



Zambia Lusaka Mission

NEWS

February 2016

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Elders and Sisters,

As I write you today, I hope that can address you on a topic of great significance to your success and happiness.

As missionaries and Latter-Day Saints, we are given the admonition to follow and become like the Savior; in fact, our happiness depends on it. To that end, we have been blessed with essential spiritual gifts. One of those spiritual gifts is the incomparable blessing of hope. “Hope is an abiding trust that the Lord will fulfill His promises to you. It is manifest in confidence, optimism, enthusiasm, and patient perseverance”. (PMG pg. 117)

As we strive to learn of hope, it could be helpful to contrast it with the undesirable trait of pessimism.

Pessimism seems to be the unwanted epidemic of our time. It is sweeping through our society and comes to us in a multitude of guises as people around us and even ourselves complain and spread negativity about our lives. Some share how difficult their life and work is, some how difficult their relationships are, others on how vulnerable they are to the inequities of life, and so forth. It’s been said “that pessimistic people have much of what they don’t want and little of what they really do want”.

Why is pessimism so detrimental? It’s said that negative people are “like human black holes”, which suddenly show up and suck the life out of you. You try to stay positive and remain strong but their negativity ends up just completely draining you and you feel exhausted. An author on positive energy, Judy Orloff coined the less flattering term, “energy vampires”.

You can easily recognize the pessimism in Laman and Lemuel’s words as they criticize the younger brother: “Our brother is a fool, for he thinketh that he can build a ship; yea, and he also thinketh that he can cross these great waters” (1Nphi 17:17).

However, we need to ask ourselves, do I recognize the pessimism in my own words? If the language you occasionally use to describe your life as a missionary were captured in the Book of Mormon, would they read more like Nephi or Laman?

There are many possible theories for the cause of negativism. Do any of these theories apply with you? We learn to be negative from the environment around us; we are negative because of lack of awareness; our experiences condition us to be negative; we are negative to vent our frustrations; we are negative about others to boost our own self-esteem; sharing negativity is a bonding experience; we focus on the negative because we think this is necessary in order to solve problems; we are negative because we think it will make people want to care for us and we are negative because it helps us get what we want.

Regardless of why we’re negative, you can quickly see the how this pessimism directly contradicts God’s commands and council to be hopeful and positive.

Unfortunately, many of us fail to see how we have bought into Satan’s lies; in the words of Eve, we’re “beguiled” if you will, as we persistently rationalize our expressions of the negative side of life.

“When you have hope, you work through trials and difficulties with confidence and assurance that all things will work together for your good. Hope helps you conquer discouragement”. PMG pg. 117 One of the most well documented aspects of discipleship is the reality that life occasionally, if not often, will be trying. The scriptures have endless examples of those who have suffered beyond imagination, even giving their lives in the cause of this truth. However, we see also see the wisdom and the love of our Father in Heaven and the promises that accompany these trying times.

Without hope, we will regularly be swallowed up in despair, feel alone and frustrated and fail to reach the heights our Father in Heaven and the Savior plan for us. Yet, in His wisdom Father has given us hope.

May we make use of His wisdom and His love and strive to express hope in every aspect of our rich and blessed lives is my earnest prayer.

President Erickson

Dear Sisters and Elders

In January President Erickson and I had the privilege of traveling to all 4 corners of the mission to see you! You each had a personal interview with President and a kind of informal interview with me as we sat and visited in the hallway, under the tent, outside on the lawn, or in the mission office. I want you each to know how much I enjoy this time with you. I am amazed and humbled at the sacrifices and efforts many of you have made to serve a mission at this time in your life. I know that it will bless your life both temporally and spiritually. You are learning skills and habits as well as gospel knowledge that will impact the course of your post mission life and your eternity.

Never forget who your colleagues in this work are. They are not just the great elders and sisters you serve with, or your friends who are serving in other missions at this time. The very apostles and prophets themselves (current and past) consider you their friends and associates in this great work.

I hope we can conduct ourselves in the great Zambia Lusaka Mission with all the dignity and devotion of our fellow missionary servants who have gone before us....even long before us. Consider all the great missionaries in the scriptures and in church history who have labored in the very same cause you find yourself in today! Take courage and remember you are an important part of THIS.....

“The standard of truth has been erected; No unhallowed hand can stop the work from **progressing**; persecutions may rage, mobs may combine, armies may assemble, calumny may defame, but the truth of God will go forth boldly, nobly, and independent, till it has penetrated every continent, visited every clime, swept every country, and sounded in every ear, till the purposes of God shall be accomplished, and the great Jehovah shall say the work is done.” Joseph Smith, History of the Church, 4:540.

All my love

Sister Erickson

A BIG ZAMBIAN Welcome!!

We are so excited to welcome TEN, yes TEN, new missionaries to this great mission!! They are so needed and will have a wonderful experience serving here!



Sister Arok (Ndola West), Sister Brown (Lilongwe West), Elder Kabisa (Lilongwe North), Sister Reid (Chainama North), Elder Nematikonde (Kauma North), Elder Tippets (Woodlands), Elder Veney (Matero), Elder Tshabalala (Blantyre 2nd West), Elder Hollingsworth (Zingwangwa West), and Elder Day (Kitwe Central)

Farewell and Best Wishes

Thank you, Elders, for two years of faithful and dedicated service!



Elder Mohlakoana (South Africa), Elder Walusimbi (Uganda), Elder Barrett (Idaho, USA), Elder Hinckley (Alberta, Canada), Elder Shai (South Africa), and Elder Njeri (Kenya).

NOTE ON ELECTRICITY

A BIG THANK YOU to those who called in their electric meter reading last month. There were exactly four companionships who did this!
(You know who you are and you deserve a prize-- continuous electricity!!)

HEALTH CORNER.



Dear Elders and Sisters.

The largest numbers of you are too young to worry much about your hearts, but as February 14th is Valentine's Day, and it focuses on messages of the heart, and from the heart, it is never too early to develop habits that will keep that most important organ beating nice and smoothly for many years to come. I'm not too worried about any of you smoking. Future smokers rarely serve missions, but diet and exercise both play a most important part in your future. Starting the day with a good dose of exercise will serve you well over your life time. The Word of Wisdom applies to a lot more than smoking, alcohol, tea and coffee. Overeating, and eating lots of unhealthy foods, won't keep you out of the temple, other than you may not fit in the seats, but it sure puts a BIG strain on the old heart muscles. Your heart is about the size of both your fists put together. When God placed Adam and Eve in the garden, He said "take good care of it". Pretty good advice for your heart too. One day, you'll want to give it away to an Eternal companion. Keep it and yourself healthy. You too Senior's!

Elder Birrell MMA



3 February
8 February
11 February
24 February
27 February



Sister Moyo
Elder Beal
Elder Etiang
Elder Chartier
Sister Ratema

Baptisms



The White Family baptized as members into
The Church of Jesus Christ Latter-Day Saints
on 24 th January, 2016

Taught by Elder Ssengooba and Elder Sagers





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

"We all search for
happiness,
&
we all try to find our own
'happily ever after.'
... All you have to do is
trust
your Heavenly Father.
Trust Him enough to
follow
His plan."

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