

WATERS OF REST

Boundary Waters Trips

Quiz Time!

1. What month(s) do we train for the BW trips? When do we travel?
2. How old do you have to be to go on a Waters of Rest BW trip?
3. What is the name of the Bible study we do on the trips?
4. What 2 strokes steer a canoe?
5. How heavy (light) are the packs and canoes?

Fall, Winter, Spring

Quiz Time, continued!

6. What do you bring on a Wilderness Walk?
7. How many people can go in each group? And what ages?
8. How far to we walk and in how long of a time period?
9. What are 3 spiritual practices we embrace on the walks?
10. What was the theme from Scripture for the winter walks?

Spring Training - June; Trips - July - September | 18+ | Trail study! | C-stroke and J-stroke | 45 pounds each | Just a water bottle! (Phones and watches go in my bag) | 10, 14+ | 2 miles in 2 hours | Silence, solitude, simplicity | Feast in the wilderness



An invitation to slow down.

What do you do all year round when you're not guiding?

This is a good question people have been curious and brave to ask. Mainly learning and growing. Building the structure of the nonprofit so Waters of Rest is healthy and sustainable. Meeting with mentors and advisors. Connecting with donors, potential campers and participants, and other people doing similar things. [Amplify Mission Network](#) has continued to be a big part of my journey, after receiving coaching and presenting to their group, I'm now in their yearlong Learning Academy for executive directors. Then the normal stuff of business: month end financials, strategic planning, prayer retreats, and administrative work.

I'm learning to rest and inviting others into it. Each [Wilderness Walk](#) is a beautiful experience in a group to intentionally be without phones and watches, intentionally be outside, intentionally quiet down, and also intentionally be in God's Word as a group. Those are the times when all the hard work of the year-round executive director roles make it all worth it! Learning from the participants and continuing to develop programming that can meet the needs and heart-desires (whether known or not yet known) is a great joy! We have a prayer team, a board, an off-season advisory team, and an advisory team from church who help with the mission and vision. All this to invite more and more people to *come away with Jesus to a quiet place and to rest a while.*

- Cathleen, *Executive Director and Wilderness Guide*



Word in the Wilderness

This Sunday our board enjoyed a time at the beginning of our meeting reflecting together on resting even when all the work isn't done yet.

Can you think of any place in Scripture where the work is completely done?

I'll block you out with pictures to give you time to think before reading on. :-)



Tales from the Trail

Today's story comes from a BW camper from 2 summers ago. Read her words slowly and savor the time spent on the trail. That's her above!

A highlight of my summer, this special time in God's creation offered more than I could have imagined!

Freed from the distractions of technology, every experience was heightened ...

the peace of morning trail study, coffee and quiet time with God ...

the beauty of calm waters at sunset from the canoe, while sharing and praying for each other ...

the laughter and joy that comes from unique bonding "experiences" ...

the taste of food made over an open campfire ...

the sense of accomplishment from developing new skills, while working as a team ...

and memories to be savored and appreciated long after the trip home!

I highly recommend a Waters of Rest trip!



So the heavens and the earth and everything in them were completed. On the seventh day God had completed His work that He had done, and He rested on the seventh day from all His work that He had done.

Genesis 2:1-2

When Jesus had received the sour wine, He said, "It is finished." Then bowing His head, He gave up His spirit.

John 19:30

The One seated on the throne said, "Look, I am making everything new. ... Then He said to me, "It is done!"

Revelation 21:5-6

Here we have 3 major things in history that are completely finished: God creating the heavens and the earth, saving mankind, and making of all things new at the end. God does a good job of finishing His work!

We are living in the midst of a curse where work is cursed and hard and not always productive (Genesis 3:17). We are living in the midst of a call from God to pause, rest, and know that He is God and we are not (Leviticus 23:3). **So how do we rest when the work is not done???**

This is the dissonance that God is calling us to step into at least weekly, if not every day - and some times every moment. God gives invitations in the Bible to rest in Him: Selah (a short pause in the moment, seen in the Psalms), Shabbat (a day of rest each week), and Shalom (an eternal peace, rest, wholeness, and feasting). So we choose to believe His call. We choose to rest. We choose to pause. We choose to stop and enjoy. And we choose to be made whole by Jesus, even in this broken world.