

Courage & Encourage Day of Reflection June 13, 2026



COURAGE

INTERNATIONAL

**Encounter Christ.
Discover yourself.
Grow in holiness.**



St. Joseph Church
338 Manor Ave.
Downingtown, PA 19335



Please RSVP via email
by June 5, 2026
courage.philadelphia@gmail.com



A free-will offering will
be taken to help offset
the costs of the day.

9:00 AM

Gather / Registration
Coffee & Donuts

9:30 AM

Welcome & Introduction:
Fr. Anthony Albanese

9:45 AM

Fr. Harvey Guild
Pete Caracci

10:00 AM

Adoration + Confessions Available:
Fr. Anthony Albanese &
Fr. Chris Rogers

11:15 AM

Holy Sacrifice of the Mass
Celebrant: Fr. Anthony Albanese
Homilist: Fr. Chris Rogers

12:00 PM

Lunch

1:00 PM

General Q&A

1:30 PM

Courage Talk: Mark Queppet
Encourage Talk: Patrick Ireland &
Sister Gilmory Kay, RSM

2:30 PM

Conclusion

3:00 PM

Divine Mercy Chaplet

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Our Speakers

Sister Gilmary Kay, RSM

Sister Gilmary is a member of the Religious Sisters of Mercy of Alma, Michigan. She entered the sisters in 1997 and celebrated 25 years of perpetual profession last year. Sister received a bachelor's degree in biology and theology from Franciscan University of Steubenville, a master's degree in theology from the Saint John Paul II Institute for Studies on Marriage and Family and has completed graduate work in philosophy. Sister joined the pastoral staff of Courage in 2024.



Sister Gilmary Kay, RSM

Mark Queppet

Mark Queppet is a professional men's coach who's online content has had millions of views. Thousands of men have gone through his programs and he has individually coached hundreds of men. He's best known for his work helping men, quit porn, stop 'scrolling', 'binging', and install productive habits and systems, in order to tap into a lifestyle that honors their God-given dignity. While much of his earlier work was delivered in a secular manner, He's come to see that there are limits to what one can accomplish without a proper framework for integrating faith and cooperating with the grace of God.



Mark Queppet