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A quote from Pope Francis:

"The happiness that everyone desires, for that matter, can be expressed in any number of ways and attained only if we are capable of loving. This is the way. It is always a matter of love; there is no other path. The true challenge is that of who loves the most. How many disabled and suffering persons open their hearts to life again as soon as they realise they are loved! How much love can well up in a heart simply with a smile! The therapy of smiling. Then our frailness itself can become a source of consolation and support in our solitude."

-- Jubilee for the sick and disabled, June 12, 2016

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