



✦ = a plenary indulgence is available for this activity, if applicable conditions are met

ATTEND A EUCHARISTIC PROCESSION FOR CORPUS CHRISTI ✦	GRILL OUT FOR ST. LAWRENCE	HAVE A BONFIRE FOR ST. JOHN THE BAPTIST	DO A CRAFT WITH STRING FOR ST. ZELIE	VISIT A CATHEDRAL / BASILICA ON JUNE 29 ✦
WATCH T.V. FOR ST. CLARE OF ASSISI	PORTIUNCULA INDULGENCE: ✦ VISIT A CHURCH ON AUGUST 2	PLAY AN EGG TAPPING GAME FOR ST. MARY MAGDALENE	✦ SPEND 30 MINUTES IN EUCHARISTIC ADORATION	SKIN / PEEL SOMETHING FOR ST. BARTHOLOMEW
HAVE AN AT HOME MARIAN PROCESSION	MAKE ST. THOMAS S'MORES	✦ SAY A FAMILY ROSARY	VISIT A BEACH FOR ST. AUGUSTINE	EAT A CRICKET & HONEY FOR ST. JOHN THE BAPTIST
SAY THE MORNING OFFERING FOR ST. JOSEMARIA	✦ USE AN ARTICLE BLESSED BY A POPE / BISHOP ON JUNE 29	SLEEP IN A TENT LIKE ST. PAUL AND/OR FISH LIKE ST. PETER	GO TO CONFESSION	GET INVESTED WITH THE BROWN SCAPULAR
MAKE MAPLE SNOW TAFFY FOR ST. KATERI	EAT LINGON-BERRIES OR SWEDISH FISH FOR ST. BRIDGET	GO FOR A HIKE FOR THE TRANSFIGURATION	✦ PUBLIC RECITATION OF THE ACT OF REPARATION TO THE SACRED HEART	GET HERBS BLESSED FOR THE ASSUMPTION

## Eucharistic Revival Corner



### **We're on Our Way Home: 3 Practices for Living as a Pilgrim**

In a couple of days, a group of young adult Perpetual Pilgrims will make a journey from Indianapolis to Los Angeles, where the Mass celebrating the Solemnity of the Most Holy Body and Blood of Jesus will bring the three-year initiative of the National Eucharistic Revival to a close. Once again, my thoughts turn to how this small pilgrimage points us toward the larger pilgrimage of this life.

Life is a pilgrimage. I've embraced this mentality and, though I struggle to live it every day, I am finding freedom comes when I can frame my world in this way. These are three practices I've taken up that allow me to be present without being stuck, and to look to the future without rushing through the present.

1. *Memento Mori*. You've likely heard the phrase before and perhaps it seems cliché or even morbid, but I take time each morning and evening to remember that, one day, I will die. This world is not my final destination. In the morning, I ask myself, "Today, what do I need to do to live in a way that would make today worthy of being my last on earth?" At the end of each day, I reflect, "I may not wake up tomorrow; if I do not, am I ready to meet Jesus?" Often, these reflections drive me into prayer and often repentance. They keep me grounded in the true purpose of this pilgrimage – our final destination heaven. Death keeps us focused on that goal.

2. Practice Presence. A pilgrimage is about how we are transformed on the journey. Being present on the journey is about recognizing the many ways that the Lord is drawing close to us in everyday moments. I find moments to stop and pray and, sometimes, to simply be still and recognize I am in God's presence. Finally, I ask for the eyes to see Jesus in those I encounter – from the barista at the coffee shop to the displaced man on the highway exit. How would I treat my Lord if I met him in that moment? Would I be present enough to recognize him?

3. Go Farther with Friends. There have been times in my life when I have neglected friendships in my life for the sake of "the mission," but I realize now how foolish that was. I was once told, "If you want to go fast, go alone. If you want to go far, go with others." Pilgrimage is not a solo journey. We need people to hold us up when we struggle and others with gifts and talents that complement ours.

These are three simple steps I've taken to live more intentionally as a pilgrim, because I am merely passing through this life on my way home – but I wish to live each moment for all the beauty that God can place in it so that one day, when I pass from this life into the next, my heart is ready to be welcomed by our Lord.

- Excerpt from the National Eucharistic Revival blog by Joel Stepanek.