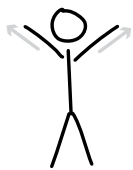




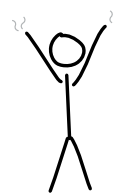
## Body Prayer: Joy

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



Holy One

*(reach up and out)*



Bubble up in me

*(wiggle fingers, bringing over head)*



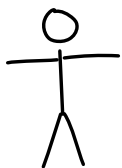
May your joy

*(put hands toward centre, wiggle fingers)*



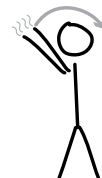
May your joy

*(put hands toward centre, wiggle fingers)*



Sustain me

*(reach arms to sides, flexing fingers)*



Grow in all of creation

*(circle wiggling hands around head)*



May your joy

*(put hands toward centre, wiggle fingers)*



AMEN

*(head down, hands at prayer with palms together)*