



**RULE OF LIFE
2023-2024**



MISSION
REGNUM | **CORPUS**
CHRISTI

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Dear Regnum Christi Missionary, Congratulations!

Now that this Rule of Life is in your hands, you have started your journey towards being a Regnum Christi Missionary. In fact, you are joining the multitude of saints throughout history who have spent their lives, honoring Jesus' call to know Him, love Him and serve Him in our fellow brothers and sisters.

As Regnum Christi Missionaries you will witness how God's love is the only power in the world that can spark the most genuine and profound transformation of humankind. May this year of service to Christ and the Church bring you the peace and joy that only comes from your own experience of God's love.

May you live your Catholic faith with such evident conviction and share it with such ardent zeal that you become a fruitful and effective fisher of souls for the Kingdom. May God bless you abundantly as you embark on this unforgettable adventure.

Yours in Christ,
RCMC National Team

1. PURPOSE OF THE RULE OF LIFE

The purpose of the Rule of Life is to clearly define and communicate key concepts and expectations of the Regnum Christi Missionaries during their year of service. It also includes expectations regarding their relationship to the Program as well as those they serve. The Mission Corps requires the highest standard of consideration, competency and fidelity from its missionaries regarding all the norms and guidelines outlined in this Rule of Life. It is impossible to anticipate every circumstance that could occur, therefore please direct any questions or concerns to the Program's Local or National Directors.

2.SPIRITUAL DIMENSION

A Regnum Christi Missionary strives to be a committed follower of Jesus Christ who battles daily to live faithfully their life of grace so as to become Christcentered in thought, word, and deed. Prayer is a constant battle, and yet it is only through prayer that one is able to experience the love of God, be convinced and moved by it, and tirelessly bring this experience to other young men and women throughout the year.

Prayer life and friendship with Jesus Christ is the most central aspect of the missionary year. The spiritual practices recommended are means to help them grow in their relationship of love with Christ. With the help of their spiritual director, they gradually learn mental prayer and how to live the other forms of prayer.

The Missionary's prayer commitments are as follows:

Daily

- ✦ Morning Offering
- ✦ Mass
- ✦ 30 min morning meditation
- ✦ Angelus
- ✦ Rosary
- ✦ Night Prayers
- ✦ Liturgy of the Hours
- ✦ Spiritual Reading

Other

- ✦ Weekly Eucharistic hour
- ✦ Regular confession
- ✦ Regular spiritual direction
- ✦ Monthly retreat
- ✦ Encounter with Christ
- ✦ Highs and lows
- ✦ Annual Spiritual Exercises



3. HUMAN DIMENSION

The Regnum Christi Mission Corps calls young people to be the light of Christ to the world. The missionaries should be shining examples to their own generation of the beauty and joy of a life lived for others according to the ideal of Jesus Christ. They are called to raise the current standards of acting, dressing, speaking, and their personal dealing with others to the standard of the Gospel.

“No one can have greater love than to give his life for his friends. You are My friends if you do what I tell you. I do not call you servants that I own anymore. A servant does not know what his owner is doing. I call you friends, because I have told you everything I have heard from My Father.”

(John 15:13-15)

3.1 CHARACTERISTIC VIRTUES

To a culture that presents many challenges to living the Gospel, the Regnum Christi Missionary strives to respond with a commitment to:

- ✦ Live honestly and maturely this Rule of life professed remembering that a Missionary represents something much greater than themselves: Jesus, the Catholic Church and Regnum Christi.
- ✦ Be responsible, faithfully fulfilling all that is asked of them.
- ✦ Be a team player, ready to humbly collaborate with each other by seeking to understand and work with the different personalities, talents and weaknesses of their community, team, and the people they are called to serve.
- ✦ Be productive with their use of time and plan accordingly, avoiding laziness.
- ✦ Serve, always willing to put the needs of others before their own and pushing themselves to leave their comfort zone aside for the good of others, especially those they live with.
- ✦ Be true to oneself; a man or woman of integrity, living what they profess to be.

- ✦ Exhibit true leadership among their peers (especially among their community members) not afraid to spearhead activities and initiatives geared toward moving others toward a deeper relationship with Christ.

3.2 DEALINGS WITH OTHERS

“Look how they love each other,” the pagans would remark seeing the interactions of the first Christians. Missionaries should strive to highlight all their relationships with the attitudes most prominent in how Christ dealt with others: love, humility, patience and service towards all whether friend or foe. Therefore, the following attitudes should be fostered:

WITH THEIR MISSIONARY COMMUNITY:

Strive to live authentic Christian charity by always creating a positive spirit around them, by building others up in word and deed, and through a committed effort to collaborate in all things with the other members of the community. Gossip, criticism, cutting each other down, and “not pulling one’s weight” on the team through laziness are not qualities of a Christian or of a Regnum Christi Missionary.

WITHIN IN THE LEGIONARY AND CONSECRATED WOMEN'S COMMUNITY:

The Regnum Christi Missionaries often live within communities of Legionaries and Consecrated Women. The community is the jewel of the Regnum Christi Mission Corps because when charity is lived within the community, this charity will naturally extend towards those they are called to serve.

Communities are meant to foster both personal and spiritual growth. This, however, is only accomplished through the personal commitment of each one to practice self-giving, compassion, flexibility, learning to work in teams, humility, trying to understand and work with different personalities, cultures, talents and weaknesses of others. **WITH THEIR LOCAL DIRECTORS:**

“Directed Accountability” - Sincere and frequent communication should characterize a missionary’s interactions with the local director and directors of apostolate. Openness with ones directors is vital; to feel free to express difficulties and struggles with confidence and humility. Only through a united

effort, working with one heart and one mind, do Christ's Kingdom be made present. Given that the local directors are ultimately responsible for the missionaries, due respect for their authority should be shown them. They always ask them permission to attend any activities that are not directly connected to their mission this year.

WITH MALE/FEMALE MISSIONARIES:

Interactions between male and female missionaries should be characterized by maturity, respect, and simplicity. Male and female missionaries may collaborate together in co-ed retreats and youth groups. Purely social gatherings among male and female missionaries must be pre-approved by the local director.

DATING:

Dating between missionaries is not permitted during the year in order that your time and energy be given exclusively to the mission at hand.

WITH FAMILY:

Regnum Christi Missionaries can call their parents as needed, always being responsible to fulfill their apostolic commitments first. They can visit their families up to 3 times during the year. This can be worked out with the local director.

WITH FRIENDS:

Missionaries are encouraged to maintain contact with friends and family to share with them their rich mission experiences.

Each missionary should understand the volunteer year as something essentially different than any other time in life. In a sense their time is not their own. It is a full-time commitment to be on call for Christ to serve and thus the use of personal time is dictated by this calling. Therefore, excessive time spent on the phone, texting, social media, and other sites with friends is to be avoided.

WITH A GIRLFRIEND OR BOYFRIEND:

As full-time volunteers for the Catholic Church, missionaries must strive for a focused pursuit of holiness in all aspects of their life. Therefore:

We strongly suggest abstaining from dating relationships until after the year's program is completed. If this is not possible, missionaries must clarify expectations and boundaries with the boyfriend/girlfriend encouraging them to respect the commitment for the year as a full-time apostle of Jesus Christ. Missionaries are expected to place team life and apostolic work ahead of relationship maintenance. Specifics should be approved by the local director.

If missionaries are not currently in a relationship, they are not to seek one out during the year, in order that their time and energy be given exclusively to Christ and their entrusted mission.

WITH MINORS:

Regnum Christi Missionaries should comply with the required Volunteer Certification Process for RCMC as well as the Code of Conduct and the safe environment policies required in the dioceses where they will serve.

3.3 SELF-DISCIPLINE AND WORK ETHIC

A missionary finds fulfillment in work well done. Missionary time is a privileged moment to form habits of hard work and dedication to something of transcendence. Hence understanding that the time each person has on earth is a gift from God meant to be invested in one's own salvation and in the salvation of others each missionary should:

- Strive to build a mature and responsible work ethic. Learn to educate oneself in good time management and organizational skills, striving to fulfill responsibilities with a spirit of excellence.
- According to apostolic and house responsibilities as well as personal needs, each missionary should propose a daily schedule based on the local team schedule. This schedule should be elaborated with the help of the local directors.
- Due to the negative stigma of smoking in the culture and the need to provide the appropriate role models for the youth involved in our apostolate, it is standard policy for the program to enforce a "no smoking" rule among the missionaries.

- Adhere to the legal drinking age in the country you are living.

3.4 DRESS CODE

Regnum Christi Missionaries must always be aware of their identity as representatives of Christ, the Church and the Regnum Christi Mission Corps. Therefore, their dress should reflect awareness of their human dignity and of the respect and love for the mission entrusted to them. Therefore, attentiveness to one's appearance is important. With this in mind:

- Young men should be properly dressed and maintain simple, but distinguished attire for morning prayers, Mass, and night prayers. During apostolic activities, coed retreats, youth group meetings and coed activities, where necessary, Missionaries can dress in their Mission Corps uniform. Suit and tie should be worn before the Blessed Sacrament exposed, for Mass when possible, and for other formal occasions. More specific criteria will be given in the locality where necessary.
- Young women should dress with modesty and dignity and according to the nature of their mission. Daily attire includes dress pants, skirts, or dresses and suitable shoes or sandals but not flip flops. Shorts and workout outfits are allowed during outings, workout times, or other appropriate moments of rest.
- As visible witnesses of Christ, the RC Missionaries are expected to practice appropriate habits of hygiene proper to their human dignity. Beards and mustaches and other forms of facial hair are not permitted to be experimented with during the year.

3.5 MEDIA USE

A Regnum Christi Missionary should be a person capable of self-reflection and interior listening as distinct from a culture of distraction and noise. Media is a

great tool for the New Evangelization and can help bring great numbers of people to know and love God. However, a Missionary commits to using these means maturely and responsibly so as to foster purity, interior relationship with God, and apostolic effectiveness.

Guidelines for the use of media:

- Always be conscious of your testimony as Christ's committed apostle when using social media. Ensure that whatever you post is edifying, mature, and seeks to build Christ's Kingdom.
- Missionaries should strive to maintain the community's atmosphere of silence and recollection after night prayers, limiting any extra noise in the house.
- Additionally, they should not stay up late on their phones or social media to learn the virtue of self-control, self-discipline, living a healthy sleep schedule.
- RC Missionaries should always give primary importance to the souls in front of them and be courageous witnesses to the world of the freedom of being detached from technology and media.
- Frequency of viewing sporting events and movies can be discussed with the local director.



4. INTELLECTUAL DIMENSION

Given that cultural change often occurs at the level of ideas and the RCMC program is called to change culture, RC Missionaries should dedicate time and effort to forming the “mind of an apostle”. Continue seeking to

understand the Catholic faith and the current culture in order to give clear and convincing reasons for the hope you profess (1 Pet 3, 15):

- Strive to stay “plugged into” and “engaged in” what is happening in the culture, the news, Regnum Christi, and the Church.
- Study periodically, both individually and in groups, the Catholic faith in order to know its principal tenets. Critique current events and media according to a Catholic worldview, identifying and rejecting the negative values portrayed therein and promoting the positive values.

5. APOSTOLIC DIMENSION

A Regnum Christi Missionary should identify with the calling of Christ as one who is “sent” to fulfill a specific mission. In a culture that glorifies selfseeking, RC Missionaries are called to serve with the heart of Christ, placing oneself third: God, neighbor, and then self. They must be willing to “die to oneself” by dedicating all their time and effort to prayer and apostolic work geared at helping others encounter Christ.

Characteristic Apostolic Virtues

Regnum Christi Missionaries are called to be actively involved in the Church’s and the Movement’s evangelization of the youth, hence they should:

- Strive to acquire a true apostolic zeal, rooted in a deep prayer life and experience of Christ in the Eucharist, which inspires them to “go out” and share with those around them the joy and freedom of Christ.
- Take ownership of the apostolates they are entrusted with pouring out all their gifts, talents and efforts into them striving to make them the best they can be for the glory of God. At the same time there is always a process of “ongoing learning” that is natural where Local Directors will guide their work.
- Strive to do all things with a spirit of excellence such as the adequate preparation and execution of all apostolic activities, proper communication with the directors both within the Mission Corps and other works of the Church, as well as punctuality to them.

- Exercise a spirit of apostolic initiative which inspires creativity in seeking new ways to better reach those around them with the Gospel message.
- Regnum Christi Missionaries live in a simply furnished house provided by generous donors and benefactors. Therefore, they should feel the responsibility of making the community their home, and therefore, be committed to keeping the house safe, clean and neat at all times. Missionaries should always leave their work area clean before retiring to sleep.
- The virtue of simplicity should also characterize each missionary's use of money throughout their year, working with a reasonable budget.



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