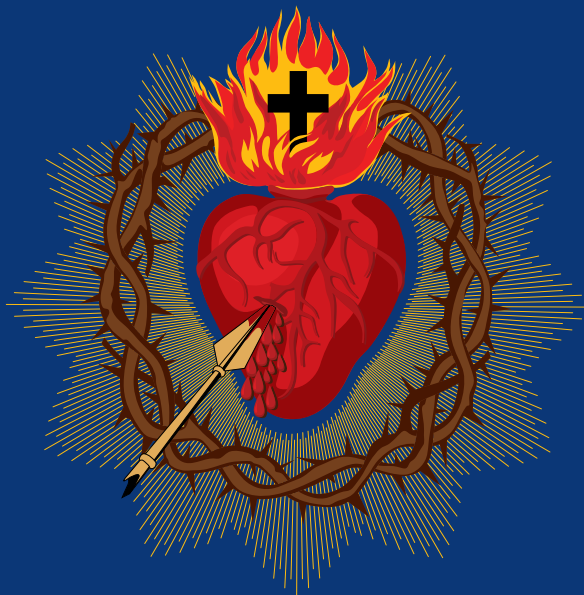


LEADER GUIDE



Cor



Knights of  Columbus



Connect with everything you need today!

Scan the QR code or visit kofc.org/corleaders to view the digital version of this guide and other valuable resources.



Leader Guide

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KofC - The Heart of Our Mission



Blessed Michael McGivney's Vision

As a priest and pastor of souls, evangelizing and forming men in the faith, and inviting them into a deeper relationship with Jesus, his Church and other Catholic men were cornerstones of Blessed Michael McGivney's vision for the Knights of Columbus.

Knights of Columbus Mission

To empower Catholic men to live their faith and serve their family, parish, community and country.

Every council should provide opportunities for authentic friendship, growth in faith, lived faith in service and financial family protection.



“ *It was Father McGivney's purpose in instituting the Knights of Columbus to keep the young men of his parish within the household of the faith...and to bring them into even closer relationship to Mother Church.* ”

- WATERBURY EVENING DEMOCRAT ARTICLE, 1900

Why Cor?



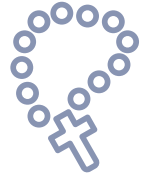
Cor upholds both Blessed McGivney’s vision and the mission of the Knights of Columbus. Its essence is not new; it is central to who we are as Knights. Cor helps us focus more intentionally on what we were founded upon as a Catholic fraternal order.

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.

Today, many men are more isolated, disconnected and lonely than ever before. Studies show that many have no close friendships. Yet, God designed us for community. We are not meant to walk the journey of faith alone.

Cor is structured to help men intentionally and regularly come together to build authentic brotherhood. These gatherings are not just about deepening our knowledge of faith — they’re about strengthening our interior lives and bond as brothers, encouraging each other to live the life God has called us to.

Alongside their brothers in Christ, men strive to better live out their vocation by becoming holier sons, husbands, fathers and members of their communities.



PRAYER



FORMATION



FRATERNITY



“ *Every Catholic man needs other Catholic men; that is where we find the strength and courage to live out our mission. We are redoubling our commitment to helping Catholic men deepen their faith while building bonds of friendship.* ”

-SUPREME KNIGHT PATRICK KELLY, 2024 NATIONAL EUCHARISTIC CONGRESS

What is Cor?



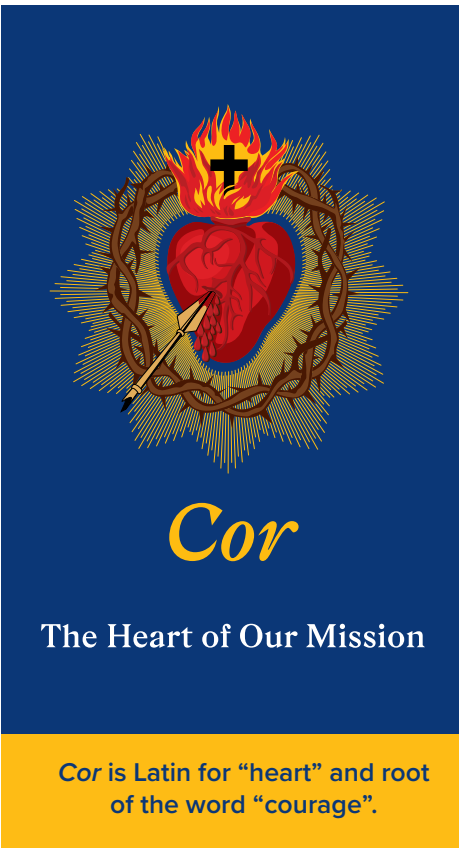
Mission

To help focus men on Jesus by building Christ-centered brotherhood through a flexible framework of prayer, formation and fraternity.

Vision

To aid in transforming the hearts of men through Christ-centered brotherhood. Rooted in prayer, formation and fraternity, men will be sharpened in faith and virtue as they cultivate authentic friendships with Christ and each other.

We envision a future where *Cor* continuously helps sustain these men to lead their families, strengthen their parish communities and courageously evangelize the world as missionary disciples of Jesus Christ.



“ *Cor* is men becoming holy together. ”

- SEAN POTT, SENIOR DIRECTOR OF EVANGELIZATION AND EDUCATION, KNIGHTS OF COLUMBUS

Cor **centers men’s hearts on Jesus** so they can be transformed by an authentic relationship with him and one another. Christ is the heart of *Cor*.

Cor provides a consistent space for men to gather and:

- ▶ Encounter Jesus Christ
- ▶ Pray together
- ▶ Be formed in the Catholic faith
- ▶ Build and strengthen bonds of brotherhood

In this brotherhood, men support, sharpen and strengthen one another in faith and virtue and prepare for **courageous leadership** and the mission of evangelization within their families, parishes and communities.



Cor is the heart of our mission as Knights. It forms men in faith and brotherhood so they can serve with deeper conviction and joy.

Within each Knights of Columbus council, *Cor* is supported and sustained through appointed leadership. The Evangelization and Faith Formation (EFF) Director, together with the *Cor* Team, ensures that *Cor* remains an active and ongoing priority within the council.

*See the *Cor* Leadership section for more details.

Enhance Council Participation & Member Experience

Aligned with Father McGivney’s vision, a healthy council life forms men in the faith and sends them into action in service of their parish and community. *Cor* animates and strengthens every aspect of council life – programs, charitable service and leadership – by deepening the spiritual foundation from which they flow.

Cor means “heart” in Latin, and everything flows from the heart. As men grow in faith and authentic brotherhood, they naturally bring renewed energy, initiative and leadership into the life of the council.

Faith must be lived to grow. The Faith in Action programs provide a direct outlet and application to put faith into practice. *Cor* should highlight these opportunities, along with other council events, inviting men to connect spiritual formation with charitable action.

Cor also reinforces the value of a Knights of Columbus membership – both in council life and in the [fraternal benefits](#) offered.



Natural Membership On-Ramp

Cor is open to all men; membership in the Knights of Columbus is not required. This openness allows non-members to encounter the Knights in a welcoming, relational and faith-centered environment.

The goal of *Cor* is not recruitment, but Christ-centered brotherhood. Yet, when men experience authentic faith and fraternity, deeper involvement in the Knights of Columbus – including membership – often flows naturally.



We strongly recommend not scheduling *Cor* immediately before or after a council meeting, as this may force attendees to choose between the two and could extend the overall time commitment beyond what is reasonable.

Separate from Council Meetings

Cor sessions are intentionally distinct from council meetings for two key reasons:

1. Accessibility

Since *Cor* is open to all men, holding *Cor* separately removes barriers for non-Knights and fosters a more welcoming environment.

2. Mindset

Cor calls for a posture of prayer, reflection and relationship-building. This is different from the task-oriented focus of council meetings. Keeping these spaces distinct allows each to fulfill its purpose more effectively.

Though distinct, *Cor* and council meetings should actively support one another. *Cor* should promote upcoming council events and needs, and council meetings should regularly highlight *Cor* and encourage participation.





Guided by *Cor*'s mission to build lasting Christ-centered brotherhood, its leadership is intentionally structured for sustainability. To minimize operational burden for the Grand Knight, the appointment of a competent and driven Council Evangelization and Faith Formation (EFF) Director is essential. While the EFF Director leads *Cor*, he does not carry the responsibility alone. He is supported by a *Cor* Team as well as a State EFF Director, a Diocesan EFF Coordinator and works in close collaboration with the pastor.

*When a council is not yet in place, the EFF Director should be appointed in consultation with the pastor and reported to the Supreme Council.

Grand Knight

The Grand Knight provides vision, oversight and support while delegating day-to-day leadership of *Cor*.

- ▶ Appoints and empowers a **Council Evangelization and Faith Formation (EFF) Director** to lead *Cor*.
- ▶ [Reports](#) Council EFF Director to the Supreme Council.
- ▶ Responsible for obtaining the **pastor's permission** to implement *Cor* and discusses how *Cor* will collaborate with existing men's ministries (if applicable). (See Implementation Phases section for helpful resources.)
- ▶ Continues to foster goodwill, communication and collaboration with the pastor.
- ▶ Creates space for the EFF Director to update the council, gather input and integrate *Cor* into council life.
- ▶ Informs the EFF Director of council events and needs that can be announced at *Cor*, as appropriate.
- ▶ Is encouraged to attend *Cor* but has no formal role.

Council Evangelization & Faith Formation (EFF) Director

Appointed by the Grand Knight, the Council EFF Director is responsible for planning, organizing and hosting *Cor*.

- ▶ Oversees all logistical and content planning for *Cor*.
- ▶ Ensures each session is prepared and run with excellence.
- ▶ Coordinates scheduling, space reservations, communication, materials and hospitality.
- ▶ Collaborates with existing men's ministries, alongside the Grand Knight, to foster unity and avoid duplication.
- ▶ Reports regularly to the Grand Knight, council and pastor/council chaplain.
- ▶ Supported by the **State EFF Director, Diocesan EFF Coordinator and council Cor Team**.
- ▶ Strongly encouraged to grow as a leader through ongoing [formation and training](#).

For more information, see [Council EFF Director Role Guide](#).



Cor Team

The EFF Director should form a small *Cor* Team (typically 2–3 men). Sharing responsibilities helps ensure sustainability and consistency, prevents burnout and fosters shared ownership and buy-in. If the EFF Director is unavailable to lead a *Cor* session, a *Cor* Team member should be prepared to step in and lead.

Assemble a team around these potential roles; select ones that best align with essential needs and the unique skills of the men:

- ▶ Communications/Outreach Coordinator
- ▶ Hospitality Coordinator
- ▶ Fraternity/Engagement Leader
- ▶ Formation Leader
- ▶ Prayer Leader
- ▶ Spiritual Advisor or Chaplain

Pastor & Council Chaplain

The pastor is primarily responsible for the formation of souls within the parish. *Cor* should support and complement his pastoral ministry.

- ▶ Present *Cor* as a platform that supports the pastoral mission and engages the men of the parish in ongoing formation.
- ▶ **Pastoral permission is required** before *Cor* is announced or implemented.
- ▶ The pastor and/or chaplain should be regularly kept informed of progress, general content focus and upcoming *Cor* session details.
- ▶ In addition to giving the pastor and/or chaplain a **standing invitation** to attend, lead prayer, speak or administer sacraments, a personal invitation goes a long way.
- ▶ Participation requires minimal logistical planning and carries no formal obligation.

For more information, see [Clergy's Role in Cor](#).



Before reviewing the key elements and structure of *Cor*, consider the goals that should undergird all you do.

Short Term Goals

1. Establish Consistency

Bring men together regularly to center their lives and friendships on Christ through intentional times of prayer, formation and fraternity.

2. Build Trust

Prioritize fraternity in early stages to establish trust and begin building authentic relationships.

3. Provide Hospitality

Create a welcoming, inclusive environment that invites men into deeper participation.

4. Identify and Develop Leaders

Identify enthusiastic participants for leadership roles within the group. *Cor* should not depend on any one leader.



Long Term Goals

1. Deepen Faith Life

Provide ongoing opportunities for every man in the parish to encounter Jesus, grow in faith and deepen his prayer life.

2. Cultivate Authentic Friendships

Cultivate a culture of brotherhood where men accompany and sharpen one another in the pursuit of holiness.

3. Strengthen Leadership Team

Build a *Cor* Team with shared ownership and accountability so *Cor* continues seamlessly when someone is absent.

4. Build Mission Mindset

Establish a foundation for evangelization and discipleship in the parish and community.

5. Advance KofC Impact

Strengthen Knights of Columbus programs and leadership by forming men rooted in faith and brotherhood.

Pitfalls to Avoid



As *Cor* grows, there are a few common pitfalls that can quietly undermine good intentions. When leaders remain patient, prayerful and focused on mission, *Cor* can grow steadily and bear lasting fruit.

▶ **Neglecting prayer as leaders.**

The true leader of *Cor* is Christ – we are merely facilitators. Be a man of prayer and lead your team in prayer. Spiritual warfare is real; prayer is our first and most powerful weapon.

▶ **Overcomplicating it.**

Avoid overthinking structure or content. Start simply and allow *Cor* to grow organically.

▶ **Giving in to discouragement.**

Surround *Cor* in prayer. You do not need advanced theological training to lead well.

▶ **Fixating on numbers.**

Small beginnings are normal. Faithful consistency leads to growth.

▶ **Becoming a closed group.**

All men need this brotherhood. Keep invitations frequent, personal and intentional.

▶ **Letting formation replace mission.**

Formation should lead to lived faith, service and evangelization — not content consumption alone.

▶ **Isolating *Cor* from council life.**

Intentionally integrate brother Knights and council initiatives into *Cor*, and *Cor* into council communications and events — especially Faith in Action programs.





Key Elements of Cor

The structure of *Cor* consists of three key elements which **must be present at every gathering**: prayer, formation, and fraternity. *Cor* is designed to be flexible, so in what order and for what duration these three elements are done is up to what is best for your group.



Prayer

Lifting our minds and hearts to God.

Through prayer, we encounter Christ and nourish our faith and relationship with him. We must first know Jesus and receive from him before we can share him with our families and communities.

Shared time in prayer will help men focus on their relationship with God and give depth and life to formation and brotherhood. Prayer readies the heart and mind to receive and process formation in its varied forms. Like all relationships, prayer requires commitment and consistency.



Formation

Becoming like Christ.

As disciples of Christ, the goal of Catholic formation is to become like Christ, taking on his character and virtue, his life of prayer, and his mission. He is the model of holiness.

Formation is life-long and requires an intentional commitment to the depths of our faith and demands of discipleship. Formation without prayer and fraternity becomes simply academic, not relationship-forming.



Fraternity

Christ-centered brotherhood.

Fraternity is not just superficially hanging out; it is a true brotherhood centered on Christ. This type of brotherhood has depth and trust, where men as authentic and virtuous friends sharpen one another and accompany each other as disciples of Christ. It fosters a sense of duty to one another — we are our brother's keeper.

Brotherhood made up of Christ-centered friendships is necessary for men to grow in holiness, as leaders and as missionary disciples. Like prayer and formation, fraternity must be intentional and requires proximity, consistency and the shared mission of holiness in vocation and evangelization.

Cor Structure

Why all Three Together?

All three key elements of *Cor* begin with the heart and direct the heart in relationship to God and one another.

1. **Prayer** turns the heart toward God.
2. **Formation** shapes the heart to become like Christ.
3. **Fraternity** strengthens the heart through Christ-centered brotherhood.

If one element is missing, *Cor* becomes incomplete:

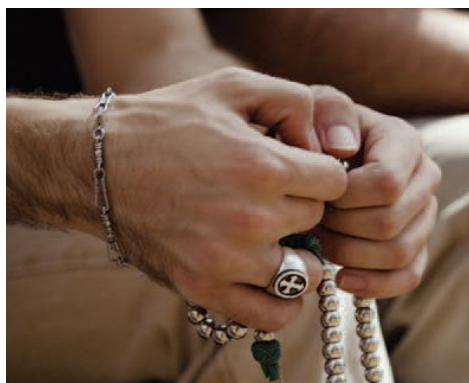
- ▶ Without prayer, gatherings lose their spiritual center.
- ▶ Without formation, the brotherhood lacks direction.
- ▶ Without fraternity, faith is isolated and unsupported.

Including all three safeguards the mission and integrity of *Cor*.

These three elements help form the **whole man** so that faith can take root and bear fruit. This model reflects how Jesus formed his disciples and prepared them for mission.



Together, prayer, formation and fraternity create a consistent and sustainable environment where men can encounter Christ, grow in holiness and be strengthened for mission.



Prayer



Formation



Fraternity



How to Incorporate Cor's Three Elements

These examples demonstrate how one element (prayer, formation or fraternity) can be more heavily emphasized and still incorporate all three elements. The timing for each is up to leadership and may affect the order and content selection.

These examples are starting points, not prescriptions. Consistency matters more than perfect structure.

**Indicates a Catholic Information Services resource that can be found online at www.kofc.org/cis.



Prayer-Centered Cor #1 – Rosary (60 min)

1. Fraternity: Coffee & donuts with intentional conversation starter: “What is a hobby you would like to dedicate more time to?” (20 min)
2. Formation: Read and discuss the Introduction in [Scriptural Rosary](#)** (10-15 min)
3. Prayer: [Scriptural Rosary](#)** with group prayer intentions (25-30 min)

Prayer-Centered Cor #2 – Holy Hour (60-90 min)

1. Fraternity: Drink & snacks with intentional conversation starter: “What Catholic tradition from your family has most shaped your faith?” (20 - 30 min)
2. Formation: Read A Companion for the Journey section and discuss prayer layouts in [Prayer Time](#)** (10-15 min)
3. Prayer: Adoration or prayer in church (30-60 min)



Cor Examples

Formation-Centered Cor #1 – Into the Breach Videos (60-90 min)

1. Fraternity: Coffee & donuts with intentional conversation starter: “What saint do you most relate to or admire?” (20-30 min)
2. Formation: [Into the Breach](#)** – watch video and discuss questions (30-40 min)
3. Prayer: [Chaplet of Divine Mercy](#) with group prayer intentions (10-20 min)



Formation-Centered Cor #2 – Patris Corde Book (60-90 min)

1. Fraternity: Drink & snacks with intentional conversation starter: “Can you recall a time when you strongly felt your Guardian Angel was protecting you?” (20-30 min)
2. Formation: [Patris Corde](#)** – read and discuss questions (30-40 min)
3. Prayer: [Rosary](#)** or [Chaplet of Divine Mercy](#) (10-20 min)

Fraternity-Centered Cor #1 – Cards (60-90 min)

1. Fraternity: Drink & snacks with intentional conversation starter: “What is your favorite vacation spot or travel experience?” / Card games (60-75 min)
2. Formation: Read [Importance of Prayer](#) article (5-10 min)
3. Prayer: [Chaplet of Divine Mercy](#) with group prayer intentions (10-15 min)



Fraternity-Centered Cor #2 – Yard Games (60-90 min)

1. Fraternity: Drink & snacks with intentional conversation starter: “How do you maintain your prayer life during summer?” / Yard games (cornhole, bocce ball, bucket golf, etc.) (60-75 min)
2. Formation: Invite pastor to offer short talk / read something he writes in advance (5-10 min)
3. Prayer: A few decades of the [Rosary](#)** (10-15 min)

How to Run Cor



The general structure of *Cor* provides leaders with a simple, repeatable framework. Leadership fills this framework with appropriate content that has been planned in advance and shared with the pastor or chaplain.

Cor is led by a designated leader responsible for hospitality, content and time management.

1. Preparation & Setup

- ▶ Plan the content in advance, including the element focus (prayer, formation or fraternity).
- ▶ Coordinate with the pastor or chaplain as appropriate.
- ▶ If materials (books, handouts, prayer aids) are needed, either provide them or communicate expectations in advance.
- ▶ Reserve and prepare the space to support your content, keeping hospitality in mind.

2. Welcome & Opening Prayer

- ▶ Begin on time and open with prayer, even if *Cor* starts with food or social time.
- ▶ If clergy are present, invite them to lead the opening prayer.
- ▶ Note: The opening prayer alone does not fulfill the required prayer element of *Cor*.

3. Introduce the Element Focus

- ▶ Briefly introduce the element focus (prayer, formation or fraternity).
- ▶ Make any necessary announcements.
- ▶ Use this moment to transition intentionally into the main content.

4. Cor Content: Prayer, Formation, Fraternity

- ▶ Follow the predetermined content, incorporating all three elements.
- ▶ One element may be emphasized more heavily, but all three must be present.
- ▶ Formation and fraternity often occur before prayer, though order may vary.
- ▶ If using [Into the Breach](#) or other [Catholic Information Services](#) resources (e.g., *Cor Ecclesiae*, *Cor Session Guides*), incorporate them here.

5. Wrap-Up

- ▶ Always end on time. This honors everyone's time.
- ▶ Recap any key takeaways or action items.
- ▶ Share details for the next *Cor*.
- ▶ Invite men to upcoming parish and council events, as appropriate.

6. Closing Prayer

- ▶ Conclude with prayer. Consider using a consistent closing prayer and inviting intentions to build familiarity and trust.
- ▶ Note: The closing prayer alone does not fulfill the required prayer element of *Cor*.

Cor Implementation Phases



All action items in a phase should be completed before moving to the next phase. Use the [Cor Startup Checklist](#) alongside these phases to track progress.

The **Grand Knight (GK)**, **Council Evangelization and Faith Formation (EFF) Director** and **Cor Team** work together throughout the process.

Phase 1 Leadership Alignment & Pastoral Approval

Goal

Establish leadership, secure pastoral permission and gain council buy-in.

Action Items

▶ Appoint leadership

- Grand Knight appoints a Council EFF Director.
- [Report](#) the Council EFF Director to the Supreme Council.
- EFF Director builds a small *Cor* Team (2–3 men).

▶ Meet with the pastor

- GK (with EFF Director) meets with the pastor to:
 - Request permission to implement *Cor* for the parish.
 - Discuss collaboration with existing men's ministries, if applicable.
 - Receive approval to:
 - Advertise *Cor* in the parish bulletin.
 - Speak briefly after weekend Masses to invite men.

- Extend a standing invitation for the pastor/chaplain to participate as desired.
- Align *Cor* with the parish calendar and pastoral priorities.
- Refer to [Working with Your Pastor](#) and [Working with Men's Ministries](#).

▶ Council integration

- EFF Director presents *Cor* at a council meeting.
- Share *Cor's* mission and vision, structure and leadership plan.
- Encourage council members to participate, support the rollout and invite others.

Cor Implementation Phases

Phase 2

Communication & Scheduling

Goal

Set logistics and invite the men of the parish.

Action Items

- ▶ **Set logistics**
 - Determine the date, time and location for the first three Cor sessions.
 - Reserve necessary space, put on parish calendar.
- ▶ **Communicate & invite**
 - Review [How to Promote Cor](#) to:
 - Publish a [bulletin announcement](#). Include a short [interest survey](#) with a QR code.
 - Give a brief [pulpit talk](#) after all Masses one weekend.
 - Place posters around parish campus.
- ▶ **Build a communication list**
 - Include clergy, council members and men who have expressed interest and/or responded to the interest survey.



Phase 3

Planning & Launch

Goal

Prepare content, communicate clearly and hold Cor consistently.

Action Items

- ▶ **Plan content**
 - Determine the structure and emphasis for the first three Cor sessions.
 - Use the **Cor Examples** on page 13 as guides. See kofc.org/corleaders for more content suggestions.
 - Keep in mind the liturgical year, parish life, local customs and council initiatives when planning content – it helps the content to resonate more deeply when aligned.
 - After the second Cor, begin planning content for the following months.
- ▶ **Prepare materials**
 - Order or prepare any necessary resources (books, handouts, prayer aids, refreshments).
- ▶ **Send invitations**
 - Communicate dates, times and expectations clearly and well in advance.
 - Remind participants to bring needed items (Bible, rosary, etc.).
- ▶ **Hold Cor**
 - Execute Cor according to the planned structure.
 - Evaluate briefly after each session and adjust as needed.

Cor Implementation Phases

Phase 4 Growing & Sustaining

Goal

Deepen brotherhood, maintain consistency and grow leadership.

Action Items

▶ Deepen brotherhood

- Authentic friendships take time to build. Be patient.
- Allow time at each gathering for informal conversation.
- Keep incorporating intentional conversation starters to encourage deeper discussions.
- Encourage men to share intentions and pray for one another.

▶ Maintain consistency

- Keep to a predictable schedule (first and third Saturday morning, first Tuesday of the month, etc.). Consistency builds credibility.
- Publish dates at least 1-2 months in advance.
- Plan content at least one month ahead to avoid last-minute preparation.
- Avoid frequent cancellations; demonstrates dependability.

▶ Ongoing culture of invitation & communication

- Encourage every participant to personally invite other men.
- Keep announcing *Cor* in bulletin / parish calendar.
- Give a pulpit reminder 2x per year (with pastor's approval).

- Consistent reminders.
 - Send reminders 3-5 days before each *Cor*.
 - Follow-up after each gathering with:
 - Short recap.
 - Next *Cor* date/time.
 - Any reading or prayer commitments.
- Keep contact list current.
- Reach out when a man misses multiple *Cor* sessions.

▶ Grow and strengthen leadership

- Identify participants who show reliability and spiritual maturity.
- Invite them into planning conversations to begin sharing leadership.
- Gradually delegate roles (opening prayer, leading discussion, etc.) and/or add more men to specific *Cor* Team roles, such as:
 - Communications/Outreach Coordinator
 - Hospitality Coordinator
 - Fraternity/Engagement Leader
 - Formation Leader
 - Prayer Leader
 - Spiritual Advisor / Chaplain
- Utilize leadership formation resources for personal and team growth through ongoing [formation and training](#).
- Ask yourself where will *Cor* be 3 to 5 years from now? Is there a leadership succession plan in place? Are you confident in the strength of the group and content longevity?

Key Takeaways



Cor isn't complicated, but it is intentional. These principles help keep *Cor* focused, welcoming and sustainable. Ultimately, *Cor* is the work of the Holy Spirit, but we must cooperate and do our part.

- ▶ **Keep it simple.** Don't let the perfect be the enemy of the good. The key is to begin.
- ▶ **Be consistent.** Set a predictable schedule and hold to it. A reliable rhythm builds trust and momentum.
- ▶ **Practice intentional hospitality.** How we invite and welcome matters. Clear communication and a warm environment set the tone.
- ▶ **Stay aligned with your pastor.** *Cor* is strongest when united with the pastor and parish mission. Maintain regular communication with the pastor.
- ▶ **Invite and encourage.** Regularly invite men to attend and encourage participants to invite others. Growth happens one invitation at a time. Keep your contact list current.
- ▶ **Be patient and prayerful.** Trust the Holy Spirit to lead and to bring growth in his time.
- ▶ **Build shared ownership.** *Cor* belongs to every man who participates, not just a few leaders. Shared ownership ensures long-term vitality.
- ▶ **Develop leadership depth.** If *Cor* depends on one person, it's vulnerable. Build a strong *Cor* Team who are invested in the mission.
- ▶ **Be intentional with timing of content.** When content aligns with the liturgical year, parish life, local customs and council initiatives, it resonates more deeply and bears more fruit. Plan ahead with your team and pastor.
- ▶ **Maintain connection with parish and council.** *Cor* thrives when it stays connected to the wider life of the parish and council – promoting and supporting what's already happening.
- ▶ **Be proud to be a Knight.** *Cor* is sponsored by the council. While membership is not required to participate, don't be shy to share why you value being a Knight. Remember, your example is the most compelling testimony and invitation.
- ▶ **Share life.** At its heart, *Cor* creates the space for men to gather consistently and share life together. Through every season – the highs and the struggles – men need this Christ-centered brotherhood. If you create and uphold this space for men to share life and bring Jesus and our Catholic faith into the center of it, you are succeeding.



Appendix

- ✓ Startup Checklist
- ✓ How to Promote Cor
- ✓ Frequently Asked Questions



Cor



Startup Checklist

The Grand Knight and appointed Council Evangelization and Faith Formation (EFF) Director are to work on these action items. Following the meeting with the pastor, all items could be delegated to the Council EFF Director.

Grand Knight:

- Identify and appoint a Council Evangelization and Faith Formation (EFF) Director that will oversee and implement Cor for the council and parish
**Share and/or delegate all steps following pastor meeting*

Grand Knight and/or Council EFF Director:

- Meet with your pastor. Ask for his permission to:
 - Implement Cor for the men of the parish
 - Collaborate with existing men's group (if applicable)
 - Advertise in the bulletin
 - Speak after all Masses for a weekend to share and invite
- Meet with your council to present Cor for buy in and invitation during the EFF Director report
- Set initial date, time and location for the first three Cor sessions
 - Date 1: _____ Date 2: _____ Date 3: _____
 - Reserve the parish hall/space, put on parish calendar
- Determine Cor content for first three gatherings. See Cor Examples section of the [Cor Leader Guide](#) for ideas
- Create short interest survey with QR code for parish bulletin (optional).
See [How to Promote Cor](#)
- Invite all men of the parish. See [How to Promote Cor](#)
 - Parish Talk: Announcement and invitation after all Masses over one weekend
 - Bulletin Announcement: Week prior to parish talk, provide text with link and/or QR code to survey
 - Collect contact information from survey and create contact list to send invites and future communications
- Hold 1st Cor session
**If group determines a better time and frequency, send an update to group contact list*
- Schedule recurring Cor to reserve space and communicate with the group
- Hold 2nd Cor session
- Hold 3rd Cor session





Cor

How to Promote *Cor*



Intentional promotion and consistent communication are essential for generating *Cor* awareness and attendance. It is highly encouraged that the Council EFF Director appoint a Communications/Outreach leader to support these efforts. Also work alongside the council member in charge of communications.

Key Principles

Audience: *Cor* is for ALL men regardless of membership status with the Knights of Columbus or faith background.

Parish Alignment: Keep key leaders of the parish informed, including pastor, other clergy, parish staff and other men's groups (if applicable).

Plan Ahead: Ask early for permission to promote *Cor*, especially for pulpit talk and bulletin announcement.

Promote Continuously: Treat every gathering like the first – promotion should be ongoing, not one-time.

Promotion Ideas

Personal Invite (Most Effective)

- Some men are not “natural joiners”, it often takes an invitation (or two).
- Start with an invitation to a single event – less intimidating.
- Encourage each *Cor* attendee to invite a friend.
- Keep inviting men – even after *Cor* is underway.

Pulpit Talk

- Obtain pastor permission to speak after all Masses one weekend.
- Ask the pastor to offer a brief endorsement.
- Choose a speaker who is articulate, relatable and enthusiastic.
 - Multiple speakers may be needed to cover all Masses.
- Use the [Parish Talk](#) script as a guide.
- Set up a *Cor* table after Mass for questions, hand-outs and sign-ups.

Bulletin Announcement

- Receive permission and timeline from parish office.
- Refer to sample [Bulletin Announcement](#) for ideas.
- Include a link and/or QR code to an [Interest Survey](#) to help build a contact list.



Tabling

- Secure permission to host a table after Mass.
- Stand in front of the table to welcome and engage in conversation.
- Be ready to clearly answer: What is *Cor*? Why *Cor*? See www.kofc.org/cor.
- Consider purchasing a *Cor* tablecloth and banner from [Knights Gear](#) for your table.
- Hand out *Cor* [brochures](#). Order via [Supplies Online](#) or [Shop Catholic Info](#).
- Collect contact information from interested men. Display survey QR code to capture information digitally (optional).

Posters

- Obtain permission to post posters in public areas of your parish community.
- Posters could also be included as a bulletin insert (with pastor permission).
- A variety of posters are available on kofc.org/corleaders and [Supplies Online](#).

Social Media

- Use ready-made social media graphics available on kofc.org/corleaders and [Supplies Online](#).
- Post on your own social platforms, encourage others to engage with posts and share.
- Ask your pastor if the parish would be willing to post or share.

How to Create a Short Survey

- A short [Interest Survey](#) is a simple way to engage men and collect their availability.
- Print out interest survey and collect filled out responses.
- And/or use free online tools like [Jotform](#) or [Survey Monkey](#) to quickly create a digital survey*.
- Keep it brief - no more than 5 questions, under 1 minute to complete.

How to Create QR Code

- A QR code in the bulletin announcement and/or tabling allows for easy access to a survey using a smartphone camera.
- Easily create using a free online QR code generator such as qr-creator.com.*

Scan to Access Links in this Resource.



*Knights of Columbus does not endorse, or express any opinion concerning, any particular vendor.





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.

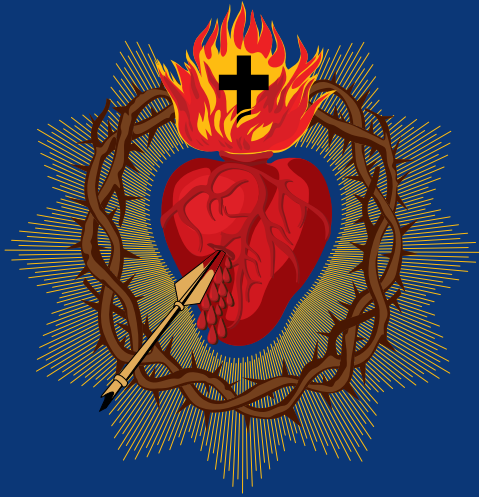
Q: Do EFF Directors need a theology background or formal training before starting *Cor*?

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.





Cor

The Heart of Our Mission

