



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.

We don't have to tell you that this has been a stressful week, so instead check out our favorite [Destress Monday](#) site and choose from a multitude of weekly practices. Remember to breathe, remember that civic engagement is a life-long commitment, and please remember to be kind.

Healer of our every ill,
breathe in and among all
of us who dwell in this land.

Sooth our wounds.
Calm our fears.
Mend our divisions.
Hope of all tomorrows,
open our deaf ears and
fill us with compassion.

Tender our hearts.
Inspire creative ideas
to address the cries
of our sisters, brothers
and Earth itself.

Send forth your Spirit
of Love and Unity.
Transform pointed fingers
of blame into hands
open in reverence to
receive one another.

Fan into flame the gift
of our founding and
let us be known again
as a people united
for the goodness,
justice and peace
of all people forever.

Amen.

~ Pat Bergen, CSJ ~
from [100 Days of Prayer](#)

Join Us in Justice

While we wait for election results to be finalized and votes to be counted, the CSJ community encourages us to participate and engage in the civic process as an active responsibility of our faith. Join the St. Paul Province in the Special Edition: "[Wrapping the Nation in Prayer](#)" with 100 Days of Prayer or learn more about the [Legislative Advocacy Partners \(LAP\) Working Group](#) through the CSJ Justice Commission.

Although voting in the election has come and gone, there are many ways to [Take Action](#) in your community and world.



Now what?