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# 每日靈修片語

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取自聖安琪慧語



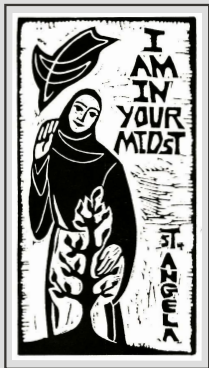
A Month of

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Spiritual Thoughts for  
Daily Living

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(From: Writings of St. Angela)



Sustain and carry out  
vigorously and faithfully the  
charge laid upon you.

Intro to the Counsels

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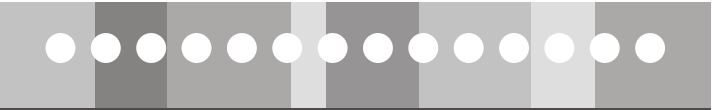
持久地、滿懷活力地，  
忠實執行所肩負的任務。

勸言序

Be kind and compassionate  
toward each other.

2<sup>nd</sup> Precept

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彼此相待  
要溫和  
要慈悲爲懷。

勸言二

Living all together thus united  
in heart, you will be like  
a mighty fortress,  
against all adversities.

Last Counsel






果能這樣團結一心地生活，  
你們將好似堅固的堡壘，  
可抵禦一切仇敵。

最後勸言

Seek to spread peace and  
concord where you are.

5<sup>th</sup> Counsel

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無論你在何處  
設法散播平安和諧。

勸言五

Above all be humble  
and gentle.

5<sup>th</sup> Counsel

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最要緊的是要謙遜溫和。

勸言五

I shall always be in your midst,  
helping your prayers.

Last Counsel

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我自己也常會在你們中間，  
幫助你們的祈禱。

最後勸言

You have more need to  
serve others,  
than they have to be served.

1<sup>st</sup> Counsel

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你們自己對服務他人的需要  
遠比他人需要你們的服務、  
管理，來得更大。

勸言一

Have hope and firm faith  
in God, for He will help you  
in everything.

Intro to the Counsels

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在天主內懷著希望與堅定的信心，  
祂必會在一切事上協助你們。

勸言序

I want and am able to  
help you and do you good  
in every way.

Intro to the Counsels

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我願意且更有能力幫助你們，  
在各方面照應你們。

勸言序

Believe and do not  
lose heart and hope.

5<sup>th</sup> Counsel

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只要相信  
不要喪失勇氣與希望。

勸言五

How much must you pray Good  
to enlighten you, and direct you,  
and teach you what you have to  
do for love of him in his task.

Intro to the Counsels





你們又該多麼熱切祈求  
天主的光照、引領，  
求祂教導你們爲了愛祂，  
怎樣去完成這使命。

勸言序

Continue courageously  
the task begun and rejoice.

Last Counsel

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鼓起勇氣繼續已開始的任務，  
同時也要歡欣。

最後勸言

In everything  
willingly be gentle.

3<sup>rd</sup> Legacy

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要在一切事上，保持溫和。

遺訓三

The more you are united,  
the more Jesus Christ will be  
in your midst as a father and  
good shepherd.

10<sup>th</sup> Legacy

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你們越加團結，耶穌基督也越會在  
你們中間，如同父親與善牧一般。

遺訓十

I shall always be in your midst,  
lending aid to your prayers.

Last Counsel

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我自己也常會在你們中間，  
幫助你們祈禱。

最後勸言

Loving each other and living in harmony together are a sure sign that we are walking the path right and pleasing to God.

10<sup>th</sup> Legacy






彼此相愛，和睦共處是一個明確的  
標記，我們已步上中悅天主的坦途。

遺訓十

Be diligent in prayer,  
mental as well as vocal.

Primitive Rule Chapter V.

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要勤奮祈禱，  
無論是口禱或默禱。

會規五

There will be no other sign  
that you are in the grace of the  
Lord than that you love one  
another and are united together.

10<sup>th</sup> Legacy



除了相親相愛，團結一致以外，  
沒有別的記號可以顯示出  
你們生活在主的寵愛內。

遺訓十

Rejoice, because without doubt,  
what I say to you will be so.

Last Counsel

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要歡欣，因為，不容懷疑的，  
我對你們所說的都會實現。

最後勸言

I assure you that  
every grace you ask from God  
will infallibly be granted to you.

Last Counsel

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我還可向你們保證，  
你們向天主祈求的每一個恩惠，  
都必蒙垂允。

最後勸言

I have this firm and  
unquestioning faith and hope  
in infinite divine goodness.

Rule, Prologue

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我對上天無限良善，  
懷有堅定不疑的信心與希望。

會規序

Live in harmony,  
united together, all of  
one heart and one will.

Last Counsel

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你們當和睦相處，  
團結一致，全體一心一德。


最後勸言

For understand that now  
I am more alive than  
I was when I lived on earth.

Intro to the Counsels

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要知道，  
如今我比活在世間時更有活力。

勸言序

Be bound to one another by  
the bond of charity,  
esteeming each other,  
helping each other, bearing  
with each other in Jesus Christ.

Last Counsel



彼此以愛德為聯繫，  
互相尊重，互相幫助，  
且要在耶穌基督內相互忍讓。

最後勸言

Without doubt you will see  
marvelous things, if you  
direct everything to the praise  
and glory of his Majesty and  
the good of souls.

Intro to the Counsels

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毫無懷疑的，你們定會見到奇事，  
只要在一件事上，你們一心尋求的是  
祂無上的榮耀，及人靈的益處。

勸言序

Let them have Jesus Christ  
for their only treasure,  
for there also will be love.

5<sup>th</sup> Counsel



讓她們以耶穌基督為她們唯一的寶藏，  
也是她們的愛。

勸言五

And always let your principal  
recourse be to gather at the  
feet of Jesus Christ.

Last Legacy





讓你們求助的第一個去處，  
常是集合耶穌基督的腳前。

最後遺訓

For in these perilous and pestilential times, you will find no other recourse than to take refuge at the feet of Jesus Christ.

7<sup>th</sup> Counsel




因爲在這險惡的時代，  
你們只有在耶穌基督的腳下，  
才能找到避難的地方。

勸言七

Persevere faithfully and  
joyfully in the work  
you have began.

Last Legacy

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要忠實地，快樂地，  
恆心繼續你們已開始的工作。

最後遺訓

You will achieve more with  
kindness and gentleness  
than with harshness and  
sharp rebukes.

2<sup>nd</sup> Precept

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溫和與慈愛，  
遠比嚴厲的責罵來得有效。

勸言二

If he directs and teaches you,  
you will be well taught.

7<sup>th</sup> Counsel

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若是有祂來引領教導你們，  
你們定會學的很好

勸言七





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Soli Deo Gloria



唯主是榮