圣诞快乐

MERRY CHRISTMAS

圣诞节的习俗与文化

CHRISTMAS CUSTOMS AND CULTURE

（中英文对照）

书海出版社

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CHRISTMAS

C is for the Christ Child and the child in all of us.

C 代表圣子耶稣和所有的孩子

H is for the Heart of God, in whom we place our trust.

H 代表我们寄托信任的上帝之心

R is for our Redeemer, who is finished with his chore.

R 代表着努力完成任务的耶稣基督

I is for Isaiah, who had told it all before.

I 代表着预言家以赛亚

S is for the Shepherd lowly shepherds came to see.

S 代表着慢慢地赶着羊群来看耶稣的牧羊人

T is for Three Wise Men, who were wise beyond degree.

T 代表着聪明过人的三博士

M is for a Manger, a simple manger where he lay.

M 代表着寄放圣子耶稣的马槽

A is for bright Angels who were standing by that day.

A 代表着那天在旁边的欢快的天使

S is for the Star that shone and still shines out today!

S 代表着那颗直到今日仍闪耀在天空的星星！

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Preface

As the most popular festival in the western world, not only does Christmas Day convey its religion traditions, it also shows its influences on both culture and economy. It has been becoming one of the most universally celebrated holiday around the globe. Although the traditions and foods associated with Christmas vary with climate, culture, country, and even calendar, the spirit of the day transcends all such differences.

Now, we can still see many practices and traditions from the legend and ancient religious traditions. During Christmas Season, people are busing decorating their house with Christmas trees, which are full of pre-Christmas symbols, such as stars, mistletoe, holly, ivy and so on. On Christmas Eve, people usually go to the church to sing Christmas carols together.

Most people celebrate Christmas Day with more care about its cultural value, especially for the young generations. For them, Christmas holidays are days for family reunions, holding parties, sending Christmas cards and getting presents from Santa Claus. Even in societies where Christianity is not the dominant religious belief, Santa Claus has become a bright scene for the

Preface

season.

Of course, Christmas Season plays an important role in our economic life. Every year, it creates many business opportunities. After mid-November, hundreds of thousands of Christmas symbols pour into the markets, including Christmas cards, Christmas trees, Santa Claus and Christmas music etc.

Christmas Day has become a part of many people's life. For such a holiday which originated from western world and was spread over the world, its origin, evolvement, customs, rituals as well as its presents, decorations, foods are all the undivided compositions of its luxuriant, centuries—old and unique culture. We hope this book can offer some help for more readers to know Christmas customs and culture.

前言

作为西方国家最流行的节日，圣诞节不仅承载着它的宗教传统，同时对世界的文化和经济都产生了较大的影响。圣诞节现在已经成为最重要的一个全球性节日之一。尽管圣诞节的传统习俗和文化，会因气候、环境、地区、国家甚至日历的不同而有所区别，但它的共同性已经远远包容和跨越了这些差异。

在圣诞节，我们依然可以看到许多的宗教传统和习俗：人们总是忙于用圣诞树装饰家庭，树上挂满了早期的圣诞节的象征物、譬如星星、槲寄生、冬青树、常春藤等；每到平安夜，许多人通常会去教堂一起唱圣诞颂歌；如此等等。

然而，现代社会的大部分人，特别是年轻人，他们庆祝圣诞节更注重它的节日文化价值。对他们来说，圣诞假期只是为他们提供了家人团圆、举办晚会、寄送贺卡和从圣诞老人那里得到礼物的时刻。即使在不信奉基督教的不少地区和人们那里，圣诞老人也已成为圣诞季节的一道亮丽的文化风景。

当然，圣诞季节一直在我们的经济生活当中起着非常重要的作用。每年它可以创造很多的商业机会。每到十一月中旬，就会有成千上万的圣诞物品铺天盖地地拥入市场，有圣诞树、圣诞卡、圣诞老人以及圣诞音乐等。

圣诞节已经成为许多人生活的一部分，对于起源于西方而又扩展到世界上许多国家和地区的圣诞节来说，它的起源、它的演变、它的习俗、它的礼仪，甚至它的礼品、装饰品、食品等等，都是它丰富、悠久而独特的文化的一个有机组成部分。希望此书对更多的读者了解圣诞节的习俗和文化有所帮助。

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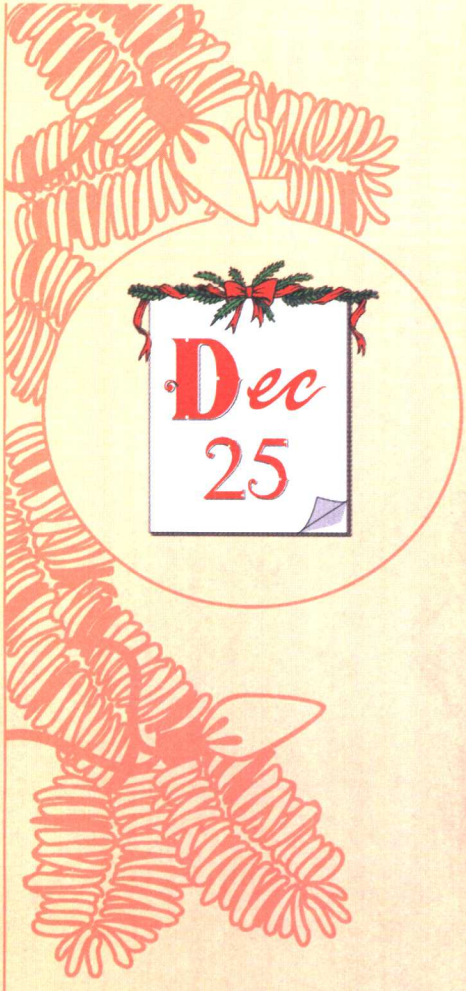


Christmas

圣诞节

1 The Origin of Christmas

圣诞节的由来

The Christmas story is told in a hundred different ways. For the Holy Family, it is a story of faith. It is a story of hope as seen from the eyes of three wise men. It is also a touching story that reminds the world of a child who became a famous religious leader and spent his whole life bringing love and peace into the world.

Christmas Day—December 25 is a joyful religious holiday which Christians celebrates the birth of Jesus Christ, the founder of the Christian religion. Love, family, and togetherness are important themes.

Christmas should find us reflecting on the Christ Child who tried to teach us to be better than we are.

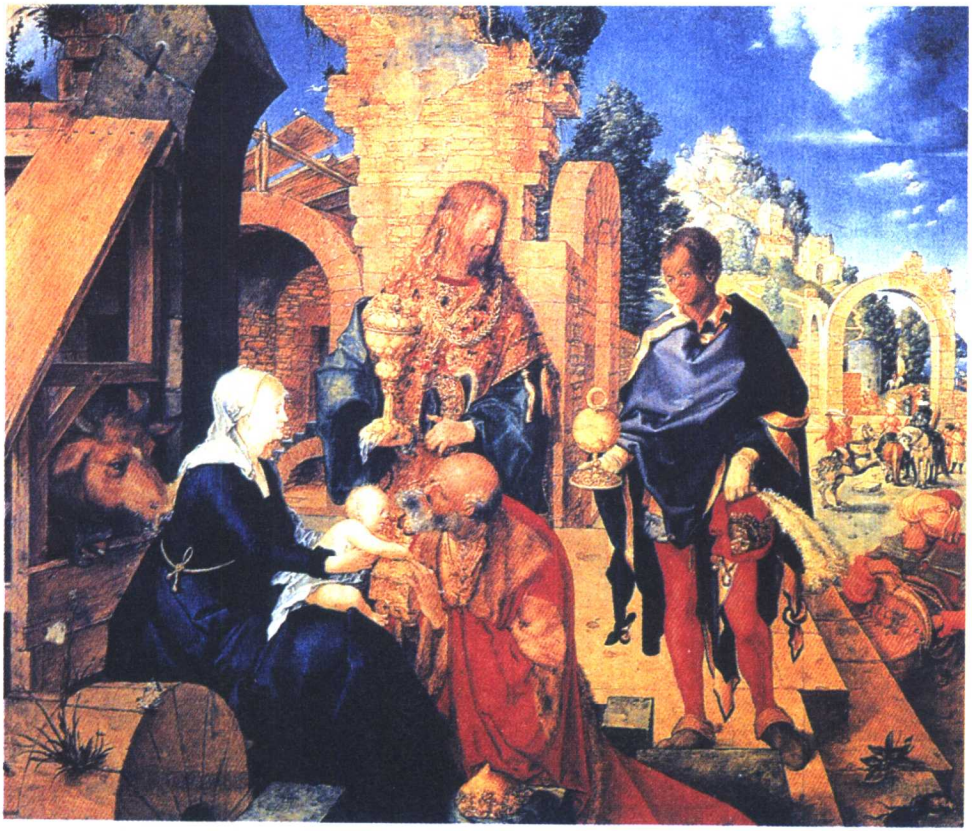
According to the *Bible*, the holy book of Christians, God decided to allow his only son, Jesus Christ, to be born to a

圣诞节的故事有上百种不同的版本。对于信奉基督教的家庭，这是一个虔诚和真实的故事；这也是一个希望的故事，正如三博士[1]眼中看到的那样；这还是一个使人想念那个成为世界著名宗教领导者并将一生奉献给世界，给世界带来爱与和平的小孩的动人故事。

12月25日的圣诞节是一个令人快乐的宗教性节日，是基督徒庆祝基督教创始人耶稣基督出生的日子。爱、家庭、归属感是重要的主题。

圣诞节会使我们纪念那个努力教会我们变得更好的孩子——耶稣。

据基督教徒的圣书《圣经》上说，上帝决定让他的独生子耶稣基督投胎人间，找个母亲，在人间生



东方三博士的膜拜　丢勒(德国)　1504年

human mother and live on earth so that people could understand God better and learn to love God and each other more. "Christmas"—meaning "celebration of Christ "— honors the time when Jesus was born to a young Jewish woman named Mary.

The word Christmas comes from the words "Cristes maesse", or "Christ's Mass". Most historians peg the first celebration of Christmas to Rome in 336 AD. According to the book *Did You Ever Wonder* by Jeff Rovin, the word for Christ in Greek is Xristos. The use of the shortened form Xmas became popular in Europe in the 1500's.

活,以便人们能更好地了解上帝,学习热爱上帝和更好地相互热爱。"圣诞节"的意思是"庆祝基督",庆祝一个年轻的犹太妇女玛利亚生下耶稣的时刻。

"Christmas" 一词来源于"Cristes maesse"或"Christ's Mass"。大多数的历史学家都把最早的圣诞庆典确定在公元336年的罗马。根据杰夫·罗文的《你可曾想知道》一书的解释,Christ在希腊语中写做Xristos. 于是Christmas 的缩写形式Xmas在16世纪开始流行起来。

耶稣出生的准确日期不得而知。早期

The exact date of Christ's birth is unknown. An early Roman calendar (AD336) placed Christmas on December 25th. This was the first mention of a particular date for Christ's birth. Eastern churches disagreed with this date, and set a date the first week of January. The actual birth date of the child is believed to be sometime in March or April, approximately 8 BC. The shepherds monitoring their flocks imply that it was springtime, and astronomical data suggest that the year was 8 BC. The data are based on the appearance of the star of Bethlehem, which is believed to have been a bright comet.

Historians believe Christmas was set on December 25th by religious leaders who were influenced by the Pagan celebrations of Winter Solstice around that time of year. Winter Solstice includes the theme of rebirth, so church officials incorporated the idea of Christ's birth into the existing celebrations. During this time, people

耶稣诞生　让·布尔迪雄(法国) 约 1515 年

的罗马日历(公元 336 年)把圣诞节定在了 12 月 25 日。这是首次提到的耶稣出生的特殊日子。东方的教会都不同意这个日期,并且选定了一月的第一周的一天。真正的耶稣出生的日期被认为是在大约公元前 8 年的 3 月或 4 月的某个时候。牧羊人放牧他们的羊群意味着这是春季,天文数据也提示应该是公元前 8 年。这一推断是基于伯利恒上空出现的一颗明亮的彗星而来的。

历史学家认为圣诞节被定在 12 月 25 日,是宗教领袖受不同教派教徒每年这时庆祝冬至的影响。冬至包含复活或新生的主题,于是教会的官员就把耶稣出生的想法和现有的节日庆典合二为一。在这期间,人们烹制特殊的食品、赠送礼品,并且用常青树、冬青树和槲寄生装饰他们的家。

cooked special meals, gave gifts, and decorated their homes with evergreen, holly, and mistletoe.

Christmas was the most important Christian celebration by the 12th century. It began as a solemn religious celebration. Prayer and spirituality were emphasized over colorful theatrics. Soon, non-religious ideas of decorations, gift giving, and feasting became popular.

During the reformation of the English churches in the 16th century, some church leaders tried to outlaw Christmas. They believed that the Pagan ideas of evergreen, holly, mistletoe, gifts, and special meals corrupted the meaning of Christmas. For a while Christmas was changed, but soon the nonreligious aspects reappeared and were incorporated into the more religious aspects of the holiday.

到了12世纪，圣诞节成为基督教最重要的庆典，它开始成为一项严肃的宗教庆典，通过浓重的戏剧效果强调祈祷和灵性的重要意义。不久，非宗教性质的装饰、赠送礼品、盛宴开始流行。

在16世纪英国的教会改革期间，有些教会领袖试图宣布圣诞节不合法。他们认为常青树、冬青树、礼品和特殊的饭食歪曲了圣诞节的真正意义。有一段时间圣诞节被改变了，但是不久非宗教的观念重新出现，并和更富宗教性的节日观念融为一体。

东方三博士膜拜德·贝尔(佛兰德斯)

①东方三博士：是指东方三个明智的国王，是他们跟着星星找到了耶稣的诞生地——伯利恒。他们是卡司帕尔(Caspar)、麦其瓦(Melchior)和巴尔撒泽(Balthazar)。

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