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PETERBOROUGH CENTRAL | PETERBOROUGH PORTUGESE | SOUTHEND



SEC AREA 8 PATHFINDERS



VOYAGER E CAMP PACK



*During this camp you will receive the following honours
and also some requirements:*



Health & Fitness - Temperance Honour

1. Memorise and sign the Temperance Pledge

NAME:

DATE:

Realising the importance of a healthy body and mind, I promise, with the help of God, to live a christian life of true temperance in all good things and total abstinence from the use of tobacco, alcohol or any other narcotic'

SIGNATURE:

2. Memorise two of the following texts and two of the following quotations from the writings of Ellen G. White.

Bible Texts:

- Romans 12:1-2
- 1 Corinthians 10:31
- 1 corinthians 6:19,20
- Proverbs 20:1
- Galatians 5:22,23
- 3 John 3

Quotes:

- *"True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food."* Temperance, p. 3.
- *"The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks."* Counsels on Diet and Foods, p. 428.
- *"...temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained."* Temperance, p. 201.
- *"A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering, human will to the omnipotent, unwavering will of God."* Temperance, p. 113.
- *"Tobacco is a slow, insidious, but most malignant poison, in whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible."* Ministry of Healing, p. 327-328.

3. Do four of the following: Refer to Adventist Youth for Better Living (AYBL) Manual for details. – [you must insert evidence for whichever four you decide to do](#)

- a. Write and deliver a five-to eight-minute speech (oration).
- b. Write an essay on alcohol, tobacco, drugs, or physical fitness of 150 to 200 words and your commitment to a healthy lifestyle.
- c. Write a four-line jingle on a Drug Prevention topic.
- d. Draw/make a poster 22 x 28 inches (55.9 x 63.5 cm) that tells about the harmful effects of a drug, tobacco, or alcohol.
- e. Make a substance abuse exhibit for a local shopping mall, library, or school.
- f. Make a scrapbook of at least 20 pages showing various Drug Prevention advertisements.
- g. Share with at least five other persons (excluding your immediate relatives) what you have accomplished from the above list and obtain their signed Temperance Pledges.

4. Know and explain:

- a. The reason behind the warning on the cigarette packet: "Warning—smoking is a health hazard."
-
-

- b. Seven ingredients of tobacco smoke:
Nicotine:

Arsenic:

Formaldehyde:

Carbon monoxide:

Cyanide:

Phenol Benzopyrene:

Ammonia:

- c. Know and explain:

Emphysema

Cirrhosis

Addiction

Know the effects of during pregnancy:

tobacco

alcohol

drugs

5. Read the chapter "Stimulants and Narcotics" in the Ministry of Healing. Be able to discuss briefly or provide a written summary approximately two or three paragraphs in length.

6. After studying the following materials, list three things that contribute to temperance and good health. (Other than abstaining from that which is harmful.)

- a. Temperance page 139 paragraph 1
- b. Counsels on Diet and Foods, page 406 paragraph 1
- c. Temperance page 140 paragraph 2
- d. Temperance page 143 paragraph 3
- e. Counsels on Health, page 127 paragraph 4
- f. Temperance page 148 paragraph 2

- 1. _____
- 2. _____
- 3. _____

7. . Discuss the following situations and role-play what you would do if:

a. Your best friend asks you to try a cigarette.

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b. A classmate offers you money to sell marijuana.

--

c. An older relative offers you a drink of beer.

d. The smoke from a stranger's cigarette is bothering you.

e. A friend asks you to smoke marijuana.

f. You are at a party with a friend, he gets drunk and insists on driving you home.

1. Study the effective refusal technique of Joseph and explain why it is important to use it today.

Checklist to help you develop in develop skills in saying 'NO'

Question	YES/NO
Does it break God's Law?	
Will any of those who love me be disappointed in me?	
Regardless of what others say, do you think it is the right thing to do?	
Will it harm relationships with others?	
How will it affect your friend?	
Will you think well of yourself?	
Hold up your decision to the light of publicity?	
Would you be honouring your God, family, and friends if they knew?	

How to say NO!

- Say a simple, forceful NO!
- Ask, 'God can I do this thing and sin against God?'
- Leave the scene
- Make an excuse
- Ignore the suggestion
- Act shocked
- Use flattery
- Avoid persons and situations that weaken your resolve
- Talk to parents, teachers, pastors
- Think of the consequences

1 Responsibility – Take it - verse 9

2 Recognises Sin – Verse 9

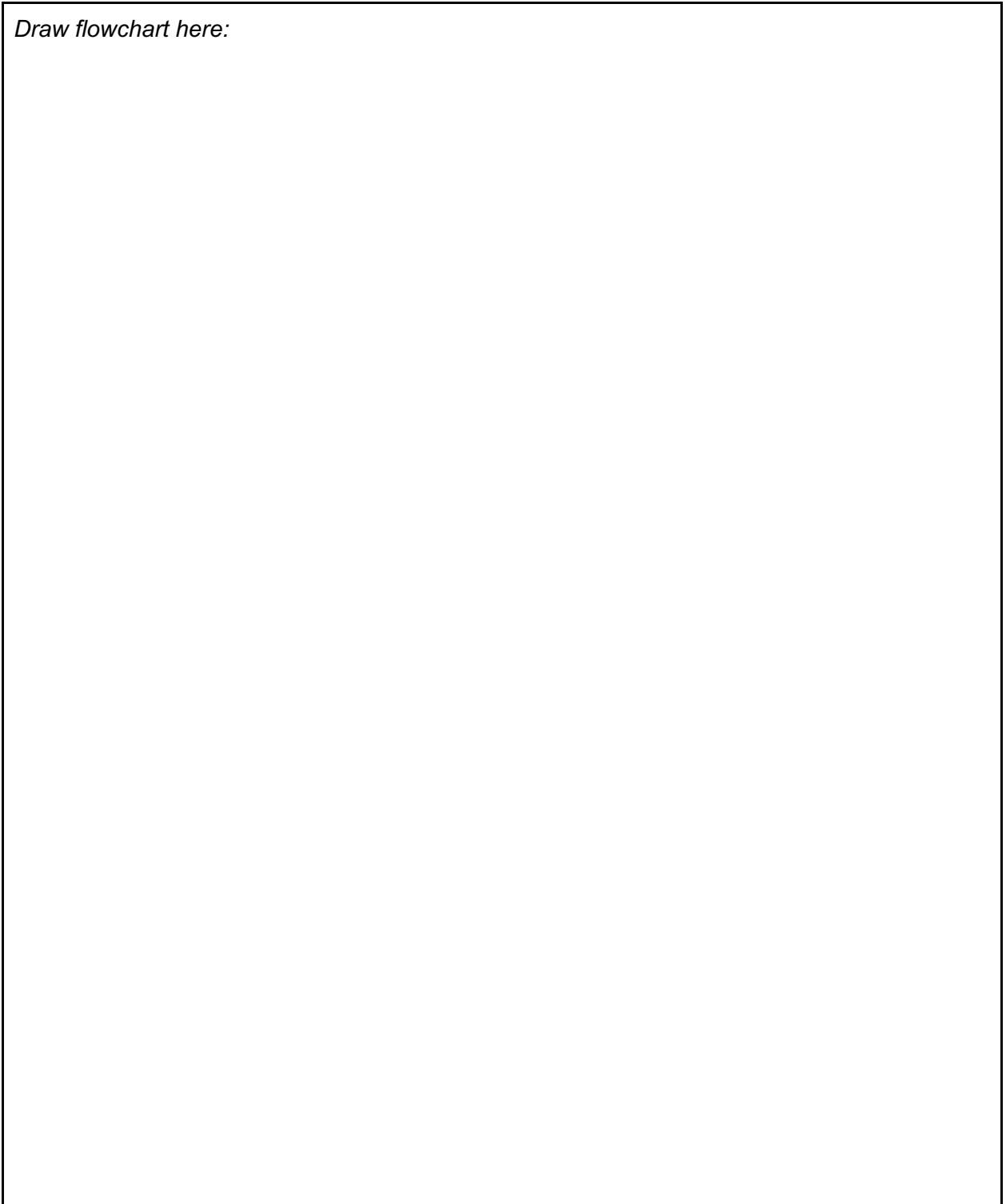
3 Respond to God – verse 9

4 Refuse to be present – verse 10

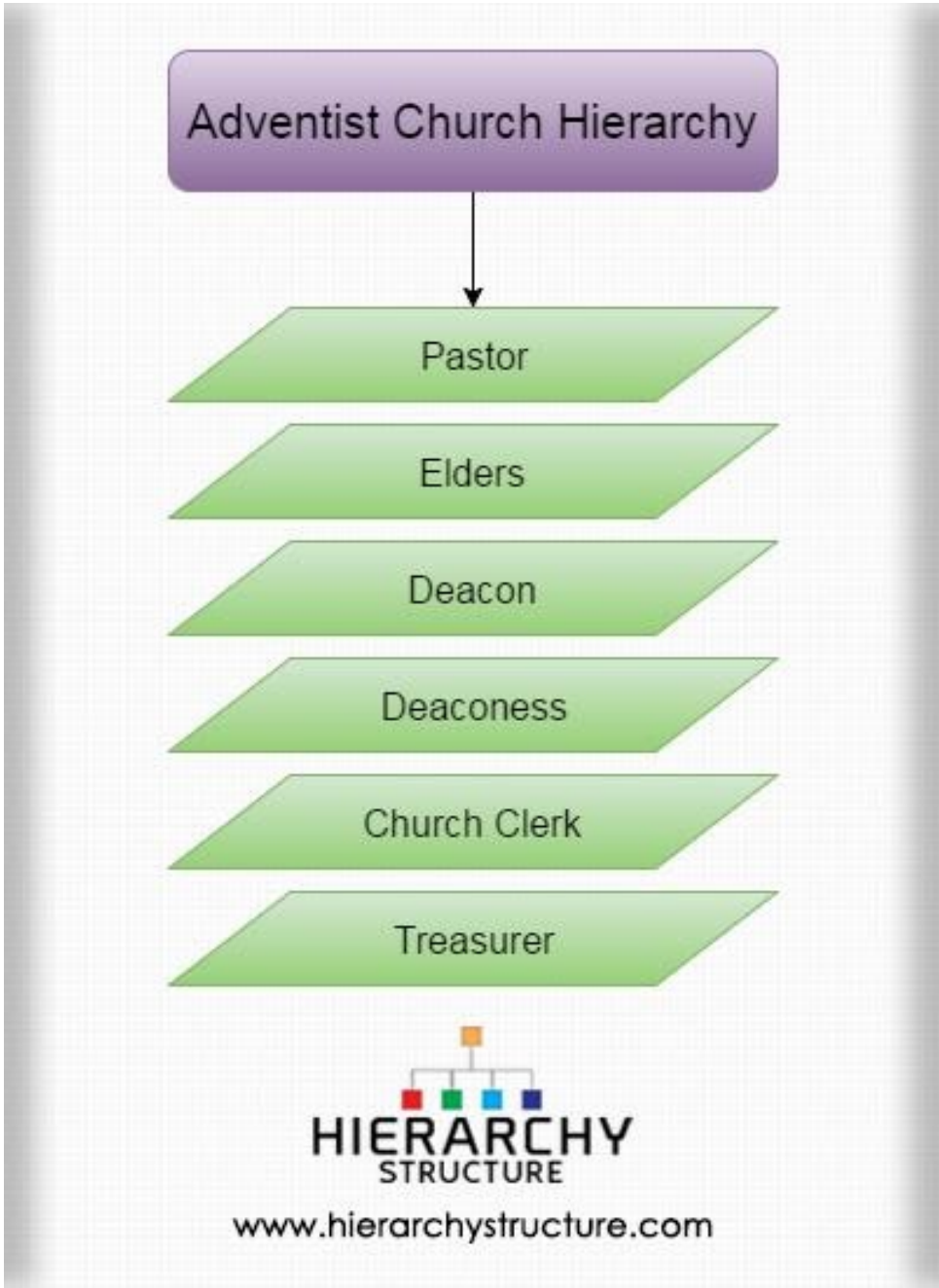
5 Run – verse 12

1. Discuss and prepare a flowchart on a local church organisation and list the departmental functions. Briefly state what each does.

Draw flowchart here:



Departmental functions:





Nature Study - Fern Honour

1. How are the ferns different from flowering plants or trees
Ferns

Flowering Plants or Trees

2. a) Where is the true stem of a fern?

b) What part grows above the ground?

c) What is the most favourable environment a fern grows?

3. How do ferns produce?

Locate and describe three kinds of Sori

1.

2.

3.

4. How do spores travel from the parent plant to the new location?

How long does it take for a spore to develop into a mature plant?

Observe from live ferns or pictures how a young fern is different from and adult fern

5. Know the medicinal uses of three ferns.

Type of fern	Medicinal uses

6. Draw or photograph 10 kinds of ferns and properly identify them

7. In addition to the common ferns there are fern-like plants known as club mosses and horsetails. Be able to recognize two club mosses and one horsetail.

Club Mosses

Horsetail Moss

1. _____

2. _____

How are they similar to ferns?



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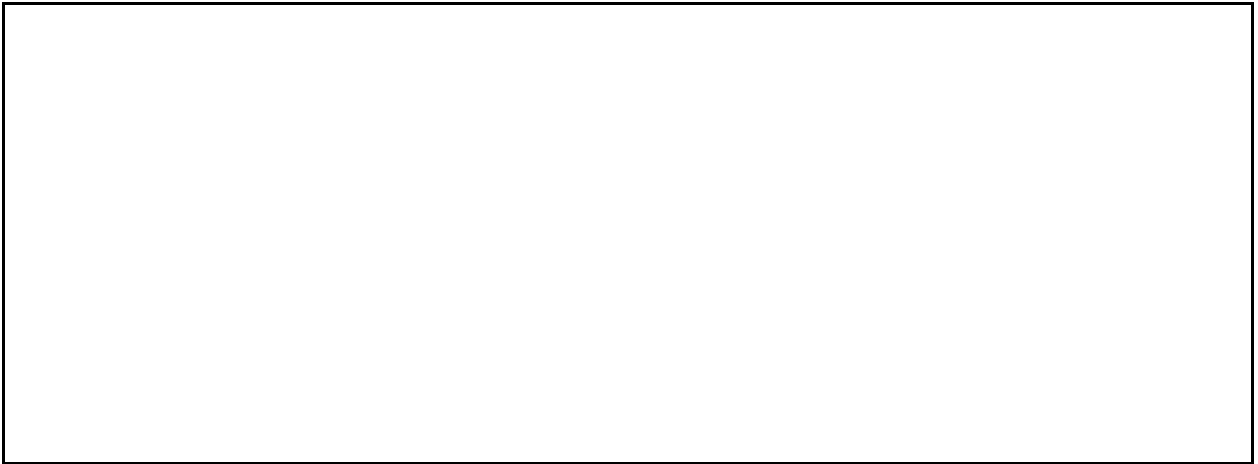
Spiritual Discovery

1. Discuss the following questions:
 1. Why do we keep the 7th day as a Sabbath?
 2. Why do we keep it in the way we do?
 3. What are the special blessings we can expect to receive from keeping holy the Sabbath?
 4. What sort of activities should we allow ourselves to engage in on the Sabbath?
 5. How can we be more creative in our approach to Sabbath keeping?

Write a summary of discussion

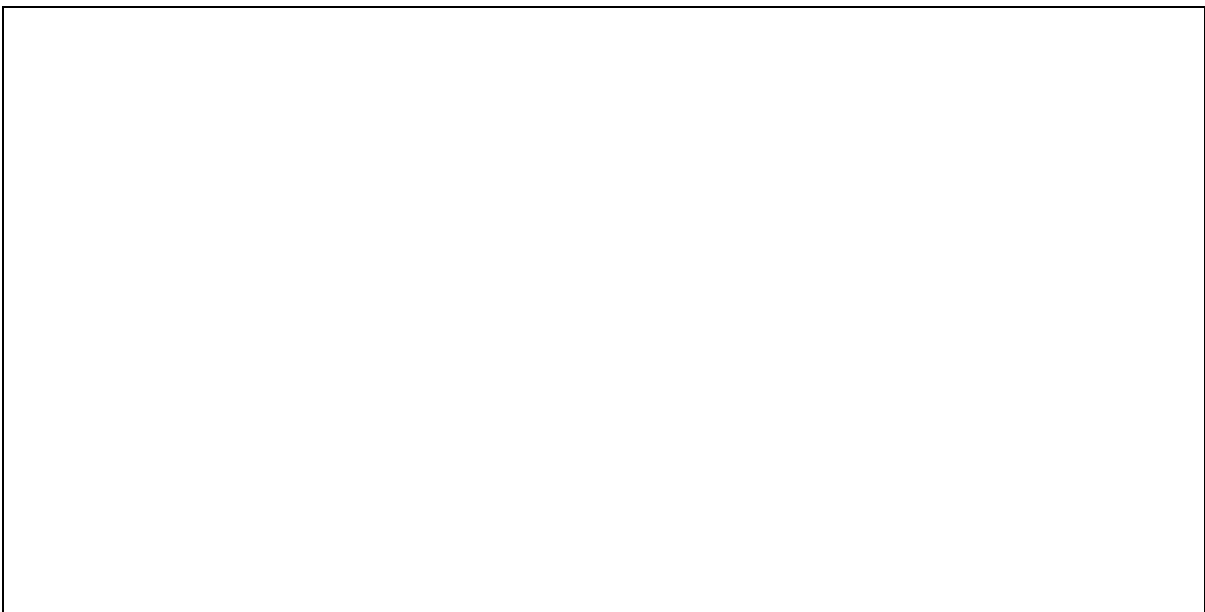
Nature Study

1. Plan a list of at least 5 nature related activities that may be used for Sabbath Afternoons.



Spiritual Discovery

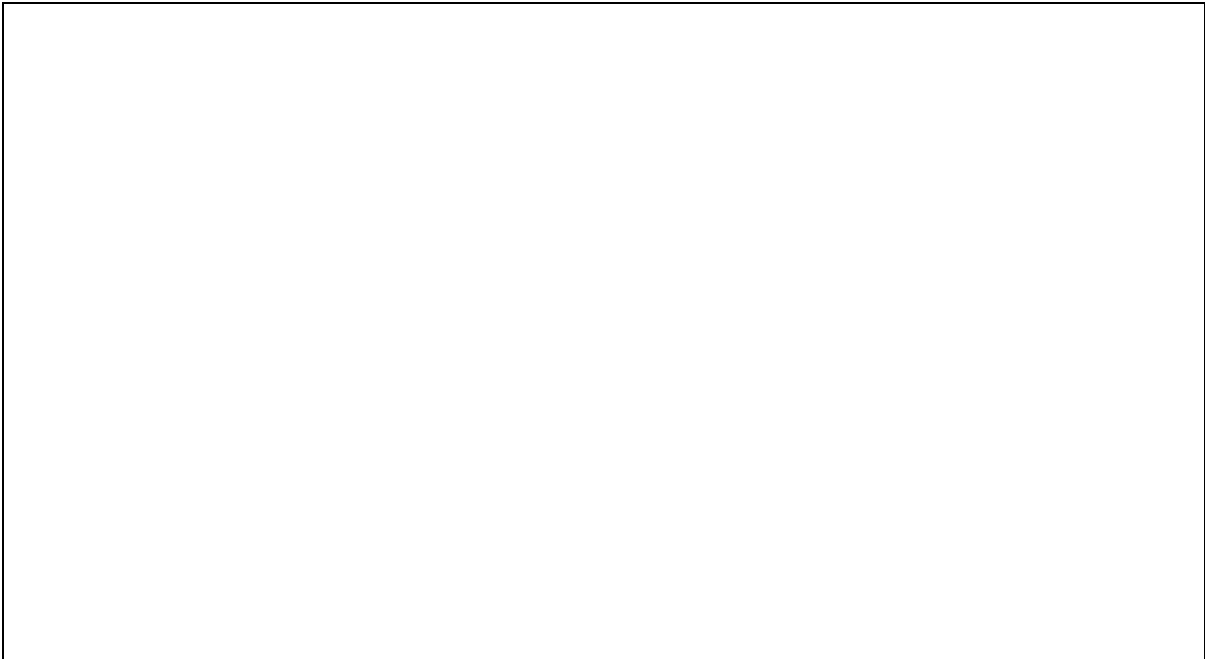
1. By study and group discussion increase and your knowledge of the last-day events that lead up to the second advent.



Consider:

1. Preparing a report on an interview with the church Pastor about getting ready for
2. the Advent.
3. A centre spread may be developed on Daniel 2
4. A collection of promises made by Jesus Himself about His return; a list of Second Advent, parables, etc.

From your selection please provide a summary here of what was read.

A large empty rectangular box with a thin black border, intended for the student to provide a summary of their selected topic.

Recommended Sources:

- Daniel 2
- Christ's Object Lessons (E.G White)
- Last Day Events (E.G White)



Organisation & Leadership Development - Stewardship Honour

1. Discover the Bible principles of stewardship by answering the following questions:
What does 1 Corinthians 6:19-20 say about the stewardship of the body?

What does Matthew 25:15 tell us about the stewardship of talents?

What does Colossians 4:5 say about the stewardship of time?

What does John 3:16 tell us about who owns the earth?

What does Genesis 1:26 say about who is the steward over the earth?

What does Proverbs 3:9 say about who is always first?

How do we know that tithe means a tenth? Genesis 28:22

Who does Leviticus 27:30 say the tithe belongs to?

How does Malachi 3:8 say that God is robbed?

What does 1 Corinthians 9:13,24 say about the use of the tithe?

How do we know that the tithe is different from offerings? Malachi 3:8

What does 1 Corinthians 16:2 say about how we are to give our offerings?

What does Matthew 6:20 say about where to keep our treasures?

What does 2 Corinthians 9:7 say about our attitude in giving?

What promised blessing is given in Malachi 3:10?

What does Psalms 24:1 tell us about who owns the earth?

2. Read and discuss with your counselor or pastor the following: Section IV (pp. 111 to 130); paragraph 1 and 2, p. 14; and paragraph 1, p. 66 of Counsels on Stewardship written by Ellen G. White.

3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.

Local church

Local conference

Union

General Conference

4. From your pastor, church treasurer, or elder learn about your church budget, what finances your church must meet and the purpose of each item listed on your church tithe and offering envelope.

5. Keep a chart on how you spend your time for one weekend and one week day. In this chart make a list of how much time you spend in the following areas: (Complete Chart #1)

- | | |
|-----------------------|-------------------|
| a. Work for pay | j. Sleep |
| b. Family time | k. Personal needs |
| c. Personal devotions | l. Class time |
| d. Public worship | m. School study |
| e. Family worship | n. Travel |
| f. Fun things | o. Music lesson |
| g. Reading | p. Music practice |
| h. Television | q. Home chores |
| i. Meals | r. Shopping |

Activity	Time Spent	Activity	Time Spent
Work for pay		Sleep	
Family time		Personal needs	
Personal devotion		Class time	
Public worship		School study	
Family worship		Travel	
Fun things		Music lesson	

Reading		Music practise	
Television		Home chores	
Meals		Shopping	

For each of the three days be sure your time adds up to 24 hours. After completing the chart, discuss with your pastor or counselor your responsibility in the stewardship of your time.

6. Do one of the following: (Complete Chart #2)

- a. If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
 - b. If you are not in the category above, make a list of how you would spend an income of \$50 a month in the following categories: (1) Clothes (2) Entertainment (3) Eating out (4) Gifts (5) Personal items (toiletries)
- If you have an income-producing job or an allowance, make a list of how you spend your money for one month. If you are not in the category above, make a list of how you would spend an income of \$50 a month in the following categories: Clothes, entertainment, personal items (toiletries), gifts, school supplies, tithe and offerings, eating ou; transportation

Expense	Itemised listing	Amount spent

7. From the Bible and the writings of Ellen G. White determine what instruction has been given concerning the variety and use of God-given talents.

8. List three talents or skills that you have, such as building things, mechanics, gardening, painting or drawing, writing, speaking, music, teaching, sewing, etc. Choose one of these three talents and do a project to help develop you talent further. Your project must follow these guidelines:

- a. The project is to be a benefit or outreach to others.
 - b. The project is to be a new endeavor not previously accomplished.
 - c. Spend at least five hours in the planning and implementation of the project.
 - d. Present a written or oral report to your counselor about your project.
- Talents/Skills

1.

2.

3.

—

Project:



Nature Study

1. Review the story of Nicodemus and relate it to the life cycle of a butterfly, or draw a lifecycle chart of a caterpillar giving the spiritual significance

Summarize conclusions here:

Spiritual Discovery

1. Study the personal work of the Holy Spirit as it relates to mankind and discuss His involvement in spiritual growth.

Using the scripture passages from John, make up an outline on the Holy Spirit's particular work as Christ's Ambassador to the earth. (See John 14:6; 16:7-15.)

Use the form as outlined below as the guide in studying the scripture passages.

The Holy Spirit

Ambassador to Planet Earth

Titles:

1. _____

2. _____

3. _____

4. _____

Sent By:

In the Name Of:

Special Duties:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Father	Son	Holy Spirit

In what way is the doctrine of the Holy Spirit 'Good News'?

Conclusions:



Lifestyles Enrichment - Mobile Technology Honour

1. What is a mobile device? Provide 4 examples of a mobile device you may have seen or utilised

- 1.
- 2.
- 3.
- 4.

2. Draw a diagram of how mobile technology uses cell sites (and why they use the word cell) . use this diagram to explain that factors that affect of the following:

- a. Coverage
- b. Density
- c. Location tracking
- d. Call hand-off

How can mobile devices be used to spread the gospel of Jesus?

- With a group, discuss way in which mobile technology can be used to benefit society industry such as:
 - Business
 - Personal recreation
 - Safety and protection
 - Education
 - Health Care
 - Transportation
 - Homework

Business	
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Personal Recreation	
Safety and Protection	
Education	
Health Care	
Transportation	
Homework	

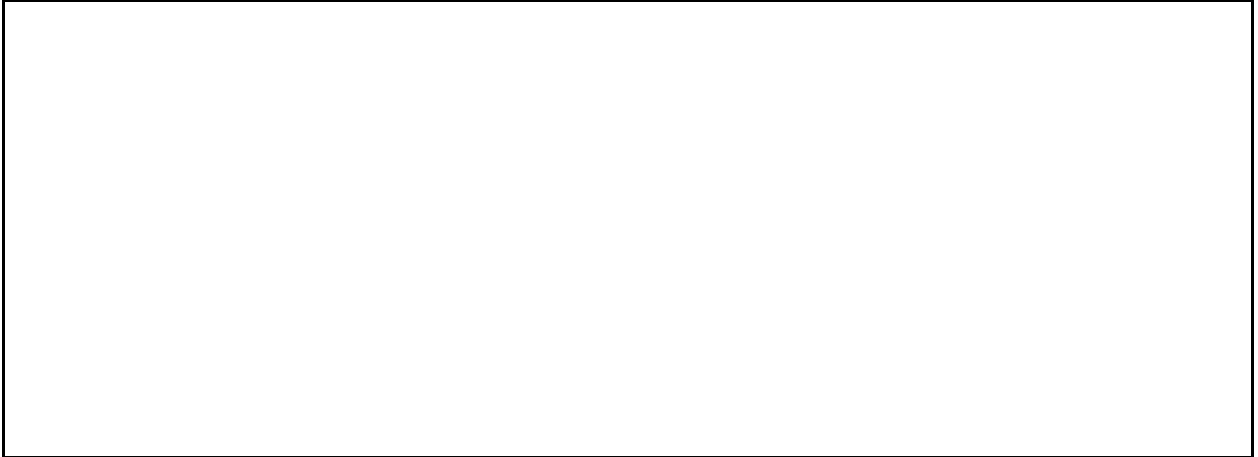
6. Describe the following types of cell sites

Camouflage

Off-grid System

Temporary Setup

7. Illustrate through drawings, sketches or photographs a cell tower. Be able to identify a cell tower in an open area



8. Create a speech, presentation, video or game that illustrates what you have learned about mobile technology while earning this honour. Share your creation with a group

9. Discuss with a group some of the ways in which mobile technology can be integrated into ministry to share the gospel throughout the world.



10. Discuss with a group how mobile technology can be used to enhance the following aspects of your spiritual life

- a. Devotionals
- b. Inspirational songs
- c. Prayer reminder
- d. Join worship services
- e. Share inspirational messages

11. Discuss with a group how the following bible apply to the use of mobile technology

Mathew 24:14

1 Corinthians 6:12

12. Evaluate how being a christian should affect your use of mobile technology. Be detailed and honest, taking account what you have experienced in this honour. Share your evaluation in written form with a trusted friend or leader

13. Do the following individually or with a group:

- a.** Create a temporary contact list of your friends. Gain permission to send them a daily text message. At a selected time each day, share an inspirational text with those on the contact list for a minimum of one week. Respect any requests to be removed from the list. (keep an example for your folder)
- b.** Over a period of three worship services, evaluate when people use their devices during a worship service, and for what purposes.

Worship period 1 Date

Worship period 2 Date

Friendship Development

1. In a group discussion and by personal inquiry examine your attitudes toward two of the following topics

Discussions

<p><u>Self-Concept</u></p>	<p><u>Human Relationships</u></p>
<p><u>Earning and Spending Money</u></p>	<p><u>Peer Pressure</u></p>



Organisation & Leadership Development - Camp Safety

1. Why is it important to find out what the local laws are before starting a campfire?
Where should you get that information?

Importance	Where?

2. Identify 3 reasons why a campfire should never be left unattended

1.

2.

3.

3. List 10 rules for fire safety to consider when camping

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

4. Identify the temperatures the following foods should be kept at, and explain why this is important when camping

Hot Foods	
Cold Foods	

5. List 5 things you can do to prevent animals from camping into your campsite.

- 1.
- 2.
- 3.
- 4.
- 5.

6. What safety precautions should you consider when building a latrine?

7. Make a list of items that should be in a 'First Aid Kit' and inspect your pathfinder Club' camping first aid kit and make recommendations of any missing items as applicable

8. List 5 things to consider when practising good hygiene at a campsite where there is no running water

- 1.
- 2.
- 3.
- 4.
- 5.

9. Demonstrate 3 ways you can purify water at camp

- 1.
- 2.
- 3.

10. Identify 3 types of fuel used for camp cooking and explain what precautions should be used when using each type of fuel. Discuss 5 guidelines for safely handling the following camping items:

TYPES OF FUEL	PRECAUTIONS

Knives:

- 1.
- 2.
- 3.
- 4.
- 5.

Axes:

- 1.
- 2.
- 3.
- 4.
- 5.

Saws:

- 1.
- 2.
- 3.
- 4.
- 5.

Hatchets

- 1.
- 2.

3.

4.

5.

Machetes

1.

2.

3.

4.

5.

1. Assist your club or conference leadership in a campsite safety inspection using the current Adventist Risk Management Pathfinder Camp Safety Inspection Form or its equivalent.