

Counselor's Corner: Reconciling With Our Bodies

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In her book, *Prayer and Our Bodies*, Flora Slosson Wuellner poses a question, "We pray constantly for peace in our homes, our communities, and our world. Why are we so often at war with our bodies?" She continues, "How often do we look in the mirror and think: I wish I had a different face, I wish my eyes were a different color, I hate the shape of my legs, or, I'm too big...I'm too thin...too fat...too short?"

Wuellner shares her experience when attempting to connect with her body. "What is my body?" she asked, which soon became, "Who is my body?" But it was only when she focused on her bodily self and quietly asked, "Who are you?" that she got a flurry of responses:

"I am your friend and closest partner. Sometimes I am your mother and father. Sometimes I am your child. Always I am your lover and spouse.

"I am the truth-teller. I witness to you your unknown self." I am the faithful messenger and recorder of your memories, your powers, your hurts, your needs, your limits.

"I am the stored wisdom and hurts of the ages and generations before you.

"I am a gift-giver. Through me, you live and move in God's creation. Through me, you have your vital link with the rejoicing, groaning, travailing universe.

"I am your partner in stress and pain. I carry much of your suffering, so your spirit does not need to carry it

all alone.

"I am the frontier you have barely explored and the eager companion who speaks to you every moment.

"I am the manifestation of the miracle which is you. I am the ground of your deep powers.

"I am the microcosm of the community that surrounds you. I am the microcosm of the universe in which you live.

"I am the visible means by which you relate and unite with others.

"I am one of the major ways by which God abides with you, speaks to you, touches you, unites with you.

"Far from separating you from your spiritual life, I open it to you.

"You can pray with me, for me, through me. I can pray also, in my way, when you cannot.

"I am always in embrace with you, though sometimes you ignore me or even hate and try to harm me.

"I will never leave you..."

I don't know about you but I have found these responses intriguing, challenging, and touching. They've prompted me to have my own dialogue with the one body that will never leave me. You may want to do the same.



Leta Herrington

Westminster Town Hall Forum Rebuilding and Restoring: Global Perspectives

By Katherine Youngblood, Chair, Town Hall Forum Advisory Board

The Westminster Town Hall Forum continues its fall season with a focus on "Rebuilding." Three speakers remain: Robin Wright (October 16), Hector Tobar (October 30), and David Brooks (November 13.) Forums are held on select Thursdays from Noon-1:00PM. Music precedes each forum at 11:30AM; public reception and small group discussion, facilitated by the Minnesota International Center, follow the presentation. When applicable, books by the speaker are available for purchase. All events are free and open to the public. Contact Susan McKenna, 612.332.3421 or smckenna@wpc-mpls.org.



Robin Wright, Thursday, October 16
The New Middle East: Building a Culture of Change

Robin Wright has researched and reported on the Middle East for more than 30 years. Her coverage of international affairs has earned five nominations for the Pulitzer prize and awards from the National Press Club, the Overseas Press Club, the American Academy of Diplomacy, and the United

Nations. She has written for the The Washington Post, Los Angeles Times, Sunday Times of London, The New York Times, Atlantic, Foreign Affairs, and CBS News. The author of five books on the Middle East, her most recent, *Dreams and Shadows: The Future of the Middle East*, has received broad acclaim.



Hector Tobar, Thursday, October 30
Latinos in America: Reinventing the American Dream

Hector Tobar is Mexico City Bureau Chief for the Los Angeles Times. The son of Guatemalan immigrants, he has been described as one of the most influential Hispanics in the U.S today. He received a Pulitzer Prize for his team reporting on the 1992 L.A. riots and an Inter-American Press Association Award for his coverage of South America's troubled democracies. He is the author of two books, including *Translation Nation*, a vivid exploration of the Spanish-speaking United States and the growing Latino population that is reshaping the American identity.