

A Sermon on Wilderness Programs

Sermon by Rev. Minister Angela Smith of COPE for September 18th, 2022 (and beyond)

This sermon is in dialogue format for the purposes of meditative debate. Sources are cited if information is considered public domain. There are many wilderness programs enrolled in the COPE Conversion Program/HEAL Mission Watch-List involuntarily. The debate question is whether or not all such programs should be so enrolled.

DIALOGUE

Legal Guardian: Why shouldn't I enroll my minor in a wilderness program involuntarily without a court order?

Legal Advisor: You could be charged with a felony and/or sued for violating your minor's rights. Sources: <https://www.heal-online.org/parentalcrimes.pdf> and <https://www.heal-online.org/provocases.htm>

Legal Guardian: My minor's too dependent to ever trade a great inheritance for short-term gain that would result in public humiliation for the whole family. In other words, the legality of the choice makes no difference to me. My minor is so incompetent, they likely won't realize I've done anything illegal until way past the statutes of limitation on any potential causes of action expire. Next?

Health Advisor: Youth at wilderness programs report being forced/coerced to backpack 10-20 miles per day exposed to the elements while being given food rations of less than 1200 calories per day. One associate who worked for one for a bit reported that they promised to provide room and board which turned into sharing a motel room with a person of the opposite sex and living off of the rationed 12-hour energy drinks. No food. And, that's how they treat their field guides. My associate quit the job, but reported the abuse. That program no longer exists. A loaded backpack for hiking/backpacking/camping trips should weigh no more than 20% of the body weight of the person carrying it. Source: <https://www.rei.com/learn/expert-advice/backpacking-weight.html#:~:text=A%20loaded%20backpacking%20pack%20should,percent%20of%20your%20body%20weight>. The average weight of a 16 year old is 118 pounds for girls and 134 pounds for boys. Source: <https://www.disabled-world.com/calculators-charts/height-weight-teens.php> For girls then (who weigh 118 and are 5'4" the average height of a 16 year old girl, same source), the most a backpack they carry should weigh is 23.6 pounds. For boys, 26.8 pounds is the most a backpack they carry should weigh calculating using their average weight and height of 5'8.3". Up to 65 pound backpacks have been reported. If the backpacks weighed 42 pounds or more, each hour of hiking burned 600 calories. Source: <https://captaincalculator.com/health/calorie/calories-burned-backpacking-calculator/#:~:text=How%20many%20calories%20do%20you,2%2C091%20in%20the%20same%20scenario>. The average person without a backpack on their back can walk a mile in 15-22 minutes. So, minimum walking time on the 10 mile on average would be 150 minutes and if 20 miles 300 minutes or 5 hours. That means the youth under these

conditions are burning up to 3000 calories per day while living on rations of 1200 calories or less. The minimum the average 16-year old girl should be eating in calories on a 10-mile a day backpacking trip is 2,489 calories per day. The minimum the average 16-year old boy should be eating under the same conditions is 3,072 calories per day. Malnutrition can cause lifelong and chronic health issues including early onset Alzheimer's or dementia. Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4919003/#:~:text=In%20general%2C%20weight%20loss%20associated,for%20cognitive%20decline%20%5B2%5D>. So, for your minor's health, I'd advise against wilderness programs.

Legal Guardian: Lose 1 pound a day? Put me on that diet.

Inquirer: Are you familiar with retirement planning? Who is going to make decisions for you when you become an inconvenience? Are you sure this what you want?

Legal Guardian: I'll assume the risk.

END DIALOGUE

Meditative Question:

Would you enroll yourself or a loved one in a wilderness program? Would you do so to one you had any power of attorney over as a legal guardian involuntarily assuming all legal and other risks?

Did you just win the debate?

For those interested in starting #TaoFu Self-Defense Exercises, please see <https://www.cope.church/taofu.htm> and begin at any time.

There are opportunities to send messages, receive mystery bonus blessings, and more with or without donating available now on our "Pass the Basket" page at <https://www.cope.church/basket.htm> . Thank You.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <https://www.cope.church/feedback.htm> . For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.

For More About COPE and the HEAL Mission, see:

<https://www.cope.church> and <https://www.heal-online.org>