

“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.

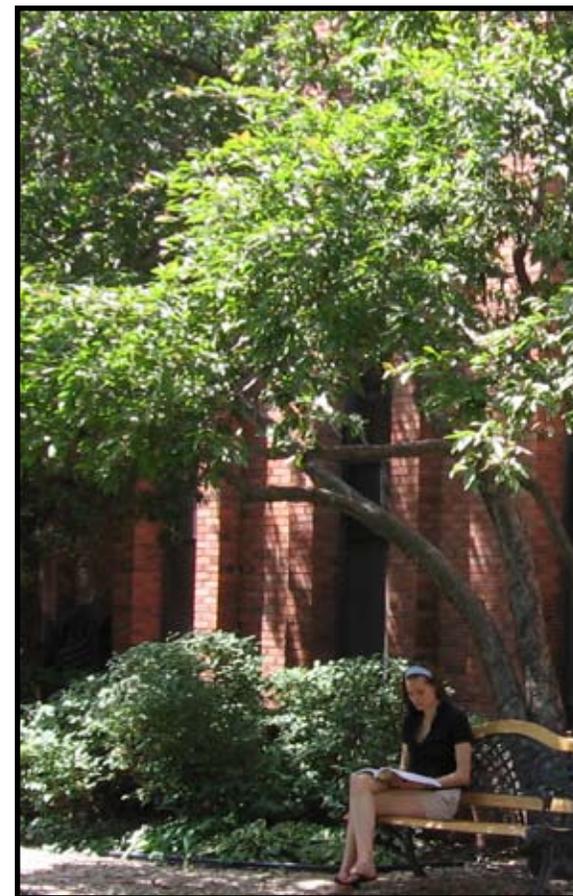
For further information, please visit our website at www.cenaclesister.org or e-mail us at csisters@cenaclechicago.org or telephone the Ministry Office at 773-528-6300.



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



Individual Retreats at the Chicago Cenacle



*Companions
for the Spiritual Journey*



Retreats & Days of Prayer

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A Directed Retreat

A Directed Retreat is a time of reflection for deepening your presence to current movements in your spiritual life. In an atmosphere of prayerful silence and solitude, you can set aside ordinary, daily concerns to have time to spend with God in a personal way. This sacred time allows you to focus on and be attentive to your relationship with God and how that affects the rest of your life, your relationships with others and the world, values, meaning-of-life questions, etc.

Since each retreat is individually tailored, there are no formal lectures/conferences. In solitude you can encounter the deepest parts of yourself and come to know God more fully. The flow of the day is up to you. You are welcome to enjoy the lakefront, the chapel and private prayer spaces, and to share in daily Eucharist. You can expect a quiet and simple bedroom, a silent dining room for regular meals, and an enclosed courtyard. You meet with a retreat director each day to share what has happened in prayer. Listening with you to what the Lord is saying in your life and where you are being called, the director will offer guidance for your prayer and reflection.

Private Retreat and Days of Prayer

You are welcome to come for one or several days, to spend time in prayer and reflection. Meeting with a Cenacle Sister is optional. Bring your own material for prayer/reflection or ask for suggestions for your prayer. A private room is provided.

19th Annotation Retreat:

Retreat in Daily Life

According to the Spiritual Exercises of St. Ignatius Loyola

The Spiritual Exercises of St. Ignatius Loyola offer you a special opportunity to know, love, and follow Jesus more intimately. While the Exercises can be prayed during a 30-day period at a retreat center, St. Ignatius knew that most of the people interested in the experience could not leave their families and responsibilities. He then adapted the Exercises for people to make an extended retreat in the midst of daily life.

Today, you can follow Jesus in the Exercises on a one-on-one basis over a period of six to nine months. As a retreatant, you would commit to at least 45 minutes to an hour of daily prayer and a weekly visit with your director for about an hour. This retreat in Daily Life presumes that you have prayed with scripture before and have had some spiritual direction and/or other retreat experience.