



# Zambia Lusaka Mission

## NEWS

August 2016

Vol. 5 – Issue 8



Dear Elders and Sisters,

After being with you for two months, we can honestly say that we are truly blessed to have you in our lives. You have strengthened our testimonies in this great work.

Our monthly message will always be divided into two parts: 1. Reminder 2. Message for the Month.

### REMINDER

May we remind you of the following so that we will be on the same page:

1. **DOXY** - Please take your doxy daily. If you've had Malaria before and you have it again, all the expenses will come from your own pocket. Sister Salmon is working on ordering the Malaria smear kit so that every zone will have one. Please do not throw away expired doxy tablets. Elder Jubber, SE Africa Area Medical Advisor, has reminded us that expired tablets can last for 10 years and still be useful. In addition, doxy also takes care of 20 other diseases.
2. **SUN GLASSES AND HATS** – We have been reminded not to wear sun glasses or hats unless if we have a note from the doctor. Please call us if this is a concern to you.

Please note that we will not make up extra rules to burden you without any given direction from the area or mission department. When we choose to obey, the Lord will bless us, our companion, the mission, our investigators, the members, and the people of Zambia/Malawi. Elder David Bednar states, "Obedience brings blessings. Exact obedience brings MIRACLE!"

### MESSAGE FOR THE MONTH

Elder Ellis in one of the zone meetings said, **"NOTHING COMPARES TO WALKING WITH THE LORD DURING YOUR MISSION."** The mission is usually referred to as the greatest university because it is the only institution on earth that can best teach you at a very young age how to walk with God daily. May you take advantage of this rare privilege to learn all you can.

In Matthew 22: 14 it says, **"MANY ARE CALLED BUT FEW ARE CHOSEN."** You may ask: What is the difference between being CALLED and being CHOSEN? All of us have been called by the Lord through His Prophet to serve, but it doesn't necessarily mean that we have been chosen. To be chosen is based solely on how we answer the call. In 1 Nephi 1:20 it describes the character of a CHOSEN ONE. It is someone who has "faith" strong enough "to make [him/her] mighty even unto the power of deliverance." A CHOSEN ONE has the faith mighty enough to be delivered from the hands of the enemies, delivered from evil influences, delivered from all kinds of distractions that will jeopardize his/her chance to WALK WITH GOD.

If you want to know how to walk with God, just ask a CHOSEN ONE. It requires great sacrifice on his/her part. Muhammad Ali, the boxing legend states, "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" There is suffering in trying to become the chosen one. However, the reward is priceless and eternal.

We love, pray and think of you always. We desire that we all become champions as we strive with all our might, mind, and strength to walk with Him daily – to be THE CHOSEN ONE!

'Ofa lahi atu.

President and Sister Kupu

# A BIG ZAMBIAN Welcome!!

## Welcoming Eight New Missionaries



We welcome six wonderful missionaries from the Johannesburg MTC. Back row: Elder Chauke (Blantyre), President and Sister Kupu, Elder Mira (Blantyre). Front row: Sister Gwebu (Lilongwe) Sister Marriott (Lusaka), Sister Porter (Blantyre) and Elder Lusk (Lilongwe).



Sister Asemnyinah and Sister Donkoh from the Ghana MTC. Sister Asemnyinah is serving in Ndola and Sister Donkoh is serving Lusaka.

# Farewell and Best Wishes



Sister Motsi, Elder Ford, Sister Andreamamonjisoa and Sister Moyo!



Four fabulous missionaries and their fabulous mission president and wife.



*Elder Mabe, President and Sister Kupu, Elder Hiltbrand. Front: Sister Nkosi, Sister Zohner and Sister Tuai.*



*Farewell our dear missionaries!*

## REFERRAL MANAGER MESSAGE

Referral Manager is now capable of saving referral statuses. Please let your missionaries know so that they can update all of their referrals. We appreciate your patience and are grateful for your service.



- |                |                            |
|----------------|----------------------------|
| <i>Sept 7</i>  | <i>Elder Slade</i>         |
| <i>Sept 9</i>  | <i>President Kupu</i>      |
| <i>Sept 11</i> | <i>Sister Mukweya</i>      |
| <i>Sept 12</i> | <i>Elder Ntsekwa</i>       |
| <i>Sept 12</i> | <i>Elder Jeronimo</i>      |
| <i>Sept 12</i> | <i>Elder Olsen</i>         |
| <i>Sept 13</i> | <i>Elder Hollingsworth</i> |
| <i>Sept 14</i> | <i>Sister Gwebu</i>        |
| <i>Sept 15</i> | <i>Elder Kapande</i>       |
| <i>Sept 15</i> | <i>Elder Chingwara</i>     |
| <i>Sept 19</i> | <i>Sisetr Ntwe</i>         |
| <i>Sept 25</i> | <i>Sister Kinikini</i>     |

## Baptisms

### Chainama



### Libala



### Ndola



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)

Lilanda



Ndola



Libala



*What? No water at the church for the baptism in Ndola? No problem for these sisters who hauled what they needed from their flat!*

*Nothing will stand in the way of a baptism!*

*GIRL POWER!*



*Medical Corner*



Dear Elders and Sisters:

As eventually is the case, it is time for me to leave you and head back home to Zion. I want you to know how much joy it has given me to help provide your medical care over the past 18 months. I have been impressed overall, as to how well each of you takes care of your health, both physically and mentally, and remember, good mental health is critical to a successful missionary.

One of the Area Doc's I knew was always telling the Missionaries, and Senior Couples too, "don't do anything stupid". Excellent advise when you stop and think about it. Consider...is it stupid not to wash your hands after going to the bathroom? Is it stupid not to take your Doxycycline in the morning with food? Is it stupid to eat undercooked food in the village? And on and on. You get the idea.

The last day you can call me for Medical advice is 8 September @ 10 AM. Then I turn in my phone. Sister Kupu will be your go to person for health concerns or questions after I am gone. Please do call her, when you don't feel well, she will be great. As to her giving you your follow up shots, well, she'll get better as she goes. Be brave.

It has been a joy serving with you in the Zambia Mission. This is one of the best things Sister Birrell and I have ever done together, serving you and the Lord here in Zambia and Malawi. God bless you. We love you.

Elder Birrell

**MAY WE HEAR AND HEED THE ETERNAL TRUTHS TAUGHT BY THE LORD'S AUTHORIZED REPRESENTATIVES.**

DAVID A. BEDNAR

LDS.ORG | #LDSCONF

*General Conference is coming soon! Prepare yourself to follow Elder Bednar's advice!*

# Recipe Book

## OLD FASHIONED CHEWY OATMEAL COOKIES

**YIELD:** Makes 20 cookies

1 cup butter, softened

1 cup white sugar

½ cup packed brown sugar

1 large egg

2 teaspoons vanilla

1 2/3 cup flour

1 teaspoon cinnamon

¾ teaspoon baking soda

¼ teaspoon salt

1/8 teaspoon baking powder

1/8 teaspoon ground nutmeg

1 ½ cups quick oats

Preheat oven to 350 Degree F or 180 C.

Grease

baking sheets.

In a large bowl with an electric mixer, beat butter and both sugars until fluffy. Mix in egg and vanilla and blend well. Combine flour, cinnamon, baking soda, salt, baking powder and nutmeg in a bowl. Stir in butter mixture. Gently stir in oats until well blended.

Shape dough into rounded golfball-sized balls (about 2 Tbsp. each). Plan on greased baking sheet. Flatten with the bottom of a measuring cup dipped in sugar.

Bake for 8-10 minutes.

## REQUEST

If you have a favorite recipe, please send it to Sister Groesbeck and she will feature it in the next newsletter! Or if you have something you would like to make and don't know how, send a request and we'll find someone who knows, or I will "ask google."

## First MLC with the Kupus

What a great group of mission leaders!



First, they all met together to be instructed and edified.....



And then broke out into groups to study and teach.





### Sister Ellis:

Have a great trip! Faith gives us joy in the journey.

Are we having fun yet? If not, there is something we need to repent of.

Don't just do your best.....do your VERY best! (President Hinckley)

Faith = Power

Obedience = Price

Love = Motive

The Spirit = Key

Christ = Reason

Joy = Reward



### President Kupu:

Repetition brings conviction.

Doc. & Cov. 31: 3 Lift up your heart and rejoice, for the hour of your mission is come!

### Sister Kupu:

Doc. & Cov. 122:7. All experiences "shall be for thy good."

Alma 56: 46. "...our God is with us, and he will not suffer that we should fall..." The 2,000 Stripling Warriors. God will also not allow US to fall here in this mission. "...then let us go forth..."



More pictures and other comments will come later. Sister Kupu has asked that you send any insights/inspiration/revelation you received from the Mission Tour to Sister Groesbeck for inclusion in the September Newsletter. Thank you!

## Information from the Mission Tour

### Elder Ellis:

A good missionary knows how to treat members.

1. Gain their trust
2. Inspire them through sharing scriptures and bearing your testimony.
3. Ask them to do something. However, be sensitive. They are not full-time missionaries. Also, prepare them for what you have asked them to do.
4. Thank them, tell others and praise their service
5. Hold them accountable; never call them to repentance

**THE SECRET OF CONFERENCE IS TO ACT ON WHAT WE LEARN!**

Conferences are a time and a place for revelation!