



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.

This weekend dedicate time to reflecting on what you are thankful for: your health, your family, your dog, the fall colors. Follow along with a [guided meditation from DeStress Monday](#) and end your Friday calmly.

In gratitude and health.

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On the 151st anniversary of his birth,  
a reflection by ***Mahatma Gandhi***

Nonviolence is the  
greatest force at the  
disposal of humanity.

It is mightier than the  
mightiest weapon of  
destruction devised by the  
ingenuity of humanity.

Nonviolence is not  
passivity in any shape or form.

It is the most active force in the world...

Just as one must learn  
the act of killing in the  
training for violence,  
so one must learn the art  
of dying in the training  
for nonviolence.

One person who can express  
nonviolence in life exercises  
a force superior to all  
the forces of brutality...

My optimism rests on my belief  
in the infinite possibilities of the  
individual to develop nonviolence.

The more you develop  
it in your own being,  
the more infectious it becomes  
till it overwhelms your  
surroundings and by and by  
might oversweep the world...

When the practice of  
nonviolence becomes universal,  
God will reign on earth as  
God reigns in heaven.

*~Mahatma Gandhi~*

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### **Join Us in Justice**

The U.S. Federation of the Sisters of St. Joseph is hosting a 4-part series on Restorative Justice. The next workshop is October 10 at 2pm and focuses on racism and restorative justice in Catholic institutions. Workshops are FREE but [registration is required on eventbrite](#).

And don't forget to check the Federation's [Civic Engagment page](#). Share it with a friend this weekend and figure out how you can get more involved in social justice in your community.

