



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.

In June the St. Joseph Workers hosted the 11th Day Prayer for Peace and also concluded their Worker years on June 28. Each Worker offered a short reflection about their year of service. [Watch the first](#) and for a little fun today, take a short break and [listen to the music](#) they created together throughout the year.

Be well everyone.

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#### [Prayer for Self-Care](#)

Lord, lift me up for Your blessings today.  
I pray that you will anoint me with strength  
and self care today, tomorrow, and always.

I pray that you will grace me  
with patience and wisdom.  
I pray that You will encourage  
me throughout the day  
to take the correct steps to walk proudly,  
and behave well.  
I pray all of these things in Your name.

**Amen.**

*~Unknown~*

#### [Prayer for Mental Healing](#)

Jesus, I know that when  
you walked on the earth,  
you trod upon hard places,  
you felt the strain of this world  
and the pressures of mental torment.

So I ask that you would  
come besides me now,  
lead me through this time  
where my mind cannot cope.  
Help me to find peace  
and calming inner thoughts.  
You hold me safe Lord,  
I trust in you.

**Amen.**

*~Unknown~*

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## Join Us in Justice

This week the Justice Commission is asking you to take action and advocate to dismantle discrimination and racism, reform policing, and create unity and a more just world for all by supporting the [Justice in Policing Act](#).

Please call your U.S. Senators and U.S. Representative and share this message:

*I am asking you to support the **Justice in Policing Act** introduced into the House of Representatives (HR 7120) and as Senate bill (SR 3912). Black lives in the United States have been under attack for too long. This is wrong; every human life is sacred and valuable and racism is a sin. Justice cannot wait. Please act quickly to pass this needed legislation.*

[Visit the Take Action page](#) for more ways to get involved.

