

## *Thanksgiving After Mass*

October 22, 2017

One thing that is very important after assisting at Mass, and yet so sorely lacking most of the time, is a good thanksgiving. If we stop and reflect for a moment, it only makes sense that we should spend some silent time in prayer talking to our Divine Guest, Who has come to dwell in us for a while when we receive Him in Holy Communion. He loves us, but love is not only in one direction; rather, it needs a response. Just think how offended we would be if we were invited someplace and, upon arrival, we were seated on a chair and never spoken to again. It is unthinkable, but this is what we are doing if after Holy Communion we ignore our Lord's presence in us and do nothing to communicate with Him.

There is a funny story about St. Philip Neri, who noticed one of the parishioners getting up from the communion rail and heading straight out the church to go home. One day, the saint sent the acolytes with the candles to escort him. The man, rather angry because of it, went back to St. Philip to find out why. The saint explained that it is only right that if you are carrying around the Blessed Sacrament in you, you should be accompanied by acolytes and candles. The gentleman got the point and remained after Mass to make a thanksgiving.

How do we make a thanksgiving after Mass? First let us propose to preserve a modicum of recollection. Spend a few minutes in silence. Silence lets us hear Him better and also keeps us from distracting others trying to pray. We can pray with fixed formulae or we can speak from the heart, but we should be sure to include some time of interior silence to listen. Even after this time of silence and prayer, we should endeavor to keep in His presence while carrying on with our daily activities.

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