My dear Cursillistas family,

On Ash Wednesday we begin Lent. This is the time in which enter into the Light of Christ to expose our darkness. It is not easy to expose our dark side, but it is very necessary. It is like going to the doctor to examine our sickness. I did not want to talk to the doctor for what I thought might be too trivial to examine. I had to wait until everyone else noticed me almost falling down twice for me to mention it to the doctor. We do the same thing in our spiritual life. We think it is not worthwhile to talk about what we think are little sins. When we keep slipping away in our faults and the distance between God and us becomes greater.

When a plant begins to die at first a flower dies, then the other flowers die. The flowers are what produce the fruit or the seeds. We can recognize when we die spiritually because our fruits do not grow. The first thing we should notice is that we are not as charitable as we were or that it takes great effort just to do one good deed. Other faults follow like speaking ill about others, getting short with others, or staying away from others. We find excuses for not praying. “In contrast, the fruit of the spirit is love, joy, peace, patient endurance, kindness, generosity, faith, mildness, and chastity” (Gal 5:22).

We have just finished a women’s Cursillo. We have to remember that we should not isolate ourselves from our community. The Cursillo unites us to the Church. We need to have the strength that comes from sharing with others in our reunion group. We are often edified by the witness of our sisters and brothers. It is very nice when we can share what we have received from our spiritual reading or tapes that we have been listening to.

This is also a time for us to quietly build the faith of our families. We can show we care by having the table set for the family to sit together. It is nice to have flowers on the table as a way to show we care about the family. Try to find time to have fun with the family, or taking time to pray and read some scripture we find in a daily prayer book. This is also a time of fasting and abstinence. We can change what we buy to eat at the store, eat more simply. We can even look up fish respaces. Let us pray for each other.

In the peace of Christ,

Fr. Mark E Mitchell