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April 27, 2018

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A quote from Pope Francis:

"Is it possible to forgive totally? It is a grace we must ask of the Lord. We, by ourselves, cannot: we make the effort, as you have done, but forgiveness is a grace that the Lord gives you. Forgiving your enemy, forgiving those who have hurt you and those who have done you harm. When Jesus in the Gospel tells us, 'If anyone slaps you on the right cheek, turn to him the other also', it means this: leave this wisdom of forgiveness, which is a grace, in the hands of the Lord. But we must also do our part to forgive. And there is also another attitude that counters this terrorism of language, whether they may be gossip, or insults: it is the attitude of meekness. Stay silent, treat others well, do not respond with something else that is bad. Like Jesus: Jesus was mild of heart. And we live in a world where we are used to responding to an insult with another. We insult each other and there is a lack of meekness. Ask the grace of meekness, of meekness of heart. And there we also find the grace that opens the way to forgiveness."

-- Greetings to young Italians in Krakow, Poland, July 28, 2016

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