



# Zambia Lusaka Mission



NEWS

July 2016

Vol. 5 – Issue 7

Dear Elders and Sisters,

It is with great honor and humility to have been called by the Lord to be His servants in the wonderful and beautiful countries of Zambia and Malawi. We hope you know how much we love the Lord, His work and YOU! Words are inadequate to express the immense joy we feel in having you in our lives from today and forever.

You mean a lot to us; therefore, it is with sincerest hope that you will have joy as you learn to know your leader, your relationship with Him, and how much He trusts you to be His authorized representative in this last dispensation. Remember that your time spent in the field will determine the rest of your life.

We look forward to getting to know you better and working with you.

‘Ofa Lahi Atu,

President and Sister Kupu

## A BIG ZAMBIAN Welcome!!



**President Kupu, Inoke (Junior)  
and Sister Kupu**

## Welcoming Eight New Missionaries



We are so excited to welcome 8—yes 8—new missionaries to the mission. They are Elder Olsen, (Lusaka); Elder Fuller, (Copperbelt); Elder Thomas, (Copperbelt); Sister Ntwe, (Lusaka); Sister Chibase, (Blantyre); Elder Batson, (Lilongwe); Elder Tidwell (Lilongwe); and Elder Chingwara, (Blantyre)!

## Farewell and Best Wishes



**President and Sister Erickson  
Thank you for your devoted and  
faithful service! God speed!**



**Goodbye Elder Owor, Elder Collins, Elder Tayembi, Elder Sagers and Elder Cunningham. These five faithful Elders returned to their family and friends. We will miss them! But we know they will be successful in whatever they do on their return.**

## **Happy Birthday**



- 12 July**      **Sister Arok**
- 19 July**      **Elder Scatena**
- 28 July**      **Elder Hull**
- 30 July**      **Elder Alexander**
- 11 August**    **Elder Gova**
- 17 August**    **Elder Salyards**
- 17 August**    **Sister Zohner**
- 28 August**    **Elder Lusk**

### **NOTICE!!!**

**NOTE:** Elder Salmon has taken over the responsibility of Vehicle Coordinator. His phone number is +260 972 907 071. Please remember to turn in the Daily Vehicle report by the 5<sup>th</sup> of each month, as in the past. Also, please text Elder Salmon every time you use your TOM card and give him the balance on the card.

## **Baptisms**



**Chainama**



**Matero**



**Matero**

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)

# Medical Corner

Dear Elders and Sisters

Most of you are doing really well on taking care of health issues early on. As problems arise, never put off getting advice, unless it is a simple problem that resolves quickly. Never feel that you are being a bother. That's why I am here. Just a reminder that this is still the cold and flu season, so wash your hands frequently, or use hand sanitizer. Malawi is on water rationing, but keep your flats clean, especially the kitchen area, as much as possible. Our 4- and 6-legged friends are eager to move in with you, but they can be difficult to exterminate. Also, keep your flats and equipment in good working order or get things fixed as they break, ASAP. We have companions to work together to get things done on both the spiritual and secular levels, so look out for each other, stay healthy, and enjoy your Missions.

Elder Birrell  
MMA

## Recipe Book Banana Bread

### Ingredients

- 2-3 very ripe bananas, peeled
- 1/3 cup melted butter
- 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups of all-purpose flour

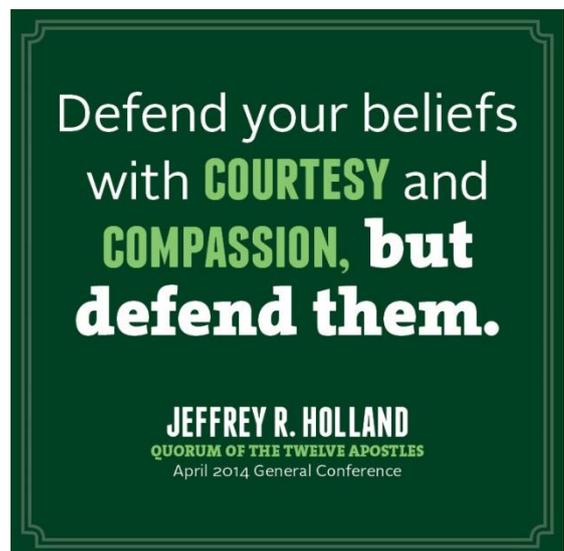
### Method

Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour. Pour the batter into the prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean. Remove from oven and cool completely on a rack. Remove the banana bread from the pan. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)



## 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."



## Meet President and Sister Kupu Lusaka

The missionaries in Lusaka were introduced to President and Sister Kupu and their son, Inoke, (Junior) at a “Meet the Kupus” devotional. We saw some beautiful pictures of Tonga and also saw pictures of their beautiful family. We welcome you President and family!



## Next stop on the Meet-the-Kupus Tour: Copperbelt

President Kupu shared his direction for the mission. He sees the GZLM as being a “Preach My Gospel” mission and a “Read the Book of Mormon” mission, with missionaries who are well versed in both.



## NEXT STOP: Lilongwe

The missionaries were reminded that our purpose is to teach repentance, baptize converts and establish the church.



## LAST STOP: Blantyre

President taught that in order to teach repentance, we must repent ourselves and have a broken heart and a contrite spirit.



“Pioneer faith is needed  
as much in the world today  
as in any period of time.”

- Elder L. Tom Perry

