



### **The Five Goals of Courage:**

1. To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality. (Chastity)
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. (Prayer and Dedication)
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. (Fellowship)
4. To be mindful of the truth that chaste friendships are not only possible but also necessary in a chaste Christian life, and to encourage one another in forming and sustaining these friendships. (Support)
5. To live lives that may serve as good examples to others. (Good Example/Role Model)

### **The 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.