

**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>.

January 1

The Octave Day of the Nativity of the Lord [Christmas]

SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD

Prayer after Communion:

We have received this heavenly Sacrament with joy, O Lord:
grant, we pray,
that it may lead us to eternal life,
for we rejoice to proclaim the blessed ever-Virgin Mary
Mother of your Son and Mother of the Church.
Through Christ our Lord.

Reflection:

Prior to Vatican Council II, this feast did not exist. This Solemnity was new to the post-Vatican II Missal and so was the composition of this prayer.

In this prayer, we come to the Lord with grateful hearts, for we have been fed by the Word of God and have dined at the table of the Lord. We pray that our participation in this heavenly Sacrament will lead us to eternal life. If, however, the reception is to lead us, then we must be prepared to follow.

Mary, first disciple, Mother of God and of the Church, is a reminder to us that we continue the mission of Jesus, the mission of the Church beyond the building in which we gather. We encounter Christ in the Eucharist so that through us others can encounter Christ in the world.

Prayer:

Loving Father,
give us courage like Mary to follow you and to proclaim your goodness.
Help us to be faithful disciples today and always.
Please show us how. Amen.

Submitted by:
Sue Huett
Director, Office of Worship
Diocese of Belleville

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

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