



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.

February is Black History Month and if you live in the Twin Cities area, here's ['Where to Support Black-Owned Businesses in the Twin Cities'](#). Last week Black Food Fridays was featured and so we encourage you to support a black owned restaurant today and [order some take-out for dinner](#) tonight. Don't live in the Twin Cities? Do a little online shopping instead and [support BIPOC Communities](#).

Wishing you a safe and warm weekend.

"Never underestimate
the power of dreams
and the influence of
the human spirit.
We are all the same
in this notion:
The potential for
greatness lives within
each of us."

~**Wilma Rudolph**~

"Real integrity is
doing the right thing,
knowing that nobody's
going to know whether
you did it or not."

~**Oprah Winfrey**~

"God gives nothing
to those who keep
their arms crossed."

~**African proverb**~

Join Us in Justice

The CSJ Justice Commission, a ministry of the Sisters of St. Joseph of Carondelet, works to embody justice for creation in all forms and is committed to the community's work for justice. It collaborates with multiple working and task groups, Province Leadership, and any who share a passion for its work.

The Commission's working groups regularly meet and is always looking for new members to join its cause. Read the [Commission's February updates](#) and consider getting involved.

