

THE

New Era



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ON THE COVER: The 150th Anniversary of the Young Women Organization, pp. 8–15. Photograph by Leslie Nilsson.

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By Elder Quentin L. Cook
Of the Quorum of the Twelve Apostles

HOW THE RESTORATION OF THE AARONIC PRIESTHOOD BLESSES YOU

As a young man or young woman in the Lord's restored Church today, it is an exciting time for you to be alive! You have an important role to play in a significant era in the Church and in the history of the world.

We recently commemorated the 200th anniversary of Joseph Smith's glorious First Vision. I hope you took the opportunity to reflect on the significance of that event for you personally, as well as the blessings that have flowed to you, your family, and the world as a result of the Restoration of the gospel.

Among the blessings of the Restoration are those associated with one of its other noteworthy events—the restoration of the Aaronic Priesthood. You may not realize it, but you and I are blessed by it every day.





PAINTING BY DEL PARSON

Essential parts of the Lord's work today are accomplished through the priesthood and keys restored by John the Baptist.

A VISIT FROM AN ANGEL

In the spring of 1829, Joseph Smith and Oliver Cowdery were in Harmony, Pennsylvania, USA, working on the translation of the Book of Mormon. When they reached the account of Jesus Christ's visit to the people of Nephi, they read that the Savior gave certain men authority to baptize (see 3 Nephi 11:18–27). This caused Joseph and Oliver to wonder whether that authority had been lost from the earth. (See Joseph Smith—History 1:71, note.)

On May 15, 1829, they sought seclusion in some nearby woods so that they could take their question to the Lord in prayer. Joseph said that while they prayed, “a messenger from heaven descended in a cloud of light, and having laid his hands upon us, he ordained us, saying:

“Upon you my fellow servants, in the name of Messiah, I confer the Priesthood of Aaron, which holds the keys of the ministering of angels, and of the gospel of repentance, and of baptism by immersion for the remission of sins; and this shall never be taken again from the earth until the sons of Levi do offer again an offering unto the Lord in righteousness” (Joseph Smith—History 1:68–69).

The angel was John the Baptist, who had the authority to baptize the Savior in his mortal life and was now a resurrected being sent to restore priesthood authority.



**YOUR SPECIAL BLESSING AND OPPORTUNITY
AS ONE WHO HOLDS THE KEYS OF THE AARONIC
PRIESTHOOD IS TO BE OF SERVICE.”**



KEYS

John the Baptist mentioned keys of the Aaronic Priesthood, meaning its special authority to unlock power and blessings. Let's look more closely at one of the keys he mentioned and how they apply to you.

THE GOSPEL OF REPENTANCE

"The gospel of repentance" is sometimes also called "the preparatory gospel" (Doctrine and Covenants 84:26). It is what John the Baptist preached when he was in the wilderness to prepare the way of the Lord: "Repent ye: for the kingdom of heaven is at hand" (Matthew 3:2).

Preaching the first principles of the gospel—faith in the Lord Jesus Christ and repentance—leads people to the first ordinances of the gospel—baptism for the remission of sins and the laying on of hands for the gift of the Holy Ghost (see Articles of Faith 1:4). In this way, people are led to "the gate by which ye should enter [which] is repentance and baptism by water; and then cometh a remission of your sins by fire and by the Holy Ghost" (2 Nephi 31:17). It is also the preaching of repentance that brings people to the sacrament and its cleansing power.

Aaronic Priesthood holders have taken upon themselves the duty to "warn, expound, exhort, and teach, and invite all to come unto Christ" (Doctrine and Covenants 20:59). And it is also the duty of "every . . . member" to raise a "warning voice . . . in mildness and in meekness" (Doctrine and Covenants 38:40–41).

The invitation to come unto Christ extends to all of God's children—both to the living and to those who have passed



away. And President Russell M. Nelson has made a special invitation to you—the youth of the Church—to be part of that work, referred to as the gathering of Israel. You do this by helping someone “take a step toward making covenants with God and receiving their essential baptismal and temple ordinances” (“Hope of Israel” [worldwide youth devotional, June 3, 2018], 15, HopeofIsrael.ChurchofJesusChrist.org).

I pray that as you plan and participate in activities and service projects, you will invite friends and associates to participate. As appropriate, you can share the gospel with them.

YOU ARE PART OF THIS WORK

Essential parts of the Lord’s work are accomplished today through the keys of the Aaronic Priesthood restored by John the Baptist. You see these keys exercised when you are baptized or partake of the sacrament and when young men administer the sacrament or baptize.

Because the Aaronic Priesthood and its keys were restored, people—you and I and others—can come unto Jesus Christ, make covenants, receive cleansing ordinances, and qualify to receive the Holy Ghost as a constant companion and as the means of ministering in a powerful way.

For you young men, your special blessing and opportunity as holders of the Aaronic Priesthood is to be of service. “The bishopric is the presidency of [the Aaronic Priesthood], and holds the keys or authority of the same” (Doctrine and Covenants 107:15). Under their direction, you will have the marvelous opportunity of serving in many capacities. Let me mention two memories of my service that were particularly touching for me.

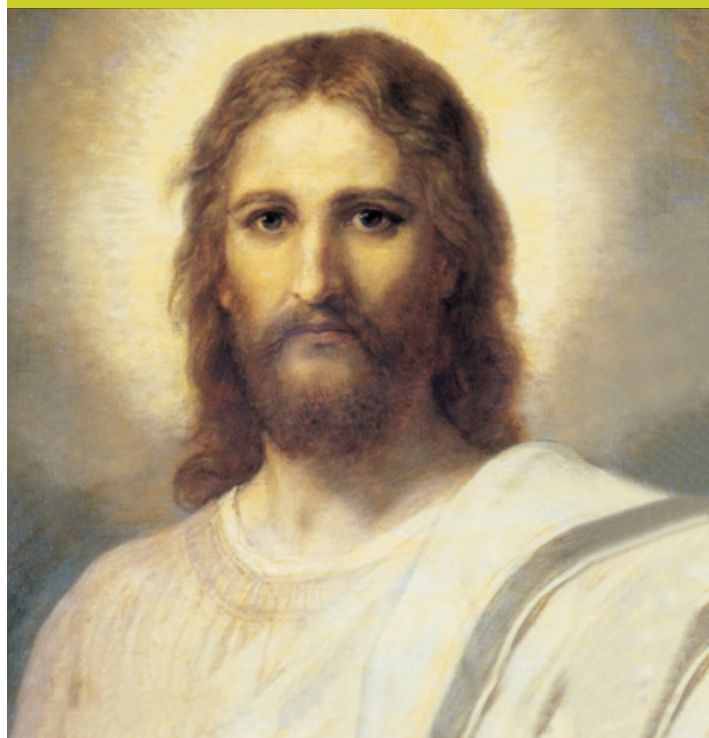
First, I remember visiting an elderly widow whose health

confined her to her home. With warmth, graciousness and love, she received me and appreciated that as an Aaronic Priesthood holder I was giving her a donation envelope so she could joyfully pay her fast offerings. She respected the Aaronic Priesthood I held and treated me with love and dignity. Second, the bishopric also treated me with love and dignity. They made me want to be a better person. They made me feel I needed to be worthy to participate in sacred ordinances. To this day I remember the feelings of appreciation and responsibility I felt every time I participated in blessing or passing the sacrament.

As you reflect on the blessings available to you because of the Aaronic Priesthood, I pray that you will feel the Lord’s Spirit prompting you to take advantage of these blessings for yourself and to share them with others. **NE**



BECAUSE THE AARONIC PRIESTHOOD AND ITS KEYS WERE RESTORED, PEOPLE—YOU AND I AND OTHERS— CAN COME UNTO JESUS CHRIST, MAKE COVENANTS, RECEIVE CLEANSING ORDINANCES, AND QUALIFY TO RECEIVE THE HOLY GHOST.”



MY FEAR DISAPPEARED

*In the morning I was leaving for Central America.
“But what if I don’t understand the language?” I thought.
“And what if I can’t share what I feel?”*

By Douglas Brunnette

I vividly remember my last night in the missionary training center. Six of us were leaving the next morning for Guatemala and El Salvador. Even though my experience at the MTC had gone well, that night I let fear get hold of me. “What if I don’t understand what the people are saying?” I thought. “What if I can’t say the words I need to say when the time comes to share what I feel?”

Looking up at the ceiling from my bunk bed, I received the impression that I needed to read from the Book of Mormon, specifically from Moroni 8. A little more than 14 months earlier I had joined the Church. As I had studied with the missionaries, one of the teachings that made a significant impression on me was that little children are innocent and not born in sin. I turned to Moroni 8:11, where Mormon clearly states this principle.

Reading the words that had helped me realize the truthfulness of the Book of Mormon before my baptism calmed me once again. Then I read on, and something truly inspiring happened. Mormon’s words in Moroni 8:16–17 spoke directly to me:

“Behold, I speak with boldness, having authority from God; and I fear not what man can do; for perfect love casteth out all fear.

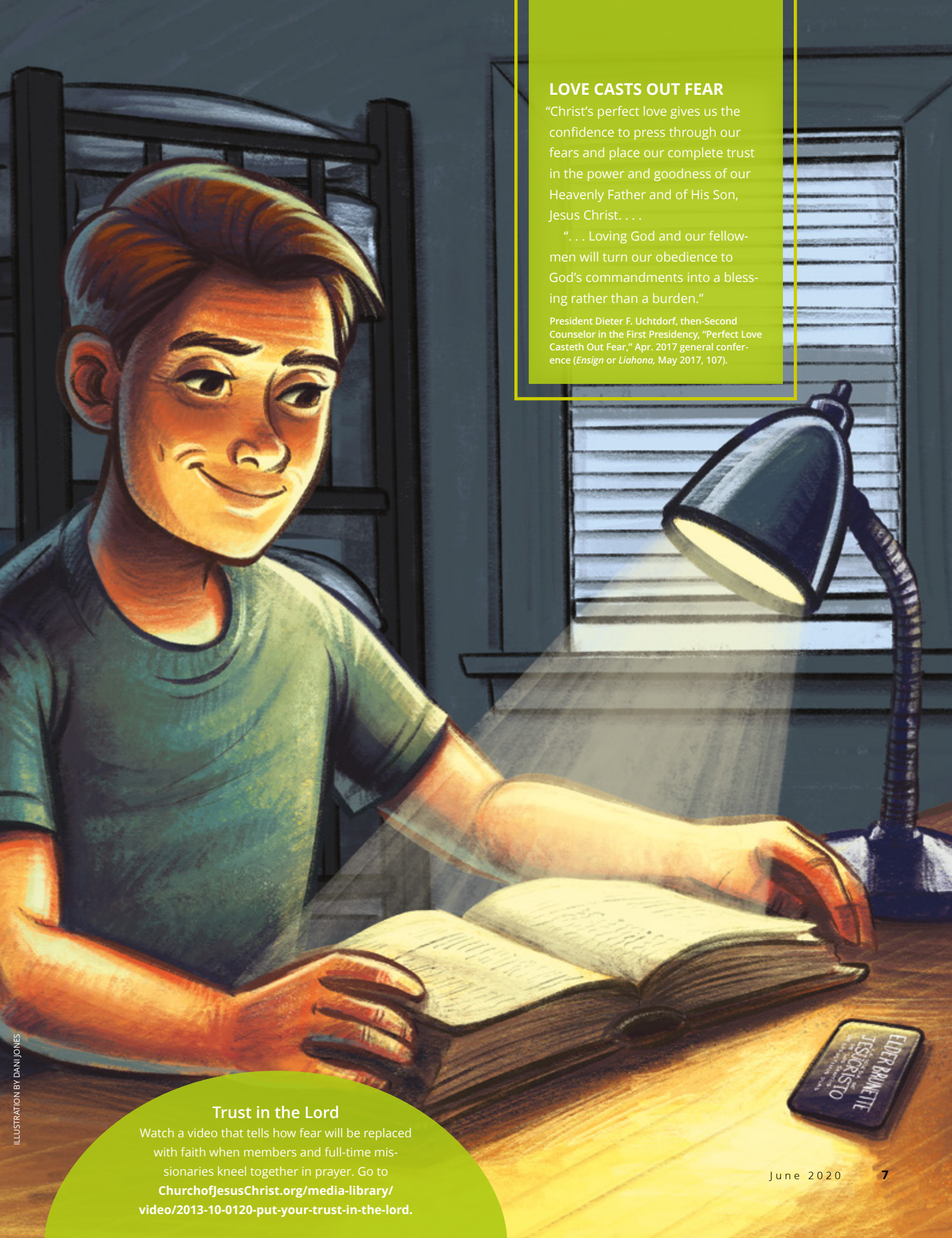
And I am filled with charity, which is everlasting love.”

The answer to my fears was simple: Love the people and your fear will go away! With that realization, my confidence was rekindled. I boarded the plane the next morning with anticipation. And when I arrived, I found that Mormon’s words had taught me a true gospel principle that night. As I began to meet people for the first time, I would say in my heart, “I love you and I care about you.” As I felt compassion for them, any feelings of fear would vanish and be replaced by charity and kindness.

That doesn’t mean that there weren’t times when I didn’t understand the language. (Once I accidentally referred to someone we were teaching as a lizard!) But people would simply laugh and help me to know what to say the next time. They also showed charity and kindness, and that made it easier for me to find the right way to share the feelings of my heart about the Savior, about the Restoration, and about the Church.

How grateful I am for the message I received by reading in the Book of Mormon that night. I found that, indeed, perfect love does cast out fear. (See also 1 John 4:18.) **NE**

The author lives in Utah, USA.



LOVE CASTS OUT FEAR

"Christ's perfect love gives us the confidence to press through our fears and place our complete trust in the power and goodness of our Heavenly Father and of His Son, Jesus Christ. . . .

"... Loving God and our fellowmen will turn our obedience to God's commandments into a blessing rather than a burden."

President Dieter F. Uchtdorf, then-Second Counselor in the First Presidency, "Perfect Love Casteth Out Fear," Apr. 2017 general conference (*Ensign* or *Liahona*, May 2017, 107).

Trust in the Lord

Watch a video that tells how fear will be replaced with faith when members and full-time missionaries kneel together in prayer. Go to [ChurchofJesusChrist.org/media-library/video/2013-10-0120-put-your-trust-in-the-lord](https://www.ChurchofJesusChrist.org/media-library/video/2013-10-0120-put-your-trust-in-the-lord).

150TH

Anniversary

of the YOUNG WOMEN ORGANIZATION

By Sister Bonnie H. Cordon
Young Women General President

As I think of all the marvelous things our Heavenly Father has done for His children, my heart is filled with absolute amazement and gratitude at how much the Lord loves His daughters. He loves YOU!

And because He loves you, 150 years ago He inspired Church leaders to create the Young Women organization to help you become the person God wants you to become. The prophet Brigham Young (1801–77) encouraged us to strengthen our testimonies by living the gospel: “There is a need for the young daughters of Israel to get a living testimony of the truth. . . . I wish our girls to obtain a knowledge of the gospel for themselves.”¹ He also said, “More testimonies

are obtained on the feet than on the knees.”²

The Young Women organization has adapted through the years to meet the needs of the time. But even as the program adapted, its objective for the young women has not changed—to help you gain a living testimony and, with faith, move forward on the covenant path. As you come to know who you are and act in faith, you will receive the blessings Heavenly Father has in store for you.

Young Women Classes *through the Years*

When Young Women first began, it was called a “Retrenchment Association” with the goal to “improve in everything

that is good and beautiful.” By the early 1900s, it became the Young Ladies’ Mutual Improvement Association, and classes soon included young women ages 12 to 24. The names of classes changed over the years and included Camp Fire Girls, Beehives, Guardians, and Gleaners. As the Church grew and young women met in other countries and languages, they did their best to adapt, with names like Mia Maid becoming “Rosenmädchen” (Rose Girls) in German, for example.

Today, with young women in almost every country, classes are organized according to the needs of each ward or branch, and all are known by the unifying name of Young Women.



Heavenly Father has a great work for you to perform
in preparation for the Second Coming of our Savior.

Requirements for the Young Women programs have also changed over the years. At right are a few of them.

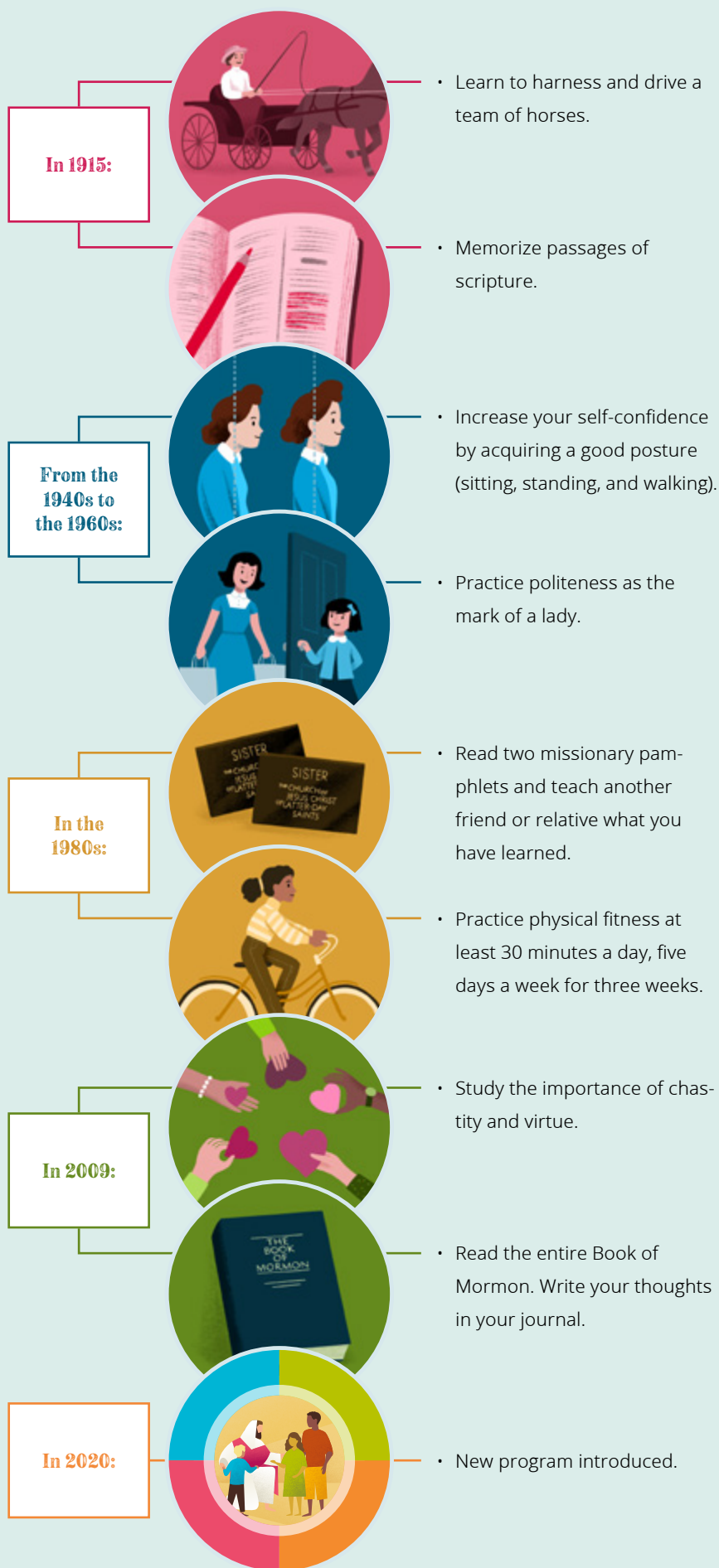
The Children and Youth Program

As you look at these requirements through spiritual eyes, you will notice that they have a common thread. The past and the present come together, unified in helping young women draw closer to Jesus Christ and develop spiritually, intellectually, socially, and physically.

In 2019, a new personal development program was introduced that invites you to be both self-reliant and Savior-reliant. You are invited to seek the Holy Ghost and set your own goals as you strive to become more like our Savior, Jesus Christ! I love the trust this shows in you, the remarkable young women of The Church of Jesus Christ of Latter-day Saints.

With the support of your bishopric and Young Women presidencies, you are also led by class presidencies—your peers who are called and set apart to plan and implement the Young Women program. There are over half a million young women around the world today being led by their peers!

All young women are unified by a theme, which includes these foundational principles: you are a beloved daughter of heavenly parents; you are a covenant disciple of Jesus Christ; you seek and act upon personal revelation that comes through the Holy Ghost; and you are a shining witness of God as you strive to become like our Savior, Jesus Christ, and minister to others in His Holy name.



You Are Loved and Needed!

As beloved daughters of a living and loving Heavenly Father, you have been uniquely prepared to be “saviors on Mount Zion.”³ As President Russell M. Nelson has said: “Every prophet has talked about *our* day, when Israel would be gathered and the world would be prepared for the Second Coming of the Savior. Think of it! Of all the people who have ever lived on planet earth, *we* are the ones who get to participate in this final, great gathering event.”⁴

This is a sacred invitation to participate in temple and family history work, serve in leadership positions, minister to your fellow sisters, and share your testimony with your family and friends. You are loved, and you are needed!

My dear friends, Heavenly Father has a great work for you to perform in preparation for the Second Coming of our Savior Jesus Christ! You are a vital part of that work. He loves you; He wants you to take part in His work; He trusts you!

I add my faith and trust in you to that of our dear prophet, President Nelson, who declared: “You are among the best the Lord has *ever* sent to this world. You have the capacity to be smarter and wiser and have more impact on the world than any previous generation!”⁵

I pray that you will let the words of the Young Women theme sink deep into your heart and jump into the new program with both feet, embracing every opportunity to draw closer to the Savior and learn more of Him. Become the person He wants you to be. I know that as you do this, your life will be filled with opportunities to share His light and His love

with your families, friends, and everyone around you. As you strive to follow Him, your testimony will become firm and unshakable. **NE**

NOTES

1. Brigham Young, in *A Century of Sisterhood: Chronological Collage, 1869–1969* (1969), 8.

2. Brigham Young, in Susa Young Gates, *History of the Young Ladies' Mutual Improvement Association of the Church of Jesus Christ of Latter-day Saints from November 1869 to June 1910* (1911), 9.
3. Quentin L. Cook, Apr. 2014 general conference (*Ensign* or *Liahona*, May 2014, 48).
4. Russell M. Nelson, “Hope of Israel” (worldwide devotional for youth, June 3, 2018), 8, [HopeofIsrael.ChurchofJesusChrist.org](https://www.hopeofisrael.churchofjesuschrist.org).
5. Russell M. Nelson, “Hope of Israel,” 16–17.



YOUNG WOMEN

Celebrating 150 Years

The Young Women organization is turning 150 this year, and it's time to celebrate! Check out these facts about how the organization has evolved from 1870 to today, what youth like you are doing to participate in Young Women now, and how you can be inspired by women in history who showed courage and faith.

1870–1920



NAME: The Young Ladies' Department of the Ladies' Cooperative Retrenchment Association is officially organized on May 27, 1870, under the direction of Brigham Young.¹ The name is changed to Young Ladies' Mutual Improvement Association in 1877.²

ORGANIZATION AND CLASSES: The Bee-Hive Girls program is created as a summer program for girls age 14 and older.

IMPROVEMENT AND

RECOGNITION: The Bee-Hive Handbook is published in 1915, outlining eight "fields" of personal improvement: Religion, Home, Health, Domestic Arts, Out-of-Doors, Business, and Public Service.³

MAGAZINES AND JOURNALS:

The first issue of *Young Woman's Journal* is published in 1889.⁴ Many local Mutual Improvement Associations (or MIAs) produce their own handwritten newspapers with only one or two copies for the girls to pass around.

1920–1970

NAME: The Young Ladies' Mutual Improvement Association changes to the Young Women's Mutual Improvement Association in 1934.⁵

ORGANIZATION AND CLASSES:

There are two classes, Bee-Hive Girls for the younger girls and Gleaners for the older girls. The age of entry into the program changes from 14 to 12. In 1950, the Mia Maid class is introduced.



IMPROVEMENT AND RECOGNITION:

The Golden Gleaner recognition marks the highest achievement young women can earn in the program.





1970–2019



MAGAZINES AND JOURNALS:

The *Young Woman's Journal* merges with the *Improvement Era* magazine for all youth in 1929.⁶



NAME: The Young Women's Mutual Improvement Association changes to the Young Women organization in 1974.⁷



ORGANIZATION AND CLASSES:

By 1972, the Young Women organization has three classes: Beehives (ages 12–13), Mia Maids (ages 14–15), and Laurels (ages 16–17). Beginning 2019, young women enter Beehives in January of the year they turn 12.

IMPROVEMENT AND RECOGNITION:

The Personal Progress program and medallion are introduced in 1977. The Young Women values of Faith, Divine Nature, Individual Worth, Knowledge, Choice and Accountability, Good Works, and Integrity are added in 1987.⁸ Virtue is added to the values in 2008.⁹

MAGAZINES AND JOURNALS:

The *New Era* magazine for youth begins publication in English in 1971, and the *Liahona* provides articles for youth in many languages.¹⁰





Fun Facts

1. The 1915 Bee-Hive handbook allowed young women to choose projects from over 300 different options. Some of those projects included caring for a hive of bees for a whole season, keeping the house free from flies for two weeks, or clearing sage-brush from at least one-half acre of land.¹²



2020



NOTES

1. See "Timeline of Young Women History," history.ChurchofJesusChrist.org/landing/a-brief-timeline-of-young-women-history.
2. See "Young Women's Timeline," *Mormon Women's Studies Resource*, Harold B. Lee Library, Brigham Young University, Provo, Utah, mormonwomen.lib.byu.edu/young-womens-portal/young-women-timeline.
3. See "History of Young Women Recognition," history.ChurchofJesusChrist.org.
4. See "Young Women's Timeline."
5. See "Young Women's Timeline."
6. See "Young Women's Timeline."
7. See "Young Women's Timeline."
8. See "Young Women's Timeline."
9. See "New Young Women Value: Virtue," Dec. 9, 2008, thechurchnews.com.
10. See "Young Women's Timeline."
11. See ChildrenAndYouth.ChurchofJesusChrist.org.
12. See "History of Young Women Recognition."
13. See "History of Young Women Recognition."
14. See "Young Women Classes and Symbols," ChurchofJesusChrist.org/young-women/personal-progress.
15. See "History of Young Women Recognition."
16. See "The Annual Report of the Church," *Ensign*, July 1972, 131–33.
17. See "Worldwide Statistics," newsroom.ChurchofJesusChrist.org/facts-and-statistics.

NAME: The name remains Young Women organization.


ORGANIZATION AND CLASSES: Classes are organized in each ward or branch according to its needs and identified by the unifying label "Young Women" (for example, "Young Women 12," "Young Women 12–15," or just "Young Women" if they all meet together).

IMPROVEMENT AND RECOGNITION: Children and Youth replaces the Personal Progress program. The new program encourages personalized opportunities to grow in the areas of Personal Development, Gospel Learning, and Service and Activities.¹¹

MAGAZINES AND JOURNALS: The *New Era* magazine for youth nears its 50th anniversary. **NE**



2. Early Bee-Hive Girls wore uniforms designed by each local association, and in 1922, the official colors of the Mutual Improvement Association became gold and green.¹³

3. The name Beehive came from the pioneers, who saw the beehive as a symbol of work and harmony. Mia Maid came from the Mutual Improvement Association acronym, MIA. The name Laurel referred to the laurel wreath, which means honor and achievement.¹⁴

4. Between the 1940s and 1960s, young women could earn emblems they sewed onto a felt band called a bandelo, which they wore across their chest. One requirement to earn an emblem was to “strive to get your full nine hours’ beauty sleep each night this month.”¹⁵

5. General Church membership increased from about 110,000 people in 1870¹⁶ to more than 16 million people by 2020¹⁷—think of how many young women there are around the world now!

Haven's Helping Hand

Haven, a 14-year-old from Utah, USA, decided to celebrate being a young woman in the Church by serving others.

“It started as a small idea,” she says. “My uncle went to Bangladesh on a humanitarian trip and learned about difficult things the people there were experiencing. I wanted to help them—so I looked on the JustServe app and got the idea to make homemade kits for the refugees there.”

Haven collected donations at her school, created a GoFundMe page, and even took out neighbors’ garbage cans to help raise money for the kits. “I take out about 22 garbage cans and 11 recycle cans every Monday and Tuesday,” she says. “I normally use the money I earn for my choir program and to save for a mission, but I decided to use my funds that month to help buy supplies instead.”

Haven then went out and bought all the materials she needed for the kits, including socks, gloves, scarfs, and hats. She assembled each kit and also got in contact with the director of Lifting Hands International to coordinate the delivery of the kits in Bangladesh.

“Putting the kits together took up the most time in my project. But every time I put a piece into the kit, I knew that it would go to someone in need and that they would be blessed for a long time by it.”

By the end of her project, Haven felt her confidence build in her ability to serve. “I learned from this how much help I can be if I try my hardest. I also felt compassion for the people I was helping, which helped me feel closer to the Savior and feel some of what He feels for us.”

As we celebrate the anniversary of the Young Women organization, each of us can remember that we are examples of Christ. Like Haven, we can be a big help to others when we try our hardest to serve as He would. **NE**





Juan, 15, from Paraná, Brazil, plays soccer at an activity that brings his quorum closer together.



Lord Von, 14, learns how to play the guitar from his father in Cebu, Philippines.

Loisel, 12, participates in a cleanup activity by planting trees in Cebu, Philippines.





The Children and Youth Program: *Designed for You*



Rebeca, 12, from Paraná, Brazil, develops self-reliance by helping pay for her ballet classes.

By Natasha Andersen
Church Magazines

See how you can use the new program to find the motivation you need for your personal goals.

Children and Youth is not your average improvement program. As you've noticed, there are no boxes waiting for check marks. Instead of assigning requirements to fulfill, it's designed to fit into your life so that you make the goals and the plans to achieve them.

But with fewer checklists and more flexibility, some might find it harder to know where to start—and how to stay motivated. Here's how Children and Youth can enrich your life, and how you can make goals that will keep you motivated and help you become more like the Savior.



This Program Is for *You!*

This change in programs means Heavenly Father is placing more trust in you to set your own goals and to plan for yourself. The Lord has said we “should be anxiously engaged in a good cause, and do many things of [our] own free will” (Doctrine and Covenants 58:27) rather than having to be told to do everything. Children and Youth is designed to be customizable to your own needs so you can choose which good things you want to pursue. As you do so prayerfully, Heavenly Father will help you throughout your life and increase your spiritual self-reliance.

One thing Children and Youth is not supposed to be is just another item on your to-do list. It’s not just one more task to fit between homework, soccer practice, and scripture study. Instead, it’s designed to make your life easier by providing a framework where you can set goals to improve in talents and interests you’re already pursuing or want to develop—like homework, soccer, and scripture study—instead of just adding more to your plate.

Goal Setting

A big part of the Children and Youth program is making goals for spiritual, physical, social, and intellectual growth, just as the Savior “increased in wisdom and stature, and in favour with God and man” (Luke 2:52). But how do you set those goals in the first place? Here are some tips for getting started:

- 1. Begin with the end in mind.** As you set each goal, keep in mind the ultimate goal of becoming like Heavenly Father and Jesus Christ.¹ Do your goals help you become more like Them? That doesn’t mean every goal needs to involve scripture study, though—things like improving a talent or taking better care of your health can help you become like Heavenly Father and Jesus Christ.
- 2. Seek revelation.** The Lord can help you recognize the areas where you can improve right now.² Ask Him where to start!
- 3. Balance your short-term and long-term goals.** Short-term goals can usually be accomplished within a few days or weeks, while long-term goals might take months or even years. It’s a good idea to have both short- and long-term goals to work on.
- 4. Break it down.** If you have a long-term goal such as being accepted to a college, you might want to break it down into short-term goals that you can measure, like improving your grades by studying for 30 minutes extra each day. Then make plans for how to accomplish those daily goals: What time will you start? How can you ensure you will follow through? Breaking a goal into bite-sized chunks can help you stay motivated as you accomplish each part.
- 5. Share your goals.** Tell your friends, quorums and classes, leaders, and family about your goals and plans. Sharing your goals can help make you accountable, and other people might have suggestions that can help you too.



Martina, 16, from Argentina creates art with cosmetics instead of spending time on social media.

But What If I Fall Short?

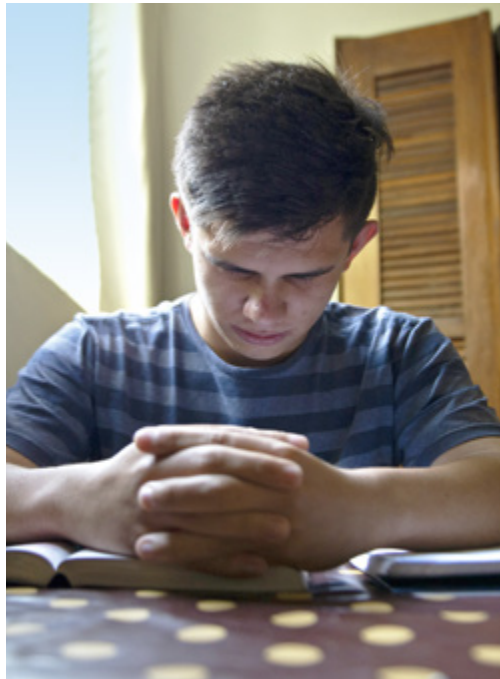
There's always a risk of falling short when you set a goal. Maybe you sometimes forget to read your scriptures every day, or maybe you weren't chosen for the part you wanted in a school play. It can be discouraging if you're having trouble achieving your goals.

But guess what? The gospel is all about people who failed but kept trying. Look at Nephi, who failed to get the brass plates—*twice*—before finally succeeding. Or Mormon, who begged his people to repent so they wouldn't be destroyed—but was ignored. Just because they “failed” didn't mean they failed in the sight of the Lord. What He cares about is that we try. Elder Larry R. Lawrence, emeritus member of the Seventy, said: “Our Heavenly Father knows our divine potential. He rejoices every time we take a step forward. To Him, our direction is ever more important than our speed.”³

With some goals, if you're struggling, maybe you need to change your plan. For instance, to help you read your scriptures every day, could you enlist the help of a friend or family member to keep you accountable? Can you set an alarm to remind yourself?

With other goals, maybe you need to adjust your approach to the goal itself. Instead of setting a goal that's ultimately out of your control, like being chosen for a lead part in a play, you could try making the goal be something within your power, like improving your acting skills by consistently rehearsing scenes with your friends.

No matter how many times you feel like you fail before making progress on your goal, don't forget that this gospel is for people who keep on trying.⁴ The Savior lived a perfect life to redeem our imperfect lives, and He can help you improve through the power of His Atonement, even when it feels impossible to you. As you set goals to become like Him, seek Heavenly Father's help and direction. He will help you to make righteous changes as you work to improve in all areas of your life! **NE**



Gabriel, 17, from Curitiba, Brazil, prepares to serve a mission by praying, reading his scriptures, and attending seminary.



Alfred in Ghana learns to play the piano at an activity taught by members of his quorum.



A Key to Happiness

“I believe that one important key to happiness is to learn how to set our own goals and establish our own plans within the framework of our Heavenly Father's eternal plan.”

President M. Russell Ballard, Acting President of the Quorum of the Twelve Apostles, Apr. 2017 general conference (*Ensign* or *Liahona*, May 2017, 63).

NOTES

1. See M. Russell Ballard, Apr. 2017 general conference (*Ensign* or *Liahona*, May 2017, 62–65).
2. See Larry R. Lawrence, Oct. 2015 general conference (*Ensign* or *Liahona*, Nov. 2015, 33–35).
3. Larry R. Lawrence, Oct. 2015 general conference (*Ensign* or *Liahona*, Nov. 2015, 35).
4. Attributed to Robert Louis Stevenson. See also Dale G. Renlund, Apr. 2015 general conference (*Ensign* or *Liahona*, May 2015, 56–58).

ABISH AND THE QUEEN



By Natasha Andersen and Chakell Wardleigh
Church Magazines

Who can forget Ammon cutting off his attackers' arms as he defended the king's sheep? Or how his preaching led to the conversion of King Lamoni and his people? But a key part of this memorable story hinges on the faith of two women: Abish (a Lamanite servant) and the Lamanite queen (wife of King Lamoni).

Here's a refresher on what happened: Ammon and his brothers—Nephites—went on a mission to the Lamanites. The two groups weren't on great terms, to say the least, so bringing the gospel to the Lamanites was a dangerous task. But Ammon impressed King Lamoni, who asked him to be his son-in-law. Ammon instead offered to be his servant. And he greatly impressed the king by protecting his sheep (remember the cutting-off-arms story?). As King Lamoni began to learn and believe the gospel, he fell to the ground and lay there such a long time that his servants believed he was dead.

However, the queen didn't think he was dead. In fact, she trusted Ammon when he told her that. Later, the queen and everyone who was present also collapsed under the influence of the Spirit—except for Abish. Secretly, she had already been converted to the gospel and now finally saw her chance to share it with the people and invite them to come and see. (See Alma 17–19.)

So what does all this have to do with you?

Abish and the queen used their spiritual gifts to act in faith and bless others—and you can do the same!

YOUR SPIRITUAL GIFTS ARE POWERFUL

Spiritual gifts are powerful. The queen and Abish demonstrated three important spiritual gifts: believing the testimony of others, showing courage, and having faith. And exercising those three gifts brought about amazing things.

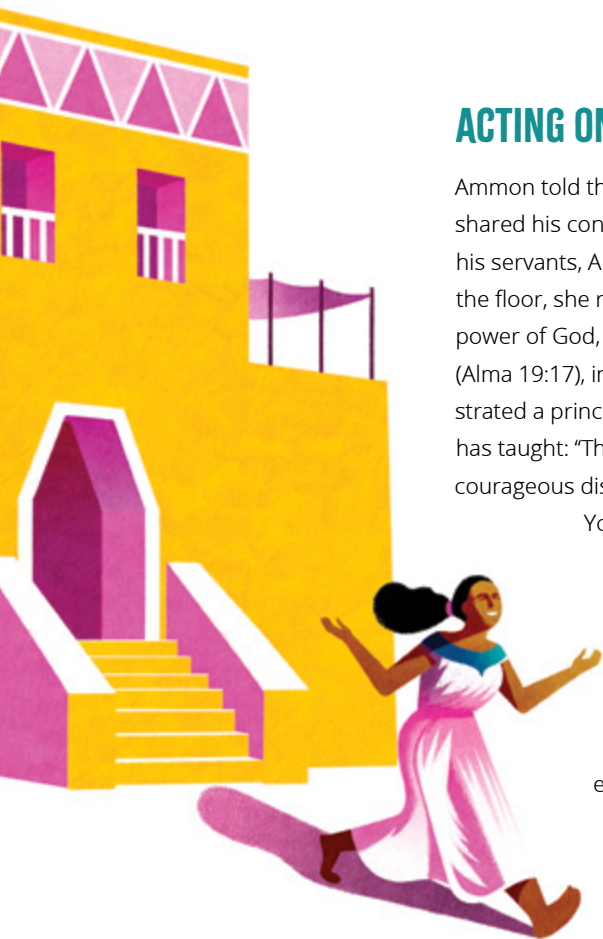
Abish was “converted unto the Lord on account of a remarkable vision of her father” (Alma 19:16)—she had chosen to have faith. And even though the queen had never heard the gospel before and barely knew Ammon, she immediately believed him. Ammon even said to her, “Blessed art thou because of thy exceeding faith; I say unto thee, woman, there has not been such great faith among all the people of the Nephites” (Alma 19:10). Imagine that!

Sometimes our spiritual gifts are less noticeable (believing doesn't have quite the visibility of healing or working miracles). Does that mean they're less important? No way! Those “quiet” gifts can be just as powerful.

If you ever feel inadequate or unsure of yourself, never fear! Heavenly Father blessed you with certain spiritual gifts and qualities for a reason. Just like Abish and the queen, you can use your gifts in significant ways! Your belief can help you to both stay strong and be an example. And through your faith, you can help lead others to Christ.

ILLUSTRATIONS BY ANDREA RIVOLA

*Two women
acted in faith and
helped bring about
a great change—
and so can you.*



ACTING ON YOUR FAITH IS KEY

Ammon told the queen that her husband would awake, and he did. As the king shared his conversion with his household, he collapsed again—and this time, his servants, Ammon, and the queen did too. When Abish saw the people on the floor, she recognized it as an “opportunity” to help her people believe in the power of God, so she chose to act in faith and “ran forth from house to house” (Alma 19:17), inviting people to come and see for themselves. Abish demonstrated a principle Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles has taught: “The difference between casual social contacts and compassionate, courageous discipleship is—invitation!”¹

You can follow Abish’s example by inviting others to come unto Christ. That can be scary if those around you aren’t friendly toward your faith. Imagine how Abish must have felt, isolated in her faith for years among a people who hated the Nephites and their beliefs. She probably thought her prospects for sharing the gospel were pretty slim.

You might not have much of a chance to share your beliefs either if others always mock your faith or bully you, for instance. As you follow the Spirit’s direction, you may need to be patient and have faith that someday an opportunity will come. Even if those opportunities are few and far between, Heavenly Father knows your desire to share the gospel, and the Spirit can help you recognize opportunities to invite.

Abish, seeing contention stirring among the onlookers, took the queen’s hand. The queen awoke and immediately began to testify of Jesus Christ to the gathered people. By doing this, she showed her faith. Hers was the first testimony of the gospel those people heard. She shared the joy she felt and then woke her husband by taking his hand. He and Ammon then also testified to the people, and many of them were converted (see Alma 19:30–33).

Acting on your faith can take different forms, just like our spiritual gifts are different. You might act by sharing your feelings about the gospel or by standing up for your beliefs. You might act by inviting others to come to an activity or to learn more about the restored gospel. Sometimes, you might act by patiently waiting and praying for missionary opportunities. But whenever that opportunity comes, take it!

RIGHTEOUS WOMEN CAN CHANGE THE WORLD

Another thing the story of Abish and the Lamanite queen shows is just how powerful the influence of righteous women can be. In fact, Sister Elaine S. Dalton, former Young Women General President, pointed out



that “the people who heard [Abish] testify became a people who ‘were converted unto the Lord, [and] never did fall away,’ and their sons became the stripling warriors!”² Just let that sink in! Because Abish and the Lamanite queen had such great faith, they helped create a ripple effect that was felt for generations.

But that doesn’t mean you have to experience something as dramatic as their story to influence the world. President Russell M. Nelson has taught that when it comes to the ability to “communicate the love of Heavenly Father and the Savior to others, . . . women have a special gift for it—a divine endowment. . . . You have special spiritual gifts and propensities. . . . I urge you, with all the hope of my heart, to pray to understand *your spiritual gifts*—to cultivate, use, and expand them, even more than you ever have. You will change the world as you do so.”³

President Spencer W. Kimball also taught that the “female exemplars of the Church will be a significant force in both the numerical and the spiritual growth of the Church in the last days.”⁴

For you young women—that’s you! *You* are the women he spoke about. The qualities Heavenly Father has given you as a beloved daughter are vital to influencing the world for good in these last days.

And for you young men, the examples Abish and the queen set are just as relevant! You can use your own spiritual gifts to believe, act, and bless others.

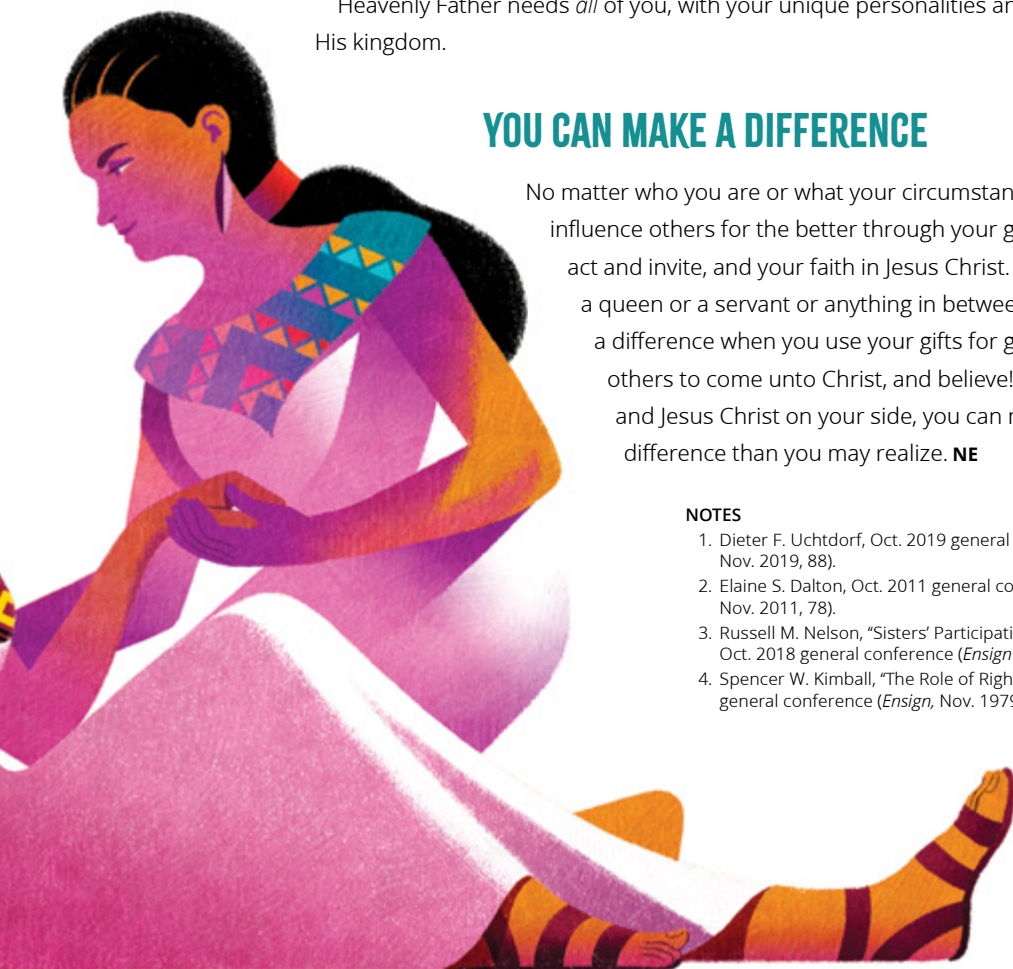
Heavenly Father needs *all* of you, with your unique personalities and gifts, to help build His kingdom.

YOU CAN MAKE A DIFFERENCE

No matter who you are or what your circumstances might be, you can influence others for the better through your gifts, your willingness to act and invite, and your faith in Jesus Christ. It doesn’t matter if you’re a queen or a servant or anything in between—you can always make a difference when you use your gifts for good. So act in faith, invite others to come unto Christ, and believe! With Heavenly Father and Jesus Christ on your side, you can make much more of a difference than you may realize. **NE**

NOTES

1. Dieter F. Uchtdorf, Oct. 2019 general conference (*Ensign* or *Liahona*, Nov. 2019, 88).
2. Elaine S. Dalton, Oct. 2011 general conference (*Ensign* or *Liahona*, Nov. 2011, 78).
3. Russell M. Nelson, “Sisters’ Participation in the Gathering of Israel,” Oct. 2018 general conference (*Ensign* or *Liahona*, Nov. 2018, 68–69).
4. Spencer W. Kimball, “The Role of Righteous Women,” Oct. 1979 general conference (*Ensign*, Nov. 1979, 104).





TRIAL BY FIRE

Even when it seems like everything is gone, you still have a lot, say teens who survived the inferno in Paradise, California, USA.

By Richard M. Romney and Eric B. Murdock
Church Magazines

I felt like I was in a disaster movie," says Alex V., 18.

It was 8:30 in the morning, but the sky above Paradise, California, USA, was dark and getting darker. Burning embers fell through the choking, smoke-filled air. Streets were gridlocked.

"Traffic lights would turn red and green, but no one was paying attention," Alex says. "People were screaming and honking, not moving at all. Some of them started driving on the wrong side of the road." And a wall of fire was rapidly moving toward them.

Alex called his mother: "The trees are exploding!" he said.

"You mean they're on fire?" she said.

"No, they're *exploding*! They're bursting into flames, the whole tree at once!"

His Dad told him to ditch the car and meet the family in a restaurant parking lot about two-and-a-half miles away, where he was waiting with his truck. Alex has severe asthma, and he didn't have his inhaler. But he pulled over, said a quick prayer, and abandoned the car.

"When I started running," he remembers. "I immediately felt safe." He ran until he met up with his family, and eventually they escaped from the fire.

That was on November 8, 2018. Looking back today, Alex sees blessings that weren't obvious at the time:

- He had clear cell phone reception in areas that usually don't receive service.
- He had service throughout the evacuation, when service is usually so swamped it fails.
- He felt peace about what he should do.
- He was able to "run and not be weary" until he reached his family (see Doctrine and Covenants 89:20).

Like Alex, other Latter-day Saint teens who survived the destructive wildfire can now offer perspective on how they were actually blessed that day and in the days to follow. By looking beyond what they lost, they can also see what they've gained.



Alex, with his parents and sister Audrey, visits what remains of his family's home.

Returning to the burned-out batting cage where he used to practice with his friends, he shows off one of the new uniforms donated to the Paradise High School baseball team. "After the fire," he says, "many of the team members moved away, and we didn't even have a field to practice on." Those who remained, however, rebuilt the team and were still able to complete the season.

Alex even recovered from the ashes a protective face guard he is required to wear for baseball because of a previous injury.





TOGETHER AS A FAMILY

Alex's sister, Audrey, 14, and their mother, also abandoned a car to escape the flames and then went on foot to where their dad was waiting. But their mom had surgical nerve damage in her leg and was walking—then trying to run—with a crutch.

They also had suitcases and a service dog with them. Their dad saw them through the thick smoke, ran to help them, and got them to his truck. But where was Alex?

Soon they saw him running toward them. "At that

moment," Audrey says, "I realized that all that was important was to be together as a family. Nothing else mattered." Since then she has thought often about eternal families.

"When I get impatient or upset, I stop and think about the feeling I had that day. It helps me remember that, most of all, we need to love one another."



STRENGTH IN THE TEMPLE

"I was excited for my 12th birthday," says McKell C., 12. "My family had plans to go to the temple that day. But the morning before, my mom woke me."

"Get up!" Mom said in a frantic voice. "We have to get up!"

"Mom told me there was a fire coming, that we needed to pack our things and get out," McKell says. "We evacuate a lot. We thought we'd be coming back soon, so no one really packed anything. But the Holy Ghost definitely knew that we weren't. He prompted me to grab some of my special stuff. We stayed at my grandparents' cabin that night."

"The next day, we still went to the temple. I was really excited. I have always wanted to go to the temple. That day, everyone was on their phones texting each other to know what was happening and to make sure people got out alive. There was a lot of stress."

"Right as we walked in the temple, my dad got a text from someone saying, 'Sorry, we just drove by your house and it's gone.'"

"The Holy Ghost definitely helped me that day. I had a happy, relieved feeling in the temple. My cousin baptized me, and when I came out of the baptismal font, my jumpsuit was super heavy, but I actually felt really light. I forgot about how my house had burned down."

"Today, if something bad happens, I know that when I go into the temple, it's easier for me to move forward. It strengthens me every time."



Ellie D., 13, stands in the ashes of her former home. "I was surprised at how little I missed the things that were gone," she says. "They're just things, and you get over missing them."

In the ashes, her family found a figurine that belonged to Ellie's grandmother. "It reminds me that angels are watching over us," Ellie says.



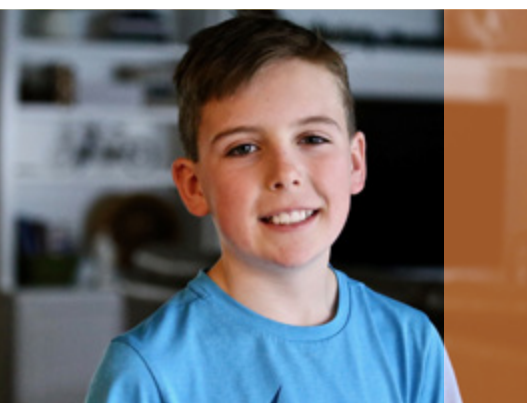
Ellie also learned that it's important to have a quiet place to think. She found one in a small attic loft of the rental house where her family lived after the fire. She hung photos of Church leaders, friends, and family on the wall, and played a guitar donated to her school after the fire. "I learned that quiet places help you think about what's really important, especially after a tragedy," she says. "The scripture says, 'Be still, and know that I am God' (Psalm 46:10)."

THE SPIRIT TOLD ME

While her mom and dad were out of town, Aliza H., 18, was taking care of her younger siblings. It was a clear day at first, but soon the sky started getting darker and darker, the wind picked up, and small whirlwinds filled with ashes started spinning.

"I had a really strong feeling, like, 'Don't drop them off,'" she says. So she went back and checked her eight-year-old brother out of school. While she was waiting for him, she heard one of the office staff on the phone with the police. "When she hung up, she said, 'You'd better call your parents and figure out where to go, because the whole town's being evacuated.'"

Because of that spiritual prompting, her brother was the first one checked out of school, Aliza was able to avoid traffic jams, and with the support of Church neighbors, she was able to get herself and her siblings to safety. "I will always remember what the Spirit told me that day," she says.



TWO FAMILIES BECAME ONE

Because of the fire, two families that were already friends became even better friends sharing the same house as brothers and sisters in the gospel. "When we learned their house had burned down, we said, 'Why don't you come live with us in Chico?'" says Luke B., 11 (above left).

"Sometimes it's been a little crowded, but we've learned a lot about sharing and being kind," Luke says.

Grady B., 14 (below left), says, "When we have home evening together, I always try to share a scripture that has helped me understand how faith can help us get through trials. I've learned that there's a lot of comfort in the scriptures." Just as there is comfort in helping each other.





I LOVE SEMINARY EVEN MORE

"We ended up living in Yuba City," says Rachel W., 17, "and so I had to get up an hour earlier just to make it to seminary in the morning. Maybe it's because of that little sacrifice to get there, but I've noticed that since the fire I love seminary even more. My day is always better and I like being with all the Paradise kids again. It's amazing to see how everyone's testimony has been strengthened after the fire."



WE'RE ALL CHILDREN OF GOD

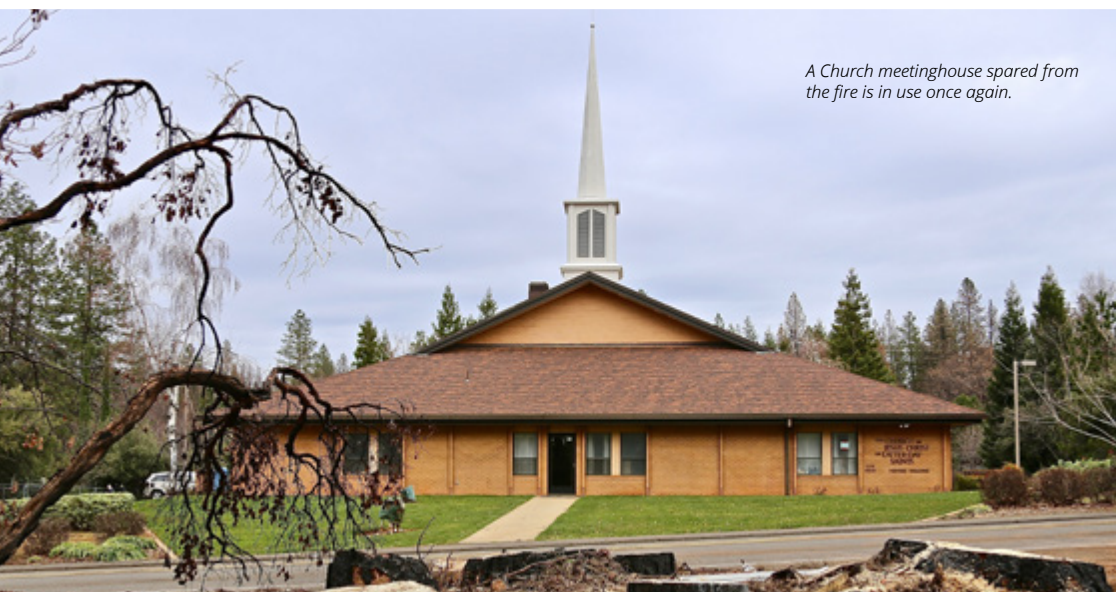
"Grandma and Grandpa live in Oregon, so we went up there for a while and stayed with them," says Billy A., 14. "I was impressed by how kind people were to us while we were there. Now I'm back here, and I can see the community starting to rise from the ashes. It's great to see how, when people get thrown together, they do their best to help each other. It reminds us that we're all children of God."



COUNSEL FROM PRESIDENT NELSON

Two months after the fire, President Russell M. Nelson visited the area and gave this counsel: "There are challenges, but with faith—keeping the commandments and knowing that God's in charge—all will be well in the long run. . . .

"... Your hope, your joy, and your future will all be shaped by your faith in God and by your faith in the Lord Jesus Christ" (in Sarah Jane Weaver, "President Nelson Visits and Comforts California Fire Victims," Jan. 14, 2019, news.ChurchofJesusChrist.org).



A Church meetinghouse spared from the fire is in use once again.



Even though damage to the forests and the town of Paradise was severe, there are signs of hope. In Paradise, grass is sprouting through the ashes.

A PROMISE TO THE FAITHFUL

To those who remain faithful despite loss, the Lord promised "to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified" (Isaiah 61:3). **NE**

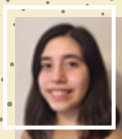




Many of us have experienced many changes over the last few months as a result of the COVID-19 pandemic. Read how youth around the world are adapting to these changes and keeping their faith strong.

FINDING HOPE DURING THE PANDEMIC

WHAT YOUTH ARE SAYING



When this pandemic began, I thought it would just pass quickly and would only last a few days.

But as the days went by, we couldn't have meetings, including seminary, youth activities, and sacrament meetings. We were told that we had to stay inside our homes for weeks, and we could only leave for essential activities.

While I've been home, I've seen that the Lord has given us all the things we need for this difficult time. We're able to study the scriptures at home with *Come, Follow Me*, have seminary and school through video calls, and watch general conference from home.

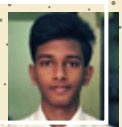
One thing I've loved is that my family gets to be home more, and we've shared good moments as we've played games and spent time together. It's usually difficult for us to come together during the week, so it's been nice to all be home.

I've also been trying to develop spiritually. After conference, I realized we need to prioritize what's really important—things like studying the scriptures, developing our faith and our testimonies, and helping strengthen those around us.

Just because we are going through difficult times doesn't mean it has to be a bad time in our life. It just means that we have a chance to make ourselves better and go forward with faith. These adversities can help our faith grow, and we will have a much stronger testimony of the gospel when it's all over.

Emma A., Spain

WHAT ARE YOU DOING TO STAY SPIRITUALLY UPLIFTED?



My mom suggested that I draw things related to the gospel. I chose to draw the Prophet Joseph Smith's

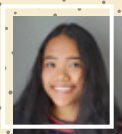
First Vision, and I really felt the Spirit when I drew it.

Ashwin V., India

I've been fasting and praying, like President Nelson asked. And all the young women in my ward are connecting online so we can still talk and have fun activities together.

Kotone S., Japan

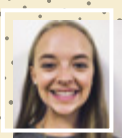
WHAT ARE YOU DOING AT HOME TO GROW IN MEANINGFUL WAYS?



I've set new goals with the Children and Youth program. I've tried to set goals that I can do during the pandemic.

For my intellectual goal, I decided I wanted to become a chess master, so my dad has been helping me practice. I'm still working on it, but it's been a great way to spend time with my family.

Amber A., Singapore

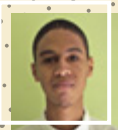


My family all felt it would be important to start writing in our journals more. I've never been very good about writing in my journal, but it's really helped me remember my blessings and know that I'm not alone, even in the hardest moments.

Mayah S., China



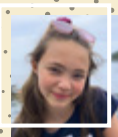
HOW ARE YOU STAYING POSITIVE?



One of my favorite scriptures is Mosiah 24:14. It reminds me of the love of our Heavenly Father and that

Christ helps us with our burdens. We don't need to be afraid!

Lucas R., Brazil



I just remember that Heavenly Father wants the best for each of us. We are going through this challenge, but this experience can strengthen us. We are learning

to be of good cheer, look for the positive, remain productive, and see our blessings, which will help us with future challenges.

Ava D., Singapore

LOVING *the* LORD RAIN *or* SHINE



By Amanda Dunn
Church Magazines

About eight months into my mission in Brazil, I felt like the worst missionary ever. Nobody we were teaching was coming to church. It was difficult to find people who actually wanted to hear our message. We were striving to work hard and be obedient, but it didn't seem to be paying off.

THE DISCOURAGING DOWNPOUR

There was one day when I felt particularly down. We were searching for someone to teach, without luck, when a severe rainstorm rolled over us. The rain beat hard against our faces, and the sun faded behind huge black clouds. The streets quickly began to flood.

I couldn't believe this was happening! Here we were, trying to be diligent, and not a soul was opening their door. Now, on top of that, we had a torrent of heavy rains to trudge through. It would be hard to find someone to teach in this awful weather. I just wanted to go back to the apartment, where it was dry and quiet. The storm got worse, so I suggested we go home.

But that didn't feel right. The water was already to our calves, but a feeling came into my heart that we needed to keep walking. When I tried to ignore it, I remembered a line from our *Missionary Handbook*: "As you obey with a willing heart (see Doctrine and Covenants 64:34), you will show the Lord your love for Him" ([2010], 4).

Suddenly the warmth of God's love filled my heart and made the cold, uncomfortable rain a little more bearable. I knew we needed to obey the prompting to show our love for Him, even if it was hard. So we kept walking.

THE CALM AFTER THE STORM

The rain continued to pound as we knocked on dozens of doors. Most stayed closed. Some cracked open, only to shut seconds after. But we were determined to keep going. We even laughed as we splashed through the streets, realizing we were probably the only ones in the city crazy enough to be outside.

It was getting late when we came to a small, tin-roofed house. It was totally dark and appeared empty, but we knocked anyway. To our surprise, a woman answered and quickly invited us in to get shelter from the rain. We were so excited that someone had finally let us in!

Even during the storms of life, our love for the Lord and His love for us can help us press on.



DRAW NEAR TO HIM

"No matter our distress, no matter our sorrow, no matter our mistakes, our infinitely compassionate Heavenly Father desires that we draw near to Him so that He can draw near to us."

President Dieter F. Uchtdorf, then-Second Counselor in the First Presidency, "The Love of God," Oct. 2009 general conference (*Ensign* or *Liahona*, Nov. 2009, 23).

The woman's husband and two kids were there, and they smiled at us—apparently unbothered by the fact that we were dripping all over their floor. We introduced ourselves and asked if we could share a message about Jesus Christ, and they accepted.

The Spirit was present as we prayed with them and for them. They talked about the many struggles they'd had and how they felt a need to reconnect with God. There was a still, peaceful feeling that completely contradicted the violent tempest outside. It was the calm after the literal storm for us and, in many ways, the calm after a figurative storm for this family who had been through so much.

CHANGED BY THE RAIN

Throughout the next few days, I reflected on how silly it now seemed that I had thought my success as a missionary depended only on how many investigators came to church. What really mattered was helping people build relationships with God and find peace in Jesus Christ, even when they faced turbulent times. Doing this strengthened my own relationship with God.

I was transferred shortly after, and although I couldn't keep teaching that family, I knew I'd always be grateful for the lesson I learned that night. The rainstorm had made me a better missionary and a better person.

BRIGHTER DAYS

I completed my mission 10 months later. The week I returned home, I got a message on social media from a 17-year-old boy named Lucas. His profile picture looked familiar.

He told me that almost a year ago, my companion and I had come to his house during a rainstorm. He was moved by what we shared, and a few weeks later, he decided to go to church. He took the missionary lessons and eventually was baptized.

A feeling of gratitude swept over me as I remembered the peaceful evening we'd shared with his family. Heavenly Father had not only comforted me during that stormy time, but He had also shown Lucas how much He loved him by sending us to his family. My life had changed in that rainstorm, and so had Lucas's.

Today, Lucas is serving as a full-time missionary in Brazil. He'll face storms too, probably both literal and figurative, just as my companion and I did—just as we all do. But when we recognize God's love for us and strive to show our love by obeying Him, we can make it through any weather. We can confront the storms, brave the heavy rains, and look forward to brighter, sunnier days. **NE**



Olá Sister Dunn, meu nome é Lucas não sei se lembra de mim, mas quase um ano atrás você e sua companheira vieram a minha casa durante uma tempestade. Naquela visita fiquei tocado pelas coisas que vocês compartilharam e decidi depois de algumas semanas ir à igreja, receber as palestras e ser batizado. Só queria te dizer que minha vida mudou naquela tempestade.

COME, FOLLOW ME: ALMA 8–12

This month, you'll read about the prophet Alma's preaching in Ammonihah. Like Alma, we may sometimes feel like our efforts to share the gospel are hopeless (see Alma 8). It can be hard to "go . . . into all the world, and preach the gospel" (Mark 16:15) when some people just don't want to hear it.

But Alma was obedient when an angel commanded him to go back to Ammonihah, and even though he and Amulek suffered, God comforted them. They also found Zeezrom, who eventually converted to the gospel.

God will help and comfort us in our trials and disappointments too. And we won't ever be doing His work alone. We can help others as we commit to sharing the gospel, even when it's hard.

A LIGHT to the WORLD

With conviction ♩ = 70

Words and music by
Tyler Castleton and Wayne Burton

F B \flat F Dm C F B \flat C

5 *mp* F C B \flat

There has nev - er been a time like this. The truth is spread - ing all a - cross the
Spi - rit speaks with pow - er to our hearts, Re - mind - ing us what we were born to

8 C F C

earth. So ma - ny souls are thirst - ing for His gift. And
do, — O - pen - ing our eyes to who we are And

11 B \flat C Dm *cresc.* C

now we stand to join Him in the work. We have heard the words of a
giv - ing us a wit - ness to the truth.

14 F B \flat Gm B \flat C *mf*

proph - et of the Lord, — and we can tes - ti - fy that noth - ing mat - ters more. We are

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17 F B^b C

cho - sen for these fi - nal days, we feel the call with - in, —

mf

19 F B^b C Dm C

Rea - dy now to serve the Lord and gath - er all to Him, — Born to raise our voic - es high, with

22 A⁷ D B^b F

hearts pre - pared to sac - ri - fice, — Called u - pon to be a light, a

24 B^b C 1. F B^b F Dm C C⁷ 2. F

light to the world. The world.

mp

28 D^b E^b D^b E^b

As the hope of Is - rael — we'll pro - fess our faith, and

f

30 B^b E^b F

shine our light, what-ev - er it takes. — We are cho-sen for these fi - nal days, we

33 B^b C F B^b C

feel the call with-in, — Rea - dy now to serve the Lord and gath - er all to Him,

36 Dm C A⁷ D

Born to raise our voic - es high, with hearts pre-pared to sac - ri - fice, —

38 B^b F B^b C⁷ F B^b F *mp*

Called u - pon to be a light, a light to the world.

41 Dm C F B^b C F



Tree of Life AR

Have you ever wished you could see Lehi's vision of the Tree of Life? Well, now you can! With the Tree of Life AR app, you can explore it all on your own.

To get started, choose the floor or table as your viewing surface. Once you've gotten it all set up, you can start looking around.

LOCATIONS

Tapping on a location can help you learn more about what each thing in the vision represents. For example, what exactly is the straight and narrow path?

Icons will pop up when you click on characters or locations.

VIDEO

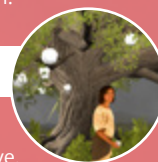
View for greater understanding of Lehi's vision.

QUESTIONS

Use these questions to ponder different parts of the vision.

SCALE VIEW

Experience Lehi's vision from a different perspective.



SCRIPTURES

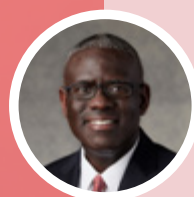
Refer to the scriptural account.

LOOK AROUND

Explore different aspects of the vision.

CHARACTERS

Tapping on a character lets you read scriptures about them, watch video clips, and find discussion questions.



"Using [technology] appropriately can bring forth the power of heaven and allow us to witness miracles. . . . Continually seek for ways that technology can draw us closer to the Savior."

Elder Peter M. Johnson, Oct. 2019 general conference (*Ensign* or *Liahona*, Nov. 2019, 110–11).

CONNECT

Fofoa V.,

(left) age 18

Etuale V.,

(right) age 16, Savali, Samoa

In our family, everyone helps.

Fofoa: Our family believes in working together. My brother Etuale and I gather firewood for cooking. We also help make food to sell. I remember one time when our family didn't make enough money to pay an expensive water bill, so we all did our part to help. My sister sold barbecue. Etuale and I gathered coconuts and other food and then helped sell the food to raise money. By working hard as a family and trusting God, we were able to get the water turned back on.

Etuale: God helps me with everything in my life. He gives me strength and blesses me every day. I love living in Samoa. It's very peaceful here. My biggest dream is to serve a full-time mission! I want to offer my two years to God.



SAMOA



"CRADLE OF POLYNESIA"

Samoa is known as the "Cradle of Polynesia" because Savai'i island is the Polynesian homeland.

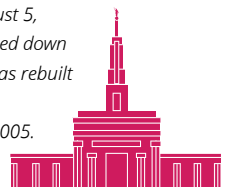


ANCIENT PYRAMID

Samoa has its own Ancient Pyramid—the Pulemelei Mound or Star Pyramid.

APIA SAMOA TEMPLE

Dedicated August 5, 1983, but burned down in July 2003. Was rebuilt and dedicated September 4, 2005.





KEITH K.,
19, Arizona, USA

I'm Keith, and I am an aspiring rapper, music producer, and recording engineer. I have a testimony because I wanted one. I wanted to know that the Church I had spent my whole life in was true. So I studied the scriptures, prayed earnestly, and looked to others in my ward for guidance. And sure enough, through those things, I was able to gain a testimony of the truthfulness of this gospel.



DZULIAH B.,
13, Philippines

I love dancing and singing. When I was in fifth grade, I joined an interschool dance competition. Our choreographer decided to have practices on Sundays. Without thinking twice, I went to him and told him that I wouldn't be available on Sundays because I honor the Sabbath day. He was disappointed, but I remembered my two favorite hymns, "Choose the Right" and "Do What Is Right." After this incident, I felt the assurance that I did the right thing.

FIRST MISSIONARIES
Arrived in 1863.

THE BOOK OF MORMON
translated into Samoan by June 1903.



RING OF FIRE
Samoa is part of the Ring of Fire and has one active volcano.

FUN STOP

CAPTION CONTEST



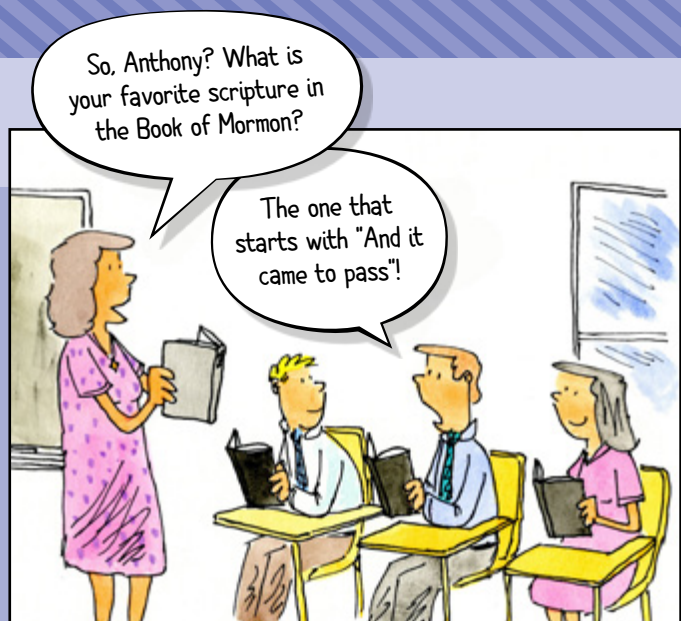
This photo is nearly perfect. All it needs now is a healthy dose of your creativity. Send in your best punch lines to newera@Churchofjesuschrist.org.



How to Feel like a King for a Day

Need some ideas on how to make Dad (or anybody else) feel on top of the world this Father's Day? Well look no further! Grab a friend or family member and **fill out the blank spaces before reading the story.**

No king should wake to a shrill alarm clock. Instead, why not provide a soothing _____ to gently stir him from slumber? Now for the _____ feast! A kingly breakfast starts with a refreshing glass of _____. Next, _____ up some of his favorite veggies with two types of bird eggs for a royal omelet. Add a side of _____ to make it a feast truly fit for a king. After church, it's time for a little well-deserved relaxation. Simply round up a _____ and some _____ type of rock or mineral to create the ultimate bubble bath. A nice touch is to first light some _____ animal-scented candles before turning over the room. The king will _____ into the tub and vanish for _____. If you'd like to present a kingly gift, the homemade variety works best. All you'll need are some _____, a few _____, and a bit of glue to hold things together. A quick tip, first: Be sure to _____ over the materials before gluing them to give the finished gift that extra _____ touch! And there you have it. A top-notch _____ recipe for a kingly day!



RYAN STOKER



SUMMER BIRD



VAL CHADWICK BAGLEY



Answers on page 45.

How can I help my friends who seem depressed?

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

" . . . Whatever else you may or may not be able to provide, you can offer your prayers and you can give 'love unfeigned.'"

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, Oct. 2013 general conference (*Ensign* or *Liahona*, Nov. 2013, 40, 41).



Invite Them to Be with You

Invite them to do fun things with you. Don't be discouraged if they

are not responding the way you want. Sometimes just the invitation to something or even the knowledge that you want to be with them is going to boost them up.

Alyssa F., 16, Washington, USA

Editors' note: The suggestions offered here are helpful but may not help immediately or heal someone of depression. Professional help may be necessary in more serious cases. See mentalhealth.ChurchofJesusChrist.org.



Reassure Them

When I am with depressed friends, I don't make light of their problem. But I help lighten their difficulties. I try to be reassuring and loving with them. I give them the opportunity to vent their frustrations.

Angbo K., 18, Ivory Coast



Be Genuine, and Set Boundaries

The best way to help them, and yourself, is by being genuine. Say the things that give you joy. If you're struggling with staying happy, let them know you are there for them, but take care of yourself. It is better for you to be OK.

Kira W., 16, Kansas, USA



Think of the Positive

You can stay positive around your friends who seem depressed by thinking of positive things that

you have experienced or are going to experience soon in your life. Just think of things you appreciate, such as funny experiences.

Luke P., 14, New Mexico, USA

Remind Them of the Good

When I have a friend who is depressed, I try to talk to them about something that they are interested in so they can be reminded of some good things about their day or life. Sometimes I'll try to make them laugh or give them a compliment to make them feel good, and sometimes I ask them to do something important so they know that they have a purpose.

Carson D., 15, Texas, USA

Responses may be edited for length or clarity. Published responses are intended for help and perspective, not as official pronouncements of Church doctrine.



Do people with intellectual disabilities automatically go to the celestial kingdom?

Jesus Christ ministered one by one to people who were "afflicted in any manner" (see 3 Nephi 17:9). Likewise, persons with intellectual disabilities should be regarded *individually*.

We know that children under eight years old have not reached the "years of accountability" (see Doctrine and Covenants 137:10; see also 68:25, 27) and therefore "need no ... baptism" and "are alive in Christ" (Moroni 8:11–12). Similarly, some people who have not developed language or intellectual skills to a sufficient level may not be accountable before the Lord. Families work with bishops to determine whether a person with intellectual disabilities should be baptized and receive other ordinances, considering the person's own wishes, degree of understanding, and worthiness.

The Prophet Joseph Smith taught, "All the minds and spirits that God ever sent into the world are susceptible of enlargement" (*Teachings of Presidents of the Church: Joseph Smith* [2007], 210). This includes those with intellectual disabilities, who are here to gain their own experience and fulfill Heavenly Father's plan of happiness for them. Like anyone else, they need to be taught the gospel and strive for personal growth in this life. Our job is to love and serve all of God's children and help each other come closer to Christ. **NE**

More on Disabilities

For more information on people with disabilities in the Church, go to disability.ChurchofJesusChrist.org.

What Do You Think?

"How do I keep out of my mind the unclean language I hear?"

Send your answer and photo by July 15, 2020.

Go to newera.ChurchofJesusChrist.org, and click "Submit Your Work." Sign in with your Church Account and then select "New Era" under "Choose Magazine." Click "Add File" to select your file and photos, and then click "Submit" to upload and send us your file. OR email us at newera@ChurchofJesusChrist.org.



TRACK MEET DEFEAT

AS A DISCUS THROWER for my high school's track-and-field team, my dream was always to become good enough to compete in the state track meet.

I worked tirelessly to achieve this dream: I was the first to arrive at practice and the last to leave. When everyone else huddled inside because of the weather, I practiced in the pouring rain.

After three years, I had vastly improved. I kept beating my personal record and placing in meets,

but I still couldn't make it to state! I only had one season left before I graduated, so I pinned all my hopes on it.

Then the district meet came—my last chance to qualify for state. And I lost. I *failed*.

At the end of the meet, I felt so defeated. In one moment my dream seemed so real and so possible, and in the next, it was all gone. I felt like I had wasted those years of practice.

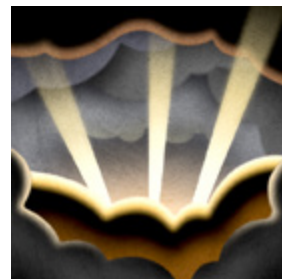
Then one day a song came on the radio that reminded me of one of my favorite track meets, when my teammates and I spontaneously sang that song together. It reminded me that there were so many good memories and lessons from track that I could always remember, even though I hadn't achieved my goal.

It can be painful when we don't reach the goals we've worked really hard for. But because of Jesus Christ and His tender mercies, we can find hope and focus on the good in life.

Heather C., Oregon, USA

"As long as we are willing to rise up again and continue on the path toward the spiritual goals God has given us, we can learn something from failure and become better and happier as a result."

President Dieter F. Uchtdorf, then-Second Counselor in the First Presidency, Oct. 2013 general conference (*Ensign* or *Liahona*, Nov. 2013, 57).



Hope When It's Hard

One purpose of the scriptures is to give us hope (see Romans 15:4). Here are some scriptures to read when you need a boost:

1. Psalm 146:5—
You can find happiness by placing your hope in the Lord.
2. Mosiah 2:41—
You are promised happiness and eternal life if you keep the commandments.
3. Romans 8:35–39—
God loves you in every situation.

A TEXT TO MY COACH

AT THE BEGINNING of my freshman year on my high school basketball team, I told my coach that Sunday practices were out for me because I had church. The team practiced from 10:00 a.m. to noon, but I never went.

Then during my sophomore year, things changed. "I moved Sunday practice so everyone can go to church first," my coach told us. "Everybody's going to be at practice at 3:00 p.m."

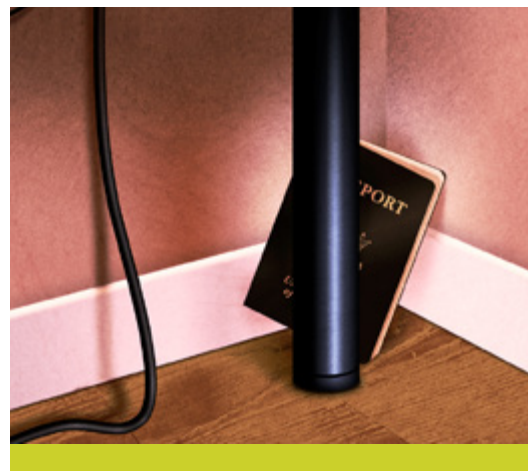
Sports is a religion here in Louisiana. But now I had to explain to my coach that not practicing on Sunday was an all-day thing out of reverence. It wasn't easy.

"Hey, Coach," I texted him, "I wanted to let you know I can't make practice on Sunday for the same reasons as last year. I believe the whole Sunday is the Sabbath, and my family and I don't do any sports on that day."

I was really worried my coach would be upset and kick me off the team. But in his text back to me, he said, "I completely respect this decision. You are one of the hardest workers in our program. I can't promise you'll score like Steph Curry. Ha-ha. But I can promise that you put yourself in a great position to help your team because of your work ethic."

It's not easy to say no in a situation like that. And not going to practice on Sunday doesn't mean the Lord will bless you to be some great athlete. You still have to work hard. But the blessings are there if you have an eternal perspective.

Merrick R., Louisiana, USA



PASSPORT PANIC

EVERY YEAR, my parents and older siblings travel to Guatemala as part of a humanitarian medical team. One year, I got to go with them as a member of the nonmedical team. I was so excited! I got my passport and stashed it in a fireproof box where my parents kept other important papers.

But the night before the trip, I opened the box and couldn't find my passport anywhere. A wave of panic came over me. If I couldn't find my passport, I wouldn't be able to go to Guatemala!

My family and I looked everywhere, but we couldn't find it. Finally, my father suggested we say a prayer. We knelt together and prayed that we could find the passport soon so that we could regain calm and sleep well that night.

Right after the prayer, my mom immediately went to the desk in the corner of the room. She crawled underneath it, and wedged in the baseboard of the wall was my passport!

I was so grateful. We knelt again to thank Heavenly Father for helping my mom find my passport. I'll never forget how glad I felt knowing that He hears and answers our prayers.

Gideon S., Texas, USA

I moved Sunday practice to 3 pm so everyone can go to church first.

Hey, Coach, I wanted to let you know that . . .



Serving Together with Priesthood Power

By President M. Russell Ballard

Acting President of the Quorum of the Twelve Apostles

From an April 2013 general conference address (Ensign or Liahona, May 2013, 18–21).

Several years ago, my wife, Barbara, and I looked up in awe at the night sky. The millions of stars seemed especially bright and beautiful. I then turned to the Pearl of Great Price and read what the Lord God said to Moses: “And worlds without number have I created; and I also created them for mine own purpose; and by the Son I created them, which is mine Only Begotten” (Moses 1:33).

The power that created the heavens and earth is the priesthood. The source of this priesthood power is God Almighty and His Son, Jesus Christ. It is the power the Savior used to perform miracles, to provide an infinite Atonement, and to overcome physical death through the Resurrection.

In our Heavenly Father’s plan, men have the unique responsibility to administer the priesthood, but they are not the priesthood. It is crucial for us to understand that Heavenly Father has provided a way for all of His sons and His daughters to have access to the blessings of and be strengthened by the power of the priesthood.

The same priesthood power that created worlds, galaxies, and the universe can and should be part of our lives to comfort, strengthen, and bless our families, our friends, and our neighbors—in other words, to do the things that the Savior would do if He were ministering among us today (see Doctrine and Covenants 81:5).

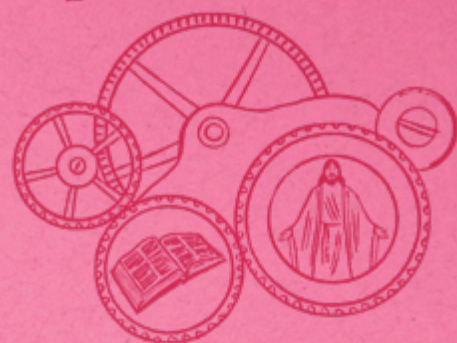
The primary purpose of this priesthood power is to bless, sanctify, and purify us so we can live together with our families in the presence of our heavenly parents forever. In this way, all men, women, and children—no matter what our circumstances—can participate in the marvelous work of God and Jesus Christ (see Moses 1:39) and enjoy the blessings of the priesthood.

May we be wise and seek to strengthen our own lives, the lives of our families, and The Church of Jesus Christ of Latter-day Saints through the power of the priesthood of God. **NE**

Abish



Her faithful actions
helped bring about the
**conversion of many
Lamanites.**



Lived about 90 years
before **Christ's
birth.**



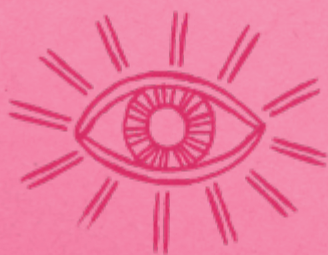
Kept her faith secret
until the time was right.



A Lamanite
woman who
**served the
queen.**



Was **converted to
the gospel** because of
“a remarkable vision of her
father” (Alma 19:16).



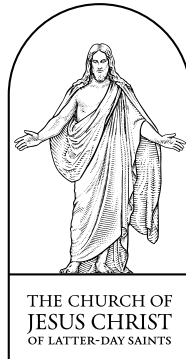
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ChurchofJesusChrist.org.



HOPE WORKS is a series of videos where members of the Church share the hope that can be found within the gospel of Jesus Christ. Presenters use personal experiences to illustrate how they have found hope.

HOPE WORKS



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