

# RISE

## A 30-DAY CHALLENGE

### Men, Let Us RISE.

RISE™ is a collaboration of individuals and organizations who wish to cast a wide net to awaken today's man. Our goal is simple: to use powerful media as a tool to present the true path to freedom and peace by challenging men to live the fullness of their vocation every day; at home, at work, and in their communities. We are creating a tool that those in ministry can use to draw men in, while at the same time strengthening and inspiring their current members.

RISE gives men a battle plan for daily living, while walking alongside them each day. When men understand their profound dignity as sons of God, and are re-oriented towards what really matters, the impact on themselves and those around them will be significant.

Men are encouraged to walk with a brother (friend/relative) through the 30-day challenge. In forming these relationships around a common battle, men will hold each other to a higher standard, and true Christian brotherhood will be born.

RISE is for every man, whether they're just seeking, or have been well-formed, because it takes them deep into their own hearts, and challenges them to make what they've learned practical. The results are nothing but life-changing.

#### Chris Stefanick, co-author

Chris is the founder of Real Life Catholic, a nonprofit organization dedicated to reengaging a generation. He speaks to over 50,000 people a year and is the author many books and resources, including *Chosen: Your Journey Toward Confirmation*. Chris is also the host of EWTN's *Real Life Catholic*. Most importantly, Chris is a proud husband to Natalie, and father of six beautiful children.



#### Bill Donaghy, co-author

Bill is a curriculum specialist at the Theology of the Body Institute. He is an author, instructor, and international speaker with over 25 years of experience in mission, evangelization, and education. He has a background in visual arts, philosophy, and Masters in systematic theology. Most importantly, he's the husband of Rebecca and father of four beautiful children.



## Participant Testimonials

"You know something is really good when you cannot wait to see what is next and you think of all the men with whom you want to share this series when it starts again... Thank you for bringing it to us." -Participant

"I'm so glad I joined this. Each day gets better, but most important; when I read the other comments, I see myself. That lets me know that other men have the same struggles I do... It feels good to find hope and understanding." -Participant

"This is so awesome. Just when you think your life is terrible, you see a story like this. It makes you see the true light! Father, thank you for loving me!" -Participant

"Simple but transformative." -Participant

"The idea that a father can be so loving and in tune with his children is hard for me to understand. I'm glad I'm doing this program." -Participant

"Brothers, I am at a time when this journey towards sanctity feels rather lonely. This is a refreshing start." -Participant

"This comes at a good time in my life. Lately I've wondered why I should try any more... I have high hopes the next 30 days will renew hope in me, and begin new habits that will help me spread God's love." -Participant

## Endorsements



"RISE is precisely what is needed today to help men understand and live their unique mission in the world. If every man took the challenge, we'd see a transformation in our homes and parishes. I encourage all parishes in the Archdiocese of Philadelphia and beyond to support this movement of men."

**+Archbishop Charles J. Chaput, O.F.M. Cap.**  
Archbishop of Philadelphia



"With its compelling testimonies and rich content, RISE offers every man the opportunity to become who God has called him to be, regardless of the past."

**-Jason Evert, ChastityProject.com**



"Chris Stefanick radiates the joy and manliness of Christ. His new series RISE is outstanding! Please tell every man you know about this."

**-Matt Fradd, MattFradd.com**



"RISE teaches men who we are called to be, what we are called to do, and how we can practically accomplish simple concrete tasks each day in our walk toward eternity that will help us be intentional sons, brothers, husbands and fathers. This. Is. The. Best. Program. For. Men."

**-Fr. Josh Johnson, Pastor, Our Lady of the Holy Rosary**



"...It's powerful. Men are called to stand shoulder-to-shoulder on this journey of life."

**-Bobby Angel, JackieandBobby.com**

# RISE Structure & Topics

RISE is journey through 30 days of impactful videos and written content. Each day men experience a short & powerful video meditation, inspirational words and quotations, and be given a challenge based on their state-in-life (Single, Married/Kids at Home, Married/No Kids at Home, Separated/Widowed/Divorced). Each challenge is related to the theme of the week as seen below. Men will also be immersed into powerful short films of other men who personify the theme of each week. The goal is to help all men, wherever they are on their faith journey, to live life to the full as Sons, Brothers, Spouses, and Fathers.

## Week 1: We are SONS

- Day 1:** Introduction: Let's Start by Looking at Our Father
- Day 2:** Matt Ingold Story, A Son of the Father
- Day 3:** Claim your New Identity
- Day 4:** A Call to Start Over
- Day 5:** Prayer
- Day 6:** Trust!
- Day 7:** The Witness of Authenticity at Home
- Day 8:** Longing for the Perfect Father

## Week 2: We are BROTHERS

- Day 9:** Drew Davis Story, The Need for Brotherhood
- Day 10:** Be the Friend You Want to Have
- Day 11:** Intentional Friendship Groups
- Day 12:** Show Love and Concern in the Small Ways
- Day 13:** You Need Accountability
- Day 14:** Adventure Together!
- Day 15:** Stand in the Breach

## Week 3. We are SPOUSES

- Day 16:** Mark Tripodi Story, Hope Reborn
- Day 17:** Jesus as Self-Sacrificing Spouse
- Day 18:** Date Nights save marriages
- Day 19:** It's Not About You
- Day 20:** You Have Testosterone - Don't Panic
- Day 21:** Purity of Mind
- Day 22:** Gratitude Saves Marriages, and Saves You from Being Miserable

## Week 4. We are FATHERS

- Day 23:** Bill Donaghy Story, Mercy
- Day 24:** Be Strong. Be Gentle
- Day 25:** Love Yourself to Give Love
- Day 26:** Make Time for Your Kids, Individually
- Day 27:** Redeeming Work
- Day 28:** Time Management
- Day 29:** Know the Power of Your Words
- Day 30:** Closing: RISE

Parishes may review  
RISE at no cost.

Visit:  
[MenRiseUp.org](http://MenRiseUp.org)



# RISE

RISE™ is a Cardinal Studios LLC production, created in partnership with Real Life Catholic, and in association with Ecce! Films. It is a challenge for all men who desire greater peace, balance, and fulfillment in their lives.

## Producers

**Chris Cope** is the Owner and Creative Director at Cardinal Studios LLC. He is a father of four and spent over 12 years as director of marketing and then creative director at Ascension Press, where he co-produced and directed *Chosen*, *Altaration*, *I Will Follow*, and other faith formation resources. In 2016 he founded Cardinal Studios to focus on partnering with ministries and organizations to develop powerful media and evangelization resources. Chris is the Director and Executive Producer of RISE.

**Philip Braun III** is the owner of Philip Braun Productions LLC, and has worked in the film industry for nearly 15 years. He recently directed the short documentary, *I Lived on Parker Avenue*, and served as director of photography for Real Life Catholic on EWTN. He also served as DP on programs such as *Chosen*, *Altaration*, *I Will Follow* and various other faith formation resources. Philip is the Director of Photography for RISE.

**Sean Schiavolin** and **Dave Kang** are the writers, producers, and directors of Ecce! Films.

Sean is a father of 4. Dave is a father of 2. They have spent over a decade producing compelling, groundbreaking media, and are known for their work on the *Humanum Series* for the Vatican, and the *Economics of Sex*. They are crafting stories, writing, and editing as producing partners for the RISE program.

**Mike Fontecchio** is a father of six and the owner of Faith & Family Publications. Mike has spent over 20 years in Catholic media, with 13 years at Ascension Press, most recently as Director of Production. He has vast experience on the logistical side of production, and is overseeing the operational management for RISE.

**Marcel LeJeune** is the content editor for RISE. He is the President and Founder of Catholic Missionary Disciples. His great passion is Jesus and making him known, as an evangelist, international speaker, award-winning author of three books, and a contributor to several others. Marcel is a husband and father of five. You can learn more at: [www.CatholicMissionaryDisciples.com](http://www.CatholicMissionaryDisciples.com).

