

Essentials: The different ways we show God's grace to the pilgrims (and fellow 4th day members)

1. **Palanca** -- The heart and lifeblood of the movement- deep, intentional, selfless, sacrificial prayer.
2. **Seventy-two hours** -- Three full days of Christian community, away from all the distractions of daily life.
3. **Holy Communion daily** -- Jesus is truly present in word and sacrament; both are made available to the participants.
4. **5 Meditations** -- Five guided image meditations offered to assist the participants in examining their relationship with Christ.
 - a. Know Yourself: Meditation, Reflection, Asking questions
 - b. Waiting Father: Prodigal Son
 - c. Three Glances
 - d. The Figure of Christ: How we can truly know Christ as true God, true man, our brother and mediator
 - e. Christ's Message to the Participant: Mountain top experiences, go bear fruit, Christ is our strength, be in community
5. **14/15 Talks** -- Actually separated parts of one talk necessary to cover the basics of the Via de Cristo method.
 - a. *Ideal*: Consequences and limitations of being human, authentic ideal and its importance
 - b. *Habitual Grace*: God's ideal - His loving us
 - c. *Laiety*: The church and its mission, the layperson and their mission and its importance
 - d. *Actual Grace*: free and through the Holy Spirit, deepening our walk with Christ, lever
 - e. *Piety*: False vs. Authentic, style and acts of
 - f. *Study*: Need for, methods of, obstacles to, and resources for
 - g. **Means of Grace* - Baptism and Means of Grace - Eucharist OR
**Grace filled Days* - Means of Grace plus Confirmation, Marriage, Children, Ministry, Death (broken into multiple talks possibly)
 - h. *Action*: Apostolic Action; Be a friend, make a friend, bring a friend to Christ
 - i. *Obstacles to Grace*: How we get in the way of God's plan and God's solution
 - j. *Environments*: Study your environment and impact your environment (evangelization)
 - k. *Life in Grace*:
 - l. *Christian Community in Action*: Christians in the community, need for community, and acting in that community
 - m. *Total Security in the 4th Day* OR *Total Security and 4th Day*: Grouping, Ultreyas and their importance; Living a Christ centered life
6. **Note taking or write down** -- Specific ideas and power phrases that capture the essential points of each of the talks.

7. **Discussions** -- Small group encounters where Christ can come alive in the community and the fundamentals of Christianity can be reviewed.
8. **Posters** -- Hand drawn expressions of the essential meaning of each of the talks.
9. **Decuria sharing** -- A summarizing of the day's talks; a wonderful opportunity for participants to talk before a larger group.
10. **Silent retreat** -- a period without talking; offered the first night to prick the conscience of the participants.
11. **Celebration of Repentance** -- An examination of our life in light of the gospel; offered the first night to stimulate serious self reflection.
12. **Crosses** -- A cross common to the Cursillo movement with a telling inscription "Christ is counting on you!"
13. **Closing** -- The welcome of new participants into the community as a whole; designed to assure them that there are many brothers and sisters who understand.
14. **Fourth Day** --The term used to describe all days following the three- day weekend. The fourth day is used to work the Via de Cristo method.
15. **Group Reunion** -- A friendship and accountability meeting of 3 to 5 Via de Cristo supporters who review one another's 4th day Work.
16. **Ultreya** -- A larger gathering of Via de Cristo supporters designed to encourage individuals to persevere in the 4th day.

Staff for Three-Days

- *Rector* — An experienced layperson who will accept responsibility for calling, training, and leading the team for a Weekend
- *Spiritual Director* — Ordained clergy who support and are trained in the Via de Cristo method. They are present on the weekend to supply spiritual leadership
- *Assistant Rector or Head Cha* — An experience layperson who will assist the rector in her responsibilities; will organize and direct the physical plant for the weekend
- *9/10 Rollistas* — Team members who will each deliver a 20-45 minute talk to stimulate discussion among those who participate
- *Auxiliary* — Additional personnel who will do the work of the weekend

Each secretariat approaches the essentials with their own twist and flair. This is where the adiophera (things that are neutral or indifferent; neither wrong nor right) comes in. The following chart points out how many ways we hope an individual will grow during the three days. How does our adiophera support this growth?

Weekend Growth in Spirituality

1)Hearing our name	2)Part of our family	3)Part of a church family	4)Understanding we are part of God's family
1)See others love us	2)Loving ourselves	3)Think and meditate on the words	4)Sharing God's love with others
1)Rote singing	2)Relate songs to special experiences	3)Think and meditate on the words	4)Worship and praise God in songs
1)Reticent to talk	2)Discuss in small groups	3)Stand in front of a small non-threatening group	4)Witness to groups... and to others
1)Handshake	2)Touch	3)Enthusiastically reaching out	4)Abrazo
1)Pray privately	2)Pray together with a group	3)Pray by oneself in a small group	4)Lead in prayer
1)Attend worship service	2)Worship attentively	3)Participate in worship	4)Worship in spirit and in truth
1)Burdened with sin	2)Understand God's mercy	3)Truly desire forgiveness	4)Completely forgiven and free
1)Friendly	2)See joy in others	3)Understand source of joy	4)Have and share the joy of the Lord
1)Hear about God's grace	2)Better understand God's grace	3)Desire to live in grace	4)Live in God's grace
1)Define ideals	2)Understand ideals	3)Desire the best ideal	4)Make living in God's grace the ideal of life
1)Priorities mixed up	2)Understand what is important	3)Apply the great commandment	4)Priorities in correct order
1)Define church	2)Understand WE are the Church	3)Understand the Church's mission	4)Help the Church change the world for Christ
1)Understand piety	2)Utilize practices of piety	3)Grow in relationship to God	4)Turn our whole life over to God
1)Understand the need for study	2)Learn how and what to study	3)READ the bible	4)Develop a study program
1)Understand the need for apostolic action	2)Learn procedures	3)Desire to share Christ	4)Practice apostolic action in daily life
1)Understand Christian leadership	2)Learn the qualities of a leader	3)Desire to grow as a Christian leader	4)Develop and implement a program to GROW
1)Understand environment	2)Desire to be God's person in environment	3)Learn what to do	4)CHANGE your environment
1)Understand Christian community	2)Desire to become a part of	3)Learn what to do	4)Be ACTIVE in Christian community
1)Persevere	2) Keep Going!	3)PERSEVERE	4) KEEP GOING!!!!

