



## The Escarpment

Newsletter of the Wollongong Cursillo Movement

**Issue No. 2 May, 2019**

Hello to all Wollongong Cursillistas, welcome to issue No. 2 of the Escarpment for 2019. I hope you all had a great Easter with your family and are still enjoying this wonderful Easter season.

It is with great sadness that we heard of the tragedies in recent times particularly the crimes of hate against humanity in New Zealand and Sri Lanka. We continue to pray for all involved .

The importance of being in solidarity with other Christians at this time is an important element of our faith. Just as when the first disciples gathered with Mary in the upper room, deeply traumatised by his death and fearing persecution, they encountered the risen Lord for the first time. He came and stood in their midst and said, "*Do not be afraid and peace be with you, my own peace I give you.*"

From Fr. John Armstrong's letter re Sri Lanka.



In the last Escarpment I asked for stories of kindness.

I received this lovely article from one of our Cursillistas.

I believe the universal language is kindness. "Do unto others as you would have them do unto you". This extremely profound statement traverses generations, cultures, continents and religions. I for one am always humbled by an act of kindness shown toward me.

We encounter kindness dressed in many ways. I was on the train a few months ago on my way to Liverpool hospital for radiation, when I began speaking to an elderly, well dressed woman sitting opposite me. She had a broad accent and I asked where she had originally come from "Russia", was her reply, "but I have been in Australia since I was 16". I asked her how old she was now and she said very proudly, "I'm 91". We then began to chat and I asked her what was her secret for longevity. She said her thoughts on that were to walk, help others and to be of service. She volunteered by sewing items for the needy and was off to do that now. 91 and looked about 71, so

I guess they were great recommendations for both life and to retain a younger appearance!! This was a wonderful encounter and one that touched me very much, she certainly was a kind lady.

I was on the queue at McDonalds the other day to get my free senior coffee, being the cheap skat that I am, when a young woman in front of me asked what I was buying , "a coffee" I replied, "how do you have that?", she asked. Me, being a chatter had no problem explaining my favourite beverage. She then said she was going to buy it for me as I reminded her of her grandmother. In no outward way I don't think as I'm fair and blue eyed, the woman I was speaking to was the opposite. We waited for our coffee and I asked her about her grandmother, with tears in her eyes she described the woman she loved very much who had recently passed away.

I guess we all have the ability to be kind in our day to day affairs. Not in a huge way but small subtle ways. As you give, so shall you receive.

I am sure that many of you reading this show acts of kindness every day both in small and large ways in words or in deeds.

Wollongong Cursillo has been functioning for 19 years now and this is due to the kindness of others who year after year show they are Christians by their love and acts of kindness. The behind-the-scenes Cursillistas who make sure in numerous ways that our Wollongong Cursillo will continue growing for many years to come. The random acts of kindness that sometimes go unnoticed by some but recognised by others. I for one am very grateful for the kindness of so many members of the behind-the-scenes army of helpers.

Thank you, thank you, thank you.

### ***Another story of kindness from a Cursillista***

I was sitting in my car waiting to pick up my grandchildren from school. I had just heard an add on the radio for "The Kindness project on Smooth FM" I looked up and noticed a lady in her car

No act of kindness,  
no matter how small  
ever goes unnoticed.

opposite trying to get out of her parking spot, she was on a slight hill and too close to the car in front of her. When she tried to reverse the car went forward I went over and recited my mantra for such situations "Can I help you", yes was the reply and she explained in her limited English the problem, fortunately she had

the child she had just picked up with her to help with interpreting. I told her to put her handbrake on then gently ease it off while slowly accelerating and guess what, the car went backwards and she drove off. A friend was also parked across the road and saw what was happening , when speaking to him later about it he said he wouldn't help because of unknown things that could happen.



I read this article recently:

*From The Act of Kindness by Meredith Gaston*

Researchers in the U.S. discovered that people who performed acts of kindness were more likely to experience an improvement in their mood and to feel happier than people who tried to cheer themselves up by treating themselves with, for example, a spot of retail therapy. This is because performing an act of kindness activates the release of the chemical dopamine, the so called "Helpers high" in the brain. And there's more. Not only is performing a kind act good for you, it also triggers dopamine in the brain of the person who benefits from the act of kindness. It's a win, win scenario.

Do you remember the Cadbury's add where poor Mrs Thompson is always throwing back balls and frisbees and the like over the fence. Then one day a block of chocolate is thrown over and a little boy calls out "You don't have to throw that one back Mrs. Thompson."

Denise

# POT LUCK LUNCH

**When** - June 15<sup>th</sup> at 12pm Before Ultreya

**Where** - St. Johns church presbytery

**24 Jerramatta Street DAPTO**

**WHAT TO BRING** – A plate of food to share – Main, sides or dessert

Also drinks, plate, cutlery etc. For yourself.

# ULTREYA

## ROSTER 2019

DATE	VENUE	HOST GROUP
18 <sup>th</sup> May	OLHC Rosemeadow	Campbelltown Ladies Vanessa
15 <sup>th</sup> June	St. John's Dapto	Dapo men/Southern men Matthew/Steve Pot Luck lunch
20 <sup>th</sup> July	St. Clare's Narellan Vale	St. Andrew's ladies Denise S.
17 <sup>th</sup> August	OLHC Rosemeadow	Camden/Campbelltown men Lester

**Address for May Ultreya:** Our Lady Help of Christians 80 Demetrius Road  
ROSEMEADOW

**Address for June Ultreya:** St. John's Church Presbytery 24 Jerramatta St. DAPTO



I would love to feature your group in the Escarpment, so please send me a photo and a little information about your group. Unfortunately no one has sent me any information regarding their group this time so I hope to be inundated with group information for our next issue.

If you are not in a Reunion group and wish to join one, let Ken, Dianne or myself know and we will help you find a group in your area. All groups welcome new members.

Joke from my 7yo grandson

Why did the moon skip dessert?

Because it was full!!



## **WEEKEND**

Save the date – **28<sup>th</sup> and 29<sup>th</sup> September**

The weekend will centre on talks entitled “Call to Holiness”

It will also be a time of friendship and fellowship.

You can come for a day or stay for the weekend.

These weekends are always a lot of fun. Further details to follow in Ken’s newsletters.

## **FURTHER INFORMATION**

Our next School Of Leaders will be held on Saturday 18<sup>th</sup> of May 12pm before the Ultreya at O.L.H.C. Rosemeadow.

S.O.L. is for all Cursillistas, so bring your lunch and come along and join in the conversation. We will be studying “ Fundamental Ideas” “Responding to the challenges of the times”. We will also be planning for the year ahead.

The National secretariat meeting will be held at Randwick on the Friday 30<sup>th</sup> August till Sunday the 1<sup>st</sup> September. Elections will be held and Role descriptions are available if anyone is interested please speak to Dianne. Details of the workshop to be held on the weekend will be advised later.

National Palanca day is the 5<sup>th</sup> June. Palanca is what holds our movement together. Please offer as much Palanca as you can on this day for all Cursillistas and worldwide Cursillo Movements.

DONATIONS needed for raffle to be held at Pot Luck any new item welcome. Bring it to any Ultreya.

There will be two more issues of the Escarpment this year, August and November.

If you wish to have something placed in the next issue of the Escarpment please contact me. I would particularly like to feature extracts from Ultreya witnesses and Reunion groups. I will also will be incorporating an article on “Friendship”, if you have any stories of “Friendship” please send your story to me by the 2<sup>nd</sup> August.

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*De Colores*

**Denise D’Amore and Helpers**