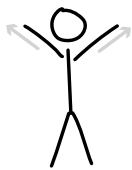




Body Prayer: Peace

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



Holy One
(reach up and out)



Work through me
(use some force to push arms to sides with fingers up)



May your peace
(clasp hands over heart)



May your peace
(clasp hands over heart)



Surround me
(circle arms in front of body)



Extend to the world
(unfold arms in front with open hands)



May your peace
(clasp hands over heart)



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