

Orthodox Parenting Conference: Screen-Time and Technology
by Jamil Samara
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Resource and Reference Sheet

The Dichotomies We Face

- Busyness vs Being
- Objectification vs Personification
- Addiction vs Relationship
- Noise vs Stillness
- Distraction vs Presence
- Easy Path vs Hard Path
- Worldliness vs Otherworldliness

Take Home Points

- 1) Technology is a Tool
 - a) We don't have to be afraid of technology
 - b) Use it as a tool, don't be used by it
 - c) How tech can be used to strengthen relationships and self-improvement
- 2) How it Affects our Brains
 - a) Memory - Socrates' Lament about Writing
 - b) Education - Not proven to help learning, yet it has taken over some classrooms
 - c) Addiction - Technology companies design their tools to be addictive
 - d) Deception - The images we share and see online offer a false sense of reality
 - e) Brain Chemistry - Video games and pornography raise dopamine levels.
 - f) Bored and Brilliant - tech overuse prevents us from experiencing boredom
- 3) Social Relationships
 - a) Knowing when to use technology and when to have face-to-face
 - b) Re-learn key fundamental skills without technology
 - c) Loss of Shared Experiences and Diversity of Opinion
 - d) Social Media must not replace traditional social behavior
 - e) Ground rules in relationships: i.e. family tech usage agreements
- 4) Spiritual
 - a) Entering the Silence to be able to hear and know God
 - b) Fighting the isolating effect to remain in community with those around you
 - c) Face to Face relationships allow us to encounter Christ in the other as a person
 - d) Entering by the narrow gate and the way of the cross

Bible Quotes for Contemplation

"If any man would come after me, let him deny himself and take up his cross daily and follow me." (Luke 9:23)

"Blessed are the pure in heart for they shall see God." (Matthew 5:8)

"If any man looks at another woman lustfully, he has already committed adultery in his heart!" (Matthew 5:28)

"The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart." (1 Samuel 16:7)

"Be still, and know that I am God." (Psalm 46:10)

"The Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice." (1 Kings 19:11-12)

"For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." (2 Corinthians 4:6)

"The Lord bless you and keep you; the Lord make his countenance to shine upon you, and have mercy upon you; the Lord lift up his countenance upon you, and give you peace." (Numbers 6:24-26)

"All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify. Let no one seek his own, but each one the other's well-being ..." (1 Cor 10:23-24, 29)

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www.goarch.org/-/orthodoxy-in-a-new-media-age

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Nicholas Kardaras

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Season 6, Episode 16 - "Connection Lost"

Season 11, Episode 2 - "Snapped"

And many more episodes throughout the series.



Simon Sinek, Interview

Video: "The Dangers Of Social Media Addiction"

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Additional TED Talks and Interviews

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"The Opposite of Addiction is Connection"

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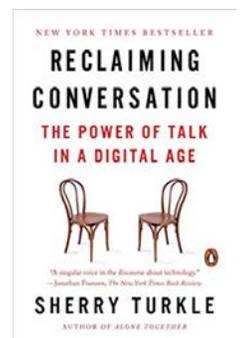
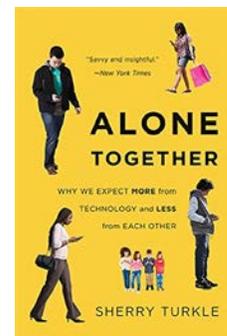
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www.ted.com/speakers/manoush_zomorodi

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About Jamil Samara



Jamil Samara is the Director of the Department of Internet Ministries of the Greek Orthodox Archdiocese of America. He is an active member of his home parish of St. Mary Orthodox Church in Cambridge, MA.

Jamil holds a bachelors degree in Computer Science from Boston College and an M. Div. from Holy Cross Greek Orthodox School of Theology. He enjoys contemplating the convergence of technology and faith and its implications on our relationships with God and one another.

About the Session

Do social media, mobile apps, and the many digital tools at hand create a more connected world, as we are led to believe? Or does this technology actually create barriers and prevent us from experiencing authentic relationship? Further, how are we to raise our children in this technology-saturated world? Do we take our family and escape from the world, rejecting technology altogether? How can we allow our children to be a part of this digital world, yet still be able to protect and guard them?

In this presentation, we will begin to explore the dichotomies of the digital landscape to equip the participants to make decisions with greater conviction in their own lives for themselves and their families.