Regnum Christi Formation Plan

BY PHASES | FOR THE REGNUM CHRISTI LAY APOSTLE

Regnum Christi

What is it?

The Regnum Christi Federation defines a formation plan that offers objectives, guidelines and means for the Regnum Christi Lay members (RL 7.2)

An Interplay of Content and Experiences

The formation plan is a blend of content and experiences that are accompanied for an integral growth towards a mature RC lay apostle and a true configuration with Christ. This implies the whole person and not only content but application, assimilation and transformation.

Premises That Underly All of the Phases

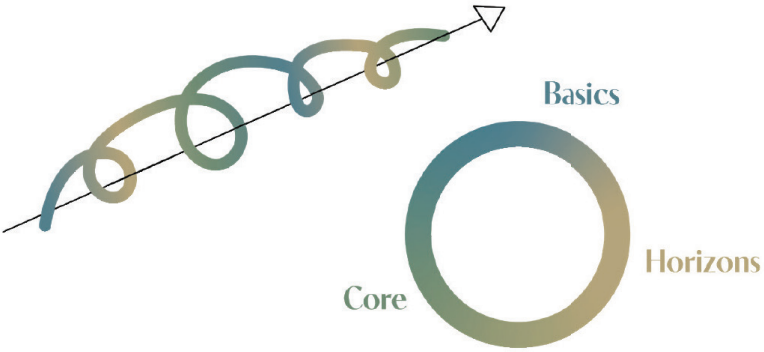
1. Formation given in Regnum Christi ***corresponds to its identity and mission.***
2. Regnum Christi formation is based on sound Christian anthropology and therefore adopts a ***positive view of the human person and of the world.***
3. RC Formation takes place ***in and through Regnum Christi life*** (the 5 elements as described in the Rule of Life).
4. Formation in Regnum Christi always entails ***accompaniment***.
5. RC Formation is ***adapted to the needs of each of its members, to time and place.***

Formation Plan

Growth in the Traits of the RC Lay Apostle

The plan outlines how the traits of the RC lay apostle grow and develop through time. The three main phases of formation after the initial phase of discovery are a dynamic process of maturing the different characteristic traits. It isn't so much a linear process or a curriculum of content; but an ongoing and life-long path of growth and maturing.

Each trait of the Regnum Christi lay apostle in an individual goes through continual cyclical phases. They are not delineated "stages" that happen chronologically and are never returned to. They are rather like the seasons or the cycles of growth in a plant.



There is also an element of chronological development through time that has a more linear element although it is not necessarily tied to physical age or the stage of life when someone associates to Regnum Christi.

Each RC Section and RC Team determines which phase they are going to focus on as a community of apostles, and this shapes their plan to facilitate the elements of RC life.

Discover

General Goal

Introduce Regnum Christi and the identity of the Regnum Christi Lay Apostle.

Description

- For those interested in joining Regnum Christi.
- Characterized by gradual introductions, initial experiences, clear explanations, and intentional accompaniment.
- The climate of this stage is discernment.
- Association to Regnum Christi happens during this phase.

Formative Objectives

1. Seek familiarity with the identity of a Regnum Christi lay apostle.
2. Foster an initial experience of the whole Regnum Christi family.
3. Introduce the way of life of the Regnum Christi lay member.
4. Initiate apostolic experiences.

Experiences

- Meet other Regnum Christi members.
- Participate in Encounter with Christ.
- Accompaniment: by a spiritual director and by an experienced Regnum Christi member.
- Try different apostolic experiences.
- A longer spiritual experience offered by Regnum Christi.
- Appropriate times and spaces of prayer to hear the voice and call of God and to freely respond.

Content

- Regnum Christi Lay Apostle Overview:
  - The lay vocation and mission.
  - Key Regnum Christi concepts.
  - The requirements and process to join Regnum Christi.
- Regnum Christi Overview:
  - Explanation of the Regnum Christi Federation, the different vocations within Regnum Christi, ECYD, Regnum Christi History.

Basics

General Goal

Initiate or refresh a journey of gradual formation introducing or renewing the life-long pursuit of configuration with Christ the Apostle of the Kingdom.

Description

- For Regnum Christi associated lay members.
- Characterized by laying or strengthening foundations for a solid basis to grow as Regnum Christi lay apostles.

Formative Objectives

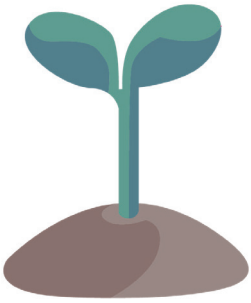
1. Lay or strengthen the foundations needed for the Regnum Christi lay apostle.
2. Understand the mystery of the human person.
3. Assimilate and imitate the mystery of Christ the Apostle of the Kingdom.
4. Live accompanied apostolic action as formative experiences.
5. Build greater awareness of the needs of society and a readiness to respond.
6. Discover the role of the Holy Spirit to form a Christian community of apostles.

Experiences

- Living faith: life of grace, Sunday mass, regular confession.
- Building a personal formation plan.
- Belonging to a Regnum Christi team.
- Seeking regular accompaniment.
- Participating in regular spiritual experiences.
- Attending a RC weekend.
- Participating regularly in apostolic activities.

Content

1. Get to know the person of Jesus of Christ.
2. Fundamentals of the spiritual life.
3. Human and Christian Anthropology.
4. Lay vocation.
5. The Regnum Christi charism and way of life, familiarity with ECYD.
6. Apostle, Christian leader: Basics of Evangelization, fundamentals of leadership, foundations of the art of accompaniment.



Core

General Goal

Grow and mature the traits of the Regnum Christi Lay Apostle deepening in the core elements of our faith and the call to missionary discipleship.

Description

- A period of growth and maturing.
- Characterized by more personal responsibility, deepened apostolic commitment, and stepping out more through giving and collaborating.

Formative Objectives

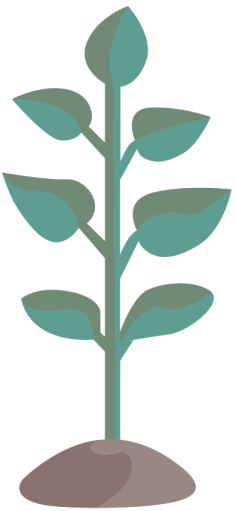
1. Deepen in the personal relationship with Christ, immersion in the Word of God and the life of the Church.
2. Fortify the understanding of the core content of our faith to be equipped to give it.
3. Discern personal mission and vocation and learn apostolic discernment.
4. Foster communion and build fraternal relationships.
5. Exercise apostolate as an expression of love for Christ and service to others.
6. Live out duties in one's state and stage of life with a missionary heart.

Experiences

- Maturing experiences of prayer and silence.
- Living according to the Regnum Christi charism.
- Actively engaging in the apostolate.
- Leading apostolic and formative activities and engaging others in mission.
- Active co-responsibility in team life.
- Attending a RC weekend or convention.
- Living communion with the other vocations.

Content

1. Growing relationship with God, discernment, growth in virtue, spiritual combat.
2. Essentials of the Catholic faith.
3. Knowledge of Scripture and Salvation History.
4. Theology of mission and of communion.
5. Familiarity with the teachings of the Pope and the priorities of the local church.
6. The New Evangelization.
7. Leadership training.
8. Relational and communication skills.
9. Training to initiate and lead apostolic action.
10. Understanding and applying "team".
11. Personal mission and dynamics of self-giving.



Horizons

General Goal

Open expansive horizons and possibilities for personal growth and self-giving and engage in forming others in mission.

Description

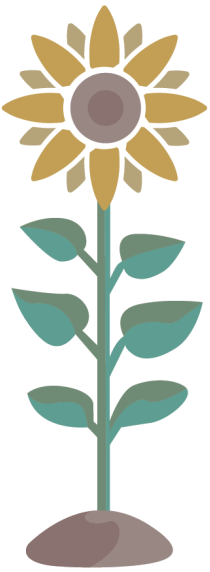
- A phase of opening expansive horizons and possibilities.
- Characterized by a type of ease in living the traits of an RC Lay Apostle, a greater inner freedom and capacity to give of oneself. Apostolate flows as a response to an intimate relationship with the Lord.

Formative Objectives

1. Greater identification with the Lord.
2. Develop personal gifts and assist others in developing their gifts at the service of others.
3. Transmit the content of faith.
4. Engage in contemporary culture applying the art of apostolic discernment.
5. Form and accompany others as apostles.
6. Live unconditional self-giving and witness of a life transformed by the Gospel.
7. Build communities of apostles.

Experiences

- Longer retreat experiences.
- Leading and accompanying others in formative and apostolic initiatives.
- Facilitating RC Weekends and RC Conventions.
- Mutually enriching relationships with other Regnum Christi members of all vocations and life stages.



Content

1. Advanced prayer: a strong interior life, a solid life of virtue and spirit of sacrifice.
2. Transmit the content of Faith adapted to age, circumstances, and needs.
3. Pastoral Theology to better respond to the needs of today.
4. Communion building and the art of collaboration.
5. Leadership and the formation of formators, mentoring and the art of accompaniment.

Regnum Christi
Formation Pathway

NORTH AMERICAN TERRITORY
www.regnumchristi.com