

**Armor Dei Council No. 3961  
Wolcott, Connecticut**

**Proposal to Establish *COR***

*Cor* is a flexible framework of prayer, formation and fraternity that helps focus men on Jesus through building Christ-centered brotherhood.

**Why Christ-Centered Brotherhood?**

In a world that often promotes isolation, we can forget that God designed us for community. We are not meant to walk this journey of faith alone.

The bond of Christ-centered brotherhood helps men remain focused on their mission to grow in holiness. It fosters a sense of duty to one another — we are our brother's keeper. We desire the good of our brothers as much as our own, striving to support one another in becoming the husbands, fathers and saints that God calls us to be.

As the center of our bond, Jesus is the unifying source of our strength, purpose, and direction.

**What is Christ-Centered Brotherhood?**

Christ-centered brotherhood is a bond formed through baptism, uniting us as adopted sons of God and brothers with Jesus.

As brothers in Christ, we are called to grow in relationship with Jesus, sharpen each other in virtue and support one another in living out our Catholic faith. We strive to live a life worthy of our calling — to become the men God created us to be, and to walk together toward heaven.

The elements of *Cor*: Fraternity, Formation, Prayer.

**Fraternity**

Fraternity is not just friendship or hanging out, **it is a true brotherhood centered on Christ**. This type of brotherhood has depth and trust, where men sharpen one another and accompany each other as disciples of Christ.

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, requires proximity and consistency, and the shared mission of evangelization.

**Formation**

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. Alongside prayer, formation helps increase our knowledge and love of God and of neighbor. Intentional and structured times of formation help direct fraternity toward the shared pursuit of Christ, of holiness, and a life of faith and missionary discipleship. Formation requires the animation of prayer and the accountability of fraternity.

## **Prayer**

**Through prayer, we encounter Christ and animate 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 their minds and hearts on God and give depth and life to formation and fraternal brotherhood. Like all relationships, prayer requires commitment and consistency.

## **A Typical *Cor* Session (90 minutes maximum)**

**Fraternity:** Refreshments with intentional conversation starter: “What talents has God given you? What is a hobby you would like to dedicate more time to?” (20-30 minutes)

**Formation:** live or recorded presentation on a faith topic followed by reflection and discussion on what the faith topic presentation means in our lives. (25-35 minutes)

**Prayer:** Rosary or Divine Mercy Chaplet or Litany of Blessed McGivney (15-20 minutes)

## ***Cor* Meetings**

As an initial effort, *Cor* will be scheduled on three dates in the spring of 2026. Meetings will be held on Saturday mornings from 9:00 to 10:30 am in Father Shea Hall. If there is sufficient response, we can consider expanding the schedule to monthly sessions beginning in the fall. *Cor* meetings will be held separate from Council business meetings. All men are welcome regardless of their membership in the Knights of Columbus.

The suggested spring dates are (subject to availability of Father Shea Hall):

Saturday, January 13, 2026; 9:00 – 10:30 am; Father Shea Hall

Saturday, March 9, 2026; 9:00 – 10:30 am; Father Shea Hall

Saturday, May 11, 2026; 9:00 – 10:30 am; Father Shea Hall

DRAFT: 11/6/2025