

Wellspring Fransalian Center for Spirituality

June 20, 2021

Dear Brothers and Sisters,

Today, we celebrate Father's Day. Some people view this simply as a counterpart to Mother's Day. It might seem that much of our attention is given to Mother's Day and Father's Day just comes and goes. But to some people like me, Father's Day is just as important as Mother's Day. We remember and honor all fathers, grandfathers, stepfathers, adopted fathers and honorary fathers. We greet our fathers with love, respect, and deep appreciation for their being in our life. May Father's Day be a day of rejoicing and deepening mutual love and respect in all families!

The first Father's Day was observed on June 19, 1910, in Spokane, Washington. Mrs. John B. Dodd of Washington first proposed the idea of a "Father's Day" in 1909. Mrs. Dodd wanted a special day to honor her father, William Smart. William Smart, a Civil War veteran, was widowed when his wife (Mrs. Dodd's mother) died in childbirth with their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington State.

It was after Mrs. Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Her father was born in June, so she chose to celebrate the first Father's Day in Spokane, Washington on June 19, 1910.

In 1924 President Calvin Coolidge supported the idea of a national Father's Day. Finally, in 1966 President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day. In 1972, President Richard Nixon signed the law which finally made it permanent. Many countries observe Father's Day on the third Sunday of June while some celebrate it at different time.

On this Father's Day, remember how lucky you are if your dad is still alive to be part of your life. And, if you are like me and you are without your dad this holiday, take heart and know that you carry on his life and legacy in good ways, and in some cases, even better ways than he could and that is what he would have wanted anyway. Loving and caring fathers want their children to be better than they were and do better than they could. In your heart, carry and cherish the good memories of your father. Always remember the good and let there be room only for the good ones.

Take a few moments to remember your father. Sit with him for a few moments, physically or otherwise. What is the most blessing and challenging thought or word that comes to your mind as you remember him? I hope you will take a few moments to capture your memories of your father, cherish them and be grateful. Share with him your memories, if possible.

Happy Father's Day to everyone who has ever played the role of "dad." Whether that be a brother, an uncle, grandpa, great grandpa, cousin, friend or in some cases, the mom who played the role of dad when he was absent - this weekend is all about you!

Better than being the head of the family is being the heart of it. May you be and become the heart of your family!

Happy Fathers' Day! God bless you and keep you safe in His love.

Fr. Gus Tharappel, msfs

Twelfth Sunday in Ordinary Time – Reflections on the Scripture readings

Today, we celebrate the Twelfth Sunday in Ordinary Time. Our Scripture readings of today encourage us to nurture a trusting relationship with the Lord. We meet Job, the Psalmist, Paul and the disciples of Jesus revealing and renewing their trust in the Lord during stormy and troublesome times.

Job entered into a dialogue with God and came to understand that his sad situation could not be logically explained and surrendered himself to the wisdom of God. The hungry, thirsty, and weary Israelite exiles cried to the Lord and the Lord delivered them and the Psalmist calls them to thank the Lord. Paul speaks of the love of Christ being the moving force in his life. The disciples of Jesus cried out for help and woke up their sleeping master in the midst of a storm and he calmed the storm.

Last Sunday, we were challenged to renew and deepen our faith, walk faithfully and desire to please the Lord. Today, we are called to trust the Lord and cry out to him in our need, especially in our stormy and troublesome times. We are getting close to the end of the pandemic. We still have ways to go and yet we are in a better place than we were a month ago. Our faith has been tested, our hope has been tried and our love for God and each other has been challenged. We have had many opportunities for our own personal growth in Christ and to help our children grow to greater maturity as Christians during these difficult days.

Much has happened to us during this troublesome year. One thing that we are sure of is that we have not given up. We have walked in faith, and we will continue to walk in faith. Our God has been good to us. He has helped us to be patient and optimistic and wait for good things to happen. Our Sacred Scriptures today remind us that God is on our side. He listens to our pleadings. He knows our needs more than we do. We can cry out to him in our need. The disciples woke up their sleeping master. We can do just as they did. Pray constantly, intensely, deeply, and personally and persevere in prayer trusting that God will give us blessings in His time and not when we demand. Let us strive to nurture a trusting relationship with the Lord.

God bless you and your family

Fr. Gus Tharappel, msfs

Twelfth Sunday in Ordinary Time

June 20, 2021

Penitential Act

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

Take a moment of silence to thank the Lord for all that has been.

Take another moment to remember your sinfulness and to pray for forgiveness and peace.

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Lord have mercy Christ have mercy Lord have mercy

Collect

Grant, O Lord,
that we may always revere and love your holy name,
for you never deprive of your guidance
those you set firm on the foundation of your love.
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.

First Reading: Job 38:1, 8-11

Job and his friends discussed the mystery of suffering. His friends concluded that since Job was suffering, he must have been guilty of wrongdoing. And since his suffering is great, his sin must equally be great. Job rejected his friend's conclusion and pleaded innocence and mourned his sad situation. Since Job was innocent, suffering could not have been the result of sin. Job entered into a dialogue with God and came to understand that his sad situation could not be logically

explained. God is the “Lord of creation.” He has the power to do things that human beings can neither do nor understand. Job finally surrendered himself to the wisdom of God.

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

Responsorial Psalm: Psalm 107

This psalm is the beginning of Book V of the Book of Psalms, referring to the life of Israel after its re-settlement on returning home to “Canaan” from exile in Babylon. 107:1-3 – Exile is now over. The lost sheep are gathered and are now home. The journey was not an easy one. 107:4-9 – We have a picture of the weary returnees crossing the desert of Northern Syria, hungry and thirsty, struggling to reach their ancient home – they cried to the Lord and he delivered them – led them by a straight way, not getting lost again, till they arrive at a city to dwell in. They now thank the Lord for his “unfailing love”.

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

**They cried to the Lord in their distress,
From their straits he rescued them.
He hushed the storm to a gentle breeze,
And the billows of the sea were stilled.**

Pray the whole Psalm now – if not now, pray it later when you have a little more time

Second Reading: 2 Corinthians 5:14-21

Paul says, “The love of Christ impels us” – the love of Christ became the moving force in the life of Paul. This love, he says, makes us a “new creation”, with a new lifestyle. This is God’s gift of reconciliation and peace.

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

In Jesus, God has reconciled us to himself so that we may become “the very holiness of God”. How awesome and how challenging!

Be faithful to your calling! You have been reconciled and called to become the “very holiness of God”!

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

Gospel: Mark 4:35-41

Jesus reached out to the disciples who were frightened by the storm in the sea. This is one of the rare stories in the Gospels.... very human, very ordinary, down to earth experience of Jesus and the disciples.

We meet Jesus “soundly” asleep. The Sea of Galilee was known for sudden and violent storms. Jesus trusted his men with the boat in an unpredictable Sea and went to sleep.

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

We meet the disciples who were afraid of the storm but unafraid to wake up their master in their urgent need!

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

Jesus woke up to save his men.

What a wonderful relationship between master and disciples...trusting each other...being free with each other.... unafraid of each other!

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

Be Still for a few moments!

Pray for your needs and those of your family and community.

Intercessions: 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 of 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 the pandemic and those who care for them.

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

Be Still: Spend a few moments in silent prayer

Prayer after Communion:

Renewed and nourished
by the Sacred Body and Precious Blood of your Son,
we ask of your mercy, O Lord,
that what we celebrate with constant devotion
may be our sure pledge of redemption.
Through Christ our Lord.

Let us praise the Lord.

Thanks be to God.

Saint of the Day, June 20 - St. Vincent Kaun and 27 other saints are remembered this day.

Fr. Gus Tharappel, msfs

*God did not promise days without pain; laughter without sorrow;
sun without rain. But He did promise strength for the day,
comfort for the tears, and light for our way.*