



CURSILLO[®] in the Diocese of London

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www.londoncursillo.org.uk

Cursillo is a movement of the Church providing a method by which Christians are empowered to grow through prayer, study and action and enabled to share God's love with everyone

Outline schedule of the Three Day Cursillo Weekend

The Three Day Cursillo Weekend usually begins on Thursday evening and follows a set and busy programme until it finishes on Sunday afternoon. (Occasionally Cursillo weekends run from Friday evening until Monday afternoon.) The schedule for the weekend is as follows:

Thursday evening

Arrive and unpack
Dinner
Welcome Talk and Introduction
Preparatory Silent Retreat begins
*Meditation 1: Know Yourself
Way of the Cross
*Meditation 2: The Prodigal Son
Compline

Saturday

*Meditation 4: Person of Christ
Eucharist
Breakfast
Talk 6: Study *Talk 7: Sacraments
Lunch
Talk 8: Action
*Talk 9: Obstacles to Life of Grace
Talk 10: Leaders
Dinner
Reports on group discussions
Compline

Friday

*Meditation 3: 3 Glances of Christ
Eucharist
Silent Retreat ends
Breakfast
Talk 1: Ideal
*Talk 2: Grace
Talk 3: Laity
Lunch
*Talk 4: Faith
Talk 5: Piety
Dinner
Reports on group discussions
Compline

Sunday

*Meditation 5: Christ's Message to You
Morning Prayer
Breakfast
Talk 11: Evangelization of Environments
*Talk 12: The Christian Life
Talk 13: Christian Community in Action
Talk 14: Cursillo group meetings
Lunch
Talk 15: The Fourth Day
Final Eucharist
Tea and depart

*Indicates talk or meditation given by ordained Spiritual Advisers.

About the Three Day Cursillo Weekend

The above schedule is interspersed with group discussions, refreshments breaks, singing and prayer. Exact times are not included as they may vary. This mixed programme of activity and stillness is fitted into full days which generally start at around 7.30am and finish at about 10pm. There will be some free time, though the programme does not allow time for huge amounts. Over the weekend, it will become apparent that there is widespread prayer support for both participants and staff by name before, during and indeed after the weekend. Spiritual Advisers are available at all times for participants and lay staff. The three day programme forms a whole, and although the days are packed, you are encouraged to try to complete the whole programme if you can.