

WHAT IS THE CENACLE?

WHO ARE THE CENACLE SISTERS?

WHO ARE AUXILIARIES OF THE CENACLE?

WHO ARE AFFILIATES/COMPANIONS OF THE CENACLE?

AM I BEING CALLED TO THE CENACLE?

**S**cripturally, it was in the upper room or Cenacle where Jesus, joined by his friends in the Last Supper, left a legacy of love and service. After the Ascension, in this same upper room, Mary, the apostles, and the women awaited the coming of the Holy Spirit. During this time of waiting in prayer, the friends of Jesus were learning to become a community. God was transforming this little group into a home for the Spirit, so that inflamed by the fire of Christ's presence, they could bring God's love to the whole world.

By entering the Cenacle Congregation we associate ourselves with the women and men of that first Cenacle. It is this mystery of the Cenacle which expresses our way of being in the Church and the world.



**The congregation of Our Lady of the Retreat in the Cenacle** began in 1826 in the small French village of La Louvesc, among the people whose faith had been deeply disturbed by the Revolution. Our founders, Father Stephen Terme and Saint Therese Couderc, were filled with a compelling love for Jesus Christ and tried to find the best means of making him better known and loved.

It has been from this beginning that the Cenacle has grown into an international religious congregation responding to the spiritual needs of people in sixteen countries. By membership in this Congregation, we give our word to God and each other to continue our search to live the gospel in the society of today.

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**C**enacle Sisters are women of faith for the Church of today. Although we come from different backgrounds and bring varied gifts, we share the call to make present in the world the **mystery of the Cenacle**: the waiting for and responding to the coming of the Holy Spirit. It is by our vows of poverty, chastity, and obedience and through our threefold mission of **prayer, community, and ministry** that we strive to live this Cenacle mystery and thereby make Jesus known and loved.

## Prayer

Prayer draws down on us and on the whole world the gifts of the Holy Spirit. We pray in solitude, as individuals loved and chosen by God. We pray as *community*, aware of the power of Jesus present with us and in us when we gather in his name. We pray also as Church when we join together for the Eucharist and morning and evening prayer.

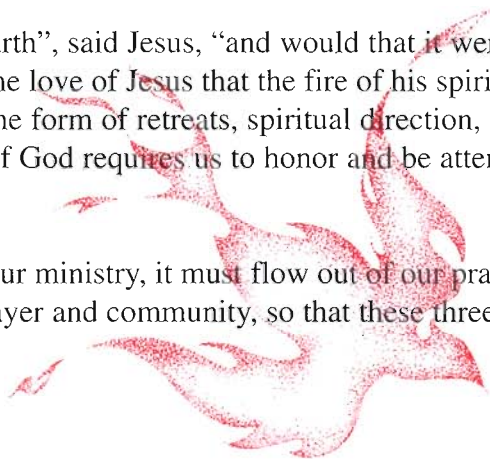
## Community

In a world plagued by division and mistrust, many people are longing for community. Like the women and men of the first Cenacle, our community of faith is *created* by the Holy Spirit, while at the same time it *creates sacred space* for the coming of the Spirit. By our life in community, we seek to witness to the truth that it is possible to love one another as Christ has loved us.

## Ministry

“I came to cast fire upon the earth”, said Jesus, “and would that it were already kindled!” (Luke 12:49). We desire to be so filled with the love of Jesus that the fire of his spirit may, through our ministry, *enkindle and deepen faith*. Whether in the form of retreats, spiritual direction, education in the faith, or other spiritual ministries, this work of God requires us to honor and be attentive to the Spirit’s action in others as well in ourselves.

Because of the very nature of our ministry, it must flow out of our prayer and community life, and it necessarily leads us back to prayer and community, so that these three elements intertwine to form our Cenacle mission.



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**A**uxiliaries of the Cenacle are single lay women who have consecrated their lives to the Lord yet remain in the ordinary circumstances of secular life. Our call is to live our commitment to God in the most varied of social structures, commitments and professions. We have neither a special work nor a specific apostolate. It is through the various facets of our life that we discover our particular field of apostolic endeavor. Our task is to allow ourselves to be transformed by Jesus so that we may bring Him into the world. Even if nothing about us is changed exteriorly, our whole life is changed interiorly.

Our spirituality is rooted in the Cenacle, the heritage of St. Therese Couderc and discernment based on the Spiritual Exercises. It is centered in the Holy Spirit, the Eucharist, Mary, the Church and communal sharing.

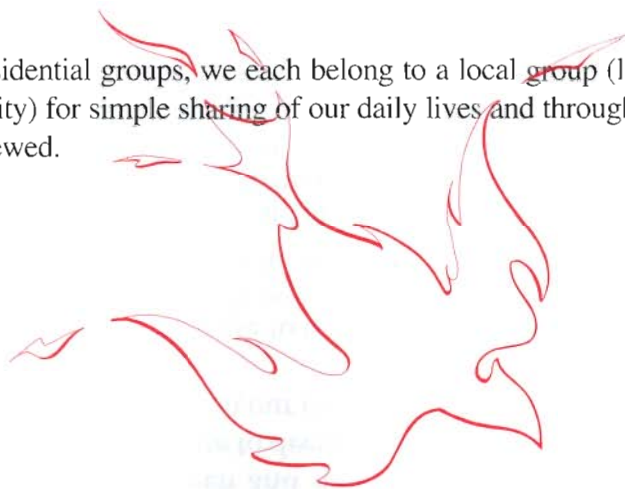
### **Prayer**

Prayer is an essential part of our daily life and gives a contemplative dimension to our entire secular life. It is the source and means of our mission and the basis of fidelity to our commitment.

We annually pronounce our vows of poverty, celibacy and obedience. These three vows touch every aspect of our life as we seek to live the commitment of our Baptism and Confirmation.

### **Community**

Although we do not form residential groups, we each belong to a local group (local groups do not always mean that Auxiliaries live in the same city) for simple sharing of our daily lives and through which we encourage one another to progress in our call to be renewed.



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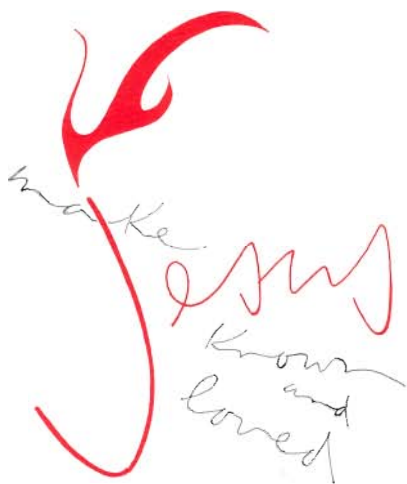
**AM I BEING CALLED TO THE CENACLE?**

**A**ffiliates/Companions are both women and men, single and married, Catholic and other Christian denominations, or secular priests, who desire to deepen our spiritual life, to be affiliated with the Sisters of the Cenacle and to live our Cenacle Spirituality in our own milieu.

Grounded in the commitment to live in response to the call of our baptism, our formation in Cenacle spirituality helps us to hear God's call in our own lives.

We gather as community monthly to share faith and prayer and to support one another in our desire to be faithful, hopeful, loving people, and in this, *TO MAKE JESUS BETTER KNOWN AND LOVED.*

After an 18-24 month formation period, we make a commitment, which may be renewed annually, to live Cenacle spirituality in our daily lives. *WE DO NOT MAKE VOWS.*



As Religious of the Cenacle Sisters, Auxiliaries and Affiliates/Companions, our aim is to make the Gospel known to people of our time by the ministry confided to us. We must ourselves be caught up by the love of Jesus Christ since our lives, far more than our words, must speak clearly of Christ.

**WHO ARE AFFILIATES/COMPANIONS OF THE CENACLE?**

**AM I BEING CALLED TO THE CENACLE?**



Is there a kindling of a FIRE in ME...?

Do I desire to make Jesus Christ known and loved?  
Am I attracted to a life of prayer?  
Do I feel drawn to risk living gospel values?  
Is there something that seems to “fit” when I am  
with the Cenacle?



Affiliates/Companions

**Do I have a desire to:**

- \*Deepen my spiritual life?
- \*Live Cenacle spirituality in my present vocation to marriage or the single lay life?
- \*Be openly associated with the Sisters of the Cenacle?

Auxiliaries

**Do I have a desire to:**

- \*Live a consecrated life while living in the secular world?
- \*Make annual renewable vows of poverty, chastity, and obedience?
- \*Form relationships with other women in regional groups for the purpose of prayer, shared life experiences, and mutual spiritual support?

Cenacle Sisters

**Do I have a desire to:**

- \*Live in poverty, obedience, and celibate chastity?
- \*Live with others out of a common vision?
- \*Deepen relationships?
- \*Live life in community with its joys and sorrows?
- \*Am I attracted to the ministry of the Cenacle and to prayer?

IF YOU ANSWER **YES** TO ANY OF THESE QUESTIONS, PLEASE CONTACT:

**Vocation Director**  
Sr. Janice Bemowski, r.c.  
sr.janice.m.bemowski@usa.net  
www.cenaclesisters.org

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Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

At present I would like more information. YES \_\_\_ NO \_\_\_

At present I would like to be contacted. YES \_\_\_ NO \_\_\_

**AM I BEING CALLED TO THE CENACLE?**

*“Our aim is to make the Gospel known to people of our time by ministry confided to us. We must ourselves be caught up by the love of Jesus Christ since our lives, far more than our words, must speak clearly of Christ.”*