

Minute of US

Every Wednesday at **12:53**



A Moment of Silence for those hurt and suffering due to the current administration and the damage they are causing to this country and around the globe

Each Wednesday @ 12:53pm (local time)

We refuse to tune out and instead bear witness in reflection, meditation, and prayer on the harms being done — so we can stay in motion together.

Do this with friends, family, co-workers, fellow students — connecting with your own spiritual practices and beliefs. Some will be able to do this very publicly, others less so. Some may wish to do this daily. We will all do this weekly.

Post your reflections and stories. Share with #MinuteOfUs

Get reminders by texting minute to 51905

