

## **The Beauty of Unplugging**

On Tuesday, March 13th, people unplugged at BELIEVES – and it was beautiful.

As those present engaged in a continuously fluid dialogue with Todd Peneguy, Chief Advocacy Officer for the Computer Museum of America, about many things related to the topic “The Beauty of Unplugging,” what perhaps seemed most apparent of all was that just by being present listening and being a part of the dialogue everything that was spoken of about the benefits of unplugging was already taking place.



Peneguy, whose path to ending up in the role as Chief Advocacy Officer for the Computer Museum of America, has been quite interesting, told those present that throughout the journey the personal philosophy he sought to live out was – “Volunteer for everything, ask for nothing, and don’t screw up.”

“In college, I worked three jobs at times while going to school to make ends meet, and then later on went on to do sales – first for years for Franklin Covey, and then for a tech start-up company in Atlanta – before getting heavily involved in the Technology Association of Georgia (TAG),” Peneguy shared.

Once involved with TAG, Peneguy wound up on a committee with some amazing executives, he said, and before he knew it he was chairing the first Internet of Things (IoT) Symposium in Atlanta in July 2016.

“In the first year, we raised \$130,000, had 650 people register to attend the inaugural symposium, and had speakers come in from the East Coast, West Coast, and as far away as the Netherlands overseas,” he stated.

This experience really crystalized many of Peneguy’s thoughts that were developing for greater Atlanta to be positioned as a hub of technology for the global economy.

However, after 1-2 years of being immersed in all these efforts, Peneguy’s wife said he needed to get a job.

“I was about to go back into sales – the very thing I wanted to get away from – when I got a text from an executive I knew asking, ‘How would you like to run a museum?’”

As Peneguy would come to learn, the founder of the Computer Museum of America, was a lifelong lover of technology who had collected over 250,000 computer artifacts and decided to create the museum to house these and other artifacts on 40 acres of land he owned in Roswell.

“Today, if you look at Atlanta, it is a leader in many ‘right brain’ areas like arts, film, and media,” said Peneguy, “and ‘left brain’ areas, like AgTech, FinTech, and AerospaceTech. The Computer Museum of America is being created to be a space where all of this can come together – a digital renaissance forum if you will, that is something between Davos and South by Southwest.”

On July 20, 2019, the Computer Museum of America will open to the public with the completion of Phase I.

“There will be 44,000 square feet of artifacts available for the public to see making it the largest technology museum on the East Coast,” he said.

Then Phase II will begin – growing the museum to have over 100,000 square feet of computer artifacts available, and making it one of the largest technology museums in the world.

“We believe that the Computer Museum of America can be a catalyst for the technology community like what Billy Payne did for Atlanta with the Olympics in 1996,” Peneguy mentioned.

Having shared what he did, the conversation during the session made an intentional shift to focus on the following questions that everyone present took some time reflect on and then discuss:

1. **What concerns me most about my use of technology is \_\_\_\_\_ (one word answer)**
2. **What are 2-3 principles you'd like to commit to, regarding the use of technology for you personally (and with your family, if applicable)? How would you live these out tangibly on a day-to-day basis?**
3. **Unplugging from technology for \_\_\_\_ period of time each \_\_\_\_ would do \_\_\_\_\_ for me and would entail doing \_\_\_\_\_.**
4. **What would you like to be more informed on to better understand how/when to use technology – or unplug?**

***“What else could you do to let the Lord grow your faith in the remainder of Lent (doesn't have to be giving up some food item, etc.)?”***

As people began to talk about what they were discerning, here's what some had to say.

“For me, the one word answer for what concerns me most about my use of technology is multi-tasking,” said Maureen Becker, an Agile DevOps Coach for AT&T. “I see and believe there's a direct link with multi-tasking, anxiety, and depression.”

Becker further mentioned, “I've been reading a book by Joseph Annibali called *Reclaim Your Brain: How to Calm Your Thoughts, Heal Your Mind, and Bring Your Life Back Under Control*. A key message in the book that's stood out and agree with is that being connected is opposite of being with God.”

Patrice Montavani, a Senior Applications Analyst for Cox Enterprises, added, “Uni-tasking is the new multi-tasking.”

As the dialogue came to a close, all present turned their remarks to talk about what they would be doing more of if they were unplugged.

“Interacting with others, sleeping, playing, failing, and learning from mistakes,” Peneguy stated.