



2026

一月 January			二月 February			三月 March			四月 April			五月 May			六月 June		
1	Thu	元旦 New Year's Day	1	Sun		1	Sun	黃錦文神父	1	Wed	八天個別指導避靜	1	Fri	勞動節 Labour Day	1	Mon	
2	Fri		2	Mon	祈禱工作坊	2	Mon		2	Thu	Eight Day	2	Sat		2	Tue	
3	Sat	慕道者靈修週末	3	Tue	1-4 Feb	3	Tue		3	Fri	Individual Guided	3	Sun	八天個別指導避靜	3	Wed	
4	Sun	徐立人神父	4	Wed		4	Wed		4	Sat	Retreat	4	Mon	Eight Day	4	Thu	
5	Mon		5	Thu		5	Thu		5	Sun	30 Mar - 7 Apr	5	Tue	Individual Guided	5	Fri	祈禱工作坊
6	Tue		6	Fri		6	Fri		6	Mon	清明節翌日 The Day Following Ching Ming Festival	6	Wed	Retreat	6	Sat	4-7 Jun
7	Wed		7	Sat	慕道者靈修週末	7	Sat	慕道者靈修週末	7	Tue	復活節星期一翌日 The Day Following Easter Monday	7	Thu	1-9 May	7	Sun	
8	Thu		8	Sun		8	Sun	繆筆施修女	8	Wed		8	Fri		8	Mon	
9	Fri		9	Mon	祈禱工作坊	9	Mon	祈禱工作坊	9	Thu		9	Sat		9	Tue	
10	Sat	慕道者靈修週末	10	Tue	8-11 Mar	10	Tue	8-11 Mar	10	Fri		10	Sun		10	Wed	
11	Sun	黃美兒修女	11	Wed		11	Wed		11	Sat	初嘗「靜」與「在」	11	Mon		11	Thu	
12	Mon		12	Thu		12	Thu		12	Sun	10-12 Apr	12	Tue		12	Fri	
13	Tue		13	Fri		13	Fri		13	Mon		13	Wed		13	Sat	
14	Wed		14	Sat		14	Sat	生態靈修工作坊	14	Tue		14	Thu		14	Sun	
15	Thu		15	Sun	休息	15	Sun	13-15 Mar	15	Wed		15	Fri		15	Mon	依納爵靈修基礎培育(春季)
16	Fri		16	Mon	House Closed	16	Mon		16	Thu		16	Sat		16	Tue	14-16 Jun
17	Sat	生態靈修工作坊	17	Tue	農曆年初一 Lunar New Year	17	Tue		17	Fri		17	Sun		17	Wed	
18	Sun		18	Wed	農曆年初二 2nd Day of LNY	18	Wed		18	Sat		18	Mon	依納爵靈修基礎培育(春季)	18	Thu	
19	Mon		19	Thu	農曆年初三 3rd Day of LNY	19	Thu		19	Sun		19	Tue	17-19 May	19	Fri	
20	Tue	裝修	20	Fri		20	Fri		20	Mon	依納爵靈修基礎培育(春季)	20	Wed		20	Sat	
21	Wed	House Closed	21	Sat		21	Sat		21	Tue	19-21 Apr	21	Thu		21	Sun	
22	Thu	for Renovation	22	Sun		22	Sun		22	Wed		22	Fri		22	Mon	裝修
23	Fri		23	Mon	依納爵靈修基礎培育(春季)	23	Mon	依納爵靈修基礎培育(春季)	23	Thu		23	Sat		23	Tue	House Closed
24	Sat		24	Tue	22-24 Feb	24	Tue	22-24 Mar	24	Fri		24	Sun		24	Wed	for Renovation
25	Sun		25	Wed		25	Wed		25	Sat		25	Mon		25	Thu	
26	Mon		26	Thu		26	Thu		26	Sun		26	Tue		26	Fri	
27	Tue		27	Fri		27	Fri		27	Mon		27	Wed		27	Sat	
28	Wed		28	Sat	慕道者靈修週末	28	Sat		28	Tue		28	Thu		28	Sun	
29	Thu					29	Sun		29	Wed		29	Fri		29	Mon	
30	Fri					30	Mon		30	Thu		30	Sat		30	Tue	
31	Sat					31	Tue		31	Sun		31	Sun				



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思維靜院

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活動年表

七月 July		八月 August		九月 September		十月 October		十一月 November		十二月 December	
1 Wed	香港特別行政區成立紀念日 HKSAR Establishment Day	1 Sat		1 Tue		1 Thu	國慶日 National Day	1 Sun	30 Oct - 1 Nov	1 Tue	
2 Thu		2 Sun		2 Wed	八天個別指導避靜	2 Fri	八天個別指導避靜	2 Mon		2 Wed	
3 Fri		3 Mon		3 Thu	Eight Day	3 Sat	Eight Day	3 Tue		3 Thu	
4 Sat	八天個別指導避靜	4 Tue		4 Fri	Individual Guided	4 Sun	Individual Guided	4 Wed		4 Fri	
5 Sun	Eight Day	5 Wed		5 Sat	Retreat	5 Mon	Retreat	5 Thu		5 Sat	
6 Mon	Individual Guided	6 Thu		6 Sun	31 Aug - 8 Sep	6 Tue	30 Sep - 8 Oct	6 Fri		6 Sun	八天個別指導避靜
7 Tue	Retreat	7 Fri		7 Mon		7 Wed		7 Sat		7 Mon	Eight Day
8 Wed	2-10 Jul	8 Sat	依納爵靈修基礎培育(秋季)	8 Tue		8 Thu		8 Sun		8 Tue	Individual Guided
9 Thu		9 Sun	7-9 Aug	9 Wed		9 Fri		9 Mon	祈禱工作坊	9 Wed	Retreat
10 Fri		10 Mon		10 Thu		10 Sat		10 Tue	8-11 Nov	10 Thu	4-12 Dec
11 Sat		11 Tue		11 Fri		11 Sun		11 Wed		11 Fri	
12 Sun		12 Wed		12 Sat	依納爵靈修基礎培育(秋季)	12 Mon		12 Thu		12 Sat	
13 Mon		13 Thu		13 Sun	11-13 Sep	13 Tue		13 Fri		13 Sun	
14 Tue		14 Fri		14 Mon		14 Wed		14 Sat	依納爵靈修基礎培育(秋季)	14 Mon	
15 Wed		15 Sat		15 Tue	裝修	15 Thu		15 Sun	13-15 Nov	15 Tue	
16 Thu		16 Sun		16 Wed	House Closed	16 Fri		16 Mon		16 Wed	
17 Fri		17 Mon		17 Thu	for Renovation	17 Sat	依納爵靈修基礎培育(秋季)	17 Tue		17 Thu	
18 Sat		18 Tue		18 Fri		18 Sun	16-18 Oct	18 Wed		18 Fri	
19 Sun		19 Wed		19 Sat	男士避靜	19 Mon	重陽節翌日 The Day Following Chung Yeung Festival	19 Thu		19 Sat	依納爵靈修基礎培育(秋季)
20 Mon		20 Thu		20 Sun	18-20 Sep	20 Tue		20 Fri		20 Sun	18-20 Dec
21 Tue		21 Fri		21 Mon		21 Wed		21 Sat		21 Mon	
22 Wed		22 Sat		22 Tue		22 Thu		22 Sun		22 Tue	
23 Thu		23 Sun		23 Wed		23 Fri		23 Mon		23 Wed	
24 Fri	祈禱工作坊	24 Mon		24 Thu		24 Sat		24 Tue		24 Thu	
25 Sat	23-26 Jul	25 Tue		25 Fri		25 Sun		25 Wed		25 Fri	聖誕節 Christmas Day
26 Sun		26 Wed		26 Sat	中秋節翌日 The Day Following Mid-Autumn Festival	26 Mon	祈禱工作坊	26 Thu		26 Sat	聖誕節後第一個周日 The First Weekday after Christmas Day
27 Mon		27 Thu		27 Sun		27 Tue	25-28 Oct	27 Fri		27 Sun	
28 Tue	八天個別指導避靜	28 Fri		28 Mon		28 Wed		28 Sat		28 Mon	
29 Wed	Eight Day Individual	29 Sat		29 Tue		29 Thu		29 Sun		29 Tue	
30 Thur	Guided Retreat	30 Sun		30 Wed		30 Fri		30 Mon		30 Wed	徐夕感恩避靜
31 Fri	27 Jul - 4 Aug	31 Mon		31 Thu		31 Sat	初嚐「靜」與「在」			31 Thu	30 Dec - 1 Jan 2027

思維靜院依納爵靈修中心
Xavier House Ignatian Spirituality Centre

除上述活動外，歡迎個人或團體到本院作避靜 Besides the above events, individual and communal retreats are also welcome.
電話 Tel: (852)2981 0342 電郵 E-mail: xhisc@ignatian.net