

JOIN US!

First Thursdays
Blessed Sacrament Parish
Parish Hall
6:30 pm to 9:00 pm

**Interested in having a Cenacle in
your home, or at your Parish?**

Contact us at:

Email: eucharisticcenacles@gmail.com
613-222-0004

OUR LADY AND THE CENACLE

The Cenacle is the Upper Room where Jesus instituted the Eucharist and the Priesthood, and where the Holy Spirit descended upon Mary and the Apostles, as they gathered in prayer. The Holy Spirit descended upon them especially thanks to Mary's all-powerful prayers.

Just as Mary taught the Apostles how to pray, she is our Model of prayer. She is also the Model of adorers, having spent her life in adoration of her Son.

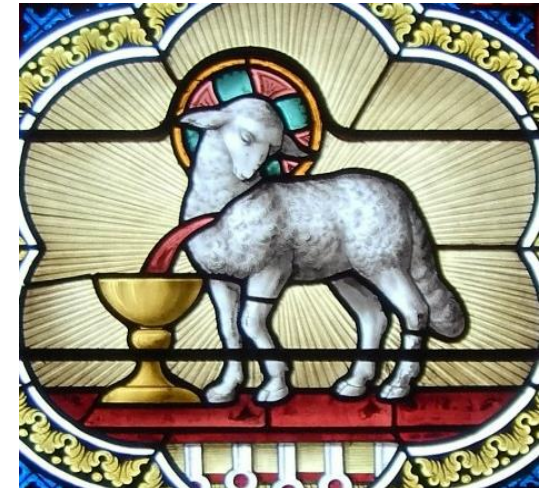
Mary has a special place in the Cenacle. We invoke Mary's intercession under the title of Our Lady of the Blessed Sacrament, not only because she is the Mother of our Eucharistic Lord, but also because she was the first to live the Eucharistic life and was the perfect adorer. By her example, and through her intercession, we learn and grow in our lives as Eucharistic adorers, imitating her especially in her love for Jesus.



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THE EUCHARISTIC CENACLE



**A formation program
for Eucharistic Adorers**

THE EUCHARISTIC CENACLE

The Eucharistic Cenacle is a gathering of Eucharistic adorers who, once a month, meet to receive formation, to pray together, and to spend time fraternally. In every Cenacle meeting, there is a teaching or a reflection, *Lectio Divina* (prayer with Scripture), and fraternal time.

Lectio Divina is an ancient form of contemplative prayer, in which we encounter God through Scripture. It is a prayerful dialogue with God: He initiates the conversation through His word; we listen to Him and respond.

A FORMATION PROGRAM

Learning from approved sources, adorers are formed in:

- Eucharistic doctrine;
- Prayer, including the practice of Eucharistic adoration;
- The spiritual life, learning how to live as adorers, growing in the interior life; and,
- A Eucharistic spirituality

Formation includes:

- *Lectio Divina* – Praying with Scripture
- The Eucharist and the Real Presence
- Holy Mass and Holy Communion
- Eucharistic Adoration
- The Interior Life of the Adorer
- Contemplative Prayer
- Eucharistic Apostolate

WHY A CENACLE?

Formation — Prayer — Fraternity

The Cenacle seeks above all to make Jesus better *known, loved* and *adored* in the Eucharist. It seeks to introduce the practice of Eucharistic adoration to anyone who is interested, regardless of knowledge or experience, and to provide an opportunity for adorers to receive **formation** in prayer and be introduced to a Eucharistic way of life.

The Cenacle also provides a Eucharistic education, giving adorers a strong knowledge of the Eucharist and the Real Presence.

In addition to being a formation program, the Cenacle is a place of **prayer**, where adorers have the opportunity to pray in common and enrich their prayer lives by the experience of common prayer (*Lectio Divina*).

The Cenacle is also a place of **fraternity**, where adorers can encounter each other and grow in a bond of community.

PROGRAM OUTCOMES

As a participant, you will:

- Grow in your knowledge of the personal love of Jesus in the Blessed Sacrament for you, helping you to grow in your love of God, confidence in Him, and in joy;
- Deepen your relationship with Christ by learning how to pray;
- Develop contemplative, Eucharistic spirituality, and way of life;
- Grow in your understanding of the Eucharist and be able to proclaim the Real Presence of Jesus in the Blessed Sacrament;
- Gain insights into the Eucharistic life of Jesus, helping you to grow in your imitation of Christ; and,
- Become equipped as a Eucharistic apostle.