

國際婦女節祈禱文

(台灣天主教修會會士協會提供)

正當我們齊聚一堂慶祝國際婦女節的同時，也邀請全球的所有姊妹和弟兄們，一起來紀念「藉著彼此相互關懷，引領我們與所有經歷苦痛和災難的人們及受造物，緊密地結合。」

歌曲：(選首適合且熟悉的歌曲)

從發生在我們週遭的事件開始，按你(們)的情況，適合下面禱詞者，或選擇其他的。

你身旁的婦女

(請注意，當引用「婦女」一詞時，我們可以特別想到那些在我們生活當中，與我們親近的女性：諸如我們的家人、和我們一樣過奉獻生活的、為教會和人類服務的，她們分享了我們的使命，也是我們關懷的主體。)

環視周圍，看看你左右！

誰是坐在你身旁的，或是與你親近的那個婦女？

在你身旁的是個積蓄了無窮盡可能的婦人……

正因為諸多的可能，所以未曾完全地被瞭解……

全然的需要和潛在價值……害怕、渴望……

眉開眼笑、蹙額皺眉……

歡笑和淚水……憂慮和盼望……

所有的努力只為了表達。

在你身旁的婦女努力的想成爲一個

獨一無二的人，

達到目標……有篇故事……一首歌……

爲人所知，也瞭解他人……

在你身旁的婦女相信……

有些是珍貴的……

有理想……有期待的……

有生活目標……有人生方向。

在你身旁的婦女……有些困惑和害怕，

不曉得在做什麼……

常常覺得不滿意……
往往沒有組織性，甚至幾近混亂……
但卻有堅忍的毅力、不屈不撓的精神來面對
這些逆境……克服萬難。

在你身旁的婦女代表著一群人……
生活中遇到的諸多角色……

父親、母親，朋友、敵人。

在你身旁的婦女有些事她可以做的很好……
一些她能夠做的比全世界的人所做的
更為完美……
有些事情只有她獨自可以做……
但她或許未必敢跟你講述。

在你身旁的婦女可以跟你一起生活，
不光只是在你旁邊……
她活著，不僅是為她自己，也是為你……
她能安慰你、與你溝通，瞭解你，
如果那是你想要的……同樣的，
她也是需要被瞭解的。

在你身旁的婦女……
可能無法完全地被瞭解……
她遠超過一切的敘述或解釋……
她是無法完全被控制的，也不應該受控制。
在你身旁的婦女是個奧蹟……
聖言變成血肉是個奧蹟。

聖言成爲血肉居住在我們中間……
爲此，我親愛的姊妹弟兄們
看看你周圍……
基督就在這裡，他死亡了，也復活了。
阿肋路亞！

讀經：路加福音十三 10-17（安息日治好個癱瘓病婦）

從本章節中觀看並聆聽耶穌：

- 耶穌在猶太會堂上看到的那個女人是誰？耶穌跟她的互動又是如何？

- 用何種方法可以讓我們明辨這情況？
- 當今，有哪些事情讓人們的生活，特別是婦女，屈服或退縮的？
- 這些困境中的訊號，是否提醒了我們自己的脆弱、受傷？
- 我有哪些是曾經被上主「整頓」的個人經驗？或者見證他人自由釋放的經驗？
- 我們可以將耶穌的舉動視作是伸出憐憫的慈愛嗎？

分享：花點時間與團體分享你的省思

禱詞

願主賜福於你並與你同在，當你陷於憂傷及痛苦深淵之際，
 通過我們的淚水，洞悉祂與你同泣；
 藉由我們的觸碰，經驗祂的雙臂環抱著你；
 在我們不遺餘力協助你時，明認祂日復一日的幫助你克服困難；
 透過我們的祈禱，知曉祂傾耳垂聽了你的懇求。
 在你蒙受寂寥孤獨之際，瞭解到我們將上主的愛帶給你，透過祂的憐憫和同情，
 填滿了空虛的心靈

現在，我們邀請你（們）花點時間把焦點放在被剝削者身上：

「人口販運問題，令人怵目驚心，違反人性尊嚴，嚴重地違背了基本人權。」

若望保祿二世

簡單敘述一宗與你的工作有關的人口販運案例

（作為你團體準備祈禱的一部分，請調查並舉用本國或其他國家有關人口販運的特殊案例。這些不幸的案例，在你的城市有許多且很容易找得到的。末頁有一些網站有些資源可以援用。）

用片刻的時間反省，你可以有什麼行動，讓自己更投身於與人性剝削有關的議題。

祝福禱文

上主賜福予那些未曾有過聲音的人，那些忍受痛苦和暴力的沉默之聲。
 上主賜福予那些未曾有過機會的人，那些無辜承受傷害、責難的。
 上主賜福予那些未曾有過希望的人，那些人雖未老心卻已死的。
 上主賜福予那些給人帶來痛苦的人，那些因他們的自私自利，剝奪他人生命計者。
 上主賜福予那些放棄抗衡的人，那些得一輩子面對困境的印記和苦痛者。
 上主賜福予那些需要愛的人，那些渴慕愛但卻生活於沮喪、失望中的。
 上主賜福予那些按照禰肖像所受造的人，他們都是禰的子女，愛護他們，保守他們，讓他們沒有破損。

今天我們聚在一起祈禱，讓我們盡全力

注意到我們身旁的婦人，她們如今承受了各種的負荷、諸多重擔
 在她們的希望和行動中，與她們相結合，為自由、站起來、為尊嚴而走。

試著與分擔我們責任義務的人員和機構建立網絡，將豐富的生命帶給人們，特別是受剝削的婦女。

希望之歌（選首適合且熟悉的歌曲）

Prayer for International Women's Day

As we come together to celebrate the International Women's Day, we join our sisters (and brothers) throughout the world remembering that "the care we have for one another leads us to engage with the pain and suffering of all people and creation" (USG/UISG).

Song: Choose an appropriate song known to your group

Let us begin by acknowledging those around us

Adapt the following prayer to suit your situation or choose another

The Woman Next to You

(Please note, when we use the term "woman" we can think especially of all women who are close to us and are the women in our life: that is, those in our own family, those who, like ourselves, have been called to a life consecrated to God and to the service of the Church and of humanity, those with which we share our apostolate, or who are the object of it.)

Look around, look around you!

Who is the woman sitting next to you, or the ones who are close to you?

The woman next to you is an inexhaustible reservoir of possibility...

With possibilities that have never been completely realized ...

Full of necessity and possibility...dread and desire...smiles and frowns...

laughter and tears...fears and hopes...

all struggling to find expression.

The woman next to you is striving to BECOME something in particular,
to arrive at some destination...to have a story... a song...
to be known and to know...

The woman next to you believes in something...
something precious...
stands for something... counts for something...
lives for something...
runs towards something.

The woman next to you... has problems and fears, wonders how she is doing...
and often doesn't feel very good about it...
is often disorganized and sometimes close to chaos...
but endowed with great toughness in the face of adversity...
and able to survive great difficulties.

The woman next to you is a colony of persons...
persons all met during her lifetime...
father and mother, friend and enemy.

The woman next to you has something she can do well...
something she can do better than anyone else in the whole world...
there is something that she and she alone can do...but she may not dare
speak of it to you.

The woman next to you can live with you, not just along side you... she can live,
not just for herself, but for you, also...
she can comfort, encounter, understand you if that is what you want... and in
turn she is to be understood, too.

The woman next to you... can never be fully understood...
she is more than any description or explanation...
she can never be fully controlled nor should she be.
The woman next to you is a MYSTERY...
and the WORD MADE FLESH is MYSTERY.

The Word was made flesh and dwelt among us... and so, look around you... for
CHRIST IS HERE, HE DIED and IS RISEN, ALLELUIA!

(With our small adaptations. Courtesy of Vidimus Dominum - The Portal for Religious Life www.vidimusdominum.org)

Scripture reading: Luke 13:10-17 – Healing of the woman

Look at and listen to Jesus in this passage:

- Who is the woman whom Jesus looks at in the synagogue, and how does He relate to her?
- In what way can we identify with this situation?
- What things today bend or hold back the life of people, particularly of women?
- Does the sight of those in need remind us of our own vulnerability?
- Which are some of my personal experiences of having been "straightened" by the Lord or having witnessed the liberation experienced by others?
- Can we see in this action of Jesus a graced opportunity to reach out with compassion?

Take time to share your reflections with the group

Prayer

May God bless you and be with you in your time of deep sorrow and pain,
Through our tears, know that He weeps with you
By our touch, know that His arms are holding you
In our endeavour to assist you, know that He is helping you to cope from day to day
Through our prayers, know that He hears your plea.
And in the desolation you suffer, know that we bring God's love to you to filter into those empty spaces his compassion and understanding.

(Taken from: Marjorie Dobson in: A World of Blessing, Compiled by Geoffrey Duncan, Canterbury Press, 2000)

We now invite you to spend some time focusing on the exploitation of people:

"The trade in human persons constitutes a shocking offence against human dignity and a grave violation of fundamental human rights" John Paul II

Briefly share an example of human trafficking that relates to your situation

(As part of your community's preparation for this prayer service, please research and use specific examples of suffering caused by human trafficking from your country or from around the world. Examples close to your home country and city are in many cases unfortunately easy to find. Some web resources are included at the end of this prayer).

Take a few moments to reflect on what action you might take to become more involved with the reality of human exploitation

Prayer of Blessing

God bless the people who never had a voice, the ones in silence who endured such pain and violation.

God bless the people who never had a chance, the ones in innocence who suffer in their vulnerability.

God bless the people who never had a hope, the ones who died within themselves. A death before old age.

God bless the people who caused this pain, the ones who in their selfishness took life from someone else.

God bless the people who are left to cope, the ones who face a lifelong toil of memories and pain.

God bless the people who are needing love, the ones who yearn for love, yet live in disappointment.

God bless the people who are created in your image, all your children, love them hold them and make them whole.

Having prayed together, let us now reach out

- To see **The Women Next to Us** who today are suffering under many types of burdens
- To join them in their hopes and actions to be free, to stand up, to walk with dignity.
- To try to **network** with people and organizations who share our commitment to bring fullness of life to people, particularly exploited women.

Song of hope:

Choose an appropriate song that your group knows.