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Archbishop Makarios of Australia: “Do not let the feeling of defeat overwhelm you”



His Eminence Archbishop Makarios of Australia delivers an encouraging word in his video message via the Instagram social networking site.

“Depression is like a storm,” he quotes and points out: “However, don’t forget that even the darkest storms eventually subside, leaving room for the sunlight to shine and the blue sky to be seen.”

“Do not let the feeling of defeat overwhelm you and kill you,” he urges at another point, while concluding by emphasising: “Even the deepest darkness cannot extinguish the light that exists within you. Hope is there, waiting for you to rediscover it.”

The following is the Instagram post with the entire message of His Eminence Archbishop Makarios:

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