

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

Liahona



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Family, p. 48**

Love for Eternity, p. 34

**My Gospel Standards,
p. F8**

Liahona



ON THE COVER
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THE FRIEND COVER
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USING THE LIAHONA

Family Home Evening Ideas



**"The Family: A Proclamation
to the World,"** inside back
cover: Originally published
in the January 1996 *Liabona* and
the November 1995 *Ensign*, this pro-
clamation from the First Presidency
and Quorum of the Twelve Apostles
expresses Heavenly Father's doctrine
regarding families. Review the procla-
mation with your family, and discuss
goals you might set to bring your fam-
ily more completely in harmony with
the guidance outlined in this divinely
inspired document.

"Establishing Eternal Patterns,"
p. 20: Elder Earl C. Tingey discusses
six patterns young people should
establish to obtain the rich blessings
the Lord would give us. Talk about
these ideas with your children. Ask
them how they might more fully
establish these patterns in their
own lives.

"Make Dating Smooth Sailing,"
p. 42: If you have teenagers, you may
wish to discuss the building blocks
of strong and eternal relationships.
Help your children understand that
friendship must come first and a
physical relationship should be devel-
oped only when the time and condi-
tions are appropriate.

"Questions and Answers," p. 30:
Ask family members how they would
answer this question. Then discuss
the ideas given in the magazine.

"Sacred Priesthood Blessings,"
p. F2: If you have a magnifying
glass, use it as an object les-
son. Show your family how it magni-
fies things. Explain that priesthood
blessings work the same way—they can
enlarge our talents and understanding.
"Hard Worker," p. F6: Read
together this story from the life of
President Heber J. Grant. Ask your
children what kinds of things they can
do in your home and neighborhood to
be hard workers like President Grant
was. Tell about someone who is a hard
worker, and talk about blessings that
come from doing a job well.

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Teaching Our Children

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

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

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

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

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

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

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

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

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



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

THE TWELVE-YEAR-OLD JESUS IN THE TEMPLE, BY CARL HEINRICH BLOCH, COURTESY OF THE NATIONAL HISTORIC MUSEUM AT FREDERIKSBORG IN HILLEROD, DENMARK, MAY NOT BE COPIED

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

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

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

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

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

First, *teach prayer*:

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

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

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

Next, *inspire faith*.

We each can learn much from our early pioneer ancestors,

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

Third, *live truth*.

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

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

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

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

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

In concluding his funeral message, Elder Andersen's



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

Finally, *honor God*.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“We will,” came the reply.

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

children, for families, for miracles in our time.

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

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

NOTES

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

IDEAS FOR HOME TEACHERS

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

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

Raising a Child with a Disability

BY MARLEEN S. WILLIAMS

Associate Professor of Counseling Psychology,
Brigham Young University

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

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

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

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

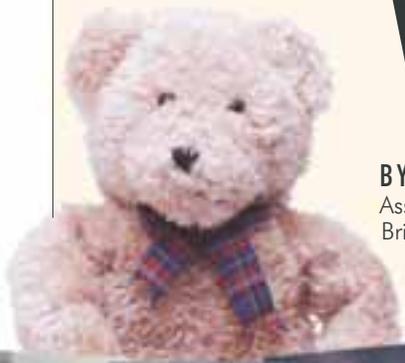
Shock

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

Denial

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

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



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

Anxiety

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



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

Guilt

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

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

Sadness and Grief

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

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

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

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

Anger

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

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



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



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

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

The Law of the Universe

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

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

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

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

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

Misbehavior

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

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

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

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



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

Blessings

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

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

limited intellectual abilities could not have generated.

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

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

A GATHERING IN GHANA

BY MICHAEL AND MARGED KIRKPATRICK



The coarse dust of the harmattan wind blew across an expectant crowd in Accra, Ghana. Thousands of Latter-day Saints sat quietly, the air swelling with anticipation. They had worked and prepared, and now they were ready. It was time. The prophet was there.

The excitement of the youth in Ghana had begun months earlier with a request

from President Gordon B. Hinckley to get the youth and children involved in the dedication of the Accra Ghana Temple, the first temple in West Africa.

For the youth in the Ghana area, getting involved meant hours of rehearsing native dances and songs and then putting them all together to create not only the biggest youth activity ever in Africa but a spectacular

Youth in Ghana (above left) sang and danced in native dress to celebrate a new temple and a visit from President Gordon B. Hinckley. Primary children dressed in white (below left) sang "I Am a Child of God" as part of the celebration.







cultural event for the prophet and the people of Ghana.

Nearly 1,000 youth, 700 Primary children, and all the full-time missionaries from the area performed in the Accra Sports Stadium for President Hinckley and his wife, Marjorie; Elder Russell M. Nelson of the Quorum of the Twelve Apostles; members of the Africa West Area Presidency and their wives; the Ga Tribal Council; Church members; and other spectators. President Hinckley was welcomed in English, French, Twi, and with talking drums.

The missionaries started the show by singing "Called to Serve" (*Hymns*, no. 249), and then the youth took over. Dressed in traditional costumes, they were organized within their stakes and districts to represent various regions and villages.

Desmond Ahwireng, a youth, played Anansi, a legendary spider from African folklore. Onstage, Anansi went from village to village looking for all the good things in the world so he could keep them for himself,

gathering them into a gourd he carried on his head. As he approached each village, the youth in that village sang and danced for him and gave him good things such as courage, service, love, music, and family.

At the end of his journey, Anansi found the Accra Ghana Temple. The beauty of the temple convinced the selfish spider that he should not keep all the good things he had collected for himself, so he emptied the contents of his gourd to share them with everyone. Anansi's good deed was greeted by 700 Primary children, all dressed in white, singing "I Am a Child of God" (*Hymns*, no. 301).

The youth in Ghana will remember the dedication of this temple. They, like Anansi, love to see the temple and hope its presence there will move them to share the good they have as they continue to follow the counsel of the prophet. ■

Michael and Marged Kirkpatrick recently finished serving as directors of public affairs in the Africa West Area. They are members of the Holladay 26th Ward, Salt Lake Holladay Stake.

President Hinckley (top) stands in front of the temple cornerstone. The journeys of Anansi (above), a spider in African folktales, created a setting for some of the onstage celebrations (left and above left).

THE ONLY SURVIVOR

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

BY JOELI KALOUGATA

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

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

Finding the Truth

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

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

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

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

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

Amid Angry Waters

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

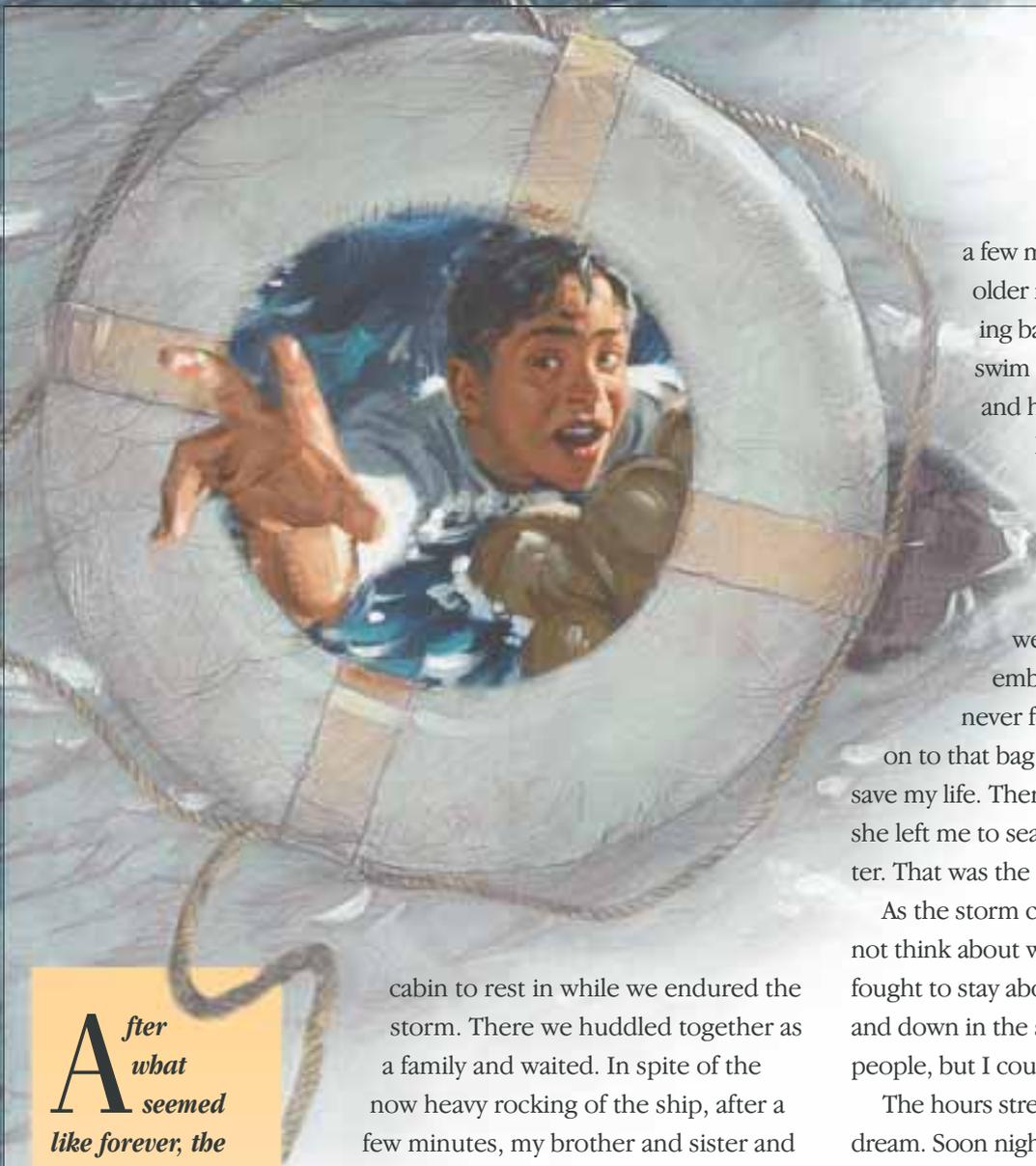
air as we crowded on with the other passengers. Hope and excitement filled our hearts as we waited to depart on our journey.

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

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

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





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

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

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

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

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

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

Minutes passed, and suddenly I spotted my mother. Seeing me as well, she swam over and we embraced. With words I will never forget, she told me to hold

on to that bag no matter what, for it would save my life. Then, after kissing my cheek, she left me to search for my brother and sister. That was the last I ever saw of my mother.

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

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

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

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

Lost and Found

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

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

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

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

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

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

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

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



Establishing Eternal Patterns



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

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

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

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

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

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

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

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

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

Moral Purity

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

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

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

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

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

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

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

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

"Yes, and they do," I replied.

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

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



PAPER SCULPTURES BY JULIE F. YOUNG; PHOTOGRAPHY OF PAPER SCULPTURES BY CHRISTINA SMITH



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

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

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

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

Sabbath Day

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

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

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

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

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

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

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

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

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

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

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

Tithes and Offerings

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

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

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

Church Service

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

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

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

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

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

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

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

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

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

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

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



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

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

Education and Preparation for the Future

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

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

Celestial Marriage

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

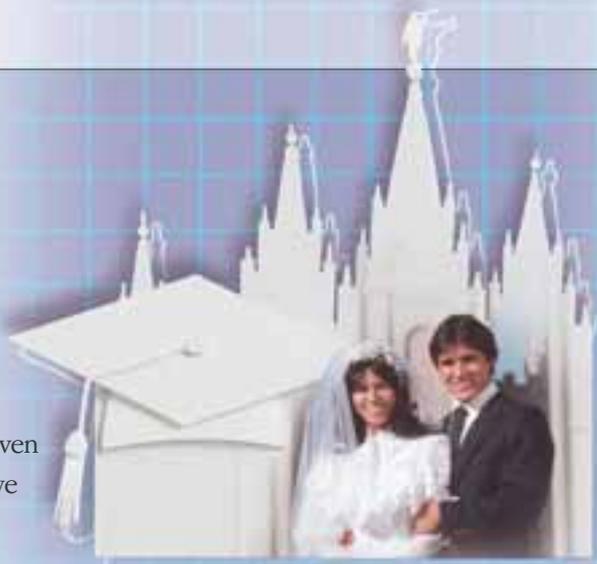
The doctrine of the Church is very clear: Individuals should be worthy to marry in the temple and strive to rear a righteous family as guided by scripture and "The Family: A Proclamation to the World."⁴

The doctrine of celestial marriage is:

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

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

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



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

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

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

is taking a course which is displeasing in the sight of God."⁵

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

Establish Patterns

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

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

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

NOTES

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

Feeling the Love of the Lord through Humility

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

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

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

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

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

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



James 4:10:

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

Bishop Richard C. Edgley, First Counselor in the Presiding Bishopric:

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

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

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

I Was an Atheist

By Nicole Germe

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

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

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

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

But they didn't have much success.

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

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

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

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

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

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

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

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



A Flight in the Snow

By W. Ward Holbrook

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

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

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

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

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

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

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

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

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

After nearly two hours the ambulance arrived. I opened the cabin door and got out.





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

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

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

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

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

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

Heavenly Father had provided the

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

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

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

Upheld by His Hand

By Terri Free Pepper

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

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

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

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

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

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

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

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

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

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

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

*Upheld by my righteous,
omnipotent hand.*

(Hymns, no. 85)

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

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

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

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

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



Questions & Answers

“I battle with the same temptations over and over; even though I decided against them years ago and have resisted them so far. Why doesn’t the Lord acknowledge my commitment and take away the temptation?”

L I A H O N A

Being a Nephite wasn’t easy. The Lamanites attacked repeatedly, but for a great part of their nearly 1,000-year history the Nephites resisted. The Nephites were obviously committed. Why didn’t the Lord take the Lamanites away?

There were many reasons. But the bottom line is, life is a test. We are here to prove we will choose the Lord no matter what (see Abraham 3:25).

It may help to understand the following:

First, God doesn’t tempt us; Satan does.

Second, God allows Satan to tempt us as part of the test. But He limits Satan. We will not be tempted beyond what we can withstand (see 1 Corinthians 10:13).

Third, being tempted isn’t a sin. We sin if we give in to temptation.

Fourth, if we fail, it was our own decision. If the temptation seemed too great, it’s usually because we didn’t resist when we had the opportunity. We are often our worst enemies

Avoid situations that you know hold temptations for you.

The longer you entertain a temptation, the harder it will be to resist.

You will not be tempted beyond what you can withstand.

Being tempted isn’t a sin. Giving in is.

If you fail, repent and keep trying.

by putting ourselves in a position to fail.

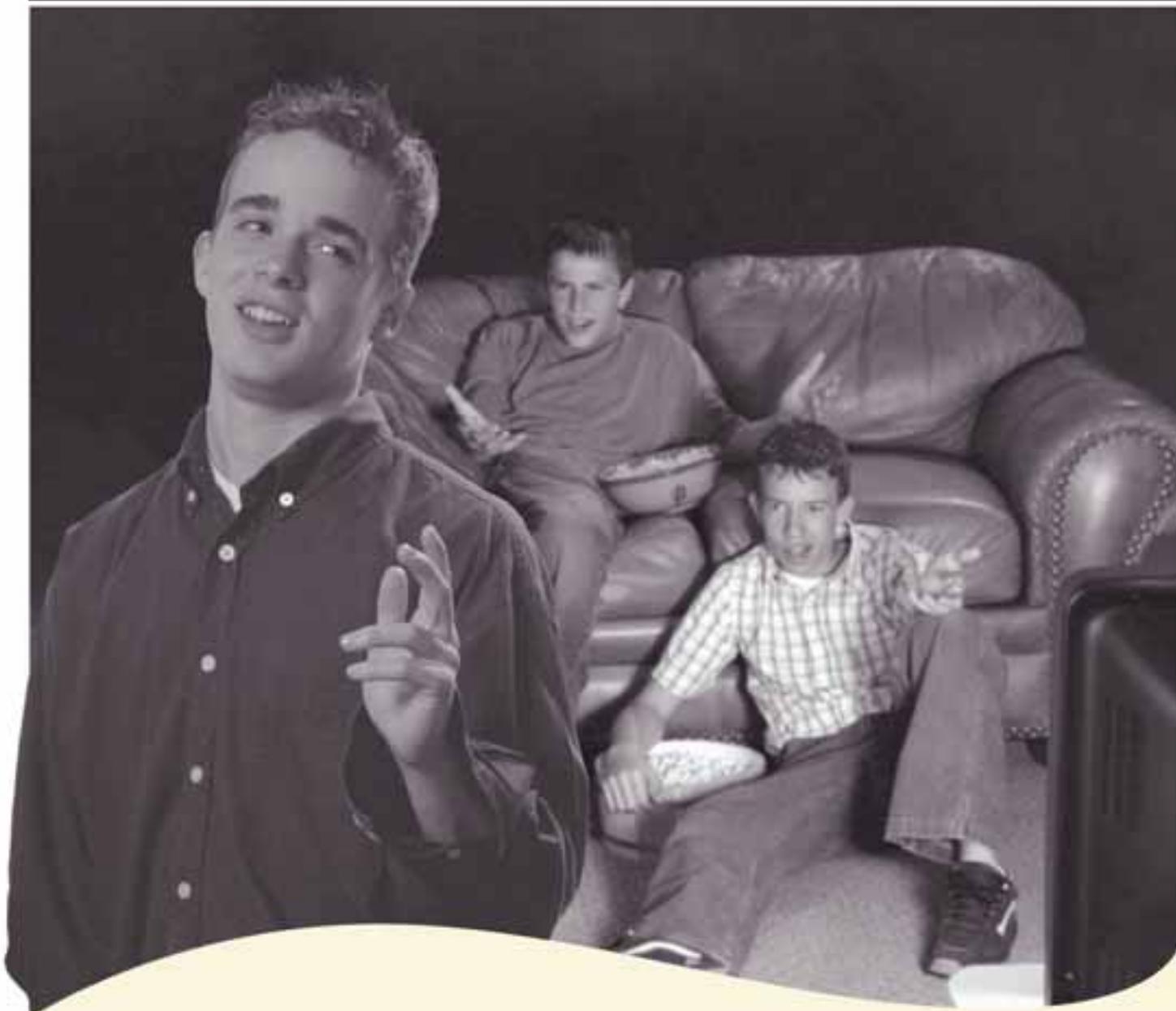
Even after Captain Moroni had prepared the Nephites with better armor and city walls, anyone who wandered outside was an easy target.

If immoral thoughts are a temptation, are you avoiding the shows, music, Web sites, and other things that trigger them? Or are you outside the walls, just to see if any Lamanites are around? True commitment to keeping the commandments means we try to live as far from temptation as possible (see D&C 20:22).

Fifth, as we resist current temptations, we gain strength to resist future temptations.

Sixth, you may do everything possible to avoid temptations, and yet they will still come. Satan won’t ever give up. But by doing your best to live God’s standards, you’ll be prepared. Your walls will be high, your armor strong. When the Nephites were most righteous, it was easiest to repel the enemy.

Seventh, God will “make a way to escape” temptation (see 1 Corinthians 10:13). When



PHOTOGRAPH BY STEVE BUNDERSON. POSED BY MODELS. MAY NOT BE COPIED

the adversary attacked in the Sacred Grove, Joseph escaped through the power of prayer (see Joseph Smith—History 1:15–16).

Finally, if you give in to temptation, which we all do sometimes, you can turn back to God through repentance. Resisting temptation is more than fleeing sin; it is pursuing righteousness with all your heart.

We need to show God that even after resisting 1,000 times, we will choose Him the 1,001st time too.

READERS



Our purpose in coming to this earth is to be tried so that we can become like the Savior. He has given us agency to choose for ourselves what we will do when faced with a temptation. If the Lord takes away the temptation, we can't prove ourselves or inherit eternal life.

Rebecca L. Langham, 16, High Country Ward,
San Antonio Texas East Stake



The temptation may never go away, but your decision to fight it is what matters. The Lord has acknowledged your commitment, but the temptation will be there to test you. Your job is to rise above it so it doesn't bother you anymore.

Stephanie Hall, 15, Sageview Ward,
Idaho Falls Idaho Eagle Rock Stake

Let us all remember that life on earth is the time to prepare to meet God and perform

our labors (see Alma 34:32). God has a reason for our trials, which is to try our patience and endurance (see Mosiah 23:21).

Bernadette L. Aabuyan, 19, Palauig Branch,
Iba Philippines District



Captain Moroni and his people prepared for their battles (see Alma 50:1–5). We also have battles we need to prepare for each day. We can overcome temptations through prayer, scripture study, attending church, and striving to keep the commandments.

Elder Peter J. Guiyab, 22, Australia Sydney North Mission

The Lord said, “This kind goeth not out but by prayer and fasting” (Matthew 17:21). If you fast, pray, and obey, you will find strength you never knew you had. Talk to your bishop. Turn to the Lord.

Dayne J. Linford, 15, Poquoson Ward,
Newport News Virginia Stake



Resisting temptation gives us the opportunity to show Heavenly Father that we will be obedient to His counsel to endure to the end.

Remember that the Lord knows us personally and will give us no temptation that we cannot overcome.

Elder Craig A. Kelley, 21, California San Francisco Mission



We can return to the Lord’s presence if we make correct choices. In 2 Nephi 2:11, 16, the Lord says there should be “opposition in all things” and that “man could not

act for himself save it should be that he was enticed by the one or the other.”

Anderson Swollon, 17, Páu Amarelo Ward,
Olinda Brazil Paulista Stake



There will be whisperings of approval or warning when you have decisions to make. The Holy Ghost can guide you away from evil and bring you back if you have wandered and lost your path.”

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

We cannot forget that “this life is the time for men to prepare to meet God” (Alma 34:32). To resist temptations, we must stand on a sure foundation (see Helaman 5:12). We have to remain strong in our commitment to the Lord’s commandments.

Célio Ferreira, 18, Queluz Ward,
Lisbon Portugal Oeiras Stake



Keep praying, studying your scriptures daily, and trying your best to resist. You have done well so far. Heavenly Father loves you and will never set you up to fail.

Sarah Robertson, 16, Hope Mills First Ward,
Fayetteville North Carolina Stake

We will not be tempted beyond the limits of our resistance, as it says in 1 Corinthians 10:13. We can obtain strength to resist by praying (see Alma 13:28). The Lord recognizes our efforts.

Franquelton Santos Callow, 17,
Cascavel First Ward, Cascavel Brazil Stake

Answers are intended as help and perspective, not as pronouncements of Church doctrine.

WHAT DO YOU THINK?

Youth readers: Send your answer, along with your name, birth date, ward and stake (or branch and district), and a photograph to:

Questions and Answers 11/04

50 East North Temple Street, Floor 24

Salt Lake City, UT 84150-3220, USA

Or e-mail: cur-liahona-imag@ldschurch.org

Please respond by 15 November 2004.

QUESTION

“How can I help motivate my family to have family home evening, family prayer, and family scripture study?” ■

DREAM DATE

Your dreams can become reality if you make it your goal to marry
the right person at the right time, in the right place,
and by the right authority.

(See Thomas S. Monson, *Ensign*, Nov. 1996, 45.)





LOVE FOR ETERNITY

BY JANET THOMAS
Church Magazines

Being married in the temple is a worthy goal for every Church member. Participating in Church activities puts young adults in the right setting to meet the right person.

At one time, for many Church members throughout the world, realizing the dream of a temple marriage seemed hopelessly out of reach. Temples were often so far away that to seriously consider being married in one seemed like a fairy tale. But with every temple that is built, more and more couples can start their married lives with the blessings of a temple sealing.

Before the wedding, however, there is a courtship. Where do these young Latter-day Saint men and women find each other? What do they do as they prepare to go to the temple?

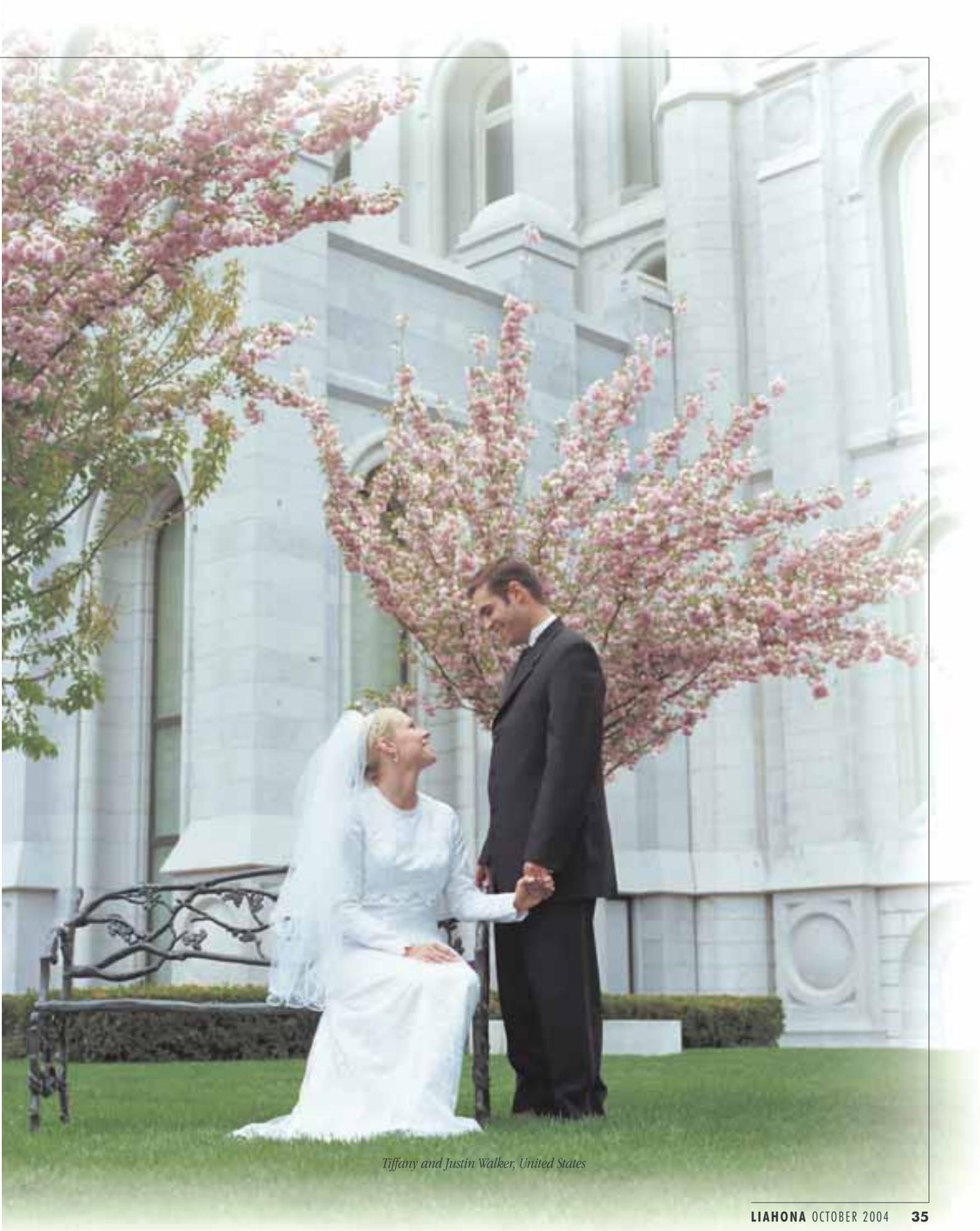
The following are the stories of young couples who have married in the temple recently. Their stories of where and how they met, how they pursued a common dream of a temple marriage, and how they found happiness in their efforts can serve as inspiration to others who hope for a temple marriage in their future.

In all of these stories are some common threads. First, most couples met at a Church

activity. And they usually had to make a great effort to attend those activities. Second, they set the goal of a temple marriage. Third, they lived worthy lives and prepared to go to the temple.

Justin and Tiffany Walker, United States

Although Justin and Tiffany now live in Utah while they are finishing their schooling, they grew up hundreds of miles apart. Tiffany grew up in Columbus, Ohio, and Justin's family lived in Roanoke, Virginia, both largely non-Latter-day Saint environments. They would likely have never met, except that both decided to make every effort to attend school where they could be around other members of the Church. They chose to attend Brigham Young University—Idaho. They were assigned seats next to each other in their geology class. At first, Justin, a returned missionary from the London England South Mission, was quiet (he insists



Tiffany and Justin Walker, United States

he was just trying to concentrate). Soon they started having fun discussions.

As their friendship developed, it changed to courtship. But because they were apart during the summers, they dated for more than two and a half years. During this time, Tiffany and Justin discovered they shared a rock-solid desire for a temple marriage. Tiffany says, "I first developed a desire to be married in the temple when I realized that there were special covenants I could make there that could not be made anywhere else. I knew that if I was married in the temple there would be no other place I could possibly be married that would be more right."

Aries and Lowenna Janssens, England

The first time Aries and Lowenna saw each other was at a young single adult dance. It was just a glance; neither spoke. Six months later, Aries and a couple of his friends traveled 120 miles (190 km) to a young single adult housewarming activity at Lowenna's student house. He says, "I guess it was the normal thing to do where the young single adults are so far spread."

They both recognized each other from the dance, and Aries wasted no time inviting Lowenna and her sister to go wakeboarding with him. Lowenna and her sister didn't

make it because the distance to pick them up and return would have been too difficult for Aries, but they continued to see each other a couple of times a month at dances and activities. They grew to be good friends. As their feelings became stronger, they would regularly call and talk on the phone.

As Lowenna says, "Our feelings were stronger than we had ever experienced with past boyfriends or girlfriends. We both wanted to be the best that we possibly could for each other."

Aries planned to propose and secretly bought a ring and overcame the daunting task of asking her dad's permission. The couple planned to walk to a beautiful waterfall in a place where Aries spent a lot of his childhood. As Aries knelt to rummage in his backpack for the ring, Lowenna, thinking he wanted to take everything slower, said, "Is there anything you would like to change in our relationship?"

Aries replied, "Yes, there is actually. I would like to change quite a lot." He pulled out a box with a ring inside.

The couple immediately started making plans. They were married 10 weeks later in the Preston England Temple, with Lowenna's grandfather performing the temple sealing.

Lowenna says, "The Spirit was really strong through the day and served as an excellent introduction to the gospel to all our nonmember family and friends. We felt that there was nothing more important in this life than our eternal marriage. We are so grateful for the strength that we were to each other during our courtship, which enabled us to enter worthily into our Father's house to make the sacred covenants that guide us in our married life today."

Pang King Yeung Dono and Pang Bobo Ka Po, Hong Kong

Shortly after Ka Po was baptized, the sister missionaries encouraged her to take an institute class. It was held early Saturday mornings, and Ka Po remembers how hard it was to wake up and get to class on time.

A classmate called Ka Po every Saturday morning to



Aries and Lowenna Janssens, England





Pang Bobo Ka Po and Pang King Yéung Dono, Hong Kong

wake her up and encourage her to attend class. One day the classmate gave the responsibility of calling to King. That was the beginning of their friendship.

Ka Po says, “Church activities helped us know more about each other.” Their first date was a dance practice for young single adults.

Ka Po and King dated for four years. King helped Ka Po share the gospel with her grandmother and brother. Then on the night he proposed, he met Ka Po in the playground of the school where she was attending night school. She had just finished a big exam and was exhausted, but she felt wonderful when he asked her to marry him and gave her an engagement ring.

They were married in the Hong Kong China Temple. Ka Po says, “I will never forget the day we were sealed in the temple. It was so beautiful and amazing that we could be together for eternity. I could not stop crying, and my heart was so full I couldn’t speak. I love the temple and the great blessing that we can go to the temple in our own country.

“Our temple marriage will influence not only us, but it can influence our children and their children. It is so important that we have the same purpose and goals on earth. I love the gospel, and I love my eternal spouse.”

Tururarii and Taiana Teturu, Tahiti

“By the time I was 12,” says Taiana, “my desire for a temple marriage became more and more firm. It was more than just an objective I had to achieve. I wanted to become a person worthy to marry in the temple. So I worked toward it, especially through Personal Progress. And there were lots of people helping me—my parents, my Young Women leaders—and many Church activities to help keep me on track.”

Tururarii, on the other hand, has not been a member for most of his life. He joined the

With temples being built throughout the world, a temple marriage is becoming possible for more and more Latter-day Saint couples.



Tururarii and Taiana Teturu, Tahiti

Church at the age of 25. “But having received the gospel,” says Tururarii, “and learning more and more about the blessings, I immediately set a goal to be married in the temple.”

Tururarii and Taiana met during choir rehearsals for an Easter concert fireside put on by the Church. They performed with the choir, became better acquainted, and began dating. But it was at a young single adult conference on a neighboring island that they decided they should be married. When they returned from the conference, they talked to their bishops and began making plans to be married in the Papeete Tahiti Temple.

Tururarii explains the closeness that working toward a temple marriage brought into their lives: “Since I joined the Church, it has always been my goal and my desire to be married in the temple. Then when I met Taiana, it became our goal and our desire, together.”

Alexander and Rachel Sarafian, Australia

Alexander and Rachel had a mutual friend who introduced them at a young single adult activity. But the first time they really talked was at a young single adult convention held in Brisbane. Alexander said hello to Rachel as they were leaving the food hall. Rachel had a lot on her mind and needed someone to talk to. So they sat on the grass outside one of the dormitory buildings and talked.

Alexander promised to take Rachel out for her birthday, but before their first date, he was hospitalized because of a motorbike accident. They began spending a lot of time together. But since they lived a long distance from each other, they ended up breaking up and going their separate ways.

More than a year later, Alexander bought another motorbike. While riding home from church, he was struck by a vehicle and was again hospitalized. Rachel’s mother found out about the accident and mentioned it to her daughter. Rachel decided to make the long trip from Brisbane to Sydney to visit Alexander.

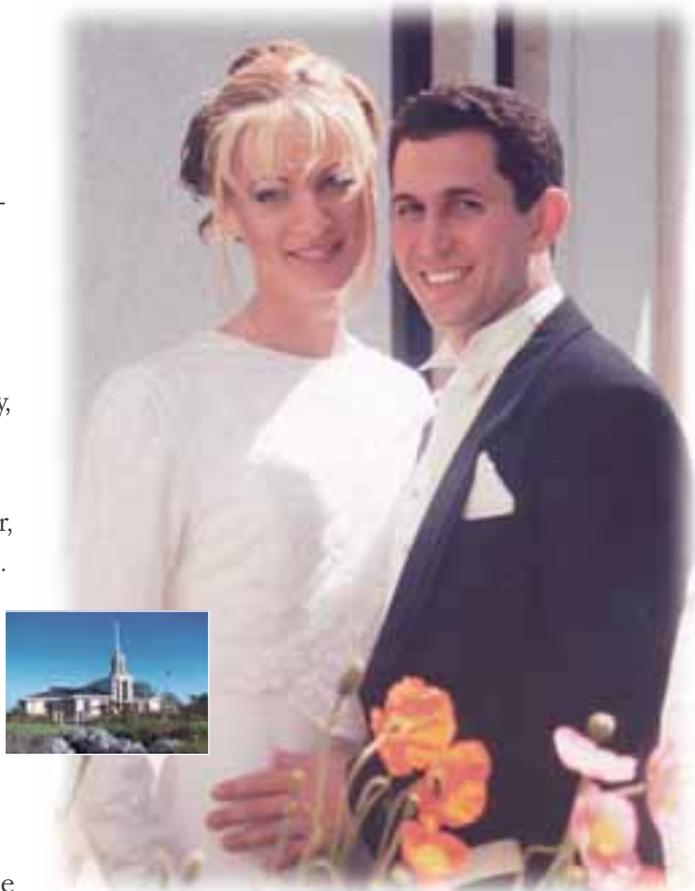
Alexander says, “I still had feelings for Rachel, and she must have had feelings for me if she was willing to make the trip from Brisbane just to visit me.” The couple had spoken

about marriage when they were going out, but now Alexander felt it was time they prayed about getting married. Rachel was startled by the question but agreed to pray about it.

Alexander already knew his answer. When Rachel prayed to know if they should marry, she felt she should say yes. Alexander was her best friend.

With a cast still on his leg, Alexander took Rachel to the same grassy spot where they had first talked, and then, while sitting on a bench overlooking the ocean, he officially asked her to marry him.

In three months, with the help of family and friends, Rachel moved to Sydney and made plans for a temple marriage. For Alexander and Rachel, their sealing in the temple represents commitment and a promise that they will work on creating an eternal marriage together. ■



Rachel and Alexander Sarafian, Australia

Planning Your Temple Wedding

Congratulations! You are engaged to the one you love, the one you want to be with forever. You probably have many questions about your upcoming temple marriage. Here are answers to some of the questions frequently asked by engaged Latter-day Saint couples.

How do we set a date to be married in the temple?

Call the temple you want to be married in, and schedule a date and time for your marriage.

Remember to consider temple operating hours and closure times. You can ask your bishop or branch president for the phone number of the temple. You can also find the contact information and hours of operation for all Latter-day Saint temples at www.lds.org. Click on

“Temples.”

How soon before our temple date should we make an appointment with the bishop or branch president for temple recommend interviews? What else should we know about getting a temple recommend?

Make your appointment to speak with the bishop or branch president and the stake or mission president



Planning a temple marriage isn't too difficult if you know the right steps. Some important things to remember are to schedule a date and time for your sealing, have a temple recommend interview with your bishop and stake president (or branch president and mission president), and obtain a marriage license if needed.

enough in advance that neither you nor they feel rushed or pressured for time to get the interviews done. You need to be worthy and endowed before you can be sealed in the temple, and you need to be a member of the Church for a year before you can receive a temple recommend. You and your fiancé must each have two recommends signed by the bishop or branch president and the stake or mission president: a temple recommend and a Recommend for Living Ordinances.

Where and when do we get a marriage license?

You must get a marriage license and comply with all local legal requirements before the temple ceremony can take place. Call your local government offices to find out what is required in your area. Be sure to ask what fees you will need to pay, how long the marriage license is valid, how long it takes to get a marriage license, and how soon after the wedding it needs to be filed with the appropriate government office.

How much does it cost to get married in the temple?

Getting married in the temple does not cost money. But there is a small fee if you rent temple clothing in temples where that service is available.

What do we wear to our temple wedding?

The couple and their guests should arrive at the temple in their best Sunday dress.

In the temple, brides' dresses worn during the ceremony should be long sleeved, modest, white, and not elaborately ornamented. Dresses worn in the temple should also have high necklines. Dresses with trains are not permissible in the temple, unless the trains can be removed or bustled for the ceremony. Tuxedos, cummerbunds, formal headwear,

and flowers are not appropriate in the sealing room. If you have specific questions regarding clothing, you can call the temple where you will be getting married for further instructions or advice.

Grooms will wear their temple clothing for the ceremony and change into appropriate clothing for picture taking afterward. Brides can also wear a temple dress for the ceremony and change into appropriate wedding clothing later—if they wish.



Whom can we invite to our temple wedding?

It is appropriate to invite family and close friends to your temple marriage. They must be endowed Church members with current temple recommends. Each temple has sealing rooms of varying sizes. When you schedule your ceremony, the temple will ask how many people you expect to attend and tell you the time your guests need to arrive.

What if we have family who are not Church members?

Family or friends who are not able to enter the temple may wait in the temple waiting room, if available, or on the temple grounds. You can invite your home teacher, bishop or branch president, or other appropriate Church members to wait with those who will

not be able to attend your temple ceremony and to bear testimony of the sacredness of temple marriage.

What if some of our guests speak a foreign language?

If you need help with translation during the temple ceremony, contact the temple in advance to see if assistance is available.

Can we exchange rings in the temple?

You can exchange rings after the marriage ceremony while still in the sealing room. The temple will provide guidelines on this. Exchanging rings is not part of the ceremony, and it is not appropriate to exchange rings anywhere else on temple grounds.

TRADITIONS

You may have seen people throw rice, honk horns, or decorate cars at weddings. None of these is appropriate on temple grounds.

PHOTOGRAPHY

Of course photographs are not permitted inside the temple, but you can take wedding photos just about anywhere else on temple grounds.

RECEPTIONS

If you have a reception or other celebration after your temple wedding, keep it simple. The most important part of your wedding day will be the sacred marriage

ceremony. You will be eternally sealed by priesthood authority to the one you love. Remember to make this a day of family and close friends and not to let other festivities overshadow the importance of your eternal marriage.

DON'T BE NERVOUS

Don't worry if you've never been to the temple before or if you're not quite sure what will happen during the sealing ceremony. You will have loving temple workers and endowed family or friends to guide you in the temple.



Can we exchange vows outside the temple?

It would be inappropriate to exchange vows after you have been married in the temple, where you have already entered into sacred covenants with one another and the Lord. But in some areas civil law may require you to be married outside the temple first.

How long is the temple marriage ceremony?

The sealing ceremony usually takes only about 20 to 30 minutes. The temple will tell you how soon before your sealing ceremony you should arrive at the temple to be properly prepared.

What should we do if there is not a temple close enough to us?

A temple marriage is worth any sacrifice. Many couples wait for a long time until they can afford to travel to the temple closest to them. If you marry outside the temple, you will need to wait at least a year before you can be sealed in the temple, unless civil law in your area requires you to be married outside the temple first. Your bishop or branch president can give you additional counsel.

Is there anything else we need to be aware of?

Two male witnesses are needed for your temple marriage ceremony. They must be worthy, endowed Melchizedek Priesthood holders with current temple recommends. Often the bride's and groom's fathers act as witnesses. You can also choose two other worthy priesthood holders, or the temple will provide two witnesses upon request. ■

MAKE DATING Smooth Sailing



As you date, seek friendships that have enduring strength and that can provide a firm foundation for a marriage.

BY SUSAN W. TANNER
Young Women General President

I want to share some gospel perspectives on three “ships”: friendship, courtship, and physical relationship.

First, friendship is a gospel principle; it is necessary to our emotional and spiritual well-being. Second, friendship is the foundation upon which courtship and marriage should be built and can thrive. And third, a physical relationship before marriage can prevent the building of a strong friendship foundation, but after marriage it can enhance that friendship.

Friendship

How important is friendship to you? How does it bless your life? Have you ever felt friendless? It’s miserable to feel lonely and without friends. Friendship is necessary to our well-being—not just nice but necessary. We all hunger for it; it’s a universal need.

This was brought home to me by one of my Young Women general board members who took some personal trips this past summer. In her travels, she visited with young women in Idaho, Brazil, Mongolia, and Russia. In each place, she asked them questions about their lives and compiled their

answers. Here are the questions she asked, along with the most frequent response she received to each question.

Question: What makes you happy?

Answer: Friends.

What are your greatest worries? Friends.

What do you like to do in your free time?
Be with friends.

What do you spend most of your time thinking about? Friends.

Why don’t young women come to Mutual? No friends.

Why do young women become less active? Pressure of friends.

Isn’t that amazing! Friends are of paramount importance for young women all over the world. And I believe young men would give similar answers. So too would many adults. We all need friends.

Prophets have taught that friendship is an integral part of keeping the covenants we have made. Consider the example of the people of Alma at the Waters of Mormon. There, they expressed their desire to come into the fold of God. Alma asked them if they were willing to bear one another’s burdens, to mourn with those that mourn, and to comfort those who stand in need of comfort. That is, he asked them if they were willing to

covenant to act as friends. They clapped their hands for joy to enter into such a covenant. And their hearts were knit together in unity and love. This is a great scriptural example of friendship. (See Mosiah 18.)

We can look to Jesus Christ for the greatest example of friendship. “Friend” was the highest compliment He could pay His disciples. He said:

“This is my commandment, That ye love one another, as I have loved you.

“Greater love hath no man than this, that a man lay down his life for his friends.

“Ye are my friends. . . .

“. . . I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you” (John 15:12–15).

If friendship is so important in the teachings of our prophets and our Savior, shouldn't we be striving to be great, covenant-keeping friends? To be such a friend is Christlike; to have such friends is heavenly. As Latter-day Saints, we know that exaltation involves the privilege of spending eternity where our true Friend, the Savior, and others who have become like Him are. The scriptures give us this glorious promise: “That same sociality which exists among us here will exist among us there, only it will be coupled with eternal glory” (D&C 130:2).

Courtship

This brings me to my second “ship,” or relationship: courtship. Friendship should play a key role in

courtship and marriage. I see friendship as the foundation in the courtship pyramid. A little story will help to illustrate this point.

It is the story of Isaac and Rebecca. This is not the biblical account, however. It is about our daughter Rebecca and her suitor Isaac. Our Rebecca was not persuaded to marry her Isaac nearly as easily as was the Old Testament Rebekah. Nor was she readily willing to give up her lifestyle and immediately leave her family to be part of another's life.

Our Becky was 21. She had signed up to do a summer internship through Brigham Young University in Mozambique, Africa. She wasn't sure if she should serve a mission, but she had at least started the paperwork by getting dental and doctor appointments.



Friendship is necessary to our well-being—not just nice but necessary. We all hunger for it; it's a universal need.





She was also thinking about applying for a master's program in her field. In short, she was trying to decide what to do with the next phase of her life. We all wondered which would win out of the three Ms—Mozambique, mission, or master's.

Meanwhile, Isaac came along in pursuit and soon offered a choice of a fourth M—marriage. He was headed for medical school in a few months, and he did not want to go without Becky. He later told us that he had his own three Ms that he hoped she would choose—marriage, medical school, and eventually motherhood. “If she did not,” he said, “I knew I would be the fourth M—miserable.”

Becky was a woman of the 21st century. The world and its many glamorous opportunities were available to her, and it was hard for her to set aside some of her dreams. What finally won her over were Isaac's intrinsic goodness and his kindness to her. He did the romantic things too, like sending beautiful bouquets of flowers, taking her on nice dates, and so on.

But those things would not have won her over on their own. What was most winning to her was how he continually put her feelings and her needs above his own. He did little thoughtful things, the kind that one friend would do for another. For example, when he learned that her watch was too big for her wrist, he removed a couple of links from it and made it perfect for her. Another time she found her car spotless and sparkling inside and out because he had washed it, a deed unsolicited by her. Another time she found a little list he had made of ways to improve himself; many of his goals were service oriented. These kindnesses promised an enduring friendship; they expressed qualities of character that would last even when physical beauties eventually faded.

Becky realized that he had the qualities that would endure through good and bad times, the very qualities she would seek out in a good friend. So she did marry Isaac.

And now she reflects that she was right about his great strengths being a wonderful asset to their relationship. She feels she is married to her best friend. And this is what marriage should be.

Friendship, then, should form the foundation of romantic love—the love that leads to courtship and marriage. Likewise, both friendship and romantic love can become what God intends them to be only when they are founded on charity, “the pure love of Christ” (Moroni 7:47). As we learn in Moroni and 1 Corinthians, charity is patient, long-suffering, kind, free from envy, and unselfish. Charity leads couples to rejoice in truth, to believe, to hope, and to endure. Couples whose love is based on charity want the best for each other. Their love is infused with the pure love of Christ. These are the qualities we should seek for in courtship and marriage. (See 1 Corinthians 13:4–7; Moroni 7:45.)

One of the ways to develop a strong, loving relationship is with sound communication. Communication is the way a good relationship begins and also endures. My unmarried children ask me constantly how it is that anyone ever gets together. It seems like such a mysterious puzzle. I know that everyone's falling-in-love story is different. But there seems to be at least one commonality among most stories. This is a spontaneity in conversation. So many couples say things like, “We just talked and talked; I lost track of time when we were talking; it was so comfortable to talk; we share the same sense of humor; we loved talking about our similar interests and values.”

It was like that on my first date with my husband. All evening we were surrounded by people, but I felt like it was just the two of us. John and I talked to each other nonstop.

I've heard it said that “love is a long conversation.” I believe it. In fact I often joke with our children that if I ever run out of things to say to Dad, then the marriage will be over. I'm pretty safe saying that, because we love to talk to one another about everything.

This communication that is so fun in a friendship is also essential as you really get to know someone's deeper self. A relationship may never develop into a

courtship because it can't get beyond inch-deep generalities.

We sometimes look for happiness in exotic places and for romance in mystique, money, or charm. We sometimes look just for looks. Instead, we need to look for friends who embody Christlike character. As you date, seek friendships that have enduring strength and that can provide a firm foundation for a marriage. After you have established a solid, virtuous base in your relationship, there is a place for physical intimacy—in marriage.

Physical Relationship

The physical relationship between a man and a woman can be wonderful and good—a beautiful blessing. However, if the physical part of romance comes too early or too fast in a relationship, it can take over. Then it can become the tail that wags the dog. Our physical emotions are powerful and exciting. This is how they are meant to be. But this is precisely why they need to be kept in check until after marriage—when other fundamental parts of the relationship are developed.

We have taught our children some principles that we hope have provided protection for them. We tried to create some catchy phrases so they would remember them easily in times of danger and decision. Let me share just four principles that will protect you if you remember them and abide by them.

1. Avoid the dangers of the dark. Stay in well-lit places—literally and figuratively. There's wisdom to leaving the lights on—on the porch, in the living room, at the dance. And there's safety in shunning places that feel dark in spirit.

2. Beware the hazard of the horizontal.

Don't lie down together with a date. Just don't do it—not to watch a movie or to read a book or to rest at a picnic.

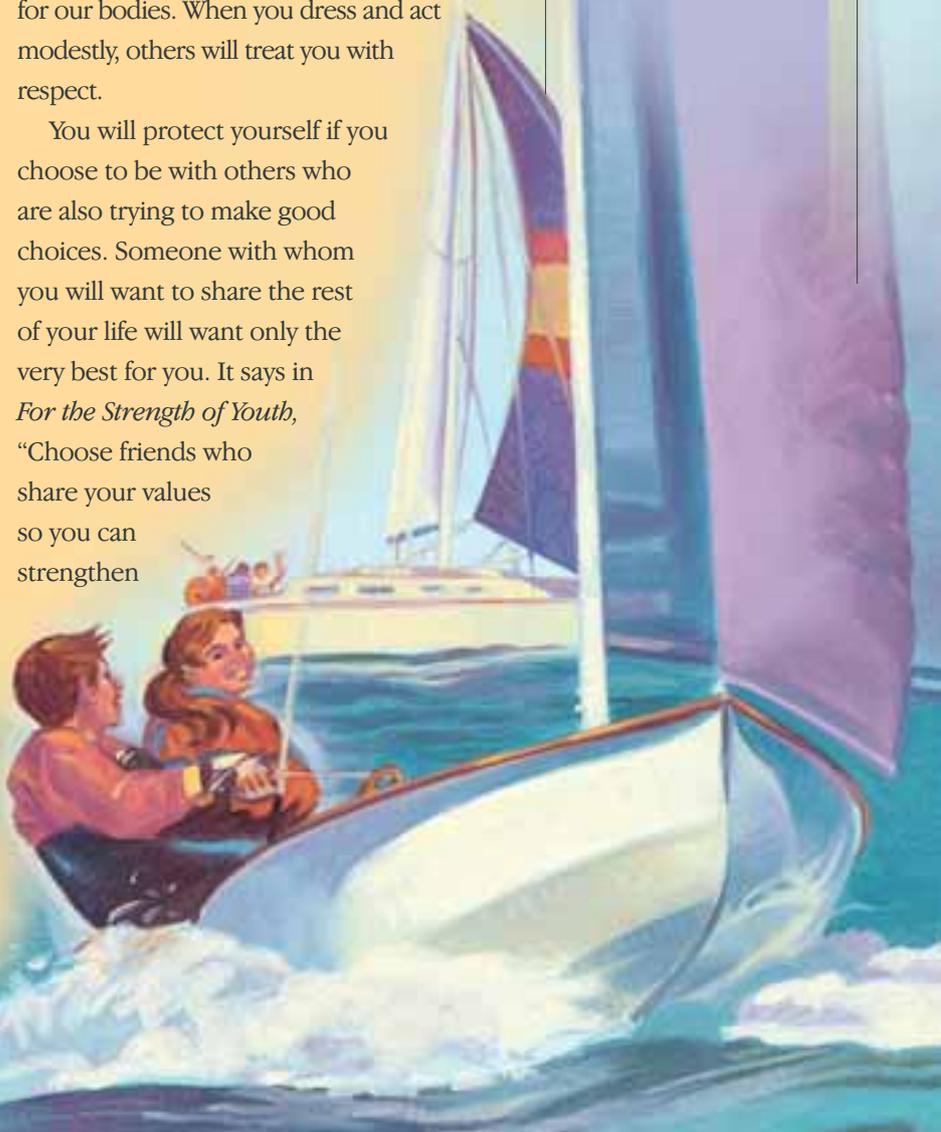
3. Remember the perils of privacy. Find public places to be alone. Learn to have your intimate talks where others are. There is great safety in being together where you can easily be interrupted.

4. Modesty is a must. Everything about your appearance, your speech, and your demeanor should bespeak that you are a literal spirit son or daughter of Heavenly Father. If we truly understand the significance of our bodies in our Father's plan, we will show great honor for our bodies. When you dress and act modestly, others will treat you with respect.

You will protect yourself if you choose to be with others who are also trying to make good choices. Someone with whom you will want to share the rest of your life will want only the very best for you. It says in *For the Strength of Youth*, "Choose friends who share your values so you can strengthen



One of the ways to develop a strong, loving relationship is with sound communication. Communication is the way a good relationship begins and also endures.





Couples whose love is based on charity want the best for each other. Charity is a quality we should seek for in courtship and marriage.

and encourage each other in living high standards. A true friend will encourage you to be your best self” ([2001], 12).

The Lord planned for us to become one in every way. The physical relationship in marriage can help cement our spiritual union. We are made for each other.

Our model is in the very first love story. The Lord said that it was not good that Adam should be alone. So the Lord created Eve to be “an help meet for him” (Genesis 2:18). The meaning of this scripture is that Eve was created to be a help “meet” for Adam. *Meet* means fit or suitable. So Eve was a helper who was “suited to, worthy of, or corresponding to him” (Genesis 2:18, footnote *b*). After that, Adam was taught that they should “cleave unto” one another, “and they shall be one flesh” (Genesis 2:24). So here are all of the elements—being suited for each other first and then

adding the physical relationship after marriage.

I know what it is to have such a friend. My husband, John, was kind and thoughtful and romantic in our courtship. Then even when he was going to school full time, working full time, and we had three children under the age of four, he continued to be kind and thoughtful and romantic with me. He has shown this by helping me in my busy roles. He bathed the children every night. He scrubbed the kitchen floor. He was also my window to the world—keeping me abreast to what was happening out there. He provided for us. He encouraged me as a mother. He supported the children in plays, concerts, athletic events, and papers they had to write. He would give me moments of rest—on walks or weekend getaways, taking me to the temple or occasionally on his travels. When I come home tired at night, he makes cheese toast and other such delicacies, so I don’t have to cook. He is my muse and my editor in my writing and talks. He prays for me and gives me priesthood blessings. He is a help suited for me in every way.

I hope that each of us will find such joy in our lives through our relationships with friends, family, and God. We must remember that deep friendships are built on Christlike virtues. Such friendships form a sound base upon which to build a courtship. And finally, very carefully, the physical relationship will enhance that holy friendship in marriage. I testify that these principles are true. May we find joy in the holy socialities that the Lord has provided for us. ■

Adapted from a Brigham Young University—Idaho devotional address given on 18 November 2003.

Did You Know?

Test Your Bible Knowledge

How much do you know about romance and marriage in the Old Testament? (Yes, even in Biblical times, there were love stories.) See if you can match these Old Testament prophets to their wives.

- | | |
|---------------------------|-------------------------------------|
| 1. Adam | a. Leah (see Genesis 29:21–23) |
| 2. Joseph (son of Jacob) | b. Asenath (see Genesis 41:45) |
| 3. Jacob (son of Isaac) | c. Eve (see Genesis 3:20) |
| 4. Isaac (son of Abraham) | d. Zipporah (see Exodus 2:21) |
| 5. Abraham | e. Rebekah (see Genesis 24:67) |
| 6. Moses | f. Rachel (see Genesis 29:20, 30) |
| | g. Sarah (see Genesis 11:29; 17:15) |

Answers: 1c (We really hope you got this one right); 2b; 3a and f; 4e; 5g; 6d



BE A FRIEND

“A friend is a priceless possession because a true friend is one who not only is willing to love us the way we are, but is able to leave us better than he found us. . . .

“A person is poor when he is friendless, but even poorer when he ceases being a friend.”

Elder Marvin J. Ashton (1915–94) of the Quorum of the Twelve Apostles, “It’s No Fun Being Poor,” *Ensign*, Sept. 1982, 73.

Modest Wedding Dresses

Flipping through a bridal magazine probably won’t help you find something modest and temple appropriate to wear on your wedding day. But if you shop carefully, you can find a modest, beautiful wedding dress. You could also make your own dress. Find a pattern and white fabric you like, and go to work.



LEAVING THE GARDEN OF EDEN, BY JOSEPH BRICKEY; DRESS COURTESY OF LATTERDAYBRIDE.COM



WHAT IS A FAMILY?

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

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

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

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

together, a man and a woman complement each other.

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

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

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

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

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



INTRODUCING THE FAMILY PROCLAMATION

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

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

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

the Friend



SACRED PRIESTHOOD BLESSINGS



President Faust explains how priesthood blessings strengthen and magnify us.

BY PRESIDENT JAMES E. FAUST
Second Counselor in the First Presidency

A priesthood blessing is sacred. It can be a holy and inspired statement of our wants and needs. If we are in tune spiritually, we can receive a confirming witness of the truth of the promised blessings. Priesthood blessings can help us in the small and great decisions of our lives. If, through our priesthood blessings, we could perceive [see] only a small part of the person God intends us to be, we would lose our fear and never doubt again.

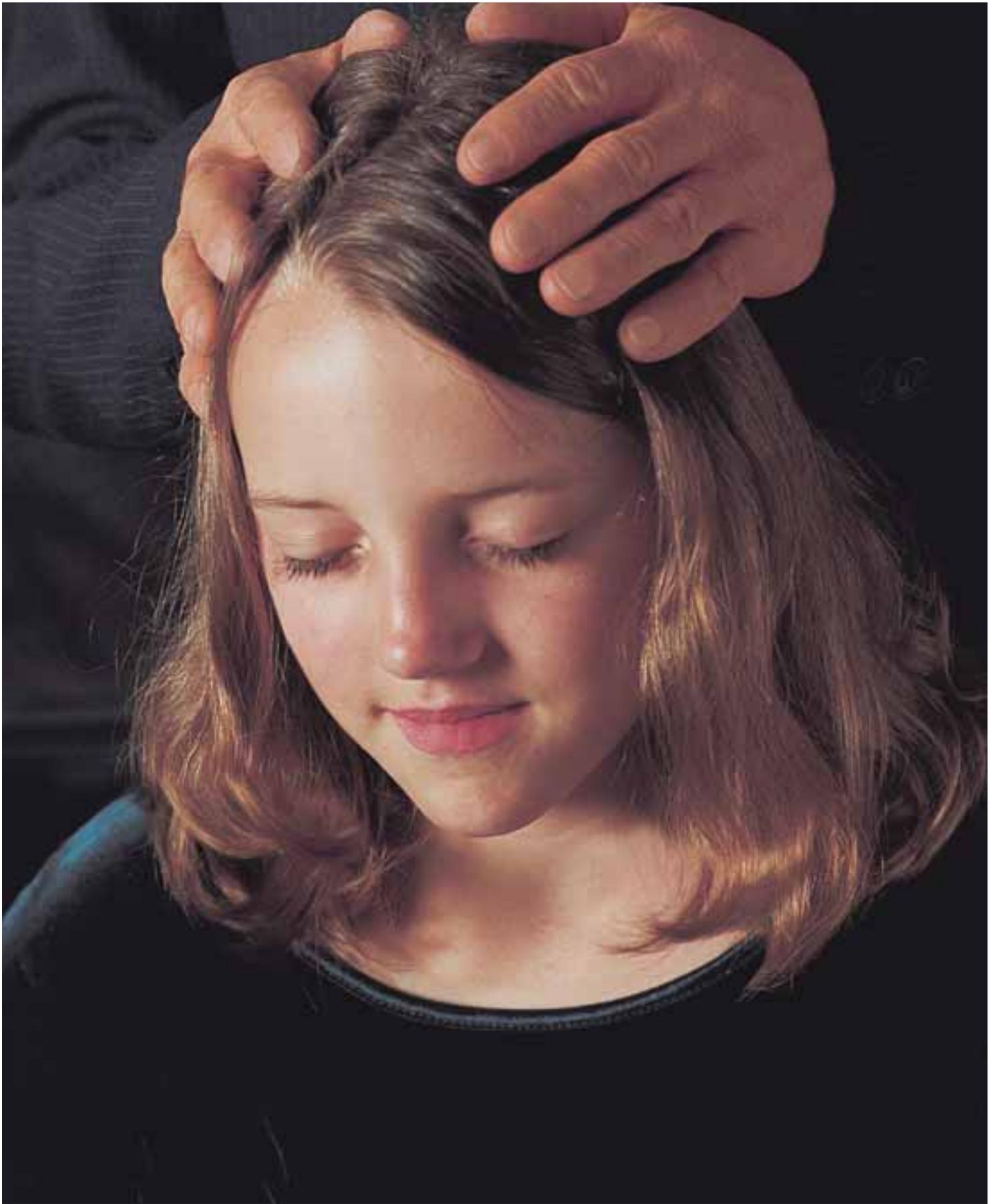
As a small boy, I remember being intrigued [interested] by my grandmother's magnifying glass which she used in her old age to read and do needlework. When the glass was in focus, everything I looked at was greatly magnified [made larger]. But I was most intrigued by what happened when the lens concentrated the sunlight on an object. When it passed through the magnifying glass, the sunlight's power was absolutely amazing.

A large, clear magnifying glass with a black handle is positioned on the right side of the page. The lens is focused on the text, making the words appear larger and more prominent. The background is a soft, light blue gradient.

Blessings strengthen and magnify us. In the Church, blessings are available to all who are worthy through those authorized to give priesthood blessings. Worthy fathers and grandfathers, as well as other Melchizedek Priesthood holders, may give blessings to members in times of sickness and when important events occur. Such individual blessings are part of the continuous revelation that we claim as members of The Church of Jesus Christ of Latter-day Saints.

Like the images in my grandmother's magnifying glass, [through priesthood blessings] we can become stronger, our talents and ability can be magnified and multiplied, our understanding can be greatly enlarged, and our spirituality can flower. ●

From an October 1995 general conference address.





General Conference Messages

"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).



President
Thomas S. Monson



President
Gordon B. Hinckley



President
James E. Faust

SATURDAY MORNING SESSION

Speaker _____

What I learned: _____

What I will do to follow his
counsel: _____

SATURDAY AFTERNOON SESSION

Speaker _____

What I learned: _____

What I will do to follow his
counsel: _____

SUNDAY MORNING SESSION

Speaker _____

What I learned: _____

What I will do to follow his
counsel: _____

SUNDAY AFTERNOON SESSION

Speaker _____

What I learned: _____

What I will do to follow his
counsel: _____

Follow 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).

BY SHEILA E. WILSON



Because Heavenly Father wants you to return to live with Him, He has called prophets to teach and guide you. When you listen to the prophet, you are listening to the person our Father in Heaven has called to represent and speak for Him.

President Gordon B. Hinckley has asked us to strengthen our families (see “Thanks to the Lord for His Blessings,” *Liabona*, July 1999, 104–5). He tells us that if we will look for the good in one another, there will be happiness in our homes. There will be less quarreling. There will be more forgiveness and happiness!

Many years ago 11-year-old Cori sat in front of the television listening to general conference. When she was younger, she drew pictures, but today she was listening closely for the things the prophet wanted her to do. President Ezra Taft Benson (1899–1994) asked everyone to read the scriptures, go to the temple, spend more time with their families on Sunday, and have family home evening. Cori knew that if she followed the prophet, she could help make her family stronger. Today Cori knows that following the prophet’s counsel increased her family’s love for one another and for Jesus Christ.

Jesus said, “Come, follow me” (Luke 18:22). When you follow the prophet, you are following Jesus Christ.

General Conference Activity

During each session of conference, listen for a talk given by a member of the First Presidency or one of the Apostles. In the left side of each box on page F4, write what you learned from him and then draw a picture of it. In the right side, write what you will do to follow his counsel and draw a picture of it. If you don’t have a

conference broadcast or magazine, look through this issue of the *Liabona* (see, for example, pp. 2–7 and F2–3). Fill in the boxes with what you have learned.

Sharing Time Ideas

1. Read aloud D&C 1:38. Read together and role-play (see Teaching, No Greater Call [1999], 178) the account in Joshua 6:6–16, 20. You will need children to portray Joshua, the seven priests (with rolled-up paper for ram’s horns), and the children of Israel. Rather than shout, sing a song or hymn while the children stand and represent the wall around Jericho. Have the children sit down to represent the wall falling down. Give a choral reading (see Teaching, No Greater Call, 163). Have “Joshua” say, “Choose you this day whom ye will serve; . . . but as for me and my house, we will serve the Lord” (Joshua 24:15). Have everyone respond with a choral reading of Joshua 24:24. Bear testimony that our families will be strengthened as we serve the Lord.

2. Ask a child to leave the room while you hide a picture of a home. Invite the child back in, and ask him or her to go “home.” Tell the child there is someone who can help. Turn off the lights, give a child a flashlight, and have him or her guide the “lost child” to the “home” by shining the light on the floor. Our latter-day prophets have taught the importance of families. Just as the flashlight helped light the way to the home, our prophet’s counsel becomes the tool we need to strengthen our families. Cut a picture of a family into puzzle pieces, and write counsel from our prophets on each piece. (See recent conference issues and “Come Listen to a Prophet’s Voice.”) Then attach the pieces to tools used for building (screwdriver, measuring tape, and so on). Divide the Primary into groups, and have each group choose a tool. Ask the groups to discuss how the prophet’s counsel can be a tool to build our families and be prepared to (a) say what they can do to follow the counsel and (b) suggest a song or hymn that reinforces the counsel. Have them place their puzzle pieces on the board, and report and sing. ●



FROM THE LIFE OF PRESIDENT HEBER J. GRANT

Hard Worker



Heber, why don't you go to the baseball game this afternoon and then come tell me about it during supper?

When Heber J. Grant was a young man, he worked for an insurance agent, Mr. H. R. Mann. He treated Heber like a son.

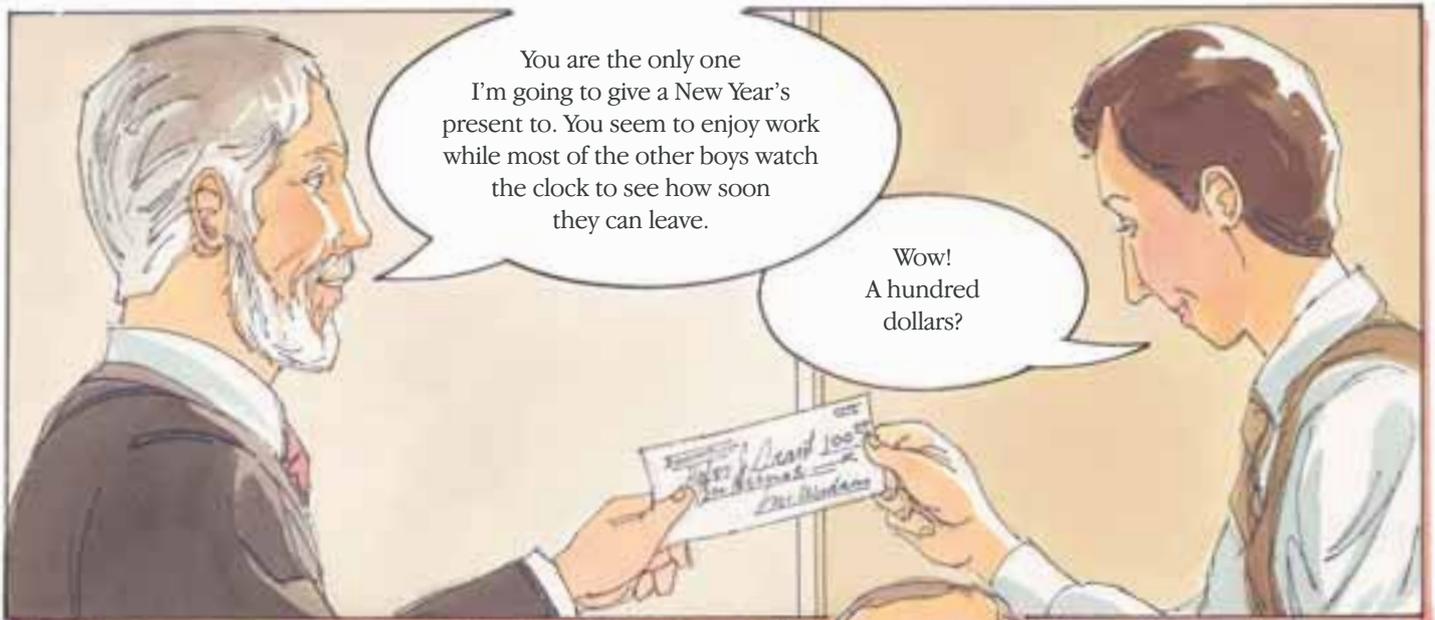
Thanks, Mr. Mann!

Besides working for Mr. Mann, Heber earned money writing greeting cards and wedding invitations. He stayed at the office late into the evening, spreading his greeting cards on his large office desk to let the ink dry.

On New Year's Eve, Mr. Mann's partner, Mr. Wadsworth, found Heber still busy at the office writing greeting cards.

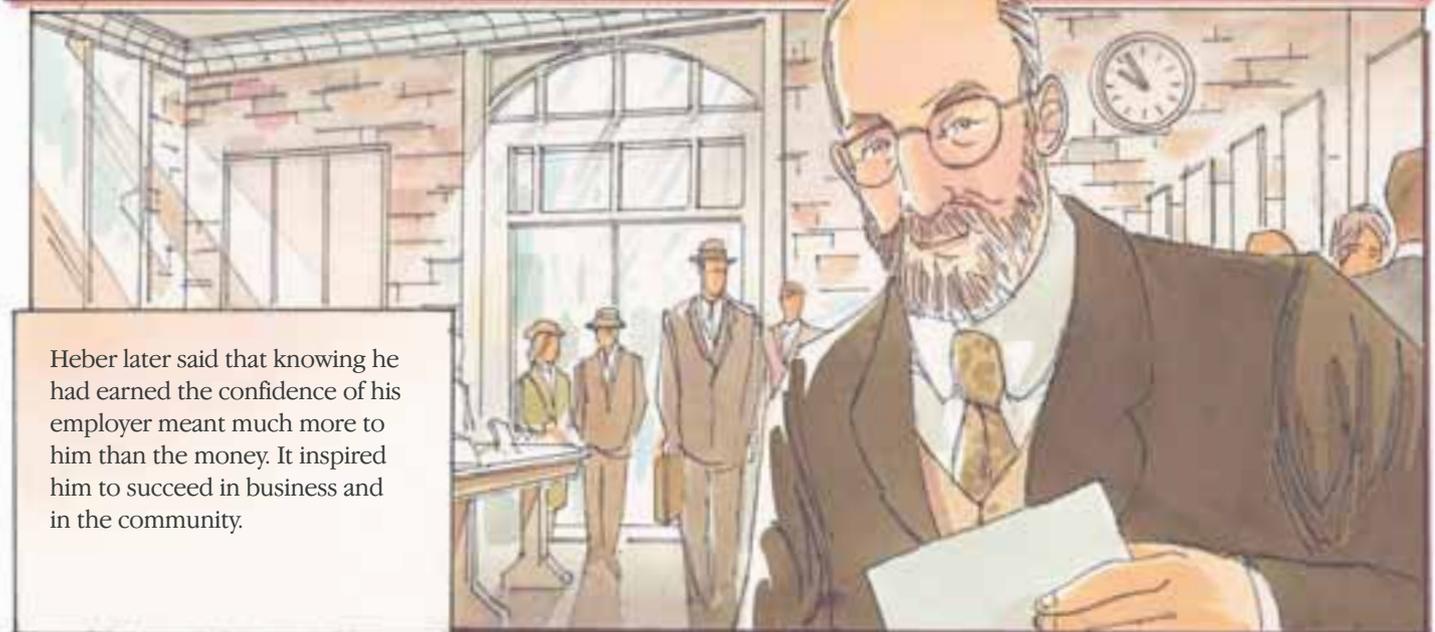
Heber,
what on earth are
you doing?

Getting my
cards ready to sell
tomorrow.



You are the only one I'm going to give a New Year's present to. You seem to enjoy work while most of the other boys watch the clock to see how soon they can leave.

Wow! A hundred dollars?



Heber later said that knowing he had earned the confidence of his employer meant much more to him than the money. It inspired him to succeed in business and in the community.



Be inspired with a desire to labor and learn, and you will achieve success in the battle of life.

As prophet, he taught young people to be hard workers too.
Adapted from Francis M. Gibbons, Heber J. Grant: Man of Steel, Prophet of God (1979), 24-26; Heber J. Grant, "The Nobility of Labor," Tambuli, Aug. 1979, 12; Ensign, Mar. 1972, 71.



MY GOSPEL STANDARDS

I will follow Heavenly Father's plan for me.

I will remember my baptismal covenant
and listen to the Holy Ghost.

I will choose the right.

I know I can repent when I make a mistake.

I will be honest with Heavenly Father, others, and myself.

I will use the names of Heavenly Father and Jesus Christ
reverently. I will not swear or use crude words.

I will do those things on the Sabbath that will help me feel
close to Heavenly Father and Jesus Christ.

I will honor my parents

and do my part to strengthen my family.

I will keep my mind and body sacred and pure, and
I will not partake of things that are harmful to me.

I will dress modestly to show respect for
Heavenly Father and myself.

I will only read and watch things that are
pleasing to Heavenly Father.

I will only listen to music that is pleasing to Heavenly Father.

I will seek good friends and treat others kindly.

I will live now to be worthy to go to the temple
and do my part to have an eternal family.

I AM A CHILD OF GOD

I know Heavenly Father loves me, and I love Him.

I can pray to Heavenly Father anytime, anywhere.

I am trying to remember and follow Jesus Christ.

“Follow me, and do the things which ye have seen me do” (2 Nephi 31:12).

Righteous Desires



From an interview with Elder Clate W. Mask Jr. of the Seventy, currently serving in the Mexico South Area Presidency; by Kimberly Webb

I grew up in El Paso, Texas. My father fought in World War II, so while he was away, my grandpa did his best to be like a father to me.

One day while sitting on the sidewalk, I saw a car coming slowly up the street. Smoke billowed out from under the hood. When the car was right in front of me, it stopped working. A man jumped out while his wife and five children waited inside, crying. I couldn't understand what they were saying, but I knew they were from Mexico because of their license plate.

Just then my grandpa drove by. He

stopped and spoke in Spanish, asking them what the problem was.

I kept hearing the word *templo*, and I thought, “That sounds like ‘temple.’” I soon found out that this family was driving to the Mesa Arizona Temple to be sealed. At that time, there were no temples in Mexico or Central America.

My grandpa took them to his house where he fed them and let them stay for the night. Then he took their car to the mechanic and had a new engine put in. When they left, he gave them extra money to help them on their way. I have always remembered the kindness he showed them.

I have also always remembered his mission stories. Even though he was married

and had a child, Grandpa was called to serve as a missionary in Mexico City—just as the Mexican Revolution broke out. One time, federal soldiers accused him and his companion of being spies and threatened to shoot them on the spot. Remembering the story of Abinadi, Grandpa said, “You can’t kill us because we haven’t delivered our message yet. Take us to the president.” He and his companion were taken to the presidential palace, where they gave the president a Book of Mormon and taught him for two hours. The president discovered that my grandpa was from his hometown and asked, “Do you know Francisco González?” Grandpa replied, “Yes, he’s my father.” The president said, “He was my teacher when I was a little boy! Now that I know who you are, is there anything I can do to help you in your work?” The missionaries asked for a letter with the presidential seal and signature, stating that they had permission to preach.

Hearing stories got me excited to serve a mission. I couldn’t wait! I wanted to serve in Mexico, just like my grandpa. But the Lord called me to Guatemala. Years later I had the opportunity to serve as a mission president. I thought, “This time I’ll go to Mexico.” But the Lord wanted me to serve in Spain. When we serve where the Lord wants us, we’re blessed. I love the people of Guatemala and Spain.

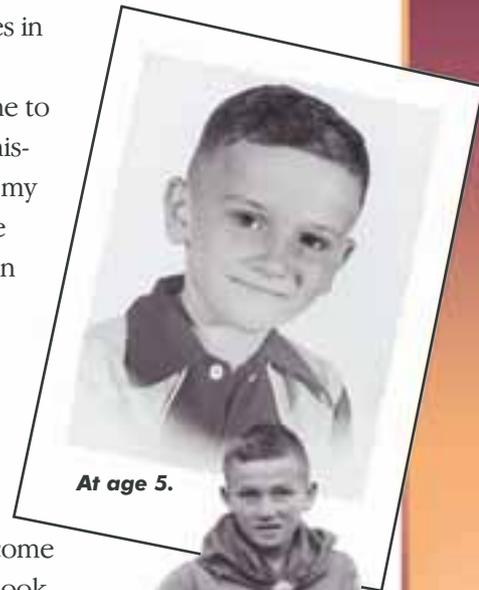
Now I have been called as a General Authority to serve in Mexico City, the same area where my grandfather served. In those days, teaching the gospel there was extremely difficult. Today there are



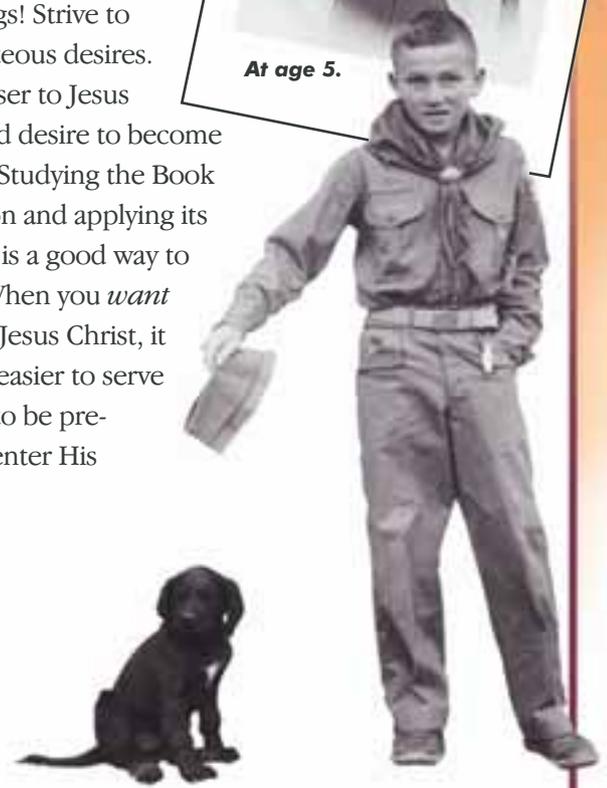
Elder and Sister Mask with their children and grandchildren.

12 temples and 199 stakes in Mexico.

My grandpa helped me to always want to serve a mission, and I did. All six of my children wanted to serve missions, and they did. In life we usually end up doing what we want—the key is to want the right things! Strive to have righteous desires. Come closer to Jesus Christ, and desire to become like Him. Studying the Book of Mormon and applying its teachings is a good way to do that. When you *want* to be like Jesus Christ, it becomes easier to serve Him and to be prepared to enter His house. ●



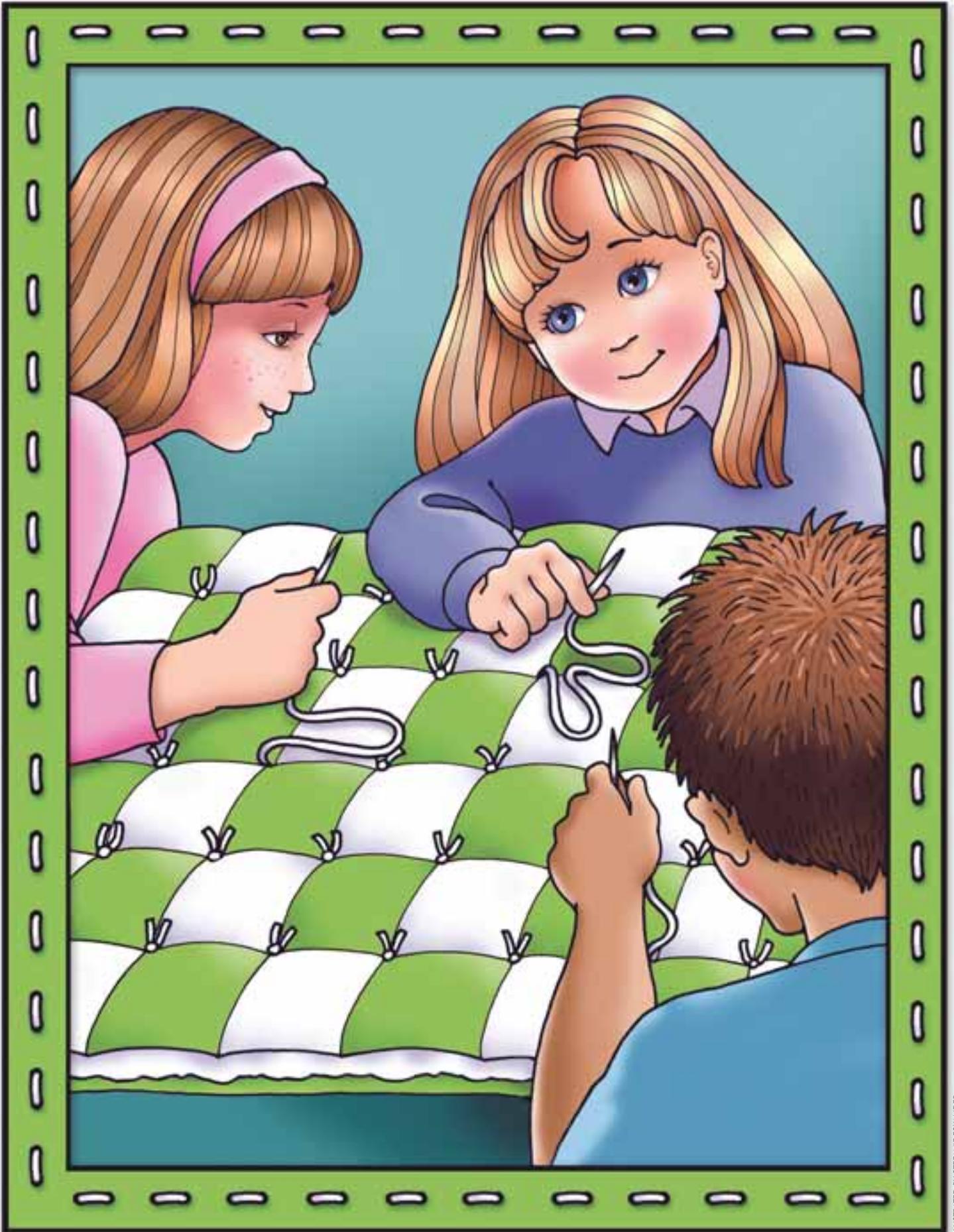
At age 5.



At age 12 with his dog, Coaly.



At age 6.



The Primary Quilt

“Give, and it shall be given unto you” (Luke 6:38).

BY CHELSEY ELLISON, AS TOLD TO WENDY ELLISON

I always looked forward to Primary activity day because it meant exciting activities, great games, and tasty treats. Sometimes the activities were serious and spiritual, and I liked those too, because I learned so much. But of all the great activities I went to, I remember one more than any other.

At 10:00 on the dot that Saturday, I showed up at church, along with the rest of the Primary-age children in my ward. After an opening prayer, a song, and a few instructions, we split into groups. I followed my group into a classroom and was surprised to find a large piece of green-and-white-checked fabric and a piece of solid green fabric, with a layer of fluffy stuff in between. It was all stretched out and tacked to some boards. Nearby were yarn and big needles. “A quilt,” I thought. “Who would be tying a quilt right in the middle of our Primary activity?”

“We are all going to help tie this quilt for someone in the ward who isn’t feeling well,” one of our Primary leaders explained. “After it’s finished, we’ll give it to her.”

“What a great idea!” I thought. When I’m having a hard time, I enjoy wrapping up in a nice warm blanket.



But I wondered how well it would turn out since I had never tied a quilt and was pretty sure the rest of the Primary hadn’t either.

Then the Primary president announced who would receive the quilt—my own lucky mom! I was even more excited to try my hardest so the quilt would look nice.

My mom had been very ill all month. In fact, Grandma had to stay with us for a while because Mom was so sick she couldn’t take care of us. She had to be released from her Primary calling too. Even though Mom’s illness wasn’t easy for our family, something good was going to happen. I would have a baby brother!

With the help of our leaders, we set to work. Even though I wondered if we could really do it, we tied that quilt. Everyone made a stitch or two. Then we each wrote a message, signed our name, or drew a picture in a book that went along with the quilt. I knew what we were doing would mean a lot to Mom because she told me how much she loved and missed all the children in Primary. And the person who bought the fabric must have been inspired, because green is Mom’s favorite color.



Tying the quilt wasn't hard, but keeping quiet about it sure was. A few weeks later, the secret was finally revealed. On a sunny Sunday morning during singing time, we all walked a block from the church and around the corner to my backyard. We sat on the lawn and waited while one of our leaders knocked on the door.

You can probably guess that when Mom stepped outside and saw all the children gathered, she cried. She cried even more when we sang some of our favorite Primary songs in our best voices. Then the Primary president presented the finished quilt and the book of messages.

"Your singing was beautiful," Mom said through her tears. "This is one of the nicest things that has ever happened to me." I knew she meant it. She smiled and cried some more and said that she was going to go inside, wrap up in the quilt, and read every message we had written.



"All around us are people [the Savior] loves, and he wants to help them—through us. One of the sure signs of a person who has accepted the gift of the Savior's atonement is a willingness to give."

Elder Henry B. Eyring of the Quorum of the Twelve Apostles, "Giving with Joy," *Liahona*, Dec. 1996, 14; *Ensign*, Dec. 1982, 11.

Mom still has that quilt, and I know she always will. It has a few extra long loops of yarn on the back where some of the stitches weren't pulled all the way through. Mom says that makes it even more special. To this day, when someone in the family is sick or has a bad day, nothing makes us feel better than wrapping up in the memories and warmth of what we affectionately call the "Primary quilt." ●

Chelsey and Wendy Ellison are members of the Kaysville 14th Ward, Kaysville Utah South Stake.



Honesty

BY ELDER DAVID B. HAIGHT
Of the Quorum of the Twelve Apostles

James Peter Fugal was an honest man! He herded sheep much of his life in the rolling hills of Idaho. On one bitterly cold winter night, he was herding sheep for another man when a blizzard set in. The sheep bunched together, as sheep do, in the corner of a fenced area, and many died.

Though the death of the sheep was no fault of his, James Fugal felt responsible and spent the next several years working and saving to repay the owner for his lost sheep.

This same desire to live Christian principles was evident in Aurelia Spencer Rogers, who founded the Primary organization of the Church. She had a concern for the moral character and social development of children. Leaders of the Primary since Aurelia Spencer Rogers continue to teach wholesomeness, virtue,

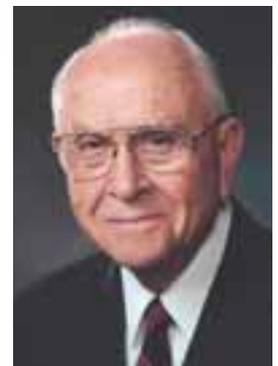
and love for one another as well as to instill a desire to understand and live by traditional values.

Sister Haight and I attended a sacrament meeting some distance from our home. We found, to our delight, that the Primary would present the program, the theme being “We Believe in Being Honest.”

I marveled at the eagerness of these young children as they spoke about the fundamental principles they were learning of telling the truth, respecting the property of others, being trustworthy, and standing for the right.

I thought of James Fugal, the humble sheepherder, and how wonderful it was that these children were being taught the same values that made him a man of such noble character. ●

From an October 1987 general conference address.



Did you know that Elder Haight served as mayor of a city and as a commander in the United States Navy? He explains the value of being honest.

Repentance

Thoughtfully ♩ = 50-58 (Conduct two beats to a measure.)

Chords: D, A7, D, G, F#m, B7, Em, Em7, F#, Em, F#m, G, D, E7, A7, D

Lyrics:
 "I am sor - ry" is not al - ways eas - y to say When I
 know I've been thought - less and done some - thing wrong. I'll
 try to re - pent, to do bet - ter, to pray That
 Heav - en - ly Fa - ther will help me be strong.

Tempo: *Thoughtfully* ♩ = 50-58 (Conduct two beats to a measure.)
 Final system: *slower*

Words: Sylvia Knight Lloyd, b. 1933. © 1974 IRI

Music: Robert P. Manookin, 1918-97. © 1974 IRI

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Psalm 38:18

THE FAMILY

A PROCLAMATION TO THE WORLD

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

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

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

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

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

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

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

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

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

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

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

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



*“The family is ordained of God,”
declare the First Presidency and
Quorum of the Twelve Apostles.*

*“Marriage between man and
woman is essential to
His eternal plan. Children are
entitled to birth within the bonds
of matrimony, and to be reared by
a father and a mother who honor
marital vows with complete
fidelity.” See “The Family:
A Proclamation to the World,”
on the inside back cover.*