

**Wellspring, Fransalian Center for Spirituality
Whitehouse, Texas**

April 2, 2020

Dear Brothers and Sisters,

Let us be together in spirit and prayer as we live through these difficult and trying times. I have prepared the following for your daily devotion at home alone or with family. I have given you references to the Scripture readings of the Mass of the day and a simple thought for your reflection and prayer and a prayer for spiritual communion. I hope that it helps you be strong in faith and continue to nurture your spirit as we live through these troublesome days.

On Thursday, I will send you similar prayer and reflections for Easter and the following weekdays.

God bless you and your family.

Fr. Gus

Holy Week

April 6, 2020 – Monday, Sixth Week of Lent

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

**I believe that I shall see
the goodness of the Lord in the land of the living.
Wait for the Lord with courage,
be stouthearted and wait for the Lord. (Psalm 27)**

Scripture Readings: Isaiah 42:1-7; Psalm 27; John 12:1-11

The Gospel of today says, "The house was filled with the fragrance of the ointment." What else? Martha's service with love and Mary's anointing with love - the house had to be filled with the fragrance of love.

Meditate: Love has its own fragrance and it has a way of transforming the air.

Martha served generously. Reflect on the quality of your service.

Mary loved without measure. Reflect on the quality of your love.

Meditate: “The measure of love is love without measure,” *St. Francis de Sales*

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 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.

Pray the “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 7, 2020 – Tuesday, Sixth Week of Lent

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

In you O Lord, I take refuge;

let me never be put to shame.

In your justice rescue me and deliver me;

incline your ear to me and save me. (Psalm 71)

Scripture Readings: Isaiah 49:1-6; Psalm 71; John 13:21-38

The Gospel of today tells us about Jesus making a final and special appeal to the heart of Judas. For the host to offer a special morsel from the dish was a sign of special friendship. When Jesus handed Judas Iscariot the “bit of food” - the “dipped morsel” - it was an offer of “special friendship”, a final appeal to his heart. But the heart of Judas was unmoved, full of greed, darkness, hate and didn’t see the light or the love that was offered.

Meditate on the love of God being poured into your hearts through the Holy Spirit (Romans 5:5) and how you can respond to that love.

Meditate on the friendship that Jesus offers and how you respond.

Pray for those whose hearts are hardened with greed, jealousy, hatred and the like.

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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.

April 8, 2020 – Wednesday, Sixth Week of Lent

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

**I will praise the name of God in song,
And I will glorify him with thanksgiving.
You who seek God, may your hearts be merry. (Psalm 69)**

Scripture Reading: Isaiah 50:4-9; Psalm 69; Mathew 26:14-25

In the first reading, Isaiah says, “The Lord God has given me a well-trained tongue, that I may know how to speak to the weary a word that will rouse them.”

Meditate on developing a “well-trained tongue”, on speaking words of affirmation, compassion, encouragement, kindness and support.

The Gospel of today tells us about Jesus, gently, but definitely and directly calling Judas to reflect over what he was planning to do. Judas refused to listen.

Listen to the gentle voices that call you to reflect on what you are doing.

Listen and respond to the gentle admonitions, corrections, invitations, and challenges that come from those around you.

Remember and pray with those who suffer from betrayal from their loved ones.

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Spend a few moments in silent prayer.

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April 9, 2020 – Holy Thursday

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

**I love the LORD, for he heard my voice;
he heard my cry for mercy.
Because he turned his ear to me,
I will call on him as long as I live. (Psalm 116)**

Scripture Readings: Exodus: 12:1-14; Psalm 116; I Corinthians 11:23-26; John 13:1-15

Today, we remember Jesus having his last supper with his disciples. Great things happened during this meal. Jesus washed the feet of his disciples and called them to follow his example in gracious and self-sacrificing service. **Listen to him calling you.**

We also remember Jesus breaking bread and saying to all his followers, "Take this all of you and eat it. This is my body. I am breaking it for you." **You must do the same.**

We remember him taking the cup and saying to all his followers, "Take this and drink of it. This is my blood poured out for you." **You must do the same.**

Meditate on the call of Jesus, "As I have done for you, you should also do."

Jesus washed the feet of his disciples in selfless service. That is what we are called to do.

Jesus broke himself and poured his life out for us in self-sacrificing love. That is what we are called to do.

Reflect on the quality of your love and your service.

Meditate on “Selfless Service” and “Sacrificial Love.”

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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.

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April 10, 2020 – Good Friday

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

**In you, LORD, I take refuge; let me never be put to shame.
In your justice deliver me; Incline your ear to me;
make haste to rescue me!
Be my rock of refuge, a stronghold to save me. (Psalm 31)**

**Scripture Readings: Isaiah 52:13 to 53:12; Psalm 31; Hebrews 4:14-16; 5:7-9;
John 18:1 to 19:42**

Today, Good Friday, we remember Jesus being betrayed, tried, judged, condemned and crucified. We remember him dying on a cross, giving himself totally in life and in death.

Meditate: In the cross we see hope, we encounter love. The cross tells us that in the love of God nothing is lost.

God is found in the most unexpected places and situations. No one expected to find the Messiah on the cross. Yet, that is the way God revealed the power of His generous, unconditional, unconquerable, benevolent love.

To the world Jesus was condemned, crucified and finished. To us, his believers, Jesus being lifted on the cross is the victory of Grace and the ultimate revelation of God's love.

Meditate: We carry our crosses carefully, trying to make sure they don't take too much out of us. Let us take time to contemplate this mystery of the cross, the victory of Grace and the ultimate revelation of sacrificial love.

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April 11, 2020 - Holy Saturday

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

**I will sing to the Lord for He is gloriously triumphant,
Horse and chariot he has cast into the sea.
My strength and my courage is the Lord,
And he has been my savior.
He is my God I praise him,
The God of my father, I extol him. (Exodus 15:1-3)**

Scripture Readings: Exodus 14:15-15:1; (Ps) Exodus 15:1-6. 17-18; Romans 6:3-11; Mathew 28:1-10

We began our Lenten journey with a cross traced in ashes on the foreheads of all who came to Church on Ash Wednesday as a declaration of the necessity of repentance, of change of heart and of faithfulness to the Gospel values.

Reflect on how this journey has been for you. Did the journey make any difference?

Since the beginning of Lent, we met Jesus in many different situations and all of them revealed to us the abundant love of the Father. We met Jesus revealing the depth of the steadfast, unconditional and all-embracing love of the Father for us.

Meditate on the all-embracing love of the Father revealed in Jesus.

The journey that we began in ashes on Ash Wednesday brings us now to the fire of Easter. Unlike the fire of destruction, we encounter a purifying, life-giving fire that gives light to a dark and despairing world. It is the fire that lights the Paschal candle proclaiming "the light of

Christ.” It is the fire that brings us into the light of Christ and lights up our paths.

Meditate on the fire of Easter that lights up your path.

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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.

Fr. Gus Tharappel, msfs

**Don’t question God.
He may tell you, “If you are so anxious for answers, come up here.”**