



“Starting or Growing a Men’s Group”

What is a “Men’s Group”?

	<i>#1: Discussion Group</i>	<i>#2: Men’s Morning</i>	<i>#3: Accountability Group</i>
<i>Objectives</i>	<ul style="list-style-type: none"> Learn the Faith Mutual encouragement 	<ul style="list-style-type: none"> Evangelize Growing the Discussion Group 	<ul style="list-style-type: none"> Deep sharing Accountability
<i>Format</i>	<ul style="list-style-type: none"> Opening prayer Scripture reading and discussion 	<ul style="list-style-type: none"> Scripture reading or guest speaker Small group discussion Coffee/donuts 	<ul style="list-style-type: none"> Each man shares: work, home, prayer life, etc. Requests for prayer
<i>Number of men</i>	<ul style="list-style-type: none"> 4 to 15 	<ul style="list-style-type: none"> No max 	<ul style="list-style-type: none"> 4 to 5
<i>Frequency</i>	<ul style="list-style-type: none"> Weekly or every other week 	<ul style="list-style-type: none"> Monthly to a few times a year 	<ul style="list-style-type: none"> Weekly or every other week
<i>Publicity</i>	<ul style="list-style-type: none"> “Tap on shoulder” 	<ul style="list-style-type: none"> Parish bulletin, announcements at Mass 	<ul style="list-style-type: none"> Natural fall out from #1

Key success factors for a “Discussion Group” (#1 above)

- Pray: Make this the Holy Spirit’s group not yours.
- Similar life stage: Each member in our group is married, and nearly all have children.
- Publicity: Parish bulletin announcements will not work. “Tap on the shoulder” critical. *Focus on quality, not quantity.*
- Predictable schedule: We meet at a set day/time, regardless of weather and circumstances.
- Easy-to-use materials: We used *Signposts* (available at www.catholicmensresources.org). Or, consider using the next Sunday’s Mass readings. Stick with Catholic materials.
- Coordinators: I recommend 2 co-coordinators. These men should be: organized, willing to invite other men, and ensuring that no one person dominates or disappears from a conversation.
- Sharing: Encourage this. Lead by example.

Once you’re up and running

- Split the group once you hit 15 or 20 men.
- Adopt other initiatives (see table below)
 - Form “Accountability Groups”
 - Host a “Men’s Morning”

General Resources

- www.bostoncatholicmen.org
- www.catholicmensresources.org
- www.brohope.org
- www.usccb.org



Resources for Catholic Men's Groups

Guide and "How-to" books for Men's Group meetings:

Theology of the Body by Pope John Paul II

(or summaries of it, such as "Theology of the Body for Beginners" written by Christopher West
www.christopherwest.com)

Love and Responsibility by Pope John Paul II

(or summaries of it, such as the summaries presented on the website www.catholicculture.com)

Wild at Heart, and *Wild at Heart Field Manual*, by John Eldredge; (a Christian book intended to help Christian Men discover true masculinity)

Books by Peter Kreeft: www.peterkreeft.com/books.htm

Back to Virtue

Websites of interest to Men's Groups:

www.dads.org – a Catholic website hosted by St. Joseph's Covenant Keepers with lots of tools for Catholic men

www.universalis.com - easy to print Catholic mass readings and liturgy of the hours for each day

www.theologyofthebody.net a Catholic website dedicated to the famous book by John Paul II and resources around it

www.smartmarriages.com Catholic website that offers resources for building and maintaining strong marriages

www.everymansbattle.com a Christian website dedicated to helping men win the war on sexual temptation

www.e5men.org a Catholic website of a group of men dedicated to praying for their wives

www.catholicfirst.com A Catholic website with writings and documents of the Church, the fathers, etc.