

快乐英语系列
上海科学技术出版社

西方 节日活动指南



A GUIDE
TO WESTERN
FESTIVAL ACTIVITIES

原来西方节日
有这么多玩法

★
汪珍珠 卫华 编著



快乐英语系列

西方节日活动指南

汪珍珠 卫 华 编著

上海科学技术出版社

图书在版编目 (C I P) 数据

西方节日活动指南 / 汪珍珠, 卫华编著. — 上海: 上海科学技术出版社, 2005. 4

ISBN 7-5323-7965-5

I. 西... II. ①汪... ②卫... III. 节日—简介—西方国家 IV. K891.1

中国版本图书馆CIP数据核字 (2005) 第012738号

世纪出版集团 出版、发行
上海科学技术出版社

(上海瑞金二路450号 邮政编码200020)

新华书店上海发行所经销

上海市印刷十厂有限公司印刷

开本 787×960 1/32 印张 6.75

字数 150 000

2005年4月第1版

2005年4月第1次印刷

印数 1—5200

定价: 12.00 元

本书如有缺页、错装或坏损等严重质量问题,
请向工厂联系调换

前 言

近年来,越来越多的中国人开始学习外语,希望更多地了解西方社会和文化。因此,具有浓厚西方文化特色的节日,如情人节、圣诞节等,也受到越来越多年轻人的青睐。

为使读者更多地了解这些西方节日的文化背景,更好地庆祝这些节日,本书选取了8个具有代表性的西方节日:情人节、复活节、愚人节、母亲节和父亲节、万圣节前夕、感恩节和圣诞节,所选节日以时间顺序编排。

本书除了对各个节日的历史、吉祥物和风俗等作一定篇幅的文化背景介绍外,主要提供了庆祝西方节日的建议,包括如何制作与节日有关的手工制品,如何准备节日佳肴,如何邀请同学、同事、朋友及家人参加节日晚会,如何布置新颖独特的晚会现场,如何开展有趣的节日活动,等等。此外,还收录了诗歌、笑话、趣味问答和绕口令等其他相关内容,以增添本书的趣味性和可读性。这些内容,都可在举办节日晚会时选择使用,为晚会增光添彩。

本书之所以取名为《西方节日活动指南》,是为了强调内容的实用性和指导性,力求使读者在阅读本书后,不仅能了解节日的一些基本的文化知识,还能知道如何去“地道”地度过和庆祝这些节日。因此,本书是一本关于如何庆祝西方节日必不可少的指导手册,它可以充当年轻朋友,甚至是活动策划者,设计节日活动的好帮手。而且,为了进一步方便读者查找和使用本书提供的活动建议,我们还对各个节日的“活动与游戏”进行了汇总,并标注页码,使本书真正成

为西方节日活动的“指南”。

本书采用英汉对照的方式编排,并对重点、难点词汇和表达进行了注释,以方便读者阅读。书中插图均由李晓楠先生绘制,在此谨表诚挚谢意。

由于笔者水平和经验所限,书中难免不足和疏漏之处,恳请专家、读者批评指正。

编著者
2005 年春

目 录

Saint Valentine's Day

情人节(2月14日) / 1

Easter

复活节(3月21日或此日后月圆的第一个星期天) / 35

April Fool's Day

愚人节(4月1日) / 63

Mother's Day and Father's Day

母亲节(5月的第二个星期天)和父亲节(6月的第三个星期天) / 91

Halloween

万圣节前夕(10月31日) / 115

Thanksgiving

感恩节(11月的最后一个星期四) / 141

Christmas

圣诞节(12月25日) / 171

各节日活动与游戏一览 / 208

Saint Valentine's Day

情人节

(2月14日)



活动与游戏

可以吃的晚会邀请函 / 17

先到先玩 / 19

与“甜心”共舞 / 19

传心 / 21

情人节踩蛋糕 / 21

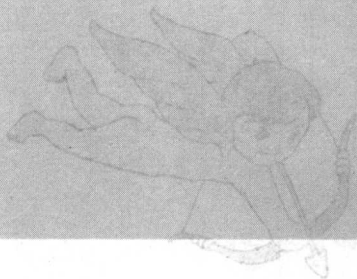
偷心 / 23

心形跳跃接力赛 / 23

情人节接力赛 / 23

著名情侣配对 / 25

数糖果 / 25



Saint Valentine's Day is a day of love, when love is as bright as the sun. We share kisses, and even a hug with people we call our loved ones. Valentine's Day is so great that it encourages us to show we care and it makes us just want to say, "I love you and will always be there".

Want to know more about Saint Valentine's Day? Read on.

圣瓦伦丁节是爱的节日,这一天,爱情就像太阳般炽热明亮,我们与我们所爱的人分享热吻及拥抱。圣瓦伦丁节,可爱的情人节,它鼓舞我们向爱人表白,它让我们有勇气说:“我爱你到永远!”

想要了解更多关于情人节的知识吗?接着读下去吧。

History

According to church tradition St.Valentine was a priest near Rome in about the year 270 A.D. At that time the Roman Emperor Claudius-II who had issued an edict¹ forbidding marriage.

This was around when the heyday² of Roman Empire had almost come to an end. Lack of quality administrators led to frequent civil strife. Learning declined, taxation increased, and trade slumped³ to a low, precarious⁴ level. And the Gauls, Slavs, Huns, Turks and Mongolians from Northern Europe and Asian increased their pressure on the empire's boundaries. The empire was grown too large to be shielded from external aggression and internal chaos with existing forces. Thus more of capable men were required to be recruited as soldiers and officers. When Claudius became the emperor, he felt that married men were more emotionally attached to their families, and thus, would not make good soldiers. So to assure quality soldiers, he banned marriage.

Valentine, seeing the trauma⁵ of young lovers, met them in a secret place, and joined them in the sacrament⁶ of matrimony⁷. Claudius learned of this "friend of lovers", and had him arrested.

On February 14, 270, Valentine was executed.

While Valentine was in prison awaiting his fate, he came in contact with his jailor, Asterius. The jailor had a blind daughter. Asterius requested him to heal his daughter. Through his faith he miraculously restored the sight of Asterius' daughter. Just before his execution, he asked for a pen and paper

历史

大约在公元 270 年,在罗马附近住着一名叫瓦伦丁的牧师。在那一年,罗马皇帝克劳迪厄斯二世颁布了一项禁止结婚的法令。此时,罗马帝国的鼎盛时期已经快到尽头:合格的行政长官严重缺乏,到处内战不断;学术衰败,税收增长,贸易也岌岌可危;来自北欧或亚洲的高卢人、斯拉夫人、匈奴人、土耳其人和蒙古人则威胁着帝国的边界。罗马帝国越来越庞大,其已有的兵力根本无法抵御外来的挑衅,甚至安抚由内部力量引起的纷争。因此,国家需要招募更多的士兵和军队长官。当克劳迪厄斯登上王位(即克劳迪厄斯二世)后,他认为已婚男子情感上比较依恋家庭,不能成为好的士兵,所以,为了保证拥有合格的士兵,他下令禁止结婚。

瓦伦丁看到年轻的恋人们因为不能结婚而痛苦,就在秘密的地方为他们举行婚礼。克劳迪厄斯听说了这个被尊称为“恋人之友”的牧师,就下令逮捕了他。

就这样,在公元 270 年 2 月 14 日,瓦伦丁被处死了。

但在瓦伦丁坐牢等待宣判时,他认识了狱卒奥斯忒瑞斯。奥斯忒瑞斯的女儿是个盲人,他请求瓦

1. edict	n.	法令,告示
2. heyday	n.	最兴盛时期
3. slump	v.	颓然倒下
4. precarious	adj.	不稳定的
5. trauma	n.	心灵创伤
6. sacrament	n.	圣事(如洗礼、圣餐、婚礼等)
7. matrimony	n.	婚姻(生活)

from his jailor, and signed a farewell message to her "From Your Valentine", a phrase that lived ever after.

In AD 496, Saint Pope Gelasius I named February 14 as "Valentine's Day". Valentine thus became a Patron Saint, and spiritual overseer of an annual festival. The festival involved young Romans offering women they admired, and wished to court, handwritten greetings of affection on February 14. The greeting cards acquired St.Valentine's name.

The Valentine's Day card spread with Christianity, and is now celebrated all over the world.

Customs

St. Valentine's Day is now a day for sweethearts. It is the day that you show your friend or loved one that you care. You can send candy to someone you think is special. Or you can send roses, the flower of love. Most people send "valentines", a greeting card named after the notes that St. Valentine sent from the jail. Valentines can be sentimental, romantic and heartfelt. They can be funny and friendly. If the sender is shy, valentines can be anonymous.

Americans of all ages love to send and receive valentines. Handmade valentines created by cutting hearts out of colored paper, show that a lot of thought was put into making them personally. Valentines can be heart-shaped, or have hearts, the symbol of love, on them. In elementary schools children make valentines for their classmates and put them in a large decorated box, similar to a mailbox. On February 14, the teacher opens the box and distributes the valentines to each student. After the students read their valentines they have a

伦丁给他女儿治病。由于瓦伦丁对上帝的忠诚,他奇迹般地让奥斯忒瑞斯的女儿恢复了视力。在临刑前,瓦伦丁向狱卒要了纸笔,给他的女儿写了一封署名为“你的瓦伦丁”的诀别信。而这个署名一直被人们沿用至今。

公元496年,教皇基拉西乌斯一世规定2月14日为“瓦伦丁日”。瓦伦丁因此成了情人们的保护神、一年一度情人节的宗教监督人。在2月14日这一天,罗马青年会向他们爱慕并渴望与之成婚的女子敬献亲笔书写的爱情卡,这些卡片都被写上了圣瓦伦丁的名字。

在圣瓦伦丁日赠送卡片的风俗随着基督教传播到了世界各地,现在世界各地的人们都在庆祝圣瓦伦丁节(情人节)。

风 俗

圣瓦伦丁日现在是所有情人的节日。这一天是你向朋友和爱人表达情意的日子,可以给你认为非常特别的人送去糖果,或者爱情之花——玫瑰。很多人还会送一种名为“瓦伦丁”的情人卡,这种卡片就是以圣瓦伦丁在狱中寄出的便条命名的。瓦伦丁卡可以写得柔情、浪漫、真挚,也可以风趣友好。如果你比较羞怯,也可以送一张匿名的瓦伦丁卡。

美国人不分男女老少都喜欢寄收瓦伦丁卡。用彩色纸片亲自剪一张心形的瓦伦丁卡,更能显示出你的款款深情。瓦伦丁卡可以是心形的,也可以在卡片上贴上象征爱情的心形。在小学里,孩子们会

small party with refreshments.

For teenagers and adults, major newspapers throughout the country have a Valentine's Day offer. Anyone can send in a message, for a small fee of course, destined for a would-be sweetheart, a good friend, an acquaintance or even a spouse of fifty years. The message is printed in a special section of the newspaper on February 14.

Icons

One of the earliest popular symbols of the day is Cupid, the Roman god of love, whose mother is Venus. He is known as a mischievous⁸, winged child, whose arrows would pierce the hearts of his victims causing them to fall deeply in love. In ancient Greece he was known as Eros, the young son of Aphrodite, the goddess of love and beauty.

One legend tells the story of Cupid and the mortal maiden, Psyche. Venus was jealous of the beauty of Psyche, and ordered Cupid to punish the mortal. But instead, Cupid fell deeply in love with her. He took her as his wife, but as a mortal she was forbidden to look at him. Psyche was happy until her sisters convinced her to look at Cupid. Cupid punished her by departing. Their lovely castle and gardens vanished with him and Psyche found herself alone in an open field.

As she wandered to find her love, she came upon the temple of Venus. Wishing to destroy her, the goddess of love gave Psyche a series of tasks, each harder and dangerous than the last. For her last task Psyche was given a little box and told to take it to the underworld. She was told to get some of the beauty of Proserpine, the wife of Pluto, and put it in the

给班里的同学制作瓦伦丁卡,并放在一个像信箱一样的大盒子里。到了2月14日,老师打开盒子,把卡片发给每个学生。学生在读了各自的瓦伦丁卡后还会举行一个小型茶话会。

而对于青少年和成年人,在情人节这天,全国各大报纸都会给他们提供特别优惠,只要他们付很少的钱就可以在报纸上传情达意:给未来的爱人、好友、相知,或是结婚五十载的老伴。所有这些信息都会刊登在2月14日报纸的特别版块。

吉祥物

情人节最早的大众象征之一是丘比特——罗马神话中的爱神,他的母亲是维纳斯。人们认为,丘比特是一个淘气的长翅膀的孩子,当他用箭射穿一个人的心脏,这个人就会深深地爱上某个人。在古希腊神话中,他的名字叫厄洛斯,是爱与美的女神阿佛洛狄忒的小儿子。

有个神话故事,讲的是丘比特和一个叫塞茜的凡间少女。维纳斯嫉妒塞茜的美丽,就命令丘比特去惩罚她。然而,丘比特却深深地爱上了她,并娶她为妻。但是,由于她是凡人,丘比特不许她看他。塞茜本来一直都很开心,但是她的姐妹们却怂恿她去看了丘比特。丘比特为了惩罚她,就离她而去了,他们漂亮的城堡和花园也随之消失,只剩下塞茜孤零零地站在旷野上。

塞茜四处寻找爱人,有一天,她来到了维纳斯

8. mischievous

adj.

淘气的,顽皮的

box.

During her trip she was given tips on avoiding the dangers of the realm of the dead. And also warned not to open the box. Temptation would overcome Psyche and she opened the box. But instead of finding beauty, she found deadly slumber.

Cupid found her lifeless on the ground. He gathered the sleep from her body and put it back in the box. Cupid forgave her, as did Venus. The gods, moved by Psyche's love for Cupid made her a goddess.

Crafts

Love Rings

You will need: salt dough, varnish, baking tray, PVA glue, metal ring attachments, parchment paper, oven gloves, fine sandpaper, cooling rack, paintbrush, acrylic paints, modeling tool, rolling pin.

Firstly, you will need the following to make your salt dough: 300 g salt, 300 g flour, 30 ml vegetable oil, 200 ml water, mixing bowl, weighing scales, wooden spoon, measuring jug and plastic bag.

Use the weighing scales to weigh the correct amount of flour and salt in the bowl. Mix them together using the wooden spoon. Measure 200 ml water in a measuring jug. Pour the water gradually over the flour and salt and mix well. Pour the oil over the mixture and mix it in well. When all the oil has been absorbed, remove the dough from the bowl and place on a clean surface that has been sprinkled with flour. Knead the dough until it is firm, then put it in a plastic bag or wrap it in plastic food wrap. Place the dough in the refrigerator for 30

的神庙。爱神维纳斯想毁了塞茜,于是给她布置了一连串的任务,一个比一个难,一个比一个险。其中的最后一项任务是把一个小盒子带到阴间,然后把冥王普路托的妻子普罗瑟派恩的美色装进里面。

一路上,她获得了一些指点,知道如何避开阴间的各种危险。同时,她得到警告,不能打开盒子。然而到最后,塞茜还是无法抵制诱惑,打开了盒子。结果,她不仅没有找到任何美色,反而被死一般的睡眠笼罩了。

丘比特发现塞茜时,她躺在地上,失去了知觉。丘比特收走了她身上的睡眠,重新放回盒子。丘比特和维纳斯都原谅了她,诸神也有感于她对丘比特的爱情,让她也成了神。

动手自己做

爱情戒指

你需要以下材料及工具:咸面团、清漆、烤盘、聚乙烯醇胶水、金属戒指附件、羊皮纸、烤箱手套、细砂纸、晾架、画刷、丙烯酸颜料、模具和回形针。

首先,你要用以下材料做咸面团:300克盐、300克面粉、30毫升植物油、200毫升水、搅拌碗、秤、木勺、量杯和塑料袋。

用秤称好相应重量的面粉和盐,放到碗里,用木勺搅拌均匀。用量杯量200毫升水,将水缓缓倒入面粉和盐中,搅拌均匀。接着往里面倒入油,并搅拌均匀。等油彻底吸收后,将面团从碗中取出,放在已经洒过干面粉的干净台面上。将面团揉至有韧性