

## ABOUT COURAGE & ENCOURAGE

“Courage and EnCourage simply offer confidential refuge for our brothers and sisters to experience the hope and freedom Christ won for them so that their joy may be complete.”

- Bishop John Noonan

### COURAGE

Courage offers spiritual support for Catholic men and women living with same-sex attractions who wish to live chaste lives according to the teachings of the Roman Catholic Church.

### ENCOURAGE

EnCourage offers spiritual support for family members, spouses, and friends of men and women who experience same-sex attraction.

# Our Lady of Courage, pray for us!

## CONTACT US

For private spiritual direction or to join a chapter, please contact the Secretariat of Laity, Family and Life at [slfl@orlandodiocese.org](mailto:slfl@orlandodiocese.org).

### ORLANDO CHAPLAIN

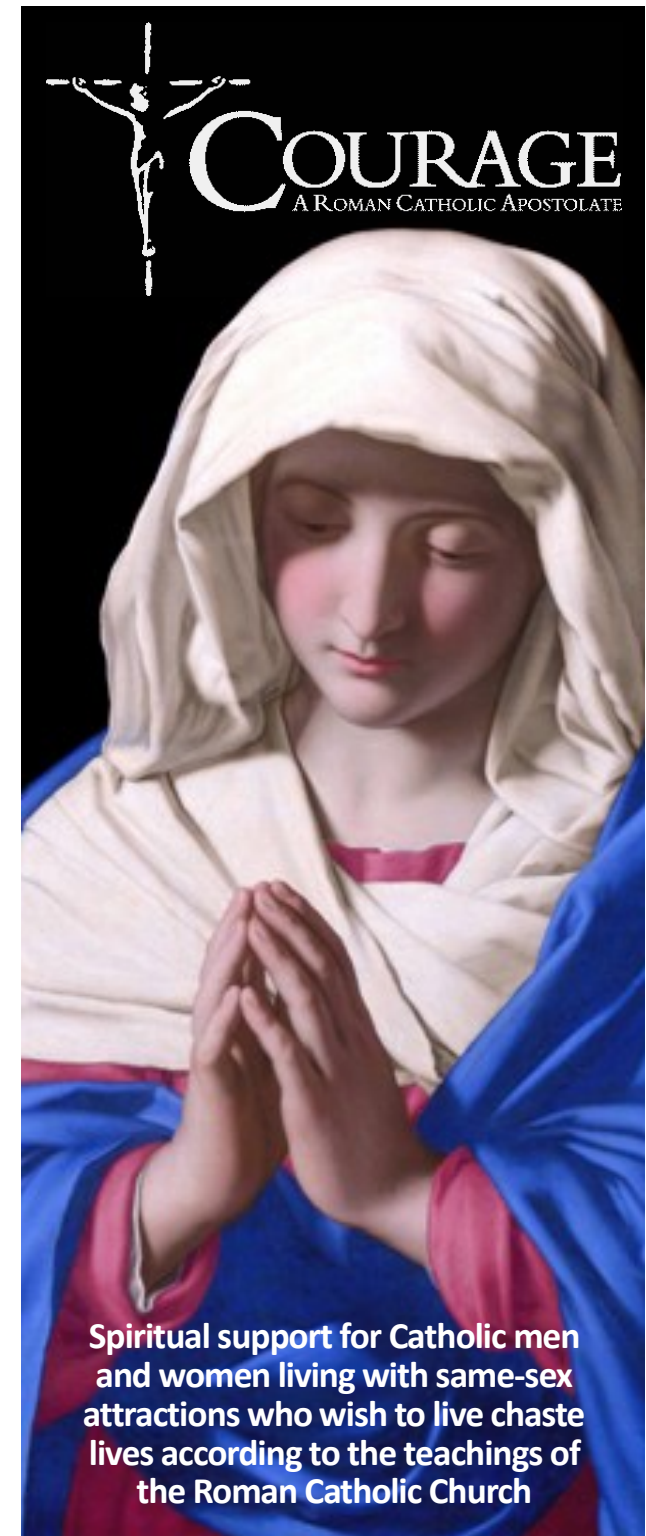
Fr. Matthew Hawkins  
[CourageOrlando@orlandodiocese.org](mailto:CourageOrlando@orlandodiocese.org) (407)  
517-9421

### WINTER PARK CHAPLAIN

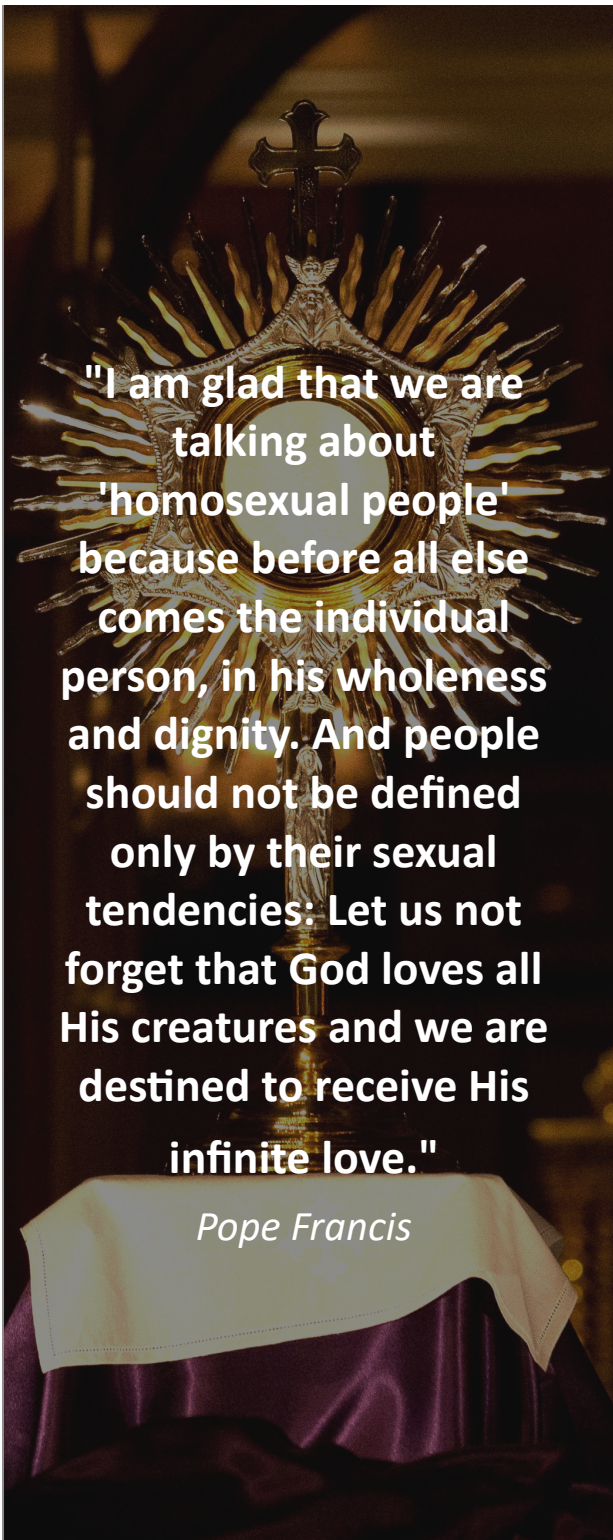
Fr. Anthony Aarons  
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MORE INFO AND RESOURCES AT  
[ORLANDODIOCESE.ORG/COURAGE](http://ORLANDODIOCESE.ORG/COURAGE)



Spiritual support for Catholic men and women living with same-sex attractions who wish to live chaste lives according to the teachings of the Roman Catholic Church



## FIVE GOALS OF COURAGE

The founding members of Courage developed five goals as the foundation of this apostolate:

### 1. CHASTITY

To live chaste lives in accordance with the Roman Catholic Church's teaching.

### 2. PRAYER AND DEDICATION

To dedicate our entire lives to Christ through service to others, spiritual reading, prayer, meditation, individual spiritual direction, frequent participation in the celebration of Mass and the frequent reception of the Sacraments of Reconciliation and the Holy Eucharist.

### 3. FELLOWSHIP

To foster a spirit of fellowship in which we may share with one another our thoughts and experiences and so ensure that none of us has to face the challenges of homosexuality alone.

### 4. SUPPORT

To be mindful of the truth that chaste friendships are not only possible but necessary in chaste Christian life; and to encourage one another in forming and sustaining these friendships.

### 5. GOOD EXAMPLE

To live lives that may serve as good examples and role models to others.

## FIVE GOALS OF ENCOURAGE

1. To grow spiritually through spiritual reading, prayer, meditation, individual spiritual direction, frequent participation in the celebration of Mass and the frequent reception of the Sacraments of Penance and Holy Eucharist.

2. To gain a deeper understanding of the needs, difficulties, and challenges experienced by men and women with same-sex attraction.

3. To establish and maintain a healthy and wholesome relationship with their loved ones who experience same-sex attraction.

4. To assist other family members and friends to reach out with compassion and truth to, and not to reject, their loved ones who experience same-sex attraction.

5. To witness to their loved ones by their own lives that fulfillment is to be found in Jesus Christ through His Body, the Church.