

*“Our Lord has made me understand how helpful it is for a person desiring to make progress in the spiritual life to surrender oneself without reserve to the guidance of the Holy Spirit”*

*St. Therese Couderc  
Cenacle Foundress*

Cenacle Sisters are women of faith who share the call to make present the mystery of the first Cenacle - the coming of the Holy Spirit - in the world today. Although we come from diverse backgrounds and have various talents, by our vows of chastity, poverty and obedience, and through our life of prayer, community and ministry, we are united in a common mission.

Prayer is at the heart of all we are and all we do. It is the center of our call to awaken and deepen faith in others. We live out our mission and charism through apostolic works, sharing the word of God with all to whom we are sent and, with them, being attentive to the movement of the Holy Spirit.

From the early days of the Cenacle Congregation, retreats, especially those according to the Spiritual Exercises of St. Ignatius Loyola, have been central to the mission. Retreats offer sacred moments in time when God’s grace transforms lives. The Cenacle has always been regarded as a place where people seek a deeper relationship with God. As an essential part of their mission, Cenacle Sisters have been privileged to accompany persons on their spiritual journey.

The Cenacle Retreat House is located in the heart of Chicago’s beautiful Lincoln Park. It is within walking distance of Lake Michigan, the Nature Museum, Lincoln Park Conservatory and Zoo and is close to various kinds of public transportation.

For further information, please visit our website at [www.cenaclesister.org](http://www.cenaclesister.org) or e-mail us at [csisters@cenaclechicago.org](mailto:csisters@cenaclechicago.org) or telephone the Ministry Office at **773-528-6300**.



Cenacle Retreat House  
513 W. Fullerton Parkway  
Chicago, IL 60614



## *Spiritual Direction at the Chicago Cenacle*



*Companions  
for the Spiritual Journey*

## *What is Spiritual Direction?*

Spiritual Direction is a privileged time and place to reflect with another about your relationship with God. The focus is your life with God as it is lived out in all of your experiences. Spiritual Direction is the process of coming home to your deepest self.

Hourly appointments are scheduled about every four weeks. All of your life is material for Spiritual Direction as you seek to become more aware of God's presence in your life. The agenda is what you bring: prayer, images of God, questions of faith, concerns about the church, relationships, fears, and joys. The director helps you to listen to your life with as much care as it deserves.

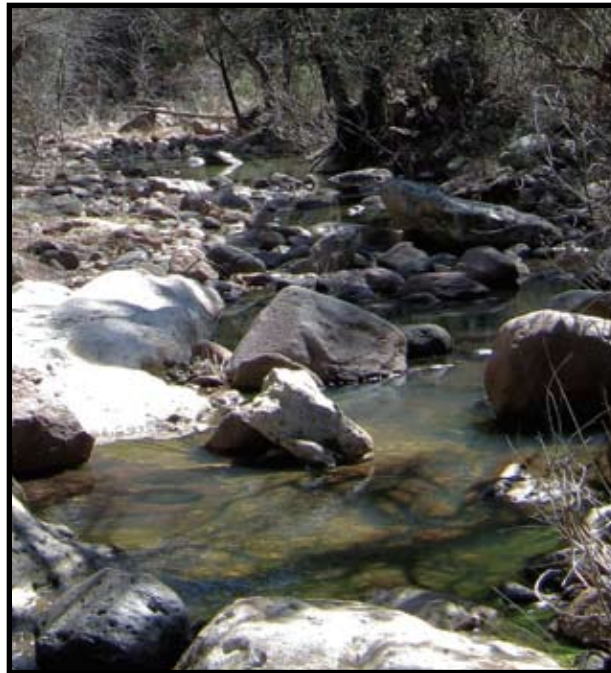
Spiritual Direction, though practiced in the Church for centuries, is increasingly sought by people in today's world who desire a deeper relationship with God and someone to companion them in that search. The tradition has consistently defined the practice of Spiritual Direction as an art that recognizes the Holy Spirit as the true director.



## *What is the Director's Role?*

The role of the spiritual director can be expressed in several ways, but basically it is to stand in service to the relationship between God and the one seeking direction. This is done through respectful listening to the experience of the directee, helping the directee to recognize and listen to his/her own experience of God. The director does not tell the person what to do, but may offer suggestions for reflection and prayer on the part of the directee.

The spiritual director needs to be a person of prayer, knowledgeable of the Christian and other religious traditions, familiar with the principles of spiritual discernment, have received training for spiritual direction, demonstrating gifts for this ministry.



## *What is my commitment?*

Your commitment to the Spiritual Direction relationship is that of bringing yourself to the session in an open stance, being faithful to your personal prayer life, and to the scheduled meetings with your director.

The Cenacle does not charge a specific fee for Spiritual Direction. We are aware that we are offering a service when we provide Spiritual Direction - indeed, a professional service. We are always grateful for the donations given to us. To continue our ministry in Chicago, we rely on the generosity and support of those who are able to make donations to us. This can be discussed on your first visit with your director.

Whatever you are able to give, whether you are able to give or not, know that the Sisters of the Cenacle welcome you for Spiritual Direction.

