



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.

Today is the 57th anniversary of the March on Washington and tens of thousands are expected to march in Washington, DC today for the "Get Your Knee Off Our Necks" March. [Join in virtually](#) and take time to remember today that

"No one is free until we are all free"

~Martin Luther King Jr.~

We Are Here

Mary Lang, CSJ

We are here.

We are here with an
open mind and heart,
not an open hand.

We are here to give.

To add value.

To be inspired.

To inspire.

We are here to
start a small business,
write a song,
find a cure,
open a law firm,
become a teacher,
discover a new star,
bring home a gold medal,
develop new technologies
and so much more -

if you give us the chance.

We are the same
as every immigrant
who has come before us.

Filled with dreams.
Determined to contribute.
See our potential.

We are all here.
And our story is an American story.

We Are Here
Sister Mary Lang, CSJ
New York Times 2014

Join Us in Justice



August 26 marked the day when the 19th Amendment was voted into law, securing the vote for women. In honor of the 100th anniversary of women being given the right to vote check out [The Women's Vote Centennial Site](#) and [Forward into Light](#).

And make sure that you are [registered to vote](#).