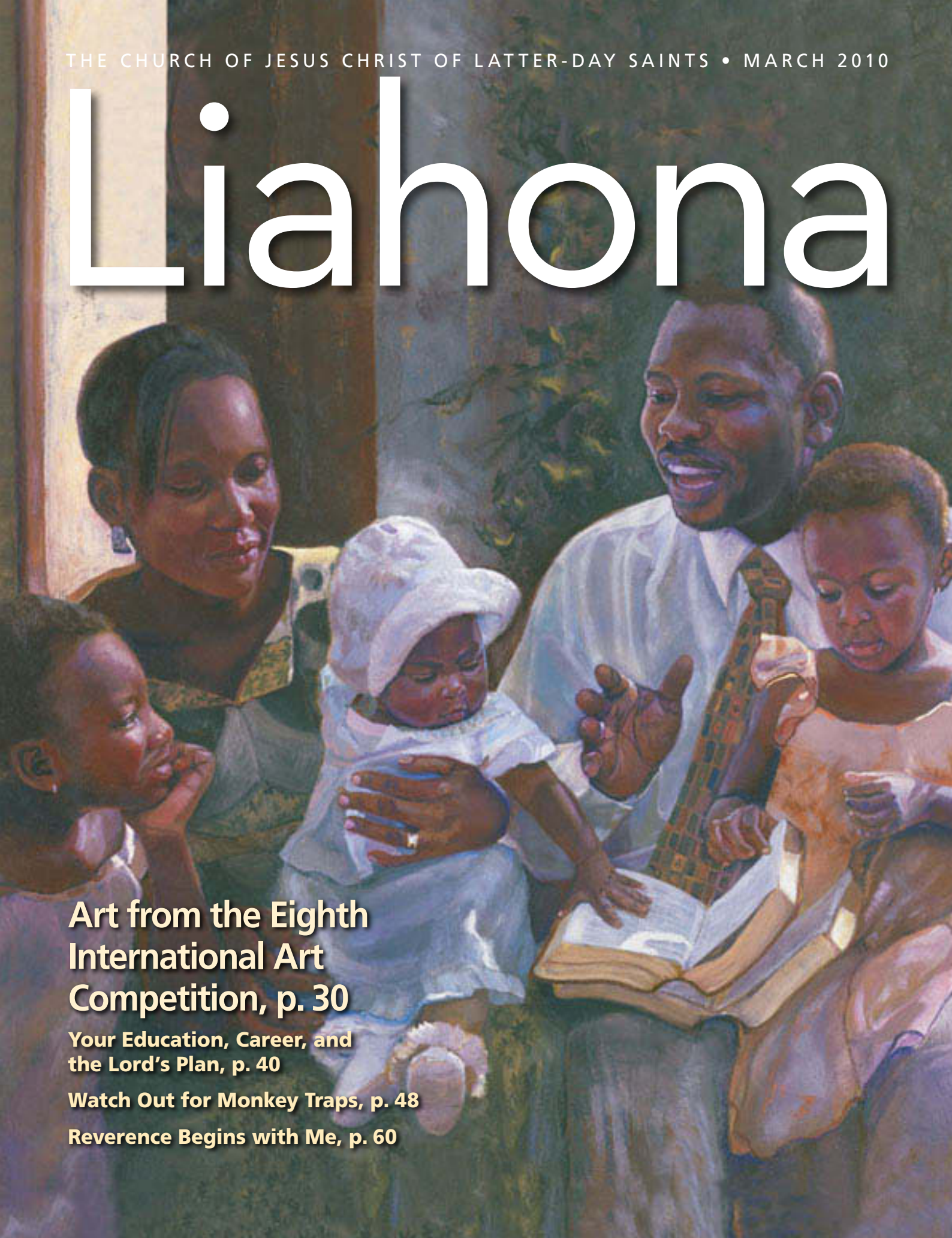


THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS • MARCH 2010

Liahona



**Art from the Eighth
International Art
Competition, p. 30**

**Your Education, Career, and
the Lord's Plan, p. 40**

Watch Out for Monkey Traps, p. 48

Reverence Begins with Me, p. 60

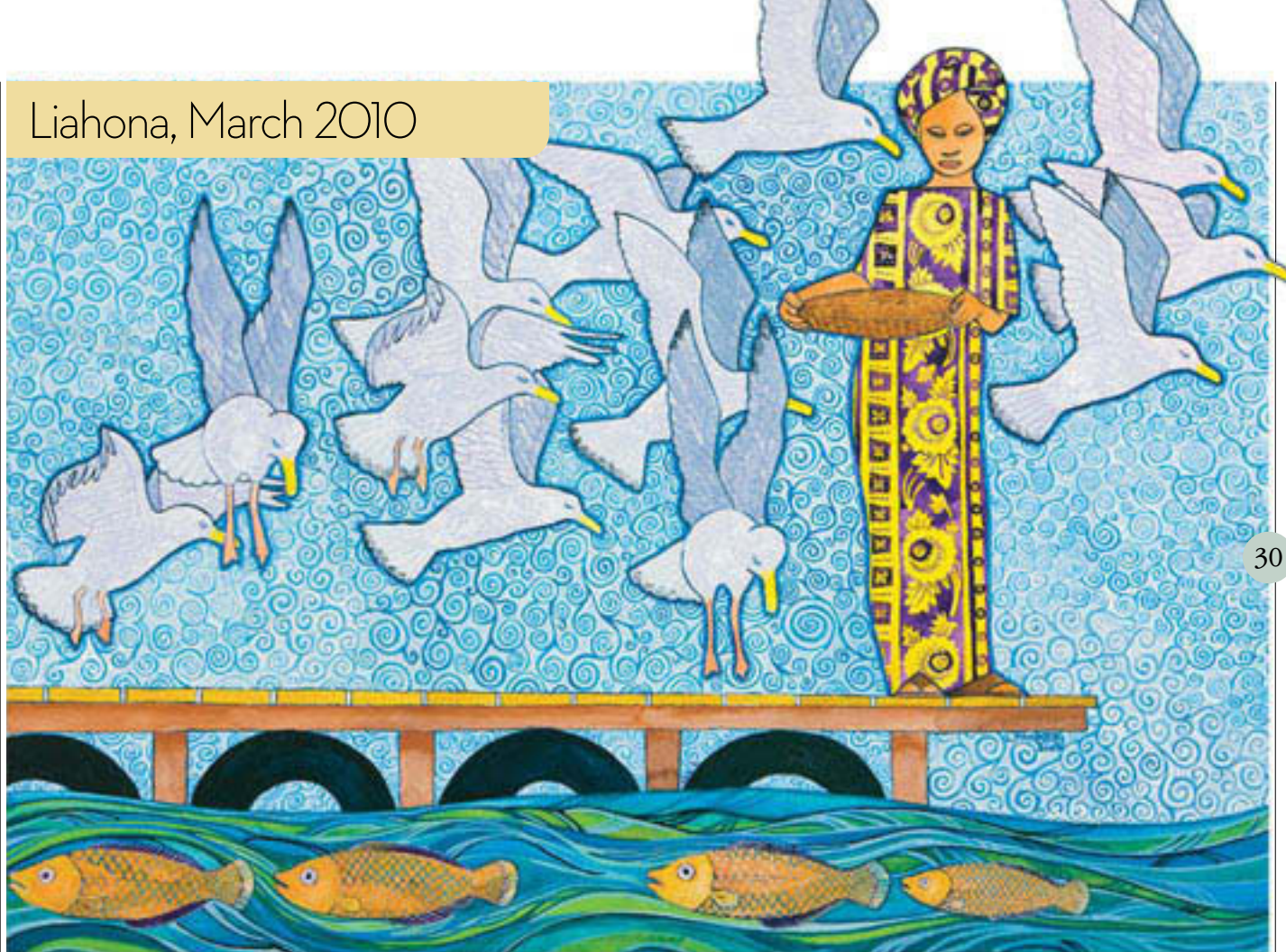


LEFT: COURTESY OF EIGHTH INTERNATIONAL ART COMPETITION

Faith at the Water's Edge (Exodus 2:3–4),
by Anne Marie Oborn

“And when [his mother] could not longer hide [Moses], she took for him an ark of bulrushes, and daubed it with slime and with pitch, and put the child therein; and she laid it in the flags by the river's brink.

*“And his sister stood afar off, to wit what would be done to him”
(Exodus 2:3–4).*



MESSAGES

4 First Presidency Message: Moral Courage

By President Henry B. Eyring

8 Visiting Teaching Message: Strengthening Faith in God the Father and Jesus Christ through Personal Scripture Study

FEATURE ARTICLES

16 The Lord Truly Protected Us

By Kevin D. Casper

*As we leaped from the blazing
ship to the water below, all we
could do was pray.*

ON THE COVER

Front: *Bring Up Your Children in Light
and Truth*, by GayLynn Ribeira.
Back: *Steady Course*, by Jon Helaman
Saline.



18 Safe in His Hand

*Even in times of turmoil, the
Church grows and we can feel
peace.*

30 Remembering the Great Things of God: Eighth International Art Competition

By Heather L. Stock

*Artists from 44 countries
produce a "testimony meeting"
of colors and shapes.*

DEPARTMENTS

9 We Talk of Christ: Recognizing Gospel Light

By Yulia Phares

10 Small and Simple Things

13 Serving in the Church: Acceptable Service

By Elder David E. LeSueur

14 What We Believe: The Holy Ghost Testifies of Truth

26 Gospel Classics: The Law of the Fast

By Elder Robert L. Simpson

36 Latter-day Saint Voices

74 News of the Church

80 Until We Meet Again: Picturing Fatherhood

By Antonio Peluso





42

40 They Spoke to Us: Neither Trust in the Arm of Flesh

By Elder Russell M. Nelson

42 Gospel in My Life: When Things Seemed Wrong

By Lin Si-Chia

43 Why Pay Fast Offerings?

44 To the Point

46 How I Know: Searching for the Right Church

By Roberto Pinheiro Rocha

48 Caught in a Cumbuca

By Elder Marcos A. Aidukaitis
Satan's trap may seem inviting, but the end result can be devastating.

52 Poster: Stay on the Right Track

53 Our Space

54 The Defense

By Fridrik Rafn Gudmundsson
The toughest attacks weren't coming from the field; they were coming from the sidelines.

56 Getting the Best of the Bully

By Douglas M. Brown
I was new in school, and dealing with this bully didn't make my life any easier.



54



62

58 How Can I Be a Better Friend?

Discover what a true friend really is.

59 A Testimony of the Prophet

By Elder Cecil O. Samuelson Jr.
The first time I saw him, I knew he was a prophet of God.

60 A Lesson in Reverence

By President Thomas S. Monson
A young President Monson helped solve a problem with reverence in Primary.

62 A Visit to Temple Square: Meeting the Primary General President

By Anna Culp

64 Our Page

66 Lindsay's Priesthood Blessing

By Myrna Hoyt
Will Lindsay be able to feel peace before her operation?

68 Sharing Time: God Speaks through Prophets

By Sandra Tanner and Cristina Franco

70 For Young Children



See if you can find the Liahona hidden in this issue.

MARCH 2010 VOL. 34 NO. 3
LIAHONA 09283

Official international magazine of The Church of Jesus Christ of Latter-day Saints

The First Presidency: Thomas S. Monson, Henry B. Eyring, Dieter F. Uchtdorf

The Quorum of the Twelve Apostles: Boyd K. Packer, L. Tom Perry, Russell M. Nelson, Dallin H. Oaks, M. Russell Ballard, Richard G. Scott, Robert D. Hales, Jeffrey R. Holland, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen

Editor: Spencer J. Condie

Advisers: Keith K. Hilbig, Yoshihiko Kikuchi, Paul B. Pieper

Managing Director: David L. Frischknecht

Editorial Director: Victor D. Cave

Senior Editor: Larry Hiller

Graphics Director: Allan R. Loyborg

Managing Editor: R. Val Johnson

Assistant Managing Editors: Jenifer L. Greenwood, Adam C. Olson

Associate Editor: Ryan Carr

Assistant Editor: Susan Barrett

Editorial Staff: David A. Edwards, Matthew D. Flitton, LaRene Porter Gaunt, Annie Jones, Carrie Kasten, Jennifer Maddy, Melissa Merrill, Michael R. Morris, Sally J. Odekirk, Joshua J. Perkey, Chad E. Phares, Jan Pinborough, Richard M. Romney, Don L. Searle, Janet Thomas, Paul VanDenBerghe, Julie Wardell

Senior Secretary: Laurel Teuscher

Art Director: Scott Van Kampen

Production Manager: Jane Ann Peters

Design and Production Staff: Cali R. Arroyo, Collette Nebeker Aune, Howard G. Brown, Julie Burdett, Thomas S. Child, Reginald J. Christensen, Kim Fenstermaker, Kathleen Howard, Eric P. Johnsen, Denise Kirby, Scott M. Mooy, Ginny J. Nilson

Prepress: Jeff L. Martin

Printing Director: Craig K. Sedgwick

Distribution Director: Randy J. Benson

For subscriptions and prices outside the United States and Canada, contact your local Church distribution center or ward or branch leader.

Send manuscripts and queries to *Liahona*, Rm. 2420, 50 E. North Temple St., Salt Lake City, UT 84150-0024, USA; or e-mail: liahona@ldschurch.org.

The *Liahona* (a Book of Mormon term meaning "compass" or "director") is published in Albanian, Armenian, Bislama, Bulgarian, Cambodian, Cebuano, Chinese, Croatian, Czech, Danish, Dutch, English, Estonian, Fijian, Finnish, French, German, Greek, Hindi, Hungarian, Icelandic, Indonesian, Italian, Japanese, Kiribati, Korean, Latvian, Lithuanian, Malagasy, Marshallese, Mongolian, Norwegian, Polish, Portuguese, Romanian, Russian, Samoan, Sinhala, Slovenian, Spanish, Swedish, Tagalog, Tahitian, Tamil, Telugu, Thai, Tongan, Ukrainian, Urdu, and Vietnamese. (Frequency varies by language.)

© 2010 by Intellectual Reserve, Inc. All rights reserved. Printed in the United States of America.

Text and visual material in the *Liahona* may be copied for incidental, noncommercial church or home use. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., Salt Lake City, UT 84150, USA; e-mail: cor-intellectualproperty@ldschurch.org.

For Readers in the United States and Canada: March 2010 Vol. 34 No. 3. LIAHONA (USPS 311-480) English (ISSN 1080-9554) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150. USA subscription price is \$10.00 per year; Canada, \$12.00 plus applicable taxes. Periodicals Postage Paid at Salt Lake City, Utah. Sixty days' notice required for change of address. Include address label from a recent issue; old and new address must be included. Send USA and Canadian subscriptions to Salt Lake Distribution Center at address below. Subscription help line: 1-800-537-5971. Credit card orders (Visa, MasterCard, American Express) may be taken by phone. (Canada Poste Information: Publication Agreement #40017431)

POSTMASTER: Send address changes to Salt Lake Distribution Center, Church Magazines, PO Box 26368, Salt Lake City, UT 84126-0368.

More Online

Liahona.lds.org



Selections from the **Eighth International Art Competition** are featured on page 30. See all of the art at www.ArtExhibit.lds.org.



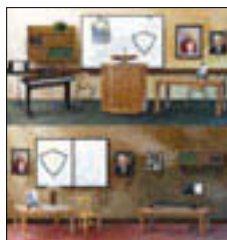
FOR YOUNG ADULTS

"Neither Trust in the Arm of Flesh" (page 40) is based on a commencement address given by Elder Russell M. Nelson in April 2009. **To read the full text** of the address in English, visit <http://speeches.byu.edu>.



FOR YOUTH

What kind of a friend are you? Take an interactive online quiz to find out. Go to www.liahona.lds.org.



FOR CHILDREN

Do an activity based on the story "Miguel's New Primary" (page 70). See if you can find all the similarities between two Primary classrooms at www.liahona.lds.org.

In Your Language

To find online Church materials in your language, visit www.languages.lds.org.

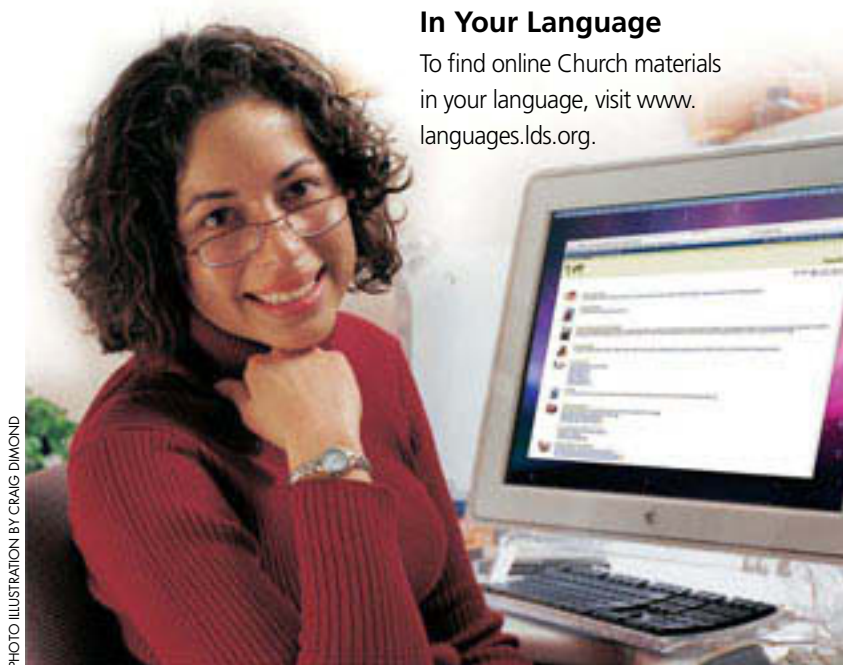


PHOTO ILLUSTRATION BY CRAIG DIMOND



God gave Joseph Smith courage in his service. Likewise, God has given us more than enough help to banish fear and give us courage, whatever we may face in life.

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



MORAL COURAGE

One of the purposes of mortal life is to prove to God that we will keep His commandments when that takes courage. We passed that test in the spirit world. But a third of the hosts of heaven rebelled against the proposal that they be tested in a mortal existence where there was a risk that they would fail.

Before we were born, we knew God the Father and His Son, Jesus Christ, personally. We could see Them and listen to Them as They taught and encouraged us. Now a veil has been placed over our minds and memories. Satan, the father of lies, has an advantage because we must see the reality of who we are through the eyes of faith, while our bodies make us subject to carnal temptation and to physical weakness.

We have great helps to give us courage in this life. The greatest is the Atonement of Jesus Christ. Because of what He did, sins can be washed away in the waters of baptism. We can renew that blessing when we partake of the sacrament



in faith and with a repentant heart.

Spiritual gifts are another help. We receive the Spirit of Christ at birth. That gives us the power to know when a choice before us would lead toward eternal life. The scriptures are a sure guide when we read them with the Holy Ghost as our companion.

The Holy Ghost lets us express thanks and ask for help in prayer with the clarity and confidence we once enjoyed with our Heavenly Father and which we will have when we return to Him. That communication with God helps banish fear from our hearts as it builds faith and love of Heavenly Father and Jesus Christ.

The holy priesthood gives us courage in our service. In its ordinances we receive power to serve God's children and to withstand the influence of evil. When He calls us to serve, we have this promise: "And whoso receiveth you, there I will be also, for I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels

round about you, to bear you up” (D&C 84:88).

The Prophet Joseph Smith in his service had reason to be fearful. But God gave him courage with this assurance of the example of the Master:

“And if thou shouldst be cast into the pit, or into the hands of murderers, and the sentence of death passed upon thee; if thou be cast into the deep; if the billowing surge conspire against thee; if fierce winds become thine enemy; if the heavens gather blackness, and all the elements combine to hedge up the way; and above all, if the very jaws of hell shall gape open the mouth wide after thee, know thou, my son, that all these things shall give thee experience, and shall be for thy good.

“The Son of Man hath descended below them all. Art thou greater than he?” (D&C 122:7–8).

God has given us more than enough help to banish fear and give us courage, whatever we may face in life. As we reach out for His help, He can lift us toward that eternal life we seek. ■

TEACHING FROM THIS MESSAGE

Jesus Christ, the Master Teacher, often asked questions to encourage people to ponder and apply the principles He taught. . . . His questions prompted thought, soul-searching, and commitment” (*Teaching, No Greater Call* [1999], 68). Consider creating and asking several questions to help individuals understand and apply the truths taught in this message. For example, you could ask, “What help has God given you to banish fear and give you courage?” or “How has God helped you overcome your fears?” Encourage individuals to ponder their answers before responding.

YOUTH

Nobody’s Perfect

By Shauna Skoubye

I have always longed to be like Nephi: strictly obedient, extremely faithful, and deeply spiritual. In my eyes Nephi was the supreme example of goodness. Few things appealed to me more than the thought of growing up to be just like him—or at least beginning to possess even a portion of his excellence.

One day I was having a mini crisis, caused by feelings of inadequacy. I had such ambitions and so many goals. But I just didn’t seem to be getting anywhere. Through tears of hopelessness, I expressed these feelings to my father. He promptly stood up, walked over to the bookcase, and pulled out one of his copies of the Book of Mormon. Without saying a word, he opened it to 2 Nephi 4 and began reading verse 17.

Chills spread through my body like electricity as I listened to these powerful words: “O wretched man that I am!” My thoughts raced. How could Nephi, my hero and example, say that he was “wretched”? If he was wretched, what did that make me?

Again, the electricity rushed through me as my father read verse 28: “Awake, my soul! No longer droop in sin.” It felt to me as though the dark clouds in my mind had parted and cleared away to reveal the

CHILDREN

Gifts That Give Us Courage

President Eyring tells us about several gifts that give us courage. Read each scripture below, and write the name of the gift in the blank. Then match each gift with the picture to the right. Talk with your family about how that gift can give you courage.

1. Acts 22:16 _____
2. 2 Nephi 4:15 _____
3. D&C 59:8–9 _____
4. 2 Nephi 32:5; John 14:26–27 _____
5. 1 Thessalonians 5:17 _____

warmth and splendor of an open blue sky and bright sun. It is impossible to describe the way this verse illuminated my soul. Few verses of scripture have filled me with as much hope, inspiration, and joy as this one did.

In verse 30, Nephi said exactly what I was thinking, only in more eloquent words: "My soul will rejoice in thee, my God, and the rock of my salvation." This verse brought with it feelings of peace and gratitude for the Lord's tender mercy and love.

My dad closed the book and explained that these verses are sometimes called Nephi's psalm. He then gently taught me that even the greatest people on earth are imperfect, and these people must recognize their imperfections or else they would be prideful and, therefore, not great.

I understood. Just because I had weaknesses didn't mean I was incapable of becoming like Nephi.

Nephi said exactly what I was thinking: "My soul will rejoice in thee, my God, and the rock of my salvation."



Recognizing my weaknesses brought me closer to the caliber of Nephi. Nephi was great because, as well as being obedient and faithful, he was humble and willing to admit his faults.

Ever since that experience, I have treasured these words of Nephi. Each time I read them, I experience the same thrills and inspirations as the first time I read them. The verses sing out to me that I am a daughter of God, capable of more than I could ever imagine. I know that if I'm faithful and press forward, untold blessings are in store.



Strengthening Faith in God the Father and Jesus Christ through Personal Scripture Study



Teach these scriptures and quotations or, if needed, another principle that will bless the sisters you visit. Bear testimony of the doctrine. Invite those you visit to share what they have felt and learned.

“When I was a new bride, . . . I was invited to a lunch for all of the Relief Society sisters in my ward who had read either the Book of Mormon or a short Church history book. I had become casual in my scripture reading, so I qualified to attend the luncheon by reading the short book because it was easier and took less time. As I was eating my lunch, I had a powerful feeling that though the history book was a good one, I should have read the Book



of Mormon. The Holy Ghost was prompting me to change my scripture reading habits. That very day I began to read the Book of Mormon, and I have never stopped. . . . Because I started reading the scriptures daily, I have learned about my Heavenly Father, His Son Jesus Christ, and what I need to do to be like Them. . . .

“ . . . Every woman can be a gospel doctrine instructor in her home, and every sister in the Church needs gospel knowledge as a leader and teacher. If you have not already developed the habit of daily scripture study, start now and keep studying in order to be prepared for your responsibilities in this life and in the eternities.”¹

Julie B. Beck, Relief Society general president.

“A study of the scriptures will help our testimonies and the testimonies of our family members. Our children today are growing up surrounded by voices urging them to abandon that which is right and to pursue, instead, the pleasures of the world. Unless they have a firm foundation in the gospel of Jesus Christ, a testimony of the truth, and a determination to live righteously, they are susceptible to these influences. It is our responsibility to fortify and protect them.”²

President Thomas S. Monson.

HELPS FOR VISITING TEACHING

During your visit, answer questions and share insights using the scriptures. Bear testimony of how scripture study has strengthened your faith. Ask the sister you visit to share how her study of the scriptures has strengthened her home and family.

PERSONAL PREPARATION

John 5:39

2 Timothy 3:14–17

2 Nephi 9:50–51; 31:20; 32:3–5

D&C 138:1–11

“We want our sisters to be scholars of the scriptures. . . . You need an acquaintanceship with his eternal truths for your own well being, and for the purposes of teaching your own children and all others who come within your influence.”³

“We want our homes to be blessed with sister scribes—whether you are single or married, young or old, widowed or living in a family. . . . Become scholars of the scriptures—not to put others down, but to lift them up!”⁴ ■

President Spencer W. Kimball (1895–1985).

NOTES

1. Julie B. Beck, “My Soul Delighteth in the Scriptures,” *Liahona and Ensign*, May 2004, 107–9.
2. Thomas S. Monson, “Three Goals to Guide You,” *Liahona and Ensign*, Nov. 2007, 118.
3. Spencer W. Kimball, “Privileges and Responsibilities of Sisters,” *Ensign*, Nov. 1978, 102.
4. Spencer W. Kimball, “The Role of Righteous Women,” *Ensign*, Nov. 1979, 102.

RECOGNIZING Gospel Light

By Yulia Phares

I would not say that I had no goals before I was baptized a member of The Church of Jesus Christ of Latter-day Saints. But I can say that my life had no clear direction. I sometimes felt as if I were walking in darkness, not really knowing which way to go.

Like most other 19-year-olds in Saint Petersburg, Russia, I hoped to someday get married, have children, and live happily ever after. Still, I wouldn't say that I exactly knew how to achieve this goal—especially the part about living happily ever after.

But Heavenly Father knew. He knew that before I could attain real happiness, I needed to place Him and His Son at the center of my life. I started to learn how to do this not long before my 20th birthday when the missionaries began to teach my family about how to find happiness through living the commandments.

After we met the missionaries, it didn't take long for me to know what to do. I prayed and knew that if I wanted to meet my life's goals, I needed to be baptized a member of Jesus Christ's Church.

Following my baptism, I was ostracized by some friends and family members who couldn't understand why making this choice to follow Heavenly Father's plan was so important to me. Despite this, I was happy. I knew He was comforting me by allowing me to go through these trials with peace.

By the time I turned 21, I had a strong desire to testify of the truthfulness of the gospel and share with others how resolving to live the commandments had changed my life, so I became a

missionary. It felt wonderful to share with people what had happened to my life from the time I decided to put the gospel first.

My life has been full of blessings since that time. Eight years ago I was able to enter the temple and reach my goal of getting married. However, instead of only being married, I was sealed to my husband for eternity.

Over the last several years, my goal of becoming a mother has also been fulfilled. I have been blessed with three wonderful sons.

Not long ago my family and I had the opportunity to visit a temple open house. As we walked through the temple, our four-year-old son looked at me and said, "Mom, because you and Dad got married in the temple, our family is going to be together forever."

I feel blessed and humbled to think of the last decade of my life. I am on my way to achieving my goal for a "happily ever after," thanks to the fact that I turned my life to my Heavenly Father and to Jesus Christ. As long as I place Them at the center of my life, I know I can achieve my goals. I know that Heavenly Father and the Savior love us and want to help. ■

Would you like to share how Jesus Christ has touched your life? We welcome accounts of your gospel experiences and insights relating to the Savior's ministry and mission. Possible topics might include the Atonement, grace, healing, hope, or repentance. Please limit submissions to 500 words, label them "We Talk of Christ," and send them to liahona@ldschurch.org.

Small & Simple Things

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

SUGGESTIONS FOR TEACHING CHILDREN

- Greet each child by name as he or she comes into class.
- Let children participate in lessons by inviting them to hold visual aids, choose a song, answer questions, or role-play a story.
- Use simple and clear language.
- Become familiar enough with the lesson that you can “tell” it to the children rather than read it from the manual.
- Remember that children will follow your example. Try to set a righteous example in the way you treat them and others.



LEFT: PHOTO ILLUSTRATION BY CHRISTINA SMITH; PHOTOGRAPH BY JOHN LUKE; RIGHT: PHOTOGRAPH OF TEMPLE BY MATTHEW REER; PHOTOGRAPH OF CHRISTUS BY MATTHEW REER

ON THE CALENDAR

General Conference

Don't forget: the general Young Women meeting will be held on March 27, and general conference will be held on April 3 and 4.



What is general conference? It is a worldwide meeting of the Church, held twice a year—on the first week-end of April and October. Instead of attending regular Church meetings on Sunday, members gather to receive counsel from the prophet, his counselors, the Twelve Apostles, and other Church leaders.

General conference originates in Salt Lake City, Utah, and is delivered in four two-hour sessions for all members and one two-hour session for priesthood holders. Some Church members attend conference in the 21,000-seat Conference Center, but most receive it through a broadcast. Some areas can watch general conference live. Other areas will receive video or audio recordings

of conference within a short time following the original broadcasts. Check with your priesthood leader or at www.conference.lds.org for information about broadcast times and locations.

Following the conference, you can read and study general conference messages in the May and November issues of the *Liahona*.

The general Young Women meeting—a Churchwide meeting for young women ages 12 to 18, their mothers, and Young Women leaders—is held each year in March, and the general Relief Society meeting is held in September. These two meetings are broadcast on Saturday evening the week before general conference.

TEMPLE SPOTLIGHT

São Paulo Brazil Temple

Dedicated in 1978 by President Spencer W. Kimball (1895–1985), the São Paulo Brazil Temple was the first temple built in South America. It was financed in part by the contributions of local members, many of whom did not have money to give. Instead they offered wedding rings, bracelets, medals, and other valuable personal objects.

The temple is a modern, single-spire design. Its foundations are strong enough to sustain another 13 stories, making the structure virtually earthquake

proof. The exterior was constructed of reinforced concrete faced with cast stone composed of quartz and marble aggregates. There are 3,000 exterior panels of 400 different sizes and shapes, fit perfectly in specific places on the temple walls because the space between panels could be no more than one millimeter.

In 2004 the temple was rededicated following renovations, which included placing a figure of the angel Moroni atop the previously unadorned spire.



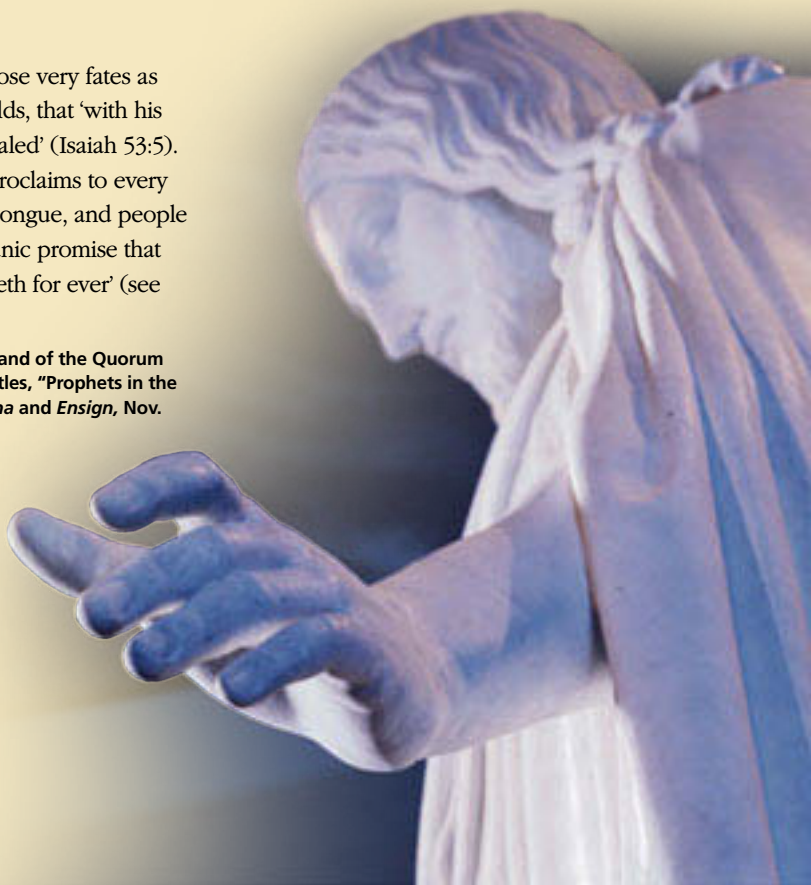
THE MESSAGE OF GENERAL CONFERENCE



A general conference of the Church is a declaration to all the world that Jesus is the Christ, that He and His Father, the God and Father of us all, appeared to the boy prophet Joseph Smith in fulfillment of that ancient promise that the resurrected Jesus of Nazareth would again restore His Church on earth and again come in like manner as [those Judean Saints had] seen him [ascend] into heaven' (Acts 1:11). . . . Conference . . . is a declaration that He condescended to come to earth in poverty and humility, to face sorrow and rejection, disappointment and death in order that we might

be saved from those very fates as our eternity unfolds, that 'with his stripes we are healed' (Isaiah 53:5). . . . Conference proclaims to every nation, kindred, tongue, and people the loving Messianic promise that 'his mercy endureth for ever' (see Psalm 136:1)."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, "Prophets in the Land Again," *Liahona and Ensign*, Nov. 2006, 106.



A MOMENT IN TIME

The Early Relief Society

In 1842 a small group of women in Nauvoo, Illinois, gathered to form a sewing society to provide clothes for the temple workers. However, as the Prophet Joseph Smith counseled them, their responsibilities would be “not only to relieve the poor, but to save souls.”¹ Thus Relief Society was born.

Joseph Smith formally organized the Relief Society on March 17, 1842.



His wife, Emma, was its first president.

The sisters quickly set to work helping the needy. New settlers, including immigrants, often needed food, shelter, and clothing when they arrived. Many also suffered physical hardships, illness, and the deaths of family members.

By the summer of 1842, the Relief Society organization had

grown so large that no building in Nauvoo could accommodate its numbers. The sisters chose instead to meet in a grove near the temple site. During the winter of 1842–43, they postponed their meetings, but sisters of the “necessity committee,” a forerunner of visiting teaching, still visited one another.

NOTE

1. Joseph Smith, in *History of the Church*, 5:25.

GREAT LIVES REMEMBERED

James E. Talmage (1862–1933)



James Edward Talmage was 13 years old when his family emigrated from their native England and settled in Provo, Utah.

Intelligent and thirsty for knowledge, James was a part-time member of the faculty of the Brigham Young Academy

in Provo, Utah, by the time he was 17. He went on to study chemistry and geology at Lehigh University in Pennsylvania and at Johns Hopkins University in Baltimore, Maryland. Membership in many prominent scientific societies gave James Talmage access to important people and publications and helped him combat much of the prejudice faced by Latter-day Saints at the time.

In 1888 he married Mary May Booth. They became



Below: The Quorum of the Twelve Apostles in 1921. Elder Talmage is on the back row, second from the left.

the parents of eight children. From 1894 to 1897 he was president of the University of Deseret in Salt Lake City (now the University of Utah). During that time he bought one of the popular new chain-driven bicycles and rode it often. One evening he arrived home an hour late for dinner, bruised, bloodied, and dirty. Near his home was a single-plank bridge across a ditch. Normally, he dismounted and crossed on foot. But this time he felt he could ride across. He kept at it, crash after crash, until he mastered the maneuver.

Elder Talmage was an effective lecturer, and some of his talks and lessons became the basis of some of the books for which he is well-known, including *The Articles of Faith*. Prior to his call to the Quorum of the Twelve Apostles in 1911, the First Presidency had asked him to write a book on the life and ministry of the Savior. Later, a room was set aside in the

Salt Lake Temple where Elder Talmage could concentrate on his writing. His 700-page book, *Jesus the Christ*, was published in 1915 and has been reprinted several times since then. ■





By Elder David E. LeSueur

Area Seventy
North America Southwest Area

Acceptable SERVICE

He walked into a little classroom in the Philippines to be interviewed in preparation for receiving the Melchizedek Priesthood. I didn't know how old he was, but even the older members of the branch called him *Tatay* (father).

When I asked whether he would be able to understand my English, he smiled warmly and replied with careful diction, "Yes, I will."

After our interview I asked him if there was any reason he should not

be ordained to the priesthood. After a moment he said, "Perhaps I should not receive the priesthood."

Puzzled, I asked, "What do you mean?"

"I have only one tooth," he replied. "I know I don't look very good to receive the priesthood. It is all right if you tell me I cannot have the priesthood."

We sat for a moment while I pondered his comment, tears welling up in my eyes. Then I put my hand on his hand and told him that I had seen many wonderful priesthood holders who had lost their hair, but he had beautiful, thick black hair. I also told him of priesthood holders who had only one ear or one eye, but he had both of his eyes and ears.

I then told him of a friend of mine who had lost his arm to cancer. When that brother had prayed in our home and had asked Heavenly Father to bless my wife and children, I knew he was a great servant of the Lord. I told Tatay how this friend had placed his only hand on the head of a little girl to bless her because she was dying and that I had felt the



MAGNIFYING YOUR CALLING

We can be assured that our service is acceptable to

God as we magnify our callings in the Church. President Marion G. Romney (1897–1988), a counselor in the First Presidency, said magnifying our callings requires that we:

- Have a motivating desire to magnify our callings.
- Search and ponder the words of eternal life.
- Pray about our callings.
- Live the gospel.
- Diligently perform the service we are called to render.

From Marion G. Romney, "Magnifying One's Calling in the Priesthood," *Ensign*, July 1973, 89, 90.



ON THE LORD'S ERRAND

Some of you may be shy by nature or consider yourselves

inadequate to respond affirmatively to a calling. Remember that this work is not yours and mine alone. It is the Lord's work, and when we are on the Lord's errand, we are entitled to the Lord's help."

President Thomas S. Monson, "Duty Calls," *Ensign*, May 1996, 44.

power of the priesthood that day.

This elderly Filipino smiled and said, "I hope my service to God will also be acceptable."

We are all flawed in some significant way, and we all know the feelings of inadequacy that come with a new calling. But God accepts the humblest offering of the humblest Saint, and each of us can make a difference. We need not be embarrassed or ashamed; we need only give our best effort to the Lord. In turn He will bless us and magnify us and, in a marvelous way, make us whole. ■

THE HOLY GHOST TESTIFIES OF TRUTH

The Holy Ghost is the third member of the Godhead. He is a personage of spirit, without a body of flesh and bones (see D&C 130:22). He is often referred to as the Spirit, the Holy Spirit, the Spirit of God, the Spirit of the Lord, or the Comforter. He works in perfect unity with Heavenly Father and Jesus Christ.¹

As a personage of spirit, the Holy Ghost can be in only one place at a time, but His influence can be everywhere at the same time.²

President Joseph Fielding Smith (1876–1972) taught, “Through the Holy Ghost

the truth is woven into the very fibre and sinews of the body so that it cannot be forgotten.”³

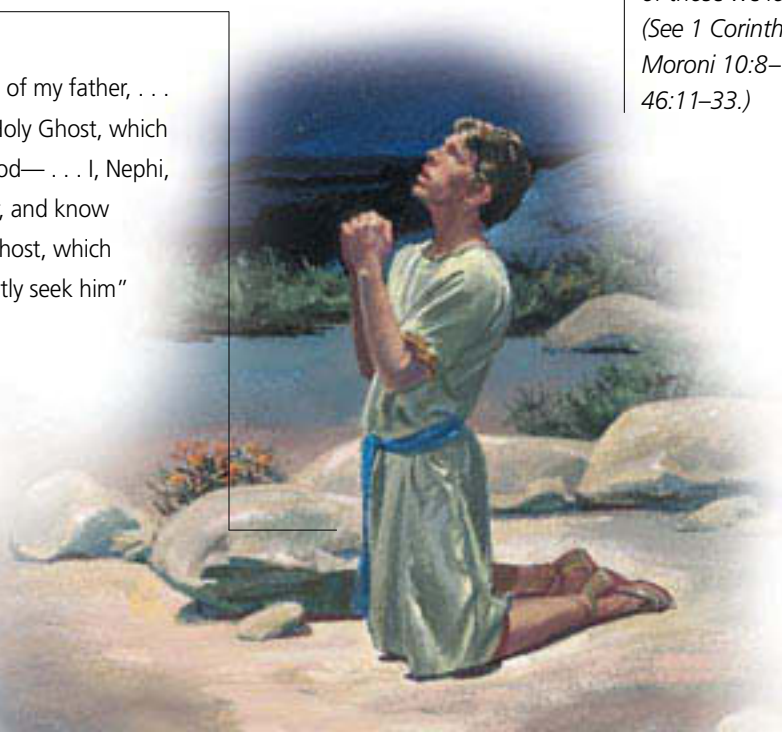
It is also through receiving the Holy Ghost when we repent and are baptized that we may be sanctified. Sanctification is the process of becoming free from sin—pure, clean, and holy—through the Atonement of Jesus Christ (see Moses 6:59–60). We are sanctified as we yield our hearts to God (see Helaman 3:35).

After I, Nephi, having heard all the words of my father, . . . which he spake by the power of the Holy Ghost, which power he received by faith on the Son of God— . . . I, Nephi, was desirous also that I might see, and hear, and know of these things, by the power of the Holy Ghost, which is the gift of God unto all those who diligently seek him” (1 Nephi 10:17).

1. The Holy Ghost “witnesses of the Father and the Son” (2 Nephi 31:18). It is only through the power of the Holy Ghost that we can receive a sure testimony of God the Father and His Son, Jesus Christ.⁴



6. We are blessed with gifts of the Spirit through the Holy Ghost. These gifts bless our lives and the lives of those we love and serve. (See 1 Corinthians 12:1–12; Moroni 10:8–18; D&C 46:11–33.)



2. The Holy Ghost testifies of truth, and it is through His power that we “may know the truth of all things” (Moroni 10:5).



3. The Holy Ghost teaches us all things and brings to our remembrance all we have learned of the Lord and His gospel (see John 14:26).



4. The Holy Ghost will “show unto [us] all things what [we] should do” (2 Nephi 32:5). He can guide us in our decisions and protect us from physical and spiritual danger.



5. As we hunger to know the words of eternal life and allow these words to sink deep into our hearts, the Holy Ghost will open our minds and hearts to greater light and understanding.⁵



7. The Holy Ghost is known as the Comforter because He can fill us with “hope and perfect love” (Moroni 8:26).



8. Adam was the first on earth to be baptized and receive the Holy Ghost (see Moses 6:64–66).



9. Through the power of the Holy Ghost, we become sanctified as we repent, are baptized and confirmed, and strive to obey God’s commandments (see Mosiah 4:1–3; 5:1–6). ■

“The Holy Ghost shall be thy constant companion, and thy scepter an unchanging scepter of righteousness and truth; and thy dominion shall be an everlasting dominion, and without compulsory means it shall flow unto thee forever and ever” (D&C 121:45–46).

NOTES

1. See *True to the Faith* (2004), 81–82; *Preach My Gospel* (2004), 90–91.
2. See *Gospel Principles* (2009), 32.
3. Joseph Fielding Smith, *Doctrines of Salvation*, ed. Bruce R. McConkie, 3 vols. (1954–56), 1:48.
4. See 1 Corinthians 12:3; *True to the Faith*, 82.
5. See Enos 1:3; *Preach My Gospel*, 18.

On June 7, 1994, I was returning home by ferry with five other missionaries after a zone conference in Eastern Samar, Philippines. The night air was humid and heavy. After stowing our travel bags at our cots on the second level, four of us went to the front deck to escape the heat. Elders Dunford and Bermudez, however, stayed and went to sleep.

I was conversing with Elder Kern when we heard a firecracker-like explosion from the starboard side. Suddenly flames, fed by fuel from the engine room, were consuming the back of the ship. Smoke filled the passageways, followed by a power outage that left the panicked passengers in the dark.

The four of us on deck gathered together, praying for calm and clear thinking and for the Spirit to guide us. Immediately afterward, Elder Valentine walked quickly back inside the ship looking for life jackets. In the cabin he met Elder Dunford, who gave him two life jackets and left to find Elder Bermudez. Then Elder Valentine found two more life jackets in the dark. Miraculously, despite the chaos, he made it down the passageway without anyone getting in his way, and he was back on deck in 20 seconds. By this time the bow was crowded with passengers, and the flames were coming close. There was no other choice except to jump. We put on our life jackets and said a

short prayer before plunging in. Elder Valentine was shoved by the panicked group behind us, but he hit the water unharmed 10 feet (3 m) below.

The area around the boat was well lit because of the fire, and we could hear the screams of people around us. The four of us regrouped a short distance from the boat, amid the crowds that had also jumped, and swam to get away from the burning three-level vessel. We prayed again, thanking our Father in Heaven for the protection we had received and asked for help in finding our companions, Elder Dunford and Elder Bermudez. Elder Valentine saw them with life jackets, but we hadn't seen them on the deck.

ILLUSTRATION BY MICHAEL T. MAUM

THE LORD TRULY PROTECTED US

By Kevin D. Casper



As the fire went out, the night became completely dark, and the waves were rolling, making it difficult for us to stay afloat even with the life jackets. Again we offered a prayer, this time asking for guidance to someone we could help. We soon found two women with children and an elderly man, and we took turns keeping everyone afloat. We managed until we found a small raft and put the passengers on it, but we felt others could use it, so we remained behind in the water.

After 30 minutes the wind picked up, rain started falling, and the already-large waves grew. We were still not sure what had happened to the other elders and knew the storm would halt any rescue efforts. Elder Kern, acting

as a voice for the group, prayed for the storm to calm and that the other elders would be protected. Within a few minutes, the storm was gone.

We waited, awed by what we had witnessed, then heard Elder Dunford yelling out to Elder Kern. We shouted and swam towards them. Elders Dunford and Bermudez had managed to jump off the ship by climbing out a window, and they had two women, without life jackets, clinging to their backs.

We stayed together for some time, then caught sight of fishing boat lights leaving the Guiuan shore area. It was not long until one boat discovered us, but it was almost full, so we placed the two women in it and waited.

We had been in the water for two hours when another boat found us and took us to shore. We made it to the missionary apartment in Guiuan in the early morning of June 8, which was my 21st birthday. We prayed for the safe rescue of others still out in the sea and again gave thanks to our Heavenly Father for the protection we had received.

I will never forget this experience, and I hope never to forget the feeling of security we had throughout the whole ordeal. The Lord truly protected us. From this experience, I gained a greater testimony that the Lord is with His children always and grants us the peace and help we need during our trials. ■



*God warned
Noah of the
Flood and told
the righteous
how to escape.*

*God told Joseph
in Egypt of the
coming famine
and how to
prepare.*

*That same God
speaks today
through His
prophets, giving
counsel that
brings peace
and safety when
followed.*

Safe IN HIS HAND

Pace I leave with you, my peace I give unto you. . . . Let not your heart be troubled, neither let it be afraid” (John 14:27). In the sacred quiet of the upper room, the Savior went on to tell His Apostles that they would face persecution and sorrow. Then He said: “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33).

In His preface to the Doctrine and Covenants, the Lord warned that “peace shall be taken from the earth, and the devil shall have power over his own dominion.” But the Savior also promised, “The Lord shall have power over his saints, and shall reign in their midst” (D&C 1:35–36).

Regarding the commotion of the last days,

we are told that “men’s hearts shall fail them” (D&C 45:26; 88:91). But the message of the gospel has always been one of peace—peace *toward* the world and peace *from*, or despite, the world. Surely “be of good cheer” teaches us not to let our hearts fail.

Every dispensation has seen tumult and war, terror and want. And to every dispensation the Lord has sent prophets to warn the wicked and reassure and prepare the righteous. It’s no different in this, the great and final dispensation. In an unbroken line of succession since Joseph Smith, we have had prophets and apostles, seers and revelators, to guide and counsel us. They speak the Savior’s message of peace and hope. They help us prepare our homes and our hearts so that we may have hope, not fear; peace, not anxiety.



Prophets, priests and kings . . . have looked forward with joyful anticipation to the day in which we live; and fired with heavenly and joyful anticipations they have sung and written and prophesied of this our day; . . . we are the favored people that God has made choice of to bring about the Latter-day glory."

President Joseph Smith, in *History of the Church*, 4:609–10.

Highlights of Church and World Events

The following time line provides a reassuring perspective. Even when the world has been in great turmoil and even when the Saints have suffered intense persecution, The Church of Jesus Christ of Latter-day Saints has held to its steady course. Membership grows, stakes and temples spread across the earth, and the Lord continues to guide us through His chosen servants.

In any of the difficulties that lie ahead of us, as individuals and as a people, the Lord's voice should echo in our hearts: "Fear not, little children, for you are mine, and I have overcome the world, and you are of them that my Father hath given me" (D&C 50:41).



Church Events

1830–39

Book of Mormon (left) published.

Church organized.

Kirtland Temple (below) dedicated.

First mission, the British Mission, organized.

First revelations published in A Book of Commandments (below left), later in Doctrine and Covenants.



**Church Membership
Number of Stakes
(end of decade)**

16,460
3

World Events

1830–39

Revolution in France.

First Opium War between Britain and China begins.





Every time they persecute and try to overcome this people, they elevate us, weaken their own hands, and strengthen the hands and arms of this people. And every time they undertake to lessen our number, they increase it. And when they try to destroy the faith and virtue of this people, the Lord strengthens the feeble knees, and confirms the wavering in faith and power in God, in light, and intelligence. Righteousness and power with God increase in this people in proportion as the Devil struggles to destroy it."

President Brigham Young, *Discourses of Brigham Young*, sel. John A. Widtsoe (1954), 351.

	1840–49	1850–59	1860–69
Church Events 	 Articles of faith first published. Relief Society organized (left). Joseph Smith martyred. Saints move west. Brigham Young sustained as President of the Church. First Sunday School organized.	Ground broken for Salt Lake Temple. U.S. Army marches toward Utah to put down supposed rebellion. First non-English Book of Mormon published, in Denmark (below). 	First conference held in newly completed Salt Lake Tabernacle (below). Transcontinental railroad completed in Utah. The first Church organization for young women begins. 
Church Membership Number of Stakes (end of decade)	48,160 1	57,038 4	88,432 9
	1840–49	1850–59	1860–69
World Events 	U.S. declares war on Mexico. Revolutions in Vienna, Venice, Berlin, Milan, Rome, Warsaw. Communist Manifesto published. Irish potato famine.	Crimean War. First transatlantic telegraph cable laid. 	U.S. Civil War. Revolution in Spain. Serfs emancipated in Russia. Austria defeated in Seven Weeks' War.  



You do not need to worry in the least, the Lord will take care of you and bless you. . . . He has stretched forth His hand to accomplish his purposes, and the arm of flesh cannot stay it. . . . It is only necessary for us to try with our might to keep pace with the onward progress of the work of the Lord, then God will preserve and protect us, and will prepare the way before us."

President Joseph F. Smith, in Conference Report, Oct. 1905, 5–6.



God has established His Church never to be thrown down nor given to another people. And as God lives and His people are true to Him and to one another, we need not worry about the ultimate triumph of truth."

President David O. McKay, in Conference Report, Apr. 1969, 152.

1870–79

Young Men MIA and Primary organizations begin.

St. George Temple (below)—the first in Utah—dedicated.

Mormon colonies established in Arizona and Colorado.

President Young dies.



128,386
22

1870–79

Franco-Prussian War.

Revolt in Paris.



1880–89

John Taylor becomes President of Church.

Intense persecution of Church members for plural marriage.

President Taylor dies; Wilford Woodruff becomes President of Church.



183,144
32

1880–89

Terrorism in Ireland.



1890–99

President Woodruff issues manifesto ending plural marriage (see Official Declaration 1).

Salt Lake Temple (below and below left) dedicated.

President Woodruff dies; Lorenzo Snow becomes President of Church.

Renewed emphasis on tithing.



271,681
40

1890–99

Sino-Japanese War.

Spanish-American War.

Boer War in South Africa.





"We are seeing the signs of our times as foretold by the prophets and by the Master himself. . . . In the Church, we have been witnessing some of the most dramatic things, and I can testify that you are seeing what the Lord is revealing for the needs of this people today. . . .
 ". . . Safety can't be won by tanks and guns and the airplanes and atomic bombs. There is only one place of safety and that is within the realm of the power of Almighty God that he gives to those who keep his commandments and listen to his voice, as he speaks through the channels that he has ordained for that purpose."

President Harold B. Lee, "Closing Remarks," *Ensign*, Jan. 1974, 125.

	1900–09	1910–19	1920–29
Church Events 	 President Snow dies; Joseph F. Smith becomes President of Church. Reed Smoot (left) of the Quorum of the Twelve Apostles becomes a member of U.S. Senate after long debate. First Presidency asks members in Europe to remain there to build up the Church.	 Missionaries removed from France, Germany, Switzerland, Belgium prior to outbreak of World War I. <i>Jesus the Christ</i> (below) published. President Smith receives vision of the redemption of the dead (see D&C 138). President Smith dies; he is succeeded by Heber J. Grant.	Elder Melvin J. Ballard of the Quorum of the Twelve Apostles dedicates South America for preaching of gospel. First LDS institute of religion established. Tabernacle Choir (below) begins series of weekly radio broadcasts, which continue to this day.
 Church Membership Number of Stakes (end of decade)	377,279 60	 507,961 79	 663,652 104
	1900–09	1910–19	1920–29
World Events  	Russo-Japanese War. Russian Revolution of 1905. Earthquake kills 150,000 in southern Italy and Sicily.	Turkish-Italian War. Revolution in China. Balkan Wars. World War I. Russian Revolution of 1917. Worldwide influenza epidemic kills millions.	Stalin takes over Soviet Union. Hitler and Mussolini begin rise to power in Germany and Italy. U.S. stock market collapses, beginning worldwide economic crisis. 



"Knowing what we know, and living as we are supposed to live, there really is no place, no excuse, for pessimism and despair. . . .

"I promise you in the name of the Lord whose servant I am that God will always protect and care for his people. We will have our difficulties the way every generation and people have had difficulties. But with the gospel of Jesus Christ, you have every hope and promise and reassurance. The Lord has power over his Saints and will always prepare places of peace, defense, and safety for his people. When we have faith in God we can hope for a better world—for us personally, and for all mankind."

President Howard W. Hunter, "An Anchor to the Souls of Men," *Ensign*, Oct. 1993, 70.

1930–39

The Church introduces a formal welfare program to assist needy and unemployed members (below).

In 1939 all missionaries in Germany are directed to move to neutral countries; then all missionaries are withdrawn from Europe.



803,528
129

1940–49

Members encouraged to plant gardens, bottle produce, and store coal.

President Grant dies; George Albert Smith succeeds him.

After WWII, the Church sends relief supplies to Europe (below).

Welfare becomes a permanent program of the Church.



1,078,671
175

1950–59

President Smith dies; David O. McKay becomes President of Church.

Ezra Taft Benson (below) of the Quorum of the Twelve Apostles chosen by U.S. president as Secretary of Agriculture.

President McKay declares, "Every member a missionary."



1,616,088
290

1930–39

Spanish monarchy overthrown.

Mussolini invades Ethiopia.

Hitler invades Austria and Poland.

Japan invades China.

Russo-Finnish War.



1940–49

World War II.

Millions killed in the Holocaust.

First use of atomic weapons.

Cold War begins.



1950–59

Korean War.

Hydrogen bomb developed.

Cold War deepens.

Vietnam War escalates.

Fidel Castro takes power in Cuba.





"We have built grain storage and storehouses and stocked them with the necessities of life in the event of a disaster. But the best storehouse is the family storeroom. . . .

"Our people for three-quarters of a century have been counseled and encouraged to make such preparation as will assure survival should a calamity come. . . .

"I have faith, my dear brethren, that the Lord will bless us, and watch over us, and assist us if we walk in obedience to His light, His gospel, and His commandments."

President Gordon B. Hinckley, "If Ye Are Prepared Ye Shall Not Fear," *Liahona and Ensign*, Nov. 2005, 62.

	1960–69	1970–79	1980–89
Church Events 	<p>Formal language training for missionaries begins at Brigham Young University.</p> <p>The home teaching program replaces the ward teaching program.</p> <p>Family home evening program emphasized.</p> 	   <p>President McKay dies; he is succeeded by Joseph Fielding Smith.</p> <p>President Smith dies two years later; he is succeeded by Harold B. Lee, who dies after 18 months in office. Spencer W. Kimball becomes President of the Church.</p> <p>First Quorum of the Seventy is organized.</p> <p>Priesthood is extended to all worthy male members.</p>	 <p>Subtitle "Another Testament of Jesus Christ" added to Book of Mormon.</p> <p>Second Quorum of the Seventy established.</p> <p>President Kimball dies; Ezra Taft Benson sustained as President of the Church.</p> 
Church Membership Number of Stakes (end of decade)	2,807,456 496	4,404,121 1,092	7,308,444 1,739
	1960–69	1970–79	1980–89
World Events  	<p>Berlin Wall erected.</p> <p>Cuban missile crisis.</p> <p>Arab-Israeli Six-Day War.</p>	<p>Arab-Israeli Yom Kippur War.</p> <p>Terrorists strike Munich Olympics.</p> <p>Genocide in Cambodia.</p>	<p>Falklands War.</p> <p>Israel invades Lebanon.</p> <p>Marcos regime toppled in Philippines.</p> <p>Airliner blown up over Lockerbie, Scotland.</p> <p>Berlin Wall opened.</p> <p>U.S. invades Panama.</p> 



"I testify to you that our promised blessings are beyond measure. Though the storm clouds may gather, though the rains may pour down upon us, our knowledge of the gospel and our love of our Heavenly Father and of our Savior will comfort and sustain us and bring joy to our hearts as we walk uprightly and keep the commandments. There will be nothing in this world that can defeat us.

"My beloved brothers and sisters, fear not. Be of good cheer. The future is as bright as your faith."

President Thomas S. Monson, "Be of Good Cheer," *Liahona and Ensign*, May 2009, 92.

1990–99



500,000th missionary of this dispensation called.

President Benson dies and is succeeded by Howard W. Hunter, who serves just under nine months before his death.

Gordon B. Hinckley is set apart as Church President.

Intense temple-building program begins.



10,752,984
2,542

2000–2009



Church has more non-English-speaking members than English-speaking.

President Hinckley dies; Thomas S. Monson becomes 16th President of the Church.

1,000,000th missionary called.

The Conference Center (below) dedicated.

130 temples in operation.



13,750,651
2,858

1990–99

Persian Gulf War.

Soviet Union breaks up.

Yugoslav federation dissolved, resulting in years of warfare.

Earthquake in Japan kills thousands.

Massacres in Rwanda.



2000–2009

Terrorist attacks.

U.S. and allies invade Iraq.

Indian Ocean tsunami kills more than 225,000.

Global financial crisis.



THE LAW OF THE FAST

The law of the fast is a perfect law, and we cannot begin to approach perfection until we decide to make it a part of our lives.



Robert L. Simpson was born on August 8, 1915, in Salt Lake City, Utah. He married Jelaire Chandler in the Mesa Arizona Temple on June 24, 1942. They had four children. Elder Simpson's first calling as a General Authority was as First Counselor to Presiding Bishop John H. Vandenberg on September 30, 1961. He later served as an Assistant to the Quorum

of the Twelve Apostles and as a member of the First Quorum of the Seventy. Elder Simpson died on April 15, 2003, in St. George, Utah, at the age of 87. The following article comes from a general conference address originally given in October 1967. Punctuation, capitalization, and paragraphing have been standardized; subheads have been added.

By Elder Robert L. Simpson (1915–2003)

Of the Seventy

One of the most neglected and yet most needed laws for this troubled generation in a modern world of acceleration and distraction is the law of the fast. Fasting and praying have been referred to almost as a singular function from the earliest times. Adam's generation

fasted and prayed, as did Moses on Sinai ([see] Deuteronomy 9:9–11). . . .

. . . Following the Master's visit . . . to the Western Hemisphere, the people were told to continue in "fasting and prayer, and in meeting together oft both to pray and to hear the word of the Lord"

(4 Nephi 1:12). So complete and sincere were the people in obeying His commandments "that there was no contention among all the people, in all the land; but there were mighty miracles wrought among the disciples of Jesus" (4 Nephi 1:13). Wouldn't it be thrilling to enjoy such a condition today!

Prayer and Fasting Today

His law has been reconfirmed in our day, for through a modern prophet . . . , He said, "I give unto you a commandment that ye shall continue in prayer and fasting from this time forth" [D&C 88:76]. Then in the very next verse He mentions gospel teaching almost as a prime product of the prayer and fasting process. In the words of the Lord:

"And I give unto you a commandment that you shall teach one another the doctrine of the kingdom.

"Teach ye diligently and my grace shall attend you, that you may be instructed more perfectly in theory, in principle, in doctrine, in the law of the gospel, in all things that pertain unto the kingdom of God, that are expedient for you to understand" (D&C 88:77–78).

No man or woman can hope to teach of things spiritual unless he is directed by that spirit, for "the Spirit shall be given unto

you by the prayer of faith; and if ye receive not the Spirit ye shall not teach.

“And all this ye shall observe to do as I have commanded concerning your teaching, until the fulness of my scriptures is given.

“And as ye shall lift up your voices by the Comforter, ye shall speak and prophesy as seemeth me good;

The sons of Mosiah “had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God.”

“For, behold, the Comforter knoweth all things, and beareth record of the Father and of the Son” (D&C 42:14–17).

A Promise for Every Teacher

Oh, that every teacher might catch the spirit of this promise and claim this offered partnership, available to all who are engaged in the teaching of truth.

There are no better examples

of teaching by the Spirit than the sons of Mosiah. The Book of Mormon tells us how they became “strong in the knowledge of the truth; for they were men of a sound understanding and they had searched the scriptures diligently, that they might know the word of God.

“But this is not all; they had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God” (Alma 17:2–3).

Is there a priesthood or auxiliary leader any place in this Church who wouldn’t give all to possess such power, such assurance? Remember this, above all else, that, according to Alma, they gave themselves to much fasting and prayer. You see, there are certain blessings that



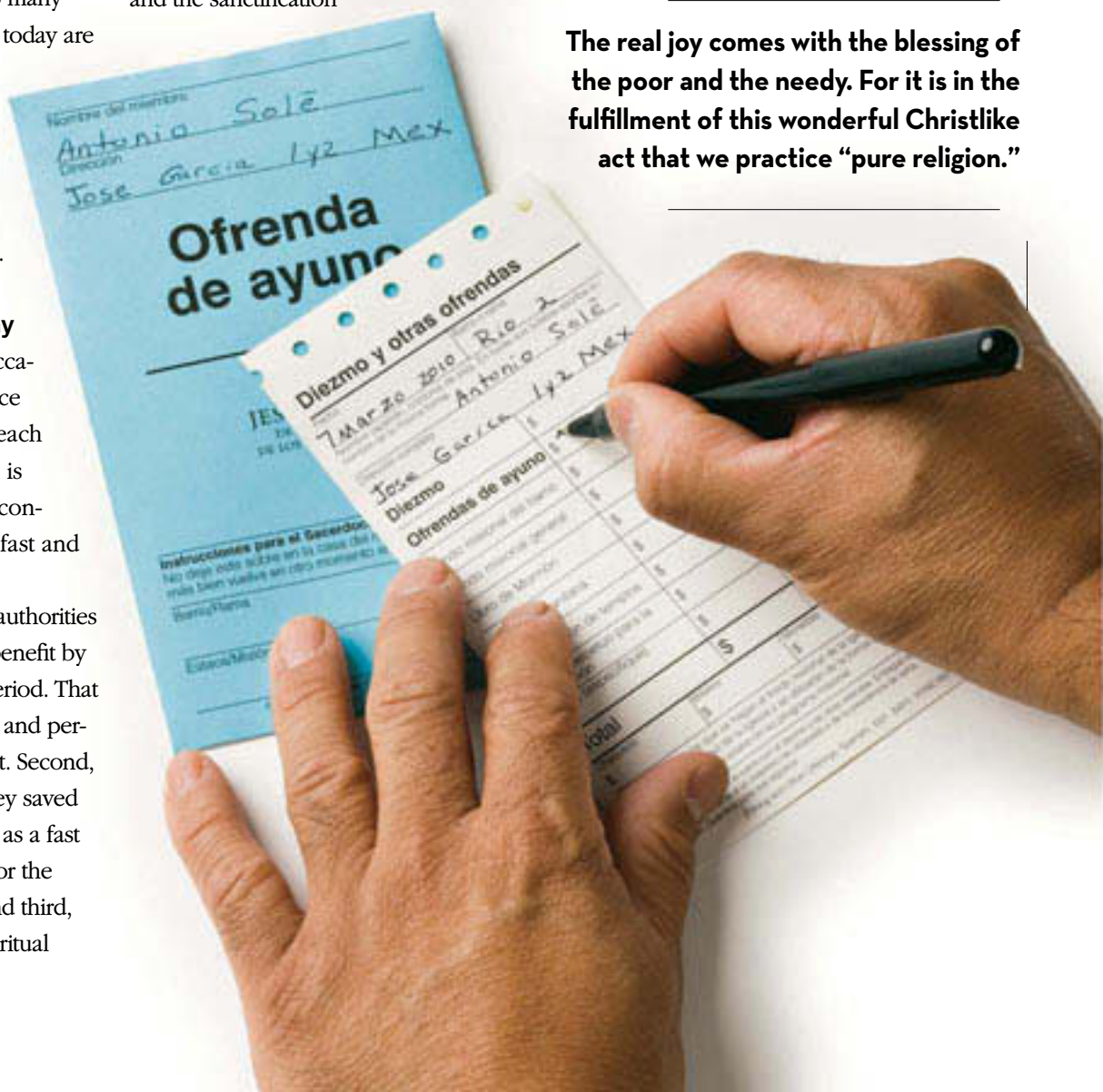
Now, the Lord could not have stated the position more clearly, and, in my opinion, too many Latter-day Saint parents today are depriving themselves and their children of one of the sweetest spiritual experiences that the Father has made available to them.

In addition to the occasional fasting experience for a special purpose, each member of the Church is expected to miss two [consecutive] meals on the fast and testimony Sunday. . . .

benefit that can come to us in no other way. It is a sanctification of the soul for us today just as it was for some choice people who lived 2,000 years ago. I quote briefly from the Book of Mormon: "Nevertheless they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification

Did you notice it said that those who do this have their souls filled with “joy and consolation”? You see, the world in general thinks that fasting is a time for “sackcloth and ashes,” a time to carry a look of sorrow,

The real joy comes with the blessing of the poor and the needy. For it is in the fulfillment of this wonderful Christlike act that we practice “pure religion.”



as one to be pitied. On the contrary, the Lord admonishes:

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

“But thou, when thou fastest, anoint thine head, and wash thy face;

“That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly” (Matthew 6:16–18).

Blessings of Fasting

Now, we turn to the most important part of this great law. So far we have only discussed those areas that bless us. The real joy comes with the blessing of the poor and the needy. For it is in the fulfillment of this wonderful Christlike act that we practice “pure religion and undefiled” spoken of by James [see James 1:27]. Can you think of a better or more perfect Christian function than “pure religion and undefiled”? I can’t.

The Lord, speaking through Moses, observed:

“If there be among you a poor man of one of thy brethren within any of thy gates in thy land which the Lord thy God giveth thee, thou shalt not harden

thine heart, nor shut thine hand from thy poor brother:

“But thou shalt open thine hand wide unto him” (Deuteronomy 15:7–8).

Then He goes on to promise him who gives: “The Lord thy God shall bless thee in all thy works, and in all that thou puttest thine hand unto” (Deuteronomy 15:10). He concludes: “Therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land” (Deuteronomy 15:11). . . .

A Perfecting Law

Yes, the law of the fast is a perfect law, and we cannot begin to approach perfection until we decide to make it a part of our lives. When you start and stop the fast is up to you, but wouldn’t it be nice to culminate it and be at your spiritual peak for the fast and testimony meeting?

How much you give the bishop as a donation is also up to you, but isn’t it thrilling to know that your accounting with the Lord has been paid willingly and with accuracy?

Satisfaction Comes with Obedience

. . . Have you ever noticed how satisfying it is way deep inside each time you are

obedient to Heavenly Father’s desires? There can be no equal to the peace of mind that always comes as the reward for obedience to truth.

The world needs self-discipline. You can find it in fasting and prayer. Our generation is sick for lack of self-control. Fasting and prayer help to instill this virtue.

The world’s future depends upon an urgent return to family unity. Fasting and prayer will help to guarantee it. Each person has greater need for divine guidance. There is no better way. We all have need to overcome the powers of the adversary. His influence is incompatible with fasting and prayer. . . .

. . . I join my testimony with Alma of old when he declared:

“Behold, I testify unto you that I do know that these things whereof I have spoken are true. And how do ye suppose that I know of their surety?

“Behold, I say unto you they are made known unto me by the Holy Spirit of God. Behold, I have fasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit” (Alma 5:45–46). ■



REMEMBERING the great things OF GOD

EIGHTH INTERNATIONAL ART COMPETITION

By Heather L. Stock

Consider the many gifts and blessings our Heavenly Father and Jesus Christ have given us. By recognizing these gifts and blessings in our lives, we show reverence for God and strengthen our individual testimonies. Our faith can be expressed in the notes of a hymn, the shaping of clay, or the strokes of a paintbrush.

Walking into the exhibit of the Eighth International Art Competition at the Conference Center in Salt Lake City, Utah, is like walking into a testimony meeting of members from 44 countries. In Doctrine and Covenants 115:5 we read, “Arise and shine forth, that thy light may be a standard for the nations,” and the work of these Latter-day Saint artists is doing just that.

This triennial contest’s entries include paintings and handcrafted designs that reflect the theme “Remembering the Great Things of God.” Our earthly home, the restored gospel, and the precious Atonement of our Savior are some of the subjects the artists have magnified. Out of 1,089 submissions, nearly 200 were selected for display, including 20 Merit Awards and 18 Purchase Awards.



Although the exhibit at the Conference Center has ended, it can be viewed online at ArtExhibit.lds.org. Seeing the art offers a chance to be spiritually strengthened by these tangible testimonies.





Above: *Who Can Find a Virtuous Woman? II*, by Louise Parker, South Africa, Purchase Award
"I wanted to reflect the scripture [Proverbs 31] as well as celebrate the inherent characteristics of women in Africa. They are so industrious and generous and survive . . . with their dignity intact."

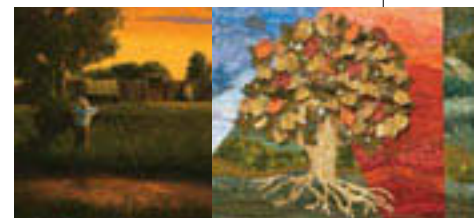
Left: *The Child*, by Kathleen Bateman Peterson, USA, Merit Award
"This is a painting about God's greatest gift to us—life itself."



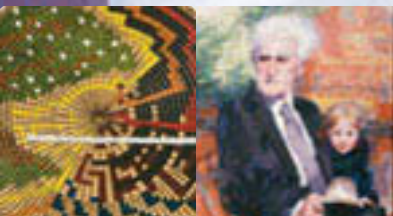
Below: *Love*, by Nnamdi Okonkwo, Nigeria, Merit Award
"This cast bronze sculpture is a tribute to motherhood."



Below: Throughout this article, you will see small details of a sampling of images from the art competition. To see all of the images, visit ArtExhibit.lds.org.



Left: *I'll Go Where You Want Me to Go*, by Ramon Ely Garcia Rivas, Ecuador, Purchase Award
"One can see young missionaries teaching the gospel to an investigator family that lives in a balsa floating house, which is typical of the people of the Babahoyo River in Ecuador."



Right: *A Stop along the Way*, by Carmelo Juan Cuyutupa Caares, Peru
"The pioneers felt small joys during their crossing that led them to pause for a moment, notwithstanding the fatigue they felt, and stop along the way."



Left: *They Did Not Doubt*, by Joseph Brickey, USA
"Yea, [the stripling warriors] had been taught by their mothers, that if they did not doubt, God would deliver them" (Alma 56:47).



Above: *We Give Thanks* (Proverbs 22:6), by Elisabete Lina Miota, Brazil
"Prayer taught by parents is the first contact with Heavenly Father that a 16-month-old baby can learn and practice."

Right: *Steps of Faith*, by Alfred Igbinigie, Nigeria
"This woodcarving portrays the troubles of the Saints in Missouri, 1838."



Above: *Agape*, by Valeriano Ugolini, Italy
"This painting is a visual and symbolic representation of God's love for man, and man's love for God, as expressed in John 3:16."

Below: *Windows of Heaven*, by Emily McPhie, USA, Purchase Award
"[Looking at my little girl] took my breath away and brought tears to my eyes. It was as if the windows of heaven opened through her eyes and poured out love and light. Children are a precious gift."



Left: *Martin Handcart Company, Mellor Family*, by Douglas McGarren Flack, USA
"This entire family of nine survived the trek to Zion."

Right: *Rooted*, by Heidi Renee Somsen, Canada
"As the roots bind a tree to the earth, families are bound together in the gospel in love and quite literally through temple ordinances."



Right: *Preparing for the Sabbath*, by Mthulisi Ncube, Zimbabwe
"The young girl is reading her scripture assignments, and the women are washing their clothes in preparation for the Sabbath in rural South Africa."



Above: *Gethsemane Grove*, by Derek J. Hegsted, USA
"During a trip to Israel, I found a grove of olive trees that left me pondering why Christ 'ofttimes resorted' to Gethsemane (see John 18:2). . . . All forms of life [have] a connection with the Great Creator. . . . It seems only right to pay tribute to everything that bore witness of His divinity."



Above: *Facing Eternity*, by Del Parson, USA
"As the day comes to an end, the Savior contemplates His Father's plan. The masts of the fishing boats represent the crosses that wait for Him in the last scene of His earthly life."



Left: *Teach Me to Walk in the Light*, by Ai Meng Tsai, Taiwan, Purchase Award
"I have expressed the idea conveyed in this well-known children's song."



Above: *Her Sins Are Forgiven, for She Loved Much*, by Roger Cushing, USA
"The woman's faith and repentance led her to seek the Lord's forgiveness. . . . Through the Lord's redeeming love, hope was born in her."

WE DOUBLED OUR FAST OFFERING

As we sat in sacrament meeting one Sunday morning, our bishop asked the members of our ward to give a more generous fast offering. My husband and I were newlyweds struggling to make ends meet while he completed his education. Shouldn't wealthy ward members be the ones to increase their fast offerings?

The bishop promised ward members they would experience miracles in their lives if they doubled their fast offerings. Despite my concerns, the Spirit confirmed to me that his promise was true.

Trembling as I wrote our fast offering check the following week, I doubled the amount. "We're going to starve," I said to myself as I sealed the envelope.

A few days later as I got into my car to drive to work, the red warning light came on for the oil. I added oil, but it leaked from the engine as quickly as I poured it in. When I called our mechanic, he told me to drive straight to his shop. Holding back tears, I drove a few miles to his repair shop and silently said a prayer.

The mechanic warned that the repair would probably be expensive but had to be done. He also pointed out that it was almost time to replace the car's timing belt—another expense we couldn't afford. I left the car at the shop and went to work devastated.

Later, when the mechanic called, he was upbeat and excited. "Of course he is," I thought. "He's about to make a ton of money off of us."

Actually, he called to share an amazing story. As he was working on our car, a friend happened by his

we had received from the Lord. I felt overwhelmed by His love and embarrassed by my lack of faith.

I haven't had perfect faith since this incident a few years ago, but I know that the Lord is acutely aware of our needs and struggles. I know He loves us and wants to help us. I also know that Heavenly Father will test us and not always answer our



auto shop. This friend, who works at a dealership that services my make of car, asked our mechanic what he was working on. When our mechanic explained the problem, his friend said, "Well, you know there's a recall for that problem. It's covered by the automaker."

I couldn't believe it! Then our mechanic explained that oil had gotten all over the engine, so the automaker would also cover the replacement of the timing belt and other belts!

Tears of gratitude sprang from my eyes as I recognized the blessing

prayers as quickly as He did in this instance.

Most important, I have a testimony of the blessings we can receive by paying a generous fast offering and of the blessings others receive as a result of our generosity. ■

Brooke Mackay,
California, USA

I added oil, but it leaked from the engine as quickly as I poured it in. Holding back tears, I drove to the repair shop.

DO YOU BELIEVE IN THE BOOK OF MORMON?

Around the time I joined the Church, I lost my job because of the harsh economic conditions in Nigeria. I thought my world had ended, yet I trusted in God—praying and fasting that He would help me find another job.

Within a month I had an interview with one of Nigeria's fast-growing construction companies. I met with a panel of three interviewers: the managing director, the general manager, and a consultant. I easily answered their routine questions, but then the consultant, a pastor of a local church, unexpectedly threw out a shocking question: "Are you Christian, Muslim, or Traditionalist?" he asked.

Beaming, I replied, "I am a Christian."

"What is the name of your church?" he continued.

I told him, "The Church of Jesus Christ of Latter-day Saints."

"What! That church?" he cried. "You don't mean to tell me you attend *that* church, where all activities are shrouded in secrecy?" Looking directly into my eyes, he stated, "Say it is not true."

"It is true," I quickly replied. Then I added, "Our meetings are not held or shrouded in secrecy. You can come to our meetings next Sunday and see for yourself."

"I would not be in such a gathering," he replied. Having noticed the direction the interview had taken, the managing director called the consultant to order and thanked me for coming.

Three days later I was asked to return for a second interview. The managing director, the general manager, and the consultant were all there. After we had talked about purchasing and supplying, the consultant asked, "Are you a Mormon?"

"Yes, I am," I replied.

"Do you believe in the Book of Mormon?"

"Absolutely! I believe," I answered.

"Do you believe that Joseph Smith encountered God the Father and His Son, Jesus Christ, when he was a young boy of 14 years?"

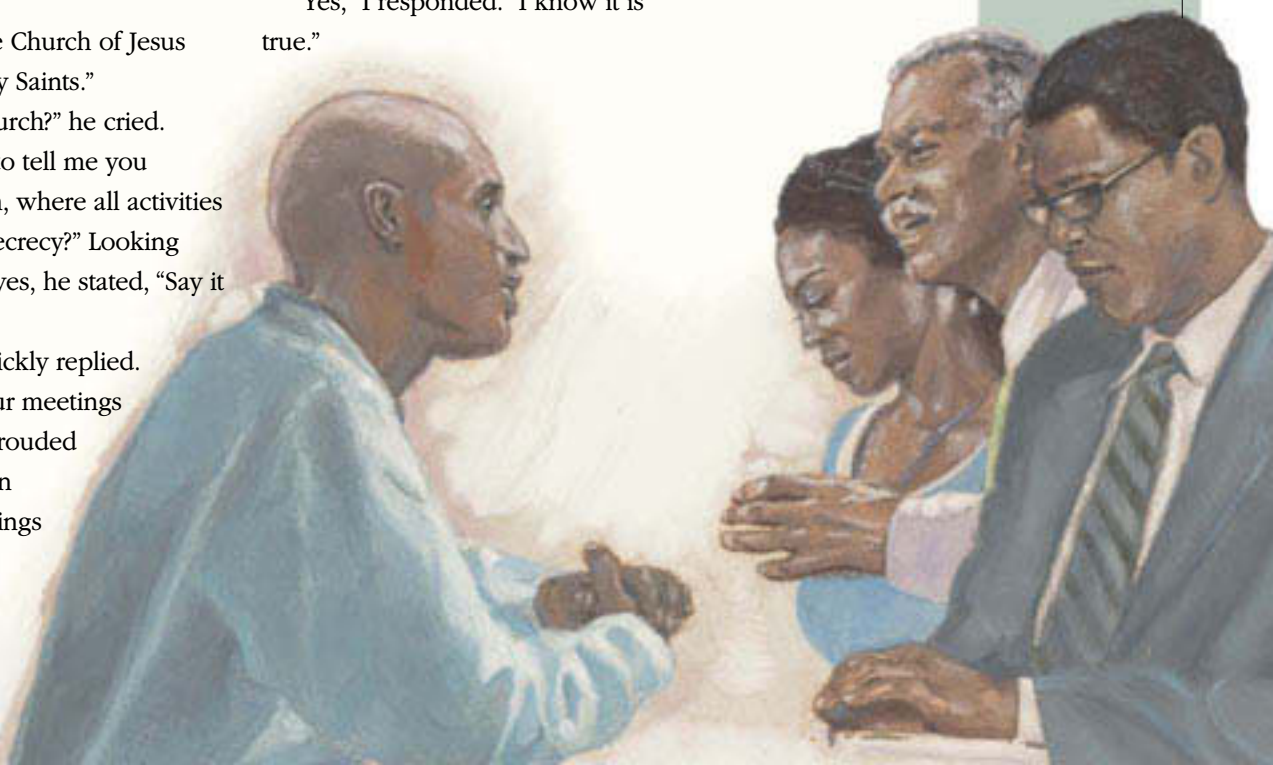
"Yes," I responded. "I know it is true."

At the end of the interview, I was told that scores of applicants had been interviewed. A few weeks later, to my great surprise, I received a phone call from the managing director. She said I had been successful in the two interviews, and she asked me to come in to sign a letter of employment.

Looking back on the experience, I am grateful I did not deny the Church or my faith. God answered my prayers and blessed me with a job. I know if we remain steadfast, He will reward us abundantly. ■

Sonola Oladapo
Solomon, Lagos,
Nigeria

Y*ou don't mean to tell me you attend that church?" the consultant asked me.*



FOOD FOR THE REST OF THE WEEK

As high school graduation approached, my friends and I eagerly anticipated our graduation

dance. But when our school announced the date of the dance, I was devastated to learn that it was going to be on a Sunday.

“Mariela, this happens once in a lifetime!” one friend told me. “You should just go. You’ll never have to miss church

again. But this once, you should skip church and go to the dance.”

I explained to her that it wasn’t just about missing church—it was about giving a day to the Lord. But as I thought about what she said, I wondered, “Would it really matter if I didn’t observe the Sabbath, just this once?” After all, my friends and I were soon going our separate ways, and we had looked forward to this event for years. The dance would offer us one last chance to celebrate together.

As I thought about my decision, I remembered that my father had taught me that the Sabbath day was “food” for the rest of the week. Could I really afford to miss out on the spiritual and temporal blessings the Lord promises to the obedient? I weighed my options, and I knew what my decision should be.

My friends didn’t understand when I told them about my decision not to

go. Over the next several weeks, I felt disappointed every time I heard one of them talking about the dance, but I knew my choice was right.

As the dance approached, something unexpected happened. For some reason the school decided to change the date. Instead of being held on a Sunday evening, the dance would be held on a Saturday evening! I was so excited to be able to go after all and have a wonderful time with my friends. What made me feel especially happy was knowing that I had honored my commitment to obey the Lord.

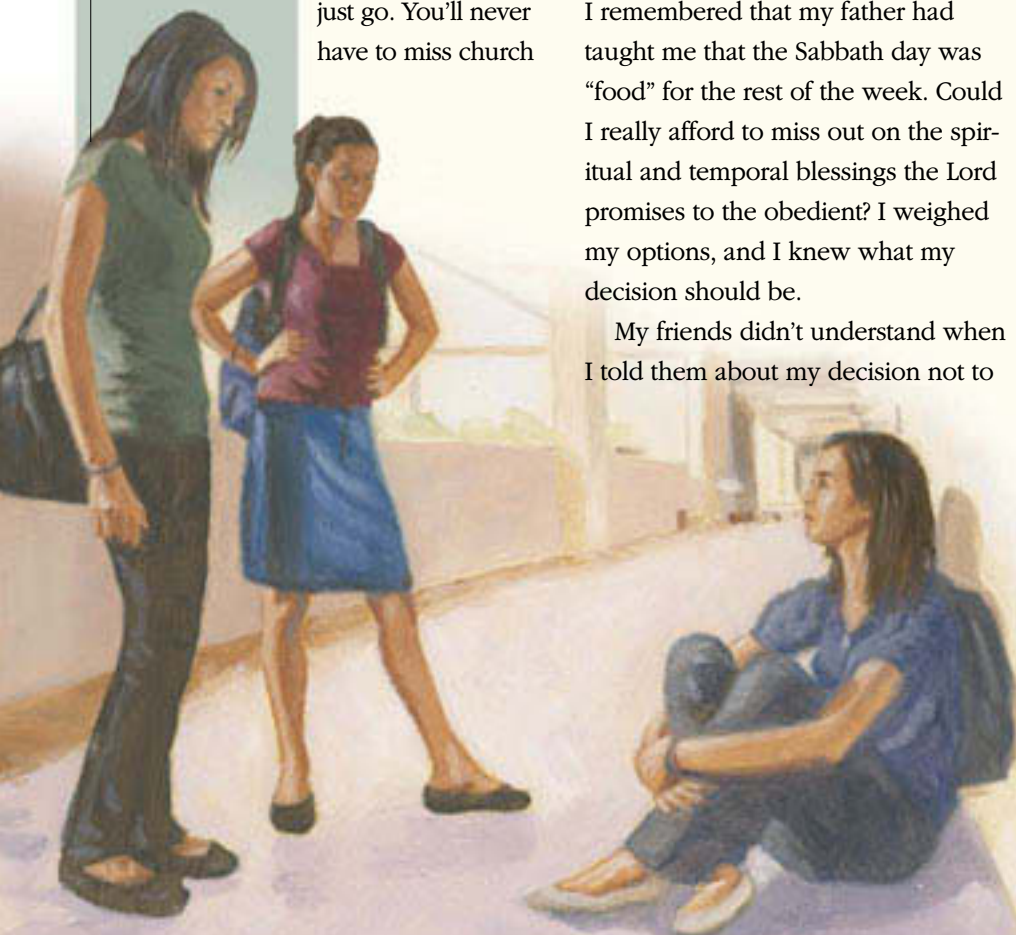
I am grateful that I was able to attend the dance, but I realize that we’re not always blessed in this way. Sometimes we are required to make significant sacrifices for the gospel of Jesus Christ. But I learned then, and I know now, that a loving Heavenly Father always blesses us one way or another when we obey.

Establishing a pattern of obedience in high school brings me great blessings as a young adult. My schedule gets very busy with college assignments, work commitments, and social activities, but I know I have a chance to rest from those labors each week by devoting Sunday to the Lord.

My father was right: Sunday is a great source of spiritual food. Keeping the Sabbath will always be a priority for me so I can renew my covenants, refill spiritual reservoirs, and refresh my mind for the coming week. ■

Mariela Torres Meza, San José, Costa Rica

This once, you should skip church and go to the dance,” one friend told me.



MY GARDEN DREAM

Growing up in a faithful, active Latter-day Saint family, I never thought that one day a child of mine would leave the Church.

My husband and I had married in the temple and eventually had seven children. We did everything we could to obey the counsel of the prophets. We taught our children the gospel, shared our testimonies with them, attended Sunday meetings together, held family home evening, prayed daily both morning and night, and read scriptures as a family. None of our actions, however, prevented our son from leaving the Church.

In my sorrow I turned to the Lord for strength and came to understand more clearly the role of agency in our lives. Still I wondered, "What more can I do? Certainly there is something I can do to bring him back to the truth." I prayed for our son, but I felt I wasn't doing enough. Certainly, if I had enough faith, wouldn't he change?

Such thoughts ran through my mind as I went to sleep one night. Heavenly Father saw fit to answer my questions through a dream. It was a simple dream, but for me its meaning was profound.

In my dream I was standing in the middle of my vegetable garden. I had planted and watered the seeds, but the plants had not begun to grow. In my dream I told my plants to grow. I nagged them to grow! Then I began to laugh at myself. The very idea of

trying to get my plants to grow by telling them to do so was absurd.

Then I awoke. I immediately understood my dream's meaning. My son was the seed I was trying to get to grow. But just as I could not make the garden seeds grow, I cannot make my son change. Inherent in each seed of my garden is a God-given ability to grow, and it is God who directs the growth of each seed. Likewise, my son has the ability to grow because he is a spirit son of Heavenly Father. But if growth and change are to occur in his life, they will result from his agency coupled with God's power.

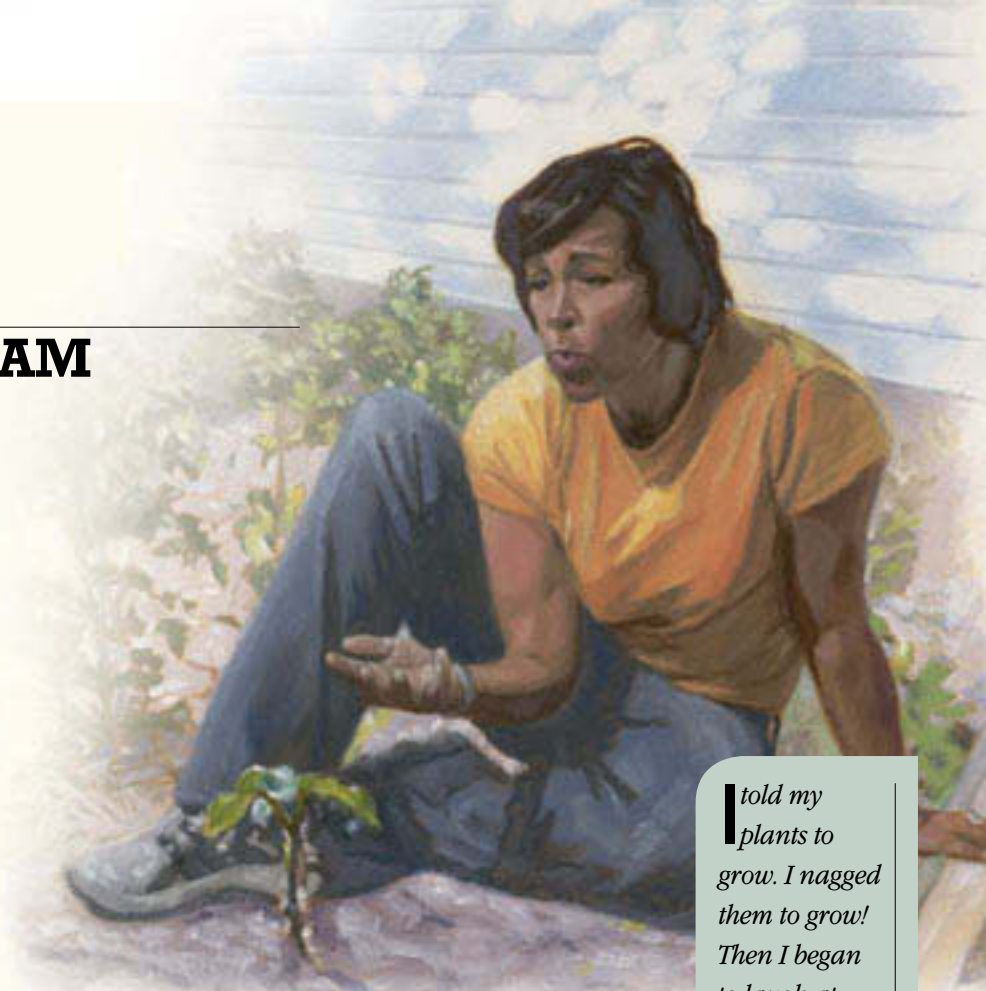
In my dream garden, I planted the seeds, watered the garden, pulled out offending weeds, and sought in every way to nourish my seeds. Likewise, in my role as a mother I plant seeds in the lives of

my children. With Heavenly Father's help, I teach them, try to be an example for them, share my testimony with them, and love them, doing all in my power to be an instrument for good in their lives. Then I must wait. In due time the Master Gardener will help the seeds to grow.

In the meantime He helps me to wait with patience. He fills my heart with hope. He reminds me that I am doing all that He requires of me. He gives me daily evidence of His love. In every way I need, He supports me.

So I will wait, pray, trust in His promises, and continue to plant seeds. The harvest will come. ■

Name withheld



Itold my plants to grow. I nagged them to grow! Then I began to laugh at myself.

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



Neither Trust in the Arm of Flesh

Even though you may be learned in the ways of the world, don't forget the power of God.

In the preface of the Doctrine and Covenants, we learn about the limitations of the arm of flesh: “The weak things of the world shall come forth and break down the mighty and strong ones, that man should not counsel his fellow man, neither trust in the arm of flesh” (D&C 1:19). To rephrase that warning: even though you may be learned in the ways of the world, don't forget the power of God.

My medical school classmates and I learned that lesson in an unforgettable way more than 30 years ago. Our experience took place in the little town of Manzanillo, on Mexico's western coast. The year was 1978. The members of our 1947 graduating class, along with our spouses, were attending a medical symposium.

One evening after the scientific sessions had been completed, one of the doctors suddenly became seriously ill. Without warning, he began to lose massive amounts of blood from his stomach. Totally stunned, we surrounded him, watching life's precious blood flow from him. There we were, medical specialists skilled in various disciplines, including surgeons, anesthesiologists, and internists, each with wisdom gained through more than 30 years of experience. What could we do? The nearest hospital was in Guadalajara, more than 100 mountainous miles (160 km) away. It was night.

No planes could fly. Blood transfusions were out of the question because of lack of equipment. All of our combined knowledge could not be mobilized to stop his hemorrhage. We were totally without the facilities or equipment needed to save the life of our beloved friend.

Our stricken colleague, a faithful Latter-day Saint, was well aware of his plight. Ashen and pale, he whispered a request for a priesthood blessing. Several of us held the Melchizedek Priesthood. We responded to his request immediately. I was asked to seal the anointing. The Spirit dictated that he be blessed to the end that the bleeding would stop and that he would continue to live and return to his home. That blessing was administered in the name of the Lord.

By the next morning, his condition had improved. Miraculously, the bleeding had stopped. His blood pressure had returned to normal. In a couple of days, he was able to return to his home. Unitedly, we thanked the Lord for this most remarkable blessing.

The lesson we learned was simple: “Trust in the Lord with all thine heart; and lean not unto thine own understanding” (Proverbs 3:5). We experienced it firsthand. This doctrine, taught repeatedly in the scriptures,¹ had now become our sure knowledge.

Please do not misunderstand me, brothers and sisters. Of course we need to prepare for worthy work to do. Yes, we do need to do our work well, whatever we choose to do in life. We need to be able to render significant service. And before we can achieve that competence, we need an education. With us, education is a religious responsibility. The glory of God *really* is intelligence (see D&C 93:36).

But the learning of man has its limitations. And sometimes, as in our circumstance in rural Mexico, the combined learning of many experts cannot be applied when we need it most. We have to place our trust in the Lord.

That experience in Mexico taught us another important lesson. It pertains to our ultimate priorities and highest destinies as mortal beings. We learned that a doctor's ultimate destination is not in the hospital. For a lawyer, it is not in the courtroom. For a jet pilot, it is not in the cockpit of a Boeing 747. Each person's chosen occupation is only a means to an end; it is not an end in itself.

The end for which each of you should strive is to be the person that you can become—the person who God wants you to be. The day will come when your professional career will end. The career that you will have labored so hard to achieve—the work that will have supported you and your family—will one day be behind you.

Then you will have learned this great lesson: much more important than what you do for a living is what kind of person you become. When you leave this frail existence, what you have become will matter most. Attributes such as “faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, [and] diligence” (D&C



Much more important than what you do for a living is what kind of person you become. Attributes such as “faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, [and] diligence” will all be weighed in the Lord’s balance.

4:6) will all be weighed in the Lord’s balance.

From time to time, ask yourself these questions: “Am I ready to meet my Maker?” “Am I worthy of all the blessings He has in store for His faithful children?” “Have I received my endowment and sealing ordinances of the temple?” “Have I remained faithful to my covenants?” “Have I qualified for the greatest of all God’s blessings—the blessing of eternal life?” (see D&C 14:7).

Those who cherish their faith in God—those who trust in Him—have been given this scriptural promise: “Let no man glory in man, but rather let him glory in God. . . . These shall dwell in the presence of God and his Christ forever and ever” (D&C 76:61–62). May that be the ultimate destiny for each of us. ■

From a Brigham Young University commencement address delivered on April 23, 2009.

NOTE

1. See, for example, Proverbs 11:28; Jeremiah 17:5; Romans 8:1; 2 Nephi 4:34–35; 2 Nephi 28:31; D&C 1:19–23.

When Things Seemed Wrong

I was trying to live the gospel. So why did my life take a turn for the worse?

By Lin Si-Chia

It started when I lost the Book of Mormon “my” missionary, Sister High, had given me more than five years earlier. I knew I could obtain another one, but my copy was full of my own markings and cross-references. Tucked between its pages were cherished quotes, a heartwarming note from a friend, and a copy of my patriarchal blessing. Although I looked and looked, the book was nowhere to be found. I couldn’t believe I had been so careless.

Shortly after this incident, I was let go from one of my jobs. My income was now cut in half. I had promised my parents I would pay my own way through college. How was I going to afford to keep going to school?

I had been keeping the commandments to the best of my ability; why were things going so badly? Friends at school didn’t pass on the chance to rub it in. One said, “You should cut back on how often you attend church. You can save bus fare.” Another said, “Why don’t you take a break from church for a month or two? You might find out that you don’t notice much of a difference.”

For a moment, their comments made sense. I started to wonder if my life *would* be better without the Church.

I went back to my dorm room, where I saw a picture of my family taken during Chinese New Year. I thought about how much I love them and how happy they make me. And I thought about my Heavenly Father, whom I love and who loves me. I realized maybe I needed to focus on what I



Why Pay Fast Offerings?

Rebecca Alison Titz, a young adult from Germany who now attends the Winterthur Ward in Switzerland, has a testimony of fasting and of the blessings that come from paying a generous fast offering. Rebecca grew up seeing her parents pay fast offerings, and when she started to earn her own salary, she began contributing on her own.



She says, “There have been times when I could pay a generous fast offering.” And in those times she says, “I was never hungry in body or spirit.” She explains that feelings of hunger from fasting pass quickly, but the blessings of spiritual nourishment that come from helping others are long lasting—even eternal.

Rebecca has always tried to contribute a fast offering freely. “I’ve never had a problem giving it,” she says. “I have never thought, ‘I could use this money somewhere else.’ I have always thought, ‘This is helping people who need it.’”

One of Rebecca’s friends, Jessica Schwabe of the Halberstadt Branch in Hannover, Germany, adds: “Paying fast offerings gives fasting more meaning; it makes it all come together. Fast offerings are a part of fasting not for ourselves but for others, for people in need.” ■



had rather than what I lacked. Still, I wondered how I was going to get through these trials.

A short time later, I confided my feelings to my institute teacher, Sister Ou, who said, “Many members have experienced a phase when the ‘all is well’ period of being a new convert ends and you begin to face the trials of faith. The scriptures say, ‘Nevertheless the Lord seeth fit to chasten his people; yea, he trieth their patience and their faith’ (Mosiah 23:21).”

“So what should I do?” I asked.

“Study the scriptures even more diligently, and pray even more earnestly,” she said. “True faith comes when you have trials and pain. Your faith will grow, you will progress, and your testimony will be strengthened.”

I decided to follow her advice and put my faith in God. I tried to do as Alma 38:5 teaches: “As much as ye shall put your trust in God even so much ye shall be delivered out of your trials, and your troubles, and your afflictions, and ye shall be lifted up at the last day.”

As it turned out, I found another job—one that was better than my previous one. Better yet, I found my copy of the Book of Mormon.

I learned that our disappointments, sorrows, and dark hours are to help us grow. They can lead us to much joy if, as Sister Ou taught me, we put our faith and trust in a loving Heavenly Father. How grateful I am to have a reaffirmed testimony that the Church and gospel are true. ■

The newness of being a member of the Church had worn off, and I found myself facing a trial of faith. Fortunately, my institute teacher helped me see the joy that lay ahead.



To the Point

What are some ways we can respect other religions' holidays?

Respecting others' religions is one of our key beliefs: "We claim the privilege of worshipping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may" (Articles of Faith 1:11).

Religious holidays often involve a form of worship. Just as members of our Church celebrate Christmas and Easter, members of other faiths celebrate these holy days or other holidays in honor of a particular deity or to commemorate an event in their religious history.

You can respect others' religious holidays by first recognizing

when those days are celebrated. You can read about certain religious holidays and talk to your friends about how they show their love to God on these special days. You should not make fun of their beliefs, customs, or practices. Respect the religious symbols they use to celebrate and worship.

If you are invited to participate, ask politely for their suggestions about how you can do so appropriately. They may be happy to simply have you watch what they do, or they may suggest some activities you

can join in on and others you should avoid. For example, if one of their religious customs is against your beliefs, such as drinking wine, you can politely decline participation, or perhaps you can drink water. The more you agree on in advance, the greater the opportunity to avoid embarrassment.

You can show respect by learning how others worship, and you can also invite others to celebrate your religious holidays with you so they can understand what you believe.

Why are people anointed with oil when they receive a priesthood blessing?

The scriptures frequently refer to anointing, often associated with the healing of the sick. For example, in Mark 6:13 we read that the Apostles "anointed with oil many that were sick, and healed them." And in James 5:14 we read: "Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord."

To anoint means to apply oil or ointment to a person's head or body. In ancient times this was done for various reasons.

Sometimes it was a sign of hospitality or of routine grooming. Those who were sick or injured were anointed with oil or ointment as medicine. But anointing was also done for sacred reasons. For example, holy anointing oil was used under the law of Moses (see Exodus 40:15). Prophets anointed priests and kings, and the sick were anointed with oil as part of the procedure of healing by faith and by the laying on of hands.

In the Church today, olive oil that has been consecrated (blessed by Melchizedek



What is the difference between fasting and going without food?

Going without food will just make you hungry. Fasting, done with a specific purpose and accompanied by prayer,



will bring you closer to God and give you blessings and spiritual strength (see Isaiah 58:6–11).

Unlike going without food, when we fast, we choose to do so for a specific, spiritual purpose. You could fast for the Lord's help in understanding gospel principles or in handling personal decisions and experiences. You may also fast for blessings for others, such as their health or that they'll accept the gospel (see Alma 6:6). You

When we fast, we do so for a specific, spiritual purpose.

may even fast to express gratitude to our Heavenly Father.

Prayer is another element that makes fasting different from going without food. A fast should begin and end with sincere prayer, and throughout the fast you could meditate and pray about what you are fasting for. This focuses your attention on why you are fasting rather than on how hungry you may feel. "Thou shalt call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am" (Isaiah 58:9).

Priesthood holders) for sacred purposes is used in various sacred



ceremonies, including administration to the sick. "Although the scriptures do not specifically so state, we may confidently assume that anointing with oil has been part of true, revealed religion

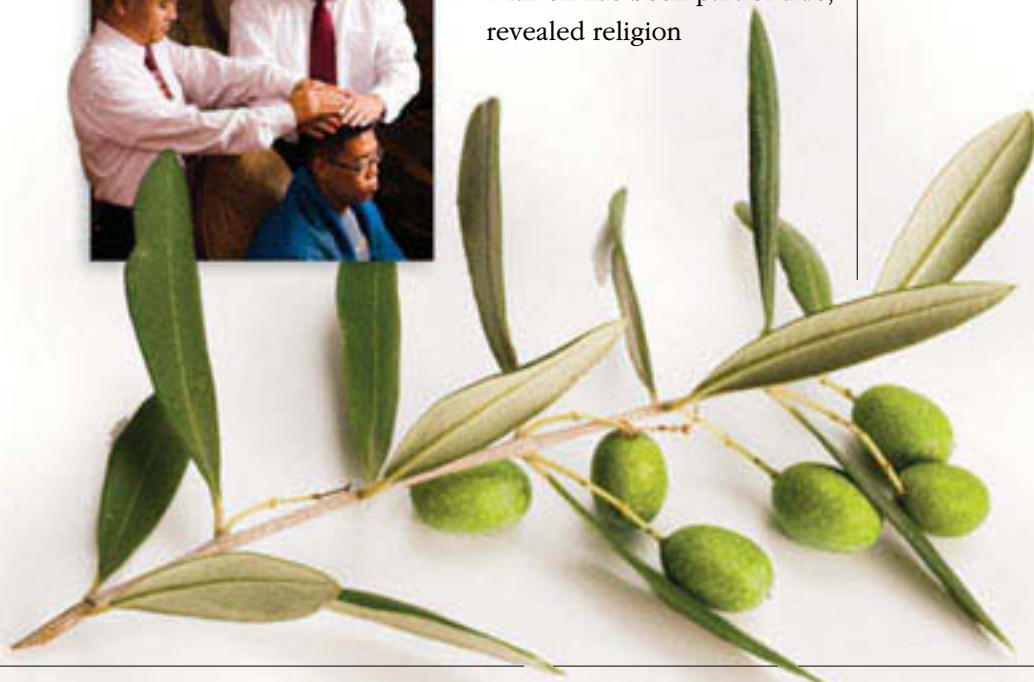
Anointing with oil has always been part of true, revealed religion.

ever since the gospel was first introduced on this earth to Adam."¹

Why is olive oil used rather than some other type of oil? This is never stated specifically in the scriptures, although New Testament parables use oil as a symbol of both healing and light (see Matthew 25:1–13; Luke 10:34). The olive branch is often used as a symbol of peace, and the olive tree is used in scripture as a symbol of the house of Israel (see Jacob 5). Olive oil can also symbolize the Savior's Atonement, since the bitter olive, when crushed, provides oil that is sweet. ■

NOTE

1. Bible Dictionary, "Anoint," 609.



SEARCHING FOR THE RIGHT CHURCH

*Was there any church
on earth led by a living
prophet?*



By Roberto Pinheiro Rocha

My friend Julyette and I were chatting online when she told me she was looking for a church that had a living prophet who spoke with God face-to-face. I thought God had stopped speaking to men here upon the earth because we have a Bible, and I thought that was sufficient for our salvation.

But she said, “If God no longer called a prophet here upon the earth, He would be a liar, for He promised He would never do anything without calling prophets” (see Amos 3:7).

I asked her, “Where is this living prophet?” She did not know.

I began to reflect about how we could discover the right church. I knew that there were many different Christian churches with different doctrines. I thought, “Well, the Internet has a lot of sources,” so I searched for “the true persecuted church.” I don’t know why I typed it in that way, but several lists of churches appeared, including The Church of Jesus Christ of Latter-day Saints. There are many

Christian churches in Brazil, but I had never heard of this church.

Upon entering the Web site, I read the story of a 14-year-old boy who had seen God and Jesus Christ face-to-face and had translated the Book of Mormon by the power of God. I had never heard anything about Joseph Smith or the Book of Mormon before, and I thought it was interesting. But what caught my attention was that the Book of Mormon told of Jesus Christ appearing to the ancient inhabitants of the American continent.

I had a great desire to read this book, so I requested a copy. I told





THE WORD OF GOD

The evidence for [the Book of Mormon's] truth and validity lies within the covers of the

book itself. The test of its truth lies in reading it. It is a book of God. . . . Those who have read it prayerfully have come to know by a power beyond their natural senses that it is true, that it contains the word of God, that it outlines saving truths of the everlasting gospel."

President Gordon B. Hinckley (1910–2008), "Four Cornerstones of Faith," *Liahona* and *Ensign*, Feb. 2004, 6.

Julyette about the site, and after she read the story of Joseph Smith, she was certain this church was the Church of Jesus Christ. She said I had been prepared by the Lord to find the Church for her.

I was impressed with her conviction and wanted to know for myself. I asked my mother if she knew about the Book of Mormon. She told me my sister had a blue book from two missionaries. I borrowed the book and read it from cover to cover in one week; I wasn't interested in anything else. What a feeling of peace I had! I remembered a promise that everyone who read the book should ask God if it were true, and He would respond (see Moroni 10:3–4).

Early in the morning I went to my room to offer a prayer. I placed my trust in God and asked Him if the book was true, and I felt a burning inside. I did not know what the feeling was, but I felt joy. That night I had

a dream in which a Book of Mormon prophet appeared. I asked him if the book was true, and he said it was. When I woke up I thought, "The Book of Mormon really is true."

I asked around until I found someone who knew the directions to the church. One Friday I rode my bicycle to the chapel, but no one was there. I prayed for help to know when meetings were held. I went again the following week. When I arrived, an elderly lady told me that Church meetings were on Sunday mornings. I returned home happy and excited with my heart beating rapidly.



When I arrived on Sunday morning, I was well received by the members. I was impressed with the organization of the Church. I felt peace and joy in my heart during the meetings, and I asked the missionaries to come to my house to teach me. I returned home and told my mother that I had found the right religion.

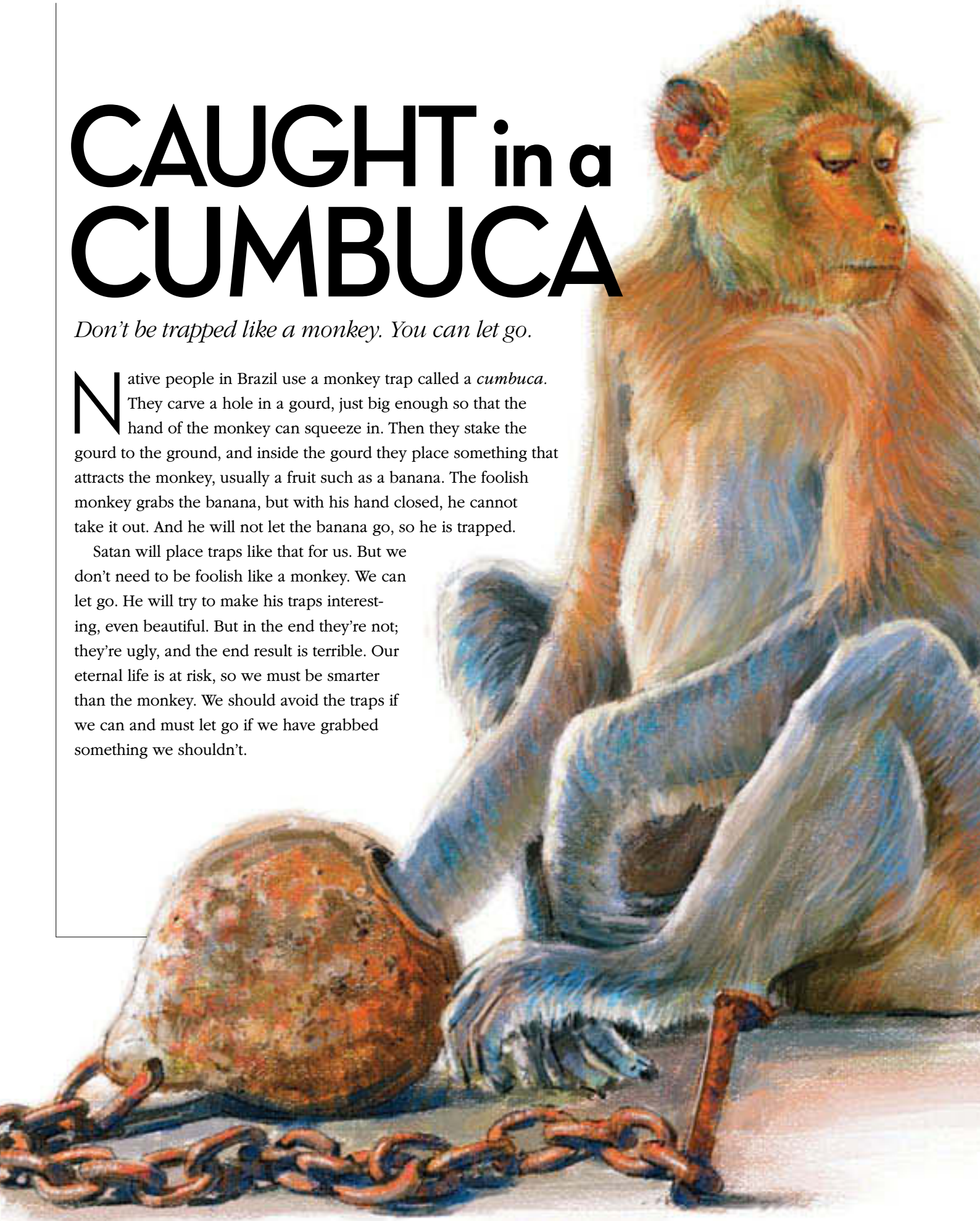
The missionaries taught me about the Restoration of the gospel of Jesus Christ. I already knew the story of Joseph Smith, so when they invited me to pray to learn the truth, I told them I had already received an answer and told them about my experience. They were impressed with my testimony and suggested a date, May 15, 2004, for my baptism. In the meantime, my friend Julyette was also baptized. My baptism was the greatest joy of my life, and my friend and I are very happy we found the true Church of Jesus Christ. ■

CAUGHT in a CUMBUCA

Don't be trapped like a monkey. You can let go.

Native people in Brazil use a monkey trap called a *cumbuca*. They carve a hole in a gourd, just big enough so that the hand of the monkey can squeeze in. Then they stake the gourd to the ground, and inside the gourd they place something that attracts the monkey, usually a fruit such as a banana. The foolish monkey grabs the banana, but with his hand closed, he cannot take it out. And he will not let the banana go, so he is trapped.

Satan will place traps like that for us. But we don't need to be foolish like a monkey. We can let go. He will try to make his traps interesting, even beautiful. But in the end they're not; they're ugly, and the end result is terrible. Our eternal life is at risk, so we must be smarter than the monkey. We should avoid the traps if we can and must let go if we have grabbed something we shouldn't.



By Elder
Marcos A. Aidukaitis
Of the Seventy



Don't Chance the Dance

One night when I was 16, I remember coming back from a Church activity with three friends. We were all in the priests quorum and enjoyed being together. We parked the car in front of my house, and we were talking about the fun we had at church when one of my friends made a suggestion.

Nearby was a club that was popular with teenagers. On Fridays and Saturdays they had dances. He said, "We should go to one of those dances." He suggested we could even use the opportunity to preach the gospel to the youth there. The other three, myself included, tried to tell him it didn't sound

like such a great idea. The standards wouldn't be the same as at Church activities. There would be people smoking and drinking. People would be dressed immodestly. Most of the music would be inappropriate, loud in its volume, and heavy in its beat, often filled with suggestive words.

This was a good friend, a very active young man. But he kept insisting that we should go. "As long as we don't participate in the bad stuff," he said, "it will be just fine." The three of us tried to dissuade him but couldn't. He finally said, "Then I am going to go alone. I am going to show you that there's nothing wrong with it. And you are going to miss out on some great fun." He was determined to stick his hand in the *cumbuca*.

On Friday he went to the dance. The next day, Saturday, he came to

Church-sponsored activities bragging about how fun it had been. He invited us to go the next week. We never did go, but he ended up going on a regular basis until finally he began going to the Saturday night dances as well. Then he would be late to church on Sunday because he was tired from being out so late. Finally he began skipping church.

My Friend Would Not Let Go

Over time he stopped coming to church regularly. He ended up not going on a mission. A few years ago I contacted him over the phone. He was living in a different town far away from me. When we started talking about the Church, he was totally cold, not the same person I used to know.

Looking back, I think of the four of us in that car. The other three all stayed active in the Church, married in the temple, and have served in priesthood leadership positions. But that one excellent friend fell away, married outside the Church, and today is totally inactive. His children do not know the blessings of the gospel. Even though he can still repent, and I hope he will, he is losing valuable time and opportunities.



RECOGNIZING AND AVOIDING TRAPS

Elder Aidukaitis offers several suggestions for recognizing and avoiding spiritual traps:

“When we do the right things, we have more strength to let go. For instance, participating in sacrament meeting and renewing covenants is very important. Young men should participate in Duty to God and young women in Personal Progress. You should go to seminary. You should listen to and obey good and faithful parents and leaders in the Church. As you do these things, you are enlightened in being able to recognize traps, and you gain strength to resist them.

“Reading the scriptures individually is a great source of inspiration, and fasting and prayer are powerful too. If you find yourself saying, ‘I see the banana in the *cumbuca*, and I feel like grabbing it,’ pray for help, and if you need more help, fast and pray. Heavenly Father will fortify you.

“One of the best protections is to be able to see that a trap is a trap. To do that, we need to know the commandments of God. We need to know that the commandments are not just good opinions; they are directions from our Father in Heaven. Then we don’t get into a debate about whether or not someone’s opinion is good or right. We simply choose to follow the path our Heavenly Father has given us, the path of obedience. If what is being offered does not conform to God’s known standards, then let it go.”

That night in the car, the four of us were at a crossroads. I didn’t know the decision was that important at the time. We simply knew that it was not appropriate to go where he wanted to go. I remember he said, “We will go there, and through our good example we will convert some of those youth.” But he was being deceived, and he ended up being the one who was converted to a different path. As I look back, I can see that something that seems small can have a huge impact over the years. I am happy that I was able to choose what was right.



You need to be familiar with these standards, and you need to make a decision today that you will observe them and not compromise.

Where We Should Stand

In Doctrine and Covenants 87:8 we are counseled, “Stand ye in holy places.” We should stand where the Lord expects us to stand. We must decide today that we will not jeopardize our standards for anything. We will not let Satan deceive us. We will not be trapped.

In the Bible we read about David, who as a shepherd boy was described as having a heart like the Lord’s own heart (see 1 Samuel 13:14; 16:7). The youngest of eight sons, he was anointed by Samuel to become king of Israel, and “the Spirit of the Lord came upon David from that day forward” (1 Samuel 16:13). He fought and vanquished Goliath in the name of the Lord (see 1 Samuel 17:45–51). Even as a fugitive, he was blessed, guided, and recognized as the Lord’s anointed, and eventually he became a mighty king of Israel (see 1 Samuel 19–26; 2 Samuel 5:3, 8, 10).

But then came a moment when David did not stand in a holy place. Instead, he stood on the roof and watched a beautiful woman bathing. Though she was another man’s wife, he was attracted to her and would not let go of his evil thoughts. They committed adultery, and when she became pregnant, he arranged for the death of her husband. (See 2 Samuel 11:2–17.) Instead of letting go of the temptation when it came, David gave in. He spent the rest of his life regretting what he had done.



MAKE EARLY CORRECTIONS

Small errors and minor drifts away from the doctrine of the gospel of Jesus Christ can bring

sorrowful consequences into our lives. It is therefore of critical importance that we become self-disciplined enough to make early and decisive corrections to get back on the right track and not wait or hope that errors will somehow correct themselves."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "A Matter of a Few Degrees," *Liahona* and *Ensign*, May 2008, 59.

Small Choices, Big Consequences

So how do you know where to stand and what to do? One source is *For the Strength of Youth*. You need to be familiar with that booklet. The teachings are very clear about what is appropriate for dress and music, what kind of vocabulary you should use, what kind of friends you should have, and much more. You need to be familiar with these standards, and you need to make a decision today that you will observe them and not compromise.

The decision can't be left to the moment of temptation.

President Spencer W. Kimball (1895–1985) said: "The positive things you will want to accomplish need only be decided upon once—like going on a mission and living worthily in order to get married in the temple—and then all other decisions related to these goals can easily be made. Otherwise, each consideration is risky, and each equivocation may result in error. There are some things Latter-day Saints do, and other things we just don't do. The sooner

you decide to do what is right, the better it will be for you!"¹

My dear young friends, be smarter than a monkey! Don't grab something that appears enticing and then refuse to let go. Stand where the Lord wants you to stand, do what He wants you to do, and you'll never be caught in a *cumbuca*. ■

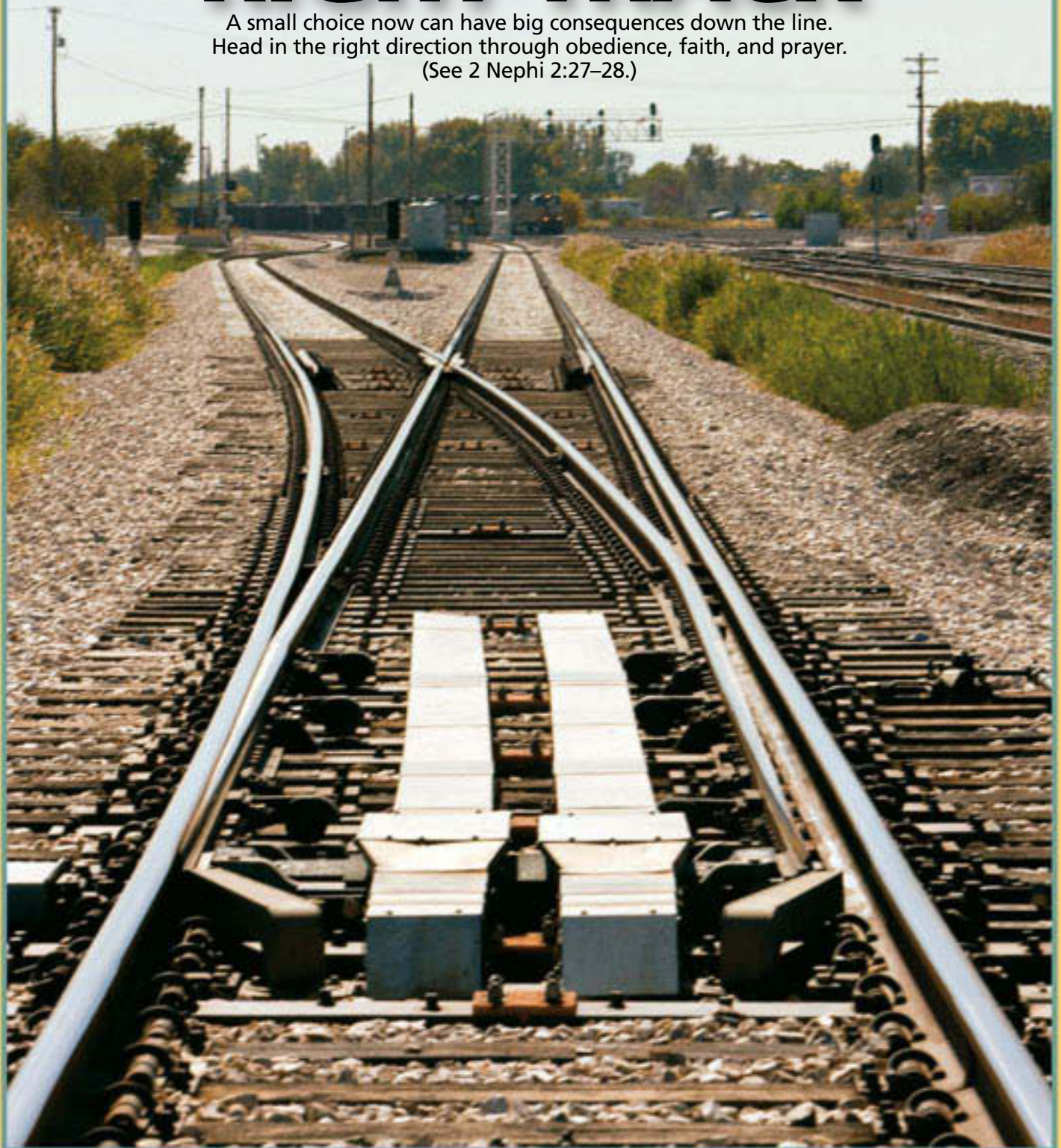
NOTE

1. "President Kimball Speaks Out on Planning Your Life," *Tambuli*, June 1982, 38; see also *New Era*, Sept. 1981, 50.



STAY ON THE RIGHT TRACK

A small choice now can have big consequences down the line.
Head in the right direction through obedience, faith, and prayer.
(See 2 Nephi 2:27–28.)



PHOTOGRAPH BY JOHN LUKE

Our Space



MY FAVORITE SCRIPTURE

I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise" (D&C 82:10).

This verse is important to me because it shows that the Lord's way is the right way to follow. It is

also a great scripture to remember when I am faced with a decision because it reminds me that the Lord wants me to choose the right.

Dayna C., age 16, Ontario, Canada



NO-STRESS HOMEWORK

I had a 16-page research paper to finish. Even though my cousins also had the same assignment to finish, they still planned to go to the movies. I really wanted to go too, but I thought of the consequences of going to school the next day without my paper being finished. I chose to stay home and work on my paper. The next day I turned in my paper while my cousins were busy finishing their research by the deadline. They were stressed, but I felt good about choosing to do my homework first.

Valerie S., age 18, Samoa

HOW GREAT THOU ART

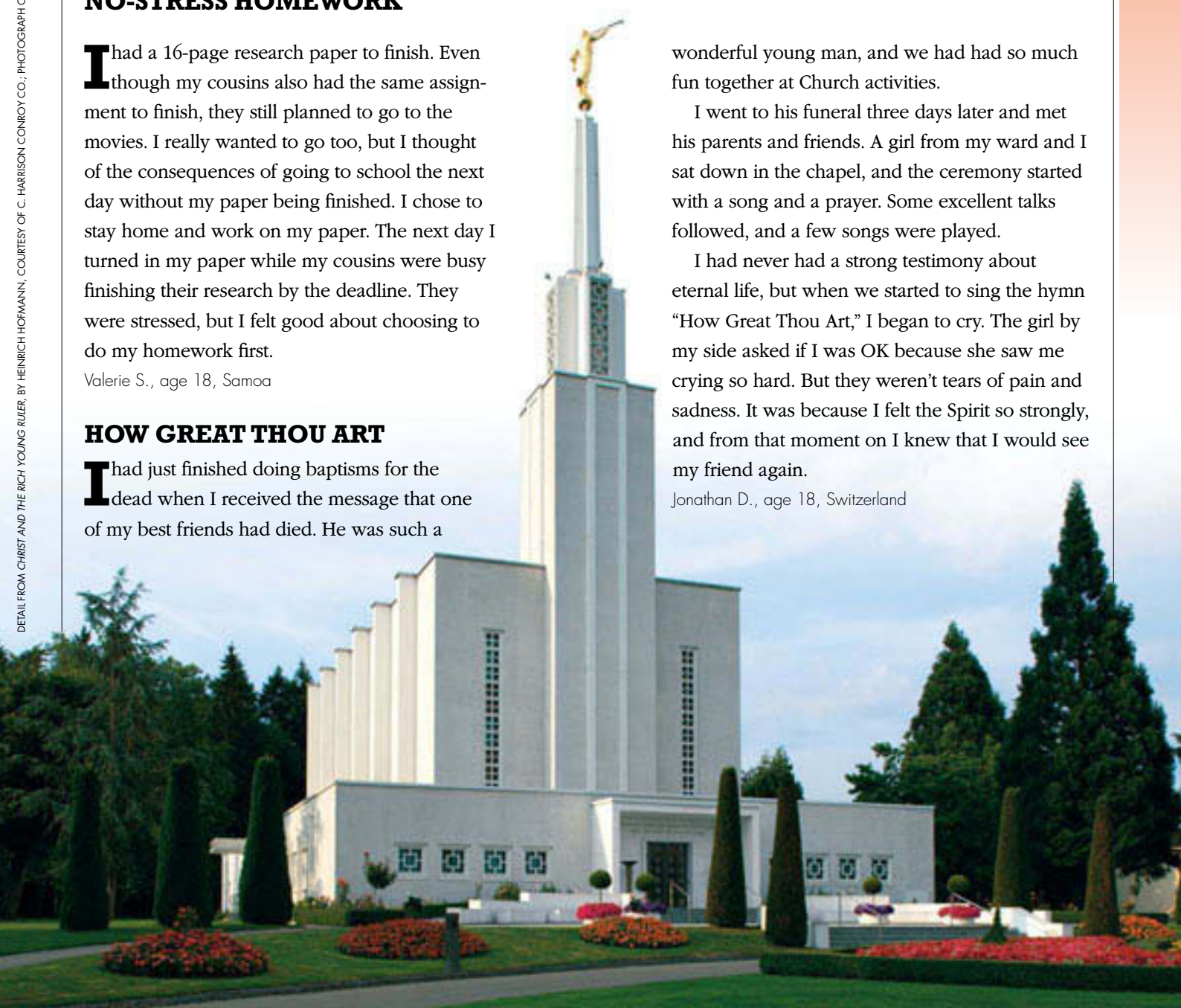
I had just finished doing baptisms for the dead when I received the message that one of my best friends had died. He was such a

wonderful young man, and we had had so much fun together at Church activities.

I went to his funeral three days later and met his parents and friends. A girl from my ward and I sat down in the chapel, and the ceremony started with a song and a prayer. Some excellent talks followed, and a few songs were played.

I had never had a strong testimony about eternal life, but when we started to sing the hymn "How Great Thou Art," I began to cry. The girl by my side asked if I was OK because she saw me crying so hard. But they weren't tears of pain and sadness. It was because I felt the Spirit so strongly, and from that moment on I knew that I would see my friend again.

Jonathan D., age 18, Switzerland



*If only I knew how
to explain why I
never went to parties.*

The Defense

By Fridrik Rafn Gudmundsson

Why don't you ever come with us?" the girl shouted. "Don't you want to be a part of our group?"

It was the end of spring, and school was almost out. During breaks

would have welcomed the other team over for a free shooting contest, but I was not having much luck that day.

"So why don't you ever come to our parties?" she continued. "Don't you want to have a little fun?"

the others really wanted to understand. But I doubted it. How could they? I was the only Latter-day Saint in my school, and none of them understood much about the Church or its standards.



we played football outside, and I was the goalkeeper. As goalkeeper I was used to dodging and blocking oncoming attacks from the field. However, this game was different because I had to dodge and block attacks coming from the sidelines too.

In between the offensive assaults of the other team, I was being interrogated by a couple of girls in my class who were standing on the side of the field. To avoid their questioning, I

"A little fun!" I thought. Being at a party with my classmates, playing silly games, and feeling forced into uncomfortable situations was not my idea of fun. I'd rather stay at home.

"We're all trying to get to know one another, and you are never there," came another attack from the sideline.

"That's right!" I said. And I would have explained why if I felt she and

"Don't you like any of the girls in our class?" she asked.

"It's not about not liking them," I said. "I'd just feel uncomfortable."

"But why?" she poked.

My team had just lost the ball, and all the guys were now running in my direction.

"Why would you feel uncomfortable?" she poked again.

Everything seemed to move in slow motion as my eyes focused on

the approaching ball. Her voice was the only thing I heard, and the constant “why,” “why” kept echoing



excitement of the game. “The reason I’m not coming to your parties is . . .” I started, then paused, thinking for a moment.

“Is?” she repeated a little anxiously.

other team cheered, while the girls stood there laughing.

“Saving yourself for someone,” she said, giggling. “So what is her name?”

I felt embarrassed. Although I



in my head. My opponent was clear for the shot, and I could see that the ball was going to hit me hard. But I was ready. He kicked the ball, which bounced off my hands with a loud slap. “Yes! Another assault successfully frustrated,” I thought, grinning. I grabbed the ball and threw it down the field to my teammates and then turned to face my other opponents.

“So?” she said.

My heart was still racing from the

I looked down the field again to see the opposition approaching fast. My heart picked up a couple of beats, and I knew I had to finish what I started to say. “Is because I am saving myself for someone special!” I blurted out.

“What!” she exclaimed.

My opponents were upon me, and my attention was again fixed on the game. The ball whistled through the air, penetrating my defenses. The

didn’t have anyone special in mind, I still knew that one day I would meet my future wife, and I needed to be worthy to take her to the temple. That’s why I didn’t go to their parties.

My hands still tingled and my heart continued to race as I walked home later, yet there was a slight grin on my face. I might have suffered humiliation on the field that day; however, I walked away feeling victorious. ■

Getting the Best of the Bully

I had to face up to her, but how?

By Douglas M. Brown

When you are 12 years old, life is hard enough. Caught between being a child and being a teenager, you struggle to really know who you are. I was in the middle of that struggle when my parents announced we were moving to the small town over the hill. The move was only a few miles away, but to me it was a world away.

I grew up in a suburban town of 30,000. I walked to school. The playground and the youth center were a block from home. And I went to the movies every Saturday.

Our new home was different. It was a rural town of 6,000—and planned to stay that way. I was a mile and a half (2.4 km) from school and had to ride the bus. My playground would become the woods and hills nearby. Saturday matinees would become only an occasional treat.


The move itself wasn't so bad. I was adventurous and loved exploring. But I had a hard time fitting in at school. The other students had all grown up together, and I was the outsider. To make matters worse, I didn't hide my emotions and was an easy target for bullies.

One of the biggest bullies I had to deal with was Tracy. That wouldn't have been so bad, except Tracy is a girl.

I had dealt with boy bullies before. You either faced them or learned to avoid them. But Tracy seemed to be everywhere: in the hall, at lunch, in my classes. She had a way with insults that just chopped you to pieces. I dreaded seeing her anywhere.

Since it seemed I couldn't avoid her, I had to face her, but I didn't know how. A talk I heard at church changed all that. I don't remember who was speaking, but I remember what was said. The speaker was talking about dealing with difficult people. He said, "If you can't beat them, try loving them to death." He got a laugh out of the congregation, but I thought about it for some time. I finally decided what to do with Tracy. I would "smother her with kindness."





Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44).

I started looking for Tracy the next day. When I saw her, I said, "Tracy, you look nice." She looked shocked and stammered a thank you as we passed in the hall. I kept it up. Every time I saw her, I would pay her a compliment before she had a chance to say anything. The insults stopped, and my life gained a little peace.

A few months later, the school year was coming to a close. One of the closing activities was a dance in the gym during school hours. I went to it but didn't feel like asking any girls to dance. Frankly, I had never asked a girl before. But then a girl came up to me and asked me to dance.

I was shocked to see that it was Tracy. I said yes, and we went out onto the floor. When the song was over, I said, "Thank you," and Tracy went on her way.

I never did see her again. She moved somewhere else that summer. I hope she fit in at her new school more easily than I had. But I learned that day that my plan had worked. Where I had an enemy, I found a friend. ■



How Can I Be a Better Friend?

Want to be a better friend? See what you already know about friendship by responding true or false to the statements below.

I can be a good friend by:

1. Trying to help others be their best selves.
☐ **True** ☐ **False**
2. Wanting only to have fun and not staying around when things get hard.
☐ **True** ☐ **False**
3. Sharing my standards, my beliefs, and my testimony.
☐ **True** ☐ **False**

I can make good friends by:

4. Respecting others and being kind.
☐ **True** ☐ **False**
5. Always waiting for people to come up and talk to me.
☐ **True** ☐ **False**
6. Sticking to my immediate group of friends and acquaintances.
☐ **True** ☐ **False**
7. Looking for those who may be quiet or shy and befriending them.
☐ **True** ☐ **False**
8. Lowering my standards to match others' ideas.
☐ **True** ☐ **False**
9. Showing interest in others.
☐ **True** ☐ **False**



A TRUE FRIEND

What kind of friend are we? Are we the type of friend who always makes sure that those

around us know it will be easier for them to live gospel principles, such as the Word of Wisdom or the law of chastity, when they are with us? Do our friends know that they will never have to choose between what we want them to do and what the Lord would have them do?"

Elder Robert D. Hales of the Quorum of the Twelve Apostles, "The Aaronic Priesthood: Return with Honor," *Ensign*, May 1990, 39.

Bonus: See what the scriptures show about friendship

How were Jared and his brother good friends to others? **Look up Ether 1:36–37 to find out.**

"A friend loveth _____."
Find the rest in Proverbs 17:17.

What did Joseph Smith's friends do?
Check Doctrine and Covenants 121:9 for the answer.



Answers: 1. True; 2. False; 3. True; 4. True; 5. False; 6. False; 7. True; 8. False; 9. True.



By Elder Cecil O. Samuelson Jr.

Of the Seventy

Right after I was baptized and confirmed, my grandmother said, “You have the Holy Ghost now, and it’s important that you have a testimony of the prophet.” Soon I went to general conference for the first time—the October conference of 1949.

It was quite an adventure. I slept over at my grandparents’ house. I remember getting up very early on Saturday morning and riding the bus to downtown Salt Lake City with my grandmother. We walked over to Temple Square and stood in a line for a long, long time. When we got to the Tabernacle, we sat in the back corner.

Just before the meeting started,



A Testimony of the Prophet

“What I the Lord have spoken, I have spoken . . . ; whether by mine own voice or by the voice of my servants, it is the same” (D&C 1:38).

there was a hush and everybody stood up. Then President George Albert Smith (1870–1951) walked in. I could see President Smith and his counselors. I’ve never forgotten how I felt when I first saw the prophet. I felt something very, very special. I knew he was the Lord’s prophet.

That was a very important event. I feel the same way when I see the President of the Church now. I have served as a General Authority now with

three Presidents of the Church. And when the President walks in, I still have that testimony: “He’s the prophet.”

You are not too young to have a testimony that the President of the Church is the Lord’s prophet. If you get that testimony when you are young, it will be a sustaining influence in your life. You can know that the Lord does have a prophet and that we are blessed when we listen carefully to what he teaches. ■

A Lesson in Reverence

By President Thomas S. Monson



I was a boy during the Great Depression. I remember children wearing galoshes because they had no shoes and going hungry because they had no food. These were difficult times.

A bright light of hope shining amidst the gloom was Primary. I was 10 years old. I had a marvelous teacher. I look back upon that year as my finest in Primary, and I must say it was because of my wonderful

teacher. It wasn't because the boys in the class were particularly enlightened or unusually well behaved; on the contrary.

The laughter of the boys and the chatter of the girls at times must have been most disconcerting to our Primary leaders.

One day as we left the chapel for our classrooms, I noted that our Primary president remained behind.

YOU CAN BE REVERENT TOO!

Even though he was just one boy, President Monson helped make his Primary a more reverent place. Think of three ways you could help do this in your Primary. Write your ideas below, and then try them. See what a difference you can make.

- 1.
- 2.
- 3.

I paused and observed her. She sat all alone on the front row of the benches, took out her handkerchief, and began to weep. I walked up to her and said, "Sister Georgell, don't cry."

She said, "I'm sad."

I responded, "What's the matter?"

She said, "I can't control the Trail Builders.* Will you help me?"

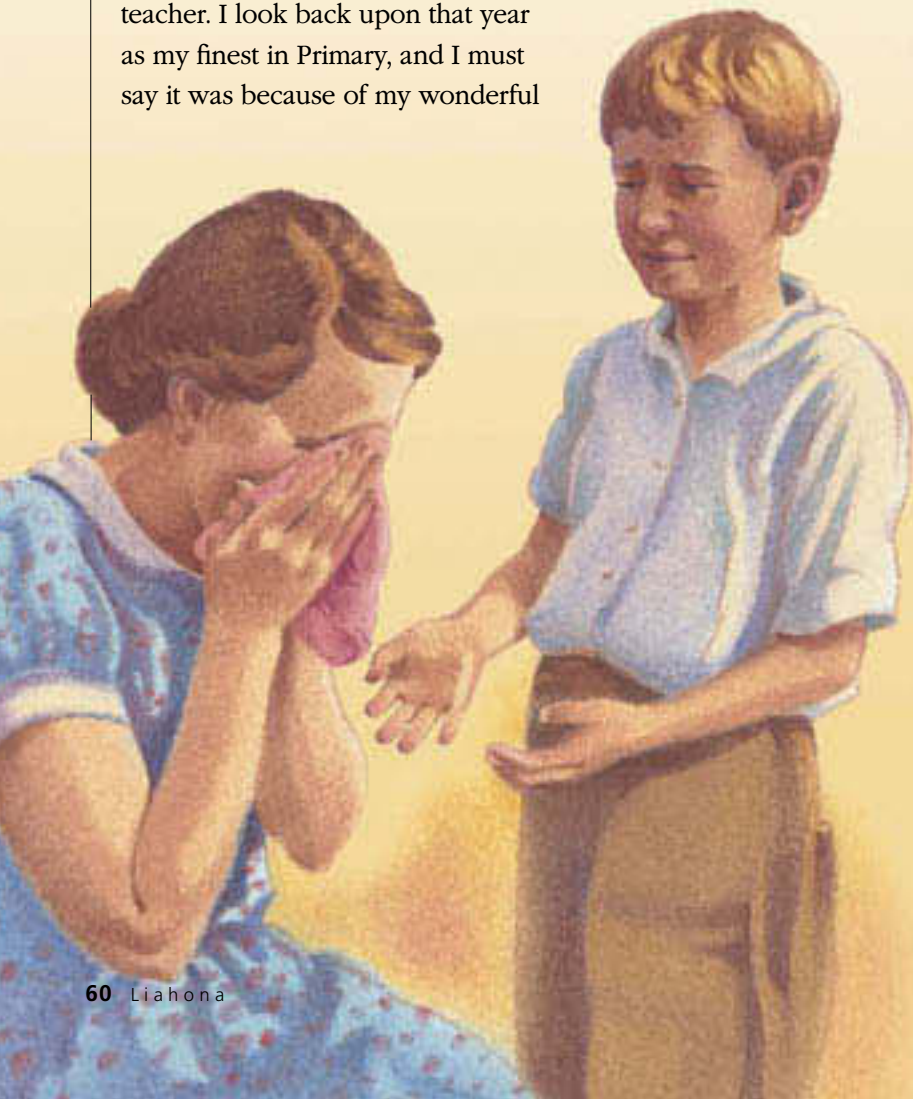
Of course I answered, "Yes."

She said, "Oh, that would be wonderful, Tommy, if you would."

What I didn't know then is that I was one of those responsible for her tears. She had effectively enlisted me to aid in achieving reverence in our Primary. And we did. ■

**When President Monson was young, 9- to 11-year-old boys in Primary were known as Trail Builders. The girls were called Home Builders.*

From "Primary Days," Ensign, Apr. 1994, 65–68.



A REVERENT PATH

Follow the examples of reverence in this maze to the picture of Jesus. When the picture shows Shelley being reverent, choose the path that the arrow points to. When the picture shows Shelley not being reverent, do not follow that arrow.

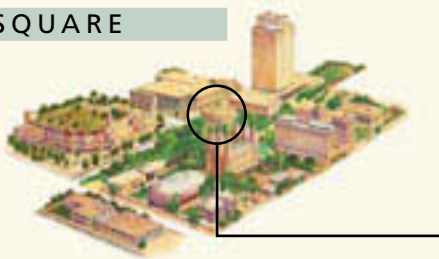


Start

March 2010

61

Come with us this month for a look at an important place on Temple Square.



MEETING THE Primary General President

By Anna Culp

Emma K. came from Midvale, Utah, to visit Sister Cheryl C. Lant, Primary general president. Emma and Sister Lant talked about the purpose of Primary while they toured the Relief Society Building. **The Relief Society Building** is where the offices of the general presidencies of the Primary, Young Women, and Relief Society are.

It has beautiful displays about the purpose and history of these organizations.

“What good things are the children of the Church doing?” Emma asked.

“One of the best things they are doing is learning from

their scriptures,” Sister Lant said. “Every Sunday, we see children bring their scriptures to Primary. They open them, they read them, and they’re

learning directly from the words of the Lord about what He wants them to do.”

“What do you hope they can learn to do more often?” Emma asked.

“We need to be more kind to our brothers and sisters, to our parents, to our friends, and to everybody around the world,” Sister Lant said.

Sister Lant showed Emma a painting of Jesus with children. “Can you think why that’s my favorite thing to look at every day when I come into my office?” she asked.

“Maybe because it shows the love Jesus has for children,” Emma said.

PHOTOGRAPHS BY WELDEN C. ANDERSEN, EXCEPT AS NOTED; PHOTOGRAPH OF EXTERIOR OF RELIEF SOCIETY BUILDING BY JOHN LUKE; PHOTOGRAPH OF BANDIC BY CRAIG DIMOND; PORTRAIT OF PRIMARY GENERAL PRESIDENCY © BUSATH.COM; ILLUSTRATIONS OF MAP AND ICONS BY DILEEN MARSH; THE FIRST MEETING OF THE PRIMARY ASSOCIATION BY LYNN FAUSETT AND GORDON COPE, © IRI



Sister Lant shows Emma four pictures depicting the time when the Savior blessed and prayed for the Nephite children after His Crucifixion. Angels came from heaven and surrounded the children. “When children learn about Jesus Christ, they will know what they need to do to be close to Him and have peace,” Sister Lant said.

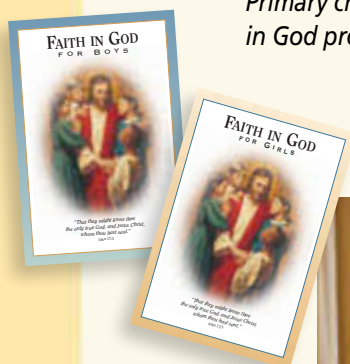




"That's right," Sister Lant said. "In Primary, the most important thing that we want to teach the children is that Heavenly Father and Jesus Christ love them. All the children in this picture come from different places, so they represent all the children around the world. Heavenly Father and Jesus love all of us, no matter where we live. We're all His children." ■



When Sister Lant was a child in Primary, she wore a **bandlo** like the one displayed here. When she completed goals, she earned emblems for her bandlo. Today, Primary children participate in the Faith in God program.



Sister Lant told Emma that **the first Primary in 1878 had more than 200 children. Today, there are more than one million Primary children all over the world!**



The painting Christ with Children from around the World by Del Parson hangs in Sister Lant's office. Sister Lant and her counselors, Sister Margaret S. Lifferth and Sister Vicki F. Matsumori, like to look at the painting.

Our Page



Ei M., age 11



Kyle V., age 6,
Philippines



My family joined the Church before I was born, and I have always attended church. I love to go to Primary because I learn from my teachers and then share what I learn with my friends. One of my favorite Book of Mormon stories is about when Ammon preached the gospel to King Lamoni. I think that story will always be in my mind and heart.

When the time comes for me to be a missionary, I want to be as valiant and humble as Ammon was. I want to learn about the scriptures and have a strong testimony like Ammon had and like the missionary who baptized my parents had. I am grateful for the gospel, and I want to share it with others so they too can know that Heavenly Father and Jesus Christ love them.

Kevin S., age 8, Costa Rica



Gustavo S., age 11,
Costa Rica

Celine A., age 9, is from Denmark. She has two younger brothers. She loves her two pet rabbits and likes spending time with her cousins. She likes baking cookies with her mother and singing in the choir.



Yuzaburo I., age 4, lives in Malaysia. He likes to imitate others and make people laugh. He collects all kinds of boxes. He likes to show love to his friends.

If you would like to send a drawing, photo, experience, testimony, or letter for Our Page, e-mail it to liahona@ldschurch.org, with "Our Page" in the subject line. Or mail it to:

Liahona, Our Page

50 E. North Temple St., Rm. 2420

Salt Lake City, UT 84150-0024, USA

Each submission *must* include the child's full name and age plus the parent's name, ward or branch, stake or district, and the parent's written permission (e-mail is acceptable) to use the child's photo and submission. Submissions may be edited for clarity or length.



Lindsay's Priesthood Blessing

"All they who receive this priesthood receive me, saith the Lord" (D&C 84:35).

By Myrna Hoyt

Based on a true story

Lindsay felt nervous as she looked around the hospital room. She knew that soon someone would come to take her to the operating room for surgery. Mom and Dad stood close to her bed.

A few days before, Lindsay's family had had a special family home evening. Mom gave a lesson about priesthood blessings. Then each member of the family told about a time when he or she was blessed by the power of the priesthood. Lindsay felt peaceful and happy as she listened to their testimonies. Mom explained that the peaceful feeling was the Holy Ghost telling Lindsay that what she was hearing was true.

At the end of the lesson, Lindsay's older brother, who held the

Melchizedek Priesthood, put a drop of consecrated oil on her head and said a prayer. Then Dad gave her a wonderful blessing. He said that Heavenly Father knew and loved her. He said that the doctors would be blessed in their work and that the surgery would go well. He also promised that Lindsay would have a special feeling of comfort and peace that would replace her fears.

Waiting in the hospital, Lindsay tried to be brave, but tears slowly leaked from the corners of her eyes. Two men in hospital clothes came into her room and said it was time for the surgery. They were kind as they tried to cheer her up, but still Lindsay's fear did not go away.

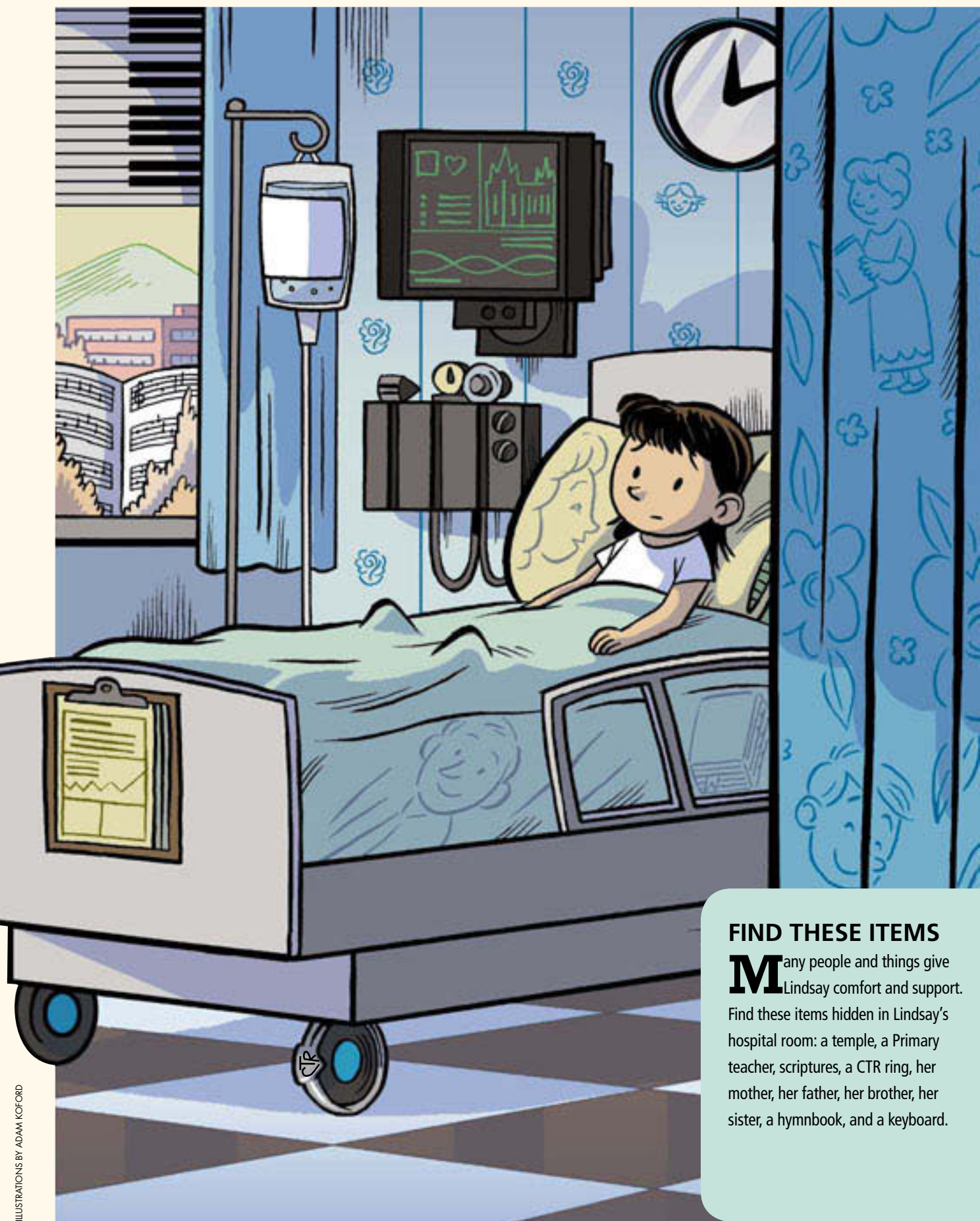
Lindsay hugged Mom and Dad from her bed. Then one of the

men pulled up the railing on her bed so she would be safe as they wheeled her down the hall. As Lindsay turned to see what he was doing, she saw a familiar silver ring on his finger. A warm, peaceful feeling filled her heart as she saw the letters *CTR* on the ring. Lindsay smiled as her fears slipped away. She knew that everything was going to be fine. ■



Healing blessings come in many ways, each suited to our individual needs."

Elder Dallin H. Oaks
of the Quorum of the
Twelve Apostles, "He
Heals the Heavy Laden,"
Liahona and *Ensign*,
Nov. 2006, 7.



FIND THESE ITEMS

Many people and things give Lindsay comfort and support. Find these items hidden in Lindsay's hospital room: a temple, a Primary teacher, scriptures, a CTR ring, her mother, her father, her brother, her sister, a hymnbook, and a keyboard.

God Speaks through Prophets

By Sandra Tanner and Cristina Franco

How do you know what Heavenly Father would say to you if He were here? God speaks through a prophet today just as He did in the past. The prophet—President Thomas S. Monson—teaches you what Heavenly Father wants you to know and do and become. You are blessed when you listen to and follow the prophet. President Monson's directions help us become more like Jesus Christ.

Here are some things you can know from what President Monson has said. **You can know that Heavenly Father loves you.** President Monson said: "I assure you that our Heavenly Father is mindful of the challenges we face in the world today. He loves each of us and will bless us as we strive to keep His commandments and seek Him through prayer."¹

You can know that Jesus Christ is our Savior. President Monson said: "God does live. Jesus is His Son. . . . He is our Redeemer. . . . He loves us. . . . He gave His life for us."²

You can know how to help your family. President Monson said: "May we . . . demonstrate kindness and love within our own families."³

You can know how to help the world you live in. President Monson said: "May we be good citizens of the nations in which we live and good neighbors in our communities, reaching out to those of other faiths, as well as to our own."⁴

March 2010 Scripture Journal

Read Luke 1:70 in the New Testament.

Pray to ask Heavenly Father to help you understand this scripture and know that it is true. Pray to know that President Thomas S. Monson is the prophet today.

Memorize this scripture.

Do one of these activities, or create your own:

- Do the activity on page 69. Cut slits on the dotted lines; then cut out the strips, and weave them beneath the prophets' pictures so the scriptures line up with the pictures. Look up the scriptures to find the prophets' names. Write the names on the blank lines.
- Look at the pictures of the prophets on page 69. Discuss with your family the teachings of these prophets.
- Read the following quotes or something else the prophets have taught us:

"Find someone who is having a hard time, . . . and do something for them."⁵ —President Thomas S. Monson

"Don't ever forget to pray. Kneel down ev'ry night and morning."⁶ —President Gordon B. Hinckley (1910–2008)

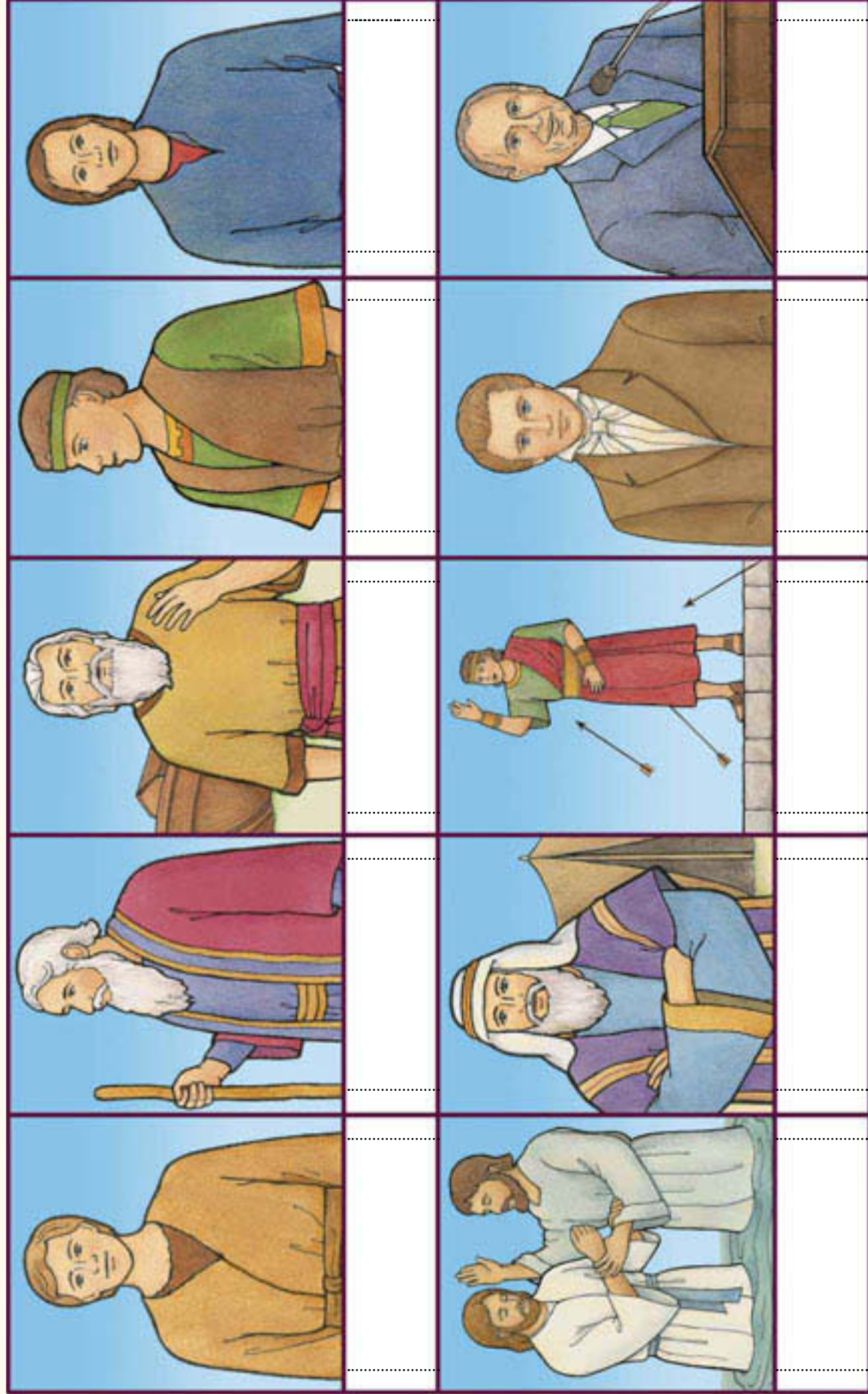
"May we all read the Book of Mormon prayerfully, study it carefully, and receive a testimony of its divinity."⁷ —President Spencer W. Kimball (1895–1985)

How does what you have done help you understand Luke 1:70?

Write in your journal or draw a picture about what you have done. ■

NOTES

1. Thomas S. Monson, "Until We Meet Again," *Liahona* and *Ensign*, Nov. 2008, 106.
2. Thomas S. Monson, "Looking Back and Moving Forward," *Liahona* and *Ensign*, May 2008, 90.
3. Thomas S. Monson, *Liahona* and *Ensign*, May 2008, 90.
4. Thomas S. Monson, *Liahona* and *Ensign*, Nov. 2008, 106.
5. Thomas S. Monson, in Gerry Avant, "Prophet's Birthday: Milestone of 81," *Church News*, Aug. 23, 2008, 4.
6. Gordon B. Hinckley, "Don't Ever Forget to Pray," *Friend*, Apr. 2006, 11.
7. Spencer W. Kimball, "How Rare a Possession—the Scriptures!" *Ensign*, Sept. 1976, 5.



Moses 1:34

Exodus 3:2-4

Genesis 7:1

Daniel 6:22-23

1 Nephi 2:1-3

Matthew 3:1-2

Mosiah 18:7

Helaman 16:2-3

D&C 1:17

D&C 1:38

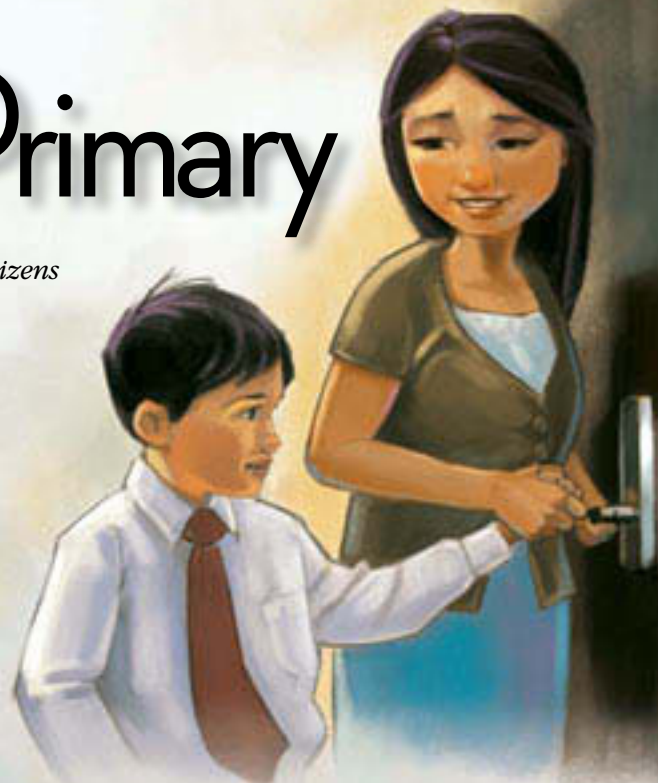
Miguel's New Primary

"Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God" (Ephesians 2:19).

By Lara P. Duffin

Based on a true story

1. The first Sunday after Miguel moved to a new city, his mother took him to church. They went to meet his new Primary class.




2. When they got to the classroom door, Miguel grabbed Mom's hand. "She isn't my teacher, Mom. Where is Sister Dominguez?"



3. Mom knelt to talk with Miguel. "We live in a different city now, and we are going to meet new friends—like your new Primary teacher."






4. “I don’t want a new teacher,” Miguel said. “I want to go home to my old house and be with my old teacher.”



7. Miguel let go of Mom’s hand and sat down in a chair in his new Primary class.

8. Later . . .

“Mom, you were right! We sang, prayed, and listened to talks. My new Primary teacher said Jesus loves me. It is the same!”



5. “I know it isn’t easy to move to a new place,” Mom said. “But some things will be the same. You will sing Primary songs, pray, and listen to talks.”



6. “I will?” Miguel asked. “What else will be the same?”

“Your new Primary teacher will teach you about Jesus—just as Sister Dominguez did.”



FIND THE MATCHING ITEMS

By Chad E. Phares

Church Magazines

Miguel has just arrived at his new Primary room. Look at his old Primary room on the bottom and his new Primary room on the top. Circle the things that are the same in both rooms. ■



We Do Not Doubt

By Adam C. Olson

Church Magazines

The stripling soldiers had to do something hard, but they were not afraid. They knew God would help them. Read Alma 56:47–48 to find who taught them to trust in God's help. Then connect the dots, and color the picture. ■

HELPS FOR PARENTS

1. Summarize the story of the stripling soldiers as recorded in Alma 56.
2. Explain that the soldiers' mothers had taught them that if they trusted Heavenly Father, He would help them.
3. Talk to your children about a situation that might scare them. Ask how they could show trust in the Lord. (Hint: What are the stripling soldier and his mother doing?)



180 Years Later, Book of Mormon Nears 150 Million Copies

By Ryan Kunz

Church Magazines

As the 180th anniversary of the publication of the Book of Mormon approaches in March, the sacred volume of scripture approaches another milestone: the printing of its 150 millionth copy.

The first copies of the Book of Mormon appeared on the shelves of E. B. Grandin's bookstore on March 26, 1830. The initial printing totaled 5,000 copies. Between 1830 and 1987, more than 39 million copies were printed.

In 1988 President Ezra Taft Benson (1899–1994) said, "The time is long overdue for a massive flooding of the earth with the Book of Mormon" ("Flooding the Earth with the Book of Mormon," *Ensign*, Nov. 1988, 4).

By 1990 the 50 millionth copy had been printed for distribution by members and missionaries. That number doubled by 2000, with the Church printing an average of one copy every seven seconds over the decade—a rate the Church has sustained to reach the projected 150 million by the end of 2010. The majority of the printing is done in Salt Lake City, USA, but presses in Brazil, Germany, Japan, Korea, and Taiwan are also used.

A Powerful Influence

One of the many reasons President Benson gave for filling the earth with the Book of Mormon was its influence. The Prophet Joseph Smith taught early Church leaders that "a man would get nearer to God by abiding by its precepts, than by any other book" (*History of the Church*, 4:461).

Since that time the book's influence has been recognized by many. In 2003 *Book* magazine named the Book of Mormon one of the "20 Books

That Changed America," ranking it with such titles as Thomas Paine's *Common Sense* and John Steinbeck's *The Grapes of Wrath*.

In August 2005 President Gordon B. Hinckley (1910–2008) promised members who read the Book of Mormon that "there will come into your lives and into your homes an added measure of the Spirit of the Lord, a strengthened resolution

to walk in obedience to His commandments, and a stronger testimony of the living reality of the Son of God" ("A Testimony Vibrant and True," *Liahona*, Aug. 2005, 2).

In October 2007 he said of the book: "Through all of these years critics have tried to explain it. They

have spoken against it. They have ridiculed it. But it has outlived them all, and its influence today is greater than at any time in its history" ("The Stone Cut Out of the Mountain," *Liahona*, Nov. 2007, 83).

The Work of Translation

That influence is due in part to the number of languages in which the book is flooding the earth.

The Book of Mormon has been published in its entirety in 82 languages, with selections of the book available in an additional 25. The first edition of the Book of Mormon after English was Danish in 1851, followed by French, Italian, Welsh, and German in 1852.

Additional languages are currently being



In addition to the print edition, the Book of Mormon is available in multiple digital formats.

produced. Translations completed in recent years include Guarani, a language spoken in Paraguay; Sinhala, spoken in Sri Lanka; Yoruba, a West African language; and Serbian, spoken throughout southeastern Europe.

Mojca Zeleznikar joined the Church before the Book of Mormon was available in her native language of Slovenian. Her testimony of the truthfulness of the gospel came by listening to the missionaries and studying the Book of Mormon in Croatian and English.

A few years after Sister Zeleznikar was baptized, the Book of Mormon was translated into Slovenian. When she read the translated text, she felt the full power of the words. “I felt the truth expand before me in clear simplicity and profound purity,” she recalled. “The voice of my Creator [spoke] to me in my own language—the language that my mother spoke to me.”

Flooding the Earth

In addition to the increasing number of translations available, the Church is also making use of advancing technologies to flood the earth with the Book of Mormon in different formats.

President Benson said, “In this age of electronic media and mass distribution of the printed word, God will hold us accountable if we do not now move the Book of Mormon in a monumental way” (“Flooding the Earth,” 4).

Audio recordings of the Book of Mormon in English, Portuguese, and Spanish are available at www.audio.lds.org, with other languages to come in 2010. The electronic text of the Book of Mormon is currently available in 16 languages at www.scripures.lds.org (click on **English** for a list of languages); more than 600,000 people use the online edition of the scriptures each month.



The Book of Mormon has been printed in its entirety in 82 languages.

The entire standard works and study helps can also be found in multiple languages on the CD-ROM *The Scriptures: Electronic Study Edition*, available through local distribution centers. A new DVD-ROM edition with another 20 languages will be released late this year.

The Church is also producing official scripture applications for mobile devices that will be available in 2010 in English, with other languages to follow.

The results of sharing the Book of Mormon are unmistakable. This keystone and additional testament of Jesus Christ helps hundreds of thousands of new converts each year come to know and accept the restored gospel of Jesus Christ. With more copies of the Book of Mormon available in more languages and more formats and with more missionaries and members to distribute it, the Book of Mormon and its influence continue to spread.

However, with billions of people yet to reach, the urgency President Benson felt to publish and distribute the book in 1988 remains today.

“We have the Book of Mormon,” he said. “We have the members, we have the missionaries, and the world has the need. The time is now!” (“Flooding the Earth,” 4). ■



PHOTOGRAPH COURTESY OF BILL WIRE

Liberian Young Women Learn about Personal Progress

Young women in Liberia, Africa, taught each other about their divine nature and the Young Women Personal Progress program with a little help from young women on the other side of the world during a special district Young Women conference in August 2009.

Training and preparation began three months in advance for the young women, who live in the Monrovia Liberia Bushrod Island District of the Sierra Leone Freetown Mission. The theme for the conference was “Princess for a Day, Queen for Eternity.” Each branch in the district was responsible to present a workshop on a value and create a short skit teaching another value, emphasizing how a daughter of God would treat others and herself.

“These young women are the future of Africa, the pioneers of their country in this glorious gospel,” said Sister Belinda Wire, a full-time missionary who participated in the conference with her husband, Elder Bill Wire.

After the workshops, skits, and other activities, organizers presented the young women with letters sent by young women from a different country, sharing their testimonies of the gospel and Personal Progress.

“Hearts were united across the world,” Sister Wire said. “As these young sisters held the letters, they knew that those young women believe as they do, read the same books, follow the same programs, are guided by the same prophet, and are loved by the same God.” ■

Liberian young women and their leaders gather for a special district Young Women conference on Personal Progress.

Faith Rewarded in Galapagos

Though few in number, Saints in the Galapagos Islands, located off the coast of Ecuador in the Pacific Ocean, are strong in faith. In September the members saw the completion of the islands’ first meetinghouse.

The rented building where the Galapagos Islands Branch previously held services, referred to as “el Castillo Blanco” by the members, wasn’t large enough to hold sacrament meeting in any single room, so members had to meet in three rooms at one time.

When Elder Floyd and Sister Susan Baum, the senior missionary couple assigned to the islands, first entered the new building, they were humbled to tears. “It is absolutely beautiful,” said Elder Baum. “The workmanship is of the highest order.”

Emma Bastidas remembered when she and her family had to travel to the mainland of Ecuador to be baptized in 1985. She and her family watched the branch form, and she cried when the first missionaries arrived in the islands.

“Now they have built a chapel close enough I can walk to it,” Sister Bastidas said.

Aside from providing a meetingplace for the little group of Saints, the new chapel has brought other blessings. Leonor Machua heard of the new meetinghouse just before leaving on a brief trip to Guayaquil, Ecuador. While in Ecuador she asked someone about the new building and the religion it represented. The stranger answered her questions and suggested she meet with missionaries once she returned home. A few days later she saw the missionaries on a street corner and accepted the invitation to be taught. Sister Machua was baptized immediately after the Saturday afternoon session of general conference in October 2009, the first person to be baptized in the new

meetinghouse's baptismal font.

The Church is relatively new in the islands. Before the formal organization of the branch, four families began meeting in the town of Puerto Ayora on the island of Santa Cruz. In 1998 Church leaders organized the branch within the Guayaquil Ecuador South Mission and the members began meeting on the island of San Cristobal before moving into el Castillo Blanco.

Now about 120 members attend every week in the new meetinghouse on the island of Santa Cruz.

Though the branch is small and far from the mainland, the Saints in the Galapagos Islands have been blessed, said Daniel Calapucha, branch president.

"I truly don't feel isolated because we have the guidance of our Father in Heaven," he said. ■

Colombian Children Visit the Temple

More than a dozen Primary children from the Fusagasuga Ward, Soacha Colombia Stake, spent a special day at the Bogotá Colombia Temple, learning about the temple's importance.

In November 2009 the ward Primary presidency accompanied 15 Primary children to the temple. There the children had the opportunity to meet the temple president, Jorge J. Escobar, and ask questions. The children learned why they had to wait until they were 12 to enter the temple to do temple work, why the figure of the angel Moroni on the temple spire holds a trumpet, and why he often faces east.

At the end of the activity, the children shared their feelings about the experience.

Maria Fernanda Sanchez, ward Primary secretary, said it was a spiritual experience. "It was a special, unforgettable day not only for them but for us as their Primary leaders," she said. ■

Annual Pageants Begin with Mesa

Each year the Church sponsors five pageants across the United States. Information about each pageant is included here.

Mesa Pageant

The Mesa Pageant, *Jesus the Christ*, retells the story of Jesus Christ's birth, ministry, selfless death, and miraculous Resurrection. The show runs March 24 to April 3. See www.easterpageant.org for more information.

Manti Pageant

Manti's *The Mormon Miracle Pageant* intertwines the stories of the Restoration of the gospel, the witness of the Book of Mormon, and the journey of the faithful pioneers to the Sanpete Valley. The show runs June 17 to 26. See www.mormonmiracle.org for more information.

Nauvoo Pageant

The Nauvoo Pageant, *A Tribute to Joseph Smith*, celebrates the restored gospel, the prophetic mission of Joseph Smith, and the legacy of early Latter-day Saints in Nauvoo. The show runs July 6 to July 31. See www.nauvoopageant.org for more information.

Hill Cumorah Pageant

The Hill Cumorah Pageant, *America's Witness for Christ*, retells the Book of Mormon story, including the trials of Lehi's family and his descendants, the climactic visit of Jesus Christ to the Americas, and Joseph Smith's discovery



of the plates. The show runs July 9 to 17. See www.hillcumorah.org for more information.

Castle Valley Pageant

The Castle Valley Pageant is an elaborate outdoor historical drama that portrays the settling of a pioneer village in Castle Dale, Utah. The show runs July 29 to August 7. For more information call 1-435-687-2403. The Castle Valley Pageant alternates every other year with the Clarkston Pageant, *Martin Harris: The Man Who Knew*, in Clarkston, Utah. ■

Music and Cultural Arts Submissions Wanted

This year's deadline for members to submit original music and theatrical works to be considered for publication or performance by the Church is only a few weeks away. Submissions are due by March 31, 2010.

Selected music is presented in the Church Music Festival, and selected scripts and poetry are shared in the Cultural Arts Submission Presentation. Occasionally works are selected for future publication on the Church Web site or in the Church magazines. Music

submissions include songs, children's songs, hymns, anthems, hymn arrangements, and instrumental and other works.

Cultural arts submissions have been theatrical scripts including dramas, comedies, and musicals. Poetry and oratorios with performance value have also been accepted.

The works submitted should be suitable for use in Church units, teach gospel principles in uplifting ways, be doctrinally correct, and accurate if historically based. Submissions are welcome in all languages.

For more information and cultural arts submission guidelines, call 801-240-6492. ■

Music Submissions

Guidelines for music submissions can be found at www.lds.org/churchmusic. Click on **Music**, then **Other Music**, then **Church Music Submissions**, or call 1-801-240-6439.

Cultural Arts Submissions

Cultural arts submissions should include:

1. Two copies of the script and any applicable music on 8 1/2 x 11 inch (22 x 28 cm) paper.
2. A statement signed by all contributors that says, "The work submitted, entitled '_____', is my original work, is owned by me, and conforms to the submission rules."
3. A cover letter with the piece's title; author's name, address, phone number, and e-mail address; central theme; synopsis; and cast requirements.

The names of all contributors should appear on the cover letter, script, and signed statement. Authors of productions accepted by the committee may be asked to grant the Church a nonexclusive, perpetual license for unlimited use.

Send cultural arts submissions to:

Church Theatrical Script Cultural Arts Submission
50 E. North Temple St. Rm. 2082
Salt Lake City, Utah, 84150-6070, USA.

COMMENT

The Key to Success

Thank you for "Sugar Beets and the Worth of a Soul" (Thomas S. Monson, July 2009, 2). I used that article as my personal study, and it helped me a lot. I know that missionary work can be hard, but it is also fun and rewarding. I love seeing the changes people make when they enter the waters of baptism. This story inspired me to work hard, which is the key to success. The things I have learned in the *Liahona* will help me be a better missionary.

Elder Ramon Cristopher H. Villaluna,
Philippines Naga Mission

A Glimpse of Eternal Happiness

Thanks to the *Liahona*, I have the courage to remain steadfast in the gospel of Jesus Christ. It strengthens my testimony and helps me with my problems. The teachings found in the magazine help us catch a glimpse of eternal happiness.

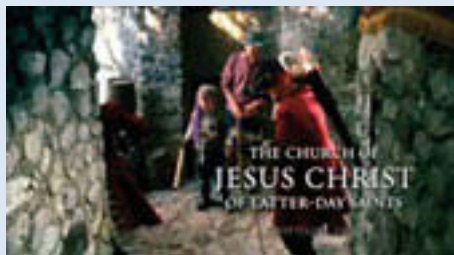
Júlia Maria Azevedo, Brazil

Please send your feedback or suggestions to liahona@ldschurch.org. Submissions may be edited for length or clarity. ■

WORLD BRIEFS

Church Public Service Announcement Honored

A Washington, D.C.-based advertising and marketing firm has recognized a public service announcement produced by the Church. “Swashbucklers,” a short spot on the importance of fatherhood, was recognized for its relevance, high production quality, and exceptional combination of excitement, humor, and warmth, according to the National Media Survey. The public service announcement is part of the Homefront series. It can be viewed at the



MormonMessages YouTube channel, www.youtube.com/mormonmessages. Search “swashbuckler.”

Autism Council Recognizes Church Disabilities Web Site

The Autism Council of Utah presented the Church with its Outstanding Organization of

the Year award on October 14, 2009, in recognition of the Church’s Disabilities Resources Web site. The site offers resources for people with disabilities—such as those with hearing loss, blindness, speech disorders, learning disabilities and more—and their caregivers, family, and Church leaders. The site can be found at www.disabilities.lds.org.

Washington Congregations Unite in Song

More than 170 voices from six different denominations, including Latter-day Saints, joined in a performance called “An Ecumenical Musical Gathering—One Voice in Song and Praise” in Redmond, Washington, USA, in 2009. St. Jude Catholic Church hosted the ceremony—which also included Anglican, Presbyterian, Lutheran, and Methodist congregations—to thank all the neighboring churches and the community for their support of Tent City 4, a local homeless camp. ■

FAMILY HOME EVENING IDEAS

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

“The Law of the Fast,” p. 26: Consider making a family plan for the next fast Sunday. Decide when the family will pray to begin and end the fast. Discuss what you might fast for and how you are blessed by sharing your testimonies during the fast. If a family member cannot go without food or water, discuss other ways he or she can participate.



“Neither Trust in the Arm of Flesh,” p. 40: Invite family members to share how they or another family member has become a better person in the past year. Then invite family members to set a goal that will help them become who God wants them to be.

To illustrate how Heavenly Father can magnify our efforts, invite younger children to pick up something heavy. Then have a parent or older child assist them. Which was easier and why? What kinds of things can we do only with Heavenly Father’s help?

“Caught in a Cumbuca,” p. 48: As a family, consider creating your own *cumbuca* containing something desirable. Then take turns role-playing the “monkey.” Discuss how Satan tries to trap us, how we can avoid the traps, and what we can do if we find ourselves caught in a trap.

“Lindsay’s Priesthood Blessing,” p. 66: Discuss what priesthood blessings are, and invite family members to share their own experiences with receiving priesthood blessings. You could ask: How did you feel as you received the blessing? How did it help you? Why are you thankful for the priesthood? ■

Picturing Fatherhood

By Antonio Peluso

It was Sunday, and my family and I were attending the dedication services of a newly remodeled meetinghouse in our area. Just a few minutes before sacrament meeting, the stake president asked me to please drive to our ward building, three kilometers away, to retrieve an item he needed. I had just enough time to get there and back. While completing that simple errand, I had an experience that touched me spiritually—a wonderful reminder of what is important.

With just a few blocks left to go to return to the meeting, I saw ahead of me two bicycles, one large and the other quite a bit smaller, each being ridden very energetically. I recognized the cyclists at once. They were two people I knew well, a good brother from my ward and his young son. They were riding to church—just as they did every Sunday.

As I watched them, there came to my mind an image out of the future, when that boy—and his father too—will remember those bicycle rides. I thought, “What a great example this father is setting and what an eternal influence he is going to have on the precious son God has given him. That boy,” I reflected, “may grow up to cherish that experience, and perhaps he will repeat it when he becomes a father himself.”

As I caught up to them, there sprang to mind an image of my childhood memories of my own father, who used to carry me on the handlebar of his bicycle. The close relationship that develops from these kinds of experiences is a pleasure to have and tender to remember.

When I got to church, I greeted the bicycle riders with a smile and received the same in return as they expressed silent happiness to be attending



Seeing the two bicycling figures wasn't unusual, but this Sunday their simple image reminded me of the past and gave me confidence in the future.

church. At priesthood meeting that afternoon, I had a chance to express to this brother how impressed I had been with the picture of righteous fatherhood I had seen earlier. His face brightened, and perhaps he was surprised because what I described was such a common occurrence for him.

As Latter-day Saints, we are fortunate to see a picture of many fathers like this one who promote their children's spiritual and emotional welfare. And as children blessed with such parents, we can feel heartfelt gratitude for their simple yet profound examples and sacrifices. ■



*The Prophet Joseph Attacked by a Mob in Hiram, Ohio,
by Sam Lawlor*

“And blessed are all they who are persecuted for my name’s sake, for theirs is the kingdom of heaven.

“And blessed are ye when men shall revile you and persecute, and shall say all manner of evil against you falsely, for my sake;

*“For ye shall have great joy and be exceedingly glad, for great shall be your reward in heaven; for so persecuted they the prophets who were before you”
(3 Nephi 12:10–12).*



Steady Course,
by Jon Helaman Saline,
carved silver maple wood.

*Of his work, the artist says,
“This platter is a representation of
Lehi’s dream and the freedom each
of us has to take hold of the iron rod or
to let go and become lost in unknown
paths” (see 1 Nephi 8). For more art
from the Eighth International Art
Competition, see “Remembering
the Great Things of God,”
page 30.*