

No. 3 - May 2026

# *The present moment*

The spirituality and charism of the Venerable  
Mother María Güell for today



*Learning to love with Mary.  
A time to live charity in the simplicity of everyday life.*

**CHARITY**

## **A path that begins in the heart**

In the month of May, the Church turns her gaze to Mary. In her, we find a simple yet profound path to learn how to love. Not an abstract or distant love, but a concrete charity, made of small gestures, attention to others, and quiet presence.

Mary did not do extraordinary things in the eyes of the world. Her life unfolded in the ordinary. And yet, in that simplicity, God carried out His work. We too are called to live in this way: allowing God's love to take shape in the small details of each day.

At times, we wait to feel something special before loving more. But the Gospel shows us that true love is born in simplicity, grows in hiddenness, and becomes real in daily life.

***“My soul magnifies the Lord... for He has looked upon the lowliness of His servant” (Lk 1:46,48).***

Humility opens the heart to God, and a heart open to God becomes a place where charity can grow.

***“If we are not faithful in small things, how will we be in greater ones?” (CR 60)***

## **A love that becomes action**

The Gospel shows Mary on the move. After receiving the Annunciation, she sets out to visit Elizabeth. This simple gesture carries a deep meaning: true love always moves outward.

At Cana, we see her attentive to others' needs. She does not seek attention, yet she is present—she sees and trusts.

**“Do whatever He tells you” (Jn 2:5).**

To love is to listen to God and allow His will to take concrete form in our actions.

***“Our neighbor is the Lord Himself. If we keep this in mind, we will never go wrong.” (CR 8)***

Charity is not just intention. It is service, self-giving, and concrete care for those around us.

Saint Paul reminds us: **“Love is patient, love is kind...” (cf. 1 Cor 13:4).**

***“Love one another, bear with one another, forgive one another.” (CR 24)***

## Learning to love with Mary

Mary remains at the foot of the Cross. She does not flee from suffering. Her love does not disappear in difficulty; rather, it becomes deeper.

**“Standing by the cross of Jesus was His mother” (Jn 19:25).**

To remain, to accompany, to support... this too is love.

In this month of May, we can look to Mary and learn from her way of living: a heart that is open, simple, and faithful.

**“Charity, simplicity, and humility must be our treasure.”  
(CR 61)**

## Prayer in the present moment

Lord,  
teach us to love as You love.  
Through Mary's example,  
help us to live charity  
in the small things of each day.  
Give us attentive hearts,  
ready to welcome, understand, and serve.  
Help us to remain in love,  
even in times of difficulty.  
And in all things,  
may we recognize Your presence.

Amen.



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Missionary Daughters of the Heart of Mary  
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