



SOUL ACTIVITY

FRANCIS & FRIENDS

GO CANOEING

written by Rich Nelson

Activity Instructions

There are few places where I personally find as much peace as I do canoeing or kayaking down a calm river. Gliding over the water, listening to the birds and other wildlife, feeling the sun, and working with the river to maneuver, I feel at one with the world and with God.

It's also a great family activity. Most families can fit together in a large canoe. Children can help paddle or leave the heavy work to the adult(s). There is often plenty of leisure time to let the river carry you, leaving you free to talk, point out things to kids, and teach them to paddle. Take note of how the river carries you and what it's like to work with the flow or against it. The occasional obstacles can provide some brief excitement. Make sure you are prepared to get wet just in case. And have fun! Remember, the Soul Unit is about building strong relationships.

Please note: As with any activity, there is some inherent risk and by doing this or other activities, you are assuming all risk and responsibility for your family. Making sure everyone has secure fitting life vests and choosing a river that is not too wide or too deep can help mitigate against risks. Helmets are increasingly a rental option and a good idea.

If you have never gone canoeing before, you can find some information for beginners at <http://www.canoeing.com/beginner/>

Discussion Questions

1. What was your favorite thing about canoeing?
2. What was your least favorite thing?
3. Would you want to go again sometime? Why or why not?
4. Floating down a river can be a lot like life. Can your family names some ways that learning to canoe is like the rest of life?
5. Where did you see God today?

Supply List

You don't need to own or buy anything to go canoeing. Search online for a local canoe rental place and check that they have boats, paddles, life vests, etc. Most places rent this equipment at a reasonable price, will give you a short course in how to paddle for free, and will come pick you up further down the river.



Prayer

Gracious God, the Bible says that in the beginning you "moved over the waters." Thank you for the chance to move over water today. Help us learn to work with you and go where you are guiding us. Amen.