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Our team of copy editors reads and posts most of what you see on the websites for National Catholic Reporter and Global Sisters Report (the NCR project focusing on women religious). The Copy Desk Daily highlights recommended news and opinion articles that have crossed our desks on their way to you.

[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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