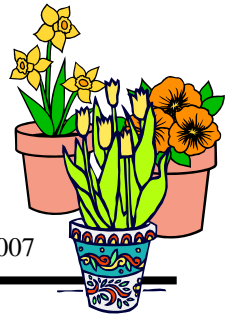




ALL YOUR MIGHT



ARMENIA YEREVAN MISSION

May 2007

PRESIDENT'S MESSAGE

Dear Sisters and Elders,

The Apostle Paul said that “There are...many kinds of voices in the world, and none of them is without signification.” (1 Cor. 14:10) However, not all voices are of the same value. Some voices bring confusion and false promises. There are some voices that edify, strengthen our faith and give us clear direction. These voices are confirmed by the Spirit of truth and provide knowledge of salvation and are of eternal value.

We have had the blessing of hearing the voice of one who is called to be a “special witness of the name of Christ in all the world.” (D&C 107:23) Elder Jeffrey R. Holland provided the counsel and direction we need at this time to move the Armenia Yerevan Mission forward as Christ’s Church is established here.

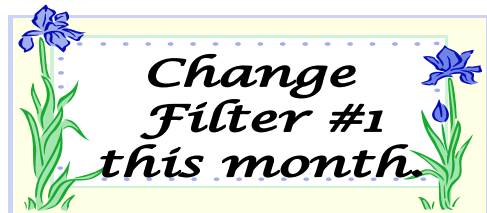
He gave us a clear vision of our part in the Great Plan of Happiness. As the representatives of Jesus Christ in Georgia and Armenia, our voices also witness of Jesus Christ and the restoration of his gospel. Our message edifies and strengthens the faith of those who hear. Our voices are confirmed by the Spirit of truth so that those who hear can judge the significance of our message

and find salvation through Jesus Christ, the Savior of the World.

Like the voice of the apostles and prophets, our voices are lifted above the clamor of the world as the witness of the Spirit touches those who hear. For those who are touched by the Spirit, the babble and confusion of the voices of the world is replaced by that still small voice that penetrates the heart and souls and leads God’s children home.

We pray that your voices will always have that sweet yet bold and persistent message of God’s love and the restoration of eternal truths as you add your voice to those heard here.

President and Sister Bartholomew



Area Books

If you need a paper punch or reinforcements, please see Sister Bartholomew.



Happy May Birthday!



05 Elder Schroeder
12 Sister Waldron

17
21
30

Elder H. Christensen
Elder Ferrell
Sister Christensen



Health Advice


from Sister Bartholomew
Commandment #9

Missionary Safety

(DON'T DO ANYTHING DUMB!)

Accidents are the principle cause of deaths, serious injury and life limiting problems for young people. Most accidents are preventable if common sense and safety rules are obeyed.

Some things to remember:

- ✓ Auto - use safety belts, obey traffic laws 
- ✓ Pedestrian - walk defensively, be alert to danger
- ✓ Be careful if using an electrical water heater on shower head
- ✓ Beware of bare electrical wiring
- ✓ Electric heaters and stoves are safer than gas. If you have gas:
 - Inspect fuel lines and flue chimney connections
 - Check the flame protection device
 - Flame should be bluish green
 - Store liquid fuel properly
 - Use a carbon monoxide monitor



MISSIONARY SECURITY


Keep actions, words and thoughts in harmony with the message of the gospel.

Do not become involved in discussions of political matters or world affairs.

Stay away from public demonstrations and locations that might be targeted.


Avoid areas with a concentration of people with anti-American feelings.

Be sensitive to anything in your surroundings that is out of the ordinary.

Avoid the use of cameras in public. 

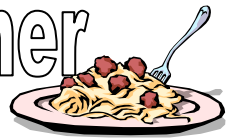
Do not engage in pranks or jokes about terrorism or terrorist acts.

Know your mission emergency plan - phone, funds, transportation.

Store food staples and pure water to last for 72 hours. 

Don't react in anger to insults or threats.

Cook's Corner



PASTA

Pasta is a healthy carbohydrate that provides the foundation for a healthy diet when eaten as part of a balanced meal with other good foods. Pasta is an important and efficient fuel for sports performance. It provides sustained energy. During the American Civil War, macaroni and cheese was a popular dish as it still is in most families today. Add some good grated cheese to a white sauce and stir in some cooked macaroni for a tasty meal.



ASSISTANT'S ALFREDO PASTA, ARMENIAN STYLE

by Elders Schroeder & Elder Duke

Cook and drain bow tie pasta.

SAUCE: To a carton of matzun add garlic, garlic salt, hot sauce, salt and pepper until you have desired taste. Add just enough sauce to the hot pasta so it is well coated.

OPTION: Add a few cooked vegetables and/or a diced tomato.



PAD THAI from Thai Mark

Cook a package of fettuccine and keep it hot. Heat a frying pan, add oil. Crack two eggs on one side of the pan. Turn over. Cut a raw chicken breast into thin strips and add to the other side of the pan. Stir chicken a little. Slice 500 g. or 1 lb cabbage very thin. Put $\frac{1}{2}$ of the cabbage on top of the chicken. Put $\frac{1}{2}$ of hot pasta on top. Sprinkle on 3 Tbs chopped peanuts, 2 tsp sugar, 1 tsp salt, 2 Tbs soy sauce, crushed red pepper to taste. Continue cooking and mixing. Lastly, squeeze on juice of $\frac{1}{2}$ lemon. Repeat with the other half of the ingredients.



BANANA CREAM PIE from Elder Barnes

Mix $\frac{2}{3}$ cup sugar with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ cup (+) cornstarch, potato starch or $\frac{1}{2}$ cup flour. Mix with 3 cups whole milk. Boil for 1 minute. Stir. Add 4 egg yolks beaten. Add $\frac{1}{2}$ pudding to yolks. Add back. Boil for 1 minute. Cool. Add 2 Tbs butter, 2 tsp vanilla. Pour pudding into baked pie shell. Add sliced bananas. **MERINGUE:** Beat 4 warmish egg whites stiff with $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tsp cream of tartar. Add sugar 1 Tbs at a time. Bake on lowest rack at 350°F for 10-12 minutes. **OPTION:** Add $\frac{3}{4}$ cup coconut to the pudding instead of bananas.





Spotlights

Elder Fleischel

Elder Fleischel is from South Jordan. Most people remember at least one thing about him - his ever present smile, even in times of adversity.

He is the sixth of seven children, and is the sixth child in his family to serve a mission.

When he was only two years old, Elder Fleischel had his first missionary experience when he went to visit his grandparents in Australia where his grandfather was a mission president. While there, his aunt dressed him up as a missionary, put a copy of the Book of Mormon under his arm took a picture of him.

Although he made the swim team and the soccer team as a freshman, he decided to give up soccer in favor of swimming. He went on to finish fifth in the state swim meet his senior year.



He has a positive outlook to the point of enthusiasm in everything he does. He has a love for the people of Armenia, and loves the work he is engaged in.

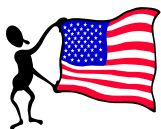
Elder Duke

Elder Duke is the oldest of four children. He and his next younger brother were in the MTC at the same time. He was born in Provo, but grew up in the Boston, MA area.

Elder Duke rode his bicycle to early morning seminary classes each morning. He completed his Eagle Scout about two days before the final deadline. He attended an all-boys high school, where he played football, hockey and lacrosse and represented his grade on the school disciplinary board. He enjoyed reading, movies and video games, sailing and golfing, playing the guitar and wood-working.



Elder Duke was accepted to the U.S. Military Academy in West Point during his senior year, but required knee surgery which put that off for a year. He was then able to attend BYU and enjoy the ROTC program as well as make crazy movies.



At West Point, Elder Duke played for the JV and Varsity lacrosse teams. His favorite courses were in the Leadership Studies (psychology) area. He says his decision to serve a mission was the best decision he has ever made.

Message from the Assistants

When Elder Ballard came to our mission in August of last year, he focused on outward aspects of our missionary work, like talking to ten people a day, getting one new investigator every day, and having companionship study. Elder Holland's visit brought something different: He focused on the missionaries themselves and the "inward change." He talked about the missionary's *true* conversion. He taught us that a missionary who "gets it" on his or her mission won't ever return to Babylon in thought or action. This mission is not a temporary vacation from school or work, this is REAL LIFE! What you have become on your mission is who the Lord wants you to be for the rest of your life. So after an electrifying talk like he gave, what's next?

After teaching the Nephites in America the Savior said, "Therefore, go ye unto your homes and ponder upon the things which I have said, and ask of the Father, in my name, that ye may understand..." Clearly, two major steps to the "changing" process are to ponder and pray. We must take time to ponder and pray about the counsel we received from the Lord's servants. What did they say? What did the spirit tell you? What did the Lord want you to learn? We know Elder Holland came for a purpose, and what he said is vitally important to us. So important, that it **MUST** be followed.

After finding out the will of the Lord for you at this time through pondering and praying, the last step we need to take is to put our new knowledge into action. In James 1:22 it reads, "But be ye doers of the word, and not hearers only, deceiving your own selves." The last part of the "changing" process comes as we put our newly acquired knowledge into action. Set goals to improve, and REACH those goals. In Moroni 8:25 it tells us that we receive remission of our sins as we "FULFILL the commandments."

Elders and Sisters, we must follow the prophets. Please change. Don't go home wanting "beards and tattoos." We promise you conversion as you humbly follow the counsel of your leaders. Please remember how "deadly serious" this is. We love you and pray for your conversion.

Love,
Elder Schroeder and Elder Duke