



Zambia Lusaka Mission

NEWS

OCTOBER 2016

Vol. 5 – Issue 9



Malo e Lelei Elders and Sisters,

The month of October has been recorded as the MOST SUCCESSFUL MONTH since this mission was organized in terms of baptism and lessons taught. This is the result of a collective effort made by each individual. Your personal worthiness and willingness adds strength to this work. Thank you for all that you have done to contribute to the success of this great work.

REMINDER:

1. We have only 2 more months to complete our Book of Mormon reading for those who started with us in July. At this point we should be in the Book of Helaman or 3rd Nephi.
2. Continue to study your Missionary Handbook and follow with exactness. It is there for your physical, spiritual and emotional safety. Those who abide sees miracles in their lives daily and are happy.

MESSAGE:

One of the topics that we discussed in MLC was "Beware of Pride", a talk delivered by Prophet Ezra T. Benson. He warns us to be careful not to allow pride to destroy us. The rest of our message are bits and pieces from his talk. We sincerely invite you to read and ponder these things and see how you can use it in your life. We promise you that as you ponder and apply, the Holy Ghost will be your constant companion and will help you as you serve our Father in Heaven with an eye single to His glory.

1. The central feature of pride is enmity—enmity toward God and enmity toward our fellowmen. It is the power by which Satan wishes to reign over us.
2. Pride is essentially competitive in nature. In the words of C. S. Lewis: "Pride gets no pleasure out of having something, only out of having more of it than the next man. ... It is the comparison that makes you proud: the pleasure of being above the rest. Once the element of competition has gone, pride has gone.
3. Pride is a sin that can readily be seen in others but is rarely admitted in ourselves.
4. Pride manifest is so many ways, such as faultfinding, gossiping, backbiting, murmuring, living beyond our

means, envying, coveting, withholding gratitude and praise that might lift another, and being unforgiving and jealous.

5. Disobedience is essentially a prideful power struggle against someone in authority over us. It can be a parent, a priesthood leader, a teacher, or ultimately God. A proud person hates the fact that someone is above him. He thinks this lowers his position.
6. Another face of pride is contention. Arguments, fights, unrighteous dominion, generation gaps, abuse, riots, and disturbances all fall into this category of pride.
7. The scriptures testify that the proud are easily offended and hold grudges. They withhold forgiveness to keep another in their debt and to justify their injured feelings.
8. The proud do not receive counsel or correction easily. Defensiveness is used by them to justify and rationalize their frailties and failures.
9. The proud depend upon the world to tell them whether they have value or not. Their self-esteem is determined by where they are judged to be on the ladders of worldly success. They feel worthwhile as individuals if the numbers beneath them in achievement, talent, beauty, or intellect are large enough. Pride is ugly. It says, "If you succeed, I am a failure."
10. Think of what pride has cost us in the past and what it is now costing us in our own lives, our families, and the Church.

Let us choose to be humble. We can choose to humble ourselves by conquering enmity toward our brothers and sisters, esteeming them as ourselves, and lifting them as high or higher than we are. We can choose to humble ourselves by loving God, submitting our will to His, and putting Him first in our lives. We must cleanse the inner vessel by conquering pride.

Let us choose to be humble. We can do it. I [We] know we can.

Ofa atu,
President and Sister Kupu

WELCOME TO ZAMBIA



We were fortunate enough to receive 4 new missionaries in October. We welcome Elder Harmon, Elder Kennedy, Elder Kigonya and Sister Rice.



New Missionary Training

Farewell and Best Wishes



We bid a fond farewell to Elder Brewerton, Elder Malinga, Elder Kapande, Elder Etiang and Sister Aidoo. Congratulations on a job well done!



Feasting on the BBQ pig!



LIFE AS A RETURN MISSIONARY

PAIGE ZOHNER: Trying to describe what my mission did for me is like trying to fit all of Alma into one chapter, impossible, unless you're Enos.

I am defined now by my service to the Lord. The testimony that I have now is my motivation to pave my future into something great. Every time I bore witness of the savior alongside all of you built a mountain of Faith for me to always stand on for strength. I am not perfect but because of my mission there is no doubt I am in the right place.

Drew Mabe: I would like to thank my God for giving me this wonderful time and opportunity to serve in His vineyard. I have seen His hand in my everyday life, I wondered a lot where I could be in this world but my prayers through serving I saw them. Today even I am home I still blessings for mission and though home is not easy at some point but I know where I can lean to to seek help, guidance and strength. I would pay my tribute to my mission President and his wife and missionaries whom I worked with for making my job more enjoyable and fun at some point. I love you and will miss you.



- 4 Nov Elder Madilu
- 4 Nov Elder Lewis
- 12 Nov Elder Ernst
- 12 Nov Sister Rice
- 14 Nov Elder Kobyana
- 16 Nov Elder Kennedy
- 23 Nov Elder Essilfie

Baptisms

Kalambo



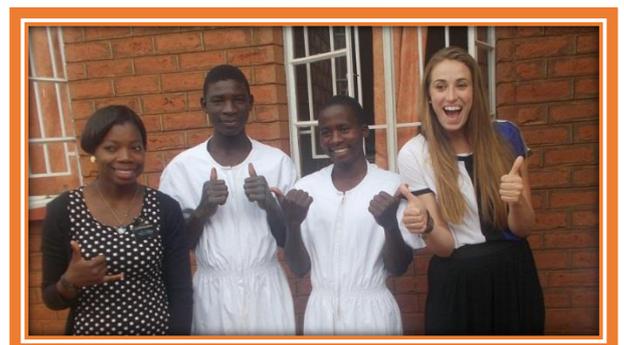
Kalambo



Liwonde Group/Blantyre 1st



Kalambo



Kalambo



Matero



Kawama



Libala



Lilanda



Chainama



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

Sister Newey. There are times on mission where everyone struggles. A new environment can be hard to adjust to and everyone handles it differently. Some take longer to adjust than others and use different ways to cope with the change. Companions can be there to help in times of need.

The missionary Handbook advises, "Talk with each other openly and frequently. Contention will drive the spirit away" When my companion opened up to me and told me she was struggling emotionally, I didn't know how to help and I felt inadequate. I was scared I would say the wrong thing or make things worse. I prayed many times about what I could do to make things better for her. I found a couple things that I think can help when a companion is struggling.

The first is to listen. In the missionary handbook it



says. "Listen to understand and offer support and encouragement. Until a person feels understood, offering advice and suggesting solutions is often not helpful." I found that just being someone to talk to helped her more than any advice I could give.

The next thing we did was to read "Adjusting to Missionary Life" together. We incorporated it into our companionship study each day and eventually finished the whole book together. I saw it help her a lot and give her ways to cope. It also helped me to know how I can best use my abilities to help her.

Lastly, I know it is most important to rely on the Lord and the Holy Ghost for help and to encourage your companion to do the same. In the Doctrine and Covenants it says, "Speak the thoughts that I shall put into your hearts... For it shall be given you in the very hour, yea, in the very moment, what ye shall say." I really believe this promise and I know that when we pray for guidance we will receive it.

Eventually the time came when I knew she needed more help than I could offer her. We called Sister Kupu and she was able to help her through this difficult time. Both my companion and Sister Kupu eventually talked to one of the area medical advisors who came to the conclusion that it would be best if she could take time to fully heal at home. Although it was sad to see her leave the field I know it was all part of Heavenly Fathers plan for her and she will be able to get the help she needs at home.

Elder Thomas and Elder Madilu: Florence Banda was originally taught by the missionaries Elder Shai and Elder Tshabalala. That was about two years ago. She has been taught on and off for about 2 years and has been constantly learning and learning from the missionaries. According to what we heard from other missionaries, the difficulty in baptizing Florence was that her parents were opposed to her being baptized. We met Florence at one of the small shops we



often buy soda from, and where her mom sells fritters and macs cools and ice cream. We talked to her and found out that she had been taught by the missionaries before. We asked her why she stopped and she said "I don't know! They just stopped coming!" We set up a return appointment for the same day. Her teaching went super fast, and she remembered almost everything that the missionaries had taught her. After clarifying some things about the Book of Mormon and about Joseph Smith, her parents agreed, and she agreed to be baptized on October 23. Long story short, she was baptized

and her parents even attended the baptismal service. This just goes to show that no effort is wasted and that even if we don't baptize an investigator we can be planting seeds that other missionaries may reap.

Elder Alexander. After a pretty rough day Elder Essilfie and I were very excited to be having a solid lesson with a new investigator Jeff. He was a really humble and friendly guy and he was happy to have us over. We started teaching about Jesus Christ church that he established while he was on the Earth, Jeff understood well and was very tuned in. When we moved onto the great apostasy he was even more intrigued and involved in the lesson, but once we got to the Restoration



of the Gospel and about Joseph Smith he had a 180 degree turn around, he refused to accept anything that was not in the Bible. Elder Essilfie was getting frustrated and

wanted to start contending with our investigator, but I tapped him on the leg and said "stop". He stopped and I picked up where we left off on the first vision. I bore witness of Joseph Smith's encounter with Heavenly Father and Jesus Christ. I told him with all my heart that I know this is true, I bore my witness of the truthfulness of the Book of Mormon, and how God can talk to him today to find out that it is true. I told him that God speaks today and as his son it is his right to hear from him. The spirit was at its strongest it has ever been in my entire mission and I pleaded with him to just accept a copy of the Book of Mormon. After a brief silence he responded "Elders.... I cannot accept what you teach is true, I cannot take your book because I will just store it in a box somewhere never to be read, and I will be wasting your church's money and your time. I have my beliefs and you have yours. Sorry" Elder Essilfie was frustrated, and still wanted to emotionally blast this guy, but I told him not to and we should just leave silently. Defeated and heartbroken we got up and left the house. Just as we were heading out the door, an older woman about 50 years old stopped us. She said "I don't know about your church, or who you are, but I heard what you said, teach my daughter what you taught Jeff, and bring her to church" It was Jeff's Aunt! She was sitting in the back ground and heard every word! She felt the spirit and felt it so strongly she almost cried when I taught about Joseph Smith's vision. This is why I felt prompted to not contend with this man, and why I felt to bear my testimony to someone who we had lost hope in when the lesson began. I felt like Abinidai teaching King Noah, and Auntie Christine was Alma. This was one of the most powerful events of my whole mission, and Christine is on date to be baptized on November 13th.

Medical Corner

THOSE WHO
THINK THEY HAVE
NO TIME FOR
HEALTHY EATING
WILL SOONER OR
LATER HAVE TO
FIND TIME
FOR ILLNESS.

KEY INDICATORS BY ZONE: OCTOBER 2016

	Lusaska	Copperbelt	Lilongwe	Blantyre
Inv. Bapt.	17	12	18	42
Inv. Conf.	16	15	20	40
Inv. w/ Bapt.				
Date	167	145	276	212
Sac. Attend	154	148	183	184
MP Lessons	414	250	571	440
Other				
Lessons	167	182	113	189
Progress Inv.	203	160	279	223
Referral Recv'd	40	13	17	11
Referral Cont'd	202	106	240	188
New Inv.	169	92	202	199
RC Lessons	112	118	105	99
LA Lessons	81	82	38	53
My Family				
Lessons	48	60	68	46
F.L.F.	56	66	105	79
Home and Vting	20	32	51	29
Contacts	202	237	429	284

Inspiration from Homeward Bound Missionaries

SISTER RATEMA: One of my favorite scriptural accounts is found in Alma 31. It's the story of the apostate Zoramites. They fell into apostasy because they failed to do the simple things so, as a result, the light of Christ left them, and they were in darkness. Likewise, elders and sisters, if we fail to do the simple things that God has commanded us to do, then we will lose His spirit, and without the spirit, we cannot do His work. Many of the Book of Mormon missionaries found much

success because of their obedience to the commandments and through the power of God. With their own skills they could do nothing.

God loves us, but always remember that He will not tolerate sin. We are not perfect, but He *does* expect us to be completely faithful and obedient to His commandments. When we went to the temple, this is what we covenanted to do on our missions and for the rest of our lives. This work is amazing. Elder Holland said, "we are working with Him shoulder to shoulder, we are engaged in the saving of the human soul. This is the most holy and sacred work in the universe." And I know this to be true with all my heart.

ELDER BENNETT: Of all the things I have learned on my mission, the one that stands out the most is the Christ-like attribute of charity. Charity is the pure love of Christ and the greatest thing I have learned from the people of Zambia and Malawi. As I have had the opportunity to learn to have charity toward others, I have been able to see others the way God sees them, as people who are not perfect who can become perfect. Missionaries have the wonderful opportunity to learn how to be charitable to others, and it is something that, if we do it, we can become like Christ.

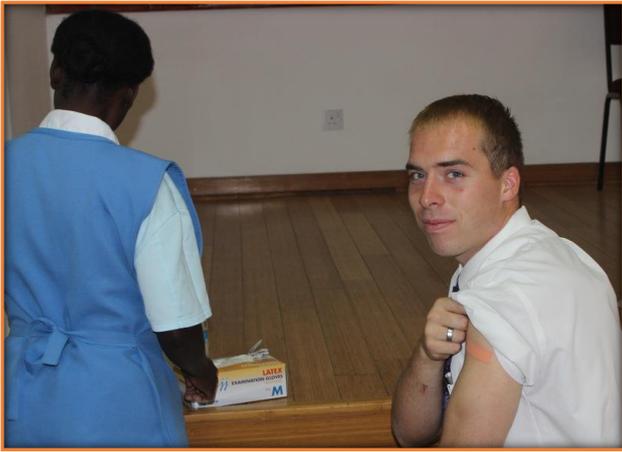
MISSIONARIES IN ACTION



These missionaries are now "Missing in Action" from this mission. It looks like they had plenty of action on their arrival home!



Flu shots for Lusaka Zone – Elder Olsen



Sister Kinikini: Start Right—Stay Right



Lusaka Zone Elders Groesbeck, Maele, Mpofo, Komakech and Kennedy.



Good work in getting the new van, Elder Salmon.



Elders Nemakonde and Chawaguta and Sisters Brown and Asemnyinah were picked up at the bus depot for Immigration and were the first missionaries to ride in the van.



Elder Maele and Elder Mpofo are having WAAAAY too much fun proselyting in Matero!

Service with a Smile in Lilongwe!

Sister Thueson, Elder Wyman, Sister Mukweya and Elder Tshabalala making bricks? Really? Looks more like a mud bath!



Congratulations Junior on your two gold medals and the MVP of the Annual AISSEA tournament in Uganda! He's got quite the support crew there! Happy parents!



The smile says it all. Waiting at Victoria Hospital for medical exam.



President with his two special sons. We love and miss you Elder Batson and Elder Wyman.



P-Day brings out the farmer in President Kupu!



Proselyting with Sisters Donkoh and Kinikini!



The Lilongwe bunch: Elder Kabisa, Elder Chartier, Sister Mukweya and Sister Thueson. IT WAS A REAL TREAT!



HOW TO BE A HAPPY MISSIONARY!

Recently we have been focusing on the word *REJOICE*. Now the question is how do I rejoice in the mission field at all times? How do I rejoice when success fails? These are some questions we all ask ourselves. As we all know, to deal with a problem start from the source. Rejoicing is hindered when we are thinking about home, when we compare ourselves with other missionaries, when there is contention between companionships and, above all--PRIDE. Always remember that if pride was a sickness, the whole world would be sick. This is the time to see each other through God's eyes. When success fails, always remember to laugh it out. I remember we had a week whereby we were dropped by two of our most progressing investigators. We were so hurt seeing the light which they had just disappearing. They had their own agency. We did all we could but to no avail. As we were all stressed out, a quote by Sister Hinckley came in my head. She said, "When you face trials its either you laugh or you cry! i prefer laughing because crying gives me a headache". Indeed this is true. Always laugh it all out. THIS experience taught me not to give up but however to continue pressing forward at all times.

Positivity is a key to success, Changing our attitude has really played a very greater role in our missionary work. Always pick up the best experience each day and record it in your journal. Just as proverbs says "a merry heart is like medicine to the soul." BE HAPPY. Always remember that a bad attitude is like a flat tyre ,you will never reach your destination unless you change it Think good and delete all negatives about your area, Every area always has a hidden [treasure](#). It is you who need to look for it. As you labour diligently, never compare yourself with other missionaries, Always do your very best and be worthy of the spirit. ARE YOU HAVING FUN YET?? IF NOT YOU NEED TO REPENT

Love,

Sister Mukweya and Sister Thueson

Zambia Lusaka Mission Presidency and Wives

Elder and Sister Hull, Sister and President Kupu, Sister and President Chishimba.



In the recent conference, President Monson spoke of how every man and woman can find happiness and how keeping the commandments of God yields great promises in this life and the next.

THOUGHTS FROM CONFERENCE!

Here are five things President Monson invited each of us to do to be better and to come closer to God:

- Do more than just believe in Jesus Christ and His mission. Work to learn of Him in the scriptures, come to know Him through prayer, and continually use His power to repent and improve.
- Know God's laws and live them. It's the only way to obtain true happiness.
- Live the truth.
- Share the truth.
- Care for our bodies and our minds by observing principles set forth in the Word of Wisdom.

RECIPE CORNER

9-12 buns (make sure they all stick to each other)

1 -2 packets of Cheese Slices (depends on how you like it)

1 -2 packets of Ham Slices (depends on how you like it)

1 small can of pineapple slices

2 cups of melted butter/margarine

1 cup of brown sugar or raw sugar

2 tablespoon of mustard (optional)

1 tablespoon of Onion Powder or Garlic Powder

1 Baking Pan

Take the buns and cut in half. Take the lower half and place it in the pan, put on your ham then your cheese and then your pineapple. (if pineapple slices are too thick, cut it thinly.) Then you place the other top half of the buns on top.

Mix your butter, sugar, mustard, onion or garlic powder thoroughly. Let it sit for at least 10 minutes if you are using raw sugar. Then you mix it one more time before you pour the mixture on top of the buns. If it's brown sugar then you don't have to let it sit for a while.

Cover the pan well with aluminium foil and put it in the fridge for 2 or more hours before you bake it in 170 degree C for 15 to 20 mins.

If you feel that 12 buns is too much THEN you don't have to bake them all at once. You can take only what you need to bake and the rest can last for 24 to 48 hours in the fridge. A GREAT WAY TO MAKE LUNCH or DINNER FOR SEVERAL DAYS.