



*The Escarpment*  
*Newsletter of the Wollongong Cursillo Movement*

Issue 3, 2020

## **October is traditionally the month of the Rosary.**

Just as we set out on a Camino pilgrimage to meet with people who walk by our side, the Rosary lends itself to a walking path. We can say it in a way which embodies the prayer in our daily walk with Christ.

Always trust that we encounter Jesus through the pondering love of Mary who draws us closer to her son.

Fr. John Armstrong

*The angel came to her and said "Rejoice, full of Grace, the Lord is with you."*

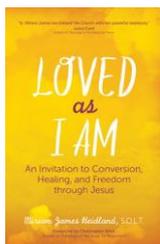
Luke 1: 28



*When Elizabeth heard Mary's greeting the baby leapt in her womb. Elizabeth was filled with the Holy Spirit and giving a loud cry said "You are most Blessed among women and Blessed is the fruit of your womb."*

Luke 1:41,42

## A BOOK SUMMARY BY MATTHEW NICHOLSON



A review of “Loved as I Am – An invitation to Conversion, Healing, and Freedom through Jesus”, by Miriam James Heidland, S.O.L.T – Ave Maria Press, Notre Dame, IN. 2014.

### Continuation from last escarpment:



In chapter 2, Sister deals with “purpose”, and writes about her initial formation as a religious sister in Rome. She writes about her first impressions of Caravaggio’s painting The Calling of St Matthew. “It took my breath away...”. Caravaggio was also a troubled soul who “struggled with his fallen humanity his entire life”, even though he was granted the great creative gift by God. He spent the last few years of his life in exile because he

murdered someone in a bar fight.

Sister then proceeds to write about the brokenness we see today being the “result of human beings using one another as a means to an end” rather than loving the other person” and upholding their dignity and beauty. She then talks about Jesus Christ as not being afraid of His humanity and embracing it by “touching the sick and suffering”, and embracing children. The Resurrection of the Body isn’t a nice story we tell children on Easter Sunday, “It completely changes every aspect of creation”.

She then tells the story of one of her fellow sisters who quietly challenged her “by her example to examine my arrogant and egotistical ways”. She then tells an anecdote about one of the children (a little girl) for whom they were caring in an Italian orphanage, recognising in this particular sister the person of Jesus, by her quiet demonstration of humility and gentleness towards the little girl. In saying this, Sister Miriam writes, the little girl paid the Sister “the deepest compliment possible”, and her sincerity “blew me away”.

Chapter 3 addresses man’s search for God, the pain of being left out (as a contrast to the joy of being included), and the importance of having someone walking with you through the process of rehabilitation. Sister relates the story of the physical therapist who helped her heal when she injured herself playing college volleyball. I couldn’t help but think of my

grandmother's rehab process in the months after she broke her hip and having been so proud of her for doing everything the physical therapist told her to do to strengthen her body and learn to walk on her new hip after surgery. Sister writes that that her life "is surely better because of that wonderful and generous woman". She then speaks of the intimacy that we experience with each other being "a small spark of the intimacy God desires to have with us".

For Jesus spoke to us about this yearning for union and intimacy in talking to the crowds about marriage, and Sister refers to this discourse in relation to its place in the Theology of the Body. Sister then writes about creation before the fall, the relationship between Adam and Eve being one in which there existed no lust because each was naked, there was "no desire to take advantage of one another". Sister makes comment on the fact that we were created with "a certain order", our capacity for knowledge (she quotes the Catechism extensively in the book, as she does on this point), and modern culture's aversion to silence which stems from the fear of what we will either find or will have to face in that silence.

Sister commences Chapter 4 with the image of a question child, "all children want to know where they came from", and this question lead to her childhood curiosity around her birth, and why, amongst all the family pictures in the house, there were no pictures of her mother when she was pregnant. Her mother explained that she was adopted, which was an answer that changed her "entire life and [her] view of the world...who was I, anyway?" Sister relates that it "took a very long time and much prayer, counselling, and healing" to realise that she was not simply "an unplanned pregnancy", and that "it was very easy to feel like the product of an unintended circumstance" rather than the intentional creation of a Divine destiny".



Sister then takes us to the Garden of Eden, where God's first command to our parents is one of "blessing and goodness". The fullness of this situation is "a mystery this side of Heaven...humanity was created in and for complete goodness and love but then chose another path."

Sister talks about the lies Satan tells us about being "fatherless and all alone". In our rejection of God the Father, order becomes disorder. Sister writes that her life is inextricably marked by decisions made by others, and that we are all marked by similar things.

In Chapter 5, Sister addresses the subject of addiction in all its forms. "We all use and grasp at things that we think will fill the emptiness within us...with food, or work, or relationships; we try to quell the pain with alcohol, drugs, shopping, or sex...", the exterior addition is often symptomatic of deeper sorrow. It was the typical stereotype of the alcoholic living

under a bridge, drinking out of a bottle wrapped in a paper bag that kept Sister Miriam in denial of her alcoholism in her early years (before her 21st birthday). Yet, she knew within her heart that she was. Life can be “very painful on this side of Eden...”. After citing some terrible statistics on child sexual abuse, Sister writes of her own abuse as a young girl: “sitting by the window...after a certain instance of abuse...I sat there and stared at my socks...heartbroken and confused....stripped of anything good, true, or beautiful...something within me died...it was hope”. She had entered “into the barren territory of being something that is used and then discarded when the “pleasure” has passed...”, and to be used rather than loved is a “truly cosmic rupture”, and an affront to our dignity and sovereign worth which, for her, manifested itself as a clinical depression. Healing and freedom are real “when we allow Christ to purify our hearts...purity is not a prize to be won, but a gift to be received and cherished.

To be continued next Escarpment.

## AN EXTRACT FROM THE JULY WITNESS GIVEN BY GERALDINE DAYBALL

I have always loved the stories of the Saints and they have shaped and influenced me for all my life.

When our children were younger the parish held a fund raising family camping weekend riding bikes to Goodman’s Ford. We knew we would not be able to get back in time for Sunday Mass, so before we embarked on our trek, we all attended Mass and Fr. Francis entrusted the Blessed Sacrament to me for a Communion Service on the Sunday morning.



Having this responsibility was very overwhelming for me and the example of St. Tarsisius sat high in my heart. Tarsisius was a young boy around the 3rd century. Christians were hated during that period and one day the Blessed Sacrament was requested to be taken to the prisoners in jail. Because of the danger of persecution for an older person, Tarsisius offered to go, as the soldiers would not suspect a young person. Wrapped in a linen cloth and protecting the Sacred Host close to his heart, Tarsisius set out and was stopped by other young people who wanted him to play. Saying that he had something special to do, he ignored them, but they could see he was holding something close. They bullied him and struck him with a stone, but he wouldn’t let go of the Blessed Sacrament. A Christian soldier was passing and saw what was happening and he promised Tarsisius that he would take Holy Communion to the prison and soon after Tarsisius died. Tarsisius gave his life to protect the Blessed Sacrament and that’s exactly how I felt that day Fr. Francis gave me Jesus for the Liturgy of the Eucharist and I can tell you I will never forget it.

## **WOLLONGONG SECRETARIAT FOR 2020 - 2022**

A huge thank you to those who have agreed to take on the various roles within the Secretariat over the next two years. We would also like to sincerely thank those who have been committed to Cursillo through the Secretariat over the previous two years. We are extremely grateful for your continued support.

<b>President</b>	<b>Matthew Nicholson</b>
<b>Vice President</b>	<b>Frank Bugeja</b>
<b>Secretary</b>	<b>Lesley Wyatt</b>
<b>Treasurer</b>	<b>Pauline Ranger</b>
<b>National Delegate</b>	<b>Vanessa Smith</b>
<b>Palanca Secretary</b>	<b>Geraldine Dayball</b>
<b>Escarpment Editor</b>	<b>Denise D'Amore</b>
<b>Utreyra Co-Ordinator</b>	<b>Kristine Flood</b>
<b>Resource Officer</b>	<b>Dianne Garland</b>
<b>Fundraising</b>	<b>Denise D'Amore</b>

## **THE NEXT 3 DAY WEEKEND**

**Will be held at Hartzler Park on the 1<sup>st</sup> to 4<sup>th</sup> July 2021**



### **The Wollongong Men:**

An amendment to what was reported in the last Escarpment. Due to the Commitment of a few of the men it is hoped that a team can be formed so the men can enjoy a 3 day weekend next July.

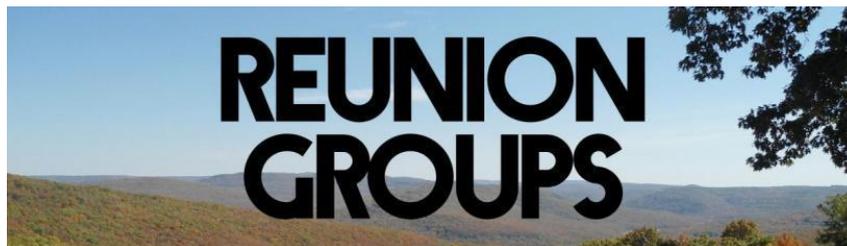
Frank Bugeja has agreed to be Lay Director for the weekend. He is endeavouring to form a team. If he has contacted you please think seriously about accepting this role. If you have not been contacted and you wish to be involved please contact Frank on **0418404180**

## **The Women's team**

Our training will continue in early 2021, in the meantime the team has been asked to continue communication with their Prayer partner and each other.

**APPLICATION FORMS** are now available and are attached with this Escarpment. The Secretariat would like all Cusillistas to print off 2 or 3 copies and place them in your parish church.

**RECRUITMENT** - It is important at this time to continue to talk to people about Cursillo. Please keep in touch with anyone who was thinking about coming to our 3 day weekend this year and be sure they know the new dates for our next weekend.



Most of the Wollongong Reunion groups have resumed grouping in each other's houses but if this is not possible groups could meet via Zoom. Contact Dianne if your group wishes to use this technology.

**dianne.garland@gmail.com**

## **ULTREYA'S**

Wollongong Ultreya's are continuing via Zoom till at least the end of the year.

They are held on the **3<sup>rd</sup> Saturday of each month from 2pm till 4pm.**

The **October Ultreya was held on Saturday 17<sup>th</sup>** The Tahmoor ladies hosted. Geraldine's great meditation on Silence and Lesley's thought provoking witness were a highlight.

The **November Ultreya** will be held via Zoom on 21<sup>st</sup> November at 2pm.



**On SATURDAY 24<sup>TH</sup> October** Wollongong Cursillistas will be undertaking a Walkathon. We aim to raise funds to help towards the ever increasing costs of running a three day weekend.

We are asking Cursillistas to WALK according to individual abilities. Either kilometres, laps or steps. The walker decides.

If you are not a walker you can sponsor other Cursillistas.

Please email, text or phone me if you are going to walk. So far I have 13 names. I will also need to know how far you have walked.

A sponsorship form is attached with this Escarpment along with a list of participants in order for you to sponsor a walker if you wish.

## **A MESSAGE FROM DIANNE**

Over the past 2 months, I have had the pleasure of signing into a Zoom course run by Darren Mc Dowell from the Wollongong Diocese office. The focus was the Holy Spirit. Each week we focused on an aspect of where we encounter the Holy Spirit. All these talks are available on FORMED and are released by The Wild Goose. To gain access to FORMED.org, the online Catholic Media Library which contains a huge array of faith related material such as courses, documentaries, movies, audio books and much more please register as follows.

### **To Sign up:**

- 1. Go to [www.formed.org](http://www.formed.org)**
- 2. Click Sign up on the top right**
- 3. Click 'I Belong to a Parish or Organization'**
- 4. Type Catholic Diocese of Wollongong into the box on the left.**
- 5. Then click your name and address which will appear**
- 6. Enter your name and email address. You'll get a confirmation email asking you to sign in and then follow the prompts.**

**Once registered, go to "programmes" and click on faith formation.**

**The Wild Goose window will be offered (amongst others)**

**Another 2 links you may find useful.**

**The Carmelite Friars have a new section on their website dedicated to prayer as explained below. It has very good information and resources there for prayer.**

**Here is the link. <https://mtcarmel.com.au/the-prayer-project>**

**Saint Mary McKillop Novena**

**<https://www.dow.org.au/novena-for-a-world-in-need/>**

## **SUBSCRIPTIONS for 2020**

The Secretariat thanks everyone who has paid their \$20 subscription for 2020. If you have not been able to pay yet and wish to the payment details are below.

***Payment details for subscriptions:***

*Diocese of Wollongong Cursillo Movement,*

*BSB 641 800,*

*A/c No. 200459499*

***Send cheques to: Lesley Wyatt at: 6 Pandora Place, Tahmoor 2573***

The next Escarpment will be out in Nov/Dec 2020. If you have something you wish me to put in the next Escarpment please send it to me by late November.

Please continue to keep each other in your prayers.

Thank you to all the Cursillistas who contributed to this Escarpment.

Contact details – [denisedamore0@gmail.com](mailto:denisedamore0@gmail.com) Phone: 0438254139

De Colores

Denise and helpers