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| Listening (Message of Pope Francis for World Day of Communication 2016) | 听(教宗方济各2016年第五十届世界社会传播日文告) |
| For this to happen, we must first listen. Communicating means sharing, and sharing demands listening and acceptance. Listening is much more than simply hearing. Hearing is about receiving information, while listening is about communication, and calls for closeness. Listening allows us to get things right, and not simply to be passive onlookers, users or consumers. Listening also means being able to share questions and doubts, to journey side by side, to banish all claims to absolute power and to put our abilities and gifts at the service of the common good. | 为此，我们首先必须聆听。传播的意思是分享，而分享需要聆听与接纳。但聆听并不是只有「听见」而已。「听见」指的是接受讯息，而聆听则指的是沟通传播，拉近距离。聆听也让我们做对的事，而不是只是作为被动的旁观者、使用者或消费者。聆听也同时意味着有能力分享问题与疑惑，与人肩并肩同行，驱除心中自命绝对的权力，而是谦卑地将自己的能力与才华用于为众人的益处。 |
| Listening is never easy. Many times it is easier to play deaf. Listening means paying attention, wanting to understand, to value, to respect and to ponder what the other person says. It involves a sort of martyrdom or self-sacrifice, as we try to imitate Moses before the burning bush: we have to remove our sandals when standing on the “holy ground” of our encounter with the one who speaks to me (cf. *Ex* 3:5). Knowing how to listen is an immense grace, it is a gift which we need to ask for and then make every effort to practice. | 做到聆听从不容易。很多时候，装聋作哑更容易得多了。聆听意味着给予关注，想要了解，去重视，去尊重，并深入思考他人所说的话。我们可能要受一些折磨，或做出自我牺牲，如同我们试着去仿效那在焚烧的荆棘丛前的梅瑟：当我们与那和我们说话的那一位相遇，我们得把脚上的鞋脱下，因为我们所站的地方是「圣地」（出三5）。知道如何聆听是一项巨大的恩宠，我们必须为获得此一恩赐祈求，并尽全力加以运用。 |

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| The Joy of the Gospel (Pope Francis) | 福音的喜乐 - 教宗方济各 |
| 91. One important challenge is to show that the solution will never be found in fleeing from a personal and committed relationship with God which at the same time commits us to serving others. This happens frequently nowadays, as believers seek to hide or keep apart from others, or quietly flit from one place to another or from one task to another, without creating deep and stable bonds. “*Imaginatio locorum et mutatio multos fefellit*”. This is a false remedy which cripples the heart and at times the body as well. We need to help others to realize that the only way is to learn how to encounter others with the right attitude, which is to accept and esteem them as companions along the way, without interior resistance. Better yet, it means learning to find Jesus in the faces of others, in their voices, in their pleas. And learning to suffer in the embrace of the crucified Jesus whenever we are unjustly attacked or meet with ingratitude, never tiring of our decision to live in fraternity.  | 91. 当前的一个重要挑战就是要指明，一旦离开天主便一事无成，欲解决问题，必须守住个人向天主承诺的关系，并让此关系促使我们服务他人。如今经常发生这现象：信徒打算隐藏起来，与他人隔离，或悄悄地从一个地方挪到另一个地方，从一个工作换到另一个工作，没有建立深度和稳定的联系。「在不同的地方作白日梦，从一处到另一处，此举曾误导许多人。 这是一种错误的补救方法，使我们的心瘫痪，有时候甚至是身体瘫痪。我们需要帮助他人意识到：唯一的途径是学习如何以正确的态度与他人相遇，也就是接纳他人，并视他们为沿途的同伴，心无怨言。更好的是，在他人的脸容、声音、和恳求中找到耶稣。受到忘恩负义的对待时，就要在被钉十字架的耶稣的拥抱中，学习受苦、活在爱中、矢志不渝、永不言倦 |
| 92. There indeed we find true healing, since the way to relate to others which truly heals instead of debilitating us, is a *mystical*fraternity, a contemplative fraternity. It is a fraternal love capable of seeing the sacred grandeur of our neighbour, of finding God in every human being, of tolerating the nuisances of life in common by clinging to the love of God, of opening the heart to divine love and seeking the happiness of others just as their heavenly Father does. Here and now, especially where we are a “little flock” (*Lk*12:32), the Lord’s disciples are called to live as a community which is the salt of the earth and the light of the world (cf. *Mt* 5:13-16). We are called to bear witness to a constantly new way of living together in fidelity to the Gospel.[[70]](http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20131124_evangelii-gaudium.html#_ftn70) Let us not allow ourselves to be robbed of community! | 92. 的确，我们能找到真正的治愈，那就是一种神秘经验的手足之情，默观觉悟的友爱，因为联系他人能治愈而不是消弱我们。这友爱能让我们看到近人的神圣庄严，在 每个人身上找到天主，靠坚守天主的爱，可以忍耐共同生活上的滋扰，向天主的爱敞开心灵，像天父一样寻求他人的幸福。正是此时此地，特别在我们是「小小羊群」（路十二32）的地方，主的门徒被召叫一起生活成为团体，这团体做地上的盐、世界的光（参阅玛五13-16）。我们忠诚信守福音而生活在一起，并蒙召为这持续崭新的途径作证。70 不可让团体从我们中被夺走！ |