



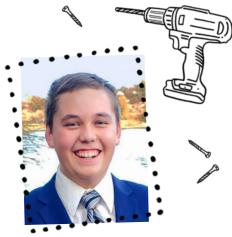
## Making the Sacrament Special

uring COVID-19 quarantine, Sunday became too casual in our home. I wanted to do something to make sure Sunday was special. I decided to make my family our own sacrament tray as one of my spiritual goals for the new Children and Youth program.

First, I took a piece of wood and drilled holes in one half for cups. Then I carved out a tray on the other half for the bread. My abuelita helped me sand it until it was perfectly smooth. Then we attached a handle and sealed the wood.

The first Sunday we went to prepare the sacrament and couldn't find the cups that fit the holes





perfect cups we were still going to partake of the sacrament.

When we partook of the sacrament that day, it was with more stillness, intention, and reverence. I felt pleased with the goal I'd set and achieved. I know that my Heavenly Father was proud of me.



## Tell Us How You Worship

We would love to hear how you worship where you live. Send us a brief description of your location, what you do on the Sabbath, your favorite activities, or anything else you can think of. Send it to ftsoy@ChurchofJesusChrist.org.

## San Diego is home to the rare Torrey pine tree.



San Diego produces more avocados than anywhere else in the USA.

The San Diego California Temple was the 45th temple to be dedicated.



California is nicknamed "The Golden State."

The Church has one mission in San Diego, and it reaches down to the border of Mexico.

San Diego is home to the **Church's Mormon Battalion Historic Site.** 

