

## **Body Talk**

by Catherine J. Foote

God of incarnation, Word become flesh,  
It is so hard for me to talk to you about my body.  
I long to reconnect with what was stolen from me.  
I search for a way to separate sexual assault from sexuality,  
and to rediscover the beauty of your gift of the physical.  
So many times my body has felt like a trap, like evil, like pain.  
My body scares me and I'm scared to tell you that. To survive  
I had to disconnect, to deny, to learn to feel nothing.  
Now, in healing, in growing, I discover my desire to reconnect,  
to learn new lessons about this physical me.  
To find a home here in this body, which I so quickly left when it  
was being hurt, when it was being assaulted.  
To know the joy of giving, not the terror of being robbed.  
To know the pleasure of physical love.  
To find a home in me.  
These are the longings I feel in my flesh.  
Word become flesh, God of incarnation,  
lead me to the healing of this body,  
to the reconnection of body and spirit,  
to the place of wholeness in myself.  
Amen

Catherine Foote, *Survivor Prayers*, Westminster John Knox Press, 1994.