

MISSIONARY CENACLE APOSTOLATE

ORIENTATION/FORMATION HANDBOOK

Effective August 1, 2009

This handbook is based on the 2007 version of the Missionary Cenacle Apostolate (MCA) Norms and Policies and other formation related documents authorized by the MCA General Custodian and the MCA General Council.
The MCA General Council has approved this guide to be used effective August 1, 2009.

FORMATION HANDBOOK INDEX – Generated manually
Introduction by General Custodian

I. Orientation/Formation Guidelines

A. Forming a New Cenacle

1. Who can establish?
2. What are the initial steps?
3. Why contact these persons?
4. What is the role of a person forming a cenacle?

B. General Formation Information

1. Who would you be inclined to ask to become a member?
2. What are the current resources available and where do I get them?
3. What do I provide and what does the candidate buy?
4. What are the stages of MCA formation?

II. MCA Formation Stages

A. Orientation of Prospective Candidates

- A.1 Requirements of Candidacy
- A.2 Orientation of Prospective Candidates Conducted by
- A.3 Materials to be used for Formation of Prospective Candidates
- A.4 Elements to be Included in Formation of Prospective Candidates
- A.5 Meetings for Formation of Prospective Candidates
- A.6 Length of Orientation of Prospective Candidates

B. Basic Formation of Candidates

- B.1 Requirements for Candidacy
- B.2 Formation of Candidates Conducted by
- B.3 Materials to be used for Formation of Candidates
- B.4 Elements to be Included in Formation of Candidates
- B.5 Meetings for Formation of Candidates
- B.6 Length of Formation for Candidates
- B.7 Miscellaneous Information for Formation of Candidates

C. Continuing Formation of Associates

- C.1 Formation of Associates is Conducted by
- C.2 Materials to Be Used for Formation of Associates
- C.3 Elements to be Included in Formation of Associates
- C.4 Associates Meetings
- C.5 Length of Formation for Associates

III. Appendices:

- A.1 MCA Organizational Structure
- A.2 MCA General Council Structure
- B MCA Contact Information
- C Missionary Cenacle Press List
- D Inviting Others to the Cenacle
- E Suggested Formation Materials
- F Sample Prospective Candidates Orientation Meeting
- G Sample Candidate Formation Meeting
- H Sample Apostolic Meeting
- I Sample Prayer Meeting
- J Rule of Apostolic Life Prayer
- K Suggested MCA Meetings Prayers

INTRODUCTION: (Alma Robles, MCA General Custodian – January 2, 2009)

To all the members of the Missionary Cenacle Family,

May the peace and grace in the Holy Trinity be with us forever!

“Any program, any school that ignores the responsibility of the general body of the faithful to missionary activity and the tremendous power for good of the men and women in the ordinary walks of life, is but theorizing and speculating. We are but writing in the sand. How, then, can we get our people to realize that in their everyday providence they are the Catholic Church, that they are responsible for the Church, they should act for the Church, be vigilant for her interests and plead her cause? How in a word, can we effect that every Catholic, no matter in what circumstances he may be, will be a missionary?” Fr. Judge, CM 1926.

This Formation Handbook responds to our desire to assume our responsibility as laity in the Church and as Church to succeed in meeting our goal for every Catholic to become a missionary.

For a hundred years Catholic men and women have joined the Cenacle in response to their baptismal promise and received the call to make this lifestyle alive by making the Trinitarian charism present in the providence of their daily lives.

While we use organizational methods, the Missionary Cenacle Apostolate is not just another group or organization to which we belong. The charism of the Cenacle is a way of life.

As an organization, we are primarily involved in forming apostles.

Do you want to know and live the Cenacle spirit? Do you want to invite and form others in the Cenacle spirit? How can we share this spirit with others? These are the questions many of us in the Missionary Cenacle Family (MCF) ask ourselves.

We have received the call to spread this charism as a Missionary Family in and for the Church. Believing this is a call from God, let us form these men and women, youth and children with generosity because all of us are called to “Be Good, do Good and be a power for Good!”

In love and service in the Holy Trinity,

Alma Robles, ACM

General Custodian

I. ORIENTATION / FORMATION GUIDELINES

The General Council of the Missionary Cenacle Apostolate (MCA) has established these Orientation and Formation Guidelines to ensure all Candidates and Associates in all the Regions receive consistent and complete formation. The Council's intent is to ensure all Candidates are fully exposed to the Cenacle history and charism and to ensure Associates continue to grow both spiritually and in the Cenacle charism.

The Guidelines are based on the requirements contained in the 2007 Version of the Norms and Policies of the MCA. Topics from The Rule of Apostolic Life, The Apostolic Life (no longer published), "The Manual for Spiritual Guides", and the "Manual for Cenacle Leaders" that are not addressed in the Norms and Policies are included in the Guidelines as noted in the applicable section.

For details about Membership, Cenacles and Formation, please refer the sections of the Norms and Policies of the MCA indicated below:

Section 3 – Membership

Section 4 – Missionary Cenacles

Section 7 – Formation

A. FORMING A NEW CENACLE:

Before you begin a new Cenacle formation process:

- Pray, say the Novena to the Holy Spirit, asking for His grace and guidance.
- Examine the reasons behind your intentions.
- Keep in touch with MCA members.

1. WHO CAN ESTABLISH A NEW MCA CENACLE?

Any member of the MCF: MCA Associate, Sister [Missionary Servant of the Blessed Trinity (MSBT)], Priest or Brother [Missionary Servant of the Holy Trinity (ST)], member of the Blessed Trinity Missionary Institute (BTMI).

2. WHAT ARE SOME OF THE INITIAL STEPS?

- Contact the MCA Regional Custodian for your region.
- Advise the General Custodian of your own branch.
- If the new Cenacle is to be established in an area outside of the existing regions, the founding member notifies the General Custodian.

See Appendices A-1 and A-2 for Organizational Structure and B for Contacts.

3. WHY CONTACT THESE PERSONS?

The MCA is responsible for the formation of its members, as are each of the other branches.

The MCA Regional Custodian has ultimate responsibility for guidance, support and reporting on the formation process and progress of new Cenacles and candidates to the MCA General Custodian for Cenacles within his/her region. Therefore, it is imperative

he/she knows from the beginning of new Cenacles in formation.

They can provide current information on the MCA branch. They may be able to provide “connection” during the formation process, i.e., Regional Custodian and Regional Spiritual Guide come to visit and “receive” the candidate Cenacle at their “Reception” ceremony as they begin their formal candidacy. Also, MCA Regional Custodian might ask other MCA within driving distance to come to provide mentorship and a welcoming connection to the MCA instead of forming a new Cenacle in isolation. Begin to know other MCA members. Invite MCF members to be a part of formation when possible.

4. WHAT IS THE ROLE OF A PERSON FORMING A NEW CENACLE?

Earliest role would be that of educator, to pass the spirituality, the charism, the history and traditions, teaching method, and the idea that this is a Commitment to a WAY OF LIFE. In this role the person leads prospective members through the formation stages.

B. GENERAL INFORMATION FOR FORMATION:

1. WHO WOULD YOU BE INCLINED TO ASK TO BECOME A MEMBER OF THE MCA?

Those you observe already “in the practice” of Being Good, Doing Good and Being a Power for Good. Those you believe have the attributes of a developed spiritual life, perhaps someone seeking to deepen their call from God through SERVICE to the poor and abandoned. Our goal is to be more invitational and inclusive of all races and diverse cultures and to introduce the charism and spirituality to young adults whenever possible. Also needed are people with leadership skills willing to use these gifts for the maintenance of the MCA branch.

See Appendix D: Inviting Others to the Cenacle (from Manual for Cenacle Leaders)

2. WHAT ARE THE CURRENT FORMATION RESOURCES AVAILABLE, AND WHERE DO I GET THEM?

For details, please refer to the following sections below: II. MCA FORMATION STAGES, Items A.3 (Prospective Candidates), B.3 (Candidates) and C.2 (Associates).

Some of the basic resources currently available are the Growing in the Spirit Formation booklet and accompanying Video (produced by Fr. Dennis Berry, ST). Both are available in English or Spanish.

MCA Regional Custodians sometimes have these available for lending for the duration, otherwise, they are ordered through the Missionary Cenacle Press (MCP):

Missionary Cenacle Press
3501 Solly Avenue, Philadelphia, PA 19136-2213

Telephone 215-335-7577
E-Mail: archive.288@aol.com

See Appendix C: Missionary Cenacle Press List – June 2009

See Appendix E: Suggested Formation Materials (from Manual for Cenacle Leaders)

Following the Formation period using the book/video, there is a booklet Outlines for Meetings, which gives examples of Apostolic Meetings and Prayer Meetings to assist in teaching and incorporating methods of meetings for beginners. This is an excellent resource for new Cenacles (English/Spanish available). Additional information is available in Appendix E.

3. WHAT DO I PROVIDE AND WHAT WOULD THE CANDIDATES BUY?

You would provide copies or references to the MCA Rule of Apostolic Life and Constitution, the Norms and Policies, the Cenacle virtues, historical notes, and other documents available online at the MCA website at: <http://mcenacle.org/mca/mca.htm>

Also a Missionary Cenacle Meditations book should be available to the group or individually.

Individuals will purchase their own MCA Pin from MCA
Smittie Bolner, 460 Bancroft Way, Baton Rouge, LA 70808-4805

Other publications can be purchased by the individual or for a Cenacle together. Some are prayer books; others are small explanation books of MCA and/or MCF. Some of them are available from the Missionary Cenacle Press or at:
<http://mcenacle.org/bib.htm>

4. WHICH ARE THE STAGES THROUGH MCA FORMATION?

Orientation of Prospective Candidate, Candidate, Act of Consecration-Associate

First, there would be a period of **Orientation of Prospective Candidates**, consisting of at least four meetings. After the initial introductory meetings, at some point a decision is made to take study to the next level and declare a **Candidacy** period. It begins with a prayer and “reception ceremony”. Then, a minimum of two years of study would follow. The Regional custodian could grant exceptions for good reasons.

If Candidates are forming a new Cenacle, at the end of the first year elections might be held to elect a Local Custodian and Assistant Custodian. Regional and Assistant Regional Custodians are available with assistance at any time.

During the second year candidates have the opportunity to live the lifestyle of a Missionary by being involved in apostolic works and growing in knowledge of and connection to the MCA and the MCF. They would grow into the idea of the MCA being a lived reality following the Rule of

Apostolic Life and Constitution. They would begin to live out the commitment of attending regular meetings, days of reflection and annual retreats with other Candidates and Associates.

Candidates would enter a personal discernment process, relying on the guidance of the Holy Spirit and on the Spiritual Guide/mentor to make the decision to make their **Act of Consecration and become full Associates**. Candidates are pinned at a ceremony, usually around Pentecost Sunday. As Associates their formation will be ongoing, continuous.

II. MCA FORMATION STAGES:

A. ORIENTATION OF PROSPECTIVE CANDIDATES

A.1 REQUIREMENTS FOR CANDIDACY:

- Candidates must be 18 years of age or older,
- A Catholic layperson that is not a member of another religious order and who feels called to live out their baptismal consecration within the charism of the MCA.

A. 2 ORIENTATION/FORMATION FOR PROSPECTIVE CANDIDATES IS CONDUCTED BY:

- The Local Spiritual Guide, Custodian, individual forming a Cenacle, or designated Formator.

A.3 MATERIALS TO BE USED FOR FORMATION OF PROSPECTIVE CANDIDATES:

- The Rule of Apostolic Life with emphasis on articles 1-8,
- Overview of life of Fr Judge and history of MCA,
- Scriptures especially Gospels,
- The Regional Custodian ensures the Prospective Candidate has all materials necessary for Formation.

A.4 ELEMENTS TO BE INCLUDED IN FORMATION OF PROSPECTIVE CANDIDATES:

- Discernment of vocation,
- Practice of daily prayer to Holy Spirit,
- Frequent communion,
- Shared reflection on the experience of the apostolic life,
- Integration into the community life of Cenacle,
- Development of a personal and liturgical prayer life,
- Appropriate celebration to mark progress (i.e., rite of reception into Candidacy),
- Overview of the life of Fr. Judge, history of MCA, Rule of Apostolic Life, practices and devotions,
- Regular reflection on Scripture particularly the Gospels,
- Rights and responsibilities of Candidates as contained in the Norms and Policies.

A.5 MEETINGS FOR FORMATION OF PROSPECTIVE CANDIDATES:

- Meetings should be apart from regular Cenacle meetings with separate meetings for each individual,
- Cenacles may collaborate to establish a common program.

See Appendix F: Sample Prospective Candidate Orientation Meeting

A.6 LENGTH OF ORIENTATION/FORMATION FOR PROSPECTIVE CANDIDATES:

- According to the needs of the Cenacle and the prospective member; it is not to be rushed,
- Formation ends with the mutual decision of the Custodian, the Cenacle and the Prospective Candidate to become a Candidate,
- Reception into Candidacy is by the Regional Custodian at an annual retreat, if possible, or at a Cenacle feast such as Pentecost, Christ the King, Incarnation, anniversary of Fr. Judge or Mother Boniface, or special Cenacle gatherings.

B. BASIC FORMATION OF CANDIDATES

B.1 REQUIREMENTS FOR CANDIDACY:

- Candidates must be 18 years of age or older,
- A Catholic layperson that is not a member of another order and feels called to live out their baptismal consecration within the charism of the Missionary Cenacle Apostolate.

B.2 FORMATION OF CANDIDATES IS CONDUCTED BY:

- The local Custodian in collaboration with a Formation Director and/or the Spiritual Guide,
- The Candidate shall be accompanied by an experienced Associate to provide personal support and help.

B.3 MATERIALS TO BE USED FOR FORMATION OF CANDIDATES:

- Deeper study of Rule of Apostolic Life and Constitution, Cenacle virtues and the Norms and Policies especially the rights and responsibilities of Associates,
- Some Regional Councils require use of the Growing In The Spirit Formation booklet along with Fr. Dennis Berry's video and the suggested publications contained in the Growing In The Spirit: Margaret Called and Chosen, Awake the Giant, God's Valiant Warrior, Led by the Spirit, Missionary Cenacle Meditations, Ecclesial People, Man of Fire, Monographs,
- Where possible, use of Growing In The Spirit Day by Day by Fr. Dennis Berry is encouraged.

B.4 ELEMENTS TO BE INCLUDED IN FORMATION OF CANDIDATES:

- Focus on devotion to the Trinity, Holy Spirit, the naked and abandoned Christ and daily prayer,

- Further development of the practice of daily reflection on Scripture and the Missionary Cenacle Meditations,
- Practice of Cenacle virtues,
- Shared reflections in the experience of living an apostolic life including the witness of a holy life,
- Work for justice and peace,
- Outreach to poor and abandoned,
- Further awareness of MCA and MCF locally and internationally,
- Integration into the Cenacle community life,
- Meaning and need of Stewardship (testimony, time, talent and treasure),
- The forgiveness and healing of wounds,
- Training in the practice of taking counsel,
- Understanding that the Act of Consecration is a commitment to live one's baptismal consecration to Christ as a member of the MCA, a public recognition that the person has embraced a vocation to the Cenacle Rule as a way of life.

B.5 MEETINGS FOR CANDIDATES:

- Rite of Reception into Candidacy,
- If Growing In The Spirit is being used, at least 6 meetings should be with the Cenacle and 11 with the person conducting Formation,
- Encourage contact between the Candidate and either the sponsor or Formator between meetings,
- Celebration of Act of Consecration.

See Appendix G: Sample Candidate Formation Meeting,

B.6 LENGTH OF FORMATION FOR CANDIDATES:

- A minimum of 2 years with exception granted by the Regional Custodian for good reasons,
- Ends with a period of discernment by the Candidate and by the Cenacle,
- Cenacle and Custodian discern for clear and stable signs of Cenacle vocation and that the Candidate is ready to be an Associate.
- Celebration of the Act of Consecration concludes the period of Formation. The Regional Custodian receives the Candidate's Act of Consecration at the annual retreat if possible or at a Cenacle feast such as Pentecost, Christ the King, Incarnation, anniversary of Fr. Judge or Mother Boniface in the context of a Eucharistic celebration.

B. 7 MISCELLANEOUS INFORMATION FOR FORMATION OF CANDIDATES:

- Growing In the Spirit defines a sponsor as a member of the MCF who has experience living the Cenacle way of life and has time to spend with a candidate.
- The Manual for Spiritual Guides states formation is the responsibility of the Cenacle itself shared with the members. The Spiritual Guide is a primary resource and agent, but should not work alone. The Custodian collaborates closely with the Spiritual Guide and, when possible, assigns wise qualified members of the Cenacle to help.

Custodians should see that prospects are suitably prepared and qualified before being admitted into candidacy and, in counsel with those responsible for the Candidates' Formation, should determine which ones are ready to make their Act of Consecration.

- **Testimony, Time, Talent, Treasure:** Our **Testimony** comes alive as we share ourselves in the providence of our daily life. We offer our **Time and Talents** as we grow in the missionary spirit through formation. We share our **Treasure** as we contribute to the regional and international funds on a regular basis to assist members in leadership positions in fulfilling their roles of being a power for good. It is important to begin practicing these four elements during the candidate formation.

C. CONTINUING FORMATION OF ASSOCIATES

C.1 FORMATION OF ASSOCIATES IS CONDUCTED BY:

- Associates are personally responsible for continuing their own formation,
- The Custodian and Spiritual Guide provide opportunities for ongoing formation,
- The local Spiritual Guide works with the Regional Spiritual Guide and the Regional Custodian,
- The Regional Custodian is responsible for developing Associates' leadership skills.

C.2 MATERIALS TO BE USED FOR FORMATION OF ASSOCIATES:

- Some Regional Councils suggest use of the Ordo and daily prayer to the Holy Spirit, especially the Litany of the Holy Spirit.
- Outlines for Meetings Book.

C.3 ELEMENTS TO BE INCLUDED IN FORMATION OF ASSOCIATES:

- Associates work to deepen their study and practice of the Cenacle Rule of Apostolic Life so as to grow in love of God and neighbor,
- Prayer, study and action to develop their gifts for use in the kingdom of God,
- Renewal of the Act of Consecration annually,
- The Custodian and Spiritual Guide collaborate to provide ongoing formation,
- The Regional Custodian develops leadership skills,
- Opportunities for leadership,
- Workshops for training of Guides and Custodians,
- Participation in classes or workshops offered by other institutions that would benefit our missionary work.

C.4 MEETINGS:

- Regional Custodians and Spiritual Guides are responsible for providing workshops for Spiritual Guides and Custodians in each Region,
- Spiritual Guides of each Cenacle work with the Regional Spiritual Guide and Custodian to provide days of reflection and retreats,
- Regular attendance at the Apostolic and Prayer Cenacle meetings.

See Appendix H: Sample Apostolic Meeting.

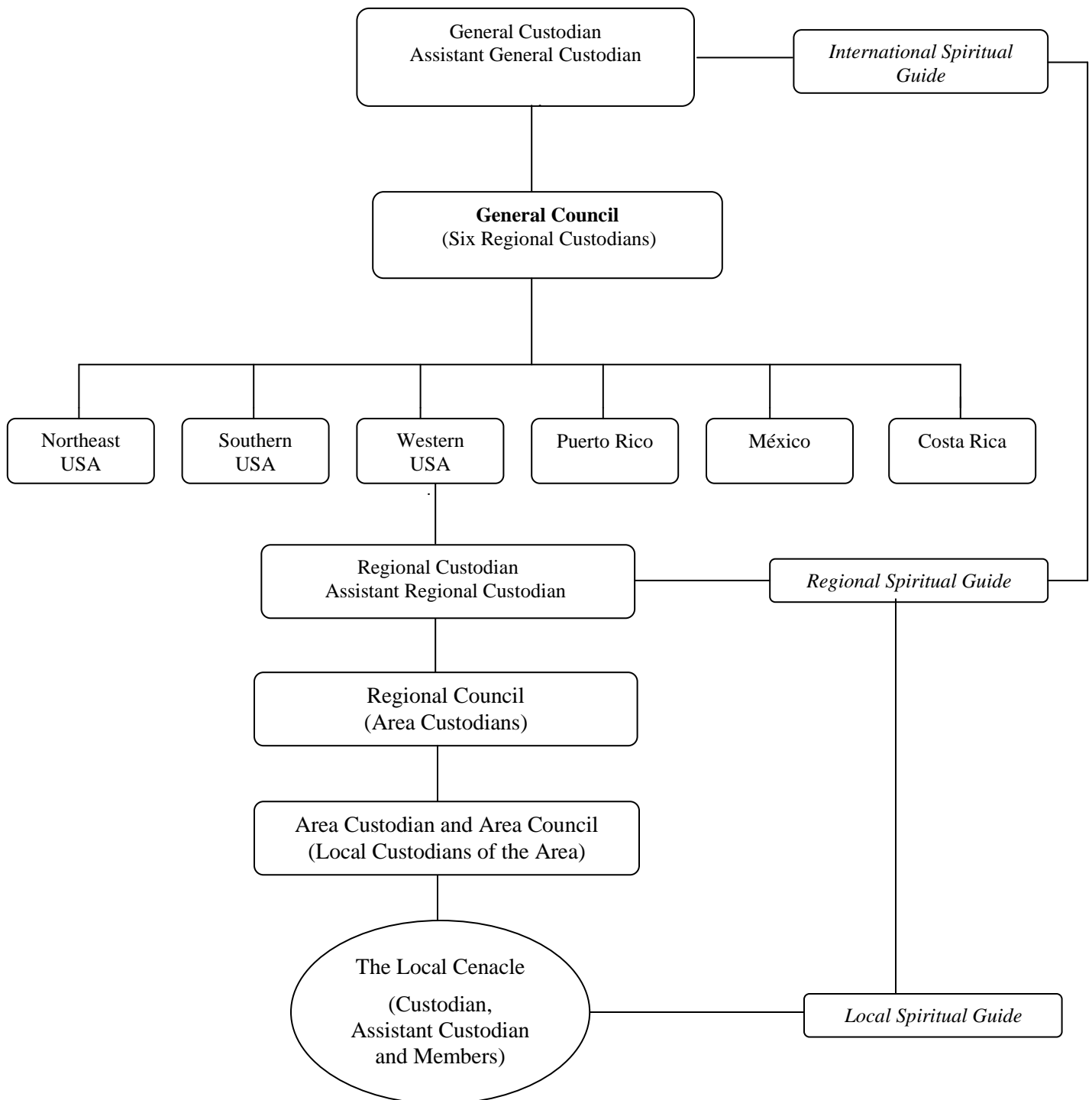
C.5 LENGTH OF FORMATION:

- Formation is ongoing, continuous.

Appendix A-1

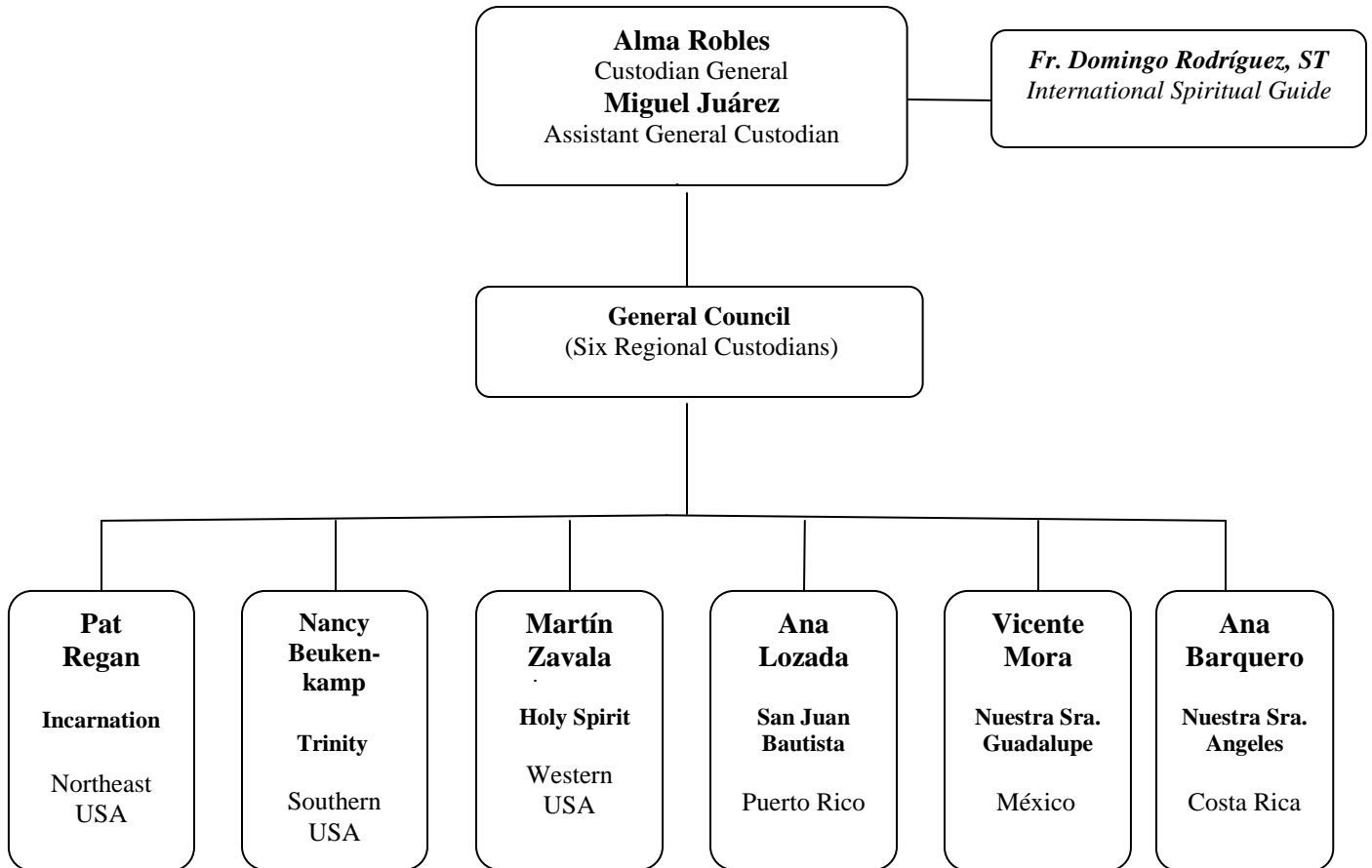
The Organizational Structure Of The Missionary Cenacle Apostolate

(Manual for Cenacle Leaders)



Appendix A-2

General Council of the Missionary Cenacle Apostolate 2009-2013



Appendix B

MCA Contact Information

MCA Website: <http://mcenacle.org/mca/mca.htm>

MCF Website: <http://mcenacle.org>

MCA Email Lists: Anyone may request to receive requests for prayers and announcements relating to the MCA by contacting Penny Krautter at misspenny22@yahoo.com.

MCA General Council Members 2009-2013			
Custodian	Region	Phone	Email
Alma Robles	International	787-903-7406 (cell)	mcaalma@yahoo.com
Miguel Juarez	International		migueljuarezm@hotmail.com
Pat Regan	Incarnation		patregan3@verizon.net
Nancy Beukenkamp	Trinity	850-897-2226	nkdillon@cox.net
Martín Zavala	Holy Spirit		mzavalacm@hotmail.com
Ana Lozada	Puerto Rico		mcanapr@yahoo.com
Vicente Mora	México		vicentemora2003@yahoo.com.mx
Ana Barquero	Costa Rica		aibarquero@yahoo.es anabarquerom@costarricense.cr ana-barquero@hotmail.es
Spiritual Guide		Phone	Email
Domingo Rodríguez, ST	International		stdomingorod@aol.com
Debbie Wilson, MSBT	Incarnation	806-738-0337	wilson@msbt.org
Guy Wilson, ST	Trinity	334-855-3148	guywilson@hotmail.com
Guadalupe Zavala	Holy Spirit (+2 Co-SG)		cinthyaezavala@gmail.com
Francisco Marrero	Puerto Rico (+1 Co-SG)	787-914-9957	mrtz_marrero@yahoo.com
Ramón Riding, ST	México	011-52-55-5665-0663	frramonst@hotmail.com
Alexis Zuniga, ST	Costa Rica	011-506-22447343	hombre1539@gmail.com

General Custodians of Other MCF Branches			
Branch	Custodian	Address	Website
Missionary Servants of the Most Holy Trinity	Fr. John Edmonds, ST	9001 New Hampshire Av Silver Springs MD 20903	http://www.mssst.org/
Missionary Servants of the Most Blessed Trinity	Sr. Joan Marie Keller, MSBT	3501 Solly Ave Philadelphia, PA 19136	http://www.msbt.org/index2.htm
Blessed Trinity Missionary Institute	Rosa Tirado, BTMI	154-14 Ash Ave. Flushing, NY 11355	http://mcenacle.org/btmi/index.html

Appendix C

Missionary Cenacle Press List – June 2009

Available in English (some available in Spanish)

\$2.00	A Fire on the Earth (articles about the Missionary Cenacle)
\$6.00	Awake the Giant (history of the MCA) by James O’Bryan, ST
\$2.00	Council (available in English or Spanish)
\$6.00	Ecclesial People (Father Judge) Pueblo Ecclesial by S. Josphe Miriam Blackwell, MSBT
\$12.00	God’s Valiant Warrior (biography of Father Judge) by Dennis Berry, ST
\$1.00	Man on Fire by Rev. Donald Lynch ST (also available in Spanish)
\$4.00	Growing in the Spirit (Creciendo en el espíritu)
\$2.00	Guiding in the Spirit
\$1.00	In the Footsteps of the Apostles (En las huellas de los apóstoles)
\$18.00	Led by the Spirit , biography of Mother Boniface by S. Mary Tonra, MSBT
\$2.00	Lord and Giver of Life (study guide to encyclical on the Holy Spirit) (Señor y dador de vida)
\$2.00	Man on Fire (Father Judge) by Joachim Benson, ST
\$2.00	Mujer Extraordinaria (short biography of Mother Boniface.) <u>Limited supply.</u>
\$12.00	Margaret, Called and Chosen (biography of Margaret Healy)
\$2.00	Margaret (short biography of Margaret Healy) (out of print at the present)
\$3.00	A short biography of Dr. Healy in Spanish
\$19.00	Missionary Cenacle Meditations (no longer available in Spanish)
\$7.00	Missionary Cenacle Meditations available on CD (English and Spanish)
\$2.00	Missionary Cenacle Family (quotes from Father Judge) (English & Spanish)
\$4.00	Outlines for Meetings (Bosquejos para reuniones)
\$5.00	Trinita Family Life Development Program
\$2.00	Cenáculo Misionero: Virtudes y celebraciones

Monographs:

\$1.00	2: Early Days & Final Days
\$1.00	3: Father Judge Teaches Ministry (SP)
\$1.00	4: Key Documents
\$1.00	5: Grace of our Founder (SP)
\$1.00	6: Father Judge and the Missionary Cenacle (SP)

Posters:

\$1.00	Father Judge	(Ordered in quantity they are 10 for \$7.00)
	The Mission Cross	(Ordered in quantity they are 10 for \$7.00)
\$0.20	small card of Father Judge	(Ordered in quantity they are 7 for \$1.00)

Video

\$15.00	Formation Video (Video de formación) short supply.
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DVD

\$25.00	Missionary Cenacle Formation Set of three DVD’s - with suggestions for use (available in English & Spanish).
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Holy Spirit Novenas (Novenas al Espíritu Santo):	Small version in English or Spanish \$0.25 each
	Booklet with several novenas in E or S @ \$1.00

Missionary Cenacle Ordo (Ordo del Cenáculo Misionero) is ordered through the Missionary Cenacle Press.

Binders for Ordo available in English or Spanish - \$3.00

No set amount is being given for postage and handling on an order.

The cost of postage varies with the weight of a package and the mailing zone.

Please take this into consideration when adding an amount to cover postage and handling.

Appendix D

Inviting Others to the Cenacle

(Manual for Cenacle Leaders)

- Although every Catholics is called to be an apostle, not every Catholics is called to the MCA. It is a vocation.
- It is not the number of persons in the Cenacle, but the quality of their spirit that is important.
- Cenacles are communities of apostles guided by the Spirit to carry on the evangelical mission of Jesus.
- “We look for candidates who have, in addition to those human qualities requisite for an apostolic life, *a love of God, a zeal for neighbor, and a spirit of sacrifice.*” (MCA Rule of Apostolic Life, #30).

Those “human qualities requisite for an apostolic life” are:

- 1) Maturity appropriate for their age
- 2) Time to make this a priority
- 3) General positive attitude
- 4) Openness to community
- 5) Reasonable degree of freedom

1. Identify the person.

Look for one person or couple at a time. General invitations are not productive. Look for them in your local church, family, work, school, etc... Look for people already apostolic who want to grow more spiritually.

2. Take time to know them personally.

Where is their fire? What are their spiritual or apostolic interests? Look for signs of an active spiritual life.

3. Tell them our story.

Explain the Cenacle to them. Give them some orientation.

4. Put them to the test.

Give them some apostolic work, some sacrifice. How do they like it? Do they want more?

5. Invite them to a meeting.

Give them as much time as needed to get to know the Cenacle members and absorb our culture. Help them to become involved in apostolic work. How do they fit in?

6. Invite them to become Candidates.

The period of candidacy is recommended to be two years. There is nothing to be gained by rushing except for the pin.

7. Invite them to become Associates, make the Act of Consecration.

Appendix E

Suggested Formation Materials

(Manual for Cenacle Leaders)

Growing in the Spirit (book / video) by Fr. Dennis Berry, S.T

This is the basic formation handbook for the Missionary Cenacle Apostolate. It has an accompanying video.

Outlines for Meetings

This is an excellent resource for planning and conducting meetings. Included are outlines for one to two years of prayer and apostolic meetings for the Cenacle.

Father Judge: Man on Fire by Fr. Joachim Benson, S.T.

A profile of the life of Father Judge, written by one of his intimate first collaborators and published one year after the founder's death.

God's Valiant Warrior by Fr. Dennis Berry, S.T.

This is the story of Father Judge and the founding of the Missionary Cenacle Family, detailing the elements of Father Judge's vision and spirituality.

Ecclesial People by Sr. Joseph Miriam Blackwell, MSBT

Outlines Father Judge's theological basis for the Missionary Cenacle, his teaching on Church, the baptismal call of all the faithful, and mission as relevant in the post Vatican II era.

Missionary Cenacle Meditations, edited by Fr. Timothy Lynch, S.T.

A selection of the Father Judges's letters, conferences, and retreats arranged for each day of the liturgical year.

The Monographs, edited by Fr. Timothy Lynch, S.T.

A series of six booklets covering a variety of subjects: stories of Father Judge's early and final days, his missionary journal in Puerto Rico, key documents of the Missionary Cenacle, a synthesis of the Charism, and accounts of the founding and its pioneering members.

Margaret: Called and Chosen, by Sr. Josepha McNutt

The biography of Margaret Mary Healy, Ph.D., the Custodian General of the MCA from 1928 to 1965, and a key figure in the formation of the early Missionary Cenacle.

Awake the Giant, by Fr. James O'Bryan, S.T.

This is the story of the founding of the Missionary Cenacle Apostolate. It offers an interesting reflection on the application of the founding principles to the realities of today.

Led by the Spirit by Sr. Mary Tonra, M.S.B.T.

A well researched and engaging book recounting the life of Mother Boniface Keasey, the first General Custodian and co-founder of the Missionary Servants of the Most Blessed Trinity.

Missionary Cenacle Family Formation DVDs by Fr. Dennis Berry, S.T. and Fr. Guy Wilson, S.T.

A series of digital videos and accompanying booklets covering the following formation subjects: “*Roots and Wings: The Historical Foundations of the Missionary Cenacle Family*”, “*Jesus’ Mission and the Missionary Cenacle Family*”, “*The Missionary Cenacle Family*”, and “*Doing and Staying Alive in Mission*”. Booklets include format and suggested schedules for days of reflection.

All of these books may be obtained from the Missionary Cenacle Press:

3501 Solly Avenue, Philadelphia, PA 19136-2213

Telephone 215-335-7577

E-Mail: archive288@aol.com

Appendix F

Sample Prospective Candidates Orientation Meeting

Welcome and Introductions (15 Minutes)

The purpose is to make everyone feel welcome and get to know each other.

- It is important to welcome everyone, especially the newcomers.
- Ask prospective candidates to introduce themselves and share brief personal data.
- Empty chairs are left near the door for latecomers.

Prayer (10 Minutes)

The purpose is to establish an atmosphere of prayer and unity for the meeting.

- Prayer should be authentic; coming from the heart and not simply something routine.
- Directed primarily to the Holy Spirit. Need not be long. Can be simple.
- Prepared beforehand by the person responsible for the meeting.
- include songs or instrumental music.

MCA Information Sharing (60 Minutes)

The purpose is to dialogue with prospective candidates and share basic Cenacle information.

- Sample questions to ask: What attracted you to the Cenacle? What do you know about the MCF? How would you describe apostolic work? Are you involved in any?
- Each person briefly shares (3-5 minutes) about the questions.
- Stay on the subject. This is not the time to speak of personal problems.
- While one person is sharing, the other members should listen attentively.
- Share basic Cenacle information (history, purpose, membership, devotions, virtues, apostolic works).

Announcements and Invitations (10 Minutes)

The purpose is to invite/motivate prospective candidates to know more about the Cenacle.

- Inform them about future Cenacle activities (dates, times, places).
- Invite them to an orientation follow up meeting.
- Invite them to attend a local Cenacle meeting or other activities (retreats, days of reflection, social/fellowship meetings).
- Share booklets/handouts with basic Cenacle information.
- Share MCA website information.
- Exchange personal contact information.

Closing Prayer (5 Minutes)

The purpose is to send us out in mission.

- May include request for the needs of the members.
- May use Rule of Apostolic Life Prayer (**Appendix J**).
- Finish with the doxology to God the Father, Son and Holy Spirit (**Appendix K**).

Social fellowship (Optional)

The purpose is to get to know each other better and to form community.

Appendix G

Sample Candidate Formation Meeting

Welcome and Introductions (10 Minutes)

The purpose is to make everyone feel welcome and valued as missionaries.

- It is important to welcome everyone, especially the newcomers.
- Empty chairs are left near the door for latecomers.

Prayer (10 Minutes)

The purpose is to establish an atmosphere of prayer and unity for the meeting.

- Prayer should be authentic; coming from the heart and not simply something routine.
- Directed primarily to the Holy Spirit. Need not be long. Can be simple.
- Prepared beforehand by the person responsible for the meeting or one of the members.
- May have a variety of formats: e.g., a reflection on the Gospel, silence, spontaneous prayer, petition, the Ordo, Prayer for the Gifts of the Holy Spirit, opening prayer from Growing in the Spirit.
- Use of symbols such as candles, a Bible, an icon, a crucifix, etc... is recommended to create an atmosphere of prayer for the entire meeting.
- ☐☐☐☐ include songs or instrumental music.

Formation (60 Minutes)

The purpose is to dialogue with candidates and share basic Cenacle formation information.

- If using Growing in the Spirit, follow the lesson outline.
- Watch corresponding lesson video and comment about its message.
- Each person briefly shares (3-5 minutes) about the questions.
- Stay on the subject. This is not the time to speak of personal problems.
- While one person is sharing, the other members should listen attentively.

Announcements and Invitations (5 Minutes)

The purpose is to inform members about important business of the Cenacle and motivate them to learn more about the Cenacle.

- Inform them about future Cenacle activities (retreats, days of reflection, social/fellowship meetings); their dates, times, places; encourage them to participate.
- Remind them about preparing for the next formation meeting.
- Verify personal contact information.

Closing Prayer (5 Minutes)

The purpose is to send us out in mission.

- May include request for the needs of the members.
- May use closing prayers from Growing in the Spirit.
- May use Rule of Apostolic Life Prayer (**Appendix**).
- Finish with the doxology to God the Father, Son and Holy Spirit (**Appendix K**).

Social fellowship (Optional)

The purpose is to get to know each other better and to form community.

Appendix H Sample Apostolic Meeting

(Manual for Cenacle Leaders)

Welcome (10 Minutes)

The purpose is to make everyone feel welcome and valued as missionaries.

- It is important to welcome everyone, especially the newcomers.
- Empty chairs are left near the door for latecomers.

Opening Prayer (10 Minutes)

The purpose is to establish an atmosphere of prayer and unity for the meeting.

- Authentic, coming from the heart and not simply something routine.
- Directed primarily to the Holy Spirit.
- Prepared beforehand by the members, a shared responsibility.
- Need not be a long prayer, normally less than 10 minutes. Can be simple.
- May have a variety of formats: e.g., a reflection on the Gospel, silence, spontaneous prayer, petition, the Ordo, Prayer for the Gifts of the Holy Spirit.
- Use of symbols such as candles, a Bible, an icon, a crucifix, etc... is recommended to create an atmosphere of prayer for the entire meeting.
- include songs or instrumental music.

Apostolic Sharing (60 Minutes)

The purpose is to encourage us and help us become better apostles.

- This time is dedicated to sharing our apostolic experiences, evaluating them, and planning new apostolic works.
- May also deal with what to do in certain situations in order to be better witness of Christ.
- Each person briefly shares (3-5 minutes) regarding his/her apostolic experiences since the last apostolic meeting: e.g. what one is doing, one's successes, difficulties, etc...
- Stay on the subject. This is not the time to speak of personal problems.
- While one person is sharing, the other members should listen attentively.
- When talking about other persons, keep their identity anonymous.

Announcements (5 Minutes)

The purpose is to inform the members of important business of the Cenacle.

Closing Prayer (5 Minutes)

The purpose is to send us out in mission.

- May include request for the needs of the members.
- May use Rule of Apostolic Life Prayer (**Appendix J**).
- Finish with the doxology to God the Father, Son and Holy Spirit (**Appendix K**).

Social fellowship (Optional).

The purpose is to get to know each other better and to form community.

Appendix I

Sample Prayer Meeting

Welcome (10 Minutes)

The purpose is to make everyone feel welcome and valued as missionaries.

- It is important to welcome everyone, especially the newcomers.
- Empty chairs are left near the door for latecomers.

Opening Prayer (10 Minutes)

The purpose is to establish an atmosphere of prayer and unity for the meeting.

- Authentic, coming from the heart and not simply something routine.
- Directed primarily to the Holy Spirit, i.e., Novena to the Holy Spirit.
- Prepared beforehand by the members, a shared responsibility.
- Need not be a long prayer, normally less than 10 minutes. Can be simple.
- May have a variety of formats: e.g., a reflection on the Gospel, silence, spontaneous prayer, petition, the Ordo, Prayer for the Gifts of the Holy Spirit.
- Use of symbols such as candles, a Bible, an icon, a crucifix, etc... is recommended to create an atmosphere of prayer for the entire meeting.
- include songs or instrumental music.

Sharing Readings from Scripture and Father Judge's Writings (60 Minutes)

The purpose is to create and nourish the Cenacle Spirit through shared reflection.

- This time is dedicated to listening to the Word of God about a chosen subject and its meaning in our lives as we become His apostles.
- We also listen to Father Judge's writings about the subject.
- Readings are followed by a time of silent reflection (10-15 minutes).
- Sharing of thoughts and feelings about the readings follows reflection.
- Each person briefly shares (3-5 minutes) about his/her thoughts and feelings.
- Stay on the subject. This is not the time to speak of personal problems.
- While one person is sharing, the other members should listen attentively.

Announcements (5 Minutes)

The purpose is to inform the members of important business of the Cenacle.

Closing Prayer (5 Minutes)

The purpose is to send us out in mission.

- May include request for the needs of the members.
- May use Rule of Apostolic Life Prayer (**Appendix J**).
- Finish with the doxology to God the Father, Son and Holy Spirit (**Appendix K**).

Social fellowship (Optional).

The purpose is to get to know each other better and to form community.

Appendix J

Rule of Apostolic Life Prayer (Manual for Cenacle Leaders)

All: We, the Missionary Cenacle Apostolate, are a community of laypersons who have been called by God to be missionaries in the Church.

- A. We seek first to glorify the Triune god by spreading everywhere the knowledge and love of Jesus.
- B. The missionary thought, the missionary idea, the missionary spirit is dominant in our Cenacle.
- A. Our mission is to preserve the faith especially among the poor and abandoned, and among children. We seek to have every Catholic be an apostle.
- B. We have an ardent zeal for the poor and for those desolate in all things. Charity urges us to action on behalf of justice as an integral part of missionary apostolate.
- A. The Cenacle spirit is a Catholic spirit, a living, burning, operating love of God and neighbor.
- B. We welcome all apostolic persons to join us and or Cenacle family in glorifying God by following Jesus in the power of the Holy Spirit.

All: 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.

Appendix K
Suggested MCA Meetings Prayers
(Manual for Cenacle Leaders)

Opening Prayer

Leader: Come Holy Spirit,

All: Fill the heart of your faithful and kindle in them the fire of your Divine Love.

Leader: Send forth Your Spirit and they shall be created,

All: And You shall renew the face of the earth.

Leader: Let us pray.

All: Oh God, who by the light of the Holy Spirit instructed the hearts of the faithful, grant that by the same Spirit, we may be truly wise, and ever rejoice in His consolation. We ask this through Christ, our Lord. Amen.

Closing Prayer

MCA Doxology

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.