Rev's Reflections

As we left for our walk this morning, there were two very healthy looking squirrels on our front porch, sorting nuts after yesterday's huge storm. "Healthy" this time of year of course means chubby, carrying around a little extra insulation for the long, cold winter that lay ahead.

I could totally relate, having spent yesterday preparing foods for the upcoming week of gatherings: cookies loaded with dried fruit, lemon curd dense with egg yolks and butter, and of course shockingly addictive sweet spiced pecans.

It's a very mammalian instinct to pack away the extra calories during the longest nights of the year, and a very human instinct to want to spend time with family and friends when there is less work to do. It's always funny to me that humanity hasn't been mostly agrarian in more than a century, yet our holidays and celebrations still revolve around the cycles of the farming seasons. Some things are just slow to change.

But then again, that's what this season is all about, isn't it? Slowing down and enjoying, even if it's only for a day or two.

Whatever the holidays are that you celebrate during this time of year — even if there aren't any — I hope you have the time to slow down and enjoy the world around you, and that you have the chance to be with people you love.

In Peace,
Rev Denis