

LEGION CONGRESS

JUNE 13, 2026

PUTTING THE CONGRESS INTO ACTION

AS OFFICER/MEMBER OF MY PRAESIDIUM, WHAT ACTION MUST I TAKE TO PUT INTO PRACTICE WHAT I LEARNED FROM THIS WORKSHOP?

WORKSHOP I: SPIRITUALITY IN JOY, HUMILITY AND HOPE

1. Be like Mama Mary in the practice of humility by approaching with humble heart those whom I think I hurt by my actions.
2. Show positive attitudes to my co-legionaries.
3. Giving light to the group by doing good deeds and by giving good examples.
4. As officer (Secretary) I find joy in serving Mary through taking notes in our meeting and preparing the minutes.
5. Humility – accepting my position as secretary though it's quite challenging since it is a lot of works.
6. Hope – continue doing my service to our Praesidium and do fruitful apostolic works courageously and sincerely.
7. Humility for me is thinking less of myself.
8. I now know how to be happy: I will complain less and work more.
9. I will be more kind to others and consider backbiting as a crime.
10. Joy – I will bring happiness to others to cultivate inner peace.
11. I will always bear in mind not to lose hope for God is always with us in any battle we fought.
12. Joy – through helping and sharing what I have.
13. I will practice humility by being patient in bad experiences and when I am misunderstood in spite of my kindness.
14. Hope: whatever discouragement and disappointment I encounter I will just pray to Mama Mary for enlightenment and strength to pursue and continue to stay in the Legion.
15. Humility – maintaining patience when doing my apostolic works
16. I am hoping that I will be an extension of the church in bringing more people to become active members of the church like regularly attending Sunday mass.
17. Joy – I will give smile even to strangers and to people who seem sad.
18. Humility in my apostolate - to keep quiet if I think one's belief is different from mine; avoid confrontational conversation to challenge the other person.
19. Hope – a small light can light a dark room, more lights can make the room brighter, I will be a brighter light to spread hope to many.

20. Humility – I will value the sisterhood we have in our Praesidium and be more understanding and patients.
21. I will be more prayerful I know I cannot do it alone, so more prayers.
22. I will practice joy in my daily life specially in taking care of my disabled siblings.
23. I will always do my legion works with joy and humility regardless of the arrogance and other negative attitudes of people we come in contact with.
24. As President of my Praesidium, I will set a time after our weekly meeting to write in my legion journal what one thing I did during the week to make someone happy or to make a difference to my co-legionaries.
25. Sharing my own joy with other members by talking to them and being a good listener also.
26. Practicing humility in our daily life like helping the elderly and the handicapped.
27. It is an awakening time for me to practice humility by living like Jesus Christ and the Blessed Virgin Mary everyday by following the Ten Commandments and doing the work of evangelization.
28. I will be very regular in my weekly attendance at the meeting and fulfill my church apostolate
29. Being humble in my day-to-day journey, doing more evangelization works in my community as required by the Legion.
30. I will be more committed to my apostolate in the convalescent home.
31. Knowing that everything comes from God, I will practice humility in dealing with people, in my achievement, in my joy, in all areas of my life.
32. As officer of my Praesidium, I must put into practice what I learned from this workshop by staying in faith and by continuing to share hope and love to all; share the light of Christ to others to give hope; to continue building up our Praesidium with more members.
33. In everything I do I must put God first.
34. Humility – commit to serve Mary with love for our neighbors, commit to do all apostolate assigned to me. I will give hope by praying for / praying with the needy and the lonely.
35. I will purposely serve my family, co-workers and co-legionaries without expecting any “thank you.”
36. Be a person of joy even in challenging circumstances; have a personal friendship with God who lives within me; be aware that everything I have comes from the Lord; be a person of hope in times of distress; be a light to the world without hope.
37. I will ask the Holy Spirit to guide me before doing any task every day; be quiet, listen and understand other’s opinion; be thankful always .
38. Practice patience and understanding, and calm disposition in dealing with members who are negligent in following the Legion standing instructions; continue

our “buddy” system wherein one is assigned a permanent partner to be reminded of attending the meeting; smile always in the meeting to keep our spirit alive and brighten up the day.

39. I will express joy by being nice to others; and practice humility by not getting angry with people who offend me.
40. Be ready and joyful when attending the meeting; be positive when dealing with stressful situation; always pray to the Holy Spirit for the gift of joy, humility and hope; never to lose hope in the face of a dilemma; to spread joy, humility and hope to every person that comes my way; update my joy journal; ask help from others more; to lit up a candle whenever I pray especially when I am tired and down.
41. I will always give time to pray to the Holy Spirit before and after my work in the Legion; I will be Mama Mary’s shining armor in doing my apostolate by being kind but brave; will try my best to bring more active members to LOM.
42. I will give joy everywhere; I will bring the Holy Spirit wherever I go to guide me to be humble always; I will be mindful of other’s feelings not to offend or hurt them.
43. I will strive to imitate Mary’s humility by thinking more of the benefits of others especially for the salvation of souls.
44. Invite more people to join us in the Legion of Mary and/or the Catholic Church.
45. I will always have joy in what I am doing because joy is an expression of love.
46. Be more active in doing the work assigned to me.
47. I will be more patient as it is difficult to juggle various tasks like being a wife, a mother, and activities in the church.
48. Joy – offer genuine smile; be an active listener by giving undivided attention to the person talking; humility – need to accept my mistakes; hope – to be confident always that God is with me.
49. I will find joy in everything that I do; practice humility by praying daily, going to mass daily, receiving Holy Communion.
50. Not to be self-centered rather focus on the perspective and values of others; give more time to serve the ministry; serve others particularly my family with joy.
51. As a sign of humility, I will pray always for the patients under my care and fulfill the obligations as member of the Legion.
52. I will be as humble as I can so others will see Mama Mary in me.
53. To practice humility, I will always remember what Jesus said: “I did not come to be served but to serve.” As Mama Mary is the perfect model of humility, I will always say “I am all yours my queen and my mother and all that I have is yours.”

WORKSHOP II: MEMBERSHIP

1. To be more patient with my co-members; be punctual in the meeting always; pray the rosary daily.
2. I will do personal invitation to recruit members as I am convinced from the talk that this is the most effective way of recruiting members.
3. It will be my goal to become praetorian member.
4. To deepen my commitment, discipline, and willingness to serve as active member of the Legion and do my duties wholeheartedly.
5. I will attend the Acies every year without fail; be more active in recruiting new members; help my co-members in our praesidium with their difficulties regarding legion matters and even with their personal problems.
6. I will be keen on observing the needs of my Praesidium so that changes can be effected if needed.
7. I will be faithful to the Legion system; deepen my devotion through prayers; be active in the work of evangelization of the Legion.
8. As an officer, I will see to it that every member feels at home with everyone, deals with each other equally and gives respect for everyone's opinion.
9. I will always follow the Four Standing Instructions by regularly attending the meeting, praying the rosary and catena daily, doing the assigned apostolic work and ensure confidentiality in all matters discussed in the meeting.
10. I will be more active in the meeting and all activities where our Praesidium is involved.
11. I will focus on my Legionary Promise to become better legionary day by day.
12. I will be more energetic and excited in doing my apostolate and in convincing people to join the Legion of Mary.
13. Being an officer, I will spend a lot more time in the Study of the Handbook to keep the growth of my members in the knowledge of the Legion system and encourage the older members to be mentors especially of the new members.
14. I will cooperate in all activities of our Praesidium – prayers, recruitment, visitation and other apostolate as maybe assigned to me.
15. To recruit not only active but also auxiliary members; be a model legionary; be a true light of the world by being a legionary.
16. As an officer of my Praesidium, I will lead my members in the recruitment of new members and show them that we should not give up in our recruitment of both

active and auxiliary members; will reinforce the legion system in such a way that members will not develop spiritual burnout.

17. I will try my best to be a very responsible member of the Legion.
18. Be more mindful in mentoring newly recruited members; promote vision of mission; find ways of encouraging members to read Handbook and other spiritual books; reinforce and re-explain purpose of the Legion of Mary to existing members for them not to lose sight of the core purpose of the Legion and to avoid spiritual fatigue.
19. I will think of WWMD (What Will Mary Do) in carrying out my responsibilities as officers of my Praesidium.
20. I will introduce the Legion of Mary to my friends, relatives and parishioners.
21. To communicate with our Pastor regarding how we can help the church community to grow in faith.
22. To evangelize more.
23. Ask each member to invite at least 3 people to observe our meeting eventually enticing them to be active members of our Praesidium; discussion during study period about talking skills and not being shy to invite friends and acquaintance to join the Legion.

WORKSHOP III: LEGION WORKS

1. As officer, I will see to it that every member will do visitation of sick as one of our priority legion works
2. I will do home visitation especially enthronement of the Most Sacred Heart of Jesus
3. I will always think of the experiences shared by the speakers in doing visitation work.
4. I will always be joyful and humble in doing visitation work regardless of the attitude of people we visit.
5. I will encourage my members to do more door-to-door visitation and pilgrim virgin transfer.
6. I will be guided with what I learned from the presentation in doing convalescent home visit, enthronement of Sacred Heart of Jesus, door-to-door visitation.
7. Attend/join Patrician meeting when there is a chance.
8. I will continue doing the work assigned to me following the rules of the Legion.
9. Challenge our members to embark on doing Patrician meeting; remind our officers to do more home-to-home visitation; be ready to share my faith.
10. I am inspired to bring more people close to God through Mary by doing Pilgrim Virgin work, enthronement of the Sacred Heart of Jesus, personal contact and crowd contact.
11. Ask to be assigned to visit the homebound
12. I will pray that we will have a Patrician group in our Praesidium
13. I will learn more about the Patrician
14. Connect with our Pastor to build a working relationship in doing our legion work.
15. Set a few minutes during the meeting and assign a member to discuss her work, its meaning and experiences including her feeling of success in the performance of the work.
16. Rotate the work assigned to members.

WORKSHOP IV: EXTENSION AND RECRUITMENT

1. I will work hard, be patient in recruiting active and auxiliary members.
2. Do outreach to different centers/facilities to visit the sick.
3. To pray always when we do recruitment as this is not easy work. Ask for Divine intervention to lead us where we can find dedicated and committed recruits,
4. Coordinate with the Pastor to make an announcement or give a brief talk about recruitment in the parish of new members for the Legion.
5. See to it that the Legion altar is set up in accordance with the standard of the legion system to inspire new recruits.
6. Keep the information learned in the presentation as reference when we do recruitment of new members.
7. Continuous recruitment of new members but at the same time inspiring to retain existing members; more effort to recruit auxiliaries to active membership.
8. Be an example to new members in all aspects of our legionary life.
9. I will use the following tools I learned from the presentation in the recruitment of new members: Giving out calling cards for personal contact ; post invitation in the church bulletin board; display posters of the activities of the Legion.
10. Praying constantly to the Virgin Mary to guide me on how to talk to people I meet so that I can talk to them about the Legion.
11. As officer I will suggest to my member that we can try Columban Drive to recruit new members.
12. Personal contact in promoting the Legion of Mary in the parish as a way of recruiting members; encourage members to get involved in the Columba Drive; be committed, authentic and persevere in our recruitment process; reach out to young adult; be present in the community when doing extension.
13. To invite every week at least one person to become active member of our Praesidium.
14. To invite a prospective active member to attend the legion meeting as observer eventually to recruit him into active membership.
15. Recruit new members through crowd contact.
16. I will equip myself with information about the Legion before I do recruitment for good result.
17. I am thinking of recruiting couples (just learned that we can recruit male) because couple in the Legion will provide us with a good team in performing substantial works.
18. Introduce the Legion to friends from other parishes, and invite them to attend events, meetings conducted by our Praesidium.