

ALL YOUR MIGHT

ARMENIA YEREVAN MISSION

July 2007



PRESIDENT'S MESSAGE

We would like to thank President and Sister Bartholomew for the help extended to us as we made preparations to enter the mission field, and we are very grateful for their thoughtfulness. We know they will be missed by all of the missionaries and their many friends in Armenia and Georgia. With your prayers and support we will endeavor together to build upon the great work that has already been accomplished in the Armenia Yerevan Mission.

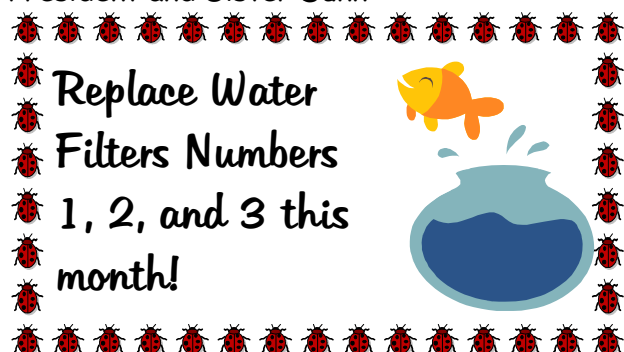
We look forward to getting to know you and would like to share a little bit about us. Sister Dunn is a native of Spanish Fork, Utah. One of her greatest joys has been taking care of her family. We are the parents of six children and grandparents of eleven. Sister Dunn enjoyed the experiences of military life as we traveled to and lived in many parts of the world. She has served in the Church in numerous capacities including playing the piano and leadership positions in Primary, Young Women, and Relief Society. As the children matured she took the opportunity to work at the U.S. Embassy in Bangkok, Thailand; the Status of Forces Office in Seoul, Korea; and the Medical College of Georgia in Augusta.

President Dunn is a retired U.S. Army Colonel and recently retired a second time as the CEO/CFO of Excel Eye Center in Utah. His first mission was to Australia in the days before there was an MTC. After his mission he married Sister Dunn and worked full time and attended school at BYU. After graduating from BYU he served 27 years in the military. He later received his master's degree from Ball State University. His service in the church includes scout master, stake young men president, high council, bishop, branch president, district president, and district mission president. Throughout his life he has always been involved in sports including baseball, basketball, softball, and golf.

We have a deep and abiding love for the Lord and are continually amazed at the trust He has in his children to serve here on earth. We are excited to be here to offer our full time efforts in this great work.

Let us be united in this great cause and work with all our might to fulfill our purpose as missionaries to "invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end."

Sincerely,
President and Sister Dunn



Happy Birthday

- 01 July Elder Fleischel
- 10 July Sister Smith
- 13 July Elder Brown
- 13 July Elder X. Christensen
- 14 July Elder Gillman
- 15 July President Dunn
- 17 July Elder Duke
- 23 July Elder Blunck
- 24 July Elder Flucktiger
- 28 July Elder Rigby



Health Advice



from Sister Bartholomew

The 10 Commandments for Good Health

... I give unto you directions how you may act before me, that it may turn to you for your salvation. I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise. D&C 82:9,10

COMMANDMENT #1 Use pure water



COMMANDMENT #2 Eat food that has been prepared sanitarily

COMMANDMENT #3 Eat a balanced diet



COMMANDMENT #4 Keep your hands and bodies clean

COMMANDMENT #5 Keep your living quarters clean to invite the spirit



COMMANDMENT #6 Protect yourself from animals and insects which carry disease

COMMANDMENT #7 Exercise regularly

COMMANDMENT #8 Get adequate rest and learn to manage stress

COMMANDMENT #9 Missionary safety (Don't do anything DUMB)

P-Day is for PREPARATION - It may include approved recreational activities. Avoid competitive heroics. Be responsible for your own health!

What the Lord needs is missionaries, not young men and women doing missionary things.

Elder Dallin H. Oaks

Cook's Corner



TOMATOES

At one time tomatoes were thought to be poisonous. To prove otherwise Colonel Robert Gibbon Johnson of New Jersey on 26 September 1820 shocked his town by eating a basket of fresh tomatoes. He didn't get sick and he didn't die! From that point on tomatoes became accepted as part of a healthy diet. We now know that tomatoes are among the most healthful foods we can eat. They are full of vitamins A, C and K (and more) and provide the powerful antioxidant lycopene. In fact, when tomatoes are cooked or canned they don't lose any of their nutritional value. Cooking makes the lycopene more available for the body to use. Eat tomatoes. They are excellent. . .except for Elder Ralm

FRESH SALSA from Elder Barnes

Mix diced fresh tomatoes, chopped onions, sweet green or red bell peppers, hot peppers to taste, chopped cilantro to taste. Add lemon juice or vinegar and salt and pepper. May add cumin or oregano. Will usually keep in the refrigerator for a week.



SPAGHETTI SAUCE

In 1 Tbs olive oil cook a chopped onion and 4 cloves garlic. Add 1 lb cooked ground beef. Drain off fat. Add 16 cups crushed tomatoes and 4 cups tomato sauce, 2 tsp Worcestershire sauce, 1 Tbs oregano and 3 bay leaves or other herbs. Cook 2 or 3 hours. Serve over hot pasta. Freeze the unused portion for later use.



TACO SOUP

Brown 1 lb hamburger and $\frac{1}{2}$ cup chopped onion. Drain. Add 1 can corn including juice, 1 small jar tomato paste, 4 cups cooked beans, 1 large can tomatoes with juice or 4 cups chopped tomatoes and 3 Tbs taco seasoning. Simmer 20 minutes. Serve topped with tortilla chips and cheese.

BERRY COBLER

Melt 1 cube butter in 11 x 7 pan. Mix and put in pan: 1 cup flour, 1 cup sugar, 4 tsp baking powder, 1 tsp salt, $\frac{3}{4}$ cup milk. Pour over batter 4 cups boysenberries or other berries. Sprinkle 2 Tbs sugar over all. Bake 350°F for 20 to 30 minutes





Spotlights

Sister Bridges



Sister Bridges is the youngest of four children, with three older brothers. When she was just a toddler, she fell about 12 feet from a window to the ground and suffered a spiral break to her leg. Every day her father would come home and put her in a padded wagon, put sun glasses on her, and take her to the river where he would lift her up and let her throw rocks. When the cast came off her leg, she had to learn to walk again.

She started dance classes when she was three years old, and even danced in the opening ceremony of the 2002 Winter Olympics in Salt Lake City. She was a cheerleader in high school, and also took piano lessons and violin (she didn't care much for violin). Prior to her mission she learned to play a guitar.

Sister Bridge's mom says she never caused them a bit of trouble. She is an excellent student and works hard in school.

One of the things she loves to do is go to the family cabin in Montana. Occasionally she has taken friends with her. She loves Sunday dinners (roast, potatoes, gravy, rolls), going hiking and listening to music.

Sister Bridges doesn't like it when anyone acts inappropriately or complains about others. Her Mom says she is who she is because she chose to follow the prophet and keep the commandments.

Elder Booth

Elder Booth is the oldest child in his family and has one brother and two sisters. He plays the trumpet, was on the high school swim team, and was captain. He especially like to swim in the ocean.



During each of two summers, Elder Booth spent a month in Alaska working on a commercial fishing boat to earn money.

Elder Booth's father says he loves to study the scriptures. His scriptures were so used that the pages were falling out. (Actually, they had been run over by a car, but he is a great student of the scriptures and loves them).

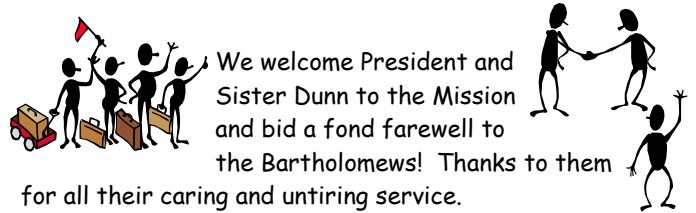
Elder Booth's brother, Maren, says he is happy to have him as a brother, partly because he sometimes helps with math homework. He has also been a very good example of how you should direct your life.

His brother, Austin, says they didn't always get along but now they are very good friends.

Sophie, his sister, says he is nice, and she wishes he had been home to baptize her.

Mom says activities are always more fun when Elder Booth is around. He has a quick wit and a way of telling it like it is. When Elder Booth's Mom and Dad told him they were going to have another child, he said "Do you think that's financially wise?"

Elder Booth could always be counted on to do the right thing. As he and his friends were leaving to go somewhere, if he had forgotten to pray, he'd kneel down, in the middle of the doorway as kids were diving into the car, and say a prayer (not necessarily a short one). He earned his associates degree while he was attending high school.



We welcome President and Sister Dunn to the Mission and bid a fond farewell to the Bartholomews! Thanks to them for all their caring and untiring service.



Message from the Assistants Elder Duke and Elder Moss

God's church has a system of government run by revelation. Heavenly Father calls servants and then qualifies them by giving them the rights of stewardship (receiving revelation) over a select group. President Bartholomew has led this mission by that revelation for the last three years, and as soon as he leaves, that mantle (his priesthood keys and stewardship) passes on to President Dunn.

D & C 1:38 says "What I the Lord have spoken, I have spoken, and I excuse not myself; and though the heavens and the earth pass away, my word shall not pass away, but shall all be fulfilled, *whether by mine own voice or by the voice of my servants, it is the same.*" We show our faith in the Lord by hearing the voice of His servants and being obedient to them. Do you sustain the prophet as a seer and revelator? Do you believe that he called President Bartholomew by revelation? Do you have a testimony that President Bartholomew received revelation to call our zone leaders? Each leader in this system is a link in the chain of revelation from God. Having trouble taking council from your zone leaders or from President reflects the strength of your testimony in the government of God.

In this mission, our leaders are called by revelation. They are not perfect but they are called of God and, as such, we are able to hear the voice of the Lord through them. Denying the revelation of an ordained servant of Christ is denying the faith. It is as if we are coming out in open rebellion against God, professing to believe more in ourselves and our own wisdom rather than the wisdom of "He who knoweth all things." (2 Nephi 2:24). The zone leaders we have in this mission "pound it" but we must understand that it is the *call* that we are loyal to, not the *individual*.

President Bartholomew has said that even if the counsel is wrong, the Lord will bless us for being obedient to it. Decide right now to be obedient to everything our leaders say as if it were from God Himself. If President Dunn arrives and tells us to do missionary work on our hands and knees on P-day then we will do it because that's the kind of mission that we are.

We promise you that as you are obedient to the counsel given to you by your leaders, especially if you don't agree with it, you will be blessed with an abiding faith in God and more progressing investigators.



Mission Memories - June, 2007



What is that? Run, it's after us!



It's getting closer! Run faster!



What's all the fuss? It's only



Elder Doty and his worms

Fisher of Men? (certainly no fish!)

