



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 past Monday brought with it the beginning of March and also the start of Women's History Month. Looking for something new to make this weekend? Read this list of [Famous Women's Recipes Everyone Should Know](#). Or if you want to surprise a great woman in your life with something fun, check out this list of [15 Products that Honor Game-Changing Women in History](#).

Enjoy the sunshine and have a great weekend.

A Prayer for Women Through the Ages

Spirit of renewal,
God of many names,
and one transforming
and abundant love,
we turn this month,
in our nation's life,
to reflect on the stories,
the heritage and
the struggles of the
women through out the ages.

We seek to learn from
all those voices that
have been left unheard.
May we pause before
the silences of the ages,
find who has been left out,
and craft new ways
of inclusion for every week,
and every month.

May this spiritual practice,
bring out the voices
of all those struggling,

all those left apart.
May we let go
of our assumptions
and cold comforts,
of what is the
normal to live by,
unless it be a standard
that is rooted in compassion,
in inclusivity, in diversity.

May this month of reflection
teach us
to search for those
stories that are
different from our own.
Mother of possibility,
in the finding,
may we come to know
ourselves changed.

Renewed where we are dry,
Hopeful where we are lost,
and open where we are shut.

- **Rev. Jude Geiger**
[from Jesuit Resources](#)

Join Us in Lenten Justice



Week two of Lenten Ecology, Prayer, and Practice focuses on reducing food waste. How can we lessen the impact on our Earth through our food choices? In what other ways can we creatively use our leftovers?

Read the [Week 2 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.