

Challenge yourself physically and mentally. Find yourself growing and stretching. Get some quiet and solitude for journaling, and have meaningful conversations with others in small group times around the campfire this summer.



- Top-rope climbing & rappelling (beginning and intermediate routes) on 180-foot cliffs of Palisade Head
- Indoor climbing at Vertical Endeavors, Duluth
- Rafting on the gorgeous and wild St. Louis River

Sign up!

Scan QR or visit flcfargo.org



NORTH SHORE, MINNESOTA

ROCK & RAFT

JULY 6-9

Contact Rollie Johnson with questions: 701.235.7389 or rjohnson@flcfargo.org

This trip to the beautiful North Shore of Lake Superior is four days and three nights jammed-packed with exploration and insights to help you in your Christian Faith Journey while connecting with new and old friends. Departs July 6 at 8 a.m.

Required Training Sessions:

Fargo Climbing - Mondays, June 13, 20, 27

Rappelling of the Church Roof - Wed. June 29

Cost: \$275 (does not include 4 meals)

What to Bring

Sleeping bag, pillow, ground pad, rain gear, long underwear tops & bottoms, fleece jacket, outdoor/camp clothes, bible, pens, water bottle, sunglasses, bug spray, sunscreen, swimsuit, towel, toiletries, Frisbees, footballs, etc.

Climbing Equipment

Harness, helmet, two locking carabineers, belay tool, prusik sling (5' of 6mm or 7mm), shoulder-length sewn runner, climbing shoes (strongly recommended). Rollie has some climbing equipment to loan out.

Concepts & Topics

Although there is much to learn in terms of physical skills and techniques, our higher purpose for **Rock & Raft** is to grow emotionally and spiritually as men and women of faith. Each training session will involve bible study, discussion, and prayer time. You will also be journaling throughout your training and climbing experience. Rock climbing offers multiple parallels to many aspects of life and our Christian faith. The following are just some of the areas we will explore together:

Trust/Faith/Belief - in relationship to others, ourselves, and God.

Overcoming Obstacles-Problems-Difficulties in life. Problem solving

Fear/Anxiety - What are we actually afraid of? How do we understand, overcome, or work through our fears and worries? What does it mean to be courageous in life?

Risk-Taking - A look at the parable of talents! What are good risks? Bad?

Success/Failure - How do you define success on the rock? In the water? In life?

Responsibility - Ownership of one's own actions, choices, and directions.

Community - Strong connections to fellow Christians makes life more fun, exciting, bearable, and allows us to strive for the impossible together.

