As members of the Church, we seek to be well, not only physically but also spiritually.

One of the most important things we seek is to have peace and the best way to achieve this is to find inner peace. As the Savior said: “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

Sadly, it is easy to lose this inner peace, especially because of the lifestyle of the modern world in which we live, which is becoming increasingly aggressive. That aggressiveness even enters our homes through various means and we come to assume that it is something normal to live like this. One of the phrases I hear people say more and more frequently is: “I forgive, but I do not forget”; and even: “You’re going to pay for what you’ve done.”

Forgiveness is a virtue that we all need to attain and maintain. President Gordon B. Hinckley (1910–2008), on one occasion, said: “I think it may be the greatest virtue on earth, and certainly, the most needed. There is so much of meanness and abuse, of intolerance and hatred. There is so great a need for repentance and forgiveness.” It is the great principle that is emphasized in the scriptures, both ancient and modern.

Forgiveness and repentance always go together; we cannot repent without forgiveness and we cannot forgive without repentance.

Let us compare forgiveness with the bite of a snake. When someone offends you or hurts you, it’s like being bitten by a snake, which can often cause us serious injuries, making the healing process last a long time and causing a lot of pain; but, as with any wound, it closes and heals over time. Sometimes poisonous snakes can bite us and leave the poison inside. The same applies to resentment, hatred, the desire for revenge and seeking justice: They take over our hearts and, as is the case with poison, we cannot heal the wound. Forgiveness is the antidote that cures those wounds caused by poison; without forgiveness it is impossible to attain the cure. Let us not do as many Israelites who were bitten by fiery serpents. They could have found the cure by looking at the serpent of brass that the Lord commanded Moses to make, which represented the Saviour and His Atonement. But it did not happen like that, and they perished.

The Saviour and His Atonement are the only way to learn how to forgive; there is no other way to forgive in difficult situations. The Atonement is the antidote that can heal and close any wound, even the most difficult ones for which there seems to be no remedy. The power of the Atonement is not spontaneous; sometimes it is difficult to apply and it requires a lot of effort, but it is available to everyone who wants it. The Lord, in a modern revelation, taught us this:

“Wherefore, I say unto you, that ye ought to forgive one another; for he that forgiveth not his brother his trespasses standeth condemned before the Lord; for there remaineth in him the greater sin.

“I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.”

Forgiveness in marriage is the key to obtaining a marriage for eternity. I see many couples who do not forgive each other for small things and accumulate the poison of grudges and hatred; then, when they have an argument, they release everything that has accumulated over time and the relationship is seriously damaged. I see some marriages whose mutual tolerance is minimal, they cannot stand the smallest mistakes, and they literally unleash a tempest in a teapot. It is in the bosom of the family where we need to practice forgiveness the most and remember that there is no exaltation without forgiveness.

Finally, forgiveness is directly linked to charity, as the prophet Moroni said:

“But charity is the pure love of Christ, and it endureth forever, and whoso is found possessed of it at the last day, it shall be well with him.

“Wherefore, my beloved brethren, pray unto the Father with all
the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is.”

I pray that we may be always capable of attaining forgiveness in our lives; if we do, we will be more like the Saviour and we will become His true disciples.

NOTES

LOCAL PAGES
Manchester Stake Lights the World with Its Choir
By Lynne West

Members of the Manchester Stake Choir, along with full-time missionaries, sang at the Manchester Christmas markets early in December 2018, as a start to that year’s ‘Light the World’ campaign.

As the choir sang, missionaries were talking to the public and giving out pass-along cards.

There was also an organised collection for CARE UK, a North West England refugee aid organisation. People gave generously.

Many by passers took photos and videos as they stopped to listen to the carols and feel the spirit of Christmas.

Sister Mastroianni, a missionary from Italy, said, “It was a good experience; the songs brought a good spirit among people! We would like to do it again!”

Manchester stake member Beth Taylor said, “As we stood in the rain singing, I was amazed at how many people stopped to listen, video us and join in. One lady stood and wept as we sang ‘O Holy Night’. I felt blessed to be able to be an instrument in the Lord’s hand to help others feel the light of Christ at the Christmas season.”

Merle Morley, another choir member, added, “It was an exhilarating experience to sing carols with the Manchester Stake Choir on the first of December in St. Ann’s Square. We succeeded in bringing the Christmas spirit to hundreds of shoppers who were very appreciative of our vocal skills.”

Sam Carruthers and the Royal British Legion
By Lindsey Carruthers

The Remembrance Torch of the Royal British Legion was taken to Ypres as part of their Grand Pilgrimage for 2018. It returned to Norfolk, where Royal British Legion members carried it across the county, uniting young and old in remembrance of those who gave their lives. One of these was 14-year-old Sam Carruthers from Norwich Ward, the youngest standard bearer in Norfolk.

“It’s good for people my age to get involved with the legion,” said Sam, “and it’s an honour to carry the torch,
It was my first priesthood meeting of the new year of 2019, and obstacles were being thrown at me to stop me from going.

My dad did not have the money for the car insurance that had just expired that morning. My sister was ill, and at that point it would have been too late to walk to church.

But that wasn’t going to stop me, for I had a record to uphold. I hadn’t missed church once since joining a few months ago or even while investigating the Church.

My last lifeline was to get a lift from a family who lived around the corner. But this was unlikely because they usually had a full car. Thankfully, a message from that family arrived around five minutes before church started saying that they had two spare seats as their dad was staying at home to look after a sick child.

I definitely feel and testify that because I made it to church against all odds, Heavenly Father rejoiced in my dedication. Having priesthood meetings only once every two weeks means that there is more of a reason to attend and make the most of it.

I think as people, when something is more frequent, we tend to not appreciate it as much. If we only brushed our teeth once a week, we’d definitely feel the difference. When something is scarcer you make the most of it.

I know if I had taken the path of least resistance and stayed at home
that second Sunday of the year, I would have missed being moved so intensely in that priesthood meeting. I also felt the difference in the strength and the potency of the Holy Spirit by sincerely and wholeheartedly embracing the changes made by our Church leaders. Church meetings have the capacity to move us in ways that give us confidence in our testimonies as well as the spiritual promptings to share, contribute and talk with our brothers and sisters rather than being passively spoken to.

A community carol concert held at the Coventry chapel on Sunday 2 December 2018 celebrated Christmas and remembered the sacrifice of Coventry’s young men in World War I.

Local Dignitaries Attend Carol Concert in Coventry
By David Eaton

A community carol concert held at the Coventry chapel on Sunday 2 December 2018 celebrated Christmas and remembered the sacrifice of Coventry’s young men in World War I.

Elder Andersen Visits Bristol YSA
By Jack Kitsell

I’d never been in the same room as an Apostle before. Now I had the opportunity to have this kind of experience. For some moments my thoughts were mostly of hesitation and curiosity.

“Will it really be that different from any other devotional?” “How far would I really be willing to travel to go and see him?” “Why are people making such a fuss?” Those were amongst the thoughts going through my head.

When I was at the missionary training centre, Keith R. Edwards, an emeritus General Authority and subsequently the president of the training centre, spoke about his opportunities to learn with the Apostles whilst he served in Salt Lake City. He spoke of Elder Robert D. Hales (1932–2017) being a master teacher and all the General Authorities as being full of love and compassion—but he told us that they all taught with exactly the same spirit that missionaries and so many other Church teachers do. The spirit, the message, and the gospel are all exactly the same.

So there I sat, on January 19, about to be in the same room with an Apostle, Elder Neil L. Andersen. I really had no excuse, as he was visiting my hometown. I felt kind of privileged to sit in the chapel and learn at his feet alongside over 400 other YSA and full-time missionaries from across the UK.

He spoke of our role in building the Church, he testified of our divine parentage, and he declared that “God honours those that honour Him”. Elder Andersen taught as one having authority, appointed unto his calling. I really felt that. I’m beginning to understand what MTC president Keith R. Edwards had been talking about; an Apostle of the Lord teaches with the same spirit as the missionaries, and his message is just as heartfelt.

He challenged all present at the devotional to “not be afraid of discipleship”, to “be devoted Christians” and to be better than we are.

I learnt a lot from being in that room and feeling Elder Andersen’s love. The Church is truly a living church guided by prophets and apostles who have been called in our day and sent out to all the world.
The well-attended event saw the Lord Mayor and Lady Mayoress of Coventry, Councillor John Blundell and his wife, Mr. Jim Cunningham MP, Mr. Geoff Lockett, president of Rotary Phoenix, along with several other members of the Rotary club, as well as Ms. Jenny Robey from the Royal British Legion, join 300 Church members in this celebration.

Attendees were invited to bring gifts for children in Coventry and, in conjunction with Carriers of Hope; the gifts would be distributed before Christmas Day by the Rotary Phoenix club. They were destined for children who otherwise would have very little or nothing at all at Christmas.

Sue Sampson of Carriers of Hope said, “Thank you for the huge pile of gifts! . . . This year we are aiming to distribute close to 1,000 presents to everyone in the families that come to our Great Present Give-Away on Saturday 22nd December. Our families are all asylum seekers, refugees and European Union Roma migrants. It is wonderful when we are able to bring smiles to their sad faces.

“Last week we had to make a new appeal as we had run out of presents . . . and then, along came your gifts. It was such an encouragement.

“A huge thank you to all the contributors. The Latter-day Saints are becoming one of our most faithful and regular supporting churches." Talks were given by the Lord Mayor, Jim Cunningham MP, Geoff Lockett from Rotary Phoenix and Jenny Robey from the Royal British Legion, Jonathan Maxwell, who serves in the Church as the Coventry stake president.

Each made touching references to the Christmas season being a time to reach out to neighbours and strangers alike to make sure that all are cared for at this time.

Additionally, carols were sung by the congregation, Nativity scriptures from the New Testament were read and choirs from five neighbouring areas sung a wide range of Christmas songs.

To commemorate the 100th anniversary of the end of World War I, part of the concert was given over to eight youth, aged 12–18, who each had researched the name and details of a young Coventry man who had died fighting in that terrible conflict. With a trio of violinists and cellists playing “I Vow to Thee My Country” in the background, each of the youth read the details they had researched. One of the soldiers was Edwin Russell Elks, who lived in Walsgrave Road in Coventry. Edwin had lied about his age to join up. He died at the age of 15. He is believed to be Coventry’s youngest casualty of World War I. ❄

For more information please follow the website: www.carriersofhope.org.uk/ and Facebook page: https://www.facebook.com/pages/Carriers-of-Hope-Coventry/330328640393060

Some of the gifts donated by attendees and presented to Rotary Phoenix for onward distribution to children of Coventry.

A Multicultural Burns Night in Aberdeen
By Jackie Ware

A multicultural Burns night was celebrated with over 300 people in attendance, including local dignitaries, on Saturday 26 January at the Church’s Aberdeen stake centre.

The Aberdeen Lord Provost Barney Crockett (who had previously met Elder Dale G. Renlund at the Aberdeen stake conference) was present, as well as Lewis McDonald (member of
the Scottish Parliament) and his wife, Sandra, a local councillor, who had both previously attended a Himalayan Nepalese evening also held in the Aberdeen stake centre a couple of months earlier.

Pastor Njabulo Ndlovu from the Seventh-day Adventist church and his family asked for a tour of the stake centre. The pastor was presented with a Book of Mormon and agreed to meet with the missionaries to answer any questions he or his family may have concerning the Church.

Poems by Robert Burns and other ethnic poems were rendered, along with songs and ceilidh dancing. The food was slightly different from that of a normal Burns Night: while the haggis was piped into the cultural hall as tradition requires, the meal consisted of haggis pakora and biryani, not the normal Scottish bill of fare for a Burns Night.

This event was one of a number arising from the Church’s relationship with the Aberdeen interfaith group. The opportunities to work together while respecting each other’s cultures and beliefs were wonderful. Opening the stake centre to others provided a great opportunity for members to express their beliefs in the Saviour and the importance of family and family history.

Coventry Stake Relief Society Care for Cancer Patients

By David Eaton

On Friday 2 November 2018, on behalf of the Coventry England Stake Relief Society presidency, Christine Rowley and Lorraine Grant delivered syringe-driver bags and other donated items to the Macmillan Cancer Support Centre at University Hospitals Coventry and Warwickshire, in Coventry.

This was part of a yearlong project for Relief Society sisters in the stake who assisted in making these special bags. The bags enable those having cancer treatment to carry
syringe-driver units that easily manage their pain while walking around. The donated items were water bottles, lip balm, hygiene hand gel and tissues, which are used by the patients to help them relieve some of the discomforts, namely thirst and dry lips, which arise from their treatment.

A spokesperson from the Macmillan Cancer Support Centre in the West Midlands said, “The generosity of people in the West Midlands never ceases to amaze us, . . . Latter-day Saints have provided and made over 100 bags for cancer patients, who have syringe drivers or are receiving chemotherapy, to help make them more comfortable. . . . This is an incredibly kind gesture.

“We would like to say a very big thank you to the members of The Church of Jesus Christ of Latter-day Saints for their very generous and thoughtful donations.”

In Port Louis, David's wife, Lucy (nee Darby), gave birth to a baby girl called Anna in August 1818. They soon left Port Louis and arrived at Toamasina, Madagascar, on September 1818. They were greeted warmly by the native people who delighted in the small white baby and her mother especially; they had never encountered white people before. Prior to the arrival of these missionaries, the people of Madagascar were said to have never heard of Jesus Christ.

They set about working immediately, assessing the needs of people and how they could work together to educate them, fight slavery and teach of Jesus Christ.

Within three months of landing, disaster struck; baby Anna died when five months old, and her mother Lucy followed not long after. Soon Thomas and Mary Bevan and their child were

Wales and Madagascar—Families in the Gospel

By Jill Kirby

Southampton Ward

A mustard seed was sown in the early 19th-century when two of my ancestors, David Jones and Jean Le Brun, accepted calls to go to Madagascar.

David Jones and Thomas Bevan, both born 1796 in Neuadd Lwyd in Wales, had grown up together. They made the decision to go to Madagascar, training in Gosport, Hampshire, as independent missionaries of the London Missionary Society (founded in 1795). With their wives they set sail in early 1818.

After months at sea they arrived in Port Louis, Mauritius, and were greeted by Reverend Jean Le Brun. Reverend Jean Le Brun, born 7 September 1789 in St. Helier, Jersey, had arrived in 1814, leaving his homeland against his parents' wishes, accepting a similar spiritual prompting from God to serve the people of Mauritius and to bring education to the poor, to fight slavery and to teach of Jesus Christ.

In Port Louis, David’s wife, Lucy (nee Darby), gave birth to a baby girl called Anna in August 1818. They soon left Port Louis and arrived at Toamasina, Madagascar, on September 1818.

They were greeted warmly by the native people who delighted in the small white baby and her mother especially; they had never encountered white people before. Prior to the arrival of these missionaries, the people of Madagascar were said to have never heard of Jesus Christ.

They set about working immediately, assessing the needs of people and how they could work together to educate them, fight slavery and teach of Jesus Christ.

Mark 4:31–32

It is like a grain of mustard seed, which, when it is sown in the earth, is less than all the seeds that be on the earth:

But when it is sown, it groweth up, and becometh greater than all herbs, and shooteth out great branches; so that the fowls of the air may lodge under the shadow of it.
also gone, leaving David Jones, very ill himself, alone and heartbroken; he was just 22 years old. But while struggling with his own health and in agony and despair, continually calling out to God as he recuperated, he made the decision to remain.

In one of his letters, dated 3 May 1818, he wrote: “I am very unwell and weak, I am now left alone to labour in this mission, and I find my mind in great anxiety and a great resolution to exert myself to learn the language and to instruct the Malagash in the knowledge of God and his son Jesus Christ, which is life eternal. I hope that the little fire kindled here, shall not be extinguished, until it be said, behold Madagascar’s see the salvation of our God.”

In 2010, in the 200-year-old ‘academy’ erected on the farm where David Jones was born, it was a time of rejoicing for the countless millions who embraced Christianity as a result of his decision to remain in Madagascar. He had translated the Bible into Malagasy; he had developed an education program that would eventually become numerous schools; he abhorred the slavery conditions he witnessed firsthand, assisting in every way to tear it down. He taught always of Jesus Christ and that all men are created equal. The work he began still goes on today. So important was this event that a former president of Madagascar and his family attended the 200th anniversary.

In 1821 David Jones married Marie Anne Mabille, a French relative of mine. They had a daughter named Lucy and six other children. David became a brother-in-law of Reverend Jean Le Brun when he married Coralie Mabille. Josephine Elizabeth Mabille, sister to Marie and Coralie, is my third great-grandmother.

David and his family returned to Wales in 1831 to raise funds for the people of Madagascar. (The fund-raising still goes on today.)

Returning to Madagascar, they were confronted with changes brought about by a new ruler, who wanted to get rid of all the Christians. David Jones remained with his supportive wife and family, continuing his work. His letters indicate he never lost faith that God would be by his side. Never fully recovering from the illness that beset him in 1818, he died in Port Louis, Mauritius, in May 1841 when 45 years old, having spent his entire adult life in Madagascar fulfilling a commitment he made to God when he was just 19 years old in Neuadd Lwyd, Wales.

The fruits of his labours, and of the labours of other missionaries who would join him, was so evident in the rejoicing I witnessed in 2010 in Aberaeron, Wales. Through shared faith in Jesus Christ, Wales and Madagascar regard their nations as family.

David Jones’s decision at just 22 to stay and continue sharing the message of Christ when all around him was lost changed the lives of countless people and families.

New Ensign Article Submission Website
By Chelsea Craven

We are introducing a new way to submit stories to be published in the Ensign United Kingdom inserts. This will make sharing your stories more fun and simple.

The website was created by Jason Watling after requests to make it easier to submit stories. On the homepage, towards the bottom, are all the required forms that you need to download and then upload with your submission. This keeps everything in one place, and with one click, you can send all attachments to the editing team.

The Ensign UK inserts are for your stories shared in your own voice. Please use this tool to uplift each of our brothers and sisters in our faith within the UK.

We will post how-to videos to help you navigate through the website. The URL for the website is http://ensignsubmissions.co.uk. If you have questions, contact us through the LDS UK Facebook page (facebook.com/LSDSUK) or by email at UKIEnsign@ldschurch.org.

These ladies are part of the many who came from Madagascar to Aberaeron, Cardiganshire last June when they were celebrating the 200th Anniversary of Christianity in Madagascar; the marble plaque had just been presented to the people of Wales to commemorate this anniversary and to thank them for sending their son 200 years before.