

ST CLARE OF ASSISI PATRONESS OF TELEVISION



One Christmas Eve, Clare was so sick that she could not get out of bed. Just then, the Lord gave her a miraculous vision to be able to see the mass from afar, as if it were taking place right in front of her. Thus in 1958, Pope Pius XII dedicated St Clare the patroness of the new invention, television, which in Greek means "vision from afar." Unfortunately, in regard to content, modern TV is the total opposite of what Clare saw in her vision from afar. TV promotes sin and self-indulgence through indecent content. Instead of holy poverty to gain spiritual riches, TV promotes mass consumption and greed, making us poor financially and spiritually. Instead of the fruitfulness of holy virginity, TV promotes the unfruitful fortification and lust of contraception, abortion, homosexuality and other perversions. Instead of Holy Obedience, TV glamorizes disobedience, even the disobedience of children towards their parents. TV is not intrinsically evil; however, a TV should be in the family room, monitored and set so that inappropriate content is not able to be viewed – including by adults. The same should be done with the Family computer(s).

Be aware of what you allow your eyes to see for what is entered into your eyes may enter into your heart.



"The lamp of the body is the eye. If your eye is [healthy], your whole body will be filled with light; but if your eye is bad, your whole body will be in darkness. And if the light in you is darkness, how great will the darkness be.
(NAB) **Matthew 6: 22-23**



ARCHDIOCESE of OMAHA

Anti-Pornography Task Force

MHWG SUPPORT GROUPS

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My House Women's Group

Catholic Recovery & Support

Aiding Those Whose Relationships Have Been Affected by Pornography and Sexual Addiction



MHWG SUPPORT GROUPS: REACHING OUT TO HEAL

“Nothing so dispirits the demons as when their assaults are revealed. And nothing so heartens them as when their temptations are kept secret.”



Here is Help and Hope

Sunflowers represent hope, a new day, and a light shining in the darkness. For women in hurting relationships this is a beautiful sign of God's redeeming love. We must turn to God in these moments of despair. We must begin to heal our pain and our open wounds. A wise person once said, "All you need to grow the finest crop of weed is a tiny crack in your sidewalk."

It is our hope that through programs such as this; the Catholic people of northeastern Nebraska will find a valuable resource for the protection of their families, an avenue of healing for those who have been harmed by pornography's destructive effects, a deepened understanding of the beauty of our sexuality and a recommitment to live the virtue of chastity consistent with our state of life as a single, married, religious or priest.

The Anti-Pornography Task Force

What the Group Provides:

The My House Women's Group provides women with a safe, confidential, and nonjudgmental group environment where they may find support and healing from their relationship that has been negatively affected by pornography and/or other sexual temptation. Group meetings are private and confidential. A confidentiality statement is signed before the group location, date and time will be disclosed.

This is not solely a spiritual guidance group. This is a group focused on recovery. As women, we gather to focus on **our** behaviors, feelings, and emotions. The Beatitudes are used to guide us in our healing and dependence on God, not on our selves or our husbands. We have an authentic Catholic workbook to work on healing, forgiving, setting boundaries and having healthy behaviors. In addition we recommend resources that present God's beautiful vision for human sexuality. We also ask for Mary to intercede in our prayers; she understands what it means to know fear and hurt. We can draw from her strength.

Whether you are married, single, divorced, or separated; you are welcome and encouraged to join. There is hope and healing for you, whether or not your significant other chooses to seek help.

Why Should I Go to a Group?

Many women who find themselves in a relationship plagued by pornography seem content with their significant other seeking recovery, but not themselves. They don't realize that they need to heal their hurts and wounds caused by the addiction. A recovery group for women is an excellent place for a number of reasons:

The Group:

- Helps a hurting woman not isolate herself. Participating in a safe community helps to get the support and healing that is needed from women who understand your pain.
- Lets women know that they are not alone in this fight for their dignity, their partner's dignity, and the dignity of their family.
- Allows women to understand the beautiful gift of sexuality given to us by God.
- Teaches women to set healthy boundaries in their relationships.
- Provides resources about pornography, sexual temptation, relationships and our Catholic faith.
- Encourages women to focus on helping and healing themselves within their relationship.
- Helps women to reflect on how their own behaviors (usually developed to cope with their hurt within their marriage) may be unhealthy for their relationship and how they can begin to heal and change their behaviors to healthy ones

