

Spiritual Reflection

Overview

Create annual opportunities for prayer and reflection together as a fraternity. Under the guidance of their chaplain, councils can attend a retreat or day of reflection together or organize their own event for the men of their parish. In conjunction with pastors, councils and jurisdictions can hold low-cost retreats of their own. These events might be open only to council members or men of the parish – or may be open to entire families. If councils are unable to organize these events themselves, they could go attend an existing retreat as a group. For Spiritual Reflection program resources, visit www.kofc.org/reflection.

Featured Program Requirements

- *For two program credits toward the Columbian Award* – Host or attend a Spiritual Reflection for the men of the council and the parish that is at least a day long and is attended by 10 men or 10% of your council, whichever is fewer.

Action Steps

1. Identify a program chairman to oversee all action steps and delegate tasks, as needed. If coordinating with the parish, confirm pastor approval with grand knight, and then set up subsequent parish ministry collaboration meetings.
2. Prior to the Spiritual Reflection, use the sample [News Release](#) (#10712) as a model to create and distribute a tailored release to local media.
3. Build public interest for the event! Promote the Spiritual Reflection in your parish and larger community through a variety of efforts:
 - Prominently display promotional posters
 - Bulletin announcements
 - Pulpit announcements
 - Posting on your council and parish website / social media pages
4. On the day of the event, wear Knights of Columbus-branded apparel and have the council membership director set up a table with brochures and membership documents (including [Prospect Cards](#) #921A). Do not forget that this event is a recruiting opportunity!
5. Enlist a fellow Knight or community member to photograph the event.
6. To gain credit for your program, complete the associated reporting forms.
 - Immediately after your program is finished, complete the [Fraternal Programs Report Form](#) (#10784)
 - At the end of the fraternal year, complete the [Columbian Award Application](#) (#SP-7)



Guidelines for the Spiritual Reflection Program

- The definition of a “reflection” is broad but should be a day-long event at minimum and could possibly encompass an entire weekend.
- Councils can attend religious retreats and days of reflection organized by other groups. However, if they are attending a reflection and not planning it themselves, council attendance should be significant with at least 10 percent of the council or a minimum of 10 members participating.
- Reflections and retreats can be held at the council level but councils can also collaborate with other councils in the area to host a Spiritual Reflection.
- Be creative! Pilgrimages to nearby basilicas, monasteries or convents can qualify for a Spiritual Reflection.
- Councils are strongly encouraged to include Mass within their Spiritual Reflection, celebrating the liturgy with your chaplain/pastor. Also, incorporate opportunities for other sacramental and liturgical activities such as confession, Eucharistic adoration, a rosary or all of these.

Resources

1. #10710- [*Vertical Poster*](#)
2. #10711- [*Horizontal Poster*](#)
3. #10712- [*News Release*](#)

Program resources can be ordered by your grand knight, financial secretary and/or program director on Supplies Online via [Officers Online](#).

Link

www.kofc.org/reflection