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Bishop of Huși: We live in an age of technology and another type of fasting is required, a media quarantine



His Grace Bishop Ignatie of Huși cautioned that in an age of technology we should extend our fasting rules to technology in order to gain spiritual peace during Lent.

‘We live in an age of technology and another type of fasting is required, a media quarantine,’ the Bishop of Huși stressed during Forgiveness Vespers marking the beginning of Great Lent.

“At least in the first week, let try to be less dependent on phones, social networks, email accounts, lest anxiety, which they throw at us, get inside us,” the Bishop of Huşi urged March 1.

His Grace explained that technology is a blessing, but it also has a very delicate reverse, because it fragments our thinking a lot.

“We become so dependent on technology that it becomes very difficult for us to break away. I think it is necessary, in the world in which we live, such a fasting

type. Fasting is a sacrifice and I think it is a sacrifice to give up our phone."

"It would be very beneficial to detach ourselves as much as possible from those things that do not bring us peace," Bishop Ignatie said ending his sermon.

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