



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.

We hope that you have been able to rest, reflect, and recharge this week and can move into the weekend in peace. Although Monday is still a few days away, [Destress Monday](#) has some tips for manage and reducing stress, good for any day of the week.

Be well everyone.

A Prayer of Intercession

O God, you made us in your own image
and redeemed us through Jesus your Son.
Look with compassion on the whole human family;
take away the arrogance and hatred that infect our hearts;
break down the walls that separate us;
unite us in bonds of love;
and, through our struggle and confusion,
work to accomplish your purposes on earth;
so that, in your good time,
every people and nation may serve you
in harmony around your heavenly throne.

Lord in your mercy, **hear our prayer.**

O God, where hearts are fearful and constricted,
grant courage and hope.
Where anxiety is infectious and widening,
grant peace and reassurance.
Where impossibilities close every door and window,
grant imagination and resistance.
Where distrust twists our thinking,
grant healing and illumination.
Where spirits are daunted and weakened,
grant soaring wings and strengthened dreams.

Lord in your mercy, **hear our prayer.**

O God, call us into a deeper relationship
to be your church for the sake of the world.
Help us to see with new eyes the injustices
within church and society.
Call us to have a loving heart that respects and uplifts the
humanity and dignity of every person;
open our ears to listen to and learn
from the experiences of people of color.
Open our mouths to speak up and about injustices.
Join us with others to work for racial equity
and inclusion for all people.

Lord in your mercy, **hear our prayer.**

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From [Worship Resources: Juneteenth](#)

There are many ways today to take action and get involved: donate to a cause doing good work, call your representatives and demand change, volunteer at a local organization, sign a petition. Another great way is to educate yourself through books, articles, and media, and [Scaffolded Anti-Racist Resource list](#) is a great place to start. It's organized, succinct, and easy to use.

Didn't get to check out the action items found on the Justice Commission's page last week? You can still [visit their Take Action Page](#) and use your voice to help enact positive change.

