Kalamazoo Cursillo Palanca	
• Morning Offerings:	
• Prayer:	
• Holy Mass / Spiritual Communion:	
• Visits to the Blessed Sacrament:	
• Pray the Rosary:	
• Fasting:	
• Works of Mercy:	
• Other Offerings:	
Palanca is defined as:  A direct word from the Spanish, which means "lever", which	allows a

A direct word from the Spanish, which means "lever", which allows a person to move something beyond his/her capabilities. In the Cursillo sense, it is the prayer and sacrifice which is offered to God in petition for the grace, so that as apostles, we may accomplish more than we would be capable of otherwise.

> Please send Palanca offerings to: kalamazoo.palanca@gmail.com