

2013

SEMINAR FOR

New

MISSION
PRESIDENTS



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Appendix

Appendix: Adjusting to Missionary Life	
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INCREASING CONVERT BAPTISMS

In missions with increasing numbers of convert baptisms, we have observed that mission presidents and missionaries:

- Have a firm belief that they will baptize.
- Pray for and expect miracles.
- Understand the importance of baptism in the context of the doctrine of Christ and the missionary purpose.
- Foster a culture of obedience.
- Set realistic and challenging standards of excellence and mission and companionship goals for baptism.
- Are united in their vision and goals and talk frequently about them. Assistants to the president, zone leaders, sister training leaders, district leaders, and trainers lead by example in consistently baptizing those who are qualified for baptism.
- Set weekly and monthly baptismal goals and work diligently to achieve them.
- Invite people early in the teaching process to be baptized as set forth in lesson one of *Preach My Gospel* (40).
- Help investigators gain a testimony through praying, reading the Book of Mormon, attending church, and keeping the commandments.
- Work in unity with stake presidents, bishops, ward mission leaders, and ward councils.
- Ask everyone they meet, “Who do you know who would be interested in and benefit from this message?” and “Who else can benefit from our message?” (*Preach My Gospel*, 159).



HELPING MISSIONARIES



MISSION PRESIDENT ROLES


- Husband and father
- Missionary
- Teacher and lead trainer
- Counselor and judge
- Administrator

Mission President's Handbook, 2–3

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ROLES OF THE MISSION PRESIDENT'S WIFE




- Wife and mother
- Missionary companion to her husband
- Teacher and leader of missionaries
- Member of the mission leadership council
- Mentor to sister training leaders and other sister missionaries
- Supervisor of missionary health, as appropriate

Mission President's Handbook, 8–9

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MENTAL HEALTH OF MISSIONARIES



- Missionary applications that report known mental health diagnoses are reviewed carefully by mental health professionals.
- Missionaries who arrive in the field should be stable and functional.
- Some will develop mental health challenges while serving a mission.
- Area mental health advisors (AMHA) and LDS Family Services counselors are resources in these instances.
- You will likely spend significant time and energy helping missionaries with mental health challenges.

4



WORK AND MENTAL HEALTH



“I have often said one of the greatest secrets of missionary work is work! If a missionary works, he will get the Spirit; if he gets the Spirit, he will teach by the Spirit; and if he teaches by the Spirit, he will touch the hearts of the people and he will be happy. There will be no homesickness, no worrying about families, for all time and talents and interests are centered on the work of the ministry. Work, work, work—there is no satisfactory substitute, especially in missionary work.”

President Ezra Taft Benson
Preach My Gospel, 121

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ADJUSTING TO MISSIONARY LIFE



The following new materials can help missionaries adjust to missionary life:


- *Adjusting to Missionary Life: Missionary Preparation*
- *Adjusting to Missionary Life: MTC training lesson*
- *Adjusting to Missionary Life: A Resource Booklet*
- *Adjusting to Missionary Life: An Online Resource*
- *Adjusting to Missionary Life: Taking Care of Each Other*

See Appendix B in your seminar booklet.

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PRINCIPLES FOR GOOD MENTAL HEALTH




Encourage good mental health by ensuring that missionaries:

- Take care of each other.
- Talk with each other about their feelings.
- Follow the missionary daily schedule and get adequate exercise, nutrition, and rest.
- Work hard.
- Learn to relax and have fun in appropriate ways.
- Avoid extreme expectations for themselves or others.
- Lead with love and inspiration, not pressure, guilt, or fear.
- Inform you of any serious concerns.
- Use the new *Adjusting to Missionary Life* materials (see Appendix B in your seminar booklets).

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ENCOURAGE MISSIONARIES TO LEARN ENGLISH



- All non-English speaking missionaries should strive to learn English.
- Encourage missionaries by:
 - helping them see how learning English will bless their lives.
 - following up on their progress periodically.
 - helping those who already speak English see the importance of helping their companions learn.
- The *Companionship Language Study* program helps non-English speaking missionaries gain an international English certificate that benefits them as they return home.
- See learningenglish.mtc.byu.edu for further instructions, materials, and training.

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WHAT IS MISSION CULTURE?



- Culture: the behaviors and beliefs characteristic of a particular social, ethnic, or age group.
- No two missions are the same. Every mission has its own mission culture, which includes:
 - Missionary language, dress, preparation day customs, etc.
 - Beliefs and attitudes about proselyting and what is appropriate and effective in missionary work.
- Culture is influenced by the expectations the mission president has for the missionaries.
- Culture can be helpful or harmful to the work.

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MISSION LEADERSHIP COUNCIL




- No one impacts mission culture more than the mission president and his wife.
- However, mission culture is established by the council of mission leaders.
- You will hold a monthly mission leadership council that will include you, your wife, assistants to the president, zone leaders, and sister training leaders.
- How you organize and conduct this leadership council will have a profound influence on mission culture.

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HOW TO BUILD A POSITIVE MISSION CULTURE



- Prayerfully define what you want the mission culture to be like.
- Emphasize the doctrine of Christ as the foundation to the why, the what, and the how of missionary work.
- Remain aligned with *Preach My Gospel* and the *Missionary Handbook*.
- Consistently teach the values and practices of the desired mission culture. Expect missionaries to live these values and help them be accountable.
- Call qualified trainers and mission leaders who live the desired mission culture and will help other missionaries do the same.


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PRESIDENTS' SESSION



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SECURITY


Teach missionaries the six rules for safety and security:

- Vary routes and routines.
- If threatened for money or items, give them up.
- Avoid the appearance of wealth.
- Report incidents to mission leaders.
- Obey all mission rules all of the time.
- Follow impressions from the Holy Ghost.

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INTERVIEWING MISSIONARIES: GUIDING PRINCIPLES



- Pace your interviews so that each missionary receives a personal, unhurried interview.
- Help missionaries turn to the Lord and develop spiritual self-reliance.
- Always strengthen, support, and express love.
- Receive an accounting, discuss needs, and offer counsel.
- Teach missionaries to turn to other mission leaders for help when appropriate.

Mission President's Handbook, 18–19

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INTERVIEWING MISSIONARIES: TYPES




- **Arrival:** getting acquainted, inspiration on assignment, not a worthiness interview
- **Departure:** reflection, counsel on transition home, testimony, three-month temple recommend
- **Quarterly:** well-being, instruction
- **Special Needs:** discussion of concerns, counsel, encouragement

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INTERVIEWING MISSIONARIES: HOW




- Consider praying together.
- Be positive, build faith and confidence.
- Be relaxed and cheerful.
- Know the missionary.
- Invite the missionary to ask questions or share concerns.
- Ask questions, listen, and keep confidences.
- Offer inspired counsel and invite the missionary to act.
- Occasionally review the missionary's daily planner.
- Make another appointment if additional time is needed.

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LETTERS TO THE MISSION PRESIDENT



- Missionaries are expected to write once a week.
- Most letters come by email.
- Read all letters.
- You are not expected to answer each letter. Answer by exception only.
- Keep letters confidential.

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WIVES' SESSION

ROLES OF THE MISSION PRESIDENT'S WIFE



- Wife and mother
- Companion to her husband
- Teacher and leader of missionaries
- Member of the mission leadership council
- Mentor to sister training leaders and other sister missionaries
- Supervisor of missionary health, as appropriate

Mission President's Handbook, 8–9

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WIFE AND MOTHER



- Care for your family, including those that are not with you.
- Have a weekly date night with your husband.
- Your preparation day does not have to be on the same day as the missionaries' preparation day. If you have children, preparation day should fall on a day when the children do not have school.
- Adjust family life according to the needs and wants of your own family, not the previous mission president.
- Remember that your family does not have to live all missionary rules and should spend time together doing family activities (see *Mission President's Handbook*, 7–10).
- Budget is allowed for family activities (see *Mission President's Handbook*, 80).

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COMPANION TO YOUR HUSBAND



- You are set apart as the missionary companion to your husband.
- Provide support and counsel to your husband as you both deal with the challenges of the mission (see *Mission President's Handbook*, 8).
- Teach the gospel.
- Proselyte and teach together as a couple as family circumstances allow.

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TEACHER AND LEADER OF MISSIONARIES



- Teach at missionary training, ward, and stake meetings. In missionary settings you may:
 - Demonstrate and help missionaries practice.
 - Teach doctrine and deliver spiritual messages.
 - Teach missionaries how to stay healthy and dress professionally.
- Participate in mission leadership council.
- As family circumstances allow, you have an enhanced role in training and caring for sister missionaries.
- You may visit missionary apartments to review cleanliness and safety.
- Study and teach the emergency action plan. (See *Mission President's Handbook*, 35–36; *Missionary Handbook*, 51.)

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Lessons

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MISSIONARY HEALTH




- Help supervise the medical care of missionaries. Medical care is a great concern and consumes a lot of time.
- You and your husband determine your level of involvement in medical care. You may delegate these responsibilities to another qualified person.
- Online health lessons are available on the Missionary Medical website for your use while teaching in zone conferences.
- Area medical advisors are assigned to missions to provide medical consultation.

6



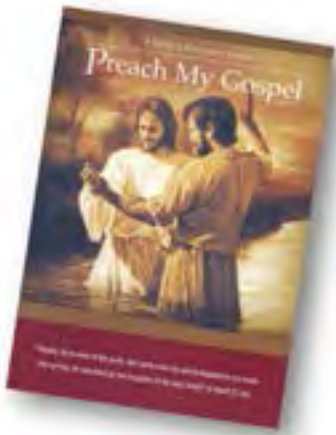
TRAINING MISSIONARIES





YOUR PURPOSE AS A MISSIONARY

“Invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end.”

Preach My Gospel, 1



2






SAVING THE MISSIONARY

“You may have heard someone say that the success of a mission president cannot be judged until we see the children and grandchildren of his missionaries. It is the light of the gospel in their faces that will signal success.”

President Henry B. Eyring
Seminar for New Mission Presidents,
June 23, 2008

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SAVING THE MISSIONARY


“*Preach My Gospel* missionaries understand that the responsibility to represent the Savior and to bear testimony of Him never ends. When the day arrives for an honorable release as a full-time missionary, you will depart from a field of labor and return to your family—but you will not cease being and becoming a missionary. A release as a full-time missionary is a call to serve as a lifelong missionary. And *Preach My Gospel* missionaries honor, always, this sacred obligation.”

Elder David A. Bednar
Seminar for New Mission Presidents,
June 24, 2011

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A HALF HOUR



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FUNDAMENTALS FROM *PREACH MY GOSPEL*: TEACHING MORE EFFECTIVELY

- After extensive study and in-field observation, foundational principles that help missionaries become better teachers were identified.
- All of these principles are found in *Preach My Gospel*.
- They have been extracted, focused, and organized into a foundation for what missionaries must come to know, feel, and do to teach the gospel effectively.

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FUNDAMENTALS FROM *PREACH MY GOSPEL*:
TEACHING MORE EFFECTIVELY




Lessons	PMG Chapters
• Doctrine of Christ—Your Purpose	All
• The Role of the Holy Ghost in Conversion	1, 3, 4, 10
• Revelation through Prayer	1, 3, 11
• Revelation through the Book of Mormon	3, 5
• Revelation through Church Attendance	3, 11
• Teach People, Not Lessons	1, 3, 10
• We Invite, They Commit, We Follow Up	1, 11
• How to Begin Teaching	10

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THE FUNDAMENTALS AND
TRAINING NEW MISSIONARIES




These eight fundamentals from *Preach My Gospel*:

- Make up the core curriculum at all missionary training centers.
- Form, along with *Preach My Gospel*, the foundation for *In-Field Training for New Missionaries: the First Twelve Weeks*.
- Represent a significant simplification in the way new missionaries are trained to teach the gospel.

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THE TRAINING MODEL




- Explain
- Demonstrate
- Practice
- Evaluate
- Re-practice

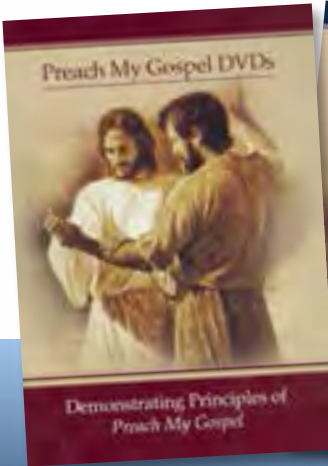
9

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USE *PREACH MY GOSPEL* DVDS OFTEN



The District 1
Goal Setting,
Planning, and
Finding



The District 2
Teaching



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EFFECTIVE PRACTICE

- Spend half of the training time in practice.
- Instruct missionaries playing the role of investigator to assume the character of a current investigator.
- Teach that practicing is a time to receive inspiration on how to help specific people progress, and that inspiration comes as missionaries try to respond to the practice situation as those they teach might respond.
- Allow time for missionaries to re-practice.
- Teach missionaries how to give feedback:
 - Describe specifically what others do well.
 - Describe specifically how they can improve.
 - Offer feedback only on the things that are the focus of the training.

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PRACTICE GROUPINGS

Size	Roles	Strengths
4	<ul style="list-style-type: none"> Missionary companionship Investigator Observer/coach 	<ul style="list-style-type: none"> Missionaries teach as companions. All missionaries get feedback. Best when practicing teaching.
3	<ul style="list-style-type: none"> Missionary companionship Investigator/coach <p style="text-align: center; margin: 5px 0;">or</p> <ul style="list-style-type: none"> Missionary Investigator Observer/coach 	<ul style="list-style-type: none"> Gives a single missionary more practice opportunity. Works well in smaller groups.
2	<ul style="list-style-type: none"> Missionary Investigator/coach 	<ul style="list-style-type: none"> Provides the most practice opportunity. Works well when time and space are limited.

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LEAD TRAINER



- The **mission president is the lead trainer** in his mission, and though others may assist him, he cannot turn that responsibility over to others.
- To the extent that his mission geography, stamina, and family circumstances allow, the mission president should spend as much time as possible:
 - Training missionaries.
 - Working with missionaries as they proselyte to help them apply training and improve their teaching abilities.

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MISSION PRESIDENT'S WIFE



The mission president's wife is set apart as the missionary companion to her husband. As family circumstances allow, she:

- Participates with the mission president in training settings.
- Participates in the mission leadership council.
- Accompanies sisters on visits to investigators and less-active members.
- Acts as a role model and mentor for sister training leaders and all sister missionaries.
- Sets an example of faith and obedience.

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ASSISTANTS TO THE PRESIDENT



- Set an example of faith and obedience.
- Proselyte effectively and baptize consistently (must have an assigned area).
- Train zone leaders through companion exchanges every six weeks.
- Assist the mission president in training meetings at his request.
- Assist the mission president in **limited** administrative duties. (Assistants are not office elders.)

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Lessons



ZONE LEADERS



- Set an example of faith and obedience.
- Proselyte effectively and baptize consistently.
- Report to the mission president.
- Conduct baptismal interviews.
- Train district leaders through companion exchanges every six weeks.
- Hold a monthly zone training meeting (two to three hours).
- Help establish monthly zone goals and receive an accounting from district leaders.
- Help missionaries resolve challenges and questions not requiring the mission president's attention.
- Train as assigned in zone conferences.

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DISTRICT LEADERS



- Set an example of faith and obedience.
- Proselyte effectively and baptize consistently.
- Conduct baptismal interviews.
- Train missionaries through companion exchanges every six weeks.
- Hold a weekly district meeting (an hour and a half).
- Help establish district goals and receive an accounting from missionaries.
- Help missionaries resolve challenges and questions not requiring the mission president's attention.

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SISTER TRAINING LEADERS




- Set an example of faith and obedience.
- Proselyte effectively and baptize consistently.
- Are responsible for the training and welfare of sister missionaries assigned to them.
- Train each companionship of sisters assigned to them through exchanges every six weeks.
- Report directly to the mission president on sisters' issues.
- Are members of and participate in the mission leadership council.
- Assist the mission president, zone leaders, and district leaders in training meetings and zone conferences.
- Are members of districts and zones.

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TRAINERS



- Set an example of faith and obedience.
- Proselyte effectively and baptize consistently.
- Are responsible for the training and welfare of a new missionary.
- Lead the new missionary through the In-Field Training for New Missionaries program during the first 12 weeks of his or her mission.

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TRAINING EVENTS



<p><u>Mission President:</u></p> <ul style="list-style-type: none"> • Mission leadership council • Zone conferences • Specialized training • Interviews • Proselyting with companionships 	<p><u>Mission Leaders:</u></p> <ul style="list-style-type: none"> • Zone training meetings • District meetings • 24-hour companion exchanges
--	---

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MISSION LEADERSHIP COUNCIL



- Monthly (as early in the month as possible)
- One day for 4–5 hours
- Mission president and his wife, assistants to the president, zone leaders, and sister training leaders
- Agenda items include:
 - Accountability for prior month
 - Counsel on needs and challenges
 - Training on the month's mission training plan

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ZONE CONFERENCES



- Quarterly
- About six hours
- Agenda items include:
 - Doctrinal instruction (*Alma 31:5; Preach My Gospel, 19*)
 - Training from *Preach My Gospel* and Fundamentals from *Preach My Gospel: Teaching More Effectively*
 - Obedience, motivation, *esprit de corps*
 - Health, safety, handbook issues, referral follow up

See Mission President's Handbook, 49–50

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SPECIALIZED TRAINING



- Is ongoing and scheduled around mission calendar.
- Involves training and working with missionaries in sub-groups and companionships.
- Includes teaching from *Preach My Gospel* as directed by the Spirit and according to the mission training plan.

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GROUPS FOR SPECIALIZED TRAINING



- Companionships (priority)
- New missionaries and their trainers (priority)
- Leadership training (1–2 days, for zone, district, and sister training leaders and for trainers)
- Individual zones
- District meetings
- Missionaries proselyting among minorities
- Senior missionaries
- Visitors' center sisters
- Ward and stake leaders
- Missionaries participating in a significant event (pageant, stake fair, etc.)

See pages 81–83 in your seminar booklets.

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SUGGESTIONS FOR SPECIALIZED TRAINING

Below are descriptions of a few specialized training approaches that have been used by mission presidents. This list is not intended to be exhaustive. You may think of other approaches that are effective in helping you address the training needs of your mission. The three approaches that have shown significant benefit to missionaries are proselyting with companionships, training for new missionaries and their first companion, and individual zones.

Proselyting with companionships

Spend time with a single companionship by going with them as they proselyte. When you use this approach consider the following suggestions:

- Select who to proselyte with so that your time will bring the maximum benefit to the mission. Proselyte with your assistants and enough zone leaders to know that they are good examples of *Preach My Gospel* missionaries. Proselyte with a missionary you are considering for a leadership assignment. Proselyte with companionships that are struggling.
- Observe all aspects of the missionary daily schedule. Observe personal and companion study, daily planning, weekly planning, finding through members, teaching investigators, service, etc. Go often enough and at different times of the day to understand all aspect of missionary life and your mission culture.
- Watch, participate, and give feedback. When attending a teaching appointment with a companionship, explain beforehand how you want to be involved. Participate with them in teaching, but also observe how they teach together. Afterwards talk about the experience. Discuss the things they did well and offer a couple of suggestions for improvement as described in *Preach My Gospel*. Discuss and offer feedback on other areas of proselyting you observe.

New missionaries and their first companion

Hold a 1.5 –to 2-hour training meeting with trainers of new missionaries before the new missionaries arrive in-field. During this meeting, provide instruction as suggested in In-Field Training for New Missionaries. Hold another training meeting with the trainers and new missionaries shortly after their arrival. Guidelines for this training meeting are also given in In-Field Training for New Missionaries. After the new missionaries and their trainers have been able to work in-field for more than three weeks, but not longer than six, hold another training meeting with all the new missionaries and their trainers. Allow the new missionaries (separate from the trainers) to talk about what they are learning and experiencing. With the trainers present, teach again the Doctrine of Christ, how to have effective companion study, and other principles listed in their 12-week schedule. Allow time for questions and answers.

Individual zones

for 3 to 4 hours of training, send them out to proselyte in the afternoon and evening to apply what they were taught, and meet again the following day to follow up on their experience and provide additional training. Use *Preach My Gospel* and the Training Model. Focus on the specific needs of the zone. Use the zone leaders in the training. It is not necessary for assistants to the president to attend specialized training.

District meetings

Either attend regularly scheduled district meetings or arrange for district meetings that fit your schedule and allow you to attend several in a single day. It is recommended that district meetings last from 60 to 90 minutes (see *Preach My Gospel*, ix). You may, depending on the circumstances, ask that the district meeting you to implement the suggestions under District

Meetings on page ix of *Preach My Gospel*. Inform mission leaders in advance when you attend their district meeting. Help the district leader plan and prepare a district meeting that will be successful. Use *Preach My Gospel* and the Training Model. Discuss specific needs of the district and investigators the missionaries are working with.

Missionaries learning another language or proselyting to minorities
to proselyte with a minority group.

Chapter 7 of *Preach My Gospel*. Discuss

the unique challenges the missionaries face in working with their investigators. Use *Preach My Gospel* and the Training Model in helping the missionaries learn how to be more effective in working with the particular minority.

Senior missionaries

Meet with senior missionaries. Discuss their unique assignments. Allow them time to ask questions and express their ideas. Help them to feel valued and appreciated. Teach them how their service is contributing to the overall effort of the mission. Be flexible in how you direct their service. Treat them as adults.

Visitors' Center missionaries

If you have a visitors' center in your mission, meet with the visitors' center missionaries periodically to provide training. Coordinate your training with the director of the visitors' center and invite the director and his wife to attend. Teach the missionaries how to manage the unique opportunity of serving in a visitors' center and a proselyting area. Use *Preach My Gospel* and the Training Model in helping them improve their teaching in the visitors' center as well as with investigators. This meeting may be part of their weekly visitors' center training meeting.

Ward and stake leaders

Stake presidents may invite you to assist with the training of ward and stake leaders on missionary work. Accept these invitations and show your support by providing training that will reinforce the goals and vision of the stake and wards. Typically these training groups are a combination of bishoprics and other stake leaders, ward councils, ward mission leaders, and ward missionaries. Include the full-time missionaries assigned to the stake and wards. Use the Training Model in these meetings. Teach from *Preach My Gospel* and *Handbook 2*. Provide training that is practical, inspiring, and builds faith rather than creates guilt.

Periodic training meetings that include the High Councilor over missionary work, ward mission leaders, ward missionaries and the full-time missionaries within the stake have proven to help unite members and missionaries.

Missionaries participating in a significant event (pageant, stake fair, etc.)

When stakes and wards sponsor an event that is open to the public, or if an official Church pageant is held within your mission boundaries, provide specialized training to the missionaries and members assigned to these stakes and wards or to the pageant. Counsel with and involve the stake and ward or pageant leaders. Teach the missionaries and members how to interact with the public in a way that is warm and friendly and leads to teaching opportunities. Base the training on *Preach My Gospel* and the Training Model.

SUGGESTIONS FOR ZONE TRAINING MEETINGS

The purpose of the zone training meeting is for zone leaders to train and motivate members of their zone.

When is this meeting held?

g replaces district meeting for that week.

What is the role of the mission president?

The mission president, in zone leader council, provides direction for the zone training meetings. The president is not required to attend these meetings, but he may do so periodically as part of specialized training.

What is the agenda?

- Discussion of the monthly zone goals (reporting on past goals and plans to meet future monthly goals)
- Counsel on proselyting challenges and needs
- Review the progress of investigators and new and returning members
- Training focused on the principles of *Preach My Gospel* and “Fundamentals from *Preach My Gospel: Teaching More Effectively*”

More than half of the meeting is dedicated to training with much of that time spent in practicing skills that will enhance missionary effectiveness.

How should zone leaders train during these meetings?

They should apply the principles of the Training Model (explain, demonstrate, practice, evaluate, and re-practice). They should also use the *Preach My Gospel* DVDs.

What about zones that require missionaries to travel long distances?

In zones where missionaries may have to travel more than two hours each way, zone leaders may hold two zone training meetings in different locations; missionaries should not need to stay overnight to attend zone training meeting.

What is the role of the assistants to the president?

Assistants to the president do not attend zone training meetings unless at the request of the mission president. heir proselyting area.

Is there extra budget and miles for these meetings?

No.

Should a meal be provided as part of the meeting?

soon as the meeting ends.

What about personal and companion study when these meetings are held?

Missionaries should do what is necessary to have personal study each day. The zone training meeting will replace companion study for that day.

INTERVIEWS



- Quarterly
- During transfer week, adjust arrival activities to allow for sufficient interview time with new and returning missionaries.
- Conduct other interviews with missionaries as often as needed.

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ZONE TRAINING MEETING



- Monthly (in lieu of a district meeting)
- 2–3 hours
- Directed by the zone leaders, who can be assisted by sister training leaders. (The mission president does not need to attend.)
- Train on what was taught during mission leadership council.

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COMPANION EXCHANGES



- A one-on-one training experience with a mission leader that lasts at least twenty-four hours.
- Includes personal study, companion study, proselyting, and daily planning.
- During exchanges, missionaries:
 - Set goals and plan to focus on topics taught in mission leadership councils and zone conferences.
 - Learn from each other, apply what they were taught in real situations, and give each other feedback.
 - Have practical experiences so that what they are learning becomes natural and instinctive.
- One of the most powerful, yet underutilized, training opportunities missionaries have.

Mission President's Handbook, 50–51; Missionary Handbook, 63–65

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PRESIDENTS
2013

GUIDELINES FOR EFFECTIVE COMPANION EXCHANGES



- Mission leaders maintain a proselyting area as a model.
 - To show a missionary how to do the work, the missionary goes into the leader's area.
 - To see how a missionary does the work, the leader goes to the missionary's area.
 - Usually the companions of the leader and the missionary work together in the other proselyting area.
- Every missionary has a companion exchange every transfer.
- Companion exchanges should begin and end during less-productive times of the day.
- Mission leaders report on exchanges in their weekly letters to the president. They should call the president for any urgent needs.

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SEMINAR FOR
New
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PRESIDENTS
2013

IN-FIELD TRAINING FOR NEW MISSIONARIES



- Both the mission president and missionary leaders are directly responsible for the training of new missionaries.
- The principles from Fundamentals from *Preach My Gospel: Teaching More Effectively* provide the core content for the curriculum at missionary training centers and for *In-Field Training for New Missionaries: the First Twelve Weeks*.

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SEMINAR FOR
New
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PRESIDENTS
2013

SAVING THE MISSIONARY



“May you help each missionary under your direction to succeed. . . . Say to [yourself], ‘It is my responsibility to motivate and to demonstrate and to show every missionary in my mission how to be successful. It isn’t my responsibility to scold; it isn’t my responsibility to berate or to pressure. My assignment is to show each missionary how to be successful.’”

President Thomas S. Monson
Seminar for New Mission Presidents,
June 24, 2012

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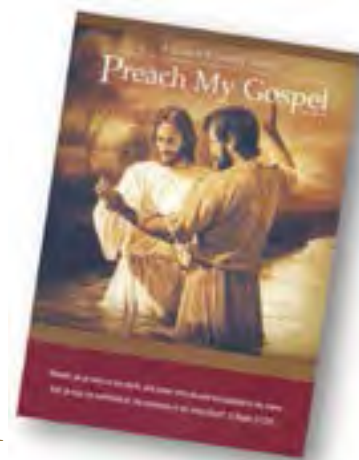



FINDING PEOPLE TO TEACH




“Invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end.”

Preach My Gospel, 1






THE IMPORTANCE OF MEMBERS




“Involve the membership of the Church. . . . There is just no substitute for a member-oriented proselyting program. Tracting will not substitute for it. Golden questions will not substitute for it. A member-oriented program is the key to success. It works wherever we try it.”

President Thomas S. Monson
Seminar for New Mission Presidents,
June 24, 2012

3



HOW TO WORK WITH MEMBERS



“First, don’t nag. You will not help the members by reminding them of their duties. Guilt doesn’t move people very well to offer referrals or to love the new members. Second, don’t beg. More than a few missionaries have come to my home to plead for referrals. In too many cases they sounded like insurance agents desperate for sales leads. You can build in your missionaries something else: a love of the gospel and of the people.”

President Henry B. Eyring
Seminar for New Mission Presidents,
June 23, 2008

4


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BUILD THE FAITH OF MEMBERS



Preach My Gospel suggests that missionaries build the faith of members by:

- Teaching them a powerful gospel message.
- Strengthening the members' understanding of the doctrine of Christ.
- Asking "Who do you know who would be interested in and benefit from this message?"
- Inviting them to pray for missionary opportunities.
- Provide opportunities for them to exercise their faith by inviting them to act.

5


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MOST LIKELY



Why are these people the most likely to give referrals?

- Part-member families
- Less-active families
- Recent converts
- Current investigators
- Former investigators
- Young single adults
- Young men and young women
- Returned missionaries

6

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WORKING WITH LESS-ACTIVE MEMBERS



Less-active members frequently come back when full-time missionaries and ward members:

- Visit their homes and become friends with them.
- Re-teach the missionary lessons.
- Teach them how to pray and invite them to pray.
- Teach them to read the Book of Mormon and invite them to do so.
- Invite them to return to church.
- Help them progress by inviting them to keep the commandments.
- Invite them to serve in ways that they can.
- Ask them for referrals of people who can benefit from our message.

7

Lessons

SEMINAR FOR
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2013

THE WARD COUNCIL



Teach missionaries to:

- Stay focused on the bishop's and the ward council's goals and agenda.
- Provide support to the ward mission leader by preparing a complete, neatly written Progress Record and delivering it to him for discussion in ward council.
- Focus on people and their progress.
- Be direct and concise when asked to report in ward council.

8

PEOPLE AND ACTIVITIES

LESSONS

PEOPLE	ACTIVITIES									
	<i>Invite to church activity</i>	<i>Have over for FHE</i>	<i>Dinner</i>	<i>Bring to Visitors' Center</i>						
Frank and Karen			7/31							
Barbara Smith				7/9						
Andy Phelps	7/12									

Progress Record

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Names of missionaries

For use in providing information on investigators, recent converts, and less-active members to ward or stake leaders.

Date

Ward or branch

Type*	Name	Age	M or F	Address	Telephone number	Lessons taught (circle if taught with a member present)	Fellowship or home teacher	No. of times attended church	Baptism and confirmation dates		Priesthood ordination date	Help needed
									Baptized	Confirmed		

* Type: I= Investigator; RC=Recent convert; LA= Less-active member; PM= Part-member family

Key Indicators: Week ending

Actual	Goal	Investigators baptized and confirmed		Investigators who attended sacrament meeting	Investigators with a baptismal date	Lessons taught to investigators with a member present	Other lessons taught	*Progressing investigators	Referrals		New investigators	Lessons taught to recent converts and less-active members
		Baptized	Confirmed						Received	Contacted		

*Progressing investigators: Investigators who have been taught two or more times and are keeping their commitments to read the Book of Mormon and pray about it and the Prophet Joseph Smith; to attend church, and so on.

New and Returning Member Progress

The bishop regularly reviews this form in ward council meetings to discuss the progress of each new or returning member. The ward council uses the form to plan specific ways to teach and strengthen new members from the time of their baptism and confirmation until they receive the temple endowment. The ward council also uses portions of this form in planning how to teach and strengthen returning members.

Ward or branch	Stake or district
----------------	-------------------

Personal Information

Name of member or couple	Baptism date(s)	Confirmation date(s)
--------------------------	-----------------	----------------------

Address	Phone number
---------	--------------

Names and ages of children

Name(s) of assigned ward council member(s)

Names of home teachers

Names of visiting teachers

Within One Month after Baptism or Return to Activity	Date completed
---	-----------------------

The bishop has interviewed the member and reviewed the principle of tithing and other worthiness matters to assist in preparation for temple worship	
--	--

Eligible males have been interviewed for and received the Aaronic Priesthood	
--	--

The member is enrolled in the Gospel Principles course	
--	--

Ward and full-time missionaries are reteaching the missionary lessons (as outlined in <i>Preach My Gospel</i>)	
---	--

Within Six Months after Baptism or Return to Activity	Date completed
--	-----------------------

The member has been interviewed for and received a responsibility or calling in the Church	
--	--

The member is regularly attending sacrament meeting	
---	--

The member has started a family group sheet	
---	--

As Soon as Appropriate during the First Year	Date completed
---	-----------------------

Eligible and worthy males have been prepared for and received the Melchizedek Priesthood	
--	--

Members ages 12 and older have participated in proxy baptisms in the temple (where feasible)	
--	--

Eligible members have completed the temple preparation seminar (see <i>Endowed from on High: Temple Preparation Seminar Teacher's Manual</i>)	
--	--

When Prepared, but Not before One Year following Baptism	Date completed
---	-----------------------

Eligible and worthy adults have been endowed	
--	--

The family has been sealed in the temple (if applicable)	
--	--

Distribute copies as follows: (1) bishop, (2) ward mission leader, (3) assigned ward council member(s), (4) new or returning member

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ANNOUNCED ON SUNDAY



Where technology is available at little or no cost, missionaries may use the Internet on a daily basis (about an hour a day) to find, teach, contact, retain new converts, and reactivate less-active members.

11

Lessons

SEMINAR FOR
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2013

INTERNET PROSELYTING



Missionaries live in a world of gated communities and digitally engaged people.

They have limited access to both groups. The Internet provides access.



12



INTERNET: A BLESSING TO THE WORK



“With so many social media resources and a multitude of more or less useful gadgets at our disposal, sharing the good news of the gospel is easier and the effects more far-reaching than ever before. . . . My dear young friends, perhaps the Lord’s encouragement to ‘open [your] mouths’ might today include, ‘use your hands’ to blog and text message the gospel to all the world.”

President Dieter F. Uchtdorf
Ensign, May 2011

13



INTERNET: A BLESSING TO THE WORK



Most missionaries know how to use the Internet, social media, and digital devices. The world already uses these tools. Where allowed, missionaries can also effectively use these tools to fulfill their purpose.

- Working online, missionaries can find, teach, follow-up, and easily communicate with investigators, less-active and active members, and leaders.
- Returned missionaries can stay in contact with their investigators and converts after they return home.

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INTERNET: A BLESSING TO THE WORK



- Handheld digital devices can help missionaries teach more effectively and proselyte more efficiently.
- We are currently testing smart phones and digital tablets. Once these are ready, you will be notified and trained on their use.

15

Lessons

SEMINAR FOR
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2013

ONLINE TOOLS



On a daily basis, missionaries will communicate with investigators and members using:

- E-mail.
- Facebook.
- Blogs.
- Video conferencing (Skype).
- Texting.
- Mormon.org.

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PRINCIPLES FOR WORKING ONLINE



There are five principles for working online.

1. Focus on the missionary purpose.
2. Ensure missionary safety:
 - Always work as companions.
 - Where possible, use the Church's filtered Internet.
 - Use mission leadership (district and zone leaders, assistants, sister training leaders) to monitor missionary online activities.

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PRINCIPLES FOR WORKING ONLINE (CONT.)



3. Apply the principles found in *Preach My Gospel* to:
 - Find and teach.
 - Maintain daily contact with investigators, members, and leaders.
 - Prepare investigators for baptism.
 - Help with retention of recent converts.
 - Help reactivate less-active members.

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PRINCIPLES FOR WORKING ONLINE
(CONT.)

4. Focus the online work on building the local area.

- Work online with local members and investigators.
- Help those outside the area prepare to meet with their local missionaries.

5. Be accountable for results.

- Report online results in weekly key indicators.
- Share experiences in president's letters.

All online activities should be planned in nightly and weekly planning.

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ANNOUNCED ON SUNDAY

Where possible, missionaries will work in meetinghouses and use Church Internet access and ward, stake, family history, or other available computers or digital devices. In addition to working online in meetinghouses, missionaries will:

- Teach investigators.
- Welcome “walk-in” visitors.
- Give tours of the building.
- Help teach classes determined by ward councils.

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Mormon.org is the Church's official web site for nonmembers. As you watch the presentation, note the following resources available on Mormon.org:

- Language Translation
- Keyword Search
- Basic Beliefs
- Member Profiles
- FAQs
- Video Portraits
- Social Media and E-mail Links
- Request a Missionary Visit


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- Missionaries and nonmembers around the world have many resources available to them.
- Missionaries should know the content of the web site and social media pages.
- Missionaries should have specific investigators in mind when they visit the website.
- Mission presidents should allow missionaries sufficient time to become familiar with the content and resources available.


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2013



USING TIME WISELY

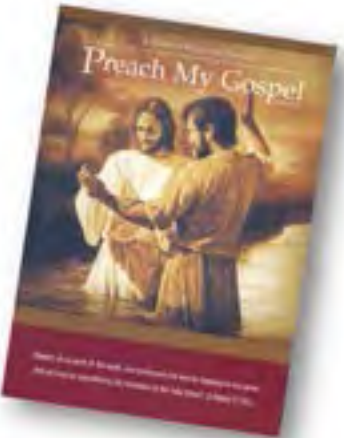
SEMINAR FOR
New
MISSION
PRESIDENTS
2013



YOUR PURPOSE AS A MISSIONARY

“Invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end.”

Preach My Gospel, 1



2

SEMINAR FOR
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 2013

REACHING OUR FULL POTENTIAL



“I am so thoroughly convinced that if we don’t set goals in our life and learn how to master the techniques of living to reach our goals, we can reach a ripe old age and look back on our life only to see that we reached but a small part of our full potential. When one learns to master the principles of setting a goal, he will then be able to make a great difference in the results he attains in this life.”

Elder M. Russell Ballard
Preach My Gospel, 146

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USE KEY INDICATORS



Chapter 8 of *Preach My Gospel* outlines how missionaries can use time wisely to fulfill their purpose.

- Key indicators focus on important events in the conversion process.
- Key indicators form a framework for the principles in chapter 8 that help missionaries focus their efforts on what will lead more people to experience conversion.

4

HOW DO I USE TIME WISELY?



The scriptures and chapter 8 of *Preach My Gospel* teach that the process of using time wisely includes:

- Establishing a **vision**.
- Setting inspired **goals**.
- Creating and executing inspired **plans**.
- Being **accountable** to the Lord and mission leaders.

5

THE MISSIONARY DAILY PLANNER



Daily Plan

The image shows a spiral-bound notebook with a daily planner layout. The left page is titled 'Daily Plan' and has columns for 'Month', 'Day', 'Daily Plan', and 'Back-up Plan'. The right page is titled 'Notes' and has a 'To Do List' section. Below the 'To Do List' are sections for 'Study Begins' and 'Key Instructions'. The 'Key Instructions' section includes a table with columns for 'Date', 'Time', and 'Notes'.

6

THE MISSIONARY DAILY PLANNER

Weekly Plan

7

THE MISSIONARY DAILY PLANNER

Call-In Summary Report

8

SEMINAR FOR
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2013

REVIEWING A MISSIONARY'S PLANNER



What evidence suggests that these missionaries:

- Understood their purpose as their vision?
- Set inspired goals that supported the vision and were realistic, yet required faith?
- Created and executed inspired plans based on their goals, rather than just “scheduling” their time?
- Were accountable for their goals, plans, and results?

9

REVIEWING A MISSIONARY'S PLANNER

In missionary planners, missionaries make plans in pencil for a 10-day period during **weekly planning**, update those plans during **daily planning**, and make adjustments throughout the day. Missionaries who understand this process will have specific plans for accomplishing their goals recorded on each daily page of the 10 days from their last weekly

planning. Use the following chart when reviewing a missionary's planner. For each of the principles on the left, answer the questions on the right to find evidence of a missionary's understanding of that principle. Discuss what you can do to help in areas where improvement is needed.

Principle	Where to find in the planner	What to look for
Vision	Call-In Summary Report <i>See inside the back cover.</i>	Did key indicator results progress from week to week?
	Weekly Goals <i>Review Key Indicators sections on the first page of several weeks.</i>	How often did the actual results reach or exceed the goals?
	Daily Plan <i>See Study Topics section.</i>	Did the study topics and activities help the missionaries to help people progress?
	People We Will Focus On <i>See Weekly Goals Page</i>	Are there specific individuals listed with a description of what each individual needs to do to progress?
Goals	Weekly Goals <i>Look at the Key Indicators sections for several weeks.</i>	What was the difference between the goals and the actual results? How many actual results were zeroes?
	Daily Plan <i>See Notes, To Do List, and Key Indicators sections.</i>	Did the daily goals relate and contribute to the weekly goals? Did the people listed in the People We Will Focus On section (Weekly Goals page) appear in the plans throughout the week?
	Daily Plan <i>Review Notes and To Do List sections for several days.</i>	What additional goals did the missionaries set throughout the week?
	Weekly Goals <i>See Other Personal or Companion Goals section.</i>	How did the missionaries seek to improve themselves?
Plans	Weekly Goals and Daily Plan <i>See Notes/To Do List sections.</i>	Were plans specific and focused on people and their progress?
	Weekly Goals and Daily Plan <i>See Notes/To Do List and Schedule sections.</i>	Did the missionaries re-evaluate their plans in the middle of the week? Did they change plans accordingly?
	Weekly Goals <i>See People We Will Focus On section.</i>	Were there names of specific people associated with the key indicators?
	Daily Plan <i>See Schedule section.</i>	Did they have a meaningful activity planned for every hour of the day? Did they have backup plans written down?
Accountability	Weekly Goals and Daily Plan <i>Look at the key indicators for several weeks and days.</i>	Were the "Weekly Actual" and "Daily Actual" columns filled in?
	Weekly Goals and Daily Plan <i>See Notes/To Do List sections.</i>	Was there evidence of the missionaries meeting with the bishop, ward mission leader, and ward council? Was there any evidence that the missionaries reported to mission leaders?
	Call-In Summary Report <i>See inside the back cover.</i>	Are actual results filled out for each key indicator for all six weeks?

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THE FIRST 100 DAYS

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New Mission
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THE FIRST DAY



During your first day in the mission, you will:

- Arrive at the mission home.
- Tour the mission home and office.
- Meet with the outgoing mission president and wife.
- Greet the assistants. Arrange a time to discuss the schedule.
- Unpack and help your family get settled.
- Breathe.



“SHARPEN THE SAW”



- Daily morning pattern:
 - Personal, companion, and family scripture study
 - Time to ponder and pray
 - Exercise
- Weekly date night as a couple
- Adequate sleep
- Weekly preparation day
- Family home evening

3



PREPARATION DAY



- Missionaries typically have preparation day on Monday.
- “Schedule your preparation day on a day when your children are not in school. . . . Schedule time for family outings. Visit sites in the mission together. Go to cultural or athletic events together.”

Mission President’s Handbook, 8
- “Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities.”

The Family: A Proclamation to the World

4

SEMINAR FOR
NEW
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2013

MEET THE PRESIDENT AND WIFE MEETINGS



- Missionaries need to get to know you and your family as soon as possible in order to feel your love for them and a sense of continuity in leadership.
- Introduce yourself and your family.
- Present a message that helps missionaries learn about you as a leader and understand your vision.
- Express gratitude for the former mission president.

5

SEMINAR FOR
NEW
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2013

INTERVIEWS



- “One of the most powerful ways you can strengthen and support your missionaries is through interviews. . . . Through these interviews you can minister to your missionaries individually, help them minister to those with whom they work, and teach them principles that will enable them to enjoy the companionship of the Holy Ghost.”
Mission President’s Handbook, 18–19
- Respond to missionaries’ questions using the scriptures, *Preach My Gospel*, and the *Missionary Handbook*.

6

SEMINAR FOR
New Mission
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2013

MAKING CHANGES



- Do not hesitate to make changes in the mission if you find:
 - Deviations from the approved principles and practices contained in *Preach My Gospel*, the *Mission President's Handbook*, or *Missionary Handbook*.
 - Practices that hinder the work.
 - Communication from Church headquarters directing you to implement a new initiative.
- Build upon the foundation established by the previous mission president.
- When change is necessary, make the change in a manner that reflects positively on the previous mission president. Counsel with your wife, mission leaders, and the mission presidency.

7

SEMINAR FOR
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2013

LIFTING THE MISSION



- Focus on the needs of the mission. (Regularly proselyte with your missionaries to identify training needs.)
- Observe key indicators (especially the basic five).
- Focus on 1–2 principles from *Preach My Gospel* at a time.
- Use the Training Model.
- Repeat training until the skill becomes natural and instinctive (7 times, 7 ways).
- Use the *Preach My Gospel* DVDs.

8

SEMINAR FOR
NEW MISSION
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LIFTING THE MISSION



- Focus on the Fundamentals from *Preach My Gospel: Teaching More Effectively*.
- Help missionaries significantly improve their teaching so that more people:
 - Prepare for and receive baptism.
 - Pray.
 - Read the Book of Mormon.
 - Attend church.

9

Lessons

SEMINAR FOR
NEW MISSION
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2013

LIFTING THE MISSION



Immediately begin forming strong relationships with:

- Missionaries.
- Missionary leadership.
- The Area Seventy.
- Stake, district, and branch presidents.
- Mission presidency counselors.

10



- Mission leadership council
- Sister training leaders
- Expanded role of mission presidency counselors
- Internet proselyting
 - Smart phones
 - Digital devices
 - Use of computers in meetinghouses
- Adjusting to Missionary Life materials
- Elder dress and grooming guidelines and website

11

A presentation slide with a header banner. The banner on the left contains the text "GENERAL CONFERENCE OF MISSION PRESIDENTS 2013" and a small image of three people. The title "MEMBER DISTRICTS" is centered in a white serif font. Below the title, the text "Member districts exist where:" is followed by a bulleted list. A small number "2" is in the bottom left corner.

Member districts exist where:

- The Church is in its beginning stages.
- Members are scattered or few in number.
- Leadership is developing.

2

GENERAL AUTHORITY
of the
MISSION
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2013

PREPARE DISTRICTS



“A member district is prepared to become a stake after functioning at a level of maturity and strength comparable to that of a stake for a significant period of time.”

Mission President's Handbook, Chapter 9

3

GENERAL AUTHORITY
of the
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PRESIDENTS
2013

DISTRICTS VS. STAKES



Districts

- District presidents
- District president called by mission president
- Branch presidents
- No patriarch
- No high priests quorums
- District council
- Smaller auxiliaries
- Smaller congregations
- Disciplinary councils with permission


Stakes

- Stake presidents
- Stake president called by General Authority
- Bishops
- Stake patriarch
- High priests quorums
- Stake council
- Larger auxiliaries
- Larger congregations
- Disciplinary councils

4

GENERAL CONFERENCE
2013
MISSION PRESIDENTS

MEMBER DISTRICTS




The district president holds the keys to preside and serves much like a stake president, with the following exceptions:

- He works directly under the supervision of the mission presidency.
- He sets apart branch presidents and elders quorum presidents and ordains elders only under the mission president's direction.
- He does *not* set apart full-time missionaries.
- He does *not* conduct temple recommend interviews or sign temple recommends.

5

GENERAL CONFERENCE
2013
MISSION PRESIDENTS

YOUR GOALS CONCERNING MEMBER DISTRICTS



1. Establish the Church
2. Build member leadership

6

GENERAL CONFERENCE
of The Church of Jesus Christ of Latter-day Saints
MISSION PRESIDENTS
2013

ESTABLISH THE CHURCH



“Yea, I will open the hearts of the people, and they will receive you. And **I will establish a church** by your hand; And you shall strengthen them and prepare them against the time when they shall be gathered.”

Doctrine and Covenants 31:7–8

7

GENERAL CONFERENCE
of The Church of Jesus Christ of Latter-day Saints
MISSION PRESIDENTS
2013


ESTABLISH THE CHURCH



“And also those to whom these commandments were given, might have power **to lay the foundation of this church, and to bring it forth out of obscurity** and out of darkness, the only true and living church upon the face of the whole earth.”

Doctrine and Covenants 1:30

8




GENERAL CONFERENCE
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2013

BUILDING MEMBER LEADERSHIP

- Calling full-time missionaries
- Leadership training
- Cultivating a gospel-centered and family-centered culture in the lives of the people

9



GENERAL CONFERENCE
MISSION PRESIDENTS
2013

CALLING FULL-TIME MISSIONARIES

“Make the calling of full-time missionaries a high priority.... As districts prepare to become stakes, returned missionaries are a vital resource in building strong priesthood leadership.”

Mission President's Handbook, chapter 9

10

GENERAL CONFERENCE
2013
MISSION
PRESIDENTS

LEADERSHIP TRAINING



- The mission president provides continuing training of district and branch priesthood and auxiliary leaders.
- He ensures that leaders are trained to follow:
 - The teachings of the scriptures.
 - Counsel from Church leaders.
 - Instructions in *Handbook 1* and *Handbook 2*.
 - *Basic Unit Program Guidebook*.

11

GENERAL CONFERENCE
2013
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PRESIDENTS

PRIESTHOOD KEYS




You hold priesthood keys to direct the work of the Church in the mission.

- Some responsibilities are yours alone, but your counselors can assist you in many ways.
- Your presidency, just as a stake presidency, gives vision to the work and invigorates members and leaders.
- Devote sufficient time to plan and work with your counselors and with district presidencies.

12

GENERAL CONFERENCE
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MISSION PRESIDENTS
2013

USING YOUR COUNSELORS




Your counselors can assist you in presiding over districts by:

- Providing energy and vision to the members.
- Training priesthood and auxiliary leaders.
- Interviewing members for:
 - Ordinations to the office of elder.
 - Church callings.

13

GENERAL CONFERENCE
of The Church of Jesus Christ of Latter-day Saints
MISSION PRESIDENTS
2013

EXPANDED ROLE OF COUNSELORS



Counselors in a mission presidency are now authorized, under the direction of the mission president, to:

- Conduct temple recommend interviews for members from member districts who are receiving their own endowments or who are planning to be married or sealed in the temple.
- Conduct interviews to recommend and release full-time missionaries in member districts.
- Assist missionaries returning home with post-mission transition matters, such as college enrollment, institute registration, employment, and language certification.

14

GENERAL CONFERENCE
2013
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PRESIDENTS

EXPANDED ROLE OF COUNSELORS (CONT.)



- Give ecclesiastical endorsement for full-time missionaries seeking to attend Church schools or participate in the Perpetual Education Fund.
- Interview baptismal candidates who have committed serious crimes or have been involved in homosexual transgressions. Each interview must be authorized by the mission president. The counselor who conducts it reports to the mission president, who may then authorize or deny the baptism and confirmation.

See page 171 of your seminar booklet.

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GENERAL CONFERENCE
2013
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PRESIDENTS


INTERVIEWS CONDUCTED BY THE MISSION PRESIDENT



Within a district, only the mission president can conduct interviews for and call:

- Counselors in the mission presidency.
- District presidents.

16




PRIORITIES

Remember your priorities:

1. Family
2. Missionaries
3. Districts and stakes

17



QUESTION AND ANSWER

18

FAQS FOR MEMBER DISTRICTS

What is my wife's role?

Your wife has no official role in a member district. You may use her to help give instruction and in any other way that you find helpful. Be sensitive to her role as a mother if you have children with you on your mission.

What is my relationship with the Area Presidency or member of the Presidency of the Seventy in regards to member districts?

Follow the area plan in respect to establishing the Church in member districts. Seek counsel from the Area Presidency or member of the Presidency of the Seventy regarding the growth and development of member districts. Follow the principle of building from centers of strength.

How do I balance my time between member district needs and my missionaries?

After your family, your most important responsibility is to your full-time missionaries. However, you and your counselors should devote sufficient time and energy to supporting member districts. They need your love, inspiration, and leadership to develop and grow towards becoming fully established in the gospel (*Mission President's Handbook*, Chapter 9). Ask your counselors to fulfill many of the normal responsibilities related to member districts.

How do I select a district president?

Identify the new district president by revelation. This decision about who to call comes through the process of interviews and the promptings of the Spirit. Seek confirmation in prayer (see D&C 9:7–9). Obtain the permission of the Area Presidency or a member of the Presidency of the Seventy to call the district president (*Handbook 2*, 162).

How should I use my counselors?

Lean heavily on your counselors to do all that they are authorized to do. This information can be found in chapter 9 of the *Mission Presidents Handbook*, the notice "Mission Presidency Counselors" in your seminar booklet, and the video presentation *Ministering to Member Districts: A Resource for Mission Presidents*, available on the Mission President's Portal. Ensure that you and your counselors provide continued support to strengthen leaders and members. Just as a stake president and his counselors give vision to the work and invigorate members and leaders of a stake, it is vital that you and your counselors be actively involved in the development of members and leaders in the member districts over which you preside. Be sensitive to your counselors' work schedules, time, and ability to serve (*Mission President's Handbook*, Chapter 9). You are only authorized to call two counselors.

What is my role in establishing the Church through real growth in member districts?

Baptism and activation are the same work and are equally important. Teach your missionaries to rescue less actives and retain recent converts.

How can I increase missionary work in member districts?

This is a golden opportunity for missionary work. You hold the keys to preside over member districts and should make missionary work a priority as you work with them. You should ensure that the missionaries assigned to work in member districts are focused on building the Church through baptism, retention of new converts, and the rescue of returning members.

What are some important principles to remember as we work with member districts?

Build from centers of strength and be careful to not open new areas for proselyting without permission from the Area Presidency. Have your missionaries find future priesthood leaders and teach families. Identify and teach key individuals and prepare them for future leadership roles. Emphasize a family-centered culture (*Mission President's Handbook*, Chapter 9).

What resources do I have to strengthen leaders in member districts?

Use the scriptures, counsel from Church leaders, and instructions as found in *Handbook 1* and *Handbook 2* as well as the *Basic Unit Program Guidebook*, *Branch Guidebook*, *Family Guidebook*, *Priesthood and Auxiliary Leaders' Guidebook*, and *Teaching Guidebook*. These guidebooks can be ordered through Distribution Services. Depending on local circumstances, the mission presidency may draw on their wives, missionary couples, and other local leaders to assist in training.

How much emphasis should I give to member districts becoming stakes?

Your emphasis should be on establishing the Church. Stakes will follow naturally when the Church is fully established. Member districts should resemble a strong stake as closely as possible before becoming a stake. Ensure that a member district has a strong base of full-tithe paying Melchizedek Priesthood holders before recommending it become a stake.

What is my role in regards to disciplinary councils in member districts?

All disciplinary actions in districts are conducted under the direction of the mission president. A district president or branch president in a mission may convene a disciplinary council when authorized by the mission president (*Handbook 1*, 6.10.1).

What interviews do I need to conduct in member districts?

You or your counselors conduct temple recommend interviews. You or your counselors interview and recommend prospective missionaries in member districts. Only you interview those who are being called as district presidents (*Mission President's Handbook*, Chapter 9).

Do I attend all district conferences?

No, but you should attend as often as possible. Consult with your Area Presidency about district conferences. The Area Presidency may assign an Area Seventy to preside. In some cases, you might assign a counselor to preside.

What is my responsibility in calling full-time missionaries?

You are to help prepare and interview prospective full-time missionaries living in member districts, submit their recommendation forms, and set them apart after they have been called (*Mission President's Handbook*, Chapter 9). You may assign one of your counselors to interview and recommend missionary candidates, and to set apart a newly called missionary.

What is my responsibility in releasing full-time missionaries?

You release full-time missionaries who are returning home to member districts in your mission (*Mission President's Handbook*, Chapter 9). You may authorize your counselors to release full-time missionaries in member districts (as per current policy, the mission president may also assign the district president to release a full-time missionary).

May I call an executive secretary and mission clerk to help me as we work with member districts?

You may call an executive secretary and mission clerk to help your presidency with administrative details. If you desire to call an executive secretary or mission clerk, you should be sensitive to priesthood leadership needs of the districts and stakes in your mission (*Mission President's Handbook*, Chapter 9; *Handbook 2*, "Mission Callings," page 164).

What is my responsibility in regards to finances and reports in member districts?

Ensure that district presidents properly oversee records, reports, finances, and properties in member districts (*Mission President's Handbook*, Chapter 9). Assign one of your counselors or the mission clerk to ensure that district presidents properly manage the finances of member districts.

How often should I meet with my counselors to discuss member districts?

Just as a stake president and his counselors minister to members and leaders of their stake, it is vital that you and your counselors give the same attention to member districts by meeting a few times a month.

Can I have a mission branch without a district?

Yes, it is possible to have a branch without a district. Such branches report directly to the mission president.

Are district presidents invited to coordinating council meetings?

Where stakes exist, consult with your Area Seventy about inviting district presidents to coordinating council meetings.

What is my responsibility in regards to welfare?

Provide leadership by teaching the doctrines and principles related to welfare. Teach leaders that they need special authorization from you to provide welfare assistance to a branch or district president or members of his immediate family. You also have a responsibility to direct the district's efforts to prepare for and respond to emergencies (*Mission President's Handbook*, Chapter 9).

How do we use the General Temple Patrons Assistance Fund?

The General Temple Patron Assistance Fund is a fund distributed each year to the Area Presidency. These funds are available to help members attend the temple to receive their own ("living") ordinances. They are used to offset costs for travel, accommodations, food, and temple garments for members from economically disadvantaged areas of the world. Requests to use these funds are approved by the Area Presidency. The process for requesting these funds for individual members is defined by the Area Presidency or member of the Presidency of the Seventy.

Do special resources exist for mission presidents who have member districts?

We have included in your booklet the proposed replacement for chapter 9 on member districts. You will receive an audio copy of this session. You have a video presentation entitled *Ministering to Member Districts: A Resource for Mission Presidents*. You may also use the five guidebooks and the *Basic Unit Program* booklet. These can be ordered through Distribution Services.

How do we make adaptations in member districts?

The doctrines, ordinances, and practices established by the scriptures and the teachings of latter-day prophets and apostles are to remain consistent. Programs and procedures may be adapted as authorized by the Area Presidency. The basic unit program may be used to establish and organize the Church in your mission. Follow the guidelines in *Handbook 2*, 17.2. Family circumstances, transportation, communication, quorum or class size, leadership resources, and security are factors to consider before making an adaptation.

THE LIVING CHRIST

THE TESTIMONY OF THE APOSTLES

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

As we commemorate the birth of Jesus Christ two millennia ago, we offer our testimony of the reality of His matchless life and the infinite virtue of His great atoning sacrifice. None other has had so profound an influence upon all who have lived and will yet live upon the earth.

He was the Great Jehovah of the Old Testament, the Messiah of the New. Under the direction of His Father, He was the creator of the earth. “All things were made by him; and without him was not any thing made that was made” (John 1:3). Though sinless, He was baptized to fulfill all righteousness. He “went about doing good” (Acts 10:38), yet was despised for it. His gospel was a message of peace and goodwill. He entreated all to follow His example. He walked the roads of Palestine, healing the sick, causing the blind to see, and raising the dead. He taught the truths of eternity, the reality of our premortal existence, the purpose of our life on earth, and the potential for the sons and daughters of God in the life to come.

He instituted the sacrament as a reminder of His great atoning sacrifice. He was arrested and condemned on spurious charges, convicted to satisfy a mob, and sentenced to die on Calvary’s cross. He gave His life to atone for the sins of all mankind. His was a great vicarious gift in behalf of all who would ever live upon the earth.

We solemnly testify that His life, which is central to all human history, neither began in Bethlehem nor concluded on Calvary. He was the Firstborn of the Father, the Only Begotten Son in the flesh, the Redeemer of the world.

He rose from the grave to “become the firstfruits of them that slept” (1 Corinthians 15:20). As Risen Lord, He visited among those He had loved in life. He also ministered among His “other sheep” (John 10:16) in ancient America. In the modern world, He and His Father appeared to the boy Joseph Smith, ushering in the long-promised “dispensation of the fulness of times” (Ephesians 1:10).

Of the Living Christ, the Prophet Joseph wrote: “His eyes were as a flame of fire; the hair of his head was white like the pure snow; his countenance shone above the brightness of the sun; and his voice was as the sound of the rushing of great waters, even the voice of Jehovah, saying:

“I am the first and the last; I am he who liveth, I am he who was slain; I am your advocate with the Father” (D&C 110:3–4).

Of Him the Prophet also declared: “And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

“For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father—

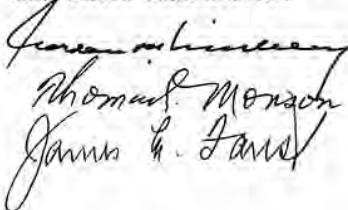
“That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God” (D&C 76:22–24).

We declare in words of solemnity that His priesthood and His Church have been restored upon the earth—“built upon the foundation of . . . apostles and prophets, Jesus Christ himself being the chief corner stone” (Ephesians 2:20).

We testify that He will someday return to earth. “And the glory of the Lord shall be revealed, and all flesh shall see it together” (Isaiah 40:5). He will rule as King of Kings and reign as Lord of Lords, and every knee shall bend and every tongue shall speak in worship before Him. Each of us will stand to be judged of Him according to our works and the desires of our hearts.

We bear testimony, as His duly ordained Apostles—that Jesus is the Living Christ, the immortal Son of God. He is the great King Immanuel, who stands today on the right hand of His Father. He is the light, the life, and the hope of the world. His way is the path that leads to happiness in this life and eternal life in the world to come. God be thanked for the matchless gift of His divine Son.

THE FIRST PRESIDENCY



January 1, 2000

THE QUORUM OF THE TWELVE



THE FAMILY

A PROCLAMATION TO THE WORLD

THE FIRST PRESIDENCY AND COUNCIL OF THE TWELVE APOSTLES OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

WE, THE FIRST PRESIDENCY and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly 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.

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose.

IN THE PREMORTAL REALM, spirit sons and daughters knew and worshipped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize their divine destiny as heirs of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

WE DECLARE the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

HUSBAND AND WIFE have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalm 127:3). Parents have a sacred duty to rear their children in love and righteousness,

to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

WE WARN that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

WE CALL UPON responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

This proclamation was read by President Gordon B. Hinckley as part of his message at the General Relief Society Meeting held September 23, 1995, in Salt Lake City, Utah.

Duties of the Mission President with Member Districts

Proposed Replacement of Chapter 9 of the *Mission President's Handbook*

May 4, 2010

Introduction

As a mission president, you preside over and have full responsibility for all member districts and branches that report to the mission. Your goal is to prepare member districts and their leaders to become a stake and receive the full blessings that are associated therewith. Where the number of members is such that becoming a stake is not a realistic near-term goal, you should help the members understand that all members, whether within a stake or not, may enjoy all of the essential blessings of the gospel.

When conditions make becoming a stake unrealistic in the foreseeable future, help local leaders and members strive for the worthy goals of establishing the Church and living the gospel.

By establishing Church units, strengthening them, and helping them grow, you help “lay the foundation of [the] church, and . . . bring it forth out of obscurity” (D&C 1:30). The following guidelines are important in this effort:

1. Working under the direction of the Area Presidency outside the United States and Canada and with the Presidency of the Seventy inside the United States and Canada, propose units with sufficient leadership and members. Member districts are first established where the Church is in its beginning stages, where members are scattered or few in number, where leadership is just beginning to develop, or where members have special language needs or other special needs.
2. Ensure that you and your counselors provide continued support to strengthen leaders and members as the district grows in numbers. A member district is prepared to become a stake after functioning at a level of maturity and strength comparable to that of a stake for a significant period of time.

The Mission President

You hold priesthood keys to direct the work of the Church in the mission. You and your counselors form a mission presidency. Each of you ministers to leaders and members with love and concern, helping them become true followers of Jesus Christ.

Because you hold priesthood keys, you have some responsibilities that are yours alone. To enable you to concentrate on those duties, you should delegate appropriate duties to your counselors, including training and strengthening local leaders and members under your oversight and direction.

Just as a stake president and his counselors give vision to the work and invigorate members and leaders of a stake, it is vital that you and your counselors be actively involved in the development of members and leaders in the districts over which you preside. These members and leaders will gain confidence, strength, and ability as they feel your love and support. Their ability to lead and serve others will increase as they follow your example.

Seek inspiration as you implement instructions from Church handbooks and direction from Church leaders. Devote sufficient time to plan and work with your counselors and with district presidencies. As needed, you may call a Melchizedek Priesthood holder to serve as executive secretary. If you desire to call an executive secretary, you should be sensitive to the priesthood leadership needs of the districts and stakes in your mission. He helps the presidency by organizing and following through on administrative details.

You should be sufficiently knowledgeable of all member district issues to represent all districts in reports to the Area Presidency.

Presiding Priesthood Leader

Your responsibilities as the presiding priesthood leader working with member districts are outlined in this section.

Leadership

The mission president is the primary spiritual leader in the mission. You set a spiritual tone for the district by doing the Lord's work "with holiness of heart" (Mosiah 18:12). District leaders and members look to you to teach and uplift them after the example of the Savior.

A mission president is a faithful disciple and witness of Jesus Christ. Be loyal to your wife and considerate of her. As you are true to your covenants, you will set an example of righteousness for your family, the district, and the community. Your counselors and the district presidency should be men of the same character.

You and your counselors provide guidance and counsel to district presidents and other leaders in the district. You meet with new district presidencies as soon as reasonable after their callings to orient them. Thereafter, you instruct and encourage the district president in regular priesthood interviews, leadership meetings, and other settings.

You should help district leaders and members gain an understanding of (1) basic Church doctrine; (2) the role of the Church and Church leaders, including exercising priesthood keys; and (3) the blessings of becoming a stake when appropriate. Help members increase their spiritual strength by teaching and inviting them to come unto Christ through prayer, studying the scriptures, following the counsel of latter-day prophets, receiving the saving ordinances, and keeping the associated covenants.

In addition to strengthening leaders and individuals, focus on strengthening families. Teach that the family is the most important organization in time and eternity. Encourage families to hold family home evening, pray and read the scriptures together, be considerate of one another, and follow the example of the Savior. Ensure that Church callings do not unduly infringe on family responsibilities. Ensure also that Church activities support parents' efforts to raise righteous children.

Emphasize the importance of members having the scriptures and Church magazines in their homes.

You should follow and teach the gospel leadership principles in chapters 2, 3, 4, and 9 of *Handbook 2: Administering the Church*. In addition, emphasize key principles that strengthen the Church in emerging locations. These include:

- Building the Church from centers of strength rather than scattering the membership among small and remote branches.
- Following the basic steps needed in preparing a district to become a stake.
- Building the priesthood base to maintain an appropriate ratio between priesthood leaders and members. This ratio helps ensure that there are enough worthy priesthood leaders to minister to the needs of members.
- Identifying and teaching individual leaders who have the potential to develop and carry out a sound vision for building the Lord’s kingdom in their community. These may be future bishops and stake presidents.
- Creating and maintaining a gospel-centered culture that takes priority over local cultural patterns when those patterns conflict with gospel principles.

Mission and district leaders should not try to do everything themselves. Effective leaders give members opportunities to learn and grow by sharing responsibilities that help them participate in the work of the Church. Mission and district presidencies work to ensure that priesthood quorums and auxiliaries are strong enough to help in the work of salvation and to carry out the work of their organizations.

The Work of Salvation

Leaders in the Church are sent forth “to labor in his vineyard for the salvation of the souls of men” (D&C 138:56). This work of salvation includes member missionary work, convert retention, activation, temple and family history work, and teaching the gospel. Like the Savior, leaders seek to minister to individuals and families, both spiritually and temporally. This includes caring for the poor and needy by properly administering the Church welfare program. Leaders should care for each person, not just about managing an organization. The ultimate end of ministering is to help others deepen their conversion—to help them come unto Christ.

Leadership Training

One of your most significant duties is to provide for the effective training of district and branch priesthood and auxiliary leaders. Leadership training is an ongoing process, not an occasional event. You are responsible to know what training is most needed, how it is provided, and whether the leaders understand both the information and the skills required to administer the Church properly.

You should ensure that leaders are trained to follow the teachings of the scriptures; counsel from Church leaders; and the instructions in *Handbook 1*, *Handbook 2*, and the *Basic Unit Program Guidebook*. Training should focus on local needs.

District and Branch Presidencies. The training of district and branch presidencies should receive high priority because these leaders must learn how to teach, train, administer, and minister to Church members. The mission presidency frequently assesses the needs of district and branch presidencies, both as a group and individually, and ensures that they receive the needed training. The mission presidency also teaches district presidencies to train branch presidencies. As needed, the mission presidency supplements the training provided by district presidencies.

Handbook 1: Stake Presidents and Bishops is a key resource for teaching the duties of district and branch presidencies. If *Handbook 1* is not available in the language of the members, the mission presidency should draw on it to know what to teach these leaders.

The mission presidency teaches district and branch presidencies:

- The doctrinal foundations for the policies and procedures of priesthood and Church leadership.
- How to assess the needs and resources of the district and branch, set objectives, and plan with a purpose.
- How to organize district and branch priesthood and auxiliary organizations without imposing requirements that overwhelm the capacity of local leaders.
- How to provide effective and consistent training and support to priesthood and auxiliary leaders.

Priesthood Quorum and Auxiliary Leaders. The mission presidency works to ensure that all priesthood and auxiliary leaders receive training. If district leaders are capable of training branch leaders, the mission presidency teaches them how to provide effective training. As needed, the mission presidency may supplement the training provided by district leaders. Depending on local circumstances, the mission presidency may draw on their wives, missionary couples, and other local leaders to assist with training.

The Area Presidency and Area Seventies assigned by the Area Presidency outside the United States and Canada, or by the Presidency of the Seventy inside the United States and Canada, provide overall guidance for member and leader training. Effective training resources for priesthood and auxiliary leaders are available through the Area Presidency. As directed by the Area Presidency, the wives of area priesthood leaders may help train those who will train branch auxiliary leaders.

Uniformity and Adaptation

Members of the Church live in a wide variety of political, social, and economic conditions. Districts and branches also vary in size and leadership resources. These conditions may require local leaders to adapt some Church programs. Such adaptations typically affect the auxiliaries, leadership meetings, and activity programs.

All Church units, regardless of their size or circumstances, can experience the same abundance of the Spirit of the Lord. The basic leadership pattern of the Church is that leaders seek to be true disciples of Christ in order to help other members become true disciples. This pattern is the purpose behind every calling in the Church, no matter where the unit is located or how large or small it is.

To know which adaptations might be appropriate, leaders must first understand the doctrines, ordinances, and practices that are established by scripture and the teachings of latter-day prophets and apostles. These are to be uniform throughout the Church. A discussion entitled “Where Uniformity is Required” is found in chapter 17.1 of *Handbook 2*.

When considering what adaptations may be appropriate, mission and district leaders counsel among themselves, with the district council, and with their immediate presiding authority.

As authorized by the Area Presidency, the Basic Unit Program may be used for establishing and organizing the Church in some areas. The *Basic Unit Program Guidebook* and its associated guidebooks provide guidelines for priesthood leaders to follow. A discussion of conditions that may permit local adaptation is found in chapter 17.2 of *Handbook 2*.

Meetings

You or your counselors preside at any meeting you attend in the mission's districts, unless a General Authority or Area Seventy attends. The meetings that should be held in branches and districts are outlined in *Handbook 2*, chapter 18. You may approve some limited adaptations to these meetings as needed.

Callings

Chapter 19 of *Handbook 2* outlines all needed callings for districts and branches, as well as the procedure for issuing callings and releases. The duties of those who are called to serve in districts and branches are similar to their stake and ward counterparts. Some exceptions are outlined below.

District President. The district president holds the keys to preside and serves much like a stake president, with the following exceptions:

- He does not deal directly with General Authorities; instead, he works through the mission presidency.
- He is not the president of a high priests quorum, because such quorums are organized only in stakes; however, he does preside over all priesthood holders in the district.
- He does not ordain high priests or bishops or set apart full-time missionaries; however, with your approval, he may set apart branch presidents and elders quorum presidents and ordain elders when the necessary interviews and sustaining are completed.
- He does not release full-time missionaries returning to the district unless you authorize him to do so because travel or time constraints make it unreasonable for you to release them.
- He does not convene a disciplinary council without your authorization.
- He does not conduct temple recommend interviews or sign temple recommends.

Branch President. The branch president has most of the same duties as a bishop, but he may not convene a disciplinary council without your authorization.

Missionaries Serving in Branch Leadership Positions. See *Handbook 1*, 4.9.4.

Common Judge

As mission president, you are the common judge in the mission. As such, you have the following responsibilities:

1. Conduct worthiness interviews for issuing temple recommends. You may also assign counselors in the mission presidency to conduct these interviews. However, you personally interview members who are receiving their own endowment or are being married or sealed in a temple. See *Handbook 1*, 3.3.3.
2. Approve and conduct disciplinary councils in the districts and branches as needed. See *Handbook 1*, 6.2.5 and 6.2.6.
3. Prepare, interview, and recommend members to serve missions, and release full-time missionaries.

Welfare

With regard to welfare, you should teach district presidents to:

1. Provide leadership by teaching the doctrines and principles relating to welfare, instructing branch presidents and other leaders in their welfare responsibilities, and directing the welfare work of the district council.
2. Seek authorization from you to provide welfare assistance (a) when a branch president or members of his immediate family or a district president or members of his immediate family need assistance and (b) in special circumstances that require assistance beyond what the branch president is authorized to provide (see *Handbook 1*, 5.1.2).
3. Direct the district's efforts to prepare for and respond to emergencies (see *Handbook 1*, 5.1.3).

Records, Finances, and Properties

You ensure that the district president properly oversees records, reports, finances, and properties in the district. A district president may assign much of this work with the records, reports, and finances to his counselors and clerks. He assigns a district councilor to be the district physical facilities representative and to help oversee properties. (See *Handbook 1*, chapters 8, 13, and 14.)

You instruct district presidencies in how the Temple Patrons Assistance Fund can help members attend the temple to receive their own ordinances, according to policies approved by Area Presidencies and the availability of funds.

Audits

Audits in member districts are conducted according to the guidelines in *Handbook 1*, 14.9.

If there are not enough qualified auditors in a member district, you should organize a mission audit committee to recommend individuals from other districts or stakes. The committee is organized like a stake audit committee.

If an audit uncovers any audit exceptions, the district or mission audit committee should review them with the mission presidency and the district presidency.

Calling of Full-Time Missionaries

You interview prospective full-time missionaries, submit the recommendation forms, and set apart those who have been called. If it is not possible for you to set apart newly called missionaries, you may assign one of your counselors to do so.

The mission presidency should make the calling of full-time missionaries a high priority as they work with member districts. As districts prepare to become stakes, returned missionaries are a vital resource in building strong priesthood leadership.

Members in Isolated Areas

If families or individuals live in isolated areas and cannot regularly participate in a ward, branch, or group, you are designated as their priesthood leader. In such cases, refer to the instructions on pages 16–17 in the *Family Guidebook* (31180).

If two or more Latter-day Saint families live in an isolated area where they cannot be effectively administered within a regular branch, you may organize them into a group. The mission keeps their membership records. You and your counselors:

1. Provide priesthood leadership for these members, ministering to their needs.
2. Ensure that ordinances are performed appropriately and that records are maintained and submitted.
3. Visit these members occasionally as circumstances allow.
4. Help these members use the Basic Unit Program to enjoy the blessings of the Church.

See the *Basic Unit Program Guidebook* (36717), *Family Guidebook*, *Branch Guidebook* (31179), *Priesthood and Auxiliary Leaders' Guidebook* (31178), and *Teaching Guidebook* (34595).

Resources

1. Scriptures
2. Words of the latter-day prophets
3. Direction from Church leaders
4. *Handbook 1: Stake Presidents and Bishops*
5. *Handbook 2: Administering the Church*
6. *Basic Unit Program Guidebooks*
7. mormon.org/mission presidents

Interviews in Member Districts

May 5, 2010

Introduction

The mission president, district president, and branch president are judges in Israel (see D&C 107:72). Each conducts worthiness interviews and priesthood interviews. Each represents the Lord in conducting these interviews and seeks to bless members and help them live the gospel of Jesus Christ. However, as outlined in *Handbook 1: Stake Presidents and Bishops* and in this handbook, there are limitations and guidelines as to which leader is authorized to conduct the various interviews.

As the mission president, you are responsible to ensure that all interviews conducted in the mission, including districts and branches, are done in accordance with Church doctrine and policies. Accordingly, you should offer sufficient training and oversight to your counselors, district presidencies, and branch presidencies. Often those called to these positions have had limited experience and training in conducting interviews. Ensure that these brethren have adequate orientation and supervision during the first weeks after their calls.

See *Handbook 1*, chapter 7, for additional guidelines for interviews.

Interviews Conducted by the Mission President

As the mission president, you should personally conduct the following interviews:

1. Temple recommends for those who are receiving their own endowment or are being married or sealed in a temple.
2. Recommendations and releases of full-time missionaries.
3. Callings to serve as counselors in the mission presidency.
4. Callings to serve as district presidents.
5. Baptism and confirmation of an individual who:
 - a. Has submitted to, performed, arranged for, paid for, consented to, or encouraged an abortion (if necessary, you may authorize one of your counselors to conduct the interview in cases of abortion; each interview must be authorized separately; final approval for baptism and confirmation may come only from you).
 - b. Has been convicted of a serious crime.
 - c. Has committed a homosexual transgression.
 - d. Has committed murder, has been involved in the practice of plural marriage, has undergone an elective transsexual operation, or is currently on legal probation or parole (final approval must be received from the First Presidency; see *Handbook 1*, 16.3.3).

You also interview (or assign the district president to interview) each branch president regularly to encourage and instruct him.

Interviews Conducted by the Mission President or Assigned Counselors

You may conduct the following interviews or assign your counselors to conduct them:

1. Temple recommends for previously endowed members.
2. Ordinations to the office of elder.
3. Callings to serve in Church positions as outlined in the Chart of Callings in *Handbook 2: Administering the Church*.
4. Endorsement to enroll at a Church university or college (when a district is not organized).
5. Endorsement to participate in the Perpetual Education Fund loan program, where the program is approved (when a district is not organized).
6. Patriarchal blessings, when available and when a district is not organized.
7. Baptism and confirmation of a person who has submitted to, performed, arranged for, paid for, consented to, or encouraged an abortion (if you assign one of your counselors to conduct the interview, each interview must be authorized separately; final approval for baptism and confirmation may come only from you).

Before interviewing a person for any of the first five purposes listed above, the member of the mission presidency ensures that the person has been interviewed or cleared by the branch president. If a counselor encounters serious matters in an interview, such as transgressions that require confession, he refers the member to you without delay.

Interviews Conducted by the District President or Assigned Counselors

The district president or an assigned counselor conducts the following interviews with district members:

1. Ordinations to the office of elder.
2. Callings to serve in Church positions as outlined in the Chart of Callings in *Handbook 2*.
3. Endorsement to enroll at a Church university or college.
4. Endorsement to participate in the Perpetual Education Fund loan program, where the program is approved.
5. Patriarchal blessings, when available.

You may also assign the district president to interview branch presidents to encourage and instruct them.

Before interviewing a person for any of the purposes listed above, the member of the district presidency ensures that the person has been interviewed or cleared by the branch president. If a counselor encounters serious matters in an interview, such as transgressions that require confession, he refers the member to the district president without delay.

Interviews Conducted by the Branch President or Assigned Counselors

The branch president conducts the following interviews with branch members. He may authorize his counselors to conduct some of these interviews as indicated below:

1. All temple recommends.
2. Recommendations of full-time missionaries.
3. Ordinations to the office of elder, when authorized by the district presidency.
4. Annual tithing settlement.
5. Callings to serve in Church positions as outlined in the Chart of Callings in *Handbook 2*. The branch president may authorize his counselors to conduct some of these interviews as indicated in the Chart of Callings.
6. Baptism and confirmation of 8-year-old children who are members of record or, if they are not members of record, have at least one parent or guardian who is a member.
7. Callings to serve as the deacons quorum president, counselors, and secretary; teachers quorum president, counselors, and secretary; and priests quorum assistants and secretary. As needed, the branch president may authorize his counselors to conduct interviews for deacons and teachers quorum presidents, counselors, and secretaries. However, only the branch president may set apart the deacons and teachers quorum presidents.
8. Twelve-year-olds as they advance from Primary. As needed, the branch president may authorize his counselors to conduct these interviews. At this time, the branch presidency member also interviews young men to determine if they are worthy and prepared to receive the Aaronic Priesthood. He also interviews young women in preparation for entering the Young Women program.
9. Ordination to the offices of deacon, teacher, and priest. As needed, the branch president may authorize his counselors to conduct interviews for ordination to the offices of deacon and teacher.
10. Youth and young single adults. The branch president may authorize his counselors to conduct some of these interviews as outlined in *Handbook 1*, 7.1.7 and 7.1.8.
11. Patriarchal blessings, when available.
12. A priesthood holder who desires to act as voice in a priesthood ordinance in another unit but does not have a temple recommend. If the person is worthy, the branch president fills out and signs a Recommend to Perform an Ordinance form.
13. Members who are entering military service.
14. Endorsement to enroll or continue enrollment at a Church university or college.
15. Endorsement to participate in the Perpetual Education Fund loan program, where the program is approved, and for counsel and encouragement thereafter.

The branch president does not typically delegate as many interviews to his counselors as a bishop does. For that reason, the following list differs somewhat from the lists for bishopric interviews in *Handbook 1*, 7.1.5 and 7.1.6.

Only the branch president resolves concerns about chastity and associated moral matters in these interviews. If a counselor encounters serious matters, such as transgressions that require confession, he refers the member to the branch president without delay.

Notice

Date: October 3, 2012

To: General Authorities, Area Seventies, and Mission Presidents

From: Missionary Department (801-240-6049)

Subject: Mission President's Portal



The mission president website has been significantly upgraded. Effective immediately, mission presidents can access the new Mission President's Portal at <https://missionary.lds.org>. Spanish, Portuguese, and French versions of the portal will be available by the end of January 2013. An LDS account login is required to enter the site. You can access the portal with multiple browsers. Those who use Internet Explorer should upgrade their browser to Internet Explorer 9 for the best viewing experience.

The Mission President's Portal provides access to important mission-related information, including:

- IMOS (Internet Mission Office System).
- Weekly missionary letters to the mission presidents.
- Key indicator information and reports.
- Payment information.
- Missionary Medical.
- Handbooks.
- Video resources.
- Audio from past seminars for new mission presidents.
- Announcements and notices.
- Downloadable forms.
- Training materials and resources.

Mission presidents may check the Mission President's Portal regularly for updates and important announcements.

Notice

Date: February 27, 2013
To: General Authorities, Area Seventies, and Mission Presidents
From: Missionary Department (801-240-2222)
Subject: Adjusted Missionary Email Policy

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Missionaries are to write to their families each week and are also authorized to communicate by email with friends, priesthood leaders, and new converts. Mission presidents should allow sufficient time on preparation day for missionaries to write emails and letters. While in the mission field, missionaries should receive authorization from the mission president before entering into communication, including via email, with converts and others of the opposite gender within the mission boundaries (see *Missionary Handbook*, 36–37).

Notice

Date: April 5, 2013
To: General Authorities, Area Seventies, and Mission Presidents
From: Missionary Department (801-240-2222)
Subject: The Church in China

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Many individuals from the People’s Republic of China have joined the Church while living in other nations. The new Church website, mormonsandchina.org, contains information about the Church in China, and serves as a resource for Church leaders and Chinese converts and investigators living outside of the People’s Republic of China. For legal reasons, the site is not available in mainland China.

We encourage mission presidents to become familiar with the site and, where applicable, to ask missionaries to use mormonsandchina.org as a resource when working with investigators and converts from the People’s Republic of China.

Notice

Date: September 1, 2012

To: General Authorities; Area Seventies; Stake, Mission, and District Presidents; Bishops and Branch Presidents

From: Missionary Department (801-240-3704)

Subject: New Mormon.org Language Sites

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

In response to increasing Internet inquiries about The Church of Jesus Christ of Latter-day Saints, Mormon.org has been released in the following 20 languages:

- Cebuano (mormon.org/ceb)
- German (mormon.org/deu)
- English (mormon.org/eng)
- French (mormon.org/fra)
- Armenian (mormon.org/hye)
- Indonesian (mormon.org/ind)
- Italian (mormon.org/ita)
- Japanese (mormon.org/jpn)
- Korean (mormon.org/kor)
- Latvian (mormon.org/lav)
- Dutch (mormon.org/nld)
- Polish (mormon.org/pol)
- Portuguese (mormon.org/por)
- Russian (mormon.org/rus)
- Spanish (mormon.org/spa)
- Swedish (mormon.org/swe)
- Thai (mormon.org/tai)
- Tagalog (mormon.org/tgl)
- Ukrainian (mormon.org/ukr)
- Chinese (mormon.org/zho)

By mid-September, the English, French, German, Japanese, Portuguese, Russian, and Spanish versions of Mormon.org will have video portraits featuring members of the Church from countries where those languages are spoken. All other Mormon.org sites feature video portraits subtitled in the applicable language.

Learning English Initiative (CLS)

Summary for mission presidents

Background and purpose

Chapter 7 of *Preach My Gospel* instructs: “If you do not speak English, you should study it as a missionary. This will bless you during your mission and throughout your life” (p. 128).

The *Companionship Language Study* materials have been approved by the Missionary Department as a resource to assist in this effort. Materials are currently available in the following languages: Spanish, Portuguese, French, Japanese, Tagalog and Cebuano. Materials will soon be available in the following languages: Chinese, Korean, Mongolian, Russian, Samoan, and Tongan. For other languages a basic English to English version is also available.

Materials and program

The materials include print and audio resources intended to be used during the time identified in *Preach My Gospel* for language study. The print materials consist of three books: two beginning books (Basic Grammar and Book 1) and Book 2. The audio material matches exercises in Book 1 and Book 2. Missionaries who do not speak English natively will receive an orientation at the MTC and the two beginning books. The mission provides Book 2 once the missionaries have completed the first two books.

Missionaries who complete the study of the materials may take an online language proficiency test (the Oral Proficiency Interview or OPIc) and receive a certificate indicating their level of English proficiency. The test and certificate are supported by the American Council on the Teaching of Foreign Languages (ACTFL) and have been found to be helpful as returned missionaries seek employment.

The mission office administers the program, including tracking missionary progress, distributing Book 2, and overseeing the testing process. A senior couple may also be assigned to assist, but not as their primary assignment. Where needed, a local Church service missionary could be called to assist.

Role of the mission president and his wife

Your primary role is to encourage missionaries to participate in the program by helping them catch the vision of how learning English will bless their lives and periodically following up on their progress. You also ensure that missionaries have adequate time each day for language study and help those who already speak English see the importance of helping their companions learn.

Other helpful information

Additional information regarding the program, including tips and best practices, is available at <http://learningenglish.mtc.byu.edu>. Answers to most questions can be found on the website.

For help getting started, please contact David Macfarlane, who coordinates the CLS program in the Missionary Department. He can be reached at 801-422-6960 or macfarlanedc@mtc.byu.edu.

Notice

Date: June 17, 2011

To: General Authorities, Area Seventies, Mission Presidents, and MTC Presidents

From: Missionary Department (1-801-240-3501)

Subject: Respecting Individual Privacy in Missionary Letters and E-mails

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

“Church leaders are obligated to protect the privacy of members” (*Handbook 1: Stake Presidents and Bishops* [2010], 17.1.35). This guideline also applies to investigators and new converts.

Protecting the privacy of those whom the missionaries are teaching is a matter of courtesy, respect, and security. We live in a time when anything posted on the Internet can become widely available to people beyond the originally intended audience.

When missionaries write home, they should not share sensitive information that might be used to identify people they are teaching or members they are working with. Sensitive information includes full names, addresses, phone numbers, or confidential details about challenges that individuals are working to overcome or other information that could be misused by individuals who wish to do harm.

This precaution is necessary because it has become more common for families and friends to post missionary letters and e-mails online, thus making personal information more broadly available.

Notice

Date: October 8, 2010

To: General Authorities and the following leaders
in the United States and Canada:
Mission Presidents, MTC Presidents, and
Directors for Temporal Affairs

From: Missionary Department (1-801-240-0322)

Subject: Missionary Use of Text Messaging

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Effective immediately, in missions where text messaging is available at no additional cost, mission presidents are authorized to allow both incoming and outgoing text messaging for proselyting purposes.

Text messaging is a standard means of communication for a growing number of people, including investigators, some of whom are difficult to reach in other ways. Missionaries who use this technology appropriately can be more productive in their work.

The accompanying document, entitled “Text Messaging by Missionaries,” contains principles and guidelines that should be followed. Before implementing this change, please be sure your missionaries understand the appropriate use of text messaging and are committed to following these guidelines.

Implementation may be in stages, all at once, or delayed, depending on each mission’s circumstances. Missions should contact Sprint at 877-747-5252 to enable or disable text messaging for any phone in the mission. If your mission has a carrier other than Sprint, contact your carrier directly.

Text Messaging by Missionaries

Principles

- Phones are tools to be used for missionary work.
- The use of a phone by missionaries is a privilege that can be taken away.
- Effective use of text messaging begins with trust in the missionaries and monitored usage.
- Mission presidents have access to detailed reports of each phone's usage.
- Text messages can be an effective means of contacting investigators and communicating with mission leaders, priesthood leaders, and members.
- Text messaging should be limited to meaningful communication relating to missionary work, not casual interaction.
- The content and language of text messages may be less formal and include some common abbreviations but should also befit a representative of the Lord. For example, deliberately misspelled words, slang terms, poor grammar, or abbreviations that could be misinterpreted should not be used.
- With most carriers, text messaging can be revoked on any missionary's phone at the request of the mission president.

Guidelines

- Both companions should be aware of all text messages, both knowing who is being contacted and what is being said. This is especially important with anyone of the opposite gender.
- Limit text messages to investigators, mission leaders, and members of the ward, branch, or stake in which you serve. Send messages only as necessary for missionary work.
- Show courtesy and respect to others. Avoid sending text messages during meetings, lessons, interactions with members, and so on.
- All communication should follow the guidelines found in the *Missionary Handbook*.

Notice

Date: October 8, 2010

To: General Authorities and the following leaders
in the United States and Canada: Area
Seventies; Stake, Mission, and District
Presidents; Bishops and Branch Presidents

From: Missionary Department (1-801-240-0828)

Subject: Using the Internet and Media to Share the Gospel

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

The Church has produced ads for the Internet that invite people to visit Mormon.org to learn more about the lives and faith of individual members of the Church. We ask Church leaders to:

- Become familiar with the new Mormon.org Web site and consider posting your own profile on the site by clicking on Our People at the top of the home page or going to Mormon.org/create.
- Encourage their members to visit Mormon.org, become familiar with the way the site seeks to communicate with nonmember visitors, and if they desire, add their own profiles.
- Encourage members to use their own social networking activities on the Internet (blogs, Facebook, Twitter, and so forth) to show others how their faith in the Savior influences the way they approach the challenges and opportunities of daily life. Members with blogs or other social networking sites could be encouraged to link to Mormon.org and share video clips or other media.

Notice

Date March 8, 2010

To General Authorities; Area Seventies; Mission Presidents;
MTC Presidents; Directors for Temporal Affairs

From Missionary Department (801-240-6454)

Subject Carbon Monoxide and Smoke Detectors

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Dangers of CO poisoning

Carbon monoxide (CO) is an odorless, colorless, poisonous gas that interferes with the delivery of oxygen in the blood to the rest of the body. It is produced from incomplete burning of carbon-based fuels, including coal, wood, charcoal, natural gas, propane, butane, automotive fuels, and fuel oil. It can come from unvented kerosene or gas space heaters, furnaces, wood stoves, gas stoves, fireplaces, water heaters, portable generators, or automobile exhaust. Periodically missionaries suffer the effects of CO poisoning which can result in death. The initial symptoms of CO poisoning include headache, dizziness, mental confusion, nausea, and fainting. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, CO poisoning may not initially be identified as the cause.

Preventing CO poisoning

CO detectors are to be installed in every missionary apartment where fuel-burning heaters, appliances, or water heaters are used. For maximum effectiveness, place CO detectors as close to sleeping areas as possible. The detector should *never* be disengaged. *There are no exceptions to this policy.*

Check CO detectors and fuel-burning appliances such as space heaters, furnaces, stoves, water heaters, and clothes dryers during *every* missionary apartment inspection to ensure that they are properly installed, vented, and maintained. Missionaries must never use gas stoves or ovens to heat apartments, burn charcoal inside an enclosed space, use unvented gas or kerosene space heaters in an enclosed space, or leave a car running in a garage or other enclosed space. The director for temporal affairs (DTA), under the direction of the Area Presidency, should regularly review these matters with mission presidents.

Mission president action

The mission president must:

- Teach missionaries the dangers of CO poisoning and how to prevent it.
- Ensure that apartments are inspected regularly and that CO detectors are functioning and never turned off.
- Help missionaries understand that if a detector alarm ever goes off they should not assume it is a malfunction and call a professional to test and make repairs if needed. (The landlord may be obligated to make such repairs.)
- Ensure that Test CO detectors are tested every month (if battery operated, ensure that batteries are replaced at least annually).
- Ensure that CO detectors are replaced at the end of their normal life span (5–7 years).

Smoke detectors

Similar instruction applies to smoke detectors, which should be installed and maintained in working condition in every missionary apartment.

Missions in international areas

The temporal affairs staff will determine which models of CO and smoke detectors should be used and where they may be purchased. Funding for detectors comes from the area mission maintenance project budget.

Missions in the United States and Canada

If needed, CO detectors are available at a wholesale price from a Church-contracted supplier: Electrical Wholesale Supply of Utah (1-800-433-5331). All purchases of CO and smoke detectors should be arranged by the DTA. Costs are charged to COP01-1299-000-5776 MN0066.

Church Security Department Information

24-Hour Security: 1-800-537-5944 or 1-801-240-2661

Church Operator: 1-800-453-3860 or 1-801-240-1000

The Church Security Department is a support-services department that is available to help you during any serious security problem. We are staffed with professionals with prior experience in the FBI, local law enforcement agencies, private security, and federal government. We have language capabilities and in-country experience in every area of the Church, both in the United States and abroad.

Some basic security guidelines that will help you and your missionaries:

- Follow all mission rules—all of the rules, all of the time. Stay with your companion. Stay out of off-limit areas.
- Do not draw undue attention to yourselves, either through your conduct or your dress. Wearing expensive items, congregating in large groups, speaking a different language in public, carrying too much cash—these things identify you as a potential target.
- Respect and obey all the laws and customs of your assigned area. Respect others and their beliefs. Don't denigrate customs that seem strange to you. Respect religious and historic icons.
- Avoid physical confrontations. Walk away from arguments. If confronted by a thief or assailant, give him what he wants. Show no belligerence or hesitation. Nothing you own is worth your life.
- Be aware of your surroundings. Recognize things out of the ordinary. Watch for things that may place you or your companion at physical risk. Your apartment and car have locks—use them.
- Vary your routes and routines. Don't always go to the same place, the same way, at the same time each day. Your unpredictability makes you safer.
- Report all serious security incidents. Report all serious incidents to your Area Presidency and to Church headquarters (IFR or Church Security).

You can speak with your Church Security Department representative by calling your Missionary Department In-Field Representative (IFR). He will put you in touch with his counterpart in the Security Department.

Additional security training materials for missionaries are available through the Area Office, the Missionary Department In-Field Representative, or Church Security.

CHURCH SECURITY DEPARTMENT

24-Hour Security: 1-800-537-5944 or 1-801-240-2661

Church Operator: 1-800-453-3860

Managing Director

Garland Dennett

Office: 801-240-1123

Cell: 801-573-5247

Field Services Director

Gary Gunrud

Office: 801-240-7140

Cell: 801-718-4549

Ryan Taylor, Manager

Office: 801-240-8442; Cell: 801-718-3153

Ron Rumble, Specialist

Office: 801-240-9253; Cell: 801-205-7065

Joel Burnham, Specialist

Office: 801-240-2604; Cell: 801-680-3749

Neil Belnap, Specialist

Office: 801-240-0456; Cell: 801-718-3537

Brent Hyde, Manager

Office: 801-240-6717; Cell: 801-694-0358

Tyler Swain, Specialist

Office: 801-240-9160; Cell: 801-574-4082

Chris Rasmussen, Specialist

Office: 801-240-9296; Cell: 801-918-9038

Duff Olson, Specialist

Office: 801-240-2656; Cell: 801-631-8583

Alex Solorzano, Manager

Office: 801-240-3417; Cell: 801-718-4431

Brandon Tuft, Specialist

Office: 801-240-0290; Cell: 801-634-6869

Elissa McConkie, Specialist

Office: 801-240-4025; Cell: 801-473-4412

Bill Mead, Area Specialist

Office: 801-240-5824; Cell: 801-694-1598

Ken Porter, Manager

Office: 801-240-5189; Cell: 801-750-9449

Dave Clark, Specialist

Office: 801-240-4149; Cell: 801-518-9741

Ken Johnson, Specialist

Office: 801-240-3600; Cell: 801-718-0516

Special Operations Director

John Hodson

Office: 801-240-2285

Cell: 801-718-9991

Tracy Fox, Manager

Office: 801-240-5202; Cell: 801-589-7313

Brent Bracken, Specialist

Office: 801-240-6264; Cell: 801-718-2760

Gary Sadler, Content

Office: 801-240-1956; Cell: 801-842-3163

Guarding Against Potential Legal Hazards

The Church and its leaders at every level must ensure that everything possible is being done to avoid or minimize legal risks and to protect missionaries and others. Mission presidents and missionaries should observe the following recommendations:

Mission President

- *Always* call the Help Line (where available) or area legal counsel (where Help Line is not available) as well as the Missionary Department and/or the Area Presidency, at the first report of any alleged child abuse situation involving a missionary.
- Regularly confirm that missionaries with medical or emotional conditions requiring medication are taking that medication as prescribed.
- Regularly emphasize vehicle safety programs in zone conferences and other settings.

Missionaries

- Missionaries should *always* remain with their companions, not only as a defense against temptation and transgression, but also as a defense against unfounded legal charges and allegations.
- Under no circumstances should missionaries hold children on their laps or engage in “tickling” children and youth (*e.g.*, babysitting, nursery).
- Missionaries should inform their mission president immediately if they are approached for questioning by police. A missionary who may be a suspect in any criminal matter should not answer any questions from the police without first consulting with an attorney. The Office of General Counsel (U.S. and Canada) or the Area Legal Counsel (international areas) will arrange for legal counsel.
- Missionaries whose medical or emotional circumstances present an elevated risk in the operation of motor vehicles or bicycles should not be allowed to operate such vehicles.

OFFICE OF GENERAL COUNSEL
 Elder Lance B. Wickman, General Counsel
 William F. Atkin, Associate General Counsel
 Boyd J. Black, Associate General Counsel

Phone: 801-240-6301
Help Line: 801-240-1911 or
1-800-453-3860 ext. 1911

Kirton McConkie
 Phone: 801-328-3600 or
 1-855-867-5135

Area Legal Counsel	
Africa Southeast Jeffrey Clayton Phone: 27-11-645-1507	Asia, Asia North Richard Page Phone: 852-2910-2967
Africa West Martin Slater Phone: 233-302-650-150	Australia, New Zealand & Pacific Islands Arthur Edgson Phone: 649-488-2374
Brazil Gregory Clark Phone: 55-11-3723-3311	Mexico Stan Martineau Phone: 52-55-5003-3320
South America North, South America West Lonny Townsend Phone: 511-317-7090	South America South William (Bill) Wingo Phone: 54-11-4779-6526
Europe Central & Europe West Michael Jensen Phone: 49-69-5480-2220	Europe East Brent Belnap Phone: 7495-363-2599
Central America Richard (Dic) Johnson Phone: 502-2327-2420	Philippines Douglas McAllister Phone: 632-635-9193
Caribbean Kevin Kimball Phone: 829-547-2240	

Housing Missionaries with Members

Stake and Mission Presidents

May 31, 2011

Responsibility for Housing Missionaries

“The stake president and mission president determine whether and to what extent Church members should provide housing and meals for missionaries” (*Handbook 1*, 4.9.2). They cooperate to find safe, suitable housing for missionaries.

Principles and Benefits

Members house missionaries as a natural extension of their missionary responsibility. It is based on the principles of sacrifice and consecration by members, and obedience and gratitude by missionaries. It calls forth the blessings promised in D&C 84:88-90:

And whoso receiveth you, there I will be also, for I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up.

Whoso receiveth you receiveth me; and the same will feed you, and clothe you...

And he who feeds you, or clothes you...shall in nowise lose his reward.

As members “receive” missionaries into their homes:

- Missionary support costs can be greatly reduced.
- Missionaries are generally more obedient, clean, and safe.
- Member missionary work can be stimulated.
- Flexibility is provided in assigning missionaries based on need, not on lease agreements.

Guidelines for Members

The stake president works with wards to identify, interview, and propose members who have been selected and carefully screened by their bishops to meet the housing guidelines in the *Missionary Handbook*, 45–46 and can provide missionaries with:

- A private bedroom with twin beds or a bunk bed and a clothes closet.
- A study area with a table and two chairs.
- A private bathroom.
- The use of a kitchen for meals and some refrigerator and pantry shelf space. Providing meals is not required or expected.

- The use of laundry facilities on preparation day.
- Space to park a mission vehicle and secure two bicycles.
- An environment that protects missionaries from watching TV and videos/DVDs, playing video games, listening to inappropriate music, and using computers.
- Posted cleaning schedule and reminder of house rules.

Cell phones will be provided to missionary companionships being housed with members.

Ideally a ward should have two to three qualified homes as a backup in case missionaries need to be moved from one home to another quickly. Members should not be asked to house missionaries longer than two years at one time.

Missionary Responsibilities

Missionaries demonstrate gratitude to the members housing them by:

- Properly protecting and caring for their homes.
- Respecting their privacy and family life.
- Acting as dignified obedient servants of the Lord.

Assigning Missionaries

Stake presidents recommend the wards and homes where missionaries might be assigned. Mission presidents make the assignments.

Regular Review of Missionary Housing

Missionary housing issues should be discussed in regular stake and ward leadership meetings as part of the missionary work agenda.

Reimbursing Members Who Provide Housing

Members will be given a modest reimbursement for increased utility costs and supplies. The stake clerk reimburses the family US \$75 (Canadian \$85) per month for increased utility or supplies costs. The exact same family name should be used in the “Payee” field each month and the check should be coded to the Other category and the Missionary – Host Family subcategory is automatically reimbursed by the church.

Missionary Housing Guidelines for Members and Missionaries

Members house missionaries as a natural extension of their missionary responsibility. When members receive missionaries into their home the blessings of D&C 84:88 can be claimed: “And whoso receiveth you, there I will be also, for I will go before your face...and my Spirit shall be in your hearts, and mine angels round about you, to bear you up.”

MEMBERS

Support missionaries in their sacred calling.

- Treat missionaries in a dignified manner.
- Protect missionaries from watching TV and videos/DVDs, playing video games, listening to inappropriate music. Missionaries may not use member computers.
- Do not invite/expect missionaries to participate in family activities.

Protect missionaries from inappropriate association with members of the opposite gender.

- Missionaries should “never live in a home where unmarried people of the opposite sex live or where the spouse of [their] own sex is frequently absent” (*Missionary Handbook*, 46).
- If individuals of the opposite sex visit the home for a short stay (for example, a weekend or a school break), ensure that the missionaries are not left alone with the visitors. If visits last longer, the missionaries must move, at least temporarily.

Provide missionaries with:

- A private bedroom that can accommodate twin beds or a bunk bed and a clothes closet; a study area with a table and two chairs; a private bathroom.
- Use of a kitchen for meals and some refrigerator and pantry shelf space. Providing meals is not expected.
- Exclusive use of laundry facilities on preparation day.
- Space to park a mission vehicle and secure two bicycles.
- Posted cleaning schedule and reminder of house rules for security, and laundry/kitchen/utility use.

MISSIONARIES

Missionaries demonstrate gratitude to the members housing them by:

Properly protecting and caring for their homes.

- Never leave without making the beds and making sure the bedroom and bathroom are neat and clean.
- Clean the kitchen after every use.
- Report damage or stains immediately to the member. Missionaries are to pay from their personal funds for any repairs required because of their negligence.
- Turn off lights, lock doors, and make sure heating or air conditioning is set according to the family’s instructions when leaving the house. Be careful not to use excessive water, electricity, or other utilities.
- Closely follow the posted cleaning schedule and reminder of house rules.
- Neatly store personal belongings in designated locations.

Respecting their privacy and family life.

- Obtain the members’ permission before other missionaries visit or stay in the home.
- Use areas of the home outside of the kitchen, bathroom, bedroom, and areas designated by the family for missionary use only when invited.

Acting as dignified obedient servants of the Lord.

- Be strictly obedient to the mission schedule and rules.
- Avoid loud and unruly activities.
- Share testimony and faith-promoting experiences with the members as appropriate.
- Express love, respect, and gratitude in word and actions. As appropriate, volunteer to assist with yard work on your preparation day.

If challenges arise, members and missionaries should work together patiently to resolve difficulties. Any that cannot be resolved should be reported to the bishop.

Notice

Date: May 7, 2013
To: General Authorities, Area Seventies, and Mission Presidents
From: Missionary Department (801-240-2222)
Subject: Mission Presidency Counselors

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Mission presidents should call two experienced Melchizedek Priesthood holders as their counselors. In addition to the responsibilities outlined in the Church handbooks, counselors in a mission presidency are now authorized, under the direction of the mission president, to:

- Conduct temple recommend interviews for members from member districts who are receiving their own endowment or who are planning to be married or sealed in the temple.
- Conduct interviews to recommend and release full-time missionaries in member districts (as per current policy, the mission president may also assign the district president to release a full-time missionary).
- Assist missionaries returning home with post-mission transition matters, such as college enrollment, institute registration, employment, and language certification.
- Give ecclesiastical endorsement for full-time missionaries seeking to attend Church schools or participate in the Perpetual Education Fund.
- Interview baptismal candidates who have committed serious crimes or have been involved in homosexual transgressions. Each interview must be authorized by the mission president. The counselor who conducts it reports to the mission president, who may then authorize or deny the baptism and confirmation.

Notice

Date: April 5, 2013
To: General Authorities, Area Seventies, and Mission Presidents
From: Missionary Department (801-240-2222)
Subject: Mission Organization

THE CHURCH OF
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This notice on mission organization details adjustments to missionary organization and mission leadership meetings that will allow elders and sisters to participate in leadership positions and in the mission leadership council. These changes should be implemented as soon as practical.

Mission Leadership Council

The Lord's Church is governed through councils at every level. Full expression from all participants is invited in council settings, unifying the efforts of both male and female council members. With these principles in mind:

- A monthly mission leadership council will replace zone leader council.
- The mission president and his wife, assistants to the president, zone leaders, and sister training leaders (see below) will participate in mission leadership council meetings.

Sister Training Leaders

Some sister missionaries should be assigned as sister training leaders to help train other sisters. These sister training leaders are responsible to conduct companion exchanges with other sisters. They serve as a vital part of mission leadership. Sister training leaders:

- Are members of and participate in the mission leadership council.
- Are experienced and exemplary missionaries who serve in a companionship with another sister training leader.
- Are responsible for the training and welfare of sister missionaries assigned to them.
- Maintain a vibrant proselyting area in addition to working regularly with other sisters.
- Conduct 24-hour companion exchanges every six weeks with each companionship of sisters assigned to them (an average of two exchanges per week).
- Report directly to the mission president on sisters' issues.
- Are assigned to a specific zone. However, depending on mission geography and the number of sisters in the mission, the mission president may assign sister training leaders to train sisters in a single zone or in multiple zones. It is not necessary to have a companionship of sister training leaders in every zone.
- Function as members of districts and of zones and assist the mission president, zone leaders, and district leaders in training meetings and zone conferences.

Mission presidents should assign a sufficient number of sister training leader companionships to allow all sisters in the mission to have a companion exchange during each transfer cycle.

Mission Leadership

The following aspects of mission organization will remain unchanged:

- Assistants to the mission president, zone leaders, and district leaders will continue to be elders.
- Baptismal interviews will continue to be conducted by zone and district leaders.
- Sister-only zones are not authorized, and sister-only districts are not encouraged. If unusual circumstances exist that might warrant creating a sister-only district, mission presidents in North America should consult with a member of the Presidency of the Seventy before doing so. Mission presidents in other areas should consult with their Area Presidency. The Utah Salt Lake City Temple Square Mission and the Illinois Nauvoo Mission are exceptions. The organization of sisters serving in a visitors' center might also merit an exception.

Caring for Sister Missionaries

The mission president should be sensitive to the needs of sister missionaries and should address those needs in personal interviews and training meetings. He may conduct specialized training meetings for sisters if such meetings meet established criteria.

Subject to individual and family circumstances, the mission president's wife should have an enhanced role in training and caring for sister missionaries. If personal or family circumstances do not allow this additional responsibility, the mission president may, if needed, call upon a senior couple or others to assist him.

Notice

Date: June 22, 2012
To: General Authorities, Area Seventies, and Mission Presidents
From: Missionary Department (801-240-1134)
Subject: Zone Training Meeting

THE CHURCH OF
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As travel and other circumstances allow, a monthly zone training meeting should be held in each zone as soon as possible after each zone leader council. The training is directed by the zone leaders based on needs, challenges, and training discussed in the monthly zone leader council. The mission president does not need to be present but may attend as part of specialized training.

These monthly zone training meetings are in addition to quarterly zone conferences, which are directed by the mission president.

Leadership training, which had previously been scheduled three or four times each year, has been adjusted. Leadership training is now optional and may be planned as a part of specialized training.

Suggestions for zone training meetings are included on the accompanying sheet.

Suggestions for Zone Training Meetings

Purpose. The purpose of the zone training meeting is for zone leaders to train and motivate missionaries in the zone and to pass on what was taught in that month's zone leader council.

When. The zone training meeting is held once a month for two or three hours, usually in the morning. The meeting should be held in each zone as soon as possible after the monthly zone leader council. The meeting replaces district meeting for that week. Depending on the time it is held, it may also replace companion study for that day.

Role of the mission president. The mission president, in zone leader council, provides direction for the zone training meetings. The mission president does not need to be present for zone training meetings but may attend as part of specialized training. Normally, the assistants do not attend except in the zone where their proselyting area is located.

Meeting content. The zone training meeting includes:

- Training from the most recent zone leader council.
- Discussion of the monthly goals of the zone, including reporting on past goals and discussing plans to meet future monthly goals.
- Counseling on proselyting challenges and needs.
- Reviewing the progress of investigators and new and returning members.
- Training from *Preach My Gospel*, “Fundamentals from *Preach My Gospel: Teaching More Effectively*,” and the scriptures.
- Motivation and spiritual growth.

Zone leaders should apply the principles of the training model (explain, demonstrate, practice, evaluate, and repractice). At least half of the meeting is devoted to training, with much of that time spent in practicing finding, teaching, and other missionary skills.

Geographically large zones. In zones where missionaries may have to travel more than two hours each way, zone leaders may hold separate zone training meetings in different locations. Missionaries should not stay overnight to attend zone training meeting. Extra budget or additional mile allowances are not provided for missionaries to attend these meetings.

Meals. A meal should not be provided as part of the meeting. Missionaries are encouraged to return to their proselyting areas as soon as the meeting ends.

Missionary Couples

May 2011

Calls and assignments: Missionary couples are called through inspiration by the President of the Church. Some couples may receive more than one assignment or responsibility in the location where they are called to serve. Regardless of their assignment(s), they should participate to the extent possible in sharing the gospel with others and in helping local Church units with activation and rescue efforts.

If it becomes necessary to adjust assignments, an Area Presidency (in consultation with the Missionary Department in-field services representative and the respective department at Church headquarters) may change an assignment within the area. Consideration should be given to the health, finances, skills, and desires of missionary couples before changing assignments.

Supervision: All missionary couples are assigned to a mission, temple, or area administration office. They serve under an ecclesiastical leader (mission president, temple president, or Area President) who oversees their temporal and spiritual needs. Some couples also serve under a functional supervisor (an employee or manager) who supervises their day-to-day work within a Church department (for example, Welfare, Seminaries and Institutes, or Family History Departments).

Schedule: Missionary couples should devote their time and attention to serving the Lord. However, “they will not be asked to meet the same standards in work hours or other activities that are expected of younger missionaries. Couples will be allowed some flexibility in setting their own goals and schedules based on personal needs, the requirements of their assignments, and guidance from the person who presides over them” (*Handbook 1*, 4.11.1).

Fairness: Missionary couples should have regular interviews with their ecclesiastical leader and be invited, where appropriate, to attend zone conferences and other meetings. Ecclesiastical leaders should review the circumstances of all senior missionaries under their care and supervision and, to the extent possible, strive for fairness in such things as expenses, workload, personal time, and housing arrangements.

Recreation: Couples should be encouraged to develop friendships and participate in appropriate activities with other senior missionaries. They may participate in social and family home evening groups and enjoy rest and recreation in their free time. They should enjoy a weekly preparation day. They may join with others in service activities that bless the lives of the poor and needy, beyond what they normally do as a part of their missionary assignment.

Senior missionaries are also parents and grandparents. Without distracting from their service, they may communicate with their families more frequently than is outlined for young single missionaries (this is a clarification of *Handbook 1*, 4.9.7).

Missionary housing: Missions, temples, or area administration offices will locate and secure appropriate housing that is safe, clean, modestly furnished, and economical before couples arrive in the field.

Missionary couples from the United States, Canada, western Europe, Japan, and Australia will be expected to reimburse the cost of housing (rent, utilities, and furnishings) up to a maximum of US\$1,400 per month.

Couples from all other countries will be expected to reimburse housing costs up to their individual ability to pay (but not to exceed US\$1,400 a month). Each Area Presidency will set what they determine is a minimal amount for the area (or, as necessary, for individual countries in the area) that locally recommended couples would be expected to be able to pay for housing costs after providing for their own food and other personal expenses. Each couple being recommended would be asked to commit on their missionary recommendation form to pay at least the established minimal amount each month of their mission.

The cap on housing costs is intended to allow more couples to serve and to allow the Brethren to make assignments without being constrained by whether couples can afford housing costs. It is not intended to diminish the spirit of sacrifice and consecration that has always been a part of missionary work.

Couples unable to meet the minimum financial requirements, at any time during their mission, should consult with their ecclesiastical leader in the mission field. He in turn will counsel with the missionaries' home priesthood leaders to see if local funds are available to help. A release will be considered for those unable to meet the minimum requirements.

Accounting for housing expenses and reimbursements for missionary couples will use new account codes different from those used for young single missionaries. Specific instructions will be sent soon to mission, temple, and area administration offices.

Questions about housing assistance should be directed to the Missionary Department Finance Division, 801-240-3070.

Live-at-home missionaries: Consideration should be given to using live-at-home missionaries to “fill local missionary needs in mission offices, visitors’ centers, employment centers, family history centers, temples, and Church Educational System offices. Couples for these assignments could include those who are not able to leave their homes but desire to serve at least 32 hours per week. These missionaries may receive live-at-home mission calls from the President of the Church. Recommendations for such missionaries are submitted in the normal manner” (*Handbook 1*, 4.11.1).

Principles of Financial Administration

General Principles

- Protect the funds of the Church.
- Control spending by using a budget; do not exceed the budget.
- Pay bills on time.
- Fully document and approve in writing every payment, including missionary support.

General Guidelines

- *Only the mission president may authorize purchases, approve payments, and sign checks.*
- The mission president may not divulge his password for financial operations.
- The mission president should ensure that the mission financial secretary keeps complete records for each financial transaction.
- The mission president should ensure that cash in the office is kept to a minimum or eliminated.
- The mission president controls expenditures by using budgets, which should be reviewed monthly. If expenditures exceed the budget, contact the administration office for assistance. Mission presidents are responsible for the following budgets:

Mission Operating Budget (prepared each August)

- In international missions, the operating budget is prepared by the mission president under the direction of the area administration office.
- In domestic missions, the operating budget is prepared by the Missionary Department and sent to the mission president for review and feedback.
- This budget controls expenditures for the mission president's and assistants' travel, office expenses, proselyting literature, and minor mission home and office costs.

Missionary Support Budget

- This budget is prepared annually and submitted to the Area Presidency internationally or the Missionary Department in the U.S. and Canada.
- This budget controls expenditures for missionary housing, food, transfers, and personal grooming (Mission Presidents Handbook, p.75). It is based upon the approved cost per single proselyting missionary (mission base), actual needs, projected inflation, and the projected number of missionaries.
- Mission presidents should teach missionaries simple budgeting techniques and should ensure that missionaries have sufficient money (but not excessive) to provide for their needs. (Mission presidents should regularly train and review pages 43–45 of the *Missionary Handbook* with missionaries.)

- Bicycles, clothing, gifts, souvenirs, cameras, film, and pre-existing medical conditions come out of the missionary's personal funds—not from the missionary support budget. (See *Mission President's Handbook*, 46). Funds are available to appropriately assist missionaries from developing countries who do not have financial resources for bicycles, clothing, and pre-existing medical conditions. (See *Mission Office Administration*, 3-27).
- In an effort to reduce missionary support costs, where appropriate, mission presidents should work with local stake presidents to determine if members can provide meals or housing for missionaries. (See *Housing Missionaries with Members*).
- Missionaries should limit the amount of cash they carry with them and use their JPMorgan missionary support card for most purchases.

Family Finances

- Contact the Missionary Department Finance Division (801-240-8962) for any questions regarding family financial matters while on your mission.

Non-Budgeted Expenses

- The vehicle budget is managed by the administration office. However, the mission president should ensure that all vehicle expenses are appropriate, minimized and that mileage guidelines are adhered to. For details, see the "Mission Vehicle Guide" in *Mission Office Administration*.

Other Programs the Mission President Oversees

Medical Program

- The mission president oversees the health care of the missionaries, ensures that missionaries receive adequate care, and monitors missionary health care expenses.
- The Church will pay for non-preexisting condition medical costs for single proselyting missionaries under 40. Couples and senior sisters over 40 pay their own medical costs; they may purchase a medical policy from DMBA if they do not have their own health care policy.
- To reduce health care costs, mission presidents should refer missionaries to a pre-qualified health care provider from a list that the president maintains. Missionaries should notify the mission president before seeking medical attention or as soon as possible in life-threatening situations. In the U.S., mission presidents should preauthorize services with Missionary Medical (who pays the bills) before any service may be provided, except in life-threatening situations. Outside the U.S., medical costs will be paid by the mission. The mission financial secretary should submit a copy of the paid bill for North American missionaries to Missionary Medical.

Mission Home

- Mission homes have been selected, furnished, and decorated to be versatile and to meet the needs of a variety of mission presidents (with large and small families) over an extended period of time. Mission presidents should accept the mission home as is and should not use the mission operating budget, nor individual funds, to remodel or refurnish the home to suit personal tastes.
- A local Facilities Management (FM) supervisor will regularly visit and make an annual plan for any major changes to the home. He must obtain approval from the Missionary Department.

Remaining in Contact with Returned Missionaries

Lifelong Impact

Your calling as mission president will have a lifelong impact on the missionaries who serve under your leadership. Likewise, missionaries who serve together can have a lifelong influence on each other. Such relationships can strengthen returned missionaries who may be struggling with critical life-changing decisions or even activity in the Church. It is important that the positive and reinforcing relationships developed during the mission be extended well beyond your three years of service.

Remaining Connected

You are encouraged to remain in contact with your returned missionaries, even after you have been released as mission president. There are a variety of ways for you and your missionaries to remain connected. One of the simplest of these is through a Facebook group site with membership by invitation only.

Because you will soon be sending missionaries home as they complete their missionary service, you are encouraged to create a private group site on Facebook (or other technology-based resource, such as myfamily.com) as soon as possible. As you interview departing missionaries, invite them to join the group site for the mission and to remain in regular contact with you, your wife, and other missionaries recently returning home. You may even consider asking certain returned missionaries to contact others who may need their help.

Creating a Private Facebook Group Site

Instructions for creating a Facebook account and a private Facebook group for your mission are found on the accompanying sheet.

Creating a Facebook Account

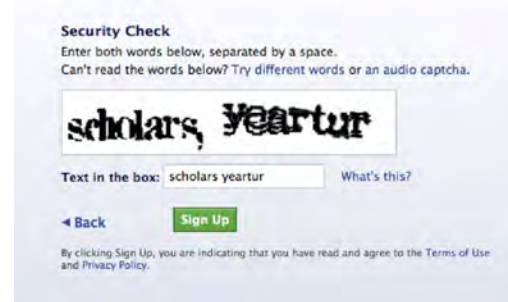
1 Sign Up

Start by visiting facebook.com, filling out the “Sign Up” form, and clicking the “Sign Up” button.

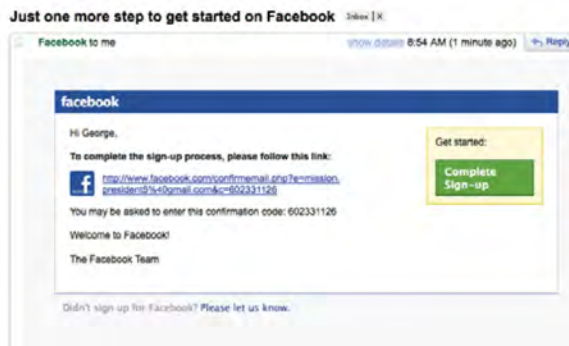


2 Complete Security Check

Complete the security check by typing the displayed words, and clicking the “Sign Up” button.



3 Confirm Registration



After creating your account, you will receive an email asking you to confirm your registration. Click either the “Complete Sign-Up” button or the link in the message.

Although you can complete the next step while waiting for the email, be sure to check for the message before doing too many more activities in Facebook.

4 Create a Profile



Create your profile by adding friends from your email contact list, providing personal information, and adding your picture. If you don't want to add any of this information, you can click the link to “Skip.”

Once they've gotten started, many people connect with their friends or begin sharing photos and videos. You can also adjust personal settings like privacy and sharing options. If you need help with any of these details, you can click the “Account” link on the upper-right corner of the web page, then choose the option “Help Center.”

Creating a Facebook Group

1 Create Your Group

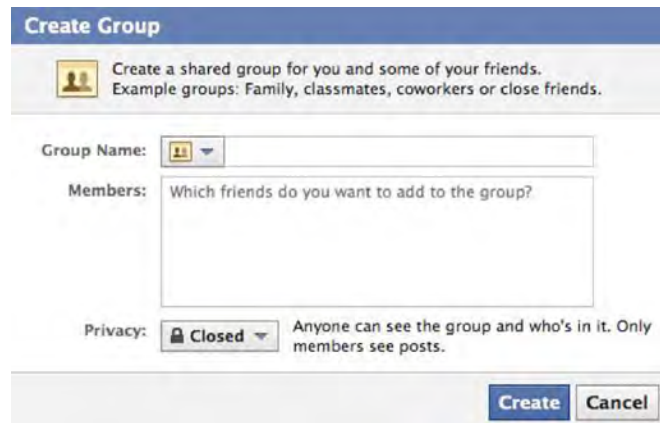
Click the “Create Group” link found on the left-hand side of the Facebook home page.



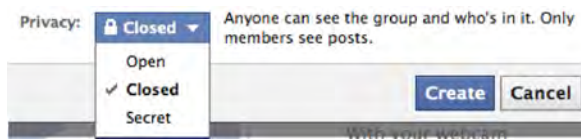
2 Name Your Group and Add Members

Type a name in the “Group Name” box. Add members to your group by typing their names into the “Members” box. As you begin typing, people from your Facebook friends list will appear on screen. You can continue typing the name, or click on a name as it appears.

You must already be Facebook friends with someone to add them to a group.

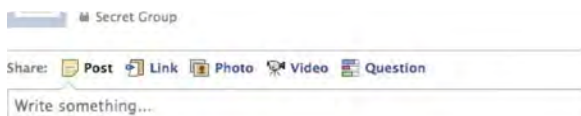


3 Set Group Privacy



Choose a privacy option for your group. “Secret” is the most secure option, and means no one can see information in the group, including the names of group members and material they add, unless they are already a member of that group. After adding members and setting your privacy options, click the “Create” button.

4 Add Material



After your group is created you can begin adding material, such as photos, videos, or short comments (“posts”) you would like others to read.

Groups also have other options you can set. If you need help with any details you can click the “Account” link on the upper-right corner of the web page, then choose the option “Help Center.”

POLICY FOR TEACHING AND BAPTIZING MUSLIMS

General Policy

"And the Lord God hath sent his holy prophets among all the children of men, to declare these things to every kindred, nation, and tongue, that thereby whosoever should believe that Christ should come, the same might receive remission of their sins, and rejoice with exceedingly great joy..." (Mosiah 3:13). Wherever there is constitutionally protected freedom of religion, Muslims may be taught and baptized consistent with guidelines established by Area Presidencies, as approved by the First Presidency and Quorum of the Twelve Apostles.

The Church does not proselyte or distribute Church materials in areas where there is not constitutionally protected religious freedom, or among concentrated Muslim populations where intolerance of proselyting and conversion exists.

Area Guidelines

Within the framework of this policy, each Area Presidency will prepare guidelines for teaching and baptizing Muslims that reflect the unique conditions and circumstances of the area, and provide direction to local mission and priesthood leaders. Area guidelines may address the conditions in a particular nation, a specific geographic area, or an individual mission. Area Presidencies in international areas and their assigned members of the Twelve and of the Presidency of the Seventy should consult together in the preparation of the guidelines. The guidelines should be submitted to the Outreach Committee for review. Guidelines will be considered and approved by The First Presidency and Quorum of the Twelve Apostles.

The following may be considered in the development of the guidelines:

- The general level of societal and cultural integration between Muslims and non-Muslims.
- The levels of religious and cultural tolerance that prevail within local communities and families if a Muslim converts to another religion.
- Possible issues related to the immigration status of investigators and, if baptized, their potential to live long-term in a tolerant and legally protected environment.
- Ways to affirm to investigators that the Church does not provide assistance for members seeking changes to their immigration status.
- An assessment of the potential for threat or harm to investigators, missionaries, and members resulting from proselyting efforts, and possible means of mitigation.
- The potential burdens on a mission president or his counselors to implement the area guidelines for teaching and baptizing Muslims.

The foregoing was approved by the Council of the First Presidency and Quorum of the Twelve on May 30, 2013.

Contents

Adjusting to Missionary Life: Missionary Preparation

Newly called missionaries are encouraged to complete this online course so that they and their families understand how their lives will change when they become full-time missionaries.

Missionaries can access Adjusting to Missionary Life: Missionary Preparation on the Missionary Portal.

Adjusting to Missionary Life: MTC Training

This training is provided at missionary training centers to help missionaries prepare for the mission environment and teach them how to handle stressful situations.

Adjusting to Missionary Life: A Resource Booklet

This resource booklet gives missionaries the tools they need to manage stress throughout their missions. The mission president gives a copy of Adjusting to Missionary Life: A Resource Booklet to every missionary as he or she arrives in the mission field.

Adjusting to Missionary Life: An Online Resource

A web-based course for new missionaries to complete as part of their first twelve weeks training program.

Adjusting to Missionary Life: Taking Care of Each Other

This PowerPoint presentation is available for download on the Mission President's Portal. Mission presidents should share Adjusting to Missionary Life: Taking Care of Each Other with their assistants and district, zone, and sister training leaders as they see fit. It will teach missionary leaders to 1 issues.

Adjusting to Missionary Life



Congratulations on being found worthy and ready to receive a call to serve the Lord. There has never been a more exciting time to be a missionary. The First Presidency said: “There is no more compelling work than [being a missionary], nor any which brings greater satisfaction. . . . Every missionary has an important role in helping ‘to bring to pass the immortality and eternal life of man’ (Moses 1:39)” (*Preach My Gospel*, v). It is now your opportunity to spend the next 18–24 months in full-time service to the Lord.

Missionary work requires leaving behind a familiar lifestyle and acquiring skills to help you be successful in a new and unfamiliar world. This transition can be exciting as well as worrisome. It is common to experience both of these emotions.

This transition might be comparable to the change someone you baptize on your mission might go through. Both the new member and the new missionary understand they must leave the security of their former way of life but are unsure of what to expect or how to act in the new life they have chosen as a disciple of Christ. When people encounter a new environment, many of the habits and behaviors that allowed them to function well may no longer be available to them.

One missionary expressed it this way: “My investigator had felt the Spirit and wanted to follow the Savior, but she was also nervous about whether she would succeed and be accepted. She felt a little out of place and wasn’t sure what to expect. I realized I understood how she felt! Becoming a missionary had felt

similar for me: I was both excited and nervous, and at first I felt so inadequate. The Spirit reminded me of that experience, and it helped me understand her feelings and how to help her.”

Just like the new member leaving behind old beliefs, friends, and habits, it is common for new missionaries to experience some degree of stress or discomfort when they leave family, friends, and some of the things they used to do. Leaving familiar surroundings and entering missionary life—where the food, schedule, dress, and perhaps even the language are different—may be difficult for a time. Adapting to this new lifestyle is similar to the experience of a new member who may initially find it difficult to pay tithing, live the Word of Wisdom, or keep the Sabbath day holy, even though he or she has a sincere desire to do these things.

Don't allow this process to take you by surprise. Be patient as you receive the blessings of devoting your life more fully to the Savior. Remember, the Spirit will be with you as you make this transition and will assist you in adjusting to your new missionary responsibilities.

Adjusting to New Experiences

Like many who are entering a new situation, missionaries often go through four phases or stages in their emotional adjustment when they enter the MTC and again when they enter the mission field:

1. *Anticipation*

- You may feel eager for the challenge (see 1 Nephi 3:7).
- You may feel an increased sense of purpose and allegiance to Heavenly Father (see 3 Nephi 5:13).



2. *Discovering the unexpected*

- You may begin to miss home, family, and friends and even question your decision to serve (see Alma 26:27).
- You may notice physical manifestations of stress, such as disturbed sleep, appetite changes, or irritability.
- You may unexpectedly find yourself critical and impatient with rules and expectations.

For many, these feelings are normal. If you have any or all of these issues, please know this is a temporary situation that many new missionaries go through. Take courage in the knowledge that these feelings will pass and you will be able to adjust.

3. *“I can do this”*

- Your teaching and language skills begin to improve.
- You learn to willingly comply with mission rules and expectations.
- You display patience with yourself as you learn “precept upon precept” (see Isaiah 28:10; Mosiah 4:27).
- Your physical symptoms of stress, if you had any, begin to diminish.

4. Emotional self-reliance

- You feel comfortable navigating the daily routine.
- You recognize your personal strengths and progress.
- You attain an understanding of what it means to take life one step at a time (see D&C 98:12).
- You develop greater self-confidence and an increased desire to serve.

Things You Can Do Now

- Find ways to serve others. Missionary work is a call to service. Call upon God for opportunities to serve those around you when you feel anxious or worried. Focus on looking outside of your own feelings of discomfort to minister to those who are in need of a kind word, an act of charity, or friendship.
- Focus on strengthening your relationship with your Heavenly Father. Seek His Spirit through personal prayer, scripture study, uplifting music, and your patriarchal blessing, and other ways that are meaningful for you. Ask yourself what it is that He most wants you to learn from your mission experience, and consider how He will help you acquire this learning.
- Ask a returned missionary to share his or her experiences and memories of the initial adjustment and give suggestions on how to make the transition easier.
- Review the article “Preparing Emotionally for Missionary Service” by Robert K. Wagstaff (in *Ensign*, Mar. 2011, 22–26; available online at LDS.org).
- Develop an attitude of gratitude. Focus for a few minutes every day on what is right, good, and beautiful about yourself and the calling you’ve received. Pray a prayer of gratitude each day for specific things you are thankful for regarding your mission call.



- Be kind to yourself. Talk to yourself with the same comforting, kind words you would use with someone else. Everyone gets frustrated or makes mistakes at times. Know that the Lord understands. Imagine Him sitting close to you, listening and offering support. Remember, thoughts of helplessness, hopelessness, or harsh condemnation are not from the Lord.
- Expect the unexpected. Your experiences as a missionary will not be the same as someone else's. Everything will not go exactly as you've planned or as you think it should. Expect things to be different than you think they are going to be. Examining your expectations will help you be open and receptive to change.

Discuss with Parents or Leaders

Talking with others about this upcoming adjustment can help. Make the time to discuss the following with parents, priesthood leaders, or returned missionary friends:

- Why a positive attitude is important when adjusting to new situations.
- What we can learn from scriptural examples of God requiring people to do things that are beyond what they feel capable of doing (see Exodus 4:10–12; Jeremiah 1:6–9; Alma 17:10–12; 26:27; Ether 12:23–27; Moses 6:31–32).
- Why it is important to go to bed and wake up on time, maintain good nutrition, get regular exercise, and have personal prayers.

- Why maintaining a healthy sense of humor and being able to laugh at yourself when you make mistakes help make the adjustment easier.
- How you can remind yourself that the initial feelings of discomfort are not going to last forever.
- What parents and friends can do to help with the initial adjustment.
- How writing in a journal might help when going through challenging experiences.
- How best to respond when troublesome thoughts or feelings don't go away.

Summary

An adjustment period for missionaries is entirely normal, is usually unavoidable, and is not a sign that you lack faith or a testimony. For most new missionaries, it takes time to acquire the necessary skills to be successful. Remember the counsel given to the Prophet Joseph Smith at a very difficult time in his life: “Know thou, my son, that all these things shall give thee experience, and shall be for thy good” (D&C 122:7).

As you prepare to leave for a mission, prepare to embrace change. Life as a missionary will likely be different than anything you've yet experienced, but if you come with a positive attitude, exercising faith in the Lord, and anticipating the need for patience with yourself and others, the Lord will reward and bless you. He promises, “I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up” (D&C 84:88).

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

ADJUSTING TO MISSIONARY LIFE



60 min | Once | Week 2




Objective: Help missionaries understand what stress is, how to recognize when they are experiencing distress, and how to use strategies to better cope with stress. Also help them to be committed to help their companions and other missionaries in their district as needed.

Explain (5 min)

- Send missionaries to perform a brief physical activity that will elevate their heart rate and breathing (e.g., race up and down a flight of stairs, run in place, do wall sits, etc.). Avoid disturbing other classrooms.
- When missionaries return, discuss: How did your body change as a result of the activity (e.g., increased heart rate, heavier breathing, perspiration, tired muscles)? Point out that these changes are natural physical responses to the activity.

Conduct the Activity


What is Stress? (20 min)

- Have missionaries turn to the “Stress Management Worksheet” in their binders and invite them to create a definition for the word *stress*. Invite missionaries to share their definitions with the group.
- Show slide 1 and discuss: “What is the difference in what these missionaries are feeling and thinking?”
- Show  *What Is Stress?* (2:30). Ask: Does anyone want to adjust their definition of stress based on what they learned from the video?
- Show and discuss slides 2–5. For each slide ask the missionaries to describe what the missionary on the slide is feeling and thinking.
 - Explain that there are varying levels of stress.
 - Help missionaries understand that as they properly manage stress, they will have increased capacity to accomplish task.
- In companionships, have missionaries record on the worksheet what is stressful at the MTC. Then discuss as a group.
- Show  *What Can Be Stressful about the MTC?* (1:52) and invite missionaries to identify other potential sources of stress.
- Show  *What Can Be Stressful about Mission Life?* (1:10) and discuss additional sources of stress.


Teaching Helps

- Do all you can to create an emotionally safe environment for discussion.
- Give the missionaries adequate time to verbalize their own experiences.
- Help missionaries understand that there are many ways to manage stress, not just one.
- Be prepared to share experiences from your mission about managing stress.

How Can I Know If I Am Experiencing Distress? (10 min)

- Show slide 6. Ask missionaries to explain the purpose and importance of indicators on a car dashboard and what happens if indicators are ignored. Explain that our bodies and minds can serve as dashboards for our well-being.
- Watch  *How Can I Tell If I Am Experiencing Distress?* (2:43). Invite missionaries to use their worksheet to write down the physical or behavioral ways their own bodies indicate stress as they watch the video.
- Point out that the ability to recognize the Spirit can be influenced by how we manage stress. (See *Preach My Gospel*, 96, paragraph three.)

What Should I Do If I Am Experiencing Distress? (10 min)

- Invite missionaries to share ways that they have managed stress in the past. Point out that many familiar coping strategies are not available to missionaries, and that they may need to develop new coping strategies.
- Watch  *What Should I Do If I Am Experiencing Distress?* (6:23). Invite missionaries to share ways they can increase resources and/or reduce demands to manage their stress and have them record ideas under the worksheet question “What can I do to manage my stress?”
- Show slide 7. Explain that there are varying levels of stress and that missionaries can gain an increased ability to manage stress. You may compare the role of rest in athletic training (e.g., weight lifting, running, etc.) to the need for rejuvenation in missionary work.
- Invite missionaries to respond to the worksheet question “What are some of my expectations and goals for myself as a missionary?” Explain that they will not need to share these with anyone.
- Show slide 8. Discuss the importance of aligning expectations for themselves with the Lord’s expectations for them.

How Can I Help Other Missionaries? (5 min)

- Invite the missionaries to share helpful things that can be done when they notice others are feeling distressed. Emphasize the importance of helping others succeed.
- Show slide 9. Discuss how these simple actions can help.

How Can I Trust in the Lord? (5 min)

- Read and discuss Deuteronomy 31:6–8.
- Show and discuss slide 10.
- Bear testimony that the missionaries are the servants of the Lord. He knows their struggles and is available to help them. They can trust in Him.

Apply (5 min)

- Ask missionaries to summarize how improving their own stress management will impact their ability to accomplish their purpose.
- Review the objectives for this lesson and ask missionaries to determine whether or not these objectives have been accomplished. Invite missionaries to record on their worksheet “Three things I will do if I begin to feel increased stress.” Review the strategies they have listed and invite them to make plans to apply these and other strategies they may identify throughout their mission.

NOTES ON STRESS

Write a definition for the word *stress*:

What things are stressful about the MTC or being a missionary?

How does my body tell me that I'm experiencing stress?

What can I do to manage my stress?

What are some of my expectations and goals for myself as a missionary?

Three things I will do if I begin to feel increased stress:

1.

2.

3.

"Just as we should not lower the standards that the Lord has established for the conduct of His servants, we are also not authorized to raise them. . . . Be sure that you do not have higher standards for yourself or others than the Lord has established."
(Elder Cecil O. Samuelson, MTC Devotional, March 19, 2002)

Resources

Read and ponder the following scriptures.

- 1 Nephi 3:7
- 2 Nephi 2:11
- Mosiah 4:27
- Mosiah 18:8–9, 21
- Alma 1:26
- 3 Nephi 5:13
- Ecclesiastes 9:11
- D&C 10:4

LESSON SLIDES

STRESS MANAGEMENT

What is the difference in what these missionaries are feeling and thinking?

STRESS MANAGEMENT

What is he feeling and thinking?

- Calm
- Humble
- Confident
- Ready to meet challenges
- Able to learn

STRESS MANAGEMENT

What is he feeling and thinking?

- Tense
- Worried
- Sweating
- Increased heart rate
- Facing a new experience
- Maybe unprepared
- Homesick

STRESS MANAGEMENT

What is he feeling and thinking?

- Exhaustion
- Frustration
- Anger
- Headache
- Stomach upset
- Constant worries
- Fear
- Doesn't know what to do
- Withdrawing

STRESS MANAGEMENT

What is he feeling and thinking?

- Overwhelmed
- Freaked out
- Headache
- Can't eat
- Can't sleep
- Depressed
- Wants out

STRESS MANAGEMENT

STRESS MANAGEMENT

Stress + Rest = Growth

When we get enough sleep and exercise, receive adequate nutrition, use good coping skills, take appropriate breaks, and talk openly with others, we are rested and rejuvenated so that our stress results in growth.

STRESS MANAGEMENT

"Just as we should not lower the standards that the Lord has established for the conduct of His servants, we are also not authorized to raise them. . . . Be sure that you do not have higher standards for yourself or others than the Lord has established."

(Elder Cecil O. Samuelson, MTC Devotional, March 19, 2002)

STRESS MANAGEMENT

What Can I Do to Help Others?

- Listen (calm, curious, compassionate).
- Walk and talk.
- Build them up and encourage them. ("Everything will be OK.")
- Help them identify the one thing they need to do now (i.e., "All I really need to do right now is . . .").
- Encourage them to take time for meals, sleep, preparation day
- Talk about solutions.

STRESS MANAGEMENT

"Mortality is a period of testing, a time to prove ourselves worthy to return to the presence of our Heavenly Father. In order to be tested, we must sometimes face challenges and difficulties. At times there appears to be no light at the tunnel's end—no dawn to break the night's darkness. . . . If you find yourself in such a situation, I plead with you to turn to our Heavenly Father in faith. He will lift you and guide you. He will not always take your afflictions from you, but He will comfort and lead you with love through whatever storm you face."

(President Thomas S. Monson, "Looking Backward and Moving Forward," Ensign, May 2008)

Adjusting to Missionary Life



Adjusting to Missionary Life

Resource Booklet

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Self-Assessment Record	11
Suggestions and Tools	15
<i>General Principles for Managing Stress</i>	17
<i>Resources for Managing Physical Demands</i>	23
<i>Resources for Managing Emotional Demands</i>	29
<i>Resources for Managing Social Demands</i>	35
<i>Resources for Managing Intellectual Demands</i>	41
<i>Resources for Managing Spiritual Demands</i>	45
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<i>(This is a summary of the material that was included in your call packet.)</i>	



Introduction

As a missionary, you are called to represent Jesus Christ in ministering to Heavenly Father’s children. The Savior loves you, and He will help you succeed. He has promised: “I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up” (D&C 84:88).

As you exercise your faith and act on the decision you have made to do the Lord’s work, you will develop the skills, gifts, and strengths you need more quickly. You will feel His help and grow in confidence in your ability to serve the Lord.

Even with a promise of the Lord’s help, many of the greatest missionaries in history recorded that they suffered and struggled in their missionary labors. Ammon and his brethren “suffer[ed] much, both in body and in mind, such as hunger, thirst and fatigue, and also much labor in the spirit” (Alma 17:5). At times, they apparently wanted to go home. “Now when our hearts were depressed, and we were about to turn back, behold, the Lord comforted us, and said: Go amongst thy brethren,

How to Get Started

1 Read “Understanding Stress”

To begin, read “Understanding Stress” on pages 3–10 to gain a general understanding of the nature of stress, the demands of missionary work that may cause it, and the resources available to manage these demands.

2 Complete the Self-Assessment

Use the Self-Assessment Record on pages 11–13 to determine which specific stresses or demands of missionary work might be causing difficulty right now.

3 Look Up Applicable Suggestions and Tools

Once you’ve identified stresses, look up the resource pages noted next to each section in the assessment. These suggestions will help you learn to manage your stress. Other missionaries and mission leaders can help you apply these tools and suggest other ideas.

4 Repeat if Needed

Repeat the self-assessment if needed throughout your mission. Return to this book for more ideas anytime you need them.

the Lamanites, and bear with patience thine afflictions, and I will give unto you success" (Alma 26:27).

Much of the secret to dealing with the discouragement and stress that are common to missionary service is to renew with the Lord your decision to serve. President Gordon B. Hinckley tells of his experience when he first began his mission in England.

"I was not well when I arrived. Those first few weeks, because of illness and the opposition which we felt, I was discouraged. I wrote a letter home to my good father and said that I felt I was wasting my time and his money. He was my father and my stake president, and he was a wise and inspired man. He wrote a very short letter to me which said, 'Dear Gordon, I have your recent letter. I have only one suggestion: forget yourself and go to work.' Earlier that morning in our scripture class my companion and I had read these words of the Lord: 'Whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it.' (Mark 8:35.)

"Those words of the Master, followed by my father's letter with his counsel to forget myself and go to work, went into my very being. With my father's letter in hand, I went into our bedroom in the house at 15 Wadham Road, where we lived, and got on my knees and made a pledge with the

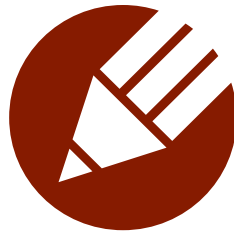
Lord. I covenanted that I would try to forget myself and lose myself in His service.

"That July day in 1933 was my day of decision. A new light came into my life and a new joy into my heart. The fog of England seemed to lift, and I saw the sunlight. I had a rich and wonderful mission experience, for which I shall ever be grateful" ("Taking the Gospel to Britain: A Declaration of Vision, Faith, Courage, and Truth," *Ensign*, July 1987, 7).

President Hinckley found success in dealing with his discouragement as he renewed his decision to serve the Lord. He later said: "The best antidote I know for worry is work. The best medicine for despair is service. The best cure for weariness is the challenge of helping someone who is even more tired ("Words of the Prophet: Put Your Shoulder to the Wheel," *New Era*, July 2000, 7).

Using This Booklet

Missionary work can be both joyous and stressful. This booklet will help you better understand stress and how it affects you, but it is not meant to be read all at once. Using the instructions listed on page 1, you will be guided to suggestions on the topics you select. These ideas will also help as you serve and minister to your companion and other missionaries.



Understanding Stress



Understanding Stress

Stress Is a Normal Part of Life

As you begin any new experience (like joining the Church or attending a new school), you feel excited about the opportunity—and nervous because you don't know quite what to expect. Over time you learn to meet these challenges, and you grow in the process.

Missions are no different. Sometimes a mission feels like a wonderful spiritual adventure—or at least a challenge you can handle. You calmly move forward with faith, realizing that much of the nervousness or worry you experience is temporary. You take courage in knowing you will adjust with time, grow spiritually, and develop many new skills. Experiences you once feared become more manageable. You even come to cherish aspects of missionary life that once felt overwhelming. You

rely on the Spirit, grow in confidence, and find joy in your service.

At other times, however, you may face unexpected problems or experiences that are more difficult or unpleasant than you anticipated. You might wonder how you can succeed. Resources you once relied on to help you cope may not be available. Instead of feeling motivated to try, you might become anxious, irritable, exhausted, or frustrated. You might have physical symptoms like pain, upset stomach, sleeplessness, or illness. You could have trouble learning or connecting with people. You might feel discouraged or want to quit.

Like gauges on a car's dashboard that remind you to slow down, get gas, or check the engine, these symptoms are signals to remind you to slow down, fill up your spiritual "tank," and look for


new solutions. This booklet has suggestions and tools that may help.

Four Levels of Stress

Stress is not always bad. In fact, stress is a normal physical and emotional response to the changes

and challenges of life and is necessary for growth. But experiencing too much stress for too long without a break can lead to problems.

As you work to manage your stress effectively, it may help to think of four levels of experiencing stress.

	Signs You Are at This Level	What to Do
    GREEN YELLOW ORANGE RED	<p>Confident, happy</p> <p>Ready to meet challenges</p> <p>Recover quickly from setbacks</p> <p>Getting along with your companion</p> <p>Feel the Spirit</p>	<p>This is the ideal. Here you are handling the every-day stressors of missionary work, learning, and progressing.</p> <p>Continue to work hard and trust in the Lord.</p>
	<p>Tense, worried, insecure, anxious, unprepared</p> <p>Trouble getting along with others</p> <p>Difficulty feeling the Spirit</p>	<p>It is normal to spend some time at the yellow level.</p> <p>Being kind to yourself as you cope with challenges and learn new skills will help you become stronger and increase your ability to serve. Continue to pray and serve in faith. Look to the scriptures and conference talks, your district and zone leaders, and this booklet for help.</p>
	<p>Exhausted (physically and emotionally)</p> <p>Ill (e.g., upset stomach)</p> <p>Easily angered</p> <p>Deeply discouraged</p> <p>Inability to feel the Spirit</p>	<p>No one enjoys being at an orange level of stress, but this is rarely permanent.</p> <p>Pray for guidance as you study scriptures and apply the suggestions in this booklet. Let your mission president know if you stay at the orange level for more than three days, so he can help.</p>
	<p>Persistent depression, panic, or anxiety</p> <p>Hopelessness</p> <p>Trouble eating or sleeping (can lead to illness)</p> <p>Overwhelmed; inability to continue</p> <p>Feel as though you have been abandoned by God</p>	<p>If you are at this level, contact your mission president for help.</p> <p>Ask your companion or district leader for a priesthood blessing. Consider taking some time to write in your journal, ponder the suggestions in this book, pray, and perhaps take a break from the things you find most difficult about missionary work until you have a chance to speak with your mission president.</p>



Over the course of your mission, you may experience different levels of stress at different times. You may feel “orange” today and get back to “green” tomorrow. The purpose of this booklet is to help you stay at—or get back to—the green level.



Your Experiences Can Bless Others

As you read the following excerpt from a talk given by President Gordon B. Hinckley, think about how your experiences with stress as a missionary (new people, new language, new culture) can help you better understand the stress that many recent converts feel (new friends, new vocabulary, new culture). With this new understanding, how can you involve other members to help recent converts with the transition? Record your thoughts in your study journal.

“I received the other day a very interesting letter. It was written by a woman who joined the Church a year ago. She writes:

“My journey into the Church was unique and quite challenging. This past year has been the hardest year that I have ever lived in my life. It has also been the most rewarding. As a new member, I continue to be challenged every day.”

“She goes on to say that when she joined the Church she did not feel support from the leadership in her ward. Her bishop seemed indifferent to her as a new member. Rebuffed, as she felt, she turned back to her mission president, who opened opportunities for her.

“She states that ‘Church members don’t know what it is like to be a new member of the Church. Therefore, it’s almost impossible for them to know how to support us.’

“I challenge you, my brothers and sisters, that if you do not know what it is like, you try to imagine what it is like. It can be terribly lonely. It can be disappointing. It can be frightening. We of this Church are far more different from the world than we are prone to think we are. This woman goes on: *‘When we as investigators become members of the Church, we are surprised to discover that we have entered into a completely foreign world, a world that has its own traditions, culture, and language. We discover that there is no one person or no one place of reference that we can turn to for guidance in our trip into this new world. At first the trip is exciting, our mistakes even amusing, then it becomes frustrating and eventually, the frustration turns into anger. And it’s at these stages of frustration and anger that we leave. We go back to the world from which we came, where we knew who we were, where we contributed, and where we could speak the language’*” (“Find the Lambs, Feed the Sheep,” *Ensign*, May 1999, 108, italics added; see also *Preach My Gospel*, 214 [Activity: Personal or Companion Study]).

Demands of Missionary Work

Serving “with all your heart, might, mind and strength” (D&C 4:2) will bless you greatly. Missionary work is not easy. The demands of missionary work fall into several categories:

General (see pages 17–22). You experience many changes and transitions throughout your mission. Familiar ways of coping are not always available, and you must learn new ones. Evenings and weekends that used to be relaxing are now your busiest times. You may feel awkward. At times you may struggle. You may wonder how to help other missionaries who struggle.

Physical (see pages 23–28). You may be on your feet 11–12 hours a day, walking, biking, climbing stairs, and standing. You may not get as much sleep as you are used to. The food may be unfamiliar. You will be out in bad weather and exposed to new germs. Just the newness of the situation can be fatiguing.

Emotional (see pages 29–34). You may feel anxious about all you have to do, and you may have trouble unwinding. You may get homesick, become discouraged, get bored, or feel lonely. You may face rejection, disappointment, or even danger. You may worry about family and friends when you are not there to help them.

Social (see pages 35–39). You will live in close quarters with a companion with whom you may or may not have much in common. You are expected to talk to strangers, interact with Church leaders, get to know Church members quickly, and learn to love investigators.



Intellectual (see pages 41–43). You may be learning a new language. You will need to master lessons and scriptures, acquire teaching skills, and resolve concerns that arise. You will need to plan, manage goals, adapt to changes, and solve all kinds of practical problems.

Spiritual (see pages 45–49). You will stretch to strengthen your testimony, resist temptation, and learn to feel and recognize the Spirit. You will need to take correction, repent, face your weaknesses and regrets humbly, and rely on the Lord more than ever before.

Resources



Resources to Help You Stay in Balance

When you have resources to meet the demands of missionary work, you grow and contribute and you stay in the green level. Sometimes you can achieve this balance by reducing unnecessary demands, such as unrealistic self-expectations or worrying about what others think. However, many of the demands of a mission cannot be reduced. You will need to learn new material, get along with other people, obey rules, teach and testify, and leave your comfort zone.

You can still stay in balance by increasing your resources to meet these demands. Some of the most important resources for meeting the demands of missionary work are prayer, scripture study, the guidance of the Holy Ghost, and serving others. Additional resources include *Preach My Gospel*, help from mission leaders, and many others found in this booklet.

Using these resources will enable you to rely on the Savior Jesus Christ and His Atonement. He is the ultimate source of help in dealing with the demands and stresses of missionary life.

"I have often said one of the greatest secrets of missionary work is work! If a missionary works, he will get the Spirit; if he gets the Spirit, he will teach by the Spirit; and if he teaches by the Spirit, he will touch the hearts of the people and he will be happy. There will be no homesickness, no worrying about families, for all time and talents and interests are centered on the work of the ministry. Work, work, work—there is no satisfactory substitute, especially in missionary work."

—PRESIDENT EZRA TAFT BENSON,
THE TEACHINGS OF EZRA TAFT BENSON (1988), 200





Look unto Me

Remember, our Heavenly Father loves you. Trust in Him and in the power of the Atonement of Jesus Christ to heal and redeem you. God has a perfect plan for His imperfect children; this is the good news you carry to the world. Remember these promises: “Verily, verily, I say unto you, as I said unto my disciples, where two or three are gathered together in my name, as touching one thing, behold, there will I be in the midst of them—even so am I in the midst of you.

“Fear not to do good, . . . for whatsoever ye sow, that shall ye also reap; therefore, if ye sow good ye shall also reap good for your reward.

“Therefore, fear not, little flock; do good; let earth and hell combine against you, for if ye are built upon my rock, they cannot prevail.

“Behold, I do not condemn you; go your ways and sin no more; perform with soberness the work which I have commanded you.

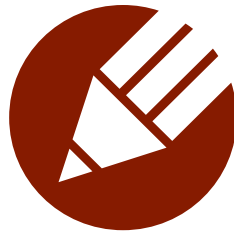
“Look unto me in every thought; doubt not, fear not.

“Behold the wounds which pierced my side, and also the prints of the nails in my hands and feet; be faithful, keep my commandments, and ye shall inherit the kingdom of heaven” (D&C 6:32–37).



What Should I Do Next?

If you are feeling excessive stress, use the Self-Assessment Record on the next page to identify sections in this booklet that may help you with your specific concerns. Read those sections now. Come back to other sections if you need them.



Self-Assessment Record

Self-Assessment Record

Directions:

1. Put today's date in the first box at the top left.
2. Look over the written items. In the first column of boxes under today's date, check any items you want more information about.
3. For each item below, the second column lists the page number and section in this booklet where you can find tools and suggestions. Read those ideas for each item you checked. Then prayerfully choose one or two to try for a minimum of two to three weeks. Remember that many suggestions will take practice in order to be effective.

Date

--	--	--	--	--	--	--	--

GENERAL

I'm having difficulty with:	Page, Section						
responding positively to stress	17, A						
responding to a "stress emergency"	20, B						
helping other missionaries who are overstressed	20, C						

PHYSICAL

I'm having difficulty with:	Page, Section						
learning to work hard	23, A						
staying healthy and energetic	24, B						
managing head, stomach, or muscle pain	24, C						
sleeping, going to bed on time	26, D						
getting up on time	27, E						
eating healthy foods	27, F						
getting motivated to exercise	28, G						

Adjusting to Missionary Life:
A Resource Booklet

Date

--	--	--	--	--	--	--	--	--	--

EMOTIONAL

I'm having difficulty with:

Page, Section

feeling homesick	29, A								
feeling depressed or discouraged	30, B								
feeling self-critical	31, C								
feeling anxious or inadequate	32, D								
feeling easily irritated or angry	33, E								
feeling exhausted or unmotivated	33, F								
worrying about loved ones at home	34, G								
feeling lonely	34, H								

SOCIAL

I'm having difficulty with:

Page, Section

talking with strangers	35, A								
wanting to be alone	36, B								
communicating openly with a companion	37, C								
loving the people	38, D								
getting along with mission leaders	38, E								
managing sexual or romantic feelings	39, F								

INTELLECTUAL

I'm having difficulty with:

Page, Section

learning the language	41, A								
staying organized with goals and plans	41, B								
not feeling as smart or as capable as others	43, C								

SPIRITUAL

I'm having difficulty with:

Page, Section

learning to strengthen my testimony	45, A								
learning to repent	46, B								
learning to pray meaningfully	47, C								
learning to love the scriptures	47, D								
learning to rely on the Spirit	47, E								

Adjusting to Missionary Life:
A Resource Booklet



Suggestions and Tools



General Principles

for Managing Stress

This section contains general suggestions for preventing and coping with excessive stress. These suggestions can be helpful to all missionaries.

A Responding Positively to Stress

■ **Pray fervently and often, alone and with your companion.** Tell the Lord about your feelings, experiences, plans, and concerns. Ask the Spirit to be with you in all things. Write down impressions you receive as you pray and study the scriptures. Be alert to guidance you may receive throughout the day. As you hearken to the voice of the Spirit, you will continue to receive additional guidance, comfort, and help. “For behold, again I say unto you that if ye will enter in by the way, and receive the Holy Ghost, it will show unto you all

things what ye should do” (2 Nephi 32:5). Commit to the Lord that you will do your best to always follow spiritual promptings you receive.

- **Recognize the hand of the Lord in all things.** You have a front row seat to the greatest miracle of all: the effect of Christ’s Atonement on individuals and families. Practice focusing every day on blessings you are grateful for. Notice the Spirit’s influence in your life, and write about it. (See Moroni 10:3.)
- **Identify and memorize comforting scriptures.** As you study, list scriptures that strengthen



“Behold, I am a disciple of Jesus Christ, the Son of God. I have been called of him to declare his word among his people, that they might have everlasting life.”

— 3 NEPHI 5:13

and comfort you. Memorize them or read them often.

■ **Focus on the needs of those you are serving.**

Think about what you can do to bless the investigators you are teaching and the members you are serving. Seek inspiration on how you can serve them and strengthen their faith.

■ **Sing.** Memorize the words to a few of your favorite hymns. When you are feeling stressed or discouraged, sing to yourself or with your companion. “Hymns can lift our spirits, give us courage, and move us to righteous action. They can fill our souls with heavenly thoughts and bring us a spirit of peace” (“First Presidency Preface,” *Hymns* [1985], x).

■ **Remember what you’ve learned.** You have been coping successfully with change and difficulty your whole life. During personal study time, list what you have learned from past transitions and periods of high stress (like adjusting to the MTC). How can you apply these skills now? “Remember how merciful the Lord hath been unto the children of men, from the creation of Adam even down until the time that ye shall receive these things, and ponder it in your hearts” (Moroni 10:3).

■ **Serve from your strengths.** Make a list of your strengths, talents, and spiritual gifts. Your strengths are part of the Lord’s storehouse, from which He draws to bless His children and build

His kingdom. A crucial part of your mission is to cultivate your gifts and consecrate your strengths to help others come to Christ. Focus more on what you do well than on what you do wrong. Plan ways each week to develop and use your gifts to serve and bless others (see D&C 82:18–19).

■ **Befriend your companion.** Share ideas, serve each other, help each other, and forgive each other. Friends are a great resource for dealing with stress. “This is my commandment, That ye love one another, as I have loved you.” (John 15:12).

■ **Examine your expectations.** Don’t expect everything to turn out the way you hoped. You will not do everything perfectly. Not every missionary will be totally obedient and kind. Your investigators may receive anti-Mormon misinformation. You may never speak the language like a native.



Breathing Exercise

- Sit in a comfortable position or stand quietly. Take a few deep, slow breaths through your nose, pausing after each one.
- Relax your shoulders and try to breathe so your stomach moves, not your shoulders.
- Continue to breathe slowly and calmly for five minutes or until anxious feelings ease up.

Remember the Lord’s counsel to Joseph Smith in Liberty Jail: “All these things shall give thee experience, and shall be for thy good. . . . Therefore, hold on” (D&C 122:7, 9).

■ **Exercise.** Regular exercise is one effective way to manage stress. Choose to participate in a variety of activities that are both enjoyable and physically challenging. As you focus on the activity at hand, you may find yourself energized and better able to forget the worries of the day. Regardless of the activity you choose, exercise can help increase your stamina and capacity to serve the Lord.

■ **Don’t try to control things you cannot.** While you will make your best effort to meet your proselyting goals, the outcome of your effort is dependent on the agency of others, which you cannot force. “No power or influence can or ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned” (D&C 121:41). “Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed” (D&C 123:17).

■ **Remember the importance of rest and relaxation.** For example, use the progressive relaxation exercise (see right) at night to slow down and relax before bed, or the breathing exercise (see left). Plan preparation days to include time to rest, enjoy, and unwind so you will be refreshed for the week to come. In addition to necessary activities like shopping and writing home, try:

- Cultural activities. Visit historical sites, museums, or local festivals.

- Social activities. Participate with others in sports, games, art, meals, or appropriate music.
- Time in nature. Visit parks or nature preserves or go hiking.
- Rest and reflection. Take a nap, meditate, or write about your feelings.



Progressive Relaxation Exercise

Deep relaxation helps your body recover from stress. Practice this at night before you sleep to train your body to relax. Do a shorter version of this exercise during the day any time you feel overstressed.

- Lie or sit comfortably and close your eyes.
- Concentrating on one part of your body at a time, look for any tension. Consciously relax that part of your body. Feel all the tension draining away, like sand running through your fingers. Then move on to the next part of your body. Take your time. If you are not sure if there is still tension, tighten that part of your body for 10 seconds; then completely relax for 10 seconds before moving on.
- Focus on these areas, one at a time: 1. head and face; 2. eyes; 3. jaw; 4. neck; 5. shoulders and back; 6. arms; 7. hands and fingers; 8. chest and abdomen; 9. legs; 10. feet and toes.
- Mentally scan your body for any remaining tension. Completely relax.
- Choose a “personal scene”—a memory or an imagined setting—that brings you joy and peace. Try to imagine this scene as vividly as possible.

“And [Jesus] said unto [His disciples], Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat” (Mark 6:31).

“And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength” (Mosiah 4:27).

B Responding to a “Stress Emergency”

A stress emergency occurs when you suddenly move into the orange or red stress zones. If you are in physical or emotional danger, call your mission president immediately. For other situations, try the following suggestions:

- **Take a short break.** If you feel very upset or overstressed, take a break. Take several slow, deep breaths, stretch, and relax physically. When your body and mind are calm again, you will be able to think more clearly. Take a walk with your companion, get some food or a drink, or just sit and think for a few minutes.
- **Be kind to yourself.** Talk to yourself with the same kind, comforting words you would use with someone else. Everyone gets frustrated or makes mistakes sometimes. Know that the Lord understands. Imagine Him sitting close to you, listening and offering support. Remember, thoughts of helplessness, hopelessness, or harsh condemnation are not from the Lord.
- **Refocus on gratitude.** Notice what is around you. Focus for a few minutes on what is right, good, and positive about yourself and the world.

Offer a prayer of gratitude for at least five specific things.

- **Take one step at a time.** Identify the immediate problem, and take one step at a time to solve it. Remind yourself, “All I have to do right now is ____.” For example, “All I have to do right now is wait for the bus.” or “All I have to do right now is find this address.”
- **Help someone else.** Refocus your energy by serving someone else. Smile at people, help them out, and offer service.
- **Talk back to negative thinking.** Right now, or before bed tonight, list your negative thoughts from today on paper; then rewrite them to be more hopeful, truthful, and encouraging (see example on right).

C Helping Other Missionaries Who Are Overstressed

- **Notice missionaries who are struggling.** Let them know that you understand they are struggling. Assure them that you will do the work with them and that with the Lord’s help, you can succeed together. If appropriate, suggest they take a short break, such as taking a walk with their companion, getting a change of scenery, or changing to a less stressful activity if possible. Pray for help silently or with the missionary.
- **Think of your baptismal covenant.** We promise “to bear one another’s burdens, that they may be light; . . . mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times” (Mosiah 18:8–9). Apply this covenant by (1) sharing the missionary’s burden, (2) offering



"God does notice us, and he watches over us. But it is usually through another person that he meets our needs" (*Ensign*, Dec. 1974, 5).

— PRESIDENT SPENCER W. KIMBALL

Talking Back to Negative Thinking

MY THOUGHTS	MY REWRITE
<i>I can't learn this language.</i>	<i>If I keep practicing, I'll learn it well enough to do my job and teach with the Spirit. The Lord will help me.</i>
<i>Sister Smith must think I'm an idiot.</i>	<i>I can't read her mind so I don't know what she thinks, but I can ask if I've upset her and apologize.</i>
<i>I hate having to get up so early.</i>	<i>I don't have to like it. I think I can do this. Once I get up and start moving, I'll probably feel better.</i>
<i>That lesson was a disaster.</i>	<i>Some lessons go better than others. It is good that I want to improve. Maybe my companion can help.</i>
<i>I'm always so disorganized.</i>	<i>Sometimes I'm disorganized, and sometimes I'm better organized. I can pick one thing at a time to work on organizing better.</i>
<i>I'll never make it through this day.</i>	<i>I've made it through every day so far, and I'll make it through today. All I have to do right now is what is in front of me, one step at a time. After this lesson I'll relax for five minutes to calm down.</i>
<i>I should know my way around by now.</i>	<i>Who says I should? I am doing my best, and the Lord and others will help me if my best is not enough to get the job done.</i>
<i>I don't care what my companion thinks. I'm doing this my way.</i>	<i>I do care; I'm just frustrated. Maybe if I listen better and ask more questions, I'll understand more why my companion sees this differently.</i>



“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

—JOHN 14:27

empathy and comfort, and (3) testifying of God’s love.

- **Ask a few questions, but don’t force the missionary to talk.** Try, “You seem upset. What happened?” or “Would you be willing to tell me about it?”
- **Listen to understand and offer support and encouragement.** Until a person feels understood, offering advice and suggesting solutions is often not helpful. Ask questions and help the person find his or her own answers. While you should not take on the role of counselor with investigators or missionaries of the opposite sex, you can be an

empathetic listener who helps and supports other missionaries.

- **Focus on what needs to be decided right now.** Sidestep big issues (such as, “I’m not sure I even have a testimony”), and focus on the immediate decisions to be made (“For now, let’s just decide how we want to handle this next lesson”). Offer to help (“I can bear my testimony this time”). When things have calmed down, come back to the bigger problem and look for solutions (“What do you think a testimony is? How does a person get one? What have you tried? Where could we get more ideas?”). Remind the missionary that the Lord can help with solutions over time if we do what we can and then turn it over to Him.
- **Remind the missionary of what he or she does well.** (“I really appreciate your integrity and your desire to serve God.”)
- **Bear your testimony.** Share your conviction of God’s love and willingness to help.
- **Be wise as you minister to others.** Yours is a holy office. Be trustworthy, keep confidences, and always stay with your companion.
- **Let your mission president know if the situation does not improve.**





Resources for Managing Physical Demands

Excessive stress can affect our health, ability to sleep, and ability to handle temptation. Good nutrition and exercise help us manage stress better. If you are having physical challenges, prayerfully choose one or two suggestions that seem right for you. Not every suggestion will work for every person, but most ideas must be practiced for at least two to three weeks to begin to be helpful. Look in the “General Principles for Managing Stress” section on pages 17–22 for additional suggestions.

A Learning to work hard

- **Break down big or difficult tasks into smaller pieces.** If they still feel too hard, break them down more. Then act. If you wait to “feel like” working before starting, you may wait a long time. Get started, and motivation will follow.
- **Pace yourself.** Vary the work you do, and don’t work too long at just one activity. Remind yourself: All I have to do right now is _____.
- **Get enough sleep, healthy food, water, and exercise to have the stamina you need.**
- **Look for and welcome support, suggestions, and encouragement from others.** Support and encourage others as well.
- **Express gratitude.** Be grateful not only for your blessings but for your challenges and adversities and what you can learn from them. This will open the door for the Lord to bless and help you.



“And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.”

DOCTRINE AND COVENANTS 89:18–21

B Staying Healthy and Energetic

- **Study and apply Doctrine and Covenants 89.**
- **Ask for a priesthood blessing.**
- **Follow the *Missionary Health Guide* to strengthen your immune system.** Get to bed on time. Drink 6–12 glasses of clean water per day, depending on the climate. Except when fasting, don’t skip meals, especially breakfast. Avoid sugar. Take a multivitamin each day. Eat some protein each day (for example, nuts, tofu, beans, milk, yogurt, cheese, eggs, fish, poultry, meat). Wash your hands often or use hand sanitizer, especially if your companion is ill. Don’t let food sit around that should be refrigerated—when in doubt, toss it out.
- **Exercise regularly.** Thirty minutes of exercise each day strengthens your immune system, increases your energy, and stabilizes your mood. If you walk or bike all day, do something different for your exercise.
- **Dress for the weather.** If it is unusually hot or humid, break up your missionary activities so you can spend 30–60 minutes in the shade or in air conditioning. Run cool water over your wrists or

neck to cool down, and wear sunblock and light clothing. If it is cold, wear layers, gloves, and a hat (most body heat is lost through the head). In general, follow the direction received from your mission president regarding the climate you work in.

■ **Keep your apartment clean and dust free.**

This is especially important if you have frequent colds or allergies. Wash towels and sheets regularly to reduce allergens. A clean apartment will also lift your spirits.

C Managing Head, Stomach, or Muscle Pain

■ **Practice physical relaxation.** This may help reduce physical symptoms like headaches, stomachaches, diarrhea, back pain, joint pain, racing heart, trouble catching your breath, or feelings of panic. To train your body to relax, practice the progressive relaxation exercise (page 19) or the breathing exercise (page 18) every day for at least three weeks. Also, when you have symptoms or feel overstressed, use these skills to reduce tension and feel calmer.

■ **Break your work into small pieces, and take on only one task at a time.** At each step, remind



Keep a Log

Keep a log of physical symptoms you experience, as in the example below. Look for patterns to help you identify things you can change to reduce the anxiety that leads to symptoms.

Date	Time	Symptoms	Rate 1-5	Where/Doing What	Who With	Thinking/Feeling	What Would Help
4/10	3pm	Headache	4	arriving home from church - kin family didn't come & they cancelled appt. tonight	Elder Jimenez	wondering if the kids will ever come to church - frustrated about appt - hungry	Stop worrying about things I can't control
4/17	7am	Headache	4	Companion study - trying to prepare lesson for Peter	Elder Jones	is Peter really going to agree to be baptized.	Do what you can, let God make up the difference
4/21	8pm	Headache	3	Missionary Circulation Mtg talking about member fellowshiping	Elder Jones Bro. Winn	I hope I don't get transferred after all this work with the members.	Do your best, let God make up the difference.
4/25	11 am	Headache, not too bad	2	Apartment - making phone calls	Elder Jones	Feeling appreciative about contacting kids and finding numbers to come with us	Getting better at doing my best and realizing what I can & can't control

Notes and To Do Items

yourself, “All I have to do right now is _____.” For example, “All I have to do right now is call the ward mission leader” or “All I have to do right now is get dressed for the day.”

■ **Keep a log for a week.** This will help you see when your physical symptoms occur (see example above). Look for patterns. For example, you might notice you are more likely to feel ill:

- Under certain circumstances (such as on Sundays, when you are around leaders, or when you haven't eaten for several hours).
- When you think a certain way (such as when you think about transfers or think you should have done something better).
- When you have certain feelings (such as anxiety about making phone calls or anger you don't want to talk about).

See if there is a way to alter the situation (like carrying healthy snacks with you), change your thoughts (see “Talking Back to Negative Thinking” on page 21), or calm your feelings (see “Responding Positively to Stress” on page 17). Find more suggestions under “Resources for Managing Emotional Demands” on pages 29–34.

■ **Seek medical attention.** If symptoms persist or you are injured, consult with your mission president to receive medical help.

■ **Forget yourself.** If you notice thoughts like “I’m going to forget what to say” or “I am making a fool of myself,” remind yourself that everyone makes mistakes, and the Lord chooses to work through the weak and simple (see D&C 1:24–28).

D Sleeping, Going to Bed on Time

■ **Unwind and relax during the last hour of the day.** Write in a journal, have a light snack like milk or fruit, listen to appropriate music, talk to your companion, or practice relaxation skills. If you often have work to do during this hour, get a second alarm clock and set it for 30 minutes before you should go to bed. When it goes off, stop work. Begin to relax and prepare for bed.

■ **Don’t nap if you have trouble sleeping.** Doing so may cause you to not be tired enough to sleep at night. Go to bed on time instead. If you do nap, don’t sleep more than 20 minutes.

■ **Follow a routine each night.** This will train your body that it is time to sleep. For example, use the progressive relaxation exercise on page 19. It

may be helpful to refrain from doing anything in bed (like reading or eating) except sleeping.

■ **Write a list of what is keeping you awake.** Then set it aside, putting your mind at rest that you won’t forget something important. Remind yourself that you will work out specific plans in the morning. Focus your nightly prayers on gratitude and reporting what you learned that day.

■ **Warm up or cool down.** It is more difficult to sleep if you are too hot or too cold. Take a cool shower or get an extra blanket.

■ **Avoid sugar or exercise for an hour before bedtime.**

■ **Don’t worry about not sleeping.** If you relax your muscles and thoughts, you will be resting even if you are not sleeping.

■ **Block out light as much as possible, and mask noise by running a fan or wearing ear-plugs.** Even a little light or noise keeps some people awake.





“Cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated.”

—DOCTRINE AND COVENANTS 88:124

E Getting Up on Time

- **First, get to bed on time.** If you are not getting enough sleep, go to bed 30 minutes earlier.
- **Get regular exercise.** After three to four weeks of exercising 30 minutes a day, you may notice you need less sleep. As your body gets stronger, it has more energy and relaxes more easily.
- **Avoid sugar before bedtime.** Doing so may help you feel less groggy in the morning.
- **Plan positively.** Each night at 9:00 p.m., plan for a positive, productive morning so you will feel more like facing it. Review your plan with the Lord in prayer. Write down promptings or ideas that come to mind as you pray, and prepare to act on them. Daily planning can allow your mind to more fully relax as you go to sleep.
- **Program your brain.** Tell yourself the night before what time you want to wake up.
- **Get a timer and attach it to a light.** Set the timer to turn the light on 15–20 minutes before it is time to get up. Light signals your brain to wake up.

F Eating Healthy Foods

- **Get ideas from mission leaders.** Ask them about recipes and healthy foods in your area.
- **Plan before shopping.** Make a plan for meals and healthy snacks before you shop for food.
- **Eat a variety of foods.** Aim for at least five fruits or vegetables each day, if available.
- **Eat protein each day.** Foods high in protein include nuts, beans, tofu, milk, yogurt, cheese, eggs, fish, poultry, and meat.
- **Reduce sugar and avoid caffeine.** Both tend to make people moody and tired in the long run.
- **Drink water and other liquids.** Stay hydrated by drinking 6–12 glasses per day, depending on the climate.



Record in your planner

- Healthy snacks you like
- Relaxing evening routines
- Progress with improving health habits



“And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.”

—ETHER 12:27

- **Lose weight gradually.** If trying to lose weight, don't try to lose more than one to two pounds (one kilogram) per week, and drink extra water.

G Getting Motivated to Exercise

- **Pray for the desire to exercise if you have trouble getting motivated.** Then start by telling yourself you only have to do five minutes. Motivation usually follows action. In other words, we become more motivated once we get started.

- **Remind yourself of the benefits of exercise.** Imagine having better immunity, increased energy, better stress management, improved mood, and better weight management. These benefits even come to people who don't really like exercise.

- **Make it a game.** While you exercise, plan a fun service project, work out to approved music, or share favorite mission stories with your companion. Keep a scorecard and reward yourself for meeting your exercise goals by taking time on preparation day to go to a park, restaurant, or store.

- **Find a type of exercise you enjoy (or dislike least).** For example, you might march to approved music, jog with your companion, jump rope, stretch, or do push-ups, sit-ups, or yoga.



Resources for Managing Emotional Demands

Strong emotions like depression or anxiety help us know we are overstressed. Read “General Principles for Managing Stress” on pages 17–22 for overall suggestions. In addition, the suggestions below may help with specific emotions.

A Feeling Homesick

- **Keep busy.** Homesickness is common, especially if you haven’t been away from home much. Let yourself feel sad for a few minutes, but then get up and get busy. The best way to combat it is to distract yourself from worry or self-pity by keeping busy and serving others.
- **Unpack and settle in.** Don’t live out of your suitcase. Set up your personal space. Put up a picture that helps you feel the Spirit and remember why you want to serve the Lord. Clean out old

trash, and make your apartment “yours.” Make foods you enjoy.

- **Make a long list of things that have not changed about you.** Think of your relationships, your strengths, and other things that are still the same, even though a lot has changed. Examples: “I have a sense of humor; my parents love me; I want to serve.” Add things you would still have to do if you were home: “I would still have to make decisions; I would still have to get along with others; I would still have to work hard.”



“By small and simple things are great things brought to pass; . . . and by very small means the Lord doth confound the wise and bringeth about the salvation of many souls.”

—ALMA 37:6–7

Adjusting to Missionary Life:
A Resource Booklet

■ **Review your reasons for coming on a mission.** Consciously offer your mission as a gift of thanks to the Savior, and list your blessings. Remind yourself of what supportive leaders or loved ones at home would tell you about your service.

■ **Ask for a priesthood blessing.**

■ **Remove distracting photos.** Put away any photos or pictures that distract you from feeling the Spirit or that stir homesickness. You may choose to bring some of them out again once you are more adjusted. Encourage your family to write only once a week so you, like Jesus’s disciples of old, can leave your “nets” behind (see Matthew 4:18–22) and focus on the work.

■ **Be patient.** It generally takes about six weeks to begin to adapt to a new environment. Put off making any decisions, and give yourself time to adjust. Take one day at a time.

B Feeling Depressed or Discouraged

■ **Review uplifting scriptures and stories.** Collect scriptures, personal experiences, quotations, and family stories that encourage and uplift you. When you read these accounts, imagine your name in them. (Examples: 2 Nephi 4; Mosiah

24:13–14; Alma 36:3; D&C 4; 6; 31; Proverbs 3:5–6; Helaman 5:12; and “Adversity” in *True to the Faith*.)

■ **Review your patriarchal blessing for guidance.** Look for ways your gifts and strengths can contribute to the work.

■ **Don’t procrastinate.** Putting things off can lead to depression. Break down big tasks into smaller pieces. Get started, reminding yourself, “All I have to do right now is _____” or “I’ll just do this a few minutes and then take a break if I want.”

■ **Listen to approved music or sing.** Choose music that is calm and soothing if you are anxious, or music that is upbeat and cheerful if you feel down.

■ **Don’t let resentment build up.** If you feel resentful about something, ask for help with solving the problem without criticizing or blaming others. If you don’t want to talk about it, then don’t let yourself resent it.

■ **Set realistic goals, and make specific plans for how you will accomplish them.** Tackle things that distress you one at a time. Depression responds well to goals and plans.

■ **Let go of what you cannot control.** The past, the agency of others, the rules, the weather, government bureaucracies, the culture, your



Listen to Hymns

"Hymns move us to repentance and good works, build testimony and faith, comfort the weary, console the mourning, and inspire us to endure to the end" ("First Presidency Preface," Hymns [1985], x).

30	Come, Come, Ye Saints
85	How Firm a Foundation
97	Lead, Kindly Light
102	Jesus, Lover of My Soul
105	Master, the Tempest Is Raging
114	Come unto Him
115	Come, Ye Disconsolate
124	Be Still, My Soul
129	Where Can I Turn for Peace?
140	Did You Think to Pray?
142	Sweet Hour of Prayer

limitations, or the personality of other missionaries are outside of your control. Focus on things you can do something about, such as your behavior, your part in a relationship, your current choices, and your attitude.

■ **Accept the reality of some boring routines.** Not all of life is deeply meaningful and exciting.

Avoid creating drama, intensity, or conflict to deal with boredom. Instead, appreciate and enjoy the good around you, and look for ways to improve and serve.

■ **Find things to enjoy.** While respecting the dignity of your calling, rediscover humor, savor the beauty in the world, notice the kindness of others, and delight in the Spirit's presence.

■ **Do the basics: prayer, scripture study, and service.** Focus on gratitude. When reading scriptures, be careful to focus on the parts that most apply to you. For example, don't overfocus on God's anger with sinners if you tend to be a perfectionist.

■ **Read Alma 26 and discover what Ammon did when he was discouraged.** Also read Doctrine and Covenants 127:2 and note how Joseph Smith kept discouragement at bay. Don't get depressed about being depressed, creating a vicious circle. It is normal to have days when we feel discouraged, stressed, or homesick. Most of the time it will pass.

C Feeling Self-Critical

■ **Focus on what you do right, and avoid comparing yourself to others.** People with excessively high expectations tend to overfocus on their weaknesses and failures. Then, instead of improving, they may feel hopeless. When reading scriptures, focus on the parts that most apply to you as a beloved servant of God. Look for evidences of God's patience, grace, hope, and mercy with those who love and desire to serve Him.

■ **Talk positively to yourself.** See "Talking Back to Negative Thinking" on page 21.



“When our hearts were depressed, and we were about to turn back, behold, the Lord comforted us, and said: . . . bear with patience thine afflictions, and I will give unto you success.”

—ALMA 26:27

■ **Realize that everything you do can't be above average.** You still want to work hard to improve, but no matter how good you become at something, you will perform below your personal average some of the time. This is not a cause for alarm.

■ **Give yourself extra credit for doing something you don't enjoy or don't do well.** Don't tell yourself it only counts if you are happy about it or if you did it perfectly.

■ **Work on one or two major goals at a time.** Avoid the common practice of trying to improve too many things at once; this can be overwhelming and may lead to failure.

■ **Listen to the Spirit, not negativity.** If you are having thoughts that are belittling, mocking, angry, sarcastic, murmuring, critical, or name calling, they are not from the Lord. Shut them out.

■ **Seek good counsel.** Ask your mission president and others to help you know if you are trying hard enough or too hard, and accept their counsel. Many self-critical people are not very good at making this distinction.

D Feeling Anxious or Inadequate

■ **Enjoy being a beginner when you are new at something.** You aren't expected to be an expert. It



Record in your planner

- Favorite scriptures
- Goals you want to accomplish

is enough to be curious, interested, humble, and willing to try. Enjoy it!

■ **Cheerfully do what you can, and let God make up the difference.** Sometimes missionaries feel useless or ashamed when others look more successful. If Satan tempts you to doubt yourself or compare yourself to others, remember that this is God's work, and He chooses the weak and simple to do it. He has chosen you! Trust Him. He trusts you!

■ **Envision success.** Worrying can be a way of mentally practicing failure. Instead of rehearsing what can go wrong or constantly worrying about “what if,” mentally practice positive outcomes and make plans to achieve them. Then if things don't work out as you hope, imagine yourself learning from the setback and going forward.

■ **Don't try to control what you can't.** Trying to control things you cannot control only makes you feel more out of control, increasing your anxiety. Focus your energy on things you can do something about.

■ **Ask, “What is the worst that can happen?”**

If the worst possible outcome is something you can live with or something the Savior can help you overcome, move on without fear.

■ **Try slowing down by 10 percent if you tend to rush a lot.** You may be more efficient if you are calmer.

■ **Serve.** As you serve your companion, investigators, members, neighbors, or the poor and needy, you will think less about yourself and be happier.

E Feeling Easily Irritated or Angry

■ **Give your brain time to override your emotions.** The part of your brain that can reason and use good judgment is slower than the part of your brain that gets angry. Turn away from the situation for a few minutes, and take some deep breaths to give your rational brain time to engage.

■ **Don’t feed anger.** People are more likely to feel angry when they choose to see others as (1) threatening, (2) unfair, or (3) disrespectful. Instead, see if you can think of a more charitable explanation for their behavior. For example, perhaps they are tired, uninformed, insecure, or think they are being helpful. Make the choice not to fuel anger.

■ **Be calm, curious, and compassionate.** Be curious about what others are thinking and feeling. Ask questions, listen carefully, tell the other person what you think you heard, and ask if you understood correctly. If not, try again.

■ **Resist the tendency to blame or shame others or yourself.** Instead, figure out what the

problem is and ask the other person for help in fixing it, regardless of whose fault it is.

■ **Be willing to apologize and ask what you can do to make things right.** Apologizing is a sign of spiritual strength, not a sign of weakness.

■ **Smile and be willing to laugh at yourself.** Look in the mirror to see what you look like when you are angry.

■ **Serve those you are prone to be upset with.** Apply the Savior’s counsel to “love your enemies, bless them that curse you, do good to them that hate you, and pray for them who despitefully use you and persecute you” (3 Nephi 12:44).

■ **Take good care of yourself.** Make sure you are eating well, sleeping, exercising, and praying so you have more emotional resources for dealing with frustration.

F Feeling Exhausted or Unmotivated

■ **Focus on your strengths.** What are the values, talents, experiences, and gifts you bring to the mission? How could you use those strengths in creative ways this week? If you have trouble seeing your strengths, ask others for help.

■ **Take one step at a time.** Remind yourself, “All I have to do right now is _____.”

■ **Make it fun!** Respecting the dignity of your calling, set interesting goals for yourself, and make a game out of meeting them. Be creative and congratulate yourself for success.



“Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed.”

—DOCTRINE AND COVENANTS 123:17

- **Don't overwhelm yourself with too many personal goals at once.** Set one or two personal goals at a time (like being more cheerful or less messy). Don't expect perfection, and include a plan for how you will get back on track when you have a bad day. Remind yourself often of why you want to change.
- **Share your goals with your companion and mission president.** They can support you and offer helpful ideas.
- **Realize that motivation follows action.** Getting started is often the hardest part. Tell yourself, “Just do it for 10 minutes” when you need to start something you don't want to do. Once you get started, you will feel more motivated.

G Worrying about Loved Ones at Home

- **Study Doctrine and Covenants 31:1–6.** From the early days of the Church, missionaries have been called to leave loved ones in difficult circumstances. Pray that blessings of your service will be consecrated to the benefit of your loved ones. Honor them by serving the Lord with all your heart. Trust the Lord to bless them and you, according to His timing and will.

- **Write your family every week.** Share your testimony and positive experiences and stories. Tell them often when you have seen the hand of the Lord in your life. Pray for them. Remember birthdays and special events.
- **Expect some challenges to come to your loved ones.** Most of these would occur whether or not you were serving a mission. Your loved ones have agency and may make decisions that worry you, especially if you are used to being a leader or peacemaker at home. It may bless their lives to work through challenges on their own. Respect their choices, and continue to express your love and confidence.

H Feeling Lonely

- **Get curious about others.** Ask how they handle feeling lonely. Ask about their experiences and feelings so you'll understand them better.
- **Share more.** We feel lonely when we don't feel known and valued for who we really are.
- **Write in your journal.** It helps to at least feel understood by yourself.
- **Define what you mean by “lonely.”** Define what feelings, thoughts, and behaviors go with it for you. Then address these specifically.



Resources for Managing Social Demands

Relationships can be both a source of stress and a blessed resource for coping with stress. When we are overstressed, relationships can suffer. Consider these suggestions for building good relationships. Also refer to the “General Principles for Managing Stress” section on pages 17–22 for additional ideas.

A Talking with Strangers

■ **Identify and use your strengths.** Some people find talking with people energizing; others find it tiring. Both types of people can be effective missionaries. If you are someone who becomes weary talking with strangers, don't give up trying. You have other strengths to contribute to missionary work, such as being a good friend to those you know well, having creative ideas, being insightful about people, or excelling at planning. You may assume others don't like you, even though they really do. Seek inspiration and listen to the Spirit

to help you use your strengths in His service and develop more of the attributes of Christ that you have access to as a missionary. You represent Jesus Christ, not yourself.

■ **Learn to ask inspired questions.** Learn and practice questions to get other people talking. Ask people about their work, hobbies, family, or personal history. Ask about what matters most to them, what they yearn for or worry about. Listen for opportunities to testify of a gospel principle that will be relevant to them. Show your sincere interest. Be willing to answer their questions about



“My joy is carried away, even unto boasting in my God; for he has all power, all wisdom, and all understanding; he comprehendeth all things, and he is a merciful Being, even unto salvation, to those who will repent and believe on his name. Now if this is boasting, even so will I boast; for this is my life and my light, my joy and my salvation, and my redemption from everlasting wo. Yea, blessed is the name of my God.”

—ALMA 26:35–36

you as well, keeping the focus on their needs and your message.

■ **Find simple ways to get others’ attention.** Try simply smiling, making eye contact, waving, saying hello, paying them a compliment, offering help, or asking questions that start with *who, what, when, where, why, or how*.

■ **Learn how to end conversations.** When you have discussed what you have felt was appropriate and have asked for referrals, try, “It’s been great to meet you (or talk to you). We better _____ (be going, get back to work, get to the bus, find Brother Smith before he leaves). We’ll see you later!”

■ **Make a goal to get to know one new person at every meeting you attend.** Use the person’s name in the first minute and when you end the conversation. Write down the name to help you remember.

■ **Practice at district meetings.** This is an ideal setting to practice social skills like listening and asking questions.

■ **Ask for feedback.** Not everyone is good at “reading” other people. Ask your companion for help if you have been told you have trouble noticing when other people are uncomfortable or uninterested.

■ **Give yourself permission to sound confident, even if you don’t feel it.** The counsel President Hinckley received from his father can apply to you as well: “Forget yourself and go to work” (*Ensign*, July 1987, 7). We can do this by ignoring our fears about our own performance and refocusing on our calling to serve others and preach the gospel.

■ **Focus on helping and ministering to others.** As you turn your attention to others’ needs, you will feel less self-conscious about your own needs or inadequacies (see Mosiah 2:17).

B Wanting to Be Alone

■ **Create a sense of privacy occasionally by writing, praying, reading, or planning.** Even though you need to stay with your companion at all times, you can take a few minutes to close your eyes and be still.

■ **Ask directly for some quiet time to think.** Reassure your companion that you are not upset. Continue to invest in your relationship and communicate with kindness.

■ **Break up your day.** Don’t do one type of activity for too long at a time. Vary the type of work you do. Intersperse your planned activities with small

moments of stillness and appreciation; then return to work.

Communicating Openly with a Companion

■ **Listen first.** When you live with someone 24/7, you will notice some things that annoy you. You come from different backgrounds and have different expectations and “rules” for what is appropriate or normal. Your companion’s behavior makes perfect sense to him or her, even if it doesn’t to you. During companion inventory, find out more about how he or she sees things by asking questions and listening carefully.

■ **Respectfully explain what is bothering you.** If you are critical or angry, your companion is likely to become defensive rather than cooperative. Explain your problem and what you need

rather than criticizing your companion’s bothersome behavior. For example, “I have a real dislike for dirty dishes, but I also don’t like doing them all myself. I wonder if we could set up a way to share this job.” Or, “I worry you’re angry with me when you’re so quiet. Could you tell me what you’re thinking?”

■ **Be straightforward and kind.** Avoid negative labels or judgments. Don’t bolster your position with long lists of your companion’s faults. Try to keep an even tone that is not angry or self-pitying (see Ephesians 4:29–32).

■ **Don’t take offense.** Take suggestions, even if rudely given, with as much grace and humor as you can muster.



Make a List

Things I am learning to love about the culture, history, and lifestyles of the people I serve:



“Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure.”

—MORONI 7:48

- **Compliment your companion often.** Thank him or her for things you appreciate.
- **Ask your companion for suggestions on how you can improve.** Also ask the Lord to help you see your weaknesses (see Ether 12:27).
- **Try to do something nice for your companion every day.** Fix lunch, listen, shine shoes, make his or her bed, smile, hang up towels, put away dishes, write a thank-you note to his or her parents, iron a shirt, compliment him or her.

D Loving the People

- **Learn about the culture, history, and lifestyles of the people you serve.** Keep a list of things you love and appreciate.
- **Pray for the gift of charity.** Do so “with all the energy of heart” (Moroni 7:48). Ask for eyes to see others as God sees them.
- **Serve Church members, investigators, and others.** Ask them questions about their lives, beliefs, and experiences until their behavior makes more sense to you.
- **Pray for people.** Include in your prayers the ones who reject you and hurt you (see 3 Nephi 12:44).

E Getting Along with Mission Leaders

- **Be humble (see D&C 112:10).** Humility is the fountain of all virtues. Ask your leaders for suggestions on how you can improve. Be willing to take counsel, and let them know they can count on you. Thank your leaders for their service, both verbally and in writing.
- **Ask a leader or trainer for help and patience.** Some missionaries distrust authority figures or find it hard to take direction because they are used to being their own boss. Others feel competitive with leaders who are peers. Let leaders know if you have these challenges. Pray for humility to be a good follower.
- **Pray for your leaders.** Pray especially for any toward whom you have unkind feelings.
- **Realize that leaders are human.** If we think leaders are supposed to be much better than other people, we will be disappointed and become critical when they make mistakes, get impatient, show poor judgment, or misunderstand us. Expect imperfections, and look for positive attributes (see Mormon 9:31).

- **Learn from your leader’s strengths and mistakes.** Make a list of qualities you want to emulate or avoid when it is your turn to lead.

F Managing Sexual or Romantic Feelings

- **Develop self-mastery.** Sexual and romantic thoughts and feelings are normal and God-given. As we keep our relationships and behavior within the bounds the Lord has set for us as missionaries, we will grow in strength and gain great blessings. Build your motivation to do so by prayerfully studying Doctrine and Covenants 121:45; 1 Corinthians 9:24–27; Mosiah 3:19; and Alma 38:12. Look up the terms “virtue,” “self-mastery,” and “temperance” in the Topical Guide. List blessings and advantages that will come to you now and in the future as you develop these traits.

Replace the thought. Instead of becoming preoccupied with sexual or romantic thoughts and feelings, distract yourself; relax and get involved with something else. Sing hymns. Memorize scriptures and recite them. Focus on what you are grateful for. Think about plans for the day. Exercise. Re-commit to your work. Have fun and be creative.

- **Avoid temptation.** Avoid places, circumstances, conversations, or people that provoke temptation. If you are exposed to a provocative image or idea, don’t dwell on it. Change your mental channel to other things, and get away from the situation as soon as you can.
- **Continue in hope and faith.** If you are struggling to manage your sexual feelings appropriately,

the Lord wants you to know He still loves you. Never abandon your relationship with God because you feel unworthy. Though you may struggle to manage these feelings, He will not reject you. More than anyone, He understands what you are going through and values your efforts to resist temptation, learn from errors, and repent. Seek the counsel of your mission president, and continue striving to overcome these challenges.

- **Don’t get too hungry, lonely, tired, bored, or stressed.** All of these things can make temptation more difficult to resist. Get a snack, take a short break from or change your activity, have a good conversation, or practice relaxation exercises (see page 19).

- **Keep yourself safe.** Remember to always stay with your companion and never be alone with a member of the opposite sex. If you feel yourself being attracted to someone, contact the mission president and seek his counsel. If you sense that someone is trying to flirt with you, ask your companion to help you. Call the mission president to let him know what you are sensing.

- **Fast and pray for understanding and strength.** When we fast, we ignore our normal, healthy hunger for food for a period of time in order to seek spiritual strength and develop skills like self-control, empathy for those who are hungry, and sensitivity to the Spirit. These same skills can help us ignore normal, healthy sexual or romantic feelings as a missionary. Fasting will not eliminate sexual feelings, but monthly fasting may help us gain strength, self-awareness, and motivation to manage these feelings appropriately.



Resources for Managing Intellectual Demands

Intellectual demands affect us differently. The abilities we have will be enough to accomplish God's work if we trust Him to make up the difference between our skill and what is needed. Suggestions below may help with some issues. Also refer to the "General Principles for Managing Stress" section on pages 17–22 for additional ideas.

A Learning the Language

- **Study *Preach My Gospel*, chapter 7.** Prayerfully apply this chapter, "How Can I Better Learn My Mission Language?"
- **Keep working hard.** Trust the Lord to bless you with the gift of tongues as you need it to accomplish what He desires. Remember, few missionaries become completely fluent in a new language. The Lord knows you, called you, and will use your strengths to bless others. He will

compensate for your weakness. Contribute all the gifts you have.

- **Have fun with your new language.** Sometimes it is easier to speak a new language when we don't expect ourselves to be experts.

B Staying Organized with Goals and Plans

- **Use the scheduling tools you were given in *Preach My Gospel*.** Study chapter 8, "How Do I



“Just as we should not lower the standards that the Lord has established for the conduct of His servants, we are also not authorized to raise them. . . . Be sure that you do not have higher standards for yourself or others than the Lord has established” (“Perfection, Perceptions, Pressures, and Principles” [Provo Missionary Training Center devotional, Mar. 19, 2002], 2–3).

—ELDER CECIL O. SAMUELSON JR.

Use Time Wisely?” These tools have been carefully developed for missionaries and will help you accomplish your purpose. Focus on one thing at a time, and don’t get overwhelmed.

■ **Don’t rely on just your memory.** Write down names, addresses, appointments, lesson plans, and goals. Post reminder notes for important things on the door, the fridge, by your bed, or in your planner.



Record in your planner

- Ways to use small amounts of time wisely
- Preparation-day plans
- Names, addresses, appointments, lesson plans

■ **Put everything you’ll need the next day in a specific place before you go to bed.** Then you won’t risk forgetting something important. Keep important things in the same place so you don’t waste time looking for them.

■ **When you get distracted, kindly but firmly direct your attention back to your task.** Do this as often as you need to.

■ **Turn your day over to the Lord.** Once you have done what you can to plan thoroughly, ask Him to work things together for your good. Be flexible and responsive to the Spirit.



Not Feeling as Smart or as Capable as Others

- **If reading, studying, or memorizing is hard for you, be patient with yourself.** Take short breaks frequently at first; then gradually study for a few minutes longer at a time. Take notes on what you read to help you remember. Read out loud (quietly) if it helps. Try memorizing by (1) repeating things out loud, (2) reading or writing things several times, or (3) moving around and acting things out as you learn. See which technique works best for you. Use other strengths you have, such as contacting potential investigators, navigating, or being cheerful.
- **Keep your sense of humor when you make a mistake.** Then try again.
- **Find the strength in a weakness.** Sometimes having a weakness teaches us strengths like compassion, empathy, patience, humility, and reliance on the Lord. Sometimes a weakness (like being easily distracted) has a strength that goes with it (like noticing things others miss). Look for the strengths that might come from your weaknesses.
- **If you feel jealous of someone else's skills, re-focus your attention on your personal mission.** Put your energy into developing your strengths and contributing them to the work. This is *your* mission.



Resources for Managing Spiritual Demands

Among missionaries, a common reaction to excessive stress is to question the strength of their testimony or the truthfulness of the gospel. This struggle often stems from a lack of resources to deal with excessive stress rather than a lack of testimony. If you have such difficulties, try the suggestions below that seem right to you. Also refer to the “General Principles for Managing Stress” section on pages 17–22 for additional ideas.

A Learning to Strengthen My Testimony

- **Realize that questions are healthy.** Joseph Smith received many revelations in response to honest questions. Scriptures, teachers, and reason can help with some questions, but only the Spirit can confirm that God is real, that Jesus is the Christ, and that the Church is true.
- **Understand what faith is.** To have faith is to trust the Lord’s perfect goodness, love, wisdom,

and fairness, even though we do not perfectly understand. Alma teaches that “faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true” (Alma 32:21). You do not need “perfect knowledge” to have faith. Study Alma 32 for help in building your faith.

- **Be patient.** Time and experience will help you make sense of some things that are confusing now. Remember Nephi’s assertion: “I know that [God] loveth his children; nevertheless, I do not



“Search diligently, pray always, and be believing, and all things shall work together for your good, if ye walk uprightly and remember the covenant wherewith ye have covenanted one with another.”

—DOCTRINE AND COVENANTS 90:24

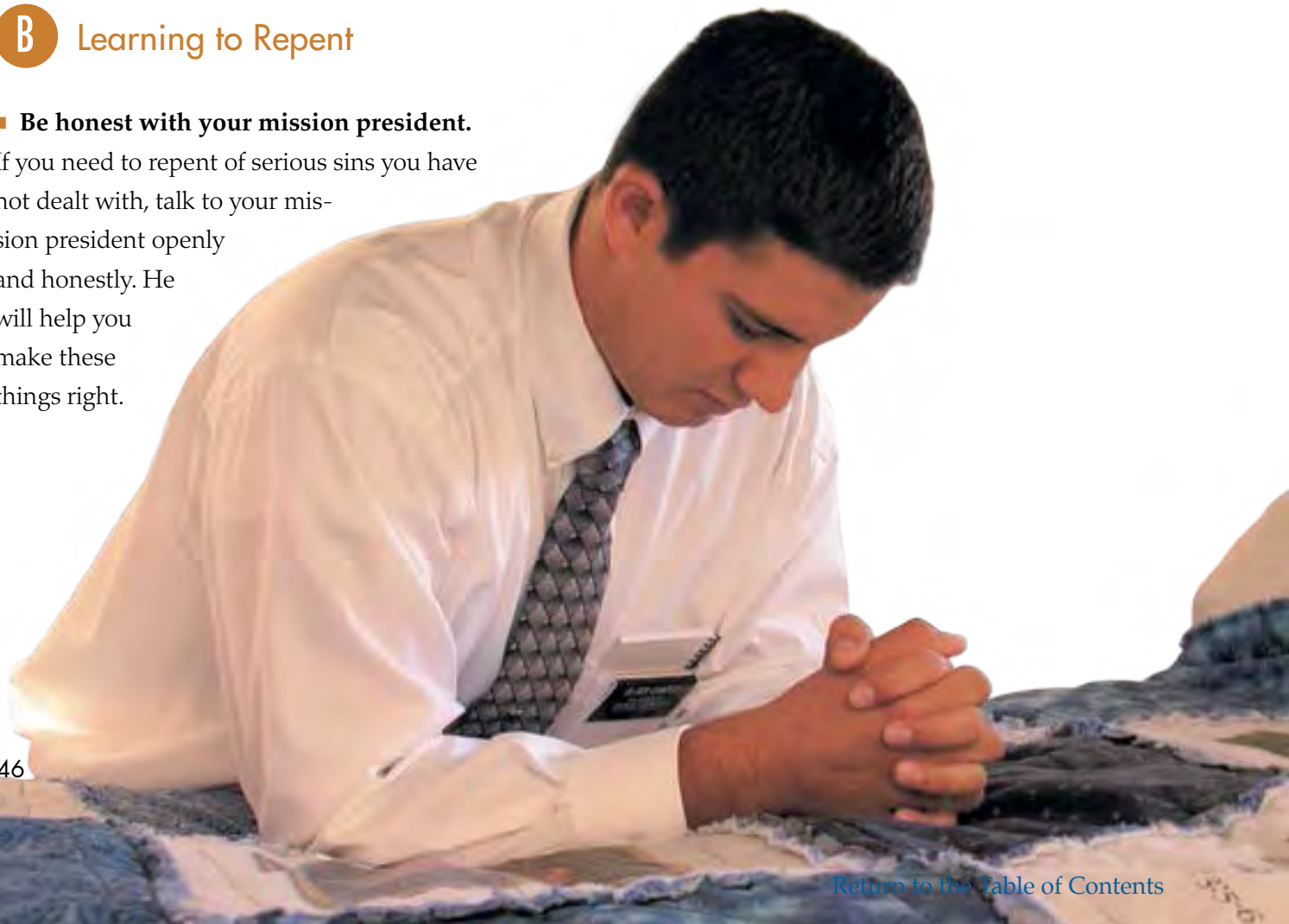
know the meaning of all things” (1 Nephi 11:17). Build on what you know by the Spirit to be true about God.

■ **Keep the commandments.** We gain trust in the Lord when we learn by experience the value of His teachings. “If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself” (John 7:17).

■ **Forgive yourself after repentance.** If you have repented and still feel guilt and shame, remember we all regret past sins and mistakes. Trust that Christ’s Atonement is sufficient, even for you. Remember that repentance is not just the backup plan. Repentance is the plan of happiness for every person. Make sure the things you worry about most are things that really matter (for example, the

B Learning to Repent

■ **Be honest with your mission president.** If you need to repent of serious sins you have not dealt with, talk to your mission president openly and honestly. He will help you make these things right.





Be still, my soul: Thy God doth undertake
 To guide the future as he has the past.
 Thy hope, thy confidence let nothing shake;
 All now mysterious shall be bright at last.
 Be still, my soul: The waves and winds still know
 His voice who ruled them while he dwelt below.

—HYMNS, NO. 124

progress of your investigators), not simply matters of personal pride (like what others think of you).

- **Understand the role of confession.** If you feel a need to confess less serious sins or to confess repeatedly, even after priesthood leaders have assured you that your confession is sufficient, you are probably taking confession too far. Continuing to feel regret and sadness about past sins is normal and does not mean you need to confess again. Distract yourself from such thoughts with other activities, and make the deliberate choice to believe in the Lord’s forgiveness. Ignore the temptation to become anxious or ashamed.

- **Talk to your mission president if you continue to struggle.**

C Learning to Pray Meaningfully

- **Try praying out loud, even if only in a whisper.** Try preparing for prayer by writing your questions or concerns. Visualize the Lord nearby. Ask God what you can do for Him today; then act on ideas that come to mind. On occasion use your prayer only to thank God for the many good things with which He has blessed you.

- **Study “Pray with Faith” in *Preach My Gospel*.** This section, found on pages 93–95, provides suggestions on prayer.

D Learning to Love the Scriptures

- **Pray specifically for help understanding and enjoying the scriptures.** Use some of your study time to write your feelings and reactions, what you learn, or spiritual impressions you receive.

- **Review “Study Ideas and Suggestions” in *Preach My Gospel*.** This section, found on pages 22–25, gives suggestions for more rewarding scripture study.

E Learning to Rely on the Spirit

- **Practice with patience.** Learning to recognize the voice of the Spirit is much like learning a language—it takes practice, patience, humility, and a willingness to learn from mistakes without giving up.

- **Learn from general conferences.** For ideas on how to cultivate personal revelation, study general conference addresses on this topic.

- **Study *Preach My Gospel*.** Pages 96–99 contain additional suggestions and insights on recognizing and relying on the Spirit.



Scripture Resources

Study the passages on the following pages to strengthen your faith that God will provide you with comfort and help. As you remember the Savior, you “may have his Spirit to be with [you]” (D&C 20:79).

Isaiah 41:10	“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”
John 14:27	“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”
2 Timothy 1:7	“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”
1 Nephi 1:20	“The tender mercies of the Lord are over all those whom he hath chosen, because of their faith, to make them mighty even unto the power of deliverance.”
Jacob 3:1	“He will console you in your afflictions, and he will plead your cause.”
Jacob 4:7	“The Lord God showeth us our weakness that we may know that it is by his grace, and his great condescensions unto the children of men, that we have power to do these things.”
Mosiah 4:27	“And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength.”
Mosiah 24:13–14	“Lift up your heads and be of good comfort, for I know of the covenant which ye have made unto me; and I will covenant with my people and deliver them out of bondage. And I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are in bondage; and this will I do that ye may stand as witnesses for me hereafter, and that ye may know of a surety that I, the Lord God, do visit my people in their afflictions.”
Alma 7:12	“He will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities.”

Alma 26:27	"When our hearts were depressed, and we were about to turn back, behold, the Lord comforted us, and said: . . . bear with patience thine afflictions, and I will give unto you success."
Alma 38:5	"As much as ye shall put your trust in God even so much ye shall be delivered out of your trials, and your troubles, and your afflictions."
Ether 12:27	"And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them."
Doctrine and Covenants 6:32–36	"Even so am I in the midst of you. . . . Therefore, fear not, little flock; do good; let earth and hell combine against you, for if ye are built upon my rock, they cannot prevail. Behold, I do not condemn you. . . . Look unto me in every thought; doubt not, fear not."
Doctrine and Covenants 58:2–4	"He that is faithful in tribulation, the reward of the same is greater in the kingdom of heaven. Ye cannot behold with your natural eyes, for the present time, the design of your God concerning those things which shall come hereafter, and the glory which shall follow after much tribulation. For after much tribulation come the blessings."
Doctrine and Covenants 122:7–9	"All these things shall give thee experience, and shall be for thy good. The Son of Man hath descended below them all. . . . Therefore, hold on."
Bible Dictionary, "Fear"	"The first effect of Adam's sin was that he was afraid (Genesis 3:10). . . . Ever since the Fall, God has been teaching men not to fear, but with penitence to ask forgiveness in full confidence of receiving it."
Other scripture resources:	



Adjusting to Missionary Life

This section is a summary of the material that was included in your call packet.

It is common for new missionaries to experience some degree of stress or discomfort when they leave behind family, friends, and the things they used to do. The normal transitions of transfers, new companions, and new assignments will also require some adjustments. Be patient as you learn to recognize the blessings of devoting your life more fully to the Savior. Remember, the Spirit will be with you as you make this transition and will

assist you in adjusting to your new missionary responsibilities.

Adjusting to New Experiences

Like many who are entering a new situation, missionaries often go through four phases, or stages, in their emotional adjustment when they enter the MTC and again when they enter the mission field:

Four Stages of Adjustment

<div style="text-align: center;">1</div> <div style="text-align: center;">Anticipation</div>	<div style="text-align: center;">2</div> <div style="text-align: center;">Discovering the Unexpected</div>	<div style="text-align: center;">3</div> <div style="text-align: center;">"I Can Do This"</div>	<div style="text-align: center;">4</div> <div style="text-align: center;">Emotional Self-Reliance</div>
<p>You may feel eager for the challenge (see 1 Nephi 3:7).</p> <p>You may feel an increased sense of purpose and allegiance to Heavenly Father (see 3 Nephi 5:13).</p> <p>You may feel happy and look forward to meeting new people and experiencing new places.</p>	<p>You may begin to miss home, family, and friends and even question your decision to serve (see Alma 26:27).</p> <p>You may notice physical manifestations of stress, such as disturbed sleep, appetite changes, or irritability.</p> <p>You may unexpectedly find yourself critical and impatient with rules and expectations.</p>	<p>Your teaching and language skills begin to improve.</p> <p>You learn to willingly comply with mission rules and expectations.</p> <p>You display patience with yourself as you learn "precept upon precept" (see Isaiah 28:10; Mosiah 4:27).</p> <p>Your physical symptoms of stress, if you had any, begin to diminish.</p>	<p>You feel comfortable navigating the daily routine.</p> <p>You recognize your personal strengths and progress.</p> <p>You attain an understanding of what it means to take life one step at a time (see D&C 98:12).</p> <p>You develop greater self-confidence and an increased desire to serve.</p>

Adjusting to Missionary Life: A Resource Booklet



Things You Can Do Now

- **Find ways to serve others.** Missionary work is a call to service. Focus on looking outside of your own feelings of discomfort to minister to those who are in need of a kind word, an act of charity, or friendship.
- **Talk with others about this adjustment.** Make time to discuss the following questions with parents, priesthood leaders, or returned missionary friends:



Remember, the Spirit will be with you as you make this transition and will assist you in adjusting to your new missionary responsibilities.

“And whoso receiveth you, there I will be also, for I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up.”

—DOCTRINE AND COVENANTS 84:88

- What can we learn from scriptural examples of God requiring people to do things that are beyond what they feel capable of doing? (See Exodus 4:10–12; Jeremiah 1:6–9; Alma 17:10–12; 26:27; Ether 12:23–27; Moses 6:31–32.)
- Why is it important to go to bed and wake up on time, maintain good nutrition, get regular exercise, and have personal prayers?
- How can writing in a journal help us during challenging experiences?
- How can we respond when troublesome thoughts or feelings don’t go away?

■ **Read the article “Preparing Emotionally for Missionary Service”** by Robert K. Wagstaff (in *Ensign*, Mar. 2011, 22–26; available online at LDS.org).

■ **Focus on strengthening your relationship with your Heavenly Father.** Seek His Spirit through personal prayer, scripture study, uplifting music, reading your patriarchal blessing, and other ways you have found to be helpful.

■ **Be kind to yourself and others.** Talk to yourself with the same comforting, kind words you

might imagine the Savior using. Remember, thoughts of helplessness, hopelessness, or harsh condemnation are not from the Lord.

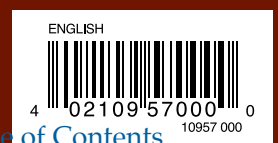
■ **Expect the unexpected.** Your experiences as a missionary will not be the same as someone else’s. Everything will not go exactly as you’ve planned or as you think it should. Examining your expectations will help you be open and receptive to change.

Summary

As you serve your mission, prepare to embrace change. Life as a missionary will likely be different than anything you’ve yet experienced, but if you come with a positive attitude, exercising faith in the Lord, and anticipating the need for patience with yourself and others, the Lord will reward and bless you. Remember the counsel given to the Prophet Joseph Smith at a very difficult time in his life: “Know thou, my son, that all these things shall give thee experience, and shall be for thy good” (D&C 122:7).

Adjusting to Missionary Life:
A Resource Booklet

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS



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Online Resource

Adjusting to Missionary Life

To view this online course, go to:

<http://broadcast.lds.org/elearning/mis/adjustingtomissionarylife/index.html>

New missionaries complete this course with their trainer as part of the First 12 Weeks in-field training program.

This course is not designed for use on a mobile device and should be viewed on a desktop or laptop computer.

Taking Care of Each Other

What Missionary Leaders Need to Know about Stress and What They Can Do to Help



CASE STUDY #1 (7–8 minutes)

A new missionary in your district has just arrived from the MTC. It is obvious that he is having trouble focusing on the work. He is homesick, can't sleep, and doesn't eat much.

First: Think to yourself, “Do I know any missionaries like this?”

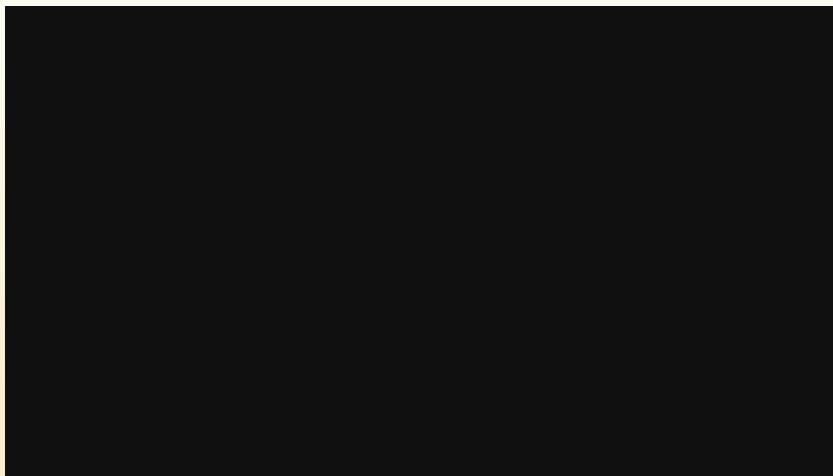
Second: In groups of three or four, talk about what you think might be happening in this scenario and what you could do to help.

What Is “Stress”?

Stress is a normal physical response to the changes and challenges in life. Stress is not inherently bad; it is necessary for growth.

Excessive stress is the result of any ongoing or extreme imbalance of **demands** greater than **resources**. This can be disabling to missionaries and make it difficult for them to feel the Spirit and function as a missionary.

For many missionaries, their perceptions of what is expected of them cause them to put unrealistic demands on themselves. Over time, these demands rob them of their strength and ability to bounce back.



Peak
Performance

(1:31)

Missionary Leaders Can Help

One of the primary responsibilities of missionary leaders is to follow the example of the Savior by serving and supporting other missionaries who are experiencing excessive stress.

Through inspired and loving interactions, leaders can help missionaries regain strength so they can continue to serve.

This support is one of the most important ways leaders help missionaries fulfill their purpose.

Christlike Leaders

Missionary Handbook, p. 56 (Matthew 20:25–28)

25 Jesus . . . said, Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority upon them.

26 But it shall not be so among you: but whosoever will be great among you, let him be your minister;

27 And whosoever will be chief among you, let him be your servant:

28 Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.

How Do I Know Who Needs Help?



The dashboard of a car can tell the driver if the car is being stressed beyond its resources. What do you notice about this dashboard?

Like a dashboard of a car, our bodies and minds provide indications of when we are pushing ourselves beyond our resources.

CASE STUDY #1 (5 minutes)

A new missionary in your district has just arrived from the MTC. It is obvious that he is having trouble focusing on the work. He is homesick, can't sleep, and doesn't eat much.

Role-Play: One missionary takes the role of the new missionary. Another takes the role of his trainer, district leader, or zone leader. Take turns helping him; try different approaches.

Evaluate: Does the one taking the role of the missionary feel understood and cared about? Does he feel the leader sincerely wants to help?



How Important Are Leaders?

(2:46)

How to Help? D&C 121:34–46

“All those who have callings that put them in the position of influencing others for good should prayerfully and repeatedly ponder the Lord’s teachings to the Prophet Joseph Smith in Doctrine and Covenants 121:34–46” (*Missionary Handbook*, 60).

As a group, or in small groups, read aloud D&C 121:34–46. Then ask: What principles has the Lord provided to leaders?

- What warnings does He provide? (See vs. 35–36, 39.)
- What are the consequences of ignoring the warnings? (See vs. 37–38.)
- What counsel does He give? (See vs. 41–45.)
- What are the promises of following this counsel? (See vs. 45–46.)

CASE STUDY #2 (7-8 minutes)

While on exchanges, you notice that the missionary you are with is very down on himself. He feels that he isn't learning how to be a missionary, can't do anything right, and isn't contributing.

Consider: Do I know any missionaries like this? What might help?

Role-Play: Take turns helping him; try different approaches.

Evaluate: Does the missionary feel understood and cared about?
Does he feel the leader sincerely wants to help?



Helping Each Other

(2:16)

Christlike Leaders

Missionary Handbook, pp. 57–60

“A leader’s most important influence . . . comes through ministering to others in harmony with the Savior’s teachings and example” (p. 57).

“[The leader’s] goal is not merely to supervise or motivate, but to lift, encourage, inspire, and bless” (p. 57).

“A leader helps other missionaries most when they feel the leader’s love” (p. 60).

Some Well-Intentioned Actions That Don’t Really Help

- Imposing additional expectations or goals for your zone, district, or companion that go beyond what the mission president has outlined
- Encouraging missionaries (even unintentionally) to shorten mealtimes or compromise diet, exercise, or sleep as a sign of their devotion
- Trying to motivate through guilt, fear, intimidation, or manipulation
- Criticizing or becoming defensive
- Ignoring problems while hoping they will get better

What Can I Do to Help?

- Listen. Be calm, interested, and compassionate. Walk and talk.
- Talk about solutions.
- Build up and encourage him (e.g., “I’ll help you get through this”).
- Help to identify the one thing he needs to do now (e.g., get out of bed, finish eating, prepare for a lesson).
- Make it OK to talk about the stress he is feeling.
- Encourage him to take time for meals, sleep, and preparation day.

What Can I Do to Help?

- Call a 20- to 30-minute timeout. Help him get his emotions under control. Think about solutions. Make a plan.
- Help him to develop positive self-talk. (See 1 Nephi 3:7; 3 Nephi 5:13.)
- Help him assess whether his expectations are realistic. Make sure your own expectations regarding each missionary are realistic.
- Keep the mission president informed. (*Note: Elders should refer all sisters to the mission president and his wife.*)

CASE STUDY #3 *(if time allows)*

A missionary in your district has a good attitude but misses a lot of proselyting time. He complains of stomach pain and difficulty sleeping. He has been to the doctor, but so far, the doctor hasn't found anything wrong.

Consider: Do I know any missionaries like this? What might help?

Role-Play: Take turns helping him; try different approaches.

Evaluate: Does the missionary feel understood and cared about?
Does he feel the leader sincerely wants to help?

Missionary Leaders Succeed When They:

- Know and care about the missionaries in their district.
- Strengthen missionaries to face the stresses of mission life.
- Provide Christlike service to missionaries, especially when those missionaries are struggling.
- Point missionaries to available resources.
- Counsel with the mission president about concerns.

Elder Russell M. Nelson



“Now may I comment about stress? I don’t know how you can be a missionary without stress, and plenty of it. . . . You’ll learn to live with stress. Remember that your reaction to stress will be eased as you are fully yoked to the Lord. He said, ‘My yoke is easy, and my burden is light’ (Matt. 11:30). Help your missionaries deal with stress by yoking them to the Lord. Please do not add to the stress of your missionaries by inventing new rules, unauthorized reports being required, or unrealistic expectations. Strengthen your missionaries with your love and encouragement.”

Seminar for New Mission Presidents, June 2011

Application

What will I do differently to better serve the missionaries for whom I have been asked to care?

What help do I need from the Lord? from my leaders?

2013 Seminar for New Mission Presidents

TIME	SATURDAY, JUNE 22	SUNDAY, JUNE 23	MONDAY, JUNE 24	TUESDAY, JUNE 25	WEDNESDAY, JUNE 26	
8:30 A.M. 8:40 A.M. 8:50 A.M.	<p style="text-align: center;">Check-in (8:30–12:00)</p> <ul style="list-style-type: none"> • Missionary Medical • Missionary Travel • Finance and Treasury Services • Photos 		Message President Henry B. Eyring (8:30–9:20)	Message President Dieter F. Uchtdorf (8:30–9:20)	The Book of Mormon and the Gathering of Israel Elder Russell M. Nelson (8:30–9:20)	
9:00 A.M. 9:10 A.M. 9:20 A.M. 9:30 A.M. 9:40 A.M. 9:50 A.M.				Agency, Opposition, & Faith Elder Quentin L. Cook (9:20–9:50)	The Power of the Scriptures Bishop Gérald Causse (9:20–9:50)	Leadership of the Mission Elder M. Russell Ballard (9:20–9:50)
10:00 A.M. 10:10 A.M. 10:20 A.M.				Break (30 min.)	Break (30 min.)	Break (30 min.)
10:30 A.M. 10:40 A.M. 10:50 A.M.			Sacrament Meeting President Thomas S. Monson (10:00–11:30)	The Doctrine of Christ and Repentance The Presidency of the Seventy and Missionary Department Executive Directors (10:20–12:00)	Training Missionaries (10:20–12:00)	Using Time Wisely (10:20–12:00)
11:00 A.M. 11:10 A.M. 11:20 A.M. 11:30 A.M. 11:40 A.M. 11:50 A.M.						
12:00 P.M. 12:10 P.M. 12:20 P.M.		Lunch (12:00–1:30)	Lunch (11:30–12:45)	Lunch (12:00–1:30)	Lunch (12:00–1:30)	Lunch (12:00–1:30)
12:30 P.M. 12:40 P.M. 12:50 P.M.						
1:00 P.M. 1:10 P.M. 1:20 P.M.			Introductions Stephen B. Allen (12:45–1:30)			
1:30 P.M. 1:40 P.M. 1:50 P.M.		Interaction with other couples, rest, and reflection (1:30–4:00)	Line Upon Line, Precept Upon Precept Elder David F. Evans	Helping Missionaries (1:30–2:45)	Finding People to Teach (1:30–4:00)	The First 100 Days (1:30–3:30)
2:00 P.M. 2:10 P.M. 2:20 P.M.			The Godhead Elder Jeffrey R. Holland (2:15–3:00)			
2:30 P.M. 2:40 P.M. 2:50 P.M.			Break (30 min.)			
3:00 P.M. 3:10 P.M. 3:20 P.M.	<i>Move to the Marriott Center</i>		Presidents' Session (3:15–4:45)	Wives' Session <i>Divided into groups</i> (3:15–4:45)		
3:30 P.M. 3:40 P.M. 3:50 P.M.						
4:00 P.M. 4:10 P.M. 4:20 P.M.	Member Districts (4:00–5:30)	The Work of Salvation <i>Worldwide Leadership Broadcast</i> President Thomas S. Monson President Boyd K. Packer Elder L. Tom Perry Elder Russell M. Nelson Elder Neil L. Andersen (4:00–5:30)	Reassemble (15 min.)	Break (30 min.)	Seminar Conclusion Missionary Executive Council including testimonies from Elder Robert D. Hales, Elder Richard G. Scott and others (4:00–5:30)	
4:30 P.M. 4:40 P.M. 4:50 P.M.				The Doctrine of Repentance Elder D. Todd Christofferson (4:30–5:00)		
5:00 P.M. 5:10 P.M. 5:20 P.M.			Revelation and the Gift of the Holy Ghost Elder Dallin H. Oaks	Missionary Work and the Spirit of Elijah Elder David A. Bednar		
5:30 P.M. 5:40 P.M. 5:50 P.M.	Dinner (5:30–7:00)	<i>Return to the Missionary Training Center</i>	Dinner with a member of the Presidency of the Seventy for couples who will serve in the United States and Canada (5:30–7:00)	Dinner (5:30–7:00)	Dinner (5:30–7:00)	
6:00 P.M. 6:20 P.M. 6:40 P.M.		Dinner with a member of the Quorum of the Twelve (6:00–7:30)				
7:00 P.M. 7:20 P.M. 7:40 P.M.	Meet with missionaries going to your mission		Interaction with other couples, rest, and reflection (7:00–8:00)	Interaction with other couples, rest, and reflection (7:00–8:00)	Interaction with other couples, rest, and reflection (7:00–8:00)	
8:00 P.M.						

First Presidency

Quorum of the Twelve

Other General Authorities/Officers

Breakout Session

Panel Session