

## Willow Creek Stake Young Women History 2016

Stake Young Women Presidency  
Peggy Knudsen – President  
Trina Benson – 1<sup>st</sup> Counselor  
Judy Fackrell – 2<sup>nd</sup> Counselor  
Kim Kehl – Secretary

Changes to Presidency – August 2016

Peggy Knudsen – President  
Trina Benson – 1<sup>st</sup> Counselor  
Kim Kehl – 2<sup>nd</sup> Counselor  
Sandra McMillin - Secretary

Ward Conferences – January -February

Our General Youth Theme was “ “Press forward with a steadfastness in Christ.” 2 Nephi 31:20

Peggy Knudsen, president talked about how “pressing forward” is different than just “going forward”? Why does Nephi use the word “press”?

She did a demonstration that helped us see the difference between the two (someone came up and walked from one side of room to the other, first without any opposition, then with opposition)

She then asked, “*was it easier to get across the room the first time or the second time and why?*”

Peggy went on to say “*Sister Bonnie Oscarson, General YW President tells us that “To press forward implies that you are being required to make a real effort against some opposing force” – just like when the young women was trying to get across the room*

*What’s the opposing force that we’re pressing against today? (Satan, temptations, doubt, fear)*

*Not only do we need to press forward, but we need to press forward with a steadfastness in Christ*

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*What does it mean to be “steadfast”?*

*(1) to be firm and unwavering – flag pole*

*(2) to be steadfast in Christ means to have firm and unwavering faith in Jesus Christ*

*When I first heard the new mutual theme, “press forward with a steadfastness in Christ,” the first thing that popped into my mind was this the picture of Lehi’s vision of the Tree of Life*

*The prophets have told us that the Book of Mormon was written especially for us and our day, and I think Lehi’s vision of the Tree of Life has never been more relevant than it is today.*

*What do different things in dream represent?*

*Tree of Life: love of God–greatest sign of God’s love*

*for us is that He gave His son to die for us and atone for our sins.*

*Fruit of Tree: symbol of blessings of Atonement*

*Mists of darkness: temptations of the devil*

*Great & spacious building: pride & wisdom of world–persecution of Christ and those who follow Him.*

*The building as if in the air–no foundation–what happens to building if has no foundation?*

*River of filthy water: depths of hell*

*Rod of iron: word of God (scriptures; teachings of the Savior)*

*Sis Benson mentioned how Elder Bednar talked about four groups of people in Lehi’s dream. Three of the groups were pressing forward along strait & narrow path to the tree and the fruit. The fourth group didn’t even try to get to tree–they just went straight for the great & spacious building.*

*Let’s talk about the three groups going to the tree. What does Nephi says about the first group? They pressed forward, but then what happened? When they encountered the mists of darkness, (temptations of the devil), they wandered off and were lost–it appears they never even tried to hold on to the rod–had no spiritual foundation to*

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*withstand temptations.*

*How about 2<sup>nd</sup> group? These people held on to the rod and pressed forward until they got to the tree. They partook of fruit, but then what happened?*

*People in building were mocking them and they were ashamed—they fell away. Elder Bednar teaches us that “even with faith and commitment, this group eventually was lost—perhaps because they only periodically read or studied or searched the scriptures...rather than an ongoing immersion in the word of God.” Perhaps this group was more casual in their commitment to gospel—prayed when remembered, read scriptures when convenient, didn’t attend church each week*

*Nephi refers to a third group in 1 Nephi 8:30. This group also pressed forward with faith and conviction, but there’s no indication they wandered off or were lost. Elder Bednar suggests that “perhaps it was diligence and devotion to the seemingly ‘small and simple things’ that saved the group from perishing.” What are the “small and simple things” that Elder Bednar is referring to? Scripture study, daily prayer, weekly church attendance, etc.*

*Elder Bednar counsels that this is the group you and I should strive to join—those who are holding fast to the rod by continually doing the small and simple things that keep us steadfast in our faith in Jesus Christ*

*We might want to ask ourselves the question, “Where am I in this picture right now? Am I doing those things that will keep my torch bright? Are the voices from the building influencing me? What can I resolve to do today that will help me get to where I can enjoy true and lasting peace and happiness*

*I know that as we continually press forward, doing the small and simple things as Elder Bednar suggests, that we can be steadfast in our faith in Jesus Christ, get us through the mists of darkness, and enjoy true and lasting happiness.”*

*Trina Benson, 1<sup>st</sup> Counselor,*

*“Can anyone remind us what last year’s theme was? It was based upon D&C 4:2 “Therefore, O ye that embark in the service of God, see that ye serve Him with all your heart, might, mind and strength.”*

*At last year’s ward conference, we encouraged you to anchor yourselves to the Savior. I’m wondering if anyone would be willing to share an experience they had with service to others or anchoring themselves? This might be a group activity you had or a personal experience.*

*She showed a picture of a torch and asked, “What is this?”*

*“President Uchtdorf recently gave a talk to the youth where he talked about a race called a Lampededromia. Can anyone tell me what this race is? It’s a race where the purpose is not to be the first to finish, but to finish with your torch lit.*

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*Let me read you what Pres. Uchtdorf said, "there is a profound lesson here, while it is important to start the race, it is even more important that we finish with our torch still lit."*

*What do you think this means?*

*Who remembers King Soloman from the Old Testament? When Soloman was young, he loved the Lord and God was pleased with him. God told Soloman, "Ask what I shall give thee." Soloman didn't ask for long life or riches, but an understanding heart when judging his people. This pleased the Lord so much that he blessed Soloman not only with wisdom, but with wealth beyond measure and a long life. Unfortunately, in the end Soloman did evil in the sight of God and didn't finish his race with his torch shining bright.*

*Another similar incident from the scriptures is found in 1<sup>st</sup> Nephi when Lehi has his vision of the Tree of Life. In his dream, Lehi sees four distinct groups of people. Sister Knudsen is going to talk more about this, but I think its important to understand that only one group presses forward, continually holding fast to the rod of iron, until they come forth and fall down and partake of the fruit of the tree...or finish the race with their torch still lit.*

*So, we know from Lehi's dream that a lot of people will run this race. How many of you have either participated in or seen a marathon? At the beginning there are many people, but the crowds of runners think out and straggle along as the race continues. This race that Pres. Uchtdorf talks about is not a sprint, but a lifelong marathon and we are going to stumble or fall and we might want to quit. Stay in the race, keep your torch lit.*

*This about last year's theme—Embark—and consider this year's theme—Press Forward with steadfastness (or faith in our Savior, Jesus Christ. It's my testimony that as long as we hold to that rod, pressing forward with faith in our Savior, we will not only win our race, but win with our torches blazing bright.*

Judy Fackrell, 2<sup>nd</sup> Counselor

*"We are often encouraged to apply the principals of the gospel or the scriptures to our own lives, in order to make them more meaningful to us. So as you look at the picture of the tree of life I'd like each of you to think about ...*

*How does the Story of the Tree of Life pertain to my life?*

*Where am I in this picture? Have I taken hold of the rod, am I wandering in the midst of darkness, or wandering the halls of the great and spacious building wondering what that's all about? Have I partaken of the fruit? Where do I want to be?*

*What do I need to do to get there, or stay there? Do I need to get back?*

*These are questions that each of us should ask ourselves, and the answers are different for each of you. They are uniquely yours. But there are some general things that we*

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*can learn as we read about the Tree of Life, things that we can all do to help us to be happy.*

*I think it's important for us to realize that holding to the Iron Rod, is not something we do for anyone else, our parents or our leaders, each of us needs to come to an understanding that if we want to truly be happy in this life, and to receive exaltation in the world to come, this is the path we need to be following.*

*So what can you do to help you stay focused?*

*Our mutual theme this year gives us probably the greatest answer to helping us on this journey. Press forward, WITH A STEADFASTNESS IN CHRIST!*

*Philippians 4:13 reads, "I can do all things through Christ, which strengthened me."*

*Moroni 7:33 reads "If ye have faith in me ye shall have the power to do whatsoever thing is expedient in me."*

*Few things that we should realize about FAITH IN JESUS CHRIST...*

*Realize you have more faith than you know. Think about it, everything we do in the gospel is a result of our faith in Jesus Christ.*

*In the gospel of Jesus Christ there is always spiritual light for those who seek it.*

*How do we do that? How do we develop Faith in Christ?*

*Spiritual light begins with our willingness to believe. God requires that initially we at least desire to believe. The prophet Alma said, we need to awake and arouse our faculties, exercise a particle of faith. Even if ye can no more than desire to believe, let that desire work in you. Alma 32:27*

*If we are WILLING to believe, if we have a DESIRE to believe, if we CHOOSE to believe, then the Savior's teaching and example will show us the pathway forward.*

*I think that CHOOSING is interesting.*

*God does not force us to believe, instead he invites us through prophets, scriptures, the spirit. We are the ones who must choose to embrace those spiritual invitations. The decision to believe is the most important choice we ever make. It shapes all our other decisions.*

*Elder Whitney Clayton taught: Belief and testimony and faith are not passive principles. They do not just happen to us. Belief is something we choose-we hope for it, we work for it and we sacrifice for it. We will not accidentally come to believe in the*

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*Savior and His gospel any more than we will accidentally pray or pay tithing.*

*We are choosing to believe when we pray, read the scriptures, fast, keep the Sabbath day holy, partake of the sacrament, when we go to the temple, We are choosing to believe when we repent and seek divine forgiveness.*

*President Kimball taught what he called “reservoirs of faith” to help us stand firm and strong against all the temptations of life.*

*Sisters, we need to build a reservoir of faith so you can draw upon it when things don't go your way, when someone hurts you, or the world comes out against a doctrine, when someone else needs your faith.*

*Sometimes we need to just rely on someone else's faith for a while, (Elder Holland) Our parents or teachers. Elder Hales taught us in the last general conference to look up not across, “we need to get our validation vertically not horizontally.*

*Faith in the Lord Jesus Christ prepares you for whatever life brings, the good things to come, and persist through the disappointments.*

*Most importantly, faith in the Lord Jesus Christ opens the door of salvation and exaltations. “For no one can be saved according to the words of Christ, save they shall have faith in his name”. Moroni 7:38”*

Kim Kehl, Secretary

*“We have learned and shared about pressing forward with a steadfastness in Christ, Finishing with our torch lit, and having faith. Now we need to live it!!*

*You Young Women are so busy with school, sports, work and let's not forget keeping up on social media. It's no wonder the #1 health problem in teens is stress – So how can we get out of our rut of doing the same things every day and then wondering why we seem to be in a spiritual slump. The first thing we need to do is Live forward – “Look not behind thee - it's a new year – we can make changes to our spirituality—every day is a new beginning - President Holland said, “Look ahead and remember Faith is always pointed to the future.*

*One of the best ways to keep your spiritual torch burning bright is to make sure you're having meaningful spiritual experiences. That is easier said than done. So here is a suggestion to help you to continue to spiritually progress... Think of a gospel related activity you've never done before or hardly ever do and commit to doing it every day for a month. This is called the fuel your torch – 30 day trial.*

*Don't overdue it and set really big goals, start small because you'll find its easier to turn small changes into lasting ones. President Uchtdorf said, “ Doing things that take us out of our spiritual comfort zone might require more faith and effort on our part,*

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*but when we do them, we are inviting the holy ghost to be with us, and we are showing a greater faith in heavenly father and a desire to draw nearer to Him.*

*What are some goals that you could set for your 30-Day Trial?*

*Here are some ideas:*

- 1. Daily morning & evening prayer, try praying out loud*
- 2. Read scriptures everyday before school*
- 3. Read past conference talks*
- 4. Post a scripture from the B of M on social media.*
- 5. Listen to Hymns or Church music instead of regular music*

*Preparing for the Sabbath before Sunday – Just like a cell phone battery needs charging, so does our spiritual battery and we do that through taking the attending our Sunday meetings and taking the sacrament.*

*We are bombarded with evil and wickedness, we must be tuned in to recognize spiritual things in our lives.*

*There are so many tools available today to help increase spirituality – Such as, phone apps - LDS.Org youth section where there are videos, articles and music – You need to check out the 2016 “Press Forward Album. It has many wonderful songs that are written just for you.*

*Another idea for your 30-day trial is to create an LDS account –*

*Top 10 Reasons to set up an LDS account*

- 1. Access family history, prepare names for templework*
- 2. Use the directory for contact info*
- 3. Work on personal progress*
- 4. Mark up and take notes on the digital edition of the scriptures*
- 5. Family search indexing*
- 6. Record spiritual notes or thoughts with the notes and Journal feature*
- 7. Leave comments on articles and videos*
- 8. View stake and ward calendar*

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9. Read ward newsletter

10. Request a copy of your patriarchal blessing

*I am so grateful for the opportunity of being with you all today – I love the young women in our stake thank you for sharing – and letting us feel your sweet spirits today.*

*So press forward. Commit to live the gospel. Keep your eyes firmly fixed on the savior. Have a perfect brightness of hope, and love of God and of all men. Seek to be what God wants you to be. As you press forward and set and achieve goals as part of your 30-day trial, I promise, you will achieve increased spirituality, a stronger ability to resist temptation, and you will feel a hope, peace and happiness and I testify of these things.”*

We love the time we get to spend with the young women in every ward.

### Stake Speaking Assignments

This year Stake Leaders from the Primary, Sunday School, Relief Society, Young Women and Young Men’s organizations have been asked to accept the assignment to serve as companion speakers with members of the High Council as they visit and speak in the ward sacrament meetings. The Young Women Presidency had seven speaking assignments.

### Morningside

On January 13, the Willow Creek Stake was in charge of the “Morningside” held at Brighton High School. Cecil Samuelson, current SL Temple President, Former BYU President, and former member of the Quorum of the 70, was the guest speaker. Bagels, cream cheese and juice was served. It was well attended and very informative .

Camille Merkley has been called as Stake YW Sports Director and Jessica Pohlman as her assistant. Basketball was held Thursdays, February 25, March 3 and March 10 from 6:00-8:00 pm at the Stake Center. Region was March 17, 19, and 24. We had two teams make it to Region and the 1<sup>st</sup> ward took 2<sup>nd</sup> place.

### Camp Movie Night

On April 27<sup>th</sup>, the Stake sponsored a movie night to get the girls excited about camp. We watched “Once I Was a Beehive” and had treats for all the YW.

### Stake Conference for Youth

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On May 14<sup>th</sup> and 15<sup>th</sup> we held a Stake Conference for Youth. --*One Step Ahead*--

The conference included a service activity on Saturday the 14th. We agreed to use the Sandy Pride Day venue as the basis for our Saturday morning service project. We planted trees and bushes and spread rocks in an area in Sandy. The youth worked very hard and it was exciting to see that progress we made in just a couple of hours. After the service, we met at the Stake Center for “construction” where the youth built structures out of canned goods that were donated to the food bank. Following the activity, we had a delicious lunch of subway sandwiches, chips, watermelon and ice cream treats. The guest speaker was Dennis Gaunt, author of *Bad Guys of The Book of Mormon*. He did an excellent job teaching the youth how to be “one step ahead”.

A special sacrament meeting for the youth was held on Sunday the 15th at 11:00 a.m. at the Creek Road Chapel (7th Ward). The sacrament meeting was followed by a question and answer session with the Stake Presidency. Youth had a variety of opportunities to submit questions for the Q&A session prior to the meeting.

The members of the Stake Youth Council are listed below.

1st ward -- Dillon Vanderhoof and Tiffany Wallace

2nd ward -- Jacob Miller and Ivy Hansen

3rd ward -- Josh Bunker and Regan Wootton

4th ward -- Caden Cannon and Sidney Bowden

6th ward -- Sam Johnsen and Erin Christesen

7th ward -- Ayden Cundick and Megan Wunderli

9th ward -- Max Thackery and Katelyn Vance

Graduating Laurels attended the YSA ward on May 22<sup>nd</sup>. This has become an annual event. We provided brunch following the meeting. This was a great opportunity for the Laurels to get an inside view of a YSA ward.

### Seminary Graduation

Seminary Graduation was held on Sunday, May 22. The youth speakers were Abbie Hopkin and Rhett Anderson. Seminary President, Peter Hilton, spoke and presented the Graduates. President Esplin provided closing remarks.

Girls Camp was held June 28<sup>th</sup> to July 1 at Brighton Meadows. Our theme this year was “A Perfect Brightness of Hope”. The camp song was “Hope Makes You Beautiful”. Each ward had a different Primary song for their theme and flag. It was a wonderful experience. Brother and Sister Esplin were the special guest speakers on the last night. In place of skits we did “smores and more”.

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## Beehive Camp

Beehive Camp was held July 31 to August 4<sup>th</sup>

## 4<sup>th</sup> Year Hike

The 4<sup>th</sup> Year Hike was held August 5<sup>th</sup> – August 6<sup>th</sup>. We started at Albion Basin and hiked up to Sunset Peak and then down to Brighton Ski Resort and over to the Kehl Cabin. Kevin Kehl, the priesthood leader for the day, left us with a message. We had a lot of fun playing games and making “activity boxes” for the homeless shelter. Following the activities we drove to Park City to stay the night at the Kehl’s condo. We had a delicious meal of “waffle love” and Algie Powers joined us to sing some camp songs. We returned in the morning after we ate bagels and cream cheese. Everyone that attended had a wonderful time.

## Draper Temple Ground Assignment

Tuesday, August 9<sup>th</sup> at 9:00 am, we had the opportunity of planting at the Draper Temple. All youth were invited to participate. There is always such a special spirit while working at the temple. We had donuts and juice following the planting assignment.

## Stake volleyball

Volleyball was held on was on Oct. 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>, and November 3<sup>rd</sup> with Region on November 10<sup>th</sup>, 12<sup>th</sup> and 17<sup>th</sup>. The 1<sup>st</sup> ward won region.

## Stake Teaching Conference

On October 27<sup>th</sup> all YW presidencies and advisors were invited to attend a Teaching Conference. We were privileged to hear from Brother Ron Esplin, Stake Sunday School President, Annette Johnson, Leslie Egan, Brian Groneman, and Scott Anderson. The speakers did an excellent job teaching how we can be a more effective teacher while inviting the spirit.