



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.

Below you will find a prayer of Lament for Our Nation, shared by the Sisters of St. Joseph of Carondelet, St. Paul Province. If you would like to follow along with music and text, [watch the video](#) and [read the statement](#) from the U.S. Federation of the Sisters of St. Joseph.

Be safe and take care of each other out there.

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### **A Prayer of Lament for Our Nation**

O God, why are you silent?  
We cannot hear your voice.  
The proud and strong  
and violent all  
claim you and rejoice.  
You promised you  
would hold us with  
tenderness and care.

Draw near, O Love,  
enfold us, and ease  
the pain we bear.

Now lost within our grieving, we  
fall and lose our way,  
our fragile, faint believing  
so swiftly swept away.

O God of pain and sorrow,  
our compass and our guide, We  
cannot face the morrow without  
you by our side.

Our hope lies bruised  
and battered, our  
wounded hearts are torn;  
Our spirit spent and  
shattered by life's  
relentless storm.

Will you not bend to hear us,  
our cries from deep within?  
Have you no word to cheer us  
when night is closing in?

Let pain draw forth  
compassion, let wisdom rise  
from loss.

O take us and refashion  
the image of your cross.

Then may we know  
your healing through  
healing that we share,  
Your grace and love  
revealing your  
tenderness and care.

**Amen.**

*Mary Haugen (alt. Lori True)*  
[Prayer and music](#)

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