

October 2025 Community News



Heartland
Episcopal Cursillo

Fanning the Flame of the Holy Spirit in the Heartland

Dear Heartland Cursillo Family,

As we look ahead with joy and hope, the Spirit is calling us to continue building up the Body of Christ within our community. Each of us has been touched by the fire of God's love through Cursillo, and together we are invited to keep that flame burning brightly. The work of our movement is not possible without the hearts and hands of faithful volunteers. We are prayerfully seeking:

- **Secretariat members** to help guide and serve the mission of Cursillo in the Heartland.
- **Committee members** to assist in planning, organizing, and carrying out the vital details that support our weekends and gatherings.
- **Weekend team members** who will joyfully witness and serve on upcoming weekends.
- **Hosts and hostesses** for our 2026 Ultreyas in Missouri and Kansas, and **churches willing to open their doors** to welcome our community in hospitality.

We know life is full and many of us feel stretched in our responsibilities. But remember the words of Galatians 6:9: *"Let us not grow weary of doing good, for in due season we will reap, if we do not give up."* Sometimes giving more is not about doing more but about offering what we already have with love and prayer. A smile at a gathering, a ride for a fellow Cursillista, an encouraging word, or opening your parish doors—each act becomes a channel of grace.

When we step forward, even in small ways, the Holy Spirit multiplies our efforts. Through our service, hospitality, and witness, we help spread the fire of Christ's love throughout the Heartland, drawing others closer to the joy of living a life in grace. We invite you to pray about how God may be calling you to serve. Whether in leadership, behind-the-scenes support, or simply saying "yes" to hosting or helping, your participation is a gift to the whole community.

Together, let us continue to make a friend, be a friend, and bring a friend to Christ.

De Colores!

The Heartland Secretariat

Heartland Episcopal Cursillo – Upcoming Events

The Holy Spirit continues to move powerfully through our Heartland community, drawing us together in fellowship, worship, and service. Mark your calendars and join us as we walk this journey of faith together:

2025 Episcopal Cursillo National Ministry Conference

 *October 29 – November 1, 2025*

 Todd Hall Retreat and Conference Center, Columbia, Illinois

This annual gathering is a time of renewal, learning, and encouragement as Cursillistas from across the nation come together. For details and registration, visit EpiscopalCursilloMinistry.org.

December Ultreya – Holiday Gathering

 *Saturday, December 13, 2025*

 St. Mary's Episcopal Church, 1307 Holmes, Kansas City, Missouri

Our December Ultreya will be a joyful holiday celebration! For those unable to attend in person, there will be a virtual option so friends across the Heartland can join in the fellowship.

Coming Soon: 2026 Calendar of Events

We are preparing our 2026 Heartland Cursillo calendar. If your parish, reunion group, or committee has an event you'd like included, please submit it by

December 1st, 2025. Send details to the Heartland Cursillo email at cursillo@diowestmissouri.org, attention *Event Calendar*.

Let us continue to encourage one another and build up the Body of Christ in love, sharing the Good News of God's grace throughout the Heartland.

De Colores!

Giving God Our Best When We Feel Spent

By Raja Reed

Lay Talk from Cursillo Day of Deeper Understanding

There are seasons in life when our hearts love God deeply, but our energy feels worn thin. Between work, family, ministry, and the constant noise of the world, it can feel like there's nothing left to give.

And yet, even in those moments, Christ's invitation still comes to us gently and clearly:

"Come to me, all you who labor and are heavy laden, and I will give you rest."

— Matthew 11:28

That verse isn't about working harder or being stronger. It's about coming. When we are weary, Jesus doesn't ask for perfection — He asks for presence. He asks us simply to show up.

For much of my life, I thought giving God my best meant giving God my most: saying yes to every request, serving on every committee, keeping everything running smoothly. But over time I've learned that what God desires most is not endless activity, but honest availability.

As St. Paul writes,

"My grace is sufficient for you, for my power is made perfect in weakness."

— 2 Corinthians 12:9

Those words remind me that my strength isn't what God is after. God's grace doesn't wait for us to be at our best — it meets us right where we are.

There's a beautiful image in Scripture of the yoke that joins two oxen together — one strong and experienced, the other still learning. The stronger carries most of the weight, while the weaker simply walks in rhythm. That's what Jesus invites us into when He says, "Take my yoke upon you." We don't carry life's burdens alone; we walk beside the One who carries us.

Sometimes, giving God our best simply means showing up — sitting in the pew when we'd rather stay home, saying our prayers even when the words feel empty, offering a quiet "Thank You" when the day has been long. Those small acts of faithfulness are sacred.

Even rest itself is an offering. Sabbath is not laziness — it's trust. It's saying, "God, I trust You enough to stop. I trust You to keep the world turning while I rest." Rest is a declaration that God is God, and we are not.

So, what does it mean to give God our best when we feel spent?

It means offering what's real — not polished, not perfect, but real.

It means leaning on grace instead of guilt.

It means resting in Christ instead of rushing to prove ourselves.

Because the same Christ who says, "Come to me," is already walking beside us — carrying what we can't, renewing our strength, and filling our emptiness with love.

No matter how little we think we have to give, grace will meet us there.

De Colores!

TWO PLACES ONE HEART
DAY OF DEEPER UNDERSTANDING