



Love, Serve, Build



#### Upcoming Events:

**August 4th 7-8:30pm** Monthly Retreat (Zoom) ID: 85778878098 Code: TKC

**August 10th** Dinner at Cathy Osmera's with Lucy Honner; Time TBA

**August 29th 6:30-8pm** Integration: Going away party for Cindy Burk

**September 1st 7-8:30pm** Monthly Retreat (Zoom) ID: 85778878098 Code: TKC

**September 4th 7-8pm, Who is the Man of the Shroud?** St. Monica Hall, St. Joseph Catholic Church, Raleigh.

**September 9-11th Women's SPEX:** Catholic Conference Center. [REGISTER HERE](#)

**October 11-16th Spiritual Exercises: Scriptural Framework for the Spiritual Life.** [REGISTER HERE](#)

**November 19, 2022 3:00-9:00pm,** St. Joseph Catholic Church, Raleigh. Feast of Christ the King!

**January 19-22, 2023 Women's Triduum of Renewal.** St. Francis Prayer Center. [REGISTER HERE](#)



# Regnum Christi Gastonia

August 1st, 2022

## The Commitments of Regnum Christi: *Renewing our pledge of love*

"The spiritual life is the first of the five elements of life in Regnum Christi. Regnum Christi "proposes a way of life that is active and enthusiastic in love, and a way of life that helps members live their baptismal commitments and fulfill the mission of being Christian leaven in the world".<sup>1</sup> Reviewing our Commitments as a group helps us to stay on track and help one another.

*"...Regnum Christi members consciously help each other to do their part cooperating with the grace of God".<sup>2</sup>*

The Commitments that we review at each Encounter meeting grow out of the following convictions.<sup>3</sup> These core convictions are the foundation of our love and friendship with Christ!

- God my Father loves me with an everlasting love.
- Because I love God, I love His will above all else.
- My passion is Christ.
- Because I love Christ, I fulfill my mission in the Church.
- Because I love Christ, I contribute to a civilization of Christian justice and love.
- Because I love Christ, I lovingly embrace my calling to Regnum Christi.
- My life is short; my destination, eternity.
- Mary my Mother accompanies, inspires and upholds me.

*Know Love* *Live Love* *Give Love*

The purpose of Regnum Christi is to form apostles that will build Christ's kingdom by making "God's love known to others in any life situation whatsoever, and in any sector of society."<sup>4</sup> "In carrying out this specific mission, Regnum Christi members are guided by certain practical principles"<sup>5</sup> which are reflected in our Commitments:

- Be effective
- Work person-to-person
- Live team life
- Rise to challenges out of love
- Inspire others for the mission
- Be flexible
- Form the whole person: See the RC formation pathway [here](#) and [here](#).

### *Three Dimensions of an RC Apostle*

- ⇒ *Rooted in Prayer & Core Convictions*
- ⇒ *Stabilized & Directed by Christian Charity & Practical Principles*
- ⇒ *Matured by Apostolic Action*

### *Fulfilled? Partially Fulfilled? Unfulfilled?*

How one judges their fidelity to their commitments is a private matter that is respected by group members. Our spiritual progress is gradual and in stages because that is how God teaches us. Therefore, our self-assessment depends on "the laws of graduality in spiritual growth, and the God-given personal circumstances which are different among all members".<sup>7</sup> Whether your commitment is fulfilled or otherwise depends on the commitment

that you made to grow in a particular virtue and squash vice.

Here are some guidelines for self-assessment in our Commitments:

⇒ **Commitment #1-** Grow in friendship with Christ: Daily mental prayer, monthly confession and frequent Mass attendance is our foundation. Apart from this, spiritual growth is impossible. Do you commit to sacred space, sacred time, and sacred attention according to your stage of growth in prayer?<sup>8</sup>

⇒ **Commitment #2** -Filial obedience, evangelical poverty, purity of intention: Filial obedience helps you to be available where Christ needs you to be, out of humble service to Him. Evangelical poverty means *being willing to give up* any material good, money, or time at the prompting of the Holy Spirit. Are you open to spending time with someone who needed your attention and affirmation?

"Purity of thought and action" is how you conform your thoughts, motives, and actions to Jesus out of love, not out of fear or duty. Did you volunteer out of love or in order to be recognized? Areas where you struggle are areas that Christ is inviting you to healing.<sup>9</sup>

Continue to page 2



## Spiritual Direction 101:

**PURPOSE:** “The purpose of spiritual direction is to serve you in your journey to and with God. The paths to pursuing that relationship are not always clearly illuminated. The goal of spiritual direction is to bring greater light to His path and to serve you in your search for greater depth in Him. There are 3 persons at work in spiritual direction: the director, the directee, and the Holy Spirit.

**READINESS:** Life as an intentional disciple includes faithful commitment to daily mental prayer, Reconciliation, and Mass. One must devote sacred time, sacred space, and sacred attention to not just prayer, but also spiritual direction. Emergencies arise but *one should choose ahead of time a place and time that is conducive to the action of the Holy Spirit.*

**PREPARATION:** Share your Program of Life with your spiritual director ahead of time. A written summary is very helpful as well. In your journal, keep an ongoing list of points that arise during the month. Provide your director with the previous session's take-away points and how you applied them to your life. Are you in consolation or desolation? Share how your prayer life is going, what specific virtue you are focusing on, and any apostolic activities.

**THANKSGIVING:** In addition to thanking God for the blessing of a spiritual director, it is common to make a donation. However, lack of funds is never a deterrent!



# Regnum Christi Gastonia

## The Commitments of Regnum Christi: *Renewing our pledge of love*

- ⇒ Commitment #3- Vocational fulfillment: Is God first when it comes to time and devotion? Are you sharing and modeling the love of God in your vocation? Any neglect of your primary duties?<sup>10</sup>
- ⇒ Commitment #4 -Integral formation and Christian leadership: Your formation is your personal responsibility. If 15 minutes is all you can give to spiritual reading per week as a mother, then the Lord is delighted! But if social media takes precedence over the spiritual life, the Lord is calling you to freedom. Refer to the RC formation plan.<sup>11</sup>
- ⇒ Commitment #5 -Apostolic initiatives: The Lord has gifted you with a specific charism so that you can joyfully serve Him and others. Through Baptism, you are called to spread the love of Christ, intentionally, in your current circumstances and vocation. Are you “burying” your charism or are you building up riches in heaven?<sup>12</sup>
- ⇒ Commitment #6— Profess an active and holy love for the Church, pope, and bishops: At the very least, offer daily prayers for the sanctification the Church, etc. Support the *offices* of pope and bishop and remember we are all imperfect and need prayer.<sup>13</sup>
- ⇒ Commitment #7—Offer my time, talent, and goods to help build the Kingdom! Regular examination of conscience can help discern where you are being generous to the Lord and where you are holding back. Where we are holding back is usually where the Lord wants to heal us.<sup>14</sup>

“All the faithful are invited and obliged to try to achieve holiness and the perfection of their own state of life”.<sup>15</sup> The Regnum Christi way of life helps us navigate our path to personal holiness.

### References:

- 1) Rule of Life, Link [here](#).
- 2) What is Regnum Christi? Link [here](#).
- 3) Portrait of a Regnum Christi Apostle, link [here](#).
- 4) RCMH, 42. Link [here](#).
- 5) Portrait of a Regnum Christi Apostle, link [here](#).
- 6) Three Dimensions of a Regnum Christi Apostle, link [here](#).
- 7) The Encounter with Christ in the Life of Regnum Christi, link [here](#).
- 8) Rule of Life, 5. Link [here](#).
- 9) Poverty, Chastity, and Obedience for me? Link [here](#).
- 10) Rule of Life, 4, 9. Link [here](#).
- 11) Rule of Life, 6. Link [here](#).
- 12) Rule of Life, 9. Link [here](#); Mt 25:14-30; Mt 6:20.
- 13) 1 Jn 4:19; Eph 5:25.
- 14) Rule of Life, 14, 15. Link [here](#).
- 15) *Lumen Gentium*, 42. Link [here](#).

### Other Resources:

RCNorthCarolina.org  
RCSpirituality.org  
RegnumChristiConnect.net



Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds.

MATTHEW 14:20

*Five loaves and two fish was just enough food for the Twelve Disciples and Jesus. The Disciples were challenged to give all that they had and fully rely on God. Sharing their food was also a way of sharing the way of discipleship.*