

AFRICA SOUTHEAST AREA LOCAL PAGES

AREA PRESIDENCY MESSAGE

The Next Ordinance

By Elder Dale G. Renlund

President, Africa Southeast Area

Didier and Lucie were taught by the missionaries and developed sufficient faith in Jesus Christ to repent and change their lives. They were baptized and confirmed members of the Church and given the gift of the Holy Ghost. One week later, Didier was ordained a priest in the Aaronic Priesthood. Seven months later, Didier was ordained an elder in the Melchizedek Priesthood.

Now a trick question: “What is the next ordinance that Didier and Lucie need?”

You may have immediately thought that the next ordinance that they need is to receive their temple endowment and to be sealed to each other. While going to the temple and receiving their temple blessings is an important milestone for Didier and Lucie, the next ordinance that they actually need is the next ordinance that you and I need: to partake of the sacrament next week. Unless Didier and Lucie attend sacrament meeting where they can receive the sacrament, they will not qualify for the blessings of the temple. They will not be on the path to receive the greatest of all the gifts of God, the gift of eternal life (see D&C 14:7).

The Centrality of the Sacrament in Our Theology

Partaking of the sacrament each week is not just a good thing to do; it is central to our theology and necessary for us to access the Atonement of Jesus Christ. Elder James E. Talmage (1862–1911) of the Quorum of the Twelve Apostles stated: “In the course of our study of the principles and ordinances of the gospel, as specified in the fourth of the Articles of Faith, the subject of the sacrament of the Lord’s Supper very properly claims attention, the observance of this ordinance being required of all who have become members of the Church of Christ through compliance with the requirements of faith, repentance, and baptism by water and of the Holy Ghost.”¹

When the Savior instituted the sacrament among the Nephites, He clearly specified the reason why we take the sacrament. He said that taking the sacrament “doth witness unto the Father that ye are willing to do that which I have commanded you.” In addition, He said that partaking of the bread “shall be a testimony unto the Father that ye do always

remember me.” We drink the wine [water] so as to “witness unto the Father that ye do always remember [Jesus Christ].” The promised blessing of witnessing to the Father that we remember the Savior is that we “shall have [the] Spirit to be with [us].” (See 3 Nephi 18:6–13).

We cannot remember the Savior in the way He has directed unless we take the sacrament every week. It is the way we show the Father that we remember what Jesus Christ has done for us. It is the way that we qualify for the constant companionship of the Holy Ghost.

The centrality of the sacrament in the Church prompted Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles to say, “As such [the sacrament] should not be rushed. It is not something to ‘get over’ so that the real purpose of a sacrament meeting can be pursued. This *is* the real purpose of the meeting. And everything that is said or sung or prayed in those services should be consistent with the grandeur of this sacred ordinance.”²

Having His Spirit with Us

When we partake of the sacrament every week, we



Dale G. Renlund

renew our baptismal covenants. Additionally, the blessings of baptism are renewed. The Church handbook states: “Church members are commanded to gather together often to partake of the sacrament to remember the Savior always and to renew the covenants and blessings of baptism.”³ Think of that! All of the blessings of baptism can be renewed as we partake of the sacrament each week. Central among those blessings is the promise of the Holy Ghost.

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles has said, “By participating weekly and appropriately in the ordinance of the sacrament we qualify for the promise that we will ‘always have his Spirit to be with [us]’ (D&C 20:77).”⁴ We cannot expect to have the constant companionship of the Holy Ghost unless we consistently comply with the commandment to partake of the sacrament.

The Cleansing Effect of the Sacrament

I was baptized when I was eight years old by my father. As we were about to cross a busy street after the baptismal service, I was not paying attention. I stepped into the street just as a big truck was about to pass by. My father yanked me back to the curb, undoubtedly saving my life.



CHURCH ART

At that time, I had this thought, “Maybe it would be good if the truck had killed me. I am cleaner now than I will ever be.” I knew my disposition to be naughty and knew I would make mistakes. So, how could I ever be as clean as the day of my baptism? Well, those were the thoughts of an eight-year-old child, one who had not yet fully understood the importance of the sacrament.

One of the blessings that are renewed when we partake of the sacrament is the cleansing effect of baptism. Elder Dallin H. Oaks has said, “When we renew our baptismal covenants in [the right] way, the Lord renews the cleansing effect of our baptism. In this way, we are made clean and receive the promise that we can always have His spirit to be with us.”⁵ Thus, “the ordinance of the sacrament is an opportunity each week to renew sacred covenants that allow us to be partakers of the Savior’s atoning grace with the same spiritually cleansing effect of baptism and confirmation.”⁶

As we partake of the Sacrament each week, we renew our baptismal covenants.

Renewing the cleansing effect of baptism through partaking of the sacrament takes preparation. Elder Robert D. Hales of the Quorum of the Twelve Apostles has said: “For the sacrament to be a spiritually cleansing experience each week, we need to prepare ourselves *before* coming to sacrament meeting. We do this by deliberately leaving behind our daily work and recreation and letting go of worldly thoughts and concerns. As we do, we make room in our minds and hearts for the Holy Ghost.

“Then we are prepared to ponder on the Atonement. . . . We prayerfully seek forgiveness for our sins and shortcomings. We think about the promises we made and kept during the previous week and make specific personal commitments to follow the Savior during the coming week.”⁷

You can know that “every time you repent and take the sacrament, you are as clean as you were on the day you were baptized and confirmed.”⁸ President Henry B. Eyring, First Counselor in the First Presidency, reiterated

this doctrine as he said, “Because of what [Jesus Christ] did, sins can be washed away in the waters of baptism. We can renew that blessing when we partake of the sacrament in faith and with a repentant heart.”⁹

Conclusion and Promise

So attending our Sunday meetings is not just a good thing to do. It is an essential thing to do. By partaking of the sacrament each week, we qualify to have our baptismal covenants and blessings renewed. We qualify to have the Holy Ghost guide and direct our lives. Most importantly, when we partake of the sacrament, we remember the Savior where and how He asked us to remember Him. Through the sacrament, we witness to our Heavenly Father that we are doing our best to be disciples of His Only Begotten Son, Jesus Christ. ■

NOTES

1. James E. Talmage, *The Articles of Faith*, 12th ed. (1924), 171.
2. Jeffrey R. Holland, “This Do in Remembrance of Me,” *Ensign*, Nov. 1995, 68.
3. Handbook 2: Administering the Church (2010), 2.1.2.
4. Dallin H. Oaks, “Sacrament Meeting and the Sacrament,” *Liahona*, Nov. 2008, 17.
5. Dallin H. Oaks, “The Only True and Living Church,” Seminar for New Mission Presidents, June 2010.
6. “Understanding Our Covenants with God,” *Liahona*, July 2012, 21.
7. Robert D. Hales, “Coming to Ourselves: The Sacrament, the Temple, and Sacrifice in Service,” *Liahona*, May 2012, 34.
8. “Things to Think About,” *Liahona*, Apr. 2009, F3.
9. Henry B. Eyring, “Moral Courage,” *Liahona*, Mar. 2010, 5.

Mormons and Catholics Partner to Help HIV Orphans

By Sister Dorothy Jensen

HIV and children are two words that shouldn't be in the same sentence. They were recently, however, when several members of the three Mombasa congregations of the Church, along with full-time missionaries, visited the Mikindani Catholic Church Youth Training Centre in Mombasa, Kenya. Sister Veronica (the sister in charge) explained that the centre assists in the counseling, testing, tracking, and administering of medication and Atmit for approximately 650 orphan children from the Mombasa area who were born HIV positive.

Atmit is a porridge-type product developed at Brigham

Young University in the United States of America and is donated by the Church to various agencies that administer relief to those who are malnourished. It is a nutritious blend of oat flour, powdered milk, sugar, salt, and supplemental vitamins and minerals. The Mikindani Catholic Church Youth Training Centre is one of the beneficiaries in Kenya.

The medication that the children take to help control the effects of HIV sometimes causes the children to be dizzy, drowsy, or nauseated. Atmit helps to alleviate those side effects. Because of the nutritional benefits of Atmit, the children's

Catholic Sister Jennifer and Sister Dorothy Jensen



ELDER ROGER S. JENSEN



ELDER ROGER S. JENSEN

Children in the youth training center drinking their cups of Atmit



ELDER ROGER S. JENSEN

Children playing after they finish their Atmit porridge

immunity is boosted, helping them to do better in school. Atmit is sweet to the taste and, as has been observed, the children like it.

On July 12, 2013, Nurse Lucy Nyaga conducted a tour of the Mikindani facility. Small groups of about 20 children come to the centre each day, so that by the end of every month the centre has been able to evaluate and assist all 650

of the orphaned children. During the visit the children's weight, height, and blood pressure are checked. They are given medication and two bags of the Atmit to last them for that month. Most of the children come from homes where they are not able to get three meals a day, so Atmit makes it possible for them to get another meal.

While the children are at the

centre, they are able to work on art projects, play games, or read books. Ms. Nyaga explained that the artwork helps them to express their feelings—whether they are happy or sad. Then the counselors are able to help them work on those issues. The children are each given a cup of warm Atmit to drink because when their tummies are full they are ready to listen to stories and learn. After they are finished with their Atmit, a special activity for the day is planned. At 3:30 p.m. the children return to their homes.

Ms. Nyaga reported, “I have great appreciation for the Atmit because without it the program could not go on.” Some of the children expressed their appreciation by saying, “Thank you for supporting our lives and for the love. Please come again.”

Mormons and other faiths have partnered for many years on numerous community and humanitarian projects to alleviate suffering in the world. On February 24, 2013, the *Observer* newspaper in Uganda reported that Atmit had saved lives of over 2,000 children in Uganda, and this had come to the attention of Hon. Musa Ewewu, the Minister of Disaster Preparedness, who had commented, “Ninety-nine percent of the children improved after being fed with this porridge.” ■

The Blessings of Eternal Marriage

By **Felly T. Bukasa**

South Africa Johannesburg Stake

After God had created all things on the earth, He created Adam to rule and look after all His creations. He created Eve so that Adam could have a “help meet” and be complete (Moses 3:18). The word *marriage* got its first meaning in the Garden of Eden. Later it was defined as the union of two people of opposite sex who are lawfully wedded as husband and wife (see 1 Corinthians 11:11).

God desired that Adam and Eve’s union should continue even after their mortal life, so He instituted eternal marriage. The marriage ordinance was set in place by God Himself. God commanded Adam to “cleave unto his wife: and they shall be one flesh” (Genesis 2:24). He also commanded them to “be fruitful, and multiply, and replenish the earth” (Genesis 1:28).

With this understanding in my mind, I decided to do as Adam had done. He did not go far to look for his partner; he just looked around the Garden of Eden and God presented to him his partner. He did not doubt as the joy surrounded him, and he said: “This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man” (Genesis 2:23). Like Adam, I did not go far looking for my eternal partner. I had made all the church buildings and activities my “Garden of Eden” because I knew that here was where my Heavenly Father would place a wonderful woman, with all the qualities that Adam had seen in Eve.

Fortunately, I found my wife, Anicette Mayamba Kakweni, in my ward. I was a Sunday School teacher after my mission, and while teaching the class I was enlightened to see clearly my eternal partner. That was a wonderful blessing which I received as part of my calling.



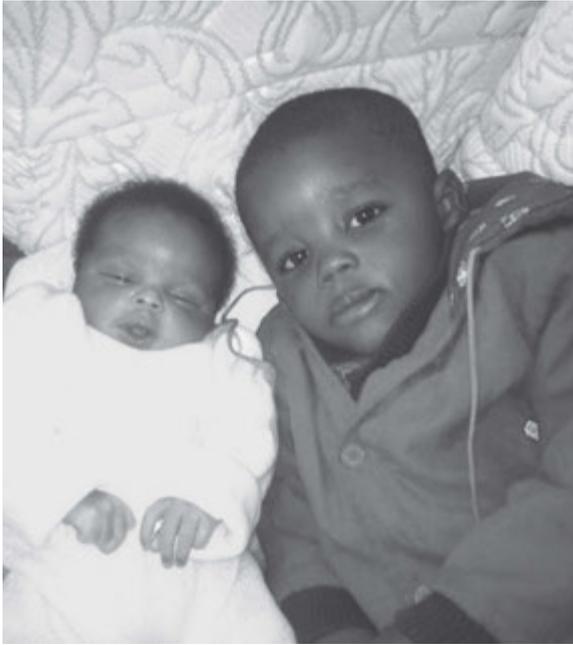
CAMILLE GARRISON

In “The Family: A Proclamation to the World,” the First Presidency and Council of the Twelve Apostles proclaim “that marriage between a man and a woman is ordained of God and that the family is central to the Creator’s plan for the eternal destiny of His children.”¹ When a man and woman are married in the temple, their family can be together forever. This is a common goal of Latter-day Saints.

As Latter-day Saints, my wife and I said to each other that death would never destroy our union. We decided to be sealed for time and all eternity in the temple so that we could live once more with our Heavenly Father eternally.

I was once approached by a non-member friend who was thinking of divorcing his wife

Felly T. and Anicette M. Bukasa outside the Johannesburg Temple just after their sealing



Sons of the couple: baby Alexis Masanka and three-year-old Den Banjana Bukasa

due to minor problems in their marriage relationship. I read to him a quote repeated by President Thomas S. Monson: “Choose your love; love your choice.”² I added that, as Latter-day Saints, we discourage divorce. I told him how good his wife was and how people appreciated her. He asked me, “Really?” I replied, “Yes.” He was totally confused and asked if people would say that he was the one who was wrong after the divorce. He then stated, “I’d better do something good now.” I took this opportunity to present the gospel to him and his family, which they accepted. After joining the Church, they became very happy together because of the gospel.

I testify that we have the true gospel of Jesus Christ here on earth. If we study and ponder it, the Lord will be on our side, and our family will be strong enough to overcome any kind of temptation. I really thank our Heavenly Father for revealing all of this to the Prophet Joseph Smith for our benefit. I know that He loves us and waits to see us standing in His presence as a family. ■

NOTES

1. “The Family: A Proclamation to the World,” *Liahona*, Nov. 2010, 129.
2. Thomas S. Monson, “Hallmarks of a Happy Home,” *Ensign*, Nov. 1988, 71.

A Righteous Husband Makes a Difference

By Amy Krauss

South Africa Roodepoort Stake

To know the difference a righteous husband makes in the home, we need to know what makes a husband righteous. Living the gospel as a whole will make a righteous husband. From the scriptures and from experience, here are a few principles to illustrate this:

Look to the Savior.

“Therefore, what manner of men ought ye to be? Verily I say unto you, even as I am” (3 Nephi 27:27). A righteous husband in the home must realize that the Savior is the one to emulate.

Go about doing good.

“Jesus of Nazareth . . . went about doing good, and healing all that were oppressed of the devil; for God was with him” (Acts 10:38). The Savior lived to serve and bless others through His priesthood power.

Minister. “And whosoever of you will be the chiefest, shall be servant of all. For even the Son of man came not to be ministered unto, but to minister” (Mark 10:44–45). The following story by Elder D. Todd Christofferson is an example of ministering: “Years ago, when my brothers and I were boys, our mother had radical cancer surgery. She came very close to death. Much of the tissue

in her neck and shoulder had to be removed, and for a long time it was very painful for her to use her right arm.

“One morning about a year after the surgery, my father took Mother to an appliance store and asked the manager to show her how to use a machine he had for ironing clothes. The machine was called an Ironrite. It was operated from a chair by pressing pedals with one’s knees to lower a padded roller against a heated metal surface and turn the roller, feeding in shirts, pants, dresses, and other articles. You can see that this would make ironing (of which there was a great deal in our family of five boys) much easier, especially for a woman with limited use of her arm. Mother was shocked when Dad told the manager they would buy the machine and then paid cash for it. Despite my father’s good income as a veterinarian, Mother’s surgery and medications had left them in a difficult financial situation.

“On the way home, my mother was upset: ‘How can we afford it? Where did the money come from? How will we get along now?’ Finally Dad told her that he had gone without lunches for nearly a year to save enough money. ‘Now

when you iron,' he said, 'you won't have to stop and go into the bedroom and cry until the pain in your arm stops.' She didn't know he knew about that. I was not aware of my father's sacrifice and act of love for my mother at the time, but now that I know, I say to myself, 'There is a man.'¹

Preside in righteousness. The Apostle Paul taught: "Husbands, love your wives, even as Christ also loved the church, and gave himself for it" (Ephesians 5:25). President Ezra Taft Benson (1899–1994) stated: "Brethren, I say to you with all soberness, [Jesus Christ] is the model we must follow as we take the spiritual lead in our families. Particularly is this true in your relationship with your wife."² Fathers are to preside in the home but not exercise unrighteous dominion.

Provide for family. President Gordon B. Hinckley (1910–2008), speaking in a meeting in April 1998, gave specific counsel for young men: "The girl you marry will take a terrible chance on you. . . . [You] will largely determine the remainder of her life. Work for an education. Get all the training that you can. The world will largely pay you what it thinks you are worth. Paul did not mince words when he wrote to Timothy: 'But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse

than an infidel' (1 Timothy 5:8)."³

Make temple covenants.

"Verily I say unto you, all among them who know their hearts are honest, and are broken, and their spirits contrite, and are willing to observe their covenants by sacrifice . . . they are accepted of me" (D&C 97:8). A righteous husband will be worthy to take his wife to the temple, to be sealed for eternity.

Have integrity. There is a popular saying: "The true test of a man's character is what he does when no one is watching." Integrity means being truthful and also honoring commitments. President N. Eldon Tanner (1898–1982), former counselor in the First Presidency, told of someone who sought his advice:

"A young man came to me not long ago and said, 'I made an agreement with a man that requires me to make certain payments each year. I am in arrears, and I can't make those payments, for if I do, it is going to cause me to lose my home. What shall I do?' I looked at him and said, 'Keep your agreement.' 'Even if it costs me my home?' I said, 'I am not talking about your home. I am talking about your agreement; and I think your wife would rather have a husband who would keep his word, meet his obligations, . . . and have to rent a home than to have a home with a husband who will not keep his covenants and his pledges.'⁴

Show love and affection to your wife. A man who holds the priesthood shows perfect moral fidelity to his wife and gives her no reason to doubt his faithfulness. A husband is to love his wife with all his heart and cleave unto her and none else (see D&C 42:22–26). President Spencer W. Kimball explained: "The words *none else* eliminate everyone and everything. The spouse then becomes preeminent in the life of the husband or wife, and neither social life nor occupational life nor political life nor any other interest nor person nor thing shall ever take precedence over the companion spouse."⁵

So what difference does a righteous husband make in a home?

- There will be more Christ-centered homes when husbands live gospel principles and lead their families in righteousness.
- Their homes will be a place of refuge to protect their families from the evil in the world.
- There will be peace, love, joy, and a striving for all to return to their Heavenly Father. ■

NOTES

1. D. Todd Christofferson, "Let Us Be Men," *Liahona*, Nov. 2006, 46.
2. Ezra Taft Benson, "To the Fathers in Israel," *Ensign*, Nov. 1987, 50.
3. Gordon B. Hinckley, "Living Worthy of the Girl You Will Someday Marry," *Ensign*, May 1998, 49–50.
4. N. Eldon Tanner, quoted in D. Todd Christofferson, "Let Us Be Men," 47.
5. *Teachings of Presidents of the Church: Spencer W. Kimball* (2006), 199.

Missions Have Far-Reaching Effects

By Sister Janet Reber

Elder Carnieletto from Milan is the first missionary from Italy to ever come to the South Africa Missionary Training Center (SAMTC). His mother and father both served missions, and his two older siblings have served missions. Four years ago he received his patriarchal blessing and understood that he would go on a mission to a “strange land.” He has been called to serve in Kenya and believes there is someone special in that country waiting to be taught by him. He is anxious to begin his mission and teach the gospel. Elder Carnieletto is a wonderful young man and has prepared himself well to be an instrument in God’s hands.

Elder Teerlink was studying diligently at the SAMTC. The evening teacher, Brother Wandisile Maarman, came into the room to meet the elders for the first time. When Elder Teerlink announced his name, Brother Maarman asked him if he had a brother who had served a mission in Johannesburg. Elder Teerlink said that he did. Brother Maarman said that his brother had taught him the gospel and was at his baptism four years



SISTER REBER

**Elder
Carnieletto
from Italy**

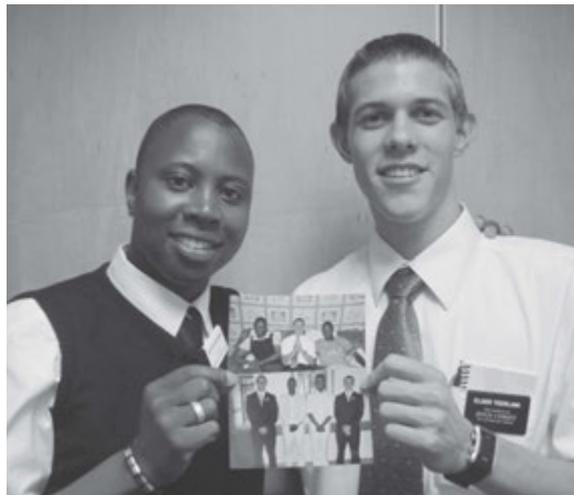
ago. Missions change your life forever, and the blessings of service continue far into the future and into the eternities.

Elder Barton received his mission call to South Africa. Brother Jeff Swarts served a mission to the Cape Town Mission from 1987–89. At that time, he served with an Elder Jay Barton. Through the years they have kept in contact. When Jay Barton’s son received his mission call to South Africa, it was a great time of celebration. Brother Swarts came to the MTC to act as an “investigator” so the missionaries could have an opportunity to teach a stranger. He was taught by Jay Barton’s son, Elder Jensen Barton. It wasn’t until the teaching experience had concluded that he revealed to Elder Barton that he had served a mission with his father. There was much rejoicing at the SAMTC. ■



SISTER REBER

Brother Jeff Swarts and Elder Barton



SISTER REBER

Brother Wandisile Maarman and Elder Teerlink