

*God of the Journey,
may this Lenten season
challenge us to a
change of heart:
to live gently,
to love generously,
to count blessings and
walk paths of peace
and inclusion.
Amen*

First Sunday of Lent

What can you change this Lenten season?

Do you overuse social media?

Constant focus on social media can impact not just on your time, your social connections and capacity to connect with others but also on your capacity to understand the complexity of many current social and political issues. Clever algorithms can direct material to your devices much of which is biased, narrowly focused and commercially targeted. In addition, as Pope Francis reminds us ... *the use of digital media, especially social media, has raised a number of serious ethical issues that call for wise and discerning judgment....* (Pope Francis, Message to Participants in the Signis World Congress, 15 July 2022).

How much time do you spend on social media sites each day?

Can you limit your social media exposure this Lent?