

Cor Success is Boldly Simple

Cor exists is to refocus Catholic men on Jesus Christ and to form and strengthen them in faith and virtue through a brotherhood committed to **prayer, formation, and fraternity**. The goal of each Cor gathering is to provide the opportunity for men to encounter Christ, to pray together, to be formed in their faith, and to strengthen their bonds of brotherhood, preparing them for courageous leadership and the **mission of evangelization**.

Each Cor gathering will last approximately 60-90 minutes and includes elements of prayer, formation and fraternity. In consultation with the pastor, local leadership selects the formation content and types of prayers that will best fit the dynamic of the group. Cor is held at least once a month, although some communities may wish to have it twice a month or even weekly.

While the mission of Cor may seem bold, starting Cor in your council, parish or Catholic community is simple. This brochure will guide you through the three main steps in starting Cor. On average, this process can take 6-12 weeks from your first discussions to your first session. This length though, is not due to the work involved, but more to allow time to properly promote your first event once you have your pastor's permission.



Photo by Spirit Juice Studios

For additional information and resources on Cor, please visit
kofc.org/cor

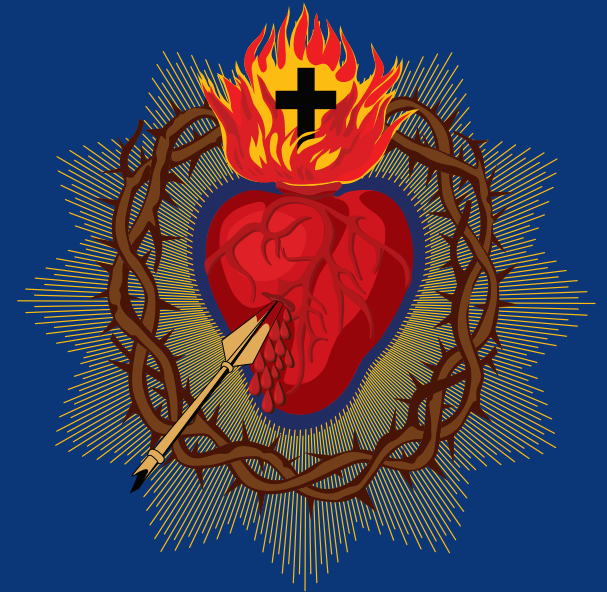


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Starting Cor in Three Steps



**Answering the needs of
Catholic men through prayer,
formation and fraternity.**



Photo by Spirit Juice Studios

Phase 1: Achieve Council and Pastor Buy-In

Meet with Officers of the Council

- The Grand Knight is encouraged to identify and appoint a Council Evangelization and Faith Formation Director (EFF) to oversee and implement *Cor* for the council and parish.
- The council EFF Director is encouraged to build council EFF Team (2-3 men).
- If your parish does not have a KofC Council, interested men should present *Cor* directly to the pastor.

Grand Knight and EFF Director are to meet with the pastor and ask permission to:

- Implement *Cor* for men of the parish.
- Partner with existing men's group (if applicable)
- Advertise *Cor* in the bulletin.
- Speak after all masses for a given weekend and invite the men of the parish to *Cor*.



Phase 2: Confirm Details and Communicate

Set the date, time, and location for the first three *Cor* sessions.

- It's important to commit to dates so you can begin promotion.
- Reserve the necessary space.

Invite all men of the parish

- Use posters, Bulletin Announcements and Pulpit Announcements
- Use existing council and parish communication mechanisms (email, social media, etc.),

Phase 3: Finalize Your Content & Hold *Cor*

Determine the structure and content for the first three *Cor* gatherings

- See the simple examples provided in the *Cor* Start Up Guide on the website.
- Consider Catholic Information Service resources such as the *Into the Breach* video series and *Men of the Word* Bible study for content.
- After the second *Cor* session, begin planning for the next few months so there is a continued plan in place.

Order all necessary supplies (if applicable)

- It's important to communicate what participants should bring (Rosaries, Bibles, etc.) and what will be provided.

Hold *Cor*

- Bring men together, encourage continued invitation, and let the Holy Spirit do the rest.

