



INTERNATIONAL
APOSTOLIC
FAMILY
FEDERATION

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The Family Federation is a new type of free, apostolic community of committed Catholic married couples, who through generous striving and faith in Divine Providence live their secular calling in the world. In the spirit of the Evangelical Counsels....

Those who want to strive for holiness cannot do without the Evangelical Counsels. Because they help us to free ourselves from every inner dependency, from every disordered attachment to creatures.

Reflections by Fr. Nicolas Schwizer

The evangelical counsels are poverty, chastity (purity) and obedience. They are called evangelical counsels because they were preached by Christ in the Gospel and appear as an invitation to follow more closely the way he walked in his life. While all Catholics are called to live these three counsels, the "consecrated" person does so as a way of living a "more intimate" consecration to God, always motivated to give greater glory to God.

In the spirit of the Evangelical Counsels: Por aspirar a la más alta santidad, la Federación Apostólica cultiva el espíritu de los Consejos Evangélicos:

Poverty: is the spirit of inner simplicity and independence from material goods. To be poor is to be free of oneself. It means to be free from all the chains or barriers that my selfishness put up. The poor person is a person capable of loving, because in his heart there is room for God and for others. That is why we have to break the barriers that prevent us from leaving ourselves, from our narrow world.

Obedience: is the spirit of interior freedom and docility before the desires of God and his human transparents. A spirit of magnanimous obedience is fundamental before God: not only to follow his commandments, but also to his desires and interior suggestions. The same attitude must also reign with respect to his images and representatives on earth. It is about seeing God behind all legitimate human authority. Spirit of obedience is to know and feel that God speaks to me, guides me and sanctifies me through others. And it requires me to be permanently attentive and open to his voice, which comes to me in a thousand different ways and



appearances. There is no doubt that obedience is a very broad and varied field for living magnanimity.

Chastity: implies the acceptance of the rights and duties of marriage as taught by the Church, elaborating in that line a proper lifestyle.

A chaste person is a person of integrity. He is someone who controls himself, who integrates the different aspects of his life.

He is someone who loves with all his soul and with all his body, is self-possessed in order to give himself exclusively to someone. It is something sacred.

This is the most beautiful and profound mystery of marriage. And in it is God. It is the movement of being and giving oneself, of reaching out towards the other person and of still being oneself. Chastity in marriage has to do with belonging. It is a seal. We belong to each other and together we belong to God.

In the light of our General Chapter 2022

What does the text tell me? Looking at our Federation: What comes to my mind and what do I tell myself? What do we – as a couple – aim at and what do we wish for our Federation?

⁵⁶⁹ I can think of nothing more beautiful on earth
than to give myself to our family,
to really be its child in body and soul
and to devote to it all my strength.
O God, may my right hand wither,
should I forget you, Schoenstatt.

⁵⁷⁰ Others can sing their communities' praises
and develop there in their own way,
but for me there can be no greater happiness
than to generously strive according to our ideals.
O God, may my right hand wither,
should I forget you, Schoenstatt.

⁵⁷¹ From now on I may wear the brooch.
It shall rejoicingly tell the whole world
that I have been and will remain accepted
in the family for which I was born.
O God, may my right hand wither,
should I forget you, Schoenstatt.