

应该笑着去面对，

不管一切如何。

应该努力去爱，

就像不曾受过伤害。

学会去爱，

不完美恰是另一种完美。



# 爱上生命中的不完美

Love An Imperfect Life

每天读点好英文  
*Everyday English Notes*

常青藤语言教学中心 编译

读故事 · 记单词 · 学语法  
阅读能力 · 单词强化 · 语法巩固  
美文赏析 · 翻译提升 · 内容记忆

3000个必备单词  
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**升级版  
大全集**

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Chapter 1  
把握生命的每一时刻  
Seizing Every Minute in Life



# 休息日你怎么过

## What Happened to Sunday

✿ 佚名 / Anonymous

Today our life and work rarely feel light, pleasant or healing. Instead, the whole experience of being alive begins to melt into one enormous **obligation**. It becomes the standard greeting everywhere: “I am so busy.”

We say this to one another with no small degree of pride. The busier we are, the more important we seem to ourselves and, we imagine, to others. To be unavailable to our friends and family, to be unable to find time for the sunset, to **whiz** through our obligations without time for a single mindful breath — this has become the model of a successful life.

Because we do not rest, we lose our way. We lose the **nourishment** that gives us help. We miss the quiet that gives us wisdom. Poisoned by the belief that good things come only through tireless effort, we never truly rest.

This is not the world we dreamed of when we were young. How did we get so terribly rushed in a world **saturated** with work and responsibility, yet somehow bereft of joy and delight?

We have forgotten the Sabbath. Sabbath is the time to enjoy and celebrate what is beautiful and good—time to light candles, sing songs, worship, tell stories, bless our children and loved ones, give thanks, share meals, nap, and walk. It is time to be nourished and refreshed as we let our work, our chores and our important projects lie fallow, trusting that there are larger forces at work taking care of the world when we are at rest.

Sabbath is more than the absence of work. Many of us, in our desperate drive to be successful and care for our many responsibilities feel terrible guilt when we take time to rest. But the Sabbath has proven its wisdom over the ages. Many of us still recall when, not long ago, shops and offices were closed on Sundays. Those quiet Sunday afternoons are embedded in our cultural memory.



如今，生活和工作已经很难让人感到轻松愉悦或是颐养身心。相反，生活的全部体验里都融入了巨大的职责。“我很忙”变成了一种标准问候语。

对他人说这句话时，我们会引以为豪。我们以为，自己越忙，于人于己，我们就显得越重要。抽不开身来与亲朋好友相聚，没有时间欣赏日落，为履行职责奔忙不停而无暇用心呼吸——这一切已成为成功人士的生活模式。

因为得不到休息，我们迷失了方向；失去了于己有益的滋养；错过了赐予我们智慧的宁静。我们深受这个信条的毒害，而

永远得不到真正的休息——成功源于不懈地努力。

我们年轻时梦想的世界并不是这样。我们怎么就一头扎进了如此可怕的世界——一个充斥着工作和责任，却又被剥夺了欢乐和喜悦的世界？

安息日，我们已经忘却。它是享受和庆贺美好事物的日子——是点上蜡烛、唱歌、做礼拜、讲故事、为孩子和爱人祈福、感恩祷告、共享午餐、小憩和散步的日子，也是将工作、家务杂事和重要规划搁置一边，滋养放松身心的日子。我们坚信，休息过后可以更好地应对这个世界。

安息日不仅仅是指不工作。休息时，很多渴望成功和肩负重任的人会有负罪感。但随着时间的推移，安息日的价值就会日益显露。很多人仍会记得在不太以前，那些周日里商店停业、公司员工全体休息的日子。那些宁静的星期天下午，在我们的文化记忆中烙下了深深的印记。

### 心灵小语

休息，在当今工作和生活节奏日益加快的今天，显得是那么重要！繁忙的人生旅途中，你只有驻足停歇的时刻，才能欣赏沿途的风景和体悟自己的感怀！

## W 词汇笔记

obligation [ˌɒbliˈɡeɪʃən] *n.* 义务；责任

例 Are we under any obligation to support the company?  
我们是不是有义务支持这家公司？

whiz [hwiz] *v.* 发出嗖嗖声；发出嗡嗡声；嗖嗖掠过

例 The bus whizzed by him.  
公共汽车嗖的一声从他身旁驶过。

nourishment [ˈnʌrɪʃmənt] *n.* 滋养品；养料；营养

例 Plants absorb mineral and other nourishment from the earth.  
植物从泥土中吸收矿物质和其他养料。

saturate [ˈsætʃəreɪt] *v.* 使渗透；使饱和

例 We lay on the beach, saturated in sunshine.  
我们躺在沙滩上，沐浴在阳光里。

## S 小试身手

如今，生活和工作已经很难让人感到轻松愉悦或是颐养身心。

译 \_\_\_\_\_  
抽不开身来与亲朋好友相聚，没有时间欣赏日落，为履行职责奔忙不停而无暇用心呼吸——这一切已成为成功人士的生活模式。

译 \_\_\_\_\_  
因为得不到休息，我们迷失了方向；失去了于己有益的滋养；错过了赐予我们智慧的宁静。

译 \_\_\_\_\_

## P 短语家族

This is not the world we **dreamed of** when we were young.

dream of: 梦想；渴望

造 \_\_\_\_\_

...trusting that there are larger forces at work **taking care of** the world when we are at rest.

take care of: 负责；照顾；关怀

造 \_\_\_\_\_

# 一座好谷仓

It Was a Good Barn

✿ 佚名 / Anonymous

An old friendship had grown cold. Where once there had been closeness, there was only strain. Now pride kept me from picking up the phone.

Then one day I dropped in on another old friend who's had a long career as a minister and counselor. We were seated in his study—surrounded by maybe a thousand books and fell into deep conversation about everything from small computers to the **tormented** life of Beethoven.

The subject finally turned to friendship and how **perishable** it seems to be these days. I mentioned my own experience as an example. "Relationships are mysteries," my friend said, "Some endure. Others fall apart."

Gazing out his window to the wooded Vermont hills, he pointed toward a neighboring farm, "Used to be a large barn over there." Next

to a red-frame house were the footings of what had been a sizable structure.

“It was solidly built, probably in the 1870s. But like so many of the places around here, it went down because people left for richer lands in the Midwest. No one took care of the barn. Its roof needed **patching**; rainwater got under the eaves and dripped down inside the posts and beams.

“One day a high wind came along, and the whole barn began to tremble. You could hear this creaking, first, like old sailing-ship timbers, and then a sharp series of cracks and a tremendous roaring sound. Suddenly it was a heap of **scrap** lumber.

“After the storm blew over, I went down and saw these beautiful, old oak timbers, solid as could be. I asked the fellow who owns the place what had happened. He said he figured the rainwater had settled in the pinholes, where wooden dowels held the joints together. Once those pins were rotted, there was nothing to link the giant beams together.”

We both gazed down the hill. Now all that was left of the barn was its cellar hole and its border of lilac shrubs.

My friend said he had turned the incident over and over in his mind, and finally came to recognize some parallels between building a barn and building a friendship: no matter how strong you are, how notable your attainments, you have enduring significance only in your relationship to others.

“To make your life a sound structure that will serve others and fulfill your own potential,” he said, “you have to remember that strength, however massive, can’t endure unless it has the interlocking support of others. Go it alone and you’ll inevitably tumble.”

“Relationships have to be cared for,” he added, “like the roof of



a barn. Letters unwritten, thanks unsaid, confidences violated, quarrels unsettled—all this acts like rainwater seeping into the pegs, weakening the link between the beams.”

My friend shook his head. “It was a good barn. And it would have taken very little to keep it in good repair. Now it will probably never be rebuilt.”

Later that afternoon I got ready to leave. “You wouldn’t like to borrow my phone to make a call, I don’t suppose?” he asked.

“Yes,” I said, “I think I would. Very much.”



昔日的友情逐渐淡漠，曾经的亲密无间，如今只有剑拔弩张了。现在，强烈的自尊心让我无法拿起电话。

后来，有一天，我去拜访另一位老朋友，他做了多年的外交官和法律顾问，他的书房里堆放着上千本书籍。我们坐在那里无话不谈，从小型计算机聊到了贝多芬历经磨难的一生。

最后，话题又转到友谊上，谈到现在的友情似乎很容易变质，我举例提到了自己的经历。朋友说：“关系是神秘的，有些能耐久，有些却易破裂。”

他凝视着窗外那郁郁葱葱的弗蒙特山丘，指着附近的一个农场说道：“那儿曾是一个大谷仓。”我看到，在一栋红木屋旁，有一个庞大建筑物的地基。

“它是一座坚固的建筑物，大概建于19世纪70年代。因为人们往中西部更富饶的地区迁移，它就像这儿的许多建筑物一样，慢慢地塌陷了。这个谷仓无人照管，仓顶需要维修了，雨水流到屋檐下，渗进柱子和横梁里。

“有一天，刮起了大风，整个谷仓开始摇晃起来，刚开始，