REGNUM CHRISTI

RC COLLEGE LIFESTYLE PROJECT
LAUNCH RETREAT
Start college ready to thrive

INDEX

- Retreat Overview
- Presenter Prompt Questions
- Group Session Overviews
- Workshop
- RC Life Coaching Sessions
- Appendix

REGNUM CHRISTI

RETREAT OVERVIEW

The goal of the retreatis to empower newly graduated high school students to live out their RC identity and faith in college. They will be equipped with necessary resources to be the best version of themselves, not only to preserve their faith but be in a place to grow in this new stage of their lives. Each retreatant will leave with a spiritual gameplan for college and hopefully with the motivation to live it and thrive.

Suggested Schedule

10:00 am Arrival/social
10:30 am Talk: Conversion
11:00 am Adoration/confession
12:00 pm Lunch
1:00 pm Talk: Living the faith in college
2:00 pm Space for God workshop
3:30 pm Break and prep
4:00 pm Vigil Mass
5:00 pm Meetings with RC Life Coaches if present
6:00 pm Rosary
6:30 pm Celebration!
9:30 pm Wrap up

Essential Elements

1. Adoration
2. Encounter with Jesus
3. Inspirational examples of faith lived in college
4. RC College life coaches: present in person or virtually
5. Practical tools
6. The celebration: something fun and exciting to look forward to (the beach, bonfire, etc.)

Talks

1. Talk 1: Conversion in college
2. Meditation
3. Talk 2: Living the faith in college
4. Talk 3: Making space for God (within workshop)

Resources

1. SMART Goals worksheet
2. Worksheet for college gameplan

Workshop

1. Community
2. Prayer life
3. Life Building
4. Peer review

PROMPT QUESTIONS FOR PRESENTERS

- **Conversion story**
  - o Life before conversion in college
    - Brief overview of life away from God
    - What pain drove you away from the world and led you to Christ?
  - o Meeting Christ in college
    - What was attractive about life with Christ?
    - What emboldened you to commit to him fully?
- **Faithful living story**
  - o Life with Christ in college
    - Community life, fruits, etc.
    - How has your life changed?
- **Challenge and invitation to the audience**
  - o What were your reservations about going all in for Christ?
  - o What would you say to the audience now?

GROUP SESSION OVERVIEWS

Talk 1: Conversion in College

- **INTRO TALK- Conversion:**
  - o **Presenter Profile:** RC member who found their faith in college o
  - **Goal:**
    - Set the tone and purpose of these sessions - help students grasp the difference between life with Christ and without him on campus.
  - o **Content:**
    - Examples of temptations, what to expect, and how to find what we are really looking for.
    - Tools for growth: discernment of spirits, discernment in decision-making.
    - What are some. alternatives to bad decisions and the goodness found there?
  - o **RC reference sources: RC Rule of Life HERE**

GROUP SESSION OVERVIEWS (CONT.)

Meditation: Come and follow me

- **Presenter profile:** Young adult section director or chaplain
- **Goal:**
  - Facilitate an Encounter with Christ.
  - Guide students to remembering how they fell in love with Jesus.
  - Lead them to the invitation from Christ to continue lifelong mission and friendship.
- **Content:** Scripture of your choice that helps you meditate on the above.

Talk 2: Living the faith in College

- **Presenter Profile:** Someone who went from ECYD member who kept their faith in college.
- **Goal:**
  - Inspire college students to live their state in life with virtue, combatting the pain of the world's choices by being true to their identity and sharing the joy of the gospel.
  - Equip them to live this well through helpful advice woven in through stories of your experience.
- **RC reference sources: RC Rule of Life HERE**

REGNUM CHRISTI

Workshop

Talk: Making space for God (15min)

The goal of the workshop is to help incomingfreshmen knowthe importance of their decision-making in college, the necessity to build their schedule around God rather than fit God into their schedule, and to do so in community to make this all possible.

Presenter Profile: Recent college grad who had a great community and spiritual life in college.
Content:

- o Talk about the investment they are making (time, tuition, etc.).
- o Walk through a vision of their future:
  - Meditation on what their life looks like in 5 yrs.
    - Who will they be with?
    - What could their relationship with God, family, and friends look like?
    - What does the best version of themselves look like?
- o Example of making time/space for God.
- o Practical steps for SMART goals **HERE**
- o Outline and example of completed gameplan that is realistic and attainable.

Group Discussion

In the peer review discussion, help each other uncover what the "anticipated barriers" will be to living out the prayer, community, and life building.

- o What physical barriers will there be?
- o What mental barriers exist?
- o What temptations can you anticipate?
- o What are some things that will help overcome these?

REGNUM CHRISTI

RC Life Coaching Session

Coaches should be pre-assigned for those leaving the locality and ideally present or helping out with the retreat. By the end of the day, the students will then have a chance to meet their coaches and share their spiritual gameplan with them. This is a great chance to build the relationship, discuss monthly calls, and begin the process of accompaniment and accountability.

Topics to discuss:

- o Most importantly, get to know them and build trust (see life coaching overview and roadmap).
- o Review gameplan and help them see if it is realistic.
- o What are the micro-steps? (The next actionable step in the right direction)
- o What does thriving look like and feel like?

Potential Questions

In the coach review discussion,thegoalistoencourageyourstudent,buildrapport, and define the goal of the coaching relationship.

- o Why is this spiritual gameplan important to you?
- o What is at stake if you fail?
- o What are your anticipated barriers, what are how might you overcome them?
- o Who will hold you accountable?

APPENDIX:
WORK SESSION HANDOUT

REGNUM CHRISTI

COLLEGE GAMEPLAN

DAILY
Anticipatedobstacles?

- Prayer:
- Life building:
- Community:

WEEKLY
Anticipatedobstacles?

- Prayer:
- Life building:
- Community:

MONTHLY
Anticipatedobstacles?

- Prayer:
- Life building:
- Community: