

You Are a Body

You are a body
adipose and skin
Wrapped over
Dry, dead bones
Brought back
From desert exile

You are a body
Enlivened, Enervated
Fast and slow twitch,
moving new arms, new legs
Tendons, ligaments
now extending, now contracting
Exercising new knees new hips
Fingers, toes
Finding new balance

You are a body
Breath rushing into lungs
Each bronchiole
Filled afresh
Sending oxygen through deep red blood
Pumped by four-chambered heart
Veins and arteries
Carrying life

You are a body
Guts transforming
food to fuel
Aided by
millions of microbes
An ecosystem
life within life

You are a body
Each organ,
necessary part of the whole
Each appendage
known, cherished, honored, dignified

You are a body
Branching nerves
Spreading across the whole
A tree inside
Each neuron
Responding to the impulse of love
Sent from the head, that is Christ

You are a body
Mouth Singing
The song of Christ's love
Beckoning all who
Come to submit to the head
Come to belong to the body

You are a body
Hands planting
A garden that will shelter
all manner of birds in its shade
Unfolding the beauty of creation

You are a body
Feet running
Carrying good news for the poor
Freedom for the captives
Release from bondage
The year of God's favor

You are a body
Heart beating
New life
New King
New song
New faith
New hope
New love
New love
New love
New love