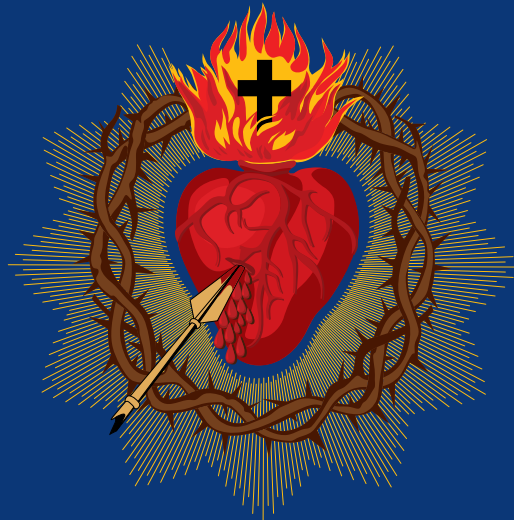




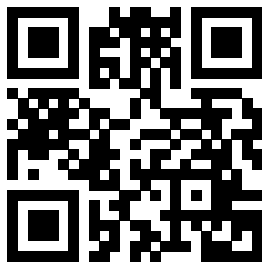
HEART OF THE GOSPEL

PRE- AND POST-RETREAT COR SESSIONS



Cor





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Cor Sessions Before the Retreat



Please visit kofc.org/gospel for access to resources for these sessions.

The two *Cor* sessions scheduled before the retreat should be dedicated to retreat preparation. The first session should utilize the *What is a Retreat? How can I Prepare for One?* video and accompanying PDF. This video provides general formation about spiritually preparing for any retreat and is of general utility to any man, even if he is not attending the *Heart of the Gospel* retreat.

The second video and PDF are specific to the *Heart of the Gospel* retreat – though a man who is not attending could still find the content edifying. In this video, Fr. Riccardo introduces men to an icon of the resurrection called the Anastasis. He explains the icon in a first-century Christian context and connects it to the meaning of the statement, “Jesus is Lord.”

The true meaning of the phrase, “Jesus is Lord”, is foundational to the *Heart of the Gospel* retreat. Reflecting on Fr. Riccardo’s exhortation prior to the retreat will help men to start opening their hearts to the work that God intends to accomplish in them on the retreat.

The PDFs for the two pre-retreat *Cor* sessions are included in this leader guide and can be found below.



Pre-Retreat Cor Session 1:

What is a Retreat? How do I Prepare for One?



Men need to care for their souls. One of the most effective ways they can do that is by going on retreat. But many men – even men who **want** to go on retreat – have not had the chance to seriously consider the nature and purpose of a retreat. Nor do they necessarily know how to prepare for one effectively.

This *Cor* session is meant to give men the chance to think deeply about a retreat and have an intentional discussion about the purpose of a retreat. It also serves as a guide to preparing for a retreat, both spiritually and practically, so it can be useful for men to repeat this session each time they are getting ready for a retreat.

This session is intended to occur no more than two months before an upcoming retreat that the men of *Cor* at your parish plan to attend. If you are using this session before the *Heart of the Gospel* retreat, please ensure you schedule it before scheduling the *Heart of the Gospel*-specific pre-retreat *Cor* session, *Preparing to Receive the Heart of the Gospel*. It is recommended that you offer *Preparing to Receive the Heart of the Gospel* as close to the date of your *Heart of the Gospel* retreat as possible.

You will need:

- A rosary and rosary guide (#4772) for each participant
- A copy of the session guide (reverse) for each participant
- Appropriate A/V equipment

Cor Key Elements for this session:

- Prayer: Begin with the Holy Rosary of the Blessed Virgin Mary, then prayerfully read the Scripture verse. Conclude with the *Suscipe* of St. Ignatius Loyola, the patron of spiritual retreats.
- Formation: Watch the session video [What is a Retreat? How Can I Prepare for One?](#)
- Fraternity: Use the discussion questions to prompt conversation. Add a shared meal or other suitable activity if more fraternal time is desired.

Pre-Retreat Cor Session 1:

What is a Retreat? How do I Prepare for One?

Pray:

The Holy Rosary of the Blessed Virgin Mary.

Read the following Scripture passage:

“The apostles gathered together with Jesus and reported all they had done and taught. He said to them, ‘Come away by yourselves to a deserted place and rest a while.’ People were coming and going in great numbers, and they had no opportunity even to eat. So they went off in a boat by themselves to a deserted place.” (Mark 6:30-32)

Watch:

[What is a Retreat? How Can I Prepare for One?](#)

For Discussion

1. What is a retreat? What is a retreat’s purpose?
2. What kind of retreat is your favorite? Why?
3. What are some of your best retreat experiences? Are there any preparations you can make to help your next retreat be one of your best?
4. Think about the first time you went on retreat. Knowing what you know now, what advice would you give to yourself about preparing for that first retreat?
5. What are some ways men can keep the “fire” of a retreat burning in their hearts after they’ve come back from one?
6. Do you feel prepared for your upcoming retreat? Why or why not?
7. What would you need to feel comfortable leading a retreat or retreat-like spiritual event for the men of your parish?

Closing Prayer

The Suscipe Prayer of St. Ignatius Loyola, Patron of Spiritual Retreats. The name of the prayer is the Latin word meaning, “receive”, and it is a request that God receives from you everything you offer Him in the prayer. Please find the text below in both English and Latin.

Take, Lord and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me. Amen.

Suscipe, Domine, universam meam libertatem. Accipe memoriam, intellectum, atque voluntatem omnem. Quidquid habeo vel possideo mihi largitus es; id Tibi totum restituo, ac Tuae prorsus voluntati trado gubernandum. Amorem Tui solum cum gratia Tua mihi dones, et dives sum satis, nec aliud quidquam ultra posco. Amen.

Pre-Retreat Cor Session 2:

Preparing to Receive the *Heart of the Gospel*



Jesus Christ is Lord! Understanding what that means is crucial to ensuring that the *Heart of the Gospel* retreat makes a real impact on the lives of the men attending it. This *Cor* session is intended to open the hearts of the men participating in it to a powerful encounter with Jesus Christ while on retreat.

In the main video for this *Cor* session, Fr. John Riccardo provides an in-depth explanation of the meaning of the phrase, “Jesus is Lord!” He does so by reflecting on the theological meaning of an icon of the Resurrection exploring the historical meaning of specific Scripture passages, and considering the implications of the Renewal of Baptismal Promises at the Easter Vigil.

It is recommended to offer *Preparing to Receive the Heart of the Gospel* as close to the date of your *Heart of the Gospel* retreat as possible. If you are unable to offer *Cor* before the retreat, send retreatants this *Cor* session guide and ask them to pray, watch the videos, and consider the reflection questions on their own before the retreat.

You will need:

- A rosary and rosary guide (#4772) for each participant
- Appropriate A/V equipment

Cor Key Elements for this session:

- **Prayer:** Begin with the Holy Rosary of the Blessed Virgin Mary, then prayerfully read the Scripture verse. Conclude with the *Suscipe* of St. Ignatius Loyola, patron of spiritual retreats.
- **Formation:** Watch the session videos, [*Preparing to Receive the Heart of the Gospel: Introduction*](#) and then [*Preparing to Receive the Heart of the Gospel*](#).
- **Fraternity:** Use the discussion questions to prompt conversation. Add a shared meal or other suitable activity if more fraternal time is desired

Pre-Retreat Cor Session 2: Preparing to Receive the Heart of the Gospel

Pray:

The Holy Rosary of the Blessed Virgin Mary.

Read the following Scripture passage:

“When Jesus went into the region of Caesarea Philippi, he asked his disciples, ‘Who do people say the Son of Man is?’ They replied, ‘Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.’ He said to them, ‘But who do you say that I am?’ Simon Peter said in reply, ‘You are the Messiah, the Son of the living God.’”
(Matthew 16: 13-16)

Watch:

[Preparing to Receive the Heart of the Gospel: Introduction](#) and then [Preparing to Receive the Heart of the Gospel](#).

For Discussion

1. What does it mean to say, “Jesus is Lord,” today?
2. How is Jesus the Lord of your life? How is He the Lord of your family?
3. What areas of your life are hard to submit to the Lordship of Jesus? Why?
4. What do you think were the most challenging things Fr. Riccardo said in this video?
5. Why are you going on the *Heart of the Gospel* retreat? What do you want to get out of it?
6. What does your prayer life look like leading up to the retreat?
7. What effect do you want the *Heart of the Gospel* retreat to have on the men of your parish as a group? Individually? Why?

Closing Prayer

The Suscipe Prayer of St. Ignatius Loyola, Patron of Spiritual Retreats. The name of the prayer is the Latin word meaning, “receive”, and it is a request that God receives from you everything you offer Him in the prayer.

Take, Lord and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me. Amen.

Suscipe, Domine, universam meam libertatem. Accipe memoriam, intellectum, atque voluntatem omnem. Quidquid habeo vel possideo mihi largitus es; id Tibi totum restituo, ac Tuae prorsus voluntati trado gubernandum. Amorem Tui solum cum gratia Tua mihi dones, et dives sum satis, nec aliud quidquam ultra posco. Amen.

Cor After the Retreat



Please visit kofc.org/gospel for access to resources for these sessions.

Fr. Riccardo offers a very clear mission to the men on the *Heart of the Gospel* retreat: make their homes into centers of evangelization.

He gives some very simple and effective examples of how to do that in the retreat's Outro video. This *Cor* session expands on what Fr. Riccardo said, and it directly connects to *Cor* itself and what it means to believe Jesus is Lord.

Men need to support each other in this mission, so regular attendance at *Cor* should be stressed as a major pillar of strength for successfully accomplishing it. Men also should be encouraged to work together. They can help each other prepare their homes as Fr. Riccardo has directed, and they can also be present at each other's homes to support one another directly during events that can be opportunities for evangelization.

Inviting new men to *Cor* can be an effective way to begin to evangelize male friends and family members, too. If a man who has never been to *Cor* commits to attending it on a certain date, *Cor* leaders and regular attendees should be informed so that every effort can be made to welcome the new man as warmly and generously as possible. Ultimately, Jesus is the one reaching out to these men through you, so remember that evangelization is God's work. But Authentic, joyful, Christ-centered brotherhood can be powerfully attractive, so strive for excellence in the way you offer *Cor*.

In short, you are cooperating with God for the salvation of souls, and the endeavor requires both humility and magnanimity.



Cor Session: Evangelizing at Home



There are many details to consider if you want to make your home a center of evangelization. Fr. John Riccardo explained the essentials of the mission to evangelize at home at the end of the *Heart of the Gospel* retreat, but it is worthwhile to consider details beyond what was raised during the retreat.

The main video for this session raises specific, concrete points to think about and discuss regarding the mission to make your home a center of evangelization. The video is meant to be watched from start to finish in one viewing, but it is divided into three parts in case a series of shorter viewings is better for your men. The discussion questions assume the entire video has been watched in one viewing.

This *Cor* session should be offered within a week to a month after the *Heart of the Gospel* retreat, depending on your session cadence. Though it is a direct follow-up to the retreat, men who did not attend the retreat can still find it beneficial and should be welcomed to this *Cor* session. The mission to make one's home into a center of evangelization is for every man in your parish.

You will need:

- A rosary and rosary guide (#4772) for each participant
- Appropriate A/V equipment

Cor Key Elements for this session:

- **Prayer:** Begin with the Holy Rosary of the Blessed Virgin Mary, then prayerfully read the Scripture verse. Conclude with The Prayer of Pope Francis to Mary, Star of the New Evangelization.
- **Formation:** Watch the session video, [*Evangelizing at Home*](#).
- **Fraternity:** Use the session discussion questions to prompt conversation. Add a shared meal or other suitable activity if more fraternal time is desired.

Cor Session: Evangelization at Home

Pray:

The Holy Rosary of the Blessed Virgin Mary.

Read the following Scripture passage:

“The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshipped, but they doubted. Then Jesus approached and said to them, ‘All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit. And behold, I am with you always, until the end of the age.’” (Matthew 28:16-20)

Watch: [Evangelizing at Home](#)

Additional Prompts for Discussion

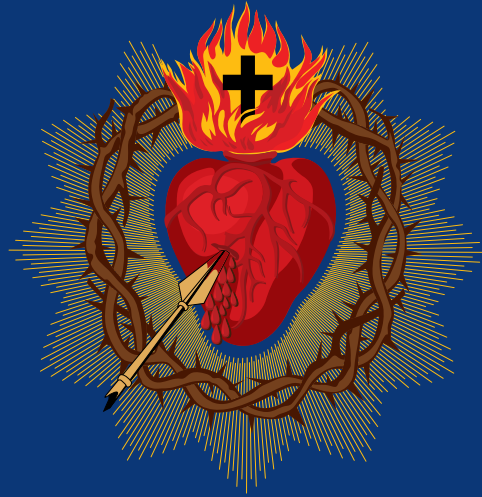
1. What specific points from the video most stood out to you? Why?
2. How has the mission to make your home a center of evangelization been going since the time you attended the *Heart of the Gospel* retreat?
3. Have you discussed the mission to make your home a center of evangelization with your family? How do you plan to carry out further conversations?
4. What is the most effective way you can make your home a center of evangelization right now?
5. What are some of the biggest challenges you face trying to carry out this mission?
6. How are you and the men of *Cor* at your parish working together to make your homes centers of evangelization?
7. What sorts of changes to your prayer life are you making to help you carry out this mission? Why?

Closing Prayer

The Prayer of Pope Francis to Mary, Star of the New Evangelization, from the Apostolic Exhortation Evangelii Gaudium.

Mary, Virgin and Mother, you who, moved by the Holy Spirit, welcomed the word of life in the depths of your humble faith: as you gave yourself completely to the Eternal One, help us to say our own “yes” to the urgent call, as pressing as ever, to proclaim the good news of Jesus. Filled with Christ’s presence, you brought joy to John the Baptist, making him exult in the womb of his mother. Brimming over with joy, you sang of the great things done by God. Standing at the foot of the cross with unyielding faith, you received the joyful comfort of the resurrection, and joined the disciples in awaiting the Spirit so that the evangelizing Church might be born. Obtain for us now a new ardor born of the resurrection, that we may bring to all the Gospel of life which triumphs over death. Give us a holy courage to seek new paths, that the gift of unfading beauty may reach every man and woman. Virgin of listening and contemplation, Mother of love, Bride of the eternal wedding feast, pray for the Church, whose pure icon you are, that she may never be closed in on herself or lose her passion for establishing God’s kingdom. Star of the new evangelization, help us to bear radiant witness to communion, service, ardent and generous faith, justice and love of the poor, that the joy of the Gospel may reach to the ends of the earth, illuminating even the fringes of our world. Mother of the living Gospel, wellspring of happiness for God’s little ones, pray for us.

Amen. Alleluia!



Cor

The Heart of Our Mission

