



Free as an Eagle



Father, I wish to be free as an eagle reaching for the sun! Wishing to be exuberant for a moment with the wind in my face, the reach of my wings. Glad to be what I am with no other thought but that I am! To know the ecstasy of Your pure love and undefiled communion of heart, body, and spirit joined one in harmony under the martial sanction is never fully understood or appreciated without understanding the total devastation of body and spirit when betrayal of this covenant is enacted upon those faithfully, honorably keeping the vowed commitments. True sweetness cannot be differentiated by any of our senses without experiencing bitterness that our evaluation might be complete. How can fullness of joy ever be reached without the pain of experience? Can we then determine that the purchase price of joy is anguish? Indeed, if we understood the gulf of misery which sin separates us from God, we most decidedly would choose repentance as our avenue of existence, if in that same moment we could experience and understand the joy and life through Christ which is cause for the hope which is in man. But man was created in the likeness and image of God, now he must choose to be as He is. Father, I wish to be free as an eagle reaching for the sun!

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God Provides

A Testimony by Ken Schmidt, LHRB,
May, 2026 - used with permission.

While Linda Trimble was planning the L.H. land rededication, she mentioned the possibility of planting a fruit tree to symbolize the congregations need to become fruitful for Christ from a testimony of Becky Stayton's. Shortly thereafter she texted that others had expressed reservations about doing so, because of the care required to adequately care for a tree, so she had decided not to pursue the project.

The very next day I got a totally unsolicited and unexpected call from my oldest son. He had no way of knowing Linda's suggestion, nor did he know of anything connected to the land rededication, but told me that he would like to donate some fruit trees to the congregation. He would pay for the trees and supplies connected with planting them, and would help plant them when he was in town in a couple of weeks for Sariah's birthday party. I told him that I would have to get an ok from the powers that be, but would check and get back with him.

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***When you wake up early,
When you control your body,
When you say no to sin,
You're not just improving yourself -
You are honoring God.***

Hail this record, Saints in Zion, Hidden by Moroni's Hand

And your minds in times past have been darkened because of unbelief, and because you have treated lightly the things you have received, which vanity and unbelief hath brought the whole church under condemnation. And this condemnation resteth upon the children of Zion, even all; and they shall remain under this condemnation until they repent and remember the new covenant, even the Book of Mormon and the former commandments which I have given them, not only to say but to do according to that which I have written. (DC 83:8a-b).

“We are still under that condemnation until the Lord helps to bring us out of that. And it has to do with the Book of Mormon and the former commandments not only to say but to do; to believe the words of the book. It, the Book of Mormon, must take its rightful place in the Restoration, **not if we think so, or if I decide to**, it must take its rightful place in the Restoration. We have entered into what the prophet Joel called the valley of decision. *Multitudes, multitudes in the valley of decision; for the day of the Lord is near in the valley of decision* (Joel 3:14). We have been there for a long time and we are there now making our decision.” (from a sermon given by Marlin Guin, May 8, 2025, at Oak Grove R.B).

“Are we willing to be the generation that ascends the hill of the Lord? Are we willing to come out of the darkness of condemnation and step into the light of truth? If the answer is yes, then the Lord has told us how the Book of Mormon and keeping the former commandments deserve our prayerful and serious attention. If not, we will simply continue on as we have done for four generations and see where it leads - time will tell (Marlin Guin, *The Third and Fourth Generation*, Tidings of Zion, March 2024, pg. 5) (Oak Grove R.B. Flash Card, May 2026).#

The Armor Getting Ready for Spiritual Battle, Ephesians 6:10-18



Belt of Truth - The belt

helps keep all the other pieces of armor in place. Spiritually, the truth helps us stand strong and not be shaken. God wants us to live honestly and always tell the truth.

Breastplate of Righteousness - The breastplate protects the chest and back - critical areas of the body. God's righteousness shields us from accusations and condemnations, reminding us that through faith in Jesus Christ, we are justified and accepted by Him.

Shoes of Peace - Good shoes help us stand firm and go wherever we need to. The good news of Jesus gives us peace in our hearts and helps us share His love with others wherever we go.

Shield of Faith - The shield protects us from anything the enemy throws at us. Faith means trusting God, even when things are scary or hard. We know He will always help us!

Helmet of Salvation - the helmet protects the head, symbolizing the safeguarding of our mind and thoughts. Salvation through Christ assures us of eternal hope and guards us against the enemy's lies and deception.

Sword of the Spirit - the sword is like a weapon to help us fight back! God's Word, the Scriptures, is our sword. It teaches us what is right and true and helps us stay strong in our faith.#

If you catch yourself judging someone, pray twice - once for the person you are judging and once for God to change how you react to something you haven't walked. Make this a practice. Wear it out until it feels automatic. Then watch your heart soften for a world that doesn't always think the way you do. You don't have to understand someone in order to love them. Wash, Rinse, and repeat as needed. (Ullie-kaye)



5 More Tips to Make You Feel More Grateful

1. **Print out a photo.** Instead of sending a digital photo to the people you love, print one out. Write a note sharing why you are thankful for that moment, and drop the photo in the mail.
2. **Pray.** Take a page from Philippians and think on those things that are true, noble, right, lovely and admirable.
3. **Pass it on.** Got a favorite family recipe? Write it down on an index card to use as place cards at your Thanksgiving table.
4. **Change your focus.** Remember you can be blessed and stressed at the same time. Can you find something to be grateful for in your challenges? A hidden strength, maybe, or an unexpected ally?
5. **Set a goal to be kinder and more compassionate.** Cultivate feelings of kindness and goodwill toward someone - whether or not that person even knows it.

One Nation Under God: Liberty and Justice for All by Sherrie Kline Smith

This July fourth is no ordinary holiday, but a milestone in the history of the U.S. of A. This year marks it's 250th birthday. The creation of the U.S was not an accident of circumstances; but was under the control and direction of the Lord God Almighty. Latter day revelation confirms this. The Lord said this in DC 95:2a and 98:10h.

The laws of the land and the principle of freedom in this country were instituted to make it possible for a group of people to establish a Zion community. In latter day prophecy we are told this in DC57:1a-b.

Our country was established as part of the greater "*land of promise*" aka *Joseph's land* which would be shadowing with wings in order to fulfill prophecy. Lehi's son Jacob declared this in 2N7:18-20. An angel told Nephi in 1N3:176, as well. The prophet Ether wrote in his record of this land in E1:35.

May we celebrate our country's birthday with thanksgiving to our God with prayer that the kingdom of God may go forth, that *the kingdom of heaven may come, that Thou, O God, may be glorified in heaven, so on earth, that Thy enemies may be subdued; for thine is the honor, power, and glory, for ever and ever, Amen.* DC65:1f.#

The Gospel is not God saying: *Turn to Me or I'll send you to hell.*

The Gospel is God's mercy and grace saying: *You are lost -- come to Me and I'll save you.*

Behold, verily thus saith the Lord unto you, in consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation, ... DC 86:1a

***Laughter is anti-inflammatory.
Crying is regulating.
Hugging is immune-protective.
Singing is vagal toning.
Dancing is neurogenic.
Joy is a biological necessity.***

Everything the Food Industry Hoped You Would Never Find Out

1. ***Natural Flavors*** can contain up to 100 chemical compounds. The word natural is legally meaningless.
2. ***No added sugar*** does not mean no sugar. It means they used concentrated fruit juice instead. Same sugar, different name.
3. ***Heart healthy*** on the box is a paid certification. Companies pay for the label. It is not a medical endorsement.
4. ***Made with real fruit*** - can mean 2% fruit juice with 98% sugar water and food coloring.
5. ***Whole grain*** - the first ingredient may be whole grain. The second through the last are refined flour, sugar, and seed oils.
6. ***Lightly sweetened*** has no legal definition. A bowl can have 12 grams of sugar and call itself lightly sweetened.
7. ***Farm fresh*** - there's no requirement that the farm be recent, local, or real. It's a picture on a box.
8. Every claim on a food package is written by a marketing team, not a nutritionist. The front of the box sells you. The back of the box tells the truth. But they made the back unreadable on purpose.#

We are free to choose, but we are not free from the consequences of our choices.

The Prayer of Faith

I read the testimony of a woman with rheumatoid arthritis recently. One Sunday morning her family was heading off to church but she was still in bed and in so much pain, every muscle and joint ached, she didn't want to go anywhere.

Her 5 year old daughter told her *"I'll pray for you and maybe God will heal you like the leper"*. With that she sighed and decided to go to church. But, her pain was so overwhelming she couldn't focus on anything except her pain. Midway through the service, a couple sat down in the pew directly in front of them. She had never seen them before. She would have remembered the woman because of her "striking blonde hair". She welcomed them during the greeting part of the service and asked if they were new to the area.

The blond gazed into her eyes and replied: *We are here to visit a friend. She's having a hard time. We want her to know everything is going to be all right.* At that exact instant she felt an enormous sense of peace settle over her. She felt healed. Not in her body--as the pain was still there, but in her spirit.

After the service she looked all around for the couple but they were gone. She asked the pastor if he had seen the couple. He looked at her puzzled. She said: *they would be hard to miss with her blond hair.*

But that pew was empty, he said. *No one was there.* She knew better, someone had been sitting there, someone healing.#

What is Your IQ (Inspiration Quotient)?

Do you know the scriptures that match these encouragements about friendship?

1. Thank goodness for friends. Thank friends for goodness. _____
 2. Inspire others to inspire others. _____
 3. Good friends deserve more than a text message. _____
 4. Love shared is love squared. _____
 5. The loveliest accessory a woman can have is a good friend. _____
 6. You're like my favorite lipstick. Indispensable, inspiring and infinitely peachy. _____
 7. Love tomorrow and you'll have something to look forward to every 24 hours. _____
- Answers on next page - **Friends.**
- A. By this shall all men know that ye are my disciples, if ye have love one to another. John 13:35
 - B. The heartfelt counsel of a friend is as sweet as perfume and incense. Proverbs 27:9
 - C. May the Lord reward you for your kindness. Ruth 1:8
 - D. And let us consider how we may spur one another on toward love and good deeds. Hebrews 10:24
 - E. A friend loves at all times, and a brother is born for adversity. Proverbs 17:17
 - F. As iron sharpens iron, so a friend sharpens a friend. Proverbs 27:17
 - G. Create in me a clean heart, O God; and renew a right spirit within me. Ps. 51:10



Think about the Fall of Jericho-

God did not just destroy the walls, He turned the walls into the very path of victory. The obstacle became the entrance. The walls did not just fall. They were engineered by God to fall exactly in the right direction, at exactly the right moment - to give His people the victory. #



But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

Trees cont. from page -1-

I talked to our pastor about the situation, and he responded, *"It sounds like a God thing to me! Go ahead with it!"*

I also checked with our property manager and a knowledgeable arborist from our congregation and decided on the best place and techniques for planting. When the trees arrived

shortly thereafter, guess how many there were in the package? **Seven** - the divine number, and the number signifying **Spiritual Awakening**. The package included four apple trees, two pear trees, and a gooseberry bush. The gooseberry bush was for us, so we planted the rest of the trees next to the grapevines. God provides!#

David on Prayer - Psalm 37

One of David's psalms is a wonderful illustration on the subject of prayer. In just seven verses the whole theme is reviewed which elaborates on our Heavenly Fathers amazing love.

- In verse one we are told **not to fret**. In spite of the worry and fears all around us and the threatening clouds of trouble and circumstances that are in the world. We are kept in the hollow of His mighty hand - fret not.
- Then what to do? **Trust in the Lord**. That is active trust. Having come to an understanding of who God is and what Christ has done for each of us we are to rely upon Him, totally. Not in people, not in forces, and certainly not in ourselves. But, in the living God.
- This trust is made known by our **delighting in Him not because we should but because we want to**. We delight in God - joy and rejoice in His will. We seek His face always, listen for His step. He becomes the perfect happiness of our heart.
- Having this confidence in God **we fully commit our way to Him**. We want nothing more than His will in us, through us, for Him only. Our daily walk is a close walk with Him and of His choosing. Our life is to be lived at His command. We look to Him for everything.
- Then we are **to rest in the Lord and wait patiently for Him**. In His due time. There may be days of uncertainty but, everything is fulfilled in the Lord's timing. And we rest and wait knowing the satisfaction of His presence.

This is a parable of prayer. This is the purpose, the means and the end of prayer. Prayer is just that - **fret not, trust, delight in the Lord. Commit our way, rest and wait until His good timing**. This was David's heavenly-taught philosophy and ours.

(From How to Pray and get the Answer by Wm. Orr Scripture Press Pub., Inc. 1971)#



Read Any Good Books Lately?

God's Shield of Protection Psalm 91

by Peggy Joyce Ruth, Published by Creation House, 2007.

This book of 246 pages is divided into two parts.

Part one, entitled *Setting the Scene*, goes through Psalm 91 explaining and opening this scripture in great detail. It discusses the importance of the gift of Discernment and gives real-life testimonies of how the promises given in Psalm 91 can be active in one's life.

Part two contain testimonies of real-life experiences people have had claiming the promise contained in Psalm 91. Many of these testimonies are from military personnel exercising their faith and trust in past wars like WW II and current conflicts such as Iraq.

There are many and varied promises the Lord has placed in Psalm 91. We've studied this book and found it to be enlightening and edifying, so thankful to have it in our library of "good books" to read (DC 87:5b, 85:36a).#

When you are pushed to the edge of difficulty, trust God fully because two things can happen:

Either He will catch you when you fall or He will teach you how to fly!

Friends answers from page 5: 1. E, 2. D, 3 C, 4 A, 5. B, 6. F and 7. G.