

# 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.**