



## ST EDS & IPS ANGLICAN CURSILLO

### Newsletter: Spring 2025

*Dear Fellow Cursillistas*

*I don't know how many of you are gardeners, but to me my garden is my special place. I spend as much of my spare time there as I can. The garden is slowly coming to life at the moment. Green shoots are beginning to show through where the shrubs are planted. The tulips and daff's are well on their way to showing their heads and the snowdrops are in full flower heralding the spring.*

*It's all there for another wonderful season of growth, flowers and fruit and I am really looking forward to fruit off of my new apple and plum trees and as a first for me, gooseberry's.*

*2025 is going to see a change as I stand aside as Cursillo Lay Director and David Sewell takes over. I am sure that David will be able to take St Eds and Ips Cursillo forward and will be able to encourage its growth in our dioceses. I know that you will all give him your support just as you have done for me over the past three years. So, I will hand over the reins to David at the AGM and officially at our annual Eucharist.*

*Thank you for your support over the past three years. It has been a pleasure serving as your Lay Director. I look forward to continuing in some way serving Cursillo and wish you all my love and thanks.*

*Blessings to you all*  
*Ian Jeffreys*

*PS: I now have more time to spend training up my new Garden Maintenance manager*



## Words of Welcome from Mitchell Bradshaw, Lay Rector for Weekend #44



Hi, I'm Mitchell (Bradshaw if we are being formal) and I made my St Eds & Ips Weekend (#11) at Leiston Abbey in May a quarter of a century ago. The weekend impacted me greatly and helped shape my faith life, but apart from keeping a watching brief on Cursillo activities I didn't get involved further. That was until God called me to attend a weekend retreat in north Norfolk in 2019. I know it was God calling as He spoke to me there and drew me into engagement with the fellowship of Cursillo and its activities. So, I couldn't then refuse the invitations to join in Ultreyas and to staff at weekends - and now Cursillo as an organisation, but more so as a fellowship, is a bedrock of my faith life.

And then came the call to lead this year's Weekend as Lay Rector!!! That certainly took some prayer, but I was convinced that again it was God's call to action and, after interesting discussions with family and church, I said YES. So, here I am, sorting through files and doing all the admin that the role requires, but more importantly working closely with Rev Penny (Spiritual Director) as we build the wonderful team and the well-oiled machine that will be #44 at Sizewell Hall (20-23 November 2025).

Of course, the Weekend is only there for those who God has called to be Pilgrims and following the success of #43 in its new surroundings, I would encourage you to start conversations with people in your faith community about experiencing this time of growth which, as we all know, is much more than a retreat. Pray for them, and with them, as they seek God's guidance, and pray for yourself as He guides you.

May God hear our prayers as He calls us to grow under His loving wings.

De Colores, Mitchell

## Words of Thank and Goodbye from Bev Frost, Lay Rector for Weekend #43



Hello All

I pray you are all keeping well during this rather chilly weather.....although at least the sun is shining as I write this ☀️.

I am writing to you to "sign off" as Lay Rector following the Cursillo #43 weekend.

All seemed to go extremely well at Sizewell Hall and we now have 9 new Cursillistas, who we welcome with open arms and look forward to seeing at Ultreyas and other events.

Leading the weekend as Lay Rector was a huge privilege and I thank all involved....I now hand over to our new Lay Rector for #44.

As Booking Secretary....my other hat!....I look forward to receiving names for prospective pilgrims for our next weekend 🙏.

Love and Blessings

Bev 🌈

## Weekend #43 Round Up

"I have come to serve" this is how we introduced our new home at Sizewell in the previous edition, and for Weekend #43 it served us well!



Weekend #43 was a new adventure for pilgrims and staff alike as we hadn't held a full Cursillo Weekend there and it worked wonderfully. Do you remember having to walk between the house and the venue at Leiston, sometimes in the dark, the rain, lugging equipment and kit, with not enough time to scoot between the two?

Those escapades were distant memories as we luxuriated in a warm, solid building that had everything we needed in one building, over two floors. Took a little getting used to remembering the Upper Room was actually downstairs and you could get from the actual Upper Room/Chapel to the bedrooms in a hop, skip and jump. You could even – and there were those of us that did – spend the whole weekend in your slippers! No need to step out the front door!

The venue worked perfectly and the pilgrims (now our new Cursillistas!) all thought that the large bay windows of the chapel that looked out over the sea was spiritually wonderful. Whether you looked out during the day at the vastness of the sea or watched the moon and stars over the sea at night it completely brought home to you just how amazing and wonderful God's creation really is. Don't believe us, want to experience it for yourself – 9 new Cursillistas can't be wrong – come along to the next St Eds and Ips Retreat being held in June (see details below)



**Our new Cursillistas #43 – introducing Jamie, Vincent, Peter, Margaret, Hilary, Alison, Michaela, Barbara and Jayne**

**Welcome one and all**

**Unconditional Love, Jayne**

*Joyful and Spiritual, Alison*

*"A Wonderful Experience", Margaret*



And the final word from Vincent  
"Ditto to all of the Above!"

**"INSPIRING" -  
BARBARA**



The Rogue's Gallery that was #43!



Even AD Rich came long!



**The Full November Set, what a mighty fine set but don't be fooled by the sunshine, it was crisp but cold!**



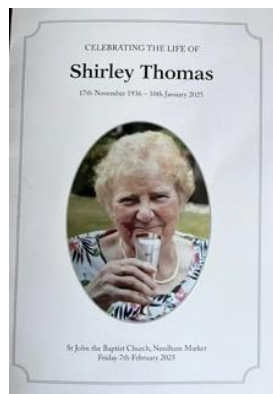
***2025 Cursillo Retreat - booked already just waiting for you to be there!***

***Friday 13 & Saturday 14 June 2025***

*If "Crisp but Cold" isn't your thing, how about a beautiful summer weekend at Sizewell? We've told you how wonderful Sizewell House is and how much we loved being inside it, the date is set for our 2025 Retreat, giving us all the opportunity not only to enjoy the wonderful building but the chance to explore the gorgeous grounds and magnificent coast for walks and meditation. (We had one mad pilgrim at #43 who went for an early morning run, if it can be done in November in June it will be a sinch!)*

*Hold the dates in your diary, more details to follow later in the year*

## Shirley Thomas



**It's with a heavy heart that we said goodbye to a dear Cursillista, Shirley Thomas who sadly died at the beginning of the year. Her funeral was held at St John the Baptist Church in Needham Market, where she had been a parishioner since her move from Saxmundham. Her funeral was attended by many Cursillistas who knew and loved her.**

**May she rest in peace, and rise in glory** ❤️

**We are a large, wide and loved Cursillista family, and as with all families, there is always news to share, whether it be sad news of the passing of a family member, no matter how distant, or the joyous news of a wedding, a birth or an amazing achievement – do you know somebody out there who has had a life changing event? If you know of a piece of news that is able to be shared amongst us, please do let the Communications Team know and we can share it amongst us all. (please though always check with Cursillista's family or clergy that news especially the news of a passing can be shared)**



**News of The Secretariat's newest member, but an old friend.....Hellooo again Mary-Beth Denny**

**Hello again!**

**I am happy to organise the 4th Day activities, which entails organising the venues and speakers for our Ultreyas. I may approach you in the near future to be a speaker as I like to get organised several months in advance. If you can offer to take a date to speak or host an Ultreya, I would be really grateful! The witness talk is a simple talk about 7 minutes, telling us about how God has moved in your life in the last couple of months. Let me know if you get a nudge!**

**De Colores!**

**Mary-Beth Denny**

**Advance Diary Dates for 2025 Ultreyas**



**Wednesday 28 May  
Thursday 10 July  
Monday 29 September  
Wednesday 13 November**

**Mary-Beth's email is: [graham.denny@hotmail.co.uk](mailto:graham.denny@hotmail.co.uk)**



Remember this photo from our last edition.....



June last year saw Alison Roberts (#39) and Philip Allison (#13) both deaconed, but where has the year gone?!? They've taken the leap, worked hard and is this June clicking the next piece of their cleric journeys into place when they will be priested! Account and photos of what will be a wonderful day to follow.....watch this space.

As we didn't manage to get a photo of Sarah Locke from her priesting ceremony last June – and with foot all now nicely healed and striding her forward as the Rev'd Sarah Locke, here's Sarah in full regalia,

Sarah is now priest within the benefice of Rougham, Beyton with Hessett and Rushbroke



## **IMPORTANT DIARY DATES:**

**St Eds & Ips Cursillo AGM**

**venue: tbc**

**Thursday 22 May, 7pm, for 7.30pm**

***With the stepping down of our current Lay Director and the instillation of the new Lay Director***

**Our very own, very special  
Cursillo Annual Eucharist**

**venue: St Edmundsbury Cathedral,  
Bury St Edmunds**

**Friday 25 July, 7pm, for 7.30pm**

***Please do make an effort to come along these are important calendar dates the coming together of our Cursillo family is important as our 4th Day.***

***Further details will be sent nearer the time, watch your emails for more news and information***



## **NATIONAL ULTREYA 2025**

We're getting in early with a diary note for you all – Saturday 06 September (told you it was early!)

Durham is known as the 'Gateway to the North' - a perfect location not just meet Cursillistas from all over the country, including from the wonderful St Eds and Ipswich Cursillo, but how about thinking of it as a Northern Weekend holiday break, whereby you can take in The National Ultreya and think about tour of Lindesfarne, always worth a visit.

The National Ultreya is an amazing, uplifting and joyful day spent with like minded Cursillistas from all over the country and sometimes all over the world – don't miss the opportunity! For further details go to [www.annnglicancursillo.uk](http://www.annnglicancursillo.uk)

## **2025 – Durham**

Put the date in your diary:  
**Saturday 6th September 2025**

*More details to follow*





## Closing with Spiritual Reflection from our Spiritual Director, Penny Brinkley

I don't know about you but I really can't believe that 1/6<sup>th</sup> of the year has already whizzed past. I remember how at the end of lockdown, I said I am not going to get as busy and fill my diary up like I did before. A really good intention but sadly not one I've managed to abide by, but one I know I should at least try to. With that in mind I decided to enroll for a five day art journalling course on line, that I would have access to for always, so often they are only available for a limited time span and if you don't have time well you've wasted your money. I'd got really into Prayer and Bible journalling during lockdown but sadly hadn't done anything recently due to being too busy.

Now, as it happened, the week arrived for the course and it coincided with me being ill, so I had plenty of time to watch and play. It was so relaxing doing just half to an hour each day, I actually found myself relaxing and not worrying about other things, so when I saw another course on Prayer journalling I just had to sign up to that, and again it was one that you could keep for ever.

I have sent some photo's with this article. The two that are just paintings are from the first course and the ones with collage are from the second one.

So why am I telling you all about this? Well, since the courses I have signed up to a year long course with the first tutor, which also gives me access to all her previous lessons, so plenty to keep me going. But most importantly I am trying to take ½ hour everyday to make art. Now I know I have to be realistic and know that some days that just isn't going to happen, but on others I can do a bit more. I don't have to finish things in one sitting. Actually this helps sometimes, especially with the prayer journalling, because you go away and allow time for what you have been praying and doing to soak in God's presence and allow time for Him to speak to you. I realise that taking that ½ hour a day has resulted in my being more relaxed and sleeping better, actually enabling me to accomplish more as I'm less tired. And of course I'm spending some quality time with God allowing Him to feed me, not just looking at His word to see what I can give to others.

I pray that I will be able to keep this up, it's been about a month now and I am learning new skills and rekindling a love of art and refreshing my relationship with God. Now I'm not suggesting you should all take up art, but I would suggest that you all find something that you love that you can do for just ½ hr a day which helps you to engage with God in a meaning full way. A way that helps you to listen to Him speak to you, refresh you and help you get through your busy days.

I look forward to hearing what some of you will find that feeds you like the journalling does me as we meet up over the next few months

De Colares

Penny x



And whilst we're still with Penny, a final recommendation for your diaries



From Thursday 10 to Sunday 13 April, Cineworld in Cardinal Park, Ipswich is showing the first episodes of the next series of The Chosen which will be based on Holy Week. If you've been in earshot of Penny enthusing on the series you know that she is completely obsessed with the series! She thoroughly recommends catching the show, if not at the cinema then via the television series on Netflix.

Penny is going along to Cineworld with a few Cursillistas and it's an open invitation if you'd like to join her. If you are interested in joining them, please get in touch with the Communications Team and we'll pass your details along.

#### A COMMUNICATION TEAM PLEA AND REQUEST

We hope you have enjoyed, sitting with your coffee and our little newsletter.. We really do enjoy getting it together and sending to you but this is your St Eds and Ips newsletter, and we would love to have more news and updates from you all out there!

We are happy to produce a more regular newsletter but we need to fill it. So this is our plea to you all, do you have stories, news, photos (especially old weekend ones), updates on your achievements, artwork, poems, journeys that you could share with us and we in turn can share with the community.

Our contribution to the Fourth Day is this newsletter, keeping you all informed and up to date with St Eds and Ips and Cursillo as a whole. Thinking caps on Chaps and Chapess – we will be back!.

#### Events and gatherings

More details will come to you via email from the Communications Team nearer the time

<https://www.edsipskursillo.org/events>

#### Contact Us

All email details are hyperlinked – just click on the person you wish to contact

<https://www.edsipskursillo.org/contact-us>