

North Canyon 5th Ward Spire

Healing in His Wings

While each of us have challenges in this life, let's look on the bright side. The Savior of the World has come, has paid the price, has suffered for all, that we might be healed. What a beautiful and perfect plan that has been put in place for us, INDIVIDUALLY.

2 Nephi 25 verse 13 Nephi speaking of the Savior, he says, "Behold, they will ^acrucify him; and after he is laid in a^b sepulcher for the space of ^cthree days he shall ^drise from the dead, with healing in his wings; and all those who shall believe on his name shall be saved in the kingdom of God. Wherefore, my soul delighteth to prophesy concerning him, for I have ^eseen his day, and my heart doth magnify his holy name." Emphasis put on the words, "healing in his wings." Those are words that I would have us remember.

Camille Olson outlined this parable for us in her book *With Healing in His Wings*: "When potential danger nears, a mother hen instinctively lifts her wings to protect her chicks and offers immediate refuge to them. When she lowers those wings to enfold her little ones, she stoically faces the source of danger. In her defensive posture, she creates a refuge that potentially places her life at risk. Interestingly, at times, prophets have compared various aspects of the Savior's ministry to the mother hen, teaching that he has healing in his wings. The Savior likewise used that metaphor to describe his own power to offer refuge to his followers. By likening himself to a mother hen, the Savior testifies that he will cover us symbolically with his wings to save us if we, like the chicks, will come to him."

It is important to understand that His healing can mean being cured, or having your burdens eased, or even coming to realize that it is worth it to endure to the end patiently, for God needs brave sons and daughters who are willing to be polished, like a stone, when in His wisdom or be it His will.

We may have times of discouragement, sorrow, transgression, or other challenges, but the Savior is willing and is available to help us with 'healing in his wings'. He can take those times of tragedy and sorrow and, if we turn to him, he can and will heal us. It may take time, but with faith and hope, I know the Savior will heal us. He will heal the broken hearted, he will heal the transgressor caught in sin, and he will heal the discouraged as they are faced with seemingly insurmountable problems. I know that he can heal if we will but turn to him.



Michael Wright and the 5th Ward Bishopric



Come Follow Me

February 1-7

Doctrine and Covenants 10-11

February 8-14

Doctrine and Covenants 12-13

February 15-21

Doctrine and Covenants 14-17

February 22-28

Doctrine and Covenants 18-19

March 1-7

Doctrine and Covenants 20-22

Doctrine and Covenants 11:12-14

Doctrine and Covenants

12 And now, verily, verily, I say unto thee, put your trust in that Spirit which leadeth to do good—yea, to do justly, to walk humbly, to judge righteously; and this is my Spirit.

13 Verily, verily, I say unto you, I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy;

14 And then shall ye know, or by this shall you know, all things whatsoever you desire of me, which are pertaining unto things of righteousness, in faith believing in me that you shall receive.



ELDER'S QUORUM

As we stumble our way through a life full of shadows and confusion, we find ourselves wishing for firmer footing and clearer vision. In the classroom of life, answers don't always come easily. Faced with dilemmas and challenges and trials, we wonder, "What should I do?" Like students in a classroom, our textbooks are called the scriptures. But we also know that we can raise our hands and call for help from our Great Teacher. We can pray, and we know that He hears and answers our prayers. And as we listen for answers to our prayers, feelings and thoughts come to our hearts and minds and we sense that our prayers are answered. Heavenly Father, the Master Teacher that He is, knows us well enough to not give us all the answers at once. Growth requires effort. We can stand motionless only so long, basking in God's light. Sooner or later, we must seek greater light- learn how to cope with more difficult problems. Line upon line, precept upon precept, we increase our light and knowledge. We don't always receive the answers to our prayers we want to receive. Nor do answers always come clearly at first. Heavenly Father, the Master Teacher, teaches us the lessons we need to know- not always the lessons we want. But He will always teach us. That promise we can rely on absolutely!

The Elders Quorum Presidency



"Can you tell me how to get to the temple?"



Relief Society

As a Tween (maybe 12 yrs. old?) I remember a favorite game to play on the bus when going to field trips was a back-and-forth game of naming something and then the other person trying to name something more powerful. Sometimes people would start easy: "Tortoise," someone would say, and the next person would "up" them with "Semi-Truck". Often a little debate would ensue about which was actually the strongest, and the debates got more heated as the stakes got higher. Well, I distinctly remember the time I decided I had the unbeatable answer to this game—Love! Not surprisingly that got a few eye rolls from the boys on the bus, but I held my ground and gave a passionate defense of the power of love and what people are willing to do and sacrifice in the name of it. When pushed further I had to lay down my trump card, right there on the school bus: "The Love of God—Christ's Atonement—THAT is the most powerful force in the universe!" I still believe that.

Dear Sisters, we pray that each of you can feel the Love of your Savior and your Heavenly Parents this month in more personally powerful ways. What better time for each of us to pray for the ability to recognize God's messages of love to us personally? I truly believe that when we can hear or see that God is speaking to us, it can heal our broken hearts and give us the courage to love ourselves and others more fully. And, it is my testimony that through the Spirit we can each find the love letters God is leaving for us each day. As Walt Whitman says,

"Why should I wish to see God better than this day?
I see something of God each hour of the twenty-four, and each moment then,
In the faces of men and women I see God, and in my own face in the glass;
I find letters from God dropped in the street, and everyone is signed by God's name,
And I leave them where they are,
for I know that others will punctually come forever and ever."

May His love letters find you this February and wrap you in the most powerful force in the universe!

Love, The Relief Society Presidency

FEBRUARY BIRTHDAYS

February 10--Diana Rogers

February 13--Amy Hunter

February 17--Elyse Frank

February 22--Gayle Rafferty

February 28--Jenny Minson

February 11--Brynn Coffey

February 15--Alicia Curtis & Gloria Bushey

February 18--Dorothy Christensen

February 26--Mercedes Mortensen

February 29--Cissly Jensen

Primary

Hello Dear Primary Families!

As a Primary presidency, we want you to know that we are mindful of your children and of your families as you weather the separation brought about by pandemic restrictions.

The General Primary Presidency recently said, "As we enter 2021, restrictions on gathering in person may remain. Many children are still missing the experiences they once enjoyed in primary. But **you can continue to help them have a primary experience in your very own home**. In a simple way, you could have your own class time and singing time, where children participate in simple lessons and music. Children can still give talks and recite a verse of scripture or an article of faith. Children love to learn new songs, and they're really good at leading music. These Primary experiences you create in your homes will bless your children and help them learn the gospel of Jesus Christ.

The church has created some wonderful resources to help us all to learn and live the gospel of Jesus Christ. The Friend magazine includes stories, music, and activities. The "Come Follow Me for Primary" manual suggests ideas for activities and music designed for children. The Children's Songbook and Hymnbook can help children continue to learn doctrine through music that will strengthen them throughout their lives, bringing the blessings of singing time to your home."

We love that the emphasis is on providing *simple* Primary experiences. Teaching the gospel with your children does not have to be a complex production. In fact, lessons that aren't overly planned leave room for more open gospel discussions. As we rely less heavily on a "lesson plan," we find ourselves relying more heavily on promptings from the Spirit as we interact with our children and allow them to ask the questions they hold in their hearts.

Sister Green says, "In my own home, we sometimes have multiple children on Sundays for a lesson, and often we have only one. Sometimes it's hard to go to all the effort of a "Primary experience" when there is only one child. What a blessing it has been when I have provided even a very simple experience. Coloring together and talking about an aspect of the lesson for the week. These very simple experiences have been an opportunity for the Spirit to work in my heart and provide the love and comfort to my children's' hearts that tells them a very important truth: the gospel is love."

Here are a few ideas for how to create a simple Primary experience for the children in your homes:

- Use discussion topics from the "Come Follow Me" Primary manual or the "Ideas for Family Scripture Study and Home Evening" section of your own "Come Follow Me" manual.
- Learn a song together.
- The church has a "Singalong" app. Singalong videos can also be found through the gospel library app by going to Audiences-->Children-->Singing Time-->Sing-Along Videos
- Color the activity page from the "Come Follow Me for Primary" manual
- Watch a church video on a gospel topic
- Read a story from the friend

--Have your child prepare a talk or plan an activity if they are old enough
--Discuss a topic from "Come Follow Me" around the dinner table.
--**Watch the weekly video put out by our very own Primary teachers--available each week on the ward website!**

Because we want your children to understand that we care about them even when we can't meet together in person, the Primary teachers will be visiting their students twice a month to drop off a coloring page the children can do each Sunday and to share the joy of the gospel with their students. If you have questions or concerns about this or if your child is not getting these visits, please contact a member of the Primary Presidency.

Parents and children, you are in the prayers of your Primary leaders and teachers. **We love you and want to be a resource for you** as you continue to teach your children gospel truths from home. As you do, we know your testimony will grow and your children will learn to associate the feelings of love and truth they feel during that time with the love and truth of the gospel.

Much love,
The Primary Presidency

Primary Announcements

Children ages 3–11, parents, and Primary leaders and teachers are invited to participate in a Friend to Friend event, a Face-to-Face-styled broadcast for children. The event will include music and activities as well as messages by members of the Primary General Presidency, Elder Ulisses Soares, and President Russell M. Nelson. Those that feel comfortable joining us in person can watch together with their families in the Chapel on Saturday, February 20, 11 am. Please wear Sunday dress and observe mask and our regular chapel social-distancing rules. For families that would like to watch at home, the event will be broadcast on ChurchofJesusChrist.org, Facebook, YouTube, BYUtv, and other media. Please have your scriptures and paper and pencil ready!" (I also attached the Friend-to-friend logo from the church website to this email.)



Family History Message

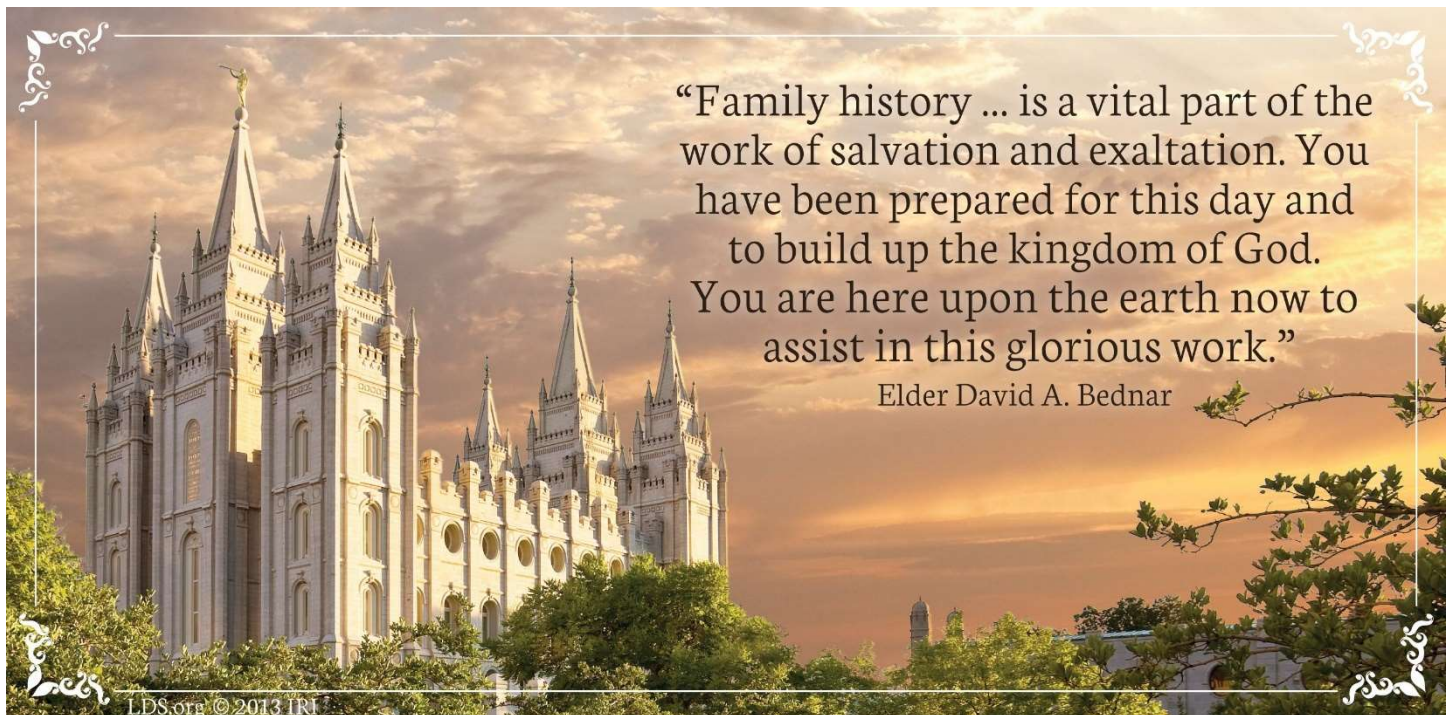
Temple and Family History – February 2021

February is a big month for Temple and Family History. Of course, the Bountiful Temple is still in Phase 2 which permits only ordinances for the living. So Family History is the main item. Our Ward has been given a challenge to get involved in indexing. The Bishop has offered a challenge to the Elders Quorum and the Relief Society to see who can index the most records during February. This challenge also applies to the Young Men and Young Women. Indexing records helps those who are researching their ancestors. It will make documents available to find. That is a great help for anyone researching their ancestry to be able to find information about birth, marriage, death and other information about an ancestor. Let's all have some fun to see who can index the most records.

The other thing that is happening during this month of February that is a help for anyone researching their ancestors is **Roots Tech Connect**. This will be held on line this year from 25 through 27 February. There is no charge this year, but anyone interested in participating will need to register. That can be accomplished on line at www.rootstech.org. There will be a variety of on-line classes as well as a virtual exhibition hall.

Lawrence Schreiner

Ward Temple and Family History Leader



Missionary Work

Helaman 5:12 says,

12 And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.

We testify that having a foundation on our Savior Jesus Christ is so important and crucial especially in the world we live in today. This world needs Jesus Christ and us as missionaries and members have a divine calling to help those around us have a foundation of Christ as well. Whether our neighbors realize it or not, they need Jesus Christ, everyone does. Help those who don't have this foundation to come closer to Christ. To feel his love and his grace in their life. We promise that blessings will come to your family and the families you serve, and we know that if we have this foundation in our lives at all times, in all things, and in all places we all can come closer to our redeemer Jesus Christ. In the name of Jesus Christ. Amen.

Elder Crosby and Elder Poyfair



Hello wonderful ward! Oh, my goodness, time is absolutely flying by here in Albuquerque! I honestly can't believe that we're in the first few weeks of 2021. So exciting! A few updates from good old ABQ: The work is going great! We've found a number of really cool people to teach through Facebook. One is named Carol, and she is wonderful! She's been through so many hard things, but she continues to rely on Christ and focus on becoming more like her Savior every day. She even takes notes during our lessons, so cute! I've heard a few of times from our wonderful members that they hope the missionaries aren't too bored during the pandemic and the quaranting and everything else going on. I can promise you; we aren't! There is so much work to do, and as we trust in the Lord and His timing, then get up and go do it, we will continue to see miracles. This new year I want to memorize 2 Nephi 2:26. We can choose to act, or we can be acted upon. I hope we all choose to act, to have faith, and to make 2021 an amazing year. Love you!

Hermana Draper

Hey ward family!

I miss you guys! My mission has been quite a wild ride. As most of you know, after only being out on my mission for 4 months in Cambodia, I had to return home back in March due to Covid. In July I was able to come back out to Anaheim California and have been here ever since. I recently got the news that 11 missionaries are going to be sent back to Cambodia sometime in January, and my MTC group and I were the ones that were selected. I am beyond excited to return.

Many of you may also remember the journey I had in just going out on my mission. I was supposed to leave September of 2019 but wasn't able to leave until December, in the moment I was really upset and thought this was a huge deal. I finally got out, only to have to return home instead of Covid. From a 'myopic' perspective as President Nelson would say, none of this made any sense, and it was honestly really hard. Yet here I am now being blessed to be among the first missionaries to go back to Cambodia because of when my mission started. The Lord has a perfect plan, and so long as we trust in Him and look at the eternal perspective, we can get through anything. As many of us have come to learn on a new level this year, life is meant to be hard. The question I've been having to constantly ask myself is the same question President Nelson posed to us in general conference. Am I willing to let God prevail in my life? Easier said than done, but forever worth trying our best to do.

Love you all! Feel free to email me at nathaniel.rogers@missionary.org.

Love,
Elder Rodgers



Humanitarian Committee

Do you have enough water to survive for 72 hours? It is recommended by the World Health Organization to have approximately 15 bottles of water (16 oz) for 72 hours (this is drinking water only). Please do the following to prepare for emergencies:

1. Clear a space for all your emergency supplies to be in one location
2. Add all people in your home and multiply by 15 (We have 5 people so $5 * 15 = 75$ bottles of water)
3. Purchase your water (2 cases of 40 bottles covers our family); so for under \$10 we have enough drinking water for our family for 72 hours
4. Place in your designated area and breath a sigh of relief that you are ready (schedule to rotate in 6 months – July 2021)
5. Enter your family name into the drawing for a Life-straw by calling, texting, emailing, or talking to Leilani Porter by February 28th. We will draw names March 1st.
Leilani@BHHSUtah.com or 801-831-2210
6. Consider checking on your ministering families and your extended families and friends and make sure they have enough water to survive 72 hours

We look forward to joining you in this journey to be prepared for emergencies.

Humanitarian Committee



February 8

Wesley Vedaa

February 9

Tatum Minson

Payson Turpin

February 10

Rowan Hale

Diana Rogers

February 11

Brynn Coffey

Rebecca Draper

February 12

Jacob Loftus

Michael Petersen

February 13

Amy Hunter

February 14

James Gardner

February 15

Gloria Bushey

Alicia Curtis

February 17

Phil Barnett

Frank Elyse

February 18

Dorothy

Christensen

Hank Tippetts

Loni Tippetts

February 19

Marek Miller

February 20

Dave Stuart

February 22

McGuire Blair

Gayle Rafferty

February 24

Jonathan Hale

February 25

Brighton Reed

February 26

Mercedes

Mortensen

February 27

Isabella Wright

February 28

David Hansen

Jenny Minson

Andy Schnebly

February 29

Cedric Hunter

Cissly Jensen

March 4

Freda Young

March 5

Richard Tolman

