



a. 柔道 Judo
b. 跆拳道 Taekwondo



a. 劍擊 Fencing
b. 跳水 Diving



a. 霹靂舞 Break Dancing
b. 滑板 Skateboarding

(互聯網圖片 Internet photo)

那美好的仗我已經打過了，當跑的路我已經跑盡了，所持的信仰我已經守住了。從此以後，有公義的冠冕為我存留，就是按公義審判的主在那日要賞給我的；不但賞給我，也賞給所有愛慕他顯現的人。

(提摩太後書 4: 7-8)

I have fought the good fight, I have finished the race, I have kept the faith.

Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not only to me, but also to all who have longed for his appearing.

(2 Timothy 4: 7-8)

天父給我的信

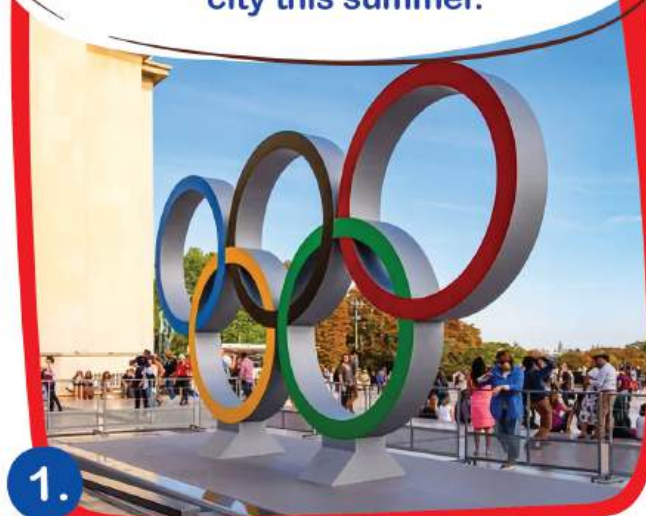
God's Letter to Me



我們這一家在巴黎 My Family and I in Paris

我和家人今年夏天在浪漫之都觀看了2024年巴黎奧運會。

My family and I watched the Paris 2024 Olympics Games in the romantic city this summer.



1.

我們參觀了著名旅遊景點埃菲爾鐵塔。
We visited the Eiffel Tower, a famous tourist spot.



3.

2.

在巴黎大皇宮，我們見證了來自中國香港代表隊的江旻憓獲得今年的首面金牌。

At the Grand Palais, we witnessed Vivian Kong Man-wai from Hong Kong, China winning the Hong Kong SAR's first gold medal this year.



在這次旅行中，我們幾乎每天都品嚐法式可頌(即牛角酥)。
We ate French croissants almost every day during the trip.



4.

(互聯網圖片 Internet photos)



於浪漫之都舉辦體育盛事！

A grand sporting event held in the romantic city!

2024年8月11日，2024年巴黎奧運會圓滿落幕。由10,500位運動員參與競技，共舉行了752場比賽。運動員們參加了32個大項，其中4個項目是新增的，包括霹靂舞、攀岩、滑板和衝浪。霹靂舞也首次亮相奧運會。此外，這是巴黎第三次主辦夏季奧運會，前兩次分別是1900年和1924年，是100年前發生的！

On 11 August 2024, the Paris 2024 Olympic Games concluded. 10,500 athletes competed in 752 events. The athletes competed in 32 sports; four had recently been added, namely break dancing, sport climbing, skateboarding, and surfing. Break dancing made its Olympic debut. Moreover, this is the third time that Paris had hosted the Summer Olympic Games, after those in 1900 and in 1924, a hundred years ago!

(互聯網圖片 Internet photos)

奧運知多啲



Learn more about the Olympics

1896年，第一屆現代夏季奧運會在希臘雅典舉行。自此，奧運會就陸續由世界各地的城市承辦。奧運會每四年舉行一次，除了在第一次世界大戰和第二次世界大戰期間。2020年東京奧運會因新冠疫情而推遲至2021年。奧運會的主要目標是促進國際間的理解與友誼，以及展示人類運動成就的最高水平。奧運會將來自世界各國及地區的運動員聚集在一起，以友好的競爭精神進行競技。

除此之外，奧運會還旨在促進文化交流，並鼓勵全球所有人擁抱卓越、友誼和尊重的奧運精神。

奧運會結束後緊隨其後的是殘奧會，殘奧會的參賽運動員均有不同形式的身體殘障，但他們在各種體育項目上同樣展現出頂尖的運動能力。奧運會的標誌由五個相互交錯的環組成，分別採用藍色、黑色、紅色、黃色和綠色，代表著世界五大洲和來自不同洲的運動員匯聚一堂。

下一屆夏季奧運會將於2028年在美國洛杉磯舉行。

In 1896, the first modern Summer Olympics were held in Athens, Greece. Since then, various cities have hosted the Games. The Olympic Games has been held every four years, except during World War I and World War II. The Tokyo 2020 Olympic Games was postponed until 2021 because of the COVID-19 pandemic. The primary objectives of the Olympic Games are to promote international understanding and goodwill, and to showcase the highest levels of athletic achievement. The Games bring together athletes from countries and regions across the globe to compete in a spirit of friendly competition.

In addition to sports, the Olympic Games also promote cultural exchange and inspire people worldwide to embrace the Olympic values of excellence, friendship, and respect.

The Paralympic Games are after the Olympic Games. Athletes with a disability participate in the Paralympic Games and compete in various sporting events. The iconic Olympic logo features five interlocking rings in the colours of blue, black, red, yellow, and green, representing the world's five continents and the meeting of athletes from around the globe.

The next Summer Olympic Games will be held in Los Angeles, in the United States, in 2028.



(互聯網圖片 Internet photo)