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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 this world,
Yours are the feet with which
he walks to do good,
Yours are the hands with which
he blesses all the world.
Yours are the hands,
Yours are the feet,
Yours are the eyes,
You are his body.

ST TERESA OF AVILA