



The Holy See

LETTER OF HIS HOLINESS POPE FRANCIS TO THE FAITHFUL FOR THE MONTH OF MAY 2020

Dear Brothers and Sisters,

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and [it is easy also on the internet](#) to find good models of prayers to follow.

I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that myself will pray in the month of May, in spiritual union with all of you. I include them with this letter so that they are available to everyone.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

*Rome, Saint John Lateran, 25 April 2020
Feast of Saint Mark the Evangelist*

Pope Francis

First Prayer

O Mary,
You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.

“Protectress of the Roman people”,
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.

Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection.
Amen.

*We fly to your protection,
O Holy Mother of God;
Do not despise our petitions
in our necessities,
but deliver us always
from every danger,
O Glorious and Blessed Virgin.*

Second Prayer

“We fly to your protection, O Holy Mother of God”.

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

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教宗方济各 2020 年 5 月圣母月牧函及祷词全文

亲爱的弟兄姐妹：

五月（圣母月）将临，这是天主子民格外热诚向童贞圣母玛利亚表达孝爱之情的时刻。在这一个月里，我们一直有与家人在家中一起诵念玫瑰经的传统。疫情下，种种的限制使我们更珍视“家庭”的幅度，也促使我们从灵性的角度去看这个幅度。

因这缘故，我切愿鼓励每个人重新发现五月（圣母月）在家诵念玫瑰经之美。你可以斟酌各自的情况，善用机会，以个人或群组进行。诵念玫瑰经的关键常应以“简朴”为准，并且在互联网也可轻易找到玫瑰经祈祷的范例，易以跟从。

我还提供了两篇向圣母的祷文，大家可以在玫瑰经结束时诵念。同时，我也会在五月份（圣母月）诵念玫瑰经，俾能在心神上与大家合而为一。我把它们连同这封信放在一起，以便所有人都得以使用。

亲爱的弟兄姐妹，以我们母亲玛利亚的心，默观基督的面貌，会使我们更团结，成为一个属灵的家庭，也会帮助我们克服这段考验。我为你们众人祈祷，尤其为那些受苦至深的人们；也请你们为我祈祷。我感谢大家，并以挚爱之情祝福大家。

发自罗马圣若望拉特朗大殿

2020 年 4 月 25 日圣马尔谷圣史庆日

教宗方济各

向圣母祈求（一）

圣母玛利亚，

妳总是在我们的生命旅途中闪耀发亮，

一如救赎和希望的记号。

我们将自己托付于妳、病人之痊，

妳持守著坚定的信德在十字架下参与耶稣的苦难。

妳、罗马人民的救援，

明了我众之所需，

我们确信妳将如同在加里肋亚加纳所作的一样，

在这考验的时刻过后，

让喜乐与欢庆得以复返。

天主圣爱之母，

请帮助我们众人顺服天父的旨意并承行耶稣所教导的，

祂承担了我们的苦难，

藉著十字架引领我们到达复活的喜乐，阿们。

天主之母，圣母玛利亚，

在妳的保护下，我们寻求庇护之所。

噢！荣福童贞玛利亚，

请勿轻视我们在考验中的恳求，

并使我们免于一切凶险。

向圣母祈求（二）

天主圣母，我们投奔到妳的保护。

天主圣母，我们的母亲，我们正受疫情侵蚀，
全球饱受痛苦和忧虑。

我们投奔于妳，并寻求藏身于妳的保护之下。

童贞玛利亚，请转目怜视处在疫症下的我们。

请安慰那些悲痛哀悼的人，因为他们痛失所爱的亲友；

况且有时，埋葬的安排，亦加深了哀悼者的悲痛。

请陪伴那些因所爱的人病了而忧心忡忡，

却又因防范疫症传播而不能陪伴染病亲友的人。

为那些忧虑前景不稳，经济和就业困难的人，

请给予他们希望。

天主圣母，我们的母亲，

请为我们向天主—仁慈的圣父祈求，

使能结束这场巨大的苦难，

重现希望与平安的曙光。

请向妳的圣子恳求吧！

正如妳在加纳所做的，

使病人和亡者的家人得到安慰，

开解他们的心灵，使能重获信心和依靠。

请保护前线医护人员和义工；

他们正冒着生命危险去救助别人。

请支援他们英勇的努力，

给予他们力量、无私的精神和健康的体魄。

请陪伴日夜照顾病人的人士。

也请陪伴善尽牧职的司铎；

他们忠于福音，尽力帮助和支援众人。

至圣童贞，请光照科研人士的智慧，

使他们找出有效的解决办法，去战胜这病毒。

请支援各国领导人，以智慧、关心和慷慨的精神，
去援助那些缺乏生存基本需要的人，
并以远大的眼光，及休戚与共的态度，
制定社会和经济上的解决办法。

圣母玛利亚，请激发我们的良知，
把发展和囤积武器的投资，
改为用于提升有效的研究，
去避免同样的悲剧，将来再度发生。

可爱之母，请帮助我们明白，
我们都是一个大家庭的成员，
并承认我们是连成一体，
好使我们在友爱和团结的精神下，能够彼此帮助，
减轻无数贫穷和匮乏人士的困境。

请加强我们的信心，坚忍服务，恒心祈祷。

玛利亚，忧苦者的安慰，
请拥抱妳受苦的众子女，
并祈求天主伸出他大能的手，
从这恐怖的疫症中，解救我们，
好使生命能安稳地重回正轨。

童贞玛利亚，妳是宽仁的、慈悲的、甘饴的，
我们把自己托付于妳；
妳在我们生命的旅途中闪耀发光，
一如救恩和希望的标记。

阿们。