



Waldo Avenue Restoration Branch

September , 2025 Vol 9 #09

No August Women's Meeting

Current Projects:

- **Unity Center** - Every Tuesday from 10 a.m. until noon we meet at the U.C. and sort donations for Team Jesus. All are welcome, it's not difficult work and the fellowship is very uplifting. Needs include - men's jeans or slacks sizes 36 and under, men's summer short sleeved T-Shirts in all sizes, and with winter coming soon blankets are also needed. All donations should be clean and in good shape, no tears or stains.
- **Graceland University Nurses Pantry**- a box in the foyer for donations is available. Examples of items needed include canned foods, snacks like crackers or fruit bars, cereals like granola, paper products. Please check expiration dates, we cannot give expired foods.

The next women's meeting to be announced.#

Don't Miss Out

RWC Fall Retreat, Sept. 6-7 at Odessa Hills. Registration begins Saturday at 8:30 a.m. The retreat will close Sunday following morning services which will include sacrament. A brunch will be served. To register contact Jennifer Schrunk at 816-674-2172. Cost is \$45.00 for the retreat, \$30.00 for Saturday only, \$15.00 for Sunday only.

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Please pray for the following gatherings --

- Priesthood gathering at Kirtland Temple. The annual gathering is Friday, Sept.19 through Sunday Sept.21. My testimony from the past is that this gathering is very important and our prayers are heard.
- Aaronic priesthood retreat to be held at Living Hope on Friday, Oct.3rd through Sunday, Oct.5th. Pray that our Aaronic priesthood will feel the need to be there, to work with others, and receive what the Lord has for them.

Check This Out

Mike Myers spoke to Living Hope R.B. on Sunday, August 17th. You can access the whole morning worship service at their website. From the a.m. worship and then Sunday School class presented by Connie Smith on Gratitude, through the inspirational song service before the Morning Worship, the Lord richly blessed. It will enliven you and encourage you.

Because not to advance in the spiritual life is to go backward, not to advance is to retreat. But those who feel the strong wind of the Holy Spirit go forward even in their sleep! And if the vessel of our soul is still tossed by the winds and storms, then let us awake the Lord who reposes inside. He will respond, and He will quickly calm the sea. Practicing His Presence

Power to Our Words

In the February WARB Women's newsletter appeared an article entitled: *Do not speak against people. Your words can bind them and hinder the work of Jesus in their lives.* Following along the theme of Absolute Surrender, again an example of how our words affect us and our environment follows.

And again I say unto you, that every idle word which men shall speak, they shall give account thereof in the day of judgment. Mat.12:31

The following was shared at the July, 2025 Zion-works by Brenda VanFleet, with her permission (my words in parentheses):

We've talked about the physical, but there's always a spiritual. The other thing that keeps going through my mind is something the Lord shared with me. He said: *I am not constrained by the physicalities of this world, and neither will my people be.*

If we really understood that and took Him at His word and watched our words, -- I'm going to go on because this is the reason I felt the Lord had me come today...I'm here to share with you what the Lord shared with us last week, ,, Last week, the Lord said to me: *If I honor your request to have **power to your words**, I also have to hold you more accountable for your casual words, your evil words.*

The challenge that He gave us last week was not looking so much at evil speech, hopefully come past that, but not speaking anything that we do not want manifested. And that was what the Lord said.

He said, *I want you to take a book with you. And every time you say something, and I bring it to your awareness; -- "do you really want that manifested" -- write it down.* It was as simple as that.

The first thing that came to me last Sunday after we got this challenge, my husband and I were eating outside, and it was starting to sprinkle, my husband said: *Do you feel that ?*

I love eating outside. I didn't want to go in. I said,



No, I don't feel anything. Then the Spirit spoke to me saying, *Do you really want that manifested?* I said: *You know what? I repent of that. That's not what I want manifested. Yes, I do feel the rain.*

So it's simple, you know, it doesn't have to be evil speech... I think the Lord is challenging us, because we need to have **power to our words**, but He has to trust us with our words. They have to be His words, and all of this that we're talking about is wonderful, but, if He brings the people in (to the center place) and we have not gotten that (our words) under control, we're going to corrupt them (those He brings here). We're not going to help them.

So that's why I came today, to share that. If it's a challenge that you want to take on, I encourage you too. **If you don't want it manifested, don't let it come out of your lips.** And that's not the last step, that's the first step. The next step is the heart. May you be blessed.#

...for of the abundance of the heart his mouth speaketh. Luke 6:45

Those things which proceed out of the mouth, come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adultery, fornications, thefts, false witness, blasphemies; these are things which defile a man... (Matt. 15:17-19).

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Power to Our Words continued

Watch Your Words Diligently

Words have such great power to bless or to wound. When you speak carelessly or negatively, you damage others as well as yourself. This ability to verbalize is an awesome privilege, granted only to those I created in My image. You need help in wielding this mighty power responsibly.

Though the world applauds quick-witted retorts, My instructions about communication are quite different: Be quick to listen, slow to speak, and slow to become angry (James 1:19). Ask My Spirit to help you whenever you speak.

I have trained you to pray -- "Help me, Holy Spirit" -- before answering the phone, and you have seen the benefits of this discipline. Simply apply the same discipline to communicating with people around you. If they are silent, pray before speaking to them. If they are talking, pray before responding. These are split-second prayers, but they put you in touch with My Presence. In this way, your speaking comes under the control of My Spirit. As positive speech patterns replace your negative ones, the increase in your Joy will amaze you. (Jesus Calling)

We are told in Scripture to be a beacon of light, *...hold up the light that it may shine unto the world* (DC19:3, 3Ne.8:54).

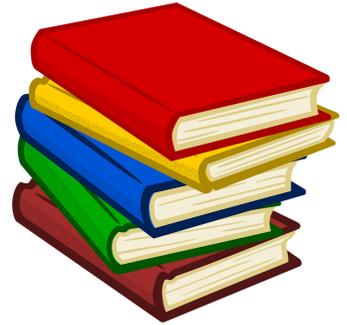
When our words don't shed light they hamper the work the Lord needs done through us, this is sin. *Reach out and up to Jesus, it is sin that hampers Zion* (A. Oakman)

He pleads with us to get rid of sin so we can work with Him. (OGRB flash card 4-2014).

There is nothing impossible to us only what we limit the Holy Spirit to do through us, through our lives and words. #

True success requires you to focus your mental, emotional and spiritual energies on pursuing that which is right and good. Trying to become virtuous merely by excluding vice is as unrealistic as trying to cultivate roses simply by eliminating weeds. Gary R. Blair

Read Any Good Books Lately?



We just finished reading Power in Praise by Merlin Carothers. It was published by the author in 1972. He is also the author of Prison to Praise, perhaps you've read it.

There are 179 pages, seven chapters entitled: The Power in Praise, Hearing the Good News, Power Unlimited, Count it All Joy, When Sparrows Fall, Good-bye Grumblings, and The Joy of the Lord.

A few years ago the women's ministries studied the book The Prayer That Changes Everything, the Hidden Power of Praising God by Stormie Omar-tian. It was written in 2004 and published by Harvest House Publishers. Power in Praise emphasizes the power that is released when we begin to praise God for everything in our lives instead of pleading with Him to change the circumstances we don't like.

He goes on to point out that to praise God is to express our acceptance of something that God is permitting to happen. Nothing that happens to us isn't allowed to happen by God, not caused by God, but allowed. Read Job for example.

The Lord has told us throughout scripture that He wants us to praise Him and when we do He blesses us. In this book the Carothers points out that we praise God, not for the expected results, but for the situation just as it is. And praise is based on acceptance of the present as part of God's loving, perfect will for us. Praise is not based on what we think or hope or feel will happen in the future.

There are many testimonies throughout this book to support all of the above. I heartedly suggest this book, it will edify your life greatly.#

Absolute Surrender

Sacrifice

Lord Jesus, I Long to be Perfectly Whole

*Lord Jesus, I long to be perfectly whole.
I want Thee forever to live in my soul;
Break down every idol, cast out ever foe;
now was me, and I shall be whiter than snow.*

*Lord Jesus, let nothing unholy remain,
apply Thine own blood and extract every stain;
to get this blest cleansing **I all things forego;**
now was me, and I shall be whiter than snow.*

*Lord Jesus, look down from Thy throne in the skies,
and **help me to make a complete sacrifice;**
I give up myself and whatever I know;
now wash me, and I shall be whiter than snow.*

*Lord Jesus, for this I most humbly entreat;
I wait, blessed Lord, at Thy crucified feet;
by faith, for my cleansing I see Thy blood flow;
now wash me, and I shall be whiter than snow.*

*Lord Jesus, Thou seest **I patiently wait;**
come now, and **within me a new heart create;**
to those who have sought Thee Thou never sadist,
No; now was me, and I shall be whiter than snow.*

To Sacrifice is to desire to absolutely surrender to Christ's work. Sacrifice is the act of ministering to other people. Sacrifice also extends to our stewardship of the things the Lord has given us for Zion.

Arthur Oakman in his Endowment Series shares the type and shadow of our Sun and His Son, Jesus' sacrifice for us. The Sun will die, scientists and the Scriptures verify this (Heb. 1:10-12 and DC 22:22-23). The Sun nourishes our physical world and Jesus our inner world. Both make the ultimate sacrifice for us. When the Sun dies then we'll have a new heaven and a new earth.

Sacrifice is at the heart of redemption; sacrifice is one of the prime conditions of endowment. For sacrifice is the instrument of love - in fact, it's only instrument; the only way love knows how to accomplish its purpose is to sacrifice itself, to give itself. Gentlemen, sacrifice is the discovery of yourself in the act of giving yourself to other people.

We can never sacrifice enough for the Lord who made us and bought us. When we sacrifice ourselves to doing God's will instead of our own, aka



absolute surrender (use our abilities to help in the lives of others) then we begin to please God. *The way to the endowment is through sacrifice and through a keen appreciation of your stewardship as a member of the human family serving your fellow men.*

The Scriptures are full of examples and ways of sacrifice:

- to help the cause of Zion. DC 94 tells us of the physical sacrifices we are to make in order to have Zion.
- We read in DC130 we are to ...*exercise the principle of sacrifice and repression of unnecessary wants;*
- There is the sacrifice we make as our covenant to the Lord (Ps. 50:5) ;
- The sacrifice of thanksgiving (Ps. 116:17);
- Alma 13:118 tells us of the sacrifice the converted Lamanites were willing to make in order to keep the covenant they had made with God.- *...they had rather sacrifice their lives than even to take the life of their enemy; and they have buried their weapons of war deep in the earth because of their love toward their brethren.*
- *...And ye shall offer a sacrifice unto Me a broken heart and a contrite spirit; and whoso cometh unto Me with a broken heart and a contrite spirit, him will I baptize with fire and with the Holy Ghost, ...*(3N4:49) and Ps. 51:17.

These ways of sacrifice bring us closer to the Lord's will for us.

What the Lord wants from us is our heart, everything of us. How do we accomplish this? Faith. Putting one foot in front of the other and trusting God in all circumstances.#

Absolute Surrender -- Sleep

There is a reason the Lord said in latter day revelation -

...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;... DC85:38b

And

Be clean, be frugal, cease to complain of pain and sickness and distress of body; take sleep in the hours set apart by God for the rebuilding and strengthening of the body and mind; for even now there are some, even among the elders, who are suffering in mind and body, who have disregarded the advice of the Spirit to retire early and to rise early that vigor of mind and body should be retained. DC 119:9a-b

The National Sleep Foundation of Mexico released an analysis on sleep needs according to different age groups.

0-3 months	14 to 17 hours	14-17 years	8-10 hours
3-11 months	12 - 15 hours	18-25 years	7-9 hours
1-2 years	11=13 hours	26-64 years	7-9 hours
3-5 years	10-13 hours	65 and older	7-8 hours
6-13 years	9-11 hours		

The study highlights the importance of balancing between too little and too much sleep for a healthy life. In this study the analysis details that people who fall asleep after midnight are 12% more at risk of cardiovascular disease compared to those who go to sleep at 10 p.m. Experts recommend adults should go to bed between 10 and 11 p.m.

Getting a good night's sleep helps lessen unnecessary fear, stress, anxiety, and aggression which means more emotional stability.

If you are a morning person who wakes up at the crack of dawn, you probably have these five traits:

1. **You are smarter:** In a study of the University of Texas it was found that students who self-reported as early risers earned up to a full letter grade higher than their classmates who were

probably still sleeping while the questionnaires were passed out. Early risers are more likely to set high goals and plan for the future. This mindset tends to contribute to academic success and achievements.

2. **You are happier:** the same study also found that early birds reported being happier with their lives than the night owls. This happiness could be linked to the exposure to morning light, which is a natural mood booster. Waking up earlier also offers you the time to do the things you genuinely enjoy, which gives you a much needed break from the stress of everyday life.
3. **You are healthier:** if you get up early, you can do stuff like exercise before the sun sets. The earlier you exercise, the more benefits you get all day long from that workout. Being a morning person can also help you with better alignment with circadian rhythms. Your sleep schedule plays a critical role in your overall health. Warning: waking up early does not count as exercise, I know, I'm sad too.
4. **You are more productive:** a study by the University of Education at Heidelberg found early risers got more done and felt more control over their schedules than late risers. Some infer that waking up early lets them reach peak wakefulness without having to rely on stimulants like caffeine or energy drinks.
5. **You are more self-confident:** research from James Madison University indicates that those who get up before the crack of dawn are more likely to exhibit character traits like optimism, self-satisfaction, and social awareness.

Here's What Losing Sleep Does to Your Heart

In a new study, researchers find that sleep deprivation can cause noticeable changes in the heart.

Continued - Sleep.



Want a Closer Walk With the Lord?

A teachers' college requires students to attend classes twenty-five hours a week for three years. Could it prepare competent teachers or a law school prepare competent lawyers if they studied only ten-minutes a week? Or even a day? Neither can Christ, and He never pretended that He could. To His disciples He said: Come with Me, walk with Me, eat and sleep with Me. Twenty-four hours a day for three years. That was their college course. "He chose them!" the Bible says, "that they might be with Him," 168 hours a week! (Practicing His Presence by Brother Lawrence, Published by Seedsowers Press.)

A closer relationship with the Lord involves time, effort -- a conscience effort on our part, He's waiting on us.#

Don't Miss Out

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Seize the Day Healing Ministry

Facilitated by Julie Leibold, RN, Naturopathic Wellness Coach. Held at Living Hope R.B., Living Hope R.B. 24251/2 S. Crysler Ave., Indep., Mo. at 5 P.m. on: :

- September 7th, *Good Sleep Habits*
- September 14th, *Detoxification*
- September 21st, *Food as Nutrition, From Processed to Progress* and
- September 28th, *Obedience, Breaking the Bondage of Compulsive Habits.*

If you have any questions you may contact Julie by text at 816-517-6802.#

Difficulty creates the opportunity for self-reflection and compassion. If we embrace what is happening, we are also embracing what is possible -- and a road opens up for God to meet us halfway. Suzan Lori Parks

Sleep continued

You may think the only effect of sleep deprivation on your body is that you are really tired. But, what happens when you don't get enough sleep for a prolonged periods of time? What happens is that every system in your body is affected, potentially causing long-term effects on your cardiovascular health, including your risk for high blood pressure, heart attack, and stroke.

For people with the breathing issue sleep apnea, the risk is even greater. Different sleep states such as REM or non-REM have variable and complete impacts on heart rate, blood pressure, blood flow to heart, and breathing patterns. Sleep apnea disrupts this pattern, and the result is that the cardiovascular system has to work harder.

But even in people without a specific sleep disorder, lack of sleep has been linked with high blood pressure and heart problems, likely due to not getting enough time to slow down and recover from the day.

Sleep is not doing nothing. Sleep is repair. Sleep is the greatest restorer of our health. The Father in His infinite wisdom knew we need down-time. The Lord knew what He was saying and if we are obedient we will reap the benefits and promises to our temporal health.#

How to Bring Forth Zion

1. Be a hunter/fisher of men. Study the sons of Mosiah for insights.
2. Be willing to be in the background, among those who work behind the scenes and not the star everyone sees.

How does Zion Awake?

1. Be willing to absolutely surrender.
2. Be willing to have the Lord give a us new heart.#