



Celebrating Screen-Free Week as a Faith Community

How can we celebrate Screen-Free Week with our faith community?

Screen-Free Week is an annual invitation to play, explore, and rediscover the joys of life beyond ad-supported screens. For communities of faith, it's also an opportunity to remove distractions and spiritual roadblocks and seek out what is meaningful in our lives: restoring attention, strengthening community, cultivating forbearance, feeling joy, and reconnecting to the wonders of the natural world.

This sounds great! Count us in. How do we get started?

Feel free to invite individuals and families within your faith communities to take the Screen-Free Week pledge! If your faith-based organization is hosting an event, you can also register and add it to our interactive map. This is a come-as-you-are, celebrate-as-you-are-able experience, so everyone can pledge and participate!

What kinds of Screen-Free Week activities should we host?

Host any event that you think will appeal to members of your faith community! Host one event or a week's worth, it doesn't matter. Just use your community's values and interests as a guide to thinking about screen-free activities that will appeal to your members.

Help! We need some inspiration. Can you provide suggestions?

Sure! The sky's the limit when it comes to organizing Screen-Free Week activities, but here is a framework for generating ideas:

Service to your place of worship.

Spring is a perfect time to start an outdoor garden at your place of worship! Bring some beauty to the exterior of your sacred space.

Service to others.

Fundraisers, letters to hospitalized patients, outdoor cleanup campaigns, assembling gift baskets to those in need.

Connection to each other.

Potlucks! Talent nights! Bowling! Miniature golf! There are so many fun ways to bring members together.

Connection to the natural world.

Besides gardening, consider a group hike at a nearby trail or nature center, a clergy- or staff-led bike ride for teens, playground meet-ups for younger kids. How about an evening of stargazing?

Creating beauty.

Art projects appeal to multigenerational crowds. The messier, the better!

Turning regular activities into screen-free ones.

If your faith group runs a school or routinely hosts study groups or teen youth gatherings, make those screen-free during Screen-Free Week by stashing phones away. If your faith group has staff, aim for screen-free lunches and other gatherings during Screen-Free Week. Encourage prayer services to be screen-free as much as possible and bring out those paper prayer books! (Note that this does not mean shutting down Zoom prayer services, of course.)

Need more inspiration? Visit our [Resources](#) page for everything you need to make your week successful, meaningful, and fun.

Great! This sounds very doable. But how do we keep the spirit of Screen-Free Week alive all year round?

Easy! Just as faith communities promote sacred time and sacred space, consider enhancing those times and spaces by making them screen-free as well. Post a sign on sanctuary doors that the space is screen-free. Invite members of study groups to turn their phones off or to vibrate during study sessions. Encourage teens to set rules for themselves that will help promote attention during their youth group activities. Host parent/caregiver group meetings to explore together how faith groups and families can fight against the way tech companies design devices to hijack our attention and sap our spiritual strength. Encourage members to adopt a weekly screen-free practice on your particular holy day (see our [Screen-Free Saturdays](#) materials and adapt them to your day of rest).