

PATHFINDER: GUIDE MINI-MANUAL
BUNDA COLLEGE OF AGRICULTURE S.D.A.Y CLUB

Compiled for easy learning



REFERENCES

Pathfinder Guide manual

S.D.A Church Heritage

Knots and how to tie them (Walter B. Gibson)

Pathfinder Honors book

Comrade Fatsani Masangwi (master guide)

SECTION A: GENERAL INFORMATION ABOUT THE ADVENTIST YOUTH SOCIETY

SUMMARISED HISTORY OF A.Y

- Origin of the Adventist Youth society – 1879 by Harry Fenner (17) and Luther Warren (14)
- From 1901-1915 the department was headed by the women ministry department under the leadership of Mrs. Flora Plummer.
- The A.Y club was officially recognized by the general conference in 1907 and the first appointed director of the society was Milton E. Kern.
- The pathfinder club was born in 1946 by John H. Hancock and was officially recognized by G.C in 1950 and the first appointed director was Laurence A. Skinner.
- In 1979, 100 years after the introduction of the A.Y society, the G.C changed the names missionary volunteers (M.V) and junior missionary volunteers (J.M.V) to Adventist youth and junior Adventist youth respectively.
- First black man to be the world wide youth director: Baraka Muganda (1995)

A.Y AIM: the advent message to the entire world in my generation. Matthew 19:28

A.Y MOTTO : the love of Christ constrains me. Philippians 4:13

A.Y LEGION OF HONOR (*testimonies vol. 7 p. 64; messages to young people, p. 270*)

I volunteer to join the A.Y Legion of Honor, and by the grace and power of God I will;

- Honor Christ in that which I choose to behold
- Honor Christ in that to which I choose to listen
- Honor Christ in the choice of places to which I go
- Honor Christ in the choice of associates
- Honor Christ in that which I choose to speak
- Honor Christ in the care I give my body temple

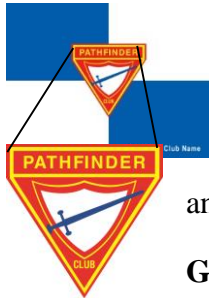
PATHFINDER PLEDGE (1919 by A.W Spaulding)

By the grace of God, I will be pure and kind and true (summary of God's character... Mat. 5:48), I will keep the pathfinder law, I will be a servant of God and a friend to man (Mark 12:30-32, Exodus 20:3-17)

PATHFINDER LAW (1919 by A.W Spaulding)

The pathfinder law is for me to;

- Keep the morning watch – daily personal devotion and bible or related study.
- Do my honest part – helping others, acknowledging individual duties and honesty on others.
- Care for my body – being temperate in all things (1 Cor. 6:19,20)
- Keep a level eye – living a life of no deception, and minding speech.
- Be courteous and obedient – being kind and thoughtful to others, reflecting the love of Jesus in all individual association with others.
- Walk softly in the sanctuary – being quiet, prayerful and reverent
- Keep a song in my heart – being cheerful and happy and letting the influence of your life be sunshine to others.
- Go on God's errands – being ready to share your faith and go about doing good things as Jesus did.



THE PATHFINDER CLUB EMBLEM (designed by John Hancock 1946)

Red – sacrifice (God ...John 3:16), personal sacrifice. Rom 12:2

3 sides of the triangle – trinity of God, Tripod in education (Mental, physical and spiritual)

Gold – excellence – standard of measurement of our character

Shield – protection (Genesis 15:1, Ephesians 6:17)

White – purity (desire to attain Christ's purity. Rev 3:5)

Blue – loyalty to God and man, **Sword** – Bible (Ephesians 6:17)

Inverted Triangle – acknowledging others first

SECTION B: IMPORTANT DATES AND TIMES IN THE ADVENTIST YOUTH SOCIETY

- 1755 The Lisbon earthquake
- 1780 The dark day
- 1798 End of the 1260-year prophecy
- 1827 Birth of Ellen G. White
- 1833 Falling of the stars
- 1843 "Midnight cry" message proclaimed in preparation for second coming.
- 1844 The great disappointment, sanctuary truths discovered.
- 1847 Sabbath vision given to Ellen White
- 1860 Name "Seventh-day Adventist" adopted

- 1863 General conference organized and first session held.
- 1879 Harry Fenner and Luther Warren organize the first youth society.
- 1893 Church work enters Malawi
- 1902 Malamulo mission founded
- 1907 Young people's department of Missionary volunteers (M.V.) created.
- 1915 Death of Ellen White

SECTION C: LESSONS

ASSIGNMENT NO. 1

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 that God gave?
- What does Psalm 24: 1 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, 14 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 16:12 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?

LESSON 1: OUTLOOK (SPIRITUAL DISCOVERY) THE KING'S GARDEN

A king built a house, garden and an orchard and locked the **gate** with a large padlock. He then put a young man by the name William to reside in the house and care for it. Before the king could leave, He gave Will two instructions; keep the gate locked and allow family members only, and call me whenever you need anything.

Late in the afternoon when the king had left, Will thought of doing some planting in the garden but before he could, he heard a voice say "don't do it". When Will looked over to see who it was, he saw a tall dark stranger outside the fence just near the gate.

The stranger told Will that he needed not to do the work because the king would just want to use him up with no reward. He told will that he would assist in the work and at least eat some fruits with him when the work was done. Will let the stranger in and the stranger did all the work by himself.

When all was done, the stranger took Will through the garden and plucked some fruits for him. Will ate the fruits till he felt sick and later started hating them though he couldn't resist. Will ran to the **mirror** to see how he looked, and at his alarm he noticed that his face had changed and no longer looked like the king.

At demand to know the names of the fruits, the stranger told Will that the fruits were; impurity, envy, hate, stealing, lying, disrespect, wrong thoughts and so on.

With anger, Will took an **axe** and chopped all the trees down, but unfortunately they grew back because their roots still existed.

One night, someone new, the king's son came over to the garden. When the stranger had seen the prince, he run out of the garden and Will opened to let Him in. walking down the garden, all the fruits dropped and could not grow again. Will and the prince planted new fruits, some of which were love, peace, truth, joy and so on.

SPIRITUAL GROWTH

Means being rooted in Christ (Ephesians 3:17) and acknowledging Him as savior, and understanding as well as putting into practice all promises and teachings of God.

Difference between gifts and fruits of the Spirit

Gifts are special abilities given to individuals to help in the growth of the church. They mainly assist in the church's work of evangelism while fruits are the character held by one as a symbol of having the Spirit.

Gifts are never taught but given as the spirit wills while fruits are taught through God's word and can be practiced by anyone who abides by God's word.

Note: both the fruits and gifts can be received from Christ through the Holy Spirit. Read John 15:5

Examples of gifts: word of wisdom, word of knowledge, faith, healing, working of miracles, prophecy, discerning of spirits, divers kinds of tongues; interpretation of tongues... (1 Cor. 12)

Examples of fruits: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance... (Gal. 5:22, 23)

LESSON 2: THE OLD TESTAMENT SANCTUARY

- **Important terms**

Atonement: being one with God through forgiveness of sins.

Sanctuary: a holy place of comfort where people come to worship and talk things over with God.

Vindicate: being clear of accusation

Righteousness: being just and right with God

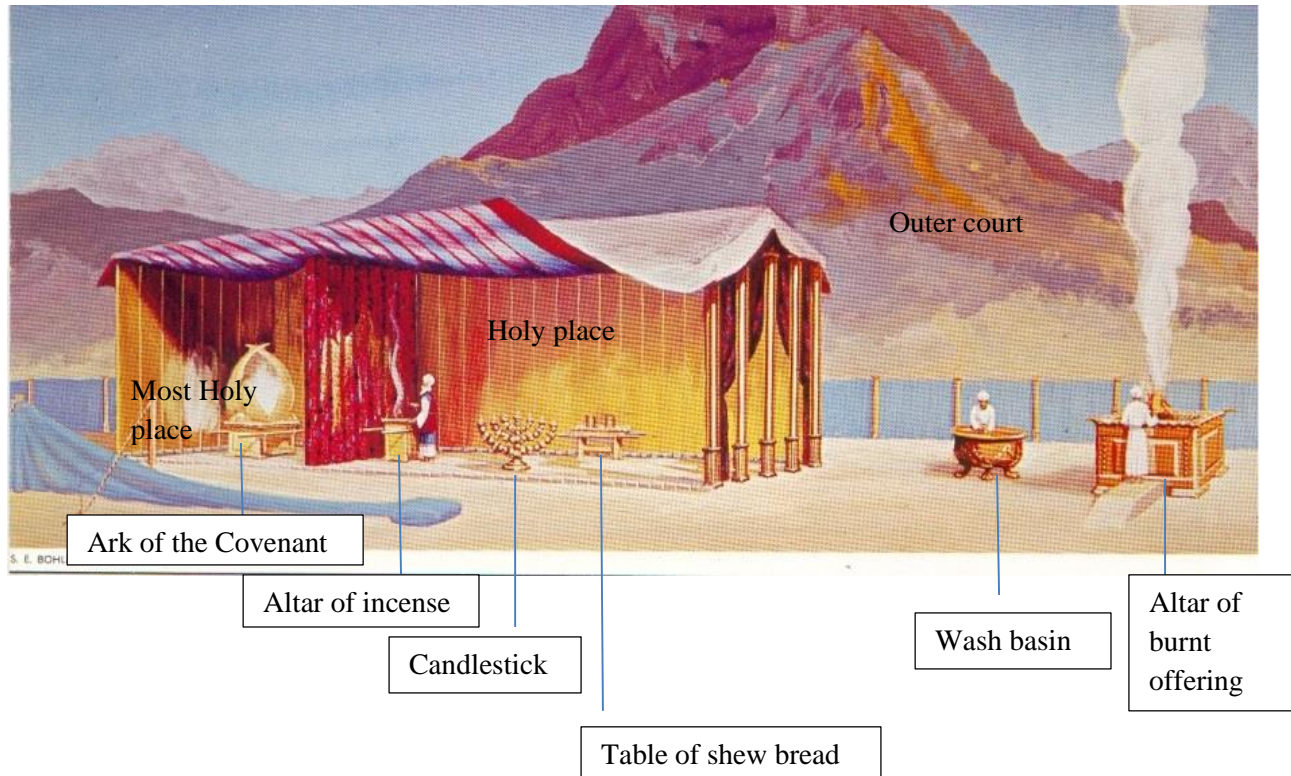
The sanctuary is a place where people would go with their lambs to meet the high priest for forgiveness of their sins.

Summary of the earthly sanctuary activities. Ellen G. White

The ministration of the earthly sanctuary consisted of two divisions; the priests ministered daily in the holy place, while once a year the high priest performed a special work of atonement in the most holy, for the cleansing of the sanctuary. Day by day the repentant sinner brought his offering to the door of the tabernacle, and placing his hand upon the victim's head, confessed his sins, thus in figure transferring them from himself to the innocent sacrifice. The animal was then slain. "Without shedding of blood," says the apostle, there is no remission of sin. "The life of the flesh is in the blood." [2 LEV. 17:11.] The broken law of God demanded the life of the transgressor. The blood, representing the forfeited life of the sinner, whose guilt the victim bore, was carried by the priest into the holy place and sprinkled before the veil, behind which was the ark containing the law that the sinner had transgressed. By this ceremony the sin was, through the blood, transferred in figure to the sanctuary. In some cases the blood was not taken into the holy place; but the flesh was then to be eaten by the priest, as Moses directed the sons of Aaron, saying, "God hath given it you to bear the iniquity of the congregation." [3 LEV. 10:17.] Both ceremonies alike symbolised the transfer of the sin from the penitent to the sanctuary. GC88 418

Important truths concerning the atonement were taught the people by this yearly service. In the sin offerings presented during the year, a substituted had been accepted in the sinner's stead; but the blood of the victim had not made full atonement for the sin. It had only provided a means by which the sin was transferred to the sanctuary. By the offering of blood, the sinner acknowledged the authority of the law, confessed the guilt of his transgression, and expressed his faith in Him who was to take away the sin of the world; but he was not entirely released from the condemnation of the law. On the Day of atonement the high priest, having taken an offering for the congregation, went into the most holy place with the blood and sprinkled it upon the mercy seat, above the tables of the law. Thus the claims of the law, which demanded the life of the sinner, were satisfied. Then in his character of mediator the priest took the sins upon himself, and, leaving the sanctuary, he bore with him the burden of Israel's guilt. At the door of the tabernacle he laid his hands upon the head of the scapegoat and confessed over him "all the iniquities of the children of Israel, and all their transgressions in all their sins, putting them upon the head of the goat." And as the goat bearing these sins was sent away, they were, with him, regarded as forever separated from the people. Such was the service performed "unto the example and shadow of heavenly things." Hebrews 8:5. PP 355

The sanctuary in picture



Shadow of the things to come

Altar of burnt offering	the cross (sacrifice for our sins)
Wash basin	the water of life, baptism
Table of shew bread	Jesus the bread of life, Bible
Candlestick	Jesus the light of the world
Altar of incense	Christ our intercessor
Ark of covenant	Gods laws (mirror)

The earthly sanctuary was a shadow of the true things that were to come. The true picture began to show when Christ was baptized and later crucified (wash basin, altar of burnt sacrifice), defining the outer court of a new sanctuary.

When Christ ascended to heaven, He destined in the holy place, following the earthly sanctuary pattern. *When did Christ enter the most holy place?*

- **Daniel 8:14** “And he said unto me, unto two thousand and three hundred days; then shall the sanctuary be cleansed.”

The midnight cry

Upon meditation on Daniel 8:14, William Miller and followers attempted to find a definite date to which the 2300-day prophecy would end. The millerite movement believed that the end of the 2300 period would have Jesus come for judgment and they suggested 18 April 1843 as the day when Jesus would come; unfortunately the day passed. After the disappointment, people still hoped for the best and waited still for another day in 1844, 22 October. Midnight cry is a term given to the period between the first disappointment, 18 April 1843 and 22 October 1844 where they expected an exact fulfillment of the prophecy. In this period despite the disappointment, people proclaimed to the whole world about the return of Christ in 1844 hence the midnight cry.

Read Matthew 25

The great disappointment 1844

The day arrived, 22 October, 1844 and the Adventists were in meeting houses or private homes. The believers sang hymns and reviewed evidences that the Lord would come. The day passed and the sun set. Still there was hope: “For ye know not when the master of the house cometh, at even, or at midnight, or at the cock-crowing, or in the morning” (Mark 13:35). Finally, midnight passed. Prayer was offered, and tears filled the eyes of some of the believers. The believers were grief-stricken and asked one another, “Have the Scriptures failed?” (Church heritage, p. 22)

Interpretation to Daniel 8:14

After breakfast Edson said to one of the believers who remained, “Let us go out to comfort the brethren with this assurance.” The two men walked through the field where Edson’s corn was still in the shocks. They went with meditative hearts, thinking of the disappointment. At about the middle of the field, Edson stopped. * He seemed to see the sanctuary in heaven and Christ as High Priest going from the Holy Place of the sanctuary into the Most Holy. “I saw distinctly and clearly,” writes Edson, “that instead of our High Priest coming out of the Most Holy of the heavenly sanctuary to come to this earth on the tenth day of the seventh month, at the end of the 2300 days, He for the first time entered on that day the second apartment of that sanctuary and that He had a work to perform in the Most Holy before coming to this earth.” This cleansing of the sanctuary marked the beginning of the investigative judgment. (Church heritage, p. 23)

LESSON 3: ADVENTIST PIONEERS and their contribution to the church

James White (1821-1881)

Founder of the first Sabbatarian Adventist periodical entitled “the present truth”

- Framed the Adventist doctrines and brought out a people to stand upon them.

- Promoted and organized the ecclesiastical polity.
- Founded and managed many of the Adventist institutions– corporate church, publishing, health and educational– which make up the pillars of this cause.
- Served as president of the General Conference for three terms, totaling ten years.

John Nevins Andrews (1829-1883)

- Was sent to Europe in 1874 as the first Adventist official overseas missionary, and he laid a firm foundation for the work there.
- Led out in studying God’s plan for gospel finance, from which was developed the tithing system as we know it today.
- In August, 1860, he suggested publicly that the brethren should meet to discuss church organization; as a result, the Advent Review Publishing Association was formed, and the name “Seventh-day Adventist” was chosen for the church.
- Served as third president of the general conference.

John Byington (1798-1887)

- Served as the first president of the general conference
- Offered his home for the first Sabbath school and Adventist elementary school where his daughter Martha was the teacher.
- Offered his place for a church building to the early Sabbath keepers.

Uriah Smith (1832-1903)

- Worked as author and editor of the review and heralds
- Author of the book “Daniel and Revelation”

Hiram Edison (1806-1882)

- Introduced the investigative judgment doctrine
- Advanced funds to purchase the first Seventh - day Adventist press.

Ellen Gould White Harmon (1827-1915)

Married to James White (30/08/1846), had four children.

- Prolific author and one of the American Christian pioneers whose ministry was instrumental in founding the Seventh - day Adventist movement.

ASSIGNMENT NO. 2

Summarize the book “Steps to Christ” by Ellen G. white. Give an overall summary not chapter by chapter.

LESSON 4: COMMUNITY OUTREACH

As a class organize and participate in any outreach of your choice approved by your leader. You may want to identify one of the needy people in your community and assist that person by provision of what is needed. You can choose a Saturday or Sunday; the club will let you do your mission with no interruption.

As Christians we have been provided with several opportunities of evangelism. In the society we live God has opened doors of communication with others so that we assist each other in our journey to heaven.

The field of opportunities set to a person can be divided into three segments: fringe of friends, area of involvement and sphere of influence.

- Fringe of friends deals with teenagers who are simply passing acquaintances. These are the teens known by the occasional "hi."
- The area of involvement deals with a more specific group of teenagers. These students are better known than the fringe. Because of involvement in clubs, activities, classes, etc. the relationship is more personal.
- The sphere of influence is the hard core of personal friends that make up the most closely associated group of friends a teenager has. Here are the teens with whom one is involved closely in time and activities. Here is the area where his responsibility for witness must pay off. This field of communication is the area of operation - the teenagers' responsibility - as mentioned in Ezekiel 33:7.

Means and methods of communication: communication involves:

- Conversation – communication between more than one person
- Availability – as evangelists we are to make ourselves available to others
- Language – communication should be clear by use of a language known to your audience
- Understanding – every evangelist should understand their client and communicate based on the way they are.
- Contact – the audience should be reached by making ourselves close to them. An evangelist should never isolate himself, however he should also never get influenced to lower his standards of Christianity.
- Involvement – A bridge of friendship must be built before communication can take place. The audience should be able to interact with you. Communication should never be one way.

According to Ezekiel 33, failure to communicate and discharge the Gospel to the unreached teen will mean for him death and damnation, and for the failing Christian, remorse and regret for lost opportunity. It is not a question of whether the teen to whom we witness accepts Christ or not; that's his decision. It's a question of whether he hears the Gospel or not; that's our responsibility.

Prerequisites for witnessing (things to consider before witnessing)

- a. As an evangelist be able to balance i.e.
 - Your physical appearance should be neat
 - Be mentally alert
 - Be open to involve yourself with your clients to create a good bond
 - Know the right times and places to make a witnessing act
- b. In the act of witnessing, examples should be used and these examples should be:
 - Positive, practical and pointed (examples should never isolate your target team)
- c. As an evangelist be able to communicate through life, lip, language and learning.
- d. Every witnessing should have a plan and this plan involves five steps
 - Establish rapport – win the audience’s friendship
 - Win the right to be heard – preach with your life first rather than lips
 - Get him to the gospel – get your client to a place where he/she can be able to understand your message.
 - Wait for the green light – observe your client’s responses
 - Be ready for follow up – if you win your client and has accepted your message be ready to make a follow up of his day to day responses
- e. Things to avoid
 - ❖ Do not be obnoxious
 - ❖ Do not argue with client
 - ❖ Do not be negative
 - ❖ Do not be tactless
 - ❖ Do not “put down” your friend’s beliefs
 - ❖ Do not compromise your witness

The plan for witness

- a) Know your client’s interests so as to plan the best approach to him
- b) Read your client’s attitudes to have a tip-off to your next move.
 - There are five possible attitudes: acceptance, curiosity, hesitation, indifference and rejection.
- c) Mind your behavior (blueprint for Christian witness)
- d) Be ready to face opposition or barriers. Stay firm in faith.
- e) Be alert for client’s conviction if any.
- f) Conclude your witness by a well-constructed calling and be ready to respect your client’s decision.
 - A declaration or calling involves telling your client:
 - What they are (Romans 3:23)
 - What Christ did for them (Romans 6:23)
 - What is expected of them (Romans 10:9-10)

LESSON 5: FRIENDSHIP DEVELOPMENT

A. Choosing your career

The bible encourages work: Gen. 2:15, Gen 3:23, 1Thess. 4:11, 2Thess. 3:10-12

Qualities for success

- Integrity - honesty, truthfulness
- Dependability - reliability, punctuality, assumption of responsibility.
- Emotional Stability and Maturity - self-control, good judgment, mental health.
- Perseverance - stick-to-itiveness, drive and enthusiasm.
- Ability to Communicate - both oral and written expression.
- Attitude Toward Work - willingness to learn, interest in career as opposed to mere salary, and loyalty to employer.
- Physical Appearance - cleanliness, well-dressed presentation, poise, self-confidence.
- Sense of Humor - not taking self too seriously, ability to be laughed at, genuine humility.
- Normal Family Life - happy marriage to the "right" partner.
- Wise Choice of Friends and Extra-curricular Activities.
- Active Participation in Community.

How to choose a career

a. Ask yourself, "Am I interested in ideas, people, or things?" If your answer is:

- Ideas: then pursue work such as art, designing, journalism.
- People: then pursue work such as a doctor, minister, teacher, social worker.
- Things: then pursue work such as mechanics, plumbing, or trades in general.

b. Select a career within your educational limits, thus the more schooling you have, the wider the choice of careers.

c. Evaluate your potential:

- Look at your natural abilities.
- Seek advice from your teacher who knows your aptitude.
- Counsel with your parents who know your temperament.
- Ask a friend who knows your likes and dislikes.
- Talk to someone through whom you feel God can speak.

d. Pray about it.

e. Look around, visit, and inquire.

B. Moral behavior

Commandment 1: thou shalt have no other gods before me	Recognizing a creator and sustainer of our life.
Commandment 2: thou shalt not make unto thee any graven image	Recognizing the futility and impossibility of attempting to reduce the creator to the image level of any creature of human conception.
Commandment 3: thou shalt not take the name of the Lord in vain...	Recognizing the need to respect the character and nature of an omnipotent being. Note: "name" in old testament times was representative of the character of God.
Commandment 4: remember the Sabbath day to keep it holy...	Recognizing the need for worship and contemplation of the character of God.
Commandment 5: honor thy father and mother...	Recognition of the respect due to parents and authority figure that operates within the framework of respect and love.
Commandment 6: thou shalt not kill	Recognition of the sanctity of life, and our need to preserve life whenever possible.
Commandment 7: thou shalt not commit adultery	Recognition of the need for purity, honesty and loyalty in human relationships.
Commandment 8: thou shalt not bear false witness	Recognition of the property rights within a society. Acknowledgement of the rights of others in business dealings, and employer or employee relationships.
Commandment 9: thou shalt not bear false witness	Recognition of the need for honesty in human relationships, and condemnation of gossip innuendo.
Commandment 10: thou shalt no covet	Condemnation of clinging to selfish desires, that is seeking that which belongs rightfully to another. Condemnation of cherished desires which can only be satisfied at the expense of someone else.

C. Sex and dating

- Be in groups of threes and discuss the following:

What is dating? The ideal age at which to commence dating, suggest possible activities for dating. Discuss a possible code for dating -guidelines - limits, etc., should parents meet date before going out, should parents be told where you are going and what time to expect you home. What etiquette and courtesies do you expect from your date?

D. Choosing a life partner

Factors to consider in choosing a life partner

- *Physical appearance* –
- *Age* – there should be a reasonable age difference with the female being younger
- *Intelligence* – choose someone who has mental capacity at least reasonably close to yours.
- *Family background* – spend time in the home of the person that you are considering as a life partner and observe the way he/she treats their parents, brothers and sisters.
- *Religious background* – your first priority should be a partner of same faith as yours. Why?
- *Health* – know something of the physical, emotional and mental health of your prospective marriage partner, and something of the family health history.
- *Character* – choose someone of good character, who understands no matter the situation.
- *Love* –
- *Friends* – it is important you should be good friends with one another. Friends always enjoy being together and doing things together. Do you like the friends of your prospective mate?
- *Money matters* – find out how your mate handles money issues.

ASSIGNMENT NO. 3

Form four groups and let each group choose one of the four friendship development sections that you've learnt. Make a group presentation of at least 10 min and present it at one of the organized vesper programs. Make sure everyone participates.

LESSON 6: ORGANISATIONAL & LEADERSHIP DEV.

STRUCTURE OF S.D.A CHURCH

General conference

Division

Union

Conference

Local church

ADVENTIST PRESIDENTS (Terms and conditions apply)

PAST PRESIDENT	LEVEL	PRESENT PRESIDENT
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Jan Paulsen	General conference	Ted N.C. Wilson
	Southern African Indian Division (SAID)	Paul S. Ratsara
Sosten Mfunne	Union	Frackson Kuyama
	Conference	Innocent Chikomo
	Local church	

ADVENTIST YOUTH HIERACHY (Terms and conditions apply)

PAST A.Y DIRECTOR	LEVEL	PRESENT A.Y DIRECTOR
Baraka Muganda	General conference	Gilbert R. Cangy
	Southern African Indian Division	Sibusiso B. Khumalo
	Union	Dennis Matekenya
	Conference	Mchewere Banda Ngozo
	Local church	-

Brief notes on church departments

a. Communication

The mission statement of the Communication Department is “building bridges of hope.” This is being accomplished by reaching the diverse church audiences, both within and externally, with an open, responsible and hope-filled communication program, and through the effective use of contemporary technologies and methods of communication.

b. Education

The Education Department provides coordination and supervision to the worldwide Seventh-day Adventist educational system, from the elementary school to the university level. Adventist educational institutions promote the total development of their students—mental, spiritual, and physical and social— and actively support the mission of the church.

c. Family life

The over-arching objective of the Department of Family Ministries is to strengthen families as disciple-making centers. Family Ministries focuses on people in relationship and is concerned with the needs of married couples, parents and children, the family needs of singles and all members of the wider family circle as they pass through life’s predictable stages and contend with unexpected changes in their lives.

d. Stewardship

The Stewardship Department exists to train administrators and pastors in Biblical stewardship. The goal of this department is to provide, for every church member, the opportunity to understand, accept and live true stewardship as a life-style of one who accepts Christ’s lordship, walks in partnership with God and acts as God’s agent to manage His affairs on earth.

e. Sabbath school

It has four purposes:

1. Study of the Word, enabling members to study the Word of God systematically.
2. Fellowship, providing opportunity for social interaction.
3. Community outreach, teaching the gospel to those who do not know it.
4. World mission emphasis, making funds available for the worldwide expansion of the church.

f. Personal ministries

The mission of the Personal Ministries unit of the department is to motivate, equip and mobilize the membership to accomplish the world mission of the church. Its responsibility is to organize and lead the church into service for Christ. It encourages evangelism especially in many ways, such as lay training through the International Institute of Christian Ministries, Bible studies, Community Services activities, public evangelistic activities led by church members and Bible correspondence courses.

LESSON 7: HONORS (brief)

Camping and hiking

Factors to consider when selecting a camp site (the 6 W's)

- Wind – find areas that are protected from the wind
- Water – fresh water should be available for drinking, beware of drainage areas, flooding and other water related hazards.
- Weather – explore the weather patterns of a particular area before selecting it for camp
- Wild things – select an area free from dangerous wild animals
- Wood – make sure wood for campfire is available and no dead wood above sleeping ground
- Willingness – make sure the owner of the property is willing for you to camp on it.

Two ways to start a fire without a match

- Flint
 - ❖ Take a flint (any sharp rock e.g. jasper, quartz), knife blade and char cloth (partially burned cotton cloth)
 - ❖ Place the char cloth on the flint, hold the knife with one hand and strike it on the flint as if you were sharpening the knife.
 - ❖ After several strikes, a spark will develop which when in contact with the char cloth, the char will glow.
 - ❖ Take the char cloth and set it against your tinder, and gently blow on it until you get a flame.
- Curved glass

- ❖ Take a smooth glass and focus the rays of the sun, igniting your fire.
- ❖ You can also use a sphere-shaped ice block or a well-polished soda can bottom.

Hiking in warm weather conditions (attire)

- Thick socks, jeans, light shirt, hat with a wide brim, boots.

Hiking in cold weather conditions (attire)

- Thermal underwear, heavy shirts, wool sweater, wool socks, warm hat, boots, nylon pants.

Gear for a long day hiking

- Water bottle, water purification equipment, first aid kit (bandages, needle or pin, lighter, antibiotic ointment, antiseptic wipers), extra socks, extra shoe/boot laces, flashlight, compass, map of area, guide book of the trail being used, day pack, knife, rope, insect repellent.

More will be taught in class by an assigned comrade

First aid

In presence of an accident follow the Check, Call, Care procedure.

Check – survey the scene to ensure your own safety

Call – call an ambulance, giving them description of the emergency situation and location.

Care – provide appropriate care based on your primary survey of the victim until ambulance or other advance medical personnel arrives and takes over.

CPR (Cardiopulmonary resuscitation)

- ❖ Tilt the victim's head back, and lift their chin.
- ❖ Pinch the victim's nose
- ❖ Put your mouth on the mouth of the victim, maintaining a good seal, and blow into the mouth.
- ❖ Begin chest compressions if you are well trained, otherwise continue with rescue breathing
- ❖ NOTE: breaths should be 2 per every 5 seconds to prevent air from entering the stomach.
- ❖ NOTE: check breathing before resuscitation. If victim is breathing, do not resuscitate.

DRABC (Danger, response, airway, breathing, circulation)

- ❖ Before you try to help the victim, you must determine if the scene is safe.

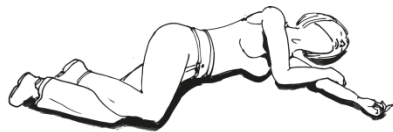
- ❖ Check for response in the victim to assess the necessary treatment. You can shout to see if he/she will show sign of response.
- ❖ Tilt the head back and lift the victim's chin to make an opening to the air way.
- ❖ Check for breathing by looking, listening and feeling. Place your face above victim's mouth and nose to feel the air if any, while watching the victim's chest for movements.
 - If victim is not breathing, apply CPR
- ❖ Check circulation by placing your index and middle finger at one of the carotid arteries, located in the neck, on either side of the Adam's apple.
 - If the victim is an infant, locate the pulse in the brachial artery, on the inside of the upper arm in between the elbow and the shoulder.

Heimlich maneuver (assisting a choking person)

- ❖ Place your hands on the bottom of the victim's diaphragm and exert pressure on it.
- ❖ NOTE: procedure should never be practiced on healthy non-choking person. It has power to injure.

Recovery position

- ❖ Lay victim flat on their left side of body with left arm stretched perpendicular to body.
- ❖ Lay the right arm on top of the left arm with a 90° angle between the upper arm and lower arm joint.
- ❖ Bend the left leg with a few degrees and have the right leg on top of it, bent also to a few degrees on the knee joint.
- ❖ NOTE: recovery position used if casualty is unconscious but breathing.
 - Recovery position prevents the casualty's tongue from blocking airway.
 - Promotes drainage of fluids such as blood from their mouth.
 - Keeps casualty in a safe position if they have to be left alone.



Note tying

Overhand knot (tying gift boxes)

Figure eight knot (prevents rope from fraying)

Stevedore's knot

Square knot

Surgeon knot (tying packages as well as making surgery stitches)

Timber hitch (pulling long objects like beams or logs)

Sheet bend (joining ropes of different sizes)

Sheepshank (shortening a rope instead of cutting it)

Fisherman's knot (joining two ropes of similar size)

Drill and marching

Objectives of drill

- Teaches team work
- Introduces the Pathfinder to the concept of timing. That all of the marching, drill movements can be executed together.
- Instils discipline and orderliness into the conduct of the Pathfinder that will carry on into the church and community life when the Pathfinder grows to adulthood.
- Teaches the Club Staff how to use discipline to control activities involving the Pathfinder.
- Engenders high morale and respect for authority when utilised correctly

Commands

Attention

- ❖ Place heels together but turn out feet to a 30° angle.
- ❖ Brace your knees with body erect.
- ❖ Hang arms straight from the shoulders with wrist straight.
- ❖ Head up, eyes open and shoulders level.

Stand at ease

- ❖ Keep right leg still, move left leg to the left, making a feet distance of 20-30CM apart.
- ❖ At the same time bring the arms behind the back, keeping them straight, and place the back of the right hand in the palm of the left, fingers and hands straight, pointing floor.

- ❖ Any material should be carried with the left hand. When hands hold something, they should remain straight as in an attention position.

Right/ left turn

- ❖ Keeping both knees straight, turn through 90 degrees to the right, on the right heel and the ball of the left foot, raising the left heel and the right toe in doing so, keeping the weight of the body on the right foot. On completion of the movement the right foot is flat on the ground, the left leg to the rear with the heel raised, and turned slightly inwards. Both knees braced back, and arms in the position of “attention.”
- ❖ Bend the left knee and bring the left foot sharply to the right into the position of “attention.”

About turn

- ❖ Keeping both the knees straight, turn through 180 degrees to the right, on the right heel and the ball of the left foot, raising the left heel and the right toe in doing so, keeping the weight of the body on the right foot. On completion of the movement the right foot is flat on the ground, the left leg to the rear with the heel raised, and turned slightly inwards. Both knees braced back, and arms in the position of “attention.”
- ❖ Bend the left knee and bring the left foot sharply to the right into the position of “attention.”

Dismiss

The Pathfinder:

- ❖ Turns right,
- ❖ Salutes to the Right (Their front),
- ❖ Counts to four (in “quick time”),
- ❖ Marches off the parade area.

Quick march

- ❖ The Pathfinders will step off with the left foot, swinging the right arm forward and the left arm to the rear, and march straight to the front unless otherwise directed.
- ❖ Swing hands close to body, keeping the elbow joint straight and lock your thumb over the second joint of the fore finger.

Halt (command given on left foot)

- ❖ Take a further pace with the leg that remains behind during the command, in this case move the right leg forward so as to make an attention with the left.
- ❖ Close arms as you attain the attention position

About turn (given as left foot reaches ground)

- ❖ Take another pace with the right foot to check forward momentum. At the same time cut the arms to the sides.
- ❖ Raise left foot, turn body through 90 degrees to the right and place the left foot down with the instep in front of the toe on the right foot.
- ❖ Raise the right foot, turn the body through the further 90 degrees and place the right foot down, toe pointing in the new direction.
- ❖ Raise the left foot and place alongside the right foot.
- ❖ Commence to swing the arms as the right foot leads off in the new direction.

Right/left turn (given on right foot)

- ❖ Bring the left knee forward and upward, turning it across the body, with the upper part of leg horizontal.
- ❖ Vigorously turn to the right on your right leg's heel while throwing your left leg behind making it stand on its toes.
- ❖ Continue marching by lifting your left leg to the front and commencing the hand swings.

Temperance and nutrition

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.”

- Be able to write an essay on alcohol, tobacco, drugs, and physical fitness.

7 ingredients of tobacco smoke

- *Nicotine* – highly addictive
- *Arsenic* – poisonous metalloid also used in pesticides, herbicides and insecticides.
- *Formaldehyde* – converted to formic acid in the body, leading to a rise in blood acidity.
- *Carbon monoxide*
- *Cyanide* – irreversible enzyme inhibitor
- *Phenolbenzophyrine* – highly carcinogenic and mutagenic compound.
- *Ammonia* – enhances delivery of nicotine into the blood stream.

Effects of tobacco, alcohol, drugs and pregnancy

Alcohol

- *Physical health effects* – cirrhosis of the liver, pancreatitis, dementia, heart disease.

- *Social problems* – loss of employment leading to financial problems, criminal charges for drunk driving or public disorders.

Difference between lacto-ovo and ovo vegetarian

- a. Lacto-ovo vegetarian – a person who eats no animal products except for milk and milk products and eggs.
- b. Ovo vegetarian – person who eats no animal products except for eggs.
- c. Vegan vegetarian – person who eats no animal products at all.

Nutrients and their sources

- ❖ *Vitamin C* – citrus fruits, tomatoes, and potatoes
- ❖ *Vitamin A* – milk and eggs, carrots and spinach
- ❖ *Vitamin B1* – whole grains, pineapples, and legumes
- ❖ *Vitamin B2* – milk, leafy green vegetables and mature soya beans
- ❖ *Iron* – black-eyed peas, strawberries, leafy vegetables and beans
- ❖ *Calcium* – dairy products

Importance of drinking plenty of water everyday

Water helps eliminate waste and keep body cells hydrated

Ways to increase daily water intake

- ❖ Drink a glass of water when you first get up in the morning, in the evening when you get home and before you go to bed at night.
- ❖ Keep a bottle of water beside your desk at work
- ❖ Drink before, during, and after any physical activity.
- ❖ Carry water with you when you travel.

Common diseases that can be controlled by diet

- Diabetes
- Cardiovascular disease
- Cancer

Ecology and environmental conservation

Difference between ecology and environmental conservation

Ecology is the study of how organisms interact with each other and their physical environment.

Environmental conservation is the rational use of the environment to provide the highest sustainable quality of living for humanity.

Meaning to the term “death of a river or lake

This is when a river or water body becomes so polluted that it can no longer support life.

Signs of stream purity

- Abundance of small fish present
- Water visually clear and fresh smelling
- Stream banks covered with vegetation down to water’s edge
- Small amounts of green algae in water
- Some aquatic plants present
- Turtles present in the stream
- Crayfish under stones in the stream
- Sandbars covered with growing weeds indicating relatively stable water level

Signs of stream deterioration and death

- Large masses of blue-green algae present
- Scoured banks from high water level during storms
- Putrid smell of the water
- Detergent foam present
- Trash sticking out of mud and sand bars along the stream
- Water loaded with silt
- No aquatic insects or fish present
- Presence of raw sewage
- No salamanders or frogs under rocks along stream bank