

Free Will Offering Programs at the Cenacle. Please call the retreat office (631-588-8366) to make your reservation.

FOR YOUNG ADULTS: ADORATION OF THE BLESSED SACRAMENT - AGES 20-30 (MONTHLY)

APS – A monthly program for young adults ages 20-30. Adoration of the Blessed Sacrament, a brief presentation, and a social with refreshments. Come on the last Monday of the month from 7:30-8:30p.m. Begins on October 31st. *“The Church and our world have a great need for Eucharistic Adoration. Jesus waits for us in this Sacrament of Love. Let your adoration never cease.” (02-24-80, John Paul II, Dominical Cenae.)*

CENTERING PRAYER GROUP

7:00 – 8:30 pm every Thursday evening beginning October 6th

“Go into your room and shut the door and pray to your Father in secret.” (Matt. 6:6b) Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer in God’s presence. There will be prayer, plus a learning CD or DVD as well.

Led by: Sr. Margaret Rohde, r.c.

DRUMMING YOUR PRAYERS

2nd Thursday of the month beginning October 13th 7:30-8:45p.m.

Don’t have words for your prayers anymore? Come join us and see what happens to your whole heart, mind, body, soul! Bring a drum and an intention. No experience necessary.

Led by: Pamela Falkowski, r.c.

THE DANCES OF UNIVERSAL PEACE

4th Thursday of the month beginning October 27th 7:30 – 9:00p.m.

Come & Pray with your whole being, with a community! The Dances of Universal Peace are a vivid testament to the power that comes from the energy of love, respect, and participation when we sing, dance, and pray together as the Family of God, as the Body of Christ. The songs or chants are based on themes of peace, love, and healing from a variety of religious traditions. No experience necessary!

Led by: Pamela Falkowski, r.c.

RETIRO SOBRE LOS EJERCICIOS ESPIRITUALES DE SAN IGNACIO DE LOYOLA

Es un placer anunciarles que la Casa de Retiros del Cenaculo, presentará en Español, un retiro sobre la Adaptación de “Los Ejercicios Espirituales” de San Ignacio de Loyola y durará 11 Viernes comenzando Septiembre 9, 2011 de 7:30-9:30 de la noche.

Presentadoras: Rocio Amato (631-742-9648) y Sonia Garzero (631-775-9556) Donación:

Voluntaria Dirección: Casa Maude Adams – 310 Cenacle Road, Ronkonkoma

Los retiros son basados en la Oración de Contemplación y Meditación; metodo que nos ayuda a reviver los eventos del Evangelio. Nos permite darnos cuenta como está nuestra relacion con Dios y a descubrir el plan que Él tiene para cada uno de nosotros.

T’AI CHI

Monday Morning 9:00-10:00a.m.

November 7, 14, 21, 28, 2011 and March 5, 12, 19, 26, 2012

T’ai Chi is a moving meditation. The healing power of being in harmony with Nature and God is yours as you come to know your stillpoint or centerpoint. No experience necessary; only the willingness to engage in the universal dance of Life.

Led by: Pamela Falkowski, r.c.

October 16, 2011 1:30-6:00p.m. at the Maude Adams House

HOW IS GOD INVITING ME INTO MY FUTURE? HOW WILL I R.S.V.P.?

(A Come and See co-sponsored by the Cenacle Sisters and the Daughters of Wisdom)

Might God be inviting you to live as a Sister in a religious community? Are there questions about religious life you would like to explore? If you've ever thought about the possibility, this discernment day **for single women age 45 and under** could be a help to you. The program will end with a light supper. Please call Sr. Kathy Madden (631-588-8366) for more information and to arrange a phone or in-person visit prior to registering.

Presenters: Sr. Kathy Madden, CND and Sr. Lucy Clynes, DW

Octubre 29, 2011 9:00a.m.-3:00p.m. en el Maude Adams House

JESUS, NUESTRO COMPANERO COTIDIANO

El Señor promete con nosotros para siempre. En este día tendremos la oportunidad de relajarnos y de renovarnos espiritualmente, con nuestro Dios. Te esperamos con desayuno, por favor trae tu propio almuerzo.

Invitado Especial: Diácono Roberto Polanco Presentadoras: Rocio Amato y Sonia Garzero Ofrenda: voluntaria

February 3-5, 2012 at the Maude Adams House

COME AND SEE WITH THE CENACLE SISTERS

"I have always thanked the good God for religious life as being the greatest gift He has ever bestowed on me. . ." (St. Therese Couderc, Foundress of the Cenacle)

Ever wonder if religious life is for YOU? Are there questions you'd just love to ask? This weekend is an opportunity **for single women age 45 and under** to explore our life as Cenacle sisters – active women with contemplative hearts. Come and spend a prayerful, lightsome weekend with your God, yourself and others who are on the journey. On Saturday you will be offered input around spiritual discernment and choice making in the context of an engaging day program entitled "How Do I Know It's God? Please call Sr. Kathy Madden (631-588-8366) for more information and to arrange a phone or in-person visit prior to registering.

Presenters: Team of Cenacle Sisters