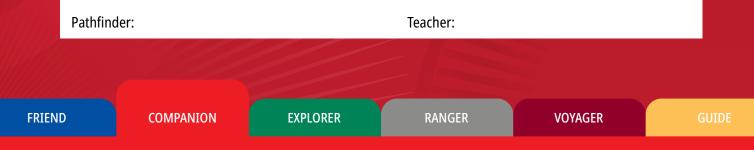


COMPANION

Class Requirements Workbook



South Pacific Division Discipleship Youth Ministries



Companion Class Requirements Workbook Upgrade 2021

Class Requirements based on the Standard Curriculum (also known as the Card System)

PRODUCED BY:

South Pacific Division Discipleship—Youth Ministries 148 Fox Valley Road, Wahroonga, NSW 2076

Youth Director/Specialist: N J Kross

Editing Team: N J Kross D Samani Eke E Tongia M Cokanasiga

Designer J Turnbull

Image Sources Getty Images

For information Email: youth@adventist.org.au Website: pathfinders.adventistchurch.com

RESOURCES:

Church Heritage Worksheets: J Wells S Burrows

H Heunis

D K Hosken

N Hughes

M Ibbott

G L Kane

N Keene

R A Kench

E C Lemke

A G Lindsay

A Marseniak

K E Martin

A N Patrick

R E Possingham

R H Parr

H Rianda

L A Landsdown

M S Jackson

Contributors: M J Allen D E Bain G D Box E Tavai Brown N J Cappe B K Craig **R F Craig** D | Coltheart R Crosland W G Dowling A N Duffy A C Ellison T A Fischer R Gale I L Hanson J H Harris

M A Schneider R J Swannell R W Taylor L R Thrift A Turner D L Weslake E C White

Seventh-day Adventist Church

South Pacific



Companion Requirements



- 1. Be eleven years old and/or in Year 6 or its equivalent.
- 2. Be an active member of Pathfinders.
- 3. Learn or review the meaning of the Pledge and illustrate its meaning in an interesting way.
- 4. Have a current Book Club Certificate and write at least a paragraph of review on one book of your choice.

ADVANCED

Know the composition and proper use of your national flag.



- Memorise the Old Testament books of the Bible and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.
- 2. Have a current Memory Gem Certificate.
- 3. Know and explain Psalm 23 or Psalm 46.
- 4. In consultation with your leader, choose one of the following Old Testament characters: Joseph, Jonah, Esther or Ruth. Discuss with your group, Christ's loving care and deliverance as shown in the story.

ADVANCED

Know different methods of purifying water and demonstrate your ability to build a camp shelter. Consider the significance of Jesus as the Water of Life and as our refuge place.

SERVING OTHERS

- By consultation with your leader, work out ways to spend at least two hours in your community demonstrating in a consistent manner, real companionship to someone else.
- 2. Spend at least one hour participating in a project that will benefit the community or your church.

ADVANCED

Spend at least five hours in community service.

CHURCH HERITAGE

View Episode 3 "The Great Expectation" from the "Keepers of the Flame" video series and complete the Companion worksheet "Standing True".

OR

View the audiovisual presentation entitled "The Midnight Cry", and discuss as a class the events and personalities that led to the establishment to the Seventh-day Adventist Church.

ADVANCED

Complete the Advanced Companion worksheet "Standing True" based on the video "The Great Expectation".

OR

Complete the crossword puzzle based on the audiovisual "The Midnight Cry".



- 1. Memorise and explain 1 Corinthians 9:24-27.
- 2. Discuss with your leader physical fitness and regular exercise as they relate to healthful living.
- Learn about the detrimental effects of smoking on health and fitness; and write your own pledge of commitment to abstaining from the use of tobacco.
- 4. Complete the Advanced Beginner's Swimming Honour.

ADVANCED

- 1. Hike eight kilometres and keep a log.
- 2. Attend a 5-Day Plan, OR view two films, OR make a poster, OR help prepare a display for a show, etc.

ATURE STUDY

- 1. Identify and describe seven birds and seven trees.
- 2. Complete one of the following honours: Birds, Domestic Animals, Ferns, Insects, Poultry, Shells, Trees and Shrubs.
- 3. Participate in nature games, OR participate in a one-hour nature walk.

ADVANCED

Identify and describe twelve birds and twelve trees.

CAMPING & SURVIVAL SKILLS

- 1. Find the eight general directions without the aid of a compass, by using the stars, and by using a watch.
- 2. Participate in a two-night camp out. Know at least six points relative to the selection of a camp-site.
- Learn or review the friend knots. Tie and know the practical use of the following knots: Sheet Bend, Sheepshank, Fisherman's Knot, Timber Hitch, Taut Line Hitch. Learn three basic lashings.
- 4. Pass a test in Companion First Aid.

ADVANCED

- 1. Build five different fires and describe their uses. Discuss the safety rules in lighting fires.
- 2. Cook a camp meal without utensils.
- *3. Prepare a knot board with at least fifteen different knots.*



REQUIREN	MENT 1	
BE ELEVEN YEA EQUIVALENT.	RS OLD AND/OR IN YEAR 6 OR ITS	5
Date:		
Supervisor's Signature:		
_		
2005		
REQUIREN	MENT 3	
BE AN ACTIVE M	IEMBER OF PATHFINDERS.	
Date:		
Supervisor's Signature:		

GENERAL



LEARN OR REVIEW THE MEANING OF THE PLEDGE AND ILLUSTRATE ITS MEANING IN AN INTERESTING WAY.

The Pathfinder Pledge

MY GOD I WILL	I recognise that Jesus Christ is my personal saviour and I want to respond by loving Him.
HIS PRESENCE	I will set aside some private time every day to read my Bible and talk to God.
SHOW TO OTHERS	I will always be kind and thoughtful of others in my family, school, church and community. I will try to include the lonely and left-out people in my friendship.
KEEP THE	I accept the Pathfinder Law as being an important part of the Pathfinder Club and choose by God's grace, to live by it.
AND MY	I will endeavour to be a good citizen at home, school, and in the community, by obeying the laws of the land and respecting those obeying the laws of the land, and respecting those in authority.

Date Memorised: ____

Supervisor's Signature:





requirem	ENT 4	
HAVE A CURRENT WRITE AT LEAST A BOOK OF YOUR C	A PARAGRAPH O	NE
Title of Book		
Author		
Publisher		
Year and ISBN		
Book Report		







KNOW THE COMPOSITION AND PROPER USE OF YOUR NATIONAL FLAG.

Flag Etiquette

It has not always been the privilege of the individual to fly his country's flag. On land, during the Middle Ages, banners were flown from forts, and as colonisation swept forward, the flag was flown as a symbol of possession. It was always the State or its representatives that hoisted the flag. The flag was not the property of the people.

The desire on the part of the individual to hoist his country's flag as an expression of his patriotism started in most countries after the Napoleonic Wars. Although many reigning monarchs tried to stop this development, their efforts were in vain, and some countries are still completely forbidden to fly flags privately.

In many countries, rules and regulations have been formulated for private flag flying. On land, these rules vary from country to country, but at sea, strict rules have been developed and these are accepted everywhere. A country's national flag has now become an honoured symbol.

Draw your country's flag in the space provided.



Link: Information on Flags, download this resource



Date:

Supervisor's Signature:





MEMORISE THE OLD TESTAMENT BOOKS OF THE BIBLE AND KNOW THE FIVE AREAS INTO WHICH THE BOOKS ARE GROUPED. DEMONSTRATE YOUR ABILITY TO FIND ANY GIVEN BOOK.

FIVE BOOKS OF MOSES

FIVE POETS

TWELVE BOOKS OF HISTORY

FIVE MAJOR PROPHETS

TWELVE MINOR PROPHETS









REQU	IREMENT 3	
KNOW AN Psalm 23	D EXPLAIN PSALM 23 OR PSALM 46.	
Psalm 46		
Date:	Supervisor's Signature:	







IN CONSULTATION WITH YOUR LEADER, CHOOSE ONE OF THE FOLLOWING OLD TESTAMENT CHARACTERS:

JOSEPH	JONAH	ESTHER	RUTH

DISCUSS WITH YOUR GROUP, CHRIST'S LOVING CARE AND DELIVERANCE AS SHOWN IN THE STORY.

			Y
		 *	
Date:	Supervisor's Signature:		

BIBLE SEARCH



KNOW DIFFERENT METHODS OF PURIFYING WATER AND DEMONSTRATE YOUR ABILITY TO BUILD A CAMP SHELTER. CONSIDER THE SIGNIFICANCE OF JESUS AS THE WATER OF LIFE AND AS OUR REFUGE PLACE.

Camping Resources



Wilderness Living Specialty Resource



 ∂

Teaching Resource: Camping Skills. <u>Download document</u>.



	FERENT METHODS OF PURIFYING WATER AND ATE YOUR ABILITY TO BUILD A CAMP SHELTER.
Date:	Supervisor's Signature:

	THE SIGNIFICANCE OF JESUS AS THE WATER OF LIFE JR REFUGE PLACE.
Date:	Supervisor's Signature:

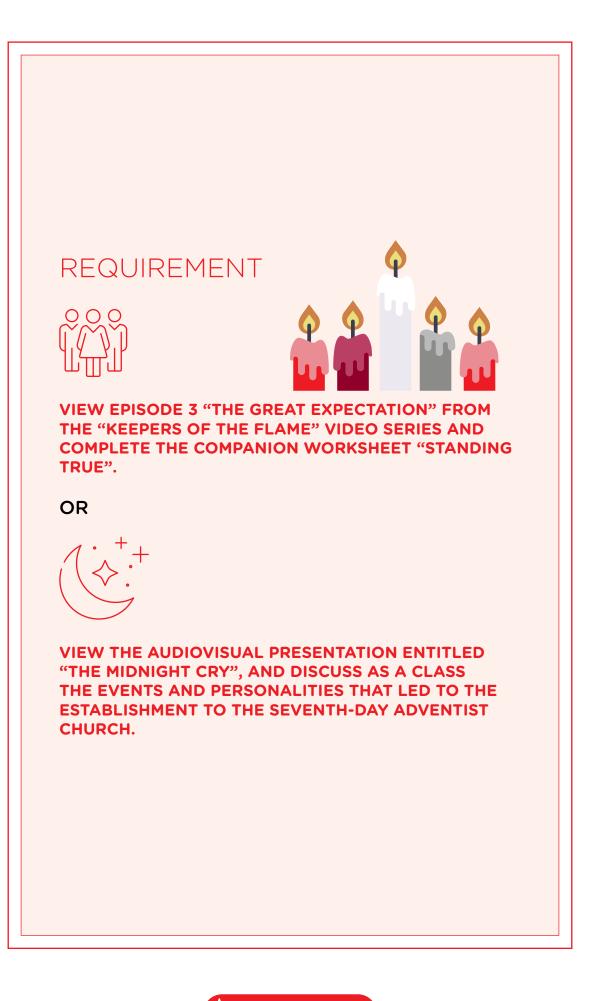


REQUIRI	EMENT 1	
TO SPEND AT	TION WITH YOUR LEADER, WO LEAST TWO HOURS IN YOUR (FING IN A CONSISTENT MANNE SHIP SOMEONE ELSE.	COMMUNITY
Date:	Supervisor's Signature:	

REQUIREMENT 2
SPEND AT LEAST ONE HOUR PARTICIPATING IN A PROJECT THAT WILL BENEFIT THE COMMUNITY OR YOUR CHURCH.
Date: Supervisor's Signature:
ADVANCED
SPEND AT LEAST FIVE HOURS IN COMMUNITY SERVICE.
Date: Supervisor's Signature:

SERVING OTHERS

mz







VIEW EPISODE 3 "THE GREAT EXPECTATION" FROM THE "KEEPERS OF THE FLAME" VIDEO SERIES AND COMPLETE THE COMPANION WORKSHEET "STANDING TRUE".

Standing True Activity

This is a Standing True activity based upon 'Keepers of the Flame'. Before you watch the video divide the class into two groups. If there is only one person in the class then you can choose which activity to do (teachers discretion allowed if class numbers are low).

Group A	Group B	
List the facts that have to do with the origins of Prophecy leading up to William Miller.	List the major events in the life of William Miller.	
List all the people involved	Make a miniature theatre box out of cardboard box. Make a scroll to illustrate each of the facts that you have discovered from the life of William Miller.	
List the specific prophecies		
List the dates		
Make a miniature theatre box out of a cardboard box.		
Make a scroll to illustrate each of the facts that you have discovered from the episode 'The Great Expectation'.	Illustrate one of the events from your list. Make up the appropriate background.	
Illustrate one of the events from your list. Make up the appropriate		
background.	When completed, present your story to an audience.	
When completed, present your story to an audience.		
How would you have reacted if you had heard any of these people prea	ach?	
Wow! That is an awesome story. Tell me more		
I would have probably gone to sleep		
I would have really liked to be have been there?		
Nould you have believe what they were telling you?		
Yes Don't know Maybe	🗌 No Way	
Explain why you gave the answers you gave above		
Date: Supervisor's Signature:		





VIEW THE AUDIOVISUAL PRESENTATION ENTITLED "THE MIDNIGHT CRY", AND DISCUSS AS A CLASS THE EVENTS AND PERSONALITIES THAT LED TO THE ESTABLISHMENT TO THE SEVENTH-DAY ADVENTIST CHURCH.

The Midnight Cry Questionnaire

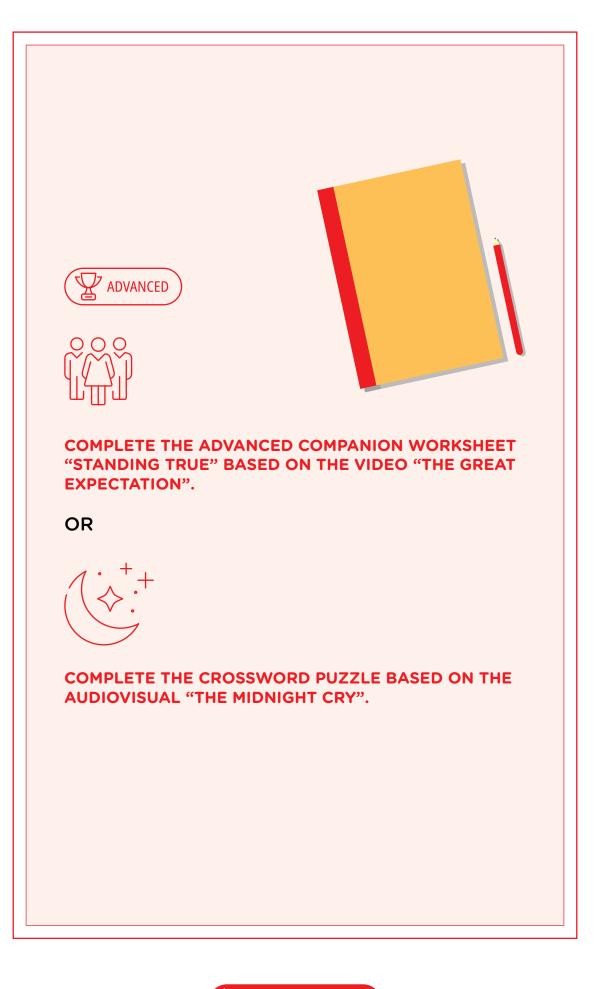
- 1. What special event did William Miller study in the Bible?
- 2. Complete the following sentence from Daniel 8:14
 - a. "Unto ______, then shall the ______ be cleansed."
- 3. What did William Miller think was going to happen in 1844?
- 4. How did William Miller feel at first about being called to preach about Christ coming again?
- 5. What was God's answer to Miller?
- 6. In what year did the stars fall?
- 7. What happened to the two teenage boys who were preaching in Sweden?
- People believed that Jesus was coming on October 22, 1844. This great event was called "______ Cry"
- 9. What is meant by "The Midnight Cry"?
- 10. There was much excitement for the Millerites just prior to October 22, 1844. And on that day many people prepared to meet Jesus. This meant that many ordinary things of the day had to be left undone. Name at least two of these:
- 11. When Jesus did not come on October 22, 1844, people were disappointed but wanted to know where they went wrong. Who did the people turn to for advice and help?
- 12. Miller had mistaken what Jesus was going to do on October 22. He thought Jesus was going to come back to earth to take His people home. This was not so. From October 22, Jesus had work to do, before coming to this earth. What was this?
- 13. State the fourth commandment.
- 14. Finish Joseph Bates famous statement: "The news is that the ______ is Sabbath.
- 15. Ellen and James White learned about the Sabbath from the Bible as well as a book by Joseph Bates called
- 16. How old was Ellen White when she was baptised?
- 17. Describe what Ellen White saw in her first vision.

_ Supervisor's Signature: ____



Date: ____









COMPLETE THE ADVANCED COMPANION WORKSHEET "STANDING TRUE" BASED ON THE VIDEO "THE GREAT EXPECTATION".

i) Standing True—The Sky's the Limit

You have just completed your presentations of your miniature theatres but what if you were the young people of the Adventist group in Poland – Maine, USA? How would you visualise your feelings on a graph between the dates October 20–24, 1844?

Oct 20	Oct 21	Oct 22	Oct 23	Oct 24

ii) It's Show-time!

Your parents decide that you had better go to school. You don't want to but they pray for you and you set out with the others in your group.

Choose some of your class to be the village kids who did not believe in the Advent. The rest are the kids who believed with their parents. Talk together in your groups before you act out the story.

DEBRIEF:

Those who acted as the non-believers:

- How did you feel before the supposed Coming?
- How did you feel toward the Adventist kids?
- You go to Church do you think you should really give them a hard time?

Those who acted as the believers:

- How did you feel knowing you would be laughed at?
- How did you feel when you had to give the answers?
- How would you feel toward your parents who you believed?





iii) Contemporary Advertising Agency

Your job as part of the local Advertising Agency is to create a poster from one of the following jobs:

- Job #1: Poster for Mr Edson and Mr Crozier advertising an extra edition of The Day Star 22 April 1846.
- Job #2: Poster to advertise Mr Bates tract: The Seventh-day Sabbath a Perpetual Sign
- Job #3: Advertising brochure for Mr William E Foy of Boston, Massachusetts.

Date:	10 March 1842
Place:	Methodist Church
Time:	7:30pm
.	

Subject: The Christian Experience of Mr Foy along with two visions he had received.

Draw in this space a draft version of the poster you will create

*Display the final poster, if possible.





iv) Can You Find?

Here is a map of the North East part of the United States of America. Can you find each of the places mentioned in the episode 'The Great Expectation'.

Take three different colours and mark them according to which one of the three things the early Advent believers learnt.



Date Memorised: ____

Supervisor's Signature:







COMPLETE THE CROSSWORD PUZZLE BASED ON THE AUDIOVISUAL "THE MIDNIGHT CRY".

CLUES ACROSS

- 3. What prophecy was misunderstood that led to the great disappointment?
- 6. To whom was The Midnight Cry revealed?
- 8. In what book of the Bible is The Great Disappointment prophesied?
- 10. What church were Josiah Litch and the Harmon family members of before accepting the Sabbath truth?
- 12. Who was known for the book he wrote about prophecies?
- 14. To whom did a Seventh-day Baptist widow, Rachel Oakes, witness for her faith?
- 16. Who printed the *Signs of the Times*?
- 17. Who is known for the prophetic chart of the Second Coming of Jesus?
- 18. What country did Johann Petri come from?
- 19. Whose return are the Sabbath Keepers looking for?
- 20. Where did the two teenage boys get arrested for preaching about the Second Coming?



Josiah Litch (1809–1886)



John Nevins Andrews (1829-1883)





CLUES DOWN

- 1. Which brothers decided to keep God's Sabbath holy and as a result converted their whole church to keep the Sabbath?
- 2. Who in SDA history was known as "Captain of the Pioneers"?
- 4. How old was Ellen Harmon when she was baptised by immersion?
- 5. A day in prophecy equals a _____?
- 6. Who was a reformer in Ireland?
- 7. What country did Henry Drummond, Edward Irving and William Cunningham come from?
- 9. Who in SDA history was known as "The Morning Star" of the movement?
- 11. Who wrote a tract about the Sabbath which eventually came to Joseph Bates?
- 13. Who helped Charles Fitch design a chart featuring Bible prophecies pointing to the Second Coming of Christ?
- 14. Who was the converted German Jew who travelled over Europe and the Middle East preaching about the Second Coming?
- 15. What happened on 13 November 1833?
- 16. Who was born in Gorham, Maine, on November 26, 1827?



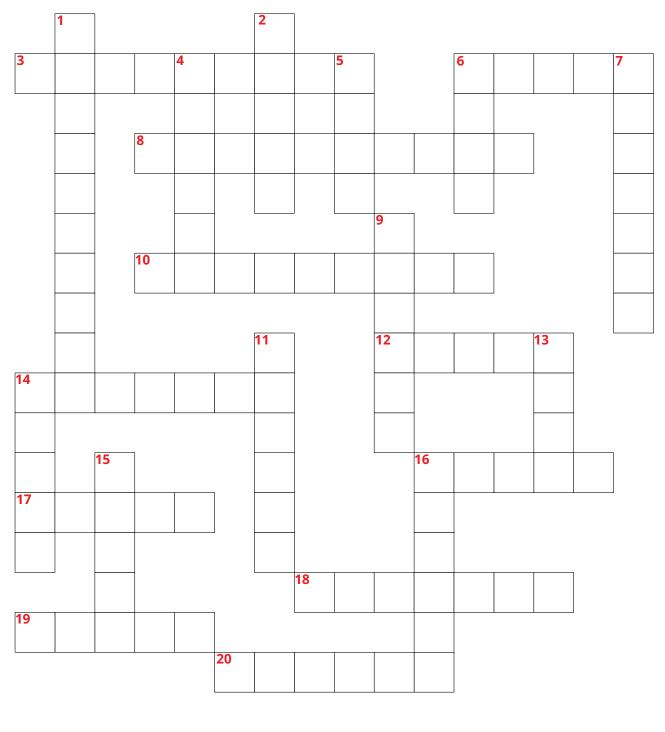
Ellen White (1827-1915)



Charles Fitch (1804–1844)







Date: ______ Supervisor's Signature: ____





REQUIREMENT 1 MEMORISE AND EXPLAIN 1 CORINTHIANS 9:24-27.	
Date: Supervisor's Signature:	
REQUIREMENT 2 DISCUSS WITH YOUR LEADER PHYSICAL FITNESS AND REGULAR EXERCISE AS THEY RELATE TO HEALTHFUL	
Date: Supervisor's Signature:	





REQUIREMENT 3 LEARN ABOUT THE DETRIMENTAL EFFECTS OF SMOKING ON HEALTH AND FITNESS; AND WRITE YOUR OWN PLEDGE OF COMMITMENT TO ABSTAINING FROM THE USE OF TOBACCO.	
Date: Supervisor's Signature:	













HIKE EIGHT KILOMETRES AND KEEP A LOG.

Log Bo	ok		
Date:	Time:	Place:	
Dat	e:		
Sup	pervisor's Signature:		



 \gg



REQUIREMENT 2
ATTEND A 5-DAY PLAN, OR VIEW TWO FILMS, OR MAKE A POSTER, OR HELP PREPARE A DISPLAY FOR A SHOW, ETC.
Date:









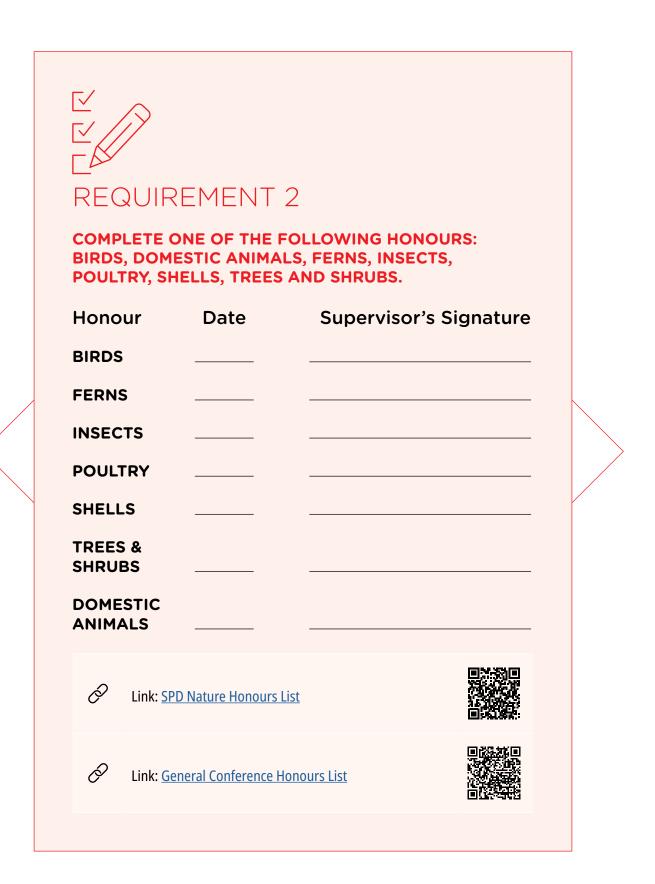
IDENTIFY AND DESCRIBE SEVEN BIRDS AND SEVEN TREES.

Bird 1	Tree 1
Bird 2	Tree 2
Bird 3	Tree 3
Bird 4	Tree 4
Bird 5	Tree 5
Bird 6	Tree 6
Bird 7	Tree 7

Date: ______ Supervisor's Signature: _____











REQUIREMENT 3	
E-HOUR NATURE WALK.	
 Nature games – <u>Pathfinder Staff Manual</u> Activities – Nature Games (Page 154-164) 	
Way To Go Curriculum	
Date:	
Supervisor's Signature:	





IDENTIFY AND DESCRIBE TWELVE BIRDS AND TWELVE TREES.

Bird 1	Tree 1
Bird 2	Tree 2
Bird 3	Tree 3
Bird 4	Tree 4
Bird 5	Tree 5
Bird 6	Tree 6
Bird 7	Tree 7
Bird 8	Tree 8
Bird 9	Tree 9
Bird 10	Tree 10
Bird 11	Tree 11
Bird 12	Tree 12

Date: ___

_____ Supervisor's Signature: __





FIND THE EIGHT GENERAL DIRECTIONS WITHOUT THE AID OF A COMPASS, BY USING THE STARS, AND BY USING A WATCH.

 \mathcal{O}

Help: <u>Section 3 of the Map & Compass Honour</u> Trainers notes available (Page 16-17)



With the use of sketches, briefly describe each method:

Watch

Southern Cross



Orion	
Shadow Stick	

Date: ____

Supervisor's Signature: __





REQUIREMENT 2
PARTICIPATE IN A TWO-NIGHT CAMP OUT. KNOW AT LEAST SIX POINTS RELATIVE TO THE SELECTION OF A CAMP-SITE.
Programme:
Menu:
Menu:
Menu:
Menu:
Six points to choosing a camp-site:
Six points to choosing a camp-site:
Six points to choosing a camp-site: 1. 2. 3. 4.



LEARN OR REVIEW THE FRIEND KNOTS. TIE AND KNOW THE PRACTICAL USE OF THE FOLLOWING KNOTS: SHEET BEND, SHEEPSHANK, FISHERMAN'S KNOT, TIMBER HITCH, TAUT LINE HITCH. LEARN THREE BASIC LASHINGS.

(Include additional pages to this workbook, may include photos etc.)

The practical use for each of the following knots are:







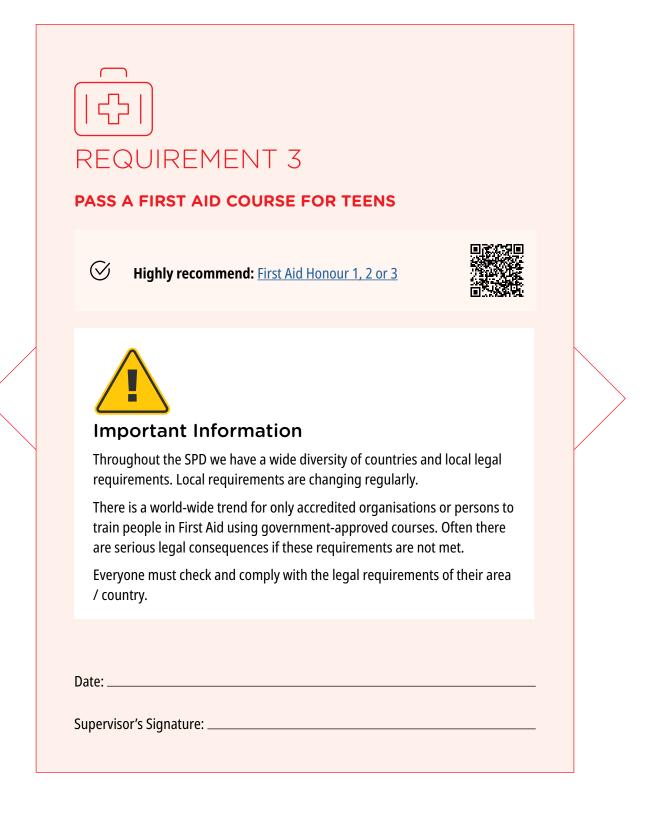




Date: ______ Supervisor's Signature:___













PASS A TEST IN COMPANION FIRST AID.

Answer the following questions:

1. What are the three main aims of First Aid? (6 marks)

1	
2	
3	

2. What do the letters DRSABC stand for in First Aid? (6 marks)

D		
R		
C		

3. What three things can aid the First Aider in his diagnosis of a patient? (6 marks)

- 4. List eight items that the course suggests should be part of a First Aid kit. (8 marks)

1.	
2.	
3.	
4.	
6.	
7.	
0.	





5. Shock can be caused and aggravated by the loss of body fluid. List three possible causes of loss of body fluid. (6 marks)

	1	
	2	
	3	
6.	The best treatment for shock will be given by following the treatment suggestions by the letters below. Expand each one. (6 marks)	
	R	
	A	
	W	
7.	Shock is easily recognised by the following signs. List three. (6 marks)	
	1	
	2	
	3	
8.	How would you treat a sprain? (4 marks)	
9.	How would you recognise bleeding from the following? (6 marks)	
	Artery:	
	Vein:	
	Capillary:	
10.	How would you recognise bleeding from the following regions? (6 marks)	
	Lung:	
	Stomach:	
PR/	ACTICAL	
a.	. Your patient has cold clammy skin, shallow rapid breathing and a rapid weak pulse. Demonstrate your treatment. (20 marks)	
b.	Demonstrate the correct method of controlling bleeding from either the nose or the palm of the hand. (20 marks)	
Dat	e: Supervisor's Signature:	



BUILD FIVE DIFFERENT FIRES AND DESCRIBE THEIR USES. DISCUSS THE SAFETY RULES IN LIGHTING FIRES.

(Include additional pages to this workbook, may include photos etc.)

Sketch your five different fires and describe their uses:

1		
2		
3		
4		
5		

SAFETY RULES IN LIGHTING FIRES:	

Date: ______ Supervisor's Signature:__



Image: Contract of the system Cook a camp meal without utensils Cook a daditional pages to this workbook, may include photos etc.)	
Date:	
Supervisor's Signature:	r

CAMPING & SURVIVAL SKILLS



PREPARE A KNOT BOARD WITH AT LEAST FIFTEEN DIFFERENT KNOTS.

(Include additional pages to this workbook, may include photos etc.)

I DISPLAYED THE FOLLOWING KNOTS ON MY BOARD:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
14.	

Date: ____

Supervisor's Signature: ____



ADDITIONAL WORK CATEGORY: General Bible Search Health & Fitness Nature Study Camping & Survival

ADDITIONAL WORK CATEGORY: General Bible Search Health & Fitness Nature Study Requirement:

ADDITIONAL WORK CATEGORY: General Bible Search Health & Fitness Nature Study Camping & Survival

ADDITIONAL WORK CATEGORY: General Bible Search Health & Fitness Nature Study Requirement:

