



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.

Earlier this week, what appears to be yet another racially motivated hate crime was committed in Atlanta, GA, predominantly targeting people of Asian descent. If you are committed to social justice and are reeling from the horrific violence from Tuesday evening, first educate yourself and start with [how to effectively fight anti-Asian racism](#). Then figure out [things you can do to help combat anti-asian violence](#), and finally learn how you can [stop Asian American and Pacific Islander hate](#).

Listen. Educate. Demand Justice. Repeat.

from Sisters of Mercy

Good and gracious God,
Who loves and
delights in all people,
we stand in awe before You,
knowing that the
spark of life within
each person on earth
is the spark of
your divine life.

Differences among
cultures and races
are multicolored
manifestations of
Your Light.

May our hearts and
minds be open to
celebrate similarities
and differences
among our sisters
and brothers.

We place our hopes
for racial harmony in
our committed action
and in Your Presence
in our Neighbor.

May all peoples
live in Peace.

Amen.

I pledge to examine my own biases and
positions of privilege through self-
reflection, and earnestly
work to resolve them.

I pledge to live by compassion
and be consciously inclusive
of all individuals.

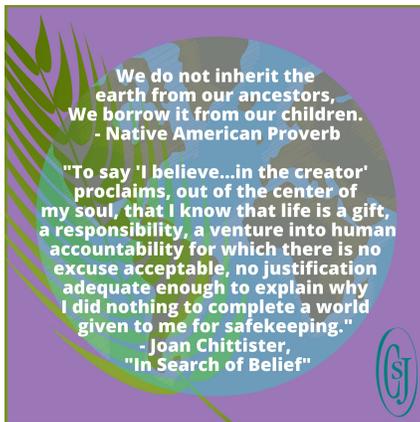
I pledge to affirm the value of diversity.

I pledge to promote understanding,
inclusion, and mutual respect, and
thus build community within all races,
ethnicities and cultures.

I pledge to transform our institutions
into authentically anti-racist and anti-
oppressive communities of action.

I pledge to advocate for justice, demand
equal opportunity for all and so help create
a beloved community for everyone to share.

Join Us in Lenten Justice



Week four of Lenten Ecology, Prayer, and Practice is a recycling reboot, asking us to reconsider our waste list and what we can do differently.

Read the [Week Four reflection and action](#) and don't forget to [email Karina Sieber](#), St. Joseph Worker, if you want to receive each week's program via email.