

JUBILEE OF YOUNG PEOPLE



Keep following your hopes and dreams.

But be careful about one temptation that can hold us back. **It is anxiety.**

Anxiety can work against us by making us give up whenever we do not see instant results.

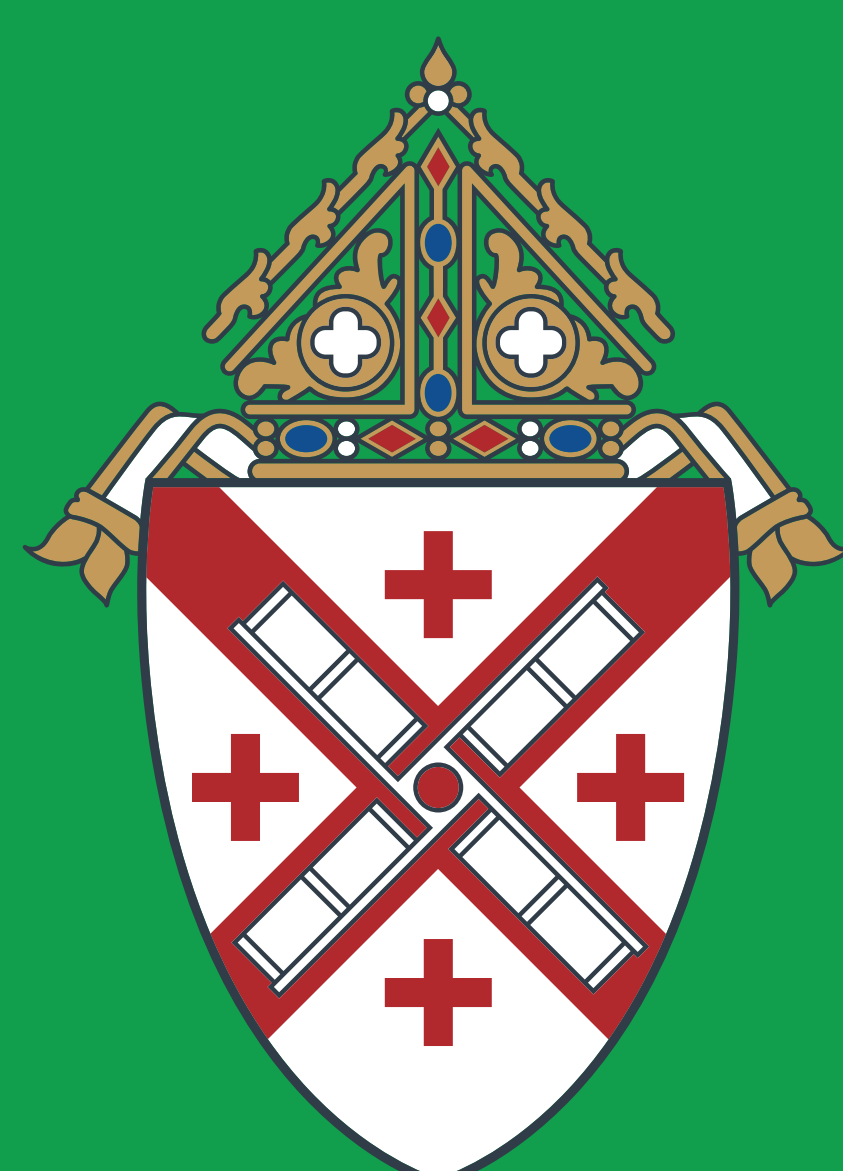
Our best dreams are only attained through hope, patience and commitment, and not in haste.

At the same time, we should not be hesitant, afraid to take chances or make mistakes.

Avoid the paralysis of the living dead, who have no life because they are afraid to take risks, to make mistakes or to persevere in their commitments.

Even if you make mistakes, you can always get up and start over, **for no one has the right to rob you of hope.**

Pope Francis exhortation *Christus Vivit* #142



ARCHDIOCESE
of **NEW YORK**