

One Book, One Parish: *This is My Body: A Call to Eucharistic Revival* by Bishop Robert Barron

This Spring we are encouraging everyone in our parish to join together in reading the same book as a community, sharing in the insights, knowledge and spiritual growth we will gain from one another. In this brief text, Bishop Barron offers a threefold analysis of the Eucharist as sacred meal, sacrifice, and Real Presence. Discover the profound truth flowing out of Jesus' words at the Last Supper: "Take, eat; this is my body. . . . Drink from it, all of you; for this is my blood of the covenant." We will have five weeks to explore the book and connect via social media and Flocknotes. If you have any questions or insights you'd like to share during the process, please contact Megan Cottam at updates@ollrichva.org. We look forward to growing in faith with you over these next 5 weeks!

Pacing Guide

PART ONE:

- **Read Preface and Chapter 1 (v-pg 35) April 27-May 3**
- **Challenge Days on The Eucharist as Sacred Meal: May 4-May 10**

Challenge Opportunities: Choose 2 activities to complete this week to show your faith in action! Teaming up with another parishioner or parish family is encouraged. Please send any stories/reflections/photos to updates@ollrichva.org so we can share our experiences with one another.

This week, I will commit to:

_____ Prepare a homemade meal as a family and eat together without any technological distractions. (If you have special serving ware or china, use it and share about its history!)

_____ Gather for a "Loaves and Fishes" pot-luck with friends at the end of the week. Have each participant share something joyful they encountered in the week.

_____ Take and share a meal with someone who is homebound.

_____ Grab coffee with your teenager/young adult for one-on-one time without your phones.

_____ Ask someone whom you disagree with to meet you for breakfast/coffee/dessert and take the time to listen to their perspective. Pray before your meeting for patience, open hearts, and reconciliation.

_____ Go visit extended family for a Sunday brunch after Mass

_____ Have your children plan a family picnic. Help them pack the meal, choose the location, and bring a favorite card game. Be mindful of God's creation as you dine!

_____ Go on a double-date out to eat with another couple.

_____ Make bread or baked goods together with a friend or family member.

_____ Bring food to a new neighbor. Exchange contact information and get to know them.

_____ Call up a relative and learn to make a family recipe, or share your famous recipe with a younger generation.

End of Part One Prayer: *Good and Gracious God, we thank you for the many ways you feed and nurture us. We recognize your deep desire to restore us as a community of faith and Body of Christ. Open our hearts and our eyes to see our communities as you would have us to see them. Help us to find courage to sit and hear others when so often we want to be heard first. Let us see all people as children of You, who created us all. Amen.*

PART TWO:

- **Read Chapter 2 (pg.36-68): May 11-17**
- **Challenge Days on The Eucharist as Sacrifice: May 18-24**

Challenge Opportunities: Choose 2 activities to complete this week to show your faith in action! Teaming up with another parishioner or parish family is encouraged. Please send any stories/reflections/photos to updates@ollrichva.org so we can share our experiences with one another.

This week, I will commit to:

_____ Choose a day and fast from lunch. Spend the time instead in prayer.

_____ Turn off evening television/screens during the week, and use the time to read the covenants in the Old Testament (The Noachic Covenant – Genesis 9, The Abrahamic Covenant – Genesis 12, The Mosaic Covenant – Exodus 19-24, The Davidic Covenant – 2 Samuel 7, The New Covenant – Jeremiah 31).

_____ Take the time to go to confession before attending Mass.

_____ Help a neighbor with an outdoor project (weeding/raking/mowing etc) for free.

_____ Sacrifice your comfort and go to Mass in the language that is not your native language.

_____ Pay for someone else's meal at a restaurant.

_____ Take an hour out of your free time and call up someone who is grieving/lonely/ill.

_____ Sacrifice your productivity and spend one full day experiencing a true Sabbath- turn off electronics, notifications, and hide your to-do list! Spend the day in prayer, in community, and for the Lord.

_____ Pick one extra person a day to pray for at specific times throughout your day (morning, noon, evening, night) and write them after you've prayed for them to let them know you're supporting them.

End of Part Two Prayer: *Loving Father, may the holy sacrifice of your Son cleanse my soul, strengthen my heart, pardon my past and restore me in your peace. May I always adore you by uniting myself in His holy sacrifice, the sacrament of your divine love. May I learn to sacrifice my own comfort, plans and dreams if it is not for your glory and the good of others. Amen.*

PART THREE:

- **Read Chapter Three (pg. 69-110): May 25-31**
- **Challenge on Real Presence Activity:** Join us as one united parish community on the Feast of Corpus Christi as we worship Christ in his Real Presence, with a procession and eucharistic adoration in between the 10am and 1pm Masses (Sunday, June 2).