



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.

In this last weekend before the election take time to slow down, be present, and be kind. Remember that "Progress is never permanent, will always be threatened, must be redoubled, restated and reimagined if it is to survive," (Zadie Smith) and read about [Optimism and Despair](#).

We will get through this together friends, be well.

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In this divided nation in  
which we live there is a  
desperate need for  
mutual acceptance.

We have fallen into a  
mindset that defines people  
by whether or not they fit  
into our mold.

Antagonisms deepen  
and attitudes harden.

"Acceptance is the universal  
currency of real relationship.

It allows the other  
to be the other.

It puts no barriers  
where life should be.

It does not warp  
or shape or wrench  
a person to be something  
other than what they are.

It simply opens its arms  
to hold the weary and  
opens its heart to  
hear the broken and  
opens its mind to see  
the invisible."

~Joan Chittister, O.S.B.~  
From the [Sisters of St. Joseph, Brentwood](#)

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## Join Us in Justice

In four days from now, the next president of the United States of America will be decided along with key politicians in states across the country. In a year where many have felt hopeless and stuck at home, one thing you can do is Vote. If you can, vote early. If you have already voted, encourage your communities to vote. And if you are voting in-person on November 3, remember to wear your mask.

In this final week before the election, the Sisters of St. Joseph U.S. Federation has released a final reflection:

*How does our CSSJ charism, Catholic Social Teaching, and nonviolent principles inspire us to see the needs of ALL and reflect on our hopes? Do our candidates' positions represent these hopes?*



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**100** **DAYS OF PRAYER**

November 1 is All Saints' Day and the Sisters of St. Joseph U.S. Federation has released a special Election Edition during the [100 Days of Prayer](#). Follow along starting this Sunday and ground yourself in the week to come.

"I pray that any anxiety, stress or fear I may be feeling be overshadowed by the peace and trust You convey onto us through Your loving presence in our lives."