



天主教香港教區禮儀委員會

HONG KONG CATHOLIC DIOCESAN LITURGY COMMISSION

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請代通傳給堂區或團體中各司鐸及執事。謝謝！

致：堂區主任司鐸及修會／使徒生活團／監督團的會院上司

敬愛的神父／執事／修士／修女：

教宗方濟各於2021年1月31日公布，設立「世界祖父母及長者日」，於每年7月第四個主日慶祝（接近「聖若亞敬及聖亞納」紀念日）。

謹奉上由聖座平信徒家庭暨生命部為「世界祖父母及長者日」編撰的「祖父母和長者的祈禱」香港譯本，可自由採用並鼓勵教友，尤其長者誦念和默想。

教宗方濟各的「第一屆世界祖父母及長者日文告」中譯本，見：

https://www.vatican.va/content/francesco/zh_tw/messages/nonni/documents/20210531-messaggio-nonni-anziani.html

祝身心康泰，德化日隆！



教區禮儀委員會辦事處

2021年7月16日

Kindly circulate to all priests and deacons. Thank you very much

16 July 2021

To: Parish Priests and House Superiors of Religious Institutes / Societies of Apostolic Life / Personal Prelature

Dear Reverend Father / Reverend Deacon / Brother / Sister,

His Holiness Pope Francis has announced on 31 January 2021 the establishment of 'World Day for Grandparents and the Elderly' to be celebrated on the fourth Sunday of July (close to the Memorial of Saints Joachim and Anne).

We attach for your perusal the Chinese text for the 'Prayer for the First World Day for Grandparents and the Elderly' provided by the Dicastery for the Laity, the Family and Life and translated by the Liturgy Commission of Hong Kong for your perusal. Link to the English text for this Prayer:
http://www.laityfamilylife.va/content/dam/laityfamilylife/Anziani/KitPastorale/EN/EN_Preghiera.pdf

Pope Francis' Message for the First World Day for Grandparents and the Elderly:

<https://www.vatican.va/content/francesco/en/messages/nonni/documents/20210531-messaggio-nonni-anziani.html>

God bless.

Office, Diocesan Liturgy Commission



世界祖父母及長者日
(每年7月第四個主日，接近「聖若亞敬及聖亞納」紀念日)

祖父母和長者的祈禱

上主，我感謝你的親臨安慰，尤其在我孤寂的時刻。你是我的希望和信心。自我年青時，你就是我的靠山和保護。

上主，我感謝你，賜我家庭，祝福我得享長壽。我為歡樂的時日，也為艱難的歲月，感謝你。我為人生中夢想成真之事，及未圓之夢，感謝你。我為你召叫我到此豐碩時刻，感謝你。

上主，請增加我的信德，使我作你和平的工具，教我擁抱比我受苦更甚的人，使我永遠懷抱夢想，並向後代子孫傳述你的奇事。

上主，請你保護和引領教宗方濟各和整個教會，使福音真光照耀普世。

上主，請派遣你的聖神，更新世界，平息瘟疫，安慰憂苦，消弭戰爭。

上主，請扶助我於衰弱之時，幫助我積極地活在當下，並確信你必與我天天在一起，直到今世的終結。

亞孟。

譯自：聖座平信徒家庭暨生命部

http://www.laityfamilylife.va/content/dam/laityfamilylife/Anziani/KitPastorale/EN/EN_Pregghiera.pdf

香港教區禮儀委員會譯

香港教區宗座署理湯漢樞機准 2021年7月16日



PRAYER FOR THE FIRST WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

I thank You, Lord,
for the comfort of Your presence:
even in times of loneliness,
You are my hope and my confidence,
You have been my rock and my fortress since my youth!

I thank You for having given me a family
and for having blessed me with a long life.
I thank You for moments of joy and difficulty,
for the dreams that have already come true in my life and for
those that are still ahead of me.
I thank You for this time of renewed fruitfulness to which You
call me.

Increase, O Lord, my faith,
make me a channel of your peace,
teach me to embrace those who suffer more than me,
to never stop dreaming
and to tell of your wonders to new generations.

Protect and guide Pope Francis and the Church,
that the light of the Gospel might reach the ends of the earth.
Send Your Spirit, O Lord, to renew the world,
that the storm of the pandemic might be calmed,
the poor consoled and wars ended.

Sustain me in weakness
and help me to live life to the full
in each moment that You give me,
in the certainty that you are with me every day,
even until the end of the age.

Amen.