



2023

思維靜院 2023 年 活動年表

| 一月 January                                            | 二月 February                                                               | 三月 March                  | 四月 April                                                          | 五月 May                               | 六月 June                                                  |
|-------------------------------------------------------|---------------------------------------------------------------------------|---------------------------|-------------------------------------------------------------------|--------------------------------------|----------------------------------------------------------|
| 1 Sun                                                 | 1 Wed                                                                     | 1 Wed                     | 1 Sat                                                             | 1 Mon 勞動節翌日<br>Labour Day            | 1 Thu                                                    |
| 2 Mon 元旦翌日<br>The day following<br>New Year's Day     | 2 Thu                                                                     | 2 Thu                     | 2 Sun                                                             | 2 Tue                                | 2 Fri                                                    |
| 3 Tue                                                 | 3 Fri                                                                     | 3 Fri                     | 3 Mon                                                             | 3 Wed                                | 3 Sat 八天個別指導避靜<br>Eight Day Individual Guided<br>Retreat |
| 4 Wed                                                 | 4 Sat                                                                     | 4 Sat                     | 4 Tue 清明節<br>Ching Ming Festival                                  | 4 Thu                                | 4 Sun 30 May-7 Jun                                       |
| 5 Thu                                                 | 5 Sun                                                                     | 5 Sun                     | 5 Wed 八天個別指導避靜<br>Eight Day Individual Guided<br>Retreat 3-11 Apr | 5 Fri                                | 5 Mon                                                    |
| 6 Fri                                                 | 6 Mon 祈禱工作坊<br>5-8 Feb                                                    | 6 Mon                     | 6 Thu 耶穌受難節 Good Friday                                           | 6 Sat                                | 6 Tue                                                    |
| 7 Sat 慕道者靈修週末                                         | 7 Tue                                                                     | 7 Tue                     | 7 Fri 耶穌受難節翌日<br>The day following Good Friday                    | 7 Sun                                | 7 Wed                                                    |
| 8 Sun 黃右神父                                            | 8 Wed                                                                     | 8 Wed                     | 8 Sat 復活節星期一<br>Easter Monday                                     | 8 Mon                                | 8 Thu                                                    |
| 9 Mon                                                 | 9 Thu                                                                     | 9 Thu                     | 9 Sun                                                             | 9 Tue                                | 9 Fri                                                    |
| 10 Tue                                                | 10 Fri                                                                    | 10 Fri                    | 10 Mon                                                            | 10 Wed                               | 10 Sat                                                   |
| 11 Wed                                                | 11 Sat 慕道者靈修週末                                                            | 11 Sat 慕道者靈修週末            | 11 Tue                                                            | 11 Thu                               | 11 Sun                                                   |
| 12 Thu                                                | 12 Sun 吳智勳神父                                                              | 12 Sun 吳智勳神父              | 12 Wed                                                            | 12 Fri                               | 12 Mon 依納爵靈修基礎培育<br>(春季 5) 11-13 Jun                     |
| 13 Fri                                                | 13 Mon 依納爵靈修基礎培育                                                          | 13 Mon 依納爵靈修基礎培育          | 13 Thu                                                            | 13 Sat                               | 13 Tue                                                   |
| 14 Sat 慕道者靈修週末                                        | 14 Tue (春季 1) 12-14 Feb                                                   | 14 Tue (春季 2) 12-14 Mar   | 14 Fri                                                            | 14 Sun                               | 14 Wed                                                   |
| 15 Sun 吳智勳神父                                          | 15 Wed                                                                    | 15 Wed                    | 15 Sat                                                            | 15 Mon 依納爵靈修基礎培育<br>(春季 4) 14-16 May | 15 Thu                                                   |
| 16 Mon                                                | 16 Thu                                                                    | 16 Thu                    | 16 Sun                                                            | 16 Tue                               | 16 Fri                                                   |
| 17 Tue                                                | 17 Fri                                                                    | 17 Fri                    | 17 Mon 依納爵靈修基礎培育<br>(春季 3) 16-18 Apr                              | 17 Wed                               | 17 Sat                                                   |
| 18 Wed                                                | 18 Sat 慕道者靈修週末                                                            | 18 Sat 慕道者靈修週末            | 18 Tue                                                            | 18 Thu                               | 18 Sun                                                   |
| 19 Thu 19 Jan-26 Jan<br>休息<br>House Closed            | 19 Sun 黃錦文神父                                                              | 19 Sun 張心銳神父              | 19 Wed                                                            | 19 Fri                               | 19 Mon                                                   |
| 20 Fri                                                | 20 Mon                                                                    | 20 Mon                    | 20 Thu                                                            | 20 Sat                               | 20 Tue                                                   |
| 21 Sat                                                | 21 Tue                                                                    | 21 Tue                    | 21 Fri                                                            | 21 Sun                               | 21 Wed                                                   |
| 22 Sun 農曆年初一<br>Lunar New Year's Day                  | 22 Wed 聖灰日 Ash Wed                                                        | 22 Wed                    | 22 Sat                                                            | 22 Mon 祈禱工作坊<br>21-24 May            | 22 Thu 端午節 Dragon Boat Festival                          |
| 23 Mon 農曆年初二<br>2 <sup>nd</sup> day of Lunar New Year | 23 Thu                                                                    | 23 Thu                    | 23 Sun                                                            | 23 Tue                               | 23 Fri                                                   |
| 24 Tue 農曆年初三<br>3 <sup>rd</sup> day of CNY            | 24 Fri                                                                    | 24 Fri 祈禱工作坊<br>23-26 Mar | 24 Mon                                                            | 24 Wed                               | 24 Sat                                                   |
| 25 Wed                                                | 25 Sat 八天個別指導避靜<br>Eight Day Individual Guided<br>Retreat<br>22 Feb-2 Mar | 25 Sat                    | 25 Tue                                                            | 25 Thu                               | 25 Sun                                                   |
| 26 Thu                                                | 26 Sun                                                                    | 26 Sun                    | 26 Wed                                                            | 26 Fri 佛誕 The Birthday of the Buddha | 26 Mon                                                   |
| 27 Fri                                                | 27 Mon                                                                    | 27 Mon                    | 27 Thu                                                            | 27 Sat                               | 27 Tue                                                   |
| 28 Sat                                                | 28 Tue                                                                    | 28 Tue                    | 28 Fri                                                            | 28 Sun                               | 28 Wed                                                   |
| 29 Sun                                                | 29 Wed                                                                    | 29 Wed                    | 29 Sat                                                            | 29 Mon                               | 29 Thu                                                   |
| 30 Mon                                                | 30 Thu                                                                    | 30 Thu                    | 30 Sun                                                            | 30 Tue                               | 30 Fri                                                   |
| 31 Tue                                                | 31 Fri                                                                    | 31 Fri                    |                                                                   | 31 Wed                               |                                                          |



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| 七月 July |     |                                                           | 八月 August |     |                                                          | 九月 September |     |                                                | 十月 October |     |                                                          | 十一月 November |     |                   | 十二月 December |     |                                                          |
|---------|-----|-----------------------------------------------------------|-----------|-----|----------------------------------------------------------|--------------|-----|------------------------------------------------|------------|-----|----------------------------------------------------------|--------------|-----|-------------------|--------------|-----|----------------------------------------------------------|
| 1       | Sat | 香港特區成立紀念日<br>HKSAR Establishment Day                      | 1         | Tue |                                                          | 1            | Fri |                                                | 1          | Sun |                                                          | 1            | Wed |                   | 1            | Fri |                                                          |
| 2       | Sun | International Symposium on Ignatian Spirituality 1-3 Jul  | 2         | Wed |                                                          | 2            | Sat |                                                | 2          | Mon | 國慶日翌日<br>The day following National Day                  | 2            | Thu |                   | 2            | Sat | 慕道者靈修週末                                                  |
| 3       | Mon |                                                           | 3         | Thu |                                                          | 3            | Sun |                                                | 3          | Tue |                                                          | 3            | Fri |                   | 3            | Sun |                                                          |
| 4       | Tue |                                                           | 4         | Fri |                                                          | 4            | Mon |                                                | 4          | Wed |                                                          | 4            | Sat |                   | 4            | Mon |                                                          |
| 5       | Wed |                                                           | 5         | Sat | 八天個別指導避靜<br>Eight Day Individual Guided Retreat 2-10 Aug | 5            | Tue |                                                | 5          | Thu |                                                          | 5            | Sun |                   | 5            | Tue |                                                          |
| 6       | Thu |                                                           | 6         | Sun |                                                          | 6            | Wed |                                                | 6          | Fri |                                                          | 6            | Mon |                   | 6            | Wed | 八天個別指導避靜<br>Eight Day Individual Guided Retreat 4-12 Dec |
| 7       | Fri |                                                           | 7         | Mon |                                                          | 7            | Thu |                                                | 7          | Sat |                                                          | 7            | Tue |                   | 7            | Thu |                                                          |
| 8       | Sat |                                                           | 8         | Tue |                                                          | 8            | Fri |                                                | 8          | Sun |                                                          | 8            | Wed |                   | 8            | Fri |                                                          |
| 9       | Sun |                                                           | 9         | Wed |                                                          | 9            | Sat |                                                | 9          | Mon |                                                          | 9            | Thu | 祈禱工作坊<br>9-12 Nov | 9            | Sat |                                                          |
| 10      | Mon |                                                           | 10        | Thu |                                                          | 10           | Sun | 祈禱工作坊<br>10-13 Sept                            | 10         | Tue | 八天個別指導避靜<br>Eight Day Individual Guided Retreat 8-16 Oct | 10           | Fri |                   | 10           | Sun |                                                          |
| 11      | Tue |                                                           | 11        | Fri |                                                          | 11           | Mon |                                                | 11         | Wed |                                                          | 11           | Sat |                   | 11           | Mon |                                                          |
| 12      | Wed |                                                           | 12        | Sat |                                                          | 12           | Tue |                                                | 12         | Thu |                                                          | 12           | Sun |                   | 12           | Tue |                                                          |
| 13      | Thu |                                                           | 13        | Sun |                                                          | 13           | Wed |                                                | 13         | Fri |                                                          | 13           | Mon |                   | 13           | Wed |                                                          |
| 14      | Fri |                                                           | 14        | Mon |                                                          | 14           | Thu |                                                | 14         | Sat |                                                          | 14           | Tue |                   | 14           | Thu |                                                          |
| 15      | Sat |                                                           | 15        | Tue |                                                          | 15           | Fri | 男子避靜<br>15-17 Sept                             | 15         | Sun |                                                          | 15           | Wed |                   | 15           | Fri |                                                          |
| 16      | Sun |                                                           | 16        | Wed |                                                          | 16           | Sat |                                                | 16         | Mon |                                                          | 16           | Thu |                   | 16           | Sat | 依納爵靈修基礎培育                                                |
| 17      | Mon |                                                           | 17        | Thu |                                                          | 17           | Sun |                                                | 17         | Tue |                                                          | 17           | Fri |                   | 17           | Sun | (秋季5) 15-17 Dec                                          |
| 18      | Tue |                                                           | 18        | Fri |                                                          | 18           | Mon |                                                | 18         | Wed |                                                          | 18           | Sat | 依納爵靈修基礎培育         | 18           | Mon |                                                          |
| 19      | Wed | 八天個別指導避靜<br>Eight Day Individual Guided Retreat 16-24 Jul | 19        | Sat |                                                          | 19           | Tue |                                                | 19         | Thu |                                                          | 19           | Sun | (秋季4) 17-19 Nov   | 19           | Tue |                                                          |
| 20      | Thu |                                                           | 20        | Sun |                                                          | 20           | Wed |                                                | 20         | Fri |                                                          | 20           | Mon |                   | 20           | Wed |                                                          |
| 21      | Fri |                                                           | 21        | Mon |                                                          | 21           | Thu |                                                | 21         | Sat | 依納爵靈修基礎培育                                                | 21           | Tue |                   | 21           | Thu |                                                          |
| 22      | Sat |                                                           | 22        | Tue |                                                          | 22           | Fri |                                                | 22         | Sun | (秋季3) 20-22 Oct                                          | 22           | Wed |                   | 22           | Fri |                                                          |
| 23      | Sun |                                                           | 23        | Wed |                                                          | 23           | Sat | 依納爵靈修基礎培育                                      | 23         | Mon | 重陽節 Chung Yeung Festival                                 | 23           | Thu |                   | 23           | Sat |                                                          |
| 24      | Mon |                                                           | 24        | Thu |                                                          | 24           | Sun | (秋季2) 22-24 Sept                               | 24         | Tue |                                                          | 24           | Fri |                   | 24           | Sun | 聖誕節<br>Christmas Day                                     |
| 25      | Tue |                                                           | 25        | Fri |                                                          | 25           | Mon |                                                | 25         | Wed |                                                          | 25           | Sat | 慕道者靈修週末           | 25           | Mon | 聖誕節後第一個周日<br>The first weekday after Christmas Day       |
| 26      | Wed |                                                           | 26        | Sat | 依納爵靈修基礎培育                                                | 26           | Tue |                                                | 26         | Thu |                                                          | 26           | Sun |                   | 26           | Tue |                                                          |
| 27      | Thu |                                                           | 27        | Sun | (秋季1) 25-27 Aug                                          | 27           | Wed |                                                | 27         | Fri |                                                          | 27           | Mon |                   | 27           | Wed |                                                          |
| 28      | Fri | 祈禱工作坊<br>27-30 Jul                                        | 28        | Mon |                                                          | 28           | Thu |                                                | 28         | Sat |                                                          | 28           | Tue |                   | 28           | Thu |                                                          |
| 29      | Sat |                                                           | 29        | Tue |                                                          | 29           | Fri |                                                | 29         | Sun |                                                          | 29           | Wed |                   | 29           | Fri |                                                          |
| 30      | Sun |                                                           | 30        | Wed |                                                          | 30           | Sat | 中秋節翌日<br>The day following Mid-Autumn Festival | 30         | Mon |                                                          | 30           | Thu |                   | 30           | Sat |                                                          |
| 31      | Mon |                                                           | 31        | Thu |                                                          |              |     |                                                | 31         | Tue |                                                          |              |     |                   | 31           | Sun | 除夕感恩避靜<br>30 Dec-1 Jan 2024                              |