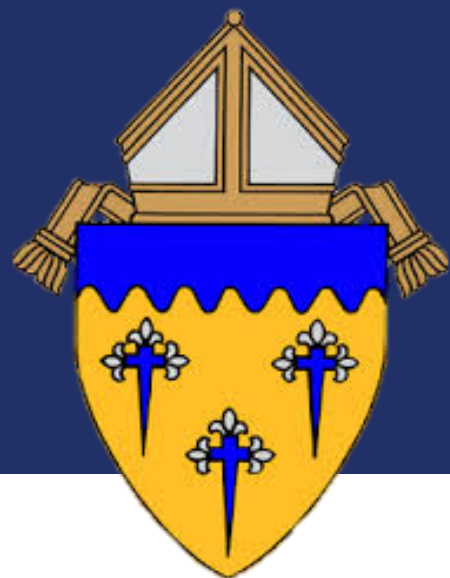




CENACLE OVERVIEW

Diocese of Superior



VISION

Through cenacles participants will make significant strides toward sanctity, confidence and passion in their vocation, physical and mental wellness, relational maturity and depth, and professional effectiveness.

MISSION

Cenacles are designed to meet the need for mentorship (peer based mostly) in helping individuals grow as disciples of Jesus in all areas of life. This happens through weekly meetings that include vulnerable sharing in discussion, concrete goals for growth in ministry and personal life, as well as sharing of prayer intentions.

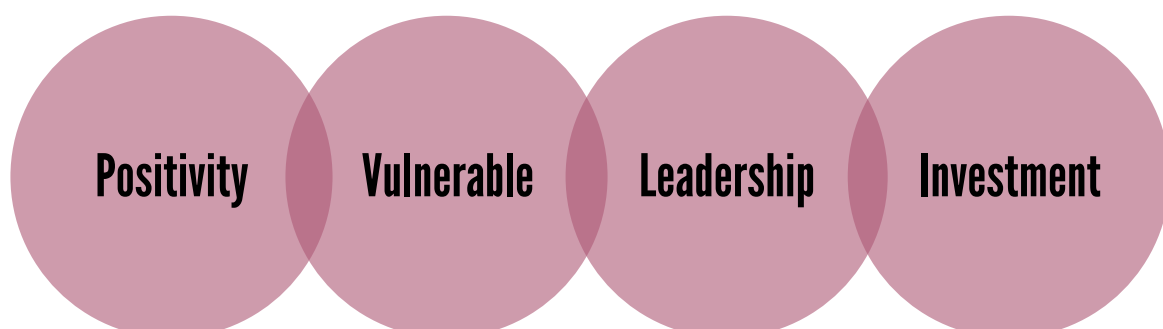
FORMAT - HOW IT WORKS

- The group meets virtually once a week (with rare exceptions); bi-weekly make it tough for the group to gel and form substantial, trusting relationships
- Meetings last 60 minutes; it takes dedication and leadership to keep meetings to this length, but it is critically important to honor everyone's schedules by doing so.
- Each week's meeting is facilitated by a different group member. Starting with the group's leader and then ideally with a veteran or two going next and newest members going last as the culture forms.
- The facilitator for that week emails out study questions along with a link for the meeting (Zoom, GoToMeeting, Facebook video messenger, etc.) at least 3-4 days before the meeting.
- Ideally the first meeting is held in person and lasts an hour or two and includes the following:
 - A meal (preferred but not required)
 - Get-to-know-you games/activities
 - Concrete and measurable yearly goals (ministry and personal)
 - A time of prayer, dedicating the group's year of mutual discipleship together to the Lord
- The meeting begins with a short scripted or extemporaneous prayer by that week's facilitator (2-3 minutes)
- The facilitator asks a specific person to start with checking in on how they did on their goals and sharing any highs from the week. The facilitator should go last so he or she can segue to the next item. (3-4 minutes per person – no more than 5)
- The facilitator very briefly introduces the topic for the week and asks the group to respond to the discussion questions one at a time going in the same order as the goals check-in. (20-30 minutes)
Please note: The other participants can ask clarifying questions as each member shares, but this isn't a time for a big open exchange of ideas and dialogue

- The facilitator wraps up the discussion by synthesizing the various ideas, asking any final questions, making any encouragements for how the group can practically live the discussion out, etc.
- The facilitator asks the group for their goals for the next week and specific prayer intentions that the group can be praying for. Again, go around in order.
- The meeting ends with a short scripted or extemporaneous prayer by that week's facilitator (2-3 minutes) and a reminder of the date and time of the next meeting and who is facilitating it. If you're reading through a book together, let the group know what the next assignment is.

HALLMARKS OF HEALTHY CENACLE CULTURE

- Vulnerability – members need to be open to sharing their hearts, their joys, and their struggles.
- Positivity – cenacles are not the place for 'venting'; the sharing of struggles is good and healthy, but only if it's generally with an eye toward growth.
- Investment – Participants need to be committed to making the cenacle a priority. That means the following:
 - Doing the assignments (reading, listening to a podcast, etc.) consistently and thoughtfully – assignments shouldn't take more than 20-30 minutes to get done.
 - Considering prayer requests and goals for the week thoughtfully ahead of time.
 - Praying for the other members and their specific intentions throughout the week.
- Leadership – the group needs to be open to calling each other onward – sometimes very specifically. Examples of this would include:
 - Willingness to call out gossiping or other toxic behaviors in the group.
 - Willingness to move the conversation along when a participant is monopolizing the group's time.
 - Willingness to check in on members who are not attending regularly or who are clearly not making the weeks they are in charge of a priority – i.e. sending out rushed topics and questions last minute.
 - Willingness to ask clarifying questions when participants are vague or non-committal in discussions.



TOPICS

- The purpose of the cenacle is to help create a rich, Catholic community of mutual discipleship – with each member making significant strides in holiness. We've found that the best book for facilitating this is [Searching for and Maintaining Peace](#) by Fr. Jacques Philippe.
- However, if the group is put together because of like ministry the topic can be chosen by each facilitator week by week with an eye toward the group's ministry and continued personal growth in holiness.
- Please note: It is imperative that the preparation time be reasonable – no more than 20-30 minutes. Otherwise some members will have a hard time getting it done and that would defeat the purpose.
- Each weeks resource should be easily accessible as a PDF attachment or as a link. The resource can be an article, a podcast, a short passage from a book (scanned legibly for the group) etc.



**20-30
minutes**



EVANGELIZATION &
MISSIONARY DISCIPLESHIP
JOHN 15:5

**PLEASE CONTACT THE DIOCESE OF SUPERIOR
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