

The Identity of the Lay Regnum Christi Member

As part of the journey of discernment leading up to the 2024 General Convention, the lay members of Regnum Christi felt called to reflect more deeply on our identity and mission and on our vocation in Regnum Christi. We want to understand what our role is, not only in the Church but, in a particular way, in our spiritual family in the light of the Gospel, ecclesial documents and our charism. For this purpose, a discussion guide was published and made available to all lay members who were encourage to use it within one of their regular Encounters with Christ. The discussion guide is divided into eight sections, seven of which invited lay members to reflect more deeply on statements regarding the identity of the lay Regnum Christi member taken directly from the Statues and the Rule of Life.

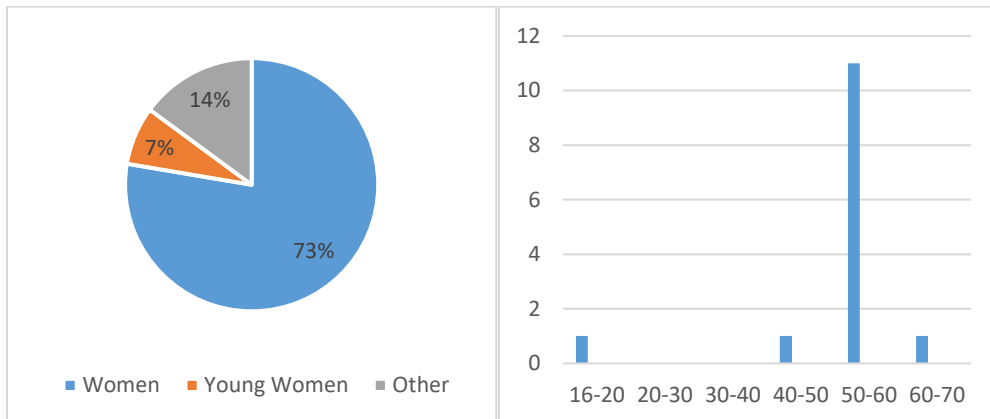
Section 1: Audience Analysis

Number of participating teams: 14

Individual contributions: 3

- Atlanta (1)
- Calgary (1)
- Manila (1)
- New York Tri-State (2)
- Other (9)

What kind of team/community do you belong to? Average team members' age:



Section 2: "The associated faithful contribute their secular nature and their apostolic action. The lay people extend Christ's presence in the midst of the world and seek to transform temporal realities with the message of the Gospel, especially family life, professional life and life in society" (SFRC 5,3)

1. What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level or as a team?



- Lifelong formation and growth, the experiences we share as a team and with larger RC and how we take the light we have and the peripheries. RCIA at parish. Monthly mornings of reflections. Half-day retreats twice a year.
- We make a difference in the world around us within our lay state of life. We need to be salt in the world; especially in schools, other social groups, embracing the secular parts of our lives. We need to serve our families first. Inspire colleagues in the professional environments. We bring our charism into these communities. Keep receiving nourishment to keep the salt flavored within our RC Teams and then go out. Contemplative and evangelizing.
- Active presence in our community and in our parishes. As teams we support the whole section and our parishes, our whole community, to have opportunities to engage with Christ through others and events we hold. RC members are on the board of YCP (Young Catholic Professionals). Some teams have no interactions with LC on a regular basis; this Columbus team is only 3 people, so they enliven the community through parish work. Teams and RC members support the missionaries (Philly). There are always opportunities to speak up and speak out with charity and love, using wise words of shine light on Christian principles in a secular world. This ability comes from the formation given from RC. And we can shine our light with love on our family life. Provide the example of Christ's love in all our parishes, family life and society, and work. Huge outreach with missions and pilgrimages, too (Southern Ontario).
- We receive salt and light to each other and then share it with others. We take the love of Christ to the world. In my personal life - I am a team leader and I try to reach out to my members to keep us connected (virtual), to make sure everyone is ok and give them the info they need for events etc. I also do that in my church and in the activities I am involved in, in my church, and also people in the community or people in general that I know - not pushing RC but sharing the love of Christ and draw them into deeper relationship with Christ themselves. Because of our formation - we have received so much and so we spread the gospel by who we are, they can see Joy, peace etc. I am a funeral attendant - I don't have to speak lots, but i can speak words of eternity and just "be" for others. Our team is always hungry for more formation and I think that that helps us to bring the truth to others. Our resolutions revolve around truth and being courageous and authentic when we are dealing with other people and in fulfilling out our resolutions. We live this as a team through the dynamics of the Encounter with Christ, through the eyes of the gospel.
- How we live it out is how we present the Gospel to others. How others have commented on the way we express ourselves. Actions speak louder than words. How specific gifts help us in the apostolate. The gifts are many and varied - that's our saltiness! Participating in parish life helps us promote our RC programs, mornings of reflection and opening EWC to parishioners to 'come and see'.
- Living life with Christ starting in our family. We try to reflect love for Jesus, starting at home and to see Christ in others. Our prayer life if the fuel for loving others.
- RC members receive and give 1:1 attention, walking with people and being present to others. Charity in speech now seems like something only RC talks about; there is a lot of negativity in the world. Looking for the good, as we do in our Encounter cases, helps us



to build a habit of seeking the good in difficult situations. Our resolutions help us to live charity in a real way and extend it to our families and communities.

- Open Study Circles. Consistency in formation connects us to apostolates, serving/connecting to others. Apostle's heart in all the realities of our lives. Looking for opportunities to share the light. Community. Asking each other for prayers, inspires. Supporting each other's apostolates, families, etc. Accountable to each other
- Leading by example, through the program of life we are living with intention and showing Christ to others. Extending mercy and kindness to those around us.
- Live as a team through spiritual gatherings, and choir, and our individual services to parishes and other personal apostolates. Our commitment to gathering as a team despite many life activities, work, families. We are able to bring our faith and identity as RC members into our work space and societal spaces.
- Program of Life, Encounter resolutions are examples of ways RC helps us live out being Christ's presence in the world. We set goals, make an impact and have accountability to follow through, not just have good intentions to serve Jesus. Our Encounter with Christ team also helps me make sense of our human struggles to persevere in serving God.
- The lay faithful in RC pursue their own formation to support local parish in diocese and contribute to apostolates of the church that are worldwide. Avoid negativities within society; try to speak well, avoid gossip, etc. All activities within RC help us to evangelize others. Bring others to God. We extend Christ's presence through apostolate to bring Christ's love to others drawing them towards Christ.

2. In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?

- Hope to grow RC members. Personal contact with other souls and see them light up and get it. That people have a place to come to get it. Now that we are coming out of Covid, people are craving contact.
- Interaction with other RC members, prayer life, program of life, spiritual direction, spiritual exercises/Triduum of Renewal, apostolate working together as a team/serve the needs of others. We need to hear how we are impacting others through our RC charism. We are part of God's lifesaving mission in the world as lay people.
- Sacraments, Prayers, Encounters with Christ, offer such comfort, support, growing together, great consolation and accompaniment. Other women to pray with and lift each other up in prayer. Example of others to help motivate and grow in holiness. Mediations feed your soul, give us hope in the face of the world's darkness. The Holy Spirit always works through the meditations/materials.
- My team give me so much hope, support to each other and so we generate all these things to each other. Togetherness, knowing that we all share the same support in our experiences - we support and encourage each other.
- There is a place where we can use our gifts. Collaboration between RC and parishioners is inviting more people to experience the charism and for us to appreciate the needs of the parish and priest. So many fruits.
- Knowing Christ came, suffered, died and rose for our sins, and through his resurrection we have hope for eternal life. Faith is Christ's promises all come from his Sacrifice. This



generates hope for me and others. Hope to life in heaven with Christ. More than life on earth, we are striving to heaven and to bring souls to heaven. Prayer and the Sacraments and trust in His Promises.

- A feeling of joy is experienced because we learn how to be in tune to our charism and unite ourselves with the Holy Spirit. Feeling comfortable talking about RC life allows us to share what we experience, including charity in speech and looking for the good, in an atmosphere of no complaining, offering solutions instead of difficulties; we lend our gifts to one another and this helps console us with joy and positivity.
- Only give what we have.
- My fellow RC sisters in Christ. Knowing other faithful Catholics who are living the faith. Regular encounters give life. The sacraments and prayer life give consolation and hope.
- Team life and the sense of belonging to a spiritual family and the accompaniment I receive. Nice meal gatherings, and we know Jesus also eats. Retreats help us refresh and bond, humanly and spiritually.
- RC is a supportive community that encourages me to look for ways to be Christ's hands and feet as well as anchor me in the challenges of living our faith in this world.
- Living a Sacramental life, good prayer life, can influence others and hope to bring them back to church, what we've been given within RC we are able to help others to grow right within the context of our daily life. Our personal relationship with Christ and formation can help lead others to a greater Sacramental Life or personal prayer, spiritual reading.

3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- Some parishes not receptive to RC, fear of size of project, being on a virtual team - hard to get together in person for an event
- Secular culture in general and sometimes being impacted by the behaviors of society. Effectively creating an encounter with Christ who are unchurched. Not connected enough which may also be dependent on where one lives in their countries.
- Human weaknesses, lack of mastery of virtue can discourage us. There are always difficulties that can get in the way, but we have to be creative and embrace all kinds of situations, esp. asking for Legionary priests to come visit and form our smaller sections. It is really difficult for the Columbus group with the LC who are not allowed into the district yet. Toronto has not allowed the Legion to visit either. Philly feels so blessed! Calgary too!
- In my section – geography – the metroplex, Dallas Fort Worth – I travel 1.5 hours to get to my Encounter with Christ. I do have freedom to do that, but harder to do for the young moms etc. We have people with a lot of commitments to their parishes, CEC and outside activities that don't always give RC a priority and to get together and meet in order to provide each other support. Hindrance – where I'm at spiritually stifles, sinfulness, the human condition, we don't prioritize correctly. Some coworkers do not want us to share things in the lunch room...one team member's husband even discourages it Sometimes just us being RC, parishes don't want us – whether it's from things in the past, something misunderstood? Sometimes a Bishop is friendly and loves



the Legionary, another doesn't want the Legionary or Consecrated and so that is discouraging for RC members of that particular diocese

- Everything in our post-Christian/modern society. Hard when we wear so many hats and when communities are small. The busyness of life. Not to get hung up on numbers. Lack of capacity to properly accompany others.
- Human nature and our weaknesses. Feelings of desolation and dry prayer life. We see challenges in the world differently. There are people who've lost faith or don't have hope. People not believing in God can be discouraging. We can get worried about environmental limits and what we can do. There is no sense of sin.
- It is discouraging to see society, families, particularly on the topic of marriage and unusual life situations, the lack of formation about the Eucharist and our faith in general. It is overwhelming. Human respect and caring what others might say about us can stop us from giving charity in speech, unconditional love because others do not receive it well (they think perhaps we have bad intentions).
- Society/culture that you can't talk about/tolerance. Or people don't want to hear it. Silos, getting to know the various strengths and talents. Clifton Strengths help but need to be shared more. Can over extend, pride to doing more; and only I can do it. Share the load, working as team. Discern your eyes. Tend to compare ourselves with others that we don't have those gifts. Get out of our comfort zone. Knowing the basements of our
- Difficulties within the family that do not understand our commitment to the faith. Negative news about the faith.
- Lack of time, other faith related activities fighting for our time. Don't have team apostolate yet. No permanent Legionary presence in Hong Kong.
- World is actively trying to discourage us from lives of faith. We can become weary in fighting against the sin around us. We are thankful for the hope and encouragement we find in RC to battle the negative pressures against our faith.
- Spiritual warfare like within workplace, New Age, not being able to share our faith as easily within our secular culture. A lack of commitment to our commitments. Trying to find the right level at the right time in our life depending on the flow.

4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay members in our concrete circumstances during the next six years (until the next General Convention)?

- Get stronger ties in some diocese, share in live the mystery events and share best practices
- More connection within the Movement to help us fulfill our mission, practical formation on how to meet others where they are and have an encounter with Christ, help develop firm conviction of baptismal calling to evangelize society
- Share more between sections! Lift each other up! Connect nationally and internationally. Super motivational! Conventions/RC groupings help motivate us and help us feel like a family!
- Lack of support from coworkers, spouse, parishes, diocese, and locality (if it's spread out...can't gather) Formation – we all need a continual formation as a help to live out our



key elements. Support – especially for our leaders – we shouldn't need to google what a team leader does (one of our team leaders had to) Reinvigorating of our person to person/accompaniment – this part of our charism – so important A book called “Contemplative and Evangelizing” by RC Spirituality – this would be a great formation resource. Do the Contemplative part and we may be more effective than with our evangelizing activity.

- Boldness, confidence to speak truth and stand your ground in a loving way. Prayer, courage, embracing the joyfulness of our charism, our apostolic and secular. If we are not doing out of love for Christ and others, then we are not doing it effectively or well. Encounter with Christ is the 'Base Camp' from which we can boldly go. It is where we are fed and nourished.
- Apostolic action in Regnum Christi. In our own teams do we have ways to bring others to Regnum Christi? Our own spiritual growth and avoid what brings us down and reinforce things that are positive so to bring the Kingdom of God. Our own formation, prayer and Sacraments. Pray for our family. Invite others to mission; set example of love for Jesus. Activities that RC does (programs). Support our priests and pray for vocations. We need to secure our own base and to build strong Catholic communities in parishes. RC involvement in parishes and in the diocese will help attract others.
- Charity in speech needs to be addressed in the next 6 years; "let them see your good deeds" - to live fully, more zealously a charity in speech. All disciples must present themselves as living sacrifices and give charity to others. We need to work on being faithful to our RC prayer life; this allows the light to be stronger. The more knowledgeable we are about our charism, the greater we live it; live the charism unapologetically, feeling free to talk about it with others.
- Knowing our Clifton Strengths; balconies and basements. Knowing and living the 5 Elements of RC. Knowing the various apostolates and networking. Do the Lord Teach Us to Pray program Fidelity and consistency to prayer,
- Living purposefully through the encounters, program of life, the sacraments and prayers. Bring an element of our spirituality to the groups that we interact with in the parishes and families we serve.
- Promote accurate and localized understanding of the RC movement and develop deeper our characteristics as a local team. Recruit more members (how to systematically identify those who have affinity with RC charism). Seek a home base, be it RC center, parish or school. Establish legionary community in Hong Kong.
- We would value hearing more stories of the impact RC is making in the world - the small one on one impacts as well as large programmatic impacts to encourage us to persevere.
- Adherence to our commitments, frequent spiritual directions,

Section 3: "We seek to give glory to God and make the Kingdom of Christ present in the hearts of all people and in society, by our sanctification in the state and condition of life to which God has called us, and by personal and communal apostolic action" (SRCF 7)

1. What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level or as a team?



- Our personal formation from RC gives us confidence to do this, role models and witness and evangelizing where we are, the way we deal with adverse circumstances (better) helps to keep the hope and share it, stepping out of comfort zone, having an eternal perspective on things
- celebrate personal apostolate in team life, support each other within our teams more effectively through prayer and apostolic action with one another as possible; unifying teams with different activities; our God-given gifts/talents lift each other up and give to others; not have to be perfect to be loved, we are the members of the body with Christ as the head.
- Means of perseverance help us to work toward holiness. Parish life and actions in parish life and keeping our families connected to parish life. RC is the catalyst to be more active. RC challenges us to step outside of our comfort zones and also to keeping to the structure of prayer life and promises help us all work toward sanctity in personal and communal ways.
- The way I live this out is by the resolutions that our team comes up with. With our spiritual reading that we seek out on our own Adoration, spiritual Direction, and mission statement for our team – busy Moms on our team, so when we do an apostolate, we ALL have to agree to it. That way we are all invested in it. We consider everyone's condition and state of life – busy Moms with young kids
- We are responsible for our personal formation, personal prayer, sacraments, spiritual reading. We need to be working together the apostolic realm. We are not cloistered, we need to go out to the world. Our sanctification (holiness) is what we bring to our apostolic action.
- Through prayer, sacraments, with family and reaching out to others. Give glory to God expressed through actions. Being faithful to our prayer life and our state in life. Our charism opens us to an awareness of others. Evangelizing is person to person and welcoming the stranger. Bringing glory to God in all circumstances. Living our faith and open to others.
- To live our charism is to glorify God in our communities. Do we look for the good, speak the good? If we see good, we can celebrate it and help it expand and grow. We take it seriously to work toward our own personal sanctification, with adoration and the sacraments and our personal life with Christ, and in all the ways we are formed spiritually. If we didn't have guidelines to help us, we would not be living as fully in the sacramental life, would not be held accountable to others, or to our promises to Christ which help to keep us rooted in His love, in His will.
- By our weekly team resolution and personal commitments. We give God glory through the virtues that we are developing in the family. Working within our parishes in RCIA and Walking with Purpose and other apostolates.
- Heartfelt awareness of our identity as RC members with our families, work space, parish and wider community. Through our actions and words we strive to let Christ be seen in us.
- We live joyfully, witnessing to each other how to live with joy and zeal despite trials. Our sanctification comes within our suffering and as we reach others within our lives, families



and communities. We bloom where we are planted. We don't have to always look to go outside our own sphere.

2. In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?

- When someone "gets it" feels hopeful, feel consoled, encouragement from spiritual director, growing intimacy and prayer life, growth deepening my learning and understanding and synergy of sharing in team - even when meeting is virtual!, being blessed with a beautiful group of women, weekly meetings
- Doing apostolate, having fun together, being loved unconditionally - see how they love one another - this is attractive; what's app prayer requests reaching out for support
- Means of perseverance help ground me in my faith, in Christ. We are all working together towards the same goal to give glory to God. Daily, weekly, monthly commitments do so much to help us stay focused on Christ and surrender to His will. Helps us to be forgiving of ourselves and get up and carry on again, daily. A deep relationship with Christ through Spiritual Direction.
- Adoration, daily Mass, formation we receive, we understand our identity as our particular condition and state in life – the doing of this brings joy to other people – this brings hope and enthusiasm as well
- Balance between personal and communal growth. Having concrete things to offer the people we encounter at whatever state of life they are in. Knowing we are all in the Body of Christ, gifted in different areas and serving together. A place to be our authentic selves. Sanctification is modeled for our families and communities. Aids in fidelity to our vocation(s).
- Daily Gospel reading and reflection gives enthusiasm to try to help others.
- Team life and asking others to help really allow others to be a part of something, like we are, to feel good about helping others. We need to work together, we need to feel needed and appreciated and give others an opportunity to help (esp. in our families, young children)
- When you see growth in others that you have been working with and praying for. Team life within the section supporting each other.
- Our personal apostolates bring us life and apostolate. Quality time in front of Christ in prayer and adoration. Our continued formation, the joy of discovering continued conversion. Learning how to answer challenges with Christian attitude which lets me know Christ more.
- Working for Christ brings us happiness. We receive joy by serving and reflecting hope to others.
- Even if we aren't able to prioritize our faith or fall into sin, what sets us apart as young lay people in ministry is knowing we have a purpose. We know that by baptism, we are God's children, and He is merciful to us. If we stray or stumble, we know that we can always come back to Him. To understand this as youth in our state of life now, wherein we are discerning a lot of important decisions, it gives us a lot of hope. As secular as this world is, we know we are guided by Him through the Holy Spirit. Our worth is not defined by our decisions or our sin but by how much God loves us.



3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- The evil one, when I let him speak lies to me, chaos and negativity of the world, divisiveness, distractions,
- New members are not comfortable sharing - need to develop courage, recognize different temperaments, we may have poor discernment - balance through discernment- not so thinly spread so as to do things well.
- Obstacles put up by others who have RC blocked in their diocese. Not having RC slows down progress to apostolic action sometimes.
- Sometimes priorities are not ordered correctly and therefore tired - not taking care of myself; Not giving things the proper amount of time - also, overcommitting ourselves; because our state in life does not allow it - we are overachievers and then everyone around us suffers.
- Pandemic gave us a deeper appreciation for time and family life, for communal prayer/mass and gave us time to work on our sanctification. Now, however, the busyness is ramping up. Taking time to simply listen and love people where they are at. Polarization.
- Laziness and procrastination, dryness in prayer, situation of the world can make it difficult to reach out. Situations in society. We can only control what we do. We need to be salt and light to others. We need to pray for our leaders. God presents opportunities to see his working in our lives. Saints can give us hope. Divine Mercy.
- Pride and doing everything ourselves stops us, not allowing others to use their gifts. When bad things are happening, we need to show others that God is working and to say it. "I see how God is working in your life." Human respect here, too, stifles us when we don't get to share it with others. Another aspect is accompanying others - to get through it together. A lack of communication does not help us - we need to communicate thoughts, feelings, to better understand others and what they need from us.
- When we don't use all the tools in our belt to grow in virtue. Our vices discourage and slow us down.
- People with misconceptions about RC's present and past.
- The world in which we live in as lay people is not conducive to prayer. It's a secular world, and it's hard to stay consistent, especially when prayer is not built into your "routine" as it is with life in religious vocations. When we live in the world, prayer becomes more difficult, with work and distractions present all around. It's hard to remember to pray and to nurture our relationship with God. Our social circles do not also tend to talk about faith often and openly. This is why Holy Week is such a time of remembrance among other things - the summit of our faith. At the end of the day, it comes down to being a good person - a witness of the gospel as we go through daily life. The least we can do is to remind those around us of goodness.

4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay

members in our concrete circumstances during the next six years (until the next General Convention)?

- Connect to God first and early, be faithful to prayer time, spiritual direction, formation activities, broadening our teams as we see areas to explore - study circles, make RC have a presence in our parish - join with another team and host in parish something specifically RC
- Spiritual Direction to help with discernment, networks for different apostolates to support throughout the Movement (ex. RCIA, Natural Family Planning) especially for those in diaspora; encourage more unity and synergy across the different sections within localities (men's, women's, young adults, consecrated, Legionaries).
- Embrace means of Perseverance and all RC formation we can to bring Christ to others with RC love.
- Keeping our priorities – Prayer, person, partner, parent, and provider. This includes getting regular Spiritual guidance. Spiritual exercises
- Conventions and Youth and Family Encounters are important opportunities to grow and revive our charism and sense of family. To form and send. Growth in the under 60 age group.
- Work on our prayer life and sanctification. Focus on the positive things.
- We need to accept the state of life that we are in. If we are bitter about our state in life, we do not have peace. You can't be apostolic if we grumble our way through our days. "Bloom where you are planted." Work with others, invite others, and be with others through the good and bad.
- Taking advantage of the Legionary Priest when he is in town. Persevere in developing virtue, the team life and section. Encouraging each other to continue with Team Life
- Continued rigorous internal formation. Work towards Legionary presence in Hong Kong.
- We occasionally need moments where we come together with RC members outside our Encounter Team to work on apostolic projects and events. More opportunities to know where our gifts are needed and be invited to step forward to help.

Section 4: "To fulfill our mission, we seek to make present the mystery of Christ who goes out to people, reveals the love of his heart to them, gathers them together and forms them as apostles and Christian leaders, sends them out and accompanies them as they collaborate in the evangelization of people and of society" (SRCF 8)

1. What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level or as a team?

- This is the core - how we do the first question, making it known at parish level that what we are doing is RC way
- Our charism is needed in society to form better leaders; we've gone deeper in wanting more people to have a deeper experience with Christ instead of just living rightly, we may need to improve upon this effectiveness,



- Mission. Live with a missionary purpose. Help the Consecrated or the LC when they come for a visit; we all sit at different tables to be the leaven at the event! Live the charism of RC... keep sending each other out. Invite others for every event! Continued accompaniment is the key for evangelization.
- We have some very good evangelists on our team and are very good at accompanying people – they bring people to our events, they are courageous. Some of us perhaps don't have the opportunities to invite or just don't know how – more training in that would be great. As we reach out to others, they can become closer to Christ and in their faith but they don't necessarily become RC, and that is ok. This happens naturally in some of our apostolates – Challenge etc. and for those simply working in our parishes. When we do have RC apostolates in the parishes, it is much easier to invite/bring ladies into RC – without this, people do not see the benefits of RC, they need more than just meeting a RC person...
- We live this out in apostolic actions. Mornings of Reflection, Holy Hours etc. are moments to gather and inspire people. Our Encounter with Christ does this. Missions - in collaboration with parishes and dioceses. Being in tune with the Holy Spirit and responsive to His promptings.
- Develop our prayer life and to share with others. We need to share. The more love of God we have the more we want apostolic ministries. Commitment to our Program of Life, the Sacraments (Confession and Eucharist), team life with Encounter. We need to be committed to these things. Apostolates need to respond to the needs of others. God will guide us to respond to their needs. To know God's will, we need to be committed to prayer. Walking with Purpose leaders participate in making disciples. Silent retreats and Evenings of Reflection give us an opportunity to invite others.
- The point of this entire exercise might be to express that our method of acting should be like Jesus. To reveal the love of His heart, when we are in prayer, remind ourselves that God loves much more than we do. We are called to form apostles.
- As we continue to form ourselves we invite others to join in RC activities. We seek to encourage those engaged in Church to continue by thanking them and recognizing the work they do.
- As first generation members in Hong Kong our quest to understand the charism help us become better evangelists. We reach out to non RC, non-believers and non-practicing, those we can bring closer to Christ. We do this directly as catechists and godparents, and indirectly via the way we live our lives.
- To actually go out of our way, to meet people outside our circumstances, is still something we struggle with as young adults. We have a tendency to compartmentalize the aspects of our lives that our faith touches in order to fit in better with our peers who do not come from our communities or close circles. The topic of religion is not always popular or received well in conversation, which is why it's important that we live out our faith through our actions. Through the way we treat others, we can make them feel valued in the way Jesus did. It might also inspire them or move their hearts. This is how we are able to make the mystery of Christ present today.
- Five Dimensions of RC give us formation, spirituality and accompaniment (SD and team life) to evangelize within apostolates; invite for spiritual retreats either to share with us or



be supported towards another path. Worked within out state of life and time (young family - raising children/Familia; marriages,)

2. In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?

- It is my lifestyle - my life! Prayer - constant prayer. Joy of being with Christ in everything. Methodology lights others - it is effective in bringing Christ to others.
- RCSpirituality toolkit
- Seeing the people come and are on fire at the events we put on! When people see the charism in us and want it gives such hope in the power of the charism.
- The accompaniment is life giving, very gratifying, and the individual growth of accompanying someone and see them get closer to Christ. We don't often get to see the whole process unfold, but yes, this brings much joy.
- To hear about the apostolic and evangelizing action others are doing. Personal testimonies. Jesus Revolution Movie, The Chosen how the main stream is sometimes open to the Christian message.
- Seeing the fruits that each of us are doing generates enthusiasm.
- Gathering small groups and facilitating them, bringing them closer to Christ intellectually and humanly, spiritually as well.
- Having gratitude for those around you and expressing that to others. Speaking to others and genuinely showing care and love.
- When we see the growing enthusiasm for our public formation activities. Good feedback from others, others who come with genuine interest, albeit with challenging questions.

3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- Not everyone sees mission this way. The world. Wanting to be gentle but feeling so zealous about wanting seeds to be planted. Challenges of building relationships that will allow us to meet them where they are. Being intentional about getting to know people individually. Being busy.
- Accompaniment and follow up can be hard. Get people out of their parishes to do RC apostolic work. Need to recommit to RC apostolic work.
- When the Bishop is not welcoming to RC, then it makes it very difficult to go out and do apostolates of any kind. The Culture makes it hard – people need Christ even more than ever, so they may be more open, but the culture makes it hard for people to even consider Christ
- When we struggle with our own family members it can be discouraging to go out to others. Overcoming the first step, having the courage and the proper discernment to do it. Spiritual Battles. Transitioning and changing roles. Learning to say no.
- Team life can develop apathy and we have difficult obstacles. Making choices we need discernment. Spouse and family life need balance. Accompaniment and participation are essential.



- Christ reveals the love of His heart to others, listens to them and forms them - forming them... this is where we stop because there is so much formation to be done! In family or all the people in the public arena, those with a stage especially talking about pro-choice and women's rights - they are so malformed.
- The lack of kindness and manners in those we encounter. The disconnect with others because of technology and screen time.
- Lack of team apostolate. Too busy (only 24 hours a day). Too few members.
- people are not willing to make more effort to live the vocation to RC

4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay members in our concrete circumstances during the next six years (until the next General Convention)?

- Prioritize and make intentional building relationships, more attention to patient accompanying, more forms like this where we can share ideas, successes and struggles
- improving skills in forming Christian leaders (ex. giving talks, how to run bible study, how do we grow, how can we have better team dialogue, how to make Encounter with Christ more effective and alive, PRACTICAL, Team Leaders need more accompaniment, better listening, be more aware of RC spirituality team leader resources, how can we leverage people within section or territory to ensure team leaders are personally accompanied; connect with spiritual director or Michelle Hoffman/Donna Garrett and ask them for specific training/formation-can we look outside the section, maybe find mentors for new Team Leaders
- Put together a regular discernment series to help follow through on this. Going back to the basic and embracing the handbook for the older members too. Continued formation for all RC members to keep the charism fresh in our hearts. We are made for more and we can gently motivated out of our comfort zones!!
- When opportunity is available to have RC apostolates – this facilitates people coming into the movement/federation. If a diocese lacks this opportunity because of the Bishop, it needs to be more one on one – that individual effort needs to be made. Can also invite ladies into our homes.
- Creativity and thinking outside the box about what apostolate looks like. Sharing our apostolic stories more. Praying as a team about apostolic outreach - group discernment.
- Re-evaluate how we proceed with our Encounter with Christ. We need to seek others to join us so they can grow in our Encounters. Accompany our team members even if they don't attend.
- Invite others to Regnum Christi and form them, to pray and ask God to help those we see who need help (ourselves, family members, others in the community, enemies of RC and Christ. Irritations can be a signal to us to pray for those in our paths. We need to FORM THE YOUTH in the mystery of Christ, in their mission, in how Christ works and how He calls us to work for the Kingdom.)
- Bring kindness into the world by our words and deeds. Practice the virtues, especially patience and kindness
- A bigger / or more teams - a bigger family. Legionary presence in Hong Kong.



- Young families, have something that has an end that will lead someone into RC for more formation.

Section 5: "Conscious of the gift of divine filiation in Christ that they received in baptism, lay members of Regnum Christi live their condition as priest, prophet and king in the midst of temporal realities, aspiring to make the Kingdom of God present in this world so it becomes a worthy home for the children of God in which all things contribute to giving him glory" (RL 4).

1. What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level or as a team?

- RC has taught me how to worship, serve and evangelize, RC has helped me understand my baptismal commitment, and given me a way to live out priest, prophet and kingly roles
- We use our apostolic works to make the world a better place, more welcoming for Christ and Christians. Our daily commitments help us bring Christ to the world in all our little actions in all aspects of life. The Kingdom of God is mercy; we are called to be merciful to all and we need to keep His will present through loving our neighbors.
- This speaks about the authority and confidence we feel – this gift that we have received so that we can then go out and help our family, our parish, or other people in our apostolate. Being an intentional apostle in every situation that I am in, no matter where I am.
- To be purposeful and intentional in making the Kingdom present in all the opportunities presented in a given day. To look for opportunities, guided by Holy Spirit.
- We need to see the reality of it as a mission inspiring to make present the Kingdom of God. As the Temple of the Holy Spirit, are we expanding it to others. Personally we have to reach out to family and others. We have responsibilities as priest, prophet and king and is part of what we're doing with our family? The importance of baptism: we need to welcome others. We need awareness regardless of another person's "messiness".
- Speaks to the dignity of being a child of God and then let others know of their own identity. The lay vocation is to help prepare a kingdom for the children of God. We do this through our priestly role - sanctifying; our prophet role - formation; our kingly role - servant king. Be grateful for others' gifts, especially on a team.
- We live out the Kingdom of God in a visible way by showing love to those around us. If you put the love there you will find it there; love spreads.
- In our lives in society we endeavor to imitate Christ, and formed by the charism of RC, in discerning our choices every day.

2. In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?



- Team life, spiritual director, comradery of team life stabilizes, opportunities to share, friendship, the beautiful women with hearts on fire
- The reward of eternal salvation and hope of leaving the world a better place for the Christians who come after us. We must be the light, the hands and feet of Christ to give Him to others. Unite ourselves through constant prayer to bring His light to the world. This gives us hope!
- Seeing that something that I've been involved with, or that I'm doing, is making the Kingdom of God present. That everything I do out of love, is reconciling the world to Christ.
- Case Studies and sharing the fruits of our resolutions help generate enthusiasm, consolation and hope. Learning about the depth and beauty of Church teaching.
- Aspiring to make the Kingdom of God present, we strive towards it. Our charism ignites us to reach out to others. Daily mass when available.
- Jesus chose to live a life as a craftsman... Jesus lived in the secular world, He has given us the example. Christ did it! In fellowship, family, under the laws, He lived like we do.
- Those instances where others are positive and respond with positivity. Seeing people change for the good.
- When we know that we are fulfilling our office as priest, prophet and king, in our limited ways. Spreading the kingdom to those we come across in daily context of our lives.

3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- Not having this deep connection of team in parish ministry settings
- The temptations of the secular world. Fear. Cancel culture. Human respect that can freeze us.
- Culture makes it difficult. Also, it's up to us to live out our Baptismal call - it's our own commitment.
- Lack of appreciation for the sacraments and lack of understanding.
- We need to develop the virtue of wisdom through prayer and intellectual study.
- We see that others do NOT see God, or His plan for each person. Human respect stops us, should I even bring it up? Should I say it out loud?
- Family that isn't on board. Negativity
- We are living in an increasingly secular environment, with murky political waters.

4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay members in our concrete circumstances during the next six years (until the next General Convention)?

- Getting more people from parish in team would help get this RC way more present and active, doing a better job of witnessing the way of RC and holiness,



- Generosity of spirit to be willing to go out and evangelize with example, action and loving mercy. Jesus is the answer. Love and mercy and no judgment.
- Trusting that there will be fruit even if we don't get to see it. Living out our lives intentionally! Being faithful to our spiritual life and allow God to bring the fruits.
- Teaching the Faith, Formation. Scripture, Catechism etc.
- Awareness to bring the Kingdom of God to others. Challenge of surrendering and to put all things in God's hands. Try to improve circumstances.
- The Kerygma is something we need to know, needs to be on our lips - God loves you, He has a plan for you, He came to redeem you and save you from your sins. We can help others see the beauty of the Church - the teachings and see the beauty of what it gives. To look at our own witness and how we bring the light of Christ by being faithful to our RC commitments, to love them, and to accompany them, to invite them to prayer and to the Church. Also, we really need to focus on what the Holy Father is saying, because we have a special means to be close to the Holy Father - we should know what he ACTUALLY said and not just what others are telling us that he said.
- Cultivating more of a person to person evangelization. Pick someone to pray for and be intentional about it.
- Developing a tailored program to target the different needs of the community in terms of spirituality.

Section 6: "Lay members of Regnum Christi ardently seek to establish and extend the Kingdom of Christ among all people. They let themselves be permeated by Christ's charity towards humanity and bring their apostolic zeal to life through intimate contact with him. They long for Christ to conquer their own souls and the souls of all those around them. Impelled by the Holy Spirit and in the style of St. Paul, they endeavor to be supernatural in their aspirations, magnanimous of heart, audacious in self-giving, tenacious in the face of difficulties, and practical and effective in action. They seek to transform the world in Christ. Their motto is, 'Christ our King. Thy Kingdom Come!'" (RL 9)

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1. **What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level or as a team?**



- Prayer - starting day Christ-centered - putting all in God's hands - try to see with His eyes, Let Christ come into my life and shine out from me, Get out of Christ's way and let Him take the lead,
 - RC really teaches us virtue and trust in God. Prompt in our responses to God and others. Willing to offer ourselves to Christ daily, in great love. Love multiplies!
 - My first encounter with LC brothers asked, "What are you doing to get yourself and every other soul around you to Heaven – as a team we are constantly being reminded of our responsibility." We need to be very Christ centered.
 - See it most fully when we are together as a family, Christ the King etc. Spiritual Exercises and Retreats express this.
 - We need a boost in apostolic zeal. We need help living out this directive, but it is a work in progress. We need discipline, trust in the Lord and to pray for the grace to persevere. We are blessed with our charism. We are a work in progress, not perfection. Zeal may be at different times: with prayer, team life, Triduum. Formation and our prayer life sustains us in our difficulties. This allows us to be apostles and to reach out to others with similar circumstances. We witness to God's grace and power.
 - We try to be aware of the Holy Spirit - to start our activities with Him, to be conscious of the supernatural in our lives, relying on God in difficulties, our daily prayer helps make that happen. We imbue our charism into society. Example: When one of our members joined a committee at church, she encouraged them to start the meeting by praying to the Holy Spirit. The key is to have intimate contact with the Holy Spirit. Jesus said He came to save the world, not judge the world. He is personal in his connections and his relationships with sinners. He reaches people where they are. Acknowledge that what you are doing that day is because you prayed about it. Speaking of it, even simply, allows for questions and/or further testimony. People are not even aware that they need to be saved. It is foreign to a lot of people.
 - Contemplative and conquering. We understand the personal love of Christ for me and wish to transmit it. We contemplate the Gospel stories of Christ and work on resolutions as a result.
 - Taking baby steps, yet we have sights set on the high vocations of Christians and RC membership : "supernatural realism"
 - They long for Christ to conquer their own souls and the souls of all those around them." -
- When we have an intimate encounter with Christ, you want to share him with others. When Christ captured my heart, it really filled me with love for others. We do this in missions. On a personal level: I always like to invite people to RC activities that are open I also adapt to the situation when I share Christ with others. I talk to them in a way that I know they'll be interested and enticed. I show my love for others through my words of affirmation, through comforting them... I love others and make it known to them. I attribute my talents, skills, accomplishments to God. If I were alone, I'd still be in the dark. I think attributing these things to God in front of others help them see that God is someone real. As a team: I want to let myself be transformed and renewed through our activities.
2. **In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?**



- Hope - that I can live this out right now with other RC members - we have same formation, not feeling judged, trust, being with women all on the same journey, feeling understood and supported
- RC keeps us connected to Christ in a way that allows us to love and multiply our love as well. Embracing the RC community allows us to be the leaven! We are impelled by the RC charism to bring others to Christ and His love to all. We have a spiritual sister-hood that bonds us and helps us to be the face of Christ to others!
- The example of St Paul and those in our spiritual family, ex. LC brothers, and other members all striving. What encourages me - I don't have to do it on my own strength, I can have that supernatural perspective that God will take my measly efforts and do something great with it.
- The promise that Christ is with us every step of the way. What He asks of us He will equip. In our weakness is His strength. Seeing others live this out.
- Our formation process is systematic. Our program of life, Encounter with Christ, all provides experience of virtues to help us through things. When we invite people to retreat, Encounter with Christ, people respond when they are engaged in our activities. This gives hope to all. Apostolic zeal is contagious.
- A high ideal of Christ is set before us; this generates enthusiasm.
- Hearing more and more about Christ's love for each individual.
- Team, prayer life, sacramental life. Accompanying each other.

3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- Not having communities like this outside RC, not having common ground
- Want of humility stifles everything we strive to do. If we aren't properly formed it is hard to live this out. We need to strive for formation and access to good formation for all. Gently leading each other to formation is essential.
- Sometimes the need to keep our minds and hearts on Christ - everything depends on Him - everything will happen in His time, and not necessarily when we think it should happen. Lack of simplicity. Pride can get in the way. Laziness can get in the way - I don't feel like this right now!
- Desolation makes it difficult to live this out. Challenged when others are not on the same page or speed as us. Meeting people where they are at and being patient when they are at a different place than we are. Writing their own sacred story. Being creative and inventive in evangelizing.
- When we have challenges and can't go to mass, or our prayer life is at a low, we know we can do better next time.
- Not staying in intimate contact with Christ, being self-sufficient, if I feel discouraged, then unless I go back to the well with Christ, I will not be energized or zealous.
- Business distracts us from prayer, Holy Hour and scripture study.
- Smallness of our team. Delay from Covid. Lack of resources and absence of rooted priestly community.



- Image: transfiguration (up on the mountain then going back to the town) Moments of being at Mt. Tabor – (prayers are part of the schedule) retreats, being with the consecrated women, ECYD summer, being an RC missionary. Most of the time, we're down there. The challenge is living in the world and keeping the light of Christ. Another challenge is being the only one in the family to have a relationship with the Lord. Life in general is super hard. It's hard to be in the world but not of the world. It is difficult when we're surrounded with people who are not Catholic or not practicing their faith. Sometimes it's lonely.
- 4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay members in our concrete circumstances during the next six years (until the next General Convention)?**
- Grow it more in parish - getting Legionaries in the parishes increases the profile of RC and then people come to us lay women, also having consecrated visible, not underestimating the beauty of what we are able to do - intentionally plant seeds.
 - Be intentional in seeking out the RC resources and spirituality. Refresh yourself and put on the RC charism daily. No need to be a spiritual glutton and seek other charisms.
 - Being Christ Centered, not my will but yours be done. Responding in faith to what He is asking us to do despite our inadequacies.
 - Courses on discernment, prayer, spiritual direction and identifying candidates for these programs. Making them known to members. Have gatherings of RC members locally, territorially or globally with a mission/street evangelizing component.
 - Being around others who have zeal inspires us to reach for more. Divine friendship with God. Everything comes from Him. Our relationship grows stronger. Virtue of gratitude is important. Maintaining a relationship with God is vital.
 - We need to be clear about ideal - about what it means to be supernatural in spirit, to always see things from God's perspective (in the way we can), and to see that we need to ASK for God's grace to have supernatural spirit, be magnanimous, self-giving, tenacious, practical, and effective. May God's will be done and my will be gone!
 - We need to meet people where they are like Jesus did with Nicodemus, meet people where they are.
 - We need growth. In membership and resources.

Section 7: "Lay members of Regnum Christi seek regular spiritual direction as a traditional means offered by the Church for spiritual growth. Through it, they learn to discern God's will and to embrace it with love" (RL 12)

- 1. What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level?**
- Do it. Blessed to meet monthly Doing spiritual direction virtually. How did we do this without spiritual direction? One lady has an LC as guide.



- Spiritual Direction and honesty is essential. It brings us closer to Christ so much more quickly. It is the elevator, such a gift!
- We all receive regular spiritual direction Thanks be to God!
- It is important to have spiritual direction, to have someone else to help clarify and see God's hand in our lives. It helps with accountability in the spiritual life.
- We seek to use the tools we have been given in RC to grow in Christ especially spiritual direction, trust the spiritual director and know that the Holy Spirit is present.
- We actively participate on our own, and benefit greatly from the temporary presence of our spiritual director.
- Faith connects to everything in our life. And that having this means for spiritual growth is a big help to keep going. It has helped me to grow in my humility.

2. In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?

- Fruits that we see are so good - inspiration, consolation. See myself growing close to God. Use program of life. See how much we've grown. Journaling helps us see growth.
- The Holy Spirit truly speaks through our guides. It feeds us and challenges us. Makes us holy!
- Accompaniment, Growth, depth of prayer life. Confidence to move forward. Discernment.
- It gives us hope. The church recommends spiritual direction to everyone and we have it! Also, the spiritual director can see God's hand and can encourage us in our discouragement.
- Encouraged that RC is offering formal education for our Spiritual Directors. We have enthusiasm, consolation and hope in the Spiritual Directions accompaniment. Clarity of talking with spiritual director.
- Experiencing Christ's grace through spiritual direction
- The thought that there is someone that would listen to me and would like to help me be better.

3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- Discouraging when hard to get it. Inconsistency in being able to access SG.
- Not having a spiritual guidance would be a problem. Scheduling can be harder. Without honesty, preparation and prayerful prep, the Holy Spirit can't do as much. Getting a new spiritual guide can be a harder.
- Lack of constancy and intimacy in the relationship with Christ can be an obstacle.
- Not having the time to meet with the spiritual director or not being faithful to the time or guidance from spiritual director. Losing spiritual director and having to start over.
- Man-made obstacles we find in the parish every day.
- Difficulty - it is hard to bring things to light when I am ashamed of things. Sometimes I sugarcoat things. Sometimes I am stubborn and I don't do what I'm supposed to do. Sometimes it's just hard sharing stuff. It's hard to find a good spiritual director who is a



match for you. It was only recently that I brought up something in spiritual direction that I was keeping it in the dark because I was ashamed of it. I was actively seek it out more when I would see my spiritual director in campus.

4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay members in our concrete circumstances during the next six years (until the next General Convention)?

- As a team leader encourage team members to have a spiritual guide. Encourage members who want and feel called to get trained to be spiritual guidance.
- Do it regularly. Be honest. See growth! Use Journal to track.
- Ensure that every member has the opportunity for spiritual direction; to encourage others in the movement to become spiritual guides, and to help them to do so in order to give the opportunity to others that are not in the movement.
- Pray for the individuals that are being called to spiritual direction. Take advantage of the times the priest is in town.
- We preserve with our own formation, and our eventually becoming spiritual directors ourselves.

Section 8: "The Encounter with Christ is the center of team life. In it, the lay members, as a community of faith, by the light of God's Word, examine their Christian life, discern what the Lord expects of them in evangelizing the reality of the world they live in, encourage each other in their following of Christ, and enkindle their apostolic zeal" (RL 15)

1. What can we observe about the way we live out this number as members of Regnum Christi? How do I live it on a personal level or as a team?

- Writing up a summary for those who can't be there. Lights, case, virtues, prayer intentions, upcoming events. Over summer if not enough people to meet in person, still send out Gospel and ask members to post lights, use What's App, email and text
- The best part of the week! Holy fellowship that motivates me. So helpful and edifying!
- The Encounter with Christ is very real, we get things from Encounter - they encourage us to examine our lives. It carries through the week. I think of the resolution, so it is present to me the next time we meet. It is a great benefit; it helps us evangelize and put into practice the things we learn, we share wisdom with one another.
- We recognize the importance of team life and are dedicated to meeting regularly. Team life is a gift and feed us to go for the next week.
- We are growing in our grasp of the inner dynamics of Encounter with Christ. Our commitment to attend despite the crazy schedule of Hong Kong life.



2. In the daily living of this aspect, what generates life, enthusiasm, consolation, and hope for me?

- Blessing of being able to meet weekly.
- Sisters in Christ are so edifying! We are all so connected and generate life for us. The Holy Spirit is always so present at the Encounter.
- I like the way we dissect the Gospel message, slow down and take it apart - we have different ways of viewing it so we benefit from it as well.
- The lights we bring from encounter, how we pray for each other, and help each other.
- A good Encounter with Christ filled with the Holy Spirit.

3. What difficulties do we see in living out this statute? Is there anything that stifles, discourages, slows us down, or does not allow us to live this?

- Scheduling, nobody's talking, trouble people coming prepared with a case,
- Do Encounters with Christ always impel us to launch us apostolically? Are our resolutions effective? Time, Diocesan regulations for RC;
- Not enough people to make encounter happen. Finding a location. Travel logistics adds to the time commitment. Working folks makes it harder to get to encounter. Staying to the time for Encounter--staying focused on the encounter and not chatting too much. Start right on time. Negative cases all the time. Lack of cases.
- Sometimes it feels like we are in Encounter in silos instead of as a team and friends who do not know each other. Also, our resolutions are primarily prayer oriented and never seem to move into action outside of our own family life, or to apostolic action as a team together.
- When personal circumstances change
- Demands of Hong Kong life. Smallness of team and lack of diversity.

4. From the answers to the previous questions, what key elements can we identify that would help us to more fully live what is presented in this number as Regnum Christi lay members in our concrete circumstances during the next six years (until the next General Convention)?

- Be flexible with each other, having meeting at times that are best for most, having a variety of times, babysitters for young moms to be able to attend
- Ask for fruits from apostolic resolutions from Encounter with Christ, program fun time/business (apostolic conversations) with maybe Encounter with Christ only a couple times per month, find the balance
- Go to your encounter and be prepared/fully engaged! On time! Give the Holy Spirit the room to work. Schedule appointments around your encounter. Jot down cases as you think of them throughout the week!
- We would like to see monthly retreats return, to get together once in a while outside of Encounter, to have a May pilgrimage, to meet in person again (instead of zoom), and to double our numbers in our Encounter group so as to help the kingdom grow and to give others a means to increase prayer life.



- We want to stay together to the end! Stay flexible with changes that come.
- Grow our team, goals include separate men and women teams and perhaps a young adult team, ECYD etc.