

Wellspring, Fransalian Center for Spirituality

October 19, 2020

Dear Brothers and Sisters,

The Gospel readings of the daily masses this week call us to be attentive, alert, vigilant and watchful. "Pay attention" is a phrase that most of us have heard often. You may have heard this from your parents or from your teachers. You may have heard it from the policeman who just pulled you over.

We live in a busy world, often on fast-moving and busy roads, in a hurry to get somewhere or to accomplish something. We must pay attention to notice the "moments of grace" in our lives. These moments are not just random moments, just something that happens to us. They are times that we can be there for someone, listen to someone, compliment someone, help someone and serve someone. Those are the moments in life worth paying attention to.... they are moments of Grace and now is the moment of grace.

It takes real discipline and deliberate effort to be attentive to ordinary and everyday matters of life. Major happenings like birth, moving, promotion, financial loss, death, etc. force themselves on our consciousness. The ordinary realities of life simply pass by; they just go by or we just go by them. Morning comes and evening comes, one day passes whether we notice or not.

It takes real discipline to be attentive to our shortfalls, limitations, and imperfections. It is easy to ignore them and dismiss them as insignificant. Most of us don't commit crimes or have major failures. We have imperfections and shortfalls. If we are not attentive to our imperfections, they have a tendency to take hold of us. It takes Vigilance to discover and correct our own mistakes and keep our conduct consistent with our calling and commitments. Being attentive to what is important and what is trivial, what needs action now and what is not really urgent, help us to live meaningful as well as productive lives.

It takes real discipline to pay attention to our desires. We have all kinds of desires. We must pay attention to the desires that need to be purified or abandoned or carefully and tenderly taken care of. We must pay attention to those wonderful desires that are there but have not been acted upon and see what we would like to do to respond to those desires.

I encourage you to take a few moments each day of this week to reflect on how attentive you have been through the day to your spouse, your children., your work, your duties, etc. Think of what you can do to raise the quality of your attentiveness, vigilance and watchfulness!

God bless you and your family and keep you safe in His Love.

Fr. Gus Tharappel, msfs

Twenty-Ninth Week in Ordinary Time

October 19 – Monday, Twenty Ninth Week in Ordinary Time

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Be Still: Our families, communities and churches are healthy when we are watchful. We must be watchful, be attentive to who we are, to what we are called to do and to our own needs, feelings, weaknesses, etc. We must also be watchful of others and be attentive to all that they are.

Dwell on this thought for a few moments before reading further.

Collect

Almighty ever-living God,
grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
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.

Scripture Readings: Ephesians 2:1-10; Psalm 100

Luke 12:13-21

Jesus tells the story of the “rich fool” who pulled down his barn to build a bigger one to gather in his rich harvest. The man never saw beyond himself. Neither did he see beyond this world. He lost himself even in this world!

Dwell on this thought for a few moments before reading further.

This reminds me of the story of the rich young man who wanted to know from Jesus what he had to do to inherit eternal life. Jesus responded to him by suggesting that he follows the commandments that he knew. The young man seemed to want to do more. Jesus invited him to do “one more thing”, to sell all he had and give it to the poor and choose to follow him, if he really wanted to. The young man could not make that choice. He went away sad because he

had many possessions, and he was not ready to part with them. Like the “rich fool” in today’s excerpt, he failed to see beyond himself...neither did he see beyond this world.

Possessions do not guarantee life! In fact, possessions could take away the joy of life! We have choices to make - grow rich before God or the world! Being rich before the world does not guarantee life! We are challenged and inspired to consider and prayerfully reflect on our own attitude toward the passing pleasures and possessions of this world.

Dwell on this thought for a few moments before reading further.

Take a few moments to pray from your heart.....

Remember our Holy Father Pope Francis, Bishop Joseph Strickland and all our spiritual leaders.

Remember our president and all leaders our country and the world and pray that God will enlighten them with His wisdom to make wise decisions during these difficult days.

Remember your most urgent need and that of your family and those in your care.

Remember those who are affected by COVID-19 and those who care for them.

Remember those who are searching for a cure for COVID-19.

Remember all who suffer and all who have no one to care for them.

Our Father...

Spiritual Communion

Lord Jesus, I believe in your real presence in the Eucharist, the Sacrament of the Altar. I place myself in your presence and adore you, worship you and glorify you. I am unable to receive you in Holy Communion at Mass today. I hunger and thirst for your way, your truth and your life. Come into my heart Lord and satisfy my hunger and quench my thirst. Bless me that I may give witness to your presence in my life. Amen

Spend a few moments in silent prayer

May the Lord bless us, keep us from all evil and bring us to everlasting life. Amen.

Let us praise the Lord. Thanks be to God.

Saint of the Day, October 19 - Saints Isaac Jogues, Jean de Brébeuf, and Companions and 28 other saints are remembered this day

October 20 – Tuesday, Twenty Ninth Week in Ordinary Time

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Be Still: Watchfulness is a healthy disposition which nurtures a culture of meaningful relationship, genuine caring for one another that includes a certain openness of life between members in families and communities, where members discipline, instruct, serve, forgive, show compassion, mourn and rejoice with one another.

Dwell on this thought for a few moments before reading further.

Collect

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grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
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.

Scripture Readings: Ephesians 2:12-22; Psalm 85

Luke 12:35-38

Jesus taught the disciples to be watchful, alert and awake...to be prepared. He said to them that no one knew the day or the hour when God would break into their history.

Be alert! Stay awake! Be watchful! Now is the moment of Grace!

Dwell on this thought for a few moments before reading further.

Jesus used imageries familiar to his listeners. "Let your loins be girt" he said...in other words, pull up your sleeves; "keep your lamps burning", he said....., in other words, trim the wick and replenish the lamps with oil....just be ready to welcome God as and when he breaks in.....you do not know the day or the hour!

**How would you like God to find you when he breaks in? Your work completed? Your mission accomplished? Fulfilling the mission given to you? Your lamps burning bright?
Make sure that all is well and in good order!**

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Spend a few moments in silent prayer

May the Lord bless us, keep us from all evil and bring us to everlasting life. Amen.

Let us praise the Lord. Thanks be to God.

Saint of the Day, October 20 - Saint Paul of the Cross and 17 other saints are remembered this day

October 21 – Wednesday, Twenty Ninth Week in Ordinary Time

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Be Still: It's also important to watch our conduct and our doctrine (1 Tim. 4:16). This is particularly true of parents, teachers and pastors. But it is also true for every Christian who is involved in helping the members of family and community to watch their lives, their doctrine, their ethical and moral conduct, their faith and prayer life.

Dwell on this thought for a few moments before reading further.

Collect

Almighty ever-living God,
grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
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.

Scripture Reading: Ephesians 3:2-12; Isaiah 12

Luke 12:39-48

Jesus taught the disciples to be watchful, alert, and awake...to be prepared. He said to them that no one knew the day or the hour when God would break into their history. He also said that the son of man would come when he is least expected. So be prepared. Be alert! Stay awake!

Dwell on this thought for a few moments before reading further.

Jesus told them the parable of the faithful steward to emphasize the need for preparedness. He asked them about what would happen to a steward who was abusive in his master's absence. Jesus called them to be faithful even in the master's absence, even when no one is watching. Faithfulness is an enduring quality of a person and not just the fulfillment of duties and obligations.

Dwell on this thought for a few moments before reading further.

He also taught them that responsibility came with privilege.... "more will be asked of the man to whom more has been entrusted". Abuse of privileges brings disaster. Be watchful. Be grateful and be responsible for the gifts and talents which God has given to you.

Dwell on this thought for a few moments before reading further.

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Spend a few moments in silent prayer

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Let us praise the Lord. Thanks be to God.

Saint of the Day, October 21 - Saint Hilarion and 21 other saints are remembered this day.

October 22 – Thursday, Twenty Ninth Week in Ordinary Time

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Be Still: Be watchful on your journey! Look more attentively, closely and deeply on your journey.... look at where your heart has been and where it is now. Has it been and is it in a good place, a peaceful place, a safe place, a quiet place? Be watchful and keep it in a good place!

Dwell on this thought for a few moments before reading further.

Collect

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grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
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.

Scripture Readings: Ephesians 3:14-21; Psalm 33

Luke 12:49-53

Jesus said that he came to cast fire upon the earth. To the Jews, fire was a symbol of judgment. The Jews believed themselves to be the favorites, the special people of God and that they would be judged by a different standard from the rest of humanity. The coming of Jesus was a time of judgment of the 'earth', of all people and not just the Jews.

Dwell on this thought for a few moments before reading further.

The Jews waited for the Messiah, conqueror and King. To them, Jesus spoke of the terrible experience he would go through - a time of tension and conflict that he would have to go through, "I have a baptism to be baptized with" - the cross was before his eyes as he continued his journey to Jerusalem. How different this is from the idea of conqueror King! Jesus came not with avenging armies but giving His life so that we may have life to its fullness.

Dwell on this thought for a few moments before reading further.

His coming meant division and it still could mean division because loyalty to Christ has to take precedence over the dearest loyalties of this world.

To choose Christ could mean denial of other things and other loyalties!

Dwell on this thought for a few moments before reading further.

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Spend a few moments in silent prayer

May the Lord bless us, keep us from all evil and bring us to everlasting life. Amen.

Let us praise the Lord. Thanks be to God.

Saint of the Day, October 22 - Saint John Paul II and 28 other saints are remembered this day

October 23 – Friday, Twenty Ninth Week in Ordinary Time

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Be Still: Be watchful of places and people and situations that blessed you, affirmed you, enriched you, encouraged you, empowered you.....just say, Thank you! And be watchful of the places and people and situations that have not been healthy and are still not healthy... Set new directions!

Dwell on this thought for a few moments before reading further.

Collect

Almighty ever-living God,
grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
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.

Scripture Readings: Ephesians 4:1-6; Psalm 24

Luke 12:54-59

Jesus challenged his listeners to learn to read the signs of the times. They knew how to read the signs in the sky and predict weather changes and yet unable to read the sign of the times.....they have not learned to read what is just and right and honorable. He challenged them to do the just,

the right and the honorable thing.

**Learn to discern what is good, just, and holy!
You are gifted with the “gift of discernment”. Use it!**

Dwell on this thought for a few moments before reading further.

Jesus taught them to settle differences peacefully and make peace with adversaries and above all else, make peace with God while there is still time. There are certain things that cannot be put off for a future occasion. Making peace with God and others is something that needs urgent attention. NOW is the time to make peace.

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Let us praise the Lord. Thanks be to God.

Saint of the Day, October 23 - Saint John of Capistrano and 18 other saints are remembered this day

October 24 – Saturday, Twenty Ninth Week in Ordinary Time

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Be Still: Lord, help me to care and care deeply, intensely and personally.
Help me to be alert, awake, attentive, vigilant and sensitive to the needs of others. Empower me to respond with tenderness and compassion,
Teach me to look out for other’s needs rather than my own,

Dwell on this thought for a few moments before reading further.

Collect

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grant that we may always conform our will to yours
and serve your majesty in sincerity of heart.
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.

Scripture Readings: Ephesians 4:7-16; Psalm 122

Luke 13:1-9

Jesus called his listeners to reform their lives. Jesus used the parable of the unyielding fig tree

to teach them about the need to make changes and renew their lives. Give the tree another chance, another opportunity to yield. Nurture the tree, tenderly care for it, give it more time, give it another year, take another approach and give the tree another chance to yield.

This parable proclaims the Gospel of second chance. Give yourself another chance, another opportunity...give others another chance, give the world another chance.....

Dwell on this thought for a few moments before reading further.

Fig tree in a Vineyard is a beautiful imagery. The tree had ample opportunities to yield and yet did not yield.

Reflect on the many opportunities you are blessed with. We have opportunities now which the world has not known before.

Dwell on this thought for a few moments before reading further.

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Spend a few moments in silent prayer

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Let us praise the Lord. Thanks be to God.

Saint of the Day, October 24 - Saint Anthony Mary Claret and 348 other saints are remembered this day

Fr. Gus Tharappel, msfs

**Don't fret over what you would do with your time
if you could live over again...get busy with what you have left.**