



Church of St. Albert

The Catholic Church in the Heart of Albertville

The Church of St. Albert is a place where men, women, and children can confess their attachment to pornography and their need for help, without fear of being judged, despised, or ostracized. It is a place that recognizes mercy and grace. It is a place where parishioners can come to get support and help in attaining healing for habitual sexual sins.

Resources

To help yourself or others to fight the plague of pornography!

iPhone Parental Restrictions:

<https://support.apple.com/en-us/HT201304>

(Parental restrictions are for parents too)

Covenant Eyes Accountability Software:

www.covenanteyes.com

(Internet accountability and blocking, and good articles)

Mobicip Filtering App

www.mobicip.com

(Free app works well on iphone)

K9 Filtering App

www.k9webprotection.com

(Free, Customizable app for computers & other devices)

Norton Core

<https://us.norton.com/core>

(An external filter with comprehensive parental controls.)

Stop Procrastinating

www.stopprocrastinatingapp.com

(A filtering app for any time-wasting internet activity)

Fight the New Drug

www.fightthenewdrug.com

(info and online recovery program)

Reclaim Sexual Health

www.reclaimsexualhealth.com

(education and online recovery program)

The Porn Effect

www.theporneffect.com

(information and education)

Integrity Restored

www.integrityrestored.com

(good catholic resources and helps)

Exodus 90

www.exodus90.com

(a 90 day battle for freedom from modern vice)

Educate and Empower Kids

www.educateempowerkids.org

(tips and resources for parents to keep their kids safe)

Your Brain on Porn

www.yourbrainonporn.com

(the scientific data)

Protect Young Minds

www.protectyoungminds.org

(learn how to keep your kids safe, or help them recover)

Teen Safe

www.teensafe.com

(a tool that allows parents to monitor kids' devices)

Wives Care

www.wivescare.com

(help for wives whose husbands have sexual addiction)

Victory App (LT)

www.thevictoryapp.com

(provides a strategic battle plan and accountability)

Jake Voelker

www.jakevoelker.com

A good local Catholic Therapist

Books:

The 7 Principles of Highly Accountable Men;

Taking Every Thought Captive by Mark R. Laaser;

Treating Pornography Addiction by Kevin B. Skinner;

The Porn Myth;

Delivered: True Stories of Men and Women Who Turned from Porn to Purity by Matt Fradd

Men, Women and the Mystery of Love: Practical Insights from John Paul II's Love and Responsibility by Edward Sri

Good Pictures Bad Pictures: Porn Proofing Today's Young Kids by Kristen A. Jenson and Gail Poyner

I am the light of the world: he that followeth me, walketh not in darkness, but shall have the light of life. Jn 8:1