

# Who We Are

We are a community of married couples who wish to live with God, develop their spiritual life and at the same time create new friendships and relationships with other Catholic families.

Within Domestic Church, we learn how to build true unity and our children can interact with peers who share the same Christian values

Domestic Church is the family branch of the Light-Life Movement founded in Poland by Venerable Servant of God, Fr. Franciszek Blachnicki (1921-1987) with the guidance and support of his bishop, Karol Wojtyła (later Pope St. John Paul II). It is for sacramentally married Catholic couples and families who want to grow in mutual love and pursue sanctity together. It provides lifelong formation in personal, marital and family spirituality.

*In our own time, in a world often alien and even hostile to faith, believing families are of primary importance as centers as living, radiant faith. For this reason, the Second Vatican Council, using an ancient expression, calls the family the Ecclesia Domestica.*

*(CCC 1656)*

Within the Light-Life Movement, there is also formation for adults, children, youth, priests, nuns, monks and members of secular institutes. Please contact us if you are interested.

# Contact Us



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# DOMESTIC CHURCH

FAMILY BRANCH OF THE LIGHT-LIFE MOVEMENT



## Why to join?

- The Movement helps spouses in building true unity and in creating a truly Christian environment for bringing up children
- Global movement approved by Catholic Church Present in 30 countries - together with your family you are part of a larger community
- It provides formation, using the Church's spiritual tradition and official teachings, for how to pray, how to use Scripture in prayer, and how to grow in a real relationship with God, our spouses, and our children in light of our Baptism
- It helps sustain the marital love not only in the fascination period but throughout lives
- A structured approach to spiritual growth lifelong formation in personal, marital and family spirituality
- Retreats opportunities in beautiful locations- currently overseas and soon locally, too

## Circle Meetings

Each couple in Domestic Church typically starts off by attending an Evangelization Meetings or Retreat, which allows them to experience the Good News in a new and deeper way and provides a real experience of the saving power of Christ as a couple. After the evangelisation part, the couple has an opportunity to join a circle of 4-7 other couples and a priest.

Each circle meets once a month to share the joys and sorrows of the journey, to pray together, to go over their progress in spiritual growth according to the 7 promises, and to go over the new formation materials for the month.



*It's been said that being a member of the Domestic Church is just being Catholic!*

What makes the formation of Domestic Church so attractive is that it is not a novel approach to the faith or a vision of Catholicism limited to a founder's particular spirituality, but simply a way to access the treasures of the Church's teachings on marriage, family life, prayer, Scripture, the Sacraments, etc. specifically as a spouse and a parent, utilizing the grace of the Sacrament of Matrimony to do so.

## The Seven Commitments

The Commitments (promises) are basic principles of spiritual growth in the Catholic tradition specific to the vocation of marriage and family. Each family practices the 7 promises in order to grow in their spiritual life according to their particular needs and contexts.

1. *Daily Individual Prayer*
2. *Regular Study Of Scripture*
3. *Daily Couple Prayer*
4. *Daily Family Prayer*
5. *Monthly Couple Dialogue*
6. *Rule Of Life*
7. *Yearly Retreat*

## Domestic Church Membership

After joining a circle, a couple has 9 months to decide if they will commit to the continued formation, and another two years or so before they enter into mainstream Domestic Church formation, all of which builds toward giving back to the parish what the Holy Spirit has grown in each couple during those first few years. This process follows the Church's vision of Catechesis for adults.