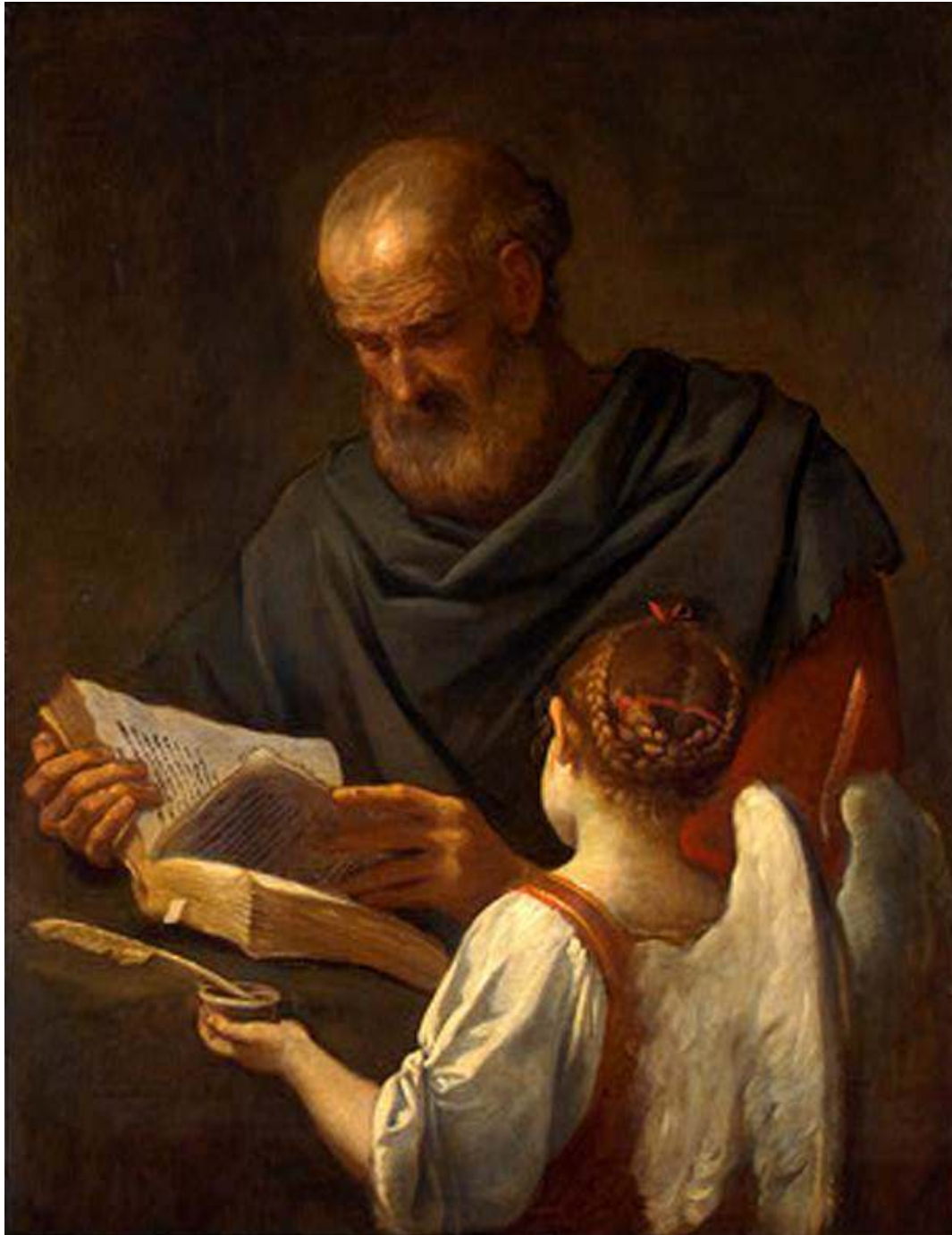


**FEDERATION OF DIOCESAN LITURGICAL COMMISSIONS [FDLC]
MYSTAGOGICAL REFLECTIONS ON THE PRAYERS AFTER COMMUNION
OF THE *ROMAN MISSAL***



Fruits of the Mystery—Ordinary Time (Fall)

Artwork: Simone Cantarini, *Saint Matthew and the Angel* (1645-1648)

Link to Mystagogy Project on FDLC home page: <http://www.fdlc.org>.

TWENTY-SIXTH SUNDAY IN ORDINARY TIME

September 28, 2014

PRAYER AFTER COMMUNION

**May this heavenly mystery, O Lord,
restore us in mind and body,
that we may be coheirs in glory with Christ,
to whose suffering we are united
whenever we proclaim his Death.
Who lives and reigns for ever and ever.**



REFLECTION

Our gifts of bread and wine are changed, by God's action, into this heavenly mystery. In this mystery – Paschal and heavenly – we are united to Christ. In this mystery – Suffering, Death, and Resurrection of Christ – is living presence within us.

Sometimes in our suffering, our “yes” or “no” does not always mean yes or no. Through the Eucharist, we receive the grace that allows us to “change our minds” and be restored in mind and body so that we can always remain united to him and, thus united to him, coheirs in glory with him.

PRAYER

Heavenly Father, we pray that we always long for the food that nourishes and transforms us to do what is pleasing to you and brings us to everlasting life.

Submitted by:

Sylvia M. Garcia

Associate Director, Office of Worship

Diocese of Dallas

Artwork: James Tissot, *The Chief Priests Ask Jesus by What Right Does He Act in This Way* (1886-1894)

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TWENTY-SEVENTH SUNDAY IN ORDINARY TIME

October 5, 2014

PRAYER AFTER COMMUNION

**Grant us, almighty God,
that we may be refreshed and nourished
by the Sacrament which we have received,
so as to be transformed into what we consume.
Through Christ our Lord.**

REFLECTION

We call on God to reinvigorate our lives and give us the sustenance that will nourish our body, mind, and spirit. Our prayer is offered in faith, with the hope of becoming, as St. Augustine tells us, that which we have received. “The prayer was newly composed for the post-Vatican II missal. It quotes the end of Leo the Great’s Sermon 63, where he says that we pass into the Communion we take, carrying the risen Christ with us” (Paul Turner, *Pastoral Companion to the Roman Missal*, © 2010, World Library Publications, p. 148).

We bring our whole selves to the Eucharist and place our joys and burdens on the altar of sacrifice. As Jesus offers them to the Father through the power of the Holy Spirit, we enter into and become the mystery that we celebrate by the power of the Risen Lord and the work of the Holy Spirit. Thus, we are restored and fed, not for our own sakes, but rather to become the hands and feet of Christ for the sake of others. Refreshed and nourished, we are sent forth to love more profoundly and to serve more intensely.

PRAYER

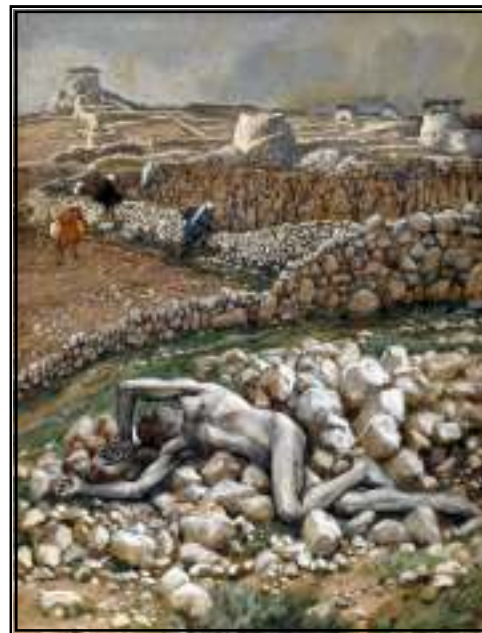
May we who gather at the table of God’s Word and feast around the altar of sacrifice, be restored to our innocence and strengthened by the Bread of Life so that we may become the Christ for those who are broken, poor, sick, and burdened.

Submitted by:

David J. Reilly

Director, Office of Worship

Diocese of Kalamazoo



Artwork: James Tissot, *The Son of the Vineyard* (1886-1894)

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TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

October 12, 2014

PRAYER AFTER COMMUNION

**We entreat your majesty most humbly, O Lord,
that, as you feed us with the nourishment
which comes from the most holy Body and Blood of your Son,
so you may make us sharers of his divine nature.
Who lives and reigns for ever and ever.**



REFLECTION

The source of the text comes from one of the daily prayers in the *Verona Sacramentary*. The prayer captures the balance of God's transcendence and immanence that we strive to express in every celebration of the Liturgy. Beginning with a humble address, we may envision God enthroned, our heads bowed down in reverence. Yet we are speaking to the one who feeds us and takes care of our every need – quite an intimate and personal relationship.

This prayer calls to mind elements of the Eucharistic Prayer where we express our faith in the transformative power of the Holy Spirit. We call on God to send God's Spirit to transform bread and wine into the Body and Blood of Christ. And when we receive this sacred meal, we then are united in Christ, truly sharers in Christ's divine nature. Once more in this post-Communion prayer we voice this hope.

PRAYER

Good and gracious God, as we are refreshed and renewed at each celebration of the Eucharist by the gift of your Son's Body and Blood, guide us to a deeper realization of your presence and the awesome reality that we, the Body of Christ, celebrate each Liturgy with Christ our Head.

Submitted by:

Judy Bullock, EdD
Director of Worship
Archdiocese of Louisville

Artwork: Unknown Russian Icon, *Friend, Where is Your Wedding Garment?* (14th century)

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TWENTY-NINTH SUNDAY IN ORDINARY TIME

October 19, 2014

PRAYER AFTER COMMUNION

**Grant, O Lord, we pray,
that, benefiting from participation in heavenly things,
we may be helped by what you give in this present age
and prepared for the gifts that are eternal.
Through Christ our Lord.**



REFLECTION

Here is an old prayer; at least part of it is old. It is based on one found in the *Verona Sacramentary* of the 6th century for an ordination of a Bishop (see Paul Turner, *Pastoral Companion to the Roman Missal*, © 2010, World Library Publications, p. 152).

Heavenly things are not far off. We participate in them this day, not only here in this sacred place, this parish church, but in all the places in the world where we spend the rest of our week. It is the same Christ who is wholly present and active here, there, and everywhere.

Heavenly things are not far off. Make a list. Count the benefits. And as good as all this is in the present age – and it is very good, God says – it pales in the brilliance of gifts that are eternal. Make a new list. Count those benefits.

We live actively in this present age and love it well we also keep one eye on Heaven and long for that gift, that place, That Day.

PRAYER

O God of earth and Heaven, because of this Communion
help us stay focused on that one day of eternal life with you
as we serve the men and women of this age this day.

Submitted by:

Eliot Kapitan

Director for Worship and the Catechumenate

Diocese of Springfield in Illinois

Artwork: James Tissot, *The Pharisees and the Herodians Conspire Against Jesus* (1886-1894)

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THIRTIETH SUNDAY IN ORDINARY TIME

October 26, 2014

PRAYER AFTER COMMUNION

**May your Sacraments, O Lord, we pray,
perfect in us what lies within them,
that what we now celebrate in signs
we may one day possess in truth.
Through Christ our Lord.**

REFLECTION

How beautifully this prayer from the *Gelasian Sacramentary* summarizes our understanding of symbol and Sacrament. Having just shared in the Body and Blood of Christ, we pray that we become perfectly transformed into what we have received. We acknowledge that what we celebrate in the Eucharist is still but a glimmer of what is to come, a reality of living in the “here but not yet”, an advent-time between the Resurrection of Christ and his coming again.

What lies within the Sacraments we share? What is it that we hope to possess fully in truth? Surely these are grace, the presence of God, the fullness of life and joy. Still, words cannot completely express our desire. So for now, we celebrate with a piece of bread, a sip of wine, and a song of praise on our lips. With eyes of faith, we call this the supper of the Lamb and the wedding feast of Christ, in the sure hope of possessing what we already have.

PRAYER

Help us, Lord, to see beyond the tangible things we need to recall your presence
and the limited way we understand the limitless joy you have prepared for us,
that we may always trust in your promise that, even now, is fulfilled for those who believe.

Submitted by:

Diana Macalintal
Director of Worship
Diocese of San Jose



Artwork: French Romanesque Painter, *Christ in Majesty (detail)* (c. 1100)

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November 2, 2014

THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED

(All Souls' Day)

PRAYER AFTER COMMUNION (3 options)

**Grant we pray, O Lord, that your departed servants,
for whom we have celebrated this paschal Sacrament,
may pass over to a dwelling place of light and peace.
Through Christ our Lord.**

REFLECTION

First of all, the prayer uses the plural, “departed servants”, since All Souls’ Day is for all those who have died.

Without being so named, this day is treated as if it were a Solemnity that is not a Holyday of Obligation. On this day, there cannot be a Ritual Mass or a Mass for Various Needs and Occasions (see GIRM, no. 372). Unless there is a Funeral Mass, which is permitted this day (GIRM, no. 380), all the Masses this day are for all who have died, not for any particular person.

As in all Masses, we celebrate the Paschal Mystery, the Death and Resurrection of Christ, who died for all humanity. The image of passing over connects us to the root of the word “Paschal”, the Passover, which, of course, is the context of Jesus’ saving event. We also pass over to a dwelling place of light and peace, an image from the First Eucharistic Prayer, the Roman Canon, *a place of refreshment, light and peace*, a residue from Roman pagan funeral rites at the grave. We pray that all the faithful departed can now share in that heavenly banquet which is peaceful and restful.

PRAYER

Echoing the Communion Antiphon, Lord, you are the Resurrection and the life and we believe in you. May all who have died, believing in you, live for ever in peace and joy.

Submitted by:

Fr. Leon Strieder SLD

St. Mary’s Seminary, Houston, Texas

Diocese of Austin



Artwork: Albrecht Dürer, *Small Passion: 36. The Last Judgment* (c. 1500)

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November 9, 2014

THE DEDICATION OF THE LATERAN BASILICA, Feast

PRAYER AFTER COMMUNION

**O God, who chose to foreshadow for us
the heavenly Jerusalem
through the sign of your Church on earth,
grant, we pray,
that, by our partaking of this Sacrament,
we may be made the temple of your grace
and may enter the dwelling place of your glory.
Through Christ our Lord.**



REFLECTION

We have received the Most Holy Eucharist and recalled the dedication of the church of St. John Lateran, the cathedral church for Rome and for the world. All church buildings are dedicated and made holy so they can be places where the Church assembles to be nourished by the Sacraments, especially the Eucharist, and to be strengthened in community.

Today's celebration of the Eucharist also leads us to recall how our parish church was dedicated. As the people were sprinkled with water before the building itself was sprinkled in the Rite of Dedication, we recall how each of us became members of the Church, the Body of Christ, through Baptism. We are temples of grace being formed in ways as to be worthy of entering into the heavenly Jerusalem. We have a foretaste of this in our own parish church building.

PRAYER

O God, you will that all people gather to give praise, honor, and glory for the gift of the Eucharist. Through all times you have dwelt with your people in their creation of a building in which to celebrate the Eucharist, the other Sacraments, and sacramentals. Be with us today as we recall the dedication of the Lateran Basilica. Be with us every day in our parish church; may it always be a place where we are initiated into the awe of what we will find on entering the new and heavenly Jerusalem. In Jesus' name we pray. Amen.

Submitted by:

Sister Sharon Marie Stola, OSB, D.Min.
Director of the Office of Divine Worship and the Catechumenate
Diocese of Joliet-in-Illinois

Photograph: Basilica of St. John Lateran, *cathedra* and apse

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THIRTY-THIRD SUNDAY IN ORDINARY TIME

November 16, 2014

PRAYER AFTER COMMUNION

**We have partaken of the gifts of this sacred mystery,
humbly imploring, O Lord,
that what your Son commanded us to do
in memory of him
may bring us growth in charity.
Through Christ our Lord.**

REFLECTION



This Sunday's unassuming nature, combined with its proximity to a major point of transition (the end of one liturgical year and the beginning of another), gives it a slightly awkward character. We might compare it to the pre-holiday atmosphere of Christmas Eve or New Year's Eve – it carries a sense of imminent bustle and festivity but also a somewhat comforting feeling that we still have a little more time to make all the necessary preparations.

Yet we must guard against slipping into a spiritual complacency, for we know neither the day nor the hour when we shall encounter Christ the King. The only sure approach is to hold fast to what the Son "commanded us to do" while striving to "serve with constancy" as today's Collect exhorts.

It is interesting to note that this same Prayer after Communion is also often used during Easter Time. This helps remind us that Ordinary Time should not be viewed as somehow disjointed from the high points of the liturgical year or as an acceptable time to coast along while waiting for a preparatory or penitential season to kick our spiritual lives into another gear. Every Sunday celebration of the Eucharist shares in the glory of the Resurrection and therefore provides an opportunity and exhortation to pursue the sanctifying "growth in charity" that our Lord desires for us.

PRAYER

Heavenly Father, we thank you for the graces you have bestowed upon us during this waning liturgical year. We ask that you will keep our sights ever fixed on your eternal Son, so that we will be found ready to meet him at all times. We ask this through Christ our Lord. Amen.

Submitted by:

Brian MacMichael
Director of the Office of Worship
Diocese of Fort Wayne-South Bend

Artwork: Jaume Huguet, *Last Supper* (c. 1470)

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THIRTY-FOURTH SUNDAY IN ORDINARY TIME

November 23, 2014

PRAYER AFTER COMMUNION

**We pray, almighty God,
that those to whom you give the joy
of participating in divine mysteries
may never be parted from you.
Through Christ our Lord.**

REFLECTION



In this prayer, we petition that the Lord, who connects us to himself, will preserve that union without fail and help us to do whatever we need to do to maintain that link. He will never fail us in what he needs to do to establish and preserve that unity that is founded on our Baptism and renewed with the reception of the Holy Eucharist.

PRAYER

Gracious God, help us to see all that you do to keep us in our relationship with you and to form our lives according to your precepts. Let us rely on your love with assurance of faith that we may value always our sharing in the divine mysteries which you reveal to us. We ask this through Jesus Christ our Lord.

Submitted by:

Rev. Louis Dorn

Secretary, Diocesan Liturgical Commission

Diocese of Jefferson City

Artwork: Fra Angelico, *Last Judgment (triptych)* (c. 1450)

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