



Are You Experiencing Same-Sex Attraction and Looking for Answers?

Courage is a ministry dedicated to the spiritual needs of persons with same-sex attraction. A Courage Chapter meets monthly. Confidentiality is deeply respected.

Please visit the Courage website if you would like to know more about the Courage Apostolate at **courageinc.org**



Diocese of LA CROSSE
Office for Catechesis and Evangelization

If you are interested in a Courage Chapter, contact Ann Lankford at 608-791-2658 or alankford@diolc.org



Are You Experiencing Same-Sex Attraction and Looking for Answers?

Courage is a ministry dedicated to the spiritual needs of persons with same-sex attraction. A Courage Chapter meets monthly. Confidentiality is deeply respected.

Please visit the Courage website if you would like to know more about the Courage Apostolate at **courageinc.org**



Diocese of LA CROSSE
Office for Catechesis and Evangelization

If you are interested in a Courage Chapter, contact Ann Lankford at 608-791-2658 or alankford@diolc.org



Are You Experiencing Same-Sex Attraction and Looking for Answers?

Courage is a ministry dedicated to the spiritual needs of persons with same-sex attraction. A Courage Chapter meets monthly. Confidentiality is deeply respected.

Please visit the Courage website if you would like to know more about the Courage Apostolate at **courageinc.org**



Diocese of LA CROSSE
Office for Catechesis and Evangelization

If you are interested in a Courage Chapter, contact Ann Lankford at 608-791-2658 or alankford@diolc.org



Are You Experiencing Same-Sex Attraction and Looking for Answers?

Courage is a ministry dedicated to the spiritual needs of persons with same-sex attraction. A Courage Chapter meets monthly. Confidentiality is deeply respected.

Please visit the Courage website if you would like to know more about the Courage Apostolate at **courageinc.org**



Diocese of LA CROSSE
Office for Catechesis and Evangelization

If you are interested in a Courage Chapter, contact Ann Lankford at 608-791-2658 or alankford@diolc.org



The Five Goals of Courage:

- To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality.
- 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)
- 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)
- 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. (Support)
- To live lives that may serve as good examples to others. (Good Example/Role Model)



The Five Goals of Courage:

- To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality.
- 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)
- 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)
- 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. (Support)
- To live lives that may serve as good examples to others. (Good Example/Role Model)



The Five Goals of Courage:

- To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality.
- 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)
- 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)
- 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. (Support)
- To live lives that may serve as good examples to others. (Good Example/Role Model)



The Five Goals of Courage:

- To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality.
- 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)
- 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)
- 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. (Support)
- To live lives that may serve as good examples to others. (Good Example/Role Model)