

# LENT in Faith Formation: TAMING TECHNOLOGY

Documentary Film: SCREENAGERS

*Growing Up In the Digital Age*

Date: Wed. February 28<sup>th</sup>

Time: 6:45 p.m. Parish Auditorium

*The movie will be shown to Grades 6+. Grade 5 parents are encouraged to attend with their child. All parents/guardians/grandparents are welcome. \*childcare will be provided for little ones.*

**GOAL: To connect our faith to the way we live our lives, become the person God created us to be!**

Technology and the widespread use of screens are drastically changing the way we live our lives. It has the potential to pull us away from intimate relationships, peace, balance and other life giving activities.

As Catholic Christians – We will explore how screens affect us vs. the person God wants us to be. What kind of people do you want your children to grow up to be? What experiences and relationships will help them to develop their ability to give and receive love? How can screens help or hurt?

## Adult Conversations:

We invite all parents/guardians/grandparents to stay during regular EFF/MFF class times and join in our conversation. Location: Parish Auditorium

Tuesday or Wednesday: 4:15 -5:15 p.m.  
OR Wednesday night 7:15 – 8:15 p.m.

## **March 6/7 – HOW ARE WE USING SCREENS?**

Our faith tradition teaches that material objects and possessions aren't bad or evil in and of themselves; it is how they are used that counts.

Pope Francis frequently talks about the importance of encounter. He explains that this means stopping to be present to people, to really see and hear them "as Jesus did." How do screens help family's foster strong relationships and encounter others like Jesus?

## **March 13/14 - THE MODERN TIME-CRUNCH**

Our lives are hectic and incredibly busy, as a result we can feel frantic and rushed. We attempt to juggle more and more things at once by multitasking. Our children learn that this is the norm and they are growing up doing it now too.

God often speaks to us in a “still, small voice.” (1Kings 19:12) Without little spaces in the day for moments of quiet and “boredom,” there is no space for reflecting, wondering, daydreaming, processing, journaling, praying etc. – for both ourselves and our children.

## **March 20/21 – SETTING HEALTHY LIMITS**

How can we best help our children and ourselves navigate the challenges of technology today and have time for building a relationship with God and others?

We must remind ourselves that we come from a faith tradition with a history of being counter-cultural. Setting limits might be misunderstood. The Christ we follow was also misunderstood by his culture, but he didn't waiver in always choosing the most loving course of action.