

# Ensign

A photograph of two young women with braided hair, smiling and looking at a laptop screen. They are sitting at a table in a bright, indoor setting. The woman in the foreground is wearing a pink sweater, and the woman behind her is wearing a light-colored sweater. The background shows a window with wooden frames and light-colored curtains.

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*"Who can find a  
virtuous woman?  
for her price is far  
above rubies."*

Proverbs 31:10

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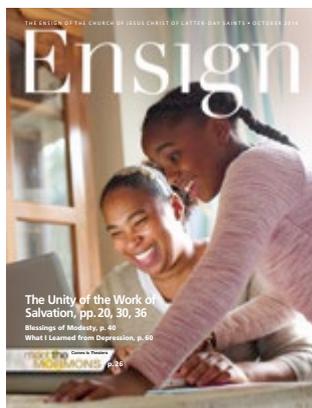
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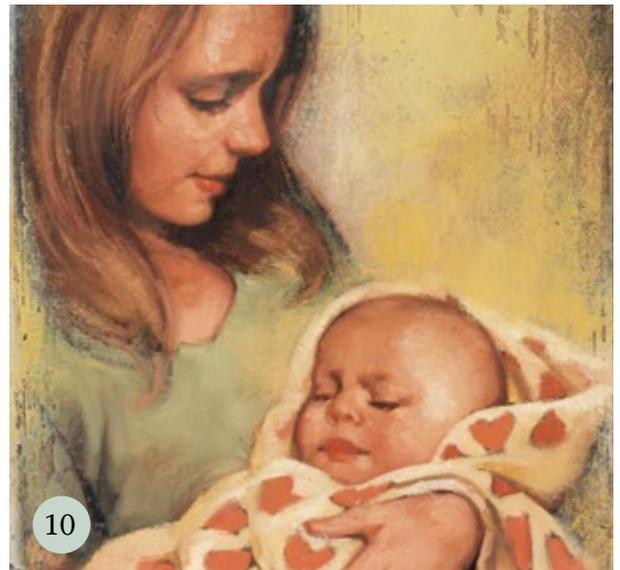
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A MAGAZINE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS  
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**POSTMASTER:** Send all UAA to CFS (see DMM 707.4.12.5). **NONPOSTAL AND MILITARY FACILITIES:** Send address changes to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

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

## Family Home Evening Ideas

This issue contains articles and activities that could be used for family home evening. The following are some examples.



### “My Intertwined Testimony,” page 24:

At the beginning of family home evening, display an item that is intertwined, such as a

braid or bracelet, to demonstrate to children what *intertwined* means. Then summarize Sister Noche’s experience of coming to realize that the truthfulness of the restored gospel and the truthfulness of the Book of Mormon are intertwined. You may want to read together and discuss the sidebar quotation from President Ezra Taft Benson. Consider challenging your family to read the Book of Mormon together consistently as a family, if you’re not already doing so, or to increase the time you spend reading it. Conclude by singing together “An Angel Came to Joseph Smith” (*Children’s Songbook*, 86).

### “Courage to Choose Modesty,”

page 40: Prayerfully study the article in advance. Consider inviting family members

to come to family home evening prepared to share one of the three blessings of modesty described in the article. You may also want to discuss Sister McConkie’s observation that modesty is important for both men and women. For further discussion, you could explore together some of the resources referenced in the article, such as the relevant sections in *True to the Faith* and *For the Strength of Youth*. Other support materials are available online at [lds.org/youth/article/modesty-matters](http://lds.org/youth/article/modesty-matters) and [lds.org/media-library/images/categories/mormonads](http://lds.org/media-library/images/categories/mormonads).

### A Messy but Marvelous Lesson

When our children were young, we wanted to teach them the importance of following Heavenly Father’s directions and listening to the Holy Spirit. So my husband and I took turns making peanut butter and jelly sandwiches following each child’s exact directions. It was a mess! Then Dad quietly but clearly told Mom how to make a sandwich, and it came out just right. We then pointed out that when we fail to follow Heavenly Father’s instructions for us, life can get messy. But when we follow His directions, including those that come by the still, small voice of the Spirit, life turns out much better. It was a fun evening—and we got to eat our messy sandwiches!

Kelly Witten, Oregon, USA

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### DO YOU HAVE A STORY TO TELL?

We welcome donated submissions showing the gospel of Jesus Christ at work in your life. Please submit articles through [ensign.lds.org](http://ensign.lds.org). Authors whose work is selected for publication will be notified.



**By President  
Henry B. Eyring**  
First Counselor  
in the First Presidency

# THE PRAYER OF FAITH

**P**rayer is more than words we speak to God. It is a two-way communication between God and His children.

When prayer works as it should, we express the feelings of our hearts in simple words. Heavenly Father typically answers by putting thoughts in our minds accompanied by feelings. He always hears the sincere prayer we offer when we pray with a commitment to obey Him, whatever His answer and whenever it comes.

The Lord makes this promise to all who read and pray about the Book of Mormon:

“And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost.

“And by the power of the Holy Ghost ye may know the truth of all things” (Moroni 10:4–5).

That promise is sure. Millions of people have tested and proved that wonderful promise about prayer by receiving a blessing that has filled their lives with joy and lasting

happiness. That promise applies to all our prayers to know the mind and will of God for us. We can apply it whenever we receive counsel from a servant of God who is authorized to give us direction. For instance, we can depend on it when we have listened to a sermon in general conference. We can apply it when we are taught by humble missionaries called of God by the living prophet. It applies as well to the counsel we receive from our bishop or branch president.

For prayer to work in our lives, the rules are simple. We must ask to know what is true by praying to the Father in the name of Jesus Christ. We must ask with a sincere heart, which means we must have an honest intent to do whatever God’s answer requires of us. And our real intent must spring from our faith in Jesus Christ.

The investigator who reads the Book of Mormon before being baptized and confirmed may receive both an assurance that the book is true and a witness that Joseph Smith translated it by the power of God. After being confirmed a member of the Church, we can have the Holy Ghost as our companion to confirm other truths. Then, whenever we pray in faith, we can expect that the Holy Ghost will testify to us that Jesus is the Christ, that God the Father lives, and



to the bishop or the branch president that equals at least the value of the two meals we forego. Our thoughts and our prayers are turned to the Savior and to those He would have us serve by addressing their spiritual and temporal needs.

Our prayers and desires thus come closer to being like the prayers and desires of the Savior as we fast to become more meek, teachable, and loving. And as He did, we pray to know the Father's will for us and to do it. ■

#### TEACHING FROM THIS MESSAGE

**P**resident Eyring teaches that prayer and fasting can help us “know eternal truth.” Consider where the testimonies of those you visit may need strengthening and prepare a lesson on that topic. For example, if a person you visit lost a close friend or family member, consider discussing eternal families and life after death. You could offer to fast with those you visit in order to help them gain a testimony of that principle.

that They love us and all of Heavenly Father's children.

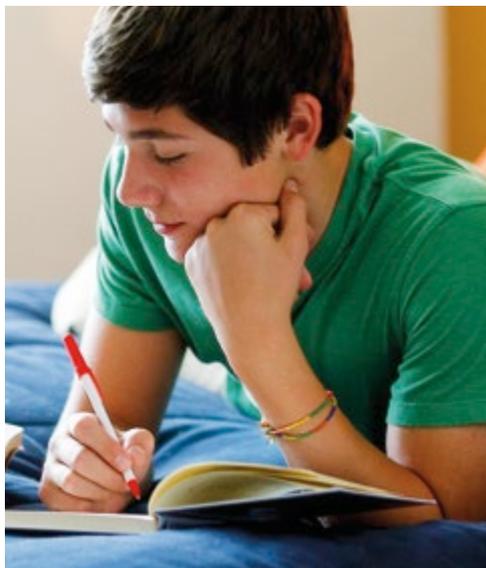
That is one reason there is a promise in the Book of Mormon that we will have charity in our hearts as the Holy Ghost bears witness to us that Jesus is the Christ: “If a man be meek and lowly in heart, and confesses by the power of the Holy Ghost that Jesus is the Christ, he must needs have charity” (Moroni 7:44).

There is a great opportunity to grow spiritually every fast Sunday. Fast Sunday can help us approach the experiences of Alma and the sons of Mosiah, who prayed and fasted to know eternal truth so that they could teach the Lamanites with power, authority, and love (see Alma 17:3, 9).

On fast Sunday we combine prayer and fasting. For the blessing of the poor, we give a generous fast offering

## Prepare before You Pray

President Eyring reminds us that prayer “is a two-way communication between God and His children.” Taking the time to prepare for our prayers can make that two-way communication possible. You could use your journal to spend a few minutes preparing to pray each day. You could make lists of blessings you want to thank Heavenly Father for, people who need your prayers, and questions you may need answered. Then invite the Spirit by singing a hymn or reading a few verses of scripture. As you pray, pay attention to how the Holy Ghost guides what you should say, and



pay attention to your feelings and thoughts (see D&C 8:2–3). Consider recording your experiences in your journal and reviewing answers you receive. You could also use the activities on pages 95–97 of *Preach My Gospel: A Guide to Missionary Service* to help you evaluate your prayers and learn to recognize the Holy Ghost.

## CHILDREN

### Prayer Sandwich

How do you know what to say when you pray? You can begin your prayers by saying, “Dear Heavenly Father,” and end them by saying, “In the name of Jesus Christ, amen.” What you say in the middle is your choice, just like choosing what goes in a sandwich.

Choose the pieces you would like in your sandwich. Write the things you would like to pray for next to them. You can say “I thank Thee” for blessings, talk about your worries, ask for blessings, or pray about questions.

You can cut this sandwich out or make another. Hang it in your home to help you remember the things you can say in your prayers.

**Dear Heavenly Father,**

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**In the name of Jesus Christ,  
amen.**

Prayerfully study this material and seek to know what to share. How will understanding the life and mission of the Savior increase your faith in Him and bless those you watch over through visiting teaching? For more information, go to [reliefsociety.lds.org](http://reliefsociety.lds.org).

## The Divine Mission of Jesus Christ: Bread of Life

This is part of a series of Visiting Teaching Messages featuring aspects of the mission of the Savior.

Jesus said, “I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever” (John 6:51). “Jesus teaches us, His disciples, that we should look to God each day for the bread—the help and sustenance—we require in that particular day,” said Elder D. Todd Christofferson of the Quorum of the Twelve Apostles. “The Lord’s invitation . . . speaks of a loving God, aware of even the small, daily needs of His children and eager to assist them, one by one. He is saying that we can ask in faith of that Being ‘that giveth to all men liberally, and upbraideth not; and it shall be given’ (James 1:5).”<sup>1</sup> As we understand that Jesus Christ will provide for our needs, we will turn to Him for our spiritual sustenance.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles invites us “to join in the adventure of the earliest disciples of Christ who also



yearned for the bread of life—those who did *not* go back but who came to Him, stayed with Him, and who recognized that for safety and salvation there was no other to whom they could ever go.”<sup>2</sup>

### Additional Scriptures

John 6:32–35; Alma 5:34; 3 Nephi 20:3–8

#### NOTES

1. D. Todd Christofferson, “Recognizing God’s Hand in Our Daily Blessings,” *Ensign*, Jan. 2012, 17.
2. Jeffrey R. Holland, “He Hath Filled the Hungry with Good Things,” *Ensign*, Nov. 1997, 65.

### Consider This

When we come unto Christ, how does He nourish us?

Faith, Family, Relief



### From the Scriptures

Jesus Christ was teaching a multitude of more than 4,000 people. After three days, He said to His disciples: “I have compassion on the multitude, because they have . . . nothing to eat:

“And if I send them away fasting to their own houses, they will faint by the way. . . .

“And his disciples answered him, From whence can a man satisfy these men with bread here in the wilderness?

“And [Jesus] asked them, How many loaves have ye? And they said, Seven.”

Then Christ “took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before them; . . .

“And they had a few small fishes: and he blessed, and commanded to set them also before them.

“So they did eat, and were filled: and they took up of the broken meat that was left seven baskets.” (See Mark 8:1–9.)

## THANK YOU, BROTHER JAY

By Kristine Purcell

*How grateful I am for the spirit, commitment, preparation, and love of countless earnest servants throughout the Church.*



Tomorrow is Sunday,” I told my five-year-old daughter as she snuggled on my lap. A smile spread over her face.

“Oh, goody,” she said. “Then I get to see Brother Jay.”

Gratitude filled my heart. How thankful I felt for a loving, caring Primary teacher who had eased our transition to a new ward following a move. Leaving our home in the U.S. Midwest and relocating 1,350 miles (2,173 km) away had been traumatic for the whole family but especially for our preschooler, Season. Shy by nature, she feared new situations and was apprehensive about attending church our first week in a new ward.

Brother Jay, a gentle, dedicated man, blended just the right touch of humor and affection to win Season’s trust. On that first Sunday he crouched down, took hold of her hand, looked into her eyes, and said, “C’mon, sweetheart. You’ll have fun in our class.”

As the weeks passed, Season looked forward to Sunday more than any other day of the week. As soon as we arrived at church, she scanned

the congregation for her teacher. He would smile in greeting.

Throughout the years Brother Jay remembered each student with little gifts for holidays and birthdays. When Season’s birthday approached, the most important guest she wanted to invite to her party was Brother Jay.

Could he have any idea how influential he had become in our little girl’s life? Would he ever guess how much his words and actions were internalized by his group of five-year-old Primary students? Could he possibly know how much it meant to me, as a mother, to have him be part of my daughter’s life?

Later, Season advanced to Brother Edward’s class, and her wonderful Primary experience continued. How thankful I am for all the conscientious, well-prepared, humble men and women who had a positive spiritual influence on Season’s life.

Our entire family has been blessed by dedicated individuals who have served us on our path of spiritual progression. I recall an outstanding Scoutmaster, a long-suffering priests

quorum adviser, a patient Seminary teacher, an extraordinary Young Women presidency, and a caring bishop.

As blessed as our family has been, I know we are not unique. “Brother Jay” could be many people, for there are many dedicated brothers and sisters whose service has touched the lives of families just like ours. How grateful we are for their spirit, commitment, preparation, and love.

Thank you to the countless earnest servants throughout the Church who have assisted our family. ■

*The author lives in Nevada, USA.*



### STRIVE TO CHANGE LIVES

“May we focus on the simple ways we can serve in the kingdom of God, always striving to change lives, including our own.”

Elder M. Russell Ballard of the Twelve Apostles, “O Be Wise,” *Ensign* Nov. 2006, 20.

# JEREMIAH

*“Jeremiah lived in a difficult time and place, but the Lord allowed him to foresee ‘a time of hope during the latter-day gathering of Israel.’”<sup>1</sup>*

—Linda K. Burton, Relief Society general president

I am the son of Hilkiah, a priest in Anathoth, near Jerusalem. During my youth, “the word of the Lord came unto me, saying,

“Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.”

I felt unprepared for this calling, and I replied, “Behold, I cannot speak: for I am a child.”

The Lord replied, “Say not, I am a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak.

“Be not afraid of their faces: for I am with thee to deliver thee.” The Lord then “touched my mouth” and put words into it.<sup>2</sup>

I prophesied in Jerusalem for 40 years, from 626 to 586 B.C., during the reigns of Josiah, Jehoiakim, and Zedekiah.<sup>3</sup> I was a contemporary of the Book of Mormon prophet Lehi. We both condemned the wickedness of the people in Jerusalem

and foretold the destruction of that great city.<sup>4</sup>

The Lord commanded me to record my prophecies in “a roll of a book.”<sup>5</sup> When King Jehoiakim heard the prophecies, he burned the roll. The Lord commanded me to write the prophecies again and add many more to them.<sup>6</sup>

I faced continuous opposition as I preached the Lord’s word. Pashur, the son of the chief governor, smote me and put me in the stocks. The mobs wanted to put me to death for

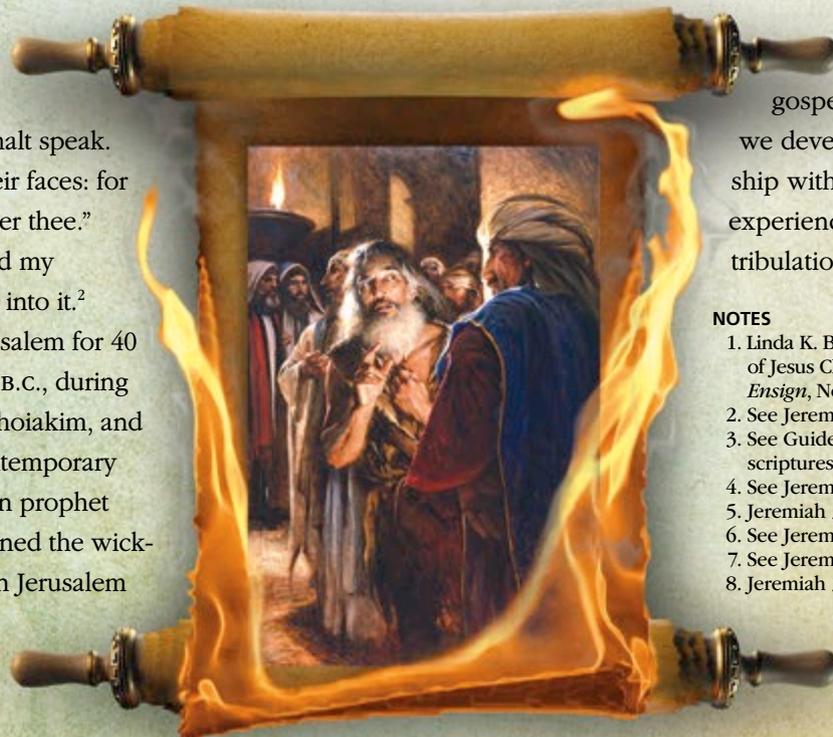
my preaching. I was an unpopular prophet, often cast into dungeons and prisons. I lived in a time of truly great wickedness.<sup>7</sup>

But despite living in the midst of tribulation, the Lord allowed me to foresee that the Israelites would be gathered in the last day, that the Lord would write His law “in their hearts,” and that He would bring “one of a city, and two of a family” to Zion.<sup>8</sup>

As I continued to preach the Lord’s word—even when it was difficult—I learned that an inward commitment to the gospel leads to peace. As we develop individual fellowship with the Lord, we can all experience hope amid trials and tribulation. ■

## NOTES

1. Linda K. Burton, “Is Faith in the Atonement of Jesus Christ Written in Our Hearts?” *Ensign*, Nov. 2012, 111.
2. See Jeremiah 1:1–9.
3. See Guide to the Scriptures, “Jeremiah,” scriptures.lds.org.
4. See Jeremiah 6; 1 Nephi 1:13, 18–20.
5. Jeremiah 36:2.
6. See Jeremiah 36:23–32.
7. See Jeremiah 20:2; 26:8; 38:6.
8. Jeremiah 31:33; 3:14.



PHOTOGRAPH OF SCROLL BY DIMDIMCHISTOCK/THINKSTOCK; JEREMIAH, BY WALTER RANE

## LIZOCHKA'S HEART

By Marina Petrova

My husband and I joined the Church in Russia in 1995 and were sealed the next year in the Stockholm Sweden Temple. Our two young daughters were also sealed to us. Two years later we were blessed to have another daughter, Lizochka, born to us. Our lives were going well. We were all happy. But two days after her birth, our little one began to have trouble eating. In a month she gained only two-thirds of a pound (300 g).

The staff at the children's medical center told us to feed her more often. I saw that she wanted to eat but could not. Finally, my husband took her to the city hospital. The doctor immediately gave us a diagnosis—a birth defect in the heart. One heart valve did not work, and the poor blood flow to her lungs made it hard for her to breathe or eat.

She needed an operation, but in Russia the youngest children to receive this operation were two years old. Our daughter was only one month old. The doctor prescribed a treatment for her and said that later, when she was older, they would perform the operation.

One month later, Lizochka's health worsened dramatically, and we rushed

her to the hospital. I held her as we drove. She looked at me as if pleading for help. If I had not been a member of the Church, I don't know what I would have done. But my husband and I trusted the Lord and firmly believed that all would be well. I tried to calm her, saying, "Don't be scared of anything, my little one. God loves us. He will help us, and everything will be OK."

Finally we arrived. Holding her close to me, I ran to the admitting division. Lizochka's eyes began to close. She was barely breathing. Almost unable to speak, I told a doctor about my child, and the medical staff took her to the intensive care unit. The doctor said her lungs were beginning to swell, and they hooked her up to an artificial-respiration machine.

The next day we talked with the director of the cardio surgery division. He said, "I have done such operations but only on older children. How old is she now?"

"Two months," we told him.

"She already hurts a lot. She is so small, and the swelling of her lungs is complicating things, but we must not drag this on any longer. I have never done such an operation to a small

child. I will try to do all I can. You will have to buy an artificial double valve, but it is very expensive—about \$2,100. The operation will be in four days."

What were we to do? Neither we nor anyone we knew had such money. However, our situation came to the attention of others, and through their generosity and the Lord's mercy we were able to secure the funds. My husband bought the valve we needed to save the life of our child.

Not only did all the brothers and sisters of our branch pray and fast for our little daughter but so did the missionaries and many Latter-day Saints throughout the city. We felt their support. Sitting in the hall on the day of the operation, we felt the presence of the Holy Ghost and sensed the prayers of our brothers and sisters. We knew they were near us! And God was with us, guiding the surgeons. He would not leave us, and everything would work out.

When the surgeon came out after the operation, he, somewhat bewildered, told us, "Everything worked out. We put in the valve. I do not know how, but it succeeded." But we knew how it succeeded. Heavenly Father blessed him.



### WHEN PRAYERS SEEM TO GO UNANSWERED

"It is so hard when sincere prayer about something you desire very much is not answered the way you want. It is difficult to understand why your exercise of deep and sincere faith from an obedient life does not grant the desired result. The Savior taught, 'Whatsoever ye ask the Father in my name it shall be given unto you, *that is expedient for you*' [D&C 88:64; emphasis added]. At times it is difficult to recognize what is *best* or *expedient* for you over time. Your life will be easier when you accept that what God does in your life is for your *eternal* good."

**Elder Richard G. Scott of the Quorum of the Twelve Apostles, "Using the Supernal Gift of Prayer," *Ensign*, May 2007, 9.**

Lizochka stayed in the hospital three more days while the swelling of her heart and lungs went down. She had been cut open and sealed closed by only a thin membrane, and a few days later they operated again to close her chest and organs. Almost none of the doctors expected her to survive. But we believed in Heavenly Father and in His power, and we believed that if it was His will, she would recover.

Only God could have given us back our Lizochka. With each day, she got better. She stayed in the hospital another month, and now she is home with us.

God is a God of miracles. He hears our prayers, and during our hard times, He carries us. Trials strengthen our faith and teach us to believe, hope, and love. ■

*The author now lives in Belgium.*

# THE JADEITE CABBAGE

By Ellen C. Jensen

On my mission in Taiwan, my companion and I spent a little time during one preparation day at the National Palace Museum in Taipei. The main attraction is a piece of art called the Jadeite Cabbage. So many people were admiring it, but all I saw was a cabbage carved out of jade. It was pretty, no doubt, but there must have been something I was missing.

When we finished at the museum, I asked my companion, “What did you think of the Jadeite Cabbage?”

“I love that piece of art!”

“Why?” I asked. “It’s just a cabbage.”

“Are you kidding? The Jadeite Cabbage is a metaphor for my life!” she exclaimed.

“The cabbage?”

“Yes! Don’t you know the story?”

“Apparently not.”

She told me the story. And she was right. It became the metaphor for my mission and my life.

For a jade carving to have great value, the jade has to be one solid color. Carvings made out of perfect jade sell for high prices because it is nearly impossible to find perfect jade. The Jadeite Cabbage is green on

one end and white on the other, and it has cracks and ripples. No skilled carver would waste time on such a piece of jade, until someone came along whom the Chinese call a master carver.

If this jade could talk, I can imagine the conversation it would have with this new carver. I imagine the carver picking up this piece of jade.

“What do you want?” the jade would ask.

“I am looking for jade to carve,” the carver would say.

“Then find another piece. I am of no worth. I have two different colors so intertwined that you’ll never

separate them. I have cracks and ripples in me. I will never be of any worth. Don’t waste your time.”

“Oh, you silly little jade. Trust me. I am a master carver. I will make a masterpiece of you.”

What makes the Jadeite Cabbage so amazing is that this anonymous master carver used the weaknesses of the jade—the two colors, the cracks, and the ripples—to make the cabbage all the more lifelike. The opaque white part became the stem of the cabbage, and the cracks and ripples make the leaves come to life. If it weren’t for the “weaknesses” of this jade, it could not have looked so real.



## THE LORD LOOKETH ON THE HEART

“In our world, moral character oftentimes seems secondary to beauty or charm. But from long ago the Lord’s counsel to Samuel the prophet echoes: ‘The Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart’ (1 Samuel 16:7).”

President Thomas S. Monson, “Canaries with Gray on Their Wings,” *Ensign*, June 2010, 4.



Because of the beauty of this piece of art, it became a gift for one of the royalties in China and adorned the halls of beautiful Asian palaces until it ended up at the museum in Taiwan.

It reminds me of Ether 12:27: “If men come unto me I will show unto them their weakness. . . . My grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.”

After I saw the Jadeite Cabbage, this scripture began to take on new

light. We are all like this piece of jade, except that we are still in the process of being carved. We must trust the master carver, Jesus Christ, who will take our weaknesses and make them strengths. We, in our imperfect view, sometimes focus on our imperfections and then despair because we think we’ll never measure up. But our Savior, Jesus Christ, sees us as we can become. As we allow His Atonement to work in our lives, He will shape us into masterpieces who will one day live with the King of kings. ■

*The author lives in Utah, USA.*

### **HOW CAN I SEE MYSELF AS THE MASTER SEES ME?**

It’s a challenge to see ourselves as the Lord sees us. He sees us as children of God with great potential and great worth. But we sometimes focus on our shortcomings. Our Father in Heaven has not created us to dwell on our flaws but rather to become beautiful masterpieces. Through the gospel of Jesus Christ and His Atonement, we can overcome our shortcomings.

Consider reading the following scriptures to learn how the Lord uses imperfect people to accomplish His work: Exodus 4:10–12; Jeremiah 1:4–10; 1 Nephi 4:1–6; Alma 26:12; Doctrine and Covenants 35:17–18.

# Standing Up FOR WHAT We Believe

**We live in a world** where many see evil as good and good as evil, and we must take a stand for good. Following are testimonies from young adults who stood up for what they believe. They did not argue or react with anger or unkindness. They showed “both courage and courtesy”<sup>1</sup> and, as a result, strengthened others (see 3 Nephi 12:44–45).





## MY BROTHER REFUSED TO DRINK CHAMPAGNE

In France, military service is obligatory. My 20-year-old younger brother, Loïc, decided to go to reserve officers' school to become a lieutenant. At the end of his schooling, there was a swearing-in ceremony for new officers. Each in turn is to recite the regimental slogan. Then he is to drink a glass of champagne containing a rose—consuming both. This tradition started with Napoléon Bonaparte, and no officer since then had failed to participate.

Loïc told the colonel that his religious principles did not allow him to drink alcohol. An icy silence followed Loïc's request for an exemption. The colonel stood up. Instead of forcing Loïc to drink the champagne, he congratulated him for keeping his principles despite the pressure, saying he was proud to welcome this man of integrity into his regiment. They replaced the champagne, and Loïc participated in the swearing-in ceremony.

Pierre Anthian, France

## I WAS INVITED TO A WILD PARTY

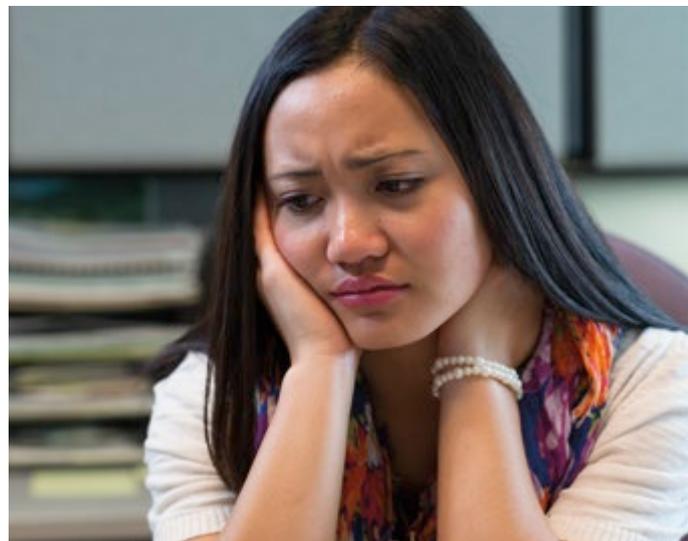
After college my sister Grace and I worked for a company with several other Latter-day Saints. Our employers were not members of the Church. When my sister became engaged, our employer planned a surprise bridal shower for her. I hoped she would respect our standards, but instead she ordered liquor, a male dancer, and a scandalous video.

Before the bridal shower, I felt the whispering of the Holy Ghost within me encouraging me to remind my boss of our standards. I grasped my Young Women medallion and thought of all the effort and sacrifices I had made when I was in Young Women to complete my Personal Progress. I prayed that I would be guided to stand a little taller at this time. I texted my employer my concerns, thinking that she might become offended. Nevertheless, my greatest desire was to please Heavenly Father.

When the party began, my boss didn't talk to me or even smile at me. However, she did cancel the dancer and the video.

In the days following the party, my boss didn't talk and laugh with me like she had before the party. However, I felt comfortable because I knew God was pleased with what I had done. About a week later, my relationship with my boss went back to normal. I know God softened her heart and helped her realize that I lived what I believed.

Lemy Labitag, Cagayan Valley, Philippines



## I HEARD OFFENSIVE LANGUAGE IN CLASS

When I was about 18, I took a sewing class. One day three girls a few feet away from me started using offensive language. I didn't know if I should ignore them to avoid a conflict or if I should stand up for my standards and ask them to stop. Eventually, I said as nicely as possible, "Excuse me, but could you please watch your language?"

The biggest of the girls glared at me and said, "We'll talk however we want."

I said, "But do you really have to swear? It really offends me."

She said, "Then just don't listen."

I was starting to get upset and said, "It's hard not to listen when you're talking so loudly."

She said, "Get over it."

I gave up. I was frustrated with the girls, but even more frustrated with myself. I couldn't believe I'd let my tone get confrontational. The girls were still swearing, and now we were all angry.

After I'd calmed down, I saw that the girls were having trouble with their sewing machine. I knew what was wrong because I'd had the same problem earlier. So I showed them how to fix it. I saw the expression change on the biggest girl's face. "Hey," she said, "we're sorry." I couldn't believe it—she was apologizing. "I'm sorry too," I told her. "I shouldn't have gotten angry like that."

I went back to my sewing machine and didn't hear another swear word. That experience taught me that our words might not change others' attitudes, but kindness and service often can.

Katie Pike, Utah, USA



## I DEFENDED SERVING A MISSION

I joined the Church when I was 19, the second of three sons and the only Latter-day Saint in my family. Shortly after being baptized, I began to feel the desire to serve a mission. After a year, the Spirit told me I should go. I talked with my mother, who felt it was not right that I go. I deferred for another year, but the desire to serve a mission never left me. During that year, I studied the scriptures, saved my money, prepared my papers, had all the medical exams, and—after everything else was completed—I waited on the Lord. Before long, I received a call to serve in the Brazil Campinas Mission.

My parents were still opposed. I fasted and prayed openly, telling Heavenly Father about all my fears. I asked Him to touch the heart of my earthly father. He did. To my surprise, my father attended the farewell party that my friends had prepared for me on the Saturday prior to my departure. And that Monday, my dad took me to the airport.

During my mission, I felt the love of God as I preached the gospel. My mom did not stop being a mother, and when I returned home, she was the first person to hug me.

I learned that serving a mission is much more than a duty; it is a privilege and a marvelous time of growth and learning.

Cleison Wellington Amorim Brito, Paraiba, Brazil



## I BORE TESTIMONY OF GOD

As a freshman in our country's best university, I felt pressure to do my best. Persecution came, and I started to question my belief in the gospel as many of my professors expounded on what they professed to be "reality." Many of my classmates were affected. This environment made it difficult to uphold Christian values. I thought of quitting but decided it was better to stay. I reasoned that if there were only a few who qualified to enter this university, and among those few were only a few Latter-day Saints, then I should stay and stand for truth.

My biology professor, a self-professed atheist, taught science without any belief in a Supreme Creator. Yet the more I heard, the more it reinforced to me that there is a Supreme Being—God, our Father—who created all these things. Others argued that this idea didn't make any sense. Our discussions got more intense. I was anxious to raise my hand and explain I believe in God as the Creator.

The time came to give comments. At my school, it was normal for people to applaud, yell, or boo at those who presented their ideas. I stood boldly and said plainly to the opposing side: "Believing in God may not make any sense to you at the moment, but the day will come when it will all make sense to you as clearly as it does to me now."

Since that time, I've never received any boos when standing up for my beliefs. From that time forward, I progressed academically, socially, and spiritually. I started to become active in student activities, and I was elected to several school offices.

I learned that standing for truth even once greatly affects our future decisions.

Vince A. Molejan Jr., Mindanao, Philippines

### NOTE

1. See Jeffrey R. Holland, "The Cost—and Blessings—of Discipleship," *Ensign*, May 2014, 6.

Discover ways you can stand up for your beliefs: [lds.org/go/standE1014](https://www.lds.org/go/standE1014).

# INSTITUTE

## The Best Treatment

By Jeffrey Anderson

After I returned home from my mission, my goal was to pay my own way through college, so I worked while studying toward a degree. Since I wanted to continue the spiritual growth I had experienced in the mission field, I enrolled in institute, where I could build friendships and strengthen my knowledge of the gospel. Thankfully, it was always easy to find new friends, and institute became a haven for me and a consistent part of my life.

After being in school for eight years, I was finally nearing graduation. Shortly before I began my final semester, I started having difficulty

**Institute sustained me through college and would help me battle my hardest trial yet.**

concentrating. I got really tired, and I felt like I was losing my ability to learn. I went to the doctor and was diagnosed with a primary brain tumor. It was benign, but immediate

surgery would be required to remove it.

Instantly, almost every aspect of my life changed. I had to postpone my education and set aside the job that had paid for it. The week before my surgery, I went to institute. I wanted to do all I could to strengthen my faith during this ordeal.

After my surgery I had a severe learning disability because some of my brain tissue was removed. While my memory and my ability to function were intact, my ability to concentrate in a classroom was almost entirely gone. Despite this, my roommate and friends from my student ward got me coming back to

institute. We made a routine out of getting me out of the house and giving me something to look forward to.

A priesthood blessing from my father and my bishop promised that I would recover from my condition completely. Being in institute, spending time in a classroom, and studying the course materials allowed me to engage my mind so that I could learn again and regain my mental capacity. Institute saved me.

I completed my engineering degree the following semester, and I went on to earn a master's degree in education, even with the learning challenges I faced.

I feel that the institute program gave me the opportunity to learn what the Lord had in store for me and to continue progressing in this life. Institute sustained me throughout my long journey through college by helping me balance my education and my schedule, make new friends, and in the end, recover from a brain tumor. ■

*The author lives in Arizona, USA.*



### **HOLD ON TO INSTITUTE**

“Hold on to the institute program. Gather with your peers in these far-flung facilities.

“Listen to good and able teachers. Participate in the social programs. . . . I pray that you will be blessed of the Lord, that you will receive a good education, that you will find wonderful companionship, and that you will look upon these days as among the most fruitful of your entire lives.”

**President Gordon B. Hinckley (1910–2008), “Be Not Afraid, Only Believe” (Church Educational System devotional for young adults, Sept. 9, 2001), [cesdevotionals.lds.org](http://cesdevotionals.lds.org).**



# Family History

## FOR THE RISING GENERATION

Welcome to today's world of family history filled with technology, dramatic stories, and family photos.

By Carol Brennan Moss

As young adults, you are a part of the “rising generations” spoken of in Doctrine and Covenants 69:8. As with every new generation, you have unique gifts and opportunities. Included in those opportunities is your chance to become involved at an early age with family history and temple work. As Elder David A. Bednar of the Quorum of the Twelve Apostles said, “It is no coincidence that FamilySearch and other tools have come forth at a time when young people are so familiar with a wide range of information and communication technologies. Your fingers have been trained to text and tweet to accelerate and advance the work of the Lord.”<sup>1</sup>

### Start Your Story

Focusing on the people in your life is the easiest way to get started with family history. Ask your parents or grandparents about their family photos. Story after story will flow as they talk about their memories. For example, Travis Jordan of Utah, USA, wanted to know more about his great-grandfather, so he asked his father some questions. His father shared photos and stories with Travis and Travis's young family for a family home evening. Learning that their second great-grandfather was the first man to own a car in his town made a lasting impression on Travis's children.

What stories or photos will you discover that will leave a lasting



impression on you and future generations? Today is the day to write down the memories of your parents and grandparents. Writing a few sentences can capture a story that would otherwise be lost. And with mobile devices, it is easier than ever to capture stories and family photos. Doing this has the power to turn your heart—and the hearts of your posterity—to your fathers (see Malachi 4:6).

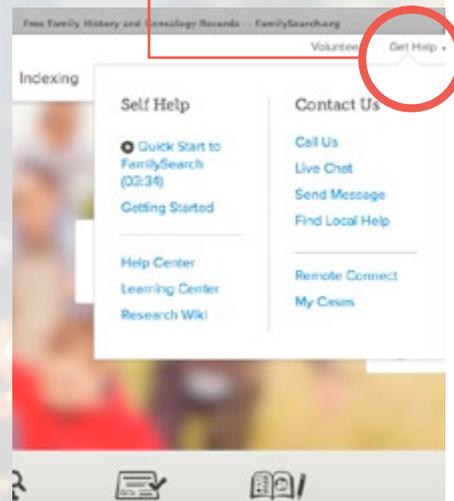
### Finding Lost Family

While growing up, Brian Boice of Illinois, USA, never knew he had a half brother. Although as a teenager he learned of his older brother, he didn't develop a real desire to learn more about him until he attended a

family history class in his ward.

“By searching through records on FamilySearch, I was able to get in touch with my half brother,” says Brian. “I believe the spirit that accompanies this work can mend hearts and heal old wounds.”

Look for your long-lost ancestors by going to FamilySearch.org and clicking the “Get Help” feature at the top of the page. Many types of assistance are available, from live phone calls to how-to videos in the Learning Center.



## Climbing Your Family Tree

Rosana Cattaneo of Utah felt prompted to ask for help finding the name of her second great-grandmother, who had emigrated from Spain to Argentina in the 1800s. With the assistance of a consultant at the Family History Library in Salt Lake City, Rosana was able to use the names of her second great-grandfather and his children to find her second great-grandmother's name within 15 minutes.

"Then I went to Family Tree and entered in the newly found name," says Rosana. "I found a connection to 23 complete pairs of grandparents and many of their children. This witnessed to me the fulfillment of the promise of 'hastening the work' in the last days."

You can start climbing your family tree by going to [FamilySearch.org](http://FamilySearch.org) and clicking "Family Tree." Exploring your tree and adding stories and photos are easy, and you can add more information anytime.



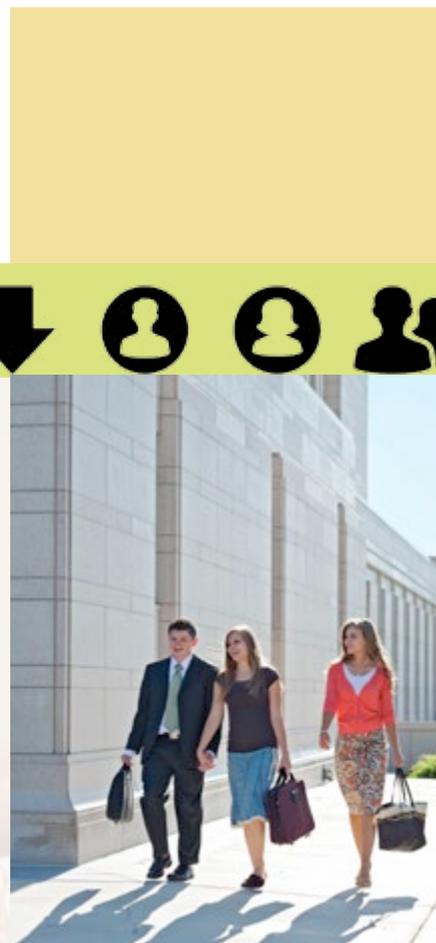
## Preparing Names for the Temple

Technology has made a dramatic difference in the process of preparing names for temple ordinances. Now you can prepare names from



home using Family Tree online. That's right! You can identify ancestors who need temple ordinances, compare them against duplicate entries, and then print out a paper with a bar code that can be scanned at the temple. Family name cards are then printed at the temple for use in ordinance work.

You will need your LDS Account username and password to look through the temple ordinance data for your ancestors on FamilySearch.org. If you don't already have an account, you can create one at FamilySearch.org by clicking "Sign In" and then "Create an Account." Once you've signed in with an LDS Account, click "Temple" to find out if any ordinance opportunities are currently available for your ancestors.



## Building a Fan Chart

With several design options available, sharing your family pedigree with others is more visually exciting than ever before. The popular fan chart at FamilySearch.org is interactive, so you can focus on different ancestors and expand their personal charts. This tool helps you see what information is known and what still needs to be discovered.

You can print a small copy of your fan chart for personal use or a large copy to display in your home. One family even printed and laminated copies of their fan chart to use as place mats on the dinner table. It certainly prompted great mealtime discussions.

You can discover more about building a fan chart by going to FamilySearch.org. Make sure you're signed in, then click "Fan Chart."



## The Divine Nature of the Family

As we discover our roots, the spirit of Elijah testifies of the divine nature of the family. By using the tools developed for this time, we can accomplish the divinely appointed responsibility we have of discovering family members and preparing their names for proxy ordinances. "For behold the field is white already to harvest" (D&C 4:4), and the way has been made possible.

Elder Russell M. Nelson of the Quorum of the Twelve Apostles said that the spirit of Elijah is "a manifestation of the Holy Ghost bearing witness of the divine nature of the family,"<sup>2</sup> reminding us that doing family history and temple work has eternal significance.

As you of the rising generation try your hands at this great endeavor—hands with fingers that "have been trained to text and tweet"—you will help hasten the work of salvation in family history and temple work just as our prophets have asked. ■

*The author lives in Utah, USA.*

### NOTES

1. David A. Bednar, "The Hearts of the Children Shall Turn," *Ensign*, Nov. 2011, 26.
2. Russell M. Nelson, "A New Harvest Time," *Ensign*, May 1998, 34.



## My Family

Stories That Bring Us Together



### IF YOU DON'T USE THE INTERNET

There is no need to use the Internet to start capturing your memories—you can use the newly released booklet *My Family: Stories That Bring Us Together* (item no. 10974). Ask your ward or branch clerk to order you a copy from [store.lds.org](http://store.lds.org). This booklet will help you capture the information you need to get your tree started. You will be guided step-by-step to add what you know about your parents, your grandparents, and your great-grandparents, and you'll be able to add your stories and pictures. Once you've added what you can, someone with access to FamilySearch.org can help you transfer your information and photos from the booklet to Family Tree using the "Help Others" feature.

If you have names ready to submit for temple work, a ward or branch family history consultant will help you do so.

# My Intertwined TESTIMONY

By Ivy Noche

Missionaries taught my family the gospel in our home in Singapore. My father did not join the Church, but my mother did. She taught us of Jesus Christ and of His gospel. Even as a child, I proudly told my friends that I was a Latter-day Saint.

I always trusted my mother's teachings. But when I became a young adult, a missionary asked me how many times I had read the Book of Mormon. I had been asked this question before, but this time I realized that because I had not read the Book of Mormon, I did not know whether it was true.

## An Undeniable Fact

I could no longer dodge an undeniable fact: the truthfulness of the

**For me, the truthfulness of the gospel of Jesus Christ and the truthfulness of the Book of Mormon are intertwined. If the gospel is true, then the Book of Mormon is true.**

gospel of Jesus Christ and the truthfulness of the Book of Mormon are intertwined. If the gospel is true, then the Book of Mormon is true. Since I didn't know whether the Book of Mormon was true, I now felt uncertain of everything I had grown to believe in. Confusion filled my mind,

and the question—"Is the Book of Mormon true?"—remained in my heart.

My growing relationship with the Savior, Jesus Christ, also led me to a desire for the truth. The day I realized that I could not learn enough about Jesus Christ without seriously reading the Book of Mormon was the day I profoundly desired to know whether it was true.

## Called as a Teacher

I prayed for guidance. During this time, my branch president called me to teach about the Book of Mormon in the Gospel Doctrine class. I accepted the calling because I felt it might be the Lord's answer to help me know the truth of the Book

of Mormon and to draw closer to the Savior.

Teaching was hard. After the first few Sundays, I knew that I would never be effective until I believed in the Book of Mormon.

### **Stories Unfolded Chapter by Chapter**

I began studying the Book of Mormon each week and soon found joy in my reading. The stories in the Book of Mormon unfolded chapter by chapter and drew me closer to Jesus Christ.

I read of Christ's birth, which Nephi saw in a vision:

"And I beheld the city of Nazareth; and in the city of Nazareth I beheld a virgin, and she was exceedingly fair and white. . . .

"And [the angel] said unto me: Behold, the virgin whom thou seest is the mother of the Son of God, after the manner of the flesh" (1 Nephi 11:13, 18).

I read of the plan of happiness and learned that faith in Jesus Christ is necessary for our salvation. Amulek taught:

"I do know that Christ shall come among the children of men, to take

upon him the transgressions of his people, and that he shall atone for the sins of the world; for the Lord God hath spoken it.

". . . For according to the great plan of the Eternal God there must be an atonement made, or else all mankind must unavoidably perish" (Alma 34:8–9).

I read of Jesus Christ ministering to His other sheep in ancient America, and I knew that He is the God of all nations. He told the Nephites: "Ye are they of whom I said: Other sheep I have which are not of this fold; them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd" (3 Nephi 15:21).

### **My Testimony Came Little by Little**

As I read the Book of Mormon, my faith in Jesus Christ brightened and my understanding of His plan expanded (see Alma 32:28).

I testify that the Book of Mormon is the keystone of our religion. The Holy Ghost has revealed to me that Joseph Smith is a true prophet who restored the Church of God upon the earth and who translated

the Book of Mormon from the gold plates. The Book of Mormon testifies of Jesus Christ and works hand in hand with the Bible. Together they testify that Jesus Christ is truly the Son of God and that He is the God of *all* nations, not just one. ■

*The author lives in Singapore.*



### **THE KEystone OF OUR RELIGION**

"Just as the arch crumbles if the keystone is removed, so does all the

Church stand or fall with the truthfulness of the Book of Mormon. . . . If the Book of Mormon be true—and millions have now testified that they have the witness of the Spirit that it is indeed true—then one must accept the claims of the Restoration and all that accompanies it."

**President Ezra Taft Benson (1899–1994), in *Preach My Gospel: A Guide to Missionary Service* (2004), 104.**

# meet the MORMONS

**“I’m not close to perfection, but I’m perfect in one thing: I’m perfect in trying.”**

—Bishnu Achikari (humanitarian),  
featured in *Meet the Mormons*

By Starla Awerkamp Butler

God is the author of diversity,” says Darius Gray in a new Church-produced film entitled *Meet the Mormons*. Darius is a friend of Jermaine Sullivan, a bishop from Georgia, USA, who is featured in the film. Jermaine’s story and those of five other Latter-day Saint families are highlighted in this moving documentary to be released in theaters on October 10. Jermaine’s wife, Kembe, said of the movie, “People get to see us as we really are. That was one of the things that I loved, that it stayed true to our family.”

The filmmakers searched the world and found six powerful examples of modern members of the Church who, although their lives and interests are very different, are all doing their best to live the gospel, whether it be as a competitive kickboxer or a missionary mom.

## DIVERSITY IS A STRENGTH OF THE CHURCH



“Some might say, ‘I just don’t fit in with you people in the Church.’

“If you could see into our hearts, you would probably

find that you fit in better than you suppose. You might be surprised to find that we have yearnings and struggles and hopes similar to yours. Your background or upbringing might seem different from what you perceive in many Latter-day Saints, but that could be a blessing. Brothers and sisters, dear friends, we need your unique talents and perspectives. The diversity of persons and peoples all around the globe is a strength of this Church.”

**President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Come, Join with Us,” *Ensign*, Nov. 2013, 23.**

## IN THEATERS NEAR YOU

For the first time, a film produced by the Church will be distributed to theaters. *Meet the Mormons* opens in the United States on **October 10**, and the Church will give net proceeds from the film directly to charity. After its theatrical release, the movie will be made available via other distribution platforms and in other countries.

Visit [meetthemormons.com](http://meetthemormons.com) to find information on where and when the movie will be playing and to see trailers. The wide distribution of the film means that many will have the opportunity to have a glimpse inside the lives of six ordinary Latter-day Saint families living their lives in an extraordinary way.

Each segment of the movie beautifully captures who the featured individuals are as members of the Church in all their reality and humanity. These husbands and wives, fathers and mothers share their experiences as they try to balance faith and family with work, hobbies, and culture. The film shows that even though members of the Church are very diverse, they are all part of a big family striving for the same goals.

Viewers of advance screenings have described the emotional power of the movie:

“From the first moment it started I was laughing, and I was in tears at times.”

“I was moved. I thought, ‘What an honest portrayal of what my life is really like.’”

Others have spoken of the experience of seeing the different stories:

“It was awesome to see different walks of life around the whole world. I just guarantee you that anybody in the whole world could relate to at least one of those stories.”

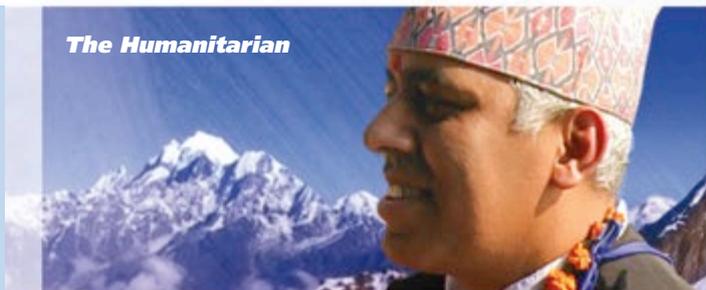
“It was really touching and really relatable because again, these people are right around the corner; they’re your next-door neighbor. It brings it all home.”

“I can’t wait to see it again.”

In addition to various places in the United States, *Meet the Mormons* takes viewers to Nepal, Costa Rica, Germany, and South Africa, providing an around-the-world look at families who meet their daily challenges with faith in Jesus Christ. ■

*The author lives in Utah, USA.*

*The Humanitarian*



*The Candy Bomber*



*The Fighter*



*The Coach*



*The Bishop*



*The Missionary Mom*



# Sweetwater Crossing

(NOVEMBER 4, 1856)

By Stephen E. Robinson

*So many miles, and such a shallow stream, but wet and  
Wide with sticky mud.<sup>1</sup> And this time there was snow and ice.  
Not ice enough to cross<sup>2</sup> on, like the miracle at Nauwoo.  
Another miracle was needed here; and perhaps a sacrifice.*

*With wagons, clothing, food,<sup>3</sup> and fire for loved ones yet unknown,  
Men and boys from Zion climbed their mountains through the frost  
To find the stranded pioneers, exhausted on the prairie and  
Dying in November's snows, with the Sweetwater still to cross.*

*Their clothes were rent; their strength was spent; they'd eaten belts and shoes.  
Hundreds there were winter-bound with no hope that they might rally;  
It would take a bridge of living flesh, willingly laid down,  
To save the souls at Devil's Gate and bring them to the Valley.*

*Then the Valley boys, some beardless, brave, saw no other way.  
The young men knew what they must do—saw what was required,  
And carried, ferried, the weak and sick across the freezing water,  
Crossed and recrossing, crossed again. Crossed, though chilled and tired.*

*And as the young men waded, bearing on their strong, warm backs  
Their loads of tired flesh, of fathers, mothers, children, wives,<sup>4</sup>  
Ignored the pain, the chills like nails in freezing hands and feet,  
They crossed for love—and Jesus' sake—and offered life for lives.<sup>5</sup>*

*And while from Devil's Gate all crossed to the shelter of the Cove,  
Like lambs born in too-early spring, the young men shivered and they froze,  
Bearing scores of pilgrim strangers, the least of all the pioneers,<sup>6</sup>  
Who had pushed their carts and their poor hearts till both broke<sup>7</sup> in winter's snows.*

*That cold and lonely river was once the crossroads of the world,  
Where works of faith met gifts of grace at the continent's divide.  
God there poured out his mercy on both the saviors and the saved,  
And those who crossed and washed<sup>8</sup> in that sweet Water never died.*

*The author lives in Utah, USA.*





#### NOTES

1. On the surface, this poem is about crossing the Sweetwater River. The symbolic subtext, however, is the Atonement of Jesus Christ and how He bore the weight of the whole human family on His shoulders, as symbolized by the young rescuers who carried pioneers across the freezing river.
2. The word *cross* is used 12 times in the title

and the text of the poem. The repetition is intentional. The willing sacrifice of the young men delivers the souls from “Devil’s” Gate across the water to their salvation.

3. See Matthew 25:37–40.
4. In relation to the first two lines of this stanza, see Isaiah 22:23–24, where it is prophesied that the Messiah, “as a nail in a sure place,”

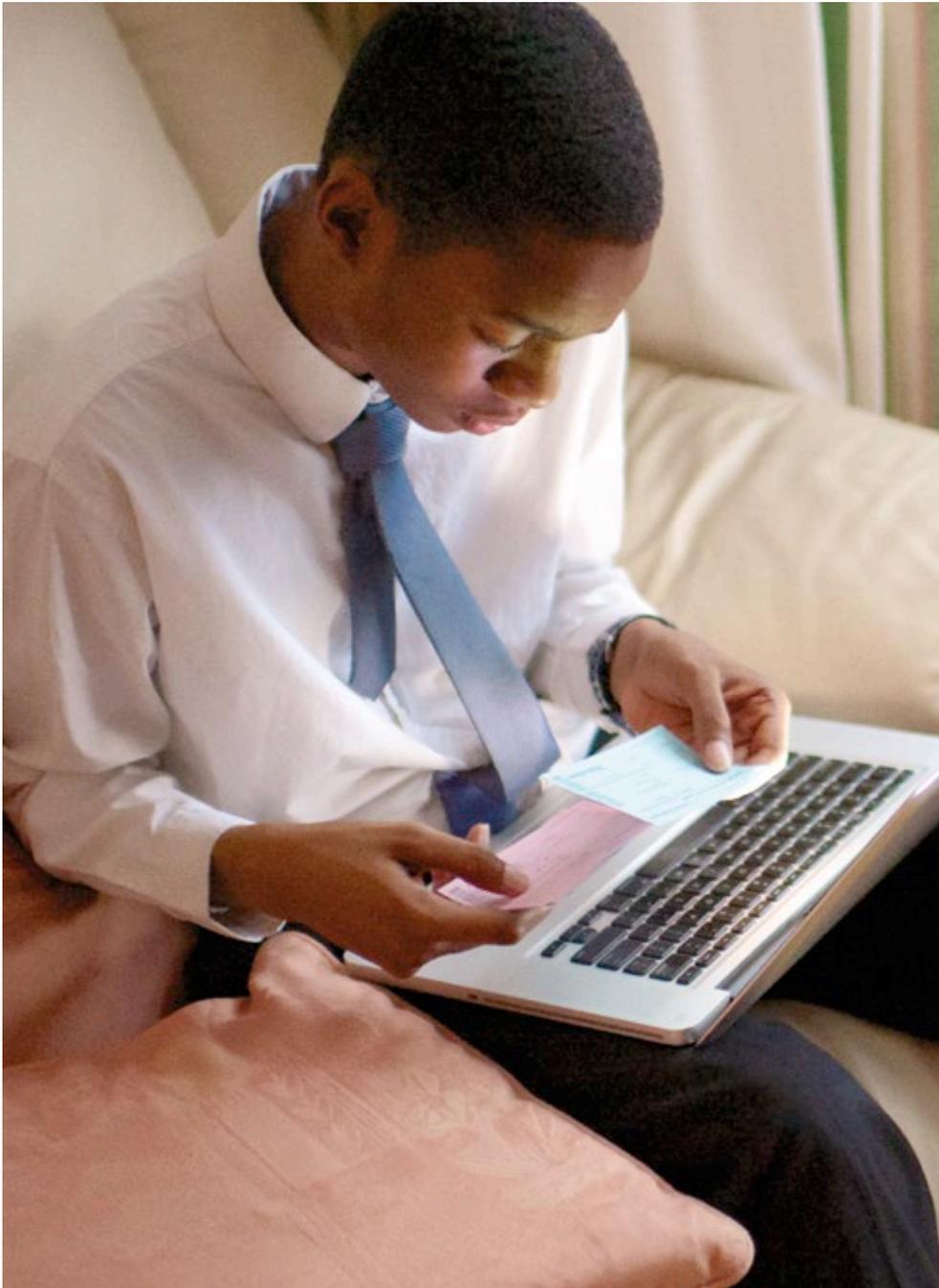
will bear all the weight of His Father’s house.

5. Historical note: While the rescuers did *offer* their lives, no one actually perished in the Sweetwater crossing.
6. See Matthew 25:37–40.
7. See Luke 4:18 and Psalm 51:17; 147:2–3.
8. See John 4:10–14; 1 Corinthians 6:11; Titus 3:5; Revelation 1:5.



By Elder  
David A. Bednar  
Of the Quorum of  
the Twelve Apostles

# Missionary, Family History, and Temple **Work**



At a solemn assembly held in the Kirtland Temple on April 6, 1837, the Prophet Joseph Smith said, “After all that has been said, the greatest and most important duty is to preach the Gospel.”<sup>1</sup>

Almost precisely seven years later, on April 7, 1844, he declared: “The greatest responsibility in this world that God has laid upon us is to seek after our dead. The apostle says, ‘They without us cannot be made perfect’ [see Hebrews 11:40]; for it is necessary that the sealing power should be in our hands to seal our children and our dead for the fulness of the dispensation of times—a dispensation to meet the promises made by Jesus Christ before the foundation of the world for the salvation of man.”<sup>2</sup>

Some individuals may wonder how both preaching the gospel *and* seeking after our dead can be simultaneously the greatest duties and responsibilities God has placed upon His children. My purpose is to suggest

*Preaching the gospel and seeking after our dead are complementary parts of one great work—a labor of love intended to change, turn, and purify the hearts of honest seekers of truth.*



that these teachings highlight the unity and oneness of the latter-day work of salvation. Missionary work and family history and temple work are complementary and interrelated aspects of one great work, “that in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him” (Ephesians 1:10).

I pray the power of the Holy Ghost will assist you and me as we consider together the marvelous latter-day work of salvation.

### **Hearts and Priesthood Ordinances**

Preaching the gospel and seeking after our dead are two divinely appointed responsibilities that relate to both our hearts and to

priesthood ordinances. The essence of the Lord’s work is changing, turning, and purifying hearts through covenants and ordinances performed by proper priesthood authority.

The word *heart* is used over 1,000 times in the standard works and symbolizes the inner feelings of an individual. Thus, our hearts—the sum total of our desires, affections, intentions, motives, and attitudes—define who we are and determine what we will become.

The Lord’s purpose for missionary work is to invite all to come unto Christ, receive the blessings of the restored gospel, and endure to the end through faith in Christ.<sup>3</sup> We do not share the gospel merely to increase the numerical size and strength of the latter-day Church. Rather, we seek to fulfill the



*Simply performing and dutifully checking off all of the things on our lengthy gospel “to do” list does not necessarily enable us to receive His image in our countenance or bring about the mighty change of heart.*

divinely appointed responsibility to proclaim the reality of the Father’s plan of happiness, the divinity of His Only Begotten Son, Jesus Christ, and the efficacy of the Savior’s atoning sacrifice. Inviting all to “come unto Christ” (see Moroni 10:30–33), experiencing the “mighty change” of heart (see Alma 5:12–14), and offering the ordinances of salvation to individuals in mortality not yet under covenant are the fundamental objectives of preaching the gospel.

Enabling the exaltation of the living and the dead is the Lord’s purpose for building temples and performing vicarious ordinances. We do not worship in holy temples solely to have a memorable individual or family experience. Rather, we seek to fulfill the divinely appointed responsibility to offer the ordinances of salvation and exaltation to the entire human family. Planting in the hearts of the children the promises made to the fathers, even Abraham, Isaac, and Jacob; turning the hearts of the children to their own fathers; and performing family history research and vicarious ordinances in the temple are labors that bless individuals in the spirit world not yet under covenant.

Priesthood ordinances are the pathway to the power of godliness:

“And this greater priesthood administereth the gospel and holdeth the key of the mysteries of the kingdom, even the key of the knowledge of God.

“Therefore, in the ordinances thereof, the power of godliness is manifest.

“And without the ordinances thereof, and the authority of the priesthood, the power of godliness is not manifest unto men in the flesh” (D&C 84:19–21).

Please consider the sobering significance of these verses. An individual *must* first pass through the gate of baptism and receive the gift of the Holy Ghost—and then continue to press forward along the path of covenants and ordinances that leads to the Savior and the blessings of His Atonement (2 Nephi 31). Priesthood ordinances are essential to fully “come unto Christ, and be perfected in him” (see Moroni 10:30–33). Without the ordinances, an individual cannot receive all of the blessings made possible through the Lord’s infinite and eternal atoning sacrifice (see Alma 34:10–14)—even the power of godliness.

The Lord’s work is one majestic work focused upon hearts, covenants, and priesthood ordinances.

### **Implications**

This divine doctrine suggests two important implications for our work in the Church.

First, we may often give undue emphasis to separate categories of the work of salvation and the associated policies and procedures. I fear that many of us may focus so exclusively and intensely on specific facets of the Lord’s work that we fail to garner the full power of this comprehensive labor of salvation.

While the Lord seeks to gather all things together in one in Christ, we may often segment and specialize in ways that limit our understanding and vision. When carried to an extreme, priority is given to managing programs and enhancing statistics over inviting individuals to enter into covenants and receive ordinances worthily. Such an approach constrains the purification, the

joy, the continuing conversion, and the spiritual power and protection that come from “yielding [our] hearts unto God” (Helaman 3:35). Simply performing and dutifully checking off all of the things on our lengthy gospel “to do” list does not necessarily enable us to receive His image in our countenance or bring about the mighty change of heart (see Alma 5:14).

Second, the spirit of Elijah is central in and vital to the work of proclaiming the gospel. Perhaps the Lord was emphasizing this truth in the very sequence of events that occurred as the fulness of the gospel was restored to the earth in these latter days.

In the Sacred Grove, Joseph Smith saw and talked with the Eternal Father and Jesus Christ. This vision ushered in the “dispensation of the fulness of times” (Ephesians 1:10) and enabled Joseph to learn about the true nature of the Godhead and of continual revelation.

Approximately three years later, in response to earnest prayer on the evening of September 21, 1823, Joseph’s bedroom filled with light until it was “lighter than at noonday” (Joseph Smith—History 1:30). A personage appeared at his bedside, called the young boy by name, and declared “he was a messenger sent from the presence of God . . . and that his name was Moroni” (Joseph Smith—History 1:33). He instructed Joseph about the coming forth of the Book of Mormon. And then Moroni quoted from the book of Malachi in the Old Testament,



*We do not worship in holy temples solely to have a memorable individual or family experience. Rather, we seek to fulfill the divinely appointed responsibility to offer the ordinances of salvation and exaltation to the entire human family.*

with a little variation in the language used in the King James Version:

“Behold, I will reveal unto you the Priesthood, by the hand of Elijah the prophet, before the coming of the great and dreadful day of the Lord. . . . And he shall plant in the hearts of the children the promises made to the fathers, and the hearts of the children shall turn to their fathers. If it were not so, the whole earth would be utterly wasted at his coming” (Joseph Smith—History 1:38–39).

Moroni’s instructions to the young prophet ultimately included two primary themes: (1) the Book of Mormon and (2) the words of Malachi foretelling the role of Elijah in the restoration “of all things, which God hath spoken by the mouth of all his holy prophets since the world began” (Acts 3:21).

Thus, the introductory events of the Restoration revealed a correct understanding of the Godhead, established the reality of continuing revelation, emphasized the importance of the Book of Mormon, and anticipated the work of salvation and exaltation for both the living and the dead.

Please now consider the role of the Book of Mormon in changing hearts—and of the spirit of Elijah in turning hearts.

The Book of Mormon in combination with the Spirit of the Lord is “the greatest single tool which God has given us to convert the world.”<sup>4</sup> This Restoration volume of scripture is the keystone of our religion and is



*Preaching the gospel and seeking after our dead are two divinely appointed responsibilities that relate to both our hearts and to priesthood ordinances.*

essential in bringing souls to the Savior. The Book of Mormon is another testament of Jesus Christ—a vital confirming witness of the divinity of the Redeemer in a world that grows ever more secular and cynical. Hearts are changed as individuals read and study the Book of Mormon and pray with real intent to learn of the truthfulness of the book.

The spirit of Elijah is “a manifestation of the Holy Ghost bearing witness of the divine nature of the family.”<sup>5</sup> This distinctive influence of the Holy Ghost bears powerful witness of the Father’s plan of happiness and draws people to search out and cherish their ancestors and family members—both past and present. The spirit of Elijah affects people both inside and outside of the Church and causes hearts to turn to the fathers.



*Six videos are part of this article. Scan this QR code or go to [lds.org/go/bednarE1014](https://lds.org/go/bednarE1014) to see the first video of a story demonstrating this principle.*

The time has come for us to capitalize more effectively on the potent combination of the mighty change of heart, made possible primarily by the spiritual power of the Book of Mormon, and the turning of hearts to the fathers, accomplished through the spirit of Elijah. A yearning for connection to our past can prepare an individual to receive the virtue of the word of God and fortify his or her faith. A heart turning to the fathers uniquely helps an individual withstand the influence of the adversary and strengthen conversion.

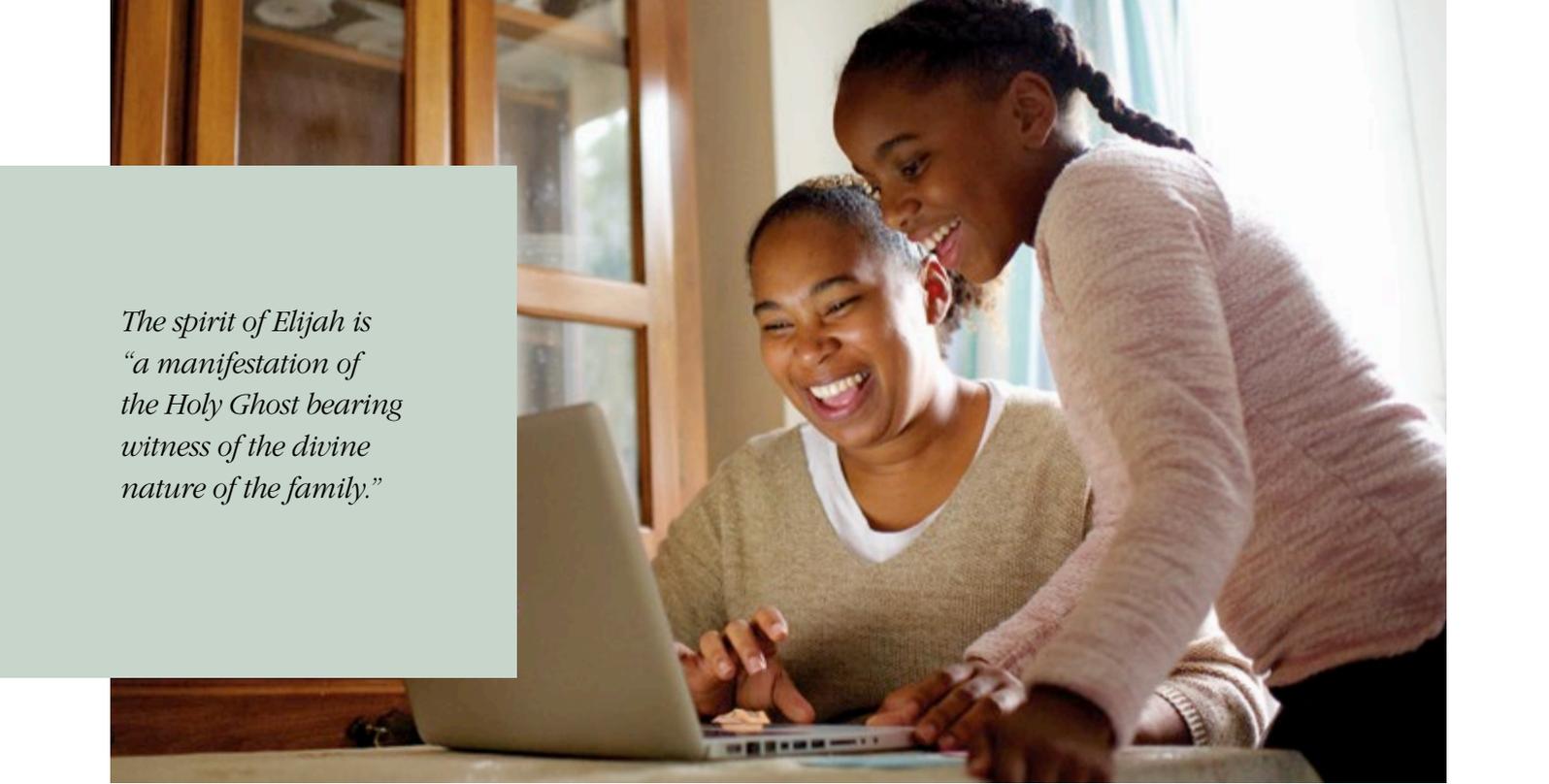
*Watch the second video to view a story demonstrating this principle.*

## Principles

I now want to identify four principles about the spiritual power that results from changing and turning hearts.

- 1. Hearts and conversion.** Turning to the fathers awakens and prepares a heart for the mighty change. Thus, the spirit of Elijah helps in conversion.  
*Watch the third video to view a story demonstrating this principle.*
- 2. Hearts and retention.** Turning to the fathers sustains and strengthens hearts that have experienced the mighty change. Thus, the spirit of Elijah helps in retaining new converts.  
*Watch the fourth video to view a story demonstrating this principle.*
- 3. Hearts and reactivation.** Turning to the fathers softens a heart that has become hardened after experiencing the mighty change. Thus, the spirit of Elijah is key in reactivation.  
*Watch the fifth video to view a story demonstrating this principle.*
- 4. Hearts and valiant missionaries.** A missionary who has experienced both the mighty change and the turning of the heart will be a more converted, consecrated, and valiant servant.  
*Watch the sixth video to view a story demonstrating this principle.*

With a rapidly expanding and better-prepared missionary force, we simply cannot rely exclusively on past proselyting successes to determine our course and methods for the future. The Lord has inspired technologies and tools that enable



*The spirit of Elijah is  
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nature of the family.”*

us to benefit from the oneness of missionary work and temple and family history work more than at any previous time in this dispensation. And it is no coincidence that these innovations have come forth at precisely the time they are so needed to advance missionary work all over the earth. The Lord’s work is one majestic work focused upon hearts that change and turn, on sacred covenants, and upon the power of godliness manifested through priesthood ordinances.

### Summary and Testimony

The Lord declared, “I am able to do mine own work” (2 Nephi 27:21), and “I will hasten my work in its time” (D&C 88:73). We are witnesses of His hastening of His work.

We live and serve in the dispensation of the fulness of times. Recognizing the eternal importance of the distinctive dispensation in which we live should influence all that we do and strive to become. The work of salvation to be accomplished in these last days is grand, vast, essential, and urgent. How grateful each of us should be for the blessings and responsibilities of living in this specific season of the final dispensation. How humble we should be knowing that “unto whom much is given much is required” (D&C 82:3).

Preaching the gospel and seeking after our dead are complementary parts of one great work—a labor of love intended to change, turn, and purify the hearts of honest

seekers of truth. The artificial boundary line we so often place between missionary work and temple and family history work is being erased; this is one great work of salvation.<sup>6</sup>

Can we begin to understand the role of temple and family history work in helping an investigator or a less-active member obtain a deeper understanding of the plan of salvation? Do we recognize that one of the greatest influences on convert retention is the spirit of Elijah? Can we more fully appreciate the importance of heart-turning moments occasioned by the sharing of family stories as a means of finding people to teach by both members and missionaries? Can we help those we serve access more often the powers of godliness by participating worthily in ordinances such as the sacrament and baptisms and confirmations for the dead?

May you see clearly, hear unmistakably, and ever remember the importance of your service in the Lord’s work of changing, turning, and purifying hearts. ■

*From an address given at the seminar for new mission presidents on June 25, 2013.*

*Learn ways you can start doing family history work: [lds.org/go/familyE1014](https://www.lds.org/go/familyE1014).*

### NOTES

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 330.
2. *Teachings: Joseph Smith*, 475.
3. See *Preach My Gospel: A Guide to Missionary Service* (2004), 1.
4. Ezra Taft Benson, “A New Witness for Christ,” *Ensign*, Nov. 1984, 7.
5. Russell M. Nelson, “A New Harvest Time,” *Ensign*, May 1998, 34.
6. See Spencer W. Kimball, “The Things of Eternity—Stand We in Jeopardy?” *Ensign*, Jan. 1977, 3.

# WELCOME FAMILY



# What's a Family Tree Gathering?

By Sally Johnson Odekirk

Church Magazines

In the April 2014 general conference, Elder Quentin L. Cook of the Quorum of the Twelve Apostles reminded us of the importance of family history and temple work. He said: “We finally have the doctrine, the temples, and the technology for families to accomplish this glorious work of salvation. I suggest one way this might be done. Families could hold a ‘Family Tree Gathering.’ This should be a recurring effort” (“Roots and Branches,” *Ensign*, May 2014, 47).

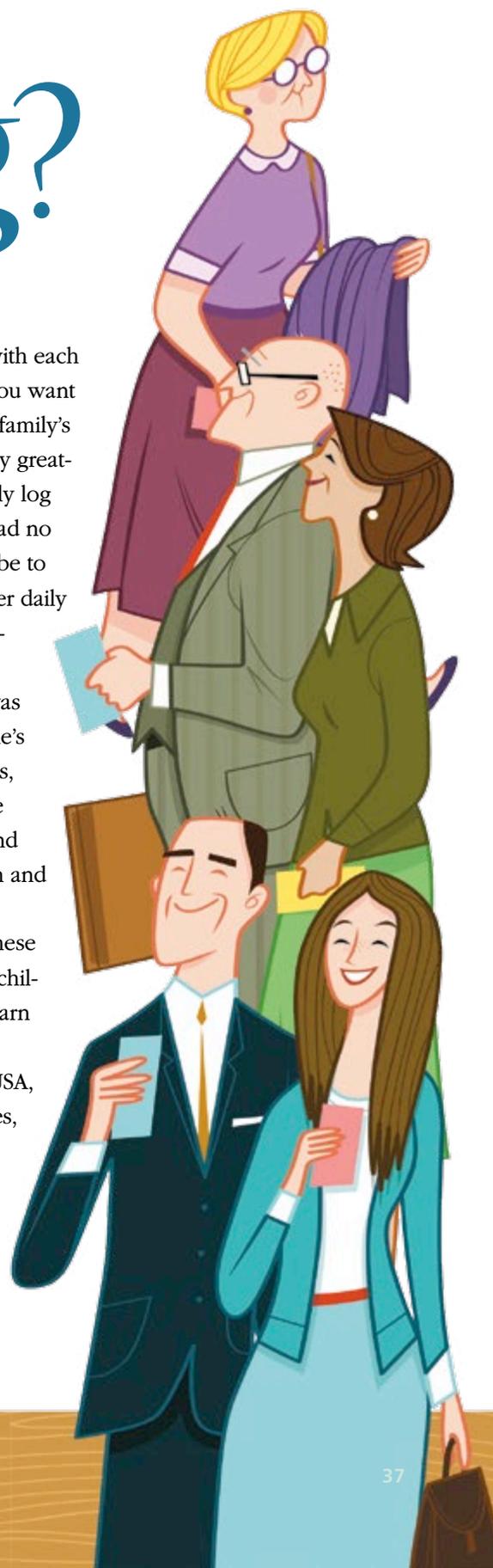
What is a family tree gathering? It is a time when your family can learn about and preserve your family’s story, including making sure that temple ordinances are done for your ancestors. It can be as simple as a series of family home evenings or be part of a traditional family reunion. The important thing is to have fun making memories together and to build bonds of love for each other, for loved ones long gone, and for future generations.

Over a period of time, here are some things you might try:

1. Set aside time to look for ancestors whose temple ordinances need to be done. Then make assignments and attend the temple together to do this essential work.
2. Have a day when family members can bring existing family histories, stories,

and photos and share them with each other. Decide together how you want to preserve and present your family’s stories. For example, when my great-grandmother Kittie kept a daily log during the 1930s, she likely had no idea how important it would be to her posterity. In addition to her daily activities, she recorded important family information and stories she heard when she was young. Eighty years later, Kittie’s journal unites her descendants, who treasure it and cooperate in finding ways to preserve and share the stories with children and grandchildren.

3. On another occasion, share these stories and photos with your children to get them excited to learn about the lives of their family members. Jim Ison of Ohio, USA, added his grandparents’ stories, photos, and documents to his family tree on FamilySearch.org. He created albums on specific topics about his grandparents and then put together an “ancestor



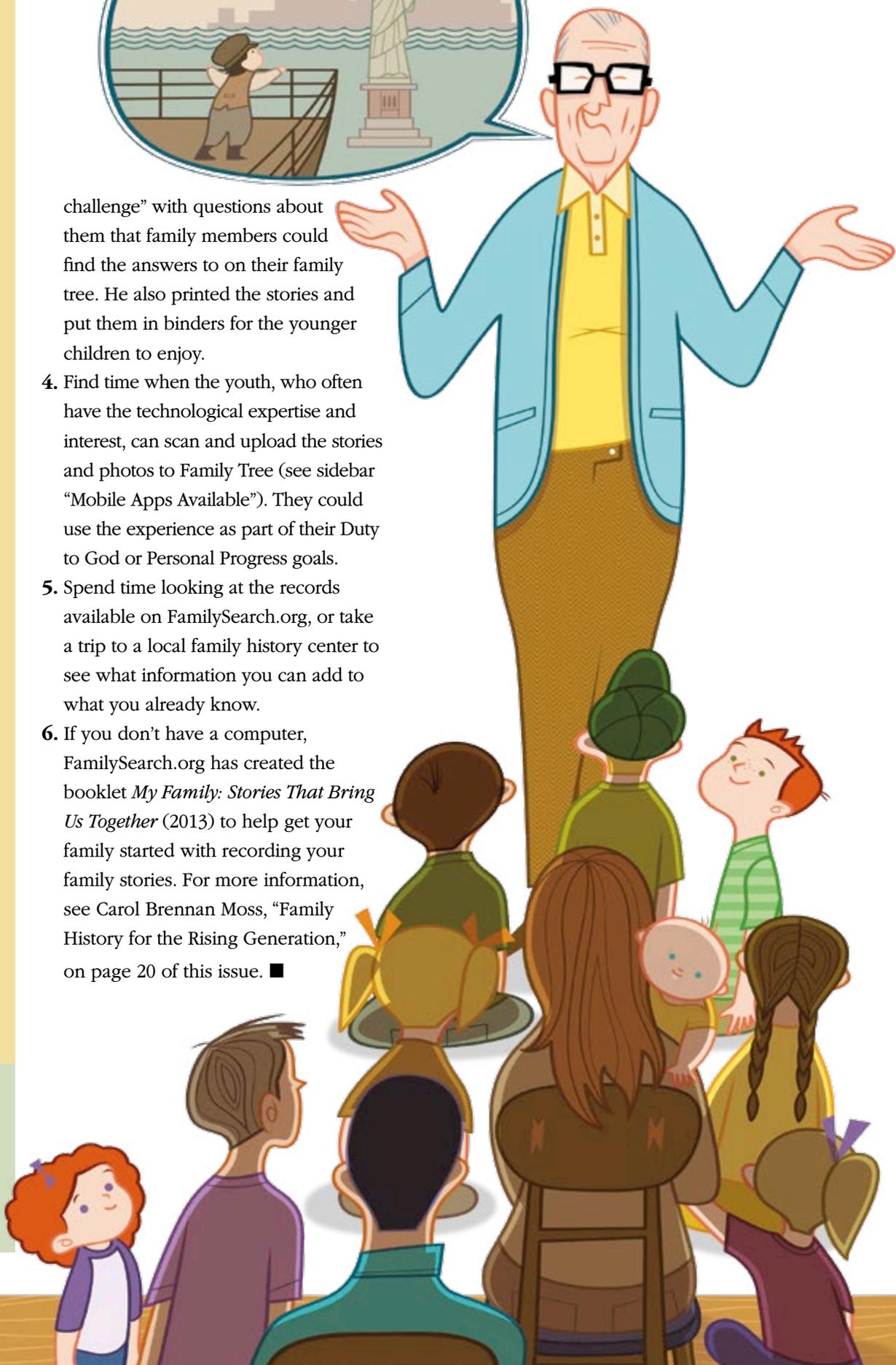
## DRAWN TO FAMILY HISTORY

**Stenner E., 17,** of Wiltshire, England, describes the effect family history and temple work have had on his life: "Until I was 13, I never really thought about family history and did not understand it, although I liked hearing stories about my maternal great-grandparents and knew something about them. Then one day we had a Young Men activity where we started working on our family tree. I loved it! But I did not know how to do it myself, so my ward's family history consultant helped get me going. After a month of work, my siblings and I and two of our cousins went to the London temple and performed over 50 baptisms and confirmations for ancestors I found on my paternal great-grandmother's side. It was one of the most wonderful experiences I have ever had."

*If you choose to hold a family tree gathering as Elder Cook suggests, consider sharing your experiences with us at [lds.org/ensign](https://lds.org/ensign) (select "Submit Your Work").*



- challenge" with questions about them that family members could find the answers to on their family tree. He also printed the stories and put them in binders for the younger children to enjoy.
4. Find time when the youth, who often have the technological expertise and interest, can scan and upload the stories and photos to Family Tree (see sidebar "Mobile Apps Available"). They could use the experience as part of their Duty to God or Personal Progress goals.
  5. Spend time looking at the records available on FamilySearch.org, or take a trip to a local family history center to see what information you can add to what you already know.
  6. If you don't have a computer, FamilySearch.org has created the booklet *My Family: Stories That Bring Us Together* (2013) to help get your family started with recording your family stories. For more information, see Carol Brennan Moss, "Family History for the Rising Generation," on page 20 of this issue. ■



# Suggestions for Holding a Family Tree Gathering

Think of what works for your family, and consider the following ideas:

## WHAT DO WE WANT TO ACCOMPLISH?

- Gather and share family records, photos, and artifacts before they get scattered and lost.
- Find ancestors who need their temple ordinances completed.
- Honor living relatives, listen to and preserve their stories, and teach children family stories.
- Create family history books or blogs.

## WHOM SHOULD WE INVITE?

Gatherings can be as small and simple or as large as you would like. They could be:

- A series of family home evenings with your children (for ideas, visit [lds.org/go/fheE1014](http://lds.org/go/fheE1014)).
- Grandparents sharing their stories with their family.
- A large gathering of family members descended from a common ancestor.

## WHEN AND WHERE SHOULD WE MEET?

- You could have your gathering be part of a regularly held family reunion or have it Sunday evenings at a family member's home.
- If family members live far away from each other, you could have a virtual gathering using social media. Time and distance prevent me from taking a trip to see where Great-Grandmother Kittie lived, but our family can share the experience using social media.

## WHAT COULD WE DO AT A GATHERING?

Work together to decide what your family's interests and resources are. You might:

- Make assignments to involve family members. Do you have a member who likes to

cook? Have that person collect and share family recipes.

- Have several computers available for uploading and looking at photos and stories on FamilySearch.org. You could create a "Who Is It?" activity and have members search for information about ancestors.
- Bring printed copies of stories and photos to share. Don't forget to bring binders and page covers to protect the papers.

## SOME OTHER CONSIDERATIONS

- When interviewing family members, be considerate of their feelings. There may be some experiences they do not wish to share, so respect their privacy.
- Artifacts need to be treated with care. If you have a fragile vase that belonged to your great-grandmother, consider taking photos of it to share instead of bringing it to a gathering.
- Photos and documents can become brittle with time. To help them last, make sure your hands are clean when handling them.
- The Church History Library has a series of short videos and information on how to preserve family photos and artifacts at history. [lds.org/article/preserving-history-videos](http://lds.org/article/preserving-history-videos).
- Many family history centers now have free photo and document scanning services. Go to [familysearch.org/locations/centerlocator](http://familysearch.org/locations/centerlocator) to find the center closest to you.

*See also the special section on family history in the October 2014 issue of the New Era for more ideas on how to make family history come alive.*

## IT ONLY TAKES THREE GENERATIONS

"It only takes three generations to lose a piece of oral family history. It must be purposely and accurately repeated over and over again through the generations to be preserved."

Aaron Holt, archives technician, National Archives at Fort Worth, Texas, USA, [examiner.com/article/oral-family-history-can-be-lost-three-generations](http://examiner.com/article/oral-family-history-can-be-lost-three-generations).

## MOBILE APPS AVAILABLE

Two new mobile apps, FamilySearch Tree and FamilySearch Memories, make it easier than ever to view your family tree and add photos, stories, and documents. Download these tools at [lds.org/mobileapps](http://lds.org/mobileapps).





**By Carol F. McConkie**  
First Counselor in the  
Young Women General  
Presidency

# COURAGE TO **CHOOSE** **MODESTY**



*What can we teach our sons and daughters to help them have the courage to choose modesty in a world that would mock them for their virtuous choices?*



**W**hy is modesty so important? Why would a hemline, a neckline, or a T-shirt matter to the Lord? I am the mother of five daughters and two sons, and as you can imagine, the topic of modesty has come up in our home once in a while. But over the years, I have learned that modesty is taught best by teaching the doctrine and setting a positive example. The doctrine will help our children understand why modesty is so important, and our example will demonstrate the blessings of modesty in happy ways.

### **What Is Modesty?**

Modesty is a God-given principle that can help us learn to use our bodies appropriately here in mortality. The definition of modesty in *True to the Faith* is “An attitude of humility and decency in dress, grooming, language, and behavior.”<sup>1</sup> Modesty is not vain or boastful. Modest people do not use their bodies or their behavior to seek approval from the world or to draw attention to their own real or supposed accomplishments or desirable attributes.

Please remember that the principles of modesty shared here apply to both men and women, sons and daughters, and remember that even as we teach and exemplify modesty, we never condemn those who choose short skirts or “rainbow hair and the many splendored rings.”<sup>2</sup> Always we exemplify compassion and Christlike love for the individual while we remain loyal to the standards the Lord has set.

I testify that the choices we make to appear and behave modestly send a powerful message that we understand our

identity as sons and daughters of God and that we have chosen to stand in holy places.

I love this scripture: “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? . . . The temple of God is holy, which temple ye are” (1 Corinthians 3:16–17). Our bodies are the temples of our spirits. It is to this bodily temple that we invite the companionship of the Holy Ghost. I believe that when we choose to wear modest clothing and behave with a modest demeanor, *we wear and we live our testimony* of God the Eternal Father and of His Son, Jesus Christ. We witness by our physical appearance that we are disciples of Christ and that we live His gospel.

### **Why Is Modesty Important?**

We live in a world of good and evil, and the physical body can be used for either righteous or wicked purposes. But we know that our precious bodies are a gift from God to each of us. They are sacred. Elder David A. Bednar of the Quorum of the Twelve Apostles taught, “To those who know and understand the plan of salvation, defiling the body is an act of rebellion [see Mosiah 2:36–37] and a denial of our true identity as sons and daughters of God.”<sup>3</sup> We choose to care for and protect our bodies so that we may be instruments in the hands of God to bring about His glorious purposes (see Alma 26:3). If we desire to stand for the Savior and do His work, we must ask ourselves, If the Savior stood beside us, would we feel comfortable in the clothing we wear?

Modesty in dress, appearance, thought, and behavior is evidence that we understand the covenants we have made that bless us, protect us, and empower us in our preparation to return to His presence. When we were baptized, we stepped out of the world and into the kingdom of God. Everything must be different for us. Elder Robert D. Hales of the Quorum of the Twelve Apostles taught: “By choosing to be in His kingdom, we separate—not isolate—ourselves from the world. Our dress will be modest, our thoughts pure, our language clean.”<sup>4</sup>

Modesty is a principle that will help keep us safely on the covenant path as we progress to the presence of God. Modesty in dress and appearance and in thought and behavior will help prepare us to make and keep sacred temple covenants. To bless and protect Adam and Eve, God gave them coats of skins to clothe them before sending them out of the garden. In like manner, God has given us a covering of covenants in mortality, symbolized by our sacred temple garments.

### What Are the Blessings of Modesty?

What can we teach our sons and daughters to help them have the courage to choose modesty in a world that would mock and scorn them for their pure and virtuous choices? Do they see us using our bodies to draw attention or to glorify God?

Modesty in thought, word, appearance, and behavior helps us obtain three empowering and ennobling blessings.

**1.** Modesty invites the constant companionship of the Holy Ghost. Elder Hales has taught, “Modesty is fundamental to being worthy of the Spirit.”<sup>5</sup>

Let’s help our children understand that they will not want to do anything to deny themselves “the unspeakable gift of the Holy Ghost” (D&C 121:26). Help them know that precious and powerful spiritual gifts accompany His sacred companionship. God has promised, “I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy; . . . By this shall you



know, all things whatsoever you desire of me, which are pertaining unto things of righteousness, in faith believing in me that you shall receive” (D&C 11:13–14). Knowledge, wisdom, and testimony; joy, peace, and happiness—these are some of the great blessings we can promise our children as we invite them to live modestly and be worthy of the Holy Ghost.

One of the challenges of modest dress is that fashions and socially accepted behaviors change regularly. The standards of the Lord never change. Teach young men and young women to be sensitive to the Spirit as they make choices about what to wear, say, and do. As they live close to the Spirit, they do not need to be like the world.

Our children have received the gift of the Holy Ghost, and they are traveling the covenant path that leads to the temple and will return them to the presence of God. They need us to assure them and exemplify for them that they will be guided, protected, comforted, and purified as they live worthy of the Holy Ghost.

**2.** We can teach our sons and daughters that modest appearance and behavior helps protect us from the destructive influences of the world. One of the most deceptive weapons used against all of us is the socially accepted attitude that morality is old-fashioned. Modesty is a defense against such evil influences and a protection



*Teach young men and young women to be sensitive to the Spirit as they make choices about what to wear, say, and do. As they live close to the Spirit, they do not need to be like the world.*

of chastity and virtue. Listen to these words in *For the Strength of Youth*: “Before marriage, . . . do not do anything . . . that arouses sexual feelings.”<sup>6</sup> Immodest appearance and behavior will often arouse sexual feelings and will break down barriers and invite increased temptation to break the law of chastity.

Elder Hales has taught: “Modesty is at the center of being pure and chaste, both in thought and deed. Thus, because it guides and influences our thoughts, behavior, and decisions, modesty is at the core of our character.”<sup>7</sup> Teach and exemplify modesty to help our young men and young women be prepared to defend and protect the procreative powers within them. Help them hold sacred and preserve the expression of love between a husband and wife for marriage.

**3.** Modesty enables us to “stand as witnesses of God at all times” (Mosiah 18:9). The Savior taught: “Hold up

your light that it may shine unto the world. Behold I am the light which ye shall hold up” (3 Nephi 18:24). We have a divine mandate to be a beacon to the world, to demonstrate the joy of gospel living, to teach righteousness, and to build the kingdom of God on the earth. Each of us reflects the Light of Christ when we are modest and pure and keep the commandments. Modesty is a witness of our testimony of the Savior and of the gospel of Jesus Christ.

How beautiful and how blessed are they who are guided by the Holy Ghost, who protect themselves from worldliness, and who stand as witnesses of God to the world. And blessed are they who exemplify and teach the doctrine of modesty for all the sons and daughters of Zion.

As we have covenanted to follow the Savior and desire to receive the fulness of the blessings of His Atonement in our lives, there is really only one outfit that matters. Moroni records, “Awake, and arise from the dust, . . . yea, and put on *thy beautiful garments*, O daughter of Zion; . . . that the covenants of the Eternal Father . . . may be fulfilled” (Moroni 10:31; emphasis added).

The beautiful garments are the robes of righteousness, worn by those who have kept their covenants. Are we preparing our children to put on these beautiful garments?

I testify that salvation is in Christ and that those who have kept their covenants will “have a perfect knowledge of their enjoyment, and their righteousness, being clothed with purity, yea, even with the robe of righteousness” (2 Nephi 9:14). ■

*From an address given on May 2, 2013, at the Brigham Young University Women’s Conference.*

#### NOTES

1. *True to the Faith: A Gospel Reference* (2004), 106.
2. Jeffrey R. Holland, “Israel, Israel, God Is Calling,” Church Educational System devotional, Sept. 9, 2012, cesdevotionals.lds.org.
3. David A. Bednar, “We Believe in Being Chaste,” *Ensign*, May 2013, 43.
4. Robert D. Hales, “The Covenant of Baptism: To Be in the Kingdom and of the Kingdom,” *Ensign*, Nov. 2000, 8.
5. Robert D. Hales, “Modesty: Reverence for the Lord,” *Ensign*, Aug. 2008, 34.
6. *For the Strength of Youth* (2011), 36.
7. Robert D. Hales, *Ensign*, Aug. 2008, 35.



*Four principles  
that kept me from  
putting my life  
on hold.*



# Savor EVERY MOMENT of Life

By Janice Southern

It was 4:00 a.m. and I sat at the nurse's station of the hospital where I worked, pondering my life and wondering what was next for me. As my mind drifted back over the years, I wondered for the hundredth time why I still wasn't married. My friends were getting married and having children, but I couldn't seem to find the right person.

When I had turned 21, I had prayed and fasted and felt that I should go on a mission. I was sure that was the reason I wasn't married. I served my mission in Montana and had a wonderful experience that I will always cherish. When I returned home, I went back to Brigham Young University and continued working on my nursing degree. Then came graduation, and still no marriage prospects.

People asked how I had made it through BYU without finding a husband—something I certainly couldn't answer! Was I too picky? Was there something more I should be doing? I had been home from my mission for almost two years. I had finished college. Now what? My life plan didn't include anything past graduation except being a wife and mother. I felt lost and alone, especially as friends around me were having their second or third child and living the life I had always imagined.

## Trusting in the Lord's Plan for Me

The nurse call system rang, pulling me from my thoughts. I went in to help the patient who had called. As I sat with him and tried to help him get back to sleep, I turned my attention to the television program that was on. It was a rerun of a BYU devotional, and I recognized the

speakers as Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles and his wife, Sister Patricia T. Holland.

As I listened, I realized the Hollands were talking about the very things that had been on my mind. As they talked of those who were still waiting for marriage, I laughed quietly to myself at their amusing counsel to not “march to an arbitrary drummer who seems to be beating a frenzied cadence to the passing years”<sup>1</sup> and to trust in the timing of the Lord.

But tears came to my eyes as I heard, “Life ought to be enjoyed at every stage of our experience and should not be hurried and wrenched and truncated and torn to fit an unnatural schedule which you have predetermined but which may not be the Lord's personal plan for you at all,” and “Don't wait to live. . . . We of all people ought to savor every moment.”<sup>2</sup>

At that moment the Spirit bore a powerful witness to me that my Father in Heaven knew me intimately—that He had a plan for my life and that I needed to trust in Him.

The patient soon fell asleep and I returned to my other duties, but I reflected again and again on those words and on the confirmation that the Spirit had given me. I later found a copy of that talk and marveled that I had happened to hear the part of Elder and Sister Holland's counsel that perfectly applied to me and to my situation. I know that my Father in Heaven was aware of me and my struggles at that time and wanted me to know of His love.





# Four Guiding Principles

It has been many years since that experience. I have long since moved on from a young single adult ward to a family ward, and so far I'm still single. My situation isn't what I expected for my life, but Heavenly Father has shown me how "to savor every moment" of life, as the Hollands counseled, even amid my trials. Here are four principles that have helped me the most during this time:

## BE OPTIMISTIC

One of the characteristics I admired most in President Gordon B. Hinckley (1910–2008) was his never-ending optimism. As I study the scriptures, I find this principle repeated over and over. I am amazed at how many times the Lord commands us to be cheerful (see, for instance, D&C 61:36; 78:18; and 123:17). I have learned to be optimistic about my future.

## LOOK FOR COMPENSATORY BLESSINGS

Closely related to being optimistic is realizing how blessed we are, even when things seem to be going wrong. During a particularly difficult time in my life, when a relationship I thought might lead to marriage was ending, I found a statement Elder Richard G. Scott of the Quorum of the Twelve Apostles made: "Find the compensatory blessings in your life when, in the wisdom of the Lord, He deprives you of something you very much want. . . . You will discover compensatory blessings when you willingly accept the will of the Lord and exercise faith in Him."<sup>3</sup> I am so much happier as I look for the many blessings that I have instead of focusing on what I do not have.

I have so much to be grateful for. My twin, who is also still single, and I have grown very close to each other and to our parents and family. We are blessed with brothers- and sisters-in-law and now have 24 nieces and nephews who bring joy to our lives and help to fill our empty arms.



## FIND WAYS TO SERVE

Looking for ways to serve others helps me to focus outward instead of on my own problems. I have found that one of the most important ways I can serve is in my own family. As I serve my family and help nurture my siblings' children, I learn much that will help with my own family someday.

However, the Prophet Joseph Smith said, "A man filled with the love of God, is not

content with blessing his family alone, but ranges through the whole world, anxious to bless the whole human race."<sup>4</sup> As important as serving my family is, I also try to serve in the Church and in my community.

We will each find different ways to serve, but however we serve, it will bless our lives and the lives of others.

## HAVE FAITH IN THE LORD'S TIMING

The Lord has a perfectly tailored plan for each of us. As I turn my life over to Him and trust in His timing, it works out.

I still hope and pray and do all that I can to find a husband, but now I know and understand that "all things have been done in the wisdom of him who knoweth all things" (2 Nephi 2:24).

There are still moments of heartache and perplexity, but they are now only moments because the Spirit assures me that Heavenly Father knows what is best for me.

The patience and trust I have learned from waiting on the Lord for marriage have helped me in other difficult situations. I have come to know my Heavenly Father better and have learned to put my trust in Him. I have felt the comfort and unlimited compassion of my Savior and have come to more fully understand His Atonement and how it can heal the pain in my heart as well as the mistakes in my life.

As I have tried to implement these principles and stay close to the Lord, I have found great happiness. Just like that night in the hospital when the words I needed to hear were on the television, the Lord has shown me again and again that He is aware of me and my needs and that He does indeed have a plan for me. My life is rich and full. The Lord's timetable may differ from what I had in mind, but I trust that He will lead me and bring me "peace in this world, and eternal life in the world to come" (D&C 59:23). ■

*The author lives in Utah, USA.*



## ANCHOR YOUR LIFE

"Do not rely on planning every event of your life—even every important event. Stand ready to accept the Lord's planning and the agency of others in matters that inevitably affect you. Plan, of course, but fix your planning on personal commitments that will carry you through no matter what happens. Anchor your life to eternal principles, and act upon those principles whatever the circumstances and whatever the actions of others. Then you can await the Lord's timing and be sure of the outcome in eternity."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Timing," *Ensign*, Oct. 2003, 17.

## NOTES

1. Jeffrey R. and Patricia T. Holland, "Some Things We Have Learned—Together" (Brigham Young University devotional, Jan. 15, 1985), 2, speeches.byu.edu.
2. Jeffrey R. and Patricia T. Holland, "Some Things We Have Learned—Together," 3.
3. Richard G. Scott, "Finding Joy in Life," *Ensign*, May 1996, 25.
4. *Teachings of Presidents of the Church: Joseph Smith* (2007), 426.



CONVERSION  
AND CHANGE IN  
**Chile**

*The first baptisms took place in 1956.  
Now the Church has 1 temple, 9 mis-  
sions, 74 stakes, and almost 600,000  
members in Chile.*

**By Néstor Curbelo**

Church History Adviser, South America South Area

**D**uring the 58 years of their history, members of the Church in Chile have shown their ability to change course, fine-tuning their lives to the direction indicated by the prophets. This spirit has contributed to the extraordinary growth of the Church there during the past half century. Today, Chile has nearly 600,000 members, making 1 out of every 30 Chileans a member of the Church.<sup>1</sup>

**An Apostle Visits Chile**

In 1851, Elder Parley P. Pratt (1807–1857) of the Quorum of the Twelve Apostles arrived in Valparaíso with the intention of establishing the Church. However, he and his companions did not speak Spanish, they had very few financial resources, and the country lacked religious freedom, so they were unable to establish the Church.

MANY PHOTOGRAPHS IN THIS ARTICLE ARE COURTESY OF NÉSTOR CURBELO. LEFT, TOP: PHOTOGRAPH BY FILIPEIRAZAO/ISTOCK/THINKSTOCK; BOTTOM: PHOTOGRAPH BY KAVRAM/ISTOCK/THINKSTOCK



*Teachers and their fourth-grade students at the Church-sponsored school Colegio A. D. Palmer, circa 1966.*

Elder Pratt recommended to President Brigham Young (1801–77): “The Book of Mormon and some cheap publications should be translated into Spanish and printed, and then the key be turned to these nations while a living Priesthood is accompanied by something for them to read—even those writings which have the promises of God, the prayers and faith of the ancients, and the power and Spirit of God to work with them in restoring the house of Israel.”<sup>2</sup>

### **The Church Is Established**

Despite Elder Pratt’s earlier attempt, more than 100 years passed before the Church was permanently established in Chile. In 1956, Elders Joseph Bentley and Verle Allred were sent from the Argentina Mission to preach the gospel in Chile, now enjoying greater religious tolerance. In Santiago, these missionaries had the support of the Fotheringham family, members who had moved from Panama and had been hoping for missionaries to come.

The first baptisms were performed in Chile on November 25, 1956, in a pool at a country club in Santiago. Elder Allred recalls, “We went to the country club before the sun came up and had a service with prayer and short talks. I entered the water with Brother García; I baptized him first, and then eight other people after him. This was a very special occasion. What we all felt was unforgettable. . . . These members would be the pioneers of the Church in Chile and I believe that every one of them remained faithful until death: the Garcías, the Saldaños, and Sister Lanzarotti.”<sup>3</sup>

### **Calling Leaders**

In February 1959, Elder Spencer W. Kimball (1895–1985) of the Quorum of the Twelve Apostles visited Chile and stressed the need for developing local leadership. One of the first local leaders was Carlos Cifuentes, who was a counselor to the mission president, Robert Burton.

Elder Julio Jaramillo, who later became an Area Seventy and a temple president, related this experience: “I received my first impression of Brother Cifuentes when I was invited to a priesthood meeting after my baptism. When the meeting began, he came up to the pulpit and the only thing I saw was his dirty, black fingernails. I thought, ‘How can this man be conducting a meeting alongside the mission president if he has dirty hands?’ That was until he began to speak and I forgot everything else when I felt his spirit. With simple words he delivered profound concepts to us. He was a heavy machinery mechanic and on Saturdays he worked late, then would

Commenting on the education program, Elder Eduardo A. Lamartine, a former Area Seventy and current Chile Church history adviser remarked, “The schools in Chile were a great influence in the academic and spiritual training of thousands of young people, and they contributed to the preparation of leaders and missionaries during the following years.”<sup>5</sup>

The seminaries and institutes program began in Chile in 1972. At first, students participated in a home-study program with weekly classes. Later on, more frequent classes were organized. These programs blessed the young people of the country and helped them prepare for service as full-time missionaries. Elder Eduardo Ayala, a former member

1851: Elder Parley P. Pratt travels to Valparaíso but is not able to establish the Church in Chile

► 1926: Elder Melvin J. Ballard, during a testimony meeting, prophesies on the future growth and strength of the Church in South America



► 1956: The first missionaries, Joseph C. Bentley and Verle M. Allred, arrive in Santiago; the first baptisms take place



clean his hands, but with the few means available at his shop was unable to remove all the grease. Then and there I learned to not judge people by appearances but rather to value them for what they really are.”<sup>4</sup>

### Strengthening the Rising Generation

During the 1960s and 1970s, the Church in Chile was strengthened not only by increasingly experienced local leadership but also by new construction and education programs. These included the construction of chapels along with the establishment of Church schools, seminaries, and institutes.

In March 1964, the first two Church-run primary schools were founded in Chile. Ultimately several schools were opened, and enrollment reached more than 2,600 students. By the late 1970s and early 1980s, adequate public schools became more widely available, and the Church announced closure of the schools in Chile.

The institute of religion in Temuco is one of 50 such institutes in Chile.





*President Gordon B. Hinckley addresses 48,000 Chilean Latter-day Saints in 1996 at a conference in Santiago.*

of the Seventy, was one of the first seminary teachers and later worked for the Church Educational System in Chile. He said, “The Lord chose the young people who were there at that time and many of them are returned missionaries and great leaders with good families. . . . For me, seminary and institute was a means of salvation during times of so much strife in our country and I’m grateful I was called to work with the education system.”<sup>6</sup>

### **The First Stake**

On November 19, 1972, Elder Gordon B. Hinckley (1910–2008), then of the Quorum of the Twelve Apostles, organized the Santiago Chile Stake, with Carlos Cifuentes as president.

The preparation for the stake showed the character of the Saints in Chile and their willingness to follow the prophets. Elder Hinckley had arrived in Chile several months earlier to organize the stake. But after holding interviews, it was

postponed. At that time, many people were going through financial problems, and some members were experiencing difficulty in abiding by the law of tithing.

Elder Hinckley explained, “I returned six months later, and while I was interviewing, I found the blossoming of faith; they were once again walking in honesty before the Lord, the stake was organized, and ever since then they have grown and flourished.”<sup>7</sup>

### **Pioneers on the Borders**

Today there are two stakes in Arica, the northernmost city in Chile. The story of Gladys and Juan Benavidez, the first converts in Arica, exemplifies the pioneer spirit and the divine influence in establishing the Church throughout Chile.

Brother Benavidez was introduced to the Church in 1961 when the wind blew some papers in his direction: “These turned out to be pages of *Reader’s Digest Selections* with

an extensive article about “The Mormons,” describing their life and beliefs,” he said.

Shortly after, he contracted a serious illness that required medical treatment in Santiago. “While there, I visited my sister and learned that she had become a member of the Church,” he said. “She invited me to a special conference. As I listened to the opening prayer and mentally followed the words, I felt a great joy throughout my entire body and recognized the influence of the Holy Spirit. At the end of the conference, missionaries took me up to

government. Church members suffered difficulties due to scarcity of food and medicine, frequent harassment of the missionaries, and negative media attention.

In 1973, the financial and social crisis gave rise to a military coup and dictatorship that lasted until 1990. Although Chile is a thriving democracy today, those two decades were a difficult period for members. Groups that opposed the military dictatorship attacked chapels and members because they thought the Church represented the

*1957: The Church is officially recognized in Chile*

*1960: A powerful earthquake occurs in Concepción; the Church sends humanitarian aid*

► *1961: The Chilean Mission is organized with Asael Delbert Palmer as president*



*1962: Groundbreaking for the first LDS meetinghouse occurs in Santiago*

shake hands with the visiting authority, Elder Ezra Taft Benson (1899–1994), then of the Quorum of the Twelve.”

Brother Benavidez went back to Arica and shared his experiences with his girlfriend, Gladys Aguilar, who is now his wife. A couple days later, Gladys saw two missionaries pass by her house. “We quickly went in search of them,” Brother Benavidez said. “On July 1, 1961, we were baptized, along with my wife’s family. Today we have children and grandchildren in the Church. I am so grateful to the Lord for that gust of wind that blew the information about the Church into my hands.”<sup>8</sup>

### A Trying Period

In the 1970 elections, Dr. Salvador Allende became president and established a Marxist

interests of the United States government. Elder Ayala, a stake president at the time, said, “We would meet with the General Authorities, and they would tell us, ‘Please, apply wisdom, pray a lot, do the right things, so that the members will maintain order in the congregations.’”<sup>9</sup>

Notwithstanding the country’s financial difficulties and the political antagonism that divided Chilean society in the early 1980s, the Church grew rapidly. Between 1970 and 1985, the number of members in Chile expanded from 15,728 to 169,361.

### The Santiago Temple

In 1980, the Saints were blessed with the announcement that a temple would be built in Santiago, Chile.



“As a young man 12 years of age, I became acquainted with and immediately came to know that the message of the gospel was true. Forty-six years have now gone by, throughout which I have been blessed, thanks to the dedicated work of so many leaders who did the best that they could. Upon getting to know and sharing with the new generations, I feel happy and trust that the Lord will continue blessing this country as the vision broadens which the prophets have had regarding Chile.”<sup>12</sup>

**Elder Jorge F. Zeballos, a member of the Seventy from Chile**



When President Spencer W. Kimball dedicated the temple lot, he was very weak; but his presence there demonstrated his love for the Saints of South America, with whom he had worked since 1959. Sister Adriana Guerra de Sepúlveda, who was interpreting for Sister Kimball at the event, said, “When I saw the prophet, a tiny person with an angelic face, I began to weep and could not find words to speak to him. It was the first time for me to be at the side of a living prophet. Seeing the Lord’s mouthpiece here

oversaw the reorganization, discontinuation, and merging of hundreds of wards and dozens of stakes. This reorganization and training were needed because of the rapid growth of the Church in the country. His leadership helped to strengthen the units and prepare the Church in Chile for the future.

In addition, Elder Holland made some important connections in Chile. Elder Carl B. Pratt of the Seventy, a counselor in that Area Presidency, described some of these important relationships: “Elder Holland established

*1972: The first stake in Chile is organized in Santiago*

*1977: In Santiago, the first area conference is held with President Spencer W. Kimball and other General Authorities present*



*◀ 1981: A missionary training center is established in Santiago*



*◀ 1983: President Gordon B. Hinckley dedicates the Santiago Chile Temple*



upon the earth and in my country was something marvelous.”<sup>10</sup>

The temple was dedicated in 1983, becoming the second in South America and the first in a Spanish-speaking country.

### **Elder Jeffrey R. Holland in Chile**

In August 2002, the First Presidency assigned two members of the Quorum of the Twelve Apostles to preside over two Church areas: Elder Dallin H. Oaks was assigned to the Philippines, and Elder Jeffrey R. Holland to Chile. Elder Holland’s ministry and influence while in Chile is immeasurable, and its impact will remain for generations.

Elder Holland’s primary emphasis was to provide an example of leading in the Lord’s way. He helped train new leaders and



*In response to the earthquake of 2010, Chilean youth and adults, Mormon Helping Hands, put together hygiene kits.*

## GROWTH OF THE CHURCH IN CHILE



## THE CHURCH IN CHILE

Wards and branches: 622  
 Stakes: 74  
 Missions: 9  
 Temples: 1 (with 1 more announced)  
 Family History Centers: 99



◀ 1990: Elder Eduardo Ayala, from Chile, is called to the Second Quorum of the Seventy



◀ 2002: Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles is called as the Chile Area President



▶ 2008: Elder Jorge F. Zeballos, from Chile, is called to the First Quorum of the Seventy

2009: Concepción Chile Temple is announced

a close relationship with Ricardo Lagos [president of Chile] and his wife; they carried out several humanitarian aid projects. Elder Holland got to know the Apostolic Nuncio [a high-ranking Catholic official] and other important personalities in Chile.”<sup>11</sup>

### Trust in the Future

The efforts of Elders Parley P. Pratt and Jeffrey R. Holland, the sacrifices of the first missionaries who arrived in Santiago, the dedication of leaders like Carlos Cifuentes and other early pioneers of Chile, combined with the faith and dedication of hundreds of thousands who have joined the Church during more than half a century have built a strong foundation for the Church in Chile. Today the country is home to a temple (with another announced), a missionary training center, 9 missions, and 74 stakes. The future is unlimited in the spiritual work of inviting all to come unto Christ. ■

### NOTES

1. See *Deseret News 2013 Church Almanac*, 454.
2. *Autobiography of Parley P. Pratt*, ed. Scot Facer Proctor and Maurine Jensen Proctor (2000), 504.
3. Verle Allred, in Néstor Curbelo, *LDS in South America: Chile Sur*, vol. 1 (2008), 6.
4. Julio Jaramillo, in Néstor Curbelo, *LDS in South America: Chile*, vol. 1 (2006), 4–5.
5. Eduardo Adrian Lamartine Aguila, historic summary delivered to the author, Nov. 2013.
6. Eduardo Ayala, in Néstor Curbelo, *LDS in South America: Chile*, vol. 1 (2006), 44, 45.
7. Gordon B. Hinckley, in Rodolfo Acevedo A., *Alturas Sagradas: Templo de Santiago de Chile*, 100.
8. Néstor Curbelo, “Blossoming in the Desert,” *Church News*, Nov. 9, 1996, 8–9.
9. Eduardo Ayala, in Néstor Curbelo, *LDS in South America: Chile*, vol. 1 (2006), 33.
10. Adriana Guerra de Sepúlveda, in Néstor Curbelo, *LDS in South America: Chile*, vol. 1 (2006), 16.
11. Carl B. Pratt, in Néstor Curbelo, *Colombia: investigación histórica*, vol. 1 (2010), 16.
12. Jorge F. Zeballos, in a letter sent to the author, Jan. 2014.

# Reconciled



By Elder  
Terence M. Vinson  
Of the Seventy



# to God

Years ago while serving as a bishop in Sydney, Australia, I had the great privilege of counting among the members of my ward an elderly man who was a thorough gentleman. Joe Herbert, who had lost his wife earlier in life, had remarried and accepted the gospel as fully as the people of King Benjamin and the father of King Lamoni (see Mosiah 5:2; Alma 22:15).

His second wife did not share Joe's faith, but he was not deterred in the least—either in his love for her or for the gospel. He was as kind as one would imagine the Savior to be and would always volunteer to help others despite his advancing age.

Joe had emigrated from South Africa in order to leave the apartheid system that then existed in his native land. His immigration meant that he had lost most of the assets he had accumulated in South Africa. As a result, he only just coped financially, although he was fiercely independent. Australia became his adopted country, and he quickly assimilated and contributed to the ward and the Church.

Joe possessed good carpentry skills he would use to make unexpected gifts for ward members from time to time as acts of service.

Everybody loved Joe, but something happened that affected him deeply. In Australia, if a pedestrian approaches a marked pedestrian crossing, traffic is obliged to stop and give the right of way. This rule is not only policed but also meticulously followed by almost all motorists.

One day Joe was using such a crossing, when he saw an approaching car. It was traveling slowly enough to easily stop, but the driver failed to do so and struck Joe. He suffered a significant injury to his lower body. After surgery, Joe could no longer walk without using a cane and experiencing significant pain. No one had witnessed the accident, and the driver blamed the accident on what she described as Joe's "reckless inattention."

*Whatever pains and burdens  
we bear in this life, the  
Atonement of Jesus Christ  
provides us with the ability  
to carry them because  
the Savior makes them light.*

PHOTOGRAPH OF HANDS BY DIEGO CERVO/ISTOCK/THINKSTOCK  
PHOTOGRAPH OF CANE BY ANDRZEJ TOKARSKI/ISTOCK/THINKSTOCK



## A MESSAGE OF LOVE

"[The gospel] is the good news that Jesus Christ has made a perfect Atonement for mankind. It is the message of love, hope, and mercy that there is a reconciliation of man with God.

"Sin is the willful transgression of divine law. The Atonement of Jesus Christ is the gift of God to His children to correct and overcome the consequences of sin."

**President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "Point of Safe Return," *Ensign*, May 2007, 99.**

Without witnesses or any way to corroborate Joe's description of the accident, the police and courts were unable to determine blame. If the facts had been known, Joe could have appropriately sought restitution. As it was, Joe, who had only sufficient income to support his wife and himself, began to feel deep bitterness toward the driver for his pain and associated medical costs. The driver's denial of the truth was foreign to Joe's own feelings about integrity and responsibility for one's actions. He could not understand it.

After struggling to control the anger welling inside him for this injustice, he approached me, concerned for the way he was feeling. He had prayed to feel otherwise, but his prayers seemed unanswered.

### Forgive One Another

As Joe's bishop, and feeling much empathy for my friend, I sought the Lord's help in understanding how I could assist him. Then I remembered the following verse of scripture: "Wherefore, I say unto you, that ye ought to forgive one another; for he that forgiveth not his brother his trespasses standeth condemned before the Lord; for there remaineth in him the greater sin" (D&C 64:9).

I wondered why the Lord would give such apparently unfair counsel. Why should someone like Joe be held as having committed a

greater sin than the driver who had not only injured him but also compounded her error by failing to take responsibility for the incident? Was this too difficult a principle to live? How would I respond in such a situation?

As I pondered the next verses, I began to understand.

"I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.

"And ye ought to say in your hearts—let God judge between me and thee, and reward thee according to thy deeds" (D&C 64:10–11).

At first this may seem to imply that God will take vengeance for us and that we should simply bide our time until He punishes the guilty party. Although He may eventually choose to do that, this verse said much more to me and in a completely different tone.

What I felt from reading this was that we are not the ones to determine or demand a price for an offense committed against us. That is not our role. Only the Lord Jesus Christ has that right. Why? Because He has paid the price for all sins. Any transgression committed against us has already had its price paid—by the Atonement of our Savior and Redeemer. We do not have the right to exact any further price, and we must leave the issue totally in His hands.

## MEANING OF RECONCILIATION

**W**hat does it mean to be reconciled to God? The Bible Dictionary describes the Atonement as "the setting 'at one' of those who have been estranged and denotes the reconciliation of man to God. Sin is the cause of the estrangement, and therefore the purpose of atonement is to correct or overcome the consequences of sin" ("Atonement").

Elder Bruce R. McConkie (1915–85) of the Quorum of the Twelve Apostles taught, "Reconciliation is the process of ransoming man from his state of sin and spiritual darkness and of restoring him to a state of harmony and unity with Deity" (*Doctrinal New Testament Commentary*, 3 vols. [1965–73], 2:422).



### **An Atonement for All**

The Lord may require a further price from some who fail to take advantage of His Atonement and repent, but that decision has nothing to do with us. Our role is simply to forgive, as He taught, and to be reconciled to both the offender and to God.

When we fail to forgive, even when such forgiveness is not sought, we commit the terrible sin of denying the power of the Atonement. The Atonement is not just for me; it is also for those who cause offense against me, who injure me, who gossip about me, and who rob me of those things that are most precious. The Savior suffered the Atonement for all of God's children—the obedient *and* the disobedient.

Joe and I talked about this at length. It brought him peace and understanding. His physical pain did not disappear, but his spiritual anguish was healed and he gained additional strength to carry his burden. As the Lord said to Paul the Apostle, “My grace is sufficient for thee: for my strength is made perfect in weakness” (2 Corinthians 12:9).

Whatever pains and burdens we bear in this life, the Atonement of Jesus Christ provides us with the ability to carry them because the Savior makes them light.

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.

“Take my yoke upon you, and learn of me; for I am

meek and lowly in heart: and ye shall find rest unto your souls.

“For my yoke is easy, and my burden is light” (Matthew 11:28–30).

The words of Paul sum up well the reconciliation offered through the Lord:

“And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;

“To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation.

“Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God” (2 Corinthians 5:18–20).

Joe appropriately focused on things not visible to many. As Paul wrote to the Corinthians: “While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal” (2 Corinthians 4:18).

My friend Joe Herbert has since passed away. I can't know for sure, but I am confident of where he is. He is a friend I hope to greet in a future day. I expect to see him walking freely and clothed in glory because he understood the Atonement. And while on earth, he had become reconciled to God. ■



# UPON THE TOP OF THE Waters

*I had been pleading with Heavenly Father to remove my anxiety and despair, but without these trials, I might not reach whatever “promised land” He was leading me to.*

By Jon Warner

About six months after graduating from college, I started experiencing panic attacks, bouts of anxiety, and waves of depression. I had no idea where these feelings came from, but they were strong and debilitating.

I struggled to stay focused. At work, any new task brought such anxiety that I couldn't sit still. My mind would race, and my heart would beat so hard that I thought it would leap out of my chest. This would go on for days, and after returning home from work each day, I would collapse on the couch. Before I knew it, the evening was gone and another workday had begun.

These feelings persisted for months, even after I found a new job and sought professional help.

I prayed every morning on the way to work for the strength to just make it through the day and return home to my wife and daughter. I couldn't see an end to my struggle, and I often wanted to give up. Many days I begged heaven for help as my eyes filled with tears. I prayed with more sincerity than I ever had before, pleading with Heavenly Father to help me understand this trial and to remove it from me.

I felt lost in darkness and despair when I didn't feel the Spirit. But when the Spirit lifted me out of my hopelessness, I found the confidence to continue—if only until my next prayer. I came to rely on my Heavenly Father for more than just a prayer at mealtime or a casual nightly check-in. As a result, I grew closer to Him.

## Tossed upon the Waves

In the middle of my anxiety and despair, I reread the account of the Jaredites crossing the “great deep” (Ether 2:25). I can only imagine their anxious anticipation as they entered their barges. Their journey might be perilous, but they knew they were headed to “a land choice above all other lands” (Ether 2:15).

Of their journey, we read:

“The Lord God caused that there should be a furious wind blow upon the face of the waters, towards the promised land; and thus they were tossed upon the waves of the sea before the wind.

“And it came to pass that they were many times buried in the depths of the sea, because of the mountain waves which broke upon them, and also the great and terrible tempests which were caused by the fierceness of the wind.

“. . . When they were encompassed about by many waters they did cry unto the Lord, and he did bring them forth again upon the top of the waters.

“And it came to pass that the wind did never cease to blow towards the promised land while they were upon the waters; and thus they were driven forth before the wind” (Ether 6:5–8).

These verses became personal to me. I felt that I was in my own barge, with winds of anxiety beating upon me and waves of depression swelling over me and burying me in the depths of despair. When I was “encompassed about” and would cry unto the Lord, I would break through the surface but would then be buried once more.

I read verse 8 again: “The wind did never cease to blow *towards the promised land* . . . and thus they were driven forth before the wind” (emphasis added). Then it hit me. The very wind that caused the mountainous waves to bury the barges also blessed the Jaredites on their journey. I had been pleading with Heavenly Father to calm the wind and waves, but without them, I might not reach whatever “promised land” He was leading me to.

These verses changed my outlook on life. My anxiety and depression had increased my reliance on Heavenly Father. Without the wind and waves, I might never have come to know God as I have—and the Jaredites might never have reached the promised land.

For now, a few years after this experience, my winds of anxiety are no longer gusting and my waves of depression have ceased to bury me. But if and when the tempest returns, I will call upon the Lord and be thankful, knowing that calm seas don’t carry barges to the promised land—stormy seas do. ■

*The author lives in Utah, USA.*



### NEVER LOSE FAITH

“How do you best respond when mental or emotional challenges confront you or those you love? Above all, never lose faith in your Father in Heaven, who loves you more than you can comprehend. . . .

“Faithfully pursue the time-tested devotional practices that bring the Spirit of the Lord into your life. Seek the counsel of those who hold keys for your spiritual well-being. Ask for and cherish priesthood blessings. Take the sacrament every week, and hold fast to the perfecting promises of the Atonement of Jesus Christ. . . .

“. . . Broken minds can be healed just the way broken bones and broken hearts are healed. While God is at work making those repairs, the rest of us can help by being merciful, nonjudgmental, and kind.”

**Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “Like a Broken Vessel,” *Ensign*, Nov. 2013, 40, 41.**



By Elder  
Kevin R. Duncan  
Of the Seventy

# THE SACRED ROLES OF THE Holy Ghost

*May we receive and remain worthy to enjoy the constant companionship of the Holy Ghost and His protection, revelation, comfort, teachings, and sanctification.*

As members of the Church, we are blessed with one of the greatest gifts God has given to man—the gift of the Holy Ghost. Do we appreciate this remarkable gift? Do we live worthy of its influence in our lives? Have we truly received, and do we treasure, the glorious gift of the Holy Ghost?

The importance of the Holy Ghost is manifest in the following quote from the Prophet Joseph Smith: “You might as well baptize a bag of sand as a man, if not done in view of the remission of sins and getting of the Holy Ghost. Baptism by water is but half a baptism, and is good for nothing without the other half—that is, the baptism of the Holy Ghost.”<sup>1</sup>

The Holy Ghost is central to our purification and salvation. The Holy Ghost has many names, fills many roles, and can bless our lives as protector, revelator, comforter, teacher, and sanctifier.

## The Holy Ghost Is Our Protector

When I was a young man serving as a missionary in Santiago, Chile, I had an experience one night that made me aware of the protection of the Holy Ghost. It had become necessary to close a small branch located several hours away from the headquarters of the mission in Santiago.

My mission president and I had driven a large van to the branch building to retrieve Church materials, including a large number of metal folding chairs. In those days a mandatory curfew was imposed nightly in Santiago. If you were outside the city limits when the curfew began, you were not allowed back into the city until the following morning.

After we had finished packing the van, the president asked me to drive home as he sat in the front passenger seat. I was anxious because I knew approximately



how much time it would take for our journey back to the city, and I realized that making it there before the curfew would be difficult. In addition to this pressure, as our journey progressed, a thick fog began to settle all around us, making it difficult to see. As we were speeding down the road, suddenly I felt an immediate and intense impression to stop the van. Instinctively I decelerated and applied the brakes, unable to see clearly ahead.

Seconds later I saw a huge cow in the middle of our lane. Immediately I realized that had I hit the cow, the unrestrained mass of folding metal chairs behind us would most likely have killed or seriously injured my mission president and me. We were both shaken but tremendously grateful that the Spirit had warned me to stop the van when I did, even though I could not see why.

I was reminded that night, as I have been reminded many times since, that the Holy Ghost is our protector.

### **The Holy Ghost Is Our Revelator**

The Lord reveals His will through the power of the Spirit. That was made clearer to me when premature twins were born into our family. My wife had endured a complicated, risky, and trying pregnancy with Lacey and Lindsey. The babies were born when they were just six months along. One weighed only 1 pound, 11 ounces (765 g), and the other 1 pound, 7 ounces (652 g). Both girls had serious health concerns, and doctors feared for their survival.

We were concerned about what the future might hold, and shortly after their birth my father-in-law and I gave each daughter a name and a blessing. As I took each one into my hands, a most powerful and undeniable



*“You might as well baptize a bag of sand as a man, if not done in view of the remission of sins and getting of the Holy Ghost,” said the Prophet Joseph Smith.*

feeling overcame me with the very strong and unmistakable message that I could bless these babies with complete faith that the blessings would be fulfilled. And so I did. I blessed each one that she would begin to completely heal and would have a desire to live. I blessed them that they would return to our home and that they would someday marry in the temple.

When the blessings were complete, my father-in-law and I looked at each other in astonishment. We had come expecting that these babies would not live through the night, but it had been powerfully manifest through the Spirit what the Lord had in store for these two precious daughters. I felt humbled to be the instrument through which these revelations were manifest. These two beautiful and healthy daughters recently celebrated their 17th birthday. The Holy Ghost is our revelator.

### **The Holy Ghost Is Our Comforter and Teacher**

In 1982, I married Wendy Wallentine. We were later blessed with a beautiful baby girl, Aubrey. About this time a good friend who was moving from Utah to California asked if I could help him drive his belongings to his family’s new home. His wife was in the hospital with a complicated pregnancy, and he needed to return quickly to be with her.

I was able and willing, so on a Friday we left and began the journey. During the course of our travels, perhaps because of my friend’s concern for his wife, our conversation evolved into speculation about what we would do if our wives were to pass away. We discussed this unusual topic for hours. Finally we arrived, unloaded the truck, and quickly made the return trip to Utah.

Just two days later I was driving with Wendy and baby Aubrey to my grandmother's funeral. A young man ran a stop sign and hit our car. The accident took the life of my young wife. I was left as a single father to care for our seven-month-old baby.

Though life was very difficult and lonely for a long time, in retrospect I saw the hand of the Lord manifest through the direction the Spirit had taken my friend and me during our conversation the very weekend before Wendy's death. This awareness brought a comfort from the Spirit that the Lord was aware of me and what I was about to experience. The Spirit had taught and prepared me in an unusual way. The experience was certainly no coincidence.

I learned many lessons from the Spirit during my time as a single father. I am grateful that in time I was led to Nancy, who later became my wife, but the lessons I learned from the Spirit in preparation for and during that critical stage as a single father were invaluable as comfort and guidance. The Holy Ghost is our comforter and teacher.

### The Holy Ghost Is a Sanctifier

I have always found great strength and understanding in the following quote by Elder Orson Pratt (1811–81) as it relates to the role of the Holy Ghost as our sanctifier:

“Water Baptism is only a preparatory cleansing of the believing penitent; it is only a condition of a cleansing from sin; whereas, the Baptism of fire and the Holy Ghost cleanses more thoroughly, by renewing the inner man, and by purifying the affections, desires, and thoughts which have long been habituated in the impure ways of sin. Without the aid of the Holy Ghost, a person . . . would have but

very little power to change his mind . . . and to walk in newness of life. Though his sins may have been cleansed away, yet so great is the force of habit, that he would, without being renewed by the Holy Ghost, be easily overcome, and contaminated again by sin. Hence, it is infinitely important that the affections and desires should be, in a measure, changed and renewed, so as to cause him to hate that which he before loved, and to love that which he before hated: to thus renew the mind of man is the work of the Holy Ghost.”<sup>2</sup>

The Holy Ghost plays a key role in helping us overcome sin and replace it with a love of righteousness and an ability to keep God's commandments.

I have witnessed the sanctifying power of the Spirit in the lives of many people. I have watched bad men become good, and good men become great, as they have yielded their hearts to the refining influence of the Spirit. The Holy Ghost is a sanctifier.

I feel the influence of the Holy Ghost most powerfully and on a regular basis through daily scripture study and prayer. This practice has significantly shaped my life, and I recognize that it is one way we can receive the gift of the Holy Ghost constantly and rejoice in the great Giver of this gift, our Father in Heaven.

May we be grateful for this gift. “For what doth it profit a man if a gift is bestowed upon him, and he receive not the gift?” (D&C 88:33). And may we receive and remain worthy to enjoy the constant companionship of the Holy Ghost and His protection, revelation, comfort, teachings, and sanctification. ■

#### NOTES

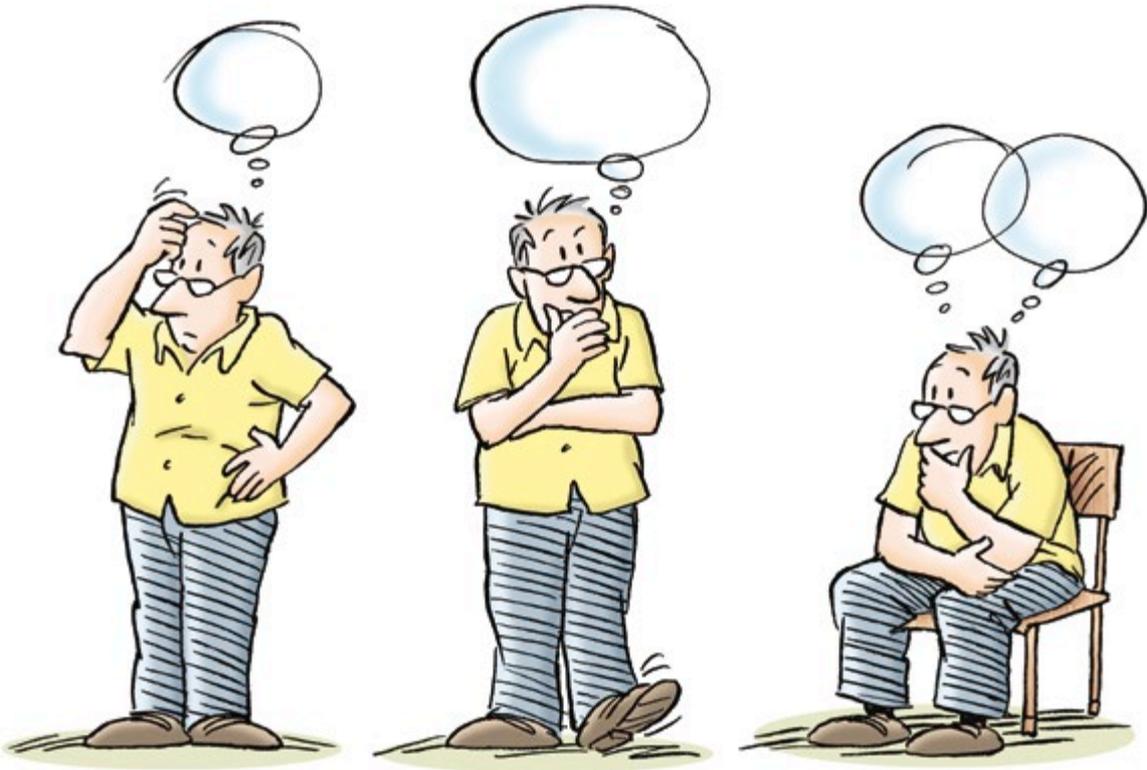
1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 95.
2. *Orson Pratt: Writings of an Apostle*, Mormon Collector Series (1976), 2:57.



### TESTIMONY AND THE HOLY GHOST

“A testimony is a witness or confirmation of eternal truth impressed upon individual hearts and souls through the Holy Ghost, whose primary ministry is to testify of truth, particularly as it relates to the Father and the Son. When one receives a testimony of truth through this divinely appointed process, it immediately begins to have impact on that person's life.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “Pure Testimony,” *Ensign*, Nov. 2004, 40.



# My “Forgetter” Is Getting Better

*It's okay if I forget things as I get older because everything I learn will rise with me in the Resurrection, so I just keep learning.*

By K. LeRoi Nelson

**A**s a youth I read extensively. I learned that I could understand a broad variety of concepts and discovered a special interest in science. The gift I was given for my life's work as a science teacher at Brigham Young University (BYU) was the ability to put complex thoughts together and present them to others so that the thought could be readily understood. Although I have now been retired for over 20 years, I can still read and understand a complex science article or listen to a serious lecture on such subjects.

I have noticed, however, that I now have many episodes of forgetfulness. It is not unusual for me to pick up a past issue of the *Ensign* or a book and start reading before I realize I have already read it.

## Why Keep Learning?

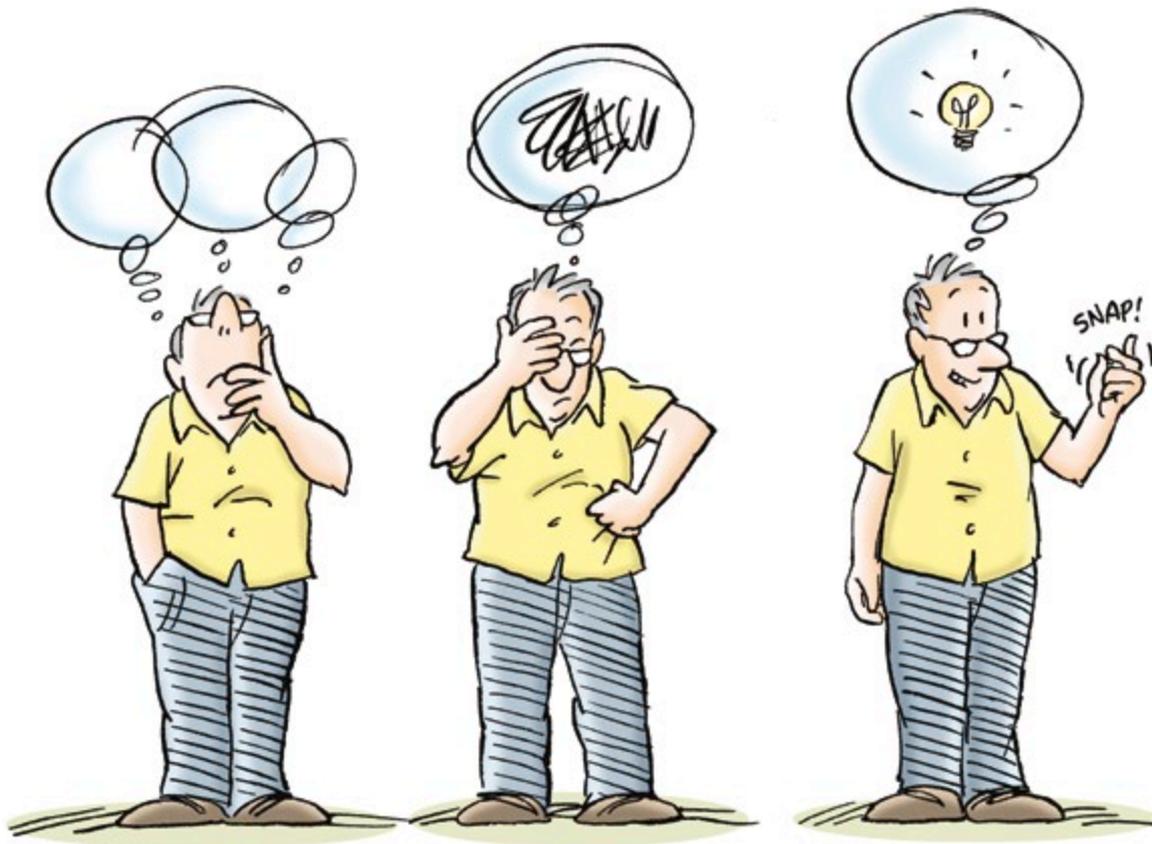
In his April 2013 general conference message, President Boyd K. Packer, President of the Quorum of the Twelve Apostles, recited a poem he wrote that includes the

following lines about his experience growing older:

*The signs of aging can be seen.  
Those things will not get better.  
The only thing that grows in strength  
With me is my forgetter.<sup>1</sup>*

The message from President Packer, who turned 90 in September, reminded me of something as I also approach my 90th year—I still should keep learning, even though I forget some things. Why? Because I know that “whatever principle of intelligence we attain unto in this life, it will rise with us in the resurrection” (D&C 130:18).

Yes, our mortal bodies get old. Our brains can lose the capacity to function efficiently. Our spirits, however, don't ever wear out. I know that when we die, our spirits will carry with them perfect knowledge of everything we ever knew. I recognize at this stage of my life that my spirit can still learn. The challenge is to keep learning—even though our “forgetter” may be getting better.



### Bringing Things to Our Remembrance

I am now writing my personal history, and I find that the Holy Ghost helps me by bringing “things to [my] remembrance” (John 14:26). I have sometimes been surprised by a special memory I had forgotten that suddenly comes into my mind as clear as if it were yesterday. I have also discovered that some things are really still in my brain but just don’t always come out when I want them to. A memory I might have been puzzling over might come to me in the wee hours of the morning.

### Gaining Knowledge in This Life

In Doctrine and Covenants 130:19 we learn that “if a person gains more knowledge and intelligence in this life through his diligence and obedience than another, he will have so much the advantage in the world to come.” I believe this revelation is teaching us that we are better off continuing to learn throughout our lives.

But what if I cannot remember what I heard or what I studied so intently years ago? Do I have cause for great alarm? I feel the answer is found in a quote I often used as a teacher at BYU: “Education is what remains when we have forgotten all that we have been taught.”<sup>2</sup>

### Being Grateful

Though my “forgetter,” like President Packer’s, is getting better, my testimony continues to grow and deepen. I love the gospel. I am grateful that my Heavenly Father and His Son, Jesus Christ, know who I am, and I feel a deep and special love for Them. I believe these words of Nephi: “If ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life” (2 Nephi 31:20). ■

*The author lives in Utah, USA.*

#### NOTES

1. Boyd K. Packer, “These Things I Know,” *Ensign*, May 2013, 6.
2. George Savile, Lord Halifax, in *The Concise Columbia Dictionary of Quotations*, ed. Robert Andrews (1990), 89.



### CONSTANTLY IMPROVING

“Enduring to the end means that we have planted our lives firmly on gospel soil. . . . Those who endure are balanced, consistent, humble, constantly improving, and without guile. Their testimony is not based on worldly reasons—it is based on truth, knowledge, experience, and the Spirit.”

**Elder Joseph B. Wirthlin (1917–2008)** of the Quorum of the Twelve Apostles, “Press On,” *Ensign*, Nov. 2004, 101.

# FINDING SOLACE

IN

# Sacred Hymns

*Hymns have the power to bring peace in times of sorrow and grief.*



COPING WITH THE LOSS OF A LOVED ONE IS NOT EASY, BUT THROUGH THE GOSPEL OF JESUS CHRIST WE CAN BE COMFORTED. HERE, THREE LATTER-DAY SAINTS SHARE HOW THE HYMNS GAVE THEM SOLACE AS THEY FACED THE DEATH OF FAMILY MEMBERS.

## Sharing Our Loss

Several years after our first son was born, my husband and I were trying—unsuccessfully—to have more children. After months, we were elated to discover that we were finally expecting, but soon our hopes were dashed when I miscarried.

Some time later, I found out that I was pregnant again. Apprehension clouded my hopes, but as the months passed without incident, my husband and I became increasingly optimistic. During this time, I was called into the ward's Relief Society presidency. The Relief Society president, Kay, had a son who had been diagnosed with an inoperable tumor growing at the base of his brain. The prognosis was bleak, and doctors said that his life was drawing to an end.

While the following weeks brought sorrow to Kay and her family, the little life inside of me continued to grow. Excitement filled me at each doctor's appointment when I heard my baby's heartbeat. But then one morning that heartbeat wasn't there. The umbilical cord had become securely wrapped around our baby's neck, and he had died. My husband and I felt hollow with despair. I wondered why the Lord would have us undergo such a trial.

Kay listened and tried to comfort me, and then she suggested that we go to the temple as a Relief Society presidency. I hesitantly agreed.

Later, while I sat in the chapel of the Seattle Washington Temple, my heart began to open to a soft melody the organist played over and over again. I couldn't determine what hymn it was but tried to distinguish a few phrases. The hymn's melody repeated itself in my mind throughout the temple session. When I arrived home, I quickly went to my hymn-book. I located the hymn, and the words penetrated my soul. It was as if Heavenly Father knew my innermost thoughts and feelings:

*Where can I turn for peace?  
Where is my solace  
When other sources cease to make me whole?  
When with a wounded heart, anger, or malice,  
I draw myself apart,  
Searching my soul?*

*Where, when my aching grows,  
Where, when I languish,  
Where, in my need to know, where can I run?  
Where is the quiet hand to calm my anguish?  
Who, who can understand?  
He, only One.*

*He answers privately,  
Reaches my reaching  
In my Gethsemane, Savior and Friend.  
Gentle the peace he finds for my beseeching.  
Constant he is and kind,  
Love without end.*

(“Where Can I Turn for Peace?” *Hymns*, no. 129.)

The Spirit's comforting peace poured over me, and I knew that Heavenly Father loved me and understood my sorrow. He had not forsaken me, but in His wisdom had supported me throughout this challenge. Now, many years later, I still view that moment as a time when my testimony was strengthened because of those simple words.

Lonna Heuett, Utah, USA



### Singing to Grandmother

While I was away at college, my mother called late one Friday night and said, “It’s time to come home. Your grandmother is weak, and I doubt she will be with us much longer.” My grandmother had been living with our family for the past year because she was too sick to live on her own. I knew her time on earth was drawing to an end, but I was not ready for my mother’s words.

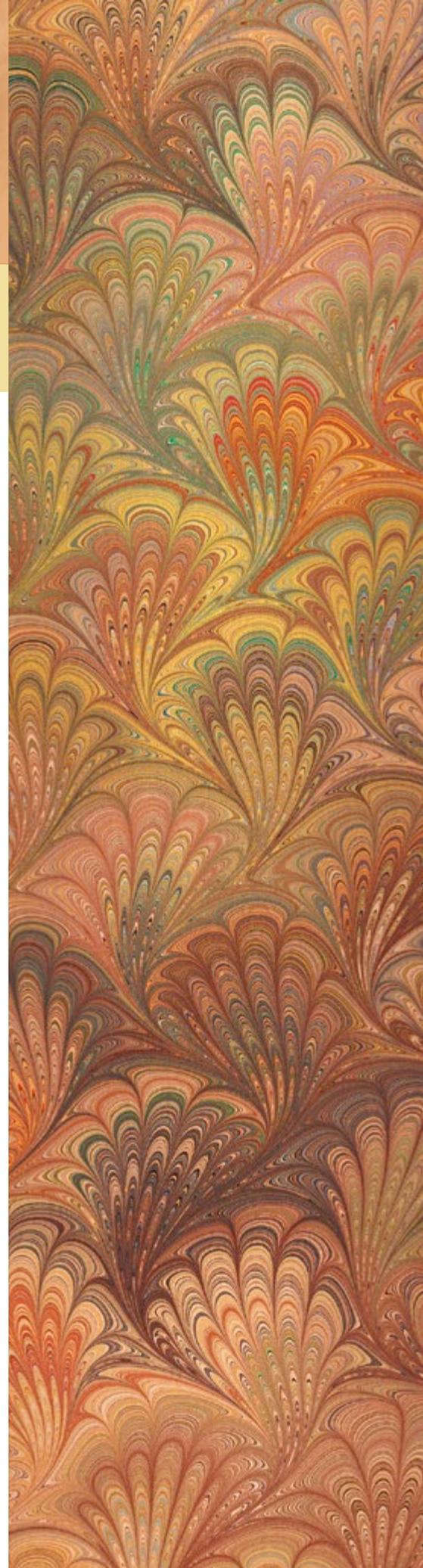
I sped toward home from college and recalled my childhood visits to my grandmother’s home—the stories she had told, the family treasures she had shown me, and the Spirit I had felt when I was with her. As I pulled up to our family’s house, the flood of memories ceased and my mind returned to reality.

I entered my grandmother’s bedroom and noticed that she no longer had hope in her eyes. Her face was gaunt, fearful, full of pain. She didn’t acknowledge my presence; even when I held her hand she continued

looking sadly at the ceiling. As I wondered how to express my love for her, a prompting came to my mind: “Sing.” I thought, “Sing? What can I sing at a time like this? I can’t sing.” But the thought came again: “Sing a hymn.”

I hesitated, feeling inadequate to sing, but began to hum “Come, Come, Ye Saints” (*Hymns*, no. 30). Grandma turned and acknowledged my presence. I looked at her and began singing. She squeezed my hand, and tears welled up in her eyes while I sang every hymn and Primary song I could remember. Although I was not used to singing in front of anyone, I soon was singing so loudly that my family came to see what was happening. Immediately noticing the changed look in my grandmother’s eyes, they gathered hymnbooks and joined me. My sister played the piano in the next room. We could see that my grandmother felt comforted.

My testimony of the influence of the hymns was strengthened that day as I saw my grandmother’s countenance transform. I now know that music can change lives, soften hearts, and give hope to those in need.  
Bethany Thiemann Roper, Idaho, USA





## **DARKNESS OF DEATH DISPELLED**

“The darkness of death can ever be dispelled by the light of revealed truth. ‘I am the resurrection, and the life,’ spoke the Master. ‘He that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die’ [John 11:25–26].”

President Thomas S. Monson, “Finding Peace,” *Ensign*, Mar. 2004, 7.

### **Bound in Heaven**

**M**y first child was born prematurely and lived for only a few minutes. My husband and I planned a small graveside service for our son. While we searched for a hymn that would be appropriate at his funeral, we discovered that “Be Still, My Soul” (*Hymns*, no. 124) offered the comfort and hope we sought.

*Be still, my soul: The hour is hast'ning on  
When we shall be forever with the Lord,  
When disappointment, grief,  
and fear are gone,*

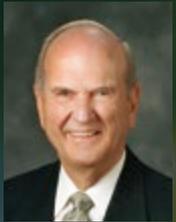
*Sorrow forgot, love's purest  
joys restored.*

*Be still, my soul: When  
change and tears are past,  
All safe and blessed we shall  
meet at last.*

The words of this hymn gave me comfort in the present, joy regarding the past, and hope for the future. It strengthened our testimonies of our temple sealing and helped us realize that if we are faithful, the sorrow we feel will someday be only a memory. We know we can live again as an eternal family.

Lindsey Pingel, Oregon, USA





**DEATH IS THE PASSAGE HOME**

“Eternal perspective provides peace ‘which passeth all understanding.’

(Philip. 4:7.) In speaking at a funeral of a loved one, the Prophet Joseph Smith offered this admonition:

‘When we lose a near and dear friend, upon whom we have set our hearts, it should be a caution unto us. . . . Our affections should be placed upon God and His work, more intensely than upon our fellow beings.’ (*Teachings of the Prophet Joseph Smith*, p. 216.)

“Life does not begin with birth, nor does it end with death. Prior to our birth, we dwelled as spirit children with our Father in Heaven. There we eagerly anticipated the possibility of coming to earth and obtaining a physical body. Knowingly we wanted the risks of mortality, which would allow the exercise of agency and accountability. ‘This life [was to become] a probationary state; a time to prepare to meet God.’ (Alma 12:24.) But we regarded the returning home as the best part of that long-awaited trip, just as we do now. Before embarking on any journey, we like to have some assurance of a round-trip ticket. Returning from earth to life in our heavenly home requires passage through—and not around—the doors of death. We were born to die, and we die to live. (See 2 Cor. 6:9.) As seedlings of God, we barely blossom on earth; we fully flower in heaven.”

**Elder Russell M. Nelson of the Quorum of the Twelve Apostles, “Doors of Death,” *Ensign*, May 1992, 72.**

AS SEEDLINGS OF GOD,  
WE

*barely blossom*

ON EARTH;

WE FULLY *flower* IN

HEAVEN.

# Supplication

Humbly ♩ = 80-92

Words by Anna M. Molgard  
Music by Rachel P. Mohlman

1. Ho - ly Lord, I now ap - proach Thee, Sup - pli - ca - ting heav - en's grace.  
2. Lead me in - to Thy pro - tec - tion. Gent - ly reach my bro - ken heart.  
3. Let the joy of Thy sal - va - tion Fill my e - ver - chang - ing life.

In my need I seek Thy com - fort, Long - ing to be - hold Thy face.  
Heal the wound that now lies hid - den. Help my res - to - ra - tion start.  
Seal the peace of trans - for - ma - tion Down up - on me; make me Thine.

Fal - len from Thy path's per - fec - tion, Seek - ing now Thy help di - vine, \_\_\_\_\_  
As my long - ing seeks re - demp - tion, May Thy mer - cy in - ter - cede. \_\_\_\_\_  
Fill me, Lord, with great - er vi - sion Of Thy sac - ri - fice for me. \_\_\_\_\_

1. 2. 3.  
Plead - ing long for my re - demp - tion, May Thy suff - 'ring cov - er mine.  
Let Thy ho - ly hab - i - ta - tion Cov - er my un - end - ing need.  
New - ly fash - ioned by Thy mer - cy, Help me, Lord, to be like Thee.

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# Nephi's Bows

## NEPHI'S STEEL BOW

**Type of bow:** We can't be sure, but Nephi tells us that it was "made of fine steel" (1 Nephi 16:18). This mention of metal as part of the bow's construction implies that it was strong and probably had a good draw weight (the energy built up when the arrow is drawn back) and thus a good range and force for each shot.

**Why it broke:** Again, we can't be sure, but increased heat and changed humidity (going from Jerusalem to the southwestern Arabian Peninsula) may have weakened the bow. This may also explain why Laman and Lemuel's bows "lost their springs" (1 Nephi 16:21).



### WHAT THEY WERE HUNTING

Some larger animals found in the southwestern Arabian Peninsula that Nephi and his brothers could have hunted include the nubian ibex (a kind of goat), oryx (a kind of antelope), and mountain gazelle. Several smaller animals also inhabit the area.

### WHAT ABOUT THE ARROW?

Nephi's new bow was probably a different size (most likely longer) and had a different draw weight (probably weaker) than his first one. This may have required making a new, customized arrow so that it would fly straight and far. And, by the way, it says he made "an arrow" (1 Nephi 16:23). Just one? Now *that's* faith.

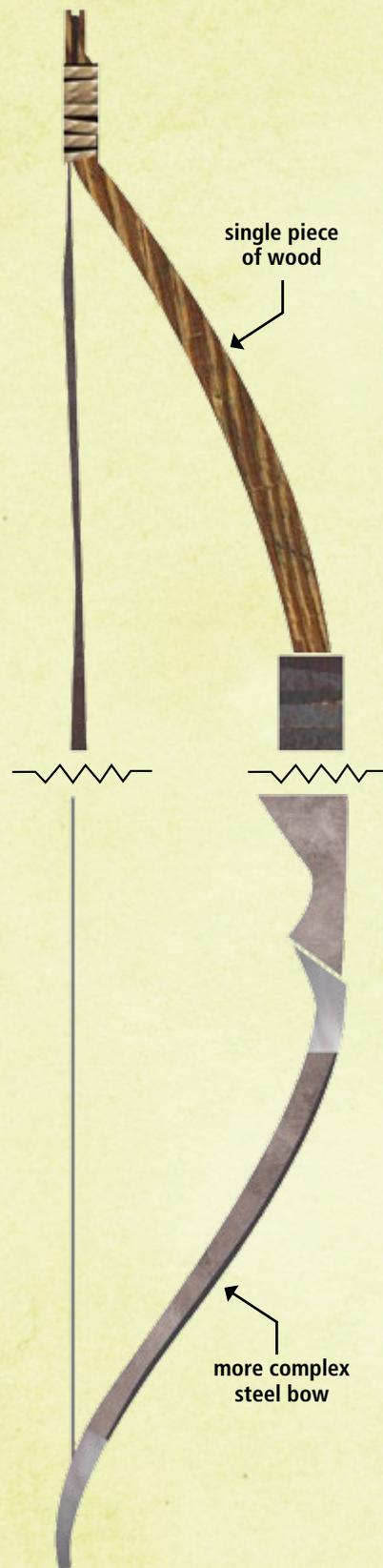
nubian ibex



oryx



mountain gazelle



## NEPHI'S BOW OF WOOD

**Type of bow:** Nephi says he “did make out of wood a bow” (1 Nephi 16:23). A bow made of a single piece of wood is called a self bow.

**How it was made:** Nephi would have had to carve a piece of wood long enough, thick enough, straight enough, and flexible yet strong enough to draw back with great force without breaking it. Suitable wood in the area may have included olive, pomegranate, acacia, or juniper.

**How it compared to the first bow:** Bows made only of wood are generally weaker than those that combine various materials, having less range and force. So Nephi may have had to work harder to hunt the animals.

**“AND IT CAME TO PASS THAT I, NEPHI, DID MAKE OUT OF WOOD A BOW, AND OUT OF A STRAIGHT STICK, AN ARROW. . . AND I SAID UNTO MY FATHER: WHITHER SHALL I GO TO OBTAIN FOOD?” 1 NEPHI 16:23**

### WHERE THIS HAPPENED



From Jerusalem, Lehi’s family traveled to “the borders near the shore of the Red Sea” (1 Nephi 2:5) and then went in “nearly a south-southeast direction, . . . keeping in the most fertile parts of the wilderness, which were in the borders near the Red Sea” (1 Nephi 16:13–14). This would place them somewhere in the rugged mountainous areas of the southwestern Arabian Peninsula.

*The story of the weapon Nephi built in order to solve a problem may hold lessons for you.*

## WHAT WE CAN LEARN

**It had to be made.** Unlike the Liahona (see 1 Nephi 16:10), the new bow did not miraculously appear one morning. It took someone with learning, skill, ingenuity, and determination to make it. We should prepare ourselves to be the ones who can do what needs to be done.

**It wouldn’t have been easy to make or use.** The problems we face aren’t always easily solved. Doing hard things is part of life.

**Nephi built it on his own initiative.** Nephi chose to act. He did what he could to fix a bad situation. He didn’t wait to be “compelled in all things” but decided to be “anxiously engaged” and do something “of [his] own free will” (D&C 58:26–27). The Lord then blessed his efforts by helping him have a successful hunt (see 1 Nephi 16:30–31).

**Nephi built the bow while others complained** (see 1 Nephi 16:18, 20, 22). Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has said, “Speak encouragingly, including about yourself. Try not to complain and moan incessantly. . . . No misfortune is so bad that whining about it won’t make it worse” (“The Tongue of Angels,” *Ensign*, May 2007, 18).



### MAKE THE EFFORT

“Have the determination to make the effort, the single-mindedness to work toward a worthy goal, and the courage not only to face the challenges that inevitably come but also to make a second effort, should such be required.”

President Thomas S. Monson, “Living the Abundant Life,” *Ensign*, Jan. 2012, 5.

## MY PRAYER IN THE NORTH SEA

When I was 17 years old, we lived on an island in southern Norway called Andabeløy. My father converted to the Church on Andabeløy, and I was baptized in the ocean there.

I was a fisherman by that time and was well experienced in handling a boat. My father put me in charge of our maritime taxi service used by area residents.

One day in 1941 we got a call from the doctor in Flekkefjord, to the north. A woman who lived about two hours away by boat needed immediate medical attention. Dr. Hoffman asked

if I could take him to see her, but my parents were worried about a storm raging in the North Sea. We decided to pray, asking Heavenly Father what to do. We received an answer that I should proceed.

When I eased *Tryg*, my 31-foot (10 m) fishing boat, into the sea, the weather was bad and the waves were big. After picking up the doctor, I set out through the fjord into the open sea. We were to travel to a community just north of Lista, located on Norway's rocky southern coastline—famous for stormy weather and shipwrecks.

I steered through the storm until we got to a rocky inlet, about 40 feet (12 m) across, which led to our destination. The waves, so high I could not control the boat through the inlet, were rushing into the inlet and crashing against the rocks.

"What should we do?" the doctor asked over the gale.

"We have to pray about it," I replied.

I paused and prayed, asking Heavenly Father for direction. As soon as I had said amen, an answer came to me clearly. I suddenly recalled a story an old fisherman had told me. He had



been fishing in this same area during a bad storm and couldn't get to shore. As he waited out the storm, he noticed a pattern in the incoming waves. After three great big waves washed in, a short period of calm followed—long enough for him to enter the inlet.

I had fished many times in this area but had never noticed a wave pattern. Nevertheless, I brought the boat to the front of the inlet, where we waited and watched as three big waves came in. Sure enough, a sudden calm followed. I glided the boat forward over the smooth water

The waves were so high I could not control the boat through the inlet.



of the inner bay and brought Dr. Hoffman safely to shore. He hurried to the ill woman while I waited in the boat, thankful Heavenly Father had answered my prayer.

When the doctor returned about an hour later, he declared, "We saved her life!"

Relieved by the news and the improving weather, I piloted the boat home without incident.

I bear witness that when we need help, we should pray. I know that Heavenly Father will answer. ■

Olaf Thorlief Jensen, Utah, USA

## HE LOVES YOU

I was sitting in the corner of the celestial room by the organ during the dedication of the Memphis Tennessee Temple. President James E. Faust (1920–2007), a member of the First Presidency from 1995 to 2007, had come to dedicate the temple. He and several other leaders were seated behind the microphone. A local Church choir filed in and stood behind them.

A young woman I visit taught was a member of the choir. Throughout the meeting, I prayed that she would receive what she had come for. She had confided in me that she came to the temple dedication that day to find out her standing with the Lord. She had committed serious sins in the past, and though she had repented, she still

struggled to feel good about herself. She even struggled to feel good about singing in the choir.

I stared at President Faust, feeling that he, as a representative of the Lord in the First Presidency, ought to be able to do something. But how could I tell him, and how could he do anything? After the meeting, he would file out of the room just as he had come in, and there would be no introductions, no handshakes, and no words exchanged. I understood that he was busy and had travel arrangements, but still I prayed.

President Faust, deep in thought, looked at me for a while—the muscles in his eyebrows were knit together. When the meeting ended, a happy expression flooded his countenance with light.

He looked at me again and then suddenly stood up, turned around, and stretched his arm forward as far as it would go. He pointed directly at my friend. Then he said firmly and loudly, "The Lord loves you!"

President Faust's gesture was small and simple yet so powerful that it could have come only from the Holy Ghost communicating to him what I could not. Those few words blessed my friend and continue to sustain my faith that the Lord is mindful of the details of our lives and "that by small and simple things are great things brought to pass" (Alma 37:6). ■

Alice Victoria Weston-Sherwood,  
Arkansas, USA

## I HEARD THE CHILDREN

Clinical depression was something I never wanted to face again. But after I had been free of it for 12 years, it returned.

I was scared and distraught. I questioned Heavenly Father and prayed for the strength to make it through my trial. I also pleaded with Him that my depression would not last five years, as it had the last time.

My husband and I have three children, two sons and a daughter, who have blessed us with 13 grandchildren. Knowing the despair I faced, my daughter organized the family for a day of fasting and prayer. All the grandchildren, ages 1 to 10, wanted to pray for Grandma, and the three who had been baptized wanted to fast. It was such a comfort to know that my husband, children, and grandchildren would fast and pray on my behalf.

The next day when I awoke from a nap, the feeling of depression didn't

seem so strong. The next day it lifted even further. By the fifth day my depression had lifted completely. That evening, while I was contemplating how this miracle had happened, a voice touched my soul and said to me, "I heard the children." Heavenly Father had heard them in their innocence and had answered their prayers of humility, faith, and love.

The Savior taught:

"Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

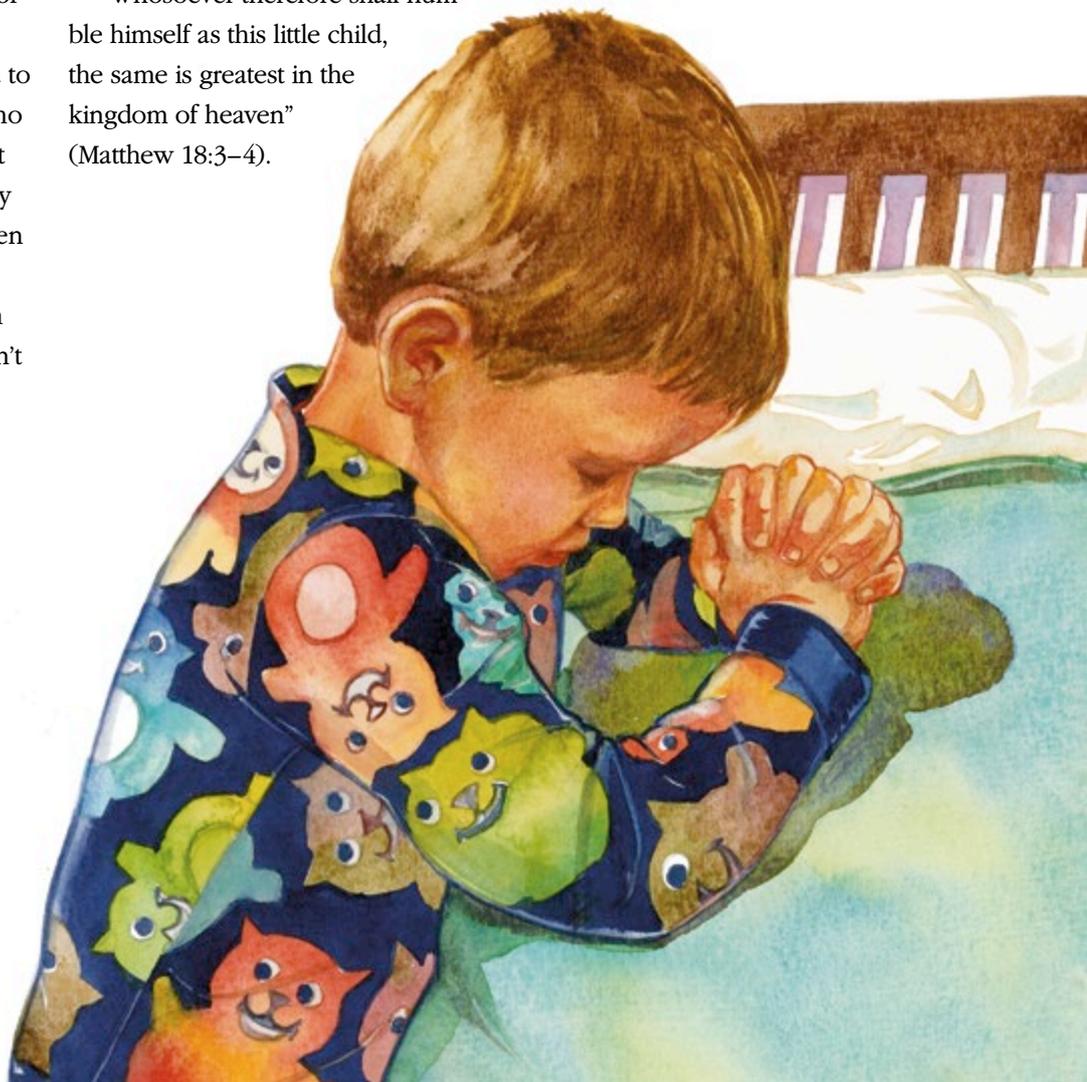
"Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven" (Matthew 18:3–4).

I have corresponded with my grandchildren and thanked them for fasting and praying on my behalf. I told them how much I love them. I told them Heavenly Father had heard them and answered their prayers.

As my grandchildren grow in the gospel, I hope they will remember the time Heavenly Father said to their grandmother, "I heard the children." And I hope that experience will strengthen their testimony and help them stay strong in the gospel. ■

Joy Cromar, California, USA

All the grandchildren, ages 1 to 10, wanted to pray for Grandma, and the three who had been baptized wanted to fast.



## HIGHLY ATTRACTIVE POISON

When I stepped out the front door to get the newspaper, I saw an unpleasant sight. A reddish mound of fire ants had formed in the night, rising through the crack between the lawn and the sidewalk.

Though my husband and I hadn't lived long in Texas, USA, I knew from painful experience that the ants' stinging bite, not their color, had earned them their nickname. I headed for the garage, where we kept the pesticide. I then read the instructions on the label.

"[This pesticide] is highly attractive to fire ants," it read. "They will carry it into their mound, feed it to their queen, and the colony will die." The label instructed me to sprinkle some granules on and around the mound. The ants would do the rest.

I was skeptical. The fire ants seemed pretty clever to me, able to build tall mounds in a single night. I doubted they would fall for disguised poison, but I sprinkled it on anyway.

A short while later I found the mound bustling with activity. I kept my distance but stooped to watch the fuss. They were as ecstatic as if it had just rained manna from heaven. They

were hoisting the white granules in their tiny pincers and knocking over one another in their haste to get the poison into their mound.

I watched in horrified awe. They were willingly taking poison into their home. Apparently, the words "highly attractive" had not exaggerated. Somehow the pesticide company had been able to make something bad—lethal even—look extremely good.

I had never seen a more striking example of how bad could be made to look good. It made me think of how Satan does the same thing. I was comforted to realize that although he can sprinkle his disguised poison around my home, he can't bring it in—unless I let him. So how could I keep it out?

One of my favorite scriptures came to mind: "For behold, the Spirit of Christ is given to every man, that he may know good from evil." With that Spirit, Mormon explains, we "may know with a perfect knowledge" whether something is of God or of Satan (Moroni 7:16).

That experience of watching those doomed ants filled me with gratitude that my husband and I could judge

and know for sure whether to allow something into our home. Our job was to teach our children to follow the Spirit of Christ so that they too could know poison when they came upon it.

As I stooped there, watching those insects transport every last granule into their mound, I vowed to do all I could to keep poison out of my home. ■

Alison L. Randall, Utah, USA

The label instructed me to sprinkle some granules on and around the mound. The ants would do the rest.





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

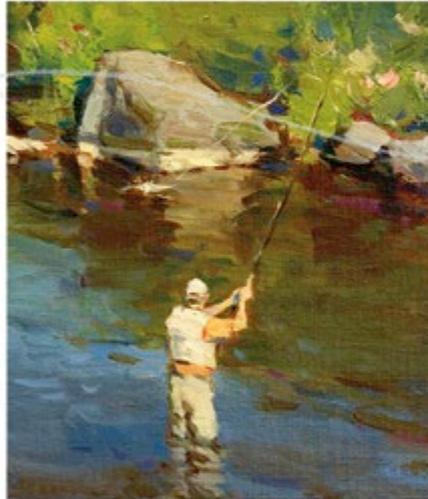
## DECEPTIONS

Autumn is a particularly exciting time for the fly fishermen, for this is the time trout are driven by an almost insatiable hunger to feast in order to fortify their bodies against the scarcity of winter food.

The goal of the fly fisherman is to catch trout through skillful deception. The adept fisherman studies trout behavior, weather, the water current, and the types of insects trout eat and when those insects hatch. He will often craft by hand the lures he uses. He knows these artificial insects embedded with tiny hooks need to be a perfect deception because the trout will identify even the slightest flaw and reject the fly.

What a thrill it is to watch a trout break the surface of the water, inhale the fly, and resist until it is finally exhausted and reeled in. The test is the pitting of the fisherman's knowledge and skill against the noble trout.

The use of artificial lures to fool and catch a fish is an example of the way Lucifer often tempts, deceives, and tries to ensnare us.



Like the fly fisherman who knows that trout are driven by hunger, Lucifer knows our "hunger," or weaknesses, and tempts us with counterfeit lures which, if taken, can cause us to be yanked from the stream of life into his unmerciful influence. And unlike a fly fisherman who catches and releases the fish unharmed back into the water, Lucifer will not voluntarily let go. His goal is to make his victims as miserable as he is.

One of the main methods he uses against us is his ability to lie and deceive to convince us that evil is good and good is evil. Right from

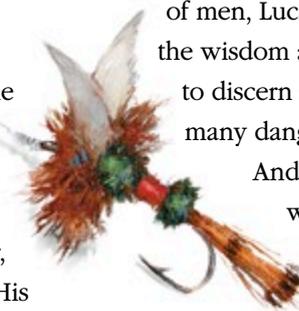
the very beginning in the great Council in Heaven, Satan "sought to destroy the agency of man, which I, the Lord God, had given him" (Moses 4:3).

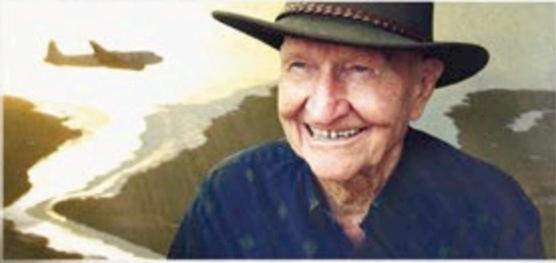
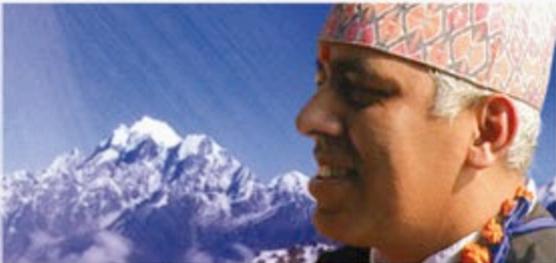
The battle over man's God-given agency continues today. Satan and his minions have their lures all around us, hoping that we will falter and take his flies so he can reel us in with counterfeit means.

Brothers and sisters, may we all be aware of the artificial flies being presented to us by the counterfeit fisher of men, Lucifer. May we have the wisdom and spiritual insight to discern and refuse his many dangerous offerings.

And for those of you who have fallen prey to any kind of addiction, there is hope because God loves all of His children and because the Atonement of the Lord Jesus Christ makes all things possible. ■

*From "O That Cunning Plan of the Evil One,"  
Ensign, Nov. 2010, 108-10.*





# meet the MORMONS

six ordinary individuals, six extraordinary stories

*“Each one of us has  
amazing potential.  
Each one of us has an  
important part to play.”*

*Meet the Mormons*, a feature-length documentary produced by the Church, comes to theaters in the United States this month. The film introduces viewers to six Latter-day Saints from around the world, highlighting their unique stories as well as their common faith in the gospel of Jesus Christ. After its U.S. theatrical run, *Meet the Mormons* will be made available through various channels worldwide.

Learn more about this groundbreaking production on page 26 of this month's *Ensign*.



IN THEATERS 10/10/14

for more information visit  
[www.meetthemormons.com](http://www.meetthemormons.com)

NET PROCEEDS GO TO CHARITY

#meetthemormons  
see the trailer online





# In Church Magazines

**Ensign:** As Latter-day Saints, we sometimes need to stand up for what we believe. See page 14 to read about how five young adults boldly defended their faith.

**New Era:** In a special section this month, learn all about the joy and blessings of family history, and see the significant role youth can play in carrying out this important part of the Lord's work of salvation (pages 2–25).

**Friend:** Do you know someone graduating from Primary? Help him or her get ready for this exciting change! Turn to page 44 of the *Friend* for a story for young women and to page 46 for young men.

THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

