

## **Purpose and Format of a Contemplative Paddle**

In our busy often anxious world, it is good to slow down, rest and renew. Paddling on the water is an invitation to breath more deeply and listen. We are guided by the words of the prophet in Isaiah 55:3 'Listen and your soul will live'. On the water we paddle slowly, and sometimes drift. We minimize talk to simply listen to the myriad sounds of creation and for how the Creator may be speaking into our lives. We share this experience in community even as we paddle apart. We normally paddle for 2 – 3 hours, sometimes with a mindful walk on a local beach in the midst of the paddle.

Prior to launch we have a safety orientation including directions on how to get safely in and out of a boat and tips on how to paddle enjoyably. You'll be introduced to a few simple meditative practices to quiet the busy mind and be present in the moment. We will paddle slowly and at a pace that works for everyone. Our purpose is to relax, reflect and renew.

Below is a list of specifics to ensure everyone has a safe and enjoyable experience. If you have questions or to reserve your place on a Contemplative Paddle, please email your guide, Kent Harrop ([kharrop@fbcbeverly.org](mailto:kharrop@fbcbeverly.org))

### **Contemplative Paddle: Protocol for being safe during the pandemic.**

- Limited to 8 participants plus guide.
- Participants must be able to get in and out of boat without assistance.
- When arriving at launch site, wear a mask and stay by your car. Note: Participants will wear their mask at all times while on land.
- For those who bring their own boat, Kent will direct you individually to take your boat to launch site. For those who have reserved a boat it will have been sanitized and ready for your use.
- Kent will invite participants to gather in a circle standing 6' apart for welcome and orientation.
- Participants will be invited one at a time to launch their boat. Once on the water masks can be removed (as being on the water allows for social distancing).
- When returning to land, Kent will land first and invite participants to land individually (wearing mask). Participants will then return to their cars.
- After everyone has left, Kent will sanitize the boats and equipment (paddles and lifejackets) for next use.

## **What to Bring and Wear for the Paddle**

Dress for the weather: Dress in layers (avoid cotton and choose a layer closest to your body which wicks moisture), wear a hat, shorts or a bathing suit, bring a snack and water, wear footwear you don't mind getting wet (sandals or old sneakers), wear bug repellent (can be buggy at launch but not on water).

## **Boats for Loan or Bring Your Own Boat (BYOB)**

Several times per season (May – October) we paddle on Chebacco Lake in Exeter, MA. A limited number of canoes and kayaks and paddles and flotation devices available for loan. Canoe requires two participants from same household. No fee. Or, BYOB. Note: Each season we also paddle on the Ipswich River (BYOB), plus an annual ocean paddle to Misery Island in September with a guide/rental company Coast to Coast Paddle (BYOB or rent a kayak). Fee required for this event. To participate in any paddle event RSVP to Kent ([kharrop@fbcbeverly.org](mailto:kharrop@fbcbeverly.org))

## **Inclement Weather**

An event will be cancelled if there is heavy rain, strong winds or lightning. Your guide will watch the weather and if need be will notify the group in a timely manner. (A soft rain however can provide a wonderful setting for a paddle, when wearing the proper clothing, it can be an enjoyable and memorable experience.)

## **Your Guide**

Kent Harrop is on the pastoral staff of First Baptist Church in Beverly, MA. He has been kayaking for 20 years and leading contemplative paddles for FBC since 2014. Kent was introduced to contemplative paddling while on a 10 day Zen Meditation kayak trip to the Tongass Wilderness, in Alaska in 2002. Our Contemplative Paddle of 2 – 3 hours offers a taste of that experience, that can be carried over into every part of life. Kent is a graduate of the Shalem Institute for Contemplative Leadership and currently in training to be a Spiritual Director rooted in the Franciscan tradition.