



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. Our weekly Friday email will include a simple prayer, reflection, poem or piece related to spirituality and contemplation.

If you are looking for a connection with others, consider attending a [CSJ Centering and Sharing of the Heart Circle](#). Take a moment to read the attached prayer to yourself and your loved ones, and be well.

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Be silent.

Be still.

Alone.

Empty

Before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God look upon you.

That is all.

God knows.

God understands.

God loves you with an enormous love,

And only want to look upon you

With that love.

Quiet.

Still.

Be.

Let your God-

Love you.

*["Let Your God Love You"](#) ~ Edwina Gately*