



BOUNTIFUL NORTH CANYON FIFTH WARD

SPIRE

November/December 2019

Thoughtful Decisions *by Bishop's Counselor James Gardner*



“If you hesitate in this adventure because you doubt your ability, remember that discipleship is not about doing things perfectly; it’s about doing things intentionally. It is your choices that show who you truly are, far more than your abilities.”*

Everyday we make thousands of choices. Some choices are straightforward and clear. We choose what time to get up, what to have for breakfast, what to wear, what route to take to get our errands done, which song to listen to on the radio or when to go to bed. Other choices are more subtle and are made almost without thinking. How long should you scroll through social media; how long to focus on your friend’s bad habit that is making you angry; how often to wish you had more time, money and talents; when to pray for forgiveness; when to remember the Savior; or when to take a moment and be grateful the beauty around you.

I believe it is the second set of choices that makes the biggest difference in our lives. Turning these thoughtless moments into thoughtful decision-making opportunities begins to define who we are and what we become. As we make intentional choices to follow the spirit and in turn, follow the Savior, our hours, days, weeks, months and years begin to be more meaningful, more purposeful and more full of love and light.

Recently our youth have been invited to make goals to improve themselves in four different areas: Physical, Spiritual, Intellectual and Social. Kathy and I have been setting yearly goals based on these four areas since we were married. I have been successful in reaching some goals and not so successful in others. As I reflect, I find I have better outcomes when I am better at making a plan, making it known and making small but important intentional decisions.

For example, this year I wanted to spend more meaningful time with my kids, so I assigned each one a day and told them they could choose what we do for 30 minutes on that day. I guarantee I will reach this goal because my kids never let me forget. I also set a goal to read the *Book of Mormon* everyday, but I failed to set a time or to include others in my goal and I haven’t been making the intentional choice to choose reading the scriptures over reading the news or sleeping and extra 30 minutes, and as a result, I haven’t been reaching my goal - yet.

“Even when you fail, you can choose not to give up, but rather discover your courage, press forward, and rise up. That is the great test of the journey. God knows that you are not perfect, that you will fail at times. God loves you no less when you struggle than when you triumph. Like a loving parent, He merely wants you to keep intentionally trying. All God asks is that [we] consciously keep striving.”*

So I encourage us all to do so. Let’s set some goals alongside the youth of the church. Let’s make a

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Congratulations!

Stacy & Matt Rocha - on the birth of their son

New Ward Callings

Shelly & Kent Njord - Sunday School Instructors

Welcome New Neighbors!

Zachary & Tressie Kitchen

Joe & Jenna Cutler



Marisa Sabey is turning eight years old! She is a bright and energetic girl who loves learning and exploring the world around her. She loves art, playing her ukulele, learning sign language, reading, cooking and anything outdoors. Marissa is so excited to be baptized. She has a strong testimony of her Savior, she loves the temple and she has a tender heart which is quick to feel the spirit. Her favorite song is "I Am Like a Star Shining Brightly." She is definitely a bright star in her family.



Abby Baker (Green) is so excited for her eighth birthday. She is excited to be baptized and you can tell she is going to be ready because she asks great questions about the gospel that show she thinks about it each day. She is an example of goodness and kindness to her friends and is loved by everyone who knows her. She loves learning Chinese at school and piano lessons with her mom. She has a wonderful sense of humor and spreads joy everywhere she goes!



Callie Minson has had the biggest heart from the day she was born! She is always concerned about others and she is quick to give away almost any of her possessions if she knows it would put a smile on someone's face. Callie is a great helper with her younger brother and sister and a joy to her family. She loves to dance and has taught herself some gymnastics. She has a strong-willed attitude. She knows what she wants but most importantly, she knows what she believes. Callie is excited that she will soon be baptized. It is great to be eight!!!



Ammon Rodgers is taking that big step to 16 years old! He is a wonderful son, brother and friend to many. From a young age he had many friends who have stuck by him through the years. His social calendar is always filled up! Ammon is an excellent student and has enjoyed serving time in the Order of the Arrow Scouting. He plays the tenor saxophone

in the Bountiful High School band. Ammon has a testimony of the Gospel of Jesus Christ and is very honest, friendly and caring towards others. Happy Birthday!



Ward **Sub-for Santa Wrapping Party**

**Tuesday, December 4
7:00 p.m.**

Ward Cultural Hall

Everyone is invited to come wrap gifts for children who need our help!

MISSIONARY UPDATE



Helen Hunter spoke in Sacrament Meeting on October 27, as she will be entering the MTC on Wednesday, November 6. She wasn't too sure about her mission call to the Arizona Scottsdale Mis-

sion, but later received a witness that this is where Heavenly Father wanted her to serve.

Sister Hunter spoke to us on how we can all be missionaries in small and simple ways. She told how her mother and aunt recently attended an International Conference and met a chief and queen from Ghana, Africa. These sisters became tour guides for the visiting couple as they had no other plans besides attending the conference. They took them to several historic and religious sites and were able to share a few precepts of the Gospel of Jesus Christ.

Several weeks later, Sister Hunter and her family heard about the chief and queen and they were attending a stake conference in Ghana. Sometimes we just need to be a friend to someone.

Helen reminded us of the admonitions of President Dallin Oaks. He encouraged us all to pray for a desire to share the gospel, to keep the commandments because faithful members will have the Spirit to guide them and also to pray for inspiration and courage.

Sister Hunter bore her testimony that she knows that Jesus is our Savior, that the *Book of Mormon* is true and how much she loves the gospel.

We know she will be a great missionary and wish her Godspeed as she leaves on the Lord's errand.

WARD CALENDAR

Thurs. **Nov. 7 - RS Holiday Dinner** 6:30

Thurs. **Nov. 7 - Adult Institute** 7:00 p.m.
with Jack Marshall in Chapel

Sat. & Sun. **Nov. 16-17 - Stake Conference.** Sat. Adult Session 6:00 p.m.
at Stake Center; Sun. General Session 10:00 a.m. at Regional Center

Sun. **Nov. 17 - Youth Face-to-Face with Elder Gong** 4:00 p.m. May be held at our chapel or Stake Center.
Watch for more info.

Tues. **Dec. 4 - Ward Sub-4-Santa Wrapping Party** 7:00 p.m. in Cultural Hall.
Items will be for needy school children.

Sat. **Dec 7 - Ward Neighborhood Family Christmas Party** - More info coming

Sat. **Dec. 11 - YW Christmas Party**
6:30 p.m. at Sister Draper's Home

Sun. **Dec. 22 - Sacrament Meeting only**
no second hour

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plan, share our goals with those who can help us and then begin to make intentional and conscious efforts every day to reach them. Begin, continue and carry-on with an optimism based in knowing that you will never be perfect but that in your "conscious striving," you will be blessed. In your failures and triumphs you will be truly loved by Heavenly Father.

**"Your Great Adventure" by Elder Dieter F. Uchtdorf*



We would like to thank all those who contributed and helped with our humanitarian project last month! About 200 Pantry Packs for children were made for our Bountiful Food Pantry. We received this wonderful note:

*Dear North Canyon 5th Relief Society,
Thank you for the generous service and donations that you have given to the Bountiful Community Food Pantry. It is only through the generosity of our community that we are able to help the individuals in need in our area. We appreciate your service and support of our pantry. The hope that begins here is fostered by kind individuals like you.
Sincerely, Lorna L. Koci
Executive Director, Bountiful Food Pantry*

It seems that once Halloween is over the busy holiday season is here! It comes around so much quicker than when we were children! There are so many fun traditions this time of year. Sometimes all the "to do" lists can be stressful and sometimes we just feel lost in all the hustle and bustle. It is our prayer that this will be a joyful time for each of you.

President Russell M. Nelson counsels:
"My dear brothers and sisters, the joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives. When the focus of our lives is on God's plan of salvation, and Jesus Christ and His gospel, we can feel joy regardless of what is happening - or not happening - in our lives. Joy comes from and because of Him. He is the source of all joy!"

May we all focus on the Savior's love and have a joy-filled holiday season and beyond!

With Love, Anita Ralph & Your RS Presidency

RS Lesson Schedule

November & December 2019

- **Nov. 10** - "Spiritual Treasures" by President Russell M. Nelson/Brooke Freebairn
 - **Nov. 24** - "Giving Our Spirits Control over Our Bodies" by Elder M. Russell Ballard /Mandie Dalley
 - **Dec. 8** - "The Savior's Touch" by Elder Walter F. Gonzales/Brook Freebairn
 - **Dec. 29** - "Spiritual Capacity" by Sister Michelle Craig/Mandie Dalley
- (All conference talks are from October 2019)

There is no RS activity in December.

North Canyon 5th Ward
Relief Society

Holiday Dinner

Thursday, November 7th
6:30 PM

Please bring your favorite
holiday photograph



Ward Neighborhood Family Christmas Party
Saturday, December 7 ~ 6:00 p.m.



YOUNG WOMEN

October has been a fun and busy month. Our YW made some spooky Halloween posters for Primary Children's Hospital. For a combined activity, the YW and YM went to a corn maze - and we are happy to report everyone made it out safely and had a great time!

Many of our YW are working extra hard on their Personal Progress in the effort to earn their YW medallion. Keep up the good work girls!

Shauna Sabey & the YW Presidency

Young Women Calendar for November and December

- 11/6** - Stake "Night of Excellence" 7 p.m.,
Sister Ardeeth Kapp will be speaking.
- 11/13** - YW Class Activities
- 11/17** - Live Face-to-Face Broadcast with
Elder Gong at 4:00 p.m.
- 11/20** - YW & YM "Glow in the Dark"
Volleyball, 7:00 p.m. at the church
- 12/4** - Ward Sub-4-Santa Wrapping Party
- 12/11** - YW Christmas Party



In October, the Primary children and their teachers got to play the bells while they began practicing the Christmas song they will be performing in December.

Temple and Family History

Do you have a Family Search account? Does each member of your family have their own? If not, it is easy to get one. Go to www.FamilySearch.org. Then click on "Create a New Account." Just follow the instructions. You will need your membership number. This can be obtained from the ward clerk or if a parent has LDS Tools on their smart phone go there, then to the directory and your own name. Under membership information you will find the membership record number for each member of the family. There you go! Get signed up! Now that everyone has their own account the fun can begin.

Beside finding your pedigree and learning about your ancestors, there are also some fun things to do. Here is one: Once you are signed in to Family Search you will find a box in the upper right hand corner titled "Family History Activities." Click on the little box that says "Check them out." You will find several different things to do. But first let's try the box titled "All About Me." There are some fun things to learn about



All About Me

What is special about your name and birth year?

your name and some interesting facts about things in the world and the church in the year of your birth. Give it a try! It will be fun and beside you might learn some interesting facts.

If you need assistance with your family history, you may email Brother Schreiner at: lschreiner@earthlink.net and his phone number is 801-295-4785.

As the era of Scouting comes to an end for The Church of Jesus Christ of Latter-day Saints, many boys, parents and leaders have mixed emotions. The program has served boys and young men well for over 100 years. The Scouts have completed their last campout, Court of Honor and Cub Scout Pack Meeting under the umbrella of the Boy Scouts of America.

However, many boys are trying to earn rank advancements and awards before the end of the year. Because of this, there may be an abbreviated Pack Meeting for the Cubs in December. Watch for announcements.

The same applies to one more Court of Honor before the end of the year. Please watch for announcements. There was a Court of Honor held Sunday, October 27, where many Scouts received awards they had earned. **Michael Freebairn** received his Star rank and **Noah Wright** completed all his badges as a precursor to earning his Eagle.

The **Cubs** have been busy and held their October Pack meeting on Tuesday, October 29. It was a fun evening as some of the Scouts and their family members wore their Halloween costumes. There were fun games to play, ghoulish treats and many boys earned awards. Awards were as follows:

Carson Freebairn - Art Explosion, Aware & Care; **Caleb Stats** - Art Explosion, Cyber Chip, Duty to God & You, Duty to God in Action, Webelos Walk-about; **Ammon Erickson** - Building a Better World; **Rhett Phillips** - Call of the Wild, Duty to God Footsteps, Howling at the Moon, Paws on the Path and Running with the Pack.

Last month, **Carson Freebairn** attained his Bear rank. He is pictured, right, pinning his mom, Jessie.



Cub Scouts had fun at their Halloween-themed Pack Meeting in October. There was a pumpkin decorating contest and awards were given for "Most Creative," "Most Traditional," "Most Colorful," "Most Scary," etc. Everyone had fun frosting and decorating cookies.



Elders Quorum Meeting Schedule:

November 10 - "Be Faithful, Not Faithless" by Elder Stephen W. Owen/Surprise facilitator

November 24 - "Standing by Our Promises and Covenants" by Elder Ronald A. Rasband/Rob Aycock, facilitator

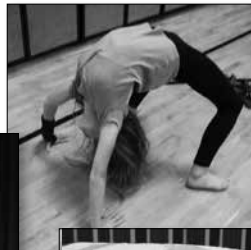
December 8 - Open Mic & Snacks - Come prepared to share the things you are grateful for this time of year.

December 22 - No quorum meeting

Ward Non-Traditional Talent Show

On Saturday, October 12, Brother Nathan Davis, Ward Music Chair and the Activities Committee held a talent show where no holds were barred! There were talents of all shapes and sizes and it was so fun to see and learn things about ward members we didn't know before! Children and adults were involved and talents ranged from juggling, to childrens' art, pulling faces, silly songs, violin, head-standing, African drums, pottery, sewing arts, etc.

Thanks to all for such a fun evening! Who knew what things we could do?



Emergency Preparedness Tip for November

With the holiday season approaching, many will be traveling to see family. This also means winter storms are here which can create unsafe driving conditions. Take a few minutes and do a safety check on your vehicle and also check that your emergency kit is in the vehicle. With winter travel, it is always a smart idea to have extra water, flashlights (with extra batteries), and blankets.

Winter Road Trip Checklist:

- ✱ Inspect windshield wipers ✱ Test defrosters
- ✱ Top off windshield washer fluid ✱ Gauge tire pressure
- ✱ Check tire tread ✱ Install floor mats correctly
- ✱ Stock your vehicle with essentials
- ✱ Ensure lights and signals are in working order
- ✱ Add roadside assistance to your auto insurance policy



November

- 3.....Jeffrey James Freebairn
Marisa Lee Sabey
4.....Arthur Hunter
7.....John McDonald
8.....Wendy Hooker
9.....Sara Hooper
11.....Tamara Brice
Beverly Mulitalo
12.....Tiffany Zubal
13.....Wyatt Shirley
15.....Mindie Dalley
16.....David Kelly
Noah Wright
17.....Brent Aagard
19.....Deborah Dietrich
20.....Sherril Lemmon
23.....Audree Schnebly
24.....Catcher Morrill
25.....Linda Frampton
28.....Orson Hunter
29.....Dixie Albright
30.....Eilee Davis

December

- 1.....Hannah Wilson
3.....Grace Baker
Brodie Jespersen
4.....Elsa Jensen
5.....Harold Groberg
Dylan Meldrum
6.....Bradley Hood
7.....Byron Nielsen
9.....Callie Minson
Holley Morrill

- 10.....Marian Meldrum
Ammon Rodgers
11.....Aaron Hansen
13.....Elder Preston Hooker
14.....Phyllis Atwood
Abigail Baker
Ammon Ericksen
Andrew Morrill
17.....Tammy Jespersen
Karen Mulitalo
23.....Alexis Ralph
24.....Evan Phillips
26.....Stefan Leonard
27.....Alicia Torres
29.....Michael Freebairn
30.....Ken Barnett
Jameson Scott Gardner
Chloe Harker
Elli Harker
Mallory Miller
Zachary Rogers
31.....Jaina Davis
Benjamin Freebairn
Courtney Morrill

January

- 1.....Pam Duncan
Sharlene Morrill



FLAG ASSIGNMENTS

Veterans Day - Mon. Dec. 11

1. Tippetts - Route 4
2. Loftus - Route 2
3. Hooker - Route 1
4. Freebairn (S&B) - Route 5
5. Draper - Route 3



Emergency Preparedness Tip for December

The Christmas season is here! Houses are being decorated and Christmas trees are being lit. With the holiday spirit in the air, there is also an increased risk in overloading an electrical plug and fire danger. As you are decorating the inside and outside of the house, make sure not to plug too many things into one outlet. If you have a live Christmas tree, make sure it does not dry out and turn off the lights at the end of each day.

If a space heater is being used in the house, make sure it is plugged into a wall outlet and not a surge protector; surge protectors cannot handle the energy load and will create a fire hazard.

If you are going to be out of town for the holiday and want your decoration lights to still be on, use a timer so they turn on during a select few hours a day instead of the whole day.