



# WELLSPRING

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## Wellspring Community Outreach

Monday, April 13, 2026

Brothers and Sisters,

Yesterday, we celebrated Mercy Sunday and reflected on opening ourselves to the mercy of God and on striving to be “merciful as the father is merciful.” Let us continue to reflect on nurturing mercy as a virtue that enables us to forgive failures, overlook shortfalls, heal brokenness, create harmony, and bring peace and be channels of the mercy of our God for those around us.

All of us are beneficiaries of the mercy of our God. God has promised us to “remember our sins no more” (Isaiah 43:25) and to take our sins away “as far as the east is from the west” (Psalm 103:12) and to treat us tenderly because he knows that we are delicate and weak and break down easy (Psalm 103:14). God has also called us not to remember the past, but to remember that He is providing all our needs (Isaiah 43). Jesus calls us as he called his disciples to “be merciful as your Father is merciful” (Luke 6:36) and he taught us to forgive others as the father forgives us, without limit! The apostle Paul teaches us, “Be kind to one another, compassionate and mutually forgiving, just as God has forgiven you in Christ.” (Ephesians 4:32)

To be merciful is to acknowledge our brokenness and that of others and to enter fully into this tension unafraid, to stay in this tension, to walk in this valley of tears, to keep our head while others are losing it, to believe that tension is an opportunity to grow and that tears can facilitate growth. To be merciful is to step into the brokenness, loneliness and tension in us and around us and allow them to become life-giving and life-transforming.

Mercy is the breath of God - God breathing His life and strength into us to heal, to renew and to make us whole again. Mercy tells us that we do not have to stay in the old patterns of living, thinking, feeling and behaving, that healing and new life are open to us and that we can stand our ground in His mercy even in the midst of painful and disappointing moments. Mercy is His grace, his love and his strength!

Mercy is God loving us, holding us tenderly, breathing his life into us, and living in us. We must allow those difficult and painful moments and death and dying situations to draw us more

deeply into the very heart of God, into the heart of mercy and love! We must allow His mercy and love to transform our life and let it become a channel of His mercy for all. We must be patient, kind and compassionate with others, with the world around us and especially with ourselves! Let us strive to be merciful as our God is merciful.

I encourage you to take a few moments each day to be still and reflect on how your day has been. Reflect on how you have tried to be patient, kind and compassionate – merciful - as you went you about doing your daily chores and fulfilling your responsibilities.

**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**

Dear God, help me make someone glad today, someone who cannot return the favor.

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

Persevere in overcoming yourself in the little everyday frustrations that bother you; let your best efforts be directed there.

### **Go light your world...**

A rich man had three sons. In his old age, he decided to hand over the entire inheritance to the wisest of his sons instead of sharing it with all. So, to choose the wisest among them, he conducted a simple test.

He called the three sons, and gave each of them \$1,000.00 and told them, "I want each of you to take this money and buy whatever you want and fill the storeroom. The one who fills it the most, would be the winner of this test and the worthy inheritor of my property."

The first son went and purchased firewood for that amount and filled half of the storeroom.

The second son went and bought hay and filled 70% of the storeroom.

The youngest son, however, went to the nearby shop, got a candle and a matchbox.

How could anyone fill a room with a candle and a matchbox. The second son was sure that he would inherit his father's wealth since he had filled 70% of the storeroom.

The youngest son called his father and two brothers and went to the storeroom.

The storehouse was all dark and quiet. The youngest son stepped inside and lit the candle with the match. Sure enough, the storeroom now was filled.... filled with light!

Needless to say, who the winner of the test was!

**Carry your candle, run to the darkness. Seek out the hopeless, confused and torn. Hold out your candle for all to see. Take your candle and go light your world.**

### **The first words of Jesus as he came out of the tomb...**



A Sunday school teacher had just finished telling her third graders about how Jesus was crucified and placed in a tomb with a great stone sealing the opening. Then, wanting to share the excitement of the Resurrection, she asked: “And what do you think were Jesus’ first words when He came bursting out of that tomb alive?” A little girl, leaping out of her chair, shouted out excitedly “I know, I know!” “Good” said the teacher, “Tell us, what were Jesus’ first words?” And extending her arms high into the air she said: “TA-DA!!!” Another little boy offered, “Please stop staring and pass me the fish sandwiches — it’s been three days and I’m starving!”

### **Did you Know?**

#### **What is “St. Joseph’s Table”?**

A “table” in honor of St. Joseph is a delightful tradition that comes to us from Sicily. According to legend, a terrible drought struck Sicily in medieval times. The people begged St. Joseph to intercede for them and, sure enough, rain fell and saved the people from starvation. In thanksgiving, the people created a great table filled with delicious foods and treats and shared their abundance with the poor.

The tradition took off, and every year Sicilians, and eventually other regions and countries, would celebrate this feast day with a “St. Joseph’s Table” to be shared with friends, family, and, in a particular way, the less fortunate. Traditionally, food was specially set aside for giving to the poor. No one is turned away from the Table!

You can find this tradition today at many parishes right here in the United States. Here’s how the traditional Table usually looks. Different places have their own regional specialties, and you can add your own as well!

The table gives the impression of a little makeshift shrine or altar, with three tiers representing the Holy Trinity and steps leading to Heaven. A statue of St. Joseph stands on the topmost tier. Lilies and other flowers as well as candles and a basket of prayer intentions are often included.

Surrounding St. Joseph is a smorgasbord of beautiful foods, which are symbolic as well as delicious. Some of the most common ones include:

Sardines and other fish. No meat is included, to commemorate the time of Lent (Feats of St. Joseph is March 19 and it is Lent).

Sesame bread, which is formed into shapes such as St. Joseph's staff, a sheaf of wheat, the Cross, and the Crown of Thorns.

Bean dishes, especially lentils and fava beans (the hardy bean that is said to have sustained the Sicilians during the famine).

Breadcrumbs are used in the cooking of the foods, to represent the sawdust of St. Joseph's workshop.

Lots of sweets. A traditional Italian one is St. Joseph's Sfinge, a puff pastry filled with ricotta and topped with a cherry.

Citrus fruits and wine.

Many places begin the celebration with the "tupa-tupa" - means "knock-knock" in Italian. Children dressed as the Holy Family move from one building or door to another, knocking and asking for shelter. They are refused until they get to the building containing the St. Joseph's Table. They are then invited in with joy and served first as the guests of honor.

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

### **Sunday Eucharist "indispensable" for Christian life**

On Divine Mercy Sunday, April 14, 2026, Pope Leo XIV highlighted the Eucharist as essential for sustaining faith. He recounted the Gospel account of the Apostle Thomas, who encounters the risen Christ eight days after Easter and noted that this meeting takes place within the community, highlighting where believers are called to seek Christ today.

"This scene invites us to reflect on our own encounter with the risen Jesus", the Pope said. He invited the faithful to ask themselves "Where can we find him? How can we recognize him? How can we believe?" Pope Leo XIV explained that faith is not always immediate or easy. "It was not easy for Thomas, and it is not easy for us either", he said, adding that faith needs to be nourished and sustained".

For this reason, he continued, the Church invites the faithful to gather every Sunday, the "eighth day", to celebrate the Eucharist. "During Mass, we listen to the words of Jesus, we pray, we profess our faith... His Body and Blood nourish us, so that we too may become witnesses of his Resurrection".

The Pope explained that it is in the Eucharist that faith grows and is strengthened, and where believers are united as members of one body. "It is there that our efforts, though limited, are united by God's grace... for the accomplishment of a single great plan of salvation that embraces all humanity".

He also stressed the missionary dimension of Mass, noting that the term itself signifies "sending forth." Christians, he said, are called to bring what they receive into their daily lives, becoming "witnesses of charity and messengers of reconciliation". Bringing his address to a close, Pope Leo stressed that "In a world that is in such great need of peace this calls on us more than ever to be steadfast and faithful in our Eucharistic encounter with the risen Lord."

### **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

**It takes a lifetime to learn to live authentic lives  
But it takes only a minute to offer your love, your kindness,  
and your understanding...your gift to the person awaiting your attention.**

