



Fr. John Harvey with Pope St. John Paul II

Courage began in 1980 in New York City by the efforts of His Eminence Terence Cardinal Cooke. It was founded by Fr. John Harvey. In May of 1986, Fr. Harvey visited Toronto and met with the founding members of what would become the Toronto chapter of Courage.

IMPORTANT DIMENSIONS OF THE COURAGE APOSTOLATE

An ever-deepening spiritual life: Whatever our strengths or weaknesses, struggles or joys, the human heart is made for God. Courage members seek this life and love-giving union with Christ through ever-deeper growth in the foundations of the spiritual life: daily prayer, Mass and the Sacrament of Reconciliation, reading and praying with Scripture, spiritual reading, and devotion to Our Blessed Mother and the saints. Courage members also benefit from days of spiritual recollection and an annual retreat, and are encouraged to actively seek out opportunities for charitable works of service and mercy.

Fellowship and support: Courage members meet weekly for ongoing fellowship, support, and prayer.

Anonymity is an important dimension of the Courage apostolate.



The Five Goals of Courage

The five goals - created by the members themselves when Courage was founded - are the heart of the Courage apostolate.

1. To live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality. **(Chastity)**
2. To dedicate one's life 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 all may share their 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 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)**



Spiritual support and fellowship for Catholic men and women with same-sex attractions



With the approval of the Archdiocese of Toronto

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WHAT DOES COURAGE BELIEVE?

Courage believes...

A child of God... Our deepest identity

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you."
From the first lines of St. Augustine's Confessions

"The human person, made in the image and likeness of God, can hardly be adequately described by a reductionist reference to his or her sexual orientation... Today, the Church provides a badly needed context for the care of the human person when she refuses to consider the person a 'heterosexual' or 'homosexual' and insists that every person has a fundamental identity: a creature of God, and by grace, His child and heir to eternal life."

Congregation for the Doctrine of the Faith
October 1986

- Each and every person, without exception, is a beloved and unique creation of God - made in His image, and by grace His child - called to abundant life and love. This is the deepest source of our identity and dignity.
- Homosexual attractions or feelings are not a sin; however, homosexual acts cannot lead to wholeness and holiness of life in the image of God's life-giving love, and are thus immoral.
- Men and women with same-sex attraction can lead chaste and fruitful lives. Chastity, made possible by Christ's redemption, is a liberating virtue and a source of joy and human freedom.

No one has to walk alone.

With God's grace and human support...

- Persons with same-sex attraction can follow Jesus Christ faithful to the spiritual and moral teachings of the Catholic faith, responding to the call to holiness and growing deeper in the spiritual life.
- Persons with same-sex attraction can develop an assured, grace-filled understanding of themselves while growing into their true identities as mature men and women.

Fellowship and support for living the Gospel

"We ask that you promote support groups that foster chaste living, such as 'Courage' for individuals with same-sex attraction and 'Encourage' for families interested in learning more about how to help their children. Where support groups already exist, give them your backing. Where they do not yet exist, make every effort to establish them at both the parish and diocesan levels."

Canadian Conference of Catholic Bishops
June 2011

