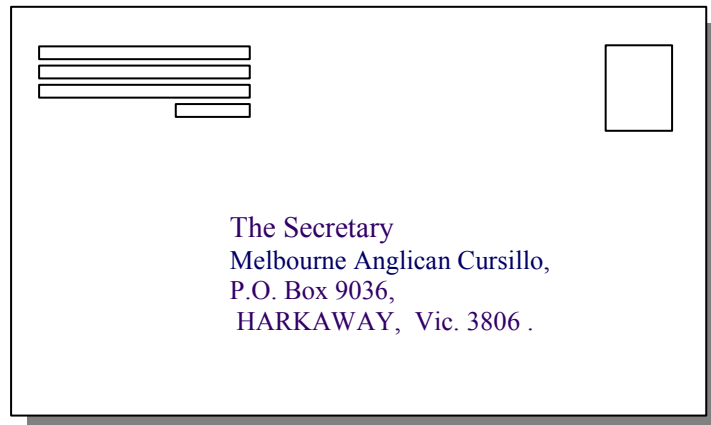


## A Guide to Palanca Writing

Finally to make sure your Palanca reaches your candidate on time:

- Get your Palanca in on time—late Palanca may be delivered late or only delivered at the end of the weekend. Closing dates for receipt of Palanca are published in Spectrum and on the website.
- To help the volunteer sorters; if you write Palanca to a number of people, sort them alphabetically by SURNAME, (team & candidates together).
- Multiple letters for one person should be banded together in drop order and then placed in alphabetical order with Palanca for other candidates.
- Please do not include bulky gifts, the real gift is your letter and the prayer behind it.
- Send Palanca to:



The Secretary  
Melbourne Anglican Cursillo,  
P.O. Box 9036,  
HARKAWAY, Vic. 3806 .

- Please make sure you affix sufficient postage.

**Remember—the real Palanca is your prayer.**



The purpose of Melbourne Anglican Cursillo is to nourish and equip people so that they may embrace and enjoy the fullness of Christian Life.

## A Guide to Palanca Writing

Palanca means “prayer and sacrifice”; Palanca also means ‘lever’.

A lever enables you to move something which is beyond your strength; prayer and sacrifice enable us as Christians to accomplish more than we otherwise could.

The whole Cursillo program – the team and the candidates, the training sessions, the 3 days, the Fourth Day – is enabled and empowered by the lever of Prayer and Sacrifice offered by the Cursillo family. The sacrifice includes the giving of time for prayer and for attending the Clausura.

You are now an important member of the Cursillo family and your Palanca – your prayer and sacrifice – is vital to sustain and strengthen the Cursillo Movement.

## Palanca Letters

Palanca letters are one of the many forms of Palanca you received during your 3 day weekend and we hope that you were uplifted, encouraged and strengthened by them.

You are now invited to share in this form of Palanca. When writing please remember how you felt when you received your letters and keep the feelings of the candidate uppermost in your mind.

The suggestions given below and on the opposite page may help.

### Remember

- your Palanca is important.
- your Palanca letter is a brief, positive, sincere message assuring them of your active prayer support, written in Christian love to uplift and strengthen the candidate. Writing your letter by hand is an additional indication of your love.
- there are 5 ‘drops’ during the 3 days of a Cursillo. These are divided for each day 1a/b; 2a/b; 3. If your letter is for a particular day/drop, mark it accordingly **IN PENCIL** on the top right-hand corner. If at all possible it will be given out as directed.
- the first meaning of Palanca is prayer and sacrifice; it is far better to suffer aching knees than writer’s cramp

## A Guide to Palanca Writing

- Prayer is the most important form of Palanca.
- Write to the candidates you know.
- Write to the team members you know.
- If you feel moved to do so then write to candidates and team members who you don’t know.
- Don’t feel obliged to write to all the candidates, or to write a letter for each Palanca drop or for each day.
- Let the candidate know that you have been praying for them and will continue to do so.
- Be aware of the emotional and physical stresses of the weekend. Don’t assume they will be having a ‘mountain-top experience’ when they read the letter. Remember there is no ‘right’ way to experience Cursillo.
- Don’t suggest things such as ‘conversion’; ‘beginning your journey with Christ’; ‘born again’; ‘finding Christ’; ‘meeting Christ’; and on. Cursillo is a program for active, committed Christians, so such suggestions can often offend.
- Do be careful about using ‘religious clichés’ such as ‘let go and let God..’. Consider how a candidate would feel who received that suggestion from several people.
- Encourage someone you know by telling them how much you have appreciated their Christian fellowship, and/or their wisdom and spiritual understanding, and/or their Christian leadership and involvement and enthusiasm.
- Don’t comment on political, religious or personal understandings and beliefs which may differ from yours.
- Don’t refer to any specific event, time, or movement of the weekend, e.g. Chapel Visits, Healing Service, Fourth Day, etc. – especially the surprises. Palanca may be delivered before that time and spoil a lovely surprise or anticipate something they have not yet experienced.
- Get your Palanca in on time—late Palanca may be delivered late or only delivered at the end of the weekend.