

# 5 f h] [ c g

F YWVYf i a U j ]g]hU Ya bcggU WlgU hfUn { hcbU i a U ]a dcfhUbhY a cj ]a YbhU, -c. U dfYdUfU, -c" A i ]hUg j YnYgž UWčgh i a UXcg Vča U fch]bU Xc X]U! U! X]Už UWVUa cg dcf XY]I Uf bcggU a cfUX]U Vča Uei Y`Y dCEbU a cVč]UžUei Y`Y W]bh]b\c cbXY UW a i `Ua cgc `]I c WXY]cž c`Ufa zfc`VU[i b, UXc"



E i UbXcž dcf a ž j Ya i a U j ]g]hUž WčffYa cg dUfU XY]I Uf hi Xc c a U]gdYfZY]hc": UnYa cgi a UZU ]bUž`Yj Ua cgc `]I c dUfU žcfUžWčffYa cg dUfU cf[Ub]nUf Ug fci dUg W]XUg" B -c f bYb\i a U \]dcW]g]U ci ZUg]XUXY. gCE ei YfYa cg XYa cbghfUf dUfU U j ]g]hUž dUfU c bcggc YbhY ei Yf]Xc ei Y j Ya XY `cb[Yž c ei Ubhc UdfYW]Ua cg'gi U'dfYgYb, U"

5 GUbHU =fY`Už gzV]U YbhfY cg gzV]cgž gUVY XY bcggUg X]Z]W `XUXYg" GUVY ei Y bcggU WlgU ]bhYfbUžbcggU U`a Už { g j YnYgž f bY[ `] ] YbW]UXU dY`U fch]bU Y dY`c Včgh i a Y" 9žei UbXc Ubi bW]Uc`B UH`Xc GYb\cfžYggU`X]j ]bUj ]g]hUžhJa Vfa `dfY[ U`UZU ]bU`Xc Ygd#]hc"

C 5Xj Ybhc f YggY hYa dc XY dfYdUfU, -c dUfU c bUgW]a Ybhc Xc GYb\cf" B -c UdYbUg XY dUW].bW]U Y XY U`Y[f]U dY`c ei Y j ]fzž a Ug i a U XYj ]XU Uffi a U, -c dUfU ei Y c A Yb]bc >Ygi gfYWVU`i a `hfcbc`]a dc`Y`i a U`WgU`U[fUXzj Y`"

## Nos símbolos, é nos comunicado uma autêntica preparação

7ca c`gY`ZUn]ggc3

Df]a Y]fUa YbhY U =fY`U 7UhCE]W] XYX]W] gi U `]hi f[ ]U bUg GUbHug A ]ggUg dUfU ei Y dcggUa cg fYZYh]f gcVfY bcggUg ZU`hUg" CfU f i a dfcZYhU Uj ]gU]bXc Xcg a U`YZW]cg Xc cf[i `cžcfU i a 5dCEhc`c Ubi bW]UbXc Uhf]ghYnU ei Y U ]a di fYnU hfUnžU ]bhYb, -c f gYa dfY

%#

# 5 f h] [ c g



bcg'U'YfhUf. 'c'dYWXc'b~c'Vta dYbgU"

A Ug c 7cfdc XY A #gh]Vt XY 7f]ghc b~c dUfU U# Y'U gY fYj YghY XY g# Vc`cg dUfU bcg Vta i b]Wf'dcf`ja U[Ybg'c'ei Y'gYi `X]gW fgc`hfUn"

HYa cg U Vt f fcl U Y Ui g..bW]U XY cfbUa Ybhcg dUfU g]a Vc`nUf YggY XYgdc`Ua Ybhc" 5hf a Yga c Ug a •g]W]g b~c g~c UVta dUb\UXUg dcf [fUbXYg ]bghfi a YbhcgZ UdYbUg c hYWXc'Y'c'CF[-c"

8Ydc]gZc W`YVfUbhY gY hcfbU i a Z]Y`XYVtX]Z]WXcf XUa YbgU[ Ya ei Y U =fY`Uei Yf dUggUf" 9a gi Ug dU`Uj fUg Y U, " YgZ`Y`dfY[U. f bYVWggzf]c U dfYdUfU, ~c` C GU'j UXcf j Ya ° @]a dYa cg'bcggUg`U'a Ug`Y`di f]Z]ei Ya cg'bcggUg`]bhYb, " Yg"

## Marcar nossa vida com um pequeno esforço

5 GUbHU =fY`U hUa Vfa UVtbgY`U c Z]Y` W]gh~c U ZUnYf i a dYei Ybc gUW]Z]W]c Xi fUbhY c hYa dc Xc 5Xj Ybhc" B ~c dfYW]gU gYf bUXU YgdYhUW`Uf ci Ybcfa Y. `Ya VfYa c! bcg'ei Y`8Yi gj ...U`]bhYb, ~c`UbhYg`XU`U, ~c"

DcXY gYf i a U dYei YbU fYghf], ~c U]a YbhUfZ Vta c b~c hca Uf fYZf][YfUbhY ci b~c Vta Yf VxcVt`UhyZ ci U[i a U ]a dcg], ~c XY cfU, ~cZ Vta c Ugg]gh]f i a U GUbHU A ]ggU Ya U[i a X]U XU gYa UbUz ci fYnUf i a hYf, c U a U]g bc X]Uz c ei Y ]a dcfHU f ei Y gY`U i a YgZcf, cZU`[c'ei Y'bcg`Yj Y`U'hYf`Zcf, U`XY`j cbhUXY"

5 ]a dcfh]bW]U XYggY dYei Ybc gUW]Z]W]c j Ya Ya `cbfU XY hcXUg Ug dYb]h..bW]Ug ei Y c dcj c XU \YfUb, U dfca Yh]XUzcg \YVfYi gZ ZYn Xi fUbhY U YgdYfU Xc A Ygg]Ug" @Ya VfUa cg &#

# 5 f h] [ c g

Včbj Yb]YbhYa YbhY XYggYg gcZ]a Ybhcg Y bcg hcfbUa cg i a Vča Y`Yg. bCg hUa Vfa YgdYfUa cg'dY`c`bUgW]a Ybh`Xc`GU`j UXcf"



7ca YggUg U, " Ygž U GUbhU A ~Y =[ fY`U ei Yf ei Y bcggU W]gU ]bhYf]cf YghY`U a U]g `]a dUž bcggUg U, " Yg a U]g [ YbYfcgUg Y bcggc VčfU, ~c a U]g Uei YW]Xc dUfU Uj ]bXU Xc GYb\cf" HYa dc XY U`Y[ f]U Y ZYgh]j ]XUXYgži a B UhU` gYa `i a U`VcU`]a dYnU`XY`VčbgW].bW]U`f`UdYbUgi a U`XUhU`Vča YfW]U`"

B ~c gY`Ua cgXUei Y`Ygei Y dU[ Ub]nUa c bUgW]a Ybh`Xc A Yb]bc!8Yi g" B c 5Xj Ybhčž UdfYbXUa cg U bcg dfYdUfUfž cf[ Ub]nYa cg bcggc Ygd]f]hc Y di f]Z]ei Ya cg bcggUg U, " Yg" 5gg]a žX]UbhY Xc dfYgfd]c bc X]U &( žei UbXc cg g]bcg hcW]fYa { a Y]U!bc]hYžbcggc gcff]gc gYfz`a U]g[ Ybi #bcžY`c`W]f]b\c`Uc`8]j ]bc`DYei Ybc`gYfz`a U]g`Ui h.bh]Vč"

' #