



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.

[By Breath](#) - composed, written, and performed by Sara Thomsen - is music to listen to while reflecting, resting, or working. Need a visual to help quiet your brain? Nathan Pyle has a series of excellent [meditative breathing rituals](#). Listen, breathe, read the prayer below, and dedicate yourself to caring for your fellow neighbor.

Be well everyone.

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### Prayer for DACA Recipients

Good and Gracious God,  
we thank you for the resiliency of the Dreamers,  
for their courage and ability to share gifts  
under challenging conditions.

We come together in gratitude  
for their service to our communities  
and great contributions to our nation.

As adults, many have created  
their own families with children,  
children who are citizens.

We hold in prayer legislators who  
determine the future of these young people.  
May they pass humane and comprehensive legislation,  
providing Dreamers their long awaited citizenship.

While awaiting for a resolution on DACA  
we pray that hope not be lost.

May Dreamers know of our support,  
love, action and prayers.

We stand in solidarity with them,  
their families and our communities.

Good and Gracious God,  
continue to give us the wisdom  
and strength to be a voice on their behalf.

Amen.

*\*From the Sisters of Saint Joseph U.S. Federation  
[Prayer for DACA Recipients](#)\**

## Join Us in Justice

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.

This week help the Justice Commission and use your voice to advocate for a path to citizenship for DACA youth. [Check out the DACA Action Alert](#) and urge your Senators to protect and provide a road to citizenship for immigrant youth, TPS, and DED holders.

