
Register now at cartersvilleyouth.org/trek

Announcements

We have 130 youth registered! If you have not signed up, please go to our website and get it done. We want you to come too!

2022 Youth Theme

Trust in the Lord

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6

Remember the Trail of Faith Challenge

"Just when all seems to be going right, challenges often come in multiple doses applied simultaneously. When those trials are not consequences of your disobedience, they are evidence that the Lord feels you are prepared to grow more. He therefore gives you experiences that stimulate growth, understanding, and compassion which polish you for your everlasting benefit." Elder Richard G. Scott

Pioneer Story

In the spring of 1848, my great-great-grandparents, Charles Stewart Miller and Mary McGowan Miller, left their home in Scotland and journeyed to St. Louis, Missouri, with a group of Saints, arriving there in 1849. While the family was in St. Louis working to earn enough money to complete their journey to the Salt Lake Valley, a plague of cholera swept through the area. In the space of two weeks, four of the family members succumbed. The children who survived were left orphans, including my great-great-grandmother Margaret who was 13 years old at the time. The nine remaining Miller children continued to work and save for that journey their parents and brothers would never make. They left St. Louis in the spring of 1850 with four oxen and one wagon arriving finally in the Salt Lake Valley that same year. Others of my ancestors faced similar hardships. Through it all, however, their testimonies remained steadfast and firm. From all of them I received a legacy of total dedication to the gospel of Jesus Christ. With all my heart and the fervency of my soul, I declare that God does live. Jesus is His son, the Only Begotten of the Father in the flesh. He is our Redeemer; He is our Mediator with the Father. He loves us with a love we cannot fully comprehend, and because He loves us, He gave His life for us. My gratitude to Him is beyond expression. I pledge my life, my strength in serving Him and in directing the affairs of His Church in accordance with His will and by His inspiration. - President Thomas S. Monson

Dutch Oven Recipe

Artisan Bread: 5 Cups bread flour, 1 Tbsp salt, 1 1/4 tsp yeast, 3 Cups cool water. Mix all ingredients in a large bowl until flour is moist. Cover. Let sit for 12+ hours (18 hours is fine too). Grease a large heavy crock pot or Dutch oven with shortening and dump in the dough. Cover with a lid and bake in a 450* oven for 45 minutes. Remove the lid the last 5 minutes so that the crust can brown. Remove from oven and let cool for a few minutes before removing from the pan.

Preparedness Goal/Tip for March

How is your physical preparation coming along? With just a little over 30 days left until Trek, it is very important that you are taking time to walk as much as possible. Develop your own rhythm, be comfortable and be consistent. Practice breathing with your steps. Take small steps if going uphill, don't force normal strides that would require excessive effort. Take longer steps when going downhill. Cushioning your joints is important so don't clomp, clomp, clomp down a hill just to keep your speed. Swing your arms, it will help you keep a good rhythm. Take breaks as needed to give your heart, lungs and muscles an opportunity to rest. Breaks will also help you identify sore spots, hot spots or potential problems. Practice some pioneer songs or listen to music along the way to keep you moving and upbeat. Make sure you drink plenty of water and have FUN!

- Work on the Trail of Faith Award
- Pack and weigh your stuff. Remember 17 lbs. total!
- Break in shoes and find some protective gloves!
- Boys - long pants, long sleeves
- Girls - skirts, long sleeve blouses or long sleeve dresses and don't forget the long shorts, capri leggings, or bloomers for underneath



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