

Indian Ridge Ward

November 2022 – Gratitude and Joy

Were there not ten cleansed?



On my walk home from work following a rainy day, I somehow decided to spend my four minutes thinking through a few things I am grateful for. “Clean running water” was my first and “neighbors that know my name and say hi” was my last. As I walked in the front door, I felt uplifted and positive. Later that night, I offered a prayer of thanks and acknowledged that He inspired me to think about gratitude on my way home after a rough day at work.

In positive psychology research from Harvard, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, and deal with adversity. Studies at the University of Montana found that people tend to feel more positive about themselves and others when they express gratitude and hear expressions of gratitude.

1 Thessalonians 5:16, 17 “Rejoice evermore...in every thing, give thanks”

As adults we can recognize that easiness and fun do not equal true happiness; happy and joyful moments come in and after hard work; and that joy can actually be found in difficult circumstances.

How to obtain true joy? The people of King Benjamin give us this recipe: 1) Desire it 2) Listen to and read the the words of Jesus and the prophets 3) Have some faith 4) Call upon Jesus Christ to apply His atoning blood of forgiveness 5) and then feel joy & peace. (Mosiah 4:1-3)

The noise of the world includes constant music, TikTok, FB, podcasts, and many other random things that consume our thoughts. Much of it is good. A bunch of it is a waste. We cannot simply allow “stuff” to consume us. Let’s take charge of our eyes and ears! Fill our minds with goodness – make time for the words of Jesus Christ and the messages from the men and women who guide our church and teach the gospel. Turn down the noise and increase our joy(s). Instead of finding fault with coworkers, neighbors, politicians, and family members, let’s try an experiment and express more gratitude to all those around us. Let’s help others feel loved and feel joy.

With our deepest love and acknowledgement
of all the good that you are doing,
The Bishopric



For Family History help please contact any of the Temple and Family History Consultants. We would be willing to come to your home or have you at ours to help you learn how to find your ancestors, and do the sacred temple work for them.

They are waiting for your efforts to help them progress.

Ward Temple & Family History Consultants

Richard Hackett - 801-759-2299

hackett@byu.net

Russ Messerly - 801-792-4826

russmessengerly@gmail.com

Gina Messerly - 801-300-6529

ginamesserly@msn.com

Oriana Reyes - 385-445-3194

orian@byu.net

Garry True - 801-572-0171

garrytrue@q.com



bring a friend!!!

Ladies Paint Night

STAKE RS ACTIVITY
THURSDAY NOV. 10TH
7:00 PM

Stake Center- Buttercup Building

FUN! FRIENDS! TREATS!

Come paint a masterpiece in a night
with Laurie White

casual dress



Relief Society



At the October 1982 General Conference,
Marion G. Romney spoke about gratitude. He shared:

It has been said that “an ungrateful man is like
a hog under a tree eating acorns,
but never looking up to see where they come from.”

He then went on to recount the familiar story when
Christ healed the ten lepers. These lepers begged for mercy.
They prayed for healing and yet as the story goes,
only one returned in gratitude to thank Christ
for what he had done.


“And fell down on his face at his feet,
giving him thanks: and he was a Samaritan.
“And Jesus answering said, Were there not ten cleansed?
but where are the nine?
“There are not found that returned to give glory to God,
save this stranger.”

It is easy to reflect on this story and become critical of the nine.


But how often are we guilty of similar ingratitude?

May we all take time in our darkest hours to remember
where glimpses of light came from and on the sunniest days
remark at all we have to be grateful for. Simple or grand,
each of our lives are highlighted with miracles.

I hope we all can recognize the hand of God in our lives
and be as the Samaritan in expressing our gratitude,
even during the busiest of seasons.



We are GRATEFUL for each of you
and all you do to care for
and love one another.



Young Men

Saturday, November 12 - Combined YM/YW - Leaf Raking - 9 a.m.

Tuesday, November 15 - Combined YM/YW - Ice Skating

Tuesday, November 22 - No Activity - Happy Thanksgiving!

Tuesday, November 29 - Combined YM/YW Money & Life Smarts - 7 pm



Young Women

Sunday, November 6 - BYC

Saturday, November 12 - Leaf raking, family members welcome!

Tuesday, November 15 - Combined YM/YW Ice skating

Sunday, November 20 - Scripture Brunch and gratitude activity

Sunday, November 27 - Class Presidency meeting

Tuesday, November 29 - Combined YM/YW Money & Life Smarts - 7 pm

General Election Information:

10/25-11/4 In-office early voting

11/8 General election

Primary

SAVE THE DATE:

Temple and Priesthood Preparation

All Primary children, who will turn 12 in 2023 (Valiant 11 class), and their parents, are invited.

December 4, 2022 (It's coming quickly!)
12:00 PM - (During our regular 2-hr block)

Each year, a meeting called Temple and Priesthood Preparation is held for 11-year-old boys and girls together. Their parents are also invited. The purpose is to help these children understand the blessings of temple service, priesthood service, and making and keeping sacred covenants. Possible topics for the meeting include priesthood purposes, responsibilities, ordinances, and blessings; helping boys strengthen their commitment to prepare to receive the priesthood; helping boys and girls understand their opportunities to participate in the work of salvation; and encouraging children to prepare to receive a temple recommend in January of the year they turn 12 and to participate worthily in proxy baptisms as their circumstances allow.





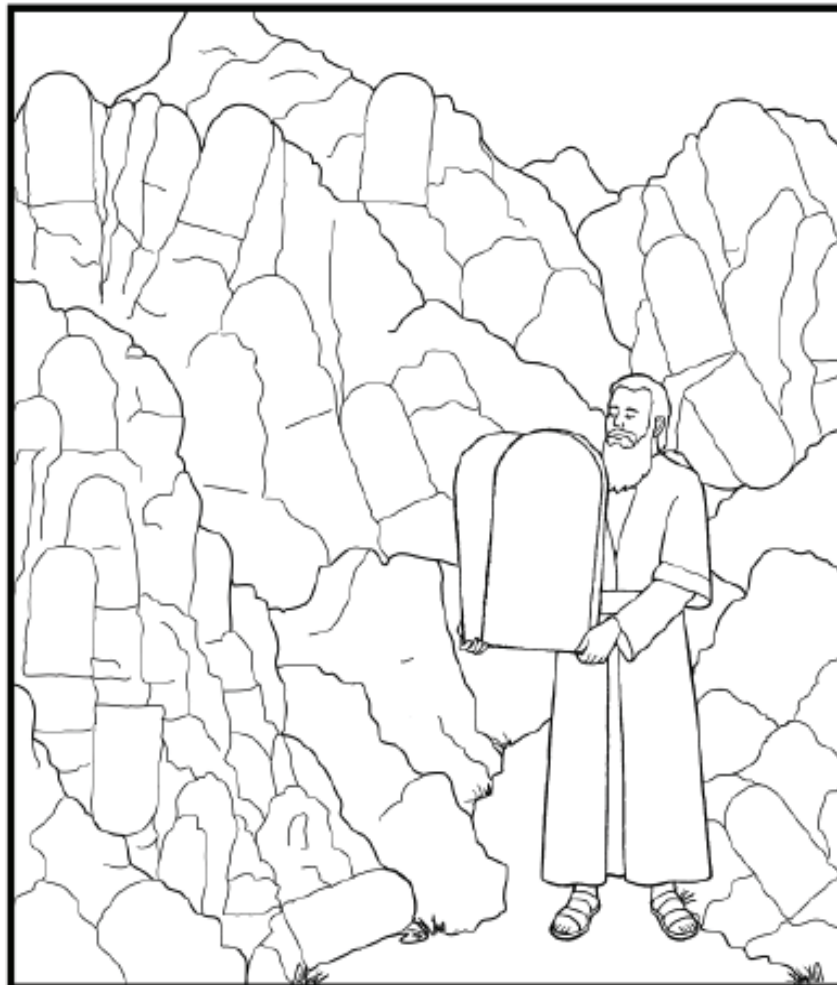
www.shutterstock.com · 72608845

Hannah Allred November 1

Brooke Edmonds November 1

I can obey the commandments (Exodus 20:2-17).

Find and circle the ten tablets hidden among the rocks of Mount Sinai. On Moses's tablets, write a commandment that you will try harder to obey (or draw a picture of you obeying a commandment).



Ward Mission Leader

Dave Ellis

dellis@gmail.com 702-332-4103

Ward Missionaries

Alexia Anderson

alexiaanderson1@icloud.com

385-210-5434

Mike Christensen

Mike53mnc@gmail.com 801-856-5007

Gary and Susan Johnson

gary@stumpcreek.com 801-842-7428

susan@stumpcreek.com 801-842-7427

Doug and Susan Milne

doug@dastrupinsurance.com

801-664-6713

dosu7@hotmail.com 801-664-6714

Church-Service Missionaries

Rex and Chyrrel Cook

No email address for Rex 801-597-5606

chyrrelcook@yahoo.com 801-597-5976

Susan Johnson

susan@stumpcreek.com 801-842-7427

Todd and Georgann Lloyd

talloyd84c@gmail.com 801-870-9000

georgann1432@gmail.com 801-870-9002

Melody Ann Russell

mldrsl@hotmail.com 208-886-7042

Happy Birthday!

November 2022

- 1 Hannah Allred
Mazie Allred
Brooke Edmonds
- 2 Margie Aaron
Teryle Caswell
Richard Haight
- 3 Judith Arlt
- 5 John Allred
Debra Hawkins
John Mahler
Ava Pickering
- 7 Kathleen Harris
Scout Harris
- 9 Bonnie Ellis
- 10 Sherilyn Rex
- 11 Charles Schmitt
- 13 Jerry Cen
Kari Williams
- 14 Isaac Miles
Elizabeth Rawlings
John Scott
- 16 Morgan Miller
Annette Webster
- 17 Babara Kinsley
- 19 Shannon Curtis
- 21 Zinedine Mouti
- 22 Mandy Munteer
- 24 Juliette Bradley
- 25 Shannon Bludworth
- 28 Lillian Allred
- 29 Robert Burnett
Brooklyn Glauser
- 30 Jack Nydegger



December 2022

- 1 Joel Weight
Barbara Wightman
- 4 Mackenzie Glauser
Matthew Miller