

PRACTICES THAT GUIDE A CENACLE SPIRITUALLY

5.1.1 5.1.1 Nuestra vocación nos urge a una conversión continua y a un crecimiento en santidad según la espiritualidad del Cenáculo Misionero.

Encontramos *"el campo de santidad en las circunstancias de la providencia de nuestra vida diaria"*. Una manera importante de hacerlo es que cada miembro continúe las tradiciones y prácticas que se nos han transmitido desde el principio del Cenáculo. (Norms and policies)

The purpose of every lay association is to find ways to the perfection of the Christian life, in other words, to achieve holiness. The Missionary Cenacle Apostolate has a whole spiritual tradition that finds its expression in concrete practices that help to embody the charism of the Cenacle in the providence of daily life.

Such practices are an essential part of the life of every MCA member. Through them, the identity, life and purpose of this association are configured, which make it unique. That is why, the spiritual guide of the Cenacle must have as a priority in his/her service the care of that spirituality in its practices, the enrichment of the spiritual life of the members and the constant motivation to faithfully live our charism.

Therefore, it is suggested that all spiritual guides of the Cenacle establish adequate rhythms in the experience of these practices, and from there motivate the members of the Cenacle to fidelity in the experience of them. In this way, the spiritual guide in the faithful performance of his/her service to the Cenacle must accompany it and help it keep the fire of the Holy Spirit alive by motivating its members in the following areas:

- Constant fidelity to the traditions and practices of the Cenacle.
- Help the Cenacle in its prayer meetings by providing materials that express our spirituality.
- Constant use of Lectio Divina in prayer and reflection.
- Constantly remind to the associates of the importance of being faithful to our practices (at each Cenacle meeting there may be a time to reflect on what Fr. Judge called "our spiritual temperature.") With a special focus on remembering and inviting members to do not neglect their spiritual practices, especially those listed in the attached table.

All this process must be lived in an atmosphere of trust, respect, presence and active listening. Essential elements in the performance of the role of spiritual guide of the Cenacle. It should not be forgotten that what motivates people the most is preaching with one's own example. The attitude of the spiritual guide should tend to generate that sacred atmosphere where the spiritual interior of the person can be opened and at the same time recognize where they have not been faithful.

The service of the spiritual guide must be performed with great tact, without hurting, offending or causing harm to the people who are spiritually accompanied. But always with the voice of the prophet who, from charity, love and fraternity, challenges and motivates the members to keep trying, with the assurance that we are all on the same pilgrimage towards God and in that, we are going together, it is a blessing that we always have to be grateful for.

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Personal prayer

Daily

Prayer to the Holy Spirit

Daily

Novena HS

Weekly and in preparation to Pentecost

Holy mass and communion

At least weekly

Bible reading

10 minutes daily

Practice of the virtues

Monthly

Annual retreat

Annually

Prayer for the sick

Daily

Attendance to funerals of the members

When happen

Sacrament of reconciliation

Frequency?