



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.

The below reading is an excerpt from Martin Luther King Jr.'s "I Have a Dream..." speech given in 1963. His famous speech is most often quoted but when was the last time you read the whole thing? If you are feeling lost, uncertain, or hopeless, take some time today to [read it in its entirety](#) and reflect. Call up a friend or relative and read it together. It is more than worth the read.

And if you are feeling like more reading and reflection, the St. Paul Province released a Justice Statement this week about the fatal arrest of George Floyd. [Read it here](#) and help us spread the word.

Be well and safe everyone.

I have a dream today...
I have a dream that one day every valley shall be exalted,
every hill and mountain shall be made low.
The rough places will be made plain,
and the crooked places will be made straight.
And the glory of the Lord shall be revealed,
and all flesh shall see it together. This is our hope.
This is the faith that I go back to the South with.
With this faith we will be able to hew out of the mountain of despair
a stone of hope. With this faith we will be able to transform the jangling
discords of our nation into a beautiful symphony of brotherhood.
With this faith we will be able to work together,
to pray together, to struggle together, to go to jail together,
to stand up for freedom together,
knowing that we will be free one day.

This will be the day when all of God's children
will be able to sing with new meaning.
"My country, 'tis of thee, sweet land of liberty, of thee I sing.
Land where my fathers died, land of the pilgrim's pride,
from every mountain side, let freedom ring"
And if America is to be a great nation, this must become true.
So let freedom ring from the prodigious hilltops of New Hampshire. Let
freedom ring from the mighty mountains of New York.
Let freedom ring from the heightening Alleghenies of Pennsylvania. Let
freedom ring from the snowcapped Rockies of Colorado.
Let freedom ring from the curvaceous slopes of California.

But not only that.
Let freedom ring from Stone Mountain of Georgia.
Let freedom ring from Lookout Mountain of Tennessee.
Let freedom ring from every hill and molehill of Mississippi,
from every mountain side.
Let freedom ring...

When we allow freedom to ring -
when we let it ring from every city and every hamlet,
from every state and every city,
we will be able to speed up that day when all of God's children,
black men and white men,
Jews and Gentiles,
Protestants and Catholics,
will be able to join hands and sing in the words of the old Negro
spiritual, "Free at last, Free at last, Great God a-mighty, We are free at
last."

*~Martin Luther King, Jr.~
from "[I Have a Dream...](#)"*