



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.

Already have your New Year's Eve night planned? Then take a look at this list of [things to do New Year's Day](#) and remember to take some time to celebrate that you made it through 2020, and the future is looking bright.

Wishing you a happy, healthy, and successful new year.

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### A New Year's Prayer

May God make your  
year a happy one!

Not by shielding  
you from all  
sorrow and pain,  
But by strengthening  
you to bear it,  
as it comes;

Not by making  
your path easy,  
But by making  
you sturdy to  
travel any path;

Not by taking  
hardships from you,  
But by taking fear  
from your heart;

Not by granting you  
unbroken sunshine,  
But by keeping  
your face bright,  
even in the shadows;

Not by making  
your life always  
pleasant, But by  
showing you when  
people and their  
causes need you  
most, and by making  
you anxious to be  
there to help.

God's love, peace,  
hope and joy to you  
for the year ahead.

**Amen.**

*~Anonymous  
from [Heartprints of God](#)*

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### Join Us in Justice

The Sisters of Saint Joseph U.S. Federation has the recordings of its [2020 restorative justice workshops](#). Take some time during this season of reflection and goal-setting to think about ways you can get involved with Justice in the new year.

