

NORTH CANYON 5TH WARD SPIRE

A new year opens the mind to consider new starts, new growth, new opportunities—opportunities for change and improvement.

But is change possible? Can people change for the better? It is a question that has been debated at length among social scientists and psychologists. The prevailing consensus among experts is yes. People can change, but it is not easy. It takes dedicated effort over time.

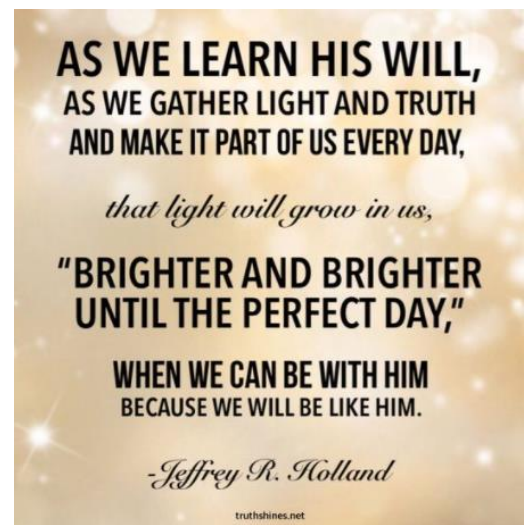
The teachings of Jesus Christ found in the scriptures confirms this and provides many examples of men and women who experienced mighty changes in their hearts, changes that transformed their entire beings, personalities, desires, motivations, etc. President James E. Faust taught, “The power to change is very real, and it is a great spiritual gift from God.” Take Alma the Younger and the Sons of Mosiah, for example. They were known as “the very vilest of sinners” who went about trying to destroy the church of God, yet each of them changed and became a mighty man of God who blessed the lives of many and went about doing good. And what was the catalyst for their change? The Atonement of Jesus Christ. [See Mosiah chapters 27 & 28]

Are there things in your life or about yourself you wish to change? Do you ever feel discouraged or overwhelmed at the thought, feeling like what you want is too difficult, or even impossible? If so, you are not alone. Take heart. There is a way, and it is through The Way, The Truth and The Light.

As Elder Dale G. Renlund of Twelve Apostles teaches, “... the Savior loves to restore what you cannot restore; He loves to heal wounds you cannot heal; He loves to fix what has been irreparably broken; He compensates for any unfairness inflicted on you; and He loves to permanently mend even shattered hearts.”

If you feel discouraged, if you have lost hope, if have tried and failed time and time again, try again. Learn of Christ and try again with faith planted firmly in your heart that He knows you, He loves you, He wants what is best for you, and He will help you change, help you find peace, help you feel loved.

Randon Jensen – NC 5th ward Bishopric



Come follow me

Come Follow Me

January

December 27 – January 2

Moses 1; Abraham 3

January 3 - 9

Genesis 1-2; Moses 2-3; Abraham 4-5

January 10 - 16

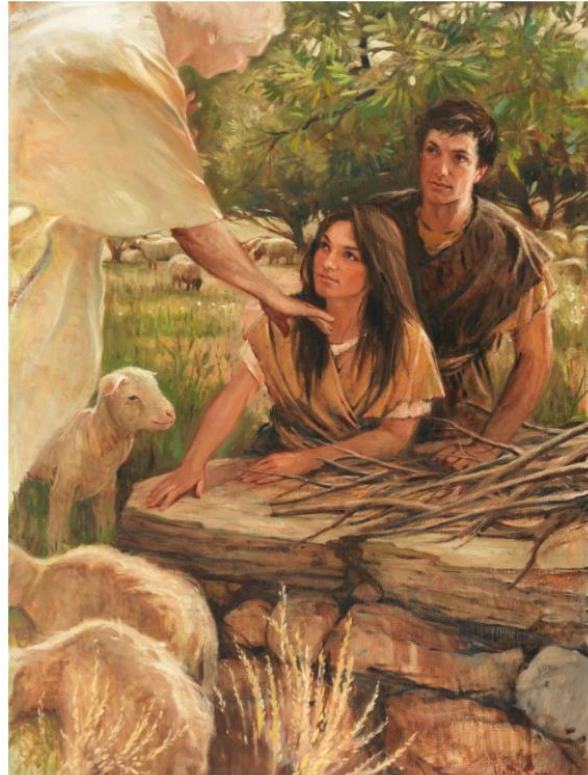
Genesis 3-4; Moses 4-5

January 17-23

Genesis 5; Moses 6

January 24-30

Moses 7



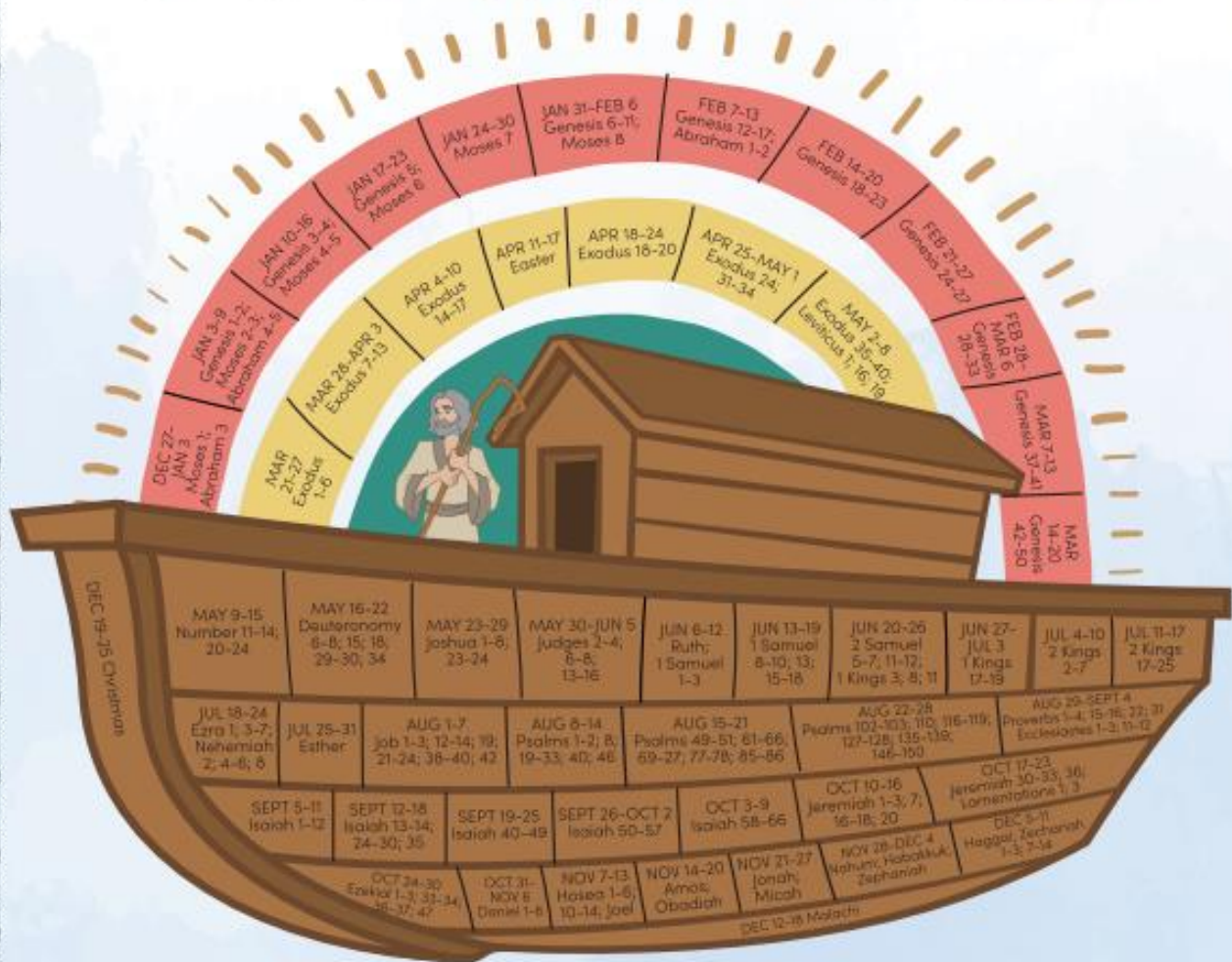
Similitude, by Walter Rane



The Garden of Eden was beautiful. But Adam and Eve needed something more than beautiful surroundings. They needed—and we all need—an opportunity to grow. Leaving the Garden of Eden was the necessary first step toward returning to God and eventually becoming like Him. That meant facing opposition, making mistakes, learning to repent, and trusting the Savior, whose Atonement makes possible progression and “the joy of our redemption” ([Moses 5:11](#)). So when you read about the Fall of Adam and Eve, focus not on the seeming tragedy but on the possibilities—not on the paradise Adam and Eve lost but on the glory their choice allows us to receive.



OLD TESTAMENT



COME, FOLLOW ME 2022



OLD TESTAMENT

GENESIS

EXODUS

LEVITICUS

NUMBERS

DEUTERONOMY

THE LAW

JOSHUA

RUTH

1 SAMUEL

2 SAMUEL

JUDGES

1 KINGS

1 CHRONICLES

2 CHRONICLES

EZRA

NEHEMIAH

ESTHER

HISTORY

PSALMS

JOB

PROVERBS

ECCLESIASTES

SONG OF SOLOMON

WISDOM

EZEKIAL

DANIEL

OBADIAH

JONAH

HOSEA

MICAH

HAGGAI

ZECHARIAH

NAHUM

JOEL

HABBAKUK

AMOS

ZEPHANIAH

MALACHI

THE PROPHETS

ISAIAH

JEREMIAH

LAMENTATIONS

Elders' Quorum

"Challenges help us become more like our Heavenly Father"

-Richard G. Scott-



12 "Achievable" Resolutions for 2022

1. Start each day with a scripture verse.
2. Smile at others more. You'll usually get a smile in return!
3. Become a good listener and make eye contact. *(Don't dominate the conversation.)*
4. Remove an unkind word or phrase from your vocabulary. Permanently replace it with something positive.
5. Stretch, exercise as much as possible, and drink more water.
6. Commit to making every social media comment uplifting this coming year.
7. Find a new way to compliment someone you care about each day.
8. Call a family member or friend once a week, that you don't normally see.
9. Regularly schedule a time to take a walk and pick up any trash you see along the way.
10. Bring in your neighbor's trash can, shovel their snow, or bake them some cookies. Be a caring neighbor.
(It doesn't take much) 😊
11. Read more, including your scriptures to expand your knowledge and spirituality.
12. Put family/friends' birthdays on your calendar. Then make a point to text or call them on their special day.

*These are just a few ideas to better yourself. Pick a few off the list to focus on in 2022,
or seek inspiration and choose your own New Year's resolutions.*

Love the Lord, pray daily, fulfill your ministering, and read your scriptures even more this year in 2022!

Thanks,

The Elders Quorum Presidency

Relief Society

RELIEF SOCIETY MESSAGE

As the Christmas season passes, many of us look to what we hope to become in the year ahead. We may want to become more for our families, ourselves, our friends & neighbors, or our Father. There are so many ways we can feel the pressure to become more (or less), better, or do more that we've intended to. We can look back at previous mistakes, silly or serious, with frustration or despair. Often, our own sight can be limited to our shortcomings or our current potential. We may find ourselves overwhelmed or worn down.

I enjoyed this thought from our recent Liahona, pondering Doctrine and Covenants 18:10: "Remember the worth of souls is great in the sight of God." Not only does God believe our souls are valuable, but he sees us with "the sight of God." In our limited sight, we may only be able to view ourselves in the moment, perhaps even a very imperfect moment. But, God sees our vast potential, our future glory, and with an eternal perspective of what we can *become*. He knows that each of us is worth the great price the Savior paid for our souls in Gethsemane. None of us is perfect, many of us are improving, and some of us are just hanging on.

As we consider reaching our potential in the year ahead, I pray that each of us can pray to **see ourselves as He sees us—even as we can become**. Reaching our potential won't be immediate, but it's worth the effort. "The same God that placed that star in a precise orbit millennia before it appeared over Bethlehem in celebration of the birth of the Babe has given at least equal attention to the placement of each of us in precise human orbits so that we may, if we will, illuminate the landscape of our individual lives, so that our light may not only lead other but warm them as well." Neal A. Maxwell

May the year ahead bring faith, love, and hope for all of us as we seek to become more like Him in our own orbits. Big or small, our influence is important in "the sight of God."

Brooke Freebairn

RS Presidency

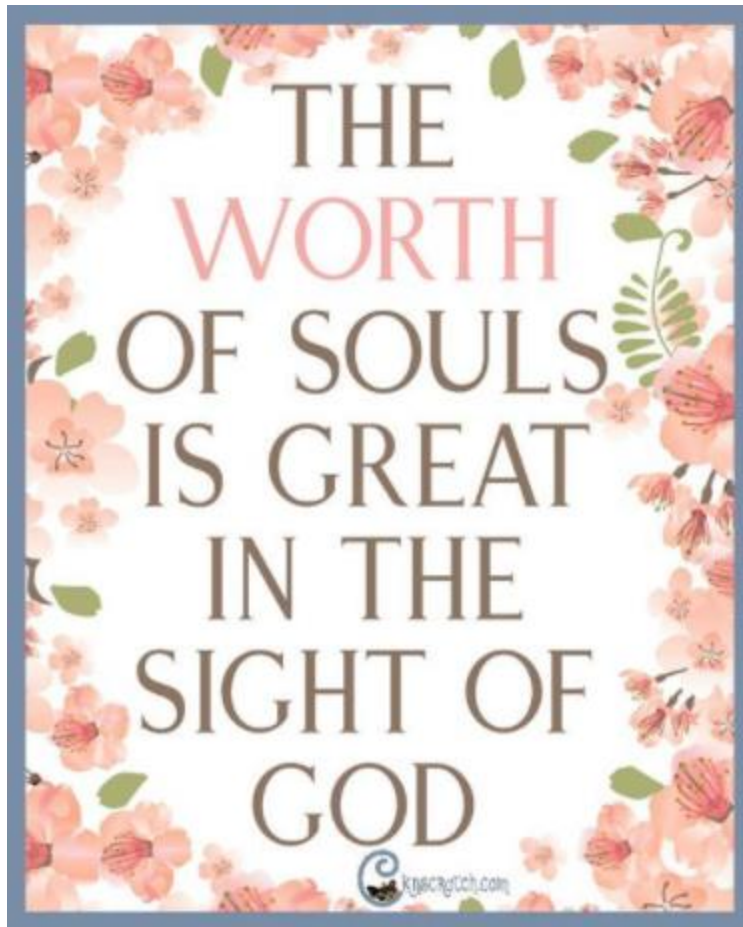
JANUARY LESSON SCHEDULE:

- | | |
|------------|---|
| January 9 | Lesson based on talk, "Daily Restoration," given by Elder Uchtdorf in October 2021 General Conference |
| January 23 | Lesson based on talk, "Trust Again," given by Elder Wong in October 2021 General Conference |

Relief Society Birthday's

January 1	Pam Duncan & Sharlene Morrill
January 8	Leilani Porter
January 9	Dana Jankowski
January 10	Kathi Shelley
January 12	Cassandra Opheikens

January 13	Helen Jane Midgley
January 15	Becky Andrews
January 18	Teresa Andersen
January 24	Kim Shirley
January 27	Judy Kelly
January 31	Joyce Craig



ANNOUNCING THE SCHEDULE FOR SPRING 2022 CERT CLASSES—SIGN UP NOW!

Classes will run for eight weeks beginning on January 25th and finishing on March 17th with a mock disaster held on Saturday, March 19th from 12-3pm. Registration is now open and interested parties can sign up by calling the fire station at 801-677-2400 or by signing up online at www.sdmetrofire.org.

Classes will be taught twice a week, with the same curriculum being taught on both nights (so if you must miss one evening, you can make up the class by attending the other class that week).

WISHING YOU ALL A HAPPY NEW YEAR, FULL OF HOPE AND JOY!

Your Relief Society Presidency

Young Women

We are so excited to start a new year with the Young Women. We would like to welcome Destanee Holm to our YWs group. We look forward to getting to know her.

The Youth theme for 2022 is "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

PROVERBS 3:5-6.

We just want to remind and encourage the Young Women to keep working on their Spiritual, Social, Physical, and Intellectual goals. As you develop and use your gifts, talents, and abilities, you will make the world better!



TRUST
in the LORD
with
All Your Heart
and lean not unto your own
UNDERSTANDING
in ALL thy ways
ACKNOWLEDGE HIM
and he shall
Direct
THY PATHS
PROVERBS 3:5-6

Primary

Primary Activities

January 2022

*(all activities are at 3:45 at the church unless otherwise specified and are usually on the 2nd and 4th Wednesday's of each month)

Older Boys (Valiant 9 & 10) –

Wed., Jan 5th – goal setting, getting to know you and air powered rockets

Wed., Jan 26th

Younger Boys (CTR 7 & Valiant 8) –

Wed., Jan 12th




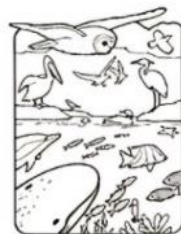
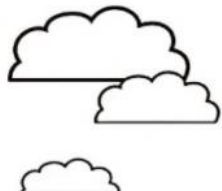



Wed., Jan 26th

All girls (CTR 7, Valiant 8-10) –

Wed., Jan 12th – getting to know you

Wed., Jan 26th – go to the family history center



<p>My book on</p>  <p>the Creation</p>	 <p>On the first day God said, "Let there be light," And He separated the day and night.</p>	 <p>On the fourth day God made them twinkle bright, e made the moon for a little more light.</p>	 <p>On the fifth day God made owls, ducks, and larks He filled the sea with whales, dolphins, and sharks.</p>
 <p>On the second day God created sky. He painted it blue with clouds floating by.</p>	 <p>On the third day God made the land and seas. He added green grass, bright flowers, and trees.</p>	 <p>On the sixth day God made creatures on land. He made deer, frogs, dogs, zebras, woman, and man.</p>	 <p>On the seventh day God said all was blessed. He smiled happily and took a rest.</p>

Temple and Family History

January 2022\

Each year Family Search sponsors what is called Roots Tech. Due to the pandemic Roots Tech was held on line last year, 2021. Again this year Roots Tech will be held on line and is free to participate.

What is Roots Tech? Roots Tech is about the family. There are over 1500 sessions available on different topics. There are several guest speakers and there is also an exhibit hall. All of this is available from 3 to 5 March this year.

To participate in Roots Tech a person needs to sign up. This can be done at: FamilySearch.org/rootstech/next. If you are interested in family history or preparing names your ancestors for temple work, then this is an opportunity to obtain help in that process.

For those who are interested in attending the Bountiful Temple, appointments are still required for proxy ordinances. There are presently plenty of times in January available to participate in various ordinances. However, be sure to sign up early. Appointment times often fill up fairly fast. The temple also presently requires all patrons to wear a face mask while in the temple.

Lawrence Schreiner

Ward Temple and Family History Leader





January 1

Pam Duncan
Sharlene Morrill

January 2

Bowen Reed

January 3

Dominique Albright
Lily Freebairn
Tiger Jespersen

January 5

Alexander Sorenson

January 8

Leilani Porter
Brad Samuelson

January 9

Dana Jankowski

January 10

Kathi Shelley

January 11

Leland Morrill

January 12

Wayne Carlson
Cassandra Opheikens
Sadie Stats

January 13

Helen Jane Midgley

January 15

Becky Andrews

January 17

Kaitlyn Gardner

January 18

Teresa Andersen

January 21

Joshua Minson

January 24

Kim Shirley

January 26

Haylee Shirley

January 27

Judy Kelly
Kody Reed
Katherine Thompson

January 28

Chessa Phillips
Stephen Phillips

January 29

Donald Clifford

January 30

Clark Loftus

January 31

Joyce Craig



**ALL OF THE BEAUTY IN THE EARTH BEARS
THE FINGERPRINT OF THE MASTER CREATOR.**

GORDON B. HINCKLEY