

Sang President Dieter F. Uchtdorf
Sounsawas Keriau nan Presidensi Keieu



Audehkihda Sampah Limpoak en Kraais

Ansou me kitail kin medewe Krismas, atail mada-madau kin medewe kihla oh alehdi kisakis. Kisakis kak wia tiahk kesempwal, ahpw e pil kakete karetongehla kesempwalepen sounpwong wet oh atail kin kawawih ipwidi en atail Soundoar.

I eshier sang nan pein ahi mour me Krismas kan me wiepeh kan mengei oh karakarakh me kin kalap mie ketemenpe. Kisakis kan ni ansou me I kisin seri udahn mwahu sang kisakis en rahn pwukat. Ekei pak I kin alehdi seht me deideida de dehpikiro de sdakin. I taman nan ehu Krismas ansou me riei pwutako kihengie naip tuhke ehu me e parada.

Krismas me kin katapan e sohte anahnepe en mie kisakis pweilaud. I tamanda ehu soai sang Elder Glen L. Rudd, me wia emen Isiakan sang nan pahr 1987 lel 1992. Sounpar kei samwalahro nan ansou en Krismas ehu, ni ah kin apwapwalih en pisop wasahn nekinek ehu, emen kaun en mwomwohdiso ndahieng me mie peneinei semwemwehiu ahpwtehn keseudo nan kahnihmwo. Ni ahnsou me e pwarek wasa irail kin mihe, e esehda me lih pwulopwul men me sohte pwopwoud iangahki nah seri pahmen me tikitik sang sounpar 10.

Ahn peneineio anahn udahn laud kahrehda liho ah sohte kak alehda kirahka de kisakis ong nah serih kau nan Kirimaso—e pil sohte kak pwainda tuhkehn Krismas. Brother Rudd koasoieng peneineio oh esehda me kisin se-repein silimeno men nainiki toahl. Ansou me e kalelapak

rehn kisin pwutak sounpar weneuo dahme e mwahuki, kisin pwutak men mwengehu sapengki, “I mwahuki ehu pwohl en mwenge oatmeal.”

Brother Rudd inoukiheng me e pahn wahdohng kene oatmeal oh mwein ehu mehkot. Ih eri kohla ni en pisopo wasahn nekineko oh kihpene mwenge oh soangteikan me pahn kak apwaliala anahn en peneineio.

Ni menseng en rahno Souleng kadek men kiheng tala 50 en “kiheng emen me anahne.” Brother Rudd wahda nah serihko kohla pwainkihda dipsou en Krismas mwohnio—nah serih kau me pilada mehn mwadong ong seri anahn kau.

Mwurin arail kihlong mwonge, likou, kisakis, tuhkehn Krismas, oh ekei mehn kapwata tuhkehu nan wererail sdohsa, irail tangala nimwen peneineio. Irail eri sowese liho oh nah serihkau wiahda tuhkehu. Irail eri kiheng kisakis kau pahn tuhkehu oh kiheng kenen kisin pwutako koakon en oatmeal lapalahieu.

Nohnohu sengiseng, serihkau perenda, oh irail koaros koulki koul en Krismas. Ni soutiko ahnsou me peneinei en Rudd ehupenehn mwenge, irail kapingki arail kak kiheng peren en Krismas rehn peneineio oh kiheng kenen kisin pwutako pwohl en menge oatmeal.¹

Krais oh Pepehm en Kisakis

Medewe soahngme wiepe mengei ahpw wahun me Samatail Nanleng pilada en kawawihki ipwidi en

Sapwellimehu. Pwonghng kelemwo, tohnleng kei pwarehng silepen sihpw kei kaidehn me kepwehpwe. Serio, Kraiss, ipwidi nan dewen kenen mahn kaidehn nan ihmw kaselel ehu. E kidikidkipene likou en kidikid kaidehn likou silk me kaselel.

Kasalepen tepin Krismas mengei wet kasalehda mour en Soundoro. Mendahte Ah kapikada sampah, wia aramas wahu oh ringan men, oh ninlengida ni pali maun en Semehu, E ketidhdo pohn sampah duwehte seri anahn men. Sapwellime mour wia karasaras en sohpeidi karakarakh, oh E ketin alu wasa me aramas semwehmwe, kapelsalehd, pahtou, oh ahneki toutou laud.

Mendahte E wia nahnmwarki, E sohte katapanki kepwehpwe oh wahu me kin kongsang aramas. Sapwellime mour, mahsen, oh wiewiah kan kasalehda oh kadehdehki mehkot me kin mengei ahpw mie wahun.

Sises iei Kraiss, me ketin mwahngih unsek duwen kisakis, kasalehieng kitail duwen atail pahn kin wia kisakis. Ong irail akan me kin ahneki pahtou oh sangat laud nan arail mohngiong, E ketin mwahngi oh kaloalamwahuihla. Ong irail akan me paliwararail oh arail madamadau lokolongki soumwahu, E ketidhdo limpoak oh kamwahu. Ong irail kan me arail mour toutoukihla dihp, E ketin kasalehieng koapwoaroapwoar, mahk, oh mwakelekelda.

Ma Soundoro pahn ket rehtail rahnwet, kitail pahn diarada me E ketiketseli wasa me e kalap ketie—rehn me opampap, karakarakh, luwet, oh luwet ni pali ngehn. Nan ahnsou en Krismas wet oh kohkohlahte, kitail en kiskise sang ni atail pahn ahneki limpoak duwehte Eh ketin wiahier. Kitail en tamataman Sapwellime ipwidi, kisakis kan, oh mour karakarakh wahu. Oh kitail en audehki sampah marain en Sapwellime limpoak oh manaman sang ni atail kadek, kisakis, oh poakehng mehteikan.

IREN SAWAS

1. Tehk Glen L. Rudd, *Pure Religion: The Story of Church Welfare since 1930* (1995), 352–53; pil tehk Glen L. Rudd, “A Bowl of Oatmeal,” *Church News*, Tihsempe 2, 2006, 16.

PADAPADAHK SANG IREN MAHSEN WET

President Uchtdorf padahngki me kitail pahn anahne idawehn karasaras en kisakis me Soundoro kasalehieng kitail. Medemedewe kalalapak rehn aramas me ke pwarek, irail en medewehda kisakis me Soundoro ketkiheng irail, oh koasoakoasoia duwen arail kak doadoahngki kisakis pwukat oh papah mehteikan. Karasepe, ma tohn

mwomwohdiso men ahneki koahiek en koul, e kak kohla oh koul ong mehn mpe kan. Ke kak pekihda rehn irail akan me ke pwarek ma kumwail kak kilipwikihdi oh kapakap, peki kamarain en esehda mehnia kisakis me pahn doadoahk, ia mwomwen amwail pahn doadoahngki, oh ihs me kumwail pahn ehukiheng. Kapwaiada kamarain me ke alehdi.

ME PWULOPWUL KAN

Alehdi Kamarain sang Mehteikan

President Uchtdorf koasoihda pein irair en ah mour ahnsou me e padahngki me “Krismas me kin karakarakh oh mengei me e kin keieu tamataman.” Kitail kak alehdi kamarain laud sang me mahkan; tohto irail keirda nan ahnsou me mie mahwen, sohte itar doadoahk, soumwahu, de kahpwal teikan. Peki rehn tohn amwail ward de branch irail en kosoiahwei duwen Krismas me keieu kesempwal ong irail. Kumwail kak ntingihdi arail soaio. Nantiheng doadoahngki arail karasaras ni omw pahn nantiheng wia kisakis mehlel nan Krismas wet oh tamataman Soundoro.

SERIHKAN

Kisakis sang Sises Kraiss

Ekei aramas doadoahngki tuhkehn Krismas oh kawawih ipwidi en Sises Kraiss. Ekei pak aramas kin kiheng kisakis ong mehteikan pahn tuhkehu. Mehnia kisakis me Soundoro kiskisehkin uhk? Mahlenihda pein ahmw tuhkehn Krismas iangahki kisakis limau pahnangi. Waddek ehu iren mahsen kan pah oh kalorihala ehu kisakis ong ehu ehu ire. Ke kak pwurehng kiskise Sises sang ni omw pahn papah mehteikan.

Melkakahkan 33:6

Sohn 14:27.

Sohn 15:16

2 Nephi 2:8

3 Nephi 15:9

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Misin Sarawi en Sises Krai: Nanmwarki en Popohl

Onopki ni kapakap ire puukat oh rapahki ken esehla dahme ke pahn ehukihda. Ia duwen omw pahn wehwehki mour oh doadoahken Sounkomouro eh pahn kalaudehla ahmw pwoson Ih oh kapaiada irail akan me komw kin tetehk sang padahk en pas? Pwehn alehdi iren kapehse kapatapat, tehkreliofsociety.lds.org, reliefssociety.lds.org.

Pwoson, Peneinei, Sawas

Met wia kisehn padahk kei en Padahk en Pas kan me pid pali kei en misin en Sounkomouro.

Elder Quentin L. Cook sang Pwihn en Wahnpoaron Ehk-riemeno patohwan, “Soundoro iei Ih me kin ketkihdo popohl meles,” “Pwehki Tomw en Sounkomouro oh Sapwellime kalahngan, momou-riki mour pwung pahn wahdo popohl mendahte ma mie kahpwal.”¹ Ma kitail pahn wehweki mehlel me Sises Krai iei Nahnmwarki en Popohl kitail pahn kak ahneki popohl loaletail oh kalaudehla atail pwoson Ih.

Sises Krai mahsanhi: “I padahkihong kumwail mepwukat pwe kumwail en ahneki popohl ni amwail miniminiong ie. Sampah pahn kalo-kei kumwail, ahpw kumwail koa-pworopwor, pwehki I kalowehdier sampah!” (Sohn 16:33). Kadehdehki mehlelo, Linda S. Reeves, sounsa-was keriau en Kaun lap en Pwihn en Sawas en Lih, patohwan: “Kauno ketin kupwureie oh soweseie

kamarahrada ahi toutou kan. E ketin sowese ie kehn popohl laud.”²

Elder Richard G. Scott sang Pwihn en Wahnpoaron Ehk-riemeno padahngki: “Wasa me keieiu mwahu en mie . . . popohl iei nan imwatail kan, wasa me kitail pahn nantihong Kauno Sises Krai en wia poahsonpe.”³

Iren Pwuhk Sarawi Kapatapat Kan

Aiseia 9:6; Luk 2:14; Sohn 14:27; 1 Nephi 13:37; Doctrine and Covenants 59:23

Sang Pwuhk Sarawi Kan

Aiseia kohpada ipwidi en Sises Krai, Nahnmwarki en Popohl (tehk Aiseia 9:6). Nan America, sounpar li-mau mwohn Krai ah ipwidi Samuel mehn Laman-o kohpada duwen kilel kan me pahn pwarada (tehk Helaman 14:3, 5). Ahnsou me rahn en kokohpo kerendo, irail me sohte kamehlele kamasangki irail me kamehlele Krai kan me irail pahn

kamakamala ma kilel kau sohte pwarada. Soukohp Nephi “kapa-kap ong Kauno rahno pwon; oh kilang, kepitien Kauno peidong-ehr ih, mahsanhi: . . . lakapw I pahn ketdohng sampah” (3 Nephi 1:12–13). Kilel kau pwarada, oh sang ipwidi en Krai, “aramas pwurehng ahneki popohl nan sahpwo” (ire tikitik 23).

Nan Bethlehem, Mary “eri ketin kaipwihedi sapwellime mesenih kisin pwutak kis. E ahpw ketin kidimkipene likoun seri oh ketkihiong nan dewen kamwenge mahn ehu” (Luk 2:7).

IREN SAWAS AKAN

1. Quentin L. Cook, “Personal Peace: The Reward of Righteousness,” *Liahona*, Mei 2013, 35.
2. Linda S. Reeves, “Claim the Blessings of Your Covenants,” *Liahona*, Nohpembe 2013, 120.
3. Richard G. Scott, “For Peace at Home,” *Liahona*, Mei 2013, 29.

Medewe Met

Ia mwomwen Soundoro Ah kin ketkihdo popohl nan omw mour?