

Winter Cold and Cozy

By Susan Vogt

There comes a time in each of our lives when it's good to pay attention to the weather outside and not fight it. Yet we modern humans have found ways to deal with the cold of winter as if it isn't real. And so, we may have to recreate an environment reminiscent of earlier times. Allow the dark and cold to be a prompt to go into the depth of your soul, tame your hectic, busy life, and go into holy hibernation.



For

Adult, Couple

Season

Winter

Needed

A period of time when you don't have pressing deadlines and can afford to take some time off (even if it's just an evening). If you can't find such a time during the months of January or February, you may need more help in setting priorities than this little activity can provide.

Prepare in Advance

- Find a way to light a fire. If you don't have a fireplace turn off most of the electric lights and light a bunch of candles.
- A snuggly blanket or warm fuzzy clothes.
- Decide whether to do this alone, with your spouse, or to include your children. Although this activity can be done with any of these, it is a particularly nice respite to do with your beloved.

Activity Plan

1. Begin with a prayer such as:

Dear Comforting God, we have so many plans and so little time – or so we think. Help us to take some time out to just enjoy each other's company and to rest in your presence. Amen.

2. Disengage from anything electric or electronic. (No TV, computer, cell phones, etc.). Light your fire or candles.
 - Watch the fire blaze. Relax. Spread out a blanket on the floor if you like. Enjoy the comfort of being with your beloved and knowing that you have been directed to do nothing useful. Talk if you wish. Since the rule is no electricity, only natural music is allowed. You may want to sing or play an acoustic instrument if you have the talent and desire.
 - After a while, if you want to play a game or cards (providing it doesn't require using electricity or batteries) you are free to do so.
 - Yes you can have a snack, if it's simple and fun.
3. Whenever you feel ready, thank God for the gift of warmth, light, time (even if it has been forced upon you), and your loved ones. Thank God for the modern conveniences that human intelligence and creativity have developed over the years. Now that you have spent an hour or evening without them, it may be readily apparent what these inventions are. Name them.
4. Age Variation for children. If you are doing this with your children, you may want to pull out a favorite family game (non-electronic of course).