



# WILLOW CANYON FIRST WARD

MARCH 2008

HOLY GHOST

## BISHOPRIC MESSAGE

Elder Neal Maxwell said in some remarks given in February 2001:

"Jesus was at His perfect best when things were at their worst in Gethsemane and Calvary. There could have been no Atonement without the Character of Christ! None of the precious lines I am going to share with you now and what occurred in connection with them could have occurred without Jesus' perfect character. He entered Gethsemane, and the agony by then was so intense, so overwhelming that, at least initially, He "fell on His face" (Matt. 26:39). And then we read of Him that He let His will be "Swallowed up in the will of the Father" (Mosiah 15:7), and He "poured out his soul unto death" (Isa. 53:12; Mosiah 14:12). Think of the imagery—pouring out His soul unto death and being swallowed up in the will of the Father!

He confides in us, in my opinion, what perhaps concerned Him most when He said, "Would that I might not drink the bitter cup, and shrink" (D&C 19:18). In that connection, He felt "the fierceness of the wrath of Almighty God" (D&C 76:107). I never recite or read that line without some inner tremulation—"the fierceness of the wrath of the Almighty God," during which He stood in our stead and paid for our sins. If we will let the foregoing imagery rest upon our minds and in our hearts more often, it will bring the special chemistry of contemplation, evoking an even deeper love for Christ and the Father and greater gratitude for what took place. Remember King Benjamin's words about knowing Christ in our hearts and minds (see Mosiah 5:12-13). Remember, too, one of the gifts of the Holy Ghost is that He glorifies Christ."

The ward theme for March is the Holy Ghost. We feel as a bishopric that this month allows opportunity to consider the blessings of the atonement. As we take time to ponder and meditate we know that we can be quickened by the Spirit and come to a greater appreciation for the "infinite and eternal" sacrifice that has been provided for us to overcome the world.

We encourage all friends and neighbors to set aside some time this month to read the special March edition of the Ensign devoted completely to the Savior and his mission. If you or a neighbor don't have a copy please let us know, we have ordered extras so everyone can enjoy the blessings of the spirit as we study and glorify Christ.

Love, Your Bishopric

Please continue to pray for those in our ward who are ill and/or facing challenges with health problems at this time. Bill Murri has undergone several surgeries and so far is holding his own. Andrea Marx had surgery and is home and not feeling on top yet but is hoping everything will prove to be successful. Both Wally & Eva Stevens are ailing. There are several others who would appreciate our faith and prayers.

## MUSIC



Do we realize what a wonderful blessing we have with the gift of the Holy Ghost in our lives? The songs this month will reflect the feelings that stir our souls. "Oh May My Soul Commune With Thee"...Yes, through the Holy Ghost. "Be Still my Soul", yes our souls can be stilled, through the Holy Ghost. We are so grateful for this music and songs in our meetings that express this truth.

## RELIEF SOCIETY

Thanks again to Tara Tanner and all those who helped with the Visiting Teaching Conference. We had a very enjoyable evening.

The Lunch Bunch 11:30 group will meet at Apple Spice Junction 6520 So. 9th E. on March 5th. Sharon Allen is hostess.

The 1:30 group with Terri Neiswender hostess will meet at Rumby Grill across from South Towne mall March 11th.

Many thanks to Georgann Lloyd and Carinne James for hosting last month's Lunch Bunch.

The Relief Society was organized in Nauvoo, Illinois, on March 17, 1842. The small group of ladies raised funds for the Nauvoo Temple, sewed clothes for the temple workmen, petitioned to protect Joseph Smith, nursed the sick, cared for the poor, and give relief where it was needed. We now number over five and a half million Relief Society sisters.

Those founding sisters came from different circumstances—three of them were in their late teens, some were raising families, and others were single. Then and now, as women of all ages, marital statuses, and cultures, we consecrate ourselves to the cause of Christ through our service..” (lds.org)

Our Ward's Relief Society Birthday Party will be Wednesday March 19th at 6:30pm. It is a Mad Hatter theme with dinner and a program. **PLEASE** wear your favorite hat (or come without one) and come have some more fun!

ALICE: I've had nothing yet, so I can't take more.

THE HATTER: You mean you can't take less; it's very easy to take more than nothing.

Sisters remember to bring a canned food item each month for our contribution to the Food Bank. A box will be outside the Relief Society Room for your contributions. Thank you so much.

Love, Your Relief Society Presidency

## YOUNG WOMEN

The Young Women's Presidency wants to give a big "Thank You" to everyone that participated in our New Beginnings. We think Brother Pasker, Brother Messerly and Brother Davis should make career changes since that did so well playing their roles as the Prosecutor, Public Defender and Judge.

We will be sending a calendar home with the girls every month with all of the activities on it. So Parents, please ask your daughters to share the calendar with you so you will be aware of all our fun activities. We would like to remind all of the girls that their camp money is due as soon as possible as we need to turn the money in to the Stake. We wish Maren Schmitt a Happy birthday this month.

Don't forget the Seminary Prom on March 8th

Ward Temple Day: is Stake Temple Day in conjunction with Stake Conference March 11th..

### SERVICEMAN

Sr. A. William K Schmitt  
430 Phantom Ave.  
Unit 8092  
Mountain Home AFB. ID.  
83648

**REMINDER:** Set your clocks ahead Saturday night March 8th for Daylight Savings Time begins.

Dear Neighbor,

Thank you for your interest in learning a bit more about emergency preparedness. In the event of an emergency it is important to be prepared. By being prepared, you can reduce fear, anxiety, and losses that accompany disaster. If a disaster occurs in our community, local government and disaster-relief organizations will try to help you, but you need to be ready as well. Local responders may not be able to reach us all immediately. For this reason we must prepare ourselves.

The amount of information on this topic can be overwhelming. It is my goal to provide our neighborhood with smaller portions of useful emergency preparedness information that hopefully is easy to follow. This information will be delivered on a regular basis and should allow sufficient time for the attached information to be put into use.

While preparing this information I reviewed several websites and booklets authored by the following: Provident Living, American Red Cross, FEMA, and the Salt Lake Valley Health Department. Although I am not an expert on the subject matter, I have compiled what I feel is accurate and safe information based on the sources mentioned above. If you have any questions or concerns please contact me.

Thank you  
Richard Clegg



## PRIMARY



This month the theme for Primary is: "Jesus is my Savior". The scripture is from 1 John 4:14 "And we have seen and do testify that the Father sent the Son to be the Savior of the world." Each week in opening exercises we have one of the children repeat this scripture to help us focus on Jesus and what He has done for us.

We are pleased that in Primary two children were baptized yesterday— Zander Olsen and Alec Jones. This is an important step in their lives. We welcome them as the very newest members of our ward.

### WAY TO GO BOYS!

We are continuing to review the Articles of Faith. Each child will have an opportunity to pass them off to their teacher.

Achievement Days for the girls will be held on March 13th and 27th at the Arnold's. Call Tiffany Arnold or Tarra Tanner for more information.

Cub Scout information can be obtained from Jane Johnson or Nicole Miles.

Nancy is still trying to get e-mail addresses from some of you. If you would like to receive the monthly Primary newsletter please e-mail me your address at nancy.williams@june.com.

## CONGRATULATIONS

Taylor Sanderson is planning to be married to Ashley Larsen on May 21st.

Charity Tuft and Burke Hawkins Have set May 17th as their wedding day.

Congratulations to Leo and Jamie Sagebin and Stuart and Lindsey Thompson on their weddings last month.

## FOOD STORAGE

### EVERY NEEDFUL THING

Our next day at the Dry Pack Cannery is Friday, March 14th, 1:00pm to 5:00pm.

Did the recent earthquake in Nevada get you thinking about your own preparedness? Now is a great time to check out your 72-hour kit and take out the old food and put in new food. Take a few minutes to try on the clothing that you have in your kit. Need a new size? Do you need to add things—new batteries for the flash-light, a first aid kit, or walkie-talkies? Be Prepared!!

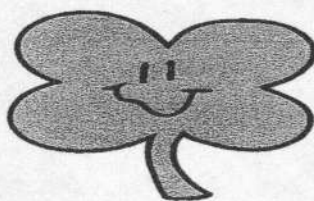
Watch for the display the later part of this month to sign up for a great deal on starting your 72-hour kit if you don't have one.

## MISSIONARY ADDRESSES

Elder Kirk Jay Arnold  
Sister Marie-France Arnold  
1 ave General de Gaulle  
Residence du Merville  
Albi F-81000  
France

Elder Brian R. Morris  
Washington Everett Mission  
P.O.Box 13390  
Millcreek WA 98082-1390

Sister Tiffany Ann Pasker  
MTC Mailbox #275  
CHI-SATN 0317  
2005 N. 900 E.  
Provo, UT 84604-1793



Happy St Patricks day March 17th.

## GOSPEL DOCTRINE CLASS

MAR 2 2 NEPHI 11-15

MAR 9 2 NEPHI 26-30

MAR 16 STAKE CONFERENCE

MAR 23 2 NEPHI 32-33

MAR 30 JACOB 1-4



Happy Easter  
March 23rd

## EMPTY NESTERS

Will be meeting at Ray & Mary Bye's home at 7PM Mar 10th

## MARCH BIRTHDAYS

2 Trent Hanson  
3 Erika Weight  
7 Kyle Guest  
10 Maren Schmitt  
13 Eliza Rigby  
14 Susan Johnson -  
Jamie Rigby-Jocelyn  
Pew-Becky Todd  
16 Charlene Farr

18 Richard Rawliings  
20 Debra Smith  
21 Eddie Sagebin  
22 Rebecca McLain  
23 Kristy Jones  
24 Kevin Pasker  
26 Allison Milne  
28 Brandon Pasker  
29 Susan Milne

## HAPPY BIRTHDAY TO YOU

29 Barbara Pasker—  
Stanley Simpson

### APRIL BIRTHDAYS

1 Jim Hanson—David  
Jones  
3 Nathaniel Well—Dres-  
den Curtis—Doug Jensen

4 Laura Wood-  
house  
5 Jared Rigby—  
Kristin Sullivan  
6 Violet Koehn—  
Myrtle Hansen  
8 Craig Fairclough

Newsletter  
Items are due  
on April 8th  
Please e-mail  
them to  
marilyn  
@topline pro-  
motions.com.  
Thanks for your  
help!

# MARCH 2008

## HOLY GHOST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SIBA = STAKE INTERVIEWS BY APPOINTMENT 576-2991</b> Notes:						<b>1</b> Stake Baptism Family History Conference 8:00AM
<b>2</b> Fast Sunday Mission Prep Class 6:00pm MT CES Fireside for Young Adults	<b>3</b> FHE	<b>4</b>	<b>5</b> Lunch Bunch 11:30 Apple Spice Junction 6520 So 9th East/ Sharon Allen Hostess	<b>6</b> YW Basketball Roseboro Bldg 8-9pm	<b>7</b>	<b>8</b> Jordan Seminary Prom Set Clocks ahead before going to bed.
<b>9</b> Day Light Savings time begins. 4:15pm Missionary Correlation	<b>10</b> FHE Empty Nesters meeting at 7:00pm at Bye's home	<b>11</b> Stake Temple Day Lunch Bunch 1:30 at Rumby Grill/Terri Neiswender hostess	<b>12</b>	<b>13</b> YW Basketball Roseboro Bldg 6-8pm	<b>14</b> 1:00pm Dry Pack Canning	<b>15</b> YW/YM Regional Dance Stake Conference First Session 7:00PM
<b>16</b> 7:00am Stake Priesthood Leadership 10:00am <b>STAKE CONFERENCE</b>	<b>17</b> FHE St Patrick's day	<b>18</b> Combined YM/YW at the Food Bank	<b>19</b> Relief Society Mad Hatter Birthday Party 6:30pm. Wear a HAT	<b>20</b> Jordan District Spring Recess	<b>21</b> Spring Recess	<b>22</b> Emergency Communication test
<b>23</b> Easter Sunday	<b>24</b> Spring recess	<b>25</b>	<b>26</b>	<b>27</b> YW Regional Basketball Tournament begins	<b>28</b>	<b>29</b> General Young Womans Meeting Scouting for Food Service Project
<b>30</b> 4:15pm Mission Correlation	<b>31</b> FHE	Notes: <ul style="list-style-type: none"> <li>* Items for April Newsletter are due April 8th due to General Conference April 5th and 6th.</li> <li>* Fast Sunday will be April 13th.</li> </ul> Start looking for things you can take to the Good Stuff Exchange in April Bring a canned food item to Relief Society for the Food Bank				

## **Preparing for Home Emergencies and Natural Disasters**

If there was a power outage in your home and someone fell and scraped a knee in the dark, would you know where to quickly find first aid supplies in your home? Would you know how to treat the wound?

It is important that you and your family have certain basic emergency and first aid supplies available at your home so that you can respond to home emergencies and to natural disasters. Your emergency supplies should be organized and kept all in one place where you can access them easily and quickly. Each family member should know where these supplies are and have a basic knowledge of how to use them.

### **Recommended Emergency Supplies**

Here is a general list of the supplies you should have for home emergencies and natural disasters:

1. Supply of prescription and other necessary medications.
2. Flashlight with extra batteries.
3. Portable, battery-powered radio for receiving emergency communications.
4. Waterproof matches, and either long-burning candles or a kerosene-type lamp with extra fuel, all properly stored.
5. Fire extinguisher, ABC or dry-chemical type for all classes of fires. Check the expiration date and be sure you practice and know how to use it.
6. Electrical fuses, if needed for your home.
7. Rope ladder to hold your weight if you need to exit upper floors of your home to ground level, and some additional length of rope for multipurpose use.
8. First aid instruction book.
9. Blankets and sheets. These can be used for warmth, for splints, and for transport of injured persons.
10. First aid supplies:
  - Medical-grade vinyl gloves
  - Poison ivy relief cream
  - Burn relief cream
  - Sunscreen, SPF of 30 or greater
  - Antibiotic ointment, Polysporin® or similar
  - Sting relief lotion or ointment, calamine or similar
  - Box of sterile gauze pads, either 3" x 3" or 4" x 4"
  - Abdominal (ABD) or combine sterile pad, 5" x 9"
  - Rolled gauze of 2 sizes, 2" x 4 yards and 4" x 4 yards
  - Bandages of assorted types: finger, knuckle, plastic, Telfa®, and general adhesive
  - Sterile oval eye pad
  - Small sharp scissors
  - Tweezers with pointed tip
  - Thermometers, oral and rectal (for babies)

- Elastic bandage, 3" x 6"
- Instant ice pack
- Roll of adhesive tape, 1" wide, may use plastic type if preferred
- Triangular bandages, 2
- Package of safety pins, assorted sizes
- Absorbent cotton balls, 1 box
- Diarrhea remedy, Pepto-Bismol® or Kaopectate® or similar
- Popsicle® (craft) sticks or finger splints
- Antibacterial soap, liquid or bar
- Medicine dropper
- Water purification tablets
- Small bottle of bleach
- Sharp knife or multipurpose knife/tool
- Bottles of aspirin, ibuprofen, and acetaminophen (children's or liquid if needed)
- Splint materials: thin boards 2-3' long
- Cough syrup and throat lozenges
- Large plastic trash bag and several smaller, zip-closure bags

You may wish to add other items that are particular to your family or pets needs.

Include consecrated oil with your supplies so priesthood blessings can be given if needed. Also be sure to include the scriptures and some favorite toys, games, songs, or books so that your family will be able to have some degree of normalcy if a time of emergency comes.

Other activities and situations may call for additional types of supplies. For example, for a car trip you may need to add roadside reflectors or flares. For camping, you may need to add a small saw, signal mirror, compass, multipurpose knife/tool, whistle, and other pertinent items. For hiking kits include moleskin to prevent and treat blisters. For both camping and boating kits be sure to include aloe vera gel for treatment of sunburn. Hiking kits can be more compact and include only very essential items that can be easily carried in your daypack.

These emergency items need to be stored in a waterproof, durable container and protected from the access of small children. Be sure to check the dates on medications at least annually to make sure medications are current. If you dispose of any medications, do so safely so that children will not find and eat them.

Assembling the supplies listed above may take you some time and money if you have not yet begun. The important thing is to begin now to plan for an emergency. Start by gathering a few of the most important emergency items, then add to your supplies as quickly as your time and money allow. Some packaged first aid kits can be used as a baseline and then additional supplies added as you can afford to do so. A few of the local Red Cross chapters even have facilities for assembling your own first aid kits.