



## COURAGE

Support for Catholic men and women who experience same-sex attractions and desire to live chaste lives following the teachings of the Roman Catholic Church.

## ENCOURAGE

A ministry dedicated to the spiritual needs of parents, siblings, adult children, and other relatives and friends of persons who identify as LGBTQ+.

### Suggested Bulletin Announcement (Longer)

For over 10 years the ministries of Courage and EnCourage have been offering spiritual help for those experiencing same-sex attractions (Courage) and supporting parents and loved ones of persons who identify as LGBTQ+ (EnCourage). These ministries are open to anyone, 18 years of age and older, who accepts the Church's teaching on chastity and desire to live by it.

Contacts:

Courage - 719-866-6487 or [courage@diocs.org](mailto:courage@diocs.org)

EnCourage - 719-866-6294 or [encourage@diocs.org](mailto:encourage@diocs.org)

*"Purify my heart, O Lord, by the heavenly fire of the Holy Spirit, that I may serve you with a chaste body and please you with a pure heart. Through Christ our Lord. Amen."*

Saint Charles Lwanga and companions, pray for us.

Saint Monica and Saint Augustine, pray for us.

<https://couragerc.org/>

### Suggested Bulletin Announcement (Abbreviated)

Courage offers spiritual help for those experiencing same-sex attractions and EnCourage supports the parents and loved ones of persons who identify as LGBTQ+. Courage - 719-866-6487 or [courage@diocs.org](mailto:courage@diocs.org) EnCourage - 719-866-6294 or [encourage@diocs.org](mailto:encourage@diocs.org) - <https://couragerc.org/>