



SALA STAMPA DELLA SANTA SEDE  
**BOLLETTINO**

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## The Pope's words at the Angelus prayer

At midday today, the Holy Father Francis appeared at the window of his study in the Vatican Apostolic Palace to pray the Angelus with the approximately twelve thousand faithful and pilgrims gathered in Saint Peter's Square.

The following are the Pope's words of introduction to the Marian prayer:

*Dear brothers and sisters, happy Sunday!*

The Gospel of today's liturgy (Mk 6:30-34) tells us that the apostles gather around Jesus after returning from their mission. They tell Him what they have accomplished. He then says to them, "Come away by yourselves to a deserted place and rest a while." (v. 31). However, the people understand where they are headed and, when they get off the boat, Jesus finds the crowd waiting for Him. He feels compassion for them, and He begins to teach (cf. v. 34).

So, on the one hand, there is an invitation to rest, and on the other, Jesus' compassion for the crowd. It is very beautiful to stop in order to meditate on Jesus' compassion. These may seem like two incompatible things, while they actually go together: resting and being compassionate. Let us look more closely.

Jesus is concerned about the disciples' tiredness. Perhaps He is aware of a danger that can also concern our lives and our apostolate. This danger can threaten us when, for instance, our enthusiasm in carrying out our mission or our work, as well as the roles and tasks entrusted to us, make us fall victims to a kind of activism which is overly concerned with things to do and with results, and this is a bad thing. We become overly preoccupied with the things to be done, overly preoccupied with results. It then happens that we become agitated and lose sight of what is essential. We risk exhausting our energies and falling into bodily and spiritual fatigue. This is an important warning for our life and for our society which is often held prisoner by haste, but also for the Church and pastoral service: brothers and sisters, let us beware of the *dictatorship of doing!* And this can also happen out of necessity, within our families, for example when the father has to be away for work to earn a living, thus having to sacrifice the time he could have spent with the family. Often, parents leave early in the

morning when the children are still sleeping and return late in the evening when they are already in bed. And this is a social injustice. In families, fathers and mothers should have time to share with their children, to let love grow within their family and in order not to fall into the dictatorship of doing. Let us think about what we can do to help people who are forced to live in this way.

At the same time, the rest proposed by Jesus is not an escape from the world, a retreat into a merely personal well-being. On the contrary, when He is confronted with the bewildered people, He feels compassion. And so, from the Gospel, we learn that these two realities—*resting and being compassionate*—are linked: *only if we learn how to rest can we have compassion*. Indeed, it is only possible to have a compassionate gaze, which knows how to respond to the needs of others, if our heart is not consumed by the anxiety of doing, if we know how to stop and how to receive the Grace of God, in the silence of adoration.

Therefore, dear brothers and sisters, we can ask ourselves: am I able to stop during my days? Am I capable of taking a moment to be with myself and with the Lord, or am I always in a hurry, in a constant hurry for the things to do? Can we find some kind of an "inner desert" amidst the noise and activities of each day? May the Holy Virgin help us to "rest in the Spirit" even in the midst of all daily activities, and to be available to and compassionate towards others.

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### After the Angelus

Dear brothers and sisters!

This week, the Olympic Games will begin in Paris, and they will be followed by the Paralympic Games. Sport also has a great social power, and it can peacefully unite people from different cultures. I hope that this event may be a beacon of the inclusive world we want to build and that athletes, with their sporting testimony, may be messengers of peace and authentic models for young people. In particular, as is the custom of this ancient tradition, may the Olympic Games be an occasion to call for a cease-fire in wars, demonstrating a sincere desire for peace.

I greet all of you, Romans and pilgrims from Italy and many countries. In particular, I greet the Notre Dame Équipe from the diocese of Quixadá in Brazil, and the "Assumpta Science Center Ofekata" Association, which is working on solidarity projects for Africa.

I also greet the Silent Workers of the Cross and the Center of Volunteers of Suffering, gathered in remembrance of their founder, the Blessed Luigi Novarese; the aspirants and the young professed women of the Institute of the Missionary Sisters of Christ the King; the young men from the vocational group of the Minor Seminary of Rome, who have walked the way of St. Francis from Assisi to Rome.

Let us pray, brothers and sisters, for peace. Let us not forget tormented Ukraine, Palestine, Israel, Myanmar, and many other countries that are at war. Let us not forget, let us never forget, war is a defeat!

I wish everyone a good Sunday. And please do not forget to pray for me. Have a good lunch and *arrivederci!*

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