

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

—Attributed to Saint Teresa of Ávila

## WEDNESDAY IN HOLY WEEK, MARCH 23

I love this quote attributed to Teresa of Ávila. It reminds me of our call to seek and serve Christ in all persons and to love our neighbors as ourselves. It reminds me that we are a physical embodiment of the call to do God's work in all that we undertake. It also reminds me that we show our faith in our actions toward others.

In the US Disaster Program, we work to connect, inspire and equip churches to respond to disasters in their communities. The churches act as the hands and feet of Christ in a time when their neighbors are the most vulnerable and the most in need. I pray that we might find Christ's peace and presence through one another in the midst of disaster and always.

—Sara Lowery