

The Josh Garrell Project:  
**Christ Has no Body Now but Yours**

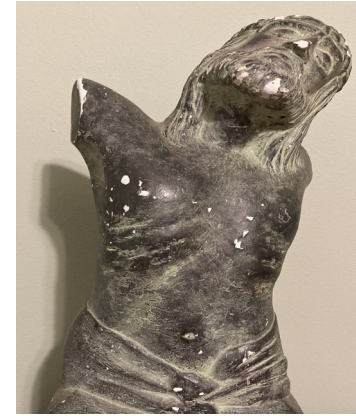
<https://www.youtube.com/watch?v=w7ymxW3rndk>

Christ has no body now but yours,  
no hands, no feet on earth but yours.  
Yours are the eyes with which He sees,  
Yours are the feet with which He walks,  
Yours are the hands with which  
He blesses all the world:  
Yours are the hands.

Prayer Leader:  
**Ginny Schiros**  
**10 / 27 / 2020**

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## Awakening as the Beloved



Our prayer is characterized by silence ~

### **Be still and know that I am God!**

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

### **Renew · Refresh · Refocus**

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## To Ponder

### A Spring Within Us by Richard Rohr

To have a spiritual life is to recognize early on that there is always a similarity between the seer and the seen. You will seek only what you have already partially discovered and therefore desire. God plants the desire in us...When you honor and accept the Divine Image within yourself, you henceforth can't help but to see it in everybody else too--and you know that it is just as underserved and unmerited in them as it is in you. That is almost the only way you can stop judging, and that is how you start loving unconditionally and without asking whether someone is worthy or not.

Spirituality is always about you changing your own way of seeing and your own way of hearing (not changing other people!). It's about opening your heart space every day and keeping it open with some form of prayer, every few minutes if need be, so that the hurts and disappointments of life won't close you down. You have to find some practice, some ritual, some silence, or whatever it is that helps you recognize how God is trying to be with you, as well as how you may be closing down. What you seek is surely what you will get. We mend and renew the world by strengthening inside ourselves what we seek outside ourselves, and not by demanding it of others or trying to force it on others.

## Sharing

**a word...**

**a phrase...**

**a reflection...**

## Reading

### *Hymn of Divine Love*

by Symeon the New Theologian (940-1022 AD)

We awaken in Christ's body  
As Christ awakens our bodies,  
and my poor hand is Christ, He enters  
My foot, and is infinitely me.

I move my hand, and wonderfully  
My hand becomes Christ, becomes all of Him  
(for God is indivisibly  
Whole, seamless in His Godhood)

I move my foot, and at once  
He appears like a flash of lightning,  
Do my words seem blasphemous?--Then  
Open your heart to Him

And let yourself receive the one  
Who is opening to you so deeply.  
For if we genuinely love Him,  
We wake up inside Christ's body

Where all our body, all over,  
Every most hidden part of it,  
Is realized in joy as Him,  
And he makes us utterly real,

And everything that is hurt, everything  
That seemed to us dark, harsh, shameful,  
Maimed, ugly, irreparably  
Damaged, is in Him transformed

And recognized as whole, as lovely  
And radiant in His light  
We awaken as the Beloved  
In every last part of our body.