

## Not To Worry 别担心 – 9 月 15 日

Hello, you're listening to English World.

《英语世界》欢迎你的收听。

We are your radio friends Mark, along with Wen-Jie.

We are glad you have joined us today.

It's great that you take time to study and learn English.

花时间来学习英语是很好的事。

Learning is always a wonderful way to spend time.

使用时间的一个好方法来, 就是用来学习了。

On the other hand, what is the worst way to spend time?

反过来说, 花时间做什么是最没用处的呢?

Some might say, sleeping.

有人可能会说, 睡大觉,

Or, watching TV.

或者看电视。

What do you say, Wen-Jie?

I'll say, window shopping. 我认为, 无目的的逛街最没用处。 Mark? What do you say?

For me, I'm going to say, worrying.

Worrying?

Right. Worrying is the most useless way to spend time.

马可说, 花时间担忧最没用处。

Do you agree?

Well, I do worry about many things. 我常担忧各样事情。

It's very time-consuming.

Yes, it is. 没错, 是很 time-consuming 花时间。

Let me say this to you: "Not To Worry."

马可说, 那就别担心。 Not To Worry

That's our lesson for today.

这是今天这课的主题。

### Fun with Idioms 趣味日常用词

"Not To Worry ( Not to worry 别担心 )

There is nothing to worry about.

( There is nothing to worry about. 没有什麼好担心的。 )

There is no need to be concerned.

( There is no need to be concerned. 不需要烦恼忧心。 )

Everything will be all right.

( Everything will be all right. 一切事都会没问题的。 )

Worry, spelled w-o-r-r-y, worry means: be anxious or troubled.

Worry 这个字意思是, 担忧、烦恼。

Worry can be a verb or a noun.

Worry 这个字可以是动词或是名词。

I worry that I can't finish the work. Here worry is a verb.

我担心我完成不了那个工作。I worry 这里 worry 是动词。

Worried, w-o-r-r-i-e-d, worried is an adjective.

Worried, 去 y 加 ied, 变成了形容词，担心的，忧愁的。

What about you listener friends, what do you worry about?

听友，你会担忧什么呢？

Do you worry about grades in school.

是否担忧学习成绩不好。

About job interviews.

担忧工作面谈不过。Worry about paying the bills 担忧付不起帐单。

Worry about getting H1N1 Flu.

担心染上流感。Or global warming. 担忧地球暖化。

Or natural disaster and wars.

担心天灾人祸、战争。

The list can go on and on.

很多事物我们可以担忧。

We spend hours and hours worrying.

我们花很多时间去担忧。

We lose sleep over our worries.

晚上睡不好觉。I know how it is.

And we become afraid.

心里也充满惧怕。

### Culturally Speaking 话说文化

"Don't worry, be happy." is the name of a song from the 80's.

“别担忧，只要快乐”这是 1980 年代一首歌的歌名。

It won the Grammy Award “Song of the Year” in 1989.

这首歌赢了 1989 年葛来美奖的年度最佳歌曲。

The title is taken from a famous quote by an Indian philosopher Baba.

这个歌名，出自一位印度哲学家 Baba 的名言。

This phrase is commonly repeated in US culture.

这词句在美国文化里常被人引用。

Coming up next, is today's Everyday Dialogue.

接著，是今天的“每日会话”。

A couple just heard some big news – the husband has lost his job.

一对夫妇刚刚听到一个大消息，作丈夫的丢了工作。

How do they react to that?

他们是怎麼反应的呢？

\*Dialogue (A: Husband; B: Wife)

A: Oh, I have to look for a new job next year. What am I going to do?

B: I'm sure one will come up for you.

A: But it's coming up fast. We might have to move again. The kids will have to change schools...

B: Don't Worry. Everything will turn out all right.  
A: That's what you always say. But it doesn't help.  
B: Well, worrying doesn't achieve anything. So why worry so much?  
A: In that case, can you think of plan A, B, and C?

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好，让我来为你解释会话内容。

Oh, I have to look for a new job next year. What am I going to do?  
唉，明年我得找新工作了。要怎麽办才好呢？  
I'm sure one will come up for you.  
我相信到时你会有另一个工作的。  
But it's coming up fast. We might have to move again. The kids will have to change schools...  
但是时间很快就到了。我们可能要再度搬家，孩子们也必需要换学校。  
Don't Worry. Everything will turn out all right.  
别担心，一切事情都将没问题的。  
That's what you always say. But it doesn't help.  
你每次都这麽说，但这一点帮助也没有。  
Well, worrying doesn't achieve anything. So why worry so much?  
担忧既不能成就任何事情，为什麽要又要那麽烦恼呢？  
In that case, can you think of plan A, B, and C?  
这样的话，你能想出个行动计画一，二和三吗？

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Now that you understand the conversation, let's review it once again.  
现在你了解了内容，我们再来听一回。

A: Oh, I have to look for a new job next year. What am I going to do?  
B: I'm sure one will come up for you.  
A: But it's coming up fast. We might have to move again. The kids will have to change schools...  
B: Don't Worry. Everything will turn out all right.  
A: That's what you always say. But it doesn't help.  
B: Well, worrying doesn't achieve anything. So why worry so much?  
A: In that case, can you think of plan A, B, and C?

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The things we worry about can be real.  
我们担忧的事，可能是真实的。  
Or they can also be imaginary.  
也可能是想像出来的事物。  
Most of the time, we worry about things in the future.  
多半时候，我们担忧是将来会发生的事。  
And we become very anxious.  
让我们心中产生许多的焦虑感。  
No one can avoid worry and anxiety.  
没有人能避免忧虑烦恼。  
But our worry over the concerns of life,  
但我们对生活大小事情的忧虑。

can become a big problem.

能够变成一个大问题。

What can we do to replace worrying?

我们能做什么来代替担忧呢？

Here are the Words from the Bible.

圣经上的话语这么说：

**Verse of the Week 每周金句**

Give all your worries and cares to God,  
你们要将一切的忧虑卸给神，  
for He cares about what happens to you.  
因为他顾念你们。

I Peter 5:7 彼得前书

God does care about the details of our life.

神对我们生命的细节很关心。

He knows our needs.

神知道我们的需要。

We can control worry and anxiety

我们能控制担忧烦恼。

By placing our cares in Jesus.

学习把我们的烦恼交给耶稣。

We can tell God what we need.

我们能够告诉神我们的需要。

We can thank Him for all he has done.

感谢神祂所成就的事情。

Remembering and trusting God's promises.

记住也信靠神的应许。

He will give us His peace.

他将赐给我们祂的平安。

So, Don't worry about anything;

所以，不要担忧任何事情。

Instead, pray about everything.

却要把一切事带到神面前祈求。

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Well, we hope you learned a lot in this lesson.

希望你在这课里学到许多。

We welcome your letters and emails.

我们欢迎你来信来电邮。

Introduce yourself and let's be friends.

向我们介绍你自己，让我们成为朋友。

Make sure you review this lesson on our website.

记得上网站来复习这一课。

And request the gift we have for you.

也索取我们赠送的礼物。

I am your friend Mark,

And I am your friend Guo Wen-Jie.

Until next time in English World. Zai-Jian.

下回英语世界节目里，再见了。

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Mark, You don't seem to worry much

Well, I'm too busy in the daytime to worry.

How about at night?

At night, I have my prayer and I'm too sleepy to worry.

Oh, you are a blessed man.