



**April 2016
Visiting Teaching Message
Daughters of Our Eternal Father**

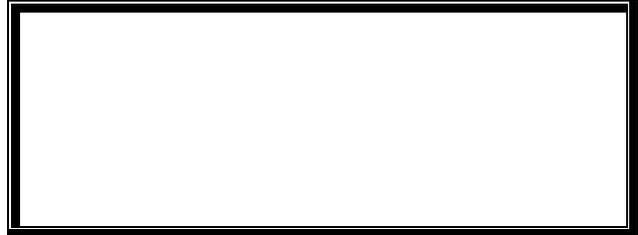
The scriptures teach us that “we are the offspring of God” (Acts 17:29). God referred to Emma Smith, wife of the Prophet Joseph Smith, as “my daughter” (D&C 25:1). The family proclamation teaches us that we are each “a beloved spirit ... daughter of heavenly parents.” “In [the premortal] realm, we learned about our eternal female identity,” said Carole M. Stephens, first counselor in the Relief Society general presidency. “Our mortal journey to earth did not change those truths.”

“Your Father in Heaven knows your name and knows your circumstance,” said Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles. “He hears your prayers. He knows your hopes and dreams, including your fears and frustrations.”

“We each belong to and are needed in the family of God,” said Sister Stephens. “Earthly families all look different. And while we do the best we can to create strong traditional families, membership in the family of God is not contingent upon any kind of status—marital status, parental status, financial status, social status, or even the kind of status we post on social media.”

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Acts 17:29 Forasmuch then as we are the offspring of God, we ought not to think that the Godhead is like unto gold, or silver, or stone, graven by art and man’s device



D&C 25:1 Hearken unto the voice of the Lord your God, while I speak unto you, Emma Smith, my daughter; for verily I say unto you, all those who receive my gospel are sons and daughters in my kingdom.



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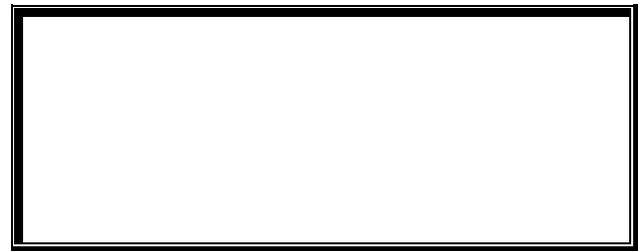
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Jeremiah 1:5; Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Romans 8:16; The Spirit itself beareth witness with our spirit, that we are the children of God:

Doctrine and Covenants 76:23–24

For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father— That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God.

* * * * *

In his account of the First Vision, the Prophet Joseph Smith verifies many truths—including that our Heavenly Father knows our name. Young Joseph struggled to know which church to join and found guidance in James 1:5. Joseph concluded he would ask God.

One spring morning in 1820, he went to the woods to pray but was immediately seized upon by some dark power. Of this he wrote: “Just at this moment of great alarm, I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me.

“It no sooner appeared than I found myself delivered from the enemy which held me bound. When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name and said, pointing to the other—*This is My Beloved Son. Hear Him!*” (Joseph Smith—History 1:16–17).

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Perfect Risotto

5 ½ cups chicken stock
4 tablespoons unsalted butter
½ cups finely chopped onion
1 ½ Cups Arborio rice
2 cups frozen peas
100 grams Gypsy ham cut into thin strips
(in a pinch, you can use thin sliced, smoked ham in place of Gypsy ham)
½ teaspoon finely grated lemon zest
2/3 cup grated parmesan cheese, plus additional for serving

Bring 5 cups stock to a simmer in a medium saucepan; reduce heat and cover to keep simmering.

Melt 2 tablespoons butter in a 3 to 4 quart heavy saucepan over moderate heat. Add onion and cook, till translucent. Add rice and sauté for 1 minute.

Add ½ cup stock to the rice and simmer, stirring, until absorbed. Add 1 cup stock, simmering and stirring constantly, until entirely absorbed. Repeat using 1 cup of stock at a time until all of the stock is used.

When rice is softened and looks creamy, stir in peas, ham lemon zest, cheese, remaining butter, and salt and pepper to taste. Serve immediately, with additional cheese.

26 April is ‘Hug an Australian Day’!

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