

The **Regnum Christi** Lifestyle for **Married Couples**

A Proposal for Formators

REGNUM CHRISTI

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I. Overview of This Proposal

A Proposal with Three Distinctive Features

By "itineraries," we mean a plan in which different elements converge in an organic way, marked by a timeline with deadlines and goals, and built up incrementally.

This guide offers suggestions and guidelines for developing an itinerary:

- that is **formative**, meaning—based on the three core elements that define the concept of "formation" in Regnum Christi—it is an itinerary oriented toward:

- *Instruction*: a deeper understanding of the faith, Christ's message, his plan of salvation, and the place marriage holds within that plan;
- *Transformation*: a personal and transformative encounter with Christ;
- *Training for the mission:* seeking to offer tools, strengthen vision, and instill enthusiasm for living out more deeply one's mission as a married couple within the Church.

- whose context and specific proposal is the Christian lifestyle that Regnum Christi sets before its members, built upon the "five proper elements" (cf. RLA 2) and integrated into and aligned with the vision that Regnum Christi offers its members through its localities and sections.

- that is oriented specifically toward married couples—that is, spouses united by the sacrament—who, when grouped together, form teams and communities. Thus, it is an initiative that seeks to help them better understand and live out their marital identity, their vocation as spouses and parents, and their condition as apostles and witnesses to the love of Christ.

An Itinerary That Is Built on Four Pillars

This document gathers the experience gained over the past eight years in various Regnum Christi localities[1] that, through an ongoing process of evaluation and discernment, have proposed a fruitful way for married couples to live out the charism.

This is just one proposal among many, and it was developed based on certain elements that made it easier to implement. Two are mentioned in particular: (1) the presence of stable Regnum Christi structures in those localities—sections, formators—and (2) a sizable network of couples, particularly young ones, who were interested in learning about and experiencing this itinerary.

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1 In particular, the Territories of Northern Mexico, Chile-Argentina, and Colombia-Venezuela

For this reason, each territory and locality should analyze the opportunities and challenges that arise in order to better define the type of itinerary they wish to implement. Hopefully, they can find in these pages some guidance or insights to help them take those steps.

Four fundamental elements have been identified in developing and implementing this proposal. They are briefly mentioned now and will appear again in the following pages:

- The *leitmotif* of this proposal is to help them understand and live out the identity and mission of marriage. This determines the types of groups that are formed, the approach of the formators, the content that is offered, etc. This identity stems from the Church's reflection on marriage and the family—the "domestic church"—and seeks to help participants become apostles through, in, and from their marriage.

- It proposes a marital lifestyle in accordance with the Regnum Christi way of life. It seeks to present, in a transparent way, the various elements that make up its identity, so that it can illuminate and enrich married life with certain characteristics proper to Regnum Christi, which are embodied in its five proper elements. It therefore aims to present in a natural way the richness of the charism in the realities of married life and the daily life of Regnum Christi offered in its sections and localities. At the same time, aware that both spouses may not always belong formally to Regnum Christi, this proposal—without concealing its Regnum Christi identity—is open to people who are not associated.

- It seeks to build a sense of community and create deep spiritual and human bonds among participants. This is achieved by establishing teams of married couples who seek to join in the existing program in their localities and sections. Therefore, it does not aim to create parallel structures, but rather to integrate itself into the existing structures and communities within Regnum Christi.

- This proposal is founded on some of the central activities of daily life in Regnum Christi: the regular Encounter with Christ and certain powerful spiritual moments during the year (in this case, marriage renewal retreats, family encounters, Triduums, or other similar retreats).

In light of these four pillars, we will go into greater depth on six major topics that will help us better understand the itinerary's proposal and possible ways to implement it.

II. Some Specific Elements of Its Implementation

1. The Identity and Life of the Teams That Are Established

What type of team life should we promote?

Although there is no set number of participants per team, it is recommended that they consist of about 6 or 7 couples, keeping in mind that not everyone will always be able to attend all the activities. In this regard, there would ideally be a quorum of about 4–5 couples present at the Encounter with Christ.

On the other hand, though not a strict requirement, it is advisable to have a certain homogeneity in terms of age and stage of married life, which would allow shared experiences to resonate more deeply among them. There is nothing wrong with having a range of ages, but being at similar stages in married life would seem preferable. Likewise, it is essential to establish a baseline of friendship; this is a prerequisite for the team's perseverance.

Given the specific theme and purpose of this document, which centers on the full experience of the sacrament of marriage, these guidelines are intended for teams of couples who are currently married and living together, and do not include those who are divorced and remarried, separated, or widowed.

Where do the teams meet?

There is no set criterion, and depending on the circumstances, they usually meet either at Regnum Christi centers or in private homes.

Experience has shown that there may be some reluctance to attend the Regnum Christi center for logistic reasons. However, meeting there offers benefits that, over time, have confirmed that it is an excellent option in locations that have suitable facilities.

Without intending to be exhaustive, the following benefits have been identified in particular:

- It displays the greater Regnum Christi community and other teams in action;
- It fosters a sense of belonging to Regnum Christi, overcoming the risk of feeling tied to the person who organizes, promotes, or convenes the meeting;
- It fosters a prayerful atmosphere;
- It allows for better contact with the consecrated men and women of the locality;
- It makes known the other resources Regnum Christi offers for individuals and married couples;.
- It promotes an efficient use of their time, minimizing the risk that the Encounter becomes merely a social event;

- It facilitates the involvement of consecrated personnel who can accompany several teams because they are located in the same place.
- Sacraments may be offered before and after the Encounter (Mass and confession).

How often do the teams meet?

In drafting this document, it was deemed fitting not to establish a specific frequency, but rather to leave it to the discretion of the team and the section director, while encouraging them to meet at least once a month. The reason for this is that families today face time constraints that make it difficult for couples to set aside a regular time for themselves as a couple. This is especially challenging when they have young children.

In the localities that have implemented this itinerary, they have opted for a minimum frequency of once a month, supplementing their Encounters with Christ for that month with other elements proper to the Regnum Christi lifestyle, such as: formation sessions, times for prayer together (for example, attending a weekday Mass), a family apostolate, etc.

What are the fundamental elements of this team life??

This proposal particularly emphasizes the following elements for the day-to-day life of the teams. Here is a list of them, and each will be explored in greater depth later on:

- Encounters with Christ focused on marriage, as part of a program of annual thematic cycles.
- Complementary spiritual and formative activities, such as retreats or other particularly intense moments of prayer (usually held twice a year) and annual marriage renewal retreats.
- Seminars or activities with a formative focus: weekend retreats for prayer and study that mark important milestones on the journey of formation. These may include "Sponsus"-style seminars (offered by "Mistero Grande" and held in various locations) or other similar activities that arise within Regnum Christi, such as those offered by the apostolate Familia Unida.
- Family and team apostolic activities.

2. Focusing on the "Encounter with Christ" as the Central Activity (cf. RFA 15))

Why is the "Encounter with Christ" so central?

As mentioned above, the fundamental thread that runs through the program is team life, and within that, specifically the moments when they come together for their "Encounter with Christ." The significance of the Encounter with Christ is fundamental. As Regnum

Christi reminds us,[2] there are three fundamental dimensions that are helpful to keep in mind:

- It is a personal encounter with Christ and with others (in this case, primarily with one's spouse, and then with the other members who comprise the Encounter as couples);
- It is a moment that embodies and synthesizes the richness of the charism, bringing to life in a single activity the five elements proper to the lifestyle that Regnum Christi proposes to its members;
- It is a privileged moment to exercise and strengthen one's ability to engage in "apostolic discernment of reality." For married couples, this discernment is geared toward living out their marital identity and their apostolic mission more fully.

With this in mind, they follow the established methodology for this activity, seeking a transformative encounter with Christ, strengthening their married life and forming their apostolic heart, which in their case is oriented toward living out the mission proper to marriage more consciously, intentionally, and decisively.

Possible Adaptations to the Methodology of the "Encounter with Christ"

In some localities, certain adjustments and proposals have been incorporated. Here we present two of particular relevance that may be adopted if deemed appropriate, at the discretion of the section director or corresponding formator:

1. Established guides with resource sheets. Each guide also includes a Gospel passage to help them go in depth on the topic, a proposed case study, and questions that help them analyze the case more fruitfully. These topics are structured as an annual program, clearly defined by a central theme, and oriented toward a result or purpose, both for oneself and for the couple and the team.

2. The moment of prayer at the beginning is done together in the chapel. There is an extended period of Eucharistic adoration, preceded by a Gospel reflection focused on married life, which serves to frame and enlighten the team's reflections (case study, apostolic discernment of reality). The initial moment of prayer at the Regnum Christi center is significant, since there is a need for prayerful silence, and the opportunity to do so in a chapel allows us to meet this need.

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2 cf. "The Encounter with Christ in the Life of Regnum Christi: Identity, Foundation, and Dynamic," https://www.viveelmisterio.org/wp-content/uploads/2022/06/English.pdf

3. A Sequential Formation Itinerary

Annual Themes for the Encounters with Christ

A fruitful approach has been to develop annual thematic proposals for the Encounters with Christ, whose central theme is marriage-related topics addressed at each meeting, using a guide sheet that also lays the groundwork for subsequent conversations and resolutions as a couple ("their" actions).

These are sequential proposals, with suggested topics broken down into annual cycles of 10 encounters. These topics are organized year by year, either from the most general to the most specific or from the most basic to the most complex. In this regard, it has proven beneficial to have a central theme each year, which allows them to visualize the continuity and the flow of different topics or proposals. The progression of this program is flexible; that is, it allows other couples to join the dynamic at any time during the year.

These topics have specific purposes relevant to marriage. We can highlight four:

- To strengthen married life: harmony and an understanding of its identity as a domestic church;
- To strengthen prayer life within the marriage;
- To provide opportunities for encounter and communion with other married couples who share these same ideals;
- To shed light on the ways to live out the specific mission of marriage in its different expressions (see the "Apostolate" section).

Developing a Specific Formative Itinerary for Married Couples

Without ruling out other possibilities, there are three types of activities worth considering when designing your formative itineraries:

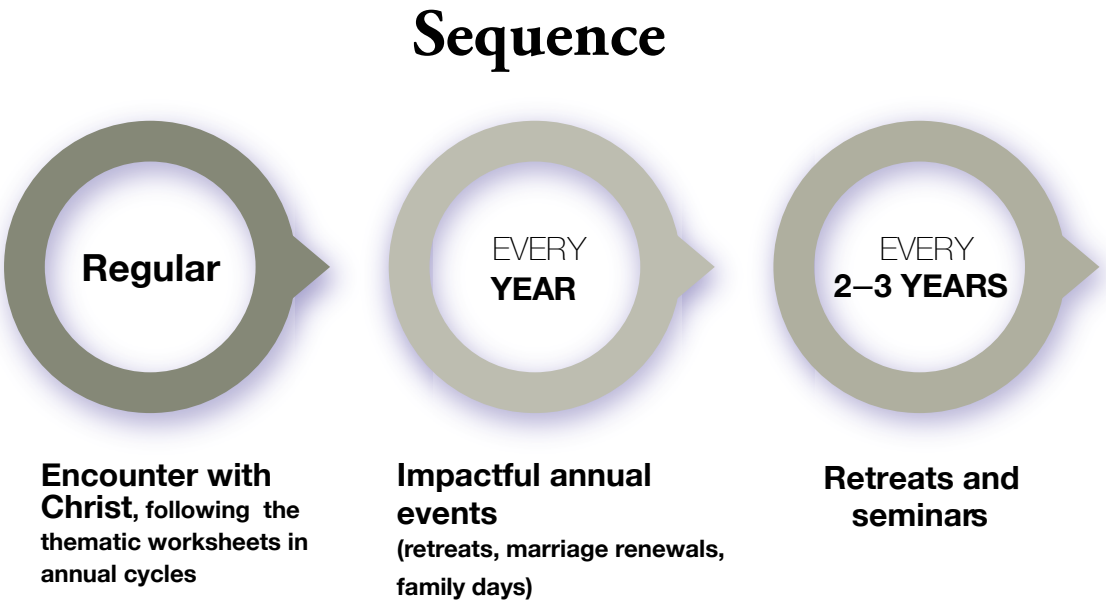
- Regular meetings (Encounters with Christ), following annual thematic cycles on the spiritual life, identity, and mission of marriage, which build upon one another progressively;
- Powerful spiritual activities spread throughout the year (such as marriage renewals, Eucharistic adoration for couples, "family day" gatherings, etc.).
- Retreats and in-depth seminars on the identity and mission of marriage.[3] Without intending to exhaust all possibilities, the following may be considered in particular, depending on the journey the couples have taken so far:

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3 The Territories of Chile-Argentina, Spain, and Colombia-Venezuela have successfully implemented the materials developed by the "Mistero Grande" institution, with their own adaptations. These are the so-called "Sponsus" seminars, in various versions. There are also similar programs that are very worthwhile at Familia Unida and other institutions.

- An introductory seminar intended for couples who are beginning or interested in beginning their journey with Regnum Christi.
- A seminar on their vocation to marriage.[4] The experience of these years indicates that this can be a very significant milestone in understanding God's plan for marriage. The fact that they incorporate the concept of vocation more strongly and clearly into their lives makes it easier to present and welcome the invitation to join Regnum Christi later.[5]
- An in-depth seminar on communion within marriage.
- An in-depth seminar on the missionary identity of marriage, with an apostolic focus.

In summary…



When developing these itineraries or training plans, it is important to keep in mind that there are also similar programs offered by family ministries such as Familia Unida and by the school network for parents. These programs also have their own value and can be useful.

4 Sponsus 1

5 For this type of retreat-seminar, it has been noted in some places that it is more beneficial for the couples if they have already undergone a prior process, both in their married life and in Regnum Christi.

4. Openness to the Apostolic Dimension

What is meant by the "apostolic dimension" in the context of marriage?

When speaking of mission and the apostolate in the context of marriage, it is important first and foremost to begin with a deep understanding of the identity and mission of marriage: They are a "domestic church"; they are witnesses to the love of Christ, who gives his life for the Church.

Indeed, for a married couple, the natural and most appealing field of the mission is everything related to sharing what they have experienced: the rediscovery of their identity and mission. Thus, family and marital apostolates are the natural place for this to unfold, which also brings enrichment to the apostles themselves.

At the same time, families face real time constraints, due to the duties and responsibilities of their state in life. To shed light on this dimension, we can avail ourselves of the distinction Regnum Christi makes between "mission" (cf. SRCF 8)—which is essential and part of one's identity—and "apostolic activity" (cf. SRCF 31), which depends on the possibilities and circumstances of times and places.

The Four Dimensions of the Mission of Marriage

For illustrative purposes, we can say that the "mission" of marriage unfolds in four dimensions:

- *Fostering love*. Every married couple is called to be a builder of brotherhood. This is achieved in such a simple yet profound way when spouses live an interpersonal relationship marked by authentic love, listening, acceptance, and forgiveness. It means loving each another as Christ did, who loved the Church and gave his life for her (cf. Eph 5:25). This love, lived out in a simple way, is in itself a testimony, a prophecy, a great proclamation of how relationships between people can and should be. This love then shapes and defines the most essential relationships—those lived out within the family, between each member.

- *Bearing witness to their love*. Spouses have the wonderful and delicate mission of being a "photo of God," because Christ willed married life to be a reflection of his love for the Church. Therefore, being a testimony implies a joyful conviction of who I am and the generosity to bear witness to it, to be who I am in a visible way.

- *Bearing witness to God's love*. At the same time, they are called to reflect into the world how God's love is. In this sense, a particular dimension of married couples (including those without children) is the call to make present the fatherly and motherly dimensions of God, in all their depth.

- *Fostering community and fraternity*. In God's plan, married couples are called to live out the ideal of being a "domestic church" ever more fully and deeply, and to strive to make their own networks of relationships into fields of the mission.

Suggestions for the Apostolic Activity of Married Couples

On these premises, there are many apostolic opportunities available to married couples. Here are a few of them:

- Apostolates that serve married couples, such as mentors to engaged couples and marriage counseling. These can also be apostolates within Regnum Christi, such as formators (group leaders for married couples, collaborators in accompaniment or formation activities…), or promoters and organizers of seminar-retreats.

- Apostolates that serve the family, such as Familia Unida and family formation programs offered by educational centers ("*Crecer en familia*," etc.).

- Apostolates as a family, such as Mission Youth and Family; or performing acts of spiritual or corporal mercy as a family (catechesis, visiting the sick, feeding the poor, etc.).

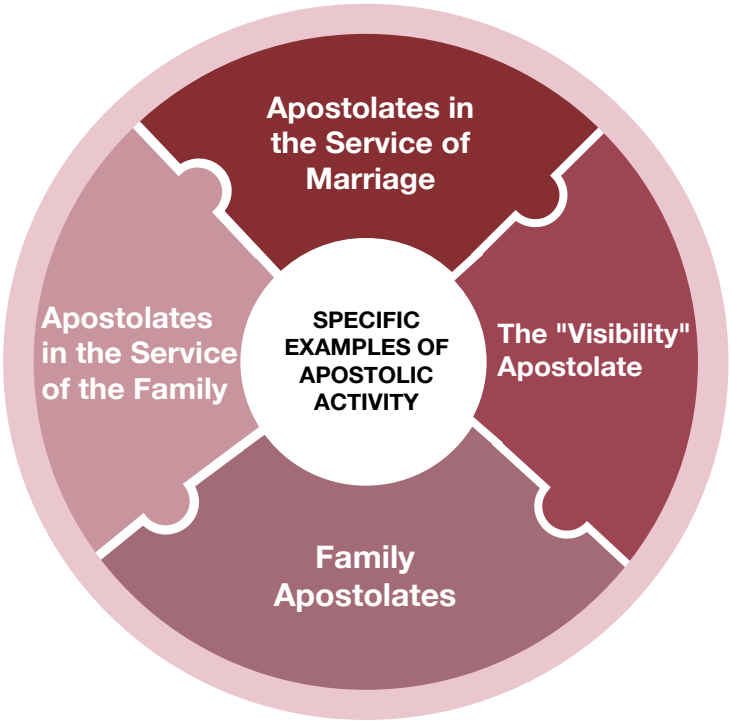
- The apostolate of "visibility": making one's identity visible as a family that seeks to be faithful, to love one another, to be close to God, and to serve, overcoming any shame or fear of ridicule. This can take on many forms, such as praying in public, the way in which they attend Sunday Mass, and not hiding one's interest in religious matters (e.g., a pilgrimage, visiting a shrine, etc.).

In summary…

Dimensions of the Mission



Apostolic Activity



5. Radiating and Attracting Others

Why is it important to radiate?

We are convinced that proposing the Christian married lifestyle, in accordance with the Regnum Christi charism, is a great gift. Many married couples even consider it a grace and a necessity. Therefore, it is worthwhile to explore various options for sharing it with more people, seeking to ensure that the charism serves marriage and that married life is strengthened and radiates forth.

How can we radiate, communicate, and share this experience of Regnum Christi life?

When promoting this opportunity, it is advisable to draw up a plan that builds upon the structures and networks already in place in the locality as much as possible. These may include:

- Couples who have been accompanied by a Legionary of Christ priest during their marriage preparation. During the formative accompaniment process of those fiancés, it is recommended to priests that they include this possibility of a Regnum Christi life itinerary as an attractive and fruitful option for their married life.

- Through personal relationships (a couple who takes the initiative to invite other couples they are friends with). This is a natural and very attractive way to share what each person has experienced: through testimony. However, for this to be an effective process, it is important that those extending the invitation understand and know how to present the identity, characteristics, and benefits of this itinerary.

- We do not rule out the possibility that new married couples might join a team that is already established, or that a team might naturally split into two, but it's important to exercise prudence so as not to harm the cohesion of the previous team's members. Another option is that one or two couples from a team experience the desire and the calling to form a new team, taking on the challenge of gathering and forming them.

- Promoting it among the parents at our schools. To achieve this, in addition to ensuring good communication and coordination with the school's administrative and formative leadership, it is important to present it as part of the institution's formation program for the entire community of families. In that sense, the school is an excellent catalyst for building connections and relationships, which are the natural foundation for creating bonds of friendship and eventually for being able to foster team life.

- Since schools generally already offer educational programs for parents (e.g., "*Edificar la familia*," "*Crecer en familia*," etc.), establishing a good understanding and connection with those efforts is recommended. For example, in some places, formation programs are already available down to kindergarten. There, the option to form teams of married couples has been included for higher grade levels. In other cases, the groups that the

school creates for its parent education programs—once they complete the curriculum the school offers—naturally transition to a modality more in keeping with the Regnum Christi lifestyle.

- It is important to keep in mind the specific nature of this proposal (a Regnum Christi lifestyle for married couples), which is distinct from but complements the school's formation program for parents (assuming this program exists).

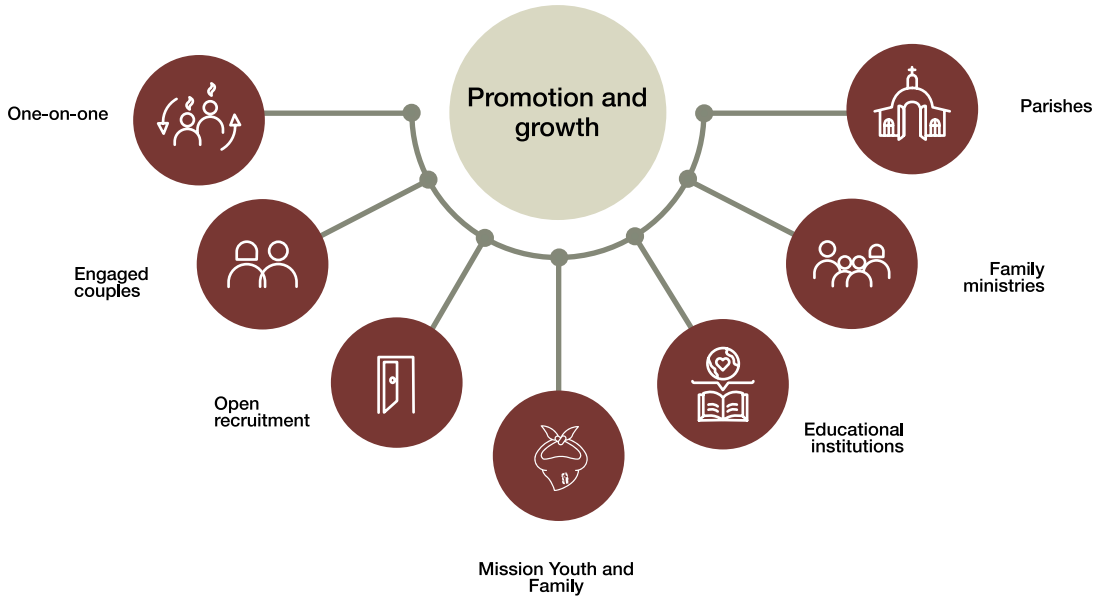
- Within the context of the life of the school itself, planning certain activities for parents in order to introduce them to Regnum Christi has yielded good results (first confessions and First Communions; Father's Day, Mother's Day, marriage renewals…). Another possibility is to have someone at the school who knows the families and has a certain connection with them (a member of the administrative team, a consecrated person, etc.).

- By combining it with the work carried out by *Mission Youth and Family*, which involves contacting, forming, and sending families out on mission.

- Through *open outreach*, forming teams with people who have shown interest. It is the formators' responsibility to evaluate prudently how to implement this proposal. Experience has shown that forming teams of couples who did not know each other beforehand has its advantages and disadvantages.

- Since they are a domestic church, each married couple is connected to their parish. It is recommended that couples attend Mass at their parish, get to know the pastor, and seek to build friendship and fellowship with him. Furthermore, new opportunities for apostolic collaboration may arise from this relationship.

In summary…



Some Practical Recommendations for Implementation

Successfully promoting the Regnum Christi lifestyle for married couples involves several aspects.

- The importance of coordination and collaboration among the various elements of the locality. This implies having a shared local vision and plan, openness to teamwork among sections and schools, and proper alignment of this initiative with married couples, in relation to the rest of the Regnum Christi offerings in the locality.

- Being very transparent in demonstrating that the identity of this initiative is 100% Regnum Christi. It is important to clearly communicate that this is an initiative open to all married couples, yet one with a deep charismatic identity—in its content, methodology, and format alike.

- Consciously and responsibly applying the principle of "person to person" (cf. SRCF 34)—that is, couple to couple. One factor of success has been found to be the couples' prior connection with a consecrated person who presents the program as a benefit for their marriage; or their connection with a married couple who actively participates in the program and who shares and radiates its fruits in their own lives.

6. Appropriate Accompaniment

What does Regnum Christi mean by accompaniment?

As a starting point, it is worth recalling the definition of accompaniment provided by the Statutes of the Regnum Christi Federation: "close, stable personal attention marked by selfless service. It seeks to help the other be open to the action of grace and contribute their own human collaboration, so they can respond to the questions and challenges they encounter on their journey of human and spiritual growth" (SRCF § 1).

Within the context of married life, this definition is illustrated by the fact that we are dealing with a particular state of life, sustained by a specific grace that comes from the Sacrament of Matrimony. Therefore, accompaniment is oriented toward seeking the good and fulfillment both of each spouse and as a couple.

How Accompaniment Is Lived Out in the Dimension of Regnum Christi Marriages

Accompaniment, within the context of married life illuminated by the charism, is lived out in various ways:
Between the spouses. The first level of accompaniment is that which one spouse provides to the other. This is the dynamic—which already existed, but is now intentional—of dialogue

and listening, seeking the good of the other person, in the light of grace. Training for this happens intuitively, nourished by what is already offered in the life of the sections and the locality (tools for dialogue, prayer, and the marriage project, etc.).

Within the team. The team plays a natural yet very important accompanying role. This is particularly evident in team activities such as the Encounter with Christ, within a context of listening to and responding to God's Word and plan. That is why the composition of the team is so important. In this regard, some localities use the themes from the guide sheets for the Encounters with Christ to provide insight, content, and tools for support.

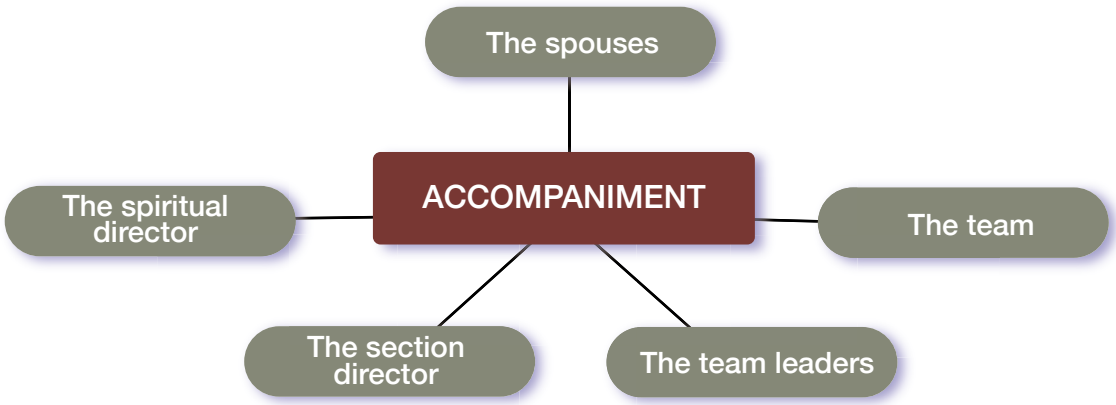
Team leaders. Taking into account what was said above regarding team leaders of married couples and their role—which is closer to that of facilitators and mentors than of a managerial character—it can be said that team leaders support accompaniment in a real but secondary way.

Individual or couple spiritual direction. The section must offer, through its formators, opportunities for personal accompaniment. Along with the traditional option of individual spiritual direction, it is also possible to receive spiritual direction as a couple, which typically has its own distinct character, aimed at deepening the couple's vision for their married life and their prayer as a couple.

The section director, as the one responsible for the itinerary of Regnum Christi life of the married couples. In addition to what has been said about the role of formators in relation to accompaniment, a specific duty of the section director is to ensure that other complementary means of accompaniment are available to married couples, such as resources, videos, and kits on certain topics like prayer as a couple, etc.

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In summary…



Some Practical Suggestions

The challenge of accompaniment requires that those who are being accompanied understand their identity and value. For this reason, their formation plans should include opportunities to explain and to form them in accompaniment, particularly within marriage. This can be done through lectures or formation sessions designed specifically for this, or through the guide sheets for the regular Encounters with Christ.

On the other hand, the section director must pay special attention to this point, dedicating the necessary time to it and ensuring that the members have access to the resources most suited to their needs of accompaniment.

Finally, the question arises as to whether the constant presence of a priest or consecrated person in team life is appropriate. It is certainly helpful but not necessary; it will depend on each group. It is good to avoid the pitfall of letting the team's life and leadership depend on a consecrated person, as this can be an obstacle to the natural and organic growth of the individuals and of the team itself. One approach that has worked in some places is the occasional presence of a consecrated person—not necessarily the same one—at some of the encounters. When the meetings are held at Regnum Christi centers, this comes much more easily and naturally.

III. Some Recommendations for Formators

Prioritize the Formation of Formators

A fundamental part of a Regnum Christi itinerary for married couples is paying special attention to the formation of formators, particularly the married couples who are team leaders.

About the Profile of the Couple Who Are Team Leaders

Regarding the couples who take on the task of being team leaders, keep in mind that their role—by the very nature of the team—is primarily one of "facilitator," giving guidance and coordination, rather than managerial.

An important role of team leaders is to foster bonds within the team and to show concern and interest in others. Furthermore, in some cases, if there is an age gap between them and the other members, they may naturally become "role models" due to their experience in married life. However, it is advisable to avoid a significant imbalance between the team leaders and the other members.

Though it is not a requirement for being a team leader, an important area for growth is for them to naturally develop their ability to provide guidance, within the context of the support and follow-up they offer to other team members.

The Duty to Form and Accompany Them

Given the importance of team leaders, it is important that each section or group of teams provide them with specific support for their formation. Like any other member, they need consistent support from their formators, who accompany them and are present during important moments in their lives.

Likewise, it is each section or group's responsibility to organize specific formation sessions regarding their role, but it is recommended to include the following:

- An initial orientation session when they begin in this very important role.
- Regular support to help them effectively direct the flow of reflections during the Encounter, to understand the internal logic of the proposed topics, etc. In some localities, these support sessions are held every 1–2 months.
- Specific sessions for discussion and evaluation, which could be held every six months.

Integration with the Existing Structures in Each Locality.

Here are some practical considerations to keep in mind regarding the relationship between this initiative and the existing Regnum Christi structures in each locality. The ideal is to find suitable and realistic ways to ensure that all the effort of the Regnum Christi life of married couples is fully integrated into both the locality and the adult sections.

Regarding Its Integration into Regnum Christi's Work with Adults in General

Since everything mentioned in this proposed itinerary refers to adult Regnum Christi teams, their natural place should be within the existing adult sections in the locality.

To this end, there are several alternatives, which the Territorial Directive College must determine (cf. RL 32 § 3) after analyzing the circumstances, the number of teams, the availability of formators, etc. One possibility is for these teams to join one of the existing adult sections, forming a "group." The other is for these teams to form their own section (cf. RL 32). Both options are valid and provide these teams with a basic structure that offers support and guarantees continuity in light of the turnover of consecrated personnel, while also providing a sound plan for formation, accompaniment, and the transition of formators. .

In all of those cases, it is necessary for existing structures (parishes, sections, and works) to offer them an appropriate array of opportunities tailored to the reality of marriage, both in terms of content and the methodology to be followed. In this area, there are two pitfalls to be wary of: neglecting married couples or overwhelming them with a variety of formation programs.

Regarding Its Integration into the Life of the Locality

As regards the relationship with the locality, it is important that work with married couples be fully integrated into it and that it be presented as an offering of the locality, not as a project of a specific individual. To this end, ensure that activities for married couples are included in the official calendar of the locality and the adult sections.

Furthermore, in order to evangelize married couples effectively, teamwork among schools, adult sections, and family apostolates within a locality is essential. In places with a school, that should be considered the natural and primary setting for work with married couples, and this should be reflected in the locality's apostolic plan.

Integration into the life of the locality will also foster a more appropriate connection with the family pastoral work of the local church, both to be enriched by it and its guidance, and to offer our specific contribution to the local church.

Outline and Guide for Creating Your Own Itinerary

Finally, we offer a seven-point outline and guide for creating your own itinerary of Regnum Christi life for married couples, based on the proposals in this document and seeking to adapt it to the unique circumstances and challenges of each.

1. Determine whom to invite. Identifying the people it will be addressed to will determine many other factors: topics, the needs of formators, meeting locations, scheduling possibilities, etc. It is very different if they are young couples with small children or if they are adults who are already Regnum Christi members, etc.

2. Determine how to configure the teams. The invitation to participate also involves belonging to or creating teams, based on age, common interests, friendships, etc. This requires a special effort to communicate with the couples, since a fundamental factor for success is the formation of good teams that are welcoming, well-led, and well-accompanied.

3. Identify and form formators, especially team leaders and a directive team to assist in developing content and accompanying the teams and their leaders.

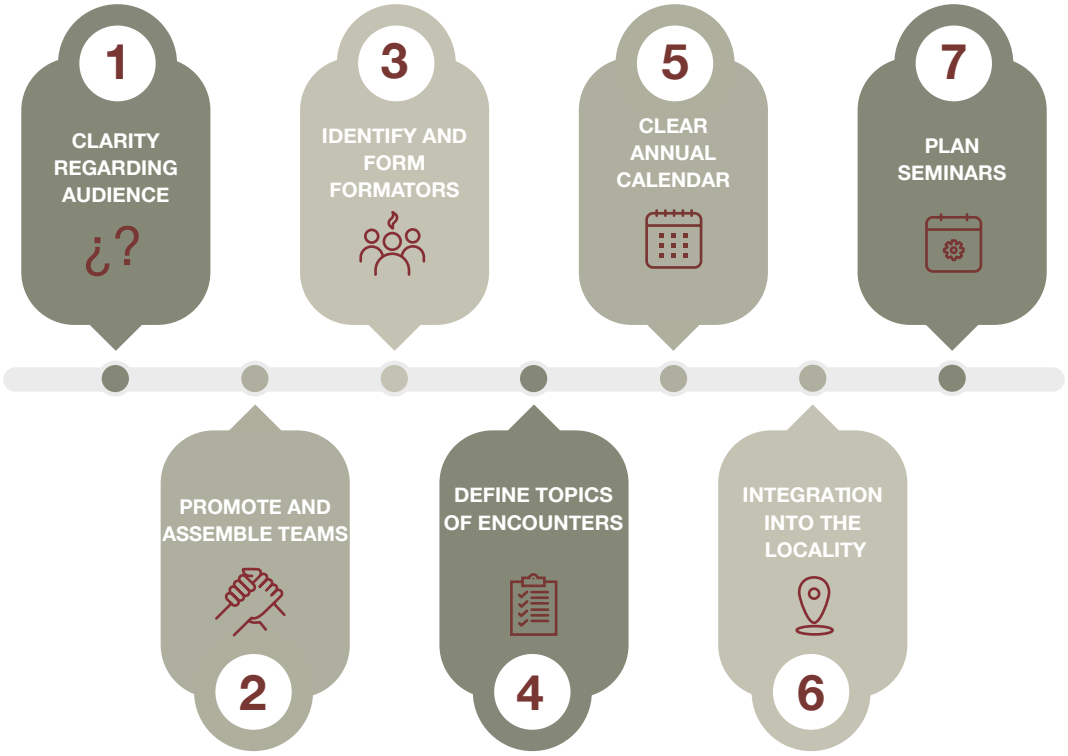
4. With a support team, which may consist of two or three team members, develop an annual plan of topics, reviewing the worksheets and suggesting adjustments. The content or level of depth on the topics may vary. This will be determined by the teams themselves and their specific circumstances. Coordination with the team leaders is essential in this regard.

5. Develop a clear calendar for the year, including: the annual cycle of Encounters with Christ and the program of complementary activities (Eucharistic Hours, retreats, marriage renewals, family days, etc.). Have a clear work plan for each activity.

6. In communication with the Local Director and the directors of the adult sections, develop a clear plan for integrating into the life of the section and the locality.

7. Depending on the state of the married couples, plan possible impactful moments of seminars.

Creating Your Own Itinerary



Appendix:

PROPOSED THEMATIC WORKSHEETS ON MARITAL IDENTITY



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