

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



Fruits of the Mystery—Ordinary Time (Spring)

Artwork: Italian Miniaturist, *Christ in Glory with Symbols of the Evangelists* (12th century)

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

First Sunday after Pentecost

THE MOST HOLY TRINITY, Solemnity

June 15, 2014

PRAYER AFTER COMMUNION

**May receiving this Sacrament, O Lord our God,
bring us health of body and soul,
as we confess your eternal holy Trinity and undivided Unity.
Through Christ our Lord.**

REFLECTION

This brief prayer from our Roman tradition encapsulates the essence of what it means to participate in the Eucharist: that the Body and Blood of Christ we have shared heals the sin we carry and the divisions that keep us separated from one another. Therefore, we who have been reconciled to God and to one another are sent to announce to the world that the sin and enmity that continue to divide humankind are also healed in the unifying love of God.

Like the Trinity, health of body and soul is not a static, enclosed condition meant only for one's own benefit. God's healing is not an end in itself. Rather, healing is for the glory of God. Healing reunites us into the midst of the assembly that together we might confess and proclaim God's reconciling love for all and draw others into this union with God. That is what we witness in the undivided Unity of the Trinity – not a mathematical conundrum but an ever-giving, self-sacrificing offer of love for the Other.

If we listen carefully, these prayers after Communion in myriad ways remind us of this essential Christian mission. We who have been drawn into the healing love of the Trinity are sent to be that love for others that they too might be one with us in the eternal life of God.

PRAYER

Healer of body and soul, may we who have been reconciled by divine Love draw others by our word and deed into your life-giving Unity so that all may be eternally one in you. Amen.

Submitted by:

Diana Macalintal
Director of Worship
Diocese of San Jose



Artwork: Sandro Botticelli, *Holy Trinity* (1491-1493)

Excerpt from *The Roman Missal, Third Edition* © 2010, ICEL.

Reprinted with approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.

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

[In the Dioceses of the United States]

Sunday after the Most Holy Trinity

THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI),
Solemnity

June 22, 2014

PRAYER AFTER COMMUNION

**Grant, O Lord, we pray,
that we may delight for all eternity
in that share in your divine life,
which is foreshadowed in the present age
by our reception of your precious Body and Blood.
Who live and reign for ever and ever.**

REFLECTION



Those who pray this prayer have shared in the Body and Blood of the Lord at Communion from the Table of the Eucharist and have a foretaste of the heavenly banquet. Those praying are paying attention to the Holy Presence encountered in the entire Communion procession. It is the assembly walking together in *life-procession* seeking to satisfy the hungers which cannot be satisfied in any other way. There is more here than meets the eye!

Having shared in Communion, we acknowledge that our hungers are satisfied not only as individuals but as a community. The *divine life foreshadowed in the present age* is available to us now through the conscious act of surrender, reception, and openness to receive. In that act, we become *one with* the One whom we receive. We practice this communal act week after week until that day when, at the last, we will take this Body and Blood, this *divine life*, for the final time, as viaticum, that is, *food for the journey*.

PRAYER

O God,
we hunger for so much in this world that is not you.
Order our desires to hunger for you
that our delight and contentment
may be complete with you, this side of heaven,
and, at the last, before your holy face. Amen.

Submitted by:

Fr. Tom Ranzino
Director, Office of Worship
Diocese of Baton Rouge

Artwork: Dieric Bouts the Elder, *The Last Supper* (detail) (1464-1467)

June 29

SAINTS PETER AND PAUL, APOSTLES

Solemnity

At the Mass during the Day

PRAYER AFTER COMMUNION

**Grant us, O Lord,
who have been renewed by this Sacrament,
so to live in the Church,
that, persevering in the breaking of the Bread
and in the teaching of the Apostles,
we may be one heart and one soul,
made steadfast in your love.
Through Christ our Lord.**

REFLECTION



This prayer is inspired by a description of the life of the early Church that is found in the Acts of the Apostles 2:42: “They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.” In the early Church, this meant sharing the same thoughts, attitudes, and desires to take care of everyone so that no one lacked for anything. In the breaking of the bread they recognized Christ’s presence. They were devoted to prayer because through it they were in communion with Christ. Their teachings were about Christ who died and was raised by the Father for the salvation of all.

Is not this description of Church the same for us? Today we pray that in receiving the Body and Blood of Christ, we are renewed in the life of grace given us in Baptism and strengthened to live out the call to be Church. How can we live out this call today? Pope Francis, in his address to Ecclesial Movements on May 18, 2013, gives three words that can help us be Church: “The first: Jesus....The second: prayer....Finally: witness...means living Christianity as an encounter with Jesus that brings me to others....”

PRAYER

Almighty God, we are most grateful for the nourishment and graces received in Holy Communion. Let them strengthen us to be living examples for others in our communities, so that they recognize the presence of Christ in their midst and welcome you into their hearts.

Submitted by:

Sylvia M. Garcia

Associate Director, Office of Worship

Diocese of Dallas

Artwork: El Greco, *Saints Peter and Paul* (1605-1608)

Excerpt from *The Roman Missal, Third Edition* © 2010, ICEL.

Reprinted with approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.

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

FOURTEENTH SUNDAY IN ORDINARY TIME

July 6, 2014

PRAYER AFTER COMMUNION

**Grant, we pray, O Lord,
that, having been replenished by such great gifts,
we may gain the prize of salvation
and never cease to praise you.
Through Christ our Lord.**

REFLECTION

The text of this prayer comes from the Gelasian Sacramentary which dates from the early 8th century and combines texts from both the Roman and Gallican Rites.



The prayer complements the second Communion Antiphon which is taken from Matthew 11:28, the Gospel proclaimed in Year A: “Come to me, all who labor and are burdened, and I will refresh you, says the Lord.” The antiphon’s use of the future tense “I will refresh you,” is brought to fulfillment in the words of the Prayer after Communion, “having been replenished by such great gifts.” Our wait for refreshment is complete because of the gift we have received at the altar.

The Prayer after Communion goes on to ask that we may gain the prize echoing St. Paul’s letter to the Philippians, Chapter 3, where he presses onward to the goal for the prize of the upward possession of Christ Jesus. The main body of the prayer concludes with the hope that we may “never cease to praise” the Lord. This expresses our longing to be united with the Lord, eternally exalting him for everything that he has done for us.

We might ask ourselves, how are the labors and burdens of my life refreshed and replenished by the Sacrament we have received? Do the things of this world distract me from striving for the greatest prize?

PRAYER

Father, may the Sacrament we receive be food and medicine for us so we can bear the burdens of this world and be prepared for eternal life. Through Christ our Lord.

Submitted by:

Daniel McAfee

Director, Office for Christian Worship

Archdiocese of Detroit

Artwork: Annibale Carracci, *Christ in Glory* (1597-1598)

Excerpt from *The Roman Missal, Third Edition* © 2010, ICEL.

Reprinted with approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.

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