



On The Road to Lalouvesc, France

A communal, virtual pilgrimage



“Rules & Regulations”

It's 4,300 miles from Chicago to Lalouvesc

- **Goal:** Have some fun while learning about Cenacle Spirituality – and take a trip the only way we know how during a pandemic – and virtually walk, run, bike or dance from the Cenacle in Chicago to Lalouvesc, France, cradle of the Cenacle Congregation – with other memorable stops along the way.
- **Why:** To get us moving, to journey together; perhaps we'll spark the Spirit inside of each of us as we partake in this virtual pilgrimage to France at our own pace. Guided by Sr. Susan Arcaro, r.c., we'll visit La Mas, Le Plagnal, Lalouvesc, Notre Dame d'Ay and Lyon.
- **When:** May 16, 2021 until June 13, 2021
28 days to walk 4,300 miles / 153.50 miles per day. With 50 virtual pilgrims that's just 3 miles per person per day!
- **Where:** Anywhere you can walk, run, bike, dance, or just move; treadmills, outside, peloton, stairs in your home, et cetera. The videos of the pilgrimage sites will be shared via email on a weekly basis, each Sunday, with a live debrief on June 13.
- **How:** Enter your miles daily or at the end of each day or week on the [Google Form](#).

*** This is based on the honor system. ***

- ❖ 2,000 steps = 1 mile
- ❖ 8 blocks (Chicago) = 1 mile
- ❖ Any questions please contact Mark at mpiper@cenaclechicago.org

Google Form Instructions

Click on the Google Form Link: [Google Form](#)

Fill In:

email address

family name or alias

number of miles completed

These three things have to be filled out every time you log your miles.

You can follow our progress on our [Facebook](#) page.



Itinerary



May 16 – June 13, 2021

(Videos are emailed on a specific date below; you're welcome to view or review them at your leisure.)

- **Sunday May 16: Welcome and arrival in La Mas, France**
 - Birthplace of Saint Thérèse Couderc (Mother Thérèse) , co-founder of the Cenacle Congregation
- **Sunday May 23: La Plagnal**
 - Birthplace of John Peter Stephen Terme, co-founder of the Cenacle Congregation
- **Sunday May 30: Lalouvesc & Notre Dame D'Ay**
 - Cradle of the Cenacle Congregation and Mother Thérèse's Consecration to Our Lady
- **Sunday June 6: Lyon, France**
 - The Cenacle in Lyon, where Mother Thérèse lived her final years and went home to God
- **June 13, Harvesting the Blessings (Live Retreat Debrief)**
 - Sr. Susan Arcaro, r.c. leads us in a review of our pilgrimage and prayer for pilgrims.
This will be recorded for those who cannot attend live.
- Don't forget to record your miles daily/weekly miles on the [Google Form](#).
 - ❖ This labor of love by the Cenacle Sisters is free; if you have found it of value a free will offering would be appreciated: [HERE](#).
 - ❖ Videos will be removed or inaccessible by June 17, 2021
 - ❖ Any questions please contact Mark at mpiper@cenaclechicago.org



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