

*Twenty-seventh Sunday after
Pentecost... Luke 13, 10-17*



How to Paddle a Canoe

*Be strong,
We're not here to drift
We have hard work to do
And paddles to lift.*

—A Good Dad Poem about Canoeing

When kids have to ride in the backseat, they feel left out and unimportant. No one ever asks their advice, and they can't even see down the road. But in a canoe, suddenly a kid gets to sit up front. At last! She feels as if she's in charge of the family fun.

Happily, you can let your kid relish the thrill of paddling her own canoe and still do it safely because you know a secret; it's the paddler in *back* who controls the boat.

The person in front only has to paddle straight. But she still has to paddle to do her part. So teach your child the skill of paddling a straight canoe. It's simpler than she might think.

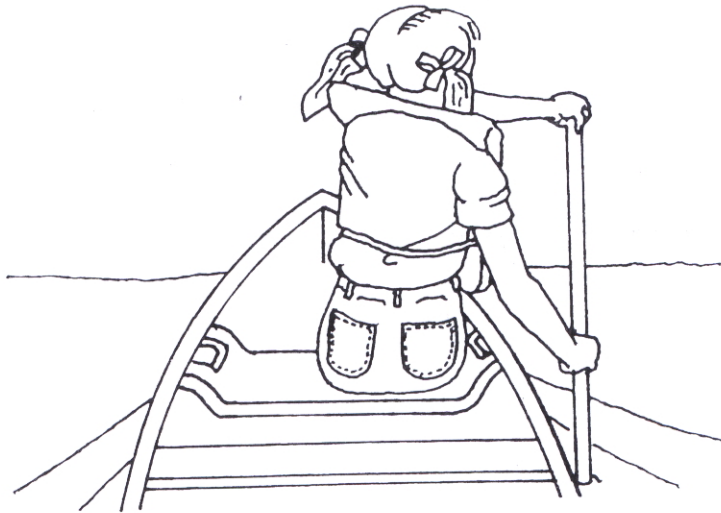
1. Start in easy water like a still lake or a smooth stream. Have your kid hold the paddle as straight up as possible (figure a). One hand should be on top of the paddle, the other hand on the throat of the paddle, about six inches above the blade.

2. Now have her reach forward as far as possible. Her upper hand will be far over the gunwale of the canoe (figure a). She'll pull straight back, keeping the path of the blade parallel to the direction the canoe's going (figure b). She should reach forward with her upper hand and pull with the lower hand. Reach, pull. Reach, pull. It's that simple. It's important to paddle cleanly. If she lets the paddle wobble, the canoe will turn. But that's no problem because you're there in the back, quietly ready to adjust.

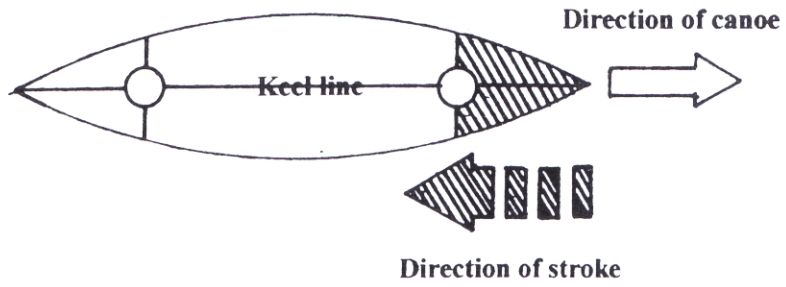
3. Now practice paddling in unison. Have her paddle on the left, while you paddle on the right. If the canoe begins to head too much toward the right, switch sides.

4. The backstroke—which is really the canoe's "brake"—is the exact opposite of the stroke in step 2. Teach your child to reach as far back as possible with her paddle and push forward while you do the same.

Gradually, as she gets more strokes under her belt, your child will learn how the canoe responds to each turn of the paddle. You'll have remained the unseen hand that makes everything safe while she relishes her moment of "driving." And she'll also have learned that two people can often get ahead faster by pooling their strengths and working together.

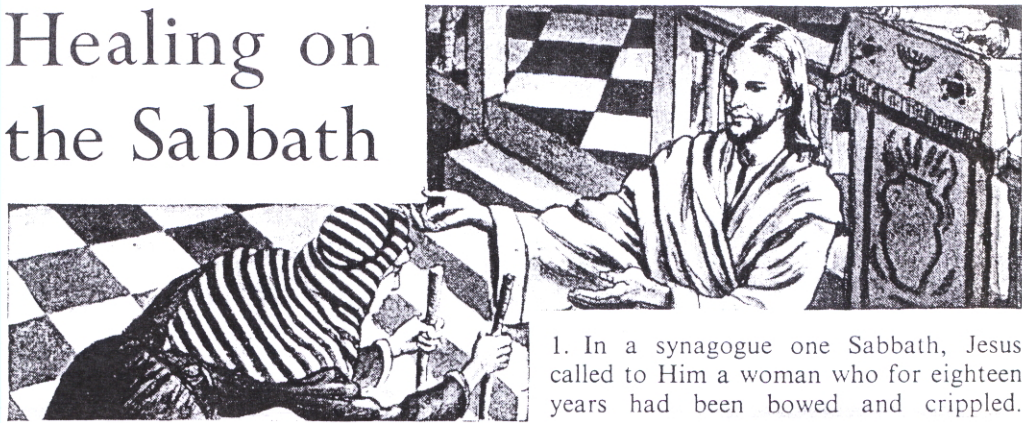


(a)



(b)

Healing on the Sabbath



1. In a synagogue one Sabbath, Jesus called to Him a woman who for eighteen years had been bowed and crippled.



2. Laying His hand on her He said: "Woman, you are loosed from your infirmity." At once she stood upright, praising God. The ruler of the synagogue protested that people should not come for healing on the Sabbath. "But on the Sabbath you loose your ox or ass for water—ought not this woman to be loosed from her bond?" said Jesus.