



Parish of the Nativity of the Lord

Book+Circle – May 2026 - **This is my body** – By Bishop Robert Barron

About this document

In "This Is My Body: A Call to Eucharistic Revival," Bishop Robert Barron offers a concise, theological explanation of the Church's authoritative teaching on the Eucharist. He addresses the crisis of declining belief in the True Presence, exploring the sacrament through three core concepts: the Sacred Meal, the ultimate Sacrifice, and Christ's Real Presence. The book explores the Catholic understanding of the Eucharist by breaking it down into three interconnected themes.

How did this document make us feel?

- A very thorough, detailed book. We generally all enjoyed it, but agreed it was quite a difficult book to read
- Whilst it was a small book, with just over 100 pages, it did need concentrated effort to understand each of the chapters
- A few of us felt it was almost too 'academic' as if Bishop Barron had put together a PhD thesis but without the notes and references.
- Some of us felt we knew the Bishop from the 'Word on Fire' online videos... but the complexity of the book didn't relate to the Bishop we have seen

What did we think were the main strengths?

- We felt that perhaps this book is targeted at the Clergy and practising parishioners who have already studied the Catholic faith and want to deepen their understanding
- The 3 chapters offer 3 strong themes and articulate the Church's teaching/faith as to why the Eucharist is God's Body and Blood
- It is an excellent topic Barron deals with the worrying concern that many people in the church today believe the mass/eucharist is only a 'social gathering'
- Bishop Barron confirms the Church's teaching that the Eucharist is not merely symbolic and explains how the change of the bread and wine is effected eg on p103/104 etc so that we have confidence to understand this more deeply and so convey to others
- For some the book sparked an interest in the writings of St Thomas Aquinas
- to an extent inspirational

What did we think were the main weaknesses?

- The concepts discussed throughout the book were very 'heavy'.
- The chapter covering transignification, transfinalization and transubstantiation (pg 101) needed a lot of concentration and was not easy to understand
- The book was very theoretical and is not for 'beginners'

Would we recommend that this book is read by others?

- Yes, although this book is quite complex it would be a good read for Holy Communion catechists and for eucharistic ministers.
- It is also a reassuring read for anyone who questions transubstantiation.

Next Book+Circle – Small Meeting Room at St Joseph's

Thursday 9 July @ 8.00pm – Into the Silent Land: the practice of contemplation by Martin Laird

Friday 4 September 10.30 am: My Father's House – Joseph O'Connor