



# WE ARE THE BODY of CHRIST— Reflections by Emmanuella Akweongo, Louise Ayirah & Mary Lawrence SHCJ

## RE-SOURCE #1 — February 2 – May 27, 2023

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“St Teresa’s Prayer” by John Michael Talbot, from the album *Quiet Reflections*, 1988 Sparrow Records

“We Are the Body of Christ” by Scott Wesley Brown, from *More Like You*, Christian, 1998

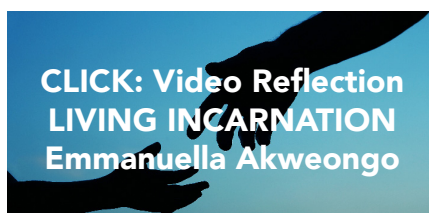


What speaks to me about our incarnational spirituality is that I am called to be that embodiment of Christ here on earth. I am supposed to be the Christ incarnate to myself and others wherever I find myself. Louisa Ayirah, SHCJ

“Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks with compassion on this world ... the feet with which he walks to do good ... the hands through which he blesses all the world. Yours are the hands... the feet ... the eyes, you are his body. Christ has no body now on earth but yours.”  
St. Teresa of Avila



Now you are the body of Christ, & each one of you is a part of it. 1 Cor. 12:27



We have already been configured through our Baptism into another Christ Child, and so I make a conscious effort to imitate him by being child-like in my thoughts, words and actions. For me, being child-like means consciously living out simplicity in lifestyle and dressing, spending with prudence and sensitivity to the needy around me, accountability in tasks given, contentment with what I have and what is or is not provided for me, trusting absolutely in God’s providence, honesty and integrity in my personal life as well as in my interactions with people of diverse socio-cultural and religious backgrounds.  
Mary Lawrence, SHCJ