

Ideas prevalent in U.S. culture that are based on inaccurate reports by the media have led some people to mistakenly believe that, where human sexuality is concerned, the Catholic Church is operating on outdated information. Relevant information is often filtered out by politically charged opposition.

The Catholic Medical Association, the Society of Catholic Social Scientists and the Christian Medical and Dental Associations have issued formal statements to the effect that “acting on homosexual attraction is voluntary” and “homosexual behavior can be changed.” Also, the National Association for Research and Therapy of Homosexuality asserts, “The public must be made aware that some homosexual people do seek and achieve change. The change is neither quick nor easy, but many believe -- as we do -- that the goal is a worthy one.” These organizations are among the many research-based organizations that oppose the claim that homosexuality is genetic.



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Neuroscientist and “gay” activist Simon LeVay said recently, “Time and again I have been described as someone who ‘proved that homosexuality is genetic’ ... I did not. Homosexuality is a behavior that anyone might be tempted to engage in.” He has supported reorientation therapy for people with unwanted same-sex attractions.

Dr. Robert Spitzer was involved in the removal of homosexuality from the American Psychiatric Association's list of mental disorders in 1973. As chief of the New York State Psychiatric Institute's Biometrics Research Department, he recently began to promote reorientation psychotherapy. His 2003 article, “Can Some Gay Men and Lesbians Change Their Sexual Orientation? 200 Participants Reporting a Change From Homosexual to Heterosexual Orientation” appeared with 26 peer commentaries in the *Archives of Sexual Behavior* (32: 399-472). “Sexual plasticity” is the term that is used by scientific researchers to describe the fluidity and flexibility in human sexual arousal patterns. Our sexual arousal template can be shaped and altered by many things, including religion, culture, abuse, exploitation, and pornography. Changing a person's sexual appetite requires four to twelve weeks of abstinence from all sexual fantasy and sexual behavior combined with appropriate psychotherapy and adequate social support.

Guided by the Holy Spirit, thousands of people have found comfort in the arms of Church ministries offering respectful, compassionate help for neurotic guilt and toxic shame about homosexual desires, fantasies and behaviors. In the past 25 years, many dioceses have endorsed the ministry of Courage to provide the necessary spiritual support for chaste living to people who experience same-sex attraction. Numerous other ministries also provide biblical guidance and chaste friendships as refuge to reduce and eliminate unwanted homoerotic attractions, such as JONAH for Jews, Evergreen for Mormons, and Exodus International for Christians of all Christians.

Homosexuals Anonymous is the primary 12-step program that offers group support for chaste living to people with same-sex attraction. Sexaholics Anonymous groups help people to recover from any type of romantic or sexual addiction, and it is faithful to Catholic Church teachings in all areas, including that of same-sex attraction. Sadly, the pathway to peace and joy in the lived experiences of these people has been buried beneath an unrelenting political agenda.

Our emotions or habits may oppress our awareness of the nature of our free will and the grace of God to assist us in all our trials. It is Jesus who makes it possible for our soul to feel its worth, regardless of our sinful thoughts, our errors in judgment, or our behavior choices. The light of Truth affirms the goodness of God-given maleness and femaleness and the beautiful gift of human sexuality to enhance our social connection and our creative expression through marital and celibate chaste living.

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