

NORTH CANYON 5TH WARD SPIRE

A Headache to Be Thankful For

Here is a story that I heard some years ago. I wanted to share it again as it still rings with truth in the lesson's of life.

"This summer I had the opportunity to spend a couple of days at Scout camp in the Uintas with five of the boys in our neighborhood. In spite of the nasty head cold that kept me from sleeping, I had a great time, but I couldn't stay the whole week. On the second evening, another leader took my place so I could make the three-hour drive home. As I pulled out of camp, I worried about dozing off and prayed for help.

Rather than driving through Evanston, as we had on the way to camp, I felt like I should go over Bald Mountain Pass and down through Kamas. The drive through the Uintas was spectacular as the sun set behind the beautiful mountains. But as dusk settled, it became harder to see the deer that darted across the road, and I prayed again for help to stay awake so that I could make it home safely.

As I began the long descent from Bald Mountain above 10,000 feet, my head cold kept my ears from equalizing the air pressure inside my head. By the time I reached Kamas, I could hardly hear, and the pain was intense. The pressure only built as I descended from Park City to the valley floor, and the pain was so excruciating that I begged God to take it away.

And then I realized: I was awake. I hadn't fallen asleep because there was no way I could doze off with the way I felt.

Through a very painful but temporary experience, the Lord had kept me from the very real and very permanent danger of death.

At that point, my prayer changed from a desire for deliverance to gratitude and a desire to be able to endure as long as was necessary to accomplish His purposes. Not long after I arrived home the pain began to diminish."

Brother Olsen

In this life we face the very real and very permanent danger of spiritual death—that is, separation from our Heavenly Father because of our sins, imperfections, and weaknesses. To help us turn to the Savior, who is the only one able to save us from sin, imperfection, and weakness, our Heavenly Father allows us to face challenges. These painful experiences—such as unemployment, disability, separation from loved ones, and debilitating illness—are often excruciating but always temporary from an eternal perspective.

If we will recognize and appreciate these experiences for what they are—invitations to draw nearer to our Father and His Son, our Savior—our prayers will change from a desperate cry for rescue to a determined request for strength and patience. In difficult times, we should be careful that we are not asking the Lord to save us from the experiences we need in order to be saved.

To those who are hurting: hold on just a little longer. Call on the Lord more often. He will not leave you comfortless. He will come to you (see John 14:18). He will go before your face. He will be on your right hand and on your left, and His spirit shall be in your heart, and His angels round about you to bear you up (see D&C 84:88). And all these things shall give you experience and be for your good (see D&C 122:7).

Then we will find that the pain is over, the danger is past, and we are safely home in our Father's arms.

Michael Wright and the 5th ward Bishopric.

Come Follow Me

May 30 – June 5

Judges 2-4; 6-8; 13-16

June 6-12

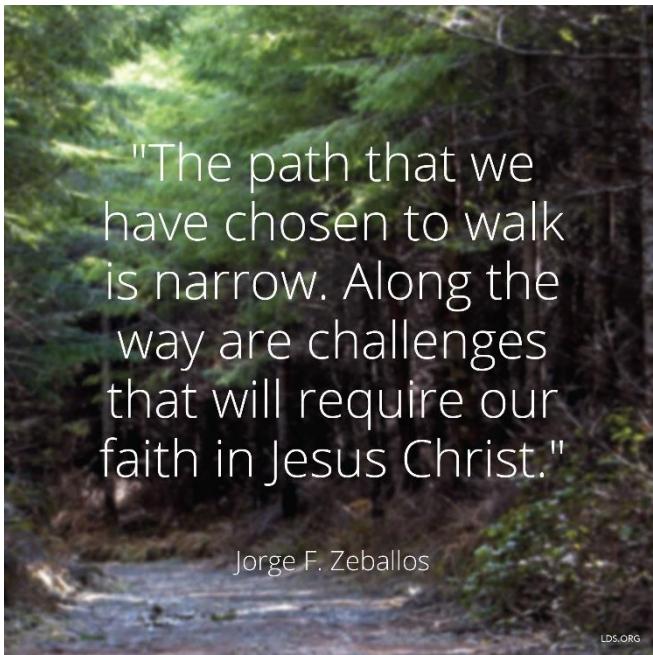
Ruth; 1 Samuel 1-3

June 13-19

1 Samuel 8-10; 13; 15-18

June 20-26

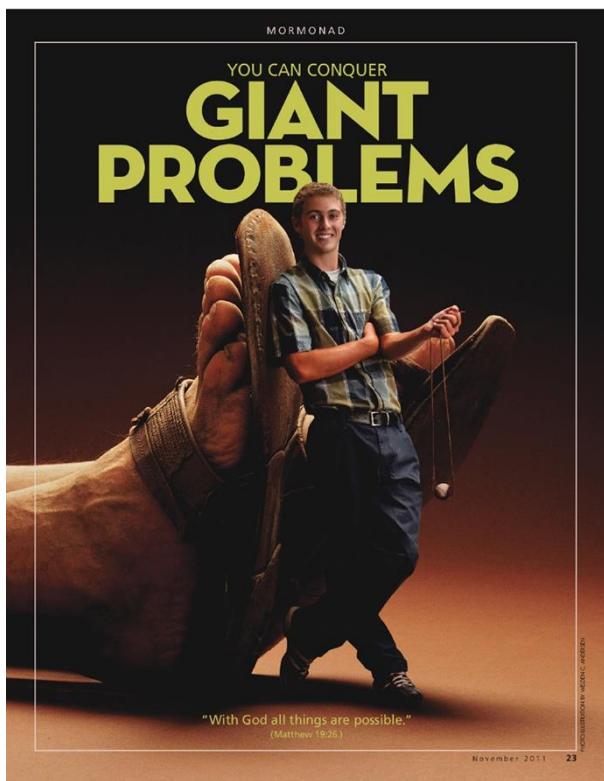
2 Samuel 5-7; 11-12; 1 King 3; 8; 11



"The path that we have chosen to walk is narrow. Along the way are challenges that will require our faith in Jesus Christ."

Jorge F. Zeballos

LDS.ORG



Ever since the tribes of Israel had settled in the promised land, the Philistines had been an ongoing threat to their safety. Many times in the past, the Lord had delivered the Israelites from their enemies. But now the elders of Israel demanded, “We will have a king … [to] go out before us, and fight our battles” (1 Samuel 8:19–20). The Lord relented, and Saul was anointed king. And yet when the menacing giant Goliath hurled his challenge to the armies of Israel, Saul—like the rest of his army—was “greatly afraid” (1 Samuel 17:11). On that day, it wasn’t King Saul who saved Israel but a humble shepherd boy named David, who was wearing no armor but was clothed with impenetrable faith in the Lord. This battle proved to Israel, and to anyone who has spiritual battles to fight, that “the Lord saveth not with sword and spear” and that “the battle is the Lord’s” (1 Samuel 17:47).

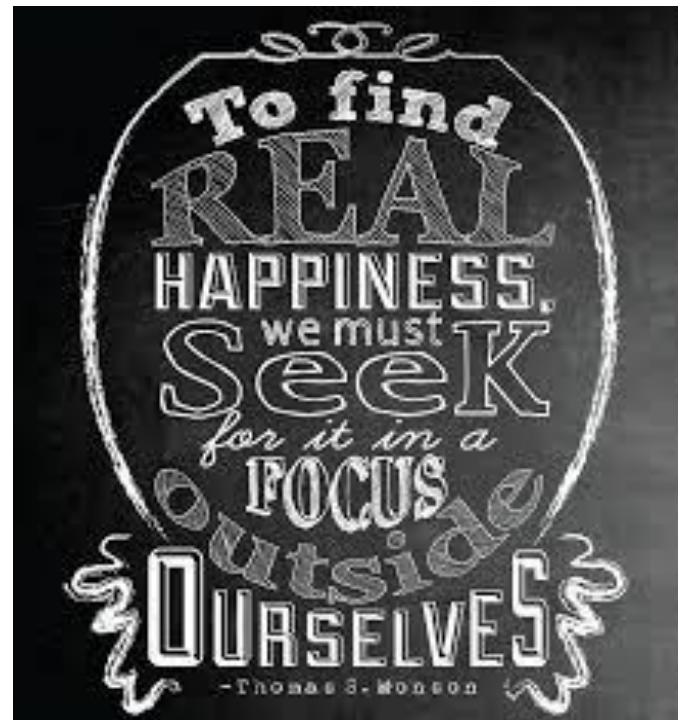
Elder's Quorum

Upcoming Event: June 16 - Nurturing Nations

- 6:15 pm We will need Elders to help set up the activity
- 7:00 pm We will be combining with RS to assemble education and hygiene kits

Elders Quorum Lessons for June:

- June 12: "Like a Broken Vessel" by Elder Jeffrey R. Holland
 - Link: <https://abn.churchofjesuschrist.org/study/general-conference/2013/10/like-a-broken-vessel>
- June 26: "Following Jesus: Being a Peacemaker" by Neil L. Andersen
 - Link: <https://abn.churchofjesuschrist.org/study/general-conference/2022/04/15andersen>



Relief Society

Our sweet prophet's wife, Sister Wendy Nelson, recently asked young adults of the church one question to help them decrease stress in their lives, increase their love and capacity, bring joy, comfort, love, and peace. She asked the young single adults of the world to see the world differently and the Lord's hand in our lives, keeping in touch with the spirit of the Lord by asking themselves in one situation a day, "What would a holy young adult do?" How would we use our time? What would we do differently? What would we do more of?"

We may not all be young adults anymore, but we can ask ourselves a similar question, "What would a holy woman do?" I loved the idea of the power and influence such a conscious effort could have in our daily lives. We need not overwhelm ourselves by over-reaching to be perfectly holy in every moment, but Sister Nelson suggested a conscious effort to ask ourselves in just ONE situation each day to examine a more holy practice we could implement in our busy day. She explained that using our agency for a distinct and holy purpose will bless our lives in remarkable ways and change our perspectives. We can see the significance of more important things and seek to know what God would have us do.

What a simple and wonderful plan for improving ourselves an incremental amount each day! Living to be just a little more holy day by day will bless us profoundly, as Christ urged us to "practice holiness before me continually." Many of us are doing a good deal of holy things each day already. But asking this question may shift our view of our daily lives. We are grateful for all the ways each of you shows us your holy traits in serving and teaching one another. We see your service and love. We know you are all overwhelmed in your own ways. We love that we all share the sisterhood of Relief Society to become more holy together. We pray for each of you on your journey to become more holy women.

Brooke Freebairn

Calendar of Upcoming Events:

June 8	Lunch Bunch Potluck Lunch at noon for all sisters age 65 and older
June 12	Relief Society lesson on October 2021 General Conference address by President Eyring, "The Faith to Ask and Then to Act"
June 16	Humanitarian Activity for Relief Society and Elders Quorum
June 26	Relief Society lesson on October 2021 General Conference address by Elder Rasband, "The Things of My Soul."

Happy Birthday To:

June 2 Gladys Carter	June 3 Britnie Larsen
June 8 Amber Gardner & Shauna Sabey	June 12 Judie Tayler & Kassie Jespersen
June 13 Lynette Nielsen	June 19 Janene Phillips
June 21 Gina Daniels	June 22 Maycie Dalley
June 24 Sabrina Hooker	June 26 Linda Marrelli
June 29 Janet Park	

Thanks to all of you for the kind, thoughtful things you do for one another!

Humanitarian Committee

Nurturing Nations was founded by Amy Hunter's sister, Laura Belk. It started when she adopted their youngest daughter, Kai. Kai was the first girl with Down Syndrome who was adopted out of the country, because many in Ghana believe that people with special needs are cursed and so the children are killed. When Laura found out that was happening, she had to try to help. At first, Laura investigated partnering with other organizations that were already established and helping in Ghana. She couldn't find one that she agreed with how they spent donated funds. She wanted an organization that used 100% of money donated to go to helping the kids. So, she started Nurturing Nations.

Nurturing Nations has built a school, a safe house, a library, a full-time care facility for severely handicapped children, and they are working on building a medical clinic. The full-time care facility is the only one in Ghana. Before the facility was built, social welfare had no place to take children with disabilities whom the parents abandoned. The children would just be left to die.

We have the opportunity to help! On Thursday, June 16th at 7:00 pm we will have a combined Relief Society & Elders Quorum activity. We will be putting together hygiene / school kits for kids in Ghana, Africa. Amber Gardner, Amy, and Helen Hunter will be taking these kits and distributing them to these special children.

There are two ways to donate and help. First, please review SignUp Genius for items that you would like to donate. Purchase the products and join us on June 16th to help put the kits together. If you would prefer to donate money, use a Tithing Slip and mark "Other" and write in "Kits." We will use this money to buy supplies to complete the hygiene / school kits. Our goal is to complete 100 kits to be delivered to children in August.

If you have any questions, please contact Amy Hunter at 801-661-9936. There will be two boxes that you can drop off donations to in case you cannot make the activity. One box will be outside the Bishop's office on Sunday. The other will be at Amy Hunter's home.

Thank you for your generosity! We look forward to enjoying an evening of service with you!

Humanitarian Committee

<https://www.signupgenius.com/go/60b0f44a8a72faaf85-nurturing>



Often, the answer to our prayer does not come while we're on our knees but while we're on our feet serving the Lord and **serving those around us.**

Dieter F. Uchtdorf



June 1

Clark Sabey

June 2

Gladys Carter

Jordan Wilson

June 3

Elliot Erickson

Britnie Larsen

Rhett Phillips

June 6

Alexander Frank

June 7

Robin Phillips

June 8

Amber Gardner

Shauna Sabey

June 11

Bryan Green

June 12

Kassie Jespersen

Judy Tayler

June 13

Larry Curtis

Lynnette Nielsen

June 19

Janene Phillips

Jeff Springer

June 20

Lawrence Schreiner

June 21

Gina Daniels

Tyler Harker

Grace Hooper

Kent Njord

June 22

Maycie Dalley

June 24

Sabrina Hooker

June 25

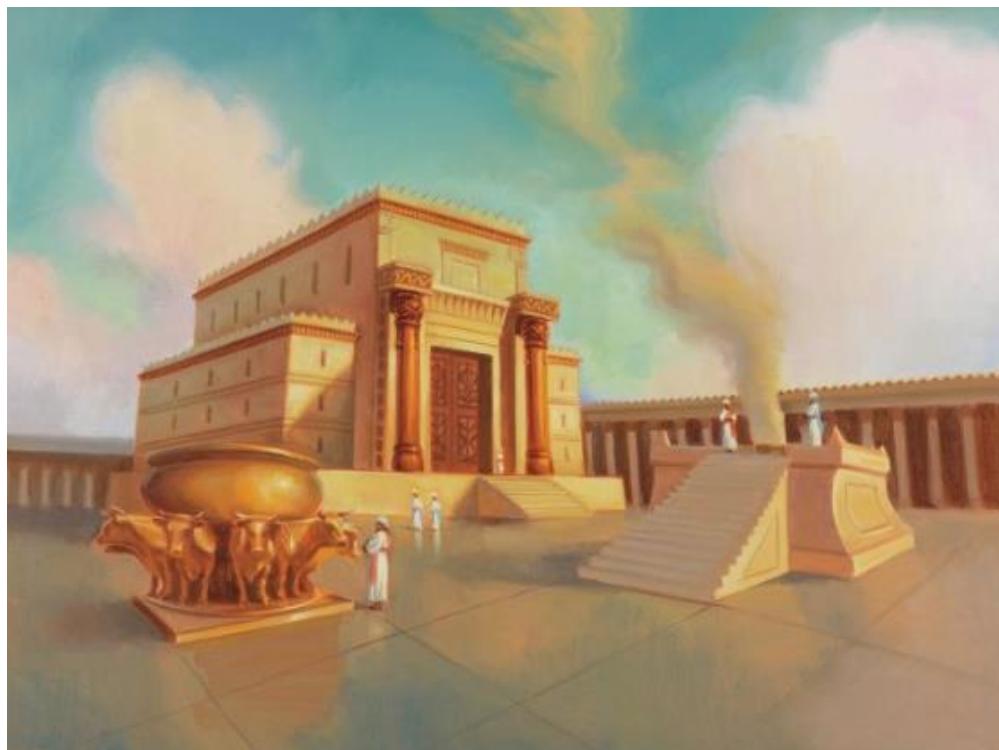
Tyler Freebairn

June 26

Linda Freebairn

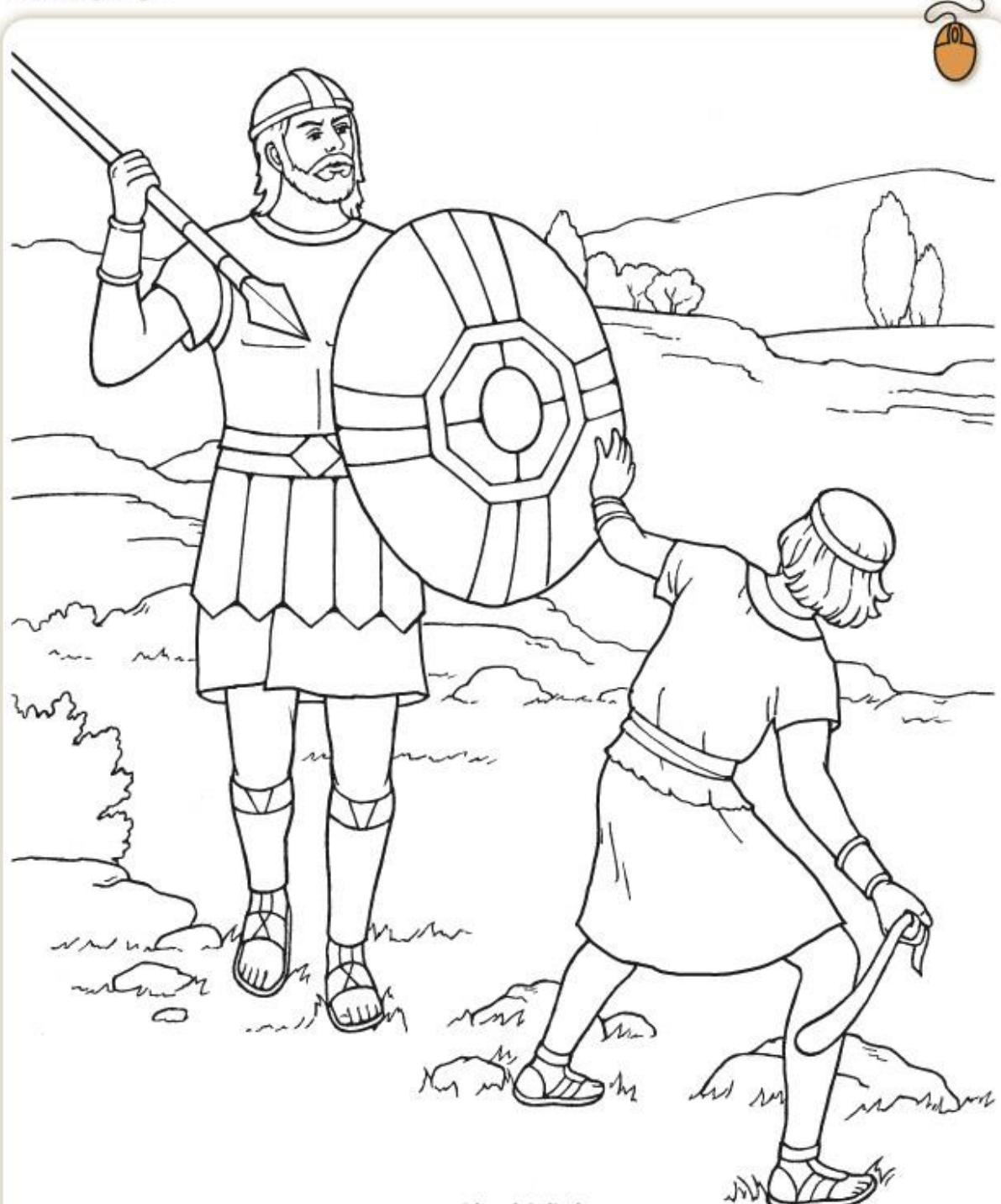
June 29

Janet Park



Primary

Coloring Page



David and Goliath

Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel (1 Samuel 17:45).

The Lord can use small things to do great work (Judges 6:11-16; 7:1-8).

Help Gideon find the men who will go to battle.

Put a circle around the men who are drinking from their hands,
and put an "X" on the men who are drinking from the river on their knees.

