



WELLSPRING

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Wellspring Community Outreach

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Brothers and Sisters,

The Psalmist calls us, “Be still and know that I am God.” (Psalm 46:10) Being still is about silence, solitude, stillness, peace and serenity....and everything that creates a spirit of prayer and contemplation. Being still is about creating a place of “silence and solitude” within. It is about presence, about sitting or dwelling or abiding in God’s presence...and listening.

Jesus goes into the wilderness, to the desert before he begins his ministry to be still and listen to the father and discern his will and purpose. Many times during his ministry he withdraws and goes into deserted places, to the garden, to the mountain and to other quiet places to be alone with the father and listen. Jesus sent his disciples on their mission (Luke 10). On their return, they wanted to tell their master how well they had done. They had proclaimed his message, cast out devils, healed the sick, etc. But Jesus, their master, invited them to a quiet place, “Come way by yourselves to a deserted place...” (Mark 6:31).

We have just begun the season of Lent. Lent is an invitation to the desert, a call to the wilderness, a summons to the place of silence, solitude and stillness and to listen to the Lord and discern his call. Silence, makes us ready for a new meeting with God. In silence, God’s word can reach the hidden corners of our hearts. In silence, we stop hiding from God, and the light of Christ can reach and heal and transform even what we are ashamed of.

Silence, solitude and stillness imply withdrawal to quiet places, to be alone with the father, to abide in the Father’s Love. Jesus set this as an example for us to follow. Before he began his ministry he withdrew to the wilderness and spent forty days in communion with the father. From the very beginning of their ministry, Jesus taught the disciples about the need for time, away from work and service projects....the need for time to rest, relax, pray...time to be with their master and learn from his wisdom (Mark 6:30-34).

Sometimes we are apparently silent, and yet we have great discussions within, struggling with imaginary partners or with ourselves. Calming our souls requires simplicity: “I do not concern myself with great matters or things too wonderful for me” says the Psalmist. (Psalm 131:1).

Silence means recognizing that my worries can't do much. Silence means leaving to God what is beyond my reach and capacity. A moment of silence, even very short, is like a minute vacation, a holy stop, a sabbatical rest, a truce of worries.

The turmoil of our thoughts can be compared to the storm that struck the disciples' boat on the Sea of Galilee while Jesus was sleeping. Like them, we may be helpless, full of anxiety, and incapable of calming ourselves. But Christ is able to come to our help as well. As he rebuked the wind and the sea and "there was a great calm", he can also still or quiet our hearts when it is agitated by fears and worries (Mark 4). Remaining silent, we trust and hope in God. When God's word becomes "a sound of sheer silence", it is more efficient to change our hearts. The heavy storm on Mount Sinai was splitting rocks, but it is the sudden silence that spoke to Elijah. God's silent word is able to break open human hearts of stone.

One of our greatest challenges is to accept that when we are quiet, silent, still and in solitude, just sitting or dwelling in God's presence, we are doing a very difficult but important work.

More on Serenity next week.....

**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

Humility is that low, sweet root, from which all heavenly virtues shoot. (St. Thomas Moore)

Salesian Moment – A moment with St. Francis de Sales

What we need is a cup of understanding, a barrel of love, and an ocean of patience.

Passion and Reason...

The Greek philosopher, Plato, four hundred years before Christ, wrote of two horses in the human heart, Passion and Reason. Passion is the wild untamed horse with boundless strength and energy, but very hard to control and direct. Reason is the tamed horse, accustomed to the reins, disciplined in stride and responding to directions. A chariot hitched to a pair of Passions might go anywhere but would surely crash or overturn before long. However, a charioteer who selects a pair of Reasons will be too cautious and fearful to go anywhere worthwhile. But if Passion and Reason can be paired, then the powerful energy is harnessed, and the journey of life can be enjoyed..

I gave them up for Lent...



A Catholic priest working in an inner city was walking down an alley one evening on his way home when a young man came down the alley behind him and poked a knife against his back. "Give me your money," the young man said. The priest opened his jacket and reached into an inner pocket to remove his wallet, exposing his clerical collar. "Oh, I'm sorry, Father," said the young man, "I didn't see your collar. I don't want your money."

Trembling from the scare, the priest removed a cigar from his shirt pocket and offered it to the young man. "Here," he said. "Have a cigar." "Oh, no, I can't do that," the young man replied, "I gave them up for Lent."

Did you Know?

Liturgical colors...

The various liturgical seasons and feasts are traditionally marked by certain liturgical colors. Thus, the priest and the deacon will wear vestments with the appropriate liturgical color. The same color may also be found on the altar or in other decorations. White is the color used for the Christmas and Easter seasons. Red is used on Palm Sunday, on Good Friday, on Pentecost Sunday, on feasts of the apostles and evangelists, and on feasts days of martyrs. Violet or purple is used during the seasons of Advent and Lent. Rose vestments and decorations may be used on the third Sunday of Advent and the fourth Sunday of Lent, and gold or silver vestments may be used on more solemn days, even if not the proper color of the day.

Black is also one of the traditional liturgical colors, although rarely seen any more. Black, violet or white vestments are worn for the celebration of funerals. There are two reasons why black is virtually no longer used for funerals. First of all, in our modern culture we no longer insist that black must be used to express our mourning. Secondly, our theological understanding of death is much more hope-filled than even in the early 20th century. The revised liturgy for funerals puts much less emphasis on sin and sorrow and prefers to focus our prayerful attention on the redeeming Christ and the hope of resurrection that He offers to us.

Pope Leo XIV.....

Pope at Angelus: This Lent, make your life a unique masterpiece

Let the Lord cleanse you, purify you and transform you into a unique masterpiece, Pope Leo XIV told the faithful on this first Sunday of Lent during his midday Angelus address in the Vatican. The Pope recalled the day's Gospel reading according to St. Matthew, in which Jesus enters the desert and is tempted by the devil (Mathew 4:1–11). After fasting for forty days, the Pope

noted that physically, through hunger, and morally, through the devil's temptations, Christ feels the weight of his humanity. He experiences the same struggle that we all face on our journey.

By means of prayer, fasting and almsgiving," the Pope continued, "we can renew our cooperation with the Lord in the crafting of our lives as a unique masterpiece." "This involves allowing Him to cleanse the stains and heal the wounds of sin, as we commit to letting our lives blossom in beauty until they attain the fullness of love — the only source of true happiness."

Saint Paul VI taught that penance, far from impoverishing our humanity," enriches, purifies and strengthens it, as we move toward a horizon that has as its aim love and surrender to God." Indeed, while penance makes us aware of our limitations, it also grants us the strength to overcome them and to live, with God's help, in deeper communion with Him and with one another.

Let's turn off technology, meditate on God, and connect with others In this time of grace," Pope Leo said, "let us practice penance generously, alongside prayer and works of mercy." "Let us create space for silence by turning off televisions, radios and cell phones for a while," the Pope stressed, instead suggesting that we "meditate on the Word of God, approach the Sacraments, and listen to the voice of the Holy Spirit who speaks to us in our heart." Saying we ought to listen to one another in our families, workplaces and communities, the Pope urged everyone to pay special attention to those who are alone, especially the elderly, the poor and the sick.

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

You do not need to wallow in guilt. Wallow in the mercy of God.

(St. John Vianney)