

Wellspring Fransalian Center for Spirituality

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Brothers and Sisters,

Today, we celebrate the Second Sunday of Lent. Our first reading today is the story of Abraham, the great Father of our faith and spiritual tradition and the pioneer of the spiritual journey which ends in Jesus. God had called Abraham to leave his country and people and promised to make him a great nation and a blessing to all peoples (Genesis 12:1-3) and so he did. Today, he is venerated as the spiritual patriarch of three of the world's major religions, more than half the population of the world find blessing in him.

Trusting in God's promise, Abraham began a journey into the unknown, leaving his home and people. Living in tents, surrounded by flocks that were their livelihood, Abraham and Sarah had no permanent address. Whenever their flocks had depleted the food supply in a particular area, they struck camp and moved on. We do not live in tents today, but we still are spiritual nomads. Like Abraham and Sarah, our fidelity to God calls us to journey, to move on, our roots sunk into no earthly place, our source of security in God and God alone. We must move on, trusting in the providential care of our God.

God's directive was simple: "go forth from the land of your kinsfolk and from your father's house to a land I will show you." (Genesis 12:1) Abraham and Sarah journeyed with no itinerary, no maps, no auto club, no named destination, no hotel accommodation along the way, no internet MapQuest, no GPS, no knowledge of weather conditions, no cell phones, no Dairy Queens, or McDonalds. We can only marvel at the faith that empowered Abraham and Sarah to get up and leave all they had known with no other guide or equipment than that of God's call. A man at the age of 75, married to a beautiful wife, surrounded by caring kinsfolk, and blessed with material wealth packs up everything and begins a journey to "he knew not where".

Abraham's call and response have become models for every other call. Like him, we are called again and again to leave the safe and familiar, the sound and the sane, and venture into territories unknown, uncharted and unsure. Such is the call to the infant to leave the safety of the womb into an often unfriendly and unsafe world. Such is the call of the dying to leave the known world into an unknown eternity.

In between birth and death, we experience the same kind of call many times over and over again when we leave the comfort of home for the first day of school; leave the routine of school for our first job; leave father, mother, brothers and sisters to begin our family; leave work for retirement; leave home for a convalescent home or hospice care; leave old and sure ideas for

new and untried ones...In all these “leave-takings” Abraham and Sarah remain our models and their faith in God, who would lead them, become our inspiration and strength...Like Abraham and Sarah, we are often called to make difficult choices. The Holy Spirit gives us good and wise counsel and enables us to make the difficult choice as the Lord often calls us to.

Our second reading of today’s mass (2 Timothy 1:8-10) remind us that our faith journey and the challenge of Gospel living will bring conflict, hardship, struggle and trying times. The ancient author tells us that our security is in the gift of God’s Grace. God’s Grace will empower us to bear our share of hardship for the Gospel. We are saved and called to a holy life. God will Grace us to live this call to holiness.

In the Gospel of today, we read about the voice of God declaring Jesus as the “beloved Son” and calling all disciples to listen to him (Mathew 17:1-9). In the presence of Jesus, transfigured in glory, Peter, James and John felt secure, happy and at home and did not want to continue their journey. They had found a temporary serenity and security and wanted to stay there. But the journey of Jesus was not complete, and the disciple’s journey was not complete either. They had to leave this experience, come down the mountain and accept life with all its joys and sorrows, even accept the cross and eventual death. They had to continue their journey into the unknown and insecure future with trust in God as their only security.

Letting go is not easy and to let go of a sure and certain and secure thing in order to welcome something new and untried is even more difficult. They had to walk in mystery! And that is the challenge! The journey of Jesus would take him to the cross and then to unending glory. His disciples must follow and travel a similar path. On their way, Jesus would serve as their map, their route, their guide and eventually their way.

Like Abraham and Sarah, Peter, James, John, and Paul, we too are called to faithfully continue our journey with our source of security in God and God alone. Let us strive to develop a habit of saying “yes” to God with our lives and be always faithful. Let us be strong, stand strong and walk faithfully even in difficult, uncertain, and trying times, into the unknown future.

I encourage you to take a few minutes each day of this week to be still and to think about how your day has been and on how faithful you have been to your choices and commitments as you continue your journey of faith. May your Lenten days of prayer, penance and almsgiving help you to be steadfast on your journey of faith, resolute in times of uncertainties, tenacious in testing and trying times, faithful to the commitments you have made, prayerful in discerning God’s plan and purpose for you, attentive and sensitive to the needs of the less privileged in your community and help you celebrate the joy of Easter.

God bless you and your family.

Fr. Gus Tharappel, msfs

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

Second Sunday of Lent

March 1, 2026

**Give something, however small, to the one in need.
For it is not small to the one who has nothing.
Neither is it small to God, if we have given what we could.
(St. Gregory Nazianzen)**

Collect

O God, who have commanded us
to listen to your beloved Son,
be pleased, we pray,
to nourish us inwardly by your word,
that, with spiritual sight made pure,
we may rejoice to behold your glory.
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.

**Serenity is not the absence of trouble but finding inner peace
during troublesome times through trust in God's steadfast love.**

Genesis 12:1-4

We meet Abraham, the great Father of faith, the pioneer of the spiritual journey that will end in Jesus. We hear God's promise to him that he would become a great nation and all peoples will find blessing in him. Abraham trusted God's promise and began a journey and we continue that journey.

**Reflect on your own call to journey to greatness, to being and becoming blessings to others.
Be a Blessing where you are.**

Trusting in God's promise, Abraham began a journey. Living in tents, surrounded by flocks that were their livelihood, Abraham and Sarah had no permanent address. Whenever their flocks had depleted the food supply in a area, they struck camp and moved on. We do not live in tents today. But we still are spiritual nomads.

Like Abraham and Sarah, our fidelity to God calls us to journey, to move on, our roots sunk into no earthly place, our source of security in God and God alone.

Psalm 33

The Psalmist calls us to sing a new and joyful song because God is always doing new and surprising things and God's word is faithfulness, loyal love, covenant love, steadfast love, unfailing love and it is everywhere! The Lord's eyes rest upon those with whom he has covenanted in love. Such is the wisdom of God. His covenant love is expressed in tender care for all he has created. His word is "Covenant Love", Unfailing, and steadfast love. What else to do but sing a joyful and new song!

**Sing to the Lord a new song;
play skillfully and shout for joy.
For the word of the LORD is right and true;
he is faithful in all he does.**

2 Timothy 1:8-10

Our faith journey and the challenge of Gospel living will bring hardship and struggle. The ancient author tells us that our security is in the gift of God's Grace. God's Grace will empower us to bear our share of hardship for the Gospel. We are saved and called to a holy life. God will Grace us to live this call to holiness.

Mathew 17:1-9

In this excerpt from Mathew, we read about the voice of God declaring Jesus as the "beloved Son" and calling all disciples to listen to him. In the presence of Jesus, transfigured in glory, Peter, James and John felt secure, happy, at home. They felt they had reached the end of their journey and they were not ready to move on - they just wanted to stay in their experience of comfort, joy, security and glory.

They had found, in the transfigured glory of Jesus a temporary serenity and security. But the journey of Jesus was not complete, and the disciples' journey was not complete either. They had to leave this experience, come down the mountain and accept life with all its joys and

sorrows, even accept the cross and eventual death. They had to continue their journey into the unknown, uncertain and insecure future. Letting go is not easy and to let go of a sure, certain and secure thing in order to welcome something new and untried is even more difficult. The journey of Jesus would take him to the cross and then to unending glory. His disciples must follow and travel a similar path. On their way Jesus would serve as their map, their route, their guide and eventually their way.

Be prepared to accept the inconveniences, suffering, pain, cross - all of life's struggles. Be strong and stand strong in faith during difficult times. Take time - be patient - discern your trials. Make decisions grounded in your faith. Prayerfully discern God's plan for you.

Saint of the Day, March 1 - St. David of Wales and 13 other saints are remembered this day.

Saint David was born in Caerfai, south west Wales into an aristocratic family. We have very little reliable information about his life. According to tradition, St. David was the son of King Sant of South Wales and St. Non. He was ordained a priest and later studied under St. Paulinus. Later, he was involved in missionary work and founded several monasteries, including his principal abbey in southwestern Wales. Many stories and legends sprang up about David and his Welsh monks. Their austerity was extreme. They worked in silence without the help of animals to till the soil. Their food was limited to bread, vegetables and water. David and his monks drank neither wine nor beer - only water - while putting in a full day of heavy manual labor and intense study.

Around the year 550, David attended a synod where his eloquence impressed his fellow monks to such a degree that he was elected primate of the region. He ruled his diocese until he had reached a very old age. He died on March 1, 589. His last words to his monks and subjects were: "Be joyful, brothers and sisters. Keep your faith and do the little things that you have seen and heard with me." Saint David is pictured standing on a mound with a dove on his shoulder. The legend is that once while he was preaching a dove descended to his shoulder and the earth rose to lift him high above the people so that he could be heard. Over 50 churches in South Wales were dedicated to him in pre-Reformation days.

Fr. Gus Tharappel, msfs

**Any clever and intelligent person can make life complex and complicated.
It takes discipline and patience to make it simple and profound.
Keep it simple and profound!**