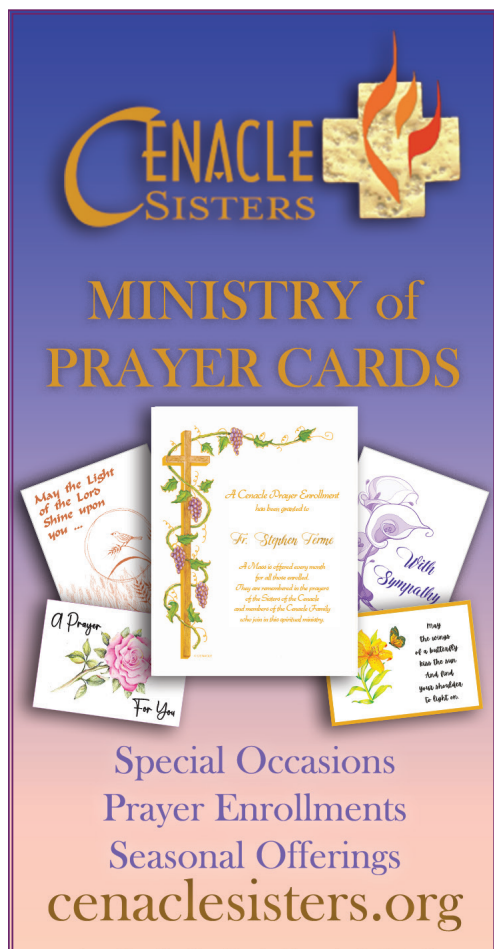


# The Flame



NEWS & EVENTS FROM THE CENACLE SISTERS OF NORTH AMERICA

WINTER/SPRING 2024



Special Occasions  
Prayer Enrollments  
Seasonal Offerings  
[cenaclesisters.org](https://cenaclesisters.org)

Dear Friends,

Many of you ask what our lives are like now that our retreat centers are closed. Our Sisters live independently in apartments or in communities in places where we once had retreat centers. I will speak a bit about our lives in what is called the Village. Nine of us live in the Resurrection Village in Chicago. This is a large senior citizen complex of five buildings housing four hundred residents. It was originally built by the Resurrection Sisters who also built a nearby hospital and high school to serve the families in the area.



What is it like to live here? The Village is a friendly, welcoming residential home. There are a few couples, but most women and men are singles. Most of us live in one-bedroom apartments. The main meal of the day is provided in a common dining room or folks can take the meal to their apartments. Each apartment has a kitchenette to prepare other meals. Each has a stove and a sink and refrigerator. There is a simple chapel designed to accommodate walkers and wheelchairs. Four days a week we have Mass at 8:00 a.m. For Sunday we have a vigil Mass and one on Sunday morning. There are special study groups, grief groups, and fun activities. There are seasonal parties, musical evenings, bus trips to grocery stores and various Chicago restaurants and shops. The grounds are large and made for walking, reading, or visiting.

What about what we have always called “our Cenacle life”? There are many things we miss and are finding different expressions of cherished values. We know we are fortunate to have daily Mass. It is amazing to see the impact of a smile or a simple greeting. We gather on Saturday afternoons for ‘lectio’ prayer. We prepare the readings for Sunday and take turns leading the prayer. We faith share; we pray for those who have asked for our prayers each week and check in with each other. We have come to cherish this time. Our life is semi-retired, most of us say. We no longer have major responsibilities. We have time for solitude, time to contemplate eternity, and time for plenty of province and congregational meetings thanks to Zoom. Right now, we are having a series of generational meetings with those who are in our age group in all of our provinces in our various countries. We are meeting people we have not had an opportunity to meet before. We are considering questions our entire order needs to consider for the future.

What about ministry you ask? Many of us can continue to talk with some people in Chicago or via Zoom. The great high seasons of Advent, Christmas, and Epiphany are located in our rear-view mirrors. Lent will soon ask us to accompany Jesus as He shows how completely He embraces human life.

So we are located in ordinary time. In our weather news each evening our forecasters tell us how much new light increases each day. As we look around our entire, suffering world, we don’t see light increase each day and wonder if wars will continue to escalate. Our American political scene remains contentious and will likely increase as the general election nears. We understand the intensity of the psalms and prayers in the scriptures. We have four hundred neighbors and can be sure some are lonely, are having a bad day, or are unwell. Small gestures are greatly appreciated.

This year we will spend our Sundays in Mark’s Gospel. Bonnie Thurston, a poet and scripture scholar comments that Mark’s world was similar to our current world. Both are worlds of conflict, of suffering, of common folk, of many deserts where God bends down and cares for people directly. For God to work, all of us need to ask for God’s saving help for ourselves and our world diligently.

Let us join together in prayer. If you come to Chicago, stop in to see us at the Village.

*“I saw written as in letters of gold this word Goodness... I saw it, I say, written on all creatures... all bore this name of goodness.”*

~ St. Thérèse Couderc, r.c.



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Image of Mother Thérèse  
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<https://regsilva.com/>

*Sr. Ann Goggin, r.c.*

## Email Lists & Spam Filters

Visit our website to sign-up for e-notifications (bottom of our home page) or you may email us at: [ministry@cenaclesisters.org](mailto:ministry@cenaclesisters.org)

**PLEASE check your spam/junk Folders.** As of January 1, Yahoo!, AOL, and Google have changed their settings. Your emailed program registration, donation receipt, or our e-notifications may be in your spam.

## PRAYER REQUESTS

Central to the Cenacle Sisters' charism is the ministry of prayer. Please submit all prayer requests to [cenaclesisters.org/prayer/](http://cenaclesisters.org/prayer/) so that the Sisters might join you in prayer.



### Legal Name:

North American Province of the  
Congregation of Our Lady of the Cenacle, Inc.

DBA Name:  
Cenacle Sisters NAP

EIN/Tax Identification:  
36-2739137

### For charitable giving or contact information:

Sr. Janice Bemowski, r.c. — Treasurer  
Mark Piper — Ministry & Mission Advancement

~

Cenacle Sisters NAP  
3800 W Peterson Ave.  
Chicago, IL 60659-3116  
773-528-6300

If you receive multiple copies of this newsletter or do not wish to receive it in the future, please let us know. It will not hurt our feelings and will save both paper and postage. Thank you for your interest in the Cenacle. We hope to continue our companionship with you for years to come!

Mark Piper — Editor (publication date 1/9/24)  
[mpiper@cenaclesisters.org](mailto:mpiper@cenaclesisters.org)  
[www.cenaclesisters.org](http://www.cenaclesisters.org)

# Online Ministry of the Cenacle Sisters

For a complete list of our retreats and online prayer groups please visit our website, [www.cenaclesisters.org](http://www.cenaclesisters.org). We hope to see you in 2024.



## La Dolce Vita

**Date:** February 6, 2024 at 1:00 - 3:00 PM Central

**Facilitator:** Judith Valente, Benedictine Oblate

**Description:** In this online retreat, spirituality author and journalist Judith Valente, who has spent considerable time living in Italy in recent years, distills what it is about the Italian lifestyle that fosters living more mindfully and joyfully, and how we can incorporate many of those attitudes and practices into our hectic American lifestyle.

## Creature Teachers

**Date:** April 11, 2024 at 1:00 - 2:15 Central

**Facilitator:** Dr. Deborah Lee Precott (Cenacle Auxiliary)

**Description:** Mother Thérèse and other saints have taught us profound lessons in spiritual matters. But humans are not the only creatures who can teach us about God. Animals can, too. Scripture is full of references to animals praising their creator. In this webinar, Lee will share valuable spiritual lessons learned from her pets. Other pet lovers have had similar experiences and participants can share the lessons they have learned from their beloved dogs, cats, horses . . . all creatures, great and small.

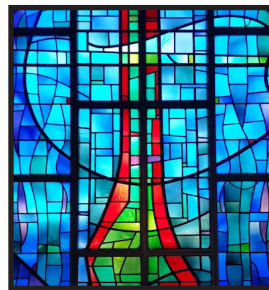


## Introduction & Group Spiritual Direction

**Date:** Spring 2024: Check the website for specific days in April-May

**Facilitator:** Sr. Roselle Haas, r.c.

**Description:** If you have wondered what happens in Spiritual Direction, this workshop provides you an opportunity to see what it's all about. Participants will learn the expectations, and hopefully graces, of Spiritual Direction and may direct any questions they may have to the experienced Spiritual Director.



## Spiritual Direction

Are you interested in discerning God's presence in your life? Individual Spiritual Direction provided by the Cenacle may be of value to you. Contact [ministry@cenaclesisters.org](mailto:ministry@cenaclesisters.org)

## Christian Meditation

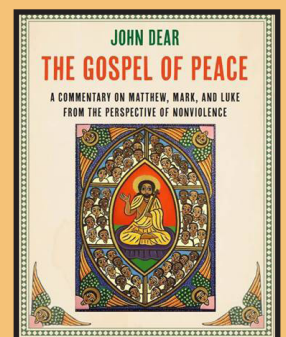
Sister Anelie Arao, r.c., leads a weekly meditation group online. All are welcome. Please visit "Ongoing Programs" on our website to learn more.

## Centering Prayer

Led by Cenacle Sister Mary Peters, Centering Prayer is hosted online by the Cenacle. To join this 50 minute, free, prayer group please visit "Ongoing Programs" on our website. [cenaclesisters.org/retreats-programs](http://cenaclesisters.org/retreats-programs)

## THE GOSPEL of PEACE ~ An \*In Person\* Event w/Rev. John Dear Saturday March 9, 2024 from 1:00 - 3:00, 3800 W. Peterson Ave., Chicago, IL

Join us for a talk and book-signing with peace activist, author and Nobel Peace Prize Nominee Rev. John Dear! He will talk about his new book, *The Gospel of Peace: A Commentary on Matthew, Mark and Luke from the Perspective of Nonviolence*. For more information on this program or to register (\$35 offering) visit [cenaclesisters.org](http://cenaclesisters.org) or email Mark Piper at [mpiper@cenaclesisters.org](mailto:mpiper@cenaclesisters.org). A few books will be given away at the event to early registrants. If you cannot join us in person, please pray for the Peace of Christ to envelope our world at 1:00 PM (or your local time) on Sat. March 9, so we at least may be together in prayer and solidarity.



## 2023 In Memoriam

may perpetual light shine upon them  
and all the faithful departed

### Marguerite Gautreau, rc

Entered into this Life 11/23/1932  
Entered into Cenacle Life 3/7/1956  
Entered into Eternal Life 11/3/2023

### Carol Kottewitz, rc

Entered into this Life 1/8/1936  
Entered into Cenacle Life 10/28/1954  
Entered into Eternal Life 10/14/2023

### Helen "Jean" Reardon, rc

Entered into this Life 12/17/1935  
Entered into Cenacle Life 9/8/1969  
Entered into Eternal Life 8/7/23

For many years, Sr. Marguerite was the face of both *The Flame* and its spiritual scrivener. She became ill in Spring 2023. She was unable to complete the spiritual reflections for either Summer or the Autumn editions of *The Flame*, though she tried. It was her wish not to disclose her illness, or her entering into hospice. May she, in the company of her Sisters, rest in the peace of Christ.

# Cenacle Prayer Card Ministry

Call 1-866-219-1772 or view our complete online catalogue & order form: [cenaclesisters.deluxebrand.com](http://cenaclesisters.deluxebrand.com)

Thanks to Deluxe Corporation and Devco Foil & Stamping Company, the Cenacle Sisters were able to resume their cherished prayer card ministry, and you may, once again, give the gift of prayer to your friends and family.



Cenacle Prayer Cards for  
FIRST HOLY COMMUNION

"Celebration Psalm" Prayer Card,  
Birthday, New Home, Retirement  
**\$7.00**



"Heaven & Earth Seascape" Prayer Card,  
Sympathy & Remembrance, Thank You  
Greeting Card Style 4.5 x 6.25.  
Mailed to recipient in A6 envelope.  
**\$15.00**

"St. Valentine's Day" Prayer Card,  
St. Valentine's Day  
Greeting Card Style 4.5 x 6.25.  
Mailed to recipient in A6 envelope.  
**\$10.00**



"Flowers Irish Blessing" Prayer Card,  
Enhanced Color Greeting Card Style  
4.5 x 6.25.  
**St. Patrick's Day, Thinking of You**  
Mailed to recipient in A6 envelope.  
**\$10.00**



US Shipping & Handling Included.  
Taxes not included. Cards are mailed from Illinois within a few business days of online order. For questions about orders please call 1-866-219-1772 or email us at [prayercards@deluxe.com](mailto:prayercards@deluxe.com)

## Vocations & Discernment

Auxiliaries of the Cenacle are single lay women who have consecrated their lives to the Lord yet remain in the ordinary circumstance of secular life. Their call is to live a commitment to God in the most varied social structures and professions.

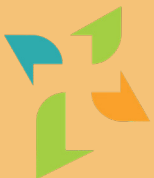
Cenacle Associates are women and men who desire to deepen their spiritual lives through affiliation with the Cenacle Sisters. They do not make vows — but make promises to live Cenacle spirituality in their daily lives. They come from every walk of life and from various Christian denominations.

Cenacle Sisters, an international Congregation of women religious will celebrate 200 years of fidelity to our life and mission of companionship and supporting women and men committed to the Gospel in 2026!

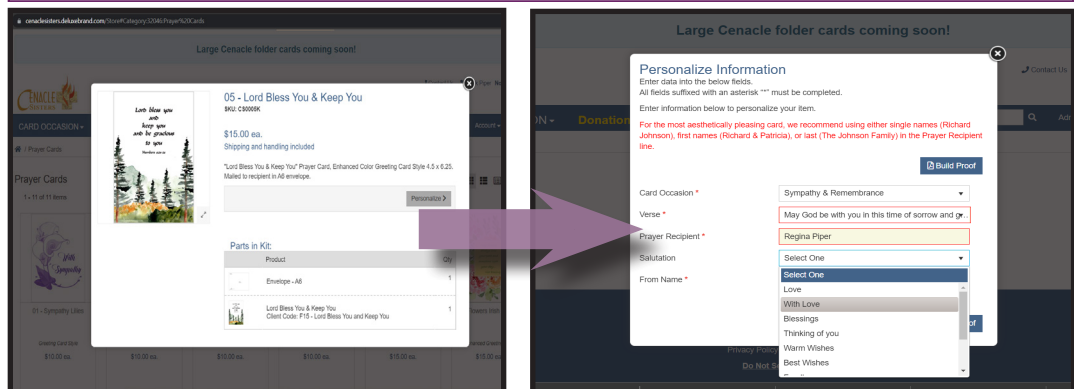
Questions about vocations with the Cenacle may be sent to: [vocations@cenaclesisters.org](mailto:vocations@cenaclesisters.org)

[catholicsistersweek.org/](http://catholicsistersweek.org/)

March 8 - 14, 2024  
CATHOLIC  
SISTERS WEEK

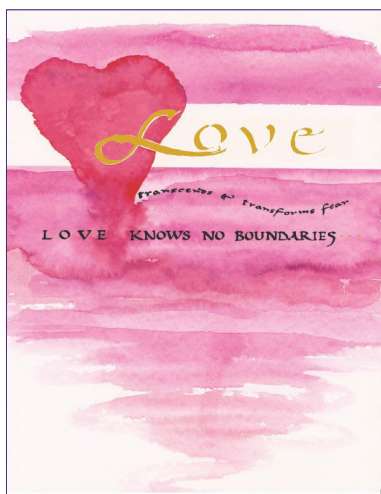


Personalize your card online: (1) Sign-In to [cenaclesisters.deluxebrand.com](http://cenaclesisters.deluxebrand.com), (2) filter by occasion or select a card you like, (3) click personalize and then select the verse & signature, (4) fill out the name/s of those to be enrolled and your own name (5) verify the proof and (6) check out! **Note**, the charge to your credit card may take a few business days, however, cards are mailed every Monday, Wednesday, and Friday except for federal holidays. Also the charge on your card will be titled: **DLXBrandedMKng-SEA** (not Cenacle).



# NEW Prayer Card!

# Large Folder Cards



“Boundless Love” Prayer Card, art by Sr. Pamela J. Falkowski, r.c. © **St. Valentine’s Day** Anniversary; *Thinking of You* Enhanced Color Greeting Card Style with Gold Foil, 4.5 x 6.25. Mailed to recipient in A6 envelope. \$15.00

With white or blue covers, large folder cards featuring some of the most popular designs from the Ronky, Warrenville, Metairie, St. Louis, and Chicago Cenacles are now available!

## Bulk Lists for St. Patrick & Easter

While all individual enrollments, orders, and questions related to prayer cards and billing should be sent to 1-866-219-1772 or prayercards@deluxe.com, at present the Ministry Office may help with bulk lists for St. Patrick’s Day, Easter, or Mother’s Day. We are aware that the Bulk Order feature isn’t yet user friendly. We’re diligently working on making improvements to that function. Bulk Order questions/requests: ministry@cenaclesisters.org or 773.528.6300 x3802 (Stephanie Capone’s extension).



“Yesterday I actually saw one of the cards that I had requested, and I am very very pleased with the quality of the work. Thanks to all who were involved in this...” —M. Smith

***A Mass is offered every month for all those enrolled. They are remembered in the prayers of the Sisters of the Cenacle and members of the Cenacle Family who join in this spiritual ministry.***

## Ad Multos Annos

2024 brings many jubilee celebrations to three Cenacle Sisters in our North American Province:



### Diamond Jubilarians (1964- 2024 / 60 years)

Anelie Arao: 8/2/1964  
Lois Dideon: 8/2/1964  
Gloria Haagensen: 8/2/1964  
Faith Hansen: 8/2/1964  
Mary Jane Laffan: 11/16/1964

Please remember these Sisters, and all Cenacle Sisters as they continue enlivening the Gospel of Christ through their religious life of being a contemplative presence, visible and accessible to the People of God.



The Leadership Conference for Women Religious (LCWR) invites its members (including the Cenacle Sisters) to engage the members of their own institutes in this collective discernment on “**What is ours to do in this time?**” The work of transformative justice is grounded in contemplation and is an engagement in learning the skills and practices that will lead to decision-making and action that leads to being in right relationship with Earth and all human persons.

The transformative justice initiative for this year is entitled, “Transforming Grace: The Work of Transformative Justice.” “Transforming Grace” invites participants to take responsibility for the personal and collective responses we can make in the challenges we will encounter during the national election period. Please visit <https://www.lcwr.org/transforming-grace> to learn more. Additionally, mindful of this call, the Cenacle will take heed to engage in this question, and to offer deep listening rather than polarized rancor in all our communications.

Cenacle Auxiliary Dr. Deborah Lee Prescott and staff member Mark Piper will join others gathered by LCWR in Pittsburgh in April to help answer, “What is ours to do in this time?” and how can the Cenacle, in cooperation with the Holy Spirit enable a less polarized society? Pray for them and for all God’s people.

Lastly, at this time, we might also suggest the following examination of conscience as it relates to how we communicate — and we should communicate — our feelings and positions in the public square: Is what I am saying adding value; is it necessary that I speak; am I speaking it in a manner that reverences the other/s in the conversation; am I listening and taking the time to think about what the other/s are saying?