

WATERS OF REST

Boundary Waters Trips

Summer registration is open!

We have 4 trips offered July-Sept in the beautiful Lake Kawishiwi chain. Depending on who signs up, they could be women's, men's, or co-ed trips and are for adults ages 18-70s.

Trips are 6 days, 5 nights and include a spring training, packing party, and fall follow up. Learn more details about the trips [on the website](#).

Anyone interested can fill out an [Interest Form](#) to start the process. Registration is open Feb-May.

Fall, Winter, Spring

Wilderness Walks are here!

Waters of Rest offers 2-hour gentle hikes right here in the Twin Cities on Saturday or Sunday afternoons.

Come experience silence, solitude, and simplicity in the midst of the city. The excursions integrate the Word, wilderness, wholeness aspects of the Boundary Waters trips in a way more people can enjoy more often. Learn more about the trips [on the website](#).

Participants have loved the hikes so far and have felt like the 2 hours goes so fast and like they could keep going for more! Come experience it.



Welcome to Waters of Rest Reflections!

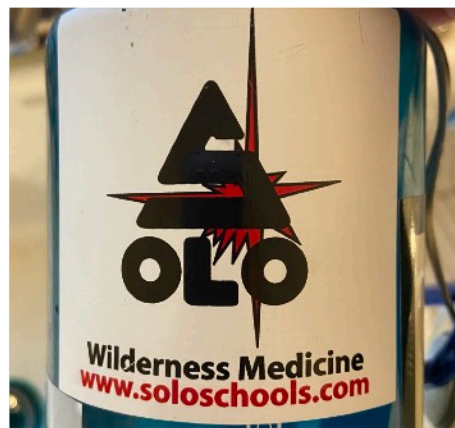
Dear Friends of Waters of Rest,

The summer season is near! Last month we purchased permits for trips. We got entry point 37 to Lake Kawishiwi with route to Lake Polly. It's a beautiful chain of lakes with options for day trips and exploring, while being a little off the main routes. Now is the time to consider coming on a trip or letting a friend know who might be interested. We are praying the Lord brings 5 campers and 1 returning camper (co-leader) on each trip and that He puts them together for the purposes He has!

During the fall, winter, spring we are now offering Wilderness Walks and I hope many of you can come on those. Do you want to get outside for 2 hours on a weekend afternoon? Do you want to learn how to travel in silence, solitude, and simplicity? Do you want time away from the stresses and grind of life? Does your heart long for beauty? Do you want to try this in community and with a guide? Come and join!

Waters of Rest is shared by word of mouth and our website. Would you share about it with your church, work community, friends, and family? Also, take a minute to see if you'd like to register for a Boundary Waters trip or Wilderness Walk. We'd love to have you experience it firsthand!

- Cathleen, Executive Director and Wilderness Guide



Tales from the Trail

Here's a picture of a sticker on my Nalgene water bottle. Take a minute and read it. Observe it. Soak it in.

Tales from the trail are short stories from the life of a wilderness guide. Usually they are funny, meaningful, or encouraging. They are meant to help you feel like you are there on trail and with us. This one is from Minneapolis on a day I was working on the nonprofit. Here goes:

I was at a coffee shop on Lake Street with my fundraising mentor. A barista came to tell us she was closing.

She glanced at my water bottle and said, "Oh, wilderness medicine!"

I was like, "yep" and smiled.

Then she said, "oh, like cannabis?"

It took me a *really* good minute...

"No, more like search and rescue."

"Oh." We couldn't stop laughing!

Funny things happen on trail. Funny things happen when you are in Minneapolis working on getting to trail. Funny things happen all the time! God created humor; He must be the funniest of all! Enjoy seeing His humor as you walk your trail. :-)

Word in the Wilderness

I want to take a little time to highlight **Wilderness Walks**: what they are and what they are like. First, our theme verse for all our offerings.

Come away by yourselves to a remote place and rest a while.

Mark 6:31

What do you hear in that verse? Take a minute to read it and listen.



I hear invitation. I hear Jesus calling His disciples (and us). I hear quiet. I hear getting away to a different place. I hear shalom. I hear sabbath rest.

This is what we are offering with **Wilderness Walks**. We are inviting you to come away for 2 hours to a beautiful place to experience peace. In the verse, Jesus is talking with the disciples and "yourselves" is plural. Together and alone they and we go.

I take these times away myself. I've been doing it before Waters of Rest was created. In fact, that is really our purpose: to invite others with Christ's invitation to rest with Him, and to do it together. To learn together and to experience together. Today I took the midday out with the Lord. As you know, we do not take phones or watches on trail on on the walks, but at the end I took some pictures for you, because I knew I was sending the newsletters this afternoon. This was my office today and through lunch. My heart needed it. My body needed it. My mind needed it.



I needed to get away, to be quiet, to listen to God, be refreshed by Him. I just walked and then sat and then ate and then wrote and then walked. It was simple, and a perfect gift from the Lord. Will you join us on a **Wilderness Walk**? [Sign up now.](#)

