



## **Bishopric Message—Brad Schreck**

Recently our ward had the opportunity to gather with the youth for a worldwide testimony meeting. The meeting included a video message from the presidents of the Young Men and Young Women general church organizations, where they discussed testimony and the power of meeting together as youth across the globe to share our thoughts and feelings about the Savior. Prior to the meeting, Bishop Tim Richardson posed the simple question of “What do you feel is right and good about following Christ?” I loved this question because it was so basic and yet so fundamental to why we follow Jesus Christ as our example.



While I thought about this question in my own life, I was reminded of how the restored gospel blesses me every day. Now, please understand that I am not without my own frustrations and down moments in life! Even with the knowledge and security of the gospel, I still get frustrated and worn down by the seemingly never-ending work needed on myself, my job, in my church calling, with family and friends, and with a never-ending list of items that need attention. But as I thought about this question, the plain and simple thought of “The gospel makes me feel good and helps me be happier” continued to come into my mind. I thought about where my life would be without the gospel. I thought about what type of belief system I’d have if I didn’t know where I had come from, why I was here on earth, and where I might be going after this life. I thought about how lost, confused, and despondent I might be without the gospel of Jesus Christ to anchor me in this world.

I also thought about what it means to be happy and how the restored gospel weaves into the happiness of life. It reminded me of a quote that I read and wrote down on my phone; and while I don’t recall when or where I read this saying, I refer to it often because it helps me remember that happiness is not a destination but a series of choices along life’s journey:

*“.... try not to make ‘happiness’ your final outcome. For my young adult clients, one thing I always encourage them to remember is that you have to avoid thinking of happiness as a goal or your final outcome.*

*“One thing I see all the time: My clients will say ‘I just want to be happy,’ and then I’ll ask them ‘What does happiness look like for you?’ and they’ll say, ‘I want to get married,’ ‘I want to get into this graduate program,’ ‘I want to lose 10 pounds,’ and there are all these concrete goals...a lot of them find that when they reach their goals, there are still issues, they haven’t reached this ‘happiness’.”*

*“Instead of looking at happiness as a destination, think of it as the choices along the way. Part of embracing and being open to happiness is accepting the ups and downs. It’s not one goal, it’s not one final outcome that I need to associate my happiness with, because if you do that, you’ll forever be searching for a fleeting moment.”*

For me, the gospel of Jesus Christ helps me to be happy. It helps me look at the larger picture of life and guides my choices to something better. Christ’s teachings show us that being part of something larger than ourselves and our own interests brings peace and draws us closer to Him; and when

we're close to Him, we find happiness. It guides me through the ups and downs of life and provides me with a base to always come back to when I'm struggling.

I testify that following the Savior brings happiness; that Christ's teachings show us the path to help us manage the positives and negatives of life. Happiness comes in the path the Savior asks us to follow, not in reaching some final destination we've set for ourselves. My hope is that each of us can find happiness in our lives and that we can all see how the gospel and Church participation helps us in that search.

## What's Happening in November

### Starting New Callings

Emily Manwaring Website Coordinator  
Staci Christensen Activities committee  
Jackson and Malory Bolingbroke  
Youth Conference  
Directors

Heidi Knight	Primary Teacher
Janae Huang	Relief Society activities committee
Davis Hansen	Young Men specialist
Lanaya Brown	Resource center specialist
Patty Presley	Resource center specialist

## Happy Birthday

1	Horne, Ben	10	Stone, Sarah
2	Gowdy, Gigi	12	Hardman, Adam
2	Holman, Kelsey Jade	12	Kirkham, Nate
3	Frank, Sharon	14	Ottoson, Jessica Lynn
3	King, Damon	15	Mackay, Phillip
4	Thomas, Susan	19	Nelson, John
4	Thompson, William	19	Simper, Laureen
6	Grant, Connie	20	McMillan, Lincoln K.
8	Furner, Caitlin	23	Astle, Michael
9	Anderson, Hawk	25	Jensen, Jeff
9	Huang, Janae	26	Bolingbroke, Mallory
9	Schreck, Brad	27	Horne, John
		29	Fisher, Colleen

### November 5

Remember to turn your clock back one hour—at 2 a.m., turn it back to 1 a.m.—and sleep and extra hour before church.





## Primary

October was a great month for the primary. The Primary program was at the beginning of the month. The kids worked hard and did a great job!

The children's Halloween parade and trunk or treat was a success.

We are continuing to work on becoming better disciples of Jesus Christ. In October, we continued to focus on service and asked the children to clean up their rooms without being asked. Great job to all the kids who participated. In November, we are asking the children to donate any old books and clothes.





## Young Women

Just as we have enjoyed the beautiful fall weather of October, we have enjoyed being with our beautiful young women.

We are excited to have our new Senior Class presidency:

Cheyenne Frank - President

Verene Huang - 1st Counselor

Josie Richardson - 2nd Counselor

Jenelle Westenskow - Secretary

The girls have been busy playing fall sports, being leaders among their peers, studying hard, working jobs, managing teams, taking extra classes, dancing and being a friend to all.

We had lots of activities together in October—a stake sports night, an education broadcast with Elder Christofferson and Sister Freeman, carnival prep followed by a trip to Krispy Kreme and then the ward halloween carnival. We also had the opportunity to participate in the World Wide Youth Testimony Meeting and felt the spirit of our loving Savior remind us of who we are—children of a loving Father in Heaven.





## Relief Society

Thanks to those  
sisters that  
joined us for the  
Chips & Chat.

It was fun to  
visit & chat with  
each of you!



Save  
the Date

*More details to come...*

December 12, 2023

Ward Relief Society

Christmas Social

18TH WARD RELIEF SOCIETY  
MINI ACTIVITY

## WELLNESS & POSITIVITY

7:00 pm  
Tuesday, Nov 14

Relief Society Room  
6410 S 725 E in Murray

Sister Nicole Jensen will be  
teaching us how to nurture  
ourselves through our  
mind, body, & spirit connection

### November Relief Society Lesson Schedule

Date	Title	Oct. 2023 Conference Session
Nov. 12	<i>Think Celestial</i> Pres. Russell M. Nelson	Sunday Afternoon
Nov. 26	<i>Seeing God's Family through the Overview</i> Sis. Tamara W. Runia	Saturday Evening

## Elders

### President Steve Neiswender

As I've contemplated what to write about for this month's newsletter I came across a statement by President Nelson about forgiveness. Not about seeking forgiveness for the things we do wrong or the hurt we have caused others, although that's certainly a discussion worth having, but about forgiving others who have done something to hurt us. If I may, I'd like to quote from President Nelson.

"The Apostle Peter asked Jesus how many times he should forgive someone who had sinned against him, suggesting seven times. But Jesus responded not seven times, but 'seventy times seven' (see Matthew 18:22).

Forgiveness is not just a one-time act but a continuous process that requires patience, compassion, and understanding. It is not always easy to forgive those who have hurt you. You can receive strength from Jesus Christ."

From this it's easy to infer that we should forgive someone as many times as they ask for forgiveness. Holding a grudge is simply not part of the Gospel plan.

I find it fairly simple to forgive those who have come to me expressing regret and a desire to put things right, or to rebuild a relationship.

But what about those who have hurt us deeply and never ask for forgiveness? I bring this up because I have one or two of these circumstances in my life. I know I have been hurt and the persons responsible for this hurt have never asked for forgiveness of any kind. In fact, some of them don't know they've hurt me at all. For me, that's the challenge. Forgiving someone when they don't ask for forgiveness, or even acknowledge that they've done anything wrong. What is our responsibility in these cases?

Well, I know the answer to my question. My job is to forgive everyone their trespasses against me. Sincere and honest forgiveness. No exceptions. No ifs, ands, or buts. And hopefully, if I succeed in doing this, my Savior will forgive me for the times I've hurt him. Even those times that I've hurt him and don't realize it.

In closing this article I want to quote again from President Nelson.

"I invite you to remember the principle of seventy times seven and extend forgiveness to someone who has wronged you. As you do, Jesus Christ will relieve you of anger, resentment, and pain. The Prince of Peace will bring you peace."

Emmanuel – God With Us

# HAPPY



# THANKSGIVING



## *Spotlight on the Kyle Adams and Sadie Eggleston Family*

Kyle and Sadie (Mercedes) have lived in the ward for just a few months. They were married in 2021 in Provo and lived there while getting their bachelor's degrees from BYU. They then moved to the Salt Lake area to attend the University of Utah and work in West Valley.

Sadie was born in Utah County but moved to Fort Worth Texas when she was young. She majored in psychology and minored in sociology at BYU and is currently working on her Master's/Doctorate degree in occupational therapy. She's had extensive work experience in audio-visual support and working with special needs populations.

Kyle was born in Oceanside, California. After high school he served in the Eugene Oregon Mission, speaking Spanglish. After the mission, he attended BYU studying neuroscience. He was there at the same time Sadie was there. They met in the audio vis-

ual support department and things just got better after that. He got his Master's degree at the U of U in Bio-medical Engineering last April and is currently employed as an engineer for a medical device company in West Valley City.

Kyle and Sadie enjoy reading, camping, and traveling (especially to the Northwest), and hiking together. Three of Kyle's siblings and one of Sadie's live in Utah County. They love visiting often with their families. They have ten nieces and nephews, with two on the way!

We are really happy to have Kyle and Sadie in our ward!

