

Do not let your hearts be troubled or afraid...

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These are the encouraging words of Jesus, but also of the prominent Russian dissident who Putin has imprisoned.

They are pertinent for our times. We must not let fear rule our hearts. If we do what room is left for love?

Loving hearts must prevail Over fear or distress.

The Spirit Of Evil stalks our world.

But the Holy Spirit Of Love is like a pilot light keeping Hope alive in our very depths.

And so we pray:

Come Holy Spirit. Fill the hearts of your faithful!"