



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

**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](http://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](http://www.bostoncatholicmen.org)
- [www.catholicmensresources.org](http://www.catholicmensresources.org)
- [www.brohope.org](http://www.brohope.org)
- [www.usccb.org](http://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](http://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](http://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](http://www.peterkreeft.com/books.htm)

*Back to Virtue*

## **Websites of interest to Men's Groups:**

[www.dads.org](http://www.dads.org) – a Catholic website hosted by St. Joseph's Covenant Keepers with lots of tools for Catholic men

[www.universalis.com](http://www.universalis.com) - easy to print Catholic mass readings and liturgy of the hours for each day

[www.theologyofthebody.net](http://www.theologyofthebody.net) a Catholic website dedicated to the famous book by John Paul II and resources around it

[www.smartmarriages.com](http://www.smartmarriages.com) Catholic website that offers resources for building and maintaining strong marriages

[www.everymansbattle.com](http://www.everymansbattle.com) a Christian website dedicated to helping men win the war on sexual temptation

[www.e5men.org](http://www.e5men.org) a Catholic website of a group of men dedicated to praying for their wives

[www.catholicfirst.com](http://www.catholicfirst.com) A Catholic website with writings and documents of the Church, the fathers, etc.