

# Resources for the Eucharistic Revival

As disciples of Christ, we are called by the Holy Spirit during this International Eucharistic Revival to more fully appreciate that when we eat the Body and drink the Blood of Christ at our Masses, we become what we consume, and we are the body of Christ in our world. Our pastor, Father Mitch and your Parish Pastoral Council recommend that we use some resources to further our growth in understanding of the Real Presence of Christ in the Eucharist.

Of course, on the internet you can find a wide variety of good books, DVDs and other resources. They come from a variety of theological perspectives. However, we do recommend these that we have reviewed.

A good place to begin is the website of the United States Catholic Conference of Bishops at [www.USCCB.org](http://www.USCCB.org). There is a wealth of resources for all ages. Many are also in Spanish for adults and children.

We suggest that you begin by reading the US Bishops' statement:

*The Mystery of the Eucharist in the Life of the Church*

<https://www.usccb.org/resources/mystery-eucharist-life-church-0>

Four books that invite our deep reflection are:

*This Is My Body: A Call to Eucharistic Revival*

Bishop Robert Barron [www.wordonfire.org](http://www.wordonfire.org)

*Real Presence: What Does it Mean and Why Does it Matter*

Timothy P. O'Malley [www.avemariapress.com](http://www.avemariapress.com)

*Becoming a Eucharistic People: The Hope and Promise of Parish Life*

Timothy P. O'Malley [www.avemariapress.com](http://www.avemariapress.com)

*Living with Real Presence: Eucharist as an Approach to Life*

S. James Meyer [www.twentythirdpublications.com](http://www.twentythirdpublications.com)

Also, there are some excellent DVDs that offer a different kind of learning experience and some visual enrichment. Here is just a sample from Bishop Robert Barron at [www.wordonfire.org](http://www.wordonfire.org) :

- The Real Presence of Jesus in the Eucharist.
- The Sacrament of the Eucharist as a Meal
- The Sacrament of the Eucharist at a Sacrifice
- The Sacrament of the Eucharist as Real Presence