

# THE SMALLER BEATITUDES

Blessed are those who can laugh at themselves,  
*they will have no end of fun.*

Blessed are those who can tell a mountain from a molehill,  
*they will be saved a lot of bother*

Blessed are those who know how to relax without looking for excuses,  
*they are on the way to becoming wise.*

Blessed are those who know when to be quiet and listen,  
*they will learn a lot of new things.*

Blessed are those who are sane enough not to take themselves too seriously,  
*they will be valued by those about them.*

Happy are you if you can take small things seriously and face serious things calmly,  
*you will go far in life.*

Happy are you if you can appreciate a smile and forget a frown  
*you will walk on the sunny side of the street.*

Happy are you if you can be kind in understanding the attitudes of others,  
*you may be taken for a fool, but this is the price of charity*

Happy are you if you know when to hold your tongue and smile,  
*the Gospel has begun to seep into your heart.*

Blessed are they who think before acting and pray before thinking,  
*they avoid many blunders.*

Above all

Blessed are those who recognize the Lord is in all whom they meet,  
*the light of truth shines in their lives.*

*They have found true wisdom.*

*(Joseph Folliet)*

## POPE FRANCIS' SIX NEW BEATITUDES

Offered at a Mass in Malmo, Sweden

Blessed are those who remain faithful while enduring evils inflicted on them by others and forgive  
them from their heart.

Blessed are those who look into the eyes of the abandoned and marginalised and show them their  
closeness.

Blessed are those who see God in every person and strive to make others also discover him.

Blessed are those who protect and care for our common home.

Blessed are those who renounce their own comfort in order to help others.

Blessed are those who pray and work for full communion between Christians.