

My Daily Stories



日品一茗
净化心灵
沉淀思想
过滤生命

每天一杯英文下午茶
品的不仅是语言
更是一种情致……

My daily stories

每 (英文)下午茶

李 银 主编

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前言

Preface

下午时分，一杯下午茶不仅消除饥饿，补充营养，更能令你放松身心，倍感悠然与闲适；

闲暇之时，一篇小文章不仅打发时光，赶走无聊，更能令你心情平静，收获智慧与感悟。

记得读大学时，常去图书馆借阅一些英文书籍，其中不乏诸如“英语美文”、“心灵鸡汤”之类的读物，每天晚自习或睡觉前都会拿出来翻翻，不仅学习了英语，而且也让浮躁的心平静下来，收获一份人生智慧。如今，能亲自编一本这样的书，我深感荣幸。编写过程中偶感疲惫时，我就会停下来，认认真真地读一篇文章。文中流露出的或是感动、或是鼓励、或是智慧，总是能让我打起精神继续编写，可以说是书中的一篇篇文章使得这本书的编写工作最终得以完成。

《每天一杯英文下午茶》集情感、信仰、励志、智慧与一身，内容均取材于国外经典篇章，内容简短却寓意深长，富含哲理与智慧，可谓“小故事大道理”。阅读这些文章不仅可以提高英语水平，同时也是一个品味心灵鸡汤、开悟人生的过程。每天闲暇之余，一杯香茗，一篇好文章，便可以帮我们洗去身心的疲惫，涤荡世俗的浮躁。

为了能让本书发挥其最大效用，我还想给读者提出几点建议以共勉：

1. 从你读第一篇文章时起，在书的第一页上写下：_____年
_____月_____日开始阅读；

2. 阅读时，别忘了经常圈圈画画，这样印象更深刻；

3. 阅读后不妨朗读，不妨讲给别人听一听；

4. 经常带在身边，坚持到最后。

19 世纪英国首相威廉·艾沃特·格莱斯顿曾这样赞美下午茶：

“If you are cold, tea will warm you,

If you are too heated, it will cool you,

If you are depressed, it will cheer you,

If you are exhausted, it will calm you.”

而《每天一杯英文下午茶》里的文章正如这一杯杯下午茶，痛苦时带给你坚强，烦躁时带给你平静，受挫时带给你鼓励，疲乏时带给你力量。

收笔之时，突然想起国外有句谚语叫 *An apple a day keeps the doctor away*（一天一苹果，医生远离我），套用这句谚语，这本书可谓是 *A essay a day keeps your life great*（一天一美文，人生精彩至）。Enjoy your tea, enjoy the book!

李银

2011 年 3 月

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Week 1

Monday

The Meadow

It was a warm breezy summer day in July and a perfect day for a walk. My first thought was to go to the meadow, a place where I feel comfortable and secure as if God's hands are around me. The meadow is a place where you can see all of God's handiwork if you take the time and watch closely, looking beyond the obvious.

Upon entering the meadow the first thing that caught my eye was the way the winds blew softly across the sea of yellow goldenrods. It was as though each flower was in sync with the other as they moved in unison to and fro in the gentle summer breeze.

The time passed quickly as I became mesmerized by the swaying motion of this sea of yellow flowers. I could hear the soft, soothing sounds of the bees as they flew from flower to flower. There was a yellow haze over the flowers as pollen filled the air, and its fragrance was sweet and refreshing. I realized that was God's way of helping the bees do their never ending task of pollinating the flowers of the meadow.

As I looked closer I could see the small birds that were clinging to the golden rods. They seem so peaceful as they rode back and forth on the stems, almost as if God had created this motion just for their enjoyment. What was actually happening was, they were being fed by God's handiwork. The wind was causing the bugs that lit on the flowers to become airborne and as they did the birds would feast upon them. It was as though they knew that all this was being done, just for them.

At the extreme end of the meadow I noticed several raspberry bushes which were blessed with an abundance of ripened fruit. Looking closer, under the bushes, were rabbits, field mice and woodchucks feeding on the ripened berries that were close to the ground. Just behind them were deer eating the berries that were higher on the bush. It was obvious at this point that God was providing food for his creatures.

The day passed all too quickly but that was of no importance to me. The things I had seen were so beautiful and special that time seemed to have stood still. I had been lost in the overwhelming creations of God, and had learned that he provides for all his creatures no matter what

1. breezy ['bri:zi]
adj. 有微风的
2. meadow ['medəu]
n. 草场
3. in sync 同步的;
协调的
4. unison ['ju:nizən]
n. 和谐
5. mesmerize ['mezməraiz]
v. 迷住
6. pollen ['pɒlɪn]
n. 花粉
7. pollinate ['pɒlɪneɪt]
v. 对...授粉
8. handiwork ['hændɪwɜ:k]
n. 手工制品
9. airborne ['eəbɔ:n]
adj. 空气传播的
10. raspberry ['ræzberi]
n. 覆盆子
11. woodchuck ['wʊdʃʌk]
n. 土拨鼠
12. overwhelming [əʊvə'hwelmɪŋ]
adj. 压倒性的

their needs. I felt safe and secure in all that was around me, realizing that I too was a creature of God and that He was providing for me.

Sleep well my friend, wherever you may be.



1. enchanting
[ɪn'tʃɑ:ntɪŋ]
adj. 迷人的, 妩媚的, 诱惑的
2. niche [nitʃ]
n. 地位
3. complementary
[ˌkɒmplɪ'mentəri]
adj. 互补的, 补充的
4. shush [ʃʌʃ]
v. 叫...别出声, 使安静
5. obligated
['ɒblɪgətɪd]
adj. 有义务的
6. get away with 饶幸成功
7. squirm [skwɜ:m]
v. 羞愧, 难为情
8. blatant ['blɛtənt]
adj. 公然的

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on. As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger, he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game.

He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind. Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home, not from us, our friends or any visitors.

Our longtime visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad didn't permit the liberal use of alcohol, but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked and never asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

What is his name? We just call him—"TV". He has a younger sister now. We call her "Computer".

Week 1
Wednesday
Parable of the Pencil

The Pencil Maker took the pencil aside, just before putting him into the box.

"There are 5 things you need to know," he told the pencil, "Before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be."

"One: You will be able to do many great things, but only if you allow yourself to be held in someone's hand."

"Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil."

"Three: You will be able to correct any mistakes you might make."

"Four: The most important part of you will always be what's inside."

"And Five: On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write."

The pencil understood and promised to remember, and went into the box with purpose in its heart.

Now replace the place of the pencil with you. Always remember them and never forget, and you will become the best person you can be.

One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to

9. rebuke [rɪ'bjʊ:k]
v. 指责

10. den [den]
n. 小房间

1. parable ['pærəbl]
n. 寓言

2. sharpen ['ʃa:pən]
v. 变尖

3. access ['ækses]
v. 接近
4. possess ['pəses]
v. 持有, 拥有

5. accomplish
[ə'kʌmplɪʃ]
v. 实现

access you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need it to become a stronger person.

Three: You will be able to correct any mistakes you might make.

Four: The most important part of you will always be what's on the inside.

And Five: On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties.

Allow this parable on the pencil to encourage you to know that you are a special person and only you can fulfill the purpose to which you were born to accomplish.

Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change.



1. Toronto
[tə'rɒntəʊ]
n. 多伦多(加拿大城市)

2. smash [smæʃ]
v. 粉碎

3. a string of
一系列, 一串

4. Ontario
[ɒn'teəriəʊ]
n. 安大略湖(加拿大)

5. Quebec [kwɪ'bek]
n. 魁北克省

I was doing a weekend seminar at the Deerhurst Lodge, north of Toronto. On Friday night a tornado swept through a town north of us called Barrie, killing dozens of people and doing millions of dollars worth of damage. Sunday night, as I was coming home, I stopped the car when I got to Barrie. I got out on the side of the highway and looked around. It was a mess. Everywhere I looked there were smashed houses and cars turned upside down.

That same night Bob Templeton was driving down the same highway. He stopped to look at the disaster just as I had; only his thoughts were different than my own. Bob was the vice-president of Telemedia Communications, which owns a string of radio stations in Ontario and Quebec. He thought there must be something we could do for these people with the radio stations they had.

The following night I was doing another seminar in Toronto. Bob Templeton and Bob Johnson, another vice-president from Telemedia,

came in and stood in the back of the room. They shared their conviction that there had to be something they could do for the people in Barrie.

After the seminar we went back to Bob's office. He was now committed to the idea of helping the people who had been caught in the tornado. The following Friday he called all the executives at Telemedia into his office. At the top of a flip chart he wrote three 3s. He said to his executives, "How would you like to raise 3 million dollars 3 days from now in just 3 hours and give the money to the people in Barrie?" There was nothing but silence in the room.

Finally someone said, "Templeton, you're crazy. There is no way we could do that."

Bob said, "Wait a minute. I didn't ask you if we could or even if we should. I just asked you if you'd like to."

They all said, "Sure we'd like to." He then drew a large 'T' underneath the 333. On one side he wrote, "Why we can't." On the other side he wrote, "How we can."

"I'm going to put a big X on the 'Why we can't side'. We're not going to spend any time on the ideas of why we can't. That's of no value. On the other side we're going to write down every idea that we can come up with on how we can. We're not going to leave the room until we figure it out." There was silence again.

Finally, someone said, "We could do a radio show across Canada."

Bob said, "That's a great idea," and wrote it down. Before he had it written, someone said, "You can't do a radio show across Canada. We don't have radio stations across Canada." That was a pretty valid objection. They only had stations in Ontario and Quebec.

Templeton replied, "That's why we can. That stays." But this was a real strong objection because radio stations are not very compatible. They usually don't work together. They are very cutthroat. They fight each other. To get them to work together would be virtually impossible according to the standard way of thinking.

All of a sudden someone said, "You could get Harvey Kirk and Lloyd Robertson, the biggest names in Canadian broadcasting, to anchor the show." (That would be like getting Tom Brokaw and Sam Donaldson to anchor the show. They are anchors on national TV. They are not going to go on radio.) At that point, it was absolutely amazing how fast and furious the creative ideas began to flow.

6. conviction
[kən'vɪkʃən]
n. 信念

7. executive
[ɪg'zekjʊtɪv]
n. 经理; 主管人员

8. flip chart 海报

9. underneath
[ˌʌndə'ni:θ]
prep. 在...的下面

10. compatible
[kəm'pætəbl]
adj. 兼容的

11. cutthroat
['kʌt,θrəʊt]
adj. 无情的

12. virtually
['vɜ:tʃʊəli]
adv. 事实上; 实质上