

# Stake Young Women History 2015

Stake Young Women Presidency

Peggy Knudsen – President

Trina Benson – 1st Counselor

Judy Fackrell – 2nd Counselor

by Kim Kehl – Secretary

## Ward Conferences – January -February

Our General Youth Theme was “Therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind and strength, that ye may stand blameless before God at the last day” (D&C 4:2). As a stake YW Presidency, we decided to address the YW women in the stake with how they can be “anchored in Faith”. Our message to the young women during ward conference was taken from a talk by Elder M. Russell Ballard entitled, “Anchor to the Soul.” Peggy Knudsen, President, spoke first. “In his talk, Elder Ballard noted that just as a ship’s anchor is used to keep a ship safe and steady during rough seas or storms, we need spiritual anchors in our lives to keep us steadfast and prevent us from drifting into the sea of temptation. Our faith in Heavenly Father and Jesus Christ is the main anchor we must have to hold us fast and prevent us from drifting. He likened the links in the chain that raise and lower the anchor to gospel teachings such as prayer, scripture study and service. We also included Personal Progress as a link that can keep our chains strong and anchors secure. One of the YW noted that a chain is only as strong as its weakest link, so it’s important to keep each link strong.

## Service

Our 2015 mutual theme was “O ye that embark in the service of God.” (D&C 4:2) When we embark in the service of God, we’re joining the greatest journey ever! “For the Strength of Youth” tells us different ways we can serve, such as serving in our Church assignments, at school, and in the community. It reminds us that “often the most meaningful service is expressed through simple, everyday acts of kindness.”

President Hinckley reminds us of the blessings we receive from serving when he said, “If we want joy in our lives, if we want the Spirit of the Lord in our lives, let us forget ourselves and reach out.”

Not only can we serve those who are living, but also those who have died by doing family history and temple work. Elder Richard G. Scott said the following:

“Do you young people want a sure way to eliminate the influence of the adversary in your life? Immerse yourself in searching for your ancestors, prepare their names..., and then go to the temple to stand as

proxy for them to receive the ordinances of baptism and the gift of the Holy Ghost... I can think of no greater protection from the influence of the adversary in your life.”

As we serve others, living or dead, we will receive blessings that will make our chains of faith strong and keep our testimonies safe and secure.”

Trina Benson, 1st Counselor, talked about the importance of prayer. Liz Papadopoulos once said, “Effective communication requires more than an exchange of information. When done right, communication fosters understanding, strengthens relationships, improves teamwork and builds trust.” We learned from Sister Knudsen that Christ is our anchor and I believe that prayer, which is our way of communicating with Him, is one of the most important links that connects us to our Anchor. I love thinking about the founding brothers of this nation. There is no doubt they were deeply religious and talked often to the Lord, asking for his help and direction. Pres. Abraham Lincoln is quoted as having said, “I have been driven many times upon my knees by the overwhelming conviction that I had no where else to go.”

In searching our scriptures, we find many examples of people going to the Lord in prayer. There are over 200 references in our scriptures of people going to the Lord in prayer. In fact, President Boyd K. Packer has said, “Prayer is so essential a part of revelation that without it, the veil may remain closed to you. Learn to pray. Pray often... Prayer is your personal key to heaven.” Trina compared prayer to using our cell phones and asked the questions; How many of you have your cell phone with you today? How many of you have used your cell phone today? How many times do you think you’ve used it so far today? She shared a personal story of how prayer played a role in the adoption of her two children.

Judy Fackrell, 2nd Counselor, talked about Personal Progress and how it can be an anchor to us in the storms of life. “As we talk about embarking in the service of God, and anchoring ourselves in Christ we draw upon the comparison of the chain that holds the anchor. Each link in our gospel chain is vital to keeping us safely anchored. The links are the daily acts that keep us focused and build our testimonies.

In speaking of the links in our gospel chain Elder Ballard said...“Remember, a chain is only as strong as its weakest link. We must take care every day to examine our own personal chain to anchor our souls to the gospel and see if we have any weak links that may make us vulnerable to the influences of the devil.”

Continue to make Personal Progress an active part of your life, whether you are done, or still working on it. I talk about it as an important link, yet it is something that will actually strengthen every link in your personal gospel chain! Personal Progress is something that is very individualized. You make it what you want. You focus on what you need! It can be as beneficial as you want it to be, you can easily count things that you've already done, or you can stretch yourself to truly make needed changes, and growth in your life.

Great quote in the Personal Progress book from President Benson: "Give me a young woman who loves home and family, who reads and ponders the scriptures daily, who has a burning testimony of the Book of Mormon. Give me a young woman who faithfully attends her church meetings, who is a seminary graduate, who has earned her Young Womanhood Recognition Award and wears it with pride! Give me a young woman who is virtuous and who has maintained her personal purity, who will not settle for less than a temple marriage, and I will give you a young woman who will perform miracles for the Lord now and throughout eternity."

Make Personal Progress a meaningful part of your life, and it will help you become the type of young woman that does miracles for the Lord!"

Kim Kehl, Secretary, talked about scripture study, as an anchor and shared personal experiences of how meaningful scripture study has changed her life.

"Scriptures are like a road map. They can help point us in the right direction and get us to where we would like to go. In contrast, many people travel through life without good guidance, lacking knowledge of a desired destination or how to get there.

When I had my first child it became clear to me what a huge responsibility it was to be his mother. I often wondered why children didn't come with manuals. As he grew older and became a teenager, I needed more than just how to care for a child, I needed spiritual insight. I soon found out after much thought and prayer that the scriptures had all the answers I needed. I realized the scriptures read today help with tomorrow's problems. There have been many times I have been able to recall scriptures read many months ago that helped me with a situation or a problem I was dealing with at the moment.

My husband, Kevin has a passion for memorizing scriptures. He committed to memorizing a scripture a day on his mission. He can still remember the scriptures he memorized 32 years ago.

An important component of the Seminary curriculum is Scripture Mastery. It is a tool to help us in our lives as well as the lives of many others.

"As I think about your schedules and the pressures you face at this time in your lives, I can understand why scripture study can so easily be neglected. You have many demands pulling at you. In some cases, just maintaining your social life is a full-time occupation. But I plead with you to make time for immersing yourselves in the scriptures. Couple scripture study with your prayers. Half an hour each morning privately studying, pondering, and communicating with your Heavenly Father can make an amazing difference in your lives. It will give increased success in your daily activities. It will bring increased alertness to your minds. It will give you comfort and rock-steady assurance when the storms of life descend upon you" (Elder M. Russell Ballard, "Be Strong in the Lord, and in the Power of His Might").

Time for scripture study requires a schedule that will be honored. Otherwise, blessings that matter most will be at the mercy of things that matter least."

We thoroughly enjoyed the time we spent in each ward getting to know the presidencies and all the YW in our stake.

### **Social Media**

We know how important social media is to the youth so we decided to connect with them on Instagram and Facebook. Pictures are posted from various activities and an occasional quote. This tool is also used for event reminders. It is fun looking back on the year through pictures that have been posted.

### **Stake Basketball**

The basketball season started on March 5th and ran for 3 weeks with games being played at the Stake Center. There were 5 teams: 1st ward, 2nd, 4/9 6th combined, 7th ward and 3rd ward. 3rd ward and 1st ward went on to regionals but lost in the second round of playoffs.

### **Bishop's Council Meeting – April 19th**

The Stake YW and YM leaders were asked to speak on “What we can do help youth instill faith in marriage. Kim Kehl spoke in behalf on the YW. Kim and her husband have been serving in a YSA ward and have come in contact with many single adults in the area that are struggling with faith in marriage. She addressed some of the issues and offered recommendations as listed below.

#### **I Road Blocks**

- A Technology decreases the need for one on one communication
- B Youth are “hanging out” rather than dating
- C Unrealistic expectations - “holding out for the man/woman of my dreams”
- D Pornography
- E Scared to commit because of exposure to failed marriages

#### **II Recommendations for Improvement**

- A Speed Dating Activity – encourages dating
- B Married Couple Panel – open discussions
- C Increase Temple attendance
- D Increase discussion on marriage during lesson time
- E Form habits that will encourage youth to “Be the Right One” –  
scripture study and prayer

### **Graduating Laurels Attended YSA Ward – May 17th**

As a Stake YW Presidency, we decided to try something new this year with the graduating Laurels. The YSA Bishoprics have encouraged the youth to start attending a YSA ward following graduation. We thought to help this transition it would be a great opportunity for the Laurels to attend the entire block in the YSA ward. We provided advance notice to the leadership so they could plan the meetings accordingly. The ward went out of their way to make the girls feel welcome. Following the meetings we had a brunch in the relief society room that was prepared by the Stake YW and Relief Society Presidencies.

### **Service Project – Draper Temple Flower Planting – May 21st**

We had the opportunity of taking the YW and YM to plant flowers in the gardens at the Draper Temple. We had a great turnout and all the youth and leaders had a wonderful time. Following the service, we had pizza and drinks socialized and took pictures in the parking lot.



### **Seminary Graduation – June May 31**

The speakers were Lida Borland and Carter Matheson, with closing remarks by President Parker. Principal Peter Hilton presented the graduates. There was a special musical number by Sarah Young and Levi Lambson. This was the first year that certificates of completion were also awarded to the youth who did all their reading during the year.

### **Fourth Year Hike – July 10-11**

The Fourth Hike started at Little Cottonwood Canyon. We hiked up to Sunset Peak and the over to Kim Kehl's family cabin. Peggy Knudsen and Kim Kehl were joined by Mia – Maids from each ward and President Ringwood. We stopped on the way down to the have a quick devotional put on by Annette

Johnson, 4th Year Hike Leader. She handed out sunglasses to all the girls and then talked on having an eternal perspective when we look at things.

When we arrived to the cabin, the girls participated in a service project by cleaning up garbage around Silver Lake. Following the service project, we played games and had a delicious Café Rio dinner brought up by Trina Benson and Judy Fackrell. It was a very fun evening. Some of the girls slept out on the deck. In the morning we had bagels and then cleaned up and headed home. As leaders we felt like we accomplished the purposes of the 4th Year Hike, which are to:

- 1) Challenge the girls physically and spiritually by pushing them out of their normal routine!
- 2) Build testimony in Jesus Christ by providing experiences that invite the spirit!
- 3) Build unity amongst the girls in the stake!
- 4) Teach new skills!
- 5) Build trust in themselves, in each other and in the Gospel plan! !

### **Stake Volleyball – October**

On October 1, 15 the young women began volleyball at the stake center where they played three games a night for 4 weeks. Wards came at 6 pm and were placed together to make teams. First and seventh wards combined to make a team and went to play in the playoffs taking 2nd place in regionals.

### **Multi-Stake Speed Dating Activity- November 4th**

Olympus, Brighton, Skyline and East Stakes combined for a Speed Dating Activity on Wednesday, November 4th at 7:00 at the Holladay South Stake-Milo Ward Building. It was a very well attended and successful activity. Participants were all given a list of questions to ask their partners within a 5 minute time period. Following the activity, the leaders provided dessert.

### **Stake YW Leadership Training Meeting – November 19th**

Our theme for the training was “Come, Follow Me” taken from the teaching program designed for the youth. We wanted review the information available online and have open discussion to assist the ward presidencies with implementation of this wonderful program. Peggy Knudsen opened the meeting with a summary and overview of the program. Kim Kehl spoke on the first component, which is “share experiences”. Trina Benson focused on the second component “teach” and Peggy Fackrell talked on the third component, “testify”. President Staples closed the meeting with his testimony. We had a wonderful evening and there was positive feedback by those who attended.