



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.

With rising Coronavirus cases, morning temperatures quickly dropping, and the elections happening in less than three weeks, there are many things to be stressed about recently. Take a moment this weekend to [Embrace Change This Fall Season](#) and explore the [practice of meditation](#).

Take care and be well friends.

Everything you
do has an impact.

Who you are
- that you are
actually matters.

In an interconnected
world (the only kind we have),
our actions and the actions
of others are inextricably
linked - we are always
and forever in a dance
of mutual influence
with those with whom
we directly and indirectly
participate.

Paul Greiner
from the [Sisters of St. Joseph Brentwood](#)

Join Us in Justice

The election is only 18 days away and the CSJ Community believes that thoughtful participation and engagement in the civic process is a direct responsibility of faith. Do you have a plan to vote? Have you talked with your friends, families, and neighbors about their plans to vote? Check out [Love Vote Rise](#) for important dates, reminders, and information.

This week the CSSJ Federation of St. Joseph asks us to consider,

"How do I participate in & bring people of various faiths, cultures, economic statuses or racial differences together for the common good?"

