

June 15-16 Inner Gold (Dr. Dido Gustilo- Villasor)

When we awaken to a new possibility in our lives, we often see it in another person. When we project our gold onto someone....that is the sign that something is changing in us.

- Robert Johnson

author of INNER GOLD: the psychology of projection

There are many symbols of Changes within, becoming more conscious of our relationship with self, others and God. In Jungian psychology, one such symbol is GOLD. Guided by lectures, active imagination, and story telling, participants journey through the psychospiritual realms: unknowing, recognizing, owning-movements needed in Claiming one's Inner Gold.

**June 22-30 8-Day Guided Retreat
(Sr. Meny Vera Cruz, rc & Sr. Malen Java, rc)**

For those whose hearts long for a longer time to commune with God in the silence and solitude of an Ignatian guided retreat. This opportune time will be a silent retreat with common points presented by a retreat director once a day. The retreat director and another Sister will be available to see retreatants individually if he/she wishes. The retreat is based on the exercises of St. Ignatius.



Cenacle Retreat House

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8:30 am – 12:00 noon,

1:30 pm – 5:30 pm



***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.

Cenacle

RETREAT HOUSE & SPIRITUALITY CENTER



by Sipporah Art and Illustration

"I have told you this so that my joy may be in you and your joy may be complete"

- Jesus [John 15:11]

Come to the Cenacle

Let us journey together.

PROGRAMS for 2019

January - June

January till February 2

The house welcomes all who desire a silent retreat with the Lord. Options are available from overnight recollection, weekend, 3 days up to 30 days of Ignatian retreat.

Book your retreat with us today.

February - April **Place Me With Your Son: A Retreat in Daily Life (Cenacle Sisters)**

There are people who desire to make the Spiritual Exercises of St Ignatius for a full 30 days but do not have the time or the resources to do so. Yet they are drawn to a deeper experience of prayer and want to find God in their daily life.

If you are one of these, you may want to do the retreat in daily life (RDL). It involves seeing a retreat director once a week, over 10 weeks minimum for guidance for your prayer each week. Choose to join us as a group or come individually.

March 9-10 **Lenten Recollection (Sr. Meny Vera Cruz, rc)**

Lent is that sacred time when we remember the depths of God's love for us expressed in the mysteries of Passion, Death and Resurrection. This retreat will be a time to reflect on these mysteries and give thanks for the great and merciful love of God for us. Through prayer, reflection and silence, we hope to find renewal and meaning in our own experiences of death and life and let Jesus teach us what it means to be anchored in love and live in hope.

March 16-17 **Breakthrough: Healing Your Difficult Emotions (Sr. Malen Java, rc)**

A follow up program for participants of Forgive and Remember

These days when people are asked how they are, "STRESSED!" is the new "Fine!" Many experience the contemporary pace of life as frenetic and stressful which lessens enjoyment of life. Many talk of how their fears, anxieties, helplessness, anger and other strong emotions result into various challenges to their overall health and well-being. This weekend seminar aims to teach the participants some basic techniques of Emotional Freedom Technique or Meridian Tapping. It combines the principles and insights of Western energy psychology and of the ancient Chinese acupuncture and acts as a kind of "emotional first aid" when gripped by these difficult emotions.

March 23-24 **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 fulfillment through healing of the spiritual, mental, emotional, social and physical aspects of our lives.

April 6-7 **Radiant Hope: Living with Depression in the light of Faith II (Sr. Cecille Tuble, rc)**

This is Part II of the program "Fire-Tested Gold: Living with Depression in the Light of Faith." Drawing from the insights and guidelines from the first program, the participants will be led deeper into prayer in an experience of God's unwavering love and care in the midst of their affliction. Hence, this weekend program will be primarily a retreat, with inputs focused on prayer points, and time for individual prayer and reflection, guided meditation, and faith-sharing. *Note: This is open only to those who have attended the "Fire-Tested Gold: Living with Depression in the Light of Faith" Weekend Program.*

April 13-14 **The Shadow of the Cross: Palm Sunday Retreat (Sr. Cecille Tuble, rc)**

This retreat is an invitation to follow Jesus as he makes his way to Jerusalem, a journey that will take him to the cross. In the shadow of his cross, may we find the grace to experience the love of a God who has never left us to suffer alone, and so draw strength and courage to embrace our own crosses, and to open our hearts to the suffering of the world. **This is a silent retreat.**

April 18-21 **Holy Week Retreat (Cenacle Sisters)**

This retreat invites participants to journey with Jesus in this total act of self-giving, and in the process, discover the meaning and relevance of his passion, death and resurrection in their own lives. The retreat will also include quiet time for personal prayer. **This is a silent retreat.**

April 27-28 **Spirituality for the Second Half 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.

Weekends with a Difference...

May 4-5 **Easter Retreat (Sr. Angie Villanueva, rc)**

Many make Lenten Retreats to prepare for Easter, but an Easter Retreat? Why not? Insofar as we share in the sufferings of the Lord, so shall we share in his victory, glory, and joy. We have much to learn from the Risen Lord and he comes to us bringing light, consolation, peace, and joy.

A silent retreat contemplating our Risen Lord as he appears to friends like us who truly believe that he is risen and is alive in and among us.

May 11-12 **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.

May 18-19 **Finding God in the Workplace (Sr. Ana Malapitan, rc)**

This retreat-seminar will lead participants to explore the work place as Holy Ground where God meets us. Encountering God in our toils and labors opens us to discover the sacred character of work both gift and privilege, a sharing in the creative power of God. To experience work in this light is to be led to life and wholeness.

May 25-26 **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.