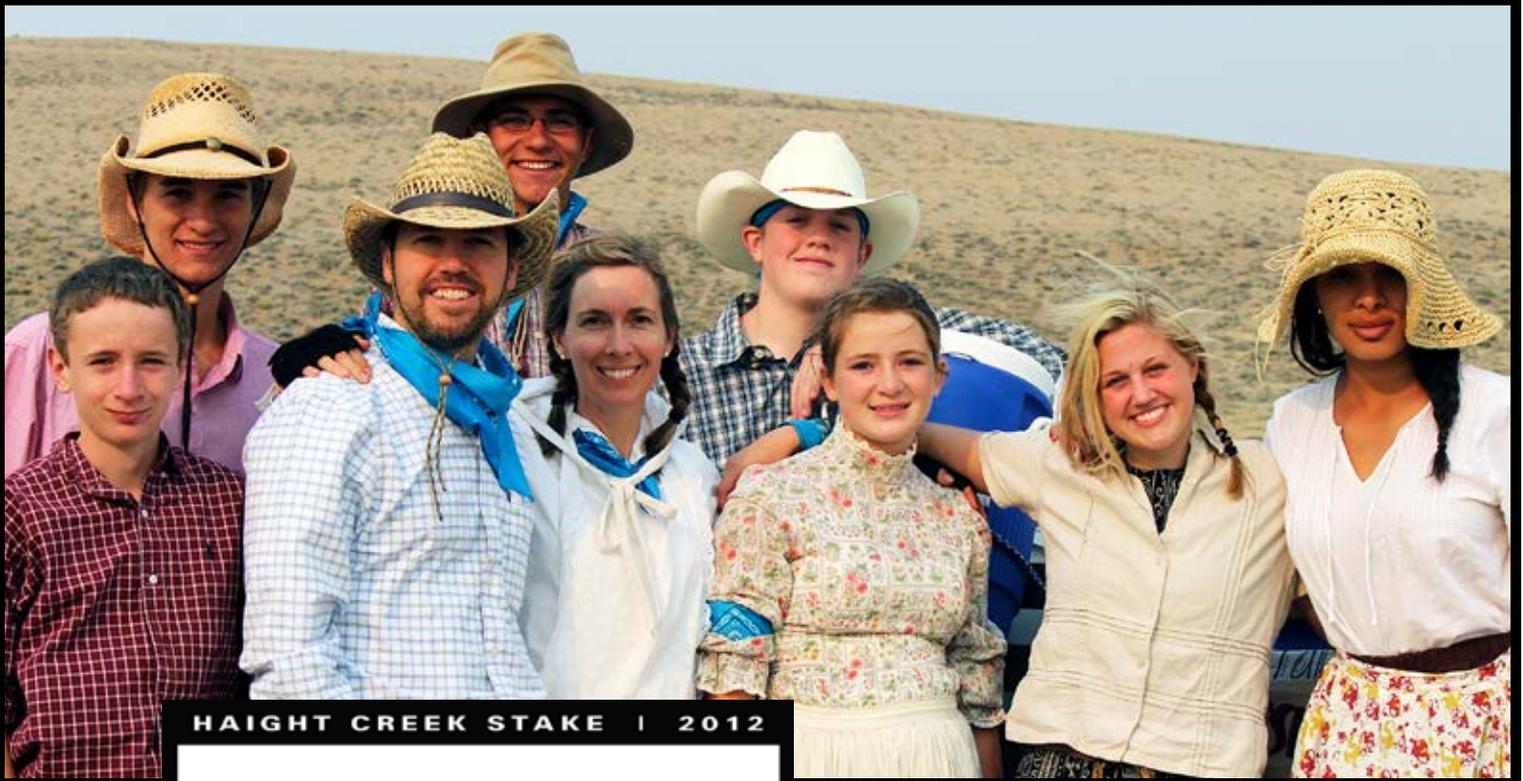


Gray



HAIGHT CREEK STAKE | 2012



TREK

How Firm A Foundation

Family Journal

Carl Gray
Amy Gray

Spencer Bennion
Jackson Rayl
Josh Fawcett
Jason Carling
Sara Deem
Sarah Finneran
Melissa Kamba

Gray Family



Carl & Amy

Pioneers We Honored and Remembered on Trek:

**John Tanner
Elise Rosalia Sternheim
Scheel Haarby Christensen**

To Our Family:

From Pa:

We had almost eight months to anticipate trek. With that anticipation Sister Gray and I wondered, who will our kids be? What will they be like? Will there be any needs? Will they be strong enough to help pull the handcart? It was similar to pregnancy, waiting for one of our own children to join our family. But in this case seven children all at once! When we entered the bus and finally met all of our "new" trek kids we were thrilled with each one of them. We loved them instantly. Each one with their own character, personality and talents yet they melted together so well.

I am so grateful for a loving wife and Ma, who with such a positive attitude help each one of these new children feel loved. Her strength was so evident during the women's pull. It was so touching and difficult to sit back and watch her unite her three daughters to accomplish such a task. These women in our lives are so amazing; they can do hard things!

To my sons I say Surge! Run with all your might in the service of the Lord. You have been blessed with so much talent and ability. Your efforts in your Priesthood responsibilities will always be a blessing to you and the lives you touch. Especially as you serve a mission, remember to surge! You will always look back with fondness on your time as a missionary rather than with regret.

From Ma:

It was so grateful for our trek family. Each one of you Joshua, Sara, Spencer, Melissa, Jason, Sarah and Jackson made our family amazing and wonderful. Thank you to my husband for being a great "Pa" and example to our trek sons. I knew as each of our trek kids came on the bus that our family would be AWESOME. Each member added a unique and fun perspective to trek. You were all also willing to work so hard. It makes me smile every time I think of each of you—you are the best. Our family flag was "mission possible" and everyone made that happen! To the men in our family: thank you for setting up

Gray Family

the tent (without becoming fully airborne), getting our handcart to have perfect balance, and moving the handcart at lightning speed. To the women, you are going to continue to be as remarkable in your own lives as you were on the women's pull. We know that we can do anything when we work together with the help of the Savior. When the hard times come, remember to SURGE!

I love you all-

What We Learned on Trek:

From Pa:

I am absolutely amazed that such a large group of diverse people can come together with such focus, unity and love. We were a Zion people for four days. Everyone was seeking the interest of others, to help and with such a good attitude. The four gospel principles of Trek were evident in the lives of each member of the company. Faith is what got us there on the trek in the first place. We believed trek was going to be great. I witnessed obedience with exactness in all things, from the months of preparation to the actual trail. There were a few things that we sacrificed for trek. We all longed for a shower after the hot Martin's Cove and sand storms of Sage Creek. Charity was evident in the actions of each person, especially all those who helped on the support staff – we loved having a hot meal coming into Rock Creek Hallow! I loved living in Zion for four days!

From Ma:

I learned that miracles come in many ways. Our trek family was a miracle. We had nine very different personalities and yet together we made an amazing family.

Having the Spirit with us the entire week and having overwhelming feelings of charity was a miracle. These are feelings I often have in the temple, but to experience that for four days was incredible. I felt a little like it must have felt to be with Enoch and the people of Zion.

The amazing support staff with us for trek was a miracle. It was so wonderful to be having a rich spiritual—and physically demanding—experience and have delicious meals prepared for us, water along the trail, pictures taken, amazing devotionals, pioneer reenactments, help with tents, as well as medical care.

Making it through women's pull was a miracle, and I was so grateful to have strong trek daughters! This experience made us more appreciative of the strong men in our family who pulled the handcart the majority of the way.

I know that the pioneers' legacy is a miracle we can choose to follow. I am so grateful for my own ancestors who made this choice, especially Elise for whom I walked. Her willingness to walk the handcart trail is a miracle to me as she helped make my life and membership in the church possible.

Most importantly, I felt the reassuring miracle of God's complete love for each one of us. That was reaffirmed as we walked over these sacred trails and listened to spiritual messages in hallowed places.

Gray Family

Our Testimonies:

From Pa:

I came to know my Savior Jesus Christ even more during the days spent on Trek. I witnessed angels both on this side of veil and the other. I am so grateful for angels who came to my family's rescue. When we knelt in prayer at the very end of our trek in Rock Creek Hollow, President McKay rebuked that adversary and blessed us but especially the youth with protection. As President McKay pled with the Father on our behalf, I vividly saw light around me. My eyes were shut. I felt as though there were angels ministering to us as we knelt in that sacred hollow. What came to mind was the experience that the Nephites had with Savior as he ministered to the children "and he took their little children, one by one, and blessed them, and prayed unto the Father for them. And when he had done this he wept again; And he spake unto the multitude, and said unto them: Behold your little ones. And as they looked to behold they cast their eyes towards heaven, and they saw the heavens open, and they saw angels descending out of heaven as it were in the midst of fire; and they came down and encircled those little ones about, and they were encircled about with fire; and the angels did minister unto them." (3 Nephi 17:18-24) My feelings were these "And no tongue can speak, neither can there be written by any man, neither can the hearts of men conceive so great and marvelous things as we both saw and heard Jesus speak; and no one can conceive of the joy which filled our souls at the time we heard him pray for us unto the Father." (3 Nephi 17:17)

I know that we are children of a loving Father in Heaven. He loves us much more than we can imagine. He loved us enough to send His Son, the greatest of all of His children, here to earth to teach us the way. Jesus came and fulfilled all things that He was commanded including that great sacrifice that answered the ends of the law, suffering all things, so that we might be able to return to our Heaven Father. I bear witness that Jesus is the Christ in His holy name, Amen.

From Ma:

I know that God lives and Jesus is the Christ. I know that, just as the pioneers did hard things, we can do hard things when we are planted on the rock that is our Savior. I know that Jesus knows us personally and that He has already atoned for us. I know that He can rescue us as we choose to follow Him. He wants us to be successful and loves us perfectly. The Savior wants us share our burdens with Him so He can make them light. This is the true church and we have a prophet today to lead and guide us. President Monson will help us know the paths to follow today to help us avoid the pitfalls that surround us. When we stand and "take a stand" in Holy Places we can be blessed with the Spirit of the Lord. As we are faced with challenges, just as we were on trek, we can trust in Heavenly Father's promise "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) In the name of Jesus Christ, Amen.

Gray Family



Melissa Kamba

Pioneer Name I Honored and Remembered on Trek:

Anson Call

To My Family:

Thank you so much for being such an amazing ma and pa during Trek. I can honestly say it was a life changing experience and I've never felt the spirit so strongly before it. I loved getting to know you two and loved feeling your strong testimony's you have in the gospel. Pa, I also thought it was pretty awesome you're Canadian. Thanks for being willing to be a Ma and Pa on trek as well as for planning those heartfelt firesides each night. I still have your supportive letters and little symbolic objects you gave all of us. I love and miss you!

What I Learned on Trek:

I learned that with Christ, I can do hard things. I learned I need to be willing to ask for help and have faith in his abilities to help me, no matter how hard the task is. I have a better understanding of the trials and sacrifices the pioneers went through for us so we could know and live the gospel.

My Testimony:

I know the church is true. I know that if I trust in Heavenly father and always rely on him, he will bless me and help me through all my trials. I know that Joseph Smith was a true prophet and president Monson is Heavenly Father's chosen prophet on the earth today. I'm so grateful for the pioneers, especially my ancestors and their examples of faith and sacrifice for the growth of the church. I know because of the restoration of the gospel, I can live with my family and be in my Heavenly Father's presence again.

Gray Family



Joshua Fawcett

Pioneer Name I Honored and Remembered on Trek:

Langley Allgood Bailey

To My Family:

Thanks for being my ma and pa on trek. You guys were fantastic. I think we had the best family out of all the families there. I had a blast pulling the handcart with everyone. You made things fun. Family time was great. It gave us time to hear what everyone's thoughts were on the different things we would look for that day. I'd like to thank everyone for their part and who they are. Every single person in our family contributed to making trek the best. Thanks again.

What I Learned on Trek:

This trek has made me live my life a lot differently. It makes me more thankful for the things I have, considering the pioneers didn't have anything crossing the plains. I also learned that struggles do come if you want them to or not. Walking with the broken toe was really painful but nothing like the pioneers had to go through. I can't imagine how painful it must have been walking with frozen feet through snow and the rocks. We had good shoes and socks that protected us. Also we were doing our trek in the sun. Trek has given me a better knowledge of what the pioneers/my ancestors went through on their way to the Salt Lake Valley.

My Testimony:

I know that my Savior lives and that he came down to this earth to die for us. I know that the Atonement is real and that when we make a mistake that we can repent and be cleaned from that sin. I know that Joseph Smith restored the church and that he did have the power of God with him to translate the Book of Mormon. I know that if we live worthily and keep the Commandments that we will be able to return to Him and live with him in the Celestial Kingdom. I know that President Thomas S. Monson is the true living Prophet today and that he leads and teaches us the teachings that we need to follow in order to return to our Heavenly Father. I know that that the Church of Jesus Christ of Latter Day Saints is the true church on this earth. And I say these things in the name of Jesus Christ, Amen.

Gray Family



Jackson Rayl

Pioneer Name I Honored and Remembered on Trek:

William Watson

To My Family:

Thank you so much for being my ma/pa. I had so much fun! You made my entire trek experience so amazing. At the beginning of the week I was a bit worried that I wouldn't like my family. Those thoughts were extinguished within the first hour of the bus ride. Thanks for the spirit that you brought to our family. I would do it all again.

What I Learned on Trek:

I learned that that I have a good life and the challenges we have to face are minimal compared to the challenges that the pioneers went through. I learned that no matter what challenges wait before us that with the lord's help we will be able to accomplish anything.

My Testimony:

I know that the Church of Jesus Christ of Latter-day Saints is the true church of god. I know that Thomas S. Monson is a true prophet of God and what he teaches comes straight from the Lord. I am so thankful for the opportunity I had to go on trek and that I was able to have such a great family. I will never forget the things I felt when I was on trek and will cherish the experience in my heart forever.

Gray Family



Jason Carling

Pioneer Name I Honored and Remembered on Trek:

John Gillman

To My Family:

Thank you so much for making trek such a special experience for all of us and being such good examples. You guys were great and I had such a good time.

What I Learned on Trek:

I learned that it was not an easy task for us to be able to live where we live today and that we are so lucky to have the gospel.

My Testimony:

I am grateful for my pioneer ancestors and I am grateful for this gospel and for all of the people who died so that we can all live in this wonderful place.



Sarah Finneran

Pioneer Name I Honored and Remembered on Trek:

Sarah Ellen Dutt

To My Family:

I love you Ma and Pa Gray. I couldn't have asked for any better Trek parents than you. You guys made me feel so welcome into our family and made me realize how much I am loved. You are such wonderful examples towards me and so many others. You have accomplished so much in life and I know our Heavenly Father loves you guys so dearly. I am so eternally grateful that I got to meet and know you as my Trek Parents. Thank you so much.

And to our family. I am so lucky to have the greatest siblings in the world! You guys are all so funny and made me laugh hysterically. Sara, you are such a wonderful daughter of God and I am so grateful that you were my Trek sister you helped me through so much and I love you! Melissa, you were such a joy to our family and brought so much light I am glad you were in our family and hope you're having fun in Canada. Jackson, You were such a great brother and made me smile so much, you are going to grow up and do so many great things in life, I'm so glad you got put into our family. Josh, you were so nice to everyone and didn't even complain once when you broke your toe, Ouch! That must have hurt so bad, you led such a great example for me and made me feel like I could do hard things and I am grateful for that. Thank you for being my brother! Jason, you are such a kind and sensitive person, You were always so nice to me and I loved talking to you whenever we had the chance, Our Heavenly Father has so many great things for you in the future. And Spencer, you were such a fun brother! I am so glad that we were put in the same family to get to know each other and spend time with each other as a family. You made me laugh so many times and I'm sorry we lost your penny, thank you for being a great brother!

What I Learned on Trek:

I learned so many things on Trek, but especially how to be closer to our Heavenly Father and Jesus. I also learned that you can love all different kinds of people without hardly even knowing them but having a connection with them through personalities and through The Gospel. I also learned you can do so many hard things in life, there will always be those bumps along the rode but you have to keep enduring until the end, until you have completed your mission. I also learned what sacrifices the pioneers had to give up and am so grateful for them and what they did for us, for our religion, and for God.

Gray Family

My Testimony:

I am so grateful that I was able to go on Trek. I would never exchange Trek for anything, it helped my testimony grow so much. I am so grateful for the LDS pioneers, they sacrificed so much but they were looking at the bigger picture. I know this Gospel is true with everything in me. Without the Gospel I would be no where in life and probably not making the best decisions. The Gospel has helped me know the bigger picture and what we are striving to live for each day to make it back to our Heavenly Father and Jesus Christ. I know the Atonement is real, the Lord sacrificed everything for us so we could repent for our sins and live with him again. I know that our Heavenly Father and Jesus are real, and that they live and we will live with them again. I know families our forever and we will see all our loved ones on the other side and live with them eternally, I am so grateful for that. I am so grateful for all the examples that our in my life and that I have a wonderful family that I love so dearly. I am so glad that I have a testimony of my own and that I know without a doubt everything this Gospel offers is true. I am a Daughter of God and I try harder to learn my divine role every day. And I say these things in the name of our savior, our redeemer, Jesus Christ, Amen.

Gray Family



Sara Deem

Pioneer Name I Honored and Remembered on Trek:

To My Family:

What I Learned on Trek:

My Testimony:

Gray Family



Spencer Bennion

Pioneer Name I Honored and Remembered on Trek:

John Stucki

To My Family:

Thank you for an amazing experience. I loved being in your family.

What I Learned on Trek:

It wasn't easy but it was worth it.

I am grateful that the pioneers were willing to come even with so many trials. It wasn't easy for us and we didn't even take the trek in the winter.

My Testimony:

I know the Church is true. I'm grateful to my Savior for His atoning sacrifice for me.