



## Screen to **Green** Challenge

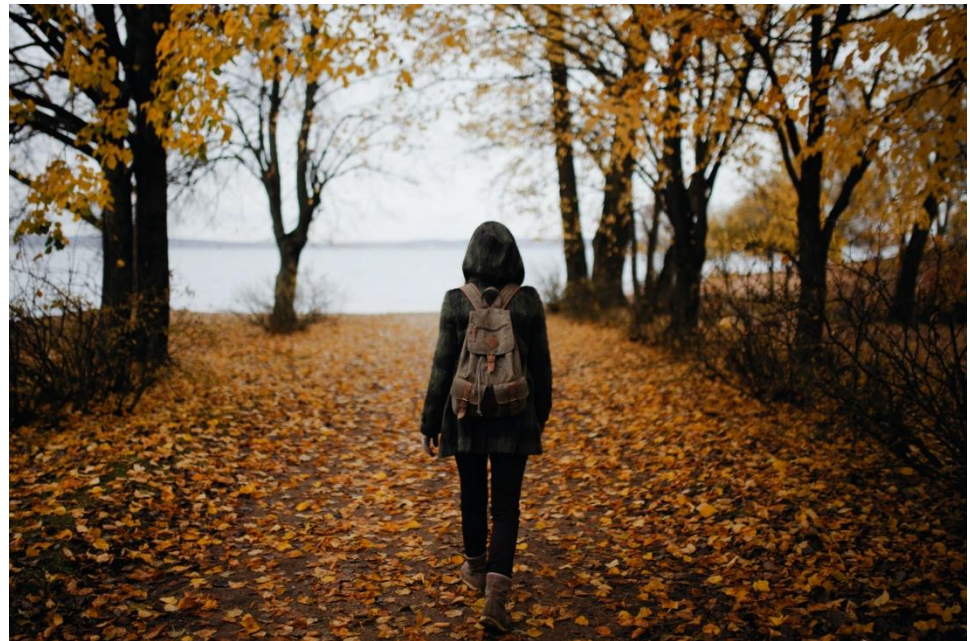
*Simply be aware of when we engage with a screen.*

Join us during the Season of Creation (9/1 – 10/4) as we suggest ways to make space in the day to disengage from the endless offerings on our screens to the eternal presence of God in our daily lives. By converting some of our screen time to creative and life-giving green time, we hope to notice growth in living the virtues and becoming more calm, generous and patient. This week we will simply be aware of when we engage with a screen. Keep a mental log, or use a tracking app, of situations when we turn to a device. Look for a new tip each week and let's grow in holiness together.

# Silent Walking

*Try walking in silence for one of your walks this week.*

Walking is a great way to de-stress and raise our mood. This week notice how often we walk with ear buds listening to music, a podcast or conversing with others. While the mental stimulations are laudable, they block the full benefit of being in God's creation with its multitude of sounds, smells, sights and textures. Be



receptive, aware and grateful for the gifts of nature. Notice the air, water and soil, the basic elements that nourish us. It will likely be uncomfortable at first, but lean into it and offer that unease to God knowing that He is present and “speaking” to you as you offer your full attention. Happy Trails!

# Mindful Eating

*Try selecting a few meals to eat in silence.*

Eating while distracted leads to indigestion and weight gain. Notice how often you eat a meal with a screen at the table. This week select a few meals to eat in silence. Like walking in silence, it may be uncomfortable at first, but lean into it, offer that unease to God as you give your full attention to the food on your



plate. Eat slowly and consider where each ingredient originated, all the people involved with getting it to your table and how it will nourish your body. A grateful response is inevitable. Bon appetit!

# Avoiding Boredom

*Try selecting a specific daily time period to practice turning off our devices, and finding creative outlets to counter the boredom.*



Offering an act of kindness to others naturally lifts our spirits. This week notice how often you turn to your screen when you are bored, lonely or anxious. When we become aware of these instances and acknowledge it, we can look for alternative mood

changers. This week, select a specific daily time period to practice turning off our devices, and finding creative outlets to counteract the boredom, loneliness or anxiety. Lean into it, offer that unease to God as a prayer and search out people to interact with or nature to be immersed in. Feel the deep, steady loving presence of God in every mood. Enjoy!



# Celebrate

*We become more calm, patient and generous people*

Celebrate your efforts, likely uncomfortable at first, of choosing selected times to walk and eat in silence; to learn to reach out to God's creation of people and nature when bored, lonely or anxious.



Consider increasing your green times and offer those times as prayers. Let's see if we become more calm, patient and generous people. We are wired for God. He doesn't grab our attention like a screen might. He is always present and delights when we choose to find Him and rest in His love. We find deep authentic satisfaction in His presence and that naturally spills out in service to others. Well done!