

PALANCA

Palanca is a Spanish word, which means lever or crowbar. Just as a lever enables a person to move something, which is beyond their normal strength, Palanca empowers the accomplishment of things which would not be possible without the grace of God. "For man it is impossible, but for God all things are possible." (*Matt 19:26*).

What is Palanca? Palanca consists of any one or any combination of three things which are offered for the spiritual success of a particular phase or of all phases of the Cursillo Movement. The three things are:

1. Prayers
2. Sacrifices
3. Works of Mercy

It is important to understand that Palanca is not gifts or love letters. A letter may be sent explaining what type of Palanca is being offered, but that letter is not the Palanca. The actual Palanca is the action (Prayer, Sacrifice or Works of Mercy) and can be done without writing a letter about it. A Personal Palanca letter is one that is sent to an individual telling him/her what is being offered for spiritual success. A General Palanca letter is one that is sent to the whole group (for example, team and/or candidates) informing them of the Palanca being done.

- P** Stands for the privilege and power of Prayer and for Personal service to the Cursillistas.
- A** Stands for Anytime, Anywhere, by Anybody, to Anyone, for Anything, which expresses the when, where, who and why of Palanca.
- L** Stands for the "lever" (Palanca) of our knees bent in prayer: for the Love of God towards us, and for our Love one to another; for the Light of Christ and for His Light which we bring to the world; and for the Letters of Love which are our evidence of Palanca to the candidates.
- A** The second "A" stands for the Acts we do (Anonymously, if possible) to Affirm God's love in our lives, ascribing all adoration and praise to God our Father, rather than pointing to ourselves.
- N** Stands for the Nourishment - providing for the candidates physical needs with food, snacks and refreshments.
- C** Stands for the Core of Palanca - the Caring Community with Christ at the centre.
- A** The last "A" stands for the Abundance of God's gifts to us and for our need to accept His love.

The following is a prayer reminding us of the spirit of Palanca:

"Lord, help me to give abundantly - someone is learning to receive."