

# 'An Explosion of Joy'

**Dear young people**, the happiness you are seeking, the happiness you have a right to enjoy has a name and a face: It is Jesus of Nazareth, hidden in the Eucharist. Only he gives the fullness of life to humanity! Be completely convinced of this: Christ takes from you nothing that is beautiful and great, but brings everything to perfection for the glory of God, the happiness of men and women, and the salvation of the world. — POPE BENEDICT XVI