



# Family Connections

Faith as a Grain of Mustard Seed  
I Corinthians 4:9-16 and Matthew 17:14-2

*There are two ways to live. Completely legitimately and respectably it is possible to walk on dry land: to measure, to weigh and to plan ahead. But it is also possible to walk on the waters. Then it becomes impossible to measure or to plan ahead, the one thing necessary is to believe all the time. An instant of doubt, and you begin to sink.*

—St. Maria of Paris

## EXPLORE TOGETHER:

Media Fast—Many of us are constantly attached to our smartphones, computers, and tablets—we're constantly 'connected.' And, certainly, these devices

enable efficient access to communication, information, and entertainment.

However, some level of measured use is generally a good idea. In our current society, there is an unfortunate tendency to sacrifice valuable face-to-face connections with family and friends for excessive—and isolating—'screen time.'

Just as the Church prescribes fasting as a self-denying way to grow closer to God, propose for your family to occasionally 'fast' from electronics to be with one another. Use the time for indoor or outdoor activities that encourage healthy socializing and recreation. The duration of the technology break can be as short or long as you choose. Just make the objective clear and only allow for truly demanding circumstances to suspend the activity. When the break is over, discuss how it went. For instance, ask your teenager if it was difficult to stay off of social media...or your grade-schooler if the pause from video games was rough. Consider how a 'fast' of this type could become a more regular practice in an effort to initiate overall healthier habits of technology consumption in the home—ones that prioritize personal connections over electronic ones.

**Before church next week, read the scripture passages for the  
11th Sunday of Matthew  
I Corinthians 9:2-12 and Matthew 18:23-35**

**FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:**



Center for Family Care of the Greek Orthodox Archdiocese of America  
[www.family.goarch.org](http://www.family.goarch.org)