

# WILLOW CANYON 1st WARD

OCTOBER 2014 THEME - BECOMING MORE CHRISTLIKE

"Be ye therefore perfect, even as your Father which is in heaven is perfect." What an incredible commandment given by the Savior during the sermon on the mount. How can I, as a mortal, innately imperfect being ever hope to fulfill such a commandment?

Elder Joseph B. Wirthlin explained, "The footnote explains that the Greek word translated as perfect means complete, finished, fully developed. Our Heavenly Father wants us to use this mortal probation to fully develop ourselves, to make the most of our talents and abilities. If we do so, when final judgment comes, we will experience the joy of standing before our Father in Heaven in the final judgment as complete, and finished sons and daughters, polished by obedience and worthy of the inheritance that He has promised to the faithful."

When I was younger I would play basketball or football with my brother. We would pretend to be John Stockton and Karl Malone, or Steve Young and Jerry Rice. These were professionals that had put in hours and hours to perfect their game. Jerry Rice found that the football coming from Steve Young had a different spin on it because Steve was left handed, whereas his predecessor, Joe Montana was right handed. Jerry found a left handed member of the training staff for practice because he felt that would get him ready for Steve.

These men put in the effort to practice. They had fully developed themselves as football players. Their talents and abilities were honed. When super bowl XXIX arrived, the 49ers won as Steve Young threw 6 touchdown passes, three of which were to Jerry Rice. The time spent practicing had paid off.

In the book *Outliers*, by Malcom Gladwell, he proposes that 10,000 hours of practice will make you an expert at that particular subject. Consider that ten thousand hours is approximately five years of full time employment. While the subject is still up for debate among experts, it is certainly reasonable to say that while ten thousand hours of practice may not make you the elite expert in the field, it will certainly give a level of expertise not available to those that put forth a lesser effort. The point being that while "practice makes perfect" may be an overstatement, practice definitely makes improvement.

We are taught that "this life is the time to prepare to meet God." We cannot emulate football players and expect that we will inherit eternal life. There is only One who has set a perfect example for us. Only by becoming like Him will we truly be "complete and fully developed" as Elder Wirthlin stated.

There are many attributes of the Savior which we can adopt and practice now. Preach My Gospel states, "Christlike attributes are gifts from God. They come as you use your agency righteously. Ask your Heavenly Father to bless you with these attributes; you cannot develop them without His help. With a desire to please God, recognize your weaknesses and be willing and anxious to improve."

One way to get started is to complete the attached Attribute Activity and find where we are weakest. The Spirit will guide us as we seek to become more like the Savior and our Heavenly Father. As it says in Ether 12:27, "And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them."

The Bishopric

## ATTRIBUTE ACTIVITY

Read each item below carefully. Decide how true that statement is about you, and choose the most appropriate response from the response key. Write your response to each item in your study journal. Spiritual growth is a gradual process, and no one is perfect, so you should expect to rate yourself better on some items than on others.

Response Key   1 = never   2 = sometimes   3 = often   4 = almost always   5 = always

### Faith

- ..... 1. I believe in Christ and accept Him as my Savior. (2 Nephi 25:29)
- ..... 2. I feel confident that God loves me. (1 Nephi 11:17)
- ..... 3. I trust the Savior enough to accept His will and do whatever He asks. (1 Nephi 3:7)
- ..... 4. I firmly believe that through the Atonement of Jesus Christ I can be forgiven of all my sins. (Enos 1:5-8)
- ..... 5. I have enough faith in Christ to obtain answers to my prayers. (Mosiah 27:14)
- ..... 6. I think about the Savior during the day and remember what He has done for me. (D&C 20:77, 79)
- ..... 7. I have the faith necessary to help make good things happen in my life or the lives of others. (Ether 12:12)
- ..... 8. I know by the power of the Holy Ghost that the Book of Mormon is true. (Moroni 10:3-5)
- ..... 9. I have enough faith in Christ to accomplish anything He wants me to do—even miracles if necessary. (Moroni 7:33)

### Hope

- ..... 10. One of my greatest desires is to inherit eternal life in the celestial kingdom of God. (Moroni 7:41)
- ..... 11. I am confident that I will have a happy and successful mission. (D&C 31:3-5)
- ..... 12. I feel peaceful and optimistic about the future. (D&C 59:23)
- ..... 13. I firmly believe that someday I will dwell with God and become like Him. (Ether 12:4)

### Charity and Love

- ..... 14. I feel a sincere desire for the eternal welfare and happiness of other people. (Mosiah 28:3)
- ..... 15. When I pray, I ask for charity—the pure love of Christ. (Moroni 7:47-48)
- ..... 16. I try to understand others' feelings and see their point of view. (Jude 1:22)
- ..... 17. I forgive others who have offended or wronged me. (Ephesians 4:32)
- ..... 18. I try to help others when they are struggling or discouraged. (Mosiah 18:9)
- ..... 19. When appropriate, I tell others that I love them and care about them. (Luke 7:12-15)

- ..... 20. I look for opportunities to serve other people. (Mosiah 2:17)
- ..... 21. I say positive things about others. (D&C 42:27)
- ..... 22. I am kind and patient with others, even when they are hard to get along with. (Moroni 7:45)
- ..... 23. I find joy in others' achievements. (Alma 17:2-4)

### Virtue

- ..... 24. I am clean and pure in heart. (Psalm 24:3-4)
- ..... 25. I have no desire to do evil but to do good. (Mosiah 5:2)
- ..... 26. I am dependable—I do what I say I will do. (Alma 53:20)
- ..... 27. I focus on righteous, uplifting thoughts and put unwholesome thoughts out of my mind. (D&C 121:45)
- ..... 28. I repent of my sins and strive to overcome my weaknesses. (D&C 49:26-28)
- ..... 29. I feel the influence of the Holy Ghost in my life. (D&C 11:12-13)

### Knowledge

- ..... 30. I feel confident in my understanding of gospel doctrines and principles. (Ether 3:19-20)
- ..... 31. I study the scriptures daily. (John 5:39)
- ..... 32. I earnestly seek to understand the truth and find answers to my questions. (D&C 6:7)
- ..... 33. I receive knowledge and guidance through the Spirit. (1 Nephi 4:6)
- ..... 34. I love and cherish the doctrines and principles of the gospel. (2 Nephi 4:15)

### Patience

- ..... 35. I wait patiently for the blessings and promises of the Lord to be fulfilled. (2 Nephi 10:17)
- ..... 36. I am able to wait for things without getting upset or frustrated. (Romans 8:25)
- ..... 37. I am patient and long-suffering with the challenges of being a missionary. (Alma 17:11)
- ..... 38. I am patient with the faults and weaknesses of others. (Romans 15:1)
- ..... 39. I am patient with myself and rely on the Lord as I work to overcome my weaknesses. (Ether 12:27)
- ..... 40. I face adversity and afflictions calmly and hopefully. (Alma 34:40-41)

### Humility

- ..... 41. I am meek and lowly in heart. (Matthew 11:29)
- ..... 42. I rely on the Lord for help. (Alma 26:12)
- ..... 43. I am sincerely grateful for the blessings I have received from the Lord. (Alma 7:23)
- ..... 44. My prayers are earnest and sincere. (Enos 1:4)
- ..... 45. I appreciate direction from my leaders or teachers. (2 Nephi 9:28)
- ..... 46. I strive to be submissive to the Lord's will, whatever it may be. (Mosiah 24:15)

### Diligence

- ..... 47. I work effectively, even when I'm not under pressure or close supervision. (D&C 58:26-27)
- ..... 48. I focus my efforts on the most important things. (Matthew 23:23)
- ..... 49. I have a personal prayer at least twice a day. (Alma 34:18-27)
- ..... 50. I focus my thoughts on my calling as a missionary. (D&C 4:2, 5)
- ..... 51. I set goals and plan regularly. (D&C 88:119)
- ..... 52. I work hard until the job is completed successfully. (D&C 10:4)
- ..... 53. I find joy and satisfaction in my work. (Alma 36:24-25)

### Obedience

- ..... 54. When I pray, I ask for strength to resist temptation and to do what is right. (3 Nephi 18:15)
- ..... 55. I keep the required commandments to be worthy of a temple recommend. (D&C 97:8)
- ..... 56. I willingly obey the mission rules and follow the counsel of my leaders. (Hebrews 13:17)
- ..... 57. I strive to live in accordance with the laws and principles of the gospel. (D&C 41:5)

## RELIEF SOCIETY

We are still collecting Hair Bows and Jingle Boxes

if you would like to continue making them

**MINT CLASS  
AND  
GIFT IDEA CLASS  
SATURDAY, NOVEMBER 8<sup>th</sup>**

**8:00 to 12:00 Noon  
MINTS \$ 9.00 each  
GIFTS \$ 6.00 each**

The money will need to be collected  
before Saturday, November 8<sup>th</sup>  
Please contact Shelly or Deanna

## FAMILY HISTORY

If anyone would like help doing family history, please call Gwen Brandt at 435-770-3410. She is the new ward family history rep. and would be happy to come into your home and help you get started.

## CHOIR

Choir Practice will be every Sunday at 1:00 at Mary Bye's, except for the third Sunday when we perform.. Practice on that day will be at 8:15 am in the Chapel. We invite all ages who love to sing, to join us.

**WELCOME BACK**  
to Elder Gary and Sister Susan Johnson.  
Thanks for your honorable missionary service.

## BIRTHDAYS



### September

- 2 Sandy Gao
- 3 Oriana Reyes
- 5 Carolyn O'Brien
- 11 Stephen Horstmanshoff
- 14 Lars Johnson
- 18 Bruce Sullivan
- 19 Doug Milne  
Elinor Williams
- 21 Amy Clegg  
Scott Anderson  
Gwendolyn Rowley
- 22 Bent Parsons  
Jennifer Anderson
- 23 Ariana Pendleton
- 25 Ole Jon Anderson
- 27 Donna Petersen
- 28 Darlene Visser
- 30 Ashley Thompson
- 31 Nelson Leshar  
Emily Lloyd

### November

- 2 Richard Haight

## EMPLOYMENT

For employment  
opportunities and  
information please contact  
Lane Clark at

[info@SmashCRM.com](mailto:info@SmashCRM.com) or  
call at home 801-571-7857

## 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

**Elder Zach Rigby**

South Carolina Columbia Mission  
110 Oak Park Dr. Suite B  
Irmo, SC 29063

(The Leshers and Farris have the same mailing address:)

**Elder Nelson and Sister Kim Lesher**

Ensign Ranch Mission  
3551 Hundley Rd.  
Cle Elum, Washington 98922

**Elder Jerry and Sister Charlene Farr**

Ensign Ranch Mission  
3551 Hundley Rd.  
Cle Elum, Washington 98922

**Sister Sarah Jones**

Texas Houston South Mission  
602 Eldridge Rd  
Sugar Land, Texas 77478

**Hermana Samantha Josie Ellis**

mision san jose costa rica  
apartado postal 249-2010  
zapote  
san jose, costa rica

**Called: Elder Jared Rigby**

Mississippi Jackson Mission

For updates of addresses please  
check with the Ward Clerk  
or Executive Secretary.

## PRIMARY

Yearly Theme: Families are Forever

October Theme: "The Family: A Proclamation to the World" came from God to help my Family

October Scripture: "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full" (John 15:11).

We would like to welcome Klarissa Wells back to primary as a nursery teacher. We also want to congratulate her on her engagement.

Our primary program will be on October 26th. We handed out the children's parts to them and ask that parents will take the time to help them learn them. They can also continue to learn the songs by listening to the CD's

## YOUNG MEN

Deacons,

The Deacons will be completing their 1st aid, personal management, family life and personal fitness merit badges this summer. They competed the New Testament prior to summer camp and Pres. Glauser has his quorum reading the Old testament now. They plan to compete this reading in February.

Teachers/ Priests,

The Teachers & Priests quorums are reading the Doctrine and Covenants. They are reading four pages a day and will finish on December 10<sup>th</sup>.

## CUB SCOUTS

Pack meeting is Oct 22nd, 6:30 pm at the Stake Primary room.

Thanks!

## STAKE EVENTS

### Register for the Stake Writers Workshop

The Sandy Utah East Stake invites you to register for a writers workshop, **Open Up to the World of Writing**, held Saturday, November 15 from 1-4:30 p.m. at the Sandy Utah East Stake Center. This free workshop includes a keynote address by Jeff Scott Savage, acclaimed author of the best-selling *FarWorld* series, *Case File 13* and the techno-thriller *Cutting Edge*. Brother Savage's opening address will be followed by breakout sessions with nine local published authors: Michele Bell, Thal Dixon, David Gaunt, Dennis Gaunt, LaRene Gaunt, Chris Hall, Lisa Mangum, Jeanette Matern and Karen Tuft. These sessions will cover a range of writing-related topics for both fiction and non-fiction writing. If you are a writer, would-be writer or a lover of writing, bring a friend and join us for day of fun and learning.

For more information and to register, visit [SandyWritersWorkshop.weebly.com](http://SandyWritersWorkshop.weebly.com).

### Other Events:

**\*October 30, Thursday, Stake Blood Drive at the Buttercup Building**

**\*November 2, Daylight Saving Ends -- (Fall Back)**

## YOUNG WOMEN

October 15: Archery  
October 22: Personal progress  
October 29: Halloween party

We want to welcome Chloe Smith as our new secretary. We are excited to get to know her better! We also want to thank Barbara Pasker for her service as an adviser and thank her for all her amazing and meaningful lessons. She will be missed!

## WARD INFORMATION

The end of the year is drawing near and I need **all** auxiliaries to send me a current list of officers and teachers. Also anything noteworthy for your auxiliary would be welcome to put into the history. Please email to [sallieschmitt25@gmail.com](mailto:sallieschmitt25@gmail.com) and indicate 1<sup>st</sup> Ward information in the subject line.



Happy Halloween,  
October 31, 2014

## EMPTY NESTERS

We have finished reading "Jesus the Christ" and now we have chosen to read the "Autobiography of Parley P. Pratt." We will meet on October 13th at 7:00 pm. Bob and Andrea Marx will be hosting. We welcome any Empty Nesters to join with us as we begin this new book.

## NEWSLETTER SUBMISSION

DATE FOR NOVEMBER WILL BE TUESDAY, OCTOBER 28th.  
PLEASE FORWARD YOUR AUXILIARY INFORMATION TO ANDREA MARX AT:  
[sistermarx@gmail.com](mailto:sistermarx@gmail.com)

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