

## ***Elements of a Betharramite Spirituality for the Laity***

### **1. The person of Jesus**

His life, his relationships, his actions, his words, his Resurrection. Jesus Christ in the Mystery of the Incarnation, the whole of his life in order to follow his example *and live the immensity of love in the limits of one's position, readily, unreservedly, irrevocably, out of love rather than by any other reason.*

Jesus Christ, annihilated and obedient, the beloved Son of the Father.

Jesus Christ in his generous impulse of his Heart, saying to the Father: *Here I am to do your will*, and surrendering himself to save mankind.

Jesus Christ, known, loved, interiorised, witnessed, proclaimed following the example of Saint Michael Garicoïts.

### **2. To build and live the ecclesial communion**

United with Christ from the day of the Baptism and fostering this union with prayer, with the Eucharist and by practising the human, Christian and betharramite virtues: humility (being simple and unassuming), obedience, gentleness, dedication, charity.

Live the values of the lay vocation.

Live the joy of knowing and loving Jesus and of being his disciple and missionary.

Build the communion by living one's vocation as complementary to the betharramites religious and to other vocations in the Church.

Live also the value of the ecclesial communion in one's family, domestic Church, and with other families.

Set up groups of families of people willing to live this communion starting from the spirituality of Saint Michael Garicoïts ready to transform the surroundings where one lives.

### **3. Sharing the mission of the Church**

Through a fearless witness where one lives, this witness will stir up irresistible questions such as: *Why are they like this?* (E.N. 21)

Live in a mature way one's faith by practicing the discernment of the will of God in different situations one comes across. Discernment in different fields: politics, job, education, trade union, mass media, ecology. Option for the poor.

Take to heart one's integral education, Holy Scripture, writings of Saint Michael and of the Betharramite tradition, Social Doctrine of the Church (cfr Compendium of the Social Doctrine of the Church). The Church in the heart of the world and the world in the heart of the Church (Puebla).

Have your answer ready for people who ask you for the reason of the hope you have, do not be ashamed of being a Christian and have the courage to proclaim Jesus Christ. *There is no true evangelization if the name, the teaching, the life, the promises, the kingdom and the mystery of Jesus of Nazareth, the Son of God are not proclaimed.* (E.N. 22)

To cooperate as much as one can in the missionary activities of Betharram.

### **4. Proposal of minimum elements of the betharramite identity**

- Pray personally each day the following prayer and be aware that by praying it one expresses the communion with many other people scattered in the world.

***O my God, You have so loved me!***

***O God, You have done so much to obtain my love.***

***You have so desired and do so desire that I love You!***

***Here I am, O my God, here I am.***

***My heart is ready.***

***I will stop at nothing to prove to You my love.***

***What do you want me to do?***

***Here I am (D.S. 89)***

***Our Lady of Betharram, pray for us.***

***Our Father Saint Michael, pray for us.***

***Blessed Miriam of Jesus Crucified, pray for us.***

- Celebrate with some groups of laypeople or with a betharramite community the Feasts:

19 March:	Saint Joseph
25 March:	The Annunciation of the Lord
14 May:	Our Founder Saint Michael
2 <sup>nd</sup> Friday after Pentecost:	Sacred Heart of Jesus
28 July:	Our Lady of Betharram
25 August:	Blessed Miriam of Jesus Crucified
14 September:	Exaltation of the Cross
20 December:	day of the <i>Here I am</i> during the Christmas Novena

- To plan and carry out in the family a moment of betharramite prayer (daily, on Sundays, twice a week, three times a month, etc...) consisting of a prayer to Our Lady of Betharram (*see enclosure*), the reading of a passage from St Michael's writings or from the Betharramite tradition, and sharing with the family members the content of the text and one's own experience, then winding up with the prayer: ***O my God, You have so loved me!***
  - To create groups of lay people or families around a religious or a betharramite community in which the members plan and implement a project of formation starting from the Holy Scripture, the writings of Saint Michael or of the Betharramite Tradition, the *Catechism of the Catholic Church* and the *Compendium of the Social Doctrine of the Church*, for example.
5. In each Vicariate and Region it would be good to have meetings at least once a year in order to favour the encounter of people, of families and groups concerned. The structure of these meetings can be different according to the project proper to each Vicariate and according to the culture of each country.
  6. Other proposals...

## *Our Lady of Betharram*

Our Lady of Betharram,  
Mother of the beautiful Branch,  
You offer us the Infant Jesus:  
We come to you,  
Seeking protection and affection.  
We ask you to be a living and maternal presence  
In our families.  
Watch over the growth of our children.  
Free us from unemployment,  
So that we can live with dignity.  
May we always have something to share.  
In you, Joseph found  
The tenderness and strength  
Of the New Woman of the Gospel.  
From you, Jesus learnt how to be faithful to the Father  
And how to love men and women, his brothers and sisters.  
Mother, we too want to live according to your example  
And practise, in our daily life, your virtues.  
Bless our ideals  
And all our efforts to build  
A fairer and more united society.  
Help us  
To create new situations  
Where love has the pride of place.  
Help us to find time  
To be in touch with the Lord,  
Time for family and friends,  
Time for relaxing.  
In time of temptation, solitude and trial,  
Give us your strength,  
Stretch out your saving branch.  
Amen