



## Moving Forward as One Body



Cenacle Sisters Philippines-Singapore Region

In September 2010, Sr. Francisca and Sr. Susay joined the entire Philippine-Singapore Region in Manila to pray, discuss and plan on the Calls of the 29<sup>th</sup> General Chapter of the Cenacle Congregation. The chapter was held in Rome in May 2010. Geraldine Szeto, a Cenacle Affiliate from Singapore, shared about the Cenacle Affiliates during the chapter.

*Continuing  
our mission  
of awakening  
and  
deepening faith*



Chapter Delegates and  
Some Members of the General Team



Cenacle Affiliates and Companions

# The Cenacle in Singapore 2010

We are grateful for the many gifts of the year. Once again, through retreats and other spiritual programs, we are blessed to have walked with women and men of all ages in their journeys of faith. Our ministries are marked with opportunities for collaboration and partnership with our Cenacle Sisters and Affiliates, various religious congregations and lay friends.



At-Home Retreat @ Church of St. Francis of Assisi



At-Home Retreat @ CANA



Christian Zen Prayer with Sr. Sonia Punzalan, re

To make Jesus known and loved



Quieting the Soul

Maranatha Retreat Hse, Malaysia



Mass with Fr. Larry Tan, SJ



To enter  
 into the Cenacle  
 is to enter  
 into one's heart,  
 to venture  
 to experience  
 something of God,  
 to allow  
 something of God  
 to penetrate  
 into us.

(Paul VI)



Sabbatical Program



4 Levels of Healing  
 with Dra. Dido Villasor



Quieting the Soul @ 7 Fountains Chiang Mai, Thailand  
 with Fr. Pollock, SJ and Fr. Olivier, SJ

**China Mission**



To make the Gospel known to the people of our time.



Visit of Fr. Charles Wang



Prayer Concerts in New York and New Jersey



Visiting the Cenacle Sisters in Chicago



With one heart devoted in prayer

**THIRD SUNDAY  
UPPER ROOM GATHERING**

*Like the first Cenacle, we invite you to come and pause for an afternoon gathering of prayer, sharing faith and eucharistic adoration.*



Valdez Family visiting the Cenacle in Singapore



Chiangmai Outreach

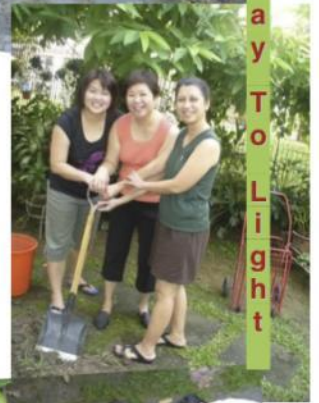


Another year of Commitment



Pathway To Light

2010 for the Cenacle Affiliates in Singapore included various activities and projects. It was a year of launching a new website and they created a reflexology walkway in the Cenacle garden. The Affiliates set up a fund to support some students in Chiangmai, Thailand. Some of them were able to visit villages in Thailand to distribute food and clothing. Their monthly formation meetings at the Cenacle included sharing the task of facilitating the session. A day at the Seletar Reservoir Park strengthened not only their bodies, minds and spirits but their bond as a community as well. They made their promises for another year of commitment on 3 October 2010.



God is good.  
 God is more than good.  
 God is Goodness.  
 (St. Therese Coulerc)  
 1950



Strengthening bodies, minds, spirits, and friendship

## Looking forward to 2011 . . .

God gifts us all with life-giving transitions. Li Xiao Wei ended her Intensive Discernment Program at the Cenacle in Singapore and moved on to the Cenacle Pre-Novitiate in the Philippines. We thank God for Xiao Wei for her being a gift in our life in community.

We welcome our new Superior General, Sr. Patricia Byrne, and we thank Sr. Yolande Guiraud for her loving service to the Congregation for the past 12 years. Sr. Meny Vera Cruz leaves our Phil-Singapore Region to join the General Team in Rome as General Councillor and we welcome Sr. Nerissa "Bubbles" Bandojo as our new Regional Superior.

We look forward to the coming of Sr. Linda Lizada who will be joining the Cenacle Community in Singapore after 12 years of serving the Congregation as General Councillor in Rome.



## UPCOMING PROGRAMS for 2011

### 3<sup>rd</sup> Sunday Upper Room Gathering

- 230pm-5pm every 3<sup>rd</sup> Sunday of the month @ the Cenacle in Jurong

### At-Home Retreat (March-April)

A Lenten retreat set in the daily routine of life that invites us to a closer following Jesus in his passion, death and resurrection.

### Contemplating Jesus with Mary

A Rosary retreat that invites us walk with Mary in a more intimate knowing, loving and following of Jesus.

### Lifesigns

A day of recollection for single young women who wish to explore their life directions.

### Cenacle Search-In

A day of prayer for single young women interested in knowing more about the Cenacle life and spirituality.

### Silent Retreats: (5 and 8- day silent retreats with individual spiritual accompaniment)

Quieting the Soul – Majodi (March) Quieting the Soul – Hong Kong (August-September)

Quieting the Soul – Chiangmai (December)

### Christmas Recollection (December)