

NORTH CANYON 5TH WARD SPIRE

I used to live in a state of constant anxiety. My best efforts seemed to fall short. My self-image was influenced by comparisons with others around me and those who seemingly had it all together. At work, or home, socially and spiritually, I always felt awkward and inferior. It wasn't for lack of effort or desire to do my best. In fact, it was because I was trying to live up to the ideal that I realized I would always fall short. I wondered when or if I would finally become polished and excel. Maybe I just wasn't cut out to be good or have the character to justifiably sit with apostles and prophets in heaven someday. That was just how it would always be. The years had confirmed that for me.

Still, I wanted to do my best. At some point, countless hours of scripture study, prayer, service in callings, and church attendance must have paid off. I came to know that good intentions can be good enough for Jesus. I will never be able to live the perfect life but, He can make up the rest if I turn to Him. I feel often that He accepts me, imperfect as I am and will continue to be. This personal relationship fuels my faith and reassures my commitment to the gospel way of life. There is nothing better than the peace and security that this relationship brings. The promise made to Oliver Cowdery applies to us as well, "...Be faithful and diligent in keeping the commandments of God, and I will encircle thee in the arms of my love." ¹

I now realize that anxiety is another tool the adversary uses to throw me off balance. It is not a result of unworthiness or failure. God doesn't push us away or discourage us when we fall. Rather, it is precisely when we are low that he is closest with an outstretched hand, if we will only look for it. He lifted up the adulteress from the pavement when the Pharisees cast her down, he healed the blind, he forgave Peter's denials and then made him the head of His church. His love is universal yet personal. This life isn't always easy. It's not supposed to be but, through the refiner's fire we can become pure. Through that process we will be comforted. As Isaiah says, "Fear thou not; for I am with thee be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

This comfort from heaven makes it easier to do what is right. It's no longer something I must do because in my head I know it's right. It's something I do because I want to because it feels right. This is a good place to be. This spiritual state causes anxiety and doubt to dissipate like morning fog in sunshine. With this realization, the laws of God don't hinder our freedom but enhance it. They are not a burden but a blessing. His expectations are beautiful, not condemning. This is the covenant path. Our covenants are treasures to be valued and protected because through them we have assurance of an eternity of unity and joy with God. This feels good. It feels safe and full of love and peace. It's where I want to be because I love Him. "God is love; and he that dwelleth in love dwelleth in God, and God in him."

¹ D&C 6:20
² Isaiah 41:10

Josh Hansen, Bishopric 2nd Counselor



Come Follow Me

April 25–May 1

Exodus 24; 31–34

Thoughts to Keep in Mind: The
Tabernacle and Sacrifice

May 2–8

Exodus 35–40; Leviticus 1; 16; 19

May 9–15

Numbers 11–14; 20–24

May 16–22

Deuteronomy 6–8; 15; 18; 29–30; 34

Thoughts to Keep in Mind: The
Historical Books in the Old Testament

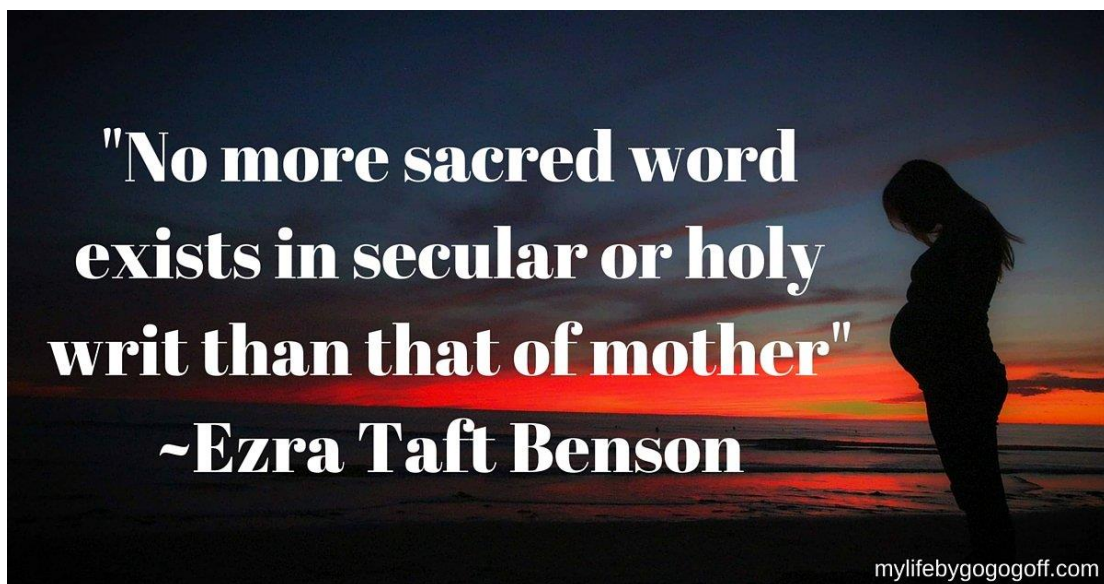
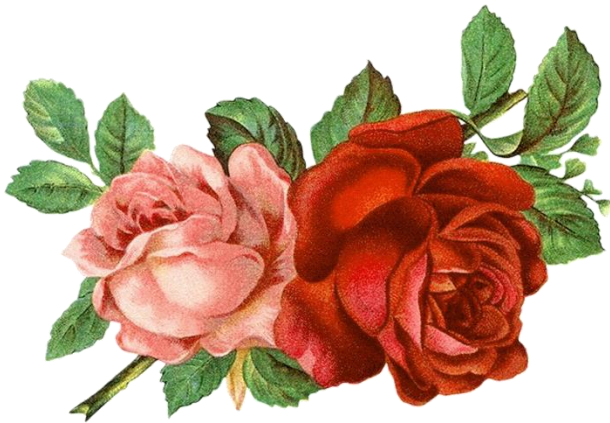
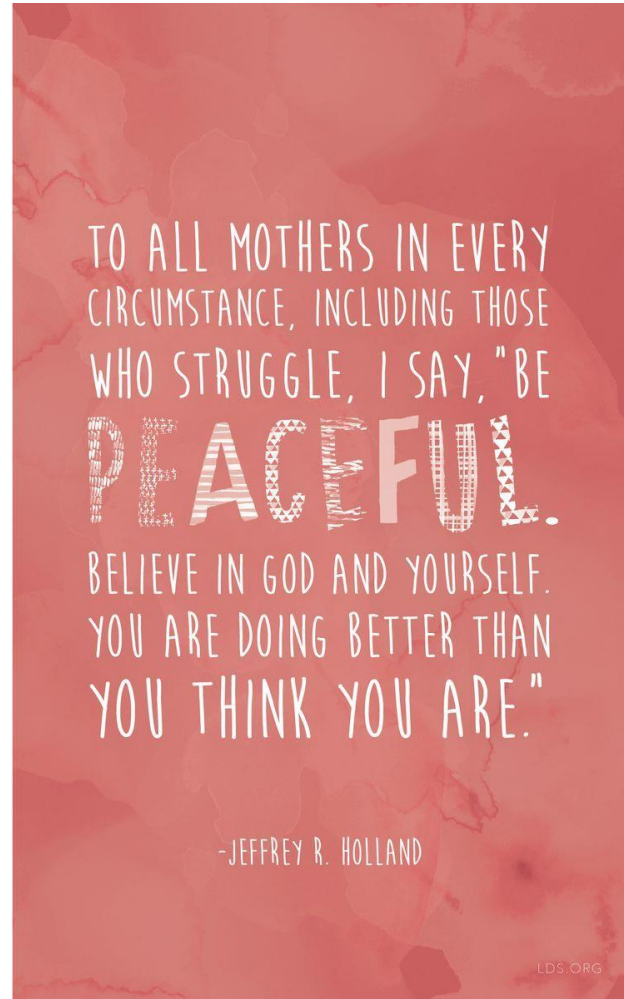
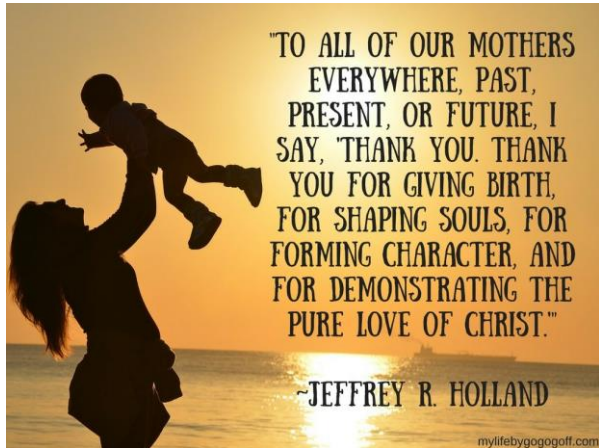
May 23–29

Joshua 1–8; 23–24

The books of [Joshua](#) through [Esther](#) are traditionally known as the “historical books” of the Old Testament. This doesn’t mean that other books in the Old Testament don’t have historical value. Rather, the historical books are called that because the main objective of their writers was to show God’s hand in the history of the people of Israel. The purpose was not to outline the law of Moses, as [Leviticus](#) and [Deuteronomy](#) do. It was not to express praise or lament in poetic form, as the [Psalms](#) and [Lamentations](#) do. And it was not to record the words of prophets, as the books of [Isaiah](#) and [Ezekiel](#) do. Instead, the historical books tell a story.



Mother's Day



Relief Society

"It was gray, gray, gray. I didn't like the gray. Then something happened. It will always happen, if you're looking. It might be a smile, a wink, a nod from someone you don't know. It might be a hug from someone who loves you. It might be a word or an idea carried on the wind from others. . . And sometimes a gray day gives us just the rain we need." ("Dream: A Tale of Wonder, Wisdom & Wishes," by Susan V. Bosak) We all experience "gray" days—days that make us angry, sad, or lonely. When we decided to come to earth, we knew there would be gray days. We also knew those gray days would make us stronger, and we would receive the help we need from those around us, from the Comforter, and from the Gospel. President Nelson said, "We are all, metaphorically speaking, on a rafting trip thru life. Some of the trip is beautiful and peaceful, but at some point, we all hit rapids. As we face the churning challenges of our lives, the greatest and only real safety comes as we hold onto the raft, which is the restored gospel of Jesus Christ." He also said, "Giving help to others—making a conscientious effort to care about others...is our joy." May we all cling to the gospel, feel the comfort that comes from the Holy Ghost and from those around us, and may we be a blessing in the lives of others.

Relief Society Presidency

SUNDAY RELIEF SOCIETY MEETINGS:

May 8: Lesson on talk in October 2021 General Conference "Giving Holiness to the Lord," by Elder L. Todd Budge

May 22: Lesson on talk in October 2021 General Conference: "Lovest Thou Me More Than These?" by Elder M. Russell Ballard

WEDNESDAY, MAY 11 @ 12:00 NOON: LUNCH BUNCH POTLUCK



FROM THE HUMANITARIAN COMMITTEE:

Thank you for all those who shared their talents, time, and resources in helping with our humanitarian projects. We had a great night with the Young Women and hope to have them join us again. That night, we sewed 71 pillowcases and completed 225 toy cars. In total, with those who worked tirelessly at home, we donated over 158 pillowcases to the Primary Children's Cancer Center and 300 toy cars that will be donated all over the world! Thank you so much for all that you do to serve those in our community and those around the world!

We look forward to working with you all in future humanitarian activities!

HAPPY BIRTHDAY TO:

May 5 Vicki Springer
May 10 Heidi Holmes
May 14 Linda Clifford
May 19 Savannah Evans

May 7 Natalie Christensen
May 11 Kelli Lee
May 16 Cambree Applegate

May 10 Gloria Campbell
May 12 Wendy Goldman
May 16 Linda Schneider

Young Men and Young Women

Upcoming Flag assignments

Memorial Day	Flag Day
Monday May 30	Tuesday June 14
(No School)	(Summer Break)
Freebairn, Mark David	Ericksen
Freebairn, Mark David	Ericksen
Freebairn, Steve	Sorenson
Freebairn, Steve	Wright
Hunter	Wright

Independence Day	Pioneer Day
Monday July 4	Monday July 25
(Summer Break)	(Summer Break)
Jensen	Brice
Jensen	Brice
Mortensen	Hansen
Mortensen	Hansen
Thiriot	Hunter



YW May Spire

April has been a busy month for the Young Women. We had the opportunity to participate in the Tabernacle Experience where some of our Young Women were able to be hosts. The Young Women also participated with the Relief Society sisters in making toys and pillowcases as a service project. It was a great evening of service and fun. Some of our Young Women and Young Men were able to go to the Bountiful Temple this month! Thank you to all the leaders who helped make this happen. These appointments are hard to come by, but well worth the effort. And finally, our Young Women and Young Men were able to collect money from the flag fundraiser to help support camps, youth conference and other activities. We would like to thank all who contributed. These funds are so helpful to our youth.

We are looking forward to some fun May activities including a combined YW/YM hike on May 25th. And please remember Youth Conference will be June 17th-18th and YWs camp at Piuta will be June 27th-30th. More details will be coming on both of these events soon.

In our combined YW lesson this last month, we talked about the advice given by President Nelson. "...Let God prevail in your life. Give Him a fair share of your time. As you do, notice what happens to your positive spiritual momentum." We encourage you to let your positive spiritual momentum help others.



Temple and Family History

May 2022

Do you know what your name means? Yes, both your first name and your last name. Do you know how your name was chosen? Do you know where you are from? The answers to these questions might help us in knowing something about our ancestry. Knowing about ourselves, our family and the history of our family will help us understand who we are.

We each have a story. It is unique to us. Finding that story can be fun and exciting. In an April 2022 conference talk Elder Gerrit W. Gong talks about these questions. It is well worth the time to read what he had to say. He mentions four things that we can do right now to become better acquainted with ourselves. First, he suggests that we consider ourselves as a child, grandchild or great-grandchild of someone. We can find pictures, record dates and even accomplish temple work in behalf of deceased grandparents. Second, he says, let the adventure of family history be intentional and spontaneous. We can visit with parents and grandparents to learn more about our family heritage. Third, he adds, we can visit [FamilySearch.org](https://www.familysearch.org). There we can download information and see how we are related to others. Fourth, he reminds us that we can help unite families eternally. That should be our goal.

We each have a story. Let us discover that story and learn about ourselves and those who went before us. Elder Gong's concluding comment reminds us what we can do. He said: "Please come find your family, all your generations, and bring them home."

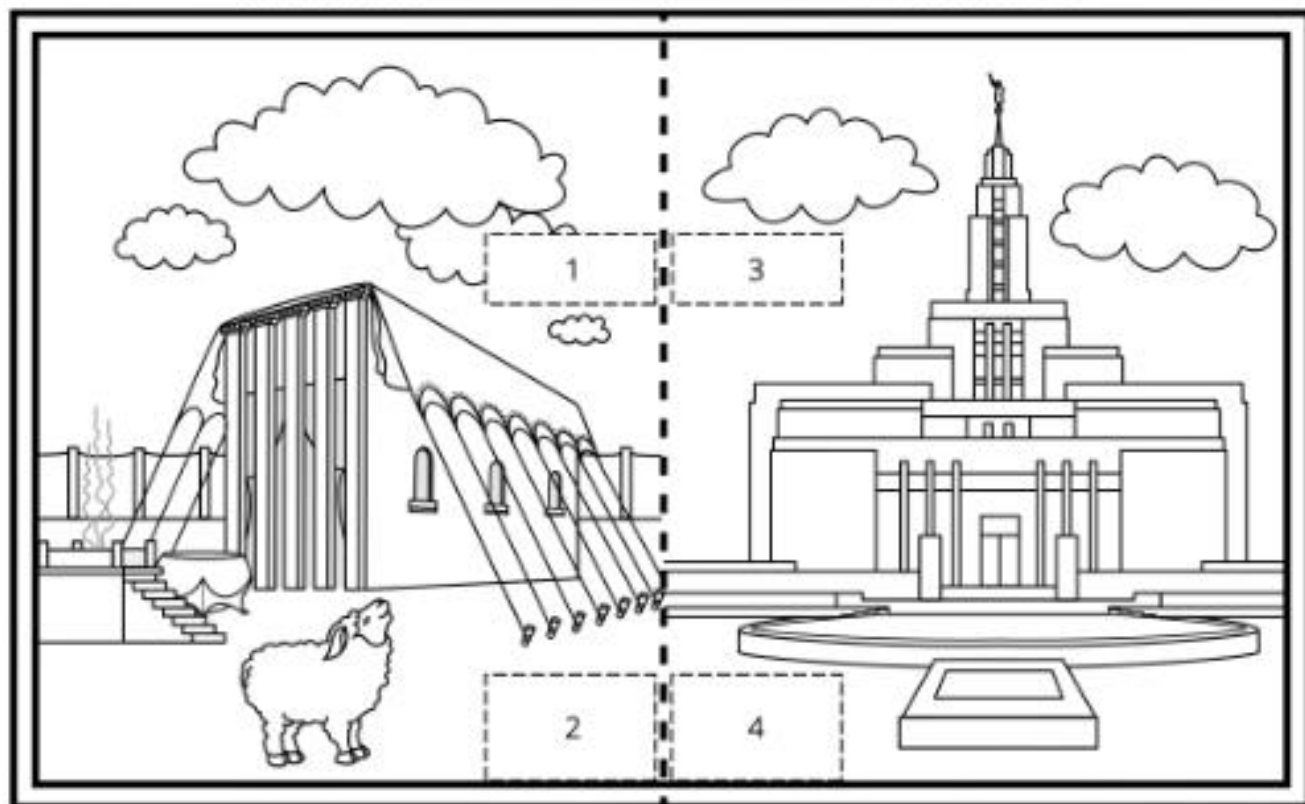
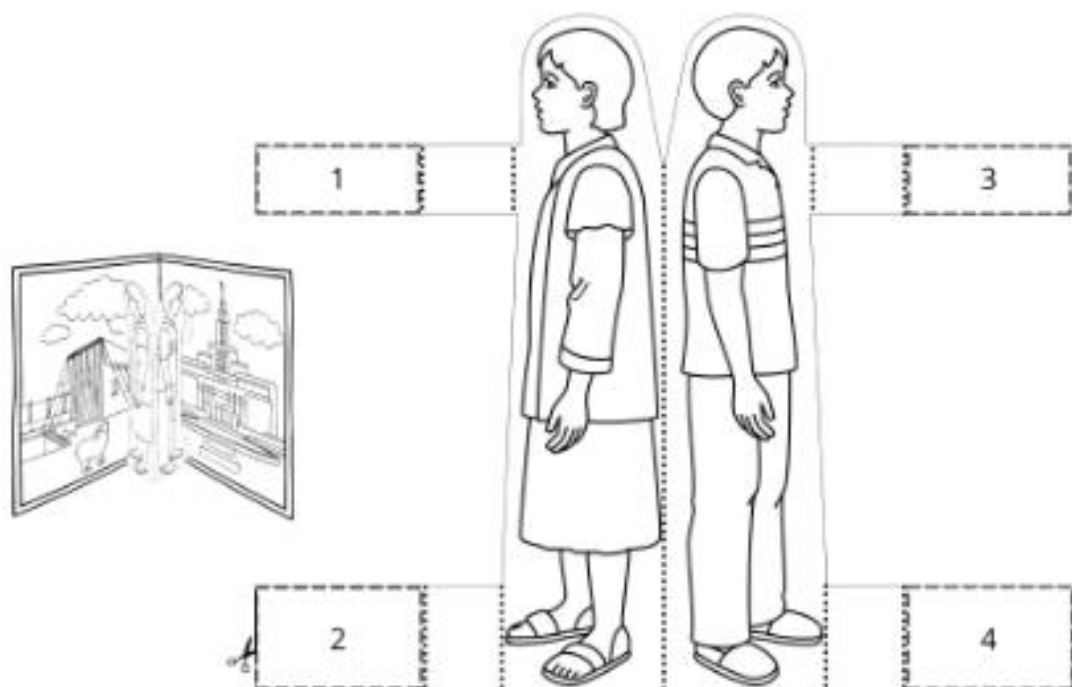
Lawrence Schreiner

Ward Temple and Family History Leader



I can feel God's presence in holy places (Exodus 40:17-34).

Color the pictures and cut them out. Fold the pictures of the children on the dotted lines, and glue the numbered tabs to their matching numbers on the pictures of the temples. Then, fold the pictures of the temples on the dotted line as shown below.



Happy Birthday

May 1

Robert Aycok
Nick Bruce
Casey Miller

May 2

Adelyn Hansen
Jeff Mann

May 5

Vickie Springer

May 6

Matthew Stats

May 7

Natalie Christensen
Randon Jensen
Radley Jensen

May 9

Todd Porter

May 10

Gloria Campbell
Heidi Holmes
Keith Wilson

May 11

David Goldman
Kelli Lee
Kaitlyn Petersen

May 12

Wendy Goldman

May 13

Elle Freebairn
Grant Jensen

May 14

Linda Clifford
Caleb Stats

May 15

Rowe Miller

May 16

Cambree Applegate
Bryan Hardy
Linda Schneider

May 18

Lillian Gardner
Ted Nielsen

May 19

Bill Albright
Savannah Evans
Rebecca Goldman

May 21

Kienna Stats

May 22

Sage Brice
Cameron Morrill

May 23

Lee Carter

May 25

Sarah Goldman

May 26

McKenzie Barton
Hadlee Schnebly

May 28

Breanna Mortensen

May 29

Ryan Freebairn

May 30

Isaac Ericksen
Megan Goldman
Marlin Shelley

May 31

Robert Draper



Inasmuch as ye have done
it unto one of the least of
these my brethren, ye have
done it unto me.
-Matthew 25:40