

THE New Era

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SETTING NEW
GOALS, P. 20

ASKING
WHAT IF, P. 40

WHY SO MANY
RULES? P. 44



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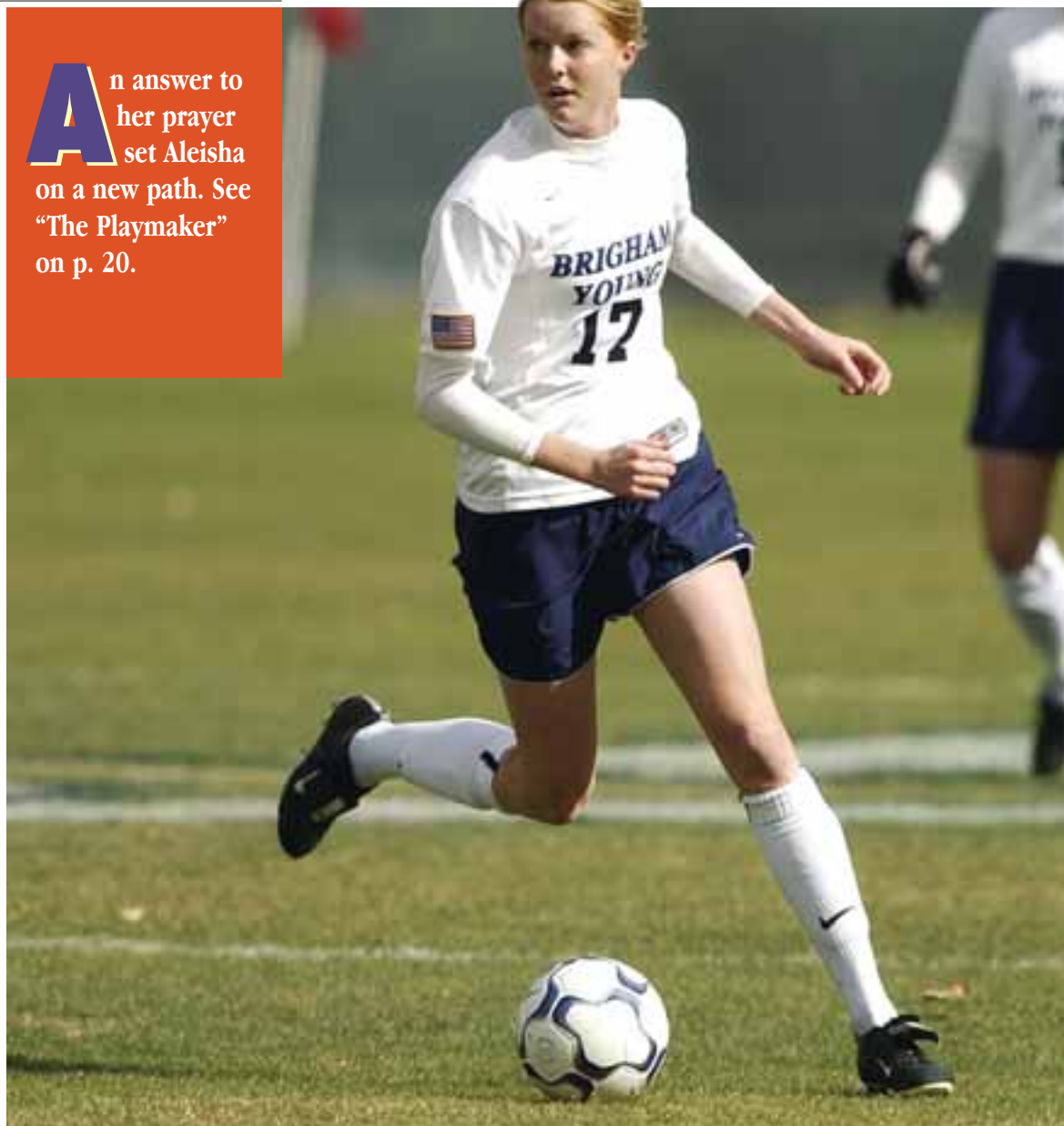
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Cover: Aleisha Cramer
Rose loves soccer, but
she's willing to make a
change. See "The
Playmaker" on p. 20.

Cover photography:
Jaren Wilkey

The Young Women
organization was started
by Brigham Young. Every
November, the organiza-
tion celebrates its origins.
Three articles in this
issue highlight this great
organization for young
LDS women. See pp. 4, 24,
and 28.

An answer to
her prayer
set Aleisha
on a new path. See
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DAUGHTERS *of the* ALMIGHTY

Of all the creatures of the Almighty there is none more beautiful, none more inspiring than a lovely daughter of God.

BY PRESIDENT GORDON B. HINCKLEY



I attended a regional conference recently. The Sunday morning meeting was held in a large auditorium. On the front row, just below the stand, sat a group of beautiful girls. They were well-groomed—clean and lovely. They were vivacious and bright in their appearance. They were the very epitome of all that could be hoped for in young women. Some of them had their scriptures with them. All listened attentively to the speakers, and those with their books followed quotations cited by the speakers. It was evident that they were products of the seminary program as well as the other programs of the Church.

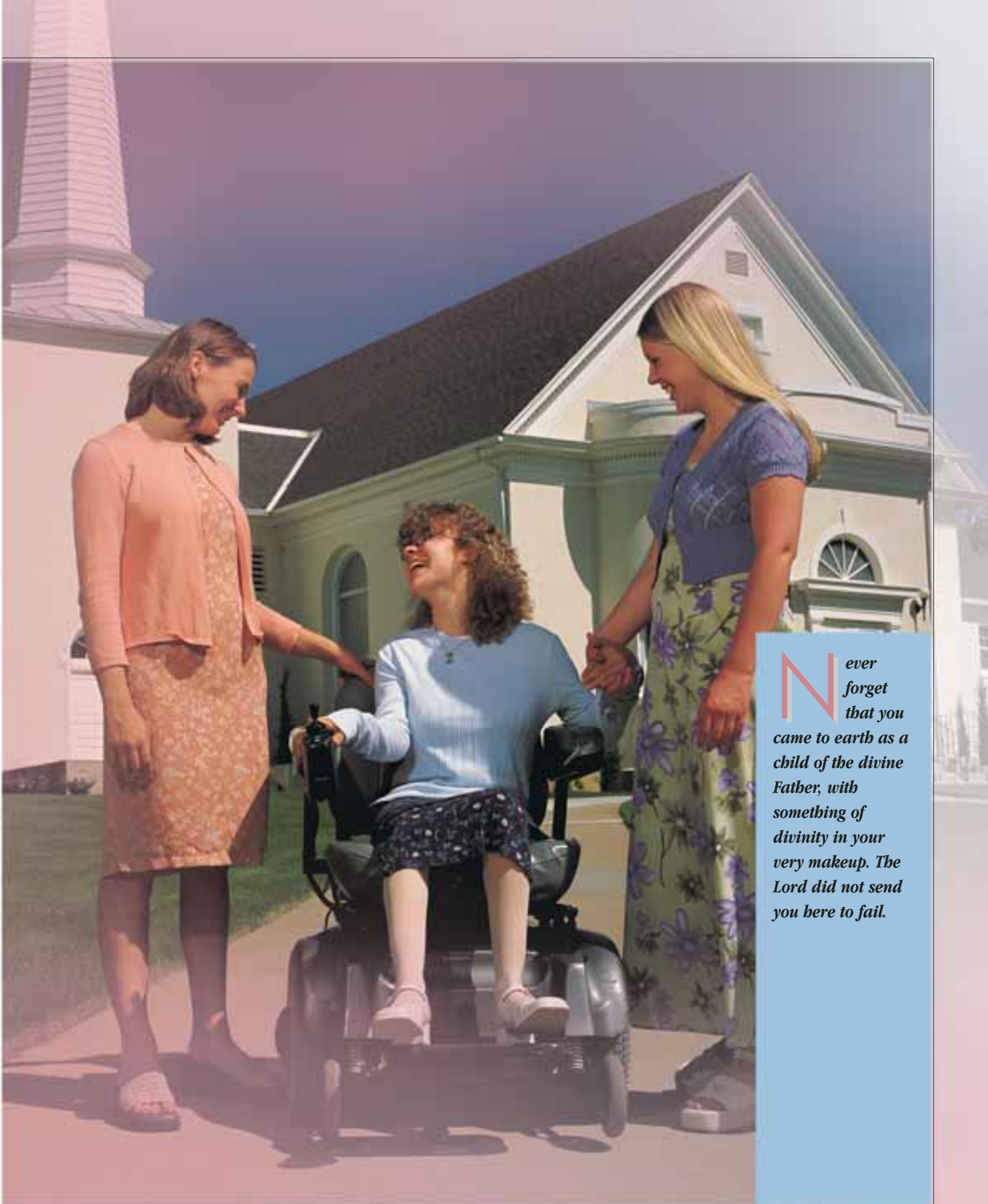
They had risen early that morning to travel far with their parents to be at the conference. They were there because they had learned to love the Lord and to enjoy the association of the Saints. They impressed me as representing what this marvelous work is all about (from *New Era*, Sept. 1988, 45–46).

Stay Pure

We had in the United States a newspaper columnist named Abigail Van Buren. Her writings are published in papers across the world, including our own *Deseret News*. She is one of those who gives advice to the troubled. You know the kind. A young lady wrote her and said that her boyfriend wanted her to prove her love, and this was Abby's response. It is plainspoken, but I think it is good.

Said Abby, "Girls need to prove their love through illicit sexual relations like a moose needs a hat rack. Why not prove your love by sticking your head in the oven and turning on the gas or by playing leapfrog in the traffic? It's about as safe.

"Clear the cobwebs out of your head. Any fellow who asks you to prove your love is trying to take you for the biggest, most gullible fool who ever walked. That proving bit is one of the oldest and rottenest lines ever invented.



Never forget that you came to earth as a child of the divine Father, with something of divinity in your very makeup. The Lord did not send you here to fail.

Polish and refine whatever talents the Lord has given you. Go forward with a twinkle in your eye and a smile on your face, but with great and strong purpose in your heart. Love life and look for its opportunities, and forever and always be loyal to the Church.

“Does he love you? It doesn’t sound like it. Someone who loves you wants whatever is best for you. But now figure it out. He wants you to commit an immoral act, surrender your virtue, throw away your self-respect, risk the loss of your precious reputation, and risk getting into trouble. Does that sound as though he wants what is best for you? This is the laugh of the century. He wants what he thinks is best for him; he wants a thrill he can brag about at your expense. Love? Who’s kidding whom? A guy who loves a girl would sooner cut off his right arm than hurt her. In my opinion, this self-serving so-and-so has proved that he doesn’t love you.

“The predictable aftermath of proof of this kind always finds Don Juan tiring of his sport. That’s when he drops you, picks up his line, and goes casting elsewhere for

bigger and equally silly fish.

“If he loves you, let him prove his love by marching you to the altar.”

I think that’s pretty good for Abby. . . .

To you young women, you of the noble birthright, you the hope of The Church of Jesus Christ of Latter-day Saints, you the mothers and the grandmothers and the great-grandmothers of the sons and daughters of Israel who are to come: Keep yourselves worthy of the blessings of God. Keep yourselves pure and virtuous and good and decent and sweet and wonderful; and as a servant of the Lord, I don’t hesitate to promise you that you will be loved and respected and honored, and you will be grateful to get on your knees with tears in your eyes and thank your Father in Heaven for His watchful care over you and for the marvelous blessings that will be yours (from *New Era*, Nov. 1971, 35).

The Most Beautiful Girls in the World

Of all the creations of the Almighty there is none more beautiful, none more inspiring than a lovely daughter of God who walks in virtue with an understanding of why she should do so, who honors and respects her body as a thing sacred and divine, who cultivates her mind and constantly enlarges the horizon of her understanding, who nurtures her spirit with everlasting truth. . . .

The young women of this generation not only have tremendous opportunities, but they also face terrible temptations. . . . It is so important that young women learn the ways of eternal truth, that virtue is attractive and all-important, that testimony is a pearl to be sought after and worn with dignity and pride, that they understand the incomparable blessings that come from temple marriage and a wholesome,





rewarding family life. . . .

Youth is the season to set the directions for life. A young woman's life will be immeasurably enhanced if she sets now the proper directions for her future course. Moreover, the posterity who follow after will more likely be reared in "the nurture and admonition of the Lord" to their great benefit and blessing (Ephesians 6:4; Enos 1:1). When a girl is saved, a generation is saved. No one can foretell the consequences of faithfulness in the life of a young woman (from *New Era*, Sept. 1988, 47).

Remember Who You Are

Though of various nationalities, you are all of one great family. You are daughters of God. You are members of The Church of Jesus Christ of Latter-day Saints. In your youth you speak of the future, and it is bright with promise. You speak of hope and faith and achievement. You speak of goodness and love and peace. You speak of a better world

than we have ever known.

You are creatures of divinity; you are daughters of the Almighty. Limitless is your potential. Magnificent is your future, if you will take control of it. Do not let your lives drift in a fruitless and worthless manner. . . .

For you, my dear friends, the sky is the limit. You can be excellent in every way. You can be first class. There is no need for you to be a scrub. Respect yourself. Do not feel sorry for yourself. Do not dwell on unkind things others may say about you. Particularly, pay no attention to what some boy might say to demean you. He is no better than you. In fact, he has already belittled himself by his actions.

Polish and refine whatever talents the Lord has given you. Go forward in life with a twinkle in your eye and a smile on your face, but with great and strong purpose in your heart. Love life and look for its opportunities, and forever and always be loyal to the Church (from *Ensign*, May 2001, 93–95).

There are tremendous responsibilities for women in the Church as well as in the community consistent with and in total harmony with marriage, motherhood, and the rearing of good and able children.

Your Future

Every young woman ought to refine her skills and increase her abilities, to broaden her knowledge and strengthen her capacity. . . .

The Church has been in the forefront in training the daughters of Zion and in giving them responsibility. We believe and have taught consistently from the earliest days of the Church that a woman's greatest mission in life is an honorable and happy marriage with the rearing of an honorable and happy family. That means mothering and nurturing in a very real and personal way, a way that is demanding both in time and energy. But this is not inconsistent with other activities. There are tremendous responsibilities for

women in the Church as well as in the community consistent with and in total harmony with marriage, motherhood, and the rearing of good and able children (from *New Era*, Sept. 1988, 47).

I should like to say to every one of you sisters here that as a member of The Church of Jesus Christ of Latter-day Saints, you have an obligation to refine and improve your minds and your skills, for each of you is a daughter of God with a divine birthright and with an obligation to grow toward His stature (from *New Era*, Nov. 1971, 36).

You Can Do It

Never forget that you came to earth as a child of the divine Father, with something of divinity in your very makeup. The Lord did not send you here to fail. He did not give you life to waste it. He bestowed upon you the gift of mortality that you might gain experience—positive, wonderful, purposeful experience—that will lead to life eternal. He has given you this glorious Church, His Church, to guide you and direct you, to give you opportunity for growth and experience, to teach you and lead you and encourage you, to bless you with eternal marriage, to seal upon you a covenant between you and Him that will make of you His chosen daughter, one upon whom He may look with love and with a desire to help (from *Ensign*, May 2001, 95–96).

And so, my beloved sisters, please know how much we appreciate you. You bring a measure of wholeness to us. You have great strength. . . . I bear testimony before the entire world of your worth, of your grace and goodness, of your remarkable abilities and tremendous contributions, and I invoke the blessings of heaven upon you (from *Ensign*, Nov. 1996, 70). **NE**



Hungry for Answers?



Have you ever finished reading a whole page from the scriptures then realized you don't remember a thing you read? Learning to enjoy scripture study takes time and practice but, as Nephi taught, "The words of Christ will tell you all things what ye should do" (2 Nephi 32:3).

Students at the Rockland, Idaho, seminary are striving to become students of the scriptures. Here are some of their ideas for getting more out of your scripture study:

Getting into the Habit

- ✍ Keep scriptures at your bedside to remind you to read each morning or night.
- ✍ Read at the same time every day so you can form a habit.
- ✍ Make a "no excuses" rule. See if you can go three weeks without missing a day of study. This might require some planning to make sure you have scriptures with you on trips or campouts.

Understanding What You Read

- ✍ While you study, cut out distractions like TV, radio, and even talkative family members.

- ✍ Remember that prayer and scripture study go hand in hand. Before reading, pray for the Spirit to help you understand. After reading, ask for confirmation that what you've read is true. Pray that you'll remember and apply what you've learned.
- ✍ Try visualizing what you read. Make the stories come alive.
- ✍ Keep up with seminary or Sunday School lessons, because your teachers will be explaining what you're reading.
- ✍ Don't skip difficult verses. That can make it harder to understand what happens next. Find out who's talking to whom, and look up unfamiliar words. Try reading hard-to-understand verses out loud a couple times.
- ✍ Keep a scripture journal. That way you can remember things you have learned and times you have felt the Spirit. You can also write down questions you have so you can ask a family member, teacher, or leader.

Using Your Scripture Toolbox

- ✍ Look at the footnotes. They provide brief definitions, explanations, and references to related verses and topics.
- ✍ Refer to the Bible Dictionary for more in-depth explanations of gospel concepts and biblical terms.
- ✍ When studying the Bible, refer to the Joseph Smith Translation in the footnotes and appendix. **NE**

SAVING *The* BEEES



BY CHARITY BRUNSON

As I finished washing the dishes, I glanced out the window and saw my eight-year-old brother dangling a long pole in the swimming pool. His tangled brown hair hung in his eyes, and his clothes were splashed with water. He always managed to avoid helping with the chores, and today was no different. I watched as he carefully steadied the pole in the water, lifted it, and tapped it on the concrete deck.

“What’s he doing?” I wondered. I decided to go outside and see what time-wasting activity had kept him from helping me.

“What are you doing, Ben?” I asked as I walked over to where he stood.

“Saving bees,” he replied. I could now see that each time he steadied the pole, it was beneath a bee. He then lifted the bee out of the water and placed it on the warm concrete to let the bee dry its wings and fly away.

“But some of them won’t hold on,” he continued. “I try to save them, but they just keep trying to swim and won’t grab the pole.”

“Great,” I thought. “One less bee to sting me.” I began walking back toward the house, determined to waste no more of my time.

Then Ben spoke again. “It’s like Jesus,” he said.



I thought Ben was trying to avoid helping with the dishes. But he ended up helping me with something much greater: an understanding of the Atonement.



I stopped and walked back to my little brother. “What do you mean?” I asked, confused by that comparison.

“I try to save the bees from drowning, but they have to choose to grab the pole. I can’t force them,” he explained. “And that’s like Jesus and us. He wants to save us, but we have to choose to follow Him and accept the Atonement. He can’t force us.” And with that simple analogy, Ben went back to saving the bees.

As I thought about what he said, I realized how much I was like one of the drowning bees. When I faced a struggle in my life, I was prone to battle it out alone, convinced I was strong enough to make it. Trusting the Savior enough to stop “treading water” was difficult. But as I watched Ben patiently pull each bee out of the water, I began to understand how willing the Savior is to help me.

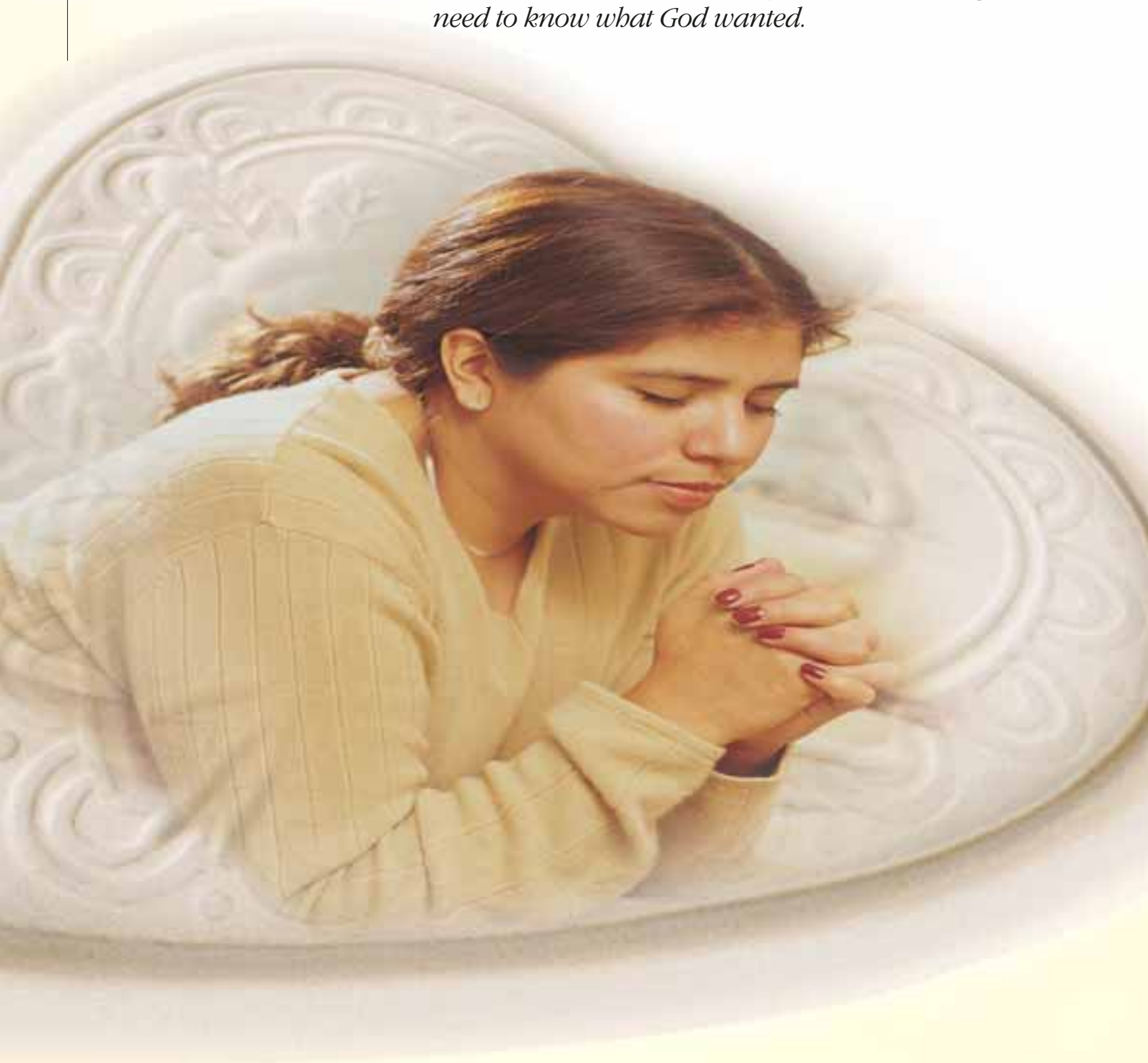
I gave Ben a hug and returned to the house, letting him continue his work. And I promised myself the next time I saw a pole coming toward me, I would have the faith to grab on tight and let the Savior lift me up. **NE**

Charity Brunson is a member of the Green Valley Ward, Poway California Stake.



THE A MATTER OF Heart

*My answers to prayer were most clear when
what I wanted was silenced by an overpowering
need to know what God wanted.*



BY ELDER HENRY B. EYRING
Of the Quorum of the Twelve Apostles

When you are away from home and family, prayer can provide the shield of protection you will need. Parting can be hard, particularly when the parent and the child know that they may not see each other for a long time. I had that experience with my father. We parted on a street corner in New York City. He had come there for his work. I was there on my way to another place. We both knew that I probably would never return to live with my parents under the same roof again.

It was a sunny day, around noontime, the streets crowded with cars and pedestrians. On that particular corner there was a traffic light that stopped the cars and the people in all directions for a few minutes. The light changed to red; the cars stopped. The crowd of pedestrians hurried off the curbs, moving every way, including diagonally, across the intersection.

The time had come for parting, and I started across the street. I stopped almost in the center, with people rushing by me. I turned to look back. Instead of moving off in the crowd, my father was still standing on the corner looking at me. To me he seemed lonely and perhaps a little sad. I wanted to go back to him, but I realized the light would change and so I turned and hurried on.

Years later I talked to him about that moment. He told me that I had misread his face. He said he was not sad; he was concerned. He had seen me look back, as if I were a little boy, uncertain and looking

for assurance. He told me in those later years that the thought in his mind had been: "Will he be all right? Have I taught him enough? Is he prepared for whatever may lie ahead?"

There were more than thoughts in his mind. I knew from having watched him that he had feelings in his heart. He yearned for me to be protected, to be safe. I had heard and felt that yearning in his prayers, and even more in the prayers of my mother, for all the years I had lived with them. I had learned from that, and I remembered.

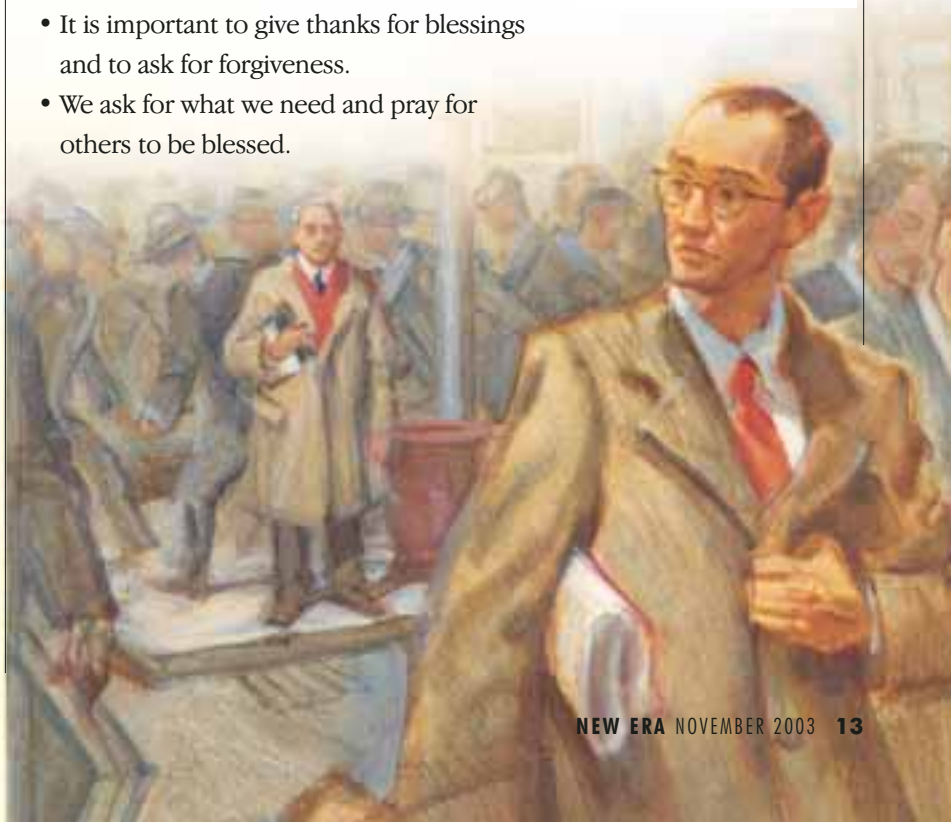
How to Pray

Prayer is a matter of the heart. I had been taught far more than the rules of prayer. I had learned from my parents and from the Savior's teachings that:

- We must address our Heavenly Father in the reverent language of prayer.
- It is important to give thanks for blessings and to ask for forgiveness.
- We ask for what we need and pray for others to be blessed.



My father
and mother
had taught
me far more than
the rules of prayer.



We must serve
Him to know
the Master's
heart. But we must
also pray that
Heavenly Father will
answer our prayers
in our hearts as well
as in our minds.

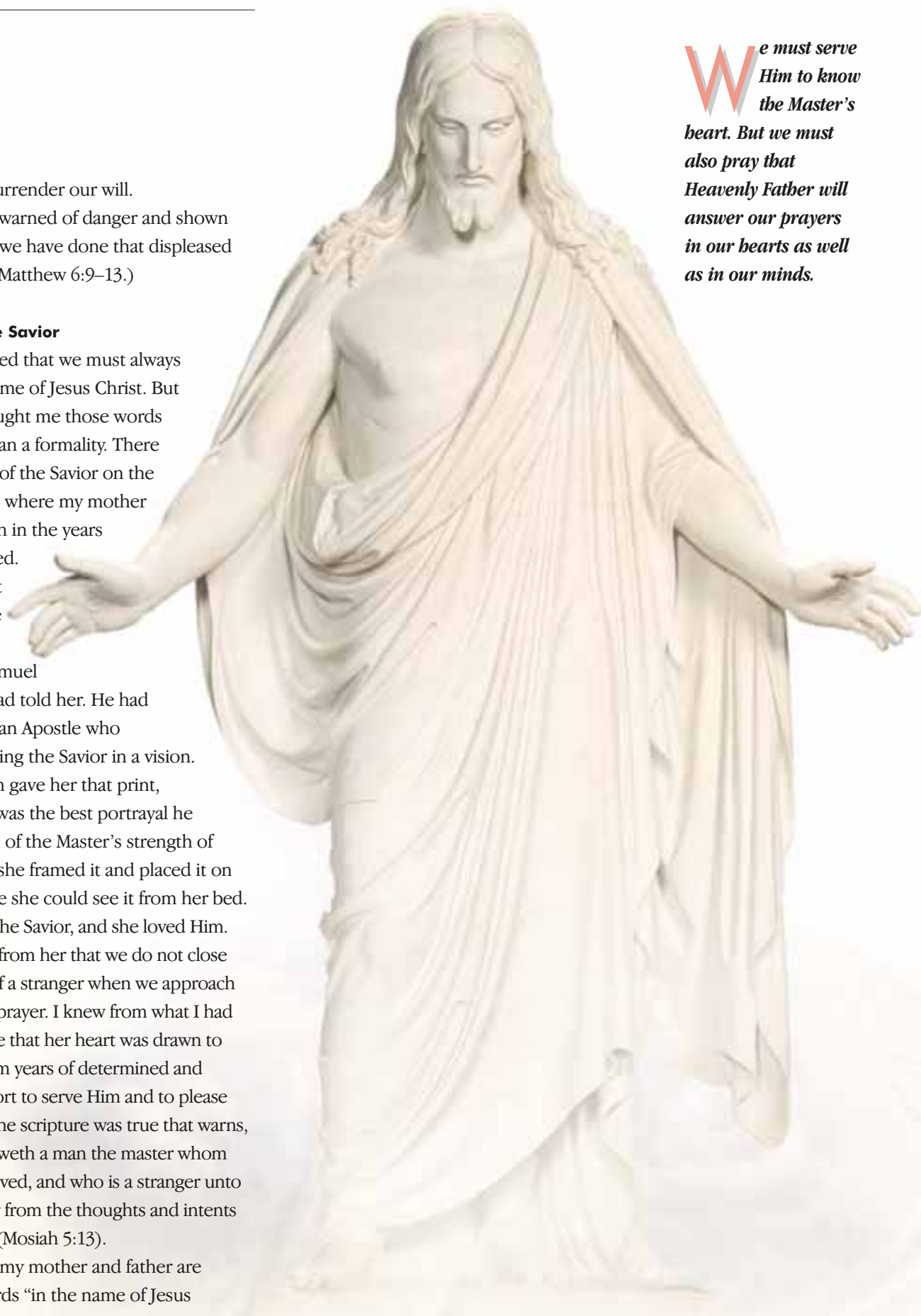
- We must surrender our will.
- We can be warned of danger and shown early what we have done that displeased God. (See Matthew 6:9–13.)

She Knew the Savior

I had learned that we must always pray in the name of Jesus Christ. But something taught me those words were more than a formality. There was a picture of the Savior on the bedroom wall where my mother was bedridden in the years before she died. She had put it there because of something her cousin Samuel O. Bennion had told her. He had traveled with an Apostle who described seeing the Savior in a vision. Elder Bennion gave her that print, saying that it was the best portrayal he had ever seen of the Master's strength of character. So she framed it and placed it on the wall where she could see it from her bed.

She knew the Savior, and she loved Him. I had learned from her that we do not close in the name of a stranger when we approach our Father in prayer. I knew from what I had seen of her life that her heart was drawn to the Savior from years of determined and consistent effort to serve Him and to please Him. I knew the scripture was true that warns, "For how knoweth a man the master whom he has not served, and who is a stranger unto him, and is far from the thoughts and intents of his heart?" (Mosiah 5:13).

Years after my mother and father are gone, the words "in the name of Jesus



Christ” are not casual for me, either when I say them or when I hear others say them. We must serve Him to know the Master’s heart. But we also must pray that Heavenly Father will answer our prayers in our hearts as well as in our minds.

I have had prayers answered. Those answers were most clear when what I wanted was silenced by an overpowering need to know what God wanted. It is then that the answer from a loving Heavenly Father can be spoken to the mind by the still, small voice and can be written on the heart.

My dad was concerned that day in New York because he knew, as my mother knew, that the only real tragedy would be if we were apart forever. That is why they taught me to pray. They knew we could be together forever only with God’s help and with His assurances.

Someone to Greet Her

The afternoon my mother died, we went to the family home from the hospital. We sat quietly in the darkened living room for a while. Dad excused himself and went to his bedroom. He was gone for a few minutes. When he walked back into the living room, there was a smile on his face. He said that he’d been concerned for Mother. During the time he had gathered her things from her hospital room and thanked the staff for being so kind to her, he thought of her going into the spirit world just minutes after her death. He was afraid she would be lonely if there was no one to meet her.

He had gone to his bedroom to ask his Heavenly Father to have someone greet Mildred, his wife and my mother. He said that he had been told in answer to his prayer that his mother had met his sweetheart. I



smiled at that too. Grandma Eyring was not very tall. I had a clear picture of her rushing through the crowd, her short legs moving rapidly on her mission to meet my mother.

Dad surely didn’t intend at that moment to teach me about prayer, but he did. I can’t remember a sermon from my mother or my father about prayer. They prayed when times were hard and when they were good. And they reported in matter-of-fact ways how kind God was, how powerful, and how close. The prayers I heard most were about what it would take for us to be together forever. When I saw in my mind my grandmother rushing to my mother, I felt joy for them and a longing to bring my sweetheart and our children to such a reunion.

I testify that our Heavenly Father answers the pleadings of faithful prayers. I testify that because of the Atonement of Jesus Christ we can have eternal life in families if we honor the covenants offered in this, His true Church. **NE**

Adapted from an October 2000 general conference address.

testify that our Heavenly Father answers the pleadings of faithful prayers. I can’t remember a sermon from my mother or my father about prayer. They prayed when times were hard and when they were good. And they reported in matter-of-fact ways how kind God was, how powerful, and how close.

Q & A

“Sometimes at school dances I feel uncomfortable with some of the music and the way some people dress and dance. What should I do?”

Answers are intended for help and perspective, not as pronouncements of Church doctrine.

NEW ERA

No matter what the activity, any time you are uncomfortable about something, don’t ignore that feeling. It’s often a warning from the Holy Ghost that something is wrong. In this case, the Spirit could be trying to tell you that the music, the dress, or the way people dance is inappropriate and could lead to problems.

Inappropriate music can drive away the Spirit and lower our defenses. Inappropriate dancing can stir unworthy sexual thoughts and feelings, which could lead to more unworthy actions.

Church leaders have been very specific about what is and isn’t acceptable to the Lord.

Music: “Don’t listen to music that drives away the Spirit, encourages immorality, glorifies violence, uses foul or offensive language, or promotes Satanism or other evil practices” (*For the Strength of Youth*, 20).

Dancing: “When dancing, avoid full body contact with your partner. . . . Plan and attend

Don’t ignore uncomfortable feelings. They could be a warning from the Holy Ghost.

Don’t go to or stay at a dance where the Holy Ghost is not welcome.

Follow the inspired guidelines in *For the Strength of Youth*.

Inappropriate dancing is easier to avoid if you’re familiar with the basics of appropriate dance styles.

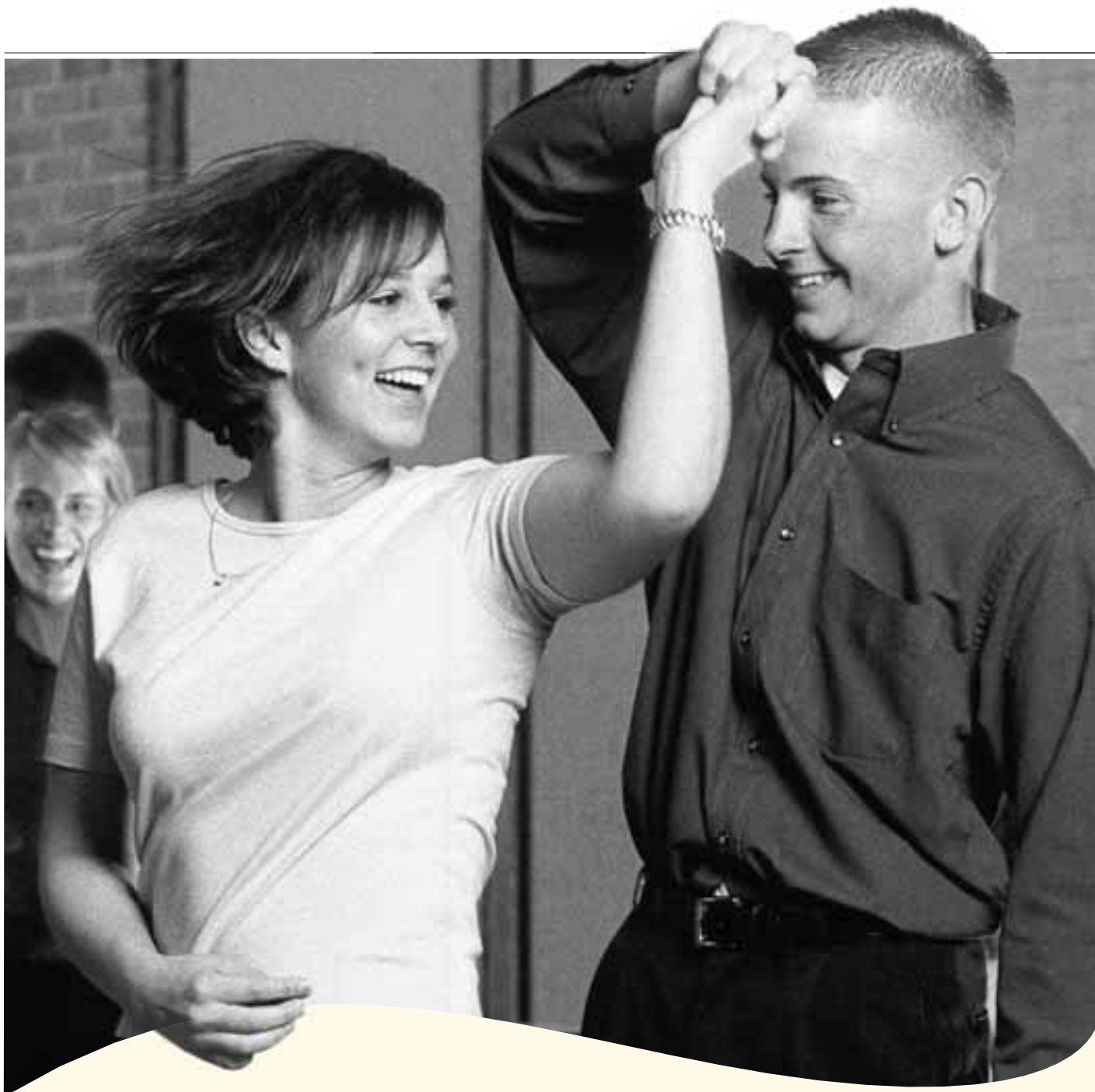
Attend Church-sponsored dances, or plan activities where you and your friends can feel the Spirit.

dances where dress, grooming, lighting, lyrics, and music contribute to a wholesome atmosphere where the Spirit of the Lord may be present” (*For the Strength of Youth*, 21).

Dress: “When you are well groomed and modestly dressed, you invite the companionship of the Spirit. . . . Immodest clothing includes short shorts and skirts, tight clothing, shirts that do not cover the stomach, and other revealing attire. Young women should wear clothing that covers the shoulder and avoid clothing that is low-cut in the front or the back. Young men should also maintain modesty in their appearance” (*For the Strength of Youth*, 15–16).

Note the emphasis on keeping the Holy Ghost. Without Him, it’s much harder to withstand temptation. If the Spirit won’t be at the dance, you shouldn’t be there either. Impressing your friends is far less important than impressing the Lord.

You don’t have to lower your standards to be part of the social scene. Participating in appropriate activities, or even planning



your own, will help you find good friends who are more likely to share your standards. Join a club. Attend a Church-sponsored dance. Set up your own party where you can control the environment. You won't enjoy a dance where you aren't comfortable.

If you do feel comfortable attending a school dance, play it safe. When possible, arrange to attend dances with others who share your standards

or at least understand them. Letting others know how you feel about inappropriate dancing before you go will relieve a lot of the pressure of trying to explain your feelings after you're already at the dance.

Also, if you have made an effort to learn the basics of some appropriate dances, you'll be surprised how many around you will be eager to learn. An awkward situation could turn into a fun one. **NE**

READERS



You could invite some friends from school to do some other activity. If your friends still want to attend the dances, then you should

recommend different music and try to avoid people and things that make you uncomfortable.

*Jordan Ross, 13, Spanish Ridge Ward,
Spanish Fork Utah Canyon View Stake*

I used to attend all of the school dances just to hang around with my friends. I didn't really like the music either. I knew that the Savior wouldn't like me to be listening to it. I decided that I would participate only in things that the Savior would like me to do. There are other things you can do to have a good time.

Brittney Dawes, 15, Taylorsville 20th Ward,
Taylorsville Utah North Central Stake



If you don't feel comfortable, don't go. If you're afraid you'll miss out on social events, invite your friends to go to Church dances and activities with you. You should never have to risk your standards to have fun. If you do, it will be only momentary pleasure and not the true joy you will experience through doing what is right.

Evelyn Smittenaar, 17, Rockville Ward,
Washington D.C. Stake

School dances can be excellent opportunities to set a positive example by dressing and dancing appropriately. Talk to those in charge about the music they will be playing. If you still feel uncomfortable about attending, don't go. Memories of school dances will come and go, but the choices you make can affect the rest of eternity.

Catherine Loveland, 17, Mesa Linda Ward,
Victorville California Stake



That uncomfortable feeling is the Holy Ghost warning you. To involve yourself in explicit dancing and immodest clothes may momentarily get you into the social scene, but it can rob you of self-respect. Your choice of clothing and style of dance are important in setting an example.

Marc Ruggles, 15, Fair Oaks Third Ward,
Fair Oaks California Stake



Look to the
lighthouse of
the Lord. . . .

*It beckons through
the storms of life.
It . . . sends forth
signals readily
recognized and
never failing.*

*These words of
warning, these
safety standards,
are printed in . . .*

For the Strength
of Youth.”

—President Thomas S.
Monson, First Counselor
in the First Presidency,
Ensign, Nov. 1990, 96.



The For the Strength of Youth pamphlet encourages us to plan and attend dances where the Spirit can be present. Although people can get used to being in a room

with questionable lyrics and suggestive dancing, the Spirit won't.

Kristi Thomas, 14, Taft Canyon Ward,
Fort Collins Colorado Stake

At a Church dance you can dance, have fun, and be with people who share your standards. You won't have to feel uncomfortable. If you can't find a Church dance, get together with your friends and find something else to do.

Tanis Taylor, 17, Cody Second Ward,
Cody Wyoming Stake

I have had this experience before. To some of our peers, it doesn't seem wrong to dance and dress as they do. Go with close friends who share your standards. If you are worrying and uncomfortable, you should probably leave. It's not worth the time or guilty conscience.

Amber Forsgren, 12, Indian Hills Ward,
Cheyenne Wyoming Stake

WHAT DO YOU THINK?

Send us your answer to the question below, along with your name, age, and the names of your ward and stake. Please include a snapshot of yourself that is at least 1.5 by 2 inches (4 by 5 cm). Please respond by 1 January 2004.

Q&A, New Era

50 East North Temple

Salt Lake City, Utah 84150

cur-editorial-newera@ldschurch.org

QUESTION

"I love my family, but I have a hard time saying it. How can I let them know I love them?"

STAND OUT



Peer pressure making you feel boxed in? Stand out by standing up for what's right.
(See 1 Timothy 4:12.)



THE PLAYMAKER

BY JANET THOMAS
Church Magazines

It was in China that Aleisha Cramer got the answer to her prayers. The answer was simple yet hard to do at the same time. She was supposed to give up her lifelong dreams, go home, and live the life of an average college student. The answer surprised her, but she was willing to do the things the Lord told her to do.

Aleisha Cramer, from Lakewood, Colorado, had made it to the top as a star soccer player. She had reached most of her goals, working her way up to become a member of the United States national women's team, giving her a chance to play in the World Cup and the 2004 Olympics.

She had it made. But it wasn't making her happy.

"I had everything," said Aleisha. "I had a good family. I had friends. I was going to school at BYU. I was playing really well for the national team. But would I keep working towards making the World Cup team and still feel this emptiness?"

Then, while in China to play exhibition games, Aleisha woke up one night crying. She felt a wonderful warm, comfortable feeling. "I remember putting my hand on my heart, and then I just had all these thoughts:

'You need to quit the national team. It's not okay for you to break the Sabbath day. It's okay for you to take a different path. Things will work out.' " She describes being filled with the Spirit and having the experience repeated several nights in a row.

Although she had been a member of the Church her whole life, Aleisha's interest in the gospel had been increasing. She was reading her scriptures at least 30 minutes every day, and she had noticed that her prayers were changing. She was asking the Lord what He wanted her to do. And in China, she received her answer.

"I've never had those feelings before, the comfort and the warmth. I wish I could have those experiences every time I have questions. Everything seemed so clear. It made so much sense."

Aleisha acted on the inspiration she received. She said, "When you get inspiration, you have to follow it right then. If I had said, 'Yes, that's right. But I really want to play in the World Cup, so I'll do it after that,' then things may not have worked out like they were supposed to." So before she left China, she told the national team coach and



For Aleisha Cramer Rose, soccer was her dream. But she had to give it up for something greater.





Starting very young, Aleisha grew and developed her talent as she progressed from team to team (above). She was inspired by her sisters, Jacquie and Chrissie (right), and her brother Steven (not pictured).

her teammates that she would be quitting. Aleisha appreciated their response. "I told some of the players that this is what I believe and that I wanted a more balanced life," said Aleisha. "They said it was awesome I could do that, and if it made me happy, they were happy for me."

Giving up Soccer

Giving up soccer on the highest levels was going to be a big change. Soccer had been part of Aleisha's life practically since she was born. Her older sisters and brother had all played soccer and basketball. Aleisha was particularly interested in soccer because of her older sister Chrissie's success in the game. Growing up, Aleisha had progressed until, while trying out for a regional team, she was selected for the U-16 (under 16 years old) national soccer team.



"I called my mom and told her I made the team. She said, 'You did! I didn't know you were that good.' She was completely shocked. That was the first time I realized that I might be good." Aleisha then progressed to the U-18 and U-21 national teams until she was selected for the women's team. She also earned an athletic scholarship to BYU.

Playing soccer is fun for Aleisha. "It's the best when you are in shape and you feel like you can go forever. Some games you have so much energy. You just run and feel like you're floating."

And competing in a sport has been a good chance to learn. Aleisha said, "It's great to try to be good at something. I'm all for developing and becoming better at whatever you're doing as long as there's balance in your life. I've learned a lot of good things. Just learning how to work hard and learning to be unselfish and being excited when someone else scores. Playing your best and playing hard, that's great."

She also learned about the downside of competition. "I don't like some of the feelings I get from being competitive. It's okay to try to do your best, but sometimes when you're focused on beating your opponent, you just get angry. I want to be my best, but I want to focus on working hard. Competitiveness to an extreme can be harmful."

Aleisha plays center midfield. "That's like the quarterback. Center midfield dictates the tempo of the game and creates opportunities for people to score. The center midfielder is known as the playmaker." But after her experience in China, Aleisha was more than willing to execute some new plays in her life.

Learning New Skills

Not being on the national team gave Aleisha time to try some new things. Her grandmother taught her how to crochet. She had time to go snowboarding. She started learning to cook, and she wanted to learn to play the guitar. "A friend said, 'Oh, I have a friend who can teach you how to play.'"

And that started the biggest change of all in Aleisha's life. She met a musician, Chris Rose, who was not at all like the young men Aleisha had dated in the past. In fact, at first she looked right past him. But then they started hanging out together, then dating, and now they've been married in the temple for a little over a year. "I am sure that I was prepared for this change by what happened in China. I gave something up and got something way better," Aleisha says.



Her goals for soccer have changed too. She'll finish up her last year on the BYU team; then, one day, she hopes to teach her own children a few of the moves that got her to the highest levels of the sport. She still wants to work hard, but now it will be working hard for her own family.

The playmaker is listening to the greatest coach of all, her Heavenly Father, the one who can help guide her and give her direction and inspiration. As Aleisha said, "The Lord knows each of us. For me that's so good to know and have a testimony of." **NE**

Janet Thomas is a member of the Heughs Canyon Ward, Salt Lake Cottonwood Stake.

Moving ahead with the big changes in her life, Aleisha was in the right place to meet her husband, Chris. She now has time to learn homemaking skills and develop close relationships with loved ones like her grandmother.





1869

Brigham Young organizes his daughters in the Lion House.



1870s

Modest fashions are encouraged.



1880

Elmina S. Taylor (right) is called as the first general YLMIA president.



134 YEARS YOUNG!

Girls haven't changed that much, but over the years the Young Women organization has.

BY CAROLINE H. BENZLEY

November is the birthday month of an important Church organization. Can you guess what it is? If you guessed Young Women you are right. This month, the Young Women program is 134 years old. Let's take a trip through history and see what it was like to be in Young Women throughout the years.

1869

It is 1869, and President Brigham Young is concerned about the young women in the Church. He is worried that some of them, including his own daughters, are too caught up in the fashions and trends of the world.

On 18 November 1869, he holds a meeting with his daughters. He asks them to set an example by spending more time learning about the gospel and

gaining important life skills rather than chasing after trends.

"I desire [you] to retrench from [your] extravagance in dress, in eating, and even in speech," President Young tells his daughters. "I should like you to get up your own fashions, and set the style for the rest of the world who desire sensible and comely fashions to follow. . . . There is a need for the young daughters of Israel to get a living testimony of the truth" (*A Century of Sisterhood*, 8).

At first this is difficult for his daughters. These girls are some of the most popular girls in the territory, and they enjoy stylish things. Now they can't spend hours looking at clothing catalogs from back East. Instead they must sew their own simple and modest dresses, without any ruffles, that go all the way to the ground. They must spend less time socializing and more time studying the scriptures and learning the gospel.

But these girls know their father is a prophet, and they choose to follow him. They create the Young Ladies Department of the Cooperative Retrenchment Association and begin meeting often to support each other in their efforts.



1893

Tuesday becomes Mutual night.



1913

The Beehive program is created for YLMIA girls of all ages.

This is the finished Beehive award necklace. Girls received links for such things as killing flies and making jam.

1912

First girls' camp is held.



1922

The first Gold and Green Ball is held.

The award necklace as a bracelet.



The award necklace as a choker.



1915

It has been almost 50 years since Brigham Young first met with his daughters, and now girls throughout the world are following his counsel.

If you were a young woman at this time, you would attend "Young Ladies"—short for Young Ladies Mutual Improvement Association. In your weekly meetings you would learn all about the gospel and the scriptures, along with other things like courtship, public speaking, proper dress, etiquette, and even figure control.

You would also be a Beehive, because all young women were called Beehives. You would wear a uniform to activities and work hard to fulfill your Beehive requirements such as sleeping outside or in a room with open windows for one night; learning the vertical line test for correct posture of the body; and refraining from candy, chewing gum, sundaes, sodas, and commercially manufactured beverages for at least two months.

Every two years, as you progress through the program, you could buy part of the beautiful sterling silver Beehive chain and pendant. You would wear the first two parts as bracelets or a choker; then the third part would make the chain a complete necklace.

Ruby Leak Smith in 1927 when she wore the uniform pictured on the model (right). Ruby was a Beehive in the West Jordan Ward "swarm."



The official uniform of the Beehive Girls, worn about 1925, was a heavy khaki outfit with hat that cost \$3.75. The achievement awards were shaped as cells and sewn on the sleeve of their uniforms. Later, these cells were sewn on a blue bandelo that girls wore over their regular clothes. Girls could also earn links in a silver award chain (above left). The first level could be worn as a bracelet. As links were added, it became long enough to be worn as a choker then as a necklace with the Queen Bee pendant. The girls could earn an award in Domestic Arts for welding their own links.



1950
The Roses class is renamed Mia Maids.



1959
The Junior Gleaner class is renamed Laurels.



1965
The first *For The Strength of Youth* pamphlet is printed.



The familiar class names that

Young Women use today began in the 1950s.

The younger girls were already called Beehives.

The Junior Girl Committee, during Bertha

Stone Reeder's administration, came up with the name of Mia

Maids for the 14- to 15-year-olds

using the initials of the Mutual Improvement

Association. This age group had been called

Roses. The Junior Gleaners became Laurels.



1950

If you were a young woman in 1950, you would go to "Mutual" every week. Only the younger girls are Beehives now; the other girls are Mia Maids and Junior Gleaners. You would mark your progress by attaching felt seals to your bright blue sash.

It's an exciting time to be in Mutual, because every year you get to be in your ward's road show with the young men.

You would also probably love the Saturday night dances put on by wards and stakes. These dances are a fun chance to mingle with young men, enjoy good music, and taste good food. Don't worry though, your leaders will make sure the dance ends in time for you to get home before midnight.

If you enjoy playing basketball, you will be excited about the girls' basketball teams—you can play as long as you have a female coach and follow girls' rules.

SAFEGUARD HEALTH

Complete a course in swimming or lifesaving under competent leadership.

HAVE FAITH

Read and study "Joseph Smith Tells His Own Story" (in the Pearl of Great Price). Give a five-minute talk or write a 600-word summary.

VALUE WORK

Under supervision successfully can 12 jars of fruit or 10 glasses of jelly or jam.

TASTE THE SWEETNESS OF SERVICE

Spend 12 hours in Church service, your local Red Cross, or other worthy community service.

SEEK KNOWLEDGE

Draw 10 Indian symbols or designs and describe their meaning in a 600-word report.

HONOR WOMANHOOD

Assist a new mother for 12 hours without pay in caring for small children.

FEEL JOY

Rehearse and participate in an MIA roadshow, floor show, drama, or music festival.

UNDERSTAND BEAUTY

Press and mount 10 different wildflowers, identify them, and tell of their habits.

LOVE TRUTH

Prepare a 600-word written report on six truths that Jesus taught.



Compare the badges on the bandelo to the badges on the 1927 uniform (see page 25).
Bandelos were discontinued in the early 1970s.

TOP, FROM LEFT: MIA MAID PIN; ROSE PIN FOR MIA MAID GIRLS; LAUREL PIN; COVER OF THE BEE HIVE TEACHER'S MANUAL; LAUREL PIN; 1969 MIA CENTENNIAL CELEBRATION PENDANT; YWMLA CAMP PIN; 1985 MEDALLION; TORCH PIN; BOTTOM, FROM LEFT: A FLOOR SHOW AT A RIGBY IDAHO EAST STAKE GOLD AND GREEN BALL; A YWMLA SWIMMING PATCH; A 1950 BANDELO FROM THE CHURCH MUSEUM; AWARDS WITH SAMPLE ACTIVITIES FROM THE BEE HIVE HONOR BEE PROGRAM GIRLS BOOKLET; DOROTHY J. HOLT'S 5-YEAR GLEANER PIN

1969
YWMIA celebrates
its 100th birthday.



1971
YWMIA is changed
to Young Women, and
the *New Era* begins.



1985
The Values program
is started.



2003
134th birthday of
the Young Women

2003

We now take a look at the Young Women program you know best. With young women everywhere, you are working on Personal Progress goals, attending girls' camp, and reciting the Young Women theme.

You have a lot in common with the young women of the past. You still get together every week, learn about the scriptures in class, and talk about dating and dressing modestly. Maybe things back then weren't so different after all.

As you attend your Young Women classes today you can also still feel the spirit of President Young's advice to his daughters 134 years ago: "Retrench in everything that is bad and worthless, and improve in everything that is good and beautiful. . . . Not to make yourselves unhappy, but to live so that you may be truly happy in this life and in the life to come" (*A Century of Sisterhood*, 10). **NE**

Caroline H. Benzley is a member of the Iowa City Second Ward, Iowa City Iowa Stake.



The newest *Personal Progress* program was introduced in October 2001. Young women can now progress through the program at their own pace, instead of taking six years to complete the program. The program is more flexible, allowing young women to design some of their own Value Experiences to complement their interests and activities.



THE VALUE COLORS

Ardeth Kapp, a former general Young Women president, says that the colors used to represent the values have no significant religious meaning.

They are meant as reminders.

■ White is symbolic of purity and Faith. ■ Divine Nature seems to suggest creation, the big blue sky, and all that is divine. ■ Individual Worth should be bold and confident. Red fit that feeling. ■ Knowledge is symbolic of green and growing. ■ Choice and Accountability, two values together, is represented by putting two colors together; red and yellow make orange. ■ Good Works brings sunshine, happiness, and light. Yellow seemed to fit. ■ And Integrity is purple, royal and righteous.



The background of the page is a soft-focus photograph of white flowers, possibly hydrangeas, with delicate green leaves. Strands of translucent pink and purple ribbons are artfully draped and looped around the floral arrangement, adding a sense of elegance and movement to the composition.

More than a **MEDALLION**



Working for a medallion is actually a journey to find out what things you enjoy, who you really are, and what hidden talents you have.

*A*re you working on earning your Young Womanhood Recognition? If so, you've likely discovered there's a lot more to Personal Progress than earning a shiny silver or gold medallion. It's a way for you to reach your divine potential.

Girls all over the world are working toward the same goals. Here are some of their inspiring stories and testimonies about Personal Progress to encourage you on your own journey through the Young Women program.



Writing on the Rubble

“Personal Progress helps me become a better person and develop qualities and values that will be helpful when working with other people, looking for an eternal companion, raising a family, and fulfilling Church callings. One of my most special experiences with Personal Progress happened when I was working on my Good Works project.

“To complete the project, I served candies and drinks at a transportation business in Salt Lake City. This business shipped big pieces of the buildings that were destroyed in the September 11 attacks to California. The pieces were to be melted and shaped into a memorial for the firemen and officers who died while helping others.

“It was amazing how many people came to see the pieces of the buildings. People cried and stayed for hours. The pieces had been signed by people who had been to Ground Zero in New York City. I was touched by the people’s signatures and notes to loved ones on the metal. They wrote notes of encouragement to keep going, to live life to the fullest, and to always remember. Realizing how deeply the terrorist attacks had affected people’s lives gave me an appreciation and love for what I have.

“After finishing my Good Works project, I was even more determined to finish my Personal Progress.”

Cassie Holbrook, 16
Oak Woods Ward, Kaysville Utah Crestwood Stake

“Danny Boy”

“I sing and play the piano and violin. For a Personal Progress project, my older sister Marinda and I performed at a rest home every Sunday morning. This gave me the opportunity to share my talents and to make those people happy. It was also fun for my family, who helped me when they could.

“One Sunday we asked the elderly people if they had any favorite songs they would like us to sing next week. One sweet lady said she loved ‘Danny Boy.’ This was a song my family knew well. But when we prepared our music, we decided not to do ‘Danny Boy’ because we figured that lady would have forgotten, and we had other songs to do.

“When we got to the rest home that morning that lady came in looking very sick and tired. She told us that she was not feeling well at all, but she came to hear us perform because she knew we would be singing ‘Danny Boy’ for her. Luckily we had brought along the book with that song in it. My brother Richard sang the song for her in his beautiful bass voice. That lady cried during the whole song. I was impressed that she came to hear us sing even though she was sick. She was a great example to me. I hope all youth find an opportunity to serve the elderly. They have a sweet spirit about them, and it is fun to serve them.”

Jessie Allred, 16
Park Ward, Centerville Utah North Stake



A Book for Every Value

"I just started the Personal Progress program. I love it! One day I was working on a Value Experience on faith and decided to pick up the book *To Him That Believeth*. This book really helped me understand faith better, so I decided to read a book about each of the seven Young Women values. I asked people for recommendations, then decided which book to read for each value. When I read about the Young Women values, I feel the Spirit and love the gospel more."

Candace Percival, 12
Clearfield Seventh Ward, Sunset Utah Stake

Writing Letters

"One Personal Progress project I did was with a couple of friends. We were in school, and our teacher told us about one of her family members who was in Afghanistan and how he was writing letters that described the horrible circumstances he and the other soldiers were in. She asked us to write a letter to one of the soldiers. My friends and I wanted to do more, so we organized a bake sale to raise money. With the money, we bought small items like pens and paper. Then we boxed them up and sent them to the soldiers."

"I felt so good. The Personal Progress program has helped me become more like Jesus Christ."

"After I earned my medallion, I kept working on goals and helped a Beehive in my ward work on her Personal Progress. She has been able to get a lot done. I would encourage every young woman to finish the program and help others along."

Rebelle Haws, 16
Amity Ward, Eagar Arizona Stake



Suddenly I Knew

“One of the Choice and Accountability experiences I completed is a good example of how Personal Progress has changed my life. To complete the project I needed to make a habit of personal prayer and scripture study. I had never been excited or willing to read the scriptures before because they confused me. I decided to try the experience anyway and planned to read a chapter in my scriptures every night.

“When I sat down to read the first night, I was hesitant. I decided to start in the New Testament because I wanted to read about the Savior. At first the scriptures didn’t make much sense. But after a while I opened up my heart and looked for understanding. Suddenly I understood the passages. Every night I kneel in prayer, and I read my scriptures. I know the scriptures are true, and I’m grateful for Personal Progress.”

Kristi Hurd, 15
Antioch Second Ward, Antioch California Stake

Getting to Know Grandpa



“I am so grateful for the Personal Progress program. I know that it has changed my life for the better. When you think of seven 10-hour projects, it seems like a lot, and you can get discouraged. But when you work on the projects one at a time, before you know it, you’re done with another project and can move on to the next.

“For one of my Personal Progress projects, I helped

Grandpa clean his house. This was hard at first, but after a while it didn’t seem like a chore. As we worked, we really enjoyed talking to each other and got to know each other better. I’m glad I was able to strengthen my relationship with my grandpa. I really enjoy Personal Progress.”

Tara Lunt, 16
Duncan Ward, Duncan Arizona Stake

He Knows Everyone



“I was sitting in my room late one Sunday evening with nothing to do, so I decided to scan through my Personal Progress book. I was looking for a task that only required reading a whole bunch of scriptures and writing something in my journal so that I could have it done fast. I found such a task under Individual Worth.

“I had looked up only a few scriptures when I came to Jeremiah 1:5: ‘Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.’

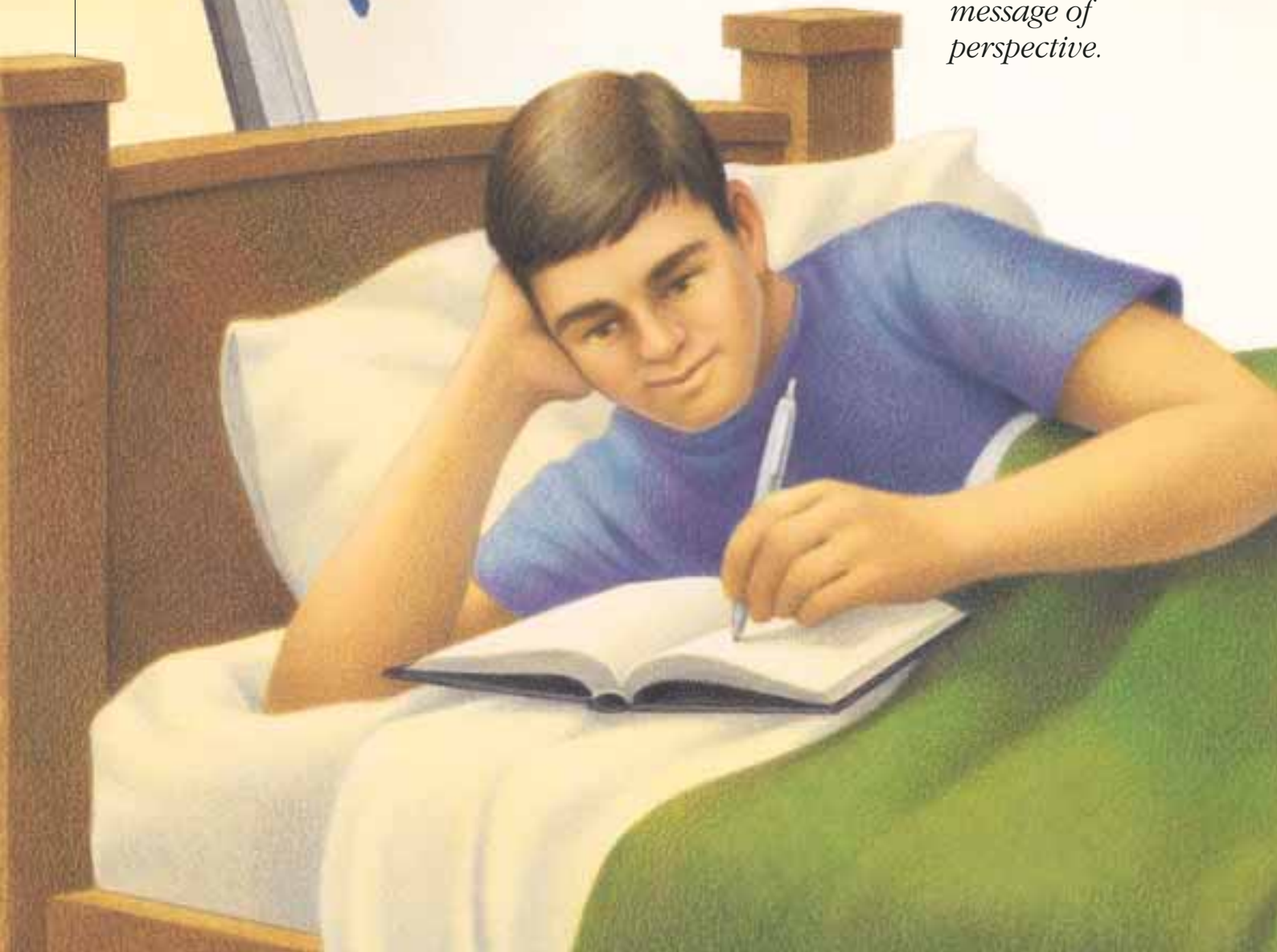
“I immediately began to cry because I knew that scripture was true. That one verse testified to me that my Heavenly Father knows each person on this earth. I am very grateful for the new Personal Progress program. It has helped me love and appreciate the gospel more.” **NE**

Heather Hansen, 13
Ridgefield Ward, Vancouver Washington West Stake

FROM THE FIELD

Somebody Had It Harder

*As a new missionary,
things got difficult.
When I began to ask
“Why me?” the Spirit
answered with a
message of
perspective.*



BY FRANK PRESTON

I had been a member of the Church just over one year when I found myself in the Missionary Training Center on my way to the Philippines San Pablo Mission. While in the MTC, I spent many hours sitting in cramped rooms on hard chairs trying to learn Tagalog—a language I had never heard of before receiving my mission call.

Sometimes I struggled to confirm my desire to serve a mission, mainly because my family couldn't understand why I would give two of the most precious years of my life to a religion I had just become affiliated with. They wondered if it wasn't too much too fast.

But I knew that the Church was true. I also felt that it would be selfish of me not to share the blessings of the gospel with others, just as my best friend had shared those blessings with me.

Even with my testimony of the gospel, it was still difficult to watch all the missionaries around me receive letters of praise from their families while I didn't. I even started to ask myself, "Why me? It would be so much easier if my family shared the same beliefs as I did. Why do I have it harder?"

One night, during this difficult time, I woke up suddenly in the middle of the night. While the other elders in my room lay fast asleep, I wondered why my

sleep had been interrupted. Before long the answer came as I was prompted to write these words:

*When the end of the day is just ahead,
And there's still not time for you,
Just remember these four words:
Somebody had it harder.*

*When the night is cold and the air is still,
Your only friend's the silent moon,
Just repeat: "Be not afraid."
Somebody had it harder.*

*When you've run away to find yourself,
And all you have to show is a tired body,
Someone ran just as far;
Somebody had it harder.*

*He bled and sighed as they raised Him high;
For our sins He was a martyr.
No one who has ever lived
Has had it any harder.*

My poem has been a blessing to me many times during my trials as a young missionary in a foreign country. I have had my ups and downs and my fair share of hard times. But every night as I kneel beside my bed I thank Heavenly Father for the One who had it much harder than I. **NE**

Frank Preston has completed his mission and is a member of the Centennial Ward, Meridian Idaho North Stake.

ILLUSTRATED BY STEVE KROPP



EVERY YOUNG MAN

... has a duty to God. Now the award's flexible enough that every young man can earn it.

BY ADAM C. OLSON
Church Magazines

Spending a hot autumn morning doing heavy yard work meant more than fulfilling a requirement for young men (right) in the Desert Breeze Ward, Las Vegas Nevada Lakes Stake. Ken Huffman (opposite page) and the other young men were doing their duty to God.

It's November, but in Nevada it's still hot. Hot enough that most teenage boys would rather be inside than sweating out a Saturday morning service project.

Why are these young men braving the burning desert sun? It's not for the free can of soda pop. What began as a project to fill a Duty to God requirement, became a lesson in the joy of service.

More Good for More People

The expanded requirements for the new Duty to God Award have created more opportunities to help more people through an increased number of quorum activities and individual projects.

For one of their activities, the young men in the Desert Breeze Ward, Las Vegas Nevada Lakes Stake, came to the aid of recent convert, Kyoko Fuller, an 82-year-old widow who speaks mostly Japanese.

The young men cut dried-out fronds from three neglected palm trees behind her house, stripped away the overgrown bark, and hauled off the piles of dead growth.

"How much I pay?" she asked when the young men told her they'd clean up her yard and take care of the palm trees. "Oh no," she said when they told her it was free. "I pay how much?" They didn't take any money, but they enjoyed the drinks she offered after



they had worked under the desert sun for two hours.

“This was fun,” says Matt Erickson, a teacher. “Kyoko’s great, and it was fun to help her out. The work was kind of hard, but it went fast.”

The young men feel the same way about the Duty to God program in general: hard work, but worth it.

Meeting the Challenge

Sure, the new requirements are a challenge. To earn the deacon, teacher, and priest Duty to God certificates, a young man must accomplish eight goals in each of the four personal development categories: spiritual, physical, personal, and social development. That’s 96 goals in all from deacon to priest.

On top of that, there are three other sections with requirements: Priesthood Duties, Family Activities, and Quorum Activities. By the end of the program the Aaronic Priesthood holder will have, among other things:

- ❖ Kept a journal.
- ❖ Invited a friend to church.
- ❖ Learned to keep to a budget.
- ❖ Prepared for a patriarchal blessing.



- ❖ Taught at least three quorum lessons.
- ❖ Prepared a four-generation pedigree chart.
- ❖ Completed three Duty to God service projects.
- ❖ Memorized six hymns and the sacrament prayers.
- ❖ Accompanied a full-time missionary at least twice.
- ❖ Participated in baptisms for the dead (where possible).
- ❖ Participated in at least one quorum service project every year.
- ❖ Read the Book of Mormon twice and *For the Strength*



Chance Comrie and his brother Jade cut palm fronds (top) and remove dead growth with Christian Childs (below, right). Richard and Stephen Frustaci (opposite page) don't have to worry about physical challenges keeping them from earning the new Duty to God Award.



of Youth three times.

❖ Organized and taught (under his parents' direction) four family home evening lessons each year.

It can seem almost overwhelming when lumped all together. But spread over six years, what looks impossible really isn't. Enough goals are provided that the young men may choose goals they can achieve. And in each category, Young Men leaders may modify requirements to meet individual needs, so that all young men—even those with special challenges (see accompanying story, "Fulfilling Their Duties to God")—not only fulfill their duty to God but earn the award for doing so.

"We want every young man to earn the

award because it is a progressive education that will prepare them for what they will have to face as adults," says Elder F. Melvin Hammond, former Young Men general president. "It will help them get to the temple and go on missions."

"Working on the award is good for me," says Ken Huffman, a teacher in the Desert Breeze Ward. "It really helps keep me on the right track." Ken says that setting and reaching his goals has helped his faith to grow and has strengthened his testimony.

"And my mom loves it," he says. "All parents like to see their kids studying the scriptures." **NE**

Adam C. Olson is a member of the Bountiful 20th Ward, Bountiful Utah South Stake.



FULFILLING THEIR DUTIES TO GOD

Like all young men, Stephen and Richard Frustaci have a duty to God. But until the Duty to God program was changed and expanded two years ago, they probably wouldn't have been able to receive the award.

Stephen and Richard, both priests in the Fort Apache Ward, Las Vegas Lakes Stake, were born with mild cerebral palsy, a condition that can impair speech, vision, reflexes, and learning. But it doesn't mean they can't try to do many of the same things other youth enjoy. And it doesn't mean they don't have a duty to God.

It just means they have to approach things a little differently; they have to be flexible. So they appreciate the new Duty to God program, which was redesigned to be adaptable, so that every young man can earn it regardless of his physical, financial, or family circumstances.

"It is our great desire that there is never one who will be excluded," says Elder F. Melvin Hammond, former Young Men general president. "There are some requirements that some young men may not be able to accomplish. But it is our hope that they'll set the goals they can attain and move forward as spiritual giants in this kingdom."

Growing Giants

When Stephen and Richard were born in 1985, twins were exciting, triplets happened occasionally, and quadruplets were rare. That septuplets were even possible was a relatively new idea.

Being in the first set of septuplets born in the United States brought a lot of attention to their family. Sadly, only Stephen, Richard, and their sister, Patti, survived the first few weeks, and the brothers were left battling cerebral palsy. Soon all the attention diminished, and the brothers would learn that being different isn't easy.

"They've had to deal with a lot of teasing growing up

because they couldn't do some of the things other kids were doing," says their father, Sam.

When their friends or family members play sports, Stephen's and Richard's participation is limited. But the two boys don't see themselves as handicapped. They always give everything their best shot.

For example, when Richard (whose reflexes are better than Stephen's) got a skateboard, Stephen wanted to ride it too. He didn't give up until he had learned to balance and roll slowly down the street.

"He's got real stick-to-itiveness," Brother Frustaci says. "Neither of them gives up."

Every Young Man

The Frustaci brothers' challenges haven't kept them from enjoying life. Stephen loves to play with the dogs, read, and run. He recently made his school track team. Richard loves music, skateboarding, and playing water polo.

Their challenges also won't keep them from earning the Duty to God Award.

"There are some requirements Stephen won't be able to do," stepmom Toni says, "and some might have to be modified. But I think kids with challenges would be able to accomplish most of these requirements."

Among the Duty to God goals for priests are to get a part-time job (something Stephen hasn't been able to find yet), get a driver's license (something he probably won't

ever be able to do—much to his dismay), and hike 15 miles with a pack in two days or less (the 15 miles is fine, but the pack is out).

Even so, with a little help the brothers are capable of completing enough requirements in each category to earn the award—which is only fitting, since like every young man, these brothers have a duty to fulfill and a desire to fulfill it. **NE**



AS ZION'S YOUTH

Hymns can be a great blessing in our lives.

"As Zion's Youth in Latter Days" is probably one of the hymns you sing a lot in your classes and at your activities (*Hymns*, no. 256). But when your parents were teenagers, they didn't have this song in the hymnbook. For our current hymnbook, the 1985 edition, Susan Evans McCloud was asked to write a song that youth could relate to.

"I expressed my desire that the song might mean to some of [the youth] what the songs of the youth had meant to me when I was struggling through my own teenage years," Sister McCloud said. "I received great sustenance, courage, and joy from the songs for youth. I wanted this song to do that for some suffering or confused or vacillating youth" (*Our Latter-day Hymns*, 262).

So the next time you sing "As Zion's Youth in Latter Days," or any other hymn, remember that you can gain courage and strength from singing a hymn.



TEST YOUR LDS I.Q.

At first glance, women in the scriptures appear to be few. But they are only few in name. Many women and groups of women are mentioned in the scriptures, and many of them played important roles, even if we don't know their names. Here are some questions on a few of those women.

1 Which group of women was the cause of a war between the people of Limhi in the land of Nephi and the Lamanites in the bordering lands?

2 Three women are mentioned by name in the Doctrine and Covenants. Emma Smith and Vienna Jaques are two of them. Who is the third?

3 Who was the only female judge and prophetess mentioned in the book of Judges in the Old Testament?

- a) Deborah
- b) Ruth
- c) Zipporah

Answers: 1. The abducted daughters of the Lamanites (see *Mosiah* 20); 2. Eve (see *Dec* 138:39); 3. a (see *Judges* 4-5).

OF ALL THINGS

“We need not wait for Christmas, we need not postpone till Thanksgiving Day our response to the Savior’s tender admonition: ‘Go, and do thou likewise.’”

— President Thomas S. Monson
(*Ensign*, Nov. 1994, 71)



GROWING VALUES

The young women of the Sharon Second Ward, Orem Utah Sharon Stake, were searching for Knowledge. They had already found Divine Nature, Integrity, and all the other values. Finally, their search led them to parsley. Yes—parsley.

When the flower bed at their chapel became overgrown, the young women and their leaders decided they would spruce it up with some help from the ward custodian. They cleared away the overgrowth and planted a value garden. They chose flowers that would represent the colors of the Young Women values. A green flower for Knowledge was a little hard to find, but the girls eventually settled on parsley.

"I was very excited to see the value garden grow into something beautiful," says Emily Killpack, one of the young women. "I was thinking that my testimony would grow just like these flowers. The Young Women values are the things that help my testimony grow."



LEADERSHIP TIP

Be understanding when others make mistakes. "We can show forth our love for others even when we are called upon to correct them. We need to be able to look deeply enough into the lives of others to see the basic causes for their failures and shortcomings,"

said President Spencer W. Kimball (1895–1985).

"Jesus saw sin as wrong but also was able to see sin as springing from deep and unmet needs on the part of the sinner. This permitted Him to condemn the sin without condemning the individual" (*Ensign*, Aug. 1979, 5).

CREATIVE JUICES

Pull out those keyboards and start brainstorming for the BYU English Department's writing contest for Latter-day Saint high school students. Cash prizes will be awarded in the following categories:

- * poetry (one poem or more for a total of 25 to 60 lines)
- * personal essay (700 to 2,500 words)
- * critical essay (700 to 2,500 words)
- * fictional story (1,000 to 4,000 words)

You may submit only one entry per category. Please send in your entries by 30 January 2004.

You can get all the rules and an application form at the contest Web site: <http://English.BYU.edu/contests.html>. Or you can write RE:WRITING Chair, 3125 JKHB, Brigham Young University, Provo, UT 84602. You can also call (801) 422-4939 or e-mail paia_palmer@byu.edu.

WOMEN



THE

QUESTION

BY SHIRLEY BOCK TESTI

As told by her daughter, Karen Testi Palmer

I could hear my family gathering around the breakfast table. I was late again. I forced myself to go down the stairs and take my seat at the table. Of course everyone looked up when I came into the kitchen. My five-year-old brother announced in a loud voice, “Hey! You’re late, Karen!”

I sighed heavily, tried not to grimace, and I bent my head to my plate to eat my waffle. I wished I were somewhere else. I wanted to be part of the in-crowd at school—the bunch of girls and athletes that all school life seemed to revolve around. I especially wanted to be accepted by Amy James* and her friends. I felt tired of my family, and I was especially tired of Dad’s What-If jar.

Dad reached for his What-If jar that sat in the middle of the table and held it up



pushed open the bathroom door and heard loud talking and laughing. A faint odor of smoke floated in the air. How would I get past this one?

where we could all see the folded slips of paper inside. On each slip was a question. The drill was that after the question was read, each family member told how he or she would react in such a situation. Yesterday’s question had been, “What if you are riding in a car, and your best friend is driving too fast?”

Dad held out the jar for Ben to choose the question of the day. I sighed again. Dad’s What-If questions seemed like predictable situations that would never really happen. I put down my fork and listened to my nine-year-old brother read the question he had drawn.

“What if you are in the bathroom at school, and someone you really want to be friends with asks you to smoke pot?” Ben read.

When Dad called on me to answer it, I thought about it and said, “No, thanks. I choose not to.”

“Don’t forget to smile,” Dad reminded me.

**Names have been changed.*



I smiled, but my face felt stiff.

I thought about the What-If question most of the way to school. I was still thinking about it when I entered the lunch room at noon. I looked around for my friends from seminary and set my stuff at their table.

My eyes slid over to the table where Amy James and her friends were clustered together, laughing and talking. These were the girls with the newest clothes who dated the coolest athletes in the school. I wished I were cool like them and could be a part of their group.

"Hey, Karen!" my friend Joanie said as she rapped her knuckles on the table in front of me. "Anybody home?"

"What?" I looked up to see my seminary friends looking at me.

"You're not tuned in, Karen," another friend, Spencer, said. "Worried about the calculus test?"

I shook my head and looked once more at Amy's table, hoping she'd look at me and wave.

"Sorry guys," I apologized, forcing myself to turn my attention to my friends. "I was thinking of something else."

After lunch I had one free period to study before the calculus test. Before finding a quiet place to study, I stopped by the bathroom to check my hair. I pushed open the door and heard loud talking and laughing. A faint odor of smoke floated in the air. I stepped up to the nearest mirror and saw Amy James and her friends' faces reflecting back at me. I wondered why they looked so uneasy when our eyes met. Immediately they stopped talking.

I noticed that Amy had a small marijuana



This morning's
What-If
question
prepared me
to pass this test.

cigarette between her lips. She focused her eyes on me and blew out smoke; then she held out the cigarette towards me.

Time sped like a tape measure closing together with a snap. All at once I understood what was happening. I was being offered a joint by these "cool" girls, the ones I thought I wanted to be friends with. I just stood there, frozen.

"C'mon, Karen," invited Amy, pushing the joint closer to my face. "Have some." Amy half-turned to the other girls. "Let's ask Karen to our party Saturday night!"

Her friend Lisa nodded. "For sure, Karen. You'll have a great time. My folks have promised not to be home." The three girls laughed loudly, as if Lisa had said something hilarious.

I finger-combed my hair and carefully picked up my books. I turned to face the girls I had thought were so cool. For a minute a sour taste filled my mouth as I realized how dumb I had been. I couldn't believe I had ever wanted to hang out with these girls. As I looked at the expectant grins on their faces, hoping to involve me in their smoking, I thought about my friends from seminary who had the same goals I wanted to have.

Then I remembered my answer to that morning's What-If question. I smiled at Amy and her friends, just like Dad had told me, and then in a breezy, firm tone of voice I said, "No thanks. I choose not to."

I carefully set one foot in front of the other and exited the bathroom. No one called me back. I stepped into the hall feeling lighter and better and smarter than I had felt in a long time. **NE**

Shirley Bock Testi is a member of the Corry Branch, Jamestown New York Stake.

"I want everything to be perfect on our first date, so I wrote a script for us to read from."



RANDY GLASBERGEN

Every time one of our children leaves on a date or goes somewhere with friends we tell them: "Remember who you are." It's become a family tradition. One Sunday our 17-year-old headed out the door before I could say anything. Our 5-year-old raced outside and blurted, "Brian, don't forget your name!"

Lynne Birkeland
East Mill Creek Second Ward,
Salt Lake East Mill Creek Stake

"As you can tell from the prelude music, the organ is broken again."



ERIC LEACH

"Perhaps one reason the toothpaste tastes so bad in this country, Elder, is because you're using my shampoo!"



RYAN STOKER

Why All the Rules?



The gospel is counsel from a living Father who says to His children: “This is what you can become if you take my advice—and this is what will happen if you don’t. The choice is yours.”

BY ELDER RICHARD L. EVANS (1906–71)

Of the Quorum of the Twelve Apostles

I begin with an interesting question posed recently and an equally interesting answer. The question was, “Don’t you think the commandments should be rewritten?” The answer was, “No, they should be reread.”

The commandments of God are there. They come from a divine source. The experience of the ages has proved the need for them and has proved what happens if they are ignored.

So why spend life in the frustration, unhappiness, sorrow, and tragedy of trying to rationalize and wave them away?

There Is a Reason

Beginning with the Ten Commandments may be as good a place as any. It would be well to read and reread them and not spend life trying to convince ourselves that they really don’t mean what they say.

Some things the commandments say thou shalt not do, and if that is what they say, that’s what they mean, and there’s a reason for it.

Some of them say this you should do, and there’s a reason for it.

It’s up to You

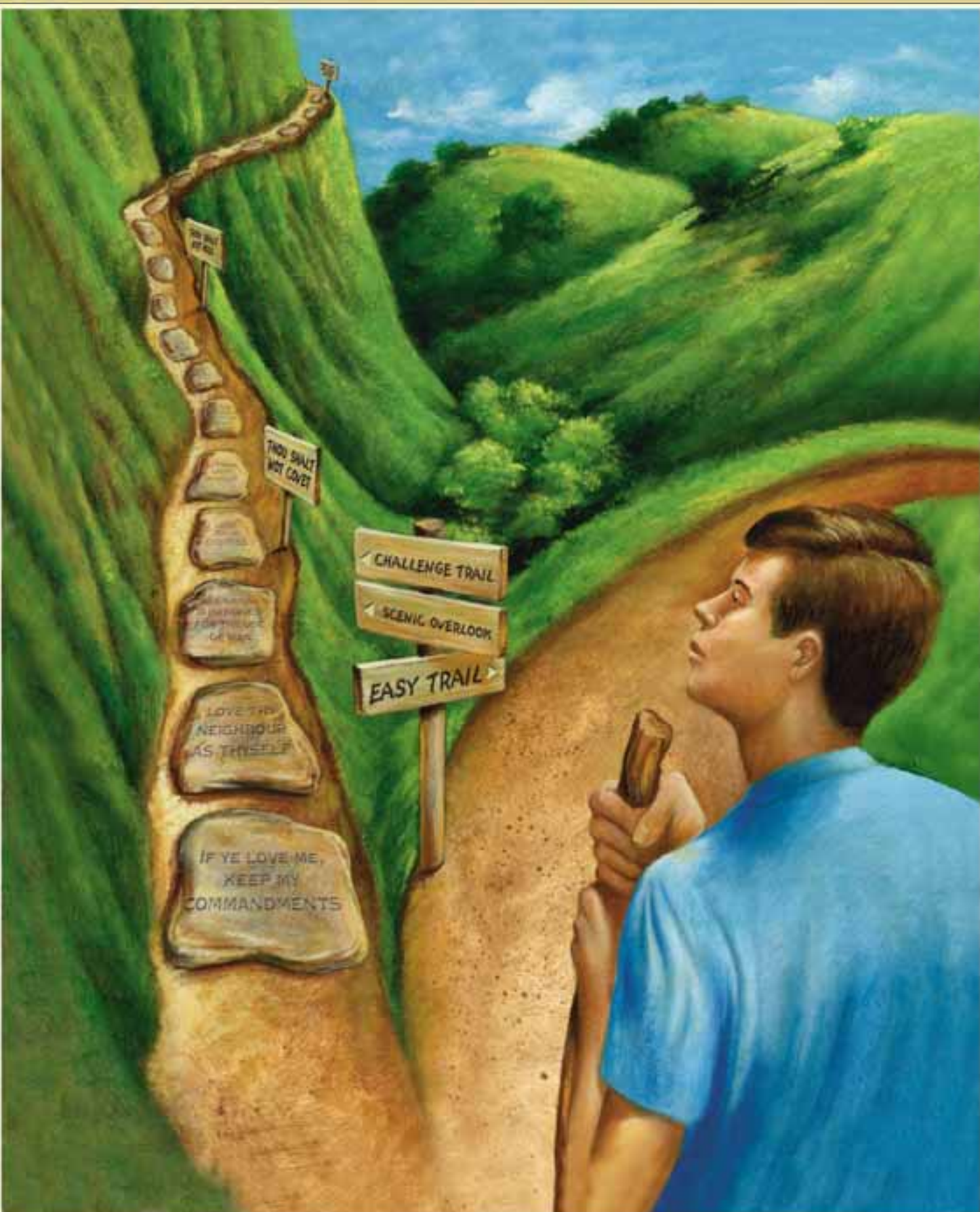
Essentially this is what the gospel is: counsel from a living Father who says to His children, “You have limitless, everlasting possibilities. You also have your freedom. It’s up to you how you use it. This is what you can become if you take my advice—and this is what will happen if you don’t. The choice is yours.”

We all make choices every day. We all have to live with the results of the choices we make.

It’s just that plain. It isn’t a question of arguing about the mysteries or brooding about the things God hasn’t yet told us, while neglecting the things He has told us. Let’s stop quarreling with the commandments and the requirements and just face the facts.

Quibbling about Scripture

Sometimes people quibble about the meaning of scripture and rationalize and justify themselves in doing things they well know they shouldn’t do. They sometimes say, for example, that “Thou shalt not commit adultery” doesn’t include all the other kinds and degrees of immoral sins and perversions, or that the Word of Wisdom, for example, doesn’t list all the substances and products and brand names and harmful things that have been discovered or concocted that are not good for people.



Obviously, all of them couldn't be listed. In the words of King Benjamin: "I cannot tell you all the things whereby ye may commit sin; for there are divers ways and means, even so many that I cannot number them" (Mosiah 4:29).

The Lord expects us to use wisdom and common sense and not quibble about what obviously isn't good for the body or mind or spirit or morals of man. And before doing or partaking of anything, stop and ask honestly, "Does this contribute to health? Does it contribute to happiness?

Would this please God? Will this bless and benefit me and others, or will it drag me down? Is it good or isn't it?"

Do Yourself a Favor

It doesn't matter what people call things. It matters what they are—what they do. If I may modify a line from Shakespeare considerably: Anything by any name will still be what it is and will still do what it does no matter what you call it.¹

And if anyone doubts that all forms of moral infraction and perversion are not condemned by scripture, may we assure you that there are scriptures that could be cited for you that prohibit all evils, all impurities and perversions, all uncleanness and excesses, all unwise habits and unbecoming conduct.

Why quibble? Why not simply accept the facts and be honest with ourselves?

"Fear God, and keep his commandments: for this is the whole duty of man" (Ecclesiastes 12:13).

"If ye love me," said our Savior, "keep my commandments" (John 14:15).

But we ought also to keep the commandments simply as a favor to ourselves.

"Compensation"

Many years ago Ralph Waldo Emerson wrote an essay, "Compensation," in which he said:

"The world looks like a multiplication table or a mathematical equation which, turn it how you will, balances itself. . . . Every secret is told, every crime is punished, every virtue

rewarded, every wrong redressed, in silence and certainty. . . .

"You cannot do wrong without suffering wrong. . . .

"The thief steals from himself. The swindler swindles himself. . . .

"We gain the strength of the temptation we resist. . . ."

I heard from President Harold B. Lee (1899–1973) a short sentence that said essentially what Emerson said—that there are no successful sinners. It is a remarkable sentence to contemplate.

Since a law of compensation is built into life, we ought always to take time to stop and consider what we do and fail to do and what we will wish we had done.

How to Know Who's Telling the Truth

There are persuasive people who will tell you that the commandments of God are not valid, that there are no serious consequences for breaking them.

But if you want a guideline to know whom to follow, to know who's telling the truth, ask yourself always, "Is what this person telling me or tempting me to do something that will bring me happiness and peace and lead me to my highest possibilities, or is it something that will lead me to the baser side?"

Don't follow anyone who will try to destroy ideals, reject the commandments, or lead you to lower levels.

Admitting Mistakes

I heard a question once asked by President Hugh B.

Brown (1883–1975): "Do you want to repent or to rationalize?"

Anyone is mistaken if what he is doing would lead him down physically, mentally, or morally, if it would destroy his peace, estrange him from his Father in Heaven, or impair his everlasting life.

Pride is one of the main barriers to repentance, because we can't correct an error without first admitting a mistake.

God bless you, my beloved young friends, and be with you and give you the humility to overcome pride and to admit and correct mistakes.

THOU SHALT
NOT BEAR
FALSE WITNESS

REMEMBER
THE SABBATH
DAY TO
KEEP IT HOLY

HONOUR
THY FATHER
AND THY
MOTHER

Some Good Advice

Love and respect your parents. They've given you life. They'd die for you. Confide in them.

Respect yourselves. Respect God and the knowledge He has given.

Don't gamble with life. It is all we have.

Don't tempt temptation. Don't foolishly see how close you

can come to danger or evil, how close you can come to a precipice. Stay away from what you shouldn't do or where you shouldn't go or what you shouldn't partake of.

And if you've turned toward some dead end or down some wrong road, turn back

as quickly as you can—not later than right now—and thank God for the principle of repentance.

Don't run aimlessly looking to and fro for what has already been found. Don't live by the sophistries and temptations of these times.

Don't tamper with the degrading soul-destroying and body-destroying things of life. Don't deliberately look less than your best, or grubby or unclean, physically or morally.

Father Sees Farther

Should the commandments be rewritten? No, they should be reread and become the guide and standard of our lives if we want health and happiness and peace and self-respect.



I remember the words of a beloved stake president, and I thank him for the thought he left with me. He said, "I used to ride the range with my father, looking for lost sheep or cattle. And as we would mount a ridge we would look off into a distant hollow or a clump of trees, and my father would say, 'There they are.'" This stake president said, "My father could see farther than I could, and often I couldn't see them. But I knew they were there because my father said so." There are many things that I know and you know are there, because our Father said so.

I know that He lives, that He made us in His image, that He sent His divine Son, our Savior, to show us the way of life and redeem us from death. I know that He will enter into our lives as fully as we let Him, and that we will realize our highest possibilities if we accept the counsels God has given, and that we will fall somewhat short of what we might have been or might have had, if we run contrary to His commandments. God bless you and be with you always. **NE**

From an October 1971 general conference address.

NOTE

1. See William Shakespeare, *Romeo and Juliet*, act 2, scene 2, lines 47–48.

Like a rancher spotting lost sheep in the distance, our Heavenly Father sees things we can't see. We will realize our highest possibilities if we accept the counsels He has given.



AARONIC PRIESTHOOD MANUAL 2

Lesson 1: Who Am I?

Thomas S. Monson, "The Message: The Lighthouse of the Lord," *New Era*, Feb. 2001, 4–9.

N. Eldon Tanner, "New Era Classic: Today I Will . . ." *New Era*, Mar. 2003, 12–15.

Dallin H. Oaks, "The Challenge to Become," *New Era*, Aug. 2002, 12–15.

Lesson 2: Knowing Our Father in Heaven

James E. Faust, "First Presidency Message: That We Might Know Thee," *Ensign*, Jan. 1999, 2–5.

Joseph B. Wirthlin, "Spiritual Bonfires of Testimony," *New Era*, June 2002, 8–13.

Timothy Cobbley, "A Light in the Darkness," *New Era*, Feb. 2003, 11.

Lesson 3: Faith in Jesus Christ

"The Living Christ: The Testimony of the Apostles," *New Era*, Apr. 2000, 20–21.

Joseph B. Wirthlin, "Shall He Find Faith on the Earth?" *Ensign*, Nov. 2002, 82–85.

Merrill J. Bateman, "Power to Heal," *New Era*, Apr. 2003, 42–45.

"Idea List: Building a Testimony of Christ," *New Era*, Dec. 2001, 17.

Lesson 4: Companionship of the Holy Ghost

James E. Faust, "First Presidency Message: Communion with the Holy Spirit," *Ensign*, Mar. 2002, 2–7.

Kenneth Johnson, "Yielding to the Enticings of the Holy Spirit," *Ensign*, Nov. 2002, 89–91.

Carlos E. Asay, "Courting the Spirit," *New Era*, Aug. 1990, 33–35.

Margaret D. Nadauld, "Lead Me, Guide Me," *New Era*, Nov. 2001, 44–47.

Lesson 5: Agency

L. Tom Perry, "Decisions, Decisions," *New Era*, Jan. 2002, 40–45.

Sharon G. Larsen, "You Choose," *New Era*, Aug. 2001, 12–14.

"Poster: Keep Yourself Free," *New Era*, Feb. 2003, 19.

Lesson 6: Christlike Service

James E. Faust, "What's in It for Me?" *Ensign*, Nov. 2002, 19–22.

Janet Thomas, "Doing the Hard Jobs," *New Era*, July 2001, 30–34.

"Idea List: Secret Service," *New Era*, Feb. 2003, 27.

Taylor Woodruff, "Getting the Point," *New Era*, Oct. 2003, 46–48.

Lesson 7: The Eternal Importance of Families

"Our Greatest Happiness," *New Era*, June 2003, 12–15.

"Idea List: Home Improvement," *New Era*, Oct. 2002, 40.

"Q&A: Questions and Answers," *New Era*, Dec. 2002, 16–18.

Scott Bean, "The Truth about My Family," *New Era*, Mar. 2003, 26–27.

Lesson 8: Spirituality

Dennis B. Neuenschwander,

"Knowing What You Believe, Believing What You Know," *Ensign*, Sept. 2002, 20–25.

Douglas A. Callister, "How the Spirit Works," *New Era*, Oct. 2001, 46–48.

Sharon G. Larsen, "Standing in Holy Places," *Ensign*, May 2002, 91–93.

Caroline H. Benzley, "Be Clean," *New Era*, July 2002, 12–15.

Lesson 9: Repentance and the Attainment of Jesus Christ

Richard G. Scott, "To Be Free of Heavy Burdens," *Ensign*, Nov. 2002, 86–88.

Spencer V. Jones, "Overcoming the Stench of Sin," *Ensign*, May 2003, 88–89.

Name Withheld, "Passing It By," *New Era*, June 2001, 24–25.

"Q&A: Questions and Answers," *New Era*, Feb. 2003, 16–18.

Lesson 10: Studying the Scriptures

"Words of the Prophet: The Book of Mormon," *New Era*, Sept. 2003, 4–7.

Russell M. Nelson, "The Message: Getting Where You Want to Go," *New Era*, May 2003, 4–6.

"Idea List: Scripture Study Suggestions," *New Era*, Mar. 2001, 15.

Vicki H. Budge, "531 Pages til Christmas," *New Era*, Dec. 2001, 25.

Lesson 11: Satan and His Temptations

Gordon B. Hinckley, "First Presidency Message: Overpowering the Goliaths in Our Lives," *Ensign*, Jan. 2002, 2–6.

Boyd K. Packer, "Spiritual Crocodiles," *New Era*, Oct. 2001, 8–11.

David E. Sorensen, "You Can't Pet a Rattlesnake," *New Era*, May 2002, 44–47.

Richard C. Edgley, "Satan's Bag of Snipes," *New Era*, Sept. 2001, 20–23.

Lesson 12: Prayer

James E. Faust, "The Lifeline of Prayer," *Ensign*, May 2002, 59–62.

Richard G. Scott, "The Message: Recognizing Answers to Prayer," *New Era*, Aug. 2003, 4–8.

Caroline H. Benzley, "Be Prayerful," *New Era*, Apr. 2002, 36–37.

"Q&A: Questions and Answers," *New Era*, July 2002, 16–18.

Lesson 13: Fasting

Joseph B. Wirthlin, "The Law of the Fast," *Ensign*, May 2001, 73–75.

Sheryl Condie Kempton, "Fasting—A Gift of Joy," *Ensign*, Jan. 1978, 10–13.

"Q&A: Questions and Answers," *New Era*, Oct. 1993, 16–18.

Esther Hansen, "The Real Fast," *New Era*, May 2002, 11.

Lesson 14: Obedience to God

Richard L. Evans, "Gospel Classics: Why All the Rules?" *New Era*, Nov. 2003, 44–47.

H. Ross Workman, "Beware of Murmuring," *Ensign*, Nov. 2001, 85–86.

Russell Tolley Giles, "Why Should I Go?" *New Era*, May 2003, 8–9.

"Choose the Right," *Hymns*, no. 239.

Lesson 15: Exaltation through Keeping Covenants

Thomas S. Monson, "First Presidency Message: Invitation to Exaltation," *Ensign*, June 1993, 2–6.

Dennis B. Neuenschwander, "Ordinances and Covenants," *Ensign*, Aug. 2001, 20–26.

Keith B. McMullin, "Are You a Saint?" *New Era*, Feb. 2003, 38–41.

Lesson 16: Tithes and Offerings

Spencer W. Kimball, "New Era Classic: Will a Man Rob God?" *New Era*, Mar. 2002, 42–45.

Robert D. Hales, "Tithing: A Test of Faith with Eternal Blessings," *Ensign*, Nov. 2002, 26–29.

Earl C. Tingey, "The Law of Tithing," *Ensign*, May 2002, 10–12.

Jennifer M. Severino, "10% Tithing= 100% Blessings," *New Era*, Dec. 2002, 7.

Lesson 17: Patriarchal Blessings

Boyd K. Packer, "The Stake Patriarch," *Ensign*, Nov. 2002, 42–45.

Richard P. Lindsay, "Chart Your Course by It," *New Era*, Sept. 1990, 4–7.

"Q&A: Questions and Answers," *New Era*, May 2002, 16–18.

Daniel Thomas Brady, "Twice Blessed," *New Era*, Aug. 1991, 11.

Lesson 18: Duties of a Teacher in the Aaronic Priesthood

Thomas S. Monson, "The Message: Priesthood Power," *New Era*, May 2001, 4–7.

James E. Faust, "Power of the Priesthood," *Ensign*, May 1997, 41–43.

Robert L. Backman, "The Hope of Israel," *New Era*, May 2001, 44–46.

Lesson 19: A Broken Heart and a Contrite Spirit

Ezra Taft Benson, "First Presidency Message: A Mighty Change of Heart," *Ensign*, Oct. 1989, 2–5.

Spencer J. Condie, "A Disposition to Do Good Continually," *Ensign*, Aug. 2001, 13–19.

Michele Tolley, "Locked Out," *New Era*, July 2003, 26–28.

Lesson 20: Administering the Sacrament

Gordon B. Hinckley, "Words of the Prophet: Upon You My Fellow Servants," *New Era*, May 2002, 4–7.

John H. Groberg, "The Beauty and Importance of the Sacrament," *Ensign*, May 1989, 38–40.

Matthew Baker, "Sacrament Service," *New Era*, Oct. 2002, 20–23.

Lesson 21: Preparing for the Melchizedek Priesthood

Robert D. Hales, "Fulfilling Our Duty to God," *Ensign*, Nov. 2001, 38–41.

Jeffrey R. Holland, "Sanctify Yourselves," *Ensign*, Nov. 2000, 38–40.

Bruce R. McConkie, "New Era Classic: Only an Elder," *New Era*, Jan. 2003, 36–39.

For use in 2004, lessons 1–25. Future Resource Guides will be printed only in the May and November *Ensign* and *Liabona*, which can also be found online at www.lds.org.

The following resources may be used to supplement, but not replace, lessons 1–25. To find this guide online at www.lds.org, click on "Gospel Library," "Church Publications—HTML," "Curriculum," then "Aaronic Priesthood" or "Young Women." Additional suggestions are found on the "What's in It for You" page of the *New Era*.

Please teach the lessons in the order they are printed. The manual does not include a specific Easter lesson. If you want to teach a special Easter lesson, consider using conference addresses, Church magazine articles, and hymns that focus on the life and mission of the Savior.

"Rise Up, O Men of God," *Hymns*, nos. 323, 324.

Lesson 22: Patriarchal Leadership in the Home

The Quorum of the Twelve Apostles, "Gospel Classics: Father, Consider Your Ways," *Ensign*, June 2002, 12–16.

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YOUNG WOMEN MANUAL 2

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Anastasia Kneeland, "Random Sampler: You've Got Mail . . . and a Journal," *Ensign*, June 2002, 73.

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THANKS, JULI

Thank you for the article "It's Just Hair" (Aug. 2003). I identified with the author, Juli Housholder, and the feelings she experienced. Two months ago I was diagnosed with the same disease Juli had. Following my diagnosis, I felt alone and scared. I didn't think I would be pretty if my hair fell out. I prayed to Heavenly Father to help me through my illness and help me know I was still special. "It's Just Hair" was an answer to prayer. It helped me realize I am not alone and that no matter what, I'll always be a daughter of God.

Maggie Hortin, Crescent Park Fourth Ward,
Sandy Utah Crescent Park Stake

ROOTED IN FRIENDSHIPS

I have always had fun with my friends, but I had never before appreciated what a great strength they are in my life. "Web of Friendship" (Aug. 2003) helped me realize what a blessing friends are to me. When I need to talk, I can count on my friends to listen. My friends hold up my "shallow root system" and make me a better person. I could not make it through life alone. Thanks for this article.

Steven Barney, Taylor Park Ward,
Mesa Arizona Kimball Stake

THE PERFECT MAGAZINE FOR ME

Since middle school I've sold magazines for a fund-raiser. Each year, I tried desperately to find the right magazine for me. Little did I know that the perfect magazine for me was already in my home. I used to just read "The Extra Smile" and then toss the *New Era* aside. But a few years ago, I began to read more and more of the articles. I found that they were directed to

"The articles were directed to people my age and discussed situations I could relate to."

people my age and discussed situations I could relate to. It wasn't full of degrading articles or beauty ads. It described true beauty, answered my questions, and uplifted my spirit. The *New Era* is "The Perfect Magazine for Anne." It just has a different title.

Anne Sheffield, Moorpark Ward,
Saratoga California Stake

COURAGE TO BE STRONGER

I reflect daily on the counsel and advice I have been given in the *New Era*. It has helped me in my daily decisions. I find myself more committed to live the gospel. The strength I receive from this magazine is incomprehensible, and I always walk away with courage to be a little stronger.

Janeal Chandler, Salem Third Ward,
Sugar City Idaho Stake

OUR FIGHT FOR RIGHT

Recently, I started high school. Every day is a battle between worldliness and something higher. Some days I feel like giving up, but then I think of the inspirational people I have read about in the *New Era*. Knowing there are others like me who are trying to do what's right helps me fight for what is right. Reading the *New Era* gives me strength to keep working hard.

Kelly Baker, Redding Second Ward,
Redding California Stake

We love hearing from you. Write us at the following address. Please include the names of your ward and stake.

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WHY ETERNITY?

BY BRENDA WILLIAMS

Sloping, arched, and pure,
the spires gently rising—
outstretched—
like arms lifted upward,
forever reaching into the boundless
heavens.

I find beauty here and peace—
a sense of both the grace of Eden
and the terrible wonder of Gethsemane.
I love the certainty, the truth,
the spirit—
that unique and separate quietness
soft as the parting
of a thin and threadbare veil.

I love seeing couples on these grounds,
newlyweds and elderly alike,
black suits crisp,
dresses brilliant,
faces radiant as hands join together
in a circular eternal bond.

I will be married here,
someday. . . .

I dream of starting on this foundation,
a base as firm and solid as
stainless temple granite.

I want the feeling, more than anything—
the knowledge, the joy,
the love,
and the calm assurance
of forever.

BY ADAM C. OLSON





*"It's great to try to be good
at something. I'm all for
developing and becoming
better at whatever you're
doing as long as there's
balance in your life."*

See "The Playmaker," p. 20.