

Cor – Frequently Asked Questions

Q: What is the Cor?

A: The mission of *Cor* 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.

Q: Why Cor?

A: Because families need strong husbands and fathers, and the world needs courageous witnesses to Jesus Christ. *Cor* provides Catholic men the opportunity to encounter Christ, pray together, and strengthen their bonds of brotherhood, preparing them for courageous leadership and the mission of evangelization for their families and communities.

Q: Where did the name come from?

A: “Cor” is Latin for heart. The inspiration for this name is drawn from the expression “cor ad cor loquitur,” “heart speaks to heart.” This phrase was the episcopal motto of St. John Henry Newman.

Q: Is this replacing the council meeting?

A: No, this is not replacing the council meeting but will exist in addition to it.

Q: Can't we add this to the existing council meeting structure?

A: For this to be effective, it truly needs its own dedicated space and time.

Q: Is this a Faith in Action program?

A: No. But many Faith in Action programs can be inserted into it and count towards programmatic requirements.

Q: How long should any given Cor last?

A: Each *Cor* meeting should last ideally 60 – 90 minutes.

Q: When and how often should we hold Cor?

A: *Cor* should be held at least once a month. It is up to the men of the council if they would like to meet more frequently. Consider surveying your group to determine the best day and time of the week/month.



Q: Is anything consistently required for Cor, specifically content or structure?

A: Yes. The three key elements of prayer, formation, and fraternity must be intentionally structured and built into the gathering. The ratio of emphasis on one key element over the others can vary. Consider utilizing existing KofC resources to help structure the content, such as *Into the Breach* or the *Cor Ecclesiae* series.

Q: Who manages and runs this “meeting”?

A: The Grand Knight is encouraged to appoint a Council Evangelization and Faith Formation Director. The Council Director can build a team of council members (2-3 men) who will plan, coordinate, and execute *Cor*. The Grand Knight and Council Director should work with the pastor who must give his permission for *Cor* to be held at the parish.

Q: How should the pastor be involved?

A: The pastor must permit *Cor* 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.

Q: Who can come and participate?

A: All men of the parish are encouraged to attend.

Q: What if there is another men’s group in the parish?

A: *Cor* should not pose a point of conflict with any existing men’s ministries or groups. Instead, this should be an opportunity for intentional collaboration and enhancement to serve the men of the parish better. Meet with the leadership of the men’s group and look for ways to build up and support each other.

*For more information and elaboration on these questions and more,
please refer to the Cor Startup Guide and other resources at kofc.org/cor.*