

Wellspring Fransalian Center for Spirituality

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Dear Brothers and Sisters,

On Friday, this week, we celebrate the feast of the Most Sacred Heart of Jesus. We are invited to contemplate the heart of love - pure and simple, meek and humble, generous and gracious and flowing to the deserving and undeserving. On one occasion, Jesus thanked his Father for revealing himself to the simple and humble (Mathew 11:25-29). The humble and the simple welcomed him. The intellectuals had no use of him. Intellectual pride blocks us from coming to know the truth as the truth unfolds for us.

Engines, sometimes, develop too much inner friction and so a string of complications, using up too much energy while producing too little, and making too much noise. They require much cooling to prevent breakdown. People, sometimes, meet similar situations: too much inner friction; too much self in the work; too much concern with self; too much concern over what others think of them; too much pride; too much concern over success, etc. They consume too much energy, accomplish too little, and make too much fuss over the little they do and require too much encouragement/support to keep going.

Jesus said, "Come to me all who labor and are burdened, and I will give you rest...Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Your souls will find rest, for my yoke is easy and my burden light" (Mathew 11:25-29). My yoke is easy! The word "easy" does not mean that it is easy as we understand the word easy today. It should be translated "well-fitting." This simply means that the yoke is "tailor-made" to fit us well. Yoke is that which makes a pair of oxen or bulls disciplined so that the man who ploughs the field can plow a straight furrow and the man who drives the cart can drive it in the direction in which he wants to go. "Take my yoke" means take my discipline, my way and you will go with me.....

There is a legend about Jesus and his family in Nazareth. The legend tells us that there was a sign board on Joseph's carpenter shop, which said "my yoke fits well". In the days of Jesus yokes were "tailor-made" to fit the pair of oxen or bulls. Well-fitting yoke meant "well-disciplined oxen and that the discipline fits the oxen or bulls. It is a legend. But it gives us insights into the saying of Jesus; "my yoke is easy". The discipline of Jesus is "tailor-made" for us. It fits us well. It is made to fit our needs...help us go in the direction in which he wants us to go and fulfill his purpose.....it is not meant to burden us. Let us accept this "Yoke" of Jesus and live our life following his direction.

Fr. Gus Tharappel, msfs

Ninth Week in Ordinary Time

June 3-8, 2024

Put on Christ!" in your life, and you will find a friend in whom you can always trust; "put on Christ" and you will see the wings of hope spreading and letting you journey with joy towards the future; "put on Christ" and your life will be full of his love; it will be a fruitful life.

(Pope Francis)

June 3 – Monday, Ninth Week in Ordinary Time

Forbearance describes the patience we have with the failings and odd ways of those around us.

2 Peter 1:2-7

God has given us the means and the grace for leading a holy, virtuous life.

This is reason enough to live a life of virtue and self-control.

This will lead us to perseverance and to the care of others in love and concern.

Psalm 91

**You who dwell in the shelter of the Most High,
Who abide in the shadow of the Almighty,
Say to the Lord, "My refuge and my fortress,
My God in whom I trust."**

Mark 12:1-12

In this excerpt, we have the parable of the tenant farmers. This parable teaches us many things. Take a moment...prayerfully reflect on the following thoughts:

- We are trusted stewards of God's gifts. Be responsible! Be trustworthy!
- We are trusted to cultivate the gifts that God has given to us. How have you been cultivating the gifts that God has given to you?
- God has been gracious to us and so gifted us with all necessities. Be grateful! Be gracious! Share your gifts with others.

- Abuse of God’s gifts brings disaster.
- Respect your gifts and the gifts of others – they are God-given!
- Use your gifts wisely and appreciate the gifts of others!

Saint of the day, June 3 - St. Charles Lwanga & Companions and 61 other saints are remembered this day.

Charles Lwanga was a member of the Baganda tribe, born on January 1, 1860 in the Kingdom of Buganda, the central and southern part of modern Uganda, and served as chief of the royal pages and later major-domo in the court of King Mwanga II of Buganda. He was baptized by Pere Giraud on November 15, 1885.

Catholic priests from the Missionaries of Africa arrived in Uganda around 1879 and began their missionary work, converting many to the Catholic Faith. A major barrier to the work of the missionaries was the ruler of Uganda, pagan King Mwanga. Mwanga himself practiced an immoral lifestyle and used his pages for his own pleasure. Charles Lwanga protected his fellow pages, aged 13 to 30, from the homosexual demands of the Bagandan ruler, Mwanga, and encouraged and instructed them in the Catholic faith

Mwanga did not want his subjects influenced by the Christian missionaries, and he was intent on finding Christian converts among his people to eliminate them. In November 1885, one of his subjects, a Catholic convert, Joseph Mkasa, admonished Mwanga for his immoral acts with the pages. This enraged Mwanga and Joseph was beheaded. Protestant missionaries were slaughtered, as well.

After Joseph’s death, Charles Lwanga became the chief religion teacher and protector of the Christian pages. Six months later, instigators prodded the king to continue persecuting Christians and informed Mwanga that a page named Denis Sebuggwawa was teaching the Catholic religion to other pages. Brought to the Mwanga, Denis admitted that what was said about him was true. In an act of rage, the Mwanga picked up a spear and thrust it into his neck and then ordered the deaths of all Christian pages, catechists, and followers of Jesus.

Twenty- two Ugandans including Charles Lwanga were captured and began a 37-mile walk to the site of the execution. When they reached the place, all but three who were killed on the road were placed in a prison while the executioners prepared the site of the fire. Three days later, on Ascension Sunday, June 3, 1886, all were burned alive. They were canonized on October 18, 1964 in Uganda by Pope Paul

June 4 - Tuesday, Ninth Week in Ordinary Time

Forbearance is the strong putting up with the failings of the weak.

2 Peter 3:12-15, 17-18

The author of this letter advises the readers to wait patiently, blamelessly and in peace for the coming of the new heaven and the new earth where justice of God will dwell. He encourages them to grow in grace and in the knowledge of the Lord Jesus.

Be patient! Cultivate peace! Live blamelessly! Grow in grace!

Palm 90

**Fill us at day break with your kindness,
That we may shout for joy and gladness all our days.
Let your work be seen by your servants
And your glory by their children.**

Mark 12:13-17

In response to a trick question from the Herodians, Jesus revealed a great truth. They sought his opinion on paying tax to the emperor. He invited them to look at the coin and identify the image on the coin. The image on the coin indicated ownership.

The coin belonged to the emperor since his image was on it. "Give to Caesar what is Caesar's". Pay him what is due to him.

Then he taught another great truth: "give to God what is God's". The coin has the image of the emperor...you have the image of God...give yourself to God. We are made in God's image and likeness and we must be faithful to that image.

Loyalty to God takes priority over all else. Loyalty to God is fidelity to what God made you to be, obedience to what God wants you to do, striving to become what God wants you to become and faithfulness to all that is of God and from God.

Saint of the Day, June 4 - St. Francis Caracciolo and 19 other saints are remembered this day.

St Francis Caracciolo was born on October 13, 1563 in Villa Santa Maria in the Abruzzo region, in the Kingdom of Naples. From a young age, he had a reputation for gentleness and uprightness. At age 22, he developed a troublesome skin disease resembling leprosy, one of the most dreaded diseases of the day. So serious was this attack that he was considered hopeless. With death so near, he made a vow that if he regained his health, he would spend the rest of his life in the service of God and his fellow men. He recovered so quickly after this vow that his cure was considered miraculous.

Eager to fulfil his promise to God, he went to Naples to study for the priesthood. There he befriended a man who wanted to establish a new religious community that would focus on both the active and the contemplative life. Francis helped draw up Rules for the new Order of the Minor Clerks Regular. Members of the Order agreed among themselves never to seek leadership within the group, though Francis was elected many times to serve in such positions.

Even in his capacity as superior of the Order, he insisted on sharing simple tasks: sweeping rooms, making beds, washing dishes. As a priest, Francis spent many hours in the confessional. He also begged in the streets for the poor and gave away most of his possessions to the needy. Francis died on June 4, 1608 and was canonized on May 24, 1807 in Rome by Pope Pius VII

June 5 – Wednesday, Ninth Week in Ordinary Time

Forbearance is the highest expression of freedom.

(Swami Vivekananda)

2 Timothy 1:1-3, 6-12

Paul begins this letter with a profound prayer: “May grace, mercy and peace from God the Father and from Christ Jesus our Lord be with you” “I thank God.... whenever I remember you in my prayer...night and day”. **Make this prayer your prayer today.**

He encouraged Timothy to “stir into flame the gift of God....and never be ashamed of witnessing to the Lord...” and to bear hardship for the Gospel...

Fan into flame the spark that is within you!

Palm 123

**To you, I lift up my eyes,
who are enthroned in heaven,
Behold, as the eyes of servants
are on the hands of their masters.....
So are our eyes on the Lord our God.....**

Mark 12:18-27

Mark tells us of another trick question that the Sadducees asked Jesus. Even a trick question became an opportunity to proclaim eternal truth: "God is the God of the living and not of the dead". Jesus declared his Jewish ancestors to be alive with God.

Use every opportunity, even unpleasant ones, to give witness to truth.

The Sadducees did not believe in the resurrection. The question they asked made the idea of the resurrection sound ridiculous. The response Jesus gave made the idea of the resurrection not only a reality but the idea of the absence of an afterlife even more ridiculous. God is the God of living persons and not of dead bodies. Living God is the God of living beings. Jesus used this opportunity to teach the Sadducees how wrong they were and to teach them that resurrection is a reality.

Eventually, Jesus would teach them and he teaches us today that he is the resurrection and the life....he who believes in him will never die.

Saint of the Day, June 5 - St. Boniface and 37 other saints are remembered this day.

St. Boniface was born in the year 675 in Crediton, Devon, England during very difficult circumstances. People were afraid of leaving their homes because of the vandals, warrior tribes raiding their villages. Boniface became a Benedictine monk and later a priest. He felt called to preach the Gospel to the vandals. In 719 Pope Gregory sent Boniface to Germany as a missionary and later to Holland to work with the vandals who had settled there.

Many of the Christian converts had returned to paganism, and for those who still called themselves Christian, their beliefs were not in line with all teachings of the Church. The priests themselves were lax or improperly trained. Boniface reported his findings to Pope Gregory, and Pope Gregory instructed him to reform the German Church. In 722, Boniface became Bishop. Over time, Boniface restored the obedience of the clergy to their bishops in union with the pope of Rome. He destroyed idols and pagan temples and built churches on those sites.

Many Benedictine monks and nuns followed him. He set up many prayer houses, seminaries and churches. On June 5, 754, as he was preaching the Gospel in Frisia, Boniface and several other companions were murdered by a group of local inhabitants.

June 6 – Thursday, Ninth Week in Ordinary Time

The elements have no forbearance...the fire burns, the water drowns, the air consumes, the earth buries. But we have forbearance.

2 Timothy 2:8-15

Paul encouraged Timothy to keep reminding people: “If we have died with him, we shall also live with him. If we hold out to the end, we shall reign with him. If we deny him, he will deny us. If we are unfaithful, he will still remain faithful, for he can not deny himself.” Therefore try hard to make yourself worthy of God’s approval, following a straight course in preaching the truth.

Psalm 25

Your ways O Lord, make known to me,
Teach me your paths,
Guide me in your truth and teach me,
For you are God my savior.

Mark 12:28-34

One of the Scribes asked Jesus about which of the commandments was the first. Jesus presented the first as loving God above all else with heart, mind, soul and strength, loving God with all you are and all you have and the second as loving “neighbor as yourself”. The Scribe welcomed this insight and added that it was even worth more than any burnt offering or sacrifice. Jesus affirmed the Scribes insight and told him that he was “not far from the kingdom”.

Jesus would teach, eventually, that we can be and belong in the kingdom and not just “not be far from the kingdom”. To really belong in the kingdom, we must learn to “love one another as I have loved you”. We must learn to love as Jesus loved.

This is our challenge. It is this "LOVE" - unconquerable benevolence that will make us "sons of God", godlike persons. That is WHO GOD IS: LOVE. We are to image HIM - His Love, His Benevolence - seeking the highest good of all.

God makes his sun rise on the good and on the wicked; He sends his rain on the just and the unjust. We are called to love others as Jesus loves us with unconditional, invincible, unconquerable, unwearied, benevolent love.....

Saint of the Day, June 6 - St. Norbert and 44 other saints are remembered this day.

Norbert was born in 1075 in Xanten, Germany. Through the influence of his family he obtained a financial subsidy from the parish church of St. Victor at Xanten when he accepted ordination to the subdeaconate. His only task was to chant the Divine Office at the Church, but he apparently paid someone a small fee to take his place in the choir, because he gained an appointment as a chaplain (religious counselor) to the emperor Henry V in Cologne. The salaries from the Xanten fund and the royal treasury were enough to equip him to live in the style of the nobility of the times.

He avoided ordination to the priesthood and even declined an appointment as bishop of Cambrai in 1113. One day in the spring of 1115, as he rode his horse to Vreden, a thunderbolt from a sudden storm struck at his horse's feet. After this near-fatal accident, his faith deepened, he renounced his appointment at Court and returned to Xanten to lead a life of penance, placing himself under the direction of Cono, Abbot of St Sigeberg, near Cologne. He was ordained to the priesthood soon afterward. Norbert was a great devotee of the Eucharist and Our Lady.

He visited Pope Gelasius II, who gave him permission to become an itinerant preacher and he preached throughout lands in what is now western Germany, Belgium, the Netherlands and northern France. In settlement after settlement he encountered a demoralized clergy, lonely, often practicing concubinage and feeling that the official Church cared little about them.

At the Council of Reims in October 1119, Pope Calixtus II requested Norbert to found a religious order in the Diocese of Laon in France. On Christmas Day, 1120, Norbert established the Canons Regular of Prémontré. For a Rule of life, Norbert chose the Rule of St. Augustine as was common among communities of priests - 'canons'. In addition, he adapted some of the customs of the Cistercians. The whole idea was that his active priests needed an ascetic and contemplative haven. The Order of Canons Regular of Prémontré was founded and the young community at first lived in huts of wood and clay, arranged like a camp around the chapel of Saint John the Baptist, but they soon built a larger church and a monastery for the religious who joined them in increasing numbers. In 1125, the constitution for the order was approved by Pope Honorius II.

In 1126 Pope Honorius II appointed Norbert to the Archbishopric of Magdeburg, where he put into practice the precepts that he instituted at Prémontré. Several assassination attempts were made as he began to reform the lax discipline of his diocese. He continued his work as Archbishopric of Magdeburg until his death on June 6, 1134.

June 7 – The Most Sacred Heart of Jesus

Forbearance is tolerating a person and not tolerating what is done.

Hosea 11:1, 3-4, 8-9

Hosea speaks of the love God has for his people. God's love is the basis and the source of Israel's redemption. Hosea says God's love cannot destroy - only give life!

Isaiah 12:2-6

God indeed is my savior; I am confident and unafraid.
My strength and my courage is the Lord,
And he has been my savior.
With joy I draw water at the fountain of salvation.

Ephesians 3:8-12, 14-19

Paul expresses his joy in being chosen to proclaim the mystery of God's love, manifested in Christ and in the Church, The Holy Spirit can give s a glimpse of this mystery; but we must live it in order to understand it well.

John 19:31-37

When the Romans crucified a criminal, the victim was left to die on the cross. The body was not buried, but left to the vultures, crows, and dogs. The Jews were more merciful in this regard. The crucified body was not to be left all night on the tree, but to be buried on the same day (Deut.21:22-23). At the crucifixion of Jesus, it was even more important that his body was not

left on the cross because the next day was the special Sabbath of the Passover. The custom was to smash the limbs to dispatch the crucified if he lingered longer. In the case of Jesus, this was not done because he was already dead.

One of the soldiers thrust a spear into his side, perhaps to make doubly sure that Jesus was dead. And water and blood flowed from his side. Many interpretations have been given to this event. It has been suggested that the water and the blood represented the cleansing waters of baptism and life-giving blood of the last supper.

One thing is certain. Jesus did die of a broken heart. From his wound flowed the cleansing and healing water and the life-giving, life-transforming blood. From the heart of love flowed forgiveness, healing and new life! Out of his broken heart came healing of our brokenness. Take a little time to meditate on this today.

“It is from there (contemplating the pierced side of Christ) that our definition of love must begin. In this contemplation the Christian discovers the path along which his life and love must move.” (Deus Caritas Est, Pope Benedict VI)

Saint of the Day, June 7 -) St. Willibald and 11 other saints are remembered this day

Willibald was born in Wessex on October 21, 700. His mother, Saint Wuna of Wessex, was reportedly a sister of Saint Boniface. His father, Saint Richard the Pilgrim, was a chieftain of Wessex. At the age of three, Willibald suffered from a violent illness. His parents prayed to God, vowing to commit Willibald to a monastic life if he was to be spared. Willibald survived and at the age of five entered the Benedictine monastery at Waldheim and was educated by Abbot Egwald. At the monastery he became accustomed to the Irish and Anglo-Saxon monastic ideal of peregrinatio religiosa, or pious rootlessness.

Willibald went on a pilgrimage to Rome with his father, who died on the way at Lucca, Italy. He continued on to Rome and then to Jerusalem. Captured by Saracens who thought him to be a spy, he was eventually released and continued on to all of the holy places and then to Constantinople, where he visited numerous monasteries and hermitages. Upon his return to Italy, he went to Monte Cassino where he stayed for ten years, serving as sacristan, dean, and porter. While on a visit to Rome, he met Pope St. Gregory III, who sent him to Germany to assist his cousin St. Boniface in his important missionary endeavors. Boniface ordained him a priest in 741 and soon appointed him bishop of Eichstatt, in Franconia. With his brother Winebald, he founded a double monastery at Heidenheim, naming Winebald abbot and his sister Walburga abbess. Willibald served as bishop for some four decades. He died of natural causes on July 7, 781 and was canonized by Pope Leo VII in 938

June 8 – The Immaculate Heart of the Blessed Virgin Mary

**Forbearance and gentleness are much tougher
than niceness and geniality.**

2 Timothy 4:1-8

Paul encouraged Timothy to preach the good news at all times....correcting, reproofing, appealing....to stick to this task...constantly teaching and never losing patience, whether convenient or inconvenient....be faithful to fulfilling the mission. Paul says that he has fought the good fight, finished the race and kept the faith and is waiting for the reward...

Be faithful to the mission God has given you when convenient and inconvenient!

Psalm 71

**I give you thanks with music on the lyre,
For your faithfulness, O my God!
I will sing your praises with the harp,
O Holy One of Israel!**

Luke 2:41-52

This excerpt from Luke's Gospel is about the parents of Jesus finding him in the temple after a search for three days. Joseph and Mary anxiously searched for their lost son, found him in the temple, took him to the safety of their home where he grew in wisdom and knowledge and age. It is in the safety of an ordinary home, in a safe and loving environment that children have an opportunity to grow up to be mature, free, joyful, faith-filled, virtuous and wise men and women.

Be Safe. And be a safe person to be with. May your home be safe. Make your home a safe place, a sanctuary for yourself, for your spouse, for your children, for your parents, for your neighbors. Be safe! And look out for each other's safety!

Be grateful.... grateful for your family, however imperfect or broken it may be, be grateful. Be grateful for your spouse, for your children, for your parents.....just be grateful!

Saint of the day, June 8 - St. William of York and 17 other saints are remembered this day.

William was born into a powerful family in England sometime before 1090, but the date of birth is unknown. He was the son of Herbert of Winchester, chancellor and treasurer of King Henry I. He was appointed treasurer of York and archdeacon of the East Riding of Yorkshire, probably through the influence of his rich and powerful father. He held both of these offices until his election as archbishop of York in 1140. Local clergymen were less enthusiastic, however, and the archbishop of Canterbury refused to consecrate William. Three years later a neighboring bishop performed the consecration, but it lacked the approval of Pope Innocent II, whose successors likewise withheld approval. William was deposed, and a new election was ordered.

It was not until 1154 - 14 years after he was first nominated—that William became archbishop of York. When he entered the city that spring after years of exile, he received an enthusiastic welcome. Within two months he died on June 8, 1154, allegedly due to poison administered in the chalice at Mass. William was buried in York Minster and within a few months of his death, miracles were attributed to his intervention and a sweet smell came from his tomb when it was damaged during a fire. Nor was the body decayed or burnt in the fire. Pope Honorius III then ordered an investigation into the miracles. In 1227, he was canonized in Rome by Pope Honorius III.

Fr. Gus Tharappel, msfs

**You learn to speak by speaking, to study by studying, to run by running,
to work by working and just so, you learn to love by loving.
All those who think to learn in any other way deceive themselves.
(St. Francis de Sales)**