

The Brida Journal

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www.journal.brida.eu

Week 38/2020

The journal for learners of English, by learners of English

Don't Worry, Be Happy

Remember that song? I started asking people to share their thoughts about these words. Especially in a time of turmoil.

We mourn for the past and worry about the future.

We live in a complex world. Our days are very full, and we measure joy in productivity. We run from task A to task B. The more we do or have, the happier we are. Even if we have a house, over time we have to buy a castle to stay happier. More and more.

In our hectic routines we lose a lot of the instantaneous. We do too much at once, we are everywhere and nowhere. We mourn for the past and worry about the future. We believe that we have to do and possess a lot. Only then can we, perhaps, find happiness.

But we cannot find anything that already belongs to us. I believe we come into this world to lead a happy life.

Many of us categorise everything in "positive" or "negative". If we do not have the "positive" then it is "negative". "Negative" is bad. But why? I think that we should live in peace with both worlds. We care for our body but often neglect our thoughts and emotions.

I was surprised in Sri Lanka earlier this year, just before lockdown. Most of the population does not own much, but they are very friendly, happy and radiate positivity. They live and enjoy every moment along with all the simple things we here in Europe take for granted.

Even if we experience "negative" situations, we must remember that we already have the solution and if not, worries do not help. Even if it is very cloudy, the sun is still shining.

Carolina,
Wissembourg, France

Worrying can be a motivation

I am worried about many things. The scope ranges from personal things to the state of our planet.

To be worried is actually not a bad thing. Maybe you want to change something. Worrying can be a motivation; however, there are things you cannot change, then worrying is not effective. But if you can change something, worrying is effective.

Let me take climate change as an example.

I am worried by the fact perhaps that there will be a point of no return in the development of our climate. Everything is ok at the moment, but if we do not change, then the planet will no longer be able to heal itself.

I changed a few things. I reduced the amount of waste I produce, eat very little meat, I don't have a car and don't plan to use a car. I reduced the chemicals used to clean the flat, recycled more and I buy second-hand clothes using a smartphone app.

Am I happier? Difficult, because I am still worried about climate change. But I try to do what I can. Politicians should be more aware. But you can vote according to your conscious. You can personally change your lifestyle.

Climate change is a difficult example because your personal influence is limited. It is a global problem.

But look at it this way.

You worry, you change, then you are happy. If you do not like change? You continue worrying and remain unhappy. To be happy, you need to change, so that you do not worry.

Is this true?

You have to change the right thing. You have to know what to change.

Why worry about something that I cannot influence?

Julia,
Mannheim, Germany.

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|---|---|
|  | <h2 style="text-align: center;">Home Schooling</h2> |
| | <p>I'm looking for someone to home school my child Monday-Friday 10am-4pm.</p> <p>This is an IDEAL job for someone who HAS children similar age to my son (3-5 years old) because you are capable of bringing up your own child.</p> <p>10-12pm teaching 12-2pm playing and eating then 2-4pm teaching. 2 hours will be for eating and playing.</p> <p>This is an extremely easy fun job for a mum who is good at teaching small kids.</p> <p>You will not be required to clean anything OTHER than the room provided for schooling.</p> <p>This JOB pays 250€ a week NON-NEGOTIABLE.</p> <p>Interviews are THIS WEEKEND ONLY, please reply by email if this sounds like the job for you.</p> <p>You will need ID AND RESUME to be considered for this job.</p> <p>mum@brida.eu</p> |



Sauce Xipister

Ingredients

- 300 ml white wine vinegar or cider vinegar
- 150 ml extra virgin olive oil
- 1 medium hot chilli, washed, halved lengthways
- 2 cloves of garlic, peeled and squashed, using the back of a knife.
- 1 bay leaf
- 1 sprig of fresh rosemary
- 2 sprigs of fresh thyme
- Zest of 1 lemon

Method

Place all the ingredients in the glass bottle or jar, put the lid on and shake well. Leave in a cool place for at least a week. Shake well again before using. The taste will get sharper the longer the ingredients are left to marinate.

The sauce will keep in an airtight bottle or jar in a cool, dark place for a couple of months.



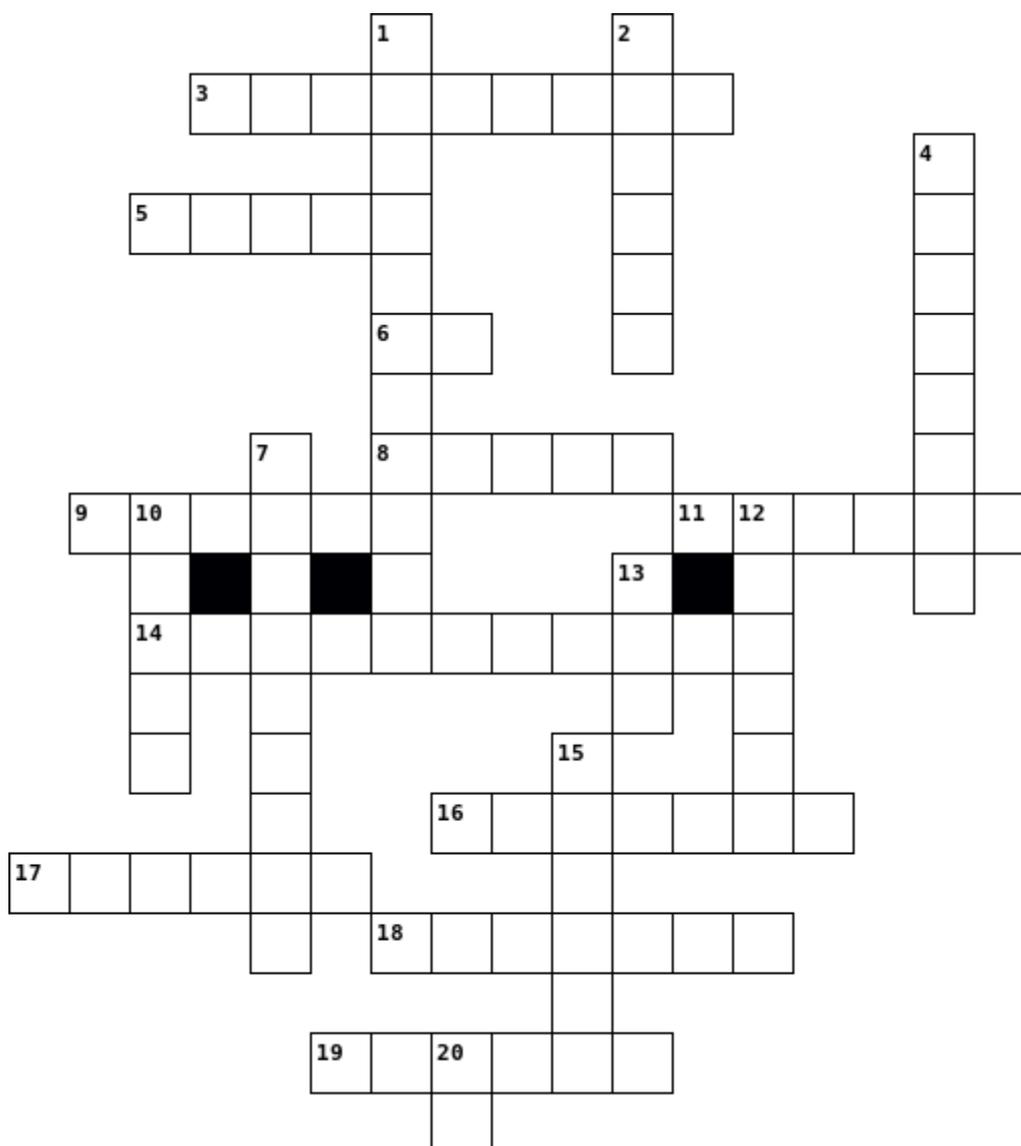
Our special offers for this week.

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|--|--|---|
| Crumpets 6 per pack. €0.75 | Long Life UHT Milk 3.5%, 1 ltr. €0.95 | Throws, various colours 200 cm x 240cm. €24.25 |
| Chocolate Oat Muffin Pot 60 gr. €0.99 | Sablé Brand Cat Food 400 gr. €0.40 | Christmas Wrapping Paper 2 rolls 1.50m. €1.50 |
| Frozen Apple Pie 750 gr, €3.15 | Granny Smith Apples 6 per pack. €1.50 | Long grain rice 1 kg, €1.95 |
| Electric Shavers From €57.00 | Fragranced Bin Bags 20 25 ltr. €1.75 | Seaweed 12 gr €2.00 |
| Alcohol free cider 500 ml €1.39 | Wooden Chopping Board 40 cm, €19.50 | Chocolate Madeleines 200 gr. €1.20 |

Offers while stocks last. Valid from September 14, 2020 to September 19, 2020.

Brida Gymnastics - Vocabulary

Weekly Vocabulary Crossword 38.20



Across

3. formal discussion about events or work achievements
5. liquid flavouring with a meal
6. when things are not bad to good
8. to be sad about a loss for a longer period
9. doing things differently
11. something that is in a solid and extremely cold state
14. elected to represent us
16. edible grass from oceans
17. to use less of
18. regular activities with little deviations
19. our world

Down

1. the unfolding of a process or activity
2. former Sri Lanka, but still tea
4. offspring
7. to exercise power to alter an opinion
10. joy and good spirits
12. a summary of your career (American word)
13. a glass container
15. my home is my...
20. morning

Solution 37.20**Across**

2. Flask
5. clove
6. method
7. wine
10. instructions
12. city
13. farsi
14. happy
16. quote
18. courgette
19. Baku

Down

1. Parmesan
3. vocabulary
4. lemon
5. country
8. Basil
9. valid
11. serve
15. popcorn
17. portrait

Play Brida, Learn English



The Brida Journal,
a journal
for learners of English
by learners of English.

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Brida is an educational platform to facilitate the learning of English.
www.brida.eu

The Brida Journal is an educational tool with the purpose of helping learners to improve their knowledge of English.
Educators wishing to participate in the programme should contact me via email.

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Third Party Inspirational Sources

classifieds: gumtree.ie or gumtree.co.uk,

the supermarket: various supermarket websites in the United Kingdom

weather: bbc.co.uk/weather, (the city is Perpignan, France)

Chez Brigitte: olivemagazin.com.

The garden: Wenia Field's Gardening, published 1973 by Octopus Books.