



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.

What follows below is a Loving Kindness Meditation, adapted from the Penny George Institute for Health & Healing at Allina Health, and introduced to us by Consociate Maureen Rose Doran. Before repeating the below words, begin by becoming aware of the breath, aware of the body.

Noticing any sensations at the bottom of your feet, top of the feet, perhaps wiggling the toes. Become aware of your feet connected to the floor, and to the earth beneath you. Now opening up to noticing any sensations in your body as you breathe. Simply resting in this moment, present to what is around you.

Have a safe and healthy weekend everyone.

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### **A Loving Kindness Meditation**

[from the Penny George Institute for Health & Healing, Allina Health](#)

Bring your focus to your heart center  
and notice how it feels,  
knowing that ANY feeling is ok.  
This is a challenging time and  
all kinds of feelings may emerge.

While maintaining awareness of the heart, repeat these words:

May I be well,  
May I be healthy in body,  
mind and spirit.  
May I be safe,  
peaceful and at ease.  
(pause)

Now sending these same words out to loved ones:

May you be well.  
May you be healthy in body,  
mind and spirit.  
May you be safe,  
peaceful and at ease.  
(pause)

Now, sending these words of compassion  
to all beings within and around the world:

May everyone be well.  
May everyone be healthy in body,  
mind and spirit.  
May everyone be safe,  
peaceful and at ease.  
(pause)

Together, we offer support  
and ask for protection for each other  
and for our frontline caregivers -  
our nurses, doctors, leadership  
and all support staff,

We honor and support you.

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### **Join Us in Justice**

This week, check out the [Antiracism Action Alert](#) found on the Sisters of Saint Joseph U.S. Federation page and take 5-10 minutes to reach out to your local and national officials. Every voice counts and our communities need us now, more than ever.

Don't want to leave a voicemail or make a call? Email your U.S. Senators and U.S. Representative by sending them [this pre-written email](#), or write your own email ([Senators & Representative](#)). The Network Lobby's email system will send your designated officials the message, based on address.

