



Cor



Frequently Asked Questions

Q: What is Cor?

A: Cor is a regular gathering of men that uses a flexible framework of prayer, formation and fraternity to foster Christ-centered brotherhood and help men grow closer to Jesus.

Q: Why Cor?

A: Because families need strong, holy sons, husbands and fathers, and the world needs courageous men who witness to Jesus Christ. Cor provides men the opportunity to encounter Christ, pray together, and grow in faith and brotherhood — preparing them for leadership and evangelization in their families and communities.

Q: How does Cor fit with Blessed McGivney's vision?

A: As a priest and pastor of souls, evangelizing and forming men in faith and inviting them into a deeper relationship with Jesus, his Church and one another were cornerstones of Blessed McGivney's vision for the Knights of Columbus. Cor upholds this vision. Its essence is not new — Cor intentionally refocuses us on our central identity as a Catholic fraternal order.

Q: What does "Cor" mean?

A: Cor is Latin for "heart" and root of the word "courage". When you get the heart right, you get the man right — a man of faith who lives God's call with courage. The name is inspired by *cor ad cor loquitur* — "heart speaks to heart", the motto of St. John Henry Newman.

Q: Who can participate in Cor?

A: All men are encouraged to attend. Knight of Columbus membership is not required.

Q: How should the pastor be involved?

A: The pastor must approve Cor to be held at the parish and should be involved as he is able, given his responsibility for the formation of the souls in his parish. While highly encouraged, the pastor's presence is not required. See [Clergy's Role in Cor](#).

Q: What if there is an existing men's group in the parish?

A: Cor should complement — not compete with — existing men's ministries. It offers an opportunity for collaboration and enhanced service to the men of the parish. See [Cor: Working with Men's Ministries](#).



Q: How long should *Cor* gatherings last?

A: 60-90 minutes.

Q: How frequently should *Cor* be held?

A: At least once a month, although some groups gather more frequently. Consider surveying participants to determine the best schedule.

Q: Does *Cor* happen at the same time as a council meeting?

A: No. *Cor* is intentionally held separately to provide dedicated time for prayer, formation and fraternity. This is distinct from the task-oriented focus of council meetings.

Q: Is this a Faith in Action program?

A: No, but many Faith in Action programs can be incorporated into *Cor* and count towards program requirements.

Q: Do you have to be in a Knights of Columbus council to run *Cor*?

A: *Cor* is best supported by a Knights of Columbus council, but any group of Catholic men with the pastor's approval can run it. In some cases, *Cor* is the foundation for starting a new council or roundtable.

Q: How is *Cor* unique from other men's groups?

A: With over 17,000 councils and over 140 years of proven fraternity, the Knights of Columbus is uniquely structured to offer a lasting and reliable framework for men to grow in Christ-centered brotherhood. *Cor* is sustainable, not leader or content dependent and supported by training and a growing library of formation and prayer resources.

Q: Do EFF Directors need a theology background or formal training before starting *Cor*?

A: No. EFF Directors are not expected to have formal training in theology or philosophy, but are asked to facilitate *Cor* using provided resources. We do provide ongoing formation and training to prepare EFF Directors.

Q: How do I get *Cor* up and running?

A: Complete the [Council EFF Director Form](#) to receive all *Cor* communications, including an onboarding email series filled with practical startup guidance and planning tools. Also, check out kofc.org/corleaders for startup steps and resources.

