

*"Let the holiness of God shine forth" (cf. Mt 5,16)*

item 74

## CENACLE SISTERS OF THE SACRED HEART

The Cenacle Sisters of the Sacred Heart is a Pious Association founded by Rev Fr Tomy Churathil sac and Rev Mother Chandrika on 8th September 2002, under the patronage of His Grace Most Rev Joseph Augustine of Raipur Archdiocese, Chhattisgarh, India.

It is through Rev Fr Tomy Churathil sac, from Prabhu Prakash Province Nagpur, that God our Father chose to bring to birth the Cenacle Spirituality of St Vincent Pallotti in the Church, giving expression to this spirituality in the Cenacle Experience Retreats that he began conducting for priests and religious since 1996. This is a 40 days retreat experience through which he has helped hundreds of the Lord's anointed to lead a life of holiness. The Lord inspired Rev Fr Tomy to found an Association of Sisters who would carry on this Charism of the renewal of priests, religious and laity through the help of Cenacle Sisters.

Soon after his ordination Rev Fr Tomy sac realized that we must strive to reawaken the faith of Catholics and re-ignite charity. Having come across many priests and religious going through crises in their religious vocation he felt urged to reach out to them with compassion. Inspired by St Vincent Pallotti our Father founder imagined himself in the Cenacle, and experienced that personal call to create



many Cenacle communities in the Church. Thus he wished to spread the spirituality of St Vincent Pallotti. Mary, Queen of the Apostles joined the apostles and disciples in the Cenacle in fellowship and in prayer. It was there that they were filled with the Holy Spirit and became spirit-filled and spirit-led in their ministry. So our father wants us to play the role of Mary. To accomplish this mission we have to be in the Cenacle always to be more purified and spirit-filled as Pallotti says *"I imagine myself always in the Cenacle"*. Thus the Name of our Association 'Cenacle Sisters' is derived from St Vincent Pallotti.

Since the founding of the cssh (Cenacle Sisters of the Sacred Heart) in September 2002, whose charism is the spiritual renewal of the people of God, especially of the clergy and religious, we have conducted six to seven Cenacle retreats every year. Spiritual renewal of retreatants, and the formation and growth of the cssh, are very well combined in our ministry of Cenacle retreats.

**Origin and Foundation:**

The source and origin of our Association is in the life and spirituality of St Vincent Pallotti lived by our Father Founder, Rev Fr Tomy Churathil sac. Inspired, enlightened and urged by the Cenacle Spirituality of St Vincent Pallotti, he began this Pious Association of Sisters aspiring to become a member of the Union of the Catholic Apostolate, in order to share in the universal apostolate of the Church (cf. C. 573§1).

We, the Cenacle Sisters of the Sacred Heart, have a special vocation in the heart of the Church to heal the broken hearted and to be the auxiliaries of priests.

**Our Motto:**

Led by the Spirit we share our charism and enrich the Church and the world by working together in harmony with the local Church, with like-minded groups, lay collaborators and different religious congregations. Thus we become signs of God’s love poured out in the Cenacle as we live our motto, “BURNING WITH LOVE TO HEAL THE BROKEN HEARTED” with the tender loving touch of St Vincent Pallotti. Cenacle always leads us to the mission – of spiritual animation, communion with the Church, the body of Christ, and with the whole of creation. “When they had entered the city, they went to the upper room where Peter and all others were constantly devoting themselves to prayer, together with certain women including Mary the Mother of Jesus, as well as his brothers” (Acts 1:13-15)

**Our Charism:**

Our Charism is to strive towards one’s own renewal and to work for the perennial renewal of the people of God, especially the clergy and religious after the example of Mary, Queen of the Cenacle, who remained in the Cenacle and gathered others also into the Cenacle, building up the community of faith and love to continue the mission of Christ.

**Why Cenacle?**

To be in union – we want to be together, of one heart and mind, want to be like Mary an extraordinary Apostle, Apostle of Jesus Christ. First, we want to experience that unity for which Jesus prayed, “As you, Father, are in me and I am in you, may they also be in us” (Jn 17:21a) We also want to experience the teaching and spirit of St Vincent Pallotti for the universal Apostolate. Every baptized person is called to be an apostle. Remaining in the Cenacle we experience the empowerment of the Holy Spirit, which in turn helps us to go out as empowered apostles to make many more apostles who build up communities of faith and love, bringing about more co-operation and collaboration in the Church, in order to carry out the work of the Catholic Apostolate.

**Why Sacred Heart?**

We imitate Jesus the Apostle whose heart was burning with love. It is from the heart love flows out. The moment we are filled by the Spirit of love in the Cenacle we are able to go out of the Cenacle, reaching out in love and compassion in the footsteps of Jesus. Another reason is St Vincent Pallotti had a special devotion to the Sacred Heart of Jesus. We imitate Jesus through Mary Queen of the Cenacle who imitated Jesus in all perfection. We want our members to be apostles of the love and compassion that burnt in the heart of Jesus.

We, the Cenacle Sisters, have completed ten years of our Foundation on 8th Sep. 2012 and are grateful to good God for His marvelous blessings experienced throughout these years.

**The Strength of our Association is:**

- Perpetually professed Sisters --- 6
- Temporary Professed Sisters --- 20



## **Praised be the Lord for we have branched out into four communities, exercising our Charism:**

**1. In Delhi:** We have been invited by the National Service Team for Perpetual Adoration and Intercession for the Church spread throughout the world. Our sisters really experience the UPPER ROOM as they are involved in the ministry of Intercession round the clock before the Blessed Sacrament. They also provide an online prayer and counseling ministry. They help in the parish with faith formation and other services.

**2. At Bhestan:** In Surat city of Baroda Diocese in Gujarat, our sisters are called to witness and build up the Cenacle community in the Parish. Every day except Sunday sisters, together with the Parish Priest and the assistant Parish Priest, conduct two hours of adoration in the Parish Church to intercede and pray for their parish and the Church at large. This has brought a very big difference in the lives of parishioners in this short time. There used to be a scanty gathering of the faithful for Sunday Mass, but now the Church is full and vibrant. Sisters help in faith formation, organize Women's groups and visit families regularly bringing spiritual renewal by creating an awareness of, and teaching them to live, a Sacramental life.

**3. In Chandigarh:** Our sisters are carrying out the same ministry as in Delhi.

**4. In Raipur:** The Sisters engage themselves in intercession before the Blessed Sacrament in the Archbishop's house for the Archdiocese of Raipur, and also help out in different chores of the house.

As we are in the budding stage of our growth some sisters are sent for courses and training programmes, with the financial help and support that we receive from Pallottines, and we are greatly indebted to them.

At this juncture I want to say that I am extremely grateful to God and to Very Rev Fr Jacob Nampudakam sac, the Rector General, who is very interested in the growth and well being of the Cenacle Sisters and has given me this privilege to be in Rome to attend the Spirituality Course. This is the first time that I have come to a foreign land but, as a loving father, Rev Fr Jacob is accompanying me. I sincerely thank him for arranging my accommodation with the Pallottine sisters where I feel quite at home and happy. I thank Rev Mother Sara who was so happy to welcome me into her community & for her motherly love and concern for me. I am learning Italian at the moment and am very happy with my new experience here in Rome. I thank too the Australian Pallottines who are helping me financially with my studies.

May the good Lord reward all of you abundantly for your generosity. As the Church is striving so much for a genuine spiritual renewal through the challenge of "New Evangelization", I am sure that we all need to return to the Cenacle in order to be transformed into authentic apostles of Jesus by the Holy Spirit, and to be guided by Mary, Queen of Apostles. Helping people, especially religious and priests who are broken-hearted and need healing, will be the special charism and mission of the Cenacle Sisters of the Sacred Heart. This was the desire of St Vincent Pallotti and this is the need of the Church today.

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