

Web offers spiritual nourishment

The World Wide Web is full of sites that prey on human weakness. Yet there are also plenty of spiritually nourishing sites that help users grow in their faith or spend time in prayer or meditation.

A selection of 10 follow.

Beliefnet

www.beliefnet.com

Beliefnet offers articles, blogs, videos and resources focused on faith and spirituality from a variety of traditions. In the section devoted to Catholicism, you can learn about the saints, search an online library of Catholic prayers, discuss current events or take a quiz to see what kind of Catholic you are.

Daily Mass readings

www.usccb.org/nab

If you can't make it to daily Mass, you can still read all the day's Scripture passages on the site of the U.S. Conference of Catholic Bishops. The readings are taken from the New American Bible.

Pray the Rosary Online

www.ourcatholicfaith.org/onlinerosary.html

This interactive site lets you pray the rosary online. You can click on rosary beads and the associated prayers are shown on the screen. Images of the various mysteries are displayed and you can play a sacred chant in the background.

The Interview with God

www.theinterviewwithgod.com

This site features an imaginary interview with God, accompanied by meditative

piano music and stunning nature photographs. You can download the inspirational interview as a screen saver and share it with your friends. This is one of the most visited inspirational sites on the Internet.

Catholic Exchange

www.catholicexchange.com

Catholic Exchange is a dynamic Web site filled with columns, blogs, podcasts and more.

Singles of the Eucharist

www.singlesoftheeucharist.org

Designed for single Catholics, this site encourages visitors to live their lives centered on the Eucharist.

Daily Inspiration

www.daily-inspiration.org

This Web site features an uplifting news item, poem, thought or quotation each day.

Help Others

www.helpothers.org

Believing that kindness can conquer the world, this site offers numerous practical ideas for spreading kindness.

Inspirational Flash Movies

www.inspiringhots.net

See flash movies on topics including friendship and habits of happiness at this site.

Catholic Network of Volunteer Services

<https://www.cnvs.org>

CNVS provides information on how you can volunteer to help others.