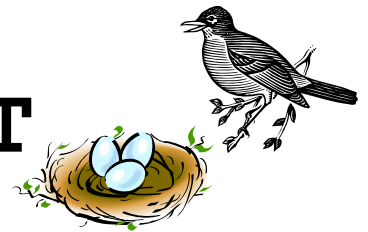


# ALL YOUR MIGHT



ARMENIA YEREVAN MISSION

March 2007

## PRESIDENT'S MESSAGE

Dear Elders and Sisters,

Thank you for doing a great work in the month of February. The Savior said that by their "fruits shall ye know them". You are being blessed for your obedience, faith and diligence. The promise Elder Ballard made to us last August is being fulfilled. It is amazing to watch the blessings that come to the missionaries who are effectively talking to at least ten people each day. Some have persisted for several weeks before they saw the fruits of their labors. But the blessings do come.

James, the brother of Jesus Christ said, "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all". (James 2:10) James recognized that 99% is not enough. Disobedience in any degree deprives us of the blessings promised by complete obedience. We must strive for that goal and repent quickly as we discover our disobedience.

Some may think that street contacting all day in the snow and ice in -12 degree weather should be enough sacrifice to be showered blessings

from the Lord. However, we learn from the scriptures that sacrifice is not a substitute for obedience. After Saul disobeyed the direction given him during his battle with the Amalekites, the Lord, through Samuel the prophet said to Saul, "Behold, to obey is better than sacrifice".

As we live worthy of the Spirit by keeping the commandments and following the direction given to us, we will achieve all that the Lord sent us to do. And knowing that we have done that may be the best blessing of all.

President and Sister Bartholomew

## Welcome to the Armenia Yerevan Mission

Elder Horgmo - Tbilisi

Elder Haake

Elder Hansen

Elder Hargraves

Elder Harrison

Elder Martin

Elder Packer

Sister Pew

Sister Seely

## Happy Birthday

March 1 - Sister Doty

March 8 - Elder Victors

March 13 - Sister Davis

March 18 - Elder Michaelsen

March 23 - Elder Pogorelov

March 24 - Elder Dixon

March 27 - Elder Pitchforth



## A Fond Farewell to

Sister Davis

Sister Gardiner

Elder Feik

Elder Seiter

Elder D. Bridenstine

Elder Rawlins





## Spotlights Elder Schroeder



Elder Schroeder was born in Ft. Leavenworth, Kansas. He is the fourth of five children. His father was in the Army and so Elder Schroeder has lived in several states. He spent most of his growing up years in the small town of Lebanon, Oregon. There he grew up surrounded by good friends, playing sports, bucking hay, and picking blackberries in the summer. His family moved to Orem, Utah the summer of his junior year. He attended Timpanogos High School for one year and since his family moved into the Orem High School district he transferred to Orem High School for his senior year. He excelled in academics and sports. Football was his specialty in sports. He was honored with All-league and All-State honors in football leading the way in tackles.

Elder Schroeder attended BYU before his mission and played on their football team. They are awaiting his return.

Elder Schroeder is a hard worker, dedicated to the work of the Lord.



## Elder and Sister Bean

Sister Bean was born in Arco, Idaho the second of five children and has lived in various western states as she was growing up. She graduated from high school in Emmett, Idaho and then attended BYU where she received an associate degree in business.

Sister Bean has interests in photography, quilting, art, and gardening, but her main interest is in their five children and twenty grandchildren.

Sister Bean has taught in most of the auxiliaries, served in several Primary Presidencies, as Young Women's President and as Relief Society President. Elder and Sister Bean now live in South Jordan, Utah.

Elder Bean was born in Price, Utah, the youngest of eight children. His family moved to American Fork, Utah when he was young and he attended school there. In High School he excelled in basketball, football and tennis.

He and Sister Bean both attended BYU where they met and were married in the Salt Lake Temple. He began his career by teaching math and chemistry classes in Salt Lake City and then American Fork, Utah. He later worked in various jobs in education; District Supervisor, School District Superintendent in South Sanpete District and finally he served as Utah State Superintendent of Public Instruction. He has served in many church callings: teacher, High Councilor, twice as Bishop, counselor in a Stake Presidency and as Branch President in an assisted care center. He and Sister Bean also served as ordinance workers in the Jordan River Temple.



## Message From the Assistants

Last mission conference President Bartholomew said, "You will not get into the highest degree of the Celestial Kingdom if you're not a planner." Later he remarked, "You can't create worlds if you don't know how to plan." Planning is an eternal principle that was used even before the foundation of this world. As missionaries, we must become master planners. Planning is essential to have success in the mission field. We would like to briefly discuss the two types of planning we do every week.

**Nightly Planning:** We have a mission rule to start our nightly planning session at 9:00 p.m. When we get home, the first thing we must do is get on our knees and invite the spirit during our planning. This means that before eating, resting or changing our clothes we must plan. After we have invited the spirit, we must follow the *9 steps of planning* that have been given to us by our leaders. (If you do not have these *9 steps of planning* handout, see us immediately...it's an emergency!) Then, later on during our companionship prayer we must confirm our plans with the Lord. **DON'T SKIP THIS STEP.** If there is something you need to change in your plans, the Lord will let you know, if you ask Him.

**Weekly Planning:** We have time set aside each Saturday to plan for the coming week. This is not a time to relax! The time we have as missionaries is precious. Preach My Gospel tells us exactly what to talk about and what to plan for—so use PMG! Recently, our leaders have given us a great tool to help us find investigators—a handout to help us create a "finding plan". The making of a "finding plan" is NOT the extent of our planning session; instead, it is one part of it. The guidelines to a planning session are found in Preach My Gospel on page 147-150. The guidelines for a "finding plan" are found on the sheet that our leaders have handed out. (again, if you don't have this handout then see us, you're in a crisis!")

Our leaders have given us these tools because they want us to be successful. Planning effectively will take effort and sacrifice, but the rewards are rich. AYM missionaries love to sacrifice for the Lord. We have been given *everything* that we need to be successful; the only thing that remains is to use it. Planning has meant success or failure to us during our time as missionaries. We promise you that as you consistently plan effectively and do as well as you can, then the Lord will turn your efforts into success. We love you, and only want your success as "thrashing" missionaries. Elders Schroeder & Duke



**Filters #1 and #2  
need to be changed  
in March**



# Health Advice

from Sister Bartholomew

*"As you make prayer, scripture study and pondering a regular part of your lives, we encourage you to include physical exercise as part of your total fitness program."*

Elder Russell M. Nelson

## Commandment #7

Exercise Regularly before 7:30 a.m.

- Look better
- Feel stronger
- Live longer
- Learn quicker
- Get a good night's sleep
- Controls anxiety and depression
- The list can go on and on...



For a well rounded exercise program

Aerobics exercise - 6 times a week for 20 minutes

Strength training - 3 times a week for 10 minutes

Flexibility training - 3 times a week for 10 minutes



Our bodies are made for motion, and the more we use them, the more they like it.

Scientifically speaking, regular exercise is associated with a reduced risk for most of the common health challenges we face. The best programs include a combination of exercises as listed above. Aerobics, strength training and flexibility training are all important to a well balanced plan.



QUICK ROOT BEER from Elder Quinn and Elder D. Bridenstine

Boil 1 ½ cups sugar with 1 cup water. Cool quickly. Add 1 capful of root beer extract. Add 5 to 8 cups Jermuk or mineral water and serve as soon as possible.



# Cook's Corner



CABBAGE - a wonderful, versatile vegetable. It is a dietary staple throughout the world. It stores well, is sturdy, abundant, inexpensive and low in calories. Although it is available year round, it is most abundant during late fall and winter. If eaten regularly it lowers risk of cancer and heals ulcers. High in Vitamin C, K, fiber, B1, B2, manganese, folate, potassium.

COLE SLAW from Sister Christensen

Shred 4 cups cabbage with ½ cup carrot. Add ½ can drained pineapple pieces. Dressing: ½ cup mayo (or part sour cream), 1 T vinegar, 3-4 T sugar, 1 tsp celery seed (if available) and ¼ tsp salt.



CABBAGE SIDE DISH - Sister Christensen  
Saute 1 large diced onion in oil until glossy. Add 4 cups chopped tomatoes (fresh or canned) and 1 small head shredded cabbage. Season, as desired. Cook on Low for 20 minutes. Easy and tasty. Good served with mashed potatoes.

BAKED CARROT PUDDING CAKE

from Sister Doty

In a saucepan mix: 2 cups grated carrots, 1 cup raisins, 1 cup chopped dates, 1 ½ cups sugar, 1 ½ cups water and ½ cup butter. Bring to a boil and simmer 5 minutes. Cool. Stir together: 2 cups flour, 1 tsp nutmeg, 1 tsp cinnamon, ¼ tsp cloves, 1 ½ tsp soda, 1 ½ tsp salt and 1 ½ tsp allspice. Add to the raisin/carrot mixture. Stir. Beat in 2 eggs, 1 tsp vanilla and 1 cup chopped nuts. Put in greased 13x9 pan and bake 325°F 40-50 minutes. Serve warm cake with heated sauce or ice cream or cream.

SAUCE: In a saucepan brown ½ cup butter. Then add 2 cups sugar, ½ tsp nutmeg, 4 cups pineapple juice with 4 to 6 Tbs cornstarch. Bring to boil. Add 2 Tbs vanilla.

