



By President
Russell M. Nelson

HELPING Our Brothers and Sisters

In his talk in the Sunday morning session of general conference, President Nelson said, “Latter-day Saints, as with other followers of Jesus Christ, are always looking for ways to help, to lift, and to love others.” He told about some ways people need help in the world today:



1 out of 9 people don't have enough food.



Unclean water makes many people sick.



70 million refugees have had to leave their homes.



People need medicine, glasses, and wheelchairs.

Disasters like hurricanes, fires, floods, and earthquakes happen around the world.

Adapted from “The Second Great Commandment,” Ensign, Nov. 2019.

Three Ways the Church Helps

- Over a period of 35 years, Church members have given more than 2 billion dollars to help people. It doesn't matter what religion, race, or country the people are from.

- Even before a hurricane hits, the Church starts planning how to help.
- Church members in yellow vests rush to lend a helping hand!

How Can You Help?

- When you are old enough, you can fast, or go without food, once a month. Then you can donate the cost of that food as a fast offering.
- You can also donate money to the humanitarian fund.
- You can find ways to help in your own neighborhood and community—such as donating to a food bank, like these children are doing.

How else can you help?

