

# WATERS OF REST

## Boundary Waters

Waters of Rest offers summer Boundary Waters Canoe Area Wilderness trips! Permits go on sale for the BW on January 31 at 9am. We will purchase our permits for summer trips now while dreaming of the warm sun in the north woods. Registration and trip offerings for Waters of Rest trips will be posted February 1. Are you, a friend, a team, or church interested in a BW trip? [Check our website on Feb.1!](#)

## Off-Season

Water of Rest off-season is here! We are offering 2-hour walks in the Cities, integrating Word, wilderness, and wholeness just like we do on trail in the BW. Registration is now open and you are all warmly invited. [Sign up for a Wilderness Walk!](#)

## Sharing the Story

One of our goals for 2024 is to share the ministry of Waters of Rest and invite folks to participate as campers, volunteers, or donors. Would you set up a time at your church, small group, business, or any place for us to speak? We want to invite folks to sign up for off-season and summer. [Help us reach spread the word!](#)



## Welcome to Waters of Rest Reflections!

Enjoy these beautiful images from our trips. Enjoy the stories and reflections in *Tales from the Trail* and *Word in the Wilderness* on the back page. We hope these reflections raise our gaze to Jesus in His creation. We hope this is an invitation for us to slow down, be present where we are, and let Christ make us a little bit more whole.

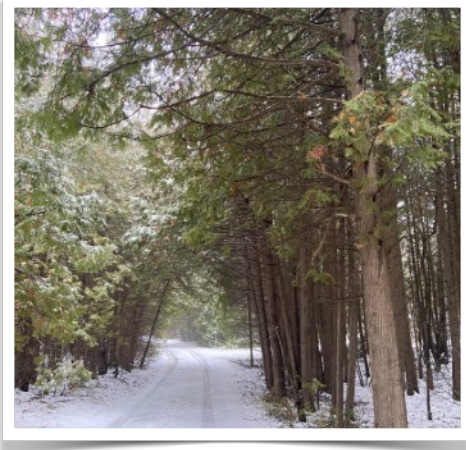
Some of you have been with us since the beginning when Waters of Rest was founded: its piloting years and nonprofit set up. And some of you are friends, campers, volunteers, donors, or folks drawn to the work God is doing in His Word and creation. You are welcome here!

Thank you for walking this journey together. Thank you for bearing witness to what God is doing. Thank you for sharing your stories of rest, healing, and surrender along the way. Thank you for being excited and hopeful for Waters of Rest.

You will see announcements and ways for you to participate on the left column of the front page. Please jump in, explore, and ask questions. We are intentionally word of mouth, using the website and newsletters to share. But you can use any method you like to share the story and invite folks on trips. Would you join us in this invitation to slow down.

Feel free to share, invite, and join in yourself. Let's go in 2024!

- Cathleen, Executive Director and Wilderness Guide



## Tales from the Trail

The past 3 years of founding and working at Waters of Rest have been a joy and opportunity to learn, grow, try, and try again!

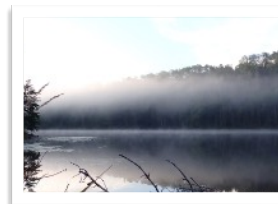
Coming as a math teacher, there are many things new to me: like strategic plans, fundraising, and networking. There are also many things that I am comfortable with and it is amazing that it is my job: like cooking over a fire, teaching camping skills, writing Bible study for trail, canoeing, and portaging.

I think of my campers as they step out, move out of comfort zones, and immerse themselves in the wilderness for 2hrs - 6days. I try to remember what it is like to stretch, grow, be vulnerable, and try new things. It has become a way of life for me now and God has been showing His kindness by letting me learn, grow, try, and then try again. He is so gentle!

Above is a picture from a hike I took in Canada over Christmas. I find I lean into silence, solitude, and simplicity more and more in my own life as I guide folks in it at Waters of Rest. I, too, am learning that Jesus is the best guide and greatest destination we all have.

## Word in the Wilderness

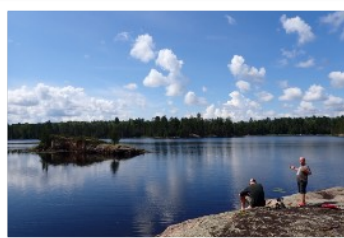
Have a look at the summer Boundary Waters trips! Start with the mornings. We start each morning in silence and solitude, finding a spot alone on the rocks by the waters to watch the mist over the lake and enjoy Bible study (trail study), while eating breakfast.



**Let me hear in the morning of your steadfast love, for in you I trust.  
Make me know the way I should go, for to you I lift up my soul.**

**Psalm 143:8**

During the day we travel, play, paddle, portage, eat, swim, solve problems, wait out thunder storms, and enjoy incredible views. Sometimes things are smooth and easy, or exciting and challenging! We also eat really good food, have great naps, and enjoy conversation..



Evenings finish up with chores and toiletries after dinner and then team time by the lake before sunset. A beautiful end to the day. Then we wake up and do it again. No phones, no appointments, no watches, no schedule. We just bring our Bibles, trail study, 2 pens, and one book.

**Come with Me by yourselves to a quiet place and get some rest.**

**Mark 6:31**

Come join us on a summer BW trip or an off-season walk! [Register here.](#)

