

AKRON OHIO STAKE

Self-Reliance Corner

by Sister Diane Burgoon, Stake Self-Reliance Group Coordinator
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Emotional Resilience

In the new Self-Reliance group, Emotional Resilience, we recently learned the difference between sadness and depression. From the manual:

Sadness is described as feelings of sorrow, unhappiness, and grief, and it is a normal part of our experience here on earth. Sadness can come through difficulties resulting from rejection, interpersonal relationships, disappointments, and other pains. They are difficult, yet essential elements in our growth. Elder Bruce R. Hafen taught, “The presence of painful experiences is an important element in man’s capacity ultimately to experience joy. Pain of that kind helps us remember that we are in contact with life as it was meant to be experienced, thus preparing us more fully for that appointed reunion with those who sent us here—when, at last, our joy may be full” (cited in “A Willingness to Learn from Pain,” *Ensign*, Oct 1983).

Depression is different. It is an emotional state or condition that affects our thinking, emotions, perceptions, and behaviors. Depression can come without a clear explanation or can result from unhealthy reactions to painful events. When we experience depression, we often feel numb or deadened to our emotions. We may have feelings of shame, self-blame, or self-hatred, all of which are likely to interfere with how we function every day. Depression also interferes with our ability to deal positively with challenges as they arise.

Sister Reyna I. Aburto said: “It is normal to feel sad or worried once in a while. Sadness and anxiety are natural human emotions. However, if we are constantly sad and if our pain blocks our ability to feel the love of our Heavenly Father and His Son and the influence of the Holy Ghost, then we may be suffering from depression, anxiety, or another emotional condition . . . Like any part of the body, the brain is subject to illnesses, trauma, and chemical imbalances. When our minds are suffering, it is appropriate to seek help from God, from those around us, and from medical and mental health professionals” (“Thru Cloud and Sunshine, Lord, Abide with Me!” *Ensign* or *Liahona*, Nov. 2019).

It’s important to be aware of the symptoms of depression, both in ourselves and others. Seeking help when needed,

can lead to the road to recovery. To learn more about Emotional Resilience, check out this manual, and others, at <https://www.churchofjesuschrist.org/self-reliance/manuals-and-videos?lang=eng>.

We’ll be starting additional virtual groups after the first of the year. Let me know if you are interested.

Contact your ward Self-Reliance Specialist, or myself (contact information in header above), for more information on joining a self-reliance group or Pathway. If you have any other questions or concerns, please let me know.

For more information on becoming or helping others become more self-reliant, see: <https://www.churchofjesuschrist.org/self-reliance/blog>

The Lord has declared, *It is my purpose to provide for my saints.* D&C 104:15

Family History Corner

by Jeanne Peugh, Director



Fall or Harvest

Harvest is the earliest name for the third season of the year, perhaps with the understanding of picking or plucking. The use of harvest is when generally ripened crops are harvested. They are gathered for processing and winter storage.

We have evidence for Fall as the name of the third season of the year in the 1500s, and it is during this time of year when trees shed their leaves and prepare themselves for winter.

How does “fall” affect our family history?

First, we need to fall in love with our ancestors, and we do that by getting to know who they are, where they lived, and about their lives.

Second, to understand that our ancestors are in a fall(en) state, and they are waiting patiently for us to find them and give them their eternal blessings through temple ordinances.

How does “harvest” affect our family history?

First, we harvest by gathering our ancestors together as

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THE DIVINE DESIGN OF TRIALS

Sister Brittany Kucnick, Stake Primary President



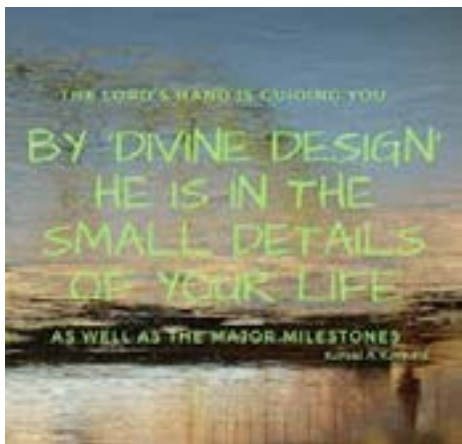
This year has been challenging for many and refreshing for others. Many have enjoyed increased time with family while others have endured trials, unlike ones they have ever experienced before.

Just like for many of you, things were fairly normal for us until about mid-March when all my kids were suddenly doing school at home, and my job essentially stopped. However, I feel now that this was by divine design to prepare us for what was to come.

In April, we celebrated my birthday with my dad. My dad lived in town, and we visited each other often. He was a retired veteran who beat his first battle with cancer. Doing school at home made it safer for us to be around him despite his compromised immune system. However, we ended up getting sick a little while after my birthday, and so I told my dad we would not see him for two weeks just in case.

Two weeks passed, and we went to visit my dad. Something had changed, and the time away made it more obvious. The Spirit whispered to me that it was time to help my dad gets things in order, that his remaining time on Earth would be short. I felt

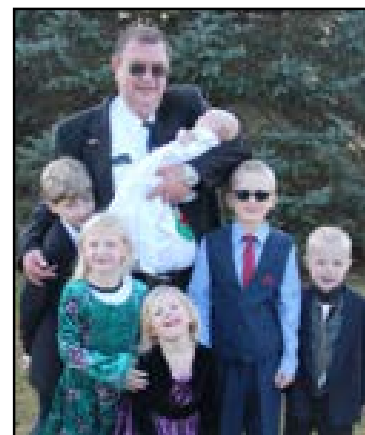
overwhelmed about the reality of what was ahead. My dad did not feel this was the end, and I did all I could to get him help. Around this time, a friend posted on social media this quote from President Nelson, "With celestial sight, trials impossible to change become possible to endure." I felt peace and God's love.



Things continued to worsen as dad began to spend most of his time in the hospital, and he slowly began to accept where his declining health was leading. Despite multiple close calls, I saw miracles that allowed my dad to get a blessing, my brother and sister to get here in time, and for him to make it home on hospice, even if it was for less than 36 hours.

My children were able to see him and say their goodbyes in person before he died that night.

Throughout this time, God put people in place within my life to help me, and I am so grateful for each of them. I still miss my dad, but I feel the comfort of the Spirit and the love of the Lord as I acknowledge His presence in the details of my life.



Fall or Harvest *Continued*

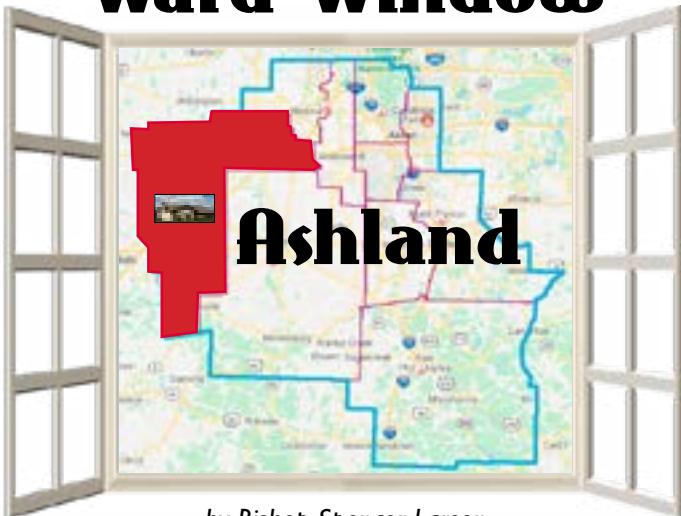
families. We must make sure that no one in the family is left out.

Second, we harvest after they have been taught and accept the gospel of Jesus Christ, and they are ripe and ready to move forward.

*Angels above us are silent notes taking
Of every action; then do what is right!*

When we harvest and fall in our family history, we all can come together in Our Heavenly Home to feast upon the blessings of our labors.

Ward Window



by Bishop Spencer Larson

One of my greatest concerns, when church meetings were put on hold last March, was that members of the Ashland Ward would lose contact with each other and that spiritual progression for some would slow down. I'm happy to say that while the coronavirus season has been difficult for many, including at least two from our ward who were diagnosed with COVID-19, our ward's resilience has led to stronger testimonies and relationships with Our Savior and Heavenly Father.

We began meeting again at our building for sacrament services in July. At first, the differences from normal were very much a distraction—everyone in masks, everyone distanced, time spent sanitizing, new sacrament procedure, etc. But over time, we acclimatized to the new meeting procedure, and the abbreviated meetings have emphasized the sacrament as the focal point of Sunday worship. I have seen a renewed feeling of gratitude in ward members and

myself to be able to partake of the sacrament as holders of the priesthood have reverently administered it. That peaceful time to focus on the Savior and remember our covenants can no longer be taken for granted.

We have also been blessed as new members have joined our ward. This past month, two individuals have accepted the gospel and chosen to enter the waters of baptism. Sister Heather Kiser-Franks investigated the church for several years before making the decision in September to be



baptized. Her faith and thoughtfulness will be a blessing to many in our ward as she shares the light she has attained with others. And Zach Shroeter, who is currently a senior

in high school, was eager to listen to the missionaries. As the missionaries and others taught him, he quickly gained a testimony of Christ and the truthfulness of the gospel, and he

accepted the invitation to be baptized. We will enjoy having Zach in the ward for the remainder of this school year before



he enters the military next summer.

I have a testimony that the Lord's work moves forward. Even when once-in-a-lifetime challenges are placed before us, if we trust in Heavenly Father, He will direct us on a path that makes us stronger and more resilient. I know that we have been blessed in Ashland Ward, and I pray that we all can be safe both physically and spiritually as well.

BRECKSVILLE HOME STORAGE CENTER

Happy Fall! The Brecksville Home Storage Center is so happy to help serve you in your food storage needs. Thank you for the opportunity. You are all truly blessings in our lives. Through the trying times of the pandemic, your prayers and spiritual strength have been felt even here in Brecksville. We have been uplifted by your strength, your love, your testimonies, and your prayers. We hope this finds you well.

Sales for the Month of October

Apple Slices \$9.75 (regular price \$10.25)

Spaghetti Bites \$4.50 (regular price \$5.00)

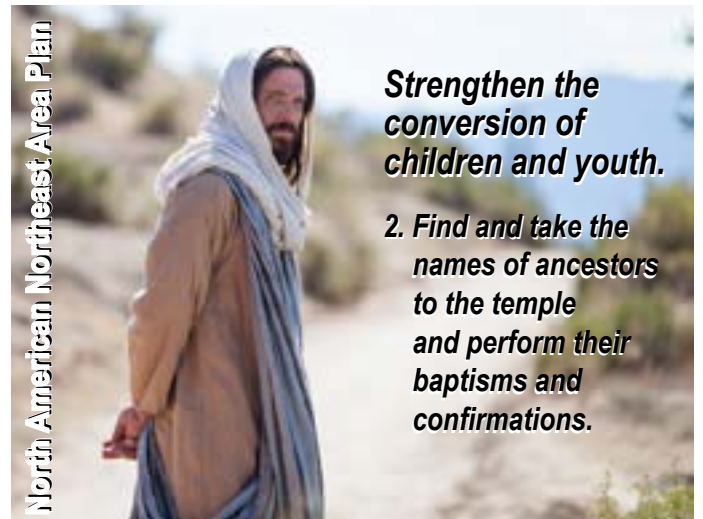
Open Hours: Thursday 11-2

Appointments available on Wednesdays and Saturdays

Address: 6900 Southpoint Parkway Unit C,
Brecksville, Ohio 44141

Phone Number: 440-526-4057(Home Storage Center)

Further questions - feel free to call my personal cell phone
or text: 419-606-8434 (Sister Jeffery)



Strengthen the conversion of children and youth.

2. Find and take the names of ancestors to the temple and perform their baptisms and confirmations.