



## Men Need Cor

To live his faith and engage in mission, every Catholic man needs a strong relationship with God that is rooted in prayer and the sacraments. Catholic men need to proactively invest in their ongoing faith formation, to be a part of a dynamic brotherhood that supports, sharpens, and strengthens them to be holy men, husbands, and fathers, and to engage in the mission of the Church.

Cor exists 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** for their families and communities.



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Are you ready to take the next step in bringing Cor to your council, parish or Catholic community?

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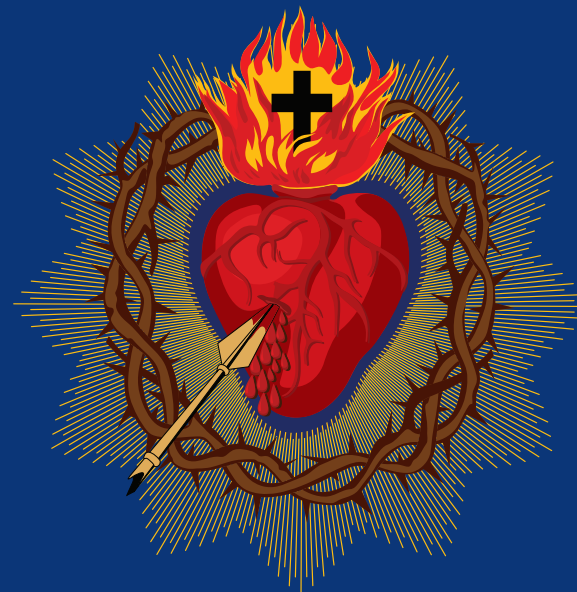
Go to [kofc.org/cor](http://kofc.org/cor) to review the **Start Up Guide** and **Start Up Checklist**.



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# Cor



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

## The Three Elements of Cor

### Prayer: Lifting minds and hearts to God



Through prayer, we encounter Christ and animate our faith and relationship with him. Shared time in prayer will help men focus their minds and hearts on God and give depth and life to formation and fraternal brotherhood.

### Formation: Becoming like Christ



As disciples of Christ, the goal of Catholic formation is to become like Christ, taking on his character and virtue, his life of prayer, and his mission. He is the model of holiness. Formation is life-long and requires an intentional commitment.

### Fraternity: Centering brotherhood on Christ



Fraternity is not just friendship or hanging out, it is a true brotherhood centered on Christ. Brotherhood made up of Christ-centered friendships is necessary for men to grow in holiness, as leaders, and as missionary disciples.

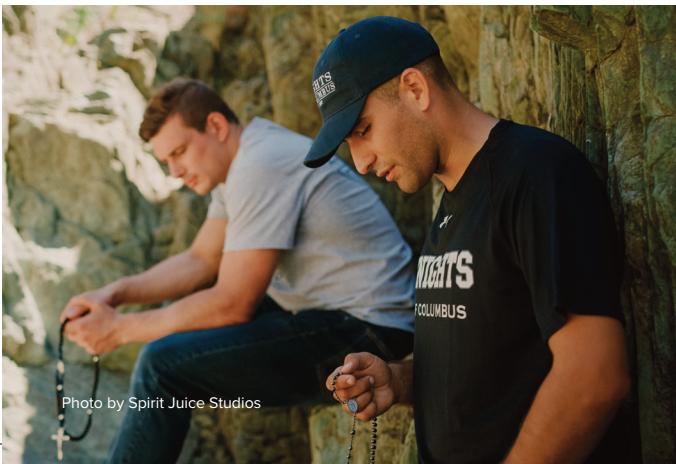


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### Why is it called Cor?

*Cor* consists of three key elements which must be present for every gathering: **prayer, formation, and fraternity**. The word 'cor' is Latin for **heart** and the root of the word **courage**. Prayer, formation, and fraternity all begin with the heart and direct the heart in relationship to God and each other. These three elements build and strengthen each other and help provide consistency and simplicity.

### What happens at Cor?

*Cor* lasts 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 hold it twice a month or even weekly.

## Our Hope for Cor

### Through *Cor* we hope to:

- Consistently and frequently bring men together to center their lives and friendships on Christ through intentional times of prayer and formation.
- Begin building a fraternal culture of faith, prayer, accompaniment, and accountability.
- Offer every Catholic man in the parish with ongoing opportunities to encounter Jesus Christ, grow in his faith, strengthen his prayer life, and transform his friendships.
- Strengthen brotherhood where men are comfortable and willing to sharpen and accompany each other in the pursuit of holiness.
- Provide a foundation of continued evangelization and discipleship for the parish and community.
- Animate and enhance all Knights of Columbus programs and activities, strengthen leadership, and increase participation.



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