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[Francis, the comic strip](#)

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A quote from Pope Francis:

"If the outbound journey is letting my heart be wounded by the suffering of others, the trip through my heart is recognising my sin, my suffering, my lowliness and feeling I have been forgiven and have received the Lord's mercy, then the return journey begins, from the heart to the hands. In this way the journey goes from my misery that has received mercy, to the suffering of the other; from my misery loved by God, to love for the misery of another; from my misery loved in my heart to the expression of my hands. And this is mercy. Mercy is a journey from the heart to the hands. 'What do I do? Open my hands or my heart?' Both. Let misery wound your heart, that of others and your own. Let yourself receive mercy and begin your return journey, and with your hands give mercy to others, spreading mercy and love."

— Message to participants in the "Manos Abiertas" national meeting, Oct. 8, 2016

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