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# From Pastor Jayneann's Pen

Pastor Jayneann McIntosh

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I'm not a winter person. I grew up in eastern Pennsylvania where any snowfall lasted about a day and a half. We'd listen hopefully to the closings on the radio but school cancellations were few and far between.

You'd think I'd have gotten used to winter during the years I lived out west. At least once each winter, nighttime temps plummeted to -40° and I actually think I did okay with that. I just didn't stay outside for long.

But in recent years I've become a bit of a wuss about the cold. When the nurse who played for the church choir looked at my hand and said, "You have Raynaud's. You're extra prone to frostbite," my mind went, "No, no, no. I'd read about frostbite and just knew I didn't want it."

But in the almost 20 years since then, I've missed so much. I don't remember the last time I built a snowman. Last year I made snow angels at Monk Gardens one February afternoon. Another day I kicked the ice crust off the snow for a few yards (There's something about that particular garden area that brings out the child in me.) Still one snow angel and some playful walks? That's hardly enough when winter lasts four or more months here. What to do?!



You have inspired me. Year in and year out you experience this cold winter place and you actually live! I want to do that too. I've been practicing a full and rich life in the other seasons. Now I want to reclaim winter ... which brings me to the snowshoes.

Once we have enough snow (someone'll have to tell me when that is) I'm going to borrow or rent a pair and give it a try. Is it hard?

I didn't know how to cross-country ski when I put those on (okay, that was 35 years ago) and I did all right.

I guess if there's a point to my ramblings it's that I'm using my own story to remind us that whether or not we live with gusto or hide out in a darkened room is up to us. God wants us to live abundantly but God won't make us do it. The choice is ours.

So this year, I'll snowshoe. If you want, you can come and laugh at my beginner's efforts. I won't mind. What might you start this morning, or next, to live more completely into this gift of life God gives us. I showed you mine! ;-)