

# Summary of Discussion Guides

In preparation for the 2024 General Convention, Regnum Christi teams throughout the territory were given a series of discussion guides on theme of “Discerning and Living the Mission Together”. These resources were offered as a help with apostolic discernment on concrete topics from life and surroundings, listening to the needs of the world and the Church from our charism.

Eight areas of the apostolic activity of Regnum Christi were chosen as themes for the discussion guides, which are found in number 11 of the Statutes of the Regnum Christi Federation. Each one of these discussion guides was meant to be used as an Encounter with Christ, to help each community to go deeper into each topic and discern what the Lord is inviting us to do as a team, as a section, and as Regnum Christi.

The discussion guides were made available in October 2022 through June 2023. All teams (lay, CRC and LC) were encouraged to make use of these discussion guides as part of the local phase. Shared reflections were then compiled and made available for delegates of the 2023 Territorial Convention.

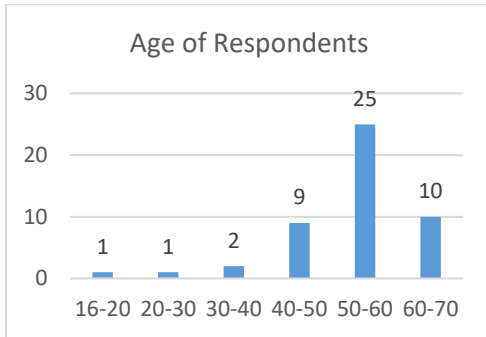
The following is a summary of the input received through the discussion guides.

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## Discussion Guide 1: Proclamation of the Faith and the New Evangelization

*This discussion guide was answered by 48 teams, 100% lay members*



- 1. How well do we know how to approach and interpret the world around us, our concrete surroundings, and how well do we let ourselves be challenged by it?**
  - Majority express the challenges of going outside of their circle to evangelize, having courage to take action and reacting well to challenges and disorder in today's world
  - There is consensus that the Encounter with Christ is a helpful tool to see the world through God's eyes
  - There is consensus that RC helps its members to approach and interpret the world around them
- 2. How well do we know our faith and how to adapt it to the context in which we live and concrete situations?**
  - There is consensus that members know their faith but struggle with applying and proclaiming it in concrete situations (especially in the face of the challenges of today's culture)
- 3. What opportunities for evangelization do we find around us?**
  - Members perceive opportunities to evangelize in various spheres: family, social life, Church ministries, relational apostolate
  - There is emphasis on the importance of evangelizing through personal testimony (the following are highlighted: humility, simplicity, being before doing, virtue)
- 4. Can we say that our discernment and our apostolic action are rooted in prayer and in our personal experience of the love of Christ?**

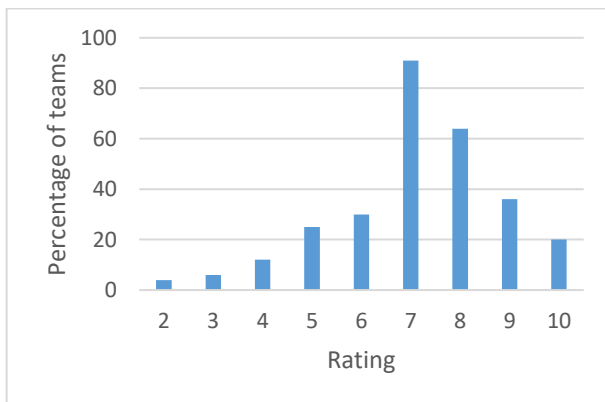


- There is affirmative consensus that apostolate is rooted in prayerful discernment, but there is always room to grow
- Members share that the team resolution during Encounter is a helpful tool for this discernment

**5. As Regnum Christi, what elements should we take into account in the apostolic discernment of reality? How can we go out to meet people in our concrete circumstances, in order to evangelize more fruitfully?**

- Answers to this question seem vague in general – there is no consensus on clear criteria for discernment
- An emphasis is expressed on relational evangelization and on seizing the opportunities that arise
- Some express a need for greater human formation and confidence to evangelize
- Prayer life, SD, dialogue and team life facilitate discernment

**6. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization? (rating on scale of 1 to 10)**

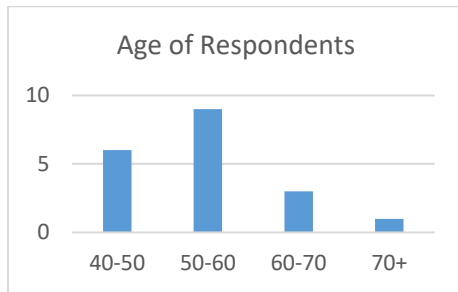


**7. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- By continuing to foster the formation of members and prayer together
- By our availability to respond to needs of the local church
- By inviting people to RC apostolic initiatives

## Discussion Guide 2: Christian Formation and the Education of Children

*This discussion guide was answered by 20 teams, 100% lay women*



### 1. How important do you think Christian formation from childhood is?

- There is consensus that Christian formation from childhood is essential and foundational for future Christian life

### 2. What are the challenges regarding the Christian education of children?

- There is a strong consensus that the greatest challenge is formation and catechesis of parents, which is made difficult due to the breakdown of the family in society
- The influence of social media and technology also present a challenge
- The influence of our culture and of contemporary values challenge Christian education

### 3. What kind of formation and accompaniment do you think is necessary so that parents have the tools to transmit the faith to their children according to their age and interior world?

- Many state that formation and catechesis for parents is vital; they propose the need for programs to support them in their own formation and their children's (ex. Vibrant Family, Familia, ECYD)
- Some mention the importance of accompaniment of parents from baptism of their children onward

### 4. How can we make the most of this stage of life to make Christ known and transmit the faith both to children and their families?

- Through consistency and constancy in living and transmitting faith at home
- By encouraging family prayer and reading lives of the saints
- By providing community support for young families
- Through Catholic education classes

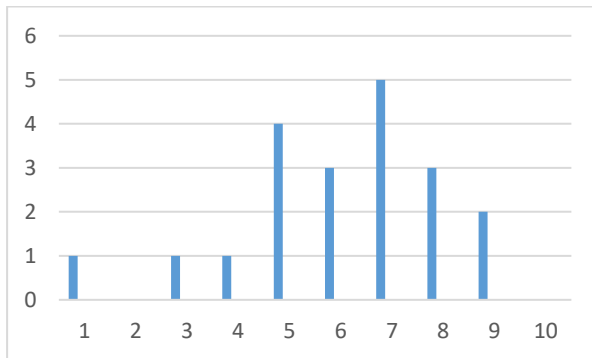
**5. What responses are needed to meet them?**

- There is emphasis on creating family-friendly activities (ex. provide child care etc.)
- Some propose intentionally reaching out to young parents through activities and personal relationships
- Several mention adapting to where these young parents are at in their faith and as parents of young children

**6. How can we respond, as Regnum Christi, to evangelize in this area?**

- Encourage and support family apostolates
- Support Challenge, Conquest, ECYD
- Intentionally organize and invite parents to family activities

**7. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization? (scale of 1 to 10)**

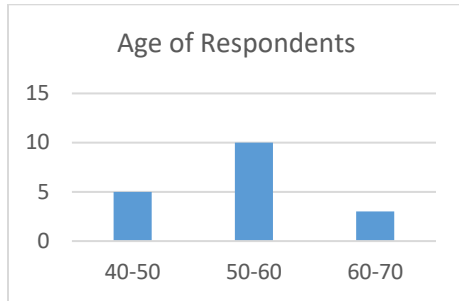


**8. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- Offer formation opportunities for parents
- Focus on personal relationships and the accompaniment of parents
- Be intentional about the formation of our own families

## Discussion Guide 3: Christian Formation and Education of Adolescents

*This discussion guide was answered by 18 teams (95% lay members; 5% Legionary communities)*



### 1. How important is Christian formation during adolescence? Why?

- There is consensus that formation in this stage is very important for the maturing of Christian life in youth as they make their faith their own, solidify identity, form their own convictions

### 2. What are the current challenges to the Christian education of adolescents around you?

- Our culture: social media, anti-values, relativism, gender ideology, “wokeness”
- The influence of broken homes/marriages
- The education system

### 3. How can we make the most of this stage of life to make Christ known and pass on the faith to adolescents?

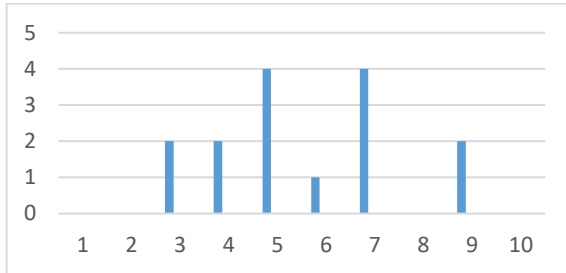
- By maximizing ECYD, Challenge/Conquest
- By creating communities/small groups where teens receive support to grow in their faith
- Help them channel their use of media for the good
- There is an emphasis on the importance of parents being proactive about helping their kids plug into groups that will help them live their faith as well as the value of example of parents and grandparents

### 4. As Regnum Christi, how can we respond through evangelization in this area? In schools? In ECYD? In the family? In apostolates?

- Support our schools, ECYD and Challenge/Conquest
- Support youth ministry programs and Catholic education in parishes
- Listen to the needs expressed by adolescents
- Offer formation to parents of adolescents



5. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?

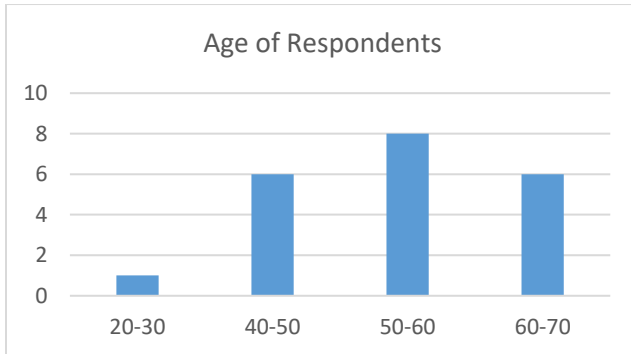


6. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?

- Pray for adolescents
- Support and encourage participation in clubs and camps
- Create events in locality
- Invite youth to already-existing RC events that are age-appropriate

## Discussion Guide 4: Christian Formation of Youth

*This discussion guide was answered by 21 teams (75% lay women, 20% lay men, 5% consecrated)*



### 1. What are the main questions that the young people around us are expressing?

- Who am I?
- Is God relevant to my life?
- Why does the Church tell me I can't do so many things?
- What is my purpose?

### 2. How do they understand and relate to the spiritual dimension of their lives? How is this expressed concretely?

- Some perceive a thirst in youth for more, for spiritual things
- Many mention a spiritual apathy/ignorance and indifference
- Service is identified a door to open them to more spirituality
- Childhood is a time of sowing

### 3. What experiences favor a personal encounter with Christ for them, and what experiences are an obstacle?

- Experiences which favor a personal encounter with Christ:
  - Adoration, silence
  - Accompaniment and mentors who exemplify Christian life
  - Faith-filled friends and meaningful group experiences (ex. missions)
- Obstacles to a personal encounter with Christ:
  - Materialism, noise of social media, negative role models
- Some mention the need to keep them in Catholic circles to protect them from the world

### 4. What is most attractive to them in the Christian message? What is misunderstood or what has not been expressed well in today's context?

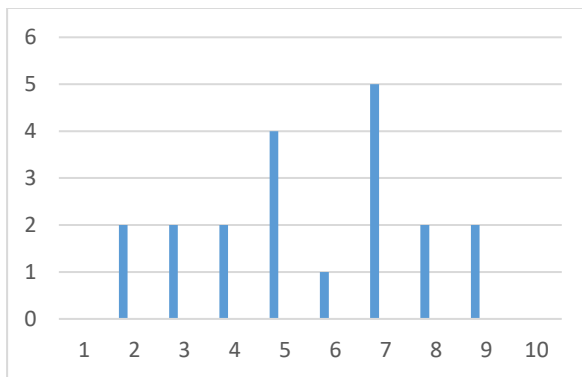




- Attractive aspects of the Christian message:
    - Personal relationship/friendship with Christ
    - Forgiveness and mercy
    - Christ's accompaniment through trials
    - Genuine happiness
  - Common areas of misunderstanding:
    - Freedom (rule-abiding versus freely choosing)
    - Charity vs tolerance
    - Compatibility between faith and reason
    - Reasons for Church teaching (especially related to sexuality)
- 5. What action do you think we should carry out as Regnum Christi to strengthen and consolidate the faith of young Catholics, and to go out to meet those that do not know Christ or have fallen away?**

- Offer opportunities for personal accompaniment
- Create experiences that favor a personal encounter
- Create opportunities for mission/service
- Know more about and support RC youth programs
- Support other youth programs in local Church
- Resources for youth on RC Spirituality website
- Noted: the fact that many members no longer have youth at home; kids are grown up and so they feel more disconnected from this age group

- 6. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?**

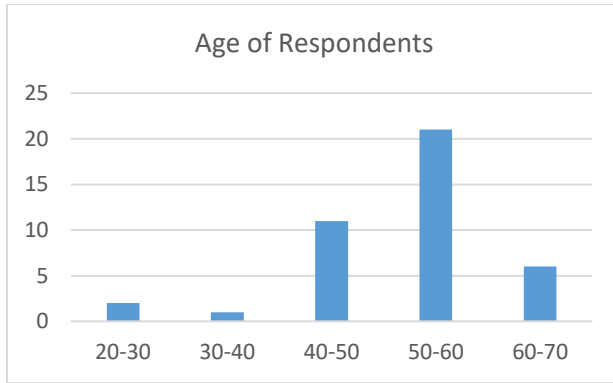


- 7. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- Pray for youth
- Focus on healing and identity (essential in the current situation of the world)
- Provide opportunities for youth to feel, touch and see the faith lived out
- Support initiatives in local Church

## Discussion Guide 5: Marriage and Family

*This discussion guide was answered by 41 teams (85% lay women; 12% lay men and 2% consecrated women).*



**1. What do the people around you think about marriage (family, friends, coworkers)? What elements of our current culture have brought them to this idea?**

- Marriage is not believed to be necessary
- Cohabitation is rampant
- Marriage is what you do if it feels good in the moment; can separate if it doesn't work out (self-centeredness, hedonism)
  - Large families are not valued
  - Career is often placed before marriage
- The world's view of marriage is shaped by an incomplete notion of freedom, social media and instant gratification culture, confusion about identity/sexuality in society
- Many RC members mention that the people they surround themselves with believe and uphold a Catholic view of sacramental marriage, but that the world outside of that doesn't
- Some RC members comment that the wounds of marriage and family present a need for healing even in their RC circles

**2. What do Christian marriage and family contribute to the world?**

- The witness of sacrificial love, value of suffering, faithful love
- Christian marriage contributes to stability, union, faith, community
- Order, goodness, truth, beauty, commitment
- The fruit of children

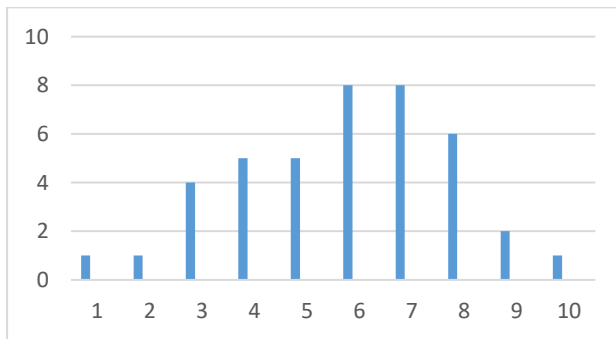
**3. What elements help Christian marriages and families to live their vocation and mission fully? What difficulties do they encounter?**

- Elements that help Christian marriages and families: supportive community/parish, friendship with other Christian families, sacraments and prayer life, formation for spouses/families
- Difficulties encountered: being a minority in the world, lack of marriage preparation, lack of accompaniment before and during marriage, pornography, breakdown of family and its consequences in society, constantly being bombarded by world's values, busyness, shame and hesitation to ask for help to work through challenges in marriage (especially when considered "a good Catholic family")

**4. As Regnum Christi, how can we concretely bring Christ into the marriages and families around us?**

- By giving witness of faithful, Christ-centered marriages
- By supporting and running apostolates that support Christ-centered marriage (ex. Cana Institute, Retrouvaille, Marriage Encounter)
- By offering programs for the formation of couples (ex. Familia, Splendor of Love)
- By offering marriage renewal retreats, marriage prep programs like 3 to get Married
- By offering support to young families in RC
- BY praying for marriages
- By organizing RC date nights and couples Encounters with Christ

**5. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?**

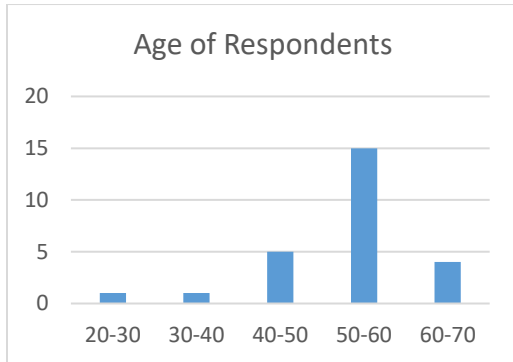


**6. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- By praying for marriages
- Reaching out to young families in our reach (schools, youth programs)
- Offering opportunities to families to "mission" together
- Supporting or offering opportunities for marriage prep, retreats, renewal
- Offering babysitting at activities to facilitate parents' participation

## Discussion Guide 6: Vocational culture and ministry

*This discussion guide was answered by 26 teams (100% lay women)*



1. **How do we understand the Christian vocation? How do we see that the personal call of God is manifested in a concrete way according to one's own state in life?**
  - Members affirm that their Christian vocation begins at Baptism and that we share the universal call to holiness and apostolate
  - They describe the vocation as a call from God which must be answered in freedom and affirm that there are as many paths to holiness as there are people in the world
  - Listening to God in daily life is the way to foster our response to our vocation; although we are called to one state in life, the concrete ways of living that vocation will evolve through life as we pass through different seasons
  - The majority of participants live the vocation to marriage: through this vocation they identify with the call to love and be a witness of God's love in the world
  
2. **How does our vocation unite all the aspects of our life? What elements help us to live our vocation fully?**
  - Members share that the five elements of RC life support them in the living of their vocation
  - Listening for God's will unifies life; a person's vocation permeates their whole person/life
  - There is mention of the importance of discerning one's personal mission/personal charisms
  
3. **Do we know and value all of the different states of life in the Church? Do we consider that all are equally important and that they complement one another? How do we live and promote this?**
  - There is general consensus that we do value all the different states of life and see them as complimentary in the life of the Church and in the mission
  - There is some mention of the underlying belief that lay people are less "responsible" for evangelization than priests and consecrated people

- There is consensus that the more we spend time with people from different states of life the more we understand and value them

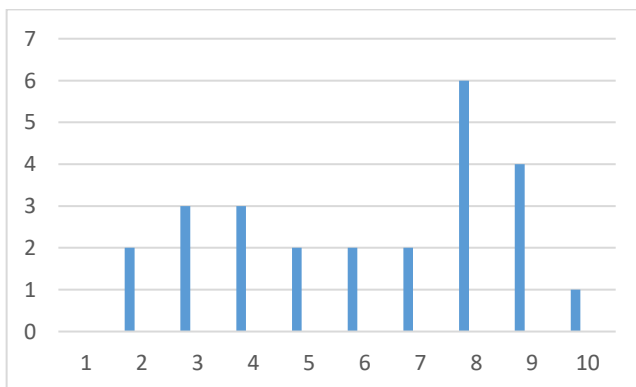
**4. What challenges do we find in making known the vocation to the consecrated life and accompany those who feel called to it in their discernment?**

- Note: “consecrated life” here was interpreted as lay consecrated life in RC
- There is mention of a lack of visibility of consecrated persons
  - Mention of the fact that lay consecrated wear normal clothes and therefore are less “visible”
  - Mention of not having consecrated in their area or not seeing consecrated persons often
- Some not that it can be hard to find spaces to discern in the world we live in; young people need to be taught about discernment

**5. Do we believe that Regnum Christ offers an environment that helps to understand life as a vocation? What elements facilitate discovering and embracing it?**

- Members share that it is particularly powerful when the whole spiritual family is present
- They affirm that the means of spiritual growth proposed by RC are a help in fostering a vocational environment
- Placing our personal relationship with Christ at the center turns the focus from activity-running to putting our whole person at God’s service, which is an important shift in seeing life as a vocation versus mere activity
- There is mention of accompaniment as a key element to help a person discern and embrace God’s path for them

**6. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?**



**7. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- Attend and organize vocational events

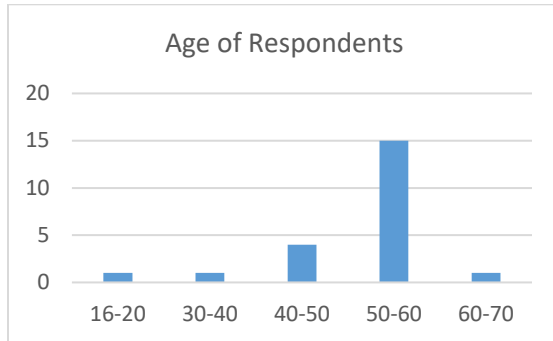


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- Prayer
- Word of mouth, speaking about vocations
- Form ourselves and live our own vocation well
- Build relationships with priests and consecrated
- Accompaniment of persons who are seeking their vocation
- Invite people to RC

## Discussion Guide 7: The Evangelization of Professional and Cultural Environments

*This discussion guide was answered by 22 teams (91% lay women, 9% lay men)*

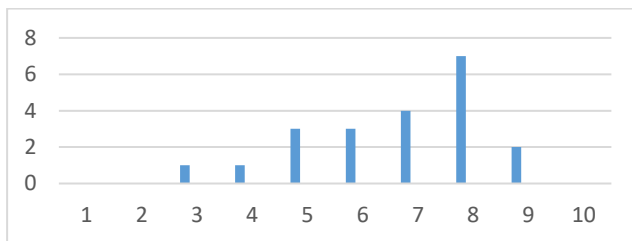


### *Regarding the Culture*

- 1. How do we understand the call of Christ to be apostles in our own professional lives? How do you integrate your professional life with your call to be an apostle?**
  - Members share the following ways:
    - Seek ways to evangelize and give witness to our faith, being docile to the Holy Spirit
    - Integrity in dealings with colleagues
    - Speak the truth in charity
- 2. What opportunities for evangelization do we find in our professional environment?**
  - Making most of religious holidays
  - Personal witness – opens people’s hearts, they come to us when they are seeking answers
  - There is discrepancy between some who don’t see many opportunities and others who perceive that we need to be courageous in seizing the many opportunities there are
- 3. What resistance do we find in ourselves to being apostles in our work (interior conditioning, limitations, fears, lack of tools, etc.)?**
  - Fear of retribution, human respect, fear of conflict, fear of not knowing the right answer, fear of loss of relationships/friendships
  - Resistance to loneliness in being faithful
- 4. How can we respond, as Regnum Christi in order to bring the light of the Gospel to public, cultural, economic, political, academic, and social life?**

- Vote according to Christian values
- Personal testimony, approachability
- Supportive team life
- Good formation to speak truth
- Public apostolates that evangelize the public sphere (Ex. Mercy Missions)
- Inviting in non-threatening ways

**5. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?**



**6. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- Giving witness
- Prayer and docility to the Holy Spirit
- Participation in RC and local Church apostolates to evangelize
- Invite people to activities already being offered

***Regarding Professional Environments***

**1. How do we understand the call of Christ to be apostles in our own professional lives? How do you integrate your professional life with your call to be an apostle?**

- Members see their professional life is part of their vocation
- They feel called to live their work as an act of the dignity of persons, working with responsibility and integrity
- They express the need to be courageous in speaking truth with gentleness

**2. What opportunities for evangelization do we find in our professional environment?**

- Setting boundaries around Sunday obligation
- Standing up courageously, person-to-person, when asked to act against convictions
- Be living witnesses (emphasis on building relationships and prudence in conversations)

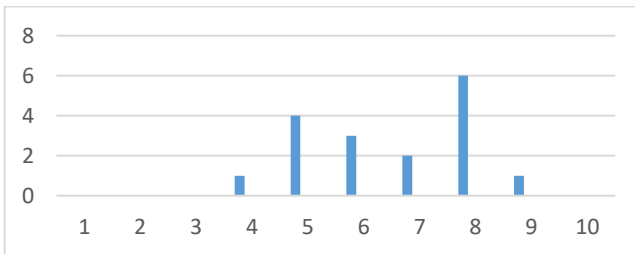
**3. What resistance do we find in ourselves to being apostles in our work (interior conditioning, limitations, fears, lack of tools, etc.)?**

- Feeling unequipped (don't have the right answers)



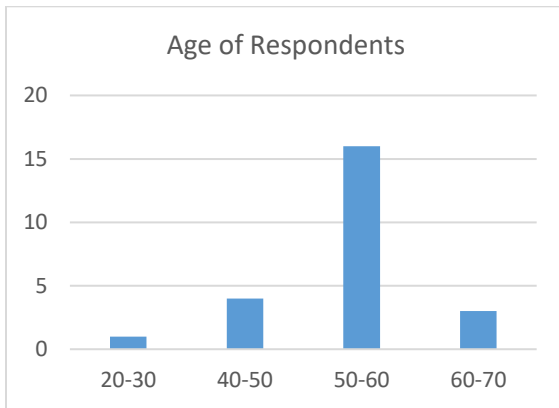


- Fear of rejection, ridicule or job loss; human respect
4. **How can we respond, as Regnum Christi in order to bring the light of the Gospel to public, cultural, economic, political, academic, and social life?**
- There is recurring mention of the need for ongoing formation and the call to be witnesses who are approachable
5. **To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?**



## Discussion Guide 8: Social justice and the practice of the works of mercy

*This discussion guide was answered by 24 teams (100% lay women)*



### 1. Among the basic needs of humanity, which ones are not being met and most call out to us?

- Members mention the following most often:
  - Basic faith formation of young parents
  - Mental health crisis
  - Loneliness
  - Families in temporary-housing, homelessness, prison, crisis pregnancies
  - Attach on human dignity (elderly, human trafficking)

### 2. How do we approach and react to the injustices and suffering of people who are in need or abandoned? What are the attitudes and responses of the people around us? What are ours?

- There is consensus that giving time and personal attention to those who are suffering is of great value
- Members perceive gratitude in those they serve and in those who receive love
- There is mention of the fact that much of the help already offered is impersonal
- Several mention the indifference or overlooking of others' needs which they encounter in our society

### 3. How can we live a life of prayer that brings us to go out to meet our neighbor and to live the works of mercy?

- Bring the mission to prayer more
- Live the works of mercy as prayer
- Grow in docility to the Holy Spirit



- Let prayer inform life: to see Christ in others, in circumstances and opportunities to serve
- There is consensus that RC prayer commitments help build this all-encompassing prayer life

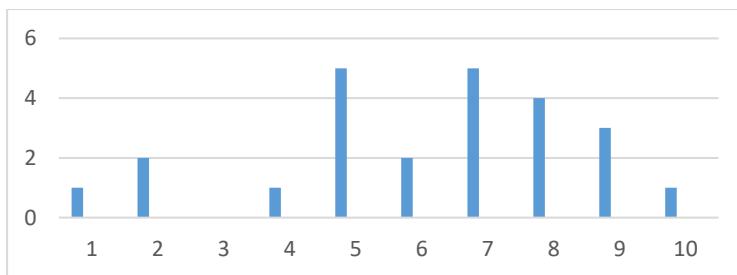
**4. Can we say that our apostolic activity contributes to the transformation of society according to the values of the Gospel? How?**

- Members affirm that the following activities are transforming society: Holy Week Missions, Missionary Families, works of mercy
- Several note that this happens through encounter with one person at a time
- They affirm that the transformation of our own hearts and families is transforming society
- There is mention of need to discern where God is calling us to act

**5. How can we respond, as Regnum Christi to evangelize in this area?**

- Seek out the needs of the vulnerable in parishes
- Missions
- Person to person model
- Start apostolates that address specific needs
- Repeated mention of living RC life and that itself will evangelize society

**6. To what degree do you think Regnum Christi in your locality is responding to the needs of people in this field of evangelization?**



**7. As a team, how can we collaborate with God in his work of growing the kingdom in this field of evangelization?**

- By living our prayer lives
- Working on the way we see each person and engage with compassion and charity
- Promoting missions for families and youth
- Discerning our team apostolate
- Promoting and collaborating in already-existing ministries