



WELLSPRING

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Wellspring Community Outreach

Monday, March 2, 2026

Brothers and Sisters,

We continue our reflections on Serenity. We live in a busy, fast-paced and noisy world and we hear many loud noises and voices. The voice of truth and love, of justice and peace, of kindness and compassion, of blessing and grace...the voice of God is gentle, silent, still, peaceful and serene. Every moment of everyday is filled with the voice of God. We only have to listen in silence, solitude, stillness and serenity.

The Psalmist tells us, "The heavens proclaim the glory of God, the firmament, the skies proclaim the work of his hands...no speech, no word...but their voice goes out..." (Psalm 19) The universe speaks the glory of God in silence, stillness and serenity – no speech or word. We only have to listen. St. Francis de Sales, tells us, "Every moment comes to us pregnant with a command from God, only to pass on and plunge into eternity, there to remain forever what we have made of it." Only in silence, solitude, stillness and serenity can we hear this command and respond generously and lovingly.

There is a story told about a young man and an old preacher. The young man had lost his job and didn't know which way to turn. So, he went to see the old preacher. Pacing about the preacher's study, the young man ranted about his problem. Finally, he clenched his fist and shouted, "I've begged God to say something to help me. Tell me, Preacher, why doesn't God answer?"

The old preacher, who sat across the room, spoke something in reply – something so hushed, it was indistinguishable. The young man stepped across the room. "What did you say?" he asked. The preacher repeated himself, but again in a tone as soft as a whisper. So, the young man moved closer until he was leaning on the preacher's chair. "Sorry," he said. "I still didn't hear you." With their heads bent together, the old preacher spoke once more. "God sometimes whispers," he said, "so that we will move closer to hear Him."

This time the young man heard, and he understood. We all want God's voice to thunder through the air with the answer to our problem. But God's is the still, small voice... the gentle

whisper. Perhaps there is a reason. Nothing draws human focus quite like a whisper. God's whisper means I must stop my ranting and move close to Him, until my head is bent together with His. Then, as I listen, I will find my answer. Better still, I find myself closer to God, close enough to hear His voice.

Silence and solitude make us ready for a new meeting with God. In silence, God's word can reach the hidden corners of our hearts. In silence, we stop hiding from God, and the light of Christ can reach and heal and transform even what we are ashamed of. When God's word becomes "a sound of sheer silence", it is more efficient to change our hearts. The heavy storm on Mount Sinai was splitting rocks, but it is the sudden silence that spoke to Elijah. God's silent word is able to break open human hearts of stone. So, Be still and listen in silence and solitude!

More on Serenity next week.....

**Be sure to take a few still moments during the week.
Bless yourself with stillness!**

Be Still Moment - Allow yourself to be still for a moment

Virtue is nothing without the trial of temptation, for there is no conflict without an enemy, no victory without strife. (Pope St. Leo the Great)

Salesian Moment – A moment with St. Francis de Sales

You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves.

Witness of the Eleventh Box...

A certain church had the names of ten families scheduled to receive food baskets on the eve of Thanksgiving Day. A local merchant donated hams and groceries were purchased from the local food bank. As the boxes were being packed in the fellowship hall, these families were getting excited over the food they were taking home. It would be the best meal many had enjoyed in months. As they were picking up their boxes, another family arrived - Father, mother and three children piled out of an old pickup truck and came inside the hall. This was a new family, not on our list. They had just heard there was food being distributed by a church.

The pastor of the Church explained that they did not have enough for an extra family. He tried to assure them that he would do what he could to attend to the needs of this new family. Then an amazing thing happened. With no suggestion from anyone, a woman put down the box she was carrying and quickly found an empty box to place beside it. She began removing items from her box and put into this empty box. Soon others followed her lead, and these poor people created an eleventh box for the new family. I like call it the "Witness of the Eleventh Box."

This is an outstanding example of Christian living. This is truly being salt of the earth and light of the world too. Ten people brought the Christian flavor into a difficult situation, healing into a sad and uncomfortable experience and preserved the dignity of a family that came uninvited. What an amazing witness of generosity...real salt of the earth and light of the world!

It's just a beer...



A man took his young son to a baseball game. While they were sitting there, he asked the boy what he was going to give up for Lent. The boy replied, "I don't know, Dad. What are you going to give up?" His father said, "I've thought about this a lot and decided to give up liquor."

Later in the game, the beer man came by, and the man ordered a beer. His son objected, "Hey, I thought you were giving up liquor!" His dad answered, "Hard liquor, son. I'm giving up hard liquor. This is just a beer." To which the boy replied, "Well then, I'm giving up hard candy."

Did you Know?

The idea of a leap year is a Catholic one...

The pagan Julian calendar, named after Julius Caesar, began in 45 B.C.E. and from its start, it was out of sync with the progression of the stars and seasons. So, a new calendar with a leap day was proposed. In 1582, Pope Gregory XIII mandated a reform to the calendar after the Church's astronomers determined that one year was actually 365.2425 days. Regular Gregorian year consists of 365 days, but in certain years known as leap years, a leap day is added to February. Calendar cycles repeat completely every 400 years, which equals 146,097 days. Of these 400 years, 303 are regular years of 365 days and 97 are leap years of 366 days.

Pope Gregory also amended the rule for determining a leap year by defining it as a year that was divisible by 100 as long as it was also divisible by 400. Thus, 2000 was a leap year but 1900 wasn't because it's not evenly divisible by 400.

Catholic countries followed the Pope's lead and adopted the new calendar. However, the British Empire, and others in conflict with the Holy See, didn't use the new calendar until 1752. In the United Kingdom, a person born on February 29 is referred to as a "leapling" or a "leap-year baby." Consequently, St. Oswald is the Church's saintly "leapling" because he was born into eternal life on that day. Oswald, the archbishop of York, died on Feb. 29, 992. Catholics can celebrate "leap day" as a uniquely Catholic holiday because of a saint — Oswald — and the fact that the idea of a leap year is a Catholic one.

Pope Leo XIV.....

"Christian hope is like an anchor that grounds our hearts in the promise of the Lord Jesus, who saved us by his death and resurrection and will come again among us. (Thursday, February 26, 2026)

"Peace begins with the recognition and protection of the God-given dignity of every person." (Sunday, March 1, 2026)

"Learn to read in depth the moment in which we live... recognizing the challenges and also the possibilities that the Lord opens up." (Monday, March 2, 2026)

Pray for each other.....

Let us stay close to each other in spirit and prayer as we continue our journey through life with all its joyful moments as well as moments not so joyful. Be faithful to your calling! All you do may not be successful in your eyes or in the eyes of others. The real success lies in your fidelity to who you are and what you have come to know as your calling. Just be faithful and be joyful!

God bless you and your families,

Fr. Gus Tharappel, msfs

Be steadfast!
We are earthen vessels holding the glory of God.
(2 Corinthians 4:7)