

How to Start a CBC Men's Group

*A Guide For Cultivating Authentic
Brotherhood At Your Parish*



**CATHOLIC
BROTHERS**
for **CHRIST**

For more information visit www.catholicbrothersforchrist.com



CATHOLIC BROTHERS *for* CHRIST

The Catholic Brothers for Christ (CBC) are a group of men, of various ages and places in life, who are deeply committed to having a relationship with Jesus Christ and sharing the Gospel through the witness of lively brotherhood rooted in prayer, the Sacraments, mentorship, and service.





CATHOLIC BROTHERS *for* CHRIST

Our Mission

To invite and invigorate men to live into the fullness of Christ's purpose for their life through wholehearted prayer, engaging brotherhood, and intentional acts of service.

Our Vision

Spirited and courageous missionary disciples fighting together alongside their brothers to cultivate a Christ centered culture in North Texas.





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Our Values



Encounter



Brotherhood



Leadership



Service



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What It Is and What It Is Not

CBC Men's Group

It is men ministering to men in Fellowship

It is a group of men that pray together, but it is not just a prayer group

It is a group of men of faith, but it is not just a faith group

It offers social interaction, but it is not just a social group

It studies the Bible, but it is not just a Bible study group

It offers support, but it is not just a support group

It discusses various issues, but it is not just a discussion group

It is aware of religious issues, but it is not just a religious action group

It considers social issues, but it is not just a social action group



Meeting Purpose

- To help men establish and nurture a personal relationship with Jesus Christ.
- To share personal feelings and experiences with other men in an atmosphere of trust and confidence.
- To create an atmosphere in which men will freely acknowledge their dependence on God in life's successes and failures.
- To facilitate the discovery and development of the spiritual life.
- To go deep.
- To encourage men to construct a more intimate relationship with family and friends. *All growth occurs in relationship.*
- To encourage men to grow and experience the joy of living fully to become all they were meant to be by the Creator. *"I have come so you may have life, and have it abundantly." John 10:10*
- To create a "safe place" where all of the above can occur.



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Setting Up The Meeting



- **Time** – Consistent date, easy to plan, determine and remember (example: first and third Saturday of each month)
 - consistent and firm start and end time (about an hour and a half total)
- **Location** – Consistent and firm location, easy to find – provide a suitable environment – seats arranged in a circle
- **Format** – initial fellowship with coffee and treats, song, prayer, scripture, discussion and faith sharing, close with prayer intentions
- **Topic** – content that will interest to Catholic men
 - Be Creative! Pull ideas from various media sources (see our website for ideas!)
 - be inspired by the Holy Spirit (examples: Riding the Storm Out, Foundation Repair, Beat the Heat, I Saw God, Sowing and Reaping, Wingmen, etc.)



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Steps To Start A Group

1. **PRAY** – Pray for discernment and guidance
 2. **PLAN** – Be clear about the reasons for starting a group, as well as the purpose, vision and mission
 3. **GET SUPPORT** – help from the National Fellowship of Catholic Men (www.nfcmusa.org)
 4. **FORM A CORE GROUP** – involve men interested in starting a fellowship group and establish leadership.
 5. **GO TO ANOTHER CBC MEETING** – Attend fellowship group meetings at other parishes
 - a. Enlist the help of members of other fellowship groups in starting the group and with the first meetings
 6. **WORK WITH A PARISH** – Contact the pastor and parish staff if affiliated with a parish. Put together a plan of action and present to pastor/parish staff. Share ideas for how men's group and parish can make coordinated efforts to minister to the men at the parish.
 7. **SCHEDULE INITIAL MEETING**
 - a. See previous page for instructions on how to plan the actual meeting.
 8. **GET THE WORD OUT**
 - a. Invite men – personally, letters, phone calls, e-mails
 - b. Announce in parish bulletin, pulpit, newsletters, posters
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FOR HELP IN GETTING A MEN'S FELLOWSHIP STARTED AT YOUR PARISH,
EMAIL NTXCMC@CATHOLICBROTHERSFORCHRIST.COM



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Stay Connected!

For more information on the organization, faith formation for your men's group, conference registration, donation/sponsorship information and more!

- Our Website: <https://catholicbrothersforchrist.com/>
- Our Facebook: <https://www.facebook.com/NTCBFC/>
- Our Youtube: <https://www.youtube.com/c/Catholicbrothersforchrist/featured>

