



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 today we are highlighting [Black Food Fridays](#), dedicated to educating about Black food history.

Need a reminder to take a break and breathe? These easy [meditative breathing exercises](#) will definitely help.

Have a great weekend and if you live in the Midwest, stay warm!

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"Use your skills,  
your knowledge,  
your instincts to serve -  
to go change the world  
in the way that  
only you can."

~**Robert F. Smith**~

"My humanity is  
bound up in yours,  
for we can only be  
human together."

~**Desmond Tutu**~

"I knew then and  
I know now,  
when it comes to justice,  
there is no easy  
way to get it."

~**Claudette Colvin**~

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## Join Us in Justice

Wednesday, February 17 marks the first day of Lent and Earth Partners, with the CSJ Justice Commission, invites you to join in prayer, reflection, and action. Each Monday of Lent there will be new offerings to live more simply, abstain from excessive consumption, reduce waste, and advocate for change.

If you want to sign up to receive each week's offering, contact Karina Sieber at [justiceoffice@csjstpaul.org](mailto:justiceoffice@csjstpaul.org) and request the Earth Partners Lenten Program.

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