



**WELLSPRING**  
**Fransalian Center for Spirituality**  
16828 FM 2964, P.O. Box 440, Whitehouse, Texas 75791  
Phone: 903-839-1280      Email: [frgusmsfs@gmail.com](mailto:frgusmsfs@gmail.com)

---

## Wellspring Community Outreach

Monday, May 25, 2026

Brothers and Sisters,

Yesterday, we celebrated the feast of Pentecost. The Easter Season is over, and gifted with the Holy Spirit, we are sent forth to carry the Good News of Jesus to the world around us. The Holy Spirit came upon Mary and the early believers on what was the Jewish feast of Pentecost or Shavuot. The Jewish feast of Shavuot celebrates God's gift of the Torah (The Law) to his people following their Passover or freedom from slavery in Egypt. It also was the celebration of the blessings of the wheat harvest. Thus, the Jewish feast of Pentecost celebrates God's gift to his people of liberation and freedom and the two-fold gift of spiritual food (Torah) and bodily food (wheat harvest).

The connection between the Jewish Pentecost or Shavuot and the Christian celebration of Pentecost is obvious. With the Passover of Jesus, we are freed from the slavery of sin and death. With his proclamation of the Good News we welcome the Torah's promised fulfillment in the Gospel. And with the gift of the Eucharist we are fed with wheat that has been transformed into the Body of Christ.

In order for these truths of our faith to take root in our hearts and to transform the way we live, St. Francis de Sales urges us to make them very personal: Jesus died to save me from sin and death, and he gives me his Gospel, his Holy Spirit and his Sacraments. Now, he sends me to bring all these gifts to my world, beginning at home with family but going from there into the workplace, the marketplace, the highways, and byways, and to the world around me.

It starts with me, but it never stops there. Rather, we come together as a community of faith, the Church, the Body of Christ present in the world. For in the beginning it was the Church gathered around Mary in the upper room that received the Holy Spirit and was sent forth to proclaim the Good News to the whole world. What was true at the Jewish Pentecost and the Christian Pentecost must continue at every Pentecost.

I encourage you to take a few moments each day of this week to be still and reflect on how your day has been. Take a few moments also to reflect on how you will, as a community and Church, carry the message of Pentecost to a broken, hurting and frightened world.

**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**

Quiet minds cannot be perplexed or frightened but go on in fortune or in misfortune at their own private pace, like a clock in a thunderstorm. (Robert Louis Stevenson)

### **Salesian Moment – A moment with St. Francis de Sales**

When the house is on fire, people are ready to throw away everything; when the heart is full of God's love, people are free to look upon all else as of little worth.

### **Come back to me with an empty Cup.....**

Once, a long time ago, there was a wise Zen master. People from far and near would seek his counsel and ask for his wisdom. Many would come and ask him to teach them, enlighten them in the way of Zen. He seldom turned any away. One day an important man, a man used to command, and obedience came to visit the master. "I have come today to ask you to teach me about Zen. Open my mind to enlightenment." The tone of the important man's voice was one used to getting his own way. The Zen master smiled and said that they should discuss the matter over a cup of tea.

When the tea was served the master poured his visitor a cup. He poured and he poured, and the tea rose to the rim and began to spill over the table and finally onto the robes of the wealthy man. Finally, the visitor shouted, "Enough. You are spilling the tea all over. Can't you see the cup is full?" The master stopped pouring and smiled at his guest. "You are like this teacup, so full that nothing more can be added. Come back to me when the cup is empty. Come back to me with an empty mind."

### **Did you Know?**

#### **The many meanings of Salt....**

Jesus said... You are the salt of the earth (Mathew 5:14); Keep salt in your hearts and you will be at peace with one another. (Mark 9:50)

Covenant salt is a covenant of friendship - unbroken relationship

Eating of the salt of another is a symbol of friendship in many cultures

“Salt land” is a common name for desert waste land

Season one’s speech with salt is to speak with intelligence/wisdom

Salt is a preserving agent

Salt is a healing agent

Salt is flavoring agent

“Salt of the earth” is “blood of the earth” (life of the earth)

“Rub with salt” is to keep evil forces away. Church bells were rubbed with salt. Children were rubbed with salt , as well as given a pinch salt in the mouth, at Baptism

Throwing salt over the shoulder - to take off curse - turn back on it.

“Salt in the wound” - the pain that heals

### **Christian Horse.....**



Bill was a good Christian. He saw an ad online for a Christian horse, so he went to check it out. The horse’s owner said, “It’s easy to ride him. Just say ‘Praise the Lord!’ to make him go and ‘Amen!’ to make him stop.” Bill got on the horse and said, “Praise the Lord!” Sure enough, the horse started to walk. “Praise the Lord!” he said again, and the horse began to trot. “Praise the Lord! Praise the Lord!” he yelled, and the horse broke into a gallop.

Bill was enjoying his ride so much that he almost didn’t notice the cliff he and the horse were about to go over. Bill shouted “AMEN!” at the top of his lungs, and the horse stopped right at the edge of the cliff. Relieved, Bill said, “Phew! Praise the Lord!”

### **Pope Leo XIV.....**

**Pope Leo prays that the Spirit may help us build a fraternal world where peace reigns.....**

At the Angelus on May 24, Pope Leo urged everyone to invoke the Holy Spirit, who opens the doors to faith and encourages the Church to be “welcoming and hospitable to all.” He invited the faithful to contemplate “the gift of the Holy Spirit, which was poured out in abundance upon the early Church and is bestowed anew upon its members today.” He urged everyone to invoke the Holy Spirit and “ask him to open all the doors that are still closed.”

“We need to rediscover God as the Father who loves us, so that we can form a Church where everyone feels at home and build a fraternal world where peace reigns among all peoples.” The Pope pointed to three “doors” that must be opened, recalling the account in the Acts of the Apostles that describes the Spirit as a “mighty wind” that opened every door and impelled “the disciples to go out and proclaim the Good News of the risen Christ.”

The first door to be opened is that of God Himself, who grants “true faith, helps us understand the meaning of Scripture, reveals himself as our neighbor and allows us to share in his very life.” The Holy Spirit helps us to have a personal experience of God, to encounter him in Jesus and not merely in the observance of a law, to recognize him within us, and to discover the signs of his presence in daily life.”

“The second door,” the Pope emphasized, “is that of the Upper Room, that is, of the Church.” The wind of the Spirit sweeps away fears and anxieties “in the face of the world’s challenges,” as well as the inability to engage “with changing times,” so that the Church may become a Church with open doors. “The Spirit opens the doors of the Church so that it can be welcoming and hospitable to all, even to those who have closed their doors on God and neighbor, on hope and the joy of living.”

The final door indicated by the Pope is that of the human heart, which must be opened in order for fraternity among peoples to be born. “The Holy Spirit opens the door of our heart, helping us to overcome resistance, selfishness, mistrust and prejudice, while enabling us to live as children of God and brothers and sisters to one another. Where the Spirit of the Lord is, fraternity is born among individuals, groups and peoples of the Earth, and all speak the same language of love, which unites and brings harmony despite our differences.”

### **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

**Good friends are like stars!  
You don't always see them, but you know they are always there.**