



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.

If you are feeling lost and unsure of how to move forward, we encourage you to watch and pray along with the [CSJ Prayer for the Dear Neighbor](#) and [Wage Peace](#); both by the talented Lori True.

We hope you find the time and space to reflect this weekend.

Be well and safe everyone.

**Father Bryan N. Massingale is a theology professor at Fordham University.
The below text comes from his book "Racial Justice and the Catholic Church":**

Social life is made by human beings.
The society we live in is the outcome of human choices and decisions.
This means that human beings can change things.
What humans break, divide, and separate,
we can - with God's help - also heal, unite, and restore.

What is now does not have to be.
Therein lies the hope.
And the challenge.

*Come, Holy Spirit!
Fill the hearts of your faithful.
Enkindle within us the fires of your love.*

*Come, Holy Spirit!
Breathe into us a fiery passion for justice.
Especially for those who have the breath of life crushed from them.*

Amen.

[Taken from the article "The assumptions of white privilege and what we can do about it" found on National Catholic Reporter at <https://www.ncronline.org/news/opinion/assumptions-white-privilege-and-what-we-can-do-about-it>