



Outlines for Meetings

MISSIONARY CENACLE PRESS

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INTRODUCTION

"The Missionary Cenacle Apostolate is a community of lay persons, an association of the Christian faithful, one branch of an apostolic family, who have been called by God to be missionaries in the Church. By our lives as Cenacle Lay Missionaries we seek first to glorify the Triune God. We follow in the footsteps of the Apostles who, filled with the Holy Spirit, went forth from the Cenacle to spread everywhere the knowledge and love of Jesus. We live and work that God's name be hallowed, that his kingdom come, that his holy will be done.

"The missionary thought, the missionary idea, the missionary spirit should be dominant in our Missionary Cenacles. We meet the pressing needs of our day by undertaking works that the Church wants, that are good and necessary, and that serve the abandoned, those who do not experience the love of God. Our specific mission is the preservation of the faith in those areas and among those people who are spiritually neglected and abandoned. Our chief effort is to develop a missionary spirit with the goal that every Catholic be an apostle." ("Rule of Life and Constitution", THE APOSTOLIC LIFE, pp. 41-42)

"In our local Missionary Cenacles we seek to be united. We seek to live a life together reflective of the life of the Trinity. The first apostles became one with each other in the upper room, the Cenacle, by spending time with each other, through common prayer, and through discussion. We seek to spend at least an hour a week together in prayer, in discussion of our apostolates, and in council for the primary purpose of growing in unity." ("The Cenacle Method", THE APOSTOLIC LIFE, p. 79)

In order to promote this apostolic living among ourselves and to keep the missionary thought, idea, and spirit dominant in our local Missionary Cenacles, we are encouraged to come together for meetings. Ideally, we meet four times each month.

Two of these four meetings are called apostolic meetings, when we have the opportunity to share with one another our current apostolic work so that we might be encouraged and directed by one another in our missionary efforts. Generally, attendance at apostolic meetings is limited to Cenacle Lay Missionaries in order to encourage sharing of our apostolic works in a confidential manner. The discussion should be marked by simplicity rather than formality. It should not be a reporting but a discussion. No breach of confidentiality should occur so that the identity of the persons you serve should not be revealed. The purpose of the discussion is to help one another better discern the movement and guidance of the Spirit in our work. It is not necessary that everyone make a presentation, but everyone should share in the discussion. We present not to brag about our work but rather to praise the Spirit that is working through us.

One of these four meetings is called a prayer meeting or day of recollection or retreat day when we spend time together in prayer. Guests, especially prospective candidates, can be invited to attend and participate in prayer meetings or days of recollection. These outlines can be expanded to include Liturgies, hymns and other devotions. The two most important aspects of the outlines for prayer meetings is the time for silent reflection and the sharing of ideas and thoughts. It is also important that the content be focused on Cenacle spirit and charism.

One of these four meetings is called a council meeting when we discuss and make decisions on matters of common interest and concern, such as election of officers, deciding time and place of meetings, making arrangements for attendance at the annual retreat, extending invitations to persons to become candidates, discerning when our candidates are ready to make acts of consecration, etc.

Attendance at council meetings is also usually limited to Cenacle Lay Missionaries since the matters we discuss are not of interest to persons who are not members. Since we have very little "business" as such and may not have matters that need discussion and decision each month, the time allotted for council meetings can also be used as time for formation of candidates. The handbook is the best outline for formation or study meetings held during council meeting time each month.

This little book contains outlines for apostolic meetings and prayer meetings. There are enough outlines for one to two years of meetings. The information in these outlines is so basic that they can be used again and again. Apostolic meetings could last at least one hour and no more than two hours. Prayer meetings can be from one hour to an entire day in length. These outlines are only examples; local Missionary Cenacles can compose their own outlines.

Other books that are needed to conduct your meetings in addition to this book include MISSIONARY CENACLE MEDITATIONS and THE APOSTOLIC LIFE. These are books that every Cenacle Lay Missionary should have and use daily. The APOSTOLIC LIFE is the Handbook for the Missionary Cenacle Apostolate and contains our Rule of Life and Constitution along with other basic information that every Cenacle Lay Missionary needs to know. MISSIONARY CENACLE MEDITATIONS are daily meditations from the writing of Father Thomas Augustine Judge, C.M., our founder.

The frequency of meetings is usually determined by local needs. Regardless how many times a month a local Missionary Cenacle meets, it is important to include in its coming together each month a sharing of apostolic works, common prayer, and council. For instance, some Missionary Cenacles may meet twice each month. In one of those meetings, they will have an apostolic sharing and council. The other meeting will include common prayer and apostolic sharing. There is an advantage in weekly meetings in promoting and maintaining a strong community in the local cenacle. It can be more difficult to develop a strong community when meeting less frequently such as once a month. It is also difficult to get into one meeting a month all of the elements of apostolic sharing, common prayer and council. In determining frequency and structure of meetings, the local Missionary Cenacle should keep in mind the primary purpose of coming together: the creating and nourishing of the Cenacle spirit.

"Our Lord had very much at heart the creating of a spirit, a missionary spirit, an evangelical burning that would sweep over the whole world. He came to cast a fire on the earth, and he willed that it would be enkindled (Lk. 12:49). The Holy Spirit has enkindled this fire in our hearts. This is our heritage: an apostolic spirit, a Gospel spirit, a Catholic spirit. The Missionary Cenacle spirit is charity, charity aflame." ("Rule of Life and Constitution", THE APOSTOLIC LIFE, p. 41)

Feast of All Saints, 1990

NOTE: Citations from Father Judge's personal papers will be identified by the letters MF followed by a number. This indicates the microfilm number in the archives of the Missionary Servants of the Most Holy Trinity by which the quotation can be located.

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Fire in Our Hearts

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "1. Our Lord had very much at heart the creating of a spirit, a missionary spirit, an evangelical burning that would sweep over the whole world. He came to cast a fire on the earth, and he willed that it would be enkindled (Lk. 12:49). The Holy Spirit has enkindled this fire in our hearts. This is our heritage: an apostolic spirit, a Gospel spirit, a Catholic spirit. The Missionary Cenacle spirit is charity, charity aflame."

SCRIPTURE: "I will ask the Father and he will give you another Paraclete to be with you always: the Spirit of truth, whom the world cannot accept, since it neither sees him nor recognizes him; but you can recognize him because he remains with you and will be within you." (Jn. 14:16-17)

FATHER JUDGE: "Remember that you are in training not so much to learn this or that art as you are to become apostles. Never forget that this will be your work -- to save souls. Whatever will conduct to develop in you an apostolic, missionary spirit will be a grace. The essentials of such a spirit are the love of God and neighbor."

PRAYER: O Holy Spirit, fill me with yourself; fill me with love. Help me to feel loved by the Father and by Jesus. Help me to feel loved by my Associates gathered here. Set me on fire with love. Teach me how to love the Father and Jesus. Teach me to love my Associates here and all of my neighbors. As you taught the first Apostles at Pentecost to communicate the love of God to all persons, teach me to be the apostle I have been called to be. Let me bring the message of the Father's love and Jesus' love to all, but especially to those who really do not know you, who do not feel loved. Help me, O Holy Spirit of love, to be an apostle of love. Amen.

DISCUSSION: Spend about twenty minutes discussing these readings and their meaning for you individually and as a local community. Do you see yourself as an apostle? Why or why not? Do you experience the love of God in your own life? Are you "burning" or "on fire" with the love of God? Why or why not?

DISCUSSION OF APOSTOLIC WORKS

Spend the remainder of your meeting time discussing your individual apostolic works since your last meeting.

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity now and forever!
Amen! (Missionary Cenacle Doxology)

The Family Idea

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "2. We, the Missionary Cenacle Apostolate, are a community of lay persons, an association of the Christian faithful, one branch of an apostolic family, who have been called by God to be missionaries in the Church. We have a special relationship with the Blessed Trinity Missionary Institute, the Missionary Servants of the Most Blessed Trinity and the Missionary Servants of the Most Holy Trinity. Together with them we comprise the Missionary Cenacle Family."

SCRIPTURE: "I have made your name known to those you gave me out of the world. These you gave me were yours; they have kept your word. For these I pray -- not for the world but for these you have given me, for they are really yours. I do not pray for them alone. I pray also for those who will believe in me through their word; that all may be one as you, Father, are in me, and I in you; I pray that they may be one in us that the world may believe that you sent me." (Jn 17:6,9,20-21)

FATHER JUDGE: "The family idea is dear to God and to the Church. Never was there in the world such an ideal way of living as lived the early Christians. We have today in the Cenacle an approach to this. Think of the mutual strength you may be to one another. Think of what you may do for one another. This may be so large and important a good that, indeed, I hope and pray your activities will be so conditioned that you must depend upon one another, that you cannot do without one another, that you may realize that you need one another. I declare that I recognize the value of a family spirit, of a family working in the Church, of a family with zeal who will take these words from our Lord's lips: 'Go therefore, teaching all nations; baptizing them in the name of the Father and of the Son and of the Holy Spirit'."

DISCUSSION: Is your missionary cenacle a real community? Do you experience being accepted and valued? If you do not feel like a member of the community of faith, how can you bring the abandoned back to such membership? Do you through your presence provide community for the abandoned who ordinarily have no community?

PRAYER: Father, Son, and Holy Spirit, Three Persons, One God, help me to yearn and strive to be one with my Associates so that our local Missionary Cenacle has the unity you have. May we through our unity give glory to you and bring others to a knowledge of you. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your individual apostolic works since your last meeting. It might also be helpful to relate your own apostolic works to the discussion you have just had on the role of community and family.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

In the Footsteps of the Apostles

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "3. By our lives as Cenacle Lay Missionaries we seek first to glorify the Triune God. We follow in the footsteps of the Apostles who, filled with the Holy Spirit, went forth from the Cenacle to spread everywhere the knowledge and love of Jesus. We live and work that God's name be hallowed, that his kingdom come, that his holy will be done (Mt. 6:9-10)."

SCRIPTURE: "Greetings from Paul, a servant of Christ Jesus, called to be an apostle and set apart to proclaim the gospel of God which he promised long ago through his prophets, as the holy Scripture record -- the gospel concerning his Son, who was descended from David according to the flesh but was made Son of God in power according to the spirit of holiness, by his resurrection from the dead: Jesus Christ our Lord. Through him we have been favored with apostleship, that we may spread his name and bring to obedient faith all the Gentiles, among whom are you who have been called to belong to Jesus Christ." (Rom. 1:1-6)

FATHER JUDGE: "We must have those who are like the apostles themselves and their disciples who went out burning with the zeal and the love of Jesus Christ.... The message is that it is not necessary for pious Catholic men and women to leave home to extend the Kingdom of God. This was the original idea. This was the spirit the Holy Spirit incited in the first believers, not only that they sanctify themselves by cooperation with the teachings of the Apostles but that they were willing to do anything and everything for the extension of that Kingdom on earth."

DISCUSSION: When are you apostolic, some of the time or all of the time? Do some of your actions or all of your actions extend the Kingdom on earth? "We have been favored with apostleship", but are you more concerned about other roles you play and more zealous about other kinds of activities than those that extend the Kingdom? Our ordinary, every-day behavior becomes apostolic when filled with and motivated by the love of God. What part of your everyday behavior is not filled with nor motivated by the love of God? What aspects of your missionary work is not filled with the love of God?

PRAYER: O Holy One, Father, Son, and Spirit, you have called us to glorify you by living an apostolic life, by extending your Kingdom on this earth. Help us to burn with the zeal of apostles. Help us to be holy as you are holy. Help us to be concerned in every minute of our lives with doing your holy will. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Evaluate these works in light of the discussion you have had on the apostolic life.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

The Missionary Idea

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "4. The missionary thought, the missionary idea, the missionary spirit should be dominant in our Missionary Cenacles. We meet the pressing needs of our day by undertaking works that the Church wants, that are good and necessary, and that serve the abandoned, those who do not experience the love of God."

SCRIPTURE: "The tax collectors and sinners were all gathering around to hear him, at which the scribes murmured, 'This man welcomes sinners and eats with them.' Then he addressed this parable to them: 'Who among you, if he has a hundred sheep and loses one of them, does not leave the ninety-nine in the wasteland and follow the lost one until he finds it? And when he finds it, he puts it on his shoulders in jubilation. Once arrived home, he invites friends and neighbors in and says to them, 'Rejoice with me because I have found my lost sheep.' I tell you, there will likewise be more joy in heaven over one repentant sinner than over ninety-nine righteous people who have no need to repent.'" (Lk 15:1-10)

FATHER JUDGE: "You will move among the things of the world in charity without contamination. You are to be like the sunshine that moves and splashes in dirty places and is never soiled. You are a light in dark places. Your grace is an apostolic grace. What does this mean? It means that in some mysterious way you are more concerned about the salvation of your neighbor than a whole lot of other things. There is a personal message in those words 'going, therefore, teach all nations'. Your work is apostolic. You are doing a great work; you are doing something that demands the highest kind of courage and the profoundest kind of wisdom. You are soul-savers. God has given you this grace for the salvation of others. Do not let it lie in vain. Never forget the dignity, sacredness and priestly nature of your work."

DISCUSSION: Is the work we are engaged in as individuals and as a group truly missionary in character? Are you aware of any "lost sheep" whom you have not made the center and focus of your missionary efforts? What missionary effort is needed in our area? Is anyone doing it? Could we do it?

PRAYER: Jesus, our Good Shepherd, help us to put on your mind and heart. Fill us with your Spirit. Make us zealous to feed your sheep and your lambs, especially those who have wandered away from your fold. Fill us with your love for the lost. Cause us to yearn to be the missionaries you have called us to be. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your missionary activities since the last meeting. Is the missionary thought, the missionary idea, the missionary spirit evident in the works we have underway?

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Preservation of the Faith

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "5. Our specific mission is the preservation of the faith in those areas and among those people who are spiritually neglected and abandoned. Our chief effort is to develop a missionary spirit with the goal that every Catholic be an apostle. In all our works we are to manifest a particular concern for children, especially for their spiritual and moral development."

SCRIPTURE: "It is in the spirit that we eagerly await the justification we hope for, and only faith can yield it. In Christ Jesus neither circumcision nor the lack of it counts for anything; only faith, which expresses itself through love." (Gal. 6:4-6) Whoever welcomes one such child for my sake welcomes me. On the other hand, it would be better for anyone who leads astray one of these little ones who believe in me, to be drowned by a millstone around his neck, in the depths of the sea.... See that you never despise one of these little ones. I assure you, their angels in heaven constantly behold my heavenly Father's face.... Just so, it is no part of your heavenly Father's plan that a single one of these little ones shall ever come to grief.'" (Mt. 18:5-6,10,14)

FATHER JUDGE: "Preservation of the Faith -- how much that expression means just now! There is no greater humanitarian than he who keeps the Faith alive because there is no greater boon to humanity. This principle must be admitted unless one would entirely reject the teachings of Faith and do violence to his spiritual sense and all supernatural tradition. The consequences of this would be Naturalism, and its implications would be terrible and despairing. In view of the virtue of Faith and the help it is to solve the riddle of our existence here and the cheerful promises it gives of the future, think what the condition of those poor people, especially the children, is against whom there is a conspiracy to rob them entirely of this precious treasure." (MF 11605) "The watchword of the whole Missionary Cenacle movement is preservation of the faith." (MF 10715)

DISCUSSION: Are we expressing our faith through love for those around us, especially the children, who have been led astray from the faith with which they have been gifted by the Spirit? Practicing Catholics are the largest Christian body in the U.S.A. Non-practicing Catholics are the second largest. Are you aware of Catholics who are no longer practicing their faith in your area? What do you need to do to find them? After you find them, what do you do with them?

PRAYER: Spirit of love, stir up in us your zeal for your little ones that we might be your instruments for their salvation. Amen.

DISCUSSION OF APOSTOLIC WORKS

Help each other evaluate these works in light of our call to work for the preservation of the faith especially among the little ones.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Act on Behalf of Justice

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "6. We are to have an ardent zeal for the poor, for those desolate in all things spiritual and for victims of injustice. Charity urges us to action on behalf of justice as an integral part of announcing the coming of the kingdom."

SCRIPTURE: "Those who were the acknowledged pillars, James, Cephas, and John, gave Barnabas and me the handclasp of fellowship, signifying that we should go to the Gentiles as they to the Jews. The only stipulation was that we should be mindful of the poor -- the one thing that I was making every effort to do." (Gal. 2:9-10)

FATHER JUDGE: "In the light of our Blessed Lord's teaching, if there be anguish in this world and we are indifferent to it, we are not right with God. If our neighbor be in need, this cannot be an impersonal matter to us. Our Lord has heaped curse upon curse against those who have hardened their hearts to a cry of distress as He has heaped blessing upon blessing upon those who are swift to relieve distress.... It is very necessary not only for us to do good works but to do them with a right intention. No matter how good the work may be in itself, no matter what solace it may bring to my neighbor, unless our intention be supernatural, greater good is not done, greater honor and glory are not given to God. In these good works we would have no supernatural merit." (MF 14113-14)

DISCUSSION: Are we "mindful of the poor" around us? Who in the providence of our every day life are we mindful of who are "desolate in all things spiritual" and who are "victims of injustice"? What "good works" are we involved in with these people? Are our works done with a "right intention"? What do you think might be included in "wrong intention"?

PRAYER: Father, you hear the cry of the poor. Jesus, you came to proclaim good news to the poor. Holy Spirit, you dwell even in the least of our brothers and sisters. O Blessed Trinity, help us to see you in all we meet, especially the poor, the oppressed, the desolate. Give us an ardent zeal for them. Let our love for them burn at white heat. Let all of our work in their behalf be an expression of love for them. May all of our actions with them enable them to experience your unlimited and unconditional love for them. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works in light of your call to have a burning love for the poor, for the spiritually desolate, and for victims of injustice.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Makers of Apostles

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "7. The Cenacle spirit is a Catholic spirit, a living, burning, operating love of God and neighbor. We are to share this spirit by promoting and supporting the ministries of all the baptized people of God in the mission of the Church. We acknowledge 'different gifts but the same Spirit, different ministries, but the same Lord' (1 Cor. 12:4-5). Thus, we foster involvement of all in the mission and ministries of the Church not only as an aim, but as a part of our apostolic efforts."

SCRIPTURE: "There are different works but the same God who accomplishes all of them in everyone. To each person the manifestation of the Spirit is given for the common good. To one the Spirit gives wisdom in discourse, to another the power to express knowledge. Through the Spirit one receives faith; by the same Spirit another is given the gift of healing, and still another miraculous powers. Prophecy is given to one; to another power to distinguish one spirit from another. One receives the gift of tongues, another that of interpreting the tongues. But it is one and the same Spirit who produces all these gifts, distributing them to each as he wills." (1 Cor. 12:6-11)

FATHER JUDGE: "Tormenting problems wherein the faith and morals of so many are in danger are facing us. The multitudes concerned are as the sands of the seashore. Surely, never was the harvest so great.... The need of the hour, to my mind, is a Catholic spirit, a Catholic spirit that will permeate every class and condition. Catholic spirit means nothing more than an ardent charity, a living, burning, operating love of God and neighbor... What can be done to inspire, to provoke, to lead the everyday Catholic into the missionary work in the providence of his every day life?... How, in a word, can we effect that every Catholic, no matter in what circumstances he or she may be, will be a missionary? If this can be effected then, every one of these vexing problems will be solved." (MF 826-27) "You are to inspire others with this Catholic spirit... It is the will of Jesus Christ, understand, that this fire should spread and that it should spread through you. You should thank God for this grace, for this selection. It should give you, certainly, a holy and tremendous joy... to know that His Holy Spirit is to burn in you for others and is to be communicated through you to others." (MF 8479)

DISCUSSION: Do we consciously encourage those around us to be apostolic, to use the gifts they are given to build up the Body of Christ, to participate in the mission and ministries of the Church? How are we doing that? Could we do more?

PRAYER: Holy Spirit, burn in us for others, communicate yourself to others through us. We are grateful for this grace and this selection. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works in light of our call to be makers of apostles.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTLIC LIFE, p. 146)

Call Forth and Encourage

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "8. We are to call forth apostolic persons from everyday walks of life to become members of the Missionary Cenacle Apostolate and to encourage those who feel called to other branches of the Missionary Cenacle Family. A family spirit should be demonstrated by loving regard among the members of the branches and, when feasible, by collaboration in apostolic works. It is our particular responsibility as Cenacle Lay Missionaries to spread this Cenacle spirit through word and example. Father Judge declared that if the right spirit is maintained, if the primitive spirit is passed down, this family idea will engender the most beautiful fruits for the honor and glory of God and for the edification of the Church."

SCRIPTURE: "Full authority has been given to me both in heaven and on earth; go, therefore, and make disciples of all the nations.... Teach them to carry out everything I have commanded you. And know that I am with you always, until the end of the world." (Mt. 28:18-20)

FATHER JUDGE: "You are to inspire others to this Cenacle spirit. There is no problem about the extension of the... Missionary Cenacle. The only problem is to keep in your heart the Cenacle spirit. The program and methods of the Missionary Cenacle are worked out; you have your rules... you have those different works, the preventive work, reclamation work, and so on. The great problem is this: being right with the Cenacle spirit." (MF 8478-79)

DISCUSSION: Do we as a local Missionary Cenacle have "the great problem" of not being right with the Cenacle spirit? Is that evidenced by the fact that we are not successful in the "extension of the Missionary Cenacle" by calling "forth apostolic persons to become members?" Do you really believe that if you have the Cenacle spirit that the works will be done and new members will be attracted? Do we feel that Christ is with us as we carry out his command to make disciples of all people? Are there apostolic persons with whom I have contact that I have neglected to invite to be part of our work? Do I act as though I truly believe that every Catholic is called to be an apostle?

PRAYER: Lord Jesus, we sometime grow cold and neglect your call to be apostolic and to make disciples of our neighbors. Your Spirit does not always burn at white heat within us. Stir up your love in our hearts. Give us your zeal. Allow us to be truly alive with the spirit of the Cenacle. Help us to attract other workers to help us with your harvest. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works to determine if they truly are expressions of the Cenacle spirit.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, 146)

Apostolic Holiness

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "9. The Cenacle spirit is a Christ-like spirit of faith working through love (Gal. 5:6). We are to confess in our hearts the mysteries of faith: the Trinity, the Incarnation, and the abiding presence of the Holy Spirit. We aspire to a devotional knowledge of these mysteries, that is, a deeply personal and interior faith that is restless until it finds expression in good works; our good works, in turn, nourish our life of faith and bear fruit in apostolic holiness."

SCRIPTURE: "With what gift shall I come into Yahweh's presence and bow down before God on high? Shall I come with holocausts, with calves one year old? Will he be pleased with rams by the thousand, with libations of oil in torrents? Must I give my first-born for what I have done wrong, the fruit of my body for my own sin? What is good has been explained to you; this is what Yahweh asks of you: only this, to act justly, to love tenderly and to walk humbly with your God." (Micah 6:6-8)

FATHER JUDGE: "How many of us almost lose sight of the fact that even though we be on earth we belong to a supernatural order and that the supernatural and the natural are to be closely united in the life of a true Christian as the soul is united to the body. Our first footsteps up the holy mountain must be inspired by our realizing keenly that God would have us holy as He is holy. Indeed, He would have us lead His very life. It is for this end that He gave us His only beloved Son (and said): 'Walk before me, and be perfect.' (Gen. 17:1) Sanctity consists in believing and receiving the divine communications of the All Holy and by uniting ourselves with Him in love and imitation. The soul's perfection consists in these three things -- illumination of the mind, sanctification of the heart and union of the will with the will of God." (MF 11608-11609)

DISCUSSION: Do we tend to see our good works as our playing God for others or as another way that God makes us holy as He is holy? Do we have an earnest and real desire to be saints? Are our good works an outgrowth of the love of God or a desire to look good in the eyes of those who matter to us?

PRAYER: Father, you have called us to walk in the footsteps of Jesus and to be like you. You have given us your life, your love, your Spirit. May the experience of your love for us fill us with a desire to be the saints you have called us to be. May the love you give us compel us to serve you in the abandoned and poor around us so that they also might experience your love. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works in the light of our call to be holy.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Behold the Man

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "10. We seek to have a personal love of God our Father, of his Son Jesus, and of the Holy Spirit who abides with us. In a particular way we cherish in our prayer and labor the naked, abandoned Jesus on Calvary. We express our love through personal service to his poor and abandoned members."

SCRIPTURE: "Lord, when did we see you hungry and feed you or see you thirsty and give you drink? When did we welcome you away from home or clothe you in your nakedness? When did we visit you when you were ill or in prison?" The king will answer them: 'I assure you, as often as you did it for one of my least brothers or sisters, you did it for me. I assure you, as often as you neglected to do it to one of these least ones, you neglected to do it to me.'" (Mt. 25:37-40,45)

FATHER JUDGE: "Your life work is to save souls, to bring poor sin-stained men and women to the Precious Blood. If the Precious Blood has friends on earth today, are you not numbered among them? Behold your dignity and treasure your grace! O how many will be washed in that sacred cleansing through you! How many, but for you...would never be cleansed! How wonderful it all is that God will use you to bring souls to...the Precious Blood!...How dear you must be to Jesus, when he gives you a grace of this nature!...Take your stand at the foot of the Cross. Hear our divine Lord cry, 'I thirst'. (Jn 19:29) I thirst for souls. See the cruelty of it all; see Him bleeding from every wound. Open your hearts that His Precious Blood may fall therein, catching every drop that like the Little Flower of Jesus you may shed it upon the souls of men. Thirst! Thirst! Thirst! my dear children, for souls. Forget all things! Endure all things! Suffer all things! Sacrifice all things! So that you can satisfy our agonized, dying Saviour, our dear Jesus, bleeding, bleeding out His last life-drop for souls."(MF 8333-8336)

DISCUSSION: In whom do you encounter the abandoned Christ in the providence of your every day life? What do you think the Holy Spirit is urging you to do with them?

PRAYER: Jesus, help me to see you in all of the persons I encounter who are abandoned, disfigured and oppressed by sin, the same sin that disfigured and oppressed you. I bear responsibility for that sin. Help me atone by loving and serving them as I want to love and serve you in your abandonment. Let me do all of this not out of pity or guilt, but out of love. O Man of Sorrows, be my Christ, be my God, and may I love and serve you in my abandoned sisters and brothers. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works in the light of our call to serve the abandoned Christ.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE. p. 146)

We Are Known by Our Love

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "11. We seek to make the Holy Spirit better known and loved. By steadfast prayer in our Cenacles we seek to attract the Holy Spirit so that our hearts may be enkindled with God's love and that we may spread this fire to others. We ask to be filled with the gifts of the Spirit, wisdom and fortitude especially."

SCRIPTURE: "The fruit of the spirit is love, joy, peace, patient endurance, kindness, generosity, faith, mildness and chastity. Against such there is no law! Those who belong to Christ Jesus have crucified their flesh with its passions and desires. Since we live by the spirit, let us follow the spirit's lead. Let us never be boastful or challenging or jealous toward one another." (Gal. 5:22-26)

FATHER JUDGE: "Keep in mind the gifts and fruits of the Holy Spirit. Come to an understanding with yourself which of them you need the most and ask the Immaculate Spouse of the Holy Spirit to obtain them... How much all of us need the Holy Spirit and how much we should pray for one another for help in the obtaining of His Gifts and Fruits. Wisdom and Fortitude are particularly our gifts, for these are of the apostolic life... Hold strictly to this rule of action: Do what the Church wants you to do and let us ever be on guard lest we grieve the Spirit of God." (MF 2262)

DISCUSSION: Have we as a Cenacle attracted the Holy Spirit? Is that evident in the way we love one another? Are the gifts and fruits of the Holy Spirit evident in our behavior? Do we ever find ourselves being "boastful or challenging or jealous toward one another"? What are we doing to spread the fire of God's love to others? Do we follow the Spirit's lead in our works? Is there anything that we have done or are doing that grieves the Holy Spirit? Am I ever indifferent toward those I claim to serve?

PRAYER: O Holy Spirit, fill us with yourself; fill us with love. Help us to feel loved by the Father and by Jesus. Help us to feel loved by one another in this Missionary Cenacle. Set us on fire with love. Teach us how to love the Father and Jesus. Teach us how to love one another and our neighbors. As you taught the first Apostles at Pentecost to communicate the love of God to all persons, teach us to be the apostles we have been called to be. Let us bring the message of the Father's love and Jesus' love to all, but especially to those who really do not know you, who do not feel loved. Help us, O Holy Spirit of love, to be apostles of love. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other see whether or not and how these works communicate God's love to those you serve.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

He Has Anointed Me

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "12. The Cenacle spirit is a Gospel spirit. In order to follow Jesus more closely, as set forth in the Gospels, we consecrate ourselves to be apostles of our Lord Jesus Christ within the Missionary Cenacle Apostolate as an expression of our baptismal consecration. The uncompromising message of the Gospels calls us to exercise our prophetic role as witnesses to truth."

SCRIPTURE: "The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring glad tidings to the lowly, to heal the brokenhearted, to proclaim liberty to the captives and release to the prisoners, to announce a year of favor from the Lord and a day of vindication by our God, to comfort all who mourn; to place on those who mourn in Zion a diadem instead of ashes, to give them oil of gladness in place of mourning, a glorious mantle instead of a listless spirit. They will be called oaks of justice, planted by the Lord to show his glory." (Is. 61:1-3)

FATHER JUDGE: "You will move among the things of the world in charity without contamination. You are to be like the sunshine that moves and splashes in dirty places and is never soiled. You are a light in dark places. Your grace is an apostolic grace. What does this mean? It means that in some mysterious way you are more concerned about the salvation of your neighbor than a whole lot of other things. There is a personal message in those words, 'going, therefore, teach all nations'. Your work is apostolic! You are doing a great work; you are doing something that demands the highest kind of courage and the profoundest kind of wisdom. You are soul-savers. God has given you this grace for the salvation of others. Do not let it lie in vain. Never forget the dignity, sacredness and priestly nature of your work."

DISCUSSION: How seriously do I take my act of consecration as a Cenacle Lay Missionary? Do I really feel consecrated or anointed to serve the lowly, the brokenhearted, the captives, the prisoners, the mourners, and those with listless spirits? In what ways am I like sunshine that moves and splashes in dirty places?

PRAYER: Jesus, you are the incarnation of love. May your Holy Spirit so fill me and transform me that I can say with St. Paul: I no longer live, but Christ lives in me. Let me be an incarnation of love. Let me think like you, talk like you, work like you, cry like you, laugh like you, pray like you, play like you, live like you, die like you, love like you. Teach me to serve others in love as you have served me in love. Let me be an instrument of your peace for every person I serve. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since last meeting. Help each other evaluate them.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

A Light to My Path

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "14. We shall hold the Word of God in high esteem. We cherish the Gospels in particular because they depict Jesus showing by word and example the way to the Father. By reflection on the providence of everyday life in the light of the Gospels, we come to a devotional knowledge of the mysteries of faith and a deeper understanding of our own experiences. Each shall have a copy of the Sacred Scriptures and make frequent use of them in prayer and proclamation."

SCRIPTURE: "Your ways, O Lord, make known to me; teach me your paths, guide me in your truth and teach me, for you are God, my savior, and for you I wait all the day." (Ps. 25:4-5) "I will instruct you and show you the way you should walk; I will counsel you, keeping my eye on you." (Ps. 32:8-9) "A lamp to my feet is your word, a light to my path." (Ps. 119:105)

FATHER JUDGE: "You have been much more enlightened in the mystery of the Incarnation. You have been instructed so long and so frequently in this manifestation of divine love. You have, in fact, been brought so intimately into a knowledge of God's plan in the redemption of the world and, as it were, taken into the Holy Family itself. We can take holy joy in this thought, that a devotional knowledge of a mystery may be considered a sign of God's favor. I said a devotional knowledge; that is a knowledge that begets fruit, that works in charity. For example, we priests begin the Divine Office praying thus to God: 'O Lord, enlighten my understanding,' that is, let me know of Thy holy will, Thy holy law, Thy holy precepts.... Knowledge, however, is not enough, for the rebellious angels knew and are lost. We pray further therefore, 'Kindle my affections.' In other words, arouse my will, make it seek Thy ways that I may do good. This then is what I would call devotional knowledge. Let us be concerned that this knowledge will bear fruit, for remember our Lord cursed the barren fig tree, and the Holy Spirit has this lament against those devoid of good works: 'They are all gone aside, they are become unprofitable together; there is none that doth good, no not one.'" (Ps. 13:3)

DISCUSSION: Do you have a Bible? Do you read it each day? Does your knowledge of God's word find its way into your good works? When you have difficulties in your apostolic work, do you go to the Word to be enlightened?

PRAYER: O God, let our love for you cause us to listen with great intensity to every word you speak to us through Scripture, through prayer, through the Church, through each other, and through the daily providence of our lives. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Evaluate these works.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Eucharist Is the Son in Our Lives

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "15. The Eucharist is the center and sun of our apostolic lives. We seek to worship God in the daily celebration of the Eucharist, our sacramental participation in the mystery of Jesus' death and resurrection. We should so prepare and celebrate the Eucharistic Liturgy that it will be a genuine expression of ecclesial community and source of apostolic vitality. We are to have reverence for all that is related to the Eucharist."

SCRIPTURE: "For from the rising of the sun, even to its setting, my name is great among the nations; and everywhere they bring sacrifice to my name and a pure offering: For great is my name among the nations, says the Lord of hosts." (Mal. 1:11)

FATHER JUDGE: "To appreciate God's love for men is to appreciate God himself which can never be complete. Through all the unknown, uncounted epochs of God's existence poor sinful creatures were loved by the infinite. The Incarnation was the visible manifestation of the infinite and eternal love which culminated in the Eucharist. This is the God-given testament in which our Lord has pledged that the rainbow of his mercy shall hover forever over the tabernacle of the Catholic temple as long as time shall endure. This is the truth we adore and believe. We profess that under the sacramental species Jesus Christ is physically present... The thought of what love is embodied in this Sacrament, of how ingenious is this device of God to be among his creatures, the mercy and generosity contained herein, should arouse in every Christian heart the most generous sentiments and make us strive to repay love by love." (Mf 8840-8841; 8852-8853)

DISCUSSION: Has anything in your apostolic work stirred up a sense of gratitude? Does a sense of gratitude permeate all of my waking life? Or do I at times harbor resentments and disappointments in my God, myself or my neighbor? Do I experience this absence of gratitude when I do not experience love? Am I most grateful when I feel loved? Will more frequent reception of the Blessed Sacrament and more frequent visits with Jesus in the Blessed Sacrament increase my experience of love?

PRAYER: Jesus, I thank you for the gift you have given me. You have given me yourself in so many ways. How often do I take you for granted, especially in the gift of your presence in Eucharist. Stir up my sense of gratitude, of Eucharist. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works in light of Eucharist.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Bring a Sinner Back

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be the instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "16. Because of our need for God's mercy in our brokenness, we are encouraged to approach the Sacrament of Penance frequently for reconciliation and healing. By our experience of sacramental forgiveness, we grow in mercy and compassion toward others."

SCRIPTURE: "If he has committed any sins, forgiveness will be his. Hence, declare your sins to one another, and pray for one another, that you may find healing... My brothers and sisters, the case may rise among you of someone straying from the truth and of another bringing him back. Remember this: the person who brings a sinner back from his way will save his soul from death and cancel a multitude of sins." (Jas. 5:15-16,19-20)

FATHER JUDGE: "Do try to have a tranquil conscience. Thank God for this beautiful sacrament and beautify your souls by having recourse to it." (MF 12337-12338) "To be a holy penitent, first, there must be the spirit of a penitent, that burning desire to atone, to make up for one's own sins and the sins of the world. Just here comes before us one of the grandest and holiest personages in the history of the world, St. Mary Magdalene. Mary at the feet of Jesus. What a scene! What a lesson for you and me and all the world! There is where we should be now... at the feet of Jesus.... To be safe and efficacious in our practice of penance, all we need to do is note and imitate that blessed, heroic, whole-souled friend and follower of Jesus, she who taught even Apostles to be brave and loyal. See to what glory penance exalts her -- into the Seraphic Mary. 'She hath loved much.'" (Lk. 7:47)

DISCUSSION: Is the Sacrament of Penance a significant part of your every day life? Do you have that "burning desire to atone"? Can you think of specific instances where you have been an instrument of reconciliation and healing in another's life? Can you think of specific instances where you had the opportunity to be reconciling but did not? What kept you from acting as you felt called to act?

PRAYER: Lord, make us more mindful of our own need for your mercy, our own sinfulness and brokenness. Make us instruments of reconciliation and healing for one another. We are grateful for your gift of the Sacrament of Penance. May we accept your forgiveness wholeheartedly and extend your forgiveness and mercy to each other. Lord, we have consecrated ourselves to be the instruments of your forgiveness and healing for the abandoned. Help us in our apostolate. Amen.

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since the last meeting. Help each other evaluate these works in light of our call to be instruments of forgiveness and healing.

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

A Prayerful Spirit

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "17. The Cenacle spirit is a prayerful spirit. We recognize that only a prayerful person can lead an apostolic life, and that we cannot be spiritual without prayer. Great value, then, shall be placed upon periods of prayerful silence and recollection. We are to devote suitable time each day to personal prayer, meditation, and spiritual reading. Our reading should include Missionary Cenacle writings and, in keeping with our maxim 'sentire cum ecclesia', we are to reflect prayerfully on the documents of the Church."

SCRIPTURE: "When you are praying, do not behave like the hypocrites who love to stand and pray in synagogues or on street corners in order to be noticed. I give you my word, they are already repaid. When ever you pray, go to your room, close your door, and pray to your Father in private. Then your Father, who sees what no man sees, will repay you. In your prayer do not rattle on like the pagans. They think they will win a hearing by the sheer multiplication of words. Do not imitate them. Your Father knows what you need before you ask him." (Mt. 6:5-8)

FATHER JUDGE: "You have heard so many instructions on prayer. You know what prayer is. Prayer is the cry of dependence. It is the cry of helplessness, lifting our lives to God to adore, praise and thank him; to let him know that we are his and we cannot do without him. Our faith must be fed by prayer. The will of God is learned in prayer. There we become courageous. Put heart in your prayer, and have a personal feeling of love for Jesus."

PRAYER: Father, Son and Holy Spirit, let my prayer time with you be time that I look forward to, that is a source of loving consolation, and a challenge for greater service of you. Spirit, teach me how to pray, bring me to prayer, and pray in me. O Triune God, let my prayer be a time that I share in your eternal life. Let my prayer enable me to experience your unlimited and unconditional love for me. Amen.

DISCUSSION: What role does prayer play in your life? How do you pray? How often do you pray? Is your prayer related in any way to your apostolic works?

DISCUSSION OF APOSTOLIC WORKS

Share your apostolic works done since the last apostolic meeting. If you suffer from lack of works, could it be because you suffer from lack of prayer?

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity, now and forever!
Amen! (Missionary Cenacle Doxology)

Virtues Make the Apostolic Person

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

RULE OF LIFE AND CONSTITUTION: "22. The Cenacle spirit is an apostolic spirit which finds its perfection in zeal, the white heat of charity. We are to become perfect in the spirit and virtues of the Cenacle, to live and die simple, prudent, humble, charitable persons; persons of sacrifice, of patience, of self-denial whose lives are spent and consecrated to the service of God the Father, Son and Holy Spirit."

SCRIPTURE: "Simon Peter, servant and apostle of Jesus Christ, to those who have been given a faith like ours in the justifying power of our God and Savior Jesus Christ: may grace be yours and peace in abundance through your knowledge of God and of Jesus, our Lord. That divine power of his has freely bestowed on us everything necessary for a life of genuine piety, through knowledge of him who called us by his own glory and power. By virtue of them he has bestowed on us the great and precious things he promised, so that through these you who have fled a world corrupted by lust might become sharers of the divine nature. This is reason enough for you to make every effort to undergird your virtue with faith, your discernment with virtue, and your self-control with discernment; this self-control, in turn, should lead to perseverance, and perseverance to piety, and piety to care for your brother, and care for your brother, to love. Qualities like these, made increasingly your own, are by no means ineffectual; they bear fruit in true knowledge of our Lord Jesus Christ." (2 Pt. 1:1-9)

FATHER JUDGE: "What better prayer can I offer you, what more sound wish can I have for you, what more divine aspiration can be incited in you than that you may become perfect in the spirit and virtues of the Cenacle; that you live and die simple, prudent, humble, charitable men and women -- men and women of sacrifice, patience, and self-denial.... If you practice these virtues, if you put your whole heart in it, you will be what God wants you to be, you will have a Cenacle spirit."

PRAYER: Lord Jesus, let me put on your mind so that all of my actions will be filled with your virtue. Help me to practice these gifts you have given me so that they become more and more common-place in my every day life. Amen

DISCUSSION: Try together to describe in practical terms a person who practices the Cenacle virtues every day. Look at Jesus and find examples of his practice of these virtues during his public ministry.

DISCUSSION OF APOSTOLIC WORKS

Share with one another the works you have been doing since your last meeting. As you examine your own and one another's apostolic works, do you see any evidence that the Cenacle virtues are being practiced in these works? Is there any evidence that one or more of the virtues, if practiced more faithfully, could contribute to a better resolution of this work?

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Charity

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

CENACLE METHOD: "We seek to put on the mind of Jesus. We practice behaving as he behaved. Through the practice of charity, we seek to serve in justice those who love us and seek our love, and we seek to serve in mercy those who hate us and reject our love." (THE APOSTOLIC LIFE, p. 83)

SCRIPTURE: "Do not conform yourselves to this age but be transformed by the renewal of your mind, so that you may judge what is God's will, what is good, pleasing and perfect.... Your love must be sincere. Detest what is evil, cling to what is good. Love one another with the affection of brothers and sisters. Anticipate each other in showing respect. Do not grow slack but be fervent in spirit; he whom you serve is the Lord." (Rom. 12:2,9-11)

FATHER JUDGE: "Charity is our great virtue because it is the great virtue of Jesus....God in his mercy has given us the grace to practice this beautiful virtue of Jesus in our Cenacles; from the beginning the Holy Spirit has caused it to flourish. We thank God for this and pray most earnestly that it may never die...for without it we would be useless in this apostolic labor." (MF 8312-8313)

PRAYER: Spirit of God, I know that you are love. Since I am created in your likeness, you have instilled in me a hunger to be loved and to love. Jesus, as man, you lived your life in loving service of the people you encountered to satisfy this hunger in yourself. Today, you still offer the only true love which will satisfy. Help me to experience your love, to find fulfillment and to become one with you. Then, too, help me to share your love with others. You call me to live in friendship with all people, sharing my life with them. I need to accept, forgive and care for them. To do this, I need your power and strength to free others from my expectations and plans for them, and love them just as they are. I need your peace and understanding to overlook hurts and injustices and to anticipate the joy of friendship. As you love, so may I love. Amen.

DISCUSSION: Is the virtue of charity very evident in your local Missionary Cenacle? How is it manifested? How is it lacking? Is charity always tender or can it be tough?

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since your last meeting. Help each other evaluate these works in light of the virtue of charity. Are your works clearly motivated by charity and do they transmit charity to those you serve? In what ways are your works lacking in charity? If we seek to put on the mind of Christ in practicing charity, how does our behavior differ from his?

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Humility

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

CENACLE METHOD: "Through the practice of humility, we seek to acknowledge the gifts we have received by using them to build up the body of Christ." (THE APOSTOLIC LIFE, p. 81-82)

SCRIPTURE: "Never act out of rivalry or conceit; rather, let all parties think humbly of others as superior to themselves, each of you looking to others' interests rather than his own. Your attitude must be that of Christ: Though he was in the form of God, he did not deem equality with God something to be grasped at. Rather, he emptied himself and took the form of a slave, being born in human likeness. He was known to be of human estate, and it was thus that he humbled himself, obediently accepting even death, death on a cross. Because of this, God highly exalted him and bestowed on him the name above every other name, so that at Jesus' name every knee must bend in the heavens, on the earth, and under the earth, and every tongue proclaim to the glory of God the Father: Jesus Christ is Lord!" (Phil. 2:3-11)

FATHER JUDGE: "Humility is a realization of our relationship with God, and realizing that no matter what I have, it is due to the grace of God. It does not consist in denying what we are or denying what we have, but attributing what we are and have to him who gave it. It is not looking at yourself with the eye of a friend or an enemy but looking at yourself from the eye of God. Humility builds up. Pride destroys. Do pray always that we will be more humble -- less in confidence of ourselves and stronger in confidence of god's goodness and mercy."

PRAYER: Spirit of God, I wish to live in truth, always recognizing my relationship with you. I am beautiful and gifted, yet every gift is mine only because of your generosity. My talents, knowledge and determination often enable me to accomplish a lot. Throughout my life, I may become important, but never let me forget that it is you who gives me this life. Help me not to be jealous or envious. But rather help me to enjoy and encourage the gifts of others as well as to be happy with my own. In the spirit of humility, help me to develop my gifts for service to others and for your glory. Amen.

DISCUSSION: In what ways does humility appear to be important in the life and work of a missionary? Can you describe the behaviors of Jesus that might be called humility? How can you imitate Jesus in humility in the providence of your everyday life?

DISCUSSION OF APOSTOLIC WORKS

Discuss your apostolic works since your last meeting. In these works, can you see humility in your own behavior? What gifts have you received as an individual? You might help one another to recognize all of the gifts each person has received from God. In what ways do you use these gifts in your apostolic works? What gifts have you received that you are not using in your apostolic works? What gift do you think you need in your apostolic work that you do not have?

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Simplicity

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

CENACLE METHOD: "Through the practice of simplicity, we seek to be straight-forward and realistic persons who single-mindedly seek the will of God in, and thus find pleasure in, the little things of every day life." (THE APOSTOLIC LIFE, p. 82)

SCRIPTURE: "So strip away everything vicious, everything deceitful, pretenses, jealousies, and disparaging remarks of any kind. Be as eager for milk as newborn babes." (1 Pt. 2:1)

FATHER JUDGE: "As the Cenacle spirit manifests itself, there is a simplicity about it. And a person with the Cenacle spirit is a simple person. Simplicity is that beautiful child-like spirit that makes children so attractive. They do not have recourse to deceptive methods. They are straight-forward. The simple have not two tongues. Their simplicity begins with purity of intention. They are doing everything for the love of God."

PRAYER: "Father, Lord of heaven and earth, to you I offer praise, for what you have hidden from the learned and clever you have revealed to the merest children." (Mt. 11:25) Spirit of God, I know with you I don't have to hide behind ulterior motives. Help me to honestly keep moving forward, realizing only one aim, your active love. I know that simplicity doesn't mean childish ignorance, being naive or foolish, but rather knowing the things that are really important and being at peace with them. Being simple is knowing who I am, what needs to be done, and doing it. Help me to be open and honest with you and the people around me. Keep me trusting in the powerful love you have for me. Amen.

DISCUSSION: How do you think simplicity is needed and useful in missionary work? What are the marks of simplicity? How do you know when you are being simple? Is simplicity generally valued in the work-a-day world?

DISCUSSION OF APOSTOLIC WORKS

Share with one another your apostolic works since the last meeting. Help one another see if simplicity is called for in the cases reported and how it could be applied. You might want to help each other realize how much or how little simplicity seems to be practiced by each person. Recognizing simplicity in one another may be a good test in how much simplicity you have developed. What do you admire most in a simple person?

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity now and forever!
Amen! (Missionary Cenacle Doxology)

Prudence

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

CENACLE METHOD: "Through the practice of prudence, we seek to use shrewdness, tact, and common sense in doing God's will." (THE APOSTOLIC LIFE, p. 82)

SCRIPTURE: "The shrewd person does everything with prudence, but the fool peddles folly." (Prv. 13:16) "The shrewd person perceives evil and hides, while simpletons continue on and suffer the penalty." (Prv. 22:3)

FATHER JUDGE: "A Christian virtue, therefore a Cenacle virtue, is prudence. If everybody were simple, we would not have to be prudent, but there are so many troublemakers around us; therefore, simplicity must have a guardian, and it has in prudence. Prudence is being tactful. Beware of gossip and dread being a gossip. Never form a judgment until you hear both sides. When you are morally sure, do not spare correction or admonition, but let it be done in the spirit of Christ. Never attribute this or that motive to another. God alone knows the secrets of hearts. We must be vigilant lest a foreign spirit creep in and destroy what God has built up. Prudence is a pearl beyond price."

PRAYER: Spirit of God, it is good to reflect on my reliance on you. I find myself in all sorts of unique situations with many different people, and I need to use the gift of common sense that you give me. Many times I find myself needing to respond, and only if I have your spirit of peace and pure motivation can that response be Christian. You give me my ability to think and reason. You also give me knowledge through your Word, your teachings and your Church. Help me to be able to discern the difference between good and evil inspirations. Help me to use this knowledge so that I may prepare the way for your coming into other people's lives. Grant me prudence so that I can always be aware of my first and most important commitment -- to live my life in love with you and others. Amen.

DISCUSSION: Share your thoughts and feelings gained from these readings. In what ways do you see prudence being essential in the life of a missionary? Compare the fruits of being prudent and the fruits of being imprudent in apostolic works. Can you think of ways that Jesus practiced prudence in his public ministry?

DISCUSSION OF APOSTOLIC WORKS

Discuss your individual apostolic works since your last meeting. Help each other see how each of you may be practicing or not practicing prudence in your apostolic activities as reported. Using Jesus as your model, how do you think you need to behave in order to be a more prudent person?

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity, now and forever!
Amen! (Missionary Cenacle Doxology)

Patience

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

CENACLE METHOD: "Through the practice of patience, we seek to endure difficulties and afflictions with constancy and calmness of mind and to readily submit to God's will." (THE APOSTOLIC LIFE, p. 82)

SCRIPTURE: "In all that we do we strive to present ourselves as ministers of God, acting with patient endurance amid the trials, difficulties, distresses, beatings, imprisonments and riots, as people familiar with hard work, sleepless nights and fastings." (2 Cor. 6:4)

FATHER JUDGE: "Patience is that grace which enables us to bear afflictions and difficulties with constancy and calmness of mind and with a ready surrender to the will of God. Look up at our gentle, loving, suffering Christ and behold the perfect example of patience."

PRAYER: Spirit of God, I desire a peaceful spirit, an inner solitude that comes from knowing and trusting you. But more often than not, I find myself troubled and impatient. Instead of letting things work out in your time, I want them to happen now. A patient spirit does not give up nor does it compromise because of fear or tension. Rather, it calls me to work with a calm, tranquil mind allowing for good judgment and perseverance. Help me to be patient amid hard and hurried times. Help me to be at peace with all people. Anchor me in the conviction that you will never let me be tried beyond my endurance. Amen.

DISCUSSION: Share your own views on how you see patience as an essential behavior in the apostolic life. In what ways do you see Jesus being patient in his public ministry? Do you feel that patience is manifested in this Missionary Cenacle?

DISCUSSION OF APOSTOLIC WORKS

Share your apostolic works accomplished since the last meeting. To what extent do you think you practice patience in your missionary endeavors in the providence of your everyday life? Do you experience the abandoned people whom you serve testing your patience? In what ways? To what extent do you think that you may be a trial for others?

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity, now and forever!

Amen! (Missionary Cenacle Doxology)

Self-Denial

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

CENACLE METHOD: "Through the practice of self-denial, we seek to be more concerned about the needs of others than our own." (THE APOSTOLIC LIFE, p. 82)

SCRIPTURE: "Those who seek only themselves bring themselves to ruin, whereas those who bring themselves to nought for me discover who they are." (Mt. 10:39)

FATHER JUDGE: "I look to you to be spiritual-minded, motivated and actioned men and women. God has given us a great work to do. If we fail, we fail because of selfishness, because of self-seeking. The self-willed individual will say, 'I will not serve,' or 'I will serve only so many times,' or 'I will serve only sometimes, somewhere, or so much.' Let us go on happy and confident in the conviction that the more of God there is in our effort, and the less of ourselves, the more secure, lasting and successful will be our little society."

PRAYER: My Lord, I offer you myself in turn as a sacrifice of thanksgiving. You died for me, and I in turn make myself over to you. I am not my own. You have bought me; I will by my own act and deed complete the purchase. My wish is to be separated from everything of this world; to cleanse myself simply from sin; to put away from me even what is innocent, if used for its own sake, and not for yours; I put away reputation and honor, and influence, and power, for my praise and strength shall be in you. Enable me to carry out what I profess. Amen. (Cardinal Newman)

DISCUSSION: What did I learn from the readings about self-denial? What role do I see this behavior playing in my apostolic life? How did Jesus practice self-denial during his public ministry? Why is it necessary and important for a missionary to practice self-denial? What practical benefits accrue from such practice?

DISCUSSION OF APOSTOLIC WORKS

Share with one another your apostolic works since your last meeting. Help one another evaluate these works in light of what you have learned about self-denial. Differentiate between true self-denial and false self-denial. False self-denial can involve asceticism or denial of self in order to look good in the eyes of others or to actually glorify self. True self-denial does not call attention to self but is focused on loving service of God and neighbor. Is the self-denial you practice true or false?

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity now and forever!
Amen! (Missionary Cenacle Doxology)

Sacrifice

OPENING PRAYER: Come, Holy Spirit, fill the hearts of your faithful gathered here and kindle in us the fire of your love. Fill us with your Spirit, and we will be created the apostles you have called us to be. We yearn to be your instruments to renew the face of the earth. We ask this in the name of Jesus, our Lord. Amen.

INSTRUCTION ON THE APOSTOLIC LIFE

CENACLE METHOD: "Through the practice of sacrifice, we seek to give our lives in the service of others regardless of the cost. Through the practice of such Christ-like behavior, we seek to be like Christ, the incarnation of the love of God. (THE APOSTOLIC LIFE, p. 82)

SCRIPTURE: "The one who will not take up his cross and come after me is not worthy of me." (Mt. 10:28)

FATHER JUDGE: "An apostolic life means progress in the virtue of sacrifice. Sacrifice means a great love of God. Love makes the sacrifice of ourselves as nothing. Jesus made much of sacrifice. He declared that one condition of discipleship was the taking up of the Cross. We need today courageous men and women who will dare and do for God's sake. The Cenacle calls for a spirit of sacrifice. You should be known as men and women of sacrifice. Give up all things for the love of God."

PRAYER: Lord Jesus, knowing of your life and death, I understand that true and perfect love demands willing sacrifice in service of others. I, your follower and apostle, know that I can no longer live for myself. Your sacrifice challenges me to put aside my fears and misgivings, and directs me to pick up my cross and be loving enough to die for others. To consistently live in this sacrificing love is not easy. You call me each day to give witness to your presence with us. yet with your courage, I know that you will help me do things that I could not or would not do by myself. Amen.

DISCUSSION: In what ways have you been called upon to make sacrifices as a Cenacle Lay Missionary that you were not called upon before entering the Cenacle? In what ways did Jesus practice sacrifice during his public ministry? Why is sacrifice such an essential behavior for a missionary?

DISCUSSION OF APOSTOLIC WORKS

Share with one another your apostolic works since the last meeting. Was the virtue of sacrifice evident in any of your endeavors? Was some work not completed nor done well because of your unwillingness to sacrifice? Is there a difference between true sacrifice and false sacrifice?

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity, now and forever!
Amen! (Missionary Cenacle Doxology)

Our Spirit Is Apostolic

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

SCRIPTURE: Now the word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Behold, I do not know how to speak, for I am only a youth." But the Lord said to me, "Do not say, 'I am only a youth'; for to all whom I send you you shall go, and whatever I command you you shall speak. Be not afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put forth his hand and touched my mouth; and the Lord said to me, "Behold, I have put my words in your mouth!" (Jer. 1:4-9)

ALL: Alleluia! Give thanks to Yahweh!

SIDE I: Praise God's name and make known God's deeds to the nations!

SIDE II: Sing to God, sing praise and tell of all God's wonderful works.

SIDE I: Glory in God's holy name; let the hearts that seek Yahweh rejoice.

SIDE II: I will sing the wonders of your love forever, Yahweh. I will proclaim your faithfulness to all generations.

SIDE I: I will declare that your love is steadfast, your faithfulness fixed as the heavens.

SIDE II: I will proclaim God's salvation day after day. I will tell God's glory among the nations.

SIDE I: Glory to the Father and to the Son and to the Holy Spirit,

SIDE II: As it was, is now, and ever shall be.

ALL: Alleluia! Give thanks to Yahweh!

SCRIPTURE: "Everyone who calls on the name of the Lord will be saved." But how shall they call on him in whom they have not believed? And how can they believe unless they have heard of him? And how can they hear unless there is someone to preach? And how can people preach unless they are sent? Scripture says, "How beautiful are the feet of those who announce good news!" (Rom. 10:13-15)

FATHER JUDGE: "The Apostolic Spirit"
(MISSIONARY CENACLE MEDITATIONS, p. 157)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: With the Apostle Paul, we pray, Lord, for all engaged in missionary labor:

SIDE I: May we serve the Lord with complete humility in the midst of our trials. May our own lives seem less important in our sight than the mission we have received from the Lord Jesus: to bear witness to the Good News of God's graciousness.

SIDE II: May we never recoil from the necessity of announcing the entire design of God. May we watch over the flock which the Holy Spirit has entrusted to our care: those who are abandoned.

SIDE I: May we not covet anyone's money. May the work of our hands provide for our needs and for those of the poor. May we remember the words of Jesus: "There is more happiness in giving than receiving."

SIDE II: May we, even today, receive the reward promised to missionaries: the daily ever increasing joy of laboring for the sake of your Kingdom.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

ALL: Go out to the world; go out to the world; go out to the world, and teach all nations; teach all nations. Alleluia!

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen. (Missionary Cenacle Doxology)

Preservation of the Faith

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

SCRIPTURE (1 Pt. 5:8-9; Eph. 6:10-18):

SIDE I: Stay sober and alert. Your opponent, the devil is prowling like a roaring lion looking for someone to devour.

SIDE II: Resist him, solid in your faith, realizing that the brotherhood of believers is undergoing the same sufferings throughout the world.

SIDE I: Finally, draw your strength from the Lord and His almighty power.

SIDE II: Put on the armor of God so that you may be able to stand firm against the tactics of the devil.

SIDE I: Our battle is not against human forces but against the principalities and powers, the rulers of this world of darkness, the evil spirits in the regions above.

SIDE II: You must put on the armor of God if you are to resist on the evil day; do all that your duty requires, and hold your ground.

SIDE I: Stand fast, with the truth as the belt around your waist, justice as your breastplate.

SIDE II: And zeal to propagate the Gospel of peace as your footgear.

SIDE I: In all circumstances hold faith up before you as your shield. It will help you extinguish the fiery darts of the evil one.

SIDE II: Take the helmet of salvation and the sword of the Spirit, the Word of God.

ALL: At every opportunity pray in the Spirit, using prayers and petitions of every sort. Pray constantly and attentively for all in the holy company.

FATHER JUDGE: "The Gift of Faith and Its Preservation"
(MISSIONARY CENACLE MEDITATIONS, p. 259)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: Our Father, who gave us your Son, Jesus, ever our example of a life of faith, protect us from all doubt that may come from without or within. It is Jesus who said of the Centurion, "I have not seen such faith in all of Israel." It is Jesus, who calmed the storm at sea and turned to his Apostles and asked, "Where is your Faith?" It is Jesus, who told the people that faith is their salvation. It is Jesus, who in the last breath of his agony said with confidence, "Father, into your

hands I commend my spirit." It is Jesus, who is our gateway to the Kingdom. Oh, Father, grant us such faith as to have confidence in distress, courage in times of temptation, strength when we are weary, love that conquers hate, patience in our infirmities and perservance in the face of doubt. Let our lives speak clearly to others that we believe we are your children and only pilgrims in this world, whose destiny is to be united with you, dear Father, in the next. Amen.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen. (Missionary Cenacle Doxology)

The Holy Agony

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

READER: "When they came to the place called the Skull, there they crucified Him, along with the criminals...." (Lk. 23:33) As the wooden cross is placed upon the ground by the soldiers, see them forcing Jesus down onto it. Imagine the harsh wood as the splinters cut even more deeply into Jesus' skin. Submissively Jesus extends His hands offering His life to His Father for our salvation. See and hear the sounds as the soldiers drive the nails into His hands and then into His feet. Imagine the tremendous pain Jesus suffered for us... just for you and me. And he would go through it again even if you were the only person on earth. That is how much He loves us! Consider His great love.

SIDE I: See, my servant will prosper, he shall be lifted up, exalted, rise to new heights.

SIDE II: As the crowds were appalled on seeing him -- so disfigured did he look -- that he seemed no longer human, so will the crowds be astonished at him;

SIDE I: For they shall see something never told and witness something never before heard.

SIDE II: Who could believe what we have heard, or to whom has the power of Yahweh been revealed?

SIDE I: Like a sapling he grew up in front of us, like a root in arid ground.

SIDE II: Without beauty, without majesty we saw him, no looks to attract our eyes;

SIDE I: A thing despised and rejected by men, a man of sorrows and familiar with suffering,

SIDE II: He was despised and we took no account of him.

SIDE I: And yet ours was the sufferings he bore, ours the sorrows he carried.

SIDE II: He was crushed for our sins and pierced through for our faults.

SIDE I: On him lies a punishment that brings us peace, and through his wounds we are healed.

SIDE II: We had all gone astray like sheep, each taking his own way, and Yahweh burdened him with the sins of all of us.

SIDE I: Harshly dealt with, he bore it humbly, he never opened his mouth, like a lamb that is led to the slaughter-house, never opening his mouth.

SIDE II: Yahweh has been pleased to crush him with suffering.

SIDE I: If he offers his life in atonement, he shall see his heirs, he shall have a long life and through him what God wishes will be done.

SIDE II: His soul's anguish over he shall see the light and be content. By his sufferings shall my servant justify many.
(Isaiah, "Song of the Servant of Yahweh")

FATHER JUDGE: "Jesus Crucified"
(MISSIONARY CENACLE MEDITATIONS, p. 327)

SILENT REFLECTION

SHARING OF FEELINGS AND THOUGHTS

ALL: Holy Spirit, fill the hearts of your faithful people, kindle in us the fire of your love, renew us with your grace, guide us to your movement in our hearts, strengthen us as we attempt to walk the way of the cross. You are the Spirit who led our Lord. As your family, we implore your assistance for without your grace our way is uncertain. As our Lord suffered, when he was tired, as His soul was filled with anguish at His death, He found your presence His consolation and strength. May we find our suffering a source of unity with each other and with our crucified Lord who suffered and died that we might live through Him, with Him, and in Him forever.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

READER: Give your life totally to Jesus. Recommit yourself to Him. Having given your life to Jesus many times before, renew that commitment now to become his apostle. "Greater love has no one than to lay down his life for his friend."
(Jn. 15:13)

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

Seek Whom Your Heart Loves

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158)
or pp. 159-164)

ALL: Come, bless the Lord all you servants of the Lord who stand in the house of the Lord during the hours of night. Lift up your hands toward the sanctuary and bless the Lord. (Ps. 134:1-2)

READER: "I am neither a man of letters nor of science, but I humbly claim to be a man of prayer. It is prayer that has saved my life; without prayer I would have lost my reason a long time ago. If I did not lose my peace of soul, in spite of many trials, it is because the peace came to me from prayer. One can live several days without food, but not without prayer. Prayer is the key to each morning and the lock to every evening. Prayer is the sacred alliance between God and us, in order to be delivered from the clutches of the Prince of Darkness. We have to choose either to ally ourselves with the forces of Evil or, on the other hand, with the forces of Good. This is my sacred teaching: let everyone try this experience, and they will find that daily prayer will add something new to their lives, of which there is not equivalent to be found anywhere." (Mohandas Gandhi)

SIDE I: Deep silence leads us to suspect that, in the first place, prayer is acceptance.

SIDE II: People who pray are people standing with their hands open to the world. They know that God will show Himself in the nature which surrounds them, in the people they meet, in the situations they run into.

SIDE I: They trust that the world holds God's secret within it, and they expect that secret to be shown to them.

SIDE II: Prayer creates that openness where God can give Himself to us. Indeed, God wants to give Himself, He wants to surrender Himself to the men and women He has created. He even begs to be admitted into the human heart.

SIDE I: This openness, however, does not simply come of itself; it requires our confession that we are limited, dependent, weak and even sinful.

SIDE II: This attitude is difficult because it make you vulnerable.
(Henry Nouwen)

FATHER JUDGE: "Practice: The Habit of Prayer"
(MISSIONARY CENACLE MEDITATIONS, p. 324)

SIDE I: I asked for strength that I might achieve greatness. I was made weak that I might learn humbly to obey.

SIDE II: I asked for health that I might do greater things. I was given infirmity that I might do better things.

SIDE I: I asked for riches that I might be happy. I was given poverty that I might be wise..

SIDE II: I asked for power that I might have the praise of men and women. I was given weakness that I might feel the need of God.

SIDE I: I asked for all things that I might enjoy life. I was given life that I might enjoy all things.

SIDE II: I got nothing I asked for but everything I hoped for; almost despite myself, my unspoken prayers were answered.

ALL: I am among all men and women most richly blessed.

FATHER JUDGE: Let me sum up: you must be men and women of prayer, then you will be men and women of charity. We pray and labor for the extension of His Kingdom on earth. May you receive the Holy Spirit and remain faithful to His inspirations. This is my prayer for you!

SCRIPTURE: Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life, in union with Christ Jesus. (1 Thes. 5:16-18)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: Lord, we seek to continually walk in your presence, your peace, your comfort, and your strength. We remember and are thankful for your presence among us, for your Body and Blood, for the Cenacle, for Father Judge and Mother Boniface, for each other. Lord, help us to pray, to be daily in touch with you, to walk carefully with you each day. We beg all this in the name of our Lord Jesus Christ. Amen.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

ALL: I sought him whom my heart loves. So I will rise and go through the city; in the streets and the squares I will seek him whom my heart loves. (Song of Songs 3:1-2)

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen. (Missionary Cenacle Doxology)

The Mental Sorrows of Christ

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

READER: In the world you will have trouble, but be brave; I have conquered the world. (Jn. 16:33)

ALL: How long, O Lord, will you utterly forget me? How long will you hide your face from me? How long shall I harbor sorrow in my soul, grief in my heart day after day? How long will my enemy triumph over me? Look, answer me, O Lord my God! (Ps. 13)

READER: How often have I yearned to gather your children, as a mother bird gathers her young under her wing, but you have refused me. (Mt. 23:35)

ALL: Yet he, being merciful, forgave them their sin and destroyed them not. (Ps. 78:38)

READER: Coming within sight of the city, he wept over it and said, "If only you had known the path of peace this day; but you have completely lost it from view!" (Lk. 19:41-42)

ALL: My tears are my food day and night as they say day after day, "Where is your God?" (Ps. 42:4)

READER: My soul is troubled now, yet what should I say: Father, save me from this hour? But it was for that I came to this hour. Father, glorify your name! (Jn. 12:27)

ALL: May your help be with the man of your right hand, with the son of man whom you yourself made strong. (Ps. 80-18)

READER: And yet the hand of my betrayer is with me at this table. (Lk. 22:21)

ALL: Even my friend who had my trust and partook of my bread has raised his heel against me. (Ps. 41:10)

READER: An hour is coming - has indeed already come - when you will be scattered and each will go his own way, leaving me quite alone. (Jn. 16:32)

ALL: My friend and my companions stand back because of my affliction; my neighbors stand afar off. (Ps. 38:12)

READER: Jesus replied, "I tell you, Peter, the cock will not crow today until you deny me three times." (Lk. 22:34)

ALL: If any enemy had reviled me, I could have borne it: "...But you, my other self, my companion..." (Ps. 55:2-24)

LEADER: Then he began to be filled with fear and distress. He said to them, "My heart is filled with sorrow to the point of death. Remain here

and stay awake." (Mk. 14:34)

ALL: Pity me, O Lord, for I am in distress; with sorrow my eye is consumed, my soul also, and my body. (Ps. 31:10)

LEADER: So you could not stay awake with me for even an hour? (Mt. 26:40)

ALL: I am forgotten like the unremembered dead; I am like a dish that is broken. (Ps. 31)

LEADER: In his anguish he prayed with all greater intensity, and his sweat became like drops of blood falling to the ground. (Lk. 26:44)

ALL: They have repaid me evil for good, bringing bereavement to my soul. (Ps. 35:23)

LEADER: He said to them, "Why are you sleeping? Wake up, and pray that you may not be subject to the trial." (Lk. 22:46)

ALL: Awake and be vigilant in my defense, in my cause, my God and my Lord. (Ps. 35:23)

LEADER: Judas, one of the twelve, approached Jesus to embrace him. Jesus said to him, "Judas, would you betray the son of man with a kiss?" (Lk. 22:49)

ALL: On their hands are crimes, and their right hand is full of bribes. (Ps. 26:10)

LEADER: The soldiers then wove a crown of thorns and fixed it on his head, throwing around his shoulders a cloak of royal purple. Repeatedly they came up to him and said, "All hail, king of the Jews!" slapping him in the face as they did so.

ALL: All who see me scoff at me: they mock me with parted lips, they wag their heads. (Ps. 22:8)

LEADER: When noon came, darkness fell on the whole countryside and lasted until midafternoon. At that time Jesus cried out in a loud voice..., "My God, my God, why have you forsaken me."

ALL: My God, my God, why have you forsaken me? Far from my prayers, from the words of my cry? Oh, my God, I cry out by day and you answer not; by night and there is no relief for me. (Ps. 22:2)

FATHER JUDGE: "Practice: The Mental Sorrows of Christ"
(MISSIONARY CENACLE MEDITATIONS, p. 132)

SILENT REFLECTION FOLLOWED BY SHARING OF THOUGHTS AND FEELINGS

PRAYERS OF THANKSGIVING AND PETITION FOLLOWED BY THE LORD'S PRAYER

CLOSING PRAYER: The Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

We Are the Church of Jesus Christ

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: O Christ our Lord, strengthen the foundation of Your Church. Let singleness of heart take deep root in us. Guide us in the way of Godliness. Bestow on the clergy grace; to the religious give endurance; strengthen the aged, teach converts, convert the unbelievers; to all of Your faithful grant wisdom, meekness and humility. Let division in the Church be healed. Reckon us all among the pious. Remember, O Lord, our poverty; forgive us our sins. Where iniquity abounds, let Your grace abound. Bestow on us the grace of the Holy Spirit. God, our Savior, have mercy on us and give Your people singleness of heart. (St. Gregory of Nazianzen)

LEADER: A third time Jesus asked him: "Simon, son of John, do you love me?"

ALL: "Lord, You know everything. You know well I love You."

LEADER: Jesus said to him: "Feed my sheep." (Jn. 21:17)

ALL: My sheep hear my voice. I know them, and they follow me.
(Jn. 10:27)

LEADER: You will receive power when the Holy Spirit comes down on you: then you are to be my witnesses in Jerusalem, throughout Judea and Samaria, yes even to the ends of the earth. (Acts 1:8)

ALL: Then He told them: "Go into the whole world and proclaim the good news to all creation. The one who believes in it and accepts baptism will be saved; the one who refuses to believe in it will be condemned." (Mk. 16:15)

LEADER: The stone which the builders rejected has become the cornerstone.

ALL: It is the Lord who did this and we find it marvelous to behold.
(Ps. 118:22-23)

LEADER: The one who falls upon this stone will be smashed to bits.

ALL: And the person on whom it falls will be crushed. (Mt. 21:44)

LEADER: You are living stones, built as an edifice of spirit into a holy priesthood, offering spiritual sacrifice acceptable to God through Jesus Christ. (1 Pt. 2:5)

ALL: We are God's co-workers, while you are his cultivation, his building.
(1 Cor. 3:9)

LEADER: Full authority has been given to me, both in heaven and on earth; go therefore and make disciples of all nations. (Mt. 28:18-19)

ALL: I am the vine, you are the branches. He who lives in me and I in

him will produce abundantly, for apart from me you can do nothing.
(Jn. 15:5)

LEADER: Teach them to carry out everything I have commanded you and know I am with you always, until the end of the world! (Mt. 28:20)

ALL: This is the time of fulfillment. The reign of God is at hand! Reform your lives and believe in the Gospel. (Mk. 1:15)

FATHER JUDGE: "The Church" (MISSIONARY CENACLE MEDITATIONS, p. 77)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

LEADER: Let us keep our eyes fixed on Jesus who inspires and perfects our faith. (Heb. 12:2)

ALL: That is why we thank God constantly that in receiving His message from us you took it not as the word of human beings, but as it truly is, the Word of God at work within you who believe. (1 Thes. 2:13)

LEADER: For just as in one body we have many members, yet all the members have not the same function, so we the many are one body in Christ, but several members one of another. (Rom. 12:4-5)

ALL: The Son of Man has not come to be served, but to serve -- to give His life in ransom for many. (Mk. 10:45)

LEADER: He it is who gave the apostles, prophets, evangelists, pastors and teachers in roles of service for the faithful to build up one body of Christ. (Eph. 4:11)

ALL: Therefore, since we for our part are surrounded by the cloud of witnesses, let us lay aside every encumbrance of sin which clings to us and persevere in running the race which lies ahead. (Heb. 12:1)

LEADER: There is but one body and one spirit, just as there is but one hope given all of you by your call. (Eph. 4:4)

ALL: Till we become one in faith and in knowledge of God's Son and form that perfect person who is Christ come to full stature. (Eph. 4:13)

LEADER: All things are yours, you are Christ's and Christ is God's.
(1 Cor. 3:13)

ALL: What a grace to think the thoughts of an apostle!
What a blessing to pray the prayers of an apostle!
What a privilege to make the confession of an apostle!
What a destiny to be of the Church of the Apostles! (Father Judge)

PRAYERS OF THANKSGIVING AND PETITION FOLLOWED BY THE LORD'S PRAYER

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Think with the Church

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

SIDE I: I shall ask the Father, and he will give you another Advocate to be with you for ever, the Spirit of truth whom the world can never receive since it neither sees nor knows him; but you know him, because he is with you, he is in you. I will not leave you orphans. (Jn. 14:15-18)

SIDE II: When the Advocate comes, whom I shall send to you from the Father, the Spirit of truth who issues from the Father, he will be my witness and you too will be witnesses, because you have been with me from the outset. (Jn. 15:26-27)

SIDE I: Go therefore, make disciples of all the nations; baptize them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always, yes, to the end of time. (Mt. 28:19-20)

SIDE II: Anyone who does the will of God, that person is my brother and sister and mother. (Mk. 3:35)

SIDE I: He who is not with me is against me; and he who does not gather, scatters. I am the good shepherd, I know my own and my own know me, just as the Father knows me and I know the Father, and I lay down my life for my sheep. (Lk. 11:23)

SIDE II: I give you a new commandment: love one another, just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples. (Jn. 13:34)

SIDE I: If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it, but anyone who loses his life for my sake and for the sake of the gospel, will save it. (Mk. 8:34-36)

SIDE II: For if anyone in this adulterous and sinful generation is ashamed of me and my words, the Son of Man will also be ashamed of him when he comes in the glory of his Father with the holy angels. (Mk. 8:37-38)

SCRIPTURE: Acts 11:1-18

FATHER JUDGE: "The Church" (MISSIONARY CENACLE MEDITATIONS, p. 77)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

SIDE I: I passed the word on to them, and the world hated them, because they belong to the world no more than I belong to the world.

SIDE II: I am not asking you to remove them from the world, but to protect them from the evil one. They do not belong to the world any more than I belong to the world.

SIDE I: Consecrate them in the truth: your word is truth. As you sent me into the world, I have sent them into the world, and for their sake I consecrate myself so that they too may be consecrated in truth.

SIDE II: I pray not only for these but for those also who through their words will believe in me. (Jn. 17:12-20)

SIDE I: So now I say to you: You are Peter and on this rock I will build my Church, and the gates of the underworld can never hold against it.

SIDE II: I will give you the keys of the kingdom of heaven. Whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loose in heaven. (Mt. 16:18-19)

SIDE I: Simon, son of John, do you love me more than these others do?

SIDE II: Yes, Lord, you know I love you.

SIDE I: Feed my lambs.

SIDE II: Simon, son of John, do you love me?

SIDE I: Yes, Lord, you know I love you.

SIDE II: Look after my sheep.

SIDE I: Simon, son of John, do you love me?

SIDE II: Lord, you know everything, you know I love you.

SIDE I: Feed my sheep. (Jn. 21:15)

ALL: Let us pray for the holy Church of God, that our God and Lord may give it peace, maintain it in union, and preserve it over the earth, making principalities and powers subject to it; and grant us to lead a quiet and peaceful life to the glory of God the Almighty Father. Almighty and everlasting God, who has revealed your glory to all the nations in Christ, preserve the works of your mercy, that your Church, being spread over the whole world, may persevere with a constant faith in the confession of your name. Through the same Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen. (The Liturgy of Good Friday)

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

The Eucharist

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: What must we do to perform the works of God? (Jn. 6:28)

READER: This is the work of God: have faith in the One whom He sent.
(Jn. 6:29) You should not be working for perishable food, but for
food that remains unto life eternal. (Jn. 6:27)

ALL: So that we can put faith in you, what sign are you going to perform
for us to see? What is the "work" you do? Our ancestors had manna
to eat in the desert; according to scripture, He gave them bread from
heaven to eat. (Jn. 6:30-31)

READER: I solemnly assure you, it was not Moses who gave you bread from the
heavens; it is my Father who gives you the real heavenly bread.
God's bread comes down from heaven and gives life to the world.
(Jn. 6:32-33)

ALL: Sir, give us this bread always. (Jn. 6:34)

READER: I myself am the bread of life. No one who comes to me shall ever be
hungry, no one who believes in me shall ever thirst... Indeed, this is
the will of the Father, that everyone who looks upon the Son and
believes in Him shall have eternal life. (Jn. 6:35,40)

ALL: Do we not know his father and mother? How can he claim to have
come down from heaven? (Jn. 6:42)

READER: I myself am the living bread come down from heaven. If anyone eats
this bread he shall live forever; the bread that I will give is my
flesh for the life of the world... He who believes has eternal life.
(Jn. 6:51,47)

ALL: How can he give us his flesh to eat? (Jn. 6:52)

READER: Let me solemnly assure you, if you do not eat the flesh of the Son of
Man and drink his blood, you have no life in you. For my flesh is
real food and my blood is real drink. This is the bread that came
down from heaven. Unlike your ancestors who ate and died
nonetheless, the person who feeds on this bread shall live forever.
(Jn. 6:53-55,58)

ALL: Because the loaf of bread is one, we, many though we are, are one
body for we all partake of the one loaf. Is not the cup of blessing
we bless a sharing in the Blood of Christ? (1 Cor. 10:16-17)

FATHER JUDGE: "The Presence of Jesus in the Eucharist"
(MISSIONARY CENACLE MEDITATIONS, p. 192)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: O Most Sacred, Most Loving Heart of Jesus, You are concealed in the Holy Eucharist, and You desire us still. Now, as then, you say, "With desire I have desired." I worship you then, with all my best love and awe, with fervent affection, with my most subdued, most resolved will. O make my heart beat with your heart. Purify it of all that is earthly, all that is proud and sensual, all that is hard and cruel, of all perversity, of all disorder, of all deadness. So fill it with thee, that neither the events of the day nor the circumstances of the time may have power to ruffle it; but that in your love and your fear it may have peace.

READER: "The Blessed Sacrament is the center and sun of the spiritual life. It is the food of our starved and parched souls." (Father Judge)

ALL: O Sacrament most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment thine. May the Heart of Jesus in the Blessed Sacrament be praised, adored and loved at every moment in all the tabernacles of the world even until the end of time.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen. (Missionary Cenacle Doxology)

A Prayerful Spirit

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: Grant me grace, O merciful God, to desire ardently all that is pleasing to thee, to examine it prudently, to acknowledge it truthfully, and to accomplish it perfectly for the praise and glory of thy name. Amen
(St. Thomas Aquinas)

LEADER: Turn from evil and do good; seek peace and follow after it. The Lord has eyes for the just and ears for their cry. (Ps. 34:15)

ALL: Lord, teach us to pray... (Lk. 11:1)

LEADER: Our Father in heaven.

ALL: All who are led by the Spirit of God are sons and daughters of God. You did not receive a spirit of slavery leading you back into fear, but a spirit of adoption, through which we cry out, "Abba!"
(Rom. 8:14-15)

LEADER: Hallowed be your name.

ALL: Oh Lord our God, you are worthy to receive all glory and honor and power. (Rev. 4:11)

LEADER: Thy kingdom come.

ALL: Your kingdom is a kingdom for all ages and your dominion endures through all generations. (Ps. 145:13)

LEADER: Thy will be done on earth as it is in heaven.

ALL: Whoever does the will of God is my brother and sister and mother to me. (Mk. 3:35)

LEADER: Give us this day our daily bread.

ALL: I myself am the bread of life. No one who comes to me shall ever be hungry. No one who believes in me shall ever thirst. (Jn. 6:35)

LEADER: And forgive us the wrong we have done as we forgive those who wrong us.

ALL: When you stand to pray, forgive anyone against whom you have a grievance so that your heavenly Father may in turn forgive your faults. (Mk. 11:25)

LEADER: Subject us not to the trial.

ALL: The tug and lure of his own passion tempts every person. Once passion has conceived, it gives birth to sin and when sin reaches maturity, it begets death. (Jas. 1:14-15)

LEADER: But deliver us from the evil one.

ALL: I do not ask you to take them out of the world, but to guard them from the evil one. (Jn. 15:15)

FATHER JUDGE: "A Prayerful Spirit"
(MISSIONARY CENACLE MEDITATIONS, p. 163)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

PRAYER: Psalm 146, "Trust in God Alone"

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen. (Missionary Cenacle Doxology)

I Am a Servant

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 158-164)

- ALL: Lord, grant me to impart willingly to others whatever I possess that is good and to ask humbly of others that I may partake of the good of which I am destitute. I ask that I may never envy the good of my neighbor and that I may always return thanks for your graces. May I never be discouraged by what is distasteful. May I never begin my works before the proper time nor abandon them before they are completed. Amen. (St. Thomas Aquinas)
- SIDE I: None of those who cry out "Lord, Lord," will enter the Kingdom of God, but only the one who does the will of my Father in heaven. (Mt. 7:21)
- SIDE II: Lord, teach me that to want you means more than everything. Teach me that everything passes, but you alone remain.
- SIDE I: Deliver me, O Lord, from all error, in particular the error of steadfast obstinacy, which will make me a prisoner to preconceived and continued private opinions.
- SIDE II: I cannot do anything of myself. I judge as I hear, and my judgment is honest because I am not seeking my own will but the will of him who sent me. (Jn. 5:30)
- SIDE I: May my attitude be one of humility with love, transcending self and self-opinion.
- SIDE II: Teach me to do your will, for you are my God. May your good Spirit guide me on level ground. (Ps. 143:10)
- SIDE I: To do your will, O my God, is my delight, and your law is written in my heart. (Ps. 40:9)
- SIDE II: Do not continue in ignorance, but try to discern the will of the Lord. (Eph. 5:17)
- SIDE I: Give me the patience and faith necessary to carry out my allotted time in service to you.
- SIDE II: Speak, for your servant is listening. (1 Sam. 3:10)
- SIDE I: May I, in particular, be an instrument to further your kingdom in the minds and hearts of your people.
- SIDE II: The God of our fathers long ago designated you to know his will, to look upon the just one and to hear the sound of his voice. (Acts 22:14)
- SIDE I: May I possess such all-consuming love of you, that my consolation may freely be shared with others.

SIDE II: May my whole life be lived according to your holy will.

SCRIPTURE: John 13:12-17

FATHER JUDGE: "The Work Still to be Done"
(MISSIONARY CENACLE MEDITATIONS, p. 235)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

SIDE I: Lord, let me do your will not mine. Let me follow your way not my own path. Let me know your wisdom, not the fancies of our times.

SIDE II: Let me choose your plan, not my own devices, and let me know the grace of penitence whenever I fail to do your will, O Lord.

SIDE I: Strengthen my wavering will; graft it into your will. Even when I am unable to pray, let this at least be my intention, to put on Christ, in him to suffer and obey.

SIDE II: If you are willing and obey, you shall eat the good things of the Lord. (Is. 1:19)

SIDE I: Listen to my voice, then I will be your God and you shall be my people. (Jer. 7:23)

SIDE II: Speak, Lord, your servant is listening!

ALL: To do his will is freedom; to know his will is joy; to accomplish his will is to find eternal life. Amen.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

Devotion to Mary

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

LEADER: Mary..., being obedient, became the cause of salvation for herself and for the whole human race. The knot of Eve's disobedience was untied by Mary's obedience. What the virgin Eve bound through her disbelief, Mary loosened by her faith. (St. Irenaeus)

SIDE I: I will put enmity between you and the woman and between your offspring and hers.

SIDE II: He will strike at your head, while you strike at his heels. (Gen. 3:15)

SIDE I: While we were not yet of age we were like slaves subordinated to the elements of the world; but when the designated time had come, God sent forth his Son born of a woman.

SIDE II: Born under the law, to deliver from the law those who were subjected to it, so that we might receive our status as adopted sons and daughters. (Gal. 3:5)

SIDE I: Therefore the Lord himself will give you this sign: The virgin shall be with child, and bear a son and shall name him Immanuel. (Is. 7:14)

SIDE II: In the sixth month, the angel Gabriel was sent from God to a town of Galilee name Nazareth, to a virgin betrothed to a man named Joseph, of the house of David. The virgin's name was Mary.

SIDE I: Upon arriving, the angel said to her, "Rejoice, O highly favored daughter! The Lord is with you. Blessed are you among women." (Lk. 1:28)

SIDE II: "Behold the handmaid of the Lord, be it done unto me according to thy word." (Lk. 1:38)

SIDE I: Elizabeth was filled with the Holy Spirit and cried out in a loud voice: "Blest are you among women and blest is the fruit of your womb. But who am I that the Mother of my Lord should come to me?" (Lk. 1:41-42)

SIDE II: "Blest is she who trusted that the Lord's words to her would be fulfilled." (Lk. 1:45)

SIDE I: Then Mary said: "My being proclaims the greatness of the Lord; my spirit finds joy in God my savior.

SIDE II: For he has looked upon his servant in her lowliness: all ages to come shall call me blessed." (Lk. 1:46)

SIDE I: Simeon blessed them and said to Mary: "This child is destined to be the downfall and rise of many in Israel, a sign that will be opposed.

SIDE II: And you yourself shall be pierced with a sword -- so that the thoughts of many hearts may be laid bare." (Lk. 2:34)

SIDE I: At a certain point the wine ran out and Jesus' mother told him, "They have no wine."

SIDE II: His mother instructed those waiting on table, "Do what ever he tells you." (Jn. 2:1-5)

SIDE I: Seeing his mother there with the disciple whom he loved, he said to his mother, "Woman, there is your son."

SIDE II: In turn he said to the disciple, "There is your mother." From that hour onward, the disciple took her into his care. (Jn. 19:26-27)

ALL: The entire body of the faithful pours forth urgent supplications to the Mother of God and of all people that she, who aided the beginnings of the Church by her prayers, may now, exalted as she is above all the angels and saints, intercede before her Son in the fellowship of all the saints, until all families of people, whether they are honored with the title of Christian or whether they still do not know the Savior, may be happily gathered together in peace and harmony, into one people of God, for the glory of the most holy and undivided Trinity. (Vatican Council II)

FATHER JUDGE: "Mary, the Mother of God"
(MISSIONARY CENACLE MEDITATIONS, p. 7)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: Most Holy Virgin of the Cenacle, our Mother, Mary Immaculate, obtain for us, we humbly pray, the gifts of the Holy Spirit, that we may live in charity and persevere with one accord in prayer, under thy guidance and teaching, to the greater glory of God, and that we may labor both by word and work for the salvation of souls. Amen.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen. (Missionary Cenacle Meditations)

The Holy Spirit

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

READER: "According to the philosopher a gift is an unreturnable donation, that is, it is not given with the intention of receiving something in return, and so it implies gratuitousness. Now the reason for a gratuitous donation is love, for we give a thing gratuitously to another because we will him good. From this fact it follows that the first thing we give a person is the love by which we will him good. Love, consequently, is the first good by which all gratuitous gifts are given. Because the Holy Spirit proceeds (from the Father and Son) as love, he proceeds by way of the first gift. For this reason Augustine says that 'many gifts are parceled out to the members of Christ by the Gift who is the Holy Spirit!'" (St. Thomas Aquinas)

ALL: And it shall come to pass after this, that I will pour out my Spirit upon all flesh...; in those days I will pour forth my Spirit. (Joel 3:1-2)

SIDE I: See, I am doing something new! Now it springs forth, do you not perceive it? In the desert I make a way, in the wasteland, rivers... For I put water in the desert and rivers in the wasteland for my chosen people to drink. (Is. 43:19-20)

SIDE II: They will not thirst in the desert when he leads them out; he will bring forth water out of the rock for them; he will cleave the rock and the waters will gush out. (Is. 48:21)

SIDE I: I will pour out waters upon the thirsty ground and streams upon the dry land; I will pour out my Spirit upon thy seed. (Is. 44:3-4)

SIDE II: Until the spirit from on high is poured out on us, then will the desert become an orchard and the orchard be regarded as a forest. (Is. 32:15)

ALL: And it shall come to pass after this, that I will pour out my Spirit upon all flesh.... In those days I will pour forth my Spirit. (Joel 3:1-2)

FATHER JUDGE: "Devotion to the Holy Spirit"
(MISSIONARY CENACLE MEDITATIONS, p. 293)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

LEADER: Let us pray to the Lord Jesus that he place in us the gifts of his Spirit and the power of his love.

ALL: Come to us, Spirit of the Lord!

SIDE I: Spirit of wisdom, Spirit of understanding, Spirit of adoration,

ALL: Come to us, Spirit of the Lord!

SIDE II: Spirit of strength, Spirit of knowledge, Spirit of joy,

ALL: Come to us, Spirit of the Lord!

SIDE I: Spirit of love, Spirit of peace, Spirit of jubilation,

ALL: Come to us, Spirit of the Lord!

SIDE II: Spirit of willing service, Spirit of goodness, Spirit of gentleness,

ALL: Come to us, Spirit of the Lord!

SIDE I: Though we are scarred and battered, broken and destitute,
discourteous and bitter,

ALL: Come and renew the face of the earth!

SIDE II: Despite hostility and war, terror and violence, insult and cruelty,

ALL: Come and renew the face of the earth!

SIDE I: For the sake of those who love you, fear you, hope in you,

ALL: Come and renew the face of the earth!

SIDE II: And the people will dance and sing once again, and the lakes and
lands will rejoice and be glad, and city and country will become our
home,

ALL: Come and renew the face of the earth!

SIDE I: God our Father, source of all love and joy, you who never measure
the grace of your Spirit but offer it to every person with the royal
generosity of divine giving, we pray to you:

SIDE II: In giving us the Spirit of your Son, pour into our hearts the fullness
of love, so that we are able to love you alone yet preserve all our
tenderness for people also, in this unique love, through Christ our
Lord.

ALL: Father of Light, from whom every good gift comes, send your Spirit
into our lives with the power of a mighty wind, and by the flame of
your wisdom open the horizons of our mind. Loosen our tongues to
sing your praise. Set our hearts on fire with your love.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

The Assumption and Christian Hope

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: When you were assumed into heaven, Mary, two of your noblest virtues dissolved in the light of glory. Your faith melted into sight. Hope blossomed into possession. While on earth, you lived the life of faith. You didn't know Jesus was God, you believed it because an angel said it. When you saw your son dying on the cross, you did not see the world being reconciled to God. You believed it, because Jesus had declared that, by his death, he would draw all things to him. Mary, help me to live a life of faith with the attitude of hope and to act accordingly. Amen.

SIDE I: But you must hold fast to faith, be firmly grounded and steadfast in it, unshaken in the hope promised you by the Gospel you have heard.

SIDE II: It is the Gospel which has been announced to every creature under heaven. (Col. 1:23)

SIDE I: In hope we were saved, but hope is not hope if its object is seen; how is it possible for one to hope for what he sees?

SIDE II: And hoping for what we cannot see means awaiting it with a patient endurance. (Rom. 8:24-25)

SIDE I: If our hopes in Christ are for this life only, we are the most pitiable of all. (Cor. 15:19)

SIDE II: Like a sure and firm anchor, that hope extends beyond the veil. (Heb. 6:19)

SIDE I: Everything written before our time was written for our instruction, that we might derive hope from the lessons of patience and the words of encouragement in the scripture. (Rom. 15:4)

SIDE II: So may God, the source of Hope, fill you with all joy and peace in believing, so that through the power of the Holy Spirit you may have hope in abundance. (Rom. 15:13)

SIDE I: Venerate the Lord, that is Christ, in your hearts. Should anyone ask you the reason for this hope of yours, be ever ready to reply. (1 Pt. 3:15)

SIDE II: Praised be the God and Father of our Lord Jesus Christ, he who in his great mercy gave us a new birth into hope which draws its life from the resurrection of Jesus Christ from the dead. (1 Pt. 1:3)

FATHER JUDGE: "The Feast of the Assumption of Our Blessed Mother"
(MISSIONARY CENACLE MEDITATIONS, p. 339)

SILENT REFLECTION

SHARING OF FEELINGS AND THOUGHTS

SIDE I: My being proclaims the greatness of the Lord, my spirit finds joy in God my savior,

SIDE II: For he has looked upon his servant in her lowliness; all ages to come shall call me blessed.

SIDE I: God who is mighty has done great things for me, holy is his name;

SIDE II: His mercy is from age to age on those who fear him.

SIDE I: He has shown might with his arm; he has confused the proud in their inmost thoughts.

SIDE II: He has deposed the mighty from their thrones and raised the lowly to high places.

SIDE I: The hungry he has given every good thing, while the rich he has sent empty away.

SIDE II: He has upheld Israel his servant, ever mindful of his mercy; even as he promised our father, promised Abraham and his descendants forever. (Lk. 1:46-55)

ALL: Most Holy Virgin of the Cenacle, our Mother, Mary Immaculate, obtain for us, we humbly pray, the gifts of the Holy Spirit, that we may live in charity and persevere with one accord in prayer, under your guidance and teaching, to the greater glory of God, and that we may also labor, both by word and work for the salvation of souls and may deserve to enter into everlasting life. Graciously be near us, Our Lady of the Cenacle, in our present needs and help us by your power, that Almighty God may be pleased to grant, through your pleading, this favor for which we so earnestly pray. Amen.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

The Virtue of Patience

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

SIDE I: Realize that when your faith is tested, this makes for endurance.
(Jas. 1:3)

SIDE II: You need patience to do God's will and receive what he promised.
(Heb. 10:36)

SIDE I: When God made his promise to Abraham, he swore by himself, having
no one greater to swear by, and said; "I will indeed bless you, and
multiply you." And so, after patient waiting Abraham obtained what
God had promised. (Heb. 6:13)

SIDE II: Be patient, therefore, my brothers, until the coming of the Lord. See
how the farmer awaits the precious yield of the soil. He looks forward
to it patiently while the soil receives the winter and spring rain.
(Jas. 5:7)

SIDE I: The seed on good ground are those who hear the word in a spirit of
openness, retain it, and bear fruit through perseverance.

SIDE II: Do not grow lazy, but imitate those who, through faith and patience,
are inheriting the promises. (Heb. 6:12)

SIDE I: Let endurance come to perfection so that you may be fully
mature and lacking in nothing. (Jas. 1:4)

SIDE II: Those who have endured we call blessed. You have heard of the
steadfastness of Job, and have seen what the Lord, who is
compassionate and merciful, did in the end. (Jas. 5:11)

SIDE I: If you do wrong and get beaten for it, what credit can you claim?
But if you put up with suffering for doing what is right, this is
acceptable in God's eyes. (1 Pt. 2:20)

SIDE II: It was for this you were called, since Christ suffered for you in
just this way, and left you an example to have you follow in his
footsteps. (1 Pt. 2:21)

SIDE I: In all that we do we strive to present ourselves as ministers of
God, acting with patient endurance amid trials, difficulties, distresses,
beatings, imprisonments, and riots; as persons familiar with hard
work, sleepless nights and fastings;

SIDE II: Conducting ourselves with innocence, knowledge and patience in the
Holy Spirit, in sincere love, as people with the message of truth and
the power of God. (2 Cor. 6:4-6)

SIDE I: By the might of his glory you will be endowed with the strength
needed to stand fast, even to endure joyfully whatever may come.
(Col. 1:11)

SIDE II: You, too, must be patient. Steady your hearts, because the coming of the Lord is at hand. (Jas. 5:8)

SIDE I: By patient endurance you will save your lives. (Lk. 21:19)

SIDE II: May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the Spirit of Christ Jesus. (Rom. 15:6)

SIDE I: Leave it to the Lord, and wait for him. Be not vexed at the successful path of the one who does malicious deeds. (Ps. 37:7)

SIDE II: For evildoers shall be cut off, but those who wait for the Lord shall possess the Lord. (Ps. 37:9)

ALL: I have waited for the Lord and he stooped toward me and heard my cry. (Ps. 40:1)

FATHER JUDGE: "Practice: The Cenacle Virtue of Patience"
(MISSIONARY CENACLE MEDITATIONS, p. 306)

SILENT REFLECTION

SHARING OF FEELINGS AND THOUGHTS

PRAYERS OF THANKSGIVING AND PETITION

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

The Virtue of Prudence

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

LEADER: From the fruit of his words a person has his fill of good things, and the work of his hands comes back to reward him. (Prv. 12:14)

ALL: Grant me to impart willingly to others whatever I possess that is good and to ask humbly of others that I may partake of the good in which I am destitute.

LEADER: The shrewd person perceives evil and hides, while simpletons continue on and suffer the penalty. (Prv. 22:3)

ALL: I confess truly my faults and bear with equanimity the pains and evils which I suffer.

LEADER: From the fruit of their words a people eat good things, but the treacherous one craves violence. (Prv. 13:2)

ALL: Grant that I may never envy the good of my neighbor, and that I may always return thanks for your graces.

LEADER: If you are wise, it is to your advantage, and if you are arrogant, you only shall bear it. (Prv. 9:12)

ALL: Let me always observe discipline in my clothing, movements and gestures.

LEADER: The mind of the intelligent one seeks knowledge, but the mouth of the fool feeds on folly. (Prv. 15:14)

ALL: Let my tongue restrain from vain words.

LEADER: The one who loves correction loves knowledge, but the one who hates reproof is stupid. (Prv. 13:3)

ALL: Keep my eyes from seeking after vain objects, my ears from listening to much news.

LEADER: Lying lips are an abomination to the Lord, but those who are truthful are his delight. (Prv. 12:22)

ALL: May I humbly incline my countenance and raise my spirit to heaven.

LEADER: Trust in the Lord with all your heart, on your own intelligence rely not. (Prv. 3:5)

ALL: Grant me to despise all transitory things and to desire you alone. Subdue my flesh and purify my conscience.

LEADER: The fear of the Lord is training for wisdom, and humility goes before honors. (Prv. 15:33)

ALL: May I honor your saints, praise you worthily, advance in virtue and end good actions by a happy death.

LEADER: Those who till by their own hands have food in plenty, but they who follow idle pursuits are fools. (Prv. 12:11)

ALL: Plant in me, O Lord, all virtues, that I may be devoted to divine things, provident in human affairs, and troublesome to no one in bodily cares.

LEADER: The shrewd one does everything with prudence, but the fool peddles folly. (Prv. 13:16)

ALL: Grant me, O Lord, fervor in contrition, sincerity in confession and completeness in satisfaction.

LEADER: In their minds a people plan their course, but the Lord directs their steps. (Prv. 16:9)

ALL: Grant that I may never desire what is foolish and that I may never be discouraged by what is distasteful.

LEADER: But the wise shall shine brightly like the splendor of the firmament, and those who lead the many to justice shall be like stars forever. (Dan. 12:3)

ALL: May I never begin my works before the proper time, nor abandon them before they are completed. (St. Thomas Aquinas)

FATHER JUDGE: "Practice: The Cenacle Virtue of Prudence"
(MISSIONARY CENACLE MEDITATIONS, p. 15)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

LEADER: What I am doing is sending you out like sheep among wolves; you must be clever as snakes and innocent as doves. (Mt. 10:16)

ALL: I believe, O my Savior, that you know just what is best for me. I believe that you love me better than I love myself, that you are all-wise in your providence and all-powerful in your protection. I am as ignorant as Peter regarding what is to happen in me in time to come. I resign myself entirely to my ignorance and thank you with all my heart that you have taken me out of my own keeping and, instead of putting such a serious charge upon me, you have asked me to put myself into your hands. I can ask nothing better than this, to be in your care, not my own. (Cardinal Newman)

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: The Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

The Virtue of Self-Denial

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: My Lord, I offer you myself in turn as a sacrifice of thanksgiving. You died for me, and I in turn make myself over to you. I am not my own. You have bought me; I will by my own act and deed complete the purchase. My wish is to be separated from everything of this world; to cleanse myself simply from sin; to put away from me even what is innocent, if used for its own sake, and not for yours; I put away reputation and honor, and influence, and power, for my praise and strength shall be in thee. Enable me to carry out what I profess. Amen. (Cardinal Newman)

SIDE I: I will be your follower, Lord, but first let me take leave of my people at home. (Lk. 9:61)

SIDE II: Whoever puts his hand to the plow but keeps looking back is unfit for the reign of God. (Lk. 9:62)

SIDE I: Blest shall you be when people hate you, when they ostracize you and insult your name as evil because of the Son of Man. (Lk. 6:22)

SIDE II: Blest are you who are hungry, you shall be filled. (Lk. 6:20)

SIDE I: The message of the Cross is complete absurdity to those who are headed for ruin, but to us who are experiencing salvation it is like the power of God. (1 Cor. 2:18)

SIDE II: The one who seeks only himself brings himself to ruin, whereas the one who brings himself to nought for me discovers who he is. (Mt. 10:39)

SIDE I: Bear the burden of one another's failures; then you will be fulfilling the law of Christ. (Gal. 6:2)

SIDE II: If I glorify myself, that glory comes to nothing. (Jn. 8:54)

SIDE I: So you could not stay awake with me for even one hour? Be on guard and pray that you may not undergo the test. The spirit is willing but nature is weak. (Mt. 26:40-41)

SIDE II: The one who will not take up his cross and come after me is not worthy of me. (Mt. 10:39)

SIDE I: He emptied himself and took the form of a slave, being born in the likeness of men. He was known to be of human estate, and it was thus that he humbled himself, obediently accepting even death on a cross! (Phil. 2:7-8)

SIDE II: We too must be ready to lay down our lives for the sake of our brothers and sisters. (Jn. 3:16)

- SIDE I: The time has now come for the Son of Man to achieve his glory. Believe me when I tell you this: a grain of wheat must fall into the ground and die or else it remains nothing more than a grain of wheat; but if it dies, then it yields rich fruit.
- SIDE II: It is now my happiness to suffer for you. This is my way of helping to complete in my poor human flesh, the full tale of Christ's afflictions still to be endured, for the sake of his body, the Church. (Col. 1:24)
- SIDE I: Continually we carry about in our bodies the dying of Jesus, so that in our bodies the life of Jesus also may be revealed. (2 Cor. 4:10)
- SIDE II: While we live we are constantly being delivered to death for Jesus' sake so that the life of Jesus may be revealed in our mortal flesh. (2 Cor. 4:11)
- SIDE I: The night is far spent, the day draws near. Let us cast out deeds of darkness and put on the armor of light. (Rom. 13:12)
- SIDE II: Let us live honorably as in daylight: not in carousing and drunkenness, not in sexual excess and lust, not in quarreling and jealousy. (Rom. 13:13)
- SIDE I: My point is that you should live in accord with the Spirit, and you will not yield to the cravings of the flesh. (Gal. 5:16)
- SIDE II: The flesh lusts against the Spirit and the Spirit against the flesh; the two are directly opposed. This is why you do not do what your will intends. (Gal. 5:7)
- ALL: Be strong, let your heart take courage, all who hope in the Lord.
- FATHER JUDGE: "Practice: The Cenacle Virtue of Self-Denial"
(MISSIONARY CENACLE MEDITATION, p. 312)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!
 Blessed be God the Son who has redeemed us!
 Blessed be God the Holy Spirit who sanctifies us!
 Blessed be the holy and undivided Trinity now and forever!
 Amen! (Missionary Cenacle Doxology)

Our Father

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

- SIDE I: Praised be the God and Father of our Lord Jesus Christ who has bestowed on us, in Christ, every spiritual blessing in the heavens! God chose us in him before the world began to be holy and blameless in his sight, to be full of love; he likewise predestined us through Christ Jesus to be his adopted sons and daughters -- such was his will and pleasure. (Eph. 1:3-5)
- SIDE II: See what the Father has bestowed on us in letting us be called children of God! Yet, that is what we are. (1 Jn. 3:1)
- SIDE I: The Father himself loves you. (Jn. 16:27)
- SIDE II: Our Father, we your children thank you for your love.
- SIDE I: Anyone who loves me will be loved by my Father and I shall love him and show myself to him. (Jn. 14:21)
- SIDE II: Father, we your children thank you for your Son.
- SIDE I: The proof that you are sons and daughters is the fact that God has sent forth into our hearts the Spirit of his Son which cries out "Abba".
- SIDE II: Father, we your children thank you for your Spirit.
- SIDE I: Father, we are hungry.
- SIDE II: It is my Father who gives you bread from heaven. (Jn. 6:32)
- SIDE I: Father, we are in need.
- SIDE II: Your Father knows what you need before you ask. (Mt. 6:8)
- SIDE I: Father, we are afraid.
- SIDE II: There is no need to be afraid, little flock, for it has pleased your Father to give you the Kingdom. (Lk. 12:32)
- SIDE I: Father, we are anxious about tomorrow.
- SIDE II: Look at the birds in the sky. They do not sow or reap or gather into barns, yet your heavenly Father feeds them. Are you not worth more than they? (Mt. 6:26)
- SIDE I: The Son can do nothing by himself. He can only do what he sees the Father doing. And whatever the Father does, the Son does too. (Jn. 8:5,19)
- SIDE II: For what I have spoken does not come from myself. No, what I was to

say, what I had to speak, was commanded by the Father who sent me, and I know that his commands mean eternal life, and therefore, what the Father has told me is what I speak. (Jn. 12:49)

FATHER JUDGE: "Divine Providence"
(MISSIONARY CENACLE MEDITATIONS, p. 128)

SILENT REFLECTION

SHARING OF FEELINGS AND THOUGHTS

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

Deliver Us from Evil

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: O Most Holy Trinity, I adore you who are dwelling by your grace within my soul.

O Most Holy Trinity, you who are dwelling by your grace within my soul, make me love you more and more.

O Most Holy Trinity, you who are dwelling by your grace within my soul, sanctify me more and more.

Abide with me, Lord, be my true joy. Amen.

SIDE I: If you live according to my teaching, you are truly my disciples. (Jn. 8:31)

SIDE II: Then you will know the truth, and the truth will set you free. (Jn. 8:32)

SIDE I: What do you mean by saying..., "You will be free?" (Jn. 8:33)

SIDE II: I give you my assurance, everyone who lives in sin is a slave of sin. (Jn. 8:33)

SIDE I: That is why if the Son sets you free, you will really be free. (Jn. 8:36)

SIDE II: The Law of the Spirit, the Spirit of Life in Christ Jesus, has freed you from the law of sin and death. (Rom. 8:2)

SIDE I: You have been bought at a price; do not enslave yourselves to people. (1 Cor. 7:23)

SIDE II: Live as free persons, but do not use your freedom as a cloak for vice. In a word, live as servants of God. (1 Pt. 2:16)

SIDE I: It was for liberty that Christ freed us. So stand firm and do not take on yourselves the yoke of slavery a second time. (Gal. 5:1)

SIDE II: Trust in the Lord and do good, that you may dwell in the land. (Ps. 37:3)

SIDE I: We were rescued like a bird from the fowler's snare. Broken was the snare, and we were freed. Our help is in the name of the Lord, who has made heaven and earth. (Ps. 124:7-8)

SIDE II: The Lord sets captives free; the Lord gives sight to the blind; the Lord raises up those who were low; the Lord loves the just. (Ps. 146:8)

ALL: The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage. You spread a table before me in the sight of my foes; you anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the Lord for years to come. (Ps. 23)

FATHER JUDGE: "Deliverance from Moral Evil"
(MISSIONARY CENACLE MEDITATIONS, p. 61)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

PRAYERS OF THANKSGIVING AND PETITION

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

The Sacred Heart of Jesus

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: Hail! O Sacred Heart of Jesus, Living and Quickening Source of Eternal Life, Infinite Treasure of the Divinity, and Burning Furnace of Divine Love. You are my refuge and my sanctuary, O my amiable Savior. Consume my heart with that burning fire with which yours is ever inflamed. Pour down on my soul those graces which flow from your Love, and let my heart be so united with yours, that our wills may be one, and mine in all things be conformed to yours. May your Divine Will be equally the standard rule of all my desires and of all my actions. Amen. (Saint Gertrude.)

SIDE I: One of the soldiers opened his side with a lance and immediately there came out blood and water. (Jn. 19:34)

SIDE II: If anyone thirst, let him come to me and drink. (Jn. 7:37)

SIDE I: Behold, I come! In the written scroll, it is prescribed for me.

SIDE II: To do your will, O my God, is my delight, and your law is within my heart. (Ps. 39:79)

FATHER JUDGE: "The Sacred Heart of Jesus"
(MISSIONARY CENACLE MEDITATIONS, p. 63)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

SIDE I: Take my yoke upon you and learn from me.

SIDE II: For I am meek and humble of heart, and you will find rest for your souls. (Mt. 11:29)

SIDE I: The heart of the wicked is of little worth. (Prv. 10:20)

SIDE II: My sacrifice, O God, is a contrite spirit, a heart contrite and humbled, O God, you will not spurn. (Ps. 51:19)

SIDE I: With closest custody, guard your heart, for in it are the sources of life. (Prv. 4:23)

SIDE II: My heart and my flesh cry out for the living God. (Ps. 84:3)

SIDE I: Though my flesh and heart waste away, God is the Rock of my heart and my Portion forever. (Ps. 73:26)

SIDE II: This Hope will not leave us disappointed because the love of God has been poured out in our hearts by the Holy Spirit, who has been given to us. (Rom. 5:5)

SIDE I: For I am meek and humble of heart and you will find rest for your souls. (Mt. 11:29)

ALL: O Heart of Love, I put all my trust in You: for I fear all things from my own weakness, but I hope for all things from goodness. (Saint Margaret Mary Alacoque)

PRAYERS OF THANKSGIVING AND PETITION

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the oly and ndivided Trinity now and forever!
Amen! (Missionary Cenacle Doxology)

The Precious Blood

OPENING PRAYER: Novena to the Holy Spirit. (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

LEADER: Let us turn in prayer to the Savior of all. By dying he destroyed our death and by rising he restored our life.

ALL: Sanctify the people you have redeemed in your Blood.

LEADER: Christ, our Redeemer, let us share in your Passion by works of penance. Let us attain the glory of your Resurrection.

ALL: Sanctify the people you have redeemed in your Blood.

LEADER: Grant us the protection of your holy Mother, comforter of the afflicted. Help us to extend to others the consolation you have given us.

ALL: Sanctify the people you have redeemed in your Blood.

LEADER: Unite the faithful to your Passion in times of trouble and distress and let the power of your Salvation shine forth in their lives.

ALL: Sanctify the people you have redeemed in your Blood.

LEADER: You humbled yourself even to accepting death, death on a Cross. Grant to Your servants obedience and patience.

ALL: Sanctify the people you have redeemed in your Blood.

FATHER JUDGE: "Devotion to the Cause of the Precious Blood"
(MISSIONARY CENACLE MEDITATIONS, p. 63)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: Teach me, my Lord, to be sweet and gentle in all the events of life; in disappointments, in the thoughtlessness of others, in the insincerity of those I trusted, in the unfaithfulness of those on whom I relied. Let me put myself aside, to think of the happiness of others, to hide my pains and heartaches, so that I may be the only one to suffer from them. Teach me to profit by the suffering that comes across my path. Let me so use it that it may mellow me, not harden or embitter me; that it may make me patient, not irritable; that it may make me broad in my forgiveness, not narrow, haughty, and overbearing.

May no one be less good for having come within my influence, no one less pure, less true, less kind, less noble for having been a fellow-traveler on my journey towards eternal life. As I go my rounds from one distraction to another, let me whisper from time to time a word of

love to thee; may my life be lived in the supernatural, full of power for good, and strong in its purpose of sanctity. Amen.

PRAYERS OF THANKSGIVING AND PETITION

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

The Apostolic Spirit

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

- SIDE I: Spirit of Jesus, poured out in flames of fire upon your disciples on the day of Pentecost, we pray to you:
- SIDE II: Set afire the hearts of your faithful so that they will announce in all the languages of the world the wonders of the salvation of God.
- SIDE I: Holy Spirit, who helped Peter before the Sanhedrin when he gave testimony to Christ Jesus, we pray to you:
- SIDE II: Help us to announce with confidence the Good News of Jesus Christ.
- SIDE I: Holy Spirit, who filled Stephen the martyr with your wisdom, who opened the heavens before him and showed him Jesus standing at the right hand of His Father, we pray to you:
- SIDE II: Enlighten the eyes of our hearts so that in the difficulties and the persecution of this world we may know how to recognize the presence of the Lord.
- SIDE I: Holy Spirit, who built up the infant churches and filled them with your consolation, we pray to you:
- SIDE II: Make the Kingdom of God on earth grow by your joy and your peace.
- SIDE I: Holy Spirit, who called Paul and Barnabas to their mission among the pagans and filled them with the joy of announcing the Good News, we pray to you:
- SIDE II: Today again bring to life some fervent witnesses for Christ.
- SIDE I: Holy Spirit, who helped the apostles at the council of Jerusalem and inspired their decisions, we pray to you:
- SIDE II: Enlighten those in authority that their ministry will be of service to their brothers and sisters.
- SIDE I: Holy Spirit, you who pointed out the way for your disciples to announce the Gospel, we pray to you:
- SIDE II: As in the time of the apostles, guide today's messengers of the Good News.
- ALL: Father, you call upon all persons to share in the work of your Son. Awaken in us a response to your call. Grant each one of us a true apostolic spirit. With hope, raise our visions. With love, touch our hearts. In the midst of all of our cares and anxieties, help us to realize the peace of service so that we might give to each other the gifts you have given to us.

FATHER JUDGE: "You know we have in the Missionary Cenacle the practice of being especially devoted to the Apostles. Today Christ reigns. Millions believe in Him and follow Him because the Apostles preached Him with an impassioned love and gave Him to future generations through the Church. Jesus Christ has become king and center of hearts through the Apostles and their successors. The apostolic spirit lives in the Church today and blessed are they who possess it!"

"The Cenacle's chief effort is to effect that every Catholic should be an apostle."

"What a grace to think the thoughts of an apostle! What a blessing to pray the prayers of an apostle! What a privilege to make the confessions of an apostle! What a destiny to be of the Church of the Apostles!"

"There are many gifts in the giving of the Church; there are many calls to special missions and privileged service, but the Church can invite souls to no higher way of living than that of an apostolic spirit."

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

SIDE I: My name is Isaiah. I see a broken and empty land. I come to free and heal, for He has anointed me, for He has anointed me.

SIDE II: My name is Elijah. I see a land of desolation and hunger. I come to bring water and life, for He has anointed me, for He has anointed me.

SIDE I: My name is Elisha. I see the pain of illness and decay. I come to heal and restore, for He has anointed me, for He has anointed me.

SIDE II: My name is Jesus. I see people in darkness. I come to bring love and hope, for He has anointed me, for He has anointed me.

ALL: My name is _____. God has chosen me to be his apostle, to be an instrument through which his love radiates to others. The Spirit of God wants to use me. I am the instrument with which he wants to chisel out the salvation of many.

ALL: God, our Father, in your goodness and concern for the world, you anoint and consecrate messengers who are sent to share your life and love. Jesus is our prophet. We are called to put on his mind and heart and to share in his anointing. May your Spirit be upon us.

PRAYERS OF PETITION AND THANKSGIVING FOLLOWED BY THE LORD'S PRAYER

ALL: Lord, give us the gifts to be the apostles you have called us to be. By ourselves, the task you have given us is beyond our means. With your help, we may serve you as you will. This is our hope and desire to serve you. We believe in your presence; we believe you are sending us. We will hold your people in our hearts and bring them to you.

CLOSING PRAYER: The Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p.146)

The Incarnation

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

READER: Through the Incarnation, we come to know what God is like in his very own life: Father, Word, Spirit (cf. Col. 1:15). God is forgiving, compassionate, abounding in freedom to be himself; God is personal, intimate, that is, wanting to be close at our side; God is healing, saving, reconciling, integrating, always acting on our behalf. In Jesus, we are invited into the life that is God; we are invited to faith that is a personal relationship with the living God. But we are not invited merely for our own selves; we are to stand in relation to Jesus as he stands in relation to the Father: "I and the Father are one." Further, we are to be apostles of Jesus as he is the apostle of the Father: "As the Father has sent me, I also send you." Incarnational spirituality is one of service in imitation of Jesus: "I have set you an example: you are to do as I have done for you. In very truth, I tell you, a servant is not greater than his master, nor a messenger greater than the one who sent him. If you know this, happy are you if you act upon it." (Jn. 13:15-16)

ALL: At every moment of our existence you are present to us, Father, in gentle compassion. Help us to be present to one another, so that our presence may be a strength that heals the wounds of time and gives hope that is for all persons through Jesus, our Lord and Brother.

READER: We are called to analyze the Incarnation in very practical ways. Jesus' incarnation tells us that the Word dwelt among us (Jn. 1:14); that though he was God, he did not consider being God as something to be grasped at, but emptied himself (Phil. 2:6-7); and that he became like us in all things, except sin (Heb. 4:15). What do these thoughts say to us? That Incarnational spirituality is an attempt to search for ways to make the Incarnation a part of our lives in a real as well as a devotional way.

ALL: What I found, O God, when I climbed into the skin of another person was a view of you from a high criss-crossed agony. I remember how it was when I was all mirrors, no windows; I resented people thinking me selfish when I was only being myself. But being myself was so boring and so alone. What I discovered, O God, looking out on the world through borrowed wet eyes was plain as his pain; I can love this person and can stir up love in others.

READER: Emptying self -- of all that self clings to and taking on the joys, sorrows, ideals, and hopes of these we serve -- and infusing their hopes with our presence -- as Jesus infused the people's hope for a messiah with his presence; by his presence, their world was transformed. Jesus allowed himself to be moved continually by the Holy Spirit in order to achieve most completely his own self-emptying. How do I allow the Holy Spirit to move me -- and to move in me?

ALL: You will receive power, you will bear witness... These two are spoken with equal promise and authority. How eager we are to claim the

first, the power of the Spirit, and all this force can do for our lives as persons. But how slow we are to take this energy and use it for its intended purpose... "you will bear witness." Are we fair to claim the power without putting it to proper use?

READER: Even unto death -- the suffering that is part of self-emptying brings about that personal suffering of dying to self in order to be for others.

ALL: Any position of earth or in the kingdom of heaven, which sounds interesting and exciting, takes a great deal of work and self-sacrifice. If Christ is the door, we must be willing to be the door mat. I believe that you are confronting us with the urgency to love. I believe that you are challenging us to see your presence in those who suffer. We stand on your right hand as you work your will through us. Enable us to lose ourselves in you.

FATHER JUDGE: "Our Gift for the Child Jesus"
(MISSIONARY CENACLE MEDITATIONS, p. 20)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

READER: Having said all this, Incarnational Spirituality requires a constant looking at ourselves in the light of Jesus - our Way, our Truth, the very Life of all we are and do. Incarnational spirituality is an on-going, never-ending life in the Spirit of God which was incarnated in Jesus and, according to His promise, in all who are united in faith with him. For Missionary Cenacle Family, then, the implication is that to give our lives for the sake of others is a God-like act, the grace for which we receive by communion with the Spirit that lived in Jesus. A further implication is that the apostle of Jesus who gives his life over for others, does not lose that life. We repossess it in a new and fuller way. "Unless the grain of wheat falls into the ground and dies, it remains but a grain of wheat. But if it dies, it brings forth much fruit." (M.S.B.T. General Cenacle Papers)

ALL: O Lord, grant that your descent beneath the universal species be not cherished and caressed as the fruit of philosophical speculation, but that it may become for me truly a real presence! By power and right, whether we will it or not, you are incarnate in this world and we live caught up in you! (Teilhard de Chardin)

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!
Blessed be God the Son who has redeemed us!
Blessed be God the Holy Spirit who sanctifies us!
Blessed be the holy and undivided Trinity now and forever!
Amen! (Missionary Cenacle Doxology)

The Virtue of Simplicity

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

- LEADER: I tell you solemnly, anyone who does not welcome the kingdom of God like a little child will never enter it. (Mk. 10:15)
- ALL: Father, Lord of heaven and earth, to you I offer praise, for what you have hidden from the learned and clever you have revealed to the merest children. (Mt. 11:25)
- LEADER: Then he took a little child, stood him in their midst, and putting his arm around him, said to them, "Whoever welcomes a child such as this for my sake welcomes me. And whoever welcomes me, welcomes not me, but him who sent me." (Mk. 9:36-37)
- ALL: Whoever makes himself lowly, becoming like this little child, is of greatest importance in that heavenly reign. (Mt. 18:4)
- LEADER: Be imitators of God as his dear children. (Eph. 5:1)
- ALL: I have stilled and quieted my soul like a weaned child. Like a weaned child on its mother's lap so is my soul within me. (Ps. 131:2)
- LEADER: The children were shouting out in the temple precinct, "Hosanna to the Son of David." (Mt. 21:15)
- ALL: From the speech of infants and children you have framed a hymn of praise. (Mt. 21:16)
- LEADER: The way of truth I have chosen. I have set your ordinances before me. (Ps. 119:30)
- ALL: We cannot do anything against truth, but only for the sake of truth. (2 Cor. 13:8)
- LEADER: Truthful lips endure forever, the lying tongue for only a moment. (Prv. 12:19)
- ALL: Happy the one to whom the Lord imputes no guilt, in whose spirit there is no guile. (Ps. 32:2)
- LEADER: Keep your tongue from evil and your lips from speaking guile. (Ps. 23:14)
- ALL: "This man is a true Israelite. There is no guile in him." (Jn. 1:47)
- LEADER: The one who walks blamelessly and does justice, who thinks the truth in his heart and slanders not his tongue. (Ps. 15:2)
- ALL: The one who does these things shall never be disturbed. (Ps. 15:5)
- LEADER: Speak the truth to one another; let there be honesty and peace in the

judgments at your gates. (Zech. 8:16)

ALL: You will know the truth, and the truth shall set you free. (Jn. 8:32)

LEADER: You did not receive a spirit of slavery leading you back into fear but a spirit of adoption through which we cry out "Abba".
(Rom. 8:15)

ALL: So strip away everything vicious, everything deceitful, pretenses, jealousies, and disparaging remarks of any kind. Be as eager for milk as newborn babes. (1 Pt. 2:1)

LEADER: Anyone committed to the truth hears my voice. (Jn. 18:37)

ALL: Anyone who did accept him, he empowered to become a child of God.
(Jn. 1:12)

LEADER: How often have I wanted to gather your children as a mother bird collects her young under her wings; and you refuse me. (Lk. 13:34)

ALL: Do not live in fear little flock. It has pleased your Father to give you the kingdom. (Lk. 12:32)

LEADER: Trust in the Lord with all your heart, on your own intelligence rely not. (Prv. 3:5)

ALL: Enough then of worrying about tomorrow, let tomorrow take care of itself. Today has enough troubles of its own. (Mt. 6:34)

FATHER JUDGE: "Simplicity" (MISSIONARY CENACLE MEDITATIONS, p. 54)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

SIDE I: Yahweh is righteous and merciful; our God is tenderhearted;

SIDE II: Yahweh defends the simple; he saved me when I was brought to my knees.

SIDE I: Return to your resting place, my soul; Yahweh has treated you kindly.

SIDE II: He has rescued me from death, my eyes from tears, and my feet from stumbling.

ALL: I will walk in Yahweh's presence in the land of the living.
(Ps. 116:5-9)

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTOLIC LIFE, p. 146)

Thy Will Be Done

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

- ALL: Lord, teach me that to want You means more than everything. Teach me that everything passes, but you alone remain.
- READER: None of those who cry out, "Lord, Lord," will enter the kingdom of God, but only the one who does the will of my Father in heaven. (Mt. 7:21)
- ALL: Deliver me, O Lord, from all error, in particular the error of my steadfast obstinacy which will make me a prisoner to preconceived and continued private opinions.
- READER: I cannot do anything of myself; I judge as I hear, and my judgment is honest because I am not seeking my own will but the will of him who sent me. (Jn. 5:30)
- ALL: May my attitude be one of humility with love, transcending self and self-opinion.
- READER: Teach me to do your will, for you are my God. May your good Spirit guide me on level ground. (Ps. 143:10)
- ALL: May I ever search for you and your truths.
- READER: To do your will, O my God, is my delight, and your law is written in my heart. (Ps. 40:9)
- ALL: May my confidence in you, at all times, exceed self-reliance and pride.
- READER: Do not continue in ignorance, but try to discern the will of the Lord. (Eph. 5:17)
- ALL: Give me the patience and the faith necessary to carry out my allotted time in service to you.
- READER: Whoever does the will of God is brother and sister and mother to me. (Mk. 3:35)
- ALL: May I, in particular, be an instrument to further your kingdom in the minds and hearts of my brothers and sisters.
- READER: The God of our fathers long ago designated you to know his will, to look upon the just one and to hear the sound of his voice. (Acts 22:14)
- ALL: May I possess such an all-consuming love of you that my consolations may be freely shared with others.
- READER: Indeed, this is the will of my Father, that everyone who looks on the Son and believes in him shall have eternal life. Him I will raise up on

the last day. (Jn. 6:40)

ALL: May my whole life be lived according to your holy will.

READER: We have confidence in God that he hears us whenever we ask for anything according to his will. (1 Jn. 1:14)

ALL: Lord, let me do your will, not mine; let me follow your way, not my own paths; let me know your wisdom, not the fancies of our times.

READER: Your kingdom come, your will be done on earth as it is in heaven. (Mt. 6:10)

ALL: Let me choose your plan, not my own devices, and let me know the grace of penitence whenever I fail to do your will, my Lord.

READER: Listen to my voice, then I will be your God and you shall be my people. (Jer. 7:23)

ALL: Strengthen my wavering will, graft it into your will. Even when I am unable to pray let this at least be my intention: to put on Christ, in him to suffer and obey.

READER: Doing the will of him who sent me and bringing his work to completion is my food. (Jn. 4:34)

ALL: Spirit, wise beyond our imaginings, speak to me now. Set the paths straight and give me light.

FATHER JUDGE: "Practice, Obedience"
(MISSIONARY CENACLE MEDITATIONS, p. 258)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

PRAYERS OF THANKSGIVING AND PETITION

THE LORD'S PRAYER

CLOSING PRAYER: Blessed be God the Father who has created us!

Blessed be God the Son who has redeemed us!

Blessed be God the Holy Spirit who sanctifies us!

Blessed be the holy and undivided Trinity now and forever!

Amen! (Missionary Cenacle Doxology)

Holy Trinity

OPENING PRAYER: Novena to the Holy Spirit (THE APOSTOLIC LIFE, pp. 155-158
or pp. 159-164)

ALL: With our whole heart and voice we glorify you, we praise you, we bless you, God the Father unbegotten, the only begotten Son, the Holy Spirit, the Paraclete, the holy and undivided Trinity. For you are great and do wonderful things: you alone are God. To you be praise, to you be glory, to you be thanksgiving for ever and ever, O most Blessed Trinity! (Roman Missal)

SIDE I: I believe in God the Father Almighty, creator of heaven and earth!

SIDE II: Our Father who are in heaven, holy is your name. Your kingdom come, your will be done on earth as it is in heaven. (Mt. 6:9-10)

SIDE I: I believe in Jesus Christ, his only Son, our Lord!

SIDE II: The word became flesh and made his dwelling among us, and we have seen his glory, the glory of an only son coming from the Father filled with enduring love. (Jn. 1:14)

SIDE I: I believe in the Holy Spirit, the Lord and giver of life, who proceeds from the Father and the Son, who together with the Father and Son is adored and glorified!

SIDE II: When the Paraclete comes, the Spirit of Truth, who comes from the Father -- he will bear witness on my behalf... The Spirit of Truth will guide you to all truth. (Jn. 15:26 - 16:13)

ALL: Blessed be the holy Trinity and undivided Unity; we will give glory to him, because he has shown his mercy to us.

FATHER JUDGE: "Practice: The Indwelling of the Holy Trinity"
(MISSIONARY CENACLE MEDITATIONS, p. 234)

SILENT REFLECTION

SHARING OF THOUGHTS AND FEELINGS

ALL: O Eternal God! Father, Son and Holy Spirit: the beginning and end of all things: in whom we live and move and have our being: prostrate before you in body and soul, I adore you. I bless you and give you thanks. What return can I make to you, O God, for all that you have done for me? I will bless your holy name and serve you all the days of my life. Bless the Lord, O my soul, and let all that is within me bless his holy name. Amen.

PRAYERS OF PETITION AND THANKSGIVING

THE LORD'S PRAYER

CLOSING PRAYER: Missionary Cenacle Doxology (THE APOSTLIC LIFE, p. 146)

