



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 lonely and isolated, remember that you are not alone. [Play this amazing video](#) and make sure to share the following prayer with a friend, neighbor or family member.

Be well everyone.

~From 'Encyclical Letter [Laudato Si'](#) of the Holy Father Francis on care for Our Common Home'; given in Rome at Saint Peter's on May 24, 2015~

A Christian prayer in union with creation

*Father, we praise you with
all your creatures.
They came forth from your
all-powerful hand;
they are yours, filled with
your presence and your tender love.
Praise be to you!*

*Son of God, Jesus,
through you all things were made.
You were formed in the womb of
Mary our Mother,
you became part of this earth,
and you gazed upon this world
with human eyes.
Today you are alive in every
creature in your risen glory.
Praise be to you!*

*Holy Spirit, by your light
you guide this world towards
the Father's love and accompany
creation as it groans in travail.
You also dwell in our hearts
and you inspire us to do what is good.
Praise be to you!*

Triune Lord,
wondrous community of
infinite love, teach us to
contemplate you in the beauty
of the universe, for all
things speak of you.

Awaken our praise and thankfulness
for every being that you have made.
Give us the grace to feel profoundly
joined to everything that is.

God of love, show us our place
in this world as channels of your love
for all the creatures of this earth,
for not one of them is
forgotten in your sight.

Enlighten those who possess
power and money that they may
avoid the sin of indifference,
That they may love the common good,
advance the weak,
and care for this world in which we live.

The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.
Praise be to you!

Amen.

