

ASHEVILLE WARD RELIEF SOCIETY

March, 2022

Conference Prep Activity

Our March 10th activity has been rescheduled for **March 31st at 7pm (at the ward building)**. We will be listening to some speakers, learning how to prepare charcuterie boards and other fun conference snacks, and distributing handouts and physical activity ideas for keeping kids busy!



TAKEAWAYS FROM "TIME OUT FOR WOMEN"

(Written by Alli Harker)

Hey ladies! This last week I was able to go to 'Time Out for Women,' and I wanted to share a few things I learned. Some of my favorite speakers included Joy Moore (she runs the *Better than Happy* podcast), Emily Belle Freeman (of the *Don't Miss This, Come Follow Me* podcast), the Sistahs in Zion, and sister Elaine Dalton (former YW General President).

The theme of the conference was "Glorious Light," referring to the light the Savior radiates, and how that light can change our lives.

BIRTHDAYS



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- March 2 – Tammy Martin
 - March 4- Destiny Arcane
 - March 5- Kristen Curriden
 - March 9- Rachael Pearce
 - March 11- Amberly Church
 - March 12- Crystal
Hildenbrandt & Emily
Mock
 - March 13- Christina Hazelman
 - March 14- Randi Van &
Katelyne Argueta-
Martinez
 - March 19- Autumn Moore
 - March 23- Lois McCombs
 - March 24- Martha Garvin
 - March 27- Marcia Bennett
 - March 28- Erin Jones
 - March 29- Kim Garner
 - March 31- Jennifer Hartzog &
Carmin Olivares Rocha

Sister Dalton invited us to do some “spring cleaning” and remove the debris in our lives that may be blocking the pure light of Christ from entering in. What could this debris be? Anything that is getting between you and your Savior. How can you get closer to Him? The answer will be different for everyone. Perhaps you need to reprioritize your time, step away from social media, or set goals to actively strengthen your testimony. Sister Dalton suggested that we pray to know where the debris is in our lives and how to remove it. Isn't it easier to see the sunshine through clean windows? Removing the mental and spiritual debris in your life can help you to better feel and see the Savior's light.

Another comment that really resonated with me was a response to someone asking about how to get over a spiritual plateau. Have you ever felt like you have plateaued spiritually? For example, maybe reading a general conference talk each day used to help you feel the Spirit a few years back, but you just aren't feeling very uplifted from that anymore. What's the problem? Are you not as spiritual as you once were? The Sistahs in Zion suggested that we think of a plateau, not as a huge problem or lack of faith, but as a need for a shake-up. Thinking of my testimony as a muscle helps me understand this principle. If I go to the gym and do the exact same exercise or lift the same amount of weight each and every day, am I going to get stronger? No! We need variation. We need a challenge! If you feel like your spiritual routine is not actually feeding your soul then it is time to shake things up. Be creative! Are you having a hard time reading your scriptures daily? Try something new! Instead of reading chronologically, you could try studying by topic, or reading the books out of order. Whatever helps you to get excited about the gospel again is exactly what you need to do.

We live in a world where darkness is rampant. If you feel like there are dark places in your life, I invite you to search for the glorious light of our Savior. He truly is the Light of the World. Let Him Light your path, your day, your life.

“Lead kindly light, amid the encircling doom. Lead thou me on.”

Love you guys! -Alli Harker