

## **PSPs 3.01 The Church should educate Clergy, Lay Persons, and the Church community about prevention of Sexual Misconduct.**

The following resources are intended to provide material for dealing with Internet Pornography issues.

- \* **Book** Recommended: *Steps of Transformation* by Father Meletios Webber.
- \* **Book** Recommended: *The Drug of the New Millennium: The Brain Science behind Internet Pornography* by Mark B Kastleman.
- \* **Podcasts** on Ancient Faith Radio: [www.ancientfaith.com](http://www.ancientfaith.com)
  - ~Two podcasts with Information and Resources by Dr Rossi: Podcasts, View all Podcasts, (at bottom of screen) Display 50 entries, *Becoming a Healing Presence* by Dr Rossi, (at bottom of screen) Display 50 entries, Jan.15.2013 & Dec.16.2011, Internet Pornography I and II.
  - ~One podcast that helps with children and the SA program for adults by Fr David Subu: Specials, View all Specials, scroll to bottom of screen, Display 50 entries, Orthodox Institute 2012 Culture Morality Spirituality, Nov.2.2012, Fr David Subu, *Issues Involving Sexuality*
- \* **Phone Meeting** Dr Rossi facilitates a weekly phone meeting for Orthodox clergy addicted to Internet Pornography. Clergy of all jurisdictions participate. His email address is: [realsimplenow@gmail.com](mailto:realsimplenow@gmail.com)
- \* **Phone Meeting** There is a weekly phone meeting for Orthodox persons, ordained and laypersons, men and women, who are addicted to Internet Pornography. The website with informaton is: <http://orthodoxyandrecovery.blogspot.com/2016/07/new-orthodox-sa-blog-and-phone-meeting.html>
- \* **Blog** An Orthodox priest manages a blog on addictions: <http://orthodoxyandrecovery.blogspot.com>

- \* **Workshop or Retreat** The ORSMA office can help get speakers to lead a workshop or retreat on Dealing with Internet Pornography.

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## Internet Pornography Issues



“Our threshold of tolerance toward sexual explicitness and exploitation has been lowered dramatically...&...the spiritual and psychological toll exacted by this situation is incalculable.”

Fr Breck, *The Sacred Gift of Life*, p 58.

- \* Internet pornography is the fastest growing addiction today, by far.
- \* Internet pornography is a \$100 billion industry.
- \* The porn industry makes more money than NFL, MLB & NBA combined.
- \* A Vast number of people use it and vast number of people are ashamed of it.

\* 87% of male youth and 31% of female youth say they use internet porn.

\* Authentic spiritual pursuit and sexual awakening go together. The greater the involvement in ministry, the greater the sexual temptation.

\* Hotels report that for religious conventions, internet pornography on the TV increases significantly.

\* 37% of pastors admit to having a problem with internet pornography.

\* Internet porn is a drug. The brain responds the same to pornography as it does for cocaine flooding the brain with dopamine and testosterone.

\* St Maximos the Confessor says that lust and anger are similar passions.

**OBJECTION:** "Doesn't hurt anyone. I do it alone."

**RESPONSE:** Most porn stars die before age 50, many before 35, from unnatural causes, drugs or suicide. Every "hit" to a pornography site contributes to the death of the young persons on the screen.

**OBJECTION:** "It's not that bad."

**RESPONSE:** Jesus, "If any man looks at a woman lustfully he has already committed adultery with her in his heart." In Jesus' time adultery was punishable by stoning to death. So, internet pornography is deadly. Once every three months, adultery, is not acceptable.

\* **What is an addict? A working definition: Anyone with a *pattern* of watching internet pornography every three months, four times a year, might be considered an addict.**

**\* A person addicted to alcohol probably needs to be led to Alcoholics Anonymous, AA. A person addicted to internet pornography probably needs to be led to Sexaholics Anonymous, SA.**

\* “Revolving door” confession makes the problem worse - denial deepens. We wouldn’t treat a cocaine addict that way. “Fall down, get up, and keeping talking to me doesn’t work.”

\* Confession and prayer are not sufficient for any addiction.

\* Have the person install Covenant Eyes. If more than one person wants to join, then the first member pays \$8.99 a month. The others join for \$2 a month.

\* For starters, we can visit Sexaholics Anonymous at [www.sa.org](http://www.sa.org). SA phone is 615.370.6062.

\* Sexaholics Anonymous, SA: many members of SA have never acted-out with another human being. They are there because of internet porn activity.

**\* Some addicts can’t get to an SA meeting. They can do something similar:**

\* Get a sponsor (someone in an SA or AA group as a guide).

\* Buy the SA book from [www.sa.org](http://www.sa.org)

\* Work the steps.

\* Disclose current feelings regularly by calling trusted friends.

\* Do phone meetings, using a different name (same website).

\* Subscribe to Covenant Eyes.

\* Become a member of a phone meeting.

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## Names of Possible Workshop/Retreat Leaders On Internet Pornography Issues

<u>Name</u>	<u>State</u>	<u>Email</u>
Dr Albert Rossi	NY	realsimplenow@gmail.com
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