



REGNUM CHRISTI

The Regnum Christi Formation Pathway

Essential Elements

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RC Formation Pathway

SERVES ALL REGNUM CHRISTI MEMBERS

I am convinced more than ever that living out and sharing our vision for integral formation is a significant contribution that the Lord wants Regnum Christi to make to the Church in this era of the New Evangelization.

But for that to happen, we may need to renew our appreciation for this aspect of our charism, and to mature in our understanding of it.

Fr. John Bartunek, LC SThD



Formation

To share a spirit and a mission, everyone's formation must take into account their characteristic features and requirements.

This formation must help us ***discover the full meaning of our lives in Christ, be configured to him, and fulfill our mission.*** Formation should be integral and embrace all the dimensions of the person.

**STATUTES OF THE REGNUM
CHRISTI FEDERATION (SRCF) #30**



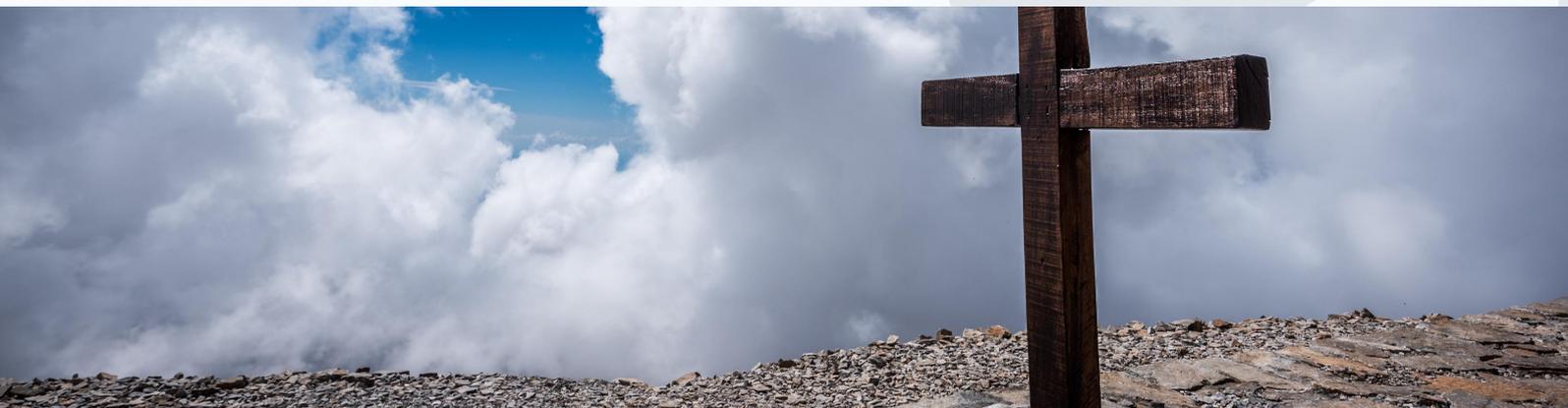
ASSUMPTIONS behind the Formation Pathway...

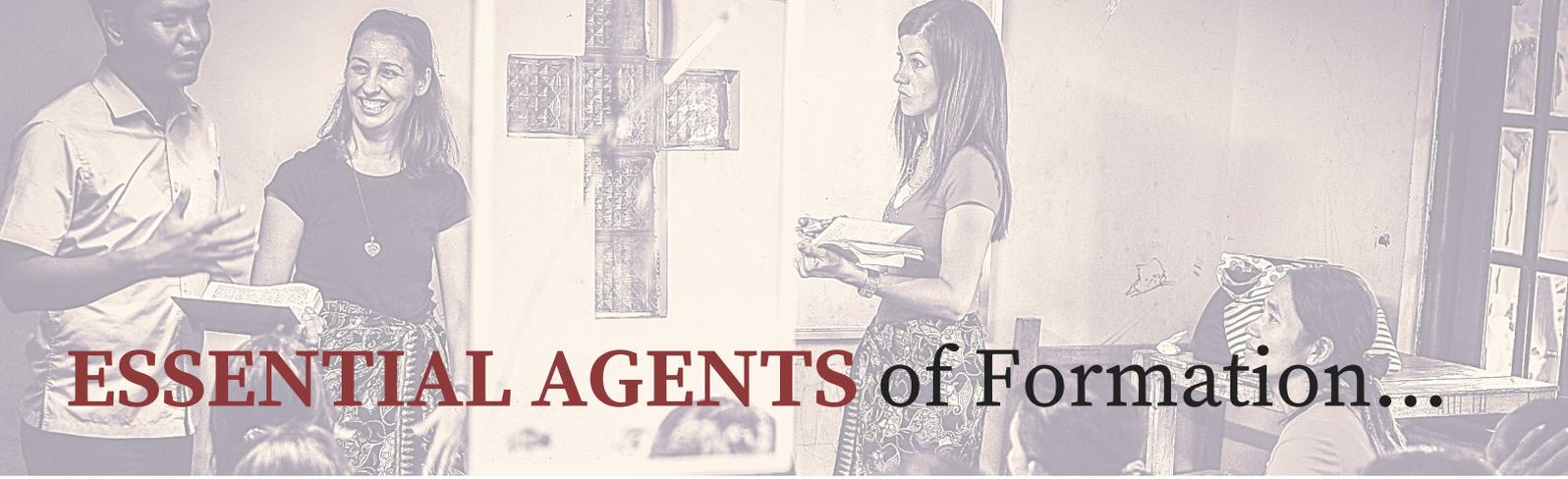
1. **Regnum Christi** provides *two keys* for formation:
 - a. a **clear** vision for a mature, joyful, and fruitful living out of the Catholic lay vocation; and
 - b. **means** (activities, experiences, resources, practices/disciplines) that help members pursue and fulfill that vision.
2. **Regnum Christi understands formation**, essentially, as **transformation in Christ**: “...until Christ be formed in you” (Gal 4:19); “... living the truth in love, we should grow in every way into him who is the head, Christ” (Eph 4:15) “...[T]he formation of the members, by action of the Holy Spirit, is aimed at discovering in Christ the full meaning of their lives, **being configured to him, and fulfilling the mission of witnessing to him...**” (SRC #30.1). RC formation, then, is not essentially something in addition to Catholic formation, but rather *a particular way* of receiving Catholic formation.
3. Some of a member’s formation happens **indirectly and organically** (i.e., not through formally structured interactions like spiritual direction or monthly retreats), simply through natural contact with other well-formed members, as well as through involvement in apostolic activities.
4. The **Regnum Christi charism** informs **all** the different formative activities organized and implemented by the Movement, not just those activities that explicitly address the charism per se. For example, even a course on the Catholic Catechism, given by an RC member, will in some way embody and transmit the Regnum Christi charism.
5. **Regnum Christi spirituality** has always understood formation as **integral**, involving the **whole person**, allowing God’s grace and truth to touch and transform and harmonize every dimension of our lives: **spiritual, intellectual, human, and apostolic.**



ASSUMPTIONS behind the Formation Pathway...

6. Although “systematic formation” (RL #2) is identified as one of the five elements of a RC member, this does not mean that the other four elements (spiritual life, personal accompaniment, team life, and apostolate) have nothing to do with formation. On the contrary, **all five elements intersect** and interact with each other.
7. By “formation” Regnum Christi does **not** envision a series of activities that automatically manufacture a finished “product”, as would an assembly line. Rather, formation refers to **an ongoing path of personal and communal growth**. This path has some common elements, but individual members follow it in unique ways at a personalized pace, in accordance with God’s providential and loving action in their lives.
8. Regnum Christi does **not** offer a strict formation blueprint (like a university-style curriculum, for example) that must be imposed top-down and applied in the same way by every territory, locality, section, and team. Rather, we propose and provide **essential elements that can be used and developed flexibly in accordance with concrete needs and possibilities** (territorially, locally, individually...).
9. Regnum Christi members are not expected to use only RC-produced materials or RC organized events/activities in order to pursue their formation. They are encouraged to find and utilize whatever means will help them continue to grow - without, of course, compromising doctrinal orthodoxy, charismatic vitality, or their Catholic worldview.





ESSENTIAL AGENTS of Formation...

1. **God** called us into existence, redeemed us, and lovingly sanctifies us. He is the primary protagonist of our transformation in Christ: “I am confident of this, that the one who began a good work in you will continue to complete it until the day of Christ Jesus” (Phil. 1:6).
2. **Each Regnum Christi Member** is responsible for cooperating with God’s action: “RC lay members assume personal responsibility for their own formation” (RL #7.1). No one else - team, spiritual director, section director... - can usurp this responsibility of individual members to intentionally seek their formation: “But by the grace of God I am what I am, and his grace to me has not been ineffective. Indeed, I have toiled harder than all of them; not I, however, but the grace of God [that is] with me” (1 Cor 15:10).
3. **Each Regnum Christi Team** should creatively seek ways to assure that its members are continuing to grow in their integral formation. Teams take initiative in this element of their calling, respecting Catholic orthodoxy and the Movement's unity, including Section and Locality formation programs. Team Formation, however, is not limited to only the offerings of the Section and Locality, and a Team should feel free to pursue additional formation opportunities.
4. **Sections** should take the initiative to identify and provide for specific needs and formation opportunities as regards their groups and teams, creatively finding ways to encourage and enable teams and individual members in their efforts for formation. Each AFIRE team’s Formation Coordinator has a primary role to play in making this happen. Section chaplains and other formators (RL #35.2) are key players in this as well.



ESSENTIAL AGENTS of Formation...

5. **Localities** should coordinate the formation activities of the sections with a view to synergy and efficacy.
6. **Some Regnum Christi Lay Members** will also be called to systematically dedicate their time and talents to the ongoing formation of other members, whether as spiritual directors, team leaders, formation coordinators, or in other ways. This can be a mode of apostolic activity for them.
7. **Legionaries and Consecrated Regnum Christi Members** have a special responsibility to help Regnum Christi lay members in their ongoing formation efforts (this is because of their specific calling and the extensive, in-depth formation that their calling entails). They do this primarily through spiritual direction (and other forms of personal dialogue), preaching, and instruction. Their formation efforts should be informed by the priorities of the sections they serve. To this end, they should have a deep understanding of and respect for the Church's vision of the lay vocation. RC section chaplains should also receive specialized formation to enable them to serve as best they can.
8. **The Regnum Christi Federation** (The Territorial Directive College) has three main roles as an agent of formation: The Territorial Directive College's unique role is to pay special attention **to supporting local formation coordinators and fostering the formation of local leaders** (section directors, locality directors, team leaders, spiritual directors, section chaplains...). They should also seek **to provide territory-wide resources, events, and activities** that can be used in a flexible way by sections, teams, and individuals. This is especially important regarding the first two phases of a member's formation (discernment, initial formation) in order to honor the charism and maintain unity. The Territory should be **especially sensitive to the needs of members, teams, and sections in the Diaspora.**
9. **The local Church**, in addition to benefiting from Regnum Christi formation and apostolic activities, is also a constant agent of formation for Regnum Christi members. Members, teams and sections should take advantage of formation opportunities provided by parishes and other diocesan-based institutions or initiatives.



The **General Objective** of Regnum Christi Members' Formation



The overarching objective of lay RC members' formation efforts is to grow continually towards the fullness of human and Christian maturity to which God is inviting and leading them as lay people in the Church and the Movement. In this dynamic maturity consists the holiness, apostolic fruitfulness, and lasting happiness that every Regnum Christi lay member yearns for.

A **Regnum Christi** member's human and Christian maturity is **enriched by the charism** we have received in the Movement. Mature Regnum Christi apostles, then, live the human and Christian virtues not only according to the unique richness of their individual personality and cultural heritage, but also according to some aspects of Christian living especially emphasized and nourished by the Regnum Christi charism. From this perspective, mature RC Apostles will show some **charismatic "spiritual family traits"** in the way they live out their Christian identity and mission. Together, these traits describe a kind of sketch-portrait of the Regnum Christi Apostle.



Regnum Christi Apostles:

- ...yearn to continue knowing, loving, and **following Christ more and more closely**, and therefore actively seek to go deeper in their prayer and sacramental life, **to be ever more fully “united to the vine”** (cf. John 15).
- ...long to have **Christ’s grace transform every corner of their being**, and therefore also work intentionally on their own human and intellectual development.
- ...feel themselves **co-responsible for the life of the Church**, whose “deepest identity” is evangelizing, who “exists in order to evangelize” (St. Paul VI, EN 14), and therefore are always ready and willing to reach out to others with the Gospel message. They do this through one-on-one encounters, through sanctifying their everyday activities, and **especially through creative and organized apostolic action in harmony with their particular lay vocation in the Church, which emphasizes transforming the temporal order with the leaven of the Gospel.**
- ...are convinced that Christ’s Kingdom here on earth is constantly being opposed by sin and by the “powers of darkness” (Eph. 6:12), and therefore live out every aspect of their Christian identity and mission dynamically, with courage, resilience, and astuteness. This is what we have traditionally called a militant spirit.
- ...are equally convinced that in Christ the everlasting victory has already been won and given to us through grace, and therefore their lives are marked by a sincere and spontaneous spirit of optimism and joy
-have experienced Christ’s love for them in a particularly personal way, and therefore give extra attention to passing that love onto others in everything they say and do, especially through hidden acts of kindness and through always showing honor and respect for others in their words. This is what we have traditionally called “benedicencia” (cf. SRCF #23.2)
- ...view time as one of God’s most precious gifts, and therefore seek to use their time wisely and responsibly as a way of glorifying and loving the Lord (cf. SRCF #21).



The Four Phases of Regnum Christi Members' Formation

1. DISCERNMENT (prior to association)

*The primary objective in the discernment phase is to respond accurately and generously to the question: **Is God inviting me to join Regnum Christi?***

2. INITIAL FORMATION (the first 6-9 months in RC)

The primary objective of initial formation is to lay the groundwork for a solid and fruitful integration into the life of the Movement.

3. CORE FORMATION (the following 2-4 years in RC)

The primary objective of core formation is to fill in any major gaps in the member's integral formation and lay a solid foundation for a lifetime of growth in holiness and apostolic fruitfulness.

4. ONGOING FORMATION (lifelong growth)

The primary objective of ongoing formation is to live one's RC vocation to the full and to the end, attaining "the full stature of Christ" and bearing for the Church apostolic "fruit that will last".



Objectives of Discernment

The primary objective in the discernment phase is to respond accurately and generously to the question: Is God inviting me to join Regnum Christi?

- Discerners should come to a basic understanding of what this kind of vocational “discernment” involves.
- They should come to a basic understanding of what ecclesial movements are.
- They should have an introductory grasp of the history, identity, spirituality, and mission of Regnum Christi.
- They should know what commitments and benefits flow from joining Regnum Christi.
- They should have some experience of life within the Movement, interacting with more than just one Movement member.

The primary means to achieve these objectives is the “Discernment Series”, organized and hosted by RC members, as currently available at regnumchristi.org.



Objectives of Initial Formation

The primary objective of initial formation is to lay the groundwork for a solid and fruitful integration into the life of the Movement.

- The new member should experience a welcome by the team leader and other members of the team, and have a chance to get to know them and be known by them.
- The new member should be instructed about and given a chance to experience the basic elements of life in the Movement, including especially (as presented in the “Beginnings” document at regnumchristi.org):
 - 1. A fuller exploration of the nature, history, identity, mission, and spirituality of the Movement, including core convictions, competencies, and virtues.
 - 2. The Team Encounter with Christ and the principles of team life.
 - 3. The purpose and method of dialogue in RC (team leader dialogue, apostolic mentoring, spiritual direction).
 - 4. The other means for spiritual growth and an introduction into the spiritual life.
 - 5. The structure of the Movement, including AFIRE, and the life of communion among the branches.
 - 6. What “being an apostle” and “doing apostolate” involves, including the principles of RC apostolic methodology.
- New members should be helped to evaluate their current level of formation in each of the four dimensions of integral formation, in order to identify priorities and make a personal plan for formation.

The primary means to achieve these objectives are: dialogue with one's Team Leader; activities for new members provided by the section and/or locality; study circles on basic RC documents, attitudes, and virtues (e.g. Statutes, Core Convictions...)



Objectives of Core Formation

The primary objective of core formation is to fill in any major gaps in the member's integral formation and lay a solid foundation for a lifetime of growth in holiness and apostolic fruitfulness.

- Members should begin to mature in the development of the basic human and Christian virtues most essential for the fruitful living out of their lay vocation in the Church (especially following the Second Vatican Council's vision for the lay vocation), including the cardinal virtues, the theological virtues, and the evangelical counsels in accordance with their state of life.
- Members should develop strong habits of mental prayer, conscious and intentional sacramental life, and active participation in the Church's liturgical life.
- Members should develop a solid understanding and appreciation of Catholic doctrine, personally assimilating the basic teaching of all four parts of the Universal Catechism.
- Members should develop the ability to explain and defend Catholic teaching (doctrinal, moral, and spiritual) to people they interact with on a daily basis, and in relation to the most pressing social and cultural issues where they live and work.
- Members should come to value personally and make fruitful use of the means for spiritual growth recommended in the Movement.
- Members should experience various forms of apostolic activity, seeking to discover the best apostolic fit for their personal talents and gifts.
- Members should develop a sense of personal co-responsibility regarding the health, growth, and apostolic activity of the Movement in general at the service of the Church and the New Evangelization.

The primary means to achieve these objectives are all the “essential means for formation” outlined in the Formation Pathway proposal.



Objectives of Ongoing Formation

The primary objective of ongoing formation is to live one's RC vocation to the full and to the end, attaining "the full stature of Christ" and bearing for the Church apostolic "fruit that will last" (Eph 4:13; John 15:16).

- Members should continue to invest in their spiritual, human, intellectual, and apostolic formation so as to allow all the human and Christian virtues to flourish, bringing them to experience the relative fulfillment God wants for us even here on earth.
- Members should learn especially the "discernment of spirits" in order to make wise and fruitful decisions in their personal, communal, professional, and apostolic relationships and endeavors.
- Members should learn to identify and cooperate with infused contemplation in their life of prayer.
- Members should develop their knowledge of Catholic teaching (dogma, morality, spirituality) especially as regards the challenges and opportunities of their state of life, of their professional area of expertise, and of their personal interests.
- Members should come to live more and more by the gifts of the Holy Spirit and by the infused virtues, so that they not only persevere but also grow to maturity as Regnum Christi apostles, experiencing greater intimacy with God and docility to the Holy Spirit, and bearing more fruit for Christ's Kingdom.
- Members should learn to adjust their apostolic commitments and activities in accordance with the needs and opportunities of the different seasons of life and the interior guidance of the Holy Spirit.

The primary means to achieve these objectives are all the "essential means for formation" outlined in the Formation Pathway proposal.



A Summary of Essential Means* Regnum Christi Offers as a Path of Formation for its Members

INDIVIDUALLY

- personal vocal prayer
 - mental prayer
- Mass and Communion
 - confession
- liturgical season celebrations
 - spiritual direction
 - team leader dialogue
- apostolic dialogue/ mentoring
- personal study • vocation statement & program of life
- engaging in apostolate

IN TEAM

- Encounter with Christ
 - study circle
- team integration activities
- team apostolic activities
 - friendships and relationships among team members

SECTION/ LOCALITY

- monthly retreats
- annual spiritual exercises or renewal-triduum
 - study circle
 - marriage renewals
- mini-courses, conventions and RC Day

TERRITORY

- webinars and courses for particular groups of RC leaders (e.g. spiritual guides)
 - conventions
- supplemental formation material produced and offered for local or individual use - especially Discernment Course and Initial Formation materials

* THIS IS NOT MEANT TO BE AN EXHAUSTIVE CATALOGUE OF FORMATION RESOURCES/ACTIVITIES/ OPPORTUNITIES, BUT A LIST OF THE “BREAD-AND-BUTTER” MEANS OF RC FORMATION.



A Note on Specialized Formation

RC members exercising the service of leadership within the Movement (e.g. Section Directors, Section Chaplains, Locality Directors, Team Leaders, Spiritual Directors, AFIRE Team Members...) should receive proper training and support in order to carry out their role fruitfully and in union with the Movement as a whole.

- These members should receive explanations about the responsibilities of their role, including the extent and the limit of their authority.
- These members should receive initial and ongoing instruction about how to carry out their responsibilities, including instruction about best practices for their particular role.
- These members should receive ongoing mentoring as they carry out their responsibilities.
- Current and future spiritual directors should attain and maintain an adequate level of certification.
- It is critical that all Legionaries and Consecrated members of the Movement understand and respect deeply the Church's vision of the lay vocation.

The primary means to achieve these objectives are webinars, one-on-one conversations (phone, Skype, in person...), specialized conventions, special formation tracks in regional and national conventions, and specialized courses and mini-courses (either on-site or online).



Where to go from here...



Step 1: Read it

Download the RC Formation Pathway Summary or get the RC Essay from RCSpirituality.org



Step 2: Evaluate

Evaluate the 4 phases and where you and your team identify you are along the journey



Step 3: Make a Plan

Start sharing ideas and initiatives for making a plan for your formation



*For more
information:*



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