



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.

These two articles have great ideas for at-home meditations to help quiet your mind and center. The [15 Mindfulness Activities to Reduce Stress and Increase Calm](#) are easy to implement at your desk and the [5 Meditation Practices for People who can't Sit Still or Clear their Minds](#) has great ideas for people who dislike the idea of thinking about nothing.

Read the below prayer and let it guide you to a place of focus and serenity. Let it help you regain the strength to not keep silent in the face of injustice. Use it to recharge and get back to the work we must all continue to do.

Be well everyone.

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#### [A Litany for Peace](#)

As we are together praying for Peace,  
let us be truly with each other.  
Silence.

Let us pay attention  
to our breathing.  
Silence.

Let us be relaxed in  
our bodies and our minds.  
Silence.

Let us return to ourselves  
and become wholly ourselves.  
Silence.

Let us be aware of the Source of Being  
common to us all and to all that is.  
Silence.

Evoking the presence of the Great Companion,  
let us fill our hearts with our own compassion -  
towards ourselves and toward all living beings.  
Silence.

Let us pray that all living beings realize  
that they are all nourished from  
the same Source of Life.  
Silence.

Let us pray that we ourselves cease  
to be the cause of needless suffering.  
Silence.

Let us pray that we may live in a way  
which will not needlessly deprive  
other living beings of air, water, food, shelter,  
or the chance to live in health.  
Silence.

With reverence for Life  
and with awareness of the sufferings  
that are going on around us,  
let us pray for the establishment of peace  
in our hearts and earth.

*Thich Nhat Hanh is a Buddhist monk practicing in the art of mindfulness.*

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The Justice Commission has a list of action items and alerts so you can continue to involve yourself in justice. They encourage everyone to continue to:

- Be a Voice for Justice
- Call your Elected Officials
- Be a Champion
- Be a Supporter
- Be Persistent
- Vote!



[Check out their Take Action page](#) and set aside some time this weekend to make your voice heard.