



Fr. Peter Mermier

Spiritual Moments



St. Francis de Sales

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Missionaries of St. Francis de Sales

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*'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

PHYSICAL ADDRESS:

16828 FM 2964
Whitehouse, TX 75791

TELEPHONE:

903-839-1280

EMAIL:

retreatsatwellspring@gmail.com
frgusmsfs@gmail.com

WEBSITES:

www.wellspringcommunity.net
www.retreatsatwellspring.com



*Do not lose your
inward peace for
anything
whatsoever,
even if your
whole world
seems upset*

St. Francis de Sales

EDITORIAL

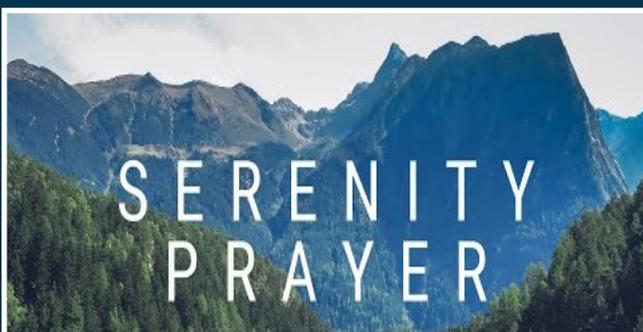
Wellspring community has been studying virtues as a way of forming, shaping and transforming our character in Christ. We have chosen to study virtues because virtues define our character. They tell us and the world around us who we are, whose we are and the direction of our life. Each year, a virtue is chosen for study, reflection, prayer and contemplation. It has been a wonderful tradition that continues to help us grow in virtue and become virtuous people. We have studied twenty three virtues in the past. This year we have chosen to study, understand and nurture the virtue of serenity.

Serenity is a virtue that we are in urgent need of. Hunger and thirst for serenity and peace is deep within our hearts. Serenity is our dream for peacefulness and harmony that lives in the heart of humanity even while living within the most atrocious war. It is not the absence of war or tension or conflict. It is a positive force that brings harmony into chaos. No one can give us serenity and no one can take it away. It is always there deep within us. We must find it and nurture it and bring it to the world around.

A little boy was fascinated watching different colored helium balloons float up to the sky at a county fair. He asked his father if the orange balloons would also rise. His father smiled and said, "It is not the color of the balloon that makes it rise. It is what is inside that makes it rise."

It is what is inside us that holds us together, empowers us to stand our ground, rise up when we fall and helps us to live through troublesome times. We must reach deep down and find serenity and peace within us during these difficult, uncertain, and troublesome times. I hope that the articles presented in this issue of "Spiritual Moments" help you deepen your understanding of serenity and encourage you to find it within you and disseminate it to the world around and beyond.

Fr. Gus Tharappel, msfs



The Serenity Prayer was written in a small cottage in western Massachusetts by theologian, Reinhold Niebuhr, in the early 1930s.

*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*

*Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him
forever in the next.*

Amen.

PRAYER FOR SERENITY

Dear Readers,

I pray for you, our readers, and all who participate in our programs and all who support our ministry at Wellspring, that you begin this new year with gratitude for all that has been and with hope for all that is yet to come. I invite you to pray the following prayer for serenity with me each day of the new year.

Fr. Gus

O God, as I begin my day, I place myself into the quietness and stillness of your presence so that, out of this moment, I may take with me a quiet serenity, which will last me through the rough and smooth of my life today and through the year ahead. Many hours of the days, weeks, and months are waiting to be filled a hundred ways with a hundred prayers. But, right now, at this very moment, I am at peace. You have blessed and graced my day.

Thank you, Father, for your promise to be with me until the end of time. Thank you for sending Jesus to tell me that you are our Emmanuel...You are "God-With-Us," ever present. You have told me that "close behind and close in front you hem me in, shielding me with your hand" and that darkness is not dark for you and night shines as the day." Your apostle, Paul, tells me that "nothing will separate me from your love." Your Son, Jesus, has assured me that your spirit will be my advocate and comforter and that He will teach me all I need to know. Your Son, Jesus, prayed for me that "you live in me and I in you." Knowing these truths fills my soul and gives me peace and serenity. Thank you and praise you, Father.

Father, please remind me of this truth that you are here with me...you are my Emmanuel, God-with me...always. Let this truth sink deep into my heart and carry me through difficult, troublesome, and unsettling moments. Let this truth calm my body, my mind, and my spirit and bless me with peace and serenity. Father, help me slow down and ease the tensions in my soul when the day's activities begin to burden me. Remind me to slow down and take a minute vacation to rest my body, calm my soul and fill my spirit with peace and serenity.

Father, thank you for your steadfast love. Jesus, thank you for your unfailing presence. Holy Spirit, thank you for your constant comfort. Thank you for your gift of peace and serenity.

Amen



2026 REFLECTION THEME

Serenity is peacefulness amidst the challenges, conflicts, struggles and tensions of life and not their absence.

It is nurturing a realistic, calm and gentle approach to life and the world around.

We reflected on “purposefulness” as our theme of reflection in 2025. Our theme for reflection in 2026 is “serenity.” We want to let “serenity” define our character and let it become our way of being present wherever we may be and whatever we may be doing. Words like calmness, peacefulness, quietness, and tranquility have been used to define serenity. Words are inadequate to define serenity. It must be experienced, described and nurtured.

Reflections on serenity tend to focus on accepting what is beyond our ability to change, having the courage to change what

we can, and the wisdom to know the difference, as the well-known “Serenity Prayer” goes. It is one of the finest prayers for serenity rather than a definition of it. Serenity is a soulful quality, a calmness and quietness within, a stillness of the spirit, a communion of body, soul and spirit, a oneness with God within and the universe around.

Serenity is peacefulness amidst the challenges, conflicts, struggles and tensions of life and not their absence. It is nurturing a realistic, calm and gentle approach to life and the world around. It is a quiet and untroubled state of being in harmony within and around, even in the midst of chaos. It is stillness of the soul and freedom of the spirit and a sense of well-being in harmony with God and the world around. It is more about calmness, silence, solitude, stillness, peacefulness and resilience rather than the absence of problems and the destructive and negative emotions they bring.

In our fast-paced world with economic and social problems, political unrest, religious indifference, violence and war and other problems and issues, finding serenity and inner peace may feel like an impossible task. It definitely is not impossible. With a little effort, all of us can find and nurture peace and serenity, whatever our life situation may be. It is important and urgent for us today, in the midst of our busy activities, to take the time to find and cultivate peace and serenity within and attend to our mental and spiritual well-being.

I invite you to join me in this search for serenity within during these troublesome times. I pray for you, and I pray for all who are welcoming the gift of this New Year 2026 with all its doubts and fears and uncertainties. May God bless you and enable you to experience His unfailing and loving presence in your life and may that experience fill you with peace and serenity. I pray that you will discover serenity deep down in your heart and learn to live from this place of serenity. May the New Year 2026 be a year of peace and serenity for you and for all.

Fr. Gus Tharappel, msfs

**SERENITY IS LIVING IN THE MOMENT,
FINDING STRENGTH IN SILENCE,
SOLITUDE AND STILLNESS WITHIN.**

SERENITY

Serenity is defined as the state of being calm, peaceful, and untroubled...a state of being stable with an enduring sense of inner peace, a peace that lasts through good times and not so good times, even through trials and tribulations. The word serenity comes from the Latin *serenus*, meaning clear or unclouded, calm, without storm and turbulence. The storms of life can frighten us, freeze us, burden us and break us. Our trust in God's presence within us brings us serenity even in the midst of storms. Serenity is a calm, confident, quiet and peaceful state of being, a conviction that everything is all right, that everything is in the hands of our loving Father.

The book of Exodus tells us the story of Moses following the Lord's directives in all details. He prepared a dwelling for the ark with a tent covering it. He put the commandments in the ark, placed it in the dwelling and covered it with a veil. A cloud covered the tent as a sign.... only when it lifted did they go forward on their journey. God gave them his sign... cloud by day, fire by night – this was the sign of God's presence among his people. (Exodus 40:16-21, 34-38)

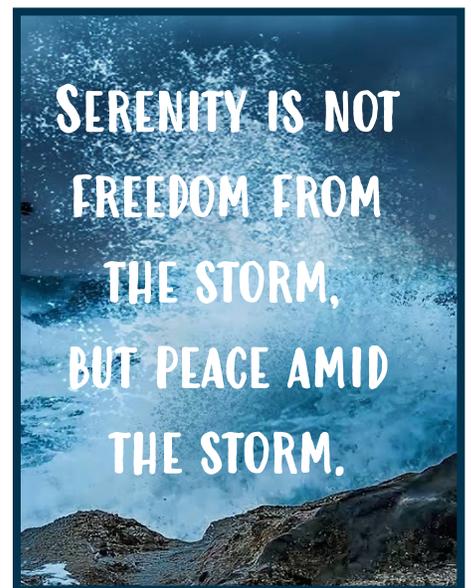
God gave his people many signs and symbols of His presence among them...a rainbow in the sky, cloud by day, fire by night, lamp unto my feet, light unto my path...signs of his unfailing presence, his steadfast love, his presence every step of the way, and they moved on to where God was leading them. Trusting in His presence on the road, inspired by the signs and symbols that proclaimed His presence, Moses and his people moved on to where God was leading them. It is this trust in God's abiding presence that helps us be calm and serene wherever we may be and whatever we may be doing, even through troublesome times.

Psalms 131 speaks of the "stilled and quieted" soul that finds confidence: "Hope in the Lord both now and forevermore." Peaceful communion with God can happen without words. "I have stilled and quieted my soul, like a weaned child with its mother." (Psalm 131:2) Like the satisfied child who has stopped crying and is in its mother's arms, so can "my soul be with me" in the presence of God. The psalmist is describing his experience of serenity—being present, undisturbed, quiet and peaceful. He gave up his self-sufficiency, like a babe enjoying the comfort of its mother's lap, and placed his trust in the Lord. He moved from his "self-reliance" to "God-reliance" and found serenity within. This movement helped him to quiet and still his soul and find serenity within and rest "like a child in its mother's lap."

St. Francis de Sales teaches us that serenity is not the absence of trouble but finding inner peace during troublesome times through trust in God's steadfast and loving care and focusing on the present moment and not on the anxieties, doubts and fears of the future. He advises us to find serenity within by accepting God's plan, being patient with self and others, avoiding haste and anger, finding God in quiet prayer and daily duties, and knowing that God provides strength for carrying our burdens.

I do not know the source of the following story. The story, however, gives us good insight into the nature of serenity. Years ago, a farmer owned land along the Atlantic seacoast. He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic. They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops. As the farmer interviewed applicants for the job, he received a steady stream of refusals. Finally, a short, thin man, well past middle age, approached the farmer. "Are you a good farm hand?" the farmer asked him.

"Well, I can sleep when the wind blows." answered the little man. Although puzzled by this answer, the farmer, desperate for help, hired him. The little man worked well around the farm, busy from dawn to dusk, and the farmer



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felt satisfied with the man's work. Then one night the wind howled loudly in from offshore. Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, "Get up, a storm is coming! Tie things down before they blow away!" The little man rolled over in bed and said firmly, "No sir. I told you, I can sleep when the wind blows."

Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to sleep while the wind blew.

When you are prepared, spiritually, mentally, and physically, you have nothing to fear. The hired hand in the story was able to sleep because he had secured the farm against the storm. We secure ourselves against the storms of life by grounding ourselves in the Word of God. We don't need to understand; we just need to hold His hand to have peace in the middle of storms. We find serenity deep within us when we faithfully attend to our daily chores, fulfill our responsibilities, trust in the Lord and leave everything in the provident care of the Lord. In Him we find serenity.

Serenity is not freedom from the storm, but peace in the middle of the storm.

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 outwardly 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

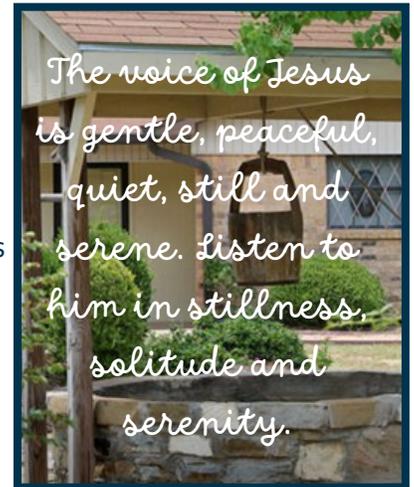
**Silence means leaving to
God what is beyond my reach.**

**A moment of silence,
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minute vacation,
a holy stop,
a sabbatical rest,
a truce from worries,
a moment of
stillness and serenity.**

disciples...trusting each other...being free with each other...unafraid of each other. Trusting each other, they could live through the storms of their lives 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 were anxious, 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 quiet, 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.

One day, Jesus was before a crowd of people, the elders and chief priests and a woman caught in adultery. (John 8:1-11) How embarrassing it must have been for the woman to be caught in adultery, paraded before the crowd, accused by the law-abiding people, shamed before the public, humiliated and powerless to stand before a Holy man. Jesus was before the crowd, their self-righteous leaders and before a scared woman – a situation that was fearful, shameful, and tense and then Jesus got into a posture of serenity.

In the midst of it all, Jesus sat down and scribbled something in the sand....just imagine serenity scribbled in the sand. From this serene moment came the challenge....to the self-righteous men to go ahead and do what they came to do if they were free to do so and to the woman to go home and not to sin anymore. There were no lectures, judgments or condemnations, just a gentle, quiet and still voice that was a challenge for all of them and for us now.

Life may have become a mess and we may very well have messed it up. God's chosen people messed up their lives many times and God's chosen and anointed kings messed up their lives as well. The same is true of some of the apostles, like Peter and Paul, and some of the great saints of our history, like St. Augustine and St. Camillus. But God in his infinite wisdom, all-embracing love, and mercy forgave them and they changed and became new in Christ. The voice of Jesus is gentle, peaceful, quiet, still and serene. Listen to him in stillness, solitude and serenity.

Jesus came bringing forgiveness, healing and new life. He came to tell us not to live in our past failures, mistakes, and sins. He came to call us to let go of our past and live a new life, a life of grace and truth and walk in forgiving and healing love. In Jesus, there are always new beginnings, new meanings, new opportunities, and another chance at life. In Jesus, our sins are washed away, our brokenness is healed, and there is freedom and hope for all. In Jesus we have peace and serenity. "Be still and know that I am God." (Psalm 46:10)

Fr. Gus Tharappel, msfs

WELLSPRING RETREATS AND PROGRAMS

Below is the schedule of our retreats and programs in 2026. We have many activities and opportunities for spiritual growth at Wellspring. Consider coming to Wellspring to spend time in retreat and prayer. We all need time away from our daily chores to reflect, pray and grow in virtue. To schedule a group or individual retreat, please contact us for schedule availability. For more information about our programs, visit our websites, call or email us. All are welcome.

MONTHLY RETREAT SCHEDULE

- **New Year Retreat**
January 6, 2026
- **Lenten Retreat**
February 14, 2026
- **Holy Week Retreat**
March 28, 2026
- **Serenity Retreat**
April 11, 2026
- **Monthly Virtue Retreats**
May 9, 2026
June 13, 2026
July 11, 2026
August 8, 2026
September 12, 2026
October 10, 2026
November 14, 2026
- **Advent Retreat**
December 5, 2026

PROGRAMS AND MINISTRIES

- St. Vincent de Paul Retreats
- Diocese of Tyler - Marriage Preparation Retreats
- Retreats for Parish Organizations
- Personal, Silent or Group Retreats - By appointment
- Men's Ministry - Second Monday of each month
- Ministry to the Homebound
- Ministry to the Bereaved
- Support for Missions Abroad
- Spiritual Direction - By appointment
- Daily Mass and Adoration and Sunday Masses
- Wellspring Publications
- Weekly Community Outreach - Emailed weekly
- Spiritual Moments - Published biannually
- Daily and Weekend Reflections - Emailed weekly and published on our website



ST. FRANCIS DE SALES ON SERENITY

St. Francis de Sales teaches us that serenity is not the absence of anxieties, problems or worries, but a state of confident trust in God's abiding presence and loving care even in the midst of the tensions and tragedies of life. His teaching is exemplified in what is known as "**Be at Peace**" prayer attributed to him although the prayer, as it is, does not appear in any of his writings. The prayer is definitely inspired by his spiritual conferences and letters to those who sought his spiritual guidance. The prayer follows...

*Be at peace.
Do not look forward in fear to the changes of life;
rather look to them with full hope as they arise.
God, whose very own you are, will deliver you from out of them.
He has kept you hitherto, and He will lead you safely through all things;
and when you cannot stand it, God will bury you in his arms.
Do not fear what may happen tomorrow;
the same everlasting Father who cares for you today
will take care of you then and every day.
He will either shield you from suffering or give you unfailing strength to bear it.
Be at peace and put aside all anxious thoughts and imagination.*

This prayer emphasizes trusting in divine providence, nurturing stillness within, having patience especially with self, letting go of anxious thoughts, living in the present moment, seeing imperfections not as problems but as opportunities for personal growth and nurturing serenity within. St. Francis de Sales taught that serenity comes from living each moment doing the best one can, unafraid of making mistakes, even during troublesome times. According to him, serenity is not the absence of trouble but finding inner peace during troublesome times with absolute trust in God's provident care.

St. Francis de Sales suggests the following to help us nurture serenity within:

- **Trust in Divine Providence.** Believe that God will never abandon you, even during chaotic times. He will lead you safely through troublesome times.
- **Live in the Present Moment.** Do not fear the future or dwell on past mistakes. Focus on doing what God calls you to do today.
- **Cultivate Gentleness & Patience.** Be gentle with yourself and be patient with your own imperfections and those of others.
- **Be Calm.** Never be in a hurry. Do everything quietly and in a calm spirit.
- **Cultivate Silence, Solitude and Stillness Within.** Step away from the busy, noisy world into the silence and solitude of your heart, even during the busy activities of the day.
- **Listen to the Voice of God.** Every moment comes pregnant with the voice of God. Listen to him and follow his lead.

He advises us....

*"Do not look forward in fear to the changes of life; rather look to them with full hope as they arise.
God, whose very own you are, will deliver you from out of them."*

"Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."

"Have patience in all things, especially with yourself."

"Do all things calmly and in a spirit of gentleness."

Fr. Gus Tharappel, msfs

NEW BEGINNINGS

I love new beginnings...a new year, new week, new day, new project, new job, meeting new people, new friendships and relationships...all things new are exciting and challenging for me as well. Our New Year Retreat at Wellspring is one of my favorite retreats of the year. At this year's retreat, I liked the process of looking back over the past year with gratitude, looking to the future with hope and beginning our study of the new year's reflection theme, "serenity." I hope this year of reflections on serenity will be really special for all, just as I know it will be for me.

The following prayer was the opening prayer of our first meditation at the New Year retreat at Wellspring. Many of the meditations that Fr. Gus prepares for our retreats begin with a similar prayer. It is a beautiful way to begin a retreat and a beautiful way to begin each day.

O God, this morning, I have come into the quietness and stillness of your presence, to begin this day, this week, this month, and this year so that our of this moment, I may take with me a quiet serenity, which will last me through the rough and smooth of this day's life. Many hours of the day are waiting to be filled a hundred ways with a hundred prayers. But right now, at this very moment, I am at peace. You have blessed and graced my day.

Reading the prayer gives me a profound sense of peace. What a challenge it is to carry that peace throughout the rough and smooth of the day. At the retreat, I was inspired by this thought that Fr. Gus shared:

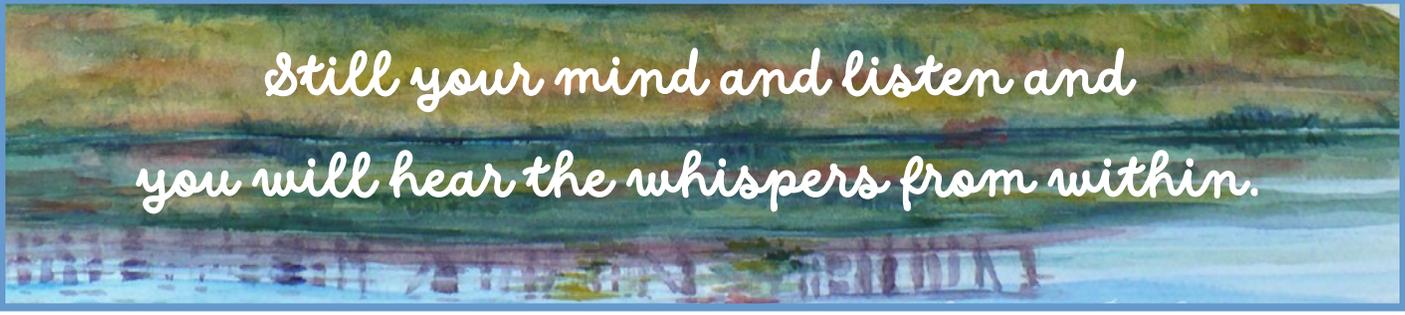
**Each moment that we wake up to is filled with the voice of God.
Make your choice. Listen to His voice and embrace his will and purpose.**

I realize that at times there is too much noise in my life that blocks me from hearing His voice. So many things distract me from spending time in stillness and silence...my phone, social media, the internet, my to do list. I really want to hear His voice, and I want to live in peace and serenity. After the retreat, I made some changes to quiet and still my soul and free me from the noise that often distracts me. To find serenity, I believe that I have to be seeking it and I really want to focus on that in the new year.

So my "new beginning" is off to a good start. Many of us make new beginnings at the first of the year and after a few weeks we lose interest. My hope is that my enthusiasm for inner peace and serenity and my efforts to silence the noise that distracts me continues long past the end of January. I am comforted knowing that when I fall short, I can get back on the road and begin again.

As I think about this new year, I know that I may have to face some challenges and may even have to walk through difficult situations. I pray that through it all, I will lean on the Lord for peace and serenity during the storm. He has promised to be with us and I am going to trust in his promise and try not to let anything upset my peace and serenity. Wishing you all peace and serenity in the new year.

Bari Walker



*Still your mind and listen and
you will hear the whispers from within.*

ASLEEP IN THE HEMLOCK

This new year of 2026, Wellspring is taking the virtue of serenity to study and grow in peacefulness. Serenity is defined by Webster's dictionary as a state of calm, peacefulness, and quietness. It is from the Latin that means clear or calm, clear skies, a tranquil mind, free from mental stress. A local weather man describes this as a "blue bird day." Serenity is a virtue I want to understand more. It is a virtue that comes and goes with me.

Recently I read an old fable about a dog being content. A dog was given a large bone by the local butcher. The dog wanted to get home quickly so he could enjoy this wonderful treat. He was hurrying to get home and as he crossed a narrow bridge, he saw a reflection in the still water as if in a mirror.

He could hardly believe his eyes. He thought he saw a real dog with a much larger bone. Instead of thinking, he dropped his bone and jumped at the dog in the river. As he plunged into the fast-moving water, the current was strong and he had to swim for the shore with all his might. After climbing onto the bank, he realized what had happened. His bone was gone as well as his enjoyment of eating it. His peace and contentment were also gone. His grasp on serenity was lost over wanting more.

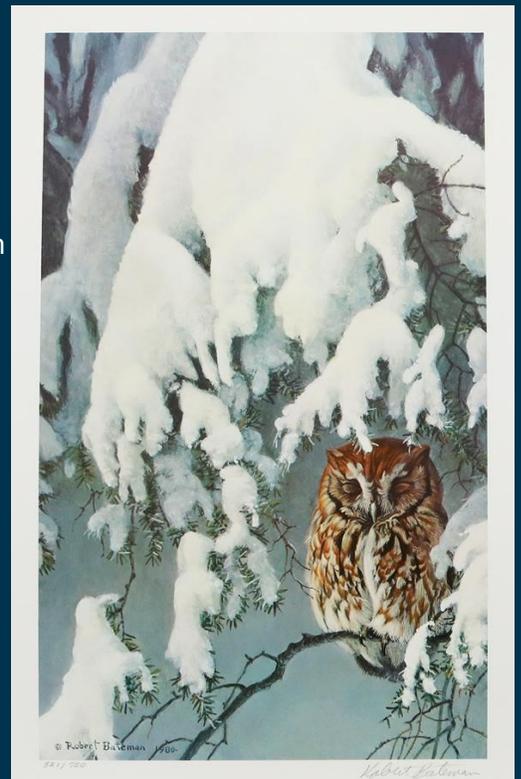
After I read this old fable, I am remembered a piece of artwork we have in our home. The scene is of a screech owl sitting on a branch of a Hemlock tree. All the branches are laden and heavy with snow, yet the owl is sleeping. He is content and peaceful.

The contrast of the fable *Dog with a Bone* and the painting, *Asleep in the Hemlock*, spoke to me. When I become worried or afraid, I am like the dog. My heart is not settled. I think a new or bigger bone will make me content and peaceful. On the other hand, the owl is trusting in God in the midst of the cold and darkness.

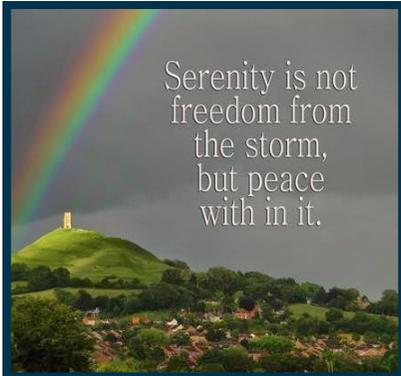
When I am anxious about many things, I remember Psalm 23 and the words, "Even though I walk through a dark valley, God is there with me." Romans 8 tells me that nothing can separate me from the love of God. God is with me in all things. He can see me through the "blue bird days" and walk with me through the dark valley days.

I see this year of 2026 as an opportunity to grow in serenity in my everyday life. Not just in my quiet prayer time but to see it in the every day events and be reminded that Jesus is with me. He is my shelter in the times of a storm, to guide me in right ways. He brings me the gift of peace. I need to put my faith and trust in him, in big and small ways.

Patricia Cussen

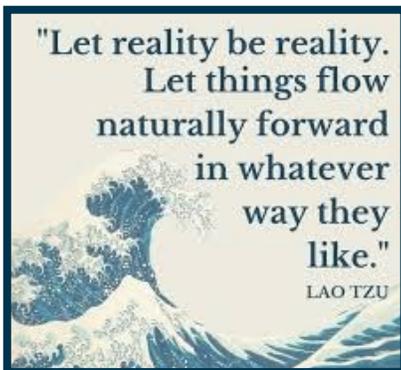


OUR FAVORITE
Serenity
QUOTES



IN THE
SERENITY
OF A PEACEFUL
HEART
THE SOUL
FINDS SOLACE

LEENA VENTURE



Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.

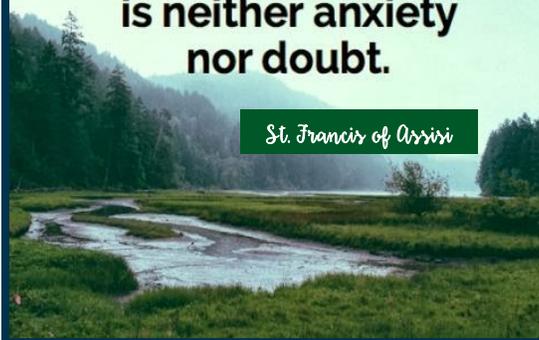
— WAYNE DYER



Peace isn't found in the absence of chaos but in the way you center yourself within it. It's the quiet strength to let go of what you can't control and focus on what truly matters—your heart, your mind, and your inner calm.

**Where there is peace
and meditation, there
is neither anxiety
nor doubt.**

St. Francis of Assisi



THE TIME TO BE
QUIET, SILENT, STILL
AND SERENE IS
WHEN YOU DON'T
HAVE TIME FOR IT.

Serenity comes when you trade expectations for acceptance.



The more serene a person becomes, the greater is the possibility of peace, joy, success and fulfillment.

MAY YOU FIND
SERENITY AND
TRANQUILITY
IN A WORLD
YOU MAY NOT
ALWAYS
UNDERSTAND
SANDRA STURZ

THE FINAL WISDOM OF LIFE REQUIRES NOT THE ANNULMENT OF INCONGRUITY BUT THE ACHIEVEMENT OF SERENITY WITHIN AND ABOVE IT. REINHOLD NIEBUHR

"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