



普世基督徒默禱團體(香港分會)

The World Community for Christian Meditation (Hong Kong)

香港/ Hong Kong Island

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2號 明愛大廈 439A室
聯絡人: 陳景慈, 陳詠霞

Catholic Cathedral for the Immaculate Conception
Group B
Room 439A, Caritas Building, 2 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, 鄧小妣

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: 林敏碧

St. Margaret's Church Group
2A, Broadwood Road, Happy Valley, HK.
Room 203, Parish Centre
Contact: Miguella Lam

逢星期四 6:30pm-7:30pm
Thursdays, 6:30pm-7:30pm

聖伯多祿堂小組
香港香港仔大道220號 堂區大樓一
C102室
聯絡人: 姚妙霞

St. Peter's Church Group
Room 220, Aberdeen Main Rd, HK.
Room C102
Contact: Miu Yiu

每月第2和第4星期一
7:30pm-8:30pm
Every 2nd & 4th Monday,
7:30pm-8:30pm

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

逢星期二 7pm-7:45pm
Tuesdays, 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

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

天主教聖母聖衣堂
香港灣仔星街1號
聯絡人: 維利亞修女, 何紹鑾

Our Lady of Mount Carmel Church
No.1, Star Street, Wan Chai, HK.
Mezzanine Floor
Contact: Sister Victoria Victorino, Sally Ho

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



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The World Community for Christian Meditation (Hong Kong)

九龍/ Kowloon

廣東話默禱小組/ Cantonese Meditation Groups

方濟會九龍會院小組
窩打老道133號地下小聖堂
聯絡人: 謝慧君, 林偉華

Franciscan Friary Group
133, Waterloo Rd., Kowloon Tong, Kowloon, HK.
G/F Chapel
Contact: Elsa Tse, Christina Lam

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

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

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

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: Rosalind Baleros

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

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

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

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

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

新界/ New Territories

廣東話默禱小組/ Cantonese Meditation Groups

聖多默宗徒堂小組
新界青衣青綠街5號堂區大樓3樓301室
聯絡人: 曾麗雲

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

逢星期六 4:45pm-5:45pm
Saturdays, 4:45pm-5:45pm

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

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

逢星期三 8pm-9pm
Wednesdays, 8pm-9pm

粉嶺聖若瑟堂小組
新界粉嶺聯和墟和泰街5號
新翼M03室
聯絡人: 石定芳, 關寶宜

Fanling St. Joseph Church Group
5 Wo Tai Street, Luen Wo Market, Fanling, N.T.
Room M03, New Wing
Contact: Paul Shek, Virginia Kwan

逢月底主日上午10:30至
中午12:00
Every last Sunday,
10:30am-12:00pm