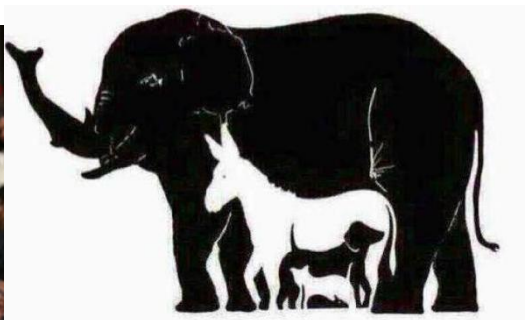


Spiritually testing

文章导读：天主教是世界上最大的基督宗教之一，奉行耶稣基督的教导和圣经的教义，强调信仰、礼仪和奉献，致力于灵性成长和社会公义。传统加入天主教一般得经历以下步骤：1.了解天主教信仰和教义；2.参加教堂的弥撒和课程，建立联系；3.联系当地天主教堂的神父或工作人员；4.学习并准备入门阶段；5.完成入门阶段后接受洗礼。但是随着宗教的发展，教会为了选择更加合格宗教信徒，部分地区还要求申请者必须通过一定的心里测试才可以获得入教资格。



【1】The Catholic church uses psychometric tests to screen applicants	【1】天主教会使用心理测试来筛选申请者
一、重点单词	
1. Psychometric /saɪkə'metrɪk /adj.心理测量的	

【2】Saint Catherine of Siena might have struggled with psychometric tests. The 14th-century saint and mystic ¹ had many virtues ² : she could pray for hours, fast for days and devoted herself to God for years. Some of the statements found on a typical psychometric form, such as “136. I cannot keep my mind on one thing”, would have held no fear for Saint Catherine.	【2】锡耶纳的圣凯瑟琳可能在心理测试方面遇到了困难。这位 14 世纪的圣人和神秘主义者有很多优点：她可以祈祷数小时，禁食数天，多年来一直致力于上帝。一些典型的心理测量形式的陈述，如“136”。我不能把注意力集中在一件事上”，不会对圣凯瑟琳感到恐惧。
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一、重点单词	
1. Mystic /mɪstɪkl / adj.神秘的；神秘主义的	
2. Virtues /'vɜ:rtʃu / n.优点，贞操；美德	
二、积累表达	
1.表达人的品德、美德和优点	
(1) Qualities	
-She possesses admirable qualities such as honesty, kindness, and perseverance.	
-她具有诚实、善良和毅力等令人钦佩的品质。	

(2) Attributes

- His positive **attributes**, such as patience and integrity, make him a trustworthy individual.

他的积极特质，如耐心和正直，使他成为一个值得信赖的人。

(3) Merits

- The **merits** of her character include her strong work ethic and unwavering determination.

- 她的性格优点包括她强烈的职业道德和坚定不移的决心。

(4) Morals

- Her high **morals** and ethical standards guide her decision-making and interactions with others.

她的高道德和伦理标准指导着她的决策和与他人的互动。

(5) Values

- One of her core **values** is empathy, which she consistently demonstrates in her interactions with others.

- 她的核心价值观之一是同理心，她在与他人的互动中不断表现出这一点。

(6) Ethics

- He adheres to a strict code of **ethics**, which forms the foundation of his character and actions.

他坚持严格的道德准则，这是他性格和行为的基础。

【3】But she might have had more difficulty with others. For she was also **tormented**¹ by **pornographic**² visions in which she saw “shameless crowds dancing”. She believed she had been married to Christ in a secret ceremony, and that she wore his invisible **foreskin**³ on her finger **in lieu**⁴ of a wedding ring. Having to respond to statements such as number 257 (“I have strange and peculiar thoughts”) might have tripped her up.

【3】但她可能与其他人有更多的分歧。因为她也被色情画面所折磨，在这些画面中她看到“无耻的人群在跳舞”。她相信自己是在一个秘密的仪式上与基督结婚的，她在手指上戴着他看不见的包皮，而不是结婚戒指。不得不回应诸如 257 之类的陈述（“我有奇怪而奇特的想法”）可能会让她绊倒。

一、重点单词

1. **Torment** /'tɔ: rment / n. (肉体、精神上的) 折磨，痛苦；v. 使痛苦，折磨；
2. **Pornographic** /pɔ: rnə'græfɪk / adj. 色情的；色情作品的；春宫画的
3. **Foreskin** /'fɔ: rskɪn / n. 包皮
4. **Lieu** / lu: / n. 替代；场所

二、积累表达

1. 表达被折磨

(1) Tormented

- She was **tormented** by haunting memories from her past.

(她被过去的可怕回忆所折磨。)

(2) Tortured

- He endured a **tortured** existence, plagued by guilt and regret.

(他过着痛苦的生活，被内疚和后悔所困扰。)

(3) Harassed

- She was relentlessly **harassed** by her coworkers, making her work environment unbearable.

(她受到同事们的无情骚扰，使她的工作环境难以忍受。)

(4) Haunted

- The old house was said to be **haunted**, and anyone who entered would be tormented by strange occurrences.

(据说那座老房子闹鬼，任何进入其中的人都会被奇怪的事件所折磨。)

(5) Plagued

- The city was **plagued** by constant power outages, causing great inconvenience to its residents.

(这个城市不断遭受停电的困扰，给居民带来了极大的不便。)

(6) Suffering

- The refugees were **suffering** under dire conditions, lacking basic necessities and facing constant danger.

(难民们在恶劣的条件下遭受着痛苦，缺乏基本生活必需品并面临不断的危险。)

(6) Afflicted

- He was **afflicted** with a rare disease that caused him excruciating pain.

(他患上了一种罕见疾病，使他遭受着剧痛。)

(7) Tormented

- The young boy was **tormented** by bullies at school, making his daily life miserable.

(这个小男孩在学校遭到恶霸的折磨，使他的日常生活变得痛苦不堪。)

【4】None of this mattered to Catherine's career in the **medieval**¹ era: she was **canonised**² after her death and is revered as a saint to this day. But it would have been more **problematic**³ in the modern one, because since 2005 the Catholic church in Britain has been using stringent psychometric tests to screen applicants to religious and to holy orders. Those who feel called by an invisible, intangible God to become a monk, nun or priest now have to

【4】这些对凯瑟琳在中世纪的职业生涯都无关紧要：她死后被封为圣人，至今仍被尊为圣人。但在现代情况下，问题会更大，因为自 2005 年以来，英国天主教会一直在使用严格的心理测试来筛选宗教和圣职的申请者。那些感觉被一个看不见、摸不着的上帝召唤成为僧侣、修女或牧师的人，现在不仅要致力于贫困、贞洁和服从，还要接受为期三天的精神病采访和测试（其中包括“双刃剑”¹³⁹。我经常听到不知道来自哪里的声音。”）

commit not only to poverty, **chastity**⁴ and **obedience**⁵ but also to three days' worth of psychiatric interviews and tests (among them, the double-edged "139. I often hear voices without knowing where they come from.")

一、重点单词

1. **Medieval** /miːdɪˈv(ə)l / adj. 中世纪的;
2. **Canonize** /ˈkænənəɪz / vt. 推崇; 使加入圣徒之列; 褒扬; 将.....封为圣徒
3. **Problematic** /ˌprɒːbləˈmætɪk / adj. 成问题的, 有困难的; 未确定的
4. **Chastity** /ˈtʃæstəti / n. 贞洁; 纯洁; 简洁
5. **Obedience** / əˈbiːdiəns / n. 服从, 遵从

二、积累表达

1. 表达"服从, 遵从"的地道英文表达有:

(1) Obey

- Children are expected to **obey** their parents' rules.

(孩子们应该遵守父母的规定。)

(2) Comply with

- All employees must **comply with** the company's code of conduct.

(所有员工必须遵守公司的行为准则。)

(2) Adhere to

- It is important to **adhere to** traffic laws to ensure road safety.

(遵守交通法规以确保道路安全非常重要。)

(3) Conform to

- The dress code specifies that all employees must **conform to** the company's professional attire.

(着装规定要求所有员工必须符合公司的职业着装要求。)

(4) Yield to

- Pedestrians have the right of way, and drivers must **yield to** them at crosswalks.

(行人有优先通行权, 司机必须在人行横道让行。)

(5) Abide by

- Tourists should **abide by** the local customs and traditions when visiting foreign countries.

(游客在访问外国时应遵守当地的风俗和传统。)

(6) Heed

- It is advisable to **heed** the advice of experienced professionals in the field.

(听从领域内有经验的专业人士的建议是明智的。)

2. 表达孝顺

(1) Filial piety

- **Filial piety** is highly valued in many Asian cultures.

(孝顺在许多亚洲文化中非常受重视。)

(2) Being dutiful to one's parents

- It is important to **be dutiful to one's parents** and take care of them in their old age.

(对父母尽孝并照顾他们在老年时是很重要的。)

(2) Showing respect and care for parents

- She **shows great respect and care for her parents**, always putting their needs first.

(她对父母表现出极大的尊重和关怀，总是把他们的需求放在首位。)

(3) Honoring one's parents

- **Honoring one's parents** is a fundamental value in many cultures.

(尊敬父母是许多文化中的一项基本价值观。)

(4) Displaying **filial respect** - In traditional Chinese culture, displaying filial respect is considered a virtue.

(在传统中国文化中，表现出孝敬被视为一种美德。)

(5) Fulfilling one's **filial duties** - It is important to fulfill one's filial duties, including taking care of parents' needs and honoring their wishes.

(履行孝顺的义务非常重要，包括照顾父母的需求并尊重他们的愿望。)

【5】The church started such tests for many reasons. One obvious one was an attempt to screen out potential abusers—but the decision “was not only focused on ‘We have to rule out **paedophiles**¹,” says Rev Dr Gerard Fieldhouse-Byrne, who runs the British testing centre, St Luke’s, in Manchester. The idea stemmed instead from a “broader” vision—to select people who could cope with the demands of a life of service and **celibacy**². “What we want are healthy **priests**³.”

【5】教会开始这样的测试有很多原因。一个显而易见的决定是试图筛选出潜在的施虐者，但曼彻斯特圣卢克测试中心的负责人 Gerard Fieldhouse-Byrne 牧师说，这一决定“不仅集中在‘我们必须排除恋童癖’上”。相反，这个想法源于一个“更广泛”的愿景，即选择能够满足服务和独身生活需求的人。“我们想要的是健康的牧师。”

一、重点单词

1. **Paedophiles** /'pi:dəfaɪl,'pedəfaɪl/ n. 恋童癖者

2. **Celibacy** /'selɪbəsi/ n. 独身

【6】The Catholic church has long

【6】天主教会早就认识到，即使是最坚强的

<p>recognized that a life of celibate¹ solitude and prayer can test even the sturdiest² mental constitutions. Father Gerard enjoys his career but admits that “there are times...when I feel the loneliness”. Since the fourth century the church has produced monastic³ “Rules”—self—help guides governing every hour of a monk’s day and night with precision and, at times, great wisdom. Read such guides and they will tell you to intperse⁴ the rigours of intellectual work with hearty exercise; to make sure to toady to the boss (“Let no one dare to dispute insolently with his abbot”); and to avoid boozing in the workplace since “wine makes even the wise to fall away”.</p>	<p>精神体质，孤身独处和祈祷的生活也会受到考验。。杰拉德神父很享受自己的职业生涯，但他承认“有时...我会感到孤独”。自四世纪以来，教会制定了修道院“规则”，即自助指南，精确地管理僧侣日夜的每一个小时，有时甚至是巨大的智慧。阅读这样的指南，它们会告诉你要通过认真的锻炼来理解智力工作的艰巨性；确保向老板奉承（“让任何人都不敢与他的住持无礼地争论”）；以及避免在工作场所饮酒，因为“葡萄酒甚至会让人明智地放弃”。</p>
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一、重点单词

1. **Celibate** /ˈselɪbət / adj.独身的，不结婚的；没有性生活的，禁欲的
2. **Sturdy** /ˈstɜːrdi / adj.结实的，坚固的；（人或身体）强壮的
3. **Monastic** /məˈnæstɪk / adj.修道院的；僧尼的；庙宇的
4. **Intperse** /ɪntərˈspɜːrs / v.散布，散置；点缀；在.....中央杂某物

<p>【7】 Like all rules, they hint¹ at their own inefficacy². Read them closely and you catch glimpses of behaviour that, after decades of solitude spent behind monastic walls, has started to stray from social norms. One unexpected but unarguable rule states that if anyone wishes to “defecate³ into a pot or a jar or any other vessel...they shall ask the Male Eldest”.</p>	<p>【7】就像所有规则一样，它们暗示着自己的无能。仔细阅读它们，你会瞥见一些行为，在修道院围墙后度过了几十年的孤独之后，这些行为已经开始偏离社会规范。一条意想不到但无可争议的规则规定，如果有人想“往锅里、罐子里或任何其他容器里排便.....他们应该问男长者”</p>
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1. **Hint** /hɪnts/ v.暗示，示意
2. **Inefficacy** /ɪnˈefɪkəsi / n.无效；无效力
3. **Defecate** /ˈdefəkert / vt.澄清；除去污物 vi.排便；澄清

<p>【8】 There “can be a fine line” between extreme religiosity¹ and psychopathology, says Thomas Plante, a professor of psychology at Santa Clara University in California who administers similar tests in America. William James, a pioneering Victorian psychologist, was one of the first to suggest that immortal² visions might be affected by the psychology of the mortal</p>	<p>【8】加州圣克拉拉大学心理学教授 Thomas Plante 在美国管理类似的测试，他说，极端宗教信仰和精神病理学之间“可能有一条界线”。维多利亚时代的先驱心理学家威廉·詹姆斯是最早提出不朽愿景可能会受到正在经历这些愿景的凡人心理影响的人之一。詹姆斯记录了一个案例，一个人在吸食大量笑气时，相信自己知道宇宙的秘密，但当他清醒过来时却忘记了。最后，他在醉酒的时候成功地</p>
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mind that was experiencing them. James recorded the case of a man who, whenever he was high on laughing gas, believed he knew the secret of the universe, but forgot it when he sobered up ³ . Finally, with great effort, he managed to write it down while still intoxicated, and once sober, rushed to see what he had written. There he read: "A smell of petroleum prevails throughout."	把它写了下来，一旦清醒，他就赶紧去看自己写了什么。他在那里写道：“到处弥漫着石油的味道。”
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一、重点单词

1. **Religiosity** / rɪˌlɪdʒiˈɑːsəti / n. 虔诚；宗教狂；虚伪信仰
2. **Immortal** / ɪˈmɔːrt(ə)l / adj. 不死的，永存的；
3. **Sober up** 清醒过来：指从醉酒状态恢复到清醒状态

<p>【9】 Eccentricity¹ is not unique to religion, says Father Timothy Radcliffe, a Dominican friar and fellow of Blackfriars Hall in Oxford. "Would you think any artist would be completely normal?" Instead of normality, he suggests joy as a measure of the religious life. Partly since those who enjoy it have "discovered the deepest happiness". And also since if "you want to give yourself to this crazy life", then "probably you're not going to be completely normal".</p>	<p>【9】 多明尼加修士、牛津黑修士堂研究员 Timothy Radcliffe 神父说，偏心并不是宗教独有的。“你们认为任何一个艺术家都是完全正常的吗？”他建议用快乐来衡量宗教生活，而不是正常。部分原因是那些享受它的人已经“发现了最深的幸福”。而且，如果“你想把自己奉献给这种疯狂的生活”，那么“你可能不会完全正常”。</p>
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一、重点单词

1. **Eccentricity** / ˌɛksənˈtrɪsəti / n. 古怪；怪癖；[数] 离心率