Given the complexities of today's world, achieving self-reliance is often felt as a daunting pursuit. However, if seen from the perspective of faith, it is a conquerable goal.

*Handbook 2* defines self-reliance as “the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family.”

The scriptures are a rich source of examples of how God's children can achieve self-reliance. Consider Lehi's party's odyssey across the wilderness. Lehi left all his riches to follow the Lord's will. Surely, while the hardships of the wilderness were alleviated by God's direction—in the form of visions, angelic visitations and the guidance provided by the Liahona—still, the wilderness was a dreadful place and these people's trek was filled with challenges. One particularly distressing episode is recounted in the Book of Mormon, when Nephi accidentally breaks his steel bow and returns to Lehi's camp without food. In the face of such serious adversity, all members of Lehi's party, including Lehi himself, begin to murmur against the Lord. Logically, without a reliable bow, they would obtain no food and perish. However, Nephi rises above the temptation to murmur and puts his trust in the Lord. As a sign of this trust, Nephi makes a wooden bow and an arrow with the scarce available resources and asks his now repentant father, as a prophet, to enquire of the Lord where he can find food. The revelation comes through the Liahona and Nephi obtains abundant food.²

Nephi practiced the principles of self-reliance effectively. How can we do the same today? What can we do as our own sign to the Lord that we trust Him just as Nephi did? From a temporal perspective, we can “make our wooden bow and arrow” by starting an education program or a business. By completing the booklet *My Path to Self-Reliance* and joining a Church self-reliance group, we can insert our temporal pursuits into a broader spiritual perspective. We receive more light on temporal issues when we see them from the perspective of faith.

In this spiritual context, one particularly relevant sign to the Lord of our trust in Him is to live the law of tithing while we do our best in our role as providers. Most members of the Church are aware of God's promise of blessings of temporal abundance...
for those that obey the law of tithing, as revealed through the prophet Malachi: “Prove me now herewith... if I will not open you the windows of heaven.” In a modern revelation, the Lord sets tithing up as necessary to “sanctify the land of Zion” and ultimately as indispensable for Zion itself to be built: “If my people observe not this law, .. behold, verily I say unto you, it shall not be a land of Zion unto you.” Zion is the holy place where those that are pure in heart gather together and live in righteousness. It “cannot be built up unless it is by the principles of the law of the celestial kingdom,” and it is a place of defense and refuge.

Pondering on these revelations, we may thus ask ourselves: Do I want to contribute to building Zion? Can living the law of tithing be a sign to the Lord that I trust Him? Do I understand that it is a celestial law that, together with others, will help me qualify for the joy of eternal life? Living the law of tithing has brought me and my family countless blessings. It is my prayer that all of us, the Lord’s Saints, make tithing the mainstay in our search for temporal—and ultimately spiritual—self-reliance.

NOTES
2. See 1 Nephi 16:18–32.
3. See Malachi 3:10–12.
4. See 1 Nephi 16:18–32.
5. See Malachi 3:10–12.

Simon Cooper—Raising Funds for Manchester Victims
By Kate Fletcher

The Manchester Arena bomb was a terrible event, and Simon Cooper, a member of the Oldham Ward, decided to do something to aid the victims. Simon is a professional football coach at Oldham Athletic and lives and breathes football. With the help of his team of “redcaps” and his ever-supportive wife, Mandy, Simon organised a 24-hour football marathon in June, with teams from all over the country participating. Held at Curzon Vale in Ashton-under-Lyne, at least one match at any one time was being played throughout the 24 hours.

Paul Scholes, former football player for Manchester United, officially opened the marathon, and Tony Crolla, the British boxer, closed it. The effort raised an amazing £43,000, which was handed to the Red Cross. Simon was invited by the Red Cross to meet Prince Charles at St James Palace in November 2017, which he was excited about.
A week later at an annual FA Grassroots event, Simon sat with his wife, Mandy, and some friends enjoying the evening and anticipating the Unsung Heroes award at 10pm. At 8pm, the announcer stated that they were about to honour an exceptional person with a special award. To Simon’s surprise, his face appeared on the screen along with some of his redcaps. He was very emotional when his name was called, and as he worked his way to the stage, many people jumped up, hugged him and patted him on the back.

In his thank-you speech, Simon emphasized that the football marathon was a team effort and thanked his redcaps and the people of Manchester for their great contributions after the bombing. He stated, “This is what we do.” Simon’s speech received a standing ovation and many cheers; he was then presented with a special trophy for outstanding achievement.

Chelmsley Ward Donates to Local Refugee Charity

By Lorraine Grant

Members of the Chelmsley Wood Ward have signed off a year of supporting local charity Entraide by throwing open the doors of their meetinghouse to host a recent party for client families and staff. Entraide, a local registered charity based in North Solihull, is the only organisation in the area that provides support to asylum seekers, refugees and migrant workers by helping them integrate into local society.

Following a year of supporting Entraide through organizing social activities for clients and staff, Church members were keen to spread a little cheer by providing a venue for the charity’s annual party. Over 100 clients attended an afternoon of music, entertainment and food, and received clothing and toiletry items donated by residents of the Chelmsley Wood area, along with presents.

“It has been a privilege to help the wonderful work of Entraide throughout 2017,” said Bishop David Charmbury. “We began by putting on
a family fun day activity in August, followed by a Caribbean cultural evening in October. Now we are bringing some festive cheer to people, many of whom have had to leave their family and homes behind under the most difficult of personal circumstances. We all look forward to continuing to support this work throughout 2018.”

Felix Kupay, chairman of Entraide, said, “I would like to express my profound gratitude to all the members of The Church of Jesus Christ of Latter-day Saints in the Chelmsley Wood congregation for the selfless acts of generosity shown to our organization and clients throughout 2017. The Church has gone the extra mile to support our work and our clients. The provision of the church building for our activities, clothes, toys, monetary collections and volunteers to help with some of our activities have been a lifeline to the most vulnerable families that we support, some of whom face ongoing hardship and struggles.”

The Church of Jesus Christ of Latter-day Saints has responded to the worsening worldwide refugee crisis through its humanitarian arm (LDS Charities) by providing immediate relief, long-term aid and resettlement support. As well as working with global partners, local Church members throughout the world are encouraged to support local initiatives such as Entraide.

Susan DuBois of the Buchan Branch in Aberdeen, Scotland, travelled over three hours to Edinburgh to spend the night in below-freezing conditions to raise money and highlight the plight of the homeless. Over 8,000 people, including Members of Parliament and celebrities, gathered for Sleep in the Park, an event organised by the charity Social Bite. Temperatures that night dropped to -5 degrees Celsius (23°F) in Princes Street Gardens, below Edinburgh Castle.

Susan shared the following about her experience:

“Although our sleep-out was extremely difficult, and I awoke to find a layer of ice on my sleeping bag, it was amazing to be connected with thousands of others in a common cause to try and make a real difference in the lives of others who find themselves in unfortunate circumstances. This experience has also allowed me to become more informed about the impact of homelessness on individuals, families and society as a whole. It has also given me an insight into the amazing work that is going on to support those experiencing homelessness and the difference the right kind of support makes in their lives, as well as an understanding of what needs to be done to continue moving the work forward.

“I met a homeless man on the way to the park. He told me that he regularly sleeps in that park. I felt bad for him and kept thinking about him the whole night as I lay there freezing cold. I only slept out for one night and it was awful. That man and many others sleep out every night. Because of my experience, I feel an increase in love and compassion for the homeless, and I certainly appreciate more how fortunate I am in my life.

“Participating in Sleep in the Park and raising money for the Social Bite Fund has also given me the opportunity to experience what I consider to be the true spirit of Christmas—kind and generous people giving willingly of their time and resources to help ease others’ burdens. This reminded me of Matthew 25:35–40, where we read that the Saviour expects us to treat others in the same manner we would treat the Saviour. This sleep-out is a wonderful demonstration of Christlike love. I am truly grateful for my Sleep in the Park experience. It has touched me to the core. I have truly felt a connection with those involved as well as those who

Selfless Gift to a Son Inspires Mum to Help the Homeless

By Linda Beverley

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supported me by donating to my fundraising page and by sending messages of encouragement.

“My son Matthew was born with kidney failure and has spent 22 years of his life on dialysis. Eventually, after four attempts, he received a successful kidney transplant. As a receiver of such a selfless gift, we have experienced firsthand the impact of people giving unconditional Christlike love. We are so full of gratitude to the families who in their time of grief thought of others and made it possible for Matthew to experience life without dialysis. Matthew has epilepsy, learning difficulties and other complex health issues, so he was unable to participate in the sleep-out. He really wanted to be involved. He has been making hats on a knitting loom and has decided to donate them to a homeless charity. This has also allowed Matthew to experience the joy of being a giver of service and a contributor to society.

“I am so grateful for the gift of our Saviour, Jesus Christ, and for his precepts, on which we pattern our lives. I’m thankful for the opportunity to serve in the community and make a difference in the lives of others.”

Participants of Sleep in the Park had to raise at least £100 to take part and donations topped £3.6 million at the start of the evening. Following the event, Edinburgh Council announced plans to make 400 homes available to homeless in the city.

The Importance of Personal Journals

By Elder Arnold Jones

The beginning of the year, if we haven’t done it before, is a good time to think about starting to write a journal.

In the Book of Mormon there is an interesting account of the words of Alma to his son Helaman (see Alma 36–37). This one-to-one conversation took place just before Alma was to depart this life. He held similar conversations with his sons Shiblon and Corianton.

First, he encourages Helaman to listen carefully to what he has to say, a sentiment that is perhaps in most parents’ hearts. He speaks of the importance of remembering how God has saved His people in the past and of the importance of being born of God, a birth that allows us to come to a knowledge of spiritual things. He further tells his son how he had been racked with torment for his sins and iniquities and the subsequent great joy he received after his conversion. He assures Helaman that from that moment on he had been supported in his trials, troubles and afflictions.

Reading these verses, you cannot help but see their similarities to the keeping of journals and historical records. In our journals, we write about the need for repentance in our lives, our conversion, and the
subsequent joy we have received in the gospel. We write about the ways in which the Lord has sustained us in our trials and the way the Lord has fulfilled His promises to us in our lives.

Following these introductory statements, Alma speaks directly to Helaman about the importance of keeping records and the impact those records will have in the future. He commands him to keep a record of this people as Alma has done. How wonderful it must be to be an exemplary parent and be able to say to your children, “Follow in my footsteps; do as I have done.” He continues, saying that these records are sacred and that they are kept for a wise purpose.

He teaches that these records should be handed down from one generation to another and be kept and preserved. Isn’t it the same with our personal records? Shouldn’t they be handed down from one generation to another and preserved? Alma says to Helaman, “Now ye may suppose that this is foolishness in me; but . . . by small and simple things are great things brought to pass” (Alma 37:6). None of us know how great an impact our journals will have on the generations to come.

Then Alma points out that God has given the real reason for these records and says, “It has hitherto been wisdom in God that these things should be preserved; for behold, they have enlarged the memory of this people, yea, and convinced many of the error of their ways, and brought them to the knowledge of their God unto the salvation of their souls” (Alma 37:8).

Ultimately, keeping records is part of the work of salvation. Speaking of the missionary efforts of Ammon and others among the Lamanites, Alma says:

“These records and their words brought them [thousands of the Lamanites] unto repentance; that is, they brought them to the knowledge of the Lord their God, and to rejoice in Jesus Christ their Redeemer.

“And who knoweth but what they will be the means of bringing many thousands of them, yea, and also many thousands of our stiffnecked brethren, the Nephites, who are now hardening their hearts in sin and iniquities, to the knowledge of their Redeemer?” (Alma 37:9–10).

From this experience, we can see the importance of keeping personal journals and records and of preserving those records that they may have an impact on the generations to follow and invite them to come unto Christ.

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A Family History Afternoon

By Sylvia Anderson

Last year an amazing family history event was hosted by the Crystal Palace Branch situated in Nightingale Lane, South West London. Through great diligence and commitment, the organisers (Janice Bailey, Karen Adams and Helen Mitchell-Mohammed) did a tremendous job in making this event available to members of the Church, as well as to members of the general public. The result was a successful activity attended by over 60 people, a significant number of whom were members of the public who saw the publicity and decided to come along.

To reach as wide an audience as possible, the event was advertised through a variety of sources, including a local newspaper, flyers in local libraries, and Facebook pages for both local branches and the local family history centre. Flyers were also posted on other genealogical pages on Facebook and on the website Eventbrite.

Sister Curley, Sister Sharon Tomlin and Elder and Sister Inskeep from the London FamilySearch Centre gave presentations at the event. They also facilitated workshops on different aspects of family history work, supported by family history...
consultants from local branches of the Church.

There was something for everyone, from the complete novice to the more experienced who perhaps just had specific questions to ask to aid their progress. The Church is widely known for its vast quantity of genealogical records that it makes freely available to everyone engaged in family history activity. So it was gratifying for the organisers and presenters to have been able to not only introduce family history work to such a wide range of people but also enhance the knowledge, understanding and skill of those who have already started.

Indeed, lead family history consultant in the local area Helen Mitchell-Mohammed commented: “We thoroughly enjoyed the activity and received wonderful feedback about it despite practically breaking the internet with so many people logging on at the same time. There was such a wonderful spirit felt throughout the event.”

To end the day, members of the Crystal Palace Branch hosted a barbecue, to which all participants were invited.

John Anderson—Church History

A prayer by Orson Pratt in 1840 is often remembered. He climbed Arthur’s Seat, a rocky promontory above Edinburgh, and earnestly prayed to bring 200 converts into the Church. The work was slow and it was difficult to get people to listen. Nevertheless, after many months of hard work and persistence, this goal came to fruition. One of those first converts was John Anderson, a shoemaker with a large family living in Leith. He and his wife had changed from being members of the United Presbyterian Church to a religious group called Separatists. Their teachings were closer to John’s personal views as they didn’t believe in paid ministry or infant sprinkling. He still struggled to understand certain principles and often contemplated baptism for the remission of sins and who on the earth would have the necessary authority to perform the ordinance.

One evening in 1840 his brother-in-law John Grieve invited him to hear a celebrated religious speaker. The pair set out to walk the two miles from Leith to Edinburgh. When they were around halfway, John Anderson stopped. He felt as if he could not lift his feet and that they seemed fixed to the ground. He was unable to move, and his brother-in-law went on alone when he saw that he could not be
persuaded. His daughter Mary Jane recounts the events that followed:

“Just as soon as he had said ‘Good evening’ my father’s feet were loosed from the ground. He walked towards Leith until he reached the street which led to his home, called Kirkgate. Then something prompted him to take the street to the right, called Constitution. Down the street he walked until he came to an entrance leading to the ‘Mason’s Lodge.’ . . . This was an arched alley-way, leading to buildings in the rear, where the Mason’s hall was situated. At this [entrance] stood an old, fresh-complexioned man, dressed in home-spun clothes. He bade my father ‘Good evening,’ and inquired if he was aware that the new sect called Latter-day Saints were to hold meeting in the Mason’s hall that evening.

“Father replied that he was not, whereupon the old man invited him to attend, and led the way into the hall, where he put father into a good seat.

“My father turned around to thank him for his courtesy, but he was gone, and he never saw him again; but to the last he maintained that the old man was one of ‘the Three Nephites.’

“The speakers were Orson Pratt and George D. Watt. They preached the first principles of the Gospel, and claimed that the Lord had again spoken from the heavens and restored the everlasting Gospel in its fullness, with the gifts and blessings belonging to the same. . . . “My father sat listening and amazed at the good news—just what he had been waiting for, and it seemed to fit into his heart. The precious seed did indeed fall into fertile soil, and it bore ‘a hundred fold.’

“To hear was to investigate; to investigate was to embrace the new and everlasting Gospel which the Lord had again restored to the earth, and which He in His loving kindness had gradually prepared my father to receive.

“My father rejoiced greatly, for he realized he had indeed found the ‘pearl of great price.’ This jewel he wore and prized for forty-five years. He died December 19, 1885, in the 81st year of his age; and so valiant a soldier was he in the cause of truth that it was said of him ‘he did not owe his country one testimony.’”¹

NOTE