



Healthy and holy sexuality invites others to follow Christ.

HUMANLY POSSIBLE



for cleric, consecrated, & laity

Dear Friend,
If God is calling you to be a part of the remedy for sexual immorality, we invite you to join us.

Who are we?

We are a new community who believe chastity is humanly possible. We were formed in the Phoenix diocese under the spiritual direction of Fr. John Bonavitacola, Sr. Colleen Braun, and Dr. Monica Breaux. We have approval from Bishop Thomas Olmsted.

Who can join?

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

What if I already belong to a community?

No one is required to leave an order to belong to this community.

What are the requirements?

There are no mandatory meetings, but group gatherings are encouraged. You must be willing to commit to ongoing growth in healthy, holy sexuality and have a strong desire to perceive clearly the value expressed in God's law about the body and sexuality.

What is the mission?

The mission is to rehabilitate chastity (to restore its good reputation). 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 sexual ethics and to assist in the personal sanctification of the members.

What is the 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 JP II's *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 sexual ethics, we can assist one another to model chaste living.

What will I have to do?

Each member proceeds at their own pace. You must make a public commitment to **ongoing growth** in the virtue of chastity, through formation of your conscience and social support. The formation program will address 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 & also consecrated persons who have professed the evangelical counsels of chastity, poverty, & obedience.

How will I benefit?

As you receive practical assistance for living out healthy and holy sexuality, you will learn to recognize your errors in thinking, errors in approach, and errors in judgment. You must be open to correction, in need of forgiveness, and always beginning again. Are you called?

How do I join?

Contact the person who invited you or contact Dr. Breaux by email humanlypossible@yahoo.com or PO Box 27683 Tempe, AZ 85285.

May God give you the humility to seek the truth, the courage to speak the truth, and the grace to live the truth.- Fr. John Bonavitacola

HUMANLY POSSIBLE COMMUNITY OPTIONS EXPLAINED

(1) **Aspirant** (from the Latin *aspirare* meaning “to breathe” or “to desire to reach”) An Aspirant is interested in exploring healthy sexuality. There is no recognition of membership for Aspirants, simply access to information on sexual health.

(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 at their own pace, in a discussion group or independently, information regarding physical, mental, or emotional health issues that are related to sexual attitudes and behaviors. 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 to an appointed Leader on a Community Feast Day: **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. 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.

(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. Membership as a Postulant or Novice is open to anyone interested in our mission, regardless of their age or religion.



Professed membership is limited to Catholic adults.

A small Saint Joseph’s cord (cincture), blessed at the ceremony, may be worn discreetly at the waist.

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’s commitment during a formal ceremony in the Roman Catholic Church on our Principal Feast Day **May 31** (the Visitation) or our Community Founding Day, **October 17.**

The Novice seeking to become Professed must be at least 18 years old, be a practicing Catholic who accepts the totality of Catholic doctrine and be in a certifiable state of good witness to the virtue of chastity, according to their vocation (married, single, or religious life). A Professed member may be a cleric, lay person or consecrated person. They may belong to another religious order or community. They may renew their promises yearly or make a permanent profession.

For where your treasure is, there also will your heart be.

Gird your loins and light your lamps. Luke 12:34-35

Gird me O Lord with the cincture of purity that the virtue of chastity may abide in me.
