# October 2022 - Listening to the Prophet & Church Leaders

As we had the opportunity to listen to the Prophet's voice and other Church leaders this past weekend during General Conference, it is our hope that you remember what was taught and what you felt as you strive to come closer to your Savior, Jesus Christ. As the Savior taught us, "What I the Lord have spoken, I have spoken, and I excuse not myself; and though the heavens and the earth pass away, my word shall not pass away, but shall all be fulfilled whether by mine own voice or by the voice of my servants, it is the same." (D&C 1:38) Following are some of the messages we were heard from the Lord's servants.

**President Russell M. Nelson** – "With the dedication of each new temple, additional godly power comes into the world to strengthen us and counteracts the intensifying efforts of the adversary. I promise that increased time in the temple will bless your life in ways nothing else can. May you focus on the temple in ways you never have before."

"Abuse constitutes the influence of the adversary. It is a grievous sin. As president of the church, I affirm the teachings of the Lord Jesus Christ on this issue. Let me be perfectly clear: Any kind of abuse of women, children or anyone is an abomination to the Lord."

"Take charge of your own testimony of Jesus Christ. Watch for miracles to happen in your life. My plea to you this morning is to find rest from the intensity, uncertainty and anguish of this world by overcoming the world through your covenants with God. Cherish and honor your covenants above all other commitments. As you let God prevail in your life, I promise you greater peace, confidence, joy and, yes, rest."

"Heavenly Father and Jesus Christ are there to help you. I urge you to increase your efforts to seek Their help."

President Dallin H. Oaks – "The Church of Jesus Christ is committed to serving those in need, and it is also committed to cooperating with others in that effort. God inspires many organizations and individuals to do much good. More of us should be recognizing the good done by others and supporting it as we have the time and means to do so." **President Henry B. Eyring** – "When you sit with someone as their ministering sister or brother; you represent the Lord. Think of what He would do or say. The Savior knows your struggles in detail. He knows your great potential to grow in faith, hope, and charity."

**President M. Russell Ballard** – "May we ever follow in the footsteps of Jesus Christ and, with faith in our every footstep, focus on Him, keeping our feet firmly planted on the covenant path. It is important to follow the Prophet and keep our feet firmly planted on the covenant path of faithfulness as it was for the early pioneers."

**Elder Jeffrey R. Holland** – "The lives of our people must be the symbol of our faith. There is a cost to discipleship. To be a follower of Jesus Christ one must sometimes carry a burden — your own or someone else's — and go where sacrifice is required and suffering is inevitable. As we take up our crosses and follow Him, be attentive to the burdens being carried by others."

**Elder Dieter F. Uchtdorf** – "When you have important choices to make, Jesus Christ and His restored gospel are the best choice. When you have questions, Jesus Christ and His restored gospel are the best answer. When you feel weak, Jesus Christ is your strength. The best guide you can possibly have for making choices is Jesus Christ. Jesus Christ is the strength of youth."

**Elder David A. Bednar** – "For many are called but few are chosen. We have the ability to choose to be chosen. The Holy Ghost will help us see who we really are. You and I ultimately can choose to be chosen through the righteous exercise of our moral agency. I promise that we will be blessed with the capacity and judgment to strengthen our covenant connection with the living Lord."

**Elder Quentin L. Cook** – "We each need a personal testimony of God's work and the seminal role of Jesus Christ. All have sinned, and it is only through the Atonement of Jesus Christ that we can obtain mercy and live with God. Because of the Savior's Atonement, healing is available to all."

Elder D. Todd Christofferson – "As our Church population grows ever more diverse, our welcome must grow ever more spontaneous and warm. We need one another. Being one with the Father, Son and Holy Spirit is without doubt the ultimate in belonging."

Elder Neil L. Andersen – "We realize that as evil increases in the world, our spiritual survival, and the spiritual survival of those we love, will require that we more fully nurture, fortify and strengthen the roots of our faith in Jesus Christ. As we know very well, having faith in Jesus Christ and being a true disciple is more than a one-time decision — more than a one-time event. It is a sacred, ongoing process that grows and expands through the seasons of our lives, continuing until we kneel at His feet."

**Elder Ronald A. Rasband** – "Pressing upon me this day is the importance of renewing our commitment to the Book of Mormon. I invite you this day to give a Book of Mormon to your friends and family, associates at work, your soccer coach or the produce man."

**Elder Gary E. Stevenson** – "When a moment to bear testimony comes, grab it and embrace it. You will feel the warmth of the Comforter inside you when you do."

**Elder Dale G. Renlund** – "With the help of the Holy Ghost we can transform our divine nature into our eternal destiny. If we have received personal revelation for our situation and the circumstances have not changed, God has already answered our question. Even as we trust God's prior answers, we need to be open to further personal revelation."

**Elder Gerrit W. Gong** – "Joy comes as we feel the Savior's grace and forgiveness. The blessings of repentance begins as we begin to repent. With our Savior's help, we can surrender our pride, our hurts, our sins to God."

**Elder Ulisses Soares** – "The restored gospel of Jesus Christ proclaims the principle of full partnership between woman and man, both in mortal life and in the eternities. As women and men work together in a true and equal partnership, we will enjoy the unity taught by the Savior as we fulfill the divine responsibilities in our marriage relationships."

May we each follow the words we heard this past weekend, as what we heard was truth. Apply and act upon the promptings and inspiration we felt and do those things that will help us come unto Christ. We love you, and your Father in Heaven and His Beloved Son, Jesus Christ love you.





# **Relief Society**



Fall is an exciting time of year when we see the landscape change into an array of beautiful colors.
It's a special time where Mother Nature is preparing us for the winter season that lies ahead. Here in Utah we are able to experience all four seasons and it's pretty much predicted when one season will change into the next.

Just like the change of seasons, we too, must deal with changes throughout our lives where some are predictable and others aren't. You've often heard the saying, "Nothing is as constant as change." Some changes are small while others can have a significant impact on our lives. Some changes are positive while others are negative. So what do we do to deal with the changes that feel overwhelming to us? Are there ways we can better prepare ourselves to handle these changes? The answer is YES and here are a few to consider:

- 1. Pray for strength to face change and overcome the challenges that come with unexpected change.
- 2. We have many resources at our disposal that are helpful in dealing with change. Use them.
- 3. Work out what you can control.
- 4. Don't ignore it.
- 5. Prepare for change.
- 6. Ask for help.

One of our church leaders once said, "Something to focus on is to accept the changes that lift you up, avoid the changes that drag you down, and develop the spiritual perceptiveness to distinguish between them."

Remember what the Savior has told us, "My people must be tried in all things, that they may be prepared to receive the glory that I have for them, even the glory of Zion: and he that will not bear chastisement is not worthy of my kingdom." D&C 136:31

Our prayer to you sisters is that each one of you will be able to develop the strength and skills to face the changes that lie before us.

Love, Kristen, Margie, Deanna, Marilynn

# Young Men

**Tuesday, October 11**- Combined YM/YW Activity - Cornbelly's - 6 p.m.

**Tuesday, October 18** - Combined YM/YW Annual Widows dinner and talent night - 6 pm.

Tuesday, October 25 - Baptisms at Draper Temple - 6 p.m.

Saturday, November 5 - Combined YM/YW Activity - Leaf Raking



# Young Women

Tuesday, October 4 - Pumpkin painting and pumpkin treats to share

Sunday, October 9 - BYC

**Tuesday, October 11-** Combined YM/YW Activity - Cornbelly's - 6 p.m.

Sunday, October 16 - Scripture Brunch @ Jenn Johnson's

**Tuesday, October 18 -** Combined YM/YW Annual Widows dinner and talent night - 6 pm.

Tuesday, October 25 - YW Activity TBD

Friday, October 28 - Ward Trunk or Treat and Chili cook-off

Sunday, October 30 - Class presidency Meeting

Saturday, November 5 - Combined YM/YW Activity - Leaf Raking



# Primary

The Children's Sacrament Meeting Presentation has

come and gone. The children presented the messages that they wrote and practiced. The personality of the children showed through their words that were a blessing to hear. The



music was practiced to perfection. Many ward members have commented how much they enjoyed the program, we are grateful for kind messages. Many thanks to the children!



Children, parents, and Primary teachers are invited to watch a new <u>Friend to Friend episode</u> that will be made available on November 5, 2022, at 10:00 a.m. The broadcast, titled "My <u>Heavenly Father Loves Me</u>," will feature activities, music, and messages from the Primary General Presidency.

For the craft activity in this episode, children will be invited to ponder how they can serve and be kind to others and then draw a picture or write about the thoughts they had.

Videos will be available on ChurchofJesusChrist.org, Gospel Library, and Gospel Media. English, Spanish, and Portuguese versions will also be available on the Gospel for Kids YouTube channels.

SAVE THE DATE: OCTOBER 28TH The Ghouls and Goblins are all planning to appear

at the Ward Trunk or Treat Party!!

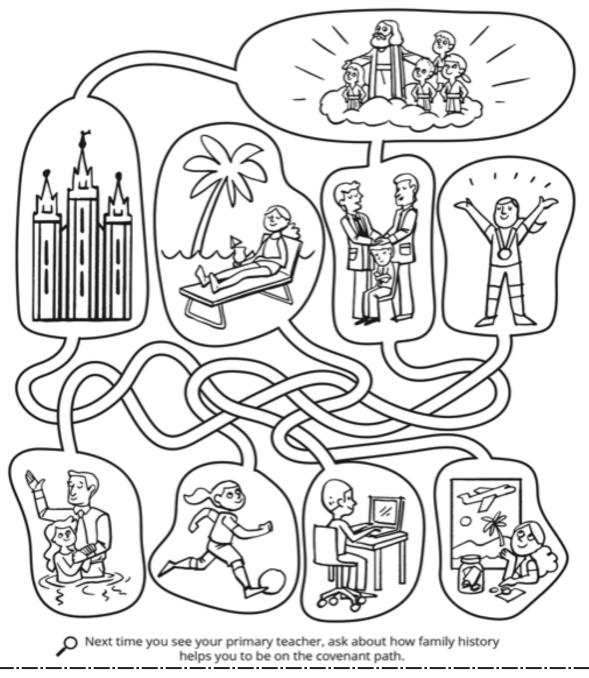




# Xander Zitzelsberger October 20

# FOLLOW THE COVENANT PATH THAT LEADS TO OUR HEAVENLY FATHER

There are lots of great things you can accomplish here on the earth, but only some are on the covenant path that lead to your Heavenly Father. **Mark** the covenant paths that lead back to Heavenly Father.



For Family History help please contact any of the Temple and Family History Consultants.

We would be willing to come to your home or have you at ours to help you learn how to find your ancestors, and do the sacred temple work for them.

They are waiting for your efforts to help them progress.

Ward Temple and Family History Consultants

Richard Hackett - 801-759-2299 hackett@byu.net Russ Messerly - 801-792-4826 russmesserly@gmail.com Gina Messerly - 801-300-6529 ginamesserly@msn.com Oriana Reyes - 385-445-3194 orian@byu.net Garry True - 801-572-0171 garrytrue@q.com

# **General Election Information:**

10/25-11/4 In-office early voting
10/28 Voter registration deadline
11/1 Last day to request replacement ballot

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**FamilySearch** 

11/8 General election

## Ward Mission Leader

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**Dave Ellis** 

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## Ward Missionaries

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## Melody Ann Russell

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### Happy Birthday! **October 2022** 1 Amy Cook Mike Killpack 2 Betsy Biggers Sandy Gao 3 Ron Oliverson **Oriana Reves** 4 Brodee Crump 5 Selina Gao 9 Sharon Brinker 10 Edna Johnson 11 Stephen Horstmanshoff 14 Lars Johnson 17 Josh Alfaro Marvon Holdaway 19 Doug Milne Elinor Williams 20 Xander Zitzelsberger 22 Brent Parsons 24 Joseph Rapoza 25 Chloe Werrett 26 Sherri True 27 Larry Casey 29 Doug Evans 30 Shauna Evans Ashley Thompson 31 Nelson Lesher November 2022 1 Hannah Allred Mazie Allred **Brooke Edmonds** 2 Margie Aaron Teryle Caswell **Richard Haight** 3 Judith Arlt 5 John Allred Debra Hawkins John Mahler Ava Pickering