

THE ENSIGN OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • OCTOBER 2004

# Ensign



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in Memoriam, p. 8**

**Preparing Your Future  
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**Handcart Rescue, by Glen Hopkinson**

*Eight handcart companies crossed the plains safely between 1856 and 1860. However, the heavy snows of October 1856 stranded two handcart companies on the plains of Wyoming. Hardy Saints from Salt Lake Valley rescued these pioneers but not before more than two hundred had died of exposure.*

# Ensign



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**AN OFFICIAL MAGAZINE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**

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# Teaching Our Children

BY PRESIDENT THOMAS S. MONSON  
First Counselor in the First Presidency

Precious little is written concerning the childhood of Jesus. One might suppose that His birth was so revolutionary in its magnitude as to dominate accounts of His boyhood. We marvel at the mature wisdom of the boy who, leaving Joseph and Mary, was found in the temple, “sitting in the midst of the doctors,”<sup>1</sup> teaching them the gospel. When Mary and Joseph expressed their concern about His absence, He asked of them the penetrating question: “Wist ye not that I must be about my Father’s business?”<sup>2</sup>

The sacred record declares of Him, “Jesus increased in wisdom and stature, and in favour with God and man.”<sup>3</sup> An obscure passage describes the transition from child to man: He “went about doing good.”<sup>4</sup>

Because of Jesus Christ the world has changed, the divine Atonement has been made, the price of sin has been paid, and the fearful spectacle of death yields to the light of truth and the assurance of resurrection. Though the years roll by, His birth, His

ministry, His legacy continue to guide the destiny of all who follow Him as He so invitingly urged.

Children are born each day—even each hour—to mothers who have, with their hand in God’s hand, entered the valley of the shadow of death that they might bring forth a son, a daughter, to grace a family, a home, and in a way a portion of the earth.

Those precious days of infancy bond mother and father to son or daughter. Every smile is noted, every fear comforted, every hunger abated. Step by step the child grows. The poet wrote that each child is “a sweet, new blossom of Humanity, / fresh fallen from God’s own home to flower on earth.”<sup>5</sup>

The child grows in wisdom and also in stature, ideally with the help of righteous parental guidance. Learning and doing become priorities to be addressed.

There are those who dismiss parental responsibilities, feeling they can be deferred until the child grows up. Not so, the evidence reveals. Prime time for teaching is fleeting. Opportunities are perishable. The parent who procrastinates the pursuit of his



*We marvel at the mature wisdom of the boy who, leaving Joseph and Mary, was found in the temple, “sitting in the midst of the doctors,” teaching them the gospel.*

or her responsibility as a teacher may, in years to come, gain bitter insight into Whittier's expression: "Of all sad words of tongue or pen, / The saddest are these: *'It might have been!'*"<sup>6</sup>

Dr. Glenn Doman, a prominent author and renowned scientist, reported a lifetime of research in the statement: "What is placed in the child's brain during the first six years of life is probably there to stay. . . . If you put misinformation into his brain during [this period], it is extremely difficult to erase it."<sup>7</sup>

This evidence should provoke a renewal of commitment in every parent: "I must be about my Father's business." Children learn through gentle direction and persuasive teaching. They search for models to imitate, knowledge to acquire, things to do, and teachers to please.

Parents and grandparents fill the role of teacher. So do siblings of the growing child. I offer those who serve as teachers of children four simple suggestions for your consideration:

1. Teach prayer,
2. Inspire faith,
3. Live truth, and
4. Honor God.

First, *teach prayer*:

*Prayer is the simplest form of speech  
That infant lips can try;  
Prayer, the sublimest strains that reach  
The Majesty on high.*<sup>8</sup>

We learn to pray by praying. One can devote countless hours to examining the experiences of others, but nothing penetrates the human heart as does a personal, fervent prayer and its heaven-sent response.

Such was the example of the boy Samuel. Such was the experience of young Nephi. Such was the far-reaching prayer of the youth Joseph Smith. Such can be the blessing of one who prays. Teach prayer.

Next, *inspire faith*.

We each can learn much from our early pioneer ancestors,

whose struggles and heartaches were met with resolute courage and an abiding faith in a living God. Some years ago, Bryant S. Hinckley, the father of our President, prepared a book entitled *The Faith of Our Pioneer Fathers*. Well-written accounts such as these cause members everywhere to look back on the pioneer heritage that is ours. Youth and children were among the thousands who pulled and pushed handcarts or walked along that pioneer trail, just as they are among the Saints today who are pioneering in their own areas throughout the world. I think that there is not a member of this Church today who has not been touched by the accounts of the early pioneers. Those who did so much for the good of all surely had as their objective to inspire faith. They met the goal in a magnificent manner.

Third, *live truth*.

At times the most effective lesson in living truth is found close to the home and dear to the heart.

At the funeral service of a noble General Authority, H. Verlan Andersen (1914–92), a tribute was expressed by a son. It has application wherever we are and whatever we are doing. It is the example of personal experience.

The son of Elder Andersen related that years earlier he had a special school date on a Saturday night. He borrowed from his father the family car. As he obtained the car keys and headed for the door, his father said, "The car will need more gas before tomorrow. Be sure to fill the tank before coming home."

Elder Andersen's son then related that the evening activity was wonderful. Friends met, refreshments were served, and all had a good time. In his exuberance, however, he failed to follow his father's instruction and add fuel to the car's tank before returning home.

Sunday morning dawned. Elder Andersen discovered the gas gauge showed empty. In the Andersen family the Sabbath day was a day for worship and thanksgiving, not for purchases. Elder Andersen's son declared, "I saw my father put on his coat, bid us good-bye, and walk the long distance to the chapel that he might attend an early meeting." Duty called. Truth was not held slave to expedience.

In concluding his funeral message, Elder Andersen's



son said, “No son ever was taught more effectively by his father than I was on that occasion. My father not only knew the truth, but he also lived it.” Live truth.

Finally, *honor God*.

No one can surpass the Lord Jesus Christ in setting an example of living this goal. The fervency of His prayer at Gethsemane says it all: “Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.”<sup>9</sup> His example on the cruel cross of Golgotha speaks volumes: “Father, forgive them; for they know not what they do.”<sup>10</sup>

The Master taught so everlastingly to all who would listen a simple yet profound truth as recorded in Matthew. We learn that after Jesus and His disciples descended from the Mount of Transfiguration, they paused at Galilee and then went to Capernaum. The disciples said unto Jesus, “Who is the greatest in the kingdom of heaven?”

“And Jesus called a little child unto him, and set him in the midst of them,

“And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

“Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.

“And whoso shall receive one such little child in my name receiveth me.”<sup>11</sup>

**S**unday morning dawned. The gas gauge showed empty. Elder Andersen put on his coat, bid his family good-bye, and walked the long distance to the chapel.

I think it significant that Jesus so loved these little ones who recently had left the premortal existence to come to earth. Children then and children now bless our lives, kindle our love, and prompt good deeds.

Is it any wonder that the poet Wordsworth speaks thus of our birth:

*Trailing clouds of glory do we come  
From God, who is our home:  
Heaven lies about us in our infancy!*<sup>12</sup>

It is in the home that we form our attitudes, our deeply held beliefs. It is in the home that hope is fostered or destroyed. Wrote Dr. Stuart E. Rosenberg in his book *The Road to Confidence*, “Despite all new inventions and modern designs, fads and fetishes, no one has yet invented, or will ever invent, a satisfying substitute for one’s own family.”<sup>13</sup>

We ourselves can learn from our children and grandchildren. They have no fear. They have no doubt concerning our Heavenly Father’s love for them. They love Jesus and want to be like Him.

Our grandson, then six-year-old Jeffrey Monson Dibb, accompanied by a six-year-old playmate, once paused at an end table in his house on which there was a picture of Elder Jeffrey R. Holland. Our grandson’s friend pointed to the picture and asked, “Who is that man?”

Jeff replied, “Oh, that’s Elder Jeffrey Holland of the Quorum of Twelve Apostles. He’s named after me!”

This same namesake of Elder Holland’s, along with his young friend, went for a walk one day. They marched up the

front steps of a home, not knowing who lived there or what affiliation they might have with the Church. They knocked on the front door, and a woman answered. Without the slightest hesitation, Jeff Dibb said to her, “We are the visiting home teachers. May we come in?” They were ushered into the living room and were asked to be seated. With total faith the children addressed the woman, “Do you have a treat for us?” What could she do? She produced a treat, and they had a nice conversation. The impromptu teachers departed, uttering a sincere, “Thank you.”

“Come back again,” they heard the woman say with a smile on her face.

“We will,” came the reply.

The parents of the two youngsters heard of the incident. I am certain they were restrained in counseling the little ones. Perhaps they remembered the words from the scriptures: “And a little child shall lead them.”<sup>14</sup>

The sound of laughing children, joyfully playing together, can give the impression that childhood is free from trouble and sorrow. Not so. Children’s hearts are tender. They long

for the companionship of other children. In the famous Victoria and Albert Museum in London hangs a masterpiece on canvas. Its title is simply *Sickness and Health*. Depicted is a small girl in a wheelchair. Her face is pale; her countenance reflects sadness. She watches an organ-grinder perform while two little girls, carefree and happy, frolic and dance.

Sadness and sorrow at times come to all, including children. But children are resilient. They bear up beautifully to shoulder the burden they may be called upon to endure.

Perhaps the lovely psalm describes this virtue: “Weeping may endure for a night, but joy cometh in the morning.”<sup>15</sup>

**Without the slightest hesitation, Jeff said to her, “We are the visiting home teachers. May we come in?”**

May I now paint a picture of such a situation. In faraway Bucharest, Romania, Dr. Lynn Oborn, volunteering at an orphanage, was attempting to teach little Raymond, who had never walked, how to use his legs. Raymond had been born with severe clubfeet and was completely blind. Recent orthopedic surgery performed by Dr. Oborn had corrected the clubfeet, but Raymond was still unable to use his legs. Dr. Oborn knew that a child-size walker would enable Raymond to get on his feet, but such a walker was not available anywhere in Romania. I’m sure fervent prayers were offered by this doctor who had done all he could without a walking aid for the boy. Blindness can hamper a child, but inability to walk, to run, to play can injure his precious spirit.

Let us turn now to Provo, Utah. The Richard Headlee family, learning of the suffering in Romania, joined with others to help fill a 40-foot (12-m) container with





40,000 pounds (18,000 kg) of needed supplies, including food, clothing, medicine, blankets, and toys. The project deadline arrived, and the container had to be shipped that day. No one involved with the project knew of the particular need for a child-size walker. However, at the last possible moment, a family brought forth a child's walker and placed it in the container.

When the anxiously awaited container arrived at the orphanage in Bucharest, Dr. Oborn was present as it was opened. Every item it contained would be put to immediate use at the orphanage. As the Headlee family introduced themselves to Dr. Oborn, he said, "Oh, I hope you brought me a child's walker for Raymond!"

One of the Headlee family members responded, "I can vaguely remember something like a walker, but I don't know its size." Another family member was dispatched back into the container, crawling among all the bales of clothes and boxes of food, searching for the walker. When he found it, he lifted it up and cried out, "It's a little one!" Cheers erupted—which quickly turned to tears—for they all knew they had been part of a modern-day miracle.

There may be some who say, "We don't have miracles today." But the doctor whose prayers were answered would respond, "Oh, yes we do, and Raymond is walking!" She who was inspired to give the walker was a willing vessel and surely would agree.

Who was the angel of mercy touched by the Lord to play a vital role in this human drama? Her name is Kristin, and she was born with spina bifida, as was her younger sister, Erika. The two as children spent long days and worrisome nights in the hospital. Modern medicine, lovingly practiced, along with help from our Heavenly Father brought a measure of mobility to each. Neither is downhearted. Both inspire others to carry on. Kristin is now a college student living on her own, and Erika is an active high school student.

It was once my opportunity to tell Kristin, who had sent her walker to Romania, "Thank you for listening to the Spirit of the Lord. You have been the instrument in the Lord's hands to answer a doctor's prayer, a child's wish."

Later, I offered my own "Thank You" to God for

children, for families, for miracles in our time.

Let us earnestly follow His direction: "Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God."<sup>16</sup>

God, our Father, has entrusted precious little ones to our earthly care. To them may we *teach prayer, inspire faith, live truth, and honor God*. Then we shall have heavenly homes and forever families. For what higher gift could we wish? For what greater blessing could we pray? None! ■

#### NOTES

1. Luke 2:46.
2. Luke 2:49.
3. Luke 2:52.
4. Acts 10:38.
5. Gerald Massey, "Wooded and Won," in *The Home Book of Quotations*, sel. Burton Stevenson (1934), 121.
6. John Greenleaf Whittier, "Maud Muller," *The Complete Poetical Works of Whittier* (1892), 48; emphasis added.
7. *How to Teach Your Baby to Read* (1964), 46–47.
8. "Prayer Is the Soul's Sincere Desire," *Hymns*, no. 145.
9. Luke 22:42.
10. Luke 23:34.
11. Matthew 18:1–5.
12. William Wordsworth, "Ode: Intimations of Immortality from Recollections of Early Childhood," *The Complete Poetical Works of William Wordsworth* (1924), 359.
13. *The Road to Confidence* (1959), 121.
14. Isaiah 11:6.
15. Psalm 30:5.
16. Mark 10:14.

## IDEAS FOR HOME TEACHERS

After you prayerfully prepare, share this message using a method that encourages the participation of those you teach. A few examples follow:

1. Briefly tell of the pioneer trek and its hardships. Ask family members if they know of people who are pioneering today. Ask how we can learn from those examples of faith.
2. Briefly tell the story of Elder Andersen's setting an example for his son. Ask family members if they can remember times when parents or other teachers set good examples for them.
3. Tell the story of Kristin sending her walker to Romania. Ask family members to tell about individuals they know who have blessed the lives of others by responding to inspiration.

# Elder David Bruce Haight

## *Devoted Disciple*

2 SEPTEMBER 1906–31 JULY 2004



As a youth, David B. Haight came close to death on two occasions: once when he was thrown from a runaway buggy and a second time when he hit his head while diving into a swimming hole. “I think the Lord was preserving his life in his early years” for a great purpose, said his son Robert (quoted in Ronald E. Poelman, “Elder David B. Haight: Joy in Lifting Others,” *Tambuli*, Sept. 1987, 20; *Ensign*, Sept. 1986, 12).

Indeed, the Lord had plans for young David. He would later be called to the Quorum of the Twelve Apostles, eventually becoming, at age 97, the oldest Apostle in the history of the Church. His service in the apostleship ended on 31 July 2004 when he passed away in Salt Lake City of causes incident to age. He was remembered as a devoted disciple during a funeral service held on 5 August in the Tabernacle on Temple Square.

### **A Powerful Testimony**

Elder Haight “stirred the hearts of people across the earth with his declaration of faith and his testimony of the living reality of the Lord Jesus Christ,” said the First

Presidency in a media statement. “He has borne that witness on many continents and has been influential in the Church he loved. . . . At his departure, our hearts reach out to his beloved companion, Ruby, and their children.”

Elder Haight was known for his extemporaneous talks at general conference, which were filled with down-to-earth anecdotes and expressions of his deep and abiding testimony of the gospel’s truthfulness. In his most recent conference address, given last April, he declared: “God lives. . . . [He] loves us, as we should love Him. . . . The gospel is true. I know it; I’m a witness of it” (“How Great the Wisdom and the Love,” *Liabona* and *Ensign*, May 2004, 6).

### **Commitment and Charity**

David Bruce Haight was born on 2 September 1906 in Oakley, Idaho, to Hector C. Haight and Clara Tuttle Haight. In his early life he experienced the deaths of his father and four of his siblings due to illness. These painful losses gave him compassion and understanding for those who faced adversity in their own lives. Despite such difficult experiences, he described himself as a “typical boy



**Opposite page (from left): David B. Haight during his college years. Elder Haight, shown here in 1969, enjoyed fishing. Lieutenant Commander David B. Haight received a commendation for his service during World War II. Above: Elder David B. Haight of the Quorum of the Twelve Apostles.**

growing up in a country town” (quoted in Gerry Avant, “Elder Haight Recognized What Really Is ‘Great Moment’ in Life,” *Church News*, 24 Nov. 1985, 5).

The Church was an important influence throughout his life, but a turning point in his commitment to the gospel occurred during World War II, when he was serving as a lieutenant commander in the United States Navy. After leaving his family behind in California to fly to Honolulu,

Hawaii, he spent a sleepless night in the back of an airplane reappraising his life and pouring out his heart in prayer. Although he had served in many Church callings and had been serving in a bishopric, he decided he wasn’t as dedicated as he should have been. “I’ve often thought maybe that was my road to Damascus as I thought about my family that I left back on that landing dock out in the bay,” he later said. “I made a total commitment that I would never question a call from the Lord. I would use whatever few talents I had to build the kingdom if I might survive my involvement in that conflict” (quoted in *Church News*, 24 Nov. 1985, 5).

He kept that promise, later serving as president of the Palo Alto California Stake, as president of the Scottish Mission, and as a regional representative prior to his call in April 1970 as an Assistant to the Twelve. On 8 January 1976 he was ordained an Apostle.

Elder Haight knew that regardless of the callings he was given, the essence of gospel living is charity, the pure love of Christ. As he told one of his grandsons, “The Lord isn’t

going to be concerned about whether you were a bishop, or stake president, or Apostle. He’s going to be concerned about how you treated people” (quoted in *Tambuli*, Sept. 1987, 22; *Ensign*, Sept. 1986, 14).

Elder Russell M. Nelson of the Quorum of the Twelve Apostles has remarked upon Elder Haight’s awareness of the needs of others, offering this example: “Elder Haight read the newspaper account of a young man, an experienced swimmer, who drowned trying to save others whose canoe had capsized. David did not know the family, but his heart went out to them.” He attended the viewing at the mortuary, where he extended his sympathy to the widow and the parents of the young man. Elder Haight’s concern for them opened the way for the parents to become active



**Above: Elder and Sister Haight with their family. Right: With his grandson Brent Haight. Right bottom: Elder Haight bore powerful witness of the gospel in many general conference talks. Far right: Elder Haight and his wife, Ruby, in June 2003.**



in the Church. Elder Haight later performed the temple sealing of the parents to their three sons, including the young man who had passed away (see Lucile C. Tate, *David B. Haight: The Life Story of a Disciple* [1987], 288).

**A 74-Year Courtship**

Many of Elder Haight’s talks were sprinkled with references to his beloved wife, Ruby. Young David first saw Ruby Olson at a dance he was attending with another young woman. As he and his date observed

the other dancers, “the cutest girl [he] had seen in [his] life” came dancing by with her date. David watched the high-spirited young woman in the red dress dance by several times and then asked his date if she knew that girl. His date responded that they were sorority sisters. “Now, this



is not the way to win friends and influence people, but I asked my date if she would introduce me to Ruby sometime,” Elder Haight recalled.

That introduction never occurred, but a short time later Ruby applied for a position at the store David managed. She was hired. When he asked her for a date, she told him she already had a date that evening. He remembered: “I asked what time her date was coming. She said at 8 o’clock. I said, ‘How about my coming at 6?’” (quoted in *Church News*, 24 Nov. 1985, 5).

The relationship soon became exclusive, and later the couple married in the Salt Lake Temple on 4 September 1930. Their courtship continued throughout their almost 74 years of marriage. Elder Haight’s secretary, Linda Dalley, recalls an experience

she had when visiting the Haight's earlier this year: "Their housekeeper let me in, and she motioned to me to not make any noise. She said, 'Look in the living room,' and there were Elder and Sister Haight, as ill as Elder Haight had been, and the two of them were in the living room dancing together. I thought that was one of the sweetest things I had ever seen. Ninety-seven years old, and at that time Sister Haight was 93, in the living room dancing without music. They didn't need music. They had the music in their hearts."

Elder and Sister Haight have 3 children, 18 grandchildren, and 78 great-grandchildren.

#### **Professional Career**

Elder Haight had a long and successful professional career. He completed his schooling at Utah State University and served in managerial and executive positions for department stores in Utah, California, and Illinois, finally owning a group of retail stores in the 1950s. From 1959 to 1963 he was mayor of Palo Alto, California. He was in his second term when he was called to serve as president of the Scottish Mission.

After his service as mission president, Elder Haight worked as an assistant to the president of Brigham Young University in Provo, Utah, prior to being called as an Assistant to the Twelve.

#### **A Life of Righteousness**

Elder Haight's legacy benefits not only his posterity but all members of the Church who have been inspired by his testimony and his faith in Jesus Christ. In a general conference address he urged members to "have that testimony, that desire in our hearts, to teach others, to explain what we believe, and to live lives of righteousness, . . . to be an example to mankind, and to be able to spread this work not only by what we say but by the way we act" ("Faith, Devotion, and Gratitude," *Liabona*, July 2000, 42; *Ensign*, May 2000, 35). Elder Haight was a living example of what he taught. ■



#### **MUCH-LOVED APOSTLE REMEMBERED BY HIS BRETHREN**

*At his funeral, speakers offered the following tributes to Elder David B. Haight:*

*President Gordon B. Hinckley: "He recognized that each of the human family was a child of God and that we are all, therefore, brothers and sisters. He carried in his heart an appreciation of all whom he came to know, regardless of their religious affiliation. . . . He knew his place and his unique responsibility as one who testifies of the living reality of the Lord Jesus Christ."*

*President Thomas S. Monson, First Counselor in the First Presidency: "There was no chink in his armor. There was no guile in his soul. There was no flaw in his character. Elder Haight loved the Lord with all his heart and soul and served Him with all his might to the very end of his mortal life."*

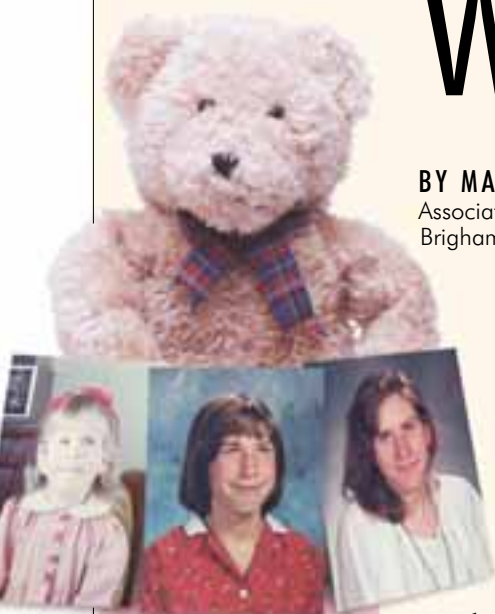
*President James E. Faust, Second Counselor in the First Presidency: "His greatest work was among people as a devoted disciple of Christ. . . . Thousands and thousands of lives have been directly touched by his unique caring to many. He was uncompromising in doing what was right."*

*President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles: "Death is an essential part of life. . . . [Elder Haight] is now in paradise. . . . We know something about what paradise is like and what David B. Haight will be doing. . . . God bless the memory of David B. Haight."*

# Raising a Child with a Disability

BY MARLEEN S. WILLIAMS

Associate Professor of Counseling Psychology,  
Brigham Young University



*One of the most beautiful realizations is the knowledge that my child's spirit is not disabled.*

I remember holding my daughter Nikki in my arms for the first time. She looked beautiful and perfect. My heart and mind filled with loving dreams of nurturing her. I looked forward to sharing my love of books, music, and art. I would spare no effort to support her in developing her talents and abilities.

I could not have imagined at that time that she would never be able to read above a fourth-grade level; calculate beyond simple, single-digit arithmetic problems; or learn to drive a car. It was only after six difficult years of fears, frustrations, medical evaluation, and psychological testing that I learned Nikki was intellectually impaired.

Adjusting to having a child with a disability is a process, not an event. Ten percent of all children have a disability or a long-term chronic illness. Although it is a reasonably common experience, most parents are not prepared to hear, "Your child has a serious disability." It takes some time to learn how to deal with the confusion, physical demands,

behavioral challenges, extra expenses, and feelings of embarrassment and loneliness. If you have experienced or are still going through this process of adjustment, it is important for you to know that many of your responses and reactions are normal.

## **Shock**

You may find it very difficult at first to assimilate the information that your child has a disability. You may need some time to understand what the diagnosis means. We all have images and stereotypes of children with intellectual impairment or mental illness. These diagnoses may not match what we see in our child, particularly if the child looks normal. It is helpful to learn about the disability. Find out as much as you can about your child's diagnosis. Seek information from reliable sources, such as professional organizations that focus on the specific disability.

## **Denial**

Denial is a psychological defense mechanism we utilize when we feel overwhelmed and unable to cope. In a way, denial can be a gift that allows us to accept the truth a little at a time and make it more bearable. Denial

often comes from fear—fear due to uncertainty about the future or concern about the impact this child will have on other family members. Denial can lead to a frantic search for a cure. Parents may believe if they can only find the right doctor, the right medicine, the right program, or the right learning approach, then the child will be made “normal.” This process of searching is useful in the sense that it can help you locate resources that might help your child, yourself, and your family. Sooner or later, however, you have to confront the child’s limitations and accept your own inability to undo the disability. You must also release other people from that responsibility.

### **Anxiety**

Acknowledging the reality of the disability may lead to feeling anxious. Anxiety is the body’s way of responding to fear and mobilizing resources. If a great beast were to come into your room, you would probably have an anxiety response. Your body would release adrenaline, and you would be prepared to fight, flee, or freeze. These are common responses when people are threatened in some way. As you begin to realize this child needs special care and protection, that anxious energy can mobilize your resources. Get information. Talk with other parents. Pray



and talk with priesthood leaders. Seek help from professionals. Activity that reduces the feeling of powerlessness is a good way to use that energy. Self-care is also important in managing anxiety. Get adequate sleep, eat right, and take time for activities that help you relax and enjoy life. Parents need occasional respite from the heavy responsibility of caring for a child with a disability.

### **Guilt**

Belief in a just world sometimes produces unwarranted guilt. We want to believe that our world is predictable and controllable. This belief protects us from our fears. We convince ourselves that bad things happen to bad people and good things happen to good people. This seems just. The downside of this belief is that when something does hurt us, we tend to feel we are somehow to blame. Comments by well-meaning but insensitive people can trigger these feelings. Comments such as “You must have needed this particular experience for your salvation” can lead parents to have painful and unwarranted guilt. They start asking, “Why me? Am I so bad that I needed something this severe to shape me up? I wanted only to be a good parent.” Questions may also come from people who believe they can protect themselves from this same experience if they can only discover what you did “wrong.”

You will need to find your own spiritual meaning concerning painful events and not allow others to impose their answers as to why these things happened. It takes years to fully understand, and sometimes the answer doesn't come in this life. Trust that Heavenly Father is a God of love and does not delight in punishing you. That way, you will be able to find more accurate meaning in the adversities you face.

### **Sadness and Grief**

Strong emotions result from losses. If you have a child with a disability, you may feel the loss of the child you

thought you would be raising. You may also feel grief over the loss of what you may have envisioned as an ideal family. Indeed, you may have to reframe your definition of an ideal family.

When I was a young mother with four children, my husband was serving as a bishop. It felt wonderful to be part of my idea of an ideal Latter-day Saint family. But my husband died of cancer, and I was left to raise my children alone. I had to return to school, finish a degree, and work. I had to reframe what I perceived an ideal Latter-day Saint family to be. I later married a man with six children, and we became a blended family with ten children. Once again I had to reframe what I thought an ideal LDS family was.

Learning how to grieve and then go on with your life can build strength. When you can acknowledge and work through painful feelings, you develop emotional, spiritual, and psychological skills that can help you in other areas of your life. Your capacity for empathy can grow through a personal acquaintance with grief.

### **Anger**

We need to make sense of what we perceive as injustice. Raising a child with a disability can give you a close view of the cruel side of life. Creating a new definition of what is fair and just, however, can reduce anger. For example, when my daughter was 10 years old, she attended a Sunday School party. She came home scraped and bleeding. One of the boys in the class had called her a “stupid retard” and pushed her down. I felt angry that my child was hurt. Angry feelings can be a message that something needs to be done. Anger can alert us to dangers, problems, and offenses that may need some correcting. We can make decisions, however, about how we act on those feelings. We can deal with anger in a constructive way.

My husband and I visited the boy's family. We sat with



***Often the child's misbehavior is simply an attempt to cope with some other problem, as we learned when Nikki would not go to bed and insisted on leaving her light on all night.***





***Nikki (above with her mom, her family, her nephews, and her brother at a dance) teaches us that love, kindness, and charity are not just for the swift or the strong.***

the boy and his parents and calmly talked about what the word *retarded* meant. We asked the boy how he would feel if he were unable to do the things he enjoyed. This boy became one of our daughter's strongest allies. That experience ultimately helped another person to grow. This seemed "fair." Retaliation would not have produced justice. Although anger may come from experiences with injustice, we can turn them into good experiences for ourselves and others.

### **The Law of the Universe**

Children with disabilities have a harder time mastering routine behaviors and activities. Learning emotional skills is even more difficult. They experience more frustration than other children. If the disability affects brain functioning, the child will find it harder to think through problems rationally. My husband refers to behavior resulting from this difficulty as "the law of the universe": If you cannot talk it out, you are going to act it out. In other words, what cannot be verbally expressed will be acted out in some

way, even if it is just through having a stomachache. Often the child's misbehavior is simply an attempt to cope with some other problem.

For example, when my daughter was 18, she would not go to bed and insisted on leaving her light on all night. She would get very angry and say, "I don't want to go to bed because there are missionaries hiding in my dresser drawer." I recognized this as clearly delusional.

Rather than being angry, I tried to understand. What would cause her to be so frightened? As I thought about it, I realized that many of her friends were getting married. She had attended bridal parties where they had received beautiful things they would put in their dresser drawers. They were getting married, leaving her, and were no longer available as her friends. She also longed to have those same experiences and had expressed concerns: "Will I ever marry? Will anyone ever love me? Will anyone ever give me a bridal party and beautiful things?" Her friends had married returned missionaries. She could see that returned missionaries were great husbands. Somehow, all of this went together. She was also poignantly and painfully aware that she lacked the skills and the ability to manage the demands of a marriage. She was unable to verbally express those conflicts or even fully understand them, so all we

heard was a delusion about missionaries hiding in the drawer. Once I began to understand her inner experience, I was able to talk it through with her. We worked together to verbalize her conflicts and grieve the sorrow of not being able to marry. The problem behavior stopped, and she was able to sleep peacefully.

### **Misbehavior**

Parents sometimes find it difficult to identify the source of a disabled child's misbehavior. Disabilities differ in the kinds of challenges they create. Children's natural dispositions, strengths, and weaknesses vary. The circumstances surrounding incidents of misbehavior are unique to each family. These factors make it difficult, but if you can determine the meaning of the misbehavior, it becomes easier to know which problems need to be solved. Becoming angry and frustrated with the child is counterproductive because these reactions generally prevent parents from identifying the real source of the misbehavior.

One fairly common source of misbehavior is attention seeking. The child may be trying to get your attention because he or she is hungry, tired, scared, overstimulated, bored, frustrated, sick, or having an allergic response to food or the environment. If a child doesn't have the skill to talk it out, he or she will act it out. This is particularly true for children who have disorders that compromise brain functioning, such as attention deficit disorder, intellectual impairment, bipolar mood disorder, or schizophrenia. The child may feel overwhelmed and may not be able to verbalize the distress. Parents need to be alert to what is going on in the child's life that may cause him or her to seek attention.

Strategies that do not work in managing misbehavior include (1) making discipline rules and not enforcing them; (2) yelling—the child learns not to listen unless somebody yells; (3) insulting and name calling, which

only shame the child; (4) withdrawing privileges that have no relationship to the misbehavior; and (5) physically or verbally abusing the child. These strategies usually increase misbehavior rather than help the child learn how to manage difficult situations and emotions.



***Nikki helps others learn compassion and understanding. I am grateful for all the good she has done for our family as well as for many others.***

### **Blessings**

Many blessings come from raising a child with a disability. I realize the important role Nikki has played in my personal and spiritual growth. The experience has brought me to my knees on many occasions because I needed further instruction from a wise Heavenly Father. It has opened my heart to truths I had desired to better understand. I do not yet have all the answers to "Why me?" or "Why her?" I do, however, have an increased understanding of many principles—an understanding that is priceless to me.

One of the most beautiful realizations is the knowledge that my child's spirit is not disabled. I have become aware that she experiences a rich spiritual life. She is often the first in the family to feel the presence of the Holy Ghost on sacred occasions. She frequently shares spiritual insights that her limited intellectual abilities could not have generated.

When Nikki received her patriarchal blessing, she was told she had been given this special experience in mortality because of the greatness of her soul. She helps others learn compassion and understanding. I am grateful for all the good she has done for our family as well as for many others. Nikki teaches us that love, kindness, and charity are not just for the swift or the strong, but they are also for those who struggle. I have the firm hope of an eternal relationship with Nikki. I know that when she is finally healed of her disability, I will learn yet more from the greatness of her soul. ■

*Marleen S. Williams is a member of the Hillcrest Eighth Ward, Orem Utah Hillcrest Stake.*



# Preparing Your Future Missionary

BY S. BRENT SCHARMAN

Manager of Evaluation and Training for LDS Family Services

*The most important preparation for a mission is spiritual. But parents can help their children develop practical skills as well.*

**M**issionary work is a new world for most young missionaries, a radical change of lifestyle. Many wish they had been better prepared. But how should prospective missionaries prepare for the experiences that await them in the mission field? And how can parents help?

Clearly the most important kind of preparation is spiritual. Prospective missionaries should do all they can to develop their testimonies and to ensure that they are worthy of representing the Lord. But practical skills are also important in determining how successful a missionary is in the mission field.

In an address to Church leaders and parents of prospective missionaries, President Gordon B. Hinckley shared cautions about the demands of the work and the importance of adequate preparation. "This work is rigorous," he said. "It demands mental sharpness and capacity. It demands faith, desire, and consecration. It demands clean hands and a

**A**chieving temporal goals such as learning a difficult piece of music can help increase confidence.

pure heart. The time has come when we must raise the standards of those who are called to serve as ambassadors of the Lord Jesus Christ. . . . We need missionaries, but they must be capable of doing the work.”<sup>1</sup>

In addition to nurturing their children’s spiritual development, parents can help their children become successful missionaries by guiding and encouraging them in at least three areas: setting goals, learning how to work, and taking care of their emotional health.

### **Setting Goals**

It is a fortunate missionary whose parents have helped him learn to set age-appropriate goals and to meet those goals or adjust them when needed. The Primary Faith in God program, Scouting and Duty to God programs for young men, and the Personal Progress program for young women can help in this area. The First Presidency stated in a letter to priesthood leaders, “As youth work on these goals, they will develop skills and attributes that will lead them to the temple and prepare them for a lifetime of service to their families and the Lord.”<sup>2</sup>

Successful missionaries have learned to accurately assess their circumstances, evaluate their abilities, determine what is required to solve a problem, and take confident action. Achieving temporal goals such as learning a difficult musical piece, achieving a certain skill level in a favorite sport, or learning basic auto mechanics or home repair can help increase confidence. At times there are valid reasons for modifying a goal—perhaps sickness, lack of time, or inadequate training. Parents can help children know when a goal exceeds current abilities or when additional effort is needed.

### **Learning How to Work**

Mission presidents report that the ability to work hard may be one of the most valuable qualities a young person can develop. Years ago, many prospective missionaries could work on a farm or do other physical labor and observe the



## MORE IDEAS FOR PARENTS AND YOUTH LEADERS

It is not surprising that many of the skills that contribute to successful missions can also help individuals succeed in college, military service, athletics, on the job, or in marriage. Here are some additional ideas for helping young people prepare for missions:

- Help them develop positive social skills. In many ways a mission is a social experience. Group dating and associating with a diverse mix of peers will help build necessary skills.
- Teach young men to fulfill their priesthood duties well and with enthusiasm. Help them understand the significance of their roles in preparing, blessing, or passing the sacrament. Encourage deacons to participate faithfully in collecting fast offerings, and encourage teachers and priests to be diligent home teachers. Where appropriate, allow newly ordained elders to perform baptisms or participate in giving blessings.
- Assist them in developing independence. Perhaps the most frustrated of all



PHOTOGRAPH BY STEVE BUNDERSON

missionaries are those who desire to serve and who have developed a deep love of the gospel but who struggle with severe homesickness. To a young person, two years can seem like an eternity. Parents can enhance independence by encouraging their children to successfully complete Scout or Young Women overnight camps. Some have opportunities to live away from home during college.

- Encourage them to develop leadership experience. Help them

take advantage of opportunities to conduct Church meetings, participate in athletics and in musical events, join school clubs, do volunteer work, participate actively in school and Church classes, and take Church callings seriously.

- Show them how to be good money managers. Experience in making and managing money can help them develop more realistic lifestyle expectations as a missionary. Young people should have the opportunity to make money, contribute to a savings account, manage a checking account, learn to pay bills on time, and help pay for their mission.
- Teach basic domestic skills such as cooking, cleaning, and doing laundry. ■

**P**arents can help their children develop responsibility, dependability, and persistence by teaching them skills and showing them how to work.

natural consequences that follow planning and effort. Such opportunities are not as common today, but anyone can master the traits of responsibility, dependability, and persistence by performing regularly assigned tasks at home or working at a full- or part-time job.

President James E. Faust, Second Counselor in the First Presidency, described the benefits he received when family members taught him to work: "For me work became a joy when I first worked alongside my father, grandfather, uncles, and brothers. I am sure that I was often more of an aggravation than a help, but the memories are sweet and the lessons learned are valuable. Children need to learn responsibility and independence. Are the parents personally taking the time to show and demonstrate and explain so that children can, as Lehi taught, 'act for themselves and not . . . be acted upon?'" (2 Nephi 2:26).<sup>3</sup>

Many young people today spend hours of unsupervised leisure time watching television,



**Y**oung people who take care of their physical and emotional health will be better equipped to deal with the challenges that often accompany missionary work.

playing computer games, or engaging in other similar pursuits. Certainly everyone needs a certain amount of recreational time. But parents should not expect their children to automatically learn how to work in the Missionary Training Center. If their children do not already have work experience, it is not likely that they will know how to manage their time effectively on their missions, and they—and their companions as well—may experience much unnecessary frustration.

As President Ezra Taft Benson

(1899–1994) taught: “Children must be taught to work at home. They should learn there that honest labor develops dignity and self-respect. They should learn the pleasure of work, of doing a job well.”<sup>4</sup>

#### **Taking Care of Emotional Health**

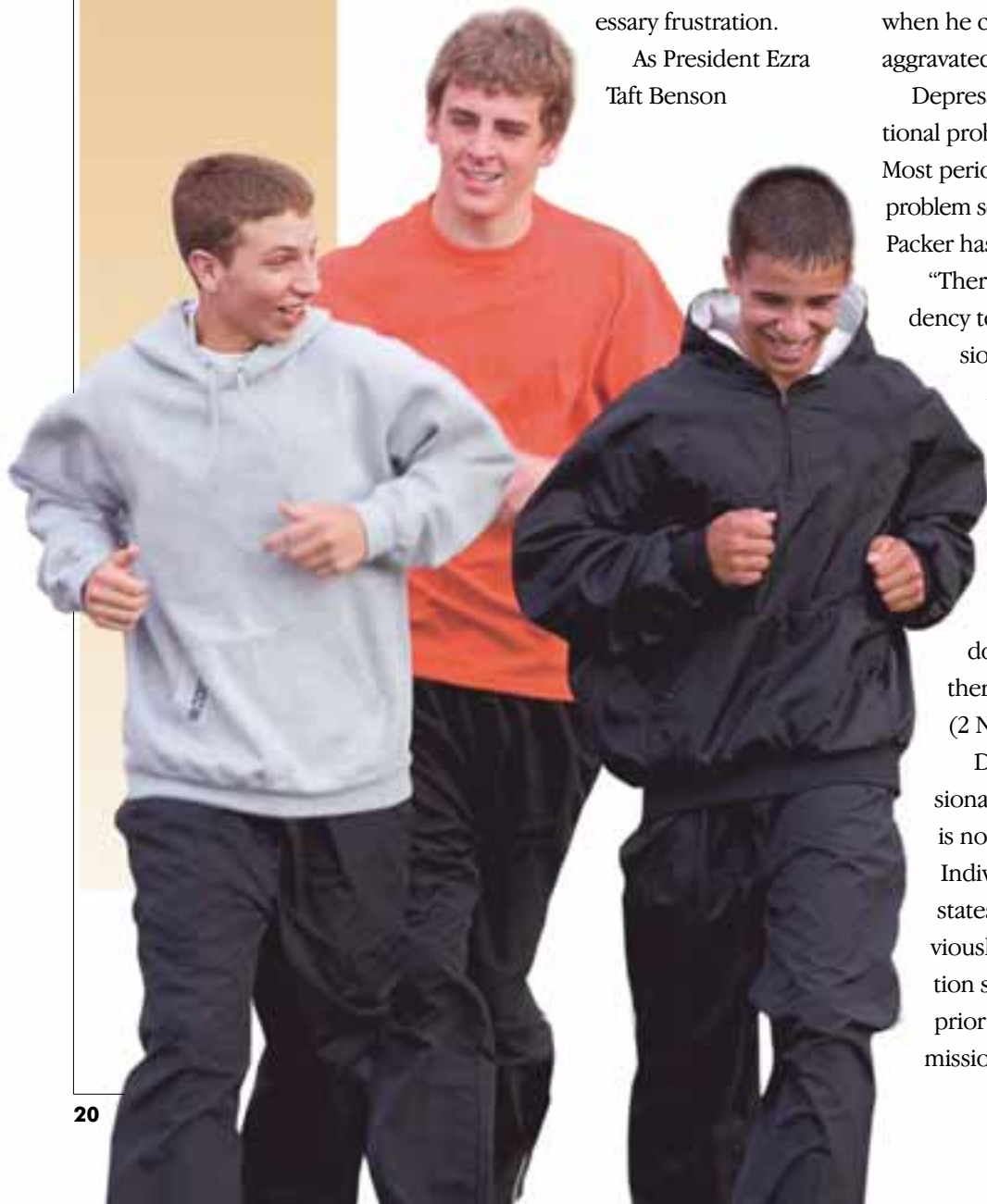
President Hinckley has stated that a missionary needs to have good physical and mental health, because any “ailment or physical or mental shortcoming a missionary has when he comes into the field only becomes aggravated under the stress of the work.”<sup>5</sup>

Depression is the most common emotional problem experienced by missionaries. Most periods of depression pass with time, problem solving, and prayer. President Boyd K. Packer has said:

“There is in the mission field the tendency to be discouraged. Sometimes a missionary will tell me, ‘I have had just a miserable day. Everything has gone wrong, and I am discouraged. It just isn’t going to go right. I feel very depressed.’ . . .

“Learn that there must be ups and downs in your life. You can find that explained to you in the doctrine: ‘For it must needs be, that there is an opposition in all things’ . . . (2 Nephi 2:11). That is part of life!”<sup>6</sup>

Discouragement comes to all missionaries at one time or another. It is not the same thing as depression. Individuals who are prone to serious states of depression and who have previously required counseling and medication should consult with their leaders prior to submitting an application for missionary service. The application must



## INCREASING ENTHUSIASM FOR MISSIONARY SERVICE

Parents and leaders can help youth look forward with anticipation to serving a mission. The following ideas may be useful:

- While children are young, use family home evening to role-play various activities that might be part of a mission such as meeting new people or teaching a discussion.
- If you have served a mission, show

children your own missionary journal or share your missionary experiences.

- Invite the local missionaries to your home for dinner and a teaching experience.
- Encourage young men in the priests quorum to participate in teaching with local missionaries.
- If you live near a Church visitors' center, visit as a family or with friends who may be interested in learning more about the Savior and His restored Church.
- Pray for missionary opportunities. ■



PHOTOGRAPH BY STEVE BUNDERSON

include an honest history. If medication has been prescribed, it should be continued while serving.

In many areas of the world, LDS Family Services is available to help families and leaders learn to differentiate between everyday ups and downs and clinical depression. Your bishop or branch president can help you contact the nearest LDS Family Services office. For more information, see the Web site [www.ldsfamilyservices.org](http://www.ldsfamilyservices.org).

Mission presidents report that some missionaries experience difficulty because they have set unrealistic standards for themselves. Elder Cecil O. Samuelson of the Seventy said in a talk to missionaries: "Interestingly, often those who struggle the most with issues of perfectionism are among the most talented missionaries and people. They are often ones who have been excellent students and have been model children and outstanding young people. Frequently, they have looked forward to being missionaries, are well prepared, and come with the expectation that they will do everything to be successful. For some, they become so obsessed or consumed with their every thought, action and response, that they may become far too extreme in their own perceptions of what is expected of them."<sup>7</sup>

When young people develop realistic expectations for themselves and learn that perfection is a lifetime process, they will be better able to enjoy their experience in the mission field.

### The Greatest Generation of Missionaries

Speaking in the October 2002 general conference, Elder M. Russell Ballard of the Quorum of the Twelve Apostles said: "What we need now is the greatest generation of missionaries in the history of the Church. We need worthy, qualified, spiritually energized missionaries who, like

Helaman's 2,000 stripling warriors, are 'exceedingly valiant for courage, and also for strength and activity' and who are 'true at all times in whatsoever thing they [are] entrusted' (Alma 53:20)."<sup>8</sup> With the support of parents and Church leaders, our young people can accomplish this goal. ■

*S. Brent Scharman is a member of the Holladay 26th Ward, Salt Lake Holladay Stake.*

### NOTES

1. "Missionary Service," *First Worldwide Leadership Training Meeting*, 11 Jan. 2003, 17, 18.
2. First Presidency letter, 28 Sept. 2001.
3. "The Greatest Challenge in the World—Good Parenting," *Ensign*, Nov. 1990, 34.
4. "Salvation—A Family Affair," *Ensign*, July 1992, 4.
5. *First Worldwide Leadership Training Meeting*, 11 Jan. 2003, 18.
6. "Some Things Every Missionary Should Know," seminar for new mission presidents, 26 June 2002, 7.
7. "Perfection, Perceptions, Pressures, and Principles," devotional address, Provo Missionary Training Center, 19 Mar. 2002, 2.
8. "The Greatest Generation of Missionaries," *Ensign*, Nov. 2002, 47.



## HELPS FOR HOME EVENING

1. Discuss with family members their feelings about serving a full-time mission. Ask them why they want or hesitate to serve. List and read about the three areas of mission preparation from this article. Work towards achieving several family or personal goals in each area. Read or sing "Called to Serve" (*Hymns*, no. 249). Follow up on the goals at a future family home evening.

2. Ask family members to offer ideas or solutions to the following issues often faced by full-time missionaries: How can you find joy in working hard each day? How would you help a companion who is discouraged? Read together this article looking for additional ideas and solutions. How can preparing for a mission now help one throughout life?

# YOU Taught Me

BY VINITA R. GREER

*Returned missionaries, have you ever wondered what happened to the people you taught or baptized on your mission?*

*Here is the story of a woman who was the only person baptized in her small town. She is typical of thousands who are baptized and, as they grow in strength, help build the kingdom of God on the earth. Accompanying her story are pieces of artwork featuring elders and sisters and couple missionaries.*

*Dear Elders,* Do you remember the rutted driveway you and your companion walked up that windy March morning to the house by the maple tree? Do you remember the woman in the flannel shirt smeared with soot from the window screens she was hosing down? Do you remember her three little girls? Do you sometimes wonder what happened to us?

“I want you to know. I’m past 75 now, but that woman was me, 46 years ago. The town was Steeleville, Illinois, population 1,200, with five churches, all well attended. Most of the people in town seemed very aware of God, but I was not sure I knew much about Him. I







*All artwork, except the piece by Juei Ing Chen, is from one of the six international art competitions sponsored by the Museum of Church History and Art. Far left, top: Called to Serve, by Don Christensen, oil on panel, 2003, Merit Award. Far left, bottom: I Will Remember the Covenant, by Enrique Manuel Garcia, oil on panel, 1999. Above: Spreading Truth and Light, by Larry Wade, oil on panel, 1999. Left: Missionaries, by Ljiljana C. Fulepp, oil on glass, 1990.*



decided to study other religions of the world; maybe one of them would help me.

“You two missionaries wanted to teach me. At first I did not want to waste your time because I was not going to join your church. But, ‘Why not?’ I thought. I knew so little about The Church of Jesus Christ of Latter-day Saints that my search might as well begin with it. I told you to come back later in the week when my husband could be home.

“Of the 1,200 people in town, just two listened to you, and one rejected the gospel. I was baptized just outside Steepleville in a strip mine lake about 8:00 A.M. one morning with the coal trucks rumbling by. The clouds thinned a little, and the sun seemed brighter as the baptism was completed.

“Over the years, I was influential in the teaching of two others who were baptized. My three little girls grew up and married. They gave me 12 grandchildren—seven boys and five girls. Three boys have served missions: one in

São Paulo, Brazil; one in Baltimore, Maryland; and one in Arizona among the Native Americans.

“Though my husband and I eventually divorced, I remarried after several years. My husband is a temple worker. I have additional children, grandchildren, and great-grandchildren who benefit from the ways the gospel touches our lives.

“Over the years I have worked on my family history. There are more than 3,500 names in my computer. I have also served a welfare services mission.

“I’m glad you and your companions, whose faces I can see but whose names I cannot remember, taught me before I got around to studying those other faiths.

“When you baptized me, perhaps you thought it was a small thing—just one person out of a whole town. But I want you to see something of what you started.

“Thanks, elder, wherever you are!” ■

*Vinita R. Greer is a member of the River Ridge First Ward, South Jordan Utah River Ridge Stake.*



*F*ar left: **Golden Harvest**, by **Marilee B. Campbell**, pastel on paper, 1993. Left: **Unfading Missionaries**, by **Juei Ing Chen**, ink on paper, 1996. Top: **Fishers of Men**, by **Mary Ann Wright**, oil on canvas, 1990. Above: **By the Springs of Water Shall He Guide Them**, by **Julia W. Whetman**, oil on canvas, 1993.

# THESE ARE YOUR DAYS

## ELDER NEAL A. MAXWELL

Of the Quorum of the Twelve Apostles

Elder Neal A. Maxwell passed away on 21 July 2004 as this issue of the *Ensign* was being prepared for publication.

**A**fter reciting a litany of social ills during his time, Mormon consoled his son, Moroni, suggesting that somber world conditions could unnecessarily “weigh thee down” (Moroni 9:25).<sup>1</sup> Today, I write lest you be unnecessarily “weighed down.” What follows will include several stern but needed prophecies, yet my comments will mostly be about some very reassuring and positive things. Though I write primarily to the youth of the Church, these assurances have ready application to all gospel teachers who have been entrusted with nurturing this royal generation.

My text is a later Nephi’s phrase about his own time and season on earth. As he became less nostalgic for an earlier time and more submissive as to doing his duty in his particular season, he said, “I am consigned that these are my days.” I invite young men and women to do likewise by accepting your discipleship in “these . . . [your] days” (Helaman 7:9).

Societies, as well as individuals, can “sleep,”



***Though the times in which [we] will live will be turbulent, there will be glorious accomplishments, too.***

cushioned and unawares, especially if sedated by materialism and ease. Those who remain sedated will fail to meet their rendezvous. Events can, however, constitute a wake-up call. In secular history, for instance, the summer and early autumn of 1939 brought the most beautiful weather in memory to England. Haunting remembrances of the terrible devastation of World War I along with the hovering prospects of a new war made appeasement so attractive to so many. Awakened, however, the British later rallied to their “finest hour.”

Lest young disciples, too, “sleep,” I will now note several prophecies, putting your own times in needed perspective.

The last days will certainly be more challenging to young disciples than simply coping with sharp economic downturns. In these, your days, “the love of many shall wax cold,” resulting in various and serious social consequences (Matthew 24:12). Widespread despair caused by iniquity is prophesied too (see Moroni 10:22). Hence, you need to keep the two great commandments so that those two lamentable conditions do not characterize you.

If your humility is “because of the word,” it will not be fleeting! In contrast, compelled



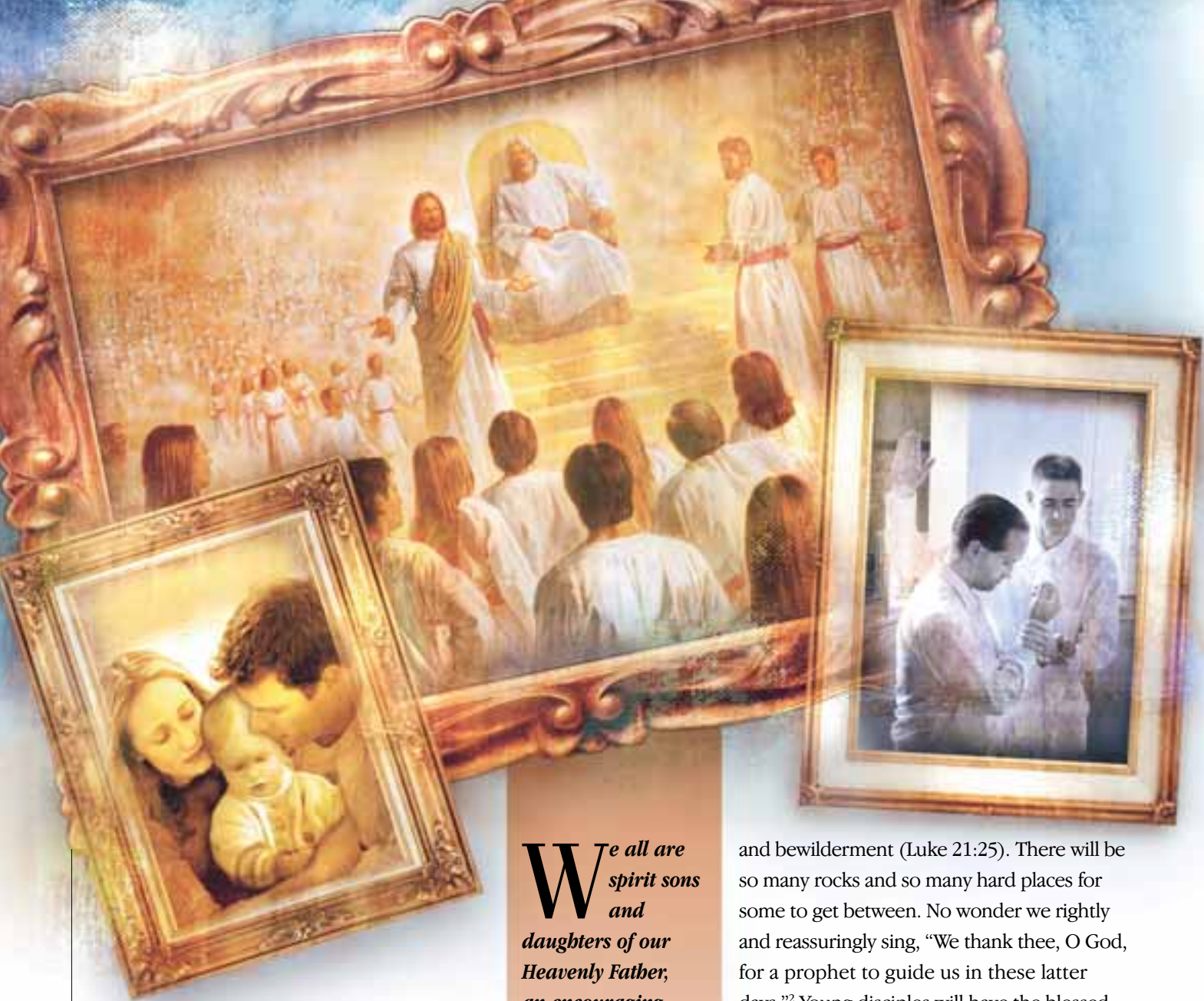
humility often fades quickly (see Alma 32:13–16).

Various forms of help are near at hand, including the Church's stakes that are to be "for a defense, and for a refuge from the storm"—a real blessing! (D&C 115:6).

Furthermore, in the last days, you will hear "of wars and rumors of wars, and the whole earth shall be in commotion, and men's hearts shall fail them" (D&C 45:26; see also 88:92).

Such failing hearts suggest not cardiac arrests but a loss of will and hope. But again, such symptoms need not characterize you nor your responses to life. You will see such things, of course,

**F***aith in Christ helps us see beyond the evils of our day and gives us hope and a clearer vision of the future.*



but if managed in a framework of faith, these need not “weigh [you] down.”

Even the prophesied global commotion will include a dimension of redemptive turbulence—for “the kingdom of the devil must shake” in order that some therein will be “stirred up unto repentance” (2 Nephi 28:19). The Lord has His own unique way of getting good things out of bad situations, again and again.

#### **The Earth in Commotion**

In the days of young disciples, the nations of the earth will be in “distress . . . with perplexity,” foretelling a time of unusual perplexity

**W***e all are spirit sons and daughters of our Heavenly Father, an encouraging genealogy without temporal and national borders. We likewise can receive the relevant and saving gospel ordinances.*

and bewilderment (Luke 21:25). There will be so many rocks and so many hard places for some to get between. No wonder we rightly and reassuringly sing, “We thank thee, O God, for a prophet to guide us in these latter days.”<sup>2</sup> Young disciples will have the blessed, ongoing direction of the Lord, through His prophets.

After all, the restored gospel includes the reassuring truths most needed in any age. Proximate and tactical troubles do not, for instance, diminish from such reassuring strategic truths. For example, we all are spirit sons and daughters of our Heavenly Father, an encouraging genealogy without temporal and national borders. Additionally, there is a redeeming plan of salvation that provides the ultimate security for the righteous. We likewise can receive the relevant and saving gospel ordinances, another great source of strength for us as individuals!

## The Lord Loves You

Meanwhile, don't worry if you cannot give glib explanations as to the meaning of all things happening to you or around you. The Lord loves you, His children, just as Nephi wrote (see 1 Nephi 11:17). Spiritual certitude can exist amid distress and perplexity. So many positive and prophetic promises are there to help latter-day disciples to cope.

The Lord said comfortingly, "I am in your midst" (D&C 38:7). "And ye cannot bear all things now; nevertheless, be of good cheer, for I will lead you along. The kingdom is yours and the blessings thereof are yours, and the riches of eternity are yours" (D&C 78:18).

God watches the times and seasons. He knows your individual bearing capacities. In the very, very last days, for example, He will display His mercy in an unusual way: "And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened" (Matthew 24:22).

Thus, you can have full faith and trust in God, His mercy and goodness. As the Psalmist wrote, "Some trust in chariots, and some in horses: but we will remember the name of the Lord our God" (Psalm 20:7).

We should not trust too much in modern weaponry either.

God has transcending capacities: "I am able to do mine own work. . . . I will show unto the children of men that I am able to do mine own work" (2 Nephi 27:20–21). Is He ever! He not only urges us to trust Him but invites us to "[cast] all your care upon him; for he careth for you" (1 Peter 5:7).

## Enjoy Faith

Remember, too, that your faith covers all portions of life's trail. You can have clear faith in the ultimate outcomes at the end of the trail but still find vexing uncertainties in the steps immediately ahead. The Lord knows the end from the

beginning and everything in between. You, however, function in the muddled, mortal middle. Both the help and comfort of the Holy Ghost are thus much needed for the short run too!

Hence, you are to proceed with your lives within what is allotted to you, while letting adversity highlight any need for some personal and individual course corrections (see Alma 29:3). Happily, discipleship carries within itself its own witness that it is the true way of living; it is self-reinforcing.

The very first verse of the Book of Mormon is also very instructive concerning another blessing given to most all of you: being "born of goodly parents." In the unfolding of your lives, you too may see "many afflictions," though having also

"been highly favored of the Lord." You, too, can be

blessed by relying on your "knowledge of the goodness . . . of God" (1 Nephi 1:1). By understanding that God is perfect in His goodness, Nephi kept his afflictions and trials in perspective, which is the challenge of discipleship in any age and any circumstance, including "these . . . [your] days."

Prophetically, President Gordon B. Hinckley said to us at a recent general conference that current events in the world did not constitute the "all-consuming calamity." President Hinckley also cautioned: "Peace may be denied for a season. . . . We may even be called on to suffer in one way or another. . . . Our safety lies in repentance. Our strength comes of obedience to the commandments of God. . . . This is the crux of the entire matter—obedience to the commandments of God."<sup>3</sup>

President Lorenzo Snow (1814–1901) further reassured us, saying: "We are here because we are worthy to be here, and that arises, to a great extent at least, from the fact that we kept our first estate. I believe that when you and I were in yonder life we made certain covenants . . . that in this life, when we should be permitted to enter it, we would do what we had done in that life—find out the will of God and conform to it."<sup>4</sup>



**President Gordon B. Hinckley said, "Our strength comes of obedience to the commandments of God."**

We thus come to this life, to borrow Wordsworth's phrase, "trailing clouds of glory"<sup>5</sup> but also "trailing" traits developed in the premortal world.

### Be Prepared

Pay heed, therefore, to your inborn spiritual reflexes. Use, even more, the gifts of the Holy Ghost, who can fill you with "hope and perfect love" (Moroni 8:26). He can "enlighten your mind, . . . [and] shall fill your soul with joy" (D&C 11:13). How precious and relevant these gifts of hope, love, and joy are in any age, but certainly in yours, when so many feel unloved, hopeless, and sad!

The foregoing is just a small sample of positive promises! Hence, while we are clearly instructed to notice the leaves on the fig tree to know when "summer is nigh," we are not to sit around moodily staring at the fig trees (see Matthew 24:32). There is so much work to be done in the Lord's vast vineyard!

Many in the world, at the time of our "all-consuming calamity," will be taken by total surprise—like a thief in the night. Others, however, will be "like a woman . . . in travail" where the pains of labor are foretelling, "even [in] the days of sorrow" (D&C 136:35). Still others, the "poor and the meek," without being preoccupied, will be looking for the signs (see D&C 35:15; see also 45:39).

Amid all this, God, who lives in "eternal now," is relentlessly and lovingly accomplishing His work, using His unique foreknowledge to ensure that all His purposes will prevail—not just some of them. The Prophet Joseph said: "The great

Jehovah contemplated the whole of the events connected with the earth, pertaining to the plan of salvation, before it rolled into existence, or ever 'the morning stars sang together' for joy. . . . He knew . . . of the depth of iniquity that would be connected with the human family, their weakness and strength, their power and glory, apostasies, their crimes, their righteousness and iniquity; . . . He was acquainted with the situation of all nations and with their destiny; . . . He knows the situation of both the living and the dead, and has made ample provision for their redemption."<sup>6</sup>

His "ample provision" is more than adequate! But faith

is not built in a wordless vacuum. Instead, it takes hearing, pondering, believing, behaving, and likening the word to ourselves!

(see 1 Nephi 19:23). The Restoration has given us the vital "key of knowledge" that Jesus said had been lost. It is "the fulness of the scriptures" that includes many

plain and precious things to

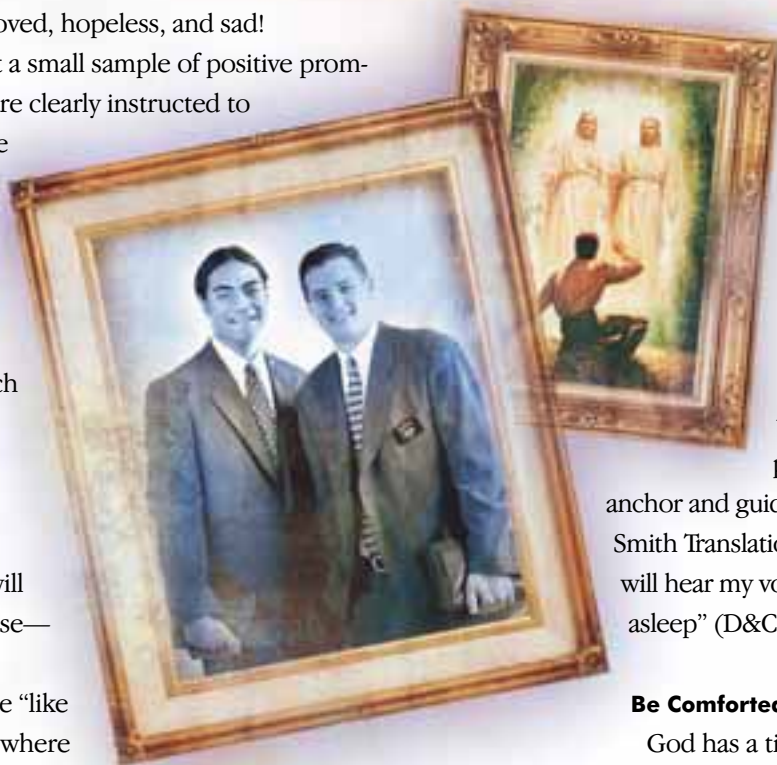
anchor and guide us as disciples (see Joseph Smith Translation, Luke 11:53). "For they will hear my voice . . . and shall not be asleep" (D&C 35:21).

### Be Comforted

God has a timetable for this planet and for each person: "But all things must come to pass in their time" (D&C 64:32).

Within all of the drama cited are many individual dramas, making it imperative for you to allow the Lord to tutor you amid your discipleship.

Enoch rejoiced, and so can you over the grand, consoling reality regarding God: "And yet thou art there" (Moses 7:30). Privileged Enoch even saw the God of heaven weep! (see v. 29). Yet Enoch was very discouraged by the gross



**Faith takes believing the scriptures and "likening" them to ourselves. The Restoration has given us the vital "key of knowledge" that Jesus said had been lost.**





wickedness anciently. He said he would “refuse to be comforted” (v. 44). The mentoring Lord, however, told Enoch to “lift up your heart, and be glad; and look” (v. 44). Then revealed to Enoch was Jesus’ Atonement in the meridian of time and also the latter-day Restoration. Enoch, who had been so distraught, now rejoiced!

Do not “refuse to be comforted.” Let the revelations comfort you. Let the scriptures refresh you!

You young disciples are so privileged, and though the times in which you will live will be turbulent, there will be glorious accomplishments, too.

Thus, I have desired to place some perspective on these, your days, and I salute you for what your generation represents and the divine compliment God has given you by placing you here—now.

Make use of these, “your days,” for as you become more like Jesus, there will be more and more things He will give you to do.

My feelings are such that I salute you!

**T***he Atonement and the Second Coming are part of God’s plan. Let these revelations comfort you. Let the scriptures refresh you.*

Perhaps this feeling is so strong because I have a more keen sense of who you really are than you do, a clearer picture of your rendezvous in these, your days, speaking of you collectively. In the name of Jesus Christ, amen! ■

#### NOTES

1. This article is based on a series of firesides delivered in Salt Lake and Utah Counties in late 2001 and early 2002.
2. “We Thank Thee, O God, for a Prophet,” *Hymns*, no. 19.
3. “The Times in Which We Live,” *Ensign*, Nov. 2001, 74, 73.
4. In *Collected Discourses Delivered by President Wilford Woodruff, His Two Counselors, the Twelve Apostles, and Others*, comp. and ed. Brian H. Stuy, 5 vols. (1987–97), 4:55.
5. William Wordsworth, “Ode: Intimations of Immortality from Recollections of Early Childhood,” *The Complete Poetical Works of William Wordsworth* (1924), 359.
6. *Teachings of the Prophet Joseph Smith*, comp. Joseph Fielding Smith (1976), 220.

# Establishing Eternal Patterns



**As young adults, you have the challenge to know, understand, and follow the Lord's way.**

**BY ELDER EARL C. TINGEY**  
Of the Presidency of the Seventy

**T**here are some decisions that we need make only once. Having made the decision, we no longer need to wonder how we will act in that particular situation in the future. Decisions develop habits or patterns. The word *pattern* best describes the counsel I wish to give the young adults of the Church. It is important that you know, at your age and experience in life, how to establish patterns that lead to eternal happiness.

Many of you have probably used a pattern for making a new dress or a model airplane. *Pattern* can also mean to match or imitate or follow a prescribed route or format.

The Lord used the word *pattern* in a revelation given to the Prophet Joseph Smith in 1831: “And again, I will give unto you a pattern in all things, that ye may not be deceived; for Satan is abroad in the land, and he goeth forth deceiving the nations” (D&C 52:14).

At the time this revelation was given, the Church was barely one year old, and there were certain manifestations of false and deceiving spirits. Accordingly, the Lord gave clear instructions in this section that there is an established pattern that all procedures, ordinances, and activities should follow. This

pattern would help the Saints do things the Lord's way.

Our challenge is to know, understand, and follow the Lord's way. He has established proven patterns that, if followed, will help us find happiness in this life and also help us qualify for eternal life. The Prophet Joseph Smith said, “God dwells in eternity, and does not view things as we do.”<sup>1</sup> If we can begin to view things as our Heavenly Father views things—and this comes about by studying the scriptures, following the prophets, and receiving personal revelation—we may follow the Lord's patterns and avoid some of the misfortune that could come into our lives.

Let us examine six divine patterns the Lord desires us to follow.

## **Moral Purity**

Be clean. For more than a decade the First Presidency has encouraged the youth of the Church to follow the precepts of a wonderful pamphlet entitled *For the Strength of Youth*. This booklet contains standards that will keep your minds and your bodies clean from the sins of the world.

While this booklet is directed toward the youth, it would be well for each of you young adults to continue to follow its counsel. Let

me relate a personal experience I had with *For the Strength of Youth*.

Sister Tingey and I were living in Africa. I was sent to a little country by the name of Burundi in east-central Africa. Several faithful families had been holding Church services in their homes, and they desired to have missionaries assigned to help them.

I met with a fine gentleman who represented the government. I explained who we were, what we taught, and how establishing our Church in his country would bless the lives of the people. When I finished, he said, "I do not see where anything you have told me is any different from what is currently available in our country. I see no reason to approve your request to bring missionaries into our country."

I was devastated. My meeting was almost over, and in a moment I would be ushered out. I prayed secretly in my heart for something to say. In an instant a thought came to my mind. I reached into my wallet and pulled out a little copy of the *For the Strength of Youth* booklet, which I have always carried. In the

remaining moments of our visit, I quickly shared with him how each of the young people in our Church had a copy of this pamphlet. I read some of the topics and explained that we teach our young people these patterns.

"You mean to tell me you expect the youth of your church to live these standards?" he asked.

"Yes, and they do," I replied.

"That is amazing," he said. "Could you send me some of these booklets so that I could distribute them to the youth of my church?"

**T**he government official said, "I see no reason to approve your request to bring missionaries into our country." I prayed for something to say. In an instant a thought came to my mind. I pulled out the *For the Strength of Youth* booklet.





I returned to Johannesburg and sent about 500 copies of the pamphlets in French and English. A month or so later we received official recognition from the government of Burundi, authorizing our Church to be established in that country.

I do not know the significance of my participation in that event, but I definitely know that the *For the Strength of Youth* pamphlet was quickly recognized by this good man as something of great value and was likely instrumental in our securing official recognition.

I counsel each of you to obtain your own personal copy of this booklet and follow the precepts and standards outlined in it to enjoy the following blessings promised by the First Presidency:

“We promise that as you keep these standards and live by the truths in the scriptures, you will be able to do your life’s work with greater wisdom and skill and bear trials with greater courage. You will have the help of the Holy Ghost. You will feel good about yourself and will be a positive influence in the lives of others. You will be worthy to go to the temple to receive holy ordinances. These blessings and many more can be yours.”<sup>2</sup>

### **Sabbath Day**

Keep the Sabbath day holy. Now is the time to put in place a habit that will become your pattern for the rest of your life. The pattern of the Sabbath day was clearly established in the Ten Commandments (see Exodus 20:8–11).

The Lord repeated this counsel in a revelation given through the Prophet Joseph Smith in these days:

“And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day;

“For verily this is a day appointed unto you to rest from

your labors, and to pay thy devotions unto the Most High” (D&C 59:9–10).

In today’s world, with the heavy emphasis on commercialism, it is sometimes hard to distinguish Sunday from any other day of the week. If you are not

careful, you will find that quietly you begin to violate the sacred Sabbath and soon establish your own pattern—which will not be the Lord’s pattern and over time will be difficult to break.

You students might consider what should be your standard in regard to studying on the Sabbath. I speak from experience, having attended three universities, which included law school and earning an advanced master’s degree in corporation law. During part of that time I served as bishop and worked in New York City as an attorney. I had every temptation and opportunity to study on the Sabbath day but made it a simple matter of faith and principle that I would avoid studying on Sunday. I feel that the Lord honored my commitment. I was able to complete all that I attempted educationally and excelled where I needed to excel.

The Sabbath day can become a wonderful day to do good. You can attend your meetings, partake of the sacrament, fast, study the gospel, visit those in need, write to missionaries, read good books, and take time to contemplate and ponder and analyze where you are going and what you are making of your life.

Elder Mark E. Petersen (1900–84) of the Quorum of the Twelve Apostles taught: “Our observance or nonobservance of the Sabbath is an unerring measure of our attitude toward the Lord personally and toward his suffering in Gethsemane, his death on the cross, and his resurrection from the dead. It is a sign of whether we are Christians in very deed, or whether our conversion is so shallow that commemoration of his atoning sacrifice means little or nothing to us.”<sup>3</sup>

***Make sure the pattern you establish is the Lord’s way by keeping the Sabbath day holy and paying your tithes and offerings.***

### **Tithes and Offerings**

Pay your tithes and offerings. It is important that each of you establish a pattern whereby you take one-tenth of your increase and pay it as tithing. You should also attend tithing settlement so that a clear record of your offering is written in the official records of the Church.

Many of you have very little income while you are students. Others of you are beginning to earn a significant income. In either case, it requires great faith to pay your tithing. I bear humble witness that establishing this pattern now will bless your life. You cannot possibly contemplate what good will come to you eternally as a result.

Many of you have not established the pattern of paying fast offerings. Many of you had parents who paid fast offerings as you were growing up. As you become a “family” or a “household,” you should develop the pattern of paying an honest fast offering so the bishop or branch president can properly attend to the poor and needy of the Church.

### **Church Service**

Serve in the Church whenever you are called. This Church has the pattern of lay leadership, where every person has a calling in the kingdom. President Gordon B. Hinckley has identified having a responsibility as one of the essential ingredients to retaining newly baptized members.

My counsel is to accept whatever callings come to you—and serve well. I share a personal experience that illustrates how blessings can come to those who serve in the Church.

Following my graduation from law school, I had a military commitment of three years. My wife and I left Utah and eventually ended up at a military installation in New York. Near the end of my three-year military obligation, as we were preparing to return

to Utah, I was called as bishop of the Manhattan Ward in New York City.

At that time we had three of our four children. It was a completely unexpected and faith-testing call. I would have to take the New York bar exam in order to practice law in New York. We would have to move our children into a very congested New York City environment, which was a type of living foreign to us.

Nevertheless, having always been counseled to accept Church callings and feeling I should accept this one, I became bishop of a large ward of approximately 1,000 members.

After serving as bishop for nearly seven years, I was extremely concerned because we had now been married for ten years, we had a family of four children, and we were still living in a rented apartment. Thinking that we might be better served to start building equity in a home, we were contemplating a move from the city to a suburb.

The small two-bedroom apartment we were living in was in a large building in downtown New York City. At that time that building was converted from an apartment building to a “co-op” building, which meant the apartments became the equivalent of condominiums. The law provided that any occupant of an apartment could purchase the co-op apartment at less than market value and resell it at market value.

With the savings we had accumulated over the years, we purchased our co-op apartment and resold it. The

profit on the sale was nearly equal to our monthly rental payments for the seven years we had lived there. As I discovered that fact, I remembered my concern about not having developed equity in a home during that long period of time. I realized that I

***Serve in the Church whenever you are called. This Church has the pattern of lay leadership, where every person has a calling in the kingdom.***



could not have done a better job of managing my monies than the Lord had done. Our faithful service during those seven years was rewarded in a way we could not have envisioned.

I offer this testimony not to draw attention to our circumstances but to help you realize that the Lord knows you and He knows of your faithful service. Serve with enthusiasm, and He will bless your efforts.

### Education and Preparation for the Future

Excel in education. When you students graduate and move into employment, your opportunities will be based, to a great extent, on your grades and ability to work.

It is easy, on occasion, when you're engrossed in the busyness of college life, to lose sight of the fact that you are in school to get a quality education. The social aspects of a university are important, but be careful that they do not overshadow the key purpose of your being there—to secure a good education. Be serious. Study hard and learn the material.

### Celestial Marriage

Develop a pattern that will lead you to accept the blessings and responsibilities of celestial marriage. The most important pattern you can establish in your life at this age is one that will lead to celestial marriage.

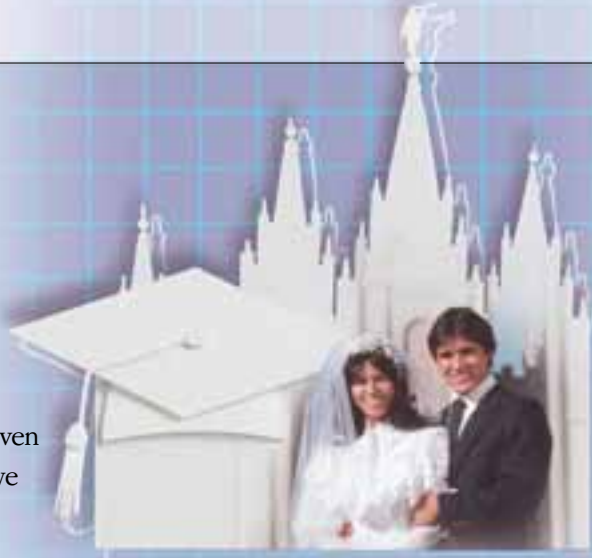
The doctrine of the Church is very clear: Individuals should be worthy to marry in the temple and strive to rear a righteous family as guided by scripture and "The Family: A Proclamation to the World."<sup>4</sup>

The doctrine of celestial marriage is:

"In the celestial glory there are three heavens or degrees;

"And in order to obtain the highest, a man must enter into this order of the priesthood [meaning the new and everlasting covenant of marriage];

"And if he does not, he cannot obtain it.



**Be serious and study hard so you can excel in your education. Develop patterns that help prepare you for the blessings of celestial marriage.**

"He may enter into the other, but that is the end of his kingdom; he cannot have an increase" (D&C 131:1–4).

Speaking of the obligation of men to marry, President Joseph Fielding Smith (1876–1972) taught, "Any young man who carelessly neglects this great commandment to marry, or who does not marry because of a selfish desire to avoid the responsibilities which married life will bring,

is taking a course which is displeasing in the sight of God."<sup>5</sup>

Now young people, it is important that you establish a pattern whereby you are open and willing to move forward into this wonderful association of husband and wife and that you be sealed in an eternal relationship.

### Eternal Patterns

Establishing eternal patterns in your life will lead to eternal happiness. The patterns include (1) be clean; follow the precepts of *For the Strength of Youth*, (2) keep the Sabbath day holy, (3) appreciate the blessings that come as you pay tithes and offerings, (4) serve faithfully in the Church, (5) excel in your education and prepare yourself for the future, and (6) accept the blessings and responsibilities of celestial marriage.

Your generation holds great promise for the future of the Church. We believe in you. You have many challenges, but we know you can successfully overcome these challenges. Be worthy and receptive to receiving personal inspiration. You must be willing to move forward in faith so that the eternal purposes of the Lord can be carried out throughout the world. We know you can do it. ■

*Adapted from a Church Educational System fireside address given on 5 May 2002 in Mesa, Arizona.*

### NOTES

1. *Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith (1976), 356.
2. *For the Strength of Youth* (2001), 2–3.
3. "The Sabbath Day," *Ensign*, May 1975, 49.
4. See the inside back cover of this issue.
5. *Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. (1954–56), 2:74.

# The Compassion of

# Christ

BOOK OF MORMON



PRINCIPLES



**BY KATHLEEN H. HUGHES**

First Counselor in the Relief Society General Presidency

**I** am always moved when I read the description of Christ ministering to His people as they gathered at the temple in the land Bountiful. He called the sick and afflicted to Him and healed them. He gathered the children round Him. Then He asked all to pray with Him. As He prayed, He “groaned within himself . . . because of the wickedness of the people of the house of Israel” (3 Nephi 17:14; see also vv. 5–13, 15).

I am equally touched by Nephi’s words to his people. Centuries before Christ’s coming,

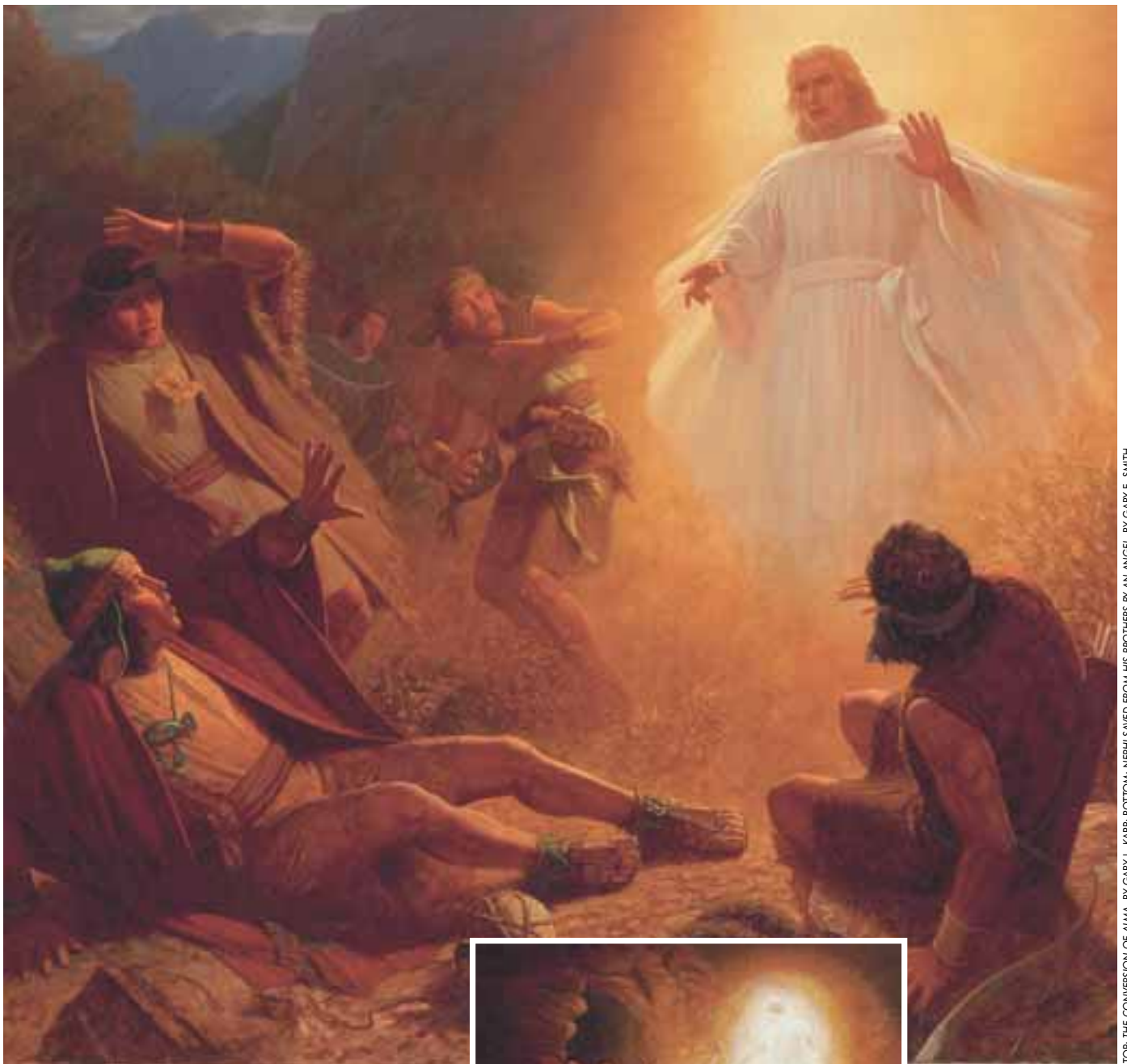
he understood the compassion of the Messiah:

“He [Christ] doeth not anything save it be for the benefit of the world; for he loveth the world, even that he layeth down his own life that he may draw all men unto him. Wherefore, he commandeth none that they shall not partake of his salvation.

“Behold, doth he cry unto any, saying: Depart from me? Behold, I say unto you, Nay; but he saith: Come unto me all ye ends of the earth, buy milk and honey, without money and without price” (2 Nephi 26:24–25).



***I am continually amazed and humbled by the Lord’s willingness to give us a second chance.***



TOP: THE CONVERSION OF ALMA, BY GARY L. KAPP; BOTTOM: NEPHI SAVED FROM HIS BROTHERS BY AN ANGEL, BY GARY E. SMITH



**T**he Lord did not give up on Alma the Younger and the sons of Mosiah, nor did he give up on Nephi's brothers. He persisted, even sending an angel to call them to repentance.

I am continually amazed and humbled by the Lord's willingness to give us a second chance. What He asks of us is so simple and clear: repent and obey the commandments.

Think of what Nephi's brothers did to him and to their father, Lehi. Shortly after leaving Jerusalem, they began to murmur about their father and younger brother. But

the Lord needed these less-than-valiant men to assist in His work, and, more important, He wanted

them to be faithful to Him and to obey His commandments. So He persisted with them. He even sent an angel to admonish them to repent and obey (see 1 Nephi 2; 3:28–29).

We can learn from Christ's example. His



lesson to those of us who are parents seems clear: we need to demonstrate the same level of compassion and love to our own children, even when they seem unrepentant and stubborn. We need to believe that a change of heart will occur and they will return.

Partly because of his faith and compassion, Alma had the blessing of seeing a child return. His son and the sons of Mosiah were struck dumb by an angel of the Lord. The angel told them that because of the prayers of Alma and of the people, “have I come to convince thee of the power and authority of God, that the prayers of his servants might be answered according to their faith” (Mosiah 27:14). Alma did not give up on his son and neither did the Lord.

Compassion is not only needed by parents; it is critical as we serve one another in our callings. We are assigned to be home teachers or visiting teachers so that all “might be remembered and nourished by the good word of God, to keep them in the right way, to keep them continually watchful” (Moroni 6:4). As we attend to those we have been asked to shepherd, we are acting for Christ. Elder Henry B. Eyring of the Quorum of the Twelve Apostles stated: “You are called to represent the Savior. Your voice to testify becomes the same as His voice, your hands to lift the same as His hands. . . . That will be true even in the most ordinary tasks you are assigned.”<sup>1</sup> If we keep in our minds the image of Christ blessing and healing His people, this will teach us how we must serve.

All of the Father’s children are important to Him. We are given the opportunity to bless lives within our own families and within

our ward and stake families as we minister to those we have been called to serve. We exhibit the same quality of compassion as Christ when we strive with diligence to fulfill His call to us to “feed my sheep” (John 21:17).

When we choose to serve Christ and His children, we demonstrate by our actions and example the compassion Christ shows for us. We understand Mormon’s admonition:

“But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him. . . .

“ . . . Pray . . . with all the energy of heart, that ye may be filled with this love, . . . that when he shall appear we shall be like him, for we shall see him as he is” (Moroni 7:47–48). ■

**NOTE**

1. “Rise to Your Call,” *Ensign*, Nov. 2002, 76.

PHOTOGRAPH BY CRAIG DIMOND



**A**s we attend to those we have been asked to shepherd, we are acting for Christ. His example teaches us how to serve.



**HELPS FOR HOME EVENING**

1. Show family members the picture on page 37 and ask them to share what comes to mind as they think of the Savior’s compassion. Discuss the meaning of *compassion* using the examples in this article. Invite family members to exercise Christlike compassion during the coming week.
2. Invite family members to share stories of when they have noticed expressions of compassion at home. Ask them to read and share their thoughts about stories from this article that teach how to show compassion. Bear testimony of the Savior’s compassion for us.

# THE ONLY SURVIVOR

*Even after being saved from drowning,  
I still needed rescuing.*

BY JOELI KALOUGATA

**I**t was an overcast morning in December 1973, but the weather did not reflect my mood. Standing on the deck of a cargo vessel with my parents and two younger siblings, I was in high spirits as we began to pull away from our small South Pacific island. The ship was the *Uuilakeba*, bound for Suva, the capital of the Fiji Islands.

For a 12-year-old boy from the outer island of Ono-i-Lau, a trip to the big city was no everyday experience. Along with my parents and two of my siblings, I had eagerly awaited this day. The five of us were traveling to Suva to be baptized into The Church of Jesus Christ of Latter-day Saints.

## **Finding the Truth**

The light of the restored gospel had first shone in our home in an extraordinary way. My father, Mosese, was raised a Methodist. But through years upon years of personal study in the Bible, he had concluded that the true Church of Jesus Christ as described in the holy scriptures was not known on our tiny native island. He never once allowed our family to attend church services of any kind, yet we would gather together daily at his feet as he taught from the Bible. With each passing year, as my father continued to search

the scriptures, he became more convinced that the true Church of Jesus Christ was not in existence.

Thus we remained in darkness until, finally, in 1971 our cousin Siga returned for a short visit. Siga had settled in Hawaii. We were excited about this unexpected reunion. Straightaway my mother prepared tea for our visitor, but to our surprise, he would not accept it. He explained that while in Hawaii he had been baptized into the Mormon Church and no longer drank tea. Having never heard of such a religion, my father questioned, “What kind of church is that?” Siga suggested that he look it up in the dictionary. Under the entry “Mormon,” my father read, “The Church of Jesus Christ of Latter-day Saints.”

Immediately my father jumped to his feet and pounded the table with his fist. In that instant, the Holy Ghost had confirmed in his heart that this was what he had been searching for all of his life. His whole countenance changed as he asked Siga to tell him about this church. A long conversation ensued as they began reading from the fourth chapter of Ephesians, discussing “one faith, one baptism” (v. 5) and the need for apostles and prophets. Siga suggested that my father contact the missionaries for further information.

And so it was that we learned, for the first time, of The Church of Jesus Christ of Latter-day Saints. My father began corresponding with President Ebbie L. Davis of the Fiji Suva Mission, who sent us a copy of the Book of Mormon. Other books and pamphlets regarding Church doctrine soon followed. All of these my father devoured, and he found answers to his questions. Within a short time, he desired with all of his heart that our family be baptized. The Church, however, was not on our island. We soon realized that to be baptized, we would have to go to where the Church was. And for us, that meant Suva.

### Amid Angry Waters

At long last, after we had spent nearly two years planning and preparing, the day had finally come, and we stood aboard the *Uluilakeba*. Energy was thick in the

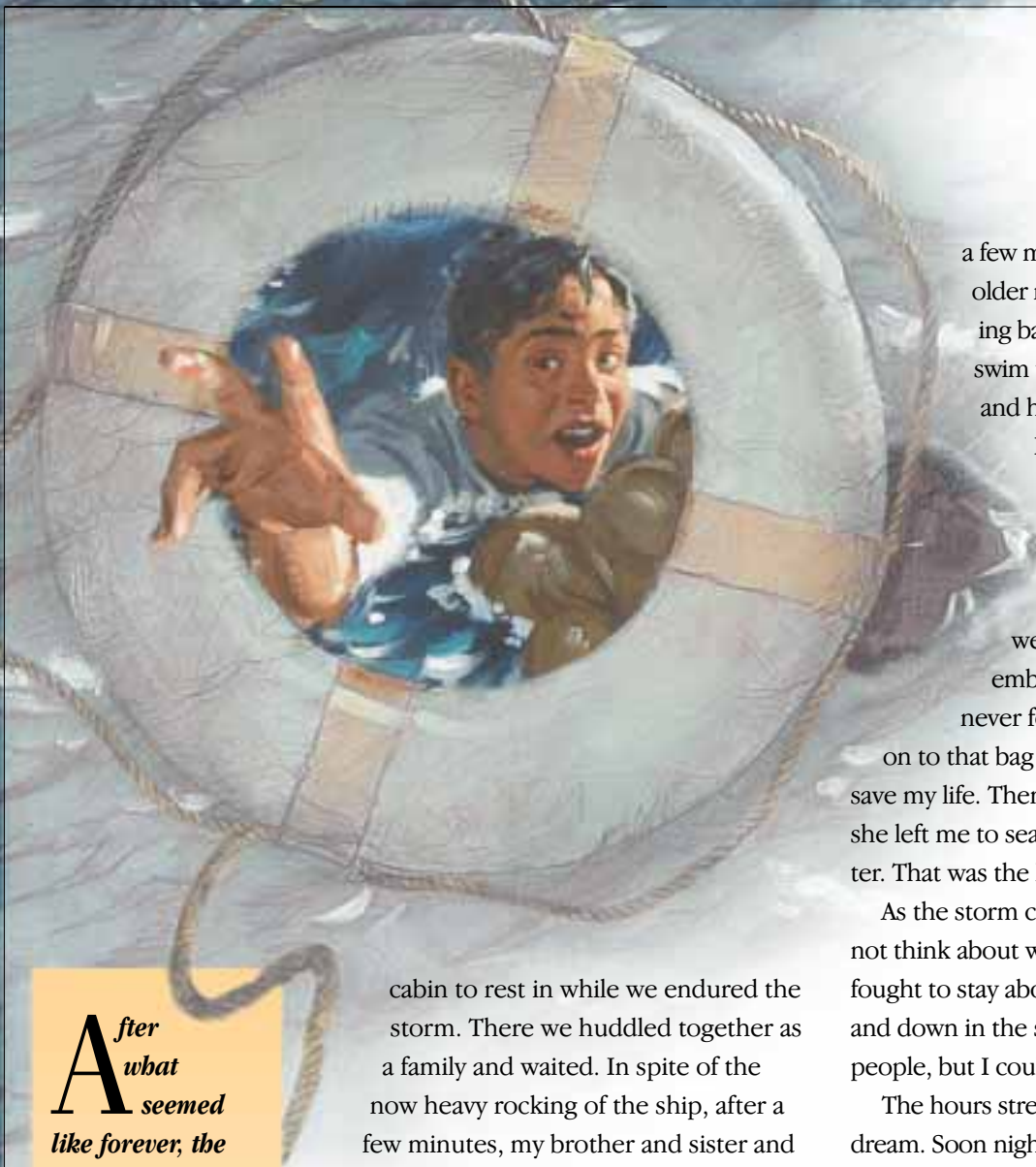
air as we crowded on with the other passengers. Hope and excitement filled our hearts as we waited to depart on our journey.

The ship left the dock at approximately 8:00 A.M. on Monday, 10 December 1973. With all the emotions of that day, I hardly noticed the gusty winds and threatening clouds that loomed ahead. As the boat crawled into the open sea, however, the weather worsened. Soon forecasts came in of an approaching tropical storm. Despite the warnings, our captain was confident of a safe voyage. We continued onward, while around us the sea steadily grew fiercer and the rain fell harder. Before long all passengers were

instructed to take shelter inside, while the crew navigated the rough waters.

The captain was a relative of my father, and he gave us his personal





**A**fter what seemed like forever, the sun rose again, and I held on through another day and another night. Finally, around 5:00 in the afternoon on Wednesday, a rescue boat discovered us.

cabin to rest in while we endured the storm. There we huddled together as a family and waited. In spite of the now heavy rocking of the ship, after a few minutes, my brother and sister and I fell asleep.

After what seemed only an instant to me, we were awakened by my mother's scream. Water was now coming in through a small porthole. Sitting up, I noticed that my father was not with us, and thinking he must have gone on deck, I left my mother and two siblings. Climbing up to the deck was quite difficult, although in my panic I did not realize why. I did not understand that the ship had taken too much water and was sinking. Just as I reached the deck, the *Uhilakeba* began to capsize, and I was plunged into angry waters.

My only instinct was for survival. Desperately I swam with all my strength to stay on top of the monstrous waves. Within

a few minutes, I caught sight of an older man holding fast to two floating bags of coconuts. Managing to swim to him, I pleaded for a bag, and he mercifully gave me one.

I took hold of the bag and clung to it for my life.

Minutes passed, and suddenly I spotted my mother. Seeing me as well, she swam over and we embraced. With words I will never forget, she told me to hold on to that bag no matter what, for it would save my life. Then, after kissing my cheek, she left me to search for my brother and sister. That was the last I ever saw of my mother.

As the storm continued to rage, I did not think about what had happened. I only fought to stay above the waves. Bobbing up and down in the sea, I could see many other people, but I could not find my family.

The hours stretched on like a terrible dream. Soon night fell, and we swam on in the darkness. After what seemed like forever, the sun rose again, and I held on through another day and another night. Finally, around 5:00 in the afternoon on Wednesday, a rescue boat discovered us.

More than two full days had passed. Of the approximately 120 passengers who had boarded the doomed ship, 35 were found alive in the water. We were taken to Suva and admitted to the hospital. There, I learned the details of what had happened. Less than four hours after leaving the dock, we had been struck by Cyclone Lottie, a short-lived Pacific storm. The *Uhilakeba* was never found. I also learned that of the five members of my family who had been aboard, I was the only survivor. My

family's plans to be baptized into the Church had sunk in the depths of the ocean.

### Lost and Found

Time moved forward, and I remained on the island of Viti Levu, the main island of Fiji. I went to stay with my older sister, who had moved away from home years before. In the chaos of the tragedy, President Davis lost track of me, and I lost track of the Church. Learning that I had survived, however, he instructed the missionaries to search for me. They looked for months but to no avail. President Davis's time as mission president came to a close, and he passed the search on to his successor.

The years passed, but because of poor communication systems, I could not be found. The family I was staying with was not interested in the gospel, so I had little hope of finding the Church during my teenage years. I struggled with the loss of my family and wondered why I had been left alone. But I carried in my heart the truths my parents had taught me. Although at times I gave in to weakness and temptation, I always remembered my father's testimony concerning Jesus Christ and His true Church. Eventually I got married and settled on Vanua Levu, the northern island of Fiji.

In March 1985 I was at work cutting coconut copra not far from the main road when an elderly couple in a small car stopped and called out to me. They asked me if I knew a man named Joeli Kalougata. But before I told them they had indeed found him, I asked what they wanted. They introduced themselves as Elder and Sister Kimber and explained that they were mission-

aries from The Church of Jesus Christ of Latter-day Saints. Finally they had found me! It was a glorious moment. Following six missionary discussions in two days, I was baptized on 18 March 1985, along with my wife, Elenoa. Our lives have never been the same since.

I look back on the great blessings my Heavenly Father has poured out upon me during my life. I will always be grateful for my loving parents and the principles and truths I learned from them. Because of my parents' example, my wife and children and I now belong to the true Church of Jesus Christ.

In 1998 Elenoa and I flew to Tonga to enter into sacred eternal covenants in the Nuku'alofa Tonga Temple and to perform temple ordinances for my parents and siblings. A few years later, our children were sealed to us in the new Suva Fiji Temple. I look at my family now—my eternal family—and thank the Lord for remembering me and bringing the gospel back into my life. ■

*Joeli Kalougata is a member of the Nabua Branch, Labasa Fiji District.*

**E**lder and Sister Kimber explained that they were missionaries from The Church of Jesus Christ of Latter-day Saints. Finally they had found me! It was a glorious moment.



# Miracles

BY ELDER MATTHEW COWLEY  
(1897–1953)



**Now, except [you] believe as a child, you can't receive these blessings. [You] have to have the faith of a child in order to believe . . . but you can become as little children in these things.**

*The Church of Jesus Christ of Latter-day Saints first reached New Zealand 150 years ago this month, on 27 October 1854. The missionaries began their work among European immigrants and then preached among the native Maoris. The Church grew slowly at first, then steadily. Expanding Maori membership created an urgent need to have the Book of Mormon translated, and this translation was published in 1889. During World War I, President Joseph F. Smith approved a second translation, and Elder Matthew Cowley, a young missionary with unusual skill in the Maori language, was assigned to the work. This second edition appeared in 1917. Elder Cowley was then assigned to translate the Doctrine and Covenants and the Pearl of Great Price. These translations appeared in 1919. During World War II, Matthew Cowley served as mission president in New Zealand for seven and a half years. On 11 October 1945, shortly after his return to Salt Lake City, Elder Cowley was ordained a member of the Quorum of the Twelve Apostles. The following is an excerpt from an address he gave to the Brigham Young University student body on 18 February 1953. Elder Cowley died later that year on 13 December.*

I can bear witness to you . . . that God can work through His priesthood and that He does work through it. I know that without any question of doubt. I've had too many experiences. I'm an expert witness about these things. . . .

Now, except [you] believe as a child, you can't receive these blessings. [You] have to have the faith of a child in order to believe in these things, especially when you reach college age and your minds are so full of skepticism and doubt. I guess there are some things that you should doubt, but you can become as little children in these things. Miracles are commonplace, brothers and sisters. . . .

I've learned a lot from [the people of the Pacific islands. They] . . . live close to God. They have some kind of power. I guess it is just because they accept miracles as a matter of course. They never doubt anything. . . .

Remember, we have great opportunities, great opportunities to bless. Sometimes I wonder if we do enough in our administration of the sick. You know when the disciples tried to cast out a dumb spirit they couldn't do it, or they didn't do it. The Master came along, and he immediately cast out the dumb spirit. Then the disciples said, "Why could

not we cast him out?” And what did Christ say? This kind cometh not out save by fasting and by prayer (see Matthew 17:21). Sometimes we rush in, administer to a person, rush out and say, “Well, he won’t make it. I know he won’t.” Of course, we have to go immediately in case of an emergency. Sometimes I wonder, if we have a little time, if we shouldn’t do a little fasting. . . .

A little over a year ago a couple came into my office carrying a little boy. The father said to me: “My wife and I have been fasting for two days, and we’ve brought our little boy up for a blessing. You are the one we’ve been sent to.” I said, “What’s the matter with him?” They said he was born blind, deaf, and dumb, no coordination of his muscles, couldn’t even crawl at the age of five years. I said to myself, “This is it. This kind cometh not out save by fasting and by prayer.” I had implicit faith in the fasting and the prayers of those parents. I blessed that child, and a few weeks later I received a letter: “Brother Cowley, we wish you could see our little boy now. He’s crawling. When we throw a ball across the floor he races after it on his hands and knees. He can see. When we clap our hands over his head he jumps. He can hear.” Medical science had laid the burden down. God had taken over. The little boy was rapidly recovering or really getting what he’d never had. . . .

I went into a hospital one day in New Zealand to bless a woman who didn’t belong to the Church. She was dying. We all knew she was dying. The doctor even said so. She was having her farewell party. Ah, that’s one thing I like about the [Maoris]. When you go, they give you a farewell party. They all gather around. They send messages over to the other side. “When you get over there tell my mother I’m trying to do my best; I’m not so good, but I’m trying.” “Tell her to have a good room fixed for me when I get over there and plenty of fish, good meals.” My, it’s wonderful how they send you off. There they were, all gathered around this poor sister. She was about to be confined, and the doctor told her it would kill her. She was tubercular from head to foot.

I had with me an old [Maori man], almost 90. [The dying woman] was his niece. He stood up at the head of the bed, and he said, “Vera, you’re dead. You’re dead

**A** couple came into my office carrying a little boy. The father said to me: “My wife and I have been fasting for two days, and we’ve brought our little boy up for a blessing. You are the one we’ve been sent to.”

because the doctor says you’re dead. You’re on your way out. I’ve been to you, your home and your people—my relatives. I’m the only one that joined the Church. None of you has ever listened to me. You’re dead now, [but] you’re going to live.” He turned to me and said, “Is it all right if we kneel down and pray?” I said, “Yes.” So we knelt down, . . . and after the prayer we blessed her. The last time I was in New Zealand she was physically well from head to foot and had had her fifth child. She has not joined the Church yet. That’s the next miracle I’m waiting for. . . .

I was called to a home in a little village in New Zealand one day. There the Relief Society sisters were preparing the body of one of our Saints. They had placed his body in front of the big house, as they call it, the house where



the people come to wail and weep and mourn over the dead, when in rushed the dead man's brother. He said, "Administer to him." And the young [Maoris] said, "Why, you shouldn't do that; he's dead." "You do it!"

This same old man that I had with me when his niece was so ill was there. The [dead man's brother] got down on his knees, and he anointed this man. Then this great old sage got down and blessed him and commanded him to rise. You should have seen the Relief Society sisters scatter. He sat up and said, "Send for the elders; I don't feel very well." Of course, all of that was just psychological effect on that dead man. Wonderful, isn't it—this psychological effect business? We told him he had just been administered to, and he said, "Oh, that was it." He said, "I was dead. I could feel life coming back into me just like a blanket unrolling." He outlived the brother that came in and told us to administer to him.

I've told the story about the little baby, nine months old, who was born blind. The father came up with him one Sunday and said, "Brother Cowley, our baby hasn't been blessed yet. We'd like you to bless him." . . .

I said, "All right, what's the name?" So he told me the name, and I was just going to start when he said, "By the way, give him his vision when you give him a name. He was born blind." It shocked me, but then I said to myself, why not? . . . I had faith in that father's faith. After I gave that child [his] name, I finally got around to giving [him his] vision. That boy is about 12 years old now. The last time I was back there I was afraid to inquire about him. I was sure he had gone blind again. That's the way my faith works sometimes. So I asked the branch president about him. And he said: "Brother Cowley, the

***This great old sage got down and blessed him and commanded him to rise. . . . He sat up and said, "Send for the elders; I don't feel very well."***

worst thing you ever did was to bless that child to receive his vision. He's the meanest kid in this neighborhood, always getting into mischief." Boy, I was thrilled about that kid getting into mischief! . . .

God does have control of all of these elements. You and I can reach out, and if it's His will, we can bring those elements under our control for His purposes. I know that God lives. I know that Jesus is the Christ. I know that Joseph Smith was a prophet of God. And if there ever was a miracle in the history of mankind, that miracle is this Church, which has grown to its present greatness in the earth. . . . May we always be loyal, devoted, and simple in our faith. ■







PHOTOGRAPHS FURNISHED BY THE AUTHOR

# Signs AND Blessings

BY DENNIS WILLIAMS

**J**ust two years after my brother Steve and I started a graphic arts and sign business, the building was destroyed by fire. We didn't have the money—or the heart—to start over again, but our respective wards rallied together with time, tools, equipment, and funds to help us rebuild.

We were grateful for the incredible generosity our friends showed us, and although the help we received from ward members

was substantial, we still lacked money to purchase some necessary but expensive equipment and to provide operating capital. We applied for—and were granted—a Small Business Administration loan to cover those costs. In the next few years, we worked hard to expand the company.

In early 1983, however, interest rates on home mortgages began rising at an alarming rate. A large fraction of our business came from supplying builders with signage, so as people stopped buying homes and

## Tithing and Other Offerings

Tithing

Fast offering

World missionary

General missionary

Book of Mormon

Humanitarian aid

Temple construction

Perpetual education

Other (specify)



ILLUSTRATED BY SAM LAWICOR

**T**he loan committee told us that unless we put the 10 percent we were spending on tithing back into our business, we would face foreclosure.

builders stopped building houses, we no longer found a demand for our services.

For the next year we struggled to stay on top of our bills. Soon we began to miss our loan payments, and eventually, we had to stop paying them altogether. When we received a foreclosure notice, we were devastated at the prospect of losing everything again.

We decided to participate in a program that could potentially save struggling businesses like ours; it involved retired business owners from our industry coming to do an on-site evaluation. Several men came and spent a week with us going over every aspect of our business, from sales to production to shipping to billing. They spent hours reviewing our books to identify ways to save money.

Finally, they came to my brother and me to present their findings. Their first recommendation was that we reduce our salary. We told them we had already cut back as much as we could. They then asked us why we were giving 10 percent of our income to a church

when we were in such a dire situation. We explained the law of tithing to them and emphasized our strong belief in the principle and our commitment to observing it. They were taken aback by our response and then told us that we should take the 10 percent and put it back into our business. When we refused, they informed us that their only option was to inform the loan officers that we were unwilling to cooperate and recommend foreclosure. Although we explained that we would do anything else they required of us, they insisted that unless we reconsidered, they would be forced to submit a negative report.

The next few weeks were full of apprehension. We didn't know how much longer we could keep operating, and while Steve and I both did everything we could to generate new income, we still fell short.

One day we received a call from the Los Angeles Olympic Committee. We had contacted the LAOC a year earlier to inquire about signage needs for the 1984 Olympic

Games, but when our calls were not returned, we assumed our company was too small to be of any help for the huge event. Now, just three months before the games were to begin, the committee asked us if we were interested in bidding on a “graphics package.” Some of the nation’s biggest and most prestigious sign companies were represented at the bidding, and as the scope of the project was explained to us, I began to realize that this was probably beyond our company’s capabilities. Nevertheless, I accepted the task of producing several extensive banners to be used as “fence wraps”—some as large as 11 feet by 100 feet. I asked Heavenly Father to help us find a way to do this job. We really needed this work, but it seemed nearly impossible for a company our size to even consider taking it.

When Steve and I reviewed the requirements of the project together, we realized there was no possible way for us to complete it. I decided to return the plans to the committee the next day.

But Steve came into work the next morning very excited



**Though untested, Steve’s idea to create banners using an automatic spraying system proved to be successful.**

## THE BLESSINGS OF TITHING



*“The temporal and spiritual blessings of tithing are specifically tailored to us and our families, according to*

*the Lord’s will. But to receive them, we must obey the law upon which they are predicated [see D&C 130:21]. . . . If you are one who has doubted the blessings of tithing, I encourage you to accept the Lord’s invitation to ‘prove [Him] now herewith.’ Pay your tithing. Unlock the windows of heaven. You will be abundantly blessed for your obedience and faithfulness to the Lord’s laws and commandments.”*

**Elder Robert D. Hales of the Quorum of the Twelve Apostles, “Tithing: A Test of Faith with Eternal Blessings,” Ensign, Nov. 2002, 27–28.**

about an idea that had come to him. Steve realized that the banners should not be screen printed, as was the common production method, but that they should be painted using an automatic spraying system. The idea was untested, and the equipment did not exist. But the committee was intrigued by Steve’s idea and gave us enough funding to build the special machinery and produce one prototype banner for approval.

In the weeks that followed, we designed, engineered, and built a machine that automatically traveled down an area on steel tracks, like a train. Seven high-pressure, airless spray nozzles were attached to the

system and could move to vary the width of the sprayed pattern. Finally, 20 high-volume fans suspended from the ceiling helped dry the banner.

When the committee came to inspect our sample, they couldn’t believe what they saw: not only was the banner beautiful, but it had been completed in a fraction of the time it had taken others. The committee was so pleased they awarded us the contract for the entire banner project.

The contract from the Olympic committee turned out to bring in many times the amount we owed for the loan. It didn’t make sense for the committee to call a small company like ours, but they did. It didn’t make sense for us to know how to build this machine, but we did. Logically, this machine shouldn’t have worked flawlessly for three months, but it did. We should not have been able to complete the project on time, but we did. Steve and I were both thrilled and humbled because we knew where the inspiration to build the device had come from and were grateful for the blessings that came from obeying the law of tithing. ■

*Dennis Williams is a member of the Santa Susana Second Ward, Simi Valley California Stake.*



# TAMING THE DEBT DRAGON

*Readers explain how they were able to get out of debt and stay out.*

**W**e looked at our bills and credit card statements in numb disbelief. How had we fallen into debt again?" writes one member. "It wasn't so long ago that we had paid off all our debts except for our home mortgage. We tried to be frugal and buy only what we could afford. We paid an honest tithe. We tried to follow the prophet's counsel to stay out of debt. Yet here we were faced with a mounting pile of bills and a growing number of creditors. How had it happened?"

Have you ever asked yourself that question? While circumstances will vary, the answer is basically the same for all of us—we are spending more than we take in. Why? Can we control it?

The best answer—consistent with repeated advice from the Lord's prophets—is to stay out of debt. We



have been repeatedly counseled to live within our means.<sup>1</sup>

But what can you do if you find you are already in debt more deeply than you realized?

We asked our readers to tell us what they did to get out of debt. Here are some of their stories.

### **Pay Tithing First**

Carol Dawn McGlamery of the Grantsville 10th Ward, Grantsville Utah Stake, remembers how much her life changed when she became a widow at age 58. “I budgeted what I had and I was debt free for a few years,” she writes. “Before long I had to take out a three-year loan, and I had a modest sum on a credit card. I became so worried about making ends meet that gradually I got behind on paying my tithing.

“I actually got physically sick from the stress. Finally, I talked to my daughter about it. She said, ‘Let’s sit right down and make a plan based on your present income.’ It was a simple plan: pay tithing first, the loan payment second, and then a little on my credit card debt. I firmly committed to stay with the plan and to cut back on the money I spent on gasoline and long-distance phone calls.

“Before long, a friend needed my help after an illness. She insisted on paying me. I was able to pay off my credit card debt in two months—always paying my tithing first. Soon I had another opportunity to provide home care for another friend. This new job allowed me to make double payments on my other loan. I paid it off in nine months. What a blessed feeling of relief—no debt!

“Now I make sure I never use my credit card unless I have the money to pay it off the next month. I will not charge anything else. I will go without

first. I’m so grateful to Heavenly Father for His help and so happy to be debt free.”

### **Track Your Spending**

In order to establish an effective budget you need to find out how much you are spending and where the money is going. “Track your spending for one month,” suggests Dan Strasser of the Tucson Tortolita Ward, Tucson Arizona North Stake. “I like to think of it as taking a financial picture. Every time you spend money ask for a receipt, or if you don’t get a receipt just write the purchase down in a notebook. The idea is to track not only what you spend but also when you spend it and what you spend it on. You will also track the bill paying: rent, mortgage, utilities, and so on.

“At the end of the 30 days you will be able to look at this notebook and see objectively where all your money went. To make this tracking most effective for a home budget, be sure the whole family is participating. If just one or two of you are not tracking your spending, it can throw off the entire 30-day record and give you an inaccurate picture of your cash flow.”

### **Cut Back Where Possible**

“One of the first steps we took after doing an analysis of our finances was to see if there was any place in our budget that we could cut back,” writes Dale W. Ricks of the Gooding Third Ward, Wendell Idaho Stake. In addition, “we felt a strong impression to get a year’s supply of food, which we did. We found that by having a year’s supply of food,



ILLUSTRATED BY RICHARD HULL

we only bought things that were on sale except for milk and fresh vegetables or fruit. By doing this, we cut our grocery bill by 30 percent, a substantial savings.”

Brother Ricks explains that he and his wife applied the savings from reduced expenses toward their existing debts: “As we put our plan into effect it gave us a great feeling of comfort to be in control. Many of our small debts were paid off quickly, and we could see that we were making progress in becoming debt free.”

### Observe the Law of the Harvest

Sometimes we are urged to buy now and pay later. “This is not the order of the law of the harvest,” writes David Lusvardi of the Palo Verde Ward, Las Vegas Nevada Redrock Stake. “The planting must come before the harvesting. President Gordon B. Hinckley has told us to avoid unnecessary debt. But this is not the message we hear from other sources.

“We should be careful not to look for the harvest before

**O**ne sister says, “What a blessed feeling of relief—no debt! I will not charge anything else. I will go without first. I’m so grateful to be debt free.”

## WHAT I HAVE LEARNED ABOUT REMAINING DEBT FREE

1. The number one key to remaining debt free is to first be debt free with the Lord. Pay a full tithe.
2. Maintain a personal savings account. It is better to save and buy than to borrow and buy.
3. Be strong by refraining from buying unnecessary things, even if you have the money to pay for it.
4. Always have a list when you shop. Distinguish between wants and needs. A sale isn’t really a sale unless you really need what’s on sale.
5. Buy only what you can afford.
6. Rely on inspiration from Heavenly Father. Prayerfully seek His advice for not only spiritual matters but also financial concerns.

*Christiane Fechter, Centerville 19th Ward, Centerville Utah South Stake.*



planting the seeds. It is unwise to make commitments to pay at a future time, assuming that we will have the money to pay. If we do not have the money now, then we should be aware that there is a chance we will not have it later. We should keep our economics in the proper order of planting and harvesting.”

### Use Self-Discipline

“Every personal and family situation is unique in one way or another,” writes Raymond McAferty of the Valle Verde Ward, Las Vegas Nevada Green Valley Stake. “That’s why getting out of debt and staying out of debt is a difficult challenge to accomplish. The uniqueness of your particular situation requires that you and your family put together a workable plan. The plan must be appealing enough to all concerned that they are willing to commit to do whatever it requires until the objective is realized. It takes discipline and commitment to get out of debt and stay out of debt. . . .

“My wife and I decided to minimize the expenses we had some control over: automotive, food, fuel, and recreation. For example, we decided

to keep our older automobiles rather than trading up to newer ones. Our cars were both paid for and still served our needs well. In addition, I also ride the city bus to work most days, allowing us to save on gasoline and on the upkeep of my car.”

### **Go with Less**

“Some people can gain mastery of their finances only by doing without,” writes Mike Jayme of the Santaquin Eighth Ward, Santaquin Utah Stake. “However, often it simply requires our doing with less than the ideal. As a child, much of my clothing was acquired through quality thrift stores and bazaars. As my wife and I have set out to clothe our family, much of our clothing is secondhand. If one can survive not having the latest styles, one can still be quite nicely dressed without incurring the expense of new clothes.

“Another way we scaled back was in the purchase of our family home. As we made initial steps toward home ownership, we visited with real estate agents and mortgage lenders. They told us we could handle a much higher monthly mortgage payment than we believed we could. Because we were guided by a budget, we knew these potential lenders did not adequately take into account other expenses we had such as tithing, medical expenses, food, and utilities.”

### **Broaden Your Education and Skills**

“Education can broaden your career possibilities, thereby expanding your ability to earn a good wage,” Brother Jayme continues. “I admire those who can repair their home appliances or cars themselves. If we can develop these skills, we can save a lot of money. We can always benefit from more learning, whether formal, spiritual, or trade related.”

### **Live Thriftily and Save**

Farhana Hibbert of the Princeton Ward, Pocatello Idaho East Stake, writes, “Our first year of marriage we lived without a car. We were blessed to find an apartment two blocks from the university. We were also blessed with

employment on campus. The apartment we had found was even centrally located between our classes and our jobs. We walked everywhere during that year, and everything we needed seemed to be within our walking distance. Friends or in-laws who visited would sometimes give us a ride to the grocery store. We went on dates to restaurants we could walk to or went on double dates with friends who drove. Sometimes we rode the bus. We both worked an assortment of jobs, applied for a variety of scholarships, and lived thriftily.

“Now we always pay our tithing, and we plant and harvest a garden every year. But we have found that the key to staying out of debt is to save, save, save. Unexpected necessities seem to come at the most inopportune times; if you have put some money away for emergencies, you won’t have to go into debt to take care of them.”

### **Look at Your Budget Balance**

“Once you’ve created an appropriate budget,” writes Mark Stewart of the Allen Fourth Ward, McKinney Texas Stake, “don’t determine whether you can afford something by looking at the balance in the checkbook—look at the balance in the budget. The checkbook balance will include money needed for nonmonthly payments such as car insurance and medical expenses. If it is still tempting to budget by checkbook balance, place your paycheck into a savings account and transfer only enough money into checking to pay for the normal daily and monthly payments such as tithes and offerings, food, utilities, and gas. The money needed for infrequent expenses is then safe from impulse decisions and is earning a better interest rate.

“Also, when making a purchasing decision, it is helpful to think of the yearly cost of an expense before making a commitment. For example, if cable TV service is \$20 a month, ask yourself if \$240 a year is a worthwhile expense for the value received. A common advertising pitch is ‘for only pennies a day, . . .’ but 99 pennies a day is \$361.35 a year.” ■

### **NOTE**

1. See, for example, “Father, Consider Your Ways,” *Ensign*, June 2002, 16; Gordon B. Hinckley, “To the Boys and to the Men,” *Ensign*, Nov. 1998, 52–54.



# Sowing Seeds, Sharing Blessings

BY JAN PINBOROUGH

**I**t all started so small—just one young boy kneeling in the woods to ask God one simple question: Which of all the churches was right? From that tiny seed have sprung the divine visitations, revelations, ordinances, and blessings we call the Restoration. Today temples dot the earth from Ghana to Manhattan. The words of prophets and apostles are translated into Chinese and Estonian. Missionaries take the Book of Mormon to Mongolia and Armenia. All of it came from a tiny seed sown in faith.

But for all its global reach, the Restoration still hasn't touched the lives of many who are closest to us—our friends, our neighbors, our coworkers, even some of our own family members. And thus more individual seeds need to be sown.

### Will I Share It?

More than a few of those seeds may be sown through the Church's newest DVD, *The Restoration*, included in this issue. It contains a beautiful new dramatization of the First Vision, the history-altering event that ushered in the dispensation of the fulness of times.

After we enjoy the new DVD ourselves, each of us will have an important decision to make. Will I share it? If so, how, and with whom? Finding answers to those questions may require us to seek inspiration and to look a

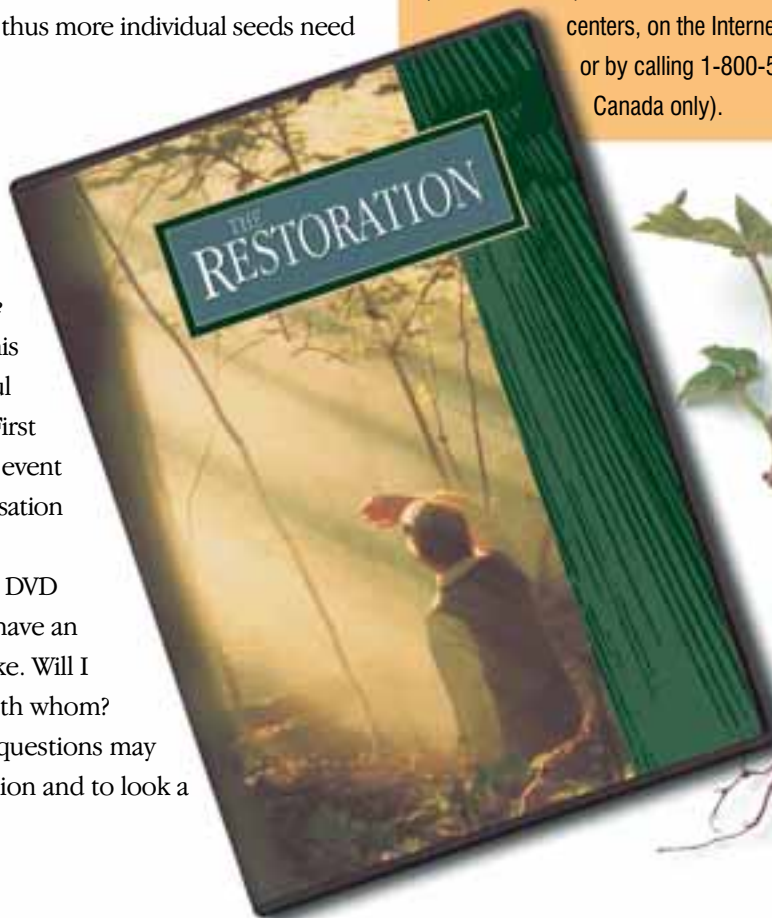
little deeper into the potential of those we know and love.

### Looking Deeper

If you had met “the former” Marcia Recendez, you might never have added her name to your list of people who might be interested in the message of the Restoration. Deeply committed to another

### HOW TO ORDER THE RESTORATION

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CLOCKWISE, TOP TO BOTTOM: RESTORATION OF THE AARONIC PRIESTHOOD AND JOSEPH TRANSLATES THE BOOK OF MORMON; DEL PARSON; ISABELL MORGAN APPEARS TO SEE THE FIRST VISION; THE FIRST VISION; DEL PARSON; AND JOSEPH SEEKS WISDOM FROM THE BIBLE; BY DALE KILBOURN





faith, Marcia certainly didn't *seem* to be searching for more truth than she already had. With her worldly attitudes and lifestyle, she might not have *seemed* "golden."

In fact, after her friends William and Leslie Sheffield gave her a Book of Mormon, Marcia read it only so the Sheffields would be more willing to listen to *her* arguments *against* their beliefs. "I was really in anti-Mormon mode," Marcia recalls.

But Brother Sheffield looked deeper and recognized Marcia as an intellectually honest person. "I knew she would not be afraid to go where truth might lead her," he says.

It's not so surprising that Brother Sheffield would recognize a fellow truth seeker. After all, his life was transformed by his own search for truth some 20 years ago.

As a superior court judge in California and a self-professed agnostic, William Sheffield had, nevertheless, begun praying to know the answer to an insistent question in his mind: Was there a God who had a plan for him? Every day for a year as he drove to work he listened to a Bible preacher on the radio. Finally he became convinced that the answer to his question was yes and that the Lord wanted him to do something much different with his life. So he resigned his judgeship, and he and his wife traveled to New Haven, Connecticut, where he entered Yale Divinity School to prepare for the ministry.

But the real preparation for his life began on the Sunday he walked into the New Canaan (Connecticut) First Ward with his wife, who was a less-active member at the time. That first Sunday the bishop told him the Joseph Smith story, and William Sheffield knew he had to find out if it was true.

The seed was planted. And the harvest has been bounteous. After reading

the Book of Mormon and learning the doctrines of the Restoration, William Sheffield realized he was being taught "pure, unadulterated theology." He was baptized in November 1985 and several years later served as the



**Gospel truths have brought a rich harvest in the lives of Marcia Recendez and her son, Hunter Swift (above), because of seeds planted by her friends Leslie and William Sheffield (right).**



Church's general counsel in Asia. He was even invited to tell his conversion story in general conference.<sup>1</sup> Perhaps most miraculous of all, though, is the personal transformation he has experienced. "I'm a different person now. I've felt the Holy Spirit working in me and changing me," says Brother Sheffield, a member of the Capistrano Second Ward, Laguna Niguel California Stake.

**A Flood of Blessings**

Now, in its turn, the seed the Sheffields planted in the life of Marcia Recendez has begun bearing its eternal fruit. After reading the Book of Mormon, Marcia realized that for her, too, there could be no turning back from the truth it contains. Six years ago she was baptized. And the rich blessings of the Restoration have come flooding into her life.

Sitting in the celestial room of the San Diego California Temple recently, Sister Recendez, now a member of the San Clemente Second Ward, Laguna Niguel California Stake, started remembering what it was like to *not* have the blessings of the Restoration in her life. She didn't know about living prophets and apostles. She had no access to priesthood blessings and ordinances. Most important, she didn't understand that God was her Father and that He had a plan and purpose for her life. "As I sat there in the temple," she recalls, "I thought, 'This I didn't have. This I didn't know.'"

Today Marcia Recendez has home teachers and visiting teachers. She has a bishop who cares about her. "I have the companionship of the Holy Ghost, true scriptures, and counsel from prophets and

apostles," she says. "I have been endowed with power from on high. I have been washed clean."

One of her greatest blessings is that her son, who had been mired in a worldly lifestyle, has also been baptized and has recently returned from serving in the Chile Antofagasta Mission. And she enjoys greater, less tangible blessings too. "My thoughts and motivations have changed. I have more peace, more clarity, more purpose, more self-worth. All these things have been added to my life because of the Restoration."

The Prophet Joseph Smith himself compared the Church he helped restore to a mighty tree springing from a tiny seed: "Let us behold it coming forth out of the ground, . . . branching forth, yea, even towering, with lofty branches, and God-like majesty, until it, like the mustard seed, becomes the greatest of all herbs. And it is truth, and it has sprouted and come forth out of the earth, . . . and God is sending down His powers, gifts and angels, to lodge in the branches thereof."<sup>2</sup>

Reaching out to share the wonderful blessings of the Restoration may begin with so small a thing as sharing a DVD with a friend. But then so many great things begin with a tiny seed that is carefully nurtured. ■

*Jan Pinborough is a member of the East Mill Creek Fourth Ward, Salt Lake East Mill Creek Stake.*

**NOTES**

1. See Gordon B. Hinckley, "The Question of a Mission," *Ensign*, May 1986, 41-42.
2. *History of the Church*, 2:268.



BY MARILYNNE T. LINFORD

Throughout her growing-up years, our daughter Anne frequently asked the question “What may I do to help?” Some days I gave her a specific assignment, while other days I responded, “Whatever you see that needs doing.”

Prior to Anne’s departure to the Missionary Training Center in Provo, I mentioned that I would miss her and the willingness she exhibited every time she asked that question. Our bishop also remarked that if Anne would continue to ask the same question—“What may I do to help?”—in her prayers, she would have a successful mission.

This extension of the idea expanded the concept in my mind. What would be the result if I asked that question of my husband, each child, a neighbor, or a friend? What would happen if I knelt down each morning and asked my Father in Heaven, “What may I do to help Thee today? Bless me to do what needs doing.”

I decided to put the question into action. I asked a friend who was in the process of a divorce. She

answered, “Do you have quilting frames I can borrow?” I never could have anticipated that need. Another time I asked the question of a friend who had been in an accident. While I was anticipating bringing in a meal or helping with housework, she asked me to pray that she would heal quickly. I also took in a meal. I asked an elderly neighbor who doubted she could ever come to church again. Her answer: “Just don’t forget me. And if possible, could you record the Relief Society lessons and sacrament meeting talks for me to listen to?” I asked my husband. His request was that I sit with him and talk for a while.

As I have asked this question in my prayers, I have waited anxiously for the answers. Often the response is “You see many needs around you. Fulfill one of those.” On other occasions, I have felt no direction. But I have let Heavenly Father know I am willing and available.

When a specific circumstance later presents itself, I am blessed to know what He would have me do. ■

*Marilynne T. Linford is a member of the East Mill Creek 11th Ward, Salt Lake East Millcreek North Stake.*



PHOTOGRAPHY BY CHRISTINA SMITH, POSED BY MODELS

# WHAT

## May I Do to Help?



# The Gathering of the Lord's Faithful

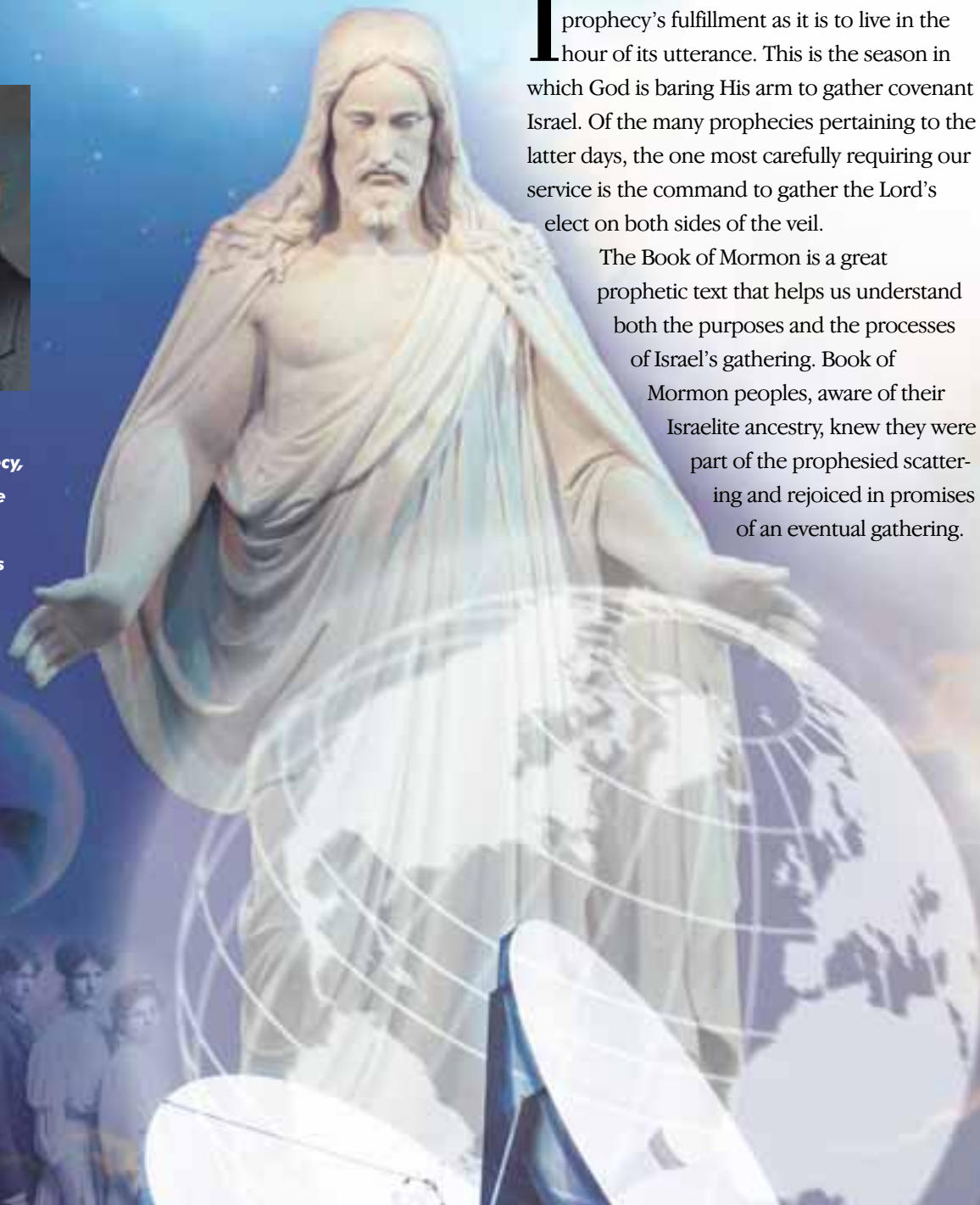
BY ELDER DOUGLAS L. CALLISTER  
Of the Seventy



*In this day of fulfillment of prophecy, it is a great privilege to be numbered among the gatherers and the gathered.*

**I**t is as exciting to live in the day of a prophecy's fulfillment as it is to live in the hour of its utterance. This is the season in which God is baring His arm to gather covenant Israel. Of the many prophecies pertaining to the latter days, the one most carefully requiring our service is the command to gather the Lord's elect on both sides of the veil.

The Book of Mormon is a great prophetic text that helps us understand both the purposes and the processes of Israel's gathering. Book of Mormon peoples, aware of their Israelite ancestry, knew they were part of the prophesied scattering and rejoiced in promises of an eventual gathering.



The resurrected Christ in the Book of Mormon gave significant attention to the latter-day gathering, speaking at length on the gathering of Israel, especially in 3 Nephi 20–22.

Our present gathering is primarily spiritual, not geographic. Christ declared that in the latter-days He would “establish [His] church,” “establish [His] people,” and “establish . . . among them [His] Zion” (3 Nephi 21:22; 20:21; 21:1). As He establishes His Church in our day, people can be taught the gospel and be “brought to the knowledge of the Lord their God” (3 Nephi 20:13) without leaving their homes. In contrast to the pronouncements during the early days of the restored Church, our leaders have decreed that now the gathering should take place within each land and among every tongue. Our need to be physically near large numbers of Saints is less than it was a century ago because Church magazines and satellite transmissions bridge distance and time, creating a sense of oneness throughout the entire Church. All have access to the same keys, ordinances, doctrine, and spiritual gifts.

The Savior’s lamentation that He was not able to gather Israel “as a hen gathereth her chickens under her wings” (Matthew 23:37; see also 3 Nephi 10:4–6) was an allusion to the protective influence of covenants, ordinances, commandments, and true doctrine, all of which ancient Israel and its leaders rejected. Today’s spiritual gathering constitutes an acceptance of all those things and the protection they bring as souls come unto Christ and become one with His elect family.

Immediately following Christ’s Crucifixion and Resurrection, safety partly depended upon where one lived, as prophecies of great destruction rested upon Jerusalem and its inhabitants (see Joseph Smith—Matthew 1:12–20; Matthew 24:15–22). In the last days, however, security will not depend as much upon *where* one lives as on *how* one lives. Covenant-keeping Saints in every land have equal claim to the protection of the Lord.

In speaking of the gathering of Israel, one must also include the elect of God from other generations for whom temple and family history work is undertaken. The elect of God are those who hear the voice of the Lord and “harden not their hearts” (D&C 29:7). We gather temple records, family group sheets, pedigrees, and histories, all to facilitate the real gathering, which is of souls.

The enemy of righteousness tries to thwart the gathering, yet the Lord has declared that in the last days, “No weapon that is formed against [my kingdom] shall prosper” (3 Nephi 22:17). He emphasizes the intervention of heavenly powers: “For in that day . . . shall the Father work a work, which shall be a great and a marvelous work among them” (3 Nephi 21:9).

In this day of fulfillment of prophecy, it is a great privilege to be numbered among the gatherers and the gathered. How blessed we are to be able to witness the gathering of Israel in our day. ■



## *I Was an Atheist*

By Nicole Germe

**M**y husband, Yves, was baptized into The Church of Jesus Christ of Latter-day Saints in 1989. I was an atheist and had no understanding of the gospel. And even when I heard all the discussions with my husband, the teachings of the missionaries didn't touch me in the least.

I soon realized that my husband was serious about the gospel. He had quit

smoking and drinking alcohol; I waited to see how long it would last. Several years earlier he had tried to quit smoking, but he made it only three months before he started again.

After Yves's baptism the missionaries came to our home every week to try to teach me the gospel and to read the Book of Mormon with me.

But they didn't have much success.

**I** was reading the *Book of Mormon* and smoking at the same time. Because I couldn't concentrate, I put my cigarette down and gathered my thoughts.

Then one day I was reading the Book of Mormon by myself. I was smoking at the same time. Because I wasn't able to concentrate, I put my cigarette down and gathered my thoughts. I began reading again, and this time I was able to understand what I was reading. Not only did I understand, but I wanted to know more.

That night I had a strange but marvelous dream. I believe the Savior was inviting me to join His Church. When I woke up I had a smile on my face and I felt very good.

The months passed, and my husband continued to live the Word of Wisdom. I told myself he must have a good reason to do so, but I didn't make any changes in my own life.

At the beginning of 1990 I became close to two sister missionaries. They fasted and prayed that I too would be able to quit smoking. It was extremely difficult for me because I had smoked for 22 years and I smoked about 40 cigarettes a day. Finally I told them that when I finished the pack, I would quit and would be baptized.

I quit smoking on 1 April 1990, and I was baptized a week later.

I am very happy to be a member of The Church of Jesus Christ of Latter-day Saints. I am grateful to my husband who changed his habits for good and showed me the way. ■

*Nicole Germe is a member of the Calais Ward, Lille France Stake.*



# A Flight in the Snow

By W. Ward Holbrook

One winter's night during a particularly nasty snowstorm, there was a serious automobile accident in a small Idaho town not far from the Utah border. A young child was critically injured. I was an air ambulance pilot in the Salt Lake City area and was dispatched in a fixed-wing aircraft to pick her up and bring her back to Salt Lake.

The closest airport to the accident was in Pocatello, Idaho. While it would take us only about 45 minutes to fly from Salt Lake City to Pocatello, it would take the ambulance crew nearly three hours to transport the girl from the accident site to Pocatello because of hazardous driving conditions. Even though the air transport team would arrive well before the ambulance crew, the doctor in charge wanted us

there early to transfer the little girl from the ambulance to the airplane without any delay, getting her on her way to a major trauma center.

The weather was bad; these were the absolute minimum conditions we could land in. A small commuter airliner was also on approach to Pocatello, about 10 minutes ahead of us. I listened intently to the other pilot's radio communications, knowing we would encounter the same conditions. His approach was routine,

until he should have been able to see the runway. It wasn't visible, however, and he had to give up the approach and go around.

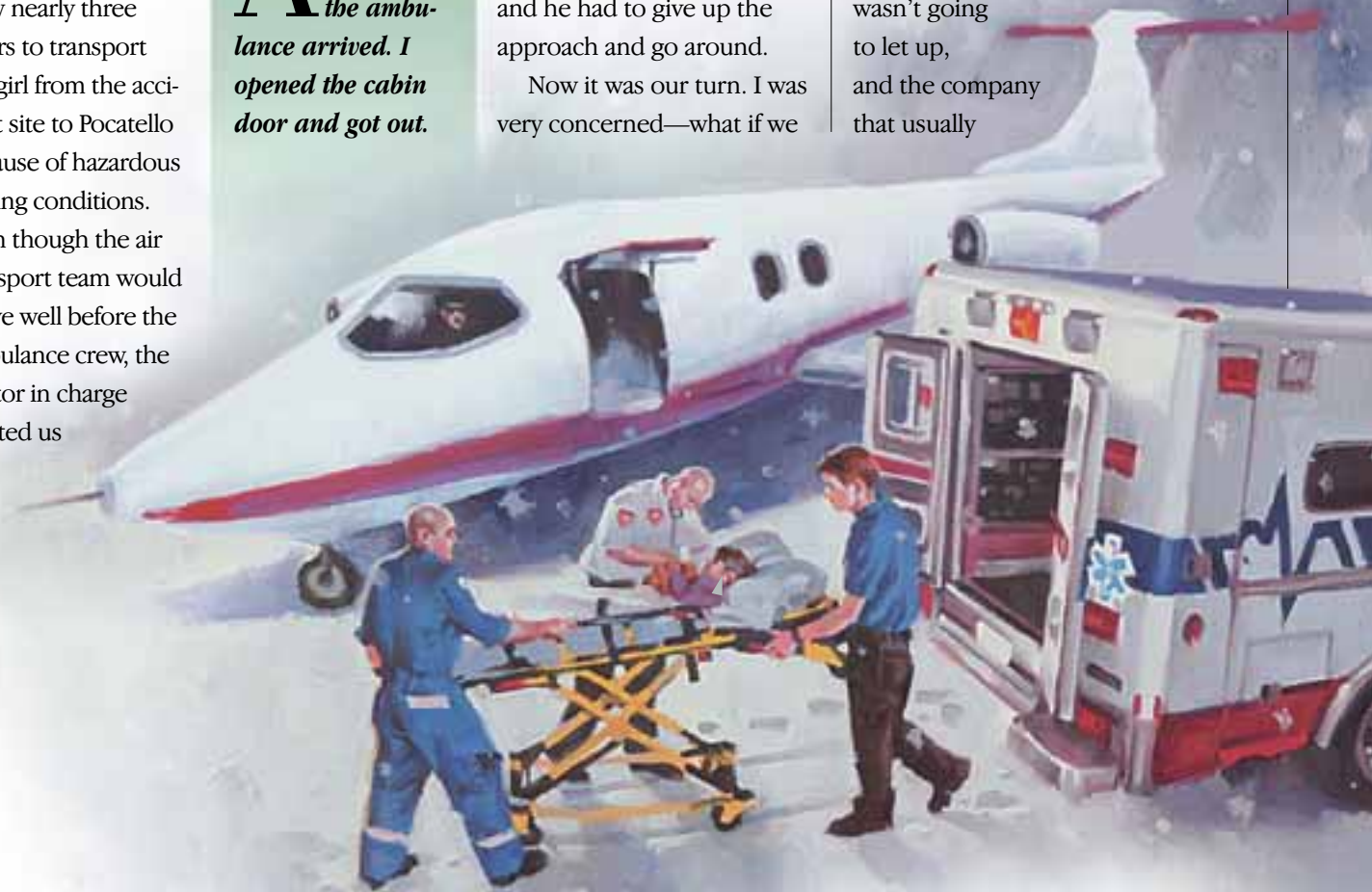
Now it was our turn. I was very concerned—what if we


couldn't get in and had to return without the injured girl? I quickly said a silent prayer. I told Heavenly Father if He wanted us to pick up that little girl I would need His help.

I began the descent. It seemed to take forever. I couldn't see a thing except gray cloud and snow blowing horizontally past the windshield. I was quickly approaching the point where, like the commuter airliner, I would have to break off the approach. I waited until the last possible instant, and then suddenly the runway lights came into view. They were dim but good enough. I reduced the power and landed and offered a silent prayer of gratitude for the miracle I had just experienced.

As I taxied to our parking spot, two things were obvious—the storm wasn't going to let up, and the company that usually

**A**fter nearly two hours the ambulance arrived. I opened the cabin door and got out.





provided us with deicing service and a hangar to protect the aircraft from the weather had closed for the evening.

A few minutes later the commuter airliner landed safely. Immediately the control tower closed and the controllers went home. After the passengers and crew of the commuter plane left, the ground staff locked up the airport terminal building and went home too. My colleagues and I were left with no way to deice the airplane or to put it in a hangar, and the snow was beginning to fall even harder. There was a very real possibility we would not be able to leave until the next morning.

The transport team and I decided it would be best to wait and see what conditions were like when the ambulance arrived. As I looked out the plane's window, I could see the snow starting to stick to the commuter airliner, parked not far from where we were. Knowing it would be unsafe to attempt a takeoff with any amount of snow or ice on our airplane, I went outside. The snow was falling very hard and beginning to stick to our wings. I walked around to where I would be out of view and offered another prayer.

Time seemed to pass very slowly that evening. Occasionally I would look out at the snow accumulating steadily on the commuter plane, but I avoided going outside again to check our own wings.

After nearly two hours the ambulance arrived with the little girl. I

opened the cabin door and got out. The commuter plane was covered with snow and ice. I turned around to see what condition our plane was in. Although I had tried to have faith and be optimistic, I am ashamed to say I was astounded by what I saw. Tears of gratitude welled up in my eyes as I walked around the airplane. It was clean and dry—absolutely no snow or ice anywhere on it. It looked as if it had just come out of a heated hangar. The snow had also stopped falling, and visibility had improved to the point where it would be possible to take off.

Heavenly Father had provided the

miracles we needed that night to get a little girl to the hospital. It was a very humble pilot who bowed his head in gratitude that evening for the great blessings he had received.

The flight back to Salt Lake was completely routine. Certainly my prayers and the prayers of that girl's family and friends had been answered. I never did hear what the little girl's final outcome was, but my testimony of the overwhelming love and compassion our Father in Heaven has for His children was strengthened that winter night. ■

*W. Ward Holbrook is a member of the San Diego 13th Ward, San Diego California North Stake.*

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## *Upheld by His Hand*

By Terri Free Pepper

**W**hen I first heard the gospel, I loved it and knew I wanted it to be a part of my life. I wanted to be married someday to a returned missionary, have children, and live happily ever after. I fell in love with the most wonderful guy. He was also a convert. After he served his mission, we were married in the Washington D.C. Temple.

Five years and two children later, I found myself sitting in a general conference broadcast all alone. My children had stayed home with their father.

I will never forget the feelings I had that day. The “happily ever after” I

longed for seemed to be slipping from my hands. My sweet husband, the returned missionary I married in the temple, was struggling with activity in the Church. I prayed for him and put his name on the prayer roll in the temple. Still, he chose not to attend church. It was heart wrenching to hear my two-year-old son plead, “Come to church with us, Daddy.”

As I sat in conference that day long ago, my soul was stirred by the excellent talks, but I also felt saddened. I so wanted my husband there. We were on this earthly journey together, but we were walking different paths. I needed strength to carry on. Sitting



alone at church with a newborn and a two-year-old can be trying under any circumstances, but we were living in a new city, in a big ward, and many of the members were students just like my husband. I thought I was the only one who had a less-active husband, and I felt out of place. But I plastered on a smile and continued going to church, all the while dying inside.

During conference that day, the congregation rose to its feet to sing “How Firm a Foundation,” and I simply sat there. I did not have the energy to stand.

As the third and final verse began, I started to feel different. Something was changing, and the sweetness of the Spirit engulfed my whole being as I listened to the words:

*Fear not, I am with thee;  
oh, be not dismayed,*

*For I am thy God and will still  
give thee aid.*

*I'll strengthen thee, help thee,  
and cause thee to stand, . . .*

*Upheld by my righteous,  
omnipotent band.*

*(Hymns, no. 85)*

Then one of the most amazing moments of my life happened. It seemed to me that someone was literally helping me to stand. I looked around, but no one was there. From that moment I was a changed person. I knew I was not alone. And in that one instant I knew that someday all would be well.

A smile came to my face in a recent sacrament meeting—18 years after that conference—as my husband was released from the bishopric and called to be the Young Men president. I received a new calling too—the one I've feared my whole life—Relief Society president. Feeling overwhelmed, I felt my heart skip a beat as the closing hymn was announced: “How Firm a Foundation.” My tears

always flow when that hymn is sung, and on that day they were in abundance. They were tears of gratitude, and I knew again that all would be well. ■

*Terri Free Pepper is a member of the Mansfield First Ward, Arlington Texas Stake.*

**A**s the congregation sang, I did not have the energy to stand. But as the third verse began, I felt the Spirit engulf my whole being.



## Food Safety Tips

I'm in a hurry. Can I thaw meat on the counter? I forgot to refrigerate my food after dinner. Can I still eat it? As a registered dietitian, I am frequently asked questions such as these. Not only do we want to reduce the chance of spreading food-borne illness to our family members, but we also want to provide safe meals or refreshments for Church activities. Since we can't see, smell, or taste many microorganisms that may be on food, it's important that we follow these tips to keep food safe.

**1. Keep it clean.** Wash your hands thoroughly with hot, soapy water for 20 seconds before preparing and serving foods. Clean and sanitize work surfaces, equipment, and utensils. You



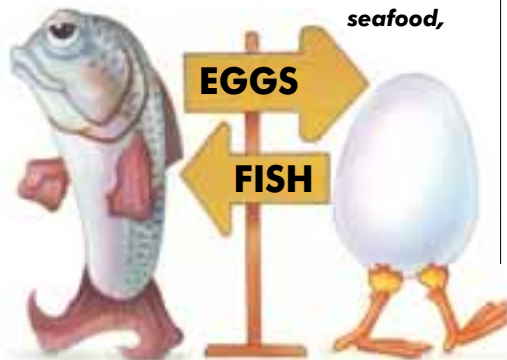
can make a sanitizing solution with one tablespoon of bleach and one gallon of lukewarm water.

**2. Thaw food properly.** Thawing food in the refrigerator is safe. Large foods, such as turkey, take 24 hours



for every five pounds to thaw. After thawing, meat and poultry should be used within three to four days. Foods can be thawed in the microwave if they are cooked immediately after thawing. Never thaw food on the counter or defrost in hot water.

### 3. Separate raw meat, poultry,



### and eggs from other foods.

Sanitize utensils and cutting boards between uses to limit the transfer of bacteria from one food to another. Place raw meat on the lowest refrigerator shelf so raw meat juices do not drip onto other foods.

**4. Cook foods thoroughly.** A thermometer is the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria. The following temperatures (given first in Fahrenheit)

are recommended by the U.S. Department of Agriculture:

- 145 degrees (63 C.): beef, lamb, and veal steaks and roasts (medium rare)
- 160 degrees (71 C.): ground beef, pork, lamb, and veal; pork chops, ribs, and roasts; egg dishes
- 165 degrees (74 C.): ground turkey and chicken, stuffing and casseroles, leftovers
- 170 degrees (77 C.): chicken and turkey breasts
- 180 degrees (82 C.): chicken and turkey (whole bird or legs, thighs, and wings)

For Church activities, prepare and cook food thoroughly at home. Meetinghouse kitchens should be used primarily for reheating and serving food.

**5. Keep hot foods hot and cold foods cold.** When serving foods at a buffet, barbecue, or large dinner,





keep the hot food over a heat source and the cold food on ice. After thorough cooking, hot food should maintain a temperature above 140 degrees (60 C.) and cold food below 40 degrees (4 C.). If you need to transport perishable food, carry it in a cooler with a cold pack or ice or in an insulated carrier with a heat pack.

**6. Promptly refrigerate leftovers.** Cold temperatures



keep bacteria from growing and multiplying. Remember the two-hour rule: never leave food at room temperature for more than two hours. If you are outside and the temperature is above 90 degrees (32 C.), food should not be left out for more than one hour.

For easy referral, post this information on the back of a cupboard door or in a favorite recipe book. Most cases of food-related illnesses can be prevented if we remember to prepare and store our food properly.

*Pauline Williams, Copper Hills Fourth Ward, West Jordan Utah Copper Hills Stake*

ILLUSTRATED BY JOE FLORES; SILHOUETTE BY BETH WHITTAKER



**Just the Two of Us**

A few years ago, our fifth and final child left home for college, leaving us empty nesters. We wanted to follow the counsel of Church leaders to have family home evening, but after years of Monday nights with our children, we weren't sure what to do without them.

We knew we didn't want a teacher-student format. We just wanted to share the evening and distinguish it from the other nights home together. Our first resolve was to stay away from the television and telephone as much as possible. The computer, however, became a useful tool for family history research. Accessing Internet

sites that our family history center director suggested, we shared our first family night for two—a wonderfully productive evening that passed all too quickly.

Soon we felt we couldn't wait for our Monday-night family history sessions, and we realized that we needed a lesson too. We began studying the Relief Society and priesthood manuals, Gospel Doctrine lessons, and articles of interest found in Church magazines.

Slowly we stopped focusing on what we couldn't do without our children's participation and discovered all the varied activities and knowledge we could share as a couple. Whether your children are gone from home or you haven't yet been blessed with children, family home evening will bring you closer together as a couple and invite the Spirit into your home.

*Ken and Marion Stewart, Hastings Ward, Grand Rapids Michigan Stake*



## Staying Connected

In some emergency situations, a corded phone in the home may be your most effective method of communication. Why? Cordless phones and cell phones are handy, but they may not be fully charged and ready to use should a power outage occur. Any battery backups are used primarily to maintain the phone's time, date, and messaging

features, leaving the base units unable to operate without household current. Corded phones, however, often will operate when the power is out because phone lines are still functioning. In more severe emergencies when the lines are jammed, equipment such as amateur radios may be needed. But for most power outages, having at least one inexpensive corded phone in the home will help keep the lines of communication open for you.

*Karl Jensen, Imperial First Ward, Salt Lake Highland Stake*



PARENTS

~ WITH ~

DIFFERENT

STANDARDS

Often words of counsel and encouragement are given to parents of wayward children. But what about the children of parents who have standards contrary to gospel principles? In this article, members who have faced this challenge offer their insights. To protect the privacy of family members, all names have been withheld.

### **I Needed to Express Gratitude**

When I joined the Church at age 18, my parents pressured me to live their lifestyle. They told me that since my church believed in the family so much, I should put my family first and do the things that pleased them. My mother wanted me to quit going to church and to spend Sunday with them. My stepfather tried to convince me that lying was just “good business,” gambling was fun, and coffee and alcohol were a part of adult life. My father felt immorality was normal and that I shouldn’t be a “prude.”

My parents felt I was judging and rejecting

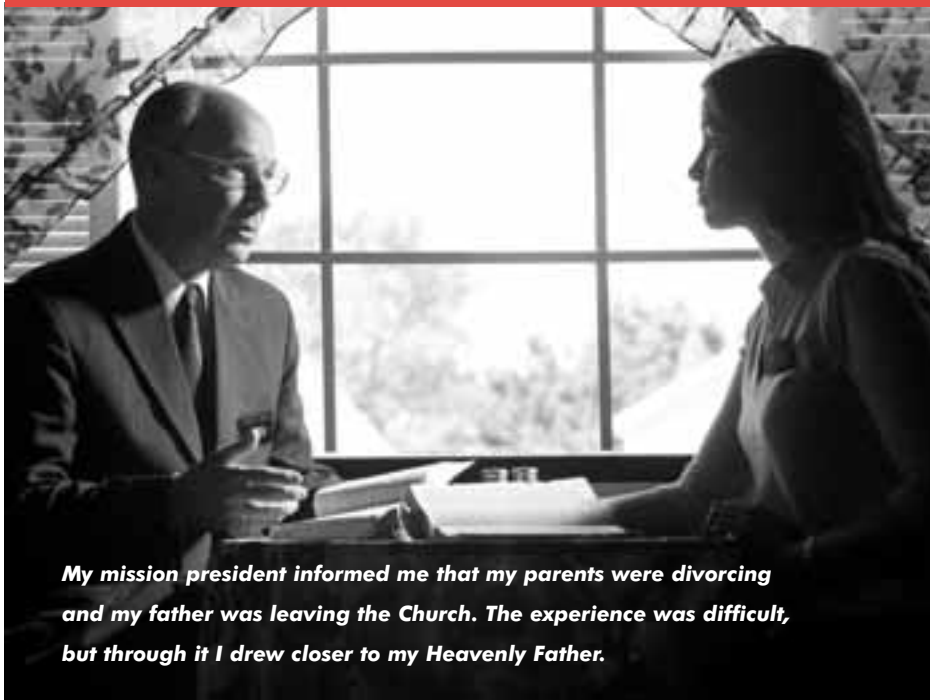
***Even though my parents have different beliefs and morals, I still have a warm relationship with them.***

them since I wouldn’t do the things they were doing. In this tense situation, I prayed to know what I could do to make our relationship better.

Eventually I realized I needed to express gratitude to my parents for all the kind things they had done for me. I began sending notes of appreciation to them as well as letters focusing on positive experiences from our lives.

I have found it essential not to simply react to my parents but to act positively toward them. So when my parents periodically disowned me for not acquiescing to their wishes, I still wrote letters and cards, even if they ignored me. At those times I reminded myself that how I act is not dependent upon what they do or don’t do. I am in charge of my own actions.





***My mission president informed me that my parents were divorcing and my father was leaving the Church. The experience was difficult, but through it I drew closer to my Heavenly Father.***

Because I have a knowledge of true principles, I have the responsibility to be a leader in some aspects of our relationship. I must stand kindly but firmly for what I know is right. I also must never give up hope that my parents will someday understand the choices I am making now.

The Lord has given me the ability to love my parents even when I have felt deeply hurt by their behavior, and He has given me the strength to do what I know is right. As I have followed His guidance, I have seen my relationship with my parents improve.

*From Mapleton, Utah*

### **Principles I Have Learned**

When I was a full-time missionary, my mission president paid me a special visit one day to inform me that my active Latter-day Saint father had chosen to pursue a homosexual lifestyle, that my parents would divorce, and that my father would be excommunicated.

Since then I have struggled to deal with my changed relationship with my father. Although I still struggle with the sadness of the circumstances created by his choices, I have learned many valuable things from the experience:

1. It is not my place to condemn or abandon my father. I can never fully understand the state of his heart and mind, the circumstances of his past, or the nature of the weaknesses he struggles with. It *is* my place to continue to love him, to look for and encourage goodness in him,

and to be a good example. I also have a duty to protect myself and my family from negative influences.

2. It is important to see the divine potential in my father and to be aware and appreciative of the wonderful qualities he possesses. I am grateful for the lessons my father taught me and for things he can still teach me.

3. My father did not make his decision because I did anything wrong. It didn't happen because

I didn't pray hard enough or because I failed to somehow "earn" the support of Heavenly Father. It happened because my father exercised his agency.

4. I, too, have my agency and can make what I will of this life and its opportunities. The scriptures tell us, "For behold, ye are free; ye are permitted to act for yourselves" (Helaman 14:30).

5. Heavenly Father loves us perfectly. I have felt His influence particularly during my daily scripture study and meditation and through other people who act as Heavenly Father's ambassadors, bringing me His love through their actions.

When a parent strays, it can test our own faith and testimony. Yet if we respond as guided by the Spirit, the experience can draw us closer to Heavenly Father and reveal to us more about His plan, the Savior's Atonement, and Their love.

*From Fort Collins, Colorado*

### **Honoring My Parents**

My teenage years were particularly trying because I started to see the difference between the lives my parents were living and the life I wanted to live. I started to speak up and ask my parents to stop swearing, drinking, and smoking. I expressed my opinion boldly and self-righteously about their wrongdoings. I tried hard to be a good example as I put the Lord first in my life. I wanted to be obedient to Him, yet I failed to see that I was being

disobedient in one major way: I was not honoring my parents or showing my love for them.

My attitude started to change after I left home. I started to appreciate my parents' respectable qualities that I had somehow overlooked because I was focusing on their negative traits. I saw how kind they were to everyone they met and how they made their home a place of warmth for anyone in need of a friend. I realized I had been trying to change my parents when they did not want to be changed.

We do not have to love what our parents are doing, but we can honor them at all times. Our relationship should be based on respect and love, not the similarities or differences in our lifestyles. We can let our parents know what makes us uncomfortable while still respecting them.

*From Winnipeg, Manitoba, Canada*

### **I Was Not Forgotten**

I grew up in a home where there was alcohol abuse, physical and mental abuse, anger, mistrust, and fear. From a young age, every aspect of my life, from the decisions I

***In a home troubled by alcohol abuse, I found that I did have a Father who would never forsake or abandon me.***

made to the friends I associated with, was tainted by a lack of the Spirit of the Lord in our home.

As the years passed, my life continued to aimlessly swirl in any direction. It was only when I reached rock bottom that I began to question the reasons for my existence and to kneel often in prayer, pleading to know Heavenly Father and Jesus Christ.

It was then that the Lord in His mercy let me know that I was not forgotten. All this time I had a Heavenly Father who loved me and who waited with open arms to embrace a child who walked in darkness. I also learned I had a Savior who loved me so dearly He paid the price for my sins so that I could again return to that Father who gave me life.

Regardless of who our earthly parents are, we all have a Father in Heaven who loves us. If we will be humble and pray often, He will lead us in righteousness, that we may find happiness and one day return to our spiritual home.

*From Ogden, Utah*



**The Lord can guide us in our relationships with our parents and can give us the strength to stand kindly but firmly for what we believe in.**



### **Only the Savior Can Judge**

For years I felt a deep sense of shame over my mother's adulterous lifestyle. I worried that her decision to defy God was due to some heritable defect that could have been passed down through her genes. And I wondered if perhaps I came to such a home because I had been less valiant in the premortal existence.

Then I read of Father Abraham, who was born to a man whose heart was "set to do evil" (Abraham 1:6). The sins of his father did not taint Abraham. He made his own righteous choices and was blessed. I realized that my mother's decisions did not have to determine who I was.

However, I continued to worry that other people would think I had been influenced by her choices. I expressed this concern to some trusted friends who knew of my mother's failings. They assured me they considered me all the more remarkable because I had been able to live according to the principles of the gospel in spite of my mother's bad example.

After my concern for myself was resolved, I focused on my mother. For 20 years I tried to get her to change her ways. Eventually I realized I had to let it go. I had spent so much energy and tears worrying about her salvation that it had consumed my thoughts and influenced my relationships with others. I found peace only when I decided to leave her progress in the hands of Heavenly Father. He truly understands her heart, and He is the only one who knows how to save her.

I grow closer to forgiveness every day as I pray and seek guidance from the scriptures. I am grateful it is Jesus Christ, the only truly qualified judge, who has the responsibility of judging my mother.

*From Jacksonville, Florida*

### **Involving My Parents in My Life**

When Lehi briefly complained against the Lord, Nephi still went to him as head of the family and leader of their group to ask where to find animals to hunt. The same principle applies to us when we have parents whose lives are contrary to gospel teachings.

After my parents left the Church, I continued to ask for their input regarding decisions about college, finances, and relationships, as well as to just share my life events with them. I reminded myself that the Lord teaches us to love one another and to work on our own faults, not focus on those of others. Applying those teachings and remembering that my parents were the ones who first taught me to believe in the Savior have helped me renew and maintain my relationship with them. Things have not gone smoothly for us all the time, but my parents and I enjoy each other's company, and the gospel—rather than causing division—has helped bring us closer.

*From Bitburg, Germany*

### **The Gospel Taught Me a Different Way**

My father, a successful businessman, was also an alcoholic and was emotionally abusive. As a boy I determined that if I ever was a father, I would try to do things differently somehow. I wasn't exactly sure what I would do, but I determined that I would never drink alcohol.

As a youth, sometime after my parents divorced, I was introduced to the Church. The gospel answered my most basic questions, and I learned it even teaches us how to be righteous parents and children. I began to have hope through the gospel as the Spirit of the Lord helped me grow.

I have realized that no one has perfect parents. Each of us must make decisions as to what parental traditions we pass on to our own children. The Spirit and the gospel



make it much easier to recognize which traditions of men to discard and which to retain.

I now have a temple marriage and seven valiant children. My father lives in a comfortable care center, and I'm able to visit him weekly. He has apologized to me for his conduct when I was younger, and I've truthfully told him I love him each time we visit. I have learned that the command to forgive (see D&C 64:10), if followed, will bring peace otherwise impossible to achieve.

I'm not sure how things will work out in the next sphere, but I do know that in his own way my father taught me valuable lessons. My adverse experiences in life are minor compared to many, but like the Prophet Joseph Smith, I have found that if we turn to the Lord and try to learn from our experiences, they can "be for [our] good" (D&C 122:7).

*From Las Vegas, Nevada*

***Forgiving my father has brought me a sense of peace that would have been impossible to achieve in any other way.***

### **Establishing Boundaries**

As I struggle to have a meaningful relationship with my parents, it is important to remember that loving them does not mean lowering my standards. It is possible to establish appropriate boundaries with them in a kind way. For example, I don't allow my mother to smoke around my children, and I gently correct my father's obscenities. I have found that if I follow up with more love after such an instance, they usually are not offended (see D&C 121:43).

I have found ways to strengthen our relationship through family history work. By researching our ancestors I have come to understand my parents better. I have grown closer to them as they have shared with me stories from their youth. I feel the strength of the family as I do temple work for my deceased relatives. Through special temple experiences I know that I am not the only member in my family, even if I am the only living member.

I admit I wish I had a mother and father I could turn to for spiritual advice. But an all-loving Heavenly Father has blessed me with friends in the Church to fill this need. I have found "mothers" in Relief Society and "fathers" in the priesthood brethren. And I have faith that as I stay close to Heavenly Father and do my best to follow Him, He will continue to guide me in my relationship with my parents. ■

*From Teababapi, California*



## Feeling the Love of the Lord through Humility

**P**rayerfully select and read from this message the scriptures and teachings that meet the needs of the sisters you visit. Share your experiences and testimony. Invite those you teach to do the same.

### Elder Marlin K. Jensen of the

**Seventy:** “The Savior has given us a model for developing humility. When His disciples approached Him and inquired, ‘Who is the greatest in the kingdom of heaven?’ He responded by placing a little child in their midst. . . . Becoming like a child is a gradual process of spiritual development in which we are aided by the Holy Ghost and our reliance on Christ’s Atonement. Through this process, we will eventually acquire the child-like attributes of meekness, humility, patience, love, and spiritual submissiveness. True humility will inevitably lead us to say to God, ‘Thy will be done.’ And because what we *are* does affect what we *do*, our submissiveness will be reflected in our reverence, gratitude, and willingness to accept callings, counsel, and correction” (“To Walk Humbly with Thy God,” *Liabona*, July 2001, 10; *Ensign*, May 2001, 10).

**D&C 112:10:** “Be thou humble; and the Lord thy God shall lead thee by the hand.”

### President James E. Faust, Second Counselor in the First Presidency:

“Humility is all about keeping one’s balance. For example, when you receive a compliment, receive it graciously, but don’t let it go to your head. . . . A person who is humble is teachable. Indeed, the Lord has promised, ‘For my Spirit is sent forth into the world to enlighten the humble and contrite’ [D&C 136:33]” (“The Virtues of Righteous Daughters of God,” *Liabona* and *Ensign*, May 2003, 109).

**Bonnie D. Parkin, Relief Society general president:** “Our weaknesses can direct our hearts toward Heavenly Father and His will for us. This can be a hard thing! It’s painful! It’s daunting! But it’s humbling, and when we are humble enough to acknowledge our dependence on the Lord in overcoming those weaknesses, He fills our hearts with His everlasting love, turning our weaknesses into strengths. It takes humility to seek further direction in learning His will for us. One powerful way to do so is through a patriarchal blessing, which gives a deeper understanding of His love for us as it tells us of our gifts, His admonitions, and His promises for each of us.”



### James 4:10:

“Humble yourselves in the sight of the Lord, and he shall lift you up.”

### Bishop Richard C. Edgley, First

#### Counselor in the Presiding Bishopric:

“Humbly submitting our will to the Father brings us the empowerment of God—the power of humility. It is the power to meet life’s adversities, the power of peace, the power of hope, the power of a heart throbbing with a love for and testimony of the Savior Jesus Christ, even the power of redemption. To this end, the Savior is our supreme example of the power of humility and submissiveness. After all, His submitting His will to the Father brought about the greatest, and even the most powerful, event in all of history. Perhaps some of the most sacred words in all the scriptures are simply, ‘Not my will, but thine, be done’ (Luke 22:42)” (“The Empowerment of Humility,” *Liabona* and *Ensign*, Nov. 2003, 99).

• *What examples of humility have helped you feel the love of the Lord?*

• *How does humility in daily living bring you closer to the Lord?* ■



**From left: James Morris, Michael Crosthwaite, and Jordan Dey, all of the World Food Program, listen as Mel Gardner, right, and Elder Harold C. Brown, director of Church Welfare Services, show them around Welfare Square.**

## Director of U.N. World Food Program Lauds Church's Humanitarian Efforts

Members of the world's largest food aid organization recognized and thanked the Church for its commitment to helping "people who are poor and hungry and at risk and vulnerable."

James Morris, executive director of the United Nations World Food Program, toured the Church's Humanitarian Center and Welfare Square in Salt Lake City on 16 July 2004. He came to Salt Lake City to thank Church leaders for a \$1 million donation to the World Food Program in 2002. "It was a very important gift at a time when we needed it," he said. The donation was used for famine relief in Africa.

"If everyone was doing as much as the . . . Church is doing, the problem [of hunger] would be solved quickly," he said.

Wanting to see more of the Church's humanitarian

aid operation, Mr. Morris and two others from the World Food Program toured Welfare Square's 178-foot-tall grain elevator, storehouse, bakery, cannery, thrift store, and employment center.

The thing Mr. Morris says he will remember most about his time in Salt Lake City is the many people "living out, day after day, their faith and commitment. It is one thing to talk about your beliefs and spiritual commitments," he said, "[but] this is a place that realizes, actualizes it, and lives it day in and day out. You see volunteers of all ages here doing good things to help people all over the world who desperately need it."

Helping those who desperately need it is the objective of the World Food Program. Formed in 1963, it is the largest agency of the United Nations. "Our objective

is to feed the most vulnerable, the hungriest, and the poorest," said Jordan Dey, a WFP spokesman. Last year the program provided 104 million people in 81 countries with food.

Garry Flake, director of Church Emergency Response, said that the Church has great appreciation for the World Food Program and its global efforts. "For them to identify the Church as a partner in this effort is a great compliment," he said. Brother Flake, along with Elder Harold C. Brown, an Area Authority Seventy and managing director of Welfare Services, hosted Mr. Morris.

Mr. Morris also praised the Church's fast offering program as an "extraordinary, generous way of fighting world hunger every single month." ■

*Church News contributed to this report.*

## LDS Family Services Helping Parents

By Adam C. Olson,  
Church Magazines

**M**elissa (name has been changed) had always wanted children. But not like this—not alone and away from the Church. At 29, Melissa found herself pregnant, single, and uncertain.

Her situation is not unique. According to statistics from 2000, one out of every three births in the United States (1.34 million) is to an unmarried woman.<sup>1</sup> Sadly, those births represent only about 49 percent of pregnancies to single women. According to a 1999 study, 39 percent of pregnant single women choose to abort their pregnancies.<sup>2</sup>

"I've always been against abortion," Melissa says. "But all of a sudden I was in that place. It seemed like an easy way out. No one would have to find out. Nothing would have to change. I wouldn't have to be embarrassed. But I knew if I had done it, I would never have gotten over it."

Instead, Melissa decided to seek help from LDS Family Services even though she had not been active in the Church for some time. LDS Family Services is a Church-sponsored nonprofit organization that, among other things, provides free counseling for birth mothers.

Because "the family is central to the Creator's plan for



**Brett and Shannon Hadley of the Harrisville 10th Ward, Harrisville Utah Stake, play with their son, eight-month-old Logan. The Hadleys say they were overjoyed to be able to adopt Logan through LDS Family Services two days after his birth.**

the eternal destiny of His children,”<sup>3</sup> the Church encourages women who are single and pregnant to marry. But when a successful marriage is unlikely, Church leaders have repeatedly endorsed adoption as a way to provide the child with the blessings of being sealed to an eternal family.

Melissa barely knew the father of her child, and she knew marrying him wasn’t an option. Only two choices remained: raise the child alone or give the child up for adoption.

“I cried every day,” she says. “I’ve always wanted a family, so I didn’t want to give the baby up. Even after I decided that adoption was the right thing for me to do, it was hard to come to grips with it. But I knew I had to do what was best for my son.”

Had Melissa chosen to

raise her child alone, she would have been in the majority. Data provided by LDS Family Services suggests that of single women who give birth in the U.S., almost three out of four choose to raise the child alone. About 1 percent of all U.S. pregnancies to single women end in adoption.<sup>4</sup>

Unfortunately, studies have shown that single mothers experience elevated rates of depression, low self-esteem, and poor health.<sup>5</sup> Children raised by a single mother are six times more likely to live in poverty,<sup>6</sup> are twice as likely to drop out of high school, and are two to three times more likely to have serious emotional and behavioral problems than children who grow up with both parents.<sup>7</sup>

“I chose to give my son up

for adoption because I wanted him to have everything I grew up having,” Melissa says now, a year after giving birth. “I am so grateful he has exactly what I wanted him to have. He has what he should have. It’s more than I could have given him.”

Because of the Church’s emphasis on the importance of the righteous influence of a mother and father sealed together, it’s no surprise that LDS Family Services is the largest private adoption agency in the world, with 56 agencies in the United States and nine more in Canada, Great Britain, Japan, Australia, and New Zealand.

Birth mothers seeking help from LDS Family Services can find free and confidential services such as individual counseling and group meetings; temporary housing for birth

mothers who wish to relocate during their pregnancy; help in identifying educational needs and resources; information about marriage, adoption, and parenting; and medical and legal support.

LDS Family Services has provided members of the Church with adoption services and individual counseling since 1973, though its roots reach as far back as 1919 when the Relief Society Social Service Department was formed. Today, the organization focuses on four key activities: providing consultation and support for ecclesiastical leaders, counseling birth parents, placing children with temple-worthy adoptive parents, and counseling individuals with problems such as marital conflict, parent-child conflict, addiction, abuse, depression, anxiety, and same-sex attraction.

Counseling for birth parents is free, as is medical and legal support and adoption planning. There are fees for adoptive parents and individuals seeking socioemotional counseling. For information call 1-800-537-2229, or visit [www.itsaboutlove.org](http://www.itsaboutlove.org). ■

#### NOTES

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3. “The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102.
4. Christine Bachrach, et al., “Adoption, Adoption Seeking,

and Relinquishment for Adoption in the United States,” *Advance Data*, no. 306, National Center for Health Statistics, 11 May 1999.

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6. Patrick Fagan, “How Broken Families Rob Children of Their Chance for Future Prosperity,” *The Heritage Foundation Backgrounder*, no. 1283, Jun. 1999.
7. Sara McLanahan and Gary Sandefur, *Growing Up with a Single Parent* (1994).

## Keyboarding Classes Bless Many with Music

While serving a full-time mission with her husband in Brazil, Sister Joan P. Fisher from Salt Lake City spent much of her time preparing simple music for beginning ward and

branch choirs. She also distributed keyboards to stakes and districts across Brazil as part of a request from the Area Presidency to help members learn to play hymns. “Music brings the Spirit,” says Sister Fisher. “And my greatest joy has been helping members have more music of better quality.”

Music can set the tone for uplifting spiritual experiences. It can bless the lives of those who perform as well as those who listen. In addition to their other assignments, many senior missionaries like Sister Fisher are using their talents to bless the lives of members as part of the Church’s effort to make the music of the Church accessible to more Latter-day Saints around the world. Using Church-developed materials and a Church-administered grant, these missionaries are teaching music or keyboard classes in units



**Elder Bert and Sister Lorna Pack, shown with Sbgongile Zanele Nophali, teach keyboard skills in South Africa.**

where accompanists are needed or where members need help learning the hymns.

The Church Keyboard Course materials are available at most distribution centers in English, Spanish, Portuguese, French, and Tahitian. Mission presidents and area priesthood leaders can also obtain the materials through the Church’s Music and Cultural Arts Division for wide-scale efforts in which members or missionaries are involved in teaching others.

In Wales, Elder LeRoy and Sister Rosan Nichols from California were assigned to the Newtown Branch, Newcastle-Under-Lyme England Stake. Because the small branch had limited resources, Sister Nichols agreed to play the keyboard each week, but she realized that she would not be in the branch forever. When branch leaders learned about the

Church Keyboard Course, Samantha Hughes, a 14-year-old studying music in school, volunteered to take lessons and practice 20 minutes a day. Already she is able to play prelude music in sacrament meeting.

Dedicated students like Samantha who are committed to playing in Church meetings and who are willing to teach others can qualify for assistance in their studies from the Church. Where possible, keyboards can be obtained for members learning to play for Church meetings so they can continue practicing at home and eventually help teach others.

Elder Bert and Sister Lorna Pack from Provo, Utah, are currently teaching keyboard lessons to 52 students in seven branches in the South Africa Johannesburg Mission. They note that while many people enthusiastically begin



**The dedication of George Mholo (right) in learning to play the keyboard helped lead to the baptism of his mother, Tsoake. His brother Kenny (left) is also a keyboard student.**

the keyboard course they provide, few continue beyond three to six lessons because of the time and commitment it takes to learn.

When George Mholo began taking the course, the 14-year-old didn't impress them as being any different from most of the others. To their surprise, George worked hard. He faithfully attended lessons and practiced four hours a week on the keyboards at the church and up to two hours per day at home on his "silent keyboard"—a cardboard

keyboard that comes with the course. Before long, George was playing with both hands, and the Packs felt like he was qualified to borrow one of the Church-owned keyboards to practice on at home.

George and his 11-year-old brother, Kenny, were the only members of the Church in their family and had been baptized less than two years before. When the sister missionaries delivered the keyboard to George's home, they met with his mother. After taking the missionary

discussions for several weeks, she was baptized. George spoke at her baptism and played a piano solo, "Families Can Be Together Forever."

While the music classes may not have such a dramatic effect on all of their students, the Packs estimate that by the end of their mission, each of the seven branches in the area where they are serving will have two to seven accompanists who will be able to play hymns from *Hymns Made Easy* for sacrament meetings and other occasions. ■

Other missionaries receive their first three weeks of training in the Provo MTC, then spend the remaining five and a half weeks in the Dominican Republic MTC if they are going to serve in the Dominican Republic or Puerto Rico, the Peru MTC if they are going to serve in Peru or Bolivia, or the Spain MTC if they are going to serve in Spain or the Canary Islands.

The remaining 10 MTCs principally train missionaries who live in the area around them. These MTCs are located in Argentina, Chile, Colombia, Guatemala, Japan, Korea, Mexico, New Zealand, the Philippines, and South Africa. Almost all missionaries now attend at least one of the MTCs for training prior to serving their missions. All of the MTCs also serve missionaries from their areas—for example, missionaries from South America may attend the Brazil MTC if there is not an MTC in the area where they will be serving.

No matter which MTC a missionary attends, all will have the opportunity to reach goals of learning and cherishing the doctrines of the gospel and developing Christlike attributes; learning to teach with power to help others have faith in Christ, repent, be baptized, receive the Holy Ghost, and endure to the end; and seeking the gift of tongues and becoming functional in the mission language, according to *Guidelines for MTC Presidents*.

As of 31 December 2003, 56,237 full-time missionaries were serving around the world. ■

## More and More Full-time Missionaries Attending International Training Centers

By Patricia S. Norwood, Church Magazines

**A**s Missionary Training Centers (MTCs) have been built around the world, more and more missionaries from the United States and Canada are being sent directly to the MTC in

the country where they have been called, or splitting their time between the Provo MTC and one of the 16 international MTCs.

Because of the increasing number of missionaries being

sent to international MTCs, there is now space available for the senior missionaries at the Provo MTC. In May 2004, the Senior Missionary Training Center in Provo, Utah, was torn down, and the land was returned to Brigham Young University for future development.

The first MTC outside of Utah was built in 1977 in São Paulo, Brazil, and it remains the largest international MTC. Today missionaries from the United States and Canada receive training in the Brazil MTC if they are going to serve in Brazil, in the England MTC if they are going to serve their mission in the United Kingdom, and in the Ghana MTC if they are going to serve in Ghana.



**With an increasing number of international MTCs, fewer missionaries are coming to Provo for training while more from the U.S. and Canada are being trained internationally.**

## BYU Conference Examines “Families and Poverty”

The Family Studies Center at Brigham Young University recently sponsored a research conference entitled “Families and Poverty,” addressing the negative implications of poverty on the family. The conference featured presentations from both national and international researchers and scholars.

Presenters shared their research on topics such as health care for poor families, consequences of welfare reform in the United States, efforts to reduce poverty by strengthening and promoting marriage, evaluating state efforts to encourage work among low-income families, and how microentrepreneurship strengthens families in

developing countries. This year, the presenters came from Australia, Great Britain, India, Malta, and throughout the United States.

On the second day, conference attendees participated in a lunch designed to teach more than to feed. Sixty percent of participants ate rice and beans, a typical meal in third-world countries, 30 percent ate a slice of pizza, representing second-world conditions, and 10 percent were served a full meal with a salad and dessert, typical of first-world standards of living. The percentages corresponded with the actual breakdown of the world population into first-, second-, and third-world demographics.



Those attending the BYU conference learned that combating poverty requires effort, like that of members shown here at Welfare Square.

On the final day of the conference, participants joined together in a hands-on humanitarian effort, packaging pencils, pencil sharpeners, scissors, and notebooks into 1,000 book bags for needy schoolchildren. BYU sociology professor Tim Heaton and several students will take 300 bags to children in Mexico as part of the Mexico sociology program. The remaining bags were given directly to Church Humanitarian Services for distribution.

“Combating poverty takes work,” said D. Russell Crane, professor of marriage and family therapy and director

of the Family Studies Center. “We can’t just sit back and talk about the problem; even though our efforts were small in comparison to the magnitude of the issue, we had to do something.”

The “Families and Poverty” conference, held 10–12 March 2004, was part of a series of biennial conferences on the family organized and hosted by the Family Studies Center. In 2000, the conference topic focused on revitalizing marriage. The 2002 conference dealt with family health issues. The conference scheduled for 2006 will concentrate on the family and work. ■

## Book of Mormon Timeline Poster Now Available

The “Book of Mormon Times at a Glance” timeline printed in the January and July 2004 issues of the *Ensign* is now

available for purchase as a two-sided foldout chart. The Book of Mormon Timeline Poster maps the history of the prominent

people and nations in the Book of Mormon. It is designed to assist members in their study of the Book of Mormon. To order,

contact your local distribution center or order online at [www.ldscatalog.com](http://www.ldscatalog.com) (item no. 37013; U.S. \$.65). ■



## Leaders around World Trained by Satellite

A Worldwide Leadership Training Meeting took place on 19 June 2004 in Salt Lake City and was broadcast to chapels throughout the world.

The messages gave counsel to bishops, branch presidents, and other Aaronic Priesthood leaders. President Gordon B. Hinckley; President Thomas S. Monson, First Counselor in the First Presidency; Elder M. Russell Ballard, Elder Jeffrey R. Holland, and Elder Henry B.

Eyring of the Quorum of the Twelve Apostles; and Presiding Bishop H. David Burton all addressed the global congregation.

The Worldwide Leadership Training Meeting scheduled for 8 January 2005 will be a special broadcast for stake presidents and stake patriarchs only, according to a letter from the First Presidency.

The next annual Worldwide Leadership Training Meeting will be held on 18 June 2005. ■

## Policies and Announcements

The First Presidency has sent the following letter, dated 21 July 2004, to priesthood leaders.

### Members Encouraged to Exercise the Right to Vote / Reaffirmation of the Church's Policy of Political Neutrality

In this election year, we urge Church members to *register to vote*, to study the issues and candidates carefully and prayerfully, and then vote for those they believe will most nearly carry out their ideas of good government. Latter-day Saints are under special obligation to seek out and then uphold leaders who will act with integrity and are "wise," "good," and "honest" (see Doctrine and Covenants 98:10).

While affirming its constitutional right of expression

on political and social issues, the Church reaffirms its long-standing policy of neutrality regarding political parties, political platforms, and candidates for political office. Church facilities, directories, and mailing lists are not to be used for political purposes.

Candidates for public office should not imply that their candidacy is endorsed by the Church or its leaders, and Church leaders and members should avoid statements or conduct that may be interpreted as Church endorsement of any political party, political platform, or candidate. In addition, members who hold public office should not give the impression they represent the Church as they work for solutions to social problems. ■

## Comment

### Depression Is a Widespread Disease

I cannot thank you enough for the article "When Your Child Is Depressed" in the August 2004 issue. I have both a spouse and a child who struggle with depression. I



want to help them but have been at a loss over what I can do to help. So it was an answer to prayer that this article was printed when it was. I feel it was printed just for me, although I know that depression is a very widespread disease and many other parents must be feeling as I do. I especially appreciated how Sean Brotherson focused most of his article on what I can actively do to help my child.

Thank you again for your inspiring articles that continue to give me hope in the midst of trial.

*Name withheld*

Thank you for the great article addressing how parents can cope with children who struggle with depression. This is such a challenge, as my wife and I know firsthand. It's a topic we were all afraid to discuss a few years ago. We are so pleased that the Church is addressing these tough issues and offering support to loved ones of

those who struggle. Keep up the great work!

*Brad Douglas,  
Windridge Ward,  
Kaysville Utah Haight Creek Stake*

### Sharing the Gospel in Prison

I was so touched to read the Comment letter printed in the August *Ensign*. I just wanted to give a different perspective. I am the daughter of one of those in prison. I know how much it means to my dad to have members visit and teach him. I also know how much it means to him to have

my friends write to him and bear their testimonies. There are so many opportunities to share the gospel in the prison systems. I am grateful that his faith has not faltered, and I hope that members of the Church will be willing to take time to serve these people and their families—the wife who is left struggling, the children who need the priesthood in their lives. It is hard to have my dad taken away from me, but I know what a difference it makes to have people show genuine concern and the pure love of Christ toward me and my family.

*Name withheld*

### Articles an Enormous Help

I just want to thank all those who work on the *Ensign* for the enormous help the articles in the August issue have been to me personally and in my calling. Thank you for all you do.

*Bishop David Whitehouse,  
Banbury Ward,  
Northampton England Stake*



# MAKING THE MOST OF THIS ISSUE

O C T O B E R 2 0 0 4



## Young Single Adults: Being Happy

- Do you want to find eternal happiness? The Lord “has established proven patterns that, if followed, will help us find happiness in this life and

also help us qualify for eternal life,” says Elder Earl C. Tingey of the Presidency of the Seventy. See page 32.



## The Fruits of Faith

- Moroni tells us that “God has not ceased to be a God of miracles” (Mormon 9:15). Elder Matthew Cowley’s experiences among the people of the Pacific Islands support Moroni’s assurance. See page 44.

- For other examples of the fruits of faith, see Latter-day Saint Voices, beginning on page 60. Stories describe the conversion of a lifelong smoker and atheist, a perilous flight to save a little girl’s

life, and the Lord’s support for a young mother whose husband had slipped into inactivity.

## The Survivor

- The Fijian family was on its way to be baptized when the boat capsized and all were drowned but a small son. Would he be lost to gospel truths? See “The Only Survivor,” page 40.

## Conference—by Mail

Twice a year, *Ensign* and *Liabona* editors clear our desks of everything else so we can get the conference issue in the mail to you within three weeks after general conference. Texts of conference talks are reviewed and approved by speakers, then posted immediately on the Church’s Internet site [www.lds.org](http://www.lds.org). Editors and designers sort through hundreds of photos trying to capture the spirit of conference. Pages are designed, proofread, and delivered to the press on a schedule measured in hours instead of days. More than a million conference magazines are printed—more than three-quarters of a million copies of the *Ensign*

and more than a quarter of a million copies of the *Liabona*, in 30 languages. Watch for your personal report of conference in your mailbox toward the end of October. And if you’re not getting the *Ensign* or *Liabona* now, be sure to subscribe online, at the nearest Church distribution center, or through a ward magazine representative.

You can order or renew by phone in the United States and Canada at 1-800-537-5971; in Australia at 1300-304-045; in New Zealand at 0800-108-573; and in the United Kingdom at 0121-785-4905. You can order online in the U.S. and Canada at [www.ldscatalog.com](http://www.ldscatalog.com).

## Home, Visiting Teaching

Home teachers and visiting teachers, find the monthly messages on pages 2 and 72.

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## Toward a Stronger Family

- The most important preparation future missionaries can undertake is spiritual. But how can you help them prepare in practical ways? See “Preparing Your Future Missionary,” page 17.

- “Ten percent of all children have a disability or a long-term chronic illness,” says Marleen S. Williams, associate professor of counseling psychology at BYU. Sister Williams’s experiences with her own daughter can offer strength and insight. See “Raising a Child with a Disability,” page 12.

- Some parents have children who do not live the gospel. But what if Mom and Dad’s standards are different? Members share insights from their own experiences with parents who do not live gospel standards, page 66.

## Taming the Debt Dragon

You *can* conquer debt. See page 50 to learn how others have done it.



# WHAT IS A FAMILY?

**W**e were all nurtured in the family of our heavenly parents before we came to earth. We came into the world as children of a mortal family.

Our Father gave us the opportunity to build families here on earth according to His plan of happiness (see Alma 42:8). We know what that plan is. The plan has been taught to us in the scriptures and by latter-day prophets. It has been reaffirmed in “The Family: A Proclamation to the World,” issued by men called of God as prophets, seers, and revelators.

This proclamation makes it plain that a family is formed when a man and a woman marry. When sealed in a temple of the Lord, this family unit has the potential to be eternal—to endure beyond mortal life. Because of these temple ordinances, children added to this family are sealed to their parents forever.

“The Family: A Proclamation to the World” explains that our gender is a part of our eternal identity and that gender is important to the family roles we play in mortal life and in eternity. The proclamation also explains that by divine design husband and wife have different but equally important roles in the family, even though their eternal objectives for the family are the same. It is a primary responsibility of the father to be the provider for the family. A mother’s primary role is to be the nurturer of the children. Working

together, a man and a woman complement each other.

Sometimes circumstances make it difficult or impossible for some to live according to this heavenly pattern.

When that happens, our Father will honor and bless their efforts to live by the principles involved in building eternal families. If they are parents, He will strengthen them in their righteous efforts to build everlasting ties with their children. If they have not had the opportunity to marry, He will bless them, as they live His teachings in faith, with the abundant blessings that can come to righteous individuals. Everyone can look forward to and prepare for the day when he or she may be part of an eternal companionship with a family of his or her own.

“The Family: A Proclamation to the World” identifies building blocks that form the foundation of eternal families: “Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities.”

In a world that more and more does not recognize the divine design in family life, it is increasingly important for beloved spirit sons and daughters of God to be true to their eternal destiny by following the principles set forth in the proclamation. To help them do this, the *Liabona* and *Ensign* will print in coming months a series of articles based on principles from

“The Family: A Proclamation to the World.” The proclamation can be found in its entirety on the page facing this article. ■



## INTRODUCING THE FAMILY PROCLAMATION

*“The world we are in is a world of turmoil, of shifting values. Shrill voices call out for one thing or another in betrayal of time-tested standards of behavior. The moral moorings of our society have been badly shaken. . . .*

*“ . . . With so much of deception concerning standards and values, with so much of allurements and enticement to take on the slow stain of the world, we have felt to warn and forewarn. In furtherance of this we of the First Presidency and the Council of the Twelve Apostles now issue a proclamation to the Church and to the world as a declaration and reaffirmation of standards, doctrines, and practices relative to the family which the prophets, seers, and revelators of this church have repeatedly stated throughout its history.”*

**President Gordon B. Hinckley, before reading “The Family: A Proclamation to the World,” in “Stand Strong against the Wiles of the World,” *Ensign*, Nov. 1995, 99–100.**

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## THE FAMILY

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# A PROCLAMATION TO THE WORLD

### THE FIRST PRESIDENCY AND COUNCIL OF THE TWELVE APOSTLES OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

**WE**, THE FIRST PRESIDENCY and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children.

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose.

IN THE PREMORTAL REALM, spirit sons and daughters knew and worshiped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize his or her divine destiny as an heir of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. 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.

WE DECLARE the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

HUSBAND AND WIFE have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalms 127:3). Parents have a

sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

WE WARN that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

WE CALL UPON responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

*This proclamation was read by President Gordon B. Hinckley as part of his message at the General Relief Society Meeting held September 23, 1995, in Salt Lake City, Utah.*



*President Gordon B. Hinckley has emphasized the need for adequate preparation for missionary work: “This work is rigorous. It demands mental sharpness and capacity. It demands faith, desire, and consecration. It demands clean hands and a pure heart.” See “Preparing Your Future Missionary,” p. 17.*