

on the information
avenue highway!
Sacred body church

This is a publication
of the church
of the sacred
body!
KEEP ON TRUCKIN'!

We encourage you to
play with this format
and adapt it to your
groups needs and
preferences. We also
like ~~at~~ readings
addressing the topic
~~of~~ of bodily
autonomy followed by
group discussion
(Start your own
meetings!)
(THIS IS A DIY THING!)

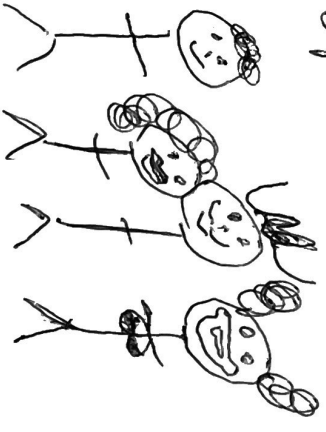
By Sadie Abigail

HOW TO DO AN
HRT CIRCLE!
(AND WHY WE DO
IT)



"Today we gather
in gratitude to share
in the alignment of
our bodies and spirits."
If your group sees fit
to invoke ancestors or
specific manifestations
of spirit, go for it!
We are non-hierarchical
and I am not the boss
of you!

First you find some
Friends
who take HRT and
like to get all
spiritual with it.

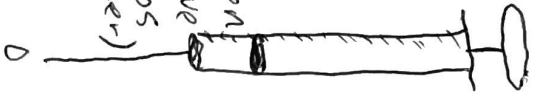


Winging it with the
prayer is hard!
ask me how I
know. I suggest
saying it before every-
one takes their stuff
but after they prepare
it.



SO I'LL
GIVE YOU
AN EXAMPLE
! you don't need
to get all
fancy!

Then you all get
your stuff.
(Make
sure
if you
do it
in person
you have
a sharps
container)



You are going to do this
together :)

We view the act
of practicing
our bodily autonomy
as sacred. It's kind
of our whole thing!
We like to say a lil'
prayer with it :D
(and then we meditate
together. Maybe bring
a bell or something
too)