

Journey Enews

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When It's Really Cold Outside by Bobby Duncan

Maybe it's been the same wherever you live? Our fall and winter weather in Kentucky hasn't been "normal" at all. In November we jumped right into winter without a chance to find our winter coats. We had November temperatures in the 60's and the 20's in the same week. December hasn't been much better. After single digit, even zero temperatures the middle of the month, so much for easing into extreme low temperature.



I wrote most of this article a couple weeks ago, during one of the really cold mornings. By the time you are reading this, who knows, we may have returned to 60's. Bring it on. At any rate, let me tell you one of my thoughts during a frigid morning. It was 7:30am in the morning on our rural farm road where Connie and I reside.

I was standing in the living room, gazing out the big picture window. The sun was rising in the East. I began to notice a light, overnight snowfall. The ground was covered with a blanket of white snow. My driveway would need shoveling, again. I glanced at the weather app and the outside temperature was a cold, frigid 5 degrees Fahrenheit.

I must admit the early sunrise on the light snowfall was beautiful, even for a winter scrooge like myself. In my mind I was rhyming, "Not a a creature was stirring, not even a mouse." But then I saw the birds. Lots of them around our bird feeder in the front yard. Birds, all sizes busy— pushing and shoving for a little space to land on.

The big woodpecker was King of the bird feeder. Nobody matched his size. He even kept at bay the Blue Jays who were very aggressive. Those poor little finch who didn't fit in with the big bullies—already enjoying bird seed, waited their turn on a frozen branch, nearby.

Then a God wink grabbed me. I thought, "How do birds do that? On a cold day like today how can they stand the freezing temperatures. Then I remembered an article I had just read on social media. The author was describing the many amazing God miracles in creation.

The title was: "Birds Never Get Cold Feet." I was curious and read on. Let me share a bit with you.

"Step outside barefoot in the winter and you would be in trouble fast. Frostbite would set in, pain would follow, and you would run to warmth. Yet birds perch on ice, snow, and frozen branches without—a care! Why do their feet not freeze?

Because God built them with a remarkable internal heating system. Their legs contain a tightly woven network of arteries and veins known as a wonder net. Hot arterial blood traveling downward at about 106 degrees Fahrenheit wraps around the cooler venous blood returning upward. This constant exchange keeps the feet supplied with enough warmth to prevent freezing while also reheating the blood that flows back into the body. Precision. Efficiency. Design." Biblical Creation, 11 December 2025