



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 week our thoughts and prayers are with those affected by the wildfires in Oregon, Washington, and California. If you are looking for a way to help, check out this [list of places to donate](#).

Be safe & well this weekend friends.

(and don't forget to [wear your mask!](#))

The Invitation

from the [Sisters of St. Joseph in Baden, Pennsylvania](#)

Each day invites us over and over
again to pray in gratitude
for what we are able to offer
to take care of each other.

So... leaving the illusion
of control behind and
getting out of our comfort zone,
we pray to the God of our souls to help us.

We move outside ourselves to encourage,
welcome the opportunity to pray
for those who must work to help us,
make friends with silence,
to slow our overactive need
to fill every moment with doing,
and become listeners of hope.

We are becoming a universe
of caregivers without borders
but not without boundaries
so that the variety of God's
image among us is appreciated.

Together we work to ensure
that this "great leveler"
may be approached and healed.

With all of our gifts
offered in our own unique manner
we are becoming
a community of the world,
a community of Love.

~Sister Jeanne Rodgers, CSJ

Join Us in Justice

The 2020 general election is only **6 weeks away** and the Sisters of Saint Joseph U.S. Federation continues to post weekly [reflection questions](#). Make a plan for how you'll vote early and [confirm your voter registration status](#).

Today, September 18, marks the first day of the 10 Days Free from Violence 2020 hosted by the Twin Cities Nonviolent group. There will be sessions on peace and non-violence, prayers, and meditations, all led by a diverse panel of theologians, activists, and thinkers. Find more [information and register on their website](#).

