

Fall/Winter 2007-2008

Inside this Issue

1	Letter From The President Visiting Sisters
2	Visiting Sisters Our Circle Youth
3	PMA LUC Conference Editorial
4	Sewing Circle Holiday Tips
4	Recipe Upcoming Events

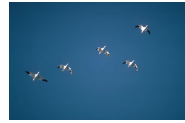
The Church of Jesus Christ

Penn Mid-Atlantic Ladies' Uplift Circle

Letter From The President

Dear Sisters and Friends,

Why do they flock together?



Over the past few days, I have noticed a strange but beautiful phenomenon while driving. I have seen flocks of small birds, perhaps they were sparrows, dancing and gliding in the air. What was so engaging was the way they all moved in unison together, dipping, soaring, veering right and then left. It looked like a beautifully choreographed dance! I pondered how do they know how to fly that way, so in tune to one another?

Scientifically, there are reasons for birds to fly that way. One is that since they are so small, when they flock together they give the appearance of being a much larger creature, thus possibly causing a larger bird to decide not to attack. Secondly, it makes their work so much easier. The airflow they create from one set of wings to another enhances the amount of lift for each bird. This cuts down on the drag and the birds use less effort than when flying individually.

While watching them though another thought came to my mind. I thought, they are God's creatures and he wants us all to be in tune with one another in that same way. If when we are going through the twists and turns in life, our ups and downs, we are by one another's side, we reduce the "drag" and support one another making the effort not as great as when we try to go through our journey alone. How can we do this? What will it take for us to be so in tune with one another that we just naturally follow one another, knowing when to turn, dive, or soar? How can we attain

this perfect unison? The answer to this may seem easy. We know that we need to fast and pray, to read the scriptures and to meet together often to hear God's message to us. However, our everyday life keeps us so busy it is a constant struggle.

When you have the opportunity, look to the sky. Look for these flocks of small birds and watch their "dance". I know the image has encouraged me to try to be in better tune with my brothers and sisters. My desire is to provide the necessary lift to those going through the trials of life and to enjoy the moments of "soaring" when we overcome those trials. May God bless you all during this very blessed Christmas Season.

Love in Christ,
Sis. Jacqui King

Ephesians 4:3-6 "Endeavoring to keep the unity of the spirit in the bond of peace. There is one body, and one Spirit, even as ye are called in one hope of your calling; One Lord, one faith, one baptism, One God and Father of all, who is above all, through all and in you all."

Visiting Sisters

Understanding the Storms of Life

By Sis. Karen Progar



Visit #1

The latest Visiting Sisters outing took place at the

McKees Rocks Home Circle on Wednesday, June 27th. This was a very unique opportunity for the Saints because the Brothers were welcome to attend as well and enjoy the Men's Bible Class taking place simultaneously with the Ladies' Circle Meeting.

With over 30 in attendance it was surely a wonderful time of fellowship. Sis. Amy D’Orazio, teacher, began the class with an icebreaker that had the class members moving about the room as a result of affirmative answers to numerous questions asked.

The subject of our lesson was very serious and thought provoking. Breaking into small groups, we discussed the impact and importance of storms in our lives, using scriptural examples to discuss the necessity and outcome of storms in our lives. After a wonderful lesson, we enjoyed a marvelous time of fellowship before bringing the evening to an end.

What is the desire of your heart?

By Sis. Marian Yoder - Visit #2

That was the question posed to us on Wednesday, October 24th, when the Aliquippa Ladies Circle invited the Penn Mid-Atlantic Area Visiting Sisters to attend their Ladies Circle meeting.

Sister Karen Progar facilitated a thought-provoking lesson concerning the desire of your heart. She began by asking the Sisters what the desire of their heart was. After pondering for a few moments, we all documented our thoughts on pink heart-shaped papers. Later in the evening, we shared our desires with the group. We found that our Sisters have many wonderful spiritual desires, but the most predominant was for our families to be united in the gospel. After discussing the desires of OUR hearts, we discussed the desire of the Three Nephites; to not die so they could work for the Lord. Finally, we learned that the fullness of joy is being in the presence of God. What a beautiful place to dwell! We closed our meeting by singing “Higher Spiritual Mind”. It was the perfect song to go along with our lesson.

In all, we had 34 Sisters in attendance representing Aliquippa, Fredonia, Imperial, McKees Rocks, Monongahela and Vanderbilt. Since the Aliquippa Brothers have a men’s Bible study at the same time, many of the Sisters brought their husbands along.

Our Circle Youth

Marvelous Muncey Missionary Memories

By Faran Frankenbery Age 14



Ever since I was little, I’ve been going to Muncey, Canada on missionary work with my family. I have lots of good memories of my Brothers, Sisters, and friends up on the Indian Reserve, especially regarding all the Vacation Bible Schools (VBS) I attended there.

One of my more bittersweet VBS memories, though, was breaking my leg when I was seven years old. The theme that year was “The Fruits of the Spirit.” My friend Luke, my cousin Tyler, a few other kids and I were playing tag after Bible School. I tripped and fell. My leg was throbbing and I couldn’t get up. I started screaming in pain. Luke came back and picked me up, carried me into The Church, and sat me in a chair near all the Brothers and Sisters and Bro. Jim Moore anointed me. Luke then carried me out to Sister June Hendricks’ car and she drove me to the emergency room. I was admitted and stayed in my very own room for about a week. In that time, I had so many cards, gifts, and visits from my family, my friends, and my Muncey Brothers and Sisters. Sister Irene Snake even picked up my dad from the airport. What love I felt! Although, I missed out on the remainder of that Bible School there have been many more VBS’s to come.

Muncey Bible Schools are so wonderful! Sister Tina Groesbeck who lives in Muncey, sets everything up for us and encourages the teamwork that happens among the Brothers, Sisters, and friends who work so hard to teach lessons, create crafts, and share the Gospel. In addition, many beautiful Sisters work hard in the kitchen to make it possible for all the kids to have lunch each day, often funded by the Ladies Circle. I helped this year by hole-punching the pages for the VBS lesson booklets.

This year’s theme was ‘Power Up with Jesus.’ We wove baskets and made papier-mâché worlds to represent the lessons that included Joseph, The Man in God’s Plan; Moses, for whom God provided; Ammon, who let God lead him; and Samuel, who God protected. The Sunday that we returned to the U.S., we attended the Penn Mid-Atlantic Area Conference and was blessed to hear the Brothers open the sermon with Joseph, the Dreamer, and end with Samuel the Lamanite!

God blesses Muncey VBS’s with so many new kids that attend and so many new friendships to make. This past year I developed a friendship with Sierra, Sister June’s great-granddaughter, with whom I communicate through e-mail. It’s amazing to see how much the kids there want to come to Church. I really enjoy Muncey Bible School and all the people who make it possible!

What marvelous Muncey missionary memories I have! The Brothers, Sisters, and friends in Muncey are like my second family! I love them and I think about going back to Muncey all year long!

~~~~~  
Hi,  
I am Sister Nia Haugh and I have had the privilege to help with Vacation Bible School at the Muncey Mission in Ontario, Canada. I went the past two summers and loved it! The brothers and sisters are beautiful and treat you like they have known you for years! They are very dedicated to seeing more young people and children attend the Vacation Bible School. For the last two years I have helped Sister Angela Yoder with the pre-school class. I get such a great joy seeing the children’s’ faces when they show up each day and how excited they are to come to class. Each year the children put on a program for their family and friends. After that, there is a carnival where they play games, win prizes and just run around. I really enjoy helping with the kids and the fellowship

with my brothers and sisters. I went and I was hooked! Come and see for yourself, the blessings that are waiting for you in Muncey, Canada.

## Penn-Mid Atlantic Ladies'

### Uplift Circle Conference

September 8, 2007 Area Conference was held in McKees Rocks with 20 sisters in attendance. (Area Membership:83) We had a lovely meeting. Sis. Jacqui addressed the sisters and encouraged everyone to attend and participate.

A brief highlight of Area Circle Activities and donations are as follows: Our card sender, Joanne Niehl sent out 26 cards. Spring/Summer 2007 newsletter sent. Anyone wishing to write an article or submit information, please forward to Sis. Becky Tarbuk. Send updated mailing and e-mail addresses to Sis. Sherri Wasik to receive publications. Check PMA LUC Website for updated Circle information.

[www.pmaladiescircle.org](http://www.pmaladiescircle.org). Sis. Sylvia King volunteered to oversee the shut-in program. Nine boxes of collected items were sent to Camp Fallujah, Iraq. Disbursement of Funds: \$435 to Kenya for sisters travel expenses to attend Circle meetings. \$300 to India for Bibles and Books of Mormon. \$1000 to the Native American Outreach Committee allotting \$500 each to Muncey and San Carlos Vacation Bible Schools. \$240 in Walmart gift cards were collected and donated to the C.A.S.H. Club (Clean and Sober Human Beings) due to a recent fire. Joy Boxes from this meeting were sent to Sisters Madeline Robinson, Brittany Giannetti and Maggie Frankenbery. Fredonia to host spring luncheon 2008 and Vanderbilt to host in 2009. Sis. Karen Progar will be the 2008 Fellowship Weekend Director. Sisters Donna Bogle and Marty Jumper volunteered to assist

with the weekend. Sis. Karen will work with Sis. Diane Giannetti, the 2009 Fellowship Weekend Director, to put together a training manual. Details concerning these activities to be announced when dates are set, etc. Locals encouraged to set aside a day of fasting and prayer for the needs and growth of the Circle. In an effort to increase attendance at the business meetings we will start promptly at 9:30 a.m. and conclude at 12:30 p.m. Business meetings will be blended with the spiritual and dismiss for lunch and fellowship. No afternoon meeting.

A big thanks to all our sisters, for their combined effort and continued support. May God bless you and we hope to see you at the next Circle gathering. It's such a blessing to be involved in the Ladies' Uplift Circle. We need each other; we need you!

## Editorial

### Thru The Stormy Seasons

By Sis. Becky Tarbuk



We all have storms in our lives at one time or another. Sometimes, it is the equivalent of a passing shower, where a little rain may fall, like our tears, but shortly the sun comes out and everything is fine once again. At other times we may experience storms or trials that stay for an extended period of time, testing our endurance, patience and faith in God. These are the stormy seasons. Illness, death, family problems, etc. are uninvited guests and cause us much pain. We shed many tears and often do not know the answer or the way out and can't escape it. This is when, like Jonah, we turn ourselves in the belly of the whale toward God's holy temple and we pray for His mercy and deliverance. *Jonah 2:2 "I cried by reason of mine affliction unto the Lord, and he heard me; out of the belly of hell*

*cried I, and thou heardest my voice."* We may be delivered in three days like Jonah or have to wait like Joseph of Egypt, imprisoned for 13 years or longer before deliverance came. He was a good man, innocent, chosen, yet he for a period of time had to suffer.

A sister recently testified and said that she asked God if she would be delivered from a problem she had suffered with for a long time. She opened the scripture to *Daniel 6:27 "God delivereth and rescueth, and he worketh signs and wonders in heaven and in earth, who hath delivered Daniel from the power of the lions."* In just reading those words she was refreshed knowing that God will also deliver her, in His time. God is able to snatch us from the mouth of a lion. He gives us hope through his word, which the Spirit of God brings to life and it speaks to our heart and mind. Whatever our lot may be, in His love for us, God will sustain and succor us in our afflictions, and yes, even rescue us. Never doubt that he is with you, guiding you, sending His angels to guard about your bed, stopping the mouths of the lions, leading you into a better land, stopping the fever, raising the dead and providing for your most basic needs. He is our wonderful friend. Rest in the Lord and trust him, for without him we could not make it through the stormy seasons.



### Thru The Stormy Seasons

*Helaman 5:12*

**Precious gifts on earth abound,**  
With God's children they are found,  
**Faith and hope and charity,**  
And **understanding prophecy.**

Without **dreams** we could not soar,  
Over Canaan's lovely shore,  
Without **songs** our spirits cry,  
And without **vision** many die.

God in mercy from above,  
Sends the precious gift of **love**,  
Many blessings we receive,  
When if by faith we just believe.

Chorus:

Without **hope** the heart would break,  
Without God we could not make it  
Thru the stormy seasons,  
Thru the stormy seasons.

**Experience of Sis. Jean Moore**

Sis. Jean was afflicted for many years with arthritis. She had been anointed many times and there was nothing more the doctors could do for her. She hurt all the time and it was difficult for her to do the little things we all take for granted. Finally, as they were making preparations for their daughters wedding she prayed, Lord, let me see my daughter married and then take me home. In the mean time a young sister of her branch was reading the scripture and in reading God revealed to her that this scripture was for Sis. Jean. She called Sis. Jean, told her what had happened and read the passage of scripture to her. *Mosiah 24:13-14 "And it came to pass that the voice of the Lord came to them in their afflictions, saying: Lift up your heads and be of good comfort, for I know of the covenant which ye have made unto me; and I will covenant with my people and deliver them out of bondage. And I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while your are in bondage; and this will I do that ye may stand as witnesses for me hereafter, and that ye may know of a surety that I, the Lord God, do visit my people in their afflictions."*

They both cried. That very day God healed Sis. Jean and she was never bothered with arthritis again. A true miracle; healed in an unexpected and wonderful way. Hers is a testimony of God's power and what he is able to do.

### Sewing Circle



The Sewing Circle continues to meet monthly or as often as possible. There was a slight lull in our production process but when we recently learned of a great need in India, we all picked up the pace and have been busy with our hands once again hard at work making communion cloths to meet the needs of the missions. The most recent request came from our sisters in India who learned of the work being performed by the Sewing Circle and expressed a desire to have sacrament cloths made by the sisters in the USA. The work is growing so quickly in India that 10 large and 4 travel sets have made their way there with the latest visit made by our brothers on missionary trip.

We welcome any sister who has a desire to become involved in this work. If you have no clue as to how to thread a needle, if you have the desire, the Lord will bless you with the talent. Submitted by Sis. Sherri Wasik

### Holiday Tips

I knew a couple who made a date to go visiting once a week, every Thursday evening. Nice, huh? I think we all know, that if we do not set time aside to do these things, days, weeks and months go by without visiting anyone. Don't wait for someone to come to you. Now is the time for us to throw off the covers, turn off the TV, move away from the computer and get out there. Begin with the holidays and keep it going throughout the New Year. Possibly make it a habit; a good habit. Whether with a friend, a mate or by yourself, go out and show others you care. By encouraging and uplifting those around you, you yourself will grow, enrich friendships and be blessed. If you decide to go visiting, remember to talk about the good things of God.

Sis. Eva Moore used to say, "Bring roses, not thorns." Now that's a good tip!

### Recipe

Sis. Ella May Abbott of the Roscoe Branch is one of the best cooks in Western PA. Her family loves this recipe! Try it over the holidays, it's sure to be a crowd pleaser!

- ½ C. packed brown sugar
- 3 T. butter melted
- ¼ t. salt
- ¼ t. cinnamon
- ¼ t. nutmeg
- 1-20 oz. can pineapple rings, drained
- 10 large marshmallows

In a large bowl mix together sweet potatoes, brown sugar, butter, salt, cinnamon and nutmeg. Place pineapple rings in greased 13x9 baking dish. (Heat potato mixture in microwave) Top each slice with ¼ C. sweet potato mixture and a marshmallow. Bake uncovered at 400\* for 10-15 min. or until heated through. Yields: 10 Servings. Yummy!



### Upcoming Events

Area Conference – hosted by the Imperial Local September 6, 2008 **9:30 a.m. – 12:30 p.m.** Lunch following the meeting. \*McKees Rocks, Glassport and Fredonia to bring joy boxes. Each sister is to bring a \$5.00 Wal-Mart gift card with receipt. New Question: (Bible) To whom did the Lord say he would give treasures of darkness and hidden riches of secret places?

Fellowship Weekend April 25 - April 27, 2008 Antiochan Village.

#### New Years Resolution

Are you a student of God's word? Consider making a resolution to read the scriptures everyday. *Alma 34:1 "Yea, even that ye would have so much faith as even to plant the word in your hearts, that ye may try the experiment of its goodness.*

