

Wellspring Fransalian Center for Spirituality

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June 21, 2026

Brothers and Sisters,

Today, we begin the twelfth week in ordinary time of the year. The first reading of today's mass is from chapter 20 of the book of the Prophet Jeremiah, verses 10-13. I want to encourage you to read the whole chapter. Jeremiah had come to a very difficult period in his life and ministry. He was rejected by his people, scourged by the priests, and put in the stocks. In his loneliness and frustration, he turned to the Lord and cried his heart out. He cursed the day of his birth and said to the Lord, "you have duped me, Lord, and I let myself be duped. You were too strong for me, and you triumphed" (20:7). He said to the Lord that he would never again speak his word or mention His name.

Then something amazing happened to him as he cried out his frustrations to the Lord. He rediscovered the presence of God in his life like "fire burning in my heart...imprisoned in my bones" (20:9), in the midst of all his disappointments. With feelings of terror on every side, denounced by friends and threatened with vengeance, he proclaimed, "the Lord is with me like a mighty champion" (20:11). Many men and women in the Bible and in our great spiritual tradition have gone through similar experience. Remember how Abraham, Moses, Isaiah, and others like them stood before the Lord and even questioned the wisdom of God in difficult and frustrating situations. Jesus himself expressed his frustration to the father, "My God, my God, why have you forsaken me." (Mathew 27:46)

In our responsorial Psalm today (Psalm 69), we hear the Psalmist lamenting the suffering of the innocent. He speaks of exhaustion, alienation from family and community, false accusation, etc. In the second part of the psalm, the psalmist prays that the enemies will be punished for all to see. Despite the pain, the psalmist does not lose hope that all will be set right. He prays for a "time of favor" out of the "bounteous kindness" of the Lord.

In the second reading of our mass today (Romans 5:12-15), we read Paul's reflections on the abundance of Grace that is available to us. The grace of God and the gracious gift of Jesus overflow for all people. He had already spoken about the Grace of God being poured into our hearts through the Holy Spirit even when we were sinner (Romans 5:5-11). God is present to us even in our sinfulness. The Gospel reading of today's mass speaks of Jesus telling his disciples about the hardship and problems they will face. He called them to be prepared to face testing times like their master. Jesus encouraged them to be fearless and trust in God's personal care.

One thing that is common to all who have turned to God and cried out their frustration is that they discovered God right at the center of their frustrations and they were able to reaffirm and renew their faith in the presence of God in their lives and in his providential care. They found that God did not walk out of their life during their disappointing and painful moments. God is a God of compassion. He is in our passion...in the center of all our joys and sorrows. For us, He is, as our Sacred Scriptures tell us, “cloud by day,” “fire by night,” “lamp unto my feet,” “rainbow in the sky,” “fire burning in my heart, imprisoned in my bones,” and much more

There is a story of a man whose hobby was growing roses. When he worked in his rose garden, he always whistled. It seemed to everyone that he was whistling much louder than was needed for his own enjoyment. One day a neighbor asked him why it was that he always whistled so loudly. The man then took the neighbor into his home to meet his wife. The woman was not only an invalid but was completely blind as well. The man, you see, was whistling, not for his benefit, but rather for the benefit of his wife. He wanted his blind wife to know that he was nearby, and that she was not alone. Jesus tells us in the Gospel reading of today, “Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows” (Mathew 10:29-31). We are in God’s personal and providential care and so we have nothing and no one to be afraid of.

In the middle of a dark winter’s night in a small Midwest farming community, the two-story home of a young family caught fire. Quickly, parents and children followed their well-practiced emergency plan and made their way through the smoke-filled home out into the front yard. There the father quickly counted heads and realized that their 5-year-old son was not among them. Suddenly he heard a wail and looked up to see the boy at his bedroom window, crying and rubbing his eyes. Knowing the danger of reentering the house to rescue his son, the father called, “Jump, Son! I’ll catch you!” Between sobs, the boy responded to the voice he knew so well. “But I can’t see you, Daddy!” The father answered with great assurance. “No, Son, you can’t see me, but I can see you! Jump!” At that, the boy jumped into the smoky darkness and found himself safely cradled in his father’s arms. We may not see our God or feel his presence. But He is always there. It is up to us to immerse ourselves into his providential care. ...

I encourage you to take a few moments each day of this week to be still and reflect on how your day has been. Try to discover and rediscover the presence of God in your life – all of life, in good times and not so good times, in joyful moments and sorrowful moments, in good people and not so good people – find him at the depth of your being as well as in your experience. Remember those who are going through difficult situations, painful moments, lonely hours, fearful nights, uncertain future, etc. Pray for them that they find God in their life situations!

God bless you and your family.

Fr. Gus Tharappel, msfs

Scroll down to read the reflections on the Scripture readings of today’s mass....

Twelfth Sunday in Ordinary Time

June 21, 2026

Dear friends, build your house on rock. Try each day to follow Christ's word.

Listen to him as a true friend with whom you can share your path in life.

With him at your side, you will find courage and hope to face difficulties and problems, and even to overcome disappointments and setbacks.

(Pope Benedict XVI)

Collect

Grant, O Lord,
that we may always revere and love your holy name,
for you never deprive of your guidance
those you set firm on the foundation of your love.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Liturgy of the Word

Prayerfully read the first reading and then read my reflections below and spend a few moments of personal reflection. Do the same with Responsorial Psalm and other readings.

**Anxiety over imperfections creates tensions within.
Acceptance of imperfection and trying to overcome them gently
and patiently brings serenity and joy.**

Jeremiah 20:10-13

This excerpt speaks of Jeremiah expressing his frustrations to God. The Prophet was constantly surrounded by the wicked - even his friends turned against him. They were on the watch to catch him in a false word or action. But Jeremiah stood strong, even in desperate moments and affirmed his faith: "the Lord is with me like a mighty champion".

Be strong! Put your confidence in the Lord who walks with you and empowers you to face the challenges of life.

Psalm 69

The Psalmist laments the suffering of the innocent in metaphorical and literal language. He speaks of exhaustion, alienation from family and community, false accusation, etc. In the second part of the psalm, the psalmist prays that the enemies be punished for all to see. Despite the pain, the psalmist does not lose hope that all will be set right. He prays for a “time of favor” out of the “bounteous kindness” of the Lord. This psalm, which depicts the suffering of the innocent and just person vividly, is cited often by the New Testament especially in the passion accounts. The psalmist prays not so much for personal vengeance as for public vindication of God's justice.

**I pray to you O Lord, for the time of your favor, O God!
In your great kindness, answer me with your constant help.
Answer me, O Lord, for bounteous is your kindness;
in your great mercy turn toward me.**

Romans 5:12-15

Paul reflects on sin and its effects on the person and the community. He further reflects on the abundance of Grace. The grace of God and the gracious gift of Jesus overflow for all people. Sin has come through disobedience. Grace has overflowed through the obedience of Jesus.

Reflect on how personal sin affects others in community. Reflect further on the power of Grace to transform your life.

Mathew 10:26-33

Mathew gives us a few disconnected sayings of Jesus.

First, Jesus warned the disciples of the problems they will face. The disciple cannot expect any more favors than the Master...the master was tested, rejected, condemned as a criminal, treated as a rebel, eventually crucified and put to death... the disciples have to be prepared to face testing times like their master. Jesus encouraged them to be fearless!

Be prepared to accept the hardship, the cost of being disciples of Jesus!

Truth is meant to be seen, not concealed. We try to hide certain things from ourselves, certain things from others and certain things, even from God! Jesus calls us to be honest, sincere - not hypocritical!

Jesus calls us to be fearless - not reckless.

God 's care is very personal. We are not lost in the crowd - God takes personal care. “Are not five sparrows sold for a few pennies? Yet not one of them is neglected by God.”

God personally cares for you. So be fearless. You are worth more...

Saint of the Day, June 21 – St. Aloysius Gonzaga and 17 other saints are remembered this day.

Aloysius Gonzaga was born on March 9, 1568 in Castiglione delle Stiviere, Republic of Venice, Italy. He was sent to be a page in the Medici court in Florence when he was only eight years old. From about the age of seven he had an unusual sense of closeness to God. He became aware of a conflict in his early teens when he was sent to the royal court of Spain. It was a materialistic and immoral place. He needed self-discipline and courage to live as a Christian in these surroundings.

In 1584, Aloysius returned to Italy. He sensed that his society could not be reformed from within. The only way to survive was to get out completely. He decided to release all his property rights to his younger brother and to become a Jesuit. He knew the Jesuits would treat him like everyone else, not like royalty. Also, he would be expected to take a vow of poverty. In 1591, an epidemic hit Rome. Victims died in agony in the streets of the city. The priests of Aloysius's order opened a hospital. Aloysius, who was 23, volunteered to serve the sick. On his back he carried the dying into the hospital. He washed them, made their beds, and cheered them. Then he caught the disease himself. Three months later he died on June 21, 1591 and was canonized in 1726.

Fr. Gus Tharappel, msfs

**“No” is a simple word and is a complete sentence.
Learn to say “No” to all that does not matter.**



