No. 8 - October 2026

The present moment

The spirituality and charism of Venerable Mother María Güell for today



"Our neighbour is our Lord."
Mother María Güell

MAKING ROOM FOR OTHERS

When someone interrupts my plans

Some days we plan our time carefully. We know what needs doing and hope to finish without interruption. Then the phone rings, someone asks for help, or a person needs to talk.

We cannot respond to every request at once. We have commitments to honour and limits to respect. Yet it is worth noticing what happens within us when someone changes our plans.

Do we see the person, or only the task left unfinished? Making room begins when we recognise their need, even if we cannot respond straight away.

Jesus looked at and listened to those who came to him. Mother María Güell taught: ***"Faith must be the beacon that guides you in every act of charity."*** Faith shapes the way we are with others.

Mother María Güell taught: ***"Our neighbour is our Lord."*** She cared for the sick and those around her. Her life reminds us that humble, simple charity takes shape in real encounters.

A kind word, a visit, a shared task, or a few minutes of listening can ease a difficult day.

Making room for another person does not mean saying yes to everything.
It means refusing to let hurry, tiredness or our own worries make us indifferent.

Sometimes we can help. At other times, we can listen and find a better moment together.

Either way, we can treat the person with respect. In the midst of this month's plans, leave a little space for the unexpected.

Perhaps you will find there an opportunity to love.

Caring begins with attention

We may live or work alongside someone every day and still miss what they are going through. Familiarity can make us think we already know how they feel and what they need.

Love begins when we pay attention. One person may need practical help; another, time to talk; another, room for silence. We can draw near without assuming we know their story.

Discretion matters too. Caring for someone does not mean sharing their difficulties with others. A calm, respectful presence may help them feel safe enough to speak.

"Everything done for God is great", Mother María Güell said. An unnoticed task or time spent with someone can be a humble and generous way to serve.

We can start by looking at someone when they speak, putting our phone away during a conversation, or asking sincerely, "How are you?" Then we can listen to the answer.

This kind of attention grows through practice. It helps us recognise each person as someone worthy of our time and care.

For reflection

- Who have I stopped listening to with real attention?
- How do I react when someone changes my plans?
- Do I ask what someone needs before offering a solution?
- What quiet act of service could I practise this month?

Today I can make room for someone through one small, concrete gesture. A pause, a kind look, and the help I can offer may change an encounter.

A small way to make room

As you begin the day, think of the people you may meet.

Pause for a moment and ask yourself:
- Who have I found it hard to listen to lately?
- What is keeping me from noticing others?
- What small kindness could I offer today?
- Bring that person before God.

"Lord, open my heart and teach me to serve with simplicity."

- Then turn your prayer into action: listen without interrupting, share a task, or spend time with someone who is lonely.

You do not have to solve anyone's life. Sometimes making room simply means being fully present.

Today I can pause and look with kindness.
Today I can offer what is within my reach.

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