

STARTING A MEN'S GROUP IN YOUR PARISH?  
WANT TO KNOW HOW?

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[www.thekingsmen.us](http://www.thekingsmen.us)

**How to Begin:**

1. Start with prayer! Ask for the Blessed Virgin's sweet intercession and call upon St. Joseph for help. Petition the Lord to send you men (Luke 10:2). Trust and believe that He will.
2. Attempt to summon at least 5-7 men who are genuinely interested in helping get a men's group started in the parish. (Note: men's groups have started with less numbers, but this is a good base with which to begin and will serve as the foundation for your core/leadership team).
3. Come together as leaders in prayer before the Blessed Sacrament. Frequent together the sacraments: Eucharist and Reconciliation. Pray together that the Lord will guide you in your development of a men's group.
4. Begin to establish your meeting format as a core team. The best way to do this is to meet once a week for prayer, manly fellowship and accountability. Try out different methods and resources so as to establish your own unique meeting format. The purpose here is to develop a meeting format that flows well, sparks interest and promotes dialogue/discussion between the men.

**Next Steps:**

5. Schedule an appointment with pastor to discuss your plan to develop a men's group. Once you gain his support, ask if you can meet at the parish either in the rectory or hall. (Note: an effective men's group does not have to meet in the parish, but this location is preferred over all others).
6. Put an announcement in the parish bulletin. Try to give yourself a lead time of about one month of continued advertising of your men's group. If the pastor is willing, briefly speak after all the masses on a given weekend leading up to your official start-up date. At the very least, get the pastor to encourage the men of the parish to get involved by making his own personal announcement.
7. Place bulletin announcement in neighboring parishes so as to maximize your recruitment efforts.

**Planning Your First Meeting:**

8. Make your first meeting informative and social in nature. Have information about the group (meeting times and locations) on a one page handout or index card. Have food and beverages available to the men!
9. Suggest using a PowerPoint slide presentation so as to expose the new men to the vision and mission of the group. Once the presentation is completed open it up for questions if any.
10. Give the men a taste for what they will experience the following week. Expose them to the resource you will be using as well as the format. See reverse for resource list and proposed meeting format along with other suggestions.

### **Men's Group Resource List:**

Gray, Tim & Martin, Curtis. Boys to Men: The Transforming Power of Virtue  
Emmaus Road Publishing, 2001.

*Commentary: excellent resource that is foundational to any Catholic men's group. This book effectively guides men through the cardinal and theological virtues and offers great questions for reflection and discussion.*

Bawden, Bill & Sullivan, Tim. Signposts: How To Be a Catholic Man in the World Today. The Word Among Us Press, 1999.

*Commentary: excellent resource for any Catholic men's group. This is a 52 week discussion oriented type workbook. Men must have a Bible and Catechism so as to effectively go through this resource. Covers a wide range of topics specific to men at all stages of life.*

Scott, Rosemarie. Clean of Heart: Overcoming Habitual Sins Against Purity.  
[www.Lulu.com](http://www.Lulu.com), 2004.

*Commentary: great resource for any Catholic men's group that would like to explore the virtue of chastity and address sins of pornography and masturbation. This workbook is comprised of a series of 43 meditations which draw on many Doctors of the Church, the Catechism and Sacred Scripture.*

Eldridge, John. Wild at Heart. [www.ransomedheart.com](http://www.ransomedheart.com).

*Commentary: excellent resource for any Christian men's group. John Eldridge provides an engaging and insightful look at what it means to be a man and invites men to rediscover their masculine hearts once so prominent in boyhood.*

Dr. Laaser, Mark. A L.I.F.E. Guide for Men. [www.freedomeveryday.org](http://www.freedomeveryday.org)

*Commentary: great resource for any Christian men's group. This workbook is designed to help men heal from the wounds of sexual sin, addiction, and brokenness. This guide for men follows a 12 step program for recovery from addiction.*

### **Additional Resources & Information for Men's Groups Found At:**

[www.catholicmensresources.org](http://www.catholicmensresources.org)

[www.dads.org](http://www.dads.org)

[www.trueknights.org](http://www.trueknights.org)

[www.pornnomore.com](http://www.pornnomore.com)

[www.godofdesire.com](http://www.godofdesire.com)

[www.e5men.org](http://www.e5men.org)

### **Suggested Men's Group Meeting Format:**

- ✓ Meet for no more than 1-2 hours and always end on time!
- ✓ Suggest meeting weekday evening (Mon-Thurs) or Saturday morning.
- ✓ Begin and end meeting with prayer. Suggest praying of the Holy Rosary to start meeting and close with a free flowing prayer.
- ✓ Suggest choosing a patron: St. Joseph, St. Augustine, St. Michael
- ✓ Highly suggest having every man make a commitment to doing something in the upcoming week that will help him to grow in masculinity/holiness.
- ✓ Follow-up these weekly commitments by making men accountable for these actions at the next meeting they attend

Stephen Wood. Breaking Free. Family Life Center Publications, 2003.

[www.familylifecenter.org](http://www.familylifecenter.org)

*Commentary: good resource for any Catholic men's group that would like to examine the issue of pornography more closely. Booklet borrows the format of CS Lewis' Screwtape Letters.*