

Table 5

Canoe Trip	Life
A trip has a beginning and an end.	Each part of life has a beginning and an end.
A map, drawn by others before us, helps us know where we are going.	We can learn from others who have lived before us.
The water changes continually—sometimes it may be calm and flowing in our direction, but other times it may be rough and going against us, slowing our progress.	The circumstances of life change continually—sometimes life is easygoing and relaxing; other times it is difficult and it is hard to make progress.
Those who join us on the trip provide help and companionship, or they may make our journey miserable at times.	People around us can help make life easier and they may also cause us great pain at times.