

# Prayer for Peace 平和の祈り

Pregghiera Semplice  
Prière de saint François  
Friedensgebet - Franz von Assisi  
Oración de san Francisco



この塗り絵本はマザーテレサが亡くなった直後のクリスマスに、一人の子供のために描いたものです。「孫にお祈りを教えて欲しい」というお婆さまのからの依頼で、お孫さんが大好きな恐竜の絵を描きました。色を塗り終えた時、その子は平和の祈りを全部覚えていました。お孫さんが大人になっても、お婆さまは塗り絵を大切に保管され、そして、「たくさんの子供のために役立てて欲しい」と言ってくださいました。

マザーテレサの信仰は故郷のスコピエの日曜教会で育まれました。12歳のマザーテレサは教会で目にした「聖フランシスコの伝記」を読み、自分も聖フランシスコのようになりたいと憧れました。さらに日曜学校担当のイエズス会司祭のヤンブレコビッチ神父のインド宣教のお話は、マザーテレサを含めた教区の子供たち全員を魅了しました。18歳になったマザーテレサは聖フランシスコへの憧れを、インドで修道女となることで実現しようと考え、ヤンブレコビッチ神父様に相談しました。そして彼女はロレット修道会のシスターとなり、希望通りインドに派遣されました。マザーテレサの信仰と修道召命を導いたのは「日曜学校」でした。私は教会での教育活動のために、何か自分にできることはないかと考え、この塗り絵の出版を決意しました。

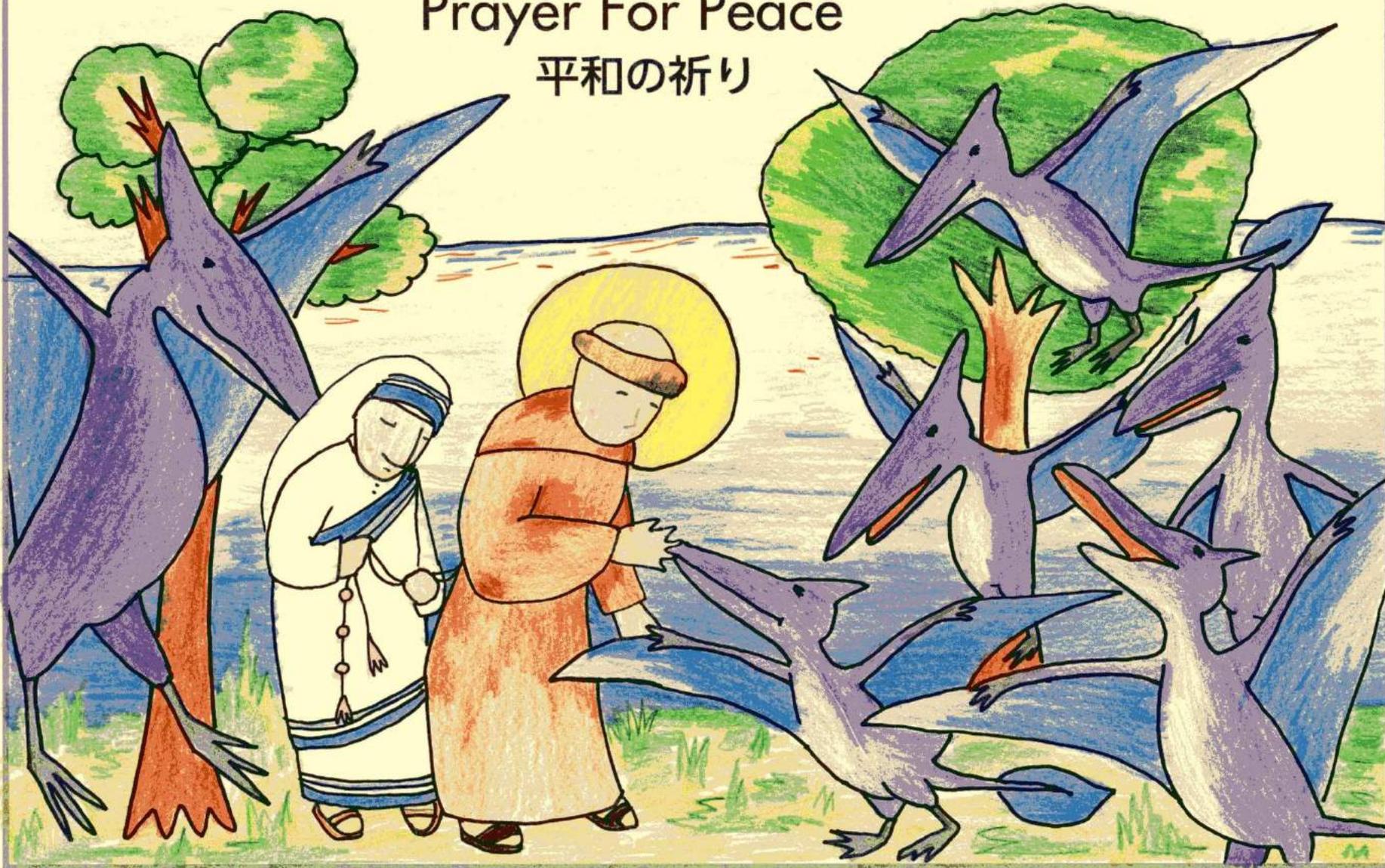
My reason for creating this coloring book is because a friend of mine who lives in America, requested me to teach a prayer to her grandson. When I met her grandson I asked him what he loved the most, and he answered that he loved 'T-Rax' and Triceratops more than anything else. These happen to be names of dinosaurs. He said that all children loved dinosaurs, and so he asked me to draw different dinosaurs for him. It was in this way that the book was completed. I initially created the Prayer for Peace only for that child, but now I hope to publish and use it as a teaching tool for Sunday school children. Since the Catholic Church in Japan is suffering from a lack of priestly and religious vocations, many churches and religious communities have been forced to close. It is surprising to know that even the religious vocation of Blessed Mother Teresa started out in a Sunday school. In her youth, when a Jesuit working at her parish returned from India, he informed the youngsters at Sunday school about his life and work. His stories fascinated the children, and Mother Teresa, who at that time was a child of twelve years age, heard his narratives and decided to go to work in India. My aim is to create a good teaching tool for Sunday school children.

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Prayer For Peace  
平和の祈り

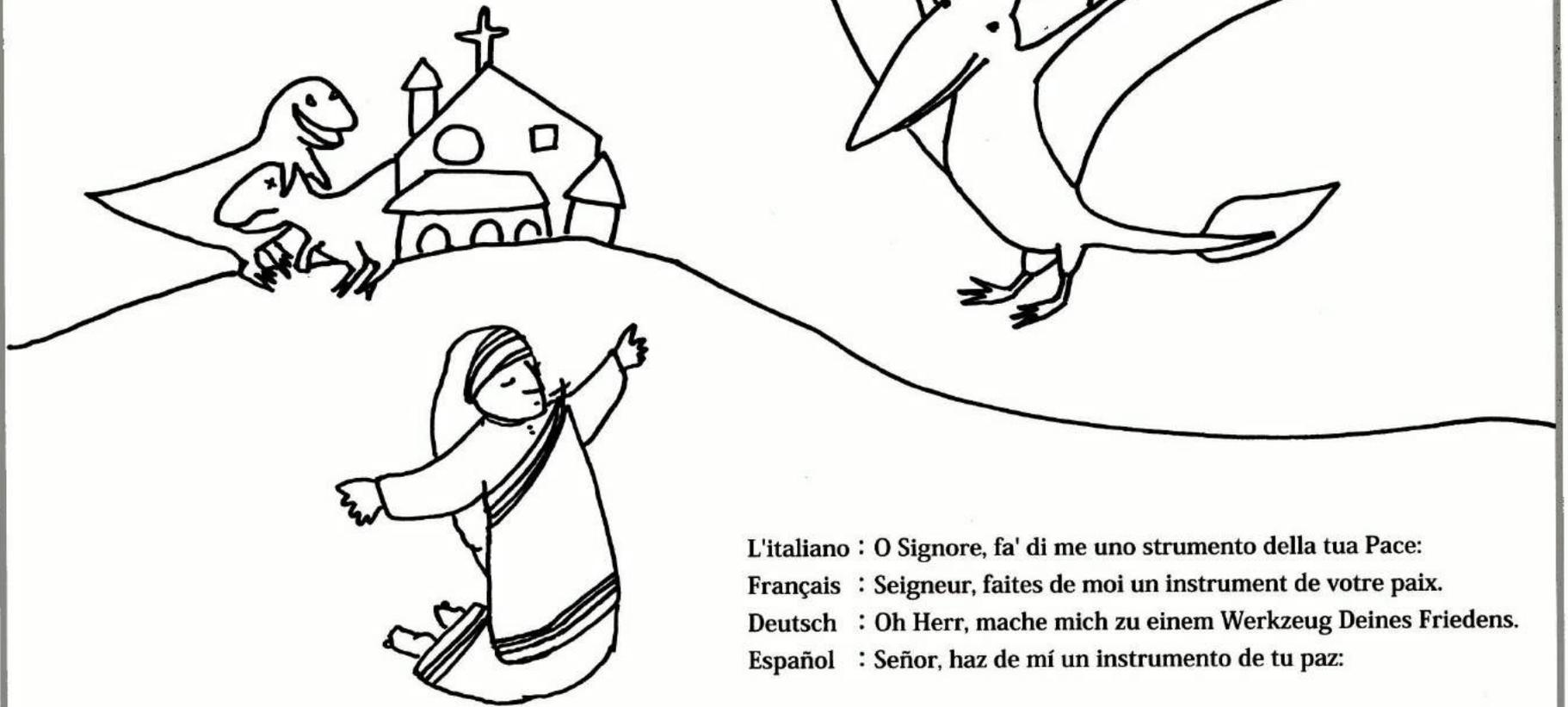


# Prayer For Peace 平和の祈り



Lord, make me a channel of your Peace,

主よ、私をあなたの平和の道具にしてください



L'italiano : O Signore, fa' di me uno strumento della tua Pace:

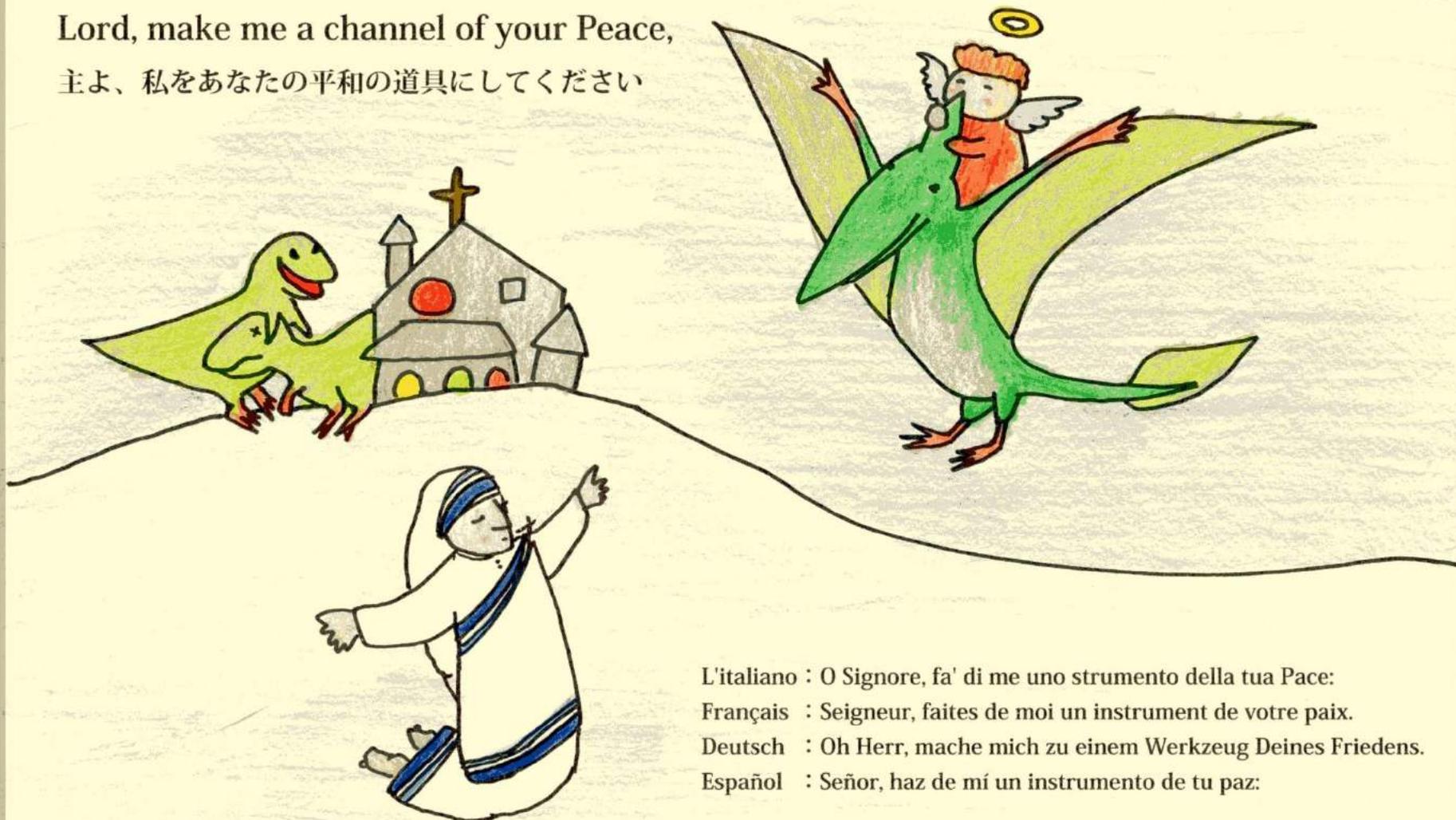
Français : Seigneur, faites de moi un instrument de votre paix.

Deutsch : Oh Herr, mache mich zu einem Werkzeug Deines Friedens.

Español : Señor, haz de mí un instrumento de tu paz:

Lord, make me a channel of your Peace,

主よ、私をあなたの平和の道具にしてください



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Français : Seigneur, faites de moi un instrument de votre paix.

Deutsch : Oh Herr, mache mich zu einem Werkzeug Deines Friedens.

Español : Señor, haz de mí un instrumento de tu paz:

That where there is hatred,  
憎しみのあるところに

L'italiano : Dove è odio, fa' ch'io porti l'Amore.  
Français : Là où il y a de la haine, que je mette l'amour.  
Deutsch : Dass ich Liebe übe, wo man mich hasst;  
Español : donde haya odio, ponga amor,

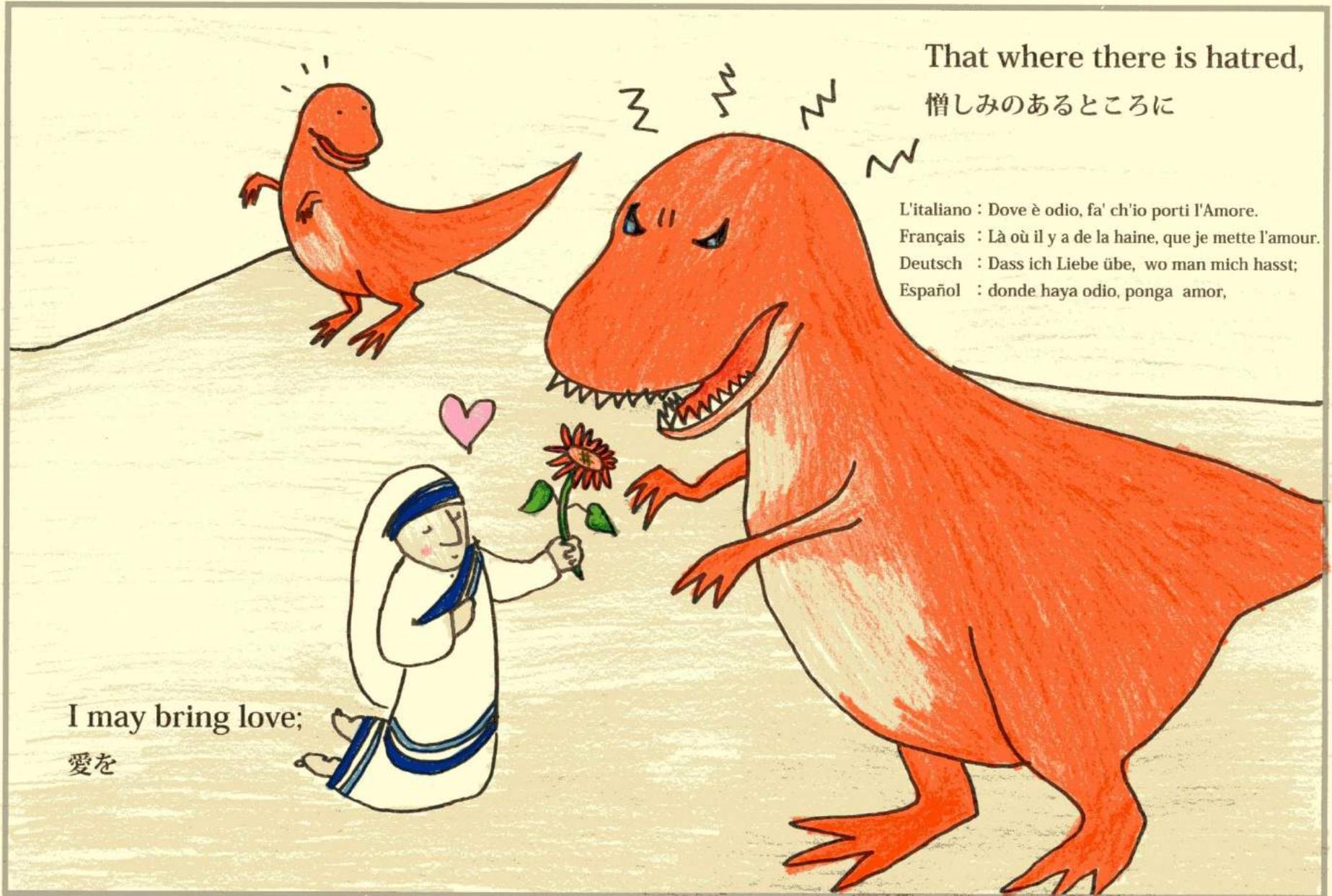
I may bring love;  
愛を



That where there is hatred,  
憎しみのあるところに

L'italiano : Dove è odio, fa' ch'io porti l'Amore.  
Français : Là où il y a de la haine, que je mette l'amour.  
Deutsch : Dass ich Liebe übe, wo man mich hasst;  
Español : donde haya odio, ponga amor,

I may bring love;  
愛を





That where there is wrong,

争いのあるところに

L'italiano : Dove è offesa, ch'io porti il Perdono.

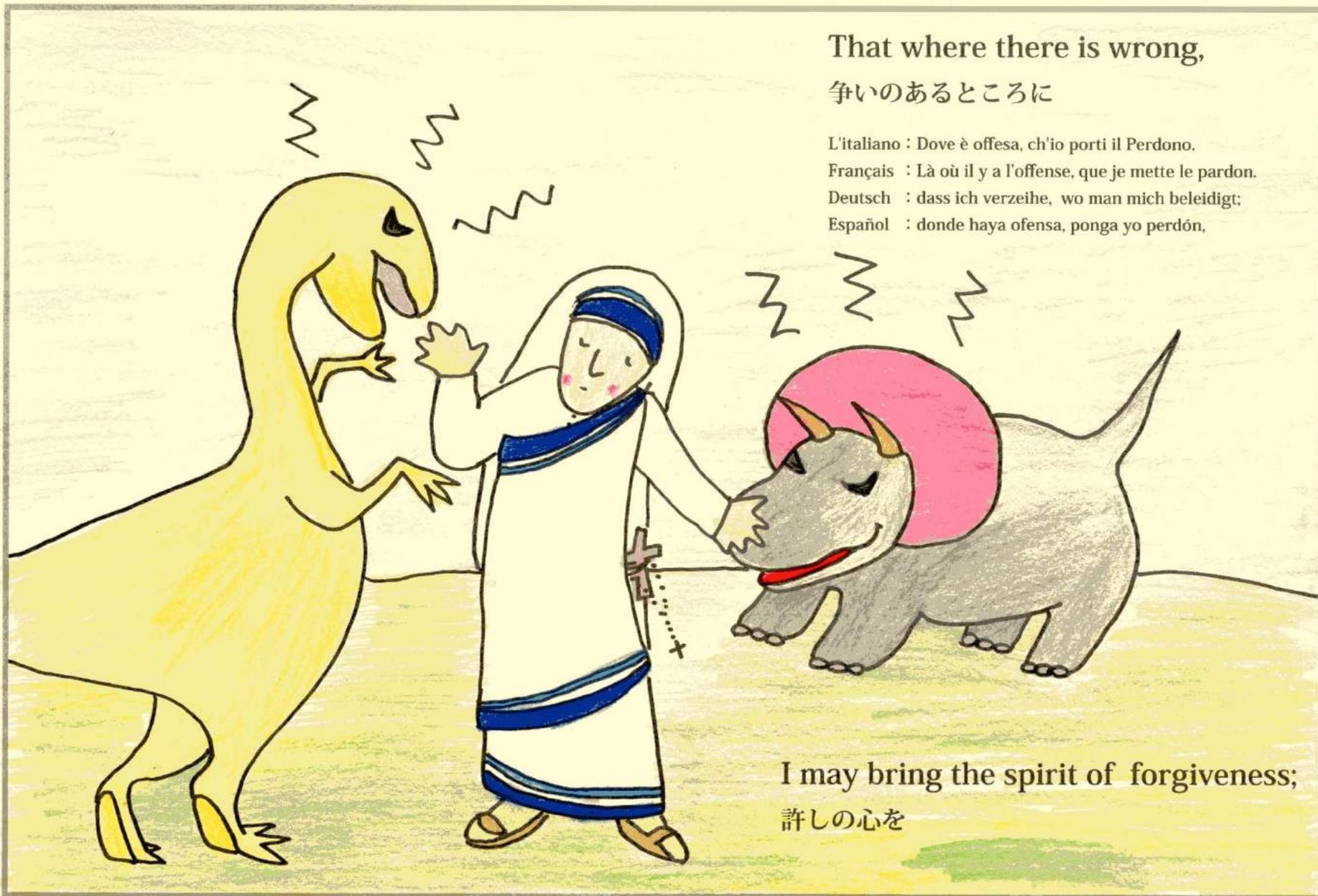
Français : Là où il y a l'offense, que je mette le pardon.

Deutsch : dass ich verzeihe, wo man mich beleidigt;

Español : donde haya ofensa, ponga yo perdón,

I may bring the spirit of forgiveness;

許しの心を



That where there is wrong,

争いのあるところに

L'italiano : Dove è offesa, ch'io porti il Perdono.

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I may bring the spirit of forgiveness;

許しの心を

That where there is discord,

不協和音を

L'italiano : Dove è discordia, ch'io porti l'Unione.

Français : Là où il y a la discorde, que je mette l'union.

Deutsch : dass ich verbinde, wo Streit ist;

Español : donde haya discordia, ponga yo unión,



I may bring harmony;

ハーモニーに

That where there is discord,

不協和音を

L'italiano : Dove è discordia, ch'io porti l'Unione.

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I may bring harmony;

ハーモニーに

That where there is error,

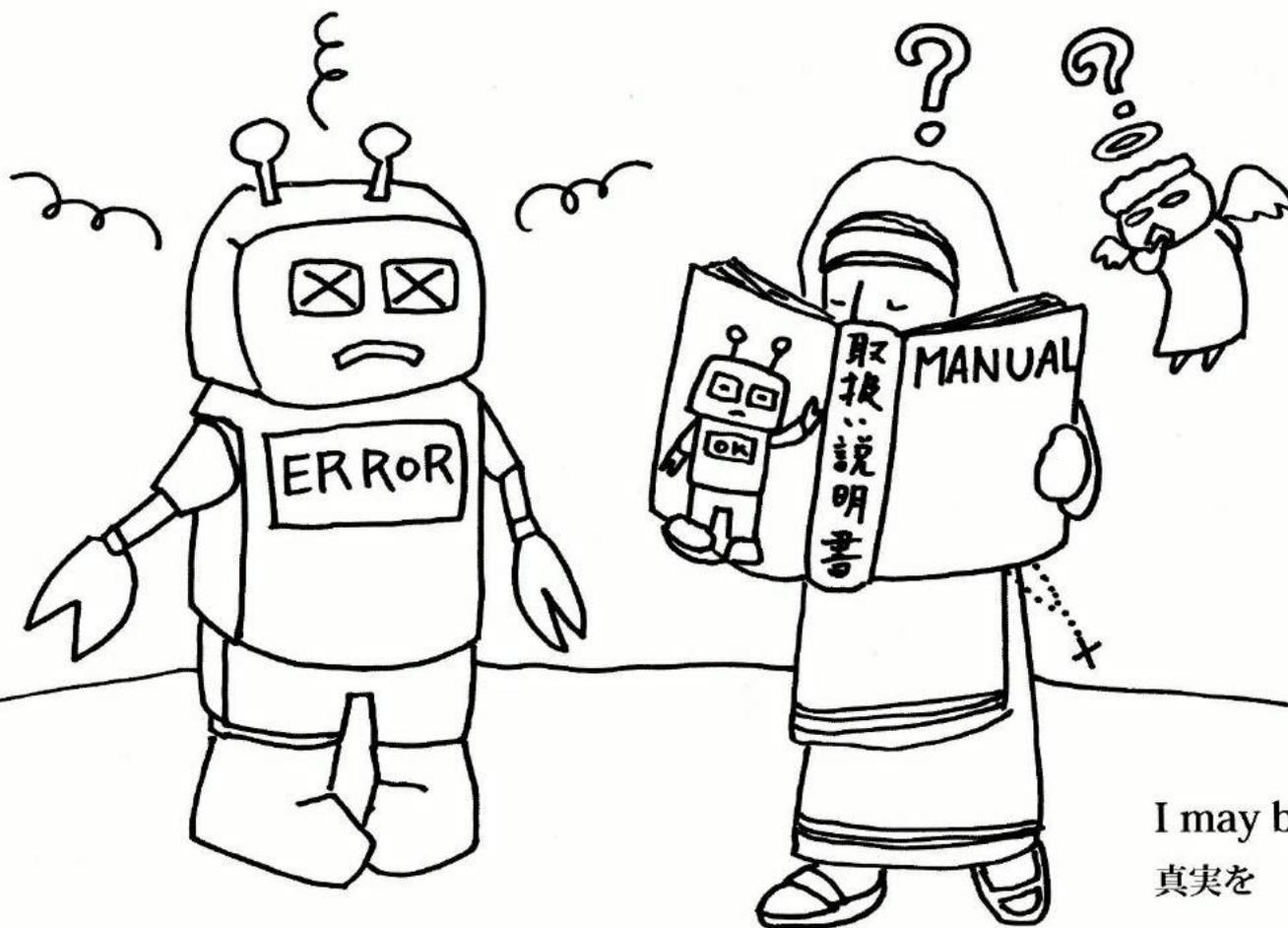
誤りのあるところに

L'italiano : Dove è errore, ch'io porti la Verità.

Français : Là où il y a l'erreur, que je mette la vérité.

Deutsch : dass ich die Wahrheit sage, wo Irrtum herrscht;

Español : donde haya error, ponga yo verdad,



I may bring truth;

真実を

That where there is error,

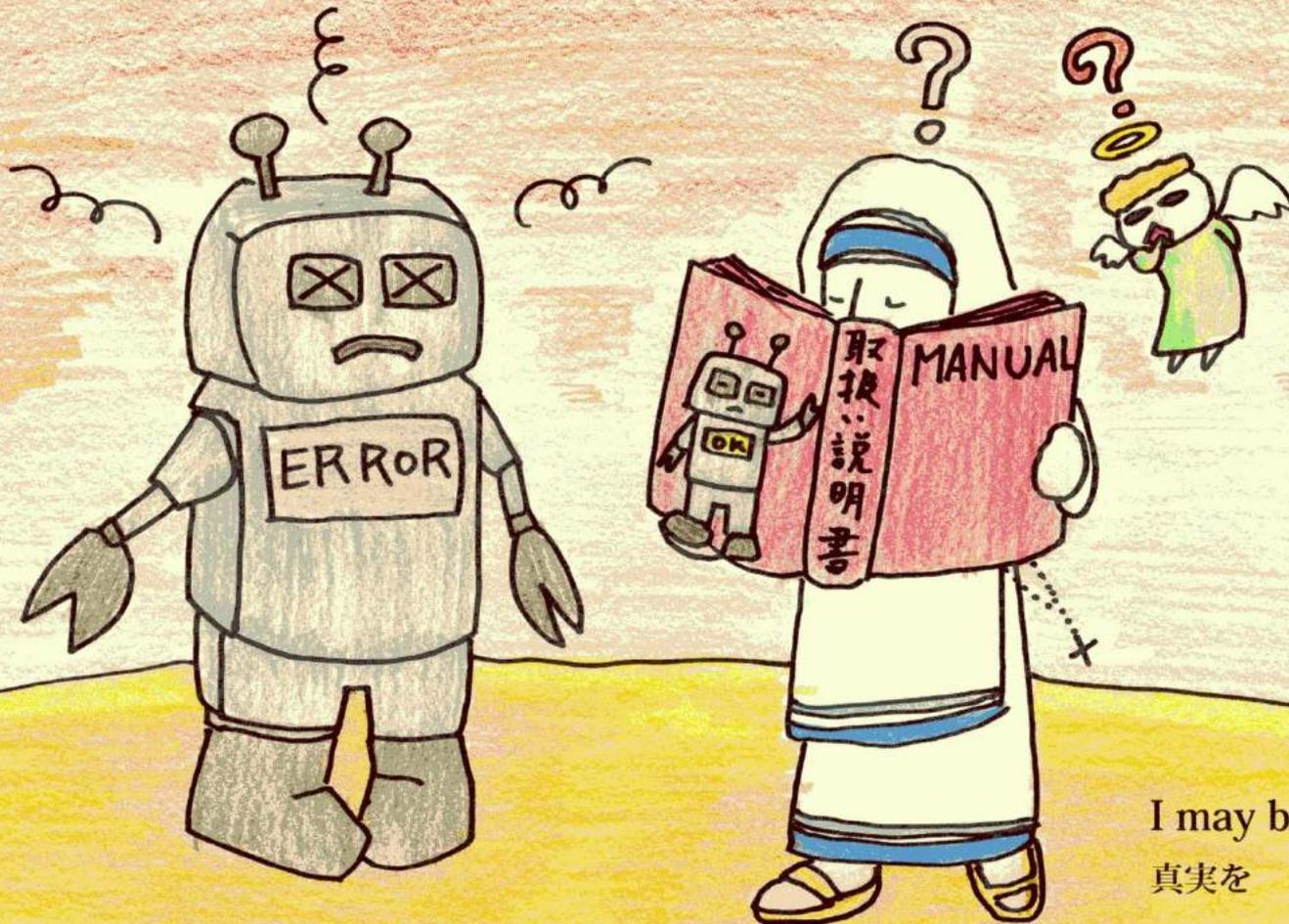
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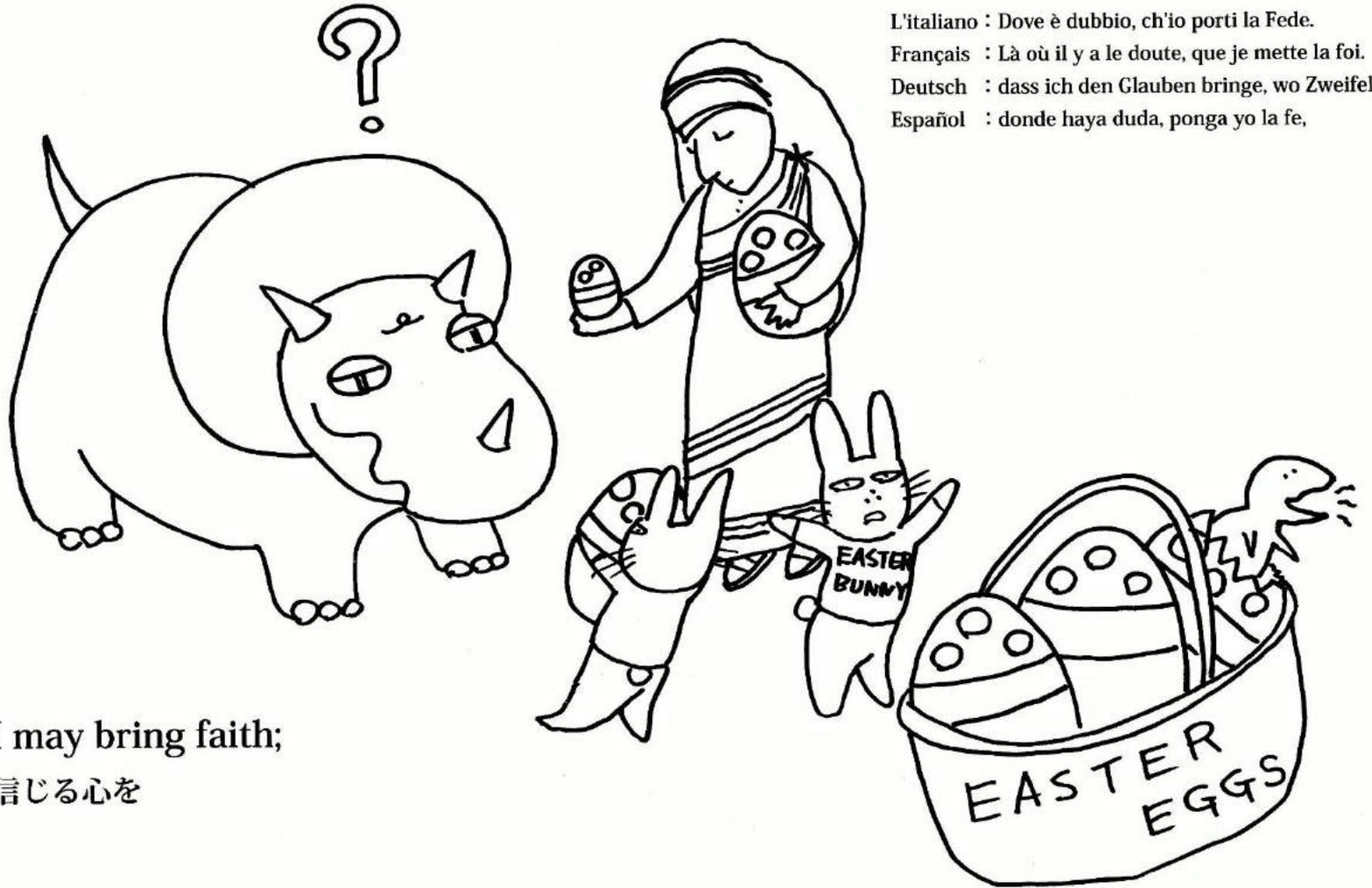
That where there is doubt,  
疑いのあるところに

L'italiano : Dove è dubbio, ch'io porti la Fede.

Français : Là où il y a le doute, que je mette la foi.

Deutsch : dass ich den Glauben bringe, wo Zweifel ist;

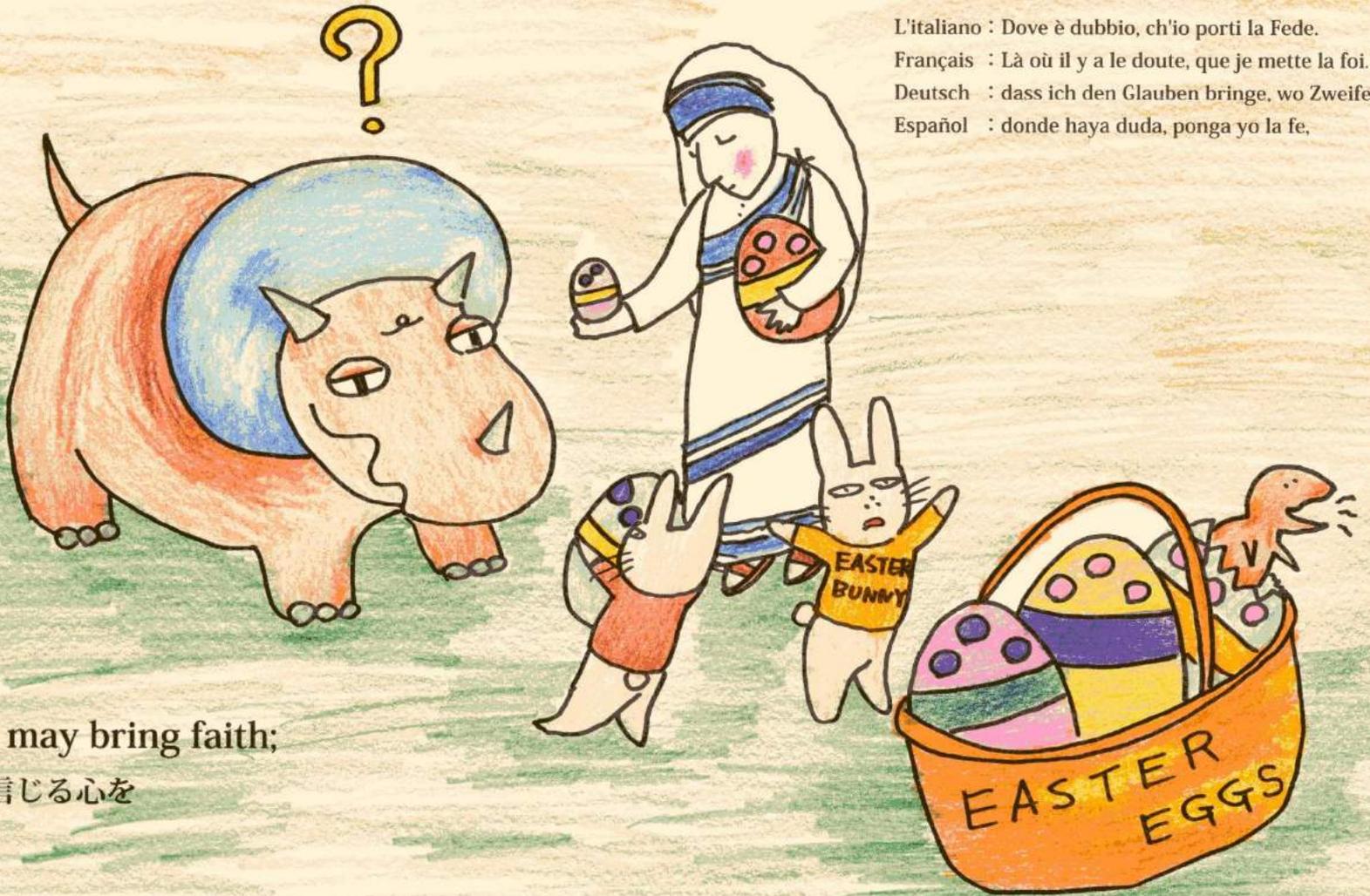
Español : donde haya duda, ponga yo la fe,



I may bring faith;  
信じる心を

That where there is doubt,  
疑いのあるところに

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Español : donde haya duda, ponga yo la fe.



I may bring faith;  
信じる心を

That where there is despair, I may bring hope;

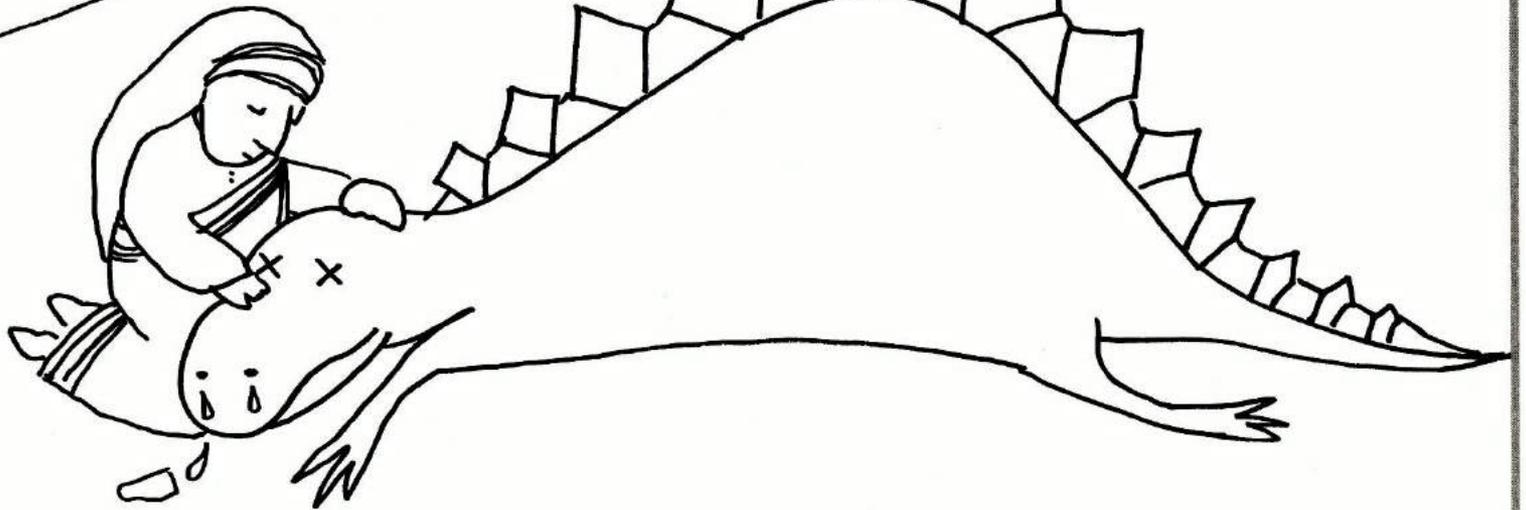
絶望を希望に

L'italiano : Dove è disperazione, ch'io porti la Speranza.

Français : Là où il y a le désespoir, que je mette l'espérance.

Deutsch : dass ich Hoffnung wecke, wo Verzweiflung quält;

Español : donde haya desesperación, ponga yo esperanza,



That where there is despair, I may bring hope;  
絶望を希望に

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Deutsch : dass ich Hoffnung wecke, wo Verzweiflung quält;  
Español : donde haya desesperación, ponga yo esperanza,



That where there are shadows,

暗闇に

I may bring light;

光を



L'italiano : Dove sono le tenebre, ch'io porti la Luce.

Français : Là où il y a les ténèbres, que je mette votre lumière.

Deutsch : dass ich Dein Licht anzünde, wo die Finsternis regiert;

Español : donde haya tinieblas, ponga yo luz,

That where there are shadows,

暗闇に

I may bring light;

光を



Italiano : Dove sono le tenebre, ch'io porti la Luce.  
Français : Là où il y a les ténèbres, que je mette votre lumière.  
Deutsch : dass ich Dein Licht anzünde, wo die Finsternis regiert.  
Español : donde haya tinieblas, ponga ya luz.

That where there is sadness, I may bring joy;

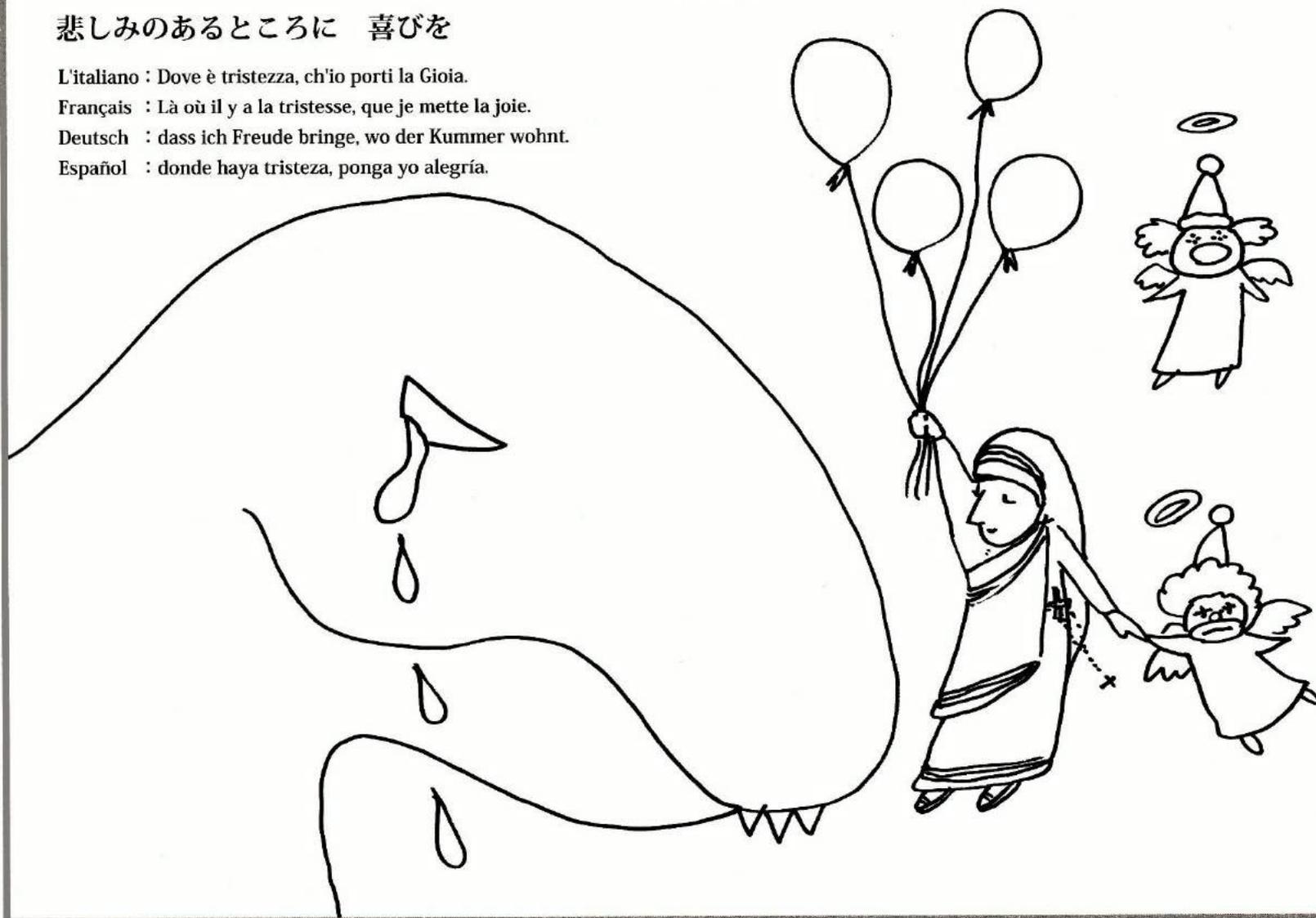
悲しみのあるところに 喜びを

L'italiano : Dove è tristezza, ch'io porti la Gioia.

Français : Là où il y a la tristesse, que je mette la joie.

Deutsch : dass ich Freude bringe, wo der Kummer wohnt.

Español : donde haya tristeza, ponga yo alegría.



That where there is sadness, I may bring joy;

悲しみのあるところに 喜びを

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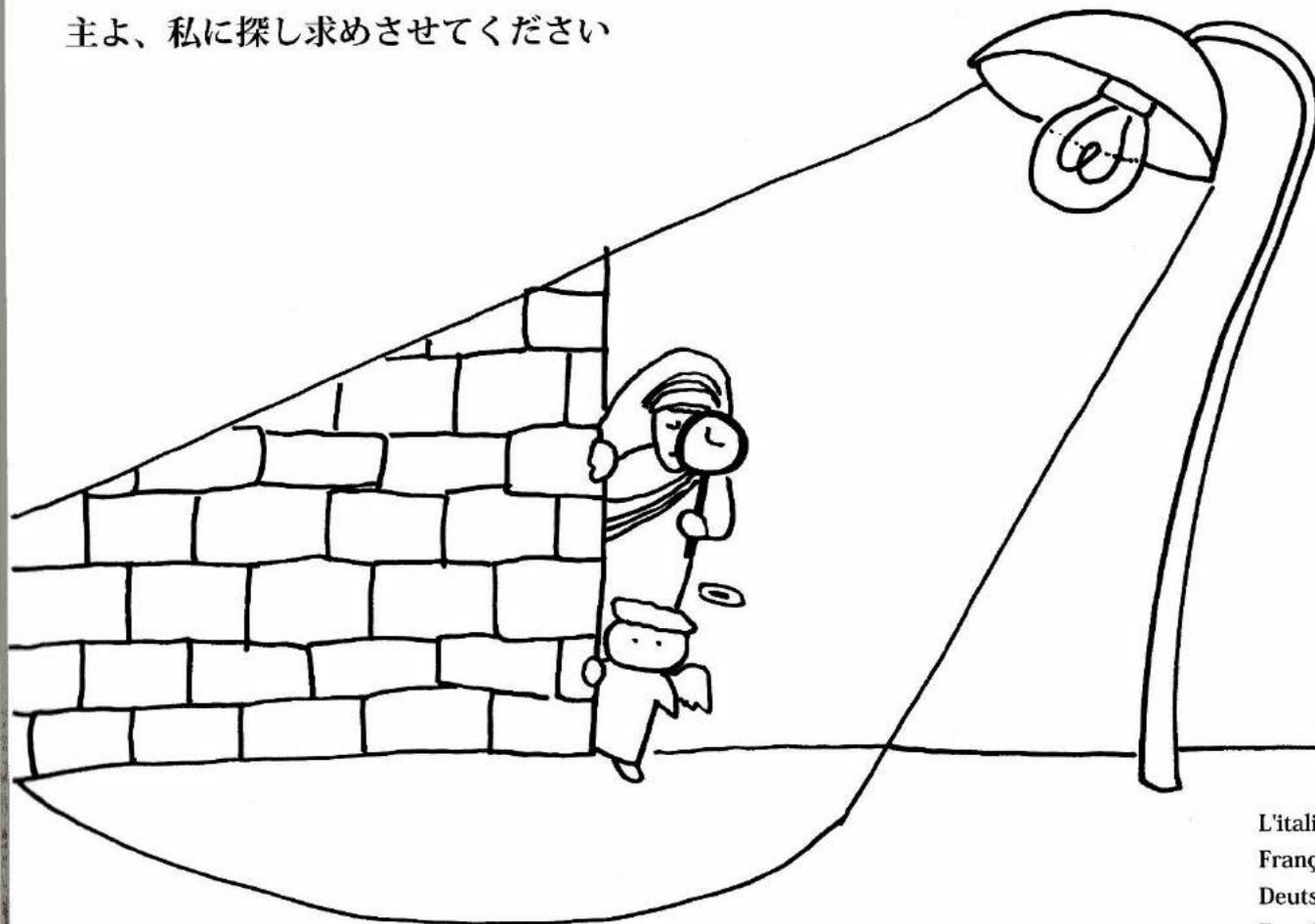
Deutsch : dass ich Freude bringe, wo der Kummer wohnt.

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Lord, grant that I may seek

主よ、私に探し求めさせてください



L'italiano : O Maestro, fa' ch'io non cerchi tanto:

Français : Ô Maître, que je ne cherche pas tant

Deutsch : Ach Herr, lass mich trachten:

Español : Oh Maestro, que no busque yo tanto

Lord, grant that I may seek

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Français : Ô Maître, que je ne cherche pas tant

Deutsch : Ach Herr, lass mich trachten:

Español : Oh Maestro, que no busque yo tanto

rather to comfort than to be comforted;

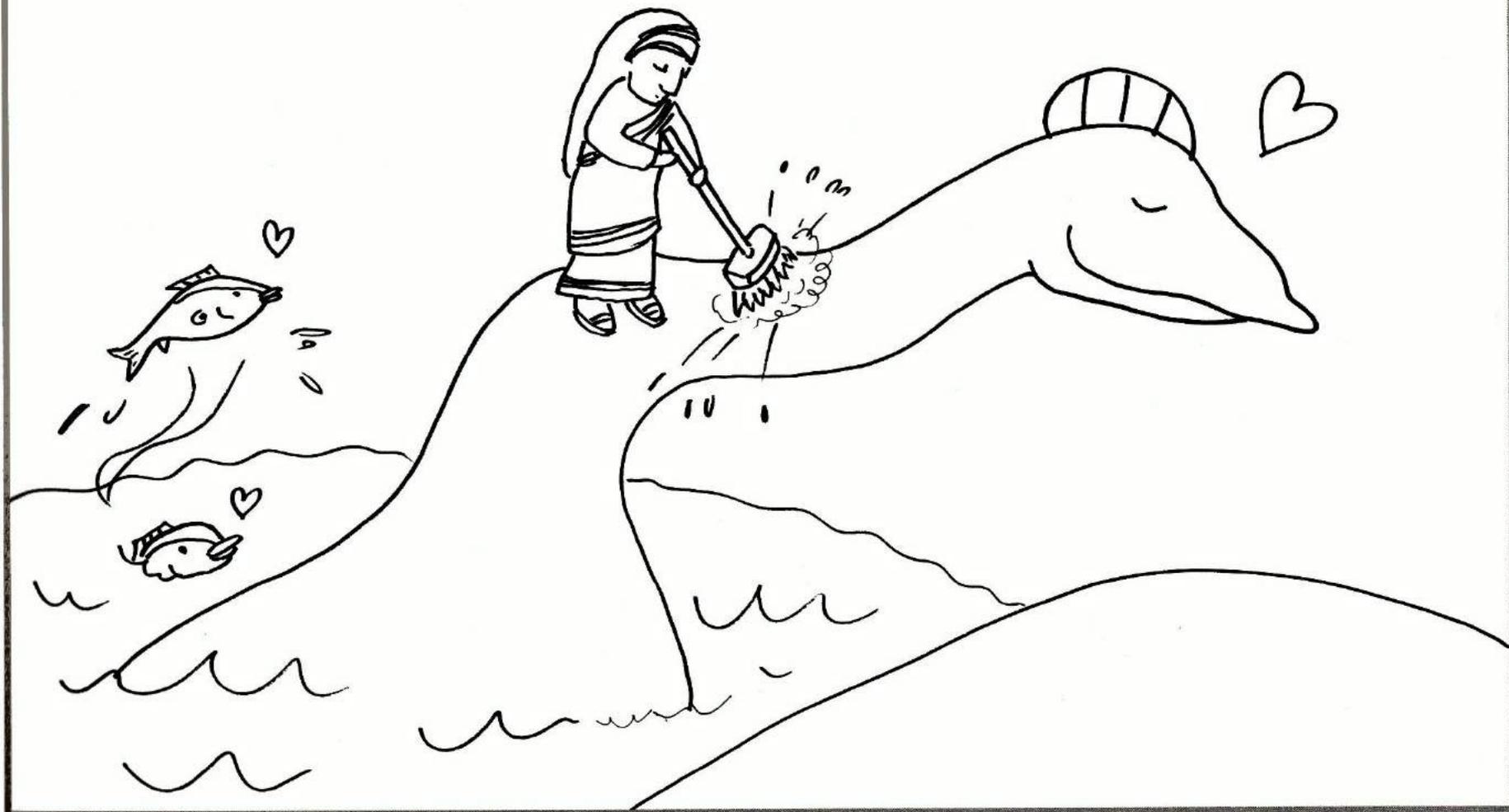
自分が慰められるよりも 相手を慰めることを

L'italiano : Essere consolato, quanto consolare.

Français : à être consolé qu'à consoler,

Deutsch : nicht, dass ich getröstet werde, sondern, dass ich tröste;

Español : ser consolado como consolar,



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to understand than to be understood;

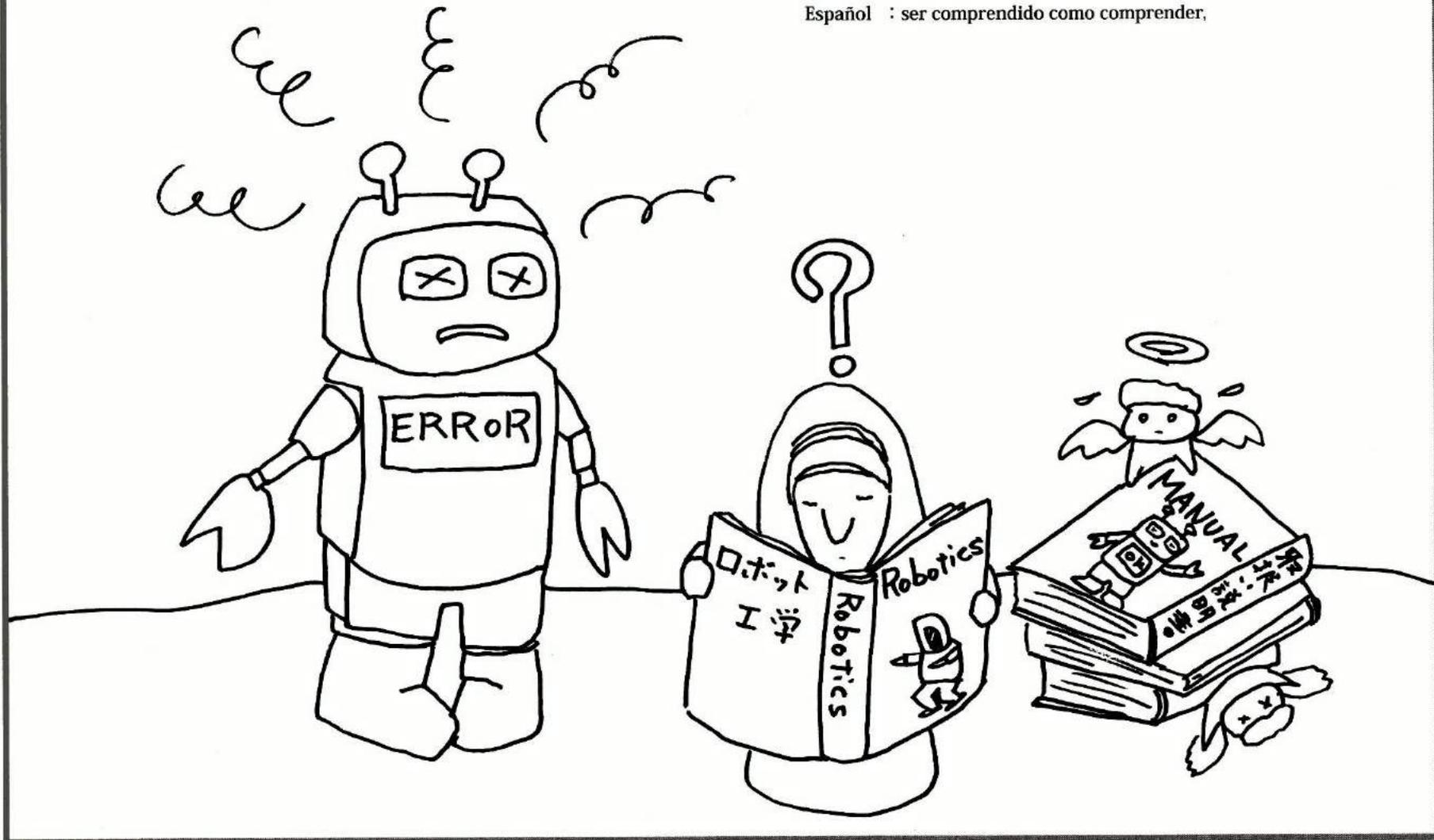
自分が理解されるより 相手を理解することを

L'italiano : Essere compreso, quanto comprendere.

Français : à être compris qu'à comprendre,

Deutsch : nicht, dass ich verstanden werde, sondern, dass ich verstehe;

Español : ser comprendido como comprender,



to understand than to be understood;

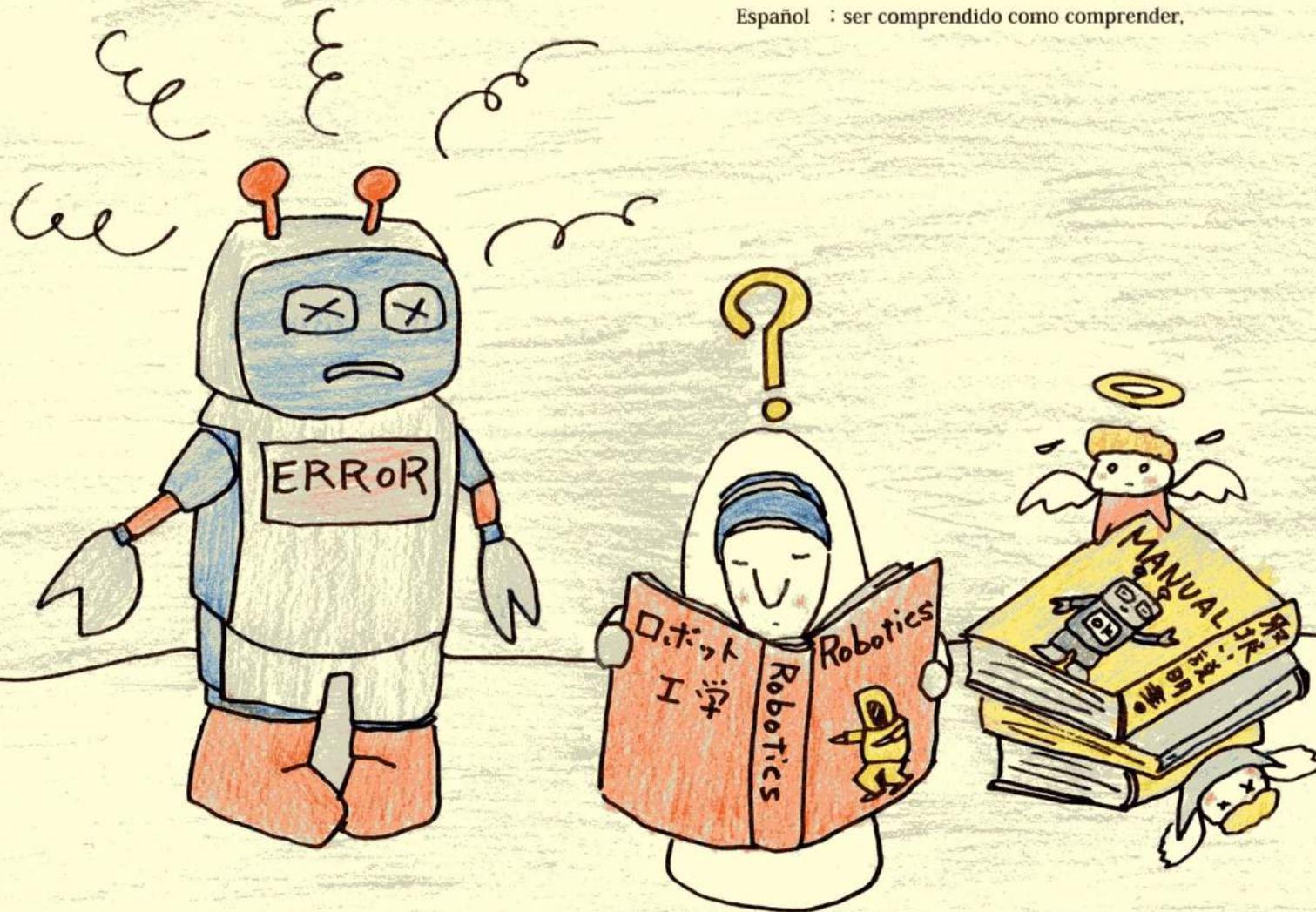
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to love than to be loved;

自分が愛されるより 相手を愛することを

L'italiano : Essere amato, quanto amare.

Français : à être aimé qu'à aimer,

Deutsch : nicht, dass ich geliebt werde, sondern, dass ich liebe.

Español : ser amado como amar.



to love than to be loved;

自分が愛されるより 相手を愛することを

L'italiano : Essere amato, quanto amare.

Français : à être aimé qu'à aimer,

Deutsch : nicht, dass ich geliebt werde, sondern, dass ich liebe.

Español : ser amado como amar.



for it is by forgetting self

我が身を忘れることで

L'italiano : Poiché è Dando, che si riceve;

Français : car c'est en donnant qu'on reçoit, c'est en s'oubliant qu'on trouve,

Deutsch : Denn wer sich hingibt, der empfängt; wer sich selbst vergisst, der findet;

Español : Porque dando se recibe, olvidando se encuentra,



that one finds,

大事なものを見つけ

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that one finds,

大事なものを見つけ

for it is by forgiving that one is forgiven,

相手を許すことで 自分も許され

L'italiano : Perdonando, che si è perdonati;

Français : c'est en pardonnant qu'on est pardonné.

Deutsch : wer verzeiht, dem wird verziehen;

Español : perdonando se es perdonado.



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相手を許すことで 自分も許され

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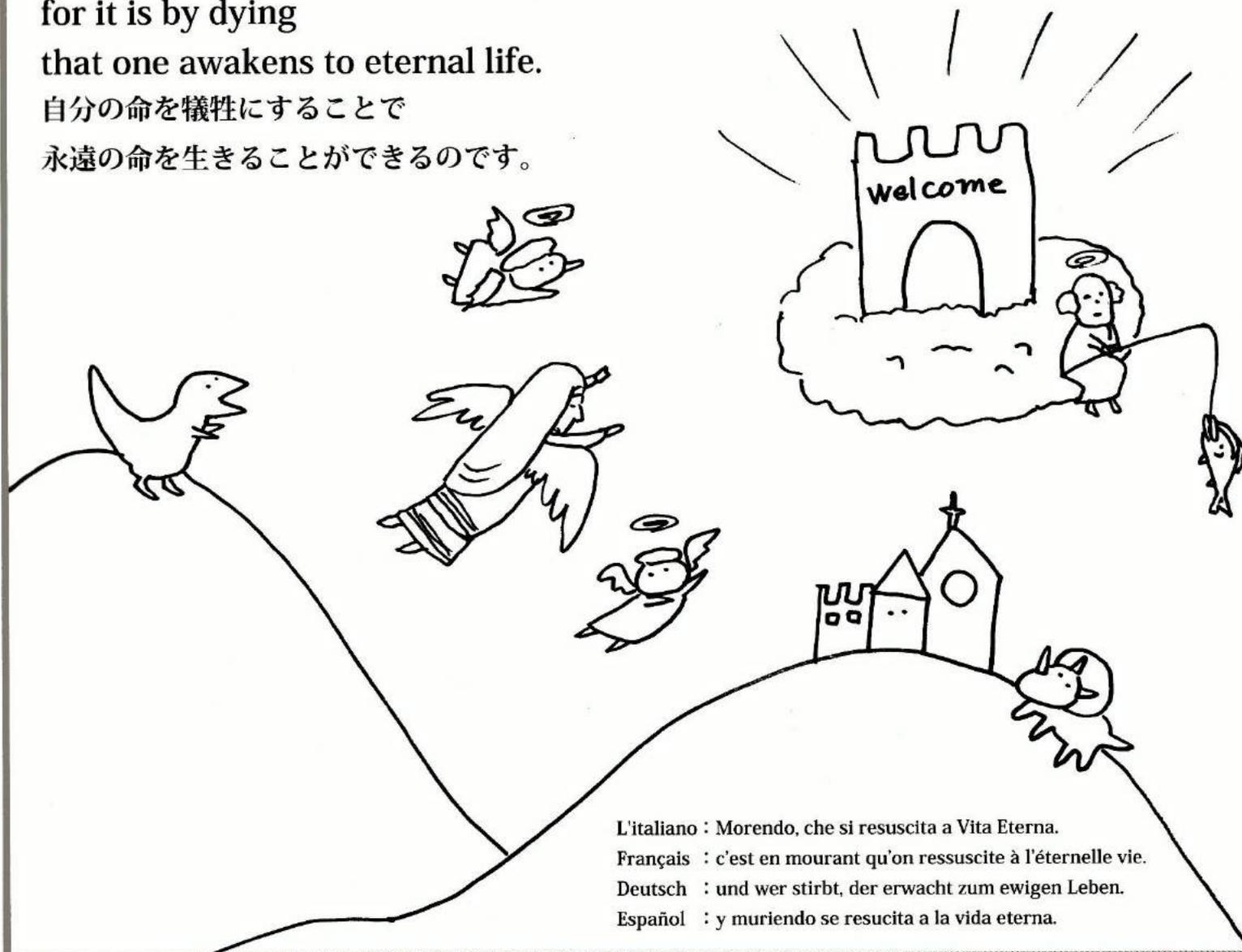
Deutsch : wer verzeiht, dem wird verziehen;

Español : perdonando se es perdonado,



for it is by dying  
that one awakens to eternal life.

自分の命を犠牲にすることで  
永遠の命を生きることができるのです。



L'italiano : Morendo, che si resuscita a Vita Eterna.

Français : c'est en mourant qu'on ressuscite à l'éternelle vie.

Deutsch : und wer stirbt, der erwacht zum ewigen Leben.

Español : y muriendo se resucita a la vida eterna.

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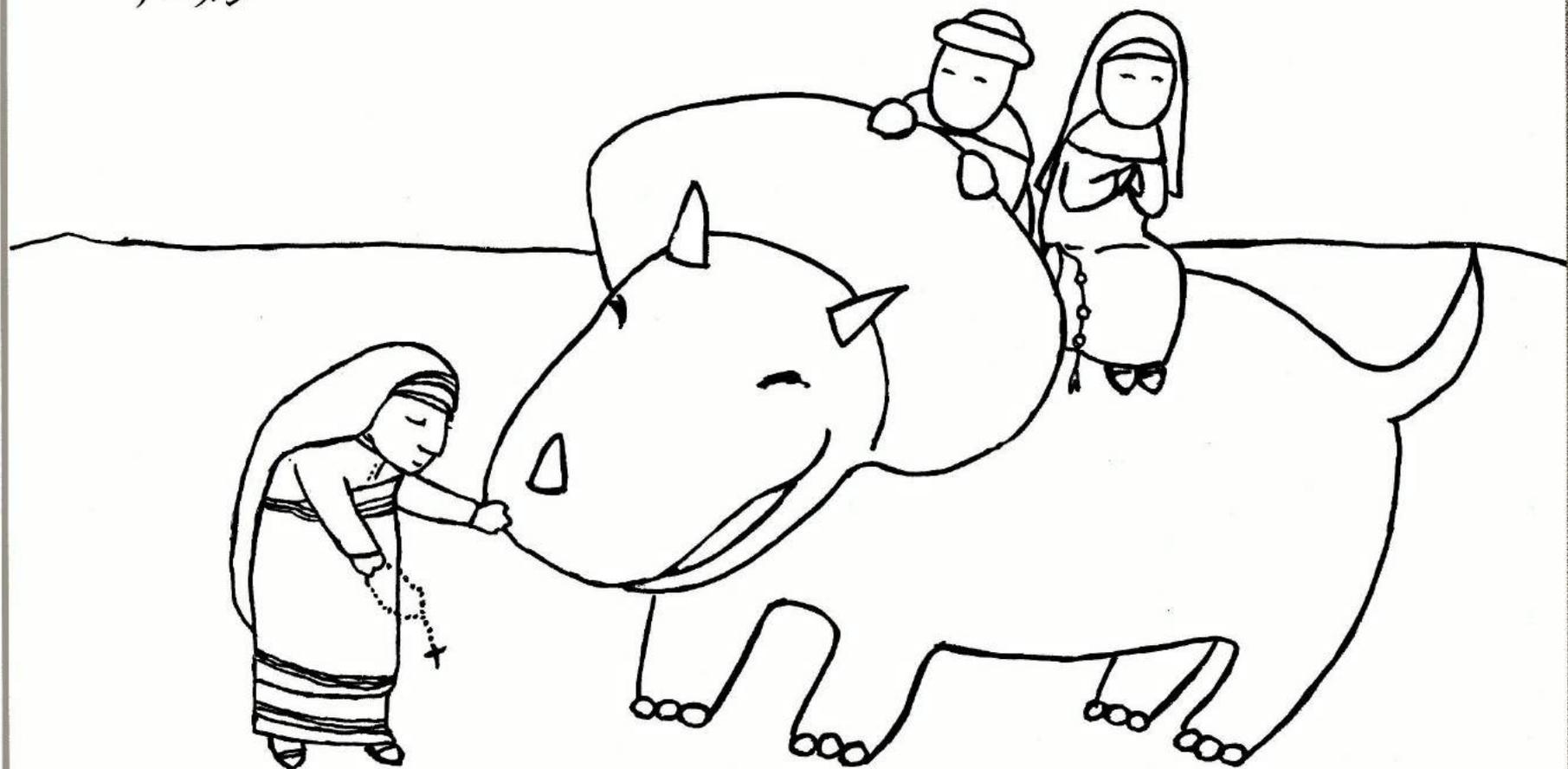
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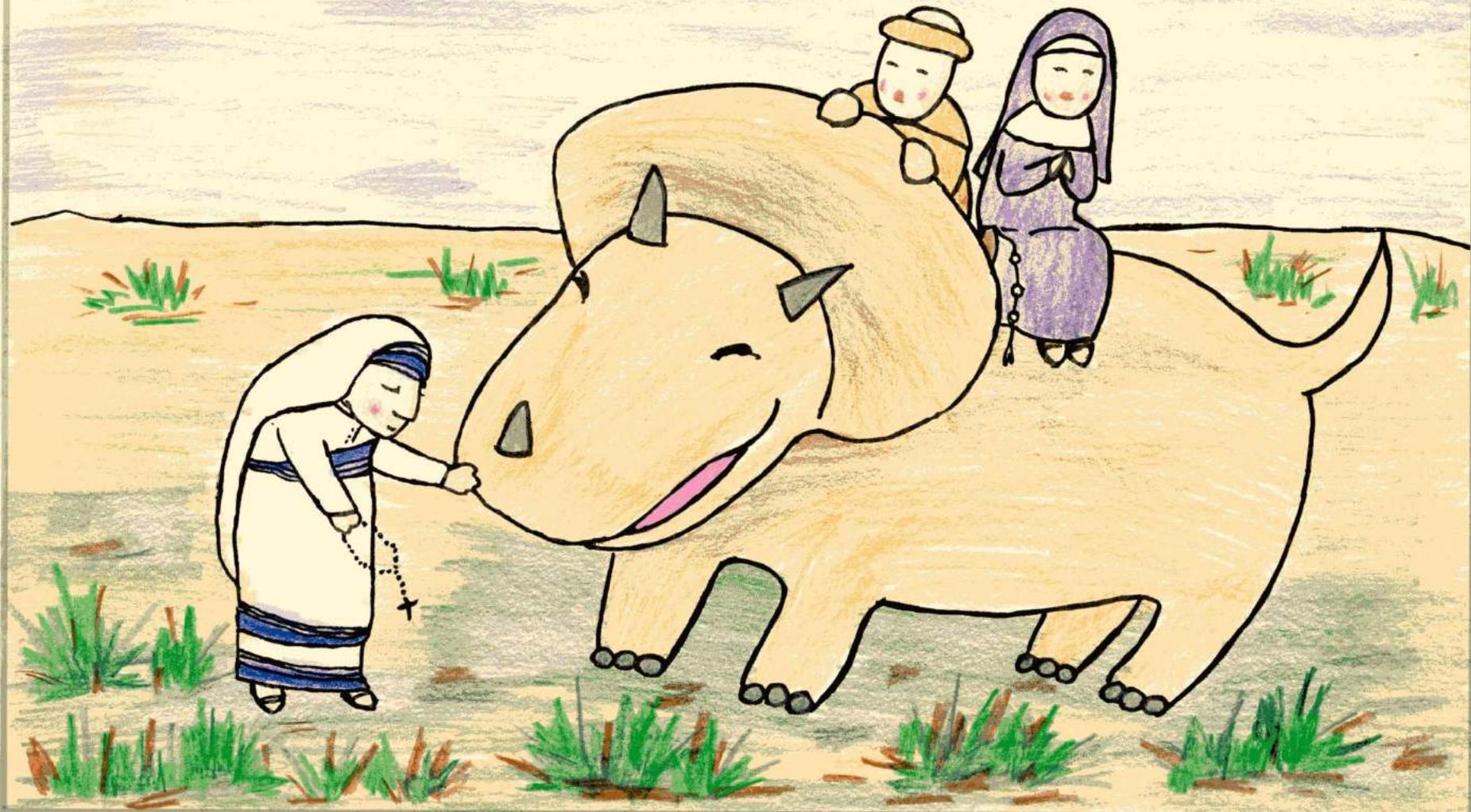
Amen Amén

アーメン



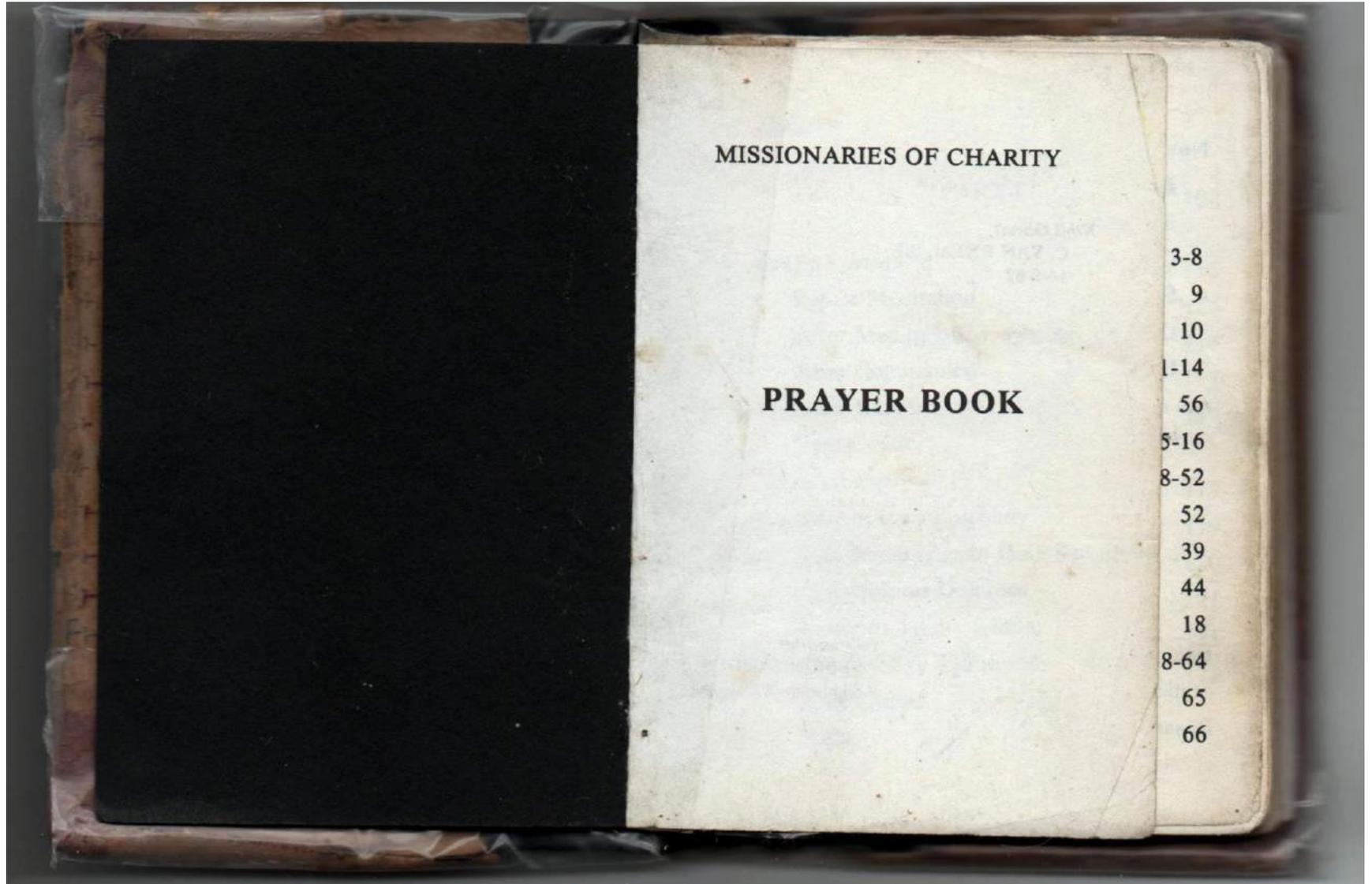
Amen Amén

アーメン



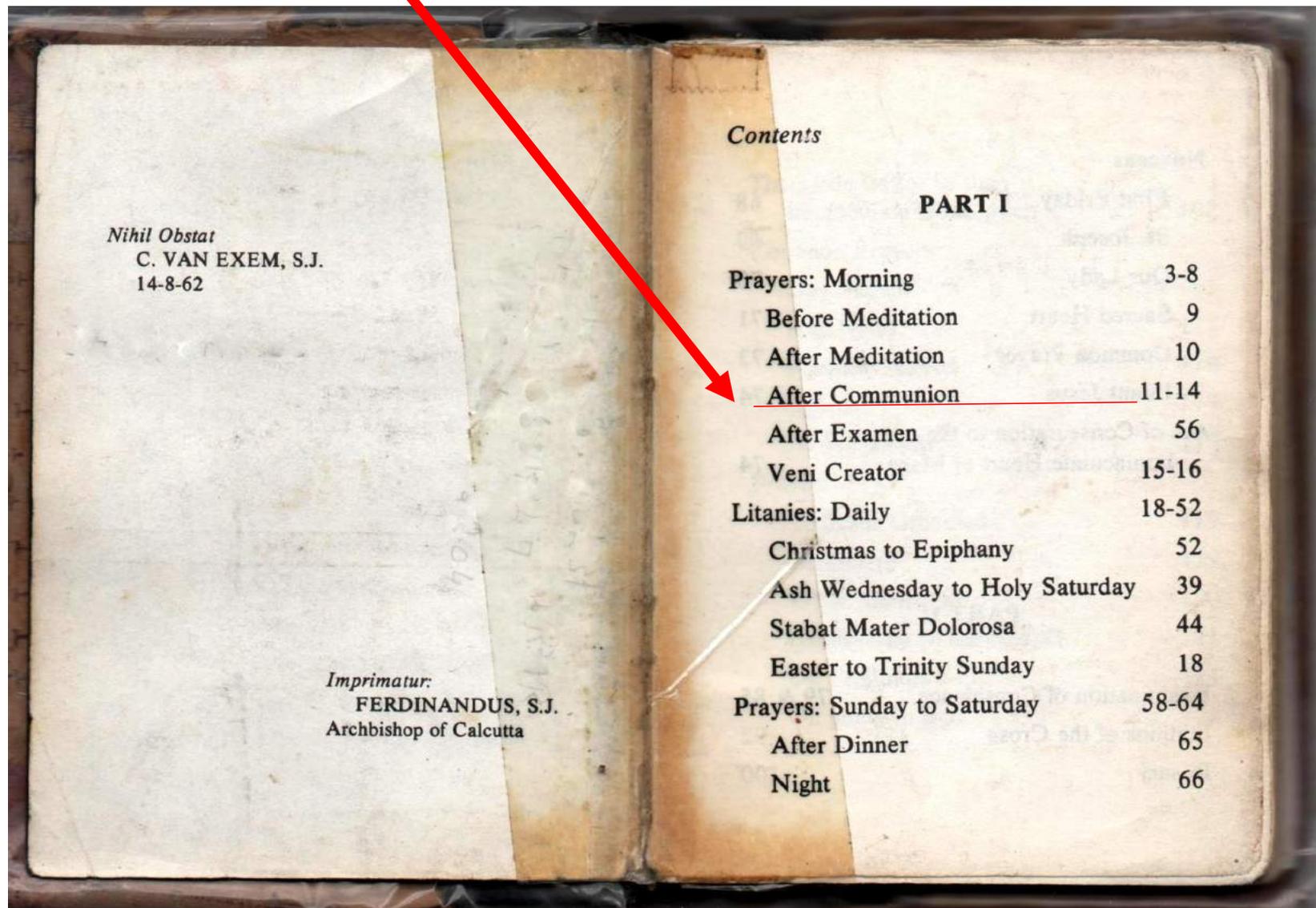
The Missionaries of Charity Prayer Book  
which Mother Teresa used.

マザーテレサが使用していた神の愛の宣教者会の祈りの本



Mother Teresa prayed the “Prayer for Peace”  
every day after Communion.

マザーテレサはこの祈りを聖体拝領後に毎日祈っていた。



any way according to your Will./ Give us your love and your grace,/ for this is enough for us.

(*St. Ignatius*)

OUR LADY'S OFFICE, p. 106

PRAYERS AFTER COMMUNION

RADIATING CHRIST

Dear Jesus, help us to spread your fragrance everywhere we go./ Flood our souls with your spirit and life./ Penetrate and possess our whole being,/so utterly,/that our lives may only be a radiance of yours./ Shine through us,/ and be so in us,/ that every soul we come in contact with/ may feel your presence in our soul./ Let them look up and see no longer us/ but only Jesus!/ Stay with us,/ and then we shall begin to shine as you shine;/ so to shine as to be a light to others;/ the light, O Jesus will be all from you,/ none of it will be ours;/ it will be you, shining on others through us./ Let us thus praise you in the way you love best/ by shining on those around us./ Let us preach you without preaching,/not by words but by our example,/ by the catching force,/

the sympathetic influence of what we do,/the evident fulness of the love our hearts bear/ to you. Amen.

PRAYER FOR PEACE

Lord, make me a channel of your peace, that where there is hatred,

I may bring love;

where there is wrong,

I may bring the spirit of forgiveness;  
where there is discord,

I may bring harmony;  
where there is error,

I may bring truth;  
where there is doubt,

I may bring faith;  
where there is despair,

I may bring hope;  
where there are shadows,

I may bring light;  
where there is sadness,

I may bring joy;

Lord, grant that I may seek rather  
to comfort than to be comforted;  
to understand than to be understood;

to love than to be loved;  
 for it is by forgetting self that one finds,  
 it is by forgiving that one is forgiven,  
 it is by dying that one awakens to eternal life.  
 Amen.

### ANIMA CHRISTI

Soul of Christ, sanctify me,  
 Body of Christ, save me,  
 Blood of Christ, inebriate me,  
 Water from the side of Christ, wash me,  
 Passion of Christ, strengthen me,  
 O Good Jesus, hear me,  
 Within Thy wounds hide me,  
 Suffer me not to be separated from Thee,  
 From the malicious enemy defend me,  
 In the hour of my death call me,  
 And bid me come unto Thee,  
 That with Thy Saints I may praise Thee,  
 For ever and ever. Amen.

### PRAYER OF POPE PAUL

Make us worthy, Lord,/ to serve our fellow  
 men throughout the world/ who live and die in

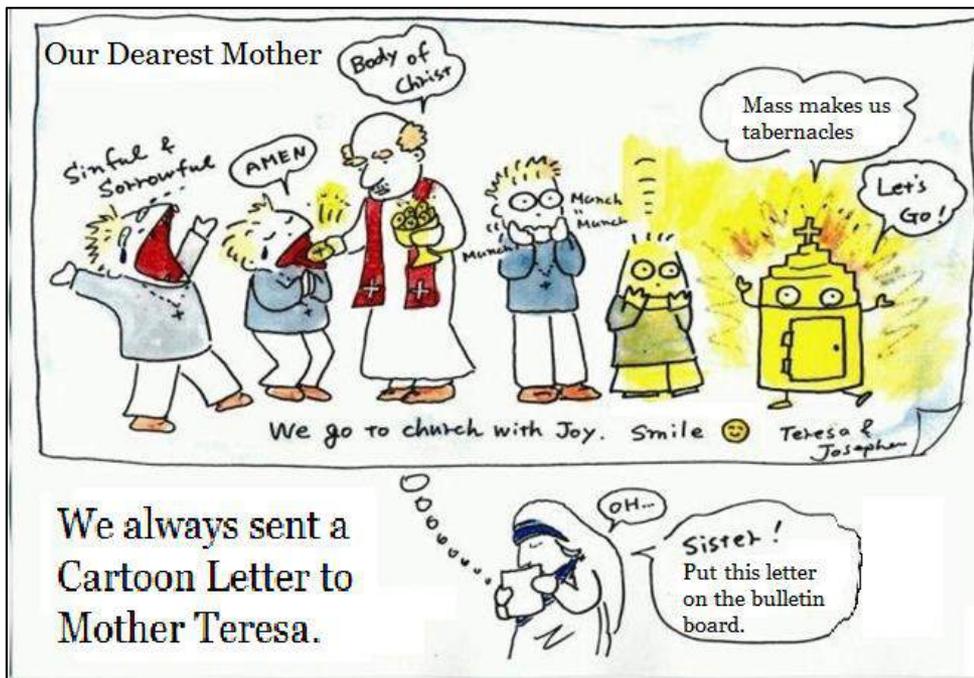
poverty and hunger./ Give them through our  
 hands, this day their daily bread,/ and by our  
 understanding love, give peace and joy./

### PRAYER BEFORE LEAVING

#### FOR APOSTOLATE

Dear Lord, the Great Healer, I kneel before  
 You, since every perfect gift must come from  
 You. I pray, give skill to my hands, clear vision  
 to my mind, kindness and meekness to my  
 heart. Give me singleness of purpose, strength  
 to lift up a part of the burden of my suffering  
 fellow men, and a true realization of the privi-  
 lege that is mine. Take from my heart all guile  
 and worldliness that with the simple faith of a  
 child, I may rely on You. Amen.

Sing: Be with us Mary along the way  
 Guide every step we take  
 Lead us to Jesus, your loving Son  
 Come with us, Mary, come.



Hiromi Josepha Kudo Ph.D. is a Japanese Catholic, a former university professor, and a Visiting Fellow of the Institute of Asian Cultures of Sophia University. Member of the Council for Inter-religious Dialogue, the Catholic Bishops' Conference of Japan. She is a scholar on Blessed Mother Teresa, who was her godmother at Baptism. She has written several books and articles on her. She always communicated with her using cartoons.

工藤ジョセファ裕美 : 社会福祉学博士 上智大学アジア文化研究所客員所員  
 日本カトリック司教協議会 諸宗教対話部門委員  
 マザーテレサを代母にカルカッタのマザーハウスで受洗したカトリック信者。  
 神の愛の宣教者会と活動を共にする傍ら、マザーに関する研究書や論文を数多く発表。  
 生前のマザーは彼女が描く漫画の絵手紙を楽しみにされていたという。



どうしょくぶきょうりゅう **草食恐竜** こべるちーな **コペルチーナ**

**Herbivorous Dinosaur Josepha of Cupertino**

幼稚園や日曜学校などで、子供たちと塗り絵本「平和の祈り」を一緒に塗りたいです！  
クリスマスやバザーなどのイベントや行事に呼んでください！頑張っって盛り上げます！

Let's play with Dinosaur Cupertino !

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こんにちは！私は  
**トリケラトプス**という  
種類の草食恐竜です。  
名前は「**コペルチーナ  
のジョセファ**」です。  
ゆっくり動いて、果物や  
野菜を食べます。バナナ  
やお菓子が大好きです。  
私は東京で生まれます  
が、九州の下飯島から先祖  
の化石が見つかったので、  
ルーツは九州です。  
みんな仲良くしてね！

Let's play with me!

Dinosauro Erbivoro Giuseppe Copertina

平和の祈り Prayer for Peace

東京大司教ペトロ岡田武夫出版認可

His Excellency Archbishop Peter Takeo Okada  
has granted his imprimatur for this book

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