

# ALL YOUR MIGHT

ARMENIA YEREVAN MISSION NEWSLETTER

May 2010



## PRESIDENT'S MESSAGE



Dear Elders and Sisters,

Thank you for your dedicated service. We have had another good month and the Lord has certainly blessed us. I hope you agree.

We all have a basic understanding of how our thoughts have a powerful impact on what we do or do not accomplish in our lives. Our thoughts often become self-fulfilling prophecies. The scriptures teach us...“as a man thinketh in his heart, so is he” (Proverbs 23:7). I believe we can discover our true character by simply examining what it is we spend our time thinking about. It is a wise person who regularly asks himself these simple questions: “What do I think about most of the time?” or “What types of thoughts dominate my thinking?” I once read that the average person has eleven negative thoughts for every positive one. What a shame! This is especially significant given the fact that all action begins with our thoughts. What we think about really does matter!

Michael Phelps, swimmer and winner of eight Olympic gold medals in the Beijing Olympic Games, won two of his events by a combined total of .03 of a second. That is incredibly close. It is almost microscopic. If he would have allowed even the slightest doubt to enter his mind concerning his ability and preparation, he would have lost those events. He won because he was prepared and because he was confident in his ability and preparation.

Have you ever known someone who, when you ask them how they are doing, almost always responds: “I’m tired” or “I’m sick” or “I’m upset”? If we wake up tired in the morning and think all day about how tired we are, what kind of day do you think we will have? We can always find an excuse for doing less than our best. If we look hard enough there are plenty of excuses. The key is simple---DON'T LOOK!

If you have developed the tendency to allow negative thoughts to dominate your thinking, are you a lost cause and should you just give up and tell yourself... “That’s just the way I am”? Of course not! But isn’t it kind of naive or even silly to try and be positive all of the time? Shouldn’t we be more realistic than that? No! That kind of thinking is nothing but rationalization and excuse making. Excuse making and rationalization are both powerful tools of the adversary. The adversary wants us to think things are so difficult we shouldn’t even try. But in reality, is anything too hard for the Lord? We must remember we are on the Lord’s errand and all things are possible to him that believeth!

How then can we take control of our thoughts and make them more positive? Elder Richard G. Scott of the Quorum of the Twelve Apostles offered a significant clue. He once asked this question: “If you were driving down the road and a child stepped out in front of you without warning what is the first thing you would do?” Most people would respond... “I’d hit the brakes!” But is that the first thing? No, it is not. The first thing you must do is “decide to stop.” The thought always comes before the action. If we want to be more positive in our thinking the first thing we must do is decide to stop thinking negative thoughts. The fact is, we can control our negative thoughts the same way we can control impure and unrighteous thoughts. We can only entertain one kind of a thought at a time. So, whenever a negative or self-defeating thought enters our mind we must immediately substitute it with a positive or uplifting thought. With practice this can become almost automatic. This is the key and it will change your life if you will let it.

In life we tend to see and find those things for which we look. If we look for the bad or negative we are certain to find it. It is everywhere. However, I suggest we work to develop the habit of looking for the good and for thinking positive thoughts. Of course we need to be realistic in our thinking but do not confuse being realistic with negativism and rationalization.

The two most powerful things that keep us from reaching our full potential in life are negative thoughts and lack of preparation. Fortunately, we control both of these variables! Change is difficult and permanent change is even more difficult but we can do it! Winston Churchill offered great counsel when he said, “Never give in! Never, never, never, never. In nothing great or small, large or petty---never give in except to convictions of honor and good sense.”

The Lord commands that we must “let virtue garnish thy thoughts unceasingly” and then gives us the marvelous promise that “our confidence shall wax strong in the presence of God” and that “the Holy Ghost shall be our constant companion” (D&C 121:45-46). What wonderful promises! Let’s do it! No excuses!

Sincerely, President Dunn

Change  
Filters 1 & 2

THIS  
MONTH

A Fond Farewell to:

Sis. Fisher  
Eld. Harris Eld. Ellison



Happy  
Birthday

Eld. King—5 Sis. Hallewell—5  
Eld. Harris—8 Eld. Thylin—18  
Sis. Crego—26 Eld. Lowe—31



## SISTER DUNN'S MESSAGE



Dear Elders and Sisters,

As you know, much of our success as missionaries depends upon our being able to stay healthy and strong. If we are to let our “light so shine,” as stated in Matthew 5:16, and if we want to represent the Lord well, we must follow the Lord’s laws of health. To maintain good health, you must eat a balanced diet; exercise regularly; develop good sanitation, hygiene and safety practices; and effectively meet your medical and emotional needs. If you do these things you will find yourself with the qualities of a missionary whose light shines before men and you will be blessed in your efforts (D&C 89:18-21).

Sincerely,

Sister Dunn



# Spotlights



## Sister Davis

Cami Sue Davis was born in Warrenton, Virginia on 20 November, 1986. She is the oldest child and has a brother and a sister, whom she loves and has always taken good care of. She always had to have a pacifier if her sister had one and to this day no one knows where they had them hidden. She has always been a spiritual girl and it was never more apparent than when her parents took her to the Washington D.C. Temple when she was 5 yrs. old. As they walked the grounds, she said, "Mom, I just need to pray, I feel the Spirit so strong." She knelt right there and gave thanks for the temple and the gospel. It was a special moment for her mother. Sister Davis has always had a very determined nature and when she was 14, took English-style riding lessons, winning her very first competition with her beloved horse. Even though in Virginia competition is fierce, she was very confident and persisted in doing well. She loves sports and in high school was MVP for both basketball and lacrosse. She enjoys reading, the outdoors, hiking, all kinds of music, skydiving & serving the Armenian people. Sister Davis attended BYU-Hawaii for 3 yrs. & while there, worked as & was a fantastic tour guide for the Polynesian Cultural Center...mainly because she loves people and they are drawn to her. Being a tour guide enabled her to meet people from all over the world. When she had to go home from Armenia because of her back, she was heartbroken and wouldn't unpack her bags. Against all odds, she returned. She had stayed packed and ready to go! **Editor's Note:** *In writing to us, her mother used the word "love" 14 times, describing her. Love....yup, that's Sister Davis!*



## MESSAGE FROM THE A.P.'S ELDER CARLSON & ELDER WILLIAMS

In continuation of the last newsletter, we would like to address serving "...the Lord with all [our] heart, might, **mind**, and strength." This month, we want to focus on serving with all our minds by reading a golden nugget of thought.

If you think you are beaten you are,  
If you think you dare not, you don't  
If you would like to win, but think you can't,  
It's almost a cinch you won't.  
If you think you'll lose, you're lost,  
For out in the world you'll find  
Success begins with a fellow's WILL.  
It's all in the state of mind.  
Full many a race is lost  
Ere even a step is run,  
And many coward fails,  
Ere even his work is begun.  
Think big and your deeds will grow,  
Think small, and you'll fall behind;  
Think that you can, and you will—  
It's all in the state of mind.  
If you think you're outclassed, you are,  
You've got to think high to rise.  
You've got to be sure of yourself before  
You can ever win a prize.  
Life's battles don't always go  
To the stronger or faster man,  
For soon or later the man who wins  
Is the fellow who thinks he can.  
-Walter D Wintle.

Your mind is a powerful tool. Use it to build up the kingdom of God.

## Sister Bishop



Lara Melanie Bishop was born December 28, 1987, in Idaho Falls, Idaho. She is the youngest in her family and the delight of all. When she was small, she said lots of funny and cute things, but the problem with this was that if she did something cute and they laughed she would get embarrassed and run to her room crying. Her family tried to tell her they were not laughing *at* her but that she said something cute and funny. She doesn't like to be laughed *at* and doesn't really like to be in the spotlight. She still says cute things that make people laugh, though. In fact, she's just plain cute! Sister Bishop likes to be good at what she does and is quite a perfectionist, expecting a lot of herself. The good news is, when she puts her mind to something she is usually very successful. It explains why she is such a great missionary. Prior to her mission, she attended BYU-Idaho where she got a degree in Horticulture/Floral Design. One of her floral designs was featured in a national magazine! She chose really good friends to hang out with and in fact her three closest friends followed her example and are serving missions as well. Sister Bishop never gave her parents a minute's trouble. She watched her older siblings do the normal dumb things and learned what not to do. She is tender-hearted and fun to be around. She dislikes disorganization and chaos. When Elder Richard G. Scott visited her stake, he called her up to the pulpit for an impromptu interview. She did amazingly well and he said so. He later wrote her a note complimenting her again. Way to impress, Sister Bishop! You're way more than just cute and funny.



## Elder & Sister Shulz

Elder & Sister Shulz both grew up in small communities in the Ogden area in Utah. They were "lined up" by mutual friends. Once they met each other they dated for 3 months, then were engaged for 3 months, and were married on December 15, 1971. After Elder Shulz finished his schooling he taught Seminary for 8 years and then became a general contractor/land developer. Sister Shulz was blessed to be able to fill her life's dream, which was to stay home and be a mom. They have lived in Hooper, Utah, for the past 28 years. They were blessed with five wonderful children, four boys and one girl. Their children grew up and married awesome companions and have blessed Elder and Sister Shulz with 17 grandchildren and they are expecting their 18<sup>th</sup> just shortly before they get home. Their very most favorite thing to do is go to Bear Lake where they can spend time with their children and their grandchildren. This is their 2<sup>nd</sup> mission. They also served in the Ghana Accra Mission in West Africa. They were blessed with the opportunity to work with the Church Education System in both their missions. The favorite part of their missions has been the relationships they have developed with their young single adults. They love them as if they were their own "kids"! They have thoroughly enjoyed serving here in the AYM. They say it has been a joy to associate with the people of Armenia and also with their fellow missionaries.

