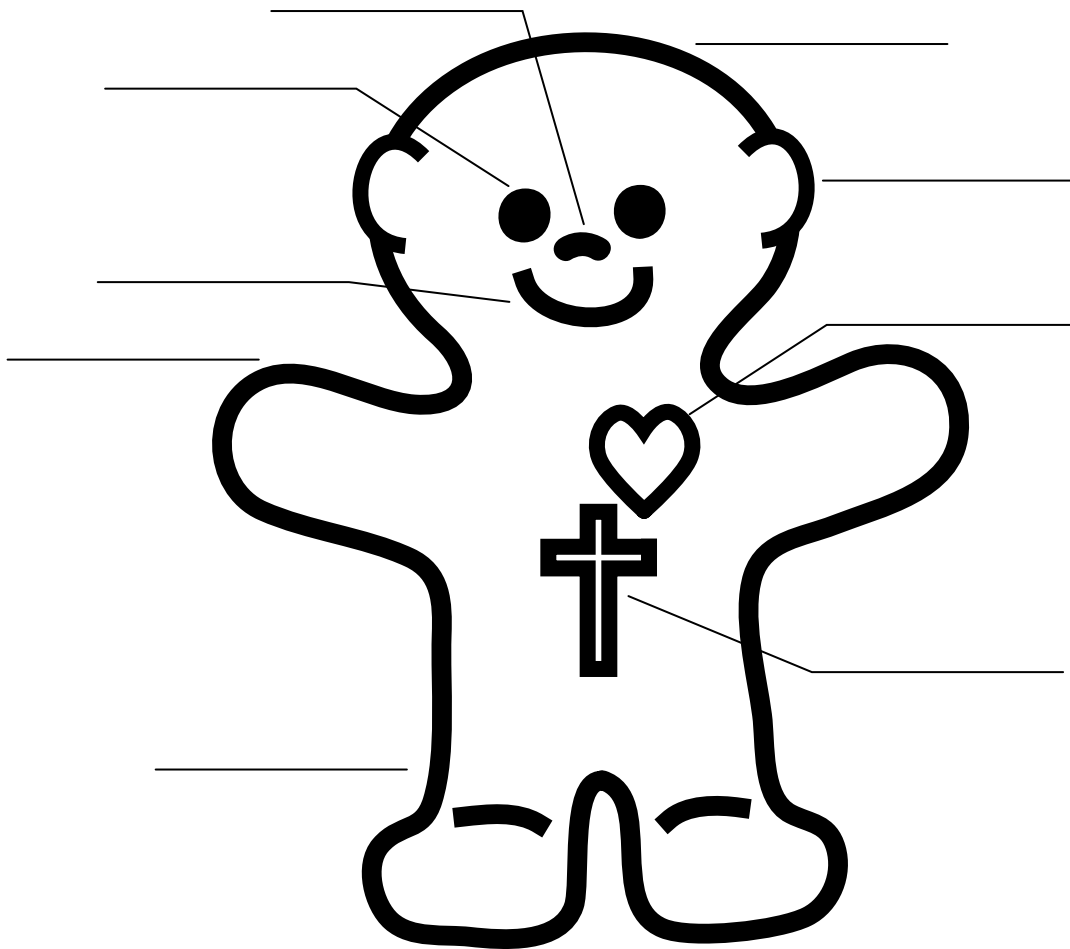


# Family Eucharist Retreat 2

## The Body of Christ

Next to each body part, write how you can help others with that part of your body. Ask yourself: How can I help a person in need using my hands, my heart, my mind, my eyes, my mouth, my ears, my nose, my spirit? After you have finished this activity, discuss and answer the question below with your family.



**Looking Ahead:** What is one thing we will do as a family in the next week to help others?

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