



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.

Over this long weekend you may be stuck at home or stuck in a house of relatives. Try this breathing exercise, [Bhramari Breath](#), and instantly reclaim your calm.

Be well this weekend.

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### Don't Hesitate

If you suddenly and  
unexpectedly feel joy,  
don't hesitate.

Give in to it.

There are plenty of lives  
and whole towns destroyed  
or about to be.  
We are not wise,  
and not very often kind.  
And much can never be redeemed.  
Still, life has some possibility left.

Perhaps this is its  
way of fighting back,  
that sometimes something  
happens better than all  
the riches or power in the world.  
It could be anything,  
but very likely you notice it  
in the instant when love begins.

Anyway, that's often the case.  
Anyway, whatever it is,  
don't be afraid of its plenty.

Joy is not made to be a crumb.

~ Mary Oliver ~

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## Join Us in Justice

The general election is less than two weeks away, and the Sisters of Saint Joseph U.S. Federation is hard at work offering simple and timely reflections. Review the [Week 1 - Week 4 reflections](#) on the St. Paul Province website and make sure you are [registered to vote](#).

Did you see [Sister Simone Campbell's 2020 DNC Invocation](#) speech? Give yourself a three minute break and share it with someone who may also be looking for a little inspiration today.

