



Fr. Peter Mermier

# Spiritual Moments



St. Francis de Sales

Volume 20, Issue 1

Wellspring - Franciscan Center for Spirituality  
Missionaries of St. Francis de Sales

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*'Be Your Best  
Give Your Best  
Do Your Best  
and  
Leave the Rest  
to the Lord.'*

*Fr. Gus*

## Wellspring

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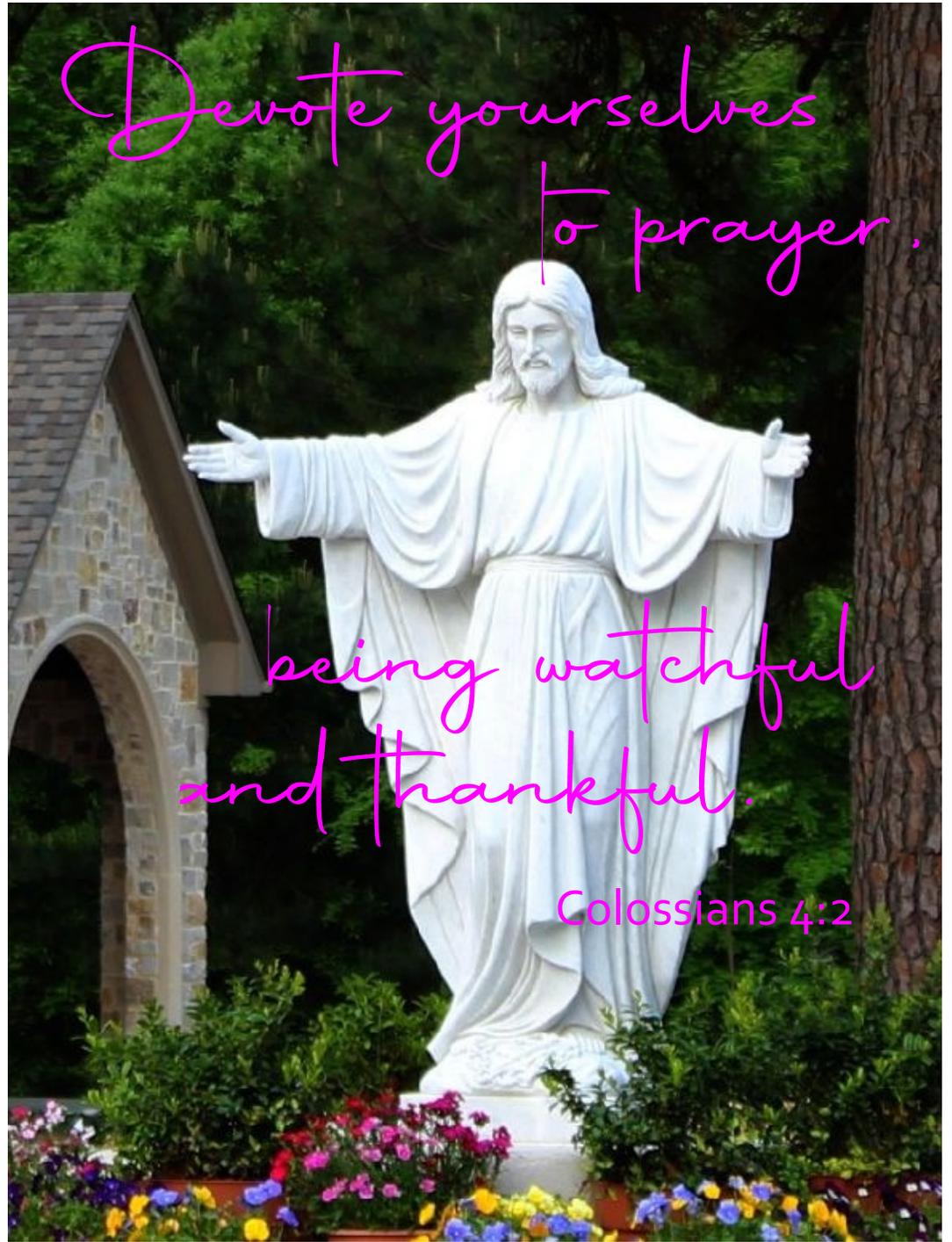
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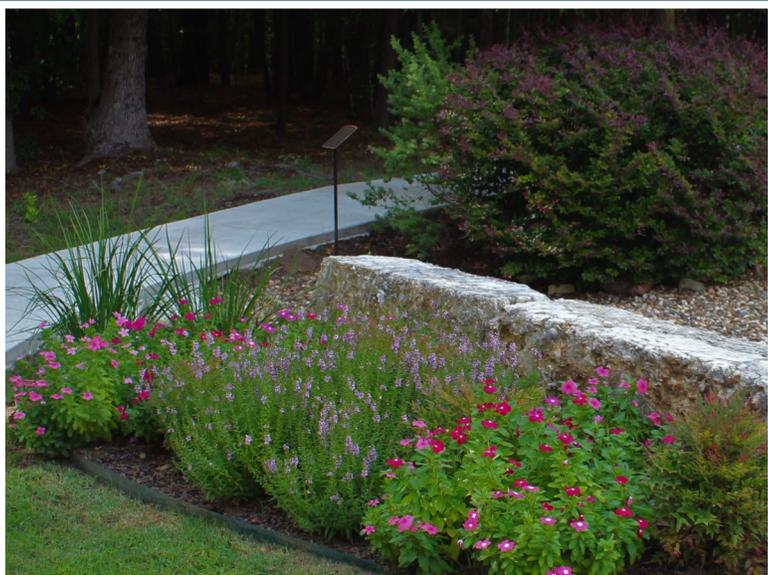
# EDITORIAL

We have been in ministry for twenty-three years. God has been good to us giving us opportunities to minister to His people. Words are inadequate to express our gratitude to God for all that He has been doing for us and with us. We have done well, and we have much to be grateful for and many people to be grateful to. It has been an incredible journey beginning with a series of lectures on spirituality to nurturing a spirituality that is both contemplative and active. We thank God and thank the many who journeyed with us, gifting us with their faith and their hunger for God and God's ways, and the resources they shared to make the journey possible.

Gratitude is our "return gift" to the Lord and to all who journeyed with us. Gratitude brings light and warmth into our hearts, spreads joy and radiates positive energy into the world. The more we consciously and consistently grow in our practice of gratitude, the more blessings we will experience. Gratitude creates joy, which is itself a blessing that heals and empowers. When we are happy, we like to make others happy, and this fosters kindness and generosity. Gratitude dissolves negative feelings: anger, jealousy, fear, anxiety, doubts and suspicions. Gratitude deflates the barriers to love. Gratitude is a gift to everyone. I believe that is why St. Paul urged us to "rejoice always" and to "give thanks in all circumstances."

Gratitude for yesterday's blessings empowers us to face our own shortfalls, difficult moments, trying times, and death and dying situations. Trials and difficulties have a way of teaching us, and they contribute to our maturity. We will learn much if we are open to learning from the difficult situations that we encounter. We must be grateful for the wisdom we have gained from them, the gift that they carried for us and carry them gratefully, joyfully, and tenderly. Gratitude does much more for us because it is the root of all virtues. This issue of "Spiritual Moments" is dedicated to the study and reflection on the virtue of gratitude and its expression in thanksgiving. I hope the articles, stories and snippets presented here will encourage you to nurture gratefulness as the quality of your presence to those around you.

Fr. Gus Tharappel, msfs



## BE GRATEFUL

Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

-Ralph Waldo Emerson

**EACH AND EVERY DAY**

# GRATEFULNESS PRAYER

Dear Readers,

I pray for you, our readers and all who participate in our programs and all who support our ministry at Wellspring, that you begin this new year with gratitude for all that has been and with hope for all that is yet to come. I invite you to pray the following prayer with me each day of the new year.

Fr. Gus

*Dear Lord,*

*Bless me that I may rise each day of 2021 with a grateful heart for all that has been, for all that is and for all that will be in your will.*

*Bless me with a grateful heart that enables me to accept what you send me, to be patient and optimistic about life and the world, and to bear with my own imperfections as well as the difficulties, and hardships that come my way, joyfully and without complaints.*

*Bless me that I may become a grateful person, living gratefully and joyfully no matter what life may bring as I go about doing my daily chores.*

*Ever-loving and Gracious Lord, today, I thank you for the many things I often take for granted: the air I breathe, the water I drink, supermarkets filled to overflowing, the ability to walk, talk, see, hear, smell, and to work and earn a living.*

*Dear Lord, where would I be without the gift of my family and friends and all those reliable and dependable people who serve me daily? I thank you today for their presence in my life, for the many ways in which they touch my life, for the challenges they offer and for their encouragement and support. They have made me a better person.*

*Thank you, Lord.*



# 2021 REFLECTION THEME



We reflected on “stillness” as our theme in 2020. Our theme for reflection in 2021 is the virtue of “gratefulness.” This year, we want to strive to learn to “be grateful.” We want to let “gratefulness” become our way of being, living and acting.

While there may be many things wrong in our world, many people unfaithful to their commitments, many projects incomplete and imperfect, there definitely are many things right with our world, many

people doing the best they can, many projects contributing to the growth and stability of our communities. We often take for granted things that work properly most of the time and people who live decent and virtuous lives. It is easy to take things for granted, especially some things like our jobs, families or friends. It’s easy to forget how blessed we are for just about everything in our lives. That is why it is good and important to count our blessings, be thankful and show gratitude.

Gratitude showers us with many blessings. It dissolves negative feelings of anger, jealousy, fear, anxiety, doubts, and suspicions. Gratitude deflates the barriers to love.

Gratitude creates joy which is itself a blessing that heals and empowers. When we are happy, we like to make others happy, and this fosters kindness and generosity. Gratitude is a gift to everyone. I believe, that is why St. Paul urged us to “rejoice always” and to “give thanks in all circumstances.”

Like other attitudes, gratitude must be cultivated. We don't have to wait for our favorite aunt or grandmother to shower us with gifts before feeling thankful. We can develop gratitude by reflecting on the gifts that are already ours. This reflection can be done for a minute, a day or throughout a lifetime. Most people celebrate their birthdays and holidays, but those who cultivate gratitude celebrate every day. We can be grateful because we are happy, but we can also be happy because we are grateful.

Let us begin 2021 with the resolve to strive to be grateful for all that has been, for all that is and for all that will be in God’s will.

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## —365 Day Challenge—

I invite you to take the following challenge. when you wake up in the morning, if you can wiggle your toes, say “Thank you God” for the blessing of another day. before you go to sleep, say “Thank you God” because you have lived another day. Take the challenge for the next 365 days.

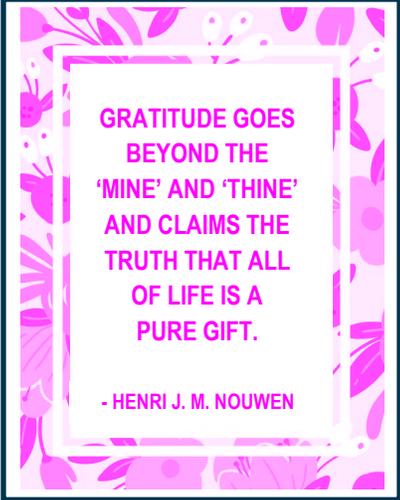
Fr. Gus Tharappel, msfs

**START EACH DAY WITH A POSITIVE THOUGHT AND A GRATEFUL HEART.**

ROY T. BENNETT

# BEING GRATEFUL

Gratitude and its expression in thanksgiving are self-transcendent attitudes. They are the way we orient ourselves toward others, the world, and our God in recognition of the many blessings, favors, and gifts. The word gratitude derives from the medieval Latin "gratitudo" and the Latin "gratus", meaning "thankful." It is also related to the word "gratia" meaning favor, grace or gift. Thanksgiving implies an active response to another's favor or gift, a recognition of the other and a willingness to respond graciously. It is an "other-centered" disposition expressed in tangible and intangible ways.



**GRATITUDE GOES  
BEYOND THE  
'MINE' AND 'THINE'  
AND CLAIMS THE  
TRUTH THAT ALL  
OF LIFE IS A  
PURE GIFT.**

**- HENRI J. M. NOUWEN**

Gratitude, gratefulness and thanksgiving are words that seem to have the same meaning. They are used to express appreciation for what has been received. Although they are fundamentally the same, I would like to suggest that there are differences. Gratitude is an inherent virtue, hidden deep within us like other virtues. It is an essential part of our being. It is God's special gift to us that helps us appreciate Him and all that is of Him and from Him and respond graciously to all that was, all that is and all that will be in His will.

Gratefulness is our inner disposition, generated by the virtue of gratitude. It is our attitude, our disposition to the world around us. It is the quality of our presence to the world. Thanksgiving is the way we express gratitude, show how grateful we are to those around us and beyond us. Simply put, gratitude is the virtue; gratefulness is the attitude or disposition, and thanksgiving is the behavior, the action by which gratitude is expressed.

Gratitude is a recognition and affirmation of someone beside us and beyond us and that this person has something to offer us. This person offers us something of value, something that enhances our life, meets our needs, completes and fulfills us. We appreciate what is offered, feel grateful to the one who offered the gift and express this gratefulness by giving thanks in tangible and intangible ways.

Gratitude is a recognition, affirmation, and appreciation of the goodness of the universe and the generosity of the God of creation. We affirm that there are good things and good people in the world; blessings and gifts are around us, and that we live in abundance. We recognize that the sources of these blessings, gifts and goodness are outside of ourselves and even beyond us – other people and our God. This recognition and affirmation makes us grateful, and we show this gratefulness by giving thanks in tangible and intangible ways.

Gratitude encourages us not only to appreciate the goodness of the universe and the kindness and generosity of our God but also to return the favor. The blessings we receive prompt us to bless others; the gifts we receive prompt us to give, and the sacrifices others make for us prompt us to sacrifice for others. Gratitude therefore builds relationships, develops a sense of bonding and belongingness, and builds community.

Gratitude disposes us to give and to receive gracefully. We are taught that it is important to give but not much is said about receiving. Just as there are many who find giving difficult, there are many who find receiving difficult. It takes gratefulness, humility, and simplicity to receive. Gratitude nurtures and sustains gratefulness, humility, and simplicity. Most of what we have that is worth having comes from sources outside of ourselves.

We are beneficiaries of the hard work of many whom we will never meet, the generous service of many who have gone before us, the self-sacrifice of those



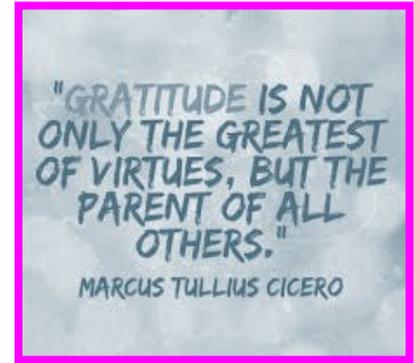
**WHEN IT COMES TO  
LIFE THE CRITICAL  
THING IS WHETHER  
YOU TAKE THINGS  
FOR GRANTED OR  
TAKE THEM WITH  
GRATITUDE.**

**- G.K. CHESTERTON**

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in religious and social service organizations, the hard work of the farmers who fill our grocery stores – there are too many to mention. Just imagine how many people are involved in getting that thick juicy steak or just a bowl of oatmeal into your system. It takes gracefulness, humility, and simplicity to appreciate the universe that keeps blessing us and the God who keeps us alive and moving in the universe. St. Francis de Sales says, "Gratitude is the beginning of humility because it recognizes that all we have and are gifts from a loving and generous God."



"Gratitude is the memory of the heart." says Jean Baptiste Massieu. It is how we cherish the memory of those who have blessed us and gifted us with our needs and remember what has been done for us. Jean Baptiste Massieu was one of six siblings who were born deaf. He had many reasons to be disappointed, but he found reasons to be grateful and speak of gratitude as the heart's memory.

The great philosopher Cicero said, "Gratitude is not only the greatest of virtues, but the parent of all others." It was Seneca, the great Roman philosopher and statesman who said, "Nothing is more honorable than a grateful heart." He also saw its power to forge and maintain friendships and relationships. G.K. Chesterton says, "I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder." St. Paul advised the Colossians,

**"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."**

**Colossians 3:15-17**

I believe that gratitude is the root of all virtues and a quality of the highest honor. Gratitude makes us generous and joyful. I also believe that we will find joy and peace in being grateful for all that has been, for all that is and for all that will be in God's will.

Fr. Gus Tharappel, msfs



**NONE IS MORE IMPOVERISHED THAN THE ONE WHO HAS NO GRATITUDE. GRATITUDE IS A CURRENCY THAT WE CAN MINT FOR OURSELVES, AND SPEND WITHOUT FEAR OF BANKRUPTCY.**

**FRED DE WITT VAN AMBURGH**

# WELLSPRING RETREATS AND PROGRAMS

Below is the schedule of our retreats and programs in 2021. We have many activities and opportunities for spiritual growth at Wellspring. In these uncertain and difficult days, consider coming to Wellspring to spend time in retreat and prayer. We all need time away from our daily chores to reflect, pray and grow in virtue. To schedule a group or individual retreat, please contact us for schedule availability. For more information about our programs, visit our websites, call or email us. All are welcome.

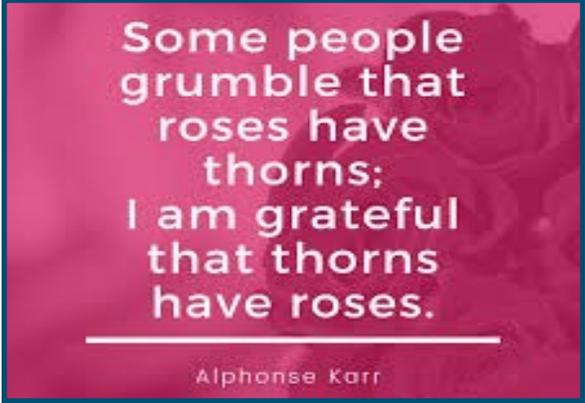
## RETREATS

- New Year Retreat  
January 9, 2021
- Lenten Retreat  
February 20, 2021
- Holy Week Retreat  
March 27, 2021
- Monthly Retreat  
April 17, 2021
- Monthly Retreat  
May 8, 2021
- Monthly Retreat  
June 12, 2021
- Monthly Retreat  
July 10, 2021
- Monthly Retreat  
August 14, 2021
- Monthly Retreat  
September 11, 2021
- Monthly Retreat  
October 9, 2021
- Monthly Retreat  
November 13, 2021
- Advent Retreat  
December 4, 2021

Our retreats meet from 9:30 am –12:30 pm

## PROGRAMS

- Wellspring Community -  
Meets Third Monday of each month
- Men's Ministry -  
Meets Second Monday of each month
- St. Vincent de Paul Retreats -  
Meets six times annually
- Diocese of Tyler  
Marriage Preparation Retreats -  
Meets six weekends annually
- Diocese of Tyler  
Priests' Day of Prayer -  
Meets quarterly
- Retreats for Parish Organizations -  
Scheduled throughout the year
- Spiritual Direction -  
Available by appointment
- Personal, Group or Silent Retreats -  
Available by appointment



Some people  
grumble that  
roses have  
thorns;  
I am grateful  
that thorns  
have roses.

Alphonse Karr

# BEING GRATEFUL IN DIFFICULT TIMES



The Wellspring community has begun 2021 with the desire and determination to continue to strive for excellence in virtue. The study of virtues has been a tradition of Wellspring since its foundation twenty-three years ago. Each year, a virtue is chosen for study, reflection, prayer, and contemplation. In 2020 we reflected, studied, and tried to cultivate stillness as a way of being present in a busy and fast-paced world. This year we will study "gratefulness" as a quality of our being and as a way of relating to the world around us.

Someone who follows our tradition of studying a virtue every year asked me what my choice of virtue was for this year. I responded, "Gratefulness." This was followed by a few challenging questions: "Why would you choose to reflect on gratefulness this year? We have a pandemic, racial and political unrest, a messy election process, riots, churches, and other places of prayer and worship being closed – we have so many problems and you want to think about being grateful. I just don't understand."

My response was that we need to hold the questions in our hearts and prayerfully reflect on them for a while. Since then, I have been pondering over the questions as well as reflecting on the reasons for choosing to nurture gratefulness as a way of being and acting during these troublesome and uncertain times.

Even during a pandemic, we have reasons for being grateful and many opportunities to practice the virtue of gratitude. Most of us have had some experience or know people who have had some experience of being tired, feeling angry, blue, numb, frustrated, or simply just wanting this virus to stop messing up our lives. We want to be free from the control that this virus has on our daily lives. These are certainly understandable reactions to a virus that continues to affect us without an end in sight.

I think it was Plato, the great philosopher, who said that there is no such thing as an invention, only discoveries. I believe that God has packed into his creation all that we need to discover, as and when we need it. Just imagine the number of scientists, the amazing knowledge they possess, their dedication and hard work, the availability of research facilities, the materials and tools for research, the discovery of vaccines, the elaborate arrangements to distribute the vaccine – the pandemic helped us discover all of them. We did not create them or invent them. We discovered them – they were there for us to find. Yes, we have much to be grateful for even during the pandemic. Let us try to be more grateful and nurture gratefulness as our way of being during these difficult days. Such gratitude will empower us to move on with confidence in a future that will bring us healing and wholeness.

We have experienced the aftermath of the elections such as anger, disappointment, frustration, hatred, riots and violence. In the midst of it all, we find that we did have elections and had and still have a well-established process for elections. We had and still have the right to vote and choose our leaders which many nations still do not enjoy. We had countless number of hardworking people to manage and count the votes. We have a legal system to address our complaints and irregularities. We also found that some are happy with the results while others are unhappy. The unhappiness of some does not negate the presence of all the wonderful

**"There is a  
calmness  
to a life  
lived in  
gratitude,  
a quiet joy."**

- Ralph H. Blum

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resources that are available to us. In the midst of all the unpleasant and painful realities, we discovered good things, good practices, wonderful resources and dedicated and self-sacrificing men and women. We have much to be grateful for.

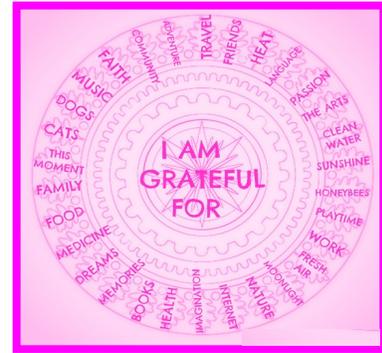
A little boy was fascinated watching different colored helium balloons float up to the sky at a county fair. He asked his father if the orange balloons would also rise. His father smiled and said, "It is not the color of the balloon that makes it rise. It is what is inside that makes it rise." It is what is inside us that helps us see the good that is in and around us, the blessings that surround us, the good people who journey with us and the wisdom that our experiences hold. It is also what is inside that holds us together, empowers us to stand our ground and keep rising when we fall. We must reach deep down and find the resources deep within us during these difficult, uncertain, and troublesome times.

Gratitude is an inherent virtue, hidden deep within us like other virtues. It is an essential part of our being. It is God's special gift to us to help us appreciate Him and all that is of Him and from Him and respond graciously to all that He sends us. Let us strive to nurture grateful hearts and let our grateful hearts empower us to live lives of faith during these difficult, confusing, and uncertain times. Our gratefulness will bless us and help us be and become confident, hopeful, and optimistic. Let us just be grateful!

Fr. Gus Tharappel, msfs



## SILVER LININGS



The following question was posed to the readers of a prominent newspaper:

***When you look back at 2020, it might be easy to think of all the challenges. But even though this has been a dark year for so many people, can you think of the good things that happened in 2020 as well? Did you start any new hobbies, strengthen any relationships, or learn anything about yourself or about the world? What is something positive you discovered about yourself, your family, your community and maybe even your world this year?***

More than 1500 people responded to the newspaper editor. Many of the responses were wonderful. Many people found much to be grateful for in 2020 despite the uncertainties and difficulties. Some of my favorite responses from the readers are listed below:

- "Newborns arrived, students graduated. Marriages, birthdays and anniversaries were celebrated. Agreements were signed, careers started. Discoveries were made, solutions were found. People found love, shoulders were leaned on, aid was rendered, lives were saved. Faith was found, memorials were held, kind words spoken. We began to heal. We did not give up."
- "I'm working from home! I'm working from home! I'm working from home! No hurry-up breakfast force-feeding. No cold car. No lunch packing. Working in sweatpants. Less laundry. Office with a window — that actually opens. Free to adjust the thermostat."

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- *"The pandemic clipped my dad's wings. For the first time in my life my father couldn't travel internationally for work. Pre-pandemic, he would be away for one or two weeks each month, but the threat of the virus halted international travel, keeping him homebound. During this strange year, he finally had time to teach me how to ride a bike. He finished reading "The Chronicles of Narnia" to my sister and me. Instead of asking him math questions by text or calling him on the phone while he was in some neighboring country, he's now beside me with a whiteboard and marker every evening. Though the pandemic took away too many family members from too many people around the world, it oddly gave me more of my dad."*
- *"One good thing that happened this year is that after 47 years of marriage, I learned to appreciate my husband. My husband is a quiet man, a reader and bird watcher. Some might think he is dull because he doesn't talk much, but listens and smiles. I, on the other hand, lived a life of overcommitment – books clubs, volunteering, political action and social clubs. My frenetic life ended in March when I became shut in with my husband. Not dull, but interesting. Not rushed but calm. I have learned to closely at the birds. We have marveled at the night sky, shared books and walked our dogs. The clubs, concerts and crowds have disappeared, and I have found serenity and companionship with my loving husband, the perfect man I married long ago but was too busy to notice."*
- *"I am in a group of six moms that have been meeting periodically for thirty years since our first children were born. In 2019, one of the ladies in our group was diagnosed with cancer and could no longer attend our brunches and dinners. Because of the pandemic, we started meeting on Zoom and our dear friend was able to join us almost every time. Our friend died a couple of weeks ago. I am so grateful for the hours we were able to spend with our cherished friend on Zoom. We had never heard of Zoom before the pandemic. Despite all the misery in the world in 2020, we were given this special gift."*

I loved reading the "silver linings" that people found during the difficult days of 2020. I too found much to be grateful for when I reflected back on 2020. Below are a few of the things I am most grateful for this past year.

- *My 96-year-old mother learned to use facetime and now regularly facetimes with my brother and sisters and some of her friends. It has kept her connected during the lonely days.*
- *Our oldest son lost his job this year but found a better job. His previous job had such long hours. His new job allowed him to be home with us for a couple of weeks both at Thanksgiving and Christmas. He hasn't been able to do that for several years. I don't think he would have changed careers without the pandemic.*
- *We got to spend lots of time with our daughter, her husband and our granddaughter in 2020. The pandemic forced them to socialize less with friends and more with us. It was wonderful.*
- *We moved into a new neighborhood a few months before the pandemic. With stores and restaurants closed, activities and social events canceled, many of our neighbors spent their time being outside close to home. We had the chance to meet many of our neighbors while walking in our neighborhood. What a gift to meet so many young families last year.*
- *We were able to complete some renovation projects at Wellspring that were only possible because we did not have activities going on for a few months.*



My mom, Lola, learning to facetime.

As I reflect on the last year, I thank the Lord for the many blessings during the difficult times. As we begin this new year, I begin with gratitude for all that was and for all that will be in the coming months. I look forward to growing in gratefulness in the coming days.

Bari Walker

# LOOKING BACK WITH GRATEFULNESS

Soon after the birth of our first child, my husband, Tom, and I moved from Arizona to Pennsylvania for my husband to attend perfusion school. We planned to rent an inexpensive, unfurnished apartment for the short time we would be in Pennsylvania. We were a young married couple with a tiny baby and had a very limited income. We thought we had secured a small one-bedroom unfurnished apartment, but the day we planned to move in we were told by the apartment manager that the apartment she had promised us was already rented.

As my husband was talking to the apartment manager about being a student and on a limited budget, the owner of the apartment complex came into the office. She had on a sweeping long fur coat on that cold January morning. Her jewelry was stunning, and she looked very much like the wealthy landlord.

She heard the dilemma about the one-bedroom apartment being gone. "Well," she told the apartment manager, "just let them have the unfurnished two-bedroom apartment on the fourth floor in Building B. They can have it for the price of the one bedroom." She looked at Tom and told him to be sure to get rugs as soon as possible to diminish the floor noise. Tom told her we didn't have extra money for rugs. He explained that we had put our furniture in storage in Arizona, and only brought the baby's furniture and a few things for the kitchen.

Right away it seemed like the landlord really liked us and the fact that Tom was a student at a nearby hospital. "Here's the deal," she told us, "just be sure to take off your shoes when you enter the apartment. When the other tenants get their mail and see the slip that says the rent is going up next month, just complain with them, but your rent will not increase while you are here and in school." She gave my husband directions to a hotel downtown and called her husband, the owner of the hotel. He was to give my husband a proper bed and frame and have it delivered to the apartment complex. Our heads were spinning. This lady was being so generous to us. We tried to explain that our meager surroundings were fine as we knew this was temporary. As quickly as the transaction took place the landlord turned and swished out of the office.

We moved into our apartment and the next day the apartment manager knocked on our door. She wanted me to come with her to the storage room. The storage room was a large room in the basement in one of the other apartment buildings on the property that was full of odds and ends of furniture that had been left behind when people moved out. I found a small wooden table and two metal chairs that we could use in our kitchen.



That little table served us well over the course of our stay. After graduation as we packed up our apartment, we tried to return the table and chairs to the apartment manager. She insisted that we take them with us as the storage room was getting too full. The table was a wooded-oak piece that was a bit wobbly. It had spooled spindle legs and the varnish on top was chipped and cracked.

After our move, Tom fixed the wobble, stripped off the varnish and finished the wood with linseed oil. We used that special table for a few years to hold a lamp in our living room. We now use it as our prayer table. It holds special pieces of art that call us to daily prayer.

I am grateful that someone, for whatever reason, left that little table behind when they moved. That small, cracked, and wobbly table blessed our family at that time and continues to bless us. The table is a wonderful reminder of our time in Pennsylvania and the generosity shown to us while we were there. I am forever grateful to the generous lady in the sweeping long fur coat who blest our family so many years ago.

Patricia Cussen



OUR FAVORITE  
*Gratefulness*  
QUOTES

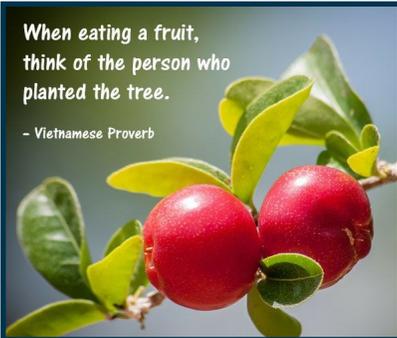
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GRATITUDE IS AN OFFERING PRECIOUS IN THE SIGHT OF GOD, AND IT IS ONE THAT THE POOREST OF US CAN MAKE AND BE NOT POORER BUT RICHER FOR HAVING MADE IT.

A. W. TOZER

When eating a fruit, think of the person who planted the tree.

- Vietnamese Proverb



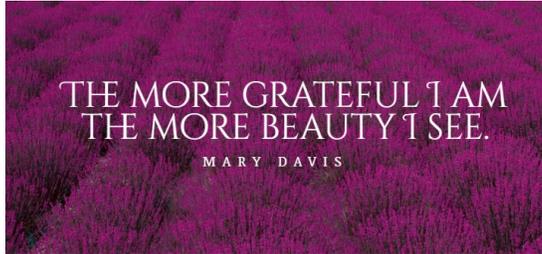
WHEN THE PEACE OF CHRIST RULES IN OUR HEARTS, THANKFULNESS OVERFLOWS. EVEN IN THE DARKEST OF TIMES, WE CAN PRAISE GOD FOR HIS LOVE, HIS SOVEREIGNTY, AND HIS PROMISE TO BE NEAR US WHEN WE CALL.

PSALM 145:18

**The real gift of gratitude is that the more grateful you are, the more present you become.**  
Robert Holden

THE MORE GRATEFUL I AM  
THE MORE BEAUTY I SEE.

MARY DAVIS



“Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.”

-A.A. Milne



Gratitude is not only a response to God in good times - it's ultimately the very will of God in hard times. Gratitude isn't only a celebration when good things happen. It's a declaration that God is good no matter what happens.

Ann Voskamp

I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.

G.K. Chesterton

THE HEART THAT GIVES THANKS IS A HAPPY ONE, FOR WE CAN NOT FEEL THANKFUL AND UNHAPPY AT THE SAME TIME.

DOUGLAS WOOD

WEAR GRATITUDE LIKE A CLOAK + IT WILL FEED EVERY CORNER OF YOUR LIFE

-RUMI



**BE GRATEFUL**

*One of the best things about gratitude is, the more you choose it the easier it gets..*



**THE MORE YOU PROFESS GRATITUDE, THE MORE THINGS YOU NOTICE TO BE GRATEFUL FOR.**

“Spiritual Moments” is published each year by Wellspring, Fransalian Center for Spirituality. Its main purpose is to share “spiritual moments” and articles on various aspects of spirituality along with information on programs and events at Wellspring. It is circulated, primarily, among the many volunteers, participants, friends and wells-wishers of Wellspring and the Fransalian Missionaries.

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