

**Federation of Diocesan Liturgical Commissions [FDLC]  
Mystagogical Reflection on Texts of the *Roman Missal***

Link to Mystagogy Project on FDLC home page for free access and use: <http://www.fdlc.org>.

The Sunday within the Octave of the Nativity of the Lord [Christmas], or, if there is no Sunday,  
December 30.

THE HOLY FAMILY OF JESUS, MARY AND JOSEPH, **Feast**  
December 29, 2013

**Prayer after Communion:**

Bring those you refresh with this heavenly Sacrament,  
most merciful Father,  
to imitate constantly the example of the Holy Family,  
so that, after the trials of this world,  
we may share their company for ever.  
Through Christ our Lord.

**Reflection:**

The food and drink that refreshes us! After a long or difficult day, a lengthy period of work, what most refreshes you? What satisfies? What gives you strength to carry on?

As we hear this Prayer after Communion today, we are invited into the mystery of the family life of Jesus, Mary, and Joseph. Perhaps some of the images from today's scriptures, especially Colossians, will come to mind: compassion, kindness, humility.... [Although the reading is assigned to Year A, it may be used in any Year in place of the reading for Year B and Year C.] We can be sure that these virtues were evident in the family life in the household at Nazareth.

Like all Prayers after Communion, we are invited here to action, to conversion of heart having just encountered Christ in Communion. We can be sure that this food and drink for our journey of faith will provide refreshment as we continue on our pilgrim way. This journey will lead us ultimately to a communion of life in the Holy Trinity and in union with the Holy Family of Nazareth.

**Prayer:**

God of the journey, you guide your family, the Church, along the path of salvation. Help us to remain faithful in word and in deed to the example of the Holy Family of Nazareth. May our worship today strengthen us to witness to the Gospel we cherish. Through Christ our Lord. Amen.

Submitted by:  
Rev. Steven P. Walter, Pastor  
Saint John Fisher Parish  
Archdiocese of Cincinnati

Excerpt from *The Roman Missal, Third Edition* © 2010, ICEL.  
Reprinted with approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.