

# Sabay-sabay, Sumuso sa Nanay! Year 2

*Uso ang Magpasuso! (Abreast with the Times!)*

## **Mothers' Prayer During the Sabay-sabay, Sumuso sa Nanay Panalangin ng Mga Ina sa Sabay-sabay, Sumuso sa Nanay**

Lord, we praise You for Your infinite wisdom and generosity! We are wonderfully made!

*Panginoon, kami ay nagpupuri sa Iyo sa iyong walang-hanggang karunungan at pagpapala! Kami ay kagila-gilalas na nilikha!*

From You, our children sprang from our wombs.

*Mula sa iyo, ang aming mga anak ay sumibol sa aming sinapupunan.*

From You, mother's milk flows abundantly from our breasts to nourish and shield them from disease, death, greed and violence.

*Mula sa iyo, masaganang bumubukal sa aming mga dibdib ang gatas ng ina upang busugin at mailayo sila sa sakit, kamatayan, kasakiman at karahasan.*

We thank you for giving us this privilege to become your co-creators.

*Pinasasalamat ka namin at minarapat mo kaming maging katuwang na tagapaglikha.*

We thank You for giving us this role to become mothers to our children.

*Pinasasalamat ka namin na biniyayaan mo kami ng tungkulin na maging ina sa aming mga anak.*

We thank You for giving us the strength and health to fulfill our commitment to nurture and breastfeed our children.

*Pinasasalamat ka namin na biniyayaan mo kami ng lakas at kalusugan upang matupad ang aming tungkulin na arugain at pasusuhin ang aming mga anak.*

We thank you for keeping our children safe in Your Hands as we cradle them in our warm embrace.

*Pinasasalamat ka namin sa pananatiling ligtas ng aming mga anak sa Iyong mga Kamay habang sila ay aming idinuduyan sa mainit na yakap.*

We pray that through breastfeeding, we may be able to convey to our children Your great love for them so that they will grow up to faithfully and lovingly serve You and our fellow being for Your greater honor and glory. Amen.

*Idinadalangin namin Panginoon na sa pamamagitan ng aming pagpapasuso, maipabatid namin sa aming mga supling ang Iyong dakilang pagmamahal sa kanila, upang sa gayon, mapalaki naming silang matapat at mapagmahal na naglilingkod sa Iyo at sa aming kapwa para sa iyong higit na kadakilaan at kaluwalhatian. Amen.*

Let us pause for a moment of silence to pray for the souls of 16,000 children who die every year because they were not breastfed.

*Manahimik tayo sumandali para ipagdasal ang mga kaluluwa ng 16,000 bata namamatay taon-taon dahil hindi sila napasuso.*



**World  
Breastfeeding  
Week  
(August 1-7)**

and

**Guinness  
World Record  
on Simultaneous  
Breastfeeding**

**National**

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Children for Breastfeeding



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