尊 重 生 命 禱 詞

全能的天主，
祢是一切美善的根源，
我們感謝祢賜給人類寶貴的生命：
感謝祢，因祢的大能，創造了母胎中的生命；
感謝祢賜給兒童生命，他們滿載青春氣息和
無限前途，我們欣喜萬分；
感謝祢賜給青年人生命，
盼望著他們帶來更美好的世界；
感謝祢賜給殘障者生命，教導我們明白
每顆生命都有它的價值；
感謝祢賜給長者生命，讓他們體認出耐心
與智慧，是恆常不變的恩寵。
願我們效法聖母瑪利亞，常以「願照祢的話
成就於我罷！」來回應祢生命的恩賜。
願我們用心保護生命、維護它，
從受孕那刻開始，直至生命的自然結束。
天父啊！求祢也帶領我們走過此生，並在
主耶穌基督內，獲享永恆圓滿的生命。亞孟。

- 丹・皮亞斯

准印：香港教區主教陳日君樞機 2006年3月2日

為 生 命 禱 詞

啊！瑪利亞，
妳是這新世界的明亮晨曦，
眾生的母親，我們向妳交託生命的本源。
啊！母親，請妳垂顧無數的生命，
包括人們不容出生的胎兒，
生活在困乏中的窮人，
殘酷暴力下的男女受害者，
以及因人的冷漠或善心受蔽塞
而被殺害的長者和病人。
請允許所有信從妳聖子的人
能以真誠和愛，向我們這一代人
宣揚生命的福音。
請妳為他們求得恩寵，
好讓他們能接受那生命的福音，
猶如一份常新的禮物；
求得喜樂，好讓他們能常懷感恩之情，
終生為那福音而慶祝；
也求得勇氣，好讓他們能堅決地為那福音作見證，
並攜手與所有心懷善意的人，
共同建設充滿真理與愛的精神文明；
以讚美天主——生命的創造者和愛護者，
和光榮祂的緣故。

– 教宗聖若望保祿二世

准印：香港教區主教湯漢樞機 2017年4月19日

節錄自《生命的福音》通諭

5. 請尊重、保護、珍愛和服務生命，所有人類生命！

只有遵照這個方向去做，你才能找到正義、發展、真自由、和平與幸福！

44. 天主聖言一再要求我們**關懷和尊重生命**，特別是遭受**病痛和老年折磨的生命。**

46. **人不是生命的主人**，也不是死亡的主人。生與死，都必須完全託付給那位「**『看著好的』至高者**」，就是託付在祂慈愛的計劃中。

91. **維護和促進生命**的工作，不是任何個人或團體所能獨霸的。這項工作，**人人有責**。

瓜達盧佩聖母簡介

於一五三一年，童貞瑪利亞顯現給
印地安人聖高樂多(若望・迪達谷)、
一位原住民印地安人，
顯現處是在今天之墨西哥首都
附近的一座名為泰佩亞克的小山。
聖母顯靈跡的聖像仍長久保存
在該地興建的瓜達盧佩聖殿中，
信友常到這裡敬禮聖母。

天主之母，也是教會之母，
藉著這位信德卓著的聖者，
召喚群眾熱愛基督。

瓜達盧佩聖母紀念日集禱經

天主、極仁慈的大父，祢把祢的子民
託付於祢聖子的母親特別照顧之下；
求祢使所有呼求瓜達盧佩聖母的人，
能以活潑的信德，
在正義與和平的道路上
去追求民族的進步。

教區內關顧生命相關組織 Pro-Life Associations

教區婚姻與家庭牧民委員會 DPCMF
關顧生命事工 Pro-Life Ministry
出生權維護會 The Birthright Society
香港天主教母乳育嬰會
Hong Kong Catholic Breastfeeding Association
喜樂生命 Joy of Life
教區生命倫理小組 Diocesan Committee for Bioethics

自然家庭計劃 Natural Family Planning

比林斯排卵法® Billings Ovulation Method®
由香港明愛家庭服務提供
by Caritas Family Service
黏液體溫法 Sympto-Thermal Method
由香港公教婚姻輔導會提供
by Hong Kong Catholic Marriage Advisory Council
克賴頓模式生殖照護™系統
Creighton Model Fertility Care™ System
www.catholicfertilitycare.hk

資料提供 Information provided by
教區婚姻與家庭牧民委員會
Diocesan Pastoral Commission of
Marriage and the Family
http://www.dpcmf.org.hk/
電話(Tel)：2560 2314
關顧生命事工 Pro-Life Ministry
https://www.facebook.com/prolife.dpcmf/

2020年11月版

Prayer for Reverence for Life

Almighty God, giver of all that is good,
we thank You for the precious gift of human life:

- for the life in the womb, coming from your creative power,
- for the life of children, making us glad with their freshness and promise,
- for the life of young people, hoping for a better world,
- for the life of people who are disabled, teaching us that every life has value,
- for the life of the elderly, witnessing to the ageless values of patience and wisdom.

Like Blessed Mary, may we always say "Yes" to Your gift. May we defend it and promote it from conception to its natural end. And bring us at last, Our Father, to the fullness of eternal life in Jesus Christ, our Lord. Amen.

- Dan Peirce

Imprimatur: Cardinal Joseph Zen, SDB
2 March 2006

Prayer for Life

O Mary, bright dawn of the new world,
Mother of the living,
to you do we entrust the cause of life
Look down, O Mother,
upon the vast numbers of babies not allowed to be born,
of the poor whose lives are made difficult,
of men and women who are victims of brutal violence,
of the elderly and the sick killed
by indifference or out of misguided mercy.
Grant that all who believe in your Son
may proclaim the Gospel of life
with honesty and love to the people of our time.
Obtain for them the grace
to accept that Gospel as a gift ever new,
the joy of celebrating it with gratitude
throughout their lives
and the courage to bear witness to it resolutely,
in order to build, together with all people of good will,
the civilization of truth and love,
to the praise and glory of God,
the Creator and lover of life.

- Pope St. John Paul II

Extracts from *Evangelium Vitae*

5. **Respect, protect, love and serve life, every human life!** Only in this direction will you find justice, development, true freedom, peace and happiness!

44. The word of God frequently repeats the call to show **care and respect**, above all where life is undermined by **sickness and old age**.

46. **Man is not the master of life**, nor is he the master of death. In life and in death, he has to entrust himself completely to the **"good pleasure of the Most High"**, to his loving plan.

91. No single person or group has a monopoly on the **defence and promotion of life**. These **are everyone's task and responsibility**.

About Our Lady of Guadalupe

December 12th is the feast day of Our Lady of Guadalupe. On December 9th, 1531, Juan Diego had a vision of Our Lady in Tepeyac, Mexico. Mary asked him to tell the bishop to build a church at the site of the vision. After the vision was confirmed by a flowering rose bush and a miraculous image on Juan Diego's cloak, a shrine was built. John Paul II calls the Basilica of Our Lady of Guadalupe the 'Marian heart of the Americas.' Our Lady of Guadalupe was declared the patron saint of the Americas in 1945.

Collect

O God, Father of mercies,
who placed your people under the singular protection
of your Son's most holy Mother,
grant that all who invoke the Blessed Virgin of Guadalupe,
may seek with ever more lively faith
the progress of peoples in the ways of justice and of peace.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in
the unity of the Holy Spirit, one God, for ever and ever.

墨西哥瓜達盧佩聖母
維護生命主保
Our Lady of Guadalupe, Mexico
Patroness of the Pro-Life Movement