

WILLOW CANYON 1st WARD

NOVEMBER 2013 THEME - SPIRITUAL AND TEMPORAL SELF RELIANCE

The theme for the month of November is Spiritual and Temporal Self-Reliance. Self-reliance is basically the ability to rely on one's own powers and resources rather than those of others. This can be applied in various aspects of life including the physical, mental, emotional, and spiritual.

In the scriptures we are told to "Organize yourselves; prepare every needful thing..." (D&C 88:119) This phrase has been referenced by the general authorities regarding food storage, financial reserves, emergency preparedness, temple building, scripture study, and effective gospel teaching.

When a child moves out on their own it can often be a rude awakening to discover how much they have been relying on their parents. Simple things that have been taken for granted for years like laundry, cooking, cleaning, grocery shopping, budgeting and bill paying can come as a surprise and a burden for those that have not learned those skills on their own. I have seen my sister's children thrive on their own because for years before they moved out they had to perform those duties. Others that are in for a "baptism by fire" due to inexperience and poor preparation can find the adjustment much more difficult.

Spiritually, are we able to live on our own or are we continually "borrowing" from our family or friends?

Just as a family should build a financial reserve that they can use if the worst happens and they have to survive on their own, do we have the spiritual reserve and fortitude to do what is right even when "nobody" will find out? We must build a testimony of our own.

Just as building a financial reserve is easiest done in times of plenty, our spiritual reserves can be fortified when we are surrounded by our family and our ward family. As we share our testimonies with each other we help to strengthen our own resolve and that of those around us. "...and their names were taken, that they might be remembered and nourished by the good word of God, to keep them in the right way, to keep them continually watchful unto prayer, relying alone upon the merits of Christ, who was the author and the finisher of their faith." (Moroni 6:4)

When Nephi was commanded to build a ship his brothers were skeptical and berated him. As Elder Uchtdorf tells it, "But Nephi was not discouraged. He had no experience building ships, but he had a strong personal testimony 'that the Lord ... [would] prepare a way ... [to] accomplish the thing which he commandeth' (1 Nephi 3:7). With this powerful testimony and motivation in his heart, Nephi built a ship in which they crossed the great waters, despite the strong opposition expressed by his faithless brothers."

How can we build a testimony that will serve as our spiritual reserves in times of challenge or hardship? From the same talk by Elder Uchtdorf:

First: Desire to believe. The Book of Mormon encourages us: "If [you] will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, ... even if [you] can no more than desire to believe" (Alma 32:27). (continued on the next page)

(Bishopric message cont.)

Some may say, "I cannot believe; I am not a religious person." Just consider, God promises us divine help even if we have only a desire to believe, but it has to be a true and not a pretended desire.

Second: Search the scriptures. Have questions; study them out; search in the scriptures for answers. Again, the Book of Mormon has good advice for us: "If [you] give place, that a seed may be planted in your heart" through diligent study of the word of God, the good seed "will begin to swell within your breasts" if you will not resist with unbelief. This good seed will "enlarge [your] soul" and "enlighten [your] understanding" (Alma 32:28).

Third: Do the will of God; keep the commandments. It is not enough to enter into a scholarly debate if we want to know for ourselves that the kingdom of God has been restored upon the earth. Casual study is also not enough. We have to get in on the action ourselves, and that means learning and then doing God's will.

We need to come to Christ and follow His teachings. The Savior taught: "My doctrine is not mine, but his that sent me. If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself" (John 7:16-17). And He said, "If ye love me, keep my commandments" (John 14:15).

Fourth: Ponder, fast, and pray. To receive knowledge from the Holy Ghost, we must ask Heavenly Father for it. We must trust that God loves us and that He will help us to recognize the promptings of the Holy Ghost... the prophet Alma said:

"I testify unto you that I do know that these things ... are true. And how do [you] suppose that I know of their surety?"

"... Behold, I have fasted and prayed ... that I might know these things of myself. And ... the Lord God hath made them manifest unto me by his Holy Spirit; and this is the spirit of revelation" (Alma 5:45-46).

My dear brothers and sisters, Alma received his witness by fasting and prayer more than 2,000 years ago, and we may have the same sacred experience today. (The Power of a Personal Testimony, Ensign, Oct. 2006)

Just as a financial reserve or food storage is built slowly over time by continually making what deposits are possible, so is the building of a firm testimony of the Savior. As we continually apply the four steps mentioned by President Uchtdorf our testimony will grow over time. "For he will give unto the faithful line upon line, precept upon precept;" (D&C 98:12)

May we consistently apply these principles that will keep our spiritual reserves growing and not shrinking, that when the time comes "...ye may be able to withstand in the evil day, and having done all, to stand." (Ephesians 6:13)

Your Bishopric

RELIEF SOCIETY

Thought: "The ultimate purpose of all we teach is to unite parents and children in faith and the Lord Jesus Christ." - Elder Boyd K. Packer

Thanks to those who participated in the "Dairy Project".

SUPER SATURDAY

Sat., Nov. 16th ~ 9 a.m. - 2:00 p.m.

Projects are on display outside of the Relief Society room until Sun, Nov 3rd. Payment is due to Jenn Johnson or Nicole Miles by Sat, Nov 3rd. Please make checks out to Jennifer Johnson

ANGLES AMONG US

We are so blessed with an amazing sisterhood in our ward and we want to honor that during our Christmas activity this year.

If a sister in our ward has touched your life in some way or another please write a little note describing how she was an angel to you and place it in the box outside the R.S. room.

On Tuesday, December 17th at 6:30 p.m. we will be having a beautiful dinner and activity honoring our Savior's birth and the examples of Him shown from our sisters.

EMERGENCY PREPAREDNESS

"While many of us may be good warm-weather exercisers, statistics suggest that about one-third of us are almost completely inactive during the winter months. Yet we know that in order to care for our bodies we need exercise year-round. Exercise reduces anxiety and depression, helps increase our body's resistance to illness, and provides a host of other benefits."

Cold weather is just around the corner so it's time to be thinking as families, and especially adults, how to keep up with our exercising. Planning for outside physical activities not only benefits our physical and mental health but strengthens family ties.

What about those of us who are senior citizens and less prone to exercise? Our ward is just minutes away from the Senior Citizen Center. Did you know that they offer a variety of activities, free of charge and free of slippery sidewalks and other hazardous conditions? There are all types of exercise classes; Hatha Yoga, Fit N' Trim & Zumba and also exercise classes for those with arthritis; also, all types of dancing classes from line to ballroom to Irish dancing. How about table tennis? A Nov. schedule is available from Marion Stooft (801-572-9278).

MISSIONARY ADDRESSES

Elder Bruce and Sister Vivienne Sullivan

Spain Madrid Mission
Calle Fuerteventura 4, 2, Office 8B
28703 San Sebastian de los Reyes
Madrid
SPAIN

Rachel Jean Bierman (It has been requested that you not put Sister due to mail being stolen)

Missouri St Louis Mission
1850 Craigshire Rd Ste 205
St Louis, MO 63146

Hermana Emily Lloyd

Mision Chile Concepcion Sur
Casilla 3560
Concepcion,
CHILE

Elder Gary and Sister Susan Johnson

Tennessee Nashville Mission
Welfare Resource Center
107 Twin Hills Drive
Madison, TN 37115

Elder Zach Rigby

110 Oak Park Dr. Suite B
Irmo, SC 29063

FAMILY HISTORY - INDEXING

Take someone you know to the temple - take your ancestors. Contact Natalie Nielson-Riep to find out how.
[801-440-2799](tel:801-440-2799).

PRIMARY

Yearly Theme: I am a Child of God

November Theme: We are to Thank God in all things

November Scripture: "He commanded them that...every day they should give thanks to the Lord their God" (Mosiah 18:23)

November 10th will be our primary program in Sacrament meeting. Parents, please help your children learn their parts and talks so they will be prepared on that day. We would appreciate any help you can give them with this.

November 12th - the girls activity days will be at the church at 4:15 PM. They will be working on Christmas crafts.

November is a time to be thankful for all we have. We as a presidency are so thankful to be able to work with your children and feel of their spirits and they learn and grow. We wish all a Happy Thanksgiving.

YOUNG WOMEN

Young Women activities for November are as follows:

- 6th - Young Women in Excellence
- 13th - Rake leaves with YM
- 20th - Temple Baptisms
- 27th - Canceled for Thanksgiving

SEALINGS

Please check the upcoming announcements for the time and date of the Sealing Session to be scheduled in November.

WARD AND STAKE EVENTS

Reminder for people to get family Christmas pictures (old and new) to Jennifer Johnson for the video to be shown at the Christmas Party? She will need them soon so she has time to put the video together before the party. Her email is jljohnson1122@gmail.com.

Photo deadline is: Sat, Nov 16th if giving them to me in an electronic format already, if they need help scanning their photos in I will need their photos by Sun, Nov 10th!

CHOIR

Every Sunday until Christmas we will have practice at 11:00 am at Mary Bye's home. The exception will be High Council Sunday. Since we will be performing that Sunday, we will meet at 12:15 in the Chapel.

CUB SCOUTS

We have den meeting the first, second and third Thursdays at 4 during November.

Pack meeting will be memorable this month. We will retire a flag. All are welcome to attend.

Please come in uniform if you have one. Nov 20th, 6:30 pm, Primary Room. Most of our activity will be outside so be prepared for cold weather.

EMPTY NESTERS

Empty Nester FHE will be November 11 at 7:00. Marilyn Crapo will be hosting. We will be reading from Talmage's "Jesus the Christ." We are on chapter 34.

BIRTHDAYS



November

- 2 Richard Haight
- 3 Sydney Eby
- 5 John Mahler
Debra Hawkins
- 7 Andy Clark
- 9 Kyson Wilcox
- 11 Charles Schmitt
- 13 Bailie Newland
- 14 Elizabeth Rawlings
Isaac Miles
- 16 Annette Webster
Morgan Miller
- 17 McKay Andrew Clark
- 19 Shannon Curtis
- 21 Jacob Alexander Hof
- 23 Cole Lloyd
Riley Dixon Clark
- 26 Jeffrey Vega
- 29 Carolee Vincent
Brooklyn Glauser
Ariel Morrison
- 30 Michele Cuburu
Jack Nydegger

NEWSLETTER SUBMISSION

DATE FOR DECEMBER WILL BE NOVEMBER 26th
PLEASE FORWARD YOUR AUXILIARY INFORMATION TO ANDREA MARX AT:
sistermarx@gmail.com

It is desired that all the auxiliaries contribute to the newsletter.