

WATERS OF REST

Boundary Waters Trips

What are BWCA trips like?

- My trip to the BWCA with Waters of Rest was just what my overstimulated mom brain needed - a time to slow down, re-focus, and have some uninterrupted time with the Lord in his beautiful creation. I returned home feeling inspired and refreshed.

- 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 one another.

Fall, Winter, Spring

What are Wilderness Walks like?

- Peaceful, a needed break, exercise
- Communal, yet surprisingly intimate
- His faithfulness meeting me where I was; His gentle and calming stillness
- Surprised by how little time it took to feel rejuvenated
- Not having to lead the way, not having to make decisions, not having to wonder where to go next



The wilderness is calling! Literally, it's time to sign up.

Waters of Rest has outings for almost every body to enjoy wilderness.

It's time to sign up for a Spring Wilderness Walk (2 hours in Apr/May) or Boundary Waters Canoe trip (6 days in Jul/Aug/Sept).

All registration are available when you click [right here](#).

If you've been on a Wilderness Walk or BWCA trip, you are invited to come again. Each trip is an opportunity to go deeper with the Lord and will be unique and different! Each group adds a new flavor to the time.

If you've never been on an outing with Waters of Rest, now is the time! We have 4 Wilderness Walks this spring (new theme and route) and also 4 Boundary Waters summer trips (men's, women's, or co-ed trips).

Hear for yourself from past campers and participants in the left column.

Would you help Waters of Rest invite folks by emailing 3 contacts, personally inviting 2 friends, and posting 1 thing on social media?

Our website is the hub for info and registration. www.WatersOfRest.org

And then follow up with them in a week... folks often need reminders! Let's fill these trips. April is our last month for recruiting - let's do it!

- Cathleen, Executive Director and Wilderness Guide



Tales from the Trail

This picture is of the YMCA camp on the edge of the Boundary Waters I grew up going to. Each summer our family spent a week here at the rustic family camp and then a week in the Boundary Waters. My brothers and I worked here in the summers during high school. Maybe you have a nice place you remember going with your family? Or a summer camp you went to as a kid? Or not, that's OK. :-)

Think of somewhere or someone that was a safe place, a place you looked forward to being, where you could explore, relax, and have fun! Our world now has become so fast. Do you remember just sitting and looking up at the clouds? Not having anything to do but be back for dinner? Or when the plan for the day was just to enjoy the beauty around you in a variety of ways?

This is what Waters of Rest is hoping to bring back to us. Whether you go on a 6-day Boundary Waters trip or a 2-hour Wilderness Walk, the hopes are the same: slow down, be present, remove distractions, look at the beauty around you, let your body chill out a bit, and let your heart connect with God. Waters of Rest provides opportunities for wonder, stillness, and new adventures.

Come along with us this year!

Word in the Wilderness

Here's the part about Berlin, Brussels, and Budapest. :-)

I was on a quarterly prayer and planning retreat for Waters of Rest. There was another group there: missionaries on a debrief retreat from all over the world. It was a small group of about 10 missionaries and 5 member care specialists from their denomination. It was funny because none of the missionaries knew each other, they also didn't know me, and some thought I was part of the group or from Canada, because I was wearing my Toronto sweatshirt the first day! It was a joy to eat meals with them in-between hiking, praying, resting, and dreaming the next steps of Waters of Rest each day!



And we all,
who with unveiled faces
contemplate the Lord's glory,
are being transformed into
His image with ever-increasing
glory, which comes from the
Lord, who is the Spirit.
2 Corinthians 3:18

As we were talking, I was so excited because a couple topics kept coming up between us at meals: **member care** (counseling that is now provided more regularly for missionaries), **soul care** (learning to care for the whole person and have healthy lives), and **spiritual formation** (slowing down, listening to God, and Him transforming us inside out). They were doing what Waters of Rest hopes to continue to grow in!

I got to spend time with these missionaries and their care team who were intentionally getting away to the wilderness, spending time with the Lord and each other, reflecting and processing on their time in the field (and home leave), and caring for each other at a soul level. They did it for me, too! I came into my retreat from a hard time. I needed to hear and experience the tender love of God, be seen and heard. And I was - by our brothers and sisters living in Berlin, Brussels, and Budapest. The work God is raising up Waters of Rest to do is happening all around the world. And we are just a little part of His big Spirit's work here in MN. :-)

