

BOSTON CATHOLIC CONFERENCES

Organizers of the 2008 Boston Catholic Men's & Women's Conferences



Men's Groups

Last updated: June 11, 2008

Table of Contents

1. Why Men Need a Men's Group	1
2. What Happens at a Men's Group	2
3. How to Start a Men's Group	3
4. Resources for Men's Group.....	3
5. Join a Local Men's Group	4
6. Post Your Men's Group in our List.....	4
7. List of Active Local Men's Groups	5

1. Why Men Need a Men's Group

To reach our true potential and true vocations as Christian men, we need to support and fellowship of other Christian Men. Maurice Blumberg, Executive Director of the National Fellowship of Catholic Men, suggests in an article he wrote that there are at least 10 reasons why men benefit from fellowship with other men:

"Do men Catholic men need the support of other Catholic men?"

Maurice Blumberg, National Fellowship of Catholic Men

(www.catholicmensresources.org), 8/17/04, www.catholicexchange.com.

A few years ago, I asked this question of my friend, and fellow parishioner, Jack. "Of course they do," he replied. "I couldn't get my job done at work without the support of the men in my department. And I'd go crazy from all the stress I'm under if I didn't go out every Sunday with my buddies from St. Mary's and play golf. You know, 'All work and no play makes Jack a dull guy.'"

"I see your point, Jack," I responded. "But that's not what I mean. Do Catholic men need to share their lives with other men on a personal level? Do men need to be part of a group in which they can build close relationships by sharing their personal and common struggles, pray for one another, support one another, and hold one another accountable to live an authentic Catholic Christian life of integrity?"

"Well, now you're talking about a whole new ball game," Jack replied. "What you're describing goes against the whole grain of who we are as men. By nature, men are created to be individualistic, strong, independent, self-reliant, self-sufficient, and guarded. We keep our distance from other men. We have to. Remember, men have always been the protectors of their family. Why, the highest compliment a man can receive is to be called a 'self-made man.'"

"I agree with you, Jack, that men have certain God-given characteristics so they can fulfill their roles as protectors and providers of their family. But let me ask you a couple of questions: Have there been times in your life when you felt helpless or lacked the power or wisdom to change things? I'm talking about destructive behavior in one of your kids, grave disagreements with your wife, or a splintered relationship with a family member. Have you ever felt powerless to fight certain temptations or sinful habits?"

At this point Jack got very quiet. Then he said, "How about that home run by Cal Ripken in his last All-Star game. Wasn't that something?"

Superficial Relationships

Jack is not alone in believing that when it comes to our personal lives, men are not called to share them with other men. Yet, if we are honest with ourselves, we all know how difficult it is for men and their families to thrive in today's culture. The ever-increasing demands on men's time and energies and the collapse of traditional values and support structures underscore this challenge.

Times have indeed changed. We're working harder, our schedules are tight, and what little time we have is often used for television, sports, or activities that help us unwind. This has led, I believe, to men having even more superficial relationships with other men. In spite of this, I do not think most Catholic men even consider that they need to be part of a group that

prays together, or to have committed brothers in Christ who could offer prayer and sound advice to help them through difficult circumstances.

Do men need other men?

I believe they do, now more than ever, especially in light of the heavy-duty pressures on men today. Here is my "Top 10 list" of why men need other men:

- **No. 10:** Men need other men because they are social beings who need the companionship of other men.
- **No. 9:** Men need other men so they can help one another sort through the current confusion about, and attacks on, masculinity and manliness.
- **No. 8:** Men need other men to gain a more balanced perspective on life.
- **No. 7:** Men need other men in order to help one another grow and develop, as God wants them to, in their roles as husbands, fathers, and Christian workers, through the give and take of trusted relationships between brothers in Christ.
- **No. 6:** Men need other men to relieve the strain they can put on their wives to satisfy all their emotional and social needs.
- **No. 5:** Men need other men to enhance their ability to make wise decisions in critical areas affecting major aspects of lives.
- **No. 4:** Men need other men to help them through difficult circumstances and suffering that are part of being human, such as the death of a family member or serious illnesses.
- **No. 3:** Men need other men so they can better serve the Lord, grow in holiness, bear fruit for God's kingdom, and be a sign of Christ's love to other people.
- **No. 2:** Men need other men to help fight worldly temptations and sin, overcome sinful habits, and protect one another from attacks of the world, the flesh, and the devil.
- **No. 1:** Men need other men to help them grow in their relationship with Jesus and to experience more deeply God's love for them. We can often experience God's love and wisdom through our relationships with one another, and God can sometimes speak to us through other men.

When a group of the Pharisees asked Jesus what the greatest commandment in the Law was, He answered, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is: "Love your neighbor as yourself" (Mt 22:37-39).

In John 13:34-35, Jesus elevated these Old Testament commandments to an even higher level by these words: "I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

What the Church needs, and what the world is waiting for, are men who will show that they are Jesus' disciples by taking these words seriously. Just imagine what God can do with a group of men who will follow the Lord Jesus and risk laying down their lives for one another in healthy Christian relationships.

All over the country, we are seeing the formation of many local and regional Catholic men's fellowships where Catholic men build relationships with one another, share their faith, and support one another through prayer and men's fellowship groups. I believe Catholic men standing together in Christ can change our families, our culture, and the whole world.

I encourage all Catholic men to seek other men who share their faith and who have some common interests. They may be fellow parishioners, co-workers, or neighbors. Begin meeting together regularly. You'll be surprised at what God will do through a small group of men who love Him and one another.

The National Fellowship of Catholic Men (NFCM) website currently offers 17 different resources for small Catholic men's fellowship. A good description of these resources are provided in the Catholic Man Channel article, "Solid Catholic Resources for Catholic Men." They can be ordered from the Resources web page on the NFCM website. The NFCM also offers several starter kits for men's groups and their facilitators. They can be ordered from the Training web page on the NFCM website.

(Maurice Blumberg is Executive Director of the National Fellowship of Catholic Men. This article is a paid product of the NFCM, P.O. Box 86381, Gaithersburg, MD 20886. You may e-mail them at info@nrccm.org.)

2. What Happens at a Men's Group

[Source: National Fellowship of Catholic Men, www.catholicmensresources.org]

What are Catholic men's fellowship groups? Catholic men's fellowship groups are gatherings of men, usually from the same parish, who get together to discuss their lives in the light of their Catholic faith and to share their faith and experiences through friendship, prayer, and fraternity.

Most groups generally meet for sixty to ninety minutes to pray, reflect on Scripture, socialize, discuss their faith and the issues they are grappling with in their lives. They meet on a weekly, bi-weekly, or monthly basis (we recommend at least bi-weekly).

They support, affirm, and share insights about the difficulties men encounter in both their home and work lives. They also seek God's help in dealing with the issues they confront every day. Members strive to reinforce Christian values in their home, reach out to share those values with others in their group, and support other men who are struggling to do the same.

3. How to Start a Men's Group

Many men have suggested that they want to "do something" to help renewal efforts in the Archdiocese of Boston. One way to do that is to start a Catholic Men's Fellowship Group. The requirement is simply someone who has the energy to talk with your pastor about starting the group, contacting a few friends and fellow parishioners, and then holding your first meeting. One doesn't have to be a faith expert to start a men's group; one only needs to want to grow in their Christian vocation by discussing faith and life with other men.

There are 2 main resources that we'd recommend for people considering starting a Catholic Men's Group at your parish:

1. Attend a meeting of another Catholic Men's Group - This will help remove any mystery about what it takes to lead successful men's fellowship meetings.
2. Leverage the resources of the National Fellowship of Catholic Men (see the NFCM's "roadmap" to starting a Catholic Men's Group below).

If you start a Catholic Men's Fellowship Group, please let us know (please email Jo at jtango@bostoncatholicmen.org) so that we can help other men to find you.

4. Resources for Men's Group

A Roadmap for Selected Men's Group Resources

The Catholic men's group resources on the NFCM website are broken down into three categories: Living as a Catholic Man, Marriage and Family, and Spiritual Life. Below is a roadmap for a few selected resources from each category.

Living As Catholic Men

If you are a new men's group, or you are not sure where to start, we recommend starting with [Signposts, How to be a Catholic Man in the World Today](#) by Bill Bawden and Tim Sullivan. Signposts was specifically developed by two Catholic deacons who are heavily involved in the Catholic men's movement, and is ideal for a small-group setting or individual study. This is by far the most popular of our men's resources. Thousands of Catholic men have used, or are currently using this workbook, in Catholic men's groups all across the US. This powerful resource uses Scripture and Catechism references, short real life stories, and challenging questions to aid in the group discussion. The individual lessons are broken down into four different categories: Man and God, The Measure of a Man, Man and Family, and Man and His World.

If your group wants to go deeper into what it means to build strong relationships with other Catholic men, as brothers in Christ, consider using [Brothers! Calling Catholic Men into Vital Relationship](#) by Geoff Gorsuch. This book is a Catholic version, sponsored by the NFCM, of a very popular book written by in 1994 for small men's groups. The book uses the baseball diamond to represent the process of building vital relationships with other Catholic men. Thus, we need to get to first base where we learn to "accept one another," to second base where we develop our friendship as we "encourage and build up one another," to third base where after much time and practice, we feel free to "exhort one another" as we face life's challenges together, and finally we help one another reach home plate as we grow in Christlikeness. Each chapter ends with excellent discussion questions for the men's group.

If your group wants to go deeper into what it means to live a virtuous life as a Catholic man, consider using [Boys to Men, The Transforming Power of Virtue](#) by Tim Gray and Curtis Martin. Each chapter is on a different virtue, with challenging questions at the end of each chapter. This book is ideal for Catholic men's groups who want to find out why "real men" choose the virtuous life.

If your group wants to grow deeper spiritually, consider using [Spiritual Workout of a Former Saint](#) by Danny Abramowicz, former All-Pro wide receiver for the New Orleans Saints. This is the newest book offered by the NFCM and is an excellent resource for Catholic men's groups. It is more than the story of a recovering alcoholic grabbing onto - and working hard at - his second chance at a happy, spiritually rich life. This book, based on proven NFL workout techniques, is a practical, encouraging, step-by-step method to help you grow spiritually; add new life to your relationships with the your spouse, family, and friends; and re-energize your soul as you deepen your love of Christ and His Church. Through a special arrangement, and for a limited time, all copies will be personally autographed by Danny.

Marriage And Family

If your group wants to go deeper in understanding solid principles on how fathers and grandfathers can have a positive effect on their children's (and grandchildren's) lives, consider using [Velvet and Steel, A Practical Guide for Christian Fathers and Grandfathers](#) by John Ream. This book also provides practical ways for husbands to be more effective fathers and to relate to their wives as full partners in marriage and family life.

If your group wants to use audio tapes on fathering, marriage, and family, two 3-cassette tape series are available: [Restoring the Hearts of Fathers](#) by Curtis Martin and [Safeguarding the Family](#) by Philip Gray, Curtis Martin, and Marcus Grodi. In a day when so many men fail to meet the challenges and responsibilities of marriage and family life, Curtis Martin speaks a clear word in *Restoring the Hearts of Fathers*, At the same time lighthearted and heavy hitting, Martin calls modern men to be true men, husbands and fathers. Three of today's most insightful Catholic apologists light the way for families in the modern age in the *Safeguarding the Family* series. In the first of three tapes, "Marriage, the Forgotten Sacrament", Philip Gray (who holds a licentiate in canon law) speaks to us where we really live. In the second tape, Curtis Martin challenges men to be real men, in other words, to become men of God. In "Keeping Our Kids Catholic", Marcus Grodi (well known convert and host of EWTN's "The Journey Home") outlines the seven essentials every parent needs to know and apply to ensure our children become and remain faithful Catholics.

Spiritual Life

If your group has never done a Bible study, or are experienced in Scripture reading and study, consider using [Embracing the Kingdom: A Bible Study on Conversion](#) by Rich Cleveland. This study emphasizes applying God's Word in Scripture to our daily lives, importance of prayer, importance of being part of a community of believers, ongoing work of conversion, and deepening of our faith.

If your group wants to do a bible study on the Gospel of Luke, consider using [Mission of the Messiah](#) by Tim Gray. This study presents the messianic mission of Jesus as the fulfillment of Old Testament prophecy. It also shows how the plan of God revealed in the Old Testament is fulfilled in the life, death, and resurrection of Jesus Christ. The review questions at the end of each chapter provide fresh material for group discussion (or individual reflection).

If your group wants to do a bible study on the Gospel of Matthew, consider using [Mystery of the Kingdom](#) by Edward P. Sri. This study focuses on the "kingdom of God" and why it is the heart of Jesus' teaching. The provocative study questions at the end of each chapter make this book ideal for group study (or individual study).

The National Fellowship of Catholic Men is committed to providing high quality resources for use in men's fellowship groups, or for individual study, including over 10 new ones in the past year and a half. In addition to the books that can be purchased directly from the NFCM, an additional 25 on a variety of topics of interest to Catholic men are also available on the NFCM website. These books can be ordered through direct links to various online web bookstores.

5. Join a Local Men's Group

We would like to provide a complete list of men's groups throughout the area as a resource. If you know of a Catholic Men's group in your parish or town, please email info@BostonCatholicMen.org and let us know the town, parish, contact person (with phone and email), the time and frequency of the meeting, and any other information you'd like to be posted.

Many parishes in the Archdiocese of Boston do not yet have active Catholic Men's groups. We encourage you to talk with your pastor and fellow parishioners to start one.

For some resources on how to do that, please click on the "**Start a Group**" section above.

6. Post Your Men's Group in our List

Our goal is that every Catholic Man in the Archdiocese (and surrounding dioceses) that would like to participate in a parish-based men's group will be able to easily find one.

If you are a leader or a member of a parish-based men's group that meets regularly, please email info@BostonCatholicMen.org and let us know the town, parish, contact person (with phone and email), the time and frequency of the meeting, and any other information you'd like to be posted. We will then list the group on our website. Thank you!

7. List of Active Local Men's Groups

Massachusetts			
Town	Parish	Contact Info	Notes
Amesbury	Holy Family	Deacon Ray Doucette 978-388-9453; rayd@sanbornelectric.com	Meets every Saturday at 7am. This is a Cursillo group but open to any men.
Bedford	Saint Michael	Karl Wirth karlwirth@yahoo.com	Meets every other Tuesday from 8-9pm.
Bellingham	Saint Brendan	Jim Duran 508-528-6894; jim_duran@miltoncat.com	Meets every Thursday from 7:00-8:30pm.
Billerica	Saint Andrew Saint Theresa	Jim Baker jlbaker@ugprotective.com	Group is called "Courageous Catholic Men." CCM meetings are held on the first Saturday morning of every month at St Andrews Church 45 Talbot Ave North Billerica, Ma (Lower level Parish Hall) 7:30am to 8am Breakfast, 8am to 9am Personal testimony and Presentation, 9am to 9:30 group discussion. Mass or Eucharistic Benediction at 9:30am.
Boston	BU Catholic Center	Brother Patrick Reilly bropat@bu.edu The BUCC men's group is open to all Catholic college men who attend BU or local schools. Supervised by members of the Brotherhood of Hope and run by a team of BU students, the group is committed to giving college men a forum for learning about, sharing, and strengthening their faith.	The BU Men's Group meets during the academic year from 2:30-4:30 PM every Sunday in the basement of the Catholic Center. The Catholic Center is at 211 Bay State Road, Boston MA, located near the BU east T stop. Every week, an instructional talk is given by a member of the group, followed by small group discussion, praise and worship music, and prayer.
Chelmsford	Saint John	Francis Burke, 978-692-3874; fran@fxburke.com	Meets First Wednesday of Month in Rectory.
Chelmsford	Saint Mary	Armand Dilando & Rob Donnelly adilando@comcast.net; rob_donnelly@comcast.net	Meets every other Saturday from 7am to 8am.
Dorchester	Saint Ann	Michael Flynn 617-825-6180, sevenemz@aol.com	Meets every Sunday at 8pm.
Dorchester	Saint Gregory	Larry Sterling 617-696-7054, llspks@covad.net	Meets 2nd and 4th Saturdays at 7:15am in the lower church.
Dracut	Saint Francis	Deacon John Hunt jchunt@saintfrancis.net	Group meets the Fourth Saturday of every month from 7:30 - 9:00am followed by Mass at 9:00am in the Church.
Falmouth	St. Elizabeth Seton	Donald L. Antonangeli 508-563-2464	Meets 4th Wednesday of every month.
Hanscom AFB	Holy Family	Sean Hannaway, 978-779-6524, smhgh@comcast.net	Meets every other Saturday from 7:00-8:30am.
Haverhill	All Saints	Eric Peabody, 978-372-4430, peabody4@comcast.net Ed Laverty, 978-352-6935, steadyed35@aol.com	Meets 2nd & 4th Thursdays at 6:30PM.
Holliston	St. Mary	Larry Jorash, 508-893-0770, lgorash@verizon.net	
Hopkinton	St. John	Jim Monahan 508-435-6541; james.monahan@comcast.net	Group meets the third Wednesday of every month at 7:30 p.m. downstairs in the lower church area.
Ipswich	Our Lady of Hope	Fr. John Kiley 978-356-3944, rectory@ipswichcatholics.org	Meets Saturdays from 7:00-8:30am.
Ipswich	Our Lady of	Jerry O'Neill	Meets Saturdays at 6:45am.

	Notre Dame	978-804-8553, jco0242@aol.com	
Kingston	St. Joseph	Eugene Santoro 781-585-0058, eugenasantoro@hotmail.com.	Meets Mondays at 7:00pm. Deacon William Nagle leads.
Marlborough	Immaculate Conception	Fr. Jonathan Gaspar Gasparjon@msn.com	J.A.M. Sessions (Jesus Among Men) Meet the 2nd and 4th Saturdays of every month for 7:30AM Mass, Fellowship, and Formation.
Marshfield	St. Christine	Ed Casassa 781-545-0881, ed@casassa.com	Meets normally the 3rd Saturday of each month from 7:30-9:30am. Group is in its 2nd year. This year it is stressing family relationships and faith.
Methuen	Saint Basil	Jerry O'Neill 978-804-8553, jco0242@aol.com	Meets Monday at 7:30pm. Another group (St. Basil Teen Encounter) meets Thursdays at 7pm led by Fr. Larry Tuminelli.
Methuen	Saint Monica	Michael Tompkins mtompkins14@comcast.net	Group meets every Saturday morning from 7:00-8:00 am in the parish office.
Middleborough	Sacred Heart	Chris McInerney chrismcinerney7@yahoo.com	The MPG (Men's Prayer Group) meets every Thursday night at 7:00pm in each others homes in Middleboro and Taunton.
Milton	St. Mary	Robert Sommer, 617-463-1389	
Natick	Saint Patrick	Mike DelVecchio, 508-308-8510, delvecchio87@verizon.net	Meets every other Saturday at 6:45am.
Needham	St. Joseph	Ted Harrington timothymharrigan@earthlink.net	Meets first Saturday of the month, 6:30 to 8:00 AM, at Knights of Columbus Hall, 1211 Highland Ave.
New Bedford	All Parishes	Mark Perry, mperrycpa@aol.com.	Meets first Sunday of each month at 8pm at Saint Anthony Convent.
North Andover,	St. Michael	Egbert Woelk, ewoelk@comcast.net	Meets every Saturday from 7:00-8:00am in parish hall. Coffee & Donuts provided. Wide range of ages and discussion points. While Roman Catholic, we welcome men of all faiths and have non-Catholic members.
Peabody	Carmelite Chapel inside the Northshore Mall	For more info, call 978-531-6145	Every 3rd Tuesday of every Month, 7:00 pm to 8:30 pm. Magis Christi hosts a "Men's Night of Reflection." Open to all brothers in Christ. The schedule is as follows: <ul style="list-style-type: none"> • Exposition of the Blessed Sacrament • Talk 1 by guest priest • Confession available during adoration • Talk 2 by a second priest • Benediction • Social gathering afterwards
Rockland	Holy Family	Fr. Jim Clark, 781-878-0160, frjimc@catholicexchange.com	
Scituate	Servants of Christ Min.	Dave Logan, 508-224-6587, helenjeann@aol.com	Meets last Sat. of each month from 8:30-10:00am.
Scituate	St. Mary of the Nativity	Paul Murphy paulm@msteinert.com	Usually last Tues. or Wed. of each Month. See Bulletin online www.stmaryscituate.org for meeting times and dates and notes from prior meetings.
Seekonk	Our Lady of Mt. Carmel	Marty Doyle, 401-461-1435, martydoylephoto@aol.com	Meets first Sat. of each month from 8-10am.
Stoneham	St. Patrick	Bob Lynch-Galvin, 781-662-6570, bob.lynch-galvin@nortel.com	Meets first and third Wednesday of every month at 8 pm. This group also has members from St. Joseph's Parish in

		Secondary Contact: Ken Nordeen, 781-224-0404, knordeen@yahoo.com	Wakefield, MA.
Sudbury	Our Lady of Fatima	Deacon John Nicholson 508.302.6798, deacon@fatimasudbury.org	Meets 1st Saturday of each month from 7:30-9:00am.
Taunton	Holy Family & Holy Rosary	Chris McInerney chrismcinerney7@yahoo.com	The MPG (Men's Prayer Group) meets every Thursday night at 7:00pm in each others homes in Middleboro and Taunton.
Wakefield	Saint Joseph	Ken Nordeen 781-224-0404, knordeen@yahoo.com	This group meets every Saturday morning EXCEPT the first Saturday of the month at 7:30 am, followed by mass at 9:00 am if desired.
Walpole	Blessed Sacrament #1	Fred Horgan 508-668-4937, fred1249@comcast.net	
Walpole	Blessed Sacrament/St. Timothy	Steve Hern, 781-278-0464, chocorua72@msn.com Deacon Frank Tremblay, 508-295-0100(w) 781-828-6529(h), frankrt@yahoo.com	Meets every other Saturday from 7-8am. Notes: Our group is a Bible Study. Most are past Cursillo attendees, though not all. Members from Walpole, Norwood, Medfield, Canton.
Wellesley	St. Paul	Fr. Michael Harrington, 781-235-1060,	
Weymouth	Immaculate Conception	Deacon Steve Buttrick, 781-337-0380, sbuttrick1@comcast.net	Called Immaculate Mary's Men. Meets every Saturday morning from 8-9:15 AM.
Westford	St. Catherine	James Zeoli, jszeoli@comcast.net	Meets every other Thursday at 8pm.
Winchester	St. Eulalia	Mr. Paul Maguire steulalia.spirit@verizon.net	Group meets every other Tuesday evening from 7:00 - 9:00pm in the Garage Conference Room.
Winchester	St. Mary	Craig Gibson, cbgibson@comcast.net	

Other States				
State	Town	Parish	Contact Info	Notes
CT	Bridgeport	St. Ann	Fr. Peter Towsley 203-368-1607 x102, frpjt@aol.com	Meets every Saturday at 6:30am.
CT	Woodbridge	OL of the Assumption	Ray Horn 203-393-9695, rayhjr60@aol.com	Meets every Saturday at 7:15.
NH	Belmont	St. Joseph	Joe McClane jmcclane@pak2000.com	Meets every Monday at 6pm
NH	Concord	Immaculate Heart of Mary	Ed Mullen 603-224-4393	Meets every Tuesday at 6am
NH	Hampton	Our Lady of the Miraculous Medal	Tony Sinagra 603-474-1710 TonySinagra@Juno.com	Meets the First Saturday of the Month.
NH	Nashua	Immaculate Conception	Cliff Medling cliffmedling@yahoo.com	2nd Saturday of every Month, 7-9:00am, including Summer months. In keeping with our purpose, the "Christ's Journeymen" program comprises: Mass or Rosary and Morning Prayer, Coffee and pastries, Speaker & Discussion.
NH	Manchester	St. Marie	Chris Hunt 603-867-1732, chrisghunt@comcast.net	Meets Monday mornings after the 7:15 Mass
RI	Various	Men of St. Joseph	David Welsh rimosj@aol.com	Various meeting times. See website: www.rimosj.org.
RI	Tiverton	Men of St. Joseph	Louis Hakeem 401-624-4988, louis02878@cox.net	Meets first Saturday every two months from 7-9am.
VT	Burlington	Our Lady of Perpetual Help	Donald Vaillancourt dkbjustwe3@yahoo.com	Holy Name Society: 1st Sun. of every month. Attend 9:30am Mass together, followed by 1-hour meeting in Pastor's office.