



Group Photo — Regener8 July 2025



All donations of craft items are gratefully accepted and are offered for sale at our Cursillo events.

Scarves and beanies are popular and warm for winter.

To make a Contribution to Cursillo by Direct Deposit:

Cursillo is only successful because of your contributions.

Thank you everyone who has given so generously!

ACCOUNT NAME: Anglican Cursillo Secretariat

BSB: 705077 **ACCOUNT NUMBER:** 30042

REFERENCE: Your Surname + gift

Thank you, Ross Lehman, Treasurer

3 Homestead Ave, GOONELLABAH, NSW, 2480

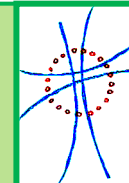
M: 0407 272 414 E: rjlehman@bigpond.net.au

What is your favourite part of God's creation? Are you in awe of the ocean, or at home in the mountains? Perhaps you're a bird watcher, a storm chaser, or a star gazer. Is it the sound of the wind, the sight of a sunset or the smell of lilac that makes you catch your breath? Maybe you've been mesmerised by a spider's web or enjoyed the shade of an old oak tree.
100 Favourite Hymns (Thomas Nelson 2020).



CURSILLO COURIER

**Grafton Diocese
Cursillo Movement
Spring Edition 2025**



FROM THE BISHOP

Dear Sisters and Brothers,

A colleague of mine once mentioned in the staff room that she had a decluttering consultant visiting her home the following day. She was going to pay the consultant quite a lot of money to advise her on the decluttering process. Quite a few of us immediately volunteered to advise about this for free! But our offerings were declined - apparently an expert was required. Perhaps my colleague knew that in the decluttering stakes my motto is, "if in doubt, throw it out". As a parish priest, one of my first actions on arriving in a new parish was to schedule a working bee for a big clear-out in the vestry. In my experience, vestries are repositories for decades (and even centuries) of accumulated clutter.

There's another saying too: "clutter smothers, simplicity breathes". This implies that clutter doesn't just come in material form. I was pleased to learn about the Cursillo theme of "Keep It Simple Servant". Matt Aroney, Rector of South Head in Sydney, says that God is at work in every part of our lives. In his book *Renovate*, he writes that we are each like a house. Amongst the complexities, complications and busy-ness of our lives, God has a renovation plan for us. God is at work in every room of our lives, but do we make room for God there? When we de-clutter, renovate or just simplify our lives, both physically and spiritually, we can create more time and space to spend in prayer and contemplation (Matthew 6:25-33), allowing God to show us more of Jesus and transform us.

+Murray



From our Spiritual Advisor

Where is contentment found?

Many think it is found in what we possess. To make yourself happy, says the world, you need this “thing” and more of it - clothes, toys, a bigger and better car, phone, house ... you name it. By having it, your life will change, you’ll be happy. Really? For a while maybe. That’s where our theme for our recent Regener8 comes in. **“Keep It Simple Servant”**- the **K.I.S.S.** method!

Jesus warned us that life doesn’t consist in an abundance of things or possessions. Christian simplicity offers us freedom from this all-consuming rat race of our modern society. Choosing a simpler way of life means focussing on what truly matters and finding joy in God, the only one who can truly satisfy. It’s about living life with Jesus. So let’s hunger for more of God and less of anything else.

God is the true source of fulfilment and nothing should fill our hearts but God and our relationship with him.

De Colores!

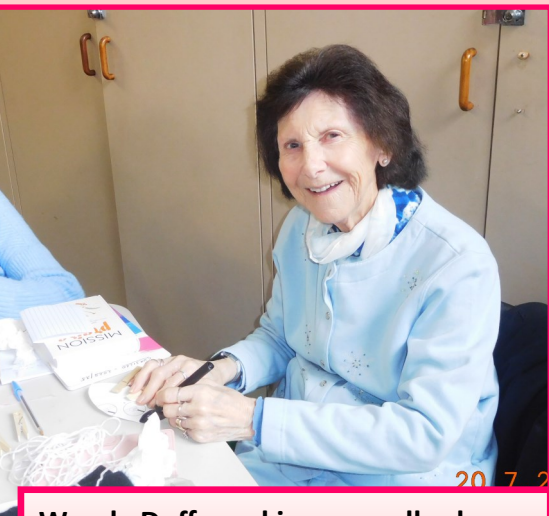
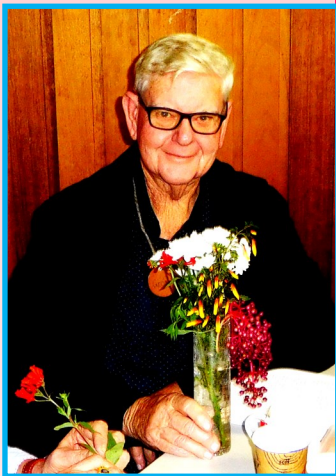
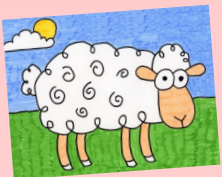
Rev. Rhonda Callander



Maria Gandey, a Co-Coordinator, worked hard to make the weekend a success.



Lucinda Flower from South Grafton and Beth Scaysbrook from Wauchope!



Wendy Duffy making a woolly sheep.

Graeme Booth. Jesus said,
"Consider the lilies, see how
they grow. They neither toil
nor spin ...". Matt 6: 28



Marian Egan, one of
our Witness Speakers.

From our Diocesan Lay Co-ordinator.

Dear Cursillistas,

This year is flying by, it only seems like yesterday that I was writing a report for the last Courier and here we are again.

Of course, since then we have had a very successful **Regener8** weekend in Grafton which was held just last month, 19-20 July. I think there were 30 people attending, I'm not exactly sure, but I do know they all seemed pleased with the weekend.

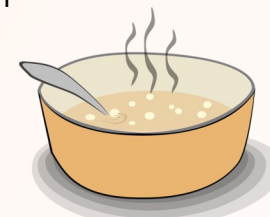
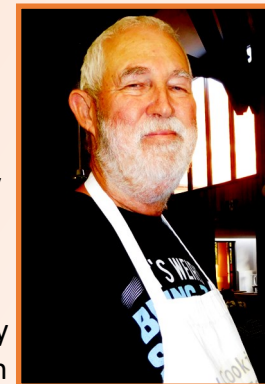
There were some great **Witness Talks**, which led to some lively discussions. It's always nice that at the end of the discussion period people are still talking about the talks and how they relate to them and God.

The theme for this year's **Regener8** was around the topic of simplifying your life, focusing on Jesus and creating the time and space to have a good personal relationship with Him. I think it resonated with a lot of people there. I know it did with me. Congratulations to everyone who worked hard to make it happen.

We are again running a **Cursillo Weekend** in Grafton in 2026 on the long-weekend, October 6th (Labour Day), and I'm sure it will be a bit warmer than July.

Please keep everyone in your prayers as they begin the organisation of the team and the facilities for the weekend. And please look around to see if there is anyone in your parish who might like to be a candidate.

**Bless you all till next time,
De Colores, Rodney Lollback**



REGENER8

Regener8: July weekend at Grafton Cathedral.

Both my wife Dawn and I attended the recent amazing **Regener8 Weekend** in Grafton where the theme was **K.I.S.S .“Keep It Simple Servant”**.

The **Witness Talks** were given by four Cursillistas who were so inspirational and heartening. They revealed God’s work in all aspects of their lives and reiterated what God can do if we trust and rely on him, especially when things are tough and we can see no way forward.

I had attended **Regener8** in 2023, but this was my first **Regener8** since making my Cursillo last year. It was definitely as uplifting as the Cursillo Weekend but without so many surprises.

It was a weekend of love and support, with amazing interaction with our table group; great food, great singing and wonderful reflections and sermons from Rev Rhonda (how truly blessed we are to have her as our Spiritual Director), and tricky but thoughtful crafts.

These **Regener8 Weekends** renew our enthusiasm to keep spreading God’s word and works in our everyday lives, wherever we are.

*De Colores, Graham Back,
Lismore*

Graham Back making a woolly sheep. The sheep refers to a meditation we did on Psalm 23.



Jenny Cox and Debbie Clarke
contemplating the beauty of flowers.



Julie Pine
(left) and
Debbie
Clarke
craft-
making.



Dean of the
Cathedral, Rev Naomi
Cooke, teaching the
story of creation using
Godly Play.



Continued from previous page:

A special mention must go to our hardworking and talented chefs, Sue and Rodney Lollback, who kept us nourished with delicious food and refreshments all weekend. Thank you, what a team you are!

Finally, a big shout out to Rev Rhonda and secretariat for organising a very uplifting weekend.

De Colores, Lorraine Kirkman (Wauchope)



Our four Witness Speakers: Beth Ryan, Doug Ridley, Carol Anderson and Marian Egan.



Three lovely ladies meditating on flowers: Beth Ryan and Carol Anderson.

REGENER8

This great **Regener8 Weekend** was about simplicity and was run in a similar way to a 2-day **Cursillo Weekend** with lots of fun, laughter, quiet time, activities and great fellowship.

The varied program was led by our Spiritual Director, Rev'd Rhonda Callander and the secretariat. There were some meditations and also craft activities, along with some fun games. We enjoyed creating woolly sheep, very challenging and producing lots of laughter.

We also had four **Witness Talks** which hit home with most of the attendees. We thank those who spoke so well about their personal experiences and where God is leading them now in their journey of faith. Another enjoyable time was with the **Dean of the Cathedral, Rev Naomi Cooke**, who generously gave us a **Godly Play workshop** on the theme of creation. The Dean demonstrated this in a simple way using pictures on panels of wood.

Rev Rhonda was ably assisted by Desley Ryan on the computer, Jill Gunning on the piano, and Maria Gandey. Maria is one of two Lay Co-ordinators, the other being Rodney Lollback who was kept busy in the kitchen, cooking up wonderful meals with his wife Susan.

Regener8 is open to anyone, not just Cursillistas. They are advertised well in advance so that people may come and experience Cursillo.

De Colores,

Dave Jones, Nambucca



Dave Jones

REGENER8

I was recently invited to take part in a Regener8 Weekend, along with all the other wonderful and very friendly Cursillo guests—it is always great to meet more amazing Christians!

We had a very enjoyable weekend filled with lots of worship, singing, fellowship, and projects, along with much love being shared —often over a meal or at a tea or coffee break!

A lot of table discussions took place, under the topic: **“Keep it Simple Servant”**. We discussed Bible Readings and our beliefs and faith—these discussions were very helpful in enabling all of us to learn how to de-clutter our lives, our homes, ourselves and especially our FAITH!

Learning to de-clutter outwardly allows us to de-clutter inwardly. So many of us carry so much baggage around and we never learn how to let go and dispose of it all. Plus, we need to allow our faith to be simple and not complicated—God means our Faith to be SIMPLE!

Some shared their heartfelt life testimonies while all of us were blessed to take part in expressing our opinions, thoughts and often our emotional sentiments afterwards!

Everyone has a story to tell and some are way sadder and far more complicated than others—but that is LIFE with its complexities.

We must learn to **“Keep It Simple Servant”**

Thank you,

Cheers,

Beth Ryan

(Pottsville)

Four wonderful girls
from Pottsville: Beth
Ryan, Julie Pine, Debbie
Clarke and Marian Egan.



REGENER8

The theme for this weekend was KISS—Keep It Simple Servant. This was fitting for me as I have been very busy on the home front and needed time out to clear the clutter from my head. I really needed to refocus on what the Lord has in line for me.

Edward Hall at Grafton Cathedral was beautifully set up to accommodate the 30 participants comfortably with the KISS sign displayed in front (pictured below left). After morning tea we settled in for a very full program, commencing with the Eucharist, led by Rev Rhonda.

We were blessed to hear Witness Talks from four brave souls: Carol Anderson, Marian Egan, Doug Ridley and Beth Ryan, all reflecting the theme while sharing their very moving faith journeys.

During the weekend we were asked to participate in some activities. These included:

1. Choosing a paper cup with an anonymous name inside (a participant chosen at random). We were asked to pray for that person throughout the weekend.
2. Write a list of your favourite things, then reflect on how we could simplify these in our everyday lives.
3. Some fun activities such drawing a sheep by dice numbers; making a sheep from cardboard, pegs and wool; and a Celebrity Heads guessing game. A lot of fun was had by all.



*From left: Lorraine
Kirkman, Wendy
Varco, and Beth
Ryan enjoying craft.*

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