



WELLSPRING

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Wellspring Community Outreach

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Brothers and Sisters,

We continue our reflections on peacefulness and serenity. Last week, we reflected on finding joy in the present moment as a source of peace and serenity. We can burden ourselves by longing for better times or circumstances or things or possibilities. The Lord's Grace is boundless and His Grace flows into all circumstances, even into what is seen as undesirable. We must learn to accept the present and find God's Grace now because now is the moment of Grace. Embracing the grace of the moment this brings us serenity and peace.

We must open our eyes to the goodness of God all around us. Our Sacred Scriptures begins with the story of God creating the universe, putting man at the center of it all, man and woman walking stark naked unashamed and at-one-with the universe, and God walking about in the garden in peace and serenity. Man and woman lost their peace and serenity when they lost sight of the blessings that surrounded them and looked for kore exciting things.

The opening message of Jesus was, "The kingdom of God is at hand" – at hand means here, now, in this moment. Jesus called his listeners to repent – to turn around and see the kingdom now. Jesus was speaking to people who were expecting the promised Messiah. To those who were waiting for the kingdom to happen, Jesus said, "The kingdom of God is here" -the kingdom is not coming...it is here, now. His kingdom is a kingdom of justice and peace. Jesus sent his disciples out to proclaim the presence of the kingdom.

Jesus called his followers to be poor in spirit, to be compassionate, to be pure of heart, to be gentle, to be at-one with God's will, to be peacemakers....and above all to be generous, loving, forgiving, self-sacrificing and other-centered people. What else do we need to find peace and serenity?!!!

We find peace and serenity when we open our eyes to the goodness of God all around us. 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 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 in serenity and peace. God speaks through the real world. He is in our struggles, our failures and our successes. Don't limit God, take off your shoes, make the leap of faith and 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.” What else can we feel but peace and serenity when we come to these truths.

More to come.....

**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

“Though the mountains fall away and the hills be shaken, My love shall never fall away from you, says the Lord.” (Isaiah 54:1-10).

Salesian Moment – A moment with St. Francis de Sales

Through devotion, your family cares become more peaceful and mutual love between husband and wife becomes more sincere and faithful.

The Amazing Exodus...

The following story is titled “The Amazing Exodus.” I do not know who figured out all the details of the story. It sure is an amazing story regardless of the accuracy of the details.

Moses and the people were in the desert, but what was he going to do with them? They had to be fed and feeding 2 or 3 million people requires a lot of food. According to the Quartermaster General in the Army, it is reported that Moses would have to have had 1500 tons of food each day. Do you know that to bring that much food each day, two freight trains, each a mile long, would be required! Besides you must remember that they were out in the desert, so they would have to have firewood to use for cooking the food. This would take 4000 tons of wood and a few more freight trains, each a mile long, just for one day. And just think, they were forty

years in transit. And oh yes! They would have to have water. If they only had enough to drink and wash a few dishes, it would take 11,000,000 gallons each day, and a freight train with tank cars, 1800 miles long, just to bring water! And then another thing! They had to get across the Red Sea at night.

Now, if they went on a narrow path, double file, the line would be 800 miles long and would require 35 days and nights to get through. So, There had to be a space in the Red Sea, 3 miles wide so that they could walk 5000 abreast to get over in one night. But then, there is another problem. Each time they camped at the end of the day, a campground two-thirds the size of the state of Rhode Island was required, or a total of 750 square miles long... just think of it! This space just for nightly camping. Do you think Moses figured all this out before he left Egypt? I think not! You see, Moses believed in God. God took care of these things for him. Now do you think God has any problem taking care of all your needs?

Pills for peace of mind...



George came home from the psychiatrist looking anxious, restless and worried. "What's the problem, George?" his wife asked.

George replied, "The doctor told me I could have no worry and perfect peace of mind if I take a pill every day for the rest of my life."

"So what? Lots of people have to take a pill every day their whole lives," she said. George replied, "but the doctor gave me only four pills!"

Did you Know?

Meet the first American bishop – continued from last week...

In 1789, the Catholic clergy asked the U.S. Congress if they would object to a Catholic bishop in the new republic. Receiving no objection, the clergy petitioned the pope for a bishop. Pope Pius VI (1775-99) took the unprecedented step of asking the United States priests to elect their own bishop. Twenty-four of twenty six priests elected Father Carroll and on November 6, 1789, Pope Pius elevated him to bishop. On that same date, the pope established the Diocese of Baltimore, the only diocese in America and one that covered more than 3 million square miles with over 40,000 Catholics.

Carroll was consecrated as bishop in 1790, and 18 years later he became the first archbishop in America. By the time he became archbishop, there were four more dioceses: Philadelphia; Boston; Bardstown, Kentucky; and New York all organized under the Archdiocese of Baltimore.

Bishop Carroll, possessing the inspired gifts of wisdom and vision, was able to harmonize the different ethnicities populating the United States, including Dutch, Spanish, French, Irish and English, and gave much energy to catechizing Native Americans. His first synod in 1791 sought unity among the priests ministering to all these different peoples.

Bishop Carroll governed the American Church since the year 1784, first as Prefect Apostolic, then as Bishop, and finally as Archbishop. When he began his pastoral rule, he found the Church poor, persecuted and unorganized; he left it full of vitality, and the spirit of progress, with several Bishops, numerous body of clergy, a population almost doubled in numbers, and possessing convents, colleges and a seminary. He died on Dec. 3, 1815.

More on Bishop John Carroll next week...

Pope Leo XIV.....

Pope at Angelus: God never ceases to believe in us

Addressing pilgrims gathered in Castel Gandolfo on the Fifteenth Sunday in Ordinary Time on July 12, 2026, Pope Leo XIV explained that Saint Matthew's account of the Parable of the Sower reveals "the generosity and trust with which God sows his Word in our hearts and his power in us." At the center of that mystery, he said, is Christ Himself. "Jesus himself, the Word made flesh, who gave his life for our salvation, is the seed that the Father continues to sow throughout the world so that, by dying, he may bear much fruit," he explained.

The Pope acknowledged that God's Word does not always find welcoming hearts. At times, he said, it encounters "hard and unresponsive soil," or hearts distracted like "the beaten path, the rocky ground, or the thorny bushes." Yet there are also moments when it falls on "receptive and fertile ground," where "miracles of love are set in motion that have the power to transform everything." It is for this reason, he continued, that "the Father never ceases to sow, because he knows that the power of his love is stronger than our weakness."

Quoting Saint John Chrysostom, Pope Leo reflected on the apparent paradox of sowing seed where it seems unlikely to grow. While such an action would make little sense in agriculture, he noted, God works differently, since even "rocky ground may be transformed into fertile soil." The Pope said this is because God's confidence in humanity is rooted in His intimate knowledge of every person. "God's generosity towards us is not naïve but wise," he said. "He sees within us the potential of a good that, at times, we ourselves might fail to recognize." For that reason, he added, "the Lord, who knows the soil of our hearts better than we, never ceases to believe in us—in who we are and in who we can become, day by day, if we entrust ourselves to him in faith."

When God's Word is welcomed with humility and openness, the Pope said, it bears the fruits of the Holy Spirit. And recalling Saint Paul's Letter to the Galatians, he listed those fruits as "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

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

**Seek what you seek, but not where you seek it.
Your heart has been made for God
and it shall be restless until it rests in Him.
(St. Augustine)**



**Ben Franklin left \$2,000 to the cities
of Boston and Philadelphia
in his will to help young tradesmen,
but they could not draw the balance
for 200 years. In 1990, it was
worth \$6.5 million. The money has
been used to fund scholarships,
women's health, and help
firefighters and disabled children.**

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