



Zambia Lusaka Mission



NEWS

DECEMBER 2016

Vol. 5 – Issue 12

Muli Shani/Muli Bwanji,

From the bottom of our hearts, we express our profound gratitude to each and everyone of you for your contribution in making this month a one to remember. Through our comprehensive effort, we were able to bring many souls unto the Savior as our gift to him on his birthday. During our zone conference at the beginning of this month, we emphasized on how we can be a "MISSION ON FIRE!" We also created a mantra that can always remind us of who we are and our purpose. We invite you to study our Mantra below and take time to ponder how you can become a missionary on fire.

MISSION ON FIRE MANTRA

1. We are the keepers of the flame of faith.
2. We are missionaries who obey with exactness.
3. We are to keep teaching repentance and baptizing converts front and center.
3. We are Book of Mormon missionaries.
4. We are quality teachers of the gospel.
5. We are doing missionary work and not missionary things.
6. We are member-oriented missionaries.

As you ponder the above-mentioned mantra, may you constantly ask yourself, "Am I on Fire?" May we do all we can to faithfully serve our Savior as our gift to him daily. We love and appreciate you.

Natotela/Ndiri Bwino,
President and Sister Kupu

WELCOME TO ZAMBIA



We are very happy to welcome these seven new missionaries to the mission. They are Elder Duffy, Elder Turner, Sister Wilde, Elder Madime, Sister Heaton, Elder Burnard and Elder Oguguo.



Elder Duffy is from Utah and his trainer is Elder Kennedy. They are serving in Chainama East.

Sister Heaton is from Utah and her trainer is Sister Kinikini. They are serving in Woodlands Central.





Sister Wilde is from Canada and her trainer is Sister Newey. They are serving in Munali North.



Elder Oguguo is from Nigeria and his trainer is Elder Scatena. They are serving in Woodlands South.

Elder Turner is from Canada and his trainer is Elder Zhuwankinyu. They are serving in Chainama North.



Elder Burnard is from New York and his trainer is Elder Kobyana. They are serving in Lusaka South.



Elder Madime is from Mozambique and his trainer is Elder Tippets. They are serving in Libala North.



Farewell and Best Wishes



As we sadly say goodbye to these beautiful sisters--Sister Owusu-Afriyie, Sister Bingham and Sister Thueson--and to wonderful Elder Ketchum, we wish them the best in their post-mission life.

MISSING IN ACTION

Elder Malinga. You know when you think sometimes that the best two years was so short you tend to lose the point, but I realized when I came home that I got the rest of eternities to remember and Cherish it. I have seen the hand of



the Lord working in my life in a way that I was able to find my business still there, at first I thought going on mission I would come back without anything to do. I was given a

calling last week of bring an Elders quorum President and to teach the Temple class which motivated me to influence my branch as they are preparing to be a stake here in Swaziland. I have started with helping everyone participate with home teaching and a lot of old concerns were resolved. Am so happy the Lord is preparing me

for better things as I finish with school in being involved with the stakes soon to be progressing President and sister Kupu have been a great influence to us an preparing me with this life after mission, same with the Ericksons drawing we all receives. Am now in love with reactivating less actives as I learned from what was taught in the mission in my last three months. "Seek ye the kingdom of God and the rest will follow" is the motivation of missionary work to me been gone now back.

Sister Tuai. My name is Lavinia Tuai I served in the Great Zambia Lusaka Mission Feb. 5th 2015 until Aug. 5th 2016! I've been home now for about 5 months and I finished my first semester at Utah State University Fall of 2016 as soon as I got home. I Loved it! The thing that helped me get into it all was a lot of the things I learned on the mission. Like how to present in front of people, talking to people, helping people, planning affectively, setting goals and making specific plans to achieve them, using my time wisely, the principle of diligence and enduring. Just so many amazing things but the one thing that has been keeping me on my toes is definitely everyday understanding the Atonement of Jesus Christ and how all my imperfections I can just give to Him because He knows! I Love this amazing gospel and I would not be even half

today if I knowledge this Restored life and I'm perfect it's continue to learning and Atonement of you so much Sister Kupu



the women I am didn't have this and testimony of truth!! I Love my not saying it's just right for me to humble myself in growing using the my savior. Love President and not a day goes but that I don't think about those people in Zambia and Malawi and it makes me want to be better because of all the things I taught.

Happy Birthday

12 Jan	Sister Motseko
17 Jan	Elder Knobloch
23 Jan	Elder Burnard
30 Jan	Sister Salmon

Baptisms

Luanshya



Ndirande



Lilongwe



Lusaka Christmas Eve



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

MISSIONARY MOMENTS

BE YOUR BEST SELF by Elder Ssengooba

As I come to the close of my mission, I have been contemplating on the many marvelous lessons that I have learned throughout this period. It is a very hard task for me to decide what has been the greatest of all the lessons learned, but in this article I would like to share with you one of the most outstanding lesson amongst them all.

Each of us is a beloved son or daughter of a loving Heavenly Father and as such we are all gifted with different talents and abilities. We have characteristics that make us who we are and somewhat different from each other. These God given talents and abilities make us unique and in some way or the other are crucial to our success as missionaries and in life. I fear that many who embark in this work become too serious to the extent that we forget our talents, our abilities, and in the end we forget completely who we truly are. I do believe and understand that when we received our calls we were expected to live a higher standard that sets us apart from the world, but in many times this is may be misunderstood and as a sad result we become **ROBOTIC**. In other words, we paint a picture of what we want to be like or what we think a missionary should be which negatively changes our true nature and identity. For example, someone that used to laugh, joke, shout, and freely talk with people puts on a “fake missionary suit” that does not allow him to express himself. When a missionary is wearing the “**Fake Missionary suit**” his mindset changes to thinking that laughing, joking, shouting, and talking freely is not acceptable for missionary conduct. Eventually when this happens, it becomes very hard for a missionary to connect with companions, members, and sadly investigators. Such a missionary sometimes is viewed by investigators as a police man; never laughing or smiling, always serious. I will admit that I had this problem at the beginning of my mission, and it took me around 4 months to realize that I was not being myself. During lessons I would try to change my tone of voice, facial expressions or even force tears. Many of us have done this in thinking that it would invite the spirit, but I later learned that the spirit will not dwell in a fake or robotic version of me. I had to realize for myself who I really am, then I understood that I am a happy person that jokes, laughs, and can talk to people openly about anything. I took off the “**Missionary suit**” and put on the true me. I noticed that people were freer around me, proselyting became a delight, and my investigators started viewing me as a friend rather than the police man. They opened up to me and teaching became easier than it had ever been. I promise you Elders and Sisters that as you find out who you are and make use of the talents that God has blessed you with, your investigators will love you more, open up to you more and you will be happier serving them. Remember being who you are doesn't mean getting yourself outside the missionary Box. You can be who you are and still keep all missionary rules and commandments. Don't be scared of who you are.

In closing, I would like to quote from the movie, “Akeelah and the Bee”, that I fell in love with some years ago. “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? We were born to make manifest the glory of God that is within us. And as we let our own light shine, we unconsciously give other people permission to do the same.” I know that we are all powerful and the gifts that

we have, have been given to us to help bring to pass the immortality and eternal life of man. If we truly identify who we are and our true potentials, we will be incredible missionaries and we will create a difference.

RECIPE CORNER

Beef Stroganoff

½ kg mince or chicken
2 cans cream of mushroom/chicken soup
Small container sour cream
Mix together, heat and serve over rice, potatoes or pasta.

NO BAKE COOKIES

2 cups white sugar
1/2 cup unsweetened cocoa powder
1/2 cup milk
1/2 cup margarine
1 teaspoon vanilla extract
1 pinch salt
1/2 cup peanut butter
3 cups quick cooking oats

1. In a saucepan over medium heat, combine the sugar, cocoa, milk and margarine. Bring to a boil, stirring occasionally. Boil for 1 minute, then remove from heat and stir in the vanilla, salt, peanut butter and oats.
2. Drop by rounded spoonfuls onto waxed paper. Allow cookies to cool for at least 1 hour. Store in an airtight container.

Medical Corner

Staying Physically Healthy

Maintain healthy eating habits. To get all the nutrition the human body needs, you must eat a balanced diet including dairy, grains, protein, fruits and veggies, as well as fat (yes, even fat!).^[6] By doing so, you'll have a healthy heart, healthy brain, and a fully functional immune system. Eating varied foods will also help insure you get all the vitamins, minerals, oils, and enzymes your body craves.

Drink more water. Water helps flush metabolic

wastes to keep your metabolism in top shape.^[11] Water can also help you feel fuller, so drink at least a half-gallon (2 liters) of water every day (or more if you are active or live in a hot climate).

Try to drink water that has been purified.

Sleep well every night. Adults should get 7 to 9 hours daily. One of the best ways to improve your sleep is to exercise.

Stick to an exercise regimen. Since you don't have a gym membership now, do strength-training using the Missionary Exercise book. To keep your heart in shape, also do cardio.

Be hygienic. Wash your hands *thoroughly* after coming into contact with a sick person, using the bathroom, or anything else that could make you sick.

Keep your flat clean. Living in a place that is unclean can make you sick. Buy cleaning supplies and clean your flat every day. Healthy living habits include a clean flat and contribute to good health. Otherwise, you will be ill often.

KEY INDICATORS BY ZONE: DECEMBER 2016

	Lusaska	Copperbelt	Lilongwe	Blantyre
Inv. Bapt.	22	12	22	11
Inv. Conf.	22	9	23	12
Inv. w/ Bapt.				
Date	173	131	167	136
Sac. Attend	100	114	120	41
MP Lessons	440	238	309	246
Other				
Lessons	302	71	41	140
Progress Inv.	195	148	169	128
Referral Recv'd	35	20	14	17
Referral Cont'd	185	68	99	62
New Inv.	118	66	83	87
RC Lessons	73	38	75	70
LA Lessons	60	57	21	33
My Family				
Lessons	41	22	15	32
F.L.F.	53	36	43	55
Home and Vting	14	25	2	16

Malawi Joint Zone Conference and Christmas Social





*Zambia Combined Zone
Conference and Christmas Social*





MISSIONARIES IN ACTION



Irons

We are replacing a number of irons that quit heating. Water in this area contains many minerals which collect on the heating element reducing its ability to heat the water. Please use bottled water in your iron so it will last longer.

Electricity update – Lusaka Zones Only

Please report the digital numbers before the decimal point on your Zesco meter with your key indicators every week. On Wednesday the office staff will top up those who need it and text the missionaries the token number to be entered into the meter. Please text back after you have entered your token. That way, we know you received it. So, if you don't report in and run out of power units, you will either be without power until the following Wednesday or you can go to the power company and pay for additional units, then be reimbursed.

Power problems have been reported that, after investigation, were not really power problems at all, but were a result of the current rotating power outages call load shedding. Some flats have lost power when their neighbors still have power. This does not mean you have a problem; it is a glitch in the system. These issues make it difficult to track down the problem. So if you lose power, please do two things before calling in the problem to finance office 260 211295775. 1. If your meter say 000, then you are out of power. 2. If the display is black, it is a Zesco problem. Wait 24 hours before reporting a problem to let any irregularities work themselves out.

The cost of electricity is rising for amounts used above the base amount of 300 units. We ask your help in keeping costs down by awareness and conservation. You can help by checking to see if all lights switches are in the off position when you leave. Unplug crockpots, fans and other small appliance if you are not sure they are off. A few months ago a fire truck pulled up in front of our complex because smoke was coming out of an upstairs apartment window. Fortunately, it was only a chicken in a crock pot. When the power went out, the owner left the crockpot on, so when the power came on so did the crock pot, almost causing a fire

We appreciate your help in conserving electricity and reducing power costs to the mission.

Lost Phone Replacement Policy

A reminder if you lose a phone, you are responsible to pay 100K toward a new one which the mission will purchase.

