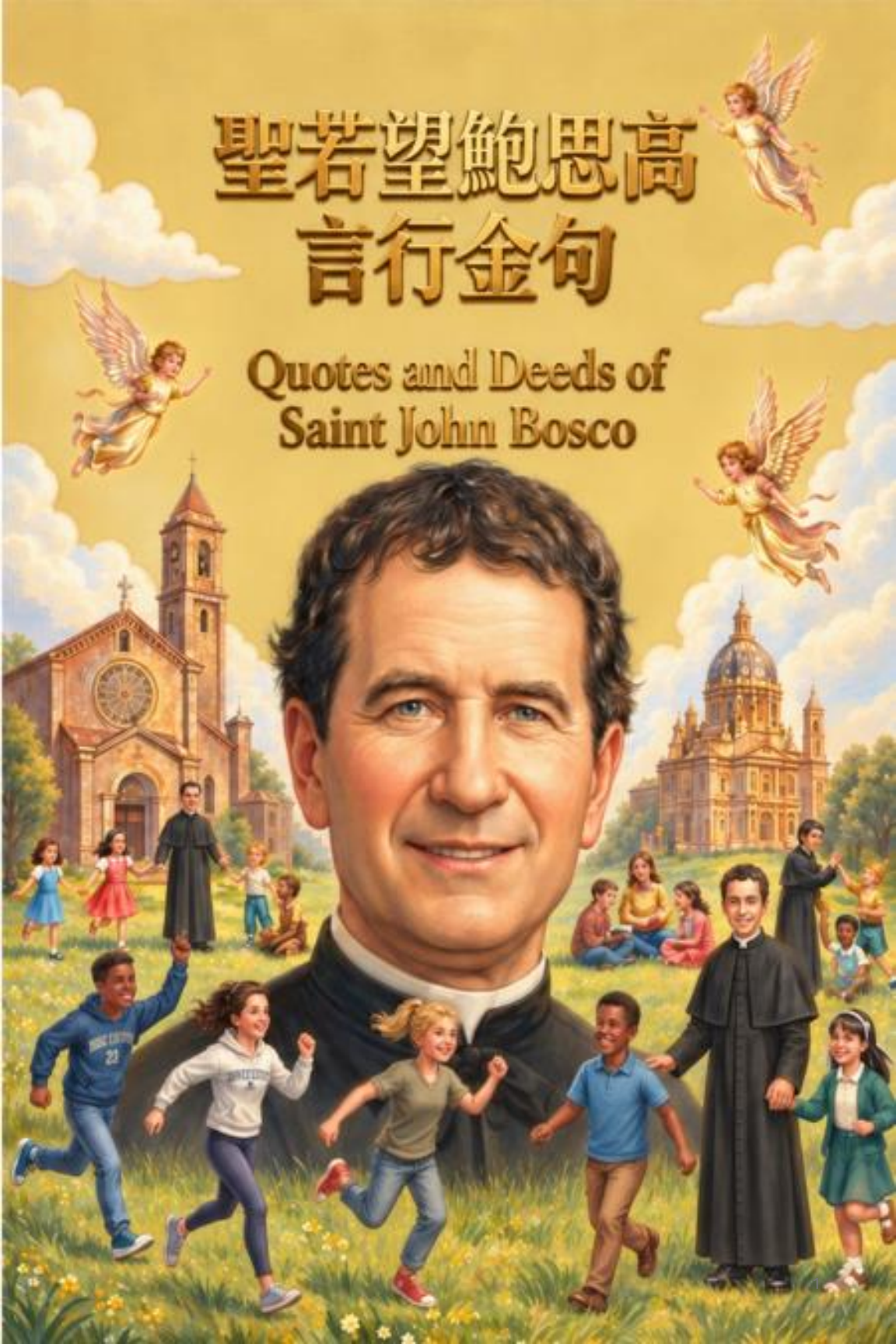
聖若望鮑思高言行金句

Quotes and Deeds of Saint John Bosco





聖若望鮑思高
St. John Bosco

聖若望鮑思高生平簡介
(1815—1888)



聖若望鮑思高出生於義大利杜林的貧農家庭，由母親瑪加利大獨自撫養。九歲時在夢中受聖母瑪利亞啟迪，立志用「仁慈與愛心」引導狂暴的野獸變成溫馴的小羔羊。

1841年聖鮑思高晉鐸為神父，正值工業革命。他看見無數街頭孤兒流離失所，遂於同年12月8日創辦「慶禮院」，為貧苦青年建立了一個「是家、是學校、是聖堂，也是操場」的安全避風港。

預防教育法：他創立了劃時代的教育神恩，以「理智、宗教、仁愛」為三大支柱。他強調教育者要陪伴在孩子身邊，不僅要愛他們，更要讓他們感受到自己被愛。

他先後創立了慈幼會（1859年）、母佑會（1872年）及慈幼協進會（1876年）。1888年安息主懷，1934年被冊封為聖人，時至今日他的愛火已傳遍全球 130 多個國家。

St. John Bosco Biography (1815-1888)



St. John Bosco was born in a small village near Turin, Italy in 1815. He was raised with love by his mother, Margaret. At the age of nine, John experienced a dream of Our Lady, who inspired him to guide young people through “kindness and love.”

Ordained a priest in 1841, he encountered many poor and abandoned young people living on the streets. He founded the Oratory, a place where they could experience “home, school, church, and playground.” Guided by “Reason, Religion, and Loving-kindness,” he developed the Preventive System of Education and devoted his life to serving disadvantaged youths.

He founded the Salesian Society in 1859, the Daughters of Mary Help of Christians in 1872, and the Salesian Cooperators in 1876. He died in 1888 and was canonized in 1934. Today, his mission continues to flourish, reaching young people in more than 130 countries worldwide.

親愛的朋友：你絕不孤單。

在你追尋夢想、面對挑戰的路上，
聖若望鮑思高也曾走過同樣的路。
這本小冊子收錄了他
對我們的溫暖話語。願這些智慧的言行金句，
成為你口袋的光，時刻陪伴你、鼓勵你，
帶給你滿滿的愛與勇氣！

Dear Friends, you are never alone.

As you pursue your dreams and face life's challenges, remember that Saint John Bosco once walked a similar path. This little booklet gathers some of his quotes and deeds of wisdom and encouragement. May they be a light you carry with you—guiding your way, lifting your spirit, and reminding you that you are always accompanied with love and hope.

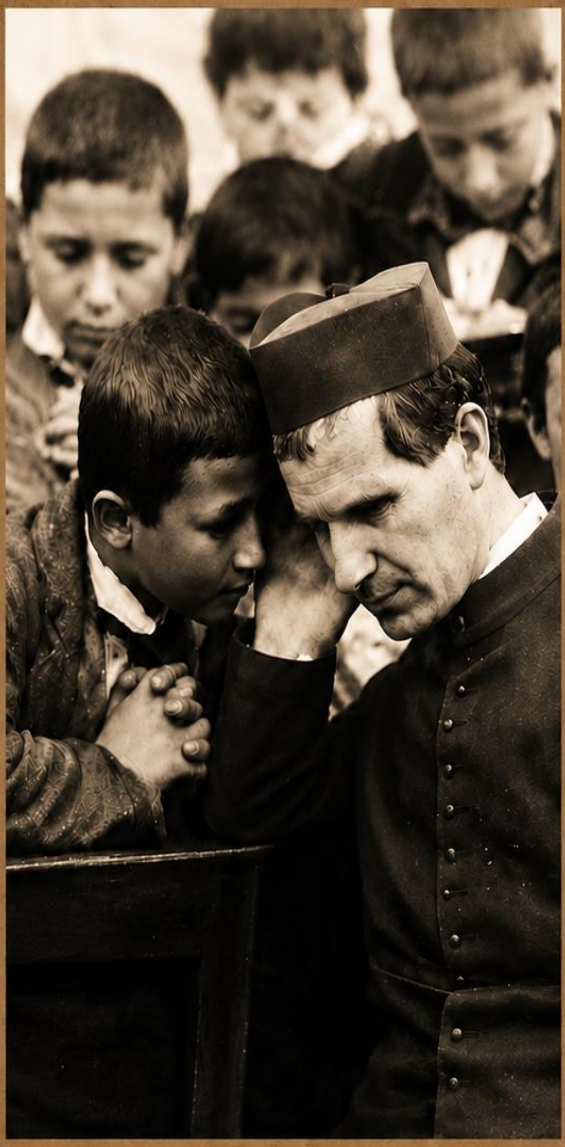


與我靈
取其餘。

Give me souls, take away the rest.

今天能做的善事，
不要拖到明天；
因為明天不一定
還有機會。

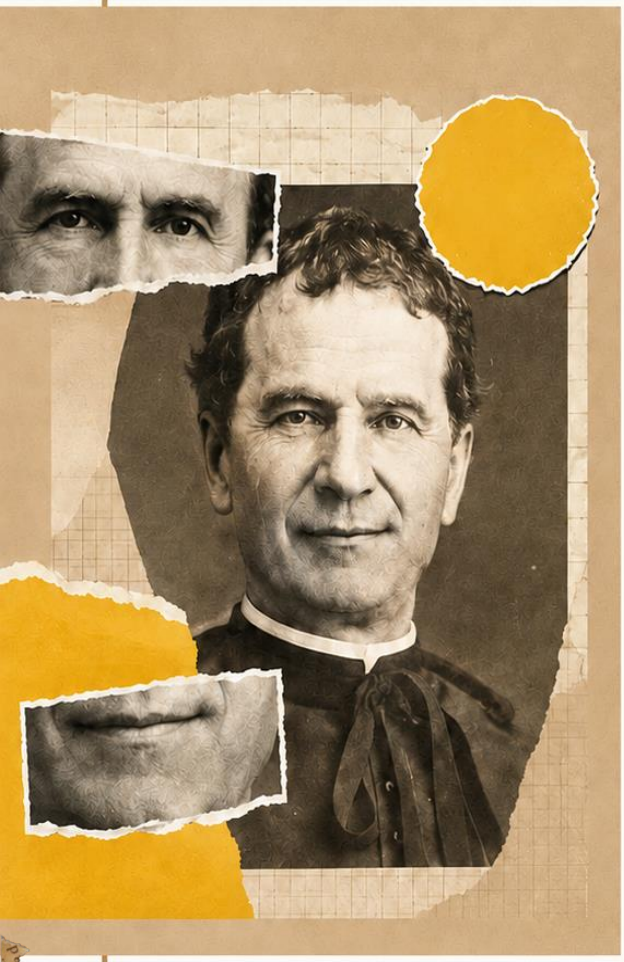
Do not leave for tomorrow the good you can do today. You may not have a tomorrow.





作為教育者、是做青年的
父親、兄弟和朋友。

When with young people, you must be like a father, a brother and a friend.



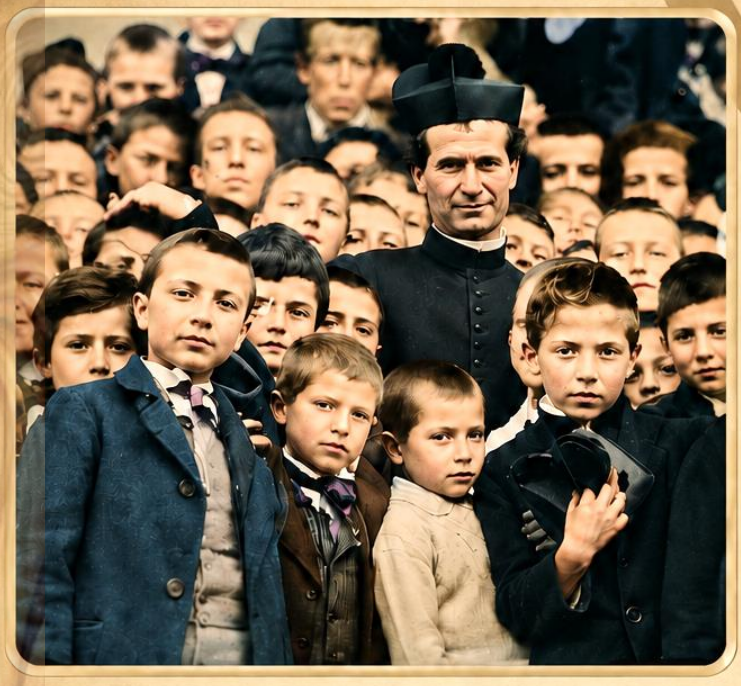
聖德不在於
不犯過失，
而在於知錯
能改。

Being good does not consist in never making mistakes, but in knowing how to make amends.



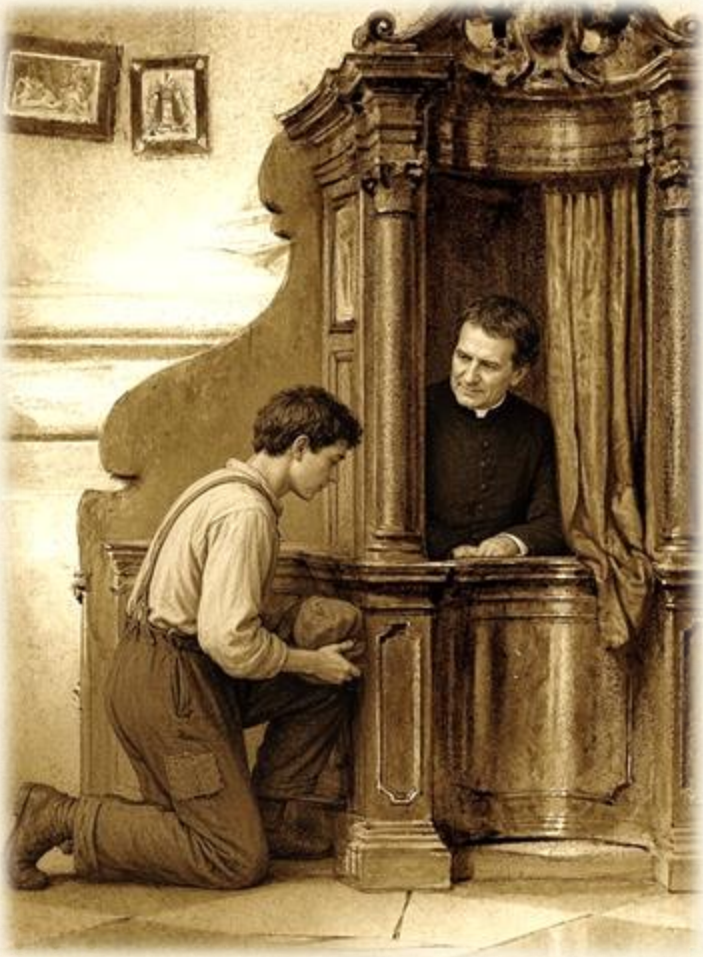
無論你做什麼，
都要以天主的光榮
作為你的首要目標。

Whatever you do, think of the Glory of God as your main goal.



為了用愛去理解
並贏得一個人，
最簡單的方法，
就是時刻與他在一起。

In order to understand and win someone over with love, the simplest way is to stay with them all the time.



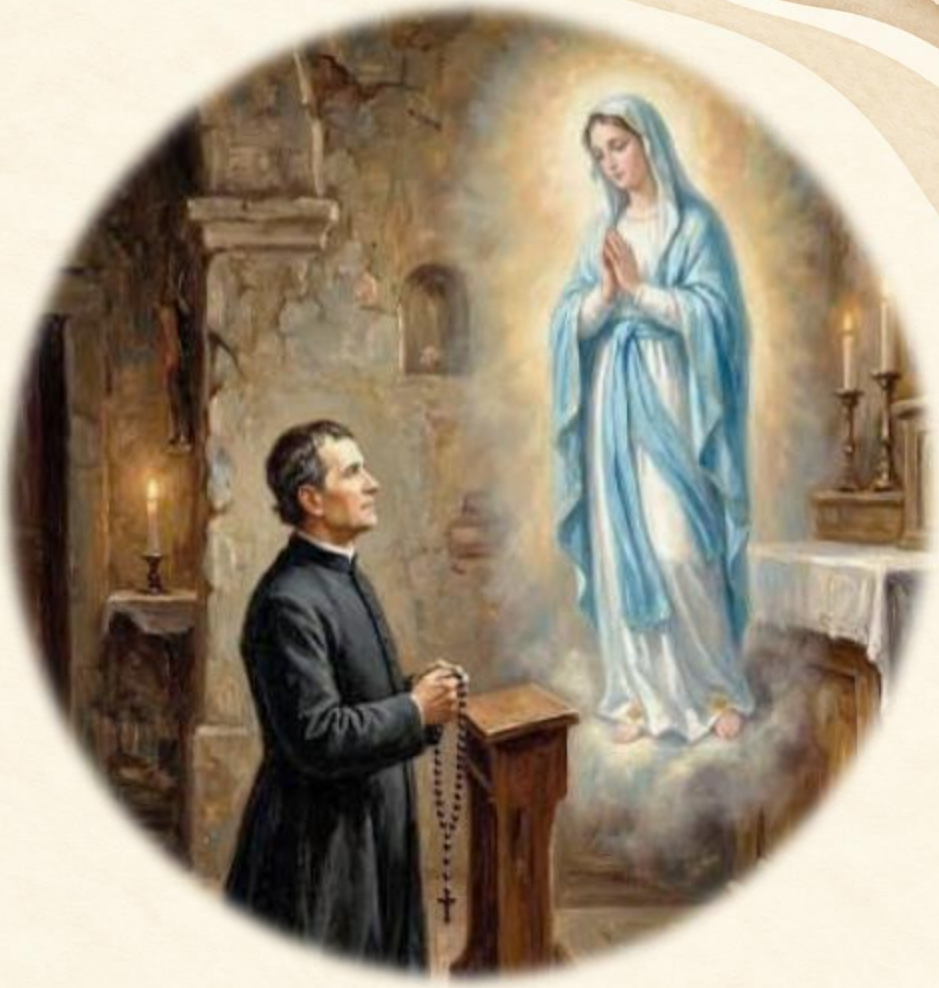
如果你希望別人包容你的缺點，
那麼你也要甘願包容別人的缺點。

Put up willingly with the faults of others
if you wish others to put up with yours.

盡你所能，其餘的，
天主和聖母會幫你完成。

Do your part,
God and Mary Help of Christians
will do the rest.





凡是誦念玫瑰經的地方，
就會有和平與寧靜的日子。

Where the Rosary is cited,
there will be days of peace and tranquility.



聖母進教之佑
是我們青年人
的導師 。

Mary Help of
Christians is the
guide of our youth.

The Basilica of Mary Help of Christians

聖母進教之佑大殿



這大殿的
每一塊磚頭，
都是聖母賞賜
的大恩典。



Every brick in this basilica
is a great blessing from Our Lady.



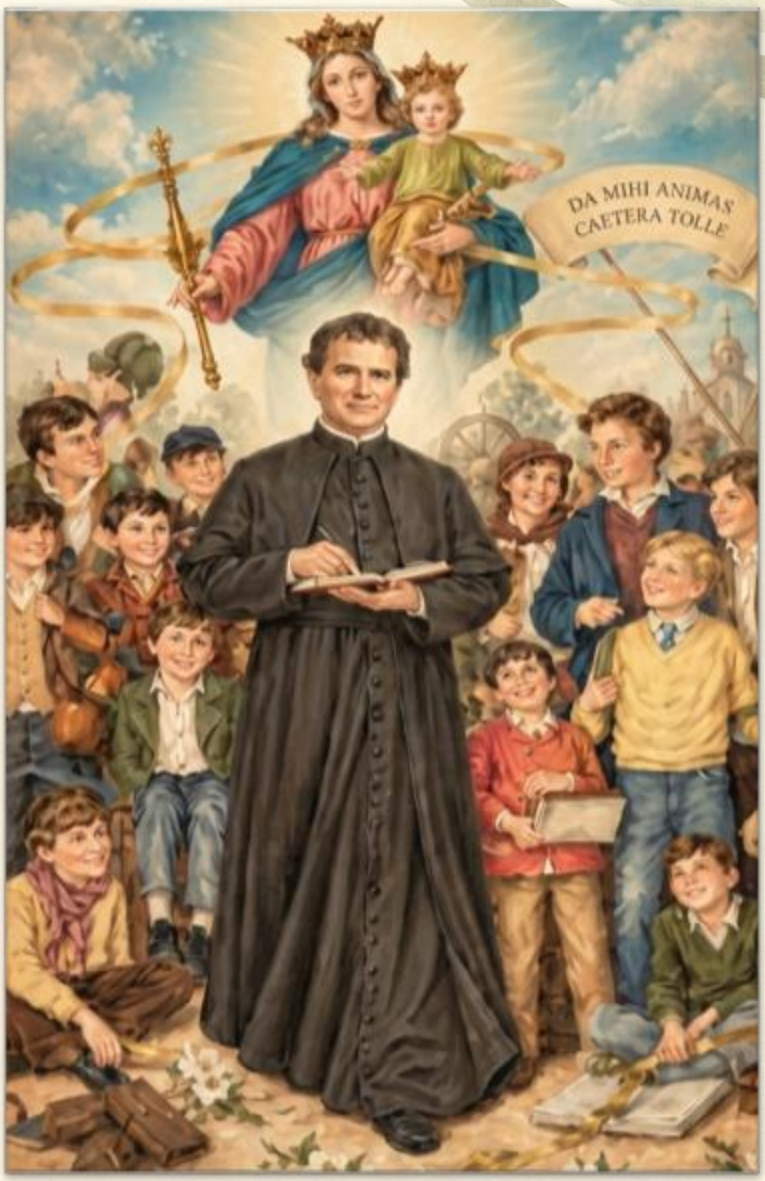
向聖母進教之佑
打開你們的心扉，
信賴她。

Open your hearts to
Mary Help of Christians,
and trust in her.



我所有的事工，都是從一篇簡單
求聖母幫助的《聖母經》開始。

I begin every work with a simple Hail Mary,
entrusting it to Our Lady's help.



獨自一人成就小，
偕同聖母成就大。

On our own, we can do little;
with Our Lady's help,
great things become possible.



進教之佑聖母，
是我們所有事工的創始者與永久保護者。

Mary Help of Christians is
the Foundress and Perpetual Protectress
of all our work.



把一切信賴都託付給耶穌聖體，
和聖母進教之佑，
你將會看到什麼是奇蹟！

Entrust everything to Jesus in the Blessed Sacrament and to Mary Help of Christians, and you will see miracles are.

聖母進教之佑祈禱（聖鮑思高禱詞）

至聖童貞瑪利亞，進教之佑，來到您的膝前懇求您永恆的幫助，是多麼的甜蜜！世上的母親尚且片刻不忘自己的孩子，您，最慈愛的母親，又怎會忘記我呢？我懇求您，在我一切需要、一切悲傷，特別是在我一切誘惑中，賜給我永恆的幫助。

我祈求您不間斷地幫助所有正在受苦的人。幫助軟弱的人，治癒病人，感化罪人。藉著您的轉禱，賜下許多人獻身於修道生活。

瑪利亞，進教之佑，請為我們祈求，使我們在世上呼求您之後，在天國也能永遠愛您、感謝您。阿孟。



Prayer to Mary, Help of Christians

by St. John Bosco

Most Holy Virgin Mary, Help of Christians, how sweet it is to come to your feet imploring your perpetual help. If earthly mothers cease not to remember their children, how can you, the most loving of all mothers, forget me?

Grant then to me, I implore you, your perpetual help in all my necessities, in every sorrow, and especially in all my temptations. I ask for your unceasing help for all who are now suffering. Help the weak, cure the sick, convert sinners.

Grant through your intercessions many vocations to the religious life. Obtain for us, O Mary, Help of Christians, that having invoked you on earth we may love and eternally thank you in heaven.

Amen.



九歲奇夢
一生的召叫

The dream at 9 years old









教育是心靈的事業。

Education is a matter of the heart.

聖鮑思高預防教育法
Don Bosco's Preventive System



用理智、宗教、仁愛、
引領青年，共創未來。

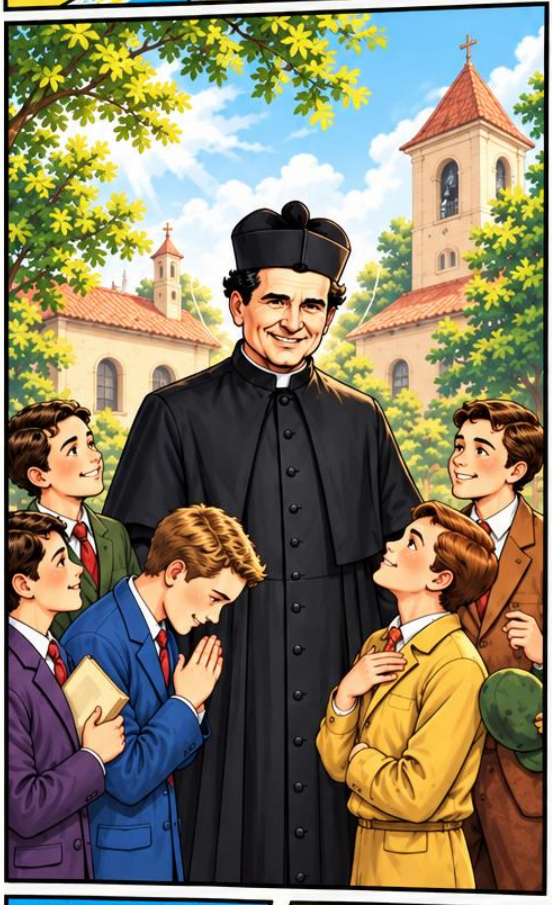
Reason, Religion, and Kindness to
Guide our Youth to a Bright Future.

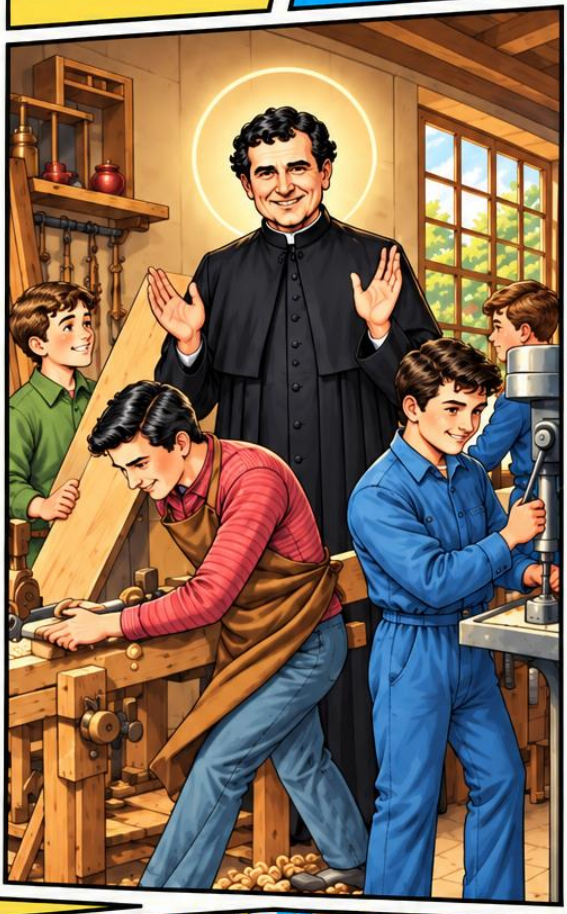
我要事奉上主，保持喜樂。



Always be joyful in the Lord.
To serve God is to maintain true joy.

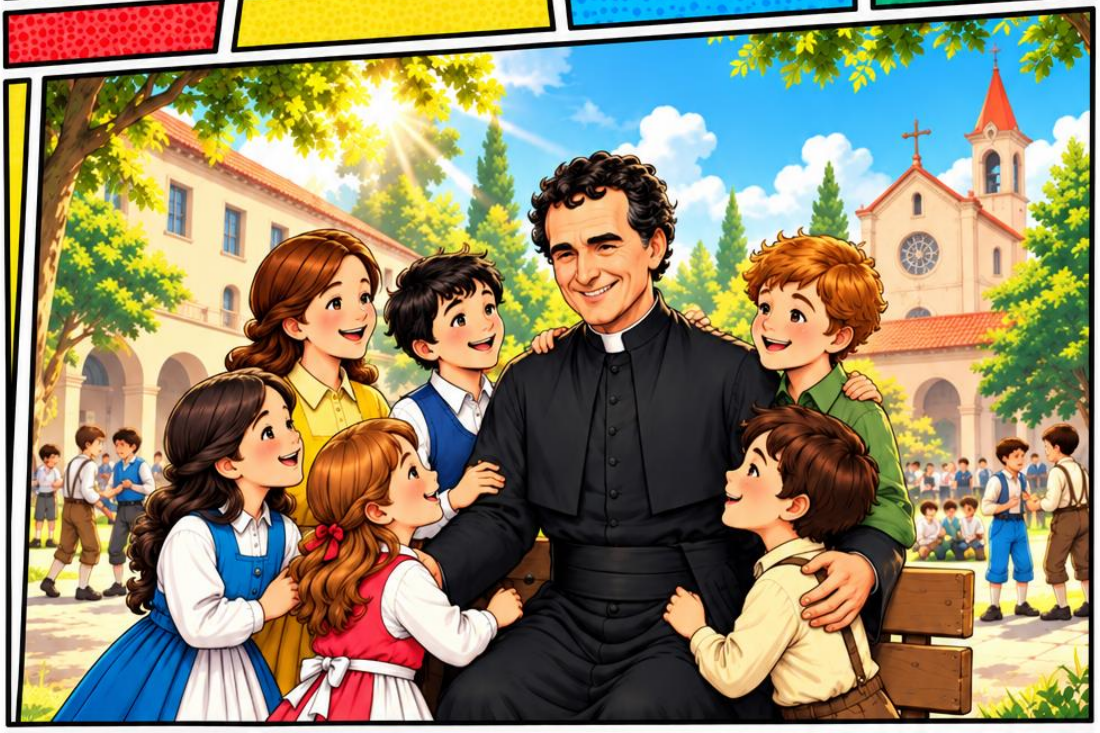
It's not enough to love the young;
they must aware that they are loved.





我們不僅要去愛青少年，
更要讓他們感受到自己是那被愛的。

我唯一的願望，就是看到你們
現世快樂，並在來世永享福樂。



My only desire is to see you happy
in this world and forever in heaven.

我向天主許下諾言，
直到我一息尚存，
我也要為窮苦的年青人而生活。



I have promised God
that until my last breath,
I shall have lived for my
poor young people.


要多進堂、多辦告解、
多領聖體，這是保護純潔的最佳盾牌。
Frequent church visits, confessions,
and receiving Holy Communion
are the best shields for protecting purity.

你們可以奔跑、跳躍、
盡情歡呼，但千萬不要犯罪！



Run, jump, shout,
but do not sin.



慈幼協進會

成立150週年(1876)，使命宣言核心為：在世俗生活中履行基督徒使命，效法聖若望鮑思高，和特別為貧苦和被遺棄的青少年服務，促進他們的全面發展，使其成為「良好的公民與熱心的基督徒」。

Salesian Cooperators

Established in 1876 for 150th years, the mission of the Salesian Cooperators is to fulfill the Christian vocation within secular life by imitating Saint John Bosco, and to serve the young, especially the poor and the abandoned, fostering their integral development so that they may become “honest citizens and good Christians.”

Mary Help of Christians, Pray for us



進教之佑，為我等祈。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