

Tiffany lived openly and fully. At a young age she developed great faith in God and His love for us and maintained that her whole life.

She taught her children this faith. She lived it in the privacy of our home and also in public. She shared her faith in her writings and when talking to our children and to her friends.

Shortly before her death she wrote in one of her last emails, "I'm just putting my life in the Lord's hands. He is the final decision maker. If it's my time to go it's my time to go." That is the essence of her great faith and trust in God.

For 18 months she had done everything in her power and ability and strength to preserve her life for me and our children's sake. She wasn't afraid to die. She was worried about us losing a wife and mother. She lived her faith fully to her last breath.

This book is a legacy of her faith for her children and posterity, that their faith may continue to be strengthened through hers.

- Damon Janis



If It's My Time To Go, It's My Time To Go
The Faith, Strength, Conviction, and Love of

Tiffany Janis



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Compiled by Damon Janis
Designed by Heather Janis



If It's My Time To Go,

→ it's my time to go ←

The Faith of Tiffany Janis
Shared In Letters To Her Children, Relatives and Friends

***"I think that love is the most important thing in the world
and that's what we're here to do: to learn how to love and
I'm enjoying that so much!"***

- Tiffany Janis
(two weeks before her passing)

Introduction

A Love Through the Ages



Being Tiffany's caregiver for 17 months caused me to feel a deeper love than I ever imagined possible. Before she was sick I thought I loved her deeply. I had no idea.

This picture is Dec 14, 2014 right after church in Katy, Texas. Two weeks before Tiffany's body succumbed to cancer. She passed away on Jan 1, 2015. My sister Alissa took the photo and captioned it appropriately "A Love Through the Ages." Tiffany true to form turned and kissed me just as the picture was snapped. She brings a smile to my face.

As I recently contemplated this deep love and it's source I felt a desire to express it by writing a letter to Tiffany.



October 9, 2015

Dearest Tiffany,

I thought I knew what love was when we met at sixteen and were instantly best friends.

Over these 32 years I have been amazed at how that love has grown never imagining how deep it would and could become.

I loved you more when you said “yes!” and we got married.

I loved you more when your belly was about to pop five times and you were so excited and I was so nervous.

I loved you more when you gave birth five times and over the pain smiled with joy and love at the life you brought into the world.

I loved you more when you were tired at the end of the day and I'd come home from work and you were sitting on the couch out of your mind and drained of energy and our children still running around like crazy and you apologized for not having dinner ready and I gave you a kiss and said “let's go out to dinner!”.

I loved you more when as you were still asleep after a colonoscopy the doctor with sad eyes and a grim expression invited me into a private consultation room and showed me the images of a large tumor completely blocking your colon.

I loved you more as we cried together alone in the hospital room and I said through tears “it’s all so overwhelming” and you looked at me with compassion and tears in your eyes and a tube down your nose and nodded your head.

I loved you more when we found out the tumor was colon cancer which had already spread to your liver and you responded by writing down all the things you were grateful for.

I loved you more as we sat day after day in the infusion rooms and you smiled and chatted with and befriended the other patients encouraging them and sharing your love and faith.

I loved you more as your body became too weak to ride your bike and you looked at me with sadness but acceptance and I helped you put the bike back in the garage for the last time.

I loved you more as you were determined to walk through the door into the grand room where our son was getting married and 60 friends and family were already seated and I helped you get out of the wheelchair and held your hand and steadied you as you made your grand entrance into the room

and walked to your seat of honor with a grand smile on your beaming face.

I loved you more as your body was shutting down and you asked for me to drive you around to look at the Christmas lights one last time and you looked out the car window without saying anything deep in your own thoughts.

I loved you more as I lay next to your side in our bed at midnight as the New Year rang in as the fireworks exploded in the sky around us and your breathing gently slowed and you quietly took your last mortal breath.

I loved you more as I felt your spirit freed from your body and fill our home and my heart with the most incredible love I never imagined I could feel.

Yes, I thought I knew what love was back then. 32 years later now I know.

Yours forever,

Damon

Blessings

Tiffany and our family received many blessings throughout Tiffany's sickness. We learned that Heavenly Father is very kind. He is aware of us. Even though we didn't get the blessings we desired that she be healed and live, there were many beautiful blessings along the way.

That's the nature of life. There are dark and difficult times. In those times if we look we will see the blessings of our God. We felt much gratitude for these blessings.

Here are some of the many blessings we experienced.

- Taylor made it home in time to spend the day with Tiffany before she died.

- Tiffany witnessed Damon and Macall's sealing.
- Tiffany got to see her family and my family in Utah a few days before she died.
- Tiffany got to teach and bear testimony to her family and my family.
- Tiffany earned her Personal Progress with Emily
- Tiffany recorded reading books for our grandchildren.
- She lived three times longer than expected.
- Her hair never fell out. This was so important to her.
- She was able to teach Relief Society right up to the end.
- Taught the most powerful lesson in Relief Society the women ever had.
- Was able to stand and bear a powerful testimony to our Ward in December 2014.
- 192 ward and stake friends came to our house and sang Christmas Carols to her and she got to

hug each one and say goodbye.

- She got to have Spencer serve her for months.
- In her last communication, she was able to blink twice -- two big blinks -- to let Heather know how she loves her.
- She was able to stay at home and be comfortable.
- She had Jamie as her nurse at the end.
- We could afford to charter a jet to Utah.
- Jaime was able to come and help on the Utah trip.
- We could afford all the alternative treatments.
- We could afford to live in Scottsdale for 6 months for her treatments.
- I got to be with her the whole 1.5 years and didn't have work get in the way.
- Emily was able to spend lots of time with her.
- Her mom was able to come visit regularly.
- She got to call her mom daily.

- Brandon gave me so much support that helped me care for Tiffany better.
- Elder Russell M. Nelson comforted her in the temple. She had never met a member of the 12 before.
- She got the perfect open house she wanted for Damon and Macall.
- She got the perfect outfit that she loved for the sealing day.
- Nynke Fillerup, a doctor and Tiffany's friend, was the admitting doctor at the hospital the day Tiffany was there. She followed inspiration that led to the perfect home care solution Tiffany desired.
- Dr. Allibone was able to get her abdominal fluids drained in time through his network after the hospital refused to do it.
- Heather committed to complete Personal Progress again.
- Tiffany got to show love to Heather and her

friend and her friend's baby.

- Tiffany enjoyed eating the lunch at the wedding luncheon, which was her last meal.
- She enjoyed a beautiful Thanksgiving and enjoy the meal.
- She had her favorite Christmas tree of all time this year.
- She loved Christmas this year. She loved the lights on the tree. She loved our candlelight dinners every night. She loved the fires in the fireplace each night.
- She got to connect and spend time with Shelby as they worked on Personal Progress.
- She got blessings from my dad, her dad, and her brother John.
- After the Christmas Caroling she got a blessing a missionary who happened to be from Brazil.
- She made new and close friends in Arizona through Taylor.
- She got to see Taylor on his mission 3 times and

even got to attend one of his baptisms.

- She got a blessing from Taylor while on his mission.
- She was able to ride her bicycle right up to the end.
- She got approval from Dr. Contreras for fluid bags and nutrients from Dr. Allibone the last few weeks.
- She died peacefully in our bed just after midnight as the New Year ushered in, giving those of us left behind an opportunity to remember to celebrate a wonderful future and reunion with her.

Section 1 of 2

These are quotes extracted from letters Tiffany wrote to her brother John while he was serving his mission in Japan and span the years 1992 to 1994.



*We have a loving Father in
Heaven whose ways are perfect.*



*I know Jesus is the Christ, the
Son of
God, the Savior of the world. He
lives.*





*Christ atoned for the sins
of all mankind.*





*Jesus is the Only Begotten of
the Father in the flesh who lived
a spotless life and atoned for our
sins and overcame death to give
us eternal life and access to
exaltation.*



*Christ is the way, the truth and
the light.*



(This is one of Tiffany's favorite paintings of Christ)



*I am so grateful to the Savior
for suffering for me so that I
may, through Him, have eternal
life.*





*I know Jesus is the Savior and
the He loves us more than we can
comprehend.*

*I hope someday to develop and be
blessed with the gift of charity to
feel a portion of the love Christ
has for all men.*





*Jesus Christ stands at the
head of the Church.*





*Jesus is the Only Begotten of
the Father in the flesh who lived
a spotless life and atoned for our
sins and overcame death to give
us eternal life and access to
exaltation.*





*The Lord loves each of us
perfectly,
and is aware of each of us
personally.*





*I love Him and am grateful for
His
eternal sacrifice for me.*





*Jesus is the gospel: his example,
atonement and resurrection.*





*The Holy Ghost is a powerful
testifier and will testify of all
truth.*





*I know that obedience and
repentance are the keys to
gaining exaltation.*





*I know that through the
atonement all who repent and
obey and endure can have all
that the Father hath.*





*We can all be forever families if
we live up to our temple
covenants and endure to the end
faithfully.*



*Life has purpose; and man is
that he might have joy!*



*Babies and families are so
beautiful in His Plan.*



(Tiffany circa 1967)



I have a testimony that Jesus Christ is the son of God and He came to earth to fulfill the Plan.



Families are so important! And Satan is attacking the family from all sides. I look around and my heart aches for children who are growing up in such awful situations of single parents, divorce, abuse, and without the gospel. I feel so fortunate to have had the secure upbringing and to be able to raise a family in healthy and loving circumstances.





*The gospel is true and beautiful,
and I love it so much!*





*The gospel is simple, perfect, and fits
together just right everywhere!*





*The gospel is eternal and perfect
and immovable.*





True happiness isn't found at amusement parks or fairs or in material possessions. It's found in living the gospel of Jesus Christ. The main thing that helps me deal with all the negative, horrible stuff the world is involved in is my faith in Jesus Christ. That there is a better future through Him and ultimately good will triumph over evil. That faith and testimony makes life worth living and inspires me to do my best and gives me a "perfect brightness of hope"





I know that obedience to the principles of the gospel makes a person happy and the Lord will bless him. And that disobedience brings punishment and misery.





*The gospel is true, it is the rod
that we must cling to in this mist
of darkness!*



I know the gospel is true and that this church is His church and is the Kingdom of God on the earth. I am grateful for its constantness in this world of ever increasing insecurity and instability. I find peace and safety in the gospel's message. There is hope, and righteousness will win in the end! I hope and pray that my family – the one I grew up in and the one I'm raising – will be on the Lord's side when He comes again!



I know we have a living prophet and he is guiding and directing this church and is a prophet seer and revelator.



(Tiffany always said that the prophet of her youth, President Spencer W. Kimball always held a special place in her heart.)



The things he [the prophet] tells us are from the Lord and I have a strong testimony that following the prophet brings security and many blessings and I am so grateful to have latter day council and know that I have a direction to follow.





*[The prophet] tells us the will of
Christ.*





Joseph Smith saw God the Father and His only Begotten son, Jesus Christ, and through him the gospel was again restored to the Earth . . . ushered in the Dispensation of the fullness of Times . . . [and] restored all the keys of the gospel to the earth. And we are so blessed to have it. It is what guides my boat through the turbulent waters of these latter days.





*I know Joseph Smith is the
great prophet of the Restoration
and that “great is his glory and
endless his priesthood.”*





*I know the Book of Mormon is
true . . . [is] the true word of
God . . . to us and the world . . .
contains the fullness of the
gospel . . . [and is] another
testament of Jesus Christ.*





*The Book of Mormon brings us
close to God, teaches truth and
doctrine and warns us in our day
of the evils and pitfalls that
could eternally harm us.*





*I feel its power [the Book of
Mormon] each time I read.*



*It [the Book of Mormon]
testifies of Christ, and tells us
things we need for our day.*





*I want you to know that I know
the power of prayer is real.*





*The Lord hears and answers my
prayers daily and I'm so grateful
for His love and presence in my
life.*





*Heavenly Father hears and
answers every prayer.*





*I truly have a **STRONG**
testimony of tithing and a
generous fast offering!*





*The Lord has blessed Damon and
I so abundantly both temporally
and spiritually.*





*I acknowledge His hand in
everything good and wonderful
in my life and my family's.*





*I am grateful to have been born
and raised in the true and living
church
on the earth.*





*I am grateful that I have the
gospel in its purity to guide my
actions and decisions.*





*I'm grateful for the Holy Ghost,
for prayer and for the
Atonement which are all
precious gifts the Lord has given
us to help us gain eternal
exaltation.*





*We are so blessed to be living
today
in this time.*





*I'm grateful that I have a
testimony of these things.*





*I'm so grateful to understand
what I do and to be a member of
the Lord's earthly kingdom in
these days!*





*He has blessed me so abundantly.
I feel so spoiled. I have so many
weaknesses, I feel I am not doing
an adequate job of building the
kingdom. But I will keep trying
and hopefully the Lord will be
able to use me in spite of my
faults.*





I have a testimony of faith.





*Through faith in Jesus Christ,
we need not fear, as long as we
are faithfully striving to keep the
commandments and our
covenants.*



Miracles do happen.





*I hope I will stand as a witness
of Christ always.*



Section 2 of 2

These are quotes extracted from emails Tiffany wrote to her children, extended family, and friends from 2007 to the end of 2014, just a few days before her death.

She died at 1:10a on January 1, 2015 peacefully in our bed at home as the celebrations of fireworks were bringing in the hope of a New Year.

Her timing is a gift. A gift for us to remember the hope of newness and optimism in the future. A future where we will all be reunited with her. She gave us a gift of remembering the Atonement, the Resurrection, and the Eternal Nature of Life.



The gospel is REAL and it is more fantastic and amazing than anything anyone can make up. It makes sense, it is so merciful and beautiful and personal and we have such potential. The doctrines of our gospel are so powerful and glorious, I am so grateful to have the knowledge that I have.





Faith is a power and if we are worthy and seek God's will, ask for specific blessings and are willing to do whatever it takes to achieve what we are asking for, the Lord cannot withhold the blessings. He is waiting for us to ask.





The gospel is so amazing and makes so much sense. It gives such purpose to life. It's easy to take the knowledge and guidance for granted, but when you think about sharing it or that someone doesn't have it, it fills me with such gratitude!





The gospel is true and beautiful and comforting and makes sense and has answers and gives purpose and I am so grateful for it. I know Jesus Christ is the Savior of us all and there would be no hope without his sacrifice. I know Joseph Smith restored the gospel in the latter days. He was God's chosen prophet to usher in the fullness of the gospel. And because of that, the Heavens are open and God has a mouthpiece on the earth again. I know that President Hinckley is a prophet of God.





The gospel is true!





*Keep up the faith! Ask and it
shall be given.*





I just love the gospel. It is so simple and yet beautifully intricate and woven all throughout history with prophecies and signs and wonders in the Heaven and on Earth. I am so grateful for the Atonement and the hope that we have because of it.





Life is GREAT!





*Don't stress, the Lord is in
charge.*





*The gospel is so true! The gospel
is the most wonderful message...*

*The Savior loves his sheep ...
and He loves you.*





The gospel means everything to me. I am so grateful that I know that there is a prophet of God on the earth today, speaking to me to guide me back to a Father in Heaven who loves me and has a plan for me and who sent His Son to atone for my sins that I may stand clean before Him. I am so grateful to have the Book of Mormon and know that it is the word of the Lord and saved for my day that I can benefit from it. I am so grateful for the gospel of Jesus Christ that gives me a way to live and provides the roadmap for my life.





I am so grateful for the gospel! It gives me a better perspective on life than the material things. It's so easy to get caught up in the rat race or in such temporal things, but then the scriptures or a lesson or talk will pull you right back to what really matters. The gospel also gives me a greater sense of how much Heavenly Father loves His children, to give us prophets, scriptures, prayer, the Holy Ghost, personal revelation, and a Plan of Salvation. He is so orderly and His Plan is thought out perfectly and omnisciently and that gives me comfort in a world of mortals who you can't count on 100 percent of the time ever. Life has meaning and purpose because I know that nothing happens without Him knowing about it. Heavenly Father knows our individual lives and is aware of all we are experiencing. And I know that He will make all things work out for our best good in the end. Knowing that gives me comfort, peace and joy.





*The gospel is so true! And
wonderful! And simple!*





I love the gospel! I love Jesus Christ, He is the only way to happiness. He never forces, just lets us know He loves us and invites us to come to Him. And as we do, keeping His loving commandments and following His wonderful prophet, we feel peace and joy.





As a parent it is so hard to let go and put your trust in the Lord, but when you do, and "wait on the Lord," you see His hand and realize He never gives up.





*Have faith and go forward in the
strength of the Lord!*





The Book of Mormon is such a powerful testimony of Jesus Christ and of His love and Heavenly Father's love. They are such a part of our lives and yet with the veil and their law of agency, they give us so much space to try to learn and grow on our own. It sometimes feels like we ARE alone, but we aren't. And it's through the tender mercies that we recognize His hand and realize He isn't so far away after all. It's so comforting.





The gospel is so wonderful. It is so true. Go forth in the strength of the Lord and nothing will be impossible. He will prepare the way for you to accomplish that which He has commanded.





I have a greater appreciation for the Atonement. There was just a small aha moment, but trying to explain it just sounds more like those stories like the seminary class that had the donuts and the boy that had to do push ups for each student and by the end of class he was sweating and the class was crying, or the story about the big boy who took the whipping for the little boy who took his lunch. But somehow it was more real to me, how for everything that we do to hurt another person, Jesus was punished in a very terrible way. People in the church who want revenge don't understand that *that* is what the Atonement *was*! And if the person doesn't repent, then they *will* suffer as Christ

did, just not right now. But when the Lord says, "I the Lord will forgive whom I will forgive, but of you it is required to forgive all men," it's because He has paid a terrible price for that wrong, and He can judge the heart of the person to know whether they meet His criteria for true repentance. I think if you know that with all your heart, it would be easier to forgive someone, as well as be humbled to the depths in gratitude that He loved us enough to take our punishment for us. I'm so grateful to Him for His sacrifice; I love Him so much!





I feel so blessed! My life is so wonderful and full! I am most especially grateful for the family I have, for my parents, siblings, husband and children and all the love I give and receive from them. Also most especially grateful for the gospel, for the Savior who made all things possible and gives us all hope because of the great Atonement. Traditions like Christmas tie these two amazing blessings together and that's why I love Christmas, a time to strengthen family bonds with extended family as well as my nucleus family with fun traditions like candy in stockings, candlelight dinners in Dec., pajamas Christmas Eve, reading The Best Christmas Pageant Ever, and putting on our own pageant. Then the whole reason we celebrate is to honor and worship the Christ, who was born to save the world from sin, heal all wounds, make everything right, overcome death and bring us a fullness of joy. It's the best holiday!





His invitation is everywhere in the scriptures!
That if we just would turn to God, that they wouldn't
have "more sorrow", but would have peace and joy. It's
a cause and effect and the Lord knows, but we
sometimes would just kick against the pricks and
continue sorrowing and living in darkness and wonder
why. I choose to turn to the Lord and have peace!





*The gospel is true, the Savior
lives and He loves us
unimaginably.*





*I love the Gospel and it's glorious
blessings! I know the Savior loves
you and me and that He lives
and is there for us.*





*The gospel is true, and the
problems of the world can really
be solved through faith in Christ.
It sounds so simple, and it is!*





I love the gospel. I love the Lord. I lean on Him for strength and for healing the things in my life that I have messed up. I am so grateful for His love, for His Atonement, for His Plan. It makes everything wrong in the world right. That brings me so much peace.





The gospel is true. The blessings are maravilloso!! Life and the cares of the world and the distractions that seem so important or entertaining are so bland compared to the grand design of the Plan of Salvation. Coming unto Christ and learning to love our fellow men, including and especially our family, developing charity is what this life is all about. Rejoice in the glorious message and smile your wonderful smile and tell everyone you see about it.





I love our Savior. He gives me hope and peace and joy. Because of His sacrifice and resurrection I have the ability to live with Him and with YOU forever and that is true joy for me.





We are not alone. I am grateful we have each other. There is strength in our family. We are a family by divine design and I know how much you all love each other. That is a rich blessing from Heaven! Keep your relationships strong and you will continue to be an ever greater blessing to each other!





Having faith in the Savior is like looking forward to the future when His purposes will be made known to us and we will see the point of it all. I have faith that He is watching over US and is close by. I know that. I feel His presence and His guidance.





The gospel is true, it is beautiful and precious. I'm so grateful for the Atonement. Nothing compares, everything is void without it. Progression, growth, learning, joy, peace and hope all exist because of it. Because of it, there is a plan of happiness, mercy and salvation.





I am amazed and grateful at the beauty that Heavenly Father created for us. In every bird call, every variety of tree and flower, the mountains, valleys, oceans, deserts, jungles, forests, and plains, the changing seasons, rainbows, clouds, the sky and stars in the Heavens, I feel His love.





I want you to know that I know Jesus lives, and that he loves us so much that he paid an incomprehensible price, and in his words, "how sore you know not, how exquisite you know not, yea, how hard to bear you know not. For behold, I, God, have suffered these things for all, that they might not suffer if they would repent; But if they would not repent they must suffer even as I; Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit - and would that I might not drink the bitter cup, and shrink- Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men." (D&C 19:15-19) That price paid for all of our mistakes, our weaknesses, our wrong choices. And I love him because no matter how many times I mess up, he still loves me and is inviting me to come unto him. And he will heal me too.





I want to express my testimony of Easter and its meaning and significance. There was a Plan designed before the world was formed. And Jesus Christ came forward and volunteered to take the Eternal punishment for all mankind to fulfill the requirements of the Plan. It became known as the Plan of Happiness, because through it, we would be happy in the eternities.

Prophets were told about the Plan and the Savior from the very beginning and they told the people.

Prophecies throughout the ages were given concerning his birth, where, how, who. Prophecies about details of His life and the events leading up to his death and resurrection were given. The Heavens gave signs, the seasons bore witness. Passover and other Holy Days were instituted to point people to it. He came. He taught, He healed and had compassion. He showed His

love every second and the love of the Father. He fulfilled each and every prophecy. Then he endured Gethsemane for all of us. He died a horrible death. He overcame death and sin and in Him is the victory. He was seen by many who have testified to His triumph over death. And the prophecies are still to be fulfilled of His Second Coming which will happen. Everything points to it. It gives us hope like nothing else can. Hope that all the difficulties we face, all the pain we experience is not in vain. There is a purpose to all of this. And there is love and perfect acceptance, wholeness, peace and joy that comes from it. I am grateful with all my heart for the willingness of our Lord and Savior to suffer, bleed and die for me and for each of you.





As I've been weeding this past month, I have been amazed at my success in keeping the weeds down and how a little bit of effort on a consistent basis makes a huge difference. It's reminded me of how if we do the basic small things consistently like reading the scriptures, particularly the Book of Mormon, and have daily prayer, life can stay in control so much more. But every year I have had to go out to a jungle and whack the weeds down and break my back and sweat pulling up huge weeds and those awful prickly brambles and even in the last couple of years another takeover vine called Morning Glory. It takes hours and is painful and I feel like cursing the ground. If we let our lives go without staying connected to our Heavenly Father, we could find ourselves in a big jungle that's hard to get out of. There's a great scripture that says "that by small and simple things are great things brought to pass." The weeds I am pulling right now are tiny and so simple to pull. I just need my fingers, no gloves, no tools. And the yard looks great! So my loving counsel to you is to

keep the weeds small in your life by reading your scriptures and praying. They don't take the challenges of life away, like weeding doesn't keep the weeds from ever growing again, it just keeps them manageable.





I feel so blessed. I have so much: family, the gospel, all the comforts and necessities of life, love, learning new things, a nice home, good health, freedom. I have it all. I am so grateful! My life isn't perfect, I'm always worrying about at least one of my children, but it's practically perfect! Heavenly Father has richly blessed me. He is so good.





I love the gospel and I love Jesus Christ. My testimony is more precious than gold. As I've been searching for victory scriptures and finding them so readily, it amazes me how much the Lord loves us and how much he wants to bless us. I am so humbled by the sacrifice of Jesus Christ for me and for everyone and I feel his unconditional love and maybe a little of his perspective on how he views all of us who sin and how it helps us to become more humble and meek and submissive and refined.





I just feel grateful for the restored gospel! It makes so much sense! It is loving and meaningful. It's orderly. We have prophets who lead us. We have a great plan of happiness. We have commandments and scriptures, prayer and priesthood power. There are ordinances and covenants, eternal progression and a divine destiny. The restored gospel is founded on the teachings of the Old and New Testaments; it FITS! And it wasn't just one person that had one vision, it was mainly one man, but with many other witnesses on many occasions and then it transferred to another when he died and has continued till today. The doctrines are in harmony with ancient scripture and with principles and laws that govern the universe.





Try to feel love and give it away abundantly! I love the gospel. It's true! We have prophets on the earth, and they are true prophets! The Book of Mormon is TRUE! It is powerful! It changes lives. It testifies on every page of God's hand in our lives, of his love, of the Savior's mission, of the battle between good and evil. I love it!





Miracles are everywhere! The Lord knows where you are and where his other children are who want to know the truth. Pray for it and it will happen!





I know the gospel is true so deep down in my soul. The Holy Ghost peacefully and powerfully has testified to me over and over again. I know the Savior suffered for our sins, and carried our personal sorrows, afflictions and burdens. On the cross he carried them alone. He did it to fulfill all righteousness, to do his Father's will, in order to succor us in our times of need, and he did it alone so that we would never have to be alone. After discovering over 100 victory scriptures so far, and I am not even CLOSE to exhausting the resources, I have a deeper sense of Heavenly Father's love and anxious desire to bless us beyond our understanding. I feel so blessed, to overflowing sometimes as I count my many blessings. And as I have said before and I will say it again, and again, and

again, I count you five beautiful, intelligent, talented, kind, AWESOME children among the greatest of my blessings! Please believe those words, and please know that Heavenly Father loves you deeper and more profoundly than you can comprehend.





*The Lord is very aware of each
of you and loves you so much!*





This gospel is the most marvelous message, the most thrilling and magnificent knowledge we can have. To new converts it fills an empty void and brings meaning, and confidence and direction and hope and joy and a greater vision to their lives. There is a God in Heaven who is their Heavenly Father who knows them personally and by name, who loves them with an infinite love. That message alone is so incredible to those who never even know that, that they didn't come from the swamp as the modern day evangelists of environmentalism have preached to them. That they are children of God with a divine birthright, and a purpose for life, to live together as families forever is so much more ennobling than what the world teaches. That salvation comes through Jesus the Christ and His mission was to free us from sin, from the guilt and pain and misery that so many are hopelessly suffering with, thinking there is no forgiveness.





Because of my belief in the Savior and knowing He sacrificed for me, I show my discipleship to follow Him by doing what he asks, and to me it seems too small what I can do for him.





Because I have felt the Lord's forgiveness in my life and feel such gratitude for his suffering and sacrifice, I will go where he wants me to go, do what he wants me to do, and say what he wants me to say.





I'm glad we are not alone. God is there, and I go to him multiple times each day and I feel his strength and see his tender mercies.





*The gospel means everything to
me and it is truth, hope, and the
way.*





*I love the Savior and so grateful
for His loving, merciful, infinite
atonement.*





Know that I know this everlasting gospel is true and it's beautiful to me and precious to me. I love Jesus Christ and know he is our Savior and I am profoundly grateful for his Atonement. I am more grateful this year than ever before because I know that through it, my children can be made perfect and that is even more important to me than that I can be made perfect. He descended below all that he might raise us all back up. And that is the most beautiful truth in the whole universe! And because of his Atonement, I can live with all who are so dear to me forever!





The Plan of Salvation is the Plan of Happiness! It is THE way, Heavenly Father's way and any other way is not right and won't bring lasting joy and peace.





I know the gospel is true. I know that we have a Father in Heaven who watches over us and knows us. That is so comforting to me, that I can call on Him to help me in my life. I need it. Life is hard and it's confusing and I don't know everything, but I do know that I have an all knowing Father who can guide me through it. I don't know what I would do if I didn't have that knowledge and faith. I rely on Him daily, and sometimes hourly and minute to minute. Whatever sacrifices the gospel requires, it is worth it in the end and the blessings are far beyond our comprehension. The blessings are so much greater than even any other religion can teach of in the world! The doctrine of eternal progression and who we can become and the blessings God has for those who prove faithful through the atonement are unique to our church and make this really hard mortal existence meaningful.





I love the gospel. I love the Book of Mormon. It is true and is the word of God. It clarifies the teachings in the Bible and goes hand in hand with it. I am grateful for modern prophets and revelation. I am grateful to be part of this church.





I know that the gospel is true and I am so grateful for the Atonement. I rely on the strengthening power of the Atonement every day. I believe that faith is the absolute first principle of the gospel. It is the only way to get through life. If there is no faith, there is no hope. Faith is in every action and every thought. Faith as a power is doing all you can do and knowing what the result you want can only be accomplished with the grace of the Lord. And sometimes waiting on the Lord, for his timing and his will is painful. But it's the only way and his ways are higher than our ways.





*The gospel is true and I am so
grateful for it!*





*I am grateful for the Gospel, for
the Restoration, for the gift of
the Holy Ghost, for ordinances
and covenants, for prayer, for the
Atoning Sacrifice of the
Savior.*





*When our will is swallowed up
in the Lord's will, He knows
what's best, and sometimes it's not
what we think.*





*The gospel is the great news and
many are searching but don't
know where to find it.*





*We can do all things through
Christ which strengtheneth us!*





*Above all, I have felt the
sustaining and strengthening
power of the Savior through His
marvelous and infinite
atonement.*





With so many things in my life that are totally out of my control, I am learning to wholly rely on the grace of the Lord and put my trust in Him like I never have. I don't know what will happen, but I do know that if I try to know and do His will, all things will work out for my best good and my happiness.





*That is what brings the greatest
joy is serving others, especially
helping others come unto Christ
and feel his love.*





*I love the gospel, I know it is true
and that Jesus Christ is the
Savior and Redeemer and this
church is the Kingdom of God
on the earth.*





I have a deeper appreciation and love for Jesus Christ and what he did, and I feel his enabling and strengthening power in my life. Even though my problems haven't been taken away, he gives me strength to endure and gives me tender mercies that I recognize all the time that help me know that he is aware of me and I'm not alone. And I have faith that one day, the sorrows I have will be turned into joys.





I have learned that the Lord wants to bless those who are humble. I did a search on the word humble and a majority of the references had blessings associated with being humble. They are truly beautiful blessings too! I learned in King Benjamin's address that humility centers around the recognition that you are dependent on Jesus Christ and his Atonement, that we can't do it alone, and as we recognize that and accept it, we become as little children. And he can change us and we progress and do more amazing things than we would on our own and become more perfect and like him.





*I'm so grateful for the priesthood
and for the wonderful priesthood
holders in my family that I can
call upon when I need it!*





So life is happening and is kind of crazy, but I know Heavenly Father is aware of me and of our family and that He will make things work for our good. I trust in Him and His goodness and mercy and love. He has always taken care of me and I know He will continue to take care of me.





*The gospel is beautiful! The Plan
is of Happiness and joy and
progress and the Restoration is
glorious and we get to be part of
the winding up scenes and we
were saved for this time.*





I want you to know that I have a strong testimony of the Plan of Salvation, that I know we have a Father in Heaven who loves us and a Savior who loves us and atoned for us. I know that this church is His kingdom on the earth with all of the organization, ordinances, fruits and revelation as in the days of Christ. It is the most beautiful and exalting doctrine and I'm so grateful to know it! I want to share it and am trying to in very quiet ways, but my spirit wants to shout it out!





*This gospel is what keeps me
going and positive. I am so
grateful for the Savior. Because
He descended below all things,
He can lift me and strengthen
me and succor me. And I feel it.*





Some things I have learned through this experience [cancer]. One is that it makes it a whole lot easier to endure when you count your blessings, because things can ALWAYS be worse. So listing out the blessings, even in my mind, helps me realize I have much to be grateful for. Also, asking for priesthood blessings has helped me so much!!! And looking for the tender mercies and divine signatures is big too. And it seems like the bigger the trial, the bigger those miracles are. And to me that tells me that Heavenly Father is there, and is watching over me. He may not be taking my problem away just yet, but He is there. That is so comforting! And I submit more willingly and cheerfully knowing that. And another thing that has helped is looking outside of myself and trying to serve others. I haven't done a ton, but even the little bit that I have done has brought me joy and a temporary forgetting of the hard thing I'm going through.



*Expect miracles because when it
comes to the gospel and Heavenly
Father and our Savior,
EVERYTHING IS
AWESOME!!!!!! :)*



(Tiffany loved this quote and wanted to put it in vinyl on the wall!)



*I love the savior. I'm so grateful
for the atonement, it's the reason
for all happiness.*





*I know the Lord delivers on His
promises.*





The Lord is pushing me to levels of trust and faith that I never thought I'd be pushed to. I am feeling slightly what trusting with ALL my heart actually feels like and means. It comes in waves, not a steady flow, but it is stronger now. I can't control certain things in my life and I have had to completely turn them over to Heavenly Father, with faith that whatever the outcome, I trust in His goodness and mercy, His loving Kindness, His power and majesty, His infinite ability because of the infinite atonement of His perfect and marvelous Son. And what I feel deep down after really embracing that is peace. A strong sense of peace, maybe what the Savior called a peace that passeth understanding. Satan may rage, but I know in whom I have trusted.





*It is such a privilege to be an
instrument in His hands, because
it fills you with a portion of the
love He has for others and also
for you!*





I am so grateful for the Savior. My suffering, both emotionally (because of Heather and Spencer's choices over the past few years), and my physical suffering, which hasn't been that great, but the seriousness of the illness is, has really increased my level of appreciation for the Savior and what He willingly suffered. I think in your blog post you mentioned something about how He never doubted the Father's love and endured the Garden, trial, crucifixion, and more suffering on the cross. The way you said it (and I can't reference it right now because I am on the plane flying to Arizona right now:)) struck something in me. I could relate to what you said. It was like I realized that sometimes I either have weak moments of doubt in Heavenly Father's love or maybe wonder at the level of trials I am going through. And I think it's not fair, or when is it going to end, or I've been a good girl, I have, so why all of this?

And I know it's weak and I have a talk with myself and with Heavenly Father and plead for strength to endure as I come to submit to His will. But the Savior, who didn't deserve any of what he suffered, willingly did it and never wavered in his knowledge of the purpose and of His Father's reality and constant attention and love. That thought is powerful and I will try to remember that in my weak moments! But it did give me more appreciation on Easter for the glorious acts our beloved Savior did for us, and for His infinite generosity and selfless service!!!! There are so few words that even come close to expressing the majesty of His love, power and gift of eternal life, that I feel I can't praise Him adequately.





So in Sunday school we were talking about the children of Israel wandering in the wilderness and eating manna for 40 years and how they complained and wanted something different. Jen Hansen made a comment about how we need to receive what the Lord gives us. He gives us what we need and it may not be exactly what we think we want, but if we look at it like, He gave it to us for our learning and benefit, we need to learn to receive it with gratitude. It reminded me of Elder Wirthlin's talk titled Come What May and Love it. I think it was the way she said it that opened my heart and softened it to accept with gratitude and joy what I have been given, the good the bad and the everything! Like you said in a previous letter, quoting President Uchtdorf "be grateful IN all our circumstances, rather than being grateful FOR our circumstances." I feel like I keep getting this message told to me in many different ways and it might be starting to stick. We'll see!)





*The Lord has been so generous in
His blessings! I want you all to
know that I love the gospel with
all my heart and the Savior for
His love, Atonement, and gift of
eternal life with our families.*





I love this quote by Orson F. Whitney:

“No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God . . . and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our Father and Mother in heaven.”

I'm reading Divine Signatures again while I lie on the bed holding my enemas each day. I read the

above quote today and I just love it. I read it a few years ago and have drawn peace from it. It helps me by knowing there is a purpose for any of my sufferings. That doesn't take the pain away, but it helps me endure, knowing my pain isn't just random and meaningless.

But there is so much in life to be happy about and there is sorrow and suffering I haven't gone through that I probably won't go through, like never getting married, or not being able to have children, or a terrible divorce or stuff like that. I just take what is given to me and love it and feel gratitude for the Love of God that is manifest in my life in every way.





Now I'm reading the Biography of Joseph Smith by his Mother. I've read it several times also, but I love how inspiring it is!!! So much adversity, so much faith and so many miracles! The gospel is true! The Lord's hand is in it and it is glorious in it's history, restoration, doctrine and impact on our lives. I love the gospel with all my heart and am so grateful that I was raised with it and have the knowledge that I have. I am so looking forward to teaching and preaching and serving missions with Dad! It is my great desire!





*I know she is at peace and in a
beautiful place.*

[Writing about Kareen, a patient we met at the Gerson Clinic who passed away
from lung cancer shortly after returning home to the UK.]





The Lord is so good and kind and we are just humans and His children muddling our way through this existence and keep turning away from Him and worshipping other things or "idols" and forget Him who created us and who wants to bless us if we just keep His commandments and He has glory to add on us beyond our understanding. But even though we turn away and even do all kinds of bad things, He will listen to us and rescue us and help us and fight our battles for us if we just turn back to Him and repent. He is so good!





*The Lord is in our lives and we
usually don't see it as plainly as
that, but He is!*





It [Psalms 41] gives me even more reassurance that Heavenly Father is mindful of me and my desire to continue serving in this life. Dad and I have considered the poor our whole lives by paying a fast offering each month. As we have been blessed with more income we have increased our fast offering. And this last year or two we have sought for further blessings for our family by paying a massive fast offering each month. The Lord has turned right around and blessed us beyond abundant and then when we needed resources for my healing, it was right there. So I take comfort in this scripture and know He keeps His word, and I can testify to it! When I read it yesterday it was like a reassurance and a blessing. He is so good!





*The gospel is true, and the
Savior leads and guides the
church through President
Monson.*





Dad gave me a blessing around noon and it was beautiful and comforting. One of the things he said was that I would feel strength through those that were praying for me. Later on I got a text from Aunt Amy that said Daniel had given the opening prayer in Primary that day and he wanted to do it by himself. And "of course he said,"bless Aunt Tiffany that she will get better."";) and then she said that their home teachers were over that day and asked if they had something they could pray for and Amy asked if he could pray for me. I am so grateful!!! The texts came in in increments and each one Dad read to me and I cried. I am so humbled by people who pray for me!! I feel the love and it gives me strength. It was neat to get that text on the day Dad said that in his blessing!





*Miracles are an everyday thing
in missionary work because it is
the Lord's work. And He is a
God of miracles!*





I hope this upcoming week has marvelous experiences for you!!! The Lord will provide them as you put your faith in Him and act upon that faith. If you know what He wants you to do, even if it seems impossible, go forward in faith and the Red Sea will part, and the doors will open. He will fight our battles, He has all power unto the fulfilling of all his words.





*We all need to come unto Christ
every day. And as we do, He
will show us what we should do
and he will guide our lives and
help us navigate through this
crazy life.*





I rely on the Lord every day and I know you do too!!! He really does take care of us as we trust in Him. And as we do, we watch how He blesses us and shows us His love and mercy. And all things will work for our best good!





The gospel is true.





I know the gospel is true. It gives light, knowledge, peace, direction and hope. I love Jesus Christ and stand all amazed at His love and His willingness to suffer, even as He started into it and started to grasp the extent of His required sufferings and asked if there was another way, and then when there wasn't, He didn't shrink from that bitterest of all cups that ever were or ever will be from eternity to all eternity. I love Him and praise Him and worship Him with all my heart!





I know the Lord is strengthening me. Sometimes it's hard to tell, but I continue to pray and my mind is always singing or saying, "I Need Thee Every Hour." My previous visiting teaching companion, from Peru told me this was my special time with Heavenly Father, while I can't be running around, busy and preoccupied, I just have to rest, and I can have this time to draw closer to Heavenly Father. I really liked that and I have been doing that. He is truly my source of strength.





This week I read a devotional talk that Elder Holland gave at BYU a few years ago called Cast Not Away Therefore Your Confidence. He talks about receiving revelation and how Satan will try to thwart it either before (like with Joseph Smith before the First Vision) or after (as with Moses after his vision). He then talks about Moses parting the Red Sea and the lessons on revelation he sees from that story, and it really struck me how I've experienced that over and over this past year. He talks about 3 principles. The first is that revelation almost always comes in response to a question, an urgent question regarding some specific information. So like Moses at the Red Sea, with the

Egyptian army coming upon them, he had an urgent question that was life or death: what do I do? Well, for me, my urgent question was where do I go for treatment, what will help me heal? If we exert all our powers to call upon God, there is not much Satan can do to stop the light from coming to us. And we got a very clear answer about Envita, and then a few months later about the clinic in Mexico and the Gerson Therapy.

The second lesson from Elder Holland was that in the process of revelation and in making important decisions, fear almost always plays a destructive, sometimes paralyzing role. That's what happened to the children of Israel. When they saw the army they freaked out and doubted. They forgot the miracles that had gotten them to where they were, the frogs, the lice, the deaths of the firstborn. He says that at those times of doubt, we must resist the temptation to pain and to give up. That is Satan's greatest weapon against us. Then he quotes Moses: "And Moses said unto the

people, Fear ye not, stand still, and see the salvation of the Lord... The Lord shall fight for you." And when I read that it hit me hard. My healing reactions were scary. I had to push thoughts of "is this working, am I really having a healing reaction, or is the cancer getting worse?" out of my head. And when we were in Arizona and we had paid so much money and the results hadn't started appearing, that was scary too. So Elder Holland says that the second lesson of revelation from this story is to go forward, don't doubt the revelation you received, the light that came from above.

And the third lesson is that "along with the illuminating revelation that points us toward a righteous purpose or duty, God will also provide the means and power to achieve that purpose." And that really got me! Of course for the Israelites, the Red Sea parted and they walked on dry ground and the army was swallowed up. The Lord provided. As I thought about my situation, I saw His hand in so many ways! He provided us with the means to do all that we have done this year. There

is no way at any other time in our whole married life we could have afforded all this care. We lived from paycheck to paycheck. But what we have needed in the way of money has been there for us. Secondly, finding Envita was also a miracle. Aunt Heather had sent Dad an article about Envita and Dad didn't really get what they did, so he filed it away in the reject file. He got two more promptings to look at it again. On that third time, he finally got it and he called and we ended up going there and they made great progress in stopping the growth and shrinking the tumors. Third, before I even knew I was sick, Dad felt an urgency to have me get a passport. He made all the arrangements and took me where I needed to go to get it. Then he felt the same about Emily. After I came back to Arizona after my break in March, my tumor marker, as you remember, went up. The next week it went up again, and then I went back home for a week and that's when we decided that we should do Gerson. Well, we were going to wait till the end of May to go so that we could go to Ethan's wedding. But when we came back to

Arizona, the marker was even higher. So we went the next week. We could not have gone that last minute without our passports. The Lord provided. And fourth, the helper that we had let go had actually partially broken our juicer. It is a Norwalk juicer, the top of the line juicer (\$2500). You can't get it at Bed Bath and Beyond, let's just say. You have to order it. But it was still functioning. Well, at the end of June, we had a 5th Sunday priesthood/Relief Society meeting on hurricane preparedness. Dad realized we were an emergency case if there was a hurricane. We have a generator, but the real problem is if the trucks aren't able to ship fresh organic produce in for a few days or weeks. So we realized we needed to have a plan to get out and fly to California. We would need to bring the juicer. Dad had thrown the box for the juicer away and then he thought it would be smart to have a backup juicer in case something happened and we could put the old one in the new box and have it ready to fly with us if needed. And he felt that thought grow urgent, so that day, in the chapel during the meeting, he ordered another juicer.

Well, on Wednesday, three days later, as a juice was being pressed, a thick stainless steel platform on it just broke in half. And about 4 hours later, our new juicer arrived. So I have learned that the Lord DOES provide!!! And I am so grateful for a husband who can hear the promptings of the Holy Ghost!!

I also realized from this story about the children of Israel, that even though they got revelation and were led miraculously out of Egypt and over dry land across the Red Sea, there were no tour buses on the other side to pick them up and drive them to the Promised Land with pit stops at McDonalds and Buc-ee's! (had to throw that in! Go Buc-ee's!:)) They still had to trudge all the way to the Promised Land. The Lord did what only He could do, but requires us to do the rest. And so, even though this trial is hard and long, He is there, providing the way and the means for my healing. And that is my testimony and my trust in Him and in my healing.

I realized during the sacrament yesterday that I have become extremely critical of people. Maybe I've always been, but I'm noticing how bad it is. So I'm really trying to work on it. Especially when I think about the concerns I have of some of my children, I tend to focus on the worries, which are the negatives and they drown out all the positives, which isn't good. So that's one thing to do. Also imagining Peter as he walked on the water. As long as he was focused on Jesus, he could do it, but when he looked at the waves, he sunk. So I am trying to stay focused on the Savior. Like the scripture D&C 6:36: "Look unto me in every thought; doubt not, fear not."





There was a day last week where I just really didn't feel like Heavenly Father was very close on a daily basis. I knew he was guiding us but I felt alone and sad. Dad was talking to Uncle Brandon and he recommended that I read a devotional speech by Elder Holland called Lessons From Liberty Jail. I had read it a few years ago but I really needed that that day! Joseph Smith had seen Heavenly Father at least once and the Savior at least twice, yet in Liberty jail he felt abandoned. And even Jesus was left alone on the cross. It was a good reminder that I may not feel them but they are aware of me, love me and are near. Dad has given me a couple of blessings this week and Brandon gave me one as well. They have given me guidance, strength, and comfort. This is a really tough time, but I feel very calm and peaceful almost all the time. That is such a blessing!





*We feel the strength from all
the prayers of the Tempe
Arizona Mission.*





We know He will lead us.





I've realized trust is an even higher form of faith. With faith we believe in things hoped for but not seen, but trust is having faith in the Lord and in his plan for you, believing He knows best and accepting His will without reservation. I have faith in things I hope for, but my trust runneth a little shallow.:) But each time I pray, I just feel like His will is for me to live, so I keep working hard!



I am feeling much better these past few days since the mission started praying for me.





In Sunday School yesterday we were talking about Isaiah and we read a scripture and talked about it in a way I had never realized before. It is amazing!!! It is Isaiah **5:26-29** and think of it in terms of hastening the work and the mobilized missionary force. You are the young lions and you are carrying away people to a safe place, to holy places like church and the temple and helping them have a holy home so they are safe. Here is the passage:

26 And he will lift up an ensign to the nations from far, and will hiss unto them from the end of the earth: and, behold, they (the missionaries!) shall come with speed swiftly:

27 None shall be weary nor stumble among them; none shall slumber nor sleep; neither shall the girdle of their loins be loosed, nor the latchet of their shoes be broken:

28 Whose arrows are sharp, and all their bows bent,
their horses' hoofs shall be counted like flint, and their
wheels like a whirlwind:

29 Their roaring shall be like a lion, they shall roar like
young lions: yea, they shall roar, and lay hold of the
prey, and shall carry it away safe, and none shall
deliver it.

Isn't that cool? I thought it was a military thing,
"but carrying it away safe" I had never noticed before
and it totally goes with hastening the work, converts,
and lifting up an ensign. And if he's really talking here
about missionaries, that is the coolest description of
missionaries I have ever read!!!!)





I love you so much Taylor!!! There was a mom who posted on this facebook missionary mom group Shelby signed me up for that asked the women how long it takes to stop having a broken heart over having your missionary gone. She talked about needing extra medication to help her get through the holidays and how hard it was to go through football season without him. My fire got going and I had to respond. Never have posted anything before, but this got me going. This is what I wrote:

"When my oldest son left I thought my heart broke. But there is NOTHING like a broken heart to compare with the broken heart I have experienced for longer than two years when my second son decided not to serve. Your children will come home in a little more than a blink of an eye and the joy compensates way more than any loss you may be feeling right now.

My third son is out now and I have had the most joyful heart of gratitude the whole time!!! I miss him and have cried a couple of times (he's been gone 19 months now) but moms!!! Thank your Heavenly Father for that beautiful child serving!!! There is nowhere I would want him more and it is like fireworks that go off in my heart every time I think of him out there. And this is also coming from a mom who's been battling stage 4 colon cancer for the past year."

I just can't STAND moms who whine !:) Anyway, those are my feelings and I do feel like shouting HALLELUJAH every time I think of you serving!!!! Keep smiling, expect miracles and go preach the glorious gospel!!!





The gospel is the glorious truth!!

*The gospel is true, the blessings
of the Atonement are infinite
and glorious. I love the good news
you are sharing! It gives me
peace, direction and **HOPE!!!!***





I taught Relief Society yesterday and I think it went really well. I talked about the difficult trials we all have, are or will face and how Pres. Uchtdorf suggests gratitude as a help. I had 7 sisters read different scriptures where the Lord asks us to be grateful in all things. Then I read this quote.

"Could I suggest that we see gratitude as a disposition, a way of life that stands independent of our current situation? In other words, I'm suggesting that instead of being thankful *for* things, we focus on being thankful *in* our circumstances—whatever they may be."

Then I asked how we can develop this

disposition. So Sister Riggs said to just start with being grateful for things and that will grow as we make it a habit. That was a good start. But it seemed like they couldn't quite get the idea of being grateful *IN* our circumstances. I said, "Ladies, he's asking us to go to a whole new level of gratitude! How do we do this?" Then I mentioned three of the stories he talked about, Nephi being strapped to the boat, Job, and Joseph Smith in Liberty Jail and each of them having something positive to say or glorying in the Lord in their trial.

I then had someone read this quote from his talk, which a couple of months ago Dad had studied four or five times and this is what he realized is the core of the talk:

"In any circumstance, our sense of gratitude is nourished by the many and sacred truths we *do* know: that our Father has given His children the great plan of happiness; that through the

Atonement of His Son, Jesus Christ, we can live forever with our loved ones; that in the end, we will have glorious, perfect, and immortal bodies, unburdened by sickness or disability; and that our tears of sadness and loss will be replaced with an abundance of happiness and joy, "good measure, pressed down, and shaken together, and running over."

While she was reading, I wrote on the board:

Plan

Atonement

Resurrection

I expounded a little on that and then asked if anyone had relied on these "sacred truths" to help them get through a difficult time. There were a few. Then I put up about 9 blessings that President Uchtdorf had given throughout his talk for developing this disposition:

- Takes away the bitterness that may come into our lives
- Makes life sweeter, more joyful, even glorious
- Healing, peace and understanding
- True joy and great happiness
- Gentle peace in the midst of tribulation
- Experience the closeness and warmth of heaven's embrace
- Heals the heart and expands the mind
- Broadens our perception and clears our vision
- Inspires humility and fosters empathy toward our fellowmen and all of God's creation

In the comments that followed, Jen Hansen said something about how our trials we can see as blessings to be grateful for. I thought, "they aren't getting the point." So I tried to explain and then I just came alive with the Spirit and I was able to communicate and even learned as I was speaking, but I said something like, it's not the trial. It's all about the Plan, the Atonement, and the Resurrection that we can give

thanks to the Lord every day, in good times and bad. Nephi could glory in the Lord because of his understanding and gratitude for his knowledge of those sacred truths; it had nothing to do with the boat. And THAT is the most awesome thing! The Plan, the Atonement, and the Resurrection are SO glorious, so amazing, so grand and eternal and infinite, they trump every circumstance we may be going through. They will make things right, and our ultimate happiness is the whole reason they exist. So no matter the circumstance, we can give the Lord thanks as he asks and have the blessings that come as we develop this disposition. And I think the way we develop this disposition is to study and understand and ponder and truly FEEL appreciation for those three gospel truths. We can't study it enough. Anyway, that's what I learned and as I said most of that, I literally felt a light bulb turn on in everyone's mind. It was like a community aha moment. It was pretty awesome.

Well, I've taken a lot of your precious email

time, so I will sign off. I know you are studying those three sacred truths daily and teaching it and your understanding and gratitude for them is magnified and increased because of it, and as you see people you are teaching go through trials, you have that knowledge burning in your heart and can give messages of hope and peace to them.





*The Plan of Salvation is so
beautiful.*





I want to tell you about my lesson last week. It was about spiritual whirlwinds. We talked about what comes to mind when we think about spiritual whirlwinds. Elder Anderson said they are things in our lives that can uproot us from our faith. And just like the tree needs strong roots to stay up in the wind, we have things that help us stay strong and anchored to the Gospel.

I told about four different ways that they can be uprooted. One is through sin. But repentance is a powerful force to combat that. That is something we have control over. The other two were choices that

other people make and also the things that happen because we are in a mortal state. And the last one he talked about later on was if our prophet says something that's contrary to your social or political beliefs that can be a test of faith and can be a spiritual whirlwind too.

Then I started the discussion by asking how do we prepare for spiritual whirlwinds. Sue Brown said you have to decide now where you stand no matter what, just like we tell the youth to decide now not to smoke etc. She was in an ambulance with her youngest son at one time and he was practically dead. She wanted to cry out, "Heavenly Father, please don't take him", but then thought differently and prayed, do with him what is best for him and whatever the outcome is I will still be true to Thee and faithful to thy plan.

I asked for personal experiences that the ladies had with this, and I got some good responses and even some emotion. Then I bore my testimony that I could say with Sue I will do thy will and will always serve

thee and love thee and follow thee. I have learned to submit like a child, but I haven't gotten as far as Sue because I still throw tantrums like a child at Heavenly Father.

Then I bore my testimony of the atonement and how grateful I am because

1. I can live again and be resurrected,
2. that our family can live forever together,
3. that he descended below all things that he might lift everyone who wants to out of their sins, and
4. that because he took upon himself the afflictions and sicknesses of the world he can know how to succor me.





Sometimes Christmas time is not full of joy and merriment. Sometimes it's a hard time of the year. Lots of circumstances seem to drown out the holiday cheer. I was thinking about shepherds and three passages of scripture came to my mind and all three filled me with a sense of peace because shepherds know their sheep by name and are vigilant in watching over them.

"And there were in the same country shepherds abiding in the field, *keeping watch over their flock by night*". (Luke 2:8)

"The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he
leadeth me beside the still waters.
He restoreth my soul." (Psalm 23:1-3)

"I am the good shepherd: the good shepherd
giveth his life for the sheep.

I am the good shepherd, and know my sheep,
and am known of mine." (John 10:11,14)

I have felt the loving arm of The Good Shepherd
this past year in abundance! I hope we all can feel that
loving watch care in this beautiful season!





I can't BELIEVE how many people have served me, and I desire SO much to give back!! And even beyond to others who I might find are suffering in their own trials. It's given me an eternal perspective of what really really really matters in life. And that is love, forgive, relationships, family and the overarching, glorious, completing gift of the Atonement.

The Lord is my main physician right now. I am trying to listen to my body, and the Spirit, to know what I should do. I feel that he has guided us, and provided everything we have needed to get me to this place, but he has not removed the cancer and so it's in his hands. My body is telling me I can't do very much of the therapy right now, so I am trying to live every day celebrating and eating happy things and thinking about goals and projects that I can do that keep me

going and excited. I feel that my situation is like Gideon's in the Old Testament. The Lord reduced his army from 10,000 down to 300 to prove to everyone that there's no way except God who delivered them. I've done alternative therapies, I've done traditional therapies, and now I'm just putting my life in the Lord's hands. He is the final decision maker. If it's my time to go it's my time to go. If not he will put flesh on my bones and heal me so that I can continue to fulfill my mission on earth. I feel very peaceful about this and it's giving me the freedom to just enjoy every moment and feel love. I think that love is the most important thing in the world and that's what we're here to do: to learn how to love and I'm enjoying that so much!



