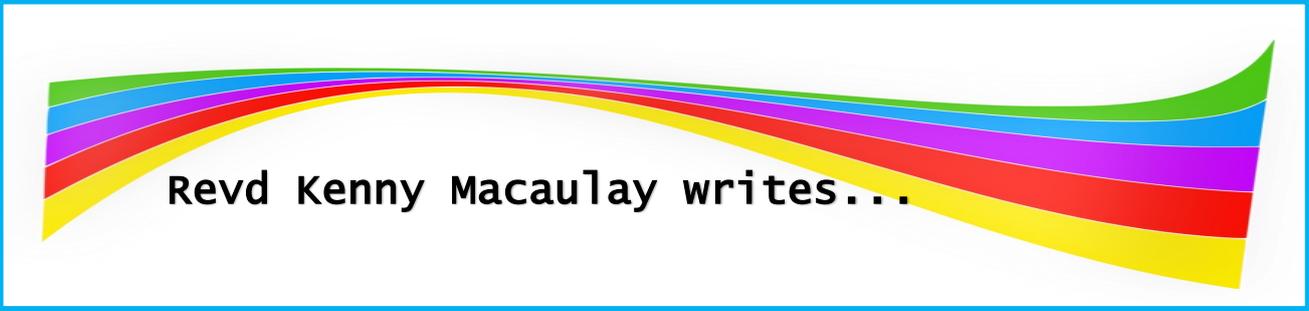
I am so pleased that Zoom Reunions and Ultreyas have continued to be a support for Cur-sillistas across Scotland. Listening to people's action and study has been quite inspiring and I do so enjoy the chance to sing, even with (especially with) my mute button pressed.

So from me, Happy Easter, I hope we can meet up again face to face very soon, I'm looking forward to that day,

Until then - Ultreya!

Sally





Revd Kenny Macaulay writes...

At the time of writing the vast majority of us are still in Phase 4 lockdown, with hints that the weeks of Lent will see the gradual opening up of restrictions leading to happier prospects for summer. There may be an opportunity for our churches to open up again to celebrate Easter together, although everything depends on numbers and variants, and how well people are prepared to behave. By the time you read this, the world may well look much brighter and we can begin planning things which involve us inter-reacting with other folk in real ways. As it is said, 'We live in hope!'

'We live in hope', aye, for we are an Easter people, and Alleluia is our song! We can face anything, endure anything, as long as we believe it will not last forever and that something better will happen. We can deal with our Good Fridays and Holy Saturdays as long as we know that Easter Day will happen and evil will be conquered. Love wins, and a new day dawns.

What all this underlines is the importance of hope. Hope is as necessary for the spirit as bread is for the physical body. It is amazing what the human spirit can endure and overcome provided it is nourished by the bread of hope.

Easter provides an enormous injection of hope for the human spirit, and how much it is needed, especially in these darker times we are undergoing. However, there is a glimpse of light as we journey on, and that's what I'm pleading with you to embrace and share.

There are no magic wands, and we will need to give time time; but we are heading towards a gradual opening up of society, even although we may need to keep two Alsations apart for a while yet! There will continue to be grumblings about us not progressing quickly enough, and prophets of doom will continue to shout a negative message.

As Cursillistas we have a role to play. We ourselves have lived through the Easter experience, not only on our Weekend, but in our lives, over and over again, and we bear witness to the power of Easter Day. We point people to the light rather than sit with them impassively in the gloom, and celebrate the little glimpses of new life and new beginnings. Our love and laughter are as important as our empathy and prayers as we journey on.



As Curillistas, there is a quiet joy among us and a deep sense of peace, because we know that life is stronger than death, love is stronger than fear, and hope is stronger than despair. We choose therefore to live in hope!

*Had this one day not been, or could it cease to be –
How smitten, how superfluous were every other day. (Emily Dickinson)*



What is BACC and why does it matter?

Cursillo in Scotland along with all other Anglican Cursillos in the UK are members of the British Anglican Cursillo Council or BACC. BACC is our umbrella organisation and helps us to keep the organisation running healthily and along official lines.

Background

Inadvertently, in 2018, Cursillo in Scotland opened a can of worms. You may remember that in February of that year, the country was brought to a standstill by the snow and storms of what became known as 'The Beast from the East'. One of the effects of this was that the Cursillo weekend which was all ready to go at Kinnoull had to be cancelled at very short notice. The Secretariat, were unable to rebook for a Thursday to Sunday at any suitable venue for 2018 however they were offered the chance to book Kinnoull for a day less, Friday to Sunday in July.

The idea that a Cursillo could be held over a day less was new and had not been tried before. As we are licensed to run Cursillos through BACC we approached them for agreement that this could go ahead with the awareness that if not we would have to cancel completely. Agreement was given and the weekend went ahead, with the participants largely unaware of the ground-breaking event they were part of. Since that weekend, two other diocese have conducted this format of weekend and it has now been agreed that this is a suitable alternative to the traditional Thursday to Sunday Cursillo.

Many Cursillo Diocese are now interested in this format and so BACC agreed to host a webinar event for those interested. The webinar via ZOOM took place on 13th February attended by 70 Cursillistas from across the UK, it was presented by Judy Craig-Peck of Peterborough Diocese who is CLW convener, Sharon Guest of Cheltenham and myself.

Beth Roberts BACC president chaired events and other BACC officials were also present. Scotland had 3 delegates present, Fran Walker (Dumbarton), OLR on 66 and Lay Rector of #67, Cat Outram (Edinburgh) oncoming OLR for #68 and Caroline Waddon (North Berwick) our BACC rep.

I was due to be there and to deliver a presentation but owing to my knee surgery ended up delivering via a recording rather than live. Fran and Cat have sent in reports of the event and notes from them follow for your interest and information.

Those attending were reassured to learn that although the two weekend formats operated at different paces all of the required elements (15 talks, 5 meditations and daily worship) were able to be included, and the atmosphere and integrity were maintained. What took the most hard work was working out what could be left out, without affecting the elements, while still making sure that the flow was not interrupted.

As always the event concluded with worship, in this case led by Stephen Bowring, National Spiritual Director.

At the webinar:

Delegates were divided into breakout rooms to discuss what they were hearing and some of the main points as summarised by Cat and Fran were:

- ***The two day Cursillo is an alternative option not a replacement.***
- ***The main content is the same talks need to be concise and to the point***
- ***Each Cursillo is different team members need to be able to lay aside their own experience and expectations and offer the Cursillo weekend to the participants.***
- ***Changing the format requires careful planning and lots of prayer.***
- ***Sponsor responsibilities need to be taken seriously before and importantly after the weekend too and 3days should not be seen as better or worse than 2 days.***

In the questions submitted concerns expressed included:

- ***Time available for reflection and contact with SAs/SDs – as Judy rightly said “God works in the time available”***
- ***Concept of the Easter 3 days would be lost Maundy Thursday to Easter Day, sunset to sunset as in the Hebrew tradition, but it was questioned as to whether this was important as actually, the Cursillo still lasts 3 days***
- ***The fun element should not be lost Art work, music, presentations can still be fitted in.***
- ***Time to share is important Opportunities are available to chat at mealtimes and other breaks***

Running a two day weekend has been a positive experience for those who have tried it. Each Cursillo is unique and continues to be so. Over all, I got the impression that doing the two-day Cursillo has been a creative exercise for most – a chance to re-look at what is important and vibrant about the experience. The most important thing though is to make sure that the two weekends are both viewed as equally valid, equally important and both are Cursillos. God works in the time given to him and he uses the participants team and venue to do that work whether over two days, three days, a week a month or a year!

BACC have taken on board the feedback from the webinar and from other sources and are using it to guide their planning.

For those who are interested, the Cursillo resource manual is available on line on the BACC website, <http://www.anglicancursillo.co.uk/>

The manual was updated in 2018. The Lay and Clergy talks workbooks are the next project, it was happening anyway, but in the light of the introduction of a concise format this has become essential. A working party is already beginning this.

Sally, Fran & Cat



Cursillo #68

weekend!

I am delighted to tell you that we have been able to make a provisional booking at Carronvale in Larbert where we have been before.

If you were aware of anybody who you might have been encouraging to attend then please do let them know, the weekend we have booked is from

Friday 10th – Sunday 12th September 2021 so please do put that into your diaries.

Why not volunteer to be on team?

Application forms for team and participants will be available soon.



After every storm comes a rainbow

Donating to Cursillo in Scotland.

If you wish to do so, and have online banking, then the easiest way is to pay directly into the Cursillo Bank Account the details are:

Cursillo in Scotland Sort Code: 80 11 00 Account no: 00233131

Our treasurer is: David Dalglish, his email address is [<treasurer@cursilloinScotland.org>](mailto:treasurer@cursilloinScotland.org)

David is moving house very soon, so do contact him via email rather than by post for the time being please. If you do make a direct payment, please send him a message so he knows who it came from, and if he can claim gift aid on the donation.

Thanks Sally

FROM MARGARET



Hello fellow Cursillistas, would you like to help me?

I am really hoping to have representation in the magazine from around the country, so in this issue of the Fourth Magazine, I am seeking your help to listen for anything that has touched you deeply, that you think others would benefit from hearing also. Check with the owner of the words before sharing with me, for the possibility of including the contribution in the magazine. If you love photography, then photos of rainbows, and butterflies will add interest to our pages. Jokes and poems are also suitable but we must be aware of copyright, so if you create a joke your self that would make us all laugh then brilliant. This is an ongoing request so simply send contributions at anytime to suit. (details on the website)

The one good thing that has come out of the pandemic is how we can unite using technology, it is going to be so easy now in the future for us to become one, for Ultreya gatherings. If you are anxious about using technology, then asking for help to get set up, could be a new beginning. Zoom is an amazing practical resource, there's no turning back now, I am sure it will be here to stay, especially useful in the winter. No travelling or going out in the cold, but an opportunity to catch up with friends you haven't seen for ages. You will be amazed at how many folks are in attendance. Hope to see you at a Zoom Ultreya!

Cursillo Ultreyas have been taking place regularly via Zoom hosted mainly by either Edinburgh or Borders.

I have also been to Zoom Ultreyas hosted by Aberdeen and I know that Glasgow are also looking into the possibility of starting up.

We do encourage you to make your Ultreya open to all.

The Borders usually host on the first Friday of the month and Edinburgh in the 2nd or 3rd week.

Contact me for further support if you wish to join one.

Sally

Borders Ultreya

Friday 9th April at
7.30pm

Edinburgh Ultreya

Friday 16th April
at 2.30pm

Change of Address:

If any of your contact details change then please inform Mike Whitton our database coordinator at: [<database@cursilloinScotland.org>](mailto:database@cursilloinScotland.org)



Edinburgh &
Lothians
Ultreya Party

I have hosted many Epiphany parties over the years but this year was a bit different! Usually we start with a shared buffet with too much food being devoured along with lots of chat. The highlights are the food, chat, a jolly sing-song, more chat and a few Party pieces. The most effective way to stop an over zealous talker is to offer a couple of chocolates from the never ending boxes which keep surfacing!

This January, the Ultreya held its annual Epiphany Party on Zoom. I decided we just had to allow for chat, especially as we had hardly met each other for almost a year. So Fiona Harris, our technical expert, put everyone into small random groups and we chatted with friends old and new for a short time. We had a good response from those willing to entertain us. So we wrestled with quiz questions ranging from naming some of the plagues of Egypt to finishing the advert "have a break, have a ...". Poems were amusing, serious, story telling and even a different take on where the Epiphany star may lead, read by Jenny Wright. Then an hilarious take on the song 12 days of Christmas partially inspired by comedian Janey Godley was sung by Jean Williams. By the end we were all joining in with 'Frank, get the door!'

We sang some uplifting hymns (all muted, of course) and Spiritual Adviser Bill Elliot led us in prayer. I was just delighted to meet up, even if remotely, with so many friends. Zoom also highlighted that distance is no object to meeting as we had visitors from around Scotland and one from Cumbria. Maybe next year we will be back to an in-person gathering but we now know we can hold a party whatever the circumstances even if hush sweets don't work on Zoom!

George Jenkins

The journey of the magi (cont.)

Coming as they did from the first century
they had a few problems with London traffic
and were seriously misled by signs
to the Angel and King's Cross.

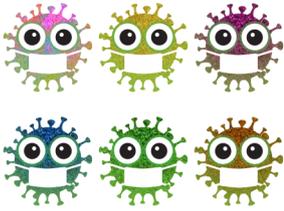
Inquiring diligently about the star
they were referred to Professor Brian Cox,
who thought it was amazing
while smiling in a constant and strangely unsettling
way.

In Harrods the camels
made a mess over Soft Furnishings.

On the Underground
commuters glared at No Smoking signs
as incense wafted gently through the carriages,

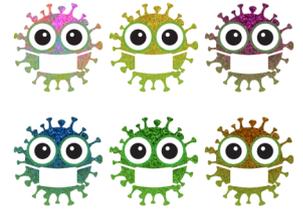
and when the great day came
they saw the entire voting population
slumped on sofas by four o'clock,
rendered senseless by too much
dead poultry and the Queen,

while over Liberty's and Hamley's
the flickering angels sang
Glory to God in the High St and they found him, with
the inns full up once more,
in the old familiar place, bringing their unregarded
gifts to the empty stable of the human heart
where the infant Christ is born
again and again. (cont.)



12 "DAYS" OF LOCKDOWN

(Sung to the tune of The Twelve days of Christmas)



In the **1st Month of Lockdown** the virus gave to me
NO VACCINE FOR COVID-19

In the **2nd Month of Lockdown** the virus gave to me
TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **3rd Month of Lockdown** the virus gave to me
THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **4th Month of Lockdown** the virus gave to me
FOUR PACKS OF LOO ROLLS, THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **5th Month of Lockdown** the virus gave to me
"FRANK ,GET THE DOOR!"

FOUR PACKS OF LOO ROLLS, THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **6th Month of Lockdown** the virus gave to me
SIX FOLK IN MY GARDEN

"FRANK ,GET THE DOOR!"

FOUR PACKS OF LOO ROLLS, THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **7th Month of Lockdown** the virus gave to me
SEVEN TIK-TOK DANCES, SIX FOLK IN MY GARDEN,"FRANK ,GET THE DOOR!" FOUR PACKS OF LOO ROLLS, THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **8th Month of Lockdown** the virus gave to me
EIGHT JOE WICKS WORK-OUTS, SEVEN TIK-TOK DANCES, SIX FOLK IN MY GARDEN, "FRANK ,GET THE DOOR!" FOUR PACKS OF LOO ROLLS , THREE SANITIZERS ,TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **9th Month of Lockdown** the virus gave to me
NINE DAYS IN JAMMIES, EIGHT JOE WICKS WORK-OUTS, SEVEN TIK-TOK DANCES ,SIX FOLK IN MY GARDEN, "FRANK ,GET THE DOOR!" FOUR PACKS OF LOO ROLLS,THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **10th Month of Lockdown** the virus gave to me
TEN HOME-DONE HAIRCUTS, NINE DAYS IN JAMMIES, EIGHT JOE WICKS WORK-OUTS, SEVEN TIK-TOK DANCES, SIX FOLK IN MY GARDEN, "FRANK ,GET THE DOOR!" FOUR PACKS OF LOO ROLLS, THREE SANITIZERS, TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **11th Month of Lockdown** the virus gave to me
ELEVEN EMPTY BOTTLES, TEN HOME-DONE HAIRCUTS, NINE DAYS IN JAMMIES, EIGHT JOE WICKS WORK-OUTS, SEVEN TIK-TOK DANCES, SIX FOLK IN MY GARDEN, "FRANK ,GET THE DOOR!" FOUR, PACKS OF LOO ROLLS, THREE SANITIZERS ,TWO METRES DISTANCE AND NO VACCINE FOR COVID-19

In the **12th Month of Lockdown** the virus gave to me
TWELVE MUTED ZOOM CALLS, ELEVEN EMPTY BOTTLES, TEN HOME-DONE HAIRCUTS, NINE DAYS IN JAMMIES, EIGHT JOE WICKS WORK-OUTS, SEVEN TIK-TOK DANCES, SIX FOLK IN MY GARDEN "FRANK ,GET THE DOOR!" FOUR PACKS OF LOO ROLLS, THREE SANITIZERS TWO METRES DISTANCE AND A VACCINE FOR COVID-19 !!!!!!!!!!!



Prayer Life: an ongoing journey

In the last issue of the Fourth Bridge, David Dalglish wrote about Contemplative Prayer and I thought I would like to carry that forward into this magazine. Recently, Ignatian Contemplation has been popping up in several conversations and study words so by making contact with Liz, Alex and Heather we bring you a glimpse of our meeting together in a break out room on Zoom... and then in the midst of the weaving of our words together God's love shone through into our story:

Gathered in a virtual room, Heather Emerson speaks calmly and relaxed her face shining with the peace and joy of knowing God. A hymn learnt as a teenager at a Scripture Union Camp buzzed in her head to sum up how the Holy Spirit has guided her life. Her thoughts shared through lines in a chorus are so profound that they are saved for the back page. (Margaret)

At the last Edinburgh Ultreya we were given the opportunity, as usual, to 'break out' into smaller groups and talk about where we are seeing God at work in our lives at the moment. I always enjoy these discussions – I love hearing about the ups and downs of people's lives with God. The conversations are so often lit by glimpses of God's love and generosity, and at the end of the sharing there is always much to give thanks for. However hard life is, as we listen to each other, we are reminded that God is faithful and continues to shower His blessings upon us.

At this recent Ultreya the discussion in my group centred around Ignatian spirituality and the helpful prayer methods which are on offer. I, personally, have been following and using these for the past year – and I was pleased to be able to talk about them with others.

The first method of prayer I use is the Examen. Ignatius thought this was so important that he encouraged his followers to pray it twice a day – for me, once a day is perfectly sufficient! Usually I pray the Examen at night, and during it I review the day in the company of Jesus. I bring to mind the moments when I have felt the presence of God... when I have felt joy, peace, kindness, mercy. And I give thanks. I then review the day noting the times when I have not been the person God wishes me to be... when I have done or said something I shouldn't... when I have missed an opportunity to be kind or generous. And I ask for God's forgiveness and feel his mercy wash over me. And then lastly I ask for any grace I will need for the following day. I finish by saying the Lord's Prayer.

The other method of praying I have been using is the Gospel Imaginative Contemplation. This encourages me to take a story from the Gospels and in my imagination to relive the event as if I was present. I can be a bystander, watching what is going on; I can be one of the disciples; I can be any of the characters mentioned in the Gospel. I can place the event in first century Palestine or in modern times, it matters not. However I imagine it I try to experience the event with all my senses... sight... hearing... smell...

I finish the prayer time by talking to Jesus about what emotions I have felt and what has stood out for me. I then listen to what Jesus has to say back to me.

Both of these prayer methods I have found transformative. So much so I am introducing them to my congregation during this Lent. Both of the methods encourage a closer relationship with our Lord. As that grows I have found I am more and more sustained and conscious of God in my daily life.

If you would like to give either of these a go – go to the links below. Fr Jim Marten will take you through an Examen... and there are three imaginative contemplation stories to try on the Ignatian website. Why not give it a go!? God wishes nothing more than for us to get closer to His Son. Happy praying!

The Examen:

<https://podcasts.apple.com/gb/podcast/the-examen-with-fr-james-martin-sj/id1346804716>

Imaginative Contemplation: (At the bottom of the page!)

<https://www.iscglasgow.co.uk/MethodsofPrayer.html>

Liz O'Ryan



I really enjoyed the last Ultreya “break-out room” discussion. It was a joy to discover that Liz O’Ryan, Margaret McMeekin, Heather Emerson and myself were on a similar journey in our desire to immerse ourselves into deeper spiritual reflection with our Heavenly Father.

For me this has never felt more necessary than at this time of being unable to be in church services and receiving the Eucharist during which I have always felt closest to Christ.

For the past two years I have been using a daily retreat

<https://www.loyolapress.com/retreats/seeing-the-invisible-start-retreat/>

I begin by placing my favourite crucifix and a candle next to my computer. I then attempt to turn down the volume in my life both externally and internally. When ready, I go to the home page and a beautiful photograph of God's creation appears alongside the suggestion to take several deep breaths, relax and become aware of God's great love within and around. Next, a few lines of scripture appear followed by a guided reflection, after which two thought provoking questions are asked. Things end with a short prayer. On a number of occasions I have felt helped by God or been shown something about myself, while moving through the retreat.

More recently I have been using a spiritual reflective method called Lectio Divina (Latin for “Divine Reading”). This is not offered directly online, but examples of priests and others going through the process can be found online.

- Step 1: Lectio - choose a shortish text of Scripture. Read this slowly and prayerfully keeping your heart open to anything the Lord may be saying to you through the reading. Re-read this.
- Step 2: Meditatio - meditate on a word or a phrase that draws your attention.
- Step 3: Oratio - pray to God, asking him to help you enter into loving conversation with him.
- Step 4: Contemplatio - rest in God's presence and receive his transforming embrace. Be still and content in God's peace, allowing the Lord to act in you.

The belief is that daily spiritual reflection can transform our spiritual lives and we can develop a much deeper relationship with God even on occasion in conversation.

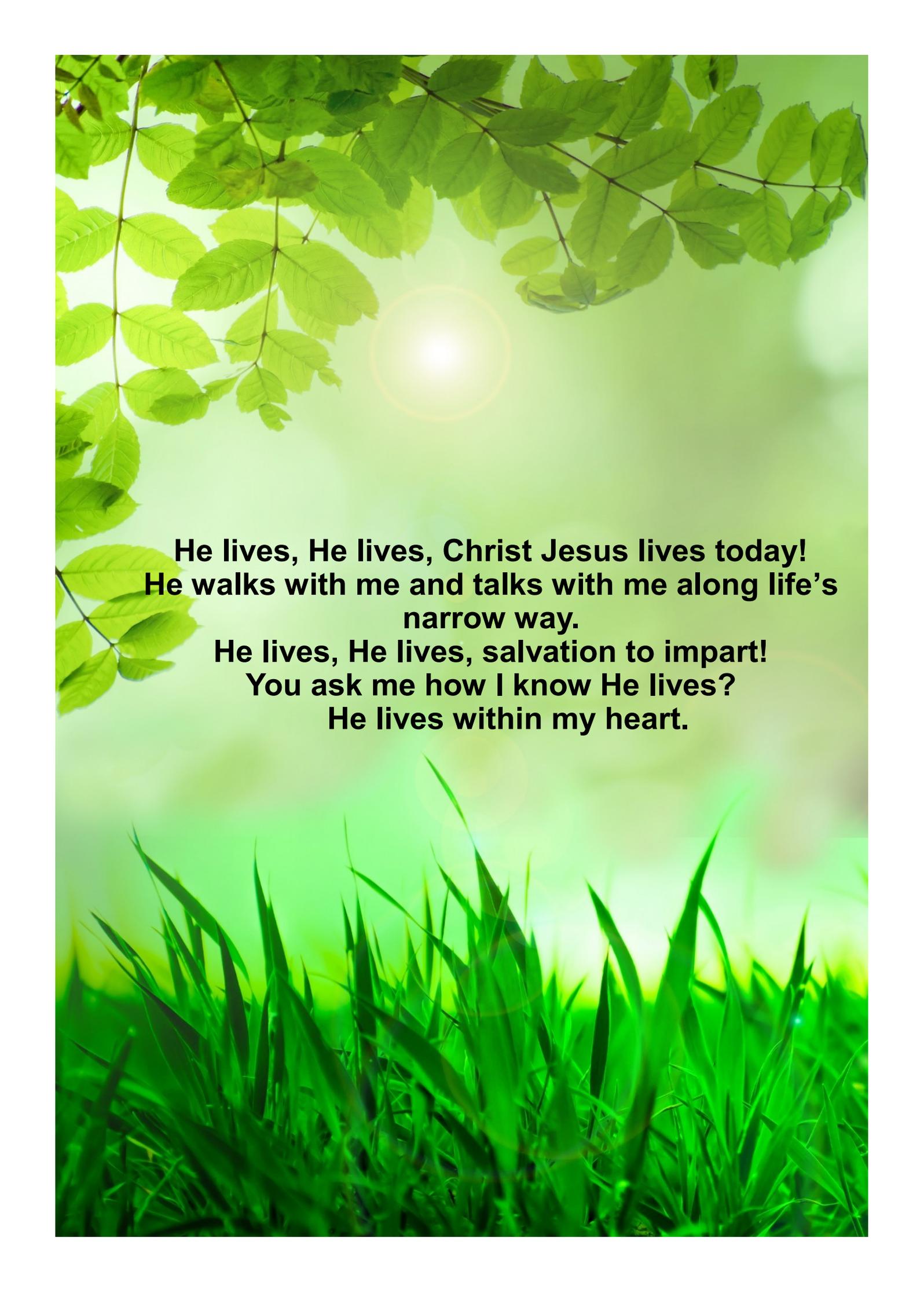
My life can be busy and scattered so I intend to start journaling my meditations/contemplations with God so nothing is overlooked.

Alex Fotheringham.

And then the Holy Spirit revealed himself to us through Alex.

Having had a particularly upsetting morning dealing with my ninety year old, mentally ill but much loved Aunt I was feeling very low. I turned to prayer going onto my Loyola 3minute daily retreat. Today's title is “Newness of life”. An Ignatian-trained Spiritual Director (Becky Eldredge) wrote that she uses prayer methods such as The Examen and Lectio Davina to awaken new ways of praying on her spiritual journey. I have never before seen mentioned The Examen or Lectio Davina in all the time I have been following the Loyola 3minute retreat. My heart jumped with pure joy as I felt this must be our Heavenly Father confirming that he is happy with our spiritual journey.

Prayer, Study and Action ... A method to help us grow and share our faith.



**He lives, He lives, Christ Jesus lives today!
He walks with me and talks with me along life's
narrow way.**

**He lives, He lives, salvation to impart!
You ask me how I know He lives?
He lives within my heart.**