



VERMILION CATHOLIC
a legacy of Mount Carmel

Parents,

Feb 24, 2025

This month I'd like to reflect a little bit on this idea: if we do not control technology, it controls us.

Sometimes, when I push the idea of withholding smartphones from and restricting internet access for children, people accuse me of just being reactionary. I'm really not. I love what technology makes possible (you should see my computer setup!), but I also know what makes human beings *good*. So, when the way we use technology interferes with that, I encourage restraint.

Part of what makes a human being good is the ability to wait patiently, to pay attention to what's going on around them, and the ability to *decide* for ourselves what information we will look for. If always having a smartphone or tablet handy means I almost always distract myself or subject myself to pre-selected information (e.g. algorithms doing my thinking for me), then I'm not actually in control of my own brain. I don't control it, it controls me.

By setting limits (not below a certain age, not during certain times of day, not in certain locations), we can begin to re-assert control. As your pastor, I am convicted of the need to support you and your children in this practice of using technology *virtuously* which, yes, sometimes means practicing *not* using it.

If you want a more thorough reflection on how *unrestricted* technology can hurt human beings in their ability to think, watch this excellent video: <https://www.youtube.com/watch?v=QEJpZjg8GuA> (fair warning, he makes one overtly political claim towards the end that you may or may not like, but it doesn't change the value of his overall point)

As always, thank you for being part of our Eagle Family! Know that I'm praying for you all and am available if you need to visit with me about anything.

In Christ,

Father Alexander M. Albert,
Pastor, Vermilion Catholic, a legacy of Mount Carmel
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Lagniappe: I hope to get in the library and read aloud to the children soon, but remember that reading aloud isn't just for little kids! Check out this article on why reading aloud together is for *human beings*, not just children: life-craft.org/the-best-reason-to-read-aloud-together/.

He's got other articles and blogs worth checking out too."