

*Thy Kingdom Come!*

## Transmitting Mystique in Regnum Christi Sections

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## I. INTRODUCTION

The Christians of the first centuries won a great part of the western world over for Christ and his Church. The secret of Christianity's expansion was in the certainty and real experience those men and women had of Christ, coupled with their zeal to communicate this message of love to others. Their hearts burned with the strength of an inextinguishable love for Christ that was passed on from generation to generation, and has continued raising up countless martyrs, saints, missionaries, apostles, and evangelizers.

For Regnum Christi to be what God expects it to be, its members should resonate in unison, with one heart and *one spirit* in Christ.<sup>1</sup> Their interior should burn with the strength that springs from a profoundly Christian conviction and love.

The primary and indispensable instrument that God has chosen to live and convey this interior fire is the **formator**. He is called to be a good instrument of the Holy Spirit and so become a great promoter of the spirit God gave us, the spirit we call "mystique." The Movement's own history provides ample evidence of how a formator deeply convinced of his vocation and mission can – even without much outside support, but trusting in God's grace – step out in faith to found, further, and grow Regnum Christi as a path of holiness for many people.

The Regnum Christi formator, who is both a leader and a good shepherd for his sheep, give of himself and offers his life for each until all are safe. In so doing, he becomes a true promoter and creator of mystique.

Aware of the fundamental mission and priority role of the formator for the Movement's life, dynamism, and growth, we offer below some guidelines and means that will help him receive and convey this mystique effectively, insofar as he lives and applies them.

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<sup>1</sup> Cf. Acts 4:32

## II. THE CORE CONVICTIONS OF A MOVEMENT MEMBER

The mission of every formator, whether priest, consecrated or lay, consists in cooperating with God's grace to make these convictions sink roots into the conscience and heart of each Movement member. The formator should keep these ideas and experiences in his heart so that in his daily activities and dealings with souls—whether in spiritual direction, preaching, formative activities, or motivations in general—he will present them with such strength, enthusiasm, and conviction that these certainties become solid foundations for the members' spiritual and apostolic lives.

These convictions are the *soul* and *essence* that unite and summarize the formator's objectives; only the formator who has assimilated, deeply grasped, and resonated with these convictions will be able to convey them with constancy, spontaneity, and enthusiasm. The content and scope of each of these convictions is explained in the *Regnum Christi Member Handbook*.

1. God, my Father, loves me with an eternal love.
2. Because I love God, I love his will above all things.
3. My passion is Christ. He "loved me and gave himself up for me."
4. Because I love Christ, I carry out my mission in the Church.
5. Because I love Christ, I work to build a civilization of Christian justice and love.
6. Because I love Christ, I willingly embrace my vocation to Regnum Christi.
7. My life is short; my destination, eternity.
8. Mary, my Mother, accompanies, inspires, and upholds me.

### III. WHO TRANSMITS THIS MYSTIQUE?

Only souls who are in love with Christ are capable of conveying this mystique and “infecting” others with enthusiasm for God and for the mission. It is not “activities” by themselves that generate mystique. It is the spirit that resonates in the interior of an apostle who communicates God’s plan in a mature and decisive manner.

The various formators who make up a section should be these apostles, as explained below:

- A. *The section director and assistant to the section director:* The first formator who has to possess and irradiate the ideal must be the section director. He will be the one to infuse this interior strength into other formators who work with him, and through them, into all the other members. In this way, the fruits of his work will be countless.
- B. *The AFIRE coordination team:* Through each of its members, the coordination team ensures that the mystique reaches all areas of the life of the section and is passed on in an effective way.
- C. *The group leader:* His priority is to motivate and form the team leaders.
- D. *The team leader:* He is the *cornerstone* of the Movement’s entire structure, since he has the most frequent and close contact with the members. His mission of passing on the mystique is of decisive importance.
- E. *The spiritual guide:* His task is to forge a real and passionate love for Christ, the Church, and souls in each member, and lead them to their vocational fulfillment.
- F. *The director of each apostolate:* He has to make sure that the members know the “*why*” behind their self-giving and apostolic action. He should encourage, motivate, and form them in their work so that they act out of love for Christ and the desire to help the Church and humanity, especially those most in need of experiencing God’s love.

## IV. HOW TO TRANSMIT MYSTIQUE

Creating mystique consists in getting all of the members to know our spirituality, traditions, and convictions in depth, live them by personal conviction, and faithfully pass them on.

To achieve this objective, the formators have a variety of means at their disposal. The following list briefly covers some of them.

### A. Fundamental means:

#### 1. *Powerful moments of experiencing Christ and for conversion*

- **Daily prayer:** lived as a real encounter with the Living Person of Christ.<sup>2</sup> Prayer is what will make a Movement member able to help his brothers and sisters to have this same experience of the living Christ, of the one we can fall in love with until he becomes the greatest aspiration of our life.
- **Frequent contact with Christ in the Eucharist:** this means living the Mass in a personal way, uniting myself to Christ who is giving himself here and now out of love for me and for the salvation of souls. It means making the tabernacle a place of rest where we listen to him, talk to him, be with him. It is the quiet corner where we can “*rest with him after the feverishness of the day is done*” and the place where Christ ignites hearts with his love.
- **Personal encounter with the love of Christ in confession:** lived in faith, as an encounter with my friend Jesus who comes to forgive me and give me the strength to stand up again and fight to make love real in my life.
- **The yearly tridiums and spiritual exercises:** these are an encounter with Christ where we are invited to “*live the truth in love,*” to experience God’s love for us and for humanity in a more intimate way.<sup>3</sup> This is where we find the strength to live the martyrdom of love in a world that encourages so much selfishness.

The formator—especially the team leader—who knows that his interior strength as a leader depends on his union with Jesus will be the first one to live these fundamental means. He will also take solicitous care that his team members do the same out of self-conviction in order to be faithful to their Christian and apostolic commitment.

#### 2. *Spiritual direction*

Personal attention is one of the most effective means to foster mystique. The team leader will make sure that his members are receiving spiritual direction and apply the concrete means to help them have it regularly: looking for a good spiritual guide for them, teaching them how to take better advantage of it, etc.

<sup>2</sup> “Being Christian is not the result of an ethical choice or a lofty idea, but **the encounter with an event, a person**, which gives life a new horizon and a decisive direction.” Encyclical letter *Deus Caritas Est*, Benedict XVI, n. 1.

<sup>3</sup> Cf. Ephesians 4:15.

In spiritual direction, the person learns to discover Christ's action in his life and form an authentically Christian conscience. The spiritual director has the mission of helping each soul know Christ, experience his love, and be transformed into him. The person being guided should in turn be sincere with his guide, and with his help seek to discover God's will in order to faithfully follow it as the plan of love that God proposes to him.

### *3. Dialogue or personal interview of the team leader with his members*

Love for souls brings the team leader close to his members; it will make him accompany them on their way as they follow Christ. He will witness to them with an authentic life and by his unselfish love. He always seeks the good of each of them even though on occasions it may require him to be demanding or sacrificial.

Through team dialogue, he will be able to motivate, listen to, encourage, understand, and form his team members. When this sincere interest is there, he will look for a way to attend the member even if he is far away: a letter, a message, a phone call... He should make sure to see each one in dialogue about once a month. This greatly helps his members to persevere and live the spirit of the Movement.

### *4. The atmosphere of friendship, charity, and family spirit*

- It is the formator who can foster **close and trust-filled relationships between members and leadership in the Movement** (*territorial directors, section director, spiritual guide, group or team leader, etc.*). The members' relationship with their directors in the Movement is one of faith, love, and respect, finding in them instruments who help draw us to God and help us discover his will. Contact with them should be characterized by trust, a healthy friendship, openness, and sincerity such that they can approach them at any time with the confidence that they will find a father, a friend, and a brother who brings them to Christ and who seeks their true well-being.
- **In team life:** the team leader works to create a healthy atmosphere among all the team members so that each one feels welcomed, loved, and respected. There should be a sincere interest for each other, shown in mutual support and being there for the important moments of each other's lives.

It is best if the team's friendship is not limited only to Movement activities, so that they can share the same spirit in their social life, apostolate, work, and moments of rest and recreation.

- **Charity, communion and family spirit in the section:** this family spirit and friendship has to extend to all the members of the section, starting with the team leaders. The foundation of this spirit is Christ's commandment and the ideals they hold in common. This spirit, like every good thing, becomes contagious and spreads to all the members of the Movement and to anyone who gets to know a man or woman of Regnum Christi.

### 5. *The team*

The team is the fundamental institution of a Regnum Christi section, and the internal unity of the team is an essential factor to create mystique. The team leader must do what he can to get his members to participate as a team in the various activities: Encounter with Christ, study circle, apostolate, social activities, monthly retreats, pilgrimages, etc.

It is in the team that the members learn the art of speaking well of others, mutual understanding, and forgiveness, and where criticism and gossip about anyone never find a home.

### 6. *The apostolate*

The apostolate becomes a motor of mystique when the formators (team leader, spiritual guide, director of apostolate) imbue a strong sense of the mission in their members. This sense of mission becomes concrete in their desire to draw new members to Regnum Christi out of love for the Church and souls.

The formator opens members' eyes to others' needs so that from within they hear Christ's call to live love in the concrete circumstances of life. The formator **launches them** so that they put their talents to work in the apostolate.

People are enthusiastic about working in apostolate when their formators motivate them in a positive way, bring out their best, show confidence in them by putting projects in their hands, and at the same time, remain prudently close enough to help them carry them out.

It is very important to **unleash and encourage** the members' own apostolic initiatives and not only offer them apostolates that are already structured. Nonetheless, we must give first priority to existing Movement programs that work in serving the Church, and help the members to make them their own.

It is best to give priority to **apostolates dedicated to evangelization, Christian charity**, and the transformation of society and culture—apostolates that offer answers to the current problems of the Church, the world, and society.

He should also look for apostolates that help to increase the members' **generosity** and love for the Church and the Movement. In this sense, he can entrust the teams with the task of founding Regnum Christi in a nearby city or zone. This will give them the experience of the first apostles whom Christ commanded to go out and preach to the whole world. They can be invited to offer some years as Mission Corps missionaries, or a summer of service, etc. In this task, it is very helpful for more experienced formators to be discreetly but consistently on hand to ensure that everyone has a positive experience and that they overcome the moments of discouragement that could arise with the first difficulties in the apostolate.

## 7. Testimonies of self-giving and generosity

It is a great help for the sections when there are members whose testimony of authenticity and generosity becomes an example for others. They are attractive as Christians because of the way they live their life of grace, their practice of true Christian charity, apostolic audacity, leadership and generosity in self-giving, even to the point of offering their whole life to Christ.

They are members whose affective and effective integration is shown in a great love for the Church, the Movement, and God's plan for their lives. "*Words move, but examples draw.*"<sup>4</sup>

### B. Other means proper to the life of the section

1. *Encounter with Christ:*<sup>5</sup> It is very helpful when the team leader introduces his team to the purpose of each part of the Encounter with Christ and teaches them how to live it fruitfully. In this way, the Encounter helps the members to take on Christ's standards, apply them in their own lives, live them in the team, and learn to become apostles in the course of daily life.

The Encounter with Christ should be a true encounter with Christ, an activity that the members value because its content and dynamic pertain to real life. It should reach them where they are at, enlighten them in their daily duties, and give them real answers to their most pressing problems, worries, and needs.

2. *Study circles:* The purpose of study circles is to impart a better knowledge of Catholic faith and morals, enlighten the members on topics of current events, and in general, form Catholics who can give a reason for their hope. To foster participation, the topics should be attractive and well prepared; it also helps if the team leader is the person leading it. However, this task can also be delegated to another formator.

The presentation of the topics should not be merely theoretical, but should have a practical, real-life focus that responds to the questions that concern modern man.

3. *Getting Started course for newly incorporated members.*<sup>6</sup> This course is given by the team leader to his members. The purpose is to introduce each one to the Encounter with Christ and to familiarize them with the life and mystique of the section. It is a preparatory course for recently incorporated members; it is not a repetition of the discernment course. Each session should give a progressive explanation of one part of the Movement, and aspects of the life of the section: structure, AFIRE, apostolates, commitments, team life, etc. This course ensures the members' attendance, team participation, and integration

<sup>4</sup> Translator's note. This is a translation of "*las palabras mueven, los ejemplos arrastran*" which could also be rendered as "words may move the heart, but examples change a life" or "words move, examples drive".

<sup>5</sup> Cf. *Regnum Christi Handbook*, nos. 591 - 616

<sup>6</sup> Translators' note. The courses mentioned here have their parallel in the English language "Getting Started" course.



with the team leader. It is not an “extra” added on to their life in the section but an initiation and an accompaniment in their first stage.

4. *Conventions:* These are powerful moments to experience the Regnum Christi family spirit, esprit de corps, and formation. Every Movement member should participate in an annual convention, organized at the local or territorial level. The team leader should motivate and get his team to attend so they can get to know other teams and enrich each other. In addition to the local and regional conventions, the formator should personally promote attendance at the international conventions, since these are occasions when the universality of Regnum Christi shines forth more strongly.

It is essential for the formator to attend the yearly formators’ convention so that he can further his own formation and better serve the souls entrusted to him.

5. *Monthly retreat:* the team leader should make the members see the need for this and motivate them to participate in it by highlighting the fruits it offers. They should try to live this activity as a team so that they grow together in their love for Christ, in their perseverance, and in their authenticity of life before God and men.
6. *Program and calendar of mystique:* Each section should have a program and calendar that will enable them to pursue the mystique objectives. These objectives have to be adapted to their reality since each section, just like an individual person, is unique and passes through its own particular moments.

With the help of other formators, the section director should always keep an eye open for weaknesses or needs in his section and aim all of the means at his disposal toward one or two objectives until he achieves them. For example, if he sees that the members are lacking charity, he can take advantage of the monthly retreat to preach on charity. He can also touch on this point in his meetings with the team leaders, reinforce it in his spiritual directions, and make it the theme of the triduum of renewal. In other words, he should reinforce the point until he obtains real and measurable results.

It is very helpful if all of the section’s activities are organized around the section’s priority objectives for mystique so that, by different means and in different ways, the members get to know and live these essential principles. In this way we will be able to unite efforts and achieve a real advance in the living of our spirit. Make sure that the motivations are always positive, attractive, and motivating, and avoid falling into repetition and routine.

## V. FRUITS AND THE EVALUATION OF THE FORMATOR'S WORK

The good formator will ask himself: How do I know if I am really making the core convictions of a Movement member my own? How do I know if my work as a formator is imbued with mystique? With these questions we see the urgency of helping him do a deep analysis of these basic points: the sense of belonging, generosity, and growth as a consequence of the spirit with which he lives the love in his heart, concretely in the use of his time and in the fulfillment of his mission.

## VI. MYSTIQUE ACTIVITIES, RESOURCES, AND MATERIALS

Regnum Christi has various activities, resources, and materials that can help to strengthen the members' formation, integration, and mystique. They are instruments that feed and ignite the spirit. For example: a national Youth and Family Encounter where a member experiences that he belongs to a large spiritual family made up of many others who live for the same ideal; a good book that helps him to pray; an opportunity to get to know new apostolic initiatives from other places, etc.

In order to help all Movement members benefit from these resources, the formator has to be the first one to know and promote them, always keeping his teams updated, commenting on edifying news, sharing the advances of the Kingdom, promoting activities, etc.

### A. Internet resources

Wherever Movement members may be, they can put themselves in continual contact with the spirituality, life, and current events of the Church and the Movement through:

- *The Regnum Christi web page:* the site [www.regnumchristi.org](http://www.regnumchristi.org) and [www.rcspirituality.org](http://www.rcspirituality.org) are tools for the formator and for Movement members. In them, he can find meditations, reflections for the Eucharistic hour, cases for the Encounter with Christ, videos of conferences and meditations, a wide variety of formative and apostolic resources, information about activities, information about religious and consecrated life in the Movement, links to other web pages of various apostolates, etc. Many formators use this web page to find resources to get to know and live the spirituality and share it with their members.
- *Regnum Christi Mission newsletter and Regnum Christi News of the Week:* through these email newsletters, the formator can foster a lively sense of enthusiasm, belonging, and unity with other Movement members. Every team leader should make sure all of the members of his team are subscribed.

A formator who understands the transcendence of these means will also seek to send relevant news about his team or section that can be shared with other sections to the communications team.

## **B. General activities of the Movement**

Family events are always joyful occasions and generators of unity and charity. The extensive family of the Movement organizes various annual activities for this purpose. It is here that one discovers the greatness and scope of the Movement and its charism, friendships are formed, and personal and apostolic experiences can be shared between members from different teams, cities, and countries.

The most important general activities offered by the Movement are:

- Regnum Christi Day, celebrated on the feast of Christ the King.
- Family Mass with the renewal of marriage vows
- Evangelization and Humanitarian missions during Holy Week
- National or International Youth and Family Encounters.
- Vocational weeks in our sections, schools, and apostolates
- Conferences and seminars on current events
- Pilgrimages to the places of our history and charism: Rome, the Basilica of Our Lady of Guadalupe, Jerusalem, etc.

Ordinarily, these activities are open so that members of all sections can invite their relatives and friends. The Regnum Christi formator is the first one interested in encouraging his members to participate in these activities. That is why he sends concrete information about these activities, personally invites each member, and motivates them to participate with a great sense of responsibility and belonging.

## **D. Others:**

Amidst the many means available, we present two of special importance:

- Ecclesial dimension: The formator should encourage the members' participation in and support for the life of the parish, pastoral programs, activities organized in their dioceses, etc. In this way, the Movement's ecclesial vocation will be shown in a concrete way.
- Each member should feel close to his directors. To this end, the formator should invite his members to stay in touch with the Movement's section and locality directors as well as the territorial director, by taking advantage of their visits to the centers and through ongoing personal correspondence.