Creating RSS feeds in Confluence is easy.

Usage:
{rss: url=my_rss_url}

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Required</th>
<th>Default</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>my_rss_url</td>
<td>yes</td>
<td>none</td>
<td>the url to the RSS feed</td>
</tr>
</tbody>
</table>

Example:
{rss: url=http://www.bbc.co.uk/syndication/feeds/news/ukfs_news/world/rss091.xml|max=5}

Could not access the content at the URL because it is not from an allowed source.

You may contact your site administrator and request that this URL be added to the list of allowed sources.

Insert CNN feed here.