

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.

Contact us

Eucharistic Cenacles

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Contact us to join a cenacle.

The Eucharistic Cenacle



*A formation program
for Eucharistic adorers*



A formation program

The *Eucharistic Cenacle* is a formation program which relays the Eucharistic spirituality of St. Pierre-Julien Eymard and its practical application in everyday life. The program gives a good understanding of the Real Presence of Christ in the Eucharist and reveals the Eucharist as the greatest manifestation of His love. It gradually introduces a person to the interior life of the adorer by proposing a way of life that is practical, centered on the divine Person of Our Lord Jesus Christ, truly, really and substantially present in the Most Blessed Sacrament, and accessible to all.

Eucharistic Cenacles: What are they?

Eucharistic Cenacles are small communities of lay people, men and women, who meet with the intention of beginning or deepening their relationship with Jesus in the Blessed Sacrament through study, prayer, and simple fraternity. The formation program helps a person to grow in their relationship with God, introducing them to a way of life that is centered on the divine Person of Our Lord Jesus Christ, truly, really and substantially present in the Most Blessed Sacrament, and how to live this out day-to-day. Anyone is welcome; the only requirement is a desire to discover Jesus in the Blessed Sacrament and to begin or deepen one's relationship with Him.

The learning material is divided into the following modules:

- The Real Presence and the Eucharist
- Holy Mass
- Holy Communion
- Eucharistic adoration
- The interior life of the adorer
- Eucharistic apostolate

St. Pierre-Julien Eymard

The formation program relays the Eucharistic spirituality first proposed by St. Pierre-Julien Eymard (1811-1868). The Eucharistic apostle *par excellence*, he proclaimed Our Lord in the Blessed Sacrament as the unchanging way to holiness: Jesus Hostia is the means as well as the model; He is our principle, our centre, and our end. St. Pierre-Julien proposed a Eucharistic way of life as a means for union with God.

Fr. John A. Hardon, SJ

A theologian, Fr. John A. Hardon, SJ, (1914-2000) was gifted with an extraordinary gift of teaching. Having been directly ordered by St. John Paul II to "do everything you can, everything you can to restore faith in the Real Presence in your country" (the United States)*, Fr. Hardon is very valuable in making known the Real Presence of Christ in the Eucharist according to sound doctrine. Fr. Hardon's teachings proclaim the great Reality of Christ truly present in the Blessed Sacrament, in the fullness of His humanity. Fr. Hardon is an exemplary teacher of the Faith who speaks with the authority of a theologian, with a simplicity that is accessible to the ordinary, common layman or laywoman, and whose insights are relevant to our world today.

*Fr. John A. Hardon, SJ: "The Blessed Sacrament", Eternal Life Publications (2011), 152 pages, p.4.