

THE **New Era**

NOVEMBER 2012

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General Conference IS FOR YOU



LOVE, JOY, AND INSPIRATION

President Thomas S. Monson

Missionary Announcement

“We affirm that missionary work is a priesthood duty—and we encourage all young men who are worthy and who are physically able and mentally capable to respond to the call to serve.”

Read the announcement President Monson made about the lowered age requirement for full-time missionary service on page 6.

A Testimony of the Truth

“There is absolutely nothing in this world that will provide more comfort and happiness than a testimony of the truth. . . . If you feel that you do not yet have the depth of testimony you would wish, I admonish you to work to achieve such a testimony. If it is strong and deep, labor to keep it that way. How blessed we are to have a knowledge of the truth.”

Seeing Others as They May Become

“There are countless individuals who have little or no testimony right now, those who could and would receive such a testimony if we would

be willing to make the effort to share ours and to help them change. In some instances *we* can provide the incentive for change. . . .

“. . . For those members who have slipped from activity or who hold back and remain noncommittal, we can prayerfully seek for some way to reach them. Asking them to serve in some capacity may just be the

“My seminary teacher gave my class the challenge to write down questions that we had and to listen to general conference to find the answers to our questions. The result was astounding! My questions were answered, and I was given a better understanding of the love the Savior has for me.”

Shanalee W., 15, Utah, USA

incentive they need to return to full activity. . . . We need to bear in mind that people can change. They can put behind them bad habits. They can repent from transgressions. They can bear the priesthood worthily. And they can serve the Lord diligently. . . .

“We can help them to overcome



their shortcomings. We must develop the capacity to see men not as they are at present but as they may become when they receive testimonies of the gospel of Christ. . . .

“The same principle . . . applies to those who are not yet members. We should develop the capacity to see men not as they are but as they can become when they are members of the Church, when they have a testimony of the gospel, and when their lives are in harmony with its teachings.”

Courage Needed

“*Courage* is the word we need to hear and hold near our hearts—courage to turn our backs on temptation, courage to lift up our voices in testimony to all whom we meet, remembering that everyone must have an opportunity to hear the message.”



Blessings and Happiness

“We are blessed with so very much. And yet it is sometimes difficult to view the problems and permissiveness around us and not become discouraged. I have found that, rather than dwelling on the negative, if we will take a step back and consider the blessings in our lives, including seemingly small, sometimes overlooked blessings, we can find greater happiness.”

Prayers Heard and Answered

“Our prayers are heard and answered. We are familiar with the truth found in 2 Nephi in the Book of Mormon: ‘Men are, that they might have joy’ (2 Nephi 2:25). I testify that much of that joy comes as we recognize that we can communicate with our Heavenly Father through prayer and that those prayers will be heard and answered—perhaps not how and

when we expected they would be answered, but they *will* be answered and by a Heavenly Father who knows and loves us perfectly and who desires our happiness. Hasn’t He promised us, ‘Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers’ (D&C 112:10)? . . .

“. . . Our Heavenly Father is aware of our needs and will help us as we call upon Him for assistance. I believe that no concern of ours is too small or insignificant. The Lord is in the details of our lives.”

Guidance of the Spirit

“The Lord’s purposes are often accomplished as we pay heed to the guidance of the Spirit. I believe that the more we act upon the inspiration and impressions which come to us, the more the Lord will entrust to us His errands.

“I have learned, as I have mentioned in previous messages, never to postpone a prompting. . . .

“The opportunity to be a blessing in the life of another often comes unexpectedly.”

Loving Kindness

“May we ever watch over one another, assisting in times of need. Let us not be critical and judgmental, but let us be tolerant, ever emulating the Savior’s example of loving-kindness. In that vein, may we willingly serve one another. May we pray for the inspiration to know of the needs of those around us, and then may we go forward and provide assistance.”



Short Videos

Watch short video highlights from President Monson’s conference addresses at lds.org/go/112A, lds.org/go/112B, lds.org/go/112C, and lds.org/go/112D.



President Henry B. Eyring
First Counselor in the First Presidency



Short Videos

Watch short video highlights from President Eyring's conference addresses at lds.org/go/112E and lds.org/go/112F.



OUR SPIRITUAL STRENGTH

Developing Our Gifts

“Every person is different and has a different contribution to make. No one is destined to fail. . . .

“God knows our gifts. My challenge to you and to me is to pray to know the gifts we have been given, to know how to develop them, and to recognize the opportunities to serve others that God provides us. But most of all, I pray that you will be inspired to help others discover their special gifts from God to serve.”

The Holy Ghost Comes as We Serve

“Caring for those in need takes a team, a loving and unified society. That is what the Lord is building among you. He loves you for any part you play. . . .

“The Holy Ghost is sent to you and to those you care for. You will be strengthened and yet inspired to know the limits and extent of your ability to serve. The Spirit will comfort you when you may wonder, ‘Did I do enough?’

“I testify that the Lord will be with you and that your way will be prepared and marked for you by Him

in your service to those He loves in their needs and trials.”

God Knows Us

“Jesus Christ lives, knows us, watches over us, and cares for us. In moments of pain, loneliness, or confusion, we do not need to see Jesus Christ to know that He is aware of our circumstances and that His mission is to bless. . . .

“. . . The day will come that we all will see Him face to face. Just as there is nothing now to obscure His view of us, there will be nothing to obscure our view of Him. We will all stand before Him, in person. . . . Our certain reunion with Him at the judgment bar will be more pleasing if we first do the things that make Him as familiar to us as we are to Him. As we serve Him, we become like Him, and we feel closer to Him as we approach that day when nothing will hide our view.”

“Conference helped me realize that as youth of the Church, we need to be in the world, but not of the world. I know that with Christ’s help, we can reach our divine potential.”

Eliza A., 14, Utah, USA



President Dieter F. Uchtdorf
Second Counselor in the First Presidency

TO GIVE OF OURSELVES

Being Busy vs. Giving of Ourselves

“Isn’t it true that we often get so busy? And, sad to say, we even wear our busyness as a badge of honor, as though being busy, by itself, was an accomplishment or sign of a superior life.

“Is it?”

“I think of our Lord and Exemplar, Jesus Christ, and His short life among the people of Galilee and Jerusalem. I have tried to imagine Him bustling between meetings or multitasking to get a list of urgent things accomplished.

“I can’t see it.

“Instead I see the compassionate and caring Son of God purposefully living each day. When He interacted with those around Him, they felt important and loved. He knew the infinite value of the people He met. He blessed them, ministered to them. He lifted them up, healed them. He gave them the precious gift of His time.

“In our day it is easy to merely pretend to spend time with others. With the click of a mouse, we can ‘connect’ with thousands of ‘friends’ without ever having to face a single

one of them. Technology can be a wonderful thing, and it is very useful when we cannot be near our loved ones. My wife and I live far away from precious family members; we know how that is. However, I believe that we are not headed in the right direction, individually and as a society, when we connect with family or friends mostly by reposting humorous pictures, forwarding trivial things, or linking our loved ones to sites on the Internet. I suppose there is a place for



Short Videos

Watch short video highlights from President Uchtdorf’s conference addresses at lds.org/go/112G and lds.org/go/112H.

this kind of activity, but how much time are we willing to spend on it? If we fail to give our best personal self and undivided time to those who are truly important to us, one day we will regret it.

“Let us resolve to cherish those we love by spending meaningful time with them, doing things together, and cultivating treasured memories.”

The Joy of Service

“As a pilot, I have touched the skies. As a Church member, I have felt heaven’s embrace.

“Every now and then, I miss sitting in a cockpit. But serving alongside my brothers and sisters in the Church easily makes up for it. Being able to feel the sublime peace and joy that grow from being a small part of this great cause and work, I would not want to miss for anything in the world. . . .

“I feel a certain sadness for those who do not grasp and appreciate the wonder and privilege of the priesthood. They are like passengers on an airplane who spend their time grumbling about the size of the packet of peanuts while they are soaring through the air, far above the clouds—something ancient kings would have given all they possessed to try and experience just once!

“Brethren, we are blessed to be humble partakers of this great priesthood authority and power. Let us lift up our eyes and see, recognize, and accept this opportunity for what it really is.”

CALLED *to* SERVE



"I have had the strong desire to serve a mission ever since I joined the Church two years ago, and now with the announcement President Monson made on Saturday morning, that dream will come true a lot sooner than expected!"

Buddy T., 17,
Montana, USA



New Lowered Age Requirements for Missionary Service

"I am pleased to announce that effective immediately all worthy and able young men who have graduated from high school or its equivalent, regardless of where they live, will have the option of being recommended for missionary service beginning at the age of 18, instead of age 19. I am not suggesting that all young men will—or should—serve at this earlier age. Rather, based on individual circumstances as well as upon a determination by priesthood leaders, this option is now available.

"... I am pleased to announce that able, worthy

young women who have the desire to serve may be recommended for missionary service beginning at age 19, instead of age 21.

"We affirm that missionary work is a priesthood duty—and we encourage all young men who are worthy and who are physically able and mentally capable to respond to the call to serve. Many young women also serve, but they are not under the same mandate to serve as are the young men. We assure the young sisters of the Church, however, that they make a valuable contribution as missionaries, and we welcome their service."

President Thomas S. Monson



Greatest and Most Important Duty

“Missionary work is an identifying feature of The Church of Jesus Christ of Latter-day Saints. Always has it been; ever shall it be. As the Prophet Joseph Smith declared, ‘After all that has been said, the greatest and most important duty is to preach the Gospel’ (*Teachings of Presidents of the Church: Joseph Smith* [2007], 330).”

President Thomas S. Monson

Prepared to Serve

“Within two short years, all of the full-time missionaries currently serving in this royal army of God will have concluded their full-time labors and will have returned to their homes and loved ones. Their replacements are found tonight in the ranks of the Aaronic Priesthood of the Church. Young men, are you ready to respond? Are you willing to work? Are you prepared to serve?”

“President John Taylor summed up the requirements: ‘The kind of men we want as bearers of this gospel message are men who have faith in God; men who have faith in their religion; men who honor their priesthood; . . . men full of the Holy Ghost and the power of God[;] . . . men of honor, integrity, virtue and purity’ (*Teachings of Presidents of the Church: John Taylor* [2001], 73).

“Brethren, to each of us comes the mandate to share the gospel of Christ. When our lives comply with God’s own standard, those within our sphere of influence will never speak the lament, ‘The harvest is past, the summer is ended, and we are not saved’ (Jeremiah 8:20).”

President Thomas S. Monson



The Decision to Serve

“The decision to serve a mission will shape the spiritual destiny of the missionary, his or her spouse, and their posterity for generations to come. A desire to serve is a natural outcome of one’s conversion, worthiness, and preparation.”

Elder Russell M. Nelson of the Quorum of the Twelve Apostles

Powerful Ambassadors of the Lord

“Missionaries . . . are blessed with gifts—such as the power of the Holy Spirit, the love of God, and testimonies of the truth—that make them powerful ambassadors of the Lord. They share the good news of the gospel that will bring true joy and everlasting happiness to all who heed their message.”

Elder Russell M. Nelson of the Quorum of the Twelve Apostles



A Monumental Work to Do

“To the youth of the Church rising up to missions and temples and marriage, we say: ‘Love God and remain clean from the blood and sins of this generation. You have a monumental work to do, underscored by that marvelous announcement President Thomas S. Monson made. . . . Your Father in Heaven expects your loyalty and your love at every stage of your life.’ ”

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles



No Time to Waste

“Consider missionary work. Young men, you have no time to waste. You can’t wait to get serious about preparing until you are 17 or 18. Aaronic Priesthood quorums can help their members understand the oath and covenant of the priesthood and get ready for ordination as elders, they can help them understand and prepare for the ordinances of the temple, and they can help them get ready for successful missions. . . . And in each ward and branch, these same quorums can lead out in an effective collaboration with the full-time missionaries who are serving there.

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles



Young men from Ceará, Brazil

“At general conference I learnt that I can serve a mission when I am 19 years old. It helps me to dedicate my life more to the gospel of Jesus Christ. I also learnt to be bold and not be afraid of being a Mormon. I love the Church but was always afraid to say it. Now I am more confident to tell the world who I really am. With these two things I can now focus more on the gospel of Christ and nobly and confidently exclaim to the world who I am and the happiness I have.”

Daisy S., 15,
New Brunswick, Canada

STAYING WORTHY AGAINST TEMPTATION



Erasing Your Mistakes

"If you have made mistakes, and all of us have, whether minor or serious, then you have an enormous need to find out how they can be erased so that you are no longer in darkness. . . .

"Throughout your life there may be times when you have gone places you never should have gone and done things you never should have done. If you will turn away from sin, you will be able one day to know the peace that comes from following the pathway of complete repentance.

"No matter what our transgressions have been, no matter how much our actions may have hurt others, that guilt can all be wiped out. To me, perhaps the most beautiful phrase in all scripture is when the Lord said, 'Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more' (D&C 58:42)."

President Boyd K. Packer, President of the Quorum of the Twelve Apostles



Protection from the Adversary

"Do you young people want a sure way to eliminate the influence of the adversary in your life? Immerse yourself in searching for your ancestors, prepare their names for the sacred vicarious ordinances available in the temple, and then go to the temple to stand as proxy for them to receive the ordinances of baptism and the gift of the Holy Ghost. As you grow older, you will be able to participate in receiving the other ordinances as well. I can think of no greater protection from the influence of the adversary in your life."

Elder Richard G. Scott of the Quorum of the Twelve Apostles



Escaping Spiritual Droughts

"Many who are in a spiritual drought and lack commitment have not necessarily been involved in major sins or transgressions, but they have made unwise choices. Some are casual in their observance of sacred covenants. Others spend most of their time giving first-class devotion to lesser causes. Some allow intense cultural or political views to weaken their allegiance to the gospel of Jesus Christ. Some have immersed themselves in Internet materials that magnify, exaggerate, and, in some cases, invent shortcomings of early Church leaders. Then they draw incorrect conclusions that can affect testimony. Any who have made these choices can repent and be spiritually renewed. . . .

"Youth who have been exposed to immoral images at a very early age are terrified that they may have already disqualified themselves for missionary service and sacred covenants. As a result, their faith can be severely impaired. I want to assure you

young people, as Alma taught, that through repentance you can qualify for all the blessings of heaven (see Alma 13:27–30; 41:11–15). That is what the Savior's Atonement is all about. Please talk with your parents or a trusted adviser, and counsel with your bishop."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles



The Reward of Eternal Life

"This is the exchange the Savior is asking of us: we are to give up all our sins, big or small, for the Father's reward of eternal life. We are to forget self-justifying stories, excuses, rationalizations, defense mechanisms, procrastinations, appearances, personal pride, judgmental thoughts, and doing things our way. We are to separate ourselves from all worldliness and take upon us the image of God in our countenances."

Elder Robert C. Gay of the Seventy

BEING VALIANT IN COURAGE (SEE ALMA 53:20)



An Essential Role to Play

"As men of the priesthood, we have an essential role to play in society, at home, and in the Church. But we must be men that women can trust, that children can trust, and that God can trust. In the Church and kingdom of God in these latter days, we cannot afford to have boys and men who are drifting. We cannot afford young men who lack self-discipline and live only to be entertained. . . . We cannot afford to have those who exercise the Holy Priesthood, after the Order of the Son of God, waste their strength in pornography or spend their lives in cyberspace (ironically being *of* the world, while not being *in* the world). . . .

"Of the many places you are needed, one of the very most important is your priesthood quorum. We need quorums that provide spiritual nourishment to members on Sunday and that also serve. We need leaders of quorums who focus on doing the Lord's work and on supporting quorum members and their families."

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles



Safely on the Path

"In our fast-paced and entertainment-saturated world, men are still quick to 'forget the Lord, . . . to do iniquity, and to be led away by the evil one' " (Alma 46:8). . . .

"To stay safely on the priesthood path amid rock slides of temptation, I remind us of six fundamental principles that deepen conversion and strengthen family.

"First, praying always opens the door for divine help to 'conquer Satan' (D&C 10:5). . . .

"Second, studying ancient and modern scripture connects us to God. . . .

"Third, worthily participating in ordinances

prepares us to take 'the Holy Spirit for [our] guide' (D&C 45:57). . . .

"Fourth, showing genuine love is at the heart of personal conversion and family relations. . . .

"Fifth, obeying the law of tithing is an essential element of faith and family unity. . . .

"Sixth, fully living the law of chastity yields confidence to stand 'in the presence of God' with the Holy Ghost as our 'constant companion' (D&C 121:45–46)."

Elder Anthony D. Perkins of the Seventy



Like the 2,000 Stripling Soldiers

"I invite you to qualify yourselves as did the 2,000 stripling soldiers

by being valiant in courage as worthy priesthood holders. Remember, what you do, where you go, and what you see will shape who you become. Who do you want to become? Become a worthy deacon, a worthy teacher, a worthy priest. Set a goal to be worthy to enter the temple now and to be worthy to receive your next ordinance at the proper age and ultimately to receive the Melchizedek Priesthood. This is a pathway of righteousness which invites divine assistance."

Bishop Gary E. Stevenson, Presiding Bishop

"I learnt that I need to do family history work far more, as with it come a lot of blessings and strength against the adversary. I have also learnt from conference a lot of great things I could use in a talk I am giving next week about faith."

Joshua F., 16, United Kingdom

"I liked when Elder Richard G. Scott talked about genealogy and promised that the Lord would help us with family history work and indexing. I've had trouble with indexing because I couldn't read much of the handwriting. I tried indexing again and prayed for help to be able to read the handwriting. I was able to get through a batch of names without as much trouble as I usually have."

Jarom L., 14, Alberta, Canada



FINDING SPIRITUAL STRENGTH AND COMFORT

"I was really afraid of my future. There has been a lot of insecurity in the last few months, and all I could think was, 'What's going to happen in the future?' But in the conference they said that the view of the future depended on the person's faith. That really made me change the way I view the future, having faith it will all get better in time and that the Lord is with us."

Karina M., 16,
Coahuila, Mexico

"I really enjoyed President Uchtdorf's talk on Saturday morning in which he stated that we determine our own happiness. This really lingered in my mind all day and I realized that my prayers to be happier were answered because I truly am happy when I spend time with my family and friends."

Nate P., 16, Utah, USA



Prime Targets of the Adversary

"Through all the fast-paced changes occurring around us, we earnestly pray and work to ensure that the values of the gospel of Jesus Christ endure. Already some of them are in jeopardy of being lost. At the top of the list of these values and, therefore, prime targets of the adversary, are the sanctity of marriage and the central importance of families. They provide an anchor and the safe harbor of a home."

Elder L. Tom Perry of the Quorum of the Twelve Apostles



Comfort from Sorrow, Loneliness, and Despair

"I have learned that the bitter, almost unbearable pain can become sweet as you turn to your Father in Heaven and plead for His comfort that comes through His plan; His Son, Jesus Christ; and His Comforter, who is the Holy Ghost. . . .

"I testify that because of . . . Jesus Christ, those feelings of sorrow, loneliness, and despair will one day be swallowed up in a fulness of joy. I testify that we can depend on Him and when He said: 'I will not leave you comfortless: I will come to you' (John 14:18)."

Elder Shayne M. Bowen of the Seventy



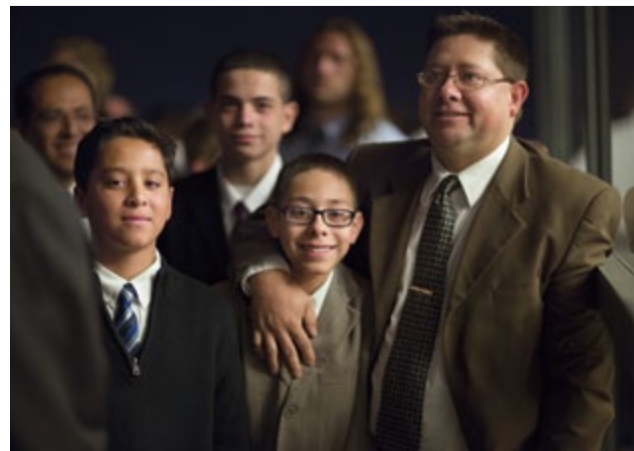
Solutions to Our Problems

"If we properly prepare for the sacrament, we can transform our lives. . . .

". . . We can receive inspiration for solutions to our problems during sacrament meeting. . . . We should come with our problems, humble as children ready to learn, and with the desire to help God's children.

". . . We must come prepared, be willing to listen, and not be distracted."

Elder Don R. Clarke of the Seventy



Strength to Keep Going

"Come and follow in [Christ's] footsteps. With each step we take, I testify that the Lord will strengthen us. He will help us come the rest of the way. Then when obstacles appear, we will keep going. When doubt comes, we will keep going. We will never turn back. We will never fall away."

Russell T. Osguthorpe, Sunday School general president



LIVING THE GOSPEL DAILY



A Simple Practice That Makes a Difference

"There is one simple daily practice that can make a difference for every member of the Church, including . . . you young men and you young women. . . .

"That simple practice is: In your morning prayer each new day, ask Heavenly Father to guide you to recognize an opportunity to serve one of His precious children. Then go throughout the day with your heart full of faith and love, looking for someone to help. Stay focused. . . . If you do this, your spiritual sensitivities will be enlarged and you will discover opportunities to serve that you never before realized were possible."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles

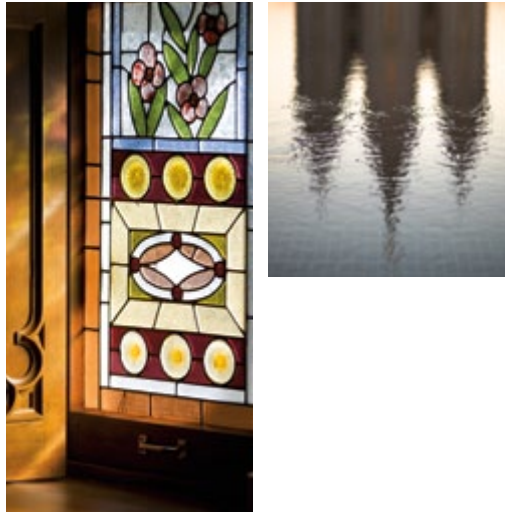


Navigating the Celestial Web

"Surrounded by so much information, we might think that navigating millions of web pages will give us all that we need to know. We can find good and bad information on the web, but information alone is not enough. God has given us another source for greater knowledge, even knowledge sent from heaven. Our Heavenly Father can give us such knowledge when we navigate the celestial web in our hearts and minds. . . .

"We access this celestial source when we do things such as reading the scriptures, hearkening to the living prophet, and praying. It is also important to take time to be still (see D&C 101:16) and feel and follow the celestial promptings. When we do this, we will 'feel and see' [3 Nephi 18:25] things that cannot be learned with modern technology. Once we have some experience in navigating this celestial web, we will discern the truth, even when reading secular history or other topics. The honest seekers of truth will know the truth of all things by the power of the Holy Ghost (see Moroni 10:3–5)."

Elder Walter F. González of the Presidency of the Seventy



"Every single talk had so much that I could take into my life to progress and become better. I was also reminded that our Father in Heaven loves every single one of us and He has given us so much. The two days of conference have helped me gain a fuller understanding of the gospel."

Tiana G., 15, Wyoming, USA



A Message for All the World

"The Book of Mormon is sacred scripture. It contains the fulness of the everlasting gospel. . . . It has a message for all people of the world. . . .

". . . Read and reread the Book of Mormon. Learn of the promises contained in the Book of Mormon. Follow the teachings and example of Jesus Christ."

Elder Larry Echo Hawk of the Seventy



GREETING THE ELDERLY— IN RAIN, SNOW, OR HEAT



“In one ward, Aaronic Priesthood holders first observed and now serve in a meaningful way. Every week the young men arrive early and stand outside the meetinghouse in rain, snow, or blistering heat, awaiting the arrival of the many elderly members in their ward. They lift wheelchairs and walkers out of cars, provide sturdy arms to grasp, and patiently escort the silver-haired seniors into the building. They are truly doing their duty to God. As they observe and then serve, they are living examples of the Savior’s teaching: ‘Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me’ (Matthew 25:40).”

Sister Linda K. Burton, Relief Society general president



“I really liked what Sister Burton taught: ‘First observe, then serve.’ It helped me see what I should be doing to help others, especially the girls in my Laurel class. Conference to me really helped strengthen my testimony of Christ and His love for us.”

Emily H, 17, Washington, USA



I'M A MORMON. ARE YOU?



“A few years ago, I was in line to make a purchase at my local grocery store. Ahead of me stood a young woman, about 15 years old. She appeared confident and happy. I noticed her T-shirt and couldn’t resist talking to her. I began, ‘You’re from out of state, aren’t you?’

“She was surprised by my question and replied, ‘Yes, I am. I’m from Colorado. How did you know?’

“I explained, ‘Because of your T-shirt.’ I made my accurate supposition after reading the words on her shirt, ‘I’m a Mormon. Are you?’

“I continued, ‘I must tell you that I’m impressed by your confidence to stand out and wear such a bold declaration. I see a difference in you, and I wish every young woman and every member of the Church could have your same conviction and confidence.’ Our purchases completed, we said good-bye and parted.

“Yet for days and weeks after this random everyday moment, I found myself seriously reflecting upon this encounter. . . . I couldn’t help but wonder what meaningful phrase I would figuratively choose to have printed on *my* T-shirt reflecting my belief and testimony. . . . Eventually, I came upon an ideal statement I would proudly wear: ‘I’m a Mormon. I know it. I live it. I love it.’ ”

Sister Ann M. Dibb, second counselor in the Young Women general presidency

WOULD YOU **SELL YOUR SOUL** FOR A NICKEL?



“The Savior once asked His disciples the following question: ‘What shall a man give in exchange for his soul?’ (Matthew 16:26).

“This is a question that my father taught me to carefully consider years ago. As I was growing up, my parents assigned me chores around the house and paid me an allowance for that work. I often used that money, a little over 50 cents a week, to go to the movies. Back then a movie ticket cost 25 cents for an 11-year-old. This left me with 25 cents to spend on candy bars, which cost 5 cents apiece. A movie with five candy bars! It couldn’t get much better than that.

“All was well until I turned 12. Standing in line one afternoon, I realized that the ticket price for a 12-year-old was 35 cents, and that meant two less candy bars. Not quite prepared to make that sacrifice, I reasoned to myself, ‘You look the same as you did a week ago.’ I then stepped up and asked for the 25-cent ticket. The cashier did not blink, and I bought my regular five candy bars instead of three.

“Elated by my accomplishment, I later rushed home to tell my dad about my big coup. As I poured out the details, he said nothing. When I finished, he simply looked at me and said, ‘Son, would you sell your soul for a nickel?’ His words pierced my 12-year-old heart. It is a lesson I have never forgotten.”

Elder Robert C. Gay of the Seventy



“Sister Dibb told us to have confidence in ourselves and not be ashamed of sharing the gospel with people. The phrase ‘I’m a Mormon. I know it. I live it. I love it’ is now my theme—to be a good example and in that way share the gospel.”

Giselle T., 16, Veracruz, Mexico

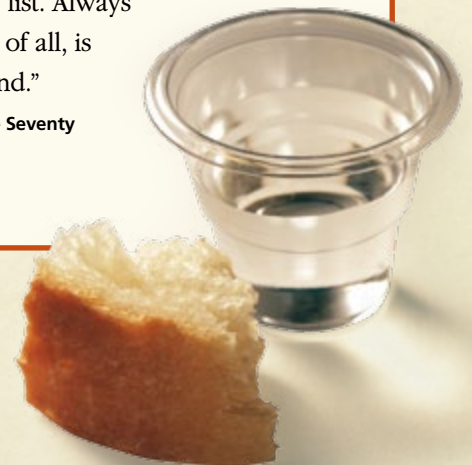
MY LIST DURING SACRAMENT



“When I was a teenager, Brother Jacob, my teacher, asked that I write down on a card what I had thought about during the sacrament. I took my card and began to write. First on the list was a basketball game we had won the night before. And then came a date after the game, and so went the list. Far removed and certainly not in bold letters was the name of Jesus Christ.

“Each Sunday the card was filled out. For a young Aaronic Priesthood holder, the sacrament and sacrament meeting took on a new, expanded, and spiritual meaning. I anxiously looked forward to Sundays and to the opportunity to partake of the sacrament, as understanding the Savior’s Atonement was changing me. Every Sunday to this day, as I partake of the sacrament, I can see my card and review my list. Always on my list now, first of all, is the Savior of mankind.”

Elder Don R. Clarke of the Seventy



ANSWERS TO MY QUESTIONS

Can I be **worthy** of the priesthood if I have sinned?



"And because of the eternal and unfathomable Atonement of our Savior, Jesus Christ, the priesthood of God can be available even if you have stumbled or have been unworthy in the past. Through the spiritually refining and cleansing process of repentance, you can 'arise and shine forth' (D&C 115:5)! Because of the boundless, forgiving love of our Savior and Redeemer, you can lift up your eyes, become clean and worthy, and develop into righteous and noble sons of God—worthy bearers of the most sacred priesthood of Almighty God."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency

How does the Church feel about **abortion**?



"From the perspective of the plan of salvation, one of the most serious abuses of children is to deny them birth. This is a worldwide trend. The national birthrate in the United States is the lowest in 25 years,¹ and the birthrates in most European and Asian countries have been below replacement levels for many years. This is not just a religious issue. As rising generations diminish in numbers, cultures and even nations are hollowed out and eventually disappear.

"One cause of the diminishing birthrate is the practice of abortion. Worldwide, there are estimated to be more than 40 million abortions per year.² Many laws permit or even promote abortion, but to us this is a great evil."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles





What does it mean to follow Christ every day?



"This is the call of Christ to every Christian today: 'Feed my lambs. . . . Feed my sheep' [see John 21:15–17]—share my gospel with young and old, lifting, blessing,

comforting, encouraging, and building them, especially those who think and believe differently than we do. We feed His lambs in our homes by how we live the gospel: keeping the commandments, praying, studying the scriptures, and emulating His love. We feed His sheep in the Church as we serve in priesthood quorums and auxiliary organizations. And we feed His sheep throughout the world by being good Christian neighbors, practicing the pure religion of visiting and serving the widows, the fatherless, the poor, and all who are in need."

Elder Robert D. Hales of the Quorum of the Twelve Apostles

What do I do if my testimony is fading?



"Immersion in the scriptures is essential for spiritual nourishment. The word of God inspires commitment and acts as a healing balm for hurt feelings, anger, or disillusionment. When our commitment is diminished for any reason, part of the solution is repentance. Commitment and repentance are closely intertwined."

Elder Quentin L. Cook of the Quorum of the Twelve Apostles



"At different times in our lives, whether we are new converts to the Church or lifelong members, we may find that this vibrant enthusiasm has faded. Sometimes this happens when times are challenging and we must practice patience. Sometimes it happens at the peak of our prosperity and abundance. Whenever I have this feeling, I know I need to refocus my efforts on increasing my gospel knowledge and living gospel principles more fully in my life.

"One of the most effective but sometimes difficult

gospel principles to apply is humility and submission to the will of God. In Christ's prayer in the Garden of Gethsemane, He expressed to the Father, 'Not my will, but thine, be done' (Luke 22:42). This should be our prayer as well. Oftentimes, it is in these quiet, prayerful moments that we feel encircled in Heavenly Father's love and those joyful, loving feelings are restored."

Sister Ann M. Dibb, second counselor in the Young Women general presidency

Why should I stay active in the Church if I'm not sure it's true?



"How do you remain 'steadfast and immovable' (Alma 1:25) during a trial of faith? You immerse yourself in the very things that helped build your core of faith: you exercise faith in Christ, you pray, you ponder the scriptures, you repent, you keep the commandments, and you serve others.

"When faced with a trial of faith—whatever you do, you don't step away from the Church! Distancing yourself from the kingdom of God during a trial of faith is like leaving the safety of a secure storm cellar just as the tornado comes into view."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles

"It was a wonderful general conference. Answers were given even to the hardest questions I had in my heart. It's always good to know that we are not alone in the world, that we can feel hope in our moments of pain, especially considering that I'm the only member of the Church in my family. This has been a hard year, but with our leaders' advice, we can find the right path easier."

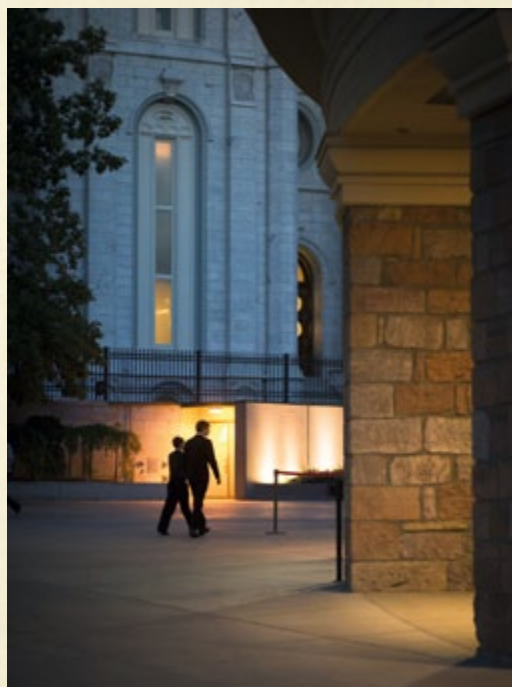
Javiera M., 17, Chile





“Each of the speakers is so different in the way that they speak. But I know that each message shared was from Heavenly Father.”

Madison N., 15,
Washington, USA



Why is life so hard?



“Becoming as the Savior is not an easy task, especially in the world in which we live. We face obstacles and adversity virtually every day of our lives. There is a reason for this, and it is one of the primary purposes of mortality. As we read in Abraham 3:25, ‘And we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them.’ ”

Elder Daniel L. Johnson of the Seventy

What’s so bad about sinning if we can repent?



“Sin diminishes the presence of the Spirit in our lives, and without the Holy Ghost, we will lack the spiritual stamina to hold onto and exercise faith. It is best to exercise our faith to ‘touch not the evil gift, nor the unclean thing’ (Moroni 10:30) and to ‘be diligent in

keeping all [the] commandments, lest . . . your faith fail you, and your enemies triumph over you’ (D&C 136:42).”

Elder Marcus B. Nash of the Seventy

How does the Holy Ghost help us learn?



“The Holy Ghost is a teacher and a revelator (see Luke 12:12). As we study, ponder, and pray about gospel truths, the Holy Ghost enlightens our minds and quickens our understanding (see D&C 11:13). He causes the truth to be indelibly written in our souls and can cause a mighty change to occur in our hearts. As we share these truths with our families, with fellow members of the Church, and with friends and neighbors in our community, the Holy Ghost becomes their teacher as well, for He carries the message of the gospel ‘unto the hearts of the children of men’ (2 Nephi 33:1).”

Elder Craig C. Christensen of the Presidency of the Seventy

Why does the Church spend so much money to make each temple so exquisite?



“These sacred buildings are built for our use, and within their walls sacred and saving ordinances are performed. But there should be no doubt as to whose house it really is. By requiring exacting standards of construction down to the smallest of details, we not only show our love and respect for the Lord Jesus Christ, but we also hold out to all observers that we honor and worship Him whose house it is.”

Elder Scott D. Whiting of the Seventy

NOTES

1. See Haya El Nasser, “National Birthrate Lowest in 25 Years,” *USA Today*, July 26, 2012, A1.
2. See Gilda Sedgh and others, “Induced Abortion: Incidence and Trends Worldwide from 1995 to 2008,” *The Lancet*, vol. 379, no. 9816 (Feb. 18, 2012), 625–32.

THIS WORK IS A.

SPIRITUAL

work....

YOU CAN MAKE

a POWERFUL

CONTRIBUTION.

IMAGINE



what the millions of Latter-day Saints could accomplish ... if we functioned like a beehive in our focused, concentrated commitment to the teachings of the Lord Jesus Christ.

THE CROWNING CHARACTERISTIC OF LOVE IS ALWAYS

loyalty.



True CONVERSION

BRINGS A CHANGE

IN ONE'S BELIEFS,

HEART, 

AND Life.

Imagine what the millions of Latter-day Saints could accomplish in the world if we functioned like a beehive in our focused, concentrated commitment to the teachings of the Lord Jesus Christ.

The Savior taught that the first and great commandment is: 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. . . . And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets' (Matthew 22:37, 39–40).

The Savior's words are simple, yet their meaning is profound and deeply significant. We are to love God and to love and care for our neighbors as ourselves. Imagine what good we can do in the world if we all join together, united as followers of Christ, anxiously and busily responding to the needs of others and serving those around us—our families, our friends, our neighbors, our fellow citizens.



Elder M. Russell Ballard
of the Quorum of the Twelve Apostles,
October 2012 general conference

Have you prayed about your own ancestors' work? Set aside those things in your life that don't really matter. Decide to do something that will have eternal consequences. Perhaps you have been prompted to look for ancestors but feel you are not a genealogist. Can you see that you don't have to be anymore? It all begins with love and a sincere desire to help those beyond the veil who can't help themselves. Check around. There will be someone in your area who can help you have success.

This work is a spiritual work, a monumental effort of cooperation on both sides of the veil, where help is given in both directions. Anywhere you are in the world, with prayer, faith, determination, diligence, and some sacrifice, you can make a powerful contribution. Begin now. I promise you that the Lord will help you find a way. And it will make you feel wonderful.



Elder Richard G. Scott
of the Quorum of the Twelve Apostles,
October 2012 general conference

The essence of the gospel of Jesus Christ entails a fundamental and permanent change in our very nature made possible through the Savior's Atonement. True conversion brings a change in one's beliefs, heart, and life to accept and conform to the will of God (see Acts 3:19; 3 Nephi 9:20) and includes a conscious commitment to become a disciple of Christ. . . .

A testimony is spiritual knowledge of truth obtained by the power of the Holy Ghost. Continuing conversion is constant devotion to the revealed truth we have received—with a heart that is willing and for righteous reasons. Knowing that the gospel is true is the essence of a testimony. Consistently being true to the gospel is the essence of conversion. We should know the gospel is true and be true to the gospel.



Elder David A. Bednar
of the Quorum of the Twelve Apostles,
October 2012 general conference

I am not certain just what our experience will be on Judgment Day, but I will be very surprised if at some point in that conversation, God does not ask us exactly what Christ asked Peter: "Did you love me?" I think He will want to know if in our very mortal, very inadequate, and sometimes childish grasp of things, did we at least understand *one* commandment, the first and greatest commandment of them all—'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind' (Luke 10:27; see also Matthew 22:37–38). And if at such a moment we can stammer out, 'Yea, Lord, thou knowest that I love thee,' then He may remind us that the crowning characteristic of love is always loyalty.

'If ye love me, keep my commandments' (John 14:15), Jesus said. So we have neighbors to bless, children to protect, the poor to lift up, and the truth to defend. We have wrongs to make right, truths to share, and good to do. In short, we have a life of devoted discipleship to give in demonstrating our love of the Lord. We can't quit and we can't go back.



Elder Jeffrey R. Holland
of the Quorum of the Twelve Apostles,
October 2012 general conference

THE SCRIPTURES IN GENERAL CONFERENCE

Speakers in general conference taught us from the scriptures. You can learn a lot by simply looking up the scriptures they used. The following scriptures were referred to most often in conference:

- Mosiah 5:2
- Alma 5:14
- Helaman 5:12*
- Luke 22:31–32
- Mosiah 3:19*
- Mosiah 18:8
- Alma 5:12–14
- Moroni 10:4–5*
- D&C 20:77
- D&C 84:33–39*
- D&C 121:41
- D&C 121:45

* Seminary scripture mastery verses

NEW LEARNING RESOURCES FOR YOUTH

Brother Russell T. Osguthorpe, Sunday School general president, said:

“The First Presidency recently approved new learning resources for youth that will support the innate desire of young people to learn, live, and share the gospel. These new resources are now available for review online. In January we will begin using them in classrooms. . . .

“These new learning resources will help us all learn and teach in the Savior’s way in our homes and in our classrooms. As we do, we will be responding to His invitation to ‘come, follow me’ [see Luke 18:18–22].”

With these new materials, you’re invited to play a greater role in your lessons by helping teach and by studying and living at home what you learn in your Sunday classes and quorums. As you prepare for these lessons, consider reviewing the conference talks below that relate to the monthly themes for the next several months. You can find each talk at conference.lds.org.

January: The Godhead

- Elder Jeffrey R. Holland
- Elder Craig C. Christensen

February: The Plan of Salvation

- President Dieter F. Uchtdorf (Saturday morning)
- Elder Neil L. Andersen
- Elder Shayne M. Bowen

March: The Atonement of Jesus Christ

- President Boyd K. Packer
- Elder Marcus B. Nash
- Sister Linda K. Burton (general Relief Society meeting)

April: The Apostasy and the Restoration

- Elder Walter F. González

May: Prophets and Revelation

- President Thomas S. Monson (Sunday morning)
- President Henry B. Eyring (Sunday morning)
- Elder Quentin L. Cook

Learn More

Find out more at lds.org/youth/learn. You’ll also hear more from your ward or branch leaders in the coming months and in each upcoming issue of the *New Era*.

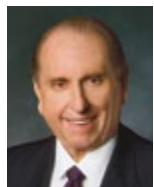


A **NOTE**WORTHY

By Grace Huang



I really wanted to compete in the piano competition, but it was going to be held on Sunday.



MORE THAN JUST SUGGESTIONS

“Although the world has changed, the laws of God remain constant. They have not changed; they will not change. The Ten Commandments are just that—commandments. They are *not* suggestions. They are every bit as requisite today as they were when God gave them to the children of Israel. . . .

“Our code of conduct is definitive; it is not negotiable.”

President Thomas S. Monson, “Stand in Holy Places,” *Ensign*, Nov. 2011, 83.

I applied for a classical piano competition a few months ago. I knew it would likely be on a Sunday, but I didn’t think much of it at the time. I started practicing three months before the competition, and it took a lot of time and effort to get ready.

A month before the competition, a seminary lesson on the Ten Commandments made me think about whether or not competing on a Sunday was a good idea. I wanted to push away the thought, because I’d already paid the application fee of TWD\$1,400 (about US\$50)—not to mention that I’d spent so much time practicing. I asked my seminary teacher if going to a piano competition would be breaking the Sabbath. He told me that was between God and me. But he bore his testimony that keeping the Sabbath day holy would be a

blessing. I thought about it, and I really didn’t want to have to forfeit the competition.

Each day, I read a general conference article. I had just finished one talk and was about to put down the articles, but the next article caught my eye: “Stand in Holy Places” by President Thomas S. Monson (*Ensign*, Nov. 2011, 82). When I began reading it, I hadn’t been thinking at all about my piano competition, nor was I expecting an answer from the talk. But as I read, it was as if Heavenly Father were chastising me. President Monson’s words hit me hard:

“The Ten Commandments are just that—commandments. They are *not* suggestions. They are every bit as requisite today as they were when God gave them to the children of Israel” (83).

Then as I continued, I found:

“His constancy is something on which we can rely, an anchor to which we can hold fast and be safe, lest we be swept away into uncharted waters.

“. . . There is *nothing* which can bring more joy into our lives or more peace to our souls than the Spirit which can come to us as we follow the Savior and keep the commandments” (83).

I knew then what my Heavenly Father expected of me. I said a prayer and told Him that if it were necessary, I would forfeit the competition, even if I didn’t get a refund. I prayed that I wouldn’t have to forfeit if it were possible, that there might be a way for

DECISION

me to still compete, but that I would keep the Sabbath day holy no matter what.

At the end of the day, I told my piano teacher I couldn't compete on a Sunday. She was surprisingly understanding. She said the competitions were divided by area and that I could try to transfer to an area that competed on a different day. I made a call the next day and successfully transferred to compete in Tainan, Taiwan, where the competition was held on Saturday.

I am so grateful that I made the decision to obey my Heavenly Father's commandments. God not only wanted me to keep the Sabbath day holy, but He cared that the piano competition mattered a lot to me. Because I was willing to obey, my testimony of God's love for me and of the blessings that come from obeying His commandments has been strengthened. I know that when we do our best to do what He asks, God will provide the rest. **NE**

Share Your Experiences

How have talks from general conference blessed your life? We want to hear your experiences. Submit your stories at newera.lds.org by clicking "Submit Material" or by sending an e-mail to newera@ldschurch.org. We may publish your experience in an upcoming issue of the *New Era*.





GOALS, GROWTH, AND FAMILY TIME

Spencer's Duty to God goals strengthened his family and drew them closer to words of living prophets.

By Janet Thomas

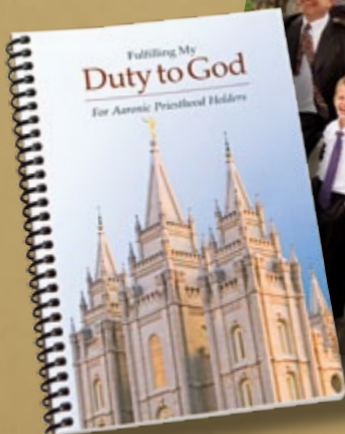
One day last summer, Spencer J. was riding home from a summer vacation with his parents and family when he decided that the time in the car was perfect for planning some of his goals for the upcoming year. He and his family came up with a great list of goals that would help him plan for school, work on getting in better shape, and fulfill his duty to God.

INDIVIDUAL GOALS

His goals for school included working hard to get straight A's, befriending people at school who seem lonely, and tutoring a student who is struggling in classes. He also

wanted to run for an Arizona State President of Student Government, which he was later elected to. That goal could have been intimidating because he had to give a speech in front of 2,000 people. But, as Spencer says, "It would be an awesome experience to talk to other states about what they are doing with their student governments."

Spencer wanted to get in better physical shape. He decided to make a goal to ride his bike at least four miles about three days a week to prepare for a mission. Then he listed that he would like to run two miles at least once a week. He also would participate with the track and tennis teams.



As a priest in the Aaronic Priesthood, Spencer worked with his quorum leaders to set a goal to help make the sacrament more meaningful by being prepared to bless the sacrament, saying the prayers with more feeling, and inviting others who don't often participate in the blessing of the sacrament to bless it with him.

Carrying out these personal goals has made Spencer happier, healthier, and more prepared for the challenges and opportunities he will face in the future.

A FAMILY GOAL

After Spencer set his individual goals, he and his parents came up with a great plan. As a family, they study scriptures together, but they also wanted to review the talks given at general conference. His parents offered him the chance to be the leader in those discussions. He would choose the talk from the most recent conference, and every Sunday they would spend about 20 minutes talking about it. Spencer says, "I read the selected article in the *Ensign* beforehand. Then I prepare questions for people to answer. It gives me the opportunity to lead in the family, sort of practice for becoming a dad. It's kind of cool."

This family study fulfills his Duty to God goal for "Pray and Study the Scriptures" during the priest year. He follows the Duty to God pattern:

- **LEARN:** He arranges for a Sunday afternoon time for the presentation. He gathers information to support the talk he has chosen to present.
- **ACT:** He reads the talk from the *Ensign* or watches the videos of the talks online and prepares discussion questions.
- **SHARE:** He presents his discussion and questions to his family.

This experience to fulfill his Duty to God goal has helped Spencer stay on track. He says, "The project has affected us a lot. Now that it is a Duty to God goal, I'm more motivated to do it. My family has been more persistent."

For the family, Spencer's project has strengthened them. The plan they made together while driving in the car has proven to be a move forward for them all. **NE**



More Online

Read about the experiences of other young men online at DutyToGod.lds.org.



RECEIVING REVELATION

In order to receive revelation through the gift of the Holy Ghost, we must live worthy of His companionship. Think about the choices you make each day, and strive to choose the right so you can always have the Holy Ghost with you. Consider writing in your journal about a time when revelation helped protect or direct you.



ILLUSTRATIONS BY DAVID MALAN

TELL DAD!

*A gentle prompting kept me from being stranded
in the woods on a dark night.*

By Doug Wadsworth

My family spent part of every summer with another family using set-netting to catch salmon near Bristol Bay, Alaska. Where we stayed, there were no roads, no trees, no electricity, and no other people for about 100 miles in any direction—just tundra. We could get there only by boat or a bush plane that landed on the beach. Our cabin was on a narrow strip of land, with ocean on the outside and a lagoon on the inside.

At the end of one summer when I was 15 or 16, I was with my father and our friend Ken to close up our operation for the year. We needed to get our small fishing skiffs to a location several miles away, and we had to move them when the tide was high enough to guarantee we'd make it.

As we approached high tide late in the day, Dad and Ken started driving the outboard-motor fishing skiff up the river through the lagoon. I was supposed to give them a head start of a couple of hours, drive our four-wheeler to pick them up at the old village, and then drive them the 10 miles back to our cabin to spend the night. It was a big responsibility, so I was feeling pretty proud. They reminded me to fill the gas tank on the four-wheeler before I left. In addition to wearing heavy chest waders and gloves, we generally took a pistol to scare away bears. My dad gave me his pistol just in case I needed it.

Later that day, I was almost to the meeting point when I glanced down at the four-wheeler gas gauge and was horrified to realize I was almost out of gas. My heart dropped—I had



A SACRED PRIVILEGE



“Communication with our Father in Heaven is not a trivial matter. It is a sacred privilege. It is based upon eternal, unchanging principles. We receive help from our Father in Heaven in response to our faith, obedience, and the proper use of agency.”

Elder Richard G. Scott of the Quorum of the Twelve Apostles, “How to Obtain Revelation and Inspiration for Your Personal Life,” *Ensign*, May 2012, 47.

forgotten to fill the gas tank before I left. I started frantically running through options in my mind. Option one: go to the meeting place—if I even had enough gas to get there—and be stranded there with Dad and Ken since we wouldn’t have enough gas to get back to our cabin. We’d then walk the whole 10 miles (in deep sand) back to camp the next day. Or option two: start immediately heading back to camp in the four-wheeler and get as far as I could with the gas I had. That way I could walk the last 4–6 miles back to camp alone and get the other four-wheeler to pick up Dad and Ken. After weighing my decisions, I decided this second idea was the best option.

Just before turning around to return to the cabin, it occurred to me that I should say a prayer first. I said a short prayer asking what I should do. Right after I finished my prayer, I felt two words urging me, “Tell Dad!” I obeyed. I waddled in my bulky chest waders up to a high grassy sand dune to see if I could see Dad and Ken in the boat. I saw them, drove closer to where they were, about a half-mile out in the lagoon, shouted to them, and finally got their attention by firing the pistol into the air.

When my dad heard me fire the pistol, he hollered, “What is the matter?”

I shouted my reply with utter shame: “I forgot to fill the gas tank.”

He paused only for a second before shouting back, “We’ll just fill it with our extra outboard gas when we get to the end.”

I had forgotten that the outboard motors used the same gas that the four-wheelers did, and we had several extra cans in the skiff they were driving. But Heavenly Father knew, and He answered my prayer. **NE**

MAKE THE CHOICE:

PREPARATION OR PROCRASTINATION

WHICH PATH LEADS TO THE BETTER RESULT?

Option 1

DAY 1
Get the assignment, go home, review the book, think about your impressions of it, and take notes. (30 minutes)

Option 2

DAY 1
Get the assignment, go home, and think, "I've got plenty of time."

*** ASSIGNMENT:**
Your teacher assigns you to write a paper, due in two weeks, on a book your class just read. What do you do?

DAY 4
Look up passages in the book that support your ideas about it. Add them to your notes. (45 minutes)

DAY 5

DAY 6
Review notes and organize your thoughts. (15 minutes)

DAY 7

DAY 8
Write an outline from your notes. (30 minutes)

DAY 9
Write a rough draft based on your outline. (90 minutes)

DAY 10

DAY 11
Read your rough draft. Revise and cut it down because it's unnecessarily wordy. (20 minutes)

DAY 12
Give your draft to someone to read, get feedback, and revise it again. (30 minutes)

DAY 13
Do a final revision, checking for spelling and other errors, and print out the paper. (15 minutes)
Get a good night's sleep.

DAY 14
Go to class and hand in your paper calmly and confidently.

LATER
Get your paper back and see that you got a good grade. Best of all, you feel that you actually learned something from the assignment.

DAY 13
Late in the evening, remember your assignment. Quickly try to form a mental summary of the book (which you don't really remember very well). Skim through a few pages of the book to see if something jumps out at you. Look up facts and quotes. Write a few half-remembered ideas from class discussions. Stare at your document, with no clue how to connect all the material. Write more. Constantly check to see if the document meets the required length. Momentarily consider changing the font size and line spacing. Repeatedly cast your bleary eyes toward the clock and put your face in your hands, feeling stressed. Type a hasty conclusion. Print out the paper. (150 minutes)
Go to bed late.

DAY 14
Go to class and briefly consider asking for more time. Then nervously hand in your paper.

LATER
Get your paper back and see that you got the grade you deserved. Even worse, you didn't learn anything—except the consequences of procrastination.

DON'T SPOIL YOUR FUN

"Procrastination . . . is the thief of our self-respect. It nags at us and spoils our fun. It deprives us of the fullest realization of our ambitions and hopes."

President Thomas S. Monson, "The Lighthouse of the Lord," *New Era*, Feb. 2001, 8.

WORK HARD

"Be willing to work hard to achieve [goals]. Develop self-discipline, and be dependable."

For the Strength of Youth (2011), 40.

ILLUSTRATION BY BRYAN BEACH



“I have a hard time respecting one of my school-teachers.

What should I do?”

To find a solution to this situation, you might start by identifying the reasons you feel the way you do. Are you offended by the way your teacher treats you or by your teacher’s lifestyle or beliefs? Maybe you just don’t think your teacher is a very good one. Whatever the reason, try to separate your reservations about your teacher from the lessons being taught. In other words, don’t let your feelings get in the way of your education.

Remember that your teacher is a fellow son or daughter of God, and we all deserve respect. You should also respect the fact that your teacher is trying to help you learn, so it will help if you focus more on your instruction and less on your instructor. Something as simple as coming to class with a positive attitude will also help. And finally, take to heart this challenge from President Thomas S. Monson: “I would encourage members of the Church wherever they may be to show kindness and respect for all people everywhere” (“Looking Back and Moving Forward,” *Ensign*, May 2008, 90). **NE**

Pay Attention



I also had that problem with one of my teachers. The way I fixed it was by paying attention in class and listening. Then I could actually get something out of the lesson. I also

did my very best to be respectful. Even though it was pretty hard, it was worth it because the teacher also started liking me a little better.

Zachary B., 12, Hawaii, USA

Remember the Worth of Souls

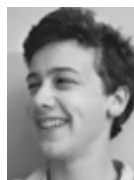


The disrespect I felt for my teacher all changed when I was doing Personal Progress—Individual Worth. I read a scripture I had read before, but it struck me this time as

an instruction for developing the respect my teacher deserved: “Remember the worth of souls is great in the sight of God” (D&C 18:10).

Hannah H., 19, Utah, USA

Talk It Out



Talk with the teacher who is troubling you, and voice your troubles. Teachers are there to teach and encourage us, not to bring us down. Schoolteachers give us the opportunity

to learn things that will help us later in life, such as finding a career. Try to eliminate the problem before it gets worse.

Sam E., 16, Maine, USA

Put Yourself in Their Shoes



Sometimes we think only of what we are feeling. How do the teachers feel? Teachers grade papers, put together homework assignments, and try the best they

can to provide a good learning environment. Tell

them you appreciate their hard work. Remember that they are trying hard for you.

Dominique D., 14, Nebraska, USA

Think “GPS”



GPS: Gratitude, Prayer, and Smiling. Remember that you wouldn't know a lot of things without your teachers. Keep that in

mind at school, and take the time to thank your teachers for all that they do. Keep a smile on your face, and also pray for help to respect your teacher.

Jordan J., 13, Arizona, USA

Consider Their Life



It may help to think of the stress they must go through with work, bills, family, and even their very own students. Remember

they are trying to help.

Deanna R., 16, Utah, USA

See Their Viewpoint



Think about what it is about the teacher that's hard to respect. Maybe it's his teaching style or the amount of work he

gives you. Now think about what you would do or how you would act if you were teaching your class. Remember that your teacher is just trying to find the best way to help you learn and, most important, that he or she is only human, just like you.

Stephen R., 16, Washington, USA

Do a Good Turn Daily



One of the best things to do is be kind to your teacher. If you do a nice thing for your teacher every day, it will make it

easier to respect him or her. It won't be easy to do, but it will help you respect your teacher.

Kidron G., 18, Arizona, USA

Say Thank You

I had trouble respecting my drivers' ed teacher when I was a sophomore. I felt like he was unfair to me and could sometimes be kind of mean. I really wanted a better relationship, so I looked for a time when he taught me something I didn't know before and I said thank you. Though he was still not my favorite teacher, I was able to learn some valuable things from him.

Hope H., 18, Utah, USA

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



SHOW LOVE AND RESPECT

“We need to be civil in our discourse and respectful in our interactions. This is

especially true when we disagree. The Savior taught us to love even our enemies [see Matthew 5:44]. . . . If we show love and respect even in adverse circumstances, we become more like Christ.”

Elder Quentin L. Cook of the Quorum of the Twelve Apostles, “We Follow Jesus Christ,” *Ensign*, May 2010, 84–85.

NEXT QUESTION

“I am repenting of a sin, but other people gossip about me and what I've done. It hurts a lot. What do I do?”

Send your answer and photo by December 15, 2012.

Go to newera.lds.org and click “Submit Material.”

You can also write to us at newera@ldschurch.org or

New Era, Q&A, gossip
50 E. North Temple St., Rm. 2420
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.

SHE'S *my* SISTER?

What was I supposed to do when I couldn't get along with my teacher?

By Nettie Hunsaker Francis

I was in the ninth grade. I had friends, and I was on the yearbook staff. Things were going my way. Everything except gym class. My problem wasn't exactly the class—it was the teacher. She was new, just graduated from college. She was strict and never smiled. It wasn't that I didn't try during class; it was just that my athletic ability wasn't the greatest.

I remember the day we practiced basketball layups. The gym teacher taught us how to place our feet and shoot the ball. I tried to follow her directions, but my ball just wouldn't go into the basket. She growled at me.

Another day we played dodgeball. When the ball hit me squarely in the shin, she yelled at me. I felt humiliated and upset. I started to dread gym class because I was afraid I would be yelled at in front of everyone. I wanted to place the blame on her. But one day I had a realization that changed everything.

I was sitting in line waiting for roll call. I watched my teacher

moving up and down the line, marking her clipboard as she checked our gym uniforms. Suddenly, a thought occurred to me: "She's your sister!"

"My sister?" I thought. How could that be? I wouldn't claim her for all the world. But the thought came again: "She's your sister." And then it occurred to me. She *is* my sister. We are spirit sisters. We have the same Heavenly Father. We both chose to follow the Savior in the pre-mortal world. We are both here on earth to gain a body and learn and grow. This realization was startling. It was as if someone had slipped a pair of spiritual glasses over my eyes. I began to see my gym teacher with a whole new perspective. She is a child of God.

I started to smile at the thought. What if we had actually been friends in the premortal existence? What if she had tried to teach me basketball there and we had laughed together?

I watched her make her way down the line. Soon she was in front of me, marking her chart. I couldn't help but smile at her in a genuine, friendly way. She seemed a little shocked at my new friendliness.

The rest of the class period I thought about what I had

"She's your sister!"

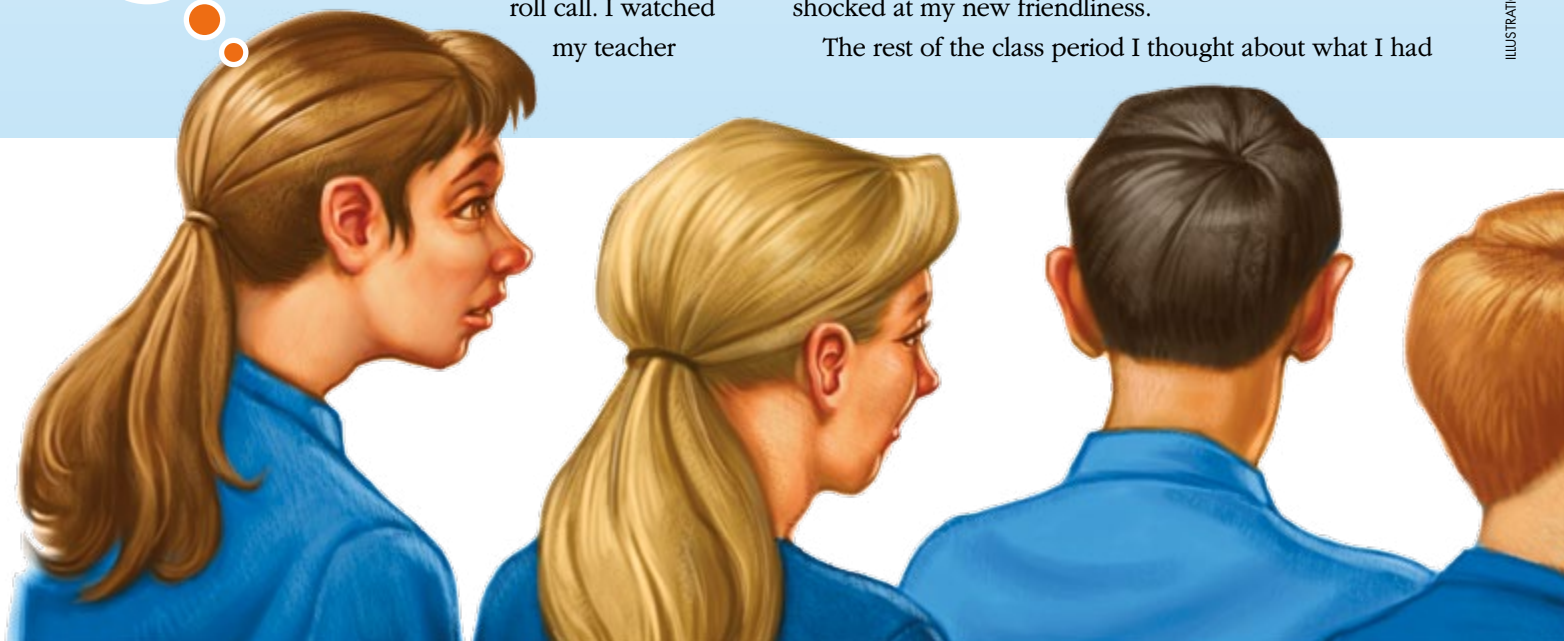


ILLUSTRATION BY GREG NEWBOLD

An Idea for Getting Along

Is there anyone you're having a hard time getting along with? Consider writing down some of their positive traits, and see how it can help change your perspective.

discovered. If she really were my sister, I would want her to be successful as a teacher. Maybe there were some things I could do to make her day go better. To begin with, I could change my attitude.

The next day as I entered the gymnasium and looked at my teacher, the old distasteful feeling started to come back. "Wait," I thought. "That's your sister over there. Love her."

I confidently went and sat in line. Throughout the class I tried to listen respectfully and show real interest in what she was saying. No matter what my teacher did or said to me, I appreciated her. Soon I felt genuine friendship toward her.

She must have sensed my change of attitude because she actually smiled at me a few times. I knew she could tell that I was sincere in my efforts. The rest of the semester went smoothly, and by the end of the year I had even earned an A. But the miracle of the class was not my grade; it was my change of heart.

Now sometimes when I find myself feeling dislike toward someone, I stop and mentally slip on my spiritual glasses. I try to remember that we are all brothers and

sisters. My corrected vision makes all the difference. I can reach out in love to people I would otherwise turn away from. After all, that's what we are here to learn—how to love one another. And that's much more important than an A in gym class. **NE**





Joseph Smith's *Key of Knowledge*

One key teaching of the Prophet Joseph Smith affects your life every day.

What does Joseph Smith have to do with your everyday life?

That might seem like an odd question, but it can lead to some interesting discoveries if you think about it. For instance, do you study the Book of Mormon every day? Do you go to church and partake of the sacrament every week? Do you regularly go to the temple to do baptisms for the dead? Joseph Smith was instrumental in restoring all of those things to the earth during his life.

The list could go on, of course, and you might consider writing down a list like that in order to gain a greater appreciation for the Prophet Joseph Smith. But let's focus on just one way Joseph Smith affects your life every day: your prayers.

In 1845, the year after Joseph Smith was killed, Eliza R. Snow wrote the lyrics of the hymn "O My Father" (*Hymns*, no. 292), in which she said:

*I had learned to call thee Father,
Thru thy Spirit from on high,
But, until the key of knowledge
Was restored, I knew not why.*

The “key of knowledge” she wrote about is the fulness of the gospel, and the song particularly refers to Joseph Smith’s teaching about our relationship to God—that He is literally the Father of our spirits and that we are literally His children.

Joseph Smith taught that God “looks upon the whole of the human family with a fatherly care and paternal regard” and that “if men do not comprehend the character of God, they do not comprehend themselves” (*Teachings of Presidents of the Church: Joseph Smith* [2007], 39, 40).

This particular “key of knowledge” unlocks the door to understanding what we are doing when we pray. When we address God as “Father,” it is not just a metaphor for a bodiless force that created us but is utterly different from us. It is a real relationship—one that we can understand and that predates our mortal birth. Sensing the reality of this relationship, we regard our prayers differently. They become more intimate and personal, as do the answers we receive.

As Joseph Smith said, “Having a knowledge of God, we begin to know how to approach Him, and how to ask so as to receive an answer” (*Teachings: Joseph Smith*, 40).

So, what does Joseph Smith have to do with your everyday life?

Well, do you pray to Heavenly Father every day? Do you feel close to Him because you know He is your Father? Do you feel that He answers your prayers in a personal way? Do you sense deeply that He loves you because you are His child?

If so, then it is in part because of this “key of knowledge” brought back to us through Joseph Smith. And that’s just one of many reasons to thank your Father in Heaven for what Joseph did as the Prophet of the Restoration. **NE**

TO KNOW GOD AND COME TO HIM

“When we understand the character of God, and know how to come to Him, He begins to unfold the heavens to us, and to tell us all about it. When we are ready to come to Him, He is ready to come to us.”

Teachings of Presidents of the Church: Joseph Smith (2007), 40–41.

Spending time at lunch with Duane changed how I looked at those who could use a friend.

A FRIEND

By Sara Wright

in the Hallway

When I was a sophomore in high school, I often found myself seeking a quiet place at lunch. I would sit with my friends at a table, but I didn't enjoy the chaos of the lunchroom and would sometimes retreat to an unused hallway where the noise was less deafening.

I hadn't been doing this for long when I noticed a young man, probably a junior, who would also find an abandoned corner to eat his lunch. He was unkempt, his hair unruly, his clothes visibly secondhand. He wore thick glasses, smelled of cigarette smoke, and mumbled to himself about one thing or another. When I saw him around school, no one seemed to even notice he was there. He walked the halls with his eyes down and never said a word to anyone. He was sometimes the object of cruel pranks and generally didn't fit in.

We were studying the Book of Mormon in seminary that year. We talked about Mosiah 18:8–9, which mentions part of our baptismal covenant. Here, Alma reminds us what we commit to as members of Christ's Church. In verse eight it says we "are willing to bear one another's burdens, that they may be light."

I was by no means the most popular girl in school, but I was no outcast either. As I saw the indifference and even revulsion that my fellow classmates showed toward this young man, the Spirit would not let me rest. I knew he needed a friend. I determined to do something about it.

One day at lunch I excused myself from my friends' table and quietly made my way to the corner where I knew the boy would be sitting. I felt awkward and

nervous as I timidly asked if I could share his corner. He didn't speak but just looked at me and shrugged. I asked him his name, but he shyly shook his head and did not reply to any of my attempts at conversation. When lunch was over, I called out a vague, "See you around," and I went to my class.

The next day, I again felt like I should go sit with him, so I did. This pattern went on every day at lunchtime for more than two weeks before he very quietly whispered that his name is Duane. As we sat, I would talk about anything that came to mind. He rarely responded. But as time went on, I guess my little efforts made some impression. I noticed a change in him. He seemed genuinely happy to see me at lunch. When I would see him in the halls, I would greet him with a wave or call, "Hey, Duane." He would make eye contact and even smile occasionally.

I told my friends what I was doing, and they also began to go out of their way to say hello. This didn't bring us any popularity, and I became the subject of many juvenile remarks as well. But I knew that what I was doing was right.

Our friendship remained casual, with Duane speaking only occasionally. He never became part of the "popular crowd" or suddenly became an outgoing guy. But I began to truly enjoy our lunches, and he did too.

Around March, I was approached by one of the school counselors. She invited me to come speak with her. In her office, I learned that Duane is an only child and that his mother had died several years earlier. His father worked three jobs, so Duane was often left alone at home late into





THE DOCTRINE OF INCLUSION

"If we are truly disciples of the Lord Jesus Christ, we will reach out with love and understanding to all of our neighbors at all times, particularly in times of need. . . .

"That is our doctrine—a doctrine of inclusion. That is what we believe. That is what we have been taught. Of all people on this earth, we should be the most loving, the kindest, and the most tolerant because of that doctrine."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Doctrine of Inclusion," *Ensign*, Nov. 2001, 36–37.

the night. He had struggled in school for years and would sometimes do himself harm.

"I have rarely heard him say more than a sentence or two when I have met with him," the counselor said. "He is normally extremely shy and withdrawn. But in the last few months, he has begun to actually talk a little. He mentioned that he eats lunch with a sophomore girl named Sara. He even went so far as to say that he likes the company. I just wanted to express my appreciation for what you are doing. It may seem small, but you are changing

Duane's outlook. He is happier than I have ever seen him."

At that moment, tears came to my eyes, and I knew that Heavenly Father and His Son were pleased with what I was doing. And I knew that I was keeping my baptismal covenant. At the end of the year, I had Duane sign my yearbook. He grinned and wrote a simple, "Have a great summer. Thanks for the lunches. Duane."

Duane did not return to school after that year, and I heard that he had moved to another city. I genuinely prayed that he would continue his progress to happiness. I have never heard more about him, but I know that Heavenly Father and the Savior are watching over him. I'm sure he found new friends.

I was changed forever by those few minutes at lunch. Since then I have tried to look for those who need comfort, especially those who normally go unnoticed. Though I am by no means a perfect example, I have felt the love of the Savior for these special brothers and sisters. I have learned that keeping our baptismal covenants can sometimes be uncomfortable, but the Spirit brings a joy that will surpass all discomfort. **NE**



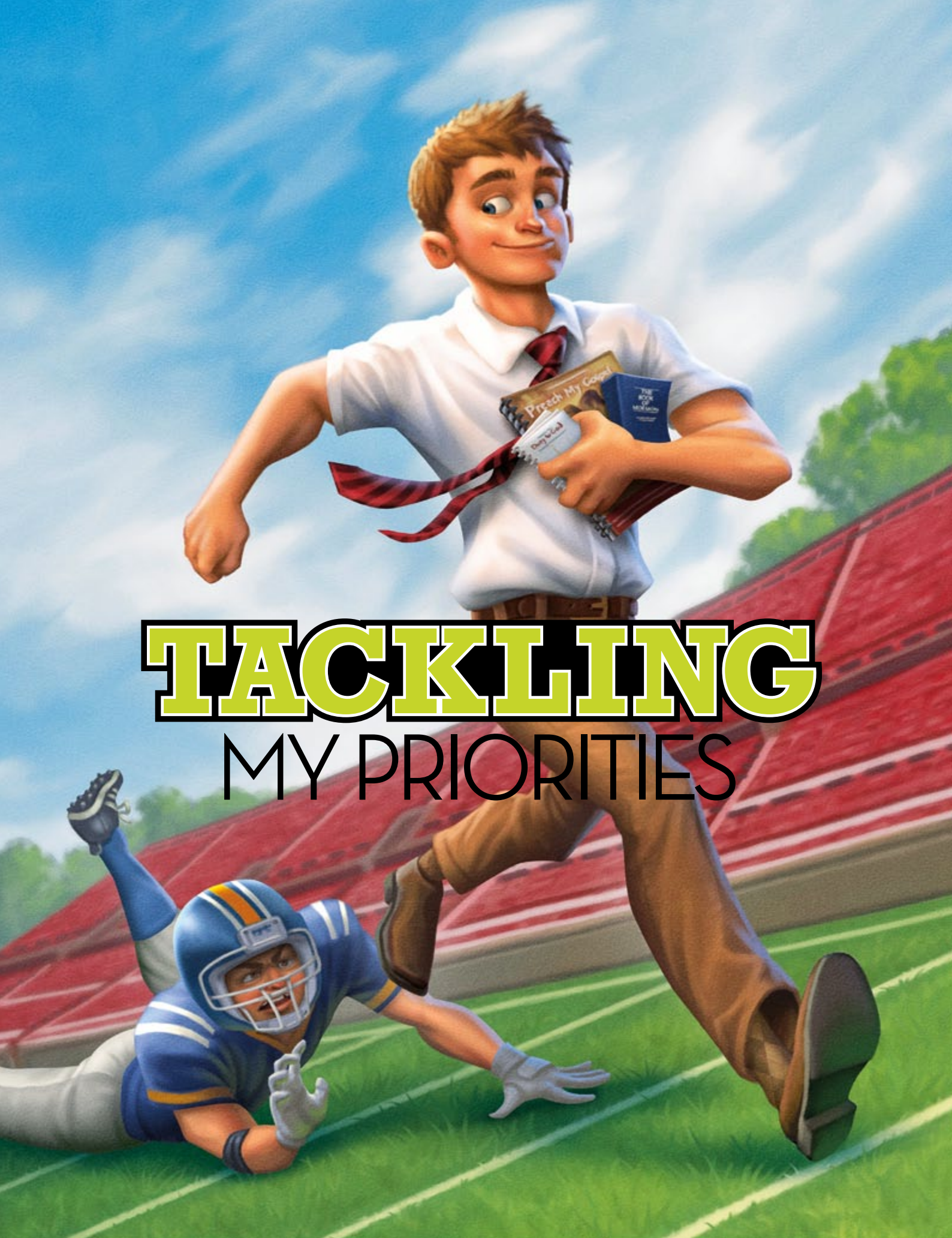
MORMONAD



REACH HIGHER

“Set high goals for yourself, and be willing to work hard to achieve them.”

For the Strength of Youth (2011), 40.



TACKLING MY PRIORITIES

I thought football was my life, but I discovered there was a better game plan for me.

Touchdown! The phrase seemed so familiar to me. I would hear it in my thoughts, dreams, and, most important, on the football field. I was what you would call a football fanatic. Nearly every inch of my wall donned a poster of something football-related. If you saw me at the park with my friends, I would be playing football. As I got bigger and stronger, so did my love for the game.

When I entered high school, my football career started to consume me. Mutual? Nah. I was lifting weights with my football buddies. Youth conference? A little bit. But I missed half of what many called a life-changing experience because I was set on training with the team. Family? We lived in the same house, but I felt that my team was my family.

Because of these choices, I started to stray. I would go through the motions to make my mom happy, but when I sat in sacrament meeting taking the holy emblems of our Savior's atoning sacrifice, my mind just wasn't in the right place. I had become a glory-obsessed athlete. My dream was to play in the big game under the Friday night lights.

During the summer, we had rigorous workouts—running in the 110-degree heat (43° C), lifting weights for hours, running up and down the bleachers, and overall just exhausting ourselves. Then my back began to hurt. Eventually the pain I brushed aside became something that required medical attention. I took medications, but they didn't help, so it was suggested that I get an MRI scan. One week later I received a call from my doctor. I was hurt worse than I had thought. It was apparent that my football career was over, and I did nothing but mourn my loss.

I joined the swim team to stay in shape. I was the biggest person out there, at 6'3" (191 cm) and 215 pounds (98 kg). I was also by far the slowest swimmer. It was a humbling experience. While on the team, I had fun and met new people, but I still felt empty. I felt as if there were a part of my heart that would never be filled again. I talked with many people and heard their experiences, but they were all just stories to me. I was lost in the thoughts of my broken heart.

I attended seminary, but I would end up just going and sitting in class, sending text messages to my friends, complaining about everything from not playing football to being hungry. Then one day the seminary teacher told us to take out our hymnbooks for an activity. I flipped through the pages and came across "How Firm a Foundation" (*Hymns*, no. 85). I read through the fifth verse, which says:

*When through fiery trials thy pathway shall lie,
My grace, all sufficient, shall be thy supply.
The flame shall not hurt thee; I only design . . .
Thy dross to consume and thy gold to refine.*

As I read this, I realized that God had allowed these trials to come in order to strengthen me. I went home and prayed and realized that I had been so foolish to forget God and forget how blessed I am, even without football. I had wonderful friends, a wonderful family, and, most important, faith in my Heavenly Father and the Lord Jesus Christ.

It took me a long time to realize that with my faith fully set on God, putting Him before everything, I can never lose. After these experiences, I could walk out of sacrament meeting, cleansed through the sacrament and with my sights set on a mission, and look back at the end of my football career and ask myself, "Is this a loss or a win?" Sounds like an eternal victory to me. **NE**



Thinking OUTSIDE the BOOK

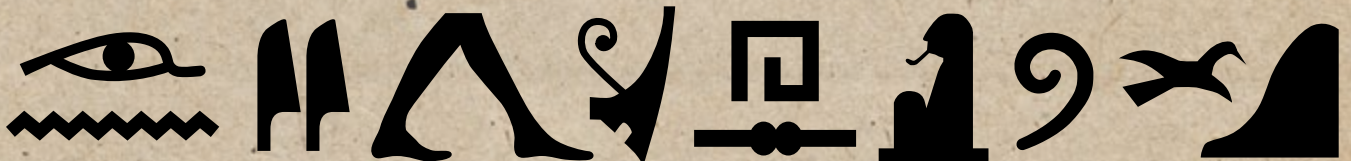
Ancient Mesopotamian peoples dug up clay and devised styluses. The Chinese of the Shang Dynasty used bones or turtle shells, and Egyptian slaves carved hieroglyphics into stone. For millennia, human beings have been finding ways to keep some record of their lives. Today, we are commanded to do the same.

President Spencer W. Kimball (1895–1985) said: “We renew our appeal for the keeping of individual journals. . . . People often use the excuse that their lives are uneventful and nobody would be interested

in what they have done. But I promise you that if you will keep your journals and records they will indeed be a source of great inspiration” (“Hold Fast to the Iron Rod,” *Ensign*, Nov. 1978, 4).

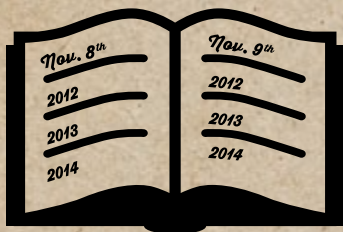
Keeping a journal in the 21st century doesn’t require as much physical work as it did centuries ago, when prophets carved into metal plates. We are blessed with a variety of options for keeping a journal. If you think the traditional option of putting pen to paper isn’t best for you, or if you just want to add another aspect to that approach, consider these suggestions.

THERE’S MORE THAN ONE WAY TO KEEP A RECORD OF YOUR LIFE. HAVE FUN WITH ONE OF THESE CREATIVE TWISTS FOR THE 21ST CENTURY.



Years at a Glance:

If writing long paragraphs seems intimidating, look for a journal where each day of the year is represented by one page and each page is divided into four or five sections. The first year, write a few lines in the top section each day. The next year, use the second section and so on.



Scrapbook: Scrapbooking is certainly a type of journaling. Create a special scrapbook, or just add photos and memorabilia in the pages of your regular journal. (You may want to use an archival spray for some memorabilia to make them acid-free and thus less prone to fade and decay.) Include athletic numbers, music programs, drawings, postcards, and more. Mementos can add variety to a traditional journal.



Compilation: Pay attention to the ways you already record parts of your life. Make copies of letters or notes you send to friends. Print out e-mails in which you talk about ideas or experiences. Take screenshots of your social media interactions. Save audio or video recordings of your activities to a DVD. Collect all these items and put them in a 3-ring binder or notebook, adding to it as you go along.



JOURNAL WRITING IN ACTION

Angela C., a Laurel, has kept a journal since middle school. While she says it's sometimes difficult

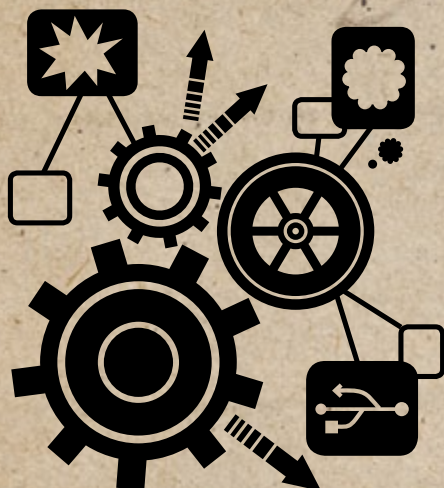


to find the time to do her journal writing justice, the struggle is worth it: "Journaling helps me become a better storyteller. It helps me remember things that happen to me and see how I've grown. Sometimes on days when I feel totally stressed and I feel like I have all these big problems, if I can write them down, they seem more manageable."

Reagan K., a Mia Maid, talks about finding her mother's journal in a hope chest: "She let me read it. It was cool, because I could see how she was at my age."



Blog: Take a thought that might have been no more than a status update and turn it into a full-fledged journal entry on a blog that you can post online and share with family and friends who have a password access to your blog; you can also publish posts on a private setting where others can't view them publicly. Just make sure you are careful about the information you share and your privacy settings.





Why I Write

My first journal was a hardcover white book with wide-ruled lines and a snap to keep the cover shut. I begged my mom for it when we were shopping one day when I was five. She told me she'd buy the book only if I'd promise to write in it.

I'm still keeping that promise 17 journals later.

I won't pretend that I wrote consistently all that time. Life does get busy, and sometimes voice-activated password journals marketed to pre-teen girls refuse to come unlocked for months. But for most of high school, I wrote daily in my journal.

What I love most about journal writing is the work involved in weaving words into a meaningful representation of my feelings. By filtering whatever problem I'm grappling with to the forefront of my consciousness, through my head and heart and out onto paper, I see more clearly the Lord's hand in my life, how I rely on others, and the blessings I've been given.

Writing is a thoughtful process, a way for me to ponder. It's essential in my study of the scriptures, my Personal Progress goals, and in my review of the day and events that have passed. Writing is how I organize and understand my life. It's a gift from Heavenly Father.

Victoria Ison



Typed Record: If you're quick on the keyboard, consider typing your journal entries. Look into online journal hosting sites where you don't have to share your thoughts with many others, or simply save the files on your computer. Be sure to back up your files and print entries periodically.

REFLECT AND RECORD

“Daily reflecting upon and recording the impressions that come from the Spirit serve the dual purposes of helping us (1) to recognize our personal encounters with the divine and (2) to preserve them for ourselves and our posterity. Recording them is also a formal recognition and acknowledgment of our gratitude to God.”

Elder Paul B. Pieper of the Seventy, "To Hold Sacred," *Ensign*, May 2012, 109.



Audio: For those who prefer to express thoughts vocally, try podcasting or audio recording your journal entries. Talk about what you'd write if you were keeping a traditional journal. When you've done several recordings, you can burn them to a CD to save them for future reference. Make sure to think and speak thoughtfully, record entries in a quiet place, and say what you mean. **NE**



JOURNAL FOR PERSONAL PROGRESS AND DUTY TO GOD

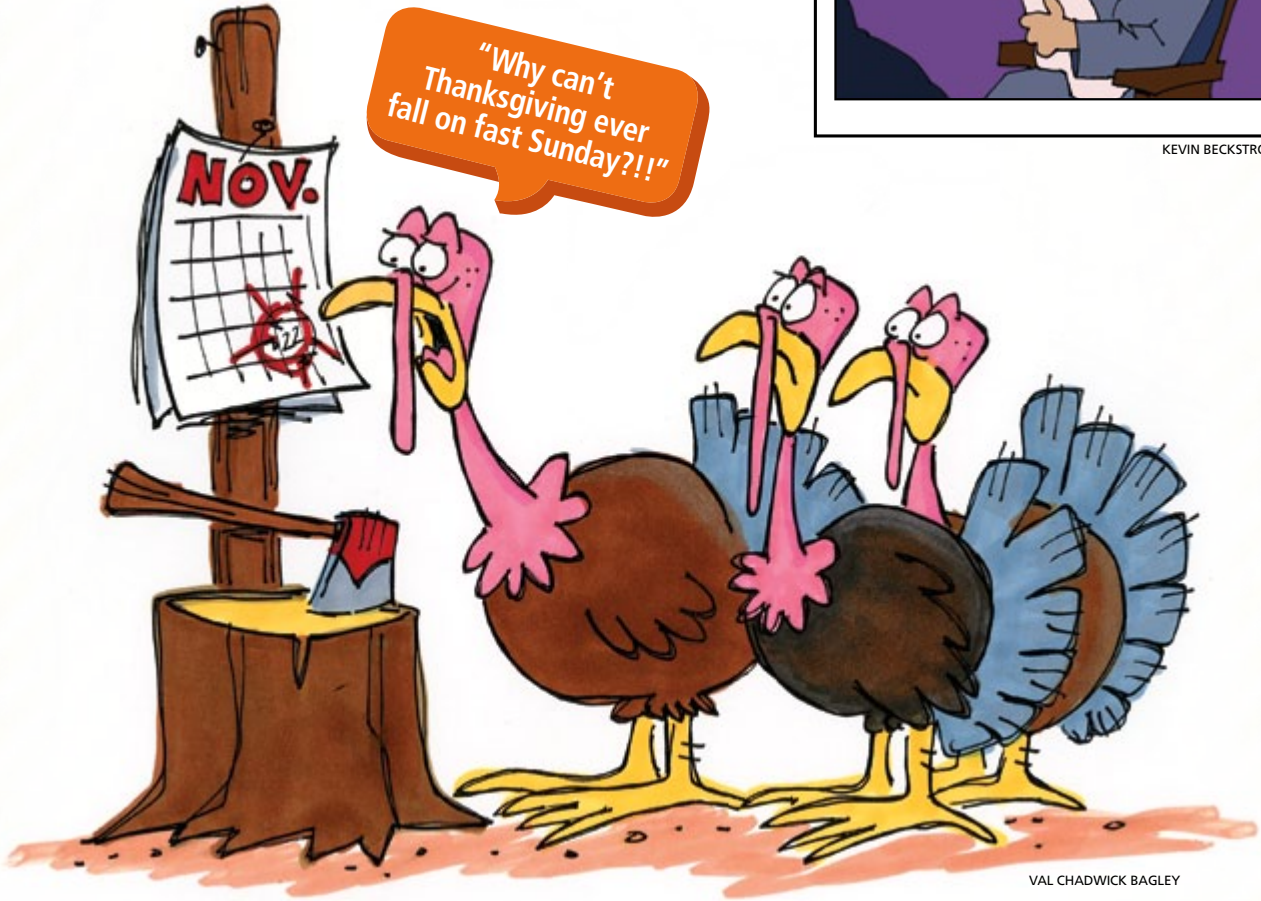
Journaling after Personal Progress and Duty to God experiences is essential. A number of studies have shown that we retain things longer if we write them down, so recording our spiritual thoughts and impressions during scripture study helps solidify them and allows these feelings to become a part of who we are, accessible to us in every part of our lives.

"It's OK, Daddy—I promise to go to sleep if you promise to stop singing!"



KEVIN BECKSTROM

"Why can't Thanksgiving ever fall on fast Sunday?!"



VAL CHADWICK BAGLEY



RYAN STOKER

Most other Christians use the cross as the **symbol** of their **faith**. Why don't members of the Church wear crosses?

The fact that our Church doesn't use the cross does set us apart from other Christians. So why don't we use it? President Gordon B. Hinckley (1910–2008) once answered this question in this way: "For us, the cross is the symbol of the dying Christ, while our message is a declaration of the Living Christ. . . . The lives of our people must become the most meaningful expression of our faith and, in fact, therefore, the symbol of our worship. . . . Because our Savior lives, we do not use the symbol of His death as the symbol of our faith. But what shall we use? No sign, no work of art, no representation of form is adequate to express the glory and the wonder of the Living Christ. He told us what that symbol should be when He said, 'If ye love me, keep my

commandments' (John 14:15)"
("The Symbol of Our Faith,"
Ensign, Apr. 2005, 3, 6). **NE**

Is it OK to have a crush?

Crushes are natural. It's normal to like someone and even to feel strongly attracted to that person. But don't obsess over someone, thinking about him or her all the time, especially if you're not old enough to date. And even if you are old enough to date, don't center your romantic feelings so strongly around one person while you're in your teens. That can be unhealthy and sometimes dangerous.

As President Gordon B. Hinckley (1910–2008) said, "The Lord has made us attractive one to another for a great purpose. But this very attraction becomes as a powder keg unless it is kept under control" ("A Prophet's Counsel and Prayer for Youth," *New Era*, Jan. 2001, 13).

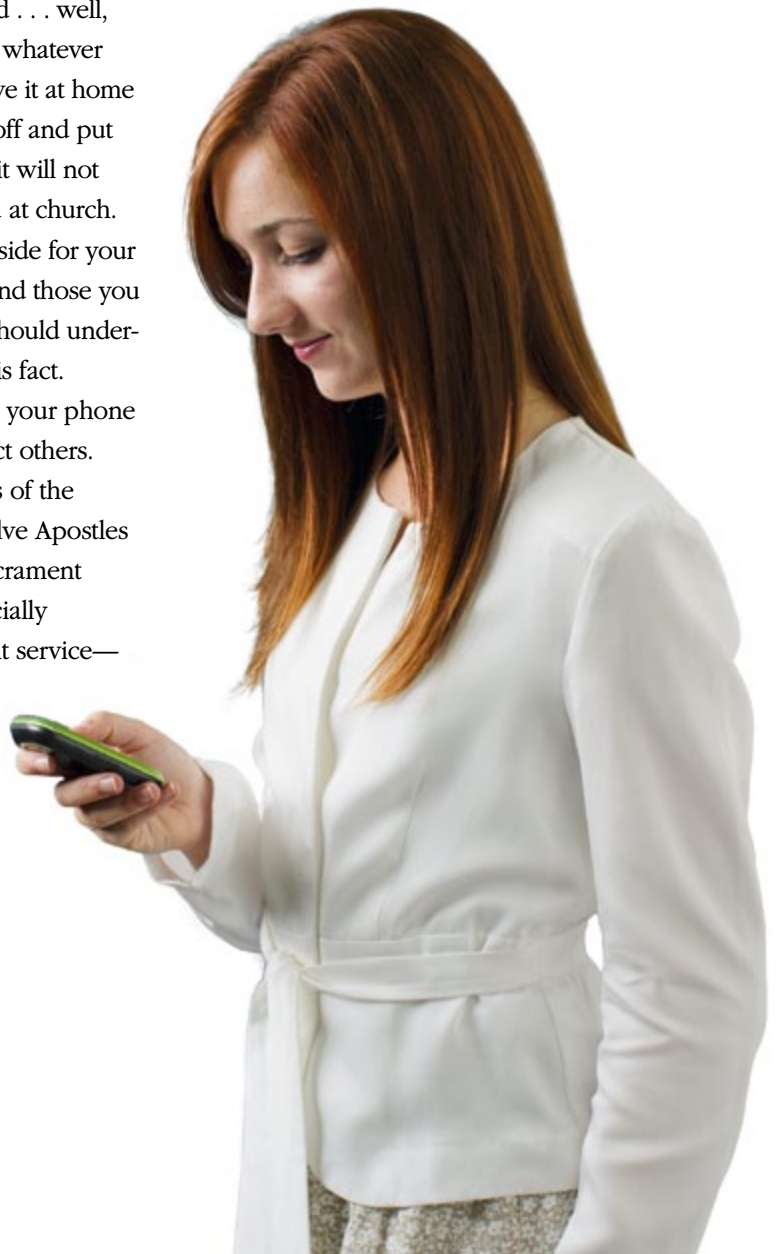
Focusing too much on a romantic interest in one person could get in the way of the fun and positive experiences you can have as a teen as you form friendships with a variety of people and get to know them in a variety of settings, including group dates and Church activities (see *For the Strength of Youth* [2011], 4–5, 16–17). **NE**

Is it bad to bring my mobile phone to church?

Merely having a phone in your possession at church isn't bad in and of itself, but there aren't many reasons to use it there (looking up scriptures in class, perhaps, and . . . well, that's about it). If for whatever reason you can't leave it at home or in the car, turn it off and put it someplace where it will not tempt or distract you at church. This is the time set aside for your worship. Both you and those you communicate with should understand and respect this fact.

In addition, using your phone in church can distract others. Elder Dallin H. Oaks of the Quorum of the Twelve Apostles has said, "During sacrament meeting—and especially during the sacrament service—

we should concentrate on worship and refrain from all other activities, especially from behavior that could interfere with the worship of others. . . . Young people, it is not a time for whispered conversations on cell phones or for texting persons at other locations" ("Sacrament Meeting and the Sacrament," *Ensign*, Nov. 2008, 18–19). **NE**





SHARING IN THE SALON

One day I was getting my hair done at a salon and I started talking to the woman shampooing my hair. We were talking about my summer plans and came

across the subject of the Church. I told her a little bit about what we, as Latter-day Saints, believe. Before, when I had been waiting to get my hair done, I had been reading the Book of Mormon in the waiting room. So when the topic of church came up in my conversation with this woman, the Book of Mormon came up too. She had no idea what it was about. I continued to tell her the basics of what the Book of Mormon holds. She was very open to what I had to say and willing to listen.

I had a strong feeling that I needed to give her a Book of Mormon. I had one of the blue copies the missionaries usually share! It was perfect to give to her. After my hair was done, I sat down and wrote my testimony on the inside cover of the Book of Mormon. As I was leaving the salon, I gave the book to her and invited her to read it.

A couple months later, a Church member I know who works in the salon saw a Book of Mormon in the break room. She picked it up, and on the inside cover she saw a testimony with my name at the end. It's good to know the woman still has it, and I hope she felt inspired to read it.

I continue to pray for her, and I hope she will feel of the Spirit. It brings so much joy to my life when I can be a missionary and a tool in the Lord's hands. I hope all of us can achieve the happiness that comes along with sharing the gospel with another (see D&C 18:15–16).

Lauren K., Missouri, USA

PEACE THROUGH PRAYER

“**W**hat hymn do you want to play?”
“Um, ‘Sweet Hour of Prayer?’”

I could not believe I was doing this. I had just turned 12, and Mutual was a new experience for me. Even though I was eager to participate in my youth activities, I wasn’t sure that I was prepared to play the piano in Mutual.

I was extremely nervous, and several of the harmonies were off-key. I had only a few measures left, but I was not sure how I could go on. I said a short prayer in my heart, and suddenly playing this hymn was a lot easier than it had been before. My playing was still not perfect, but I was calm and was able to finish the hymn with ease.

“Sweet Hour of Prayer” is a beautifully inspiring hymn. I love the section that reads: “In seasons of distress and grief, My soul has often found relief . . . By thy return, sweet hour of prayer!” (“Sweet Hour of Prayer,” *Hymns*, no. 142).” It is a great reminder that prayer is a blessing from our Heavenly Father.

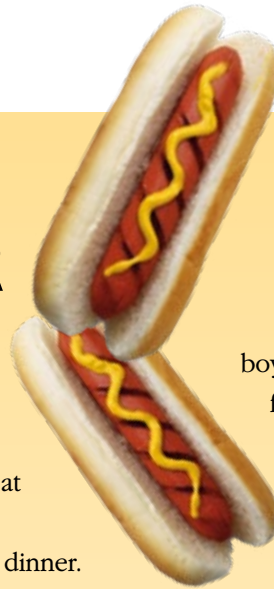
While I was playing this hymn on that Tuesday night, I was given a powerful reminder that prayers

HEIMLICH MANEUVER

Last summer, my family and I were on vacation in California. While shopping at a local grocery store, we decided to eat hot dogs for dinner. I was starving, and I love hot dogs, so the first bite that I took was a huge one. I swallowed it wrong and started choking. I had to get my mom’s attention by making the universal sign for choking for her to notice. When she saw me she jumped up and started the Heimlich maneuver. After she tried a couple of times, the hot dog popped out, and I could breathe again. It was a really emotional, scary experience. For a few months after that, I wouldn’t even wear the shirt I had been wearing when I choked, because of the bad memory.

Six months later, I was at school, sitting at lunch with a group of friends. All of a sudden there was commotion in a corner of the lunchroom. I looked over and saw that a

are an important blessing that can change our lives. Although being able to play that hymn was not in itself a life-changing experience, the reminder I received that night



boy was bending over and flapping his arms.

Everyone who was watching was in shock, standing around just watching the uncomfortable scene.

I got the impression that this boy could be choking. I jumped up from my table, ran over to the boy, and made the choking sign as a question to him. He nodded his head. I quickly got behind him and started doing the Heimlich maneuver. The food came up, and he started breathing again. The lunchroom erupted in applause, but I knew that it wasn’t me. I knew the Spirit prompted me to do what I did.

I am so grateful for what I learned from the experience during the summer so that I was prepared when the situation in the lunchroom happened. It added to my testimony that the Lord allows everyone opportunities to have experiences so they can then use them to help others.

was powerful and has helped me to remember that prayers are a blessing that can make a real impact in our lives.

Rachel D., Utah, USA



PHOTO BY NOAH WESTON

The Mountains Soar

By Jacob Gabell

The mountains soar above the clouds
Lonely and white these giants stand
Bold
True
Among the troubled world these peaks remain
The world may change but not change them
Unflinching
Proud
Let us be as these bold mountains
Strong and true to the faith we hold
Brave
Courageous
Among the wavering world we stand
The world may change but not change us.

.....: "I AM" :.....

CONFIDENT

THAT AN EVEN GREATER HARVEST

.....: *will be achieved now* :.....

AS RIGHTEOUS, COMMITTED

MISSIONARIES

.....: *fulfill the* :.....

SAVIOR'S COMMANDMENT

.....: *to* :.....

PREACH HIS GOSPEL."

—Elder Quentin L. Cook
of the Quorum of the Twelve Apostles
October 2012 general conference

WHAT'S ONLINE



Press Conference on the Missionary Announcement

At [lds.org/go/112K](https://www.lds.org/go/112K), you'll hear Elders Russell M. Nelson and Jeffery R. Holland of the Quorum of the Twelve Apostles talk about the announcement for the new age options for missionary service. Here's a peek at what you'll hear:

"This is an option that will allow more young men and women to enjoy the blessings of missionary service. . . . We hope that many will seize this opportunity."

—Elder Russell M. Nelson

"Prospective missionaries will be asked to enhance and improve and take more seriously their pre-mission preparation. This should include total personal worthiness—there will never be any compromise on that—supplemented by gospel study, especially study of the Book of Mormon and the standard works of the Church, seminary and institute classes, missionary preparation classes, and systematic study of the missionary handbook, *Preach My Gospel*. . . .

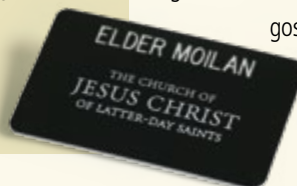
"God is hastening His work, and He needs more and more willing and worthy missionaries to spread the light and the truth and the hope and the salvation of the gospel of Jesus Christ to an often dark and fearful world."

—Elder Jeffrey R. Holland



In the press conference, you'll also hear answers to questions such as:

- How soon can I turn in my mission papers?
- Do young men and women *need* to serve at ages 18 and 19, respectively?
- What if I can't serve a mission for health reasons?
- What factors should I consider when deciding when (and if, for young women) to serve a mission?



Conference Video Highlights for Youth

Watch short video highlights (1–2 minutes each) from numerous conference talks. You can even easily share them via social networking sites. Find them at [youth.lds.org](https://www.youth.lds.org)—just click on "From Church Leaders."