



WELLSPRING

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Wellspring Community Outreach

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Brothers and Sisters,

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 before the crowd and their self-righteous leaders and before a scared woman – a situation that was fearful, shameful and tense. But 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 are free to do so and to the woman to go home and not sin anymore. There were no lectures or judgments or condemnations... but only a gentle, quiet and still voice that was a challenge for all then and for us now.

**Serenity is not freedom from conflicts and tensions,
but peace in the midst of conflicts and tensions.**

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.....serene. Listen to him in silence, solitude, stillness and serenity.

Jesus came bringing forgiveness and 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 is always new beginning, new meaning, 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. The Psalmist calls us, "Be still and know that I am God." (Psalm 46:10)

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

Forget yourself for a moment and get lost in someone else's pain and then, find yourself in the very act of getting lost.

Salesian Moment – A moment with St. Francis de Sales

There is no better means for persevering in the spiritual life than to continually begin again, and never to think that you have done enough.

A cup of tea...

There was group of 15 soldiers on the way to the Himalayas. It was a very cold winter. They walked many miles, tired and weary. They had one wish if someone could offer them, a cup of Tea. After many hours of walking, they came across what looked like a Tea shop. But it was locked. The place had everything needed to make tea. Someone suggested that they break the lock and make tea and get some rest.

The captain was uncomfortable with the unethical suggestion. Finally he gave in. They broke the lock and had tea and cookies and rested for a while. The captain, feeling uncomfortable with the unethical activities, took a few thousand rupees from his pocket and put them under the sugar pot. Three months later on their way back they stopped at the same place. The shop was open this time. The owner was present. They had tea and cookies and rest. The owner was an old man who told many stories to the soldiers about his faith in God and so on.

The soldiers asked him if there was a God why he was keeping him in this place with all these problems. The old man said, "I know there is a God. I have proof." What proof?, they asked. Three months ago, I had a very hard time. My son was badly beaten up by terrorists. I had taken him to the hospital after locking the shop. I had only 20 Rupees. When I returned to the shop, I found that the lock was broken, and the door opened. I felt that I was lost and abandoned by everyone and God.

Then I found a few thousand rupees under the sugar pot. I knew God was here. God had left the money for me. I have proof. God is real. He came to my shop. Fifteen teary eyes met the

teary eyes of an old man, and they knew God was there. Meeting of eyes of faith, eyes of hope and compassion.

Walking on the path of truth and compassion, we can be messengers of God to anyone, anywhere and at all times. This is what it means to be the salt of the earth and light of the world.

Forgiving others...



The pastor's Sunday homily was about forgiving our enemies. Toward the end of the homily, he asked his congregation, "How many of you have forgiven your enemies"? About half held up their hands. He then repeated his question. As it was past lunchtime and this time, about 80 percent held up their hands. He then repeated his question again. All responded, except one elderly lady. "Mrs. Jones?" inquired the pastor, are you not willing to forgive your enemies? "I don't have any," she replied. "Mrs. Jones, That is very unusual. How old are you?" "Ninety-three," she replied. "Oh Mrs. Jones, what a blessing and inspiration you are to all of us! Would you please come up to the front and tell us how a person can live ninety-three years and not have an enemy in the world?" The little lady tottered down the aisle, faced the congregation, and said "I outlived the old hags."

Did you Know?

The Origin of the Creed...

The Creed, as a summary of the most central Christian doctrines, arose from times when those beliefs were in question— when various factions held different theological positions. The older version of the Creed is the Apostle's Creed, which traces its origin to the 4th Century. Although legend says that the Apostle's Creed was penned by the Apostles themselves, the earliest evidence we have is a letter from St. Ambrose, after the Council of Milan.

The Creed we use most frequently at Mass is the Nicæan Creed. Although its origins at the Council of Nicaea in 325 place it in the same century as the Apostle's creed, the Nicæan creed is longer, and more explicitly defines what we believe about the human and divine natures of Jesus Christ. This was in reaction to the Arian heresy, which denied Christ's divinity. The version of the Nicæan Creed we use today includes additions made at the Council of Constantinople in the year 381.

The Creed was further revised in response to other theological controversies. In the late sixth Century, the Latin-speaking Churches of the west, under the banner of Rome, added the words "and the Son" to the phrase explaining the giving of the Holy Spirit. The Orthodox Churches of the East believe that the Holy Spirit is sent only from the Father. While this may seem like a

minor point to most of us today, literal battles were fought over this “filioque” controversy, When we recite the Creed at mass, we are part of the Church’s long theological Tradition, re-affirming the results of centuries of theological study and debate that has helped us understand with ever-greater precision who God is, and what He has done for us.

Pope Leo XIV.....

Pope Leo at the Angelus: True righteousness demands great love

In his customary reflections on the Gospel reading on Sunday, February 15, 2026, Pope Leo explained how "Jesus invites us to enter into the newness of the Kingdom of God." He noted that after proclaiming the Beatitudes, Jesus revealed the true meaning of the precepts of the Law of Moses that call us "into a relationship of love with God and with our brothers and sisters." The Law is fulfilled precisely by love, which brings its profound meaning and ultimate purpose to completion."

The Pope emphasized how righteousness is not limited to observing the commandments, but "opens us to love and compels us to love." Jesus then examines some of the precepts of the Law that refer to concrete cases and shows the difference between formal religious righteousness and the righteousness of the Kingdom of God. This, Pope Leo explained, shows us how the Law given to Moses and the prophets is a way to come to know God and His plan for us and history.

God himself, in the person of Jesus, has come among us, bringing the Law to fulfillment, making us children of the Father and giving us the grace to enter into a relationship with him as children and as brothers and sisters. Jesus teaches us that true righteousness consists in love and that, within every precept of the Law, we must learn to identify a call to love."

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

**The brave man is not he who does not feel afraid,
but he who conquers that fear.**

(Nelson Mandela)

