



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.

This weekend brings Black History Month to an end but we encourage you to keep educating yourself on Black History the entire year. Start by investing in [these essential books](#) and educate yourself about the [Black Women we have to thank for a more inclusive beauty industry](#).

And don't forget that today is [Black Food Friday](#) - order dinner accordingly!

Have a wonderful, safe weekend.

Prayer for Black History Month

[from jesuitresources](#)

Spirit of Abundance,
God of Grace, Mother of Hope, We
pause now to
remember those stories
that are all around us,
But so often passed over,
Those stories that when
told are shared because
Of what someone is,
not who they are.

This month in our
nation's character
Is Black History month.
Help us to realize that
Black history is
All our histories.
May the day come
when these stories
Are so wildly taught
that no month need
Be separately divided.
We know this day will
not come until we as a people
Make different choices.

We pray now for
those new choices.

May we come to see a day
where the prison system Becomes
redemptive, not punitive. A day
where the legal system learns to
focus more
squarely on the facts,
And not the colors of our skin.

A day where our schools
are as well funded,
as the needs demand.
May our role models
be allowed to excel
when they thrive,
And not be taken down
for their rich heritage.
We know this will require
a shift in power.
And this can be scary for some.

Give those full of fear - hope. May
we come to know grace,
So that our hearts will
not be hardened to
the pain around us.
There are so many
beautiful stories
needing to be told.
And we need to get
the chance to hear them.

Widen our vision so that
the history that is
shared this month,
And every month,
Come to be known
as our history too.

We are most human when
we see the humanity in others.

Amen.

Join Us in Lenten Justice

For Week One of Lent, the Sisters of St. Joseph of Carondelet's reflection and action are about rethinking purchases and consumption. The Earth Partners Working Group invites you to follow along each week during Lent in prayer, reflection, and action.

Read the [Week 1 Reflection and Action](#) and don't forget to [email Karina Sieber](#), St. Joseph Worker, to join the Lenten program.

