



Zambia Lusaka Mission



NEWS

November 2015

Vol. 4 – Issue 11

Dear Elders and Sisters,

As I quietly seek the spirit of the Lord in reference to what I might say to you, I feel compelled to simply express my love in confidence in each of you individually and collectively. We have begun a new chapter in the history of the Zambia Lusaka Mission. This month, what began as a simple charge, “No Tracting November” has led to a rejuvenated focus on the sacred purpose for which we serve. Our finding efforts through our member and non-member contacts is evidence the Lord is hastening His work in Zambia and Malawi. Recently, I shared with the area presidency much of the feedback I have received from you in your letters to me regarding this new focus. Elder Carl Cook said he felt this was pure inspiration.

I have heard many reports of how your efforts in contacting members, recent converts and less active members has inspired new Faith and renewed devotion among these members. Even in these early days we have seen many less active members returning to sacrament meetings. Recent converts are being loved and fellowshipped in ways that guide them to full activity in the church. More members are seeking us out and eager to introduce us to their friends and family. We are seeing more baptisms in our mission. We are seeing growing numbers of investigators and progressing investigators. And, missionaries are reporting more inspired and devoted service to the Savior and feeling more energized and engaged.

Thank you once again for your devotion and commitment. Each of us have made sacred covenants to give our all to helping to establish the Church and to guide our brothers and sisters to the path of Eternal Life. I believe we are succeeding in great measure.

May the Lord bless you and your companions and may you always know of my love and devotion. I hold you each in the high regard. Sister Erickson and I cherish our time serving together with you.

Let’s have a great month.

With loving regards,

Pres. Erickson

Sisters and Elders of the GZLM

I love that our Father in Heaven’s plan for us is called the plan of happiness. Nephi teaches us that Adam fell that men might be, and men are that they might have joy. When I read that I am struck, that in a fallen world we can still find happiness and in fact our Savior Jesus Christ commanded it when he said “be of good cheer”. Many people seem to be waiting for a time to be happy, perhaps when everything is going well and you possess all that you desire.

This is false thinking.

The place to be happy is here

The time to be happy is now

The way to be happy is to make others happy.

When we lose ourselves in service we find ourselves...filled with happiness. When we listen with compassion to someone else’s hardships our own struggles become lighter. When we go the extra mile to lighten the load of a friend or stranger, our load is lightened. Truly the Lord blesses us when we seek to do his will and His work. There is deep joy and satisfaction knowing you are right with the Lord and on the right path. But there are also daily moments of wholesome fun and happiness that can fill us up, make us smile and even make us laugh at ourselves. It is good for our mental health to savor something good each day. Please take the time to notice and enjoy.

President and I like to talk about what makes us happy. We look for moments in our day that bring us feelings of happiness and we share with each other. Looking for the good is so much nicer than looking for and focusing on the bad things that happen to us or around us.

It is my hope and desire that as the great Zambia Lusaka Mission, we will be happy! We will find joy in the work we do every day! After all, we are His disciples called to share His great plan of happiness...so come on...let’s be happy about it. President and I love each of you.

Sister Erickson

HAPPY BIRTHDAY!

- Nov. 3 Sister Nkosi*
- Nov. 4 Elder Madilu*
- Nov. 7 Sister Mulunda*
- Nov. 14 Elder Kobyana*
- Nov. 23 Elder Essilfie*
- Nov. 24 Elder Welling*

Thought from Sister Erickson

Last month at Zone Conferences, you all received a solar lamp. We appreciate Elder Bodily finding these and President Erickson for purchasing one for every missionary in the mission.

"This little solar powered light teaches us a lesson about turning towards The Savior to lead us through our lives. Doctrine and Covenants Section 88 verses 6-7 teaches us "He that ascended up on high, as also he descended below all things, in that he comprehended all things, that he might be in all and through all things, the light of truth; Which truth shineth. This is the light of Christ. As also he is in the sun, and the light of the sun, and the power thereof by which it was made."

When we face ourselves towards the Son, as this little light faces the sun, we will receive power to see though the darkness, as this light can give us light to see when we are left in the dark of load shedding." Elder Bodily

A BIG ZAMBIAN Welcome!!



Welcome Elder Ntsekwa, Elder Mpofu, Elder Bobowski and Elder Griffin.

APPLE CRISP RECIPE

½ tsp salt	1 cup brown sugar
¾ cup flour	½ cup butter
1 tsp cinnamon	4 cups peeled, sliced apples sprinkled with ½ cup sugar

Grease the baking pan with butter or margarine. Put in the apples. Add salt. Mix sugar, flour, cinnamon and cut in the butter. Spread mixture over the apples. Bake at 180 C (350 F) for 45 minutes. Serve with vanilla ice cream or shipped cream.

Farewell and Best Wishes



Elder Chola, Elder Mukisa, Elder Motlhaping, Sister Mulunda, Elder Cahill and Elder Kampelya

HEALTH CORNER.

The question is often asked "what would be some good medicines to have on hand in our flat?" For the usual and often simple complaints, I recommend the following items:

1. A digital thermometer, with disposable covers. So when you call and complain of fever, you know your actual temperature.
2. Acetaminophen or Tylenol, which is used for mild pain and to lower body temperature.
3. Ibuprofen or Motrin, which are used for more severe pain, joint injuries, headaches, and also very good for fever and lowering body temperature.
4. Loperamide is used for diarrhea
5. Relcer Gel, or similar product, is used for bloating sensation, gas and acid indigestion.
6. Hydrocortisone Cream 1%. Use for itchy spots on your skin, insect bites, or rash. You can apply twice a day to affected areas. Do not use just as a dry skin product; that's what lotions are for.

Follow the directions on the label for dosage and how often to take. If you have questions about brands or how

much to take, and you are confused by the label, talk to the pharmacist on duty. They are happy to help and to make sure you know what you are getting. When you get down to the last few pills in the bottle, go and buy another so the next missionary will have something available upon arrival. Do not hoard the medicine, neither abuse it. Keep enough for all the missionaries in your flat. There will be an expiration date on the bottle. If the contents are over a year old, buy another bottle. Elder Birrell MMA.

Baptisms



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

Baptism and Confirmation Record Information

I so appreciate all the work and effort you, the wonderful Zambia Lusaka missionaries, do to bring our brothers and sisters to the gospel of Jesus Christ. I know you work hard and that your joy is full when someone is baptized. But, the work is not complete until I receive and can record the Baptism and Confirmation Record. Please fill out the form as completely as possible, and take care with the spelling of names and writing numbers. Most of you are doing great. Just a word of caution to be neat in your work!

Reminder: Thank you to those of you who have found baptism records and got them to me! You are SO AWESOME! However, 'the list' is yet in existence, which means there are still some missing forms out there. Please do your best to find these pending records and get them to me.

A list of all missing baptism records through September is attached with this newsletter. If you were the missionary who baptized a person or are the missionary now serving in that area, PLEASE try to find the record and get it to me! Look in the AREA BOOK and IN THE RECORD KEPT BY THE WARD OR BRANCH. Your help is very much needed and appreciated.

Thank you, Sister Groesbeck

The following guidelines will help you fill out the form properly.

- Print in block letters, legibly. Draw a line over the surname (last name).
- Birth Dates. Fill in all birth dates, for adults and children. If you only know the year, that will suffice. Without that information, the records CANNOT be entered into the system.
- Be sure to check if the person is male or female.
- Household. Fill in only if the "head of household" person is a MEMBER.
- Be sure to mark if parents/spouse are members or non-members.

- Fill in the baptism/confirmation dates.
- Marriage Information. Be sure to fill in all the information, especially the dates.
- Submit the forms in a timely manner, not 2-3 months after the baptism.
- All baptism records should come to the mission office to be entered into the system. Ward/Branch clerks should not enter the information for convert baptisms.

Thanks again. You are all awesome, hardworking, outstanding Zambia Lusaka Missionaries! And we LOVE you—one and all!

