

COR MEN'S FORMATION – DISCERNMENT AGENDA AND HANDOUT

St. Clement of Rome | Knights of Columbus Cor
Saturday Meeting

Part I – Our Lenten Foundation

The Three Pillars of Lent

Prayer • Fasting • Almsgiving

During Lent, the Church calls us to interior conversion that bears visible fruit. These three pillars are not separate practices, but one unified path:

- **Prayer** reorients us to God
- **Fasting** frees us from disordered attachments
- **Almsgiving** turns us outward in charity

Our question for Cor is not simply *what* we do — but **why we do it** and **how it forms us as Catholic men, husbands, fathers, and disciples**.

Part II – Where Do We Go Next?

Based on anonymous survey feedback from the men of Cor, several clear themes emerged:

- Desire for **deeper prayer and consistency**
- Hunger for **Scripture that applies to daily life**
- Concern for **marriage, fatherhood, and family leadership**
- Need for **confidence in living and sharing the faith**
- Stress from work, responsibility, and modern culture

The following topics are offered for group discernment.

Top 10 Formation Topics to Consider

1. Building a Rule of Life for Catholic Men

Creating a sustainable daily rhythm of prayer, sacraments, work, and family life.

2. Prayer That Actually Transforms

Learning how to pray with the heart: mental prayer, silence, perseverance, and trust.

3. Scripture for Busy Men

How to encounter Christ in Scripture without needing hours of study.

4. Living the Faith in the World

Witnessing to Christ with courage, prudence, and charity — at work, at home, and in society.

5. Marriage as a Man's First Mission Field

Leading and loving our wives as Christ loves the Church.

6. Fatherhood: Raising Faithful Children

Forming children in faith through example, prayer, and intentional leadership.

7. Authentic Catholic Masculinity

Overcoming passivity and growing in virtue, courage, and responsibility.

8. Catholic Apologetics for Everyday Conversations

Explaining and defending the faith with clarity — without arguing or alienating.

9. Stress, Work, and Interior Freedom

Finding peace, balance, and detachment in a demanding world.

10. Saints as Real Men

Learning from saints who struggled, failed, converted, and persevered.

Formation Resources Available to Us

We are blessed with access to high-quality Catholic formation through:

- **Knights of Columbus / Cor Formation Materials**
(Into the Breach, Supreme Chaplain's Monthly Challenges, Cor Guides)

- **FORMED.org** (Parish Subscription)
 - Bible studies (Lectio series)
 - Prayer & spiritual life (Tim Gray, Augustine Institute)
 - Marriage & family formation (Beloved, Behold)
 - Apologetics & evangelization (Symbolon, Catholicism)

These resources allow us to choose formation that is:

- Faithful to the Church
- Designed for men
- Practical and accessible

Group Discernment Questions

Please reflect and be ready to share:

1. **Which topic would most help you right now in your life?**
2. **Which topic would best help you lead your family in faith?**
3. **Which topic would you feel comfortable inviting another man to join?**

(There are no wrong answers — this is about discernment, not preference.)

Our Goal as Cor Men

“Cor is not about information alone — it is about formation, fraternity, and mission.”

Together, we seek to grow as:

- Men of prayer
- Faithful husbands and fathers
- Courageous Catholic witnesses

Thank you for your openness, honesty, and brotherhood.