



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 live in the Midwest you most likely spent the week watching the snow fall outside your window and may be asking yourself, "What can I do to survive this next season of pandemic winter?" Start with [how to handle the winter dread](#) and then read how to [make your calm contagious](#). The upcoming months may look bleak to some, but we can do this, together.

Take care, be well, and have a good weekend friends.

Lord, it's likely that
sometime today someone
will push my buttons
challenge my good will
misread my intentions
tick me off
try my patience
rattle my cage
judge me in haste
test my kindness
or do all of the above...

Give me the grace I'll
need at such times
to respond with patience
to trust and accept
to listen carefully
to reach out in peace
to be fair and just
to anticipate goodness
in all my words and deeds...

I know this is a lot to ask,
Lord, but I need your help
to do for others
as I'd have them do for me...

Amen.

- Rev. Austin Fleming
From jesuitresource.org

Join Us in Justice

The election is in **eleven days** and if you have not already, please make a plan to vote. Do your civic duty and vote on November 3 but first [make sure you're registered](#).

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

"The pandemic & this recession have deeply impacted many. What are candidates on your ballot doing to provide for people most harmed, such as do they support extending unemployment insurance?"

