



WELLSPRING

Fransalain Center for Spirituality

16828 FM 2964, P.O. Box 440, Whitehouse, Texas 75791

Phone: 903-839-1280

Email: frgusmsfs@gmail.com

Wellspring Community Outreach

Monday, October 12, 2026

Brothers and Sisters,

Recently, I read the following story from William Arthur. "When I was a kid, my mom liked to make breakfast food for dinner every now and then. And I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed! Yet all my dad did was reach for his biscuit, smile at my mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that biscuit and eat every bite!

When I got up from the table that evening, I remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said: "Honey, I love burned biscuits."

Later that night, I went to kiss Daddy good night, and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your Momma put in a hard day at work today and she's really tired. And besides - a little burnt biscuit never hurt anyone!"

A word of encouragement during a failure is worth more than an hour of praise after success. Life is full of imperfect things....and imperfect people. We live in an imperfect world. Learning to accept each other's faults and imperfections and acknowledging each other's differences are the most important keys to creating and nurturing healthy, growing, and lasting relationship.

Some of the most important, encouraging, inspiring, healing, helping and supportive messages that we give to one another come in just three words. When spoken or conveyed, those messages have the power to forge new relationships, deepen old ones and heal broken ones. Here are some three-word messages that we must learn to speak frequently: I bless you; I pray for you; I miss you; I appreciate you; I love you; I trust you; Please forgive me; I forgive you; I thank you; Count on me; Let me help; I understand you; Go for it; Do your best; Give your best; Don't be afraid; Hang in there; God bless you – I am sure you have your won "three-word" messages. All of us need cheerleaders in life. These words communicate confidence in and support for another person.

Isaiah, the prophet says, “The Lord God has given me a well-trained tongue, that I might know how to speak to the weary, a word that will rouse them.” (Isaiah 50:4) How wonderful it will be for us to cultivate and use a “well-trained tongue” to speak encouraging and supportive words.

This week, try to be your own good friend. Bless yourself and say to yourself or text or email yourself some of those “three-word” messages. Take a few moments to send a few “three-word” messages to your friends, especially those who need words of encouragement and support during these difficult and troublesome days. “God loves you” is my “three-word” message for you today.

**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

Be still! Look for the best in and around you. Take a vacation from dwelling on your own failures and imperfections and those of others.

Salesian Moment – A moment with St. Francis de Sales

Direct your thoughts to being very good at what you are and to bearing the crosses, little or great, that you will find there.

Tough times.....

The Carpenter I hired to help me restore an old farmhouse had a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refuse to start. While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterwards he walked me to the car. We passed the tree and my curiosity go the better of me. I asked him about what I had seen him do earlier.

“Oh, that’s my trouble tree,” he replied. “I know I can’t help having troubles on the job, but one thing for sure, troubles don’t belong in the house with my wife and the children. So, I just hang them up on the tree every night when I come home. Then in the morning, I pick them up again. Funny thing is,” he smiled, “when I come out in the morning to pick them up, there aren’t nearly as many as I remember hanging up the night before.”

Tough times don’t last; tough people do!

Late have I come for the Heavenly Banquet.....



An old couple, having been married almost 60 years, died in a car crash. They had been in good health for the previous ten years mainly due to the wife's interest in health food and exercise. When they reached the pearly gates, St. Peter took them to their mansion which was decked out with a beautiful kitchen and master bath suite, Jacuzzi and lavish buffet breakfast. "How much can we eat?" asked the old man. "Don't you understand?" Peter replied. "This is Heaven, it's all free!"

After a sumptuous breakfast the old couple went to the clubhouse of Heaven's extensive golf grounds and saw the lavish buffet lunch. "Well, where are the low-fat and low-cholesterol tables?" the old man asked timidly. Peter replied, "That's the best part...you can eat as much as you like of whatever you like and you never get fat and you never get sick. This is Heaven." The old man looked at his wife angrily and said, "This is all your fault. If it weren't for your bran muffins and sugar-free diet, I could have been here ten years ago!"

Did you Know?

Why does the priest pour water into the wine?

In the ancient world, the Greeks added water to wine because it was often thick, gritty, and too strong. It was simply good taste to add water to wine before drinking it.

The Romans loved all things Greek, so they adopted Greek manners and spread them to the lands they conquered. And even though it was not originally a Jewish custom to add water to wine, it soon became part of the Passover meal itself and, hence, part of our Mass.

As early as the fourth century, catechists explained that the water represented humanity and the wine, and divinity. Once you put the water into the wine, it's impossible to take it out again. Because of Jesus, humanity can never again be separated permanently from God. So, the custom continues.

Great things happen when God mixes with man. Next time you are at Mass and see the priest mixing water and wine, remember your immersion into the waters of Baptism. In Baptism, you are immersed into Christ, and your character is transformed into Christ character, never to be changed!

Pope Leo XIV

Easter is the victory of life over death, of light over darkness, of love over hatred. It is a victory

that came at a very high price: Christ, the Son of the living God, had to die — and die on a cross.
(Saturday, September 26, 2026)

If you truly want to encounter the Risen Lord, then listen to his word, which is the Gospel of salvation. Reflect on your way of living and seek justice in order to build a more humane world.
(Sunday, September 27, 2026)

"When we look with God's eyes, we discover that he has chosen the way of littleness, descending into our midst. This is the way of the Lord, to which we are all called to bear witness." (Monday, September 28, 2026)

"In our day, there are still many people who need to know that it is Jesus who answers their deepest longings... Therefore, proclaim with courage that a life without Christ is a life without grace! (Wednesday, September 30, 2026)

Jesus identified himself 'with the lowest ranks of society'... with his love poured out to the end, he confirms the dignity of every human being, especially when 'they are weak, scorned, or suffering. (Friday, October 2, 2026)

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

**Flatter me, and I may not believe you. Criticize me, and I may not like you.
Ignore me, and I may not forgive you. Encourage me,
and I may not forget you.**