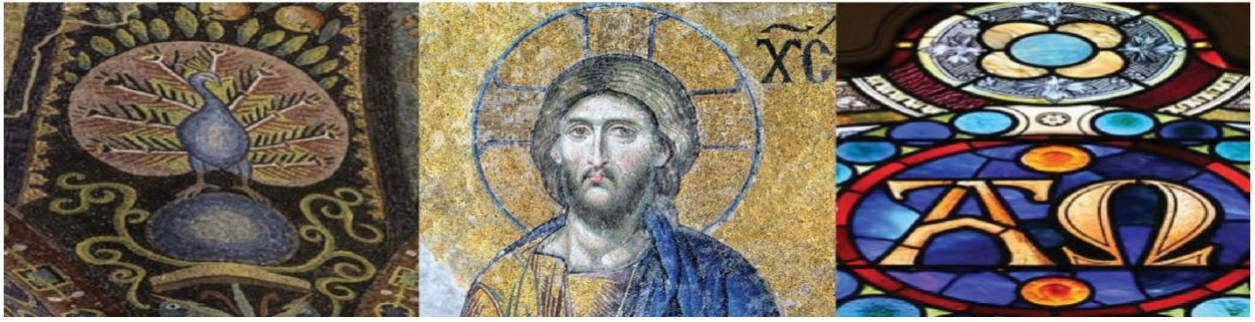


Contemplation



To Love Is to Participate in the Life of Christ

“Each act of love stimulates Divinity within creation.”

1 Corinthians 13:4–8a (ESV)

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth.

A Carmelite Christmas Tradition

Today, intentionally perform some act of love: an unintended giving. Since Christ rests in the human heart and is nurtured there, maybe reach out to someone you know who is having a difficult time. You know well by now that what you say is just the excuse to project the Love of the Christ that come from your heart. People feel this at a very deep level.

To be a Christian is to be another Christ – to do His work in His world.

Christ has no body but yours,
No hands, no feet on earth but yours.

Yours are the eyes with which He looks
With compassion on His world.

You are the feet with which Christ
Walks to do good.

Yours are the hands,
Yours are the feet,
Yours are the eyes,
You are His Body.

Christ has no body but yours.

-St. Theresa Avila