

## **CATHOLIC LIFE COMMUNITIES – AN OUTLINE OF WHAT WE ARE**

### ***What are Catholic Life Communities?***

CLCs are committed, parish-based, single-sex high school communities of faith for guys and girls, that promote their spiritual, emotional and social development in an atmosphere of Christian values and friendships.

### ***How are CLCs established?***

CLCs are organized and led by one or more adult Moderators, approved and supported by the Youth Apostles Institute and the Women's Youth Apostles. They function within a particular parish with the approval of the Pastor.

### ***How do CLCs function?***

The community meets weekly throughout the year. The meeting opens with a prayerful reflection. There is an inspirational talk or activity followed by group sharing. Time is also allotted for formation, business and fellowship. Once a month the meeting consists of a Mass where community commitments are made, if appropriate. Meetings last approximately one and one-half hours.

### ***What important Christian values and virtues are emphasized in CLC?***

**TRUTH:** Honesty, openness in communication, and mutual trust are integral parts of the CLC commitment. By following the truthfulness and radical openness of Christ, members are inspired to a deeper **FAITH** in God and a greater sense of accountability to one another.

**FREEDOM:** Responsible choices, achieved through a strong personal discipline, are the foundation of true freedom. This freedom enables members to make a commitment to Christ, and to live a life filled with **HOPE**, the same hope that is destroyed by impulsive and irresponsible choices.

**CARE:** Care embodied in warmth and friendship fosters unconditional love and Christian charity. Inspired by Christ's sacrificial love, CLC members are challenged to outwardly show their support and **LOVE** for God and each other.

### ***What are the most important elements of the CLC spirituality?***

**EUCCHARIST:** Jesus, truly present in the Eucharist, is the main source of spiritual strength. CLC strives to inspire its members to a deep love for the Eucharistic Christ. The Mass is the greatest expression of our union with God and one another; CLC stresses the importance of frequent and active participation in the Mass. In Mass we recognize our failures, ponder God's Word and become united in the Body of Christ.

**PENANCE:** We are reunited in the Body of Christ through the healing power of the Sacrament of Reconciliation. It is through this Sacrament that the members confess their sinfulness and accept the Lord's forgiveness. It is also through this Sacrament that they recognize their connection to the Church as a whole and, in particular, to the community members. This experience of God's mercy gives them the **FREEDOM** to **CARE** for one another in a Christ-like manner.

**PARYER:** A personal relationship with God needs to be based on prayer. It is through prayer that we can develop an intimate relationship with Christ. CLCs hold up for youth the beauty and value of prayer, giving instruction and encouragement on the practice of daily prayer.

**MARY, HELP AND MODEL OF CHRISTIANS:** Mary, Mother of God and our Mother, is the perfect example of a Christian. In addition to her response to God, her "radical yes," CLC members are encouraged to commit their lives to following the will of God. The commitments of CLC members facilitate this consecration of their lives to Christ. As humble servants, through which the Spirit's light shines, our purpose, like Mary, is to bring Christ into the world.

### ***What are the activities of CLC?***

As Catholic communities of faith, CLCs are centered on the Eucharist. In addition to communal monthly Masses, the CLC members participate in other weekly Masses, encouraged to go to Confession regularly, and develop a life of personal prayer and spiritual devotion.

The CLC members are drawn closer to Christ and to one another through our Annual Community Retreat, and Summer Fun Workshop. A number of more informal overnights and day workshops are also organized through the year.

Friendship is one of the most important elements in CLC. Rooted in the unconditional love of Christ, the members accept and support their peers as brothers and sisters, through open sharing, mutual acceptance, and quality fun experiences. Social activities are organized to facilitate friendships. Fun workshops, outings, and other social events all serve as community builders.

### ***Why is commitment emphasized in CLC?***

Commitment is at the core of our community. It is a covenant between God and the CLC member, made publicly and witnessed by the whole community. This freely accepted commitment encourages a spirit of perseverance and fidelity to live the Christian life in the Catholic Church and within CLC.

### ***What are CLC standards and promises?***

They are levels of personal commitment made within the community to express the desire to follow Christ more closely. At each level, a Promise is made, which states the member's intention to live according to specific Christian standards. The promise is read in front of the community, if possible, during one of our monthly Masses. At that time the member receives a Cross that symbolizes the commitment made. These commitments are made only after serious consideration by the member.