

COR

Why is it called Cor?

The word ‘**cor**’ is Latin for heart and the root of the word courage. Prayer, formation, and fraternity all begin with the heart and direct the heart in relationship to God and each other. These three elements build and strengthen each other and help provide consistency and simplicity.

Where do we find cor used in our daily lives? An ordinary apple has a core at its center and is necessary for it to grow. Our own heart has coronary arteries, and our entire life is dependent upon them being open to allow blood to flow. Just as our heart needs to be open to allowing the word of God to be present in our daily lives.

Men Need Cor.

‘**The goal** of each Cor gathering is to provide the opportunity for men to encounter Christ, to pray together, to be formed in their faith, and to strengthen their bonds of brotherhood, preparing them for courageous leadership and the mission of evangelization for their families and communities.’

‘**The mission** of Cor is to refocus Catholic men on Jesus Christ and to form and strengthen them in faith and virtue through a brotherhood committed to **prayer, formation, and fraternity.**’

The Three Elements of Cor.

Prayer: A living relationship with God. Prayer is “the lifting of our minds and hearts to God.” It is relationship with God where we seek to know Him and grow in relationship with Him. As Catholics, we have many forms of prayer and traditions of spirituality shared with us through the example and lives of the saints.

Fraternity: A brotherhood that strengthens and sharpens men. Fraternity can be defined as a group of people gathered around a common interest. As Knights of Columbus, our common interest is faithfulness to our Lord Jesus Christ and living the fullness of life within the family of God, the Catholic Church. The intent of our fraternity, in the context of Christ’s mission of evangelization and discipleship, is the building of authentic friendships centered on Christ. These friendships are unified in the common purpose of growing in holiness and virtue and sharing in a life of mission. Fraternity is shared discipleship.

Formation: Ongoing growth in faith and virtue. The aim of Catholic formation, as disciples of Christ, is to bring our faith to ever greater maturity. As Knights committed to our Lord and His Church, we must intentionally seek to form our heart, mind, and soul in imitation of Christ.

Who is Cor for?

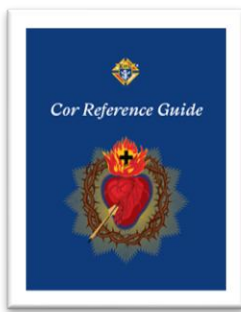
Cor is designed for any man who desires to grow in his relationship with Jesus through authentic Christian brotherhood. We welcome all men regardless of membership status with the Knights of Columbus or faith background.

What happens at Cor?

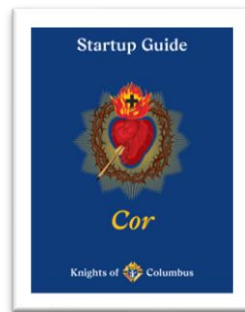
Cor lasts approximately 60-90 minutes and includes elements of prayer, formation, and fraternity. In consultation with the pastor, local leadership selects the formation content and types of prayers that will best fit the dynamic of the group. Cor is held at least once a month, although some communities may wish to hold it twice a month or even weekly.

More Information on Cor.

Please follow the links below for additional information and take the time to view the Christ-Centered Brotherhood Video. ***(Click on the links to go directly to that web site.)***



[11498 Cor Reference Guide](#)



[11500 Cor Startup Guide](#)



[How to run Cor](#)

[Our Faith - Cor | Knights of Columbus](#)

[11696 Cor Formation Content Guide](#)

[11702-cor-session-guide.pdf](#)



[Christ-Centered Brotherhood \(Cor Video 3:30 min\)](#)

I have been very blessed to lead study groups at my parish for more than ten years and when the Knights of Columbus began the program called **Cor** in 2023 I realized that we already had a group formed that included all the necessary elements of Prayer, Fraternity, and Formation in our weekly sessions. We use programs from **Formed** as well as **'The Chosen'** and meet weekly to share the Word of God. We have grown in our love for each other as well as a desire to know more about the Scriptures. I would like to share with you thoughts that members of our group have shared with me about our Study group.

“The most beneficial part of being in a study group for me is our discussions. When someone else says something that matches my thought process, I think, hey, I must be on the right track. It gets even better when someone brings up an answer that I never would have thought of. It opens a whole new viewpoint for me. Something that I thought I understood my entire life takes on a whole new meaning and it makes me want to dive deeper into the topic.”

“It has allowed me a way to meet and get to know more people from the church and our discussions have facilitated a new perspective on the Bible readings. Using **'The Chosen'** as the focus of our discussions has brought to life the important people of the New Testament. The discussions have made me able to relate to these biblical people as real humans who had real-life problems just like we do. I am a cradle Catholic, and there is so much about the roots of my faith I never really understood until being a part of this group and all our discussions.”

“Being in this study group for approximately five years I feel that I have been blessed to be with people that are willing to help you understand things when questions arise. Also, the fellowship has been very helpful to me. By use of **'The Chosen'** it has given me an opportunity to have a deeper understanding of some of the history of our faith. Being a convert, it seems there is always something new to learn. I love our study group and look forward to it each week.”

“I feel learning more in a group setting enriches our faith. We have heard or read most of the information previously; but the input of other ideas makes us see things from varied viewpoints. It is always rewarding to get a different perspective.”

“Being a non-Catholic Christian in the study group, I've thoroughly enjoyed making new friends, learning about Catholicism, and gaining new insights into the Bible readings. I've never been treated as an outsider, and my comments are always welcome.”

Please feel free to contact me if you have any questions or would like help in starting a Cor group at your council. I can be reached at:

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