

Wellspring

Fransalian Center for Spirituality

April 9, 2020

Dear Brothers and Sisters,

We have just begun our Easter Season. This year, our Lent and Easter have been radically different. We began our Lent with ashes on our forehead, hearing the call to penitential practices and making our choices about the type of Lenten practices we would embrace. None of us knew, not even imagined, that our fasting would mean fasting from the many conveniences and luxuries that we are accustomed to, from our freedom to be where we want to be and to go where we want to go, and giving up so many things that we take for granted. How simple and easy it would have been to give up a couple of meals and abstain from eating meat on a few days!!!

Our Holy Week and Easter also were radically different this year. Holy Thursday passed with no feet washed! Good Friday passed without venerating the cross and Holy Saturday passed without a praying assembly around the fire and without following the lit Paschal Candle into the sanctuary to sing the “Exultet” and rejoice singing the “Gloria”.

We are living in confusing, uncertain and often frightening times. It wasn't any different for the disciples of Jesus. They had to encounter the cross, the death, the tomb, the uncertainties about where their master had gone, before they could experience the joy of the resurrection. With fear and trembling, they walked in the hope of their master's return.

We do not know what the future holds for us. But we know ‘Hope’ and our hope carries us through these difficult days just as it carried the disciples of Jesus. Our hope is our power in our powerlessness. Our hope is rooted in the all-embracing, unconditional, unconquerable and steadfast love of God for each of us, revealed in the death and resurrection of Jesus. Let us strive to be men and women of hope, speaking the language of hope and being optimistic about what the future holds for us. Let us allow this Easter season to be a journey of Hope.

Jesus said to Mary Magdalene and the other women who came to visit the tomb, “Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me” (Mathew 28:10). Let us listen to the Lord's call to go to our own “Galilee” wherever that may be for each of us, unafraid and with the assurance that He will meet us there. I wish you a faith-filled and faithful journey through this Easter season during these trying times. Please know that I walk with you in spirit and prayer.

God bless you and your family.

Fr. Gus

Easter Season

April 13 - Monday within the Octave of Easter

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

**Keep me, O God, for in you I take refuge,
I say to the Lord, “My Lord are you.”
O Lord, my allotted portion and my cup,
you it is who hold fast my lot. (Psalm 16)**

Scripture Readings: Acts 2:14, 22-32; Psalm 16; Mathew 28:8-15

Mary of Magdala and her friends came to the tomb of Jesus and found the tomb empty and the angel told them that Jesus had been raised from the dead. Mathew tells us (Today’s Gospel) that the women, “half-overjoyed and half-fearful”, ran to carry the good news to the disciples.

Mediate on running “half-overjoyed and half-fearful”, carrying the good news that Jesus is alive. Proclaim the good news of Jesus with joy as well as with all the doubts, fears, sorrows and with all other imperfections.

Jesus met them on the road as they were “running with good news” and gifted them again, “PEACE” and send them to the disciples with the message that he would meet them in Galilee.

Meditate: The women found an urgency to run because they found their master alive! There is an urgency, now more than ever before, for us, to announce the good news of the resurrection, the good news of the gift of God’s peace, the good news of the presence of Jesus on our journey.

Reflect on how you will give witness to the risen Crist and the peace that He proclaims.

Reflect on the assurance that Jesus will meet us in our Galilee wherever that may be!

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.

April 14 - Tuesday within the Octave of Easter

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

**Our soul waits for the Lord,
Who is our help and our shield.
May your kindness, O Lord, be upon us,
Who have put our hope in you. (Psalm 33)**

Scripture Readings: Acts 2:36-41; Psalm 33; John 20:11-18

Mary of Magdala wept, standing by the tomb of Jesus (Today's Gospel). She saw two angels through her tears.....behind her stood Jesus whom she did not recognize. She was afraid, she wept, she did not understand the scriptures..... But she recognized the voice of Jesus, the one she loved much.

Meditate: Our ability to recognize the voice of Jesus depends on how much we have listened to him, known him and loved him. We recognize the voice of the one we love!

Reflect on listening the voice of the Lord coming through many surprising, unexpected and even strange places, people and situation.

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April 15 - Wednesday within the Octave of Easter

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

**Give thanks to the Lord, invoke his name;
and make known among the nations his deeds.
Sing to him, sing his praise,
Proclaim all his wondrous deeds. (Psalm 105)**

Scripture Reading: Acts 3:1-10; Psalm 105; Luke 24:13-35

We read about the two disciples on the road to Emmaus (Toady's Gospel), discussing all the events surrounding the death of Jesus. Jesus came along and began to walk with them. The disciples did not recognize him. They were preoccupied with the events and failed to see anything beyond!

Meditate: Look beyond what you see and what you hear.....the disciples had to learn to look beyond to see their Savior and Lord.

Reflect on finding Jesus in the stranger who walks with us and those strangers that we meet on our journey.

Reflect on breaking free from our preoccupations and being attentive to the many wonderful things that are happening around us and the many wonderful people who walk with us.

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April 16 – Thursday within the Octave of Easter

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

O Lord, Our God,

**How glorious is your name over all the earth!
What is man that you should be mindful of him,
Or the son of man that you should care for him! (Psalm 8)**

Scripture Readings: Acts 3:11-26; Psalm 8; Luke 24:35-48

Two of the disciples, who had an experience of the risen Jesus, on the road to Emmaus, returned to Jerusalem (Today's Gospel) and shared their experience with the other disciples who were confused and troubled. Jesus walked into their midst and said: "Peace". This was the gift that Jesus had promised the disciples as his farewell gift.

Meditate: Jesus walked into the midst of the confused and troubled disciples and said: Peace!

Reflect on the gift of peace that Jesus proclaimed and being a channel of that peace for those who are confused and troubled, especially during these troublesome times.

Remember: Some people bring peace when they come and some people bring peace when they leave. You choose!

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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.

April 17 – Friday within the Octave of Easter

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

**Give thanks to the Lord for he is good,
for his mercy endures for ever.
Let the house of Israel say,
His mercy endures for ever. (Psalm 118)**

Scripture Readings: Acts 4:1-12; Psalm 118; John 21:1-14

Peter and his friends fished all night without success (Gospel of today). At daybreak, they found Jesus on the shore. At the word of Jesus, they cast their nets again and had a great catch.

Meditate: The unsuccessful and disappointing night is turned into joy because they listened to the word of Jesus. Trust in the word of Jesus helps us rise above our failures and disappointments.

The disciples, who worked hard all night without success, were asked to try again and take different approach, “cast your net off to the starboard side”. They tried again without complaint, they were open to try something different and they had a great catch.

Meditate: Try again....and again! Take a different approach.....a new approach.... try something that has not been tried before..... Never give up!

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Let us praise the Lord. Thanks be to God.

April 18 - Saturday within the Octave of Easter

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

Give thanks to the Lord for he is good,

For his mercy endures for ever.

Let the house of Israel say,

His mercy endures for ever. (Psalm 118)

Scripture Readings: Acts 4:13-21; Psalm 118; Mark 16:9-15

Jesus rose from the dead and first appeared to Mary Magdalene, but the followers of Jesus refused to believe her testimony. They did not expect Jesus to be visiting Mary of Magdala after his resurrection. After all, her past was not great, and she was not one of the specially chosen apostles. She did not fit the common criteria for a visit from the world beyond!

Meditate: Be open! The Lord has his own way of surprising us! He comes to us through the most unexpected people, events, places and situations!

Jesus surprised them again by sending them with His message to fulfill His mission. Men of weak faith, men who could not see beyond their disappointment, men, who did not grasp all that Jesus said to them about his death and resurrection while he was among them, were sent to proclaim the good news of the resurrection!

Meditate: Don't wait and don't hesitate to share and announce the good news of God's love till you have fully matured in faith!

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Fr. Gus Tharappel, msfs

**Belief in the resurrection means living in hope,
doing what is possible
and expecting God to do the impossible**