



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.

Christmas Day is one week away and while some people are staying home, some are going into strict quarantine in the hopes to see some family this holiday. Whatever you decide to do this holiday season, we hope you stay safe and are [taking care of your mental health](#).

Wishing you a happy and safe weekend.

Prayer for Lighting the Advent Wreath Candles

end of third week

Lord God,
may we, your people,
who look forward
to the birthday of Christ
experience the joy
of salvation and
celebrate that feast with
love and thanksgiving.

We ask this through
Christ our Lord.

Amen.

-Author unknown, from [Xavier](#)

Advent Family Prayer

God of Love,
Your son, Jesus,
is your greatest gift to us.

He is a sign of your love.
Help us walk in that love
during the weeks of
Advent,

As we wait and
prepare for his coming.

We pray in the name of
Jesus, our Savior.

- Author Unknown
from [Xavier](#)

Join Us in Justice

The end of the year is filled with last-minute shopping trips, end-of-year wrap-ups, and lists of goals to achieve in the new year. The CSJ Justice Commission of the St. Paul Province is no different.

The Justice Commission has posted an update about their working groups and the year ahead, review it on the [Province website](#) and consider joining them in 2021.

