

A decorative border of various green and blue leaves, including ferns and broad-leafed plants, surrounds the central text area.

## *Prayer of St Teresa of Avila*

Christ has no body on earth but yours;  
no hands but yours; no feet but yours.

Yours are the eyes through which  
the compassion of Christ  
looks out to the world.

Yours are the feet with which  
He is to go about doing good.

Yours are the hands with which  
He is to bless others now.

A stylized illustration of two hands, palms up, in a light orange color, positioned at the bottom of the page as if holding or presenting the text.