




REGNUM CHRISTI

*Love, Serve, Build*

# Regnum Christi Gastonia

January 18, 2022

Our Lord wants to be with us in every part of our lives. Consider the following:

- ◇ Am I practicing daily mental prayer?
  - ◇ Am I seeking to know, love, and serve Jesus?
  - ◇ Am I preparing for Mass by creating auditory and visual silence, avoiding phone and app use, TV, or radio beforehand? Meditating on the readings beforehand? Arriving with time to spare?
  - ◇ Am I seeking forgiveness in Confession monthly?
  - ◇ Do I pray the Examen daily?
  - ◇ Do I have a spiritual director?
  - ◇ Am I following my Program of Life? Do I have one that aims to grow my love for Jesus and eliminate all that keeps me from Him?
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- ◇ Do I know what the Regnum Christi charism is?
  - ◇ Do I know my vocation?
  - ◇ Do I rely on the Holy Spirit to direct my personal holiness and that of our group?
  - ◇ Do I see my involvement in our group as important?
  - ◇ Do I encounter Christ in our weekly meetings?



- ◇ Do I live the love of Jesus from my heart? Do I share it with others?
- ◇ In what way do I actively share the gospel with others?
- ◇ What gifts has the Lord given me for the building up of His Kingdom?

## Living as an Intentional Disciple in the Arms of Mary

The Five Pillars of Regnum Christi life helps us live out our baptismal vocation to get to heaven and bring as many others with us in the concrete realities of our daily life. The Pillars calibrate our GPS (our Program of Life) to get to heaven! Ask our Blessed Mother to show you how to answer His personal call to follow Him and do so with joy through the Five Pillars.

1. Spiritual Life: "The core of a Regnum Christi member's life is to know Christ's love, love him deeply in return, and share that love with others. The goal is a dynamic relationship of love with God, nourished by the sacraments, the Word of God, the liturgy, prayer, and the exercise of the moral and theological virtues."

2. Formation: Growth in the spiritual, human, intellectual, and apostolic areas of our lives is essential to union with God. Without this "integral formation", how can we "be prepared to give an answer to everyone who asks...for the reason for your hope"? (1 Peter 3:15)

3. Mission/Apostolate: It begins with the foundation of building our own relationship with God, living our God-given vocation and state in life as my personal path to holiness, and then impacting the world around me through a life lived in union with God that reaches out to others in evangelization and apostolate. Charism is that gift that equips me for this purpose.

4. Personal Accompaniment: Discipleship entails relationship. As we accompany Christ to the Cross, through the Cross, and into the arms of the Father, so to we must accompany others on the way, "making up for what is lacking in the Body of Christ, that is the Church" (Col 1:24). "We seek to accompany each other as Christ accompanied people in the Gospel, person to person, discerning and following the path of holiness together." We are accountable to each other for spiritual support when we review our Weekly Commitments and humbly share in what we have done or what we have failed to do. Praised be Jesus Christ for His love and Mercy who renews us day by day!

5. Team Life: No one likes to be alone. God created us to be in relationship with Him and others. Thus, team life is vital for our survival as Christians. "Modeled on the first Christian communities, Regnum Christi members gather as communities of apostles to pray, to evangelize, and to support and encourage each other in the living of their Christian vocation. Team life provides a nucleus of spiritual friendship, a community that is there to share the gifts and challenges of daily life with each other, and a group of like-minded apostles who work together to bring the light of the Gospel to those around them."



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## Assisting Lori in her Leadership Role



I am going to be assisting Lori as leader of our group by taking on some of the responsibilities that are more time consuming for her. I am sure we can empathize with the daily difficulties that come with living out the vocation of motherhood! Praise God for different seasons of life, though!

On a monthly basis, I will contact each person to check in regarding the following:

- 1) Are you aware of your formation plan that includes the Five Pillars?
- 2) Do you have a spiritual director?
- 3) Do you have a program of life? Are you following it? What difficulties are you encountering?
- 4) How is daily mental prayer going?
- 5) Any prayer requests that we can bring to our Mother on your behalf?
- 6) How can the Regnum Christi community support and assist you in your spiritual life?

If you have any concerns or questions, please let me know.

Praised be Jesus Christ, now and forever!  
Pax! Inge Collins