

COMPANION

SAIL Pathfinders 2011-2012

I Will Keep the Morning Watch

The Pathfinder Law begins with a promise to keep the Morning Watch. Once a yearly Bible reading program, the term Morning Watch now refers more generally to a daily time with God. It is through true companionship with Christ, spending time with him daily, that we, like the disciples, mirror his character.

What is a Companion? In some translations of the New Testament, the disciples are referred to as companions (Luke 9:32 NIV), and those who travel with Paul on his evangelistic journeys are given a similar epithet.

Companions spend a lot of time together. In fact, the origins of the word companion stem from a phrase that means “to eat bread together.” A companion, then, is more than just someone who is friendly, it is someone who has developed a closer relationship. Companionship requires time and effort. It is about truly knowing one another.

Did you know that you can have Jesus as your companion as well? How is that possible, you may ask. After all, you can’t really invite Jesus over to dinner to eat bread together, can you? Well, if companionship comes from developing a closer relationship with someone, from spending a lot of time together, you just need to dedicate yourself to spending time with Jesus.

First, commit yourself to spending time with him every day. Set aside a special time every day for just you and Jesus. It may mean you need to wake up five minutes earlier, or you make sure your clothes and school supplies are ready the night before so you can get ready faster in the morning, and still have time to spend with Jesus. In this special time, read a verse, or a chapter from the

Bible. Listen to the message Jesus has for you. Perhaps start with your weekly Bible reading guide, and read one verse a day.

Once you are in the habit, and have worked through those, begin your reading of Genesis. See how God created each one of us, how he promised salvation despite sin. How he led people on their journey, and how those early Patriarchs placed their trust in him.

But a companion doesn’t only listen, they also share what is on their mind, and in their heart. Pray. Pray about your struggles, about your joys. Share with Jesus what is happening in your life, what you are wondering about, if you are sad, or angry, or happy, or afraid. You are his companion, and he is yours. Just as regular contact with Jesus changed the disciples from rugged fishermen to active evangelists, so too as you build this closer companionship with Jesus, your character will change, and your relations with others will change as well.

As a unit, the companions will work together to understand, appreciate and strengthen our service to others, to explore God’s creation, and to build our confidence outdoors.

Enjoy the Journey!



Companion Investiture Achievement

This booklet contains the requirements to earn the Companion Investiture Achievement, as well as information and materials that can help you on your path. There are seven core components of the program, and each of these must be completed to earn the Companion Achievement level and insignia. If you are up for a challenge, also complete the advanced material at the end of this booklet to earn the Trail Companion advanced ribbon.

Companion Investiture Achievement Requirements

Personal Growth (Page 4)

1. Be in Grade 6 or its equivalent
- 2a. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 14–26) and the book of Genesis utilizing printed or electronic resources.
- 2b. Journal your thoughts by asking these questions: “What did I learn about God?” “What did I learn about Myself?” “How can I apply this to my life today?” You may journal through writing, drawing or electronic process.
- 3.a. Learn the Pathfinder Pledge & Law
- 3.b. Learn the meaning of the Pathfinder Pledge and Law
- 4.a. Learn or review and illustrate the Pathfinder Song
- 4.b. Illustrate its meaning.

Spiritual Discovery (Page 9)

- 1.a. Memorize in order the Old Testament books of the Bible and the five groups into which they are grouped.
- 1.b. Demonstrate your ability to find any Old Testament book.
2. Memorize a Bible text for the following subjects not previously learned: Prayer, Doctrine, Behavior, Salvation, Relationships, Promises/Praise, Great Passages
3. Participate in a skit on one of the following Old Testament Characters: Joseph, Jonah, Esther, Ruth
4. Research two early Adventist Pioneers (1844 to 1900) and present what you have learned.

Serving Others (Page 13)

1. In consultation with your leader, plan ways and find opportunities to spend at least two hours helping an elderly person.
2. Spend at least four hours participating in projects that benefit the church or school.

Making Friends (Page 14)

1. Discuss how the media strengthens or weakens our relationship with others.
2. Fulfill requirements #1, #2 and #3 of the Cultural Diversity Appreciation Honor.

Health and Fitness (Page 16)

1. Learn the value of Temperance by:
 - a. Memorize and sign the Temperance Pledge.
 - b. Memorizing two of the following Bible texts: Romans 12:1-2, 1 Corinthians 10:31, Proverbs 20:1, 3 John 2.
 - c. Discuss all the following situations and roleplay one: Your best friend asks you to try a cigarette; An older relative offers you a drink of beer; The smoke from a stranger’s cigarette is bothering you.
2. Earn the Basic First Aid Honor.
3. Complete the Basic Water Safety Honor OR Beginner Swimming Honor, if not previously earned.

Nature Study (Page 21)

- 1.a. Read pages 1-13 from the booklet “a 6 Day” Creation Week?
- 1.b. Keep a 7-day outdoor log of your personal observations from nature in which each day focuses on those things that were created on that day.
2. Animal Tracking: Make plaster casts of three different animal tracks

Outdoor Living (Page 23)

1. Tie and know the practical use of 20 knots.
2. Earn the Camping Skills II Honor.

Trail Companion (Page 27)

Personal Growth

1. Be in Grade 6 or its equivalent.

2a. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 14 – 26) and the book of Genesis utilizing printed or electronic resources.

2b. Journal your thoughts by asking these questions: “What did I learn about God?” “What did I learn about Myself?” “How can I apply this to my life today?”

You may journal through writing, drawing or electronic process.

Weekly Devotional Guide (weeks 14-26)

Week 14 Hope

Psalm 94:12-19
Psalm 95
1 Kings 3
Psalm 63
Psalm 59

Week 15 - Love

Philippians 2
Psalm 136
Psalm 100
Ephesians 5

Week 16 Joy

Isaiah 9:2-10:19
Isaiah 49
Psalm 28
Habakkuk 3:17-19

Week 17 Adventure

Psalm 37
1 John 1
Psalm 51
James 1:22-23
Revelation 3:15-16
Matthew 14:25-33

Week 18 Celebration

Philippians 1
Psalm 1
Ezekiel 15
Malachi 1

Week 19 Promises

Psalm 118
Deuteronomy 31
Psalm 23
Daniel 7:9
Romans 8:38-39

Week 20 Faithfulness

Esther 1-2
Esther 3-4
Esther 5
Esther 6
Esther 7
Esther 8
Esther 9

Week 21 Christianity

Ephesians 4
Matthew 10
Proverbs 25
Micah 6
Proverbs 14

Week 22 Devotion

Psalm 103
Lamentations 3
Job 40-42

Week 23 Decisions

Matthew 4
Matthew 16
Mark 8
Luke 14

Week 24 Example

Mark 10:32-45
Acts 10
Galatians 6:1-8
Luke 23
1 John 2
2 Peter 1-3

Week 25 Life With God

Hebrews 13
John 3
Revelation 21
Leviticus 19
1 Peter 1

Week 26 Obedience

Romans 12
Matthew 6:1-25
Isaiah 14:14-32
Jonah 1
Jonah 2
Jonah 3
Jonah 4

Introduction to the Book of Genesis, for the Companion Investiture Achievement

As part of the Companion Investiture Achievement, we will be reading the Old Testament book of Genesis. The word Genesis means “beginning.” The Jews called the book “Bereshith,” which means “In the beginning,” the first words of the book of Genesis. Genesis is all about beginnings. Creation is the beginning of the Earth and humankind. Genesis also addresses the unfortunate beginning of sin among humans, but in God’s response also points to the plan of salvation. In Genesis we see a new beginning after the flood, we see the beginning of God setting apart a special people with the choosing of Abram (later Abraham). We also see the beginning of the twelve tribes of Israel.

Genesis is the first of the five books called (in Greek) the “Pentateuch,” meaning the five-fold book (Genesis, Exodus, Leviticus, Numbers, Deuteronomy). The Jews refer to these books as the “Torah,” meaning the law. The five books are attributed to Moses, who was tasked by God to record the history of God’s people, and God’s special instructions for them. Genesis covers history up to the Children of Israel moving into Egypt. The other four books cover the Exodus from Egypt, the establishment of God’s covenant with his people, and the wanderings of the israelites in the desert, up until just before they pass into the Promised Land.

Genesis, then, is also the story of our beginnings. It tells the story of the beginning of the world, the beginning of civilization and the beginning of God’s people. It also tells the story of God’s relationship to His people and our hope for redemption. It is a foundational work essential to understanding rest of the Bible. One overarching theme throughout Genesis and the rest of the Pentateuch is the idea of Monotheism, or a single all powerful, all knowing, always existing God. This is far different than the view of other civilizations, who saw a world with many, often fickle, gods. It also forms the core of our relationship with God, as there is only one God, the creator of all humankind, and thus one deserving of our respect and worship.

Although Moses is very clear that there is one God, he uses different different ways to refer to God. Look at Genesis chapters 1 and 2. in chapter 1, Moses calls God “God.” in chapter 2, in dealing with God’s relationship to Adam and Eve, he calls him “LORD God.” Maybe you never noticed these differences, but they have been a source of confusion for some who have studied the Bible. The english word “God” comes from the hebrew Elohim, meaning judges, rulers or, as Moses uses it, the one true God. LORD stems from the hebrew Yahweh, meaning “the existing one,” the way God introduced himself to Moses at the burning bush as “I AM.” Moses appears to use the different references to God to emphasize different aspects of how God interacts with his creation. “God” is powerful and commanding, “LORD God” is interactive and personal. Together they help paint a more complete picture of God.

As we read Genesis together, we will be studying our history, our own family tree, both literally (all of us are descendants of both Adam and Noah) and spiritually. And knowing our past can give us confidence in our future.

3a. Memorize the Pathfinder Pledge & Law.

3b. Learn the meaning of the Pathfinder Pledge and Law

Pathfinder Pledge:

By the grace of God, I will be pure, and kind, and true.
I will keep the Pathfinder Law.
I will be a servant of God and a friend to man.

The Law is for me to:

Keep the morning watch
Do my honest part
Care for my body,
Keep a level eye
Be courteous and obedient
Walk softly in the sanctuary,
Keep a song in my heart,
Go on God's errand.

Explanation -- Pathfinder Pledge

By the grace of God: Only as we rely on God to help us can we do His will.

I will be pure: I will fill my mind with everything that is right and true and spend my time in activities that will build a strong, clean character.

I will be kind: I will be considerate and kind, not only to my fellow man, but also to all of God's creation.

I will be true: I will be honest and upright in study, work and play and can always be counted upon to do my very best.

I will keep the Pathfinder Law: I will seek to understand the meaning of the Law and will strive to live up to it's spirit, realizing that obedience to law is essential in any organization

I will be a servant to God: I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

I will be a friend to man: I will live to bless others and do unto them as I would have them do unto me.

Explanation -- Pathfinder Law

Keep the Morning Watch: I will have prayer and personal bible study each day.

Do my honest part: By the power of God I will help others, and do my duty and my honest share, wherever I may be.

Care for my body: I will be temperate in all things and strive to reach a higher standard of physical fitness.

Keep a level eye: I will not lie, cheat or deceive, and will despise dirty talk or evil thinking.

Be courteous and obedient: I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

Walk softly in the sanctuary: In any devotional exercise I will be quiet, careful and reverent.

Keep a song in my heart: I will be cheerful and happy and let the influence of my life be as sunshine to others.

Go on God's errands: I will always be ready to share my faith and go about doing good as Jesus did.

4a. Learn or review the Pathfinder Song.

Oh, We Are the Pathfinders Strong
Soy Conquistador Fuerte y Fiel
Nous Sommes les Explorateurs

H. T. B. Henry T. Bergh

capo on 1st fret G F#G G G B7 C E7/B Am

Oh, we are the Path - find - ers strong, The ser - vants of God are we;
Soy Con - quis - ta - dor fuer - te y fiel, Un sier - vo de Dios yo soy;
Nous som - mes les Ex - plo - ra - teurs, Les ser - vi - teurs du Sei - gneur;

C A7 D7 G

Faith - ful as we march a - long, In kind - ness, truth and pur - i - ty.
Fiel - es mar - cha - re - mos ya Por la sen - da del de - ber.
Bons, loy - aux et purs, mar - chant Fi - dé - les à la vé - ri - té.

G F#G G G B7 C

A mes - sage to tell to the world, A truth that will set us free,
Men - sa - je ten - e - mos que dar, Ver - dad que li - ber - tá - ra,
Nous vou - lons an - non - cer à tous Un mes - sage li - bé - ra - teur

C/E Cm/Eb G C G/D D7 G

King Je - sus the Sav - iour's com - ing back for you and me.
Je - sús muy pron - to re - gre - sa - rá por tí, por mí.
Bien - tôt des cieux re - vient le Sau - veur, Pour moi, pour vous.

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4b. Illustrate its meaning.

Personal Growth:

- 1. Instructor _____ Date _____
- 2. Instructor _____ Date _____
- 3. Instructor _____ Date _____
- 4. Instructor _____ Date _____

Spiritual Discovery

1a. Memorize in order the names of the Old Testament books of the Bible and the five groups into which they are grouped.

1b. Demonstrate your ability to find any Old Testament book

5 Books of Moses

Genesis
Exodus
Leviticus
Numbers
Deuteronomy

12 Books of History

Joshua
Judges
Ruth
Samuel (I, II)
Kings (I, II)
Chronicles (I, II)
Ezra
Nehemiah
Esther

5 Poetry Books

Job
Psalms
Proverbs
Ecclesiastes
Song of Solomon

5 Major Prophets

Isaiah
Jeremiah
Lamentations
Ezekiel
Daniel

12 Minor Prophets

Hosea
Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi

2. Memorize a Bible text for the following subjects not previously learned: Prayer, Doctrine, Behavior, Salvation, Relationships, Promises/Praise, Great Passages

Prayer: Matthew 6:6, Psalms 34:3-4, 1 Peter 1:3, or 1 John 4:7

- (Matthew 6:6 NKJV) *But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*
- (Psalms 34:3-4 NKJV) *Oh, magnify the LORD with me, And let us exalt His name together. I sought the LORD, and He heard me, And delivered me from all my fears.*
- (1 Peter 1:3 NKJV) *Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead*
- (1 John 4:7 NKJV) *Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.*

Doctrine: Deuteronomy 6:5, Ephesians 1:8-10, or Acts 2:38

- (Deuteronomy 6:5 NKJV) *You shall love the LORD your God with all your heart, with all your soul, and with all your strength.*
- (Ephesians 1:8-10 NKJV) *which He made to abound toward us in all wisdom and prudence, having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself, that in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth—in Him.*
- (Acts 2:38 NKJV) *Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.*

Behavior: Romans 12:1-2, 1 Samuel 15:22, 1 Thessalonians 5:15, Ecclesiastes 9:5-10, or Luke 2:51

- (Romans 12:1-2 NKJV) *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*
- (1 Samuel 15:22 NKJV) *So Samuel said: "Has the LORD as great delight in burnt offerings and sacrifices, As in obeying the voice of the LORD? Behold, to obey is better than sacrifice, And to heed than the fat of rams.*
- (1 Thessalonians 5:15 NKJV) *See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.*
- (Ecclesiastes 9:5-10 NKJV) *For the living know that they will die; But the dead know nothing, And they have no more reward, For the memory of them is forgotten. Also their love, their hatred, and their envy have now perished; Nevermore will they have a share In anything done under the sun. Go, eat your bread with joy, And drink your wine with a merry heart; For God has already accepted your works. Let your garments always be white, And let your head lack no oil. Live joyfully with the wife whom you love all the days of your vain life which He has given you under the sun, all your days of vanity; for that is your portion in life, and in the labor which you perform under the sun. Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going.*
- (Luke 2:51 NKJV) *Then He went down with them and came to Nazareth, and was subject to them, but His mother kept all these things in her heart.*

Salvation: Luke 19:10, John 1:1-3, 14, Psalms 103:10-12, Isaiah 53:5, or Ephesians 3:20-21

- (Luke 19:10 NKJV) *for the Son of Man has come to seek and to save that which was lost.*
- (John 1:1-3, 14 NKJV) *In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. ... And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.*
- (Psalms 103:10-12 NKJV) *He has not dealt with us according to our sins, Nor punished us according to our iniquities. For as the heavens are high above the earth, So great is His mercy toward those who fear Him; As far as the east is from the west, So far has He removed our transgressions from us.*
- (Isaiah 53:5 NKJV) *But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.*
- (Ephesians 3:20-21 NKJV) *Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.*

Relationships: 1 John 3:17, Isaiah 1:18, John 1:12-13, 1 Timothy 6:6-8, or Acts 17:26-27

- (1 John 3:17 NKJV) *But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?*
- (Isaiah 1:18 NKJV) *"Come now, and let us reason together," Says the LORD, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.*
- (John 1:12-13 NKJV) *But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.*
- (1 Timothy 6:6-8 NKJV) *Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content.*

- (Acts 17:26-27 NKJV) *And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings, so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us*

Promises/Praise: James 4:7-8, Psalms 56, Psalms 37:3, Isaiah 35:10, or 1 John 2:17

- (James 4:7-8 NKJV) *Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.*
- (Psalms 56 NKJV) *Be merciful to me, O God, for man would swallow me up; Fighting all day he oppresses me. My enemies would hound me all day, For there are many who fight against me, O Most High. Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me? All day they twist my words; All their thoughts are against me for evil. They gather together, They hide, they mark my steps, When they lie in wait for my life. Shall they escape by iniquity? In anger cast down the peoples, O God! You number my wanderings; Put my tears into Your bottle; Are they not in Your book? When I cry out to You, Then my enemies will turn back; This I know, because God is for me. In God (I will praise His word), In the LORD (I will praise His word), In God I have put my trust; I will not be afraid. What can man do to me? Vows made to You are binding upon me, O God; I will render praises to You, For You have delivered my soul from death. Have You not kept my feet from falling, That I may walk before God In the light of the living?*
- (Psalm 37:3 NKJV) *Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.*
- (Isaiah 35:10 NKJV) *And the ransomed of the LORD shall return, And come to Zion with singing, With everlasting joy on their heads. They shall obtain joy and gladness, And sorrow and sighing shall flee away.*
- (1 John 2:17 NKJV) *And the world is passing away, and the lust of it; but he who does the will of God abides forever.*

Great Passages: Matthew 28:19-20, Psalm 119:11, Isaiah 43:12, or Luke 5:15

- (Matthew 28:19-20 NKJV) *Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.*
- (Psalm 119:11 NKJV) *Your word I have hidden in my heart, That I might not sin against You.*
- (Isaiah 43:12 NKJV) *I have declared and saved, I have proclaimed, And there was no foreign god among you; Therefore you are My witnesses,” Says the LORD, “that I am God.*
- (Luke 5:15 NKJV) *However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities.*

3. Participate in a skit on one of the following Old Testament Characters: Joseph, Jonah, Esther, Ruth

Story _____

Bible Verses _____

Characters _____

Outline _____

4. Research two early Adventist Pioneers (1844 to 1900) and present what you have learned.

Person 1: _____

Person 2: _____

Some Resources:

- * A Brief History of Seventh-day Adventists, by George R Knight
- * Tell it to the World: The Story of Seventh-day Adventists, by C. Mervyn Maxwell
- * The Great Second Advent Movement: Its Rise and Progress, by J.N. Loughborough
- * Playing Our Past, by the Canadian Union College Heritage Players, available online at <http://www.adventistheritage.org/article.php?id=68>
- * Historical Prologue to Early Writings by Ellen G. White, available online at <http://www.gilead.net/egw/books2/earlywritings/ewhistory.htm>
- * Pioneer Gallery and Biographical Sketches from Adventist Pioneer Library, available online at <http://www.aplib.org/Gallery.htm>
- * Lest We Forget periodical by Adventist Pioneer Library, available online at <http://www.aplib.org/Periodical.htm>

Spiritual Discovery:

1. Instructor _____ Date _____
2. Instructor _____ Date _____
3. Instructor _____ Date _____
4. Instructor _____ Date _____

Serving Others

1. In consultation with your leader, plan ways and find opportunities to spend at least two hours helping an elderly person.

Report: _____

2. Spend at least four hours participating in projects that benefit the church or school.

Report: _____

Serving Others:

1. Instructor _____ Date _____
2. Instructor _____ Date _____

3. Study the following Bible texts and answer the questions.

and to the Jews I became as a Jew, that I might win Jews; to those who are under the law, as under the law, that I might win those who are under the law (1 Corinthians 9:20 NKJV) How does this text explain the importance for a Christian to have a cultural diversity awareness?

For as many of you as were baptized into Christ have put on Christ. (Galatians 3:27 NKJV) What does this text say about all who are in the family of Christ?

For He Himself is our peace, who has made both one, and has broken down the middle wall of separation (Ephesians 2:14 NKJV) What should be the result of accepting Christ Jesus into our lives? How do you plan to apply this message to your every day life?

Making Friends:

1. Instructor _____ Date _____
2. Instructor _____ Date _____

Health and Fitness

1. Learn the value of Temperance by:

a. Memorize and sign the Temperance Pledge.

“Realizing the importance of 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 _____ Date _____

b. Memorizing two of the following Bible texts: Romans 12:1-2, 1 Corinthians 10:31, Proverbs 20:1, 3 John 2

- *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (Romans 12:1-2 NKJV)*
- *Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. (1 Corinthians 10:31 NKJV)*
- *Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise. (Proverbs 20:1 NKJV)*
- *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2 NKJV)*

Discuss all the following situations and roleplay one:

Your best friend asks you to try a cigarette;

An older relative offers you a drink of beer;

The smoke from a stranger’s cigarette is bothering you.

2. Earn the Basic First Aid Honor.

Pass the Red Cross Examination in Basic First Aid and receive your certificate.

OR

1. Know the causes of shock and demonstrate its proper treatment.

2. Know the proper steps for rescue breathing.

3. Know the proper procedures to assist a choking victim.

4. Know the proper procedures to assist a bleeding victim.

5. Know the pressure points and how to correctly apply pressure at these points.

6. Know the proper procedure to assist a victim of poisoning.

7. Demonstrate the proper procedure in splinting various broken bones in the body.

8. Know the proper procedure to assist a first, second, and third degree burn victim.

9. Know the proper procedure to assist a victim of a chemical burn.

10. Know what situations are likely to cause carbon monoxide poisoning and the rescue and treatment techniques for such poisoning.

11. Know the proper procedure for giving assistance to the victim of a head injury.

12. Know the proper procedure for giving aid to a victim of internal injuries.

13. Know the difference between a heart attack, stroke, epilepsy, and simple fainting, and the treatment for each.

14. Know how to prevent infection.

15. What is the proper treatment for a snake bite?

16. What is the proper treatment for animal bites?

17. What is the proper treatment for insect and spider bites?

18. What is the difference between heat exhaustion and heat stroke, and what is the treatment for each?

19. What should you do if your clothes catch fire?

20. What are the basic fire prevention principles for the home?

21. What are the basic water safety principles?

22. What are the ways to save a drowning victim without swimming?

23. What are the basic electrical safety principles?

24. How can you prevent food poisoning?

3. Complete the Basic Water Safety Honor, OR Beginner Swimming Honor if not previously earned.

Basic Water Safety

1. Enter and exit the water un-assisted. The point is to teach how to get in and out of a pool without assistance and safely.
2. While holding your breath, fully submerge your face under water for five seconds.
3. Alternately inhale through the mouth above the surface and blow bubbles through the mouth/nose, with face completely submerged, seven time rhythmically and continuously.
4. Open your eyes under water and retrieve submerged objects two times.
5. Front float for five seconds.
6. Front glide for two body lengths.
7. Back float for fifteen seconds.
8. Holding on to the side of the pool, kick with your feet for twenty seconds.
9. Using arm and leg motion, swim five body lengths.
10. Learn to put on a Life Jacket and float for thirty seconds.
11. Demonstrate water safety by:
 - a. How to call for help in case of an emergency.
 - b. Learn how to release a cramp.
 - c. Demonstrate reaching assist.
 - d. Learn at least ten safety rules when around water.

Note: these requirements can be done in a backyard pool (2-3 feet deep) with adult supervision. They do not require a lifeguard or water safety instructor.

Beginner's Swimming

Complete the Red Cross Swim level III--Stroke Readiness or the following:

1. Retrieve an object from the bottom in chest-deep water, unsupported and with eyes open.
2. Bob submerging head completely 15 times in chest-deep water.
3. Bob in deep water (slightly over head) to travel to safe area or side of pool.
4. Jump into deep water from side of pool.
5. Dive from side of pool in kneeling and compact position.
6. Prone glide with push-off for two body lengths.
7. Supine glide with push-off for two body lengths.
8. Swim front crawl--ten yards.
9. Swim back crawl--ten yards.
10. Demonstrate elementary backstroke kick--ten yards.
11. Reverse direction while swimming on front.
12. Reverse direction while swimming on back.
13. Discuss safety diving rules.
14. Tread water.
15. Jump into deep water with life jacket.
16. Demonstrate H.E.L.P. position for one minute.
17. Demonstrate huddle position for one minute.
18. Demonstrate correct technique for opening the airway for rescue breathing.

Health and Fitness:

1. Instructor _____ Date _____
2. Instructor _____ Date _____
3. Instructor _____ Date _____

Nature Study

1a. Read pages 1-13 from the booklet “A 6 Day” Creation Week?
1b. Keep a 7-day outdoor log of your personal observations from nature in which each day focuses on those things that were created on that day.

Day 1: What was Created? _____
Observations: _____

Day 2: What was Created? _____
Observations: _____

Day 3: What was Created? _____
Observations: _____

Day 4: What was Created? _____
Observations: _____

Day 5: What was Created? _____
Observations: _____

Day 6: What was Created? _____
Observations: _____

Day 7: What was Created? _____
Observations: _____

2. Animal Tracking: Make plaster casts of three different animal tracks

Type of animal _____
Location description _____

Method of casting _____

Type of animal _____
Location description _____

Method of casting _____

Type of animal _____
Location description _____

Method of casting _____

A few resources for casting tracks

http://aces.nmsu.edu/pubs/_circulars/circ561.html

<http://bizarrelabs.com/track.htm>

http://www.ehow.com/how_2166682_cast-animal-tracks.html

<http://www.bear-tracker.com/plastertracks.html>

Nature Study:

1. Instructor _____ Date _____

2. Instructor _____ Date _____

Outdoor Living

1. Tie and know the practical use of 20 knots.

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

2. Earn the Camping Skills II Honor, if not previously earned.

1. Be at least in the 6th grade.

2. Develop a personal philosophy of outdoor etiquette, such as courtesy to other campers and outdoor conservation.

3. Know and understand the following six W's for the selection of a good campsite:

a. Water _____

b. Weather _____

c. Wild things _____

d. Willingness _____

e. Wind _____

f. Wood _____

4. Demonstrate your ability to protect the wilderness and your water source by proper personal hygiene and cooking sanitation.

5. Participate in a weekend campout.

Report: _____

6. Take part in a camp worship service to include one of the following: Leading song service, Sabbath School lesson study, Story, Worship thought

Report: _____

7. Know how to safely light and use a camp stove and lantern.

8. Know safety rules and demonstrate your ability to properly cut firewood.
Demonstrate how to break dead wood properly.

9. Using fuzz sticks or shaved sticks, build and know the use of a council or crisscross fire and one type of cooking fire. Review firebuilding safety rules.

10. Explain two ways to keep camp food cool.

1. _____

2. _____

11. Build two different camp cranes.

12. Prepare camp meals using boiling, frying, and baking.

Boiling: _____

Frying: _____

Baking: _____

13. Demonstrate tent site selection. Properly pitch and strike a tent.

What precautions should be taken when striking a wet tent?

Properly clean, dry, and store a tent.

14. Bedding:

a. Show proper ways to stuff or roll your sleeping bag or bed roll for travel.

b. Tell how to keep a sleeping bag or bed roll dry on a camping trip.

c. Describe how to properly clean your sleeping bag or bed roll.

The Pathfinder Camping Code:

I will camp only where camping is allowed.

I will keep my campsite clean at all times, and I will leave it cleaner than when I found it.

I will never leave my campfire unattended, and when I leave I will be sure that it is entirely out.

I will never use my knife or ax to cut, mar or scar live trees.

I will never pick wild flowers without permission.

I will never cut trails while hiking.

I will never pollute a lake or stream.

I will always respect the privacy of other campers.

I will always be polite and courteous.

I will respect all signs, authority, rules and private property.

I will always conduct myself as a Pathfinder and a Christian.

I will always leave a campsite knowing that I am welcome to return.

Outdoor Living:

1. Instructor _____ Date _____

2. Instructor _____ Date _____

TRAIL COMPANION

The Trail Companion Advanced Ribbon is awarded to all those who complete the requirements for the Companion Investiture Achievement and all of the following:

- 1. Trail Companion (Spiritual Discovery):** Learn about Ellen White's first vision and discuss how God uses prophets to present His message to the church.
- 2. Trail Companion (Serving Others):** Participate in an outreach activity, and bring a non-club member to participate with you.
- 3. Trail Companion (Making Friends):** Complete the Cultural Diversity Appreciation Honor, if not previously earned.
- 4. Trail Companion (Health and Fitness):** Participate in a lifestyle fitness program for your age such as: President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, Or similar program
- 5. Trail Companion (Nature Study):**
 - a. Trees, Shrubs & Cacti:** Collect and identify the leaves of 15 different trees and seven shrubs. OR Photograph and observe at least five different types of cacti
 - b. Complete a Skill Level 1 nature honor not previously earned.**

| | | | |
|-----------------|------------|-------------|---------|
| Amphibians | Cats | Maple Sugar | Stars |
| Animal Tracking | Dogs | Orchids | Trees |
| Antelopes | Eucalyptus | Reptiles | Wattles |
| Bats | Geology | Sand | Weather |
| Birds | Herbs | Seeds | Worms |
| Bird Pets | Insects | Shrubs | |
| Cacti | Mammals | Soils | |

- 6. Trail Companion (Honor Enrichment):**
A. Complete a Skill Level 1 honor, not previously earned, in the area of Arts & Crafts or Household Arts.

| | | | |
|-------------------|----------------|----------------------|------------|
| Africa Lore | Glass Craft | Music | String Art |
| Airplane Modeling | Glass Etching | Native American Lore | Tie-dye |
| Braiding | Glass Painting | Origami | Weaving |
| Bread Dough | Leather Craft | Pinewood Derby | Whistles |
| Candlemaking | Lighthouses | Plaster Craft | |
| Copper Enameling | Macrame | Plastic Canvas | |
| Decoupage | Model Cars | Scrapbooking | |
| Felt Craft | Model Rocketry | Soap Craft | |
| Baking | Cooking | Cultural Food | Laundering |
| Basic Sewing | Dressmaking | Preparation | Nutrition |

B. Complete a Skill Level 1 honor, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries.

| | | | |
|-------------------|-----------------------|------------------------|------------------------------|
| Archery | Drilling and Marching | Letterboxing | Swimming (Beginner) |
| Basketball | Geocaching | Slow-Pitch Softball | Swimming (Advanced Beginner) |
| Camp Craft | Gold Prospecting | Snowshoeing | Track and Field |
| Camping Skills I | Hiking | Snowshoeing (Advanced) | Travel |
| Camping Skills II | Horsemanship | Soccer | Wakeboarding |
| Cycling | Kites | | |

| | |
|----------|-------------|
| Computer | Electricity |
|----------|-------------|

| | | |
|----------------|-----------------|-----------------|
| Flower Culture | Horse Husbandry | Sheep Husbandry |
| Gardening | Poultry Raising | |

Companion

- Personal Growth 1. Instructor _____ Date _____
- Personal Growth 2a. Instructor _____ Date _____
- Personal Growth 2b. Instructor _____ Date _____
- Personal Growth 3a. Instructor _____ Date _____
- Personal Growth 3b. Instructor _____ Date _____
- Personal Growth 4a. Instructor _____ Date _____
- Personal Growth 4b. Instructor _____ Date _____
- Spiritual Discovery 1a. Instructor _____ Date _____
- Spiritual Discovery 1b. Instructor _____ Date _____
- Spiritual Discovery 2. Instructor _____ Date _____
- Spiritual Discovery 3. Instructor _____ Date _____
- Spiritual Discovery 4. Instructor _____ Date _____
- Serving Others 1. Instructor _____ Date _____
- Serving Others 2. Instructor _____ Date _____
- Making Friends 1. Instructor _____ Date _____
- Making Friends 2. Instructor _____ Date _____
- Health and Fitness 1a. Instructor _____ Date _____
- Health and Fitness 1b. Instructor _____ Date _____
- Health and Fitness 1c. Instructor _____ Date _____
- Health and Fitness 2. Instructor _____ Date _____
- Health and Fitness 3. Instructor _____ Date _____
- Nature Study 1a. Instructor _____ Date _____
- Nature Study 1b. Instructor _____ Date _____
- Nature Study 2. Instructor _____ Date _____
- Outdoor Living 1. Instructor _____ Date _____
- Outdoor Living 2. Instructor _____ Date _____

Complete Companion Requirements:

Instructor _____ Date _____

Trail Companion:

- Spiritual Discovery 1. Instructor _____ Date _____
- Serving Others 2. Instructor _____ Date _____
- Making Friends 3. Instructor _____ Date _____
- Health and Fitness 4. Instructor _____ Date _____
- Nature Study 5a. Instructor _____ Date _____
- Nature Study 5b. Instructor _____ Date _____
- Honor Enrichment 6a. Instructor _____ Date _____
- Honor Enrichment 6b. Instructor _____ Date _____

Complete Trail Companion Requirements

Instructor _____ Date _____

