

Reborn Ministry: Men's Accountability Group

Helping men overcome pornography addiction

Frequently Asked Questions (FAQ)

What is Reborn Ministry?

Reborn Ministry is a multi-parish men's accountability group helping men overcome the effects of pornography. Reborn currently has seven local parishes who will participate in the group. The group will follow the L.I.F.E. Field Manual in organization and meetings. Meetings will be held on Monday nights, 7 to 9 PM, at the historic church in St. Michael. Each participant will also be assigned an accountability partner. Meetings will include both large- and small-group components. The group is governed by guidelines to ensure confidentiality, fraternal support, fraternal accountability, and safety. The group is open to all adult men, but it will embrace the sacramental life of the Catholic faith. Reborn will also encourage and support men who wish to receive healing through Unbound Ministry.



Who can participate in Reborn? Reborn is for adult men age 18 and older who desire to break free from the bonds pornography and are ready to take the necessary steps to accomplish this. Right now, we do not have the ability to facilitate meetings for teenagers or women.

How can I let people know about this ministry? It is true that opening up a conversation about pornography is not easy. However, it is essential, because pornography has become so widespread. (See supplemental sheets on the impact of pornography.) Here are a few ideas:

- In existing ministries, men's groups, Knights of Columbus council, etc.: Take time to introduce the topic. Provide some of the supplemental handouts for men and let them know statistically, the majority of men struggle with pornography use. Let them know they are not alone, but that there is now a ministry to help them overcome this issue, providing fraternity and confidentiality at the same time.
- Perhaps you are involved in prayer ministry or other ministries in which you suspect pornography use or where someone has come to you for healing; in these cases, you could ask more directly if this is an issue and refer the person to Reborn Ministry.
- Remember, statistics show that nearly three in four young adults use pornography daily. Taking a more deliberate approach to pornography is essential to help those caught in the sin of pornography.

What is the first step someone who struggles with pornography should take? There are two important things you can do to help someone struggling with pornography. First, you can give them information on Reborn by providing a contact card, a trifold brochure, or contact information. Then, follow up with them. Ask them if they have contacted Reborn, encourage them to contact Reborn, or even make the contact with them! The hardest step is the first step. Reborn is completely confidential and is here to help!

How can I contact Reborn Ministry if I or someone I know needs help?

Contacting Reborn is easy and completely confidential. You can get more information at reborn-ministry.org; email us at reborn@reborn-ministry.org; or contact one of our ministry liaisons, any of whom can help people take the next step in recovering their freedom.

Want to help? Reborn Ministry is looking for men who wish to help support the mission of overcoming pornography addiction. In particular we are looking for:

- Men with information technology (IT) backgrounds to help as an IT coordinator.
- Men with communications experience
- Small-group facilitators
- Meeting coordinators
- Parish liaisons
- An overall ministry coordinator