**Complete and original text and used in the video in Focomediasharing.com**

**His, and our Mass**

If you suffer and your suffering is such

that it prevents any activity,

remember the Mass.

Jesus in the Mass,

today as once before,

does not work, does not preach:

Jesus sacrifices himself out of love.

In life

we can do many things, say many words,

but the voice of suffering,

maybe unheard and unknown to others,

is the most powerful word,

the one that pierces heaven.

If you suffer,

immerse your pain in his:

say your Mass;

and if the world does not understand

do not worry

all that matters

is that you are understood by Jesus, Mary, the saints.

Live with them,

and let your blood pour out

for the good of humanity –

like him!

The Mass!

It is too great to understand!

His Mass, our Mass.

New City, Chiara Lubich, Essential Writings, 2007. p 130