

**November 2016**  
**Visiting Teaching Message:**  
**Teacher's Choice from**  
**General Conference**

The October 2016 General Conference was one of my favourites of all time. I really loved so very many of the talks and speakers and fell in love with their words as they bore testimony of Christ. I strongly recommend that all of you take time to read, watch or listen to the talks so you might also enjoy the spirit.

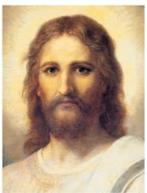
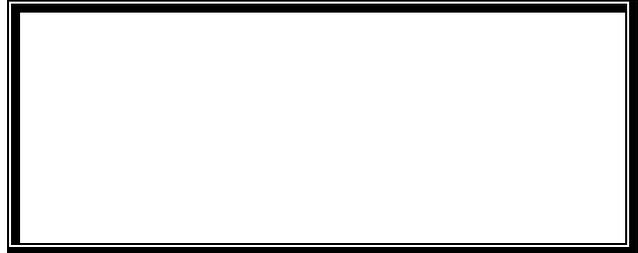
For this, however, I am just choosing bits and pieces from a couple of my very favourite talks:

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Carole M. Stevens surprised me with a deeply moving story about a young woman who suffered from bi-polar disorder in her talk, *The Master Healer*. It is a powerful, tear-invoking talk that does not promise miracles just because we are church members. The talk was hope-inspired, and I am sincerely grateful that she addressed mental illness in such a loving and compassionate way.

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Linda S. Reeves' talk, *The Great Plan of Redemption*, was inspiring because it discussed repentance: Hard repentance. Scary repentance. Draining repentance. She dealt frankly with things are real and painful, but always with the concept and blessing of the Atonement. This talk is a beautiful witness of the Atonement and is well worthy to study again and again.



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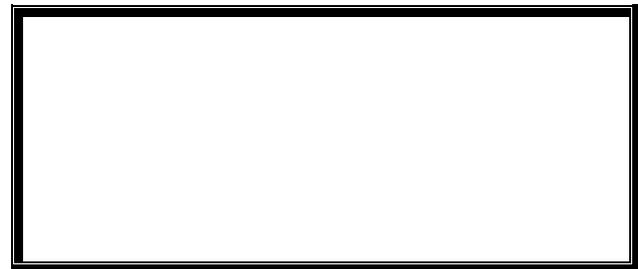
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Lynn G. Robbins' talk, *The Righteous Judge* was excellent. He said:

*"The word discipline comes from the Latin word discere, "to learn," or discipulus, "learner," making a disciple a student and follower. To discipline in the Lord's way is to lovingly and patiently teach."*

This quote really inspired me. I have long been taught that to discipline is to love. But though the concept of teaching as an essential part of discipline is obvious, I found the reminder to be powerful. He also explained, *"This scripture (3 Nephi 11:29) teaches us to reprove "when moved upon by the Holy Ghost," not when moved upon by anger. The Holy Ghost and anger are incompatible."*

Robbins taught this in connection with parents when moved to discipline children. His words were adamant that parents have the Holy Ghost with them. I am a long-time anti-spanking, anti-smacking advocate, and I was grateful for this direction and reminder that parenting need not involve any kind of violence or anything that takes away the spirit and direction of the Holy Ghost.

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Russel M. Nelson's talk, *Joy and Spiritual Survival* was beautiful. It was a great reminder that even in times of stress, we can feel joy. The emphasis was on finding joy through Christ. In it, Nelson philosophised that Christ Himself survived the cross by focusing on joy. He taught, *"As our Savior becomes more and more real to us and as we plead for His joy to be given to us, our joy will increase."*

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**Raspberry Sauce** (can be used in place of cranberry sauce)

- 1 to 2 mandarins
- 1 cup sugar
- 4 cups fresh or frozen raspberries

I love cranberry sauce! But for my family, the taste is generally to tart for them- especially the kids. Plus, it can be very hard to find fresh or frozen cranberries in Australia. So I created this recipe to put smiles on the faces of all who taste it!

Squeeze the juice of the mandarins into a measuring cup. Add enough water to make 1 cup of liquid.

Put the mandarin juice and water in a saucepan with the sugar. Bring to a boil and stir until thickened. Remove from heat and stir in raspberries. Cool overnight in the refrigerator, and serve on the side of ham or turkey!

President Monson's talk in the General Priesthood session, titled *Principals and Promises*, was refreshing because it focused on the Word of Wisdom as a matter of obedience. In the story he shared in this very short talk, he focused on the fact that keeping the word of wisdom did not give the man in the story superhuman strength. Rather, that because the man made a covenant with God to keep the word of wisdom, God blessed him in a time of need. I love this differentiation and thought it was a generous inclusion in conference.

**With love from your visiting teacher!**

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