

Wellspring Fransalian Center for Spirituality

January 11, 2021

Dear Brothers and Sisters,

The Gospel reading of the Mass on Friday of this week is the story of Jesus healing a paralyzed man (Mark 2:1-12). Four men brought their friend, a paralyzed man, to Jesus for healing. They could not reach him because of the crowd. So, the four men went up the roof, carrying the paralyzed man on a mat, made a hole in the roof and let down the mat with the man in it to bring him to Jesus. Jesus affirmed the faith of those who reached out to him and healed the paralyzed man. At the word of Jesus, the man who was brought on a mat, carried by four of his friends, “picked up his mat and went outside in the sight of everyone.”

Our sacred Scriptures carry many stories, events, and experiences of such deep and abiding faith in the face of what seemed to be impossible. Abraham was one hundred years old and Sarah ninety years old when Isaac was born; Moses struck the rock and water flowed and he held his staff out over the water, and the waters were divided; Jesus turned water into wine, multiplied five loaves of bread to feed five thousand, cast out evil spirits, raised Lazarus from the dead, etc. When the disciples asked Jesus for an increase of faith, he replied, “If you have faith the size of a mustard seed, you will say to [this] mulberry tree, ‘Be uprooted and planted in the sea,’ and it would obey you (Luke 17:5-6).” The imageries of mustard seed and mulberry tree seem to imply that the apostles possessed the “gift” of faith. All they had to do was to live it, unwrap the gift they had, translate it into action - they had to nurture it and give it life.

A little boy was fascinated watching different colored helium balloons float up to the sky at a county fair. He asked his father if the orange balloons would also rise. His father smiled and said, “It is not the color of the balloon that makes it rise. It is what is inside that makes it rise.” It is what is inside us that holds us together, empowers us to stand our ground and keep rising when we fall. We must reach deep down and find that faith deep within us during these difficult, uncertain, and troublesome times. We have important challenges to face. COVID is messing up our lives, fears and doubts about the aftermath of the elections, the political and racial tensions and many such realities threaten our peace and security. In the midst of it all, we must live lives of faith and move in hope and face whatever comes our way. Nothing is an obstacle to men and women of faith and determination!

I encourage you take a few moments each day of this week to reflect on how your day has been, how you lived your faith, how you nurtured your hope and how you loved God and others. Living lives of deep and abiding faith can be very challenging our fast-paced and often messy world. But we must do just that – live lives of deep and abiding faith.

May God bless you and keep you faithful on your journey.

Fr. Gus Tharappel, msfs

First Week in Ordinary Time

January 11 – Monday, First Week in Ordinary Time

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.

Be Still

Be grateful for yesterday, be faithful today and nurture hope for tomorrow.

Scripture Readings of Mass of the Day: Hebrews 1:1-6; Psalm 97

Mark 1:14-20

John the Baptist had prepared the way for Jesus. John was arrested and in prison. Now Jesus begins to get on the “Way” that John had prepared. Eventually, we know that Jesus would become the “way”. Jesus began his ministry in Galilee by proclaiming “GOOD NEWS”: “now is the time...the reign of God is at hand...repent and believe the good news”.

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

This Good News calls us to “repentance”. The Greek word “metanoia” literally means “a change of mind” - a change of attitude, a change of mentality, a change of heart. Belief in the good news means that we take in the good news Jesus proclaimed. We cannot welcome (take in) good news without real repentance, without a change of heart, of mind, of attitude.....

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

The men Jesus called were simple folks. Jesus called them while they were doing their day’s work. The call of God comes not only in the house of God, not only in secret places, but in the middle of the day’s work. We live in a world that is “full of God” and we hear his call if we listen. The simple folks that Jesus called responded and now it is up to us to respond to God’s call and proclaim the “good news”.

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

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

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.

For more reflections visit our website: www.wellspringcommunity.net

January 12 –Tuesday, First Week in Ordinary Time

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.

Be Still

**Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
(Ephesians 5:20)**

Scripture Readings of Mass of the Day: Hebrews 2:5-12; Psalm 8

Mark 1:21-28

Jesus goes into the Synagogue. Jesus had differences with the synagogue practices. Yet he went to the synagogue. People were spellbound by his teaching because he taught with authority, not like the scribes. People saw in Jesus what he taught and that was his authority.

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

Jesus was God's "word" in the flesh. This is our call today: the word of Jesus has to become flesh in us. And that is where our authority comes from. Our authority comes from our fidelity to the Word of Jesus, our fidelity to what we have come to know as truth, our fidelity to what we have come to know as "from God".

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

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.

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January 13 – Wednesday First Week in Ordinary Time

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.

Be Still

**I would maintain that thanks are the highest form of thought
and that gratitude is happiness doubled by wonder.
(G.K. Chesterton)**

Scripture Readings of Mass of the Day: Hebrews 2:14-18; Psalm 105

Mark 1:29-39

Jesus had an exciting and exhausting experience in the synagogue. He was never too tired to help and to heal. He healed Simon’s mother-in-law, in Simon’s house. He was prepared to heal in a simple cottage and did not require the great audience of the synagogue.

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

Simon’s mother-in-law began to wait on them after being cured. She used her recovered health for renewed service.

Rising early, Jesus went into a quiet place and was absorbed in prayer.

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

They managed to “track him down”. “Everybody is looking for you”, they said. Jesus brought good news to the disciples. The disciples had no problem bringing their troubles to the man with good news.

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

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

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.

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January 14 – Thursday, First Week in Ordinary Time

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.

Be Still

Gratitude turns whatever we have into enough, and more.

Scripture Readings of Mass of the Day: Hebrews 3:7-14; Psalm 95

Mark 1:40-45

Jesus healed a leper. Lepers were excluded from community by law. Jesus welcomed the one who has been so excluded and alienated from community. Be a welcoming person. Be a builder of community. Encourage and pray for fellowship with all people.

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

Jesus touched the untouchable, and his touch brought healing and wholeness. Reflect on the healing touch of the Lord! Reflect on your own need to be touched and to touch others. Let your touch be healing, loving, compassionate.

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

Jesus instructs the healed leper not to publicize what he had done but do what the law requires. The healed leper went and made the story public, and it became difficult for Jesus to freely move. Whatever is shared or published may be the truth. Yet certain information, however true they may be, might bring conflict, tension, and harm to self or to others. We must discern wisely what may be shared that would be helpful and never harmful to others.

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

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

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.

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January 15 – Friday, First Week in Ordinary Time

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.

Be Still

**Gratitude goes beyond the 'mine' and 'thine' and claims the truth that all of life is pure gift.
(Henri J.M. Nouwen)**

Scripture Readings of Mass of the Day: Hebrews 4:1-5, 11; Psalm 78

Mark 2:1-12

Four men went up the roof, carrying a paralyzed man on a mat, made a hole in the roof and let down the mat with the man in it in order to bring him to Jesus. Jesus affirmed the faith of those who reached out to him and healed the paralyzed man.

Nothing is an obstacle to men of faith and determination!

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

Why do you harbor evil in your hearts? Jesus asked.

Well, think of harboring evil thoughts about others - may be not evil, but may be unkind, uncharitable, unloving.... **Reflect on the need to think “well” of others - to bless others, to see good in others, to bring out the good from others.....**

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

Jesus said, “Your sins are forgiven. “Isn’t that another way of saying, you are acceptable, you are welcome here, you don’t have to stay in guilt and shame, you can be better...”

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

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

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.

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January 16 – Saturday, First Week in Ordinary Time

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.

Be Still

The more you profess gratitude, the more you notice things to be grateful for.

Scripture Readings of Mass of the Day: Hebrews 4:12-16; Psalm 19

Mark 2:13-17

One of the most unlikely candidates for being a follower of Jesus was Mathew. But he was called, and he followed. Mathew was a man who not only extorted his own people but also swindled the government. Jesus saw not only what Mathew was but also what he could be - So Jesus called, and Mathew responded. What does this say to you? What does it mean to you?

Reflect on what Mathew lost and what Mathew found. He lost a comfortable job, income, security, power.....But he found a new mission, honor, adventure, peace, joy, love, destiny, treasure eternal - wealth that he never dreamed of.

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

Jesus sat with Mathew and few others like him. Imagine sitting at table with the likes of Mathew!!!! Jesus did much more. He dined with Mathew and others like him.

“I came not to call the righteous but sinners”. The word used for “call” in Greek here is the technical word for inviting a guest to a house or to a meal. Jesus called Mathew and he calls all of us today to the feast of the kingdom.

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

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

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.

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Fr. Gus Tharappel, msfs

Life is not a cup to be drained, but a measure to be filled!

