

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

Liahona



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COURTESY OF CHURCH HISTORY MUSEUM

He Restoreth My Soul,
by Walter Rane

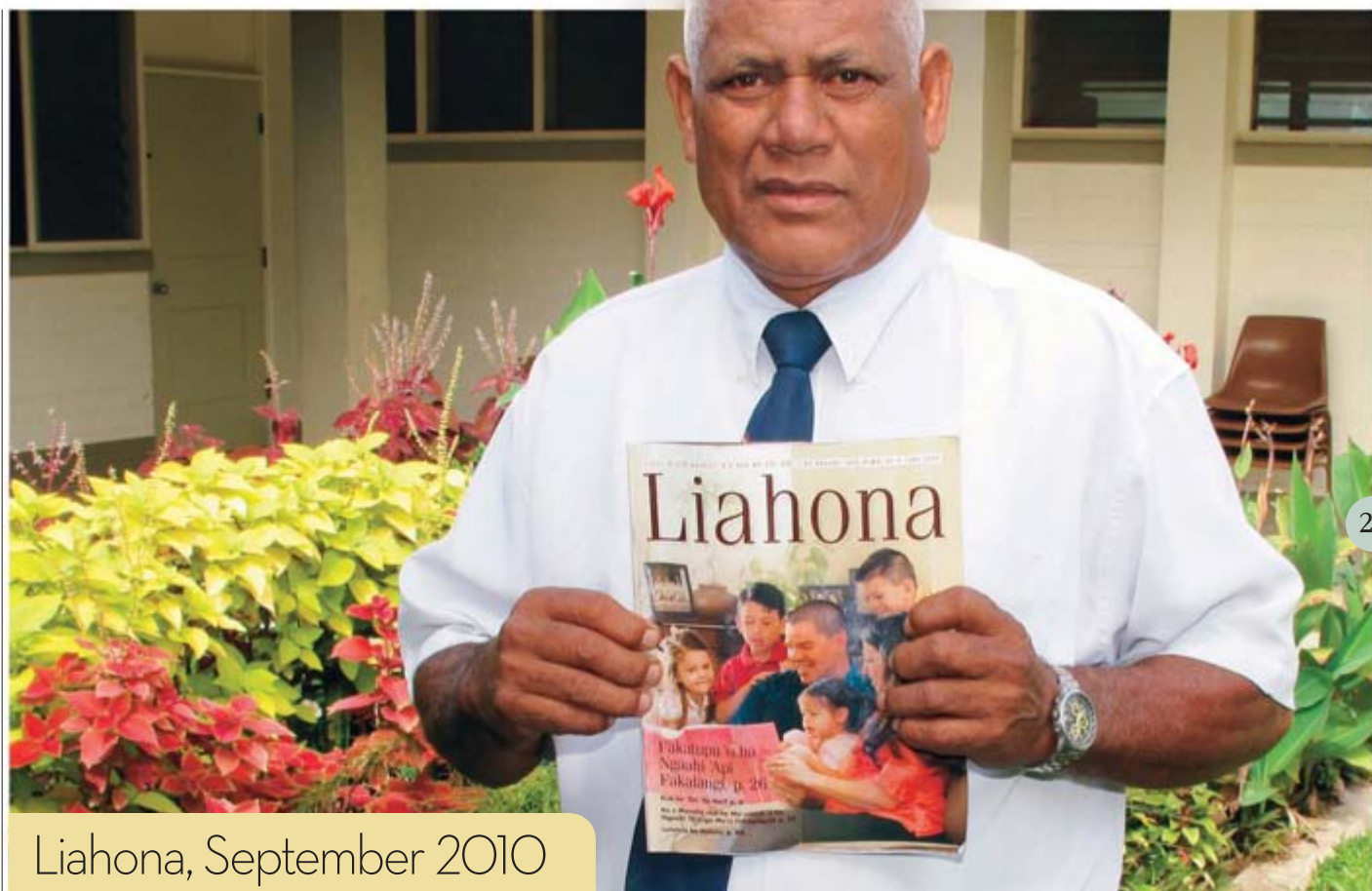
"This is a depiction of King David writing psalms," says the artist. "David was one of the most influential kings of Israel, yet his personal life was filled with tragedy. . . . Yet out of those tragedies came many psalms of David as he implored the Lord for healing and for forgiveness."

The title of this painting comes from Psalm 23:1–3, wherein David says:

"The Lord is my shepherd; I shall not want.

"He maketh me to lie down in green pastures: he leadeth me beside the still waters.

"He restoreth my soul."



Liahona, September 2010

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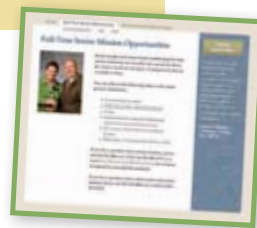
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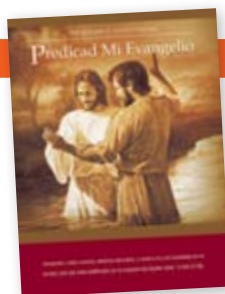
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FOR ADULTS

In “Our Senior Missionaries” (page 18), Elder Kent D. Watson writes about senior couples, who “perform wonderful miracles in establishing and strengthening the Church.” **To learn more about the current senior missionary opportunities**, visit www.lds.org/csm/index.html (in English).



If you enjoy reading “Finding the Lord in Tonga” (page 28), you can **see more photos of Tongan Latter-day Saints** at www.liahona.lds.org.



FOR YOUTH

Several articles in this issue mention the missionary handbook *Preach My Gospel*. **It is available online** in many languages at www.preachmygospel.lds.org.



FOR CHILDREN

Find several children's activities online at www.liahona.lds.org.



IN YOUR LANGUAGE

The *Liahona* and other Church materials are available in many languages at www.languages.lds.org.



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



THE BOOK OF MORMON

as a Personal Guide

All of us feel, in our best moments, a desire to return home to live with God. He gave us the gift of His Beloved Son as our Savior to provide the path and to teach us how to follow it. He gave us prophets to point the way. The Prophet Joseph Smith was inspired to translate the record of prophets that is the Book of Mormon. It is our sure guide on the way home to God.

Joseph Smith said of that precious book, “I told the brethren that the Book of Mormon was the most correct of any book on earth, and the keystone of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book.”¹

The precepts of the Book of Mormon are the commandments of God we find in it. Some are direct commands from the Savior through His prophets as to what we are to do and what we are to become. The Book of Mormon gives us the Savior’s example to increase our faith and determination to obey His command to follow Him. The book is filled with the doctrine of Christ to guide us. Here is an example from 2 Nephi:

“[Jesus] said unto the children of men: Follow thou me. Wherefore, my beloved brethren, can we follow

Jesus save we shall be willing to keep the commandments of the Father?

“And the Father said: Repent ye, repent ye, and be baptized in the name of my Beloved Son” (2 Nephi 31:10–11).

The book makes plain that we must receive the Holy Ghost as a baptism of fire to help us stay on the strait and narrow path. We are taught that we must pray always in the name of Christ, not fainting, and that if we do, we have this promise: “Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life” (2 Nephi 31:20).

The Book of Mormon makes plain in the marvelous sermon of King Benjamin what it means to have a love of God and of all men. When our natures are changed by the power of the Atonement and through our faithful obedience to the commandments, we will be filled with the love of God (see Mosiah 4:1–12).

The Book of Mormon also gives us confidence that we can become so purified in this life that we have no more



Each time I read even a few lines in the Book of Mormon, I feel my testimony strengthened that the book is true, that Jesus is the Christ.

desire to do evil (see Mosiah 5:2). This hope gives us courage and comfort as Satan tries to tempt and discourage us on our way.

Each time I read even a few lines in the Book of Mormon, I feel my testimony strengthened that the book is true, that Jesus is the Christ, that we can follow Him home, and that we can take those we love home with us. It has been for me the book of books. It is the word of God.

I pray that we and all those we love will drink deeply and daily from it. I testify in the name of Jesus Christ that it is a true guide. ■

NOTE

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 64.

TEACHING FROM THIS MESSAGE

When we use the scriptures and the words of latter-day prophets as the source of all our teaching, we invite the Spirit to bear witness. This brings to our teaching ‘the power of God unto the convincing of men’ (D&C 11:21)” (*Teaching, No Greater Call* [1999], 51). Consider reading highlights from President Eyring’s message, including Joseph Smith’s statement about the Book of Mormon. Invite family members to share how living the teachings found in the Book of Mormon helps them draw nearer to God.

“When learners discuss principles from the scriptures, they develop skills they need for their personal scripture study” (*Teaching, No Greater Call*, 54). Consider reading the scriptures referred to in this message and looking for and discussing the principles they teach.

YOUTH

My Own Book of Mormon

By Hillary Holbrook

In August 2005, when President Gordon B. Hinckley (1910–2008) issued a challenge to Church members to read the Book of Mormon before the end of the year, I promised myself I would read the entire book. I was familiar with stories in the Book of Mormon but had never read it all the way through. Now I meant to keep my promise.

I had been taught to apply the scriptures to my life and make them my very own. So as I read, I wrote in the margins of the page what I thought the main idea of the passage was. I also underlined repeated words and phrases to show emphasis.

I placed my name next to names in the scriptures to help

me remember that the word of God spoken to others can also be the word spoken to me. For example, in 2 Nephi 2:28 I wrote my name: “And now, [Hillary], I would that ye should look to the great Mediator, and hearken unto his great commandments.” The more I made the Book of Mormon my own, the more excited I became about reading it every day.

As I read daily, my prayers became heartfelt and personal. I was also able to focus on my classes and follow promptings of the Spirit to befriend others. On the last night of the year, I finished the Book of Mormon.

I then understood the importance of reading the whole Book of Mormon, along with other scriptures, and want to do so many more times in my life.



CHILDREN

A Guide to Help Us Get Home

How would you feel if you were lost and didn’t know the way to get home to your family? Would you be happy if you could follow someone who could show you the way? President Eyring says

the Book of Mormon is like a guide that helps us get back home to Heavenly Father.

Look at the pictures of some things the Book of Mormon tells us we need to do to get back home. Read 2 Nephi 31:10, 11, 20. Below each picture, write the correct verse from the Book of Mormon. You will need to use one of the verses twice.



Repent and be baptized.



Have bright hope.



Love God and all people.



Follow Jesus.

Our Responsibility to Nurture the Rising Generation

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



Faith • Family • Relief

Without nurturing, our rising generation could be in danger of becoming like the one described in Mosiah 26. Many youth didn't believe the traditions of their fathers and became a separate people as to their faith, remaining so ever after. Our rising generation could likewise be led away if they don't understand their part in Heavenly Father's plan.

So what is it that will keep the rising generation safe? In the Church, we teach saving principles, and those principles are family principles, the principles that will help the rising generation to form a family, teach that family, and prepare that family for ordinances and covenants—and then the next generation will teach the next and so on.

As parents, leaders, and Church members, we are preparing this generation for the blessings of Abraham, for the temple. We have the responsibility to be very clear on key points of doctrine found in the proclamation on the family. Motherhood and fatherhood are eternal roles and responsibilities. Each of us carries the responsibility for either the male or the female half of the plan.

We can teach this doctrine in any setting. We must speak respectfully of marriage and family. And from our example, the rising generation can gain great hope and understanding—not just from the words we speak but from the way we feel and emanate the spirit of family.

Julie B. Beck, Relief Society general president.

From the Scriptures

Proverbs 22: 6; Ephesians 6:4; Enos 1:1;
Alma 53:20–21; 56:47; 57:27

What Can I Do?

1. How can I help my sisters use "The Family: A Proclamation to the World" to nurture the rising generation? You might consider sharing a copy of the proclamation and helping your sisters identify and mark those passages that would best teach key doctrines.
2. How can I nurture the rising generation? You might consider reaching out to members of your ward, branch, family, or community who could benefit from your attention and love.

From Our History

Addressing the sisters at the general Relief Society meeting on September 23, 1995, President Gordon B. Hinckley said: "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."¹ President Hinckley then went on to introduce to the sisters, the Church, and ultimately people everywhere "The Family: A Proclamation to the World."

In subsequent years this prophetic document has been translated into many languages and distributed to world leaders. It asks citizens and government leaders "to promote those measures designed to maintain and strengthen the family as the fundamental unit of society."²

The proclamation has become the foundation for Latter-day Saint beliefs about the family, a statement to which we can hold fast and know that by living its precepts, we are strengthening our families and homes.

NOTES

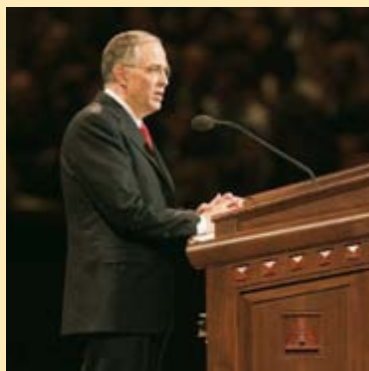
1. Gordon B. Hinckley, "Stand Strong against the Wiles of the World," *Ensign*, Nov. 1995, 99.
2. See "The Family: A Proclamation to the World," *Liahona*, Oct. 2004, 49; *Ensign*, Nov. 1995, 102.

For more information, go to www.reliefsociety.lds.org.



Small & Simple Things

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



THE INSPIRATION BEHIND GENERAL CONFERENCE

Have you ever wondered if general conference speakers are assigned topics? Last conference Elder Neil L. Andersen of the Quorum of the Twelve Apostles explained: "There are no assigned subjects, no collaboration of themes. The Lord's way, of course, is always the best way. He takes the individual prayerful efforts of each speaker and orchestrates a spiritual symphony full of revelation and power. Repeated themes, principle building upon principle, prophetic warnings, uplifting promises—the divine harmony is a miracle!" ("Tell Me the Stories of Jesus," *Liahona* and *Ensign*, May 2010, 108).

CHURCH HISTORY AROUND THE WORLD

The Conference Center in Salt Lake City: Celebrating 10 Years

Here are some things you might not know about the Conference Center, which was dedicated on October 8, 2000, by President Gordon B. Hinckley (1910–2008).

- First use: 170th Annual General Conference, April 1 and 2, 2000
- Total attendance at events since its dedication: 6.9 million people attending 4,577 events
- Total visitors who have toured the building: 4.8 million
- Total dignitaries who have toured the building: 5,500
- Number of musical performances, including *Music and the Spoken Word*, held in the building: 311
- Number of Christmas-related performances held in the building: 17 different events with 49 total performances
- Art exhibits displayed in the building: Hall of the Prophets, Arnold Friberg Art Gallery, and art from the Church's International Art Competitions



On the Calendar

Don't forget: September 25 is the general Relief Society meeting, and general conference is on October 2 and 3. Check with your priesthood leader or at conference.lds.org for information about broadcast times and locations. In many cases, you can watch general conference via the Internet.



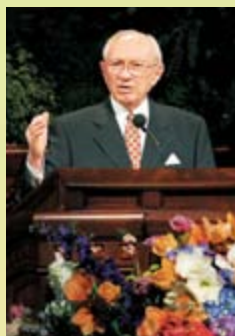
DID YOU KNOW?

The Pulpit in the Conference Center

The pulpit in the Conference Center has a unique story. Following is President Gordon B. Hinckley's account:

"I love trees. When I was a boy we lived on a farm in the summer, a fruit farm. Every year at this season we planted trees. I think I have never missed a spring since I was married, except for two or three years when we were absent from the city, that I have not planted trees. . . .

"Some 36 years ago I planted a black walnut [tree]. It was in a crowded area where it grew straight and tall to get the sunlight. A year ago, for some reason it died. But walnut is a precious furniture wood. I called Brother Ben Banks of the Seventy, who, before giving his full time to the Church, was in the business of hardwood lumber. He brought his two sons, one a bishop and the other recently released as a bishop and who now run the business, to look at the tree. From all they could tell it was solid, good, and beautiful wood. One of them suggested that it would make a pulpit for this hall. The idea excited me. The tree was cut down and then cut into two heavy logs. Then followed the long process of drying,



first naturally and then kiln drying. The logs were cut into boards at a sawmill in Salem, Utah. The boards were then taken to Fetzer's woodworking plant, where expert craftsmen designed and built this magnificent pulpit with that wood.

"The end product is beautiful. I wish all of you could examine it closely. It represents superb workmanship, and here I am speaking to you from the tree I grew in

my backyard, where my children played and also grew.

"It is an emotional thing for me. I have planted another black walnut or two. I will be long gone before they mature. When that day comes and this beautiful pulpit has grown old, perhaps one of them will do to make a replacement. To Elder Banks and his sons, Ben and Bradley, and to the skilled workers who have designed and built this, I offer my profound thanks for making it possible to have a small touch of mine in this great hall where the voices of prophets will go out to all the world in testimony of the Redeemer of mankind."

From President Gordon B. Hinckley (1910–2008), "To All the World in Testimony," *Liahona*, July 2000, 6; *Ensign*, May 2000, 6.



Dinnertime— a Learning Time

Turn dinnertime into learning time. All you have to do is keep a few Church curriculum items handy at the dinner table. In our house we often use materials that teach our children. For instance, we have referred to the *Faith in God for Girls* guidebook, the *Young Women Personal Progress* booklet, and the *For the Strength of Youth* pamphlet. Of course, we also keep the scriptures nearby.

Sometimes we read a few paragraphs and discuss them. Other times we look up scriptural references. We've even memorized the fifth article of faith and discussed its meaning as we ate.

When you occasionally set the table with these visual reminders, it's easy to remember how important it is to feed ourselves spiritually as well as physically.

Serena Gedlaman, Alberta, Canada

Note: The Faith in God for Boys and Fulfilling My Duty to God guidebooks are also available. All items listed above can be ordered at no charge at LDS distribution centers or online at www.ldscatalog.com. U.S. and Canada residents may also call the Salt Lake Distribution Center at 1-800-537-5971.

HOPE

in the Ordinances of the Gospel

*My wife assured me on the phone that she was feeling better
and that everything would be all right. Three days later
everything changed.*

By Elias Magabo

I was born and raised in the Philippines, where I met and married my wife, Monina. It was there that our son, Mark, was born. In the mid-1990s, our family moved to Saipan, which is a small island in the Pacific. There, we were active members of another church. Occasionally, I'd see pairs of young men walking around the island, dressed neatly in white shirts and ties. I knew they were Latter-day Saint missionaries, but I had no plans to join another church. When I saw them coming my way, I would literally turn and run in the opposite direction.

My attitude toward the missionaries changed when two friends, Mel and Soledad Espinosa, were baptized into the Church. They encouraged our family to meet with the missionaries, and mostly out of curiosity, we agreed to do so. Our first meeting was in August 2007, and as the missionaries shared their message, I felt something powerful. My heart beat faster, and I felt a tingling sensation throughout my entire body. I later learned that my entire family felt inspired and uplifted. Our feelings intensified in the ensuing months as we learned more about the gospel of Jesus Christ.

About the time we began meeting with the missionaries, Monina's energy began to decrease, and strange bumps started appearing all over her body. Her arthritis flared up as it never had before. We sought medical help, but none of the tests gave us any answers. As the months passed, her health deteriorated to the point that she needed additional

medical attention. In December, Monina flew to the Philippines to meet with doctors there. I stayed in Saipan so I could continue to work and care for our teenage son.

Before she left, Monina told me that she wanted to be baptized when she returned to Saipan. She also asked me to continue meeting with the missionaries even though she would be missing some of the lessons. I promised her that Mark and I would do so.

During her time in the Philippines, we talked regularly so that I could hear about her doctor visits and she could hear what we were learning about the gospel. My wife reported that she was feeling less and less pain every day, and I was glad that the medical attention was working. In early January 2008, I purchased a plane ticket so I could go visit her, but she felt certain that she would be back in Saipan soon and that there was no need to waste money on the trip. She told me she loved and missed our son and me but assured me everything would be all right.

Three days later she died suddenly. The cause: undetected leukemia. Mark and I were stunned—and heartbroken. We immediately traveled to the Philippines for the funeral and then returned to Saipan. This was the most difficult time of our lives.

The sorrow I felt was profound, so much so

that I found it hard to get out of bed each morning. One particularly difficult day, Mark reminded me of something the missionaries had taught our family. He said, “Dad, don’t cry too much. Mom is in a place of God. She is in the spirit world.” How grateful I felt that a just God had provided a way for Monina to continue to learn about the gospel, that everyone who has ever lived will have a chance to either accept or reject the gospel of Jesus Christ—either in this life or the next.

As I continued to learn the teachings of Jesus Christ, I realized that Heavenly Father had provided much more than that: He also made it possible for her to receive essential ordinances like baptism. Before my wife left for the Philippines, she and I had started talking about being baptized into The Church of Jesus Christ of Latter-day Saints. Even though she wasn’t able to be baptized in this life, Heavenly Father had not left us without hope.

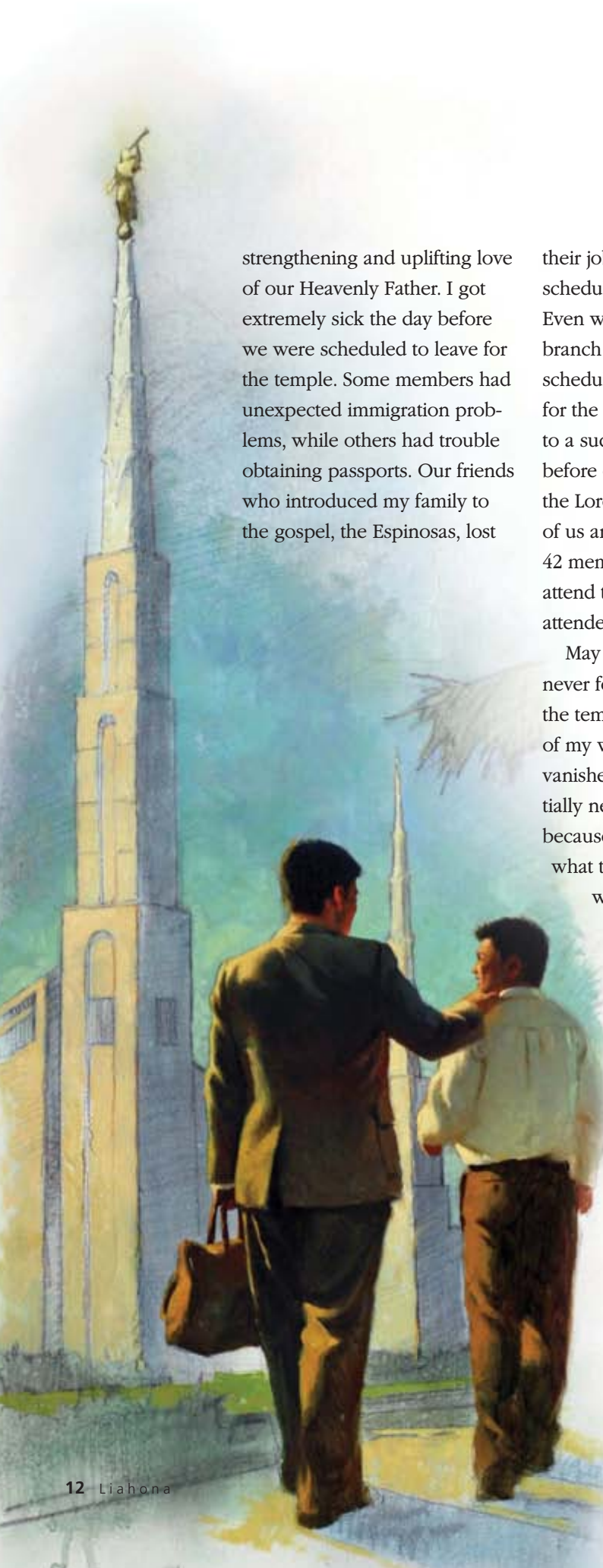
Mark and I faced several trials in the following months.

After returning to the Philippines for my wife’s funeral, I lost my job. I sold our car to pay Monina’s hospital bills. Plus, Mark and I had to adjust to life without Monina. Despite the adversity, Mark and I found hope in our new-found faith, and we were baptized in April 2008. In the months that followed, I was able to find another job and pay the hospital bills. Mark and I made a goal to attend our branch trip to the Manila Philippines Temple so we could be sealed together as a family.

After saving all our extra income and preparing ourselves spiritually, Mark and I traveled with our branch to the temple in May 2009. As we prepared for the trip, we saw firsthand the destructive hand of the adversary as well as the

The missionary lessons helped our family feel uplifted and inspired. Little did we know how much we would need that comfort in the coming months.





strengthening and uplifting love of our Heavenly Father. I got extremely sick the day before we were scheduled to leave for the temple. Some members had unexpected immigration problems, while others had trouble obtaining passports. Our friends who introduced my family to the gospel, the Espinosas, lost

their jobs the week we were scheduled to attend the temple. Even worse, a member of our branch presidency who was scheduled to attend the temple for the first time lost his father to a sudden illness three days before our trip. But in the end the Lord strengthened each of us and made it possible for 42 members of the branch to attend the temple. Sixteen of us attended for the first time.

May 13, 2009, is a day I will never forget. When I arrived at the temple, the weight and pain of my wife's death immediately vanished. Although I was initially nervous about the temple because I didn't know exactly what to do or where to go, I was struck by the calm, peaceful presence I felt once I stepped inside.

It was very different from the busy streets just outside the temple doors.

As the day progressed, my temple experience became only more meaningful and more powerful. In the morning our branch participated in baptisms for the dead. As I watched, I found myself thinking of my wife, who a year and a half earlier

***At the temple with my son,
we regained what I thought
we had lost forever.***

had expressed her desire to be baptized. I then witnessed the fulfillment of that desire as a friend was baptized for and in behalf of Monina.

The most significant portion of my trip, however, came later that afternoon when I walked into the sealing room. My wife and I were married years ago, but we were not married in the temple by Heavenly Father's priesthood authority. When my wife died, I thought I had lost her forever. But as I met with the missionaries, I learned that in the temple, families can be sealed together for eternity.

As I walked into the sealing room at the Manila Temple, I was overcome with emotion. Ever since my baptism, I had known the blessings of the gospel were real, but in that instant I truly witnessed their worth. As Mark and I knelt at the altar to be sealed as a family, I felt my wife's presence. I could hear her voice, and it was as if I were holding her hand. I felt Monina's presence with every feeling in my heart. I knew then that we were an eternal family. ■

GIVING CHILDREN A CHANCE TO SERVE

By Jenny Baker

Anyone serving in the Primary can tell you that children often have difficulty coming to Primary ready to sit quietly and learn. No matter how skilled a leader is or how much teachers love their class, children sometimes act out.

Latter-day Saints have been told that all new members of the Church need a responsibility.¹ Having a responsibility helps them feel a part of the Church and gives them a chance to learn and grow. Children can enjoy these same blessings when they are given a chance to serve.

Callings are not given to children, but Primary leaders can prayerfully search for service opportunities for even the smallest child. Here are a few ideas:

- Have an older child help a younger child during sharing time.
- Invite a child who has arrived early to stand at the door and greet others as they come to Primary.
- Assign an older child to be in charge of making sure the microphone is turned on.
- Ask a few older children to get chalk, eraser, crayons, or other items from the library.
- Ask a child who plays the piano to play a prelude or postlude hymn.

- Assign two friends to sit by a visitor or new member and help the person feel welcome.
- Invite a child to help lead the music.
- Assign several children to help set up or take down chairs.
- Ask a child and the child's family to visit a new child in your ward or branch.
- Ask a child to hold a picture.
- Ask someone to create a simple chalk drawing to go with your lesson.
- Ask selected class members to invent actions to a new song they are learning.
- Help an 11-year-old plan a Primary activity day. This will help the child complete a Faith in God requirement.

However large or small their responsibility, remember to thank children for their service.

I have enjoyed working with children as they have learned to serve. It is rewarding to watch them grow and use skills in the Young Men and Young Women programs that they began to develop in Primary. ■

NOTE

1. See Gordon B. Hinckley, "Converts and Young Men," *Ensign*, May 1997, 47.



WHAT IS REALLY IMPORTANT

Elder Kenneth Johnson of the Seventy tells of a time when he was painting the exterior

of his home and his five-year-old son asked to help: "[After I provided] him with an old shirt of mine that covered him completely, almost touching the floor and with sleeves rolled back several times, we went to work on the door that secured the main entrance to our home. He was applying paint to the bottom panel as I worked on the top section. I noticed that because of his age and physical stature, he wasn't able to spread the paint evenly and that beads of paint were resulting. Each time he bent down to recharge his brush, I would hastily smooth out the paint on the bottom panel, returning to my assigned area so that he would not realize what I was doing. After a while I decided that more important than a first-class paint job was the opportunity to work with my son. On reflection I realized how well he was doing. Thereafter, every time I approached the door and saw the distinctive style of decoration, I was reminded of what is really important in our lives."

From "We All Have a Father in Whom We Can Trust," *Ensign*, May 1994, 30.



Bringing Christ into Our Home

By Cynthia Green

Several years ago, after hearing a young woman in our ward recite “The Living Christ,”¹ I decided I would memorize it too. I took a small copy of the document with me as I ran in the early mornings. Because I was alone and distractions were minimal, this was an ideal opportunity for me to think. After several months of this, I was in great physical shape—and I had met my memorization goal.

As good as “finishing” felt, the long-term benefits were even better. I found myself thinking more often about Jesus Christ, His life, and His mission and wanting to be more like Him. I treated my husband and our children with more patience and love. I found greater peace and happiness in all that I did. And I felt greater joy in caring for and loving those around me. Then, like Lehi, who partook of the fruit of the tree of life, I wanted my family to experience what I had (see 1 Nephi 8:12).

I began seeking for ways that I could teach “The Living Christ” to our children. I recognized that they were young (our oldest was 11) and that this precious document was rather lengthy. But I had a desire, and after I

prayed and thought about it often, the Spirit showed me how I could teach my family.

I had long collected pictures cut out of old Church magazines. I went to the box where I kept them and started pulling out pictures that seemed to match the different phrases in “The Living Christ.” For instance, for “He was the Great Jehovah of the Old Testament,” I found a picture of Christ, as Jehovah, talking with Moses. For the next phrase, “Under the direction of His Father,” I found a picture of Heavenly Father and Jesus Christ standing together. Within a short time, I had gathered many pictures and paired them with their associated text from “The Living Christ.”

December seemed the perfect time for our family to start focusing on “The Living Christ.” Our children were excited and really got into our endeavor. We posted the pictures we were working on in our kitchen. I noticed that during the day, the kids would say the phrases as they passed by the pictures. When everyone had memorized the set of pictures on the wall, we put them away and started working on a new set.

With each picture, we discussed

the gospel and life of Jesus Christ. Our family home evening lessons were filled with stories and lessons about the Savior. My husband taught some of the concepts in “The Living Christ,” bringing new insights.

Family prayers became more meaningful because the children gave more thought to Him in whose name they were praying. The Spirit filled our home. We felt like Nephi when he wrote, “We talk of Christ, we rejoice in Christ, we preach of Christ” (2 Nephi 25:26). Our home became a place of greater peace.

The blessings poured in, in ways I had never imagined. For instance, although I had tried simplifying some of the words for our youngest child, Joseph, who was four, he persisted in learning the complete document word for word. This became particularly poignant one week at church. The cover of the sacrament meeting program featured a picture of the Savior in Gethsemane that we had used in our memorization. Joseph pointed to the picture and said, “Look, Mommy. ‘He gave His life to atone for the sins of all mankind.’”

Another week we had a rough time at church; the children were more

restless than they should have been, especially during the sacrament. The next night we talked about the sacrament in family home evening. We discussed its purpose and how we should behave as the sacrament is being passed. I asked the children what they thought about during the sacrament. Our 10-year-old, Sharanne, commented that she thought about the life of Jesus Christ and the words from “The Living Christ.” Nothing more needed to be said.

Another time, Joseph was having difficulty going to bed. He wasn’t cooperating and was irritable. I asked him to tell me some of “The Living Christ.” As he began, I could feel the Spirit come into the room. He calmed down and changed back into his normal, happy self. Some time later, on another night when he was restless, I tried it again. This time his reply was very different: “No! I don’t want to be happy!” Our young son had learned what remembering Jesus Christ could do. Indeed, the Savior had become more real to all of us.

Our family finished memorizing “The Living Christ” the following Easter. It was the greatest four-month experience we have


ever had. Even though the project is over, I know the effects of what we learned can remain with each family member for the rest of our lives.

I know that Heavenly Father and Jesus Christ are real. I am grateful to have a better understanding of Their

works and to feel more deeply of Their love. I thank God for the matchless gift of His divine Son and for the beautiful experience of learning of Him and trying to become more like Him. ■

NOTE

1. “The Living Christ: The Testimony of the Apostles of The Church of Jesus Christ of Latter-day Saints,” *Liahona* and *Ensign*, Apr. 2000, 2–3.



*I know the effects
of what our family
learned about the
Savior can remain
with each of us for
the rest of our lives.*

THE GOSPEL

SHALL BE PREACHED TO ALL THE WORLD

Jesus Christ invites all people to come unto Him. We can help people come unto Him by sharing His gospel with them. Here are a few ways to do so:



When Jesus Christ lived on the earth, He taught others a way to live that would lead them to happiness in this life and the next. His message was one of peace, love, and obedience to God's commandments. "He went throughout every city and village, preaching and shewing the glad tidings of the kingdom of God" (Luke 8:1). He also taught that ordinances, such as baptism, are necessary for us to return to our Heavenly Father (see John 3:5).

He told His disciples that the "gospel of the kingdom shall be preached in all the world" (Matthew 24:14). Therefore, He sent them "forth to preach" (Mark 3:14). This is the same task He has given us today—share His gospel with others. In 1831 He revealed through the Prophet Joseph Smith, "This gospel shall be preached unto every nation, and kindred, and tongue, and people" (D&C 133:37).

We can look to our Savior as an example of how to share the gospel. He taught the gospel clearly (see

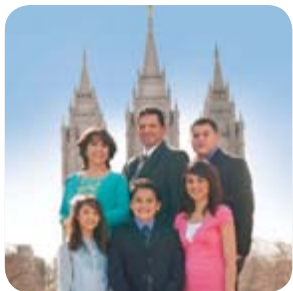
Matthew 5–7). He took advantage of simple unplanned moments to share the gospel (see John 4:4–42). And He showed genuine love and concern for others (see 3 Nephi 17). We can do the same. ■

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

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



1. Show the joy we feel as we live the gospel of Jesus Christ.



2. Be friendly to all people.



3. Invite friends to Church meetings, activities, and service projects.



4. Share copies of the Book of Mormon or the Liahona with those not of our faith.



5. Use the Internet to share the gospel. For instance, we can share our testimonies in a blog or refer people to Church Web sites such as *Mormon.org*.



6. Prepare as young men, young women, and seniors to serve missions.



7. Invite friends and neighbors to be taught by the missionaries.

"You are called to cry repentance unto this people.

"And if it so be that you should labor all your days in crying repentance unto this people, and bring, save it be one soul unto me, how great shall be your joy with him in the kingdom of my Father!" (D&C 18:14–15).

For more information, see Gospel Principles (2009), 189–95; True to the Faith (2004), 104–6.



By Elder
Kent D. Watson
Of the Seventy

Our Senior Missionaries

As a member of the Asia Area Presidency, I have the special privilege to serve in an area of the world I learned to love as a young missionary over 45 years ago. Things have changed since then. What was then the Southern Far East Mission now comprises over 25 missions. A few members in a few branches have grown to 750,000 members. Chapels dot the landscape, and temple worship is available to our Asian members.

As the Church has grown in Asia, I have come to love and appreciate a group of people who seek no reward, no honor, and no other worldly emoluments. They seek only to glorify our Father in Heaven. They are our senior missionaries: wonderful, seasoned brothers and sisters who are quietly and diligently helping “to lay the foundation of this church, and to bring it forth out of obscurity and out of darkness” (D&C 1:30).

Their experience, faith, testimony, and love enable them to perform

wonderful miracles in establishing and strengthening the Church in our part of the Lord’s vineyard—from Ulaanbaatar to New Delhi. They are those whom Micah described: “The remnant of Jacob shall be in the midst of many people as a dew from the Lord, as the showers upon the grass” (Micah 5:7).

In many cases they were surprised at the locations to which they were called. Some of them, perhaps like the prophet Jonah, may have chosen Tarshish over Nineveh, as it were. But they did not “flee unto Tarshish from the presence of the Lord” or reside “in the belly of the fish three days and three nights” (Jonah 1:3, 17). Rather, knowing their calls came from the Lord, “they straightway left their nets, and followed him” (Matthew 4:20).

Some of their numerous and diverse assignments include working in temples, teaching seminary and institute, serving in mission offices, administering the Perpetual Education Fund, serving in branches (teaching, training, activating, and sharing), mentoring



Senior missionaries serve in numerous and diverse assignments.



*They are “as a dew from the Lord,
as the showers upon the grass.”*



AN INDISPENSABLE INGREDIENT

“As welfare missionaries in South America, we had the privilege of working with members of the Church as well as those not of our faith. We worked with a variety of organizations that, together with the Church, implemented a number of humanitarian projects.

“We spent much of our time working with orphanages, hospitals, prisons, medical clinics, and foundations that help the disadvantaged, disabled, poor, and needy.

“Although we didn’t teach the gospel in lessons as do the young missionaries, we had many spiritual experiences as we saw changes take place in the lives of the needy as they received help and felt their faith increase as they recognized the real source of that help.

“Missionary couples add an indispensable ingredient to the missionary effort with their vast past experience. The Church needs more missionary couples than ever before, and the couples who could serve need the blessings that are waiting for them.”

Charles E. and Julia Cartmill, Idaho, USA



WE NEED SENIOR COUPLES

Included in such a long list of dedicated servants of the Lord is an increasing number of senior couples who make an indispensable contribution to the work. How we love and need couples in virtually every mission of this Church!"

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, "Abide in Me," *Liahona* and *Ensign*, May 2004, 30.

and helping people upgrade job skills and enhance employment, working in their professional specialties (law, finance, engineering, education, health care), coordinating humanitarian services, and providing relief during floods, earthquakes, and other natural disasters. Some of them even get to participate in finding, teaching, and baptizing new members!

Elder Phil and Sister Brenda Frandsen are one such couple. They served in Kaohsiung, Taiwan. In addition to his other responsibilities, Elder Frandsen served as a counselor to the mission president. The following brief interview with the Frandsens illustrates the thoughts and feelings of many couples and may provide insight to those considering missionary service.

What were your thoughts as you contemplated serving a mission?

Sister Frandsen: "We had always talked about serving a mission after

our children were grown. When the time came, it was hard to agree on where we would go and what we would do. After much discussion, Elder Frandsen suggested that we leave the choice up to the Lord. When we received our mission call, it could not have been more exciting. We consider it a very special blessing!"

What were your feelings about returning to your original mission field?

Elder Frandsen: "Returning after a 44-year absence has been a most rewarding experience. In an area where there was once a tiny branch in a rented building, there now stands a beautiful stake center. An eight-year-old boy I knew then is a devoted stake president now. Progress in this part of the world has been truly marvelous. Every day there is a new spiritual experience as Sister Frandsen and I labor to help individuals gain or strengthen their testimonies."

Do you feel that you are effectively utilized?

Elder Frandsen: "We have been able to use our talents and experiences, and we have discovered talents that we didn't know we had. I have been able to relearn much of my Chinese. Sister Frandsen can answer the phone in Chinese and is able to read names in order to forward the mail. We feel that learning new skills at our age is good for old brains!"

But what about your family?

Sister Frandsen: "I worried about being away from children and grandchildren. However, there are amazing technological advances in communication available to senior missionaries. In some respects, I hear from and see more of our family than we ever did when we were home. We will have at least four grandchildren born while we are here, which we count as one of the greatest blessings of all. Although I will miss holding the newborn babies, we will get to see pictures and videos as soon as each event happens. Rather than taking us away from family, in many ways our mission has brought us closer together."

Elder Frandsen: "Actually, we feel that we have enlarged our family by going on a mission. We are 'grand-parents' to the missionaries. Each day we are excited for young missionaries to share their missions with us. We love them—and they love us back! Don't you enjoy hearing returned missionaries report their experiences of sharing the gospel? We get to hear those experiences every day while they are fresh and largely unedited. Watching the missionaries mature and grow into effective gospel teachers and leaders is priceless!"

Sister Frandsen: "While we have been gone, we have still been doing missionary work back in Arizona. Two of our best friends have invited the missionaries into their homes. Additionally, our daughter and her husband decided to share the gospel with someone. As a



result, one of their friends was recently baptized. The more we try to serve, the more blessings we receive. It is impossible to get ahead of the Lord.”

Is serving a mission fulfilling to you personally?

Elder Frandsen: “Missionary work is never boring! There are new challenges and new adventures every day. In addition to our office duties, we teach an English class on Saturday morning and a Gospel Doctrine class on Sunday morning. Twice a week we teach college-preparation English classes for returned missionaries. We are also involved in finding and teaching investigators. Every opportunity for service opens up new doors for teaching the gospel.”

Any advice for couples contemplating a mission?

Sister Frandsen: “Perhaps one of my biggest fears was health concerns; instead, we have experienced health blessings. Our missionary schedule is healthful. We get up early, retire early, exercise daily, and eat nutritious foods. The Lord blesses missionaries with strength to perform their labors. You need not be afraid!”

Elder Frandsen: “We sometimes smile when those back home think that we are making a sacrifice. The sacrifice is miniscule compared to the blessings, joy, and satisfaction that God gives us each day.”

The Frandsens’ experiences are typical of comments we hear from other senior missionaries serving throughout Asia. Recently, one senior couple became emotional when advised that they could finish their mission one month early so they could be home at Christmastime. We assumed that their tears were tears of joy for the opportunity of being reunited with their children and grandchildren at Christmas. Little did we understand that their tears were tears of sadness. Knowing that they might never have another opportunity to serve in this capacity again, they desired to spend one last Christmas in the mission field!

I honor our senior missionaries. They truly are given power in places where needed to lay the foundation of this Church and bring it forth out of obscurity and out of darkness. ■

To learn more about mission opportunities for seniors, visit www.lds.org/csm/index.html.

Above, from left: Elder and Sister Frandsen with missionaries in their district; Elder Frandsen prepares to go tracting with the younger elders; Sister Frandsen serves in the Primary; the Mexico City Mexico Temple, where Brother and Sister Ortiz served (see below); Elder and Sister Lopes were called to help collect and write the history of the Church in Brazil.

BLESSINGS OF SERVING

My wife and I were called to serve in the Mexico City Temple. We greatly enjoyed the holy character of the work. We talked often about the wonderful experiences we were having and wept because we could feel the Spirit. It was the happiest and most wonderful time of our lives. Our faith and testimonies increased because we were serving the Lord with love and faith in His great work.”

Pedro Córdoba Ortiz, Aguascalientes, Mexico

MORE THAN A MISSIONARY GUIDE

By Melissa Merrill

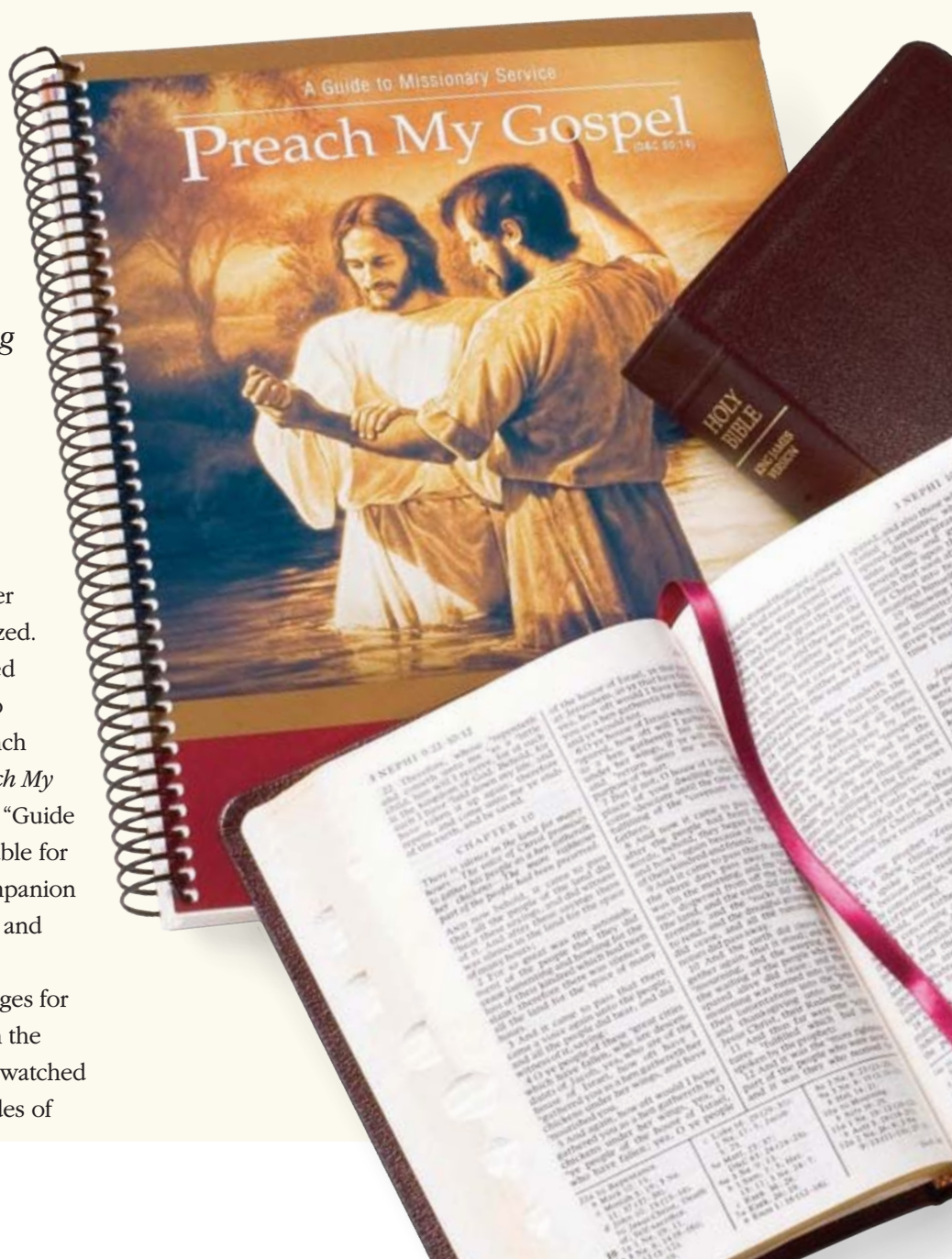
Church Magazines

In personal study. In the home. In Sunday lessons. And, of course, in missionary work. These are the ways members of the Hingham Massachusetts Stake are using Preach My Gospel.

As a missionary in France, Chris Ivie served in a small branch where no investigators had attended church in at least a year. Moreover, members couldn't remember the last time someone had been baptized.

Elder Ivie and his companion prayed about what to do and felt prompted to make sure that each family in the branch had—and was using—a copy of *Preach My Gospel*. At that point in early 2006, the “Guide to Missionary Service” had been available for just over a year. Elder Ivie and his companion acted on their prompting and ordered and distributed copies of the book.

That was the beginning of big changes for the branch. Although Elder Ivie was in the branch for only two more months, he watched *Preach My Gospel* transform the attitudes of



Church members—youth and adults alike—about missionary work.

“It was working!” remembers Chris. “Members were thinking about missionary work and trying to share the gospel and having great experiences. There was more missionary activity than the branch had seen in years.”

Members began reporting regularly to the missionaries about gospel conversations they were having with family members, friends, or colleagues. When those friends agreed to come to branch activities, other members welcomed

them warmly. For Elder Ivie and his companion, that meant they were knocking on doors less and teaching the gospel more. One of the investigators they began teaching was later baptized.

“Sometimes we have this misperception in the Church that missionary work is only for missionaries to do,” says Chris. “But when the members of this branch were prepared through studying *Preach My Gospel*, they came to realize that they had a role in finding people to be taught. *Preach My Gospel* helped give them the missionary spirit.”

Chris has now been home in Medway, Massachusetts, for nearly three years, but he still uses *Preach My Gospel* in his daily study as a gateway to the scriptures. “It helped me be a better missionary. It has helped me be a better gospel teacher. And it is helping me be a better, more Christlike person,” he says.

Chris is not the only member of the Hingham Massachusetts Stake to discover the power of *Preach My Gospel* outside the parameters of full-time missionary service. Although the resource is certainly intended for



“When the members of this branch were prepared through studying *Preach My Gospel*, they came to realize that they had a role in finding people to be taught. *Preach My Gospel* helped give them the missionary spirit.”

Chris Ivie



“When you do set and work toward goals, you stretch yourself and become a better person. I have *Preach My Gospel* to thank for learning that.”

James Setterberg

full-time missionaries, *member* missionaries in the Hingham stake are finding that it can bless and enrich their lives as well.

From Mission to Home

James Setterberg was also part of the first generation of missionaries to use *Preach My Gospel*. When he arrived in the Texas Houston East Mission in 2005, his fellow missionaries had been using the resource for several months. But because of the example of a local priesthood leader, Elder Setterberg realized that the tool’s usefulness wasn’t limited to the missionaries.

“In one area, we missionaries lived in the home of a stake president and his family. Every morning, they got up



“The doctrines contained in Preach My Gospel have given me a greater understanding of the power of the basics and an appreciation for the strength we can gain from studying things like the Restoration, faith, the Atonement, or repentance. There is great power in those things.”

Jake Peterson



for scripture study, which included going through the various chapters of *Preach My Gospel*. That’s when I realized that

this book really is for everyone,” he says.

It was a lesson he brought home with him. “Before my mission, I had never really set specific goals for my life; I guess I didn’t want to overshoot

things,” he admits. “But because of the emphasis on goal setting from my mission president and chapter 8 of *Preach My Gospel*, that began to change.”

Weekly planning and goal-setting sessions for two years formed a habit that James has retained since his return home. He has, for example, set and worked toward educational and spiritual goals. He says, “I’ve come to realize that without setting goals, you can’t really tell where you are in life, progression-wise. But when you do set and work toward goals, you stretch yourself and become a better person. I have *Preach My Gospel* to thank for learning that.”

In Teaching at Church and in the Family

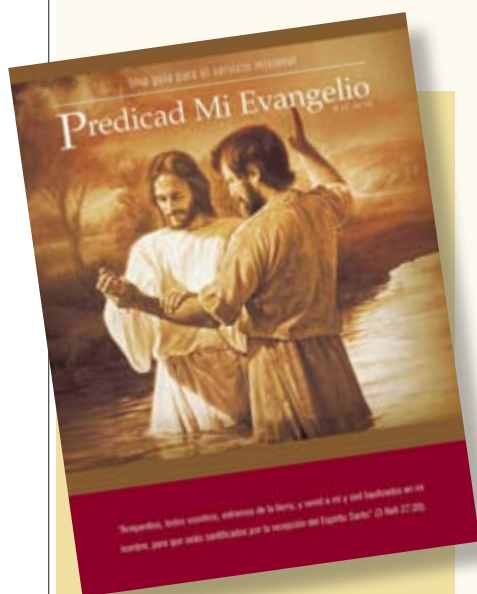
Even members who didn’t use *Preach My Gospel* as missionaries are discovering its power. Jake Peterson is a member of the stake’s young single adult branch. Although he served his mission before *Preach My Gospel* became available, Jake says the resource has been

invaluable to him in his calling as branch mission leader because it explains the reasons we share the gospel: “Sometimes we as members might think, ‘What’s the big deal about missionary work? My neighbors are living good lives and doing good things. Why should I create a possibly awkward situation by talking to them about the Church?’ *Preach My Gospel* goes over that. It explains why we share the gospel and talk to our friends: because the gospel of Jesus Christ ‘will bless their families, meet their spiritual needs, and help them fulfill their deepest desires.’”¹

It also helps keep all members founded in basic gospel doctrines, he says. “There’s a quote I like from Hyrum Smith about teaching the first principles of the gospel, then teaching them again and again.”² That statement and the doctrines contained in *Preach My Gospel* have given me a greater understanding of the power of the basics and an appreciation for the strength we can gain from studying things like the Restoration, faith, the Atonement, or repentance. There is great power in those things.”

Another member of the stake, Rick Doane, was serving as the ward mission leader when *Preach My Gospel* first became available. Rick immediately sensed that this new tool could help him in his calling.

“I love the fact that the book includes a chapter on how to work with stake and ward leaders.



ORDER A COPY

P*reach My Gospel* is available in many languages through Distribution Services. You can also download a PDF copy or listen to an audio file at preachmygospel.lds.org.

Missionaries come and go, but ward leaders will be there in the long run. They're the sustainability factor. I love that the book emphasizes the importance of that," says Rick.

Rick and his wife, Moshi, have also seen the potential for the book as a resource for teaching their young sons. "There is a 15-minute lesson in each chapter that can be perfect for family home evening," Rick explains. "It is principle focused, so it helps keep you to the basics, which can help you build a strong foundation for yourself and your children. The book even lists scriptures and activities you can use. It's a great resource to draw from, whether you're teaching in the home or elsewhere."

In Preparing for the Future

Mark Wadsworth, age 19, is now serving in the Spain Bilbao Mission and regularly uses *Preach My Gospel*. But even before his mission, he studied from it. "Every time I have gone through it, there has always been something new to get out of it," he says.

Studying *Preach My Gospel* before his mission helped him identify missionary opportunities. The missionaries in his area helped him and his family develop a family mission plan. "That got me thinking about missionary work in a more proactive way," he says. As a result, he had more conversations with friends about the Church's doctrines, its history, and Church-related activities.

"I might have had a similar amount of opportunities to talk about the Church before we made our plan, but I came to react differently to them," says Elder Wadsworth. "It was just a matter of thinking a little bit differently about things I was already doing."

Andrew Mello, age 18, still has several months before he submits his mission papers, but that doesn't mean he's not actively preparing now. Studying *Preach My Gospel*, he says, has been one of the best ways he's been able to do so.

Some preparation has come through personal study. Other times it comes from training in his priests quorum. On the first Sunday of each month, a member of the quorum is assigned to teach a lesson from *Preach My Gospel* to his peers and adviser. Sometimes they teach the full 45-minute lesson, but other times, just for practice, they'll teach the 15- or 5-minute versions of several different lessons instead.

And while Andrew acknowledges that this preparation is equipping him for full-time missionary service, he can also see advantages in his life right now.

"I find myself thinking about things from *Preach My Gospel* all the time," says Andrew. "I am the only Mormon in



"It helps keep you to the basics, which can help you build a strong foundation for yourself and your children. The book even lists scriptures and activities you can use. It's a great resource to draw from, whether you're teaching in the home or elsewhere."

Rick Doane



"Every time I have gone through it, there has always been something new to get out of it."

Elder Mark Wadsworth

“There are some questions or conversations that could go a lot of different ways, but when I can steer them in a productive direction because of things I’ve studied, that feels awesome.”

Andrew Mello



my high school, so people often ask me questions about what I believe. I’ve been able to use lessons and skills

from *Preach My Gospel* to tell friends or acquaintances about the gospel.

“There are some questions or conversations that could go a lot of different ways,” he continues, “but when I can steer them in a productive direction because of things I’ve studied, that feels awesome.”

Like Andrew Mello, Andrew Hovey, age 19, received a copy of *Preach My Gospel* during his high school years, but it wasn’t until he was a university freshman that he came to appreciate it. Through the influence of a returned-

“I knew about these things and had a testimony of them, but Preach My Gospel . . . has helped me teach these principles better.”

Patrick Smith



missionary roommate and a mission-preparation class, Andrew began to prepare for his mission more actively than he ever had before. His prayers became more

intimate and meaningful, his scripture study became more directed, and his plans for his mission became more real,

he says. Moreover, he started using *Preach My Gospel* to direct his efforts.

Since then, Andrew has developed a system for marking and color coding his

scriptures to coincide with principles he has studied in *Preach My Gospel* as well as for recording thoughts and impressions he receives during his study. But he’s quick to acknowledge that the point is not to have a prescriptive way of marking or color coding or note taking. Rather, “you can personalize your study method in a way that fits you best,” he says. “That’s what’s great about the gospel. We’re all different, but the gospel fits all of us.

“It’s the same with *Preach My Gospel*. It teaches basic doctrines in broad ways so that you can use it as a guide. We can use it the way we need to for our own learning or to reach someone else.”

Patrick Smith, another young man in the Hingham stake, reports that once a month in his branch’s Aaronic Priesthood meetings, the young men report on any missionary experience they have had and then set up times to work with the full-time missionaries.

“Not long ago I went with the missionaries to teach a family who had already been taught the Joseph Smith story,” Patrick says. “The elders asked me to teach about Christ coming to the earth and establishing His Church. *Preach My Gospel* clearly illustrated everything and listed scriptures to back everything up. It was all outlined there.

“I knew about these things and had a testimony of them, but *Preach My Gospel* and going on exchanges



“What we’ve been charged with doing, I realized, is helping our Father accomplish His work.”

Tom Smith

with the missionaries has helped me teach these principles better,” Patrick says. “The doctrines outlined in the book have reinforced what I’ve learned at home and in Primary for as long as I can remember. And the things taught in *Preach My Gospel* invite the Spirit, which is the most important thing we can have when we’re talking about the Church.”

In Helping Accomplish Heavenly Father’s Work and Glory

Patrick’s older brother, Tom, returned from the California Ventura Mission in August 2009. He feels that *Preach My Gospel* is one of the best tools for missionary work. Although Tom appreciated what the book helped him do as a missionary, he notes that nearly all of the prophetic statements on missionary work appearing on pages 12–13 of *Preach My Gospel* talk about the role of *members* in sharing the gospel. He says that’s indicative of how much missionary work should be done by

members and not just by full-time missionaries.

“As I was closing in on the end of my mission,” he recalls, “I was studying about the responsibilities of missionaries and why we—missionaries and members—are given this work to do. I read Moses 1:39 and thought about missionary work from Heavenly Father’s point of view. All He wants is for His children to return to Him. What we’ve been charged with doing, I realized, is helping

our Father accomplish His work.

“Now as a member missionary, I know that with regular scripture study (including study of *Preach My Gospel*), prayer, and seeking the Spirit, we can succeed in any endeavor. And if we let the gospel be at the center of our lives and work to better our understanding of it, it will become easier to share and testify.” ■

NOTES

1. *Preach My Gospel: A Guide to Missionary Service* (2004), 1.
2. See *Preach My Gospel*, 6.



MORE ON *PREACH MY GOSPEL*

The following addresses and articles are available at LDS.org.

- Elder L. Tom Perry of the Quorum of the Twelve Apostles, “Bring Souls unto Me,” *Liahona* and *Ensign*, May 2009, 109.
- Silvia H. Allred, first counselor in the Relief Society general presidency, “Go Ye Therefore,” *Liahona* and *Ensign*, Nov. 2008, 10.
- Elder Erich W. Kopischke of the Seventy, “*Preach My Gospel*—the Unifying Tool between Members and Missionaries,” *Liahona* and *Ensign*, Nov. 2007, 33.
- Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “Creating a Gospel-Sharing Home,” *Liahona* and *Ensign*, May 2006, 84.
- Elder Richard G. Scott of the Quorum of the Twelve Apostles, “The Power of *Preach My Gospel*,” *Liahona* and *Ensign*, May 2005, 29.

FINDING THE LORD IN Tonga

By Joshua J. Perkey
Church Magazines

Tongan members share how sacrificing for the work of the Lord leads to an outpouring of blessings.





On a cool, misty morning in northeastern Tongatapu, the main island in Tonga, Filimone Tufui Pasi dresses for a day “in the bush”—the Tongan expression referring to working on his farming plot. To get there he will pass through the swampy land surrounding his cinder-block home and then walk beneath the tall coconut trees and among the broad-leaf taro plants.

On this day, however, President Pasi, a counselor in the stake presidency, never makes it to the bush. Members of the Church have come seeking his assistance. A humble man of few words, President Pasi nods quietly, walks back inside his home, and explains the situation to his wife, Ana Malina. She and their daughter will spend this day making tapa cloth to raise money for school and sending the Pasis’ children on missions.

Within a few minutes President Pasi returns to the group, now dressed in a white shirt and tie, prepared to help. The decision will cost him a full day of his livelihood. But the smile of satisfaction on his face, knowing he is doing the Lord’s work, makes up the difference. “I’ve tried to live my life

this way,” he says. “I think that’s why the Lord has blessed me so much.”

Such acts of dedication and faithfulness are common among the Tongan Latter-day Saints, who testify that blessings come through faithfully living the gospel.

Faith to Serve

Liola Christine Nau Hingano grew up in the Church, and she often saw the missionaries serving in her community. “I wanted to serve a mission myself,” she says. However, serving would not be easy.

Shortly after Liola submitted her mission papers, she became very sick. The doctors discovered she had a tumor and had to perform surgery to remove it. While she was in the hospital, Liola received her mission call—to serve in Tonga. She had two months to recover before starting her mission, but it was a difficult time for Liola because her parents thought a mission would be too hard on her and didn’t want her to go.

“But I believed that because the Lord had called me, I would be OK, so I decided to go,” she

Above: In addition to teaching institute classes, Liola Hingano (inset) teaches a youth Sunday School class. Far left: Filimone Pasi with his wife, Ana Malina; inset: Filimone’s family shows the tapa cloth his wife and daughters make from the bark of the paper mulberry tree.



says. “When I entered the missionary training center, the mission president gave me a blessing and said that as I served the Lord, I would be as healthy as any missionary.

“My first mission area was very hard. We walked for miles each day just to get to the area where we were working. We carried our scriptures with us, and the sun was hot. But I knew I would be fine because I had received a priesthood blessing that said so. And I was. I never had trouble because of my previous illness.

“I am very grateful I had the courage to go on a mission and not turn back. It has made such a difference in who I am today—and in my testimony. I have faith in our Savior and Heavenly Father.”

Opening the Windows of Heaven

Just as Liola served faithfully because of her testimony, others have gained that testimony through obedience. Such was the case for ‘Anau Vuna Hala. ‘Anau was baptized as a young boy but became less active almost immediately. Although his sister was an active member of the Church, ‘Anau had no desire to return to church, and for many years he did not.

As a grown man he married Kinakuia (Kina) Hala, a Latter-day Saint. One day he discovered something that troubled him: his wife had begun paying tithing.

“I was disappointed,” ‘Anau says. “I did not

Above: ‘Anau Vuna Hala with his wife, Kina, and their baby. Below: Kumifonua Taumoepeenu (center), with his wife and children, testifies that all of their blessings come from the Lord.

make a lot of money as a schoolteacher. I didn’t want her to pay tithing anymore. We argued about it for several years.”

Kina tried everything to convince her husband that paying tithing was a good idea. “She had the home teachers teach us about the principle of tithing,” ‘Anau says. “I received many lessons about tithing, but I still said no.

“Then one day my wife challenged me to observe the law with her and see what would happen. It was a tough decision for me, but I wanted us to find peace, so I said OK.”

Not long after, ‘Anau began noticing little changes taking place in their lives. “When we paid our tithing first and then our bills, we had very little left over,” he explains. “But then we received blessings. Sometimes we’d receive help unexpectedly from family members overseas



or help from elsewhere. We always had enough.”

The blessings weren’t just financial. ‘Anau says, “I became active in the Church. We were happier at home. We decided to adopt a baby, even though we knew the food and other needs would be costly. But we knew that if we were faithful and paid tithing, doing what the Lord required, somehow things would work out. I was even able to get a better job working for the Church school, Liahona High School. And we were sealed in the temple.

“We feel our greatest blessings are the peace and joy we feel in knowing that we can cope with our financial difficulties if we pay our tithing. From the moment I accepted that principle, the Lord has blessed my family. I know it to be true.”

The Impact of Our Faith

Kumifonua (Fonua) Taumoepeenu found that the strength of conviction may come even after periods of loss and inactivity. Shortly after his baptism in 1995, Fonua served in many positions in the Church. He also worked for a soft drink company and was very successful, rising quickly through the ranks. But he was frequently away from home and found himself slowly moving away from his spiritual convictions. After a time he even began engaging in activities he knew he shouldn’t.

One day Fonua ran into a group of men who, though unprovoked, beat him so badly he had to be taken to the hospital. While there Fonua began to reflect on his life and the poor decisions he had made. “I realized something was wrong with the way I was living,” he says. “My example caused my children to make poor decisions too. They were doing things they shouldn’t do.”

Fonua decided it was time to change. He worked hard to repent, became worthy to



THE POWER OF FASTING AND THE BOOK OF MORMON

After Telesia Falatau was baptized, she still struggled with aspects of her new religion.

“Sometimes I would attend church with my in-laws because my husband was not active,” she says. “I was impressed with the teachings I saw, especially the Relief Society meetings.”

She enjoyed the good instruction and socializing with the sisters.

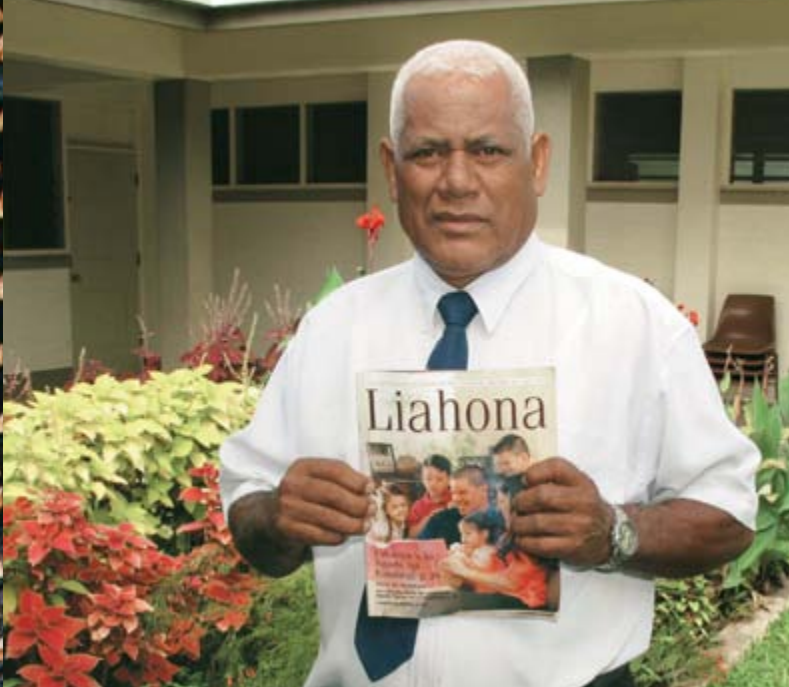
“But we were having problems at home,” she says. “When we started having children, my husband and I decided we had to do something” to bring peace into the home.

They agreed to do two things in addition to becoming active in the Church: they would fast every Friday and read the Book of Mormon daily. “I was determined,” Telesia adds. “I never missed. My husband did well also.”

Their feelings at home improved, and they continued fasting and reading the Book of Mormon. As Telesia describes, they grew stronger in their faith, their children grew in the gospel, and their home became a place of peace. Today, years later, Telesia and her husband are temple workers.

“I owe my life to those faithful Relief Society sisters,” Telesia says. “But it was also our commitment to studying the Book of Mormon and fasting that changed our lives.”





Above: As Vaea Ta'ufo'ou describes his life, he notes that the sacrifices he has made have brought forth the blessings of heaven. After exercising the power of prayer and fasting, he and his fiancée were able to travel to New Zealand to marry in the temple, a feat far beyond their personal resources.

enter the temple, and began attending regularly. One evening in the temple, he reflected on his life. "I knew I was worthy to be there," he says, "but I felt uncomfortable. I looked back on my life and evaluated what I had done. I had not been a good servant of the Lord. And I needed answers too. I wanted a new job that would make it easier to stay clean."

Fonua had just been offered a well-paying job in New Zealand. His family had encouraged him to take it because such jobs were hard to come by. "But I worried about leaving my family in Tonga and about how I would stay clean living so far away," he says.

While in the temple, Fonua offered his heart in prayer to Heavenly Father. "I made a commitment to myself and to God that I would do what He wants for me. It was different from any commitment I had ever made before. And I received an answer there in the temple about how I could permanently change my life."

Instead of taking the job in New Zealand, Fonua decided to stay in Tonga and look for better work. During this time, he was called as a temple worker. As he served faithfully, he says, "the Lord blessed me for righteous choices." Fonua soon gained a major contract cleaning buildings. "It was a tremendous blessing. I could stay in Tonga with my family, take care of them, and serve in the temple.

"All that I have, all my blessings, come from being a servant of the Lord. I will never forget that moment in the temple. Even my children have been blessed. Before, they had caused a lot of trouble for Church members. But they've changed. They participate in church. There's a great happiness in our home now—all because of the Lord."

Sacrifice Brings Forth Blessings

For Vaea Tangitau Ta'ufo'ou, being a faithful member of the Church has involved significant physical sacrifices. When he joined the Church at age 19, he lived on Foa, one of the outer islands in the Ha'apai group. One of his first callings was as a leader working with the youth. Like other leaders he often had to attend meetings in Pangai, a town on the next island. To get there he had to walk seven miles (11 km) to the end of the island. Then he would have to wait for low tide so he could walk to the next island through the shallow water—assuming the current wasn't too strong at the time—and then continue on until he arrived. The trip would take most of the day, and sometimes he would have to wait overnight to return home.

"It was a challenge to make our meetings," Vaea says. "But it did not discourage us. It strengthened our testimonies."

Early in his life Vaea hated the Church because of untrue stories spread about it by others in the village. Then his family was befriended by members of the Church. Their good example softened the hearts of Vaea's family, and his sister was baptized. A year later he joined the Church and was soon serving diligently.

Some years later their district had grown significantly and had the potential to become a stake. Following meetings at Pangai, Vaea and others had to return home. But the district president

wanted them to be back for meetings the next morning and asked them to be on time. To make the round trip successfully, Vaea had to run most of the way.

"I was so exhausted I almost felt like dying because the district president had also asked us to fast so we could organize the stake. But I made it. I learned the importance of making it to our meetings and being on time despite the challenges. I believe my calling as bishop shortly after this was because I was willing to make the sacrifice to serve and be obedient. I also believe our fasting made a difference. Not long after, President Howard W. Hunter [1907–95] came and organized the stake."

Perhaps the largest challenge for Vaea, however, was getting to the temple to be sealed. He and his girlfriend had decided to get married, and they both wanted to get married in the temple. But the closest temple at the time was in New Zealand, and the cost of getting there was tremendous.

"For a whole year we fasted together every Tuesday to find a way to make it to the temple. She was still living on an island in the north; I was in Ha'apai. It was difficult. But then two businessmen heard our story, and they felt inspired to help. They actually paid for our trip. They said that if we truly wanted to be married in the temple, they would provide the way. I did not have any property or even a job so I could pay them back, but they did not want anything. It was a tremendous blessing."

Blessings of Living the Gospel

Just as the taro plants and coconut trees nourish those who tend them, these Tongan Saints have learned that the Lord blesses those who serve Him. And just as the waves lap continuously upon the Tongan shores, the Lord is a constant factor in these members' lives. Whether it be through repentance or tithing or simple, daily commitments, they have discovered peace, comfort, and happiness as they have dedicated themselves to the service of the Lord. And they testify that such blessings are available to all who make the same commitment (see Mosiah 2:24, 41; D&C 130:20–21). ■

BLESSINGS OF REPENTANCE

Sione Finau learned the hard way the power of living "after the manner of happiness" (2 Nephi 5:27).

Born in Tonga and raised in Hawaii, he stopped going to church when he was old enough to make his own decisions. Part of his problem, he says, was so-called friends who encouraged him into forbidden paths. Soon Sione had gotten into so much trouble he had to return to Tonga.

"That's when my life changed," he says. "I moved in with an auntie who was strong and active in the Church. I started attending church with her and making friends with the local young single adults.

"They showed me a different kind of happiness—a clean happiness through the gospel. So I started attending institute and other activities as well. I began to build my testimony."

Sione finds great joy in life now. Why? "The principle of repentance is something we can truly enjoy in this life," he explains. "I'm so happy for all the blessings I've received. I know the work we are doing is our Father's work. Whatever He wants me to do, whatever calling I receive, I want to do to the best of my ability because I know it's true. I made that promise years ago, and I'm never going to go back. I've seen both sides, and I know which is better."

Sione Finau with his wife, Oa.





By Julie B. Beck
Relief Society General President



USING Relief Society Meetings TO TEACH AND INSPIRE

Inspired Relief Society presidencies and priesthood leaders use Relief Society meetings to fulfill the purposes and work of Relief Society.

Sisters from around the world are finding that Relief Society meetings can help teach Latter-day Saint women and engage them in the Lord's work of salvation.

In the Philippines, Relief Society leaders wanted to support the Area Presidency in their desire to have members prepare to attend the Cebu Philippines Temple after it was dedicated. They discussed ideas with their bishop. As a result, they held additional Relief Society meetings on temple preparation, modesty in dress, and the blessings of paying tithing.

In Mexico City, where flooding often occurs during torrential rainstorms, Relief Society leaders organized projects to help the sisters and their families be prepared to leave their homes quickly. In another ward with 20 widows, leaders organized a Relief Society meeting to help support and strengthen those sisters.

In California, USA, one Relief Society president used ongoing parenthood

classes to strengthen and teach young mothers. They have now started these classes in Spanish.

In Moscow, Russia, sisters in one Relief Society wanted to focus on strengthening their families and homes by learning basic homemaking skills. They began classes on cooking, sewing, and making their homes lovelier.

Experiences such as these came as a result of Relief Society leaders implementing the new policy for Relief Society meetings, announced during the general Relief Society meeting on September 26, 2009.¹

Working Together

Relief Society is the largest women's organization in the world. The fact that it works under priesthood direction makes it completely unique. It allows our worldwide Relief Society to work in all cultures.

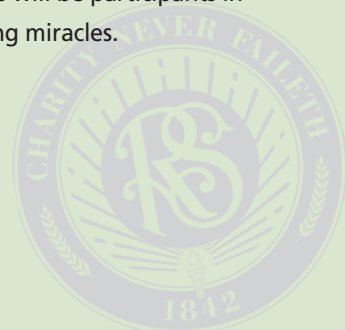
Every bishop or branch president has the responsibility for his specific unit. Each Relief Society president is called to

THE PURPOSE OF RELIEF SOCIETY

The purpose of Relief Society as established by the Lord is to prepare women for the blessings of eternal life by helping them:

1. Increase faith and personal righteousness.
2. Strengthen families and homes.
3. Seek out and help those in need.

As each sister in the Church does her part to ensure that the purposes of Relief Society are fulfilled, angels will be our associates and we will be participants in amazing miracles.





HOW TO ANNOUNCE RELIEF SOCIETY MEETINGS

Individual Relief Society meetings that are not held on Sunday can be called whatever they are: Relief Society service, classes, projects, conferences, or workshops. Following are a few examples of how to announce these meetings:

- "Please come to our Relief Society class on how to prepare for the temple."
- "This Thursday we will have a Relief Society meeting for all sisters on using *Preach My Gospel* in family home evening."
- "The Relief Society will be holding a workshop on gardening."
- "A Relief Society service project will be held on Saturday morning."

assist one bishop or branch president. Each priesthood leader and Relief Society presidency member has been set apart and blessed to receive inspiration for his or her particular responsibilities—and not for any other ward or branch or group of Relief Society sisters. As a result, all Relief Societies—whether in Chile, Hong Kong, Ghana, or elsewhere—can each plan what their sisters specifically need.

Following are examples of how two Relief Society presidents worked in partnership with their bishops:

A Relief Society presidency in Pleasant Grove, Utah, met with their bishop to discuss ward goals before planning Relief Society classes. Based on those goals, Relief Society leaders planned a meeting where a sister in the ward shared how she uses *Preach My Gospel* for family home evening. They also arranged several gardening workshops, including how to store food from one's garden. Of the presidency's meetings with the bishop, the Relief Society president says, "We feel our bishop's love, knowing he is praying to the Lord in our behalf."

A Relief Society president in Lehi, Utah, using information from reliefsociety.lds.org, proposed six months of meetings to the bishop. She says, "I encouraged my counselor to train our Relief Society meeting coordinator to focus on the purposes of Relief Society as they planned our monthly classes. When they met with the Relief Society committee members, they asked them to pray about how we could use the purposes of Relief Society to help meet the needs in our ward.

The committee came back with many ideas. Then with the bishop's input and approval, we finalized our plans."

Praying for Inspiration

Relief Society presidents who get on their knees and ask Heavenly Father to tell them what they need to learn will have revelation pouring down to them in beauty and detail. One Relief Society president says, "The Lord knows the hearts and minds of each of our sisters. He knows their struggles and heartaches, their joys and their sorrows. And only He truly knows what will best help them. Thus, our solution is to ask in faith for direction."

The purpose of Relief Society will take on a new strength for Relief Society leaders, the sisters, and their families. Relief Society meetings will be a place where sisters can be taught and inspired in ways that meet their needs and, in turn, the needs of the ward or branch. ■

NOTE

1. See Julie B. Beck, "Relief Society: A Sacred Work," *Liahona* and *Ensign*, Nov. 2009, 110–14.

For more information about Relief Society meetings, go to www.reliefsociety.lds.org.



SUMMARY OF CHANGES IN RELIEF SOCIETY MEETINGS

- Align the name of Relief Society meetings with Relief Society purposes and work.
- Encourage counseling between the Relief Society president and the bishop or branch president.
- Focus sisters on increasing their faith and personal righteousness.
- Emphasize strengthening families and homes.
- Give sisters opportunities to organize efforts to seek out and help those in need.

SUMMARY OF POLICIES FOR RELIEF SOCIETY MEETINGS

- The Relief Society president oversees all Relief Society meetings; she may ask the first or second counselor to assist her with Relief Society meetings.
- A sister in the ward or branch may be called as the Relief Society meeting coordinator. A Relief Society meeting committee may be called to assist her.

- Additional Relief Society meetings are generally held monthly, but the Relief Society presidency may recommend that they be held more or less often. Efforts should be made to hold the meetings at least quarterly, and they are usually held at a time other than on Sunday or on Monday evening. At least one member of the Relief Society presidency should attend all Relief Society meetings.
- In planning meetings, leaders should give priority to topics that fulfill Relief Society purposes, such as marriage and family, homemaking, provident living and self-reliance, compassionate service, temple and family history, sharing the gospel, and other subjects requested by the bishop or branch president.
- Meetings can focus on one topic or be divided into more than one class or activity. Generally, teachers should be members of the ward or stake.
- These meetings can be valuable supplements to Sunday instruction, especially for sisters who serve in Primary or Young Women or who are unable to attend Sunday meetings.
- Relief Society leaders should follow Church policies about finances and activities.

STAKE RELIEF SOCIETY MEETINGS

As approved by the stake president, one or two stake Relief Society meetings may be planned and carried out by the stake Relief Society presidency each year for all Relief Society sisters in the stake. One of these stake Relief Society meetings may be held in conjunction with the annual broadcast of the general Relief Society meeting, which is on September 25 this year.

COUNSELING WITH THE BISHOP OR BRANCH PRESIDENT

Using Relief Society meetings appropriately will increase the ability of the Relief Society to work in powerful ways with the priesthood leaders in every ward or branch.

- The Relief Society president should counsel regularly with her bishop or branch president regarding how these meetings can strengthen individuals and families.
- The Relief Society presidency makes recommendations about Relief Society meetings to the bishop or branch president for his approval, taking into consideration time commitments of sisters, family circumstances, travel distance and cost, safety, financial cost to the ward or branch, and other local circumstances.



WOULD YOU PRAY WITH ME?

I will be back in a few minutes,” my Thai host father said on his way out the front door. At least, I *think* that’s what he said. My comprehension of the Thai language was sketchy at best.

I had lived in Thailand for about four months as a community service volunteer, and although I could speak basic Thai, I still had a lot to learn. I had just changed areas, but my new host family already understood that I was a member of The Church of Jesus Christ of Latter-day Saints. I did my best to explain my values and even gave the family a Thai Book of Mormon and a *For the Strength of Youth* pamphlet.

As I waited for my host father to come home, I sat on the living room

floor and began studying a Thai phrase book. Suddenly, a strong impression came to me to invite him to pray with me. It had occurred to me before to ask him, but the impression had never come so powerfully. During my time in Thailand, I had shared the gospel on many occasions, but I had never asked anyone to pray with me.

My host father and I had a good relationship. I even called him “Dad,” which he seemed to appreciate. I felt excited and then nervous. What if he told me no? What if he felt uncomfortable around me for the rest of my time with his family? Should I chance ruining our relationship? To make matters worse, I didn’t know how to pray in Thai. I didn’t even know enough Thai

to ask my host father to pray, so I asked my Heavenly Father for help.

Shortly afterward, I heard a loud clang as the front gate closed. As my host father entered, he greeted me and announced that he was going to bed. I realized that I couldn’t let this opportunity pass. As I opened my mouth to speak, I immediately knew what to say and how to say it in Thai.

“Dad, in America I used to pray with my family, and I really miss doing so. Would you pray with me?” I was surprised by his response.

“Jon,” he replied, “of course I would. Teach me how.”

I then explained in Thai what prayer is but decided to say my prayer in English. I knew God was listening, and I knew my host father felt the Spirit. My eyes welled with tears as he followed the conclusion of my prayer with “amen.”

I can’t express in words the joy and love I felt for my host father and my Heavenly Father. That experience gave me confidence and led to more experiences in sharing the gospel with others. Unfortunately, my host family never accepted my invitation to attend the local branch, but I know that the knowledge I shared with them will benefit them sooner or later.

Though we may not always see the fruits of our labors in this life, I learned that planting gospel seeds can bless at least one life—your own. And in the Lord’s time, those seeds may bless the lives of others. ■

Jonathan H. Bowden, Utah, USA



What if he told me he didn’t want to pray? Should I chance ruining our relationship?

WOULD ÑAKI EVER COME HOME?

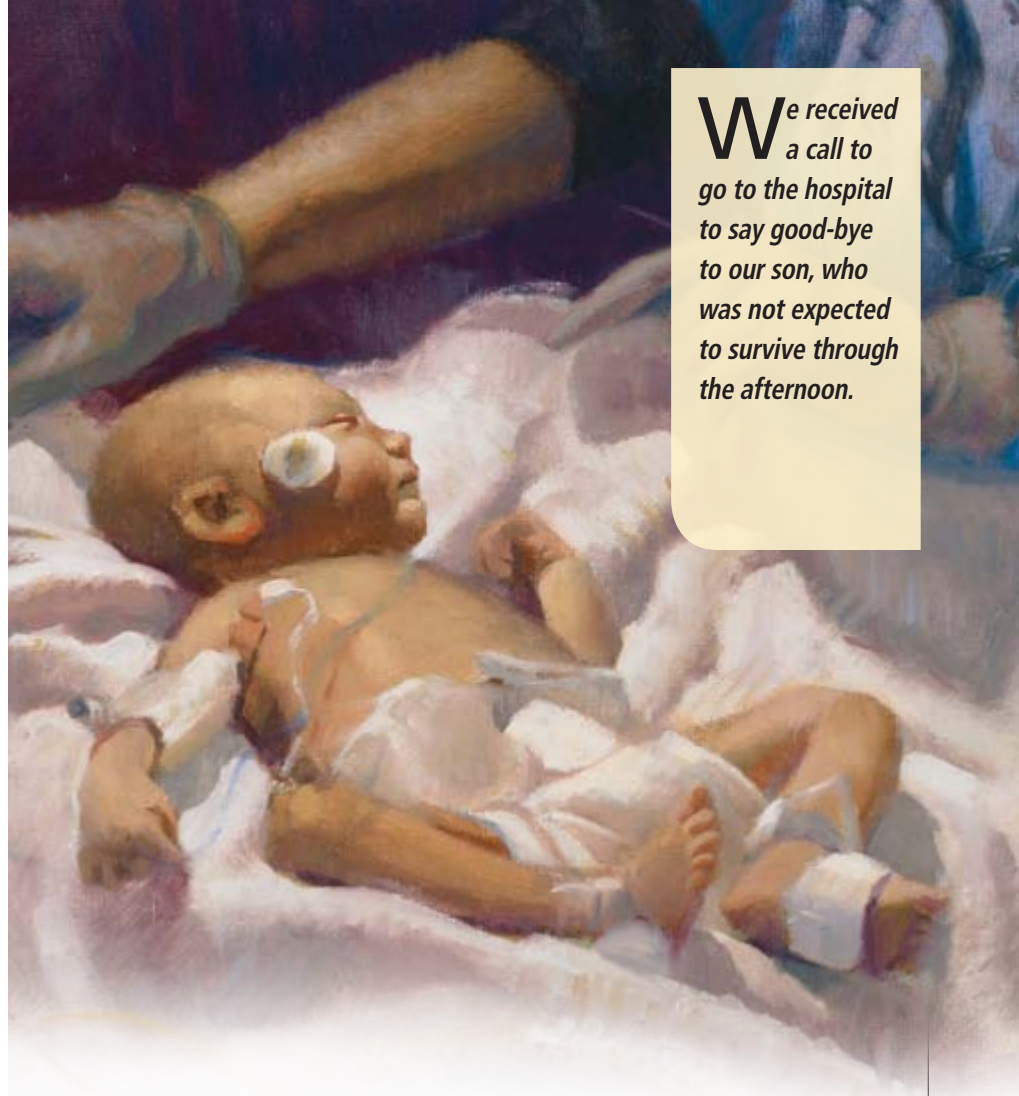
After only 23 weeks gestation, our third son, Ñaki, was born via emergency cesarean section. He weighed only 1 pound, 4 ounces (560 g) and measured 12.2 inches (31 cm).

Because our son was so premature, there was not much chance he would survive. Our doctor asked us if we really wanted physicians to help him, thus prolonging the inevitable. I answered that as long as he was alive, we had to give him a chance. Then I asked God for a miracle.

Ñaki received a blessing of health that first night. During the next four long months, he suffered a perforation in his intestines, a brain hemorrhage, and a collapsed lung. Because of his circumstances, we received permission to give him a name and a blessing in the hospital.

Throughout this process, we met other parents who suffered just as we did, and we offered each other support and comfort. We also shared our testimonies of the gospel with everyone we could.

One day we received a call to go to the hospital to say good-bye to our son, who was not expected to survive through the afternoon. When we arrived, we held him and spoke to him. Seeing him in his weak condition was indescribably painful. For the first time, my husband and I realized that we were just temporary guardians for



We received a call to go to the hospital to say good-bye to our son, who was not expected to survive through the afternoon.

this child of God. All we could do to help him was pray and ask Heavenly Father for His will to be done. Ñaki clung to life that afternoon, and we are grateful that he continued to do so in the days that followed.

During the four months Ñaki spent in the neonatal intensive-care unit, we repeatedly saw the power of the priesthood in action as Heavenly Father blessed our son through the hands of physicians and priesthood holders—eventually healing him, to the amazement of the doctors.

In October 2008, Ñaki came home. We have learned many things as

a family through this experience. We know that our Heavenly Father loves us and that He works miracles and preserves His Saints despite the trials we must endure. And we understand better the purpose of eternal families, the important role they play in the plan of happiness, and how generous our Heavenly Father is with His children.

Today we are a different family, more united and more aware of the suffering and needs of those around us—all because of our son and the miracle he has wrought in our lives. ■

Paulina del Pilar Zelada Muñoz,
Santiago, Chile

GOD WILL BLESS ME

I was serving in the mission office of the El Salvador San Salvador Mission when the mission president transferred me to an area that had been closed for many years. The leaders of the branch there had not only prayed and fasted that missionaries would return, but they had also prepared for that day.

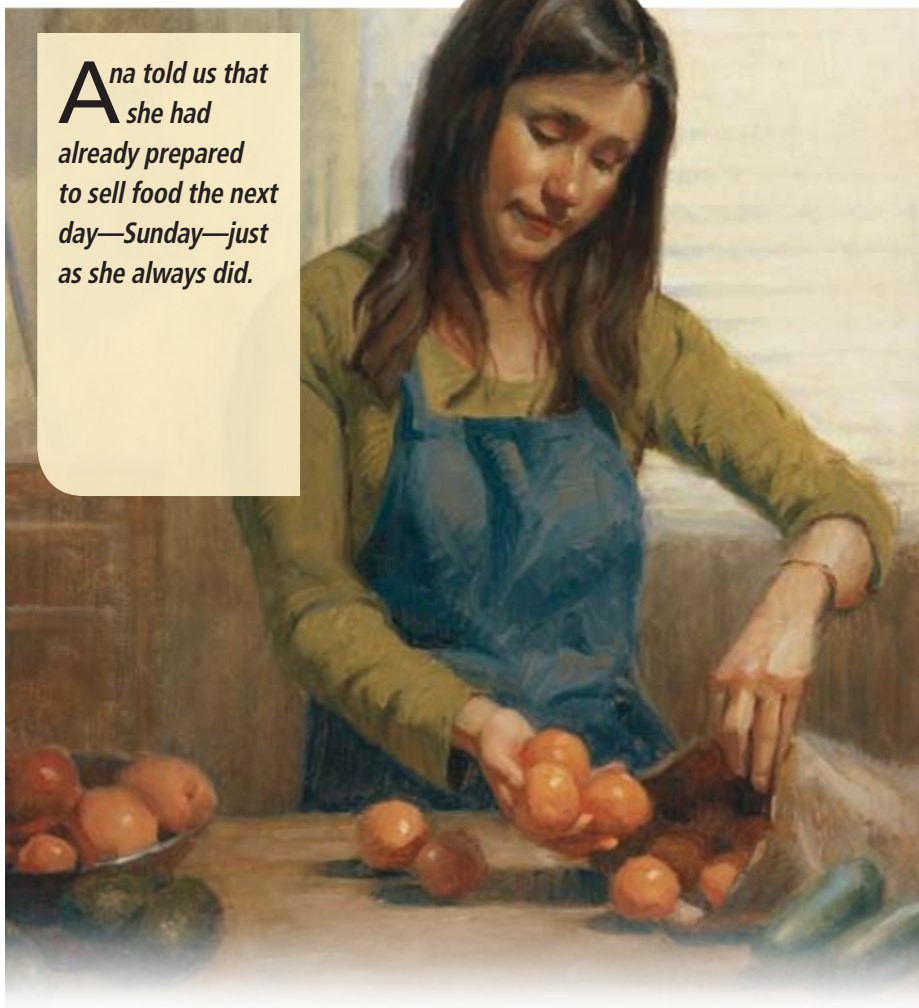
When I arrived, every family in the branch had friends who were ready to receive the missionaries. One member introduced us to a lady named Ana Oviedo, who sold fruit and homemade food on one of the busiest street corners in the city. While she was there selling food one Saturday morning, we asked if we could visit her at her home and share a message about Jesus Christ. She accepted.

When we arrived that night, Ana and her four children were waiting for us. We introduced ourselves and started teaching them. We felt inspired to teach about the blessings of keeping the Sabbath day holy. We also taught the family about tithing and the promises made by the prophet Malachi (see Malachi 3:10–12).

In response, Ana told us that she had already prepared to sell food the next day—Sunday—just as she always did. We then offered a prayer, asking Heavenly Father to bless this poor family, which needed the mother's income.

The following day we were surprised to see her come to church with

Ana told us that she had already prepared to sell food the next day—Sunday—just as she always did.



her children. We welcomed them and asked her what had happened with the food she had prepared to sell.

“Elders, I spent last night pondering God’s promises,” she said. “He will bless me.” Then she added, “Elders, where do I pay my tithing?”

We were moved by her show of faith, and we prayed that the Lord would answer our prayers for this family.

The next evening we went by her house again. She was crying tears of gratitude because God had blessed her so greatly that day. She said she had been selling food on that corner her whole life—Monday through

Sunday, 8:00 a.m. to 6:00 p.m.—and that she always had leftover items that didn’t sell. But that Monday she had sold all of her food by 1:00 p.m.

Heavenly Father had answered our prayers. The Lord continued to bless Ana, and she no longer needed to sell food on the Sabbath. Her children were soon baptized, but Ana’s husband would not consent to her baptism. Nevertheless, she remained faithful to the gospel and attended church until the day she died.

I know Heavenly Father keeps His promises when we obey His commandments with all our heart. ■

Julio Cesar Merlos, Texas, USA

JIM NEEDED MY HELP

Shortly after our marriage in the Salt Lake Temple, Jim and I found ourselves living in a rented cottage on the Oregon coast. Jim was a topographic engineer for the government, in charge of checking and correcting a map of the Oregon coastline. Each morning he would leave with another engineer to continue the work of the previous day. His work was difficult because the coast was heavily forested.

One evening as I was about to start dinner, a strong impression came into

my mind that my dinner preparations were not important. Jim would not be home for dinner that night. Another thought followed: Jim was in trouble and needed my help!

I did not hear a voice, but the message came as clearly into my mind as if it had been spoken. I had to help him, but where was he? He worked each day along the coast, but I had no idea where he was working that day. I felt impelled to get in the car and drive to the main highway, but in which

direction should I turn? With only slight hesitation, I felt that I should turn south. I then passed many side roads, any one of which could have been the area of Jim's work.

I was impressed to leave the highway and follow one of the single-lane roads. It was raining, and after a mile or two the road became a muddy trail. I decided I had better turn around and head back. It was getting dark, and I thought, "It was silly of me to have come."

But no sooner had I turned onto the highway than I came upon two tired, despondent engineers, so covered with mud that no one else would have wanted to pick them up. Jim and his co-worker told me that their truck had become stuck in a mud hole. They had tried to free it but finally left it and hiked through dense undergrowth back to the main highway.

"How did you know where we were?" they wondered, relieved that I had found them. My relief was equal to theirs as I explained how I had been guided by the Spirit.

As Jim and I knelt in prayer that evening, we gave thanks for the influence of the Holy Ghost, which had come to me in answer to my husband's prayers for help. ■

Jean Partridge, Utah, USA

I was impressed to leave the highway and follow one of the single-lane roads. It was raining, and after a mile or two the road became a muddy trail.



By Elder L. Tom Perry

Of the Quorum
of the Twelve Apostles

TO RETURNED MISSIONARIES

What we need is a royal army of returned missionaries reenlisted into service.

I have learned from many conversations with returned missionaries that the adjustment associated with leaving the mission field and returning to the world you left behind is sometimes difficult. May I offer just a few suggestions?

Frequent, Consistent, and Mighty Prayer

One of the strongest recollections I have of being a missionary is how close I drew to the Lord through the practice of regular prayer. In my day the mission home was located on State Street in Salt Lake City. It was a large house that had been converted to a missionary training center. It had large dormitory rooms with perhaps as many as 10 beds in a room. We checked in on Sunday night.

The week before I entered the mission field was an exciting time. There were a lot of parties and farewells. I am afraid that I was not properly rested

and prepared for the training I was to receive at the mission home. As the evening of our first day in the mission home came to a close, I was weary. While waiting for the other missionaries to prepare themselves for bed, I stretched out on my bed and promptly fell asleep. My sleep, however, was interrupted by a feeling that I was surrounded. As the fog of sleep lifted, I heard the words of a prayer being said. I opened my eyes, and much to my surprise I found all the elders in my dormitory room kneeling around my bed, concluding the day with a prayer. I quickly closed my eyes and acted as if I was asleep. I was too embarrassed to get out of bed and join them. Even though my first experience with prayer as a missionary was an embarrassing one, it was the beginning of two wonderful years of frequently calling upon the Lord for guidance.

Throughout my mission, I prayed with my companion each morning as

we began a new day. The process was repeated each night before we retired. We offered a prayer before we studied, a prayer as we left our apartment to go out tracting, and of course special prayers when special guidance was needed to direct our missionary work. The frequency of our appeals to our Father in Heaven gave us strength and courage to press forward in the work to which we had been called. Answers would come, sometimes in astonishingly direct and positive ways. The guidance of the Holy Spirit seemed to be magnified the more times we appealed to Heavenly Father for direction on a given day.

As I look back on my life following my mission, I realize that there were periods when I was able to maintain the same closeness to the Lord that I experienced in the mission field. There were also periods when the world seemed to creep in and I was less consistent and faithful with my prayers.

Wouldn't this be a good time for a little self-evaluation to determine if we still have the same relationship with our Father in Heaven that we enjoyed in the mission field? If the world has diverted us from the practice of prayer, we then have lost a great spiritual power. Maybe it is time that we rekindle our missionary spirit through more frequent, consistent, and mighty prayer.



Individual and Companion Scripture Study

The next fond memory I have of being a missionary is that of daily engaging in scripture study. The discipline of following a scripture-study plan of learning the gospel was a wonderful, rewarding experience. The knowledge of the teachings of the scriptures would unfold in a glorious way through individual study. As a missionary I recall marveling at how completely the Lord had prepared a plan for His children here on earth, how in all dispensations of time He has inspired the minds of His prophets to record His dealings with them. His words are always positive and direct, revealing the blessings that come through following His law and His way.

We would also take an hour or more each day to study as companions together. Having two sets of eyes examine the doctrine of the kingdom seemed to multiply our understanding. We would read together, then share our insights.

Our minds were sharpened as we followed the daily practice of individual and companion study. The practice brought us closer together as companions and increased our understanding of the doctrines of the kingdom.

When we leave the mission field, we no longer have companions to help us discipline our study habits, but that does not mean that the practice should be discontinued. As we return home, how great it would be to hold daily family scripture study. If we leave home, couldn't we invite roommates and friends to study with us? The practice of holding regular study classes and attending institute

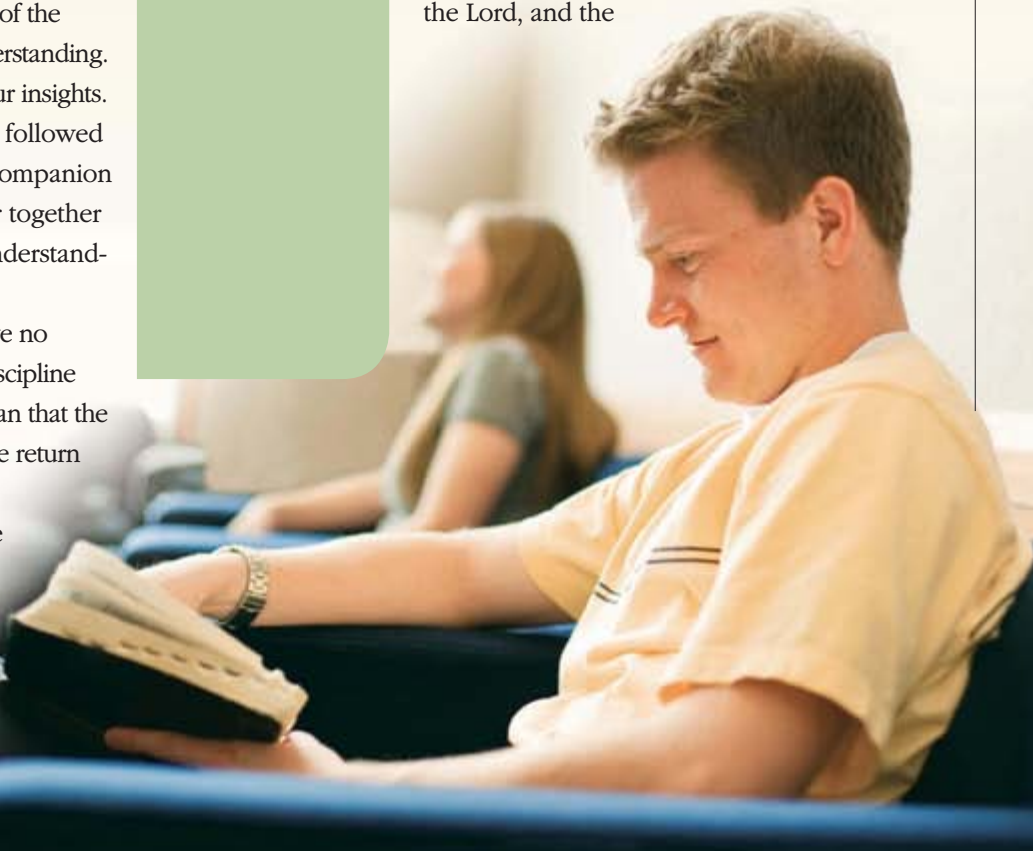
Attending institute would help keep the doctrines of the kingdom clear in our minds and offset the persistent intrusion of worldly concerns.

would help keep the doctrines of the kingdom clear in our minds and offset the persistent intrusion of worldly concerns. Of course, when we marry, we have eternal companions with whom we can study and share gospel teachings.

The scriptures are always there to deepen our understanding of the purpose of life and what we need to do to make life more fulfilling and rewarding. Please keep alive the practice of regular individual and companion scripture study.

The Joy of Teaching the Gospel

Do you remember the joy that comes from teaching the gospel to someone who has been deprived of these teachings throughout his or her life, the excitement that comes when you teach the law of the Lord, and the



blessings that are received from following Him? Could you ever forget the joy of your first baptism in the mission field?

In my day the chapels were not equipped with baptismal fonts. My first baptism was in the Scioto River in the state of Ohio, USA. It was on a cool fall day, and the water seemed even colder than the air. I remember the shock of wading into the cold river while encouraging my investigator to follow me. The coldness of the air and the water, however, soon vanished as I administered the ordinance of baptism. Seeing the radiant face of the individual who came up out of the waters of baptism is an image I will never forget.

Opportunities to teach the gospel and



While returned missionaries would not wear the badge of a full-time missionary, they could possess the same resolve and determination to bring the light of the gospel to a world struggling to find its way.

baptize are not exclusive to those who wear the badge of a full-time missionary. I wonder why we allow the fire of missionary service to diminish when we return to the activities of our life in the world.

There has never been a time in the history of mankind when we have been better equipped to teach the gospel to our Father in Heaven's children here on earth. And they seem to need it more today than they ever have. We see a deterioration of faith. We see an increased love for worldliness and a depletion of moral values, both of which will cause increased heartache and despair. What we need is a royal army of returned missionaries reenlisted into service. While they would not wear the badge of a full-time missionary, they could possess the same resolve and determination to bring the light of the gospel to a world struggling to find its way.

I call on you returned missionaries to rededicate yourselves, to become reinfused with the desire and spirit of missionary service. I call on you to look the part, to be the part, and to act the part of a servant of our Father in Heaven. I pray for your renewed determination to proclaim the gospel that you may become more actively engaged in this great work the Lord has called all of us to do. I want to promise you there are great blessings in store for you if you continue to press forward with the zeal you once possessed as a full-time missionary.

Go forward with new determination, and through your example, let shine the light of the gospel in this troubled world. This is the Lord's work in which we are engaged. God lives. Jesus is the Christ. We belong to His Church. This is my witness to you. ■

From an October 2001 general conference address. For the full text, please visit www.conference.lds.org.



That We Might Have JOY

By Andrea Jones

It did not take long for me to realize that my mission was going to be very different than I had expected. I was faced with some unexpected challenges. I tried to stay positive, but my attempts often failed, leaving me feeling discouraged. Thankfully, I received encouragement at zone conferences, which always concluded with a testimony meeting.

I remember one particular zone conference when each missionary took the stand, expressing the joy of serving a mission. As the meeting progressed, I began to feel uncomfortable. I had been a missionary for a full year but had never felt the joy others were describing. I left that conference heavy-hearted and confused, questioning why I was even serving a mission. What was wrong with me? Why couldn't I feel that same joy? Later that night I expressed my concerns to Heavenly Father and asked Him how I could feel such joy.

Several weeks later, while attending stake conference, I received my answer during a talk by my mission president. Although he spoke to the hundreds in the audience, I felt that he spoke directly to me. He talked about the joy of Christ's Redemption that each of us

Everything that made my mission difficult seemed to keep me from feeling joy. But did it have to?

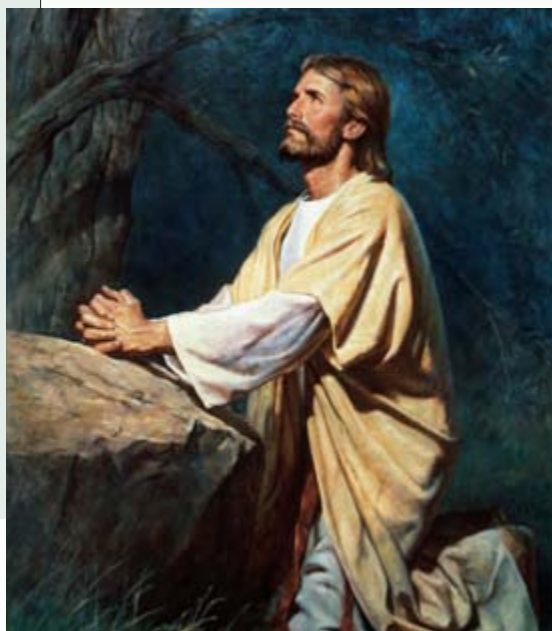
We can feel joy from understanding the significance of the Savior's Atonement.

can feel every day. He testified that even during difficult and uncertain times, we can feel joy from understanding the significance of the Savior's Atonement.

I knew those words were for me. Heavenly Father had answered my prayer. Perhaps my mission was not going as I had thought it would, but the Savior loved me and had atoned for my sins. The joy I thought I had never experienced was all around me. I just hadn't opened my heart to feel it.

My challenges continued, but this experience taught me that I could feel joy by choosing to open my heart to the Savior's redeeming power and by sharing my testimony of that power with others.

Since my mission I have come to understand that situations and surroundings have no lasting impact on our ability to feel joy. Instead, true joy comes from obeying and believing in Heavenly Father and His Son, Jesus Christ, who made life here—and hereafter—"that [we] might have joy" (2 Nephi 2:25). ■



To the Point

I often ask my nonmember friends to come to church with me. Is it OK to go to church with them if they ask me to?

While you shouldn't ever skip your own Church meetings to go to another church with a friend, it's OK to occasionally go with friends to see their religious services.

You'll get a chance to learn about other religions and what makes ours different. Remember to be respectful of their worship services, just as you hope they will be respectful of ours.

Learning about your friends' religions will probably allow you to talk more openly with them about spiritual topics. Understanding what is important to them can be helpful in explaining what is important to you. They will appreciate your efforts to learn more

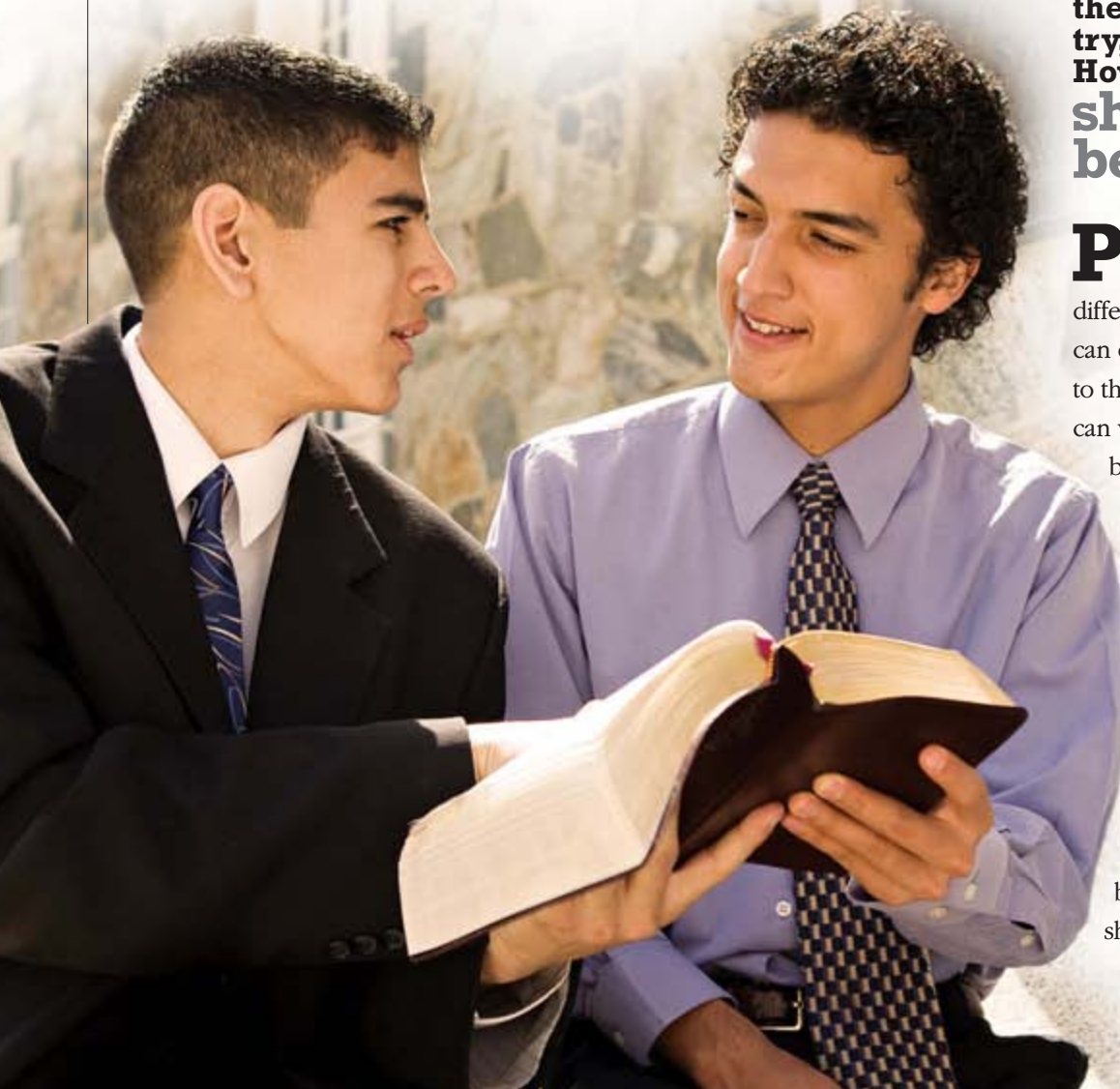
about them and their beliefs.

As you do this, be careful. Avoid doing anything that makes you feel uncomfortable or causes you to question your beliefs and standards. Before you go, pray to have the Spirit with you. Then enjoy the opportunity to expand your knowledge of different religions and, at the same time, understand more about your own. ■

I wish I could tell the whole world about the gospel. But when I try, I feel inadequate. How can I learn to share what I believe?

People share their testimonies in many different ways. Some people can easily bear their testimonies to those around them. Others can write their testimonies in a beautiful style. Others share their faith through music or art. Testimonies are also shared through example, by the way we live.

By sharing your testimony, it will grow, and you will gain confidence not only in yourself but also in your testimony. Pray for help and strength to better develop your ability to share what you believe with





If you fear speaking in front of others, try writing your testimony and reading it to yourself out loud. This may help you feel more comfortable in sharing your testimony.

others. The Lord has promised that if you open your mouth, it will be filled (see D&C 33:8).

If you fear speaking in front of others, try writing your testimony and reading it to yourself out loud. This may help you feel more comfortable in sharing your testimony. Start by sharing it with family and close friends. Take small, simple steps, relying on the Lord, and over time you will feel more comfortable bearing your testimony in meetings or with anyone you meet.

Don't worry what others might think of you. If they are ready, your testimony will invite the Holy Ghost to touch them. Remember that your testimony is yours and that it is special to the Lord and to you.

President Thomas S. Monson said: "You possess a testimony; share it. Never underestimate the far-reaching influence of your testimony" ("Be Thou an Example," *Liahona*, May 2005, 115; "A Code to Live By," *New Era*, Sept. 2005, 8). ■

In my Sunday School class some people are irreverent. I've talked to the teacher and to my bishop. What else can I do?

First, set an example for the others in your class. Show interest in what the teacher has prepared. If they see that you want to learn, they may realize that what is being taught has value.

Set an example.

Show interest in what the teacher has prepared.

Participate and draw others in by asking and responding to questions.

Class members will pay more attention when they are involved, so participate yourself and draw them in by asking and responding to questions that will encourage discussion and deeper thinking about the topic.

Pray to have the Holy Ghost

bring a calming and inspiring influence to your class so that all of you can learn from the lesson.

Finally, love and forgive those who cause the distractions. Although you may dislike their behavior, they aren't likely to change if they feel you are constantly angry or that you're looking down on them. Instead, pray for them and serve them. When they see that you care about them and are enthusiastic about the lesson, your enthusiasm could spread. ■



E-mail your questions to liahona@ldschurch.org, with "To the Point" in the subject line.

TRUTH WILL

Should I serve a mission? The answer I received was rock solid.

By Oliver Mayall

I grew up in an active Latter-day Saint family in England, the eighth of 10 children. Our faithful parents taught us the gospel and set good examples. But at about age 14, I began to find it difficult to attend early-morning seminary, go to various classes and firesides, and attend youth activities. Most of my friends were not members of the Church and had very different standards from the ones I was raised with.

I began to make bad decisions because I wanted so much to be like my friends and have the so-called fun they were having. By the time I was 15, I was completely inactive in the Church. As I became older, my life grew even more worldly.

At the same time, however, I began to feel something deep down in my soul. Questions about the purpose of life and the destiny of man

started to fill my mind. The world I once knew and thought I loved had become a very dark, cold, and lonely place. My soul was not fully satisfied with what the world had to offer. I had a feeling that I should be somewhere other than my hometown, a feeling that I was meant to do something else with my life.

After many weeks of these feelings and thoughts, I decided to pray and ask for help, the first time I had prayed in a long while. I decided to wait until night, when everyone was asleep. After my prayer, I thought and listened, but there was nothing. I continued in this way for weeks until it hit me: perhaps God would not answer me straight away simply because I had been raised in the gospel and unfortunately I had never seriously appreciated it.

One evening I changed my

***I chose a place in the hills
on the moors where I
would not be disturbed.
I took my lunch, scriptures,
and my journal and climbed
to the top to offer the
desires of my heart to
my Father in Heaven.***

method. Instead of demanding an answer and expecting the Lord to give it straight away, I promised the Lord that if He would answer, I would serve Him as a missionary. For the first time, I prayed to know if the Book of Mormon, Joseph Smith, and the Church teachings were true. I felt something so powerful yet so

PREVAIL



peaceful that it caused me to weep.

I went to my bishop, who happened to be my eldest brother, and asked to serve a mission. I was nervous, but I knew that because the Lord had kept His end of the deal, I had to keep mine. Tears streamed down my bishop's face as I related my experience.

Then I began dating Kelly, a friend who was not a member of the Church. I related to her my plans to serve a mission. Kelly saw that I had changed and wondered why. This led to Kelly's having the missionary lessons and joining the Church, and I had the opportunity to baptize and confirm her. At this point I wondered if that missionary effort had fulfilled my service to the Lord. I wrestled with having to go, and I was determined to pray to find out if leaving Kelly and serving a mission was the right thing to do.

I chose a place in the hills on the moors called Saddleworth Dovestones, where I would not be disturbed. I took my lunch, scriptures, and my journal and headed out, climbing to the top to offer the desires of my heart to my Father in Heaven. As I prayed, I listened very carefully for an answer, maybe a peaceful feeling or a burning in my bosom, but I felt nothing.

As I walked back, I noticed a series of rocks on the ground carefully placed to spell out the words "Truth Will Prevail." "Curious," I

As I walked back, I noticed a series of rocks on the ground, carefully placed to spell out a phrase well known in missionary history. It was only later that I learned who had left a message that would mean so much to me.

thought, but nothing more. However, when I told my mother, she said simply, "That's your answer."

You see, when the Latter-day Saint missionaries first came to England in 1837, they began their labors in Preston. At that time the city was in the midst of a grand celebration of Queen Victoria's reign. As the missionaries alighted from their coach, they saw a banner overhead proclaiming in bold gilt letters "Truth Will Prevail."

It became a widely-used phrase in the Church and appeared in various publications. One elder, reporting on his mission to Indiana, wrote in a letter published in Nauvoo's *Times and Seasons* in 1841: "Although the Lord has chosen the weak things of

this world to preach his gospel, truth will prevail, and will prosper."¹

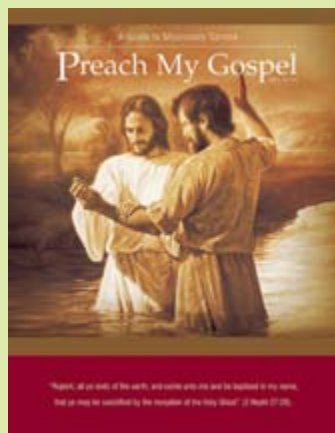
Trusting the Lord, I turned in my mission papers. On my 21st birthday, along with my birthday post, came my call to serve in the England London South Mission. Due to my years of inactivity, I still felt weak and inadequate. Only later would I understand what that early missionary understood: the Lord may choose the weak things of this world to preach His gospel, but truth *will* prevail and *will* prosper.

I went in faith to the temple to be endowed. When I came out of the temple, I met two missionaries who had served in my home ward. As we talked, I described my experience out on the moors. One of the elders smiled broadly and explained that on a particular preparation day, he and his companion had hiked up on the moors and at a certain point felt impressed to place some rocks across the hillside spelling out the familiar phrase "Truth Will Prevail."

Tears streamed down our faces as we realized what had happened. Those familiar with the area know there are miles and miles of trails amongst the moors. Yet I happened to choose the very spot where the missionaries had placed those rocks. I knew there and then that the Lord had answered my prayer in the hills that day. ■

NOTE

1. Jacob Gates, *Times and Seasons*, Dec. 1, 1841, 621.



CAPTIVATED BY PREACH MY GOSPEL

One day as I was helping clean up around the house, I came across my brother's copy of *Preach My Gospel* from his mission. I knew that missionaries used it, but I had never looked at it before. I started reading it and almost couldn't put it down. (I had to because there was more cleaning to do, but I didn't want to!)

I had always wondered how missionaries do the things they do. I realized that *Preach My Gospel* can help me better understand missionary work. It has helped me be better about going up to people and talking to them and sharing the gospel in a better way.

Alissa F. (above), age 19,
New Hampshire, USA



After I learned how to

scuba dive, I got a digital underwater camera and took a picture of every fish I saw in the ocean.

Through this hobby I gained a testimony of the supreme creation of the earth.

When people ask what proof there is of God, I think of Moses 6:63, where the Lord says, "All things are created and made to bear record of me, both things which are temporal, and things which are spiritual; things which are in the heavens above, and things which are on the earth, . . . and things which are under the earth."

Elder Bates, age 20, Cauayan Philippines Mission



MY FAVORITE SCRIPTURE

2 Nephi 2:13

This scripture says that there really is a God. It says that if there were no sin, then there would be no righteousness. There must be opposition. It is a scripture that testifies of God.

Maria H. (below),
age 15, Hesse,
Germany



YOUTH CONFERENCE

When I went to youth conference one year, I had no idea of the impact it would have on me. We had three days packed full of fun activities, and I was excited to see old friends, meet new ones, and get involved. But my favorite part was the testimony meeting. The Spirit was strong as we bore our testimonies of the gospel, and many of us were moved to tears. For me this beautiful feeling lasted for days after the conference, and I wanted it to stay. I didn't even watch TV or listen to non-Church music. This experience truly strengthened my testimony of the Church.

The Spirit is the only way for us to know the Church is true. We must do things to allow the Holy Ghost to be with us, like studying the scriptures, praying sincerely every day, and thinking of times when we have felt the Spirit. When we live with the Spirit, we can feel His warmth and know the Church is true. I love the gospel; it has answers and direction. I wish that everyone in the world could know what we know.

Tahnee H., age 20, South Australia



To contribute to Our Space, please e-mail your submission to liahona@ldschurch.org.

Miracle at a Stoplight

He was on a scooter, waiting for the light.

I had only seconds to talk to him.

By Benjamin Hayford

As my missionary companion, Elder Platt, and I were walking through a market in the streets of Taichung, Taiwan, we stopped at a main intersection and waited at the red light. Just after stopping, I heard a familiar sound behind us. As several scooters pulled up beside us, I turned to see who we could talk to. At that moment, a distinct impression filled my heart and my mind. No voice was spoken, no words were uttered, but I felt impressed that I needed to talk to the man on the scooter just a few steps to my left.

I moved with a sense of urgency to speak with the man. It felt as if someone was actually pushing me from behind and moving my feet for me. I opened my mouth and asked the man, “Are you having a good day today?” He looked at me and responded that he was having a bad day. At that instant the stoplight turned from red to green, and my heart fell. I was afraid the man would drive away. I had said nothing to him of the Restoration of the true and living Church of Jesus Christ, of the

Prophet Joseph Smith, or of the Book of Mormon. I had not even told him the name of the Church.

The people around us began to drive off, but the man did not. He suggested that we move to the side of the road to talk more. I was shocked, but I gratefully complied with his suggestion. At the side of the road, Elder Platt and I shared with him the name of the Church and much more.

A few weeks later, that man, Su Meng-Wei, and his two sons and two daughters were baptized and confirmed members of The Church of Jesus Christ of Latter-day Saints.

From that experience, I learned that as we faithfully strive to do the Lord’s work in His way and on His timetable, we are sometimes privileged to witness miracles. The prophet Moroni declared that “God has not ceased to be a God of miracles. Behold, are not the things that God hath wrought marvelous in our eyes?” (Mormon 9:15–16). Miracles can come with the touching of hearts and the changing of lives.

Preach My Gospel contains this

promise to missionaries and members of the Church: “The Lord is preparing people to receive you and the restored gospel. He will lead you to them or He will lead them to you.

... Such people will recognize that you are the Lord’s servants. They will be willing to act on your message.”¹ It was no accident that Elder Platt and I were at that specific stoplight at that exact time.

Heavenly Father knows and loves each of us individually. In no coincidental way, He provides a way for all of us to come to a knowledge of the restored gospel. The Lord was mindful of the challenges and difficulties in Su Meng-Wei’s life. He knew that Su Meng-Wei had recently become unemployed. He knew that contentious words had been spoken in the Su house that morning.

The gospel has brought more peace to the Su family and has strengthened their family relationships.





It has helped them find greater happiness and direction in life. They have found the power to face life's challenges with hope and without fear.

We may not see it at first, but those who have been prepared will recognize that we are the Lord's servants. They will notice something different about us. They will see goodness and will want to know more about it. As they feel the Holy Ghost, they will be willing to act on our message. Just as this message has touched the hearts and changed the lives of the Su family in Taiwan, so it can and will touch the hearts and change the lives of those we know, wherever in the world we may be.

Praying for guidance, we can daily ask ourselves this question: whom do I know that the Lord is preparing to come to a knowledge of the restored gospel? Exercising our faith in this way, we will be ready to follow the promptings of the Holy Ghost and open our mouths to share the precious truths we are blessed to know.

Marvelous opportunities are sure to follow. ■

NOTE

1. *Preach My Gospel: A Guide to Missionary Service* (2004), 155, 156.

COME READY TO PLAY

*Just showing up
isn't enough.*

Basketball is one of the most important things in the life of Roger Enrique Velasquez Paredes, who goes by Koki because it's much easier to say when the clock is running down and the game is on the line.

Koki, a member of the Victoria Ward, Puno Peru Central Stake, is a starting forward on the Benson Jazz under-17 boys' team, a community league team sponsored by Church members in Puno, Peru. Koki's team went undefeated going into the championship game each of the last two seasons and took second both years.

His experience on the team has taught Koki not only a lot about basketball but also a lot about living the gospel and making seminary worthwhile.

"Seminary and basketball aren't so different," he says, then laughs. "I have to wake up early for both."

Joking aside, Koki *does* see some important similarities between the game he loves and the gospel he lives: you have to listen to the coach, apply what he's teaching, and not stop practicing what you've learned.



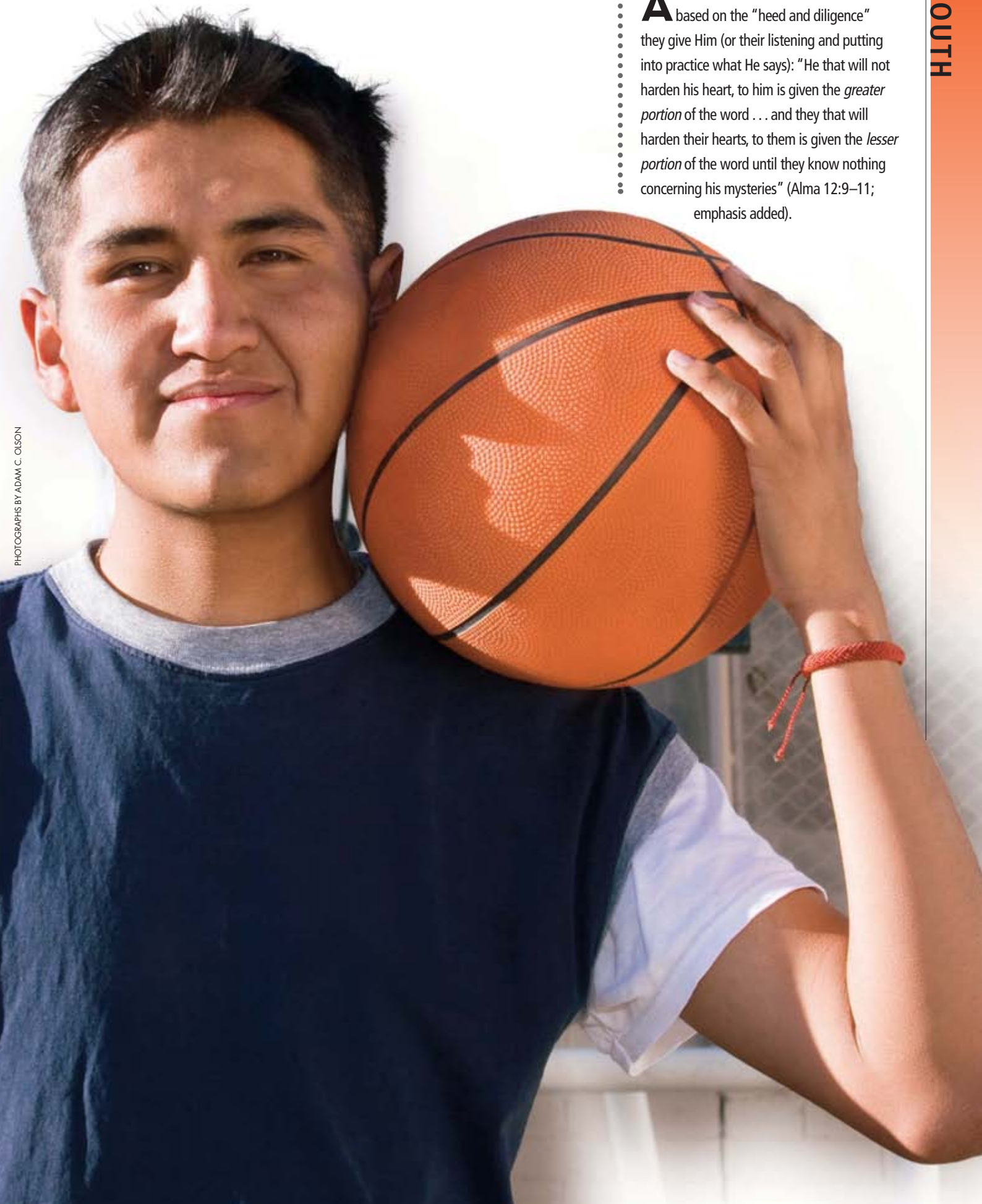
Hearken unto Thy Coach

Koki says his coach is great, but it doesn't matter how good your coach is if you don't listen. Seminary is no different.

"In both basketball and seminary, I have a good coach," Koki says. "But if I don't listen, I don't get any better."

A coach tries to teach a player things that will make him or her better, like how to shoot. "The teacher is doing the same thing," Koki says. Among other things, teachers try to help students succeed against their opponent in life. "They try to teach us how to leave the world and strengthen us against temptation."

Alma taught that the Lord teaches people based on the “heed and diligence” they give Him (or their listening and putting into practice what He says): “He that will not harden his heart, to him is given the *greater portion* of the word . . . and they that will harden their hearts, to them is given the *lesser portion* of the word until they know nothing concerning his mysteries” (Alma 12:9–11; emphasis added).



Koki has learned that just showing up, whether in basketball practice or at seminary and church, isn't enough to make you better. You have to listen to the coach.

Practice What Is Preached

Koki tries to listen while the coach is explaining something new. But he has learned that if he really wants to

opportunity to testify to us that the principle is true.

"If we learn something new but don't apply it, it's like we never really learned it," Koki says.

Use It or Lose It

Koki listened when his coach taught about shooting, and he tried to apply what he learned. Now, in order

learn, we can learn more. If not, we lose what we have."

Don't Give Up

Koki's teammates have done their best to listen to the coach and apply what he's taught them. They practice for hours to keep what they've learned.

They've also learned that after all of that, it is possible—and disappointing—to fall short of perfection. "We worked hard," Koki says. "It was discouraging to lose the championship again."

But while immediate perfection isn't guaranteed, it would be impossible if they gave up trying. In the meantime, Koki has seen that there are many rewards, including improvement and progress, that come from trying.

Koki, who is serving as a ward missionary, has seen rewards for being diligent off the court as well. He helped organize movie nights, camp-outs, and sports activities in order to interest two young men in his ward who hadn't attended church for some time. "At first we'd have to go get them, or they wouldn't come," he says. "Now they come on their own. It took a little time and a lot of visits, but they're coming regularly now."

Between playing basketball, going to seminary, and serving in the Church, Koki is learning what King Benjamin meant when he said we must be diligent to "win the prize" (Mosiah 4:27).

He's also learning that both on the court and off, the rewards are worth the work. ■



understand what the coach is saying, he'll have to put it into practice.

Putting something into practice, or applying it, is an important part of learning, Koki says. A coach can talk all day long about good shooting form and even demonstrate over and over, but until you practice doing what he says, you won't have learned how to do it yourself.

"That's how I learned about prayer," Koki says. He had been taught that consistent personal prayer would invite the Lord's help. "But it was only after I tried it that I found it was true."

Putting gospel principles into practice gives the Holy Ghost an

to improve, Koki has to be diligent in practicing.

Diligence means dedication or persistence in applying what you've learned even in the face of opposition.

"I have to be dedicated," Koki says. "If I stop training, my skills will get rusty."

That's an important lesson he learned after he couldn't practice for a while because he broke his nose in a rough pickup game with some older players.

"If we don't practice, we don't just stop progressing—we lose ground," Koki says. "It's the same spiritually. If we pay attention and apply what we

GET A GRIP



“We must hold on tight to the iron rod and never let go.”

Ann M. Dibb, second counselor in the Young Women general presidency,
“Hold On,” *Liahona* and *Ensign*, Nov. 2009, 80.

A Faithful Girl Named EMMA



How much do you know about the faithful little girl who grew up to be the wife of the Prophet Joseph Smith?

By Mark Staker

Church History Department

watch baby lambs play, and she could help gather vegetables from the big garden. When the snow started to melt, she could watch her father collect

maple sap in big buckets. She could help her mother boil the sap until it finally turned into maple sugar.

When she was a baby, Emma was baptized into a Christian church, and she went to Sunday School when she was a girl. The Church of Jesus Christ had not been restored yet.

One day when Emma was about eight years old, she went to pray in the woods. She was worried about her

father because he did not have a strong faith in Jesus Christ. While Emma was praying, her father came into the woods to go hunting. When he overheard his young daughter praying for him, he was very touched. His faith in the Lord was strengthened.

Emma grew to be a tall, intelligent girl. She was an excellent reader and writer. When she was 21, a hard-working and intelligent young man named Joseph Smith came to live at the Hale home. Emma Hale had a good character and a quick wit. She was a virtuous young woman. No wonder she and Joseph chose each other as husband and wife! ■

Emma Hale was born on July 10, 1804. She lived on a farm with her father and mother and her eight brothers and sisters. Some of her aunts, uncles, and cousins lived nearby.

The Hale farm was in Harmony, Pennsylvania, in a beautiful valley along the bank of the Susquehanna River. Emma could pick apples from the orchard. She could



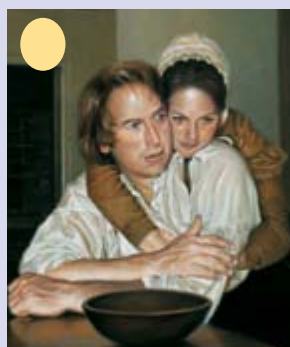
LEFT: ILLUSTRATIONS BY JULIE ROGERS; RIGHT: ALL THINGS DEAR, BY JULIE ROGERS; TIME TO LAUGH, BY LIZ LEMON SWINDLE; FOUNDATION ARTS, MAY NOT BE COPIED; JOSEPH AND EMMA AT THE HILL CUMORAH, BY ROBERT T. BARRETT © 1987; EMMA'S HYMNS, BY LIZ LEMON SWINDLE; FOUNDATION ARTS, MAY NOT BE COPIED; THOU SHALT BE COMFORTED, BY LIZ LEMON SWINDLE; FOUNDATION ARTS, MAY NOT BE COPIED; EMMA SMITH, THE ELECT LADY, BY THEODORE GORKA © 1996 IRI; ORGANIZATION OF THE RELIEF SOCIETY, BY DALE KILBOURN © IRI; PHOTOGRAPH BY JED A. CLARK; OF ONE HEART, BY LIZ LEMON SWINDLE; FOUNDATION ARTS, MAY NOT BE COPIED



EMMA GROWN UP

Find the pictures that match some of the important things Emma did when she grew up. Write the number of each description on the matching illustration.

1. When Joseph went to the Hill Cumorah to get the gold plates from Moroni, Emma went with him and waited in the wagon.
2. When Joseph translated the gold plates, Emma was the first scribe. Joseph would tell her what to write down as he translated the words.
3. Emma collected hymns for the Church's first hymnbook.
4. She was the first president of the Relief Society in Nauvoo.
5. She helped people who were sick and let poor people stay in her home.
6. When Church members were forced to leave their homes in Missouri, she and her children walked across the frozen Mississippi River to escape. In two cloth bags tied around her waist, she carried papers with Joseph's translations of the Bible.
7. She was a loving mother of 11 children, including 2 who were adopted. Only 5 of them lived to be adults.
8. Emma loved her husband, Joseph, all his life and did many things to support him in his important work of restoring the Lord's Church.



By President
Dieter F. Uchtdorf
Second Counselor in
the First Presidency



The Gospel Is for Everyone

When I was 11, my family moved to West Germany. My father and my mother ran a laundry to make a living, and I was the laundry delivery boy. I saw some shiny red bicycles, and I wished I could have one to make my deliveries. But I needed a heavy-duty bicycle to pull the cart with the laundry on it. I rode around pulling that heavy laundry cart before school and after school. It was hard seeing the other children play. But everyone in our family had to work hard, and I was an important part of the family business.

As I grew older, I learned about

the blessings of doing things that at the time you don't realize are important and good for you. When I was very little, I came down with a lung disease, but no one knew it at the time. When I grew older, I joined the air force. The doctors saw spots on my lungs. Because of the hard work of pedaling that heavy load, somehow my body had healed itself. I had built up endurance. I had built up strength. The doctors said that the disease took care of itself and that I passed my physical. Otherwise, I wouldn't have been able to become a pilot.

As a pilot, I flew all over the world. I never tired of looking

at the stars, the clouds, the landscapes. I saw the beauty of the different countries with their different cultures. I know from going to those places and seeing the people and seeing the Church in those different places that the gospel is for everyone, no matter what nation you live in or what your traditions are. It is the gospel of Jesus Christ. The word of God—whether it is written in the scriptures or spoken by the living prophets, whether we read it in Church magazines or hear it at general conferences—is for everyone. ■

Adapted from "Friend to Friend," Liahona, Apr. 1999, F2–F4; Friend, June 1998, 6–7.



HELPING YOUR FAMILY

When President Uchtdorf was young, he helped his family earn money by delivering laundry on his bicycle. Color the picture of President Uchtdorf on his bicycle. Then draw a picture of something you can do to help your family.

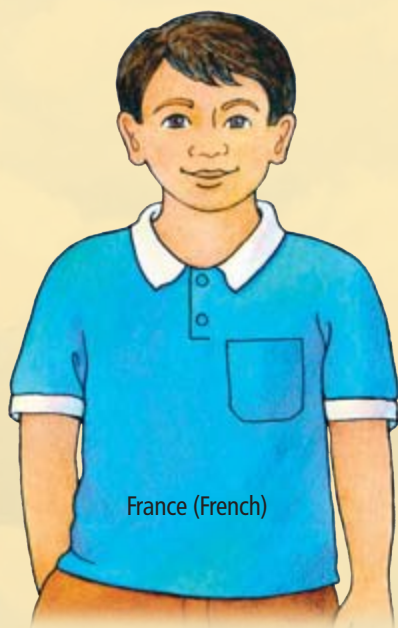


"Ang ebanghelyo ay para sa lahat!"

"L'Evangile est pour tout le monde!"

"O evangelho é para todos!"

"The gospel is for everyone!"



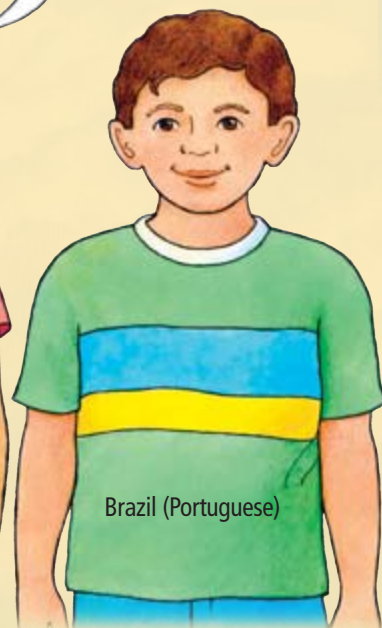
France (French)



Australia (English)



Philippines (Tagalog)



Brazil (Portuguese)

IN MANY LANGUAGES

Thanks to his hard work as a boy, President Uchtdorf was strong and healthy enough to become a pilot. He loved flying to many countries and meeting members of the Church who spoke many different languages. Each child above is saying, "The gospel is for everyone!" See if you can match each child with the speech bubble in his or her language.

I Obey Jesus Christ

Because I Love Him

By Sandra Tanner and
Cristina Franco

You can feel the Savior's love for you through the Holy Ghost. When do you feel the Savior's love? When you are

saying your prayers or reading the scriptures or singing a Primary song?

Do you feel His love when you take the sacrament? What happens when you feel this love? Is your heart warm? Do you feel peaceful? Feeling the Savior's love makes us want to show our love for Him.

This month's scripture teaches us that we can show our love for God by keeping His commandments. In your scripture journal, write down some of the commandments you know how to keep. When we keep the commandments to show our love for God, He blesses us to feel His love even more.

September 2010 Scripture Journal

Read John 14:15.

Pray to Heavenly Father to help you show your love to Him by obedience.

Memorize John 14:15 and repeat it to others.

Choose one of these activities or create your own:

- Help someone else memorize John 14:15.
- The Ten Commandments are found in Exodus 20:3–17. Read those verses; then fill in the stones on page 63 with a drawing or a few words to describe each commandment. Set a goal to keep one of the commandments more diligently during the next week.
- Talk to your parents or Primary teacher about when they have felt the Holy Ghost and known that the Savior loves them.
- Remember the times you have felt the Savior's love and write about them in your journal.

How does what you have done help you understand John 14:15?

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



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Our Page

I was born into The Church of Jesus Christ of Latter-day Saints, for which I am very grateful. Through the Church I have learned much about Heavenly Father, Jesus Christ, and the Holy Ghost. Jesus Christ is my great example. I know that He loves all of us.

My testimony was strengthened at my baptism. I really felt the Holy Ghost. The Holy Ghost helps me choose the right.

Joseph Smith was a prophet, as well as all the prophets who came before and after him. The Book of Mormon and the Bible are true.

Lukas D., age 11, Germany



Elyssa M., age 9,
Philippines



Keilyn C., age 11,
Costa Rica



Once I was playing basketball with classmates at school, and one of the boys used the basketball to hit another classmate. I tried to stop him and help him understand that his behavior was wrong, but he didn't listen to me.

Later my bishop asked me to give a talk in church about virtue. I didn't know what virtue was and if I had it or not. Then my mother reminded me that because I tried to be a peacemaker among my friends at school and tried to help the weak, I had the attribute of virtue.

David S., age 10, Taiwan



When President Monson asked us to give service to others, I gave a pair of my favorite sandals to a very needy little girl. I hope to help her with many other things.

Thayane S., age 10, Brazil



LEFT: PHOTOGRAPH OF BASKETBALL © GETTY IMAGES

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.



What Is a Priesthood Quorum?

The scriptures establish the quorums of priesthood and their respective duties in the Church of Jesus Christ today.

Resolve now to do all within your

power to make of your priesthood quorum one worthy of the name and one faithful to its mission.

From "The Priesthood Quorum," Liahona, Jan. 1999, 47–49; Ensign, Nov. 1998, 41–42.



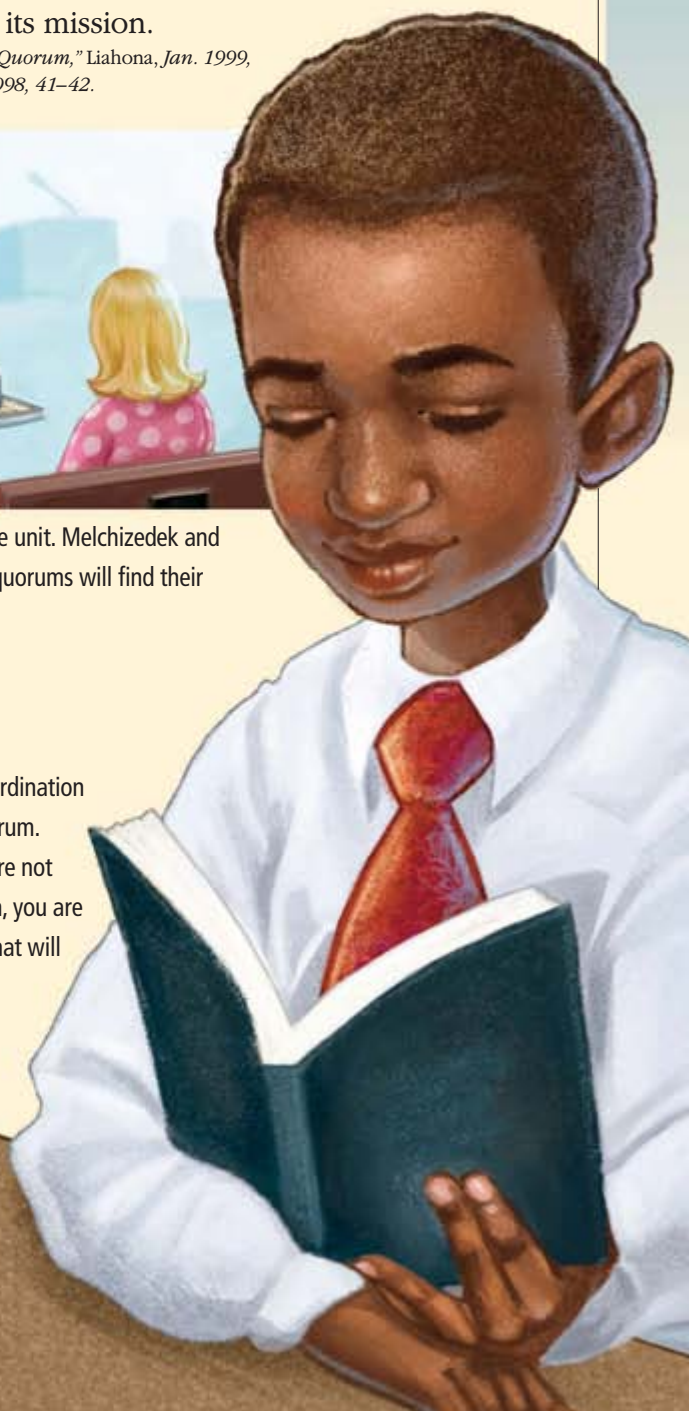
When a priesthood quorum or group meets as a class, its members can learn together, be "nourished by the good word of God" (Moroni 6:4), and grow spiritually.



A quorum is a service unit. Melchizedek and Aaronic Priesthood quorums will find their soul in service.



Each of you who has received an ordination in the priesthood belongs to a quorum. If you live in a place where there are not enough brethren to form a quorum, you are a member of a priesthood group that will become a quorum.





Jehovah Saves Faithful Daniel

By Diane L. Mangum

FAR FROM HOME



Daniel and his friends lived in Jerusalem. Then they were captured and taken to Babylon, about 500 miles (805 km) away from their homes. It took at least five days to travel that far by camel!

Babylon was the capital of a country called Babylonia. Babylon, also known as Babel, no longer exists. But the site of the city is not far from Baghdad, in what is now the country of Iraq.

Daniel looked at the plate of food in front of him and at the wine in his cup. He knew it was not the healthy food that Jehovah wanted him to eat. He would not eat it.

Daniel's friends—Shadrach, Meshach, and Abed-nego—would not eat the king's food either. The four Hebrew boys had been captured in Jerusalem and taken to the city of Babylon. Now King Nebuchadnezzar wanted them to eat rich food and wine. He thought it would make them strong.

But Daniel and his friends knew the king's food would not make them healthy and strong. "Give us pulse to eat and water to drink," Daniel said to the king's servant. "After 10 days, compare us to people who eat the king's rich food." The servant agreed.

Every day the servant brought the four young men **pulse**, which is food made of seeds and grains. And he brought them water to drink, not wine. After

10 days the young men looked healthier than other captives, so the servant no longer asked them to eat the king's food.

As Daniel grew up, Jehovah blessed him with knowledge and wisdom. King Nebuchadnezzar trusted Daniel and asked his advice.

When King Darius became the new king of Babylon, he made wise Daniel a president in his kingdom. Some men were jealous of Daniel. They knew he prayed three times a day to Heavenly Father. The jealous men convinced the king to make a new law. Anyone found praying must be put into a cave where hungry lions were kept.



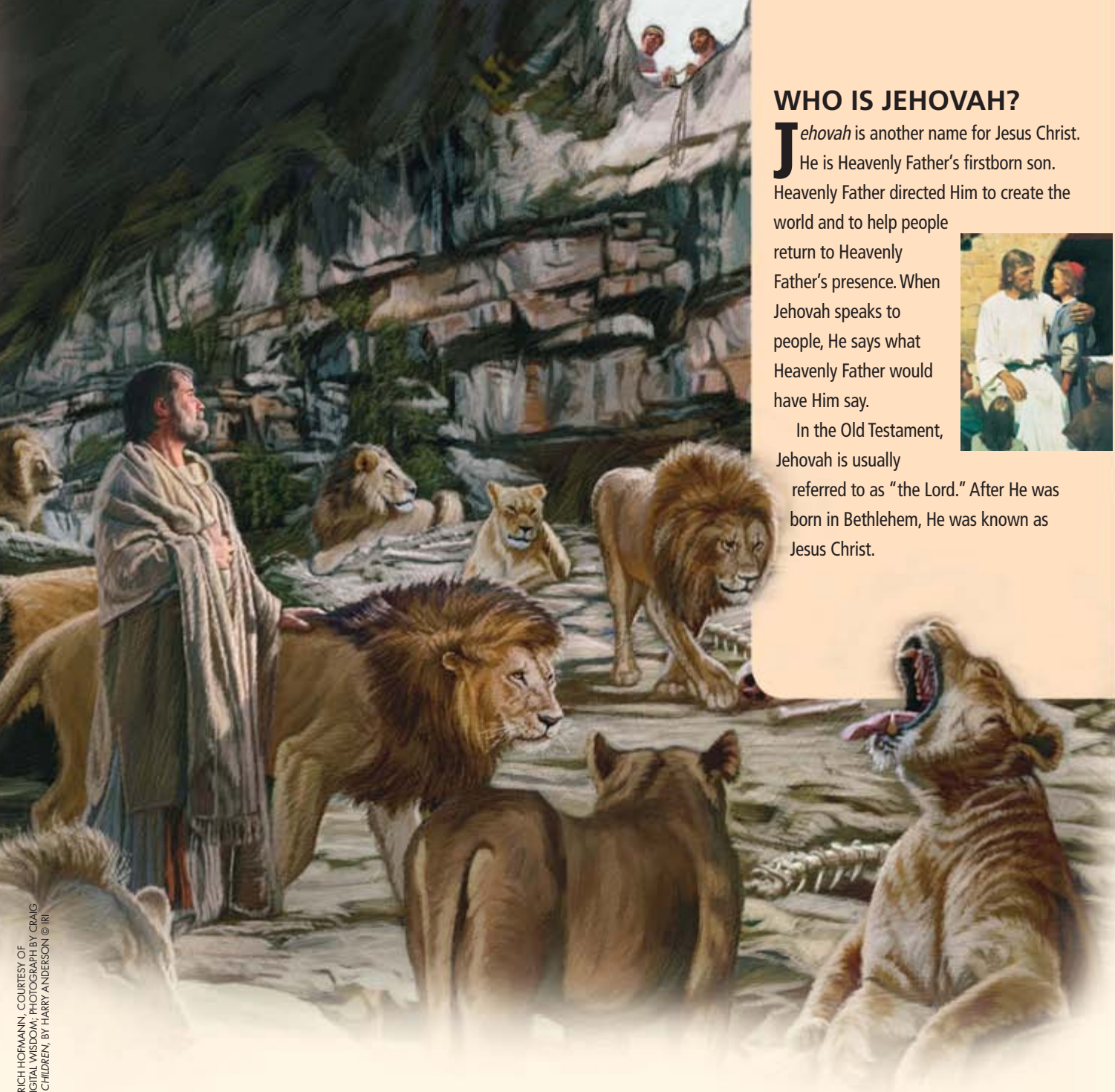
Doctrine and Covenants 89 teaches us to eat healthy foods today.



WHO IS JEHOVAH?

Jehovah is another name for Jesus Christ. He is Heavenly Father's firstborn son. Heavenly Father directed Him to create the world and to help people return to Heavenly Father's presence. When Jehovah speaks to people, He says what Heavenly Father would have Him say.

In the Old Testament, Jehovah is usually referred to as "the Lord." After He was born in Bethlehem, He was known as Jesus Christ.



Faithful Daniel knew about the law, but he still prayed every day. The men waited and listened outside his room. When they heard Daniel praying, they rushed to the king.

King Darius was dismayed when the men told him about Daniel. He wished he had not signed the law, but the law had to be obeyed. Daniel was

thrown into the lions' den, and a large stone was placed to cover the entrance.

All that night the king worried and wondered. Early the next morning he hurried to the lions' den. In a loud voice the king called out, "O Daniel, was thy God able to deliver thee from the lions?"

With relief he heard Daniel

answer from behind the stone, "My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me."

Joyfully, the king sent out a decree to all the kingdom. Daniel's God was the living God, and He had saved Daniel from the lions. ■

This account comes from Daniel 1–2; 6.

The Most Precious Gift

“There is no gift greater than the gift of salvation” (D&C 6:13).

Based on a true story

Sophie helped Mama clean their home. The missionaries were visiting today. They were welcome visitors in Sophie’s home in Colombia. Mama prepared a special meal: tamales, rice, and corn with peppers.

The missionaries had taught Sophie’s family about Jesus Christ and His Church. Just two weeks ago Elder Kraig and his new companion, Elder Jessen, had baptized Sophie, her parents, and her two older brothers. Already, Sophie felt the difference in their family. There was more laughing, singing, and praying.

During the meal Sophie listened to her parents and brothers discuss the scriptures with the missionaries. After the dishes were cleared away, Elder Kraig said, “I will be going home next week.”

Sophie hadn’t realized he would be leaving so soon. Tears crowded the corners of her eyes. Sophie glanced at her brothers. They were near tears too.

Elder Kraig sniffled a couple of times. “I have something for you,” he said to Papa. He pulled a package from his backpack. “These are for you and your sons.”

Papa opened the box and pulled out six white Sunday shirts. For a long moment he was silent. “We

cannot accept so fine a gift,” he said at last.

Sophie heard the regret in Papa’s voice. Their family did not have white shirts for Papa and the boys, and Sophie knew Papa wanted to show respect by dressing in white shirts when they went to church.

“I will not need so many shirts when I go home,” Elder Kraig said. “You will be doing me a favor by keeping them.”

“But I have nothing for you,” Papa said. He pointed to the Book of Mormon. “You have already given us the most precious gift. You brought us the gospel of Jesus Christ.”

The next day Sophie decided to make something for Elder Kraig. After talking with Mama, she decided to make a small woven blanket called a serape. She borrowed her mother’s loom, chose the colors of yarn, and worked on it each day after school and chores. When her fingers fumbled, she carefully undid the strands and started over.

At last the serape was finished. She hoped Elder Kraig would like the soft browns and cream colors she had woven together. She wrapped the serape in brown paper.

On the day of Elder Kraig’s last visit to their home, Sophie presented her gift.

“Thank you, Sophie,” Elder Kraig said. Tears shone in his eyes. “I will never forget you or your family.”

“And we will never forget you,” Sophie said. ■

ILLUSTRATION BY JIM MADSEN





It is a rare and precious thing to have a testimony that God our Heavenly Father lives; that His Son, Jesus Christ, is our Savior and Redeemer; and that priesthood authority . . . has been restored once again."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Pure Testimony," *Liahona* and *Ensign*, Nov. 2004, 40.



Things Will Get Better

By Chad E. Phares

Church Magazines

"The Lord did strengthen them that they could bear up their burdens with ease" (Mosiah 24:15).

Based on a true story

1. It was Elliott's first day at a new school, and he was nervous.



3. At recess Elliott couldn't find anyone to play with. He didn't know whom to ask. A couple of the boys on the playground said something unkind to him. Elliott was not happy.



2. After arriving at school, Elliott sat down in a new classroom. A lot of the children already knew each other. They were talking and laughing. Elliott sat quietly.

4. Elliott returned home from school feeling sad.



5. I'm sorry you had a bad day. If you keep trying, things will get better. Maybe we should pray about this. What do you think?



6. Day after day Elliott prayed for help so he could have good days at school. Some days were a little rough, but he slowly started to find friends to play with.



7. Elliott kept praying for help. After a few weeks, Elliott was playing with new friends every day. Even though some kids were not always nice, he wasn't bothered by them as much. Elliott knew Heavenly Father blessed him so he could be happy at his new school. ■

CHOOSE THE RIGHT WAY

Kevin has a lot of choices to make today. Making the right choices will help him be happy, but making the wrong choices will make him sad. Help Kevin make the right choice. Each time the path in the road splits, choose the path next to the picture that shows him doing something nice.



START

HELPS FOR PARENTS

As your child completes this maze, you can discuss how choosing the right helps us be happy, even when we have difficulties. How does serving and making right choices help our problems seem less significant?

The story on pages 70–71 demonstrates that choosing the right and enduring well help us find happiness, even when our problems are not immediately solved. One scriptural example of this principle is found in Mosiah 24:8–22. You could read or summarize the story of Alma and Amulon, pointing out that even though Alma and his followers were living righteously, their burdens were not immediately removed. You could discuss why the Lord doesn't always fix our problems right away. How does living righteously help ease our burdens?



News of the Church

The Church's Humanitarian Efforts: Discipleship in Action

By Heather L. Stock, Welfare Services,
and Larry Hiller, Church Magazines

The Gospels are filled with accounts of the Savior healing the sick, the blind, and the lame. Also abundant in the scriptures is the Lord's invitation to follow Him, to do His works, and to become as He is. Doing so requires that we too have compassion—that we seek to bless and to heal, to lift burdens, and to ease pain and suffering.

This seeking is the driving principle behind the Church's humanitarian efforts around the world—efforts that are funded largely by the freewill offerings of Church members with the same desire.

In recent years millions of people in more than 100 countries have been blessed by Church humanitarian initiatives that bring clean water to remote villages, provide mobility to those who cannot walk, help prevent or treat blindness, save the lives of

The Church's efforts to follow the Savior include humanitarian aid meant to be both far-reaching and long-lasting.

struggling newborns, immunize against disease, and help improve crop yields and nutrition.

Clean Water

Water for drinking, cooking, hygiene, and irrigation is scarce in many parts of the world. Often it is gathered a few gallons at a time from rivers, ponds, or shallow wells contaminated with parasites and disease. Time spent obtaining water keeps many adults from more productive activities that could help feed a family.

Those involved in the Church's clean water projects not only provide safe water systems but also construct sanitation facilities and teach basic hygiene practices. Depending on local conditions, the clean water may come from a new borehole well sunk into an aquifer, from a hand-dug well that is lined and covered, or from springwater that is captured and piped to a community.

Local contractors complete the projects using labor donated by those who will receive the water. Local water committees manage the systems, which are designed to be sustainable for generations. Matt Heaps, manager of the clean water initiative, said, "In reality, our projects are more about people than water systems. Everything is done with an eye to helping individuals and communities become self-sustaining."

Since 2002, 235 projects in 54 countries have brought clean water to more than five million people.

The Gift of Mobility

For those unable to move about freely on their own, receiving a wheelchair, a walker,



or a prosthetic limb is like being given wings. Education, work, church attendance, socializing, and serving others all suddenly become possible.

Unfortunately, in many parts of the world, even the most basic mobility devices are unavailable or unaffordable. By providing such equipment, Latter-day Saint Charities removes a physical barrier that keeps many people from reaching their potential. By partnering with local organizations and buying from regional manufacturers where possible, the wheelchair initiative ensures that recipients have the equipment that best meets their needs. It also helps to ensure that those who get a wheelchair can get follow-up therapy and that parts and knowledgeable people are available for equipment maintenance. In the past nine years, more than 300,000 people have gained greater mobility through this program.

Vision Treatment

Some of the blindness in the world today can be treated, corrected, or halted with medical procedures. The Church's vision treatment initiative works to improve vision care and prevent eye problems by providing equipment and training through short-term specialists. These specialists give local medical professionals the equipment, supplies, and training they need to care for their patients long after the specialists have left the country. In Mongolia, for example, local medical personnel who were trained through the vision treatment initiative are now performing free diabetic retinopathy screenings.

Neonatal Resuscitation

A baby's first cry is music to the mother. But too often, in too many places, instead of a cry and the glad voice of a nurse or midwife, there is only silence due to a blocked airway. It's tragic, because using an inexpensive bulb syringe and proven rescue breathing techniques, doctors, nurses, and midwives can often save struggling newborns who would otherwise die.

The Church's neonatal resuscitation training (NRT) initiative uses short-term specialists to train local doctors, nurses, and midwives in NRT techniques. The program requires each person who participates to provide the training to other birth attendants in their area.

This train-the-trainer method allows lifesaving knowledge and supplies to quickly cross boundaries of language and culture. Medical communities are improved, birth attendants no longer watch helplessly when a newborn struggles to draw breath, and families are blessed. Liz Howell, an international health coordinator with LDS Charities, said, "It truly is a life-changing and a lifesaving program."

Health and Strength

Diseases that no longer threaten children in developed nations still rage in many countries. Measles is one of the leading causes of death of young children, according to the World Health Organization.¹

Hunger and malnutrition are also prevalent,

THE RESULTS OF REACHING OUT

Initiative	Projects	Countries	Beneficiaries
Clean Water (since 2002)	235	54	5,271,607
Wheelchairs (since 2001)	626	106	302,236
Vision Care (since 2003)	72	41	214,545 (trained or treated)
Neonatal Resuscitation Training (since 2003)	145	70	112,999 (trained or treated)
Food (since 2007)	20	11	343,668

stunting the physical and mental development of children and greatly increasing their susceptibility to diseases such as measles. According to the United Nations Food and Agriculture Organization, “undernourishment and deficiencies in essential vitamins and minerals cost more than five million children their lives every year.”²

In 2003 the Church joined the international Measles Initiative and Partnership. In addition to financial contributions, the Church has played a significant role in organizing, promoting, and conducting local vaccination campaigns using Church volunteers. Since 2003, approximately 56,000 Church members have provided more than 600,000 hours of service in 32 nations. Since 2001, the Measles Initiative and Partnership has vaccinated 600 million children and youth. Measles deaths worldwide have decreased from 750,000 in 2000 to 197,000 in 2007.³

The Church’s humanitarian efforts have always included helping to feed the hungry. But now chronic hunger and malnutrition are also being addressed by a food initiative that teaches communities in both rural and urban areas how to grow vegetables and to raise small animals for protein. Many of the techniques being taught are based on years of research by the Benson Institute, which became part of Latter-day Saint Charities in 2007.

Initiative manager Wade Sperry said that when people’s physical health improves, their emotional and spiritual health improves as well.

Following Jesus Christ

When they see suffering and need in the world, followers of Christ instinctively desire to help. These humanitarian initiatives

provide an organized and effective way for Church members to act on their desire to follow the Savior’s admonition: “Verily, verily, I say unto you, this is my gospel; and ye know the things that ye must do in my church; for the works which ye have seen me do that shall ye also do; for that which ye have seen me do even that shall ye do” (3 Nephi 27:21).

NOTES

1. See World Health Organization, Fact Sheet no. 286, <http://www.who.int/mediacentre/factsheets/fs286/en/>.
2. Food and Agriculture Organization of the United Nations, “Undernourishment around the World 2004,” http://www.fao.org/docrep/007/y5650e/y5650e03.htm#P26_3460.
3. See “Members Assist with Measles Initiative,” *Liahona*, Feb. 2010, 76; *Ensign*, Jan. 2010, 77.

Tabernacle Choir Marks Anniversary of First Recordings

By Richard E. Turley Jr.

Assistant Church Historian and Recorder

A century ago this month, the Mormon Tabernacle Choir and organ were first recorded in the Tabernacle on Temple Square. To mark the anniversary, the choir has released a three-disc set, *100: Celebrating a Century of Recording Excellence*, including selections from its 100-year history of recorded music.

Today, many would agree with famed director Eugene Ormandy, who said, “The Mormon

Tabernacle Choir is the greatest choir in the world.”¹ But in the first few decades after it was formed in the mid-19th century, the Tabernacle Choir remained largely unknown because few people around the world had heard it perform. Then in 1909—32 years after the invention of the phonograph—the Columbia Phonograph Company agreed to



attempt to capture the majestic sounds of the choir and organ. It would be a difficult task given the limited technology of the time, which worked well enough for soloists but generally failed to produce quality recordings of large groups.²

Over three days in late August and early September 1910, Alexander Hausmann, the recording engineer who supervised the operation, suspended two long recording horns “from a rope stretched across from gallery to gallery, the flaring bells of the two horns covering—the one the sopranos and altos, the other the tenors and basses.”³

The *Salt Lake Herald* reported that Mr. Hausmann made 25 recordings: 12 selections by the choir, 10 by Tabernacle organist John J. McClellan, 2 by Brother McClellan and violinist Willard E. Weihe, and one by former Tabernacle organist Joseph J. Daynes Sr.⁴

While it is not known how many finished discs were ultimately sold or how broadly they were distributed, the public response was positive. J. A. Vernon, a missionary serving in Larned, Kansas, USA, reported in a letter printed in the February 1911 *Improvement Era*: “We recently received some phonograph records containing songs and solos by the Tabernacle Choir and organ. On hearing them played, the people become inquisitive, which gives us many opportunities to explain the principles of the gospel.”⁵

Since those first rudimentary recording sessions in 1910, the Tabernacle Choir has released more than 175 albums, including two that have sold more than a million copies each. One of the choir's recordings received a U.S. Grammy Award in 1959, and another album garnered two Grammy nominations in 2007. More important than awards and honors, however, is the effect of the choir's music upon its listeners. Though technology has changed dramatically over the past century, the recorded music of the choir continues

to move and inspire, just as it did in 1910. ■

NOTES

1. In Charles Jeffrey Calman, *The Mormon Tabernacle Choir* (1979), 178.
2. See “Big Choir Sings into Phonograph,” *Deseret Evening News*, Sept. 2, 1910, 5.
3. “Music and Musicians,” *Deseret Evening News*, Sept. 3, 1910, 15.
4. See “Last Records Secured,” *Salt Lake Herald-Republican*, Sept. 3, 1910, 14.
5. “Messages from the Missions,” *Improvement Era*, Feb. 1911, 354.

CHOIR RECORDING MILESTONES

- 1910:** First acoustic recordings made.
- 1925:** First electrical recordings made.
- 1949–50:** First two albums released. An album was originally a collection of individual records (one or two songs to a side) that were packaged together in a binder.
- 1959:** Recording of “Battle Hymn of the Republic,” included on the album *The Lord's Prayer*, won a Grammy Award.
- 1963:** The 1959 albums *The Lord's Prayer* and *Messiah* reached gold record status in the United States, selling more than 500,000 copies.
- 1979:** The 1963 album *The Joy of Christmas* reached gold record status in the United States.
- 1981:** First digital recording, *The Power and the Glory*, released.
- 1985:** The 1965 album *The Mormon Tabernacle Choir Sings Christmas Carols* and the 1970 album *Joy to the World* reached gold record status in the United States.
- 1987:** *Christmas Sampler*, a musical special starring opera singer Shirley Verrett, received a regional Emmy Award.
- 1991:** The 1989 Hallmark album *Carols of Christmas*, which featured the choir as well as other artists, reached platinum record status in the United States, selling more than one million copies.
- 1993:** The 1992 Hallmark album *Celebrate Christmas!*—which featured the choir as well as other artists—reached platinum record status in the United States.
- 2003:** The choir founded its own recording label, which has issued nearly 30 titles to date.
- 2007:** *Spirit of the Season* released. This Christmas album, which featured Norwegian singer Sissel, reached number one on the Billboard Classical Charts and was nominated for two Grammy Awards. ■

Romanian Members Celebrate 20 Years

Dressed as historical figures from the scriptures, members of the Church in Romania shared stories about the Savior, the Apostasy, Joseph Smith, and the Book of Mormon during a



PHOTOGRAPH BY TEODOR DUMITRACHE

special program for members and friends. The program was part of a celebration of the 20th anniversary of the dedication of Romania for the preaching of the gospel.

The celebration was held in February 2010 and included a gathering at the place where Elder Russell M. Nelson of the Quorum of the Twelve Apostles dedicated the land in 1990. An excerpt from the prayer became the basis for the celebration's theme, "Romania: A Beacon of Light to Neighboring Nations."

"During the event we felt the Spirit and the happiness of

Members of the Bucharest Romania District ascend the hill where Romania was dedicated for the preaching of the gospel 20 years ago.

members to be a part of this great work," said Vasile Doru, president of the Bucharest Romania District. "We all pray that soon we will grow to become a stake in Zion and 'a beacon of light to neighboring nations.'"

After the program, members divided into small groups and gave away copies of the Book of Mormon. ■

Couple Receives Madagascar Award

A senior missionary couple in Andrainarivo, Madagascar, recently received the country's highest civilian honor for their humanitarian service.

During their 18-month mission, Elder Robert and Sister Susan Bird, from Fruit Heights, Utah, USA, helped provide humanitarian aid, including projects that provided potable drinking water to approximately 100,000 people.

The Minister of Water in Andrainarivo, the honorable Nhiry-Lanto Hery Andriamahazo, presented them with the Medal of Honor and offered kind words regarding the Church, saying missionaries in Madagascar are recognized as part of the Malagasy society. ■

COMMENT

Evidence of Ongoing Revelation

The *Liahona* is evidence to me of ongoing revelation in the Church. I am a branch president, and in the magazine I have found answers to my prayers about the auxiliaries in my branch. The *Liahona* is like the Book of Mormon—simple and easy to understand. Now each age group can learn the doctrine of Christ, and friends of the Church can better understand the principles and organization of the Church. I am going to send subscriptions to my nonmember friends so they can benefit from this marvelous magazine.

Arnel Davy Kiakaka, Cote d'Ivoire

A Work of Love

I'm not exactly sure why the *Liahona* has been concentrating on youth, children, and young adults, but I do know without any doubt that it is the work of our Heavenly Father. I have read the magazine and loved its messages since I was a child, and it is so valuable to me. Now I am a single adult, and it is amazing to me that Heavenly Father is interested in me in particular. My heartfelt thanks to you for this work of love.

Olivia Judith Chavez Vega, Peru

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

WORLD BRIEFS

Broadcast Highlights Church Events

The World Report, a Church-produced semiannual news program outlining major events in the Church during the previous six months, will air in 19 languages on Saturday, October 2, and Sunday, October 3, 2010, between sessions of general conference on the same satellite feed. Where the program is not available in the local language, it will be broadcast in English. *The World Report* will also be available on DVD at distribution centers and online at lds.org/videos and newsroom.lds.org.

Church Broadcasts Available Online

Latter-day Saints around the world who have Internet access can view or listen to a variety of Church broadcasts from the past several years. Visitors to the Church's broadcast site, lds.org/ broadcast, will find an archive of events including general conferences, general Relief Society meetings, general Young Women meetings, Church Educational System firesides, First Presidency Christmas devotionals, and more. Currently the site must be navigated in English, but most audio and some video streams are available in various languages.

Family History Classes Now Online

The Family History Library has made eight family history research classes available online at familysearch.org (click on **Free Online Classes**). The classes are made up of multiple lessons, in video or pdf formats, that teach specifics of family history research in countries such as England, Germany, Ireland, Italy, Mexico, Russia, and the United States. Seven classes are available in English and one in Spanish. Additional languages will be added in the future.

New Beginnings in Kathmandu

Young women in the Kathmandu Branch, in New Delhi, India, participated in their first New Beginnings program in April 2010. Five young women and their mothers were present as the branch presidency, the Young Women president, and other youth leaders offered inspirational counsel. The young women were taught about the Personal Progress program, accomplishing their goals with the help of their families, and the importance of building and strengthening their personal testimonies. ■

FAMILY HOME EVENING IDEAS

Several articles in this issue discuss missionary work. Consider using family home evening to create a family missionary plan, including goals that will help your family share the gospel. You could also discuss recent conference talks about missionary work (see Thomas S. Monson, "Preparation Brings Blessings," *Liahona*, May 2010, 64; Ronald A. Rasband, "The Divine Call of a Missionary," *Liahona*, May 2010, 51).



"My Own Book of Mormon," page 6: After reading this story, consider inviting family members to insert their names into a favorite scripture to show that they can be like the righteous men and women of the scriptures. For example, "I, [family member's name], said unto my father: I will go and do the things which the Lord hath commanded . . ." (1 Nephi 3:7).

"Bringing Christ into Our Home," page 14: After reading this article as a family, you may want to set a goal to memorize "The Living Christ" and gather pictures of the Savior to help family members "always remember him" (Moroni 4:3).

Simple But Profound

Not long ago our family moved from Korea to the United States. Things were hectic as we settled in. Our first Monday, we held a simple family home evening. A set of scriptures was our only resource, so we read in 3 Nephi about Christ's appearance to the Nephites. We felt that even though we were in a totally new situation, place, and country, the Lord was mindful of us, just as He was the Nephites.

As a family we knelt in a circle and prayed. Despite our exhaustion from the move, we felt a deep sense of comfort, knowing that we would always have one another and Heavenly Father and the Savior to rely on. We knew that everything would turn out for the best. And it has.

Yun Jung Nam, Texas, USA ■

LESSONS FROM AN AQUARIUM

By Minerva G. Harkness

A member of our bishopric knew that my nine-year-old daughter kept an aquarium and one day asked if she might want some more fish. His family was going on vacation and needed to empty their aquarium. The offer was immediately accepted, and to my daughter's delight, a pregnant female guppy was among the group.

Upon coming home from church one afternoon, my daughter did her routine check on the aquarium to see if each fish was happy and healthy. To her surprise, she saw four tiny, newborn fish. The mother guppy had begun to deliver. Acting quickly, she moved the babies to the safety box that would protect them from the bigger and more aggressive fish. In all of the excitement, however, one baby guppy was lost. Crying with disappointment, my daughter located it lying among the tiny rocks on the bottom of the aquarium. She tried to scoop it into her net to be placed in the safety box, but she couldn't move the tiny guppy without injuring it.

All the other tiny guppies were caught, and although the safety box teemed with dozens of new babies, my daughter's attention was still intently focused on the one fallen among the stones. She sat ready to help it into the box as soon as it could move. She even refused dinner as she sat attentively by her aquarium for about four hours.

Watching her struck some familiar and tender chords. I thought of the Good Shepherd, who



My daughter's concern for one tiny lost fish made me think of someone for whom we are never lost and never insignificant.

leaves His ninety and nine to look for the one who is lost (see Luke 15:3–8; John 10:11–14). All of us know how it feels to be lost or afflicted or spiritually sick. Yet our Savior never gives up on us. He is always there with outstretched arms, ready and willing to rescue us, strengthen us, and bless us.

Though we may not always realize it, our Heavenly Father and our Savior, Jesus Christ, tenderly and closely watch over us night and day, deeply concerned about our well-being and the roads we choose to walk. With love unbounded, They give Their angels charge concerning us, waiting for us to gather enough strength and faith to find safety and peace in Their arms.

Later that day my daughter's concern for that guppy paid off. After her long, tedious hours of waiting and hoping, the tiny fish finally wiggled and then slowly swam out of the rocks. Carefully she placed it in the comfort and security of the safety box. That was witness enough for me of the sustaining power of love. ■



WORDS OF CHRIST

Missionaries, by Howard Post

“Ye shall go forth in the power of my Spirit, preaching my gospel, two by two, in my name, lifting up your voices as with the sound of a trumpet, declaring my word like unto angels of God.

“And ye shall go forth baptizing with water, saying: Repent ye, repent ye, for the kingdom of heaven is at hand. . . .

“And again, the elders, priests and teachers of this church shall teach the principles of my gospel, which are in the Bible and the Book of Mormon, in the which is the fulness of the gospel. . . .

“And the Spirit shall be given unto you by the prayer of faith; and if ye receive not the Spirit ye shall not teach” (D&C 42:6–7, 12, 14).



have come to love and appreciate a group of people who seek no reward, no honor, and no other worldly emoluments. They seek only to glorify our Father in Heaven. They are our senior missionaries: wonderful, seasoned brothers and sisters who are quietly and diligently helping 'to lay the foundation of this church, and to bring it forth out of obscurity and out of darkness.' See Elder Kent D. Watson, "Our Senior Missionaries," page 18.