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# **Newsletter No. 8: A Heart that Only Knew How to Love**

St. Josemaria not only loved people but showed his affection in deeds and generous attentiveness to others.

10/05/2021

Pope Francis, as part of his catechesis on the Year of Faith, said that “our smallest gesture of love benefits everyone! To live out unity in the Church and communion in charity means not seeking one’s own

interests but sharing the suffering and the joy of one's brothers, ready to carry the weight of the others.”

For St. Josemaría, practising charity in ordinary life meant having “***a big heart, to feel the concerns of those around us, to know how to forgive and understand: to sacrifice ourselves, with Jesus Christ, for all souls.***” (Christ is Passing By, 158)

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