



Meditation and Reflection

- Just be yourself.
- Take time to pause, sit, and think.
- Think as you walk.
- Pause to think about your place in the world and your relationship to the environment.
- Reflect on care of the environment and ways to have a part in that responsibility.
- Think about your relationship to others. How does this affect what you say or do?
- Pause to meditate or pray.
- Read winter meditations written by others. Locate scripture references related to snow or creation by using a concordance or computer software to find verses. Reflect on these while using the trails.
- Read research that identifies ways walks in nature reduce stress and aid in dealing with health concerns or improve learning.

- Learn how others use fitness or relaxing exercises that could be done on the trail. Stop at a sheltered location to practice some of these suggestions. (Breathing, stretching, stepping, counting etc.)
- Notice how animals use a trail to rest, stretch, walk, hop, fly and run.
- Photograph scenes or places that you want to remember and use these to write your own thoughts or meditations later.



February

This month is short.
It's set between the cold and ice
And days when birds return
And weather will be nice.

We joke about the ground hog
And always hope he's wrong.
Yet winter takes its time.
Moving day by day along.

Take each day as it is given.
By God who rules the earth and sky.
And make the best of cold and ice
And know that God is nigh.

Life is short and we can't choose
Just how the wind will blow.
So thank the Lord for each new month
For God will with us go.

Lord watch us as we walk.
Lord watch us as we drive.
Keep us ever in your care.
As each new day arrives.

February is a gift
Of life we have each year.
Help us use the time you give
Even if the days are drear.

Loretta Kuse

Things to Think About and Do

- Thank God for each new winter day.
- Make a list of things you can do in February for which you will not have time in warmer months.
- Take photos of February scenes and write poetry or prose to go with the photos.

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