



# ALL YOUR MIGHT



ARMENIA YEREVAN MISSION



January 2007



## President's Message

President Ezra Taft Benson is quoted as saying: "I have often said one of the greatest secrets of missionary work is work! If a missionary works, he will get the Spirit; if he gets the Spirit, he will teach by the Spirit, and if he teaches by the Spirit, he will touch the hearts of the people and he will be happy. There will be no homesickness, no worrying about families, for all time and talents and interests are centered on the work of the ministry. Work, work, work—there is no satisfactory substitute, especially in missionary work."

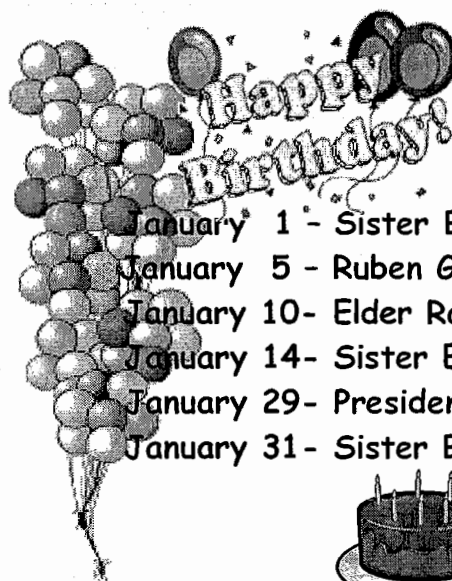
When we committed to become a missionary, we promised that we would devote all our time, talents, and energy to the work. There were no exceptions requested and none granted. Our purpose is clear. We have been instructed in the work and have received direction on how to work effectively through planning, focusing our efforts and following the Spirit.

We know that the boldness that comes from faith will eliminate fear. When we are doing our best, we have the confidence that the Lord accepts our effort and will give us the blessings we need at that time. The

work is hard but it is not drudgery. We find many disappointments but we do not lose hope and our love increases.

We rejoice in your wonderful efforts. We are grateful for your obedience and dedication to the work. We pray for your success and we know that the miracles you need will be given to you in the Lord's way and in his time. May the new year bring you joy in your work and the constant companionship of the Spirit.

President and Sister Bartholomew

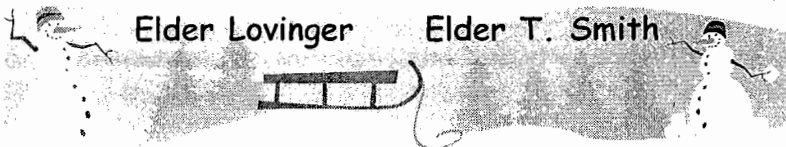


- January 1 - Sister Blunck
- January 5 - Ruben Gasparyan
- January 10- Elder Ralph
- January 14- Sister Erler
- January 29- President Bartholomew
- January 31- Sister Blair

## WELCOME TO THE ARMENIA YEREVAN MISSION

Elder Birgersson	Elder Robinson
Elder Bullock	Sister Smith
Elder Lovinger	Elder T. Smith

Due to updated airline luggage and security restrictions, missionaries are not to carry any items for members when returning to the U.S. Be clear, frank and definite with members if they ask you to take a package to the U.S. for them. This is not an issue they should go to the mission president to request an exception.





## Spotlights

### Elder D. Bridenstine



Elder Bridenstine was born in Mesa, Arizona but most of his childhood was spent in Cache Valley, Utah. He lived in Nibley, a small town outside of Logan for 15 years. His family then moved to the Denver area and Elder Bridenstine stayed behind to finish high school and attend Utah State University where he is majoring in pre-med.

He has one older brother, two younger brothers and two younger sisters.

He has been involved in many activities and has many interests. Some of these interests are: student government, break dancing, ballroom dancing, acapella choir, track team, drama, writing poetry, skate boarding, jewelry making, horseback riding, calf roping, wilderness survival and scouting. He was on the ballroom dance competition team at USU, he plays a Brazilian string instrument, the berimbau, and is interested in capoeira, a Brazilian martial art.

Elder Bridenstine is energetic and optimistic and is always willing to help someone in need.

### Elder Seiter

Elder Seiter is from Tempe, Arizona, but was born in Mesa, Arizona as the youngest of ten children. With nine older siblings bossing him around, his parents say they had little to do with his upbringing. He realized many advantages from being the youngest, such as being able to travel to South America and Europe with his parents.



When Elder Seiter was in the MTC, his parents were also there as well as two sets of aunts and uncles. His parents served their mission in Africa.

In high school, Elder Seiter enjoyed playing varsity volleyball and participated in theatrical productions and choir. He excels in costume design, especially Halloween costumes. He is very good at water skiing, wake boarding and snow skiing.

Elder Seiter has a gift for loving and appreciating people. He is a good friend to many and notices their needs. He began his missionary service in the Russia Yekaterinburg Mission, but came to the Armenia Yerevan Mission in March 2006 to help open up Georgia to proselyting where he could use his ability to speak the Russian language.



## Message from the Assistants

In the most defining and critical time of His life Jesus was asked, "Art thou the Christ, the Son of the Blessed?" Remembering who He was and what He was capable of doing, the Savior boldly responded, "I am." Christ knew who He was and He had a vision of who He was to become, the Savior of all mankind.

As sons and daughters of God we likewise must get the vision of who we need to become. With God as our spirit Father our potential is unlimited and our progression eternal. We have been commanded to become like Him but this will not happen all at once.

President Bartholomew has asked us all to make yearly goals, goals that will reflect the will of the Lord and help us on our path to perfection.

So who does the Lord want you to become during the next year? An Armenian scholar? A mountain mover? Does He want you to be more humble and teachable? Or maybe more loving and giving? We know that through thoughtful consideration and earnest prayer we can make our vision one with the Lord. Elders and Sisters, please pay the price to receive that vision. We promise you that as you follow the formula given by the Lord in D&C 9:8 that you will know what His will is for you this year.

As disciples of the Savior we must give up everything to become like Him. We testify that there is no better feeling than knowing you are doing the Lord's will and coming closer to Him. What a wonderful opportunity we've been given to know God's will. Take advantage of it. We love you and we'll continue to pray for you as you remember who you are and seek the vision of your Heavenly Father for this year.

Elder Schroeder and Elder Rasmussen

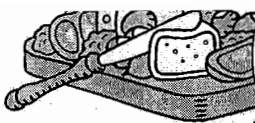


**Filter #1 Needs  
To be changed  
In January**



# Health Advice

From Sister Bartholomew

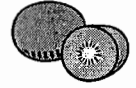


# Cook's Corner

**BEGIN THE YEAR RIGHT!**

**FOLLOW THESE GUIDELINES AND YOUR HEALTH WILL IMPROVE:**

- Plan weekly menus and post them on your refrigerator
- Eat Breakfast EVERY day
- Eat 5 fruits & vegetables a day



## CREAM SOUP BASE

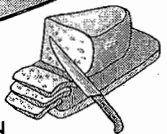
- $\frac{1}{2}$  onion, diced      1 quart milk
- 3 TBS butter      1/3 cup flour
- $\frac{3}{4}$  cup chicken broth (water + bouillon cube)



Cook onions in butter until translucent—not brown. Add flour and stir until flour gives a toasted smell (about 3-5 minutes) Add milk, broth, salt & pepper and cook until thickened.

Add cooked diced, potatoes, carrots or other vegetables. You can add cooked chicken, ham or beef. It makes a tasty soup.

Or you can chill the soup base and use as needed to thicken recipes that call for a cream soup.



## BREAKFAST STRATA FOR 12

- Slices of bread      3 cup milk
- 1 lb grated cheese       $\frac{1}{2}$  tsp salt
- 1 1/2 cup ham       $\frac{1}{4}$  tsp dry mustard
- 6 eggs      2 Tbs dry minced onion

Spread butter on one side of bread slices to cover a 13x9 pan, put buttered side down. Cut off crusts, if desired. Sprinkle on grated cheese and chopped ham. Put another layer of bread down and butter if desired. Sprinkle with more cheese and ham. Beat together and pour over bread: eggs, milk, salt, dry mustard and minced onion. Cover. Put in refrigerator overnight. Bake at 350°F for 45 to 60 minutes.

## PICNIC APPLE CAKE

Mix together 4 cup sliced apples, 2 cup sugar and 2 beaten eggs. Sift together: 2 cup flour, 1 tsp salt, 2 tsp cinnamon, 2 tsp soda,  $\frac{3}{4}$  tsp nutmeg. Add to apples. Then add  $\frac{1}{2}$  cup oil, 1 tsp vanilla,  $\frac{3}{4}$  cup chopped walnuts,  $\frac{3}{4}$  cup oatmeal. Pour in 13x9 pan. Bake. Sprinkle powdered sugar on top, if desired. 325°F for 1



## Commandment #5

**KEEP YOUR LIVING QUARTERS CLEAN TO INVITE THE SPIRIT**

*And let all things be done in cleanliness before me. D&C 42:41*

### SLOPPINESS

- ✓ Breeds contention
- ✓ Aggravates depression
- ✓ Lessons the presence of the Holy Ghost

### FOR SANITARY AND ORDERLY LIVING:

- Clean the kitchen and bathroom regularly
- Clean bedding weekly and cover your mattress with a sheet
- Wash socks after one day

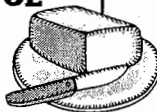
**Remember—Your apartment should be a reflection of your call as a representative of Jesus Christ. Invite the Spirit by keeping your things orderly.**

*By special request:*

### JANUARY MISSION CONFERENCE

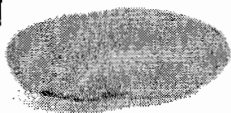
#### BAKED POTATO POTLUCK!

The mission will furnish baked potatoes, butter & sour cream.



You will furnish what goes ON, WITH, and AFTER the baked potatoes. (Toppings, Side Dishes and Desserts)

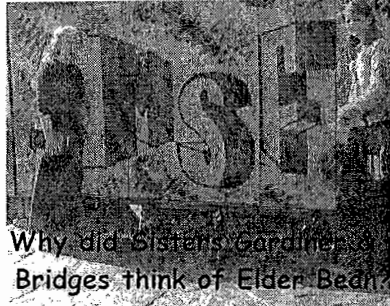
Each zone needs to coordinate what they will bring so that we have a good **BALANCE.**



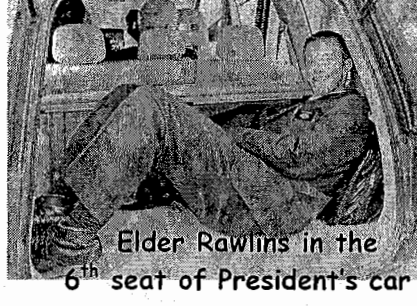




Elder Bridenstine



Why did sisters Gardiner & Bridges think of Elder Beard?



Elder Rawlins in the 6<sup>th</sup> seat of President's car



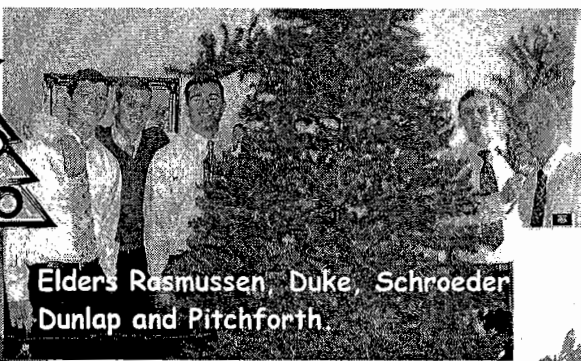
Sister Waldron and Elder Dunlap



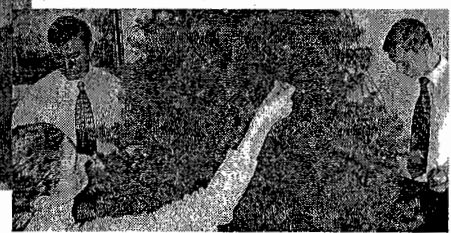
### Mission Home Christmas Tree Decorating Activity - Dec 4



They all helped trim the tree



Elders Rasmussen, Duke, Schroeder, Dunlap and Pitchforth



Sister Davis, Elder Schroeder & Elder Dunlap



Sister Bartholomew made delicious soups and chili.



### Christmas Day 2006



Mark cooked Thai food For the Christmas meal



Sisters Blair & Grigoryan



Elders decorated and then ate cookies



Elders Fleischel, Smith



Santa paid a visit



Santa's visit brought smiles & chuckles



Elders Atkinson, Ralph, Eatchel



Elder Tadevosyan with his stocking



President handing out Christmas stockings

