

**We gather at the Harcourt flame
Tuesday, April 21, 2020**



Living in the Present – 2

If we live the present moment intensely,
if we realize that our courage
and our energy draw their vigor
from a superior Force that dwells in us,
trials and disappointments,
contradictions, worries and frustrations,
friction with others and hard knocks
will never be able to destroy
our profound interior joy,
that peace that we seek daily.

Louis-Marie Parent, The Present Moment, 1991 Editions Paulines, p. 46