



Men, do you want tomorrow to be better than today? Are you willing to do what it takes to become a better man for yourself, your family, and those around you? RISE is a 30 day challenge created by Bill Donaghy and Chris Stefanick that encourages men to walk with a “brother” (a friend or relative) to strengthen their bond, hold one another accountable and live the fullness of their vocation every day – at home, at work, and in their communities. Participants are equipped with a series of videos, daily challenges, and other resources that walk them through a battle plan for life. When you take the RISE 30-Day Challenge, you will gain the tools you need to take your life and relationships to the next level. Journey with men all over the world as we RISE together. Information on registering can be found at www.MenRiseUp.org. Men can choose to start RISE at any time throughout the year. Cost is \$32.00 per participant.

REVIEWS FROM ACTUAL PARTICIPANTS...



“WORDS CANNOT DO JUSTICE TO [RISE]...I WOULD ASK MYSELF, HOW CAN THIS POSSIBLY GET ANY BETTER, BUT IT DID AND I WAS SO INSPIRED BY IT.”



“I DON'T WANT THIS TO END.”



“I WISH THERE WERE MORE THAN 30 DAYS. WHAT A DEEPLY MOVING EXPERIENCE.”



“WOW! EACH DAY WAS A MESSAGE THAT I NEEDED TO HEAR.”



“IT HAS CHANGED MY LIFE.”

*“Catholic men need to grow as men in the vocation God intends for them.
In other words, the healing of the culture begins
with the conversion of our own hearts and actions.
RISE isn't the only path to achieving that.
But it's an invaluable tool for the work.”*
Archbishop Charles Chaput