

Unplugging

Unplugging calls us to leave the virtual world of technology (computers, e-mails, cell phones, tablets, etc.) in order to become present to God and others.

Explore: To be fully present to and uninterrupted in my interactions with God and others.

Scripture: ○ “What does a man get for all the toil and anxious striving with which he labors under the sun? All his days his work is pain and grief; even at night his mind does not rest.” Ecclesiastes 2:22-23

Includes: ○ Unplugging devices that interrupt relationships.
○ Communicating face to face rather than virtually.
○ Refusing to put sensitive human interaction into electronic form.
○ Have a no-e-mail workday.

Fruits: ○ Creating space for face-to-face encounters with people.
○ Freedom from the compulsive and demanding nature of technological communication and its toll on the soul.
○ Giving the gift of presence.

Short methods for Unplugging

- A. Technology Assessment: Keep track of the amount of time you spend on the computer or talking on the phone each day. How much time does this amount to each week? Then keep track of the uninterrupted time you spend in the presence of family and friends each day and week. Compare the times. Is God inviting you to prioritize anything based on this awareness? If you cut back using the computer one hour a week, how could you use this time to be in the presence of God or others?
- B. Plan a no-email day or week. Let people know you will not be answering your email – but you will take phone calls and meet with people.
- C. Write a non electronic letter to a friend. What surfaces in you while you take the time to do this? What is gained and what is lost in electronic communication? What do you think of the trade offs?
- D. Which relationships in your life need face time? Plan face-to-face time with several people this week. Do not let this time be interrupted by anything electronic.

Foster, The Freedom of Simplicity
Rohleiser, The Shattered Lantern
Calhoun, Spiritual Disciplines Handbook

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