

A Cup of Tea 一杯茶 – 1 月 12 日

Hello and Welcome once again to English World.

再次欢迎你来到《英语世界》。

I am your friend Mark,

And I am Guo Wen-Jie. Hey Mark, it's so cold today. 今天天气可真冷阿！

It's cold outside. Are you drinking something? Coffee?

Oh no. I'm not a coffee person. I drink tea. 我不太喝咖啡，我爱喝茶。

Tea? What kind of tea is that?

Of course it's Chinese tea. 当然是中国茶了。 Do you drink tea?

Not really. But my wife Judy likes all kinds of herbal tea.

马可说他不喝茶，但他太太喜欢喝药草茶。 You know, tea is good for you.

That's what she says too.

茶对身体好！ You should give it a try. (a sip of tea)

Well, How long are you going to drink that tea? We have a show to do.

Ah, a nice cup of tea in the stomach makes me feel all warmed up. 一杯茶下肚，让我全身都暖和了。 OK, I'm ready.

Vocabulary 123 生词点滴

Tea (tea 茶)

Teapot (teapot 茶壶)

Tea set (tea set 茶具)

Teaspoon (teaspoon 茶匙)

Tea time (tea time 下午茶时光)

Making tea or Brewing tea (making tea, brewing tea 沏茶. 泡茶)

Sipping tea (sipping tea 小口喝茶，抿茶)

A cup of tea (A cup of tea 一杯茶)

Wen-Jie, since you love tea so much, we should talk about tea today.

Why not? 今天我们就来谈谈茶好了。

The title for today's program is: A Cup Of Tea

今天这课，叫做：一杯茶。

I'm sure you have heard of the legend of the origin of tea.

你一定听过有关茶的来源传说。

The Chinese Emperor Shen Nung is considered to be the father of Chinese agriculture.

中国的神农氏被认为是农业之父。

It is said that one day he was boiling water under the shade of a wild tea tree,

有传说提到，一天他在一棵茶树下煮开水。

A few of the leaves dropped into his pot, tinting the water,

几片茶叶掉进了他的茶壶里，把水染了颜色。

And he drank the resulting infusion.

结果神农氏喝了那个有茶香味的的水。

Immediately, he was overwhelmed with a sense of well-being.

他马上觉得身体精神都感到健康了。

Wen-Jie, I guess you feel the same way.

That is true. 我也有同样的感受。

The tradition of English Tea Time 英国下午茶传统

The English started drinking tea in the late 1650s .

英国人从 1650 年代后期就开始喝茶。

Wealthy gentlemen drank their tea in London's coffee houses.

富有的绅士会在伦敦的咖啡馆喝茶。

Upper class ladies would brew tea at home to drink with their friends and family.

上流社会的淑女则在家泡茶，邀请朋友家人一起喝。

The most important time of day for drinking tea was in the late afternoon

喝茶的最主要时候，是在下午时分。

Later on, the middle class imitated the rich and started to have their tea parties.

后来，中产阶级的人也效法有钱人，开始他们的茶会。

And the tradition has lasted until now.

这个传统延续直到如今。

Mark, I heard that for English tea, you put in a lot of sugar and cream. 英国茶里面通常会放糖和牛奶。

That's right.

I am used to drinking tea without adding any of that. 我喜欢喝清茶。 Talking about that, I need to fill up another cup now. May I?

Of course. Go ahead.

我需要再去倒一杯热茶。

In the meantime, listener friends, you can listen to today's Everyday Dialogue.

现在，就先为你播出今天的每日会话。

Two co-workers are about to enjoy their tea time in the afternoon.

两位同事正准备要享受下午茶时光。

Let's listen in on their conversation.

我们一起来听她们的对话。

Dialogue

A: Let's have some tea.

B: That sounds good! I can use a break.

A: I brought some pastries that I made myself.

B: Really? Let me grab my mug. Tea with pastries is great. You have to share your recipe with me.

A: Sure. By the way, do you want to come to the sewing class with me tonight?

B: Sorry, that's not my cup of tea. But I would love to bake cookies with you sometime.

Now Wen-Jie will help you understand the content.

好，我回来了，先来帮助你了解会话内容。

Let's have some tea.

我们来喝点茶吧。

That sounds good! I can use a break.

这是不错的想法，我也可以休息一下。

I brought some pastries that I made myself.

我带来一些我作的点心。

Really? Let me grab my mug. Tea with pastries is great. You have to share your recipe with me.

真的？我去拿我的杯子。喝茶吃甜点太好了。你要告诉我你的点心食谱。

Sure. By the way, do you want to come to the sewing class with me tonight?

当然。对了，今晚你要不要和我一起去上我的缝纫班？

Sorry, that's not my cup of tea. But I would love to bake cookies with you sometime.

对不起，我对那不是特别有兴趣。但我倒很喜欢那个时候跟你一起来烤饼干。

In the dialogue, there's a phrase: not my cup of tea. This means something not to my liking or something I don't like to do.

Not my cup of tea 这意思是，不是我喜欢的，或不是我喜欢作的。

For example,

举例说，

This music is not my cup of tea.

我不是很喜欢这种音乐。 This music is not my cup of tea.

Playing soccer is not my cup of tea.

打足球，我并不在行。 Playing soccer is not my cup of tea.

All right. Now that you understand the dialogue, let's listen to it again.

现在我们就再来听一回。

A: Let's have some tea.

B: That sounds good! I can use a break.

A: I brought some pastries that I made myself.

B: Really? Let me grab my mug. Tea with pastries is great. You have to share your recipe with me.

A: Sure. By the way, do you want to come to the sewing class with me tonight?

B: Sorry, that's not my cup of tea. But I would love to bake cookies with you sometime.

Wen-Jie, I can think of something that's not anyone's cup of tea.

马可想到有一样是没有人喜欢的。

No one wants to have pain and suffering.

没有人想要有痛苦，苦难。

But at times we all have to accept this bitter cup.

但我们有时都要接受这苦杯。

God's son, Jesus is no exception.

神的儿子，耶稣也不例外。

Before He was to die on the cross,

他还没有上十字架受难之前。

This is what he prayed to the Father.

他这样向天父祷告，

Verse for Life 生命经文

Jesus fell with his face to the ground and prayed,

耶稣俯伏在地、祷告说、

"My Father, if it is possible, may this cup be taken from me.

我父阿、倘若可行、求你叫这杯离开我。

Yet not as I will, but as you will."

然而不要照我的意思、只要照你的意思。

Matt 26:39 马太福音

Jesus had a bitter cup placed before him.

在耶稣面前有杯苦杯，

He asked not to drink it.

他并不想喝下它。

But he trusted in God His Father,

但耶稣信靠那位奉上这苦杯的神，

And took the suffering for us.

他为了我们忍受了痛苦，

So that we are able to enjoy the full flavor of grace.

好让我们能够充分享受恩典的滋味。

Maybe God is brewing tea in your life,

也许神现在也在你生命里泡茶，

The taste might be bitter.

也许那个滋味非常的苦涩，

But, As long as we remember His Words and His promises.

但只要记得神的话和祂的应许，

The Comforter Holy Spirit will help us,

圣灵那位安慰者会帮助我们，

Giving us the ability to drink the cup of Christ

给我们有能力，去喝耶稣所给的杯，

The flavor of Grace.

并且尝到那充满恩典的滋味，

Well listener friends, do you like drinking tea?

听友，你喜欢喝茶吗？

We hope you enjoyed our program today.

我们希望你喜欢今天的节目。

If English World is your cup of tea,

如果你喜欢《英语世界》，

Please write and let us know.

请来信让我们知道，

Don't forget to visit our website where you can learn more.

别忘了上我们网站来更多的学习。

Until we meet again, I am your friend Mark, along with Wen-Jie.

See you next time. So long.

Zai-Jian.

Mark, want to have some tea?

All right. As long as you put a lot of sugar in it.

No problem. What kind do you want? Oolong, Jasmine, Pu-er, Chrysanthamum , Da Hong Pao,

Huh, Do you have Lipton tea?