



*When we give
time to serve
others, we
become the
hands and feet
of God.
We use our
energy for an
eternal goal.
We make a
difference in
the lives of our
neighbours
and often, a
smile is our
reward.
We are
reminded that
we have
brought joy to
someone
and that what
we saw in the
life of others
is not temporal
but eternal.*

Announcing Jesus Christ on my Journey!

His feet and His hands...!

Christ has no other feet and no other hands than ours.
He does not have other feet than ours to walk, to be near others,
to walk with them. He has no other hands but ours to serve our brothers and
sisters, the poor, the little ones, those who suffer and work
to change their life situation, to build a world that is more human,
more in conformity with the dream of God the Father for his children.

Jesus went out to meet the marginalized and downtrodden.
He brought them an “integral salvation”, one which touched all the
dimensions of the human person,(the soul, the body, the intellectual
and affective dimensions) as well as all the dimensions of society.
He even questioned the religious practices and structures of his time which
excluded and oppressed certain members of the community.
He announced thus a reign of peace and justice.

Today, in our Church, we understand that our hands
and feet serve in the struggle for justice, peace, and the integrity
of creation. It is one of the means to proclaim the Good News
of the Kingdom of God. This responsibility is given to all the baptized
in the community. We are invited to make God visible
through liberating actions, through sharing, through a transformation
which announces the fullness
of what God has prepared for humanity.

+ Claude Champagne, O.M.I.
Bishop of Edmundston

An action for today

Try to adapt a slower life pace and commit to help people around
you. You will draw forth a smile not only on their faces but on Jesus
face as well. Even you... will smile.

Questions to ask yourself?

- ☺ Do my actions match my words?
- ☺ As I look at my hands, can I say that they saw love around me?
How?