

# HUMANLY POSSIBLE CONSTITUTIONS

*If my people who bear my name humble themselves, and pray and seek my presence and turn from their wicked ways, then I will listen from heaven and forgive their sins and restore their country. 2 Chr 7:14*

## TABLE OF CONTENTS

- I. Organization Culture
- II. Origins
- III. Purpose
  - A. Introduction
  - B. Mission
  - C. Vision
  - D. Formation
- IV. Strategies
- V. Membership
- VI. Commitments
  - A. Aspirancy
  - B. Postulancy
  - C. Novitiate
  - D. Profession
  - E. Affiliated organizations
  - F. Associate members
  - G. Separation / Re-entrance
- VII. Government
- VIII. Official approval (Approbation)
  - A. Appeal to Bishop
  - B. Response of Bishop



# ORGANIZATION CULTURE

**Humanly Possible** is a Roman Catholic community committed to promoting Catholic sexual ethics that are faithful to the Magisterium. No one is required to leave another community to belong. People who wish to learn from us, and those who share our values, even if they are not Catholic, have a place within our community, as Associates, Affiliates, Aspirants, Postulants, and Novices. Our professed membership is limited to adults who practice Catholicism. Profession ceremonies occur twice yearly, on October 17 and May 31.

Founder's Day, October 17, honors the birthday of Monsignor Irving A DeBlanc, a parish priest who was an inspiration to our founders. On the feast of Our Lady of Mount Carmel in 2006, he was born to eternal life. This day is also the feast of St. Ignatius of Antioch, who first used the term Catholic in 107 A.D. as a reference to a universal concept of followers of Christ. Universal is the meaning of the Greek word *katholik*, so we include non-Catholics in our Community. Often depicted with lions on either side of him, the instruments of his death, Ignatius traveled toward them willingly. We know that in this journey



**Visitation  
May 31**

Our principal feast day is May 31, the solemnity of the Visitation of Mary. Long recognized by the Church as the first miracle of Jesus Christ, the Visitation celebrates the value of human life. The presence of our Savior, Jesus, as an unborn child, is acknowledged by another unborn child when Elizabeth tells Mary, "The babe within me leaped for joy!" *Luke 1:44* May 1 is the feast of Saint Joseph the Worker, who is our principal patron, as reflected in our mission prayer. Celebrations within our Humanly Possible Community occur on feast days that are related to our companions.

**Community Companions:** 1-21 Agnes, 1-28 Thomas Aquinas, 5-1 Joseph, 5-26 Philip Neri, 5-30 Joan of Arc, 5-31 Mary, 7-4 Pier Giorgio Frassati, 7-6 Maria Goretti, 8-11 Philomena, 8-28 Augustine, 9-29 Michael, 10-17 Msgr. Irving A. DeBlanc

**Community Prayers:** Our community mission prayer to rehabilitate chastity is, "Saint Joseph the Worker, teach us to work, for God and with God, in the spirit of humility and prayer, to obey Him and trust in His goodness."

Our community prayer for personal chastity is, “Your Love calls me to holiness and humbly I respond – open to correction, in need of forgiveness, and always beginning again.”

# ORIGINS

*Now the works of the flesh are obvious: immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy, drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law. Now those who belong to Christ have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit. Let us not be conceited, provoking one another, envious of one another. Galatians 5: 19-26*

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*Humanly Possible* began as an effort to promote the Catholic vision of human sexuality with information that is scientifically accurate, scripturally sound, and doctrinally faithful. Fr. John Bonavitacola, Dr. Monica Breaux, and Sr. Colleen Braun have worked together to provide several opportunities for individuals and groups to study and discuss Catholic sexual morality and ethics. They launch this Community with humility and prayer, as they strive to be instruments in the hand of God.

Membership in the community opened on October 17, 2009. Founder's Day was chosen in honor of the birthday of Irving A. DeBlanc (1914 - 2006), who was an advisor (a Protonotary Apostolic) to Pope John Paul II. When he was the National Catholic Family Life Bureau director, Monsignor was interviewed on sexual morality. *Time* magazine reported (7-4-60), "He sees signs that many Catholics may gradually abandon the teachings of their church and accept the customs of the secular society in which they live."

*"Associate with a religious man, who you are sure keeps the commandments; who is like-minded with yourself and will feel for you if you fall." Sirach 37:12*



**Msgr DeBlanc**  
Oct 17

PURPOSE  
and  
STRATEGIES

## PURPOSE

**Introduction:** In the modern Western world, sex is usually trivialized and often reduced to recreation. Sexual immorality is an injustice to people who have been misled by false ideas and delusions about “safe” sex. Across the globe and throughout history, tradition holds that maleness and femaleness is meaningful, and that the natural function of sexuality is a shared experience of committed marital love that is respectful of the dignity of human life. The cultural climate overshadows this truth.



**Joseph the Worker  
May 1**

Emptiness, pain and boredom are frequently associated with sexual behaviors promoted by our culture. When discussing sex, most people tend to repeat what the TV told them about it. Information offered by the media rarely upholds moral values. Often it withholds what scientific research has reported about sexual behavior.

Our community offers accurate scientific information about sex that can be shared with other people. We are bound by shared moral values on sexuality, open to all people regardless of age or religion. Our mission is a response to the injustice of immorality. Anyone who believes that sexual values protect the value of Love itself can join. Our community witnesses, by word and chaste example, to truth, freedom, justice, and love, the four basic values of Catholic social doctrine.

**Mission:** The mission is to rehabilitate chastity. We promote a proper understanding, respect and admiration for healthy, holy sexual attitudes and behavior. The explicit goals of the sacred bond in community are to encourage acceptance of Catholic sexual ethics and to assist in the personal sanctification of the members.

**Vision:** The vision is chaste living as a spiritual work of mercy against the injustice of immorality. It is inspired by “The Rehabilitation of Chastity” in Pope John Paul II’s book, *Love and Responsibility*. **Chastity is not the same as abstinence.** Chastity is proper sexual attitudes and behavior, whether you are married, single, or in religious life. Faithful to Catholic sexual ethics, we can assist one another with chaste living.

**Formation:** Each member proceeds at their own pace, after making a public commitment to ongoing growth in the virtue of chastity, through formation of conscience and social support. The formation program addresses the sacred value of the human person, modesty, proper sexual shame, celibate (single) and conjugal (marital) chastity, the role of resentment,

the root of sexual addiction, pornography compulsion, same-sex attraction (SSA) and behavior (SSB), and strategies for chaste living in marriage and in single life.

All candidates may opt to remain a postulant, novice or temporary professed member. A postulant is directed toward healthy sexuality with scientifically accurate information. A novice is directed toward holy sexuality with scripturally sound information. All the professed members receive personal spiritual direction and social support in a community of doctrinally faithful Catholics. A full profession can be temporary (annual) or permanent (lifetime).

Community membership includes lay people, clerics and consecrated persons who profess the evangelical counsels of chastity, poverty, and obedience. Members remain financially independent. There are no requirements of time or money – only a commitment to healthy and holy sexuality. With practical assistance, members learn to recognize errors in thinking, errors in approach, and errors in judgment. Members must be open to correction, in need of forgiveness, and always beginning again.

*I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.* 1  
Corinthians 9:27

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## STRATEGIES



Guided by Catholic sexual ethics and faithful to the Magisterium, the strategies of our community include:

- 1) information for study,
- 2) social support,
- 3) spiritual direction, and
- 4) workshops/retreats to serve community members, to recruit members, and to train others for mission.

*Our hope is that, as your faith increases, our influence among you may be greatly enlarged so that we may preach the gospel even beyond you. 2 Corinthians 10: 15-16*

MEMBERSHIP,  
COMMITMENTS  
and  
GOVERNMENT

## MEMBERSHIP



Agnes 1-21

Our *Humanly Possible* community was formed to restore respect for healthy and holy sexual attitudes and behavior. Everyone interested in our mission, Catholics and also non-Catholics, single and married people, priests, brothers and sisters are welcome. If you want to understand, defend, and promote sexual morality, we invite you to join us. Our Community can offer you information, social support, spiritual direction, and also helpful techniques for responding according to your values when you are faced with difficult situations.

Membership as a Postulant or Novice is open to all people interested in our or age. Professed membership

is limited to Catholic adults. The options are based on the level of interest.

(1) Aspirants explore our information on healthy sexuality, without membership in our Community.

(2) Postulants practice healthy sexual attitudes and behavior, with social support from our Community.

(3) Novices practice healthy and holy sexuality in response to God, with Community support and spiritual direction.

(4) Professed members understand, defend, and promote sexual morality. “Chastity LAMPS” (Living Alone, Married, Priests, Sisters) is a Community term for people whose instruction and example provide the light to restore respect for healthy and holy sexual attitudes and behaviors that are appropriate to single life, to marriage, or to religious life.

*Preach the behavior which goes with healthy doctrine... how they must be sensible and chaste. Titus 2:1,5*

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## COMMITMENTS



Thomas Aquinas  
1-28

Recognition for membership as a Postulant, Novice or Professed member is strongly encouraged, especially within the Church. There is no public recognition of Community membership for Aspirants.

(1) **Aspirant** (from the Latin *aspirare* meaning “to breathe” or “to desire to reach”)

An Aspirant is interested in exploring healthy sexuality, without any commitment to join our Community.

There is NO promise to make. Aspirancy is NOT necessary for becoming a member of community.

It involves a simple written request to our Community for permission to access information on sexual

health.



Philip Neri 5-26

(2) Postulant (from the Latin *postulare*, meaning “to ask”)

A postulant is someone who asks our community, “How can I practice healthy sexuality?”

Postulant Promise (renewable yearly): *In the presence of my community and with your guidance and support, I, (your name), promise to pursue **healthy** sexual attitudes and behavior.*

At any time of year, a Postulant makes a private promise in the presence of a Community member. The period of Postulancy has no set duration of time. Postulants study sexual ethics independently or in a discussion group, according to the Community Formation Program. It includes accurate scientific information that can be shared with others regarding physical, mental, or emotional health issues that are related to sexual attitudes and behaviors. Each member proceeds at their own pace. They may remain a Postulant and renew promises annually or request to become a Novice. All ages are welcome. Non-Catholics are welcome.

(3) Novice (from the Latin *novus*, meaning “new”)

A novice is a new learner in community, whose response to God includes a promise to practice holy sexuality.

Novice Commitment:

*“With the help of your grace, my God, and with the support of my community, I, (your name), promise to practice **holy** sexual attitudes and behavior. Your Love calls me to holiness, and humbly I respond – open to correction, in need of forgiveness, and always beginning again.”*



The Novitiate begins with a public commitment on any of the twelve established Community Feast Days:

**January 21 or 28, May 1, 26, 30 or 31, July 4 or 6, August 11 or 28, September 29 or October 17.**

The period of Novitiate has no set duration of time. Novices continue to study, individually or in group, to acquire a greater understanding of sexual ethics. Personal behavior must reflect sincerity of intentions to be a public witness to holy sexuality, guided by sexual ethics. Social support from our Community is encouraged for a Novice, but not mandated. Spiritual direction is available to Novices. The member may remain a Novice and renew promises annually or request to

become a Professed member. All ages are welcome. Non-Catholics are welcome. Novices who are at least 18 years old have voting privileges.

#### (4) Profession

Membership (as a Postulant or Novice) is open to all who are interested in our mission, regardless of religion or age. Professed membership is exclusive and limited to Catholic adults accepted by Community as good witness to the virtue of chastity.



**Pier Frassati**  
7-4

**Professed** (from the Latin *professus*, meaning “to affirm openly”):

A professed member affirms the value of chastity, defending and promoting it by instruction and example.

Professed members receive a Saint Joseph cord (cincture) that is blessed at their ceremony.

**Professed Commitment** (renewable yearly or permanent):

*In the name of the Father, and the Son, and the Holy Spirit, I, (your name), commit myself to ongoing growth in healthy and holy sexual attitudes and behavior, with the support of my community. Faithful to Catholic sexual ethics, and as a spiritual work of mercy against the injustice of immorality, may my chastity glorify you, my God. Your Love calls me to holiness, and humbly I respond – open to correction, in need of forgiveness, and always beginning again.*

Profession begins with the official public acceptance of a member during a formal ceremony in the Roman Catholic Church. Ceremonies for profession may occur either on our Principal Feast Day **May 31** or Community Founding Day, **October 17**.



**Maria Goretti**  
7-6

The Novice seeking to become Professed must be a minimum of 18 years old, be a practicing Catholic who accepts the totality of Catholic doctrine as contained in the Catechism of the Catholic Church, and be in a certifiable state of good witness to the virtue of chastity, according to their vocation (married, single, or religious). A Professed member may be a cleric, lay person or a consecrated person, and they may belong to another community or religious order. All professed members have voting privileges within our HP Community.

A member of the Community may renew temporary promises yearly or make a permanent profession. During the period of Temporary or Permanent Profession, the member is immersed in continued conscience formation, social support, and personal spiritual direction, as well as the daily work

of personal and public prayer for chastity, (which may include the Liturgy of the Hours, daily Mass, devotion to Our Blessed Mother, Eucharistic Adoration and *lectio divina*). A Professed member may be a Catholic cleric, a consecrated person or a lay person.



**Philomena 8-11**

**Affiliates:** Organizations sharing a commitment to our mission may be admitted to our Community, and represented at meetings by a designated person with power to vote on behalf of Affiliated organization.

**Associates:** Person with special knowledge or experience to offer may be admitted to our Community, but will have no voting privileges in our Community.

**Separation/Re-entrance:** Members whose actions are the cause of scandal may be asked to separate from the community, temporarily or permanently. Advice from the local bishop may be part of the collegial response in both separation and re-entrance requests from members. Requests for voluntary separation or re-entrance will be taken seriously, with an attitude of improving community modalities to serve members more effectively.

*For God who said, "Let light shine out of darkness," has shone in our hearts to bring to light the knowledge of the glory of God on the face of Christ. 2 Corinthians 4:6*

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## GOVERNMENT



**Augustine 8-28  
& mother Monica**

Government is minimal at this time. Any adult (age 18 +) who is a Novice or Professed member, or a designated representative of an Affiliated organization, has voting privileges at meetings. Under the spiritual direction of Fr. John BonavitaCola, Sr. Colleen Braun, and Dr. Monica Breaux, our community has approval from Bishop Thomas Olmsted.

*"I handed on to you first of all what I myself received." 1 Corinthians 15:3*



August 27, 2009

Dear Bishop Olmsted,

Greetings on the feast day of Saint Monica! Thank you for the brief opportunity at OLMC to discuss this proposal. I believe there is a need for a new community specifically formed with chastity as its mission. I hope that the following introduction will be acceptable enough to warrant your approval and guidance to develop (and name) this community. Many of my friends are interested in belonging to such a group.

In His service,

Monica Breaux PhD, MSW 602-350-5557

**VISION:** a private association of the faithful -- diocesan (eventually, a public one -- pontifical)

Inspired by "The Rehabilitation of Chastity" in JP II's *Love and Responsibility*, we believe an important work of mercy that is needed today is an authentic education of the faithful on chastity. In our cultural climate of moral relativism, the injustice of immorality cries out for the virtue of chastity to be restored. Priests, religious and laity, who believe that sexual values protect the value of Love itself, can associate in a Christian community that witnesses, by word and chaste example, to truth, freedom, justice, and love.

**We modestly beg God's grace to be "CHASTITY LAMPS"** (Living Alone, Married, Priests, Sisters)

*Galatians 5: 19-26 Now the works of the flesh are obvious: immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy, drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law. Now those who belong to Christ have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit. Let us not be conceited, provoking one another, envious of one another.*

**MISSION:** to rehabilitate chastity (to restore proper understanding, respect and admiration for this virtue)

The explicit goals of the sacred bond in community are twofold:

- + personal sanctification of members through firm adherence to all the tenets of our faith
- + promotion, by instruction and example, of authentic Catholic teaching on human sexuality

The required conscience formation program will address the sacred value of the human person, modesty, proper sexual shame, celibate and conjugal chastity, the role of resentment, the root of sexual addiction, pornography compulsion, same-sex attraction (SSA) and behavior (SSB), and strategies for chaste living.

**COMMUNITY ADMISSION REQUIREMENTS:**

- 1) willingness to commit to ongoing growth in the virtue of chastity, faithful to Catholic sexual ethics
- 2) strong desire to perceive clearly the value expressed in God's law about the body and sexuality

*Note:* No person in bad repute for heresy is to be received. If he is under suspicion of it, he may be admitted if otherwise fit, upon being cleared before the bishop. Certain situations, if unable to be resolved within the Association, are to be brought to the Bishop. Saint Jerome wrote, "Be obedient to your bishop and welcome him as the parent of your soul."

**PRINCIPAL FEAST DAY:** May 31 Long recognized by the Church as the first miracle of Jesus Christ, the Visitation celebrates the value of human life. The presence of our Savior, as an *unborn* child, is acknowledged by another *unborn* child when Elizabeth tells Mary, "The babe within me leaped for joy!"

**PRINCIPAL PATRON:** Saint Joseph, most chaste spouse

**ALSO:** Blessed Virgin Mother, Sts. Michael, Agnes, Philip Neri, Maria Goretti, Augustine, Philomena, Thomas Aquinas, Joan of Arc, and Bl. Frassati

**PRAYERS:** (to rehabilitate chastity) "Saint Joseph the Worker, teach us to work, for God and with God, in the spirit of humility and prayer, to obey Him and trust in His goodness."  
(for personal chastity) "Your Love calls me to holiness and humbly I respond – open to correction, in need of forgiveness, and always beginning again."



*The Roman Catholic*  
**Diocese of Phoenix**

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 OFFICE OF THE BISHOP

April 1, 2010

Dr. Monica H. Breaux  
 Humanly Possible  
 PO Box 27683  
 Tempe, AZ 85285

Dear Dr. Breaux:

As we approach the great feast of Easter, I wish to offer you my prayers and good wishes as you continue the development of your community, Humanly Possible, dedicated to the promotion of "a proper understanding, respect and admiration for healthy, holy sexual attitudes and behavior."

I am not able to attend the profession ceremony when you admit new members on May 31, 2010. I pray that God will bring abundant fruits from your commitment to "healthy and holy sexuality."

With every wish for God's abundant blessings on you and your community, I remain

Sincerely yours in Christ,

+Thomas J. Olmsted  
 Bishop of Phoenix

TJO/ep