

# Greenmount Ward

NEWSLETTER

20th April 2020

#0005

"The Lord's invitation to let our light so shine is not just about randomly waving a beam of light and making the world generally brighter. It is about focusing our light so others may see the way to Christ."

Sister Bonnie H. Cordon

## Bishop's Message

Hi Ward Family,

I hope to find you all well and that Easter was a period to reflect on the Savior's greatest gift to us all, resurrection and eternal life. Don't you love the new church symbol with Christ in it?

General Conference has left an impressionable mark of inspiration on me as I hope you as well. There are so many messages that came through from President Nelson and other general authorities. However, for me, one theme remains on my mind, that we need to be more prepared both spiritually and temporally. As a result, this week and every week from now on, we will have a section in the newsletter devoted to "Self Reliance" to assist those where we can. Please take some time to read over the current and proposed courses Bro. and Sis. Thompson has so graciously organised for us to consider.

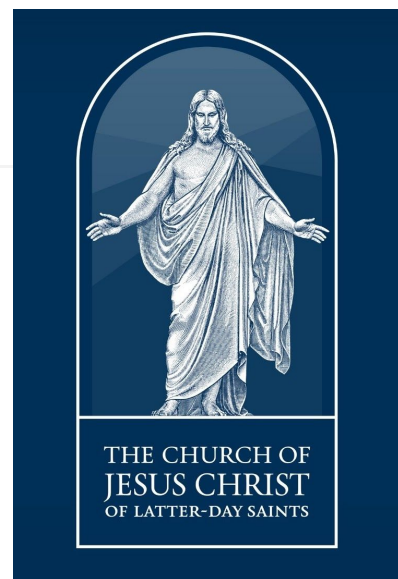
President Nelson in his closing address on Sunday morning session of conference introduced a new proclamation to the world titled "The Restoration of the Fulness of the Gospel of Jesus Christ: A Bicentennial Proclamation to the World." President Nelson also asked at the conclusion of his address too,

*"Study it privately and with your family members and friends. Ponder the truths and think of the impact those truths will have on your life if you will hear them, hearken to them, and heed the commandments and covenants that accompany them."*

Can I encourage us all to read and ponder this sacred proclamation this week, as I know in time, as with other proclamations made by the church, become increasingly relevant as the world falls deeper into difficulty and these proclamations become an ever-growing source of truth along with the scriptures.

Until next week please do all we can as good social citizens in the hope we will be together again each Sunday.

Sincerely  
Bishop Spark



## Ward Announcements

- Due to the risks of contracting COVID-19 the sacrament will no longer be possible in the homes without Priesthood.
- General Conference was held 2 weeks ago. You can access it on the church website or in your gospel library app. The bishopric has printed copies and DVDs of the Sunday session for those without the internet.
- Sunday 19th April: RS Online meeting starting at 11:30. Nicollette will be leading a discussion on Bonnie H. Cordon's talk, "That They May See."
- Friday 24th April: Greenmount Ward online quiz live streamed on youtube. Details Below
- Thursday 30th April: Casual Zoom Games for those interested are going to be held weekly starting next thursday at 6pm. Details Below.
- All current and past newsletters are posted on [greenmountward.com.au](http://greenmountward.com.au).

## Tithing Pickup

Our next tithing pickup will be Sunday the 3rd of May. Please contact one of the Bishopric members to add your name to our pick up list.

## Relief Society President Message

Hello 😊

Easter has come and gone, and also General Conference. I really enjoyed Conference as I'm sure most of you did. I wrote down a few notes while watching. Jeffery R Holland said, "We must ALWAYS have Hope". This caught my attention right away. People that have Hope are cheerful and positive. They seem to get through hard times easier. They seem full of faith and are pleasant to be around. It reminded me to always be full of Hope regardless of life circumstances. President Nelson said so many great things. He gave many blessings and promises to us. Take time to study his talk. He encouraged us to go to the Temple once the coronavirus finishes. I'm feeling really excited to do that. He even gave us some tips on how to have a better marriage!

I'm hearing some great reports back from ministering. We are now having some of our older young women joining in with ministering! Ministering interviews from the Relief Society Presidency members will now happen monthly. We just really want to make sure everyone is traveling along ok during these times. Please keep being in contact with your ministering people. You could check that they are getting these ward newsletters, see how they are going with the "Come Follow Me" program. Talk about how you do it and share ideas. As you would anyway, just check they are going ok with these restrictions. Do they have enough food, enough work, etc. Some people are finding it hard not to be able to have the sacrament, feeling very lonely and bored. If your ministering people are having struggles you can not deal with please let us know.

I have heard from people that they are really enjoying the way things are. They like how things are so home-based learning. They like all this family time and not feeling rushed. That's Great! Hopefully, when the church does open up again they'll come back hahaha! Seriously though, parts of this are awesome, especially when you're looking for positives.

For those that are needing some more social or spiritual contact, we are starting Sunday Relief Society lessons online. You'll get more details via a text message. But if you're interested in joining contact Naomi Holder. It'll be on Zoom at 11.30. I'll be teaching the lesson, and it'll be on the Sunday morning session, Bonnie H Cordon's talk. It's not compulsory, just if you'd like. If you have any problems downloading the app you can call Belinda or Naomi and they'll talk you through it.

Lastly, we have begun planning our first Relief Society activity at the chapel when life goes back to normal. We even have a date and day in mind. It'll be a Mad Hatter Tea Party. We'll celebrate the fact that we've all gone a bit Mad being in isolation hahaha! We should have a hugging booth or something like it after missing each other for so long. We'll hold hands and sing songs with flowers in our hair, hahaha!

Sending my love, Nicolette

## Elders Quorum

Elders Quorum lessons and dates:

- 26-04-20 Shall we now go on in so great a cause – M Russell Ballard
- 10-05-20 Spiritually defining memories – Neil L Andersen
- 24-05-20 Ensuring a righteous judgment – James R Rasband
- 14-06-20 Deep in our hearts- Douglas D Holmes
- 28-06-20 Come unto Christ- John A McCune
- 12-07-20 Consider the goodness and greatness of god – Dale G Renlund
- 26-07-20 A good foundation against the time to come- Gary E Stevenson
- 09-08-20 He goes before us- Henry B Eyring
- 23-08-20 The Melchizedek priesthood and the keys- Dallin H Oaks
- 13-09-20 Opening the heavens for help- Russell M Nelson
- 27-09-20 Come and belong- Dieter F Uchtdorf
- 11-10-20 Finding refuge from the storms of life- Ricardo P Gimenez
- 25-10-20 The finest homes- L Whitney Clayton

## The “Life and Times” of a Ward at home

### Ward Online Quiz

This Friday starting at 7 we will be hosting an online quiz which should run for about an hour. It is going to be a simple setup to make it as easily accessible as possible. The quiz will be streamed live on youtube. A youtube link will be sent out to everyone via email and posted on facebook prior to the event which will allow you to watch us as we run the quiz.

The purpose of this event is to catch up with friends but testing has shown that zoom and other similar software can be restrictive in regards to hosting a quiz and being able to chat at the same time. As a result we will leave it entirely up to each of you how you want to do the quiz. You can organise teams and discuss questions amongst yourselves using whatever technology you want. Or do it by yourself if you are feeling confident.

Please also remember that this quiz is about having fun. It is not intended to be on the level of the annual Ward quiz which is in contrast very serious.

## Ward Online Games

We will be hosting social games on Zoom weekly for anybody who wants to join. The first game will be scattergories. The zoom code has been standardised to the following meeting code and password. It should be the same each time you try to join a meeting.

Meeting ID: 783 217 6099

Password: Pioneer47

## Birthdays this Last Week

Patricia Bushby  
Betty Desmond

## Primary

Primary will be starting the Primary Spotlight next week, where a child from Primary activity age will be contacted and assigned each week to answer a few questions about themselves. This will be added alongside a photo to the primary section of the ward newsletter. This is a great opportunity for the children to share with the other children and ward their budding testimonies.

## Weekly “Come, Follow Me” Home Centered Learning

We encourage you to continue your home-centered learning by continuing the “Come, follow me” program. If you need a “Come, follow me” manual, please call or message Luke Holder 0435 553 357 your name and address to get one delivered to your door this week! The learning schedule:

<b>April 20–26</b> Mosiah 4–6	<b>April 27–May 3</b> Mosiah 7–10	<b>May 4–May 10</b> Mosiah 11–17	<b>May 11–May 17</b> Mosiah 18–24
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## The Isolation Cantillation



## Self Reliance Newsletter below

If you did not receive the business email or this newsletter via email, please contact Neville King (0412 684 403) with your email address to be added to the ward list.

If you want to add something to the newsletter then please contact Michael McIlwaine on [michael.mcilwaine@gmail.com](mailto:michael.mcilwaine@gmail.com)



# GREENMOUNT SAINTS – SELF-RELIANCE

MOST OF THE INFORMATION COMES FROM CHURCH MANUALS & COME WITH A PROMISE FROM THE FIRST PRESIDENCY.  
<https://www.churchofjesuschrist.org/manual/personal-finances-for-self-reliance/message-from-the-first-presidency?lang=eng>

EMPLOYMENT & FINANCES ARE BEST WORKED THROUGH IN WORK GROUPS WITH THE ASSISTANCE OF FACILITATORS.  
(Contact Bro & Sis Thompson 0410757251 & 0499756797)

## Spiritual & Mental Health Review Employment & Education Progression

# LISTEN TO BRENT'S STORY

<https://www.churchofjesuschrist.org/media-library/video/2016-06-0020-brents-story?lang=eng>



### HELP FOR ME

# AT TIMES I HAVE DIFFICULTY FEELING THE SPIRIT BECAUSE I FEEL NUMB. DOES THIS MEAN I AM DOING SOMETHING WRONG AND HAVE LOST THE SPIRIT?

<https://www.churchofjesuschrist.org/study/manual/mental-health-help-for-me/6-difficulty-feeling-the-spirit?lang=eng>

### HELP FOR PARENTS AND FAMILIES

# I FEEL EXHAUSTED FROM WORRYING SO MUCH ABOUT MY LOVED ONE. HOW CAN I TAKE BETTER CARE OF MYSELF AND STILL BE SUPPORTIVE?



<https://www.churchofjesuschrist.org/study/manual/mental-health-help-for-parents-and-families/3-i-feel-exhausted-worrying?lang=eng>

### HELP FOR SOMEONE ELSE: LEADERS

# I AM NOT A MENTAL HEALTH PROFESSIONAL, BUT I WANT TO HELP. WHAT CAN I DO?

<https://www.churchofjesuschrist.org/study/manual/mental-health-help-for-someone-else-leaders/1-i-want-to-help?lang=eng>

## Financial Matters Corner

# WHAT COMES BEFORE WHAT, ELIMINATING DEBT OR SAVINGS AGAINST HARDSHIP? (Navigate to page 38)

<https://www.churchofjesuschrist.org/bc/content/ldsorg/topics/self-reliance/personal-finances-na-eng.pdf?lang=eng&download=true>

# START NOW TO RECORD YOUR SPENDING TO BEGIN MANAGING YOUR FINANCES.

[https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/04007/04007\\_000-budget.pdf](https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/04007/04007_000-budget.pdf)



### EDUCATION FOR BETTER WORK

# DOES YOUR JOB REFLECT WHAT SKILLS OR ABILITIES YOU HAVE, OR, WOULD LIKE TO HAVE? (Navigate to pages 27 – 33 and fill in the questionnaire.)

<https://www.churchofjesuschrist.org/bc/content/ldsorg/topics/self-reliance/education-for-better-work-na-eng.pdf?lang=eng&download=true>

### STARTING AND GROWING MY BUSINESS

# LEARNING HOW TO IDENTIFY AND MEET CUSTOMER NEEDS (Navigate to page 26)

[https://www.churchofjesuschrist.org/bc/content/ldsorg/topics/self-reliance/2017/14678\\_sgmb\\_book\\_eng.pdf?lang=eng](https://www.churchofjesuschrist.org/bc/content/ldsorg/topics/self-reliance/2017/14678_sgmb_book_eng.pdf?lang=eng)

### MY JOB SEARCH

# FIRST IMPRESSIONS COUNT. DO YOU HAVE A 30 sec POWER STATEMENT READY? (Navigate to page 6)

<https://www.churchofjesuschrist.org/bc/content/ldsorg/topics/self-reliance/my-job-search-eng.pdf>

## Creating Better Relationships

### DISCOVER YOUR LOVE LANGUAGE.

# A QUIZ FOR SINGLES, COUPLES, TEENS AND CHILDREN.



<https://www.5lovelanguages.com/quizzes/>

## Eat Healthy & Be Active Corner



# DRINK MORE WATER, AT LEAST 8 GLASSES A DAY (NOT INCLUDING OTHER DRINKS AND WITH NO ADDITIVES).

# EAT MORE FRUIT AND VEGETABLES DAILY.

For quick vegetarian recipes and snacks go to

<https://hurrythefoodup.com/category/recipes/quick-vegetarian-recipes/>