**[*Transcript*]**

Good morning.

September is a month of new starts and changes. While September doesn’t capture the **frenzy** of early January and all the potential of those New Years’ **resolutions**, this time of the year, like January, comes after a period of rest.

This week many of us will see young families on the way to school as the new academic year begins. For some families it might be a milestone, perhaps it will be the first day of school for a first-born. Later in the month, like all other universities we will welcome thousands of young people through our doors as they begin their university studies. And for many others, September may bring a change of job, career or lifestyle.

It is no **coincidence** that we make changes to what we do, where we work or how we do things, following a period of rest and relaxation. Such periods can offer a time to reflect and to ask questions that don’t often get heard during the year when many other calls distract us and embed us in our day-to-day routine. But stepping back from the **hustle and bustle** is an essential **prerequisite** for good change. For such change to be worthwhile it has to last. Sadly as we know from those gym memberships we take out in January but which usually **wane** by March, the desire for change often doesn’t last beyond the initial weeks or months if we are lucky.

So how we go about change in our lives is all the more important if it is to be meaningful. Is there a better way for us to **retain** the insights and thoughts that only come to us when we detach? To make the best of them we need to find ways to **integrate** them into our regular routine. Many faiths can provide a means to do just that.

Metanoia, a Greek word found in the New Testament, which sadly does not easily translate into English, tells us quite a bit about what sort of change we should undertake for it to last. Metanoia speaks of a change that is internal, not external. It calls for nothing less than an inner change, which is about changing the mind, purpose and character. The external – the change of life - flows from that internal shift; not the other way around. It requires reflection and leads to renewal.

None of this is easy, as we all know. But this September if you’re in a new job, a new school or just want to change from the day to day routine, then that call to inner change might just provide us with the courage to change, and the strength to **persevere**.

**[*Words List*]**

1. frenzy *n.* 狂乱，极度的激动

e.g. I worked myself into frenzy plotting ways to make him jealous.

我绞尽脑汁，处心积虑，就是为了让他嫉妒。

2. resolution *n.* 决心

e.g. She made a New Year's resolution to get fit.

她的新年决心是要保持身材健美。

3. coincidence *n.* 巧合；一致

e.g. What an odd coincidence that he should have known your family.

他居然认识你的家人，真是太巧了。

4. hustle and bustle 忙乱，喧嚣

e.g. This place is very quiet, quite different from the hustle and bustle of the cities.

这个地方非常安静，与城市的拥挤喧嚣非常不同。

5. prerequisite *n.* 先决条件，前提，必要条件

e.g. A degree is an essential prerequisite for employment at this level.

学位是做这级工作必备的先决条件。

6. wane *v.* 减退，衰退

e.g. While his interest in these sports began to wane, a passion for rugby developed.

他对这项运动的兴趣开始减退，倒是对橄榄球开始产生热情。

7. retain *vt.* 保持；留在心中

e.g. Daily facial exercises help her to retain the skin's elasticity.

每天做面部运动帮助她保持皮肤弹性。

8. integrate *vt.* 使一体化；使整合

e.g. He didn't integrate successfully into the Italian way of life...

他没有顺利地融入到意大利的生活方式中。

9. persevere *vi.* 坚忍，熬住；坚持

e.g. It took a generous helping of entrepreneurial confidence to persevere during this incident.

在这一事件中坚持下来是有了充足的创业信心的。