

Even though many parents work long hours, they must set aside time to play with their children; work schedules make it “complicated, but you must do it, he said.

Families must also turn off the TV when they sit down to eat because, even though television is useful for keeping up to date with the news, having it on during mealtime doesn't let you communicate with each other, the Pope said.

5 Sundays should be holidays. Workers should have Sundays off because Sunday is for family he said.

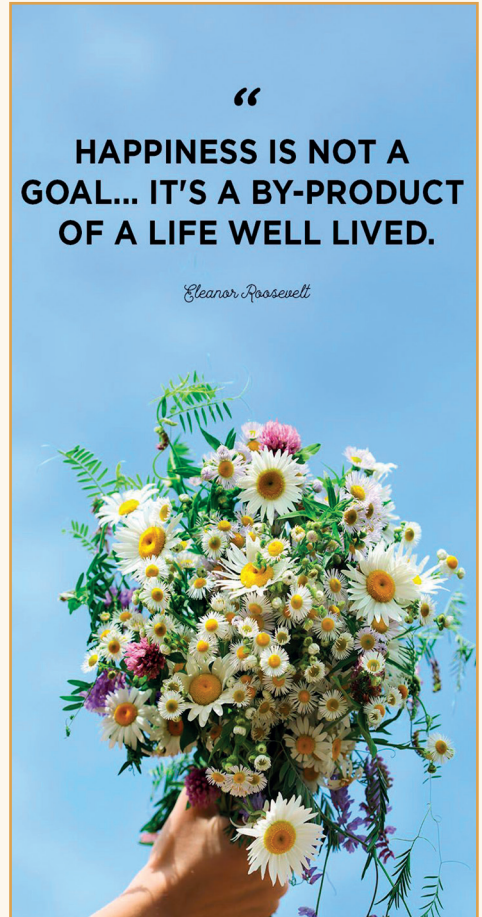
6 Find innovative ways to create dignified jobs for young people. We need to be creative with young people. If they have no opportunities they will get into drugs and be more vulnerable to suicide, he said.

It's not enough to give them food, he said. Dignity is given to you when you can bring food home from one's own labour.

7 Respect and take care of nature. Environmental degradation is one of the biggest challenges we have, he said. I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'

8 Stop being negative. Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the Pope said. Letting go of negative things quickly is healthy.

9 Don't proselytize; respect others' beliefs. We can inspire others through witness so that one grows together in communicating. But



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HAPPINESS IS NOT A GOAL... IT'S A BY-PRODUCT OF A LIFE WELL LIVED.

Eleanor Roosevelt

the worst thing of all is religious proselytism, which paralyzes: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The Church grows by attraction, not proselytizing, the Pope said.

10 Work for peace. We are living in a time of many wars, he said, and the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive and dynamic.