



August 2016
Visiting Teaching Message:
Nurturing Families
Together

A "husband and wife have a solemn responsibility to love and care for each other and for their children." "The home is to be God's laboratory of love and service," said President Russell M. Nelson, President of the Quorum of the Twelve Apostles. "Our Heavenly Father wants husbands and wives to be faithful to each other and to esteem and treat their children as an heritage from the Lord."

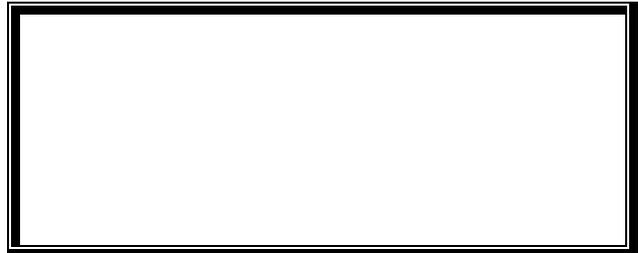
In the Book of Mormon, Jacob said that the love that husbands had for their wives, the love that wives had for their husbands, and the love that both had for their children was among the reasons the Lamanites were at one point more righteous than the Nephites (see Jacob 3:7).

One of the best ways to invite love and harmony into our homes is by speaking kindly to our family members. Speaking kindly brings the Holy Ghost. Sister Linda K. Burton, Relief Society general president, asked us to consider: "How often do we intentionally 'speak kind words to each other?'"

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Romans 12:10 Be kindly affectioned one to another with brotherly love; in honour preferring one another;

Mosiah 4:15 But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.



Jacob 3:7 Behold, their husbands love their wives, and their wives love their husbands; and their husbands and their wives love their children; and their unbelief and their hatred towards you is because of the iniquity of their fathers; wherefore, how much better are you than they, in the sight of your great Creator?

Doctrine and Covenants 25:5 And the office of thy calling shall be for a comfort unto my servant, Joseph Smith, Jun., thy husband, in his afflictions, with consoling words, in the spirit of meekness.



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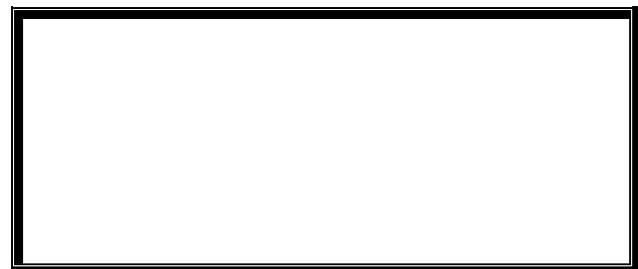
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Elder D. Todd Christofferson of the Quorum of the Twelve Apostles shared a childhood experience that impressed upon him the importance of a loving family. When he and his brothers were boys, their mother had radical cancer surgery that made it very painful for her to use her right arm. With a family of boys, there was a lot of ironing, but as his mother ironed, she often stopped and went into the bedroom to cry until the pain subsided.

When Elder Christofferson's father realized what was happening, he secretly went without lunches for almost a year to save enough money to buy a machine that made ironing easier. Out of his love for his wife, he set an example of nurturing within families for his boys. Of this tender interaction, Elder Christofferson said, "I was not aware of my father's sacrifice and act of love for my mother at the time, but now that I know, I say to myself, 'There is a man.'"

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Bonus quotes chosen by Sherrie:

"A just God would not require the yoking of two unequal beings for eternity...That means being ready and prepared to function as a full partner in a celestial team – without having to look up because of any feeling of inferiority, or look down because of any feeling of superiority, but to look across into the eyes of an equally prepared, equally magnificent eternal mate." – Ida Smith, *Sisters in Spirit*, Deseret Book, 1987, p 27.

"Although marriage is necessary for exaltation, it is not the only requirement. Once I realised that I also needed faith and charity and a host of other qualities and began to work on them, my anxiety lessened. I knew that if I remained faithful, other blessings would come." – "One LDS Sister (anon), 1989 Relief Society Study Guide, *official church publication*, p. 286

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Korean Beef

800 gr beef cut into chunks	1 medium red onion, chopped
½ cup corn starch	¾ cup brown sugar
	½ cup beef or vegetable stock
2 tab. grapeseed oil (or any mild tasting oil)	4-5 large carrots, peeled and chopped
½ cup soy sauce	1 small red capsicum, de-seeded and chopped
1 large clove garlic	

Plus: Sesame seeds, chopped green onions & steamed jasmine rice to serve.

Seal beef and corn starch in a bag. Shake until each piece of beef is well-coated.

Place oil, soy sauce, garlic, onion, brown sugar and stock in a slow cooker. Add the capsicum and carrot and stir. Then add the beef. Gently stir to coat all veggies and meat in the sauce. Cook on low for 4-4 ½ hours.

Sprinkle with sesame seeds & chopped green onion. Serve atop on the side of steamed rice. Serves 6.

Sherrie's note: I'll be honest, I didn't love this VT message, and my only take away is that *if* you have sons, please teach them how to iron their own shirts. (I was thoroughly unimpressed with the oppressive and antiquated story from Elder Christofferson, i.e. husbands and wives not communicating with each other- plus it came from a General Conference Priesthood session talk titled "Let Us Be Men.") But I *love* the scriptures that I have printed in bold—because it suggests to all of us to be kind and loving toward each other.

With love from your visiting teacher

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