



普世基督徒默禱團體(香港分會)

The World Community for Christian Meditation (Hong Kong)

## 香港區/ Hong Kong District

### 廣東話默禱小組/ Cantonese Meditation Groups

聖母無原罪主教座堂A組  
香港堅道16號 主教座堂中心105室  
聯絡人: 陳毓秀

Catholic Cathedral for the Immaculate Conception  
Group A  
Room 105, Cathedral Centre, 16, Caine Road, HK.  
Contact: Celina Chan

逢星期三 7pm-8pm  
Wednesdays, 7pm-8pm

聖母無原罪主教座堂B組  
香港堅道16號 主教座堂中心105室  
聯絡人: 陳景慈, 陳詠霞

Catholic Cathedral for the Immaculate Conception  
Group B  
Room 105, Cathedral Centre, 16, Caine Road, HK.  
Contact: Wendy Chan, Alice Wong

逢星期六 9am-10am  
Saturdays, 9am-10am

聖猶達堂小組  
香港北角建華街30號1樓祈禱室  
聯絡人: 鄭貝茜, 李靜儀, 鄧小迪

St. Jude's Church Group  
30 Kin Wah Street, North Point, HK. (Prayer  
Room, 1/F)  
Contact: Pezzy Cheng, Jean Li, Anthony Tang

逢星期一 8pm-9pm  
Mondays, 8pm-9pm

聖瑪加利大堂小組  
香港跑馬地樂活道2A 堂區中心203室  
聯絡人: 蘇康成

St. Margaret's Church Group  
2A, Broadwood Road, Happy Valley, HK.  
(Room 203, Parish Centre)  
Contact: Paul So

逢星期四 7:30pm-8:30pm  
Thursdays, 7:30pm-8:30pm

聖伯多祿堂小組  
香港香港仔大道220號 堂區大樓一樓  
C101室  
聯絡人: 黃麗玲, 李陳惠美

St. Peter's Church Group  
220, Aberdeen Main Rd, HK. (Room C101)  
Contact: Agnes Wong, Mrs. Wai Mei Lee

每月第2和第4星期一 7pm-8pm  
Every 2nd & 4th Monday, 7pm-8pm

### 英文默禱小組/ English Meditation Groups

聖亞納堂小組  
香港赤柱東頭灣道一號 (聖堂內)  
聯絡人: 李慧雲

St. Anne's Catholic Church Group  
1 Tung Tau St., Stanley, HK. (Inside the Church)  
Contact: Vivian Lee

Tuesdays, 7pm-7:45pm  
逢星期二 7pm-7:45pm

聖公會聖約翰座堂小組  
香港中環花園道4-8號聖公會聖約翰座堂  
(座堂內或其左側小聖堂)  
聯絡人: 陳惠旋, 陳鈺貞

Anglican Church St. John's Cathedral Group  
4-8, Garden Rd, Central, HK.  
(Inside the Cathedral)  
Contact: Faye Yee, Jeannie Chan

Mondays, 12:25pm-12:55pm  
逢星期一 12:25pm-12:55pm



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## 九龍區/ Kowloon District

### 廣東話默禱小組/ Cantonese Meditation Groups

方濟會九龍會院小組  
方濟會九龍會院:  
窩打老道133號地下小聖堂  
聯絡人: 何振義, 林偉華, 潘德恩

聖方濟各堂小組  
九龍深水埗石硤尾街五十八號音樂室  
聯絡人: 岑浩德, 蔡燕芬

Franciscan Friary Group  
133, Waterloo Rd., Kowloon Tong, Kowloon, HK.  
(G/F Chapel)  
Contact: Peter Ho, Christina Lam, Christine Poon

St. Francis of Assisi Church Group  
58, Shek Kip Mei Street, Kowloon, HK.  
(Music Room, G/F)  
Contact: Lucia Shum, Josephine Choi

每月第2和第4星期三  
7:30pm-8:30pm  
Every 2nd & 4th Wednesday,  
7:30pm-8:30pm

逢星期六 6pm-6:45pm  
Saturdays, 6pm-6:45pm

### 英文默禱小組/ English Meditation Groups

玫瑰堂小組  
九龍尖沙咀漆咸道南125號堂大樓一樓  
(圖書室)  
聯絡人: 蔡愛紅

聖德肋撒堂小組  
九龍太子道二五八號  
聖德肋撒堂聖堂大樓副堂  
聯絡人: Josephine Ward

Rosary Church Group  
125, Chatham Rd South, Tsimshatsui, Kowloon, HK.  
1/F, Library Room  
Contact: Mary Tsoi

St. Teresa's Church Group  
258, Prince Edward Road W., Kowloon, HK.  
(Caritas Gym)  
Contact: Josephine Ward

逢星期二 7:30pm-8:30pm  
Tuesdays, 7:30pm-8:30pm

逢每月第三主日 1:30pm-2:10pm  
Every 3rd Sunday, 1:30pm-2:10pm

## 新界區/ New Territories District

### 廣東話默禱小組/ Cantonese Meditation Groups

聖多默宗徒堂小組  
新界青衣青祿街5號堂區大樓3樓301室  
聯絡人: 曾麗雲

聖本篤堂小組  
新界沙田沙田圍崗背街七號102室  
聯絡人: 林兆玉

粉嶺聖若瑟堂小組  
新界粉嶺欣盛里1號聖芳濟各書院102室  
聯絡人: 石定芳, 關寶宜

St. Thomas the Apostle Church Group  
5, Tsing Luk Street, Tsing Yi, N.T., HK.  
(Rm 301, 3/F, Parish Rectory)  
Contact: Jenny Tsang

St. Benedict's Church Group  
7, Kong Pui Street, Shatin Wai, Shatin, N.T., HK.  
(Room 102)  
Contact: Annie Lam

Fanling St. Joseph Church  
St. Francis of Assisi College, 1, Yan Shing Lane,  
Fanling, N.T.  
(Room 102)  
Contact: Paul Shek, Virginia Kwan

逢星期六 3:15pm-4:15pm  
Saturdays, 3:15pm-4:15pm

逢星期三 8pm-9pm  
Wednesdays, 8pm-9pm

逢月底主日 2pm-4pm  
Every last Sunday, 2pm-4pm