

Camp St. Martin Rule of Life (2019)

CSM Mission

To facilitate an encounter with Christ in the context of Christian Community.

Intro

A community united in Christ is a great joy for it is a reflection of what is to come, a reflection of heaven. *"Behold, how good and pleasant it is when brothers dwell in unity!" (Psalm 133:1)*

What is a rule of life? A rule of life is a discipline or way of living that one uses to accomplish what one wishes to accomplish. You want to be a counselor, you need to love a certain way. Adopting a rule of life, a discipline, will help you to accomplish that. As Camp St. Martin Counsellors and team members, we strive to be united in Christ and in service of one another following the example our patron, St. Martin of Tours. We do so under one rule lived out each in our own individual way as our vocation and state in life permits.

Prayer

"Prayer is the oxygen of the soul." – Padre Pio

We are to be committed to a life of prayer - conversation with Christ. The entirety of the camp experience for all (team & campers) hinges on prayer, without which we work in vain.

"Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep." (Psalm 127:1-2)

Each's prayer life will look different depending on their charisms (gifts/style) and experience. One should not measure their prayer life according to another but by asking – How do I pray now? What is God calling me to? What am I able to do now? A good life of prayer is built on:

1. A firm commitment to a relationship with Christ.
2. A commitment to a certain form of daily prayer including set time and place.
3. A resolution to review these commitments and recommit regularly as previous commitments become habitual and firm in both times of desolation and consolation in and or a focus on depth in prayer is added.

Our base commitments to prayer as a community include:

- Scripture: As people of prayer we must be rooted in the word of God and desire to not only speak to Him but hear His word. Thus, a commitment to scripture is essential to living out the CSM Rule of Life. We strive to read the scriptures weekly in the least, preferable the upcoming Sundays readings for the mass.

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Consider committing to “no bible, no breakfast” or “no bible, no bed” and reading scripture daily or meeting with others for a weekly bible study.

- Silence: A time of silent prayer called “Desert Time” is a staple of the CSM community. “Only in silence does man succeed in hearing... the voice of God which really makes him free.” – St. John Paul the Great
- Sunday Mass: We desire to be Christ to those we serve and thus must abide in Him and with Him by the reception of His very self. (If you’re not attending Sunday Mass the greatest effort should be made to commit to this for the good of self and others.)
- Reconciliation: A spirit of conversion is crucial if Christ is to affect us and others in any profound way. We must not be afraid to experience Christ’s love and mercy in this sacrament. “*God did not send his Son into the world to condemn the world, but to save the world through him.*” – John 3:17

We live this out by a commitment to examining ourselves daily (Daily Examine) and monthly confession.

At Camp

Praying with a community in the context of camp is easier than on your own at home, but it will look different as you will be praying possibly different prayers. If you’ve committed to praying a daily rosary, but you find it difficult to do so in the context of camp, it is perfectly suitable to substitute this prayer for another such as team morning prayer. Team members must participate in all scheduled prayer times including daily team prayer and mass.

Community and Accountability

“Let us hold fast the confession of our hope without wavering, for he who promised is faithful; and let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.” (Hebrews 10:23-25)

We live as a Catholic Community within the Church Community of the Archdiocese of Grouard – McLennan to serve the least of our brothers and sister as did St. Martin of Tours.

Some communities are permanent (family, religious orders) others are transitional. The CSM Team is a transitional community and thus one’s term in the community is temporary as discerned by the Camp directors and the individual. The standard term for CSM Team members is from May 1st to the end of August. During this time we intentionally live as one community under one rule of life.

Pride, Gossip/Slander, Ingratitude and Suspicion can quickly destroy a community. We must eradicate these from our hearts through acts of Humility, Affirming Speech, Gratitude and Trust/Trustworthiness.

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We need a community to live a Christian life. Accountability is crucial if one is to live out and grow in any commitment. CSM Team members are to be held accountable to their personal prayer commitment and to the CSM Rule of Life by one another. Specifically, by their accountability partner which is another community member of the same gender. CSM Directors are to act as mentors, checking in and supporting all team members with this commitment.

Accountability Check In's

- 1 once a week in the least.

Meet up in person or in the least via phone call whenever possible.

Director Check In's

- Via phone call once a month.

Check-ins are to be supportive, non-judgmental and encouraging. We will fail, this is not the focus of any check-in. The aim of accountability is to share joy's and encourage each other when we're struggling or have fallen.

Follow the CSM Check in Guide when meeting in person or via phone call.

Relationships

Out of respect for the importance of CSM's mission and to remain free from distractions and focus on our relationships with Christ, CSM Team members commit to not pursuing romantic relationships within the CSM community during their term.

Service

We live in service of one another through prayer, accountability and living our daily lives well both at camp and at home. We prepare best for camp by committing to a holy way of life in ordinary day to day tasks. If you're a student, do it well for the Glory of God, if you're at work, do it well for the Glory of God, if you're a Mom or Dad, do it well for the Glory of God. (1 Corinthians 10:31)

We must also care for our bodies to serve better.

- Rest well, Eat well and Exercise Well.

In living this Rule of Life, we hope to be a Christian Community through which others encounter Christ, a reflection of heaven.

"And they devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers" (Acts 2:42).

How do I pray currently? Has it become a habit?

How do I want my prayer life to look? What is God calling me to?

What am I able to do now? or What can I add prudently?

What form of prayer/s do I feel most drawn/called to?

What time of day is it most suitable to pray? Morning? Evening?

Where would be a good place to pray, free from distractions and interruptions? Your room? Outside? In the car?

How can I include acts of Humility, Affirming Speech, Gratitude and Trust/Trustworthiness in my daily life?

"I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:5)

My Personal Commitment

I _____, commit to pray _____ everyday
at _____ AM/PM at/in (location/place) _____.

And strive for – Daily Examine and Desert Time, Scripture Weekly, Sunday Mass Weekly, Reconciliation Monthly.

***Cut out and post where you will see it everyday to help you persevere.