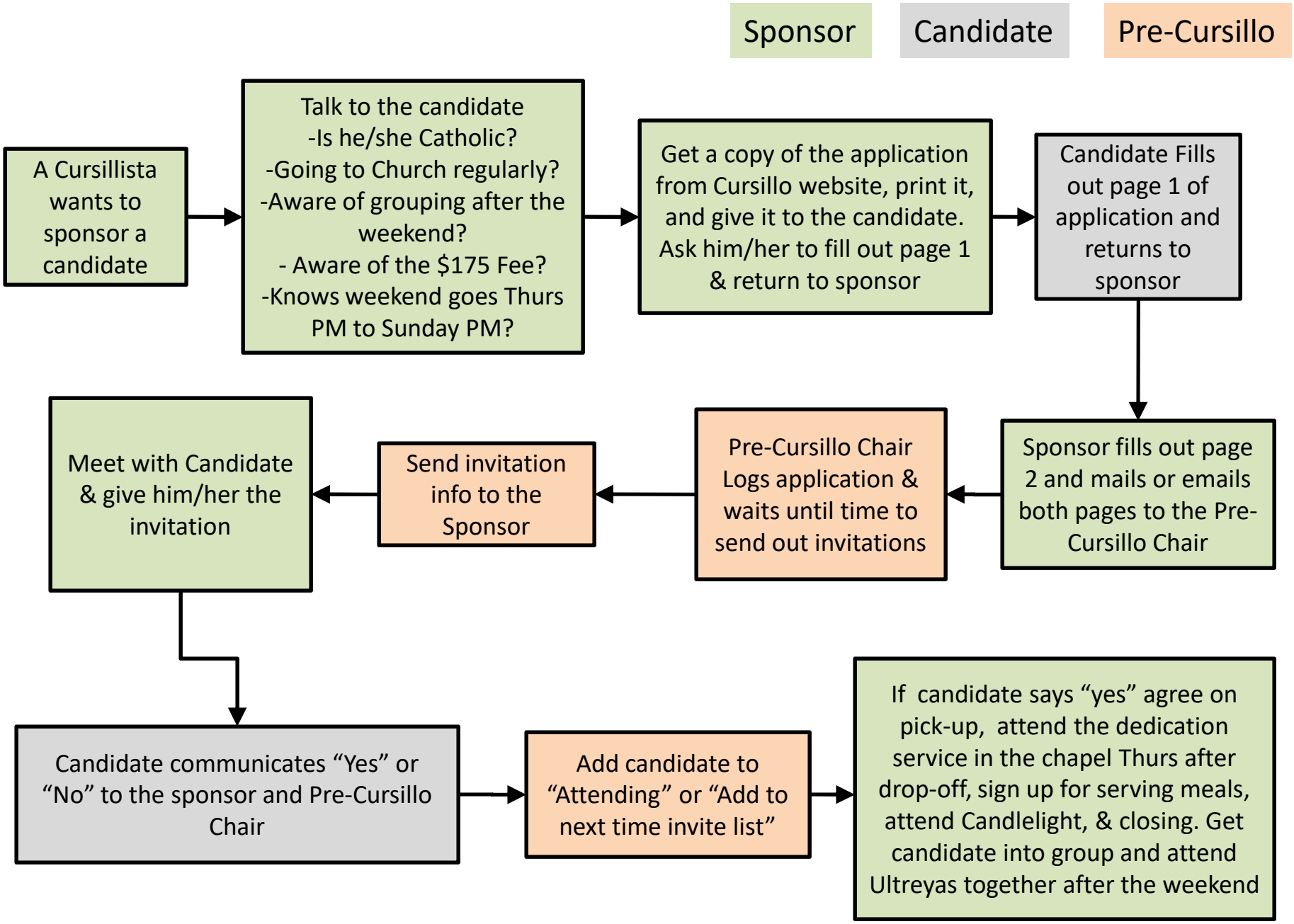A Sponsor's guide to the Cursillo Candidate Application Process