



SCREEN-FREE SUNDAY



A Lenten Sacrifice For Families & Our Parish

Plan Your Sunday

Each screen-free Sunday of this Lenten sacrifice requires preparation. Without a plan for what your family or household will do, the temptation to sneak back onto our devices might be too great. So, gather everyone to think about what you'll do together, even if that includes shared quiet time.

Community

Unfortunately, our relationships with friends are largely mediated through our devices. Disconnecting from them, even for a day, can create a sense of isolation. That's why it's important to connect with other families who are also making a screen-free Sunday Lenten sacrifice.

Solidarity

If you're single, or retired empty-nesters, we encourage you to join in the screen-free Sunday Lenten sacrifice. Doing so shows your solidarity with the families who are uplifting our parish through the positive changes they're seeking to make in the lives of their children.



What Is Screen-Free Sunday?

Screen-free Sunday is a lenten sacrifice where every member of a family and/or household commits not to use any screened device for the six Sundays of Lent and Good Friday, with only the following exceptions allowed:

- Receiving or making a phone call (maximum 10 minutes).
- Using a navigation app (e.g. Google Maps) to get to or from a location.
- Making financial transactions with a bank app or something like Apple Pay.
- A TV screen for the express purpose of bringing the **whole** family/household together for a movie or televised event.

Of course, families/households can make adjustments, where necessary. But we would urge against watering down the objective of screen-free Sunday through excessive exceptions or minimising the duration of the screen-free period. Let us embrace any discomfort we may feel without our devices as an opportunity to become closer to God.



Ideas For A Joyful Screen-Free Sunday

Lent can be a beautiful experience. Yes, we're abstaining from something we either enjoy or have become dependent on. That can be difficult to do. But that effort opens us up to joyful and sacred experiences that we don't realise we've been missing out on. Consider some things you can do on your screen-free Sunday:

- Come to Mass
- Outdoor hikes & walks
- Hobbies and craft
- Board & card games
- Reading actual books
- Get together with other families who have committed to their own screen-free Sunday.
- Shared preparation and clean-up of a family meal.
- Family movie night

Now ask yourselves...does a Sunday filled with these types of activities instead of time on our devices seem like a sacrifice or a blessing?

Why Screen-Free Sunday?

Our digital devices have become an indispensable part of our modern lives. But for all the good they've done, it is now undeniable that it has come at a heavy cost. Particularly to our children.

These devices, and the apps that run on them, can seduce us. Often, this is by design. Technology companies are constantly exploring ways to trigger addictive behaviours. The result? People are increasingly living "virtual lives." Relationships with our families, our friends and our community are being severed from the physical presence each requires to survive and flourish.

We can't live in the world today without our devices. Screen-free Sunday isn't meant to pretend such a future is desirable, much less possible. Rather, it's to prove to ourselves that our devices can be made to fit within the confines of a loving Christian family and community. It's an opportunity to prove that we can control these devices rather than allowing them to control us.

Why Make A Shared Sacrifice?

The lure of excessive digital device use is often a problem shared by every member of a family/household. When that happens we find ourselves living in a shared space without sharing our lives together.

Disconnecting ourselves from our devices, even for a day, can be physiologically disorienting. Screen-free Sunday is designed as a shared Lenten sacrifice amongst the whole family/household not just to minimise the temptation to return to our devices because everyone around us is on theirs. It is also about family/household members supporting one another during those challenging periods through the gift of our love and undivided attention.

Need More Information?

Additional resources to support screen-free Sunday will be provided on the parish website - <https://www.ccsch.org.au/>