



Fr. Peter Mermier

# Spiritual Moments



St. Francis de Sales

Volume 21, Issue 2

Wellspring - Fransaliam Center for Spirituality  
Missionaries of St. Francis de Sales

September 15, 2022



*'Be Your Best  
Give Your Best  
Do Your Best  
and  
Leave the Rest  
to the Lord.'*

*Fr. Gus*

## Wellspring

**MAILING ADDRESS:**

P.O. Box 440  
Whitehouse, TX 75791

**TELEPHONE:**

903-839-1280

**FAX:**

903-839-3486

**EMAIL:**

[retreatsatwellspring@gmail.com](mailto:retreatsatwellspring@gmail.com)

[frgusmsfs@gmail.com](mailto:frgusmsfs@gmail.com)

**WEBSITES:**

[www.wellspringcommunity.net](http://www.wellspringcommunity.net)

[www.retreatsatwellspring.com](http://www.retreatsatwellspring.com)



St. Francis de Sales

# EDITORIAL

David was anointed king over all of Israel and Judah at the age of 30. He then conquered the city of Jerusalem, established it as Israel's capital, and took the Ark of the Covenant into the city to be the center of worship in the Israelite religion. He became a great king—famous, powerful, and wealthy. He and his people believed that God had chosen him to be king and anointed him. Nobility and royalty belonged to David and that was God's special gift to David and his people. David united the twelve tribes of ancient Israel into a great kingdom stretching from Egypt to Mesopotamia, with Jerusalem as its capital. He lived in a luxurious palace, and he even wanted to build a house for the Lord.

This great king, anointed by the Lord, fell from his nobility, royalty, and devotion to his God and great was that fall. He committed the two crimes, rape and murder, which he and his people believed could not be atoned. All he could do was to cast himself into the mercy of God. He knew that God was mercy and believed that he could surrender himself to the mercy of God. He humbled himself, repented of his crimes, wept bitter tears, composed a beautiful poem, a psalm of prayer, and a song of mercy – “A clean heart create for me, God. Renew in me a steadfast spirit.” (Psalm 51) From the depth of the heart of a lost soul came an amazing song of mercy and a prayer for healing.

The story of David reminds us of what can happen to us when ambitions, name, fame, power, prestige, wealth, and other worldly realities get into our heads and hearts – they begin to control us and we lose control. They possess us rather than we possess them. David was just a simple shepherd who rose to great heights in dignity, fame, name, prestige, power and wealth. The simple man was no longer simple, and the shepherd was no longer shepherd. His life became too complex, too complicated, and too full with too much and that is an awful way to be. Too much and too many and too full make a person unfree. Then it is time to simplify and find peace. David forgot who he was and whose he was. Let us be mindful of who we are and whose we are. Let us strive to be faithful to our God who calls us to be who he made us to be. St. Francis de Sales advises us, “Be who you are and be that well so that you may bring honor to the Master Craftsman whose handiwork you are.”

Fr. Gus Tharappel, msfs



## LIVE SIMPLY

Simplicity is not something that happens because you are short of funds. It is your lifestyle, the way you live, think and act.

**EACH AND EVERY DAY**

**"He is richest who is content with the least."  
- Socrates**



## SIMPLICITY AND POVERTY OF SPIRIT

The gospel of Matthew tells us that Jesus began his first discourse on the mountain with his disciples and a large crowd by proclaiming what we have come to know and love as the "Beatitudes." The first of these beatitudes is "Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) They were written in Greek. In Greek, there were two words for *poor*: one describing the person who has to work for his living, the working man, and the other describing absolute, abject poverty - the destitute - the poverty-stricken man. This is the word that was used in the beatitudes.

Originally, they were spoken, not in Greek, but in Aramaic. The Jews had a special way of using the word "poor." It would help us

to understand the development of the meaning of the word "poor" in Hebrew. Originally, the word meant simply "poor" in the economic sense. Then it began to mean, because you are poor, you have no influence or power or help or prestige. Then again it began to mean, having no influence, downtrodden and oppressed by men and finally it came to mean: the man, who, having no earthly resources, puts his trust in God.

So, in Hebrew the word "poor" was used to describe the dependent, humble, the helpless and the simple man who puts his whole trust in God. (Psalm 9:18; 34:6; 35:10; 68:10; 72:4; 107:41; 132:15) The poor man is the dependent, humble, helpless and simple man who puts his trust in God.

The Greek word "poor" describes the man who is absolutely destitute, the man who has nothing at all. The Hebrew word "poor" describes the dependent, humble, helpless man and the simple man who puts his trust in God. Therefore, "Blessed are the poor in Spirit" means that the person who has realized his own utter dependence and helplessness and has put his trust in God is the blessed one. The blessedness or the bliss lies in this inner reality, this attitude of humility and simplicity and not in poverty itself. To the person who experiences this SPIRIT belongs the Kingdom of God - this person will experience the bliss or the joy of the kingdom.

The poverty of spirit that Jesus speaks of is the virtue of simplicity that makes you free and confident because you realize your total dependence on God. Being poor in spirit is a joyful awareness of your emptiness. How sad it would be if you should suddenly discover that you are full of illusions instead of being filled with truth, goodness, love, peace, virtue...God! Being humble, simple and poor in spirit means that you make room or space for God. It means that God has space to dwell, space to work, space to fill you with himself.

Being simple and living simply means, knowing that you are so small, dependent, needy and powerless, that you live with open arms and an open mind and heart waiting to be blessed, filled and graced. Only in this spirit can you know that you need blessing, that you need to be filled, that you need to be graced. Being poor in spirit means that you have time and you are not oppressed by deadlines.

Being simple and living simply means that you don't have to have everything planned and structured right down to every minute detail as though there is no tomorrow, no future, no openness to other possibilities of change. It means that you are ready to wait; you are not being oppressed by your need to have it now. There is always time for waiting for the one who is simple, humble and poor in spirit.

**BEING HUMBLE,  
SIMPLE AND  
POOR IN SPIRIT  
MEANS THAT  
YOU MAKE  
ROOM OR  
SPACE  
FOR GOD**

*continued on page 4*

*continued from page 3*

Being simple and living simply means being able to say, in all humility, without embarrassment, without shame and with hope, "God, I need you." It means being able to say, in all humility, with faith, with confidence, with hope: "The Lord is my shepherd, I shall not want...I shall not be afraid...only blessings will come to me...because the Lord is my shepherd."

We live in a world which is more concerned about creating a market rather than with the product to be marketed. We live in a consumer society. In the past, production served consumption - because people needed bread, the baker set up his shop. Today, we experience just the opposite - consumption serves the production. Industries do not profit from asking themselves, "How can we serve the people?" The question today is, "How can we create needs which will in turn expand our industry?" The consumer is pressured to buy whatever the industry wants to sell for its expansion rather than buy what would satisfy his real need.

Industry manages to make products that are obsolete and out of date in a matter of months. This part of the car is no longer made. We live in a society of new models, more advanced techniques, new methods, an attitude of "throw away rather than repair." We live in a world of "too many choices." A world of "too many choices" is a world of tension. We are overwhelmed by television advertising, the pressures of industries, the tensions of choices, the pressures of luxuries. Oh how blessed are the poor in spirit...how blessed are the simple and the humble.



Industries have a way of treating and presenting luxuries as needs. We need to let luxuries be luxuries and not let them become needs. We need to scrutinize our needs to see if they can be simplified. Simplicity and purity and detachment are virtues that lead us to the wisdom within, to God's wisdom. Oh how blessed are the poor in spirit...how blessed the simple and the humble. It takes a humble and simple spirit to live freely and joyfully in this crazy, fast moving and fast changing world. Oh how blessed are the poor in spirit...how blessed are the simple and the humble.

Common folks in the early Old Testament period considered wealth as a special blessing from God. The possessions of Abraham and Moses, and the heritage David left to Solomon were proofs of Yahweh's favor for these men. Poverty was considered a curse, a punishment for misbehavior, the result of laziness, lack of planning and efficiency, a punishment for sinfulness and the result of the wickedness of others. Some of the prophets blamed the injustices of the rich as the cause of poverty.

The wise men of the Old Testament spoke of the way of the bitter, sour, despondent, desperate, cynical, greedy and poor. They also spoke of the way of the poor who committed their life to Yahweh. Through their suffering and through their desperate need, they learned to trust Yahweh in a special way. Their material needs created a far greater need for Yahweh...in every aspect of their lives they depended entirely on God. They were the "anawim," the poor of Yahweh, the simple and the humble people of God.

The wise man prayed, "Two things I ask of you, deny them not to me before I die. Put falsehood and lying far from me, give me neither poverty nor riches; provide me only with the food I need; lest being full, I deny you, saying 'Who is the Lord?' Or being in want, I steal." (Proverbs 30:7-9) Oh how blessed are the poor in spirit...how blessed are the simple and the humble.

In Psalm 73, we find a man fighting with himself to choose between the paths of riches and poverty. In the beginning of the psalm, he is on the path of the "anawim", the poor of Yahweh, but soon he expresses jealousy and bitterness about the rich. Eventually, he returns to the fruitful spirituality of the "anawim" and to the complete peace it offers. The "anawim" in their awareness of man's fundamental need for Yahweh were open gates

A decorative box with a floral border containing the text of Proverbs 30:7-9. The text is centered and reads: "Two things I ask of You; deny them not to me before I die: Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me, lest I be full and deny You and say, Who is the Lord? or lest I be poor and steal and profane the name of my God. Proverbs 30: 7-9".

Two things I ask of You;  
deny them not to me before I die:  
Remove far from me  
falsehood and lying;  
give me neither poverty nor riches;  
feed me with the food  
that is needful for me,  
lest I be full and deny You  
and say, Who is the Lord?  
or lest I be poor and steal and  
profane the name of my God.  
Proverbs 30: 7-9

through which Yahweh's blessings and grace entered into the people of Israel.

They were a sacrament of Yahweh and a grace for the entire nation. The wise men and the poets saw poverty as a channel of grace and blessing. They saw that, in the poor, weakness became a source of extraordinary strength...their weakness was empowered by Yahweh's strength. They were humble, simple, without power or prestige, completely open to everything Yahweh could work in them. Oh how blessed are the poor in spirit...how blessed are the simple.

The "anawim" formed a minority who carried the covenant and from whom Christ was born. Jesus belonged to this group and called his disciples to accept the same spirituality in spirit and in practice. St. Paul says, "He was rich, but he became poor for your sake, to make you rich out of his poverty." (2 Corinthians 8:9) Oh how blessed are the poor in spirit...how blessed are the simple.

The spirit of poverty and simplicity is not a socio-economic reality. It is a positive ideal, a positive attitude toward life and the world, the core of which is formed by a special attentiveness, docility and openness to God. This openness to God carries with it an unusual openness to people. Thus the poor man has a special and distinctive character called "blessed." It is a character worthy of "congratulations." Blessed are you...happy are you. Oh how blessed are the poor in spirit...how blessed are the simple and humble.

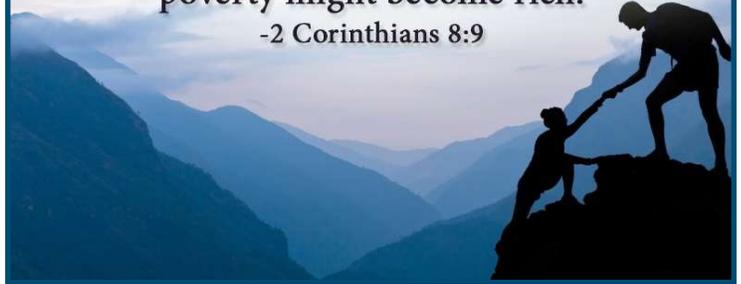
The poor, the humble and the simple may have possessions and talents...yet not be possessed by them. They do not live under the illusions and delusions that they are more when they have more. The poor in spirit are powerless, simple and without pretensions ...yet full of hope. Hope is power in powerlessness. Oh how blessed are the poor in spirit...how blessed are the simple.

*The simple life is an authentic life.*

Fr. Gus Tharappel, msfs

**For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich.**

-2 Corinthians 8:9



**SIMPLICITY IS THE VIRTUE MOST WORTHY OF LOVE BECAUSE IT LEADS US STRAIGHT TO THE KINGDOM OF GOD, AND AT THE SAME TIME, WINS FOR US THE AFFECTION OF MEN**  
**ST. VINCENT DE PAUL**

# MOMENTS WITH MARY PRAYER WALK



We are so pleased to have completed a new prayer walk at Wellspring, *Moments with Mary*. It is a contemplative walk with Mary through the many joyful and sorrowful moments in her life.

Mary, as the Mother of Compassion, has always been a fearless, powerful, moving, gentle, joyful and strong figure in the history of the spiritual tradition of the Church. She joyfully said "yes" to the word of the angel from God; she brought joy to her cousin Elizabeth and shared her joy as well; she brought joy to a wedding party that ran out of wine; she rejoiced at the finding of her son in the temple; she rejoiced with the apostles in the upper room after the resurrection of Jesus. She was a woman of joy.

Mary, in her moments of sorrow, stood fearlessly at the cross while others fled. She stood strong seeing her son beaten, bruised and placed under the burden of the cross. She was courageous and

unafraid to stand by the cross as her son hung on the cross and welcomed his lifeless body into her arms. She stepped into the pain, rejection, loneliness, anguish, and passion of her son, and also that of his disciples, without going under. She stood strong and steadfast for her son and his disciples. She became strength for the suffering, lonely, rejected and the sorrowful. She emerged from her pain and sorrow to become for us a fearless, powerful, courageous and moving figure. She was also a woman of sorrow.

Mary is a woman of compassion – sharing in the joy and pain of humanity.

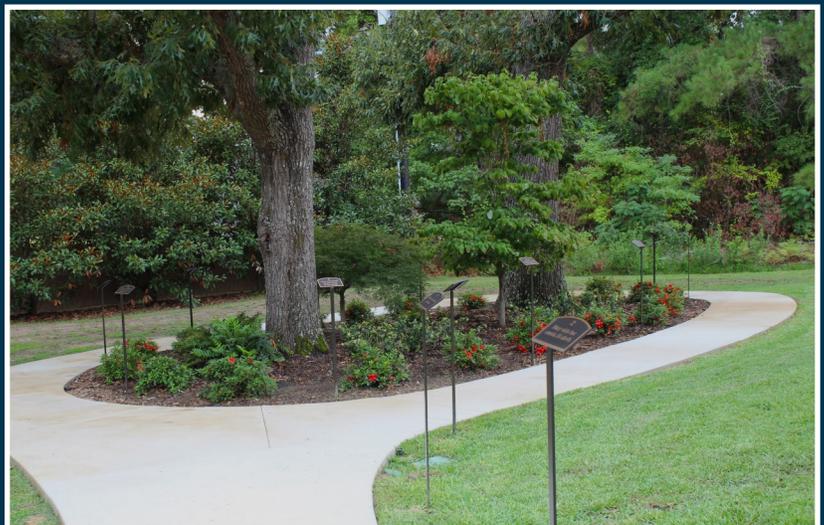
Compassion is a sharing in the passion of others - the joy and the sorrow of others.

I hope that this journey with Mary will bless you and enable you to make your own journey as faithfully and joyfully as she did. It is my hope and prayer that the Mother of Compassion will inspire you to have confidence, stand strong during difficult moments, rejoice during joy-filled moments, be grateful during grace-filled moments and to have peace. May the Mother of Compassion be a source of blessing, grace and strength for us all.

I invite you to come to Wellspring to make this contemplative walk with Mary.

If you are unable to come to Wellspring, I have published a short book that carries the fifteen contemplative moments with Mary. Each moment invites you to walk with Mary and learn from her ways to contemplate and savor your own moments of joy and sorrow. The book is available for purchase at Wellspring or on Amazon.

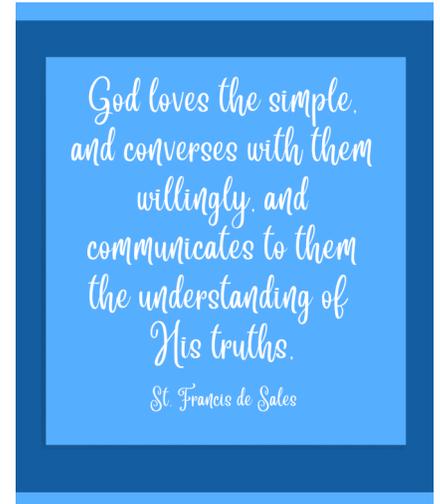
Fr. Gus Tharappel, msfs



# ST. FRANCIS DE SALES ON SIMPLICITY

The spirituality of St. Francis de Sales was so human and simple that those without theological insights could understand and follow his spirituality. He considered simplicity as nothing but an act of charity pure and simple, which has but one sole end, that of gaining the love of God. He said, "Our soul is then truly simple, when we have no aim at all but this, in all we do." He also said, "God loves the simple, and converses with them willingly, and communicates to them the understanding of His truths, because He disposes of these at his pleasure. He does not deal thus with lofty and subtle spirits."

St. Francis de Sales once said to a friend, "I do not know what that poor virtue of prudence has done to me, that I find so much difficulty in loving it. And if I love it, it is only from necessity, inasmuch as it is the support and guiding light of this life. But the beauty of simplicity completely fascinates me. It is true that the Gospel recommends to us both the simplicity of the dove and the prudence of the serpent, but I would give a hundred serpents for one dove. I know that both are useful when they are united, but I think that it should be in the proportion observed in compounding some medicines, in which a little poison is mixed with a quantity of wholesome drugs. Let the world, then, be angry, let the prudence of the world rage, and the flesh perish; for it is always better to be good and simple, than to be subtle and malicious."



St. Francis de Sales said, "True simplicity is like that of children who think, speak, and act candidly and without craftiness. They believe whatever is told to them; they have no care or thought for themselves, especially when with their parents; they cling to them, without going to seek their own satisfactions and consolations, which they take in good faith, and enjoy with simplicity, without any curiosity about their causes and effects."

When one of his friends told St. Francis de Sales that he would have been successful in politics, he replied, "No, the mere name of prudence and policy frightens me, and I understand little or nothing about it. I do not know how to lie, to invent, or dissimulate, without embarrassment, and political business is wholly made up of these things. What I have in my heart, I have upon my tongue; and I hate duplicity like death, for I know how abominable it is to God."

He continued, "When a simple soul is to act, it considers only what it is suitable to do or say, and then immediately begins the action, without losing time in thinking what others will do or say about it. And after doing what seemed right, it dismisses the subject; or if, perhaps, any thought of what others may say or do should arise, it instantly cuts short such reflections, for it has no other aim than to please God, and not creatures, except as the love of God requires it."

In one of his conferences to the Sisters of the Visitation, St. Francis de Sales described the levels of meaning of the virtue of simplicity using the image of a garment that is heavily gold embroidered with various colors and ornaments. Not only does it have all this on the outside, but it has a lining - fur or silk or something luxurious. It had both covering on the outside and covering on the inside. He says, "When we say something is simple, we mean that it is not embellished, and it is not multicolored, and it is not lined."

First, simplicity is free of ornamentation and artifice...The simple person is free of that in attire, in speech, in manners, in demeanor, in accommodations, in the way of living. There is an absence of putting things out front for show. Second, it is free of duplicity, free of guile, free of deceitfulness. There are no hidden motives and agendas. Third, it is free of self-reflection...too much of analysis and evaluations make us unfree, ***continued on page 8***

*continued from page 7*

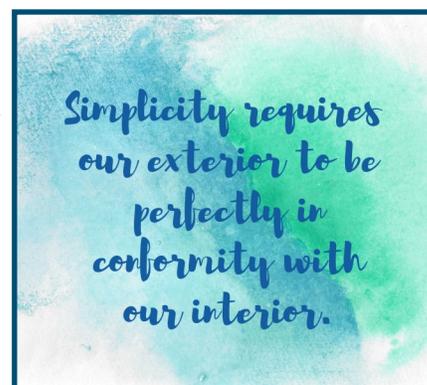
**SIMPLICITY  
AND  
MODERATION  
CREATE  
BEAUTY  
AND  
ELEGANCE**

too much reflection on the impact of what we do can stifle our freedom to do what we can and find joy and peace. St. Francis de Sales cautions us about being too analytic.

St. Francis de Sales advised, "It is not by the multiplicity of things we do that we will attain perfection, but by the purity of intention with which we do them." He said, "It is far better to do a few things well than to undertake many good works and leave them half done." The opportunities for growth and peace of mind are endless when the virtue of simplicity is integrated into our lives.

Simplicity is "an uncomplicated single attention to God by the way we live in the world and before God." A simple person is one who is focused, attentive, mindful, vigilant, watchful – the simple person is tuned to who he or she is and what he or she is called to do instead of being distracted by many things.

But simplicity includes more than just an attitude of the mind that focuses on God and so places things in their proper perspective. It also involves an attitude of the heart. To have an "uncomplicated single attention to God" means that our hearts and souls as well as our closets, garages, pantries and storerooms are uncluttered. Simplicity of the heart means purity of heart, singlemindedness – having a single passion for God and God's way and letting this passion be visible in the way we act, behave, and relate with other people. This is also what St. Francis de Sales means when he says that simplicity is free of duplicity. Simplicity requires our exterior to be perfectly in conformity with our interior.



Simplicity means freeing ourselves from whatever it is that holds us back from being ourselves fully and successfully, from whatever holds us back from knowing God and God's plan for our lives and from whatever it is that holds us back from fulfilling God's will and purpose.

***Go in all simplicity;  
do not be anxious to win a quiet mind, and it will be all the quieter.  
Do not examine so closely into the progress of your soul.  
Do not crave too much to be perfect,  
but let your spiritual life be formed by your duties,  
and by the actions which are called forth by circumstances.***

***St. Francis de Sales***

Fr. Gus Tharappel, msfs

# SIMPLICITY AND PURITY OF HEART

Jesus said, "Blessed are the pure of heart, they will see God." (Matthew 5:8) "Purity" is the quality of being simple, single, unmixed, undivided, integrated, whole, authentic - a thing being what it is made to be. Purity is simplicity and simplicity is authenticity. Authenticity, purity and simplicity make the vision of God possible. Jesus praised the Father for revealing himself to the simple and the childlike. (Matthew 11:25)

Jesus said that the pure of heart will see God. We see only what we are able to see. The ordinary person looks at the sky at night and sees only the stars. The astronomer looks at the same sky and sees the stars and calls them by name. The navigator will look at the same sky and can find the means to bring his ship across the trackless seas to the desired haven. One person sees dirt in the ground, and another sees an opportunity for a garden. One sees all kinds of weeds in the ground, and another sees herbs of great value. One walks into an antique shop and finds junk and another finds treasures of great value. One walks into a garage sale and finds things of usefulness and value for a small price while another sees junk to be disposed of.

Purity and simplicity enable us to approach the world from a good place, see the good that is available in the world, see people as worthy of appreciation, love and respect. How blessed is the person who is pure, simple, single minded, authentic, whole. Being pure and simple is about being authentic, being what God has called us to be, being faithful to the truth about us, keeping our heart in that truth, living out of this truth...living from the good place, the "God-Place."

Recently, I read the story of a ten year old boy who entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and carefully counted the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see he couldn't have the sundae because he had to have enough left to leave her a tip. The boy knew how to keep his heart in a good place and live from that good place and live a life of personal integrity.

This is purity of heart! It is simplicity of spirit. It is authenticity. The happiest people don't necessarily have the best of everything...they have a good heart, and they keep it in a good place, live from that good place and make the best of everything they have.

Fr. Gus Tharappel, msfs

**GIVE ME A PURE HEART THAT I  
MAY SEE THEE.**

**A HUMBLE HEART THAT I MAY  
HEAR THEE,**

**A HEART OF LOVE THAT I MAY  
SERVE THEE,**

**A HEART OF FAITH THAT I MAY  
ABIDE IN THEE.**

**- DAG HAMMARSKJÖLD -**

# LIVING SIMPLY



The virtue of simplicity has been harder for me to grasp than many of the other virtues we have studied and reflected on over my years at Wellspring. I have been able to easily “practice” many of the other virtues we have studied...virtues like optimism, hope and joyfulness. But the virtue of simplicity has been much harder for me to understand and practice.

Often when I think about living more simply, I question my lifestyle and wonder if there are “things” I should “give up.” I recently read an article titled: “Are Your Possessions Possessing You? Take the Test.” One of the questions in the article was, “How can we survive the temptation of wanting to have more and more possessions?” The article suggested the follow-

ing three ways. One way is minimalism. You get rid of your possessions and live with as little as possible. Another more radical way is the simple life. Perhaps moving to the countryside, having a vegetable garden where you plant what you’ll eat. No computer, no TV, no nothing. Just a simple life like your great, great-grandparents had. A middle ground is just to live more slowly.

I can relate well to the idea of living more slowly. We live in a fast paced world that calls us to be engaged and busy all the time and to want more and more. One of the simplicity quotes Fr. Gus shared in his daily meditations recently is: *Simplify your life by overcoming your hunger for more and better.* Spending more time and energy on the things that matter most to me, spending more time in nature and alone with God and living more slowly are all ways I can “practice” the virtue of simplicity.

At one of our recent Wellspring retreats on simplicity, Fr. Gus asked the following question:

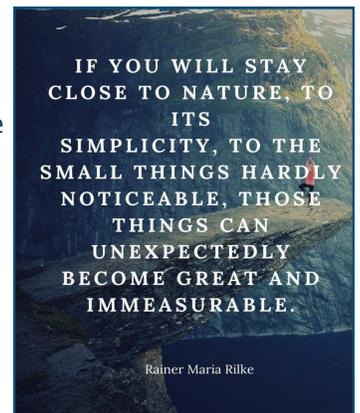
*Do we tend to identify ourselves more in accordance with what we have,  
what we do, what we achieve,  
with whom we are associated or do we identify ourselves by who we are within?*

Pondering this question, I do believe that what is most important to me is who I am within. I love the emphasis at Wellspring on growing in virtue. I believe that growing in virtue is the focus of many of us who follow Salesian spirituality. I feel that throughout my years at Wellspring I have grown in virtue. I loved this thought that Fr. Gus shared at the simplicity retreat:

*The simple person is tuned to who he or she is and what he or she is called to do  
instead of being distracted by many things.*

This call to focus on what I am called to do and who I am within reminds me to be at peace with who I am and the qualities I have...to simply focus on being more of what God has called me to be.

*God wishes nothing else of you at present,  
so don't waste your time doing anything else...be thoroughly who you are.  
Direct your thoughts to being very good at that and bearing the crosses,  
little or great, that you will find there.  
St Francis de Sales*



Bari Walker

# PRAYER AND THE ABC'S

The other day I was talking with a friend about getting emails and replying to them in a timely fashion. We also shared about the many meditations and blogs that are available online. My friend said she is often behind in her computer "inbox" and sometimes is overwhelmed by the volume of mail she receives. We live in a fast-paced world where the Bible, meditations, and even Mass online is readily available. We are blest to have many tools that can lead us to prayer.

The monthly retreat at Wellspring in July was on simplicity. We began the morning reading a few psalms together as a group. Our many voices blended with the psalmist's words and a strong and peaceful sound was made. We recited the 2022 Wellspring prayer, and it called us to see the simple gifts God gives us. The prayer calls us to be open to the simple people that surround us in abundance. The prayer calls us to be simple and humble in our ways. From the beginning of Fr. Gus's ministry at Wellspring, the heading on his handouts and prayers have been these simple words,

***"Be still and know that I am God."***

Fr. Gus recalled a story at Mass recently about a poor farmer. Late one evening the farmer was on his way back from the market and found himself without his prayer book. The wheel of his cart had come off right in the middle of the woods, and it distressed him that the day should pass without him having said his evening prayers. So, this is the prayer he made: "I have done something very foolish, Lord. I came away from home this morning without my prayer book and my memory is such that I cannot recite a single prayer without it. So this is what I am going to do. I shall recite the alphabet five times very slowly and you, to whom all prayers are known, can put the letters together to form the prayers I cannot remember." Hearing the prayer, the Lord said to his angels, "Of all the prayers I have heard today, this one was undoubtedly the best because it came from a heart that was simple and sincere."

It is a good thing to pray the psalms and recite the prayers from my prayer book. It is a good thing to read meditations online and read a blog from someone far away sharing their faith. Sometimes I am not sure how or for what to pray. Of course, I pray for my family and their needs. I ask God to heal and be with those who need good health, for the lonely and forgotten. However, sometimes I am at a loss as how to pray...what are the right words? Then I recall that I do not have to say the right words. I can just be still and open my heart to God. Prayer can be wordless.

I need to embrace the simple and trust God. I need to wait patiently for unanswered prayer. I need to accept and welcome the unknown. Little children often sing the ABC song. May I remember the poor farmer and ask God to open my heart to pray what is best.

Patricia Cussen



*Our greatest strength lies in the gentleness and tenderness of our heart.*

*Rumi*

*God hears every quiet prayer on your heart*

OUR FAVORITE  
*Simplicity*  
QUOTES

**Simplify your life  
by limiting your  
information  
consumption  
Internet, newspapers,  
radio, and television  
can dominate our lives.**



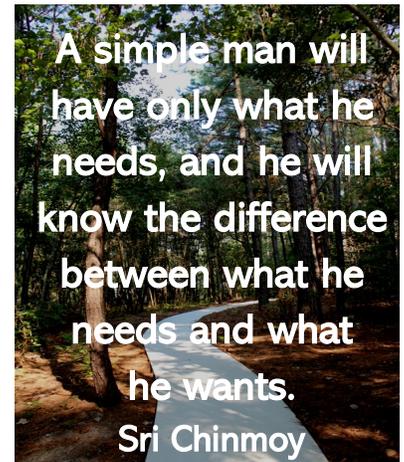
MOST OF WHAT WE SAY  
AND DO IS NOT ESSENTIAL.  
IF YOU CAN ELIMINATE IT,  
YOU'LL HAVE MORE TIME  
AND MORE TRANQUILITY.  
ASK YOURSELF AT EVERY  
MOMENT,  
“IS THIS NECESSARY?”  
MARCUS AURELIUS

**Simple people don't  
have the best of  
everything.  
They just make  
the best of what  
they have.**

*Simplicity allows you to see  
that the most important  
things in life aren't things.*



**No is a simple word  
and is a complete sentence.**  
**Learn to say "no" to all  
that does not matter.**



**ELIMINATE  
PHYSICAL CLUTTER BUT  
MORE IMPORTANTLY  
ELIMINATE  
SPIRITUAL CLUTTER**  
D.H. MONDFLEUR

**Simplify your  
conversations.  
Use fewer, plain,  
honest words  
that mean  
what you say.**

**LIVE SIMPLY**  
Slow down & reduce  
the sense of urgency  
or busyness.



**JESUS AND HIS DISCIPLES AROUND THE TABLE AT THE LAST SUPPER  
SHARING THE BREAD AND THE CUP IS AN AMAZING EXAMPLE OF SIMPLICITY**

“Spiritual Moments” is published each year by Wellspring, Fransalian Center for Spirituality. Its main purpose is to share “spiritual moments” and articles on various aspects of spirituality along with information on programs and events at Wellspring. It is circulated, primarily, among the many volunteers, participants, friends and wells-wishers of Wellspring and the Fransalian Missionaries.

Editor: Fr. Augustine Tharappel

Managing Editor: Bari Walker