

RELIEF SOCIETY NEWSLETTER

Volume 3 Issue 3

March 2017

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PRESIDENCY MESSAGE

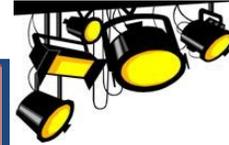
By Sis. Jan Weiss *Relief Society Secretary*

For me, one of the greatest gifts from our Heavenly Father is the gift of the Priesthood. For a long time I did not truly understand how amazing a blessing it is in our lives. Not only is it the authority to perform necessary ordinances that enable us to get back to Heavenly Father and Jesus Christ, but it is the power that Christ used to create the earth, to heal the sick, to perform miracles. I marvel when I think that my husband, a worthy priesthood holder, is able to bring that power into our home. I am so grateful that we can turn to him for a priesthood blessing when a member of our family is struggling, or receive a blessing of healing when one of us is ill or hurt. I have seen first hand how powerful the priesthood can be and will always feel gratitude for this great gift.



MARCH

SPOTLIGHT:
Joanna Galbraith



Joanna Galbraith was born and raised in Tennessee and Alabama. She moved to Utah in 2005 to attend BYU, where she met her husband, Johnny. She graduated with a degree in English Language and Editing. Soon after graduating, Joanna and Johnny moved to New York City and lived on the East Coast for four years before returning to Utah. She has two daughters, Sally and Winnie. Joanna spends much of her time working on her small business with Johnny. She loves being a mom to two girls and enjoys running, reading, photography, and consuming baked goods in her spare time.



SCRIPTURE THOUGHTS

By Sis. Heather Boxell

D&C 88:67

"And if your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you; and that body which is filled with light comprehendeth all things.

I love this scripture because I've always been curious and I want to know everything about everything! This scripture gives me the path for pure and complete understanding if I keep my eye single to Heavenly Father's glory. If we do this, nothing will be beyond our understanding."



MARCH

BIRTHDAY GREETINGS

- Mar 3 - Angela McGuire
- Mar 8 - Mary Jarman
- Mar 14 - Stacey Hellwig
- Mar 17 - Heather Boxell, Laura Gaillard
- Mar 20 - Jennifer Schwerdt
- Mar 28 - April Sorensen
- Mar 29 - Lori Oehler
- Mar 30 - Miranda Wootton
- Mar 31 - Jennifer Winget



Happy Birthday

WEEKLY LESSONS



- 5 - Presidency Message -
- 12- Teachings of Presidents, Gordon B. Hinckley—Chapter 5
- 19 - Teachings of Presidents, Gordon B. Hinckley, Chapter 6
- 26- Teachings Of Our Times

Relief Society Presidency

President: Stacey Jo Hellwig

801-982-1902 sjhellwig@hotmail.com

First Counselor: Kathleen Preslar

801-918-8734 kathpresar@gmail.com

Second Counselor: Krista Jo Horton

435-862-5993 kristajo@hotmail.com

Announcements

*1st Saturday of each Month:
 Ward Temple Sealing 6:30 pm

*Sundays Ward Choir Practice
 2:20 pm Bro. Rayback's
 residence: 4478 W Dorena



FOR THE HOME

By Sis. Jo Hughes

For most of my adult life I have been blessed to have older women as friends in my life. Dottie was one such friend who taught me two important lessons that I follow these 40 years later. First, never raise your voice so loud that people walking by might hear your anger. This taught me to engage my brain before my mouth with my spouse and children. The second was much easier. The first impression people coming to your home have of you is the condition of your front door. No fingerprints or dirt on your front door nor



clutter on your porch. Little did I know that these would soon find themselves in my home.

SPIRITUALITY CHECK

By Sis. Ami Swallow

One of my favorite talks is Elder Bednar's "In the Strength of the Lord," a BYU Devotional he gave in 2001. I end up watching it a couple times a month; sometimes even once a week. In it, Elder Bednar says, "I suspect that you and I are much more familiar with the nature of the redeeming power of the Atonement than we are with the enabling power of the Atonement." I find that I need constant reminders of how the Atonement is also meant to provide me with divine means of help and strength. Do we acknowledge our daily dependence on the enabling power of the Atonement?



COOKING CORNER

By Sis. Kyrina Combs

One Pan Chicken Alfredo

Prep: 5 Minutes
 Cook: 25 Minutes

Ingredients:

- 3 tablespoons olive oil
- 1 1/2 pounds boneless skinless chicken breast
- 2 cloves garlic
- 1 can chicken broth 14 oz
- 1 cup heavy cream
- 1/2-3/4 pound penne pasta uncooked
- 2 cups parmesan cheese shredded
- 1 dash salt and pepper

Instructions:

1. Start by cutting chicken breasts into 1



- inch pieces. Season with 1/2 a teaspoon of kosher salt and a few turns of pepper.
2. Brown chicken in olive oil over medium high heat.
3. It does not need to be cooked through at this point, it will continue cooking as it simmers.
4. Once chicken is browned, add minced garlic and saute for about one minute.
5. Add chicken broth, cream, and uncooked pasta to pan and stir.
6. Bring to a boil, then cover and reduce to a simmer.
7. Simmer for 15-20 minutes or until pasta is tender.
8. Remove from heat and stir in shredded parmesan cheese.
9. Season with salt and pepper as needed. Keep pan covered while pasta and chicken simmer. Serve with rolls and salad.



From the Editor

Dear Sisters,

Time flies so quickly... We're on the third month, if you have some other suggestions you would like to add in the newsletter, I am open for new ideas; I welcome volunteers. Please let me know if you would like to submit an article, I'd appreciate it.

In about one more week, "Happy St Patrick's Day!"



Love From,
 Janet Sorensen
 jdrsorensen@gmail.com

