

Wellspring Fransalian Center for Spirituality

P. O. Box 440, Whitehouse, Texas 75791

www.wellspringcommunity.net

frgusmsfs@gmail.com

July 6, 2026

Brothers and Sisters,

Yesterday, the Fourteenth Sunday in Ordinary Time, we reflected on the invitation of Jesus to turn to him because he is “gentle and humble of heart” (Mathew 11:29). It is good for us to carry this thought in our hearts and minds through this week. Humility and gentleness are virtues that will carry us through these conflicting and troublesome times with political, racial, religious and social unrest, and other such slings and arrows. I encourage you to take a few moments each day to reflect on being gentle and humble and think of ways to nurture these virtues. Humility is not a weakness as some people tend to think. It is strength, but disciplined strength. Gentleness is not a weakness as some people tend to think. It is strength, but disciplined strength. Put humility and gentleness together and you are doubly strong. In our reflection here, we will use the word gentleness to include both virtues.

Nothing shows your strength more than your gentleness. The godly sees gentleness as strength and the worldly looks at gentleness as weakness. Our greatest strength lies in the gentleness and tenderness of our hearts. I have learned over the years that it is the weak that are aggressive, cruel, harsh, and rough and that gentleness is to be expected only from the strong. Gentleness is choosing not to use violence or power or force or weapons or any other means to bring others under control. Unlike the movies where problems are solved with guns and ammunitions, we are challenged to be gentle, considerate, kind and patient in solving our problems. “Gentleness regulates all violent, impetuous and passionate thoughts” and “Gentleness must permeate our whole being, interior and exterior.” (St. Francis De Sales)

Strength is an admirable quality. We want to be strong; we want our children to be strong; and we admire and respect those who are strong. However, we often confuse strength with might and the power to control and manipulate. We sometimes see strength as being manly. Real strength is neither male nor female. It is one of the finest and nicest qualities that any of us can have. Strength is the ability to face what must be faced, to do what must be done, to stay with it or hang-in-there even when things are not working out as planned, to struggle when there is need for struggle, to continue through the pain and suffering even when it is unbearably hard.

I encourage you take a few moments each day of this week to reflect on being gentle with yourself and those around you and think about ways of nurturing this virtue. God bless you and your family and keep you safe in His Love.

Fr. Gus Tharappel, msfs

Fourteenth Week in Ordinary Time

July 6 – July 11 , 2026

Gentleness, Humility and Peacefulness are not garments to put on and off at will.

They are qualities of the heart and inseparable part of our being.

**Overcome prejudices, break down barriers, move beyond boundaries,
and treat all creation with respect...joyfulness will follow.**

July 6 – Monday, Fourteenth Week in Ordinary Time

**A calm mind brings inner strength and self-confidence,
so that's very important for good health."**

(Dalai Lama)

Hosea 2:16-18, 21-22

Hosea shares his vision of Yahweh leading his people to the desert to reestablish the covenant. Yahweh will espouse Israel in justice, in love, in mercy and in fidelity. Israel will once again know God as the Lord of everlasting Love and Faithfulness.

Pray: Father, teach me to trust in your everlasting love and leave my life in your hands.

Psalm 145

**Every day will I bless you,
And I will praise your name forever and ever.
Great is the Lord and highly to be praised;
His greatness is unsearchable.**

Mathew 9:18-26

There are two miracles in this excerpt from the Gospel of Mathew: the healing of the ruler's daughter and the healing of the woman with hemorrhage. Each of them came with a different quality of faith: the ruler came desperate, having tried everything and the woman, came believing that even touching the garment of Jesus would bring healing. The amazing thing is: they were accepted, with the kind of faith with which they came - with what they brought, just the way they were, without conditions.

Turn to the Lord with whatever faith you have...inadequate faith, little faith, lots of faith...size of a mustard seed.....Pray: Lord, increase my faith!

No matter, how imperfectly we come, His love and his arms are open to us in welcome embrace.

We do not wait until our motivations, our faith and our theology are perfect. We come just as we are.

Saint of the Day, July 6 - St. Maria Goretti and 18 other saints are remembered this day

Maria Goretti was born on October 16, 1890 in Corinaldo, in the Province of Ancona, then in the Kingdom of Italy, to Luigi Goretti and Assunta Carlini, the third of seven children. By the time Maria was five, her family had become so poor that they were forced to give up their farm, move, and work for other farmers. In 1896 and 1899, they moved again and shared room with another family which included Giovanni Serenelli and his son, Alessandro. Soon, her father became very sick with malaria and died when she was just nine. While her mother and siblings worked in the fields, she would cook, sew, watch her sister Teresa, and keep the house clean.

On July 5, 1902, eleven-year-old Maria was sitting on the outside steps of her home, sewing one of Alessandro's shirts and watching Teresa, while Alessandro was threshing beans in the barnyard. Knowing she would be alone, he returned to the house and threatened to stab her with an awl if she did not do what he said; he was intending to rape her. She would not submit, however, protesting that what he wanted to do was a mortal sin and warning him that he would go to Hell. She fought desperately and kept screaming, "No! It is a sin! God does not want it!" He first choked her, but when she insisted, she would rather die than submit to him, he stabbed her eleven times. She tried to reach the door, but he stopped her by stabbing her three more times before running away.

Teresa woke to the sounds of her sister's cries and began to cry. Maria's family returned home and found her bleeding on the floor. They quickly took her to the nearest hospital in Nettuno, where she underwent surgery without anesthesia. Unfortunately, her wounds were beyond the surgeon's ability to help. Halfway through the surgery, the man asked her, "Maria, think of me in Paradise." As she lay on the table, she looked up at him and said, "Well, who knows which of us is going to be there first?" She did not realize how terrible her situation was, and the surgeon replied, "You, Maria." She said, "Then I will think gladly of you." She also mentioned concerns for her mother. The next day, Maria forgave Alessandro and said she wanted to see him in Heaven with her. She died that day, on July 6, 1902 at the age of eleven, while looking upon an image of the Virgin Mary and holding a cross to her chest.

Maria Goretti was beatified by Pope Pius XII in a ceremony at Saint Peter's Basilica on April 27, 1947. Three years later, on June 24, 1950, Maria was declared a saint and Alessandro was present in the St. Peter's crowd to celebrate her canonization. He later became a lay brother of the Order of Friars Minor Capuchin, where he lived in a monastery and worked as its receptionist and gardener until his death.

July 7 - Tuesday, Fourteenth Week in Ordinary Time

Stillness is where we find our true essence.

(Eckhart Tolle)

Hosea 8:4-7 & 11-13

Hosea speaks of Israel's break with their noble traditions. They had appointed their own kings and they had turned to idol worship. They have broken away from Davidic Kingdom and turned away from the law of Yahweh. In this excerpt, we read about Hosea condemning these practices as unacceptable to God and calling Israel to turn to the God of their Fathers.

Be faithful to your noble traditions...be grounded in your heritage of faith.

Psalm 115

**Our God is in heaven;
Whatever he wills, he does.
Their idols are silver and gold,
The handiwork of men.....**

Mathew 9:32-38

Jesus healed a mute and the mute began to speak. The people were amazed and said, "nothing like this has ever been seen in Israel". But the Pharisees accused Jesus of casting out demons through the prince of demons. Some people turn to slander, gossip and the like when all else fails and that is what the Pharisees did.

Be gracious! Accept and affirm the good that you see around you! Be open to the surprises that God sends your way!

Where the Pharisees saw law breakers, sinners, outcasts and the like, Jesus saw "a rich harvest and the need for laborers to gather in the harvest. Jesus saw people to be welcomed and gathered in...people to be healed and reconciled....

Be optimistic! Be positive! See the good in the world around you!

Saint of the Day, July 7 - St. Willibald and 21 other saints are remembered this day.

Willibald was born in Wessex around the year 700. His mother, Saint Wuna of Wessex, was reportedly a sister of Saint Boniface. His father, Saint Richard the Pilgrim, was a chieftain of

Wessex. At the age of three, Willibald suffered from a violent illness. His parents prayed to God, vowing to commit Willibald to a monastic life if he was to be spared. Willibald survived and at the age of five entered the Benedictine monastery at Waldheim and was educated by Abbot Egwald.

In 721 Willibald set out on a pilgrimage to Rome with his father and brother, Winibald. After departing by ship the group arrived in Rouen, France visiting shrines and spending much of their time in prayer. Eventually they arrived in Lucca, a city in northern Italy where Willibald's father became gravely ill and died. After burying their father Willibald and Winibald continued their journey, travelling through Italy until they reached Rome. They spent some time in Italy, strengthening in devotion and discipline, but soon the two brothers became ill with the Black Plague.

Willibald left Rome in 724 and continued his pilgrimage through Naples, Ephesus, Cyprus, Nazareth, Bethlehem, Cana, Capharnaum, and Jerusalem and back to Naples approximately seven years after he had left Italy. Willibald and his remaining companion, Tidbercht, joined the Benedictine community at Monte Cassino. Here Willibald taught the community about his travels. He would spend over ten years at Monte Cassino and another local Benedictine monastery where he served roles as, "sacristan, dean, and porter.

In 738 Saint Boniface requested Pope Gregory III to send Willibald to assist him in his missions in Germany. The pope granted the request. Upon arriving at Eichstätt, Willibald was ordained a priest by Boniface on July 22, 741 and asked to begin missionary work in the area. In 742 he and his brother Winibald, founded the double monastery of Heidenheim. In 746 Boniface consecrated Willibald bishop of Eichstätt. Willibald served as the bishop of the region for over four decades, living in the monastery and entertaining visitors throughout Europe who would come to hear of his journey and monasticism. He died in 787 and was canonized in 938 by Pope Leo VII

July 8 - Wednesday, Fourteenth Week in Ordinary Time

Serenity is the calm that comes from knowing you are enough.

Hosea 10:1-3; 7-8; 12

Hosea shared his vision of God breaking down and destroying the pillars and altars and sacred places which Israel had set up because they had become unfaithful to God and turned to false gods. He told his people that it was time to seek the Lord and keep seeking "till he comes and rain down justice upon you".

Keep seeking the Lord and His ways...never stop seeking!

Psalm 105

**Sing to him, sing his praise,
Proclaim all his wondrous deeds.
Glory in his holy name;
Rejoice, O hearts that seek the Lord!**

Mathew 10:1-7

Jesus saw a rich harvest and the need for laborers to gather in the harvest. And he sent out an extraordinary mixture of very ordinary men with the most profound message: “The Kingdom of God is at hand.”

In Jesus, the ordinary became extraordinary and the extraordinary became ordinary! The disciples of Jesus were and still are men and women on the move, on a journey with a mission to share the good news of the presence of God’s kingdom.

In Jesus strangers and enemies were transformed into a people of “communion”, of “fellowship”. Jesus began with a small group – the message had to be lived out in fellowship. The way of the Pharisees was separation; the way of Jesus was fellowship.

People who ordinarily would not have stayed together became one in the spirit and mission of Jesus.

Saint of the day, July 8 - Saint Gregory Grassi and Companions (120) and 18 other saints are remembered this day.

Gregory Grassi was born in Italy, on December 13, 1833. At the age of 15, he took the Franciscan habit in the Friary of Montiano, Romagna, with the name Gregory. His solemn profession was made one year later, on 14 December. He was then sent to Bologna to do his seminary studies and was ordained priest on August 17, 1856. Then he was sent to Rome for further training to prepare for his mission to China.

In 1860 Gregory Grassi was assigned to Taiyuan, China, where he was appointed Mission Promoter, Director of the mission orphanage, and choirmaster at the seminary. In 1876 he was chosen as the Coadjutor Vicar Apostolic for the Apostolic Vicariate of Shansi. After he assumed authority over the Apostolic Vicariate of Northern Shansi on September 6, 1891, he established a novitiate to provide access to Franciscan life for the Chinese of all four vicariates in Shanxi and a rest home for overworked missionaries.

Christian missionaries have often gotten caught in the crossfire of wars against their own countries. When the governments of Britain, Germany, Russia, and France forced substantial territorial concessions from the Chinese in 1898, anti-foreign sentiment grew very strong

among many Chinese people. When the short but bloody Boxer Rebellion broke out in Peking in June 1900 and the Empress Dowager Cixi issued the Imperial Decree of declaration of war against foreign powers, Gregory Grassi was urged to flee but decided to stay.

At the beginning of July, the Governor of Shanxi, Yuxian, ordered the arrest of the European missionaries in the province. Throughout China during the Boxer Uprising, 5 bishops, 50 priests, 2 brothers, 15 sisters and 40,000 Chinese Christians were killed. Gregory Grassi and companions were among the 120 martyrs canonized in 2000 by Pope John Paul II.

July 9 – Thursday, Fourteenth Week in Ordinary Time

The day is always his, who works in it with serenity and great aims.

(Ralph Waldo Emerson)

Hosea 11:1-4, 8-9

Hosea speaks of the love God has for his people. God's love is the basis and the source of Israel's redemption. Hosea says God's love can NOT destroy - only give life!

May your love be life-giving!

Psalm 80

**Once again, O Lord of hosts,
Look down from heaven and see:
Take care of this vine
And protect what your tight hand has planned.....**

Mathew 10:7-15

Jesus instructed his disciples to go out and proclaim the presence of God's Kingdom. They were to do everything - all their service, all their ministry - to proclaim the presence of God's Kingdom. The disciples were given a God-directed mission and not a self-fulfilling, self-directed mission. There was urgency about fulfilling this mission because the mission was the proclamation of the presence of the Kingdom of God – it was about the presence of the kingdom and not about some future reality.

So disciples of Jesus were called to live a simple life, travel light and not be burdened with stuff that weighs them down..... They were not sent out to acquire, to collect, to possess - but to give...the gift you have received, give as a gift.

Disciples of Jesus were and still are called to be bearers of good news, of peace, of God's forgiving love, of God's healing presence.....and never to become a burden to others!

They were to stay close to.....be in touch with "worthy" people, good, decent and noble people and reach out to all.

Saint of the Day, July 9 - St. Augustine Zhao Rong & Companions and 52 other saints are remembered this day.

Augustine Zhao Rong and his 119 companions, are the Martyr Saints of China. The 87 Chinese Catholics and 33 Western missionaries, from the mid-17th century to 1930, were martyred because of their ministry and, in some cases, for their refusal to apostatize. Many died in the Boxer Rebellion, in which anti-colonial peasant rebels slaughtered 30,000 Chinese converts to Christianity along with missionaries and other foreigners.

Christianity arrived in China by way of Syria in the 600s. Depending on China's relations with the outside world, Christianity over the centuries was free to grow or was forced to operate secretly. The 120 martyrs in this group died between 1648 and 1930. Eighty-seven of them were born in China, and were children, parents, catechists, or laborers, ranging in age from nine years to 72. This group includes four Chinese diocesan priests. The 33 foreign-born martyrs were mostly priests or women religious, especially from the Order of Preachers, the Paris Foreign Mission Society, the Friars Minor, Society of Jesus, Salesians of Don Bosco and Franciscan Missionaries of Mary.

Augustine Zhao Rong was a Chinese soldier who accompanied Bishop John Gabriel Taurin Dufresse of the Paris Foreign Mission Society to his martyrdom in Beijing. Not long after his baptism, Augustine was ordained as a diocesan priest. He was martyred in 1815. Beatified in groups at various times, these 120 martyrs were canonized together in Rome on October 1, 2000 by Pope John Paul II.

July 10 – Friday, Fourteenth Week in Ordinary Time

**Serenity is the state of acceptance of the things
that we cannot change.**

Hosea 14:2-10

Hosea called his people to return to the Lord. He promised that God would forgive his people because of His love. He promised healing and wholeness for God's people because God loves. God would make them fruitful again. He encouraged his people to be wise, to be prudent, to walk in the way of the Lord and become just in their ways.

Be wise and prudent and learn to walk in the way of the Lord in justice and truth.

Psalm 51

Have mercy on me God in your kindness;
in the greatness of your compassion,
wipe out my offense.
Thoroughly ask me from my guilt
and of my sin cleanse me.

Mathew 10:16-23

Jesus instructed his disciples to be cautious and discerning in the way they live and fulfill the mission which he had given them.

They must keep proclaiming the Kingdom. They must also be prepared to face adversities. Adversities may come from family, from the state, even from the Synagogue.

Jesus encouraged them not to be afraid but always remain confident.

They were not to be worried about what to say or how they should say what had to be said. Because they will not be the speakers, “the spirit of the father will be speaking” in them.

Do not be afraid! The Spirit of the Father will be speaking in you!

Be prudent! Be discerning in taking risks! Unnecessary risks could bring disaster!

Saint of the Day, July 10 - St. Veronica Giuliani and 14 other saints are remembered this day.

Veronica was born Ursula Giuliani at Mercatelli, Italy on December 27, 1660. She was the youngest of seven sisters, three of whom embraced the monastic life. At the age of three years Giuliani supposedly began to show great compassion for the poor. She would set apart a portion of her food for them, and even part with her clothes when she met a poor child scantily clad. Her mother died when Ursula was seven years of age. It is said that when her mother was dying she called her five daughters to her bedside and entrusted each of them to one of the five wounds of Jesus. Veronica was entrusted to the wound below Christ’s heart.

At the age of 17, Veronica joined the Poor Clares directed by the Capuchins. Her father had wanted her to marry, but she convinced him to allow her to become a nun. In her first years in the monastery, she worked in the kitchen, infirmary, sacristy, and also served as portress. At

the age of 34, she was made novice mistress, a position she held for 22 years. When she was 37, Veronica received the stigmata. Life was not the same after that.

Church authorities in Rome wanted to test Veronica's authenticity and so conducted an investigation. She lost the office of novice mistress temporarily and was not allowed to attend Mass except on Sundays or holy days. Through all of this Veronica did not become bitter, and the investigation eventually restored her as novice mistress. Though she protested against it, at the age of 56 she was elected abbess, an office she held for 11 years until her death. Veronica was very devoted to the Eucharist and to the Sacred Heart. She offered her sufferings for the missions, died in 1727, and was canonized in 1839.

July 11 – Saturday, Fourteenth Week in Ordinary Time

**Decide that where you are is the best place to be
and you will find peace and serenity.**

Isaiah 6:1-8

In this excerpt, Isaiah tells us of his overwhelming experience of God. He was in the sanctuary where he heard the angels singing "Holy, Holy, Holy..." He became overcome with his own sense of unworthiness in the presence of the Holy and cried out "Woe is me.... I am a man of unclean lips...." At this point, once again, he had an amazing experience of being cleansed and being called by God and he accepted that call in faith.

Listen to the Lord calling you. Reflect on what he is calling you to be and to do today. Be generous in your response. The Lord will make you worthy of his call and empower you to fulfill your mission.

Psalm 93

**The Lord is king in splendor robed;
Robed is the Lord and girt about with strength,
And he has made the world firm, not to be moved.
Your throne stands firm from of old;
From everlasting you are, O Lord.**

Mathew 10:24-33

Mathew gives us a few disconnected sayings of Jesus and we need to reflect on them one by one and not search for connections.

First, Jesus warned the disciples of the problems they will face. The disciple cannot expect any more favors than the Master.... they have to be prepared to face testing times like their master.

He encouraged them to be fearless!

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 of us. "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, July 11 - St. Benedict and 15 other saints are remembered this day.

Saint Benedict was born into a noble family in Norcia on March 2, 480. After attending primary schools in Norcia, Benedict went to Rome to broaden his knowledge of literature and law. However, since he was probably disgusted by the dissolute lifestyle of his peers and by Rome's difficult political situation, he retired to Affile with a group of priests.

At Affile, Benedict withdrew from social life and took shelter in a cave in the ruins of Nero's village, near Subiaco, where he began to live as a hermit. Immersed in solitude, his only contact with the outside world was with a monk called Romanus, whose monastery was nearby. He gave Benedict a monk's habit and provided for his spiritual and material needs. Three solitary years followed. Some shepherds befriended Benedict. They began to follow his teachings and the pastoral and apostolic principles of the Benedictine Order took root. Benedict is considered the father of western monasticism.

Benedict moved from a noble family to a hermitage and from the hermitage to a monastery – from an affluent life to the quiet life of the hermitage and from hermitage to life in a community. He taught people a way to use prayer and Christ-like attitudes to overcome their fears and mistrust of each other. He taught his followers, nuns and monks, to live a life of prayer and solitude and to see hospitality as the quality of their community life.

Benedict died on March 21, 547. He foresaw his coming death, informing his close and faraway disciples that the end was near. Six days before dying, he had the grave which he was to share with his deceased sister Saint Scholastica, opened. Then, completely exhausted, he asked to be taken into his oratory where, after taking his last Holy Communion, he died supported by his monks. He was Canonized in 1220 by Pope Honorius III

Fr. Gus Tharappel, msfs

**Let unifying love be your measure;
abiding love your challenge; self-giving love your mission!
(Pope Benedict XVI)**

