

The Journey Journal



February 2026 Edition



I lived in the north for a long time. As you know, the winters there are very cold. Men wear huge down jackets and women mostly wear fur coats.

Once my grandmother and I were walking to a bus stop, but there was a snowstorm and visibility was very poor, so we were walking holding hands. My handkerchief falls down, and I shout to my grandmother to wait for me. I catch up with her, take her under her arm again, and we walk.

We walk until my grandmother called out to me from behind. I was holding some strange woman's arm! And she didn't even notice it. This is what winter relationships can be like!

From <https://brightside.me/articles/>



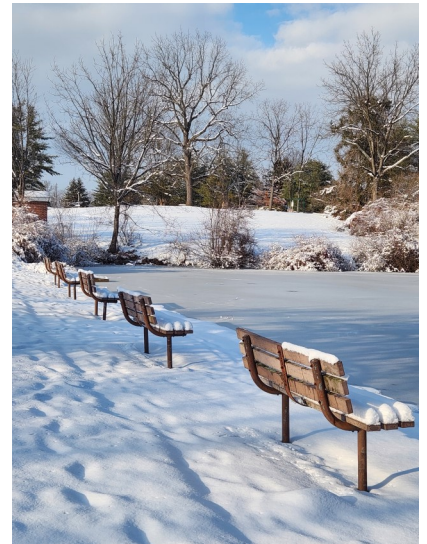
Winter's Hush

Snow falls light, a quiet show,
Blankets soft, the world below.
Trees stand still, their arms at rest,
Winter wraps us in its best.



Boots crunch loud on icy streets,
Breath hangs heavy in the freeze.
The sky feels close, the stars so clear,
A quiet calm that draws us near.

Lights glow warm through frosty glass,
A cozy promise as moments pass.
In winter's hush, we find our place,
A fleeting calm, a gentle space.



Pray With Us

~ Thresholds ~



At any time you can ask yourself: At which threshold am I now standing? At this time in my life, what am I leaving? Where am I about to enter? What is preventing me from crossing my next threshold? What gift would enable me to do it?

A threshold is not a simple boundary; it is a frontier that divides two Different territories, rhythms, and atmospheres. Indeed, it is a lovely testimony to the fullness and integrity of an experience or a stage of life; it intensifies toward the end into a real frontier that cannot be crossed without the heart being passionately engaged and woken up. At this threshold a great complexity of emotion comes alive: confusion, fear, excitement, sadness, hope. This is one of the reasons such vital crossings were always clothed in ritual. It is wise in your own life to be able to recognize and acknowledge the key thresholds: to take your time; to feel all the varieties of presence that accrue there; to listen inward with complete attention until you hear the inner voice calling you forward.

The time has come to cross.

♦ John O'Donohue, Ireland
Shared by Jim O'Hern, Spiritual Counselor



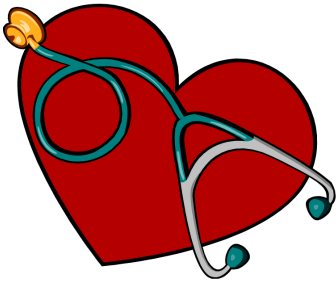
~ Fond Memories ~

I traveled to school by bus. Winters in the north can be very cold. Here I stand at 7 am at the bus stop, it's dark all around, freezing cold, and the bus doesn't come for 30 minutes. Then the bus finally arrived, but when I got in, there was only one seat left, but there were two big men sitting on either side of it, and there was almost no space for me.

So I crammed myself between them and it was like I was sucked in. It was the best ride I'd had in 4 years of school! The two men were so soft and warm, they held me tightly on both sides. I warmed up quickly and slept all the way to school on one shoulder or the other. Now when I can't sleep, I remember that morning sometimes with fond memories.



Make Sure You Wash Your Hands Properly



This time of year the flu, COVID and other viruses ramping up. It's very important now to wash your hands properly. Take your time when doing so and don't rush through this important task.



Word Scramble Answers

OOCHLETAC	CHOCOLATE	OBOST	BOOTS
SRCDA	CARDS	CDOL	COLD
ICCELI	ICICLE	OLVE	LOVE
CDUIP	CUPID	IWRTEN	WINTER
FBARYURE	FEBRUARY	CAYDN	CANDY
CSFRA	SCARF	NUOGOHRGD	GROUNDHOG
SIMTNTTE	MITTENS	SLAWKNOEF	SNOWFLAKE
KOCESIO	COOKIES	SEINNSDK	KINDNESS
OFTABOLL	FOOTBALL	WANSMNO	SNOWMAN
HARET	HEART	TLEVINENA	VALENTINE
UGH	HUG	RNSEDFPII	FRIENDSHIP
ESRO	ROSE	IKSNGI	SKIING

Crossword Solutions

1	2	3	4	5	6	7	8	9	10	11	12	13										
C	H	O	P	S		D	O	R	I	C		D	D	T								
14	R	A	B	A	T		R	A	I	S	E		R	A	H							
17	U	T	I	L	I	T	Y	R	O	O	M		A	Y	E							
				20					21													
21	S	C	R	A	P	P	Y			M	A	N	K	I	N	D						
23	P	A	E	L	L	A				R	O	T	T	E	N							
29	I	R	A	T	E				30	R	O	L	E	S		31	G	E	E			
34	T	O	D	O				35	F	O	O	D	S		36	T	R	A	S			
37	E	L	I					38	P	A	L	M	S		39	D	O	O	R	S		
				40				41	N	E	A	T	L	Y		42	R	E	M	O	T	E
43	A	N	G	O	R	A	S								45	S	O	L	O	M	O	N
46	C	O	R	N	E	L									47	S	T	A	I	R		
48	T	O	O					49	S	I	T	T	I	N	G	R	O	O	M			
54	O	N	O					55	I	S	A	A	C			56	H	O	R	D	E	
57	R	E	M					58	S	M	I	R	K			59	T	W	E	E	T	



Unscramble each set of letters relating to the wintry month of February.

OOCHLETAC _____

SRCDA _____

ICCELI _____

CDUIP _____

FBARYURE _____

CSFRA _____

SIMTNTE _____

KOCESIO _____

OFTABOLL _____

HARET _____

UGH _____

ESRO _____

OBOST _____

CDOL _____

OLVE _____

IWR TEN _____

CAYDN _____

NUOGOHRGD _____

SLAWKNOEF _____

SEINNSDK _____

WANSMNO _____

TLEVINENA _____

RNSEDHFPII _____

IKSNGI _____

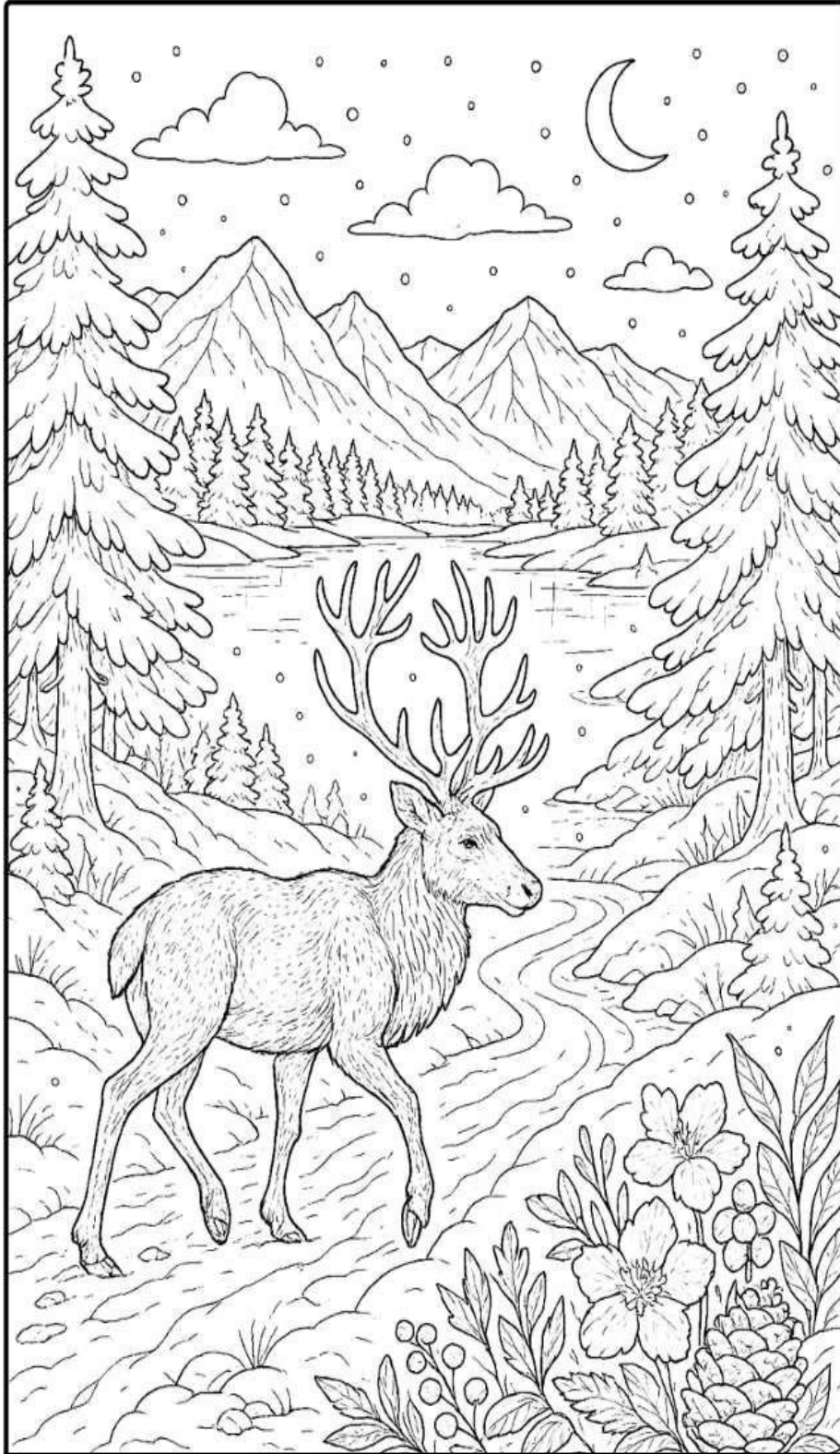


Fun Facts About February

- ◆ **February (do you see that extra "r"?) is one of the most frequently misspelled words in the English language.** In 2015, even the White House press office got it wrong-several times over the course of the month.
- ◆ **February is the only month that gets longer every four years.** Sure, everybody knows about leap years, and most know why we have them. But did you know that every so often, we need a "leap second," too? This is typically added to Coordinated Universal Time in June or December, because of irregularities in our planet's rotation.

February Coloring Page

~ *Winter* ~



February Crossword



ACROSS

- 1) Karate blows
- 6) Column type
- 11) Bug spray no more
- 14) City in Morocco
- 15) Cause of employee elation
- 16) "Yay!"
- 17) Washer's site
- 19) Sailor's "si"
- 20) Some precious stones
- 21) Space to maneuver
- 23) Feisty
- 26) The human race
- 27) Spanish restaurant staple
- 28) Obviously decayed
- 29) Ticked off
- 30) Screen personas
- 31) "Golly!"
- 34) List-heading
- 35) Nutritionist's topics
- 36) Refrain syllables
- 37) Inventor Whitney
- 38) Some mediums read them
- 39) Entranceways
- 40) With precision
- 42) Channel surfer's need
- 43) Some cats
- 45) Wise king of Israel
- 46) Wilde of old Hollywood
- 47) Step in a flight
- 48) As well
- 49) Place to talk and relax
- 54) A Beatle wife
- 55) "Love Boat" bartender
- 56) Mobile mob
- 57) Sleep lab study
- 58) "I told you so!" smile
- 59) Use Twitter



DOWN

- 1) French wine classification
- 2) Head topper
- 3) Japanese waist-cincher
- 4) City near San Francisco
- 5) Dot painting
- 6) Without any pizzazz
- 7) Dinghy directors
- 8) ___ de Janeiro
- 9) Sets aside from the others
- 10) Makes sidewalks
- 11) Formal reception area
- 12) Onetime Israeli leader Moshe
- 13) "Holy cow! ___ never believe it ..."
- 18) ___ keg (get the beer flowin')
- 22) Just manage (with "out")
- 23) "Cut off your nose to ___ your face"
- 24) Christmas tune
- 25) Library area
- 26) Jell-O formers
- 28) Like this puzzle's theme?
- 30) Restaurant freebies
- 32) Keep your ___ the ground
- 33) German industrial center of the Ruhr
- 35) Submissive mental attitude
- 36) "Annie" showstopper
- 38) Slight paralysis
- 39) Thrill to pieces
- 41) One billion years, in geology
- 42) Sorrel-colored horse
- 43) Thespian
- 44) Nary a soul
- 45) Cinnamon unit
- 47) Night sight in the sky
- 50) ___-chi
- 51) Smelter input
- 52) Emotion-filled poem
- 53) One who once played at Shea

BUT HOW MANY BATHS?

By Rob Lee

