



A MESSAGE FROM POPE FRANCIS

I do not consider this as ISOLATION/Lockdown having to stay at home with whom we love. *Isolation is what the seriously ill are experiencing in hospital.

Stop saying that you are bored, upset that you can't leave the house; while everyone in the hospital wants to go home.

So, thank God if you have to stay at home, because despite everything, with money or without money, with a job or without a job, *

you are in the best place you could be, at home, surrounded by who loves you!

Perhaps it is time to transform your house into a wonderful place to stay, a place of peace and not of war, of embrace and not of distance. Anyway, look with different eyes at the situation you are experiencing !!

Make your house a party: Listen to music, sing, dance.....

Make your house a place of worship.

Pray, pray, meditate, ask, thank, praise, plead ...

Make your home a school: Read, write, draw, paint, study, learn, teach.

Make your house a store:

Clean, order, organize, decorate, label, move, sell, donate.

Make your house a restaurant: cook, eat, try, create recipes, grow spices, plant a garden

Exercise and be fit as your body is a temple. Take care of yourself ...

Make your house, your family, a place of love.

Make the best possible use of this *once-in-a-lifetime* opportunity.