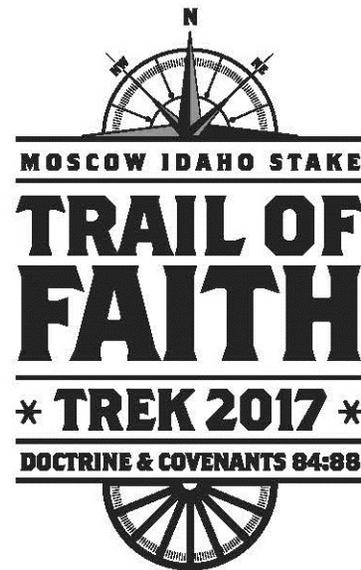


Moscow Stake Trek 2017

Trail of Faith Award



"I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up."

D&C 84:88

Trail of Faith Award *A letter to all handcart trekkers from our Stake Presidency*

To our amazing Young Women and Young Men of the Palouse,

We want you to know of the great love and admiration we have for each one of you and for the choices that you have made to get to this point in your lives. You are extraordinary!

The trek experience this summer will bring to life the place, the struggles, and the lives of the early pioneer members of the church as they and their families crossed the plains. Some of you have already had trials and struggles in your lives that paralleled those of the pioneers as they searched for Zion. Many, if not all of you, will yet have those testimony building experiences. You will recognize them for what they are because you will feel a closeness to the Holy Ghost. It is then a choice to let these experiences cement your testimony and draw you closer to Him and His blessings of happiness, or to push you away.

Please do not fear what lies ahead. Be of good cheer with a 'perfect brightness of hope' (2Ne 31:20) in things to come. Our trek motto this year is Walking with Angels. Our young brothers and sisters, if you will take time to prepare physically and spiritually for the trek experience by working on and earning the Trail of Faith Award, we promise you faith building experiences. Remember "that angels are still sent to help us..." (Jeffrey R. Holland) and as the Lord promised, '[his] angels are round about you, to bear you up'(D&C 84:88). You are not doing this alone and you don't have to.

It is our testimony that your experiences related to trek will open your hearts and souls to the great Revelator, the Holy Ghost. And by so doing, you will understand why you are where you are, why you are having the experiences that you are having, and how the Spirit is molding you into what you are becoming. That's what happened to the pioneers in their time, and it is why He needs you to be a pioneer where you are today. Walk with the angels and receive the blessings He has in store for you in your life. He needs you and He loves you!

We are excited for the experiences to come as you prepare for trek. It is our prayer that you will have the Holy Ghost to teach you and instruct you as you work on the Trail of Faith Award in preparation for trek. We love you!

The Moscow Idaho Stake Presidency

Ryan W Cook

Darin L Porter

James E Stoner

Walking with Angels: Spiritual Preparation (Complete 4 or more options)

How do you spiritually prepare to walk in the very place where handcart pioneers walked? Their sacrifice has made the area surrounding Martin's Cove a sacred place.

As you get ready to attend Trek, please accept the challenge to **complete at least four of the options in this section.**

You spiritual preparation will help you to sense the sacred nature of this hallowed area.

“Go in a spirit of reverence and respect, and know that
you are walking on hallowed ground.”

President Gordon B. Hinckley, at the dedication of Martin's Cove

Walking with Angels: Spiritual Preparation

1a) ***Listen to an awesome conference talk.*** “...and mine angels round about you, to bear you up.” D&C 84:88

Review the Moscow Stake Trek 2017 Theme: *Walking with Angels*, by reading or listening to one or both of these awesome conference talks.

The Ministry of Angels by Elder Jeffrey R. Holland

<https://www.lds.org/general-conference/2008/10/the-ministry-of-angels?lang=eng>

The Aaronic Priesthood and the Sacrament by Elder Dallin H. Oaks

<https://www.lds.org/general-conference/1998/10/the-aaronic-priesthood-and-the-sacrament?lang=eng>

“God never leaves us alone, never leaves us unaided in the challenges that we face”.

- Elder Jeffrey R. Holland

Walking with Angels: Spiritual Preparation

1b) **Read some quotes.** “Sacrifice brings forth the Blessings of Heaven” - Hymn #27

Covenant people have always been asked to offer sacrifices to the Lord. Reflect on the importance of making covenants (and the sacrifices necessary to keep them!) in order to receive the blessings of heaven. Read the following quotes and discuss them during FHE, or ponder them on your own. *What sacrifices can you make to help you valiantly keep your covenants? What blessings will you receive?*

“I have pulled my handcart when I was so weak and weary from illness and lack of food that I could hardly put one foot ahead of the other. I have looked ahead and seen a patch of sand or a hill slope and I have said, I can go only that far and there I must give up, for I cannot pull the load through it. . . . I have gone on to that sand and when I reached it, the cart began pushing me. I have looked back many times to see who was pushing my cart, but my eyes saw no one. I knew then that the angels of God were there.

“Was I sorry that I chose to come by handcart? No. Neither then nor any minute of my life since. The price we paid to become acquainted with God was a privilege to pay, and I am thankful that I was privileged to come in the Martin Handcart Company’

[William Palmer, quoted by David O. McKay, “Pioneer Women,” Relief Society Magazine, Jan. 1948, 8].

Sacrifice - “the act of giving up something valued for the sake of something else more important or worthy.”

The Oxford English Dictionary

“We have covenanted in the waters of baptism to love and serve him, to keep his commandments, and to put first in our lives the things of his kingdom. In return he has promised us eternal life in his Father’s kingdom.”

– Elder Bruce R. McConkie

“Our greatest blessings in this life and in the hereafter will come through our **willingness** to sacrifice as the Lord directs.” Elder Monte J. Brough

“It is not a sacrifice to live the gospel of Jesus Christ. It is never a sacrifice when you get back more than you give.

It is an investment, a greater investment than any. . . . Its dividends are eternal and everlasting.”

President Gordon B. Hinckley

“A religion that does not require the sacrifice of all things never has power sufficient to produce the faith necessary unto life and salvation.” - Joseph Smith

Walking with Angels: Spiritual Preparation

1b *cont'd*) Sacrifice: The small sacrifices you make might not seem that important, but they are!
Remember to “pray always” as you prepare for Trek this year. (Alma 34:17-27)

*Dear God,
I would not turn
From the test of fire.
No flame burns
So hot that
I would leave Thee.*

*But often,
At weary bedtime,
I cannot hold
My knees to the floor--
So cold,
So very cold.*

by Carol Lynn Pearson

Walking with Angels: Spiritual Preparation

1c) **Work on your fabulous Connecting Skills!** *“If ye are not one, ye are not mine.”* D&C 38:7

A sense of unity among the pioneers was essential for their individual survival and emotional stability. Through inspiration, pioneers were organized into groups of ten, which were then aggregated into larger congregations for further protection. Disunity in these groups at any level was cause for temporal and spiritual concern, and could literally change a challenging situation into a lethal one. Crankiness is infectious! Rudeness is disheartening! Contention does not come from a good source! (see 3 Nephi 11:29-30).

What can you do in your family, youth group, ward, and community to promote unity?

Make a personal or family goal to work well with others for a week. It will make a difference in your life, and help you prepare for Trek!

“Let us ask ourselves the questions: ‘Have I done any good in the world today? Have I helped anyone in need?’ [Hymns, no. 223]. What a formula for happiness! What a prescription for contentment, for inner peace--to have inspired gratitude in another human being.

“Our opportunities to give of ourselves are indeed limitless, but they are also perishable. There are hearts to gladden. There are kind words to say. There are gifts to be given. There are deeds to be done. There are souls to be saved. - President Monson

Walking with Angels: Spiritual Preparation

1d) Practice an Attitude of Gratitude

“And he who receiveth all things with thankfulness shall be made glorious.” D&C 78:19

Take time to write down 25+ things for which you are grateful.

“We can choose to be like the Mormon pioneers, who maintained a spirit of gratitude during their slow and painful trek toward the Great Salt Lake, even singing and dancing and glorying in the goodness of God.

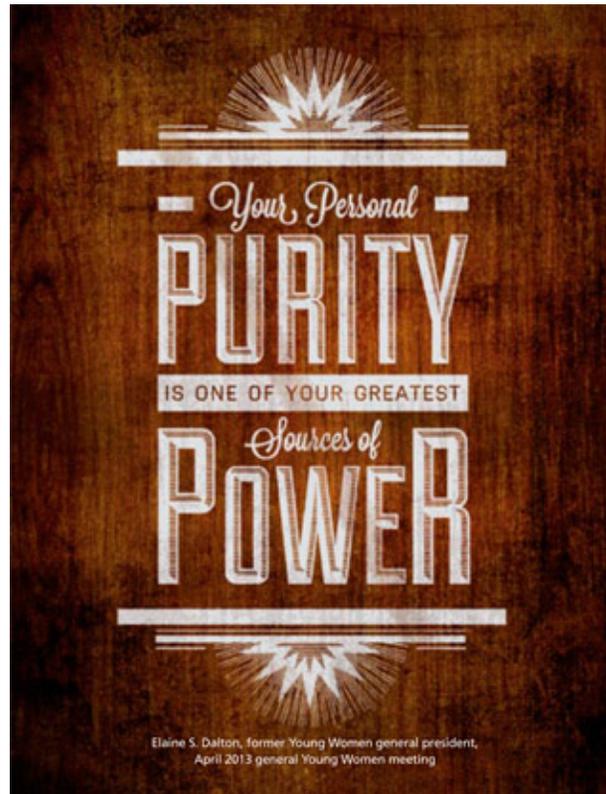
May we “live in thanksgiving daily”—especially during the seemingly unexplainable endings that are part of mortality. May we allow our souls to expand in thankfulness toward our merciful Heavenly Father. May we ever and constantly raise our voices and show by word and deed our gratitude to our Father in Heaven and to His Beloved Son, Jesus Christ.”

- President Uchtdorf

Walking with Angels: Spiritual Preparation

1e) **Stay strong for Trek** *“Put on the whole armor of God.”* Ephesians 6:11

What is the biggest weapon in your personal arsenal that can combat Satan (and keep you strong for Trek and the rest of your life?) Write a few thoughts about this on the back of this card.



Walking with Angels: Spiritual Preparation

1f) **Focus on Joy!** *“Men are that they might have joy.”* 2 Nephi 2:25

Read or listen to President Nelson’s Conference talk.

Make an individual or family goal to consciously smile daily for a month!

Joy and Spiritual Survival [by President Russell M. Nelson](#)

https://www.lds.org/general-conference/2016/10/joy-and-spiritual-survival?lang=eng&_r=1

“That was a very merry night. None but saints can be happy under every circumstance.”
- Eliza R. Snow

A Walk to Remember: *To those who have gone before us...*

(Complete 4 or more options, including 2a and 2b.)

Your handcart trek will be an opportunity to think on those who have worked and struggled to honor their covenants. Their love for the Savior motivated them to continue onward. Can their example, along with your own love for the Savior, motivate you to keep the covenants you have made?

Choose to complete four or more of the following options as you honor those who have valiantly gone before us.

“I have wondered why these intrepid pioneers had to pay for their faith with such a terrible price in agony and suffering. Why were not the elements tempered to spare them from their profound agony? I believe their lives were consecrated to a higher purpose through their suffering. Their love for the Savior was burned deep in their souls and into the souls of their children and their children’s children.”

-President James E. Foust

A Walk to Remember: *To those who have gone before us...*

***1a) Choose a pioneer for whom you can walk in honor of his or her sacrifice.**

"Blessed honored pioneer..." – Hymn #36

This pioneer does not necessarily need to be an ancestor, but should be a pioneer whom you admire for his or her sacrifice and dedication. (**This is a requirement for all trekkers!*)

For online research help, please see these Church websites:

Family Search Website

<https://familysearch.org/pioneer>

Pioneer Overland Travel Database

<https://history.lds.org/overlandtravel/>

"The passage of time dims our memories and diminishes our appreciation for those who walked the path of pain, leaving behind a tear-marked trail of nameless graves. But what of today's challenge? Are there no rocky roads to travel, no rugged mountains to climb, no chasms to cross, no trails to blaze, no rivers to ford? Or is there a very present need for that pioneer spirit to guide us away from the dangers that threaten to engulf us, and lead us to a Zion of safety?"

- President Thomas S. Monson

A Walk to Remember: *To those who have gone before us...*

***2b) Write a short history.** *“For a book of remembrance we have written among us.” Moses 6:46*

Write a short history about the pioneer that you have chosen to honor. As you write your history, be sure to add important information: *How old was she/he at the time of the Trek? Did this pioneer travel alone or with family? Where did your pioneer hear about the gospel? What experiences did your pioneer have during their trek? What happened to him/her once they arrived in the valley? What are your personal feelings regarding this person? What can you learn from him or her? (*This is a requirement for all trekkers!)*

Be prepared to share this story on Trek.

“We cannot begin to understand the journeys made by those who laid the foundation of this dispensation until we understand their spiritual underpinnings. Once we make that connection, however, we will begin to see how their journeys parallel our own.”

- Elder M. Russell Ballard

A Walk to Remember: *To those who have gone before us...*

2c) **Read some handcart pioneer stories.**

“...to show unto the House of Israel what great things were done for their fathers.” - Book of Mormon Introduction

READ Three stories about the handcart pioneers from online church sources or from personal family histories.

<https://www.lds.org/youth/activities/bc/pdfs/stake/Handcart-Stories.pdf>

“I love and honor the faith and courage of those early pioneers of the Church. My own ancestors were living an ocean away at the time. None were among those who lived in Nauvoo or Winter Quarters, and none made the journey across the plains. But as a member of the Church, I claim with gratitude and pride this pioneer legacy as my own.”

- President Dieter F. Uchtdorf

A Walk to Remember: *To those who have gone before us...*

2d) Watch a Pioneer Trek Movie!

"With faith and every footstep, we follow Christ our Lord." K. Newell Dayley

Choose a pioneer trek movie to watch on your own, as a family or as a youth group.

Legacy

17 Miracles

Ephraim's Rescue

"We are all required to make journeys of faith. That is the gospel plan. Our path may not be crossing an ocean or walking alone from an empty train station. But whatever it is, it will demand faith in every footstep. Years from now your grandchildren will tell with amazement stories of your choices which changed their lives. You will be called their pioneers. Have you ever thought that as you step into the unknown you are showing others the way?"

- Bonnie D. Parkin

A Walk to Remember: *To those who have gone before us...*

2e) **See some cool art!**

“For the beauty of the earth, for the beauty of the sky.” Hymn #92

View the online exhibit, *The Saints at Devil's Gate*, with its accompanying illustrations and pioneer quotes.

<https://history.lds.org/maps/museum/saints-at-devils-gate-online-exhibit>

“I took a walk by myself. Passed through some of the most singular looking places I ever saw. It seemed to me that nature in her playful moments had formed curiosities for her own sport.”

Caroline Barnes Crosby, Age 41, August 4, 1848, Willard Richards company. Trail journal.

A Walk to Remember: *To those who have gone before us...*

2f) Think on Temple Blessings! *“The hearts of the children shall turn to their fathers.” D&C 2:2*

Choose one or more of these options as you consider how Family History and Temple work bring us to ZION.

- Watch or read Elder Andersen’s talk especially for the youth about preparing and taking names to the temple:
<https://www.lds.org/topics/family-history/familydiscoveryday/andersen/2015?lang=eng>.
- Prepare family names for temple ordinances.
- Participate in Baptisms for the Dead at the temple.
- Prepare and teach an FHE lesson on Family History:
<https://www.lds.org/topics/family-history/family-home-evening?lang=eng>
- Learn to upload ancestral pictures or documents to familysearch.org
- Interview a grandparent and transcribe your conversation. Share it with your extended family.

“Family history research provides the emotional bridge between the generations. Temple ordinances provide the priesthood bridge.” - Elder Dennis B. Neuenschwander

We can do hard things: Preparedness and Safety

(Complete 4 or more options.)

The handcart pioneers walked over 1,000 miles in their Trek to Zion. Get ready for an enjoyable Trek experience by making sure that you are in good physical condition, and aware of the safety challenges involved.

Remember, we will be trekking 6-7 miles each day. You will need to have muscle strength as well as aerobic endurance to help with your family's handcart.

Physical Condition + Hydration + Appropriate Footwear = Awesome Trek Fitness!

Please complete four of the following options to help you be in super shape for June!

"I testify that we will be enabled and strengthened not only to do hard things but to do all things....dare to do great things. It will require that we: 1) dream big, 2) move out of our comfort zones, and 3) go forward with full confidence relying on the strength of the Lord."

- Sister Elaine S. Dalton

We can do hard things: Preparedness and Safety

3a) **Be Prepared!** *"If ye are prepared, ye shall not fear."* D&C 38:30

Complete the preparedness and safety challenges posted on the Trek Website and in Ward Bulletins. **You may register one completed option for each three challenges you finish.**

Break in your shoes!

Register for Trek before Deadline!

Practice Hydration!

Square Dance!

Aerobic Challenges!

Start walking!

Strength Training!

We can do hard things: Preparedness and Safety

3b) **Be Safe!** *“Whoso putteth his trust in the Lord shall be safe.”* Proverbs 29:25

Review the Church’s 3 videos on Trek Preparation and Safety

Each video watch may count as an option completed.

<https://www.lds.org/callings/church-safety-and-health/training-and-video-resources/trek-safety?lang=eng>

“If done safely, trek reenactments can help today’s youth learn to persevere, turn to God in their times of trial, and gain a testimony that He will help bear their burdens.”

- Church Trek Safety Site

We can do hard things: Preparedness and Safety

3c) **Get Physically Fit!** *"...run and not be weary...walk and not faint."* D&C 89:20

Complete at least one of the following options:

- Attend and participate in a Monthly YM/YW Trek Fitness activity
- Complete the activities in the "Trek Fitness Challenge Month" in April 2017
- Attend and participate in the Stake-Wide Trek Fitness Activity in May 2017

How can the debt of gratitude possibly be paid by the descendants of the Martin and the Willie and the other handcart companies for the faith of their forebears? . . . The descendants of these pioneers can partially settle the account by being true to the cause for which their ancestors suffered so much to be part of."

James E. Faust

Moscow Stake Trek 2017 *Further options to help you prepare for Trek*

- Look for your famous church and royal ancestors! www.relativefinder.org
- Trek is a missionary tool! Share with your neighbors and friends what you will be doing this summer. Explain why the handcart pioneers did what they did and what the consequences of their actions were.
- Keep a journal!
- Commit to live more fully three standards from *For the Strength of Youth*.
- Memorize hymns with Pioneer and/or Restoration themes. Be ready to sing them when you need them on the trail!
- Study more about angels on lds.org and in your scriptures.
- Share your artistic talents: sketch, write a poem or song, or perform in honor of the handcart pioneers.
- Learn about one of your ancestors who first joined the church, there is a pioneer in every person's line!

“Though we have rightly applauded our ancestors for their spiritual achievements (and do not and must not discount them now), those of us who prevail today will have done no small thing. The special spirits who have been reserved to live in this time of challenges and who overcome will one day be praised for their stamina by those who pulled handcarts.”

- Elder Neal A. Maxwell

Moscow Stake Trek 2017 *On completion of your Trail of Faith Award*

Dear Moscow Stake Trekkers,

We are so proud of you and your choice to come on Trek! Thank you for taking the time to prepare spiritually and temporally for this endeavor.

Please let us know when you have completed your required options. We want to know that you are prepared, and we want to be able to give you your award!

As the compass on the front cover symbolizes, you have followed a good course, which will help you be worthy to receive “The Blessings of Heaven.”

We look forward to hearing from you, and we look forward to being together with you during Moscow Stake Trek 2017!

John and Maarn Crepeau
Stake Trek Directors

Write to us at: maarncrepeau@gmail.com

We encourage you to complete further options!

Trail of Faith Award: Complete 12 options, 4 in each section

Captain of 10: Complete 3 further options for a total of 15.

Captain of 50: Complete 2 further options for a total of 17.

Captain of 100: Complete 5 further options for a total of 20.

Keep us posted, you will have until May to complete this challenge.

Please make sure to fit these activities into your Personal Progress and Duty to God programs!

Email us and let us know by May 21 how many options you've completed.

Write to us at: maarncrepeau@gmail.com

Happy Trails!

Brother and Sister Crepeau