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by Mick Forgey

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[The science of 'Technology Shabbat'](#): Today's world glues people to their digital devices and leads to burnout. Millennials and others are adapting an ancient religious practice to take a Tech Shabbat, a day of rest from the online world. A day away has benefits backed by science.

[Kamala Harris has big problems in her way to the nomination](#): Sen. Kamala Harris had a great night in the first round of primary debates. Michael Sean Winters notes her critical obstacles: big money ties, anti-Catholic bigotry and failures as California attorney general.

"I have been through the most painful experience of my life. I want to become a nun to help needy people. I don't want other orphans or nomadic girls from my region to suffer like me." **[Sister inspires Kenyan nomadic girls to join religious life](#)**

[Tragedy, caution and hope as South Sudan marks eight years of independence](#): Tomorrow, July 9, marks the eighth anniversary of South Sudan's independence from Sudan. "Many [South Sudanese] want to be hopeful, but underlying issues are not being addressed," Sr. Joan Mumaw tells Global Sisters Report.

Mary's authentic spiritual leadership, by Patricia M. Bombard: "Stop and think about what makes a person 'authentic.' Now, do the same with someone you would call 'spiritual.' Finally, think of what characterizes a good 'leader.' Are there any traits in common on those lists?"

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