

Would you like to be a part of a faith sharing small group? Are you looking for a weekly opportunity to pray and reflect on how God is working in your life, but in a way that respects your time and is both focused and positive? Our cluster is looking for people who want to grow together in faith through a Cenacle prayer group.

Cenacle – a faith sharing small group

Cenacle Vision

To foster Christian community by strengthening the bonds of faith and fellowship.

Cenacle Mission

To help participants grow in their faith as disciples through Christian fellowship and prayer.

Cenacle Key Points

The group is ideally composed of 4-7 people.

Each week, a different person leads the Cenacle.

The group meets weekly (with rare exceptions).

The group can meet in person or digitally (using FaceTime, Google Meet, a Zoom call, or some other platform.)

The Cenacle lasts between 30-60 minutes; it never goes beyond an hour.

Cenacle Format

- Opening Prayer (2-3 minutes)
 - Led by whoever is leading the meeting that week
- Check in with the group (10-15 minutes)
 - Each person takes 3-4 minutes, never more than 5 to share events from the past week
- Reflection (15-30 minutes)
 - This can be drawn from a variety of sources
 - Sunday Gospel Reading – always an excellent choice and a good place to begin
 - Bible Study (usually 1-2 chapters/week)
 - Book Study (Spiritual Classic, Prayer, Mary, Saints, etc. – usually 1 chapter/week)
 - Church Document (Bishop’s Letter on Evangelization, Papal Document, etc.)
- Goals for the coming week (10-15 minutes)
 - Each person takes 2-3 minutes to share their goals and objectives for the coming week.
- Closing Prayer
 - Each person names any specific prayer intentions that they have.
 - The Leader offers a concluding prayer.

Hallmarks of a healthy Cenacle

- Positivity – the focus is always on personal growth when sharing struggles; “venting” is to be avoided.
- Vulnerability – requires participants to be real in their joys and burdens.
- Leadership – group is accountable: gossip, toxic behaviors, being present, not monopolizing time, etc.
- Investment – participants make the Cenacle a priority and are thoughtfully present and prepared.

Who can join?

- Anyone! What’s required is someone who wants to make a weekly commitment to grow in faith.
- In fact, if you connect each week on a Zoom call, you can be anywhere in the world!

Cenacle – Practical Steps about how to start and run a group

- **Choose a Group Leader**
 - Either:
 - a group of people who want to meet appoint a Leader among themselves,
 - or someone wants to start a group and as a Leader invites people to join a Cenacle
 - Who coordinates who will be in the group
 - Who keeps the group organized (people, meeting time, communicates with Fr. Andrew)
 - Note: Fr. Andrew will send out regular emails to the group leaders to check in

- **The group comes together**
 - They establish a regular meeting time and location (in person or digitally)
 - They refer to the calendar and determine if there will be any breaks (a holiday is most common)
 - They make a commitment to be active
 - For a 3-month trial period they will be active and participating
 - This is to give people an opportunity to “try it out” with undue pressure
 - After 3 months, anyone who chooses not to continue should let the group know
 - Those in the remaining group commit through June of 2025
 - This will give the group several months to grow together
 - Note: at the end of June, the group will be invited to either continue or split into two
 - Note: things might be going well, and the group wants to continue as they are
 - Note: things might be going REALLY well, and the group needs to reach out to others

- **The weekly Cenacle meeting**
 - The Group Leader puts together a rotating schedule of who will run the weekly meeting
 - The group agrees to follow the Cenacle Format
 - This way everyone in the group knows what to expect
 - The Cenacle will maintain a clear focus and respect time
 - Note: for the 3-month trial period, the group will reflect on the upcoming Sunday Gospel
 - The group agrees to keep each other accountable
 - The focus is on growing in holiness, living out our faith, following Christ,
 - If the conversation become negative or unhealthy, the group must call out this behavior

- **The purpose of the Cenacle**
 - To foster Christian community
 - To grow through fellowship and prayer
 - To share and support one another

- **Every year in June**
 - The group will decide
 - Will all the members continue to be in a Cenacle?
 - Will the group stay together as it currently is?
 - Will the group split up and start two or more new groups...so that more people can grow?

- **In person or use technology?**
 - If the group has a regular time to be in person (say after daily Mass), then in person is great
 - If the group has crazy schedules or struggles with distance, then technology makes sense
 - If using technology, just make sure that everyone has the same platform on their computer, tablet, or phone