



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

**TELEPHONE:**

903-839-1280

**FAX:**

903-839-3486

**EMAIL:**

retreatsatwellspring@gmail.com

frgus@suddenlink.net

**WEBSITES:**

www.wellspringcommunity.net

www.retreatsatwellspring.com



*Do not neglect to  
show hospitality  
to strangers,  
for by doing that  
some have entertained  
angels without  
knowing it.*

Hebrews 13:1-2

# EDITORIAL

Wellspring Community has welcomed the New Year, 2019, with a deep desire and a firm determination to continue to strive for excellence in virtue. The focus of 2018 was to nurture the virtue of "generosity" and it was an amazing journey of being and becoming generous and meeting people and situations that revealed the generosity of our God. This year, Wellspring Community has chosen to nurture the virtue of hospitality. Many think of hospitality as welcoming guests to dinner and making them feel comfortable and at home or sharing snacks after meetings and services at the church. Hospitality is much more!

Hospitality, as a virtue, is almost impossible to teach. It flows from a heart of love and understanding. Virtues are humanizing because they are sanctifying while vices are dehumanizing because they are degrading, degenerating, destroying. Hospitality is one of the most humanizing and sanctifying virtues. It is humanizing because it brings strangers into friendships and relationships and nurtures the already present relationships in families and communities. It is sanctifying because it helps us meet our God in the stranger and establish amazing spiritual connections.

Civilized people of the ancient world appreciated hospitality and felt it a sacred duty to provide for the needs of the stranger (sojourner). Hospitality is an essential characteristic of Judeo-Christian traditions. Hospitality has a way of making strangers friends, taking away fears, doubts and suspicions, bringing peace into troubled minds and hearts, moving people toward others, helping people reach out in service and challenging people to share their possessions and experiences and much more.

It is my hope that the articles presented here will help our readers reflect on being and becoming hospitable, learning to be hospitable and treating others, including strangers, with hospitality, in a world that is becoming more and more hostile, insecure and suspicious. Hospitality is a difficult virtue to practice in a hostile, insecure and suspicious world. At the same time, hospitality is a dynamic virtue that breaks down those barriers and enables families and communities to become free and feel safe and at home with each other. I invite all our readers to strive to nurture this virtue of hospitality and make our world a little more safe, secure, friendly and a wonderful place to be.

Fr. Gus



DO ALL THE GOOD YOU CAN.  
BY ALL THE MEANS YOU CAN.  
IN ALL THE WAYS YOU CAN.  
IN ALL THE PLACES YOU CAN.  
AT ALL THE TIMES YOU CAN.  
TO ALL THE PEOPLE YOU CAN.  
AS LONG AS EVER YOU CAN.

John Wesley

# WELLSPRING PRAYER 2019

This is my prayer for you:

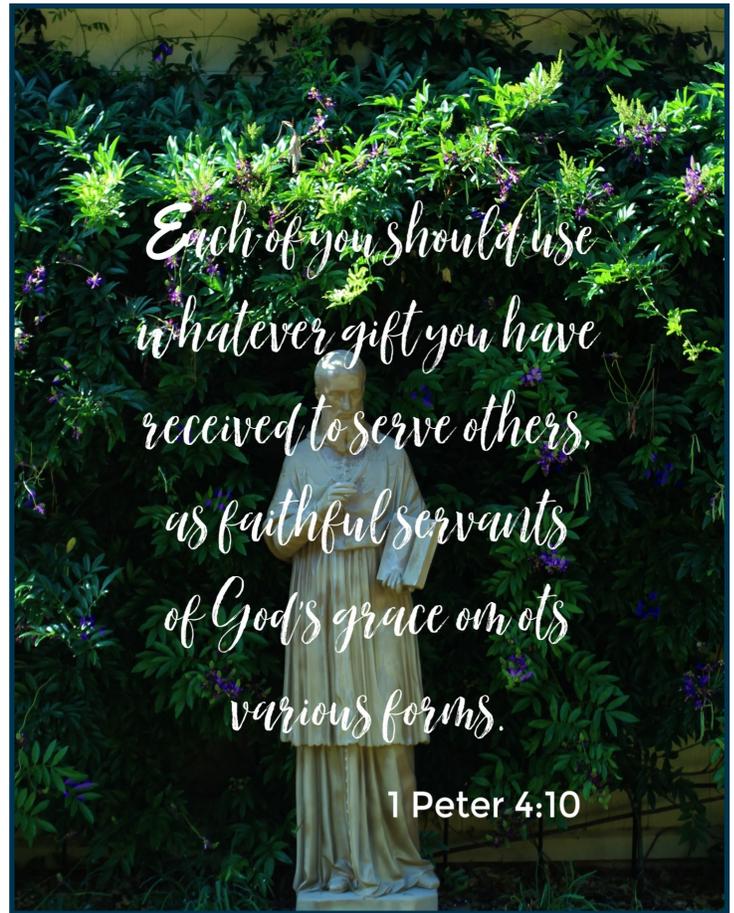
- that you may rise each day of 2019 with gratitude for all that has been and with desire to welcome and embrace all that the Lord sends.
- that you may have a welcoming attitude, hospitable and gracious to all who come into your life and accept all of life as God's marvelous gift.
- that you may learn to walk gently and treat yourself and others gently no matter what life may bring as you continue your journey.
- that you may be blessed and graced with the gift of "good counsel" and "gentle wisdom" to help you discern your choices.
- that you may meet joyful, optimistic and welcoming people on your journey and be graced by their presence in your life.

Every day that we wake up is a good day. Every breath that we take is filled with hope for a better day. Every word that we speak can change what is bad into something good. Every moment of the day brings new opportunities and possibilities.

May this moment and all other coming moments open new doors for you and may God bless you with wisdom and courage to walk in faith, as you continue your journey of life through the year 2019!

Fr. Gus

— OFFER —  
**hospitality**  
TO ONE ANOTHER  
WITHOUT GRUMBLING.  
— 1 Peter 4:9 —



Wellspring will be offering three series of classes at Wellspring this year.

The classes will be held on Tuesday nights from 7:00—8:00 pm.

The following classes will be offered in 2019.

- **Becoming Hospitable**  
Six Week Series  
January 8—February 12, 2019
- **Lenten Series**  
Five Week Series  
March 12—April 9, 2019
- **Growing in Hospitality**  
Six Week Series  
September 24—October 29, 2019

## CLASSES AT WELLSPRING

# COMMUNITY AND HOSPITALITY

Hospitality is almost impossible to teach. It flows from a heart of love and understanding between individuals and within families and communities. Hospitality is nurtured by families and communities. Families and communities are formed and nurtured by hospitality. Hospitality is welcoming all people, including strangers, with respect and appreciation and making them feel welcome, comfortable and at home.

*this is love*  
**NOT THAT  
WE LOVED GOD  
BUT THAT  
HE LOVED US**  
1 JOHN 4:10

Hospitality takes away fears, doubts and suspicions of others, especially strangers. St. John, in his first letter, encourages his readers to love one another. He says, "The man without love has known nothing of God for God is love. Love then consists in this: not that we have loved God, but that God has loved us." (1 John 4:7,10) God's love first. Ours is only a response to that love – it is "answering love". This response to God's love enables us to reach out to others, to develop friendships and relationships in our community.

God has placed in our hearts a strong desire for a deeper experience of community. Individuals and groups search for more practical ways to build deeper and more personal experience of Christian community. Christian community cannot be built on discussions, group dynamics, rule books or on any other mere human effort although all of them can help.

Most of the world's major religions affirm that we, human beings, can and must live in harmony with each other and with our environment. We can and must love one another. We can and must accept one another both in our strengths and in our weaknesses. We must form community with others. We are interdependent beings. We can and must develop a human community in which the members both love and feel loved and can express that internal love through external activity and relationships which are dedicated towards the improvement of the human condition.

**We can find ourselves only within something that is larger than ourselves.**

We bond ourselves to each other not simply in response to common threat, not simply in response to human need, but we bond ourselves to each other because it is a necessary condition to becoming fully human. God has laid the foundation of our fellowship, bound us together in one body, with other Christians in Jesus. We form community with others as grateful recipients of the gift of others in community and not as demanders. We thank God for giving us brothers and sisters to care for and love. We thank Him for giving us brothers and sisters who will go on living with us through success and failure, through life and death, through sin and grace. We are interdependent beings.

The Acts of the Apostles tells us that the early Christians devoted themselves to "communal life", held everything in common and shared everything according to each one's need (Acts 2:42-45), and that they were of one heart and one mind (Acts 4:32). Peter, in his first letter, challenged his readers to be living stones being built into a "spiritual house" – a community that was not isolated, individualistic, or a solitary religion (1 Peter 2:4-9), but faithful people in communion, in fellowship, in union of mind and heart.

Paul used the image of the body to describe his vision of Christian life – many members, with different functions, different in size and shape, form one single body. Each member has to honor and respect the other members of the body to function well. Paul saw the gifts and talents of individuals as gifts from the same spirit, but gifts given for the common good and not for personal gain. Different gifts, variety of gifts, abundance of gifts – all from the same Spirit, given for the

**SO WE, BEING MANY,  
ARE ONE BODY  
IN CHRIST,  
AND INDIVIDUALLY  
MEMBERS OF ONE ANOTHER.**

ROMANS 12:5

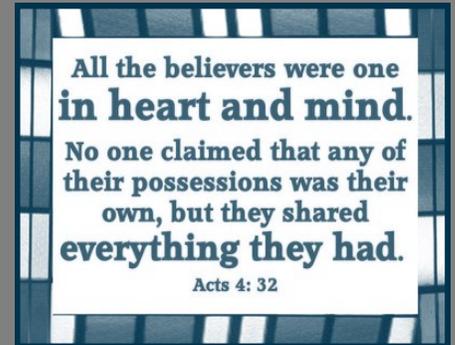


good of the community. Paul saw unity, not uniformity, in diversity as God's gift for common life. He saw diversity as God's gift. We give thanks daily for Christian fellowship in which we have been placed, even when there is no great experience, no discoverable riches, but much weakness, small faith and many difficulties.

**Community demands social grace, hospitality, a welcoming attitude, an optimistic disposition, acceptance, respect, empathy, redemptive listening, patience and other similar virtues.**

**Community demands developing a sense of communion, belongingness and fellowship.**

Changed by the Easter event, the first believers maintained a healthy unity and harmony among themselves despite differences. The Acts of the Apostles tells us the community of believers was of one mind and one heart. All who believed were held together and had all things in common and shared their possessions according to each one's need. Distinctions regarding gender, race, ethnic background, and socio-economic status were causes of friction and separation among them, but Easter changed everything. Belongingness to the saving cross and the death and resurrection of Christ changed them radically. They were a new people and they were one, unified, harmonious group. They became a community in Christ! Easter transformed their lives and gave them a new sense of belongingness in community. They shared, respected one another, claimed nothing as their own, and so no one was needy among them. (Acts 2:42-47 & Acts 4:32-37)



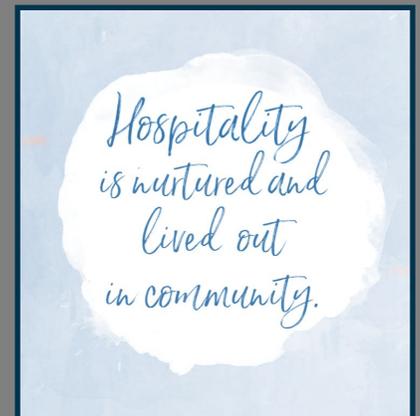
The number of followers of Jesus grew, and they became an international community. They had to confront new problems such as the care of the poor, orphans and widows. They also had to confront the tension between ethnic and socio-economic groups. The Greeks began to feel that their widows were being neglected. There was disharmony, disunity and partiality in the community.

The apostles chose seven deacons to carry out the work of hospitality, compassion and mercy as well as to restore unity and maintain harmony in the community so that they could devote themselves to proclaiming the good news of the Risen Lord. The chosen seven were commissioned to reach out to those who were ignored in the community, the less fortunate in the community, the widows and the orphans, women and children - the most marginalized at that time. They were also commissioned to reach out to those outside the circles of the Jewish community, the Hellenists.

There were four outstanding virtues which the community recognized in the seven chosen ones and which the community commissioned them to live: hospitality, harmony, justice and compassion. The virtue that we have begun to study this year at Wellspring is the virtue of hospitality.

Hospitality was one of the central virtues of Judeo-Christian culture and tradition. This virtue must be lived out in community, and it can be nurtured only by community with all its limitations and imperfections. The first seven deacons were commissioned to nurture this virtue of hospitality. They were to reach out to those on the margin and beyond the margins and boundaries. Remember Abraham's hospitality to strangers who brought him the gift he was waiting for—good news about the birth of his son. Remember the story of Jesus in the house of Martha and Mary. Hospitality is at the heart of the Christian message.

Read more about the virtue of hospitality in the article titled "Virtue of Hospitality" on page 7.



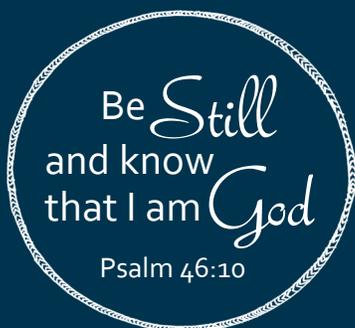
Fr. Gus Tharappel, msfs

# RETREATS AT WELLSPRING

Wellspring will be offering monthly retreats throughout the year. We live in a hectic world that sometimes makes us think we are too busy to stop and spend time in retreat. Jesus often went away to spend time alone (Mark 1:35). We too need time away to reflect and pray. Consider joining us for one of our retreats or contact us to schedule a personal retreat. Join us as we strive to draw near to God, grow in virtue and reflect on the goodness of the Lord.

All retreats are scheduled on Saturdays from 9:30 am—12:30 pm  
All are welcome.  
No registration is necessary.

- New Year Retreat January 5, 2019
- Retreat on Virtue of Hospitality February 9, 2019
- Lenten Retreat March 9, 2019
- Holy Week Retreat April 13, 2019
- Retreat on Virtue of Hospitality May 11, 2019
- Retreat on Virtue of Hospitality June 8, 2019
- Retreat on Virtue of Hospitality July 13, 2019
- Retreat on Virtue of Hospitality August 10, 2019
- Retreat on Virtue of Hospitality September 14, 2019
- Retreat on Virtue of Hospitality October 12, 2019
- Retreat on Virtue of Hospitality November 9, 2019
- Advent Retreat December 7, 2019



Dr. Robert McNeish, a science teacher from Baltimore, shared the following lessons from his observations of geese. Geese have an incredibly strong sense of loyalty and community. Consider these facts about geese and the lessons we can learn.

Fact 1: As each goose flaps its wings, it creates an uplift for the birds that follow. By flying in V formation, the whole flock adds 71% greater flying range than if each bird flew alone.

- The lesson is when we share a common direction and sense of community we can get where we are going quicker and easier because we are traveling on the thrust of one another.

Fact 2: When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

- The lesson we can learn is that we should stay in formation with those headed where we want to go. We must be willing to accept their help, and give our help to others.

Fact 3: When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

- The lesson to note is that we are interdependent on each other's skills, capabilities, and unique arrangement of gifts, talents, or resources. We are called to help and support each other in community.

Fact 4: The geese flying in formation honk to encourage those in front to keep up their speed.

- The lesson is we need to make sure our honking is encouraging. In communities where there is encouragement, the community is far more productive and content.

Fact 5: When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help or protect it. They stay with it until it dies or is able to fly again. Then they launch out with another formation or catch up with the flock.

- The lesson we learn this is that we must stand by each other in difficult times as well as joy filled times.

## LESSONS IN NATURE

# VIRTUE OF HOSPITALITY

The word "hospitality" (hospitium in Latin) derives from "hospes", meaning "guest" and "host". It could mean a stranger who receives a welcome or the one who welcomes. Hospitality implies mutuality and is characterized by sincere graciousness between strangers. Civilized people of the ancient world appreciated hospitality and felt it a sacred duty to provide for the needs of the stranger (sojourner).

Hospitality is an essential characteristic of Judeo-Christian traditions. Biblical literature develops the theme of the close relationship between God and the sojourner. The patriarchal stories of the Old Testament give us wonderful examples of this relationship between God and the stranger. God is encountered in the stranger and the stranger brings good news from God (Genesis 18:1-15, 19:1-11, 24:14-61).

God is identified as both guest and gracious host who befriended the Israelite people while they were strangers (sojourners). Because they were sojourners once (Deuteronomy 10:19), the Israelites esteemed the sojourner highly. In the New Testament, Jesus is identified as both guest and host. Always deeply conscious of and attentive to the needs of the poor, the marginalized, the sinner, the Samaritans and the Gentiles, Jesus remains a sojourner who depends upon the hospitality of others (Matthew 8:20, Mark 7:24, Luke 7:36, John 12:2). Jesus is presented as the supreme host when He washes the feet of the disciples and breaks bread with them (Mark 6:41-45, Luke 22:27, John 13:1-17).

## **Christians must remain guests and hosts in a world that has a short supply of hospitality.**

To be a guest means that we are strangers and aliens no longer; we have been welcomed and accepted into the home; the world has become our home; we are being treated with respect; our needs are taken care of; we can be comfortable and at home with others; we do not have to pretend; we can be free to be ourselves; we can simply and purely smile without putting on a facade; we can touch and be touched without fear. We remember that it is God's world. It is a good world and we should honor God's world and all that it holds for us.

To be a host means to open the door of welcome for another, friend or stranger, and make him feel at home, to make another feel comfortable, to treat the other with respect, to create a climate where the other can feel safe and suspicions are removed and trust is created, to wait on another, to serve another who is a stranger or a friend - there is a bit of stranger and friend in all of us, to be sensitive to the other and to respond to the other with kindness, to be gracious and be grateful for the visit of the other and to let the other know how much his or her visit is appreciated and to let the stranger become friend.

To all who share possessions and heart's affections, Jesus promised the kingdom of God (Matthew 25:35-42). Refusal to share food, shelter or help is an indictment that merits condemnation. For Jesus, "neighbor" is coextensive with "humanity" to such an extent that the stranger becomes the neighbor. The stranger who became a neighbor is held out to us as a model (Luke 10:25-37).

Hospitality has changed over the years. In the early Church, it was the responsibility of missionaries, bishops, priests and deacons. In the middle ages, its duties extended into the traditions and rules of religious communities, like those of St. Benedict and St. Francis of Assisi.

Hospitality is an extension of the Eucharistic Liturgy, in which Christ, who becomes food, invites and welcomes humanity to the celebration of its own transformation. All who share the Eucharistic

*(continued on page 8)*

When God's people  
are in need, be  
ready to help them.  
Always be eager to  
**PRACTICE HOSPITALITY.**  
ROMANS 12:13 NLT

(continued from page 7)

meal are challenged to serve others as they have been served. In doing so Christians serve Christ (Matthew 25:40).

### Christian worship lacks authenticity if love and service do not flow from it.

The places where the early Christians gathered to worship were characterized by “domestic” hospitality which included washing of the feet, caring for the sick, welcoming the stranger, sharing of food, caring for widows and orphans and so on. Christian hospitality must extend to all people, manifesting the hospitality of the kingdom of God. Directed toward all people, hospitality is realized by individuals, families and communities. Pope Paul VI called the Church to remember its responsibility of “giving foreigners a hospitable reception”.

The Gospel of Luke (24:13-15) tells us the story of two of the disciples of Jesus journeying from Jerusalem to Emmaus. They were sharing reflections on their doubts and feelings about the events which occurred during the past three days. This sharing did not remove their disappointments but enabled them to talk to a stranger about their feelings. The stranger opened the scripture for them, and they began to grasp the meaning of the recent happenings. They were hospitable; they welcomed the stranger, and the stranger helped them sort out their feelings.

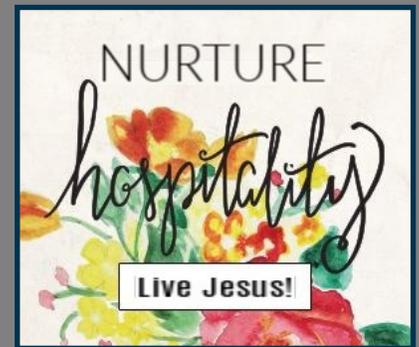
The two travelers were open to the stranger, willing to sit at table with him and share what they had with him. They were hospitable. Their hospitality became their blessing.

Men who traveled away from Jerusalem turned around and went toward Jerusalem. On their return to the community, they experienced a new presence, a presence that brought peace to troubled minds, peace to fearful hearts, peace to those tormented by doubts. They touched Him (their master) again.

Jesus did what he had done many times when he had something important to say or do - he asked for food. They gave him fish, a snack rather than a meal - He was alive and He ate with them. Hospitality has a way of transforming people.

Hospitality has a way of making strangers friends, taking away fears and doubts and frustrations, bringing peace into troubled minds and hearts, moving people toward others, helping people reach out in service, challenging people to share their possessions and experiences and much more! **Nurture hospitality!**

Fr. Gus Tharappel, msfs



## PRAYER FOR HOSPITALITY

*Ever Loving Father,*

- *Bless us with a welcoming heart! Enable us to welcome all who come our way and embrace all that you send us gracefully and joyfully.*
- *Help us to be welcoming and inclusive to all who come to our door. Inspire us to go out of our way to include those in the margins.*
- *Help us to listen, to smile and to offer a helping hand to those we meet every moment of our days.*
- *Give us eyes to see the deepest needs of people and respond with kindness and compassion.*
- *Help us understand what it means to love others as we love ourselves, to care for the weak, to feed the hungry, to clothe the naked, to give drink to the thirsty and to speak encouraging words and to be present to all, gently and peacefully.*

Fr. Gus

# THE ODD COUPLE

Many years ago, the radiology department where I worked hired a young blind man to work in the dark room. He was responsible for developing the many x-rays of our busy department. Dave was a good employee who was organized, timely and didn't mind spending hours in a dark room.



Shortly after Dave came to work, my supervisor asked if I would take Dave to lunch with me. Our cafeteria was in the basement of the hospital and navigating the elevator and long halls with wheelchairs and stretchers coming and going was not easy to do. I told my supervisor I would be happy to walk with Dave to the cafeteria. At the time I was about six months pregnant. My husband and I were expecting our first child. I told Dave we looked like the "odd couple" getting off of the hospital elevator. There I was, a rather short, waddling, pregnant lady, with a young blind man holding my right elbow and tapping his cane.

Our lunch was nice and we talked easily. I thought it was a "one and done" request. After lunch I returned Dave to his work station.

The next day my supervisor approached me again around my lunch time. He had heard from Dave that he liked going to lunch with me. That is how my standing lunch date with Dave began. Over the weeks that Dave and I ate lunch together, we became friends and I didn't think about me "helping him" get to the cafeteria. During one of our lunch dates, Dave told me he was born a premie. He was given pure oxygen at birth to help his breathing, but the oxygen had left him blind. Dave shared that he had attended a school for the blind where he learned Braille and developed a great interest in many things. He lived in a small apartment near his parents' home, and he rode the city bus to the hospital each day. He wanted to be as independent as possible. We shared many interesting conversations.

One day I told Dave I would be leaving soon to go on maternity leave and someone else would help him get to the cafeteria. He told me he would miss me, and also shared that he had never "seen" a baby before. A few weeks after our baby was born, I stopped by the hospital with our new baby girl. My co-workers were happy to see me and the baby. I found Dave in the dark-room working and asked him to come to the lounge and meet my baby girl. He was nervous and a bit afraid of her. I showed him how to hold her close and how to support her little head. Then I told him to talk softly to her. She turned her head when he began to speak. I explained to him that she had heard his voice many times before during our lunch dates together. He liked that and became more at ease with her. He held her little hands in his and felt her tiny face. He got to touch the "soft spot" on the top of her head. He had heard about it, but as he said, "Now I've seen it!"

A small request from my supervisor to help a fellow employee turned out to be a blessing for me. My small act of hospitality opened my eyes to "see" what it was like to be a blind man. Many times we are greatly blessed by our efforts to be hospitable to our friends, neighbors, coworkers and strangers. When we make space for each other, we create a space where strangers can become friends. The "odd couple" had come full circle.

Patricia Cussen



# JUST SAY HELLO

The beginning of a new year at Wellspring means a look at a new virtue. I am excited to see Fr. Gus open up the virtue of hospitality for us this year. He has a way of challenging and inspiring us to see more in the virtue each year.

At our recent New Year's retreat at Wellspring, Fr. Gus introduced the virtue of hospitality. At the end of the retreat, he encouraged us to notice the stranger. He encouraged us to speak a kind word to the stranger if the opportunity presented itself.

As I thought about the opportunity and challenge to speak a kind word to the strangers I meet, I thought back to a time when I was the stranger. My husband and I moved to Tyler just as our oldest daughter, Madison, was starting kindergarten at St. Gregory. I was excited about our move to Tyler but missing my friends and community in Dallas soon after we arrived. Each afternoon I would arrive at St. Gregory to pick Madison up from school and see many of the other moms visiting in the parking lot while waiting for our children. Not knowing anyone yet, I would awkwardly stand alone waiting. For a while, no one reached out to me. They were busy catching up and unaware that I was standing alone. It was a lonely feeling. It wasn't long before I began to get acquainted and began visiting with moms while waiting for our children. During those afternoon visits, I often looked to see if there was a new mom waiting and made an effort to welcome her into our school community.

We are each presented with opportunities to welcome others into our circles.

There are times when I miss the opportunity to welcome a newcomer. This week I noticed a couple that I see at church week after week but have never met. I said hello and introduced myself to the couple as we walked into church together. I learned a little about their family, and I am looking forward to meeting them again. Sometimes I believe the opportunity to connect with someone has passed. I may see someone often and say hello, but I am uncomfortable reaching out to get to know them better. The virtue of hospitality calls me to reach out, to say hello and to connect. Taking advantage of those opportunities to connect with others makes us community.

Taking the first step to meet others is easy for me. I like to include people, and I want others to feel welcome. The struggle for me is to overcome the barriers that keep me from showing hospitality to people in my life who are difficult. Some people are easier to love than others; they love me back and they make me feel good about myself. Hospitality is the virtue that breaks down those barriers that separate us from people who are harder to love. The gospel of Matthew tells us: "For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?" (Matthew 5:46) In other words, I don't think we can expect a great reward for only loving when it's easy.

The virtue of hospitality enables us to recognize the gift of God in each person. Jesus is our model. There were no barriers for Jesus. He loved and accepted all. Jesus made room for everyone, for all types of people—neighbors, the poor, strangers, children, those who were hard to love. Jesus is with us as we make room and welcome others in, especially the people we encounter who are difficult. He walks with us as we strive to live out the virtue of hospitality in our lives.

*If you love those  
WHO LOVE YOU, WHAT  
BENEFIT IS THAT  
to you? For even  
SINNERS LOVE THOSE  
who love them.*

LUKE 6:32

This new year will bring opportunities to welcome the stranger and the newcomer, but it will also afford opportunities to show hospitality to those close to us who challenge us. I look forward to learning more about the virtue of hospitality and striving to show love and kindness to all those I meet on my journey.

Bari Walker

**DON'T WAIT FOR  
PEOPLE TO BE  
FRIENDLY  
SHOW THEM HOW**

# GOD BLESS THIS HOUSE

Soon after my husband and I were married, we traveled almost 1,000 miles to start our new jobs in Arizona. Little did we know how different it would be from Kansas. We rented a furnished apartment to be near work. It didn't take long to move in as we had few possessions, mostly just books and clothes.

We were unpacking when a knock came on our door. There stood an elderly woman who introduced herself as Rosalie and welcomed us to the Catalina Apartment complex. She had a thick German accent and eyes that seemed to twinkle. She said to stop by her apartment if we ever needed anything or had questions about the apartment complex.

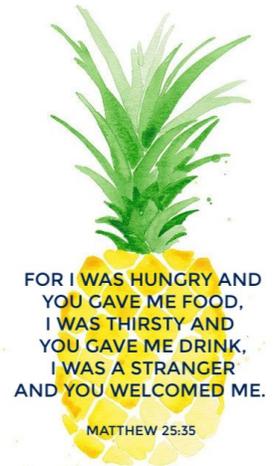
Over the course of many months we came to see more of Rosalie. She was always helpful and kind. Early one Friday evening we saw her outside near the mailboxes. We shared with her that we were moving and would be leaving the apartment complex for a townhouse across town. She smiled and asked us to please come with her to her apartment as she had something she wanted to give us. When we entered her apartment, it was getting dark and we commented about her turning on a light. As she ran to get something out of the kitchen, she replied, "Never mind the darkness." She returned and handed my husband a bread board. One side was for slicing bread and on the other side were painted beautiful blue and white flowers with the letters "Gott Segne Unser Haus." She wanted us to have this small gift. We thanked her for the gift. We could tell that the bread board wasn't new but that it had special meaning to her.

We hung that bread board on our kitchen wall when we moved into our new townhouse and often thought of Rosalie. The phrase on the bread board was German and it meant "God Bless This House." We learned that Rosalee was a Jewish lady from New York and was one of the many who retired from the cold and became a snowbird in sunny Arizona. Later we realized that her little apartment was dark on the night she gave us the bread board because she was observing the beginning of the Jewish Sabbath.

Rosalie of course knew we were Gentiles. Yet, this little Jewish lady welcomed two strangers from Kansas, gave us her blessing and graciously showed us great hospitality.

Patricia Cussen

a smile  
is the  
universal  
welcome



Go the  
EXTRA MILES,  
it's never  
CROWDED.

OUR FAVORITE  
**Virtue**  
QUOTES

Hospitality  
is welcoming  
all people with  
respect and  
appreciation.

HOSPITALITY IS  
**LOVE**  
IN ACTION

To welcome the  
stranger is to  
extend the hand  
of God

HOSPITALITY IS NOT  
ABOUT INVITING PEOPLE  
INTO OUR PERFECT LIVES.  
IT IS ALL ABOUT  
INVITING PEOPLE INTO  
OUR IMPERFECT HEARTS.

When we do the best  
that we can, we never  
know what miracle is  
wrought in our life or  
the life of another.  
Helen Keller

"AND DON'T FORGET TO  
DO GOOD AND TO SHARE  
WITH THOSE IN NEED.  
THESE ARE THE  
SACRIFICES THAT  
PLEASE GOD."  
-HEBREWS 13:16

"True  
hospitality  
consists of  
giving the best  
of yourself to  
your guests."  
-Eleanor Roosevelt

HOSPITALITY IS A WAY OF  
ENCOUNTERING GOD IN  
THE STRANGER.

NO ONE WAS MORE  
HOSPITABLE THAN

Jesus.

HOSPITALITY  
IS  
SIMPLY AN  
OPPORTUNITY  
TO SHOW  
LOVE  
AND  
CARE

Share with  
the Lord's  
people  
who are  
in need.  
Practice  
hospitality.

Hospitality  
BEGINS IN THE HEART

"...People will  
forget what you  
said, people will  
forget what you  
did, but **people**  
will never forget  
how you made  
them feel."  
Maya Angelou



HOSPITALITY IS ESPECIALLY IMPORTANT IN A WORLD THAT IS  
BECOMING MORE AND MORE HOSTILE, INSECURE AND SUSPICIOUS.

"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