



This is My Body

One Body, One Spirit in Christ

Getting to the Heart of Humanity

Blessings to you as we enter into the final days of Lent and look forward to the greatest holy-day of them all - our celebration of the Resurrection of Jesus, which is the basis for our hope of eternal life.

This season, as we join our sisters and brothers in Christ in reflecting on the various scenes and gospel narratives related to the passion, death, and resurrection of our Lord, I would ask you to give some thought to the idea that the God we worship during this time is a disabled God, with impaired hands, feet, and side.

And interestingly enough, after his resurrection, when he appears to his disciples locked behind a door, not only does Jesus' glorified body still bear the reminders of his disability, but he also asks his disciples to touch them. He wears them with pride because they are reminders of who he is, reminders of his mission as God's chosen Son, reminders of his connection to humankind.

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Deacon Tim Killmeyer



My name is Deacon Tim Killmeyer, ordained in the diocese of Pittsburgh in 1999. This past August I was assigned by Bishop Zubik to the Diocesan Dept. for Persons with Disabilities and I serve Holy Trinity Parish in Robinson Twp., where I live with my wife, Chris. This October Chris and I will celebrate 29 years of marriage.

Injured in a minor automobile accident in 1980, she became paralyzed from the neck down and dependent upon a portable ventilator to breath. To my continual wonderment, Chris is pretty much at peace with life as it is and lives it as abundantly as possible.

In the 29 years since the accident I have experienced many of the joys, as well as the trials, that come from being a caregiver and the strength that could only come from God, through faith.

This is My Body:

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a Newsletter of Spiritual Enrichment

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This is the God we worship... a God who became one of us, and now calls us as sisters and brothers to join him in making his kingdom a reality and joining him forever in the peace and love that can only come from God, sons and daughters of the Father, every one of us.

Sister Michelle Grgurich, Director of the Diocesan Department for Persons with Disabilities, and Sue Sunderland, the department secretary, join me in wishing you a most joyful Easter season. I personally will be offering my prayers for you as I celebrate the Resurrection of our Lord at the Easter Vigil Mass at Holy Trinity Parish, in Robinson Township. May the Spirit of God enliven you and protect you always!

Christ's peace,

Deacon Tim

Prayer and Reflection

For your prayer . . .

Lord Jesus Christ, your risen body proudly bears the scars of your crucifixion, a reminder of your human nature and of your love for me. My human body also bears scars. By meditating on your wounds, may I come to realize that my wounds connect me to your saving work on earth and remind me of my mission on earth to come to know you, to love you, and to serve you. I make my prayer in your powerful name. Amen.



For your reflection . . .

- *Can I embrace the wounds of human frailty that are mine?*
- *Jesus showed His wounds as a reminder of His humanity. How do I come face to face with my humanity?*
- *Do I take the time I need for spiritual self care? I am human, I need a break, I must stop, regroup, and refresh.*
- *What is it about Jesus' wounds that speak to me in my life?*
- *What reminders of human frailty will I carry with me into my new life in Christ?*