

An Excerpt from
**“Jesus, Friend of My Soul:
Reflections for the Lenten Journey”**
by Joyce Rupp

Calmer of hearts,

You steady my spirit when the storms of life
disturb and threaten to drown my peace.

When I am with others who are distraught,
may I bring the same unwavering presence
to calm the harsh tempests that menace them.

Today: I remain calm during the day's little or big storms.