

November 2025

W E L C O M E

# Autumn

Seiran English Journal





# Power OF Words

言葉の力

What are some words or  
phrases that have impressed  
or inspired you?

◆ TAKE  
ACTION ◆

COURAGE

BE  
TRUE

small step  
everyday

READ  
LEAD  
SUCCEED



Do Your  
Best

Be  
Different

Impress (動): 印象づける  
Inspire (動): 鼓舞する



# Kinds of Phrases

Anecdote

逸話

Idiom

慣用語句

4-Character Idiom

四字熟語

Proverb / A saying

ことわざ

Cliche

決まり文句

Aphorism / Maxim

格言

Motto / Slogan

標語 / 合言葉

Joke / Quip

冗談

Platitude

面白みのない

Fact

言葉

Opinion

事実

Quote

意見

Metaphor

引用

Expression

比喩

表現





# Kinds of Texts

Fiction	作り話
Non-fiction	実話
Story	物語
Narrative	説話 / 物語文
Descriptive	説明文
Introduction	紹介
Conclusion	結論
Expository / Explanation	説明文
Argument	議論
Counter-argument	反論
Summary	まとめ
Evidence	証拠
Procedural	手順書
Recount	詳述
Essay	論文
Article	記事
Poem	詩
Review	講評
Report	報告書
Advertisement	広告
Diary	日記
Biography	伝記
Autobiography	自伝





# 十人十色

じゅうにん—といろ



I really like the Japanese four-character idiom 'Ten People, Ten Colors'. I think it's important to recognize everyone is different in their own way, and to let people be who they are. The English expression for this is 'to each their own'.

By James





“Be yourself; everyone else is already taken”

Oscar Wilde

I really like this quote. It is also about individuality. I think it's important to be who you are, instead of trying to copy someone else's personality. Of course, it's ok to try and improve yourself, but don't stop being yourself or lose your personality.



“You miss all the shots you don't take”

Wayne Gretzky



This quote by hockey player Wayne Gretzky means that to succeed, you must first try. If you don't even try, then it's certain that nothing will happen or change.

By James

Individuality (名): 個性 Already taken (動): すでに取りられている、すでに使用されている  
Personality (名): 人格 Shot (名): シュート、試み Certain (形容): 確か





Where there is a will,  
there is a way!

This proverb means if you are determined enough to do something, you will eventually accomplish it. When I was in younger, I was a member of the Japanese Society for Parapsychology, so I really believe that the human mind can do anything!

By Mr Ota  
(太田工業高校)

Step out of your  
comfort zone



I like this saying. Every year I teach these words to the graduating 3<sup>rd</sup> grade students. When you are young, you should try new things. Don't stick to where you are and things you already know. You should explore new experiences and make new memories.

By Mrs Matsuo  
(太田東高校)

Will (名): 意思 Determined (形容): 決定した Accomplish (動): 成し遂げる  
Parapsychology (名): 超心理学 Comfort zone (名): 快適帯 Graduate (動): 卒業する





# Tomorrow will bring tomorrow's winds 「明日は明日の風が吹く」



This saying means that no matter what happens today, tomorrow will be better than today, so it doesn't matter. I chose this saying because when I worry about today, brings me courage and relief about tomorrow. Then, I can concentrate on doing something here and now. I think I want to challenge myself by doing a lot of things.

A similar saying is 'que sera sera' in Spanish, meaning whatever will be, will be.

By Ayumi



# "Art is an Explosion!"



I want to introduce the quote "Art is an Explosion", by Taro Okamoto, a Japanese avant-garde artist. He made the famous sculpture *Tower of the Sun* for the Osaka Expo in 1970.

This quote means that art is not just about technique or beauty, but about the 'unconditional opening' of our inner impulses, and our vitality as human beings.

The reason why I chose this quote is because when I draw a picture of something, I sometimes feel like this isn't what I really want to draw, and tear up the drawing. However, then when I draw what I feel instead, it usually turns out well. So, I thought this quote is a really great way to understand art.

By Haruto

Avant-garde (名): 前衛芸術運動 Unconditional (形容): 無条件  
Impulses (名): 衝動 Vitality (名): 活力 Tear up (動): 引き裂く





Learn wisdom by  
the follies of others  
「人の振り見て我が振り直せ」



**This idiom means we should take what is good from other people, and discard the bad.**

**We should reflect on our own actions to improve ourselves.**



**By Mito**





**"It seems impossible  
until it's done"**

**Nelson  
Mandela**



**My favorite quote is "It seems impossible until it's done", said by Nelson Mandela. His words taught me the importance of challenging myself and never giving up.**

**When I feel like giving up, I remember this quote.  
When I gave up studying English, this quote  
motivated me to keep practicing!**



**By Takumi**



**"The weak can never forgive.**

**Forgiveness is the attribute of the strong"**



**Mahatma  
Gandhi**  
गांधी जयंती

**I really like this quote by the Indian leader Mahatma Gandhi. His words are my emotional support. This is because these words give me a strong reason to forgive.**

**I hope everyone knows about Gandhi's words.**

**By Sota**







# 初志貫徹

しよし  
かんてつ

I really like the Japanese four-character idiom meaning 'carry out one's original intention'. This phrase encourages me to keep trying, until the end, without giving up.

Thanks to these words, I was able to realize how wonderful it is to accomplish my goals.





**"You'll never find a rainbow  
if you're looking down"**

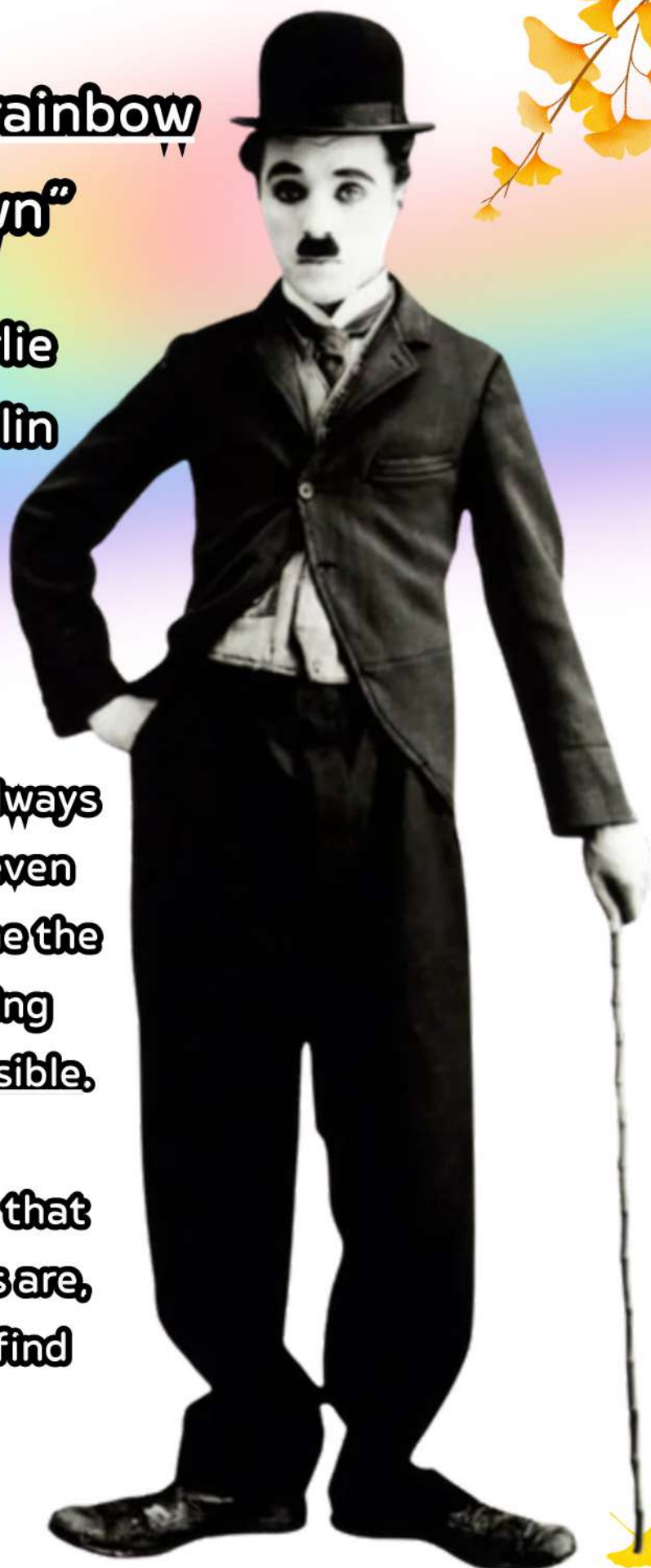


**Charlie  
Chaplin**

**This is my favorite quote! It always  
makes me think positively, even  
when I feel sad, and it gives me the  
confidence to continue trying  
things that seem to be impossible.**

**The meaning of the quote is that  
no matter how difficult times are,  
we need to stay positive to find  
hope and happiness.**

**By Melissa**





**"If at first you don't succeed,  
try, try again"**

**Thomas H.  
Palmer**



I like this quote which comes from Thomas H. Palmer in his 1840 teacher's manual. It teaches us that failure is not a final outcome, but a temporary barrier that can learn from. Success isn't easy; it is earned through continuous effort, adaptability, and refusal to quit.

American investor Warren Buffett uses the quote, "If at first you do succeed, quit trying." He is saying that if your investment starts to make money, don't sell it for a quick profit, hold onto it.

**By Krit**



Failure (名): 失敗 Outcome (名): 結果 Temporary (形容): 一時的  
Earn (動): 得る Adaptability (名): 適應力 Refusal (名): 拒否  
Investor (名): 投資家 Investment (名): 投資 Profit (名): 利益



# 茶道

乙  
清  
松  
下  
風



The Tea  
Ceremony



# The Tea Ceremony

## 茶道

The Japanese tea ceremony is a special way of preparing and serving green tea in a traditional setting. The purpose is for guests to experience hospitality and tranquility away from their busy everyday life.



Ceremony (名): 式 Purpose (名): 目的  
Hospitality (名): おもてなし Tranquility (名): 静けさ



茶道

The tea event includes a full-course kaiseki meal. This is followed by Japanese sweets, thick green tea, and finally thin green tea. It can go for four hours.



Gathering (名): 集まり Formal (形容): 堅苦しい  
Thick (形容): 濃い Thin (形容): 薄い



# The Tea Ceremony

## 茶道

The tea ceremony is held in a traditional tatami room, usually overlooking a garden. The entrance is low, so guests must bow as they enter, showing humility. The room and garden are very simple, so as to not distract from the tea.



Guests dress plainly, remove jewelry, and do not use perfume, to not distract from the experience of drinking tea.

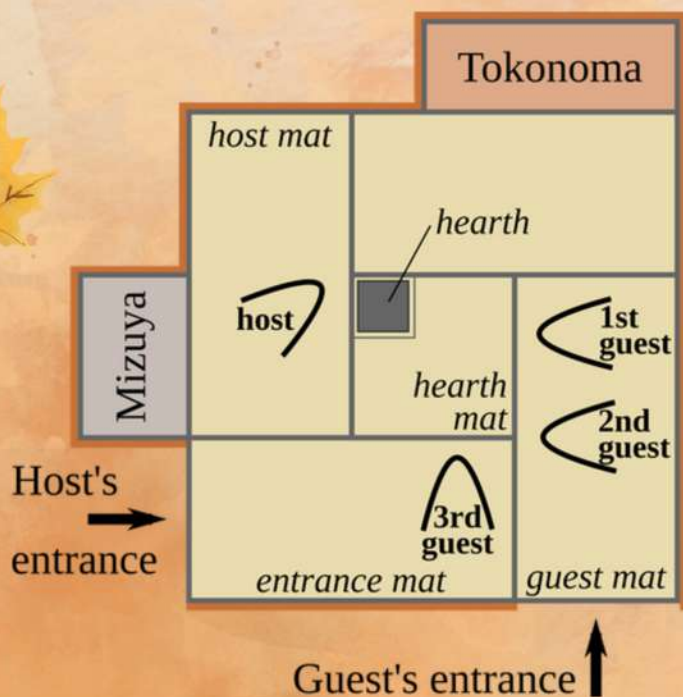
Overlooking (動): 見落とす Humility (名): 謙虚  
Distract (動): 気を散らす Plainly (形容): 地味な



# The Tea Ceremony

## 茶道

The tea room (chashitsu, 茶室) is ideally 4.5 tatami in size. There is a small alcove where a scroll and seasonal flowers are placed. Guests bow to the alcove and the things inside, which were carefully chosen by the host, and kneel on the tatami. There is a small hearth in the middle of the room.



Ideally (形容): 理想的には Alcove (名): 床の間  
Kneel (動): ひざまずく Hearth (名): 囲炉裏



# The Tea Ceremony

## 茶道

The host prepares the tea. The equipment includes tea bowls, plates or trays, a spoon, a whisk, a kettle or brazier, and a container for the green tea. The bowls, plates, and tea container in particular are carefully chosen by the host.



Equipment (名): 装置 Whisk (名): 茶筴  
Kettle (名): 薬缶 Brazier (名): 火鉢



# The Tea Ceremony

## 茶道

The green tea is powdered matcha.  
Traditional Japanese sweets are also served,  
made from pounded rice and sweet azuki  
bean paste. They are seasonal in appearance  
and ingredients.



Powdered (形容): 粉末状の Pounded (形容): 細かく砕いた  
In appearance: 外見上 Ingredients (名): 材料



## The Tea Ceremony

### 茶道

The sweet is eaten first. The host puts the tea bowl on the tatami, with the front facing the guest. It is picked up with the right hand, and put into the left hand. It is turned 90 degrees.

Guests then drink the tea in a few sips.

The empty bowl is placed on the tatami again, with the front facing the host. The guest bows to say thankyou.





## The Tea Ceremony

### 茶道

The host may ask if guests want another round of tea. If not, the host will wash all the equipment, and carefully put them back.

Then, the ceremony is finished.



Another round: もう一杯



# The Tea Ceremony

## 茶道

Associated with the tea ceremony is the four-character idiom 一期一会, meaning one time, one meeting. This concept means you should enjoy every moment, as it will only occur once.

Even if the same group meet in the same place and have another tea ceremony, it will not be the exact same again.



一期一会

Associated with (動): に関連する Concept (名): 概念

Moment (名): 一瞬 Exact (形容): 正確に



## Tea Around the World

## 世界の茶文化

How about other countries? I was surprised to learn many different countries have their own tea ceremonies.

In China, Oolong or Pu Erh teas are brewed many times to get different flavors each time. The ceremony is called *Gongfu Cha*.



In Korea, there is the *Darye* tea ceremony. It uses green tea, either leaves or matcha, and is less formal. In both China and Korea, the focus is on nature, meditation, and careful preparation on the tea, like in Japan.



Brew (動): 淹れる Flavor (名): 風味 Leaf (名): 葉  
Nature (名): 自然 Meditation (名): 瞑想



## Tea Around the World

## 世界の茶文化

In Morocco, guests are given green tea with mint, and sugar.

The tea is poured from high up, making it frothy.



Mint

Cardamon



Cloves

Cinamon



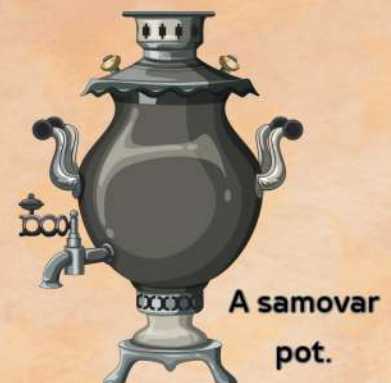
In India, black tea is brewed with milk, sugar, and other spices like cardamom, ginger, and cloves. It is done at home to host guests.



## Tea Around the World

## 世界の茶文化

In Russia, black tea is prepared using a large samovar pot, heated over a fire. The tea is served with sugar and lemon, and drunk with food like pastries, bread, or sweets.



In Tibet, butter tea called *Po Cha* is served. It is made of black tea, yak butter, and salt. It is mixed to create a filling, frothy drink. Tibetan snack foods and bread is eaten with it.



# Tea Around the World

## 世界の茶文化

Finally, the United Kingdom has both afternoon tea and high tea. Afternoon tea is fancy and involves small deserts and sandwiches, usually at a restaurant. The tea is always black, brewed strong, and served with lemon or milk.



English-style milk tea with biscuits.



An afternoon tea set.



A scone with jam and cream.



High tea is served at a table. The same black tea is served with full meals - it is the same as dinner, and often eaten at home.







What foreign teas have you tried?

Which would you like to try?

Personally, I really like French Earl Grey tea and Japanese green tea. I drink both every day at work. I also enjoy barley tea (麦茶) in summer. In Taiwan, I really enjoyed winter melon tea (冬瓜茶) with tapioca.



Winter melon 'bubble' (tapioca) tea



French Earl Grey  
tea leaves

