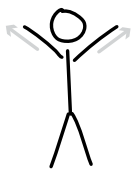




Body Prayer: Epiphany

Repeat the following prayer, using the actions to inspire movement as you are able:



Holy One

(reach up and out)



Shine through me

(reach hands over head, bring them down with hands open)



May your light

(flick fingers open and shut 3 times)



May your light

(flick fingers open and shut 3 times)



Dwell within me

(keep fingers open, place hands on chest)



Shine into the world

(circle hands over head, bring them down to sides)



May your light

(flick fingers open and shut 3 times)



AMEN

(head down, hands at prayer with palms together)