

THE FIVE GOALS OF COURAGE

The founding members of Courage established **Five Goals** to pursue together. The Five Goals still guide every Courage chapter to this day.

BRIEFLY, THE FIVE GOALS ARE:

1. TO LIVE THE VIRTUE OF CHASTITY
2. TO DEVELOP LIVES OF PRAYER AND DEDICATION
3. TO CREATE FELLOWSHIP BY SHARING OUR EXPERIENCES WITH ONE ANOTHER
4. TO SUPPORT EACH OTHER IN CHASTE FRIENDSHIPS
5. TO GIVE GOOD EXAMPLE TO OTHERS BY THE WAY WE LIVE



More information about each Goal is on the Courage website and in our Handbook for Chaplains.

“Courage is doing the work of God!”

Pope Saint John Paul II

“As a young Catholic who experiences same-sex attractions, Courage provides me with a sturdy family of brothers and sisters in Christ who will my good, love me well, and call me on to holiness!”

Manny Gonzalez, 23, Courage member



FOR MORE INFORMATION,
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I EXPERIENCE SAME-SEX ATTRACTIONS...

I ALSO LOVE MY CATHOLIC FAITH...

WHERE DO WE GO FROM HERE?

An invitation to holiness for
young Catholics who experience
same-sex attractions



“WHY DO PEOPLE EXPERIENCE SAME-SEX ATTRACTIONS?”

“It has taken a great variety of forms through the centuries and in different cultures. Its psychological genesis remains largely unexplained.”

- CCC 2357

Being affected by concupiscence, a result of the fall of our first parents in the Garden of Eden, ALL human beings are attracted to certain things in this earthly life that are not in alignment with God’s greater plans for them. This is not in any way solely exclusive to individuals who experience same-sex attractions!

“WHERE DO WE GO FROM HERE?”

“Homosexual persons are called to chastity.”

- CCC 2359

The Catholic Church teaches that same-sex attractions are not sinful in and of themselves.

Individuals who experience same-sex attractions are called to chastity in their respective state of life, as are all human beings. For married people, this means an exclusive, faithful relationship which is open to the possibility of having children. For single people, this means abstaining from sexual intimacy and fostering authentic friendships.

“WHAT DOES THE FUTURE HOLD?”

“By the virtues of self-mastery that teach them inner freedom, at times by the support of disinterested friendship, by prayer and sacramental grace, they can and should gradually and resolutely approach Christian perfection.”

- CCC 2357

ALL of us are called to be saints!
The call to holiness, which includes the pursuit of chastity and all the other virtues, is an invitation to great fulfilment, authentic love, and utmost freedom. Together, we are striving for a more intimate union with God and with all His sons and daughters!

Courage offers spiritual support and fellowship for men and women 18+ who experience same-sex attractions and are striving to live chaste lives.

“HOW CAN WE PURSUE THIS RADICAL CALL TO SAINTHOOD?”

“They must be accepted with respect, compassion, and sensitivity. These persons are called to fulfill God’s will in their lives and, if they are Christians, to unite to the sacrifice of the Lord’s Cross.”

- CCC 2358

Even the Lord Jesus needed help from Simon of Cyrene to carry His Cross.

Reception of the Sacraments and the support of authentic community are vital ways to obtain the grace and strength we need to follow and serve Jesus faithfully.

One of the main Goals of Courage is to provide a solid, loving community of friends who support and encourage one another as they share their experiences and grow together in holiness.

For more information and to find a Courage chapter near you, visit www.courageerc.org

