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Cover: Harriet Gilbert of the Mornington Ward, Melbourne Australia Braeside Stake. See "Harriet's Firm Foundation" on p. 26.

Cover photography: Janet Thomas (front) and Getty Images (back) elying on her family helps Harriet weather life's storms. See "Harriet's Firm Foundation," p. 26.



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WORDS OF THE **P**ROPHET

THE BODY IS SACRED



I marvel at the miracle of the human mind and body. Have you ever contemplated the wonders of yourself, the eyes with which you see, the ears with which you bear, the voice with which you speak? What a remarkable thing you are.

BY PRESIDENT GORDON B. HINCKLEY

There is no substitute under the heavens for personal virtue.

ne evening, I put on a record, turned down the lights, and listened to Beethoven's Concerto for the Violin. As I sat there in the semidarkness, I marveled that such a thing could come of the mind of a man, a man who, in most respects, was as I am. I do not know how tall he was or how broad he was or how much hair he had, but I guess he looked very much like the rest of us. He became hungry, he felt pain, he had most of the problems we have and maybe some we do not have. But out of the genius of that inspired mind came the creation of a masterpiece which has entertained the world through all of these many years.

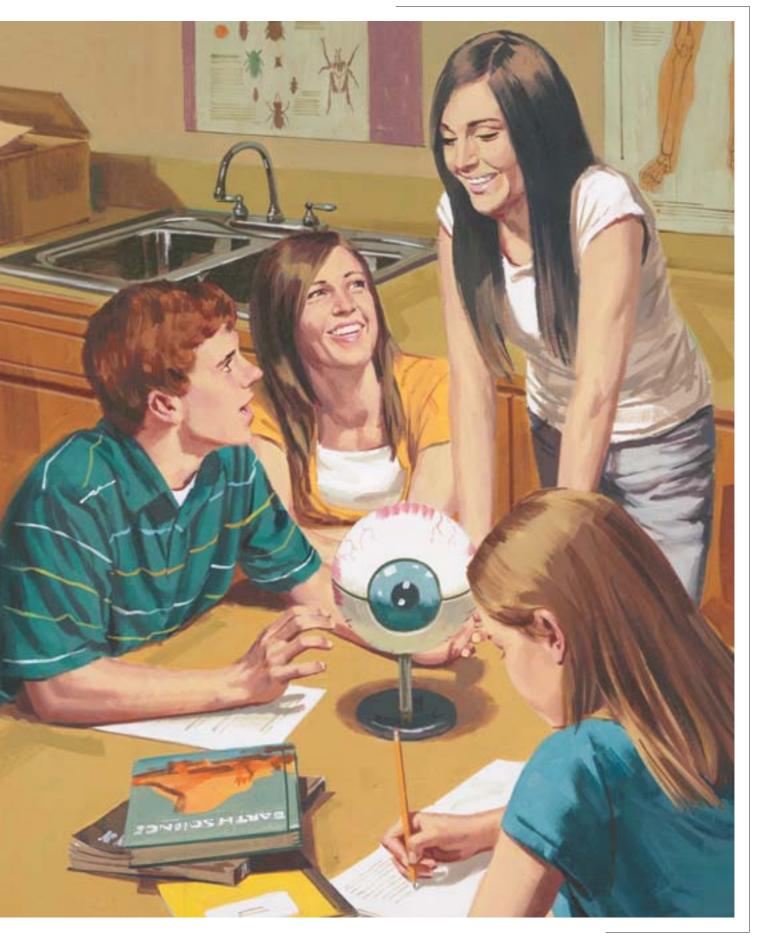
I marvel at the miracle of the human mind and body. Have you ever contemplated the wonders of yourself, the eyes with which you see, the ears with which you hear, the voice with which you speak? No camera ever built can compare with the human eye. No method of communication ever devised can compare with the voice and the ear. No pump ever built will run as long or as efficiently as the human heart. No computer or other creation of science can equal the human brain. What a remarkable thing you are. You can think by day and dream by night. You can speak and hear and smell. Look at your finger. The most skillful attempt to reproduce it mechanically has resulted in only a crude approximation. The next time you use your finger, watch it, look at it, and sense the wonder of it.

You are a child of God, His crowning creation. After He had formed the earth, separated the darkness from the light, divided the waters, created the plant and animal kingdoms—after all this He created man and then woman.¹

Be Truly Beautiful

Respect your bodies. The Lord has described them as temples. So many these days disfigure their bodies with tattoos. How shortsighted. These markings last for life. Once in place, they cannot be removed except through a difficult and costly process. I cannot understand why any girl or boy would subject herself or himself to such a thing. I plead with you to avoid disfigurement of this kind.²

May I mention earrings and rings placed



ow truly beautiful is a well-groomed young woman who is clean in body and mind. She is a daughter of God in whom ber Eternal Father can take pride. How bandsome is a young man who is well groomed. He is a son of God, deemed worthy of bolding the boly priestbood of God.

in other parts of the body. These are not manly. They are not attractive. You young men look better without them, and I believe you will feel better without them. As for the young women, you do not need to drape rings up and down your ears. One modest pair of earrings is sufficient.

I mention these things because again they concern your bodies.³

For Your Happiness

The Lord himself said, "Be ye clean" (D&C 38:42). I speak particularly of moral cleanliness. There is no substitute under the heavens for personal virtue.

We live in a time when the world considers virtue lightly. You young men and women of the Church cannot consider it lightly. For a Latter-day Saint, loss of virtue inevitably means loss of self-respect, loss of respect for her with whom he transgresses, loss of discipline in managing one's mind and body, and loss of integrity as a holder of the priesthood. Of course there is repentance, and of course there is forgiveness. But there will also be heartache and regret and disappointment. There may likewise be cast a cloud upon your opportunity for future service in the Church.

I am not asking you to be prudish. I am asking you to be virtuous, and I think there is a vast difference between the two.

Watch what you read. No good and much harm can come of reading pornographic magazines and other such literature. They will only stimulate within you thoughts that will weaken your discipline of yourself. No good will come of going to movies that are designed to take from you your money and give you in exchange only weakened wills and base desires.⁴

Be clean in mind, and then you will have greater control over your bodies. It was said of old, "As [a man] thinketh in his heart, so is he" (Proverbs 23:7). Unclean thoughts lead to unclean acts.5

For your own sakes, for your happiness now and in all the years to come, and for the happiness of the generations who come after you, avoid sexual transgression as you would a plague.

Prove your strength, show your independence, by saying no when enticement from peers comes your way. Your own strength will add strength to those who are weak. Your own example will give determination to others.⁶

Modest Examples

How truly beautiful is a well-groomed young woman who is clean in body and mind. She is a daughter of God in whom her Eternal Father can take pride. How handsome is a young man who is well groomed. He is a son of God, deemed worthy of holding the holy priesthood of God.⁷

Young men, be clean in dress and manner. I do not expect you to look like missionaries all of the time. But let me say that the clean and conservative dress and grooming of our missionaries has become as a badge of honor recognized wherever they go. The age in which we are living now has become an age of sloppy dress and sloppy manners. But I am not so concerned about what you wear as I am that it be clean. Whenever you administer to or pass the sacrament, look your very best. Be sure of your personal cleanliness.⁸

Young women, modesty in dress and manner will assist in protecting against temptation. It may be difficult to find modest clothing, but it can be found with enough effort. I do not hesitate to say that you can be attractive without being immodest. You can be refreshing and buoyant and beautiful in your dress and in your behavior. Your appeal to others will come of your personality, which is the sum of your individual characteristics.⁹



Wisdom with a Promise

Is observance of the Word of Wisdom necessary? The Brethren have long felt that it certainly must be.

Observance of the Word of Wisdom is concerned with the care of one's body, which, the Lord has assured, is of itself a temple, a tabernacle of the spirit. He has said, "Yea, man is the tabernacle of God, even temples; and whatsoever temple is defiled, God shall destroy that temple" (D&C 93:35).

I recall a bishop telling me of a woman who came to get a recommend. When asked if she observed the Word of Wisdom, she said that she occasionally drank a cup of coffee. She said, "Now, bishop, you're not going to let that keep me from going to the temple, are you?" To which he replied, "Sister, surely you will not let a cup of coffee stand between you and the House of the Lord."¹⁰

The body is sacred. It was created in the image of God. It is something to be cared for and used for good purposes. It ought to be taken care of, and this thing which we call the Word of Wisdom, which is a code of health, is most helpful in doing that.¹¹

The Lord would have you stay away from drugs, my young brethren and sisters. You and I cannot afford, under any circumstances, to indulge in the use of illegal drugs. They will absolutely destroy you. They will take away your self-control. They will cause you to do dishonest things to get money to buy them. Stay away from those things proscribed in the Word of Wisdom—no alcohol, no beer, no tobacco. What a blessing! What a blessing is the Word of Wisdom, that the Lord would set before His Church a pattern of living which would bless our lives.¹²

I give thanks to our Creator for revealing unto His Prophet what we call the Word of Wisdom. I do not hesitate to say that in this brief but inclusive statement of the Lord is found counsel, given with a promise, which, if more widely observed, would save untold pain and suffering and lead not only to increased physical well-being but also to great and satisfying "treasures of knowledge" of the things of God.¹³ **NE**

NOTES

- ¹ "A Conversation with Single Adults," *Ensign*, Mar. 1997, 59.
- ² "Stay on the High Road," *Ensign*, May 2004, 114.
- ³ "A Prophet's Counsel and Prayer for Youth," *Ensign*, Jan. 2001, 8.
- ⁴ "Four B's for Boys," *Ensign*, Nov. 1981, 41.
- ⁵ "Be Ye Clean," *Ensign*, May 1996, 48.
- ⁶ "Reverence and Morality," *Ensign*, May 1987, 48.
- ⁷ "A Prophet's Counsel and Prayer for Youth," *Ensign*, Jan. 2001, 8.
- ⁸ "Be Ye Clean," *Ensign*, May 1996, 48–49.
- ⁹ "Stay on the High Road," *Ensign*, May 2004, 114.
- ¹⁰ "Keeping the Temple Holy," *Ensign*, May 1990, 51.
- ¹¹ "This Thing Was Not Done in a Corner," *Ensign*, Nov. 1996, 49.
 ¹² "Latter-day Counsel: Excerpts from Recent Addresses of President
- Gordon B. Hinckley," *Ensign*, Mar. 1999, 73.
- ¹³ "Come and Partake," Ensign, May 1986, 49.

These women were too old to become my friends. Or were they?

> s I walked through the door of the Relief Society room, I avoided meeting the gaze of any of the sisters by pretending to look intently at a fly resting on the piano. Glancing up to see how far back I could sit, I spied a seat on the last row, deep in the corner. I sat down and began to thumb through my scriptures, hoping my studious appearance would help me avoid making eye contact. My mother had been my Young Women leader for four years and was still in Young Women as I, now 18, moved on to Relief Society. Suddenly my peers changed from Beehives, Mia Maids, and Laurels to ladies my mother's age.

As women filed through the door, I recognized all their faces, yet they seemed unfamiliar in this setting. Sister Pratt had taught me in seminary; Sister Caton used to teach my Sunday School class; I often babysat Sister Bent's children. How could I ever relate to these women who had so much more life experience than I did?

The chatter began to die down as the clock ticked closer to the start of the meeting.

Nobody sat by me. The empty seats surrounding me began to feel like a force field that was keeping me from joining the fellowship and camaraderie the others seemed to share.

> I began shifting in my chair, wishing I could go back to the Young Women room to girls with whom I shared interests, friends,

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experiences, and the same decade of birth. Suddenly my "force field" was penetrated by a whisper in front of me.

"Heidi," Sister Pratt said.

I looked up to see her beckoning me to sit by her. "Come sit with us."

I smiled as a rush of relief swept over me. Although I had chosen to sit alone, I was now grateful for the invitation to be included.

"Don't ever try to sit on the back row again," she said with a wink, as I sat down beside her.

Each week this wonderful warmth was repeated over and over again as other caring sisters invited me to sit with them until I felt truly loved by these sisters. It wasn't long before I didn't need to wait for an invitation.

I began to reach out to these sisters, just as they had reached out to me. I let their love engulf me and penetrate the wall I had built. I no longer felt a sense of dread as I entered the Relief Society room. These women with whom I had felt nothing in common soon became more than just sisters; they became my friends. I felt a part of the fold. **NE** was feeling very alone my first time in Relief Society until a simple invitation changed everything.

What Is the Difference between IMMORTALITY AND ETERNAL LIFE

BY ELDER JOSEPH B. WIRTHLIN Of the Quorum of the Twelve Apostles



Immortality is about quantity. Eternal life is about quality.

hat is the work and glory of God? "To bring to pass the *immortality* and *eternal life* of man" (Moses 1:39; emphasis added). I will explain the difference between these two ends: immortality and eternal life.

Bringing to pass immortality is essentially a work of creation. God speaks, and worlds are formed. At the culmination of this work, man is placed upon the earth to learn, be tested, and gain experience.

Because of the sacrifice of the Son of God, the hour will come when "all that are in the graves shall hear his voice, And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation" (John 5:28–29).

The just as well as the unjust are given a priceless and incomprehensible gift: immortality. Because of Jesus the Christ, we will live forever. We are immortal. Eternal life, however, is something altogether different. Immortality is about quantity. Eternal life is about quality.

To use a metaphor, immortality is how long the dinner lasts. Eternal life is what is on the menu and who is with us at the table.

Eternal life is "the greatest of all the gifts of God" (D&C 14:7).

"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him" (1 Corinthians 2:9).

Eternal life is the culmination of existence. As spiritual children of God, you and I are heirs to this priceless fortune, benefactors to a glorious future, recipients of grace.

If immortality is God's work, then eternal life is God's glory. However, eternal life does not come automatically. We must purge our hearts of evil and fill them with the desire to do good continually. Our Heavenly Father, with love that is scarcely within our power to comprehend, desires more than just our immortality. He desires each of us to partake of this greatest of all gifts: eternal life. **ME**

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BY MARIAMA KALLON As Told to Riley M. Lorimer

Amid the horrors of a civil war, I found hope in a book and a plastic bag.

Sierra Leone was a sad place during my teenage years, but it was my home. For much of my life, my small West African country was torn by a civil war. The war affected everything. My family and I were constantly on the run, trying to escape the rebel soldiers. It was terrifying every time the rebels came through a city. Someone would see their torches approaching in the night, warn the others, and we would all run for the bush, grabbing whatever we could along the way.

About seven years after the war began, the rebels came to our city. My whole family was running to escape, but my parents, who were just a few steps behind me, were shot and killed. I was so sad to lose them, but I had to keep moving.

My brother, sister, and I moved to a safer place, and for a short while we were all right, but the rebels eventually hit that town, too. This time we didn't have time to run away. My brother was taken and later killed. My sister and I were lined up outside with all the other women. The rebel soldiers were chopping limbs off of all the women in the line. We were all so frightened. Everyone was crying and praying—even people who had never believed in God before. I was not a member of the Church at the time, but I believed in God and ariama Kallon (right), dressed in ber traditional African clothing, bolds one of ber most precious possessions a hygiene kit. prayed that His will would be done and hoped that He would find a way to save me.

My dear sister, who was several places ahead of me in line, had both of her legs cut off. But as the rebels reached the woman in front of me, our army came rushing in and the rebels ran away. I know that I was not better than the people who were in front of me or behind me, but I thanked God that I had been spared and prayed that I might understand His plan for me.

I moved to another village to live with a friend. As I was telling my story to my friend and some of her neighbors, one neighbor said, "Mariama, we don't have anything to offer you except an invitation to church tomorrow. That's where we find safety. That's where we find hope." I loved God already and needed comfort in my life, so I decided to go.

My first Sunday in that LDS branch is a day I will never forget. I learned of hope. You could just see that there was hope in those people, and I was drawn to them. I was given the Book of Mormon and started reading right away. I remember hearing in church about how families could be together again after death and then reading in Alma 11 where Alma teaches about how our bodies will be made perfect again in the Resurrection. I felt the Spirit so strong as I thought of my family. I knew that

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Reline

the Church was true and that we could be together forever—each of us well and whole.

There were no missionaries in Sierra Leone at that time, so I took the lessons from my branch president and was baptized soon after. We were blessed in our town, because the Church sent food and humanitarian kits for the members of the Church and others. The food kept us all alive. Everyone was so grateful even to receive a small bag of rice or beans. I received a blanket and a hygiene kit that included a toothbrush, toothpaste, shampoo,

soap, a comb, and a washcloth.

Not long after, the rebels hit again. They burned down the house I was living in, and as I was running to escape the flames, I took time to save only two things-my scriptures and my hygiene kit. We had to live on the run for a while after that, and I used my hygiene kit to help those around me. I would squeeze out one pinch of toothpaste for each person, or we would go to the river and carefully pass my bar of soap from person to person. The kit was so precious to us. The blanket, too, was invaluable. It sheltered us for many days until I used it to wrap an old woman who had died and had nothing to be buried in.

Eventually, I went back to my town and my

When I received my humanitarian kit, my stepsister received a school kit. She was the only child in her school who had paper. Carefully, she tore out one piece for each of her friends and broke her three pencils in half, giving one half to each friend. Every day, one half to each friend. Every day, inte children would write down their lessons and then gently erase everything each night so that they could use the sheet of paper again the next day. They were so grateful for the tools to learn.

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branch. It was then that I decided I wanted to serve a mission. This was a difficult decision for me, because I had nothing and would be leaving behind people I loved. As I was trying to decide, I read D&C 84:81 and 88, which say, "Therefore, take ye no thought for the morrow, for what ye shall eat, or what ye shall drink, or wherewithal ye shall be clothed . . . for I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up." I knew the Lord would care for me, so I turned in my mission papers and was called to the Utah Salt Lake City Temple Square Mission.

I arrived in Utah with practically nothing, but I insisted on bringing my hygiene kit, because it meant so much to me. One day, my companion and I were taking a tour of the Humanitarian Center in Salt Lake, and I recognized a blanket that had the Relief Society logo embroidered on it, just like the one I'd had in Sierra Leone. I looked around and saw hygiene kits like mine and familiar bags of beans and rice, and I began cry. "This is where they came

from!" I thought to myself. Tears streamed down my cheeks as I remembered what these things sitting in stacks in the Humanitarian Center in Salt Lake meant to my friends and to me in Sierra Leone. I was so grateful to the Lord for preserving me, for bringing the gospel into my life, and for allowing me to serve a mission. I knew that His angels truly had been round about me, to bear me up. **NE**

BY SHANNA BUTLER

Baily Riggin, a Beehive in Spokane, Washington, had heard all about Hurricane Katrina, which hit the Gulf coast of the United States in August 2005. "I felt like I needed to do something to help the people in New Orleans," she says. But what could she, a 12-year-old girl on the other side of the country, do to help people who lived so far away?

AIL

She and her mom went looking for ways to serve and discovered on the Church's Web site that she could collect items and assemble hygiene kits. The first place she tried to round up supplies was at her school. But the school was already trying to help the hurricane victims in another way and chose not to participate.

O THE RES Every effort to belp is valuable. YOU CAN HELP! you could serve in welfare and humanitarian efforts:

- Contribute a generous fast offering.
- Donate to the Church's Humanitarian Aid Fund using your donation slip.
- Donate clothing and other usable items to Deseret Industries or other similar nonprofit humanitarian organizations.
- If you are able, sign up to work at a Church cannery, bishops' storehouse, or welfare farm.
- Ask your parents or leaders if anyone in your ward needs service. Look for opportunities to use your talents to serve your ward members.
- Volunteer in your community.
- Assemble hygiene, newborn, or school kits, or collect and make items for these kits.
- Make quilts, toys, sweaters, or other items to donate to Church humanitarian efforts.

(For specific guidelines on helping and how-to instructions on making toys or putting together newborn, hygiene, or school kits, visit www.providentliving.org and click on "Caring for Others," "Humanitarian Services," and then "How Can I Help?")

Next, Baily thought she would try her neighbors. She rode her bicycle to more than 400 homes, posting fliers she had made that explained the need for hygiene products. Her fliers got a good response, and, only a few days later, she had enough supplies to make 45 hygiene kits to donate to the Church's efforts.

The fact that the Church donated thousands of these kits doesn't make Baily's 45 kits any less valuable. She was happy to do her part to help those in need. And somewhere, she says, there are 45 people for whom her service made a difference.

"I felt really good because I knew I could help someone. Each kit I made meant one more person could be helped." NE



PHOTOGRAPH COURTESY OF BALLY RIGGINS



QUESTIONS & ANSWERS



"I lie a lot. Sometimes it's to hide my mistakes, and sometimes it's to build myself up by claiming to have done things I really haven't. How do I break this bad habit?"

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ou probably know better than anyone how many problems you create when you start to lie—even when you don't mean to hurt anyone. One lie easily leads to another, and soon you get to the point where you can't recall what you really said. It is much less complicated to always tell the truth. Then you don't have to remember what you made up.

It sounds like you've gotten into the habit of depending on other people's opinions of you for your own sense of worth. You may worry that if someone knows you've made a mistake, it will detract from your worth as a person. You may think if you can impress someone, it will make you feel better about yourself. Unfortunately, that doesn't really work.

To build yourself up in a good way so that you won't feel the need to lie, ask for the Lord's help. Pray specifically to to see the good in yourself. You can also read about people from the scriptures and from good literature who have overcome hardships and emulate their traits. And remember that the Lord has promised to help us with our weak-

- Even "little white lies" are dishonest.
- Build yourself up by obeying true principles.
- Always tell the truth, and you won't have to worry.
- Make it a habit to be honest.
- Learn to love the truth.

nesses. He has counseled us: "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" (Ether 12:27).

So how do you get out of the trap of lying? Try telling one truth at a time, time after time, until always being honest becomes your new habit. If you slip, don't let the lie linger. Quickly correct yourself by saying something like, "Excuse me. That wasn't totally honest. What I meant to say was . . . "—and fill in the blank.

Practice being honest. Honesty will become a great foundation for the kind of reputation you really want to have. Build yourself up by being known as someone who is truthful and trustworthy. If you build your reputation on those principles, as well as on keeping the commandments, you will never have to pretend to be something you are not.

If you feel the need for additional help, counsel with your parents and perhaps your bishop.



Along your path to change, pray continually that with the Lord's help you can become strong. Learn to love the truth (see 2 Nephi 9:40).

President James E. Faust, Second Counselor in the First Presidency, put it this way: "We all need to know what it means to be honest. Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.... All of us can climb high when we honor every form of truth" ("Honesty—a Moral Compass," *Ensign*, Nov. 1996, 41, 44). **NE**

READERS



You should start by repenting. Try your hardest to stop yourself from lying. Remember that people will find out about your lies, and

there will be consequences. Eventually, you will become more confident about yourself, and you won't feel the need to lie anymore. Brianna P., Victoria, Australia

What I do is just do everything that I'm asked to do to the best of my ability. Then I have no need to lie or not tell the whole truth, because I did the right thing in the first place. Kayley M., 14, Utah



Think about what you are doing. Is this the path you want? When you lie you lead yourself away from your Heavenly

Father. Pray in faith and ask to be strong against the devil and the lies he wants you to tell. Matthew H., 15, Arizona



Make the decision now not to lie. Then, when you are faced with temptation, you don't have to face it as a question because you've already decided to tell the truth.

Telling the truth is like paying tithing; it is only hard when you are not firm in your decision. Always tell the truth no matter what! Good will come of it.

Alex E., 17, Arizona



A lie is a hard thing to fix, whether it's used to try to build yourself up in the eyes of others, or whether it's something untrue you say about someone else. If we realize that the

Lord loves us and that we become more Christlike as we do our very best to keep His commandments, including honesty, then we don't need to lie to make ourselves look good. Others will love us as we do our best to follow Him.

Elder Dustin Shepherd, 21, Lousiana Baton Rouge Mission

If you have to lie to give yourself a sense of importance, then you have forgotten who you are. All you have to do is realize that you are a son or daughter of God, and then you won't need to lie to build yourself up. The feeling of self-worth comes from that realization. Caitlin M., 17, California



Alma 12:3 reads, "for thou hast not lied unto men only but thou hast lied unto God." That's big. If we lie to men, we lie to God. "Do ye imagine to yourselves that ye can lie unto

the Lord . . . ?" (Alma 5:17). That's a scary thought. I don't want to stand before the Lord at the Judgment and have Him tell me I can't live with Him in His kingdom because I lied. Through



ake no premeditated plans to do wrong, no lies to gain advantage, no falsebood to cover mistakes. When you are completely bonest with yourself and measure your acts against what you know is right, you will not be disbonest with anyone. Moreover, you will make sure the Lord can bless you when you need it."

—Elder Richard G. Scott of the Quorum of the Twelve Apostles, "Trust in the Lord," *Ensign*, May 1989, 37. faith in our Lord and Savior Jesus Christ, and through prayer, we can be forgiven and receive help to break this terrible habit. Elder Steven Jay Brown, 20, Alabama Birmingham Mission

I used to lie a lot, too, until I tried just telling the truth a couple of times. I found it was easier to tell the truth than trying to remember all those things you lied about. If you keep up telling the truth, people will trust you more.

Makayla J., 14, Utah



When we are humble, we will not take others' honor upon us. Humility helps us be what we are and not what others are. Recognizing and admitting our mistakes, plus humil-

ity, helps us shun the spirit of lying. Elder Ohwofasa Edgar Eriabie, 25, Nigeria Enugu Mission

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

NEXT QUESTION

"Church leaders are always giving us rules to follow. Aren't they taking away our agency when they tell us what to do all the time?"

SEND YOUR ANSWER, along with your name, birth date, ward and stake, and photograph (including your parent's written permission to print the photo, if you are under 18) to:

New Era, Q&A, 12/06

50 E. North Temple St. Rm. 2420

Salt Lake City, UT 84150-3220, USA

Or e-mail: newera@ldschurch.org

Please respond by December 15, 2006.



PHOTOGRAPH BY WELDEN ANDERSEN

NEW ERA NOVEMBER 2006 17



BY SALLY JOHNSON ODEKIRK Church Magazines

They've found 10,000 names, and they're still going strong.







magine putting together a gigantic puzzle—not a puzzle of 500 pieces, but one of 10,000! However, this isn't a puzzle made out of cardboard. It's a puzzle of family names, real people who are more than just names on a chart.

That's exactly what the youth of the South Weber Utah Stake have done as they have gotten involved in their stake's "Elijah Project," named after the prophet who restored the sealing keys. Participation in the project helped the teens research family names and then take them to the temple to perform baptisms for the dead.

At a special fireside, stake president David G. Crittenden challenged the youth to prepare 3,000 names for the temple in four months. They would then spend three days of a school vacation doing baptisms at the Ogden Utah Temple.

T. J. Canales of the Third Ward recalls: "I didn't know how hard it would be to get 3,000 names, and I was kind of excited. Then when I filled out a four-generation sheet for my family, I could feel my ancestors telling me that it was right. I felt that spirit through the whole project."

Candace Clifford of the Pioneer Ward was already interested in her family history through stories and photographs of her ancestors. But the project got her even more interested and much more involved. "It's like a puzzle you're trying to fit together," Candace explains, "and it takes a while to find all the pieces."

Hilary Meenderink, Cedar Bluff Ward,



adds: "I'm so grateful to this project for showing me that baptisms really do matter. I had done baptisms before, but I never really realized how much time and effort each of those names represents."

In the Beginning

Only about 100 names were submitted for temple work during the first month. To speed the work along, the youth spent two Mutual nights a month at the Ogden Family History Center. Initially unsure about sacrificing their regular activities, they soon discovered they looked forward to going. Family history even became a topic of conversation at school. Richard Thomas of the Third Ward says, "You have these great feelings that you're doing something really important for people who could

have been waiting for hundreds of years. This project used our time more wisely and was better than just doing fun things at Mutual."

Working at the Ogden Family History Center helped the number of names submitted grow to 1,911. But numbers became unimportant to the teens as they realized the importance of what they were doing.

Justin Jonas of the Sixth Ward was excited from the start of the project, and his enthusiasm continued to grow. "After they taught us how to do it on our own, it became more of a 'want to' than a 'have to.' "

And Brandon Guernsey, also of the Sixth Ward, noticed amazing things happening. "My mom was on the committee, and I could see some of the miracles taking place. Names would randomly show up in some place. Just hearing about the miracles that were taking place, not just in my own home,

but also in other people's homes,



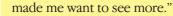


South Weber Utab Fourth Ward (left) in front of the Ogden Utab Temple. (Left, top to bottom) Brianna Stott and Hilary Meenderink.

(Top rigbt) Amanda Gardner works with ber grandfathers to find and clear names for temple work. (Bottom) Mother and daughter, Julie and Melodee Young, do research together. (Right, top to bottom) Amanda Gardner and Samantha Tuchyner.







An example of one such miracle is from Samantha Tuchyner of the Second Ward: "I didn't have any names, so I prayed about it. My dad was going to visit his dad in Virginia.



oing to the temple was the bigblight of the project for (top to bottom) Shelby Cox, Kacie Cox, and Britnee and Candace Clifford. (Top right) Carson Young and bis family devote a wall in their bome to family bistory. The first half hour he was there, someone called and wanted to know if he wanted the information she had found. She e-mailed us all these names."

By the end of the project, the youth had submitted 5,846 names, and more were coming. The experience has had a long-lasting impact on stake members. Many teens continue to go to the temple every other week to perform baptisms before school. And the number of adults going to the temple to do endowment work and sealings has increased. At last count, more than 10,000 names have been submitted.

Not Just Names on Paper Where did all those names come from? Stake leaders call it finding fruit on the side branches. Justin explains: "We did the work for our cousins, instead of just our direct line of grandparents and great-grandparents. We would go back as far as we could on one line and then get their descendants and the cousins."

Some of those involved in the project were able to submit names for family members who had researched names but had not submitted them for temple work. For Amanda Gardner of the Pioneer Ward, researching names helped draw her closer to family members. She helped her grandparents, Allen and Helga Willie, submit names they had been researching for 30 years. Her other grandfather, Sterling Gardner, helped her friend research names. Amanda says, "One of my good friends had no names to submit, so she came to my grandpa and he helped her find about 175 names. At first she was like, 'Oh, they're just names on paper.' But I realized they're not just names on paper; they're family members."

The youth found that, with computers, family history research is very accessible. Software programs, such as Personal Ancestral File (available as a free download at FamilySearch.org), can help them avoid duplicating names. Richard tells about the good experience he had at the family history center: "It's easier than trying to look through books for information. It's so exciting to actually find names and discover which ones are duplicates. We learned to merge records together and combine all the information for one person into one record."

Building Family Togetherness

Not only did the project build awareness of family history, but it also brought families closer as they got involved in researching family names. For Kacie and Shelby Cox of the Sixth Ward, it became a family activity. Kacie says, "We worked on our family history every Monday night for family home evening. When we went to the family history library, my sister and I spent six hours researching names and found a bunch of them. We felt more connected to our family."

The Thomas family of the Third Ward also made family history a family project. Says Tristan, "We started helping our mom find names for relatives that she was having trouble finding. The Elijah Project helped us learn and get interested in it, especially when we started going to the family history center again and again."

Tyler Thomas adds, "Our sister is nine years old and was too young to go to the temple. She's been really great about going to the family history center and spending hours there. She wants to do it, too."



The Temple Experience

But for Tyler, as for many of the youth, the highlight of the project was going to the temple for their ancestors: "Doing baptisms was my favorite part of the project because I knew that even though we had reached our goal, there are still billions of people waiting for their work to be done," he says. "That sounds kind of hard, and I hope that others will catch the vision of it and do it, too."

The importance of family history work really hit home for Kacie when she was baptized for someone with her mother's maiden name and Richard, Tyler, and Tristan Thomas (top rigbt) enjoyed going to the Ogden Family History Center on Mutual nights with their ward. (Bottom) the Carver family, Colten, Sandy, and Brianna, learn how to get the most out of their research.





ustin Jonas and Mackenzie Udy (top and middle) liked knowing they were belping others progress. The Thomas family (top right) enjoyed working together to learn more about their ancestors. (Below) **Brandon Guernsey** and Emily Borgstrom show some of the name cards they took to the temple.

realized that this person was a family member.

The stake coordinated days and times with the temple presidency so the youth could do baptisms and confirmations during a three-day school break. Baptisms were scheduled among the wards so they went nonstop all day and into the evening. At one point the boiler in the temple broke down and the water in the font was getting cold. The temple president considered postponing the baptisms, but the young men and women wanted to keep going. After offering a prayer, they kept doing baptisms, and the boiler was fixed about six hours later.

President Michael D. Farr of the stake presidency says, "It was fascinating to watch the project take on a family tone. It was particularly notable during three highly spiritual days and nights at the temple. In many cases, fathers baptized their children who had discovered names from their ancestry, while mothers, siblings, and sometimes even grandparents looked on."

Encouraging Others

The youth agree that doing family history work is worth the effort it takes, and they are excited to keep finding names and taking them to the temple.

Says Hilary, "It's really frustrating at first, but no matter what, you have to keep going with

> tant this work is, and that's what this project is about." **NE**



it, because at the end it's really rewarding. There are people who spend a lot of their time finding names, and we really need to step up and do it too."

Briana Stott, Second Ward, adds, "Just knowing that I am helping somebody who could have been waiting for a long time makes me want to keep on doing family history. People on the other side of the veil are probably thinking, 'Come on, keep on doing it; I want to be found.'"

T. J. sums up the impact of the Elijah project: "I read a conference talk by Elder Russell M. Nelson who said the spirit of Elijah would connect us with our fathers ("The Spirit of Elijah," Ensign, Nov. 1994, 84). And that's what this project did. The importance of temple work has been instilled in us. Everyone has participated; everyone loves going to the temple now; everyone is going to keep doing family history work because of the spirit they felt. They know how impor-

DEA LIST

A HEALTHIER YOU

aking care of your body is good for both your physical and your spiritual health. Here are a few small things you can do regularly to improve your health.

Instead of drinking a can of soda pop, have a glass of water, milk, or natural fruit juice.

Go to bed at a reasonable hour (see D&C 88:124), and get at least eight hours of sleep if possible. Try to keep your sleeping times regular.

♥ Walk instead of driving to destinations that are reasonably close and safe. Walking just a mile or two a day can make a big difference. And take the stairs instead of the elevator or escalator when you can.

Check the labels on the food you buy. Foods that may seem healthy aren't always nutritious.

Keep the Word of Wisdom, and stay away from any substances you know are addictive or dangerous.

Substitute a fruit or vegetable for at least one less healthy treat a day.
Participate in a sport. You don't have to be on a school team. Just playing with friends or siblings is good exercise. Take time to relax. Evaluate the sources of stress in your life, and cut down on unnecessary stress.

At least three times a week, replace one hour of television, Internet, or other form of sit-down entertainment with an hour of physical activity such as bike riding, basketball, or walking.

When you eat at restaurants, choose menu items that will provide a balanced meal in a regular portion size.
Exercise your brain by doing a crossword puzzle, reading the newspaper or a good book, or learning about something new.

 Don't skip meals. Eating nutritious meals regularly keeps your body functioning the way it should.

> Skip the fad diets. Fad diets can range from totally useless to very harmful. Eating a balanced diet, like that suggested in the Word of Wisdom and in your country's nutrition guidelines, will help you stay healthy.
> Take care of any specific health needs you have. If you have a special health concern, such as diabetes or some other risk factor, be sure to follow your doctor's recommendations. NE

BY ANGELA HIRSCHI

I took a giant step in becoming a happier person when I learned to accept my feet.

learned early in life that some things are just out of your control. Take my feet, for example. By the time I was 14 years old, they had become a whopping size 12—that's in inches. Each foot was literally a foot long! For some reason, probably because I was insecure, I was terribly embarrassed about them.

Try as I might, there wasn't a single thing I could do to change the matter. There were plenty of diet and exercise programs to help people lose inches off their waists but none designed to take inches off their feet. So I was stuck with large feet. I felt my only option was to wait, watch, and hope they didn't keep growing.

What's so bad about big feet? Well, for boys, I think they're normal and pretty much expected. For girls, it's a little different. Most girls I know borrow shoes from their mom or their sisters. All I could do was borrow my dad's, and they never did match any of my outfits. Also,

the world wasn't designed for big-footed women. I felt awkward when I went bowling or skating with my friends because I had to get men's shoes or skates. I didn't want my friends to notice, so I would usually wait until they were putting their shoes or skates on before I got my own.

I sometimes wondered why I was destined to have such large feet. Then one day when I was having shoes "specially" ordered for my high school musical, a costume designer told me that my *foot* wasn't really all that long; I just had really long, slender *toes*. I played the piano with my long, slender fingers. Maybe having long, slender toes wasn't such a bad thing.

Turning My Attitude Around

That comment was my big turnaround. I decided to take the designer's observation as a compliment. I stopped seeing my feet as a huge, gargantuan, never-fitting-into-anything embarrassment. I began to see my feet in a whole new light—as something unique to me. My grandma told me I inherited my feet from my tall ancestors. That made sense to me because I was pretty tall. Maybe my feet had to be longer to give me balance. The size of my feet was imbedded in my own personal genetic code, along with other traits like my skin, hair, and eye color.

As I began to move past embarrassment, I learned to love my feet. I figured I might as well because they would be mine for the rest of my life. They were *my* wonderful feet. Once I took ownership of that fact, things started to change. I no longer whispered my size when asking for rental shoes but boldly stated, "I need a size 10 in men's, please"—even when I was on a date! If I received a questioning glance, I would simply add, "Oh, I have big feet."

What I Can Control

I can hardly call this a huge trial, for it pales in comparison to many other struggles in life. But I have learned a bit of a lesson from my feet. Everything in life is not in my control. Oh, I can plan and work hard to reach worthy goals and achieve personal dreams, but some things are pretty much out of my control. But there are two things I have complete and total control over in my life: my attitude and my behavior.

Now I try not to focus on all the things I can't control. When something happens I can't control, I instead focus on how I'm going to think and act. I'm not alone, either, because the Savior is always there. He knows me; He loves me; and He wants to help me!

So, when life takes a different road, remember you have control over what you're going to do about it, even if it's a little thing—or big thing—like feet. **NE**



FIRM FOUNDATION

BY JANET THOMAS

Her foundation is built on rock along with the strength from her big family.

arriet Gilbert is the baby of her family. Yes, she's the baby, even though at 17 she towers over her mother and is tall enough to look her dad straight in the eye. But she is and will always be the baby, the eighth child in her family.

Harriet's sisters, her two oldest siblings, were grown and gone before she was old enough to remember. They live nearby, though, and Harriet loves spending time at their homes. But mostly Harriet grew up with five brothers, the source of much teasing and adventure. She joined them in their play, making noise and having fun running around the big garden and playing with their toy cars. Then she watched as each of them prepared and left to serve full-time missions, setting an example she still admires.

Five brothers and two sisters soon brought brothersand sisters-in-law and lots of nieces and nephews, with more on the way. This family—this large, noisy, exciting family—is Harriet's foundation. They are the bedrock of her life.

"People are amazed," says Harriet. "They ask how I put up with them all, but I loved it. We really got along well. We would always stick up for each other. Because I was the youngest, I was the little protected one."

As Harriet gets older, she realizes that her brothers and sisters have faced the same problems and the same decisions she is having now. Naturally, they continue to protect their little sister.

Does she go to them for advice? Harriet smiles at that question. "I don't have to ask. They are already giving it to me before I even ask. They are going to give me advice no matter what."

What good examples to give advice! All her older brothers have served missions. All her brothers and sisters have been married in the temple, except Owen who is still on his mission in Perth, Australia. No wonder Harriet considers them her firm foundation.



Looking to Mother and Father

One family story that means a lot to Harriet is the conversion story of her parents, John and Margaret. They were married and living in England, both working at the post office, when a coworker introduced them to the Church. Her mother was baptized then, and her father was later. They made a rather adventuresome decision to move to Australia. They found that the Church was strong in Melbourne, and there was plenty of room for a house that could accommodate so many children. That decision has made all the difference.

Of her own developing testimony, Harriet says, "It's something that I've wanted ever since I can remember. I was brought up with it, and all my family is active. I've never been without the Church."

Other Supports

Harriet and her parents recently moved from their home near Melbourne to the countryside near Mornington, farther down the peninsula. Moving can be difficult for any teen. Even though Harriet had lived in several wards, moving was still a little scary and intimidating. But it has all worked out. "My new seminary class is just the ward group. We meet every day during the school year at 6:30 a.m. At first, I was really nervous, but somehow I just fit in. For an activity, we went on a fishing trip. The theme was becoming fishers of men. Before I went on the trip, I hadn't seen any of the group. I didn't even want to go. But everyone was really nice and talkative, especially

arriet in the garden and laughing with ber brothers and sisters (previous page). (This page, below) Harriet with ber mother and father. (Above) Showing off the vegetables she grew. (Far right) Doing ber scboolwork; practicing the piano; and participating with the Braeside Stake in a special missionary activity



Naomi and Leirosa. Then Young Women just grew. Some others moved in about the same time, and now we have a big group."

Harriet considered playing basketball for her school, but practices were on Tuesday nights. That conflicted with Young Women, so Harriet turned it down. "Young Women overrules everything else," she explains.

Building on the Rock

If you ask Harriet to tell you about her favorite scripture, she knows exactly the one to share. It's in Helaman 5:12. As soon as she reads it aloud, you begin to understand why Harriet seems to be such a strong and confident person. The verse begins, "And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation."

All afternoon Harriet has been talking about her family and their love for each other and their devotion to the Church. Harriet and her family are building their foundation on the rock that is Christ.

How did Harriet come to love this scripture in Helaman? Did she hear it somewhere being referred to in a talk or in a lesson? No, she says. She just read it as part of her regular scripture reading, and the verse spoke to her. It was so perfect that it made her stop and read it over and over. This scripture has meaning especially for her.

As she continues, the verse becomes more and more interesting: "That when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall."

Harriet finishes and lowers her Book of Mormon. Yes, that's it. A foundation built on Christ. A foundation of a loving family. A foundation that will help Harriet follow the examples set by her older brothers and sisters. A foundation that can lead her back to a loving Heavenly Father as one of His precious children. **NE**







sure. What I do remember is the coach's compliment. It made me want to do better. I've noticed such moments don't usually take much effort and don't require a lot of time, but their effects last and last.

Taking Time to Compliment

I've also noticed how often and how sincerely President Gordon B. Hinckley compliments people. For example, he said: "We honor and respect you young men. You represent a marvelous generation in this Church. I have said again and again that I believe this is the best gener-

ation we have ever had. You and the young women are tremendous. You study the scriptures. You pray. You attend seminary at sacrifice to yourselves. You try to do the right thing. You have testimonies of this work, and most of you live accordingly. I compliment you most generously! I express to you our great love for you" ("Some Thoughts on Temples, Retention of Converts, and Missionary Service," *Ensign*, Nov. 1997, 51).

Make a Big Hit

Compliments make us want to do better in simple but important ways. And President Hinckley has said something about that, too. He taught:

"I am suggesting that as we go through life we 'accentuate the positive.' I am asking that we look a little deeper for the good, that we still voices of insult and sarcasm, that we more generously compliment virtue and effort. I am not asking that all criticism be silenced. Growth comes of correction....

"What I am suggesting is that each of us turn from the negativism that so permeates our society and look for the remarkable good among those with whom we associate, that we speak of one another's virtues more than we speak of one another's faults, that optimism replace pessimism, that our faith exceed our fears" ("The Continuing Pursuit of Truth," *Ensign*, Apr. 1986, 2, 4).

Receiving sincere compliments affects us for good. So does giving them. I believe that when compliments come from the heart, they bring with them the Spirit of the Lord. **NE**

BY CHAD MORRIS

My coach stopped the game and ran onto the field just to talk to me.

here were two outs, and I was up at bat. It was late in the game, and the score was close. We needed a run, but I was a very average second baseman. Trying to fake confidence, I nervously stepped to the plate.

"Strike one!" "Strike two!" The next pitch was fast and outside, but I wanted to hit it so badly I swung anyway. I heard a "crack" and watched my line drive sail over the third baseman's head. I dropped my bat and ran, the first base coach waving me on to second. Adrenaline pumping, I rounded the base and saw the third base coach signal me to hold up. I had a stand-up double.

It Wasn't Just the Hit

I was excited, but believe it or not, the hit wasn't the most memorable part of the game. What I remember most is that my head coach called time out, left the dugout, and ran across the field. He hurried to second base with a huge smile on his face. "Good job! That's how to hit!" He gave me a high five, then ran back to the dugout. The ump yelled "batter up," and the game went on.

I think we won, but to be truthful, I don't remember for



BY JAN PINBOROUGH

ou're sitting in your bishop's office for your birthday interview, and you've already talked about how things are at home and in school. Now your bishop asks how your Personal Progress is going. Are you (a) excited to tell him about the experiences and projects you've worked on this year, (b) embarrassed because you haven't worked on it that much lately, or (c) blushing because you don't even know where your Personal Progress book is?

If you answered *b* or *c*, you might be like some young women. You *want* to work on your Personal Progress. You keep *meaning* to work on it. But somehow you just haven't figured out how to transform your "I know

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I should be doing this" guilt into "I'm really glad I'm doing this" commitment.

If this describes you, maybe you haven't yet discovered how meaningful Personal Progress can be in your life—now and in the future—or how it can fit in with all the other things you already have going in your life. Here are a few of the best reasons to really love Personal Progress.

Wby Personal Progress just might be one of the most important things you choose to do as a teenager. President Gordon B. Hinckley once described the young women of the Church as his best hope for the world:

"When you save a girl, you save generations. She will grow in strength and righteousness. She will marry in the house of the Lord. She will teach her children the ways of truth. . . . I see this as the one bright shining hope in a world that is marching toward self-destruction" ("Standing Strong and Immovable," *Worldwide Leadership Training Meeting*, Jan. 2004, 20). Could it be that Personal Progress is one reason young women have such tremendous power to make a difference in their homes, among their friends, in their communities and, ultimately, in the world?

Think about it mathematically. It takes at least 70 hours to complete just the value project requirements for your Young Women medallion, and there are about 435,000 young women in the Church today. If each one completed the Personal Progress program, they would collectively spend more than 30 million hours doing good in their homes and communities. That's roughly a total of 1.25 million days or about 3,400 years. How could this army of young women serving and doing good not make the world a much brighter, better place? And how much poorer would the world be without them?

Take the leap into making Personal Progress really work in your life. It can change your world.

Because It Can Change You

ou can easily fit Personal Progress into the things you are juggling already, like school, activities, and family responsibilities.

But many of the biggest miracles in this powerful program are the most personal. During her sophomore year, Mary Mulvey found herself being pulled further and further away from church and family. "My life was going in a very bad direction," she recalls. Then she was called into the Laurel presidency in her ward. Her adviser asked her to help get other girls involved with Personal Progress, so Mary started working on it herself. "I started with some of the easier experiences," Mary explains. "For two weeks, I tried being nicer to my older sister, and that really changed our relationship." Next she set goals to clean up her language and improve the way she dressed. "Everything I did helped change my overall attitude. I was changing

> all the little things that had pulled me away in the first place."

Soon Mary felt worthy to receive her patriarchal blessing, another huge help in her life—

> especially when she lost her old group of friends and had to start over socially at school.

"Personal Progress was life changing," Mary reflects. "It redefined who I am and helped me see where I need to go in my life." As her last value project, Mary set a goal to go to the temple regularly to do baptisms for the dead. Today people in her ward often tell Mary that she now has a visibly brighter countenance. It all started when *sbe* started her Personal Progress.

Because You're So Busy

If you're like most young women, you may feel like you have a lot to keep up with. When you're not studying for a test or writing a paper, you might be working at an after-school job, going to a sports practice, or doing chores at home. With all these things going on, it might be easy to think you're too busy to do some really valuable things-such as playing the piano for nursing home residents or making a memory quilt for your grandmother. Personal Progress helps you make time for things that will be important to you long after a test score or a soccer game have faded into insignificance. It also gives you a chance to try something new. And it teaches you the habit of striving for goodness.

It's hard to imagine how Alexis Thompson's life could be much busier. She juggles a demanding academic load with frequent duty babysitting her two-year-old sister. And she is a dedicated musician who belongs to her high school orchestra, jazz band, chamber orchestra, and barbershop chorus, as well as a local youth symphony. So where does she find time for Personal Progress? Alexis uses time every Sunday to plan out what goals she will work on for the week. She also takes advantage of summer vacation to focus on Personal Progress.

For one of her value projects, Alexis used a talent she already knew she had, singing in her ward choir. For another, she branched out, volunteering to help in a special-needs seminary class. "This has been an incredible experience," says Alexis. "It's amazing to see the love and the testimony of the kids in the class." It's an experience she might not have made time for without Personal Progress.

Personal Progress also teaches you to integrate spiritual goals into your everyday life. Sister Julie Beck, first counselor in the Young Women general presidency, explains: "The busiest girls use Personal Progress as a tool to accomplish what they most want to do.

It brings your temporal and spiritual pursuits together. It shows you that what you do on the volleyball team or the chess club has a direct relationship with who you are as a daughter of God."

Because It Leads You to the Temple

Have you ever wondered why the Young Women medallion and the cover of your Personal Progress book depict the temple? The First Presidency has said: "We want the young people of the Church to be valiant and righteous servants of God, dedicated to living each day so they can go to the temple and receive God's greatest blessings for them. *Therefore, we have chosen the temple as the symbol for the youth of the Church*" (*Guidebook for Parents and Leaders of Youth* [2001], 1; emphasis added).

But how does Personal Progress lead you to the temple? Sister Beck explains: "The way to prepare to make temple covenants is to remember and keep the commitments you've already made. Personal Progress is a temple preparation course."

Ilnara Peixoto Marinho of Fortaleza, Brazil, had been sealed to her family in the temple. But for a long time the family had not been as active in church as they once were. Then one Sunday morning, Ilnara's Young Women president showed up at her home, along with Sister Beck, who Progress belps you focus on good things that can belp you become a better person. was in town and wanted to visit some young women. When Sister Beck asked Ilnara about her Personal Progress, Ilnara had to admit she had never worked on it at all. Then Sister Beck gave her a challenge. If she would find her book, finish one of the short experiences, and bring it to the fireside that night, Sister Beck would sign it off for her.

That day, Ilnara not only started working on Personal Progress; she also started helping turn her family's life around. She began attending church. Then she and her sister began going with their mother. When Ilnara's dad finally joined them, he was called to be in the bishopric. The

> whole family returned to the temple together. And it all started with Personal Progress.

Because It Can Help You Reach Your Dreams

What do you dream of doing? Who do you dream of becoming? Fulfilling those dreams can start today when you choose one small Personal Progress goal. Then choose another, and another, and another. Over time, you'll grow in the direction of your dreams.

Even after you've earned your Young Womanhood Recognition, you can still use Personal Progress to maintain your spiritual focus and keep reaching for your dreams. The members of the Young Women general presidency do exactly that. Sister Susan Tanner set a goal to do one temple endowment for each year of her life. Sister Julie Beck is reading the Book of Mormon in Portuguese. And Sister Elaine Dalton reached her dream of running a marathon. "It took mornings of getting up when my body wanted to sleep," Sister Dalton recalls. "But as I crossed the finish line, I was happy. And I decided that this is what Personal Progress is really all about—being focused on good things, becoming a better person, feeling the Spirit, and being happy!"

What dreams will Personal Progress help you achieve? **NE**

STANDING AS A VITNESS OF GOD



What's Up!



PHOTOGRAPH COURTESY OF THE VERNON BRITISH COLUMBIA STAKE

HONORING VETERANS

t the 11th hour on the 11th day of the 11th month of the year 1918, an armistice, or truce, was signed, bringing an end to World War I. Since that time, many nations have celebrated November 11 not only as the end of the "Great War," but also as a day to honor all veterans who have served and sacrificed for the cause of freedom and international peace.

In British Columbia, Canada, Scouts of the Fifth Kelowna Troop arranged a special Remembrance Day recognition evening. The young men, ranging in age from 11 to 13, moved out of their comfort zones to interview LDS veterans in the Vernon British Columbia Stake, the troop's sponsor.

Patrol leader Michael Edis of the Kelowna Second Ward conducted the evening as master of ceremonies.

KELOWNA

After a flag ceremony, the singing of the Canadian national anthem, and a presentation on the history of Remembrance Day, each Scout gave a short biography about the veteran he had interviewed. Each veteran was then presented with a "thank you" crest.

"They risked their lives for us," said Brady Wilson. "It was fun to give out the thank-you awards and listen to their stories."



The Pisa Branch meetinghouse is part of the Florence Italy District.

November 1, 1850 The Italian Mission was organized. Today there are three missions in Italy. November 3, 1896 Martha Hughes Cannon became a member of the Utah State Senate, becoming the first woman in the United States to be elected to a state

November 9, 1990 Terrence H. Rooney became the first member of the Church ever elected to the British Parliament.

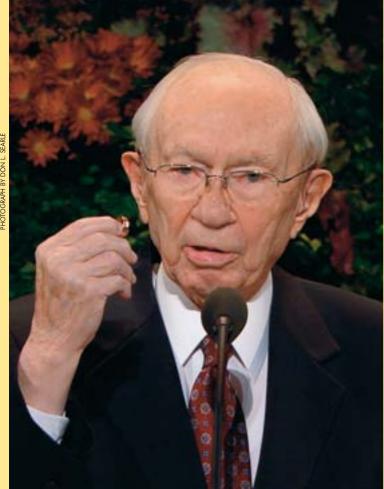
senate.



November 28, 1869 Happy birthday, Young Women! Brigham Young organized the Young Ladies' Department of the Cooperative Retrenchment Association—now known as the Young Women organization.

66 There is no greater search in life that we can embark upon than the quest to gain a testimony of the truth.

— Elder Robert D. Hales of the Quorum of the Twelve Apostles, "The Importance of Receiving a Personal Testimony," *Ensign*, Nov. 1994, 22.



THEY SPOKE TO US

any general conference talks have messages directed to you. See "They Spoke to Us" in the November *Ensign* and *Liabona* for ideas on how to apply the conference talks to your life:

Are there members of your class or quorum who are struggling? What can you do to help them? Read what President Thomas S. Monson and Elder Henry B. Eyring say about fulfilling our duty and caring for others.

 Have you ever been asked strange questions because you are a member of the Church? Even General Authorities encounter this!
 Read about President Boyd K. Packer's experience.

What is integrity? Read Bishop Richard C. Edgley's story about the lodge towels. Think about examples of integrity from your own experiences.

Read what Elder David A. Bednar says you should do if someone at church says something hurtful or rude to you.

You can also read, listen to, or watch these talks online at www.lds.org.

BYU RE:WRITING CONTEST FOR 2007

t's time to prepare your entry for the BYU English Department writing contest for students in the 9th through 12th grades. Cash prizes will be awarded in the categories of fiction, poetry, personal essay, and critical essay. You may submit one entry per category.

Submit your entries between January 1 and 31, 2007, to the BYU English Department, 4198 JFSB, Provo, UT 84602-6701, USA. You can get the rules and an application form at the contest Web site: http://english.byu.edu/contests. If you have questions, call 801-422-4939 or e-mail english@byu.edu.

Go Forth with Faith

he hymn "Go Forth with Faith" (*Hymns*,

no. 263) was originally titled "Go Forth, My Son." Ruth and Lyall Gardner wrote this hymn when their son Paul was preparing to leave for his mission to Japan. The ward choir performed the hymn in sacrament meeting as a surprise for Paul before his departure. Although the hymn was written for just one performance, family and friends asked for copies, and the hymn soon became popular. Today its missionary message touches members of the Church across the world, reminding them of the importance of missionary work.

CAN YOU BE TRUSTED



The Mountie took me back to the jail cell. I still remember looking inside the bars and seeing the little bed and wondering if that was where I was going to be sleeping that night. I feared I had lost my parents' trust, but in the process of gaining it back, I learned the value of integrity

ELDER WILLIAM R. WALKER Of the Seventy

n 1841 the Lord mentioned His love for Hyrum Smith in a revelation given to Hyrum's brother, the Prophet Joseph. D&C 124:15 says, "Blessed is my servant Hyrum Smith; for I, the Lord, love him *because of the integrity of his heart"* (emphasis added).

This is one of my favorite scriptures because I want to always be trustworthy and to have integrity. Honesty is an important part of integrity. I learned this important truth the hard way when I was about six years old.

Losing Trust

At the time, I lived in a little town in Western Canada called Raymond. I had a brother who was five years older than I, and one day he and some of his friends were playing a game in the dining room of our house. I wasn't part of the game, but I was watching them play, and I noticed that one of his friends, Marilyn, had left her purse by the side of the chair where she was sitting.

Being young, I did something that I shouldn't have done. While my brother and his friends were distracted, I sneaked over to her purse and looked inside. I noticed some money there, including a dime. I decided she would not miss the dime, so I put it in my pocket. I left everything else in her purse the same, hoping she wouldn't notice.

Not too long after my theft, I was playing in the other room when I heard a commotion from the dining room. I heard Marilyn say that someone had taken money out of her purse.

My father was home at the time and, being a man who did not tolerate misbehavior in his children, immediately asked, "Who took money out of Marilyn's purse?" Well, hearing that, and not being very wise, I ran to the bathroom and locked myself in.

Of course, this immediately clarified who had taken the dime. My father knocked on the door and asked me to come out, but I refused to open the door. I stayed inside the



bis lesson came full circle a couple of years later, when my father invited me to take some money to the bank. I remember thinking, "I could buy anything with this much money!" but I quickly got rid of the idea. I knew my father trusted me, and I didn't want to betray his trust.

bathroom quite a long time. I hoped that if I stayed there long enough, people would calm down and I wouldn't get in trouble. Unfortunately, this plan backfired, and the longer I stayed locked in the bathroom, the more upset my father became.

When I finally came out of the bathroom, my father said to me, "Do you know what happens to people who steal money?" "No," I said.

"Well, they go to jail," he answered.

My father was a doctor, and because he was also the coroner for our small town, he had a good relationship with a member of the Royal Canadian Mounted Police. We called them "Mounties." My father telephoned the Mountie and explained what had happened. The Mountie kindly invited my father and me to see the jail.

I remember vividly my father driving me down to city hall and walking me up the steps where the Mountie met us. The Mountie took me back to the jail cell. I still remember looking inside the bars and seeing the little bed and wondering if that was where I was going to be sleeping that night. Of course, by this time, I was crying my eyes out. I was the most repentant kid you've ever seen.

My dad then took me aside and said, "If you're not honest, if you steal people's money, this is where you'll end up." He didn't have to say anything more. I had learned my lesson. I gave Marilyn her dime back and apologized.

But more frightening than the jail was the fear that I had lost the trust of my mother and father. I resolved that night to never put myself in a situation again where I would lose their trust.

Regaining Trust

This lesson came full circle a couple of years later, when I was eight or nine years old. My father's doctor's office was downtown, and I would occasionally stop by to visit him on my way home from school. One day I stopped by, and my father invited me into his office. He said, "I have something I want you to do for me."

"Sure," I said. "What is it?"

My dad took from his desk four crisp twenty-dollar bills and said, "I want you to deposit these in the bank for me." Now, \$80 at that time would be worth about \$300 or \$400 today. That was a lot of money to a little kid.

My father filled out a deposit slip and gave it to me along with the bills. He then asked me to take the money with the deposit slip down the street to the Raymond branch of the Bank of Montreal. I remember thinking at the time, "This is a lot of money! I could buy anything with this much money!" but I quickly got rid of the idea. I knew my father had trusted me with the money, and I didn't want to betray his trust.

I went straight to the bank and got in line to make the deposit. I remember being the only little person standing in that line. I received a receipt from the cashier, and when my dad came home that night, I proudly gave it to him. He was very kind and told me how much he trusted me and how proud he was that I'd done what he'd asked me to do.

Keeping Trust

Those two experiences together taught me the importance of honesty and of being trustworthy. I learned that if you make mistakes, people will usually give you a chance to earn their trust back. Certainly Heavenly Father gives us another chance. It is important, though, that we make sure to put our hearts right, recognize our mistakes, and apologize for them. Then we must strive to do better. If we're given an opportunity to regain the trust and confidence of those we love, we need to be very careful to always do the right thing. By doing so, we show that the previous incident does not represent the way we really are.

I loved my father and mother, and I wanted their trust more than anything else. Because of the lesson I learned when I stole Marilyn's dime, I think I succeeded in earning and keeping their trust.

I also want the Lord to trust me. I know from the revelation about Hyrum Smith that, like him, I can gain the Lord's trust and love if I have integrity in my heart and love that which is right. **NE**



NOT JUST FOR ME by becca lee jensen

have always been eager to have my spiritual cup filled and my personal testimony refreshed. That's why I have always looked forward to doing baptisms for the dead. Sitting inside the house of the Lord brings peace into my life.

One evening as I sat in the baptistry in the temple, my scriptures in my lap, I felt an impression to turn to D&C 128, a letter from Joseph Smith to the Saints concerning baptism for the dead. Verse 15 struck me particularly. It talks about those beyond the veil: "They without us cannot be made perfect—neither can we without our dead be made perfect."

As I pondered these words, I suddenly realized that going to the temple wasn't just for me. Going to the temple is an opportunity to serve those who are no longer living. I came to understand that in attending the temple, I am serving my fellowmen, and in doing so, I am serving the Lord (see Mosiah 2:17).

As I listened to the names being read for baptisms, I thought of the people receiving the gospel beyond the veil, of their smiling faces, and of their happy families. It filled me with incredible joy and gratitude.

Now going to the temple is no longer about what I can get from it; it's about service. It is about joining families together in the gospel for all eternity. It is doing something for someone that they can't do for themselves. I am so grateful for the temple, and I strive to always be worthy to serve there. **NE**

THE BEST PLACE TO BE BY TAYLOR MOILAN

hen I was 17, I was doubting that I would go on a mission. I really had no intention of going because I was focused on other things, like dating, movies, and parties.

As I saw friends who remained true I was able to fo to the gospel and had their minds focused on serving a mission, I had a distinct feeling to get on my knees and ask the Lord for guidance. I asked in sincerity if The Church of Jesus Christ of

Latter-day Saints is the true Church. I received a confirmation by the gift of the Holy Ghost.

From that day on, I began preparing myself to go on a mission. It was very hard work, but it was worth it. I was able to follow my friends into the mission field, knowing that I was doing what was right.

Now I am on my mission, finding people so they can have the same blessings I have. I know

> that I couldn't be in a better place than I am now. **NE**

MY GRATITUDE JOURNAL BY DANIELLE NYE POULTER

rateful people are happy people. I've learned this lesson through a little experiment I started a few years ago. I like writing in a journal, but it's intimidating to try to write every day because I'm afraid I'll get behind and then it will take me forever to catch up.

Instead, I bought a small notebook. Every night after I read my scriptures, I take just a few minutes to write about one thing I feel grateful for that day. Because the pages are small, there's no pressure to write a lot, but I have to be creative to think of something new to be grateful for every day.

Sometimes I feel grateful for an

answer to prayer that day, or for an example in the scriptures. Other times it's more simple, like being grateful for the smell of lilacs, or my little sister who always gets my jokes, or a favorite food.

By focusing on things I'm grateful for, it makes me realize how blessed I am. It also makes my problems seem like not such a big deal. Plus, my gratitude journals are something my children and grandchildren can read someday, and they will learn a lot about me from those short, simple entries. I'm grateful for that, and being grateful makes me happy. **NE**

RASPBERRIES FOR SISTER HAIR

y family has a big raspberry bush in our backyard that always produces more berries than we can eat, so every year my dad and I would take a bowl of raspberries to a widow in our ward, Sister Hair.

I would always complain when my dad made me go with him because I was afraid Sister Hair would kiss me on the cheek, as she usually did. In fact, one time I took my nephew along so she would kiss him instead. This went on every

year until Sister Hair went to live in a rest home. Some time later, the young women in my ward went to visit her for an activity. We introduced ourselves when we walked in, but she didn't remember any of the young women except me. She repeated my last name and said, "That's right, she used to bring me raspberries every year." She told us how much she had enjoyed the company and the raspberries.

As part of our visit, we sang some hymns for her. One hymn struck me in particular. As we sang, "Because I have been given much, I too must give," *(Hymns,* no. 219), I felt ashamed that I hadn't been more willing to share my friendship along with the raspberries. Sister Hair passed away shortly after our visit, but I will never forget the lesson I learned from her: that we should show gratitude for what we have by sharing it with others. **ME**

INSTANT MESSAGES features personal experiences, insights into favorite hymns and scriptures, and other uplifting thoughts. If you have a personal experience that has strengthened your testimony and you'd like us to consider it for Instant Messages, please send it to

New Era, Instant Messages 50 E. North Temple St. Rm. 2420 Salt Lake City, UT 84150-3220, USA

Or e-mail it to newera@ldschurch.org

Please limit submissions to 400 words or less. They may be edited for length and clarity.

WHAT'S IN IT FOR YOU

Mutual Activity Ideas

• Read aloud the article by Mariama Kallon, titled "Learning to Hope," on page 10. If you live near a Church humanitarian center, ask for instructions on assembling hygiene kits, and prepare ahead by having people bring supplies for the kits. Or check with homeless shelters in your community and ask if your group can prepare hygiene kits according to their needs.

Personal Progress or Duty to God

• Preparing names to be taken to the temple for temple work can be intimidating, but what better goal to set for Personal Progress and Duty to God? Read "Putting the Puzzle Together" on page 18 and try following the example of the teens in the South Weber Utah Stake. Start making copies of the family history that has already been prepared in your family and ask for help with the next steps from the family history consultant in your ward.

Read "Five Reasons to Love Personal Progress" on page 32. Get out your Personal Progress book and see where you stand. Make a plan to finish what you have started.
If you need help, ask your parents or your Young Women leaders.

Family Home Evening Idea

• Talk about the suggestions for improving your health offered in the Idea List on page 23. Decide on one or two to try as a family. Make a plan to implement some of the healthful changes.

SUNDAY LESSON HELPS

n addition to the Resource Guides (printed in May and November in the *Ensign*), Young Women and Aaronic Priesthood teachers may find these additional resources helpful in enhancing lessons 47–49.

Young Women Manual 1

Lesson 47: Encouraging the Development of Talents Heber J. Grant, "Practice Makes Possible," New Era, Feb. 2004, 36. Jean Luker Wirthlin, "A Lesson on Talents," New Era, June 2005, 48. Q&A: "How can I gain confidence and feel better?" New Era, Apr. 2005, 16. Lesson 48: Short-Range Goals as Stepping Stones Dallin H. Oaks, "The Right Thing at the Right Time," New Era, July 2005, 4. Janna Nielsen and Ronda Gibb Hinrichsen, "Tiny Acts of Love," New Era, Sept. 1997, 14. Lesson 49: Delegating Responsibility to Others Janet Thomas, "Are We Having FUN Yet?" New Era, May 1998, 20. Arthur S. Anderson, "A Blind Man Helped Me See," New Era, Mar. 1979, 48.

Aaronic Priesthood Manual 1

Lesson 47: Consecration and Sacrifice

Gordon B. Hinckley, "Put Your Shoulder to the Wheel," *New Era*, July 2000, 4.

Janet Thomas, "Two-Year Time-Out," New Era, Aug. 2000, 28.

Lesson 48: The Power to Baptize

Adam C. Olson, "Having Been Commissioned . . ." *New Era*, May 2004, 28.

"Baptisms for the Dead: What to Know Before You Go," *New Era*, Apr. 2004, 34.

Lesson 49: Using Time Wisely

F. Burton Howard, "A Question of Time," *New Era*, July 2002, 38.

Chris Crowe, "The Art of Juggling," *New Era*, Jan. 2001, 26. Poster: Spread Thin? *New Era*, Oct. 2003, 19.

WE'VE GOT MAIL

HIS FINAL DAYS

Thank you so much for the "His Final Days" article (Apr. 2006). After being in the Mesa Easter Pageant this year, the scenes of Christ's life were really dear to me. I really liked the artwork, and I think it's great to review everything that leads up to Easter, because sometimes we forget that amazing week as well as the amazing life Christ led. Sarah R., Arizona

SUNDAY BEST

I appreciated the article by Elder Christofferson in the June 2006 issue of the New Era ("A Sense of the Sacred"). My husband and I are serving a mission in Accra, Ghana, and each Sunday we visit a different ward. We have been impressed that the men and boys come to Sunday meetings dressed in white shirts and ties, and the women and girls come in clean, modest dresses. It is obvious that their clothing is the best they have. Likewise, when they come to the temple, they are dressed in their Sunday best. We marvel at their humility and their desire to show respect to our Father in Heaven by dressing appropriately when they enter His holy house-whether it is the meetinghouse or the temple. Sister Carolyn W., Ghana

MARRIED IN THE TEMPLE

I enjoyed the article about Nate Soelberg in the July 2006 *New Era*. I thought that it was very positive and gave a good role model for the youth of the Church.

I know Nate and have a great deal of respect and admiration for him. I know that he has been blessed and has a great testimony of the gospel, as does his wife, Jessica. I was disappointed that you mentioned "If you just can't wait until next month to unwrap that brand new issue of the New Era, I encourage you to look through your old magazines and discover; old, but new, treasures." he was married in April, but you failed to finish the story and inform the youth of the Church that he and Jessica were married in the Salt Lake Temple—a goal of theirs. William J., Utah

Editor's note: Thank you for this important clarification.

Q&A HELP

I really like each month's Q&A page. It helps me figure out what to do if I have a question I need to ask myself in a similar situation. I have a question for you: what if you want to study the scriptures but you don't have time? Thanks for your Q&A pages!

Megan E., Utah

Editor's note: Thanks for the suggestion. We use real questions like this from readers and would love to get more. Please send them to the address on the inside front cover of the magazine.

OLD TREASURES

Right now, I am not receiving the *New Era,* but after looking through some old magazines, I came across some issues from 2004. While reading them, I realized that no matter how old it is, it always remains true and holds the Holy Spirit within its words. No matter how current, the *New Era* can always uplift in time of need. So if you just can't wait until next month to unwrap that brand new issue of the *New Era*, I encourage you to look through your old magazines and discover old, but new, treasures.

Malina Mae C., California

We love hearing from you. Write us at the following address. Please include the names of your ward and stake (or branch and district).

New Era We've Got Mail 50 E. North Temple St. Rm. 2420 Salt Lake City, UT 84150-3220, USA

Or e-mail us at

newera@ldschurch.org Submissions may be edited for length and clarity.



UP THERE BY DIANNE DIBB FORBIS

So many things are up there: air, electrons in gyration, wavelength sensations, pulsings planned and those offhand that make the patterns up there snares. Yet there's a way up there for prayer to push aside some atoms, to loosen tangles in the stratums, to smooth a clearance and soften interference, so that there will trace down for me from up thererhythms of infinity, waftings from Divinity.



Of her own developing testimony, Harriet says, "It's something that I've wanted ever since I can remember. I was brought up with it, and all my family is active. I've never been without the Church."

See "Harriet's Firm Foundation," p. 26.

