



Thank you for your support throughout the year

MERRY CHRISTMAS & HAPPY NEW YEAR

- FROM THE SISTERS OF ST. JOSEPH MINISTRIES FOUNDATION -

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.

Remember that even though we cannot all be together, celebrating Christmas can be [good for your mental health](#) and we are all looking forward to being together soon. Whatever your celebrations are this year, the Sisters of St. Joseph Ministries Foundation wishes you a holiday season of health, joy, and peace.

Merry Christmas and Happy Holidays!

Prayer for Lighting the Advent Wreath Candles

end of fourth week

All-powerful God,
your eternal Word took
flesh on our earth when
the Virgin Mary placed
her life at the service
of your plan.

Lift our minds in
watchful hope to hear
the voice which
announces his glory
and open our minds
to receive the Spirit
who prepares us
for his coming.

We ask this through
Christ our Lord.

Amen.

-Author unknown, from Jesuit Resources

A Christmas Grace

Bless now our food, O God, we pray
And all that you provide.
With laughter fill our home today.
May peace within our hearts hold sway
This blessed Christmastide,
This blessed Christmastide,
In our home and everywhere
The whole world wide!

O God accept our table prayer.
Divisions, all erase.
Lest justice be the seasoning
That flavors all our reasoning
And hallows us with grace,
And hallows us with grace,
Yes, hallows and wraps us
All in your embrace.

Amen.

Adapted from [Good Ground Press](#)
