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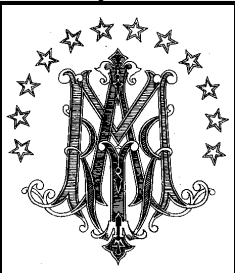
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Sr. Mary Montfort



Dear friend of Our Lady,

First of all, let me wish a **Mary Christ Mass**, to each and every one of our members and benefactors.

Elsewhere in this issue you will find, in the Latin original, with an English translation, some of the prayers given in the *Missale Romanum* of 1962 for thanksgiving after Mass. As many of you are aware, it is not uncommon, after the celebration of the Holy Sacrifice of the Mass, for almost the entire congregation to leave, with hardly a thought given to prayer in thanksgiving to Our Lord for the inestimable gift of Himself in the Sacrifice and Sacrament of the Altar. Why not, then, as the new millennium approaches, make a resolution not to abandon Our Lord after the reception of Holy Communion, but to remain, at least for a few moments, to offer up prayers of adoration, thanksgiving, petition and reparation, reparation especially, for the unworthy reception of such a great sacrament. And why not place a copy of this newsletter in pocket or purse (or make a copy of it), so as to utilize these prayers from the Roman Missal after Mass and communion. I am reminded of a famous statement of St. Theresa of Avila, to the effect, that when we have received Holy Communion, it is as though we have received a live coal into our bodies and souls—and she laments how many people fail to glean all the benefits they can from the Divine Visitor for want of a proper thanksgiving. One of the greatest diseases in the spiritual life is formalism—reducing everything to empty formality: let us guard

