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A quote from Pope Francis:

"Where does fear lead us? The feeling of being closed in on oneself, trapped. Once we feel that way, our fear starts to fester and is inevitably joined by its 'twin sister,' paralysis: the feeling of being paralysed. Thinking that in this world, in our cities and our communities, there is no longer any room to grow, to dream, to create, to gaze at new horizons – in a word to live – is one of the worst things that can happen to us in life, and especially at a younger age. When we are paralysed, we miss the magic of encountering others, making friends, sharing dreams, walking at the side of others."

-- Prayer vigil at Campus Misericordiae, Krakow, Poland, July 31, 2016

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