

Indian Ridge Ward

October 2020 – Temples

My great grandma Burt passed away three weeks before I returned from my mission, and three months before her 102nd birthday. Even more interesting, she passed away on the 80th anniversary of receiving her endowment and sealing blessings to her husband, who had passed away over eighteen years prior. There were three things that stuck out to me about Grandma Burt. First, she was short. Like, really short. Second, she had a glass eye. Third, I remember my mom telling me that Grandma Burt had maintained a current temple recommend throughout all those 80 years even though she was physically incapable of attending in her later years.

Grandma Burt came to mind as I listened to Sister Michelle D. Craig share this story of a friend:

“My friend recalled another experience while sitting in that same empty pew, alone, wondering if 20 years of effort to live the gospel in her home was all for naught. She needed more than calming reassurance; she needed vision. She felt a question pierce her heart: ‘Why did you do those things? Did you do them for the reward, the praise of others, or the desired outcome?’ She hesitated for a moment, searched her heart, and was then able to answer confidently, ‘I did them because I love the Savior. And I love His gospel.’ The Lord opened her eyes to help her see. This simple but powerful change of vision helped her continue to press on with faith in Christ, despite her circumstances.”

Why did Grandma Burt continue to renew her temple recommend even if she couldn't attend? I believe it was for the same reason. She loved the Savior and had that vision.

Elder Rasband, in the same session of conference, shared this message:

“I remember hearing President Howard W. Hunter in his first general conference address as the 14th President of the Church. He said: ‘It is the deepest desire of my heart to have every member of the Church worthy to enter the temple. It would please the Lord if every adult member would be worthy of – and carry – a current temple recommend.’ I would add that a limited-use recommend will set a clear path for our precious youth.”

President Russell M. Nelson recalled President Hunter's words: 'On that day, June 6, 1994, the temple recommend that we carry became a different object in my wallet. Before that, it was a means to an end. It was the means to allow me to enter a sacred house of the Lord; but after he made that declaration, that became an end in itself. It became my badge of obedience to a prophet of God.'

"... Let me emphasize, whether you have access to a temple or not, you need a current temple recommend to stay firmly on the covenant path.

"... If you have yet to receive a recommend or if your recommend has lapsed, line up at the door of the bishop just as the early Saints lined up at the door of the Nauvoo Temple in 1846.

"... I promise you as an Apostle of the Lord Jesus Christ that as you strive to redouble your righteous efforts, you will feel renewed in your devotion to God the Father and Jesus Christ, you will feel an abundance of the Holy Ghost guiding you, you will be grateful for your sacred covenants, and you will feel peace knowing you are 'recommended to the Lord.'"

I invite you to please reach out if you have yet to make covenants and receive blessings in the temple, or if your recommend has lapsed. Even if we cannot use them to enter temples to perform ordinances for the dead, let our temple recommends "become a badge of obedience to a prophet of God" so that we can reap the blessings promised to us by an Apostle of the Lord Jesus Christ.

Your Bishopric



Relief Society

We've learned that when we take time to tend to our mental health, we gain more strength and resilience to face challenges. We will focus on three things over the next three months that can help you keep your mental and emotional health in tip-top shape. This information is taken from "A 3-Step Guide to Maintaining Your Mental Health" by Michael Gardner, PhD, Family Services.

Stress, depression, and anxiety can creep into our lives at any time. Here is the first of the three ways to maintain your mental health.

1. Remember to Practice Self-Care

One of the most important parts of self-reliance is emotional self-reliance - self-care - which is vital to maintaining our mental health. If we fail to take care of ourselves, how can we have anything left to share with others.

Self-care begins with being conscious of your own needs and how much you can give. Recognizing, understanding, and acknowledging the emotions you feel is important in discovering what your needs are. Here are some self-care practices that can fulfill some of your mental and emotional needs:

- Take care of your body with proper diet, proper sleep, and exercising regularly.
- Develop relationships with people you can talk to and share both concerns and your happiness with.
- Seek good entertainment, hobbies, and activities that give a sense of accomplishment.
- Journal your feelings.
- Spend time outdoors.
- Set healthy boundaries and say no when you already have too much going on.
- Practice gratitude. Being grateful helps us avoid feeling sorry for ourselves or blaming others for our unhappiness.
- Change negative thoughts and negative self-talk to something positive.
- Remember who you are - a divine child of heavenly parents. You are loved and supported by so many in heaven and on earth.
- Lessen the time you spend on social media (or avoid it altogether).
- Forgive yourself and others. Holding on to grudges or past mistakes adds an unnecessary burden on your shoulders.

Our desire in sharing this mental health topic is to realize that we all need to begin where we are at, none of us are perfect. We all have goals to improve on. We hope that each day of doing small steps we will feel that joy that comes by doing the best we can. We love you! Thank you for being loving sisters and the amazing work you do for each other.

All our Love, Susan, Chyrrel, Keesha & Marilyn



Young Men

We are pleased to welcome Braden Metcalf (13) and Ivan Flores (15) into our YM group.

We had a nice physically-distanced gathering in September.
So great to see the boys!

We are going to hold Young Men's activities twice a month.
For ward members who would like any help from our awesome Young Men, please contact Greg Miles.



Young Women

To all our sweet Young Women, we hope you enjoyed watching and listening to General Conference. What a blessing it is for each of us to so easily and readily hear the words and counsel of our Heavenly Father through his Prophet and leaders of the Church. Michelle D. Craig asked us to "See people deeply and tune into their needs, and to pray to see others as Heavenly Father sees them." If we could see others truly as Heavenly Father sees them, think of how much more patience, love and kindness we would have for one another.

We are looking forward to seeing each of you over Zoom this Sunday as we meet for our Sunday YW classes. We will be holding YW over Zoom on the 2nd and 4th Sundays. As of right now we are scheduled to meet at 11:00 a.m. after we have returned home from Sacrament Meeting. On these Sundays we will be sending out a Zoom link to your emails. Please fill out the google form with your preferred email that was sent to your parents' email.

**Young Women Activities will be held on
the 1st and 3rd Tuesdays at 7:00 p.m.**

October 6 - Crazy Brownies with Sister Kaylin Nydegger over Zoom
October 20 - Service with the Mirci Family

Primary

A note from your Primary Presidency:

“The great test of life is to see whether we will hearken to and obey God's commands in the midst of the storms of life. It is not to endure storms, but to Choose the Right while they rage”.

— President Henry B. Eyring

Boys and girls we miss you so much! We hope that you're doing well and that despite lives' storms you're dancing in the rain.

Activity Suggestion:

Parents, please help your children learn the following songs:

I Will Walk With Jesus

Be What I Believe

I Know Heavenly Father Loves Me

Please look on the ward Facebook (Indian Ridge Sisters) page in the the next few days. Kathleen Harris will be going through the songs and giving ideas on how to remember them as well as actions to the song. If you're not already on the Facebook page please contact Kathleen at 801-916-2197 so she can add you!

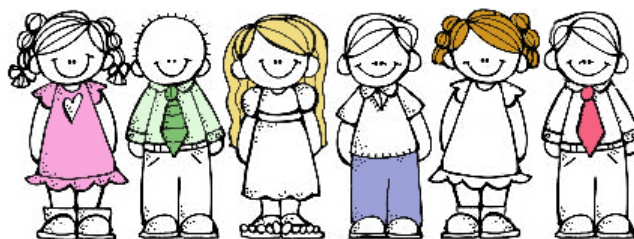
We love you and pray for you.

Linda, Kathleen, Shelly and Barbara

Happy Birthday:

The months are moving on and we miss the Primary children so much! We would like to wish the children Happy Birthday and sing a special song to them. When the need to stay home from church is over, we will celebrate the birthdays that we have missed. Until then, here are the October birthdays. We hope that each and every birthday is a fantastically wonderful day!

Brodee Crump - October 4
Elinor Williams - October 19
Xander Zitzelsberger - October 20



Welcome to our new ward members:

Carlos and Yuriana Flores

and their children:

Cesar, Ivan, Xander, and Liam

(9702 Indian Ridge Drive - north of Hattons)

Wave to them if you walk by their homes.

Full-time Missionaries in our area



Elder Cody Wilson



Elder Hyrum Harlow

Their phone number is:

385-246-4105



Elder Jarrad Acosta



Elder Bryan Jensen

Their Email addresses are:

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Missionaries



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Happy Birthday!

October 2020

- 1 Amy Cook
- Mike Killpack
- 2 Betsy Biggers
- Sandy Gao
- 3 Ron Oliverson
- Oriana Reyes
- 5 Selina Gao
- 9 Sharon Brinker
- 11 Stephen Horstmanshoff
- 14 Lars Johnson
- 17 Josh Alfaro
- Marvon Holdaway
- Naomi Martindale
- 18 Leroy Lee
- 19 Doug Milne
- Elinor Williams
- 20 Xander Zitzelsberger
- 22 Brent Parsons
- 24 Joseph Rapoza
- 25 Clarissa Rigby
- 26 Sherri True
- 27 Larry Casey
- Margie Hoyt
- 30 Shauna Evans
- Ashley Thompson
- 31 Nelson Leshar

November 2020

- 1 Hannah Allred
- Mazie Allred
- Brooke Edmonds
- 2 Richard Haight
- 3 Judith Arlt
- 5 John Allred
- Debra Hawkins
- John Mahler
- Ava Jane Pickering

