

THE CENACLE

(A talk given by Tony Grace at MMP Annual Retreat for Oceania, 26 August 2021)

The word comes from the Latin, Cenaculum, which means Upper Room.

As you know, the Last Supper took place in the Upper Room. 52 days later, the descent of the Holy Spirit took place, in the same Upper Room.

This was the beginning, of the first evangelization of the world.

However, the twelve apostles were so frightened, they had locked the doors & windows, for fear of the Jews, arresting and killing them, like they did to Jesus.

But ... they were praying with Mary, who drew the Holy Spirit down in fire, firstly on Her, which then burst into twelve flames, spreading on to the twelve apostles. **This was first Pentecost!**

They were no longer afraid and went out of the Cenacle to spread the Good News throughout the whole world.

And here we are, the “Apostles of the Last Times”, **experiencing the second Pentecost in the Cenacle**. This also makes us apostles of the second evangelization. What a privilege, to be chosen by Our Lady for her mission to defeat Satan. It will be his most humiliating defeat!

Our Lady tells us that we form the most luminous part in Her crown of twelve stars (locution 414) more than the twelve tribes of Israel and more than the twelve apostles. Sounds impossible, but the times we are living in are 1,000 times worse than when God flooded the world (locution 507e). We are those privileged victims, like it or not!

So what is Our Lady’s prayer Cenacle?

It consists of five non-negotiable parts:-

- Praying to the Holy Spirit;
- Praying 5 decades of the Rosary;
- Praying for the Holy Father, Pope Francis;
- Reading one of the 604 locutions in the Blue book; and

- The Act of Consecration to the Immaculate Heart of Mary

I love the way Father Donal says: “The Cenacle is ridiculously simple”.

There is an excellent Cenacle guide book available, with suggestions and explanations, on how to run a Cenacle.

Lorraine and I have been involved with a few apostolates, with their rules and regulations, but the Cenacle is so simple, and yet, so powerful. Anybody can pray the Cenacle: children, youth, families, the religious, Priests. There are no restrictions on who can pray, like some apostolates have.

Some argue, it is for Priests only. **No!** Please read locution 25 called “My Faithful Cohort”. In it, She calls the Priests, and the faithful, to be members of Her Marian Movement of Priests.

Believe it or not, She says: “Above all, pray family Cenacles”. Her request is in 10 locutions (375, 387, 392, 417, 419, 434, 468, 555, 560 & 567). It took me nearly 3 years, to get that message into my head, heart, and home.

Where can we pray the Cenacle?

Answer: - Anywhere! Anytime! But if in a church or chapel, always get the approval of the Parish Priest. You don't have to get approval from your Parish Priest, to pray the Cenacle in your home! How long can a Cenacle last? Half an hour, to as long as a five-day Marian Movement of Priests retreat, for example.

When praying it in a home, it's good to have a statue of Our Lady's Immaculate Heart, a candle, holy water, flowers and a crucifix, but it's not compulsory. A spontaneous Cenacle is better than no cenacle.

It only requires two people to pray the Cenacle (locution 34). If you can't get someone to come, pray it over the phone and/or face time. Or get one of Father Hugh Thomas's MP3s & pray it with him or go to the MMP Oceania Official Website (www.mmp-oceania.net), and join in a zoom cenacle.

You can kneel or sit, depending on your circumstances. Its advisable to have the same place, same time, same day, with a phone contact number. Anyone can lead. Taking it in turns to lead,

is a good idea. Our Lady is your leader. Remember, She does not want propaganda for Her Movement. That is, being coercive with pushy and sensational advertising.

We do recommend praying the Cenacle each week. For example, praying it daily, would take you 1.7 years to do every locution, praying it weekly, would take 11.6 years, fortnightly takes 23 years, monthly takes 50 years, and quarterly takes 151 years. The more you put it off, the less you understand Her Movement. Those who seek, will find the treasure hidden in the field!

- 1) Commence with, the sign of the cross, and say three times, the prayer Our Lady requested “Come Holy Spirit, come by means of the powerful intercession, of the Immaculate Heart of Mary, your well-beloved spouse”. In locution 226 She requested we repeat it often. You can say this anytime anywhere, as an aspiration, out-loud or silently.**
- 2) Only 5 decades of the Rosary is required. If you choose to pray 10, 15 or 20 decades, it can put people off, especially children, old people, and sick people. We must be sensitive, and not impose our own ideas, thinking that we can do better than Our Lady!**

Also, if you go, too fast or too slow, that can put people off. Please pray at a normal pace.

Father Michael Gaughran (R.I.P.) introduced the prayer between each decade, to atone for the blasphemies, committed against the Eucharist: “O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine”. This is optional. And some like to say “St. Joseph, pray for us” between each decade. This is also optional.

Church teaching confirms we can pray the Rosary while Jesus is exposed on the altar during Eucharistic Adoration. Opponents of this are spreading false rumours. Don't listen to them.

- 3) Then we pray for the Holy Father (see locution 23). Currently it's Pope Francis. When he dies, we pray for the next Pope, whoever that might be. We do not pray that he will change, we pray: “May the Lord preserve him and give him life and make him blessed upon the earth and deliver him not up, to the will of his enemies” and then one Our Father, one Hail Mary, and one Glory be, for his intentions, not our intentions for him. He is the Pope elected by the eligible Cardinals, the Holy Spirit and Our Lady. We are not eligible to elect the Pope. Three things are necessary to remain rooted in the Catholic Faith. It is, the Eucharist, Our Lady, and the Pope. Being a convert, I can say that with authority, as when I was a Protestant, I did not have one of those essentials in my life. In locution 106 Our Lady says: “Today, whoever is not with the Pope, will not succeed, in remaining in the truth”.**

If anyone would like a copy of my little paper “Is the Pope Catholic?” I will post it to you. After the brief prayers for the Pope, we pray one “Hail Mary” for all the ‘Responsibles’ and their unity, and for completion of the Mission.

4) Fourthly, we come to the Blue Book “To the Priests Our Lady’s Beloved Sons”. Oh what a book! Where would I be today without it? We heard a priest once say: “The Bible is your main meal, your bread and butter, but the Blue Book, is the sweets, the delight!”

The book consists of 604 interior locutions, given to Father Gobbi by Our Lady from 1973 to 1997. 25 years of teaching, on how to live the Act of Consecration to The Immaculate Heart of Mary which, as you know, is the second secret of Fatima. Not all of Fr Gobbi’s interior locutions are in the book. His spiritual director was given the discernment of which ones to publish. And for some, Our Lady said, to publish. A few of those locutions came straight out of Fr Gobbi’s mouth! In the book, it is noted “message given orally”.

How to choose a locution for your Cenacle. You can flip the book open to any part, and read whatever comes up, but we prefer to choose one closest to the date, we are praying the Cenacle. This way, it is more methodical, and ties in with any Feast Day for that particular day. It also helps you to progress through the Book systematically. A list of the locutions, with names, dates and page number are in the back of the Blue Book. Or you can go to our official website and find the lists in chronological and monthly order.

After the prayerful reading of the selected locution, meditation on Our Lady’s message is necessary, for it traces out a simple and luminous way which we are to travel in order to grow in Her love, and in life with Her, through the consecration to Her Immaculate Heart.

Although some prefer to maintain, an atmosphere of silence, during the Cenacle, it is acceptable to allot some time, specifically for fraternal sharing.

At the heart of the Cenacle, is the reading of Our Lady’s message, meditating on it and sharing insights and reflections. By doing this we receive, both as individuals, and as a group, an ongoing formation and spiritual direction, to mould us in the image of Christ, and are helped to live out the Consecration in our daily lives.

But this time must never digress into a discussion of other topics, apparitions, messages or devotions, which could impede Our Lady’s work in the souls of those joining you. The Cenacles

should remain pure in spirit, and must not deviate from the structure requested by Our Lady. Please, do not weave other messages into the Cenacle. This causes disunity.

In 1986 Cardinal Ratzinger asked Father Gobbi to explain The Marian Movement of Priests. His 30-page summary is in the front of the Book. It was accepted by the Vatican, which allowed Father Gobbi to continue traveling around the world, promoting the Cenacles and the Book. He and the Book were never banned, despite some false rumours.

In his last Will and Testament, dated 1st January 2011 and written 6 months before he died, he wrote in part: "I attest, that the messages contained therein were received by me under the form of interior locutions." Some important theologians, tried to convince people that the locutions were his "meditations" only. There will always be, 'Devil's Advocates', so don't worry!

In 1986, the Vatican instructed, the name of the Blue Book, be changed, from "Our Lady Speaks to Her Beloved Sons" to the current title. Reason: - Father Gobbi does not see or hear Her. Mother Angelica of EWTN said "Interior locutions are a higher form than apparitions". Yet another confirmation as to how special the Book is!

It has been translated into more than 60 languages. We can thank Eveleen Russell (R.I.P.) who went to Russia, to start the Cenacles. She organised the first Cenacle to take place in Moscow on 3rd June 1993. Shortly after, the Book was translated into the Russian and Ukraine languages. Although there is to be no fund-raising in the Cenacles, three of our faithful prayers financed her, when they heard of her dream to take it to Russia. She was very brave and did it all by herself.

In 1981 we gave a talk called "Matrimonial Spirituality" at a Marriage Encounter Convention. It inspired Paul and Carol Neville, to post the little book to us. It was only 199 locutions, ending 24th April 1980. We thought it was for priests only, kept it, but ignored it. We were not ready and continued working in other apostolates, one of which was an Engaged Couples Program, conducted in our home over 6 weeks. One of the couples invited us to their wedding, at Our Lady of Fatima Parish, Kingsgrove on 17th February 1990, a very significant date for us. At the reception, a couple from Bundalaguha, Victoria, population 190, insisted we get an updated copy from the boot of their car while it was raining! We got wet, but we got the book.

Driving home, Lorraine began reading aloud, one of the locutions. I don't know which one, but we knew Our Lady was talking to us. We were hooked and commenced spreading Cenacles in other people's homes.

But I didn't want two prayer meetings a week in our home, as we already had a Bible prayer meeting, every Tuesday night. Nevertheless, Our Lady had other ideas, and inspired Andrew (now Father Andrew Grace) to request we pray a Cenacle with him every Wednesday night. Two of our other adult children volunteered to pray with us. It commenced 6th May 1992 and is still going. Many vocations have come from this Cenacle.

How to understand the Blue Book:-

It is not given to everyone, how to understand the Blue Book. Why? Our Lady says in locution 77d: "It is my action alone, that prepares souls to receive this gift of mine, that determines for each one, the moment, when this will be given, that gives a special grace, by which my words can be understood, and can produce in souls that marvelous reality which they express".

And to the many critics She says in locution 227hi: "Do not look to those about you; pay no attention to the criticisms you hear, to the skepticism which often surrounds this work of mine. Not all, is it given to understand my plan. To you, my little ones, this has been granted by the Father, through Jesus, who, in his Spirit of love, has placed you, in the cradle of my Immaculate Heart".

To help people understand, it is recommended to read Father Gobbi's explanation in the front of the Blue Book.

I'll give you a good example - against myself - mis-representing the Blue Book. In 1989 while on pilgrimage to Medjugorje, I was healed of television by confessing "watching too much television". The priest told me to read books instead. The Blue Book mentions television 15 times. In my enthusiasm, I printed the 15 items on one side of an A4 and on the other side, Our Lady's messages in Medjugorje, warning about television. It became a "handout" to help, heal people, of television. My first opportunity was at Newcastle, where we gave a talk promoting the Cenacles.

At home that night Our Lady made me realise I was doing the wrong thing. I was highlighting one thing only in the Blue Book, to the detriment of the whole message, contained in the 604 locutions. So I destroyed the "handouts".

Father Gobbi's explanation on the same subject under the heading "Useful Advice for the Reader" item (2): "In reading this Diary, which has already become a book of daily reflections for many Priests, we have to take its particular expressions with discernment, that is, with the good sense which is found to be in the whole. We can take, for example, Our Lady's advice to give up newspapers and television. In some cases, this can be taken literally. For many priests, it would

rather mean, not wasting precious hours, following frivolous and tendentious programs, and not reading the events of the world, with the materialistic outlook of a great part, of the present-day means of social communications”.

In fact, I was wasting precious hours watching television, so She knew it was time for me to be healed and launched me into her Movement. Thank you, dear Mother!

A very special explanation of Her Book, on how to read and understand it, comes from Our Lady in locution 284klm “My Gift to You”. In fact, there are 11 gifts, but with one She says:-
“Another gift of my Immaculate Heart is the plan which I have revealed. When I speak, I make use of your human words, but while you speak through the experience which you have of your earthly life I speak to you through the Light of Paradise. In the Heart of my son Jesus and in the profound mystery of the Holy Trinity, one single reality is formed which binds together in a true communion of life, the present, the past and the future; the Church which is in triumph and in joy in Heaven, that which suffers and is being purified in Purgatory and that which is still struggling as a pilgrim on your poor earth.

In the vision of this divine communion, which is already united together, I always speak to you in the light of eternity, so that for me there is no difference between my children who live here in Paradise, those who are still in Purgatory and those who are still walking the earth...
For this reason I see as close to you, still as precious as ever as members of my Movement, your brothers and my beloved ones who have come here and form together such a beautiful harmony...be aware of these your brother Priests who have arrived in Heaven as being at your side, because they still form part of my Movement. Be aware of them as living, working members, precious fighters in my victorious army, which does battle under my orders!”

Therefore, the Blue Book is written in “Heavenly Language” not earthly language. She speaks to us in the “light of eternity”. The present, the past and the future are bound together. That’s why we pray to the Holy Spirit, to help us understand the Book.

Nevertheless, be aware, in locution 78d, She says: “I will give you great gifts of love **and pain**”.

On the Feast of Our Lady of Sorrows, locution 251. In the last paragraph, Our Lady requests:-
“There is need for a great chain of suffering, raised up to God in reparation! I call upon you, my chosen ones, and upon all the children, who are consecrated to my Immaculate Heart, to unite yourselves to the sorrow of their heavenly Mother, that what is lacking in the Passion of Jesus, be completed in each one of you”.

In my ignorance, I thought that was a theological error, so I asked Father Donal to please explain. He said it was correct and referred me to St Paul's letter to the Colossians. Col 1-24. Yes, St Paul says the same thing! A few years later, I must have been listening at Mass, for the Feast of Our Lady of Sorrows, we announce the "Communion Antiphon" with:-

"Rejoice when you share in the sufferings of Christ, that you may also rejoice exultantly, when his glory is revealed"

Then, to my amazement, the "Prayer after Communion" is written and announced by the Priest:-
"Having received the Sacrament of eternal redemption, we humbly ask, O Lord, that, honouring how the Blessed Virgin Mary suffered with her son, we may complete in ourselves, for the Church's sake, what is lacking in the sufferings of Christ."

Please do not be afraid, to be co-redeemers in suffering, because in locution 88 "Feast of the Immaculate Conception", Our Lady says "My Immaculate Heart, now you understand, why it is the greatest gift which the heavenly Father offers you....it is your safest refuge and the means of salvation which, at this time, God gives to the Church and humanity".

5) Finally, after reading and meditating on the locution, we pray The Act of Consecration to The Immaculate Heart of Mary. This can be prayed, kneeling, sitting or standing, depending on your circumstances. This Act was given to Father Gobbi by Our Lady. There is one for the Priests and one for the Religious and faithful. For the Priests, there are extra commitments called for.

When prayed, it must not, just be, with our tongue and head only, it must be with our heart, as this Act is a very internal prayer. Our Lady has promised to change us little by little, bit by bit, peace by peace. She says it's almost painless! Here is my summary of the Act:-

- Pray it in a very special way with our heart and soul.
- We agree to live with, and through Her, according to our baptismal consecration. Do you remember your Baptism? No? Well, that is why it has to be renewed.
- We pledge for an interior conversion as demanded by the Gospel. That interior conversion is accomplished in the Beatitudes. They are not the do-attitudes. Try and pray them daily.
- Our conversion must free us of every attachment to ourselves and easy compromises with the world. We have to learn to be in the world, but not of the world.

- That we are available only to do the Will of the Father. Our Lady tells us we are living most perfectly in the Divine Will by following Her teachings in the Blue Book. As Father Donal says: "It's ridiculously simple".
- We agree for Her to dispose of our life, according to Her designs of salvation. Like Father Gaughran used to say "it's like you give Her a signed blank cheque and She withdraws all your funds. Then She owns you!". You become Her property.
- We must live a renewed spirit of prayer and penance. This retreat has given you many ideas.
- We must live, a fervent participation in the celebration of the Mass. Go to Mass as often as possible and participate with your heart. Pray for the Priest saying Mass. Listen to Father Hugh's excellent meditation on the Mass, session 4 of the 2021 Zoom Retreat.
- Pray the holy Rosary daily. Any Rosary is better than no Rosary.
- Live an austere manner of life according to the Gospel, that all can see your good example of living the Law of God. Some years ago, in a country town, we gave a talk about the Cenacle. The wife loved it, but the husband said he could not live an austere manner of life, as he was very rich. But he was a very good Catholic living the Law of God. He was in fact "poor in Spirit" like Jesus best friend, Lazarus, who was very wealthy. But he did not understand Our Lady's words, "austere manner of life", so did not embrace the Cenacle, much to his wife's upset.
- We must live Christian virtues, especially purity. Pray for the seven virtues every day.
- We must be united with the Pope, the hierarchy, and the priests to form a protective barrier for the Magisterium, which is being threatened by practical and theoretical atheism.
- In particular, a great love for and to be in union with the Pope, currently Pope Francis, who was elected 13/3/13. A special date!
- We promise, insofar as is possible, to lead to a renewed devotion to Our Lady the people we come into contact with: Family, friends, workplace, etc. Pray for a divine appointment. It works.
- We pledge trust in Our Lady, and not to focus on the evil and sin spreading throughout the world. Locution 103k says: "pay no attention to evil in the world and the Church". In other words, "don't curse the dark" or you will end up in the dark!
- Finally, we await salvation from Our Lady through this work of love. This is a lovely promise from Our Lady! And if we go to purgatory, She won't forget us (see locution 481: "At the Hour of Your Death")

Having prayed the Act, the Cenacle is completed. However, some other options are:-

- Allow people to leave immediately;
- Pray the Litany of Our Lady (The Loreto Litanies);
- Sing a hymn to Our Lady;
- A very light supper, morning or afternoon tea, though this must not become a feature;
- Choose someone to lead next week.

I have tried to keep this talk as ridiculously simple as possible. I hope I have not complicated it for anyone. If I have, I apologise. You can let me know what is wrong and I will re-word.

Nevertheless, I would like to conclude with some special points about the Cenacle and the Blue Book.

Firstly, locution 77m, dated 5th August 1975:

“The announcement of my Movement has now reached all parts of the world”.

Secondly, locution 166i:

“.. in the second coming, Jesus will come to you through his Mother”.

Thirdly, locution My 126 (My Plan):

“Some will be called to stand in the line of action” while “Others will be called to stand in the line of support”.

Fourthly, locution 73ij:

“Do not become uneasy, if you find that movements, inspired by souls to whom I have revealed myself, are springing up here and there: on the contrary, all is part of my great plan. And so each thing, must be in its place. **Your place is in the Marian Movement of Priests**”.

Fifthly, locution 186h-k:

“Love especially those who have lost their way and are in great danger of being eternally lost.”
 “Love the sinners, the atheists and those rejected by everyone: love even the persecutors and the executioners. Say with love: ‘Father, forgive them for they do not know what they are doing.’
 “For those who hate, those who kill, those who work violence, those who do evil, those who blaspheme, those who give scandal, bear only love and say: ‘Father. Forgive!’ “How many of these brothers of yours, you will one day find in paradise, drawn on the way of salvation by the irresistible force of your love!” This is a supreme teaching from Our Lady, we must learn to forgive, be merciful, and show love for all.

Sixthly, locution 149c:

“Often you are tempted to stop because of weariness, aridity and the obstacles you encounter. Never must you stop. Let yourselves be led by the hand of your heavenly Mother.”

Seventhly, all families need to read locution 358: “The Families Consecrated to Me”. In it, She makes four promises:-

- a) Above all, I see to the care of your spiritual life (read about the Sacrament of Matrimony)
- b) I see to the material good of those families.
- c) I see to your work in a special way.
- d) I share also in all your preoccupations

This in turn fosters vocations to the Priesthood, Religious Life, Marriage and strengthens the single life. We have proof of this in our family. Any Cenacle allows Our Lady to work conversions here, there, and everywhere. You will find out in Heaven how many were converted!

Eighthly, This Movement was predicted 309 years ago by St Louis Marie de Montfort in his book “True Devotions to the Blessed Virgin” with the heading “The Apostles of the Latter Times”. On page 29 he describes them, but does not know when, and who they will be. His description of them, fits perfectly with locutions 451 and 533, both titled “Apostles of The Last Times”. I had the similar phrases, in all three, underlined in red by an English High School English, as proof.

Ninthly, Father Donal has alerted me, to be aware of false interpretations of locutions in the Blue Book, given on various Websites.

Lastly, the three commitments, in belonging to the Marian Movement of Priests:-

- 1) Consecration to the Immaculate Heart of Mary.
- 2) Love for, and union with, the Pope.
- 3) Leading others, with whom we come in contact, to a greater devotion to Our Lady.

If I have not convinced you of the supernatural power of the Cenacle, listen to what we are achieving by living the three Commitments, as disclosed in locution 429 on the Feast of the Assumption:-

“Look today at the splendor of your heavenly Mother, beloved children, to be consoled in the painful moments through which you are living, and to walk along my way...

It is the way of light. It is the way, which I have traced out for you, during these years, to lead you all, to the **Church of light.**

Jesus is now forming this Church of his, by means of the powerful action of the Holy Spirit and in the garden of the Immaculate Heart of your heavenly Mother. It is the new Church of light, which has a splendor greater than a thousand suns put together.

It is being formed in the hearts of the simple, of the little, of the poor, of those who know how to receive and follow Jesus with perfect docility: without any compromise with the spirit of the world. Jesus is building this, his new Church, in a way which is invisible and utterly mysterious: in silence, in hiddenness, in prayer, in simplicity.”

Amen, Amen, Amen.....