

The Cenacle Ministry Of Retreats, Spiritual Direction & Prayer

If you yearn for solitude or prefer to be with a group,
If you can spare a few hours, a day,
a weekend or even a month,
If you have a topic in mind or
just a need to listen to your heart,

The Cenacle has something to offer to you.

The Sisters are trained to accompany you according to your particular needs, desires, capacities

Because the central element of the retreat in the Cenacle is your own experience of God in the framework of prayer.



The Cenacle Sisters is an international religious Congregation whose mission is to make Jesus known and loved through retreats, spiritual direction, and other spiritual ministries. It was founded in La Louvesc, France in 1826.

The Cenacle

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Office Hours: Open Daily 8:30 am – 12:00 noon, 1:30 pm – 5:30 pm

To Cenacle:

- 1. From Katipunan Avenue, turn right at Rosa Alvero St.
- 2. Right at C. Salvador St.
- 3. Left at Nicanor Reyes St.

If Using the LRT:

- 1. Take train to Katipunan Station.
- 2. Exit at North Gate.
- 3. Walk toward Katipunan Tricycle station (near 7-Eleven).
- 4. Tell driver to take you to Cenacle, Nicanor Reyes St.

Cenacle

RETREAT HOUSE & SPIRITUALITY CENTER



PROGRAMS 2018 July - December

Rest

Silence

Reflection

Prayer

Come to the Cenacle

Let us journey together.

Jun 30 - July 1 Getting the Love You Want (Lissy Ann Puno)

Based on the bestselling book of the same title by Harville Hendrix PhD, this workshop is a journey that will give you insights and learned skills on how you can create a deeply satisfying and long-lasting relationship with your partner. Through shared exercises, you and your partner will explore some of your emotional history, and how this influenced your choice of partner and your present or future power-struggles. By learning effective communication skills, you will both learn how to transform these power-struggles into opportunities to deepen your love and make your relationship more satisfying. Furthermore, you will find ways to make your life full of caring and romance. For more information, please refer to our website.

July 14-15 Fire-tested Gold: Living with Depression in the Light of Faith (Sr. Cecille Tuble, rc)

This weekend retreat is designed for those who suffer from depression, as well as those who take care of loved ones who struggle with this oft-debilitating disease. Through inputs, prayer, reflection and faith-sharing, the participants will be led to see depression not only as a medical condition to be dealt with proper medical and therapeutic interventions, but also as a vehicle of God's healing mercy and faithfulness. Like fire-tested gold, their faith will become stronger when the experience of depression is integrated within the greater context of their life as a whole, in the light of the God Who has never left them to suffer alone.

Note: participants who are clinically depressed (under medical care or taking anti-depressant medications) are required to present a medical clearance from their doctor.

July 21-22 Personality, Spirituality & Prayer Styles "PSPS" (Sr. Angie Villanueva. rc)

With some basic understanding of Myers-Briggs Personality Types (MBTI), we explore connections with spirituality as regards conversion, prayer and growth in the image and likeness of God.

August 11-12 Rest, Relish, Replenish

(Sr. Susay Valdez, rc)

A quiet weekend retreat to help one pause, ponder God's Goodness and be once again recharged for mission. There will be common prayer points and opportunity for individual consultation.

August 18-19

Growing in Wisdom, Age and Grace:

Spirituality for the Elderly/Eldering (Sr. Angie Villanueva, rc)

A program to help Senior Citizens to continue advancing freely, peacefully and joyfully toward a fuller and more meaningful life, ripening well in anticipation of God's rich harvesting in God's own good time. Open for those 60 years and above.

August 25-26

Five Levels of Healing

(Dr. Dido Gustilo-Villasor)

Many of us are searching for insight, practical guidance and tools that can support us to heal the wounded places within us. This weekend will help us find wholeness, balance and fulfilment through healing of the spiritual, mental, emotional, social and physical aspects of our lives.

September 1-2 Directions, Discernment, Decisions

(Sr. Susay Valdez, rc)

A life direction retreat that invites those aged 25-35 to a prayerful listening to the life mission one is called to. This retreat will include input, sharing, and individual prayer.

September 8-9 Forgive and Remember:

A Healing Journey (Sr. Malen Java, rc)

The weekend retreat will focus on the process of forgiveness as the path to healing our personal stories. The retreat will invite the participants to reflect and to pray with some strategies that could lead to healing.

September 15-16 Season of Creation

(Sr. Angie Villanueva, rc)

Set within the season of Creation (Sept 1 to Oct 4), with Pope Francis' *Laudato Si* as guide, we will contemplate creation, listen to the cry of the earth, and open ourselves to God's call towards ecological conversion and working together more effectively to care for our common home.

October 6-7 The Art of Spiritual Companioning

(Sr. Ana Malapitan, rc)

This program offers basic skills in spiritual accompaniment, for those interested in the ministry of companioning others in faith.

October 20-21 Beauty, Silence, Questions:

From Personal Scraps to Prayer Expression

(Dr. Dido Gustilo-Villasor)

Prayer, according to Jungian analyst Ann Ulanov, is basic in the human being long before the use of complex words. Prayer evolves--built from "personal scraps", expanded by the sense of awe and wonderment elicited by BEAUTY, distilled in an inner SILENCE and, grows through QUESTIONS that surface from the soul.

This two day live-in retreat provides an opportunity to look into how one's experience from "personal scraps" expand and deepen prayer expression, facilitating the understanding and appreciation of one's unique prayer experience as an expression of the self.

October 27-28 Sabbath Keeping: Finding Joy & Meaning in a Time of Rest

(Sr. Meny Vera Cruz, rc)

The weekend will be an opportunity to slow down and create space for prayer and stillness. It will be a time to step back and appreciate the giftedness of our lives, listening once again to the God who always beckons us "to journey into our heart" and meet Him there.

November 24-25

Spirituality for the Second of Life:

Journey Toward Wholeness (Sr. Ana Malapitan, rc)

This weekend retreat focuses on how the transitions that we experience at this point in life are opportunities for assessing our task for a more meaningful future. We look into how we can deepen our relationship with the self, others and God. As we come to terms with broken dreams, with our call to creativity for the future, with making peace with our past and accepting the reality of limited options: we are invited to a deeper spirituality in our lives.

December 1-2

Advent Retreat

(Sr. Malen Java, rc)

Please refer to website for updates.