

To those of you who experience illness, whether temporary or chronic, I would say this: Do not be ashamed of your longing for closeness and tenderness!

Do not conceal it, and never think that you are a burden on others.

The condition of the sick urges all of us to step back from the hectic pace of our lives in order to rediscover ourselves.

Pope Francis

 32^{nd} World Day of the Sick

