



NEWS

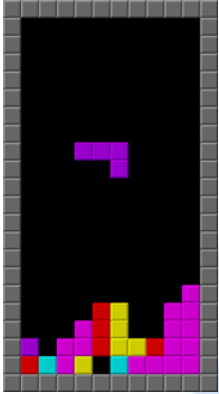
August 2015

Vol. 4 – Issue 8



Dear Elders and Sisters,

Some of you will immediately recognize the picture below as a screen from the popular video game Tetris.



The game uses pieces that fall down the playing field. The objective of the game is to manipulate these Tetriminos, with the aim of creating a horizontal line of ten units without gaps.

It has been observed that people who play Tetris for a prolonged periods of time find themselves thinking about ways different shapes in the real world can fit together, such as the

boxes on a supermarket shelf, the buildings on a street, or hallucinating pieces being generated and falling into place on an invisible layout. They might also dream about falling [tetrominos](#) when drifting off to sleep. This imagery has generated the creation of a new term, “the Tetris effect”.

The **Tetris effect** occurs when people devote so much time and attention to an activity that it begins to pattern their [thoughts](#), [mental images](#), and [dreams](#).

Recently, I have found myself relating this concept back to the way we, as missionaries, preprogram our minds to see and feel the world around us. When we daily empower the negative by thinking and talking about the difficulties of our work and the faults of the people, we reinforce our ability to see and feel negative things. Conversely, when we search for and choose to acknowledge the positive in life and in the people, we train our minds to see more of the positive.

I believe this is an eternal law taught to us through the scriptures; For “whatsoever a man soweth, that shall he also reap.” (Galatians 6:7.) And, “For as [a man] thinketh in his heart, so is he.” (Proverbs 23:7.)

What are some of the seeds that we may plant in our lives? The seeds of the adversary include the following: faultfinding, criticism, discord, quarrel, contention, argument, pride, dispute, envy, discouragement, disbelief, doubt, fear, worry, anxiety, anger, hate, etc.

But the seeds our Father in Heaven would have us plant are these: love, rejoicing, praise, thankfulness, gratitude, joy, faith, forgiveness, patience, longsuffering, humility, meekness, harmony, peace, temperance, goodness, gentleness, etc.

Let's be faithful and courageous in finding, seeing and internalizing the goodness of the world and work around

us. Put away the thoughts that assure anxiety and frustration and embrace hope and optimism. This is the heart and mind of a true disciple of Christ.

God bless us to this end is my prayer Elders and Sisters,

President Erickson

Sisters and Elders,

I want to share with you all a letter that I received this week from a friend in our past ward in Massachusetts.

Dear Sister and President Erickson,
The Lord's work is continuing everywhere. My son Erik, who has been inactive for 30 years has in the last year or so been activated again. There was a missionary couple, the Tanners who were called to work in the Central Falls, R.I. Ward. They chose his name when they first arrived and through their persistence he was reactivated. Last week his wonderful wife was baptized. I am so happy! I wondered if I would ever see the day! Someone said to him that church was the hospital for the soul and it made a huge impact on him. I also think all my prayers and putting his name on the temple prayer roll so often helped. Now that they have two sons (3 1/2 & 1 yr) that helped also. Life is good when we have love and patience. I just wanted to share my joyous news.

My love to you both,
Faye Clay

You can imagine our happiness at reading this! Yes, it was a senior couple that reactivated Erik...but it is this great work of salvation and the enthusiasm of full purpose missionaries that brings about this kind of joy and happiness. We are witnessing this very miracle here in the GZLM. My guess is that in a year or so my friend Faye will be sending me a letter telling me of a special temple sealing with those 2 little children and their parents! Your new converts and reactivated members are on the path to the temple. Many of you have been on mission long enough to see a new convert go to the temple and even go on her or his mission.

We are so grateful to be immersed in this work with our Father in heaven and with you. You are His missionaries! You are helping assist Him in His work. We treasure our time here with you. Thank you for heeding the call to serve and being a doer of the word and not a hearer only.

All my love,
Sister Erickson

HAPPY BIRTHDAY

2 Elder Nakale
17 Sister Zohner
28 Sister Kgwetiane



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One Bowl Chocolate Cake YUMMMM!!!



Ingredients:

- 2 cups white sugar
- 1 3/4 cups all-purpose flour
- 3/4 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water

- 1) Mix dry ingredients together
- 2) Mix liquid ingredients together
- 3) Add liquid ingredients to dry ingredients, mix until uniform (note this cake will have thinner batter than what most are used to so don't panic if it seems more like a soup ;)
- 4) Preheat Oven to 350 degrees F (175-180 degrees C)
- 5) Grease and flour pan
- 6) Pour in mixture, bake for 30-35 minutes
- 7) ENJOY ☺

- Frosting recipe not included



"Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God that ye must build your foundation (faith);" and "because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall." Helaman 5:12

In the Service of the Lord MORMON HELPING HANDS 2015

"The world is in need of your help. There are feet to steady, hands to grasp, minds to encourage, hearts to inspire, and souls to save."

- THOMAS S MONSON

CLEANLINESS IS NEXT TO GODLINESS!

Having a clean flat is like.... Playing sports... eating chocolate chip cookie dough cupcakes....pizza....matooke and luwombo...Sister Skidmore's lemon bars!

Here is a reminder list:

- Living Area Picked Up and Tidy
- Beds Made
- Clothes Picked Up
- Bedroom Picked Up and Tidy
- Kitchen Sink and Counters cleaned with soap/bleach/Clorox
- Dishes Washed and Stored
- Cooking Utensils Washed and Stored
- Table and Stove Cleared Off and Wiped
- Refrigerator Clean Inside and Out
- Garbage Emptied
- Bathroom Floors mopped
- Bathroom Sink, Shower or Tub
- Toilet Cleaned with
- All floors Swept and Mopped
- Carpets Swept and Clean
- Waste Baskets Emptied
- Dust Window Sills and Wash Light Switch Covers
- Remove Marks From the Walls.

Good byes



We send our fondest farewells to Sister Muthengi as she returns to her home in Kenya. We are grateful for her energy and time that she has devoted to serving the Lord.



Elder Mlambala was only with us for a short time, his smiling face and positive outlook towards his mission are a great example for us to follow. He has gone to serve in Zimbabwe where he was originally called to serve, we will miss him and wish him luck out in the mission field.

Fourteen Random Rules of Life

1. Find the lesson in every failure and you'll never fail.
2. The likelihood that you're right is not increased by the intensity of your conviction.
3. Real friends help you feel worthy and make you want to be better.
4. When you're in a hole, stop digging.
5. Don't confuse fun with fulfillment, or pleasure with happiness.
6. Refusing to let go of a grudge is refusing to use the key that will set you free.
7. Hating hurts you more than the person you hate.
8. Counting on luck is counting on random chance. Your odds are much better when you plan and work.
9. Being kind is better than being clever.
10. Don't underestimate the power of persistence.
11. The easy way is rarely the best way.
12. You can't avoid pain, but you can avoid suffering.
13. Self-pity is a losing strategy. It repels others and weakens you.
14. Control your attitude or it will control you.

Baptisms



As you fill out baptismal records, please make sure you fill out ALL of the necessary information including the years, appropriate names, signatures, and dates © thank you.

Want to see yourself in the baptisms section of the monthly newsletter? Email us your pictures at the office at 1461788@ldschurch.org