



From the Desk of Father Peter

The Mass Has Ended

Some people stay after Mass to pray. Why, if they just prayed at Mass for an hour? After Mass has ended, many people enjoy an age-old practice of praying in church



after Mass. These are traditionally known as prayers of thanksgiving and focus on thanking God for the great gift that we have received in the Eucharist and in the mystery of our redemption. While these prayers are not obligatory, they are perfectly acceptable and encouraging ways for us to keep in mind the importance of the Blessed Sacrament and the Mass itself. As such, this spirit of prayer should be fostered and respected in the church even after mass. The sacred space of the church should remain a place of quiet prayer at all times, even after Mass when we might be inclined to greet our neighbors. Certainly, after Mass is a great time to catch up with friends and build up our parish community, but we should also respect an atmosphere of prayer for those who wish to pray after Mass.

Perhaps the most fitting way to close would be with one of these traditional prayers of thanksgiving after Mass attributed to St Thomas Aquinas.

Lord, Father all-powerful and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the precious body and blood of your son, our Lord Jesus Christ.

I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God, and lead me safely through death to everlasting happiness with you.

*And I pray that you will lead me, a sinner, to the banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord.
Amen.*



Fr. Peter Enyan-Boadu