

Indian Ridge Ward

January 2023 – Spiritual Renewal

The beginning of a new year is the time when many people decide to make new resolutions.

While some resolutions may be more nuanced, the most popular of these goals often include such things as commitments to exercise, to eat healthier, or better money management. Such intentions are certainly worthy of our efforts, but here is a suggestion that may be more worthwhile: personal spiritual growth.

So, where do we begin? We live in an age in which we have ready access to an almost overwhelming amount of laudable council at our fingertips. With the click of a button, we can read the scriptures, view conference talks, view admonitions from prophets, apostles, and other general authorities to name a few.

As we endeavor to study the gospel, there are numerous mentions of a particular recurring theme, an often-repeated point of guidance that is hard to surpass when it comes to an attempt to grow spiritually. Strive to become more like Jesus.

We may ask ourselves, how does someone like me become more like the Savior?

We may even think that such a goal is out of our reach. But we should not let the fact of our imperfect state stop us from trying to attain the perfection of the Savior.

We do not have to achieve such perfection all at once, instead we can choose one aspect of the Christ and seek to emulate Him there. When we consider which of the many attributes of Jesus we might aspire to, one comes to mind

that is quite achievable. Jesus was the consummate teacher even from a young age.

(Luke 2:46-47) We can become a better teachers.

When Jesus taught others He taught them at their own level. To the woman taken in adultery he said 'go, and sin no more,' (John 8:10-11) and to the man who had kept the commandments 'from his youth up' he said 'go and sell that thou hast, and give to the poor'. (Matthew 19:21) Jesus always taught from a place of love.

He taught with the spirit as on the road to Emmaus. (Luke 24:32)

He taught the doctrine of the kingdom, and He invited others to learn of Him.

As we study the New Testament this year with our families, in our personal study, and in our Sunday School classes, may we pay special attention to the way the Savior teaches others. We all have many opportunities to teach the gospel to others, whether to our friends and associates, our neighbors, or in our own families. The manual 'Teaching in the Saviors Way' is an invaluable resource for all of us to learn how to teach.

We invite everyone to seek to become better teachers just as the Savior was the master teacher.

The Indian Ridge Ward Bishopric

Relief Society

Welcome to 2023!

This is the time of year many of us reflect on the past year and make resolutions for the new year ahead of us.

In a report on resolutions, it stated that many of us have the tendency to make a long list of resolutions.

However, due to the time constraints we have in everyday life we become discouraged because there's so little time to achieve all that we have on our list. Therefore we give up on them all since we aren't achieving them as quickly as we want to. Per Carlbring at Stockholm University states that we can often turn an avoidance goal into an approach goal to maximize our chances of success. For example, instead of saying, "I want to stop eating a candy bar every day," you might instead say, "I'm only going to eat a candy bar on Monday, Wednesday and Friday." It takes an average of 30 days to form a new habit. If you have succeeded with your initial goal after a couple weeks, then reduce the amount of candy bars to just twice a week on Monday and Friday, then once a week on Friday, etc. until you've weaned yourself completely off of them. You can do this with anything such as the time spent on social media, playing computer games, etc. Write down one short term goal and one long term goal to work on. Then work on these goals before setting another goal to achieve and you'll have a much better rate of success. Be specific with your goals. Instead of saying, "I'm going to read the scriptures every day," try saying, "I'm going to read 10 verses every day." Be realistic with the time you have to devote to these goals. Remember that procrastination is the major barrier that prevents positive change. Last but not least, be forgiving of yourself if you fail at a goal. You can always start again.

It is our hope that this year will be a prosperous one for you full of hope, love, happiness, and most importantly one where you'll be able to set a goal of developing a stronger relationship between you and the Savior, our Lord, Jesus Christ.

Your Relief Society Presidency
Kristen, Margie, Deanna and Marilynn

Young Men

Tuesday, January 10 - Combined YM/YW Activity - Utah Food Bank -
Meet at the church at 5:15. Closed-toe shoes are required
(no flip-flops, sandals, or open-toed shoes)

Tuesday, January 17 - Combined YM/YW Activity - 7 pm -
Scheduling combined activities for 2023

Thursday, January 26 - Saturday, January 28 - Youth Conference
Thursday - All youth are invited for dinner and activities at the
Roseboro Building (1880 E 9800 S) from 6 - 9 pm
Friday & Saturday - Aspen Grove - for youth that are turning 14 this
year and older

Sunday, January 29 - Youth Worldwide Broadcast with Elder Gong

Tuesday, January 31 - Young Men Activity - 7 pm



Young Women

Welcome Hannah Allred and Ella Metcalf to Young Women's.
We are excited to have you join us!

Tuesday, January 10 - Food Bank Service Project - meet at the ward at 5:15

Sunday, January 15 - New Beginnings 2:30 RS room

Tuesday, January 17 - Pizza, Popcorn, PJ's and planning 7:00

Thursday - Saturday, January 26-28 - Youth Conference at Aspen Grove

Sunday, January 29 - Youth Worldwide Broadcast with Elder Gong

Tuesday, January 31 - Activity 7:00 TBA

Primary

We ended 2022 with a special presentation in Primary. We wanted the children to experience "Christmas Around the World", with the help of several amazing ward members. From each country we learned about their traditions, and were treated to some of their food. We are so grateful to our presenters for their time and effort. We "visited" 4 different countries:

Sweden - Presented by Jen Johnson

Italy - Presented by Dave Ellis

Brazil - Presented by Maria North

Dominican Republic - Presented by Keila Kershaw



Thank you, one and all.

Primary has many changes each New Year. We are preparing to focus on **Christ** and the **New Testament**; we have 2 new Sunbeams, **Porter Allred** and **Beckett Johnson**; we also lost our Valiant 10 class, **Hannah Allred**, **Strider Curtis**, **Wyatt Kershaw**, **Ella Metcalf**, and **Xander Zitzelsberger**. We will miss these older children and know they will certainly enjoy Young Men and Women.



January 14 - Reggie Harris



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**

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FYI: Choir members voted to continue with the current Instant Choir format for this coming year, using simple arrangements of our hymns.

All ages and skill levels are welcome.

If you would be interested in performing in a small ensemble or family group, contact the director at rscott4952@gmail.com

Happy Birthday!

January 2023

- 1 Claire Zitzelsberger
- 12 Kennedy Blutworth
- Manette Murri
- 13 Rosemary De Haan
- 14 Reggie Harris
- Wendy Peterson
- 15 Chyrrel Cook
- Dustin Kramer
- Brenda Rodgers
- 16 Sylvie Brimley
- 17 Roger Morrill
- 18 Bobbie Thorne
- 19 Danielle Ellis
- 20 Keila Kershaw
- Warren Schmidt
- Jed Skeen
- 21 Luke Hauber
- 22 Donna Strong
- 23 Tessa Ellis
- 25 Jaimie Dake
- Magie Kershaw
- Remy Kramer
- 26 Jordan Capener
- Holly Miles
- 30 Elijah Blutworth

February 2023

- 1 Diana Edmonds
- 3 Jay Nielsen
- 4 Remington Wilson
- 5 Ruth Clegg

Ward Mission Leader

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Ward Missionaries

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