



*THERE IS A TIME FOR EVERYTHING TECHNOLOGICAL,
AND A SEASON FOR EVERY ACTIVITY UNDER YOUR ROOF:*

A TIME TO TAKE PHOTOS AND A TIME TO REFRAIN FROM TAKING PHOTOS,

A TIME TO TEXT AND A TIME FOR LONG CONVERSATION,

A TIME TO INSTALL APPS AND A TIME TO UNINSTALL APPS,

A TIME TO LIMIT AND A TIME TO USE,

A TIME TO WATCH FUNNY CAT VIDEOS AND A TIME TO READ THOUGHTFULLY IN A CORNER,

A TIME TO DELAY GRATIFICATION AND A TIME FOR LAVISH GIFTS,

A TIME TO KEEP AND A TIME TO THROW AWAY,

A TIME FOR FACEBOOK AND A TIME TO SHUT FACEBOOK DOWN,

A TIME FOR SKYPE AND A TIME FOR GETTING ON AN AIRPLANE,

A TIME FOR DIGITAL ADVANCES AND A TIME FOR SILENT RETREAT.

By Arlene Pellicane

FROM CHAPTER 1, CALM, COOL, AND CONNECTED