

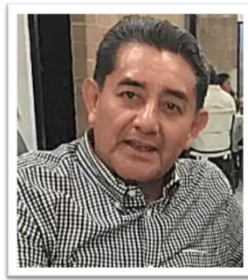


Way  
of *prayer*  
and hope



40 años  
"Al servicio de la Iglesia y del MCC en  
el mundo"

Organismo Mundial de Cursillos de Cristiandad OMCC.  
Sede México 2018-2021  
Marzo de 2020



**Juan Adolfo Moguel Ortiz**  
President

**Life continues to give us the opportunity to renew ourselves**, to reinvent our way of relating to others; In this health emergency that our planet suffers, they present us with the prevention strategy that is identified as social distance. I pause a bit on that preventive indication and the opportunity it means for us Christians and Cursillistas.

**Social distance is not being apart.** Let us remember that workshops come as a method of evangelization for those far away, and today the historical opportunity that God presents us is to shorten the distances, to be creative in finding our ways of communication and relationship with others.

It is already pointed out by Fundamental Ideas 3, numeral 13 that refers to the beginning of the Movement, and raises the urgent need to reach the environments. **Today in our environments we can breathe** - sadly - fear, anguish, uncertainty, and also disbelief about the urgent need to pray, to approach the Lord to ask for his mercy.

**Today we unite in prayer and look at life with hope**, and in this special OMCC newsletter we share some reflections that will allow us to continue from home, taking care of our personal and family health and well-being. I am certain, like you, that prayer is powerful and when two or three gather in my name, there I am. The International Groups are united in diversity, walking together in prayer with hope placed in the Lord.





**Mons. Faustino Armendáriz Jiménez**  
**Archbishop of Durango**  
**OMCC Ecclesiastical Advisor**

At that time, Azariah prayed to the Lord, saying: "Lord, our God, never abandon us; for the honor of your name do not break your covenant; do not take your mercy from us, by Abraham, your friend ... (Daniel 3, 25. 34-43).

**This alliance is our strength**, it is the bridge of eternal communication with our Father God, He who is poured out in mercy is present to look at us with love, to embrace us in the face of difficulties, like the one we are experiencing today. Let's ask: Do not forsake us, my God! Deliver us with your wonderful power.

**Pope Francis** invites us to ask for the most vulnerable, for those who live in inner solitude and fear, we must let him know of our closeness, through prayer. We pray to the Lord for those who suffer physically or emotionally.

**I invoke you, my God, give me your answer** ... His Holiness pointed out: "If you agree, ask for a grace and it will be granted."

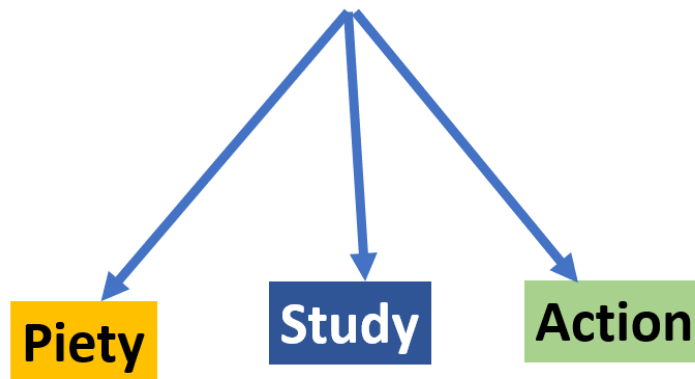
**I summon to a day of prayer, dear brothers** of the International Groups, the National and Diocesan Secretariats, and their ecclesiastical advisers to spread this message of the way of prayer and hope. Let's all make a call together to take care of our health, act responsibly, collaboratively and propose creative ways to stay connected to our family and use the technology that God has put at our service.

Receive my blessing and brotherly greetings.



## Way of prayer and hope

It is time to step up our tripod



### Piety

- Morning and evening prayer
- Prayer of the Way of the Cross
- Holy Mass (through YouTube in the Vatican News broadcast [https://www.youtube.com/watch?v=s-XFp\\_t4Jjg&feature=youtu.be](https://www.youtube.com/watch?v=s-XFp_t4Jjg&feature=youtu.be), or on Facebook, by local TV according to the disposition of each country and city.

Prepare yourself, your house and your space to participate in the Eucharist transmitted by electronic means.

- Spiritual communion
- Prayer of the Holy Rosary
- Prayers: Psalm, Gospel, personal prayers.
- Meditation on the word of God.
- Invocation to the Holy Spirit.
- 5 minutes from the Holy Spirit.
- Sabbath Congratulation Prayer to Our Mother Virgin Mary
- Angelus / Regina Coeli

## Study

*When you read, read the best books*

- Books that are kept at home, starting with the Holy Bible, the life of Saints, Catholic films, YouTube videos, Facebook.
- League where you will find free Catholic books, available at the time of consultation: <https://elcamino9.blogspot.com/2017/12/libros-catolicos-gratis-en-espanol.html>
- Holy See <http://www.vatican.va/content/vatican/es.html>
- Learn, read a book about personal development, apostolate, spirituality and religion.

## Action

- Collaborate with your neighbor, with your community, with your city.
- Keep informed about the indications to prevent any risky action.
- Family prayer
- Virtual meetings through Skype, Facetime, WhatsApp.
- It is staying at home, accepting that these days the speed of daily life decreased.

**Let's discover new ways of living together**



**In prayer with His Holiness Pope Francis.**





**Prayer Day Send your Palanca**



## Spiritual Communion Prayer

My Jesus, I believe that  
You are present in the  
Most Holy Sacrament.

I love You above all  
things, and I desire to  
receive You into my soul.

Since I cannot at  
this moment receive You  
sacramentally, come at  
least spiritually into my heart.

I embrace You as  
if You were already  
there and unite myself  
wholly to You.

Never permit me to be  
separated from You.

Amen.

KE24-669

*Kilgartin*