

Wellspring

Fransalian Center for Spirituality

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Brothers and Sisters,

Today, we begin the Sixteenth Week in Ordinary Time of the Year. Our Scripture readings last Sunday called us to be faithful to who we are called to be and do what we are called to do. The Scripture readings of this Sunday call us to be patient as we faithfully try to be ourselves and go about doing our daily chores and fulfilling our responsibilities. The first reading of this Sunday speaks of our God being lenient and patient, giving us time to realize our mistakes, repent, change and grow. The responsorial psalm speaks of God as merciful, gracious and patient, slow to anger and abounding in kindness. Saint Paul speaks of God giving us his spirit to help us in our weakness (Second Reading). And Jesus calls us to be patient and cautious in making choices as it is often difficult to distinguish between good and bad (Gospel Reading).

The Gospel reading gives us the parable of Jesus about a man sowing good seed in his field. While he slept, an enemy sowed dandelion or tares in the middle of his field. Both the good and the bad seeds sprouted, and the servants came forward to pull up the tares. But the man asked them to let them grow together to maturity for fear of destroying the good seed in the process of removing the bad. At harvest time, the good and the bad will be separated by those who know how to sort them out (Matthew 13:30-35). The farmer had the wisdom to be patient and wait for an appropriate time when good choices and proper discernment can be made.

On another occasion, Jesus gave us another parable about a man scattering seed on the ground (Mark 4:26-29). "He goes to bed and gets up day after day. Through it all, the seed sprouts and grows without his knowing how it happens. The soil produces, of itself, first the blade, then the ear, finally the ripe wheat in the ear. When the crop is ready, he wields the sickle for the time is ripe for harvest." The seed that is sowed in the field grows, of itself, without the Sower being aware of it. The farmer must wait patiently for a good harvest. The farmer does all that he needs to do and waits patiently for harvest to happen! He doesn't make the harvest happen.

It has never been easy to be patient, but it is probably harder now than at any time in history as we are living in a world where messages and information can be sent across the world instantly and everything is available with only a few clicks of the mouse or an 800 number. We are now going through a very difficult period in our history. Anxieties, doubts, fears, and uncertainties surround us. We do not know what the future holds for us. We do not see an end to our present problems any time soon. We have reason to be impatient and that is where patience counts the most.

Fortunately, patience is a virtue that can be cultivated and nurtured over time. It is one of the virtues that call us to try and try again...seven times seventy times! Patience is at the root of being steadfast. Without cultivating patience, no one can become steadfast.

Patience is a way of being present on our journey. Patience is a state of endurance under difficult circumstances, perseverance in the face of delay, staying on the task in adverse conditions without acting on annoyance or anger in a negative way, forbearance under strain especially when faced with long-term difficulties, self-discipline, and self-control. Patience is the quality of being steadfast, firm and persevering in purpose, regardless of what happens in the world around us. St. Francis De Sales advises us, "Be patient with everyone but especially with yourself; I mean that you should not be troubled about your imperfections and that you should always have courage to pick yourself up."

Have you ever watched a spider? The spider will spend many hours, in great effort spinning a web. As the spider spins the web, the key factor will become patience. Many hours after the web is completed, the spider waits and waits and waits... The spider must be very still and quiet. The spider has a plan, but the plan can never develop without patience. As the spider waits, one day the spider will feel the web moving, the food has come suddenly. But there was nothing sudden about it. It was patience and lots of it!

Once upon a time, there was a monk who was very impatient. You may wonder, why would a monk be impatient? Don't they become monks so that they don't have to deal with the world? Yes, that's true. So imagine how impatient this monk was!!! The more he tried, the more impatient he became. So he decided that he must get away to learn to be patient. So he built himself a little home deep in the woods, far away from civilization.

Years later, a man was traveling in those woods and met him. The man was amazed to find anyone living so far away from the rest of the world, so he asked the monk why he was there all by himself. The monk said that he was there to learn to be patient. The traveler asked how long he had been there, and the monk replied: seven years. Stunned, the traveler asked, "If there is no one around to bother you, how will you know when you are patient?" Annoyed, the monk replied, "Get away from me... I have no time for you." Every time you feel that you are becoming impatient, remember the monk... Learn patience where you are, with people and situations that challenge your patience! Be gentle and patient with yourself and those around.

During the coming week, try to be patient with yourself and those around you as you go about doing your daily chores. Encourage someone to be patient. Nurture patience as your way of being present in your life situations.

God bless you and your family.

Fr. Gus Tharappel, msfs

Scroll down to read the reflections on the Scripture readings of today's mass....

Sixteenth Sunday in Ordinary Time

July 19, 2026

**Every believer in this world of ours must be a spark of light, a center of love, a vivifying leaven amidst his fellow men. And he will be this all the more perfectly, the more closely he lives in communion with God in the intimacy of his own soul.
(Pope John XXIII)**

Collect

Show favor, O Lord, to your servants
and mercifully increase the gifts of your grace,
that, made fervent in hope, faith and charity,
they may be ever watchful in keeping your commands.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Liturgy of the Word

Prayerfully read the first reading and then read my reflections below and spend a few moments of personal reflection. Do the same with Responsorial Psalm and other readings.

**Peace and serenity comes from not wanting to be somewhere else,
doing something else and being someone else.**

Wisdom 12:13, 16-19

The ancient author of this book tells us that God governs us with much “lenience” and judges us with “clemency” and that God patiently allows us time to realize our mistakes, repent, change and grow. He affirms this as the ground of our hope. God is a God of compassion and patience and a God who gives another chance and the gift of more time for conversion. Now it is through us that this patience and compassion of God must be revealed to the world. It is up to us now to offer the gift of Hope grounded in the forgiving and compassionate presence of God in the world.

God is ever faithful to himself and his compassionate nature. Fidelity shows itself in patience, in forgiveness and in giving the gift of more time and another chance. Be faithful...be patient...be forgiving.

Psalm 86

This Psalm is in four parts: (1) prayer for deliverance from difficult moments; (2) An affirmation of finding the kind and forgiving and most loving God; (3) Desire to know and walk in God's truth; (4) Prayer for deliverance from enemies.

As you pray this Psalm, remember those facing difficult moments and hostile situations; those searching for God's truth; those searching for the kindness and compassion of a loving God.

**You, O Lord, are good and forgiving,
abounding in kindness to all who call upon you.
Hearken, O Lord, to my prayer,
and attend to the sound of my pleading.**

Romans 8:26-27

Paul tells the Christians in Rome that God knows all our weaknesses, even how difficult it is for us to pray. So, he gives us his spirit to help us in our weakness. Since we do not know how to pray as we should, the spirit prays in us, expresses our innermost longings.

So, listen to the spirit and move with the spirit as the spirit moves.

Mathew 13:24-43

Jesus told his listeners a parable about a man sowing good seed in his field. While he slept, an enemy sowed dandel or tares in the middle of his field. Both the good and the bad seeds sprouted, and the servants came forward to pull up the tares. But the man asked them to let them grow together to maturity for fear of destroying the good seed in the process of removing the bad. At harvest time, the good and the bad will be separated by those who know how to sort them out.

This parable teaches us many things: there are negative forces in the field and so be cautious; it is often difficult to distinguish between good and bad and so turn to those who have knowledge and wisdom for direction; don't be too quick to draw conclusions or make judgments; only God can and will make the final judgment. Pray for wisdom and prayerfully discern your choices. Trust in God and leave judgments in his hands.

Jesus spoke another parable about a tiny mustard seed which when planted sprouts and grows into a shrub, yields more seeds, and becomes a shelter for the birds of the air...

Be content with small beginnings. Great things happen from small beginnings...Let your life grow and become fruitful....it has the power within it to become fruitful! Give your life a chance...tenderly care for it...nurture it...be patient...let the Lord make it fruitful in his time...Let the birds of the air find shelter, a home.

Be approachable, be available, be hospitable, be welcoming and non-threatening. Let people find you safe to be with...

Jesus also spoke about a little yeast in the flour which has the power to change, transform the whole dough and give it a chance to be bread for others...

Be open to change....be strong, only the strong can change.....be transformed by the Grace poured into heart by the Holy Spirit.....Trust in the power of God's grace to transform you....

The disciples asked Jesus to explain to them the parable of the weeds in the field. Jesus used the parable to reveal to them many important truths about God and God's ways. Among them the following are important for us to reflect and pray about.

Take a moment.... prayerfully reflect over the following:

- **there are negative forces in the field and so be cautious.**
- **it is often difficult to distinguish between good and bad and so turn to those who have knowledge and wisdom for guidance and direction.**
- **don't be too quick to draw conclusions or make judgments; only God can and will make the final judgment, so leave the judgment to God....pray for the gift of discernment**

Saint of the day, July 19 - Saint Mary MacKillop and 12 other saints are remembered this day

Mary Helen MacKillop was born on January 15, 1842 in Melbourne. She was educated at private schools and by her father. She started to work at the age of 16 as a clerk in a stationery store in Melbourne. To provide for her needy family, she took a job as governess at the estate of her aunt and uncle in South Australia where she was to look after their children and teach them. Mary grew up in a family that faced constant financial struggles.

As a young woman she was drawn to religious life but could not find an existing order of Sisters that met her needs. In 1860, she met Father Julian Woods, who became her spiritual director. Together they founded a new community of women, the Sisters of St. Joseph of the Sacred

Heart, also known as the Josephite Sisters. Its members were to staff schools especially for poor children, as well as orphanages, and do other works of charity.

As the congregation grew, so did Mary MacKillop's problems. Her priest-friend proved unreliable in many ways and his responsibilities for direction of the Sisters were removed. Meanwhile, Mary had the support of some local bishops as she and her Sisters went about their work. But the bishop in South Australia, aging and relying on others for advice, briefly excommunicated Mary, charging her with disobedience and dispensed 50 of her Sisters from their vows. He ultimately rescinded his order of excommunication.

Mary insisted that her congregation should be governed by an elected mother general answerable to Rome, not to the local bishop. There also were disputes about whether or not the congregation could own property. In the end, Rome proved to be Mary's best source of support. After a long wait, official approval of the congregation and on how it was to be governed came from Pope Leo XIII.

Despite her struggles with Church authorities, Mary MacKillop and her Sisters were able to offer social services that few, if any, government agencies in Australia could provide. They served Protestants and Catholics alike. They worked among the aborigines. They taught in schools and orphanages and served unmarried mothers.

By the time Mary was approaching the end of her life, the congregation was thriving. She died in 1909 at the age of 67. Pope John Paul II beatified her in 1995 and in 2010, Pope Benedict XVI canonized her. She became Australia's first saint.

Fr. Gus Tharappel, msfs

**I believe that a simple and unassuming manner of life is best for everyone,
best both for the body and the mind.**

(Albert Einstein)

HAVE PATIENCE
WITH ALL THINGS,
BUT, FIRST OF ALL WITH YOURSELF.

Saint Francis de Sales