

**One Minute Meditation for [www.taborlife.org](http://www.taborlife.org)  
File 006 – “Every Human Being is Catholic”**

Every person in the world is actually Catholic. I am Fr. Thomas J. Loya with a theology of the body moment for the Tabor Life Institute.

Catholic is really about the invisible made visible thru the physical. No where is this more true than in our human bodies. Pope John Paul II said; ‘that the body and *it alone* makes visible what is invisible.’ But so can bread or wine make visible what is invisible, so can water, oil, a candle, an icon or incense. Furthermore, so does a birthday cake, a flag, or a Christmas tree. Physical things enable us to **touch** invisible realities. Catholics do not have to convert anyone, all we have to do is **remind** everyone that they have been Catholic all along simply by the fact that everyone has a physical body and the theology of *that* body makes an invisible God visible.

To find out more about the theology of the body visit: [www.taborlife.org](http://www.taborlife.org)