



The British Anglican **Cursillo**[®] Council

[®]Cursillo Reg. U.S. Pat. Off.

Rule of Life & Spiritual Direction

Revised 2018

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Introduction

These booklets, which form the Resource Manual or Handbook for British Anglican Cursillo (BAC), are revised versions of the original documents gifted to BAC from the Episcopal Church of the USA in 1989. In the early to mid-2000s and again in 2013/4 They had been revised for basic differences between the American ways of doing things and for language alterations, but it became apparent that the booklets were not being read or used effectively by Diocesan Cursillo.

This major revision and rewording of the booklets was made by a group of experienced Cursillistas in 2017/8 and is intended for use by Diocesan Cursillo in order to explain and guide such groups in the practicalities and use of the Cursillo method. We believe that this reflects best practice. In line with recent legal requirements there are also attached Guidelines and Policy Documents, particularly in regard to safeguarding, insurance and financial matters. It is recommended that any future reviews of these booklets refer back to the original documents received from the Episcopal Church of the USA (ECUSA), copies of which should be held by the BAC President.

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The purpose of Spiritual Direction is having someone who is willing to walk beside us and to help us to keep going in our faith; someone who will challenge us.

Many people hear the term 'Spiritual Direction' for the first time on a Cursillo weekend.

Unfortunately, its meaning is not delineated for us very carefully, and we come away from the three-day weekend hyped up, ready to charge ahead to find a 'Spiritual Director' in order to be under 'Spiritual Direction'.

Most dioceses nowadays will have a list of people who have been on a course and have qualified as Spiritual Directors and for some people that is a good route to follow. The Spiritual Advisors on a weekend, or the Diocesan Spiritual Director will be able to point you in the right direction for this.

The heart of the Cursillo movement is Group Reunion and Ultreya, in which we share with friends how our Spiritual Journey is progressing, using the tri-fold check list of Prayer, Study and Action.

At the end of the weekend, as well as the Group Reunion Card, Cursillistas are given a card entitled 'Rule of Life' (see Appendices 1 and 2) in which people are encouraged to set their own goals. Everybody's life style is different and therefore their goals will be different.

A Spiritual Director may, therefore, be able to:

- Look through the Rule of Life card with the Cursillista and ensure that the goals set are realistic and achievable
- Discuss with the Cursillista how often they are attending Ultreyas
- Discuss with the Cursillista how well their Group Reunion is going
- Listen to any challenges which the Cursillista is currently facing in their lives
- Pray together
- Set another date to meet together.

