

# SPIRITUALITY IN AMERICAN LIFE

## For What Are You Thankful?

(NAPSA)—What's really important in your life? This year, many Americans will be looking to reconnect with those with whom they've lost touch, learning to forgive others for past grievances—and turning to the Internet to find comfort and express gratitude for the things they are thankful for.

According to a recent Harris Interactive<sup>sm</sup> poll, three-quarters (76 percent) of those responding report that this year—with the events of September 11, 2001 still so much in their minds—they will emphasize spending time with family and friends over traditional holiday activities such as vacationing (10 percent) and purchasing gifts (six percent). Many will also be coming together in a special online forum to share affection and express gratitude.

A growing number of Americans are visiting spirituality.com, a community-based Web site dedicated to helping individuals explore ways to make spirituality practical in their lives. People from various backgrounds, countries and faith groups are logging on and sharing their personal spiritual experiences and exchanging ideas about gratitude and forgiveness.

"People are looking for a place to connect with others and discuss ideas, feelings and questions about the state of their lives," says Christine Raymond, Executive Editor, General Manager of the site. "Given the events of September 11th, many are feeling an

increased awareness and appreciation for the meaningful aspects of their lives and are looking for an outlet to express these feelings. This search for things of the spirit we expect will continue and grow stronger over time."

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### Many people find peace in a time of uncertainty on an inspirational Web site

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An online resource for spiritual ideas as well as an interactive community, spirituality.com features inspirational articles, discussion boards and frequent chat events. Each visitor can access a personal, confidential notebook to record his or her spiritual journey. Inspired by the ideas in the spirituality and mind-body connection book, *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, the site also offers the complete text of that book and of the Bible.

Says one visitor to the site, "Today I find comfort in my friends, family and relationship to God. I've been much more grateful since 9/11 for my life and those around me, each moment, each smile shared and each kindness shown. It really matters. It really is important. This is what life is about—goodness, love, friendship." You can share your feelings—and perhaps find a moment of peace in a time of uncertainty—by visiting [www.spirituality.com](http://www.spirituality.com).