

United Kingdom & Ireland Local Pages

For Zion Must Increase in Beauty and in Holiness. . .

By Elder Patrick Boutoille, France

Area Seventy

On 26 April 1832, the Prophet Joseph Smith received the following revelation from the Lord:

“For Zion must increase in beauty, and in holiness; her borders must be enlarged; her stakes must be strengthened; yea, verily I say unto you, Zion must arise and put on her beautiful garments” (D&C 82:14).

In all dispensations the Lord has exhorted the Saints to build Zion, and today, more than ever, this invitation is addressed to each one of us. Sometimes we may think that we are too young, too old, too busy, not sufficiently talented, or too insignificant to help build the kingdom. That is not true! Feelings of inadequacy are not correct and come from the adversary. Each of us possesses talents the Lord can use.

So how can we actually participate in the real growth of the Church? How can I as an individual be effective in my efforts?

President Harold B. Lee (1899–1973) gave us a clear

answer by teaching that the real strength of the Church is measured by the strength of testimony of each of its members (see Mexico Area Conference Report, Aug. 25–27, 1972).

Thus, real growth in the Church means each one of us staying faithful in our testimonies and active in our service; our youth staying chaste; our young men serving a faithful mission; and our young men and young women marrying in the temple, remaining strong in the faith, and raising a righteous posterity. It also means integrating new converts by nurturing them with the good word of God, giving them friendship and support, and providing them with opportunities to serve.

Brothers and sisters, we can make growing the kingdom part of our everyday lives. Let me suggest four actions that will allow us to bring our strength to the Church.

1. Develop the

desire. Whether we have been members for just a short while or for a very long time, we must cultivate the desire to do good, to be good, and to follow the example Jesus has given us.

“Ye have not chosen me, **but I have chosen you**, and ordained you, **that ye should go and bring forth fruit**, and that your fruit

should remain: that whatsoever ye shall ask of the Father in my name, he may give it you” (John 15:16; emphasis added).

2. Repent. On our path to salvation, we must use the precious gift of the Saviour’s atoning sacrifice. We can seek His help to change. Repentance is an ongoing process that brings real progression to the soul. It does not simply require us to abandon our sins and bad habits, but implies that we develop good actions in their place and turn our hearts and our desires fully towards God.



Elder Patrick Boutoille

3. Receive the ordinances of the gospel.

“Therefore, in the **ordinances** thereof, the power of godliness is manifest. And without the **ordinances** thereof, and the authority of the priesthood, the power of godliness is not manifest unto men in the flesh” (D&C 84:20–21; emphasis added). The ordinances are essential steps in our lives, and our goal must be to seek whichever ordinance is the next one for us. For some it will be baptism, for others to go to the temple, and for still others it will be to renew their covenants weekly by conscientiously partaking of the sacrament.

4. Live our conversion.

“. . . As the Lord liveth, as many of the Lamanites as believed in their preaching, and were converted unto the Lord, **never did fall away**” (Alma 23:6; emphasis added). This is the level of conversion we must seek. We must develop our faith to such a degree that whatever comes into our lives, whatever happens, we will remain firm and anchored in the gospel of our Saviour Jesus Christ.

Brothers and sisters, I truly know that individually and as a Church we can grow both in numbers and in personal righteousness, which will enable Zion to rise up and put on her beautiful garments. ■

I Can Do Hard Things

By Wendy Rand

I started running a couple of years ago, and it quickly became a sanity saver, but also a very spiritual time for me to receive inspiration. I even started a blog to share my experiences with others.

Last year I completed my first 10K race [10 000 metres – 6¼ miles]. The race was three days after my nephew Zac had passed away at the age of three and a half. He had Cockayne Syndrome, a rare genetic disorder.

I had never run more than a 5K up to this point. When I reached the 5K mark, I hit a mental block and was unsure if I could keep going, but then I thought about Zac. If he could overcome all he did in his short life, then surely I could finish this race! He inspired me and helped me finish the race.

Earlier this year, I had thought about doing a half marathon, but never felt I was ready for that next big step. While running one evening in April, I was reminded of that special experience with Zac. I came home and signed up for the Loch Leven Half Marathon. I would do it in Zac’s memory, and I also set a goal to raise £500 for the charity Amy & Friends, which offers support and help to those with Cockayne Syndrome, like Zac, as well as their families.

The race was hard, but it was definitely worth it! I finished in a time I had only hoped for, and I also reached my fundraising goal. I felt Zac was with me, helping me to keep going. The whole experience taught me that life can be hard, but with the Lord, nothing is impossible. We can accomplish more than we feel capable of if we rely on our Saviour and His grace, which truly enables us to do hard things. ■

Sometimes we may feel inadequate in our capacity to accomplish the things we are asked to do by our leaders despite the encouragement they give us. It helps when we read of the achievements of others who have overcome personal difficulties.

Sister Overcomes Tragedy, Carries Torch

By Erich Weidmann

In 2009, when eight months pregnant, Faye Norris, her husband Sam and daughter Bethan were involved in a road accident during a freak hailstorm. Tragically, Sam died at the scene of the accident. Faye was flown to hospital by the Dorset and Somerset Air Ambulance, saving vital minutes that saved her life and that of her son, Isaac Samuel, who was safely delivered at the Bath Royal United Hospital.

Since then Faye has raised over £15 000 for the air ambulance by completing the Three Peaks Challenge. An auction in 2011 raised a further £11 000. She was nominated by her employer to be an official Olympic torch bearer because she “makes a contribution to her community” and “has overcome extreme challenges and has dedicated

her life to helping others.” The torch relay organisers described her as an “inspirational” person.

In addition to serving as the Primary president in Yeovil Ward she is a volunteer on a preschool committee.

Faye was given huge applause by the crowds as she carried the Olympic torch into Frome, Somerset.

Faye said, “I’ll be forever indebted to the Dorset and Somerset Air Ambulance. Their work saves lives, and I hope that in some small way I’ve helped them make a difference in the life of someone else.”

Before the big event she said, “It’s an honour to be part of the Olympic Torch Relay, and I’m excited to be part of such an historic event. Sam, along with our children, Beth and Zac, continue to inspire me every day. I am running for them as well as my amazing family and friends who continue to support me in everything I do.” ■



Faye Norris participated in the national relay to carry the Olympic torch around the UK.

Student Wins Award for Olympic-Themed Art

By Irene Ireland

This month, a surprise dropped through the letter box of 17-year-old Olivia B.’s home, with the news that she had won first prize in the Welsh Special Schools art competition for 14- to 19-year-olds.

To celebrate the Olympics, students had been invited to produce art work on the theme, and Olivia’s piece had been chosen by her school, Ysgol Maes Hyfyd, to go through to the finals. The art work of students with special needs from across Wales was judged at the Head Teachers’ Conference, where Olivia’s piece won first prize. A print is to be made of her winning entry, and this will be exhibited at the Welsh Assembly Government offices in Cardiff.

Olivia is the youngest member of her family; she has five brothers, five nephews and a niece, with whom she loves to spend time. She is an active participant in her Young Women group and is completing her Personal Progress. She also



Olivia B. received a national award for her art.

enjoys attending weekly semi-nary classes.

Olivia is very artistic and has recently completed a GCSE course in art; she attends art classes at a local high school. With the remainder of her spare time, Olivia loves to dance and regularly attends Zumba classes. Oh, yes, she also loves to sing and participates in the Chester Ward choir!

Olivia’s head teacher congratulated her on her “fantastic achievement”, and we wholeheartedly agree! ■

PHOTOGRAPH COURTESY OF IRENE IRELAND

PHOTOGRAPH COURTESY OF ERICH WEIDMANN

A Treasure Turns Up in Surrey

By Tim Beer

Recently a descendant of George Hanbury gave me an 1852 version of the Book of Mormon. The descendant of George Hanbury, the original owner, is not a member of the Church but believes that his ancestor may have been.

The book is a European third edition of 1852, published in Liverpool by F. D. Richards, an early Apostle of the Church, and is in excellent condition. It was printed and bound in London at Red Lion Square.

I was told that it had been kept locally by a family for many years, but during a clear-out they had decided to dispose of it. It must be at least 133 years and possibly 160 years old, as the next edition released was in 1879. It is a beautiful piece of English history and has been preserved well and is in excellent condition for its age. These early books were beautifully bound and present themselves as a thing of quality.

As a young policeman, I had my first beat on 16 Princes Street, Red Lion Square, so I know the area well.

Queen Victoria was given an 1841 edition by Lorenzo Snow at the behest of Brigham Young. That copy is in Windsor Castle Museum.

As an antiquity, my early European edition has a significant value, but the real value is in the message that it contains. The message of the Book of Mormon is priceless. If only everyone knew this!

I came across my first Book of Mormon in July 1987 at the Savoy, London. The Church had sponsored a special function to celebrate the 150th anniversary of the Restoration of the gospel in England. I was the Executive Security Manager of the Savoy in 1987 and had the pleasure to meet President Ezra Taft Benson and Sister Flora Benson, along with other distinguished members of the Church and civil dignitaries. Some guests received Wedgwood plates and commemorative reproduction 1841 editions of the Book of Mormon, similar to the one presented to Queen Victoria. I shredded two of these left as lost property after the event. I wasn't a member of the Church and neither was my wife, who was a serving police officer at the time.

Some months later, after being taught from the Book of Mormon by Church missionaries, we both joined the Church. My wife had been a staunch atheist. This book is life-changing; it has changed our lives and it has altered the course of millions of people's lives. It tells people what they must do to gain peace in this life and eternal salvation in the life to come.

My wife and I love historical things. Historical records are eye-openers for life today.

The book can be viewed in the Visitors' Centre at the London England Temple. ■

A Day in the Life of a Missionary

By Mike Winkworth

The sun rose fair on a cool April morning as an army of young stripling warriors came armed with their scriptures and reported to the Bournemouth Ward Mini Missionary Training Centre, where they were met by their mission president for the day, Brian Martin, first counsellor in the England London South Mission presidency.

After a welcome and devotional, where they were given their official badges and white missionary books of rules and regulations, each of the Bournemouth young men were assigned an elder who was to be their companion for the day.

The elders, both currently serving missionaries and a few seasoned campaigners, took their junior charges to a series of workshops, where they learned from Brother Litchfield and Brother Winkworth about the important skills of how to do a door approach and how to place a Book of Mormon.

Following these classes the keen students were given expert addresses from the stake patriarch, Keith Wigglesworth, himself a former mission president, and also from President Martin. Having had clear, direct instruction and having survived a range of role-plays, the missionaries of the future were raring to go.

They spent some time planning their afternoon, which consisted of teaching a lesson, often with a nonmember, as well as member missionary work and, of course, the beloved street contacting. The young men left meekly, but their return some four hours later was akin to roaring lions coming home to the pride.

Every one of the young men returned walking tall, having conquered his fears and genuinely feeling the Spirit of the Lord. Eight lessons had been taught, a commitment to baptism was affirmed, nine copies of the Book of Mormon were placed, and four people accepted an invitation to come to church. Additional invitations to visit have since been followed up.

The evening ended with a testimony meeting. Emotions were stirred and heartfelt feelings were shared as the Spirit was poured forth. The youngest of the group, Josh Dixon, himself a recent convert, was so inspired with the missionary zeal that

he took his companion to all his friends' homes in his neighbourhood. When he returned home, the whole family felt of the Spirit, and a special moment was shared.

Many people worked hard to make the event a success, none more so than Phil Grant, the Young Men president of the ward. "Our hope," he said, "was that we will be sending these young men out to the mission field running."

At the end of the evening the young men had photos taken near a map of the world in true MTC style. Having once had a taste of what missionary work could be like, they were hungry for more. ■



Prospective missionaries in the Bournemouth Ward participated in a mini-MTC experience.

PHOTOGRAPH COURTESY OF MIKE WINKWORTH

Brothers Commemorate Restoration of the Priesthood

By Joel Matthews

Warm and comfortable beds were swapped for a soggy, cold field in Mytchett, Surrey. The annual camp commemorating the restoration of the Aaronic Priesthood was enjoyed by fathers and sons, from the very young to the elderly.

Brethren from Farnborough Ward, Reading England Stake, participated in many activities that included a bike ride, sports and a hike. The dads tried to lead the way on the bike ride, but the youth showed their energy, out-smarting their seniors with impressive control and tricks performed over jumps.

It was an early rise on Sunday morning as the priesthood holders enjoyed a cooked breakfast organised by the young men in a tranquil, quiet grove of trees. A number of spiritual thoughts were offered, followed by an uplifting and inspiring testimony meeting.

With many varying characters, differing careers, hobbies and interests, one might be surprised at the camaraderie forged among the brethren of the Farnborough Ward, but through the strength and unity of the priesthood, paths that may never have been crossed have brought about lasting friendships.

PHOTOGRAPH COURTESY OF JOEL MATTHEWS



Cameron Ewing shows his bike skills at the Farnborough Ward priesthood camp.

Brethren of the Farnborough Ward gather to celebrate the restoration of the priesthood.

In the busy and sometimes hectic lives of a brother, father, grandfather, son or uncle, it can become an increasingly difficult task to spend quality time with the family and one-on-one time with your children. Commenting on the lack of time available, Giles Johnson, who took his three-year-old son, said, "Commuting into London means I leave home early and come back late, so the opportunity to

spend time with my son, explaining the purpose of the priesthood at a camp, witnessing the good example of other faithful priesthood holders and participating in fun activities will be one I hope we will hold forever."

Lee Matthews said, "This weekend was a fantastic opportunity to celebrate the restoration of the priesthood and to reflect upon our sacred responsibilities, remembering to stand in the office we are called with full honesty and diligence."

Bishop Rushforth added, "The important role that fathers play in rearing their children is often forgotten in today's society. Events such as this help to provide important opportunities for fathers and sons to spend time together and build stronger relationships." ■



PHOTOGRAPH COURTESY OF JOEL MATTHEWS

Faithful Public Servant Retires

By Carol Booth

Friends, family and colleagues were honoured to gather on 25 February to celebrate the retirement of Sergeant Dennis Stinson of the Derbyshire Constabulary. After almost three years as a Police Cadet, Dennis became a serving Police Officer in 1973 and served for 39 years in that position. At a retirement party held at the St Mary's Wharf Police Station, Chief Inspector Tracy Harrison spoke of Dennis's many achievements, including a commendation for bravery. She also spoke of his humility—never seeking high office, but preferring to serve on the front line—and the difference he has made in the lives of the officers he has served with and the wider community.

Dennis spoke of his great love for his work and the honour of being able to serve the Queen for so long. He joked about having been promoted to Sergeant before the current Chief Constable and so having, for at least one year, outranked him, and he encouraged those remaining in the force to make a difference to others, in turn making a difference to their own lives.

Dennis and his wife, Denise, who are the parents of two lovely daughters and have two much-loved grandsons, joined

the Church in 1978 and have been an integral part of Derby Ward ever since, serving in many different capacities.

As a member of the Church Dennis has been guided, inspired, and protected many times whilst serving as a Police Officer.

One morning, when he was a Sergeant on duty at Full Street Police Station in the late 1980s, he was called to the front desk to deal with a distressed lady who had come to the station. She

was full of anxiety over personal concerns and needed someone to talk to, as she had nowhere else to go. Dennis invited her into a side room with a colleague and felt impressed to tell her about the Mormon faith and the fact that the male members held priesthood authority, enabling them to give blessings of comfort and counsel. He offered her a blessing, which she accepted without question. Following the blessing, which was watched by Dennis's colleague, the lady



PHOTOGRAPH COURTESY OF CAROL BOOTH

expressed her gratitude and left the station feeling secure.

On another occasion Dennis was on duty in the Eagle Centre, a large shopping centre in Derby, when he heard a radio transmission about a young girl who had been lost by her parents. After her description had been given he stopped where he was and offered a silent prayer to help locate her. He recalled "As soon as I opened my eyes

**Sergeant
Dennis Stinson**

and looked along one of the 'shopping streets' in the Centre, my eyes fixed upon her."

One evening as he was travelling to work for the Saturday night shift he had a strong impression to pray, in particular for the safety of the officers on duty with him that night. In the early hours of the morning there was a huge street disturbance, with fights breaking out in several places in the city centre. He saw colleagues struggling to break up a fight and ran toward

them, taking off his helmet in order to run better. In the ensuing melee he was unable to get his helmet back onto his head. Something made him look up and he saw a bottle sailing through the air toward him and remembered that he had no helmet on. Unable to do anything but watch it fly towards him, he was amazed as the bottle sailed, harmlessly, right through the group he was entangled in, hit his helmet that he still held in his hand, and fell to the ground.

Dennis says modestly of these experiences, "You can see why I have a strong testimony." But it is obvious that these experiences came as a result of his strong testimony and great faith in our Heavenly Father and his understanding that He loves all His children.

Denise continues in public service as a Nurse, and the couple are currently in negotiations for a plot of land with the view to fulfilling a long-held ambition to build their own home, which will keep Dennis busy and provide a setting for the bench he was given by his fellow officers as part of his retirement present. ■

To submit all stories to the editors, Paul & Beryl Oliver, as Word files and photographs as jpg files, please use the email address ukiensign@ldschurch.org.

Farnborough Ward Makes Largest Food Bank Donation

Over 250kg [550 pounds] of food have been donated to the Farnborough food bank, provided by the Farnborough Ward of The Church of Jesus Christ of Latter-day Saints.

The donation supplied by the members is the single largest amount of food donated in the charity's three-year history, leaving the joint project managers, Mick and Susan Shea, considerably overwhelmed.

The food bank on Cove Road, Farnborough, is part of 106 facilities up and down the country that distribute food on behalf of the national charity The Trussell Trust. The charity aims to provide a minimum of three days' emergency food and support to people experiencing crisis in the UK, with food being donated from the local community.

The members of the Farnborough Ward embraced the service project by donating a few tins each week over the past month. It was a project in which the young and old could all participate. During family home evenings children were taught the importance of giving and being thankful and the useful skill of budgeting weekly food bills.

Lee Rushforth, bishop, commented, "During the Easter period, when there is an extra focus on the life, teachings and sacrifice of Jesus Christ, it is a very small sacrifice for the members of our congregation to give up a few tins or packets of rice each week."

Sid Sayers, Farnborough's high priests group leader, delivered the food to the charity and said, "Over the past few weeks we all pulled together, putting a few extra items into the shopping basket to help people in the local area during these tough economic times."

The food bank is experiencing record numbers and is open every Monday and Thursday afternoon, where individuals or families in desperate need of help can obtain vouchers from various controlled organisations to go and collect some food.

Bishop Rushforth concluded, "I was delighted that in a time when purse strings are tightened, the congregation gave willingly. We are pleased to be able to help those who, through whatever circumstances, find themselves in difficult times." ■



PHOTOGRAPH COURTESY OF JOEL MATTHEWS

Some 250kg of food was donated by members of Farnborough Ward for the help of local families.