



Zambia Lusaka Mission

NEWS

SEPTEMBER 2016

Vol. 5 – Issue 9



Dear Elders and Sisters,

A wonderful month of commitment, devotion and perseverance has gone by and we have a reason to rejoice for all the sacrifices we've made collectively. Here are some things we feel that we need to be reminded constantly:

REMINDER

1. **FLU SEASON** – From the month of September to March is the flu season. We have asked the Zone Leaders to help you get all your flu shots within the next week. Please note that some of you may catch the flu after getting the shot but it will go away quickly. However, don't be discouraged with that because the shot can save you from serious flu problems in the future. We asked that you try your very best to prevent flu by practicing good health habits.
2. **HOT SEASON** – Please drink as much water as possible before, while, and after you proselyte to avoid dehydration. Carry with you a bottle of cool or room temperature water and drink at least every 15 to 20 minutes. If you are dizzy, lightheaded or very tired then you must double your fluid intake while resting for a day. Try to always drink at least 1.5 to 2 liters of water a day especially if you are out in the sun a lot.
3. **INTERNET USE** - In the Mission President's Handbook, it explains that the only day you can access the internet is during the Preparation Day. In addition, excess using of the internet is discouraged. Please spend only ONE HOUR to email your immediate family members and be careful with the sites you visit. I strongly discouraged Facebook, YouTube and other sites that can distract you from having an eye single to the glory of God.

MESSAGE FOR THE MONTH

We encourage you to read, study and ponder how you can apply the Home Teaching/Visiting Teaching message for this month.

<https://www.lds.org/liahona/2016/10/the-blessings-of-obedience?lang=eng>

The secret to happiness and peace in this work is obedience and may we add with exactness. If you are not happy or you don't feel peace in your life, assess how you keep the missionary rules.

We love you all and thank you again for all the effort that you have put in to this great work. We love our Father in Heaven and His son Jesus Christ. May we do all we can to make them happy as we serve them. When they are happy, we are happy. When we are happy they are happy also.

Ofa atu,

President and Sister Kupu

Celebrating President Kupu's Birthday in the office!



Farewell and Best Wishes

Our Mission Medical Advisor, Elder Birrell and his wife, Sister Birrell, returned to their home in Utah. They will stay there for about 5 months and then serve another mission, as they have already been called to serve in Milan, Italy. We miss you and wish you well in Italy!



Ndirande



Kalambo



Matero



Matero



happy birthday

- | | |
|--------|----------------------|
| 02 Oct | Sister Reid |
| 04 Oct | Elder Day |
| 16 Oct | Elder Zhuwankinyu |
| 18 Oct | Sister Owusu-Afriyie |
| 23 Oct | Sister Groesbeck |

Baptisms

Ndirande



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

In the August Missionary Leadership Council, President Kupu challenged us to ask in prayer to find a "Cornelius". In Acts 10, Cornelius was a man who had been prepared by the Lord to hear and accept the gospel. We went into our area filled with great faith and determination to seek out and find those who are spiritually prepared. Within a couple of days, we were walking to an appointment when a man stopped us and began talking to us. We felt prompted to go to his home and teach him right then and there. As we taught him the Restoration, we could feel the Spirit fill the room and thus began his mighty change of heart. Addsum Chisiza was baptized on September 24th and gave a powerful testimony of repentance and the Book of Mormon. In a month and a half, he has read over half of the Book of Mormon and has invited many of his friends to also learn of the restored gospel. His great desire to share the gospel with everyone has been an indicator of his true and sincere conversion. We know that the Lord has truly prepared many Cornelious' for us in the Zambia Lusaka Mission. As we exercise our faith through mighty prayer, exact obedience, and diligent effort, we will find them.



RECIPE CORNER

Thank you, Sister Kupu, for this recipe!

NO EGG, NO BUTTER, NO MILK CHOCOLATE CAKE.

- | | |
|--------------------|------------------------|
| 1 1/2 cup of flour | 1 tsp of vinegar |
| 2 TBS of Cocoa | 1 tsp of vanilla |
| 1 tsp of Soda | 5 TBS of vegetable oil |
| 1 cup of sugar | 1 cup of water |
| 1/2 tsp salt | |

Mix all dry ingredients together and then add vegetable oil and water. Mix well and then bake @180 until it cooks. Enjoy :)

Information from the Mission Tour

The Lusaka Zone with Elder and Sister Ellis



Blantyre zone with Elder and Sister Ellis



Elder Ellis:

Do we believe in God and do as He says? Lord, increase our faith. Believe enough to ACT! Elder Ellis talked about the levels of faith from dormant faith to unshaken faith, to exceedingly great faith, to strong faith, much faith and a particle of faith. Then he asked, "How can we

increase faith?" The answer: have a desire to believe, don't cast out the faith you have by unbelief, and do things that require faith. What happens if we don't have enough faith for a task? He assured us that Christ makes up the difference, AS WE DO SOMETHING! Never fear and don't worry. We need to have the faith to work toward another stake in this mission and have faith that Christ will make up the difference to make this happen.

Copperbelt Zone with Elder and Sister Ellis



(Sorry Lilongwe Zone. We received no pictures of your zone with Elder and Sister Ellis!)

Medical Corner

THE TEN COMMANDMENT OF GOOD HEALTH

- 1- **DRINK** pure water and use pasteurized dairy products.
 - 2- **EAT** food properly prepared.
 - 3- Eat a **BALANCED** diet.
 - 4- **KEEP** your hands and body **CLEAN**.
 - 5- Keep your living quarters **CLEAN AND SAFE**.
 - 6- **PROTECT** yourself from animals and insects that carry disease.
 - 7- **REST** and manage stress.
 - 8- **EXERCISE** regularly.
 - 9- Practice **SAFETY**— prevent accidents.
 - 10- Get proper **MEDICAL CARE** when needed.
- And always remember.....DON'T DO ANYTHING STUPID!**

KEY INDICATORS BY ZONE: SEPTEMBER 2016

	Lusaska	Copperbelt	Lilongwe	Blantyre
Inv. Bapt.	7	8	5	8
Inv. Conf.	9	13	11	5
Inv. w/ Bapt.				
Date	120	115	211	168
Sac. Attend	114	121	10	130
MP Lessons	325	191	347	303
Other				
Lessons	163	135	108	120
Progress Inv.	150	121	212	157
Referral Recv'd	6	9	13	13
Referral Cont'd	176	114	151	129
New Inv.	151	90	148	97
RC Lessons	87	31	94	86
LA Lessons	93	51	34	60
My Family				
Lessons	133	115	116	123
F.L.F.	60	48	79	51
Home and Vting	30	41	41	44
Contacts	71	30	35	40

Inspiration from Homeward Bound Missionaries

Sister Aidoo: *Laughing on a mission really keeps you sane, but remember D&C 59:15. Your time is the Lord's and do not waste it. Don't waste a moment not working. Challenge to change, challenge to achieve and challenge to become. Give your all and the Lord will give all back at least a thousand fold—more than we offer Him. Remember—no desire other than to do His will. Keep nourishing your desire. It is never too late. Love you all.*

Elder Kapande: *To be or not to be? That is the question. The question is not one of being, but one of becoming. To become more or not to become more, that is the real question. Becoming more obedient, more diligent, more loving, more patient and more considerate is what the Lord expects of us. Do not become less. I testify that this work is not easy, and I would say to you, do not ever expect it to be easy. Learn from mistakes and let them go. Be instructive by them and don't let them be*

destructive. I love the Lord and the I love the Father who sent Him. I respect the Holy Ghost and I urge you to be vigilant and endure every moment well.

Elder Malinga: I never knew I would spend 21 months in Lusaka as a record. Being a missionary has been a privilege as it's been a motivation for me being what I am today. A lot of challenges came, but I always asked Heavenly Father what He would wanted me to learn from those situations. A message to all missionaries: if you don't change or gain anything on a mission, you are on vacation. Look for what's making you not to grow from what all worry about. "Change" has been a lesson learned for me. I was changed by the Atonement of Christ in my years serving while helping others change too. Ask yourself, why do you think God gave you this chance and trusted you to serve in His vineyard from all that might be better than you. You are loved, never forget who are you and why you are serving.

Elder Brewerton: It has been an honor to serve among you. I can sincerely say I am grateful to have had the unique porivilege of serving here in the Great Zambia Lusaka Mission and I believe many of you have great contributions to make here in the Mission at this time. I would like to offer a few words as my last: love every companion you have. When companions love each other, the work is enjoyable and effective. I bear witness of companionship unity leading to great success in the work. Also, focus on being positive at all times. I know from my experiences that choosing to be positive helps us through trials and helps us be happier in every situation and at all times. Think about it; when you love your companion, you are both positive and have faith, you will simply see miracles. You will find those who are ready for the restored gospel, and you will become true disciples of Christ. I have a testimony that this is the Lord's work and that His work is hastening. It is a true blessing to serve a mission. God bless you all as

you continue to serve the Lord in the Great Zambia Lusaka Mission.

Elder Etiang: "It has been said that the best convert a missionary will make on their mission is themselves." I can say without any doubt that it is true. Each of us come on a mission with varying abilities, testimonies, levels of faith, knowledge of the gospel and many aspects of life because of varying backgrounds. Like Paul said; "In a great house there are not only vessels of gold and silver, but also of wood and earth; and some unto honour, and some unto dishonour. If a man, therefore, purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every work." I am grateful to be one of these vessels. During my mission, I have developed a sense of self-awareness of my weaknesses and have been humbled and called upon the Lord to help me be a better child of His. I have found peace in His promise in Ether 12:27. As my mission comes to an end, I am happy and confident to say that I have done my best to emulate the Savior and, like him, in smaller degrees I have "increased in wisdom and stature and in favour with God and man." I hope the Lord strengthens you through your challenges. Seek strength in the Lord.

MISSIONARIES IN ACTION

After teaching Israel and his sister, Ora



Sister Kupu joined Sister Owusu-Afriyie and Sister Marriott during companionship study and weekly planning session.



Lilongwe District after District Conference



The Choir for the Lilongwe District Conference was the Lilongwe Branch (Elders Kabisa and Batson and Sisters Gwebu and Mulomba were a part of it.)

Elder Ernst and Elder Tidwell greeting members after the Lilongwe District Conference



Elder Wyman and children

Elder Ketchum was the pianist for the Lilongwe District Conference

