

No. 1 - March 2026

The present moment

Spirituality and charism of Venerable
Mother María Güell for today



*Not to step away from life,
but to live it with God.*

SILENCE

From the source

Venerable Mother María Güell lived a deeply evangelical life, marked by humility, simplicity, and the steady practice of charity.

Her life has been recognised as a “flame of charity”, one that illumined the Church through works of mercy and service to those most in need.

The enduring relevance of her message can be summed up in one very concrete key:

**the sanctification of the present moment,
day by day and hour by hour.**

Not as a theory, but as real life: fidelity, perseverance, serenity, and union with God in the ordinary things of each day.

She herself expressed it this way:

**“Charity unites us... we must be sanctified
by loving one another,
helping one another, and bearing with one another.”**

And she also said:

**“Our hands for work,
but our hearts for thinking of God.”**

For our time

We live with haste, noise, and distraction.

We move from one thing to the next without truly pausing to live what is before us. That is precisely where Mother María Güell's message becomes deeply timely.

Silence is not escape or isolation.
It is an inner attitude.

It is learning to live the present moment with God.

It is not about doing great things, but about living deeply what has been given to us today: work, encounter, weariness, and difficulty.

God is there.

Spiritual life is not separate from real life. It is lived within it.

And charity begins in concrete acts:
in the way we look, the way we speak, and the way we serve.

Key

Before you begin anything, say inwardly:

“Lord, may this moment be yours.”

Question

**Do I live the day as a race
or as a place where God is waiting for me?**

Lord,
teach me to live this day with you.
Give me a recollected heart,
faithful in little things
and ready for charity.

May I not run from the present moment,
but receive it from your hands.

Through the intercession of Venerable
Mother María Güell,
make me simple, serene, and steadfast.

Amen.



The present moment
mariaguell.org

Download this issue from the website
Available in several languages.

Missionary Daughters of the Heart of Mary
corazondemaria.org