

COMPASS CHECK

United Youth Magazine



| **12 Things Only a Camper Knows**

| **Lost in the Mountains Without a Compass**

| **Caught Under the Weight of a Camp Crush**

| **Two Ways to Overcome Feeling Like You Have Nothing to Offer**

Welcome

Welcome to the first issue of *Compass Check!* We hope that you will enjoy the articles and features we want to share with you. We plan to communicate quarterly with helpful and relevant messages. The name *Compass Check* has been chosen because a compass is an instrument that helps guide us to where we need to go. It represents finding the way to a destination and keeping us from losing our way.

We want to do more than just wish you well for the next decades. We want to support you, answer your questions and do all we can to get you get going in the right direction.

All of us have lots of questions about what life will bring. The day will come when you will need to know what you'll be doing for the rest of your life. What will you need to study to learn a life-long skill? What about who you will marry? What's the best way to have the best possible relationship with a person for the rest of your life?

What about the world around us? What's going to happen to it? We might even be wondering what the fate of mankind will be in our lifetime.

We want to do more than just wish you well for the next decades. We want to support you, answer your questions and do all we can to get you get going in the right direction.

But now, I ask you for your help. Do you have any specific questions for us? What kinds of things are you thinking about that you would like us to write about? Perhaps you would like some advice on careers and the education and preparation for a lifelong career. We are

glad to help. Maybe you would like to know more about how you can help those less fortunate and make a difference their lives. We can give you some guidance there. All of us are very interested in relationships with parents, brothers/sisters, friends and those of the opposite sex. Do you have anything you'd like to ask about how you relate to others?

What about God? Would you like to know how to reach Him and make Him a living partner in your life? He is actually the best Compass of all. *Compass Check* points directly to Him.

I'd like to understand what's on your mind. Please don't hesitate to

write to me at victor_kubik@ucg.org. I'll be glad to friend you on Facebook and invite you to follow me on Twitter @VictorKubik or on Instagram at vkubik.

Life is a journey. Let's make certain that we get to where we need to be by using the best compass of all—God.



Victor Kubik is the president of United Church of God. He keeps nuts and chocolate on hand for all the young staff at the office (especially the designer of this magazine).



UYC 2015 Christian Living Theme

Become Like Our Heavenly Father

Do you know your Heavenly Father? You will get the opportunity to do just that if you attend one of the United Youth

Camps this summer since this is our main Christian living theme.

Each day you will hear details about God the Father and how much He desires you to be a part of His eternal family. Notice some of God the Father's major characteristics:

God the Father is

- Supreme Ruler of the entire universe (1 Corinthians 15:27-28)
- Spirit (John 4:24)
- Love (1 John 4:16)
- A family: God the Father and His Son Jesus Christ are building a family (Hebrews 2:10). You are a part of God's family (Ephesians 3:14-15).
- Absolute righteous character based on perfect love toward all (check out *Who Is God?* at www.ucg.org/booklet/who-god).

God the Father is not out of touch!

Imagine that God the Father dwells in brilliant beauty (Revelation 4:1-11), constant joy and harmony. He desires to share this with you for all eternity! Remember that He is fully aware of your life—what you are going through each day, including your frustrations, discouragements and successes.

By no means is He a far-removed Father who is out of touch with His family. In fact, it's just the opposite—the Father has kept "current" with each generation of human beings since Adam and Eve. Go ahead and share with Him what's on your mind—after all, He is a Father. David wrote in Psalm 55:17: "Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice."

Share eternity

As a teen or young adult in God's Church, God the Father has already chosen you to be a part of His spiritual family now (1 Corinthians 7:14).



Steve Nutzman is a church pastor in Idaho and Oregon, and is the United Youth Camps national coordinator.
steve_nutzman@ucg.org

Compass Check

Pointing Your Spiritual Compass to God



Lost in the Mountains Without a Compass

My father and I used to hunt deer together in the state of Idaho where I grew up. It was “male bonding time” with my dad, which I really enjoyed. Early one morning as we were hunting for mule deer, my father turned to me with a rather surprised expression on his face and told me we were lost! Lost? How could this have happened?

It can happen quite easily. When you are carefully looking for deer in the thick woods, you often don’t pay attention to landmarks. Thankfully my dad didn’t lose his cool. He rehearsed in his mind where

we had walked, where he thought our destination should be, and then he told me to follow him. We walked and walked and walked. To tell you the truth, I wondered at times if we were ever going to see any familiar landmarks again. We had no food, other than a pheasant I had shot during the hunt, and not a drop of water. To make it worse, no person knew exactly where we were in the mountains of Central Idaho. It literally was true that only God knew where we were on our trek.

No Compass

But the worst of all—we had no

compass. With no compass to use as a guide from our beginning point that early morning and to where we were in wilderness then, we had little to guide us out of our scary dilemma. Why didn’t we bring along a compass? This simple, \$10 instrument can literally save lives.

Tired, hungry and a bit scared, some hours later my dad finally saw a familiar landmark high above us on the opposite side of the ravine—a jagged rock face—so we hiked to it and found our hunting friends waiting for us. Talk about relief!

Thankfully our story had a happy ending, but a lot of anxiety could have been avoided if we had brought along a compass to guide us on our hunting trip.

Spiritual Compass

Have you ever thought of God and His Bible as a “spiritual compass”? A physical compass is used to safely get the user to his destination. My dad and I made a serious mistake by going deep into the forest without a compass. In the same way, God wants us to make Him our spiritual Compass to get us to our destination safely. God tells us that by using Him as our spiritual Compass, along with His Holy Bible, we will avoid many costly mistakes in our lives.

Notice what King David wrote in this regard: “The LORD is my rock, my fortress and my deliverer” (2 Samuel 22:2). David then adds in verse 29: “For You are my lamp, O LORD; the LORD shall enlighten my darkness.” He also wrote, “Your word is a lamp to my feet and a light to my path” (Psalm 119:105).

God is clearly our compass in our lives if we look to Him and His Bible for instruction. As a young man, King David (who was very familiar with the outdoors) learned to trust in God as his spiritual compass. And as a teen, now is the time to learn how to make God your Guide in your daily life.

Notice this point in Ecclesiastes 12 and verse 1: “Remember now your Creator in



the days of your youth, before the difficult days come, and the years draw near when you say, ‘I have no pleasure in them.’”

- Seek God as your spiritual compass. Pray before you begin your day. Don’t get “lost” in your life by not seeking God. Daniel prayed three times a day: “Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days” (Daniel 6:10).

- Study God’s Bible to get your bearings. When you study the Bible you find out where you are in life and what is right or wrong. You begin to come out of the woods and into safe territory again. Before making decisions, find out what God has to say about it in His Word and pray that God will point you in the right direction.

Just as a compass is used for navigation and orientation, this regular column will help you keep your spiritual compass pointed toward God and His way of life. If you do, you will never become “lost,” and you will avoid all kinds of spiritual, physical and emotional difficulties.



by Steve Nutzman

12 things only a camper knows

Here are 12 things you can look forward to experiencing for yourself if you go to camp, or you can experience again if you are a camp veteran:

1 The pre-camp jitters

It's that can't-sleep-a-wink feeling that lasts anywhere from a day to a week before camp.

2 Ice breakers in all their awkward glory

Thanks to camp, you'll always have your name, where you're from, and an interesting fact about yourself ready to fire off at a moment's notice.

4 All of the different ways you can serve

Who knew that camp took so much work? You'll quickly be reminded that a helping hand in any area is greatly appreciated, from clearing off tables at lunch to cheering on your dorm mates through an activity. "Therefore comfort each other and edify one another, just as you also are doing" (1 Thessalonians 5:11).



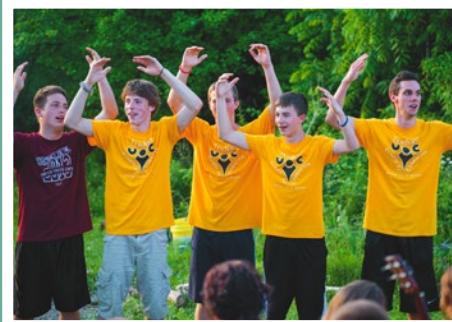
3 How contagious the excitement is on the first day

Is it really anticipation of all the upcoming activities or is it just fondness for your brand new t-shirt? Either way, you can feel the excitement in the air.



5 The energy rush of the second day

Nothing boosts confidence like getting through the first day in one piece. You are now a camp expert!



Summer brings a wealth of opportunities to travel, learn new things, and have fun—but one of the best things about summer is camp season! Being a camper is an experience that can't be explained secondhand: You have to go to camp yourself to truly appreciate it.

6 Discovering the best friend you never knew you had

Camp is a unique environment where new relationships can quickly blossom. One of the greatest camp memories you can make is finding that BFF who sticks with you, not only through the week, but long after camp is over. "A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother" (Proverbs 18:24).



7 That hard, mid-week crash

Three full days of summer heat and physical activity has you practically begging for the evening curfew.

8 When the real team-building starts

Exhaustion, injury, and fear can really bring a dorm closer together. You find out that true love for your brother is helping each other back up when you've reached rock bottom.

9 An appreciation for the Sabbath like never before

After such an amazing week of physical and social activity, you become very grateful that God provides His Sabbath for us to relax. "And He said to them, 'The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath'" (Mark 2:27-28).

10 The scramble to finish all your Sabbath notes before breakfast

So-and-so won't mind that hers is written on a napkin, right?

11 The immediate sadness that comes with the last song at the dance

But the last song doesn't mean the end of camp—you know your dorm will still be whispering in the dark for the next few hours before you all fall happily asleep.

12 How ready you already are for the next summer



You played a sport you've never played before. You learned things in Christian living that you're excited to read more about in your personal Bible study at home. You made some of the best friends of your life. And you can't wait to start it all over again!



Brittany McGarity is a 20-something from Nashville, Tennessee, where she enjoys listening to music, eating chicken and waffles, and hanging out in 70-degree weather.
mcgarity.brittany@gmail.com



CAUGHT

Under The Weight of a Camp Crush

I

liked her right away. She was pretty, funny and outgoing. I could tell that she was interested in me as well by the way she looked at me and talked to me. This was the first year of camp for both of us, and neither of us had many friends. Connecting on this, we overcame our nervousness and got to know each other.

We spent the seven days of camp spending all of our free time, all of our meal times, and many of our activities together. Even when we were not together, I was thinking about her: the new pretty Church girl that I had met and connected with on day one. My dorm mates and I talked about her, I wrote her Sabbath notes, and I made plans to continue our communication and perhaps a relationship after

camp was over.

I attended United Youth Camps for seven years as a camper. As I grew up, relationships came and went from my life—new campers came and old campers left. The girl I met my first year dropped out of Church sometime later, and I had other camp crushes as the years went by. Similarly, many guys and girls that I knew had a “special someone” that they had their eye on at camp, looking for chances to get to know them and spending their time thinking and talking about them. Sometimes we can put more effort into our camp crushes than into what’s really important about camp: our relationship with God, developing interpersonal skills, and our own self-improvement. These are the things that we should be focusing on!

Our Church is very spread out. I grew up two hours away from the closest congregation. Similarly

the closest person my age in the Church lived $3\frac{1}{2}$ hours away in a different state. There are not a lot of chances to make friends, see friends, and meet someone of the opposite sex to have a friendship with. We have the Feast of Tabernacles, perhaps Winter Family Weekend, and then we have United Youth Camps. So naturally my friends and I were seeking a closer relationship with a girl or a guy at these different functions.

As I look back though, I can honestly say that I believe my best years at camp were those that were not spent chasing after girls. This is because when I sought after those types of relationships, it superseded all of the other relationships that I could have and should have been focusing on. My most profitable and enjoyable years were the ones where I focused on my relationship with God, growing in character, and cultivating spiritual friendships.

Camp is such a short period of time. It always seems like it ends as fast as it begins. We have the opening dance or meal and then in a blink of an eye we are packing up and saying our goodbyes. During these few short days, we have the opportunity to really learn something about the way of life that we are in. We have Bible studies, compass checks, dorm prayers, and interactions with so many others who believe the same as we do. In Ephesians we are told that we should use the time and opportunities we are given wisely because life goes by fast (Ephesians 5:16). This is especially true of Church camp.

Camp has always been a catalyst for relationships. It’s a place where a person creates and maintains friendships, a place where lifelong “brothers” and “sisters” are made, where connections with staff and counselors lead to mentorship and growth, and of course where an intimate and special relationship with God can be cultivated.

My camp “crushes” weren’t sinful or anything, but I allowed them to take the place of why I was really there. I was there to learn about God, myself, and to build

lasting important relationships—not to spend every waking moment thinking about a girl. It’s important to take the opportunities that God gives us to focus on Him and His way rather than selfish or distracting things (Colossians 3:2).

It can be hard, because camp puts us in close situations with attractive and enjoyable people of the opposite sex, so naturally we will want to pursue relationships. The purpose of camp though is not to focus on things of the “flesh” as the book of Romans tells us, but rather things of the “spirit” (Romans 8:5).

It was difficult for me to learn this lesson. Many of my years of camp were not as enjoyable or profitable as they could have been. I’ve come to see that there truly is a season for everything (Ecclesiastes 3). In other words, there is certainly a time for pursuing and focusing on romantic relationships, but that time shouldn’t have been at camp.

As we look forward to this summer and the beginning of another great camp season, we have the opportunity to make our own experience truly wonderful. We should be constantly checking ourselves to see what our focus is. Why am I here? What do I want to get out of camp this year? How can I really grow as a person? These are all great questions to ask ourselves as we begin camp.

I would challenge any camper this year to try teaming up with a dorm mate or a counselor to help with having a great experience. Tell them your personal goals for camp and ask them to help remind you to stay focused as you go about the activities and social events. If we all work together to have a successful and spiritually-rich camp experience, this will be the best year at camp yet!



Josh Lamoureux lives in Vermont with his wife Rebecca and their son Judah. He enjoys many outdoor activities and spending time with his family.

jlamoureux@housemail.com

CAMPER QUESTION

“What Is the Activity Staff Doing While We’re Not Around?”

I have loved camp since going as a camper for the first time at 15 and have grown fonder of it as I continue to participate as a staff member. The first time I served on the staff I didn’t fully know what to expect since I never wondered what goes on behind the scenes! Learning this new perspective on the camp experience was fun and challenging.

Then a camper asked me about what we do all day when we’re not with them during our specific activity. I decided to create a rundown of what an activity staff position entails. It is my hope this will offer some insight to those teens who have thought about what we do, or have considered being on staff when they get old enough.

We’re learning how to serve

1.

It isn’t often that we’re experts in our specific activity, but even if we are, it takes a lot of prep work to get ready for camp. In the weeks before camp, we correspond with each other over e-mails and meetings to create our “lesson plans.” For example, the basketball and volleyball staff discuss various drills and learning goals, and the arts and crafts staff research an engaging craft and prepare all the materials. The dance staff picks various dances to teach and compiles a playlist of music to use. Camp only lasts a week, but it takes months of preparation beforehand to ensure that it runs smoothly. We do all of this to serve you—the campers!

The days during the camp week are full of opportunities for us to serve each other. Our specific activity only takes up maybe a few hours per day, so we have time to check in with other activities to see if they need an extra ref for a game, a stand-in dance partner, someone to demonstrate a drill, or any number of things to help the activity along. I remember running through the amazing race with some other staff ladies at Camp Cotubic so they could receive feedback to fine tune their course. Sometimes if there’s no need for help, we’re cheering and encouraging you campers from the sidelines.

We also help out with the kitchen and support staff when needed. At Camp Woodmen last year a group of activity staff volunteered to serve dinner one night so that the kitchen staff could get their food first. It was just a small gesture but can go a long way in showing appreciation. By being on staff, I learned that it is easy to find ways to serve when you look for them!

2. We’re getting a much needed spiritual refresher

Camp is wonderful because it’s a little vacation from the world for everyone who participates. Many of the staff members at camp have full-time jobs or are in college, so we understand the feeling of sometimes being the only one who believes what we do, just the way you do at school. It’s so important to have strong connections with our brethren, and camp is a great place for us to fellowship with each other. Just as it is true for campers, Christian living classes are an important start to our day as well. I am a big fan of the discussion group format at Camp Cotubic. This gives everyone an opportunity to share our thoughts and learn from each other on how to apply the biblical principles in that day’s topic. I always love coming home from camp with pages of notes to review for my personal Bible study!

3. We’re making many of the same fun camp memories that you are!

Some of us met our best friends because of camp. We hang out with other staff members during breaks, playing pick-up sports games or chatting over a snack. We stay up late to talk with new friends, or to play glow-in-the-dark ultimate, or have Pictionary competitions in the staff lounge. We perform skits and have fun at the dances. We’re there to lift each other’s spirits when things get tough, just like you do in your dorms! My life certainly wouldn’t be the same without the experiences I’ve had by being on staff, and I’m sure that anyone who has served on staff can say the same.

There is so much to be gained by going to camp. Don’t get discouraged if you only have a year left of being a camper, because you can still come back to learn more about God’s way of life, make new friends, and serve in new ways—all by being on staff.

See you all this summer—or at Winter Camp!



by Brittany McGarity
Artwork ©iStock/Thinkstock



The Sabbath meets the REAL WORLD

T

abitha is a 15-year-old who has grown up in God's Church. She has kept the weekly Sabbath her whole life. Her current friends know all about her and her beliefs, but as a new school year begins, it brings new classes, new teachers and most likely new friends. It's the first day of her sophomore year, and Tabitha sits down in her first class of the day. She looks around the classroom but doesn't recognize anyone. The person next to her starts up a conversation and over time the two become friends.

They start hanging out after school. Then one day, her new friend asks if she wants to go to a

party that Friday night. Now Tabitha is faced with a challenge. As someone who believes in the Sabbath she doesn't go out to parties on Friday nights. Actually, there are quite a few things Tabitha does differently on a Friday night than most of her classmates. So how does Tabitha respond to her new friend?

Let's pause this scene and see if we can try to help Tabitha decide what to say by reviewing why the Sabbath should be observed, the purpose of the Sabbath, the benefits of the Sabbath and different approaches Tabitha can take to answer her friend.

Why observe the Sabbath?

- The first mention of the Sabbath is in the

beginning, during creation. After creating the earth and everything in it, God rested on the seventh day and sanctified it (Genesis 2:2-3). Importantly, it was God Himself who created the Sabbath and rested on it! This is His example to all of humanity to follow.

- Another time that the Sabbath is mentioned specifically, it is being reaffirmed in the Ten Commandments where we are told to remember the Sabbath day, to keep it holy, and to do no work on it (Exodus 20:8-11). Then he commanded His people Israel to keep the Sabbath. But that was in the Old Testament, and some would say things changed when Jesus Christ came to Earth.

But did the Sabbath change?

- Jesus and His disciples kept the Sabbath. In Luke 4:16 Jesus went into the synagogue on the Sabbath day and read as was His custom.
- Jesus stated: "The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath" (Mark 2:27-28).
- In Acts 17:2 Paul went into the synagogue on the Sabbath to tell the people about Jesus. Based on these scriptures we have proof that the Sabbath was created to be observed by the true believers and that it continued to be observed in the New Testament.

WWJD? WDJD? WDYD?

Purpose of the Sabbath

God commands us to keep the Sabbath, but what is one major purpose of the Sabbath? What does God want us to focus on during the Sabbath?

- God wants us to call the Sabbath honorable and a delight. He desires for us to honor Him by not doing our own pleasure, not doing our own ways and not speaking our own words. Instead He wants us to delight ourselves in Him (Isaiah 58:13-14). God is constantly doing so much for us and He tells us for our own good that we take 24 hours out of 168 hours each week to focus on Him and put aside our own pleasures. So the purpose of the Sabbath is to delight in God by focusing on Him, putting aside what we want to do and spending time with God.

Benefits of the Sabbath

We've reviewed why Sabbath keepers observe the Sabbath, one of the purposes of the Sabbath, and we've identified some things that are done differently on the Sabbath, but what about the benefits of the Sabbath?

- The Sabbath reserves time in our busy lives to have a relationship with God and to focus on Him.
- Sabbath keepers do not work on the Sabbath, which means they are forced to rest. Most people go to work or school five days a week, but everyone knows teachers give homework, exams

come up and housework needs to be done. If God did not tell us to take a break, we would run ourselves into the ground. Think about not being able to stress over an exam, not working at a job and not doing housework for 24 hours. This means no stress, just relaxation, so it is good for our mental health as well.

God is constantly doing so much for us and He tells us for our own good that we take 24 hours out of 168 hours each week to focus on Him.

Responses

Now Tabitha is armed with scriptures about Sabbath observance, the purpose of the Sabbath and some of the rewards that accompany keeping the Sabbath. So what are some ways Tabitha can respond to her friend?

- "Sorry I'm not available Friday nights—I have another commitment." Surely the friend will be wondering what commitment is so important to Tabitha even if she doesn't ask about it now.
- "I keep the weekly Sabbath (Saturday) so I don't go out to parties on Friday nights." Eventually if friendship grows, Tabitha and her friend will want

to share their beliefs. What should Tabitha say if her friend wants to know more about the Sabbath? (See accompanying box about "Why Keep the Sabbath?" and "Benefits of Keeping the Sabbath.")

- "I'm busy on Friday nights; could we try a different night?" This shows that she would really like to be with her friend and

would be good for whichever response Tabitha makes.

These are just a few ways Tabitha can answer her friend, and perhaps you can think of other options. As fellow Sabbath keepers we've all been in a similar situation as Tabitha or we will be eventually.

How would you respond?



Sarah Auguste lives in Stoughton, Massachusetts, and attends the Worcester, Massachusetts, congregation. She enjoys TV, movies and writing. samelkat@yahoo.com

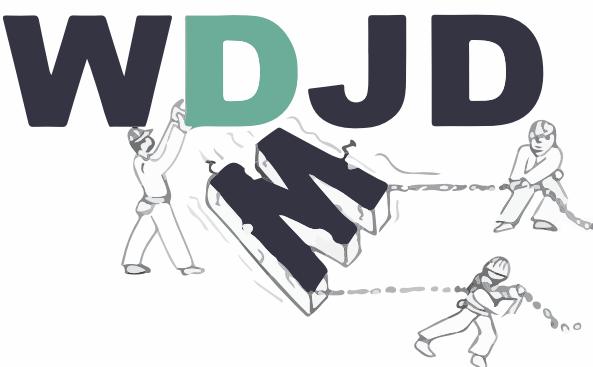
We text and tweet, and soon "What Would Jesus Do?" becomes "WWJD." But at United Youth Camps a better question is "WDJD"—"What Did Jesus Do?"

Changing that second letter from "W" to "D"—"Would" to "Did"—emphasizes what kind of life Jesus Christ actually did live. The point is He actually did set an example for all of humanity to follow! This takes out the confusion and gives a path to follow in our lives.

At camp everyone brings their Bibles and studies them at key activities throughout the day. Instead of guessing what they think Jesus might do, it's clear from the four Gospels what Jesus *did* during his 3½ years on Earth.

Jesus said that what He really cared about was doing what His Father did (John 5:19). He lived this year's camp theme: "Be Like Our Heavenly Father." He said He came to reveal the Father to us by doing what He did!

At camp we'll also learn from the apostle Paul, who wrote 14 books of the New Testament. Paul wrote,



Artwork by Heather Curry, who lives in Denver, Colorado, and attends the Colorado Springs congregation. She has attended UYC Camps in California, Oregon and Texas. She wants to be a graphic designer.

"Follow my example, as I follow the example of Christ" (1 Corinthians 11:1). Paul did what Jesus did!

Campers and staff will be trying to do what Jesus did on a daily basis by applying what the apostle John wrote: "Whoever claims to live in him must walk as Jesus did" (1 John 2:6, New International Version).

Whether in the dorm, dining hall or activity, we want to live up to Christ's challenge: "Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven" (Matthew 5:15-16, NIV).

That leaves us with the big and most important question to ask ourselves when camp is done: WDYD—"What Did You Do?"



Robert Curry and his wife Mary live in Canon City, Colorado, where they attend the Colorado Springs congregation. They enjoyed serving on the Hye Sierra staff last year and look forward to serving this year. robertcurry6@hotmail.com



TWO WAYS TO OVERCOME

FEELING LIKE YOU HAVE

NOTHING TO OFFER

So you're headed to camp and maybe for the very first time. Perhaps you are shy and you would rather not get involved. Perhaps those feelings have come from being rejected. Perhaps you feel you have nothing to offer. I've been there, and here's what I've learned from my own experiences.

When I was in high school, I tried very hard to be included. I tried out for many different activities, but I always seemed to be the one sitting on the bench or not chosen. It made me feel rejected, stupid and worthless. Because of this rejection, I carried a sense of worthlessness into my adult life. I was afraid to volunteer for things, because I felt I had nothing to offer. I feared that I would only mess up and embarrass myself. It was easier not to try.

While many of us lament that we have little or no talent, that we possess no "gifts" or special abilities, there are others with much greater handicaps who are simply *doing*. Take Mary Clough, for instance.

Mary has Down syndrome. Despite her limitations, Mary contributes. According to Steve Goodier's Newsletter at www.bestinspiration.com, she is a volunteer teacher at the school she attended many years ago. Mary works with 2 and 3-year-olds, some with Down syndrome and some without. Among other tasks, she helps with puzzles, reads stories, and teaches the kids a variety of

athletic activities. "We care about little kids here," she says. "We set examples for them."

Mary uses her knowledge and experiences to serve others. She is making a difference in the lives of others. How can we become more like Mary and avoid the self-pity trap that Satan wants us all to fall into? How can we get past the attitude that we have nothing to offer?

Two ways to overcome your feelings that you have nothing to offer:

Step out!
Reach out!

1. Step out!

This means to ask God to encourage you and help you to find your talent, and then step out in faith, knowing He is there to help you.

I decided to do something about my sense of worthlessness. I got

God gave me talents to use for His glory. I had to step out of my sense of worthlessness and shyness and volunteer. For me that included signing that dreaded volunteer list. I went from helping out with potlucks to organizing them. I was given the opportunity to organize fundraisers and other activities. I went from someone who felt she had nothing to offer to someone who had much to give. Why? Because I asked God. Does God answer our prayers? You bet! But we have to ask. Jesus taught us: "And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." We also read in Luke 11:11: "If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish?"

God wants to give us good things that we can use to help

God gave me talents to use for His glory. I had to step out of my sense of worthlessness and shyness and volunteer.

on my knees and asked God to give me talents that I could use to help others. He answered that prayer in ways greater than I could even imagine! The doors blew open, and I was able to do things that I never thought possible.

others. We must first ask. Your Father in heaven is there for you, and you are never too young to learn and realize that! Realize that not only are your parents special in God's eyes, but you are as well. He is there for you, waiting for you to just

CONTENTS

ask Him. He loves you so much that He gave His only begotten Son. Jesus Christ willingly sacrificed His life for you! So ask God to give you talents that you can use to help others.

But is this all we are required to do? Do we just ask God and then wait for God to magically present us with talents? No! We have to take action, in faith, knowing that God will help us. Taking action helps you to find your talents. So step out in prayer and in action!

2. Reach out!

Encourage others to be the best that they can be. There are others who feel the same way you do.

"You can do it!" I still remember those loud words yelled out to me years ago, and I have never forgotten the effect they had on me.

We were at a church picnic, and one of the activities was a ladies softball game. I hated sports and was never good at them. But my motto in life that I have tried to live by is "take part and be supportive"—even at a picnic softball game.

I was not bad at batting. It was catching and throwing the ball that was my downfall. If I threw the ball, it seemed to just drop in front of me. So I hated the outfield! It was humiliating for me.

Well, it was time for our team to go to the outfield. I grabbed the glove and took a position as far out into the field as I could get. Glove in hand, I was praying fervently, asking God, "Please don't let that ball come in my direction!"

I thought I was safe, because I had gone out into the field as far as I could

go. "No one will hit the ball out here," I told myself.

Well, the unthinkable happened! I could hear the bat crack and, to my surprise, the ball was headed in my direction, whizzing past the other outfielders. All I could do was open up my glove and hope for the best. Then, all of a sudden, I heard this loud voice from the crowd saying, "You can do it!" Those words gave me the courage to reach out and catch that ball. I've never forgotten that experience.

The power of encouragement should never be underestimated. We all need it, and we all need to give it in order to make it in this life. While it is easy to find fault with one another, encouragement is often more needed. Make the words, "you can do it" a part of your vocabulary.

Look for ways to reach out and encourage a fellow camper. God commands us to do it! Hebrews 10:24 says, "And let us consider one another in order to stir up love and good works."

"Encourage one another and build each other up" (1 Thessalonians 5:11, New International Version). It doesn't take much time, but the results can be amazing! Consider what it did for me in that outfield!

Camp will be such a wonderful opportunity and a memorable experience for you if you take full advantage of all that camp has to offer. What a golden opportunity to grow!

So have courage and remember these two steps: *step out and reach out!* Step out and get involved in as many activities as you can while asking God for help in your insecurities, and then reach out to encourage your fellow campers. Seize the moment to make this year the best camp experience ever!



Janet Treadway is married to Charles Treadway and has four children: David, Michelle, Michael and Josh; and six grandchildren. She works in the home office of the United Church of God and attends Sabbath services in Cincinnati.

janet_treadway@ucg.org

Welcome



2

Become Like Our Heavenly Father



3

Compass Check



Lost in the Mountains Without a Compass

4



12 Things Only a Camper Knows

6



Caught Under the Weight of a Camp Crush

8

Camper Question: What Is the Activity Staff Doing When We're Not Around?

10



The Sabbath Meets the Real World

12

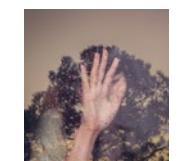


WWJD to WDJD to WDYD

15

Two Ways to Overcome Feeling Like You Have Nothing to Offer

16



Reader By-Line

We want your articles! If you want to write for this magazine, please send in submissions.

If you would like to submit an article to the "Reader By-Line" section, e-mail your document, preferably in Microsoft Word, to compasscheck@ucg.org. We can't promise to print your article, but we would be happy to consider it. Please include your name, age, town and where you attend church. Contributors to this section must be ages 12-19, and articles should be fewer than 500 words.

COMPASS CHECK

United Youth Magazine

Compass Check is a biblically based magazine for young people of the United Church of God, an International Association (UCGIA) aged 12-19. Our name, *Compass Check*, describes youth pointing their spiritual compass toward God.

Compass Check is published quarterly by the United Church of God, 555 Technecenter Drive, Milford, OH 45150. ©2015 United Church of God, an International Association. Printed in U.S.A. All rights reserved. Reproduction in any form without written permission is prohibited. Cover image ©Jupiterimages/Getty/Thinkstock. Other images courtesy Unsplash unless otherwise noted.

Publisher: UCGIA

Council of Elders: Scott Ashley, Bill Bradford, Aaron Dean, Robert Dick, John Elliott, Mark Mickelson, Rainer Salomaa, Mario Seigle, Rex Sexton, Don Ward, Anthony Wasilkoff, Robin Webber (chairman)

President: Victor Kubik

Media and Communication Services operation manager: Peter Eddington
Ministerial and Member Services operation manager: Roy Holladay

Managing editor: Steve Nutzman

Copy editors: Robert Curry, Nicole Gard, Kourtney Hannaway, Randy Schoemaker

Proofreaders: Sarah Auguste, Josh Lamoureux, Nick Lamoureux, Charlie McClure, David Meidinger

Senior proofreader: Milan Bicic

Editorial reviewers: John Cafourek, Shawn Cortelyou, Bruce Dean, Ed Dowd, Frank Dunkle, Ken Graham, Scott Hoefker, Len Martin, Rex Sexton, Gary Smith

Layout and design: Mitchell Moss

Writing staff: Members of UCGIA

United Church of God, P.O. Box 541027, Cincinnati, OH 45254-1027, U.S.A. Phone: (513) 576-9796. Fax: (513) 576-9795. Website: <http://members.ucg.org/content/compass-check-magazine>. E-mail: compasscheck@ucg.org

The goal of *Compass Check* is to inspire Church youth, ages 12-19, to respond to the gospel message.

COMPASS CHECK

United Youth Magazine

**Take a selfie with this magazine
wherever you find yourself**

*Hashtag #ucgcompasscheck—we will
choose our favorites to print in each issue!*

