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National Day of Unplugging

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National Day of Unplugging

March 3, 2017 at 7:00 am



The National Day of Unplugging is a 24 hour period – running from sundown to sundown – and starts on the first Friday in March. The project is an outgrowth of [The Sabbath Manifesto](#), an adaption of our ancestors’ ritual of carving out one day per week to unwind, unplug, relax, reflect, get outdoors, and connect with loved ones.

[National Day of Unplugging](#)