

Wellspring Fransalian Center for Spirituality

P. O. Box 440, Whitehouse, Texas 75791

www.wellspringcommunity.net

frigus@suddenlink.net

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Dear Brothers and Sisters,

On Friday, this week, we celebrate the feast of the Most Sacred Heart of Jesus. We are invited to contemplate the heart of love - pure and simple, meek and humble, generous and gracious and flowing to the deserving and undeserving. On one occasion, Jesus said to his followers, "if you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? Even sinners do the same" (Luke 6:32-33). The Sacred heart of Jesus calls us to love the deserving and undeserving and to let our love become unconditional and all-embracing.

I remember the story of two brothers who worked together on their family farm. One was married and had a large family. The other was single. At the day's end, the brothers shared everything equally, produce and profit. Then one day the single brother said to himself, "It's not right that we should share equally the produce and the profit. I'm alone and my needs are simple." So each night he took a sack of grain from his bin and crept across the field between their houses, dumping it into his brother's bin.

Meanwhile, the married brother said to himself, "It's not right that we should share the produce and the profit equally. After all, I'm married, and I have my wife and my children to look after me in years to come. My brother has no one, and no one to take care of his future." So each night he took a sack of grain and dumped it into his single brother's bin. Both men were puzzled for years because their supply of grain never dwindled. Then one dark night the two brothers bumped into each other. Slowly it dawned on them what was happening. They dropped their sacks and embraced each other.

The feast of the Sacred heart of Jesus is about sacred love – other-centered and sacrificial. Even as he hung on the cross, Jesus was thinking about others – about his mother, about his beloved disciple, about the thief hanging on a cross by his side, and praying for forgiveness for those who condemned him. This is the kind of love that the followers of Jesus are called to practice. St. Paul advises us, "defer to one another out of love for Christ" (Ephesians 5:21).

I encourage you to take a few minutes each evening and reflect on how your day has been and how loving you have been as you went about doing your daily chores.

Fr. Gus Tharappel, msfs

Twelfth Week in Ordinary Time

June 20-25, 2022

**Put on Christ!" in your life, and you will find a friend in whom you can always trust; "put on Christ" and you will see the wings of hope spreading and letting you journey with joy towards the future; "put on Christ" and your life will be full of his love; it will be a fruitful life.
(Pope Francis)**

June 20 – Monday, Twelfth Week in Ordinary Time

**Simplify your life by getting rid of excess possessions
and owning fewer material goods.**

2 Kings 17:5-8, 13-15, 18

Kings and people had become unfaithful to Yahweh their God and his laws and followed rites and religious practices of other nations. Prophets had warned them to give up their ways and turned to Yahweh and they failed to listen. The king of Assyria occupied the whole land and deported the Israelites to Assyria, except the tribe of Judah.

Be faithful to your religious practices. Listen to the prophetic voices around you.

Psalms 60 - God, you have raised for those who fear you a banner...

Matthew: 7:1-5

Jesus reminded the disciples of the human tendency to pass judgments on the shortcomings of others. He taught them to be cautious and kind to others in their weakness since no one is free from weaknesses and limitations and shortcomings. He challenged them to be aware of their own weaknesses and correct them before they pass judgments on others.

The Rabbis laid it down: there are six great works that brought a man credit in this world and profit in the world to come: study, visiting the sick, hospitality, devotion in prayer, education of children in the law and thinking the best of other people.

Kindness in judgment is nothing less than a sacred duty. Misjudgment has cost too much to people and brought chaos to nations. Be compassionate in your judgments

Think well of others! Speak well of others!

Be your best! Bring out the best from you and call forth the best from others.

Saint of the Day, June 20 - St. Vincent Kaun and 27 other saints are remembered this day.

Saint Vincent Kaun was born in Korea around the middle of the sixteenth century. In 1591, he was captured by Japanese soldiers and taken to Japan as a prisoner of war. While in Japan, Vincent learned about Christ and was converted to Christianity. He then decided to join the Jesuits and studied at the Jesuit seminary of Arima. He worked for three decades as a catechist in both Japan and China. Around this time, the Japanese emperor decided that he wanted to get rid of all the Christians in his country. In 1625, Saint Vincent Kaun was arrested and was burned alive in Nagasaki. He was beatified in 1867.

June 21 – Tuesday, Twelfth Week in Ordinary Time

**True simplicity is doing less of what matters least,
and more of what matters most.**

2 Kings 19:9-11, 14-21, 31-36

The King of Assyria sent a letter challenging the faith of Hezekiah, the king of Judah. Hezekiah took the letter to the temple and spread it before the Lord and prayed that the Lord would deliver him and his people from the hands of the Assyrians. The Lord did extraordinary things which made the king of Assyria return home to Nineveh.

Bring all your trouble to the Lord! Bring your messages, both good and bad, before the Lord and seek his blessings!

Psalm 48 - Great is the Lord and wholly to be praised...

Mathew 7:6, 12-14

Verse 7:6 is difficult to understand. However, in this context, the meaning should be understood as a call to be cautious that the message of Jesus, the truth He proclaimed, is

preserved in its integrity; that the truth is not swallowed up by those who are not yet ready or prepared to understand or accept. The message has to be preserved and transmitted in its purity.

This has great value even today. It calls us to be cautious, to be careful not to dilute or water down the message, to be aware that there are some who may not be ready, at this point in time, to accept and so be patient. Be careful not to dilute the message in order to win others over.

7:12-14 - Treat others as you would want them to treat you. It is easy to be weak, selfish and full of revenge. The journey to eternal life is not that easy. It calls for sacrifice, self-control, discipline, travel through rough roads....

Take the disciplined path that leads to lasting, enduring, eternal life.

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.

June 22 - Wednesday, Twelfth Week in Ordinary Time

A person is simple when he/she strives to be what he/she truly is and nothing more and nothing less.

2 Kings 22:8-13; 23:1-3

King Josiah came to know of the discovery of the book of the law. When he realized that this book contained the law of the Lord which his ancestors had failed to obey, he tore his garments and gathered all the priests, the elders, the prophets and all the people and had the entire content of the book of the law read out to them. The king renewed the covenant and all the people participated.

Take a moment! Renew your commitment to the Lord today!

Psalm 119 - Instruct me, O Lord, in the way of your statutes...

Mathew 7:15-20

Honor the prophets who have abandoned themselves to God. But be watchful of those who have not! Jesus points out that good trees produce good fruit....good character gives witness to virtuous and noble lives.

Your fruitfulness reflects your character. True character of a person is reflected in his actions.

Be watchful! Proclaiming (teaching, preaching) truth and values happens through your personality, your presence, your character and not your words. Fine words do not take the place of fine deeds.

May the Lord make you increase and abound in love for one another and for all. May he strengthen your hearts, making them blameless and holy before our God and Father..... (I Thessalonians 3:12-13)

Saint of the day, June 22 - St. Thomas More and 19 other saints are remembered this day.

Thomas More was born in London on February 7, 1478. He was the son of Sir John More, a successful lawyer and later a judge, and his wife Agnes. He was the second of six children. He was educated at St Anthony's School, then considered one of London's best schools. From 1490 to 1492, More served John Morton, the Archbishop of Canterbury and Lord Chancellor of England, as a household page.

More began his studies at Oxford in 1492, and received a classical education, becoming proficient in both Latin and Greek. He left Oxford after two years, at his father's insistence. to begin legal training in London.

More once seriously contemplated abandoning his legal career to become a monk. Between 1503 and 1504 he lived near the Carthusian monastery outside the walls of London and joined in the monks' spiritual exercises. Although he deeply admired their piety, More ultimately decided to remain a layman, standing for election to Parliament in 1504 and marrying the following year. He and his wife Jane had four children.

More held important positions in politics and government and was very successful as a writer and a lawyer. He became a member of Parliament, Head of the House of Commons, Treasurer and devoted confidant of England's King Henry VIII.

King Henry was Catholic, but his personal wants came first. He wanted a male heir and blamed Queen Catherine of Aragon, his wife of 18 years, for not producing one. He demanded an annulment, so he could marry another woman. Catherine refused. He argued before Thomas More that Scripture supported his view that his marriage was invalid because Catherine had been first married to his brother. Thomas tried to find validity in the king's position, but ultimately, he could not agree with him. More would not take the King's request for an annulment to the pope.

King Henry listened to Protestant advisors and severed his ties to the Roman Catholic Church. He appointed himself head of the Church of England and declared his marriage to Catherine invalid. Thomas More would not recognize the King as head of the Church of England, and he was imprisoned for a year in the Tower of London. False testimony convicted More of treason, and he was beheaded on July 6, 1535. He was canonized by Pope Pius XI on May 19, 1935

June 23 - Thursday, Twelfth Week in Ordinary Time

**Without courage we can never attain to true simplicity.
Cowardice keeps us 'double minded.'
(Thomas Merton)**

Isaiah 49:1-6

Isaiah encountered disappointments and began to feel that he had wasted his time and had worked for nothing. He came out of this experience with renewed faith in his calling. He also gained new insights about his vocation which gave him strength. He had an intense experience of being called by God even before his birth, "from his mother's womb", to be a "servant" and much more....to be a light to the nations.....that salvation "may reach the ends of the earth".

Psalm 139 - O Lord, you have probed me, you know me...

Acts 13:22-26

In this excerpt, Luke tells us that Paul saw John the Baptist as the herald of Jesus. John proclaimed a baptism of repentance to all the people of Israel and prepared the people for welcoming the messiah, the newborn king of Israel, the savior of the world.

Luke 1:57-66; 80

Zechariah and Elizabeth were facing the tragedy of their life while they continued to fulfill their religious and social obligations. Zechariah was in the temple, waiting on God and God spoke to him and promised fulfillment of his hearts longings....He was going to have son.

God's voice comes to those who listen in faithfulness. Good news comes even when hope seems dead.

In Palestine, the birth of a boy was an occasion of great joy. When the time of birth was near, friends and neighbors gathered near the house. When the birth was announced, musician broke into music and song and great rejoicing, if it was a boy - and went away sad if it was a girl. So, Elizabeth's house there was double rejoicing - she had a child in her old age and it was a boy.

On the eighth day, the boy was circumcised and named. Girl could be named any time within thirty days after birth. Names were descriptive. John is shorter name for "Jehohannan", meaning, "God's Gift" – the sign of parents' gratitude for unexpected joy.

Even the neighbors wondered: "what will this child turn out to be!" Every child is a bundle of possibilities!

The coming of a child into a family is the greatest privilege because it is God's gift and the greatest responsibility because this gift carries unlimited potentialities that parents and educators must help actualize.

God has his own special name for you. He chose you before the foundation of the world, formed you in your mother's womb, knows and calls you by name right now.

Listen to him calling your name. Accept, Affirm and welcome the name He gives

Zechariah had a great vision for his son. He thought of his son as a prophet - a forerunner, who would prepare the way of the Lord. He broke into a beautiful song: "Benedictus" as it is known throughout history. Sing and pray and meditate the "Benedictus" today.

Saint of the Day, June 23 - St. Joseph Cafasso and 21 other saints are remembered this day

Joseph Cafasso was born at Castelnuovo d'Asti in Italy to peasant parents on January 15, 1811. He studied at the seminary at Turin and was ordained in 1833. He continued his theological studies at the seminary and university at Turin and then at the Institute of St. Francis, and despite a deformed spine, became a brilliant lecturer in moral theology there. He was a popular teacher, actively opposed Jansenism, and fought state intrusion into Church affairs. He succeeded Luigi Guala as rector of the Institute in 1848 and made a deep impression on his young priest students with his holiness and insistence on discipline and high standards.

He was a sought-after confessor and spiritual adviser, and ministered to prisoners, working to improve their terrible conditions. He met Don Bosco in 1827 and the two became close friends. It was through Joseph's encouragement that Bosco decided his vocation was working with boys. Joseph was his adviser, worked closely with him in his foundations, and convinced others to fund and found religious institutes and charitable organizations. Joseph died on June 23 at Turin and was canonized in 1947.

June 24 – The Most Sacred heart of Jesus

Simplify your life by overcoming your hunger for more and better.

Ezekiel 34:11-16

Ezekiel was a prophet in Exile. Chapter 34 is the Prophet's critique of the performance of the leaders, the shepherds of the people. The good shepherd had the well-being of his sheep in his heart. The leaders of Ezekiel's time were not concerned about the well-being of their people. They were concerned about themselves and used their power for personal gain. Ezekiel saw the exile itself as a result of the exploitation of the innocent people by their leaders. People have suffered and were scattered and exiled from their land and were forced to wander aimlessly like "sheep without shepherd" in Babylon.

Ezekiel promised a new beginning. God will replace the unfaithful and irresponsible shepherds and God himself will lead his people. God would gather his exiled and scattered people and tenderly care for them, lead them home and reestablish them as his own people again.

Psalm 23 - The Lord is my shepherd; I shall not want...

romans 5:5-11

This excerpt may be better understood if we read it from the beginning of the chapter. In Verse 5, Paul says that Christian hope will never be disappointed because “the love of God has been poured into our hearts through the Holy Spirit who has been given to us”. This excerpt goes on to say that we have “Peace with God” through this outpouring of the Spirit. We rejoice and we can even boast about it, because “this outpouring of the Spirit” happened even when we were still sinners. Christian hope is founded on this belief and knowledge and experience. This hope will never be disappointed.

Be men and women of hope!

Luke 15:3-7

Jesus was accused of being in the company of sinners. He told them the parable of the lost sheep. The shepherd goes out in search of one single sheep that is lost, out of a hundred, leaving the ninety nine in the wilderness. Even one single sheep is precious. The loss of that single sheep is great. The joy of discovering the lost is even greater! The shepherd invites his friends to celebrate and share his joy of re-finding his lost sheep. So, will it be with the re-discovery of every person...the heavens rejoice!

You are not just “another” in tens or hundreds or thousands or millions - you just are! And as you are, you are precious in the eyes of God!

Great is the loss if you are lost because you are not just one in a million! You just are one unique, precious person! Greater is the joy of your re-discovery! Even the angels rejoice!

Saint of the Day, June 24 - The Nativity of St. John the Baptist and other 34 are remembered this day. (2022 – Nativity of John the Baptist was moved to June 24, 2022)

The sole biblical account of the birth of John the Baptist comes from the Gospel of Luke, chapter 1. Luke tells us that the Angel Gabriel appeared to the priest Zechariah and announced that he and his wife Elizabeth would have a son and they were to name him John. Zachariah doubted the Angel’s message because Elizabeth was beyond child-bearing age and was barren. Luke also tells us that Zachariah became mute because of his doubt.

Elizabeth did conceive and deliver a son and the neighbors and relatives “rejoiced” with her. The arrival of John the Baptist was a key moment in God’s plan for the salvation of mankind through Jesus Christ. Eight days after the boy’s birth, Elizabeth and Zechariah brought him to the temple for his circumcision in accordance with the Mosaic Law.

During this time, it was customary to name the child after the name of his father, Zacharias. However, Elizabeth wanted him named "John" which surprised the relatives and neighbors because "John" was not a name used within the family line. When Zachariah was asked, he wrote on a writing tablet, "His name is John". At this, his "mouth was opened, and his tongue loosened, and he spoke, praising God." This again surprised the relatives and neighbors and they wondered "What kind of child will this be?"

June 25 - The Immaculate Heart of the Blessed Virgin Mary

**Having simple needs and few desires
enables you to be free to work with available resources.**

Isaiah 61: 9-11

This is one of the most frequently quoted texts from the post-exilic prophet whom we know as Trito-Isaiah or third Isaiah. The prophet saw his vocation as inspired, moved and driven by the spirit of God to bring the good news of liberation to the brokenhearted and the lowly people who had just returned from exile in Babylon. Our prophet proclaimed "a year of favor", a Jubilee year for a people who had lived in shame and oppression and had not yet been healed from their brokenness after their return home. God had forgiven them and liberated them from captivity. Now they are to offer one another the favor that God had offered them. In the conclusion of this excerpt, our prophet proclaims good news to all nations of the earth.

Reflect on your own call to proclaim the good news of forgiveness, healing and grace to all people today.

Psalm 16 - Keep me, O God, for in you I take refuge...

Luke 2:41-52

This excerpt from Luke's Gospel is about the parents of Jesus finding him in the temple after a search for three days. Joseph and Mary anxiously searched for their lost son, found him in the temple, took him to the safety of their home where he grew in wisdom and knowledge and age. It is in the safety of an ordinary home, in a safe and loving environment that children have an opportunity to grow up to be mature, free, joyful, faith-filled, virtuous and wise men and women.

Be Safe. And be a safe person to be with. May your home be safe. Make your home a safe place, a sanctuary for yourself, for your spouse, for your children, for your parents, for your neighbors. Be safe! And look out for each other's safety!

Be grateful.... grateful for your family, however imperfect or broken it may be, be grateful. Be grateful for your spouse, for your children, for your parents.....just be grateful!

Saint of the Day, June 25 - St. William of Vercelli and 10 other saints are remembered this day

William was born in 1085 into a noble family of Vercelli in northwest Italy. He was orphaned as an infant and raised by relatives. At the young age of 14, he made a pilgrimage to Santiago de Compostela in Spain, and decided to devote his life to God as a hermit. After he returned to Italy, he intended to go to Jerusalem and for this purpose he reached Southern Italy, but he was beaten up and robbed by thieves. William considered this misfortune a sign of God's will to stay in Southern Italy and spread the message of Christ.

He lived as a hermit for two years at Monte Solicoli, where he was credited with healing a blind man. At Monte Vergiliano, his reputation for holiness attracted many disciples, and in 1119, he established a monastery with a Rule based on the Benedictines.

He left Monte Vergiliano in 1128 because the hermit life that he sought was compromised because of the demands of ministry. Moreover, his confreres did not tolerate that lifestyle because it was too austere and full of privations. He settled on the plains in Goletto where he began a new monastic experience, a double monastery built mostly by women.

Subsequently, he founded several other monasteries of the same rule during his lifetime, but only the original survives today. He died on June 25, 1142 of natural causes.

Fr. Gus Tharappel, msfs

The measure of love is to love without measure.
(St. Francis de Sales)