



Brotherhood of Catholic Men

A group of Catholic men inspired to help themselves and other men grow in virtue and freedom by becoming less concerned with themselves and more eager to place their lives at the service of God and neighbor. How are we going to do this?

- Prayer – Especially the Rosary
- Receiving the Sacraments
- Living the Beatitudes
- Doing Spiritual and Corporal Works of Mercy
- Putting the Armor of God

Ideas for Implementation

- Personal Growth
 - “The Big 4”: Daily Rosary, Adore the Blessed Sacrament, Devoutly Read Scripture (Lectio Divina), Stations of the Cross.
 - *7 Daily Habits of Holy Apostolic People* (Fr John McCloskey): Morning Offering, Mental Prayer, Spiritual Reading, Holy Mass and Communion, The Angelus, The Holy Rosary, Brief Examination of Conscience.
 - Receive the Sacraments of Holy Eucharist and Confession/Reconciliation frequently. Witness the remaining sacraments whenever possible.
 - Review the Beatitudes and work on initiating “Holy Moments” (Matthew Kelly).
 - Participate In Spiritual and Corporal Works of Mercy
 - Put on the Armor of God



- Shield of Faith – Faith in God’s Promises (*Ephesians 6:16*)
- Helmet of Salvation – Believe that Jesus Christ died for your sins and rose from the dead (*Ephesians 6:17*)
 - Breastplate of Righteousness – Being honest, good, humble, and fair to others (*Ephesians 6:14*)
 - The Belt of Truth – Truth keeps us from giving in to the world’s beliefs (*Ephesians 6:14*)
 - The Sword of the Spirit – The Word of God (*Ephesians 6:17*)
 - Preparation of Feet – The Gospel of Peace. Being right with God and contented in troubled times. (*Ephesians 6:15*)
- Mentoring
- Evangelization
- Spiritual Devotions
- Stewardship
- Accountability
- Other: