

**LEGION OF MARY APOSTOLIC  
WORKSHOP: THE 3 C'S  
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**CONVERSION, CONSERVATION, CONSOLATION**



## OVERVIEW OF THE 3 C'S

- . **Conversion:** Bringing souls closer to Christ.
- . **Conservation:** Strengthening and nurturing the faith of Catholics.
- . **Consolation:** Providing spiritual comfort to those in need.

# CONVERSION – APOSTOLIC WORKS AIMED AT BRINGING INDIVIDUALS CLOSER TO JESUS CHRIST THROUGH HIS CHURCH AND SACRAMENTS.

**Scriptural Reference:** "Go therefore and make disciples of all nations..." (Matthew 28:19)

... prominently featured in **Chapter 2: The Object**. This chapter outlines the Legion's mission, emphasizing the call to evangelization and the apostolic role of its members. The verse underscores the Legion's commitment to fulfilling Christ's Great Commission through active lay apostolate.

# CONVERSION – APOSTOLIC WORKS

**Home Visitation:** Door-to-door evangelization, engaging in faith-based conversations.

- **Book Barrow:** Public distribution of Catholic literature in busy areas.
- **Apostolate to the Crowd:** Street evangelization through respectful dialogue.
- **Peregrinatio Pro Christo:** Missionary trips to evangelize in distant areas.
- **Exploratio Dominicalis:** Local Sunday missions to reach out to communities.



# **CONSERVATION** – APOSTOLIC WORKS AIMED AT STRENGTHENING THE FAITH OF EXISTING CATHOLICS AND PREVENTING SPIRITUAL DECLINE.

**Scriptural Reference:** "Strengthen your brothers..." (Luke  
22:32)

appears in the *Legion of Mary Handbook* in **Chapter 2: The Object** and **Chapter 3: The Legionary Service**. It's often used to emphasize the Legion's mission of supporting the faith of others, especially by **fortifying fellow Catholics** through prayer, presence, and personal outreach.

# CONSERVATION – APOSTOLIC WORKS

- **Promoting Daily Mass and Eucharistic Adoration:** Encouraging regular participation in the sacraments.
- **Pilgrim Virgin and Rosary Devotion:** Fostering Marian devotion through the Rosary.
- **Children's Faith Formation (CCD):** Educating the youth in Catholic doctrine.
- **Youth Group Coordination:** Guiding young Catholics in faith-based activities.

# CONSERVATION – APOSTOLIC WORKS (CONTINUED)

- . **Patricians (Study of the Faith):** Organizing discussions to deepen understanding of Catholic teachings.
- . **OCIA (Order of Christian Initiation for Adults):** Supporting adults in their journey to full communion with the Church.
- . **Enthronement of the Sacred Heart/Immaculate Heart:** Encouraging families to consecrate their homes to Jesus and Mary.

# **CONSOLATION : APOSTOLIC WORKS PROVIDING SPIRITUAL COMFORT AND SUPPORT TO THOSE SUFFERING OR IN DISTRESS.**

**Scriptural Reference:** "Comfort, comfort my people..." (Isaiah 40:1)

**Chapter 3: The Legionary Service**

**Chapter 10: The Legion Apostolate**

**Appendices or chapters dealing with  
hospital visitation or spiritual works of  
mercy**

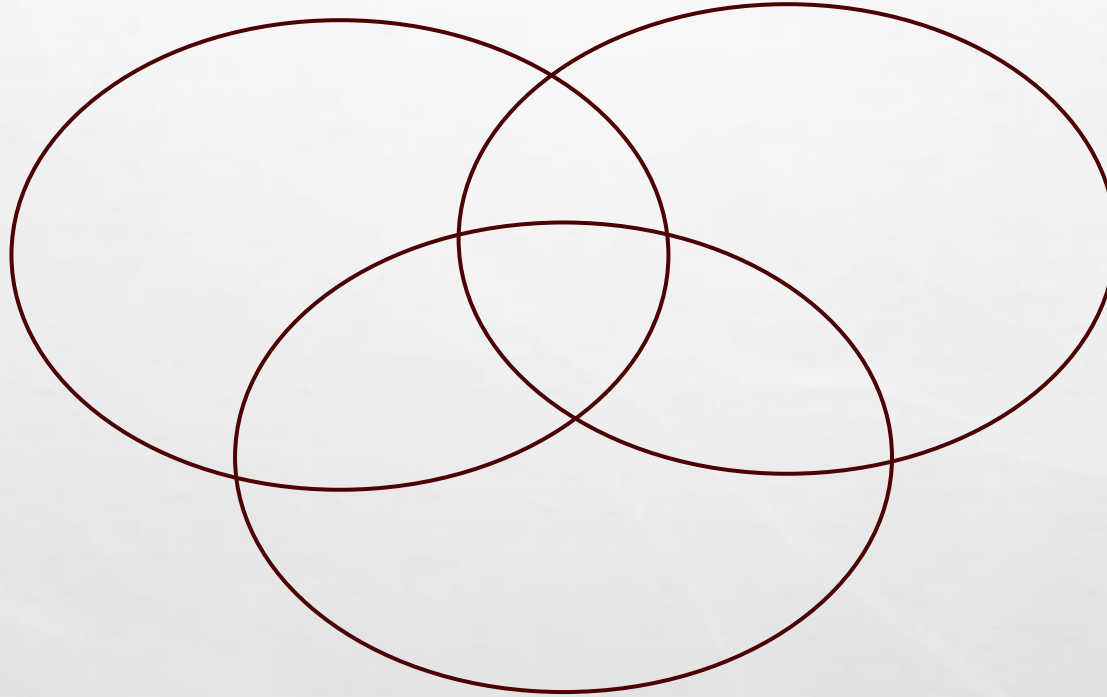


- **The works of consolation** (e.g., visiting the sick, the sorrowful, or the marginalized)
- **The spirit of the Legion**, which reflects Mary's own mission to bring hope and healing
- **The Legionary duty** to bring peace and reassurance through apostolic outreach

# CONSOLATION – APOSTOLIC WORKS

- **Homebound Ministry:** Visiting and providing spiritual support to the sick and elderly at home.
- **Hospital Ministry:** Offering prayers and sacraments to hospitalized individuals.
- **Prison Ministry:** Engaging with incarcerated individuals to provide spiritual guidance.
- **Bereavement Support:** Comforting those who have lost loved ones.

# BALANCING THE 3 C'S



- **Key Point:** While each 'C' has its focus, they often intersect, and a balanced approach ensures a holistic apostolic mission.

# PRACTICAL APPLICATION IN OUR PRAESIDIUM

## Bringing it All Together

The 3 C's interact continuously in Legionary work. A visit may start with conversation, turn into consolation, and — with grace — lead to conservation through return to the Church. Frank Duff's wisdom urges us to never treat these steps as separate, but to see them as one apostolic rhythm under Mary's guidance.



# EXECUTE OUR APOSTOLIC MISSIONS

- . **Quote:** "The Legion of Mary is the true face of the Church in action." – Venerable Fulton Sheen
- . **Call to Action:** Commit to engaging in at least one apostolic work from each category every week!