



## Southern New England Conference

United Church of Christ

*Living the Love & Justice of Jesus*

### SLCC at Home- Family Devotions Playlist

#### Enjoy a 'Screen-fast'- time away from technology (Devotion 4)

*This series is a 'Playlist' of 5 devotionals. These opportunities were created to engage you- the parents, grandparents, caregivers and others- who support young people in their experiences of outdoor ministry or summer conferences at Silver Lake Conference Center. (SLCC) The invitation to you is to create an experience through these devotionals with your youth that enables you and them to deepen the experiences you've each had and to open a sacred space to share moments together to explore, engage, and celebrate summer camp (outdoor ministry) more fully. These are intended to be shared at home in times of physical distancing or following times of face to face programming.*

**Purpose: To enjoy a series of summer days, fasting from your screens.** One highlight of a week at camp is the opportunity to tune out and tune in. When our youth are engaged in outdoor ministry activities there are no screens, well, virtually none. Some conferences use tech to enhance their messages, and there's always the slide show at week's end. Yet, most who come away to overnight camp for a week or more in the summer are fasting from phone, television, and computer screens. Without the constant 'pull' back to the wider world of the internet, youth and adults alike are more present to others, able to live in the moment, and to engage in God's backyard. This fast from our screens draws us nearer to the Divine in all things. It can deepen our relationship to God. Screens have their use, but an intentional time away helps us be more savvy users. With a screen fast, we shift our focus. **Please note:** if you're participating in SLCC at home or one of the high school virtual conferences, you'll be engaging in this fast 'post camp'.

#### **Supplies:**

Games / Deck of Cards

Craft / Hobby supplies

Book(s)

Guitar, drum, etc.

Hiking shoes, daypack, map

#### **Read:**

##### **Philippians 4:4-9**

*"Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you." (Phil.4:9)*

#### **Watch/Participate: Get a Glimpse!**

New England Hiking Trails

<https://www.discovernewengland.org/things-do/walking-hiking>

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Karen E Ziel, Minister of Faith Formation and Leadership

June 2020



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New England Outdoor Bucket List

<https://adventures.hartleybrody.com/new-england-hikes/>

Prettiest Lakes in New England

<https://newengland.com/today/travel/new-england/lakes/prettiest-lakes-in-new-england/>

At Home Activities for Children and Youth

<https://www.sneucc.org/at-home-activities-for-children-and-youth>

One Big Day-24 hour technology fast

<http://onebigday.net/24-hour-technology-fast/>

Going on a Tech Fast

<https://www.psychologytoday.com/us/blog/people-in-nature/201210/going-tech-fast>

Let's Make this a Thing: Intermittent Technology Fasting

<https://medium.com/the-ascent/for-when-your-phone-is-ruining-your-life-intermittent-technology-fasting-2995ff7f2a05>

### **Listen/ Reflect:**

Begin by deciding how long your screen fast will last. Challenge yourself and your youth. Will it be a 24-hour period, a few days, a week? Create a wish list of things to do: take a hike or paddle, spend a day exploring a nearby state park or at a nearby beach. If you're indoors due to the weather, spend intentional time on a craft, art project, learning a new song, reading the next chapter in your book. For your reflection /devotional time, spend a few moments with a favorite bible verse or Psalm at the end of the day. Before an evening prayer, catch up and consider:

- I wonder what has been the best thing about this screen fast for you?
- I wonder, what do you miss most? What was the hardest thing about our fast?
- I wonder, what was your favorite non-screen activity? Why?

In this exercise above, you (parent, relative or other caregiver) should also answer these questions as well as your youth. Close your night activity by sharing the Psalm verse and a prayer.

### **Pray the Examen:**

**As you close the day, make this practice your prayer. Close with Philippians 4:8.**

- *When today did I have the greatest sense of belonging to myself, others, God and the universe?*
- *When did I have the least sense of belonging?*

*"From now on brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise." (Phil. 4:8)*

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