



**The world needs courageous men to witness to Jesus Christ.**

***COR* exists to form and strengthen Catholic men in faith and virtue as missionary disciples by drawing them into a deeper relationship with Jesus Christ**

#### Key Elements of Cor

COR consists of three key elements which must be present for every gathering: prayer, formation, and fraternity. 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.

**Prayer**

**Formation**

**Fraternity**

**Tuesday September 30, 2025 at 6:30 PM in  
Bishop Latino Hall at St. Bernadette Catholic**

## **“INTO THE BREACH”**

Each participant will receive a workbook and a copy of Bishop Olmstead's Apostolic Exhortation which examines three primary questions : 1. What does it mean to be a Christian man? 2. How does a Catholic man love? 3. Why is fatherhood, fully understood, so crucial for every man?