

# ENCOURAGE



Faithful to the teaching and pastoral guidelines of the Roman Catholic Church, EnCourage members support one another and their loved ones through discussion, prayer and fellowship.



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Contact your local EnCourage chapter



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A ministry dedicated to the spiritual needs of parents, siblings, adult children, and other relatives and friends of persons who identify as LGBTQ+.



## WE ARE HERE TO HELP

**“Mom, Dad: I’m gay.”** How does a parent respond to this revelation?

Can I love my child without accepting his or her choices?

Is it possible to accept the Church's teaching without making them feel alienated from the family?

**Know that you are not alone.**

For guidance and support, please send us an e-mail.

We will put you in touch with someone who can help you.



## WHAT IS ENCOURAGE?

**EnCourage** is an apostolate which provides pastoral care for families and friends of people who experience same-sex attractions and/or gender identity discordance. In many cases, their loved ones have adopted the LGBTQ+ label, and may have moved away from actively practicing their faith.

Through local chapters and online support, our members receive encouragement and help in understanding the experience of their loved ones more deeply, to foster healthy relationships within their families, and to deepen their own relationship with Jesus Christ.

The apostolate was first formed in 1987 by families in search of guidance and understanding for supporting their loved ones. In 1992, this group adopted the name EnCourage, and now includes more than 75 chapters worldwide.

## FIVE GOALS OF ENCOURAGE

1. To grow spiritually through spiritual reading, prayer, meditation, individual spiritual direction, frequent attendance at 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 who experience same-sex attractions;
3. To establish and maintain a healthy and wholesome relationship with their loved ones who experience same-sex attractions;
4. To assist other family members and friends to reach out with compassion and truth, and not to reject, their loved ones who experience same-sex attractions;
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.