

THE
New Era

SEPTEMBER

2007

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Cover: *Xavier Jones of
Ketchikan, Alaska. See
"No One Stands Alone"
on p. 26.*

*Cover photography:
Janet Thomas (front) and
Craig Dimond (back)*

Creating a bond among the teens
of the Ketchikan Ward helped
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Seek

LEARNING

BY PRESIDENT GORDON B. HINCKLEY



Life has become so complex and competitive. You must get all of the education that you possibly can.

Many years ago I worked for a railroad. I was in charge of what is called head-end traffic. One morning I received a call from my counterpart in Newark, New Jersey. He said, “Train number such-and-such has arrived, but it has no baggage car. Somewhere, 300 passengers have lost their baggage, and they are mad.”

I went immediately to work to find out where it may have gone. I found it had been properly loaded and properly trained in Oakland, California. It had been moved to St. Louis. But some thoughtless switchman in the St. Louis yards moved a small piece of steel just three inches, a switch point, then pulled the lever to uncouple the car. We discovered that a baggage car that belonged in Newark, New Jersey, was in fact in New Orleans, Louisiana—1,500 miles from its destination. Just the three-inch movement of the switch in the St. Louis yard by a careless employee had started it on the wrong track, and the distance from its true destination increased dramatically.

That is the way it is with our lives. Instead of following a steady course, we are pulled by some mistaken idea in another direction. The movement away from our original destination may be ever so small, but, if continued, that very small movement becomes a great gap and we find ourselves far from where we intended to go.

It is the little things upon which life turns that make the big difference in our lives, my dear young friends.

There can be no doubt, none whatever, that education pays. Do not short-circuit your lives. If you do so, you will pay for it over and over and over again.¹

Fulfill Your Potential

You have the potential to become anything to which you set your mind. You have a mind and a body and a spirit. With these three working together, you can walk the high road that leads to achievement and happiness. But this will require effort and sacrifice and faith.

You must get all of the education that you possibly can. Life has become so complex and competitive. You cannot assume that you have entitlements due you. You will be expected to put forth great effort and to use your best talents to make your



YOUR HEARTS AND YOUR HANDS

EDUCATION OF THE CONSCIENCE, OF

way to the most wonderful future of which you are capable.² Sacrifice a car; sacrifice anything that is needed to be sacrificed to qualify yourselves to do the work of the world. That world will in large measure pay you what it thinks you are worth, and your worth will increase as you gain education and proficiency in your chosen field.³

The Lord Wants You to Be Educated

You have a mandate from the Lord to educate your minds and your hearts and your hands. The Lord has said, “Teach ye diligently . . . of things both in heaven and in the earth, and under the earth; things which have been, things which are, things which must shortly come to pass; things which are at home, things which are abroad; the wars and the perplexities of the nations, and the judgments which are on the land; and a knowledge also of countries and of kingdoms—that ye may be prepared in all things” (D&C 88:78–80).

The Lord wants you to train your minds and hands to become an influence for good as you go forward with your lives. And as you do so and as you perform honorably and with excellence, you will bring honor to the Church, for you will be regarded as a man or woman of integrity and ability and conscientious workmanship.⁴ In addition, your education will strengthen your service in the Church. A study was made some years ago that indicated the higher the education, the greater the faith and participation in religious activity.⁵

The Lord wants you to educate your minds and hands, whatever your chosen field. Whether it be repairing refrigerators, or the work of a skilled surgeon, you must train yourselves. Seek for the best schooling available. Become a workman of integrity in the world that lies ahead of you.⁶

Special Counsel for Girls

In this day and time, a girl needs an education. She needs the means and skills by which to earn a living should she find herself in a situation where it becomes necessary to do so.

The whole gamut of human endeavor is now open to

women. There is not anything that you cannot do if you will set your mind to it.⁷ I am grateful that women today are afforded the same opportunity to study for science, for the professions, and for every other facet of human knowledge. You are as entitled as are men to the Spirit of Christ, which enlightens every man and woman who comes into the world (see D&C 84:46).⁸

You can include in the dream of the woman you would like to be a picture of one qualified to serve society and make a significant contribution to the world of which she will be a part.⁹ Set your priorities in terms of marriage and family, but also pursue educational programs which will lead to satisfying work and productive employment in case you do not marry, or to a sense of security and fulfillment in the event you do marry. Education will increase your appreciation and refine your talent.¹⁰

Special Counsel for Boys

No boy anxious to please his Heavenly Father would fail to take advantage of educational opportunities.¹¹ But there is a troubling trend taking place. Young men are more likely to drop out of school than young women. Women have earned more bachelor's degrees than men.

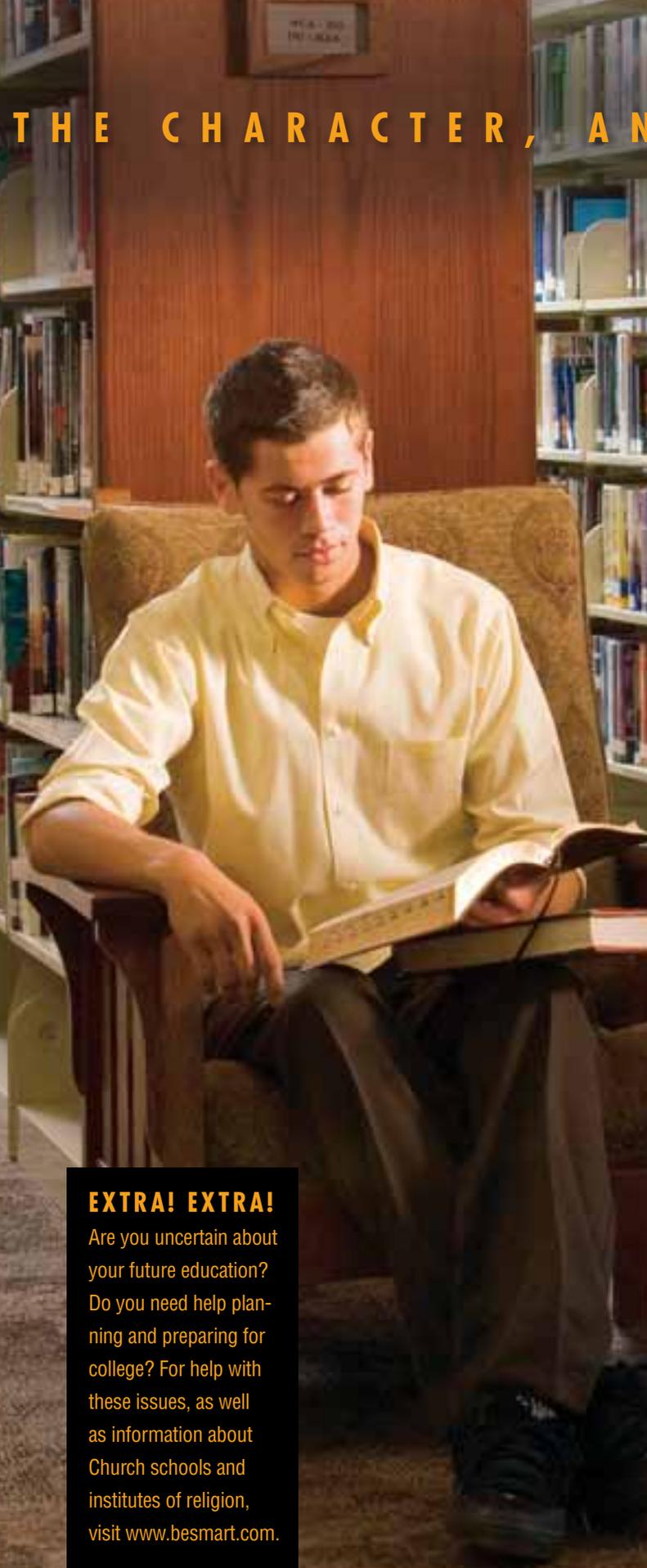
It is plainly evident that young women are exceeding young men in pursuing educational programs. And so I say to you young men, rise up and discipline yourself to take advantage of educational opportunities. Do you wish to marry a girl whose education has been far superior to your own? We speak of being “equally yoked.” That applies, I think, to the matter of education.¹²

More Than Secular Learning

Never before have so many been educated in the learning of the world. What a powerful thing it is—the intensive schooling of a large percentage of the youth of the world, who meet daily at the feet of instructors to garner knowledge from all the ages of man.

The extent of that knowledge is staggering. It encompasses the stars of the universe, the geology of the earth, the history of nations, the culture and language of peoples, the operation of governments, the laws of

THE CHARACTER, AND OF THE SPIRIT



EXTRA! EXTRA!

Are you uncertain about your future education? Do you need help planning and preparing for college? For help with these issues, as well as information about Church schools and institutes of religion, visit www.besmart.com.

commerce, the behavior of the atom, the functions of the body, and the wonders of the mind.

With so much knowledge available, one would think that the world might well be near a state of perfection. Yet we are constantly made aware of the other side of the coin—of the sickness of society, of the contentions and troubles that bring misery into the lives of millions.

Each day we are made increasingly aware of the fact that life is more than science and mathematics, more than history and literature. There is need for another education, without which the substance of secular learning may lead only to destruction. I refer to the education of the heart, of the conscience, of the character, of the spirit—these indefinable aspects of our personalities which determine so certainly what we are and what we do in our relationships one with another.

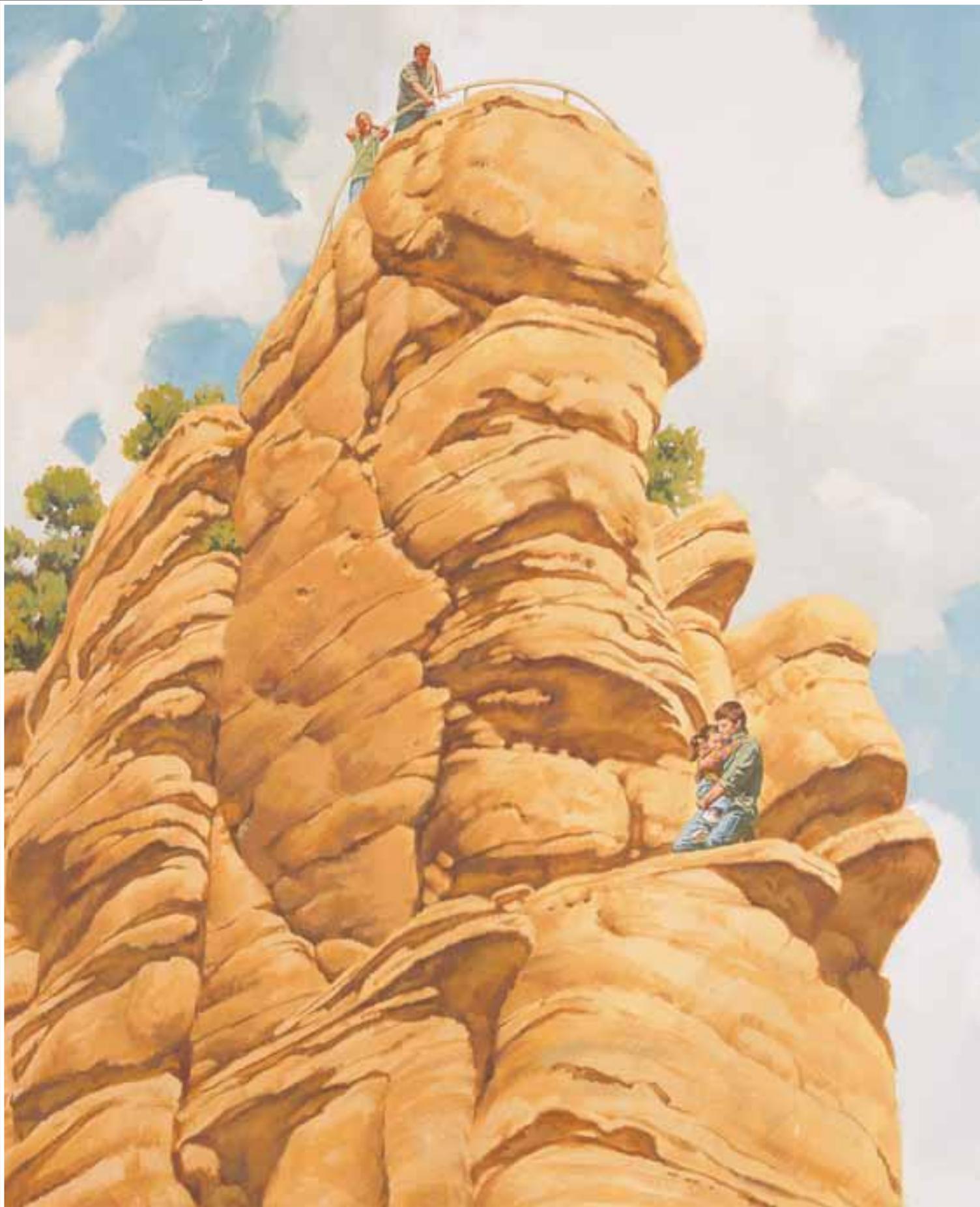
Over fifty years ago while serving in England as a missionary, I went to the London Central YMCA. I suppose that old building has long since gone, but I can never forget the words that faced visitors in the foyer each time they entered. They were the words of Solomon: “With all thy getting get understanding” (Proverbs 4:7).

Understanding of what? Understanding of ourselves, of the purposes of life, of our relationship to God who is our Father, of the great divinely given principles that for centuries have provided the sinew of man’s real progress!

As we pursue our secular studies, let us also add to our lives the cultivation of the Spirit. If we do so, God will bless us with that peace and those blessings which come from Him alone.¹³ **NE**

NOTES

1. From “A Prophet’s Counsel and Prayer for Youth,” *Ensign*, Jan. 2001, 5–7.
2. From “Stay on the High Road,” *Ensign*, May 2004, 113.
3. From “A Prophet’s Counsel and Prayer for Youth,” 4.
4. From “A Prophet’s Counsel and Prayer for Youth,” 4–5.
5. From “Rise Up, O Men of God,” *Ensign*, Nov. 2006, 61.
6. From “A Prophet’s Counsel and Prayer for Youth,” 7.
7. From “How Can I Become the Woman of Whom I Dream?” *Ensign*, May 2001, 95.
8. From “Ten Gifts from the Lord,” *Ensign*, Nov. 1985, 89.
9. From “How Can I Become the Woman of Whom I Dream?” 95.
10. From “Ten Gifts from the Lord,” 89.
11. From “To Please Our Heavenly Father,” *Ensign*, May 1985, 49.
12. From “Rise Up, O Men of God,” 60–61.
13. From “With All Thy Getting Get Understanding,” *Ensign*, Aug. 1988, 2, 5.



SAVE HER!

BY PATRICIA AUXIER

At first, Ian didn't feel like going with his family to see the Grand Canyon again, but something told him he should. The parents of a two-year-old are grateful he did.

Ian Bagley's family had been taking pictures on a lookout point at the Grand Canyon's North Rim for just five minutes when they heard screaming. A two-year-old girl, while looking over the railing, had fallen 35 feet to a ledge below. Her parents desperately searched for a way to save their daughter, while onlookers stood stunned. Not understanding the pleadings of her parents and family to stay still, her effort to climb back up resulted in her slipping further down until she was five feet from the next drop off—this one a terrifying 200 feet.

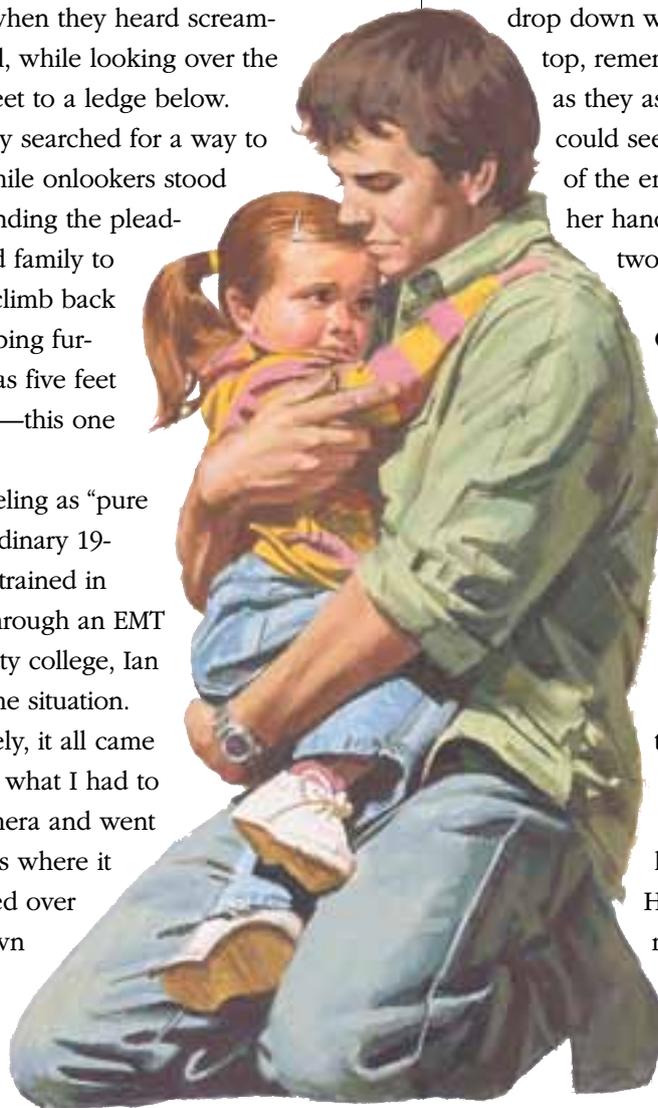
Ian describes the feeling as “pure shock,” but he is no ordinary 19-year-old. Having been trained in emergency response through an EMT program at a community college, Ian knew how to handle the situation.

He says, “Immediately, it all came at me, and I just knew what I had to do. I set down my camera and went up the trail a little ways where it wasn't as steep, climbed over the rail, scrambled down a bunch of rocks and

through brush, and found her.” Holding her in his arms for an hour, Ian waited until emergency teams could drop down with ropes. Ian's mother, waiting at the top, remembers seeing the little girl and her son as they ascended with the help of rescuers, “I could see blond hair and a tiny face among all of the emergency equipment, and she held her hand out and it was wrapped around Ian's two fingers.”

Before going, Ian, from the Fort Collins Colorado Stake, didn't know why he decided to go with his family to the Grand Canyon, but afterwards he was sure he was there for a reason. He says, “I didn't have a reason, I just felt like I should go. I was there, and I was able to save someone's life.”

Ian felt lucky that he was there to help, but even more, he was grateful that multiple experiences had prepared him to do so. Training in the EMT program, for example, taught him to stay calm and manage risks. He says the program involves not only rigorous course work, but training that put him in emergency situations



Ian received a plaque thanking him for his service, but he felt that the most valuable thing he gained was a stronger testimony of the gospel.

with fire trucks and ambulances. And then, after all the studying and training, he had to pass both a statewide and national test with written and practical sections.

Participating in the Boy Scouts for seven years, including two summers as a camp counselor, also provided Ian with valuable knowledge. He says that the motto “Be prepared” helped him realize that at every moment, he needs to be ready to offer help.

But Ian cites a more important preparation: “Knowing that there is a plan, and Heavenly Father put me there for a specific purpose. We hadn’t been there longer than

five minutes, and it started happening. That really convinced me that I was supposed to be there.”

The gospel is also helping Ian prepare for another kind of saving: bringing souls unto Christ. As he prepares for a full-time mission, Ian recognizes his need to share with others who, as he says, “need saving, too.” While devoting a year to becoming an EMT, Ian has devoted his entire life to preparing for a mission. He cites reading scriptures, saving money, and attending seminary as methods he’s used to respond to the high standards for missionary service.

He says, “Just as I prepared to be an EMT, preparing for a mission is a long process. The certification process took a lot of work, and they tested me really hard to ensure that I knew what I was doing. In the mission field, I need to know what I’m doing, too. A lot of people don’t have the gospel in their lives, and I want to know it better and have the Spirit with me so I can help others find it.”

By using his skills before his full-time service, Ian is acting as a missionary now. His mother says that “even before he is called on his mission, he’s had a chance to be a missionary.” Local newspapers and news stations covering the event mention a two-year mission for the Church. In addition to all the inquiries in the community about his future mission, Ian received a letter from a state government official thanking him for his service and wishing him well on his mission.

While Ian walked away from the incident with a plaque and a medal from the National Park Service, worth even more is his testimony of the gospel. “I know there is a plan for everyone and there is a purpose for all things. Our Savior saves us in so many more ways than I could ever save someone else.” **NE**



FAST ENOUGH

*I may not fast like everyone else,
but the sacrifice still brings blessings.*

BY RILEY M. LORIMER

When I was a child, fast Sunday was something of a burden. My little tummy rumbled all day long, and I could hardly wait for dinnertime when I could break my fast. By the summer before my sixth-grade year, I had started to gain a greater understanding of the principle of fasting, and just as I did, it happened—I got sick.

This wasn't your average cold and flu, either. My body was acting very strangely, and no one seemed to know why. After four months and visits to countless specialists, I finally got an answer. I was diagnosed with a rare disease that makes me thirsty all the time and very sensitive to dehydration. Because the disease is rare, the doctors couldn't tell me much about what day-to-day life was going to be like. I was simply given medicine in the hope that it would help.

So when the next fast Sunday came, I tried to fast from food and water, just as I had always done. Big mistake. Because of my disease, fasting from water even for a few hours makes me very ill, as I quickly found out.

I was very upset by this. "If I

drink when I'm fasting," I thought to myself, "it won't be a full fast! I won't be doing enough!" This thought troubled me for months. I studied scriptures about fasting and prayed about this problem a great deal. I also talked to my parents and Young Women leaders about it, but still I felt uneasy.

The answer came to me one fast Sunday morning as I read the story of the widow's mite in the New Testament (see Mark 12:41–44).

The widow's offering was small in the eyes of the world, but the Savior accepted it lovingly because He knew that it was all she had. I knew then that my fast was sufficient because it was the very best I could do. The Lord wasn't measuring my sacrifice against what others were giving, but against what *I* was capable of giving.

Since that day I have developed a firm testimony of fasting. I have learned that I must also study and pray while I fast so the Spirit can be with me. But most important, I have learned to always give my best, and that is enough. The Lord doesn't ask us to give more than we have strength for (see Mosiah 4:27). **NE**





Elijah was a man, yet he had such power with God that in answer to his prayers, the heavens withheld or gave rain and the earth gave forth fruit. Today the First Presidency and Quorum of the Twelve Apostles, though men, are also prophets with power from on high.



Ordinary Men, EXTRAORDINARY CALLINGS

BY ELDER BRUCE R. McCONKIE
(1915–85)

Of the Quorum of the Twelve Apostles

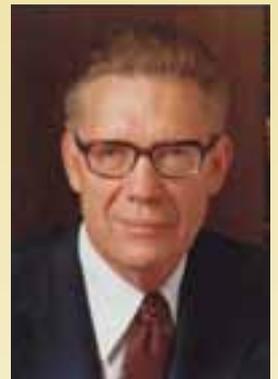
Are General Authorities human? I suppose this is a question that is in many minds and has been from the very beginning. It arises, in the very nature of things, because of the high regard in which we hold the offices that these Brethren are called to fill.

I recall an incident from early Church history, from the days of persecutions and difficulties. Heber C. Kimball, then a member of the Quorum of the Twelve Apostles, found himself in circumstances where he sought hospitality from a member of the Church, a widow woman. She offered him what she had—bread and milk—and provided a room with a bed for him. He went to retire. She thought: “Here’s my opportunity. I would like to find out [and this is, in effect, the same old question: Are General Authorities human?] I would like to find out what an Apostle says when he prays to the Lord.” So after the door was closed, she crept quietly up to it to listen. She heard Brother Kimball sit down on the bed. She heard each of his

shoes fall to the floor. She heard him lean back on the bed and then utter these words: “Oh Lord, bless Heber; he is so tired.”

... This is a subject about which people often have incorrect concepts. Many people had this same question in their minds during the time of Joseph Smith. He said: “I was this morning introduced to a man from the east. After hearing my name, he remarked that I was nothing but a man, indicating by this expression, that he had supposed that a person to whom the Lord should see fit to reveal His will, must be something more than a man. He seemed to have forgotten the saying that fell from the lips of St. James, that [Elijah] was a man subject to like passions as we are, yet he had such power with God, that He, in answer to his prayers, shut the heavens that they gave no rain for the space of three years and six months; and again, in answer to his prayer, the heavens gave forth rain, and the earth gave forth fruit [see James 5:17–18]. Indeed, such is the darkness and ignorance of this generation, that they look upon it as incredible that a man should [speak] with his Maker.”¹

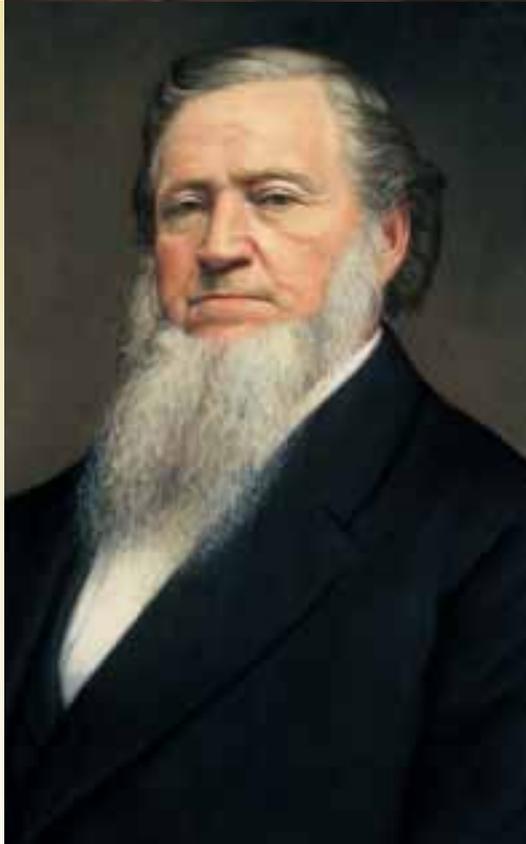
This is the view of the world generally:



Elder McConkie answered the question “Are General Authorities human?” by talking about the high regard we have for their callings.



Joseph Smith met a person who supposed that a prophet must be something more than a man. But Joseph Smith, like Brigham Young and the other prophets who followed, knew that even though he was inspired, he was also mortal.



“If there is such a thing as a prophet, he is so ennobled and exalted that he is different from the general run of men.” They may think of John the Baptist out in the desert eating locust and wild honey or of someone like Enoch of whom the people said, “A wild man has come among us” [see Moses 6:38].

There is somewhat this same concept in the Church today. We think of the dignity and glory and greatness of the office. Then some of that feeling spills over and is applied to the individual who holds the office.

There might be a way to put this subject in better perspective. Instead of asking, “Are the General Authorities human?” let me ask you, “Is your bishop human?” What would the answer be? Or if I say to you, “Are the missionaries human?” would the answer be yes or no? It depends entirely on what we are talking about. Certainly they are human in the sense that every foible and frailty and difficulty common to the human race attends all of them and all of us. But on the other hand, the General Authorities and the bishops and the missionaries—and this extends out and includes every member of the Church—ought not to be human in the sense of worldliness or carnal pursuits. None of us should be “human” if by that is meant living as carnal men live.

When we come into the Church, we say that we forsake the world. We are supposed to overcome the world. The Book of Mormon language is that we put off the natural man and become a saint through the Atonement of Christ the Lord (see Mosiah 3:19). Well, if we, all of us, lived up to our potential and raised ourselves to the standards that we ought to have, then none of us would be human in the worldly or the

carnal sense. Yet with it all we would be so in the sense that we are mortal and all that's related to it.

Under the heading "General Authorities" in my book *Mormon Doctrine*, I wrote: "Some General Authorities are empowered to do one thing and some another. All are subject to the strict discipline the Lord always imposes upon his saints and those who preside over them. The positions they occupy are high and exalted, but the individuals who hold these offices are humble men like their brethren in the Church. So well qualified and trained are the members of the Church that there are many brethren who could—if called, sustained, and set apart—serve effectively in nearly every important position in the Church."²

Further along in the book under the heading of "Prophets" is another statement: "With all their inspiration and greatness, prophets are yet mortal men with imperfections common to mankind in general. They have their opinions and prejudices and are left to work out their problems without inspiration in many instances. Joseph Smith recorded that he 'visited with a brother and sister from Michigan, who thought that "a prophet is always a prophet"; but I told them that a prophet was a prophet only when he was acting as such."³

Thus the opinions and views, even of a prophet, may contain error, unless those opinions and views were inspired by the Spirit. Inspired scripture or statements should be accepted as such. We have this problem, however. Paul was one of the greatest theologian-prophets of all the ages, but he had some opinions that weren't in complete accord with the Lord's feelings, and he wrote some of them down in his epistles. But being wise and discreet, he

labeled them as such. He said, "This is what I think." When he got through telling that, he said, "Now this is what the Lord thinks." Paul's views, his private opinions, were not as perfect as they might have been.

Prophets are men, and when they act by the Spirit of inspiration, what they say is the voice of God; but still they are mortal and they are entitled to and do have private opinions. Because of the great wisdom and judgment of

these men, their views may be as good as mortal men can have, but unless they are inspired, unless they are in accordance with the revelations, they are subject to error on the same basis as the views of anyone else in the Church.

We need not wonder vainly if the General Authorities are speaking by the Spirit of inspiration or not—we can discover for certain. I remind you that one of Joseph Smith's famous statements is to this effect: "The Lord will not reveal anything to Joseph that he will not reveal to the Twelve or to the least and last member of the Church as soon as he is able to bear it."⁴

That's perfect. That's the same doctrine that Paul taught. Paul said, "Ye may all prophesy." He said, "Covet to prophesy" (1 Corinthians 14:31, 39). The whole membership of the Church, the whole body of the Church is supposed to receive revelation. It's not reserved for a select few, the missionaries, or the bishops. We ought to get revelation. We all ought to be as the apostles and prophets. **NE**

From an article printed in the January 1973 New Era; punctuation and capitalization modernized.

NOTES

1. *History of the Church*, 2:302.
2. *Mormon Doctrine*, 2nd ed. (1966), 309.
3. *Mormon Doctrine*, 608.
4. See *History of the Church*, 3:380.



The whole membership of the Church is supposed to receive revelation. It's not reserved for a select few, the missionaries, or the bishops. We ought to get revelation.

Q & A

“I feel like I have to be perfect all the time. I’m always thinking I could’ve done better. When I make a mistake, I feel guilty. Are my expectations for myself too high?”

NEW ERA

Having high expectations for yourself can be good. They can lead you to improve. But they are not good if they lead you to get down on yourself. While you should do your very best to live gospel standards and repent when you fall short, you shouldn’t feel guilty about making mistakes that aren’t sins. Mistakes are just a part of growth and learning.

If you sin, that is a mistake you will feel guilty about. That feeling comes from your conscience and can lead you to repent (see Alma 42:29). But don’t feel guilty if you make a mistake like forgetting somebody’s name or stumbling over your words while giving a talk. Feeling bad about those kinds of mistakes can be discouraging, and feelings of discouragement do not come from Heavenly Father. He loves you and wants you to succeed.

When you make a mistake, ask yourself if you are still worthy of the Holy Ghost. If you are, you don’t need to feel bad; just learn from the mistake. If you are not worthy of

■ **Learn from your mistakes. But if they are not sins, you don’t need to feel guilty.**

■ **While it is important to live righteously, the Lord does not expect us to achieve perfection in mortality.**

■ **Try not to be discouraged. Heavenly Father loves you and wants you to succeed.**

■ **Become more Christlike by repenting, praying for help, and trying to improve.**

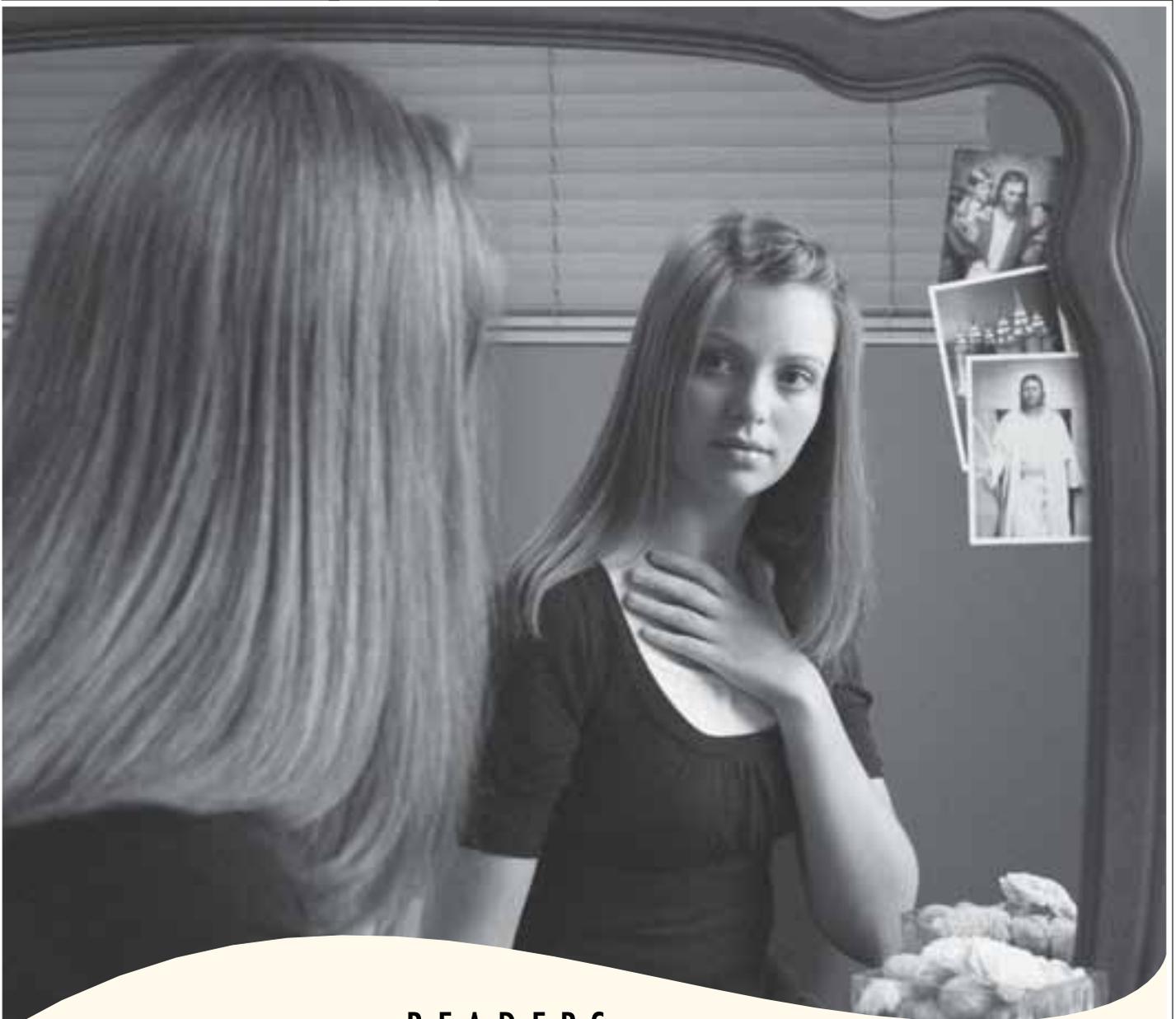
■ **Give your very best effort. That is all the Lord asks of you.**

the Spirit’s companionship, repent. Either way, see what you can do to improve next time.

Improving is different from feeling like you have to be perfect all the time. No one will achieve perfection in this life. Even the Savior, who was the only sinless person, had to learn and grow during His mortal childhood. Pray for help as you strive to keep the commandments. As you try to live righteously, follow the Lord’s counsel: “Do not run faster or labor more than you have means . . . but be diligent unto the end” (D&C 10:4).

Remember the story of the widow’s mite (see Mark 12:41–44). Although the widow’s offering was worth little in the eyes of the world, the Savior accepted it because it was the best she had to give. He will do the same for you. Always give your best to the Lord, and He will make up the difference (see 2 Nephi 25:23).

We are all striving toward perfection as we



READERS

try to be Christlike. The Lord taught, “Be ye therefore perfect” (Matthew 5:48). In the original Greek version of the New Testament, the word for “perfect” could be translated as “whole” or “complete.” The Lord knows we won’t be sinless in this life. Becoming perfect will be a process that continues into the next life. But He wants us to do our best to live the gospel and learn from our mistakes so that we can, one day, become whole through the Atonement (see D&C 76:69). **NE**



Allow yourself some room to make mistakes and grow. When you do make a mistake, kneel down before Heavenly Father, admit it, and apologize for what you did wrong, and then let it go and determine how you can do better next time. You do not have to be perfect in this life. Making mistakes is part of growing in life. Thinking that you could have done better should not cause you to feel angry at yourself. Instead, these thoughts should lead you to try harder next time.

Tyler O., 16, Utah



Sometimes even when we try our best, we fall short, and that can make us feel guilty. The fact that you even realize you sinned is good. After you have repented of your transgressions, forgive yourself also. Although you might see yourself as an imperfect being, you’re getting there. The best you are doing in trying to keep Heavenly Father’s commandments is indeed the best you can do. “It is not requisite that a man should run faster than he has strength” (Mosiah 4:27).

Phaphama T., 17, Eastern Cape, South Africa



Your expectations are not too high. After all, Christ was perfect, and He is the example we must all try to follow. However, it is unrealistic to believe that you must be perfect

today. You need to be flexible about the way you meet your expectations. Keep in mind that everyone makes mistakes, the Lord knows when you are doing your best, and He has made it possible for you to repent and start again.

Rainy Dawn H., 18, Arizona



Realize that we are trying to be like Jesus. This means we will make mistakes. Our Savior loves us so much He provided a way for us to become perfect. One thing that motivates me to become like the Savior is to write my favorite quotes from apostles and prophets and put them where I will see them.

Elder Jeffrey Cornish, California San Jose Mission

It's good that you try hard, but you also need to realize that you're not always going to make the right decisions because you are human. As long as you recognize what you've done wrong and repent, everything will be fine. Jesus loves you and will help you with your struggles.

Sara H., 15, Montana



I'm sure many of us feel this way; I know I do. Every time you criticize yourself or feel guilty, remember all of your qualities and talents.

Remind yourself that nobody can be perfect in this life and that as long as you try your hardest, God is pleased with you. Also, those feelings of discouragement can be a sign of stress. I would suggest taking some time to relax. Sing or listen to some uplifting music, read a good book or magazine, or watch an inspiring movie.

Christinah C., 13, Florida



“do not ask that you reach beyond your capacity. I hope you will not nag yourselves with thoughts of failure. I hope you will not try to set goals far beyond your capacity to achieve. I hope you will simply do what you can do in the best way you know. If you do so, you will witness miracles come to pass.”

President Gordon B. Hinckley, Teachings of Gordon B. Hinckley (1997), 696.



There has only been one perfect being in the history of the earth, our Savior Jesus Christ. If you make a mistake, you can repent. It's human nature to strive for perfection, but don't set yourself up for failure. Keep high standards and expectations, and do the best you can.

Robert B., 18, Arizona



If you are trying to be perfect at everything you do, then your expectations are too high, because no one is perfect. I sometimes feel like I have to do everything right. Then I tell myself that

humans make mistakes. I look back on all the positive things that have happened throughout the day. If you are having a hard time seeing the positive, then I suggest you say a prayer for strength.

Adriana B., 16, Idaho

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

See Elder Cecil O. Samuelson, "What Does It Mean to Be Perfect?" *New Era*, Jan. 2006, p. 10.

NEXT QUESTION

"I'm about to graduate from high school, so I'm thinking about what I would like to study in college. There is so much to study. How do I choose a major?"

**Send your answer by October 15, 2007, to:
New Era, Q&A, 10/07
50 E. North Temple St. Rm. 2420
Salt Lake City, UT 84150-3220, USA
Or e-mail: newera@ldschurch.org**

The following information and permission must be included in your e-mail or letter:

FULL NAME _____

BIRTH DATE _____

WARD (or branch) _____

STAKE (or district) _____

I grant permission to print response and photo:

SIGNATURE _____

PARENT'S SIGNATURE (if you are under 18) _____

HOW FIRM IS YOUR FOUNDATION?



PHOTOGRAPH BY CRAIG DIMOND

SEE MATTHEW 7:24–27 AND *HYMNS*, NO. 85.

The Future Is Now

BY DAVID A. EDWARDS
Church Magazines



*Is there life after high school?
Yes. And these teens
from Boise, Idaho, get a
firsthand look at it.*

The future can often seem like an exotic, faraway place. Laurels and priests around Boise, Idaho, however, are taking a guided tour through their future by spending a Mutual night at the institute of religion at Boise State University.

Naturally, the program they participate in is called "Is There Life after High School? Be Smart!" The teens mingle with institute students and staff, watch skits and video presentations about the Church's educational system, eat, play games, and just have a good time. The program gives them a close-up look at what they can expect in the very near future, and they learn a lot. Take a quiz to see if you know as much as they do.

1. True or false:

Being active in the Church helps you prepare for your future education.

True.

Courtney Bronson of the Eagle Idaho Stake recalls what helped her.

"Growing up in the Young Women and Young Men program, you get the opportunity to speak in sacrament meeting. You get the opportunity in your callings to track how people are doing and interact with people. That's part of education, too. It's not only learning academics, but it's learning about the people around you."

"If I follow the prophet's words, I can be happy after high school," says Ryan Miller of the Eagle Idaho Stake. "And the Church allows me to do that and helps me along."

WHERE DO YOU WANT TO GO?

While many are able to attend Church-sponsored schools, most go elsewhere.

That's where institute comes in. Here are the enrollment numbers:

Church schools: 44,000
Institute: 359,000

2. True or false:

A good religious education and good LDS friends come only if you attend a Church-sponsored school.

False.

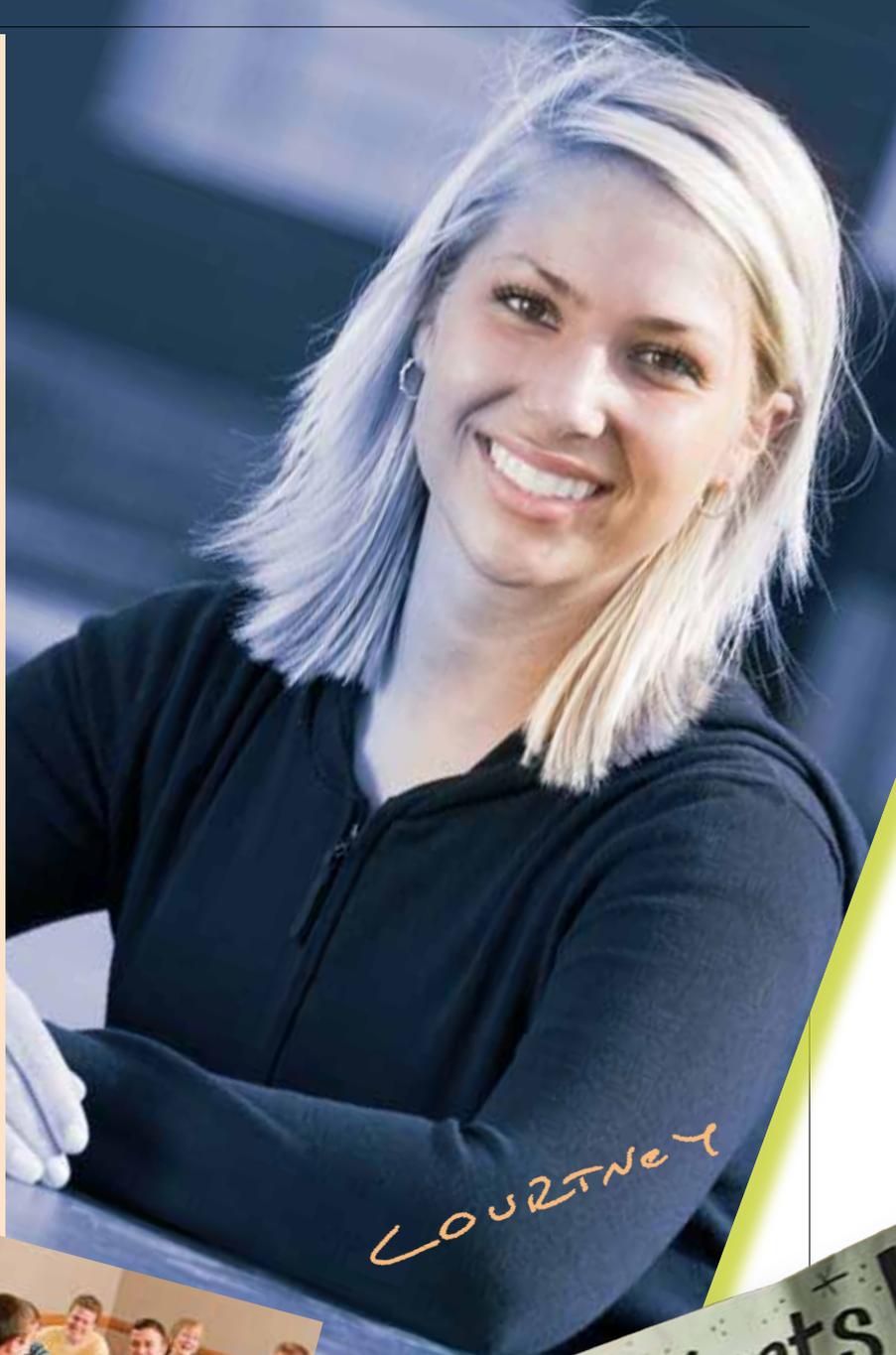
The Church-sponsored schools (Brigham Young University, BYU–Idaho, BYU–Hawaii, and LDS Business College) offer great opportunities for secular and religious education, but no matter where you go, you’re likely to find the institute program. There are about 600 institutes of religion in the U.S. and Canada and many more local institute groups throughout the world, with participants numbering in the hundreds of thousands.

“I actually didn’t know how many participated in the institute program,” says Courtney. “It just shows that almost anywhere you go to college there is a safe haven and that there are people doing the same things and working for similar goals.”

“Probably the greatest benefit of the ‘Be Smart’ program is that it shows teens that there’s a place they can go after high school, whether they’re working or going to college or vocational training,” says Elder Richard Johnson, a Church-service missionary, who, along with his wife, Lawana, helped start the program. “Whatever they do, there’s a place for them to come and gain greater religious education, and it’s a great place to be with friends.”

The high school students in Boise get to see firsthand what goes on at the institute. Above all, of course, the institute offers religion classes. The Boise institute has about 20 to choose from, including classes on the scriptures and the teachings of modern prophets. But institute has more to offer—from service and other extra-curricular activities to participating in the institute council, the various service committees, and the choir. And last but not least, the Boise institute offers the three Fs that all college students enjoy: fun, food, and friendship.

“Institute gives you somewhere to start,” says Camille Schiers of the Meridian Idaho Stake. “You can go where you can get the education you want and still have the institute to strengthen you.”





NO CAPS AND GOWNS, BUT . . .

Although there's no pomp and circumstance involved, there is such a thing as graduating from institute.

You must:

- Complete 14 total semester hours (or 21 quarter hours) in approved institute courses.
- Include in that total at least 8 semester hours (or 12 quarter hours) in scripture-based courses, with at least 4 semester hours (or 6 quarter hours) in Book of Mormon studies.

- Receive a worthiness clearance from your bishop or branch president.



3. True or false:

A good education is more important for young men than young women.

False.

President Hinckley's counsel is clear: both young men and young women need to get as much education as they can (see "Seek Learning" on page 4 of this issue). His words are fresh on many teens' minds as they consider their future.

"I love President Hinckley, and I think it's cool that he's stressing that we women get an education," says Sydney Barney of the Meridian Idaho Stake. "I think it would be cool to both be smart and be a mom—to be a smart mom."

"The prophet sees us as equals," says Camille. "He said it's just as important for girls to have an education as the guys because both of our roles in the future are important."

Ryan says, "If my future wife knew how to rear our children well, teach them things that they need to know for school, and help them out, I think that would be great. I think it helps to be with someone that's around your educational level."

Ty Harris of the Meridian Idaho Stake remembers President Hinckley's recent counsel for boys to "rise up" when it comes to getting an education (see *Ensign*, Nov. 2006, 60–61). "He was straightforward about it. He said that women are getting more college education than men. I think men need to step up and become the caretaker of their family and provide for their family."

"President Hinckley's talk was probably my favorite talk at that conference," says Shane Thomas of the Eagle Idaho Stake. "It was really good advice that I was needing. I was thinking that school wasn't as important as it really is, and I was kind of arguing with my parents about how important it is. And it helped me realize that it's important. It's coming from the prophet, so it's obviously important if he has to address it."

SERVICE AND LEADERSHIP

Many institutes have opportunities for student leadership and service, including:

- Institute of Religion Student Council.
- Latter-day Saint Student Association.
- Institute Men's Association.
- Institute Women's Association.



4. True or false:

The Church has a Web site to help you with your education decisions.

True.

At www.besmart.com you can find a variety of resources to help you plan for your education after high school. It has information on Church-sponsored colleges and the institute program, as well as advice on preparing for college.

“Our Church has such an amazing program to help us out with this kind of stuff,” says Camille. “That whole Web site giving us information about this—it just shows that the prophet and the General Authorities care about our getting a good education.”



OUTSIDE OF CLASS

In conjunction with wards and stakes, institutes frequently offer social activities like dances, dinners, parties, programs, picnics, sports, and many other fun activities.



5. True or false:

Your future looks bright.

True.

The teens who come to the Boise institute learn an important lesson: there is indeed life after high school, and it can be filled with success. You just have to “Be Smart” about it and prepare for the future right now.

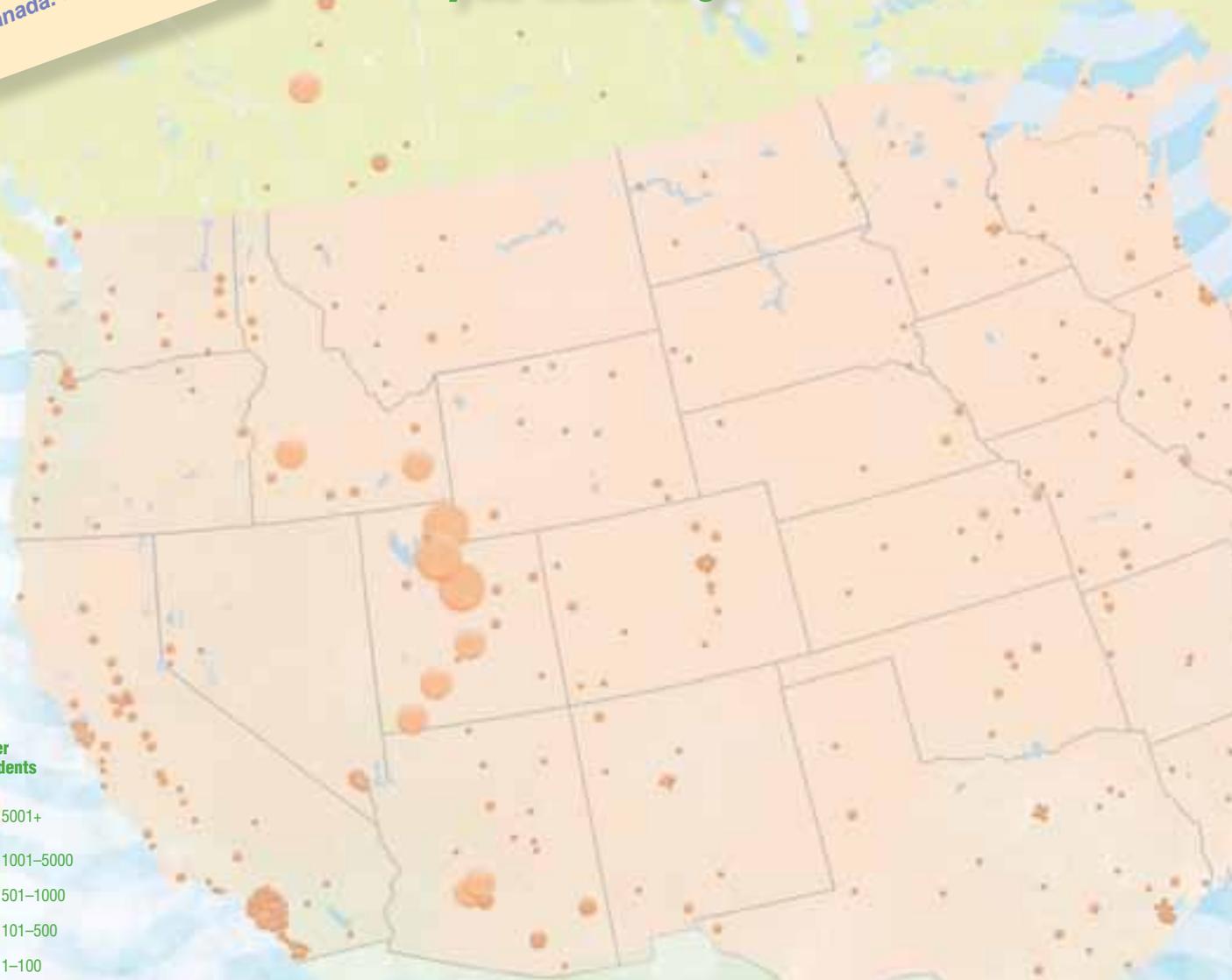
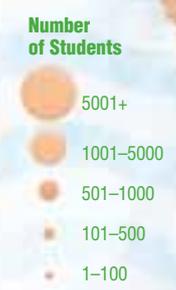
For more, go to www.besmart.com.



FIRST INSTITUTE . . .
 Ever: Moscow, Idaho (1926)
 Outside the U.S.:
 Alberta, Canada (1952)
 Outside the U.S. and
 Canada: Mexico (1959)



INSTITUTE:
 It's where
 you want to go



ALASKA



HAWAII



NEWEST INSTITUTE
 Angola, Africa
 (2007)

LOCATION, LOCATION, LOCATION

Many institutes are housed in buildings near a college campus, but in areas without an institute building, classes can be taught in campus classrooms, ward meetinghouses, homes, office buildings—pretty much anywhere people can meet.

Only English-speaking countries are shown here, but institutes are all over the world. You can find an institute near you by using the online Institute Locator. Go to Idscs.org and click on Locate an Institute.

UNITED KINGDOM

AUSTRALIA

NEW ZEALAND

SOUTH AFRICA



INSTITUTE CLASSES

At the start of each school term, you can register for any classes the institute offers. In addition to classes about each book of scripture, you may find the following classes at an institute near you:

- Missionary Preparation
- Preparing for Eternal Marriage
- The Gospel and the Productive Life
- The Gospel and World Religions
- Latter-day Saint History
- Presidents of the Church
- Introduction to Family History
- Teachings of the Living Prophets

SISTER EVANS

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

ANZIANO BUNDERSON

CHURCHA DI
GESÙ CRISTO
DEI SANTI
DI GIORGI USTAKI GIORGI



IF A Bug FLIES INTO YOUR MOUTH

Spiritual bugs can be more than annoying. They can be downright dangerous if we don't spit them out right away.

BY AARON L. WEST

When I went outside that Saturday morning, I didn't say to myself, "I hope a bug flies into my mouth today." But as I was jogging, it happened. A bug flew right into my mouth! It wasn't my fault. I wasn't doing anything wrong. I didn't even see it coming.

What do you think I did when that insect zipped between my teeth? Well, I didn't swish it around and savor it. I didn't leave it there just to see what would happen. I didn't swallow it. I didn't even take time to think about it. I just spit it out and kept running, sputtering along the way.

Have you ever had a "bug" fly into your mouth? Have you ever innocently come across an inappropriate picture

or song or word or idea? You probably have. Evil influences are all around us, and while we can do much to avoid them, we will probably be exposed to them through no fault of our own. These spiritual bugs are deadly—much more harmful to our spirits than that little insect was to my body.

What should you do if a spiritual bug flies into your mouth? You should give it the same treatment I gave

the bug that flew into mine: Spit it out!

Don't hesitate. Walk away. Run away if you have to. Turn off the TV. Turn off the radio. Turn off the computer. Throw that book or magazine in the garbage can where it belongs.

Exercise what President Brigham Young (1801–77) called “the mental force of faith.” He said: “By and by the world will be overturned according to the words of the prophet, and we will see the reign of righteousness enter in, and sin and iniquity will have to walk off. But the power and

principles of evil, if they can be called principles, will never yield one particle to the righteous march of the Savior, [unless] they are beaten back inch by inch, and we have got to

take the ground by force. Yes, by the mental force of faith, and by good works, the march forth of the Gospel will increase, spread, grow and prosper.”¹

President Young was speaking about our efforts to fill the world with the gospel, but his words also apply to our efforts to fill our lives with goodness. Force that evil thought or image out of your mind by singing a hymn, reciting a scripture, saying a prayer. “Be not overcome of evil, but overcome evil with good” (Romans 12:21).

Remember what President Gordon B. Hinckley has

taught us over and over again about pornography:

“Of course you are tempted. It seems as if the whole world has become obsessed with sex. In a very beguiling and alluring way, it is thrown at you constantly. You are exposed to it on television, in magazines and books, in videos, even in music. Turn your back on it. Shun it. I know that is easy to say, and difficult to do. But each time that you do so, it will be so much the easier the next time.

What a wonderful thing it will be if someday you can stand before the Lord and say, ‘I am clean.’

“The Lord has given a commandment in our time that applies to each of us. He has said, ‘Let virtue garnish thy thoughts unceasingly.’ And with this He has given a promise, ‘Then shall thy confidence wax strong in the presence of God’ (D&C 121:45).

I believe He is saying that if we are clean in mind and body, the time will come when we can stand confidently before the Lord. . . . There will be a feeling of confidence and there will also be smiles of approval.”²

Remember: if a bug flies into your mouth, spit it out! **NE**

NOTES

1. *Teachings of Presidents of the Church: Brigham Young* (1997), 332–33.
2. “Be Ye Clean,” *Ensign*, May 1996, 4.





NO ONE STANDS ALONE

BY JANET THOMAS
Church Magazines

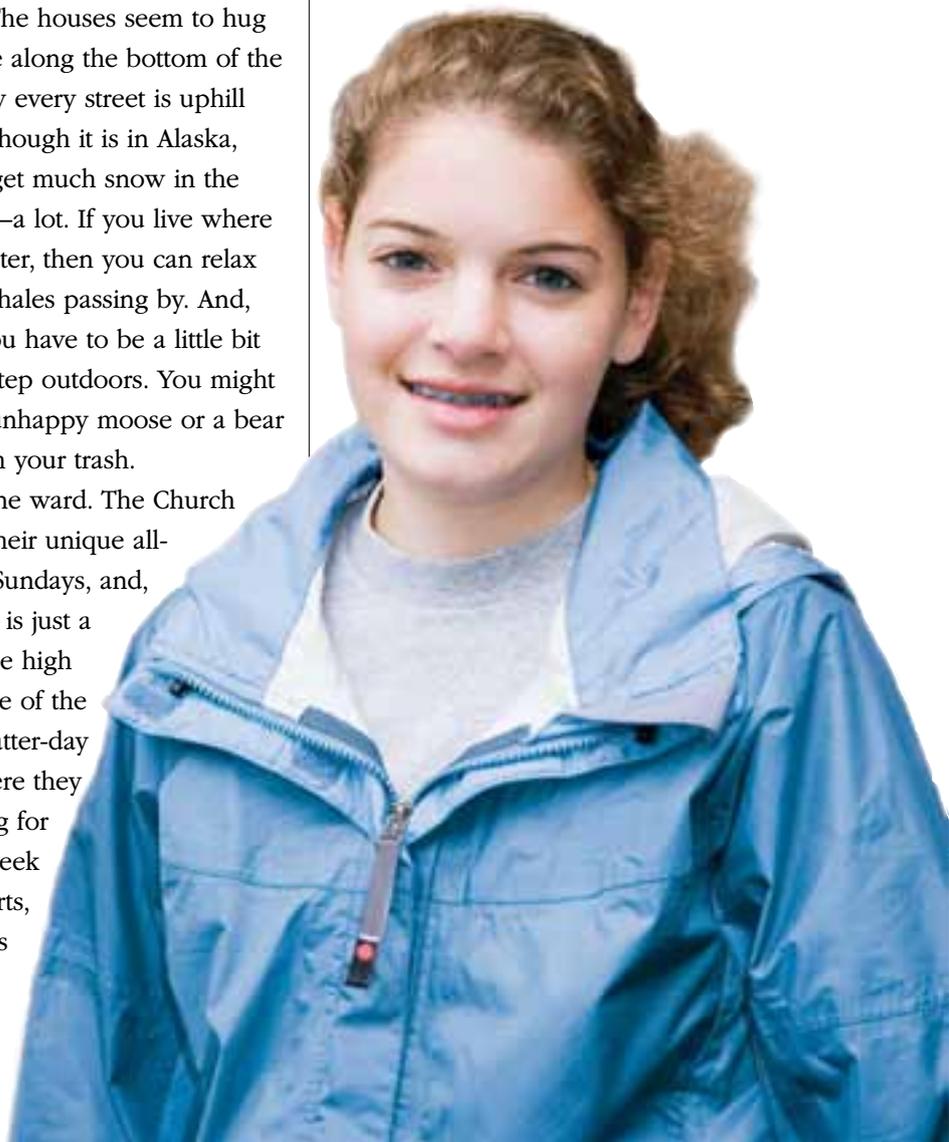


Ketchikan, Alaska, is one of the larger towns in Alaska, but it would be a rather small town in most other states. The houses seem to hug the ocean shoreline along the bottom of the mountains. Virtually every street is uphill or downhill. Even though it is in Alaska, Ketchikan doesn't get much snow in the winter, but it rains—a lot. If you live where you can see the water, then you can relax while you watch whales passing by. And, in the mornings, you have to be a little bit careful when you step outdoors. You might happen across an unhappy moose or a bear rummaging through your trash.

Ketchikan has one ward. The Church members meet in their unique all-wood building on Sundays, and, because the chapel is just a block or so from the high school, it is also one of the favorite spots for Latter-day Saint teens. It's where they head every morning for seminary, once a week for Mutual and sports, maybe on Saturdays for service projects,

and helping out with other ward activities.

And it is where they have learned the meaning of fasting.





A Great Idea

Last year, just before school started, the priests of the Ketchikan Ward were having a lesson on fasting. They started discussing how much easier it was for them to fast with a purpose instead of feeling like they were just starving. Russell Youngberg said, “We realized that school was about to

start and a fast Sunday was coming up, so we sort of put the two together. The entire ward youth would fast for each other to be able to resist temptations and have a good school year.”

Forrest Allred remembers how they came up with the idea. “We were talking about how to make the youth stronger and more righteous. We were confident that fasting would work.”

The bishop also thought it was a great idea. He invited the Young Women to join in. Amanda Youngberg said, “The bishopric came into the Young Women classes and



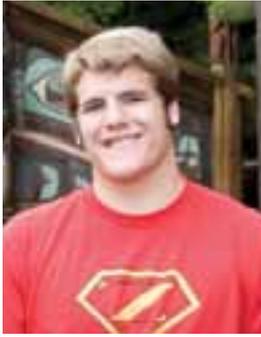
asked if we wanted to participate in the fast. We all did it together.”

They planned for the first weekend of September. They started their fast individually on Saturday afternoon. For some, having a distinct reason helped. Kaitlyn Skinner said, “Our parents could join us in our fast, but since the youth were fasting together, it was easier for me.”

For others, fasting was not easy because of where they were. Russell Johnston was playing a football game in Anchorage. “For me it was kind of awkward. We got done with our game, and I started fasting. Since we were out of town, I had to go to restaurants with my buddies and watch them eat . . .”



Far left and above: Pretending to be a totem; at a park called Totem Bight. Left: Jenny Youngberg. Right (top and bottom): Perla Busch; Adam and Sarah Fitzgerald. Far right (top to bottom): Tyler Mecham, Kelli-Anne Johnston, Phillip Johnston, Daniel Peterson, and Cortney Kiffer.



Left (top to bottom): *Forrest Allred, Emeline Hensley, Russell Youngberg, Amanda Youngberg, and Xavier Jones.* Right (top and bottom): *Perla and Kelli-Anne; Adam.* Far right: *The ward teens and Ryan Gray.*

He pauses and takes a breath, “. . . and listen to them hassle me about fasting. On the plane home, I was still fasting. They kept asking me, ‘Why do you have all those rules?’ ‘You can do what you want.’ ‘Why are you doing this?’ Sometimes it’s hard to explain why,

but most of the time I knew what to say to them. In the end, my friends were saying to those who were harassing me, ‘Be quiet, at least he follows his religion.’ They stood up for me in the end.”

The next day, fast Sunday, all the youth met after fast and testimony meeting in the seminary room. Adam Fitzgerald, one of the priests who talked about the original idea, described what happened. “I remember feeling the Spirit really strong. We all knelt, which was hard to do because the room was very full. The bishop gave the prayer for us. I remember him talking about us having a good year and that we would become bonded to one another and resist temptations throughout the year and continue our growth and development. Personally, as he was saying those things, I knew that it was going to be that way.”

Why Fast?

Learning the purpose of fasting starts with understanding its power. Perla Busch started fasting when she was about 10. She said, “My friends were asking me why I was doing this.



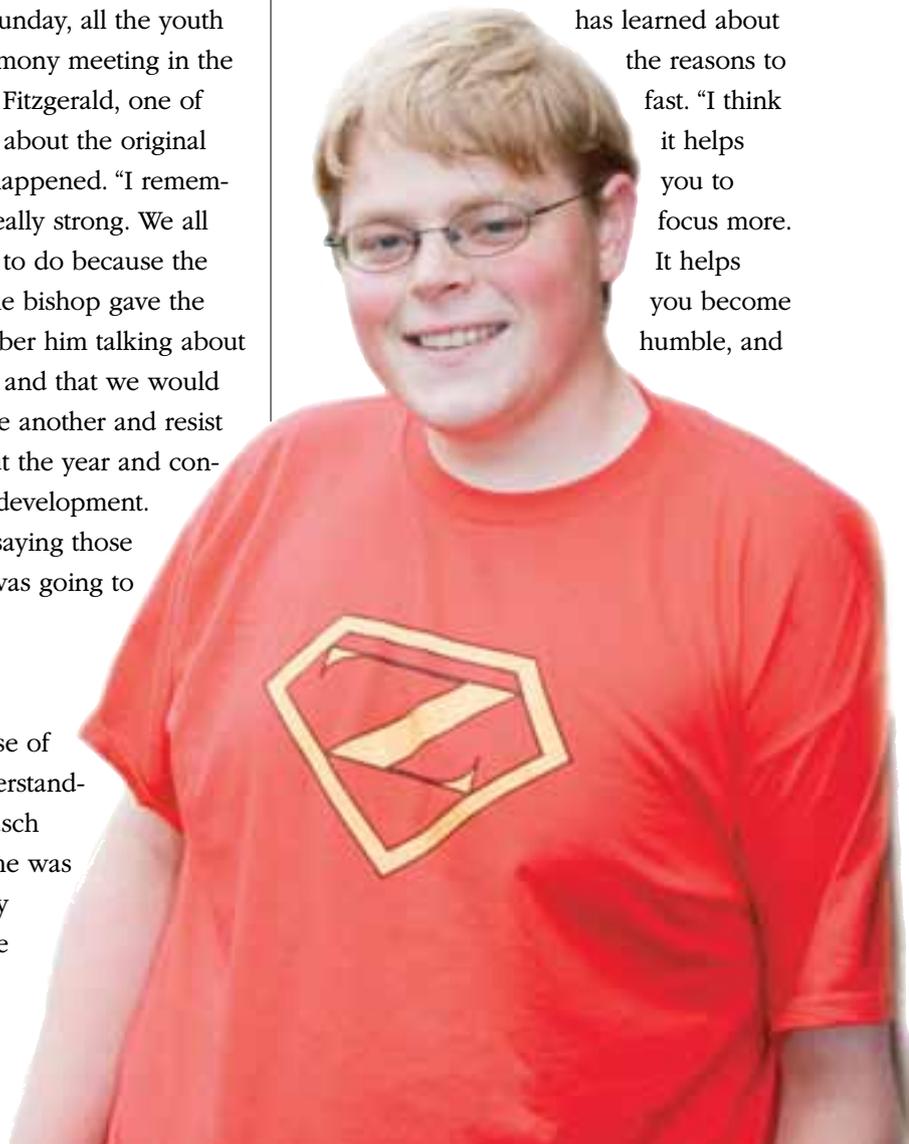
I told them I feel like I needed to. I’m always having to explain why I choose to do something different.”

A relatively new member of the ward, Malia Dyakanoff, says, “Fasting is still hard for me, but when I have a reason to fast, then it’s easier.”

Sarah Fitzgerald, who has just entered Beehives, said, “The first time I ever tried fasting was a couple of days after my baptism. It’s not easy, but it’s worth it.”

Sarah’s brother Adam explains what he has learned about

the reasons to fast. “I think it helps you to focus more. It helps you become humble, and





it's a symbol of how devoted you are to what you're doing. You know that Heavenly Father recognizes you and blesses you in your pursuits."

How Are Things at School?

Ryan Gray was on the student council at Ketchikan High School and noticed that the LDS students were more connected after their fast. "In this school, we're small in number. We all have our own friends, but we're all friends at the ward. We've got strength. Fasting for each other was a good way to start the year."

Being in a small town, there aren't a lot of things for young people to do. The LDS teens are blessed because they have Mutual, firesides, family home evenings, temple trips, and in the summer there are youth conferences and camps.

Perla says, "Teens who aren't members get into smoking, drugs, and alcohol. They don't have much else to do. But we find things to do."

Even traveling to stake events is something to look forward to. Jenny Youngberg asks, "Do you know what we have to do to get to stake events like youth conference and girls' camp?"

Since the only way in or out of Ketchikan is by plane or boat, Cortney Kiffer is quick to explain, "We have to take

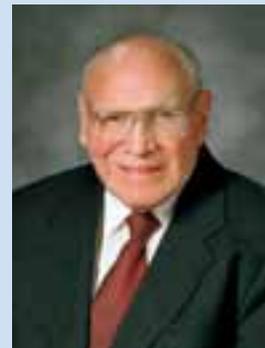


the ferry to Juneau. We get to spend all day and night with our friends and ward leaders on the ferry. It's the best. When we travel for sports in high school, then we see kids we met at youth conference. It's really fun to see them."

Jenny adds, "Having to travel is not a bad thing. It's awesome. We know the kids in the stake as well as we know kids in our own ward."

This unity, these friendships, these positive choices are the very things the teens were fasting for.

Russell says, "I think our fast made a difference, at least it has to me. It seems whenever any member sees another member at school, we stop and talk on the way to class. It feels like there is a stronger bond in the youth group. As for the fast, my stomach did the same stuff as always when I fast, but we all had a purpose for fasting, and that made it a lot different." **NE**



Fasting and prayer can help develop within us courage and confidence. It can strengthen our character and build self-restraint and discipline. Often when we fast, our righteous prayers and petitions have greater power. . . . Each time we fast, we gain a little more control over our worldly appetites and passions."

Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles, Ensign, May 2001, 73.



TO THE POINT

I know that being violent is wrong, but what about video games?

Spending time relaxing is an important part of life. We all need some free time to spend with activities of our choosing—reading a book, listening to music, watching a movie, playing video games. However, monitoring the quality of your entertain-

ment is essential in following the Savior.

For the Strength of Youth states: “Depictions of violence often glamorize vicious behavior. They offend the Spirit and make you less able to respond to others in a sensitive, caring way. They contradict the Savior’s message of love for one another” ([2001], 19).

When questioning whether a video game or any other form of entertainment is acceptable, ask yourself, “What is this game trying to represent? Is it drawing me away from the Spirit?” No matter how clever or skillful or fun, the game isn’t worth playing if it damages your ability to receive and respond to the Spirit.

Elder M. Russell Ballard has said: “Limit the amount of time spent playing computer games. How many kills you can make in a minute with a computer game will have zero effect on your capacity to be a good missionary” (“The Greatest Generation of Missionaries,” *Ensign*, Nov. 2002, 48).

With video games, it’s not always what you’re doing that’s the biggest drawback, but what you’re *not* doing. If you’re wasting valuable time in front of a monitor in a virtual world, you’re keeping yourself from the blessings and joys of the real world. Instead, spend time with your family and friends, play sports, or attend service projects and other activities that make your life more fulfilling. **NE**

What is more important for women after they get married: to finish an education or to start a family?

It's not an either/or decision, because while education is an important step along every woman's path, so is starting a family. Decisions about timing and other details should be made between you, your husband, and the Lord. President Faust has offered this counsel as you face choices in your life: "Whatever you do, learn to seek first the kingdom of God and His righteousness" ("How Near to the Angels," *Ensign*, May 1998, 97).

President Gordon B. Hinckley has often stressed getting a good education. To the women of the Church he says that education "is the latchkey to success in life," but in the next breath he reminds us of President David O. McKay's teaching, "No other success can compensate for failure in the home" ("To the Women of the Church," *Ensign*, Nov. 2003, 115). While education is important, it shouldn't displace the importance of children and family—for either men or women.

Your choice to have children does not have to exclude finishing your education, or vice versa. A classroom is not the only place to gain an education. Many part-time or distance study options are available to you if you want to finish your education. Even if you have completed the degree you were seeking, you can always become more educated through personal study and experience. **NE**

While it's important to be well-dressed and well-groomed, if you base your self-worth on looks, you will never be pleased. Even the prettiest girls can find something about their looks to be unhappy about.

Everyone has things about themselves—inside and out—that they would love to change. But everyone has special qualities and talents as well. Instead of focusing on what you don't have, identify your strengths, using them to help others. Here's one tip for a positive self-image: when you think a bad thought about yourself, counter it with five positive things you have done.

If you are feeling negative about yourself, chances are others feel bad about themselves as well. Instead of focusing on yourself, try uplifting your friends or others who don't get a lot of attention—both boys and girls. Make sure to build them up while not tearing down your other friends. Jealousy is a form of pride; don't allow it to destroy your relationships.

Try to see yourself and others as the Lord does. "The Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart" (1 Samuel 16:7). It'll take a lot of practice, but when you realize your self-worth is not based on how others see your physical appearance, you will have more meaningful friendships based on appreciating each other's good qualities. We need to develop a self-worth that's not selfish and that comes from seeing ourselves and others as God sees us: as His children. We shouldn't measure our worth on an earthly scale, because our origins are divine. **NE**

"Whenever I am with my friends, I don't feel pretty because all the guys flock to my friends. I like my friends, though, so what should I do?"





PULLING TOGETHER

BY ADAM C. OLSON
Church Magazines

Stretching for their Olympic dreams has helped the Palermo twins, Lucía and Mariano (top above and top right), realize they cannot reach their ultimate goal alone. Above: Lucía and a teammate compete in a race before the 2004 Athens Olympics.

Excitement thundered through Mariano Palermo's veins as he and his teammate rowed past the 1,000-meter mark in first place. They were halfway to his dream of winning the 2003 Argentine national rowing championship in men's pairs and a shot at participating in qualifiers for the 2004 Olympics in Athens, Greece.

They had settled into a great rhythm—their strong strokes catching the water in perfect harmony and propelling them ahead of the competition.

However, a few hundred meters later, Mariano's excitement chilled when fatigue began to slow his teammate's pace.

Mariano eyed the second-place boat not far behind. Would the lead they had built up be enough to get them to the finish line first?

"We Are Very United"

Mariano's twin sister, Lucía, had her own doubles race to concentrate on a little later that day, but she made sure she was there to watch her brother compete. She was thrilled when his team leaped out to such a quick lead. But her heart sank when she saw their pace drop off.

The Palermo twins have always been very close. Being the same age and involved in many of the same activities, they have always spent a lot of time together.

"Mutual, seminary, school," Lucía lists. "Now that we're older, it's a little different, but we still train together."

The twins, members of the Pacheco Ward, Buenos Aires Argentina Litoral Stake, are also united by other interests. They both enjoy working with their hands—Lucía doing handicrafts or



sewing and Mariano working on cars.

“I love to cook,” Lucía adds.

“And I like to eat, so we’re a good team,” laughs Mariano. “I like to cook with her. I’m not very good at it, but it’s fun.”

While the two get along really well—“We can talk about anything,” says Lucía—Mariano says most people don’t realize they’re twins. The two don’t look alike.

“And we don’t know what the other is thinking,” Lucía says, joking about how twins are sometimes portrayed. “But we’re very affected by what happens to the other, whether in school or in competition. We are very united. It’s a beautiful thing.”

Life Is a Team Event

When Mariano felt his teammate’s pace slowing, he knew it didn’t matter how strong he felt. If Mariano pulled his oar harder or faster than his teammate did, the unbalanced effort would send the boat off course.

He matched his teammate’s pace and watched as the

competitors started gaining on them.

As twins, Mariano and Lucía share many things. Among them is a fierce drive to train hard and give their best individual effort to reach their goals. But in team rowing, individual effort alone won’t get you across the finish line first. The twins have learned that if you aren’t in sync with your teammates, you won’t win.

“The effectiveness of the boat depends on unity,” Mariano says. “We’ve got to be thinking the same, whether it’s a team of two, four, or eight.”

“If we’re not working together—” begins Lucía.

“Precisely,” Mariano interjects.

“—the boat won’t work,” she finishes.

It’s a principle the two understand not only as rowers but as twins and as members of the Church.

“When the team is focused on the same objective, it’s much easier to obtain,” Mariano says. “It’s the same with our family. We have the same goal to be together forever. That helps a ton.”

The two understand that working together is essential not only in rowing but in reaching our ultimate goal to



Heavenly Father's presence on our own (see Romans 3:23).

Fortunately, the Savior was willing to put Himself in our boat through the Atonement (see Alma 7:11–12), providing the way to the finish line, where our Heavenly Father is.

But as in rowing, in order to win the prize we must be willing to give up anything that would keep us from rowing in harmony with the Lord. *Atonement* means to be reconciled or restored to harmony. Achieving harmony requires being willing to give up all our sins (see Alma 22:18), put off worldly desires, and do the Lord's will (see Mosiah 3:19).

That's not always easy, but the Savior knows the "race that is set before us" (Hebrews 12:1), and He knows exactly what we need in order to return to our Father's presence.

If we choose not to follow Him, preferring to do things our own way, we are out of sync and in danger of slowing our progress or even putting ourselves out of the race.

We Achieve More Together

In life as well as in athletics, some would rather set their own pace, believing that individuality is the way to true freedom. They choose to row through life alone, not realizing that with Jesus Christ, they could achieve so much more (see Mark 10:27).

In the rowing world, it is well-known that "a team working together can go much faster than an individual," Lucía explains.

On the standard 2,000-meter course, a good time for a single male rower at his best pace is under seven minutes (the world record is 6:35.40). On a team of eight, however, that same rower, even though he may be matched with slower individual rowers,

Just as it took teamwork in addition to individual effort to win the awards they have, the Palermo twins know they must trust in the Savior and be diligent in the gospel to obtain their ultimate goal of returning to Heavenly Father.

become like Jesus Christ and return to our Heavenly Father's presence. The Lord said, "Be one; and if ye are not one ye are not mine" (D&C 38:27).

Once we've learned that life is not a singles competition but a team event, each of us faces a very important spiritual decision.

Whom Do I Follow?

As the second-place team pulled alongside Mariano's boat, it took real discipline for him not to give in to the temptation to row as hard as possible. The finish line was so close. But Mariano knew that rowing at his own pace could be disastrous. At best it would only slow them down; at worst it would send them off course and possibly out of the race.

This choice to follow someone else's pace rather than our own in order to reach our goal is an important principle when applied to life on earth. We cannot return to our

could go even faster. The world record for a team of eight is 5:19.85.

Just as it would be difficult for a single rower to beat a unified team, without the Savior, we cannot obtain our eternal goals.

You Win Some; You Lose Some

Mariano and his teammate refused to give up. But shortly before the finish line, they were passed, leaving them in second place.

Lucía was at the boat ramp when Mariano pulled his boat out after the race. She had her own race coming up to think about, but when she saw his disappointed tears, she broke down herself.

“I knew how hard he had worked,” she says. “I couldn’t bear seeing him so disappointed. I had never seen him like that.”

Together, the twins sorrowed in Mariano’s disappointment. Finally, Lucía’s coach separated them, worried that she wouldn’t be able to focus on her own race. But when the time came, Lucía and her teammate won their pairs race and later the South American

championships, earning the right to compete in the 2004 Olympics.

And just as they had shared sorrow in Mariano’s disappointment, they rejoiced together in Lucía’s success.

“I was so excited when she won the opportunity to compete in the Olympics,” Mariano says. “She earned it.”

With Christ We Can All Win

At the Olympics, Lucía and her teammate ended up ranked 17th. Like Mariano’s results, her finish wasn’t exactly all she had dreamed about. Still, their goals remain high. In the short-term, they want to qualify for an Olympic medal. In the long run, they want to qualify for eternal life.

Both goals will require sacrifice and a willingness to work as one with someone else.

But while the world rewards only one winner (see 1 Corinthians 9:24), no matter how united each team is, the prize the Lord offers can be obtained by all who qualify.

Nephi said that “many of us, *if not all*, may be saved in his kingdom” (2 Nephi 33:12; emphasis added), but we must first “be reconciled unto Christ” (2 Nephi 33:9) by sacrificing our worldly desires in order to follow Him.

The Palermo twins are united in the hope that their faith and sacrifices will be enough to win the one race that matters most of all. **NE**



A man in a white shirt and tie is pointing his finger towards the right. In the bottom right corner, a woman is shown from the chest up, looking upwards with her hands raised in a gesture of surprise or prayer. A large speech bubble containing the title is positioned in the upper right.

You Can't Work on Sundays?

BY TERI EDDY TOPHAM

*That was the question
I was getting over and over.
What was I going to do?*

We won't have any openings for months, and if you work here, you would have to work on Sundays."

The manager of the first store to which I applied for a job sent me on my way.

It was the summer before my senior year in high school, and I had been driving all over town filling out applications. My plan was to

save up enough money to be able to attend college when I graduated. On each application, I indicated I could not work on Sundays. I was firm in my commitment to keep the Sabbath day holy.

A few days later, I handed a completed application to the manager of another store. He quickly scanned the paper and in disbelief asked, "You can't work on Sundays?"

Without hesitation, I answered, "No."

He laughed derisively and replied, "You'll never get a job in this town!"

Feeling deflated, I left the store and climbed into my car. I said a quick prayer out loud, "Heavenly Father, what am I going to do?"

The unmistakable feeling from the Spirit

came, and I knew everything would be all right. The prompting was so strong that I responded out loud, "OK."

About one week later, I received a telephone call. It was the manager from the first store. He said that some of their young cashiers had been stealing money from the registers and that he had fired them. He asked me if I would like to come work for him, adding that I would only have to work on Sundays if there was an emergency. I worked at that store for about one year and only worked one Sunday.

When I began my job search, I decided I would simply have to find a position that did not require Sunday work. I know now that the Lord had a hand in helping me find that job.

I have a sure testimony, just as Nephi, that "the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them" (1 Nephi

3:7). **NE**

ILLUSTRATED BY DILLEN MARSH

THE EXTRA SMILE



RYAN STOKER



"It's from Brother Campbell... He wants to know if we got 100% home teaching again this month."

ERIC LEACH



"Cool! They added spell-check to my alphabet cereal!"

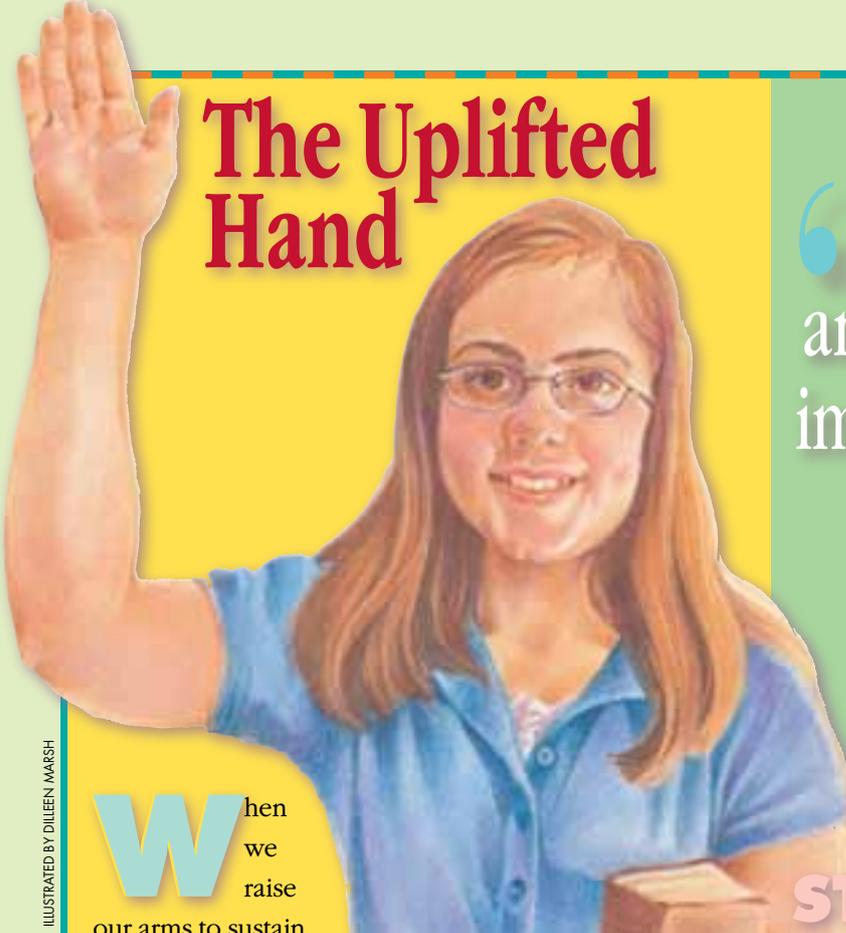
RANDY GLASBERGEN

"Two years ago when you first came home from your mission, I counseled you to be 'anxiously engaged in a good cause.' Now I just wish you were anxiously engaged."



VAL CHADWICK BAGLEY

The Uplifted Hand



ILLUSTRATED BY DILLEN MARSH

When we raise our arms to sustain the prophet and the Apostles, we are doing much more than acknowledging their authority over the Church. We covenant to uphold them, to pray for them, and to follow their counsel.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has said, “You volunteered to uphold—or more literally ‘hold up’—the presiding officers of the kingdom, those who bear the keys and responsibility for the work, not one man of whom sought the position or feels equal to the task. And even when Jeffrey Holland’s name is proposed, . . . your arm goes lovingly to the square.

And you say to Brother Holland through his tears and his nights of walking the floor: ‘You lean on us. Lean on us out here in Omaha and Ontario and Osaka where we have never even seen you, and scarcely know who you are. But you are one of the “Brethren,” so you are no stranger or foreigner to us, but a fellow citizen in the household of God. You will be prayed for in our family, and you will hold a place within our hearts. Our strength shall be your strength. Our faith will build your faith. Your work will be our work’ (“Miracles of the Restoration,” *Ensign*, Nov. 1994, 32).

“We are sometimes so anxious about our personal images, when it is His image we should have in our countenances.”

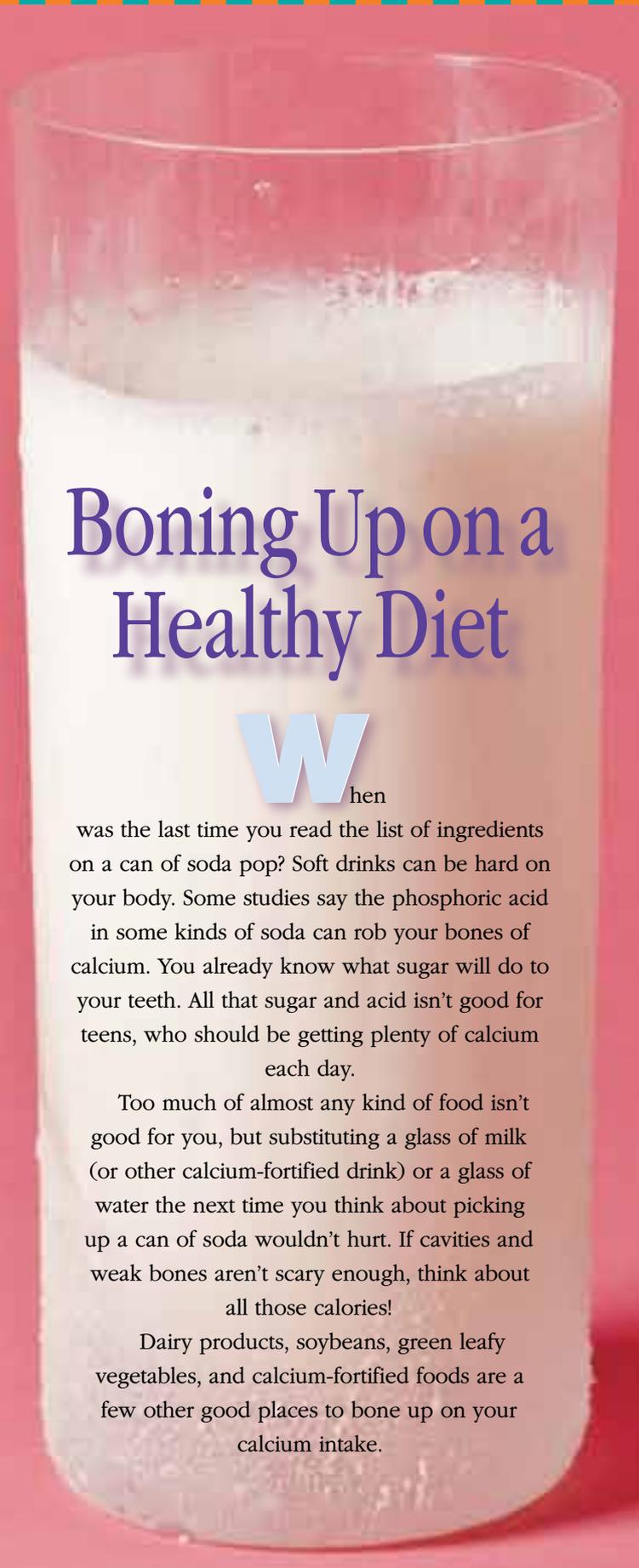
Elder Neal A. Maxwell (1926–2004)
of the Quorum of the Twelve Apostles,
“Answer Me,” *Ensign*, Nov. 1988, 31.

SEARCHING FOR THE STRENGTH OF YOUTH

A H E C S U Y P N T L N N E D U C A T I O N Y
 U L I I E A F L T M H R S D N E I R F Y E D N
 R E U S E A R A I S S E N I H T R O W T I I G
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 A A P A A V A G D B H F R A I E E R T U T D I
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 D S S S S N N I T T T R N N D G R S T G A E G
 E N U T N I L T N E M N I A T R E T N E A G T
 G T A G A A H I I M R A B P N H U A A N L N E

See if you can find these words related to the pamphlet *For the Strength of Youth* by reading forward, backward, up, down, and diagonally.

- | | | |
|-----------|---------------|------------|
| PURITY | HONESTY | STANDARDS |
| BLESSINGS | LANGUAGE | WORTHINESS |
| DATING | FAITH | TITHING |
| FAMILY | EDUCATION | APPEARANCE |
| GRATITUDE | FRIENDS | MUSIC |
| SERVICE | ENTERTAINMENT | SABBATH |
| | | REPENTANCE |



Boning Up on a Healthy Diet

When

was the last time you read the list of ingredients on a can of soda pop? Soft drinks can be hard on your body. Some studies say the phosphoric acid in some kinds of soda can rob your bones of calcium. You already know what sugar will do to your teeth. All that sugar and acid isn't good for teens, who should be getting plenty of calcium each day.

Too much of almost any kind of food isn't good for you, but substituting a glass of milk (or other calcium-fortified drink) or a glass of water the next time you think about picking up a can of soda wouldn't hurt. If cavities and weak bones aren't scary enough, think about all those calories!

Dairy products, soybeans, green leafy vegetables, and calcium-fortified foods are a few other good places to bone up on your calcium intake.



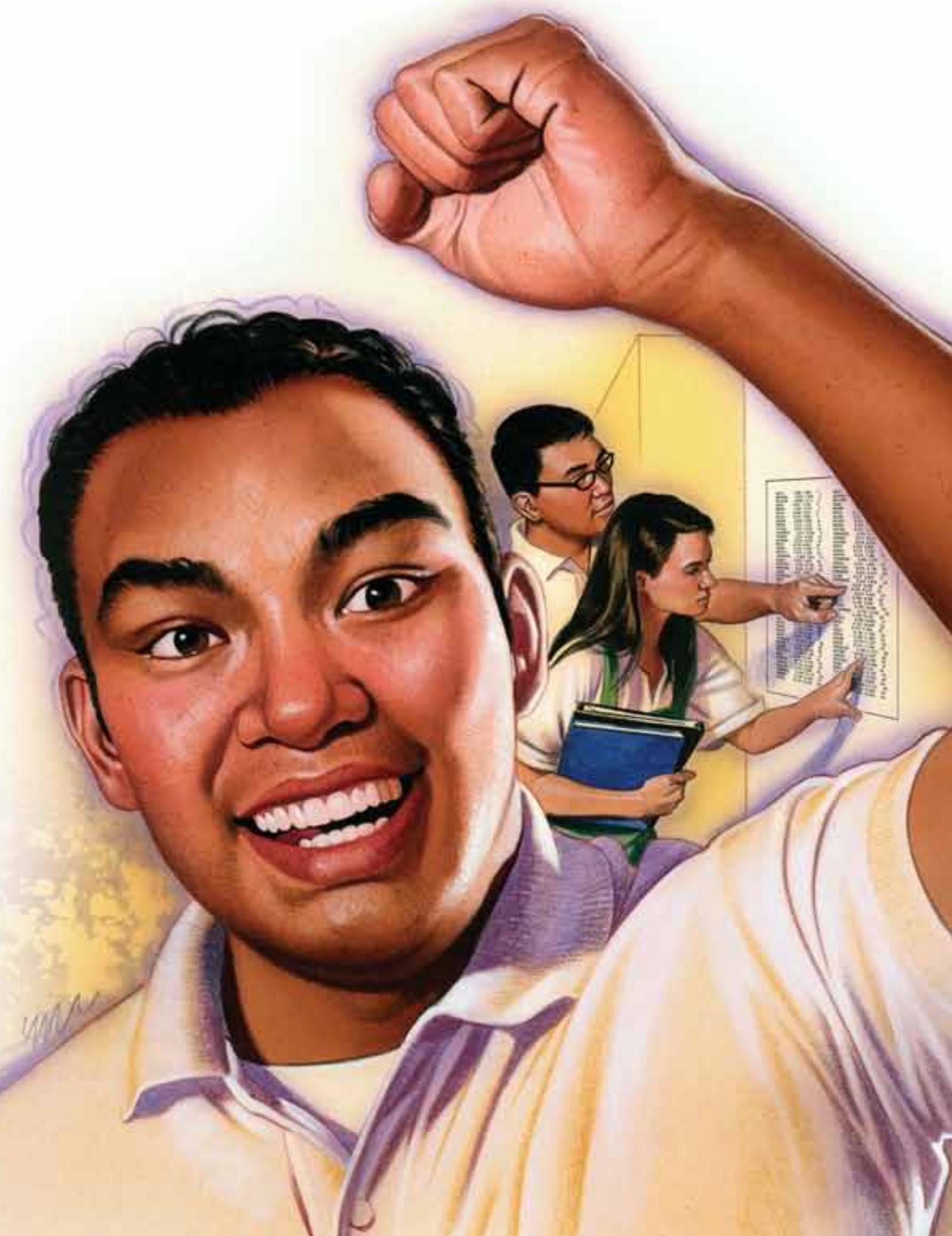
PHOTOGRAPH COURTESY OF THE SEATAc WARD

GIVE IT AWAY

The young women of the Seatac Ward in Seattle, Washington, set a goal last year for each young woman and leader to share two copies of the Book of Mormon. To help create opportunities to do this, each Sunday in opening exercises there was a new Book of Mormon question for the coming week. Questions like “What did you do on Sunday?” or “How did you spend your summer vacation?” could be used to start a discussion with a nonmember friend. The discussion might lead to a gospel discussion and

open the way to give that person a Book of Mormon.

As a result of their goal, miracles happened and the young women were able to place 21 copies of the Book of Mormon. In addition, there were many other missionary opportunities and chances to share their testimonies of the gospel. Each time one of the girls handed out another book, a sticker was added to the young women's torch display and the successful giver shared the experience with the rest of her class.



FOR A BURNT OFFERING



When I was admitted to the university, I shouted for joy. How could I then sacrifice my education to serve a mission?

BY JOSEPH RAY BRILLANTES

And God said unto Abraham, As for Sarai thy wife . . . I will bless her, and give thee a son also of her. . . . Then Abraham fell upon his face, and [rejoiced]" (Genesis 17:15–17; see Joseph Smith Translation, Genesis 17:23).

I shouted for joy. My whole high school must have heard. Other students stared at me, wondering what had made me shout, but I could not contain my delight when I saw my name on the list of students admitted to the Philippines' premier university. I truly felt blessed.

"And thou shalt call his name Isaac: and I will establish my covenant with him for an everlasting covenant, and with his seed after him" (Genesis 17:19).

When people learned that I would be attending the university, they looked at me in awe. In moments of reflection, I couldn't help smiling. My future was set. I was very grateful to the Lord for helping me succeed in the qualifying examinations.

"And it came to pass after these things, that God did [test] Abraham, and said unto him, Abraham: . . . Take now thy son, thine only son Isaac, whom thou lovest, . . . and offer him . . . for a burnt offering" (Genesis 22:1–2).

"Heavenly Father, I can't go on a mission right now. There is so much for me here. Let me continue my studies. After I get my degree, I will go and proclaim Thy gospel.



And the angel of the Lord called unto him out of heaven, and said, . . . Lay not thine hand upon the lad, neither do thou any thing unto him: for now I know that thou fearest God, seeing thou has not withheld thy son, thine only son from me.”

“I need to continue studying, Father. I need this for my future.

“Thou knowest that I have tried to persuade the department head to grant me a leave of absence for two years. She would not allow it. She told me I had to apply for an honorable dismissal from the university if I choose to go.

“Heavenly Father, I can’t go on a mission right now. I need this for my future.”

“And Abraham took the wood of the burnt offering, and laid it upon Isaac his son; and he took the fire in his hand, and a knife; and they went both of them together” (Genesis 22:6).

My heart was heavy as I approached the office door of the college secretary. He would tell me that I was out of my mind, that I would be sacrificing a promising future. How could I explain to him that the Lord had called me?

“And they came to the place which God had told him of; and Abraham built an altar there, and laid the wood in order, and bound Isaac his son, and laid him on the altar upon the wood. And Abraham stretched forth his hand, and took the knife to slay his son” (Genesis 22:9–10).

“I am here to see the college secretary.”

“It is about applying for an honorable dismissal.”

“No, I am in good academic standing.”

“No, I have not been involved in any criminal offense.”

“The reason? I have received a call from The Church of Jesus Christ of Latter-day Saints to serve a full-time proselytizing mission. I need to give up my studies at the university to serve the Lord.”

“No, the mission cannot be postponed, and I will serve for two years.”

“I know that means I cannot return.”

“And the angel of the Lord called unto him out of heaven, and said, . . . Lay not thine hand upon the lad, neither do thou any thing unto him: for now I know that thou fearest God, seeing thou has not withheld thy son, thine only son from me” (Genesis 22:11–12).

“What? I can apply for a leave of absence? My department head said that I had to leave the university because a leave of absence can be granted for only one year.”

“The university policy was recently changed? She must not have known that, nor did I.”

“Thank you very much.”

“And the angel of the Lord called unto Abraham out of heaven . . . and said, . . . in blessing I will bless thee, and in multiplying I will multiply thy seed as the stars of the heaven, and as the sand which is upon the sea shore; . . . and in thy seed shall all the nations of the earth be blessed; because thou hast obeyed my voice” (Genesis 22:15–18).

After I served in the Philippines Ilagan Mission from 2000 to 2002, I resumed my studies at the University of the Philippines in Quezon City and then transferred to Brigham Young University–Hawaii. I look forward to marrying and raising a family in the gospel.

The Lord would have us sacrifice everything to Him. That does not mean we cannot receive the desires of our heart. Sometimes He just wants to see if we will put Him first. **NE**

ABRAHAM 3:22–23

Abraham learned that we all lived before we came to the earth and that we have a mission here.

Intelligences

One definition of *intelligence* is “a spiritual being” (from the 1828 edition of Webster’s *Dictionary of the English Language*, which shows how this word was used in Joseph Smith’s day).

Organized

“In the premortal realm, spirit sons and daughters knew and worshiped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize his or her divine destiny as an heir of eternal life.”

“The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102.

Before the world was

To learn more about premortal life, read:

- *True to the Faith* [2004], 115–16.
- “The Fulness of the Gospel: Life before Birth,” *Ensign*, Feb. 2006, 30.
- The scriptures listed in the Topical Guide under “Man, Antemortal Existence of.”

Noble

Noble—having outstanding qualities and high moral character

Rulers

“The Prophet Joseph Smith . . . and other choice spirits . . . were reserved to come forth in the fulness of times. . . . They were also among the noble and great ones who were chosen in the beginning to be rulers in the Church of God. Even before they were born, they, with many others, received their first lessons in the world of spirits” (D&C 138:53–56).

Chosen

“Every man who has a calling to minister to the inhabitants of the world was ordained to that very purpose in the Grand Council of heaven before this world was.”

Joseph Smith, *History of the Church*, 6:364.

Editor’s note: This page is not meant to be a comprehensive explanation of the selected scripture verse, only a starting point for your own study.

22 Now the Lord had shown unto me, Abraham, the ‘intelligences that were organized before the world was; and among all these there were many of the ‘noble and great ones;

23 And God saw these souls that they were good, and he stood in the midst of them, and he said: These I will make my rulers; for he stood among those that were spirits, and he saw that they were good; and he said unto me: Abraham, thou art one of them; thou wast ‘chosen before thou wast born.

24 And there stood ‘before them that was the only God, and he said unto them: Know ye these things which I have said unto you.



THE NIGHT OF THE TEST

BY LEHI L. CRUZ

When I was in my final year of elementary school, all of the students went camping in Negros Occidental, Philippines, before our graduation. We pitched our tents at the campsite and had a good time exploring among the guava and mango trees. When night came, my parents came to check on me. They told me to be very careful, and then they left.

One of my classmates invited my friends and me to take a ride with him and his older cousin. His cousin drove us around, and we had fun until—to my surprise—my classmates brought out beer and cigarettes. We parked the car near the campsite, and they began to drink the beers and smoke in the car. They invited me to join them, but I refused.

I said I wouldn't join in because smoking would shorten my life-span. I also said that it is against my beliefs, because I have been taught the Word of Wisdom. I told them that the Word of Wisdom is a law that teaches that we should keep our bodies clean, because they are temples of God. I told them we must avoid smoking; drinking alcohol, tea, and coffee; and taking drugs. My best friend and I left the group and slept in our tent.

When I went home, I was happy to tell my dad that I had not joined my classmates but instead had taught them about the Word of Wisdom. I was happy the Holy Ghost was there to guide me and give me the courage to speak to my friends.



From this experience I learned that our obedience will be tested when we are on our own, without parents or others to support us. I feel grateful for the Word of Wisdom and am committed to obey it. When I am old enough, I will go on a mission and teach many people the importance of the Word of Wisdom. **NE**

WHAT DO YOU BELIEVE?

BY ALEESHA RUTLEDGE

In my English class we were having a debate about evolution. We easily wandered into the topic of religion. Some students started to ask what members of The Church of Jesus Christ of Latter-day Saints believe. My teacher could not answer the questions.

So he said, "Aleesha, why don't you tell us what you believe?" I knew that I could not turn this opportunity down. I stood up and told the class some of our basic beliefs. They asked a few questions, which I was able to answer. After class, one girl came up to me and asked me how to learn more. I gave her a Book of Mormon the next day.

The gospel has never made so much sense to me. Being able to share my beliefs with my peers at school strengthened my testimony so much. **NE**

PLEASE TAKE MY PAIN AWAY

BY SHARAH MESERVY

The only light came from the glowing numbers of the digital clock. It was very late, and I was lying curled up in bed longing for sleep. I tried desperately to clear my mind. But there was too much to forget, too many memories swirling around in my brain, haunting me.

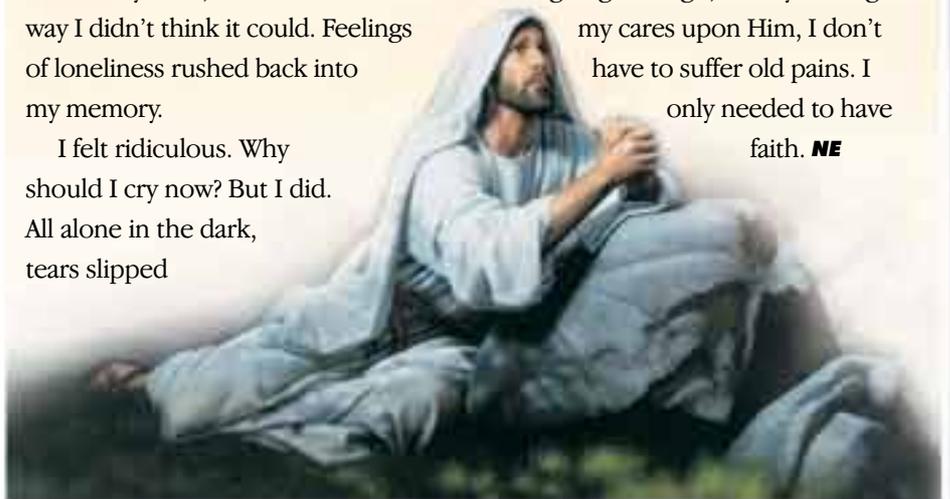
My conversation with a friend that day had stirred it all up. We had started talking about how much I would miss her when she moved away to school in a few months. We had grown up together in England, and now we would be apart for the first time. We progressed to old memories and then on to arguments we'd had. At first it was just funny, but then we got a little more serious as she told me things other people had said about me years ago. She didn't think it would bother me. After all, we were all friends now. I had had such a difficult time finding friends back then. Finding out that even my best friends hadn't liked me, had said things behind my back, affected me in a way I didn't think it could. Feelings of loneliness rushed back into my memory.

I felt ridiculous. Why should I cry now? But I did. All alone in the dark, tears slipped

down my cheeks and soaked my pillow as memory after memory of rejection replayed in my mind.

Abandoning hopes for sleep, I slipped from my bed, tiptoed to the bathroom, and turned on the light. I sat down and buried my face in my hands, sobbing as quietly as I could. I began to pray silently: "Please Heavenly Father, what do I have to do? Can't the pain be taken away? Please, please take the pain away." I repeated my plea over and over in my mind.

It happened in an instant. The answer came like a flood of light into my mind. The words were from a talk I'd heard months before, but the meaning had only just sunk in. The scriptures say that Christ would "take upon him the pains and the sicknesses of his people" (Alma 7:11). The Atonement is not just for sinners! He did not just suffer for my sins, He suffered everything I have suffered or ever will suffer! He knows what I'm going through, and by casting my cares upon Him, I don't have to suffer old pains. I only needed to have faith. **NE**



RECOGNIZING THE SAVIOR

BY JADE SWARTZBERG

I was sitting at a table with some friends in our middle school cafeteria when the topic of Christ's Second Coming came up. My friends were not very religious, but they had been to church enough times to have heard of the prophesied event. They also knew that I went to church regularly and that I had a firm belief in the Savior.

We talked about it for a while, and in response to their questions I told them that no one knows exactly when Christ will come again. One of my friends turned to me and said quite seriously, "Jade, if the Second Coming happens soon and Jesus Christ comes, I may not recognize Him. Will you point Him out to me?"

Of course I said I would, and we started talking about other things.

My friends have probably never thought about that conversation again, but I have thought of it many times. Based on what I said and did, my friends assumed that I knew the Savior. In fact they counted on me to know Him! But do I really? Could I answer yes to Alma's question, "Have ye received his image in your countenance" (Alma 5:14)?

That casual question asked by my friend has caused me to evaluate my relationship with the Savior many times. For example, is my personal prayer and

scripture study meaningful enough that it brings me closer to Him? I hope so. And I hope that one day when Christ does come, I can stand before Him with a pure heart and clean hands. Then not only will I be able to easily recognize Him, but He will be able to recognize me because I will have His image engraven upon my countenance (see Alma 5:19). **NE**

Share your own experience with us. Send it to us at newera@ldschurch.org.



Mutual Activity Idea

- Create your own game of scripture bingo. Have each person make a card by writing the name of a New Testament book in each of 15 squares. Cut up the list of books, and draw the names out of a bowl. Try Book of Mormon names next.

Personal Progress or Duty to God Idea

- Go over your Personal Progress or Duty to God booklets with your parents. Plan how they can help you complete some of your goals. You may want to include more family members in working on your goals.

Family Home Evening Idea

- Try creating your own Line upon Line like the one on page 13. Take a verse of scripture, or perhaps several verses, and go through them word by word. Look up any difficult or unfamiliar words. Ask a member of the family to try to find a quote from the General Authorities about the scripture on the Church's Web site (lds.org). You might even write down on a poster what you have learned about that scripture. To include younger brothers or sisters, you might use illustrations or pictures when you can.

SUNDAY LESSON HELPS

In addition to the Resource Guides (printed in the May and November *Ensign*), Young Women and Aaronic Priesthood teachers may find these additional resources helpful in enhancing lessons 37–41.

Young Women Manual 2

Lesson 37: Maintaining Chastity through Righteous Living

Name Withheld, "Courting Disaster," *New Era*, Feb. 1998, 34.

Lara Bangerter, "The Man of My Dreams," *New Era*, June 2001, 8.

Lesson 38: Physical Health

Danielle Nye Poulter, "Weighing In for a Mission," *New Era*, Sept. 2006, 32.

Riley M. Lorimer, "Take Care," *New Era*, July 2007, 34.

Lesson 39: Preventing Disease

Idea List: "A Healthier You," *New Era*, Nov. 2006, 23.
"Staying Healthy: Welfare Services Suggests How," *Ensign*, Jan. 1981, 10.

Lesson 40: Self-Mastery

Joe E. Christensen, "I Resolve," *New Era*, Jan. 1998, 4.
Robert E. Wells, "In Control," *New Era*, Sept. 1987, 4.

Lesson 41: Optimism

New Era Poster: "Develop a Good Attitude," *New Era*, July 2005, 19.
Vicki Leavitt Driggs, "The Grudge," *New Era*, Nov. 1986, 12.

Aaronic Priesthood Manual 2

Lesson 37: Understanding Women's Roles

Gordon B. Hinckley, "The Women in Our Lives," *Ensign*, Nov. 2004, 82.

James E. Faust, "The Highest Place of Honor," *Ensign*, May 1988, 36.

Lesson 38: Living Righteously in an Unrighteous World

Jeffrey R. Holland, "Be Ready and Worthy," *New Era*, May 2006, 2.

Thomas S. Monson, "A Code to Live By," *New Era*, Sept. 2005, 4.

Lesson 39: Moral Courage

David A. Bednar, "Be Honest," *New Era*, Oct. 2005, 4.
Chris Crowe, "Curses, Foiled Again," *New Era*, Nov. 1987, 35.

Lesson 40: Avoiding and Overcoming Temptation

Aaron L. West, "If a Bug Flies into Your Mouth," *New Era*, this issue, 24.

April Anderson, "Chicken Bones," *New Era*, Aug. 2005, 19.

Lesson 41: The Sacrament: In Remembrance of Him

William Powley, "In Any Language," *New Era*, May 1995, 38.

THE MISSIONARY ISSUE

I have always enjoyed reading the *New Era*. I especially liked the missionary preparation issue (Mar. 2007). The March issue was a great magazine, and I think I am becoming more and more prepared to serve a mission after reading some of the articles. One article that I really enjoyed reading was “We’ve Got to Find Her” by Elder Bruce C. Hafen. Please continue to write about missionaries and serving missions.

Caleb L., Washington

I appreciated the article “A Day in the Life of a Missionary” in the March 2007 *New Era*. An entire issue dedicated to those who want to serve a mission helped me to know what I will do when I am ready to serve a mission. I would have liked to know about preparation day and how missionaries spend that day.

Kelton G., Arizona

I would like to thank you for the March 2007 issue. I am grateful to the *New Era* for helping our young men and women who are deciding whether or not to go on missions. There is no greater call from our Savior than to go and serve a full-time mission.

Elder Raynor B., Kenya Nairobi Mission

STAYING FAITHFUL

I really enjoyed the article “Knock Again” (May 2007). Reading it reminds me of just how important it is to stay faithful and endure to the end. You influence people beyond your understanding, even if you think of yourself as just the average teenager. Be very careful and aware of what you do and say. You could change countless lives for good or bad. It is your choice.

Melanie M., Utah

“It is awesome to think the New Era, helps teenagers all around the world in their daily lives.”

BLESSED BY MAGAZINE

I would like to thank you for all of the wonderful stories and articles you have in your magazine. The stories and advice have been a great blessing in my life and in my family’s life. I know many people who have been very blessed by the *New Era*. Sometimes it can be one of the most helpful and inspiring parts of a person’s month. Thanks for all that you do.

Ashley B., Ohio

THANKFUL

Thank you for publishing the April 2007 *New Era*. The words of Elder Henry B. Eyring helped me a lot as I battle with my pride. Truly the Lord works in a mysterious way. You really answered my prayers and gave me comfort.

Carlo P., Philippines

HELP IN DAILY LIVES

I think the *New Era* is great! It is awesome to think it helps teenagers all around the world in their daily lives. I know it helps me every day. Thank you so much for what you do.

Taft H., Utah

SCRIPTURE STORIES

I read the *New Era* cover to cover when I receive it. I think that you need to put more scripture stories in the magazine. It will help youth who don’t go to seminary or study the scriptures to start studying them.

Christine E., British Columbia, Canada

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.

ILLUSTRATED BY SCOTT GREER



A NEW DAY

BY ANITA SMITH LISBERG

The light breaks.
The world awakes.
It is morning.
Light filters through
The trees and falls
Upon the leaves.
A new day
Is dawning.
The clouds part.
I see the start
Of a rainbow
Appearing.
Joy fills my soul
And now I am whole.
All doubts
Are clearing
Away.



COMING NEXT MONTH

- *A mother and two daughters make sweet music together.*
- *A young woman living in a single-parent family thought she wasn't as good as others. She finds out she was wrong.*
- *Need more confidence? Elder Holland has some suggestions to increase your self-worth.*
- *How did Nephi learn? Can we imitate his methods in our lives now?*

Look forward to reading these articles in the upcoming October 2007 New Era.

SEE US ONLINE AT WWW.NEWERA.LDS.ORG

