



天主教香港教區禮儀委員會

HONG KONG CATHOLIC DIOCESAN LITURGY COMMISSION

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請代通傳給堂區或團體中各司鐸及執事。謝謝！

致：堂區主任司鐸及修會／使徒生活團／監督團的會院上司

敬愛的神父／修士／修女：

煩請設法通知教友：

1. 二月廿六日是聖灰星期三，四旬期開始。雖然今年沒有公開彌撒，教友當日仍需守大小齋，又可在教區禮儀委員會網頁 <http://catholic-dlc.org.hk/mt200226.doc> 下載經文，自行反省、祈禱、懺悔。
(神父舉行彌撒，但不舉行聖灰禮，代以「**疫情下聖灰星期三懺悔式**」)
2. 為善度四旬期，該履行克己、祈禱懺悔及愛德善工。
今年聖灰星期三及四旬期內星期五，教友宜個別拜苦路，各式苦路經文可在禮委網頁 <http://catholic-dlc.org.hk/p2c200716.htm> 下載。

彼此代禱，主賜平安！



教區禮儀委員會辦事處

2020年2月21日

21 February 2020

To: Parish Priests and House Superiors of Religious Institutes / Societies of
Apostolic Life / Personal Prelature

Dear Reverend Father / Brother / Sister,

Kindly notify the faithful:

1. At the beginning of Lent on Ash Wednesday, 26 February, although there will be no public Mass, the faithful are obliged to fast and abstain from the eating of meat. They may nevertheless pray, repent and reflect on the Mass text of the day which is available in Chinese at this link: <http://catholic-dlc.org.hk/mt200226.doc>.
2. The faithful are reminded to keep Lent by works of self-denial, prayer, repentance and charity. On Ash Wednesday and Fridays of Lent, they are encouraged to pray the Way of the Cross individually. They may download some Chinese versions of the Way of the Cross at <http://catholic-dlc.org.hk/p2c200716.htm>.

With prayers,

Diocesan Liturgy Commission