



IN THE SPIRIT OF EUGENE

“One Heart with Christ in Mission”

Constitutions 31 and 32

C 31 - *We achieve unity in our life only in and through Jesus Christ. Our ministry involves us in a variety of tasks, yet each act in life is an occasion for personal encounter with the Lord, who through us gives himself to others and through others gives himself to us.*

While maintaining within ourselves an atmosphere of silence and inner peace, we seek his presence in the hearts of the people and in the events of daily life as well as in the Word of God, in the sacraments and in prayer. We are pilgrims, walking with Jesus in faith, hope and love.

C 32 - *It is as missionaries that we worship, in the various ways the Spirit suggests to us. We come before him bearing with us the daily pressures of our anxiety for those to whom he sends us (cf. 2 Cor 11:28). Our life in all its dimensions is a prayer that, in us and through us, God’s kingdom come.*

Introduction

These Constitutions remind us that the source of our unity is Jesus Christ. In Him, our many ministries and daily tasks come together into one purpose — to make His presence known and felt in the world. Every encounter, every act of service, every quiet moment of prayer becomes a meeting place with the Lord, who gives Himself through us and to us. Our call as missionaries is to live with a prayerful heart in the midst of action. We carry the joys and struggles of those we serve into the presence of God. In doing so, our whole life becomes a living prayer — an offering that allows God’s Kingdom to grow in and through us.

Scripture Passage - John 15:4–5

“Remain in me, as I remain in you. As the branch cannot bear fruit by itself unless it remains on the vine, neither can you unless you remain in me. I am the vine; you are the branches.”

Jesus calls us to stay close to Him — to let our strength and peace flow from His presence. When we remain rooted in Him, even our smallest acts of service are filled with divine life. Unity with Christ brings unity within ourselves and among us as brothers in mission. Prayer and ministry become one heartbeat, one movement of love.



IN THE SPIRIT OF EUGENE

Message from Saint Eugene de Mazenod

“Let us live in such a way that all our actions, all our thoughts, all our desires, may be directed toward God. May we be convinced that we can do nothing without Him, that He is the one who must inspire, guide, and complete everything in us.” - Retreat Notes, October 1814

Saint Eugene teaches that our lives should flow entirely from God’s presence within us. His words echo the call of these Constitutions: to let God animate every part of our lives. For Eugene, to be a missionary meant first being united with Christ — so that all we do might reveal His love.

Reflection

C 31 and 32 call us to live with one heart in Christ — to let our unity, prayer, and ministry form a single expression of love. When we stay connected to the Lord, our daily lives become an offering, and our mission becomes worship. We live not as divided persons, but as people rooted in prayer and sent in love.

Questions for Personal Reflection and Sharing

1. How do I seek unity with Christ in the middle of my busy days?
2. What helps me to stay rooted in prayer while engaged in ministry?
3. When have I felt that my work itself became prayer?
4. How can I make my life more fully an offering of praise and service?

Closing Prayer

Lord Jesus, our life and our unity, Draw us close to your heart.

Teach us to find you in all that we do — in silence and in service, in prayer and in people. Make our lives one single act of love, that in us and through us your Kingdom may come. Help us to remain in you always, so that we may bear lasting fruit for your glory.

Amen.