



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.

Looking for a bit of brevity in an otherwise overwhelming world? This ["U Can't Touch This" video](#) by an Alabama high school principal is sure to help. While you're at it, [take a dance break](#) while at home.

Be safe, healthy, and don't forget your mask!

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### **To Hold in Prayer**

*Originally created by Jill Underdahl, CSJ*

May I be inclusive  
in my welcome—  
supporting everyone  
on their journey.

May my support of all  
strengthen the life of  
my community and  
impact of its mission.

May my commitments  
to my community  
contribute to the  
healing of the world.

I ask that this prayer  
is placed in the  
Spirit of St. Joseph,  
model of faithfulness,  
protection and dreams.

**Amen**

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## Join Us in Justice

Looking for ways to give back to Minnesota Twin Cities' communities? The [Twin Cities Mutual Aid Map](#) is regularly updated and has a wealth of information about ways to get involved and help out.

Don't live in Minnesota? Search for your local food bank, social justice nonprofit, or mutual aid network and consider donating over the weekend. Although most of us don't work Saturday and Sunday, the needs of others never take a break.

