



Fr. Peter Mermier

Spiritual Moments



St. Francis de Sales

Volume 24, Issue 1

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

January 24, 2025



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

Fr. Gus

Wellspring

MAILING ADDRESS:

P.O. Box 440
Whitehouse, TX 75791

PHYSICAL ADDRESS:

16828 FM 2964
Whitehouse, TX 75791

TELEPHONE:

903-839-1280

EMAIL:

retreatsatwellspring@gmail.com
frgusmfs@gmail.com

WEBSITES:

www.wellspringcommunity.net
www.retreatsatwellspring.com



*But the plans of
the Lord stand
firm forever,
the purposes
of his heart
through all
generations*

Psalms 33:11

EDITORIAL

This issue of Spiritual Moments is being released on January 24th, on the Feast of St. Francis de Sales. We have been doing this for many years. This date was chosen because St. Francis de Sales is the patron of journalists and also because it is on this day that Wellspring, Fransalian Spirituality Center, was founded twenty seven years ago. Pope Pius XI officially declared St. Francis de Sales as the patron saint of writers and journalists in 1923 because he was a pioneer journalist. He effectively used written pamphlets and other materials to spread the Catholic faith and convert Calvinists in his region. He was trying to reach a wider audience through written word than those listening to a sermon. He widely distributed pamphlets to spread his message which was a novel approach in his day. Within a year of his ministry, a series of some 85 pamphlets were posted by the front doors of homes and distributed in public areas explaining important truths about the Catholic faith. Saint Francis de Sales wrote more than 20,000 letters during his lifetime and published two books – *Introduction to the Devout Life* and *Treatise on the Love of God*. This new approach allowed him to reach a large number of people beyond just those who could attend sermons. I see in this novel idea the precursor to modern journalism. His approach was gentle, kind and deeply respectful. He did not preach down to people as it often happens in sermons but encouraged dialogue.

Following the example of this great saint, we are attempting to bring you articles, reflections, inspiration and thoughts on the virtues, especially the little virtues that he speaks much about. I hope the articles and thoughts in this issue of Spiritual Moments will bless you with good, sound and simple insights on the virtue of purposefulness, Wellspring's virtue of the year. According to St. Francis de Sales, purposefulness is aligning our actions with God's will in the present moment. He stresses the need for making firm resolutions to live according to God's plan and purpose and gradually, gently and patiently working towards spiritual progress, with abiding confidence in God's grace. He encourages staying focused on what is best in the present moment to fulfill God's will rather than becoming anxious about perfection. He advises us to take small steps in striving to fulfill what God calls us to fulfill. He reminds us that it is important to recognize our imperfections and short falls and not become anxious about being perfect. I hope that the articles in this issue of Spiritual Moments will encourage you to take those small steps and strive toward fulfilling God's will and purpose for you.

Fr. Gus Tharappel, msfs



**GOD HAS GIVEN
ALL OF US
GREAT PURPOSE**

LIVE WITH PURPOSE

Purposefulness is the virtue that signifies a positive character, a trait of having a clear focus, knowing your goals, and actively working towards achieving them.

EACH AND EVERY DAY

PRAYER FOR PURPOSEFULNESS

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 for purposefulness with me each day of the new year.

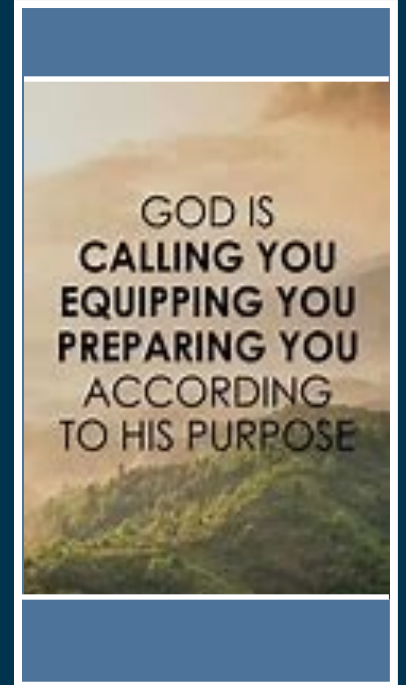
Fr. Gus

Loving Father, thank you for creating me with a unique purpose and placing me where I am today. Help me discern your purpose for me and strive to fulfill that purpose. May all my plans and projects, the goals I set and the work I do, the life I live and the relationships I keep reflect your purpose for me. May all my choices and commitments, my desires and hopes and my will be aligned with your will.

Thank you, Father, for all the gifts, skills and talents, knowledge and wisdom and the wonderful people whom you send into my life. Help me to use all your blessings in ways that bring you honor and glory and praise. Help me use all your blessings to bless those around me. May I help others come to know that they too have a unique purpose that you gave them. May I help them find and fulfill their purpose.

Loving Father, help me to remain resolute in fulfilling my purpose even when things are not working out as I have planned. It is your purpose that I want to fulfill. Tired or weary, successful or unsuccessful, help me be patient and persevering in fulfilling your purpose for me. Help me remember that you "will bring to completion what you have begun in me." (Psalm 138)

Amen



2025

REFLECTION THEME

**because of god's
remarkable
love for you,
everything in
your life has
purpose.**

We reflected on "Forbearance" as our theme of reflection in 2024. Our theme for reflection in 2025 is "purposefulness." We want to let purposefulness define our character and let it become our way of being, of living and of acting. Purposefulness is single-mindedness and pure-heartedness. It is the ultimate virtue that inspires and moves us to fulfill our God-given purpose. It is a dynamic and positive character trait that shows clarity of purpose, intentionality, and determination. It is the virtue of the person with a clear vision of purpose, who actively, intentionally and tenaciously

works towards fulfilling their discerned purpose. God called Abraham, gave him a purpose to follow God's direction and told him to "walk before me and be blameless." (Genesis 12:1-3 and 17:1-6) Abraham was ninety nine years old when God gave him his purpose. Two thousand years later, Jesus said to his disciples, "Blessed are the pure of heart, they will see God." (Matthew 5:8)

Purity of heart is purposiveness, single-mindedness and single-heartedness. Blessed is the person whose mind and heart are single, unmixed, undivided, pure - purposeful and that person will see God. Purposefulness is the quality of being which makes the vision of God possible because God will make himself visible to the pure of heart. Jesus was on his way to Jerusalem, his final destination, where He would fulfill his Father's will, the purpose for which He came. He knew that the cross was waiting for him. Peter tried to prevent Jesus from going to Jerusalem. Jesus asked Peter to get out his way and follow him. He had his mind and heart set on Jerusalem, the cross, the death, the resurrection and the fulfillment of his purpose. He was determined, purposive, single-minded, and single-hearted to fulfill his purpose.

I pray for you, and I pray for all who are welcoming the gift of this New Year 2025 with all its uncertainties. May God bless you and enable you to experience His unfailing, unconquerable and unconditional Love. I pray that you will discover your God-given purpose and strive to fulfill that purpose as we study, reflect and meditate on purposefulness. May this New Year be the most amazing, fascinating, marvelous, wonderful and joy-filled year for you and for those you love! May God bless you with the richest and finest of his blessings.

Fr. Gus Tharappel, msfs

**PURPOSEFULNESS IS FOCUSING ON ALIGNING YOUR ACTIONS
WITH GOD'S WILL IN THE PRESENT MOMENT,
RATHER THAN STRIVING FOR IMMEDIATE PERFECTION.**

PURPOSEFULNESS

Recently, one of the gentlemen that I have known for many years said to me, "I want you to give me your pastoral counsel. What is my purpose? What must I do? I am eighty four years old, have Parkinson's disease, am unable to get around and have other ailments. Now, what is my purpose? I can't find a purpose for my life." I told him the following story of Moses, Aaron and Hur in prayer on top of the hill.

Moses, Aaron and Hur went to the top of the hill and prayed while the Israelites fought the Amalekites . As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites started winning. When Moses' hands grew weary, they took a stone and put it under him, and he sat on it, while Aaron and Hur held up his hands, one on one side, and the other on the other side, so his hands were steady until the going down of the sun. And Joshua defeated Amalek and his people with the sword. (Exodus 17:11-13)

The gentleman said, "Now I know what I must do." He found a new purpose, a new meaning and a new direction for life. His life no longer felt empty. Over fifty-five years of ministry, I have had similar dialogues with men and women in old age homes, retirement facilities, rehab centers and other similar situations. "What is my purpose?" is a question that people ask at different periods in their lives, especially during difficult and conflicting situations.

Most often, the question about purpose seems to be a situational one. Purpose is often seen as something to do, some task to accomplish, or some goal to achieve. Real purpose is far beyond doing things and achieving goals – beyond goals and objectives and beyond measurable results. If "purpose" meant just doing or achieving or accomplishing something, when we are not able to "do or accomplish" something, we wouldn't have a purpose and life would become meaningless.

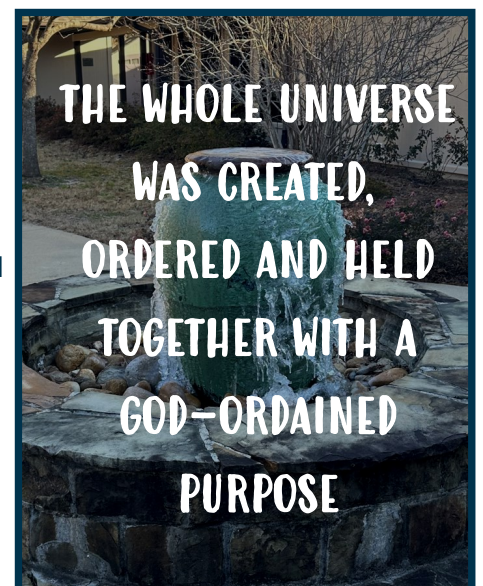
Our purpose is to be what God made us to be and to do all we do to fulfill that purpose. We are born with purpose; we live with purpose and we die with purpose. The whole universe was created, ordered and held together with a God-ordained purpose. To be human is to be born with a purpose. God has a unique purpose for each one of us. We have a "God-ordained purpose" and we must participate in the fulfillment of that purpose. Our God-ordained purpose is not an individual or specific goal to be achieved within a given period of time but the fulfillment and fullness of our nature.

God has not only created us with a purpose but also endowed us with a direction and the power to fulfill that purpose. Everything in creation has an inherent propensity and the power which is God-given for fulfilling their purpose.

Our purpose is to be and to become what God made us to be...to be his image, to image him where He has placed us. We are created, ordained, baptized and anointed as sons of God to image God. We are created and ordained to participate in God's creative, redeeming and sustaining activity where we are placed in the universe.

Social sciences see our purpose as self-actualization, self-realization, the final goal, goal of personal fulfillment, or the goal of perfection The followers of Jesus see their purpose as holiness, perfection, fullness of life with God, eternal life, fullness of joy in heaven, perfect, complete and joyful communion with God. Jesus said that He came to bring us fullness of life, fullness of joy and he prayed for our communion with him and the Father. (Gospel of John)

Purposefulness is single-mindedness and pure-heartedness. It is the ultimate virtue that inspires and moves us to fulfill our God-given purpose.



continued on page 6

continued from page 5

It is a dynamic and positive character trait that shows clarity of purpose, intentionality, and determination. It is the virtue of the person with clear vision of purpose, who actively, intentionally and tenaciously works towards fulfilling their discerned purpose.

We want to let “purposefulness” define our character and let it become our way of being, of living and of acting. Purposefulness is single-mindedness and pure-heartedness. It is the ultimate virtue that inspires and moves us to fulfill our God-given purpose. It is a dynamic and positive character trait that shows clarity of purpose, intentionality, and determination. It is the virtue of the person with clear vision of purpose, who actively, intentionally and tenaciously works towards fulfilling their discerned purpose.

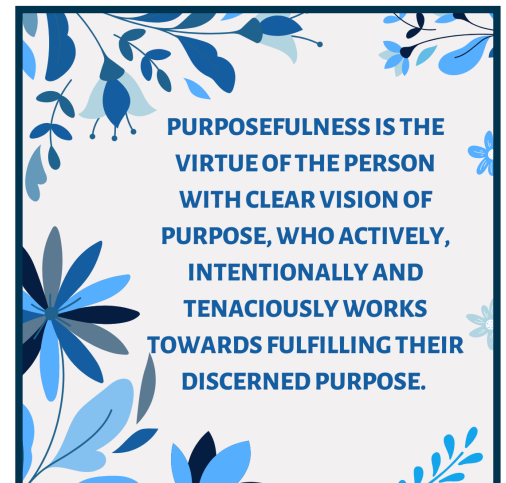
God called Abraham, gave him a purpose to follow God’s direction and told him to “walk before me and be blameless.” (Genesis 12:1-3 and 17:1-6) Abraham was ninety nine years old when God gave him his purpose. Two thousand years later, Jesus said to his disciples, “Blessed are the pure of heart, they will see God.” (Matthew 5:8)

Purity of heart, single-mindedness and single-heartedness refer to purposefulness. Blessed is the person whose mind and heart are single, unmixed, undivided, pure – purposeful and that person will see God. Purposefulness is the quality of being which makes the vision of God possible because God will make himself visible to the pure of heart.

Jesus was on his way to Jerusalem, his final destination, where he would fulfill his Father’s will, the purpose for which He came. He knew that the cross was waiting for him. Peter tried to prevent Jesus from going to Jerusalem. Jesus asked Peter to get out his way and follow him. He had his mind and heart set on Jerusalem, the cross, the death, the resurrection and the fulfillment of his purpose. He was purposeful- determined, resolute, single-minded, single-hearted, tenacious—to fulfill the purpose for which he came – to fulfill his father’s will.

May God bless you and help you to discover your God-given purpose and strive to fulfill that purpose as you continue your journey of life.

Fr. Gus Tharappel, msfs



For everything there is a season, and a time for every purpose under heaven:



**a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.**

WELLSPRING RETREATS AND PROGRAMS

Below is the schedule of our retreats and programs in 2025. We have many activities and opportunities for spiritual growth at Wellspring. 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.

MONTHLY RETREAT SCHEDULE

- **New Year Retreat**
January 4, 2025
- **Purposefulness Retreat**
February 8, 2025
- **Lenten Retreat**
March 1, 2025
- **Holy Week Retreat**
April 12, 2025
- **Monthly Virtue Retreats**
May 10, 2025
June 14, 2025
July 12, 2025
August 9, 2025
September 13, 2025
October 11, 2025
November 8, 2025
- **Advent Retreat**
December 6, 2025

PROGRAMS AND MINISTRIES

- St. Vincent de Paul Retreats
- Diocese of Tyler - Marriage Preparation Retreats
- Retreats for Parish Organizations
- Personal, Silent or Group Retreats - By appointment
- Men's Ministry - Second Monday of each month
- Ministry to the Homebound
- Ministry to the Bereaved
- Support for Missions Abroad
- Spiritual Direction - By appointment
- Daily Mass and Adoration and Sunday Masses
- Wellspring Publications
- Weekly Community Outreach - Emailed weekly
- Spiritual Moments - Published biannually
- Daily and Weekend Reflections - Emailed weekly and published on our website



SALESIAN SPIRITUALITY

The spirituality of St. Francis de Sales is what we know today as "Salesian Spirituality." This article is the first in a series of articles on Salesian Spirituality that we intend to bring you in future issues. We begin with a brief introduction to St. Francis de Sales.

St. Francis De Sales was born on August 21, 1567 at Thonon, near Annecy in France. He graduated from the University of Padua with a doctorate in both civil law and church law. He was ordained a priest on December 18, 1593. He worked among the Calvinists, faced much opposition, including attempts on his life and converted the whole district of Chablais to the Catholic faith.

He was ordained a bishop on December 8, 1602. He was a good shepherd, caring for all with a special love for the poor. He founded a contemplative religious order, "The Sisters of the Visitation" on June 6, 1610. This order was to accept as members the poor, the weak in health, the handicapped and the widows whom ordinarily religious orders did not admit.

Within a year of his ministry, a series of some 85 pamphlets were posted by the front doors of homes and distributed in public areas, explaining important truths about the Catholic faith. He wrote more than 20,000 letters during his lifetime. He wrote two books, *Spiritual Classics*, ***The Introduction to Devout Life*** and ***Treatise on The Love of God***. He died at the age of 55 on December 28, 1622. He was canonized a saint by Pope Alexander VII on April 19, 1665 and declared a doctor of the Church by Pope Pius IX on November 16, 1877.

St. Francis de Sales is foremost among those who were consistently and visibly human in his relationship to God and people. His spirituality was so human that those without theological insights could understand and follow his spirituality. He radiated divine light through humanness like his master, Jesus. He was very human and gentle, optimistic and positive about life and the world, strong in character and compassionate in ministry and, most of all, he had a harmonious and peaceful spirit.

St. Francis de Sales is not merely a doctor of the Church, but also a director of souls. He teaches and inspires. He aims at making even the most abstract ideas clear and attractive; he is out to capture the hearts of his readers, not simply their minds. To this end he introduces examples drawn from every possible source: the Scriptures, Fathers of the Church, theologians, councils, liturgy, Mystics, lives of Saints, pagan classical authors, and the world of nature. Emphasis is laid upon keeping God continually before our eyes and doing everything for God, because God loves us and we love Him.

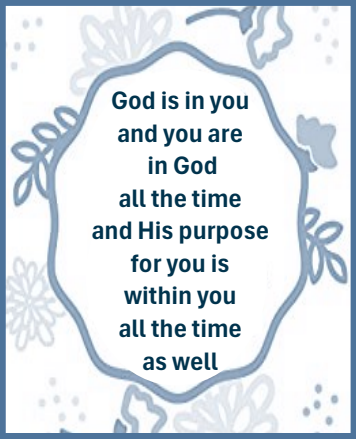
"Go courageously to do whatever you are called to do." This reflects the attitude with which St. Francis de Sales lived and guided his life. He encouraged people to find holiness in every day matters, emphasizing the freedom each one has to choose to be good and to do good, to live noble and virtuous lives and reject what is bad and harmful. In whatever state of life men and women find themselves, they can discover the way to God, joyfully and without fear. God can be found anywhere, everywhere and by everyone. The hours we spend in our daily chores need not be spiritually empty or useless. It is in the daily chores that we live out our life of faith.

Fr. Gus Tharappel, msfs

If the heart wanders or is distracted, bring it back quite gently and place it tenderly in God's presence. And if you do nothing else while at prayer but bring your heart back again and again and place it in God's presence...though it went away every time you brought it back, your time of prayer would be very well spent

Introduction to Devout Life—St. Francis De Sales

SEARCHING FOR PURPOSE



God is in you
and you are
in God
all the time
and His purpose
for you is
within you
all the time
as well

There is an old legend about a little fish who overheard fishermen say that a fish needs water to live. The little fish became worried and started hunting for water. He swam from creek to river to the seven seas. Finally, he met a big, old fish who saw how worried the little fish was and asked what the trouble was. The little fish explained that he was looking for water because he heard the fishermen say that a fish cannot live without water. The big fish laughed and said, "O little fish, why are you worried? Don't you know that you are in the water all the time?"

Don't you know...? God is in you and you are in God all the time and His purpose for you is within you all the time as well. You may or may not be conscious of it. It is His purpose that you must strive to fulfill all the time. You are born with His purpose; you live with His purpose and you die with His purpose.

An ancient Hindu scripture says, "I am the Spirit seated deep in every creature's heart; From Me they come; by Me they live; at My word they depart." (Bhagavat Gita). Elizabeth Barrett Browning, in her poem, "For Those Who See" says, "Earth's crammed with heaven and every common bush afire with God."

The book of Exodus tells us that while Moses was tending sheep and goats, he heard God's voice come from a burning bush. God asked Moses to take off his shoes because the ground was holy. (Exodus 2) Since God is present moment by moment, we could walk barefoot all day. God speaks through the real world. He is in our struggles, our failures and our successes. Don't limit God. Take off your shoes and make the leap of faith; give God your best and strive to fulfill the purpose He has for you. St. Makarios reminds us, "The heart is a small vessel, but all things are contained in it. God is there; the angels are there, and there is also life and the Kingdom, the heavenly cities and the treasures of Grace."

Jesus prayed, "...that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me. And I have given them the glory you gave me, so that they may be one, as we are one, I in them and you in me, that they may be brought to perfection as one, that the world may know that you sent me, and that you loved them even as you loved me. (John 17:21-23)

It is time for those among us, who have been baptized, have known Jesus and been to church for many years, to wake up and realize who we are, whose we are, where we are and whose purpose we are trying to fulfill. We need to awaken to the fact that we have been baptized in Christ and proclaimed true children of God. As children of God, we belong to God; we live in God and God lives in us. We have our God-given purpose, and that is what we must strive to fulfill. St. Paul tells us that it is "in him that we live and move and have our being." (Acts 17:28) and that "I live, no longer I, but Christ, my Lord, lives in me." (Galatians 2:20)

God is transcendent and yet an ever present mystery - not mysterious, not unintelligible, not beyond experience, not invisible - but profound reality, profound truth which we understand and yet is beyond our understanding. God, the "beyond that is within" is here and yet beyond.

Where can I go from your spirit?
From your presence, where can I flee?
If I ascend to the heavens, you are there;
if I lie down in Sheol, there you are.

Psalm 139:7-9

continued on page 10

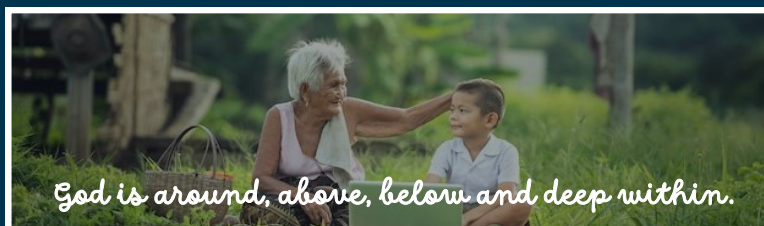
There once was a little boy who wanted to meet God. He knew it was long trip to where God lived, so he packed his suitcase with Twinkies and a six-pack of root beer and started his journey. When he had gone about three blocks, he met an old woman. She was sitting in the park just staring at some pigeons. The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old lady looked hungry, so he offered her a Twinkie. She gratefully accepted it and smiled at him. Her smile was so pretty that the boy wanted to see it again, so he offered her a root beer. She took the root beer and once again smiled at him. The boy was delighted!

They sat there all afternoon eating and smiling, but they never said a word. As it grew dark, the boy realized how tired he was and he got up to leave, but before he had gone more than a few steps, he turned around, ran back to the old woman and gave her a hug. She gave him her biggest smile ever. When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?" He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? She's got the most beautiful smile I've ever seen!"

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face and he asked, "Mother, what did you do today that made you so happy?" She replied, "I ate Twinkies in the park with God." But before her son could respond, she added, "You know, he's much younger than I expected."

Young and old found their God in each other. God is there "behind and before, you encircle me and rest your hand upon me. Such knowledge is too wonderful for me, far too lofty for me to reach." (Psalm 139:5-6) God is around, above and below and deep within you. Keep searching. You will find him and live in him just as he lives in you. When you have found him within you, you have found your purpose. Go fulfill your purpose.

Fr. Gus Tharappel, msfs



God is around, above, below and deep within.



LIVE JESUS

I recently watched a short video about Sir Nicholas Winton. During World War II, he saved 669 Jewish

children from Nazi-occupied Czechoslovakia, by arranging their safe passage by train to Britain. Appalled by what he saw, and aware that an effort was underway to organize a mass evacuation of Jewish children from Austria and Germany to England, Winton moved quickly to replicate a similar rescue effort.

For fifty years, he kept this extraordinary story hidden. In 1988, his wife stumbled across an old scrapbook stuffed with letters, pictures and travel documents. Despite Winton's initial reluctance to discuss his rescue operation, his wife encouraged him to turn the scrapbook over to a Holocaust historian. While reluctant to tell of his efforts, Winton welcomed the chance to meet with many of those he had saved. There are around 6,000 people in the world today who owe their lives to Nicholas Winton. They are the descendants of the group of refugee children rescued by him. Some of them know of his existence and the part he played in their history, many others do not. It was a short time in his life but a critical one for those whose lives were saved. He was only 29 years old at the time and for him that intervention was over in a flash. Only much later did this episode re-emerge in his life and he came to know the effect of his actions on so many others.

Sir Nicholas Winton's motto, "If something is not impossible, then there must be a way to do it" led him to follow his own convictions and undertake an operation others had dismissed as unnecessary or too difficult. Winton went on to live a remarkable life and passed away at the age of 106 leaving behind a legacy of courage, humility and love.

Everyone has a story and Sir Nicholas Winton has a remarkable one. What will the story of my life be?

Fr. Gus is a Fransalian priest. "Live Jesus" is the motto of the Fransalian priests. We are all familiar with the popular expressions, "What would Jesus do?" and "Be the hands and feet of Jesus." I hope that my life story will be that I tried to "Live Jesus" each day.

In *Inspired Common Sense*, a short booklet that contains brief reflections on seven fundamental themes of Salesian spirituality, we are reminded of St. Francis de Sales' encouragement to begin each day with a morning offering to direct our life and all our actions to God. I try to do that each morning and live my life with purpose each day, but it can be difficult to keep the busyness of life with all its responsibilities and expectations from getting in the way.

I believe we all share the same purpose to live Jesus and bring Jesus to the world, but God gives us each a unique purpose. I look forward to studying "purposefulness" this year and pray that the Lord will reveal my unique purpose to me and help me grow in living that unique purpose, being open to the opportunities that the Lord sends each day to "Live Jesus."

Bari Walker



DISCOVERING PURPOSE

One day a farmer was walking through the jungle and found a tiny lion cub lying in the grass. He took the cub home and gave it some milk. He did not know what to do with the lost cub. Every day he gave the cub some milk, played with it and then took it to the field to be with his herd of goats. The cub lion grew and became one of the goat's friends.

A few weeks later a huge male lion stood at the entrance to the man's farm. He roared and all the goats tried to hide, including the lost lion cub. The huge lion asked the cub, "Why are you hiding?" The cub replied, "You will eat me." The huge lion said, "I am not going to eat you. Do you know who you are?"

The large lion took him to the edge of the lake. He said, "Look at yourself and see the reflection. What do you see?" The cub looked and saw his reflection. "I am like you, not like them." He discovered who he was made to be and what he must strive to be and become. He found his purpose.

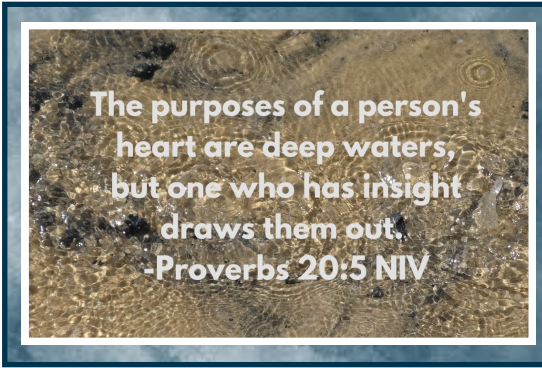
When I heard this story of the lost young lion cub seeing his image in the water for the first time and realizing who he was, it made me think of a song currently on the Christian radio station by Megan Woods. The chorus goes like this, "I know who I am, cause I know who you are." We are made in the image of the Father. The book of Genesis says that God created man in his own image. We are His sons and daughters.

This past liturgical season we have celebrated the Birth of Jesus, Epiphany, and the Baptism of Jesus. Through His suffering, death, and resurrection we see Him as our King and Savior. Jesus begins his ministry to fulfill the purpose for which He came.

We were made to know God, to love Him, and serve Him in this world and to be happy with Him in this life and in the next. (Baltimore Catechism) That is our God-given purpose, and we must strive to fulfill it. I pray that the Holy Spirit helps us fulfill our purpose.

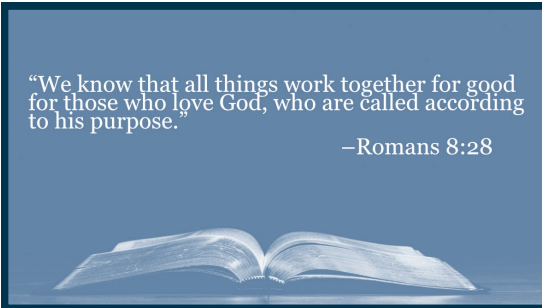
Patricia Cussen

OUR FAVORITE
Purposefulness
QUOTES



God created you **on purpose** and **for a purpose.**

DEEP DOWN,
WE BELIEVE THAT
THERE IS AND THERE
MUST BE AN
EXTRAORDINARY
PURPOSE FOR US
IN THIS WORLD



OUR PURPOSE IS TO BE AND BECOME WHAT GOD MADE US TO BE TO BE HIS IMAGE ...TO IMAGE HIM WHERE HE HAS PLACED US

BEING PURPOSEFUL MEANS BEING SINGLE-MINDED, HAVING PURE AND UNMIXED INTENTION.

"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.

Editor: Fr. Augustine Tharappel Managing Editor: Bari Walker