

**We gather at the Harcourt flame
Monday, April 20, 2020**



Living in the Present – 1

To live life to the fullest,
to be free from stress.
To be yourself,
it is necessary to capitalize
on the present moment,
to draw from yourself the very best,
to exploit the most positive
elements of your being,
to keep an eye on the environment
in order to avoid pollution.

Louis-Marie Parent, The Present Moment, 1991 Editions Paulines, p. 42