

The Afterglow of the Eucharist Ministry

Jesus commanded and commissioned the twelve, the seventy two, those gathered just prior to his ascension to His Father, and all who wished to be called His disciples to do two things—to proclaim the Good News of His Father’s Kingdom and heal the sick. Proclamation and restoration—this is the mission of the Church!

The Afterglow of the Eucharist is a ministry of proclamation and restoration. The healing power of the Eucharist forms the basis for the Afterglow Ministry. Through this ministry, we can put into action, Jesus’ command to proclaim and heal, each time we invite people to come forward for personal prayer at the end of weekend Masses. The prayer that is prayed is called “The Simple Blessing Prayer.” The format of this prayer is specifically designed to help each person focus on Jesus’ healing touch and the graces that flow from the Eucharist. The goal of “The Simple Blessing Prayer” is to lead those who are hungry, hurting, and longing into a more personal relationship with Jesus.



As you go, make this announcement, ‘The reign of God is at hand! Cure the sick, raise the dead, heal the leprous, expel demons. The gift you have received, give as a gift (Mt. 10:7)

Since you have come to know Jesus and His healing love that flows from His Cross, you **must** therefore give others the same gift—salvation and healing!

Go! Proclaim! Heal! Watch for these signs!

Mt 6:30, Mk 6:7, Lk 10:17

The prayer needs of our parish communities always stir compassion in our hearts. Each Sunday, as we raise up our petitions, we pray FOR those in need. Yet, Jesus did not pray for those in need He prayed WITH those in need. In the same way He asks us to pray with those in need. He asks us to GO to the sick, PROCLAIM the Good News, and HEAL.

Jesus tells us if we are to be His followers we must GO. Jesus asks us to be risk-takers—stepping out in faith to pray with others. He tells us if we are to be His followers we must PROCLAIM the Good News. To do this, we must be eager to talk about His work of salvation—inviting others into a deeply personal relationship with Him. He says signs will accompany those who proclaim their belief in Jesus to others—the sick will recover. When we GO, PROCLAIM, and HEAL, Jesus promises that we will do what He did and even greater things because He has gone to the Father. He tells us we will be empowered by His Holy Spirit to do this work and that He will be with us always.

The Afterglow of the Eucharist fulfills this two-part command of Jesus to proclaim the Good News and heal. Jesus’ promise to be with us as we go, proclaim, and heal becomes that much more real in the afterglow of Eucharist, having just received Him and His grace that flows from His true presence. There is no better time to proclaim the Kingdom to others and to heal than immediately following their communion with Jesus.



Parish Renewal Workshop Series

THE AFTERGLOW OF THE EUCHARIST and The Simple Blessing Prayer



Parish Ministry of Healing and Evangelization

Parish Outreach Ministries

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The Afterglow of the Eucharist

These simple steps may be helpful in setting up the Afterglow of the Eucharist Ministry in your parish:

1. **Pastoral Support:** Contact your pastor and pastoral leaders to seek their approval for the Afterglow Ministry. Set an appointment to explain and demonstrate the Simple Blessing Prayer.
2. **Prayer Team Formation**—once approved:
 - Designate a Prayer Ministry Coordinator
 - Announce the formation of prayer teams (bulletins and Sunday Mass announcements)
 - Conduct a formation workshop. There may only be one or two at first but others will come as they experience the graces of this ministry.
 - Ask your pastor to commission prayer ministers—preferably to be witnessed by the assembly.
3. **Mass Announcements:** As soon as prayer teams are formed make formal announcements about the new ministry:
 - Bulletin Announcements: Weekly at first and then at least monthly.
 - Signs posted at entrance to the Church (Prayer Teams are available after each Mass).
 - Mass Announcements for the first two weeks: Celebrant and Ministry Coordinator describe the new ministry.
 - Weekly Sunday Mass Announcements: Celebrant announces that prayer teams are present to pray for their needs—healing, jobs, depression, pending surgeries, family members, grief, etc.
3. **The Afterglow Ministry:** Each team ideally consists of two persons—one person leads the prayer. The other stand behind and prays in intercession. After the recessional, prayer team members come forward to the front of church. They turn and face the people, waiting for people to come forward for prayer.
4. **The Simple Blessing Prayer:** As each person approaches a team *The Simple Blessing Prayer* is prayed.

Prayer ministers are typically members of the community who feel called to pray with others, encouraging others draw closer to Jesus and inviting them to receive Jesus' healing love and mercy in their lives. The Afterglow of the Eucharist Ministry is open to parish members of all ages and from all walks of life.

The Simple Blessing Prayer Guidelines

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The Simple Blessing Prayer Guidelines

Ask the person his or her name. Then ask, “_____ (name), what do you want Jesus to do for you?” Listen carefully to what is said because this is exactly what you will ask of God when you pray for the person.

Encourage the person to be open to receive all that God wants to give, by inviting the person to open his/her hands. Support the person by placing your open hands under the person's open hands.

Bless the person, making the sign of the cross on the forehead, and palms of both hands, saying, “May God bless in the name of the Father, and of the Son, and of the Holy Spirit, Amen.”

Ask the person, “What is your favorite image or picture of Jesus?” Invite the person to close his or her eyes and see his/her favorite image of Jesus with him/her.

Pray in adoration, petition, intercession, thanksgiving and praise. Bless the Lord for His Goodness and Mercy, for creating this person. Pray for exactly what the person asks of Jesus using the person's own words. Then pray one or two sentences using your own words.

Ask Jesus to bless the person in body, mind and spirit. If after Mass, pray that the graces of the Eucharist flow into the person, bringing God's healing love and mercy. Pray in thanksgiving for what God has already done in this person and for what He is doing now and will do in the future. Praise God for His faithfulness, mercy, and love.

Close the prayer saying, “Glory be to the Father, and to the Son...Amen.”

Invite the person to go to Jesus with his or her needs every day, see the same or a different image of Jesus, be still, listen and receive God's mercy and healing love.

The Power of Prayer

Pray in My Name

- Jn 15: 7 If you remain in me and my words remain in you, ask for whatever you want and it will be done for you.
- Jn 14: 13 And whatever you ask in my name, I will do, so that the Father may be glorified in the Son. If you ask anything of me in my name, I will do it.
- Jn 16: 23 Amen, amen, I say to you, whatever you ask the Father in my name he will give you. Until now you have not asked anything in my name; ask and you will receive, so that your joy may be complete.

Persevere in Prayer

- Lk 18:1 ...the necessity of praying always and not losing heart.
- Lk 11:13 Ask and you shall receive...how much more will the heavenly Father give the Holy Spirit to those who ask him.
- Mk 11:24 If you are ready to believe that you will receive whatever you ask for in prayer, it shall be done for you.

The Catechism of the Catholic Church

- 1112 The mission of the Holy Spirit in the liturgy of the Church is...to make the gift of communion bear fruit in the Church.
- 1128 ...the fruits of the sacraments also depend on the disposition of the one who received them.
- 1999 The grace of Christ [that flows from the Eucharist] is the gift that God makes to us.
- 1671 Among sacramentals, blessings come first. Every blessing praises God and prays for His gifts....This is why the Church imparts blessings by invoking the name of Jesus, usually while making the sign of the cross of Christ.