

The Vandenberg AFB Chapel Team is here for you, as we navigate through the challenges of the COVID-19 together. Due to the health precautions the 30 SW is taking, the Chapel Team would like to offer following resources to help you with your spiritual resiliency during this time:

II. A VARIETY OF RESOURCES for many religious, spiritual, and philosophical beliefs.

(Buddhism) Zencast podcast - <http://www.zencast.org>

This is a Buddhist podcast sharing a new Dharma lesson each Sunday.

(Buddhism) Free Guided Meditations - <http://marc.ucla.edu/body.cfm?id=22&oTopID=22>

This website provides mindful mediation podcasts that are free. They are offered in English and Spanish.

(Catholic) Free Religious Education - <https://stpaulcenter.com/free-stream/>

"The Eucharist in Scripture" gives parents and children excellent insights into the Eucharist which can help your own deeper understanding of this sacrament.

(Catholic) Faithmag - <https://faithmag.com/spiritual-fitness>

A digital magazine of insightful articles to enhance your spiritual fitness from the Catholic diocese of East Lansing, Michigan.

(Catholic) Word on Fire - <https://www.wordonfire.org/>

Dedicated to understanding the Catholic faith and the world today, this site has thoughtful videos, blogs and other resources.

(Catholic) Catholic Christian Outreach - <https://cco.ca/resources/>

A university student movement dedicated to providing resources on spiritual growth. Their lessons focus on how to live in the fullness of the Catholic faith, with a strong emphasis on leadership.

(Catholic) The Understanding the Scriptures Podcast: <https://catholicboard.com/>

(Catholic) Bishop Robert Barron's theological studies: <https://www.wordonfire.org/>

(Catholic) Busted Halo: faith shared joyfully: <https://bustedhalo.com/>

(Ecumenical) Pray as You Go - <https://pray-as-you-go.org/player/prayer%20tools/2760>

Podcast - currently has a special feature called "Pray as You Stay." Follows the Ignatian method. Provides general prayer resources such as the "Lectio Divina." The website also offers various prayers such as a "Prayer for Loneliness."

(General Spirituality) Service-Growth - <https://www.servicegrowth.net/>

This general spirituality portal contains over 600 resources linking you to the wide range of groups, initiatives, and resources engaged in supporting a quantum shift in human consciousness as well as individual spiritual growth.

(Humanism) Church of Spiritual Humanism - <http://www.spiritualhumanism.org>

This website has many resources to aid a practice and enrich the life of anyone who identifies with humanism.

(Jewish) JWB Jewish Chaplains Council – <http://www.jcca.org>

A website supporting Jewish personnel of the Armed Forces with resources and information and advocacy concerning Jewish life.

(Multi-faith) Labyrinths - <http://www.labyrinth.org.uk/onlineLabyrinthpage1.html> or <https://labyrinthssociety.org/experience-labyrinths>

Labyrinths of various kinds are available both online and for print.

(Multi-Faith) Patheos - www.patheos.com

This website provides a wide variety of spiritual and religious resources. Many different faiths are represented on this site.

(Multi-Faith) Spirituality and Practice - <https://www.spiritualityandpractice.com/>

Serves people of all the world's religions and spiritual paths and those with no tradition to provide the wisdom and practices of spiritual traditions from across the globe.

(Multi-Faith) Religion Facts - <http://www.religionfacts.com/>

This website provides free information on the world's major religions, as well as the rituals and customs that go along with them.

(Multi-Faith) Beliefnet - www.beliefnet.com

Beliefnet helps people find and walk a spiritual path that instills comfort, hope, strength and happiness. It is through this discovery that their readers are empowered to live a more meaningful life.

(Protestant) Eternal Leadership podcast - <http://eternalleadership.com/media/podcast/eternal-leadership-podcast/>

Can be found on most podcast services. This is a Protestant Christian based podcast dedicated to equip and inspire leaders to accomplish what God has created in them!

(Protestant) Family Life - <http://www.familylife.com>

Provides transferrable, biblically-based help for you at every stage of your marriage and family life.

(Protestant) Focus on the Family - <https://www.focusonthefamily.com>

An organization committed to redeeming families, communities, and societies worldwide through Christ

(Yoga) Yoga Alliance - <https://www.yogaalliance.org/>

A website that explains what yoga is and how it can be beneficial for one's health and mind. The website allows one to find yoga instructors near them and different yoga's practiced within their community.