

## WHAT IS A CONFIDENTIAL FMO GROUP?

- A safe place to share our thoughts and behaviors – the good, the bad and the ugly.
- A two hour weekly meeting with like minded men all struggling with porn/sexual addiction.
- A place of acceptance where we will build a safety plan to help prevent future relapse.
- A meeting dedicated to the study of a Christian curriculum with an end goal of healthy sexuality.
- A place of discipleship where "iron sharpens iron" and men mature in community.

## WHAT WE DO IN AN FMO GROUP:

- Identify and take responsibility for our addictive and compulsive behaviors.
- Begin building an intimate relationship with God by His grace and trusting in Him.
- Participate in a detailed plan of study, accountability and commitment to change.
- Be accountable to FMO brothers by sharing struggles and victories with authenticity.

## WHAT AN FMO GROUP IS NOT:

- An unsafe place of criticism, condemnation, shame or confusion.
- A place of denial where the addiction to pornography, and obsessive and compulsive sexual behaviors, are ignored.
- A secret place where men wear masks to hide their fears, faults and feelings.

## COVENANT PARTNERS

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## ABOUT US

The Nathan Project is a ministry of hope, training and recovery for men who struggle with compulsive use of pornography and sexual addiction, the spouses and ex-spouses of these men and the families trapped in this menacing cycle of addiction. As co-founders Rick and Vicki Kardos have been engaged in the battle for Christian solutions to this ever growing problem since the launch of the Nathan Project in 2002.

Rich Curtis came on board as the Director for VT in 2013 and has been working with men in FMO groups since 2007. He has received training as a Genesis Counselor with Michael Dye's Genesis Process.

Rich brings real life experiences as a healthy survivor of sexual addiction that began at age 15. He also has training to build, oversee and train leaders for recovery groups dealing with the addiction. He also provides limited counseling to men in early stages of disclosure.

From the first FMO group that began in 2003, the men's ministry of the Nathan Project has expanded to as many as 50 groups spread across New England. **Rich is available to speak at Men's Events, Ministry Banquets, Churches, and Pastoral Training.** He will share a Christian solution to the problem of addiction the Evangelical church faces in our sexualized culture.

  
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To find a local FMO/FWO Group in Vermont or for more info, contact RICH CURTIS:

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[rich.curtis@nathanproject.net](mailto:rich.curtis@nathanproject.net)    NathanProject.net

For more information on the Nathan Project, local FMO/FWO Groups or to schedule Rick or Vicki to speak, please contact RICK KARDOS:

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mobile: 603.682.7800    NathanProject.net

 **FOR MEN ONLY**  
*groups*

Part of the FMO Recovery Program for men  
struggling with the use of pornography.

### TEENS / YOUNG ADULTS\*

85% of teens and young adults  
view porn online

66% received a sexual image  
41% sent one

### CHRISTIAN MEN 18-30\*\*

77% view porn monthly  
36% daily

32% admit to addiction  
12% say maybe

### Born-again CHRISTIAN MEN

95% admit viewing porn

54% admit to looking at porn  
at least once a month

44% viewed porn at work  
in the last 90 days

  
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# ISOLATION

A man who isolates himself seeks his own desire; He rages against all wise judgment.

— PROVERBS 18:1

# TRANSFORMATION

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

— ROMANS 12:2

# INTIMACY

A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.

— PROVERBS 18:24

In **FMO** we begin the transition from isolation to intimacy – from a self-absorbed, addictive lifestyle of **sexual sin, shame, secrecy** and **separation** to a new life built on relationship and trust.

## PORNOGRAPHY USE CREATES ISOLATION.

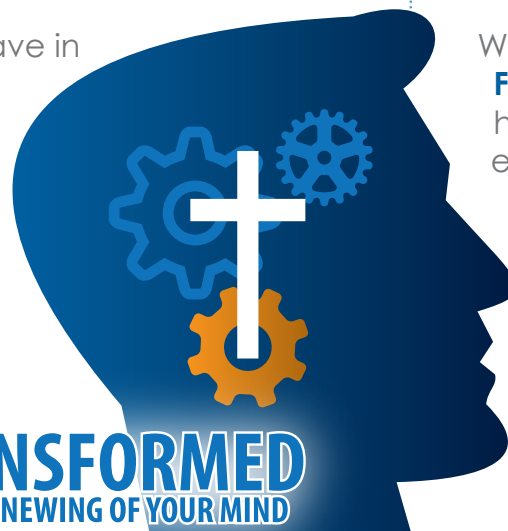
During this transformation, we experience God's love and acceptance—not condemnation—while building **true intimacy** with those whom we love.

**FIND AN FMO/FWO GROUP TODAY!**

 <http://www.nathanproject.net/group-help/>

In the **Transformation Zone** of **FMO**, we will face the very issues we feared and avoided in isolation— feelings of **pain, fear, anxiety** and **stress**.

The hope we have in relationship allows us to risk changed behavior. When successful, our faith grows, leading to a new hope found in Christ.



As transformation takes place, we begin to experience life as God intended us to live. We move forward toward **Intimacy!**

When we translate what we learn in **FMO** groups to new behaviors of the heart, we begin to **trust**, to feel and extend God's **grace** and **mercy**, and to adopt a new "attitude of gratitude." We remove our masks that hide our true feelings and begin to live a life of **authenticity**.

The road to ruin we followed in isolation becomes a healing path of His love with family, friends, and especially with God, our Father.

**FOR MEN ONLY & THE CHURCH**

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**SUPPORT**

**RELATIONSHIP ACCOUNTABILITY**

**HOPE**

\*THE PORN PHENOMENON: A COMPREHENSIVE, GROUND-BREAKING NEW SURVEY ON AMERICANS, THE CHURCH, AND PORNOGRAPHY (findings also available at: [www.pornphenomenon.com](http://www.pornphenomenon.com))

\*\*2014 ProvenMen.org Christian Porn Survey (conducted by Barna Group).