



Holy Is the Day: Living in the Gift of the Present

Carolyn Weber

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Life pulls us in many directions, sometimes even to the point of pulling our souls apart. We know rest and reflection are necessary for a healthy life?even Jesus took time to get away from the crowds, away from the demands of everyday life, to pray, to spend time with close friends, to sleep.

But when Carolyn Weber?emotionally and physically exhausted from managing her career as a college professor, writing her first book and parenting three children under the age of three?hears this truth from a friend, all she can think is: but who will do everything if I don't?

And this sets her on a journey to find the still, small space in each day.

In these pages Carolyn reflects on the eternal beauty that lurks within the present. Drawing from literature, history and everyday life, *Holy Is the Day* is a collection of spiritual reflections that trace the way God's ever-renewing grace is a gift of the present. Opening it we find poignant stories of endurance, humility, compassion, remembrance and gratitude, as well a harrowing account of near-death experience.

Carolyn gives us new eyes to receive the precious gift of the present and give it away to others.



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