



PRESIDENT'S MESSAGE

Dear Sisters and Elders,

We want to always say the right things at the right time to those we contact. We know that even though we plan well, each individual we meet and speak to will have different interests, concerns and issues in his or her life. In that critical first meeting, we do not know them so we may not be able to address those things that will touch their spirits without personal revelation.

The marvelous promise given in the Doctrine and Covenants 84:85 is of great value to us. The Lord said "Neither take ye thought beforehand what ye shall say; but treasure up in your minds continually the words of life, and it shall be given you in the very hour that portion that shall be meted unto every man."

This scripture is worth careful study. The promise to us is that at the very time that we need to say the right thing to a person we have contacted, the Lord will give us those words. When we say the right words to the contact, it is a testimony to them that we are representatives of Christ and our message is of vital importance to them individually.

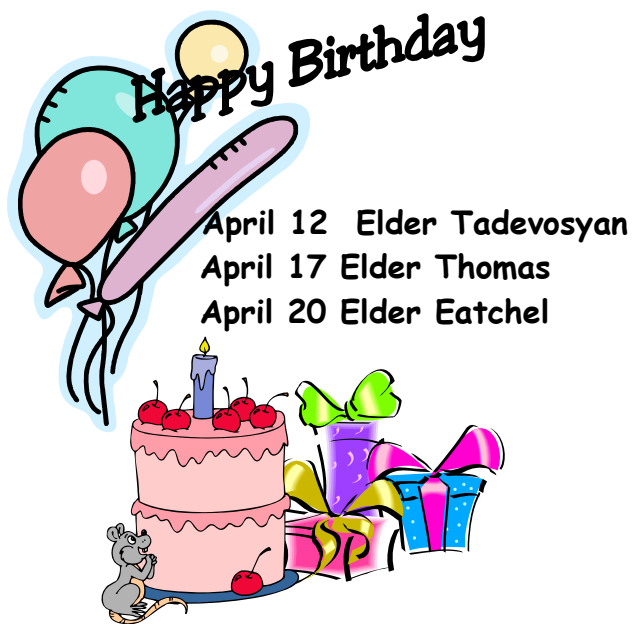
The first part of that scripture cautions us to not have a prepared script or planned approach to the people we meet. When we do that we are excluding the opportunity to have the Spirit give us the words vital to that person that will attract them to the gospel.

Our requirement is to "treasure up in our minds." That means to save valued things. And what is of value? The scripture says that we are to save in our minds the "words of life." The "words of life" is the gospel; the plan that brings us eternal life with our Heavenly Father.

A key descriptive word in the scripture is "continually". To make the promise of the Lord operable in our work, we must study the gospel daily with the intent to increase our knowledge and understanding of God's plan for His children. This is why our morning study time is so important. This is why we study on "P" days and Sundays as well as the other days of the week. Occasional study or irregular study is not enough to activate the promise.

Dear missionaries, our hope and prayer for you is that those vital words will be given you in the very time you need them and that the Spirit will guide you always.

President and Sister Bartholomew





Spotlights Elder Thomas

Elder Thomas is the youngest of four children in his family. He has two sisters and one brother and lives in American Fork, Utah.

In High School Elder Thomas participated in the Marching Band and the Wind Symphony. He is very good at playing the tenor saxophone. He is an excellent student and received a full academic scholarship to attend the University of Utah. When he came on his mission he left as a second semester junior. He is majoring in math with a statistics emphasis.

Elder Thomas loves sports and especially enjoys playing golf. He is a big Tiger Woods fan and enjoys being informed of all kinds of sports information.

He likes corn dogs, food that goes in a microwave, fast food and peanut butter. He isn't always fond of vegetables.

Elder Thomas comes across as a quiet person, but when you get to know him you find that he has a fun sense of humor. He is very even tempered and has a strong testimony of the Gospel of Jesus Christ.



Elder Brown

Elder Brown was born in Richfield, Utah but later his family moved to Orem, Utah where he grew up. He has two older sisters.

When he was 16 he went on a two week trip to Europe with a group of LDS youth which was a memorable experience for him.

Elder Brown has always loved music. He plays the piano, the clarinet and the tenor saxophone. He enjoys theatre and drama, especially musicals. He loves acting and singing and his family says he can be a real ham. He was in Choir and Show and Chamber in high school.

He is a great photographer. He loves to sketch and paint with acrylics and watercolor and he likes to try any media in which to express himself. He is very outgoing and notices those who need special attention.

Elder Brown began his mission in the Russia Yekaterinburg Mission, but in April of 2006 came to the Armenia Yerevan Mission to help open up Georgia to proselyting where he could use his ability to speak the Russian language.



Message From the Assistants

Seven months ago Elder Ballard visited our mission, and gave us some great counsel. Since that time, our mission has responded to his counsel and improved the effectiveness of our missionary work. In the past seven months, we have doubled our new investigators and referrals, and seen the results with the baptisms we've had. These positive changes have come as we have put into action the counsel we received in August. Truly we have been blessed as we have followed our leaders' direction.

In April another Apostle of the Lord is coming to Armenia. We expect Elder Holland's visit to have the same effect on our mission and missionary work as Elder Ballard's visit did. For it to have that same effect, we need to respond with faith. Please remember that the promises they give us are available immediately after they give them! The principle of receiving counsel and acting on it is a lot like the principle of repentance; the faster we change, the faster we are able to receive all the blessings promised to us. So, in order to get ready for whatever changes or counsel Elder Holland will give us, we have an idea that will get us spiritually and mentally prepared: We ask everyone in the mission to start praying **now** to be ready to receive, by the spirit, the counsel Elder Holland will give us. We should all come ready on the 22nd to **listen** to a prophet's voice and **apply** his counsel in our work.

"A great and marvelous work is about to come forth..." (D&C 6:1)

We love you and pray you will be ready for the Lord's special witness.

Elder Schroeder and Elder Duke



No Filter Changes This Month

Health Advice

from Sister Bartholomew

Commandment #8



Get Adequate Rest and Learn to Manage Stress

"... cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated."

D&C 88:124

Use the schedule found on page viii in *Preach My Gospel*.

Go to bed at 10:30.



The more you keep to a schedule the better your body "learns" to go to sleep at a regular time.

Rest and manage stress and learn to relax and turn off "useless adrenalin" by:

- ✓ Exercise
- ✓ Relaxation training
- ✓ Abdominal breathing
- ✓ Ponder peace
- ✓ Refer to relaxation pages in your Blue Health Notebook



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GRANDMA'S OATMEAL COOKIES

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|-------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup oil | 2 cups oatmeal |
| 1 cup brown sugar | $\frac{1}{2}$ tsp salt |
| $\frac{1}{2}$ cup white sugar | 1 tsp soda |
| 2 eggs | $\frac{1}{2}$ tsp baking powder |
| 1 tsp vanilla | $\frac{1}{2}$ cup sunflower seeds |
| 2 cups flour | $\frac{3}{4}$ cup chocolate chips |

Cream oil, sugars, eggs and vanilla. Add remaining ingredients and mix well. Bake 350°F 8-10 minutes.

If you don't have brown sugar, use all white sugar or if you have molasses, add 1 Tbs molasses to 1 cup white sugar to approximate the taste of brown sugar. You can vary the recipe by adding chopped nuts, raisins, flaked coconut and omitting chocolate chips and sunflower seeds.



Cook's Corner



Any time is a perfect time for soup.

Soup fills you up and can be low in calories.

Research has shown that those who eat soup at least 4 times a week and exercise lose more weight than those who eat soup less often.

Broth-based, low fat soup with a lot of chunky vegetables is the most satisfying because it is digested slowly and satisfies hunger.

Soup is simple to make. Start with some broth or water. Add lots of cut up vegetables. Meat or beans are optional. Simmer for 20 minutes. If you like, add some pasta and simmer 10 more minutes and the soup is ready to eat.

ITALIAN VEGETABLE SOUP

Use vegetables you have and/or like. Fry $\frac{1}{2}$ kilo ground beef. Add a cup of chopped onion, celery (if you can find it), and carrots. Add 2 garlic cloves, 2 cups diced tomatoes, 2 cups tomato sauce, 4 cups cooked kidney beans or other beans, 2 cups water and 5 tsp beef bouillon with 1 Tbs parsley, $\frac{1}{2}$ tsp oregano and $\frac{1}{2}$ tsp basil. Bring to a boil and simmer for 20 minutes. Then add 2 cups chopped cabbage, 1 can or 2 cups corn, 1 can or 2 cups green beans and 1 cup macaroni. Simmer for 15 minutes. Add water as necessary.



YELLOW SPLIT PEA SOUP

In a large pot place 2 cups rinsed yellow split peas (500 g or 1 lb.) with 1 or more large diced onions, 3 to 6 chopped garlic cloves, 3 to 6 diced or grated carrots, 2 or 3 diced or grated potatoes with 8 or more cups water, 2 Tbs butter, salt, pepper and dillweed to taste. Simmer 2 hours. Stir in plain yogurt if you want a creamy soup or serve with a dollop of yogurt in the middle sprinkled with dillweed. Also can be served over hot rice. **OPTIONS:** Add chopped ham or a ham bone, a bay leaf, diced celery.

PORCUPINE BALLS - Make the tomato soup in March Newsletter. Bring it to a boil. Mix together meat mixture and drop meatballs into the hot soup. Simmer for 45 minutes. Serve over hot rice. **MEATBALLS:** Mix 1 kilo ground beef with 2 eggs, $\frac{2}{3}$ cup rice, chopped green pepper, parsley, Italian herbs and salt and pepper to taste.

