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D&C 109:22 And we ask thee, Holy Father, that thy servants may go forth from this house armed with thy power, and that thy name may be upon them, and thy glory be round about them, and thine angels have charge over them;

In 2007, four days after a massive earthquake in Peru, Elder Marcus B. Nash of the Seventy met branch president Wenceslao Conde and his wife, Pamela. "Elder Nash asked Sister Conde how her little children were. With a smile, she replied that through the goodness of God they were all safe and well. He asked about the Condes' home.

"'It's gone,' she said simply.

"... 'And yet,' Elder Nash noted, 'you are smiling as we talk.'

"'Yes,' she said, 'I have prayed and I am at peace. We have all we need. We have each other, we have our children, we are sealed in the temple, we have this marvelous Church, and we have the Lord. We can build again with the Lord's help.' ...

"What is it about making and keeping covenants with God that gives us the power to smile through hardships, to convert tribulation into triumph ... ?"

"The source is God. Our access to that power is through our covenants with Him."

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Self-Saucing Lemon-Berry Pudding

1/2 cup sugar	2 eggs
1/2 cup butter	1/2 cup milk
2 medium lemons (zest & juice)	1 cup blueberries (fresh or frozen)
1 1/2 cups flour	1 cup boiling water
1 1/2 teaspoons baking powder	1/2 cup blueberry jam
Pinch of salt	2 Tablespoons sugar

Preheat oven to 180°C / 350°F

Lightly coat a 6 cup-capacity, deep ceramic (Comingwear) baking dish with butter.

In a bowl, cream butter and sugar. Add zest of 1 lemon, eggs, and milk and mix well. Over the top, sift the flour, salt and baking powder. Add the blueberries. Gently stir all by hand until just combined. (The batter will be stiff)

Pour into the prepared deep baking dish.

In a separate bowl, combine lemon juice and boiling water to make 1 1/2 cups (add more water if needed). Stir in the sugar, jam and zest of 1 lemon until the sugar is dissolved.

Gently pour the sauce over the pudding as to not displace the batter.

Bake for 40 mins or until the pudding is cooked through.

Serve warm from the oven by spooning into dessert bowls with a side of cream or vanilla ice cream. Serves 8.

With love from your visiting teacher!

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