



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.

Many in our country have been hungry, cold, and without power or resources this week. Here's [how you can help](#) people in Texas, and please remember them in your prayers.

This week also welcomed the first day of Lent. Included below is the Ash Wednesday prayer from the Sisters of St. Joseph of Carondelet, St. Paul Province.

Wishing you a safe, warm, and peaceful weekend.

Ash Wednesday Prayer

May we "Fall in
love with creation
deeper and deeper."

May we cherish the
whole of God's sacred
creation - including
ourselves, all of humanity,
all creatures, all plants,
the land and oceans,
all the Earth.

May we educate ourselves
about environmental threats
and ways to address
these in our lives and in
our communities. May we
"rise vigorously toward justice."

May we be faithful,
passionate "protectors of
God's handiwork."

May we challenge ourselves
to consider life style
changes and simpler
living that may
enrich our lives while
also protecting Earth.

May we find ways
to advocate for change
in our communities
and institutions.

May the Spirit of God inspire,
sustain and strengthen
us in our Lenten journey
so that we may be
persistent in pursuing
justice for all people
and for the Earth.

Amen.

from the [Sisters of St. Joseph of Carondelet, St. Paul Province](#)

Join Us in Justice

This Lenten season, follow along with the Sisters of St. Joseph of Carondelet's [Lenten Ecology, Prayer, and Practice](#). Join a community of people focusing on the Earth during this season of reflection and sacrifice.

[Email Karina Sieber](#), St. Joseph Worker, to join the Lenten program.

