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## **5 ways to welcome Pope Francis**

With 50 days to go before Pope Francis arrives in Kenya and Uganda, we copy here some ideas from the St. Josemaria Institute on how to prepare for the Pope's visit. As in many things in life the more we put into it, the more we will gather. That is why it is important for us to start preparing for the Pope's visit and to also help our family and friends to do the same.

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By Fr. Jim Socias | St. Josemaria  
Institute

1. Love the Holy Father and pray for  
him every day

V. Let us pray for Francis, the Pope.

R. May the Lord preserve him, give  
him a long life, make him blessed  
upon the earth, and may the Lord not  
hand him over to the power of his  
enemies.

“We must have a great love for the  
Church and for the Pope, whoever he  
may be. Ask our Lord that our  
service to his Church and the Holy  
Father may be fruitful” (St. Josemaria  
Escriva).

2. Get to know and understand the  
human personality of Pope Francis:

his early years, family, education, vocation to the priesthood, and life as a priest and bishop. Watch the documentary “Francisco: A Pope for Everyone,” which is available on Netflix

3. Seek to better understand the mind of Pope Francis and his concern for the poor – those who have nothing but God. In particular, through the Holy Father, the Holy Spirit wants to show us the importance of mercy. We should open our hearts to learning about and performing the works of mercy. St Josemaria said that it was among the poor and the sick, and their prayers, where he found the strength that he needed to begin the immense project that God asked of him, Opus Dei. It is also in the suffering and prayers of the sick and the poor where Pope Francis shows us that he finds the courage to guide the Church.

4. Accompany Pope Francis in his challenge of promoting the importance and unity of the family, especially through your example at home and among your friends.

Entrust this intention each night to the intercession of St Josemaria by praying the Prayer for the Family.

5. Prepare spiritually to receive the Pope with purity of heart. Go and make a good Confession and, if possible, receive Communion daily during the Pope's visit to our country. If this isn't possible for you, pray the family Rosary each day for him.

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