

January 2021—Homily of Pope Francis needs to be read and reread several times

"You can have flaws, be anxious and live angry at times, but do not forget that your life is the greatest company in the world. Only you can prevent it from going downhill. Many appreciate, admire and love you. If you thought that being happy means not having a sky without a storm, a road without accidents, working without fatigue, relationships without disappointment, you were wrong.

Being happy is not only enjoying the smile, but also reflecting on sadness. It is not only celebrating successes, but learning lessons from failures. It is not just being happy with the applause, but being happy in anonymity. Life is worth living, despite all the challenges, misunderstandings, and periods of crisis.

Being happy is not a destination, but an achievement for those who manage to travel within themselves. To be happy is to stop feeling the victim of problems and become the author of your own story, to go through deserts outside of yourself, but manage to find an oasis in the depths of your soul.

To be happy is to give thanks for each morning, for the miracle of life. To be happy is not to be afraid of your own feelings. To be happy is to know how to talk about you. It is having the courage to hear a "no". It is feeling safe when receiving criticism, even if it is unfair. It is kissing children, pampering parents, living poetic moments with friends, even when they hurt us.

To be happy is to let the creature that lives in each one of us live, free, happy and simple. It is having the maturity to be able to say: "I was wrong." It is having the courage to say "sorry." It means having the sensitivity to say, "I need you." It means having the ability to say "I love you."

May your life become a garden of opportunities to be happy. May your spring be a lover of joy. May you be a lover of wisdom in your winters. And when you make a mistake, start over from the beginning. Only then will you be passionate about life. You will discover that being happy is not having a perfect life. Let your tears water tolerance. Use losses to train in patience. Use mistakes to sculpt serenity. Use the pain to polish the pleasure. Use obstacles to open intelligence windows.

Never give up. Never give up on people who love you. Never give up on happiness, because life is an incredible spectacle".

(Pope Francisco).