



# SAINT ANTHONY MARONITE CHURCH

*A Parish Family of the Eparchy of St. Maron of Brooklyn, NY*

كنيسة مار أنطونيوس المارونية

March 18, 2018 ١٨ آذار ٢٠١٨

145 Amesbury St \* Lawrence, MA 01841

Phone: 978.685.7233 \* Fax: 978.688.4475

Email: [rectory@stanthonylawrence.org](mailto:rectory@stanthonylawrence.org) \* Website: [www.stanthonylawrence.org](http://www.stanthonylawrence.org)

## OFFICE HOURS

M-TH: 9 AM - 4PM

Friday: Office is Closed

Saturdays: By Appointment

## LITURGIES

*Daily Liturgies:*

M & W: 9 AM

T & TH: 7 PM

*Weekend Liturgies:*

*Saturday*

Vigil Liturgy @ 4 PM

*Sunday Liturgies:*

8:30 AM - Arabic

9:30 AM - English

11:30 AM - English & Arabic

## HOLY DAYS OF OBLIGATION

Vigil Liturgy @ 7 PM

Feast Day @ 9 AM

## Sacraments of

### Baptism & Confirmation

1 month in advance with the Pastor

### Sacrament of Matrimony

Couples should make arrangements  
six months prior to the wedding date

### Sacrament of

### Reconciliation

One hour Before Thursday &

Saturday Liturgies,

or by appointment

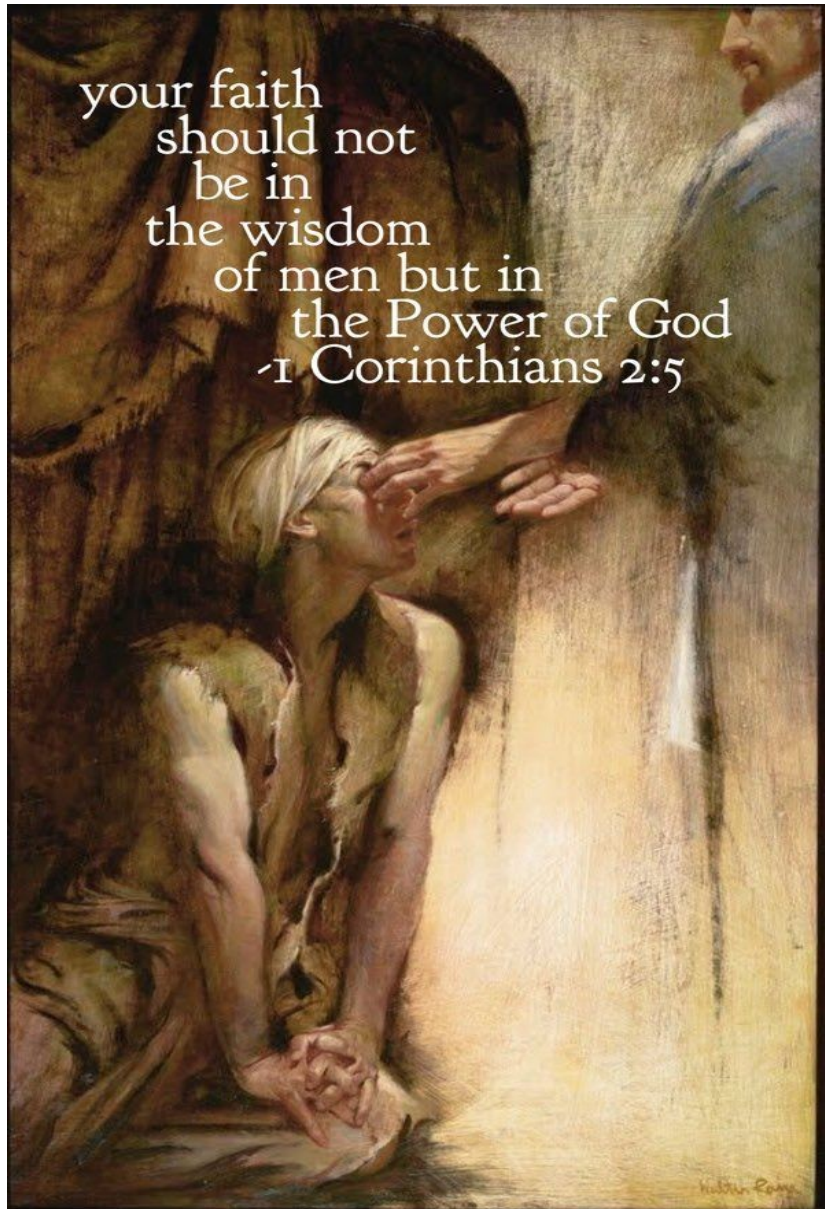
### Anointing of the Sick

Please notify the Rectory if a  
member of your family is ill,  
hospitalized, or unable to come to  
Church and would like to receive  
communion at home

Please refer to our website for more  
Sacrament Celebrations Guidelines

## Lend a Hand

Great Lent زمن الصوم الكبير



Facebook: Saint Anthony Maronite Church Lawrence, MA



# Liturgies Intentions



## Meet our staff:

### Clergy

*Father Elie Mikhael, Pastor*  
[pastor@stanthonylawrence.org](mailto:pastor@stanthonylawrence.org)

*Father Tony Youssef,*  
*Parochial Vicar*

Phone: 978-685-7233

### Emergency Contact:

Fr. Elie Mikhael  
305.807.9087

Fr. Tony Youssef  
917.545.4955

*Sub-Deacon James T. Demers*  
*Sub-Deacon Nadim B. Daou*

### Secretary:

*Mrs. Susan Fuccillo*  
978.685-7233  
[rectory@stanthonylawrence.org](mailto:rectory@stanthonylawrence.org)

### Parish Ministries

- ♦ Religious Education  
[ccd@stanthonylawrence.org](mailto:ccd@stanthonylawrence.org)
- ♦ Publishing: Bulletin  
[bulletin@stanthonylawrence.org](mailto:bulletin@stanthonylawrence.org)

♦ Choirs (English, Arabic & Syriac)

♦ Kids Choir

♦ Knights of the Altar

♦ Knights of Mary

♦ Maronite Youth : MYO

♦ Maronite Young Adults

♦ Bereavement Ministry

♦ Cenacle of the Rosary  
(Thursdays @ 6PM)

♦ Cenacle of Divine Mercy  
(Sundays Before the Liturgies)

♦ Sacristan (s)

## Sunday of the Blind Man أحد شفاء الأعمى

Saturday, March 17	4:00 PM	For: Yvonne Yameen, By Her Family
Sunday March 18	8:15AM	For: In Honor & Good Health of Kozhaya and Lola Bou Khalil & family
	9:30AM	For: Private Intentions.
	11:30 AM	For: + George, Nemra, Peter, Brandon and Matthew Hashem, By their Family.

## Hosanna Week

أسبوع الشعانين  
الأسبوع السادس من الصوم المقدس

Monday, March 19 <b>Feast of St Joseph</b> عيد مار يوسف	9 AM -For: The intention of our Parishioners, who carry the name of Joseph. 7 PM -For: The intention of our Parishioners, who carry the name of Joseph.
Tuesday, March 20 @ 7 PM	For the soul of Marguerite Akiki, by the Bou-Habib Family.
Wednesday, March 21 @ 9AM	Private Intentions.
Thursday, March 22 @ 7PM	Private Intentions.
Friday, March 23 @ 7 PM	<b>Stations of the Cross</b>

## Hosanna (Palm ) Sunday

أحد الشعانين

Saturday, March 24	4:00 PM	For: In Honor of our Children at St Anthony 's Parish
Sunday, March 25	8:15AM	For: In Honor of our Children at St Anthony 's Parish
	9:30AM	For: In Honor of our Children at St Anthony 's Parish
	11:30 AM	For: In Honor of our Children at St Anthony 's Parish

## Procession Liturgies -Weather Permitting

زياح الشعانين بعد الأحتفالات الليتورجية مرتبط بحالة الطقس الجوية

**Online Donation—Contribute to Our Parish Growth. Apply Online:**  
<http://stanthonylawrence.org/donate-now/>  
 Refer to Page 9 For more info



**TITHES & OFFERINGS - March 18, 2018**

<b>Sunday Collection</b>	<b>\$ 3,297.00</b>
<b>Fuel</b>	<b>\$ 330</b>
<b>Candles</b>	<b>\$ 85.00</b>
<b>Bishop's Appeal</b>	<b>\$ 515.00</b>
<b>Easter Flowers</b>	<b>\$855.00</b>
<b>Miscellaneous</b>	<b>\$ 820.00</b>
<i><b>Total Deposit</b></i>	<i><b>\$ 5,902.00</b></i>

***Monthly Operational Expenses - March 2017***

<b>Health Insurance , Retirement &amp; Disability</b>	<b>3,915.00</b>
<b>Total Household (Table Expense, ....)</b>	<b>349.88</b>
<b>Salaries</b>	
<b>Clergy (Base Salary, Table &amp; Auto Expense)</b>	<b>5,650.00</b>
<b>Organist / Singers (9:30am &amp; Funerals)</b>	<b>500.00</b>
<b>Secretarial</b>	<b>1,650.00</b>
<b>Eparchial Assessment</b>	<b>2,500.00</b>
<b>Donations to Others</b>	<b>1,500.00</b>
<b>Maintenance &amp; Repairs (Cleaning, Dumpster , Janitorial Supplies &amp; ..)</b>	<b>2,048.83</b>
<b>Religious Supplies (Candles, Hosts &amp; Wines,</b>	<b>3,670.46</b>
<b>Utilities (Phone, Cable, Internet, Electric, Fuel, Sewer &amp; Water)</b>	<b>3,301.53</b>
<b>Office Expense (supplies, Postage, Printing, Subscription )</b>	<b>1,284.67</b>
<b>Parish Programs (Knights of Mary, MYO, MYA, Sunday Coffee Hours)</b>	<b>1,434.79</b>
<b>Total Monthly Expenses</b>	<b>\$ 27,805.16</b>
<b>Net Income needed to Balance per Week</b>	<b>\$6,951.29</b>

**Our Parish Contribution and dues toward our Eparchy are divided into:**

- 1-Bishop Appeal: \$7,500.00. Must be paid by Good Friday March 30, 2018**
- 2-Eparchial Assessment: \$25,000.00. Divided into 10 Payments**



**Right Sanctuary Lamp**

This week's Sanctuary Lamp will burn  
***Happy, Healthy Birthday Wishes***  
***In honor of Josephine McDougall***  
 Offered by her sisters, brothers, and spouses.

**Left Sanctuary Lamp**

This week's Sanctuary Lamp will burn for  
***Happy, Healthy Birthday Wishes***  
***In honor of Arlene Witkiewicz***  
 Offered by her sisters, brothers, and spouses.

# Easter Flowers

Saint Anthony's Church invites you to place an Easter Lily or Tulips on the sanctuary **"In Honor" or "In Memory" of special loved ones.**

Please complete this form and either place it in the offering plate, hand in at the rectory, or mail it to the church, along with your payment of \$15.00 per plant. **The deadline to order is Monday, March 26th.**

***Given By:*** \_\_\_\_\_

***In honor of:*** \_\_\_\_\_

***In honor of:*** \_\_\_\_\_

***In honor of:*** \_\_\_\_\_

***In loving memory of:*** \_\_\_\_\_

***In loving memory of:*** \_\_\_\_\_

***In loving memory of:*** \_\_\_\_\_

**Amount collected to date  
 for Bishops Appeal:  
 \$ 7,040.00  
*Balance Due: \$ 460.00***

# PARISH MINISTRIES & NEWS

## Religious Education - Sunday School

Outstanding job!!!! Mrs. Owaida and her grade 3 students did an incredible job serving our liturgy last weekend. Thank you grade 3 parents and students for making our liturgy shine.

Please note....due to Palm Sunday and Easter Sunday there will be no CCD. We will resume classes on Sunday April 8. Please continue to pray with your children during this most holy of seasons.

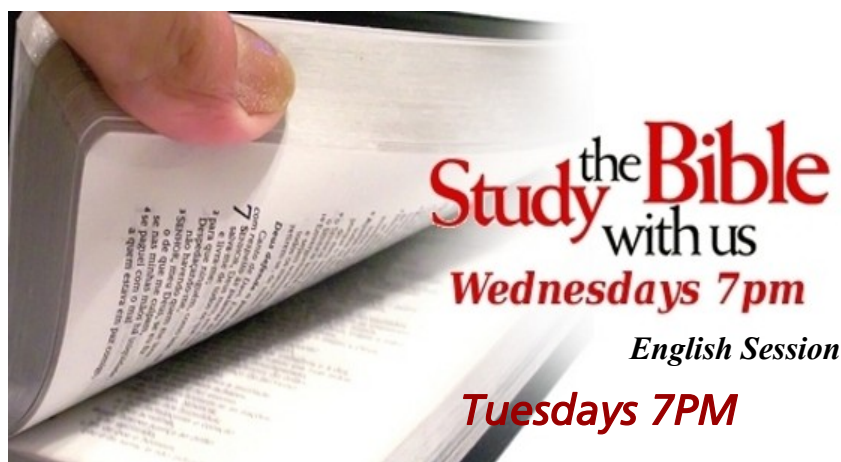
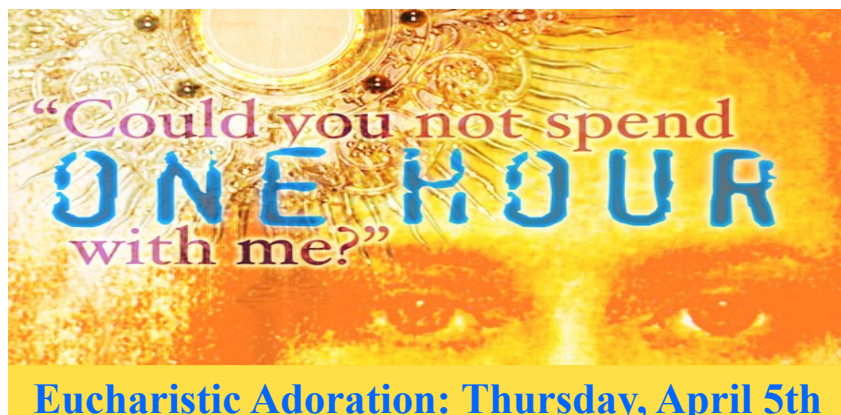
\*\*\*\*\***First Communion Families.**

**Saturday, May 5** Reconciliation at 10:00am.

**Sunday May 6** Crowning of Mary. Grade 2 will help serve at the 9:30 or 11:30 liturgies. Parents will choose which liturgy works for their family. Children should be prepared to wear their First Communion outfits. We will do a practice at 10:30 in lieu of CCD between liturgies that day.

**FRIDAY, May 18** will be rehearsal for First Communion with parents. This will begin at 5:30 p.m. and last approximately an hour.

**Saturday May 19 at 10:30 a.m.** First Communion Celebration.



## Children's Choir

**Saturdays: March 24,  
April 7 & April 21**

Practices are held from -5:00PM -

## Knights of Mary Schedule

**Upcoming Meetings: April 14th.**

**All Events run from 5PM - 7PM After  
4PM Liturgy**

**\*Dates are Subject to change\***

## MYO -Maronite Youth Organization

**Next Meeting -Friday April 13th :  
Youth Liturgy & Faith Formation  
Faith Formation Events run from  
5PM - 7PM**

## MYA -Maronite Young Adults

**Next Meeting :  
Sunday April 8th @ 7PM**

تعاود السهرات الأنجيلية بعد عيد الفصح المجيد  
**Will Resume after Easter**



**Rosary Group  
Every Wednesday  
@ 6PM**

صلاة المسبحة الوردية:  
الأربعاء من كل أسبوع  
الساعة السادسة مساء

**Thank You Mrs. Sheryl Coury  
for a generous Donation**



# Holy Week Schedule



## **PALM SUNDAY -MARCH 24-25:**

**SATURDAY MARCH 24 @ 4 PM: VIGIL LITURGY**

**SUNDAY MARCH 25:**

**8:15 AM: ARABIC LITURGY**

**9:30 AM: CHILDREN LITURGY (ENGLISH)**

**11:30 AM: CHILDREN LITURGY (ENGLISH & ARABIC)**

## **HOLY WEEK**

**MONDAY MARCH 26 @ 7PM:**

**Coming to Harbor & LITURGY**

**WEDNESDAY MARCH 28 @ 7PM:**

**Ritual of the Lamp & LITURGY**

**THURSDAY OF MYSTERIES -THURSDAY MARCH 29**

**7PM: WASHING OF FEET**

**Followed by ADORATION: 8PM-10PM**

## **GOOD FRIDAY**

**4:30PM: Adoration of the Cross**

**7PM: Adoration of the Cross**

## **EASTER SUNDAY**

**SATURDAY MARCH 31**

**4PM: EASTER VIGIL**

**11:59 PM: MIDNIGHT EASTER LITURGY**

**SUNDAY APRIL 1 -EASTER DAY LITURGIES**

**9:30 AM: EASTER LITURGY (English)**

**11:30 AM: EASTER LITURGY (English & Arabic)**

## **The Way of The Cross ~ Good Friday**

**Friday April 30TH @ 5:30 PM**

**Starting at St Joseph Church  
(241 Hampshire St)**

**Ending at St Anthony's Church  
(145 Amesbury St)**



**For any questions or to VOLUNTEER, Please Contact:**

**Marie Charabati @ 603.275.5409**

**Elias Azzi @ 978.420.7606**

## **LENT ON FORMED**

<https://formed.org/listen/5a32f243740e88100061d1cf>

## **ANSWERING ATHEISM**

**Ken Hensley**



**Parish Code: N3CCNK**

<https://formed.org/listen/5a1480ddd29506140092c873>

## **TRUE WORSHIP**

**FR. MICHAEL SCHMITZ**



### **POPE PRAYER INTENTIONS - MARCH - 2018**

#### **Formation in Spiritual Discernment**

That the Church may appreciate the urgency of formation in spiritual discernment, both on the personal and communitarian levels.

## Help Support the Maronite Monks in Petersham

Here is a list of our current food requests:

- healthy breakfast cereal (we like Kashi brand, but others are fine)
- granola
- pumpernickel (black) bread
- coffee cake or similar for Sunday
- dried plums (prunes)
- raisins
- other dried fruit
- lebni
- condensed milk (sweetened) (canned)
- pasta sauce
- relish
- canned mushrooms
- crackers
- canola oil
- refried beans (Mexican style)
- salsa
- napkins

We will be collecting items for the Maronite Monks on **Sunday, April 7 & 8** Following each of the Morning Liturgies.



## Lectors

<u>Date</u>	<u>Time</u>	<u>Lectors</u>
Saturday, March 17	4:00 PM	Roy Rossi
Sunday, March 18	8:15 AM	Maroun Nassar
Sunday, March 18	9:30 AM	Josephine McDougall
Sunday, March 18 11:30 AM		English: George Saab Arabic: Selim Matta

<u>Date</u>	<u>Time</u>	<u>Lectors</u>
Saturday, March 24	4:00 PM	Lisa Abdullah
Sunday, March 25	8:15 AM	Hitaf Nammour
Sunday, March 25	9:30 AM	Michael Faris
Sunday, March 25 11:30 AM		English: Elias Azzi Arabic: Charbel Cherfane

## ALTAR SERVERS

<u>Date</u>	<u>Time</u>	<u>Altar Servers</u>
Saturday, March 17	4:00 PM	Elias Saab Sharbel Saab
Sunday, March 18	8:15 AM	Volunteers
Sunday, March 18	9:30 AM	Anthony Hassan Charbel Yammine
Sunday, March 18 11:30 AM		Charbel Merheb, Geryes Geha Samir Maroun, Steven Maroun

<u>Date</u>	<u>Time</u>	<u>Altar Servers</u>
Saturday, March 24	4:00 PM	Elias Saab Sharbel Saab
Sunday, March 25	8:15 AM	Volunteers
Sunday, March 25	9:30 AM	Max Sheehan Thomas Demers
Sunday, March 25 11:30 AM		Elias Azzi, Jonathan Merheb Michael Merheb, Sebastian Ramey



KNEFEE, MAAMOUL, GHAYBE,  
KAAK, & MORE...

**PALM SUNDAY WEEKEND**  
**MARCH 24TH AND 25TH**

*Be sure to stop by Saturday and Sunday follow each of the liturgies and sweeten your palate with all the delicious home-made Easter pastries offered!!!*

For more information or to join in the baking process, please contact:

**Bassima Abou Jaoude**  
**@ 603-571-3003**

**Or Barbara Zraket @**  
**978-204-6271**



2 Corinthians 10:1-7

Healing of the Blind

2 قورنثس 7-1:10

I myself, Paul, appeal to you by the meekness and gentleness of Christ I who am humble when face to face with you, but bold towards you when I am away! I ask that when I am present I need not show boldness by daring to oppose those who think we are acting according to human standards. Indeed, we live as human beings, but we do not wage war according to human standards; or the weapons of our warfare are not merely human, but they have divine power to destroy strongholds. We destroy arguments and every proud obstacle raised up against the knowledge of God, and we take every thought captive to obey Christ. We are ready to punish every disobedience when your obedience is complete. Look at what is before your eyes. If you are confident that you belong to Christ, remind yourself of this, that just as you belong to Christ, so also do we.

يا إخواني، أنا بولس نفسي أناشدكم بوداعة المسيح وجمه، أنا المتواضع بينكم عندما أكون حاضراً، والجريء عليكم عندما أكون غائباً. وأرجو ألا أجبر عند حضوري أن أكون جريئاً، بالثقة التي لي بكم، والتي أنوي أن أجروها بها على الذين يحسبون أننا نسلك كإناس جسديين. أجل، إننا نحيا في الجسد، ولكننا لا نحارب كإناس جسديين؛ لأن أسلحة جهادنا ليست جسدية، بل هي قادرة بالله على هدم الحصون المنيعة؛ فإننا نهدم الأفكار الخاطئة، وكل شموخ يرتفع ضد معرفة الله، ونأسر كل فكر لطاعة المسيح. ونحن مستعدون أن نعاقب كل عصيان، متى كملت طاعتكم. إنكم تحكمون على المظاهر! إن كان أحد واثقاً بنفسه أنه للمسيح، فليفكر في نفسه أنه كما هو للمسيح كذلك نحن أيضاً

Mark 10:46-52

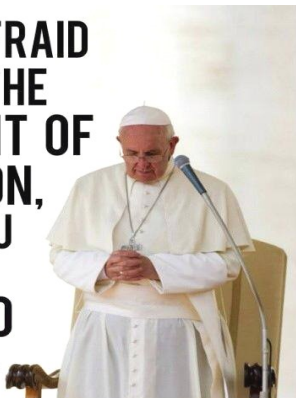
أحد شفاء الأعمى

مرقس 52-46:10

They came to Jericho. As Jesus and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. When he heard that it was Jesus of Nazareth, he began to shout out and say, 'Jesus, Son of David, have mercy on me!' Many sternly ordered him to be quiet, but he cried out even more loudly, 'Son of David, have mercy on me!' Jesus stood still and said, 'Call him here.' And they called the blind man, saying to him, 'Take heart; get up, he is calling you.' So throwing off his cloak, he sprang up and came to Jesus. Then Jesus said to him, 'What do you want me to do for you?' The blind man said to him, 'My teacher, let me see again.' Jesus said to him, 'Go; your faith has made you well.' Immediately he regained his sight and followed him on the way.

بينما يسوع خارج من أريحا، هو وتلاميذه وجمع غفير، كان برطيماء، أي ابن طيماء، وهو شحاذ أعمى، جالساً على جانب الطريق. فلما سمع أنه يسوع الناصري، بدأ يصرخ ويقول: «يا يسوع ابن داود أرحمني!». «فالتهمته أناس كثيرون ليسكت، إلا أنه كان يزداد صرخاً: «يا ابن داود أرحمني!». فوقف يسوع وقال: «أدعوه!». فدعوا الأعمى قائلين له: «ثق وأنهض! إنه يدعوك.. فطرح الأعمى رداءه، ووثب وجاء إلى يسوع. فقال له يسوع: «ماذا تريد أن أصنع لك؟». قال له الأعمى: «رابوني، أن أبصر!». «فقال له يسوع: «إذهب! إيمانك خلصك». وللوقت عاد يبصر. وراح يتبع يسوع في الطريق

**DON'T BE AFRAID  
TO GO TO THE  
SACRAMENT OF  
CONFESSION,  
WHERE YOU  
WILL MEET  
JESUS WHO  
FORGIVES YOU.**  
Pope Francis



## Congrats on your Baptism!!!

- ♦ Samirah K. Gonzalez Child of Michaela Rheault & Richard Gonzalez
- ♦ Daphne Hajj Vincent, Child of Kevin Vincent and Rebecca Hajj

who received the Blessed Sacraments of Baptism and Confirmation. Our best wishes to the parents and godparents. May Christ continue to bless these children whom we welcome into the flock.



Save the Date: **Saturday, April 21st**  
*More Info to Come*

**Thank You for Your Support!!!**



The Knights of Columbus would like to thank everyone who participated in Baby Supply's Drive. Many new families will be grateful for your donations.

### Guidelines:

Baptismal Guidelines: *(Check our Website)*

- ♦ Guidelines & Registration Form

Marriage Guidelines: *(Check our Website)*

- ♦ Guidelines & Check List Forms

Banquet Hall Guidelines:

- ♦ Contract Form *(Check our Website)*
- ♦ Banquet Hall Usage Donations:
  1. \$500 (For 6 Hours)
  2. \$250 For Registered & Active parish-ioners *(with contribution history)*
  3. Security Deposit \$250 *(Returned after the event, if no Damages)*
  4. Cleaning Donations: \$100

**Be in Touch!! Stay Connected !!**

Membership Registration:

<http://stanthonylawrence.org/member-information-form/>

Online Donation:

<http://stanthonylawrence.org/donate-now/>

Upcoming Events:

<http://stanthonylawrence.org/upcoming-events/>

Monthly Calendar:

<http://stanthonylawrence.org/upcoming-events/calendar/>

## Saint Anthony Burial Guidelines

### Burial Charges and Fees:

<http://stanthonylawrence.org/charges-and-fees/>

The following charges for cemetery services are in effect January 1, 2017 at St. Anthony Cemetery and are subject to change without notice.

- Adult Opening – Graveside (Summer) \$875.00
- Adult Opening – Graveside (Winter) \$875.00
- Child Opening – (one to eight years) \$100.00
- Infant Opening – NO CHARGE
- Saturday & Holiday Overtime \$75.00
- Burial of Cremated Remains \$550.00
- Cremation Burial Unit \$350.00

When arrangements are made with a family and they wish to purchase a lot, we ask that you call the cemetery office (978) 685-7233 and arrange an appointment for them.

Financial arrangements for new lot sales will be handled directly with the family.

Cemetery charges for grave openings are due and payable to the cemetery the morning of the funeral, unless charged to the funeral director's account. Cemetery charges billed to the funeral director's account are due and payable to the cemetery in 10 days

**Lot Sales:** <http://stanthonylawrence.org/lots-sales/>

Saint Anthony Cemetery offers affordable payment plans to fit any family's budget. Please call us at 978-685-7233 or email [rectory@stanthonylawrence.org](mailto:rectory@stanthonylawrence.org) for more information about availability.

### Burial Pre-Arrangements

Making arrangements for a burial in advance should be no more difficult than providing insurance or having a will. It is a sensible thing to do. By pre-arranging your burial, you can avoid the unnecessary confusion plus the financial and emotional stress that death often brings.

Funeral pre-arrangements are available and recommended with guarantees of no increase in cemetery charges at the time of interment. Pre-Arrangement Funds are placed in a separate account and are withdrawn at the time of the interment. An interest free Time-Payment Plan is available for your convenience.

[www.americanlebaneseawarenessassociation.org/scholarships](http://www.americanlebaneseawarenessassociation.org/scholarships)

**ALAA Scholarships**

**Apply For Scholarship**

**2018-2019 SCHOOL YEAR**

**DCG SCHOLARSHIP Applications** are now available @ [WWW.DCGFOUNDATION.COM](http://WWW.DCGFOUNDATION.COM). Scholarships are to be awarded to 2018-2019 freshman entering Central Catholic High School.

**TECHNOLOGY ADDICTION: WILL WE DO ANYTHING ABOUT IT?** *Author: Bryan Elliff*

The addictive power of technology. It's like ivy on the edifice of our culture, every day growing stronger and finding more and more places to thrive. Today, wherever we go—to work, to school, to the park, to the bathroom, to bed—our technology goes with us to help us, inform us, entertain us, and keep us “connected.”



We all know this and sometimes it makes us sad. Somehow, we know that we've lost something. Was it a relationship? A creative idea? A memory?

We are also willing to talk about it, especially as we see it in others. We cluck our tongues and wag our heads about the “youngsters.” We gasp at the college students and their video games. “What is our world coming to?” we wail. But sometimes, when we're honest, we admit the power that it has over us, too.

This is an important admission, but once we make it, there is yet a harder question that faces us: “Are we going to do anything about it?” Like with eating habits and exercise, talk is cheap.

**A Worldwide Addiction?**

I recently returned from teaching at a Bible school overseas. Imagine me in class as I announce that we will take a 10 minute break. Within seconds, nearly every student has pulled out a phone or computer. For 10 minutes, I sit and look at these 15 faces, lit up by flickering lights. Then class begins again.

I am not trying to disparage these students. This is becoming our world culture. Is it becoming a worldwide addiction?

Technology can be wonderful and useful for so many things. I'm no advocate of a return to scrolls and wax tablets. Like you, I rely heavily on these tools to do my day-to-day work. But I don't know anyone who is blind to the negative effects that it can have if allowed to take control. It can make relationships superficial, dry up creativity, sap thoughtful extended concentration, and just plain waste our time.

What will you do?

Yes, I know, this is yet another article lamenting the effects of technology in our day. But maybe this article will be just a little different, because I'm not just pointing out the problem, I'm really asking, “Are we going to do anything about it?” I don't mean at a cultural level, but personally.

If you think that the internet may have too much of a hold on your time and interest; if it harms your ability to pray, to relate to others, to concentrate; if you believe that perhaps your life could be richer, even more godly if it were freed from this power, let me offer you a few practical suggestions. I hope you will use them, and even modify them, in ways that fit your life.

✓ Consider setting a time each day when you are committed to being disconnected. Perhaps this is between dinner and 8 pm, a time when you can connect in a real way with your family and others.

Reconsider your use of social media. Do you really need several social media accounts? Maybe you should just stick to one or two and get off the others.

✓ Think carefully about the apps you have on your phone. Are these apps distracting you? Do they fill your free moments and even your not-so-free moments? Think of your phone as a tool and use it insofar as it is useful. Is it really enriching to your life to have games or Facebook so readily accessible? We should even think about news and sports apps carefully. Do they provide you helpful information or do they just entertain you with a barrage of stories that have very little effect on your life?

✓ Evaluate honestly whether or not TV is adding value to your life. I'm in no way opposed to a little entertainment now and then and a movie or TV show may be just the right thing, but I've been in many homes where the constantly flickering TV screen dominates the family life. One alternative form of entertainment is reading out loud. My wife and I have really enjoyed doing that together this last year.

✓ Think about going “old school” with a few things that you do. Perhaps you would want to switch back to reading hard-copy books. Or maybe you want to journal with pen and paper. Who knows? It might even be fun to write a real letter now and then!

✓ Finally, try a once-per-month “fast day.” This may be a weekend day when you don't have as many responsibilities that require the use of technology. Try not to use your phone except to call and receive calls and commit to staying off the internet completely. I think you will enjoy this oasis time immensely.