



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 the weather may have kept you indoors this week, pump the air conditioning or head outside to [take a dance break](#) with your self, family, or neighbors. Then visit the [Healing Our City project page](#) organized by Don and Sondra Samuels in North Minneapolis.

Take care all.

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### **[A July 10 Reflection, from the Sisters of St. Joseph](#)**

Life is not meant to be rigid or stagnant.

It is ever changing,  
ever moving, ever evolving  
into new expressions.

To be in a state of  
permanent changelessness  
and the ceasing of vital mental activity  
is death.

When we see the possibility  
that things may be viewed  
with a new perspective  
we choose life.

We choose life  
when we allow ourselves  
to evolve and change.

We choose life  
when we are open-minded.

We choose death  
when we are closed to newness  
and cling to our limited view.

When we are stuck  
in our own certitude  
and rigidity  
and self-centeredness,  
we choose death.

We choose death  
when we stand in judgment  
of others and criticize their ways  
instead of being open  
to the gifts they offer.

Within ourselves is  
the power to grow  
into a new vision  
with a new spirit.

We have the power to choose and live.

*I set before you life or death, blessing or curse. Choose life then,  
So that you and your descendants may live.*

***Deuteronomy 30: 15-20***

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### **Join Us in Justice**



Help protect asylum seekers and encourage Congress to protect those seeking safety and refuge in the United States. Make your voice heard by July 15 by [submitting a public comment](#) and [calling your U.S. Senators and Representative](#).

This proposed rule change would directly effect many of the residents of Sarah's... an Oasis for Women and negatively effect people in our communities searching for Healing & Hope.

[Visit the Take Action page](#) for more ways to get involved and encourage your friends to join you in the fight.