



In a time of uncertainty and doubt, the Ministries Foundation encourages you to take 5-10 minutes today to pray, meditate or connect to your spirit. This weekly email will include either a simple prayer, reflection, poem or piece related to spirituality and contemplation.

Even though it's Friday, there's no reason not to use these [great tips from Destress Monday](#) to make sure your weekend is as calming as possible.

Be safe and healthy everyone.

Prayer adapted from Sarah's... an Oasis for Women

Creator, by all the names we know you,
We thank you for our lives today.

We thank you for the
food we eat and for
Earth giving us animals,
fruits, vegetables, and grains;
For Rain and Sun
making it ripe and good.

For the many hands
that worked in forests,
streams, mountains, and fields
to bring it to us and
for the energy, health,
and strength for all of us,
and everyone that
we care about to
be free of illness,
particularly in this
time of a pandemic.

Thank you for this
beautiful day and for happy hearts, As
we receive your blessings.

Thanks for darkness,
stars and moon at
night to give us rest.
We thank you for
our communities
and for people who are
welcomed home finding
hope, peace, safety,

love, and beauty.
We are grateful that
our families are free
of illness at home and
Ask for your blessing
that they may continue
to be healthy and strong
And know the love
of the community
that surrounds them.

We hope that we may
become kind and good
in all we say and do
And in doing so
grow more loving
to each other and
to all of the creatures
in the world, some
lacking love, some facing
great illness or crisis,
and those who do not
have a home or food to eat.

Thank you for these and all things,
Amen.

Join Us in Justice

Last week the US Federation of the Sisters of St. Joseph embarked on a new series of reflections, centered around the upcoming November 3rd elections. [Follow along on their Facebook page](#) for weekly posts.

Worried about voting in person? Check the [absentee ballot deadlines](#) for your state and educate yourself about the candidates on your ballot. Everyone's vote counts - make a plan to exercise your constitutional right and [know when your state votes](#).

