











• Virtues In Us

美德在我心

服从 Obedience

Obedience is necessary to keep us safe and protected. Obedience is listening carefully to what our wise parents and teachers tell us, and doing what they ask us to do. Obedience is following the rules. Obedience to our parents is a protection for us. Our parents love us very much and they want the best for us. They know what is good for us and what is not. They know what is safe and not safe. When we obey our parents we become happy because they are happy.

服从是保证我们安全和保护的必要条件。服从是认真听从我们智慧的父母和老师对我们的嘱咐，和做他们要求我们所做的事。服从是遵守规则。服从我们的父母是保护我们自己。

我们的父母非常地爱我们，总想给我们最好的。他们知道哪些对我们有益，哪些对我们无益。他们知道哪些是安全的和不安的。当我们服从我们的父母时，他们会快乐因此我们也会觉得快乐。



I listen carefully to what my parents and teachers tell me and do what they ask me to do. I follow the rules. Obedience keeps me safe and happy.

我认真听家长和老师们告诉我的话，按照他们的要求去做。我遵守规则。服从使我保持安全和快乐。

"Let him always delight in obedience."
"让他快乐中服从"



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宽容 Forgiving

Forgiveness is one of the hardest things to do, but it is the significant trait of developing our physical, social and interpersonal skills. We want to be the person who is kind, generous, and tolerant, who keeps no record of wrongs and has the serenity to accept the things which cannot be changed and who can build and retain healthy and interactive relationships with others.

宽容心是一种非常珍贵的感情，对我们个性的健康发展以及良好人际关系的建立非常有帮助。我们要养成宽容大度、友善和的品格。尝试宽容待人，养成宽容的胸怀。与人友善，不苛刻，不挑剔，理解他人错误，善待周围一切。优雅地接受一些自己不能改变的事实。同时，相互亲近，建立积极健康的、良性互动的人际关系。



"Forgiveness is the key to understanding others, to explore the world."
"宽容是理解他人，探索世界。"



北大公学
PKU COLLEGE

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服务 Service

People need each other. We receive service from people around us (like our parents) and give service, too. Living and working with people, whether it be at home with family or at school or at work in the society, creates many opportunities for people to help and serve each other. We would have never survived if our parents didn't serve us when we were babies. No society can survive if its people don't help one another.

Service comes when there is a need for help and there is love and compassion to want to help. People who enjoy serving don't do it with an expectation for recognition or rewards. Their reward is simply the act of service and seeing someone helped. Any work, even paid work, if done in the spirit of helpfulness is service.

人们彼此需要，我们接受周围人们的服务（比如我们的父母亲），同样我们也为他人服务。与人们工作，生活在一起，无论是与家人在一起，还是在学校里或是在社区里工作，都给人们创造出了很多机会互相帮助和服务。当我们还是小孩子的时候，如果我们的父母从来没有为我们服务过的话，我们根本就不能存活下来。如果人们不相互帮助，没有一个社区可以幸存。

服务是，当在某种需要帮助的情况下时，带着爱和同情心想去帮助。喜欢服务的人不会为期待认可和回报而服务。他们的回报是朴素的服务行为和看到他人得到帮助。任何工作，甚至是有报酬的工作，如果你是用帮助的精神去做的，它就是服务。

I look for ways to be helpful to all around me. I serve with love and joy in my heart.

我在周围寻找能够提供帮助的途径。在服务的时候我的内心充满爱和喜悦。

"Think ye at all times of rendering some service to every member of the human race."
"总是思考怎样给人类每个成员提供一些服务。"













