

# Mass Moments

## Spring Series: Liturgy of the Eucharist

### Key Points - June 22



#### Prayer after Communion and Concluding Rites

- Following Holy Communion, while the sacred vessels are being purified, there follows a graced period of silent prayer for the undeserved gift that we were privileged to receive. We are truly awestruck that the eternal Son of God should become incarnate and share our nature and his divine life with us in such an intimate union. This brief period of silent prayer is intensely personal and unique to each person – man-woman-teen-child. And our union with God and others increases as we pray together: “Thy Will Be Done”. “We, though many, become one Body” (1 Cor. 12:12).
- As the priest says, “Let us pray,” we stand as he closes The Liturgy of the Eucharist with the “Prayer after Communion”. Using words describing the feast or day celebrated, the priest prays that the sacrament bear fruit in us and that we remain faithful to all that we have just received. Our “Amen” closes the Communion Rite that began with the Pater.
- Concluding Rites (Part IV of the Mass): though the shortest is extremely important since it directs and sends us to go out of ourselves to proclaim the Gospel (Word-Sacrament) we have just received with our lives so that others (family-work-school-culture) too may encounter the God of love-mercy-truth. After the priestly, “The Lord be with you,” the assembly replies, “And with your spirit.” The priest traces the “sign of the cross” over the people saying in the name of the Most Holy Trinity of Father-Son-Holy Spirit. In turn, the people mark the sign of the cross on their bodies, saying “Amen” to the blessing and the task now at hand. It is clear that we are being sent forth into a “Mission-Field” in the name of the Most Holy Trinity. To leave Mass after Holy Communion or before this blessing – without a serious reason – is disrespectful to God.
- The priest or if a deacon is present, dismisses the people, sending them out with The Great Commission to “Go and Make Disciples.” “As the Father has sent me, so I send you.” (John 20:21). Because we have just celebrated and received Christ in Word and Sacrament, we, “The People of God”, have been transformed and made Christ’s Body, to become what Christ is for the world, a “life-giving Spirit” (1 Corinthians 15:45), to “Go in Peace”, in faith and good works, to make the Name of JESUS better known and loved.

## Reflection Questions

1. What role does sacred silence play at Mass, as well as your life outside of Mass?
2. How is God inviting you to “Go Forth!” from Mass each week to know, follow, and share Jesus in family, workplace and school? Is there a ministry or service he is calling you to?
3. “Faith in Action” means to seek to live the Corporal and Spiritual Works of Mercy daily.



# Resources for the Whole Family

- Book: What Happens at Mass (revised edition) by Jeremy Driscoll, OSB; pages 126 - 130
- Book: Living the Mass: How one hour a week can change your life by Fr. Dominic Grassi and Joe Paprocki, Loyola Press, pages 153 – 199
- The Corporal Works of Mercy | USCCB
- Catechism of the Catholic Church, 2447
- FORMED: The Elements of the Catholic Mass: The Dismissal



## CHILDREN:



Video and music on *DynamicCatholic.com*;  
Blessed series, “The Closing Prayer”

## Events at St. Mary’s & around the Archdiocese

- Eucharistic Adoration at St. Mary’s – Wednesdays from 8:30 AM – 8 PM in the Notre Dame chapel. Signup on our website
- Archbishop Hebda invites you to become an Archdiocesan Jubilee Pilgrim!
  - From now until Sunday, October 12, visit seven other parishes, similar to how Saint Philip Neri guided the faithful to seven churches in Rome.
  - At each church, consider praying for one of the seven gifts of the Holy Spirit. Among the seven churches, be sure to visit our two Jubilee co-cathedral churches: the Cathedral of Saint Paul and the Basilica of Saint Mary. Look for the Jubilee Cross in each location.
  - Additionally, the Cathedral of St. Paul will host an ice cream social after all morning Masses, Sunday, October 12<sup>th</sup>.

