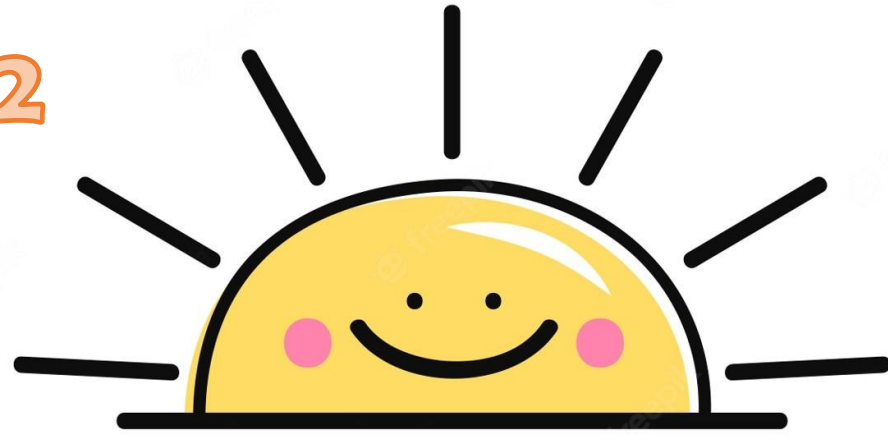
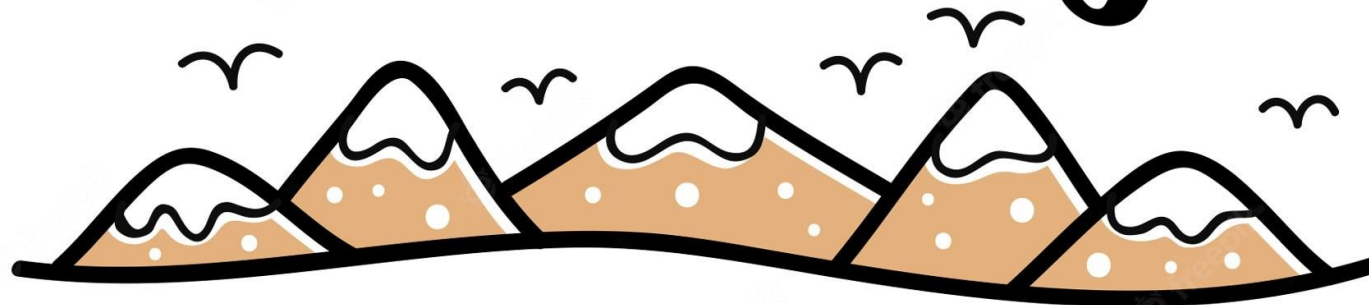


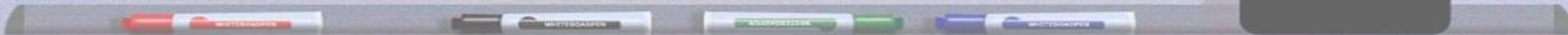
12th October 2022



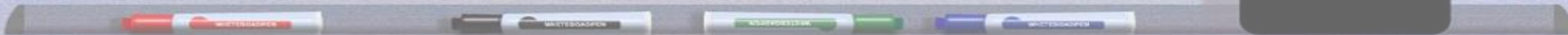
☀️ *Morning* ☀️



Let's pray. In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

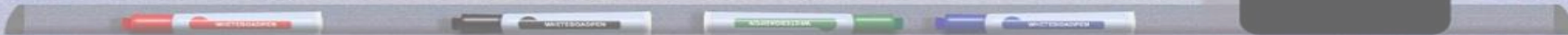


Our Father in Heaven, holy be your name; your kingdom come; your will be done on earth as in heaven. Give us today our daily bread.



Forgive us our sins as we forgive those who sin against us. Do not bring us to the test, but deliver us from evil.
Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.





Sharing

**– My Favourite Sport
6D Siu Pui Yuk**



Good morning everyone. Today I am going to share with you my favourite sport, table-tennis. Table-tennis **originated** in England in the 1880s. It is also **known as** ping-pong.



It is a sport in which two to four players hit a lightweight ball, **back and forth** across a table using small rackets.



In the summer of 1988, table-tennis was listed as an **official** Olympic sport for the first time. Besides, since 1926, the world table-tennis championships have been held once a year.



When I was young, I loved watching TV and seeing that Ma Long had outstanding performances in the Olympics. He beat all his **opponents** and won a lot of medals. From then on, I fell in love with table-tennis.



I joined the school team and train three times a week for two hours each.

I have **participated in** quite a number of competitions. Such as the 2016 and 2017 Hang Seng Table Tennis Academic Cup.



Although I did not get any awards, I could gain **valuable** experience every time. This makes me stronger, so I can improve and get better results for the next game.



Finally, I have learned from playing table-tennis that we have to be calm and focused. Since playing table-tennis requires **strategies**, you will lose very easily if you cannot calm down or concentrate in the game.

This is the end of my sharing. Thank you very much.



Awesome

Awesome words/ phrases

| | | | | | |
|------------------------|-----|------------------------|-------|-----------------------------|-----|
| known as | 被稱作 | originated [v.] | 發源 | back and forth | 來回地 |
| official [adj.] | 正式的 | opponents [n.] | 對手 | participated in [v.] | 參與 |
| valuable [adj.] | 貴重的 | strategies [n.] | 策略/部署 | | |



A decorative string of eight colorful paper tags, each held by a wooden clothespin. The tags are arranged in a row and spell out the words 'THANK YOU' in a simple, hand-drawn black font. The colors of the tags are: orange for 'T', light orange for 'H', blue for 'A', red for 'N', yellow for 'K', pink for 'Y', light blue for 'O', and yellow for 'U'. The string is made of a light brown twine and is set against a plain white background.

THANK YOU