

ALL YOUR MIGHT

ARMENIA YEREVAN MISSION NEWSLETTER

January 2010



PRESIDENT'S MESSAGE



Dear Elders and Sisters,

As we begin a new year it is always a good idea to briefly reflect back upon the past prior to looking forward to our journey forward. By doing so, we can make necessary course corrections and establish worthy personal goals to help us avoid our mistakes of the past and to increase our effectiveness. *Preach My Gospel* (page 146) teaches..."Goals reflect the desires of our hearts and our vision of what we can accomplish. Through goals and plans, our hopes are transformed into actions. Goal setting and planning are acts of faith. Prayerfully set goals that are in harmony with the Savior's command to 'teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost' (Matthew 28:19)." Please prayerfully ponder this statement by The First Presidency from *Preach My Gospel* (page v) as you look forward to a new year of missionary work. "We challenge you to rise to a new sense of commitment to assist our Father in Heaven in His glorious work. Every missionary has an important role in helping 'to bring to pass the immortality and eternal life of man' (Moses 1:39)."

When President Schwitzer visited last month he taught about "conversion." In missionary work we most often speak about conversion as it relates to our investigators. However, we should regularly ponder concerning the depth of our own personal conversion. The Savior told Peter something that may seem rather puzzling. In Luke 22:32, the Savior said "...when thou art converted, strengthen thy brethren." Wasn't Peter already converted? Wasn't it Peter who boldly declared..."Thou art the Christ, the Son of the living God" (Matthew 16:15)? Why do you think the Savior was concerned about Peter's conversion? Of course Christ knew what was about to transpire and that Peter would deny having known the Savior. One of the lessons learned from this experience is that conversion is a continual process. We can't simply say..."OK, I am converted so I can check that off from my 'to do' list." It isn't that simple or easy.

We are taught in the Book of Mormon what a deep and true conversion looks like. When describing a few of the Lamanites who were converted unto the true faith, Nephi writes: "...they would not depart from it, for they were firm, and steadfast, and immovable, willing with all diligence to keep the commandments of the Lord" (3 Nephi 6:14). In other words we must show the Lord we are converted by our actions. If we say we are converted but our actions do not demonstrate our conversion---we are only trying to fool ourselves and the Lord is neither deceived nor impressed.

Let's get to work. Your leaders have been instructed to hold you accountable. Accountability is a divine principle. It is designed to "help" not to "punish." President Monson has declared: "When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates" (*Preach My Gospel*, page 150). I testify that the Lord will hold us accountable for the way we use our time, not only while serving our missions, but throughout our lives. We know we have been cautioned that we..."not procrastinate the day of [our] repentance until the end; for after this day of life, which is given to prepare for eternity, behold, if we do not improve our time while in this life, then cometh the night of darkness wherein there can be no labor performed" (Alma 34:33). Even temporary change is difficult, permanent change is even more difficult, but both kinds of change are possible. There will never be a better time to change our lives for the better than right now. The longer we wait the more difficult it becomes. Besides that---who knows how long "this day of life" will be for us. I testify this is the Lord's work. "The Lord will reward and richly bless you as you humbly and prayerfully serve Him. More happiness awaits you than you have ever experienced you labor among His children" (The First Presidency, *Preach My Gospel*, page v). Sincerely, *President Dunn*

A Happy Hello to:

Sister Cornwell

Elder Santo Sister Ferguson

Sister Crego Elder Reece



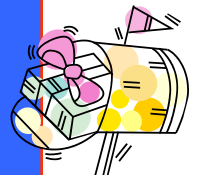
Sister Blunck--1

Elder Shulz--14

Sister Christensen--15

Elder Dow--23

Elder Lucas--26



SISTER DUNN'S MESSAGE

Dear Elders and Sisters,

Greetings! We hope that you are as excited about the beginning of a new year as we are. Five new missionaries have joined us, transfers have taken place, and new assignments have been accepted. We are always learning and growing here in the mission field. Our success in a new environment and in new assignments can be heightened by making sure we get adequate rest and by learning to manage our individual stress. All young, full-time missionaries are to adhere to the schedule found on page viii in *Preach My Gospel*. A regular schedule will help you sleep better and help you be more productive over-all. Another good resource is "Stress Management and Rest" in your blue *Missionary Health* notebook. If you find you are struggling with going to sleep, sleeping through the night or with stress management, please give me a call. I have some helpful suggestions.

All the best to you! *Sister Dunn*



Spotlights

Starting the new year out right, with no errors of any kind.



Sister Fuhriman

Brooke Fuhriman was born May 17, 1986 in Tremonton, Utah, where she grew up with 5 older sisters and 1 awesome kid brother. When she was growing up, she played soccer on a recreational team that was co-ed. The boys were always glad to have her on their team and sad to play against her. She played 1 year in high school until swimming squeezed it out. Sister Fuhriman excelled in swimming and water polo. She swam 4 competitive strokes and excelled in the butterfly stroke, which is the hardest. She set school records in several events, including relays. In water polo her senior year, her team took State & she was named Most Valuable Player. She loves the water! It's probably a good thing there isn't much beach front property in Armenia. She loves adventure and doing new things. Two days before reporting to the MTC, she went skydiving! At one time, she spent 3-4 months in the Ukraine teaching English. As we all know, she loves people and talking to everyone, which is why she is so loved by the Armenian people. Sister Fuhriman is a very playful young lady and has a tendency to tease. Some call her a bully. *Oh, cowboy up!* But she *has* been known to make brownies with laxatives in them. So men, beware if she offers you home-made goodies. Recently she was playing soccer & a boy of 14 was continually throwing snowballs at the group. She chased him down, sat on him & white-washed him. You definitely want her in your corner. When it comes to Sister Fuhriman, there is one thing we can agree on. She is a *True Missionary*, if you know what I mean.

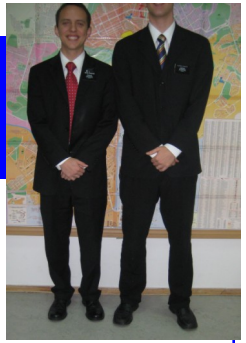


MESSAGE FROM THE A.P.'S

ELDER CARLSON & ELDER ELLI

As we walk through the dark alleys of Armenia, "Endowed with power from on high," one can't help but wonder if we are a source of light for those who have none. This light is seen in those that have a sealed testimony of the Savior and His church.

Therefore, this New Year season provides a wonderful opportunity to evaluate both the depth and sincerity of our testimony. President Faust labels a key technique that we can use to gain an unshakeable, life changing, testimony when he said that, "The Holy Ghost bears witness of the truth and impresses upon the soul the reality of God the Father and the Son Jesus Christ so deeply that no earthly power or authority can separate him from that knowledge." However, to receive the blessings of the Holy Ghost we need to do what it takes to receive them. Joseph Smith said, "We believe that we have a right to revelations, visions, and dreams from God, our heavenly Father, through the gift of the Holy Ghost, if it so be that we keep his commandments, so as to render ourselves worthy in his sight." So we must be obedient. We also must do the things that we were called here to do. If we do these things then the Holy Ghost has a constant place in our lives, and our testimonies are frequently expanded. Preach My Gospel says that as we bear testimony often we "seal the truth of the principles or doctrine" we are teaching. Consequently, if ever we question the existence of a firm testimony in our members or investigators, we should first ask ourselves if our testimony was borne and if it was strong enough to "seal the truth" in their hearts. So how is your testimony? When was the last time you noticed growth? When was the last time you "sealed the truth" in someone's heart? We testify that all of these things can be common occurrences when the Holy Ghost is present in our lives and in the fulfilling of our holy mission.



I am writing a movie about a werewolf who joins the church after reading the Book of Mormon. It's called, "LYCAN THE SCRIPTURES"

Matby

Sister Woolf

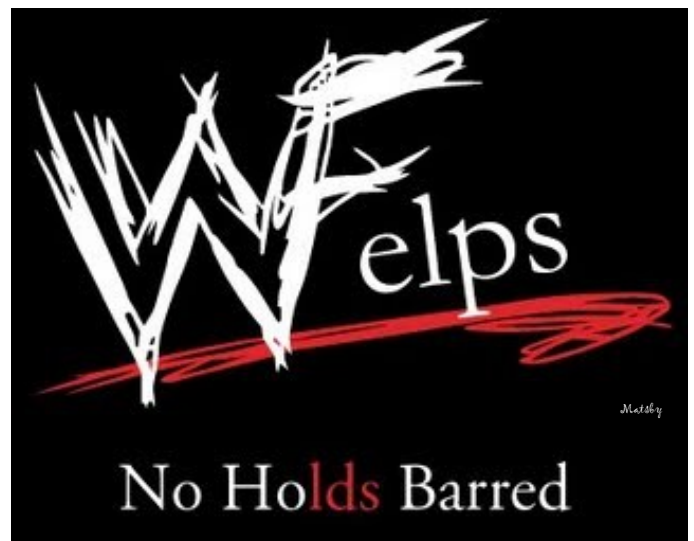
Kayla Rae Woolf began her life on July 26, 1986 in Provo, Utah in an ICU unit with breathing problems. It seems some things never change. Even in Armenia, she has been in the hospital having trouble breathing. From an early age, she was shy & quite afraid to come out of her comfort zone. She was soon labeled the family peacemaker. Bickering & contention are not part of her personality & she tries to banish them wherever she is. She enjoys calm and peace mixed with a few surges of riotous laughter and tackling/tickling/silly moments. But as Sister Woolf grew, she overcame her fears & shyness, turning her weaknesses into strengths. She ventured a fleeting moment into bungee-flying, setting off a fire alarm (ok, it was an accident, but still...) & taking on a 'nanny' job in Virginia, nurturing newborn twins, a 3-yr. old and a 5-yr. old. Wow! That would get anybody out of their comfort zone! After that, she was ready to take on Armenia. And that she did, even protecting her new companion by stomping down the stairs, screaming & charging after an assailant. Needless to say, he fled! Superwoolf to the rescue! Going to teach a discussion one day, she & her comp found that the investigator was busy taking a shower. She called out, "Hey! Can I help you do anything?" The investigator freaked out! Nope.....nothing shy about this girl! Despite illness, the language & the cold, she loves Armenia, & Armenia loves her. BTW, does anybody know the true color of her hair?



Random Thoughts—by Rebecca Religious

I always thought Hulk Hogan would make a good Mormon because he's always calling people "brother", but I guess he is probably hesitant to convert because if he was called to be Bishop, he would have to shave his mustache.

.....Matby



My favorite Mormon wrestler is the Ultimate Saturday's Warrior!!