



CENACLE OVERVIEW

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 fraternity and help individuals grow as disciples of Jesus in community. 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.

HOW IT WORKS

- The group meets virtually once a week at a mutually agreed upon time. One member of the group should set up a recurring meeting using Zoom or another similar service.
- Meetings last 30-45 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, beginning with the group's leader.
- It is very helpful, though not necessary, for the group to kick off with an in person gathering featuring:
 - A meal
 - Get-to-know-you time
 - Concrete and measurable yearly goals (ministry and personal) -- be sure to record these
 - A time of prayer, dedicating the group's year together to the Lord

OPENING PRAYER

- The meeting begins with a short scripted or extemporaneous prayer by that week's facilitator (2-3 minutes)

CHECK-INS

- The facilitator asks a specific person to start with checking in on how they did on their goals and prayer requests and sharing any highlights from the week. The facilitator should go last so he can segue to the next item. (5-10 minutes total)



LECTIO DIVINA ON UPCOMING GOSPEL

- Each participant should bring a bible or whatever resource they use for homily prep so they can read along and highlight or underline.
- The facilitator briefly introduces and proclaims the Gospel for the upcoming Sunday and pauses for a short time for silent reflection. He then asks the group to respond to the discussion questions one at a time going in the same order as the goals check-in.
 - What image or words stood out to you?
 - What do you hear the Lord saying to you?
 - What do you hear the Lord asking you to preach to *His* people based on this Gospel?

Please note: The other participants can ask clarifying questions as each member shares, but this is not a time for a big open exchange of ideas and dialogue.

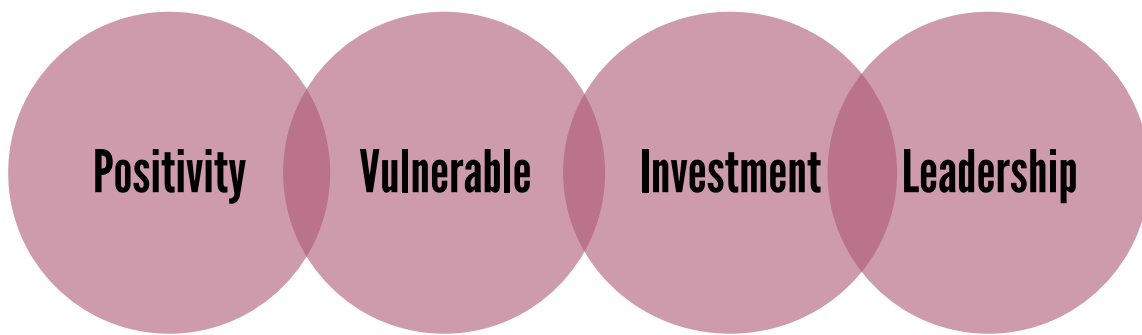
- The facilitator wraps up the discussion by highlighting the various ideas. (15-20 minutes)

GOALS AND PRAYER INTENTIONS

- The facilitator asks the group for their goals for the next week and specific prayer intentions that the group can be praying for. Each person should share their goals and intentions at one time. Again, for simplicity's sake maintain the same order.
- The facilitator should note who is facilitating next week. (5-10 minutes)

CLOSING PRAYER

- The meeting ends with a short scripted or extemporaneous prayer by that week's facilitator (2-3 minutes).



HALLMARKS OF 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. Here are a few ways:
 - Consider prayer requests and goals for the week thoughtfully ahead of time.
 - Pray for the other members and their specific intentions throughout the week. Reach out when it sounds like one of the participants needs extra support.
- Leadership – the group needs to be open to calling each other onward. Examples include:
 - Willingness to move the conversation along charitably when a participant is monopolizing the group’s time.
 - Willingness to check in on a member who is not attending regularly.
 - Willingness to ask clarifying questions when participants are vague or non-committal in discussions.



For More Information Contact:
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