



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.

Having a hard time sleeping or staying asleep with the onslaught of news and change? [Review these tips](#) about getting good sleep and get back to counting sheep in peace and then [read this article](#) for some feel good "We can do it!" inspiration from one of the original Rosie the Riveters.

Have a safe and healthy weekend everyone.

---

#### [Timeless Moments](#)

This day stop for a moment  
and take some time to reflect  
on the gift of love given  
unconditionally to you from God.

What have you done with such a treasure?

Have you shared it with those  
who have forgotten they carry  
such treasure within them?  
Have you shared it with those  
who think of themselves  
as unworthy of such a gift?  
Have you offered it to those  
ashamed and burdened?

Has this treasure given you  
the power to forgive yourself  
and those you have harmed?  
Have you been able to forgive those  
who have harmed you?

In a moment everything can change  
from one choice to share  
the unconditional Love of God  
within all of creation.

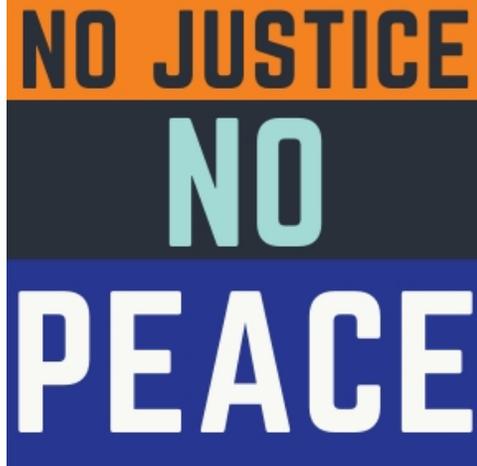
*~Sister Jeanne Rodgers, CSJ~*

---

## Join Us in Justice

The Justice Office asks us to stand up for social justice and make our voices heard. [Check out its Take Action page](#) for updated ways you can be involved in your Communities. This week act for systemic change during the Minnesota Special Session by calling or emailing your MN Senator and telling them:

*“As a constituent, I ask you to support the reforms suggested in Special Session Senate File – SSSF 104, which prioritizes public safety, prohibition of certain restraint holds, increased citizen oversight and community policing measures, training that focuses on de-escalation rather than ‘warrior’ style combat training, and more accountability for officers who use excessive force.”*



**NO JUSTICE**  
**NO**  
**PEACE**