

# FALL YOUR MIGHT

ARMENIA YEREVAN MISSION NEWSLETTER

October 2009



## PRESIDENT'S MESSAGE



Dear Elders and Sisters,

Many people in the world are so driven by the idea of "winning" or getting ahead they have set aside their values of decency and fairness in order to achieve their selfish desires. Many, it seems, have concluded that winning is everything and the end always justifies the means. Some years ago I read a book by Denis Waitley entitled *The Double Win*. His philosophy continues to intrigue me because it is so different from what the world teaches and embraces. His basic premise is: "If I help you win, then I win too." In other words it is possible to be successful while having a win/win way of thinking and behaving. In his book he refers to those with this attitude as "double winners." He proclaims to win is good but to become a double winner is better---only "double winners" can achieve true happiness and true greatness.

In my view this way of thinking is absolutely consistent with the Gospel of Jesus Christ. King Benjamin proclaimed that in order to receive a remission of our sins and win the prize we must "...impart of [our] substance to the poor....feed the hungry, clothing the naked, visiting the sick and administering to their relief, both spiritually and temporally... and ...it is expedient that [we] should be diligent, that thereby [we] might win the prize..." (Mosiah 4:26-27). In other words our righteous actions toward others are prerequisite to our receiving a remission of our sins and "the prize." That sounds like a "win/win" or "double win" way of thinking to me.

"The prize," referred to by King Benjamin, is discussed in Doctrine and Covenants Section 14 verse 7: "And, if you keep my commandments and endure to the end you shall have eternal life, which gift is the greatest of all the gifts of God." The prize for which we should seek is "eternal life." It must be understood that this gift is much more than merely living forever. Doctrine and Covenants Section 76 verse 59 explains: "Wherefore, all things are theirs, whether life or death, or things present, or things to come, all are theirs and they are Christ's, and Christ is God's." That is the gift and the prize.

We know perfectly well we have the capacity to choose for ourselves whether to succeed or fail or to win or lose. Our Heavenly Father gave us our agency. We choose our own destiny. Like Nephi, we can choose to rise above our difficulties and gain eternal life or we can choose to adopt a negative attitude, like Nephi's brothers, Laman and Lemuel, and lose our reward.

Losers make a habit of saying things like: "There is no way I can do this." On the other hand, winners and double winners say: "I'll do everything I can to win and if I help you win, I win too." Doctrine and Covenants Section 18 verses 15-18 further confirm the validity of the double win philosophy. "...how great will be your joy with them in the Kingdom of my Father!" This is to say, they are there (in the Kingdom of my Father) because you helped "bring" them and you are there because of what you "became" in the process of bringing them.

When we help others win, succeed and "come unto Christ"---we also win, succeed and "come unto Christ." This double win philosophy should accompany us throughout our lives. It is a manifestation of the purest of motives. It is not competitive. It does not require setting aside our values of goodness and fairness. There is room in the Kingdom of God for everyone who will "come unto Christ...and receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the Gift of the Holy Ghost, and enduring [joyfully] to the end."

So, what will it be---loser, winner, or double winner? It is our choice. We alone have the power to decide. Joshua proclaimed his decision when he declared "...choose you this day whom ye will serve...but as for me and my house, we will serve the Lord" (Joshua 24:15). It is my prayer we will choose to serve Him with "...all [our] heart, might, mind and strength, that [we] may stand blameless before God at the last day" (D&C 4:2). Sincerely, *President Dunn*

A WARM WELCOME TO: Sister Christensen

Elder Bennett Elder Hartley Elder Lowe Elder Wainwright

Elder Allen E & S Southwick Elder Lusk E & S VanDyke

Elder Johnson Elder Christensen E & S Peterson

WELCOME BACK! Sister Davis E & S Shulz

Happy Birthday

Sister Shulz--7

Elder Lusk--10

Elder Dutson--24

Elder Stutz--30

A Fond Farewell to:

Sister Barratt

Elder & Sister Larson



## SISTER DUNN'S MESSAGE

Dear Elders and Sisters,

We want you to be prepared so you can act with confidence in a possible time of emergency. Now is the time for each missionary to review the AYM "Missionary Emergency Preparedness Plan." A copy of the plan is in your Area Book. Reading over this plan will refresh your memory or perhaps let you know where you need to improve. Page two of the plan lists five responsibilities for each individual missionary. Number three of that list is about the 72-hour emergency kit. Page six of the plan lists the contents that should be in your kit. Please check your kits and make sure everything is there. Do you keep and rotate enough stored, filtered water in capped bottles in your apartment that you could quickly grab with your kit and run out the door?

The instructions in the emergency plan and the 72-hour kit can be a great asset to us in time of need. Take time to be prepared! With love, *Sister Dunn*



# Spotlights



Happy Halloween  
too bad the rest of you missed the party.....

## Sister Barratt

Laura –Jane Barratt was born on April 2, 1987 in SLC, Utah but claims no part of Utah. She moved with her family to Mesa, Arizona, where she’s lived since. She was a blessing from heaven to her family because she was so unique. When she was a baby, her family called her “Laura the Hippo”. They even had a chant that had some “Hip, Hip, Hooray’s, for Laura the Hippo”, in it. She always had a smile on her face and loved to be around people and was constantly bringing animals/people home to adopt. As she grew up, she became interested in singing and acting. She performed in many plays and musicals and loved it. She was comfortable being in the spotlight and was not afraid of performing. At a ward party, they wheeled her out on a food cart singing a song. That was Sister Barratt and she was fearless. She traveled to Atlanta, Georgia by herself to try out for American Idol. She made it through the second round. That’s one she’ll tackle again when she returns home. When Sister Barratt got her driver’s license, she promptly totaled the first car she drove and then wrecked another one twice in the same month. She had so many tickets, they suspended her license for 6 months. She loved playing Uno with her seminary teachers and was the Official Ward Shredder (eat your heart out, Lystrup). She does some mean Hula and Salsa dancing. She had a habit of climbing on the Church roof at night and the stories of her dumping boys are legend. Hip, Hip, Hooray, for Laura the.... Heartbreaker!



## MESSAGE FROM THE A.P.'S

### ELDER BEUS & ELDER KYLE

We know that you all like to hear things that you’ve heard countless times, so we’ll be glad to supply you with another opportunity for just that:

President Brigham Young taught, “If you go on a mission to preach the Gospel with lightness and frivolity in your hearts, looking for this and that, and to learn what is in the world,...you will go and return in vain...Let your minds be centered on your missions”

Don’t you love the Missionary Handbook? What wondrous knowledge and enlightenment is contained therein. Our message to you this month is just a friendly little reminder of what you already know: We are all adults here. Let us act our calling, not our age.

Let us be like the “man without eloquence” spoken of, once again, by President Brigham Young. Although without superior education, he lived worthy of the Spirit of the Lord, allowing him to touch the hearts of those he testified to. We are young, but perhaps some things, such as hitting old grandmas on the head with straw brooms, dropping cakes out of windows or throwing rocks at passing JW’s, is unbecoming of us, if only at this time in our lives. Might we suggest that reading from the Missionary Handbook a little more regularly would help us remember the standards that we have agreed to live by for this moment in time?

We testify that by remembering the higher plane that we are on will bring about a stronger feeling of satisfaction in our missionary work and realization that God really is in control of this work. We really can be successful missionaries. By the way, does anyone actually read this?



### PRAYDAR

I can tell a man who prays just by looking at him.

(especially if he’s praying when I look at him) ...Maddy



### Disoriented Thoughts—by Wendy Wonderful

Last night I decided to count my blessings & I ended up with 52. But I forgot to name them one by one as I was doing it, so I may have counted some of them more than once.

.....Maddy

## Sister Peterson

Megan Rae Peterson was born in Flagstaff, Arizona on September 24, 1986. Since she was little, she was her own person w/ a strong personality. (whooda thunk it?) No one was in doubt about how she felt. At age five, she corrected her grandfather’s grammar and a few yrs. later threw a shoe at the Primary teacher, whom she was sure was teaching false doctrine. She has always been fascinated by adult conversation. From her youth, she perfected the art by interviewing store clerks while her mother shopped, or anyone else who happened along. As a personal trainer, she has used those honed skills to help others become their personal best. She loves to snow ski and began doing “edgy-wedgies” around 3 yrs. old. She now keeps up with the big boys on the slopes. During her college years, she was involved in many service projects, such as Big Sister/Big Brother, fundraising for Hoagle Zoo and helping in soup kitchens. She also studied abroad in Australia. In High School, she was a dancer, but was too busy hunting & traveling to do much else. Her father promised a trip to Africa if she could pass the Arizona Hunter’s Safety course at age 10. She did. They went. He has regretted that promise ever since because he can’t seem to slip over there without her! She once thanked her parents for instilling the love of camping in her saying, “Sometimes being a missionary in Armenia is a lot like camping.” Anybody gonna argue with that?? Don’t mess with Sister Peterson. She’s got gun skills. ...Go Utes!



### How to be Totally Miserable

1. **Put yourself down** (It’s hard to fight an enemy who has outposts in your head.)
  2. **Believe things will never change** (Changed thoughts changes worlds.)
  3. **Think about your problems** (Ignoring blessings breeds discontent)
  4. **Don’t do anything** (Arise: for this matter belongs to you. Be of good courage and do it!)
  5. **Worry about things you can’t control** (Don’t pay too much attention.)
  6. **Sleep too much** (Some dream of big things, others wake up and do them.)
  7. **Think about yourself** (No man can help another without also helping himself)
  8. **Be a breath of stale air** (Shadows are caused by standing in one’s own sunshine.)
  9. **Blame everyone & everything** (If you point a finger, three are pointing back.)
  10. **Hold on to grudges** (All carry baggage sometimes, but the wise don’t carry it for long.)
  11. **Be easily offended** (We should be too big to take offense and too noble to give it.)
  12. **Take counsel from fears** (Fear is the darkroom where negatives are developed)
  13. **Postpone prayer** (Do not pray for easy lives. Pray to be stronger men and women!)
- by Jon Bytheway