

Dear Youth:

Welcome to the _____ ward 200 Pioneer Trek. As you know each person between the ages of 12 and 18 was given the opportunity to have this experience. Each of us had to make a choice to set aside the time and our other interests in order to be a part of this event. Congratulations on having the strength and faith to prepare for this awesome opportunity. We recognize that many have made huge personal sacrifices to be in attendance.

In pioneer times, President Brigham Young asked the members of the church across the world to leave the comforts of their homes and make the long grueling trip to the Salt Lake Valley. Many followed the prophet but for others it was asking too much. Over time, we have seen that for the most part those who followed the prophet were blessed eternally. There was also a positive impact on themselves, their children, and grandchildren for many generations. Many of you are direct descendants of these people. And so we see that the choices that we make will have a good or bad effect on our lives and on the lives of those who come after us.

You have chosen to attend this event and now I ask of you one more thing. I would ask that you pray and ask our Father in Heaven for the following three things:

1. That you may have a positive and cooperative attitude.
2. That you may understand what He wants you to learn from this experience.
3. That you might feel and understand His spirit like never before.

If you will do this, I promise and bless you that this will be an experience that will be life changing for you and your posterity. Please record these experiences and feelings in this journal so that you may have them when you need them. May the Lord bless all of us over these next few days with the strength and faith to finish this journey that we have started.

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My Thoughts

Walk as a Witness

Pioneer Trek 200

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Quote:

M. Russell Ballard sums up the overall feeling of what a trek experience should be and what we can learn and apply to our lives: (excerpts from "You Have Nothing to Fear From the Journey" May 1997 *Ensign*)

"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 ours now. There are lessons for us in every footstep they took--lessons of love, courage, commitment, devotion, endurance, and, most of all, faith. Those 19th century pioneers to whom we pay special tribute never set out to be heroes, and yet they accomplished heroic things. That is what makes them Saints. They were a band of believers who tried to do the right things for the right reasons, ordinary men and women who were called on to perform an extraordinary work. At times, they gave in to their discouragement and allowed themselves to murmur and complain. But ultimately their faith in God and the man they sustained as their prophet and leader prevailed, and they righted their vision and attitudes along with their wagons. In the process they found joy amid the hardships and trials of the trek.

No matter how difficult the trail, and regardless of how heavy our load, we can take comfort in knowing that others before us have borne life's most grievous trials and tragedies by looking to heaven for peace, comfort and hopeful reassurance. We can know, as they knew, that God is our Father, that He cares about us individually and collectively, and that as long as we continue to exercise our faith and trust in Him there is nothing to fear in the journey.

Let us remember that the Savior is the Way, the Truth, and the Life, and there can be no greater promise than to know that if we are faithful and true, we will one day be safely encircled in the arms of His love. He is always there to give encouragement, to forgive, and to rescue. Therefore, as we exercise faith and are diligent in keeping the commandments, we have nothing to fear from the journey."

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Quote:

Elder Neal A. Maxwell

“Latter Day Saints need to remember that those who live now are being called upon to work out our salvation in a special time of intense and immense challenges. (During) the last portion of The Dispensation of the Fullness of Times. . .great tribulation and temptation will occur. The elect will almost be deceived and unrighteous people will be living much as they were in the last days of Noah. Therefore, though we have rightly applauded ancestors for their spiritual achievements and we don’t 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 The Dispensation of the Fullness of Times will one day be praised for their stamina by those who pulled handcarts.” (Notwithstanding my Weaknesses, p. 18)

What is Elder Maxwell telling us we need to “remember”?

How does it make you feel to know that someday those who have preceded you will applaud and praise you for your valiancy in today’s difficult world?

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Record Your Thoughts

Day Two:

President Gordon B. Hinckley said this: “It is good to look to the past to gain appreciation for the present and perspective for the future. It is good to look up on the virtues of those who have gone before, to gain strength for whatever lies ahead. It is good to reflect upon the work of those who labored so hard and gained so little in this world but out of whose dreams and early plans so well nurtured has come a great harvest of which we are the beneficiaries. Their tremendous example can become a compelling motivation for each of us. For each of us is a pioneer in his own life, often in his own family and many of us pioneer daily in seeking to do God’s will and lift and serve those around us.”

What do you hope to gain from this trip to Martin’s Cove?

How can looking at what the pioneers experienced help you with your own life?

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Quote by President Gordon B. Hinckley about Martin's Cove
The Mormon Pioneer Trail is "a trail of tragedy, a trail of faith, a trail of devotion, a trail of consecration, even the consecration of life itself..." Terrible was the suffering of those who came here [Martin's Cove] to find some protection from the heavy storms of that early winter. With their people hungry, cold and dying from sheer exhaustion, they came up into this cove for shelter. And then they died here, some 56 people. They are buried somewhere in this earth. We stand here with bare heads and grateful hearts for their sacrifices, and the sacrifices of all who were with them along this tragic trail...[May this site be visited by] generations yet to come, who, like we, may bow their heads in reverent remembrance of our forebears who paid so costly a price for the faith which they carried in their hearts.

What does President Hinckley mean by "grateful hearts"?

What did you feel when you were at Martin's Cove today?

What is your part in the THIRD rescue?

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It was meant to be that life would be a challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal. Teach our members that if they have a good miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out. There is great purpose in our struggle in life”

What challenges were hard for you on the trek? (Giving up other activities to come? Getting along with others in your family? Physical exertion? Etc.)

What have you learned about yourself or others on the Trek?

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What are some challenges and problems you face each day?

How can trials and tests strengthen you?

Read the following convictions and testimonies of Prophets who experienced great trials and great outpourings of the Spirit:

- ◇ 1 Nephi 17: 17-21, 47-48
- ◇ Job 19:25-27
- ◇ Alma 29:1
- ◇ Joshua 24:15
- ◇ D&C 76:22-24

These are powerful witnesses of those who have convictions strong enough to persuade people to believe. Our true convictions determine what our commitment will be.

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Record Your Thoughts

What are some of the things YOU are willing to sacrifice “For the Kingdom of God’s Sake?”

What kind of Ancestor will you be?

Prayerfully Consider. . . .

Richard G. Scott instructs us to write down our inspired thoughts and feelings, then when we read them the Spirit can return and inspire us further.

Look back through your trek journal and pray about the thoughts and feeling you have had.

What could happen when we read the inspired thoughts and feelings of others? (Scriptures, Ensign, New Era)

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Games

Walk as a Witness

Pioneer Trek 200

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Games

We often claim that everything done during the Trek has a purpose. One of these purposes is to have good old-fashioned fun. The pioneers certainly did when they could. There are occasions on Trek when you will find extra time on your hands. These "gaps" often occur between meals and scheduled events, or when there is some unforeseen hold-up in the schedule of events. The following is a list of some games and activities that can be used as "gap-fillers"

Elbow Tag:

The entire group forms a large circle. Everyone is instructed to find one partner with whom they will lock elbows. The only way to be safe in this game is if you are locked elbows with one partner. When everyone has a partner, two individuals will "volunteer" to be the "chaser" and the "chasee" ("it" and "not it"). In this game, you are either locked with one player, or you are the chaser or chasee. The chaser runs after the chasee who will try to become safe by locking elbows with someone on one end of one of the couples. When the chasee locks elbows with someone, that couple suddenly becomes a trio. The person on the far side from where the chasee linked is now "it," and that person will run away and join with another pair. If the chaser touches the chasee before the chasee "links up," their roles reverse and the chasee becomes the chaser. The circle must be large enough that there is space between each couple; as the chasee runs, he/she must stay within the circle.

States:

Sit players in a circle and have everyone choose a state (or a fruit or a famous person, etc.). Go around the circle twice, having each person name their state so that the players can memorize them. "It" stands in the middle with a hat or bandana and approaches a player who must name another state (belonging to another player) before "It" hits them on the head. "It" must hurry to the person whose state was named and try to hit them before they can name another state. Whoever is hit on the head before naming another's state is "it". If a player says their own state or a state not included in the game they become "It".

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Human Cinnamon Roll:

Line up with everyone holding the hand of the person next to them. One end of the line begins spinning as the line of people wraps around the “center” person like a cinnamon Roll. Once you are all wound up, the person in the middle reaches out between everyone and grabs the hand of the person on the other end (on the outside). Twisting under, out and in-between the person in the middle works their way to the outside and pulls the next person along until you are all unwound.

Zoom and Irk:

The players sit in a circle. One person begins by saying “Zoom” as he looks to the player on his right, or “Irk” as he looks to the player on his left. That person must continue by turning to the right – “Zoom” or to his left – “Irk”. Play continues going right or left as the players control the direction. If a player looks right & says “Irk” or left and say “Zoom” . . .he’s out.

J G S E L C A T S B O S M O S
L L P K Q C Q F P R Q R Q A J
E H K T W O M O M I C E L P J
G R M R P V O O T G T T P H J
A M I A R E U T A H L R R N L
C N S C A R I S D A J A A O P
Y P S D I E D T K M M U Y I O
G T O N R D C E F Y V Q E Z L
P Z U A I W V P A O H R R V U
I S R H E A S S O U Y E V J J
T E I H L G T U A N A T C P B
F T D L B O N N D G S N M Y H
E F E G C N J X U O H I E P Z
W Y N A T Z D M Q O X W S X V
T Z M P Q W S E L P M E T C O

BRIGHAM YOUNG
COVERED WAGON
EXODUS
FOOTSTEPS
HANDCART
HYMNS
LEGACY
MISSOURI
MOUNTAINS
NAUVOO

OBSTACLES
OXEN
PRAIRIE
PRAYER
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E H K T W O M O M I C E L P J
G R M R P V O O T G T T P H J
A M I A R E U T A H L R R N L
C N S C A R I S D A J A A O P
Y P S D I E D T K M M U Y I O
G T O N R D C E F Y V Q E Z L
P Z U A I W V P A O H R R V U
I S R H E A S S O U Y E V J J
T E I H L G T U A N A T C P B
F T D L B O N N D G S N M Y H
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 I N D A K R L O A T R Y X T B L I A S S F L I N A O V U L I
 A A O L C O V E N A N T S R I E S L E G N A N G S T E L T C
 D B U T O O E T R I E C T B B T U I G O A F R E M S S V I E
 J O H N R T O I P I O N E E R S O O N A T L I R O N D O S Y
 T E G B E R T B H I G G S A E I B O B G I L I S A H U N Z E
 Z N U K C N O T G N I C A T I G E R A I N B E U C S E R L L
 S I T H N O S S B T Y D E E A N N H A M E N I N N E D K D
 I T C M E R A O E R N W V J W T S S A P E Y G A T I V O E A
 D R L A D E S R P A P L A T T E M F R M B R I C E O E R N E
 E A A R N P I F H T A E D T E A M R T A Y R A I N H N L T H
 V M N K E P R S R O H B V O E N I E A R B O G U Y O T L I P
 I D D E P A R A A T K I N O W R N S L T L Y U E R U E O N Y
 A R A V E R E C I F I R C A S N O W L I I R R N C S E C O K
 H A I L D T F C M N R H O U O U S T R N V O I N G T N K F B
 O W N G N U O Y H Y L I O B R E C K E S C B N P V O P C R I
 R D E V I L S G A T E T F U R Y L I D C A E A S I N O B O T
 I E K A L B W I N D Y A R I S A R P I O N R Y A W M U H S T
 Z I O E Z W A L K A N D W A L K L A M V I T E Z I O N U T E
 O R E Y A R P R S T R A Y N O M I T S E T F A M L I D N O N
 N N W E L L F L E E T E M P N O T R O H T E R I C K S O N A

- Angels
- Bonnet
- Brigham Young
- Covenants
- Death
- Devils Gate
- Edward Martin
- Ephraim Hanks
- Families
- Frostbite
- Handcarts
- Hungry
- Independence Rock
- Martins Cove
- Obedience
- Pioneers
- Rations
- Rescue
- Sacrifice
- Seventeen Pounds
- Singing
- Snow
- Sweetwater
- Testimony
- Walk and Walk
- Zion

Word Search



Fun With Music Clues

ACROSS

1. _____ is for courage
5. Has given me an _____ home
7. I _____ the Lord provides a way; He wants me to obey
9. You have a work that _____ other can do
11. Though _____ to you this journey may appear
12. For some must _____ and some must pull
14. They are _____ good to me
15. The _____ man built his house upon the rock
16. I want to be _____ to everyone
22. Keep the _____
24. Jesus wants _____ for a sunbeam
26. I'll obey His living prophets in all they _____
28. Quickly I'll _____
29. I can do and say _____ things each day
30. I often _____ walking
32. Long ago their _____ came from far across the sea
34. Whenever I feel the _____ on my face
35. Peace and _____ here abide

DOWN

1. _____ beamed the sun above
2. _____ to do right
3. The Spirit of God like a _____ is burning
4. If you _____ to meet a frown
6. I'll prepare myself while I am _____
8. I _____ when he comes again
10. I hear the words she _____
13. As it _____ down the hill
15. Teach me to _____ in the light of His love
17. To guide us in these latter _____
18. We'll sing and we'll shout with the _____ of heaven
19. _____ my hands and jump for joy
20. The Golden Plates lay _____
21. We are as the armies of _____
22. _____ to serve
23. _____ children sang as they walked
25. Saturday is a special _____
27. When upon life's billows _____ are tempest tossed
30. Be _____ and loving in deed and in thought
31. I kneel to _____ every day
32. _____ is knowing the sun will rise
33. Spring _____ brought me such a nice surprise

J R O B E L E C N E I D E B O K L S A C O V E S E V E H U N
 I N D A K R L O A T R Y X T B L I A S S F L I N A O V U L I
 A A O L C O V E N A N T S R I E S L E G N A N G S T E L T C
 D B U T O O E T R I E C T B B T U I G O A F R E M S S V I E
 J O H N R T O I P I O N E E R S O O N A T L I R O N D O S Y
 T E G B E R T B H I G G S A E I B O B G I L I S A H U N Z E
 Z N U K C N O T G N I C A T I G E R A I N B E U C S E R L L
 S I T H N O S S B T Y D E E A N N H A M E N I N N E D K D
 I T C M E R A O E R N W V J W T S S A P E Y G A T I V O E A
 D R L A D E S R P A P L A T T E M F R M B R I C E O E R N E
 E A A R N P I F H T A E D T E A M R T A Y R A I N H N L T H
 V M N K E P R S R O H B V O E N I E A R B O G U Y O T L I P
 I D D E P A R A A T K I N O W R N S L T L Y U E R U E O N Y
 A R A V E R E C I F I R C A S N O W L I I R R N C S E C O K
 H A I L D T F C M N R H O U O U S T R N V O I N G T N K F B
 O W N G N U O Y H Y L I O B R E C K E S C B N P V O P C R I
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- Obedience
- Pioneers
- Rations
- Rescue
- Sacrifice
- Seventeen Pounds
- Singing
- Snow
- Sweetwater
- Testimony
- Walk and Walk
- Zion

Word Search



Fun With Music Clues

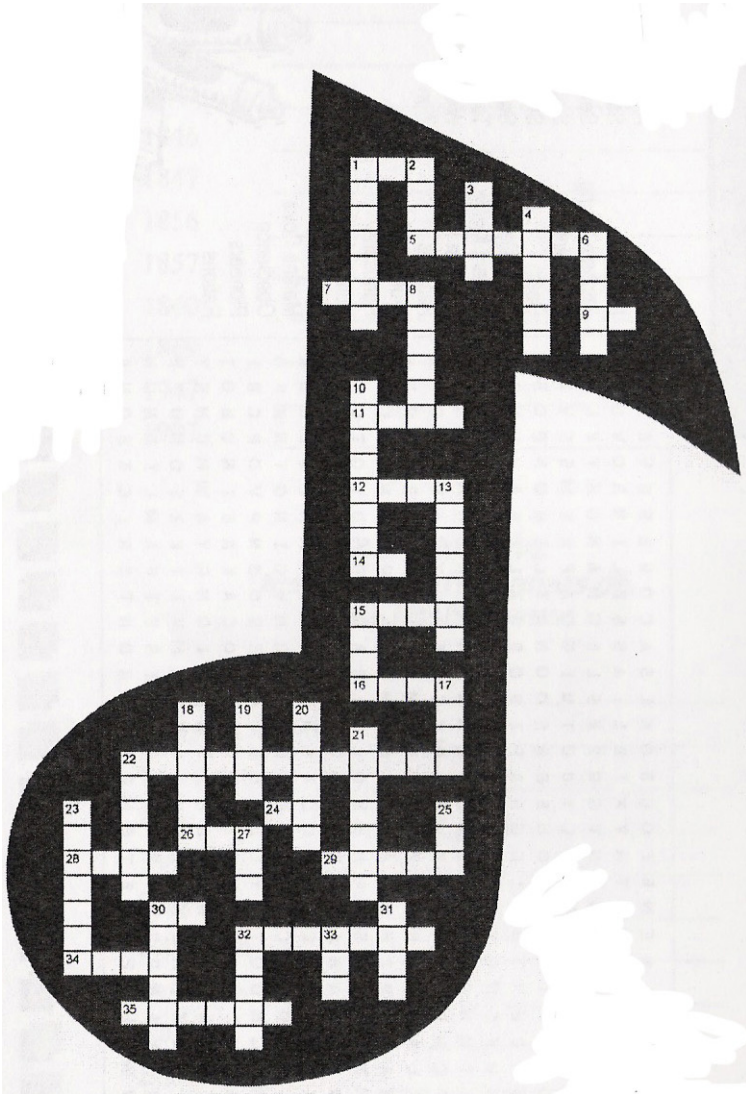
ACROSS

1. _____ is for courage
5. Has given me an _____ home
7. I _____ the Lord provides a way; He wants me to obey
9. You have a work that _____ other can do
11. Though _____ to you this journey may appear
12. For some must _____ and some must pull
14. They are _____ good to me
15. The _____ man built his house upon the rock
16. I want to be _____ to everyone
22. Keep the _____
24. Jesus wants _____ for a sunbeam
26. I'll obey His living prophets in all they _____
28. Quickly I'll _____
29. I can do and say _____ things each day
30. I often _____ walking
32. Long ago their _____ came from far across the sea
34. Whenever I feel the _____ on my face
35. Peace and _____ here abide

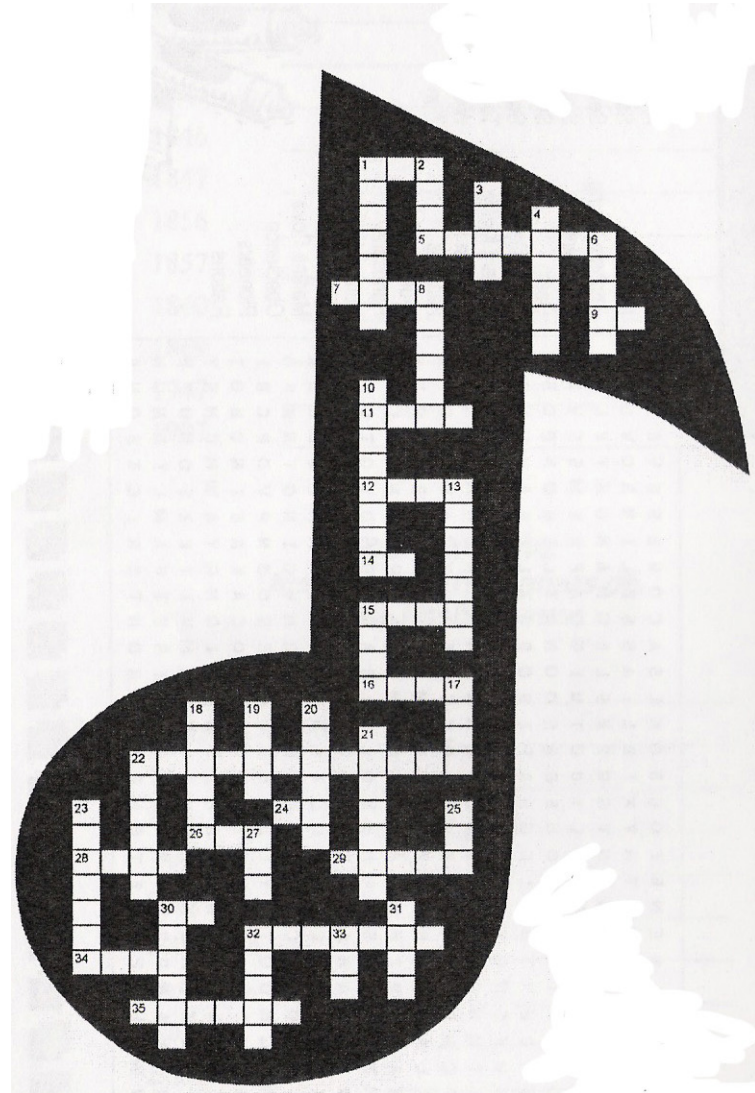
DOWN

1. _____ beamed the sun above
2. _____ to do right
3. The Spirit of God like a _____ is burning
4. If you _____ to meet a frown
6. I'll prepare myself while I am _____
8. I _____ when he comes again
10. I hear the words she _____
13. As it _____ down the hill
15. Teach me to _____ in the light of His love
17. To guide us in these latter _____
18. We'll sing and we'll shout with the _____ of heaven
19. _____ my hands and jump for joy
20. The Golden Plates lay _____
21. We are as the armies of _____
22. _____ to serve
23. _____ children sang as they walked
25. Saturday is a special _____
27. When upon life's billows _____ are tempest tossed
30. Be _____ and loving in deed and in thought
31. I kneel to _____ every day
32. _____ is knowing the sun will rise
33. Spring _____ brought me such a nice surprise

Fun With Music
Crossword



Fun With Music
Crossword



Decode It!

Puzzle Four

Use Morse Code to discover what this continuing pioneer experience says.

| | | | | | | | | | |
|---|-------|---|-------|---|-------|---|--------|---|--------|
| A | · - | G | - · - | M | - - | S | ·· ··· | Y | ·· - - |
| B | ···· | H | ···· | N | · - · | T | - - | Z | - · · |
| C | - · · | I | · · | O | - - - | U | · · · | | |
| D | - · · | J | · - - | P | · · · | V | ···· | | |
| E | · | K | - · · | Q | - · · | W | · - · | | |
| F | ·· · | L | · · · | R | · · · | X | ·· · | | |

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| C | - · · | I | · · | O | - - - | U | · · · | | |
| D | - · · | J | · - - | P | · · · | V | ···· | | |
| E | · | K | - · · | Q | - · · | W | · - · | | |
| F | ·· · | L | · · · | R | · · · | X | ·· · | | |

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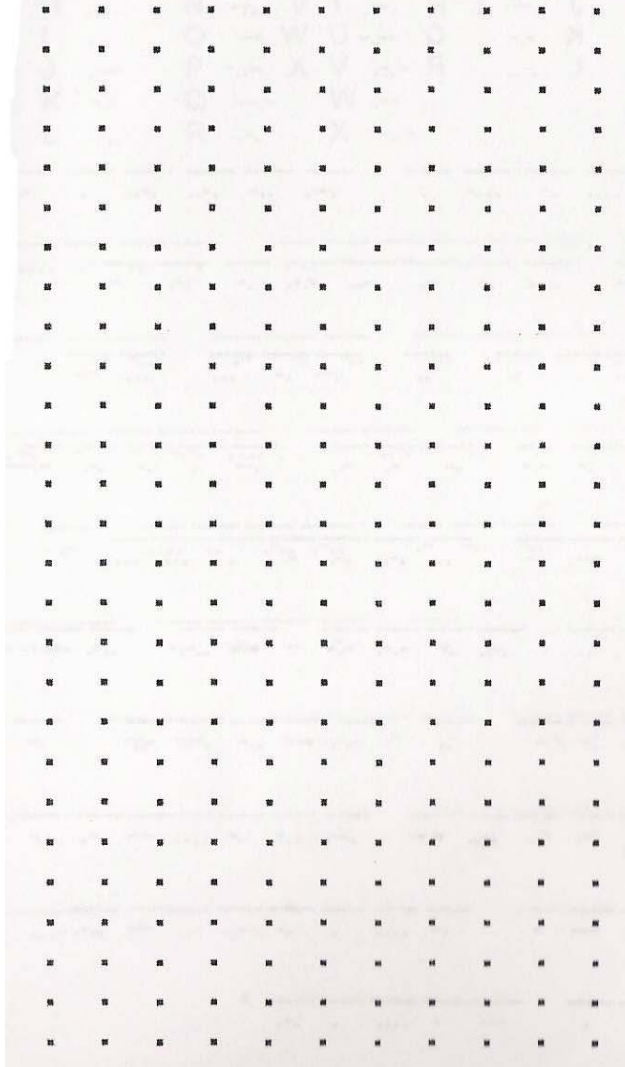
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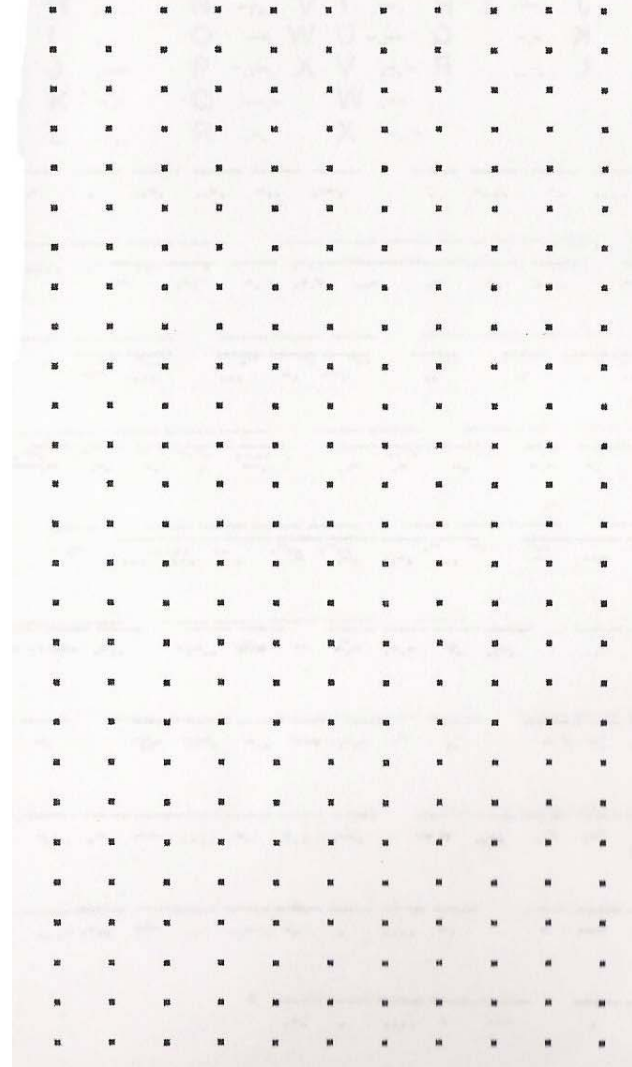
The Dot Game

Take turns drawing one line to make a box, if you make a box, fill it with your initial and go again. The person with the most boxes when the board is full, is the WINNER!



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Word Search

Y T Z O O P E C I V R E S T E
T F L F B P Z G F Q G S D I C
L I T I Q E I K G A E H I Y I
A N J N B U D L T N X D L S F
Y T F O B E C I H X E R D T I
O E O I E D R S E D I J I K R
L G M T S E I T I N U M M O C
A R B A H F F C Y F C Z M Q A
V I Y R L R A T C Q A E Y P S
I T N E M T I M M O C M T C K
V Y S P I N T E H H U G I R V
R N S O U U H O U L J R R L Y
U N N O P S S H I L E G A C Y
S U E C N A R U D N E W H G X
P C B F I Y K P C D R R C P E

CHARITY
COMMITMENT
COMMUNITIES
COOPERATION
COURAGE
DEDICATION
ENDURANCE
FAITH
FAMILY
HERITAGE

INTEGRITY
LEGACY
LIBERTY
LOYALTY
OBEDIENCE
SACRIFICE
SERVICE
SURVIVAL
UNITY
UNSELFISHNESS

Word Search

Y T Z O O P E C I V R E S T E
T F L F B P Z G F Q G S D I C
L I T I Q E I K G A E H I Y I
A N J N B U D L T N X D L S F
Y T F O B E C I H X E R D T I
O E O I E D R S E D I J I K R
L G M T S E I T I N U M M O C
A R B A H F F C Y F C Z M Q A
V I Y R L R A T C Q A E Y P S
I T N E M T I M M O C M T C K
V Y S P I N T E H H U G I R V
R N S O U U H O U L J R R L Y
U N N O P S S H I L E G A C Y
S U E C N A R U D N E W H G X
P C B F I Y K P C D R R C P E

CHARITY
COMMITMENT
COMMUNITIES
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LEGACY
LIBERTY
LOYALTY
OBEDIENCE
SACRIFICE
SERVICE
SURVIVAL
UNITY
UNSELFISHNESS

What's in a Name

How did these places get their names?

Ogden _____
Brigham City _____
Heber City _____
Grantsville _____
Parley's Canyon _____
St. George _____
Woodruff _____
Hyrum _____
Fillmore _____
Huntsville _____
Provo _____
Preston, ID _____
Rich County _____
Cache County _____
Bountiful _____
Lehi _____
Nephi _____
Manti _____
Ephraim _____
Jordan river _____
Moab _____
Kanesville _____
Farr West _____
Paragonah _____
Kanosh _____
Tintic _____
Henefer _____
Ensign Peak _____

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Mormon Community

If you were to travel into a city between 1850-1900 what kind of things would identify it as a Mormon city?

Important Dates

Identify why these dates are important to the church:

- 1821 _____
- 1831 _____
- 1839 _____
- 1845 _____
- 1846 _____
- 1847 _____
- 1856 _____
- 1857 _____
- 1860 _____
- 1869 _____
- 1947 _____
- 1997 _____

How many words can you create using the letters in the words:

MARTIN'S COVE

Mormon Community

If you were to travel into a city between 1850-1900 what kind of things would identify it as a Mormon city?

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Identify why these dates are important to the church:

- 1820 _____
- 1830 _____
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- 1844 _____
- 1846 _____
- 1847 _____
- 1856 _____
- 1857 _____
- 1860 _____
- 1869 _____
- 1947 _____
- 1997 _____

How many words can you create using the letters in the words:

MARTIN'S COVE

How many words can you create using the letters in the words:

DEVIL'S GATE

HANDCARTS AND COVERED WAGON

STRENGTH AND COURAGE

How many words can you create using the letters in the words:

DEVIL'S GATE

HANDCARTS AND COVERED WAGON

STRENGTH AND COURAGE

Music on the
Trail

Walk as a Witness

Pioneer Trek 200

Music on the
Trail

Walk as a Witness

Pioneer Trek 200

Come, Come, Ye Saints

Come, come, ye Saints, no toil nor labor fear;
But with joy wend your way.
Though hard to you this journey may appear,
Grace shall be as your day.
'Tis better far for us to strive
Our useless cares from us to drive;
Do this, and joy your hearts will swell—
All is well! All is well!

Why should we mourn or think our lot is hard?
'Tis not so; all is right.
Why should we think to earn a great reward
If we now shun the fight?
Gird up your loins; fresh courage take.
Our God will never us forsake;
And soon we'll have this tale to tell—
All is well! All is well!

We'll find the place which God for us prepared,
Far away in the West,
Where none shall come to hurt or make afraid;
There the Saints will be blessed.
We'll make the air with music ring,
Shout praises to our God and King;
Above the rest these words we'll tell—
All is well! All is well!

And should we die before our journey's through,
Happy day! All is well!
We then are free from toil and sorrow, too;
With the just we shall dwell!
But if our lives are spared again
To see the Saints their rest obtain,
Oh, how we'll make this chorus swell—
All is well! All is well!

Text: William Clayton, 1814–1879 *Music:* English folk song

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Though hard to you this journey may appear,
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To see the Saints their rest obtain,
Oh, how we'll make this chorus swell—
All is well! All is well!

Text: William Clayton, 1814–1879 *Music:* English folk song

Lead, Kindly Light

Lead, kindly Light, amid th'encircling gloom;
 Lead thou me on!
The night is dark, and I am far from home;
 Lead thou me on!
Keep thou my feet; I do not ask to see
The distant scene—one step enough for me.

I was not ever thus, nor pray'd that thou
 Shouldst lead me on.
I loved to choose and see my path; but now,
 Lead thou me on!
I loved the garish day, and, spite of fears,
Pride ruled my will. Remember not past years.

So long thy pow'r hath blest me, sure it still
 Will lead me on
O'er moor and fen, o'er crag and torrent, till
 The night is gone.
And with the morn those angel faces smile,
Which I have loved long since, and lost awhile!

Text: John Henry Newman, 1801–1890

Music: John B. Dykes, 1823–1876

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Text: John Henry Newman, 1801–1890

Music: John B. Dykes, 1823–1876

Carry On

Firm as the mountains around us,
Stalwart and brave we stand
On the rock our fathers planted
For us in this goodly land—
The rock of honor and virtue,
Of faith in the living God.
They raised his banner triumphant—
Over the desert sod.

[Chorus]

And we hear the desert singing:
Carry on, carry on, carry on!
Hills and vales and mountains ringing:
Carry on, carry on, carry on!
Holding aloft our colors,
We march in the glorious dawn.
O youth of the noble birthright,
Carry on, carry on, carry on!

We'll build on the rock they planted
A palace to the King.
Into its shining corridors,
Our songs of praise we'll bring,
For the heritage they left us,
Not of gold or of worldly wealth,
But a blessing everlasting
Of love and joy and health.

Text: Ruth May Fox, 1853–1958. © 1948 IRI

Music: Alfred M. Durham, 1872–1957. © 1948 IRI

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Nearer, My God, to Thee

Nearer, my God, to thee,
Nearer to thee!
E'en though it be a cross
That raiseth me.
Still all my song shall be

[Chorus]

Nearer, my God, to thee,
Nearer, my God, to thee,
Nearer to thee!

Though like the wanderer,
The sun gone down,
Darkness be over me,
My rest a stone,
Yet in my dreams I'd be

There let the way appear,
Steps unto heav'n;
All that thou sendest me,
In mercy giv'n;
Angels to beckon me

Then with my waking thoughts
Bright with thy praise,
Out of my stony griefs
Bethel I'll raise;
So by my woes to be

Or if, on joyful wing
Cleaving the sky,
Sun, moon, and stars forgot,
Upward I fly,
Still all my song shall be

Text: Sarah F. Adams, 1805–1848

Music: Lowell Mason, 1792–1872

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Israel, Israel, God Is Calling

Israel, Israel, God is calling,
Calling thee from lands of woe.
Babylon the great is falling;
God shall all her tow'rs o'erthrow.
Come to Zion, come to Zion
Ere his floods of anger flow.
Come to Zion, come to Zion
Ere his floods of anger flow.

Israel, Israel, God is speaking.
Hear your great Deliv'rer's voice!
Now a glorious morn is breaking
For the people of his choice.
Come to Zion, come to Zion,
And within her walls rejoice.
Come to Zion, come to Zion,
And within her walls rejoice.

Israel, angels are descending
From celestial worlds on high,
And to man their pow'r extending,
That the Saints may homeward fly.
Come to Zion, come to Zion,
For your coming Lord is nigh.
Come to Zion, come to Zion,
For your coming Lord is nigh.

Israel! Israel! Canst thou linger
Still in error's gloomy ways?
Mark how judgment's pointing finger
Justifies no vain delays.
Come to Zion, come to Zion!
Zion's walls shall ring with praise.
Come to Zion, come to Zion!
Zion's walls shall ring with praise.

Text: Richard Smyth, 1838–1914

Music: Charles C. Converse, 1832–1918

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Text: Richard Smyth, 1838–1914

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As Sisters in Zion

As sisters in Zion, we'll all work together;
The blessings of God on our labors we'll seek.
We'll build up his kingdom with earnest endeavor;
We'll comfort the weary and strengthen the weak.

The errand of angels is given to women;
And this is a gift that, as sisters, we claim:
To do whatsoever is gentle and human,
To cheer and to bless in humanity's name.

How vast is our purpose, how broad is our mission,
If we but fulfill it in spirit and deed.
Oh, naught but the Spirit's divinest tuition
Can give us the wisdom to truly succeed.

Text: Emily H. Woodmansee, 1836–1906

Music: Janice Kapp Perry, b. 1938. © 1985 IRI

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Text: Emily H. Woodmansee, 1836–1906

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Because I have been given much

Because I have been given much
I too must give
Because of thy great bounty, Lord
Each day I live
I shall divide my gifts from thee
With every brother that I see
Who has the need of help from me
I shall give love to those in need
I'll show that love by word and deed
Thus shall my thanks be thanks indeed

Because I have been sheltered
Fed by thy good care
I cannot see another's lack
And I not share
My glowing fire, my loaf of bread
My roof's safe shelter overhead
That he, too, may be comforted
I shall give love to those in need
I'll show that love by word and deed
Thus shall my thanks be thanks indeed

Because of thy life's mission, Lord
I too will serve
I'll leave the comfort of my home
To teach thy word
I'll seek thy sheep who've gone astray
And those who've never known the way
I will make thy work my work today
I shall give love to those in need
I'll show that love by word and deed
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And those who've never known the way
I will make thy work my work today
I shall give love to those in need
I'll show that love by word and deed
Thus shall my thanks be thanks indeed

There Is Sunshine in My Soul Today

There is sunshine in my soul today,
More glorious and bright
Than glows in any earthly sky,
For Jesus is my light.

[Chorus]

Oh, there's sunshine, blessed sunshine
When the peaceful happy moments roll.
When Jesus shows his smiling face,
There is sunshine in the soul.

There is music in my soul today,
A carol to my King,
And Jesus listening can hear
The songs I cannot sing.

There is springtime in my soul today,
For when the Lord is near,
The dove of peace sings in my heart,
The flow'rs of grace appear.

There is gladness in my soul today,
And hope and praise and love,
For blessings which he gives me now,
For joys "laid up" above.

Text: Eliza E. Hewitt, 1851–1920

Music: John R. Sweney, 1837–1899

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Text: Eliza E. Hewitt, 1851–1920

Music: John R. Sweney, 1837–1899

The Spirit of God

The Spirit of God like a fire is burning!
The latter-day glory begins to come forth;
The visions and blessings of old are returning,
And angels are coming to visit the earth.

[Chorus]

We'll sing and we'll shout with the armies of heaven,
Hosanna, hosanna to God and the Lamb!
Let glory to them in the highest be given,
Henceforth and forever, Amen and amen!

The Lord is extending the Saints' understanding,
Restoring their judges and all as at first.
The knowledge and power of God are expanding;
The veil o'er the earth is beginning to burst.

We'll call in our solemn assemblies in spirit,
To spread forth the kingdom of heaven abroad,
That we through our faith may begin to inherit
The visions and blessings and glories of God.

How blessed the day when the lamb and the lion
Shall lie down together without any ire,
And Ephraim be crowned with his blessing in Zion,
As Jesus descends with his chariot of fire!

Text: William W. Phelps, 1792–1872. Included in the first LDS
hymnbook, 1835.

Sung at the Kirtland Temple dedication in 1836.

Music: Anon., ca. 1844

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hymnbook, 1835.

Sung at the Kirtland Temple dedication in 1836.

Music: Anon., ca. 1844

As Zion's Youth in Latter Days

As Zion's youth in latter days,
We stand with valiant heart,
With promise shining in our eyes,
Resolved to do our part.
Upon a noble past we build;
The future fills our view.
We face the challenge of our day
And pledge we will be true.

The truths and values we embrace
Are mocked on ev'ry hand.
Yet as we listen and obey
We know we can withstand
The evils that would weaken us,
The sin that would destroy.
With faith, we hold the iron rod
And find in this our joy.

Thru test and trial we'll have our fears,
But we will not despair.
We're here to serve a righteous cause;
Truth gives us strength to dare.
We'll love, and learn, and overcome;
We'll sing a joyful song,
As Zion's youth in latter days,
Triumphant, pure, and strong.

Text: Susan Evans McCloud, b. 1945. © 1985 IRI

Music: Irish melody; arr. © 1985 IRI

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Put Your Shoulder to the Wheel

The world has need of willing men
Who wear the worker's seal.
Come, help the good work move along;
Put your shoulder to the wheel.

[Chorus]

Put your shoulder to the wheel; push along,
Do your duty with a heart full of song,
We all have work; let no one shirk.
Put your shoulder to the wheel.

The Church has need of helping hands,
And hearts that know and feel.
The work to do is here for you;
Put your shoulder to the wheel.

Then don't stand idly looking on;
The fight with sin is real.
It will be long but must go on;
Put your shoulder to the wheel.

Then work and watch and fight and pray
With all your might and zeal.
Push ev'ry worthy work along;
Put your shoulder to the wheel.

Text and music: Will L. Thompson, 1847–1909

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I'll Go Where You Want Me to Go

It may not be on the mountain height
Or over the stormy sea,
It may not be at the battle's front
My Lord will have need of me.
But if, by a still, small voice he calls
To paths that I do not know,
I'll answer, dear Lord, with my hand in thine:
I'll go where you want me to go.

[Chorus]

I'll go where you want me to go, dear Lord,
Over mountain or plain or sea;
I'll say what you want me to say, dear Lord;
I'll be what you want me to be.

Perhaps today there are loving words
Which Jesus would have me speak;
There may be now in the paths of sin
Some wand'rer whom I should seek.
O Savior, if thou wilt be my guide,
Tho dark and rugged the way,
My voice shall echo the message sweet:
I'll say what you want me to say.

There's surely somewhere a lowly place
In earth's harvest fields so wide
Where I may labor through life's short day
For Jesus, the Crucified.
So trusting my all to thy tender care,
And knowing thou lovest me,
I'll do thy will with a heart sincere:
I'll be what you want me to be.

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Families Can Be Together Forever

I have a fam'ly here on earth.
They are so good to me.
I want to share my life with them through all eternity.

[Chorus]
Fam'lies can be together forever
Through Heav'nly Father's plan.
I always want to be with my own family,
And the Lord has shown me how I can.
The Lord has shown me how I can.

While I am in my early years,
I'll prepare most carefully,
So I can marry in God's temple for eternity.

Text: Ruth M. Gardner, 1927–1999. © 1980 IRI

Music: Vanja Y. Watkins, b. 1938. © 1980 IRI

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Lord, I Would Follow Thee

Savior, may I learn to love thee,
Walk the path that thou hast shown,
Pause to help and lift another,
Finding strength beyond my own.
Savior, may I learn to love thee—

[Chorus]

Lord, I would follow thee.

Who am I to judge another
When I walk imperfectly?
In the quiet heart is hidden
Sorrow that the eye can't see.
Who am I to judge another?

I would be my brother's keeper;
I would learn the healer's art.
To the wounded and the weary
I would show a gentle heart.
I would be my brother's keeper—

Savior, may I love my brother
As I know thou lovest me,
Find in thee my strength, my beacon,
For thy servant I would be.
Savior, may I love my brother—

Text: Susan Evans McCloud, b. 1945. © 1985 IRI

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Onward Pioneers!

Walk as a Witness
Pioneer Trek 200

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Memorable Quotes

Pulitzer Prize winner Wallace Stegner describes the handcart pioneers, "In all its history, the American West never saw a more unlikely band of pioneers than the four hundred-odd who were camped on the banks of the Iowa river at Iowa City in June 1856. They were not colorful--only improbable. Looking for the brown and resolute and weather-seasoned among them, you would have seen instead starved cheeks, pale skins, bad teeth, thin chests, all the stigmata of unhealthy work and inadequate diet. There were more women than men, more children under fifteen than either...Most of them, until they were herded from their crowded immigrant ship and loaded into the cars and rushed to the end of the Rock Island Line and dumped here at the brink of the West had never pitched a tent, slept on the ground, cooked outdoors, built a campfire. They had not even the rudimentary skills that make frontiersmen."

"Our Captains showed us a noble example. They waded every stream, I might say, a dozen times between Iowa City and Green River... Their feet were worn and bleeding, they became exhausted and had to be hauled the balance of the way, some of them not being able to stand. Among these heroic leaders were James Willie, our captain." - George Cunningham.

"Levi Savage used his common sense and his knowledge of the country. He declared positively that to his certain knowledge we could not cross the mountains with mixed company of aged people, women, and little children, so late in the season without much suffering, sickness, and death. He therefore advised going into winter quarters without delay.; but he was rebuked by the other elder for want of faith...Savage was accordingly defeated, as the majority were against him." He then added; "Brethren and sisters, what I have said I know to be true; but, seeing you are to go forward, I will go with you, will help you all I can, will work with you, will rest with you, will suffer with you, and if necessary I will die with you. May God in his mercy bless and preserve us. Amen"

Brother Savage was true to his word; no man worked harder than he to alleviate the suffering which he had foreseen, when he had to endure it. - James and Eliza Hurren.

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"It was surprising to an unmarried man to witness the devotion of men to their families and to their faith, under these trying circumstances. Many a father pulled his cart, with his little children on it, until the day preceding his death. I have seen some pull their carts in the morning, give out during the day, and die before next morning...These people died with the calm faith and fortitude of martyrs. Their greatest regret seemed to be leaving their families behind them, and their bodies on the plains or mountains instead of being laid in the consecrated ground of Zion." - John Chislett, Willie Handcart Company

"I will now give this people the subject and the text..during the Conference, it is this...Many of our brethren and sisters are the Plains with handcarts, and probably many are now seven hundred miles from this place, and they must be brought here. We must send assistance to them. The text will be--to get them here! I will tell you that your faith, religion and profession of religion will never save one soul of you in the celestial kingdom of our God, unless you carry out just such principles as I am now teaching you. Go and bring in those people now on the Plains, and attend strictly to those things which we call temporal, or temporal duties, otherwise your faith will be in vain." - Brigham Young, General Conference, Oct 1956

"We suffered beyond anything you can imagine and many died of exposure and starvation, but did you ever hear a survivor of that company utter a word of criticism? Every one of us came through with the absolute knowledge that God lives for we became acquainted with Him in our extremities!

"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 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."

-Francis Webster, Martin Handcart Company

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Visitor's Center

Look for and answer these questions, while in the visitor's center:

- To what group of pioneers is the Visitors Center dedicated?
- What river runs by Martin's Cove?
- Name one of the books given to Tom Sun by President George Albert Smith.
- What four trails pass by the cove?
- What was the longest river they followed?
- How many Mormons had used the trail by 1869?
- How many miles did the people push handcars?
- What year did the Church begin?
- Who did Joseph Smith see in his first vision?
- In what state was the Book of Mormon first printed?
- What year did missionary work start?
- What year was the Prophet Joseph Smith martyred?
- Why did the saints move to Kirtland, Independence, and Nauvoo?
- Who led the first wagon train from Nauvoo?
- In what year did they leave Nauvoo? ... and arrive in Salt Lake?
- What were the three best months to cross the prairie?
- Why were those months the best?
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- What was carried in the supply wagons?
- Who decided to change to handcars?
- Who designed the Mormon handcars?
- What type of wood was used in building the Martin and Willie handcars?
- Why were the Martin and Willie companies so late in getting started?
- What major decision was made at Florence?
- What was the major concern of Levi Savage?
- How many people were in the Willie Company?
- How many people were in the Martin Company?
- What three things slowed down both companies?
- How much flour per person per day was available?
- What happened on October 19, 1856?
- Why did 56 people die in 9 days in the Martin Company?
- How did Brigham Young hear of the plight of the Martin and Willie companies?
- How long did it take the rescue wagons to start out on the rescue?
- Where did the rescue wagons find the Willie Company?
- Where did the rescue wagons meet the Martin Company?
- Who were the Hunt and Hodgett wagon companies?
- How many of the Willie Company died crossing over Rocky Ridge?
- When did the Willie Company reach Salt Lake City?
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- What did the four young men do for the Martin Company?
- What were the conditions in Martin's Cove?
- How long did they stay in the Cove?
- How many died in the Cove?
- What three things did Ephraim Hanks bring to the Martin Company?
- Why was it so important to treat the frozen limbs?
- What important thing happened at South Pass?
- What do you think the Francis Webster statement is about?
- How do you feel about the other eight handcart companies?
- How would you assess the rescue party's job?
- As you look at all of the names on the boards both in gold and white print, what are your
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- Have you gained a better understanding of your pioneer ancestors?

After your trip through the Visitor's Center, what was of most interest or caused the most emotion in you?

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Historical Information and personal stories

The Martin Handcart Company was the fifth handcart company to travel to Salt Lake in 1856. It was preceded by the Ellsworth, McArthur, Bunker, and Willie Handcart Companies. The cost of a covered wagon and team was beyond the means of many Saints in Europe, so the First Presidency of the Church proposed the handcart method as a means of getting more Saints to Zion.

The Perpetual Emigration Fund, established in 1849, would continue to help the poor. The response to the Handcart Plan was so great that there were no handcarts ready in Iowa City, Iowa when the emigrants from the ship *Horizon* arrived. They left Liverpool, England on May 25, 1856, arriving in Boston Harbor on June 28, 1856. They traveled by train to Iowa City, arriving on July 8, 1856. Because they had to help build their own handcarts, they did not leave Iowa City until July 28th. They pulled lightly loaded handcarts and walked to Florence, Nebraska, where they arrived on August 22, 1856. Here they loaded their handcarts with provisions and left on August 25th. They chose to continue the trek that year, despite the lateness of the season. They would not arrive in Salt Lake until November 30, 1856.

- Approximately 70,000 pioneers came to Utah prior to the coming of the railroad.
- Approximately 6,000 Mormon Pioneers died along the way.
- The trail was approximately 1,400 miles long, meaning there was an average of one Mormon grave every $\frac{1}{4}$ mile.
- Ten handcart companies consisting of 2,962 pioneers crossed the plains from 1856 to 1860. Of these about 250 (8%) died along the way. Of the 250 who died, about 220 belonged to the Willie and Martin Companies.
- The pioneers tried to average 15 to 20 miles each day. The trek lasted about 90 days.

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- The pioneers knew that they were facing death, sickness, Indians, drought, stampedes, and wide open spaces, but chose to come anyway
- They arose every morning at 5 AM to pray, eat breakfast, and prepare camp for movement by 7 AM. The company would halt about noon, for an hour for lunch. When the camp halted for the night, wagons were drawn in a circle with horses secured inside. The horn blew at 8:30 PM, when everyone returned to a wagon or handcart to pray and be in bed by 9 PM.
- Handcart companies traveled light. The carts themselves weighed approximately 60 pounds. The box was 3 feet by 4 feet by 8 inches high. Each cart would carry 400 to 500 pounds; including flour, bedding, clothing, cooking utensils, and a tent. Each person was allowed 17 pounds of baggage; which included bedding, clothing, and cooking utensils.
- Many a father pulled his handcart with his little children in it until the day before he died.
- Three-fourths of the Martin Company were women and children.
- The Willie Company was comprised of 500 persons, 120 handcarts, 5 wagons, 24 oxen and 45 cattle/cows. (After Levi Savage tried to convince them not to cross the plains so late, it is thought that probably about 100 stayed near Florence.)
- 67 members of the Willie Company died on the way to Salt Lake City.
- The Martin Company was comprised of 576 persons, 146 handcarts, 7 wagons, 30 oxen, and 50 cattle/cows.
- At least 145 members of the Martin Company died on the way to Salt Lake City.

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