

# WHAT IS COURAGE?

**Courage International, Inc.**, is an apostolate of the Roman Catholic Church which offers pastoral support to men and women experiencing same-sex attractions who have chosen to live a chaste life.

## **Founded in 1980**

by **Fr. John Harvey, OSFS**, at the request of the late Terence Cardinal Cooke, it has since expanded to over 175 Courage chapters worldwide.



On November 28, 2016, Courage International, received canonical status in the **Roman Catholic Church** as a diocesan clerical public association of the faithful, making it the only canonically-approved apostolate of its kind.

# THE SPIRITUALITY OF COURAGE

Rooted in the priestly heart of Fr. John Harvey, OSFS, whose spirituality was born of a profound personal relationship with our Lord Jesus Christ, and inspired by the Oblates of Saint Francis deSales' fervent devotion to the Sacred Heart of Jesus, the spirituality of Courage reflects the urging of the Saint to "**Live Jesus.**"



# 5 GOALS OF COURAGE

- 1.To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality;
- 2.To dedicate our entire lives to Christ through service to others, spiritual reading, prayer, meditation, individual spiritual direction, frequent attendance at Mass, and the frequent reception of the sacraments of Reconciliation and Holy Eucharist;
- 3.To foster a spirit of fellowship in which we may share with one another our thoughts and experiences, and so ensure that no one will have to face the problems of homosexuality alone;
- 4.To be mindful of the truth that chaste friendships are not only possible but necessary in a chaste Christian life; and to encourage one another in forming and sustaining these friendships;
- 5.To live lives that may serve as good examples to others.

*"People should not be defined only by their sexual tendencies: let us not forget that God loves all his creatures and we are destined to receive his infinite love."*

**Pope Francis**

*"Courage is doing the work of God."*

**Pope Saint John Paul II**

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Contact your local Courage chapter



# COURAGE

Support for Catholic  
men and women who  
experience same-sex  
attractions and desire  
to live chaste lives  
following the teachings of  
the Roman Catholic Church.



## 5 GOALS OF COURAGE

1. CHASTITY
2. PRAYER & DEDICATION
3. FELLOWSHIP
4. SUPPORT
5. GOOD EXAMPLE

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