



REGNUM CHRISTI

RC

DEEP DIVE

a community experience
of Regnum Christi life





1 CONCEPT

WHY Traditionally, the triduum of renewal was an event to help RC members dive deeper into the beauty of their RC identity and mission. In many cases it was a silent retreat preached from a deeply RC perspective. But since RC is a spiritual family and apostolic body, there are aspects of our charism best experienced in community rather than in silence.

WHAT The RC DEEP DIVE is designed as powerful experience of Regnum Christi community. The goals are: **a)** renewed joy at belonging to the RC community of apostles, **b)** greater understanding and lived experience of our charism, deeper knowledge of our statutes, rule of life, lifestyle commitments, and principles of apostolic action, and **c)** stronger practical commitment to loving, living and sharing Regnum Christi.

HOW The RC DEEP DIVE is a weekend event that combines a family reunion vibe - casual, low key flow - with moments of prayer, fun, and learning, in a vibrant RC setting: warm enthusiastic atmosphere, well crafted moments for associations and devotional renewal of RC commitments, and RC-specific decor, prayer, lingo etc.

WHO The RC DEEP DIVE is a gathering of apostles committed to living and sharing the RC identity and mission. It's recommended it be invite-only: associated RC members and members of RC teams who are actively discerning association - even if they won't be associating at the deep dive - and their spouses.

2 FLOW

FRIDAY/WELCOME DAY

- Welcome
- Community Fun
- State of the Section Address:
 - RC section hype - this year's past, present, and future
- RC night prayers





SATURDAY/MAIN DAY

- Breakfast
- RC morning prayers and meditation
- Morning Workshop:
 - high quality content delivery (per section formation plan)
- Mass
- Lunch
- Afternoon Workshop:
 - small group activities and dynamics (per section formation plan)
- Member testimonies
- Happy Hour
- Dinner
- Community fun
- Adoration with RC night prayers
- Bonfire





SUNDAY/SENDOUT DAY

- Breakfast
- RC morning prayers and meditation
- Morning Workshop:
 - sendout on mission
- Community Connection:
 - section calendar events, and planned moments to gather as a section and as a locality
 - RC resources: website, app, apostolates, etc.
- Closing Mass
 - New Associations
 - Devotional renewal of RC commitments
- *Optional lunch and early afternoon fun on the way home*