

MARIA GORETTI HOUSE

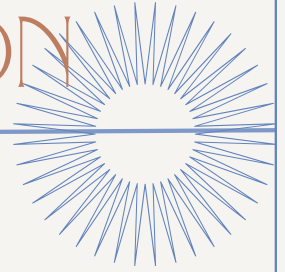
RULE OF LIFE



The purpose of this Rule of Life is to provide a women's home of discernment and community life where female students can develop the four dimensions of formation; spiritual, human, academic and apostolic.

Obedience to this Rule of Life leads us to freedom- forming certain Christ-like habits, transforming us into witnesses of the Gospel.

SPIRITUAL FORMATION



(I) Remaining in Christ and in His love

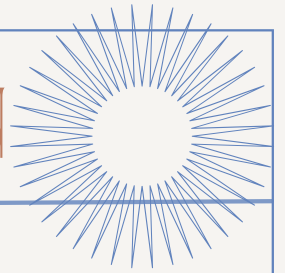
Prayer—remaining in Christ and in His love—is non-negotiable. Our entire livelihood depends on prayer, for we can do nothing if we do not remain in His love.

“Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me, you can do nothing. Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned. If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. By this is my Father glorified, that you bear much fruit and become my disciples. As the Father loves me, so I also love you. Remain in my love.” - John 15:4-9

Our Rhythm of Prayer is the heartbeat of our community. Specifically, our commitment includes:

- Daily personal Holy Half Hour ideally before the Blessed Sacrament
- Daily Rosary
- Sunday Mass and Holy Days of Obligation
- Participate in the Liturgy of the Mass regularly as a lector, usher or in the choir
- Sacrament of Reconciliation at least once a month
- Celebration of Feast Days- Obligatory party day
- Communal weekly fast (determined upon individual but with group accountability)
- Communal Spiritual Reading on discernment
- Must attend major retreats offered by St Pauls, specifically Women’s Retreat

HUMAN FORMATION



Grace builds upon nature, it doesn't replace it. Just as Christ became incarnate and expressed His divine nature through His humanity, so it is important for Catholics to cultivate natural virtue so as to express the Gospel in their behavior and conduct. Human formation will touch on your personal virtues and communal living.

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body.”

-1 Corinthians 6:19-20

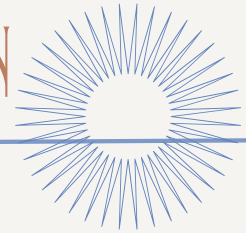
(I) Glorify God In Our Person

Within our personal rule, we will schedule time for physical activity and rest:

- **Exercise:** make time for intentional physical activity 3 times a week that helps us be our best.
- **Rest well:** as the Lord commands we keep holy the Sabbath, we find what works for us within the context of the Rule and live into it. In order to foster healthy community, we will limit social media between 10 pm and 6 am.
- **Eat well:** Glorify God in what we eat and how much we eat. Strive to eat 3 meals a day.
- **Dress well:** Clothing should be beautiful, modest and glorify the Lord at all times. Wear Goretti shirt on Thursdays.

(II) **Home** // The home in which we live belongs to God and we are His guests. We will respect the physical house in which we live and the property of others as gifts from God. We will uphold all household standards, and be mindful of any designated quiet or visiting hours, cooking and cleaning schedules, and common spaces. We are mindful of how we use heating and air conditioning, electricity, and water. We strive to recycle and to put things back where they belong.

HUMAN FORMATION



- All members of the household are expected to be inside the house by midnight on every night of the week, including weekends unless previously discussed with the house leader.
- Visitors are welcome. Out of respect for the other members of the household, all male visitors will be discussed with the house leader beforehand and will stay within the common spaces of the home. All members of the household should be mindful of healthy limits on guests.
- All residents will be available for communal Monday night dinners.

(III) Leadership // The Maria Goretti house will be governed by a hierarchy of authority judged by year in school and maturity. Openness with one's house leader is vital; to feel free to express difficulties and struggles with confidence and humility.

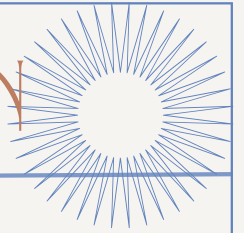
“Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master's joy.” - Matthew 25:21

- Sophia will be Abbess of the house
- Two women will work under her- Prioress and Sub-prioress
 - Manage and facilitate house chores, make sure rent is being paid and the home is being cared for.
 - Assist In planning and implementing community events.

Responsibilities of leaders:

- Enforce house rules and commitments
- Report concerns to Fr. Nathan Dail

ACADEMIC FORMATION



This house is meant to be a refuge for community, solitude, and especially a place to study. As students, we commit to putting our heart into our studies, in order to better understand the vocational calling of student life. We understand the gift of learning can expand our understanding of life's meaning. By embracing our student vocation, we praise and serve God by merely living out our life and present duties.

"So whether you eat or drink, or whatever you do, do everything for the glory of God." 1 Corinthians 10:31

- Members must uphold a GPA above 3.0 Average
- Attend Sunday Theology 102 classes (when offered)

APOSTOLIC FORMATION

Members of the Maria Goretti House should find creative ways to share their faith with those in the college community.

"Behold, I am sending you like sheep in the midst of wolves; so be shrewd as serpents and simple as doves." - Matthew 10:16

- Eat dinner with Frassati house once a month
- 1 community service program per semester (as a house)
- Participate in FOCUS Bible Study
- Participate in a ministry program at St. Paul's Student Center or St. John's Cathedral
 - Includes but not limited to:
 - Labre
 - St. John's Food bank
 - St. John's Youth Ministry
 - St. Veronica's Guild

Practicals:

- 7 women total
- Rent \$300-\$750 a month (depending on room situation)