

Wellspring, Fransaliam Center for Spirituality

June 7, 2020

Dear Brothers and Sisters,

Today, we celebrate and renew our faith in one of the most important doctrines of the Church, The Most Holy Trinity - God as Father, Son and Spirit in one single, indivisible communion of persons. Many have attempted to explain this dogma in varied ways. None of them can adequately explain the meaning and the power that this doctrine has over our lives. We need to understand and accept this as "Mystery" which we can only contemplate, before which we stand in awe, wonder, amazement, admiration, adoration, and praise.

God is Mystery and the Mystery of God is known only through God's self-revelation. Jesus said to Peter when he made his affirmation of Jesus as the Messiah, "flesh and blood has not revealed this to you, but my heavenly Father" (Mathew 16:17). Mystery does not mean "mysterious", or something that is abstract, or something that cannot be known or understood. Mystery is profound truth - Reality, not fact, not verifiable information but profound truth, eternal truth. The more we come to know the truth, the more there is to know. The more we know mystery, the more there is to know. Mystery is revealed and hidden at the same time.

Mystery has to be experienced! We must experience the mystery of God and be immersed into the mystery of God's life and love. We must strive to know God as God is. It is one thing to know about God. It is yet another thing to know God as a person, to know God as three persons in one, single indivisible communion. We can know about God from a book, from the internet and from other people who know about him. But to know God, we must enter into a personal relationship. To know is to become one with that which is known. The more you know God, the more there is to know about God and God's ways.

Our world needs men and women who know God. We do have many who know about God. We need those who have experienced God, who are grounded in their faith in God, who can speak about God from the authority of their experience and not from a book they read or a theology class they attended or a doctorate they hold in systematic theology. We need men and women who have experienced a transformation of their life because they know God and their life is in a continuous process of transformation.

Take a few moments this week to reflect on your own experience of God. Has God become the center and source of your life? Has your experience of God deepened over the years? Is your life in a continuous process of transformation?

God bless you and your family.

Fr. Gus

The Most Holy Trinity

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No one has ever seen God. Yet, if we love one another, God dwells in us and His love is brought to perfection in us. The way we know that we remain in him and he in us, is that he has given us of his spirit. We have seen for ourselves and can testify that the Father has sent the Son as Savior of the world. When anyone acknowledges that Jesus is the Son of God, God dwells in him and he in God. (1 John 4:12-15)

Penitential Act

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

Let us acknowledge our sins and pray for forgiveness and peace.

A moment of silence for remembering your sinfulness

Pray the formula of general confession:

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

God our Father, who by sending into the world
the Word of truth and the Spirit of sanctification
made known to the human race your wondrous mystery,
grant us, we pray, that in professing the true faith,
we may acknowledge the Trinity of eternal glory
and adore your Unity, powerful in majesty.
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: Exodus 34:4-6, 8-9

This excerpt may be better understood if you read the whole chapter (Exodus 34). Moses had gone up the mountain and was in deep conversation with God on Mount Sinai. His people became impatient and made a golden calf and began to worship the image. Moses came down the mountain with God's directives written on two tablets and found his people impatient and unfaithful. In anger, Moses broke the tablets of the law and destroyed the golden calf.

Moses pleaded with God to come down and be with his people and the Lord came down again in a cloud. The Lord asked Moses to cut two stone tablets and go up Mount Sinai alone and Moses followed God's directive early next morning.

In this excerpt, we hear God declaring himself to be "merciful, gracious, slow to anger, rich in kindness and fidelity" and so on.

Moses bowed down to the ground and worshipped the Lord, his God and asked the Lord to be with his people in spite of their wickedness.

Take a few quiet moments, bow down to the Lord, get on your knees, and ask the Lord to be with you and your people in spite of imperfections, weaknesses and sinfulness.

Dwell on this thought for some time.

Responsorial Psalm: Daniel 3:52-56

**Blessed are you, O Lord, the God of our fathers,
Praiseworthy and exalted above all forever;
And blessed is your holy and glorious name,
Praiseworthy and exalted above all for all ages.**

King Nebuchadnezzar had thrown Shadrach, Meshach and Abednego into the fiery furnace for not



Keep trusting God.
He is always in
control even when
your circumstances
may seem out
of control.

worshipping the golden idol that he had made. The three men, in the fiery furnace, sang blessing, glorifying, and praising God. Our responsorial psalm today is the song of these three men in the fiery furnace.

Take a few quiet moments to remember and pray with those who are in the “fiery furnace”, whatever form it may take today. You may know someone who is really being suffocated in the fiery furnace that they themselves or someone else has created for them.

Dwell on this thought for some time.

Second Reading: 2 Corinthians 13:11-13

This excerpt carries the last few verses of the last chapter of the second letter of St. Paul to the Corinthians. In this chapter, Paul made it clear to the Corinthians that he was coming to settle the problems once and for all, exerting his authority if needed; expressed his desire to settle matters amicably without having to exert his authority and shared his hope that they would live in peace and harmony.

Reflect on settling problems amicably and living in peace and harmony

In this excerpt, we have Paul’s sincere prayer and wish for the Corinthian Church: The Grace of Jesus, the Love of the Father and fellowship of the spirit. It is with this blessing that he closed his second letter to the Corinthians. How noble it is to close the letter to a troubled community with blessing and prayer for Grace, Love, and Fellowship.

Take a few moments to send your blessing and prayer to troubled persons, families, and communities. We do not have to go far to find troubled people, families, communities, countries and situations.

Dwell on this thought for some time.

Gospel: John 3:16-18

Verse 16 of this Scripture passage is one of the most frequently quoted scripture verses, displayed on banners, signs and bumper stickers.....“God so loved the world that he gave his only son, so that everyone who believes in him may have eternal life”. This verse is worth memorizing, remembering, and contemplating. This is the central message of the Gospel. This is the good news. It tells us that God loved first and salvation comes from him as his gift. It tells us that God loved the world – not a few favorite people or nation, not even a few good people – but the world. God’s love is an all-embracing love.

We are invited to ponder this all-embracing love of God for the world! As Saint Augustine says, “God loves each one of us as if there was only one of us to love.”

Dwell on this thought for some time.

God’s love, his abiding presence and his intimacy has the power to change people and things and the universe. It is this intimacy that brings peace, God’s gift of peace. We long for a sense of oneness, a union and communion with others like us and communion with God. We long for the liberation which Jesus proclaimed, which only he can offer. It is this communion that brings peace. Jesus is our door to intimacy with God, others and the universe. In Jesus, we discover our freedom and our salvation – Jesus is our freedom and our salvation.

We are called to become witnesses to the mystery of God’s loving presence in the world. In us the world must see the “sign” of the “presence” of the “heart” of God – justice, mercy, peace, joy, compassion, love.

Dwell on this thought for some time.

Baptized in the name of the Triune God, we are called to be models, witnesses, living examples of intimacy with God, Father, Son and Spirit.

Dwell on this thought for some time.

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 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...

Gracious God, who renews your Church in every age, may we live each day in the light and life of Easter until we come into their fullness with your risen Son, Jesus Christ our Lord, our Master and our Savior. Amen

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:

May receiving this Sacrament, O Lord our God,
bring us health of body and soul,
as we confess your eternal holy Trinity and undivided Unity.
Through Christ our Lord.

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.

Fr. Gus Tharappel, msfs

**Live in such a way that those who know you
but don't know God will come to know God because they know you.**