



# WELLSPRING

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## Wellspring Community Outreach

Monday, February 2, 2026

Dear Brothers and Sisters,

The Psalmist calls us, "Be still and know that I am God." (Psalm 46:10) Being still is about silence and solitude, peacefulness and serenity. It is about creating a "desert within," where we can be quiet and still in God's presence!

Sometimes we are apparently silent, and yet we have great discussions within, struggling with imaginary partners or with ourselves. Calming our souls requires a kind of simplicity. The Psalmist says, "I do not concern myself with great matters or things too wonderful for me." (Psalm 131:1) Silence means leaving to God what is beyond my reach. A moment of silence, even very brief, is like a minute vacation, a holy stop, a sabbatical rest, a truce from worries, a moment of stillness and serenity.

The Gospel of Mark tells us the story of Jesus and his disciples in the Sea of Galilee. The boat was being tossed about by a violent storm and waves were breaking over the boat, so that it was already filling up. In the midst of this violent storm, Jesus was in the stern, asleep on a cushion.....an image of serenity. The Sea of Galilee was known for sudden and violent storms. Jesus trusted his men with the boat in an unpredictable Sea and went to sleep. He could rest and sleep "soundly" because he trusted his men to navigate through the storm and bring him safe to the other side of the Sea. (Mark 4:35-41)

We meet the disciples who were afraid of the storm but unafraid to wake up their master in their urgent need! Jesus woke up to save his men. What a wonderful relationship between master and disciples...trusting each other...being free with each other.... unafraid of each other! Trusting each other, they could live through the storms of their life and find peace and serenity.

The turmoil of our thoughts can be compared to the experience of Jesus and his disciples. Jesus was sleeping through the storm and the disciples anxious and afraid and feeling helpless and unable to calm themselves. With Jesus in our boat, trusting in his power to calm our storms, we have nothing to be afraid of...we can afford to be still, peaceful and serene.

Being quite, silent and still, 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 (1 Kings 19:11-14). God's silent word is able to break open human hearts of stone. Silence makes us ready for a new meeting with God. In silence and solitude, God's word can reach the hidden corners of our hearts.

**Serenity is being still with a listening heart and an open mind.**

**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**

God has, in fact, thought of us from eternity and has loved us as unique individuals. He has called every one of us by name, as the Good Shepherd calls His sheep by name. (Saint Pope John Paul II)

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

Have patience with everyone, but especially with yourself. I mean, do not be over-troubled about your imperfections, but always have courage enough at once to rise up again when you fall into any of them.

### **A word of encouragement during a failure.....**

The following story is 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 real 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. Learning to accept each other's faults and acknowledging each other's differences are the most important keys to creating and maintaining healthy, growing, and lasting relationship.**

### **Sermon about lying...**



A pastor told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17." The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lying."

### **Did you Know?**

#### **Why is Latin considered the language of the Church?**

Before the dawn of the Church, Latin was a language spoken by everyone from kings to servants. The Roman Empire spanned all of Europe, from Great Britain down to north Africa and over to Palestine in the East. For six hundred years, Roman law, military, and language ruled supreme.

The birth of Our Lord occurred right in the middle of that time. The empire did not begin crumbling until around St. Augustine's time, and then the breakdown of Roman civilization and culture was gradual. At the time of the birth and spread of the Holy Church, Latin was the common language for those living under Roman rule. Church leaders spoke and wrote primarily in Greek, but around the 3rd century Latin began to increase in predominance, since that was the language of the faithful.

Despite the fall of the Roman empire, the Church retained Latin as her common language and even built up her own form of the language which came to be known as ecclesiastical Latin. Although Latin has faded from common use, it's making a comeback in prayer and liturgy. Many Catholics want to experience the ancient language of the Church. So they introduce the traditional Latin prayers into their and worship services.

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

"Today, so often, we lose the ability to listen, to really listen. We listen to music, we have our ears flooded constantly with all kinds of digital input, but sometimes we forget to listen to our own hearts and it's in our hearts that God speaks to us, that God calls us and invites us to know him better and to live in his love." ( Wednesday, January 28, 2026)

"When we imitate the example of the Master, we grow in faith and thus become credible witnesses of the vocation we have received." (Thursday, January 29, 2026)

"Christ's Resurrection is not an idea, a theory, but the Event that is the foundation of faith. He, the Risen One, through the Holy Spirit, continues to remind us of this, so that we can be His witnesses even where human history does not see light on the horizon." (Saturday, January 31, 2026)

"The first attitude to cultivate is listening, so that the divine Word may penetrate our minds and our hearts; at the same time, we are required to speak with God, not to communicate to him what He already knows, but to reveal ourselves to ourselves." (Sunday, February 1, 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

**Keep smiling.**

**Smile is the only tranquilizer yet developed that has no side effects.**