

# THE New Era

JANUARY 2013

2013 Mutual Theme:

## STAND — YE IN — HOLY PLACES AND BE NOT MOVED

pp. 6, 8, 9, 45

**WHERE DO YOU STAND?**

◀ SEND US YOUR PICS!

See back cover for details.

### BOYFRIENDS, GIRLFRIENDS, & DATING

p. 14

### DOING WHAT'S BEST FOR YOUR BODY

pp. 40, 46

### ► Plus, A DIFFERENT EXPERIENCE IN SUNDAY CLASSES

pp. 2, 30





**Cover photography:** Front and back: Matthew Reier, Mark Weinberg, Jon Moe, Weston Colton.  
Back: Simon Jones, Leslie Nilsson

**Cover:** Standing in holy places.  
See pages 6, 8, 9, 45.

Go to [lds.org/go/2013theme](http://lds.org/go/2013theme) to read what youth in the pictures above do to stand in holy places in their lives, as well as to see other photos and messages from youth.

2013 Mutual Theme:

# STAND YE IN HOLY PLACES AND BE NOT MOVED

Be Part of  
STANDING IN  
HOLY PLACES  
This Year

This month's *New Era* has four different covers showing youth in various locations who are standing in holy places.

Below are some photos of youth from other locations as well. Please send us your own photo and a message that shows how you stand in holy places where you live (see back cover for details).



## WHERE DO YOU STAND?



### The First Presidency:

Thomas S. Monson, Henry B. Eyring, Dieter F. Uchtdorf

### The Quorum of the Twelve Apostles:

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

**Editor:** Craig A. Cardon

**Advisers:** Shayne M. Bowen, Bradley D. Foster, Christoffel Golden Jr., Anthony D. Perkins

**Managing Director:** David T. Warner

**Director of Member and Family Support:**

Vincent A. Vaughn

**Director of Church Magazines:** Allan R. Loyborg

**Business Manager:** Garff Cannon

**Managing Editor:** Brittany Beattie

**Assistant Managing Editor:** Joshua J. Perkey

**Publications Assistant:** Sally Johnson Odekirk

**Writing and Editing:** Susan Barrett, Ryan Carr, David

Dickson, David A. Edwards, Matthew D. Flitton, Mindy Raye Friedman, Hikari Loftus, Michael R. Morris, Richard M. Romney, Paul VanDenBerghe, Julia Woodbury

**Editorial Intern:** Matthew Garrett

**Managing Art Director:** J. Scott Knudsen

**Art Director:** K. Nicole Walkenhorst

**Design:** Jeanette Andrews, Fay P. Andrus, C. Kimball Bott, Thomas Child, Kerry Lynn C. Herrin, Colleen Hinckley, Eric P. Johnsen, Scott M. Mooy, Brad Teare

**Intellectual Property Coordinator:**

Collette Nebeker Aune

**Production Manager:** Jane Ann Peters

**Prepress:** Joshua Dennis

**Printing Director:** Craig K. Sedgwick

**Distribution Director:** Evan Larsen

© 2013 by Intellectual Reserve, Inc. All rights reserved. The *New Era* (ISSN 0164-5285) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150-0024, USA. Periodicals Postage Paid at Salt Lake City, Utah.

### To subscribe:

**By phone:** Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

**Online:** Go to [store.lds.org](http://store.lds.org).

**By mail:** Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

### To change address:

Send old and new address information to: Distribution Services

P.O. Box 26368

Salt Lake City, UT 84126-0368, USA.

Please allow 60 days for changes to take effect.

### To submit manuscripts or art:

**Online:** Go to [newera.lds.org](http://newera.lds.org) and click "Submit Material."

**Email:** [newera@ldschurch.org](mailto:newera@ldschurch.org)

**Mail:** *New Era* Editorial, 50 E. North Temple St. Rm. 2420, Salt Lake City, UT 84150-0024, USA. For return, include a self-addressed, stamped envelope.

The *New Era* can be found on the Internet at [newera.lds.org](http://newera.lds.org).

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

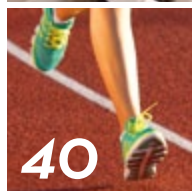
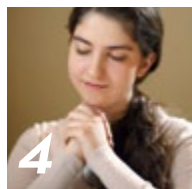
**POSTMASTER:** Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

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



## ▼ DEPARTMENTS

- 2 THE MESSAGE  
Hear the Voice of God  
President Henry B. Eyring  
*Hear the voice of God in the voice of the people that He has sent to teach and guide us and direct us.*
- 8 LINE UPON LINE  
Doctrine and Covenants 87:8  
*Dive a little deeper into this year's Mutual theme scripture.*
- 9 MORMONAD  
Stand in Holy Places
- 10 FROM THE MISSION FIELD  
A Flat Tire and a Gallon of Milk  
*Being in the right place at the right time (with the right groceries) meant an opportunity to share the gospel.*
- 14 QUESTIONS & ANSWERS  
*Is having a boyfriend or girlfriend OK before age 16 as long as you are not dating?*
- 18 FOR THE STRENGTH OF YOUTH  
Education  
Elder Craig A. Cardon  
*Be learned and hearken unto the Lord. He will bless and prosper you.*
- 43 THE EXTRA SMILE
- 44 WHAT'S UP?
- 46 INSTANT MESSAGES  
*Resisting pressure to swear; leaving because of lyrics; a missionary moment from family time.*
- 48 FROM CHURCH LEADERS  
How to Live the Word of Wisdom  
President Boyd K. Packer  
*Honor the principle of the Word of Wisdom and you will receive the promised blessings.*



- 49 POEM  
Little Lucky Moments

- 49 PHOTO

## ▼ FEATURES

- 4 Blessings of Prayer  
*Explore the blessings promised to you if you keep the commandment to pray.*
- 6 2013 Mutual Theme  
David L. Beck and Elaine S. Dalton  
*Find out what it means to "stand ye in holy places" (D&C 87:8).*
- 12 What Agung Learned from Badminton  
*A simple sport gives a young man from Indonesia some lessons about hope.*
- 16 What If I Hadn't Been Kind?  
*Having courage to stop the teasing had unforeseen consequences.*
- 20 Keep Practicing  
*Sticking with piano lessons paid off in unexpected ways.*
- 21 Staying in Balance  
*A young ballerina knows how to balance her life and keep on her toes.*
- 22 Getting to Know Lorenzo Snow  
*Get better acquainted with the fifth President of the Church.*
- 24 Youth Spotlight: Finding Ways to Serve  
*Read stories from youth who served others in various ways.*
- 28 Learning about the Godhead  
*Learn more about God the Father; His Son, Jesus Christ; and the Holy Ghost.*
- 30 How to Never Have a Boring Church Class Ever Again  
*Classes in church don't have to put you to sleep. You can find something exciting every time.*
- 34 Branching Out to Strengthen Home and Family  
*Embroidery and family history proved to be a great combination for these young women.*
- 36 The Book of Mormon—Share It  
Elder Juan A. Uceda  
*Don't be afraid to open your mouth with your friends and say, "I believe this. I want to share this with you."*
- 39 Meeting the Challenge  
*This young man from El Salvador knows how to get the most out of studying the Book of Mormon.*
- 40 Personal Best  
*One young runner was able to give it her all because she followed the Word of Wisdom.*
- 42 Seeing the Good in Kylie  
*Showing kindness to the unkind can bring forth blessings.*

THE MONTHLY YOUTH MAGAZINE  
OF THE CHURCH OF JESUS  
CHRIST OF LATTER-DAY SAINTS

January 2013 Volume 43, Number 1



# HEAR THE VOICE OF GOD

*My deacon hadn't seen a vision, but he had heard the voice of God through His servants in a deacons quorum. He knew the heavens were open.*



**By President Henry B. Eyring**

First Counselor in the First Presidency

Something happened to me that I found of great help to me, and it may be of help to you. A memory was replayed in my mind. It was of a hotel ballroom in New Brunswick, New Jersey. We were in the New Jersey District, a single district that covered the whole state.

There was no building, no gym, no stake center, and so we traveled to a hotel ballroom for what must have been a district conference. I was sitting on a folding chair somewhere near the back, next to my mother. I must have been very young because I can remember putting my legs through the back of the chair and sitting aft instead of



forward. But then I remember hearing something—a man's voice from the pulpit. I turned around and looked. I still remember that the speaker was at a rostrum set on wooden risers. There was a tall window behind him. He was the priesthood visitor. I don't know who he was, but he was tall and bald, and he seemed very old to me.

He must have been talking about the Savior or the Prophet Joseph, or both, because that was all that I remember much of hearing in those days. But as he spoke, I knew that what he said came from God and that it was true, and it burned in my heart. That was before scholars told me how hard it was to know. I just knew of certainty—I knew it was true.

You can have that same confidence, not of yourself, but from God. He lives, and He communicates with His children. This is the Church of Jesus Christ, and He leads it. No assignment in it need ever overwhelm you if you know that and listen for the Master's voice.

Now I can hear the young deacons saying, "Well, now, that may be fine for you, but surely you don't think that's going to help me in my assignment down here in this deacons quorum." Oh yes, I do. I was a deacons quorum adviser. A boy, the president, presided in the meetings, and I taught the lessons out of the scriptures and out of the manual.

I remember one boy in the quorum had to miss a few meetings, and so he sent his brother to the class with a tape recorder. His brother recorded our meeting and took it home. It happened more than once. When the deacon came back, I asked him why. I don't remember his words, but I remember that it was clear he knew what I knew.



God was trying to speak to that deacons quorum. The boy wasn't anxious to have a tape recording to hear me; he was trying to hear God. He knew where to listen and how to hear.

He'd read the scriptures for us in class, and I knew he knew them and loved them. And so, even when I wasn't teaching very well, by the power of the Holy Ghost and from knowing the Master's voice in the scriptures, he could hear what he needed to hear. The memory of that black recorder with its tape turning will always remind me of the scripture which says, "He that hath ears to hear, let him hear" (Matthew 11:15).

I spoke at his funeral just a few years later. He lived about as many years as the Prophet Joseph had lived when he saw God the Father and Jesus Christ in the grove. My deacon hadn't seen a vision, but he had heard the voice of God through His servants in a deacons quorum. He wanted to hear, he knew how, and he had the faith he could. Like the boy prophet Joseph, he knew the heavens were open.

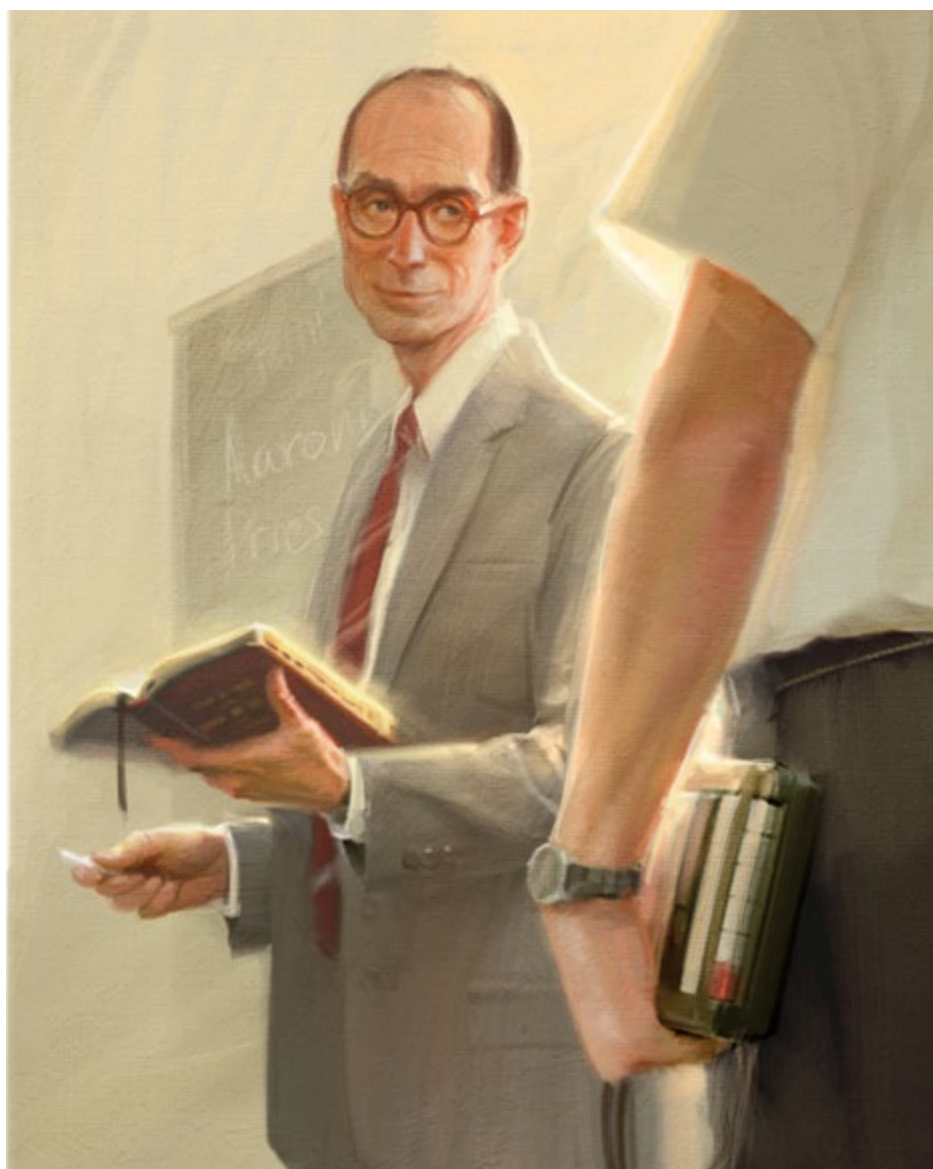
You and I can take confidence in that assurance. If you and I will study the scriptures and pray and tune our hearts and ears, we will hear the voice of God in the voice of the people that He has sent to teach and guide us and direct us. You and I can take confidence in that assurance for the Church itself. However large the kingdom will grow (and it will fill the earth), you will not ever feel lost or forgotten, and you need never feel overwhelmed. God will call people to care about you and to teach you. And if you will listen and hear the voice of God, the kingdom will roll forth to its appointed place, ready for the coming of the Master.

None of us can see now all the wonders of technology and organization and buildings that God may give us; but you, just you, hearing the voice of God through your teacher and leader, will always be at its heart.

I testify that God loves His children and can tell us what is true. I pray that we all may have ears to hear, that He may guide us. **NE**

*From the April 1985 general conference address  
"Ears to Hear."*

"He knew what I knew. God was trying to speak to that deacons quorum."





# Blessings OF PRAYER

*Heavenly Father promises great blessings to those who pray.*

**A**s you probably know, we are blessed if we keep the commandments (see D&C 130:20–21). After all, the Lord gives us instruction so that we can have joy. But what does it mean to be blessed? Sometimes we may think of blessings in such general, vague terms that they lose part of their significance. But every commandment brings you specific blessings when you live it.

For example, have you thought about the blessings Heavenly Father sends you when you pray? If you search the scriptures, you might be surprised at how many blessings are waiting for you because you pray! Just look up “Prayer, Pray” in the Topical Guide.

To the right you’ll see some of the blessings promised to you if you’re diligent in prayer, as well as the scriptures where you can read more about them.

So, the next time you hear someone say that you’ll be blessed for keeping the commandment to pray always (see 3 Nephi 18:15, 18; D&C 61:39), remember that it’s more than just a phrase. Heavenly Father has specific blessings set aside for His faithful children, and often, we simply need to ask for them and live worthy of them. **NE**

## **Forgiveness**

- Enos 1:4–5
- Alma 34:17
- D&C 90:1

## **Blessings for your family**

- 3 Nephi 18:21

## **Ability to overcome temptation**

- Alma 34:39
- D&C 10:5
- D&C 20:33

## **Confidence to enter God’s presence**

- Luke 21:36
- D&C 33:17

## **Actions that are consecrated**

- 2 Nephi 32:9

## **Strength—that ye faint not**

- D&C 75:11
- D&C 88:126

## **Wisdom**

- James 1:5
- Alma 5:45–46
- D&C 32:4

## **Guidance and revelation through the Holy Ghost**

- Alma 17:3
- Alma 37:37
- D&C 19:8
- D&C 42:13–14

## **Protection**

- Alma 37:37
- D&C 90:24





*Ability to*  
**OVERCOME TEMPTATION**

**STRENGTH** — *that ye faint not*

**CONFIDENCE**  
*to enter God's presence*

*Forgiveness*

**BLESSINGS** *for your* **FAMILY**

### ACTS OF LOVE

While sincere prayer brings many blessings, it's important to remember that we shouldn't keep commandments just to receive blessings. We should keep the commandments to show our love and gratitude to God. Love is the motivating influence in God's actions, and it should be the motivating factor in ours as well (see Matthew 22:36–40).

*Protection*

*Wisdom*

**GUIDANCE & REVELATION**  
*through the Holy Ghost*

**ACTIONS** *that are* **CONSECRATED**

### THE OBJECT OF PRAYER

"Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God, but to secure for ourselves and for others blessings that God is already willing to grant, but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can obtain them. Prayer is a form of work, and is an appointed means for obtaining the highest of all blessings."

Bible Dictionary, "Prayer."



# 2013 *Mutual* THEME



## STANDING ON HIGHER GROUND

By David L. Beck

Young Men General President

The 2013 Mutual theme is taken from Doctrine and Covenants 87:8: “Wherefore, stand ye in holy places, and be not moved, until the day of the Lord come.” The question I hope every young man will ponder throughout this coming year is, *Am I standing in holy places?*

As I have met with valiant young men all around the world, I have witnessed firsthand how thousands of you are doing this already in so many ways. You stand in the holiest of places each time you enter the temple to perform baptisms for the dead. I encourage you to take every opportunity available to enter the temple and to always be worthy to do so.

Each day as you fulfill your duty to God, you stand in holy places and are in a position to lift others. You stand in holy places as you prepare, bless, and pass the sacrament each Sunday. You stand in holy places as you share the gospel and when you act as a standing minister—one who is always able, willing, and worthy to serve and strengthen others.

As an Aaronic Priesthood holder, you have been given the charge to warn, expound, exhort, teach, and invite all to come unto Christ (see D&C 20:59). President Harold B. Lee (1899–1973) said: “You cannot lift another soul until you are standing on higher ground than he is. . . . You cannot light a fire in another soul unless it is burning in your own soul.”<sup>1</sup> Young men, this means you should

continually work to strengthen your testimony and always be willing to share it.

You have a sacred responsibility to be an instrument in the Lord’s hands. As you pray and study the scriptures, strive to keep the commandments, and listen to the promptings of the Spirit, you will find yourself on higher ground. As a consequence, wherever you are can become a holy place. Then, when situations arise, you will have the strength, courage, and the ability to help lift others. You will have the power and protection the Lord promises those who stand in holy places.

I love what President Thomas S. Monson said about these promises when he assured us that as we draw near to the Lord, “we will feel His Spirit in our lives, providing us the desire and the courage to stand strong and firm in righteousness—to ‘stand . . . in holy places, and be not moved’ (D&C 87:8).

“As the winds of change swirl around us and the moral fiber of society continues to disintegrate before our very eyes, may we remember the Lord’s precious promise to those who trust in Him: ‘Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee’ (Isaiah 41:10).”<sup>2</sup> **NE**

### NOTES

1. Harold B. Lee, “Stand Ye in Holy Places,” *Ensign*, July 1973, 123.

2. Thomas S. Monson, “Stand in Holy Places,” *Ensign*, Nov. 2011, 86.





*“Stand ye in holy places, and be not moved . . .”*

(SEE D&C 87:8).



## HOLY PLACES IN YOUR LIFE

By Elaine S. Dalton

Young Women General President

This year's Mutual theme invites you to step out of the world and into the kingdom of God. As President Boyd K. Packer, President of the Quorum of the Twelve Apostles, has taught, we live in enemy territory.<sup>1</sup> “Stand ye in holy places” is the key to survival.

This theme invites important questions: What is a holy place? Where is a holy place? How can we stand in holy places? How do we make places we regularly inhabit more holy? As you seek answers to these questions, your answers will guide your associations, your choice of activities, and your dress, words, and actions.

You have committed to strengthen your home and family. Strive to make your home a holy place, filled with the Spirit of the Lord. You can support family prayer and scripture study.

Your room can be a holy place that invites the Spirit. If the prophet were to see your room, would he view it as a holy place? Do you?

We can stand in holy places as we go to church. The scriptures teach that the wards and stakes of Zion are holy places that will “be for a defense, and for a refuge from the storm” (D&C 115:6).

The most holy place on earth is the temple. President Thomas S. Monson has said: “My young friends who are in your teenage years, always have the temple in your sights.



**Where Do You Stand?**  
What do you do to stand in holy places in your life? Take a photo of yourself in your holy place and send it to the *New Era*. See back cover for details, or visit [lds.org/go/2013pics](http://lds.org/go/2013pics).

Do nothing which will keep you from entering its doors and partaking of the sacred and eternal blessings there. I commend those of you who already go to the temple regularly to perform baptisms for the dead.”<sup>2</sup> Always be worthy to have a current temple recommend, even if a temple is far away.

Anywhere you are where the Spirit is present can be a holy place. President Harold B. Lee (1899–1973) taught that holy places have more to do with *how* one lives than *where* one lives.<sup>3</sup> If you live worthy of the constant companionship of the Holy Ghost, then you stand in a holy place.

Every temple has the inscription “Holiness to the Lord.” Seek to always stand in holy places. As you live the standards, pray daily, and read the scriptures—especially the Book of Mormon—you will feel the companionship of the Holy Ghost. The Lord Himself promises you, “For verily I say unto you, that great things await you” (D&C 45:62). I agree and testify that this is true! **NE**

### NOTES

1. See Boyd K. Packer, “How to Survive in Enemy Territory,” *New Era*, Apr. 2012, 2–5.
2. Thomas S. Monson, “The Holy Temple—a Beacon to the World,” *Ensign*, May 2011, 93.
3. See *Doctrine and Covenants Student Manual: Religion 324 and 325*, 2nd ed. (Church Educational System manual, 2001), 196.



# Doctrine and Covenants 87:8

*This year's Mutual theme teaches us where to stand to be safe.*



## STAND YE

"The Lord invites us, 'Draw near unto me and I will draw near unto you; seek

me diligently and ye shall find me' [D&C 88:63]. As we do so, we will feel His Spirit in our lives, providing us the desire and the courage to stand strong and firm in righteousness—to 'stand . . . in holy places, and be not moved' [D&C 87:8]."

President Thomas S. Monson, "Stand in Holy Places," *Ensign*, Nov. 2011, 86.



## IT COMETH QUICKLY

"We should watch for the signs [of the Second Coming], we should live as faithfully as we possibly can. . . . But we must not be paralyzed just because that event and the events surrounding it are ahead of us somewhere. We cannot stop living life. Indeed, we should live life more fully than we have ever lived it."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, "This, the Greatest of All Dispensations," *Ensign*, July 2007, 53.

## DAY OF THE LORD

*Day of the Lord*—The Second Coming of Jesus Christ

8 Wherefore, "stand ye in holy places, and be not moved, until the day of the Lord come; for behold, it cometh <sup>h</sup>quickly, saith the Lord. Amen.



## IN HOLY PLACES

"What are . . . 'holy places'? Surely they include the *temple* and its covenants

faithfully kept. Surely they include a *home* where children are treasured and parents are respected. Surely the holy places include our *posts of duty* assigned by priesthood authority, including missions and callings faithfully fulfilled in branches, wards, and stakes."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Preparation for the Second Coming," *Ensign*, May 2004, 10; emphasis added.

## BE NOT MOVED

Here are some ways to ensure that something will not be moved:

- *An anchor*—"Hope . . . maketh an anchor to the souls of men" (Ether 12:4).
- *A solid foundation*—"It is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation . . . , which is a sure foundation" (Helaman 5:12).
- *A firm footing*—You can't have one foot in Zion and one foot in the world, for "a double minded man is unstable in all his ways" (James 1:8).
- *Tent stakes*—The stakes of the tent of Zion help the Church stand tall and firmly planted, while offering shelter to us: "The gathering together upon the land of Zion, and upon her stakes, may be for a defense, and for a refuge from the storm" (D&C 115:6).

*Editors' note: This page is not meant to be a comprehensive explanation of the selected scripture, only a starting point for your own study.*



MORMONAD



# STAND IN HOLY PLACES

*"Anywhere you are where the Spirit is present can be a holy place."*

(Elaine S. Dalton, "Holy Places in Your Life," *New Era*, Jan. 2013, 7; see also D&C 87:8.)



# A FLAT TIRE AND A GALLON OF MILK

By Carson Mitton

*An opportunity to serve just might be an opportunity to share.*



While serving in the Massachusetts Boston Mission, my companion and I were driving home one day after conducting some baptismal interviews in a town in southern New Hampshire. My companion asked me if we needed anything from the store since we had not been able to go grocery shopping on our normal preparation day. I replied, “Yeah. We need some milk and a few other things to tide us over for a couple of days.” We then went to a local supermarket and bought the items.

By the time we started driving home again, it was getting dark outside. As we came over a small hill, we noticed a car parked on the downhill side with some women standing outside it. The car had its hazard lights on, and from the look on the women’s faces, it was obvious they needed help.

As missionaries we are always looking for opportunities to serve others, so we pulled over and offered our assistance. The woman who owned the vehicle gladly accepted our help. We then noticed there were two small children in the backseat. The car had a flat tire, and although the women had tried many times to wave people down, no one had stopped to help. The area they were stranded in was also a very poor spot for cell phone reception. When they explained their situation, we felt glad we had decided to stop.

As I was changing the tire, one of the children in the backseat was screaming uncontrollably. My companion offered the mother some treats for the child, but she said, “No. She’s picky. She will only drink milk.” My companion replied enthusiastically, “We have milk!” He then got the milk we had just purchased, and the mother filled a cup with



it and gave it to the child, who immediately stopped crying. The woman asked, surprised, “Why do you randomly have a gallon of milk in your car?” We briefly explained why.

After working on a couple of over-tightened lug nuts, I finally got the wheel off and replaced it with the spare. We wished the group luck and offered them a pass-along card. The woman who owned the car gladly took the card and said, “Just because of what you two did for us today, I will look into this.” Then we went our separate ways.

I was now filthy from working on the ground and wrestling with the wheel. I turned to my companion and said, “I knew I wore my good suit today for a reason!” I really didn’t mind, though, because the feeling I had was worth way more than any suit.

That night I learned a valuable lesson. I learned that we should always take the opportunity to help people in need and that even if they have never met us before, we just might be the ones they are counting on to give them a hand. **NE**

*Carson Mitton lives in Utah, USA.*



### THE GIFT OF CHARITY

“The most important attribute of Heavenly Father and of His Beloved Son that we should desire and seek to possess within our lives is the gift of charity, ‘the pure love of Christ’ (Moroni 7:47). From this gift springs our capacity to love and to serve others as the Savior did.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “Finding Joy through Loving Service,” *Ensign*, May 2011, 49.







By Adam C. Olson

Church Magazines

# WHAT AGUNG LEARNED FROM BADMINTON

*An Indonesian teen learns that having hope keeps him from giving up.*

It's a typically humid day in Jogjakarta, Indonesia, and sweat drips from Agung's brow as he awaits his opponent's serve. The badminton match is close, and the 15-year-old feels driven to win.

After a furious exchange, his opponent puts the shuttlecock hopelessly out of Agung's reach. Unwilling to give up the point in such a close match, Agung dives for the shuttlecock but comes up short—and bleeding from sliding across the cement court.

It's easy to see that he loves competitive badminton. But Agung doesn't dream of becoming a professional badminton player. He's not going to have to choose between serving the shuttlecock in the Olympics and serving a mission. By his own admission, he's not particularly good at the sport.

So why does this small teen with the big smile try so hard? Hope.

"I believe I can get better," he says.





### A Reason for Hope

Hope is the reason we do a lot of things. We exercise because we hope we can become stronger and healthier. We practice a musical instrument because we hope we can learn to play well. Agung practices badminton because he hopes he can improve.

"If I had no hope of getting any better and ever winning, it would be very easy to give up," Agung says.

Hope is an essential element of the plan of salvation. Hope that we can be forgiven leads us to repent and try again after we fail to keep a commandment.

### Satan's Attack on Hope

Two of Satan's best weapons against us are doubt and discouragement. He wasn't able to foil Heavenly Father's plan by stopping the Atonement. But he can still try to foil the cleansing effects of the Atonement in our lives if he can steal our hope that we can be forgiven.

"Satan wants us to lose hope," Agung says, "because when we give up, it leaves us far from Heavenly Father."

However, when Satan succeeds in discouraging us, there are ways to find hope again.

### Finding Hope

When we need hope for the future, we can look to the past. Agung uses an example from school that has taught him this lesson. "I've seen that if I study hard, I can be successful on my exams," he says. "Because of that experience, I have hope that if I practice hard, I can improve at badminton," he says. "My experience gives me hope."

When we need hope in Jesus Christ, we can find it in both our past experiences with the power of the Atonement (see Romans 5:4) and the experiences of others, including the experiences you might hear in sacrament meeting, a Sunday School lesson, the *New Era*, or the scriptures (see Jacob 4:4–6).

As we study the hopeful words of the prophets, pray for the spiritual gift of hope, and learn to recognize the Savior's power in our lives, our faith in Him increases, as does our hope that He will help us in the future.<sup>1</sup>

### Never Give Up

Agung knows he will probably never be a professional athlete, but he knows that as long as he keeps

trying, there is hope he can improve.

He has learned that the great power of hope is this: "As long as you never give up, there is hope," he says.

In life, the Atonement of Jesus Christ is the ultimate source of hope. Because of the Atonement we can repent when we make a mistake. That also means that because of the Atonement, we have not failed our life's test when we make a mistake unless we give up trying to repent and obey.

That's why Agung continues to invite his father to church every Sunday. That's why he tries to stand up for what's right, even when his friends don't. That's why he makes the hour-long round-trip bike ride to the meetinghouse so often for seminary, Mutual, Sunday meetings, missionary preparation classes, and to help clean the building.

"It's not easy to try to be like Jesus," Agung says. "Sometimes I get discouraged, but I don't give up. Because of His sacrifice for me, I have hope I can be better."

Because of the Atonement there is hope. And because of hope, the Atonement can change our lives. **NE**

#### NOTE

1. See Dieter F. Uchtdorf, "The Infinite Power of Hope," *Ensign*, Nov. 2008, 21–24.



### A PROMISE OF HOPE

"Because God has been faithful and kept His promises in the past, we can hope with confidence that God will keep His promises to us in the present and in the future."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, "The Infinite Power of Hope," *Ensign*, Nov. 2008, 23.



# “Is having a boyfriend or girlfriend OK before age 16 as long as you are not dating?”

**T**he titles “boyfriend” or “girlfriend” can possibly mean several different things today. Nowadays these titles usually represent a symbol of exclusive or steady dating. If this is the case, such activity is not appropriate anytime during your teenage years—before or after age 16. *For the Strength of Youth* teaches, “Avoid going on frequent dates with the same person” ([2011], 4). Although some people may use these titles to simply express their current feelings for another person, by labeling someone as your “boyfriend” or “girlfriend,” you are signaling to others that you have both chosen to pair off.

Perhaps the easiest way to understand this issue is to recognize what it means to date. A date is a time when two people of the opposite gender pair up to participate in an activity where they can get to know each other better. Remember that dating during your teenage years is designed to help you have fun and develop friendships with lots of different people, not to build a serious relationship with one person. When you pair off—whether with the titles “boyfriend” or “girlfriend” or without them—you limit your chances of building these friendships during your youth. **NE**



## Rules for a Reason

I think not dating before 16 also means no boyfriend/girlfriend. Having a boyfriend/girlfriend before 16 (even when “not dating”) may lead to actual dating before 16. The prophets set these rules for a reason, and we should follow them.

*Mary S., 15, Oregon, USA*



## A Focus on Friendship

At 16 years old, you shouldn't really be focusing on girlfriends or boy-

friends at all. You should be focusing more on your friends and friendship. Look for friends, not a boyfriend or girlfriend.

*Ernesto B., 15, Manila, Philippines*

## Keeping It Clean

The guideline that tells us not to date before we're 16 isn't set to make things difficult; it's meant to help us keep ourselves pure and clean! Having a boyfriend or girlfriend before you're 16 might be trying to get around the rules.

*Mary A., 15, Missouri, USA*



## More Opportunities

It's better not to go steady as a teen whether you're old enough to date or not.

If you have a boyfriend before you're 16, then when you finally turn 16 the chances are you would only



be interested in that one person. It takes away good opportunities to meet people and make friends.

*Taylor G., 17, Washington, USA*



### Not the Standard

Having a boyfriend before you're 16, whether you are really "dating" or not, is not the standard for Latter-day Saints. *For the Strength of Youth* says, "Developing serious relationships too early in life can limit the number of other people you meet and can perhaps lead to immorality" ([2011], 4).

*Chloey G., 15, Nevada, USA*



### The Instacouple Phenomenon

The idea of having a "boyfriend" or "girlfriend" means that you are a couple. It implies there should be a longtime relationship, meaning that you have been dating. It's kind of like the idea of the "instacouple" (see "Is Dating Dead?" *New Era*, April 2010, 19, or visit [lds.org/go/13A](http://lds.org/go/13A)). You are only really getting to know one person, and the relationship is very exclusive.

*Connor C., 15, Maryland, USA*

### Worth the Wait

Having a boyfriend/girlfriend before you're 16 can lead to many different things, and you may encounter things you wouldn't have if you had waited.

As a young teenager, you don't know fully what you're feeling and you're probably more in love with the idea of having a boyfriend rather than the actual boy. Waiting is worth it!

*Christina C., 17, Saipan, Northern Mariana Islands*



### Only Friends

I think it's OK to be friends with a boy or girl, as long as it's *only* friends. Do not become boyfriend and girlfriend, because there would be a temptation to date, and the prophet said not to date before you are 16.

*Zane L., 13, Utah, USA*

*Responses are intended for help and perspective, not as official pronouncements of Church doctrine.*



### DON'T PAIR OFF

"We are convinced that dating should not even begin until you are 16. And then, ideal dating is on a group basis. Stay in group activities; don't pair off. Avoid steady dating. Steady dating is courtship, and surely the beginning of courtship ought to be delayed until you have emerged from your teens."

**President Boyd K. Packer, President of the Quorum of the Twelve Apostles, "You're in the Driver's Seat," *New Era*, June 2004, 8.**

## NEXT QUESTION

"I take **modesty** seriously, but some sports teams require us to wear short shorts or shirts without sleeves. Is this OK?"

Send your answer and photo by February 15, 2013.

Go to [newera.lds.org](http://newera.lds.org) and click "Submit Material."

You can also write to us at [newera@ldschurch.org](mailto:newera@ldschurch.org)

or  
*New Era*, Q&A, sports modesty  
50 E. North Temple St., Rm. 2420  
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.



*I could have just ignored the situation, but that moment in the library made a difference a year later.*



# WHAT IF I HADN'T

By Katie Doty

For a while I was a student assistant in the library at my high school. At a certain hour I would usually see the special education class come in. One of the girls in that class, Stephanie, often went to a certain area to read books. She seemed very sweet and friendly.

One day some other students were in the lounge area of the library, and Stephanie tried to talk to them. These students started making fun of her, calling her names and making rude comments to her face about her disability.

As I watched from the library desk, I thought, "Oh, dear. That's just wrong." Not seeing an adult around at the moment, I walked over to them and said, "Hey, cut it out." Then they turned their ridicule to me, so I took Stephanie to the other side of the library, where we sat and talked together for a while.

After that, I didn't have another chance to talk to Stephanie again. The end of the school year came, and life moved on.

A year later, the sister missionaries invited me to go with them to an appointment. When the day came, I went to the address at the scheduled time, but the sister missionaries weren't there yet. I called them to make sure I was at the right place, and they told me they were running late from their last appointment but would be there in a few minutes, so I might as well just go to the house and introduce myself. I stepped up to the door and rang the doorbell. A woman answered. She was very nice and courteous.

Then I saw a young woman come around the corner. When she saw me,

## REACH OUT

Prayerfully think about someone who could use an extra friend. What can you do this week to reach out?





# BEEN KIND?

she ran up to me and hugged me. At first I thought, “She looks so familiar.” She asked, “How are you doing?!” As she went on saying kind and friendly things to me, I just looked at her, trying to figure out who she was. And then it clicked—she was the girl from a year ago in the library. It was Stephanie.

At that moment I thought, “What if I hadn’t helped her that day and then showed up here at her door to try to teach her the gospel? If I had looked on while they were making fun of her, if I hadn’t stepped in and been kind to her, why would she listen to me trying to teach her the gospel?”

Her sweet reaction meant a lot to me. I thanked Heavenly Father for giving me the strength to do the right thing.

When the sister missionaries came, the lesson went very well. We visited Stephanie twice a week after that. She loved learning about the gospel and was baptized within a short time. She really enjoys being active in the Church. I often pick her up to take her to church and to firesides or other activities. Though her mother isn’t interested in the Church, she’s very supportive of Stephanie’s activity.

Through this experience I realized that it’s so important to know that people are always watching. You never know when you’ll have a chance to make an impression on someone and plant a seed. It’s so important to stick up for what you know to be true at all times, even when it may not necessarily seem like the easiest thing to do. **NE**

*Katie Doty lives in Indiana, USA.*

## IT FEELS GOOD

“I promise that if you will extend yourself beyond what is easy to do, you will feel so good inside that kindness will start to become a part of your everyday life. You’ll see that benevolence can bring joy and unity to your home, your class, your ward, and your school. ‘Remember this: kindness begins with me.’ ”

**Sister Mary N. Cook, first counselor in the Young Women general presidency, “Remember This: Kindness Begins with Me,” *Ensign*, May 2011, 120.**



# EDUCATION

*Increased knowledge affords us the opportunity to be of greater influence in accomplishing the Lord's purposes.*

**W**ith great desire and anxiety for the welfare of their souls, Jacob taught the people of Nephi “concerning things which are, and which are to come” (2 Nephi 6:4). These were his people, and he loved them. He taught them who they really were and the Lord’s promises concerning them. As he taught them of the Savior, he exclaimed: “O how great the holiness of our God! For *he knoweth all things*, and there is not anything save he knows it” (2 Nephi 9:20; emphasis added).

That is worth remembering when you consider the importance of education. Centuries earlier, in another part of the world, Father Abraham “sought for the blessings of the fathers” and desired “also to be one who possessed great knowledge, and to be a greater follower of righteousness, and to possess a greater knowledge” (Abraham 1:2).

You are all beloved sons and daughters of God<sup>1</sup> and “are the children of the prophets; and ye are of . . . the covenant which the Father made with [Abraham]”

(3 Nephi 20:25). Like Abraham, you have within you the capacity to “possess a greater knowledge” as you are instructed in things that are “expedient for you to understand” (D&C 88:78).

The Lord has indicated that desirable knowledge includes “things both in heaven and in the earth, and under the





By Elder  
Craig A. Cardon  
Of the Seventy



earth; things which have been, things which are, things which must shortly come to pass; things which are at home, things which are abroad; the wars and the perplexities of the nations, and the judgments which are on the land; and a knowledge also of countries and of kingdoms” (D&C 88:79).

Why? Why is gaining an education so important? The Lord Himself provides a wonderful insight: “That ye may be prepared in all things when I shall send you again to magnify the calling whereunto I have called you, and the mission with which I have commissioned you” (D&C 88:80).

In this increasingly complex world, education is one of the most important acquisitions of life. And while it is true that more education will generally lead to the opportunity for increased temporal rewards, the greater value of increased knowledge is the opportunity it affords us to be of greater influence in accomplishing the Lord’s purposes. As explained in *For the Strength of Youth*: “Education is an important part of Heavenly Father’s plan to help you become more like Him. He wants you to educate your mind and to develop your skills and

talents, your power to act well in your responsibilities, and your capacity to appreciate life.”<sup>2</sup>

The Prophet Joseph Smith likewise taught: “In knowledge there is power. God has more power than all other beings, because He has greater knowledge.”<sup>3</sup>

For good reasons, formal education requires you, over a number of years, to engage a wide range of skills and subjects, some of which may not be familiar to you or which you may not find particularly enjoyable to study. Nonetheless, you should be diligent in your studies, for this broadens your horizons and expands your mind’s capacity to learn in other areas as well. Indeed, your exposure to a wide range of basic skills and subjects affords you the opportunity to identify those skills and subjects in which you have

a genuine interest. With this interest, as you continue to further your education, you will have the opportunity to pursue in greater depth those things you truly enjoy.

President Henry B. Eyring, First Counselor in the First Presidency, shared valuable advice he received from his father wherein his father counseled him to pursue education “you love so much that when you don’t have to think about anything, that’s what you think about.”<sup>4</sup> Sister Cardon and I have counseled our children to pursue an education and a career that are of such interest to them that they would want to “skip to work.”

Jacob cautioned his people against the “frailties, and the foolishness of men!” He explained, “When they are learned they think they are wise, and they hearken not unto the counsel of God.” He then added this ennobling truth: “But to be learned is good if they hearken unto the counsels of God” (2 Nephi 9:28–29).

Be learned and hearken unto the Lord. He will bless and prosper you in accomplishing His purposes. **NE**

#### NOTES

1. See “The Family: A Proclamation to the World,” *Ensign*, Nov. 2010, 129.
2. *For the Strength of Youth* (2011), 9.
3. *Teachings of Presidents of the Church: Joseph Smith* (2007), 265.
4. In Gerald N. Lund, “Elder Henry B. Eyring: Molded by ‘Defining Influences,’” *Ensign*, Sept. 1995, 12.







# KEEP PRACTICING

*I wanted to quit. Would all this effort pay off?*

By Willis Jensen

“I don’t want to take piano lessons anymore,” I told my mother. I had been taking lessons for several years and was tired of all the practicing. I was ready to quit. I wasn’t very good anyway. Because I suffer from moderate hearing loss and wear hearing aids, I have never considered myself a person with musical talent. It always took a lot of practice to learn the tune of a song.

My mother didn’t say much but simply told me that I should keep taking lessons until I could play the hymns. After much complaining on my part and much encouragement from my parents, I decided not to quit.

Fast forward several years and thousands of miles to a chapel in the mountains of central Guatemala. As a missionary, I was attending a district conference. I had arrived early and found a piano there, so I sat down and started playing hymns. Most of the wards and branches had small electric keyboards that were hard to

play, so I was very excited to play a real piano. I ended up being asked to accompany the congregation for the conference.

What changed my attitude between my younger years and my time as a missionary? I felt the power of the Spirit through music.

While serving a mission, I had many opportunities to use the musical skills that I had learned. I relished the many opportunities to sing and play the piano and played nearly every week in sacrament meeting. I will always remember listening to those faithful Guatemalan members singing the hymns. I taught members new hymns that they weren’t familiar with. I taught some basic piano lessons. My companions and I would sing to the people we were teaching. Even if we sang off-key, the Spirit was always there to touch the hearts of the people.

I’ve learned that it doesn’t matter what your talents are; you can still

learn to develop musical abilities. I’ll never be a world-class pianist, and many of the members in Guatemala will never be in the Tabernacle Choir. But it didn’t matter. We could still enjoy feeling the Spirit through music. I’m so grateful that my parents encouraged me to keep taking piano lessons, and I’m grateful that I kept practicing. **NE**

*Willis Jensen lives in Arizona, USA.*

## DEVELOP YOUR SKILLS AND TALENTS

“Education is an important part of Heavenly Father’s plan to help you become more like Him. He wants you to educate your mind and to develop your skills and talents, your power to act well in your responsibilities, and your capacity to appreciate life. The education you gain will be valuable to you during mortality and in the life to come.”

*For the Strength of Youth (2011), 9.*



Chisako O. has loved to dance since she was 3 years old, when she watched her two older sisters dance. At age 10, she became serious about ballet. Now at age 15, she spends several hours a day practicing.

# BALLET STAYING IN THE BALANCE

**W**hat do you like about dancing and ballet? I like expressing how I feel when I'm dancing. I like to become a character so I can tell the story of the part I'm doing. For example, I was the Sugar Plum Fairy for *The Nutcracker*. Since she is the queen and I'm the youngest in my family, it was hard for me, but I tried to think of it in my own way and become the role.

**What's the hardest thing about dancing?** Long hours are always hard. But I always take part in my family activities, pray, and read the scriptures, so it doesn't feel that hard to me.

**How do you find balance in your life?** At school I try to forget about ballet and just talk with my friends and have a social life outside ballet. I also read the scriptures a lot. And whenever I have a concern or I'm thinking about something, I pray, read the scriptures, or talk with my parents, friends, and Church leaders. I think that's what keeps me in balance.

**What advice would you give to other busy youth?** If you're busy, it's hard to fit in scripture study, but make sure to fit it in. If I have a break, I try to read the scriptures and pray. And before I go to bed, I listen to some Church music and just balance it out as best as I can.

**How do you uphold your standards in your dancing?** My dance friends have private lessons with coaches on Sundays, and coaches would ask me if I could work on Sunday too, but I'd say no. I would tell them what I believe in and also use good language and be a good example for my friends so they understand that I'm a member of the Church and they know my standards. **NE**

—As told to Mindy Raye Friedman

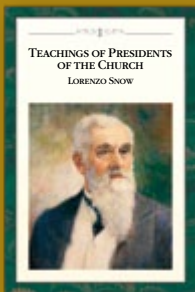
**Name:** Chisako O.  
**Age:** 15

**Location:** California, USA

**Fun Facts:** Invited to the 2012 Prix de Lausanne, a prestigious international ballet competition for youth. Competed in the New York finals of the Youth America Grand Prix in 2012, 2011, and 2010. Enjoys taking photos, playing with her dogs, and spending time with family and friends.







GETTING TO KNOW

# LORENZO SNOW

By Christopher D. Fosse  
Church Magazines

This year the manual for Relief Society and Melchizedek Priesthood classes focuses on the life and teachings of President Lorenzo Snow (1814–1901). But just because your age group may not be using this book, that doesn't mean you can't learn a thing or two about him. President Snow led an amazing life filled with trials and triumphs.

## A Champion for the Gospel

Lorenzo Snow first heard about the Church while he was still a young man. At first he had no desire to be baptized, even though his sister Eliza (the same Eliza R. Snow who wrote many Latter-day Saint hymns and served as the second general president of the Relief Society) had eagerly embraced the gospel. He did,

however, find the Church's doctrine very interesting. When Lorenzo began to attend college in Oberlin, Ohio, he would often **share Church beliefs with the students** who were training to become Protestant ministers. Although he hadn't yet committed to be baptized, he presented the gospel so well that many of the students at Oberlin admitted the possible truth of the restored Church.

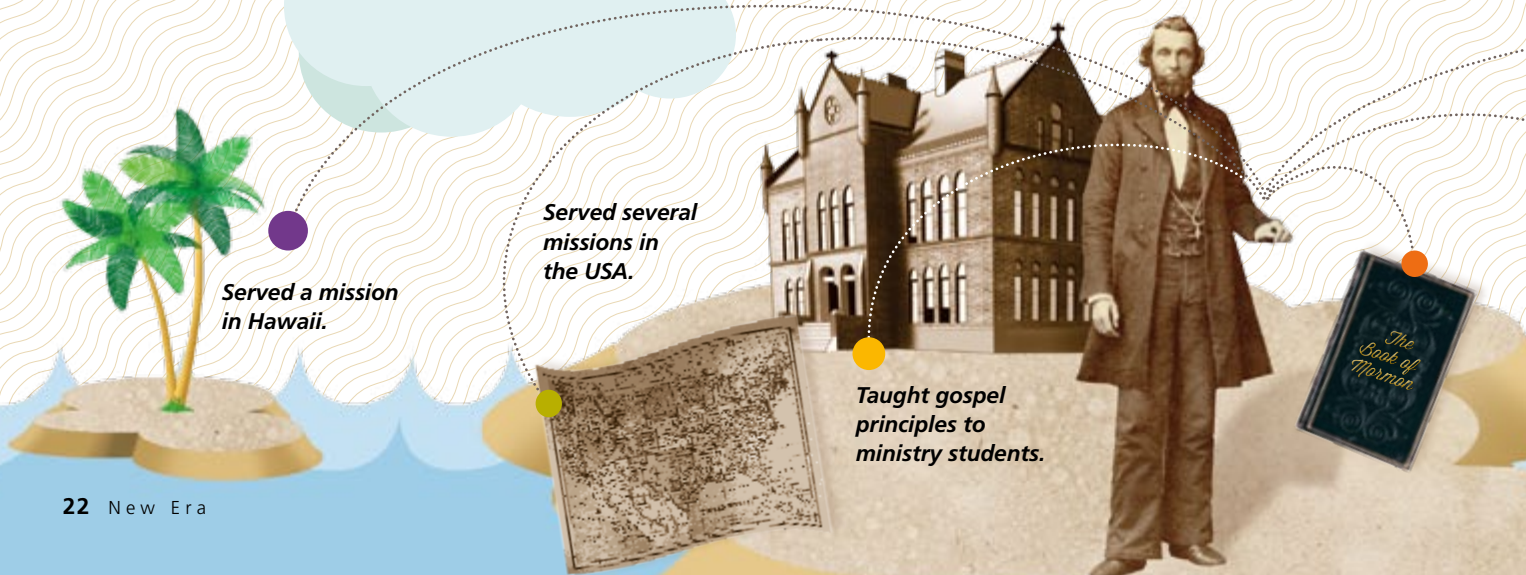
As strong a missionary as he was before he accepted the gospel, it's no wonder that Lorenzo became even more dedicated to the work after he was baptized. During his early years as a member of the Church, he was **called to serve several full-time missions**. He first served in Ohio, followed by Missouri, Kentucky, and Illinois, USA. He was later sent to

Great Britain to assist with the organization of the Church in England. While there, he even **gave copies of the Book of Mormon to Queen Victoria and Prince Albert**. He later served missions in Italy, Switzerland, and what would eventually become known as the **Hawaiian Islands**.

## Miracle at Sea

When Elder Snow left England to return to Nauvoo, Illinois, he brought a large group of newly baptized members with him. They all booked passage on the ship *Swanton* and prepared for the long journey to North America.

Although the captain of the *Swanton* was not unkind to the Latter-day Saints on his ship, he wasn't exactly friendly either. He





Here are a few things you might not know about the fifth President of the Church.

usually distanced himself from them. But after about two weeks at sea, something happened. The captain's steward was badly injured in an accident. No one expected the steward to live through the night.

But one of the faithful sisters who had been attending to the dying sailor had a suggestion. She told the steward that Elder Lorenzo Snow could give him a blessing and that it might save his life. The steward—who was working to support his wife and two children back in Germany—eagerly agreed.

In the middle of the night, Elder Snow was awakened and asked to come to the dying man's room. When he arrived, he met the captain of the ship. The captain thanked him for coming but expressed the

hopelessness of the situation. Elder Snow could see that the captain had been crying.

He went into the room, laid his hands upon the steward's head, and gave him a priesthood blessing. Immediately after Elder Snow finished the blessing, the man sat up and got out of bed. **The steward was completely healed, and he returned to his duties the next day.**

### The Worth of Souls

The healing of the steward changed things on board the *Swanton*. The captain began to spend as much time with the Saints as he could spare, and he even studied the gospel and attended Church meetings. The other sailors were just as impressed. When the ship reached its destination,

the crew lovingly bid the Saints farewell. Through the power of the priesthood, not only was a man's life saved, but several others were also given a glimpse of God's power and love. The steward and many members of the crew were eventually baptized.

Many other amazing events occurred in the life of President Lorenzo Snow. So this year, while the adults are studying *Teachings of Presidents of the Church: Lorenzo Snow*, why not follow along? On Sundays or when you have some free time, you could read some of President Snow's teachings. You'll be able to contribute more to family gospel discussions, and in the process you'll get to know an amazing man who became a prophet of God. **NE**

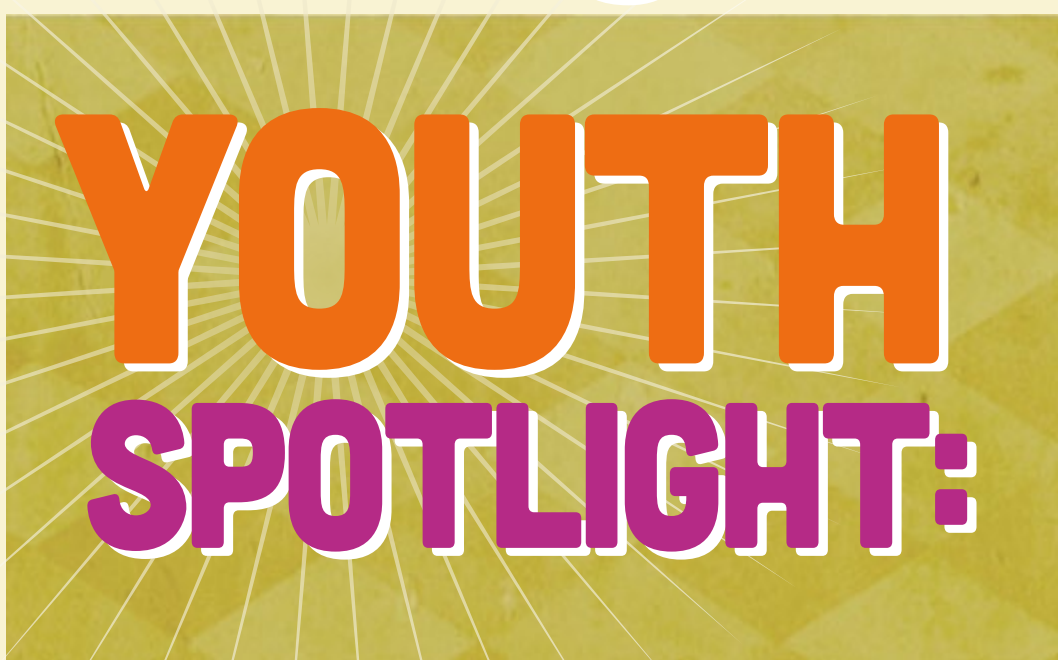
*Healed the captain's steward on a journey back to North America.*



*Gave copies of the Book of Mormon to Queen Victoria and Prince Albert.*









**By Lori Fuller**

Church Magazines

**M**ost everyone likes to help out, but sometimes it seems hard to identify people who could use our service. It can be a lot easier to wait for someone else to take action. But when we want to

help, we don't have to wait for other people to organize a project. Like the scriptures say, we should be "anxiously engaged in a good cause, and do many things of [our] own free will" (D&C 58:27). As the following youth

show, when we see a need, there's a lot we can do on our own to serve others. In doing so, we can bless their lives and help our friends to serve too. And we'll help bring others to Christ along the way.

# FINDING WAYS TO SERVE

*From creating videos to teaching children, youth are blessing lives throughout the world.*

## 1 Babysitting for a Break

I wanted to do service in our ward and began by praying to know how I could serve. The answer didn't come right away, but a few days later, I had the idea of doing a day of babysitting so mothers could go Christmas shopping or take the day off with their husbands.

I prayed to Heavenly Father to help me know whom I should ask. I had four families accept my offer. My friend Emily and my sister, Hannah, helped me babysit all the kids.

I learned that service can be fun if you make it fun and find things you can do. Now I want to do another service for the same mothers so they can go to the temple three hours away, but I need to work out the details.

*Sarah S., Arkansas, USA*

## 2 Rallying for a Rival

In my high school media class, we heard about a video contest where a popular music group would come and perform at the winning high school's

prom. Some other students and I made a video and entered it on behalf of a neighboring high school that was recently destroyed by a tornado. Even though the other school is our rival in sports, we wanted to help give something special to those students who had lost so much.

Our video won the national contest. It felt amazing to help this school. It made me feel good to know that my classmates and I could make a difference in others' lives.

*Luke G., Indiana, USA*



# 3

## Creating 1,000 Cranes

A student at our school, Becca (name has been changed), was scheduled to undergo surgery to remove a cancerous brain tumor. My friend Fede and I wanted to find something special the whole school could do for Becca. I remembered a Japanese tradition involving the folding of 1,000 origami cranes to show support for people in need, and I thought it was something we could do for Becca. We went to the headmaster for approval and then picked up piles of multicolored paper.

We had only two days until Becca's surgery, but we didn't let that stop us. That night I learned how to fold origami cranes and started to cut paper squares—hundreds of them!

The next day we announced the project to the school and invited everyone to make a crane for Becca. The entire school, including the faculty, came together to contribute. It was incredible to see.

After two days, we had over 1,000 paper cranes. We threaded them on strings and packaged them in a box, which Fede and I took to Becca at the hospital. She could feel the happiness and love that had been put into making each crane.

While leading this project, I learned that even a small gesture can show people you're thinking about them and can make a difference. And when many people stand with you, the impact grows exponentially. I also learned that

if you have a purpose, those around you can help you reach your goal. When we raised our voice and asked for people to lend a hand, many jumped at the opportunity.

*Clara H., Nova Scotia, Canada*

# 4

## Relieving the Relief Society

I recently set up a service activity in my ward so the young women could serve the Relief Society sisters. We sent a clipboard around to the sisters in Relief Society and asked what acts of service they needed. So far we've vacuumed stairs, babysat, and done yard work. We love it because it gives us a chance to come together as friends, unite as young women, help our ward sisters, and ultimately serve the Lord. Service helps me feel God's love for those we help and also for me individually!

*Danielle F., Utah, USA*

# 5

## Caring for Kids with Cancer

A few years ago, a friend of mine was diagnosed with cancer. I wanted to do something to help, so I decided to grow out my hair and hold a sponsored haircut. My dad helped me arrange a free haircut and get the newspaper involved. I raised money for the children's cancer ward at a local hospital and donated my hair to be made into a wig for a girl with cancer.

It felt great to do something for



### Share Your Stories Online

Visit [lds.org/go/138](https://lds.org/go/138) to post about ways you've served people around you. You can also share your experiences with the *New Era* at [newera.lds.org](https://newera.lds.org) (click "Submit Material").



other children, especially something that would help a child feel more comfortable with a new wig.

I love serving people, and I think whenever we serve, we follow our Savior's example and feel closer to Him.

*Milla T., England*

## 6 Cooking for a Cause

For a school project, two of my friends and I decided to raise money to donate to a foundation for children. We worked together to bake cakes and then sold them for a dollar a slice. I was blessed with a warm, happy feeling, and I grew closer with my friends as we worked on this project. I learned how good it feels to serve.

*Patrick M., Prince Edward Island, Canada*

## 7 Providing for a Preschool

When I was young, I attended a specialized preschool for children with autism. It changed the course of my life, so I wanted to give back. I decided to create interactive storybooks to help the children learn how to read.

I'd had multiple ideas for my project and prayed to know which one was right for me. The director of the school helped me know what they needed. I did the planning and organizing, but my family, friends, and quorum members helped a lot with the project. I was able to learn good leadership and planning skills.

Doing this project gave me a greater sense of gratitude for what they do at the school. It made me feel really good to help the school that had helped me so much. They were so appreciative, and they let me read one of the books to the class. I felt so good inside.

*Christopher A., Utah, USA*

## 8 Sewing for Soldiers

Our brother serves in the U.S. Air Force on a flight crew that occasionally transports wounded soldiers from war zones to a military hospital in Germany. We learned of a charity organization that collects needed items for wounded soldiers at this hospital and in the medical units in Afghanistan. The handmade items in greatest demand are comfort pillows, and the charity tries to give one to each patient.

We decided to involve our community in our project, so we posted requests for donated fabric and stuffing. The response was amazing! We received several large bags of fabric and stuffing, including a bag of Christmas fabric. During November we sewed 30 Christmas stockings that were sent to a field hospital in Afghanistan just in time for Christmas. Over the next three months, we made 50 comfort pillows and sent them to the hospital in Germany. It felt so good to use our sewing skills to give something back to those men and women.

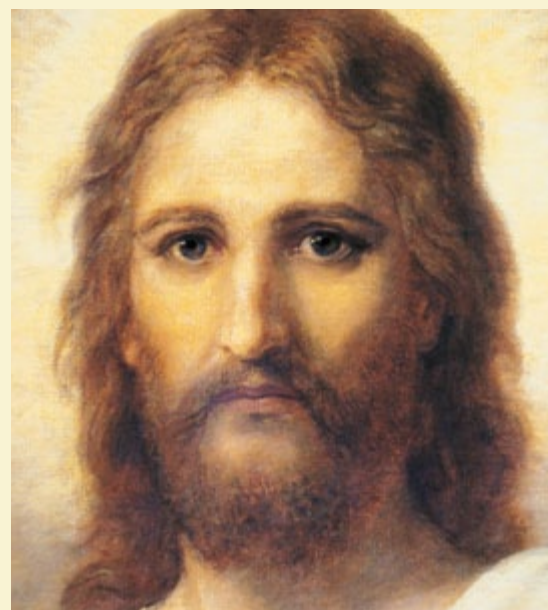
*Mickell and Jodi H., Utah, USA NE*



### WE ARE THE LORD'S HANDS

"We are surrounded by those in need of our attention, our encouragement, our support, our comfort, our kindness—be they family members, friends, acquaintances, or strangers. We are the Lord's hands here upon the earth, with the mandate to serve and to lift His children. He is dependent upon each of us."

**President Thomas S. Monson, "What Have I Done for Someone Today?"**  
*Ensign, Nov. 2009, 86.*





# *Learning about the* **GODHEAD**

*Knowing more about the Godhead can bring you closer to Them.*

**J**ust as it's usually easier for us to love friends and family more deeply the better we get to know them, knowing more about the true nature of the Godhead can allow us to feel greater love toward Them. And thanks to the Restoration, we know many important truths about the Godhead that had been lost during the Apostasy. For example, because of the Restoration, the

Prophet Joseph Smith's experiences,<sup>1</sup> and the revelations he received, we know that Heavenly Father, Jesus Christ, and the Holy Ghost are three separate beings with one purpose.

## **Three Separate Beings**

While today's traditional Christianity asserts that the three members of the Godhead are all one person (called the "Trinity," a belief based

on a man-made council that wrote the Nicene Creed in A.D. 325), we know that the Father and the Son each have bodies of flesh and bones and that the Holy Ghost is a personage of spirit.<sup>2</sup> Ancient and modern prophets have testified that the Father and Son are separate beings. These prophets include Stephen in the New Testament<sup>3</sup> and Joseph Smith,<sup>4</sup> who personally saw Them standing side-by-side.

We also know They are three distinct persons through the events at Christ's baptism—when the Father bore witness of His Son and the Holy Ghost descended from heaven like a dove<sup>5</sup>—and when Christ prayed to the Father as He offered the great Intercessory Prayer.<sup>6</sup>

There's another way to look at it as well. Just think about how father-son relationships exist here on earth, patterned after eternal principles. Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has taught, "They [the Father and the Son] *are* separate and distinct beings, as all fathers and sons are."<sup>7</sup>





## One in Purpose

Even though the Father, the Son, and the Holy Ghost are three distinct personages, They share one purpose. Elder Holland has also taught: “Having made the point of Their separate and distinct physical nature, we declare unequivocally that They were indeed and are ‘one’ in every other conceivable way—in mind and deed, in will and wish and hope, in faith and purpose and intent and love.”<sup>8</sup>

In order to learn and teach about the Godhead, we must gain a testimony that They have one single purpose: together, They work “to bring to pass the immortality and eternal life of man” (Moses 1:39).

## Why It Matters

In addition to knowing that the Father, the Son, and the Holy Ghost are three separate beings, we need to remember *why* it’s important to know that. Without that knowledge, we couldn’t fully understand that:

- We are literally the spirit sons and daughters of Heavenly Father.<sup>9</sup> God is not an impersonal spiritual entity; He is a real being—our

### KNOW GOD, KNOW YOURSELF

“If men do not comprehend the character of God, they do not comprehend themselves.”

Joseph Smith, *Teachings of Presidents of the Church: Joseph Smith* (2007), 40.

Father—who loves us and created us in His image.<sup>10</sup> Knowing that, it’s much easier to go to Him in prayer because you can feel His love and also trust that He knows you individually.

- Christ’s divine mission is to be our Savior and Redeemer.<sup>11</sup> He is our Mediator with the Father.<sup>12</sup> He needed to have the immortal traits of being the Father’s Only Begotten Son in the flesh in order to be able to atone for us and be resurrected.<sup>13</sup>
- We can know the will of the Father and gain a testimony of Jesus Christ through the Holy Ghost, whose work it is to testify of Them.<sup>14</sup>

## This Doctrine in Your Life

Why else is knowing about the nature of the Godhead so essential to our testimonies? Take a few moments and consider why Joseph Smith placed this principle as the first article of faith: “We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.”

What other thoughts do you have about why it’s important to know that the Godhead are three separate beings with one unified purpose? Head online to [lds.org/go/13C](https://lds.org/go/13C) to share your thoughts and read comments from other youth. **NE**

### NOTES

1. See Joseph Smith—History 1.
2. See D&C 130:22–23.
3. See Acts 7:55–56.
4. See Joseph Smith—History 1:17.
5. See Matthew 3:16–17; Mark 1:9–11; Luke 3:21–22; D&C 93:15–16. See also 2 Nephi 31:7–8.
6. See John 17.
7. Jeffrey R. Holland, “Mormonism 101,” [lds.org/prophets-and-apostles/unto-all-the-world/mormonism-101](https://lds.org/prophets-and-apostles/unto-all-the-world/mormonism-101).
8. Jeffrey R. Holland, “Mormonism 101,” [lds.org/prophets-and-apostles/unto-all-the-world/mormonism-101](https://lds.org/prophets-and-apostles/unto-all-the-world/mormonism-101).
9. See Psalm 82:6; Acts 17:28–29; Romans 8:16.
10. See Genesis 1:27; D&C 20:17–18.
11. See John 3:16–17; 6:38–40; 1 John 4:9–10; Helaman 5:9–10; D&C 20:21–25.
12. See 3 Nephi 27:13–16; Moroni 7:28; D&C 45:3–5.
13. See John 5:26; 10:17–18; Alma 7:10–13; 34:10, 14.
14. See 1 Corinthians 12:3; Bible Dictionary, “Holy Ghost”; Moroni 10:5; D&C 20:26–27.

  
**SUNDAY LESSONS**  
.....  
This Month's Topic:  
**The Godhead**

## JOIN THE CONVERSATION



Throughout January, you’ll be studying about the Godhead in your Sunday School and Young Women classes and priesthood quorums. After reading this article and studying the scriptures mentioned, think about experiences or insights you’ve had relating to the Godhead and be prepared to share them at home or in your classes or quorums as the Spirit directs. You can even share your thoughts with other youth at [lds.org/go/13C](https://lds.org/go/13C). Also think about questions you still have about the Godhead, and share them with your parents and teachers so they can help you find answers.



# — How to — **NEVER** — Have a — **BORING** **CHURCH** **CLASS** *Ever Again*

*Learn your essential role  
in the new approach to  
Sunday learning.*

**By Ted Barnes**

Church Curriculum Editor

**T**hink back to the last time you were in a Church class, and you were having such a great spiritual experience that you didn't want it to end. Hopefully you don't have to think back too far. What was it that made the class so meaningful? What did your teacher do? Better yet, what did you do?

Someone asked President Spencer W. Kimball (1895–1985), “What do you do when you find yourself in a boring sacrament meeting?” His answer was a little surprising: “I don't know. I've never been in one.”<sup>1</sup> Maybe he hadn't ever been to your ward—or maybe he looked at going to church a little differently. Maybe he prepared differently, participated differently, and lived differently as a result of his experiences.





And that's just what you can do. January 2013 marks the beginning of a new approach to teaching and learning in youth Sunday classes and quorum meetings. Your teachers will be using a new set of lessons called *Come, Follow Me*, which are designed to help you take responsibility for learning the gospel—and which will help you view your Sunday Learning like President Kimball viewed sacrament meeting.

### It's about Conversion

You'll find that the quality of your experience in Church classes changes when you understand why you're really there. People come to church for different reasons, but if we come to be entertained, we're likely to be disappointed. Even coming to obtain new information about the gospel may not be the best reason.

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles has said that our ultimate goal is “far more than acquiring knowledge. It is not enough for us to be *convinced* of the gospel; we must act and think so that we are *converted* by it. In contrast to the institutions of the world, which teach us to *know* something, the gospel of Jesus Christ challenges us to *become* something.”<sup>2</sup> The purpose of the gospel is to change us—to change not only our views and thoughts but also our actions and our hearts, until we reach “the measure of the stature of the fulness of Christ” (Ephesians 4:13).

“Bring your personal scripture study, your thoughts, and what you would like to learn into [the lesson]. That's really what we need to move forward.”

**Jacob I.**



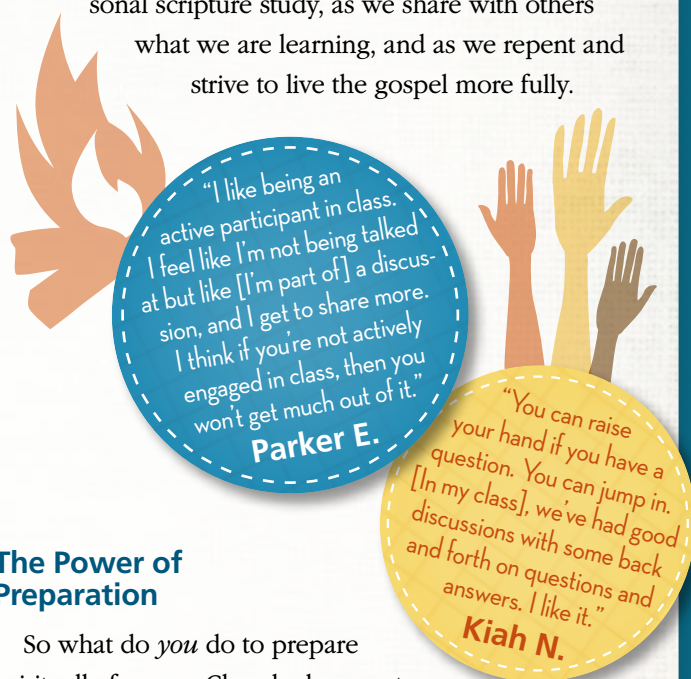
So if our goal is to become converted to the gospel, where do our Sunday classes fit in? Perhaps for some of us, conversion may come in one dramatic moment in a Sunday School class. But for most of us, what happens at church is only one step on the long path to lifelong conversion. What you do before and after class may be just as important.

### Like a Fire Is Burning

Consider the steps you take when you want to start a campfire. You probably gather plenty of dry kindling that will catch fire easily. Then, after the kindling is lit, you feed your fire with larger pieces of wood. And if you want your fire to last a long time, you continue to watch it and add logs as needed.

Spiritually speaking, our experiences at church can lead to the fire of conversion only if we come prepared—if we are in a spiritual condition to receive the spark and keep it burning within us.

And this fire will keep burning only if we continue to feed it—as we seek deeper understanding in our personal scripture study, as we share with others what we are learning, and as we repent and strive to live the gospel more fully.



### The Power of Preparation

So what do *you* do to prepare spiritually for your Church classes—to prepare your kindling? Do you read any scriptures or general conference talks related to the topic of the lesson? Do you ponder the experiences you have had with that topic—experiences you may be able to share to strengthen others in the class? Do you think about what you would like to understand better and come with questions to ask? The more you do of this, the more likely it is that you’ll catch the fire of the Spirit, regardless of how “entertaining” your teachers may be.

When you get to class, let your teachers know if you don’t understand something, if you have questions, or if you’d like to discuss something further. This kind of thing



is strongly encouraged in *Come Follow, Me*. In fact, the lessons depend on it. Your teachers may come prepared to discuss a particular topic, but they are also interested in your needs and thoughts. Share with them how the gospel blesses and strengthens your daily life.

The path to conversion is a personal one, and we are all at different places on that path. The Spirit—who is, after all, the real teacher—can help you personalize the principles you are learning to your own life. Remember that the purpose of studying the gospel is to convert us, to change us, to make us more like the Savior. So ponder how that is happening to *you*.

For example, when you learn that we all lived as spirit children of Heavenly Father before we came to earth, what difference does that make in your life? How does it affect the way you see yourself? Or others? How does it change the way you think about your trials? How does it influence the choices you make?

Asking yourself questions like these can turn a Sunday School class into a potentially life-altering experience.



"It's a little bit awkward at first to share your personal experiences, but I know it contributes to the class a lot more."

**Taylor T.**



"Everyone is able to share experiences, and you don't have to be scared to say something. When everyone says how the lesson relates to [his or her life], it really helps you relate to the lesson."

**Alisson M.**

"When you participate more, it strengthens your testimony. It's more fun. It takes a little bit more work, but that's not necessarily a bad thing."

**Alyssa T.**



## Find the Gems

Have you ever had the experience of finding something powerful in the scriptures or the words of the living prophets—not something someone else found for you, but something you discovered on your own? Maybe you read a verse in the Book of Mormon that seemed to describe your own situation at home or in school. Or maybe you heard President Thomas S. Monson say something, and it sounded like he was talking directly to you. These are the kinds of experiences you can have in Church classes if you seek them—if you come with the right spirit and attitude.

When you are invited to read a scripture in class, don't just read it; explore it! There are gems all throughout the word of God; find them! And when you do, share them with the class. Explain why they're meaningful to you. Describe the difference they make in your life. You may just inspire others to do some exploring of their own.



## Don't Let It End Too Soon

We are only in church so many hours per week. If that's all of the spiritual sustenance we get, then we're going to be spiritually malnourished. So after you've zipped up your scriptures, said a closing prayer, and stacked your chairs, continue to ponder and explore the things you've discussed in class. Make them the subject of your personal scripture study. Seek answers to questions you have.

The Holy Ghost can help you make connections between things you are learning at church and the experiences you are having at home and at school. Discuss what you learn with family members and friends. When you come back to class the next week, share what you have discovered.

Follow the example of Joseph Smith. After reading a scripture that impressed him deeply, he didn't let the words stay on the page. Instead, he "reflected on [them] again and again." He saw himself in those words. And then he did what they told him to do. (See Joseph Smith—History 1:11–13.) How different would the world be today if Joseph's experience with James 1:5 had ended when he closed his Bible?



"I like it when I get assignments to go home and read scriptures, because then I do more outside of church, and I learn more. You have to go home and do things, because then you really live the gospel."

**Isaac T.**

"[Sharing in class] makes us feel more confident in what we know. It helps us solidify our testimonies. When people hear themselves [sharing experiences or bearing testimony], they realize it's not just something they've been taught or something they've felt before, but it's something they know is true. I think it's a really good testimony builder."

**Campbell G.**

## KEY POINTS FOR LEARNING WITH COME, FOLLOW ME

1. You determine the kind of experiences you have at church.
2. Come prepared with questions and insights to share. If possible, study and ponder the lesson topic beforehand at [lds.org/youth/learn](https://www.lds.org/youth/learn).
3. Share your experiences in class. How does the gospel make a difference in your everyday life?
4. Look for "gems" in the scriptures and words of the prophets. Share what you find.
5. Don't let your learning end when class ends.

## Learners Who Act

Can you see that the quality of your experiences learning the gospel has just as much to do with you as it does with your teachers? Can you see that it has as much to do with what you do outside of class as what you do in class?

Elder David A. Bednar of the Quorum of the Twelve Apostles recently taught: "Young people increasingly need to be learners who act and thereby receive additional light and knowledge by the power of the Holy Ghost—and not merely passive students who primarily are acted upon."<sup>3</sup> *Come, Follow Me* is designed to help you become a learner who acts.

It is possible to never have a boring Church class again. It's a choice you make to come to class spiritually prepared, to actively participate in discovering the truths of the gospel for yourself, and to make those truths part of your life.

"When I write things down and think about them at home, it's not just like I'm trying to learn things in an hour. I feel like it's more of a weeklong learning process."

**Carrie B.**

### NOTES

1. See Donald L. Hallstrom, "Converted to His Gospel through His Church," *Ensign*, May 2012, 15.
2. Dallin H. Oaks, "The Challenge to Become," *Ensign*, Nov. 2000, 32.
3. David A. Bednar, "The Hearts of the Children Shall Turn," *Ensign*, Nov. 2011, 27; see also 2 Nephi 2:26.





# Branching Out

## *to Strengthen Home and Family*

*A creative craft project helped these young women bring their family history to life.*

When a group of young women in the state of Washington, USA, wanted to become more involved with family history, they decided to create an embroidered family-tree project. It ended up bringing their family history to life and taught them new skills along the way.

“This project was a great way for the young women in my ward to work together and have fun learning about our families,” says McKenna S., 14. “Creating my family tree has given me a new perspective on my ancestry. I learned about people I didn’t know who were part of my family, and I had the opportunity to be baptized for one of my great-grandmothers.”

To start the project, each young woman collected five generations of ancestors’ names. The group began by visiting a local family history center, where they learned how to do family history research online. Monica B., 14, especially enjoys researching names on [new.familysearch.org](http://new.familysearch.org) and submitting her ancestors’ names for temple work. She says, “It was a neat experience to take family names—that I found myself—to the temple to do baptisms. I feel a stronger connection to my ancestors now and love seeing their names on the tree displayed in our home.”

The young women spent time working with their parents, grandparents, aunts, and uncles searching for family information. All this time spent sharing family history stories and collecting names helped them strengthen their family relationships. For Madison F., 14, it became a family project. Her mother says, “This project helps the whole



family. We knew very little about my husband's side of the family and have had fun finding and reading through the names on his side of the tree, because most of them are people we had never heard of."

After gathering names, the young women took a trip to the temple to begin the ordinance work for their ancestors. "I was very excited to take the names I had found to the temple," Jerica D., 17, says. "It made the experience much more meaningful."

In addition to learning about family history and temple work, the young women also learned how to embroider. They each embroidered their family's last name onto a tree, and each leaf on the family tree has the name of a family member on it. At first, Tahna T., 13, resisted this part of the project because it wasn't a skill she felt she was good at, but she learned to enjoy it so much that she continues to develop her talent with needlework.

The young women say that one of the best parts of this project was getting together for parties to work on their trees

together. They met at a leader's home and brought their family tree materials and snacks to share. Then they spent hours chatting, working, and snacking. They compared unusual and similar family names, helped one another with embroidery, and talked about how to lay out the leaves of their trees. Natasha T., 16, says, "I had a lot of fun working with the other young women, kind of like we were a family."

Now the young women proudly display their family trees at home. Some of them have hung their trees in their bedrooms, while others have displayed them in their family rooms for visitors to see. They love to look at all the names and talk about them with their families. Breanna D., 15, says, "I thought it was really neat how we could look up so many people I was related to and know that they once lived and breathed just like me." **NE**

*Jennifer Jarrett and Sarah Black live in Washington, USA.*



### LINKED BY LOVE

"Every human being who comes to this earth is the product of generations of parents. We have a natural yearning to connect with our ancestors. This desire dwells in our hearts, regardless of age."

Elder Russell M. Nelson of the Quorum of the Twelve Apostles, "Generations Linked in Love," *Ensign*, May 2010, 92.



### Online Helps

For information about family history designed specifically for youth, go to [lds.org/youth/family-history](http://lds.org/youth/family-history).

## PERSONAL PROGRESS

Studying your family history is part of Individual Worth value experience 6 in Personal Progress. Consider selecting this goal for yourself, and see how learning about your ancestors helps you understand your individual worth. You can even share your experience with us at [newera.lds.org](http://newera.lds.org) (click "Submit Material").







By Elder  
Juan A. Uceda  
Of the Seventy

# THE BOOK OF MORMON— SHARE IT

*I knew the Book of Mormon was true because of three things I felt when I read it.*

When I was 18, I was living in Lima, Peru, where I was born and raised. At that time my father came across a good friend he hadn't seen in a long time.

My father was impressed that his friend looked younger and was well dressed. He asked his friend what had happened to him to create this transformation. "Did you just win the lottery?" he asked. The friend responded, "Well, something better than that. Now I am a Mormon, and I want to share the gospel with you and your family."

My father thought his friend was joking, so he said, "OK, if you want to send your missionaries, do it."

**Elder Uceda (second from right) with his family in Lima, Peru, shortly after he joined the Church.**





But this man was very serious about it, and within a few days the missionaries came and knocked on our door. That was the beginning of a wonderful experience.

The missionaries taught us about the Book of Mormon and left a copy for us to read. This was during the summer, and I was on vacation for a couple of months after finishing my first year at the university. So I took the book that afternoon after the

discussion and started to read it.

Page after page I read and read and read, and I couldn't stop. There was this magic that came from the book. I love reading and had read many books, but this was different. I was captured by the book, and after I had read for several hours, my mother said, "Juan, turn off the light! Your brothers want to sleep." And I said, "Yeah, just a moment, just a moment," and I continued

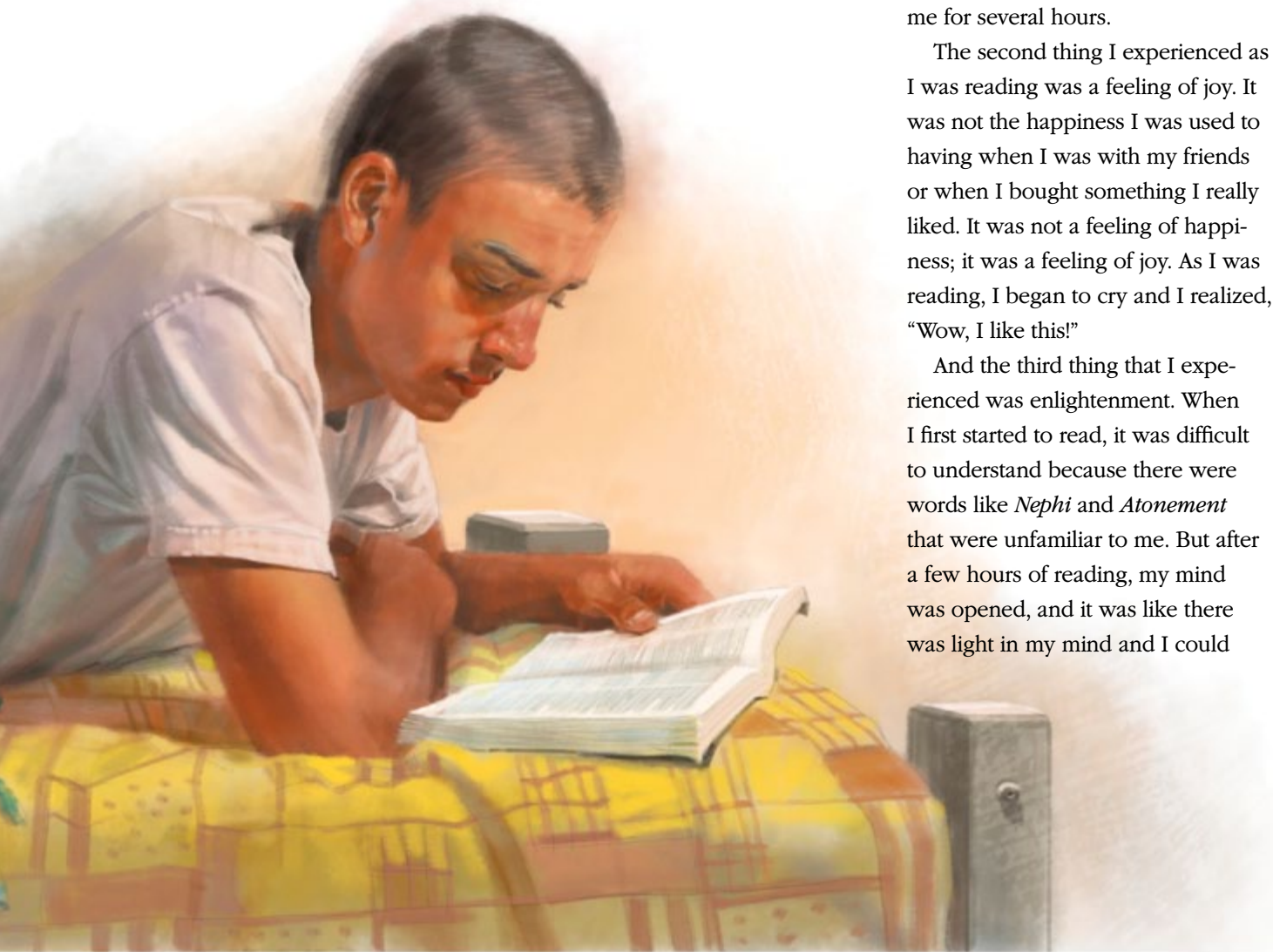
reading. Even after many hours of reading, I had no hunger, no thirst, and no desire for sleep.

Before I finished the book, I knew that something special was in it. I had a testimony because of three things that I experienced as I was reading the book for the first time.

The first thing that happened to me during those hours was a profound feeling of peace that was different from anything I had experienced before. This feeling of peace was with me for several hours.

The second thing I experienced as I was reading was a feeling of joy. It was not the happiness I was used to having when I was with my friends or when I bought something I really liked. It was not a feeling of happiness; it was a feeling of joy. As I was reading, I began to cry and I realized, "Wow, I like this!"

And the third thing that I experienced was enlightenment. When I first started to read, it was difficult to understand because there were words like *Nephi* and *Atonement* that were unfamiliar to me. But after a few hours of reading, my mind was opened, and it was like there was light in my mind and I could





comprehend more and more as I continued reading the book.

I learned later that those three experiences are some of the ways in which the Spirit manifests to us. I had received the Spirit, and I was ready to be baptized, but I needed to wait for the rest of my family to receive their own testimonies. Finally on April 6, 1972, my mother, my sister, and I were baptized. My father and my other two siblings were present and attentive to what we were going through, and a few months afterward, they were baptized too.

The Church and the gospel came into my life at the right moment. In my first year at the university, I had been exposed to many philosophies of men and new ideas and ways of living so different from the ones I

was used to. Many of the values I had learned in my other church during my childhood were challenged by the new ideas that I had before me.

It was difficult for me because I was confused. There were so many new things that I felt were not correct, but they were so normal to others. And the knowledge I had was not enough for me to defend my values.

After I was baptized, it was a different thing for me to go back to the university. Now I had something to say to respond with love to others. I could say with confidence, “No, thank you, I don’t think that’s for me.” And now I knew why I had to say that. The Church and the Book of Mormon came at the right time for me. I’m truly grateful because they changed my life.

I was blessed because of my decision to join the Church. In the Church I met my best friends. I had been very shy, and I preferred to stay alone, study, read my books, and enjoy myself. But when the Church came into my life, I learned what a true

friend is. I found a wonderful young woman in the Church who became my wife. I found priesthood leaders and people who cared for me. In the Church of the Lord, I found what I needed.

There are many people who would find what they need in the Church. Don’t be afraid to open your mouth with your friends and say, “I believe this. I want to share this with you.” Sometimes you hear adults saying what is right and wrong, but when you have a friend your age who says the same thing, you follow that person. For some reason the voice of our friends sounds stronger than the voice of adults. So be a good example because you never know if a Juan Uceda will be there waiting. You’ll never know unless you open your mouth and say, “Juan, I’d like to invite you to come to my church. I want you to read this book.” If you do that simple thing, you may change lives. **NE**



**After joining the Church, Elder Uceda had many opportunities to share his testimony of the Book of Mormon as a full-time missionary in Peru. Left, above: Elder Uceda (right) stands with a convert family he taught. Left, below: Elder Uceda (back row, right) gathers with other missionaries outside a Church building.**



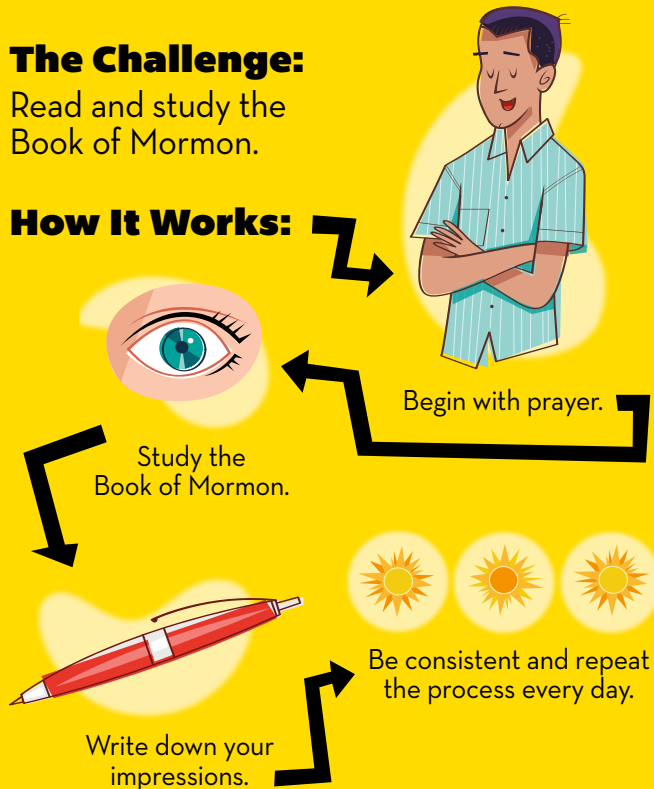
# Meeting the Challenge

By Oscar Moroni Zelaya

## The Challenge:

Read and study the Book of Mormon.

## How It Works:



*Studying the Book of Mormon is giving this young man strength both now and for the future.*

A little while ago, I was invited to read the Book of Mormon every day. I was asked to begin with prayer and to write down my impressions as I read.

Before this challenge, I did not read the Book of Mormon often, but as I accepted the challenge, I became accustomed to reading every day and starting with prayer. It helped me and gave me strength to stand against temptation. It made me much stronger.

At the beginning it was kind of difficult because I would get distracted or tired. But as time went on, I couldn't stop reading the Book of Mormon. I felt something inside that told me to keep going, and I could feel my testimony growing. Now I don't just believe—I know that it's true.

I've learned that it helps me to read the Book of Mormon with a spirit of gratitude for everything. And as I continue reading the Book of Mormon, the Spirit indicates that it's true.

As I wrote in my journal while reading, I knew what to write because I had started with a prayer and asked Heavenly Father to help me understand through the Spirit what He wanted me to learn. And the Spirit taught me as I studied and wrote.

I am grateful for all I have learned. It is going to help me a lot on my mission. I will be a representative of the Lord, teaching others His doctrine and the teachings that the prophets have given us in the Book of Mormon. It is the key for people to come unto Christ.

After my mission, when I marry in the temple and start a family, it will help me to teach my children about the gospel and be able to say to them that all of this is true. Reading the Book of Mormon each day and writing down what I learn has been a great blessing in my life. **NE**

*Oscar Moroni Zelaya lives in El Salvador.*



## READ THE BOOK OF MORMON

"What will protect you from the sin and evil around you? I maintain that a strong testimony of our Savior and of His gospel will help see you through to safety. If you have not read the Book of Mormon, read it. . . . If you do so prayerfully and with a sincere desire to know the truth, the Holy Ghost will manifest its truth to you."

President Thomas S. Monson, "Priesthood Power," *Ensign*, May 2011, 66.



## Youth Video: Messages from Heaven

Several youth in Eastern Europe also took a challenge to read the Book of Mormon every day and write down their impressions. Visit [lds.org/go/13D](http://lds.org/go/13D) to hear what they learned from their experience.



A low-angle, close-up shot of two runners on a reddish-brown track. The runner in the foreground is wearing black shorts and bright green and yellow sneakers, captured mid-stride. The runner in the background is wearing red sneakers and is slightly out of focus. White lane lines are visible on the track surface.

# *Personal* **BEST**

**I WAS NEVER GOING TO WIN;**  
*I just didn't want to come in last again.*



By DeeAnn B. Haroldsen

After taking last place in the 880-yard race for the fourth meet in a row, the enthusiasm I once felt for track was beginning to fade. It wasn't just losing; it was the fact that I could barely finish my races.

One night while reading the Doctrine and Covenants, I read section 89, the Word of Wisdom. Verse 20 says, "And [ye] shall run and not be weary, and shall walk and not faint." That was a promise I wanted. I didn't smoke or drink, but I remembered the coach saying that consuming soda pop and sugary foods could make breathing difficult in longer races. I decided to cut back on them and also thought I'd try eating something besides hamburgers every day for lunch.

With those thoughts in mind, I knelt by my bed in prayer. I remember promising the Lord I would keep the Word of Wisdom and stick to my diet so that He could bless me to do my best.

I had my temptations. My friends were doing fun activities after school while I ran the bleachers around the football field. My brother and sister slept in while I woke up early to jog. A cute guy offered to buy me a soda at lunch, and I had to tell him I preferred milk. And some friends decided to sit and talk rather than do our exercises and weightlifting in gym, forcing me to do my workouts alone. I found inner strength from keeping the commitment I had made to myself and to the Lord.

The day of regionals was a warm day. We were divided into two heats according to our previous times, so I was in the slow heat. This was the first race I had felt good about, win or lose, since I started track this year.

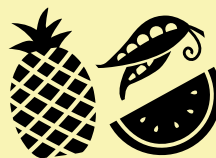
"Runners, take your mark!"

"Get set."

The starter's pistol went off. I sprang forward, each step in unison with the rest of the pack. I was holding fourth place, but the rest of the runners were gaining on me. A thought came to mind: "I have kept the Word of Wisdom; I CAN DO THIS!"

## Explaining the WORD OF WISDOM

To those who aren't members of the Church it may be unclear what the Word of Wisdom is and why we have it. Here are some ways you can explain why you obey this commandment.



- It teaches you to keep your body in the best condition by abstaining from tobacco, alcohol, tea, and coffee and by following other principles designed to maintain health.



- It allows your mind to be alert so you can receive spiritual promptings that can guide and bless you.



- It promises you protection, knowledge, wisdom, and spiritual blessings.

To learn more, turn to page 48.

I focused on third place and pushed myself harder. New energy exploded in me, and I was gaining on them. The runner in second place was only a few feet ahead, so I reached out with all my mind and body.

The girl in first place was starting down the straightway just as I was turning the last bend. She was 5 feet ahead of me with 20 feet to go. With all the energy I could muster, I reached and stepped—go, go, GO!

I raised my arms and crossed the finish line first. A natural high glowed within me. My time was slower than all the runners in the fast heat, so I didn't get to participate in the state track meet, but I knew the feeling of running and not being weary and of finishing a race and not feeling faint. I understood then what was meant by "a principle with promise" (D&C 89:3). I knew it was true when the Lord said, "I, the Lord, am bound when ye do what I say" (D&C 82:10). **NE**

*DeeAnn B. Haroldsen lives in Utah, USA.*



# SEEING THE **GOOD** IN KYLIE

By Karinne Stacey

*We couldn't stand each other.  
Could we ever be friends?*

In fourth grade, I was in the best class ever. Everything about that class was perfect—except Kylie (name has been changed). She was mean to almost everyone, including me. I saw her pushing others in the hallway, and she even pushed me a few times. I would come home crying because I could not understand why she would bully me.

Nobody was her friend. She had her own table at lunch because no one would sit close to her. I told my mom about Kylie, and she gave me some life-changing words of wisdom: “Maybe she just needs a friend.”

This came as a shock to me. How could I possibly be nice to someone who wouldn't give a second thought to calling me an insulting name? Reluctantly, though, I decided to be nicer to Kylie and try to understand her. As I got to know her better, I found that she was actually nice.

I soon learned that her life was much worse than I could have imagined. She had a tough home to live in, and she would avoid any conversation with the word “family.”

One day during lunch, I was sitting with my friends. Since Kylie was mean to others, there were some girls who were not nice to her in return. They started making fun of Kylie, talking loud enough that she could hear them. They said things like, “Come sit with us—NEVER!” “What's that smell? Oh, it's Kylie!” and “Stay away from us!” I sat there listening.

Then I heard a small voice in my head: “Do something.” I stood up and felt over a dozen pairs of eyes turn to me. “Stop!” I said. “Why would you say things like that to anyone? Just be nice to her!” Everyone fell silent. As I sat down, I looked at Kylie. She turned around and gave me a look of pure gratitude.

In sixth grade my 12th birthday was coming up, and I wanted to have a party with a few friends. When my

mom asked if I wanted to invite anyone else, I heard the same small voice in my head: “Invite Kylie.”

“I want to invite Kylie,” I told my mom.

“Really?”

I nodded. After the birthday party, my friends and I, including Kylie, were bonded to such an extent that we got together every Friday for the last three months of school. Kylie came each time. We became best friends.

Now I am in eighth grade and have moved to another state, but I frequently communicate with Kylie, who is still one of my best friends. Sometimes my other friends ask how we became so close.

“In fourth grade she was a bully, and we pretty much hated each other,” I say.

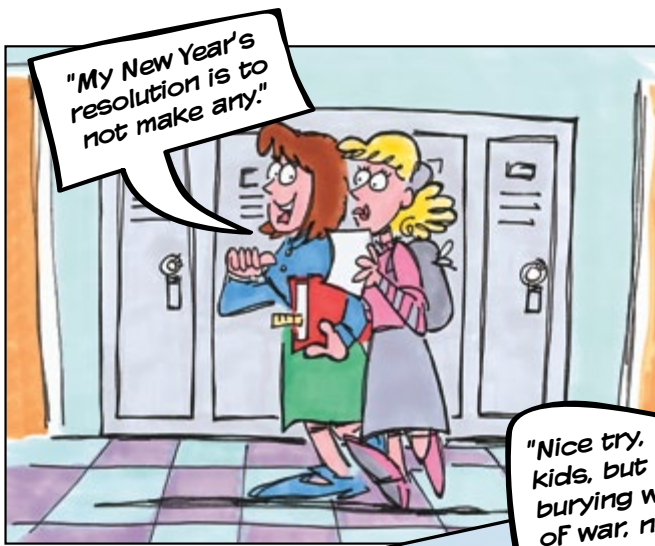
“Well, then how did you become such good friends?”

“I looked for the good in her. Everyone has some good in them, and I reached out to find hers.” **NE**

*Karinne Stacey lives in Michigan, USA.*







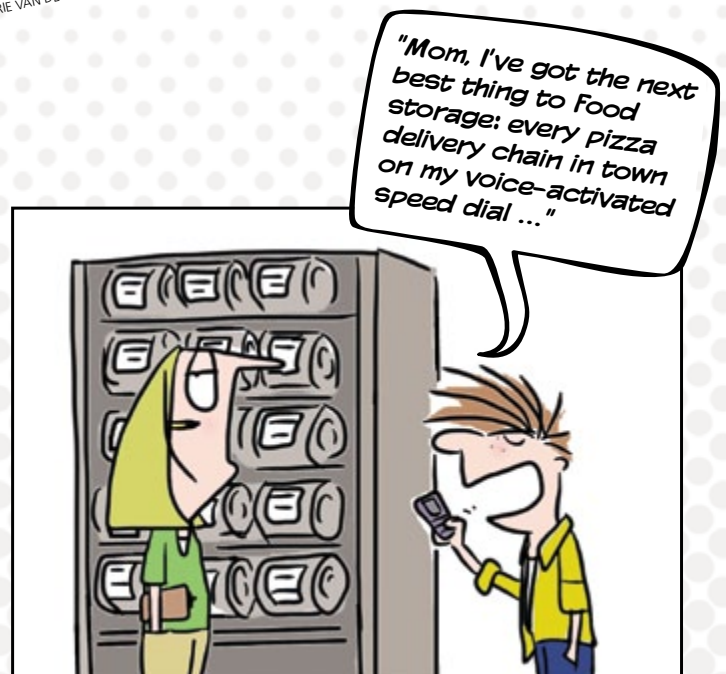
VAL CHADWICK BAGLEY



ARIE VAN DE GRAAFF



RICK + RYAN GOLDSBERRY



JON CLARK



## What We Really Think of Youth

.....

"I am impressed that today's youth have deep desires to serve and bless others—to make a difference in this world. They also crave the joy that their service brings."



Elder Robert D. Hales of the Quorum of the Twelve Apostles, "Coming to Ourselves: The Sacrament, the Temple, and Sacrifice in Service," *Ensign*, May 2012, 36.

## Christmas Break Reading

Imagine having some free school days to start the new year—your possibilities are wide open. Do you go camping? Take a road trip to visit relatives? Take a new hobby? A group of 29 youth from Texas, USA, chose to hold a scripture-reading marathon. Their goal: to read the entire Book of Mormon over the break.

Held during a school break at the beginning of 2012, the reading marathon was an ambitious undertaking. To help them all stay together, the youth read along while listening to an audio narration.

There were also some surprising challenges. During the first day a main waterline broke in town, leaving them with no running water. Determined to stay on track, leaders hauled in water from food storage. The youth wanted to keep reading despite the obstacles. As they approached the end of the

reading marathon, a big cheer went up after they turned off the recording and a member of the stake presidency read the final chapter out loud. "There are good things and there are better things," says Audrey J., one of the youth in attendance. "This was a better thing for us."



PHOTOGRAPH COURTESY OF BRYSON R.

## Quote from Conference

"In this turbulent environment, we rejoice in being disciples of Jesus Christ."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, "What Thinks Christ of Me?" *Ensign*, May 2012, 111.

## This Month in History

**January 5, 1841:** The Prophet Joseph Smith establishes the Nauvoo Lyceum, a religious school that functioned as a sort of early Missionary Training Center.

## My Favorite Scripture

**D&C 121:33:** *"How long can rolling waters remain impure? What power shall stay the heavens? As well might man stretch forth his puny arm to stop the Missouri river in its decreed course, or to turn it up stream, as to hinder the Almighty from pouring down knowledge from heaven upon the heads of the Latter-day Saints."*



I read this every time I need strength from God. It helps me realize and understand His power, and it makes my fear of the evils of the world disappear.  
**Lillian S., 17, Florida, USA**

Tell us about your favorite scripture in a paragraph or two. Send it to us, along with a photo, by going to **[newera.lds.org](http://newera.lds.org)** and clicking "Submit Material."

PHOTOGRAPH COURTESY OF LILLIAN S.



# 5

## GROUP SNOW-DATE IDEAS

### Snow painting.

Fill up spray bottles with water tinted by food coloring, and use a snowbank as your canvas.

A snow-sculpting contest, way beyond snowmen. (Think gigantic spiders or life-size superheroes.)

Build a snow castle, sandcastle-style. Use pots, cups, and buckets for molds.

### Go bowling.

Pack down a stretch of snow as an alley, and then use a basketball and empty two-liter bottles for pins.

Hold a blindfolded snowball/dodgeball contest. Once you're hit, you're out.

## Mutual Theme Sudoku: Doctrine and Covenants 87:8

The objective of a regular Sudoku is to fill the 9×9 grid so that each column, each row, and each of the nine 3×3 boxes (also called blocks or regions) contains the digits from 1 to 9 only one time. For this puzzle, instead of numbers, use the scripture reference and the eight words in bold to complete the puzzle.

### D&C 87:8

Wherefore, **stand ye in holy places**, and **be not moved**, until the day of the Lord come; for behold, it cometh quickly, saith the Lord. Amen.

	D&C 87:8	holy		ye		places	in	
			places		holy		not	
	not						be	
	stand	D&C 87:8	be			holy		in
			D&C 87:8		ye			not
	places	be		in				D&C 87:8
					not		D&C 87:8	stand
holy	in		stand	be			ye	
D&C 87:8							holy	

Find the solution at [lds.org/go/13E](http://lds.org/go/13E).

## By the Numbers

Percentage of people in an email survey who said they like or really like the Mormonad in the *New Era*.

# 98%

If you'd like to join our email list and get regular newsletters, usually sent monthly, just say so in an email to [newera@ldschurch.org](mailto:newera@ldschurch.org).

WE'VE GOT  
MAIL

### I Feel Better

Every time the *New Era* comes, I grab the magazine and turn to "The Extra Smile." The stories are also great, and when I'm sad or lonely I read the stories to help me feel better.

**Nathan K., 14, Utah, USA**

### I Am Not Alone

As I have read the words of the prophet and leaders of the Church, as well as words from other youth, I have realized that I am not alone in facing the challenges of the world.

**Allie V., 14, Nebraska, USA**

### He Hears Our Prayers (from [youth.lds.org](http://youth.lds.org))

This is so true [see "Facing the Storms of Life" at [lds.org/go/13F](http://lds.org/go/13F)]. So often in my trials I think, "I cannot endure this!" but somehow I always manage to . . . through the Atonement of Jesus Christ. Heavenly Father hears our every prayer. The peace the Spirit brings . . . is gentle and quiet, but it is there. Heavenly Father and the Savior will pull us through.

**Meredith Eve B., 15, Australia**

We love hearing from you. Write to us by going online to [newera.lds.org](http://newera.lds.org) and clicking "Submit Material."

Or you can email us at [newera@ldschurch.org](mailto:newera@ldschurch.org) or write to *New Era*, 50 E. North Temple St., Rm. 2420, Salt Lake City, UT 84150-0024.



## STRENGTH TO NOT SWEAR

Once after a Mia Maid lesson on virtue, my class did a project where we chose a symbol to represent virtue so we would remember to keep to our standards, and we put that symbol on a necklace. I chose the heart as my symbol, because it reminds me of the love that Heavenly Father and Jesus Christ have for us. I wear the necklace all the time because of what it represents for me. When I am tempted to do wrong, my heart necklace reminds me to stay true to my values.

I am the only person in my grade at school who is a member of the Church. One young woman I met during summer school used bad language, and when I told her about my faith, she surprisingly ceased using inappropriate language around me. No one else in my class responded that way.

One day in math, a young woman I've known since last year wanted to hear me swear, just to see how the teacher reacted. I told her I do not use inappropriate language, but she kept pressuring me. At first I was tempted to use her words against her, but when my hand touched the familiar heart around my neck, I knew I couldn't fall into temptation. Instead, I told her that no matter how hard she tries, I



would be true to my standards. As I talked, she seemed amazed that I stood up for what I believe in. She left me alone after that.

I know we can stand up for what is right. If we always try to remember virtue and our God, we will not go astray.

*Emma B., Alberta, Canada*

## LOUSY LYRICS

If choosing the right is supposed to bring you blessings," I thought to myself, "then why am I sitting alone in the hall of my new junior high?"

I didn't know many people in my new school. My music class was



# MISSIONARY MOMENT

where I felt most comfortable because I like to sing. After weeks of being the new kid, it was nice to feel like I fit in. Today, however, was different. Mrs. Wyler (name has been changed) had brought a recording of a popular Broadway musical, one my stake president had cautioned us to avoid. Mrs. Wyler turned to the class: “Any comments before we start?” she asked.

I squirmed in my chair. Everyone was looking eagerly toward Mrs. Wyler, the disc in her hand. I thought perhaps I could sing Church songs in my head to drown out the lyrics she would play, but I knew that would be hard for me in this situation. I looked at Mrs. Wyler as my hand slowly went up in the air.

“Yes, Jill?” she said as she inserted the disc into the player. I couldn’t think of what to say. I couldn’t say that my stake president told me not to listen to this musical, because she wouldn’t know what a stake president was. I had no idea how to explain, especially in front of the entire class.

“I have religious objections to this musical,” I said, knowing it sounded lame. The class was now watching me in silence.

“Oh,” said Mrs. Wyler, glancing at the clock, “Why don’t you just take your chair and sit in the hall this period.” As the door swung shut I could hear the wave of laughter as the music began. Sitting in the hall was miserable. “So much for making friends in this school,” I thought.

**D**uring the past year I’ve become friends with a young woman who belongs to another faith. As we became better friends, I felt like I needed to share the gospel with her. It wasn’t an easy thing to do, because I’d had a bad experience with another friend I had tried to share the gospel with. But I repeatedly felt the promptings of the Spirit and decided I needed to follow through.

I began inviting my friend over to my house to spend time with my family and to feel the Spirit. I know that it was the strength of my family and the spirit in our home that made her want to know more about the Church, because she soon wanted to know why we were so happy. After a few weeks, I gave her a Book of Mormon with my testimony written in the front. She has since begun attending church in her area and was even asked to give a talk recently!

A couple of weeks later in English class, my teacher passed out copies of some new poems. One student raised her hand. “I have religious objections to these poems,” she said. I glanced over at her quickly, thinking she was making fun of me, but she looked back at me and smiled a real smile.

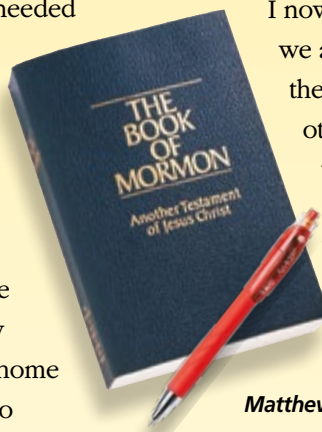
Instead of having people think I was stupid for having standards, it became

This young woman has been such an example of strength to me. It has been incredible to talk to her and hear her say that she has a sure faith in our Heavenly Father. She knows that if she does what is right, her family will be blessed and may feel the Spirit as she does.

Having seen someone take the first steps on the path to conversion, I now see just how blessed we are to have the priesthood, the temple, and all of the other blessings that come with the gospel. It excites me to share those blessings with others, and I can’t wait to do so as a missionary of the Lord.

**Matthew R., California, USA**

*Editor’s note: Elder M. Russell Ballard of the Quorum of the Twelve Apostles has said, “Creating a gospel-sharing home is the easiest and most effective way that we can share the gospel with others.” Read his ideas for doing so at [lds.org/go/13G](https://www.lds.org/go/13G).*



the popular thing to do. Sometimes you have to show where you stand by where you are willing to sit.

**Jill G., Utah, USA**

*Editor’s note: Watch a short video about standing alone for gospel standards, and share your experiences in doing so, at [lds.org/go/13H](https://www.lds.org/go/13H).*





**By President  
Boyd K. Packer**

President of the Quorum  
of the Twelve Apostles

## HOW TO LIVE THE WORD OF WISDOM

**W**e know that young people generally don't like restrictions. Believe it or not, we were young once and we remember.

Young people, you **must understand** that there is something of **colossal importance** to justify the restrictions imposed by the Word of Wisdom!

The Word of Wisdom was "given for a principle with promise" (D&C 89:3). That word *principle* in the revelation is a very important one. A principle is an enduring truth, a law, a rule you can adopt to guide you in making decisions.

Members write in asking if this thing or that is against the Word of Wisdom. It's well known that tea, coffee, liquor, and tobacco are against it. It has not been spelled out in more detail. Rather, we teach the principle together with the promised blessings. There are many habit-forming,

addictive things that one can drink or chew or inhale or inject which injure both body and spirit which are not mentioned in the revelation.

In some cultures, native drinks are claimed to be harmless because they are not specifically mentioned in the revelation. Yet they draw members to parties which certainly offend the principle.

Obedience to counsel will keep you on the safe side of life.

Young people, learn to use **moderation and common sense** in matters of health and nutrition, and particularly in medication. **Avoid being extreme** or fanatical or becoming a faddist.

For example, the Word of Wisdom counsels us to eat meat sparingly (see D&C 89:12). Lest someone become extreme, we are told in another revelation that "whoso forbiddeth to [eat meat] is not ordained of God" (D&C 49:18).

**Honor the principle** of the Word of Wisdom and you will receive the promised blessings (see D&C 89:18, 20).

The Word of Wisdom does not promise you perfect health, but it teaches how to keep the body you were born with in the best

condition and your **mind alert** to delicate spiritual promptings.

The promise of health for living the standard of the revelation is not limited to members of the Church. **Tell your nonmember friends** about the Word of Wisdom and urge them to live it.

While the Word of Wisdom requires **strict obedience**, in return it promises health, great treasures of knowledge, and that redemption bought for us by the Lamb of God, who was slain that we might be redeemed.

Surely the Word of Wisdom was given so that you may keep the delicate, sensitive, spiritual part of your nature on proper alert. **Learn to "listen" to your feelings.** You will be guided and warned and taught and blessed.

I bear witness that this revelation is a powerful protection to all members of the Church, particularly to you, the youth of the Church, as you face a life full of so many troubles and danger and uncertainties. **NE**

*Adapted from the April 1996 general conference address "The Word of Wisdom: The Principle and the Promise."*



### Share Your Experiences

Share *your* experiences about living the Word of Wisdom and read the experiences of other youth by going to **lds.org/go/13J**.

### HOW HAVE YOU DONE THIS?

I stay away from  
drugs and alcohol  
to keep my body  
healthy.  
**Randy S.**

I go running a lot,  
and at school I try  
to encourage people  
to do well in gym.  
**Isabelle M.**

I go to sleep  
at a proper time  
and get up at a  
proper time.  
**Kaden C.**

I play softball  
and do gymnastics,  
and I try to eat as  
healthy as I can.  
**Mckenna H.**





## Little Lucky Moments

By Annalise Kunzelman

Little lucky moments,  
A dollar on the ground,  
Something that was lost  
Is finally found.

You make it to the station  
Just in time to catch the train,  
A smile when it's needed,  
A cactus in the rain.

But little lucky moments  
Aren't really what they seem.  
What we call "coincidence"  
Is much more heavenly.

*Annalise Kunzelman lives in  
Arizona, USA.*



# SHOW EVERYONE WHERE YOU STAND!

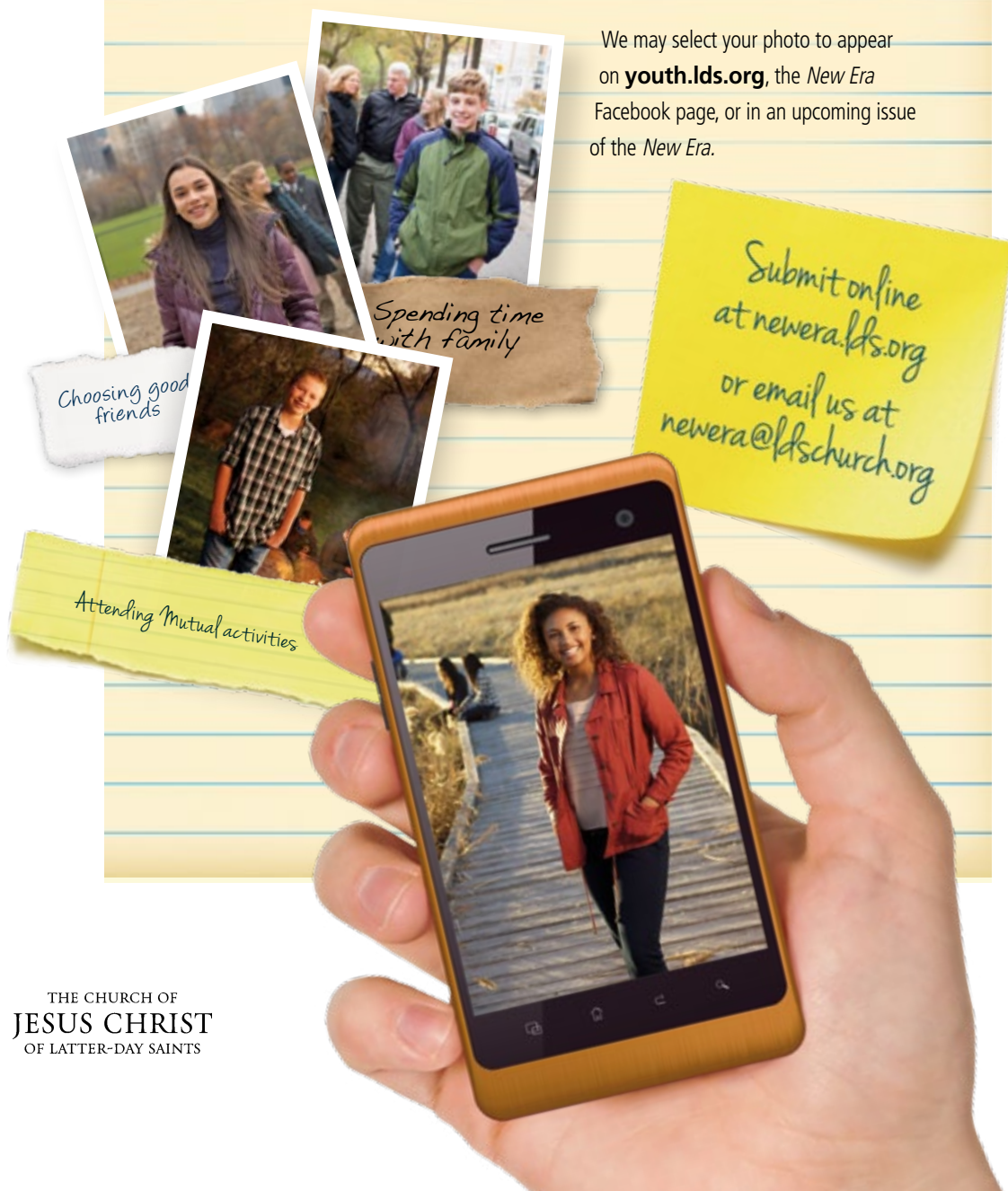
**Guess what?** This month's *New Era* has four different covers with youth in various locations who are standing in holy places. (You can see all four on the inside front cover, with even more photos at [lds.org/go/2013theme](http://lds.org/go/2013theme).)

**So, where do YOU stand?**

**Take your own photo** and send it to us. Here's what to do:

- ▶ Take a picture of yourself standing in your holy place.
- ▶ Go to [newera.lds.org](http://newera.lds.org) and click "Submit Material," or email us at [newera@ldschurch.org](mailto:newera@ldschurch.org), and attach your photo.
- ▶ Add a personalized message about how you stand in holy places.
- ▶ Be sure to include your name, age, and location.

We may select your photo to appear on [youth.lds.org](http://youth.lds.org), the *New Era* Facebook page, or in an upcoming issue of the *New Era*.



THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS

