



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

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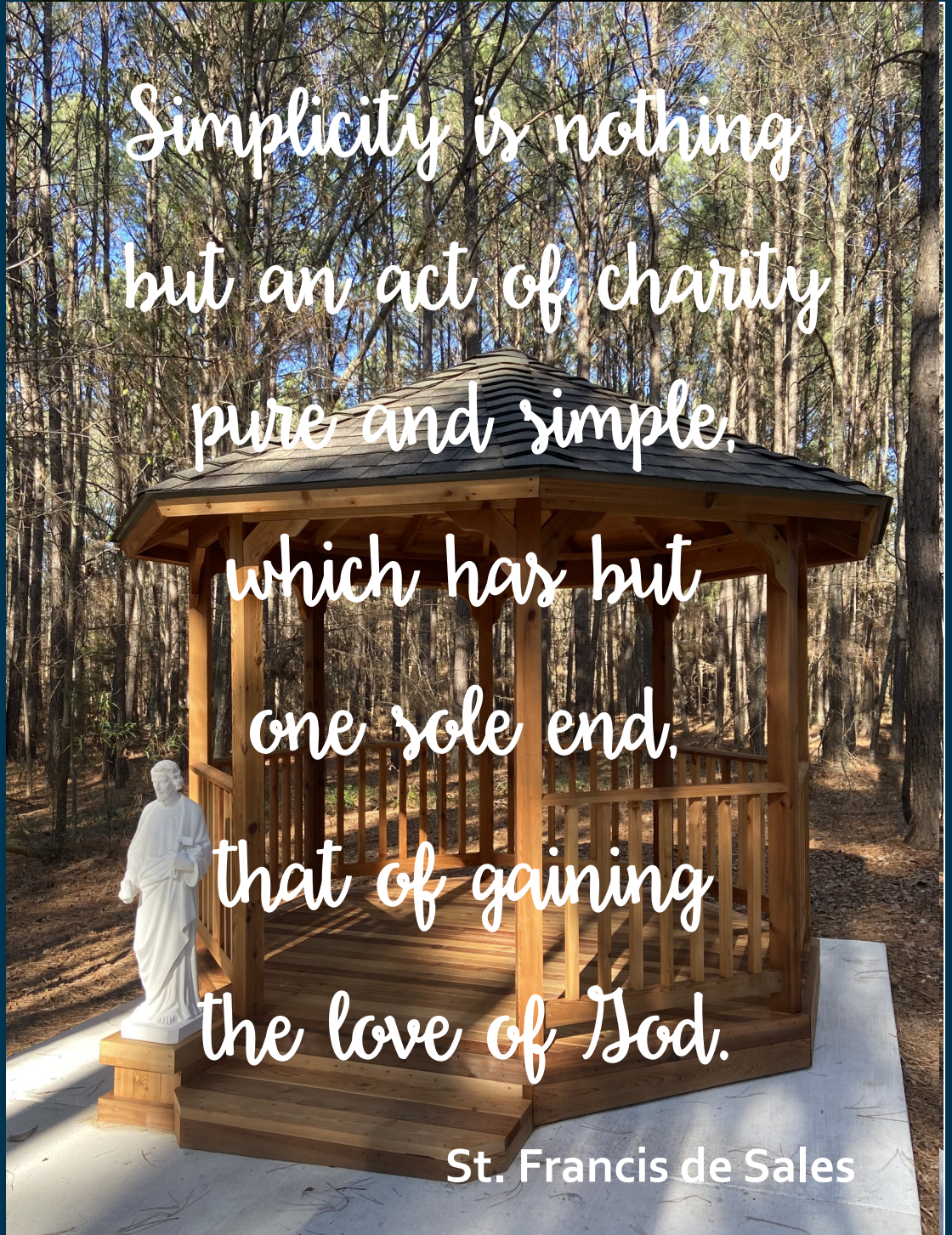
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St. Francis de Sales

Paul gave his brother, David, a brand-new BMW for his eighteenth birthday. David was so excited that he had to drive around town to show off his gift. He stopped at a convenience store to get a drink. A young boy, Johnny by name, saw the new car and began to touch and feel and admire the car. He wasn't well dressed and groomed, and his fingerprints were already on the car. David came out of the store screaming at the boy for touching his new car and calling him all kind of names. Johnny, paying no attention to the insults, asked David if it was his car and gave fine compliments. At this, David calmed down and said that it was a free and generous gift from his brother for his birthday. Johnny exclaimed, "I wish I could be a brother like that!"

David was flabbergasted at this unbelievable response. Johnny's desire was not for a brother who could give him generous gifts, but to be a brother who could be generous! Only purity of heart and simplicity of spirit can generate such an amazing and admirable disposition.

This year, at Wellspring, we are studying the virtue of simplicity, striving to simplify our lives, and learning to live simply. Our lives have become complex, and we get caught up with having to make too many difficult choices. We live in a world of "too many choices." A world of "too many choices" is a world of conflict and tension. Industries have a way of creating needs for us and treating 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.

The great Chinese philosopher, poet and politician, Confucius, says, "Life is really simple, but we insist on making it complicated." He lived during 551-479 BCE and today we are not any different. Simplicity and detachment are virtues that enable us to be free to be generous with our lives. It is my hope that our study of simplicity this year and the articles presented in this issue of the Spiritual Moments will shed some light on being simple and living simply.

Fr. Gus Tharappel, msfs



LIVE SIMPLY

God loves the simple, and
converses with them willingly,
and communicates to them the
understanding of His truths.
He does not deal thus with
lofty and subtle spirits.

St. Francis de Sales

EACH AND EVERY DAY

SIMPLICITY PRAYER

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 with me each day of the new year.

Fr. Gus

Lord, teach me to be simple and humble in my ways. Help me not to busy myself with great matters, things too sublime for me. Free my heart from pride and arrogance, resentment, and bitterness and from all things that burden my soul.

Give me a pure heart and a steadfast spirit, free me from anger, envy, hatred, jealousy, self-pity, and the like. Help me to create space in my heart for kindness and compassion, gratitude and generosity, peace and love.

Open the eyes of my heart Lord that I may see the simple gifts, and the simple people that surround me in abundance.

Lord, help me be honest with myself. You are the light in which I see all truth, even the truth that is hard to see, truth about myself, my character, my strengths and my weaknesses.

Heal my brokenness and help me live in truth. Help me accept myself the way you made me to be, live the way you want me to live and be what you want me to be.

Amen



2022 REFLECTION THEME

Live simply
SO THAT OTHERS MAY SIMPLY LIVE
-Gandhi

We reflected on “gratefulness” as our theme in 2021. Our theme for reflection in 2022 is the virtue of “simplicity.” This year, we want to strive to learn to “be simple” and “live simply.” We want to let “simplicity” become our way of being, living and acting.

Our world has become increasingly complex. Complexity tends to govern our civic, political, religious, social, and spiritual organizations. Even our churches are becoming burdened with complex organizational structures and processes. Complexity appears to be impressive, even attractive. But it creates lack of understand-

ing, even misunderstanding and leads to confusion and chaos. Complexity seems to keep ordinary people confused and lost and dependent on experts and specialists. It does not contribute to the intended purpose.

St. Francis de Sales says, “Our soul is truly simple when we have no aim at all but God’s will, in all we do.” God’s way is simple. The message of the Gospel is simple. Simplicity defines the way of Jesus and his message. The message of Jesus, the truth he proclaimed and the life he offered are not so complicated that we need a doctorate in theology to understand and appreciate. The laws that govern our spiritual life are not so complicated that only a graduate degree in canon law can help us figure it out. God’s love is simple and pure. His call to conversion and transformation do not require elaborate, complicated rites, rituals, and processes. A simple yes to the call of Love will lead us to the transformation of our life in Christ.

Many words are used to define and describe simplicity – sincerity, naturalness, freedom from deceit or guile, freedom from complexity, freedom from extravagance or luxury, pure, unmixed, and other similar words. However, we want to search, reflect, study, and understand simplicity in its essence and in practice. Simplicity in essence is purity, sincerity, genuineness, authenticity, and integrity. And in practice, it involves a personal choice of a lifestyle that is simple, and a spiritual discipline that tames and trains us to choose to live simply, to simplify our preferences, our activities, our plans and projects, our possessions as well as our prayer and worship forms. Mahatma Gandhi advises us, “Live simply so that others may simply live.” Please join us as we try to understand simplicity as a virtue and strive to form and nurture a simple lifestyle.

Fr. Gus Tharappel, msfs



NATURE HAS A GREAT SIMPLICITY AND THEREFORE A GREAT BEAUTY.

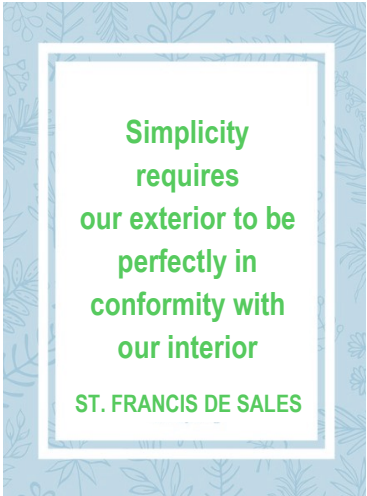
RICHARD FEYNMAN

VIRTUE OF SIMPLICITY

Once upon a time, there was a Buddhist monk who heard about Jesus and was impressed and even attracted. So he decided to learn more about him. He read the four Gospels and was amazed at the wisdom of Jesus and concluded that Jesus was a holy man and a man of great wisdom and compassion. But he could not accept the claim that Jesus was God who became a human being. He could not understand why God would choose to come into our world and be a man. What would be the point? One day, while he was walking along a path through the woods, thinking about this mystery of God becoming man, he inadvertently walked into a nest of ants. Anyone can guess

what happens if you step into a nest of ants. There was utter confusion in the house of ants. Some of the ants ran into safety and others were ready for a fight and the monk was upset that he disturbed the ants. So he stepped back. When he stepped back and his shadow was away from the nest, peace came to the house of ants and the ants went back to their normal activities.

The monk began to wonder how he could reassure the ants that he did not mean any harm, that he had no intention of disturbing their lives. What happened was unintentional. He concluded: the only way would be to get down to their level and communicate with them in their own language. He had to humble himself and become small. He had to step into the skin of ants and experience what they experience. Suddenly, he had the answer to the question that he was contemplating as to why God chose to become a human being.



Simplicity
requires
our exterior to be
perfectly in
conformity with
our interior
ST. FRANCIS DE SALES

From the beginning of our sacred scriptures, we find our God revealing himself in simplicity, purity, and truth. God is simple, pure, and uncomplicated and the simple and the humble hear his voice and know his mind. At the very beginning of our sacred scriptures, we read about God creating the universe. In creating, God uses simple words, "let there be" and no elaborate schemes or programs. We find God creating man out of the clay of the ground with no scientific formula. After creation we read about God taking a stroll in the garden and man recognizing God's movements in the garden. We read about God choosing to be with his people in a tent, moving around as his people did. We read about God fighting a war with his people. We find God becoming a man, stepping into his skin, being born in a manger and not in a mansion, walking the dirt that man walked, dying the death man died, and rising to be what He always was.

Simplicity is the language of God. It is the very nature of God, and all that God has revealed to us. God's truth, God's goodness, God's love, God's justice, God's forgiveness, God's peace – all that is of God and from God is simple and pure. And it is the simple who can understand God's self-revelation. Jesus thanked God for revealing himself to the simple, "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike." (Matthew 11:25)

Jesus invited his followers to come to him and learn from him to be humble and simple, "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Matthew 11:28-30) "Easy" doesn't mean that there is no cost or that it does not require any effort. "Easy" simply means that it fits us well, that it fits our character. The "yoke", the discipline, the way of life that Jesus offers is made to simply, easily fit our character. In Palestine, ox yokes were made of wood. The ox was brought in, and the measurements taken. The yoke was then roughed out and the ox was brought back to have the yoke tried on. The yoke was then carefully adjusted so that it would fit well and not rub and irritate and wound the neck of the ox. The yoke was tailor-made to fit the ox. When Jesus says, "my yoke is easy," it simply means that his way is made to fit us

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well and it will not be a burden for us. What God sends us fits us well because His way is simple and uncomplicated just as He is.

God's way is easy, simple and uncomplicated. Jesus, born into the simplicity of the manger, baptized in the river Jordan by a simple and humble man with simple and ordinary people using simple words, living in the desert for forty days and nights in fasting and prayer and coming from the desert to the humble and simple people, proclaimed a simple message: "The Kingdom of God is here." He began teaching them that the Kingdom of God belonged to the poor in spirit (Matthew 5:3) and that the pure of heart will see God (Matthew 5:8). Poverty of spirit and purity of heart have basically the same meaning – simplicity. Something is poor in spirit, pure and simple, if it is what it is made to be and meant to be and nothing more and nothing less – gold, silver, copper, and water are pure if they contain nothing else but what they are supposed to be. A person is poor in spirit, pure of heart and simple in life-style if he or she is what he or she is created to be, baptized, and anointed to be and called and sent to be.

Some consider simplicity as a weakness. Simplicity is a virtue, a strength of character - so also poverty of spirit and purity of heart. These are virtues that make a person free, unattached, and non-possessive. Once upon a time a wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime.

A few days later he came back to return the stone to the wise woman. "I've been thinking," he said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone." What she had inside is what simplicity is, what poverty of spirit is and what purity of heart is. She was free, unattached, and non-possessive.

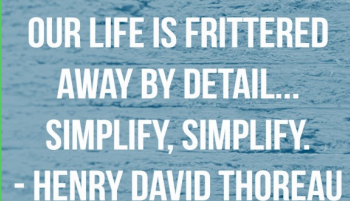
Let us stop telling each other how complicated our lives are, how busy we are, how we have too much stuff, how many deadlines we have to keep, how expensive our lives are. Let us slow down, be still and simplify our lives and find peace.

Fr. Gus Tharappel, msfs

WELLSPRING RETREATS

Below is the schedule of our retreats in 2022. We have many activities and opportunities for spiritual growth at Wellspring. For more information about our retreats and programs, visit our websites, call or email us. All are welcome. Our retreats meet from 9:30 am—12:30 pm.

- New Year Retreat
January 8, 2022
- Simplicity Retreat
February 12, 2022
- Lenten Retreat
March 5, 2022
- Holy Week Retreat
April 9, 2022
- Monthly Retreat
May 14, 2022
- Monthly Retreat
June 11, 2022
- Monthly Retreat
July 9, 2022
- Monthly Retreat
August 13, 2022
- Monthly Retreat
September 10, 2022
- Monthly Retreat
October 8, 2022
- Monthly Retreat
November 12, 2022
- Advent Retreat
December 3, 2022



OUR LIFE IS FRITTERED
AWAY BY DETAIL...
SIMPLIFY, SIMPLIFY.
- HENRY DAVID THOREAU

ST. JOSEPH'S SANCTUARY



St. Joseph's Sanctuary is in the middle of the beautiful pine woods that surround Wellspring. The sanctuary was blessed and dedicated on January 24, 2022, the feast of St. Francis de Sales, which was also the 24th anniversary of Wellspring's foundation. It is a welcome addition to the many meditation spots on the Wellspring grounds.

Wellspring offers many opportunities for prayer and prayer experiences and many spots for meditative and contemplative presence. St. Joseph is an amazing model of contemplative presence just as Jesus and Mary were.

Matthew's Gospel describes Joseph as a just man, a "tzaddik." In Biblical times, one of the most beautiful compliments one person could give to another was to call him "tzaddik," meaning a person of courage, justice and virtue, a person who is at one with God and people, a virtuous person, and a fully human person.

Joseph was a man who listened to the angel asking him not to be afraid to take Mary home as his wife and listened again to the angel asking him to take the child Jesus to safety and protect him from Herod. He followed his dreams and visions faithfully well. He faced many challenges and responsibilities and handled them with unflinching courage and wisdom.

He did all these without words and speeches and fanfare. He held the messages of the angels in his heart, pondered what he heard and maintained a contemplative presence as he went about doing what God called him to do.

St. Joseph invites all people of faith to be still, to listen to the voice of God, to contemplate God's word and surrender to God's will and purpose.

May St. Joseph's Sanctuary inspire and move all visitors to Wellspring to prayer and contemplation.

Fr. Gus Tharappel, msfs

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.

- Hans Hofmann



SIMPLIFY, SIMPLIFY, SIMPLIFY

The psalmist prayed, "A clean heart create for me, God; Renew in me a steadfast spirit." (Psalm 51:12) Dag Hammarskjöld was a Swedish economist and diplomat who served as the second Secretary-General of the United Nations from April 1953 until his death in a plane crash in September 1961. He prayed, "Loving God, 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." (Markings 1964) This prayer has served me well over the years, constantly reminding me of the need to keep my heart pure, humble, loving, and faithful – to keep my heart simple, sincere, and uncomplicated.

Jesus said, "Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) and "Blessed are the pure of heart, for they will see God." (Matthew 5:8) Poverty of spirit and purity of heart make it possible for us to be in God's kingdom and see our God as He is. Poverty of spirit and purity of heart make the heart simple, free, uncomplicated, steady, and steadfast. Poverty of spirit, purity of heart and simplicity of life will bless us with the joy of seeing God.

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

The pure of heart will see goodness, truth, love, virtue, value - will grow into a vision of God Himself. Being simple and pure of heart is a gift that we offer to the world around us. It makes us people of hope, positive and optimistic about life and all that life has to offer. Purity of heart and simplicity of life 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.

It is a very challenging thing - sometimes, even a shaming thing - to search our hearts and minds and our motivations. There are few things in the world that even the best of us does with complete, unmixed motivations, with pure intentions, with the simplicity of purpose. Motivations of payment, recognition, praise, prestige, power, honor, self-respect, superiority, show of piety, hidden agenda, etc. often get into our lives and activities - even into religious and spiritual activities. Desires, cravings, and passion for more and better creep into our hearts.

Once upon a time there was a shepherd boy tending a few straggling sheep on the side of a mountain. One day as he cared for his sheep he saw at his feet a beautiful flower – one that was more beautiful than any he had ever seen in his life. He knelt down upon his knees and scooped the flower in his hands and held it close to his eyes, drinking in its beauty. As he held the flower close to his face, suddenly he heard a noise and looked up before him. There he saw a great stone mountain opening up right before his eyes. And as the sun began to shine on the inside of the mountain, he saw the sprinkling of the beautiful gems and precious metals that it contained.

With the flower in his hands, he walked inside. Laying the flower down, he began to gather all the gold and silver and precious gems in his arms. Finally with all that his arms could carry, he turned and began to walk out of that great cavern, and suddenly a voice said to him, "Don't forget the best." Thinking that perhaps he had overlooked some choice piece of treasure, he turned around again and picked up additional pieces of priceless

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treasure. And with his arms literally overflowing with wealth, he turned to walk back out of the great mountainous vault. And again the voice said, "Don't forget the best."

But by this time his arms were too full and overflowing, and he walked on outside, and all of a sudden, the precious metals and stones turned to dust. And he looked around in time to see the great stone mountain closing its doors again. A third time he heard the voice, and this time the voice said, "You forgot the best. For the beautiful flower is the key to the vault of the mountain."

The boy forgot the best and lost the treasure. We get so busy, that in our haste, we miss things in life that are just waiting to be enjoyed. We often miss the joy of life, not because we never found it, but because we didn't stop to enjoy it. We tend to become so busy with activities, accomplishments, gathering stuff, and securing our positions in the world that we often forget who we are and why we are doing what we are doing. We even get so busy with the Lord's work, we forget the Lord of the work.

We keep telling each other that we are too busy, we have too much to do, we have too much stuff, our life is too complex and complicated, we have no time, we are running late, and so on. It is time for us to stop telling each other how complex and complicated our lives are. Next time your morning seems to be going wrong, you can't seem to find the car keys, you hit every traffic light, when you are stuck in traffic, miss an elevator, turn back to answer a ringing telephone – and all the little things that annoy you and you say, "I have too much to do and no time to do it", don't get mad or frustrated...just tell yourself, simplify...simplify...simplify!

Fr. Gus Tharappel, msfs

Enjoy
the little things in life,
for one day you will look
back and realize they were
the big things.

Robert Brault

LIVE JESUS



I really like reading shorts stories. I find a lot of inspiration in the messages that so many short stories hold. As a new year begins, I find myself slowing down, reading more, looking for inspiration to live out our new reflection theme at Wellspring. I was happy to recently read the short story below.

Ruth looked at the envelope again. There was no stamp, no postmark, only her name and address. She read the letter one more time...

Dear Ruth,

I'm going to be in your neighborhood Saturday afternoon and I'd like to stop by for a visit.

Love Always,

Jesus

Her hands were shaking as she placed the letter on the table. "Why would the Lord want to visit me? I'm nobody special. I don't have anything to offer."

With that thought, Ruth remembered her empty kitchen cabinets. "Oh my goodness, I really don't have anything to offer. I'll have to run down to the store and buy something for dinner."

She reached for her purse and counted out its contents. Seven dollars and forty cents. "Well, I can get some bread and cold cuts, at least." She threw on her coat and hurried out the door.

Leaving the store, she had a loaf of french bread, a half-pound of sliced turkey, and a carton of milk...leaving Ruth with a grand total of twelve cents to last her until Monday. Nonetheless, she felt satisfied as she headed home,

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her meager offerings tucked under her arm.

"Hey lady, can you help us, lady?" Ruth had been so absorbed in her dinner plans, she hadn't even noticed two figures huddled in the alleyway. A man and a woman, both of them dressed in little more than rags.

"Look lady, I ain't got a job, ya know, and my wife and I have been living out here on the street, and, well, now it's getting cold and we're getting kinda hungry and, well, if you could help us, lady, we'd really appreciate it."

Ruth looked at them both. They were dirty, they smelled bad and, frankly, she was certain that they could get some kind of work if they really wanted to. "Sir, I'd like to help you, but I'm a poor woman myself. All I have is a few cold cuts and some bread, and I'm having an important guest for dinner tonight and I was planning on serving that to Him."

"Yeah, well, OK lady, I understand. Thanks anyway." The man put his arm around the woman's shoulders, turned and headed back into the alley.

As she watched them leave, Ruth felt a familiar twinge in her heart. "Sir, wait!" The couple stopped and turned as she ran down the alley after them. "Look, why don't you take this food. I'll figure out something else to serve my guest." She handed the man her grocery bag.

"Thank you, lady. Thank you very much!" "Yes, thank you!" It was the man's wife, and Ruth could see now that she was shivering.

"You know, I've got another coat at home. Here, why don't you take this one." Ruth unbuttoned her jacket and slipped it over the woman's shoulders. Then smiling, she turned and walked back to the street . . . without her coat and with nothing to serve her guest. "Thank you, lady! Thank you very much!"

Ruth was chilled by the time she reached her front door and worried too. The Lord was coming to visit and she didn't have anything to offer Him. She fumbled through her purse for the door key. But as she did, she noticed another envelope in her mailbox. "That's odd. The mailman doesn't usually come twice in one day." She took the envelope out of the box and opened it.

Dear Ruth,

It was so good to see you again. Thank you for the lovely meal. And thank you too, for the beautiful coat.

Love Always,

Jesus

The air was still cold, but even without her coat, Ruth no longer noticed.

The message of the story is simple. God gives us opportunities each day to serve and show His love to others. I believe it is a matter of opening our eyes and being mindful of those around us. The motto of Salesian spirituality is: Live Jesus. It is a simple expression yet so powerful. Salesian spirituality teaches us that God seldom asks us to perform great feats, but He challenges us to perform our daily chores with holiness. I believe by simplifying the things in my life, I can find more opportunities to "Live Jesus" more fully this year.

Bari Walker

Enjoy the simple, the natural and the plain. Along with that comes the ability to do things spontaneously and have them work.

Benjamin Hoff



A CALL TO LIVE SIMPLY

The ordinary acts we practice every day at home are of more importance to the soul than their simplicity might suggest.

Thomas More

Christmas has past but a Russian tale of long ago holds a great message for me as I begin this New Year 2022.

The story is about a grandmother whose name was Babushka. She lived alone after her children were grown and her grandchildren lived far away. Babushka was a busy woman. She was always scrubbing, sweeping, washing, wiping, dusting, and polishing. One winter evening, her neighbors were outside looking at the sky and saw a bright star and joyfully shouted in amazement. But Babushka was busy in her house and only heard the "swish swish" of her own broom.

Then a loud knock came on her door, and she found three men standing there wearing silk and velvet. They were cold and hungry as they had come from far away and were still on their journey. Babushka offered them hospitality. She scurried about and made them a pot of hot soup. She asked the three men where they were going. They explained they had seen a star in the East. They were following the star to where a little baby was born. The child was a newborn king, called the "Prince of Peace," the "Light of Love."

After the travelers had rested and eaten the soup, they told Babushka they must go to take their gifts to the child king. They asked her to come and go with them on their journey. She said she could not go because the dishes needed washing. The travelers bid her goodbye and thanked her for her kindness. Babushka stayed home. She hurried to sweep the floor and wash the dishes. It was late when she went to bed.

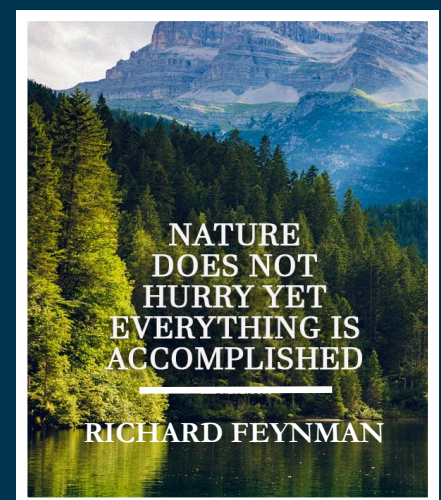
The tale goes on to say that Babushka had a dream of soft hay, a gentle mother holding a baby and a bright starry night. That night she vowed to find the child, to follow the bright light and to take the many gifts she had made over the years.

As she set out the next day to find the child, the snow had covered the tracks the three travelers had made. Babushka looked for the bright light but could not find it. She got turned around and she found herself lost, but for the first time in a long time Babushka was not busy and she was not in a hurry. She was simply still. As she continued to travel along her journey, she began to see little children in need of a shawl for warmth, a slice of gingerbread for a hungry belly, and shared her small toys with them. Babushka's heart was open and shining like the bright star she was searching for.

This tale of Babushka calls me to slow down and to be still. Help me Lord, with the busyness of life and of being in a hurry. May I begin to see the ordinary events of my day as opportunities to look at simple things and events as God moments. The virtue of simplicity is calling me.

*Never be in a hurry;
do everything quietly and in a calm spirit.
Do not lose your inner peace
for anything whatsoever, even if your
whole world seems upset.
St. Francis de Sales*

Patricia Cussen



OUR FAVORITE
Simplicity
QUOTES

LIFE IS
REALLY SIMPLE,
BUT WE INSIST ON
MAKING IT
COMPLICATED.
- CONFUCIUS

**Duplicity does not please
God, and to be truly simple,
we ought to have no aim
but God Himself.**
St. Vincent de Paul

THINGS THAT
MATTER MOST MUST
NEVER BE AT
THE MERCY OF
THINGS THAT
MATTER LEAST.
— goethe

*In character, in manner, in style,
in all the things, the supreme
excellence is simplicity*

HENRY LONGFELLOW WADSWORTH

TRUE SIMPLICITY IS LIKE
THAT OF CHILDREN
WHO THINK, SPEAK, AND
ACT CANDIDLY AND
WITHOUT CRAFTINESS
ST. FRANCIS DE SALES

There is no greatness where there is
not simplicity, goodness, and truth.

— Leo Tolstoy

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MY
GREATEST
SKILL
HAS BEEN TO
WANT LITTLE
HENRY DAVID
THOREAU

Nothing is more
simple than
greatness;
indeed,
to be simple
is to be great.

Ralph Waldo Emerson

Besides the noble art of
getting things done,
there is the noble art of
leaving things undone.
The wisdom of life con-
sists in the elimination of
non-essentials.

Lin Yutang

I have just three
things to teach:
simplicity,
patience,
compassion.
These three are
your greatest
treasures.
-Lao Tzu

The more you have, the
more you are occupied.
The less you have, the
more free you are.
- Mother Teresa



**LET US STOP TELLING EACH OTHER HOW COMPLICATED OUR LIVES ARE.
BE STILL AND SIMPLIFY IT!**

"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.

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