



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.

Today is World Kindness Day, and we encourage you to reach out to a friend you haven't connected with recently, write a letter to a family member, or purchase a gift from a local business for yourself or a friend. Then check out this [list from CNN Health](#) and see what other kind things you can do today and into your weekend.

Wishing you safety, wellness, and health.

Reflection

The longing for love
that is in each of us
exists in the very
nature of the universe.

It is the movement
of all creation toward
union and relationship.

If we could realize
that which is such
a deep need in each
of us is also the same
need in all beings what
a difference it would make
in our fractured world.

We would look at trees,
animals and into the
eyes of another with
a different perspective.

We would remember
the oneness from which
we all have come.

Perhaps the reality
of our unity could begin
to replace the division
we have created.

[From the Sisters of St. Joseph, Brentwood](#)

Join Us in Justice

The Sisters of St. Joseph of Carondelet, St. Paul Province, have released their Racial Justice Actions and updates on the recent work of the CSJ Justice Commission. [Visit its website](#) and educate yourself on the things you can do to help your communities and neighborhood.



100 **DAYS OF**
PRAYER

On this 69th day of the [100 Days of Prayer](#), a prayer for wisdom and collaboration:

"I pray on this day for wisdom for our government leaders. I pray that they will work collectively to mend divisions and promote peace and unity in our country."