



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 Justice Commission, a program of the Sisters of St. Joseph Ministries Foundation, hosted 15 minute reflections on Environmental Racism throughout the week. Watch the videos on the [CSJ YouTube channel](#) and reflect on the ways that you can fight injustice in your neighborhood and communities.

In gratitude and health.

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### **Autumn Months**

O God of Creation,  
you have blessed us  
with the changing  
of the seasons.

As we welcome the  
autumn months,  
may the earlier  
setting of the sun  
remind us to take  
time to rest.

May the brilliant  
colors of the leaves  
remind us of the  
wonder of your creation.

May the steam of our  
breath in the cool air  
remind us that it is  
you who give us the  
breath of life.

May the harvest from  
the fields remind us of  
the abundance we have  
been given and bounty  
we are to share with others.

May the dying of summer's  
spirit  
remind us of your  
great promise that  
death is temporary  
and life is eternal.

We praise you for  
your goodness  
forever and ever.

**Amen.**

~Author Unknown~  
from [Autumn Prayers](#)

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## Join Us in Justice

This week the reflection from the Sisters of Saint Joseph U.S. Federation asks: *'How can I become informed about my community's budget priorities and advocate for aid to people experiencing job losses or economic hardships to avert housing instability and homelessness?'*

The 2020 elections are only 4 weeks away, do you have your [plan to vote](#)?

