

Pioneer Trek 2023

Ma & Pa Training

Important Dates

Pioneer Trek is July 12-15th

- June 24th @ 6PM: Ma and Pa kick off activity in President Ruff's yard- 76 E. Forbush Ave. You can park at the church at the end of the street. FAMILIES ANNOUNCED
- July 11th @ 6:30PM: Take buckets and sleeping gear to the east parking lot at the Murray Stake Center 160 E 4600 S.
- July 12th @ 6:30AM: Come in your pioneer garb with a sack lunch. Eat a good breakfast.
- July 15th @ 3PM: The company returns to the Murray Stake Center
- July 16th @ 4PM: Trek fireside in the chapel at Murray Stake Center

Training Agenda

1. Review Schedule
2. Ma & Pa Overview of Responsibilities
 - a. Assemble necessary family equipment (Last page)
 - b. Love the youth in your family
 - c. Lead and direct by example
 - d. Provide a model of a healthy family relationship
 - e. Ensure that the trek experience is completed safely
 - f. Prepare and lead family devotionals and activities (Section 3-4)
 - g. Foster an environment for spiritual experiences
 - h. Know and share pioneer stories to discuss as inspired (Section 5)
 - i. Encourage use of journals
 - j. Prepare physically and spiritually
 - k. Create unity through games, cheers, music, etc. (Section 6-7)
 - l. Have fun
3. Team Building/Get-to-know-you Games
 - a. Flags and Duct Tape
 - i. Color Choices: Purple, Orange, Navy, Brown, Dark Green, Red, Lime Green, White, Pink, Sky Blue, Black, and Yellow
 - b. Nicknames
 - c. Family Yell or Cheer
 - d. Assign Jobs (Rocks Under Wheels, Load/Unload Cart, Shelter Set-Up/Take-Down, Fill Water Jugs, Take/Retrieve Bedding to/from trailer.
 - e. Hot Seat- Choose one person to be on the hot seat. The other family members get to ask them 7 questions about themselves.
 - f. THE Question- Ask a question and then go around circle and everyone answers. (Super power, fears, embarrassing moment, favorite person in the world, celebrity crush, etc.)

- g. Ten Finger Game- Each person holds out 10 fingers. Go around circle saying something you've never done. Any people in the circle who have done that thing have to put down one finger.
- h. Make up your family's verse to "The Handcart Song".
- i. Come up with a cheer for morning roll call.

4. Family Devotionals

- a. **IMPORTANT. The most powerful spiritual experiences on trek will happen in your families. Please, please prayerfully prepare three 10-15 minute morning devotionals and three 30-45 minute evening devotionals. This should be your top priority as you prepare for trek.**
 - i. Pioneer Stories (Both historic and modern-day)
 - ii. Stories/experiences from your own life
 - iii. Theme: "I can do all things through Christ who strengtheneth me." Philippians 4:13
 - iv. Book of Mormon/Joseph Smith/Restoration – "The Spirit of God"
 - v. How to find answers to your questions
 - vi. Sing!
 - vii. Kneeling Prayers
 - viii. Appreciation Game (Sit in circle. Explain rules at the beginning. The speaker says, "I love and appreciate ____ because ____." The person being complimented must look at the speaker and may only say, "Thank You." Then it is that person's turn to compliment someone else. This is a great activity for last night.
 - ix. Ask youth to share testimony, scriptures, pray, or lead the devotional.
 - x. Use the adult leaders in your family.
 - xi. Add some fun— instant silly talent show

*Notes: Really try to make devotionals more of a discussion than a lecture. Try not to be too long-winded. Teaching is always better than preaching. You can also use this time to encourage journal writing.

Seek out informal teaching moments on the trail, sitting in sleeping bags at the end of the day, etc. These provide really great opportunities for teaching.

5. Pioneer Stories

- a. See Handout
- b. Make it personal. Find your own pioneer ancestors.
<https://www.familysearch.org/campaign/pioneers/#/>
- c. Book: "Fire of the Covenant" by Gerald N. Lund
- d. Movies: "17 Miracles" and "Ephraim's Rescue"

6. Games for the Trail

- a. Line Up (vs another family)
- b. You Don't Say (front of cart vs back of cart)
- c. Switch (singing game)

- d. Going on a Picnic (alphabet game)
- e. Family Feud
- f. Taboo
- g. Bye Felicia
- h. Sing all the songs you know from one movie/play.

7. Games for Down Time

- a. Human Knot
- b. Lucky Stiff
- c. Mission Impossible
- d. Norwegian Dodge Ball
- e. Back Massage (Buckets in a circle. Rub the back of the person in front of you.)
- f. Run Sheepy Run, Kick the Can, Steal the Bacon
- g. Four Men on a Log

8. Miscellaneous

- a. Ma and Pa Skits for the Variety Show
- b. Handcart Song

*For some must push and some must pull,
As we go marching up the hill;
So merrily on our way we go
Until we reach the Valley-o.*

9. Questions

PIONEER TREK FAMILY EQUIPMENT

(Secured by Ma's and Pa's)

- Tarps- Two 12'X30' for sleeping area and at least one 10'X20' for shade
- Two 5-gallon insulated water containers (one water/one Gatorade)
- One cooler to store lunches
- Basic first aid kit
- Consecrated oil
- One large roll of paper towels
- 50 Ziplock sandwich bags
- Sunscreen
- Permanent markers for marking bedding tags
- Two 1-gallon jugs of frozen water- please freeze at least 1 week before trek
- Rope or cords to tie buckets to handcart and create shelter, etc.
- Supplies for family activities and devotionals
- Hammer and stakes for securing tarps
- Optional: Flat nose shovel for cow pie removal

Stake will furnish: Journals, laminated schedule, flagpole, fabric for flag, zip ties, water bottle holder for back of cart, insulated water bottles, color coordinated bandanas and fabric/duct tape for marking family bedding.