



# Zambia Lusaka Mission

## NEWS

APRIL 2016

Vol. 5 – Issue 4



Dear Elders and Sisters,

It was a great pleasure and learning experience for me to hear the thoughtful insights of so many of you at our recent zone conferences. Of particular note was the discussion on desire. I wanted to give you some of the actual quotes by the Brethren we used during the discussion. You will find below, several of those quotes. If you don't see a specific reference these are the words of Elder Neil Maxwell, Drawn from his conference talk entitled [According to the Desires of Our Hearts](#)

With loving regards,

President Erickson

Brothers and sisters, the scriptures offer us so many doctrinal diamonds.

Exemplifying this happy reality are the doctrinal teachings concerning desire, which relates so directly to our moral agency and our individuality.

Doctrine and Covenants 58: [26-29](#)

26 For behold, it is not meet that I should command in all things; for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward.

27 Verily I say, men should be anxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness;

28 For the power is in them, wherein they are agents unto themselves. And inasmuch as men do good they shall in nowise lose their reward.

29 But he that doeth not anything until he is commanded, and receiveth a commandment with doubtful heart, and keepeth it with slothfulness, the same is damned.

Desire denotes a real longing or craving. Hence righteous desires are much more than passive preferences or fleeting feelings.

Therefore, what we insistently desire, over time, is what we will eventually become and what we will receive in eternity. "For I [said the Lord] will judge all men according to their works, according to the desire of their hearts" ([D&C 137:9](#); see also [Jer. 17:10](#)). Alma said, "I know that [God] granteth unto men according to their desire, ... I know that he alloteth unto men ... according to their wills" ([Alma 29:4](#)).

However, in contrast to God's merciful plan for our joy and glory, Satan "[desires] that all men might be miserable like unto himself" ([2 Ne. 2:27](#)).

Mostly, brothers and sisters, we become the victims of our own wrong desires.

President Joseph F. Smith, "the education then of our desires is one of far-reaching importance to our happiness in life" (Gospel Doctrine, 5th ed. [1939], 297). Such education can lead to sanctification until, said President Brigham Young, "holy desires produce corresponding outward works" (in Journal of Discourses, 6:170). Only by educating and training our desires can they become our allies instead of our enemies!

Some of our present desires, therefore, need to be diminished and then finally dissolved. For instance, the biblical counsel "let not thine heart envy sinners" is directed squarely at those with a sad unsettlement of soul ([Prov. 23:17](#)). Once again, we must be honest with ourselves about the consequences of our desires

Elders and Sisters,

We just finished the last of 4 zone conferences and loved being with you all in each of your various zones of the mission.

When We say...we love being with you...We mean it. You lift us and you teach us with your great insights and lessons you have learned. The topic of HOPE and OPTIMISM that I shared in our recent conferences is so dear to my heart. I want to include here in this newsletter some of the quotes I used.

The Best Is Yet to Come but Only if You Believe It

If you are having a bad day ... or week ... or month ... have a serious talk with yourself and decide what it will take to move on.

Preoccupation with your problems, no matter how serious, compounds them and imprisons you in a dark dungeon. There is no lock on the dungeon you just have to muster the will and optimism to walk out and make a reality of the phrase: "The best is yet to come."

"Being positive and optimistic doesn't make your problems go away, but it opens up your life to experiences beyond your problems. Tell yourself "the best is yet to come" every day. While at first it will seem like a hollow mantra, if you begin to think of it as a life strategy it will become so. And if you can't quite reach the "best", you most certainly will get to better. And that's a very good thing.

Howard W Hunter said "It is my firm belief that if as individual people, as families, communities, and nations, we could, like Peter, fix our eyes on Jesus, we too might walk triumphantly over "the swelling waves of disbelief" and remain "unterrified amid the rising winds of doubt." But if we turn away our eyes from him in whom we

must believe, as it is so easy to do and the world is so much tempted to do, if we look to the power and fury of those terrible and destructive elements around us rather than to him who can help and save us, then we shall inevitably sink in a sea of conflict and sorrow and despair.

At such times when we feel the floods are threatening to drown us and the deep is going to swallow up the tossed vessel of our faith, I pray we may always hear amid the storm and the darkness that sweet utterance of the Savior of the world: "Be of good cheer; it is I; be not afraid." (Matt. 14:27.)

"Fear is a principle weapon in the arsenal which Satan uses to make mankind unhappy. He who fears loses strength for the combat of life in the fight against evil. The power of the evil one always tries to generate fear in the hearts of men." HW Hunter

Contrary to what some might say, you have every reason in this world to be happy and to be optimistic and to be confident. Every generation since time began has had some things to overcome and some problems to work out. HW Hunter

Hope is an abiding trust that the Lord will fulfill His promises to you. It is manifest in confidence, optimism, enthusiasm, and patient perseverance. It is believing and expecting that something will occur. When you have hope, you work through trials and difficulties with the confidence and assurance that all things will work together for your good. Hope helps you conquer discouragement. PMG

Last of all remember Doctrine and Covenants 58:28 ...The power is in YOU...you are an agent unto yourself.

All my love

Sister Erickson

We celebrated Sister Erickson's birthday on March 4! She really was at the festivity, but was taking the picture! HAPPY BIRTHDAY, SISTER ERICKSON! WE LOVE YOU!



\*\*\*\*\*

# HAPPY BIRTHDAY

- 3 April Elder Zimene
- 11 April Elder Ssengooba
- 13 April Elder Mpofu
- 17 April Elder Mabe
- 18 April Sister Thueson
- 23 April Sister Birrell
- 28 April Elder Tayembo
- 28 April Elder Ford
- 29 April Elder Wyman

\*\*\*\*\*

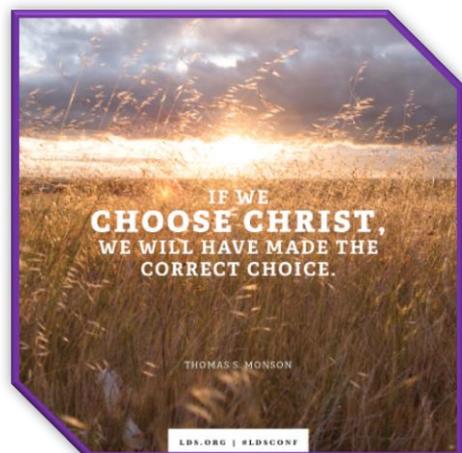
**NOTE:** Please use the following number to contact the Office Elders: 0976 729 104. Thank you!

\*\*\*\*\*

## A BIG ZAMBIAN Welcome



We give a great big welcome to Elder Almeida from Angola. He is serving in Matero Ward, Lusaka Zone.





## *Farewell and Best Wishes*

*We bade a fond “farewell” to Elder Jena, Elder Shabalala, Elder Welling, and Sister Frimpong. Also, Elder and Sister Bodily returned home to Arizona. We will miss them all!*



*Elder Chiliza returned to Durban via the Johannesburg Temple to be sealed to his family!*



## *Baptisms*



Want to see yourself in the baptisms section of the monthly newsletter? Email us your pictures at the office at [1461788@ldschurch.org](mailto:1461788@ldschurch.org)



### Medical Corner

Dear Elders and Sisters:

1,000,000 to 3,000,000 people die each year from Malaria, across the world. We have had one missionary with Malaria this year, so far. We don't want you to be the second. Remember when the children of Israel were being bitten by the fiery serpents, and Moses placed one on a staff and raised it, and to be healed all they had to do was look. But because of the "easiness of the way, many would not look and perished". To prevent Malaria, you have been given a little capsule called Doxycycline. Tiny, easy to swallow, and if you can't swallow a pill because of a hyperactive gag reflex, you can open it and sprinkle it on your food. Just don't take it



at bedtime, and take it with a meal. Easy right? Just like looking at the raised staff. Is it 100% fool proof? NO. It's medicine, not magic. But, if you don't take it or the other preventive medicine that you may have been given instead, you not only have no assurance of protection, but you are also disobeying Mission rules. Part of being an effective missionary is remaining strong and healthy, and taking care of ourselves physically, as well as spiritually, and being obedient. Also, we are nearing the end of the flu season, but you can still get a flu shot from your local clinic, if you would like. In the future, for those who are not daily protecting themselves, let us, as the scriptures say, be "more wise." Elder Birrell MMA

### ZONE CONFERENCES

We learned that we should each determine the true desires of our hearts and then move forward in a positive and optimistic way to achieve those righteous desires!

Which zone takes the craziest "crazy picture"? President and Sister Erickson take the prize for the craziest companionship!

LUSAKA ZONE



LILONGWE ZONE



BLANTYRE ZONE



COPPERBELT ZONE



## RECIPE CORNER

Back by Request.....recipes! Thanks, Elder Ketchum, for reminding me that I have forgotten to add recipes! (Refer to Elder Gong's recent conference talk!) This is my very favorite **CHOCOLATE CAKE recipe**. Enjoy!

- 2 cups flour
- 2 cups sugar
- ½ cup cocoa powder
- 1-1/2 tsp baking powder
- 1-1/2 tsp baking soda
- 1 tsp salt
- 2 eggs
- ½ cup vegetable oil
- 1 cup milk
- 2 tsp vanilla
- 1 cup boiling water

Mix dry ingredients. Add milk, eggs, oil and vanilla. Mix well. Add boiling water. (It will be runny!) Bake in 9x13 pan at 350 F or 175-180 C for 30-35 minute. Depending on the oven, it could be 5 minutes longer. Bake 15-20 minutes for cupcakes. Use toothpick to determine doneness!

### CREAM CHEESE ICING

- 8 oz cream cheese – 228 gr.
- ¼ cup butter
- 4 cups powdered sugar
- 1 tsp vanilla

Mix together. You can also add some cocoa powder if you want chocolate icing. These measurements do not have to be exact.

## QUOTES FOR CONFERENCE

