

No. 4 - June 2026

The present moment

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



*There are moments when the soul needs silence to
remember what truly matters.*

RETURNING TO WHAT MATTERS MOST

When life becomes filled with noise and we forget what truly matters

We live surrounded by words, screens, haste and concerns that occupy almost every corner of our day. Everything seems urgent. Everything demands our immediate attention. Without even noticing it, we can end up living outwardly, constantly responding to what comes our way while gradually becoming disconnected from ourselves.

Sometimes our tiredness comes not only from work or responsibilities, but from spending too long without inner silence. The heart also grows weary when it becomes scattered and distracted.

We move from one thing to another and leave for later what truly sustains life: listening, resting, looking calmly, sharing meaningful time, nurturing prayer, giving thanks and simply stopping for a moment.

What is essential is usually simple and discreet. It does not make noise or seek the spotlight. It is hidden in small moments that often go unnoticed.

Mother María Güell understood this deeply when she said:

“Those who keep silence perceive the voice of Jesus gently speaking to the heart in solitude.” (CR 18)

Perhaps we need to rediscover that not everything depends on doing more. Some of the most important things in life can only be received from within.

Learning to live once again from within, with a more unified heart

The Gospel constantly shows us Jesus living with depth and serenity. He is never ruled by haste. He walked slowly, stopped for people, listened to their questions, shared meals and knew how to withdraw into silence to be with the Father.

We, on the other hand, can spend much of our lives divided within ourselves: thinking about a thousand things at once, worrying about what is still missing, carrying tensions and allowing external noise to fill our inner world as well.

Returning to what matters most does not mean withdrawing from reality or neglecting our responsibilities. It means learning to live them differently: with greater presence, greater authenticity and deeper inner peace.

Mother María Güell expressed this attitude in simple yet profound words:

“Let our hands be busy with work, but let our hearts remain fixed on God and on loving Him.” (CR 12)

When the heart recovers silence, many things fall back into their proper place. Then we discover that true richness is not found in having more, but in living more deeply the gifts we have already received.

Returning to the heart to rediscover the peace of simplicity

We live in times when it is easy to become lost among worries, constant news, demands and an ever-accelerating pace of life. Yet the human heart still longs for what it has always needed: to be heard, to be loved, to live with purpose and to find moments of peace.

Sometimes we search far away for what is actually close at hand, quietly dwelling within us. God continues to pass through our everyday lives: in a kind word, in shared moments of rest, in the simple beauty of each day, in humble prayer and in the people who walk beside us.

Mother María Güell left us an invitation that remains as meaningful today as ever:

“The beauty that truly matters is the beauty of the heart.”
(CR 116)

Perhaps true renewal begins when we stop running for a moment and learn once again to look at life more deeply.

Because when everything seems urgent, perhaps the most important thing is to return to the heart.

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