

# ASHEVILLE WARD RELIEF SOCIETY

December 26 – February 7



## Upcoming Lesson

Laura Perry will be teaching our lesson this coming Sunday. She will be covering the talk “The Things of My Soul” by Elder Rasband. Please try to read the talk ahead of time and come with thoughts to share.

## Temple Trip

Our first relief society temple trip will be on Wednesday, January 5<sup>th</sup>. We will be meeting at the church at 5:45am.

## Feed Our Missionaries

Our sister missionaries could always use a meal. They can eat in your home, or- if you're not comfortable with that- you can have them pick up a meal from home.

## Got Any Old Kitchen Appliances?

Wynn Vogel is collecting old kitchen appliances to donate to Homeward Bound- an organization that provides housing and support for people who are homeless. If you find yourself sorting through stuff this January, please keep your eyes out for any kitchen things!

## BIRTHDAYS



Dec 26- Angela Rogers

Dec 29- Brittany Wike

Jan 3- Chantel Smith-  
Bowen

Jan 4- Kathryn Guiffre

Jan 5- Leah Simpson

Jan 7- Rachel Gibson

Jan 8- Leigh Ann

Youngblood, Rena  
Williams, Gisell Cruz

Jan 10- Johntay Beauty &  
Katlyn Keeney

Jan 11- Laura Holt

Jan 12- Molly Nef & Anne  
Gibson

Jan 15- Patty Stevens

Jan 16- Cindi Lemkau

Jan 17- Laurie Ann Smith

Jan 19- Therese Hobson &  
Paola Reyes Negro

Jan 20- Vangie Norton

Jan 23- Irinia Whiting

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## A Quick New Year's Note

January is a month run by resolutions. Resolutions about eating, exercising, being more productive, studying scriptures, serving, limiting screen time, improving habits, introducing new ones... the list goes on and on. While goals can be good things, it's important to remember that goals are only good so long as they serve you. Philanthropist Andrew Carnegie once said, "If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes." Note that he did not say, "Set a goal that consumes your thoughts, drains your energy, and replaces your hopes." If you are one for making goals in January, strive this year to set goals that excite and energize you; that means adopting goals because you want to, not because you feel like you should. A few other things you can do to set yourself up for success in achieving your goals might include:

- 1) Picking a "point person"- a person you will contact regularly to discuss how your goal(s) is/are coming along
- 2) Set specific, measurable parameters for defining your goals (so instead of saying, "I'm going to paint more," you might say, "I want to paint 'x' number of paintings this year")
- 3) Read a goal-setting book. Some popular ones include...
  - a. Goals! How to Get Everything You Want Faster Than You Ever Thought Possible (Brian Tracy)
  - b. The Complete Idiot's Guide to Reaching Your Goals (Jeff Davidson)
  - c. Atomic Habits (James Clear)

*(birthdays continued)*

Jan 24- Lexy Gunnell &  
Judith Taylor

Jan 25- Beverly Phelps

Feb 2- Susan Baldwin

Feb 3- Elli Cole

Feb 4- Lacie Howell &  
Delma Torres

Feb 5- Amy Eliason &  
Ginger Ankeid

Feb 6- Shanda Zachman

Feb 7- Lori Blinderman

Finally, let's strive to mentally separate our goals from our worth. That's easier said than done. It might require repeating a mantra every day (i.e. "My ability to achieve my goals is not equal to my worth"); praying for help; asking loved ones to remind you of this valuable truth. This "Self-Improvement Season," I hope we all can silence the voice in our heads telling us how inadequate we are; and give greater heed to the One telling us we are enough. Welcome to the New Year Sisters! We are here to help you every step along the way.