



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.

With the holiday season officially started last week, Christmas is three weeks away and you may be struggling with the changes needed to keep you and your family safe. Consider these [14 Ways to Celebrate Christmas this Year](#) and start a new tradition or new. And there's nothing like #14 to help you and your family experience the true meaning of Christmas!

May you have a safe and healthy weekend.

Advent Prayer

Lord Jesus, Master
of both the light
and the darkness,
send your Holy Spirit
upon our preparations
for Christmas.

We who have so much
to do and seek quiet
spaces to hear
your voice each day,
We who are anxious
over many things
look forward to your
coming among us.

We who are blessed
in so many ways long
for the complete joy
of your kingdom.

We whose hearts
are heavy seek the
joy of your presence.

We are your people,
walking in darkness,
yet seeking the light.

To you we say,
"Come Lord Jesus!"

Amen.

- Henri J.M. Nouwen
from xavier.edu

Join Us in Justice

Don't forget to check out the Sisters of St. Joseph of Carondelet, St. Paul Province, [Racial Justice Actions](#) and the work that the CSJ Justice Commission has been doing in tandem.



100 **DAYS OF PRAYER**

On this 90th day of the [100 Days of Prayer](#),
a prayer about being mindful:

"Today I pray that I remember that, in being aware and careful of my consumerism practices, I am caring for our earth's finite resources and future generations' subsistence."