

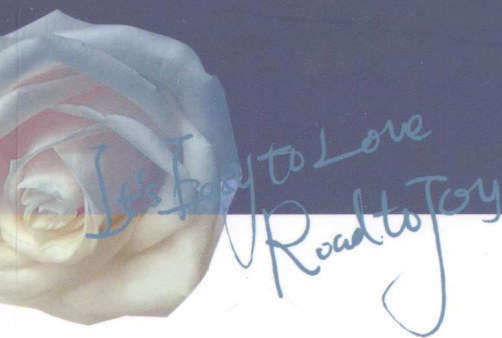
特蕾莎修女
灵修笔记
〔中英文对照〕

〔特蕾莎修女圣爱灵修箴言录〕

爱的简约

特蕾莎修女◎著

上智文化事业◎编译



爱其实很简单，是通往快乐之路

北方文艺出版社

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The Road to Joy*

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I have a happy New Year
God bless you
in Jesus' name

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My dear Sister
Your two letters of Feb.

from me - I love
is - just now
as they are

爱其实很简单

It's Easy to Love

不必把真爱想得有多特别。

试想一盏油灯如何燃烧，

不就是靠着油滴不断耗尽自己。

我们油灯里的油滴是什么？

是生活中微不足道的小事：

忠诚尽责、说几句好话、

多替别人着想、

举手之劳做善事。

——特蕾莎修女

They draw their
from how common of life



have a happy New Year
God bless you
in Teresa's

Love

爱

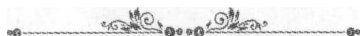
I believe God loves the world
through us
through you and through me.

我相信，天主透过我们来爱世界
——透过你，也透过我——

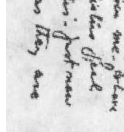
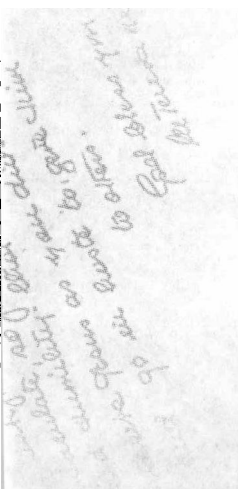
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I believe God loves the world
through us —
through you and through me.



我深信，天主透过我们来爱世界
——透过你，也透过我。



landed 53
men of 104
to have blood
a part
to our country
my father it was
2 photo 9 photo
and my thoughts
when I was a
child

The material and physical
suffering is suffering
from hunger, from homelessness,
from all kinds of diseases.
But the greatest suffering is being
lonely, feeling unloved,
having no one.



肉体上的痛苦是由于
饥饿、无家可归和各种疾病，
然而最大的痛苦莫过于
孤独、没人爱、没有朋友。



10/12/77
ham ni
am 33pster
si Pappa
e. xamut
faujiet
bater.
u. fukarst
mus.
mija.
fere
Bogashin

Faith is a gift of God.
Without it there would be no life.
Love and faith go together.
They complete each other.

信仰是天主的恩赐。

没有信仰，

也就没有生命。

爱和信仰相辅相成，

缺一不可。



and humbly: that I may
receive from you as you wish.
and go in haste to get him
to others.
God bless you
Mother Teresa
10/9/82

We have not been created
to just pass through this life
without aim. And that greater
aim is to love and be loved
and we cannot love unless we know.

我们受造不是为了
漫无目的地虚度一生。
人生更崇高的目的在于
爱及被爱。
我们必须了解这一点，
否则我们不会去爱。



you can't see me
dies have a happy New Year
God bless you
in peace

March 53

Men of Tel
... have been
... not
... to our country
... respect it - no
... photo of them
... my thoughts
... when they were
... married with the
... my people for me
... to be good for
... but he has been
... do it - I want
... I am ready, my
... in one of the
... from me. I have
... better of had
... than - just men
... as they are

In his passion Jesus taught us
how to forgive out of love,
how to forget out of humility.
So let us at the beginning of the
passion of Christ examine our
hearts fully and see if there is
any unforgiven hurt,
any unforgotten bitterness.



耶稣以他的苦难教导我们：
如何因爱而宽恕，
如何因谦逊而不计前嫌。
因此让我们从基督的苦难开始
扪心自问：
是否还有无法宽恕的伤害，
是否还有耿耿于怀的苦痛。



There is no limit,
because God is love and love is God.

And so you are really
in love with God,
and God's love is infinite.



天主是爱，
爱是天主，
所以爱无止境。
如果你真心爱天主，
你就会发现——
天主的爱是无限的。

*Mary, my dearest Mother,
Give me your heart
so beautiful, so pure, so
immaculate, so full of love
and humility. That I may*





It is not how much
we give but how much love
we put in the giving.

给多给少不要紧，
重要的是
我们倾注了多少爱心。

10/10/99
kam ni
au. 300000
pi. 300000
e. 300000
fauget.
bates.
e. 300000
musa.
mija.
jawa
300000

Whatever we believe, we know that
if we really want to love,
we must learn to forgive.



无论我们信仰什么，
如果我们真的要去爱，
我们必须学着去宽恕。



and humility: that I may
receive from as you did.
and go all hosts to give them
to others.

God bless you
Mother Teresa
10/9/75

Love begins at home.

Lots of love always
brings lots of peace.



爱始于家庭，
有爱的地方就有平安。



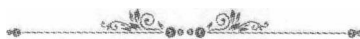
ish 53

us of Feb

I have liked
not
to our comment
before it was
glad I shall

I may thought
less things
aged with the
-rougher for me
to be good God
to it - I mean
am ready, very
one of the
- me, where
live that
- just now
they are

To love, it is necessary to give;
to give, it is necessary to be
free from selfishness.



爱,就必须付出;
付出,就必须弃绝自私自利。

