



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.

Remember the [30 Days of Silent Prayer](#) event that happened in July? Read the creators' [message of gratitude](#) and learn about other ways you can continue to be involved, even from the comfort of home.

Wishing you a weekend of safety, peace, and comfort.

Reflection Prayer

[From Matter of Spirit, a publication of the Intercommunity Peace & Justice Center](#)

May each of us come to understand that,
ultimately, "my" experience of freedom,
justice and peace is inextricably
linked to the freedom, justice and peace
of every other person in our
county and city,
our country and our world.

May we open our eyes to
the invisible lines of connection
that unite us, and with clarity of vision,
continue to work for a world
where every person's life is valued,
cherished and loved.

Amen.

Rabbi Andrea Goldstein

Join Us in Justice

The U.S. Federation of the Sisters of St. Joseph have so far published three weeks of CSSJ reflections, rooted in the ten principles of Catholic Social Teaching. Share them with your community, reflect on them personally, or call up a friend and discuss. Then check out its [Civic Engagement page](#) for more resources and to continue following along.



1. How does the CSSJ Charism guide our vision to see anew with the eyes of our heart AND inspire reflection on the signs of these times and our candidates?
2. How can we call out barriers preventing voting during this pandemic? How can we advocate for voter protections to ensure our dear neighbors can vote?
3. How does the CSSJ mission to bring all people into union with God and one another energize me? How can I be a bridge of unity as I engage in dialogue and actively listen without judgement?