

**ጸሎት አቦና ቅዱስ  
ፍራንቸስኮስ በዓል አሲዚ  
(1182 - 1226)**

ጎይታይ ናይ ሰላምካ መሣርሒ ግበረኒ!  
ጽልኢ ኣብዘለዎ ፍቕሪ  
በደል ኣብ ዘለዎ ይቕረታ፡  
ክርክር ኣብ ዘለዎ ሥምረት፡  
ስሕተት ኣብ ዘለዎ እውነት፡  
ጥርጥር ኣብ ዘለዎ እምነት፡  
ቅብጻት ኣብ ዘለዎ ተስፋ፡  
ኃዘን ኣብ ዘለዎ ሓጎስ፡  
ጸልማት ኣብ ዘለዎ ብርሃን፡  
ከምዘእቱ ግበረኒ!

አኣምላኽይ!  
ካብ ዜጸናንዑኒስ ከጸናንዕ፡  
ካብ ኪርድኡንስ ክርዳእ፡  
ካብ ኪፍቅሩኒስ ከፍቅር፡  
ቢለ ዝጽዕረሉ ጸጋ ሃበኒ።

ከመይሲ፡  
እንተሃብና ኢና እንቅበል፡  
እንተመሓርና ኢና እንመሓር፡  
እንተሞትና ኢና  
ናብ ዘለዓለማዊ ሕይወት እንውለድ።

Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy;

O Divine Master, grant that I may  
not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.