

THE ENSIGN OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • JULY 2010

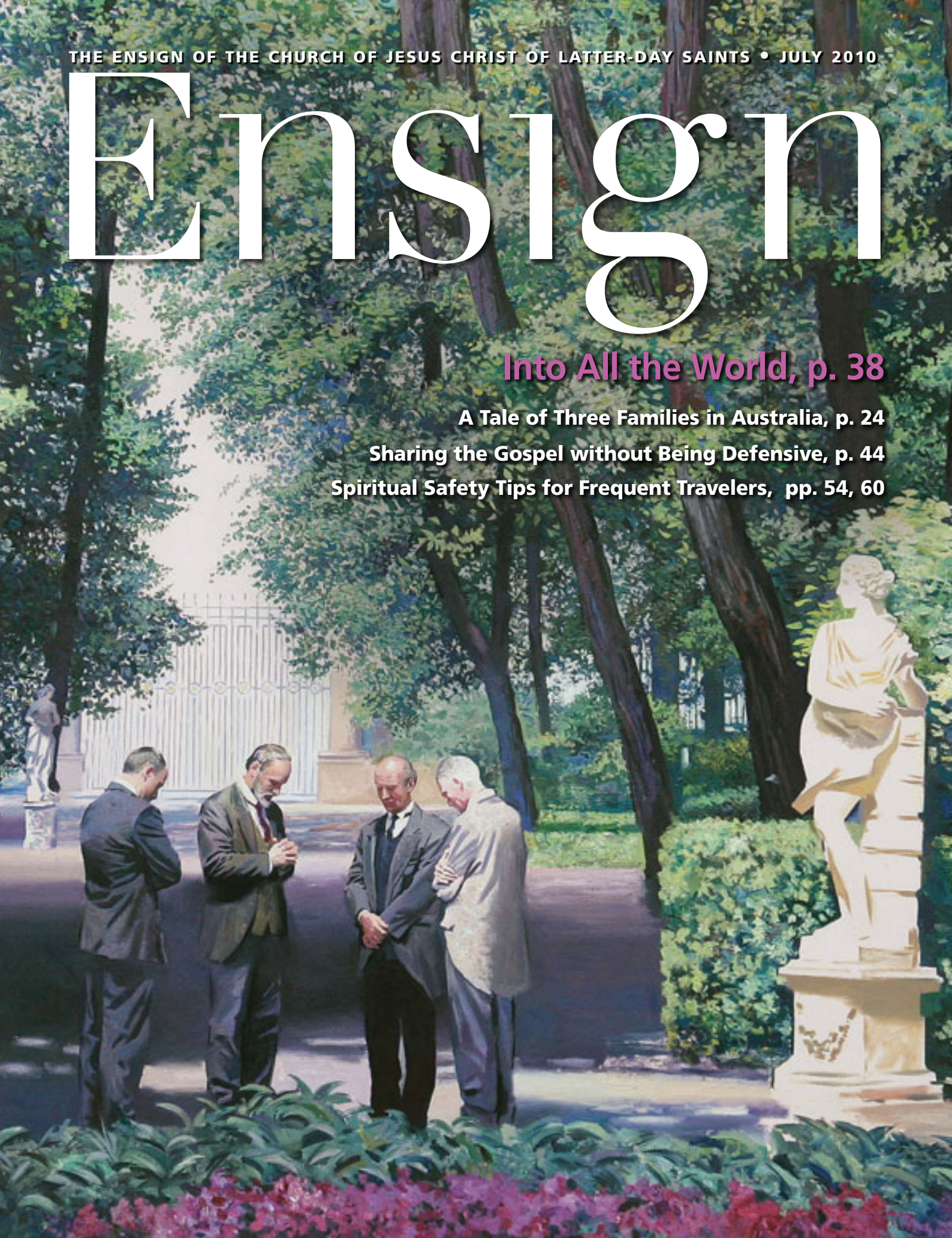
# Ensign

*Into All the World, p. 38*

**A Tale of Three Families in Australia, p. 24**

**Sharing the Gospel without Being Defensive, p. 44**

**Spiritual Safety Tips for Frequent Travelers, pp. 54, 60**





COURTESY OF FIRST INTERNATIONAL ART COMPETITION

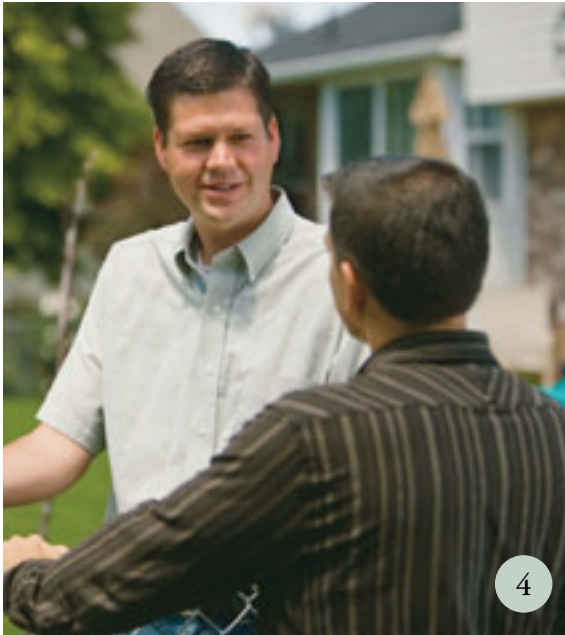
**Benbow Farm and Pond, by Frank Magleby**

*In March 1840, Elder Wilford Woodruff of the Quorum of the Twelve Apostles arrived in Hanley, England, where he met recent converts William and Ann Benbow. Elder Woodruff and Brother Benbow traveled to the Herefordshire area to teach William's brother, John, and his family. The Benbow brothers then invited the neighbors to join them in hearing what the missionary had to say. As a result, 13 people were baptized in this pond on the Benbow farm.*

*They also introduced Elder Woodruff to their former congregation: over 600 people who had formed their own church, the United Brethren. All but one was eventually baptized. Later that year they deeded their Gadfield Elm chapel to the Church. See "To Fill the Earth," page 38.*

# Contents July 2010

Volume 40 • Number 7



## MESSAGES

### FIRST PRESIDENCY MESSAGE

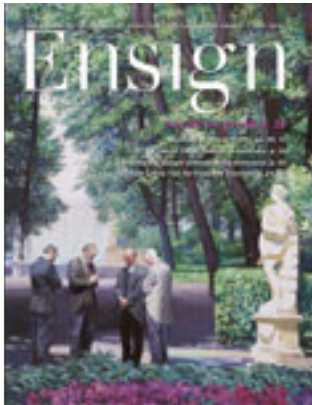
**4 Faithful Friends**  
President Henry B. Eyring

### VISITING TEACHING MESSAGE

**7 Strengthening Families and Homes**

#### ON THE COVER

Front: *Dedication of Russia*, by Emin Zulfugarov. Back: *Ready for the Covenant*, by Erick Duarte.



## FEATURES

**9 The Journey**  
Heather Bergevin  
*A poet imagines the thoughts of a Jaredite woman on her voyage to a new land.*

**12 Dear Frieda**  
*Young adults write about the decision to stay morally clean.*

**38 To Fill the Earth**  
*As we follow our prophet, President Thomas S. Monson, who asked us to unite our faith and prayers “in behalf of those areas . . . where we are not allowed to share the gospel,” nations will open as they have in the past.*

**44 Sharing the Gospel with Confidence**  
Elder M. Russell Ballard  
*Two keys for sharing the gospel without being defensive.*

### OUR HOMES, OUR FAMILIES

**16 Finding a Home in the Gospel**  
Rozelle Hastwell Hansen  
*My family’s opposition to my baptism took me completely by surprise.*

**18 Choose the Temple**  
Richard M. Romney  
*Couples in India share how they overcame unique cultural challenges to be sealed in the temple.*



### LIVING AS LATTER-DAY SAINTS

**24 A Tale of Three Families**  
Don L. Searle  
*The stories of three Australian families show how the Lord builds and strengthens His Church by building and strengthening individuals.*



63

## TEACHING, LEARNING, SERVING

### 30 Recognizing Righteous Leadership

Elder Paul E. Koelliker

*Six keys to humble, effective leadership.*

### 34 A Work for Us to Do

Russell T. Osguthorpe

*The three essential elements of gospel instruction.*

## BY STUDY AND BY FAITH

### 52 What Did the Pioneers Bring?

Elder Stephen L. Richards

*The pioneers of the early Church displayed industry, devotion, wisdom, fidelity, character, brotherhood, and love for family—principles Jesus Christ taught.*

## GOSPEL SOLUTIONS

### 54 Road Warriors and Strong Families

Melissa Merrill

*How to narrow the distance when work takes a family member away from home.*

### 60 Spiritual Safety Tips for Frequent Travelers

Todd Hansen

*Five ways to keep yourself spiritually safe on any business trip.*



54

## PROVIDENT LIVING

### 63 Investing in the Golden Years

Lisa Barton with Heather Stock

*There's much more to preparing for old age than simply saving money.*



10

## DEPARTMENTS

### 8 WE TALK OF CHRIST

#### He Can Heal Any Wound

Sylvia Erbolato Christensen

*The turmoil I felt following the death of our son was indescribable. Could I ever feel joy again?*

### 10 WHAT WE BELIEVE

#### Sexual Purity Blesses Our Lives

*Why chastity is an essential part of the gospel plan.*

### 33 SERVING IN THE CHURCH

#### Blessed by My Calling

Judith Castillo Martelo

*How serving in the Primary prepared me for my future.*

### 66 LATTER-DAY SAINT VOICES

*The gospel of Jesus Christ changes lives, blesses families, and answers questions of the soul.*

### 70 SMALL & SIMPLE THINGS

### 73 FAMILY HOME EVENING IDEAS

### 74 NEWS OF THE CHURCH

### 79 IN OTHER CHURCH MAGAZINES

### 80 UNTIL WE MEET AGAIN

#### Fight, Flee, or Take the Blows?

R. Val Johnson

*When faced with persecution, what options do we have as disciples of Christ?*

## COMING IN AUGUST

- Teaching children from the scriptures
- Delivering an effective talk
- Influencing youth through Mutual activities
- Fostering ward unity

AN OFFICIAL MAGAZINE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS  
JULY 2010 VOLUME 40 • NUMBER 7

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**POSTMASTER:** Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

**Canada Post Information:** Publication Agreement #40017431

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**THE REASON FOR TEMPLES**

If you'd like to teach your family about the importance of temples, or explain to a friend why Latter-day Saints build temples, visit [LDS.org/temples](http://LDS.org/temples). You'll find a video explaining their purpose, answers to frequently asked questions, and much more.



**DID YOU KNOW?**

General conference was in April, but did you know that general authorities regularly deliver other talks at CES firesides, Church-school devotionals, and other Church and civic events? You can find a repository of these addresses at [broadcast.lds.org](http://broadcast.lds.org).



**LDSjobs.org** is a new Web site for people searching for jobs, wanting to go to school, or looking to start or improve a small business. Bishops, quorum or Relief Society leaders, and employment specialists will also find resources to help them help Church members. The site includes information about:

- Finding employment
- Changing careers
- Selecting a school or study program
- Starting a business
- Managing a small business
- Deciding what to do following graduation from school
- Returning to the workforce
- Developing marketable skills
- Improving your financial situation
- And much more

The site is available in English, Portuguese, and Spanish.

**DO YOU HAVE A STORY TO TELL?**

The new Primary nursery manual, *Behold Your Little Ones*, was released in January 2009 and is a wonderful resource for parents and children preparing family home evening lessons. How has it made a difference in your family? Send us your success stories and tell us how you have used it. Please label your submissions "Nursery Manual," limit text to 400 words, and submit it by August 20, 2010.

We also welcome submissions on other topics showing the gospel of Jesus Christ

at work in your life. On each submission, please include your name, address, telephone number, e-mail address, and the name of your ward and stake (or branch and district).

**Please submit articles through [ensign.lds.org](http://ensign.lds.org)**, or send them to Ensign Editorial, 50 E. North Temple St., Rm. 2420, Salt Lake City, UT, 84150-0024, USA. We regret that we cannot acknowledge receipt or return manuscripts. Authors whose work is selected for publication will be notified.

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**By President  
Henry B. Eyring**

First Counselor in the  
First Presidency

# Faithful Friends

One of the great tributes the Savior can give is to call us “friends.” We know that He loves with a perfect love all of His Heavenly Father’s children. Yet for those who have been faithful in their service with Him, He reserves this special title. You remember the words from the 84th section of the Doctrine and Covenants: “And again I say unto you, my friends, for from henceforth I shall call you friends, it is expedient that I give unto you this commandment, that ye become even as my friends in days when I was with them, traveling to preach the gospel in my power” (D&C 84:77).

We become His friends as we serve others for Him. He is the perfect example of the kind of friend we are to become. He wants only what is best for His Heavenly Father’s children. Their happiness is His happiness. He feels their sorrow as His own because He has paid the price of all their sins, taken upon Himself all their



***The perfect friend,  
Jesus Christ, is  
completely selfless in  
offering happiness to  
others. We become  
His friends as we  
serve others for Him.***

infirmities, borne all their troubles, and felt all their longings. His motives are pure. He seeks no recognition for Himself but to give all glory to His Heavenly Father. The perfect friend, Jesus Christ, is completely selfless in offering happiness to others.

Each of us who has made the baptismal covenant has promised to follow His example to bear one another’s burdens as He would (see Mosiah 18:8).

In the next few days you will have many opportunities to be a friend for Him. It may be as you walk on a dusty road. It may be as you sit down in a railroad car. It may be as you look for a place to sit in a Church congregation. If you are watching, you will see someone carrying a heavy burden. It may be a burden of sorrow or loneliness or resentment. It may be visible to you only if you have prayed for the Spirit to give you eyes



PHOTO ILLUSTRATION BY JOHN LUKE; GO YE THEREFORE, AND TEACH ALL NATIONS, BY HARRY ANDERSON

to see into hearts and have promised to lift up the hands that hang down.

The answer to your prayer may be the face of an old friend, one you have not seen in years but whose needs suddenly come into your mind and heart and feel as if they are your own. I've had that happen to me. Old friends have reached out to me across the miles and the years to offer encouragement when only God could have told them of my burden.

Living prophets of God have asked us to be faithful friends to those who come into the Church as converts and to go to the rescue of those who have drifted away. We can do it, and we will do it if we always remember the Savior. When we reach out to give succor and to lift a burden, He reaches with us. He will lead us to those in need. He will

bless us to feel what they feel. As we persist in our efforts to serve them, we will more and more be given the gift of feeling His love for them. That will give us courage and strength to reach out again and again in faithfulness.

And, in time and in eternity, we will feel the joy of being welcomed to the company of His faithful friends. I pray for that blessing for all of us and for those we will serve. ■

#### TEACHING FROM THIS MESSAGE

**F**amily members are more likely to participate meaningfully when they are asked to look for something as they search the scriptures and the words of the prophets (see *Teaching, No Greater Call* [1999], 55). As you read the article, ask family members to identify principles that will help them be worthy to be called the Lord's friend.

*Teaching, No Greater Call* states: "If you have Christlike love, you will be better prepared to teach the gospel. You will be inspired to help others know the Savior and follow Him" (12). Identify from the article principles that could help you be a better home teacher. Discuss these with your companion, and prayerfully consider how to be "faithful friends" to those you serve.

# CHILDREN



He wants what is best for us.

## Jesus Christ, Our Perfect Friend

President Eyring said that Jesus is our perfect friend. Here are some ways that Jesus shows His perfect friendship for us.

He feels sorrow when we are sad or hurt.



He is happy when we are happy.

He suffered for our sins so we can return to Heavenly Father.



### Being a Friend for Jesus

President Eyring said we can become Jesus’s friend by being a friend to others for Him.

These pictures show some of the ways we can be a friend.

Write the letter of the picture next to the sentence that describes the picture.

- \_\_\_\_\_ We can invite someone to come back to church.
- \_\_\_\_\_ We can be a friend to someone who is lonely.
- \_\_\_\_\_ We can help someone who is sad.
- \_\_\_\_\_ We can always remember Jesus.



# YOUTH

## New Guy

By Matthew Okabe

I was having a hard time feeling like I fit in. My family had recently moved clear across the country. The ward we moved into had a large youth group, but this was the first time I would be the “new guy.” The worst part was that I had to go to a new school, and the thought immediately flashed through my mind, “Who am I going to sit with at lunch?” Maybe I would see someone from church, but I didn’t want to barge in on someone else’s lunch table, especially since I didn’t know if they would even want me there!

The first day at school seemed to drag on forever. Finally the lunch bell rang. As I slowly entered the lunchroom, I prayed to Heavenly Father to help me find someone I knew. I glanced around to see if I could recognize anyone. No one.

So I made my way to a table on the far side of the lunchroom and ate my lunch.

Later that day during math class, I recognized a familiar face. I had seen David at seminary that morning. He asked to see my schedule and discovered that we both had the same lunch period. “Hey, where were you at lunch today?” he said.

“I ate on the far side of the room,” I responded.

“Well, tomorrow come and sit with me at lunch,” he said.

I’m grateful for a loving Heavenly Father, who knows each of our needs and who answers each of our prayers. I’m also grateful for someone who was willing to extend a hand of friendship. Something as simple as an invitation can make all the difference.





# Strengthening Families and Homes

*Study this material, and as appropriate, discuss it with the sisters you visit. Use the questions to help you strengthen your sisters and to make Relief Society an active part of your own life.*

**From the Scriptures:** Genesis 18:19; Mosiah 4:15; D&C 93:40; Moses 6:55–58

## Strengthening at Every Opportunity

“Each of us is in a different family situation. Some families have a mother and father with children at home. Some couples no longer have children at home. Many members of the Church are single, and some are single parents. Others are widows or widowers living alone.

“No matter what our family looks like, each of us can work to strengthen our own families or help in strengthening others.

“[Once] I stayed in the home of my niece and her family. That evening before the children went to bed, we had a short family home evening and a scripture story. Their father told about the family of Lehi and how he taught his children that they must hold fast to the iron rod, which is the word of God. Holding fast to the iron rod would keep them safe and lead them to joy and happiness. If they should let go of the iron rod, there was danger of drowning in the river of dirty water.

“To demonstrate this to the children, their mother became the ‘iron rod’ that they must cling to, and their father played the role of the devil, trying to pull the children away from safety and happiness. The children loved the story and learned how important it is to hold fast to the iron rod. After the scripture story it was time for family prayer. . . .

“Scriptures, family home evening, and family prayer will strengthen families. We need to take every opportunity to strengthen families and support one another to stay on the right path.”<sup>1</sup>

**Barbara Thompson, second counselor in the Relief Society general presidency.**

## What Can We Do?

1. What ideas for strengthening families and homes will you share with your sisters? As you ponder their individual circumstances, the Spirit can bring ideas to your mind.
2. What priorities can you change this month to better strengthen your own family and home?

For more information, go to [www.relief-society.lds.org](http://www.relief-society.lds.org).

## From Our History

From the beginning Relief Society has had a charge to strengthen families and homes. The Prophet Joseph taught sisters at an early Relief Society meeting, “When you go home, never give a cross or unkind word to your husbands, but let kindness, charity and love crown your works henceforward.”<sup>2</sup>

In 1914 President Joseph F. Smith told Relief Society sisters, “Wherever there is ignorance or at least a lack of understanding in regard to the family, . . . there this organization exists or is near at hand, and by the natural endowments and inspiration that belongs to the organization they are prepared and ready to impart instruction with reference to those important duties.”<sup>3</sup>



PHOTO ILLUSTRATION BY ROBERT CASEY

## NOTES

1. Barbara Thompson, “His Arm Is Sufficient,” *Liahona and Ensign*, May 2009, 84.
2. *Teachings of Presidents of the Church: Joseph Smith* (2007), 482.
3. *Teachings of Presidents of the Church: Joseph F. Smith* (1998), 186.



*I decided to take to heart the advice I had been given and find out what it truly meant to put my faith in the Savior.*

# HE CAN HEAL ANY WOUND

By Sylvia Erbolato Christensen

**I**t happened on December 16, 1991—our eighth wedding anniversary. On that day our first son died as the result of a baby-sitter’s actions. He was only two and a half months old.

The following months and years were clouded by sadness, anger, disappointment, and hopelessness. The personal turmoil that overcame me is indescribable. Nothing anyone said or did eased my pain.

I read many books and scriptures, but none of them satisfied my cry for answers.

I had the rare opportunity to counsel with Elder James E. Faust (1920–2007), then of the Quorum of the Twelve Apostles, because of his friendship with my parents. (He met my mother, Flavia, and her family while serving his mission in Brazil.) I was certain Elder Faust would be able to comfort me.

I asked many questions while he patiently listened. Elder Faust acknowledged that what I had experienced was certainly painful and extremely difficult. He shared several scriptures and talked about the need to work through my grief and find total submission to the Lord’s will in order to be reunited with my son again. He said, “Sylvia, this is about you now. I realize you are worried about your son, but in reality, you should be worried about yourself and how to rebuild your life. It won’t be easy, but you can mend your heart through the Atonement of Jesus Christ.”

He then gave me a blessing that I would be able to understand the vital role Jesus

Christ plays in our existence and allow Him to be the source of strength I needed.

I left our meeting still discouraged; his counsel seemed so simple and yet so unattainable. My mother felt hopeless as well since nothing she said to me seemed to help. I recall her saying, “Please have faith and hope in our Savior, and allow time to heal your wounds.”

In my personal journey to attain joy once again, I decided to take to heart the advice I had been given and find out what it truly meant to put my faith in the Savior. Things didn’t change immediately. But day by day and year by year, with the help of prayer and a growing testimony, I came to know without a doubt that the Savior can heal our wounds.

I realize that not everyone can have the opportunity to meet with an Apostle, as I did. But everyone can—and does—have the opportunity to know the Savior and to cast his or her burdens on Him. And yes, the presence of Jesus Christ in our lives can ease *any* pain.

I know that having the Lord in our lives can bring joy to our existence. He is our friend, our teacher, and an example of enduring to the end. He truly endured all things, and He knows what we are suffering (see Alma 7:11–12). His Atonement has brought about the miracle of putting broken pieces back together in this life in preparation for the next.

I will always be grateful for Elder Faust’s and my mother’s words. They helped me realize that whatever my hardship may be, Jesus Christ is the one constant source of support and hope I have. ■



## The Journey

By Heather Bergevin

(Ether 3:23–25)

*I would not think alone to leave  
this fertile valley. I know the harvest  
here, know the seasons. I love  
the springing blossoms and my goats and chicks.  
But I place my hand, with my husband's,  
in Thine, and together we board.  
By the light of Thy finger's touch, I serve  
from food prepared before this journey  
as we toss below, above the waves.  
At night I hear Thy beasts  
singing against the bow,  
yet I am unsoothed by their hymns.  
In stone's light I kneel with my loves,  
these few treasures come with me  
toward the land my countrymen declare  
does not, cannot exist. And yet,  
we are driven,  
wind tossed, over the horizon, beyond,  
and there, pushed by furious storm—  
There is our promise! There, our spring!  
From my earthen jar I take  
next year's harvest, confident  
I too will blossom  
where planted by God's hand.*

# SEXUAL PURITY BLESSES OUR LIVES

**C**hastity means being morally clean in our thoughts, words, and actions. This sexual purity is “pleasing unto God.”<sup>1</sup> Our Heavenly Father has given us the sacred powers of procreation for the purpose of bringing forth children and for the expression of love within marriage between a man and a woman. He has also given us the law of chastity to protect us from the damage that comes from sharing physical intimacies outside of marriage.

Heavenly Father has set clear boundaries for chastity. He commands us not to have any sexual relations before we are married. After we are married, we are commanded to be completely faithful to our spouse.<sup>2</sup> If we break the law of chastity, we have committed a grievous sin.<sup>3</sup> The prophet Alma taught that sexual sins are more serious than any other sins except murder or denying the Holy Ghost.<sup>4</sup>

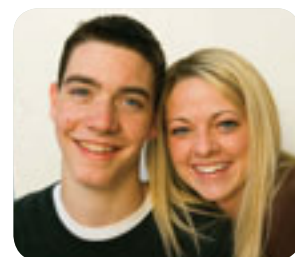
Satan makes a mockery of chastity

and of the sanctity of marriage when he tempts us to believe that sexual intimacy outside of marriage is acceptable as long as a man and a woman are in love. This is not true. It is a serious sin that defiles the power God has given us to create life.<sup>5</sup>

Our Father in Heaven has commanded all of us to live the law of chastity. The blessings for obeying this commandment and the consequences for breaking it are the same for each of us, regardless of our impulses, desires, or sexual temptations.

If we have committed sexual sins, the Lord will forgive us if we truly repent.<sup>6</sup> The despair of sin can be replaced with the sweet peace of forgiveness.<sup>7</sup>

As we keep ourselves sexually pure, we will become more sensitive to the Holy Ghost’s guidance and receive strength, comfort, and protection.<sup>8</sup>



*1. You can decide now to be chaste and never waver. Some may feel that they can commit sexual sins with the idea that they will simply repent later. This attitude shows irreverence for the Lord’s commandments and a lack of understanding of repentance and righteousness.<sup>9</sup>*

**“**Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s”  
(1 Corinthians 6:19–20).



2. Through modesty in dress and appearance, you show God that you know your body is a sacred creation from Him. Modesty promotes chastity.<sup>10</sup>



3. Pornography is addictive and destructive. It will rob you of your self-respect and self-control and often leads to more serious sexual sins.<sup>11</sup>



4. If you find yourself struggling with sexual temptations, including feelings of same-gender attraction, you can choose to resist those temptations. The Lord will “make a way to escape” so that you will “be able to bear it.”<sup>12</sup>



5. If you have committed sexual transgressions, speak with your bishop or branch president. He will help you through the process of repentance.<sup>13</sup>



6. If you have been a victim of rape, incest, abuse, or other sexual crimes, you are not guilty of sin. Your bishop or branch president can help guide you through the process of emotional healing.<sup>14</sup>



7. If single and dating, treat your date with respect, plan constructive activities, and refrain from conversations or activities that arouse sexual feelings.



8. If married, be faithful to your spouse in thought, word, and action.<sup>15</sup> Flirting with others is not appropriate. Stay away from situations where temptation may develop.<sup>16</sup> ■

*“We declare that God’s commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.”<sup>17</sup>*

#### NOTES

1. Jacob 2:7.
2. See D&C 42:22.
3. See Exodus 20:14; 1 Thessalonians 4:3.
4. See Alma 39:5.
5. See 1 Corinthians 7:2–5.
6. See Isaiah 1:18.
7. See D&C 58:42–43.
8. For more information, see *For the Strength of Youth* (2001), 26–28; *Gospel Principles* (2009), 225–32; and *True to the Faith* (2004), “Chastity,” 29–33.
9. See Alma 42:30.
10. See *True to the Faith*, “Modesty,” 107.
11. See Alma 39:9; 3 Nephi 12:28–30; D&C 42:23; 121:45.
12. 1 Corinthians 10:13; see also Genesis 39:1–12.
13. See *Teachings of Presidents of the Church: Spencer W. Kimball* (2006), 38, 41–42, 44; see Mosiah 26:29.
14. See *True to the Faith*, “Abuse,” 7.
15. See Ephesians 5:28; D&C 42:22–23.
16. See 1 Thessalonians 5:22.
17. “The Family: A Proclamation to the World,” *Liahona*, Oct. 2004, 49; *Ensign*, Nov. 1995, 102.

# Dear Frieda

*Young adults write letters of counsel to a young adult woman who is questioning whether to move in with her boyfriend.*

**I**n a world of shifting values, staying true to our standards is critical to spiritual survival. Sincerely committing ourselves to honoring our covenants can strengthen us against temptation.

Elder Neal A. Maxwell (1926–2004) of the Quorum of the Twelve Apostles spoke of a decision that can help us stay true: “Joshua didn’t say choose you next year whom you will serve; he spoke of ‘this day,’ while there is still daylight and before the darkness becomes more and more normal. (See Josh. 24:15.) . . . Act now, so that a thousand years from now, when you look back at this moment, you can say this was a moment that mattered—this was a day of determination.”<sup>1</sup>

Frieda,\* a young adult member of the Church in Europe, faces just such a moment of decision. She says she wants to be married in the temple someday, but she is contemplating moving in with her nonmember boyfriend. She plans to repent and return to Church activity after a few years and marry someone else in the temple, but for now, she says, she just wants to have a good time.

Young adults in Scandinavia were invited to write letters to Frieda. They didn’t know her real name or where she lived, but they shared

testimonies and real-life experiences to help her make the correct choice. Following are excerpts from letters Frieda’s peers wrote and agreed to share.

## **Decide to Marry in the Temple**

**B**efore my friend Erika\* moved in with her boyfriend, who is not a member of the Church, she assured her family that she’d stay close to the gospel. But since Erika got into the situation, it is hard for her to get out. She thinks it’s simply too painful and difficult to get back on the right track.

Unfortunately, I have many friends who, like Erika, have fallen away because they thought they could stay in control of themselves even while living outside Church standards. In reality, ignoring the guidelines makes it easier for Satan to gain control.

I learned from my friends’ experiences. When I was 17, I decided to gain a rock-solid testimony because I knew I’d need it if I wanted to survive spiritually. Gaining a strong testimony and coming to know that Heavenly Father has a plan for me are what saved me.

There is one thing I’m sure of: I’m determined to marry in the temple. The temple is the only way to true happiness and the only way we



If you and your boyfriend are so crazy about each other, take him to the temple grounds. Tell him about your dreams of an eternal marriage. Tell him about your faith. If he is not interested in learning why temple marriage is so important to you, he's not for you. Hold on to your dream of temple marriage.

**Steen Hylander, Denmark**

I know it can be almost irresistible to be with the one you love. I also understand that sometimes we just want to do the same things as everyone else. It is easy to think that there is time to repent later on, but there's not. As we continuously disregard what the Spirit tells us, we lose the ability to hear Him—as I did. If it continues, we will no longer feel that what we're doing is wrong and we will not feel the need for repentance.

**Name withheld**

My testimony to you is that our Shepherd can supply every need. My Shepherd has supplied my need when I have yielded to His ways.

You can be complete. You can be eternally happy beyond description because Jesus Christ atoned for you.

**Anna Palm Gerrbo, Sweden**

I've done things I'm ashamed of. I believed Heavenly Father would forgive me, and I feel He has. But I cannot forgive myself. I always thought that forgiving myself would be easy, but I have come to understand that it is not so.

Name withheld

I know how it feels to be in love with someone and not able to pursue the relationship because it would not lead to a temple marriage. It is hard—heart-breaking even—but this temporal heartache is nothing compared to the eternal sorrow you would have from breaking your covenants with your Father in Heaven. There is hope, and something better is waiting.

Marie Bertilson Olsson, Sweden

Today as I am looking for a wife, my sins from the past haunt me. I wish I could say to my future wife: "I loved you even before I met you. I saved myself for you." But I cannot. I would not wish for my worst enemy to go through the pain I have felt over the last three years as I have repented of my sins. I wish I'd had the strength to stay close to God and keep His commandments in the first place.

Name withheld

can live with Heavenly Father and Jesus Christ someday. If I want to go to the temple, I *need* to follow the guidelines of the gospel. I've decided to live the gospel because I know it's the right thing to do, even though it might be hard.

Take some time to figure out where you're going, and think about where your choice today will take you tomorrow.

Amanda Bernskov, Denmark

### Find What You Really Need

I think more than anything in the world we all want to be loved. But true love is so much more than mere attraction. It is trust and wanting what is best for the other person. It is unselfish and warm and sometimes sacrificial, meaning we are willing to give and suffer for it if we have to.

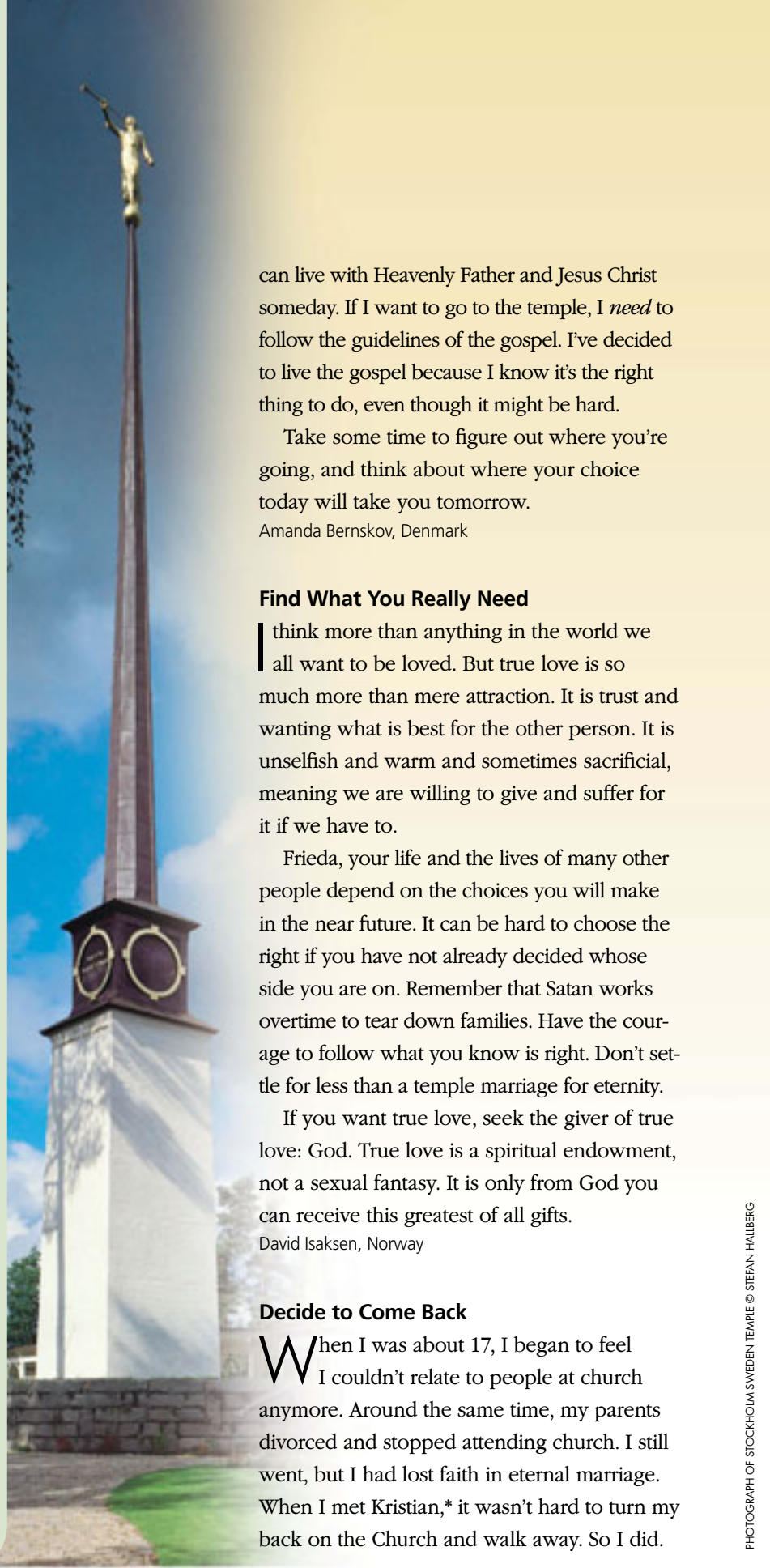
Frieda, your life and the lives of many other people depend on the choices you will make in the near future. It can be hard to choose the right if you have not already decided whose side you are on. Remember that Satan works overtime to tear down families. Have the courage to follow what you know is right. Don't settle for less than a temple marriage for eternity.

If you want true love, seek the giver of true love: God. True love is a spiritual endowment, not a sexual fantasy. It is only from God you can receive this greatest of all gifts.

David Isaksen, Norway

### Decide to Come Back

When I was about 17, I began to feel I couldn't relate to people at church anymore. Around the same time, my parents divorced and stopped attending church. I still went, but I had lost faith in eternal marriage. When I met Kristian,\* it wasn't hard to turn my back on the Church and walk away. So I did.





We lived together for almost four years before we split up. I wanted to start going to church again, but I was afraid everybody would ask all sorts of questions. I went to visit my sister. In her ward no one knew me or how long I'd been away from the Church, and during my stay I started going to church again. I continued going in my own ward when I returned home. The first Sunday I was really scared, but people were just happy I was there.

I knew I had to choose a side; I couldn't keep walking with one foot on the Lord's side and one on the world's. I started meeting with my bishop. He has helped me understand the Atonement. It's been a long road of repentance—at times a very difficult one. I'm still in progress, and I still have a lot of things to learn, but I'm happier now. I know I chose the right when I decided to come back to the Church. It was about making up my mind about what I felt and what I knew was right and then just going for it.

Name withheld

### Stand Firm in Your Righteous Decisions

Some time ago a friend of mine was facing the same decision you are. My friend Sarah\* always had a strong testimony of the Church and its truths. Since we were young, both Sarah and I had a great desire to get married in the temple.

When she was 17 or 18, she met and started dating a young man. He had a great personality and was very easy to like. He wasn't a member, but in the beginning it didn't seem like that was a problem.

Eventually, she started to think about how life would be if she married him, even though it wouldn't be in the temple. She thought:



### YOU ARE NEVER ALONE

"We do not set the standards, but we are commanded to teach them and maintain them. The standard remains abstinence before marriage and total fidelity in marriage. However out of step we may seem, however much the standards are belittled, however much others yield, we will not yield, we cannot yield. . . .

"If you, our youth, feel alone, remember there are millions of you in the Church now. . . . Wherever you are—in school, at work or play, in the military—you are never alone."

President Boyd K. Packer, President of the Quorum of the Twelve Apostles, "The Standard of Truth Has Been Erected," *Liahona and Ensign*, Nov. 2003, 26.

"Maybe it can work; maybe we can compromise. Maybe he will change in time. Maybe I can bring him into the gospel."

She thought a lot about this, and she cried and she prayed. She knew deep inside that she had always wanted temple marriage, but her feelings for her boyfriend made it hard for her to decide. In the end she broke up with him. It was one of the hardest things she had ever done, but she put her trust in the Lord.

In the spring of 2007 she married a wonderful man. They are now sealed to each other for time and eternity. She's truly happy she decided to wait until she found someone she loved and could marry in the temple.

If you don't know what kind of decision to make, pray about it until you do know. Put your trust in the Lord. I know from watching Sarah—and from my own life—that when we do, He blesses us. ■

Anna Lindgren, Sweden

*\*Name has been changed.*

#### NOTE

1. Neal A. Maxwell, "Why Not Now?" *Ensign*, Nov. 1974, 13.

# FINDING A HOME IN THE GOSPEL

By Rozelle Hastwell Hansen

As I grew up in Perth, Australia, religion was hit-and-miss for me. I was christened a Methodist, attended denominational schools, and sporadically attended a Baptist congregation with my grandmother. Despite this spiritual inconsistency, praying seemed natural to me—thanks to my grandmother, who shared her faith and taught me to read from the Bible. I am grateful for her consistent influence in my life because, despite my worldly pursuits, I intuitively began to build a belief in Jesus Christ. As I reflect back, I realize that Heavenly Father was preparing my heart to receive the restored gospel.

One preparatory event happened when I was in an auto accident while visiting France. Moments after I was strongly prompted to fasten my seat belt, the car skidded and plummeted down a 20-foot (6-m) embankment. Because of the warning voice and because I regained use of my feet and legs while others with similar injuries are often left permanently paralyzed, I began to understand that a divine power much greater than I was in control.

Two years later, while I was back in France as an exchange student, Kayla Barth, a fellow student from California,

boldly invited me to attend church with her. Kayla's unbounded enthusiasm for the gospel fascinated me. I hung on to every word as she shared the plan of salvation. It all sounded so familiar, as if I had heard it before.

When I walked into the Angoulême chapel for the first time, it was like being wrapped in a warm blanket. I had come “home.” That same day, in the Gospel Essentials class, the missionary who was teaching shared a powerful testimony of the First Vision. As he explained how the Holy Ghost testifies to us, warmth radiated from my heart and filled my entire body. This powerful witness left an indelible impression on me, one that has carried me through trials that have tested my faith.

About a month after first stepping into the Angoulême chapel, I decided to be baptized. I was 18 and didn't need parental permission. But when I called my family in Australia with the joyous news, I was shocked and disappointed to discover they had a negative attitude about the Church and opposed my desire to be baptized.

This weighed heavily on my heart. Should I go ahead against the wishes of my family, whom I loved dearly? Or should I delay baptism until I returned to Australia, where I faced

the possibility of greater opposition?

Matthew 19:29 helped me make the decision: “And every one that hath forsaken houses, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my name's sake, shall receive an hundredfold, and shall inherit everlasting life.” Was I willing to put the Savior first—even before my family? The answer was yes, and on December 16, 1989, I was baptized and confirmed a member of The Church of Jesus Christ of Latter-day Saints. My remaining time in France was filled with a peaceful joy I had never known before.

When I returned to Perth, my family welcomed me with open arms. But my attempts to share the gospel with them were met with stiff opposition. They even made arrangements for me to see religious “experts” who could “enlighten” me and help me to see the “error” of my chosen path. This was a great test of faith for me, and after an onslaught of anti-Mormon propaganda, I found myself questioning my decision.

Yet in the quiet chambers of my heart, I could not deny that what I had experienced in France was from God, so I sought the Lord's Spirit to strengthen me. I fasted and prayed

every Sunday for weeks, I buried myself in the scriptures, I received priesthood blessings for guidance and strength, and I attended church weekly to associate with the Saints. Instead of dwelling on what I couldn't understand or didn't know, I focused on those things that I did know: I am a child of God, Jesus is the Christ, Joseph Smith restored the Lord's Church, the Book of Mormon and the Bible are the word of God, and families are forever. With this new perspective, my testimony began to grow and strengthen again.

The last challenge I had to face that year was the issue of being married in the temple without the presence of my family. A young man I had met in France and with whom I had been corresponding came from California to visit me for three weeks. It became clear to us both that we wanted to be married, but I was faced with another difficult decision: do I get married in the temple to be sealed for time and all eternity, or do I get married elsewhere so that my family can be a part of the ceremony?

I followed the counsel of my stake president and married in the temple in February 1991. At the time, my family felt deeply hurt, but they have come to recognize the Church

as a blessing in my life. As they have watched our children grow in the gospel, they have expressed gratitude for the things that we are teaching them and for the kind of people they are becoming.

Recently one of my children expressed gratitude for the decision I made to accept the gospel and raise a family unto the Lord. Her sincerity moved me to tears because I realized that the decision to live the gospel had blessed not only my life but hers.

I am eternally grateful to Heavenly Father for the miracles and the influence of earthly angels who led me home to the gospel of Jesus Christ. Twenty years later I realize that all the trials, heartache, and risk of offending my family were worth it. The gospel is everything to me. It is true. It is my home. ■

*When I walked into the Angoulême chapel for the first time, it was like being wrapped in a warm blanket. I had come “home.”*



# Choose the Temple

*That's the advice from an increasing number of Latter-day Saints in India, who know that blessings come from going to the house of the Lord.*

**By Richard M. Romney**  
Church Magazines



**Y**ou notice it most when you look in their eyes. There is joy there, hope and belief, an optimism that ignites a smile when you say, “Tell me how you feel about the temple.”

For Latter-day Saints in India, temple marriage brings a depth of understanding, a sense of fulfillment, and a commitment to keep covenants forever as they cherish the promises of eternity. Although the nearest temple is thousands of miles away in Hong Kong, increasing numbers are finding their way to the house of the Lord. Guided by prayer, faith, and the Spirit, they are choosing to be sealed in the temple. Here are some of their thoughts and stories.

## **Finding Strength**

William Prabhudas of the Bangalore Second Branch works in a courthouse. He knows how heart wrenching it can be to see marriages torn apart. That’s one of the reasons he and his wife were so eager to find strength in the temple.

“Like most couples, sometimes we have small issues to work out,” he says. “But working them out is so much easier when we both have an eternal perspective.”

His wife, Sheela, says that going to the temple has helped not only her and her husband, but it

*“We were sealed as a family. It was a good feeling. We forgot the outside world, and it was like heaven for us. We talk about it all the time.”*

**Sheela Prabhudas**



has also helped their children: Celesta, age 13, and Doris, 7. “We were sealed as a family,” Sheela says. “It was a good feeling. We forgot the outside world, and it was like heaven for us. We talk about it all the time.”

“What a blessing to be sealed to my wife,” Brother Prabhudas says. “And then they brought our daughters in, dressed in white, to join us. It reminded me of cleanliness—cleanliness in our lives and in our homes. Cleanliness and the temple go hand in hand. When we are clean, the Lord promises—in His house of promises—to bless us.”

Celesta recalls that her family worked, planned, and saved for two years to be able to travel to the temple. But most of all, she remembers being in the temple with her parents and that her aunt and uncle and cousins

***Above: The Prabhudas family traveled to the Hong Kong China Temple (left) to be sealed. It is the temple nearest to India.***

were also there to see her family sealed. “Afterward, we all held hands together. We looked in the mirrors and thought about eternity,” she recalls. “It was beautiful. I knew I wanted to belong to my family forever.”

### **Two Times Two Together**

Over the years the Thomas brothers of the Hyderabad Fourth Branch have done a lot to set good examples for each other. As teenagers, they became members of the Church at the same time. They worked together to encourage their mother until she also joined the Church. Both brothers served in the India Bangalore Mission. Both helped comfort their mother when their father passed away. And both recently married.

Now Rejjie and his wife, Metilda, have been sealed in

the temple, and Rennie and his wife, Keerthi, following their good example, soon will be.

“From the time I joined the Church, it has been a process of changing and improving, learning the plan of salvation and following it,” Rejjie says. “But the actual goal is to go back and live with Heavenly Father, our loving Father, who wants us to come back to Him so much that He gave us a Savior, His Son, Jesus Christ, to save us from sin and everlasting death. I’m grateful that the gospel of Jesus Christ changed me and my family, and going to the temple is the culmination of all of that.”

Rejjie explains that one of the challenges he and Metilda faced in getting their parents’ approval for marriage was that they are from different regions and speak different dialects. “But in the

temple there are no differences,” he says, “and that was a great reminder for us.” He feels the future of India belongs to the young. “We are the ones who are going to make a difference,” he says, looking at Metilda.

“That’s the kind of vision we both have. We need to conduct family home evenings, have family scripture study and family prayer, and stay focused on the temple. That is our future.”

Metilda agrees: “When I ask him how he can be so understanding and loving, he says it is because the gospel makes him better. On his mission he saw the example of the mission president treating his wife with respect and love. And in the temple we see that same pattern. As we show that same



*“The gospel of Jesus Christ changed me and my family, and going to the temple is the culmination of all of that.”*

**Rejje Thomas**

***Above, from left: Rejje, Metilda, Keerthi, and Rennie Thomas. Below: Rennie and Keerthi enjoy Sunday School each week.***

was investigating the Church. “I wanted to play cricket instead, but the seminary teacher said, ‘You need to put God first,’ so I did. Even though I was shy, I came and sat on the back row.” On the front row he saw Keerthi, who at that time had been a member for just six months. Though they became friends, it wasn’t until Rennie returned from his mission that they started dating. Keerthi remembers how, when they finally decided to get married, they went to their

and Keerthi’s father was very impressed with their wedding. Once he saw their good example, he agreed to our marriage, and in that way we honored our parents and also got our marriage properly arranged.”

Rennie says his experience with Keerthi is a good example of how the understanding of marriage in the Church is becoming more widespread. “When I first joined the Church, it was a big thing if a member married a member,” he says. “And if they got to the temple, that was even bigger. But now we understand how to get married within the Church. We make sure we’re ready for the temple. The temple is the key.”

### **The President’s Example**

Enter the apartment of Venkat and Lynda Dunna of the Hyderabad Fourth Branch, and there are plenty of clues that these newlyweds are crazy about each other. A handmade birthday banner from him to her is taped to the wall. An album with their wedding photos



pattern in our lives and someday to our children, that influence will strengthen the Church in India.”

Rennie talks about how he met his future bride while attending seminary when he

parents to convince them the choice was right.

“We learned in seminary that we should honor our parents, and we remembered that,” she says.

Rennie adds, “They counseled us that we should

finish our education and that I should wait for my brother to be married first. So we worked and waited, and the best part was that, just as we finished our education, my brother got married,

sits on the table near the sofa. As they talk, he puts his arm around her, and she smiles so often it's contagious.

They describe how they met through Church-sponsored activities and how happy

want to say no, but they did want us to wait many months, maybe a year," recalls Venkat.

"What helped us was the Spirit," he continues. "I felt prompted to tell everyone that Lynda and I were both working,



*"We just kept thinking, 'The Lord's going to help us,' and He did."*

**Venkat Dunna**

Lynda's mother was when they got engaged because she knew Venkat from church. But there was a problem. Venkat had an older brother who was single, and in India some still hold to the tradition that older siblings should be married before younger siblings. His parents, who are friendly to the Church but are not members, were also building a house and didn't want a wedding until the house was finished. "My parents didn't

so we would help take care of everything but that it was important to get married as soon as possible and that it was important to start by going to the temple. We just kept thinking, 'The Lord's going to help us,' and He did."

A new Latter-day Saint chapel was opened just in time for them to have their wedding and reception there, and then they left immediately to be sealed in the Hong Kong China Temple.

***Above: Venkat and Lynda Dunna remember traveling to the temple in a group of seven. The same day they were sealed, Lynda was also sealed to her deceased father.***

"Seven of us traveled to the temple together," Lynda says. "On the same day Venkat and I were sealed, my mother, my sister, and I were able to be sealed to my deceased father. It was a wonderful day in every way."

Venkat, who is now serving as branch president, says one of his greatest desires is to see a temple in India some day. "That will be a great blessing," he says. "It will help us to build Zion where we are."

*“We were brought together by our families and friends but also by the Spirit. We hope the Spirit will always guide our marriage.”*

**Barat Powell**

### **A Guided Marriage**

The story of Barat and Ishla Powell of the Chennai Second Branch actually begins with Barat’s parents, Sathiadhas Powell and Suriya Kumari, who were married in 1981 and joined the Church in 1991. In 1993 Sathiadhas was called as branch president. After years of saving and preparing and before the Hong Kong Temple was dedicated, they traveled to the Manila Philippines Temple to be sealed.

As their family grew and matured in the gospel, they taught their two sons about the importance of going to the temple. (Their youngest son is currently serving a mission.) The Powells were thrilled that when their oldest son, Barat, got engaged, temple marriage was immediately part of the plan. Ishla, his fiancée, was a new member of the Church. “From the first day I met with the missionaries, I knew the gospel was true, and I loved it,” she says. She grew close to the current branch president’s family, the Isaacs,

***Right: The story of Barat and Ishla actually begins with Barat’s parents (next page). “We are teaching the younger generation the importance of the temple,” says Barat’s father, Sathiadhas.***



who had been introduced to the Church by the Powells.

At the time of her baptism, Barat had four months remaining on his mission. “The Isaacs kept saying he would be the right match for me, but I wanted to postpone marriage and serve a mission myself,” Ishla says. Even though the branch and mission presidents approved her missionary application, Ishla explains, “Suddenly and unexpectedly my mind was

completely changed. I wanted to pray for marriage.”

When he returned from his mission, Barat was surprised when several people told him that Ishla would be right for him. A short time later they met briefly at the wedding of President Isaac’s daughter but never talked much. Indian society is quite formal about men and women getting acquainted, and both Barat and Ishla wanted to behave appropriately.





Three weeks later Ishla was praying and wondering what to do, and so was Barat. “The Lord showed me through so many ways that Barat was the right one,” Ishla says. “But I was very reserved. I prayed, ‘Lord, if this is the way, then show me how I can speak to him.’”

Barat says, “I had talked to several people about her, and they all had nothing but good to say. Suddenly I thought, ‘I need to talk to her right now,’ but I didn’t know how. I called President Isaac’s sister and asked if she thought it was all right to call.”

Ishla continues, “As I was praying, the branch president’s sister telephoned and said, ‘Barat wants to talk to you. Can I give him your number?’” Half an hour later they were talking. Barat says, “It was as if we had known each other for years.”

Ishla had learned about temple marriage at institute and knew she wouldn’t settle for anything less. Barat felt the same way. But they would have to save money to travel to the temple, and it meant many friends and family members, including Barat’s mother and father, wouldn’t have enough money to travel with them.

“It’s a long way to go, and traveling is very expensive, but we all agreed they

should go,” Sathiadhas recalls. “We told them we would celebrate with them at the legal ceremony before they left, and we asked them to take lots of pictures after they were sealed. Then we would celebrate again when they returned.

“We are teaching the younger generation the importance of the temple,” Sathiadhas explains. “We encourage all people to go to the temple, and we wanted our children to go there too.” He says he is particularly pleased with the way Barat and Ishla respected their parents, the customs of their people, and their own agency.

“In India people refer to ‘arranged marriages’ and ‘love marriages,’” Barat says. “We feel we have both.” In fact, Barat and Ishla prefer to call their marriage a “guided marriage.” “We were brought together by our families and friends but also by the Spirit,” he says. “We hope the Spirit will always guide our marriage.” ■



#### LOCAL CULTURE AND GOSPEL CULTURE

“The purpose of the gospel is to transform common creatures into celestial citizens, and that requires change. . . .

“The traditions or culture or way of life of a people inevitably include some practices that must be changed by those who wish to qualify for God’s choicest blessings. . . .

“There is a unique gospel culture, a set of values and expectations and practices common to all members of The Church of Jesus Christ of Latter-day Saints. This gospel way of life comes from the plan of salvation, the commandments of God, and the teachings of the living prophets. It is given expression in the way we raise our families and live our individual lives.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “Repentance and Change,” *Liahona and Ensign*, Nov. 2003, 37, 39.

# A TALE OF Three Families

By Don L. Searle

Church Magazines

**T**he three couples are diverse. One husband and wife were born in different European countries, immigrated to Australia with their families after World War II, and grew up around the corner from each other.

Another husband is a California native who served a mission in Australia, then met and married an Australian woman; after some years, they chose to make their home in the country of her birth. The third couple are Australian natives, reared in the Church with the tradition of serving.

Each of the three men has served as president of the Newcastle Australia Stake. Each of the women has also served in leadership capacities while a mother of young children. As couples and as individuals they have faced challenges. They could tell you that the Lord has strengthened them not simply in spite of their challenges, but *through* their challenges. They would not have sought either the leadership roles or the challenges, but they can testify that living obediently helped prepare them for when opportunities and trials came.



**The experience of three Australian families represents what happens as the gospel spreads throughout the earth: individuals grow through obedience, and they, in turn, strengthen the Church in their area.**

## Peter and Genivive Barr

Peter Barr was born in Lithuania during World War II. Genivive was born in Germany, of Polish parentage, also during the war. Peter and Genivive are convinced it was the hand of the Lord that led both of their families to move half a world away in the late 1940s and settle in Newcastle, Australia.

The two young people first became aware of each other in their mid-teens, around 1960. About that same time, Genivive realized she was not finding answers in her family's church to questions about life and our existence on earth. But when two missionaries from The Church of Jesus Christ of Latter-day Saints knocked on her family's door, Genivive found her answers in what they taught.

Peter was drawn into the discussions. One day at home, he resolved to ask God in prayer whether the Book of Mormon is true. He had not fully framed the question in prayer when he received an answer so powerful that he was overcome and began to sob. All he could say, over and over, was, "Thank you, thank you."

Because of parental opposition, both Peter and Genivive had to wait to be baptized. Peter was 22 before he could join the Church, but in the meantime, he served in every way he could without being a member. The two were married when he was 23 and she was 21, civilly, as the law required, then sealed in the Hamilton New Zealand Temple.

Obedience to God was an important objective in Peter's life. Genivive recalls, "Peter was adamant that he wanted to do whatever the Lord wanted him to do—he wanted to be able to serve. He had chosen two scriptures as guides: "Seek ye first the kingdom of God, and his righteousness" (Matthew 6:33), and "Choose you this day whom ye will serve; . . . but as for me and my house, we will serve the Lord" (Joshua 24:15).

The Barrs know that the Lord took Peter at his word on his desire to serve.

Not long after their marriage, the opportunity came for Peter to buy a business in Toukley, about an hour from Newcastle, with the help of a partner. That men's clothing store supported the Barrs for 30 years—thriving even when the economy did not—while opportunities came for both of them to serve in the Church. Being the owner

*What is the reward for faithful obedience?  
Three Australian couples have learned  
that for them it is stronger faith and an  
increased capacity to serve.*

of a business allowed Peter to control his own time.

At 26, he was called as a branch president, then later as bishop when the branch became a ward. He served as a stake president's counselor, then as a counselor to mission presidents, then as a stake president beginning in 1978. In 1980, when the Newcastle Australia Stake was created, he was called as its first president.

Church service was a sacrifice for young parents with a growing family. There were times when it was challenging, Peter recalls, "but never a woe-is-me challenge." Genivive says, "When Peter was at home, he was *at home*. We had him 110 percent." Peter expresses gratitude for his wife's contributions in mothering their four children and maintaining their home while she too served in the Church. They did not escape the challenges of tight budgets, illnesses, and children who sometimes did not make choices they approved of. Still, they were sustained in their service, and their temporal needs were met. "We were just blessed," Peter says.



PHOTOGRAPH BY MATT BARR

**Above: Genivive and Peter Barr. Left: The Barrs and their family in a 2002 photo at a beach near their home.**



*“Seek ye first the kingdom of God, and his righteousness” (Matthew 6:33).*

One time as he prepared to make the four and one half hour drive to Sydney (before the current freeway) for a leadership meeting, he realized the trip would use up most of the petrol (gasoline) he could afford for the week. When he reached Sydney, however, the indicator needle on the fuel gauge had barely moved. When he arrived home, it still showed almost three-quarters of a tank—ample for his needs. There was no way to explain what had happened, except that the Lord had blessed them.

When the time came that Peter and Genivive wanted to serve a mission for the Church, they put their business up for sale. There was no interest at first—and then a fire gutted the store, destroying everything. But the unbelievable happened—a buyer came forward, wanting to take over the business. The Barrs used insurance money to restore it to his liking.

As the Barrs were in the process of filling out mission applications, they were called to an interview with Elder Richard G. Scott of the Quorum of the Twelve Apostles, visiting in Australia, who advised them to hold their papers for a time. They obeyed, wondering what that meant. Finally, Peter received a call from President Thomas S. Monson, then First Counselor in the First Presidency. Peter was called to preside over the Baltic Mission—Latvia, Estonia, and his native Lithuania. The Barrs served there from 2002–2005.

As he visited with Lithuanian Saints, President Barr found some of the language he had learned as a little boy coming back. At times, he kept an interpreter close by. But sometimes he felt the gift of tongues as he taught gospel principles in Lithuanian, going far beyond the vocabulary of the six and one half year old he had been when he had left the land of his birth.

The Barrs say they were blessed in other ways while they served in the mission field, in accordance with a promise made by President Monson when Peter was called. The blessings included the return of one of their children to Church activity.

The Barrs returned home to continue doing what they love—serving. Peter is Bishop Barr again, presiding over the Toukley Ward. None of the challenges they have faced through the years have changed their feelings about giving their lives to the service of their God. Peter still expresses the same testimony he felt as a young man when he prepared to reorder his life so he could serve more fully: “If we do what the Lord wants, He will bless us.”

Through their service, many other lives have been blessed as well.

### **Jesse and Terri Little**

When Jesse C. Little Jr. was called as a bishop, he knew he had a choice to make. He could not serve his family or his ward as he felt he should and still pursue his developing business as an independent contractor. It seemed wise to give up running his own business; instead, he would work as a plasterer for another company.

The Littles have lived to see how that choice blessed them and their family of eight children. It also allowed them to help in the growth of the Church in their area. Both have held a number of leadership callings through the years. Jesse served as the second president of the Newcastle Australia Stake, succeeding Peter Barr.

Their first four children were born in the United States, Jesse’s native country. With four children younger than three, the Littles made the practical decision to move to Australia, where Terri’s family could provide help. Jesse felt he could find work in Australia, and the move would offer a chance to serve in the Church among the people he had come to love as a missionary.

In Newcastle, Terri served for a number of years in the stake Young Women presidency, influencing girls who are now mothers rearing families of their own.

For the most part, the Littles’ children have found happiness in living the gospel as their parents taught them, though individual agency is as much at work in their family as in any other. How did they keep their children close to the Church? “I don’t think there’s a formula. You just do what the Brethren tell you,” Jesse says. Terri adds: “You have to put the gospel first.”



Above: Jesse and Terri Little.\*

Right: The Littles with four of their sons, (from left) Isaac, Johnathon, Joshua, and Mark.



They adopted the philosophy, Jesse says, that, “We’re not raising children. We’re raising *leaders*.” He and his wife believed they were preparing future missionaries. “We felt that’s why they were sent to us.” Six of their eight children have served missions.

These days when “President Little” is introduced in stake meetings, it is their son Joshua who rises to speak. Joshua Little is now second counselor in the stake presidency. Not long ago, Jesse, a member of the high council, accompanied his son on a stake speaking assignment—as junior companion. At any given time, several of the Littles’ children or their spouses will be contributing in the Church by serving in stake or ward positions.

Terri recalls wondering one time if it was worthwhile to go on having family home evening. Some of the children resisted, sometimes they fought and often their attention wandered. But as Terri was wavering, one of her sons said to her, “Come on, Mom, are we going to have family home evening or not?” She realized that they had come to expect it, and she and her husband had a parental responsibility to carry on.



*“Choose you this day whom ye will serve; . . . but as for me and my house, we will serve the Lord” (Joshua 24:15).*

Along with the usual commitments in rearing a family, there has been an unusual challenge in recent years: Terri’s stomach cancer. Her stomach had to be removed, and she had chemotherapy. Her view is that she can’t be sure what the future holds, but she is ready to accept the Lord’s will. Day by day, she takes advantage of every opportunity to enjoy her 18 grandchildren.

Because Jesse worked for the plastering company, his sons were able to work there as well and put aside money for their missions. Now, because of their experience, three of the Littles’ sons are operating a plastering business of their own.

The children say their parents have been examples of hard work, of living what they preached, of trying to live in harmony, and of generosity to those in need. One son says that although his parents have provided adequately for the family, material things have never been terribly important to them. Terri acknowledges that this is true. They deliberately lived with less so she could be at home with the children.

What they have has never been as important as the principles by which they live. Jesse says that when they have put the Lord first, they have always been supported spiritually, and they have never lacked for money when it was needed.

“We’ve never made any sacrifice for which we haven’t been more than repaid for our efforts.”

### **Ian and Bridget Leneham**

Ian Leneham, current president of the Newcastle stake, learned early to follow spiritual impressions. He followed one of those when he moved to Newcastle, where his wife, Bridget, lived—even though at the time there were no promises or commitments between them.

He was called as a bishop at 29, then as stake president at 33—and when that call came, he had already received a strong impression as to whom his counselors should be.

Ian and Bridget were both taught in gospel-centered families and by faithful leaders to seek and follow the guidance of the Spirit. They are trying to pass on this legacy of faith, both in the home and in their Church service. The Lenehams recognize that the example of local leaders like the Barrs and the Littles teaches this important lesson: the service we give to others contributes to our individual growth. Bridget remembers being influenced by Terri Little as a teen in the Young Women program. Ian knows that earlier bishops and stake presidents helped build a base of strong membership that moves the Church forward now in their part of Australia.

The Newcastle stake is large—five and one half hours by free-way from one end to the other. How do President Leneham and his counselors administer its 11 units?

“We do the best we can,” he replies. “We are very blessed to have wonderfully faithful bishops and branch presidents. These great men, so diligently supported by their wives, are well equipped to lead their wards and branches. They are great shepherds, and they lovingly look after their flocks.”

As he meets with individuals, President Leneham follows counsel he once heard from Elder Dallin H. Oaks of the Quorum of the Twelve Apostles: never leave an interview without issuing the member a challenge to grow spiritually.

“My emphasis has always been to deepen discipleship,” President Leneham explains. He adds that there are inspiring examples in “members across the stake whose commitment to the gospel extends beyond a cultural conversion to a deeply held devotion. Their hearts are changed. This is evidenced by what they do and more particularly by who they are.”

In his own family, there is evidence that the Leneham children are learning principles their mother and father would want them to live. Their oldest child, Caleb, 12, has already read the



**Above: Ian and Bridget Leneham.**  
**Below: With their four children: (left to right)**  
**Teagan, Tabitha, Caleb, and Corben.**



Book of Mormon and received a testimony of his own. Tabitha, 10, already knows about the power of prayer. Once, her pet guinea pig was lost in the house and the entire family spread out to look for it. Tabitha went first to pray for help. The family quickly found her pet.

Ian Leneham says his family has been “abundantly blessed” in terms of material things. For parents in Australia, as in other prosperous countries, teaching children to be grateful can sometimes be a problem; too many people around them, enjoying comfortable, materially rich lives, seem to feel little need for God or faith. “We try always to remember the source of all our blessings,” he says. “Many times we have reflected on the particular blessing of having a home that provides a sanctuary from the storms of life.”

Bridget says she and her husband are doing all they can to help their children learn of Heavenly Father’s blessings. She would not send her children off to school in the morning without family prayer. Caleb and Tabitha are old enough to read the scriptures on their own; Bridget makes time to read scriptures with their daughter Teagan, 7, and son Corben, 4.

Building a strong family, like building the Church, means carefully putting in place a firm spiritual base, Bridget says. “For me, it’s just the daily things. It’s just living and breathing the gospel.”

The lives of the Barrs, the Littles, and the Lenehams illustrate how the Lord builds spiritual strength across generations, both in families and in local Church leadership. He works through individuals who have the faith to go forth daily “living and breathing the gospel.” ■

\* Terri Little passed away as this article was being prepared for publication.



**By Elder Paul E. Koelliker**  
Of the Seventy

RECOGNIZING RIGHTEOUS

# Leadership

One of my earliest recollections of my father is of him sitting on the stand as a member of our ward bishopric. From that early memory through his years as a bishop, a high councilor, and a husband and father, I knew him as a righteous servant of God. As my home teaching companion, he modeled for me how to be kind in word and how to give love in service.

On one occasion we were visiting a home where the husband, after welcoming us, spoke of his wife and the illness she was experiencing. Through his tears, he asked my father to join him in giving his wife a priesthood blessing. The Spirit was strong, and the feeling of love seemed to burst the walls of the home. I will never forget the burning in my heart as I listened to the words of the blessing.

Our family is the beneficiary of a legacy of service from my father's example of priesthood watchcare and loving kindness. His pattern of Christ-centered living





extended far beyond his Church relationships and was an example of how we can live and righteously lead others by applying the principles taught by the Savior and the prophets.

### The Perils of Adulation

In addition to learning from leaders in our own lives, we can turn to the scriptures, which are filled with stories that demonstrate the blessings of following righteous leaders and the consequences of following wicked leaders.

that, you'll get along all right and [you] will go forward with a love for the people and a great respect for them and [you will] try to accomplish what your office demands of you.”<sup>1</sup>

The scriptures document examples of the effect of adulation. Consider the accounts of Rehoboam and Jeroboam, both kings of Israel who lost their vision of the Lord's pattern while trying to protect their leadership positions. Rehoboam, who came to power following the death of his father,

*The scriptures document examples of the effect of adulation. Consider the accounts of Rehoboam and Jeroboam, both kings of Israel who lost their vision of the Lord's pattern while trying to protect their leadership positions.*

One of the most oft-observed failures of leadership comes when we place too much emphasis on being *recognized* as a leader. Thinking that we are more important than others can be perilous to us and to those we lead. It is vital that we not become trapped by the enticement of recognition or adulation.

President Gordon B. Hinckley (1910–2008) counseled: “It is so very important that you do not let praise and adulation go to your head. Adulation is poison. You better never lose sight of the fact that the Lord put you where you are according to His design, which you don't understand. Acknowledge the Lord for whatever good you can accomplish and give Him the credit and the glory and [do] not worry about that coming to yourself. If you can do

King Solomon, rejected the counsel of the “old men, that stood before Solomon” (1 Kings 12:6; see also 2 Chronicles 10:6) to lighten the burden of the children of Israel. Instead, he imposed additional hardships on them (see 1 Kings 12:11; 2 Chronicles 10:14), thinking that he could establish order and retain his hold over the people. His focus on his own might led to continuous contention with the leaders of other tribes.

The northern tribes felt threatened by Rehoboam's actions and appointed Jeroboam to be their spokesman. Angered by the unrighteous rule and decisions of the king, Jeroboam determined to persuade the people that they should follow him, abandon the house of David, and establish a separate kingdom in the north called the kingdom of Israel. To capture the attention of the people, he revived a previously followed form of worship. He ordered the creation of golden calves, and he appointed false priests, thereby diverting their faith from the Lord to things of this world (see 1 Kings 12:27–31; 2 Chronicles 11:14–16). As the people were diverted to “high places” for idol worship



and to “groves” for immorality (2 Chronicles 14:3; see also 1 Kings 14:15), they yielded to unrighteous patterns of leadership. The kingdom of Israel suffered until it was destroyed and most of its inhabitants scattered in 721 B.C.

### The Blessings of Righteous Leadership

Not until Rehoboam’s great-grandson Jehoshaphat became king of Judah was righteous leadership reestablished in that kingdom. When the people were threatened by several invading armies, Jehoshaphat declared a fast and then approached the Lord in earnest prayer: “O our

*Studying and applying the righteous patterns of leadership, service, and worship taught in the scriptures will help our homes become sanctuaries of safety and fortresses of faith.*

God, . . . we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee” (2 Chronicles 20:12).

The Lord’s answer did not come directly to the king but rather through His prophet Jahaziel. Through him the Lord said to Jehoshaphat, “Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God’s. . . .

“The Lord will be with you” (2 Chronicles 20:15, 17).

Jehoshaphat humbly received the counsel of the prophet and bowed in thankful prayer before the Lord. Jehoshaphat then taught some important principles to the people that we would be wise to consider in our own lives: “Believe in the Lord your God, so shall ye be established; believe his prophets, so shall ye prosper” (2 Chronicles 20:20).

The word of the Lord was fulfilled, and the people of Judah were protected. As Jehoshaphat’s armies stood on the field of battle, they sang songs of praise to the Lord and watched as the invading armies fought so fiercely among themselves that they destroyed one another (see 2 Chronicles 20:22–24). In a similar way, we can be protected from the evil influences of this world if we will listen to and follow the words of the living prophets.

Jehoshaphat applied another principle of leadership when

he condemned and “took away” the “high places,” where idol worship occurred, and the “groves,” where immoral acts were committed (2 Chronicles 17:6). Similarly, each of us within our own circle of influence can have an impact on the evil influences that quietly creep into our homes, neighborhoods, and communities. Each of us can also reduce or eliminate the worldly trappings—idols—from our lives and our homes. As we replace worldly influences and invite the Spirit to fill our homes and hearts, we lead the fundamental organization of society—our family—in the paths of righteousness.

Finally, Jehoshaphat sent Levites and priests throughout the land to teach the people from “the book of the law of the Lord” (2 Chronicles 17:9)—the scriptures of that day. He focused the attention of the people on the word of God as a guide for righteous living. Because God came to the aid of the people, “the fear of the Lord fell upon all the kingdoms of the lands that were round about Judah” (2 Chronicles 17:10; see also 2 Chronicles 20:29).

Jehoshaphat teaches us behaviors to emulate in our own leadership roles at home and in the Church. His example shows us that humble, effective leaders:

- Care about and willingly serve others.
- Pray to and express faith in God.
- Are morally trustworthy and act responsibly for the good of all.
- Point people to the scriptures and teach them to always seek wholesome learning.
- Follow the living prophets and obey the Lord.
- Do not yield to the temptation to seek for recognition or exercise “unrighteous dominion” (see D&C 121:39).

Just as my father’s example helped me understand the consequences of living and leading righteously, so those who followed Jehoshaphat were blessed to learn the principles that would lead them back to their Heavenly Father. This course of action is as true today as it was then.

Studying and applying the righteous patterns of leadership, service, and worship taught in the scriptures will help our homes become sanctuaries of safety and fortresses of faith for our precious loved ones. May we have the wisdom in our leadership roles to shun our own reflection and instead seek to radiate the light of the Savior. ■

#### NOTE

1. “Messages of Inspiration from President Hinckley,” *Church News*, July 1, 2000, 2.

# Blessed by My Calling

By Judith Castillo Martelo

**T**he Lord has called you to serve as president of our Primary,” the branch president told me. It had been only a year since I had left the Laurel class and only two years since I had been baptized into the Church. I was incredulous.

“I don’t have the patience required to teach children,” I told him.

“Do you believe your calling came from God?” he asked. “When He calls us, He qualifies us.”<sup>1</sup>

His words filled me with confidence, and immediately I knew that the Lord must need me in Primary. I had no idea how to fulfill my new calling, but I knew He would guide me.

I desired to do the best job I could, but a few months later my mother was diagnosed with cancer. In addition, I was studying systems engineering. I found it difficult to meet all of my responsibilities at home, at the university, and in Primary. My spirits began to flag, and one Sunday at church everything came to a head, and the tears began to flow.

A fellow ward member noticed and gave me some wonderful advice: “Judith, the best way to get through trials is to lose yourself in the gospel and in service to others,” he said. “By doing so, you will see how the Lord will ease your burdens.”

As I followed his encouraging advice, my attitude changed, my faith was strengthened, and I was filled with a determination to serve the Lord. My trials continued, but I dedicated myself to my calling and looked forward to seeing the children each Sunday. They taught me something every week as they showed me their testimonies through their actions. As the

months passed, I saw how the Lord was molding my character and how I was developing gifts and talents I didn’t know I had.

The following year I left Barranquilla, Colombia, to go to Bogotá for a month with my mother because she needed chemotherapy. During that time I prayed constantly and felt close to the Lord. I decided to change my university major, and through inspiration, I learned that the Lord wanted me to devote my life to teaching children. When I returned to school, I began working on a degree in special education.

I knew that Heavenly Father had given me my calling in Primary to prepare me. As I served, I discovered my true vocation, and as I lived the gospel and lost myself in service, I felt that I was in the Lord’s arms.

The testimony I gained while serving in the Primary presidency and later in a stake Primary presidency has sustained me as a member of the Church. I have learned how to teach with love, to see with the eyes of a child, and to seek the Lord for guidance and inspiration.

Each day when I teach at a bilingual school in my city, I think about the efforts, challenges, and blessings of those years. The children who were in Primary back then are now teenagers, but their eyes still shine with love for the Savior and His gospel.

I know that when the Lord calls us, He teaches and trains us and places leaders in our path to help us live this beautiful gospel of Jesus Christ. ■

#### NOTE

1. See Thomas S. Monson, “Duty Calls,” *Ensign*, May 1996, 44.



#### AN OPPORTUNITY TO GROW

“Every calling provides an opportunity to serve and to grow. The Lord organized the Church in a way that offers each member an opportunity for service, which, in turn, leads to personal spiritual growth. Whatever your calling, I urge you to see it as an opportunity not only to strengthen and bless others but also to become what Heavenly Father wants you to become.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Lift Where You Stand,” *Liahona* and *Ensign*, Nov. 2008, 56.



**By Russell T. Osguthorpe**  
Sunday School  
General President

# A **Work** FOR US TO DO

*Parents and teachers can help children and students live the gospel more fully by asking them to act on the principles they are learning.*

**W**hen Moroni appeared to Joseph Smith the night of September 21, 1823, he called Joseph by name and told him “that God had a work for [him] to do” (Joseph Smith—History 1:33). Moroni was a divine messenger with a divine commission for Joseph to translate the Book of Mormon.

Moroni repeated his message to Joseph three times that night and again the next day when Joseph attempted to leave the field where he had been working with his father. A little while later, and during four additional “interviews,” Joseph “received instruction and intelligence” from Moroni before being commanded to begin the work of translation (see Joseph Smith—History 1:54).

Moroni’s repeated lessons gave Joseph time to learn what he should learn so that he could do what he should do and be what he should be.<sup>1</sup> As Joseph’s teacher, Moroni had the task of preparing the Prophet to do the



work the Lord had called him to do.

In one sense, all who have been called to teach (and that eventually includes all members of the Church) are divine messengers from the Lord. They are on the Lord’s errand, just as Moroni was. Like Moroni, they communicate to their learners the work that God has for them to do. They then ask their students to teach others what they have learned, such as

when Moroni asked Joseph to recount his experience to his father (see Joseph Smith—History 1:49). Finally, they review and repeat lessons so that learners can become skilled at doing the work they have been called to do.

### **The Most Important Learning**

When President Thomas S. Monson was a young boy, one of his Sunday School teachers, Lucy Gertsch, gave her students a work that God had for them to do. Her lesson that day was on Acts 20:35: “It is more blessed to give than



***Rather than merely talking about a gospel principle, the class did something. That is when the most important learning occurs.***

to receive.” One of the class members, Billy, was absent that day because his mother had just passed away. While teaching the lesson, Sister Gertsch “closed the manual and opened [their] . . . hearts to the glory of God.”

She asked the class, “How much money do we have in our class party fund?”

The students proudly answered, “Four dollars and seventy-five cents.” Then Sister Gertsch gently suggested, “Billy’s family is hard pressed and grief stricken. What would you think of the possibility of visiting the family members this morning and giving to them your fund?”

President Monson, along with his classmates, visited Billy’s home and gave to the grieving family the funds originally designated for a class party. Following the good deed, President Monson explained the gospel learning he and his class had experienced that day:

“Our hearts were lighter than they had ever been, our joy more full, our understanding more profound. A God-inspired teacher had taught her boys and girls an eternal lesson of divine truth: ‘It is more blessed to give than to receive.’”<sup>2</sup>

Rather than merely talking about a gospel principle, the class *did* something. They *lived* the principle during that very class period. Sister Gertsch had a work for them to do. And that is when the most important learning occurs.

Gospel teaching that changes behavior often occurs outside a Church classroom. Sister Elaine S. Dalton, Young Women general president, tells of an experience in a school library when she was in the seventh grade. While she and her friends were selecting books, her friends suggested that they all check out a romance novel. Sister Dalton did not even know what romance novels were at the time but went along with her friends and chose one.

When she went to check out the book, the librarian looked at young Elaine and then at the book. “Elaine,” she said, “this book is not really the one you want.”

The librarian then selected another book and gave it to her.

ILLUSTRATIONS BY PAUL MANNI. LEFT, DETAIL FROM THE PAINTING THE ANGEL MORONI APPEARS TO JOSEPH SMITH BY TOM LOVELL



“You will like this one much more,” she said. “It’s Jane Austen’s *Pride and Prejudice*. After you read it, I want you to come back, and we can talk about it.”

Sister Dalton accepted the librarian’s invitation to read the book and later returned to discuss it with her. The librarian had a work for her to do.

Of all the settings for transformative gospel teaching, the home is the most powerful. When Brother Chad H. Webb, director of the Church’s seminaries and institutes, was a young boy growing up on a farm, his father, a high school teacher, had to earn extra money in the summer to provide for their family of six children. One summer the family felled trees on their 20-acre farm and sold the trees to the local lumber mill. His father explained that at the end of the summer each child would receive a certain percentage of the proceeds.

Young Chad worked hard all summer. Just before school began, his father distributed the appropriate amount to each child. Chad received \$60—a large sum of money for a nine-year-old.

After distributing the wages, his father said: “The brethren have asked that we contribute to the new temple that will be built in Seattle, Washington, [USA]. Your mother and I have decided to give all of the money we can. You might want to decide how much you want to give.”

**Sister Dalton accepted the librarian’s invitation to read the book and discuss it with her. The librarian had a work for her to do.**

Following his parents’ example, young Chad paid his tithing, subtracted nine dollars for a pair of jeans so that he would have something to wear for school, and then contributed all that remained to the temple fund. Brother Webb’s father had a work for his children to do. They will never forget the lessons they learned through that summer of work.

### Teaching that Changes Lives

These three stories help us see what is most important if we want to help those we teach learn in ways that will change them. These teachers used love to ask their learners to do a work.<sup>3</sup> They knew their names, just as Moroni knew Joseph’s name (see Joseph

Smith—History 1:33). More than knowing their names, they knew their learners’ potential and were not afraid to challenge them to rise to the highest in them.

From President Monson’s account, Sister Gertsch had not planned on visiting Billy’s home that day, but acting on inspiration, she “closed the manual and opened [their] . . . hearts to the glory of God.” The librarian had not planned on asking Sister Dalton to select another book but was prompted the moment she saw her with a romance novel. Brother Webb’s parents likely had not planned to give so much of their earnings to the temple fund, but when the request came, they were inspired to respond and to challenge their children to do the same.<sup>4</sup>

In each case, the lessons helped a young person become stronger in the faith. All three were invited to take action so that they could experience promised blessings.

Rather than just discussing gospel principles with children and students, parents and teachers can help them live

the gospel more fully by asking them to act on what they are learning. As parents and teachers, do we see ourselves as messengers from God who have a work for our children and students to do?

Like Moroni, we who teach young people are preparing them for events that lie ahead of them, such as missions and marriage. Like Moroni, we who teach adults are preparing them to help their children and grandchildren receive all of the blessings God would give them. Like Moroni, we repeat and review. And like Moroni, we give assignments that prepare our students for greater work that lies ahead, and we ask them to teach their newly mastered gospel principle to others.

Moroni used scriptures as he taught Joseph,<sup>5</sup> and his teaching contained the three essential elements of gospel instruction:

- Key doctrine that is pure<sup>6</sup>
- An invitation to action<sup>7</sup>
- Promised blessings

As Moroni quoted from Isaiah, he taught Joseph about the doctrine of the gathering of Israel and the coming forth of the Book of Mormon. Citing Malachi, he taught that the priesthood would be revealed and that the hearts of the children would turn to their fathers. He told Joseph that his name would be spoken of in all nations (see Joseph Smith—History 1:33, 36–41). All of these powerful blessings would come as a result of Joseph doing the work the Lord had given to him.

***Following his parents' example, Chad Webb paid his tithing, subtracted nine dollars for a pair of jeans, and then contributed all that remained of his wages to the temple fund.***

Every parent and teacher in the Church can benefit from Moroni's model of teaching. All teachers can focus on a key doctrine, invite learners to live the doctrine, and bear testimony of the promised blessings that will come into their lives as they embrace gospel principles. All parents and teachers can give their children and students a work to do.

That work might be as simple as asking students to return to their homes and teach their families what they have learned. Or that work might be something more difficult, such as asking students to abandon an old unproductive habit and develop a new positive one. In both instances, the lesson will sink deep into the learner's soul and perhaps change a life. ■

#### NOTES

1. See Thomas S. Monson, "To Learn, to Do, to Be," *Ensign*, Nov. 2008, 60–62.
2. Thomas S. Monson, "Examples of Great Teachers," *Ensign*, June 2007, 108–109.
3. See also *Teaching, No Greater Call* (1999), 31–32.
4. See *Teaching, No Greater Call*, 41–42.
5. See *Teaching, No Greater Call*, 54–59.
6. See *Teaching, No Greater Call*, 52–53.
7. See *Teaching, No Greater Call*, 74.



**Below:** President Heber J. Grant dedicated the Cardston Alberta Temple on August 26, 1923—the first temple to be dedicated outside the United States. **Right:** The silver trowel used by Elder David O. McKay in laying the temple cornerstone in 1915.



# To Fill the Earth



**Left:** Samuel H. Smith, brother of the Prophet Joseph Smith, was among the first missionaries to preach the gospel in the United States. **Above:** Early missionaries to England found great success in spreading the gospel, as did missionaries to Scandinavian and other European countries.

President Thomas S. Monson has called upon Latter-day Saints to continue in our faith and prayers that “areas where our influence is limited and where we are not allowed to share the gospel” will be opened (see sidebar on page 25). He was present at the landmark meeting in 1974 when President Spencer W. Kimball (1895–1985) called upon Church leaders to lengthen their strides and enlarge their vision in magnifying the missionary program worldwide and “in finding the keys that have apparently been lost to many nations wherein we can open those worlds.”<sup>1</sup>

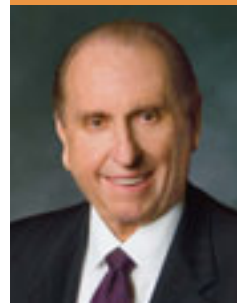
President Monson promises that miracles can occur as we continue in our faith and prayers. He knows from experience that this is true. In the years following President Kimball’s plea, he saw a dramatic increase in the number of missionaries and convert baptisms.<sup>2</sup> He witnessed the opening of many areas as Latter-day Saints obeyed President Kimball’s request to pray that the nations of the world would open their doors to the preaching of the gospel. President Monson was instrumental in the construction of the Freiberg Germany Temple. He witnessed the opening of many countries



PHOTOGRAPHS BY DAVID PICKUP



**Left and above:** The Gadfield Elm chapel in Malvern, England, is the first and oldest Latter-day Saint chapel. In 1840 Elder Wilford Woodruff converted the 600 members of the United Brethren who met here. They donated their chapel to the Church, and it became the focal point of missionary work in the area. Later they sold it to help pay for local members to gather to Zion.



*"I would ask that your faith and prayers continue to be offered in behalf of those areas where our influence is limited and where we are not allowed to share the gospel freely at this time. Miracles can occur as we do so."*

President Thomas S. Monson, "Welcome to Conference," *Liahona and Ensign*, Nov. 2009, 6.



*The ship Ellen Maria prepares to sail from Liverpool, England, for America on February 1, 1851. At the time, over 50,000 Latter-day Saints lived in the*

*British Isles. Emigration was possible as the result of the Perpetual Emigrating Fund, which loaned money to impoverished Latter-day Saints on the promise*

*they would repay the loan so others could emigrate. Thousands of converts emigrated to join the Saints in America.*



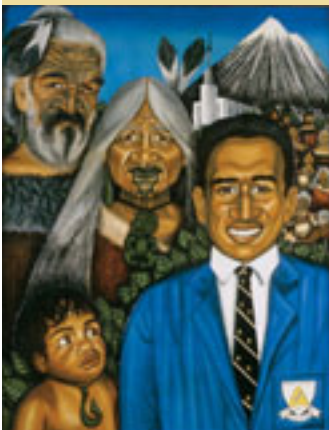
to the gospel after the fall of the Berlin Wall in 1989.<sup>3</sup>

He and all latter-day prophets since the Restoration of the gospel know that these words written by the Prophet Joseph Smith in March 1842 are true: “The Standard of Truth has been erected; no unhallowed hand can stop the work from progressing; persecutions may rage, mobs may combine, armies may assemble, calumny may defame, but the truth of God will go forth boldly, nobly, and independent, till it has penetrated every continent, visited every clime, swept every



Many “isles of the sea” were among places where the gospel began to take root in the 19th century. **Far left:** The site of this 1882 meetinghouse in Hawaii became the site of the Laie Hawaii Temple, which was finished in 1919 (left). **Below left:** After missionaries went to New Zealand in 1854, the gospel blossomed. **Below:** This replica of Stela 5—one of 80 monuments in Izapa, Chiapas, Mexico—is known as the Tree-of-Life Stone. Some have suggested that it might depict Lehi’s dream (see 1 Nephi 8).

LEFT: PHOTOGRAPH OF 1882 MEETINGHOUSE COURTESY OF CHURCH HISTORY MUSEUM; ABOVE: THE PROMISE, BY AL ROUNDS; BELOW LEFT: BUILDING NOW FOR ETERNITY, BY SYLVIA HUEGE DE SERVILLE, FOURTH INTERNATIONAL ART COMPETITION; BELOW: LEHI’S DREAM, BY ARACELI ANDRADE, SEVENTH INTERNATIONAL ART COMPETITION



**Right:** In the 1960s many in Nigeria and Ghana gained testimonies by reading Church literature. When missionaries arrived in 1978, hundreds of Africans were ready to be baptized. Within a year, some 1,700 people had been baptized and confirmed.



## I BELIEVED

In 1964 Joseph William Billy Johnson read the testimony of the Prophet Joseph Smith and the Book of Mormon and found them to be the true word of God. Soon he was constrained by the Spirit to go from door-to-door sharing the message. Eventually he built up 10 congregations with over 1,000 believers. In June 1978 he had a strong impression to listen to the British Broadcasting Corporation on the radio. He recalled, "I heard the message of President Spencer W. Kimball that all worthy males in the world could receive the priesthood. I burst into tears of joy."

See E. Dale LeBaron, "Steadfast African Pioneer," *Ensign*, Dec. 1999, 45.



TOP: PHOTOGRAPH OF NIGERIAN BAPTISMS IN 1978 BY JANATH CANNON;  
 ABOVE: ORDINATION IN SIERRA LEONE BY LATTER-DAY SAINTS, BY EMILE WILSON;  
 RIGHT: BAPTISM IN SIERRA LEONE, BY EMILE WILSON





**Left:** The colors and textures of this embroidery capture the energy of the tremendous growth of the Church in Mexico, Central America, and South America over the past 50 years. These members love the Book of Mormon and are drawn to the temple, represented here by the Guatemala

City Guatemala Temple. **Below:** Today more than 1,500 members live in Poland, a country profoundly affected by World War II. Their testimonies are rooted in the same beliefs as are all Latter-day Saints'—such as the First Vision (depicted below by a Polish artist).

country, and sounded in every ear, till the purposes of God shall be accomplished, and the Great Jehovah shall say the work is done.”<sup>4</sup>

Let us unite our faith and prayers so that areas now closed will open and miracles will occur as we accept the challenge from President Monson. ■

**NOTES**

1. Spencer W. Kimball, “When the World Will Be Converted,” *Ensign*, Oct. 1974, 3.
2. See “Status Report on Missionary Work: A Conversation with Elder Thomas S. Monson, Chairman of the Missionary Committee of the Council of the Twelve,” *Ensign*, Oct. 1977, 8.
3. See Garold and Norma Davis, “Behind the Wall: The Church in Eastern Germany,” *Tambuli*, Feb. 1992, 12; *Ensign*, Apr. 1991, 22.
4. *History of the Church*, 4:540.
5. “President Hinckley Visits Asian Saints, Dedicates Hong Kong Temple,” *Ensign*, Aug. 1996, 74.



TOP LEFT: THE LAMANTIES BLOSSOM LIKE THE ROSE IN THE DESERT, BY MARIA GLADIS BARRIENTOS DE MONTEROSO, THIRD INTERNATIONAL ART COMPETITION; LEFT: JOSEPH SMITH'S FIRST VISION, BY JANUZA MOSTYL, COURTESY OF CHURCH HISTORY MUSEUM; TOP RIGHT: PHOTOGRAPH OF PRESIDENT HINCKLEY BY GERRY JAVANI; TOP CENTER: UNFADING MISSIONARIES, BY JUEJING CHEN, FOURTH INTERNATIONAL ART COMPETITION, MAY NOT BE COPIED; TOP FAR RIGHT: PHOTOGRAPH OF MISSIONARIES IN JAPAN COURTESY OF CHURCH HISTORY MUSEUM; RIGHT: DEDICATION OF RUSSIA, BY EMIN ZUFUGAROV



## JAPAN: THE CHURCH GROWS IN ASIA

At a fireside in Tokyo, Japan, in 1996, President Gordon B. Hinckley told members about the visit of Elder Heber J. Grant, then a member of the Quorum of the Twelve Apostles, to Japan in 1901: “He and three other missionaries . . . went to a quiet and secluded place and dedicated Japan for the preaching of the gospel.”

After noting the growth of the Church in Japan (home to more than 123,000 members today), President Hinckley said, “If President Grant were here now, he would weep with gratitude.”<sup>5</sup>



**Top:** Asians celebrated the 1996 visit of President Gordon B. Hinckley and his wife, Marjorie. **Top center:** Asian and Latter-day Saint images surround these Taiwanese members,

showing how the gospel can work in any culture. **Top right:** Elder Heber J. Grant (center), with missionaries, dedicated Japan for missionary work at this site on September 1, 1901.

**Above:** Elder Francis M. Lyman, an Apostle, gathered with other Church leaders in August 1903 in St. Petersburg, Russia, to dedicate Russia for the preaching of the gospel.



**By Elder  
M. Russell Ballard**  
Of the Quorum of the  
Twelve Apostles



# Sharing the Gospel with Confidence

*We don't have to defend or justify anything when we base our position on the teachings of the Son of God and do our best to keep His commandments.*

**W**e are in a titanic struggle. From the dawn of mankind's history, it has always been so. Good and evil have always been with us and so has the right to choose between them. I want to share some thoughts about standing firm for the truth.

Recently I saw some research about how other people see members of The Church of Jesus Christ of Latter-day Saints. I have long been interested in this subject because I have had a lot to do with missionary work in my Church assignments. Knowing how people see us is an important part of understanding how best to explain ourselves. This particular piece of research made an interesting observation. It suggested that members of the Church sometimes appear very defensive to those who are not members of the Church. One respondent went as far as to say that when Mormons are explaining their beliefs, they couch their

language in terms that suggest they are expecting criticism.

This was not the first time I had heard that kind of observation. But the more I have thought about it, the more I understand how easy it is, if we are not careful, to convey a sense of defensiveness in our communication with others.

I think I understand something of the reasons. From the time Joseph Smith walked out of the Sacred Grove in the spring of 1820, there have been those who have reacted negatively, even with hostility, to our message. Joseph tells us in his own words that the first time he attempted to share what he had seen with someone outside the family, it wasn't a pleasant experience. The Protestant minister with whom he shared his message told him that it "was all of the devil" and "that there were no such things as visions or revelations" anymore (Joseph Smith—History 1:21).

If Joseph thought that was bad, it was because he hadn't yet realized the relentless power of the adversary. The more the Church grew, the more it seemed to attract hostility. The small band of faithful Saints was driven from one place to another. It must have seemed to Joseph that it could not get much worse than the governor of Missouri issuing an extermination order against members of the Church, followed by the Prophet's and others' terrible suffering at Liberty Jail. Of course, it *did* get worse, and Joseph and Hyrum paid for their work, testimonies, and faith with their lives. That was the final act that launched the great trek west, led by Brigham Young, across the American wilderness to a place of refuge among the Rocky Mountains of the United States.

Latter-day Saint stories of hardship and sacrifice are now an indelible part of history. Even converts to the Church who had no ancestors who survived those times embrace the people and events of our early history as part of their own heritage. The stories both inspire and motivate us, as

they should, and I hope and pray that in our relative comfort we will never forget those sturdy and faithful Latter-day Saints and the lessons we can learn from them.

And yet this isn't 1830, and there aren't just six of us anymore. Could part of the defensiveness that others sometimes see in us suggest that we still expect to be treated as a disliked minority, forced to flee to the West? In our interactions with others, are we expecting always to have to defend ourselves? If so, I think we need to make a course correction. Constantly anticipating criticism or objections can lead to an unhealthy self-consciousness and a defensive posture that doesn't resonate well with others. It is inconsistent with where we are today as a church and as a great body of followers of Jesus Christ.

### Look to the Savior's Example

As in all things, we can look to the Savior as our exemplar. He faced tremendous hostility from the outset of His ministry. When He first preached in the synagogues at

Nazareth, some wanted to throw Him off a cliff (see Luke 4:28–29). Yet He did not allow Himself to be intimidated. He knew that for the most part He would be misunderstood. Yet He was fearless in declaring His gospel, using such phrases as “Ye have heard that it was said . . . , but I say unto you . . .” (Matthew 5:21–22).

He knew what He wanted to say, and He said it without apology. As the scriptures say, “He taught them as one having authority, and not as the scribes” (Matthew 7:29).

If we want to be respected today for who we are, then we need to act confidently—secure in the knowledge of who we are and what we stand for and not as if we





had to apologize for our beliefs. That doesn't mean we should be arrogant or overbearing. Respect for others' views should always be a basic principle for us—it's built right into the Articles of Faith (see Articles of Faith 1:11). But when we act as if we are a persecuted minority or as if we expect to be misunderstood or criticized, people will sense it and respond accordingly.

I invite returned missionaries to be especially sensitive to this.

You spent two years knocking on doors and dealing with every conceivable question and objection. It is easy in your conversations to think you are still knocking on doors. You're not. If you are in a position to share what you

believe, there's no need to tread so carefully that you look like you are being evasive or anticipating criticism. The Apostle Paul said, "I am not ashamed of the gospel of Christ" (Romans 1:16), and neither should any of us be. I look forward and greatly appreciate every opportunity I have to share my testimony of the marvelous message of the Restoration. And I cannot ever remember offending anyone in the process.

One of the reasons that this subject is relevant today is because the Church is getting stronger. In the United States, we are now the fourth largest church. Latter-day Saints are everywhere—in communities from coast to coast and from north to south. While our numbers may be more concentrated in the West, it is becoming more and

more common for people in the country to know a Latter-day Saint personally. In addition, many members of the Church have achieved social prominence. A recent *Time* magazine article about the Church noted this fact and ran several photographs of prominent Latter-day Saints.<sup>1</sup>

This prominence alone ensures that the Church is going to be talked about more and more and that Latter-day Saints are going to

find themselves in more and more gospel discussions. We need to be honest, open, forthright, engaging, respectful of others' views, and completely nondefensive about our own.

Here are two suggestions for how to engage in conversations nondefensively.

**If we want to be respected today for who we are, then we need to act confidently—secure in the knowledge of who we are and what we stand for.**

### **1. Don't let irrelevant issues drown out more important subjects.**

Our Church members have often allowed others to set the conversational agenda. An example is plural marriage. This ended in the Church as an official practice in 1890. It's now 2010. Why are we still talking about it? It was a practice. It ended. We moved on. If people ask you about polygamy, just acknowledge that it was once a practice but not now and that people shouldn't confuse any polygamists with our church. In ordinary conversations, don't waste time trying to justify the practice of polygamy during Old Testament times or speculating as to why it was practiced for a time in the 19th century. Those may be legitimate topics for historians and scholars, but

I think we simply reinforce the stereotypes when we make it a primary topic of conversations about the Church.

I realize that sometimes these conversations are triggered by stories that appear in the media. That doesn't change anything. In 2009 a cable TV network series about polygamists depicted the sacred temple ceremony. That portrayal caused great concern among Church members, which is understandable. We were all offended by it.

But I refer you to an article in response to that depiction that was placed by the Public Affairs Department of the Church on its newsroom Web site. As I quote from it, notice the tone. There is nothing defensive about it, yet it responds to an inappropriate portrayal of one of our most sacred religious ceremonies:

"Like other large faith groups, The Church of Jesus Christ of Latter-day Saints sometimes finds itself on the receiving end of attention from Hollywood or Broadway, television series or books, and the news media. Sometimes depictions of the Church and its people are quite accurate. Sometimes the images are false or play to stereotypes. Occasionally, they are in appallingly bad taste.

"As Catholics, Jews and Muslims have known for centuries, such attention is inevitable once an institution or faith group reaches a size or prominence sufficient to attract notice."

The article then goes on to discourage the idea of an organized boycott of the network

or affiliated business, which was being actively promoted among some of our members:

"The Church of Jesus Christ of Latter-day Saints as an institution does not call for boycotts. Such a step would simply generate the kind of controversy that the media loves and in the end would increase audiences for the series. . . . Latter-day Saints should conduct themselves with dignity and thoughtfulness.

"Not only is this the model that Jesus Christ

taught and demonstrated in His own life, but it also reflects the reality of the strength and maturity of Church members today. . . .

*"If the Church allowed critics and opponents to choose the ground on which its battles are fought, it would risk being distracted*

*from the focus and mission it has pursued successfully for nearly 180 years. Instead, the Church itself will determine its own course as it continues to preach the restored gospel of Jesus Christ throughout the world."*<sup>2</sup>

Here's another example. In 2007 an independent film producer released a movie about the Mountain Meadows Massacre. To describe this as a really bad movie would be generous. Frankly, it was just awful—even Hollywood critics panned it. The promoters did everything they could to provoke the Church into making it a major topic of conversation. In fact, we completely ignored it. We refused to allow them to set the agenda. The result was a big flop at the box office and a lot of red ink in the producer's bank account. Meanwhile, we continue to respond to and reach out in

**The most important thing about us and our testimony is that we base our beliefs on what Jesus Christ taught and that we try to follow Him.**

constructive and intelligent ways with the descendants of those who were involved in those terrible events at Mountain Meadows.

Recently Oxford University Press published a well-researched book titled *Massacre at Mountain Meadows* that documents the facts surrounding this tragedy.

## **2. Emphasize that Latter-day Saints teach and live what Jesus Christ taught and that we try to follow Him.**

When all is said and done, the most important thing about us and our testimony is that we base our beliefs on what Jesus Christ taught and that we try to follow Him by living our life in a way acceptable to Him and to our Heavenly Father.

This is our foundation. It was Joseph Smith's foundation. He said, "The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it."<sup>3</sup>

Whenever we are having a conversation about the Church, we should try to make this a point. We follow Jesus Christ. We try to live as He taught. That's the basis of our faith and our lives, and that's the strongest nondefensive position we can take. We don't have to defend or justify anything when we base our position on the teachings of the Son of God and do our best to keep His commandments.

It is a great blessing to have the doctrines of Jesus Christ, which are clear to those who study the scriptures and embrace

His teachings. As we follow His doctrine, we come to know that all of us are the children of God and that He loves us. By following Christ, we know where we came from before our birth, we know our purpose for being here on the earth, and we know where we will go when we leave this earth life. The plan of salvation is clear; it is God's plan for the eternal happiness of His children.

There are commandments that God has given us to live. They are His commandments, and no one is authorized to change them except it be by direct revelation to God's chosen prophet.

People throughout the world are drifting further and further away from the teachings of the Lord toward a secular society that the Apostle Paul described:

"For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;

"And they shall turn away their ears from the truth" (2 Timothy 4:3–4).



## Save Kathy

By Darwin Richardson

In January 1976, I received a telephone call from a friend who worked for social services. He asked if my wife and I would be willing to take in a foster child. At the time we had two young children of our own, but we agreed to open up our home to 17-year-old Kathy.

Soon after arriving in our home, Kathy asked if she could attend church with us. Of course we said yes, and soon Kathy was attending church regularly. Many of Kathy's friends from her former congregation noticed her absence, and they were unhappy to find out that she was attending the LDS Church.

One day after school, Kathy told us that her former church was planning to stage a "Save Kathy" night for their youth ministry meeting. Kathy asked if I would accompany her to that meeting and help her defend the Church. I reluctantly agreed because although I didn't want to argue with her friends about doctrinal

differences, I knew that she didn't yet know enough about the Church to defend it. I decided to bring another guest, Richard Jones, who had just returned from his mission.

The day of "Save Kathy" night was a day of fasting and prayer for all of us. I prayed that the Spirit would be present at the meeting and that there would be no contention.

When we arrived at the church that evening, we sensed some animosity, but the youth minister welcomed us warmly and invited us to tell the group about the Church and our beliefs. As Richard shared what was then the first missionary discussion and taught about the Restoration, the 15 or so young people in the room listened carefully. Even the youth minister was captivated.

We then spent the rest of the evening answering questions and having a wonderful discussion about the gospel. The animosity we



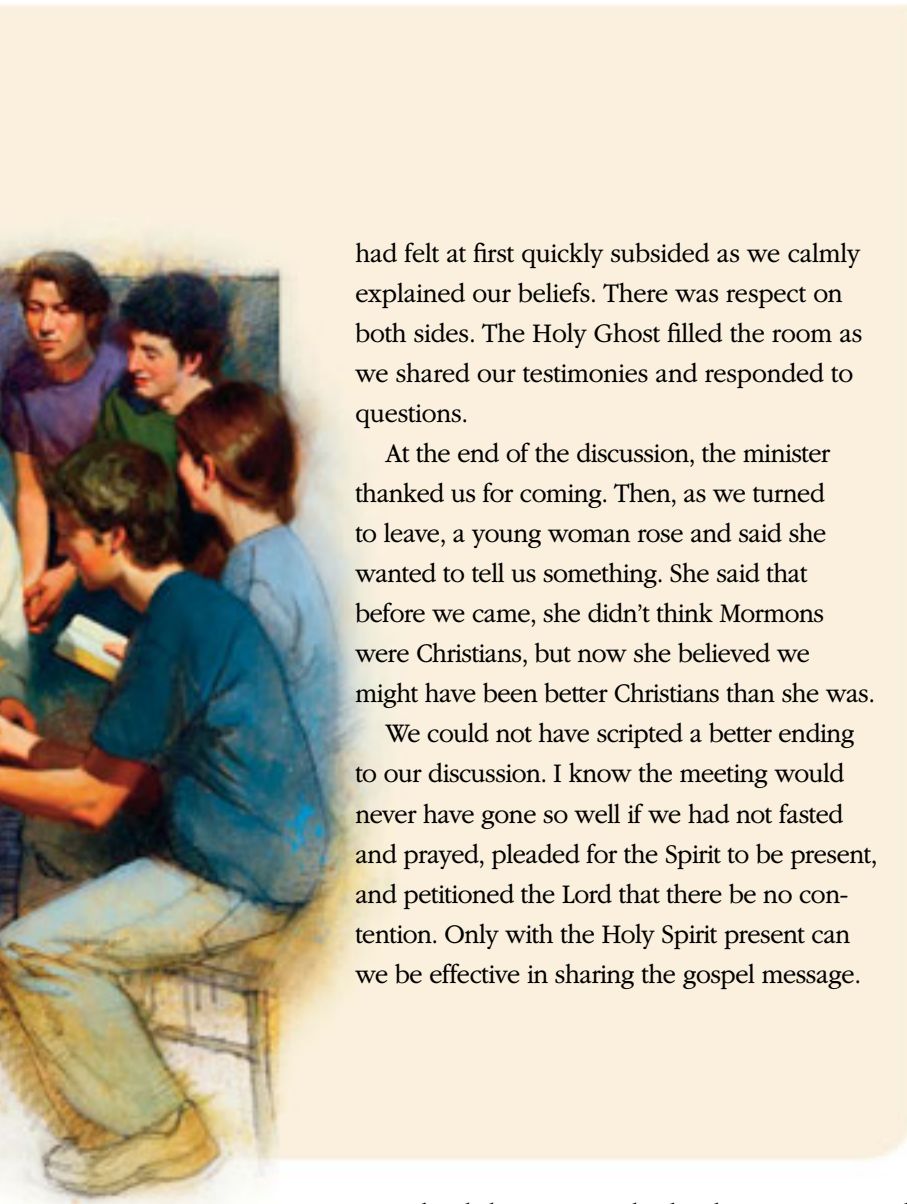
Today is the time Paul saw. There is an ever-growing number of people who believe that there is no God, no Christ, no plan of redemption, no Atonement, no repentance, no forgiveness, no life after death, no resurrection, no eternal life, and no eternal families sealed together forever.

How empty life must be without the blessings of the fulness of the restored gospel of Jesus Christ. As Latter-day Saints, we follow Jesus Christ. We know the plan of happiness, the great plan of redemption through the Lord Jesus Christ. We know the doctrines of Jesus Christ. We must strive now and always to live by them. Upon the Church's younger generation will rest the responsibility to teach the doctrines of the Lord and to know how to build up His Church. Please remember that you do not need to feel that you must justify your beliefs; you simply need to explain

them in a spirit of love and kindness. The truth always prevails when true doctrine is taught.

Here are a few examples:

1. We follow Jesus Christ's doctrine of service to our fellowman. We serve members of our Church as well as those who are not. The great work we do in humanitarian service throughout the world relieves suffering and hardship. We do all we can in sharing our resources of time and money to meet the needs of both our members and those of other faiths, recognizing that "inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:40).
2. We follow Jesus Christ's doctrine of striving to live the Word of Wisdom, which is a sound way to enjoy a healthy physical body. We avoid drug abuse of all



had felt at first quickly subsided as we calmly explained our beliefs. There was respect on both sides. The Holy Ghost filled the room as we shared our testimonies and responded to questions.

At the end of the discussion, the minister thanked us for coming. Then, as we turned to leave, a young woman rose and said she wanted to tell us something. She said that before we came, she didn't think Mormons were Christians, but now she believed we might have been better Christians than she was.

We could not have scripted a better ending to our discussion. I know the meeting would never have gone so well if we had not fasted and prayed, pleaded for the Spirit to be present, and petitioned the Lord that there be no contention. Only with the Holy Spirit present can we be effective in sharing the gospel message.

kinds because our bodies house our eternal spirits and because happiness in this life is obtained by being spiritually strong and physically healthy.

3. We follow Jesus Christ by living the law of chastity. God gave this commandment, and He has never revoked or changed it. This law is clear and simple. No one is to engage in sexual relationships outside the bounds the Lord has set. This applies to homosexual behavior of any kind and to heterosexual relationships outside of marriage. It is a sin to violate the law of chastity.
4. We follow Jesus Christ by adhering to God's law of marriage, which is marriage

between one man and one woman. This commandment has been in place from the very beginning. God said, "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh" (Genesis 2:24). God instructed Adam and Eve to "be fruitful, and multiply, and replenish the earth, and subdue it" (Genesis 1:28).

Modern-day prophets and apostles reaffirmed this command in "The Family: A Proclamation to the World," issued in 1995:

"God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife. . . .

"The family is ordained of God. Marriage between man and woman is essential to His eternal plan."<sup>4</sup>

5. We follow Jesus Christ and teach the first principles of the gospel and all of the other wonderful doctrines of the Restoration that, when embraced and lived, bring peace, joy, and happiness to the sons and daughters of God. It is just this simple.

May God bless us in our pursuits for happiness by knowing and following the teachings of the Lord Jesus Christ and by engaging others in conversations about the restored gospel without being offensive. ■

*From a commencement address delivered at Brigham Young University on August 13, 2009. For the full text in English, visit [www.newsroom.lds.org](http://www.newsroom.lds.org) (click on "News Releases & Stories").*

#### NOTES

1. See David Van Biema, "The Church and Gay Marriage: Are Mormons Misunderstood?" *Time*, June 22, 2009, 49–53.
2. "The Publicity Dilemma," [newsroom.lds.org/ldsnewsroom/eng/commentary/the-publicity-dilemma](http://newsroom.lds.org/ldsnewsroom/eng/commentary/the-publicity-dilemma); emphasis added.
3. *Teachings of Presidents of the Church: Joseph Smith* (2007), 49.
4. "The Family: A Proclamation to the World," *Liahona*, Oct. 2004, 49; *Ensign*, Nov. 1995, 102.

# What Did the PIONEERS BRING?



*President Stephen L Richards was born on June 18, 1879, in Mendon, Utah. He was called as an Apostle in 1917 and as First Counselor in the First Presidency in 1951. The following is an excerpt of an address he delivered at the April 1947 general conference, 100 years after the pioneers' arrival in the Salt Lake Valley.*

**By President Stephen L Richards (1879–1959)**

First Counselor in the First Presidency

To understand the pioneers and their accomplishments, we must examine their motives. . . . They came for freedom and peace, as others have done. They came to make homes for themselves, as others have done. They came to worship God and practice their religion to the satisfaction of their consciences, as others have done; but here is one thing they came for which, so far as I know, has no counterpart in any other pioneer movement: they

came with the avowed purpose of establishing a society so that they would be able to take back to the civilization from which they had fled, yes, even to their persecutors, the principles of life and conduct which were the source of their own inspiration, cohesion, success, and happiness. . . .

What then did the pioneers bring? They brought industry in a measure that has seldom been equaled. They taught and practiced the gospel of work as

the foundation for success and happiness. . . .

They brought education and a love for the artistic and beautiful. . . .

They brought with them a high order of loyalty and a great capacity for firm devotion to the cause they espoused. . . .

I come now to the greatest thing of all which the pioneers brought with them, and that I characterize as wisdom, wisdom about the important things in life. . . .

First, consider the body of man. . . . The pioneers brought a new concept of the body which invested it with sacred significance. They taught that the body is the earthly tabernacle wherein the spirit of man, the literal child of God, is housed and that the body cannot be defiled or polluted or otherwise abused by taking into it poisons and deleterious substances without offering affront to God, whose Spirit dwells therein. . . . They brought with them a code of health rules. . . .

Second—character or personality. . . . [The pioneers] taught not only that man is the child of God, of the most noble lineage but that he is destined also, if he lives for it, to be associated with his Heavenly Father in carrying forth His eternal works in all time to come. . . .

Next—the family. . . . What was the wisdom the pioneers brought about the family? Why, they invested it with the noblest and most exalted attributes which have ever come to it in all the history of the world. They taught that it is not only

***The greatest thing of all which the pioneers brought with them [was] wisdom.***

a basic unit for happy life and progress here on this earth but that it constitutes also the very foundation of our hope for supreme exaltation in the celestial kingdom of our God. Indeed, the heaven we seek is little more than the projection of our homes into eternity. How

at variance with these lofty concepts of home and family are the tragic evils in domestic life today—divorce, broken homes, neglected, wayward children more to be pitied than abused because of the disintegration of family life.

. . . Oh, if the wisdom which these humble pioneers brought could only find application in the families of the world, what a boon it would be to the comfort and the happiness and the progress of humanity.

Lastly, . . . brotherhood. They taught, in the most realistic way, the concept of all nations, kindreds, tongues, and peoples belonging to the family of God. . . . They believed . . . that the only substantial hope for universal

peace lay in the extension of this doctrine of brotherhood throughout the world. . . .

. . . These wise contributions of which I speak and many more were but principles of the gospel of the Lord Jesus Christ which had been restored through the Prophet Joseph Smith. . . . It was because of the pioneers' implicit faith in this transcendent message of life and truth that they established the Lord's house in "the top of the mountains" [Isaiah 2:2]. It was a great thing to set up a commonwealth and transform a desert into cities, towns, and villages with the homes, schools, and facilities we now enjoy. It was a vastly greater accomplishment to establish the kingdom of God and send forth from Zion that salutary message of hope and faith and divine, eternal wisdom to all mankind. This was the real heritage our noble pioneers brought with them and left to us and our friends. . . . It is the most precious gift in life. God help us to prize it, to live it, and to spread it. ■

**Punctuation, spelling, and capitalization modernized.**





# Road Warriors & Strong Families.....

*Road warriors aren't anything new, but to a family facing work-related travel, particularly for an extended period, the separation is very real—and potentially disrupting. How principles from The Family: A Proclamation to the World are helping these road-warrior families.*

**By Melissa Merrill**  
Church Magazines

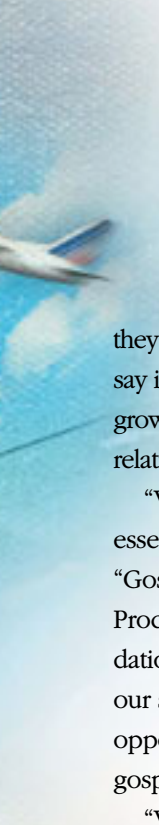
**W**ith 35 work-related moves in their 28 years of marriage, Ross and Lyndy Larsen had long accepted their mobile lifestyle and embraced the opportunities it gave them and their children to experience a variety of cultures. Yet when Ross was offered a new job in 2004 as a cruise-ship executive—a prospect that would allow their family to settle permanently in Lyndy's

childhood hometown in New Zealand—the Larsens welcomed the opportunity to put down roots.

They also knew that the position would bring a different set of challenges: Ross's work would require him to be at sea four months at a time, followed by a two-month vacation period at the end of each assignment. Ross maintained that work schedule for four years. Today, he works full-time in New Zealand, but the family is grateful for the time they spent in their less-than-traditional circumstances. Although

ILLUSTRATIONS BY CARY HENRIE





they realize that their situation was not necessarily ideal, they say it provided them great opportunities for learning and growth, particularly as they focused on developing family relationships.

“We realize the sacredness of the family unit and how essential it is to our eternal progression,” says Lyndy. “Gospel principles, especially those found in ‘The Family: A Proclamation to the World,’ have provided us a strong foundation on which we continue to build. We did not think of our situation as a stumbling block to progress, rather as an opportunity to make a concerted effort to put into practice gospel principles our Savior, Jesus Christ, taught.

“We have felt His love and His tender mercies toward us individually and have taken comfort in the realization that He is aware of our situation and will always be there to give us strength. We have learned from this experience just how much we love and need Him.”

Throughout the world, families like the Larsens are clinging to gospel principles to help them make the most of work-related separation situations. Here, members share how “faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities”<sup>1</sup> are helping them build strong families.

## Faith

Brian Daems of Utah, USA, works as a corporate pilot, a job that requires him to fly internationally for up to 10 days at a time. His work takes him from home 14 days per month, on average. He and his wife, Lisa, have found that one of the best ways “to keep the family and home running” is staying faithful with family prayer, family home evening, and family scripture study. The couple works to maintain these practices with their three young children whether Brian is at home or not.

“I want to do all I can to make our family relationship strong because it is more important than business, travel, or money and will last forever if we follow the Lord’s commands,” Brian says. “I know many other men who travel extensively and are still able to be good fathers and husbands and fulfill their church assignments effectively. I admire these fine men, as well as well-traveled leaders like President

[Thomas S.] Monson and former airline captain President [Dieter F.] Uchtdorf. They are great examples to me.”

Rob Barlow of Michigan, USA, travels extensively as a software sales executive. Although he and his wife, Lori, had worried about the potential to grow together spiritually as a couple, the Barlows have found that spiritual impressions aren’t limited by distance.

“One of the most significant experiences of our lives happened while I was on a business trip in France,” Rob recalls. “There were some situations in our lives, including a job change, that would affect our family, that we needed to think about. After reading the scriptures and praying about what needed to happen, that spark of revelation came. Because of the time difference, I had to wait a few hours before I could call Lori and share with her what I had found, but when I did, I learned that she had felt a similar feeling, and we knew what we needed to do.”

Being able to share faith-building practices and faith-promoting experiences, the Barlows say, has helped them maintain strong ties as a couple and as a family.

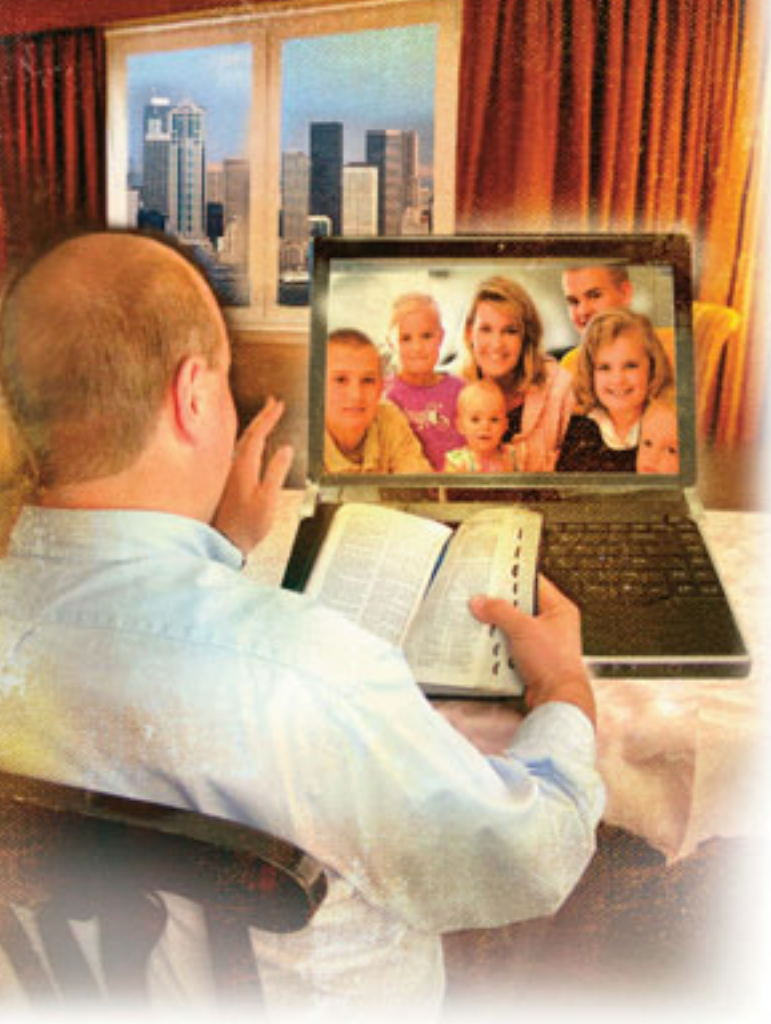
## Prayer

Jim Potts of Idaho, USA, works as an insurance examiner and travels throughout the United States performing his duties. He and his wife, Kayleen, have found that communication—not only with each other but also with the Lord—is essential in keeping their relationship strong.

“We communicate every day through e-mail,” Kayleen says. “Every night before I go to bed, I write Jim a good-morning e-mail so that when he wakes up and logs onto his computer, he has a message from me. We also talk on the phone every night. It’s then that we hold scripture study and pray together.”

She has also made a consistent effort in her *personal* prayers. “This helps us feel the Spirit in our home so that it is a peaceful and calm place.” That, she says, makes a tremendous difference, particularly when her husband is on the road and she might otherwise feel nervous.

“We have found that out of our small efforts come big things, and that often the small things touch hearts so much more than the great big ones,” Kayleen says.



repentance and forgiveness are for. And with each assignment, we're doing better than we did with the last."

Fronica points out that the principle of forgiveness has also helped her outside the family. Occasionally, when someone has made an insensitive comment about her husband's volunteering to take certain work assignments or critical remarks about her being at home with their children, she has found it helpful to give the person the benefit of the doubt. "They probably don't know our circumstances like we do," she says. "I have learned to realize that most people wouldn't say the things they sometimes say if they understood better."

### Respect

Kayleen Potts says that it's important for her to show her husband respect not only by how she interacts and corresponds with him directly but also by what she says to others about their circumstances. "Instead of moaning and groaning about being apart, be grateful to have a job," she

## Many families use phone calls, Webcams, and text messaging to stay close while one family member is on the road.

### Repentance and Forgiveness

Luke and Fronica Saurman of England have dealt with periods of extended absence for six of the eight years they've been married. Luke's assignment with the United States Department of Defense requires a lot of travel, much of which can be long term and scheduled with short notice.

"I think attitudes of selflessness and service help both of us," says Luke. Thinking only of yourself can trap you in despair, he says, but "if you look outward and especially upward, problems are forgotten or at least minimized."

He's quick to acknowledge that repentance and forgiveness are critical elements in his family's lifestyle, just as they are for all families. "With each separation, Fronica and I both make mistakes with the way we interact with each other. For her, it gets difficult with heightened tensions of being at home alone with three children, or for me, being in a combat situation. We may say or do things out of exhaustion or in an overheated moment. That's what

recommends. "It's not helpful for me to take on a woe-is-me attitude or to feel like I'm being neglected or to complain to others. It is helpful to recognize that this kind of work is what my husband does best and to be grateful that he's able to make a living doing something he's good at."

By pointing out the positive aspects of their family's circumstances, Kayleen helps everyone feel optimistic. Her husband, Jim, says, "Knowing that Kayleen is supportive of what I do makes an otherwise difficult time of separation more bearable."

### Love

Three months after they married, Dave and Lalove Foster of Idaho, USA, faced their first major absence from each other. Due to David's military obligations, the couple spent the next year and a half apart.

"It was really important that we keep in close contact," Lalove explains. "I wrote him e-mails almost daily, sometimes more than that. I told him about what I was doing

and funny little things that happened during my day; even little things are important because they really make you feel like you're a part of the other person's life."

Regular e-mailing helped the couple express their love, Lalove says, and as a result, she says she has felt a greater appreciation for her husband. "Even though it was a tough way to start our marriage, in some ways it was good. When Dave came home and we really settled into married life, we both had a deeper appreciation and gratitude for each other.

"Being apart made both David and me grateful for the sealing power and the opportunity the Savior has given us to be together forever. While David was living in a war zone, we were so grateful to know that no matter what, because of the Savior, we would be able to see each other again. This huge comfort allowed faith to replace our fears."

Expressions of love can help cement not only husband-wife relationships but also parent-child relationships.

the "frustration and exhaustion" each was experiencing.

The couple knew that it was important to talk about their respective challenges, but they also decided that they'd each try "to have two or three things to talk about that *didn't* involve the stresses of traveling," Heather says. "These have included interesting things my husband has seen in his various destinations, something funny our children have done, and insights we've had in our recent scripture study."

Showing compassion by focusing conversation not only on challenges but on interesting, positive subjects helped improve the couple's communication during periods of separation as well as in general. "My love for Darin and what we know about marriage makes me want to work at maintaining our relationship," Heather continues. "Darin feels the same way. We know that our relationship is deeper than this job, this year, this life—it reaches into the eternities. If we feel as though we are losing connection, we sit down with each other and discuss things we can do that

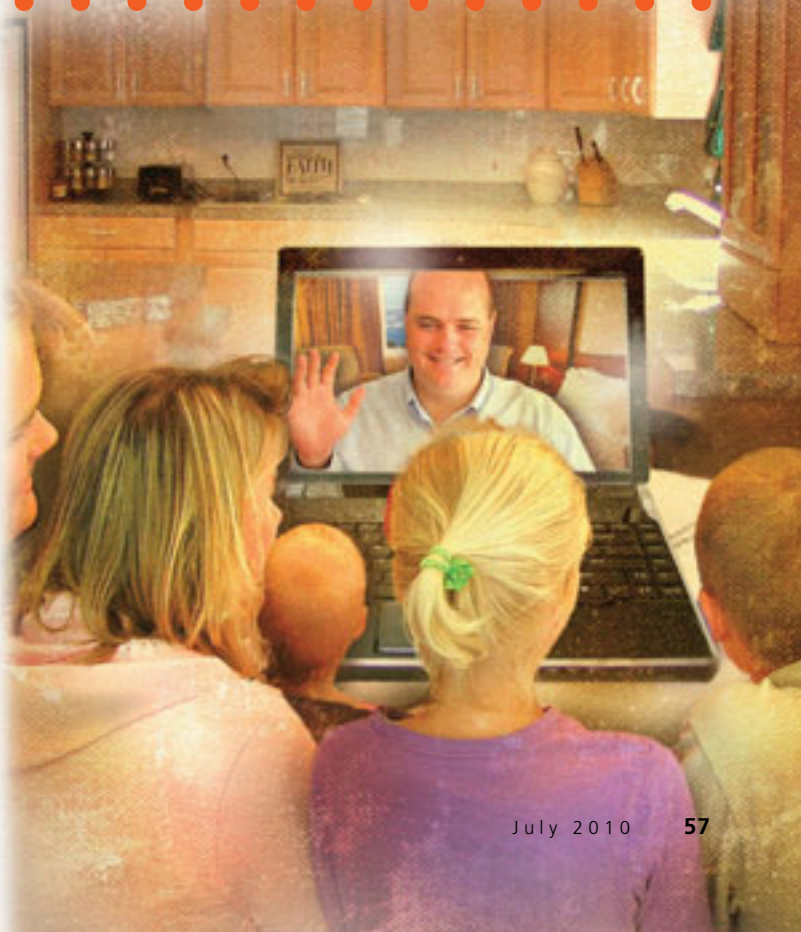
**Keeping in touch this way can help families maintain gospel-centered practices, express love, and stay connected.**

Before Brian Daems leaves on a work trip, he likes to write "I love you" on several sticky notes. He then hides the notes throughout the house for his family to find. "When we visit on the phone, the children are excited to report how many notes they found and where they found them," Brian says. Likewise, he often finds cards and drawings from his family in his suitcase, and occasionally, his wife and children will fax "I love you" messages to his hotel.

"These fun surprises brighten my day instantly. As we work to come up with ideas and then carry them out, it strengthens our love for each other," Brian says.

**Compassion**

Darin Palmer of Kentucky, USA, began traveling early in his career, when he and his wife, Heather, had two small children. Adjusting to the schedule was hard on their whole family, Heather says, and often when she and Darin would talk at night, conversation would center on



could work better for us and for our children. As we have worked together and looked to the Lord to find solutions and remain positive, we have felt our relationship with each other and with the Savior grow.”

### Work

Most people who live with frequent travel as a normal aspect of their lives will agree that it takes a great deal of work, both during separation and after a reunion. Ross and Lyndy Larsen found that technology played a helpful role in the work they did while Ross was at sea. Using Webcams, text messaging, e-mail, and phone calls, the Larsens were able to discuss important family matters. For instance, Lyndy would ask for her husband’s thoughts on how to move forward with a family concern or plan. “Even when I was away, I could still participate in family affairs,” Ross notes.

LuAnn Weaver of Utah, USA, whose husband, Lance,



works as a commercial airline pilot, says, “When Lance is gone, I have to make the ‘everyday’ decisions by myself. When he is back in town, I have to remember that he is there and to include him. However, the ‘important’ decisions concerning our family have already been made, and whether he is there or not, our family tries to implement those

decisions. They include attending our church meetings and having family prayer, family scripture study, and family home evening. By practicing those aspects of the gospel, I can make those ‘everyday’ decisions and stay focused on what is really important—our relationship with each other as a family and knowing and loving our Savior.”

The Weavers’ children are now grown, and LuAnn acknowledges that looking back, much of the work of raising their children seems relatively easy. “However, when you’re in the middle of it all, it’s difficult. But it was

## HELP FROM OUR WARD FAMILY

By Laurie Ellington

**M**y husband serves in the United States military and was recently deployed to Afghanistan for a year. Before his departure, he did all he could to prepare our home and me so that all would be well while he was gone. He taught me how to turn off the water and the air conditioner and even the gas in case there happened to be an emergency. He informed ward leadership of his departure. He asked them to take care of me and of our family. He shared the same things with our good home teachers.

Our home teachers were wonderful.

They came each month and gave me a message and helped in a variety of ways. They moved a heavy bookcase, replaced hard-to-reach lightbulbs, and even organized the Young Men and their leaders to do some work in our backyard to prepare it for some landscaping I was doing. The home teachers came one night to rescue our house when a water hose sprang a leak and filled the kitchen with water. They came later to replace the same hose! My visiting teachers were great too. They came every month to visit and cried with me if I was having a bad day. And though these people

say they didn’t do much, their service was huge to me because they did things I could not have done or would have found difficult to do for myself.

In addition to my wonderful home teachers, other good members of our ward took it upon themselves to serve our family in my husband’s absence:

A neighbor brought his 12-year-old son over on snowy mornings to shovel my walk and driveway. That same son took care of mowing and edging each week in the summer.

A brother took care of some drywall mudding in the kitchen.

Another offered to do some other finish work. He spent several hours and

important that we worked together to establish the gospel as a way of life. It has blessed our lives, and now as we see our children raising families of their own, it is a joy to see them teaching their children of our Savior and practicing the gospel.”

### Wholesome Recreational Activities

One of the Weavers’ children, Ashley Isenbarger of Utah, USA, says that she never felt that she was short-changed because of her dad’s work schedule. That, she says, is due to the emphasis her parents placed on family togetherness. “I didn’t grow up thinking our situation was difficult,” she says. “In my eyes, it was normal. And while my dad’s schedule was hard some months, there were good things about it too.”

For instance, when Lance was home during the summer months, the family would often go biking or swimming, during the daytime. “Those kinds of family activities wouldn’t have been possible if Dad had had a typical 9-to-5 job,” Ashley points out. “I’m grateful my parents realized our time together was precious—we just had to use it differently than most families. I know that nothing else in

this world matters more than our family relationships. They are what the plan of salvation is all about.”

Ashley and her husband, Kyle, are now raising their own family. Though Kyle doesn’t travel frequently, working full time and attending school part time mean long hours away from home. “The time our children and I get with him is precious,” Ashley adds. But the Isenbargers make family recreation a priority so that as their children grow, “they will have good times to remember and will expect that family comes first.”

Ross Larsen appreciates that same kind of attitude in his family. “I enjoyed my assignments at sea, but I really love my time spent at home with the family,” he says. “Our time together is a priority. We celebrated birthdays, even if it was after the actual date. We’d go to the temple. We’d play together. We’d talk about the future.”

It has been through these activities, Lyndy says, that family love has become more evident and easier to feel. The principles outlined in “The Family: A Proclamation to the World” have become not just ideals but a way of life. ■

#### NOTE

1. “The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102.

days trimming and edging areas in the house that could have waited for my husband’s return, but how wonderful to have it finished when he got home!

Several sisters in the ward gave me a hug every time they saw me. It is amazing what a hug can do for someone who is missing a loved one.

A number of members prayed for us. Both my husband and I felt their prayers.

One brother came and pruned the apple trees in our yard.

Another replaced dangling lightbulbs with beautiful new can lights.

Then a brother and his son-in-law,

not assigned as my home teachers, stopped by after they had visited the families to whom they were assigned, asking what they could do to help.

My ward family was truly my family while my husband was away. They were willing to serve me, and it seemed that they truly enjoyed helping.

My husband is home now. It was not always easy to be alone while he was gone, but my ward family eased the burden and made the deployment go by a little more quickly. My husband and I will be forever grateful for the ways they helped in his absence. ■



For additional suggestions from families who face extended, work-related separation, please see [Ensign.LDS.org](https://www.lds.org/ensign)



# SPIRITUAL SAFETY TIPS FOR FREQUENT TRAVELERS

By Todd Hansen

Like many people, I worked in a career that required extensive travel. Although commuting had always been a significant job demand, my travel gradually increased until it was rare to go more than a few days without boarding an airplane.

While I learned to cope with the routine, there were many times I longed to be with family in the safe, familiar surroundings of home. I occasionally found myself going back to a hotel room at the end of a long day tired and lonely.

Factors like discouragement, fatigue, loneliness, and the absence of family, —along with the cunning of Satan—contribute to a high-risk environment that can make us vulnerable to temptation. President

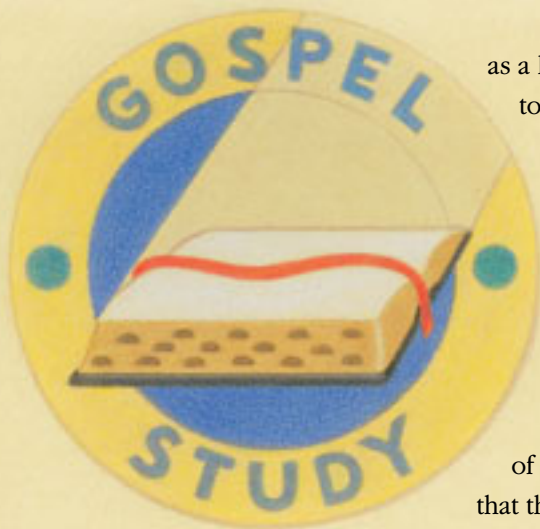
James E. Faust (1920–2007), second counselor in the First Presidency, noted, “In our uncertain physical environment, we need to increase our spiritual nutrients—nutrients that come from the knowledge of the fulness of the gospel and the powers of the holy priesthood. When such knowledge penetrates our souls, we not only draw closer to God but we also want to serve Him and our fellowmen.”<sup>1</sup>

Following are 11 “spiritual nutrients” that have sustained and fortified me during nearly 30 years of frequent travel.

## FAMILY REMINDERS

Displaying a picture of family or loved ones in a visible place in a hotel room can serve as a reminder of priorities and of what matters most. Not only will the photo make the hotel room more inviting, but also can serve





as a helpful reminder to call home regularly. Displaying a favorite picture of the Savior can also help invite the Spirit.

#### **GOSPEL STUDY**

One blessing of traveling alone is that the resulting solitude invites pondering and reflection. Some of the most treasured spiritual insights I have experienced came following gospel study combined with prayerful pondering in the quiet of a hotel room.

#### **The Scriptures**

When I travel, I like to carry a small version of the scriptures in a briefcase or backpack. Placing scriptures near the bed for easy access promotes daily scripture study.

#### **Patriarchal Blessings**

Reading and studying my patriarchal blessing has provided understanding and insight that enriches my life. Over the years I memorized my patriarchal blessing, and on sleepless nights, rather than turning on the TV, I found it helpful to recite my patriarchal blessing and ponder its meaning.

#### **Church Publications**

Whether on an airplane or in a hotel room, Church magazines are an excellent source of inspiration and instruction. The conference issue of the *Ensign* is a particularly powerful source of

spiritual nutrition. Reading Church magazines on an airplane can also lead to gospel discussions and missionary opportunities with fellow travelers.

#### **PRAYER**

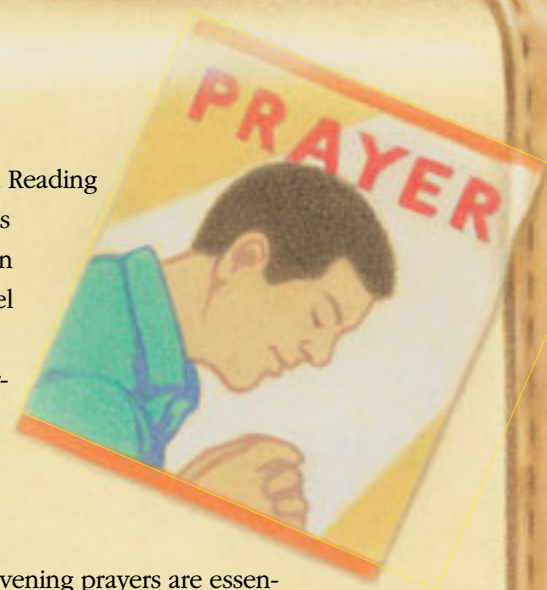
Morning and evening prayers are essential spiritual nutrients. In my petitions, I invite the Spirit to be with me during the day. I pray for power over temptation; strength to honor baptismal, priesthood, and temple covenants; and the opportunity to be “an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity” (1 Timothy 4:12).

Regardless of where travel takes me, my wife and I coordinate a time to visit by phone and kneel together in prayer. We can be continents apart and still feel close to each other and the Lord when we do this. When our children lived at home, they also participated. This family tradition has richly blessed us over the years.

#### **TEMPLE ATTENDANCE**

If travels take you to a location with a temple nearby, take advantage of the opportunity to attend the temple or walk the grounds.

Although our home is in a suburb of Phoenix, Arizona, USA, for almost five years much of my travel involved commutes to San Francisco, California, USA. During that time I attended the Oakland



California Temple almost as frequently as I attended the Mesa Arizona Temple. I found strength in visiting the house of the Lord. Participating in sacred temple ordinances truly encircles us in the robes of righteousness (see 2 Nephi 4:33) and draws us close to Heavenly Father.

### A HEALTHY LIFESTYLE

Doctrine and Covenants 89 promises “wisdom and great treasures of knowledge” for obedience to the Lord’s law of health, the Word of Wisdom (verse 19). A healthy lifestyle promotes spiritual nutrition. The opposite is also true: the negative physical effects of an unhealthy lifestyle can suppress our ability to hear and follow the “still small voice” (1 Nephi 17:45).

#### Regular Exercise

Physical exercise not only promotes good health, it is also a positive outlet for tension. It may be helpful to engage in a workout routine that can be easily maintained on the road. For example, assuming your health permits it, running can be an excellent form of exercise. Many hotels include pools or exercise rooms, which can help you maintain a balanced exercise program.

#### Nutritious Diet

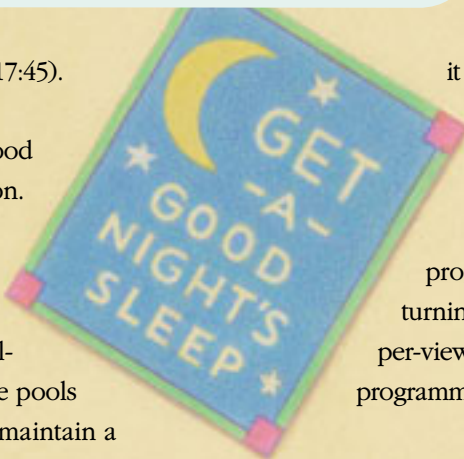
More and more careers require travel involving all-day meetings, hours of sitting, and refreshment breaks that often include an array of high-fat, high-sugar treats. Evenings are frequently filled with long, late dinners and additional rich, high-fat food. Overindulging not only impacts blood sugar levels and the ability to remain alert,



### OUR LIVES SHOULD NOT BE DIVIDED UP

**D**anger lurks when we divide ourselves with expressions such as ‘my private life,’ ‘my professional life,’ or even ‘my best behavior.’ Living life in separate compartments can lead to internal conflict and exhausting tension. . . . Inner peace comes only as we maintain the integrity of truth in all aspects of our lives. When we covenant to follow the Lord and obey His commandments, we accept His standards in every thought, action, and deed.”

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, “Living by Scriptural Guidance,” *Ensign*, Nov. 2000, 17.



it can also affect spiritual vigilance. A nutritious diet, on the other hand, promotes spiritual stamina.

#### A Good Night's Rest

Retire to bed at a reasonable hour and allow yourself seven to eight hours of sleep (D&C 88:124). I found it helpful to request a room located away from elevators, ice machines, and areas with heavy foot traffic. Rooms tucked away at the end of a hall will likely provide more peace and quiet. If travel takes you to the same location often, find lodging you are comfortable with and stay there each time. Hotel personnel will come to know you and may be in a position to accommodate your preferences.

When falling asleep is difficult, it may help to recite hymns, poetry, or scriptures. You might also choose to read a good book or magazine that focuses on a favorite hobby or interest. Given the nature of some late-night programming, I found it best to avoid turning on the television, particularly pay-per-view channels. Hearing or seeing offensive programming creates vulnerability to temptation.

### THE POWER OF SPIRITUAL NUTRIENTS

Every time I walked out the door during my 27 years of frequent travel, I had the same goal: to return as pure as I was when I left. Fortunately, I have found that with a little preparation and fortification with spiritual nutrients, it is possible for us to invite the Spirit to be with us wherever we go. ■

#### NOTE

1. James E. Faust, “Spiritual Nutrients,” *Ensign*, Nov. 2006, 54.



# INVESTING IN THE Golden Years



*Preparing for the near certainty of old age is an important aspect of provident living.*

**By Lisa Barton with Heather Stock**

**D**espite the alternative, few of us really look forward to old age. But the average life expectancy continues to increase, meaning that old age is not only a near certainty, but also that it will last longer. This is not a bad thing if you prepare for it. After all, as the poet Robert Browning wrote of old age, “The best is yet to be.”<sup>1</sup> And President N. Eldon Tanner (1898–1982) observed that “for those who have prepared, the declining years of their lives can be the most enjoyable.”<sup>2</sup>

If those later years of life truly can be the best and most enjoyable, what will it take to make them so? President Tanner listed four areas of preparation: financial, physical, mental, and spiritual.

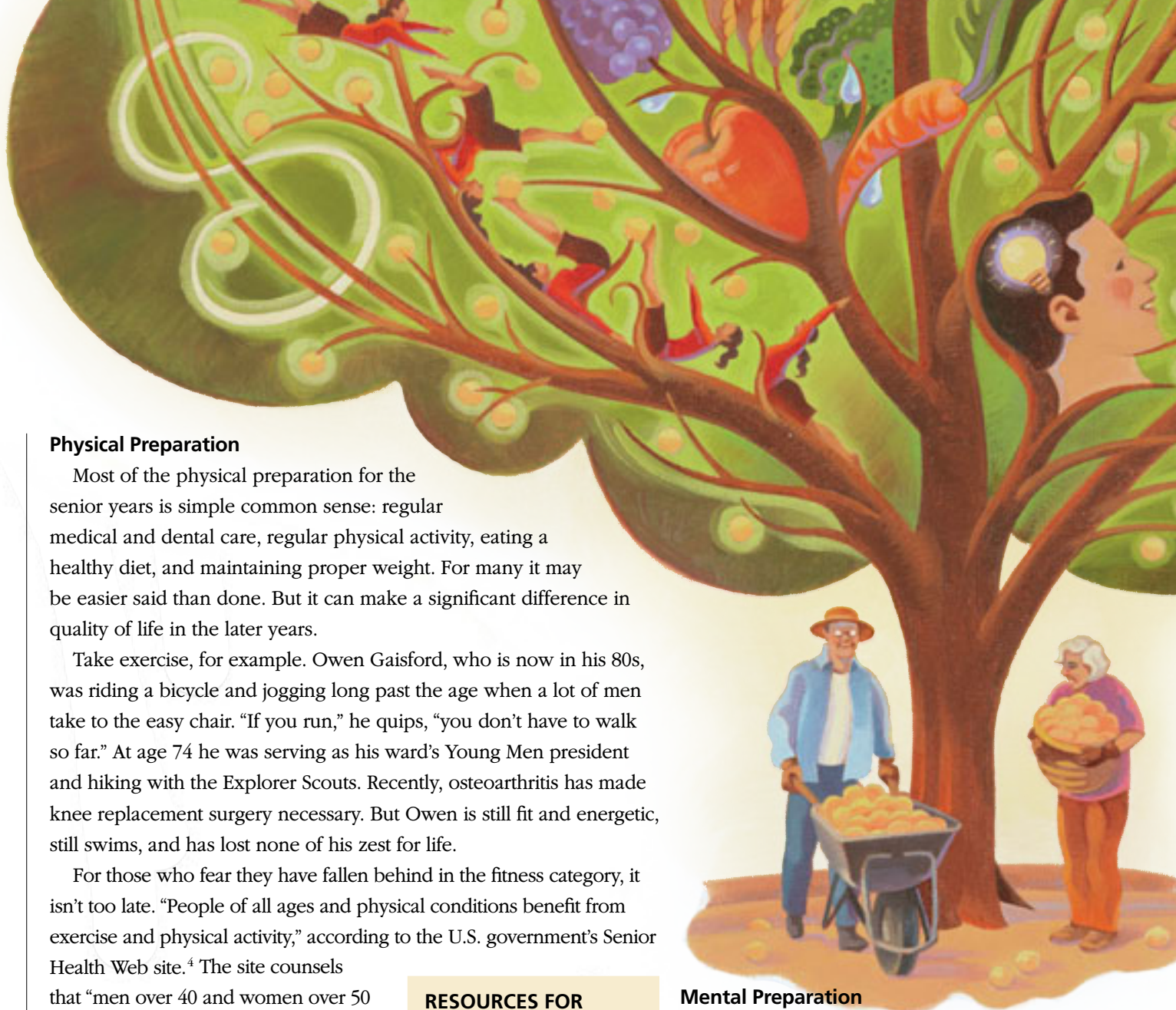
## **Financial and Other Temporal Preparations**

Obviously, a key financial preparation for old age is simply to heed the frequent counsel from Church leaders to

avoid debt and to save money. Sound advice on how to do that can be found at the Web site [providentliving.org](http://providentliving.org) and in a number of *Ensign* articles.<sup>3</sup>

Putting other temporal affairs in order also makes for a smoother, more peaceful transition into the senior years. For example, Hyrum Orullian had been a savvy businessman, always strong and self-sufficient, and when he was healthy he had legal documents prepared expressing his personal wishes. Later, when Hyrum developed Alzheimer’s disease and went to live with his son Aaron and his son’s wife for several years, they were able to help him transition into being dependent, confident that they were doing as Hyrum wished.

Hyrum’s example motivated Aaron and his wife to get their own affairs in order early, even though most people their age don’t think about illnesses or living wills. They’ve now tied up loose financial ends, made decisions should one or both of them become incapacitated, and have shared these plans with their children.



## Physical Preparation

Most of the physical preparation for the senior years is simple common sense: regular medical and dental care, regular physical activity, eating a healthy diet, and maintaining proper weight. For many it may be easier said than done. But it can make a significant difference in quality of life in the later years.

Take exercise, for example. Owen Gaisford, who is now in his 80s, was riding a bicycle and jogging long past the age when a lot of men take to the easy chair. “If you run,” he quips, “you don’t have to walk so far.” At age 74 he was serving as his ward’s Young Men president and hiking with the Explorer Scouts. Recently, osteoarthritis has made knee replacement surgery necessary. But Owen is still fit and energetic, still swims, and has lost none of his zest for life.

For those who fear they have fallen behind in the fitness category, it isn’t too late. “People of all ages and physical conditions benefit from exercise and physical activity,” according to the U.S. government’s Senior Health Web site.<sup>4</sup> The site counsels that “men over 40 and women over 50 should check with their doctor before doing vigorous activity. [But] most older adults, regardless of age or condition, will do just fine in increasing their physical activity to a moderate level.”<sup>5</sup>

“Scientific studies show that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. Scientists find that even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging. Older adults hurt their health far more by not exercising than by exercising.”<sup>6</sup>

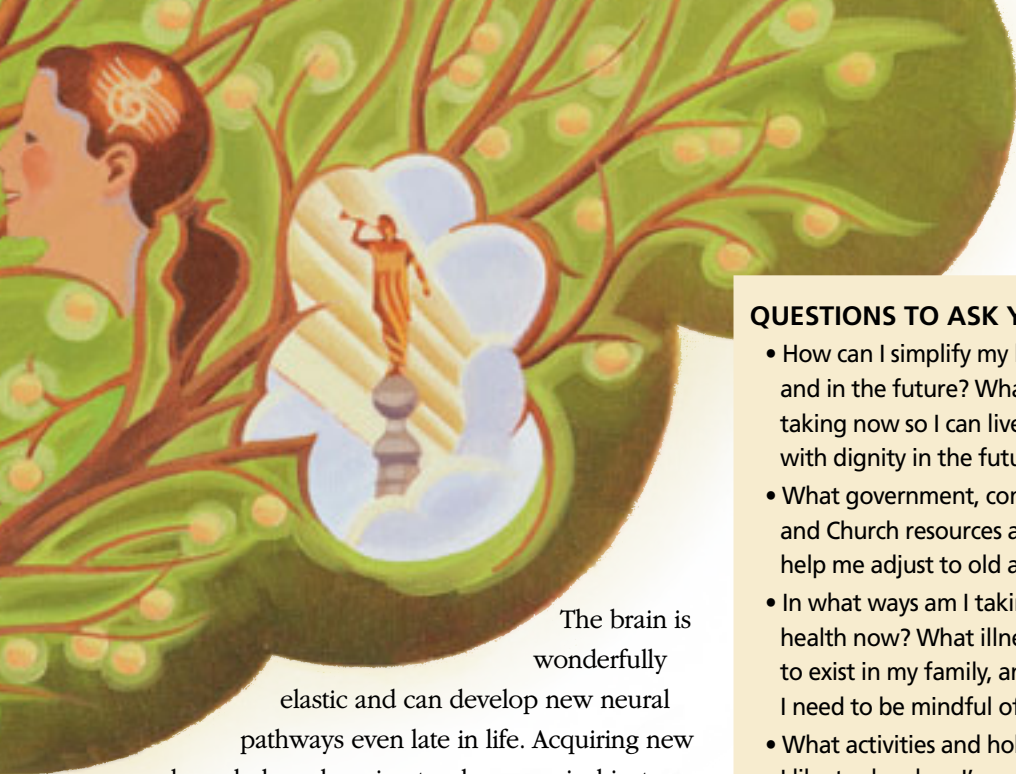
## RESOURCES FOR PREPARING FOR SENIOR YEARS

- Home storage: *All Is Safely Gathered In: Family Home Storage* pamphlet
- Finances: *All Is Safely Gathered In: Family Finances* pamphlet
- Physical, mental, and emotional health: LDS Family Services
- Health tips for seniors: <http://nihseniorhealth.gov/exercise/toc.html>
- Employment: LDS Employment Centers, [providentliving.org](http://providentliving.org). Click on “Employment.”

## Mental Preparation

Exercise and proper diet may have another very important effect on the aging process. The brain appears to need them as much as the rest of the body does. A growing body of medical research indicates that even mild aerobic exercise—such as walking two or three miles a day—helps keep the brain young and improves mental abilities.<sup>7</sup> And a healthy diet appears to have similar protective effects.

Mental exercise is another way to keep the mind sharp. Reading, doing crosswords or sudoku, memorizing, and other mental challenges are simple ways to retain mental faculties. It was once believed that we lose brain cells continually as we age. We now know that’s not true.



The brain is wonderfully elastic and can develop new neural pathways even late in life. Acquiring new knowledge—learning to play a musical instrument or to speak a new language, for example—is a wonderful way to keep the brain active and growing. Doing something like taking ballroom or square dance lessons not only requires the brain to learn new patterns but also provides healthy exercise.

Another mental preparation that affects the quality of life in later years is learning to have a positive attitude. In his final general conference address, Elder Joseph B. Wirthlin (1917–2008) of the Quorum of the Twelve Apostles repeated some wise counsel from his mother: “Come what may, and love it.” He went on to say, “I do believe that the way we react to adversity can be a major factor in how happy and successful we can be in life.”<sup>8</sup>

Having something to look forward to each day also makes a difference. What could be more debilitating than to see nothing more than dreary sameness between you and the horizon? Serving missions, doing family history and temple work, taking classes, volunteering in the community—all are examples of worthwhile activities that can enrich the senior years and bless the lives of others.

Another part of mental preparation is being willing and able to change plans if necessary. Lorna Christopherson had always loved working in her yard. When health problems in her early 60s made that impossible, she turned to other interests she had cultivated over the years. Lorna had often made quilts for her family. Now, she has learned new techniques and shares her quilting skills with her children and grandchildren. She has even started teaching basic quilting classes for

### QUESTIONS TO ASK YOURSELF

- How can I simplify my lifestyle today and in the future? What steps am I taking now so I can live simply and with dignity in the future?
- What government, community, family, and Church resources are available to help me adjust to old age?
- In what ways am I taking care of my health now? What illnesses are known to exist in my family, and what do I need to be mindful of?
- What activities and hobbies would I like to do when I’ve retired?
- What do I want to accomplish by the time I am 60, 70, 80, or 90 years of age?
- Do I have my will and legal documentation arranged if I become incapable of making decisions?
- What can I do to better serve those around me?

Adapted from President Ezra Taft Benson, “To the Elderly in the Church,” *Ensign*, Nov. 1989, 4.

sisters in her ward. Lorna says her motto has helped her face her challenges: “There is always a new dawn, service to give, and love to receive.”

### Spiritual Preparation

Spiritual preparation for old age is essentially preparation for eternal life. The spiritual being we have become over the course of a lifetime is the same being who will step through the veil as we pass from this life. President Tanner said: “[Father in Heaven]

has given us a program by which we can prepare ourselves for immortality and eternal life. I would encourage all members of the Church, old and young, to live the principles of the gospel every day and thereby prepare themselves for the time when they have finished their mortal existence so that they can really retire to eternal life.”<sup>9</sup> ■

### NOTES

1. Robert Browning in John Bartlett, comp., *Bartlett’s Familiar Quotations*, 14th ed. (1968), 666.
2. N. Eldon Tanner, “Preparing for Old Age,” *Ensign*, Dec. 1976, 2.
3. See, for example, “Focus on Family Finances,” “Power Tools for Family Finances,” and “Stretching Your Dollars,” *Ensign*, June 2009, 28–37.
4. National Library of Medicine, National Institutes of Health, “Exercise for Older Adults: Benefits of Exercise,” <http://nihseniorhealth.gov/exercise/benefitsofexercise/03.html>.
5. National Library of Medicine, National Institutes of Health, “Exercise for Older Adults: Safety First,” <http://nihseniorhealth.gov/exercise/safetyfirst/02.html>.
6. National Library of Medicine, National Institutes of Health, “Exercise for Older Adults: Benefits of Exercise,” <http://nihseniorhealth.gov/exercise/benefitsofexercise/03.html>.
7. National Institute on Aging report, “Lessons Learned from Couch Mice, Marathon Mice, and Men and Women Who Like to Walk,” [http://www.nia.nih.gov/Alzheimers/Publications/ADProgress2005\\_2006/Part2/lessons.htm.htm](http://www.nia.nih.gov/Alzheimers/Publications/ADProgress2005_2006/Part2/lessons.htm.htm).
8. Joseph B. Wirthlin, “Come What May, and Love It,” *Ensign*, Nov. 2008, 26.
9. Tanner, “Preparing for Old Age,” 4.

## GETTING TO THE TEMPLE

Since the time of our baptism in 2001, my husband and I had many conversations about traveling to the temple with our family to be sealed together for eternity. However, our plans came to a halt when he was diagnosed with liver disease and passed away before we could go.

I was heartbroken, but my desire for our family to be sealed for eternity grew even stronger after my husband's death. As a widowed mother of four children, however, I knew it would not be easy to raise the money needed to take my family from Cambodia to the Hong Kong China Temple—roughly 1,000 miles (1,600 km) away.

Despite our meager income, my children and I knew that we needed to get to the temple so we could be sealed as a family for eternity. I continued to work hard doing laundry at a hotel while my children worked odd jobs. We slowly began

to save a little money for our trip, but we soon realized that we might never be able to save enough.

Because we knew an eternal family was more valuable than anything we could have on earth, we decided to sell the only thing of value that we owned—my late husband's

motorbike. After we sold it for a significant amount of money, our hearts rejoiced to know that we would soon be able to be sealed to our beloved father and husband.

But our happiness was short-lived. One week after selling the motorbike, we returned from church to

**We slowly began to save a little money for our trip to the temple, but after our home was burglarized, we realized that we might never have enough.**

find that our home had been burglarized. When we discovered that the money from the sale of the motorbike was gone, we were grief stricken. For months

after the break-in, we continued to pray that we could find a way to go to the temple.

After several months our prayers were answered when we were told that we could receive help from the Church's General Temple Patron Assistance Fund.\* My children and I rejoiced at the news and soon made our hoped-for trip to the temple.

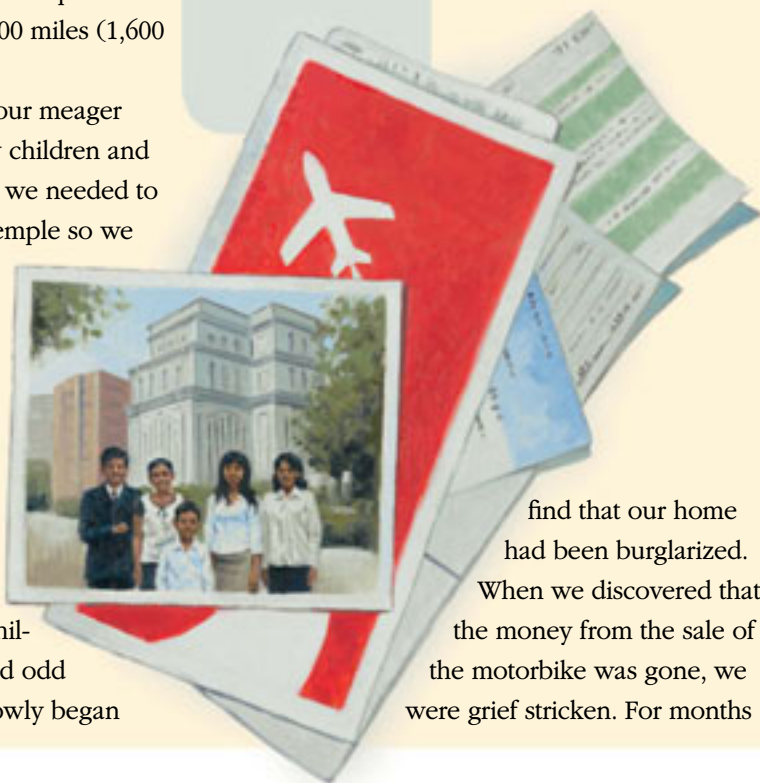
Thanks to the generosity of other Latter-day Saints, we are now an eternal family. ■

Chhom Koemly, Cambodia

*\*The General Temple Patron Assistance Fund was created to give financial assistance to Church members who otherwise could not afford to attend the temple.*

## A FAN, A VACUUM, AND A PLATE OF COOKIES

One summer our young family traveled 2,000 miles (3,200 km) across the country for my husband's new job. We were excited for our new adventure, but we felt very far from our home, our families, and everything else we knew. We pulled up to our new home during a downpour, and in an attempt to protect our home's newly laid carpet, we unloaded the truck with umbrellas overhead and sheets underfoot. We knew that heavy rains had been causing basements to flood, and we nervously kept an eye on ours after everything was unloaded.





***At midnight, the doorbell rang. Pulling the door open, I was met by Brother Lindsay Sewell, the only person we knew in the ward.***

All seemed well that night, and with our three young children finally asleep, Greg and I hurriedly made our bed. We were both exhausted, and falling into bed sounded so good. For some reason, though, Greg felt that he should unpack another box.

“Please,” I said, “let’s just go to sleep. We can unpack in the morning.”

He shook his head and headed to the basement. After a few moments, I heard him scream. Panicked, I ran to the basement only to be met by a miniature flash flood. We stood there shoulder to shoulder as cold rainwater began pooling around our ankles. Instantly we snapped into action and began dragging box after box up the steep staircase. I felt completely and hopelessly lost, my tears mixing with

the floodwater on the floor.

I called the only member of the Church we knew in our new ward, Brother Lindsay Sewell, to ask for instructions on running our sump pump to drain the water. Brother Sewell gave some quick advice, and then I went back to work trying to save our belongings. At midnight, the doorbell rang. Pulling the door open, I was met by Brother Sewell, his arms laden with a fan, a wet vacuum, and a plate of chocolate-chip cookies.

“Sounds like you guys could use some help,” he said with a bright smile. Suddenly, I didn’t feel so far from home.

All through the night, Brother Sewell stayed with us, trying to

conquer the flood. When the water level in the basement rose to more than a foot (30 cm) deep, he suggested that we call the fire department; they brought large pumps that eventually solved the problem.

The next morning Sister Sewell and other members of our new ward arrived with food, extension cords, and more vacuums. We were overwhelmed by their goodness. In the end we saved all of our belongings.

I am so grateful to be a member of The Church of Jesus Christ of Latter-day Saints. No matter where I go, I have brothers and sisters waiting with open arms to welcome my family and to help in times of need. ■

Rindi Haws Jacobsen, Utah, USA

## **WAS I TOO BUSY TO SERVE?**

**I**n 1997 our branch president announced that the branch would do a service project in the neighborhood surrounding our meetinghouse. We were doing this activity to join with Church members all over the world in commemorating the 150th anniversary of the arrival of the Latter-day Saint pioneers in the Salt Lake Valley.

The activity involved cleaning roads and filling potholes. The branch president said we would get dirty but that the activity might give us an opportunity to talk with others about the Church.

I didn't think I would go because my professor had scheduled extra lectures at the same time as the activity. I felt that everybody would understand, but then I came across a pamphlet titled *Faith in Every Footstep*. When I read excerpts about the travails of the Saints on their trek to the western United States, I was moved to tears. Some Saints left their comfortable homes to go to a desert, unsure of what they would find. Others forged ahead even after every other member of their family had died along the way. In the midst of sickness, pain, hunger, and poverty, they had faith that if they migrated to the West, they would be free from oppression.

I felt bad that the early Saints had to make great sacrifices, even their own lives in some cases, to see that the Church continued moving forward. Because of their sacrifice and faith, I now enjoy the blessings of the gospel.

I then realized how small a sacrifice I would be making by comparison. I was being asked to give a mere two hours of service and to share the gospel with a few people, and I was making excuses for not attending.

I forgot about the lectures and participated in the activity. I got dirty, but people did come and ask about the Church. I felt happy for being involved, and I have since graduated from the university—despite missing a few lectures. ■

Ngozi Francisca Okoro, Nigeria

## FORGETTING OURSELVES IN SICILY

**M**y name is Omar Interdonato," the e-mail began. "I'm the son of Fiorella Italia. I hope you still remember her baptism."

Thirty years before, my missionary companion and I had been assigned to the island of Sicily and were serving in Siracusa, a beautiful city on the Mediterranean coast. On Sundays we met with the few Latter-day Saints in the area in an old villa, holding sacrament meeting in the villa's living room.

Missionary work was difficult, and we had few baptisms. Sixteen full-time missionaries labored in the city, which had been tracted over and over. But as my companion and I studied a map of the city one day, we noticed a small village located a few miles from our apartment on the edge of the city.

We hiked through the fields to this village, knelt on the edge of a ridge overlooking a valley, and offered up our hearts and souls to God. We then began tracting in a group of tenement-type buildings that made up most of the village.

We were eventually greeted at a door by a woman in her 40s dressed all in black—a tradition in Italy following the death of a loved one. We changed our door approach to emphasize the plan of salvation. The

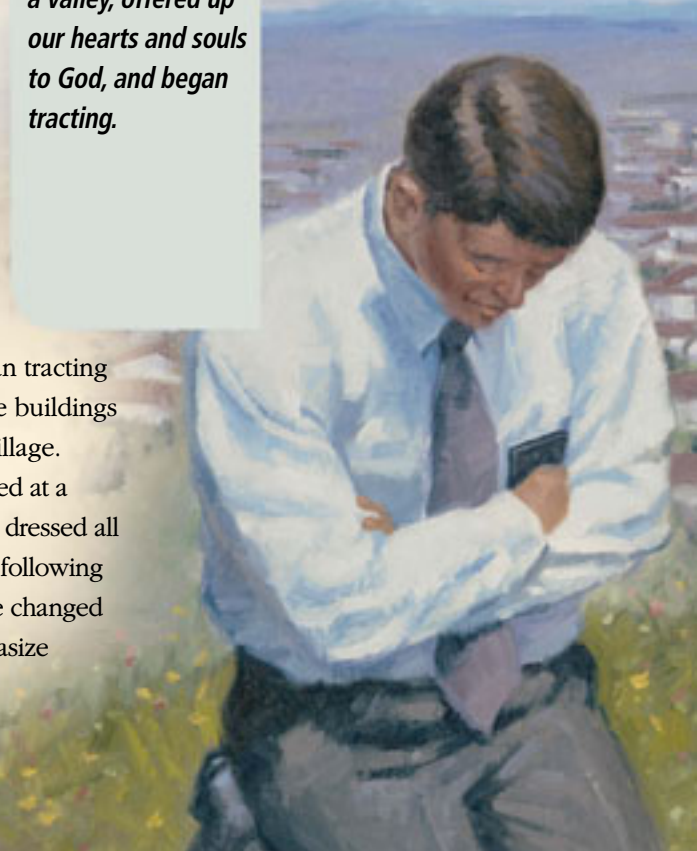
woman invited us in, and we met with her, two of her teenage daughters, and one of their friends. We learned that the woman was recently widowed and had four teenage children to care for. We showed the filmstrip *Man's Search for Happiness* and were invited to return the following week.

The mother, along with her oldest son and two teenage daughters, their grandmother, and their friend were eventually baptized. Following my mission, I kept in touch with the family, but until I received the e-mail,

I had wondered what had happened to Fiorella, the daughters' young friend.

"My mother has been faithful to the gospel all

**M**y companion and I knelt on the edge of a ridge overlooking a valley, offered up our hearts and souls to God, and began tracting.



her life and in 1983 married a good Church member from the Messina Branch and got sealed in the temple,” her son wrote. “I was born in 1984 and my sister, Veronica, in 1987. We are all active in the Church. I served a mission in the Italy Rome Mission from 2005 to 2007, hoping to repay the Lord for all the struggles of two missionaries who decided to preach the gospel in the small town of Florida!”

There were times during my mission when I wondered if the two years of sacrifice were worth it. But how great is my joy (see D&C 18:15–16) to learn that Fiorella’s life was changed forever because my companion and I made the decision to go forth and forget ourselves in the service of others on the island of Sicily. ■

Louis Menditto, Nevada, USA

## WHERE DID I COME FROM?

**A**s a young child I often wondered, “Where did I come from?” Deep within my heart I knew I had lived somewhere before I became who I am now, but I had no idea where.

For many years I was afraid to tell anyone—even my parents—for fear they would think I was crazy. But one day while I was in my early teens, I was brave enough to ask the pastor of our church, “Where did we live before we came to earth?” He told me I should not think about such things. He said no one lives anywhere before they are born; we simply do not exist in any way before.

I was afraid he was right and that I *was* crazy, but I still could not put these thoughts out of my mind. I kept searching, but no one had any answers.

When I was 18 years old, our family moved. I thought the preachers in our new town might know more than our last preacher, so I decided to ask one of them my question. His response was the same: he told me it was not normal to think of such things and suggested that I see a psychiatrist.

Soon after that I stopped going to church. I got a job, met a young man, and got married. Five years later

the marriage ended in divorce. So I packed up all of my belongings, two children in tow and one on the way, and returned home.

Sometime during those five years, my mom had joined The Church of Jesus Christ of Latter-day Saints. She had mentioned the Church when I visited her and had asked me to talk to the missionaries. I finally consented, but before our meeting, I made up my mind that I would agree to take the missionary discussions only if the elders could tell me where I had lived before I came to be who I am now.

To my surprise, they not only answered my question but also gave me the answer straight from the Bible (see Job 38:4–7; Jeremiah 1:5; Jude 1:6). After that, they had my undivided attention! Their answer helped me understand why all my life I had felt that I had lived before. Now I understood that I had lived in a premortal existence with my Heavenly Father.

It wasn’t long before I became a member of the Church. For the first time in my life, I felt like somebody and that I had a destination to pursue—to return home to my Heavenly Father.

I am grateful that the missionaries were able to answer the question that no one else could. ■

Betty Hollowell, Indiana, USA



# Small & Simple Things

“By small and simple things are great things brought to pass” (Alma 37:6).

## TEMPLE SPOTLIGHT

### Copenhagen Denmark Temple

Originally dedicated as the Priorvej chapel near the heart of Copenhagen, Denmark, in 1931, this beautiful redbrick edifice became the 118th temple of the Church when it was dedicated as such on May 23, 2004. It was described as “a new temple in an old shell.”<sup>1</sup>

The original exterior—including a façade with impressive columns flanking the wooden door—was preserved and restored while the interior went through extensive reconstruction. Murals and paintings of scenes from local landscapes exemplify the temple’s distinctively Danish and Swedish



*This meetinghouse, built by members, was dedicated in 1931 and later used as a bomb shelter during World War II. After the building was renovated, it became the 118th temple (below).*

influences. Five tall windows made of art glass run along each side of the building, which has a unique roof made of copper with a copper-clad dome.

At the temple dedication President Hinckley prayed that Heavenly Father would “touch the hearts of all who serve herein with an understanding of Thy divine purposes and of Thy glorious work in bringing ‘to pass the immortality and eternal life of man’” (Moses 1:39).<sup>2</sup>

#### NOTES

1. See “2004: Year in Review,” *Church News*, Dec. 25, 2004, 13.
2. See “Dedicatory Prayer,” [ldschurchtemples.com/copenhagen](http://ldschurchtemples.com/copenhagen).



#### HOW TO GET MORE FROM SUNDAY LESSONS

- During the week, read the scriptures, and review the class member study guides or manuals. Look at the questions at the end of each lesson, and ask yourself how they apply to your life.
- Make a goal to learn something new in each class you attend. New insights could come from the Spirit, the teacher, or other class members.
- Pray for understanding of the material.
- Go to class prepared to participate in the lesson by sharing personal insights and testimony.





## CHURCH HISTORY AROUND THE WORLD

# India

In 1849 two Mormon sailors set sail for India. In Calcutta they unofficially started preaching the gospel. In 1851 Joseph Richards arrived to begin formal missionary efforts in the country. He baptized the first members of the Church in India and organized a branch. By 1852 there were 189 members. They soon built a small chapel—the first Church building in Asia.

Over the next century, however, missionary efforts struggled. But in 1978 a couple missionaries began serving as Church representatives to help the Church be recognized and to strengthen members.

Since then the Book of Mormon

has been translated into 5 of India's 20 major languages: Hindi, Tamil, Telugu, Urdu, and selections in Bengali. The India Bangalore Mission was created in 1993. In 2007 the India New Delhi Mission was created to cover northern India and several nearby countries.

The Church has received national recognition for its work with over 50 humanitarian groups in the country.

The Church in India	
Membership	8,200
Missions	2
Districts	6
Branches	30



*Twelve-year-old Henry McCune, a convert, greets some Latter-day Saint missionaries upon their arrival in Calcutta, India, in 1853.*

*Below: Gideon and Hansen Prabhudas from the Bangalore Second Branch. Right: A gathering of priesthood holders from the Hyderabad Fourth Branch.*



**GREAT LIVES REMEMBERED**

## President David O. McKay (1873–1970)

**B**orn in the small farming community of Huntsville, Utah, USA, on September 8, 1873, David Oman McKay learned hard work at an early age when his father was called back to his native Scotland on a mission and the seven-year-old boy helped his mother run the farm. They were so successful that when the senior David returned from his mission, mother and son were able to surprise him with a much-needed addition to the family home.

Following his own mission to England and Scotland, David became an educator and was the principal of the Weber Stake Academy when in 1906, at age 32, he was called to the Quorum of the Twelve Apostles. As an Apostle, David O. McKay traveled widely, stopping in many places that had never before been visited by a General Authority. When he became President of the Church upon the



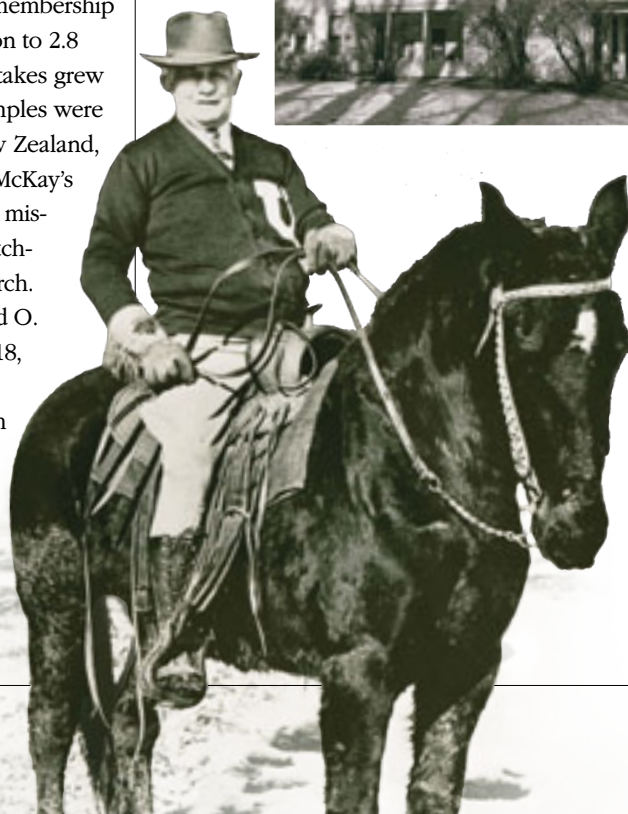
death of George Albert Smith in 1951, that international experience undoubtedly helped prepare him for the period of growth and outreach that was to come.

During President McKay's administration, Church membership increased from 1.1 million to 2.8 million; the number of stakes grew from 184 to 500; and temples were built in Switzerland, New Zealand, and England. President McKay's slogan "Every member a missionary" became the watchword for the whole Church.

When President David O. McKay died on January 18, 1970, at age 96, he had presided over the Church for nearly 19 years. In total, he served as a General Authority for nearly 64 years, longer than anyone else in Church history.



*Above: Reviewing an architect's rendering of the Bern Switzerland Temple. Right: As a missionary in Scotland in 1897. Below, right: The McKay home in Huntsville, Utah. Bottom: Riding one of his favorite horses. Bottom, left: The McKay family in Europe, 1922–24, while President McKay served as mission president.*



PORTRAIT PAINTING OF PRESIDENT MCKAY BY EVERETT CLARK THORPE. PHOTOGRAPHS COURTESY OF THE CHURCH HISTORY LIBRARY.



# Family Home Evening Testimonies

Parents and teachers should help children learn what a testimony is," the First Presidency stated, "and when it is appropriate for them to express it." They advised, "It may be best to have younger children learn to share their testimonies at such times as family home evening or when giving talks in Primary until they are old enough to do so in a fast and testimony meeting."<sup>1</sup>

When our bishopric shared this letter from the pulpit, I thought about how our family could support this counsel. After some thought, we decided that

the first Monday evening of the month would be a family testimony meeting in our home. When the time came, we parents led by example, and then each of our children participated. From that simple start, our family testimony meeting has become a tradition. For us, the first Monday of the month is ideal because it follows fast Sunday.

Through the comments shared, we catch a greater glimpse of what's going on in each other's lives. Our oldest daughter shared what joy she felt while doing baptisms for the dead for

the first time. We have also learned how family members have been strengthened through the power of prayer.

While listening to our children's testimonies, I have received more inspiration

about how to help them. And my own testimony has been strengthened as I share it with those I love most.

**Jennifer Johnson, Nevada, USA**  
**NOTE**

1. First Presidency letter, May 2, 2002.



ILLUSTRATION BY BETH WHITAKER

## HELPS FOR HOME EVENING

**"A Tale of Three Families," page 24.** As you share the stories of these three families, invite your family members to look for principles that will allow them to have "stronger faith and an increased capacity to serve."

**"A Work for Us to Do," page 34.** While preparing the lesson, prayerfully consider how to teach the principles in this article with these questions in mind: (1) Do we see ourselves as messengers from God, who has a work for our children and students to do? (2) Are we truly helping those in our sphere of influence learn what they should learn so that they can do what they should do and be what they should be?

**"Road Warriors and Strong Families," page 54.** Recognizing that all families may have periods where members are separated from each other for a period of time, prayerfully ponder in advance the messages from this article that may best apply to your family situation. Brainstorm as a family ways to implement a plan of action to apply the principles from "The Family: A Proclamation to the World" listed in the article.

# News of the Church

## Updated FamilySearch.org to Bring New Features Under One Roof

By Breanna Olaveson

Church Magazines

An update to familysearch.org, available now at beta.familysearch.org, will make the site a hub of genealogical activity. Users can visit the site and provide feedback for developers before the beta version replaces familysearch.org later this year.

The site brings together many of the tools FamilySearch provides, including FamilySearch Indexing, new.familysearch.org, user-generated and -edited wikis, and forums. To create a more seamless user experience, a single username and password will allow users to log in once and gain access to all areas of the site.

New.familysearch.org, which replaced TempleReady last year and includes the Family Tree feature, will be integrated into the updated site. The beta site also includes new record collections currently available at pilot.familysearch.org. As developers bring these various tools together, feedback from users is a valuable asset in helping prepare the site for a worldwide audience.

“In the past, using all the FamilySearch tools has been like visiting separate, distinct buildings. The goal of the beta site is to create a sense of visiting different rooms in the same house,” said Robert Kehrer, senior product manager for the site.

With the remodel, the site’s search capability, collaboration tools, and overall simplicity will help put valuable information closer to the user’s fingertips.

### Search Capability

The Church is digitizing billions of records stored at the Granite Mountain Records Vault and



**The FamilySearch.org Web site will soon be replaced. Visit the beta site for FamilySearch.org at beta.familysearch.org.**

adding them to the documents already available online. A new image viewer feature allows users to search digital images of microfilm and view them as they would using a microfilm reader at a family history center, only without the hand crank and eye fatigue. The image viewer enhances the legibility of record images and provides access to published records online. With so many records becoming readily accessible, an easy process for sifting through information is essential to a useful family history site.

In searching for ancestors, beta.familysearch.org’s search engine goes beyond requested documents and provides users with other information that might also be helpful in research. A search for an individual’s birth certificate, for example, will return historical documents but may also return information from Ancestral File, Pedigree Resource File, forums, the Family History Library Catalog, and other sources.

## Bringing the Family Together

**B**eta.familysearch.org, which will replace familysearch.org later this year, will be home to the following:

- Family Tree and temple preparation features currently available on new.familysearch.org
- Search capabilities currently available on pilot.familysearch.org
- FamilySearch Indexing functions currently

To help organize results, search pages include a “Record Type” box. Here, records are organized as Birth, Marriage, and Death; Census and Lists; Military; Probate and Court; Migration and Naturalization; and Other. The new site will also allow members to access select collections on third-party Web sites.

### Collaboration Tools

The improved familysearch.org will also provide several forums for collaboration that will enable family members to share and compare information without leaving the site.

Forums on specific localities, a blog, and similar communication areas are accessible now on the beta site, with more functionality to come in the future.

“The name *family history* implies that this isn’t a work to be done in isolation. We are laying the foundations of a site where families can collaborate on finding their ancestors,” Brother Kehrer said.

Users can read and contribute to wiki pages dedicated to specific localities through the “Learn” tab on the beta site. These pages provide forums where users can share information pertinent to a certain place, share research tips, and include external links to helpful Web sites.

In time, familysearch.org will be able to notify users when certain information of personal interest is edited or added. These alerts will help ensure changed information is accurate and encourage family members with similar information to

available on indexing.familysearch.org

- User forums currently available on forums.familysearch.org
- Family History Library Catalog and other information
- Family History blogs
- Wiki pages that provide research help and guidance currently available on wiki.familysearch.org
- Help features

compare sources and reach sound conclusions.

### Simplicity

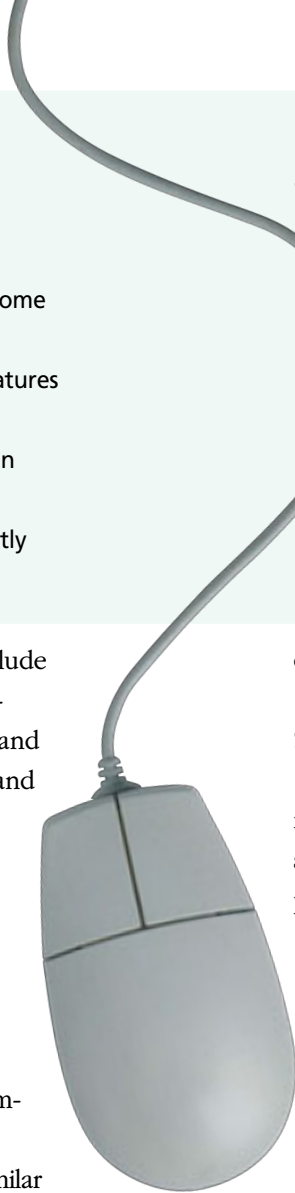
Even with so many new features, the beta site is designed to simplify family history work. The site’s usability saves visitors time as they find and prepare names to take to the temple.

One of the goals of beta.familysearch.org is to help novice researchers get started quickly and make meaningful contributions to family history work without a lot of training. The site is structured to make it easy for casual volunteers to learn what information is already available, find out what needs to be done, and help by finding sources of information and establishing credibility of information.

Even individuals whose family history is largely completed can help with family history by making records available for others. For example, users can transcribe information from online images such as census records on a personal computer in a process called indexing. After records are indexed, they can be searched digitally. The indexing application is currently housed on indexing.familysearch.org, but will be part of familysearch.org later this year.

Indexing is one way to help with family history, but it certainly isn’t the only way.

“Each person has different interests and skills that they can contribute to family history,” Brother Kehrer said. “We are building a site that gives users a lot of options for becoming engaged in the work.”



Help is also available on the Web site. Users can ask research questions and find information on getting started, understanding historical documents, researching specific localities, and other helpful hints under the “Learn” tab on the site.

With the coming improvements, familysearch.org makes family history work easier and helps further one of the great purposes of the Church in the latter days. President Boyd K. Packer, President of the Quorum of the Twelve Apostles,

## Church Makes Mission Changes

To better align resources to changing needs, the Church has created 10 new missions and consolidated others with neighboring missions. The resulting number of missions will be 340.

The Church has created the following missions:

Democratic Republic of Congo Lubumbashi, Guatemala Retalhuleu, Mexico Mexico City Northwest, Mexico Villahermosa, New Mexico Farmington, Nicaragua Managua North (the Nicaragua Managua Mission will be called the Nicaragua Managua South Mission), Peru Cusco, Peru Lima West, Philippines Iloilo, and Utah St. George.

The Church has combined the following missions:

The Australia Melbourne East and West Missions will become the Australia Melbourne Mission.

The Australia Sydney North and South Missions will become the Australia Sydney Mission.

The Puerto Rico San Juan East and West Missions will become the Puerto Rico San Juan Mission, with parts of the east mission being consolidated into the Dominican Republic Santo Domingo East and the West Indies Missions.

The Germany Hamburg Mission will become part of the Germany Berlin Mission.

said, “Family history work has the power to do something *for* the dead. It has an equal power to do something *to* the living. Family history work of Church members has a refining, spiritualizing, tempering influence on those who are engaged in it. They understand that they are tying their family together—their living family here with those who have gone before” (“Your Family History: Getting Started,” *Liahona* and *Ensign*, Aug. 2003, 12). ■

The Germany Munich/Austria, Switzerland Zürich, and portions of the Germany Frankfurt Missions will become the Alpine German-Speaking Mission.

The Illinois Chicago North and South Missions will become the Illinois Chicago Mission.

The Illinois Peoria Mission will be consolidated into a realignment of the Iowa Des Moines, Missouri St. Louis, and Nebraska Omaha Missions.

The Ireland Dublin and Scotland Edinburgh Missions will become the Scotland/Ireland Mission.

The Italy Catania Mission will be consolidated into a realignment of the Italy Rome and the Italy Milan missions.

The Japan Hiroshima Mission will be consolidated into a realignment of the Japan Fukuoka and Japan Kobe Missions.

The Korea Seoul West Mission will become part of the Korea Seoul Mission.

The New Jersey Cherry Hill Mission will be consolidated into a realignment of the New Jersey Morristown and Pennsylvania Philadelphia Missions.

The Ohio Cincinnati Mission will be consolidated into a realignment of the Ohio Columbus and West Virginia Charleston Missions.

The Spain Bilbao Mission will be consolidated into a realignment of the Spain Barcelona, Spain Madrid, and Spain Málaga missions. ■



# New Mission Presidents Begin Service

The majority of more than 100 new mission presidents and their wives began their three-year service this month in missions around the world.

<b>Alabama Birmingham</b>	Richard N. Holzapfel	<b>Florida Tampa</b>	Bruce P. Summerhays
<b>Argentina Buenos Aires North</b>	Richard M. Gulbrandsen	<b>Guatemala Retalhuleu</b>	José E. Maravilla
<b>Argentina Buenos Aires South</b>	Michael J. Stapley	<b>Hawaii Honolulu</b>	John C. Dalton IV
<b>Argentina Córdoba</b>	Alfredo L. Salas	<b>Honduras San Pedro Sula</b>	Ronald L. Veirs
<b>Arizona Mesa</b>	R. Spence Ellsworth	<b>Idaho Boise</b>	Kent H. Cannon
<b>Arizona Tempe</b>	Dean L. Howes	<b>India Bangalore</b>	Randy D. Funk
<b>Armenia Yerevan</b>	Reese A. Carter	<b>Indiana Indianapolis</b>	Kent H. Collins
<b>Australia Brisbane</b>	Fritjof F. Langeland	<b>Indonesia Jakarta</b>	George H. Groberg
<b>Australia Melbourne</b>	Dennis R. Lifferth	<b>Iowa Des Moines</b>	Dirk O. Jergensen
<b>Australia Perth</b>	Paul L. Cahoon	<b>Italy Milan</b>	David R. Wolfram
<b>Brazil Campinas</b>	R. Marshall Tanner	<b>Italy Rome</b>	Thomas Kelly
<b>Brazil Curitiba</b>	Derek L. Cordon	<b>Japan Nagoya</b>	Scott O. Baird
<b>Brazil Goiânia</b>	Ramon C. Prieto	<b>Kenya Nairobi</b>	Steven H. Broadbent
<b>Brazil João Pessoa</b>	Gordon J. Hall	<b>Korea Daejeon</b>	Mark C. Furniss
<b>Brazil Londrina</b>	Eduardo L. M. Tavares	<b>Mexico Chihuahua</b>	Gerardo Angulo
<b>Brazil Ribeirão Preto</b>	Gilson R. Prieto	<b>Mexico Culiacán</b>	Rolando Cantu
<b>Brazil Santa Maria</b>	Isaias D. Ribeiro	<b>Mexico León</b>	Karim Del Valle
<b>Bolivia La Paz</b>	Hector K. Quintanilla	<b>Mexico Mérida</b>	Netzahualcoyotl Salinas
<b>Bolivia Santa Cruz</b>	Fernando E. Calderon	<b>Mexico Mexico City East</b>	Robert H. Hicken
<b>California Carlsbad</b>	Bruce M. Cook	<b>Mexico Mexico City Northwest</b>	Tom R. Tervort
<b>California Long Beach</b>	Ted F. Bubert II	<b>Mexico Mexico City West</b>	Carlos Villarreal
<b>California Los Angeles</b>	Stephen R. Baker	<b>Mexico Monterrey East</b>	Alan R. Walker
<b>California San Bernardino</b>	William E. Jardine	<b>Mexico Villahermosa</b>	Nicolas Castañeda
<b>Canada Edmonton</b>	Chris W. Campbell	<b>Michigan Detroit</b>	Douglas D. Holmes
<b>Canada Montréal</b>	Nelson C. Cannon	<b>Missouri St. Louis</b>	Stephen D. Clark
<b>Canada Toronto West</b>	Bradford J. Brower	<b>Mongolia Ulaanbaatar</b>	Kris J. Mecham
<b>Chile Antofagasta</b>	Leland E. Bruce	<b>Nevada Las Vegas West</b>	Jerry B. Black
<b>Chile Concepción</b>	Neall W. Humphrey	<b>New Hampshire Manchester</b>	David L. Wilkey
<b>Chile Rancagua</b>	James D. MacArthur	<b>New Mexico Albuquerque</b>	Wayne K. Miller
<b>Chile Santiago West</b>	Richard W. King	<b>New Mexico Farmington</b>	Spencer V. Jones
<b>Colorado Denver South</b>	Alan R. Maynes	<b>New York Rochester</b>	Jack R. Christianson
<b>Columbia Barranquilla</b>	Carlos A. Gavia	<b>Nicaragua Managua North</b>	Carlos F. Arredondo
<b>Czech Prague</b>	David R. Irwin	<b>Nicaragua Managua South</b>	Javier F. Monestel
<b>Democratic Republic of Congo</b>	Gary L. Packer	<b>Nigeria Enugu</b>	John K. Buah
<b>Denmark Copenhagen</b>	Jens H. Andersen	<b>Oklahoma Oklahoma City</b>	Nolan S. Taylor
<b>Ecuador Guayaquil South</b>	Javier Montalti	<b>Panamá Panamá City</b>	Craig L. Ward
<b>England Leeds</b>	Jerel D. Lindley		
<b>Florida Jacksonville</b>	James W. Barry		
<b>Florida Orlando</b>	Garth V. Hall		
<b>Florida Tallahassee</b>	Dale Jensen		

<b>Paraguay Asunción North</b>	Horacio D. Madariaga
<b>Pennsylvania Philadelphia</b>	William A. Schaefermeyer
<b>Peru Arequipa</b>	Arturo Fernández
<b>Peru Cusco</b>	Wilson B. Calderon
<b>Peru Lima North</b>	Lawrence P. Blunck
<b>Peru Lima West</b>	J. Scott Dorius
<b>Peru Trujillo</b>	Terry D. Turk
<b>Philippines Butuan</b>	Mernard P. Donato
<b>Philippines Cagayan de Oro</b>	William A. Hernaez
<b>Philippines Cauayan</b>	Rodolfo A. Carlos
<b>Philippines Iloilo</b>	Ryan V. Pagaduan
<b>Philippines Naga</b>	Ronald D. Bliesner
<b>Philippines Quezon City</b>	David W. DeLaMare
<b>Poland Warsaw</b>	Stanford W. Nielson



PHOTOGRAPH BY CHRISTINA SMITH

*Many new mission presidents and their wives began serving this month.*

<b>Puerto Rico San Juan</b>	Jorge M. Alvarado
<b>Russia Moscow</b>	Stephen J. Sorenson
<b>Russia Samara</b>	Ralph J. Sartori
<b>Sierra Leone Freetown</b>	Richard Roggia
<b>South Africa Durban</b>	James C. Von Stetten
<b>Spain Malaga</b>	Richard R. Clegg
<b>Taiwan Taichung</b>	Clark T. Bishop
<b>Texas Fort Worth</b>	Joseph M. Sagers
<b>Texas McAllen</b>	Stephen J. Trayner
<b>Texas San Antonio</b>	Stephen E. Jones
<b>Tonga Nuku'alofa</b>	'Aisake K. Tukuafu
<b>Uganda Kampala</b>	Eric C. Jackson
<b>Uruguay Montevideo West</b>	Ronald W. Heaton
<b>Utah Salt Lake City</b>	Bruce R. Winn
<b>Utah Salt Lake City South</b>	Bruce E. Miller
<b>Utah St. George</b>	Keith G. Leonard
<b>Venezuela Valencia</b>	Jorge G. Montoya
<b>Virginia Richmond</b>	James C. Perry
<b>Washington DC North</b>	James R. Matsumori
<b>Washington Everett</b>	D. Keith Wilson
<b>Washington Kennewick</b>	Leonard D. Greer
<b>Washington Seattle</b>	Todd S. Larkin
<b>Wisconsin Milwaukee</b>	Timothy M. Jones ■

## IN THE NEWS

### Mormon Channel Offers Variety of Programs

Since its development just over one year ago, the official radio station of the Church, the Mormon Channel, has made some changes to better serve radio listeners and Internet audiences worldwide.

New radio programs include *Conversations*, *Faith in Action*, and a series called *Q&A*.

*Conversations* features interviews with General Authorities, auxiliary leaders, and other faithful members from across the globe. Previously featured guests include Elders L. Tom Perry, Dallin H. Oaks, M. Russell Ballard, and other members of the Quorum of the Twelve Apostles.

Interviews are informal, enabling listeners to learn unique things about the



**Conversations on the Mormon Channel features faithful members from around the world, including members of the Quorum of the Twelve Apostles.**

Apostles such as childhood experiences. *Conversations* episodes are typically 90 minutes long.

*Faith in Action* airs weekly and discusses welfare efforts of the Church and how the gospel can help people become more self-reliant. Guest speakers include returned LDS humanitarian missionaries, who share experiences from their time serving in various regions of the world.

*Q&A* allows people to e-mail questions to the radio station through [radio@ldschurch.org](mailto:radio@ldschurch.org). Many questions come from those who are not members of the Church.

Audio podcasts of the programs are available in English on the Mormon Channel Web site, [radio.lds.org](http://radio.lds.org). The Mormon Channel can also be found in eight major markets on Bonneville International radio stations.

## Help Us Improve

The *Ensign* staff is seeking members of all ages who are willing to give feedback about proposed articles and features in upcoming issues. Volunteers for this *Ensign* Evaluation Committee must have Internet access and be able to communicate in English. To volunteer, e-mail [ensign@ldschurch.org](mailto:ensign@ldschurch.org) and put "Evaluation Committee" in the subject line. We will send you questions periodically. Your feedback will help the *Ensign* better meet the needs of readers around the world. ■

## WORLD BRIEFS

### Mormon Battalion Historic Site Reopens

The Mormon Battalion Historic Site in San Diego, California, USA, reopened in March after extensive renovations. The site honors more than 500 Latter-day Saints who followed prophetic counsel to join the United States Army in 1846. A walk-through exhibit follows the Battalion's journey from Council Bluffs, Iowa, to Old Town San Diego, California. The exhibit

contains original artifacts, including muskets and cannons.

### New Beginnings in Kathmandu

Young women in the Kathmandu Branch in New Delhi, India, participated in their first New Beginnings program in April 2010. Five young women and their mothers were present as the branch presidency, Young Women president, and other youth leaders offered inspirational counsel. The young women were taught about the Personal

Progress program and the importance of building and strengthening their testimonies.

### Kyiv Temple to Be Dedicated

The Kyiv Ukraine Temple will be dedicated on August 29, 2010. A public open house will take place from August 7 to 21, with a cultural celebration on August 28. The Kyiv Temple is the Church's first temple in Eastern Europe and the 11th on the European continent. It will serve members in 13 countries. ■



# In Other Church Magazines

## THE NEW ERA

### Pioneer Journal

The Gospel Classic department on page 6 features a selection from the journal of B. H. Roberts describing his memorable entry into the Salt Lake Valley after crossing the plains at the age of nine with just his older sister.



### Humanitarian Aid

With recent worldwide disasters, we turn to the Humanitarian Center to find ways to help relieve the suffering of others. (See “We Are His Hands,” by Sally Johnson Odekirk, page 26).

### COMMENTS

#### Conference Photos

I love the pictures printed of those individuals attending general conference. I realize pictures are not articles; however, the pictures can tell hundreds of stories—a grandfather, father, and son at priesthood session; a Laurel class adviser with her girls; a young family dressed in their Sunday best; and many more.

One picture in particular caught my eye many years ago, and I have never forgotten it. It was a picture of a young family—a mother, father, son, and daughter—that brought so much humility to me. They were radiant as they posed, and I could feel the warmth and love of the family. Some may say their clothes were not the best, perhaps a bit too large or small. However, they were shining examples of the love Jesus Christ has for each of us.

**Elizabeth Tanner**  
California, USA

## THE FRIEND

### Honoring Pioneers

In preparation for Pioneer Day, you can use the *Friend* to teach your children more about pioneers. This issue includes pioneer stories, a pioneer maze, a pioneer-themed hidden-picture activity, and an article about one

of Salt Lake City's first homes, the Deuel Cabin.



### Quilt Stories

Did you know you can read a quilt? Turn to pages 24 and 25 in the *Friend* to see an example of a quilt that uses shapes to tell stories. You and your children can guess what some of the quilt blocks represent.

# Fight, Flee, or Take the Blows?

By R. Val Johnson  
Church Magazines

I wasn't sure what to do that afternoon in my 14th year. I was backed up against the outside wall of my school, and a bully was hitting me. Since I was surrounded by half a dozen of his friends, I decided to take the blows.

He punched me, then kicked me. Many times.

Finally he and his friends left. My bus came, and I climbed aboard. I didn't raise my head until the bus pulled up to my stop. Even 50 years later, I still wonder if I acted out of cowardice or Christian forbearance.

This experience underscores some puzzling questions we face as Latter-day Saints. When our beliefs are attacked, do we fight, flee, or just take the blows?

The Savior's words seem clear: "Whosoever shall smite thee on thy right cheek, turn to him the other also" (Matthew 5:39). I've often wondered, Was Jesus simply using a metaphor to teach His followers not to respond to insults with bloody retaliation, as was the usual practice? Perhaps.

And yet, consider the counsel in the Doctrine and Covenants.

In 1833 the Church was facing intense persecution, especially in Missouri. In defense of their lives, Church members took up arms. At that point, the Lord revealed section 98. In it, He taught them to forbear—within limits. They had a right to defend themselves, but if they refrained, He would reward them. If the offenders sought forgiveness, the Saints were to forgive "seventy times seven" (verse 40). As for going to battle, they were to first sue for peace



PHOTO ILLUSTRATION BY DAVID STOKER

*When faced with persecution, what options do we have as disciples of Christ?*

and engage only if the Lord commanded it.

Times have changed since those terrible days, but in some ways the Church remains under attack. Our doctrine is generally misunderstood. Uninformed assumptions, illogical accusations, and outright lies are passed around as truth.

What are we to do? As disciples who strive to "stand as witnesses of God at all times and in all things, and in all places" (Mosiah 18:9), we must do something. We can't run. So do we fight or just take the blows?

In such matters, we can look to the prophets. In recent general conferences, I've noted a number of talks explaining the Church's position on controversial issues. The speakers don't castigate, but neither do they capitulate. Often they seek common ground with those who disagree with us. They are respectful. They try to understand and be understood.<sup>1</sup>

There may be times when the only choice is to fight, flee, or take the blows. But often we have a better option. We can reach out in love, as Jesus and His Apostles do. ■

#### NOTE

1. See Dallin H. Oaks, "Love and Law," *Liahona and Ensign*, Nov. 2009, 26; Jeffrey R. Holland, "Safety for the Soul," *Liahona and Ensign*, Nov. 2009, 88; Jeffrey R. Holland, "My Words . . . Never Cease," *Liahona and Ensign*, May 2008, 91; Robert S. Wood, "Instruments of the Lord's Peace," *Liahona and Ensign*, May 2006, 93.



WORDS OF CHRIST

**The Carriers, by J. Kirk Richards**

*On November 4, 1856, rescuers and the weary and starving Martin handcart company came to the Sweetwater River in Wyoming. Chunks of ice floated in the river, which was 100 feet (30 m) wide and waist deep in places. When the pioneers saw it, memories of the suffering and deaths caused from crossing the Platte River a few days earlier caused many to cry to the Lord for help. Several young rescuers volunteered to carry women, children, and the weak across the icy river. It took most of the day.*

*Their compassion and courage exemplify the spirit of the Lord's words in the Sermon on the Mount—as do the sacrifice and suffering of these handcart Saints struggling to Zion.*

*“Blessed are they that mourn: for they shall be comforted. . . .*

*“Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. . . .*

*“Rejoice, and be exceeding glad: for great is your reward in heaven.” (Matthew 5:4, 10, 12).*



COURTESY OF CHURCH HISTORY MUSEUM

**T**he growth of the Church in Central and South American countries has been impressive and continues today. Members here love the Book of Mormon (see above).

However, not all nations allow us to share the gospel within their boundaries. As other prophets have before, President Thomas S. Monson has called upon us to continue our faith and prayers “in behalf of those areas where our influence is limited and where we are not allowed to share the gospel freely at this time. Miracles can occur as we do so.” Let us accept our prophet’s challenge. New areas will open to the gospel just as they have in the past in answer to our prayers. See “To Fill the Earth,” page 38.