



KAPAUN'S MEN

VIRTUE SERIES OPERATIONS MANUAL

A Guide for Leaders

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

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In conjunction with the Father Kapaun Guild, Kapaun's Men is dedicated to spreading devotion to Servant of God Emil Kapaun and inspiring others to imitate his example in their own lives. For more information on Father Kapaun and his cause for Beatification and Canonization, visit the Father Kapaun Guild's website, www.FatherKapaun.org. If you have questions or would like assistance with the Kapaun's Men Series, please contact us at the information at the bottom of this page.

Video Production: Many thanks to Steve Hebert for helping us craft these videos and share Father Kapaun's virtues with you.

Thanks to the Men behind the Virtue Series:

Herbert Miller, former POW and US soldier serving with Father Kapaun

Mike Dowe, former POW and US officer serving with Father Kapaun

Joe Farris, The Ten Ten Group

Ray Kapaun, Nephew of Father Emil Kapaun

Father John Hotze, Episcopal Delegate for the Cause for Canonization of Father Kapaun

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WELCOME TO KAPAUN'S MEN

Welcome to the Kapaun's Men Virtue Series! Inspired by Servant of God Father Emil Kapaun, this series has been designed to unite men in prayer, formation and discussion in order to foster a spirit of accompaniment among men and to help us courageously respond to God's universal call to holiness, becoming better husbands, fathers, leaders and friends. If you don't know anything about Father Kapaun yet, don't worry- this series will help you meet this man who is still inspiring others today, decades after his death.

Although designed to provide men an opportunity to accompany one another on our faith journey, the content of Kapaun's Men can easily be adapted for women as well. Father Kapaun's story is applicable to all!

This guide will walk you through the program and help you set up your group. The main goal of Kapaun's Men is to foster a spirit of accompaniment among men- something that we hope lasts beyond our own content and can be supported by other Catholic content as well. If you have any questions or would like some more tips about setting up a group, feel free to contact us at the information on the previous page. We are excited to have you join us on this journey, and know that you are in our prayers!

SERVANT OF GOD EMIL KAPAUN

Emil Kapaun was a Catholic Priest and U.S. Army Chaplain born in the small farming community of Pilsen, Kansas. Captured while giving aid to wounded soldiers during the Korean War, he died in a Prisoner of War Camp in 1951.

On the battlefield, along a 60-mile death march, and in the hellish prisoner camp, Father Kapaun saw it as his mission to assist and encourage his men in any way possible. He rallied his 'boys' to continue fighting, both for themselves and each other. The surviving POWs testify that his selfless example was the inspiration they needed to keep each other alive during the next 2 ½ years of their imprisonment. One of them sums it up well: "Father proved himself to be the greatest example of manhood that I've ever seen in my life."

In 2013 Chaplain Kapaun was awarded the Medal of Honor, the nation's highest honor for bravery in battle, and in 2015 his cause for sainthood in the Catholic Church was presented to the Congregation for Saints in Rome, where it is currently under review. We continue to pray that someday he will be named a saint!



KAPAUN'S MEN VIRTUE SERIES

The most decorated Chaplain in US Army History, Servant of God Emil Kapaun's story inspires us to be the best men that we can be. He is a great example of an ordinary man who responded to challenging circumstances in an extraordinary way. Father Kapaun himself would be the first to admit that he was a regular Joe. What allowed him to respond in such a heroic way was the fact that from a young age he cultivated the growth of virtue in his life. These are the virtues that as Kapaun's Men we hope to imitate.

Catholic teaching describes virtue as a habitual and firm disposition to do what is good in any circumstance (Catechism of the Catholic Church 1803). The virtues "govern our actions, order our passions and guide our conduct according to reason and faith." What's more, "They make possible ease, self-mastery, and joy in leading a morally good life. The virtuous man is he who freely practices the good." (CCC 1804)

The Kapaun's Men Virtue Series is designed to assist you in the formation of virtue by presenting a handful of the virtues that Father Kapaun lived most vividly and what those same virtues might look like in our own lives. The series is made up of the following seven sessions, each with accompanying videos:

1. The Story of Father Kapaun (*Video Length: 35 minutes*)
2. Mercy (*Video Length: 14 minutes*)
3. Faith (*Video Length: 15 minutes*)
4. Hope (*Video Length: 16 minutes*)
5. Love (*Video Length: 14 minutes*)
6. Courage (*Video Length: 14 minutes*)
7. Mission (*Video Length: 14 minutes*)

The participant study guide provides discussion questions that help facilitate a conversation with other men following the video, and weekly challenges help you cultivate a particular virtue as the week goes on. The virtues chosen are not exhaustive, but they certainly contributed to making Father Kapaun the man that he was. With God's grace and Father Kapaun's assistance we too can achieve the greatness for which God has created us.

HOSTING A KAPAUN'S MEN SESSION

Meetings are designed to last an hour. We recommend being punctual in beginning and ending on time so that men can keep their other commitments to family and work. Study Guides are provided to help assist you in facilitating each session. Here is a step-by-step walkthrough of a session.

Note: There is no special leader information for each session, as the video and participant study guides provide all the info you need to present to the men.

- 1. Welcome:** Try to arrive early to welcome the men as they arrive. Begin your meeting promptly by asking the men to find a seat. During your first session you might want to give a quick overview of the series and any other logistical details men might need to know.
- 2. Prayer:** At the beginning of each session you will find the Chaplain Kapaun prayer as well as an additional prayer, Psalm or Scripture reading based on the session's virtue. Lead the group in praying these two prayers.
- 3. Introduction:** Read the "Introduction" section to the group. These short excerpts are taken from the Catechism of the Catholic Church or Scripture and are intended to give a little more background on the session's virtue.
- 4. Video:** We recommend previewing the video before your session so you can give a brief introduction to it. You can focus on what stood out to you, why you think it will be impactful, or even share if it was especially meaningful to you in some way. Keep it short (anywhere from 10 seconds to 3 minutes) to allow time for discussion afterwards. Encourage men to take notes in the space provided about what strikes them in the video.
- 5. Discussion:** After the video, direct the men to the Discussion Questions in the Study Guide. These will help participants apply the virtue to their own lives and will foster a spirit of accompaniment with other men. See the next page for further advice on facilitating discussion.
- 6. Weekly Challenge:** When there is about 5 minutes remaining in the session, call men to attention and remind them of the weekly challenge. The challenge is intended to be fairly simple but also challenging enough to help you cultivate the particular session's virtue as the week goes on.
- 7. Petitions and Closing Prayer:** If you wish, you may open the floor to particular prayer intentions for the group to pray for. Finally, end with 3 Hail Mary's, as the first video describes. This will be an ongoing practice for Kapaun's Men in the morning and evening.

TIPS ON LEADING A SMALL GROUP

The small group discussions are where men can take the lessons learned during the video and directly apply them to their own lives. Hearing from and accompanying other men will lead to new insights and practical ways to grow in the virtue. Here are some tips to help you facilitate the groups:

- **Group Size:** Discussion groups of about 5-7 men seem to work the best. If you have a large group, we recommend breaking into smaller groups. You may decide whether to keep the groups the same throughout the series or to allow them to mix things up.
- **Set the Tone:** Invite men to really participate in the discussions, both by sharing and listening. The discussion is not meant to be a lecture by any one person, but a means of learning from one another and growing in virtue alongside our fellow men. Treat each other with support and encouragement as Father Kapaun did.
- **Take Notes:** Likewise, encourage men to take notes during the video: What speaks to you? What ties into your experience? Where is an area you feel like you need to grow? The goal is to learn from and grow with Father Kapaun and other men in this journey. If something is powerful to you, it can be a great discussion topic for the group.
- **Discussion Questions:** The questions listed in the Study Guide are meant to help facilitate the conversation. If the discussion starts to stall or get stale around one question, move onto the next one. The group does not have to take the questions in order or even answer them all. Likewise, something else from the video may have struck you so that it provides a good discussion topic.
- **On-topic:** It's a natural tendency for group discussions to occasionally get sidetracked. While good things may come from this, do your best to gently steer the conversation back to the topic at hand.
- **Be Real and Be Supportive:** Real discussion with other men can be challenging, as it is often easier to talk about sports, the weather, or work. However, we encourage you to be bold and to go deep, as this is what can really transform your life. Remember, each man attending wants to get to heaven, and we need other men to help us get there. Be supportive and affirming of your fellow men, seeking to be a voice of encouragement as Father Kapaun was.

Once again, if you have any questions or desire some guidance in leading your group, feel free to reach out to us at the contact information on the copyright page. We hope that you benefit from the example and intercession of Father Kapaun and continue to grow as holy and authentic men!

PROMOTING KAPAUN'S MEN

Finally, here are a few tips to assist you in promoting the Kapaun's Men Virtue Series:

- **Personal Invitations:** Things like bulletin announcements or social media posts (see examples on the next page) are good and necessary, but by far the most effective way we have found to get people to a new group is by personal invitation— what we like to call hand-to-hand combat. Emails work okay, but taking a couple minutes to make a phone call or talking in person is very powerful. Men respond best to a personal invitation!
- **Pastor's Help:** Likewise, men tend to respond well when your pastor is excited about something. Pastors have a lot on their plates and may not feel like they are free to promote one program over another, but if they are willing to encourage men to participate in Kapaun's Men either publicly from the pulpit or on an individual basis, it will be a great aid to getting more men to participate.
- **Father Kapaun or Men's Group?** This is the chicken or the egg question: do you promote Father Kapaun's story and example to get men to attend, or do you try to build up the men's group concept? Depending on how well Father Kapaun is known in your area, you may need to focus on the importance and effect that journeying as group of men with each other can bring about, and then mix in a bit of Father Kapaun. However you promote it, your excitement will be the key influencer!
- **What's in the name?** Those of us who are familiar with Kapaun tend to call him "Father Kapaun", but this probably isn't the best strategy for promoting the series to people who aren't familiar with him. "Servant of God Father Emil Kapaun" might work better.
- **Share some info or a video:** As a way to help introduce people to Father Kapaun, you could share a short video of Father Kapaun found online, the trailer for the Virtue Series, or use the "Share Topic" option on Formed, which allows you to create your own 3-minute or less clip to share.
- **Promotional Material:** Check out the Leader Resources site on Formed at <https://leaders.formed.org/> for flyers and posters, video trailers and other images to use in promoting Kapaun's Men.

Once again, if you have any questions or desire some guidance in leading your group, feel free to reach out to us at the contact information on the copyright page. We hope that you benefit from the example and intercession of Father Kapaun and continue to grow as holy and authentic men!

BULLETIN OR SOCIAL MEDIA ANNOUNCEMENTS

Option 1:

Kapaun's Men Virtue Series

"He was the greatest example of manhood that I've ever seen in my life." Servant of God Father Emil Kapaun was a heroic Catholic priest and Army chaplain who spent his life in service to his fellow men on the battlefields and in the prison camps of Korea. In the dire conditions of the Communist prison camp, he inspired men to band together and keep fighting, and his story has been inspiring men ever since. _____ Parish will be hosting the 7-week Kapaun's Men Virtue Series on Formed.org beginning on _____ in _____ (location). All men of the parish are invited to come meet one of America's future saints and see for yourselves why he is known as a such great model of authentic masculinity. Contact _____ for more information.

Option 2:

Kapaun's Men Virtue Series

Attention men of the parish: here's your opportunity to get inspired by one of America's future saints! Servant of God Father Emil Kapaun was an ordinary man who became an extraordinary priest and Army chaplain, inspiring the men he served on the battlefield and in an enemy prison camp. Join us as we journey with other men to explore the virtues that made Father Kapaun such an inspiration. _____ will be hosting the 7-week Kapaun's Men Virtue Series starting on _____. We will meet at _____ (day/time) in _____ (location). Come for fellowship with other great men of the parish and to become the men God made you to be! Contact _____ for more information.