



April 2026

Gospel According to Didymus Our Twin

In the upper room in Rome,

in the secrecy of the General Chapter,

Jesus comes and stands in the middle and says:

Peace be with you!

He joins the capitulants in the midst of their fears about Covid, which is still circulating,

their questions about the evolution of the congregation,

their concerns about changes and crises in the world,

amidst the joys and sorrows of each province/region/country

that they have come to share and bring to the whole Body.

Jesus brings them his peace

and shows them how much he takes upon himself our sufferings, our sorrows, our crosses,

so much does he love us and want to give us his life...

so much does he need companions to carry out his mission,

like “a little donkey, humble and strong, fragile and enduring,” a good listener,

patient and helpful, who does not puff himself up, who bears all things...

The capitulants rejoice to see the Risen One

and to experience his presence among them.

He says to them several times:

Peace be with you!

He also says to them:

As the Father has sent me, so I send you.

I need your little Congregation

to make me known and loved by those who live where you live.

I need each one of you and each of the other sisters

to proclaim God's goodness today in various contexts,

to offer your specific charism to your contemporaries.

He breathed the Holy Spirit into them, and it was like a new Pentecost.

In those days, there were only a few capitulants.

The other sisters of the Body were not with them...

except through a communion of fervent prayer.

The capitulants leave this enclosed place of the General Chapter and set out to proclaim, singing:

“We have seen the risen Christ...”

In their hearts, they had the desire that the risen Christ would now manifest himself to the other sisters

and make himself known... not without you!

The other sisters felt a strong desire rising within them

to have their own experience of encountering the risen Christ,

to feel his life and his breath strengthening their faith and their mission.

A few weeks later, the Acts of the General Chapter are published

and each one receives them in her own language.

This time, all the sisters are there, none are missing,

when Jesus comes among them and says (again):

Peace be with you!

They hear the music of the Holy Spirit singing:

"We have seen the risen Christ. Let us listen to him. Let us contemplate his goodness everywhere, not without you! ...

Let us walk together, not without you!...

Let us take care of our Earth, not without you!...

Let us broaden our horizons, not without you!...

Let us pray for one another, not without you!

... Let your joy overflow, not without you!"

They need time to fully enter into the experience they are given to live.

But already, from the depths of her heart, each one feels her heart tremble:

"My Lord and my God!

I too have seen the risen Christ,

he has breathed his Spirit into me,

the Spirit that strengthens and makes all things new,

the Spirit that broadens the heart and revives hope,

the Spirit that opens the mind to the Word,

to its relevance for today, to new ways of sharing and living it,

the Spirit who leads us on paths of conversion and apostolic boldness,

the Spirit who makes us love our neighbour, whether close by or on the peripheries,

the Spirit who makes us see all those others without whom I cannot, we cannot,

be fully sisters of the Cenacle today. "

Thus, throughout the world, this joyful music spreads,

for the life of the Body and the service of the world in the years to come:

'We have seen the risen Christ! Let us listen to him! ... Not without you!...

Not without you, risen Christ, my Life, my Rock, my daily companion!

... Not without you, Father of all Goodness!...

Not without you, Spirit of love, Strength from above!...

Not without you, sister of the Cenacle, from here and elsewhere, from yesterday, today and tomorrow!...

Not without you, member of the Cenacle Family!

... Not without you, collaborator in the mission!...

Not without you, Creation received from God, source and place of life for all!...

Not without you, seeker of meaning, here or online, who calls me to be an upper room, a place of rest!...

Not without you, on the side of the road, on the fringes of the Church or society!

... Not without you, from my culture or another, to welcome deeply!...

Not without you, little donkey, humble and helpful travelling companion, fragile and enduring!...

Not without you, poverty that opens me to God and to others!...

Not without you, Church of the Lord with a thousand faces, called to gather



Sister Anne-Catherine SIMON, July 2022