



Diocese Of Birmingham Alabama

Ultreya Facilitator

Information Briefing

Purpose of the Cursillo Movement

- Two-fold purpose
 - 1) provide a foundation for a person to live what is fundamental for being a Christian (loving God and loving one's neighbor)
 - 2) to vertebrae Christianity—to leaven environments with the Gospel
- End is to become the Good News and evangelize by the witness of our lives

- Apostolic purpose of the Church (to evangelize) and Cursillo is the same

Mission of Postcursillo

To accomplish the vision that is presented on the Three-Day Cursillo by...

- Helping each person find his or her own unique place in the Church and in the world
- To provide each person the means to persevere in living the Christian life in their respective environments

How does this happen?

Through Group Reunion and Ultreya

Purpose of Group Reunion

- To make possible the normal, lasting and joyful living together of our lives as Christians
- To be a channel and source of countless apostolic experiences
- To encourage and increase the idealism, self-surrender, and spirit of charity of each of its members, and to assure perseverance for the journey

- To grow and deepen in friendship while ensuring perseverance in the process of progressive conversion on the path to holiness

Purpose of the Ultreya

- Four-fold purpose

- 1) Root the results of the Three-Day Cursillo in the soil of perseverance
- 2) Provide ongoing formation, so piety, study and action can be encouraged and evaluated
- 3) Foster the atmosphere of unity which the diocesan, parish and Christian communities must have if they are to be dynamic and radiate their fervor and Gives impetus to the groups in the environments

- 4) Satisfies the need for growth in community and being Church in the world

Fundamental Purpose

Ultreya is the point of convergence for all friendship groups so that they may share their Christian commitments, growth and apostolic work.

Vision of the “Ideal” Ultreya

- Is available weekly
- Has a rotating team of leaders responsible for the planning and execution of the Ultreyas
- Is viewed as something wanted and needed; an opportunity
- Creates a climate of joy, sincerity, openness, equality and respect
- Spiritual direction available
- Has a Floating Group Reunion that allows both new and experienced Cursillistas to find a group reunion that fits their current needs for growing in holiness
- Notices who is not present and visits/reaches out to them

Responsibilities of Ultreya Facilitators

- Ensures Ultreya is available as frequently as community desires, on a day/time that is conducive to maximum participation, and in an environment that allows for participation
- Develops a team of leaders to assist in the planning and execution of the Ultreyas
- Understands and shares the purpose of Ultreya with others
- Helps to create a climate of joy, sincerity, openness, equality and respect
- Coordinates with the Spiritual Advisor to ensure spiritual needs of Ultreya members are addressed
- Assists new and experienced Cursillistas in finding a group reunion that fits their needs for growing in holiness
- Notices who is not present and visits/reaches out to those not present

Responsibilities of Ultreya Facilitator(s)

- Maintains a listing of Ultreya members with their contact information and communicates with membership regarding gatherings and other pertinent information that Ultreya membership may find useful
- Communicates with diocesan Cursillo leadership (Postcursillo Chair) as necessary regarding Ultreya meeting location, membership and attendance
- Shares information about diocesan Cursillo events with Ultreya
- Keeps a listing of group reunions (and contact information) that are available for Ultreya members to participate
- Understands and shares the purpose of Ultreya
- Coordinates with the Spiritual Advisor prior to Ultreya gatherings
- Secures Witness speakers for Ultreya gatherings and provides Witness talk outline to them for their reference

Ultreya Format

There are 6 elements that should be a part of Ultreya:

- 1) Prayer – Begin and end every Ultreya with an acknowledgement that without Christ we can do nothing
- 2) Floating Group Reunion – This enables each person to experience how others are striving in their own spiritual and evangelistic growth; it helps those who do not have a “friendship group reunion” to find theirs.
- 3) Witness Talk – The Cursillista elaborates on how he or she strives to live what is fundamental for being Christian. He or she explains how they incorporate the love of God, their neighbor and the world into their Christian life. (For an overview and guidance regarding the Witness Talk, see the [Ultreya Witness Talk Overview](#) link above)
- 4) Echo – This is a brief sharing that provides an echo to the witness talk that has been presented. These should help awaken a desire amongst the other participants to go forth and do likewise.

Ultreya Format cont

Elements that should be included as part of an Ultreya:

- 5) Spiritual Advisors Summation – If a Spiritual Advisor is present, then this is the time for them to put the witness and echos in proper perspective with the Gospel.
 - 6) Music—may be included in different parts of the Ultreya—i.e. opening and/or closing songs.
- In addition, some Ultreyas have a social greeting period, or a pot luck meal before or after the Ultreya in order for members and new Cursillistas to come to know one another.
 - Another possibility is to incorporate a visit to the Blessed Sacrament at the opening or closing as part of prayer.

“Typical” Ultreya Schedule

7:00-7:30 Floating Group Reunion

START ON TIME. Using the Friendship Group Reunion Sheet, Cursillistas form floating groups for a general sharing of the tripod

7:30 Short Song while everyone takes their place, Opening prayer

7:35 Witness Talk (10-15 mins)

7:50 Echoes (2-3 mins)

7:55 Spiritual Advisor Summation (5 mins)

8:00 Announcements, closing song and prayer (before Blessed Sacrament if possible)

8:05 Fellowship

“Helpful Hints”

- Use a “Sign-In” sheet to capture attendance as well as any changes to contact information
- Create an Attendance Roster to track month-to-month attendance
- Create a email distribution list to communicate with Ultreya members
- Ask people within your Ultreya to assist you with different tasks (singing songs, finding a witness speaker, organizing floating group reunion, etc.)
- Ask your Spiritual Advisor to be present during group reunion for those who wish spiritual guidance/set up appts
- Using your list of group reunions, create a witness speaker schedule by asking each group reunion to suggest/provide a witness speaker
- Ask each group reunion to assist in “hosting” a particular Ultreya
- Read *The Postcursillo, Group Reunion and Ultreya* pamphlet and the *Leaders Manual*, especially pp. 132-144. (Both can be purchased online at the National Cursillo Website—www.natl-cursillo.org)

“Helpful Hints”

- It is important for members of existing friendship groups to mingle with others from other groups in order to form floating group reunions
- Be attentive to time—keep it short and simple. Analogy would be that Ultreya should be “fast food,” rather than a formal banquet.
- Ultreya is the opportunity to come and share with our brothers and sisters, not a place to intentionally learn or be taught Catholic doctrine.

Ultreya is the point of convergence for all the friendship groups in the environments so that they may share their Christian commitments, growth and apostolic work.

The important thing is for that they briefly encounter each other on a personal and communal level and still remain free to engage in their regular weekly schedules without losing an entire evening for Ultreya.

“Helpful Hints”

- Keep growing in your own understanding, knowledge and practice of the Cursillo Movement and the Cursillo Charism. Participate in the School of Leaders, Regional and National Encounters, and encourage others to go with you!
- Finally, if you don't know, ASK. You do NOT have to have all the answers, but you should be willing to seek them out. This is where members of the School of Leaders and the Secretariat can be of great value, as they are your local “experts” on the Cursillo Movement and Charism.
- Secretariat contact information can be found on the website (www.bhmcursill.org), but especially reach out to the Postcursillo Chair for guidance and assistance as he/she is responsible for the well-being of the Ultreyas in the diocese.

Postcursillo Chair

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