

## **IMPORTANT MESSAGE ABOUT FACEBOOK:**

Our parish believes that caution, discernment and common sense must be used when engaging facebook or any social media. The reason we as a parish are now using it is primarily to get the positive message of the Gospel into people's lives and to communicate Church activities and events. Certainly facebook can be good for people/friends to keep in touch, but it should not be a substitute for avoiding personal contact or whereby people become overly involved in gossip or insignificant chatter which can adversely affect our spiritual health. (2 Timothy 2:16)

Please know that social media has a highly addictive and time consuming effect which can negatively affect our marriages, families and relationships. Therefore we are issuing this friendly warning. If you do not feel comfortable with facebook, our parish is not advocating that you need to sign up for it in order to be connected with parish activity. Certainly you would be connected to the happenings of the parish via the monthly written "Word" and via our parish listserv email ministry.

Also, our parish is an advocate of using technology to get out the message to people to use LESS technology! That means that we want to communicate the message of "less," in order to remind people to take significant breaks from "the screen." Don't let trendy modern gadgetry rule and ruin your life. Use moderation and self-discipline. Take breaks from your home/office computer and smart phone. Get some exercise; take a walk; communicate face to face with your spouse and children; come to church more often to pray and get connected with the "spiritual network," not just the social network.

Finally, I submit this thought to ponder: that the original "face-book" is the Bible, God's Word. And we as Christians are called to read it more and to seek to have His "Book" in front of our "face" more often. If we are spending hour after hour, day after day on facebook, and not spending one second reading the Bible, then something is seriously wrong and out of balance spiritually in our lives. God's Word and the teachings of the Church will keep us in balance and will guide us as to how to conduct ourselves on facebook if we choose to use it.

### READING THE BIBLE:

*"But you must continue in the things which you have learned and been assured of, knowing that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.*

*All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work." (2 Timothy 3:14-17)*

With much love in Christ,

Fr. Christopher