



The Cor Meeting - Info Sheet

The **Cor Meeting** is a faith-based initiative of the Supreme Council to form and strengthen Knights and the Catholic men of the parish in faith and virtue. Each Cor Meeting does this by strengthening relationships with Jesus Christ and one another, through the three Key Elements of 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 in true charity.

The goals of each Cor Meeting is (are) to provide the opportunity for Catholic men:

- to encounter Christ
- to strengthen their bonds of brotherhood
- to share their faith, as brothers, and bring souls to Jesus Christ.

Every council is invited to hold a Cor Meeting at least monthly, in addition to the monthly council meeting.

- **Who can attend a Cor Meeting?** The Cor Meeting is for any man in the parish.
- **How often should we meet?** Cor Meetings should be held at least monthly, but they can be held more often, such as weekly. Adoption of the Cor Meeting is optional for every council.
- **How long should a Cor Meeting be?** Each Cor Meeting should last ideally 60 - 90 minutes.
- **What do you do?** Each Cor Meeting consists of the following Key Elements: Prayer, Formation, and Fraternity. Cor Meetings should be simple. (See Cor Meeting examples below for content ideas.)
- **What time of day should a Cor Meeting be held?** Cor Meetings can be held at whatever time of day best serves the men of the parish.
- **Is this a Supreme initiative?** Yes, and each jurisdiction is encouraged to promote it with their councils.
- **What if my parish already has a men's group?** Great! The Cor Meeting should not cause competition or conflict. Consider using Cor Meeting resources to strengthen and grow the existing group.
- **Should my pastor/chaplain be involved?** Any formation provided at the parish needs the pastors approval. The pastor/chaplain should be involved in planning and invited to each meeting.

Three Key Elements

Prayer: Prayer is the "lifting of our minds and hearts to God." Through prayer we strengthen our relationship with God as disciples (followers) of Jesus Christ and grow in our knowledge of Him. Shared time in prayer will help men focus their minds and hearts on God, strengthen the bonds of brotherhood, and keep God at the center of all they are and do. (**Examples:** *Rosary, Lectio Divina, Holy Hour, Chaplet of Divine Mercy*)

Formation: The aim of Catholic formation is to be like Christ, taking on his character and virtue, life of prayer, and his mission. The Cor Meeting brings men together to sharpen each other in friendship and fraternity. This formation should include time hearing, studying, and applying the truths of the Catholic faith to daily life. (**Examples:** *Faith-inspired talks by clergy or others, reading a spiritual reflection, Into the Breach Video Series, Supreme Chaplain's Monthly Challenge, Bible Study, small group discussion*)

Fraternity: The Cor Meeting brings men together as a band of brothers to strengthen each other in friendship and fraternity. The aim of fraternal time should be to create an enjoyable environment that strengthens true friendships. (**Examples:** *Social events, BBQ, bonfire, intentional conversation, and shared meals i.e. donuts and coffee or pizza and beverages.*)

Example Cor Meeting

While all three of the key elements must be present in each Cor meeting, the ratio may change depending on the needs of your men. Each meeting welcomes newcomers, begins in prayer, centers on the main content of the key elements, encourages attendance and participation in council meetings and programs, shares the next Cor Meeting time, and closes in prayer.

Cor Meeting - Fraternity Centered (60 min.)

- 1. Fraternity:** Pizza (or donuts and coffee if in AM)
- 2. Formation:** 15 min. faith-inspired talk by Chaplain
- 3. Prayer:** Request intentions and pray Rosary

Cor Meeting - Formation Centered (90 min.)

- 1. Formation:** *Into the Breach* Video & Discussion
- 2. Prayer:** 30 min. of Eucharistic Adoration
- 3. Fraternity:** Sharing a meal



The Cor Meeting - Council Integration

Leadership Roles

Grand Knight: The Cor Meeting should only add minimal work to the Grand Knight. He is encouraged to survey all council members and then appoint and empower a Director of Evangelization and Faith Formation (EFF) to own all aspects of this meeting. The Grand Knight is not required to attend nor does he have an official role in the meeting itself. He is expected to continue to foster good will, collaboration, and communication with the pastor, ensuring that the Cor Meeting and its function supports his pastoral plan and ministry and the needs of the parish. To that end, he is encouraged to bring the Director of EFF into any appropriate and corresponding meetings.

Council Director of Evangelization and Faith Formation: Appointed by the Grand Knight, he will facilitate the planning, structure, and hosting of all Cor Meetings. He is encouraged to build an EFF team that will help shoulder these meeting responsibilities, especially if meeting more frequently. He will ensure that each meeting is adequately prepared for, space reserved, timing and content communicated, and excellently run. Along with the Grand Knight, the Director of EFF should coordinate and communicate with any existing parish ministries, particularly men's ministries in such a way that fosters collaboration and a hybrid experience achieving the aims and goals of both groups. The Council Director is supported by the State Director of EFF and Team.

Pastor/Chaplain: The pastor must give his permission for the Cor Meeting to be held at the parish. He is primarily responsible for the formation of the souls in his parish and therefore should be consulted and involved. He should be made aware of the scheduled meetings and their content focus with a standing invitation to lead prayer and to speak to the men as he so desires.

Meeting Structure and Frequency

Every council is invited to hold a Cor Meeting at least monthly, in addition to the monthly council meeting.

- ◆ **Will this replace the Council Meeting?** No. The Council Meeting has its own clear function and purpose, as does the Cor Meeting. Both exist to support the life and function of the council.
- ◆ **How does this impact the other council meetings?** After adopting the Cor Meeting, the council will most likely have three monthly meetings: Officers Planning Meeting, Council Meeting, and Cor Meeting. Attendance to these meetings may vary over time. It is important to communicate the purpose, function, and value of these meetings and when they are necessary for members to attend. Additionally, the Cor Meeting should inspire men to more actively participate in the leadership and organization of the council.
- ◆ **Can the Cor Meeting be a part of the Council Meeting?** We highly encourage that the Cor Meeting have a time of its own so proper attention can be given to all respective meetings. Separately structured time allows for a full and focused schedule for each. A report should be offered during the Council Meeting by the Director of EFF to ensure a clear connection between both meetings.
- ◆ **Should we meet more than monthly?** Quite possibly. Formation and fraternity done well and that builds a strong and integrated brotherhood marked by trust and growth in virtue, requires increased frequency and intentionality. Meeting once a month is good, but may not be frequent enough to have the full desired impact. The frequency of the Cor Meeting should be primarily determined by the availability of the men of the council and parish who have committed to attend with consideration to council leadership and the pastor.

Programs and Council Activities

- ◆ **Is the Cor Meeting a Faith in Action program?** No, the Cor Meeting is not a program. However, the structure of the Cor Meeting allows for the incorporation of various Faith in Action programs, such as Holy Hour, Rosary, Into the Breach, etc.
- ◆ **How will this impact the council?** The Cor Meeting is intended to help all Knights maintain the purpose of their Knighthood and foundation of their Catholic faith at the forefront of their mind. Father McGivney intended the council to be a means of forming and strengthening the faith of our members so it impacts and directs all that they do. Every program and event that the council offers will benefit from the Cor Meeting as Knights are emboldened and enlivened through the prayer, formation, and fraternity of the meeting to more intentionally engage in the function and goals of council programs and events. It helps turn service work into mission work, while still achieving the same corporal end, but with a focus on bringing souls to Christ.