

Take Time To Be Quiet 花时间安静 – 1 月 6 日

We welcome you to English World. This is your friend Mark.

And I am Guo Wen-Jie. 欢迎你来到英语世界。

Well, recently we celebrated many holidays.

这阵子来我们庆祝了不少假日节期。

Christmas, New Years,

圣诞节，新年假期。

Many joyful occasions.

许多欢庆的场合。

There were all kinds of parties and gatherings.

有不少的宴会派对，欢庆聚会 等等。

Wen-Jie, how did you spend your holidays?

Oh, I took time to relax and rest. 假期让我多有机会放轻松休息。

Good for you. For me, I spent a lot of time with family and friends.

Me, too. 我们都和家人朋友有在一起相聚。

Listener friends, we hope you had a good time during the holidays.

希望听友你也有个愉快的假期。

We all enjoy the fun and big gatherings.

我们都喜欢开心团聚的时刻

People, sounds, and activities make us feel excited.

许多人，声音和活动，让我们觉得很兴奋很热闹。

Well, there is a time to celebrate.

那，既有欢庆热闹的时刻。

But there is also a time to be quiet.

当然也该有安静的时刻。

And that's our topic for today.

这正是今天我们带给你的主题。

“A Time To Be Quiet”.

「花时间安静」。

Vocabulary 123 生词点滴

Quiet, spelled q-u-i-e-t, quiet is an adjective.

(Quiet 是形容词，安静、平静、静止的意思)

We say, Be quiet, keep quiet (有话说，Be quiet, keep quiet 请保持安静)

He is a quiet man. (他为人很安静，话说的不多。)

Other words similar to “quiet” are: (跟 quiet 含意类似的还有以下的字：)

Silent (silent, s-i-l-e-n-t 无声，静音)，

Still (still, s-t-i-l-l 静止的，没有噪音)，

or Calm (calm, c-a-l-m 平静，冷静)

Everyone knows when to be quiet.

我们都知道，什么时候该安静。

For example, when the baby is sleeping.

譬如，当婴孩在睡觉时， We say, shh-- 不要出声。

And, When we are in the Library.

当我们在图书馆时。The sign says, "Please be quiet." 那儿有「请肃静」的标示。

Or, when we are at a concert or play.

又或者我们听音乐会，看戏剧表演时。

We also stay quiet during a funeral or a memorial service.

当有葬礼或纪念仪式时，我们也会保持安静。

Being quiet is a sign of respect.

保持肃静，是一种尊敬的表示。

It could mean lowering our voices.

这指的可以是，我们压低声量。

Walking softly,

放轻脚步。

Or closing a door gently.

或是，轻轻和缓的把门关上。

Everyday Noises 每天充斥的吵杂声

Music 音乐声, TV 电视机,

talking 交谈声, laughter 笑声,

machinery 机器声, appliances 电器声音,

phones 电话声, traffic 路上交通,

car horn 车子喇叭声, barking dog 狂吠的狗叫声

Our everyday life is filled with noises.

我们每天的生活都充斥着杂音。

From early morning to midnight.

从大清早到夜半时分。

Even in our own home we can't avoid them.

既使在自己家里，也不能避免。

Jackson had a hard day at work.

Jackson 在办公室忙了一整天。

He came home late,

他晚晚回到家里，

Hoping to have a restful night.

满心希望能有个安静休息的晚上。

Guess what is happening?

猜猜看情况如何？

Let's listen to his conversation with his son Steven.

我们来听他和儿子 Steve 的对话。

*Dialogue (A: Father, B: Son Steven)

(SFX - door opens, sounds of TV, radio, music, etc.)

A: Hello, I'm home. Hey, what's going on?

B: Hi dad. There's a game on TV right now.

A: But you are sitting in front of the computer.

B: Huh, I want to check out this new song my friend told me about.
A: And What's that noise coming out of your room?
B: Oh, I forgot to turn off my radio.
A: By the way, where is your mom?
B: She is on the phone chatting with her friend.
A: Oh, where can I find some peace and quiet?

现在我们来为你解释会话内容。

Hello, I'm home. Hey, What's going on?
哈啰，我到家了。嘿，到底是怎么一回事呢？
Hi dad. There's a game on TV right now.
嘿，老爸。现在电视上有个球赛正进行着。
But you are sitting in front of the computer.
但是你正坐在计算机前阿。
Huh, I want to check out this new song my friend told me about.
嗯，我想听听一首朋友告诉我的新歌曲。
And What's that noise coming out of your room?
那，从你房间传出来的那个噪音又是什么？
Oh, I forgot to turn off my radio.
哦，我忘了关掉我的收音机。
By the way, where is your mom?
对了，你老妈在哪儿呢？
She is on the phone chatting with her friend.
她在通电话，跟她的朋友大聊特聊呢。
Oh, where can I find some peace and quiet?
唉呀，我能去哪儿找到安静平静之所呢？

We can identify with this father.
我们能够认同这位父亲的感受。
It's hard to escape sounds and noise.
要逃离声响噪音不容易。
In the lifestyle of modern society,
生活在现代社会里，
We often dismiss quietness.
我们通常割舍掉了安静时刻。
But in order for us to grow deeper,
但我们若要有更进深的成长。
It's essential to find a time and place for quietness.
就必须找时间找地点，静下心来。
Let's review today's Everyday Dialogue once again.
再次来复习今天的「每日会话」。

(SFX - door opens, sounds of TV, radio, music, etc.)

A: Hello, I'm home. Hey, what's going on?
B: Hi dad. There's a game on TV right now.
A: But you are sitting in front of the computer.
B: Huh, I want to check out this new song my friend told me about.

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B: She is on the phone chatting with her friend.
A: Oh, where can I find some peace and quiet?

Verse of the Week 每周金句

"In repentance and rest is your salvation,
你们得救在乎归回安息。
in quietness and trust is your strength."
你们得力在乎平静安稳。

Isaiah 30:15 以赛亚书

The Bible talks about Jesus treasuring quietness.
圣经提到耶稣很重视安静时刻。
Jesus often took time to retreat from the crowd.
耶稣在世时总会找时间远离众人，到某处静休。
At those times, he drew close to God.
在那样的独处时刻里，他与神亲近。
God does want our full attention and devotion.
神要我们全心的关注和爱慕。
God wants to talk with us in times of quietness.
神要在安静中与我们交谈。
And when we come before Him to rest and listen,
当我们来到祂面前安静倾听时。
We can hear his soft and quiet voice.
我们能够听到祂的微声低语。
His peace then can rule in our hearts.
他的平安于是能在我们心中作主。
Giving us strength for every day.
赐给我们每天生活的力量。
We need to make time for quietness.
我们要花时间有安静时刻。
Time to pray and meditate and be close to God.
去祷告，默想，与神亲近。

Well, our time is almost up.
我们节目时间又差不多了。
Listener friends, here's a suggestion for you.
听友，在这儿给你一个建议。
Set aside one evening this week to unplug the TV.
在这星期，找一天晚上关掉电视。
And spend that time to be quiet.

花一点时间一个人静一静。

You will be surprised how wonderful it is.

你会很惊讶的发现，那是一件多么美好的事。

If you like our program, please write to us.

你如果喜欢这个节目，请写信来告诉我们。

And don't forget to ask for our gift for you.

也别忘了索取我们赠送的礼物。

Well, you are listening to lesson # 397.

你今天收听的，是第 397 课。

Until next time, this is English World.

这里是「英语世界」。

May God Bless You.

愿神祝福你。

All right. We are done.

Are you sure? I feel we can keep on going for another 15 minutes.

You know, there's a time to talk and a time to be quiet.

Well, I guess now is the time to be quiet.

Right. Roll the closing music.