

Happy Thursday Trekkers!

Another week of summer is in the books and we hope it's been a good one that's included a bit of spiritual, physical and mental preparation for trek!

Remember President Dedrickson's promise that those who prepare themselves physically, mentally and spiritually will receive

- 1) an increase of faith
- 2) more spiritual strength to overcome things that are depriving them of freedom and joy
- 3) spiritual experiences of greater intensity than they have had previously.

This week's updates:

 This is a BIG sale week. If you are planning to purchase any items for trek, it's a good time to do some online shopping! Borrowing items is a great option too, but you'll want to start now to make sure you have everything!

This also gives you time to try everything out! Raise your hand if you've already hiked in the shoes you'll wear for trek. If not, let's make a goal to [print your packing list](#) and get those asap!

 As we start to finalize our itinerary, please get these items in your calendars now:

1. **Gear Drop Off: Tuesday, July 28 from 5:30 - 7:30** at the stake center. We hope this will help you get a solid night's sleep and get any last minute questions answered!

2. **Departure Time: 6:00 Wednesday, July 29** at the stake center. We can't wait to load up and head out!

🌳 Have you uncovered any pioneer ancestors yet? We've heard story after story of people finding ancestors they didn't know about through the [church historical database](#). Even if you don't have ancestors that crossed the plains, you do have people who sacrificed and blazed a trail in ways that have blessed you. I have been amazed at the strength and spirit I feel as I have learned more about my ancestors!

✍️ Please make sure you get your [Nature Conservancy form](#) signed and given to a Ma/Pa/Trek Leader in your ward by **Sunday, July 19**.

☀️ **Optional Temple Walk:** Saturday, July 11 at 6:00 am. Meet Mike and Stacey Giles at the stake center to walk to the temple. Please make sure to have a ride home from the temple. Mike and Stacey are not equipped to manage large groups of youth, parents and leaders are welcome to attend as well.

👩 Feeding more than 200 people on the windy plains of Wyoming is no small task! And we have strict instructions NOT to do anything to recreate the hunger and starvation the handcart companies experienced.

We have a small army preparing food for you! **If you can help with any of the following** (or know of people who aren't going to trek but would love to help), please contact Wendy Locey at wendylocey@gmail.com (bonus if you can include a picture).

8 5 gallon water coolers

4 42 quart pots with lids

2 sous vides

1 160 qt (extra large) cooler

Here's to a summer full of growth and fun. We are praying for you in your preparations!

Parker Stake Trek Committee