



A2-B1

MODERNE LEKTÜRE + WORTERKLÄRUNGEN

easyOriginal

THE DAILY BREW

006 REFLECTIONS EVERYDAY SHORT STORIES



ENGLISH

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# The Daily Brew

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*to be continued*

# The Daily Brew



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# Chapter 1

On this late September morning, I wake before my alarm at 5.47 a.m. The cottage is dark and silent except for the ticking<sup>1</sup> of the grandfather clock<sup>2</sup> in the hall—a wedding gift from my late<sup>3</sup> husband John's parents that I've wound<sup>4</sup> every Sunday for thirty-five years.

I move through my kitchen by memory and muscle memory. Three steps from bed to door, fourteen steps down the creaking<sup>5</sup> stairs (avoiding<sup>6</sup> the particularly<sup>7</sup> loud seventh step), five paces<sup>8</sup> to the kitchen. The ritual is so familiar I could perform it blindfolded<sup>9</sup>.

The real ceremony begins: filling the kettle<sup>10</sup>, measuring<sup>11</sup>

- 
- 1     ticking – Ticken (der Uhr)
  - 2     grandfather clock – Standuhr
  - 3     late – verstorben
  - 4     to wind – aufziehen (eine Uhr)
  - 5     creaking – knarrend; quietschend
  - 6     to avoid – vermeiden
  - 7     particularly – besonders
  - 8     pace – Schritt
  - 9     blindfolded – mit verbundenen Augen
  - 10    kettle – Wasserkocher; Kessel
  - 11    to measure – abmessen

coffee grounds<sup>12</sup> into my French press, the quiet bubbling<sup>13</sup> as water approaches<sup>14</sup> the boil. I've used the same blue French press for twelve years. Its plastic handle has a crack<sup>15</sup>, and I know I should replace<sup>16</sup> it, but we've been through too much together.

As I pour water over the grounds, the first sensory<sup>17</sup> gift arrives—that earthy, promising aroma that bridges<sup>18</sup> the gap<sup>19</sup> between sleep and wakefulness<sup>20</sup>. Steam<sup>21</sup> rises in the dim<sup>22</sup> kitchen. I press the plunger<sup>23</sup> down slowly, deliberately<sup>24</sup>, counting to thirty as I was once instructed by an enthusiastic barista named Max who worked briefly<sup>25</sup> at The Bean Counter before moving to Australia.

The first cup is always in my lighthouse<sup>26</sup> mug<sup>27</sup>—a souvenir

- 
- |    |                                            |
|----|--------------------------------------------|
| 12 | grounds – Kaffeesatz                       |
| 13 | bubbling – Blubbern; Sprudeln              |
| 14 | to approach – sich nähern                  |
| 15 | crack – Riss                               |
| 16 | to replace – ersetzen                      |
| 17 | sensory – sensorisch; die Sinne betreffend |
| 18 | to bridge – überbrücken                    |
| 19 | gap – Lücke; Abstand                       |
| 20 | wakefulness – Wachsein                     |
| 21 | steam – Dampf                              |
| 22 | dim – schwach beleuchtet; dämmrig          |
| 23 | plunger – Stempel (der Kaffeepresse)       |
| 24 | deliberately – absichtlich; bewusst        |
| 25 | briefly – kurz; kurzzeitig                 |
| 26 | lighthouse – Leuchtturm                    |
| 27 | mug – Becher; große Tasse                  |



from a coastal<sup>28</sup> holiday in Cornwall<sup>29</sup> fifteen years ago. Its once-bright colours have faded<sup>30</sup> with hundreds of washings<sup>31</sup>, and there's a chip<sup>32</sup> on the rim<sup>33</sup> that my lips automatically avoid.

I carry my coffee to the east-facing<sup>34</sup> kitchen window. The garden is still mostly dark, but the blackbird<sup>35</sup> who always sings first has begun his morning performance from the apple tree. I can just make out his silhouette against the gradually<sup>36</sup> lightening<sup>37</sup> sky.

These twenty minutes before the world fully wakes are mine alone. No radio, no newspaper, no plans yet forming. Just the warmth of the mug between my palms<sup>38</sup>, the slow sipping<sup>39</sup> of coffee, and the transition from night to day. The ritual creates a threshold<sup>40</sup> space—not quite night, not fully day—where

- 
- 28 coastal – Küsten-; an der Küste  
29 Cornwall – Cornwall (Region in England)  
30 to fade – verblassen  
31 washing – Waschgang; Wäsche  
32 chip – abgeschlagene Stelle; Absplitterung  
33 rim – Rand (einer Tasse)  
34 east-facing – nach Osten gerichtet  
35 blackbird – Amsel  
36 gradually – allmählich  
37 to lighten – heller werden  
38 palm – Handfläche  
39 to sip – nippen; in kleinen Schlucken trinken  
40 threshold – Schwelle

thoughts can wander<sup>41</sup> freely.

This morning, I watch a fox<sup>42</sup> trot<sup>43</sup> confidently<sup>44</sup> across the bottom of the garden, unaware<sup>45</sup> of being observed<sup>46</sup>. The sky shifts<sup>47</sup> from charcoal<sup>48</sup> to deep blue to a pale violet. Mrs Parker's chimney<sup>49</sup> next door starts producing smoke; she's another early riser<sup>50</sup>.

I notice how differently the garden catches<sup>51</sup> the dawn<sup>52</sup> in September compared to June. The angle<sup>53</sup> of light is more sideways<sup>54</sup>, golden rather than white, illuminating<sup>55</sup> the dew<sup>56</sup> on the spider webs<sup>57</sup> between rosebush<sup>58</sup> branches<sup>59</sup>. These observations

- 
- |    |                                          |
|----|------------------------------------------|
| 41 | to wander – wandern; umherschweifen      |
| 42 | fox – Fuchs                              |
| 43 | to trot – traben                         |
| 44 | confidently – selbstbewusst              |
| 45 | unaware – sich nicht bewusst; ahnungslos |
| 46 | to observe – beobachten                  |
| 47 | to shift – sich verschieben; wechseln    |
| 48 | charcoal – Holzkohle; kohlegrau          |
| 49 | chimney – Schornstein                    |
| 50 | early riser – Frühaufsteher              |
| 51 | to catch – einfangen                     |
| 52 | dawn – Morgendämmerung                   |
| 53 | angle – Winkel                           |
| 54 | sideways – seitlich                      |
| 55 | to illuminate – beleuchten               |
| 56 | dew – Tau                                |
| 57 | spider web – Spinnennetz                 |
| 58 | rosebush – Rosenstrauch                  |
| 59 | branch – Ast; Zweig                      |

feel significant<sup>60</sup> somehow, worth<sup>61</sup> noting<sup>62</sup> and holding<sup>63</sup>.

By the time I finish my cup, the day has officially arrived. Birds are in full chorus<sup>64</sup> now, and I can hear the distant<sup>65</sup> rumble<sup>66</sup> of the first London-bound<sup>67</sup> train. My neighbour Mr Abernathy coughs<sup>68</sup> in his garden—his morning cigarette, a ritual I've heard through the seasons for decades<sup>69</sup>.

I rinse<sup>70</sup> my cup and place it upside down<sup>71</sup> on the wooden draining board<sup>72</sup>. The day can properly<sup>73</sup> begin now, with its tasks and interactions, its small challenges and pleasures. But this peaceful bridge between sleep and activity, marked by the warmth and aroma of that first cup, has provided<sup>74</sup> something

- 
- 60    significant – bedeutsam  
61    worth – wert  
62    to note – bemerken; notieren  
63    to hold – festhalten  
64    chorus – Chor  
65    distant – entfernt; fern  
66    rumble – Grollen; dumpfes Geräusch  
67    London-bound – nach London fahrend  
68    to cough – husten  
69    decade – Jahrzehnt  
70    to rinse – ausspülen  
71    upside down – umgedreht; kopfüber  
72    draining board – Abtropfbrett  
73    properly – richtig; ordentlich  
74    to provide – bieten; bereitstellen

essential—a moment of mindfulness<sup>75</sup> I rarely<sup>76</sup> achieve<sup>77</sup> in busier hours.

Tomorrow's first light will bring another first cup, another quiet ceremony. The comfort lies in the repetition, in the knowledge that some rituals remain constant whilst<sup>78</sup> the world outside changes with each passing<sup>79</sup> season.

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75 mindfulness – Achtsamkeit

76 rarely – selten

77 to achieve – erreichen

78 whilst – während

79 passing – vorübergehend

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