

SPIRITUAL MOMENTS ***Anniversary Issue***

Be Your Best

St. Francis de Sales

Volume 2, Issue 1

January 24, 1999

“Be Your Best

Give Your Best

Do Your Best

and

Leave the rest to

the Lord”

— *Fr. Gus*

WELLSPRING
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Wellspring **Reflecting on the past year**

It began with a man...a man called Augustine Tharappel. And like bees to honey, moths to light, people came to hear his kind words and share with others. Fr. Augustine Tharappel, better known as Fr. Gus, began his missionary work in a temporary location. He created an atmosphere of reverence for the Lord, amidst the many files and office equipment necessary for such a mission.

Fr. Gus came to the Cathedral of the Immaculate Conception in Tyler, as Parochial Vicar, in May of 1996. Since that time, his vision, Wellspring, has become a reality.

With its inception a year ago, Wellspring has become a source of inspiration, support

and faith. Programs started small, but have grown to become a weekly part of many lives. The GIFT class now includes a reflection time, followed by a mass for the community, and spiritual enrichment, led by Fr. Gus.

Other programs include the men's and women's faith sharing groups, retreats for senior citizens, retreats for those involved in the medical field, and family prayer experiences.

While these are just a few of the programs offered, Fr. Gus is pushing ahead with many new ideas and opportunities for individual and family spiritual growth.

The first years' success re-

sults from the collaboration of many people. With the foundation now laid by these caring people, we look forward to continued years of fellowship, stewardship and friendship.

A simple home surrounded by the piney woods of East Texas has become a center for spirituality. The people have filled it with God's love, with His compassion, and with His welcoming, healing spirit. And as the old hymnal goes, "surely the presence of the Lord is in this place...".

Patricia Cussen
Kathy McCabe

Thank You

All who gave contributions for the maintenance of Wellspring.

All who shared and supported Wellspring ministries.

Cathedral Community for your faith-filled and prayerful presence.

For your prayers, masses and contributions to Wellspring, in memory of my mother, Bridget Tharappel.

We remember you with gratitude and we pray with you.

God Bless you, your family and all your concerns.

— *Fr. Gus*



— **BE COMPASSIONATE AS YOUR FATHER IS COMPASSIONATE (LK. 6:36)** —

Wellspring Symbol



Like most signs and symbols, the Spiral is an ancient symbol with profound symbolic interpretation. It was considered as a conduit through which all energy – physical and spiritual – flows. The Spiral represents two-fold movement: inward toward the center of being and outward toward the rest of creation. It symbolizes evolution and involution: while it contains elements of the old order, it branches out into new spheres and thus represents change, development and growth – a process of perfection. Each spiral is a kind of cycle that evolves and merges into the next. And each cycle completes the one preceding it and forms the beginning of the next, which could not be perfect without it. It symbolizes movement, evolution of a state of being, a force of perpetual change, a return to the center, and a growth into the future.

Wellspring has chosen the spiral as its symbol to represent the dynamic spiritual movement: inward toward the center of being to a personal discovery and intimate experience of God within; and outward toward the rest of God’s creation, especially to the rest of humanity. It represents a constant return to the center, to the source of life and love, to God himself and a lifelong reaching out to others in fellowship. It represents rooted-ness in ones heritage of faith, tradition and culture and a process of growing into new spheres of life and mission. It represents the call of Jesus: “You must be made perfect as your heavenly Father is perfect.” (Mt 5:48) “Be compassionate as your Father is compassionate.” (Lk. 6:36)

— Fr. Gus

One Day at a Time

One day at a time makes it all easier.

*Upon awakening be still and pray
Pray for the courage to do what’s ahead of you that day.
If asked, God will lead the way.*

Ask for guidance, pray for His will.

*Acceptance and patience it does take.
Pray for these, too, when you awake.*

*If you live as if He wishes for you,
And do the best you can do,
Life will be more complete, no longer a series of defeats.*

*As your day approaches its end...
Thank God for the progress made that day.
Always remember that God is the light that lit your way.*

Kathleen McKibben

Editorial

Gratitude is the memory of the heart. Gratitude makes us relive experiences, rejoice in the blessings and graces, appreciate and respect sources of blessings, feel strengthened in spirit and make us optimistic about the future. We have much to be grateful for at Wellspring. We have a home of our own. We have a mission and a vision. Our ministry has been welcomed, appreciated and supported. God has blessed us with the opportunities to serve His people.

Gratitude makes us look to the future with great hope.

Fransalian optimism permeates our vision and strengthens our mission. While many raise questions, doubts and fears about the millennium, we welcome 1999 with gratitude and look forward to the millennium with great hope. This is a year of Grace, of Blessings, of Hope. We are a people with a heritage of deep faith that makes us a people of hope.

We want to try to focus on the family this year. Programs of Commissioning of Families for

Prayer and Family Prayer Experience, have been introduced. New programs of Empowering Families, Fransalian Families and more Family Prayer Experiences will be offered during the coming months. May 1999 become a year of learning, growth and great wisdom for all.

Editor

"Gratitude makes us look to the future with great hope."

Wellspring Call:

- ◆ Pray with us as we minister to God's people. Help us discern how best we can fulfill God's call.
- ◆ Share in our ministry – especially in ministry of compassion and prayer.
- ◆ Support us financially. Spare what you can – share your gifts with us. Help us with ongoing maintenance of our ministries. Contributions may be made payable to Wellspring. Donations are tax deductible.
- ◆ Tell a friend about our ministry
- ◆ Share with us your ideas, insights, stories, articles – your spiritual moments, which we may share with

Faith Sharing Groups

Faith sharing is expressing where we are on the journey of life. We share our intimate knowledge of God: His presence with us in the joys and sorrows of our faith, thoughts, prayers, hopes, relationships, and our church. Through faith sharing we affirm each other and ourselves. We are able to see clearly God's abiding love and devotion for each individual. We recognize each person as unique, bringing his or her own gifts to the group as a whole. The groups are still in their infancy

"Faith sharing is expressing where we are on the journey of life."

since we have only been meeting for a few months. With great confidence we look to the future, 'exploring possibilities of letting faith come alive in

real life situations and calling each other to grow in faith as we continue our intense spiritual journey'. We have two different groups of faith sharing. A core group of men meet on Thursday evenings. A women's group meets on Friday mornings. Since age or experience does not limit faith sharing, the groups are blessed with men and women of all ages.

Heidi Cude

KIDS CORNER

Hey Kids:

A lot of great answers were sent, and the best amongst them was from Connor Streit. The question was, "Who was the girl in the bible who saved her baby brother from drowning?" Connor wrote: -"It was the princess of Egypt. I learned Moses' saved everybody and that God helped him do it."

The correct answer was Miriam. She was the sister of baby Moses. Exodus 2

Here is another question for you. What is lent and what will you do during lent to prepare for Easter' ?

Please Send your answer to me, Fr. Gus. Best answer will be published!

Do you have a question for me? write to me, Fr. Gus, Wellspring,
P.O. box 7932, Tyler, Texas 75711.

Missionaries of St. Francis de Sales

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MISSIONARIES OF ST. FRANCIS DE SALES

Calendar of Events: Spiritual Growth Programs

Wellspring Ministry Team

Founder/Director-Fr. Gus
Wellspring Center-Heidi Cude
Wellspring House-Ed McKibben
Ministry Journal-Patricia Cussen
Library-Veronica Casals
GIFT Groups-Jim & Ann Callanan
Discernment Team-Stephanie Hall
Men's Faith Sharing-Sam Hall
Women's Faith Sharing-Heidi Cude
Spiritual Directors-Ralph Guidroz
Ministry of Compassion-Heidi Cude
Retreat Ministry -Sam Hall
Family Prayer Exp.-Patricia Cussen
Healing Ministry-Veronica Casals
Senior Citizens-Ed McKibben
Ecumenical Contact-Jack Brown
Newsletter-Kathy McCabe
Journal of Spirituality-Al Platzer

Wellspring Prayer Connections

This is one of the most important ministries of Wellspring and a major part of our "Ministry of Compassion" to all God's people. We have made a commitment to pray with you and share our faith with you when you are in need of our support in prayer.

This is our commitment to you:

*"Let us know your need,
And we shall be with you in prayer"*

You may call 903-839-3486 and leave your request for prayer. If you need someone to contact you, please leave your telephone number or write to us at Wellspring, P.O. Box 7932, Tyler, Texas, 75711. You may also fax us at 903-509-0732.

Important Events:

- ◆ Family prayer experience
February 27 & March 20
- ◆ Major Spiritual Event
June 6
- ◆ Empowering Families
To be arranged
- ◆ Fransalian Families
To be arranged

Spiritual Growth Programs

Weekly Programs:

- Tuesdays: 7:00pm GIFT Group
(begins with prayer at 6:00)
Prior arrangement necessary for participation.
- Wednesdays: 6:00pm Prayer & Mass for urgent needs of
Cathedral Community. Welcome to all.
- Thursdays: 6:30pm Men's Faith Sharing Group.
Prior arrangement necessary for participation.
- Fridays: 10:00am Women's Faith Sharing Group.
Prior arrangement necessary for participation.

Looking Ahead:

- ◆ Commissioning of Families for Prayer: First Sunday of every month.
- ◆ Senior citizen's prayer and retreat experience: First Sunday of every month, 2:00pm
- ◆ Lenten reflections: Every Sunday of Lent, beginning February 21
6:00pm Reflections, 7:00pm Mass, St. Paul's
- ◆ Preparation for feast of Pentecost: May 20, 21 & 22
6:00pm Reflection, 7:00pm Mass, St. Paul's
- ◆ Preparation for feast of Corpus Christi: major spiritual event
Sunday, May 30 – Saturday, June 5
6:00pm reflection, 7:00pm Mass

Sunday, January 24: Feast of St. Francis de Sales & First Anniversary of Wellspring
Open House 1:00pm Mass 4:30pm Bishop Carmody will preside.
Reception after Mass. All are welcome.

Friday, February 5 Spiritual Directors Training Program
10:00am-4:00pm, Wellspring

Saturday, February 27: Family Prayer Experience
10:00am-12:00Noon, Wellspring

Saturday, March 20 Family Prayer Experience
10:00am-12:00Noon, Wellspring

Thursday, April 1 ***Holy Thursday.*** Celebrating the Lord's Supper
5:00pm Wellspring. (No mass at Wellspring)

Friday, April 2 ***Good Friday.*** Remembering "Journey to Death and Beyond"
6:00pm Wellspring

Sunday, June 6 ***Feast of Corpus Christi*** – Major spiritual event
Details to be announced.

To be announced: Empowering families; Fransalian families; Journal of Spirituality;
Days of Retreats; etc.

***Spiritual guidance, prayer and retreat experiences for individuals, families, and groups,
will be offered on request.***

