



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.

As you move into the weekend remember that before taking care of others, it is equally important to take care of yourself. Incorporate these [10 Breathing Techniques](#) into your daily routine or work on the art of the [Sun Salutation](#).

July 22 marks the Feast of St. Mary Magdalene, which celebrates the steadfast love of an inspirational woman. Share the prayer below with your family and friends and remember that we all need love, now more than ever.

Be well everyone.

[Prayer in the Spirit of the Two Trinities](#)

God of Inclusive Love,
Christ of Outpouring Love,
Spirit of Communal Love,
breathe in us and among us,
Sisters of St. Joseph and Associates,

May we join together
with the zeal of Jesus,
a zeal marked by generous courage
and humble self-emptying love,

the fidelity of Mary
who was filled to overflowing
with every kind of grace,

and the cordial charity of Joseph
whose service was grounded
in relationship with God
and neighbor without distinction.

Rooted in the rich heritage
of the women who are our past,
seized by the same Love
that impelled them to be in relationship
with the reality of their changing world
and changing times,
inspired by their vision, integrity, and fidelity,
we enter into this our time together
with courage and hope.

Our God, the people of our world,
our Earth, and all creation,
call us to embrace
ever widening circles of communion.

May our time together
impel us to action,
action that stirs up Love,
is connective and inclusive,
and deepens our commitment
to be and become Your people.

Amen.

*Adapted from Sisters of St. Joseph of Boston, Chapter 2005-06
[St. Joseph Spiritual Ministries](#)*

Join Us in Justice

If you are looking for ways to contribute to the growing need in Twin Cities communities, check out the [Twin Cities Mutual Aid Map](#) for places open to receiving and distributing donations.

The need for services and care is great everywhere in our current climate, and justice for all means helping neighbors in need so we all can do better. Consider looking up a local food pantry or donation site in your area and giving someone a little hope before the weekend begins.

