



Supreme Chaplain's Monthly Challenge for May 2026 *Cor*

Each month, Supreme Chaplain Archbishop William E. Lori selects a brief passage from the Gospel reading of one of the Sunday Masses, shares a reflection on the passage, and issues a challenge for men to live during the month and discuss afterward.

This resource can easily be used for the Formation key element of *Cor*.

GENERAL INSTRUCTIONS:

- 1) Open with the Sign of the Cross and a brief prayer.
- 2) Re-read the Supreme Chaplain's Monthly Challenge with the challenge that was lived during the previous month.
- 3) Open the floor for discussion on what it was like to try and live the previous month's challenge. Every month has a number of *Questions for Reflection* that may help facilitate discussion. Attendees who did not undertake the previous month's challenge can still participate in the discussion.
- 4) When finished with the discussion, read the Supreme Chaplain's Monthly Challenge for the next month to prepare participants for the new challenge they will strive to live.
- 5) Close by asking if there are any intentions and end with a brief prayer.

PREVIOUS APRIL 2026 MONTHLY CHALLENGE:

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.
(Gospel for April 19, Lk 24:35)

The disciples on the road to Emmaus did not recognize Jesus until the breaking of the bread. Jesus promised he would be with us always, and the Eucharist is his fulfillment of that promise. We encounter his presence most profoundly in the Eucharist, where he is truly present — body, blood, soul, and divinity — under the appearance of bread and wine. The disciples' experience on the road to Emmaus was no ordinary meal, but an encounter with Christ, who invites us, too, to enter into communion with him through the Eucharist.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to remain in prayer and adoration for several minutes after Mass to grow in awareness of Christ's true presence in the Eucharist.

Questions for Reflection: Do you fully realize it is the true body and blood of Christ that you receive in the Eucharist? Do you habitually pray in thanksgiving after Communion for this immeasurable gift? Do you consistently participate in Mass on Sundays and holy days? Do you make an effort to attend more frequently, so that you might avail yourself of the graces of this great sacrament?

NEXT MAY 2026 MONTHLY CHALLENGE:

[Jesus] said to them again, "Peace be with you. As the Father has sent me, so I send you." (Gospel for May 24, Jn 20:21)

Jesus sends us into the world, just as the Father sent him. Jesus had a sacred, divine mission — to proclaim the Good News of salvation and build the kingdom of God — and we are commissioned to do likewise. As his faithful disciples, we continue his saving mission on earth, consistent with our state of life. We are not just "receivers" of the Gospel; our mission is to bear witness to the Good News in word and action, living the Gospel through our example and outreach to others.

Challenge by Supreme Chaplain Archbishop William E. Lori: This month, I challenge you to take a few minutes each morning and prayerfully ask Jesus how you can use your gifts for his mission, and set one clear, specific resolution (large or small) for what you will do on that particular day.

For more information on the Supreme Chaplain's Monthly Challenge visit: kofc.org/monthlychallenge