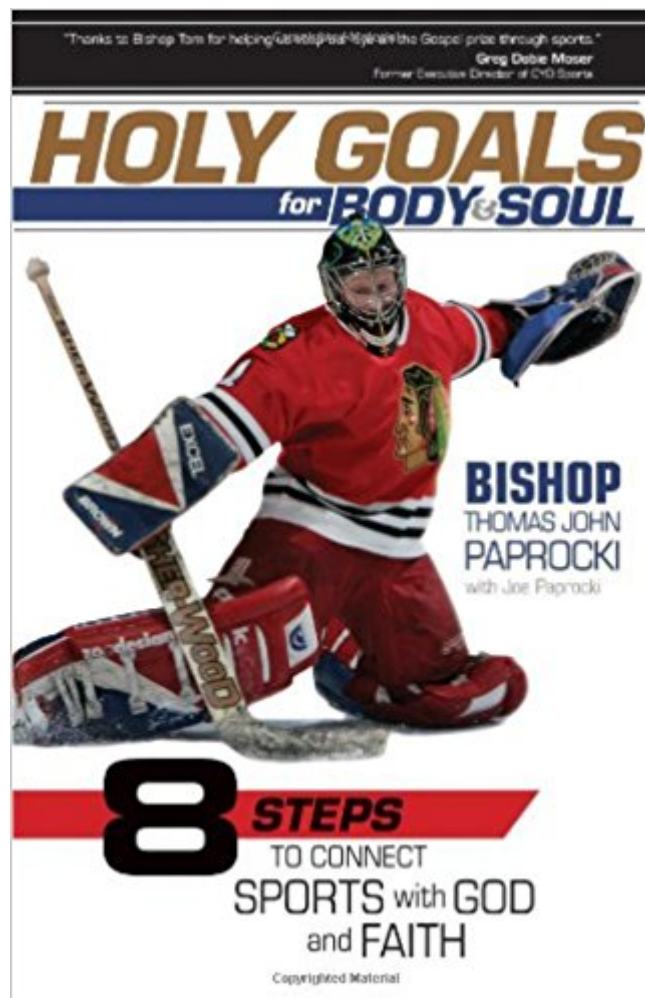




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# Holy Goals For Body And Soul: Eight Steps To Connect Sports With God And Faith



## Synopsis

Hockey-playing Catholic bishop Thomas J. Paprocki has a message for teens and young adults: athletics and fitness provide daily ways to connect with God. Bishop Paprocki weaves his unique personal story with eight athletic topics and connects them with a path to wholeness. Holy Goals for Body and Soul links lessons from the world of sports and fitness--especially the experiences of a Catholic bishop who plays ice hockey--with concrete ways to live a holy life. In Bishop Paprocki's view, everyone is called to holiness, which can be encountered anywhere: "I encounter holiness while training for a marathon. I encounter holiness during a workout at the health club." He explores eight sports-related topics to help the reader navigate a life of holiness: 1. Fear 2. Frustration 3. Failure 4. Fortitude 5. Faith 6. Friendship 7. Family 8. Fun

## Book Information

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## Customer Reviews

"Holy Goals for Body and Soul is the perfect reminder that the lessons of sports apply to every aspect of life." --Bobby Hull, Chicago Blackhawks, Hall of Fame Left Winger "Who better than a Catholic bishop who plays goalie to make the connections between the challenges and rewards of sports with those of daily living? Holy Goals for Body and Soul is a must-read for anyone seeking to be a better person." Tony Esposito, Chicago Blackhawks, Hall of Fame Goalie "At the risk of mixing sports metaphors, Bishop Paprocki has hit a home run with Holy Goals for Body and Soul. He insightfully and inspirationally explains why God should be central to all aspects of our life, including sports. His faith-filled witness and stories from the ice and marathon course provide a modern day application of St. Paul's many scriptural exhortations to apply the lessons of sports to the spiritual

life. This work is a valuable contribution to the emerging and evolving dialogue regarding the intersection of sports and faith. Specifically, it reminds us that sports, properly understood, requires the interaction of the body, mind, and soul." --Ray McKenna, President, Catholic Athletes for Christ

"Holy Goals for Body and Soul by Bishop Paprocki is a remarkable story centered on his lifetime walk through sports and his correlation of sports and spirituality. As a young boy, Bishop Paprocki played ice hockey, and even today--as Bishop of Springfield-- has stepped into the nets as goalie, notably with the Chicago Blackhawks. In this remarkable book, he outlines eight steps from his own encounters on and off the ice that can help us be better athletes, better family members, better Catholics -- better 'team players.' A must for every athlete and every athletic administrator's bookshelf, Bishop Paprocki's book brings us with him into the struggle 'inside the net' where we can examine our own athletic experiences and encounter, through his wisdom and guidance, holiness."

--Susan Saint Sing, Author of Spirituality of Sport

"Holy Goals for Body and Soul offers practical strategies for building a bridge between sports and faith. Sometimes sports teach the wrong lessons. When sports are done with an intentional connection to faith, our young people can discover and develop Christian virtues that thrive on the field and in their daily lives. Winning becomes living as a faithful disciple of Jesus. Thanks to Bishop Tom and his brother Joe for helping us keep our eye on the Gospel prize through sports. I do wonder: who won when they played against each other?" --Greg Dobie Moser, Former Executive Director, National CYO Sports, Member of the US Olympic Committee

"A bishop who runs marathons and plays hockey?! Our Catholic faith is so cool! Just as Jesus taught about the kingdom and the way to peace using familiar metaphors, Bishop Paprocki draws on our love of sports to teach essential truths of the faith. Holy Goals for Body and Soul integrates relatable physical objectives with practical spiritual progression, training readers to set their sights on the Lord. --Cindy Black, Director of Youth, Young Adult and Campus Ministry, Diocese of Fort Wayne-South Bend

Bishop Thomas John Paprocki is a native of Chicago's south side and presides over the Catholic Diocese of Springfield, Illinois. Bishop Paprocki has been playing hockey since the 1960s, often practicing in the basement of his father's pharmacy store with his six brothers; he currently plays goalie in a masters' hockey league. Bishop Paprocki has played goalie in practices with the Chicago Blackhawks and Columbus Blue Jackets of the National Hockey League. He also runs marathons; his current total is eighteen. Among his many Church appointments, Bishop Paprocki is the episcopal advisor for Catholic Athletes for Christ. Joe Paprocki, younger brother of Bishop Thomas John Paprocki, has been active in pastoral ministry for over thirty years. The best-selling author of

many resources for professional and volunteer catechists, including The Catechist's Toolbox.

A must read for teenagers involved in sports. This book presents a solid approach to the virtues of developing a sound mind in a sound body; it would be a great addition to any high school sports program curriculum. You can balance a busy life with a healthy, lifetime exercise program while making it fun. I was so impressed after reading it that I purchased 15 copies to give to my friends and family, young and old, who enjoy sports. I have received numerous compliments about the book and notes of appreciation from those that have read it.

When you look at a number of religious titles the way I do as part of my job as publisher of Sporting Chance Press, you are looking for solid information and a few things that make a book worth reading. The Bishop and his brother have done that for you.

I gave this to my nephew for his Confirmation present. He loves sports and is a faithful Catholic. What a great book for young men!

A great book for boys and girls who love hockey, and God! We've really enjoyed it! Best for 8+ years.

A fantastic book to help find spirituality in sports. As a Catholic and graduating from Jesuit schools it puts what Saint Ignatius taught into perspective.

Great service. Great product.

Bishop Paprocki speaks to all of us in a fun, engaging style. Without preaching he relates that we can find and honor God in our lives, sports for example.

Bishop Thomas Paprocki is such an inspiration! His stories are enjoyable and his wisdom invaluable! I highly recommend this book!

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