



BOUNTIFUL NORTH CANYON FIFTH WARD

SPIRE

February 2019

Love One Another *by Brother James Gardner*



During the Last Supper Jesus taught the disciples many things. Perhaps the one that is remembered most is to “Love one another as I have loved you.” It is a simple teaching but one that clearly told them and us how to truly be His disciples. “By this shall men know.” By the love we show and give, we become His disciples.

What does this kind of love look like? Jesus tells us that we must love as He did. He gave us perfect examples of love in the ways He treated His apostles and disciples. The love He shared looks like patience as He brought peace to their doubts and fears on the stormy waters of Galilee. It looks like forgiveness when Peter denied Him three times and yet Christ trusted him to be His rock. It looks like believing the best in others when He invited Peter to walk on the water knowing he wasn’t perfect but had potential. It looks like empathy for others as He cried with Mary and Martha, understanding their feelings of loss and sadness. It looks like service as He washed their feet and sacrifice as He prayed while they slept.

The Savior provided many examples of love to His disciples and to us. Our challenge is to love as He did in a world where differences and dissonance drive us apart. We are taught that if we love our enemy we are weak; if we leave ourselves open to love, we can get hurt so we are foolish to do so; or if we simply listen to the beliefs and ideas of others, then we have caved. That is not how Jesus loved and that is not how we should love.

Elder Wirthlin taught “What quality defines us best as members of The Church of Jesus Christ of Latter-day Saints? I would answer: we are a people who love the Lord with all our hearts, souls, and minds, and we love our neighbors as ourselves. That is our signature as a people. It is like a beacon to the world, signaling whose disciples we are.”

Where do we begin to love our neighbors as ourselves? This month my challenge to us all is to invite one person or a family (maybe someone you minister to or someone who ministers to you) over for lunch or dinner. Keep it simple. Perhaps it can be after church and you can discuss the next week’s “Come Follow Me” lesson or just discuss



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Congratulations!

Amber & Jared Gardner on the birth of their daughter

Jenny & Josh Minson on the birth of their daughter

New Ward Callings

Matt Rocha - Emergency Preparedness Coordinator

Nancy & Cliff Porter - 9th Branch Coordinators

Matt Brice - Sunday School Course 11

Derek Cooper - Sunday School Course 11

Jenny Minson - RS Compassionate Service

Elisa Felley - Humanitarian Com. Chair

Helen Hunter - Primary Worker (Nursery)

Bailee Cooper - Primary Worker (Nursery)

Misha Dalley - Online Photo Directory Coord.

2019 Class & Quorum Advancements

The following youth will be advancing as a group for the coming calendar year. This is an exciting new change and we wish each one best wishes and many blessings as they progress.

Beehives - Eliza Davis

Deacons - Ethan Cochran, Owen Hansen
Payton Lee, Parker Miller

Mia Maids - Ethne Creighton, Eilee Davis,
Dylan Hansen, Kienna Stats,
Loni Tippets, Bella Wright

Teachers - Jimmy Davis, Robert Draper
Michael Freebairn, Orson Hunter
Grant Jensen, Jensen Phillips
Wyatt Shirley, Hank Tippets

Laurels - Jaina Davis, Lydia Loftus

Priests - Ammon Rodgers

Happy Valentines Day!



Arthur Hunter Receives Top Scouting Award

On January 5, at an Order of the Arrow banquet, Arthur Hunter was awarded "Arrowman of the Year." This award is for just one Scout who has distinguished himself apart from all others of the lodge/council by serving cheerfully and willingly.

Arthur and fellow Scouter Damon Hooker, Jr., also received the Vigil Honor. The Vigil Honor is the highest honor that the Order of the Arrow can bestow upon its members for service to lodge, council and Scouting. Membership cannot be won by a person's conscious endeavors.

Congratulations, Arthur and Damon!

Our Scouts had a great time at the Klondike Derby near Heber City on January 25 and 26!



The fact that boys turn into a modern version of Tom or Huck with pirate tendencies on campouts is never more apparent than when leaders are compelled to sleep with them in the same confined space. Or not sleep, that is. Through experience we know caffeine, candy and screens produce the same hangover effect as those BSA banned substances most commonly associated with the condition. Towards noon, vitality and vigor were mostly restored, resulting in a strong finish in the Klondike activities - namely the sled race, the log saw and fire building (which one team from the troop got the fastest time)! Special thanks to Robin Phillips who volunteered for the abuse!

Josh Hansen - Scoutmaster

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the weather. But from my experience, when you invite others into your home, share a meal and give a little of your time and energy, being a friend is a little more natural. Loving that person is a little easier and we are literally and figuratively feeding His sheep. You may even find the answer to how to be a minister.

This is not a directive, only a challenge/suggestion, but I know that we have been blessed when our family has invited neighbors to come into our home, to become a little more a part of our life and to be our friends instead of just a quick hello or two-minute conversation in the hallway at church. Let's find opportunities to love as Jesus loved and make our lives happier and more meaningful as we do so.

Brother Gardner and the 5th Ward Bishopric

CUB SCOUTS

**Pack Meeting
for February
will be the annual**

**Blue and Gold
Banquet
Tuesday,
February 26
6:30 p.m.**



We'd like to thank everyone that helped make our Scatter Sunshine Activity a success. Also a big thank you to everyone for taking the time to come to the ministering interviews and for all that you do to watch out for and take care of those in our ward and neighborhood!

You're all great examples of what Elder Uchtdorf spoke about in his talk "Believe, Love, Do" that we discussed on January 27. He states "You will find that this church is filled with some of the finest people the world has to offer. They are welcoming, loving, kind and sincere. They are hardworking, willing to sacrifice and even heroic at times Regardless of our differences, we seek to embrace one another as sons and daughters of our beloved Heavenly Father As we believe in God, as we love Him and love His children with all our hearts, and as we strive to do as God has instructed us, we will find healing and peace, happiness and meaning."

Please take note of our upcoming ward and stake Relief Society activites!

Love, Your Relief Society Presidency

February Relief Society Lessons

February 10 - "*The Ministry of Reconciliation*" by Elder Jeffrey R. Holland, taught by Mindy Dalley

February 24 - "*For Him*" by Joy D. Jones, taught by Brooke Freebairn

February Activity

Relief Society Spa Night

Tuesday, February 19

7:00 p.m.

**Demonstrations on making
Lotion Bars & Bath Bombs
Chocolate Treats!**

Hope to see you!

Choose Joy

STAKE WOMEN'S CONFERENCE

Date: Saturday, March 2

Time: 10:00 a.m. - 12:00 p.m.

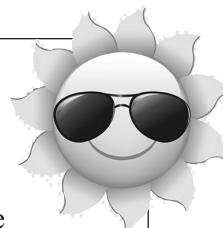
Place: North Canyon Stake Center

Join us for a very special speaker,

John Bytheway, and luncheon

Laurels are invited

Scatter the Sunshine RS Activity a Bright Spot



On Tuesday, January 15, the Relief Society sisters gathered in the cultural hall for a fun and inspirational activity to lift our dreary winter spirits. We made “yellow” sunshine baskets that were scattered to many sisters around the ward to bring a little cheer. We were also able to assemble and take a lemon body scrub.

Activities chairlady, Shauna Sabey, lead a discussion about the book “What Would a Holy Woman Do?” by Sister Wendy Watson Nelson.

Shauna gave us the highlights of Sister Nelson’s book, starting with a challenge to pick one activity each day for three days and approach it with the attitude of “how would a holy woman do this?” The activity could be anything from laundry, to dealing with kids or to reading scriptures. Three women from our ward - Heidi Harker, Gloria Campbell and Heidi Holmes - took this challenge and reported back with their insights.

All the sisters were asked, if they desired, to try this same challenge for three days:

- **1st** - Concentrate on just one activity for each of the three days.
- **2nd** - Pray for guidance or help each day for your chosen activity.
- **3rd** - Don’t make it a guilt trip. If things are not working, take a break or seek for a different solution. The key is to keep trying.

Sister Nelson says, “Start by praying for one specific gift that will help you with one specific weakness. Ask for it. Plead for it. Fast for it. Then pray for another gift to help with another weakness. And then another, and another. Gift upon gift, you and I can become more holy.”

Many thanks to Sister Sabey and the Activities Committee for this delightful evening.



PRIMARY

January has been a month full of big changes. We're excited to welcome our new Sunbeams! All of our Primary kids are getting used to their new classes. We appreciate the efforts our teachers are putting in to making their lessons great. Sister Bailee Cooper and Helen Hunter are our newest nursery leaders.

We're excited to add desk bells to our singing time. The children love to have a note to play! What a great idea.

Congratulations to our secretary, Amber Gardner, on her new arrival
- Kaitlyn Jane.

*Tiffany Sorenson,
Asst. Primary Sec.*



Activity Days



On January 9, our activity centered around snowflakes. We discussed how each of us is unique and one of a kind, just like snowflakes. The girls cut out snowflakes, and listed characteristics about themselves on their creations. They also painted some snowflakes and of course we had snowball ice cream treats.

On January 26, the Stake Activity Day event entitled "You were born to be a Queen" was held at the stake center. Moms and girls enjoyed mini-classes and lunch. Thanks to our wonderful

stake Primary presidency for planning this fun activity.

February 13 - we will meet at the church at 3:45 p.m. and do a service project titled "Buckets of Love." We will be decorating valentines and delivering treats. Because we will be away from the church we will bring the girls home.

February 27 - We will meet at the church at 3:45 p.m. and go into Salt Lake to take a tour of the Conference Center. We will also bring the girls home after this activity.

Linda Marrelli - Activity Days Leader



Activity Day Girls and their moms participated in activities and mini-classes at the stake Activity Day on January 26.



Eight Suggestions for Balancing Life's Demands

by Elder M. Russell Ballard

First, think about your life and set your priorities. Find some quiet time regularly to think deeply about where you are going and what you will need to do to get there. Jesus, our exemplar, often “withdrew himself into the wilderness, and prayed” (Luke 5:16). We need to do the same thing occasionally to rejuvenate ourselves spiritually as the Savior did. Write down the tasks you would like to accomplish each day. Keep foremost in mind the sacred covenants you have made with the Lord as you write down your daily schedules.



Second, set short-term goals that you can reach. Set goals that are well balanced—not too many nor too few, and not too high nor too low. Write down your attainable goals and work on them according to their importance. Pray for divine guidance in your goal setting.

Third, through wise budgeting, control your real needs and measure them carefully against your many wants in life. Far too many individuals and families have incurred too much debt. Be careful of the many attractive offers to borrow money. It is much easier to borrow money than it is to pay it back. There are no shortcuts to financial security. We never will have balance in our lives unless our finances are securely under control. Remember to always pay a full tithing.

Fourth, stay close to your spouse, children, relatives, and friends. They will help you keep a balance in your life. Build relationships with your family and friends through open and honest communication.

A good marriage and good family relationships can be maintained through gentle, loving, thoughtful communication. Remember that often a glance, a wink, a nod, or a touch will say more than words. A sense of humor and good listening are also vital parts of good communication.



Fifth, study the scriptures. They offer one of the best sources we have to keep in touch with the Spirit of the Lord. One of the ways I have gained my sure knowledge that Jesus is the Christ is through my study of the scriptures. President Russell M. Nelson has asked members of the Church to prayerfully study the Book of Mormon every day.

Sixth, we must schedule time on our daily calendars for sufficient rest, exercise, and relaxation if we are to enjoy a healthy and balanced life. Good physical appearance enhances our dignity and self-respect.

Seventh, hold weekly family home evening. We must not lose this special opportunity to “teach one another the doctrine of the kingdom” (D&C 88:77), which will lead families to eternal life.

Satan is always working to destroy our testimonies, but he will not have the power to tempt or disturb us beyond our strength to resist when we are studying the gospel and living its commandments.

My last suggestion is to pray often. You can know the right decisions to make each day through constant, sincere prayer. When I am in tune spiritually, I find that I can balance everything in my life much more easily.

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4.....	Eden Gardner
8.....	Wesley Vedaa
9.....	Tatum Minson
10.....	Diana Rogers
11.....	Rebecca Draper
	Brynn Morrill
12.....	Eric Christensen
	Jacob Loftus
	Michael Petersen
13.....	Amy Hunter
14.....	James Gardner
	Kayla Ralph
15.....	Gloria Bushey
	Alicia Curtis
17.....	Phil Barnett
	Elyse Frank
18.....	Dorothy Christensen
	Hank Tippets
	Loni Tippets
19.....	Marek Ash Miller
20.....	Dave Stuart
21.....	Michelle (Misha) Dalley
22.....	Gail Cunningham
	Gayle Rafferty
25.....	Brighton Reed
26.....	Mercedes Mortensen
27.....	Isabella Wright
28.....	David Hansen
	Brandon Miller
	Jenny Minson
	Andy Schnebly
29.....	Cedric Hunter
	(Oops! Leap-year kiddo!)

ELDERS QUORUM

Elders Quorum Meeting Discussion Schedule:

February 10 - “*Spiritual Eclipse*” by Elder Gary E. Stephenson - facilitated by Steve Freebairn

January 27 - “*Believe, Love, Do*” by Elder Dieter F. Uchtdorf - facilitated by Dan Higgs

SELF-RELIANCE DEVOTIONAL AND CLASSES

Sunday, February 10 - 3:30 - 4:30 p.m.
North Canyon Stake Center

For individuals 18 and older: Come learn about the NEW Self-reliance Initiative being implemented across North America.

FIND A BETTER JOB

PERSONAL FINANCES

EDUCATION FOR
BETTER WORK

STARTING & GROWING
A BUSINESS

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I realize that other suggestions could be added to these. However, I believe that when we focus on a few basic objectives, we are more likely to be able to manage the many demands that life makes on us. Remember, too much of anything in life can throw us off-balance. At the same time, too little of the important things can do the same thing. King Benjamin counseled “that all these things are done in wisdom and order” (Mosiah 4:27).

Often the lack of clear direction and goals can waste away our time and energy and contribute to imbalance in our lives. Our main goal should be to seek “immortality and eternal life” (Moses 1:39). With this as our goal, why not eliminate from our lives the things that clamor for and consume our thoughts, feelings, and energies without contributing to our reaching that goal?

Just do the very best you can each day. Do the basic things and, before you realize it, your life will be full of spiritual understanding that will confirm to you that your Heavenly Father loves you. When a person knows this, then life will be full of purpose and meaning, making balance easier to maintain.

Editors Note: This excerpt was originally from a conference address given in April 1987. It seems very appropriate to go with our Stake Self-reliance Program, goals and classes, starting February 10.