I am a child of God. His promises are sure.

April 29–30, 2021
Dear Friends,

It is my honor and privilege to serve as the new BYU Women’s Conference chair. Sandra Rogers, outgoing chair, blessed the lives of Women’s Conference attendees for many years. We will miss her sense of humor, her testimony, and the spirit she brought to the conference.

We are looking forward to meeting with you via technology beginning April 29 & 30, 2021. Please follow us on our social media platforms, including Instagram and Facebook, for updates.

Our planning committee started meeting, virtually, at the end of August. This meeting approach has allowed us to expand our committee membership to women living outside of Utah. Together, we selected as our 2021 theme, “I am a Child of God. His Promises are Sure.” This theme reminds us that we are beloved spirit daughters of heavenly parents. Because we are His children, God desires to bless us with the richest of all blessings, even all that He hath (D&C 88:107). Jesus Christ promises “exceeding great and precious promises” (2 Peter 1:3-4) if we will follow Him, keep His commandments, and live our covenants (D&C 82:10).

Although promised blessings may not come in the time or manner that we expect them, we have confidence that the Lord will fulfill what He has promised (Alma 37:17; D&C 58:31). This hopeful waiting upon the Lord (Psalms 27:14) requires us to have patience (Hebrews 10:35-36) and to exercise faith and trust in Him (Proverbs 3:5-6).

A close and careful reading of President Russell M. Nelson’s general conference talks and other messages reveals a consistent pattern in his teaching—he explains a gospel truth, invites us to act on that truth, and then promises us remarkable blessings for doing so. This model of extending calls to action and assuring divine blessings may be a hallmark of his apostleship.

In the October 2020 general conference, President Nelson invited us to look for God’s promises as we read the scriptures. He stated: “As you study your scriptures during the next six months, I encourage you to make a list of all that the Lord has promised He will do for covenant Israel. Ponder these promises. Talk about them with your family and friends. Then live and watch for these promises to be fulfilled in your own life.”

It is my testimony that as we hear and hearken to His voice, we can receive the richest of all blessings the Lord desires to bestow, for we are daughters in His kingdom. His promises are sure.

May God’s choicest blessings be with you in the coming months until we can gather together.

Rosemary Thackeray
Chair, 2021 BYU Women’s Conference
Dear Sisters,

We are excited to announce that this year we will host a digital conference. While we will miss gathering with you on campus, we are happy that we can gather with you virtually and share the spirit of BYU Women’s Conference with you in your home. This year’s conference will include a complimentary portion as well as a paid portion. Details can be found on page 5.

We are very grateful for the co-sponsorship and support of the Relief Society general presidency and the Church News. We pray that everyone who participates in the conference will feel the Lord’s strength, peace, comfort, and grace even in the face of life’s challenges and storms, and that you will find answers to your questions. We love you and are looking forward to gathering together on campus again in the spring of 2022.

—2021 BYU Women’s Conference committee

Queridas hermanas:

Nos entusiasma anunciarles que este año tendremos una conferencia digital. Aun cuando extrañaremos reunirnos con ustedes en el campus, nos alegra que podremos reunirnos de manera virtual y compartir el espíritu de la Conferencia de BYU para mujeres con ustedes en su hogar. La conferencia de este año incluirá una parte gratuita, así como una parte con costo. Podrán encontrar los detalles en la página 5.

Estamos muy agradecidas por el co-patrocinio y apoyo de la presidencia general de la Sociedad de Socorro y del diario Church News. Rogamos que todos los que participen en la conferencia sientan la fortaleza, la paz, el consuelo y la gracia del Señor incluso frente a los desafíos y tormentas de la vida, y que encuentren respuestas a sus preguntas. Las amamos y esperamos con gran ilusión reunirnos de nuevo en el campus en la primavera de 2022.

—Comité de la Conferencia de BYU para mujeres de 2021

BYU Women’s Conference is planned by a committee of volunteers from Brigham Young University, Church organizations, and local and out-of-state community members.
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**COSPONSORS OF BYU WOMEN’S CONFERENCE**

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**GENERAL WOMEN’S BROADCAST**

Be a part of the worldwide broadcast from Salt Lake City, Utah, and  
join with sisters in your wards and stakes for a special evening of  
instruction and inspiration from the First Presidency and the general  
presidencies of the Relief Society, Young Women, and Primary  
organizations.

Listen for announcements in your local wards to learn when it will  
show in your areas.

**SATURDAY, OCTOBER 2, 2021**
We hope this topic guide will help you navigate the sessions offered. Please read the abstract in its entirety to help with your session selection.

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**REGISTRATION INFORMATION**
There are two easy ways to register:
- **Online:** womensconference.byu.edu
- **Phone:** 1-877-221-6716 or 801-422-8925

**HOW DO I WATCH?**
The complimentary sessions will be available on several online platforms beginning April 29 and April 30, 2021. See schedule on pages 7-10. Those platforms will be announced in mid-April on the BYU Women’s Conference website, social media channels and through emails. To subscribe to our email list go to our website.

To view the Full Digital Conference, registration is required through the options listed on this page.

**Details:**
- Viewing will be available through the BYU Women’s Conference website and will require your registration password and login.
- Sessions will be available on demand (at your convenience) through September 30, 2021.
- Sessions can be viewed in any order, at any time, and as many times as you wish beginning April 29, 2021.
- Please do not share your login and password outside of your household.

**INFORMATION CONCERNIENTE LA REGISTRACIÓN**
Existen dos maneras de registración:
- **Por internet:** womensconference.byu.edu
- **Por teléfono:** 1-877-221-6716 o 801-422-8925

**FULL DIGITAL CONFERENCE**
Thirty-five 30-minute sessions in English (with closed captioning), five 30-minute sessions in Spanish and five sessions translated into Spanish will be available through a full digital conference registration along with seven complimentary sessions. Titles, abstracts, and presenter information can be found in this program.

**COST**
The registration cost is $59.

Each registration applies to a primary household so any family member that resides in the same home does not need a separate registration. Registration will remain open through September 13, 2021. Sessions will be available for viewing April 29 through September 30, 2021. There are no refunds for the digital conference.

**COMPLIMENTARY SESSIONS (NO-COST)**
Seven complimentary sessions will be available in English with closed captioning and with translation in Spanish and Portuguese. Titles and presenter information can be found in this program.

**MAY WE HELP YOU?**
Do you have a question? Do you need more information? Please call, email, or message us through Facebook. We are ready to help you have a wonderful experience.
- Program information: 801-422-7692
- Registration: 801-422-8925 / 1-877-221-6716
- Email: womens_conference@byu.edu
- Facebook: BYUWomensConference

**¿CÓMO PUEDO VER LA CONFERENCIA?**
Las sesiones gratuitas estarán disponibles en varias plataformas en línea a partir del 29 y el 30 de abril de 2021. Consulte el programa en las páginas 7-10. Se anunciarán esas plataformas a mediados de abril en nuestro sitio web BYU Women’s Conference, en nuestros canales de redes sociales y por correo electrónico. Para inscribirse en nuestra lista de correo electrónico, visite nuestra página web.

Para ver la conferencia digital completa, es necesario inscribirse por medio de las opciones que se indican en esta página.

**Detalles:**
- La conferencia se podrá ver a través de la página de inicio del sitio web de la Conferencia de BYU para Mujeres, y será necesario que usted inicie sesión con su nombre de usuario y contraseña de registro.
- Las sesiones estarán disponibles a pedido (cuando sea conveniente para usted) hasta el 30 de septiembre de 2021.
- Las sesiones se podrán ver en cualquier orden, en cualquier momento y cuantas veces se desee a partir del 29 de abril de 2021.
- Tenga a bien no compartir su nombre de usuario y contraseña con personas que no vivan en su hogar.
Continuing a tradition that began in 1999, BYU Women’s Conference will host our Annual Evening of Service via a special broadcast celebrating BYU Women’s Conference service projects and experiences through the years and highlighting some of your recent service opportunities. We will also hear pre-recorded messages from two former Women’s Conference chairs, Sister Wendy Watson Nelson and Sister Mary Ellen Edmunds. You can view the broadcast on our Facebook and YouTube channels.

As we gather virtually this spring, we will expand the extraordinary BYU Women’s Conference service experience beyond our Provo campus to communities across the globe. Join us throughout the month of April in identifying needs in your area and serving in meaningful ways. Follow our Facebook event, where we will share content to inspire and assist you in finding and filling service needs in your own sphere of influence. And tune in for our special broadcast celebrating this remarkable spiritual legacy.

Viewing Options
- Facebook
- YouTube
- BYU Women’s Conference website

Sister Wendy Watson Nelson
1999 and 2000 BYU Women’s Conference Chair

Sister Mary Ellen Edmunds
2000 Service Chair

2021 Service Subcommittee
Stephanie Norris, Chair
  Annette Anderson
  Tricia Anderson
  Lisa Evans
  Jodi Graham
  Krista Isaacson
  Camille Marsh
Thursday, April 29, 2021
Morning Sessions

LIVE BROADCAST
10:00–10:45 a.m. MDT
The Promise of Belonging

Sister Jean B. Bingham, Relief Society General President
I was born in Provo, Utah, while my father was attending BYU on the GI Bill. My family moved about three months later to Indiana. From there, my family moved in turn to the other points of the compass in the United States: south to Texas, north to Minnesota, and east to New Jersey. In my free time, you’ll find me admiring the incredible colors and shapes in nature, enjoying the company of well-worn friends and family, devouring the well-written words of insightful authors, or preparing a meal that will satisfy the souls of the recipients.

Session Insight
“Belonging” is an elemental need for all human beings. As spirit children of our Father in Heaven, we were accustomed to a deep sense of belonging in that divine, loving family. That feeling has never faded. Covenant members of the Church of Jesus Christ accept all people as eternal sisters and brothers, and they work to treat one another with the priceless value God has given every individual. How do we help each other feel that we each belong to and are needed in the family of God?

Sister Sharon Eubank, First Counselor in the Relief Society General Presidency
I was born in Redding, California, to lifelong Californians. My parents came to Utah for my dad to receive his meteorology degree at the University of Utah and decided to stay. I was raised during my school years in Bountiful, Utah. As a kid I used to read through recess, dinner, and bedtime, and I was often in trouble for it! I love to read—history, biographies, science fiction, mythology, poetry.

Session Insight
Real belonging is the big promise of the plan of happiness. God the Father established a way through Jesus Christ so that every person, no matter what their individual circumstances are, can qualify for His greatest blessings. Our Heavenly Parents have room in Their kingdom for every one of Their individual and unique children and will refuse no one who is willing to come unto Them through Jesus Christ. The question for us is, can we do the same?

Sister Reyna I. Aburto, Second Counselor in the Relief Society General Presidency
I was born and raised in Managua, Nicaragua, and moved to the United States at age 21. In my free time, you’ll find me having conversations with family or friends, pondering about God’s miracles around me, reading or listening to inspired messages, or uncluttering some clutter.

Session Insight
I feel that the scattering of Israel is a type of us being away from the presence of God while we have a mortal experience. Jesus Christ has promised that He will gather Israel as a hen gathers her chickens under her wing. As we love each other like He loves us, we are helping in the fulfilling of this promise. Every small thing we do for each other can help us feel and know that His promises are sure.
Thursday, April 29, 2021
Morning Sessions

LIVE BROADCAST
10:45–11:20 a.m. MDT
Primary General Presidency

PRE-RECORDED BROADCAST
11:20 a.m.–11:50 a.m. MDT
Navigating Trials with Faith and Optimism

Brother Mark L. Pace, Sunday School General President
I was born in Buenos Aires, Argentina, and lived there for the first several years of my life. After that, our family returned to Salt Lake City, where I was raised. In my free time I enjoy raising chickens, reading books, and spending time with my grandchildren. I also enjoy going for walks and talking with Anne Marie.

Session Insight
Trials, afflictions, and temptations of every kind are part of our earthly experience. However, we can face these challenges with faith and optimism. The Savior knows “how to succor his people according to their infirmities” (Alma 7:12).

Thursday, April 29, 2021
Afternoon Sessions

LIVE BROADCAST
2:00–2:45 p.m. MDT
Be of Good Cheer, “Children and Youth” Is Here!

Brother Steven Lund, Young Men General President
I was born in Mesa, Arizona, and raised in Santa Rosa and Long Beach, California. In my spare time you might find me staring vacantly into space, marveling that my wife decided on me. Otherwise, we like old movies, scuba, skiing, and visits from our frenetic and delightsome grandkids.

Session Insight
The Lord is not surprised by the challenges of our day and out of profound love has provided for the nurture of today’s youth. As we focus ourselves and the exertions of our sons and daughters on the simple disciplines encouraged by the Children and Youth program, our youth will be drawn to the Savior, who will not fail them.
Thursday, April 29, 2021
Afternoon Sessions

LIVE BROADCAST
2:45–3:30 p.m. MDT

The Beautiful Reality of What It Means to Be a Daughter of God

Sister Bonnie H. Cordon, Young Women General President

I was born and raised in Idaho Falls, Idaho, but Portugal and Brazil will forever own a piece of my heart. In my free time, you will find me outside—and if my grandchildren are there (hopefully they are!) it will probably include mud, or bugs, or some grand adventure.

Session Insight
Our Father in Heaven knows us personally and loves us perfectly. He has given us talents and gifts that are meant to bless us and are needed to bless those around us. Our Savior Jesus Christ is near and eager to speak to us! I know the surest way to find joy is to seek Him and share His love with others.

Sister Michelle D. Craig, First Counselor in the Young Women General Presidency

I was born and raised in Provo, Utah, and for two years in high school we lived in Harrisburg, Pennsylvania. In my free time you’ll find me playing games with my family, finding my Swedish ancestors, or reading a good book.

Session Insight
I know that we are beloved daughters of heavenly parents, known and loved individually. I know that our divine DNA allows us to grow, to change, and to become—as we repent and as we rely on Jesus Christ and His grace. we can be made equal to whatever we are asked to do.

Sister Becky Craven, Second Counselor in the Young Women General Presidency

I was born in Chardon, Ohio, about ten miles from Kirtland. Due to my father’s career as a US Army officer, I was raised in various parts of the United States, Germany, and England. In my spare time you’ll find me in the temple or hanging out with our family. We love to play games, build puzzles, and boat together. You could also find me in the mountains hiking, skiing, and snowshoeing, or in front of my sewing machine sewing quilts.

Session Insight
I don’t ever remember doubting my identity as a daughter of God. Knowing my divine heritage has helped me keep life’s challenges in perspective and given me courage to do hard things. It has also helped me make good choices and find peace and joy in this turbulent world.
Friday, April 30, 2021
Morning Sessions

LIVE BROADCAST
10:00–11:15 a.m. MDT
Sister to Sister Event
Sister Sharon Eubank, Sister Michelle Craig, and a member of the Primary General Presidency with moderator Sister Irene Caso

LIVE BROADCAST
11:15 a.m.–12:15 p.m. MDT
Closing Session
Elder Ronald A. Rasband, member of the Quorum of the Twelve Apostles
Sister Melanie Rasband
“Exceeding Great and Precious Promises”  
(2 Peter 1:3–4)  

**Keynote Address**  
We are beloved spirit daughters of Heavenly Parents. Because we are His children, God desires to bless us with the richest of all blessings, even all that He hath (D&C 88:107). Jesus Christ promises “exceeding great and precious promises” if we will follow Him, keep His commandments, and live our covenants (2 Peter 1:3–4). President Russell M. Nelson invited, “As you study your scriptures . . . I encourage you to make a list of all that the Lord has promised He will do for covenant Israel. . . . Ponder these promises. Talk about them with your family and friends. Then live and watch for these promises to be fulfilled in your own life.”  

Questions to ponder: Although promised blessings may not come in the time or manner that I expect them, what helps me have confidence that the Lord will fulfill what He has promised? What does hopeful waiting upon the Lord mean to me (Psalms 27:14)?  

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**Sheri Dew**  
I was born in Ulysses, Kansas, on a large grain farm. In my free time you’ll find me doing anything that includes sports, being outdoors, and spending time with family and friends.  

**Session Insight**  
With everything confronting us today, it’s reassuring and motivating to turn off the news and instead focus on the countless promises our Father and His Son have made to us.  

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**Activating the Transcendent Power of Jesus Christ in Our Lives**  
President Russell M. Nelson stated, “It is doctrinally incomplete to speak of the Lord’s atoning sacrifice by shortcut phrases, such as ‘the Atonement’ or ‘the enabling power of the Atonement’ or ‘applying the Atonement’ or ‘being strengthened by the Atonement.’ These expressions present a real risk of misdirecting faith by treating the event as if it had living existence and capabilities independent of our Heavenly Father and His Son, Jesus Christ. . . . There is no amorphous entity called ‘the Atonement’ upon which we may call for succor, healing, forgiveness, or power. Jesus Christ is the source.” What steps can we take to activate the full power of Jesus Christ in our life? How can He become real and personal to each of us? What blessings does Christ’s atoning sacrifice make possible in my life?  

Questions to ponder: How can I understand the Savior’s Atonement? Because of the Savior’s Atonement, how can He help me? How do I get better at doing my part—repenting? How can the sacrament become more central to my living? How will this change my Sabbath worship? What am I doing that limits the power of Christ in my life, and what should I change?  

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**Emily Freeman**  
I was born in Boston, Massachusetts, and then raised in Salt Lake City, Utah, and Ventura, California. In my free time you will find me visiting the beach, sitting in a canoe, or watching fireworks. More than anything I love to be where my family is, and there is nothing I enjoy more than playing with my grandkids.  

**Session Insight**  
Over the past decade I have invested much of my personal study to learning about the gift of grace offered to each of us through the Atonement of Jesus Christ. It is my testimony that Jesus Christ will meet us where we are, as we are, but that He doesn’t intend to leave us there. Through grace He means to lift us up to where He is, as He is. This process of believing and becoming through grace can become the greatest adventure of a life, if we choose to engage in it.  

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**Rio Grange**  
I was born in American Fork, Utah, and raised in Alpine, Utah. I currently live in Hailey, Idaho. In my free time you’ll find me in the mountains surrounding my small town or refreshing Zillow so I don’t miss that perfect diamond-in-the-rough fixer-upper to finally put all my late-night pinning to good use!  

**Session Insight**  
There is no complexity or pain, grief or betrayal that the Savior’s Atonement does not encompass. He went before our face, walked every step both dark and lonely, so that we would never have to know abandonment in our afflictions. As we allow His sacrifice to work within us, restoration is made possible and we are whole once again.
Behold Your Little Ones: Protecting Children and Teenagers from Online Hazards

The internet and social media apps can provide access to educational, uplifting, and helpful content. At the same time, these technologies can also pose unseen hazards to children and teenagers. This session is intended to provide practical suggestions for teaching, in an age-appropriate way, about the dangers of social media, including cyberbullying, sexting, and pornography. We will discuss how to protect children and teenagers from potential online minefields and traps and the resources available to help us. Learn how to open lines of communication so children are comfortable talking to a trusted adult about what they come across online.

Questions to ponder: What resources are available to help me protect children from online danger? What information do my children need to have to be safe online? How can I be a positive influence in protecting children in their use of technology? Where can I turn if my child becomes trapped or entangled in harmful social media activities?

Michelle Busch-Upwall

I was born in Salt Lake City, Utah. In my free time you’ll find me spending time with my family, traveling, doing yoga, and running. I have a passion for animals as well as volunteer and service work. I believe in living in the moment because that teaches the value of enjoying the small things in life.

Session Insight

This session addresses the two faces of technology: one side displays what is good while the other shows the dark side. This includes social networks, photo sharing, apps, and the variety of ways people communicate with friends, family, and sometimes online predators. Come ready to think about how technology has changed over time—from how today’s parents grew up back then versus how today’s teens are growing up. Learn how to drive safely on the internet highway.

Michelle Busch-Upwall is an Internet Crimes Against Children Education Specialist at the Utah Attorney General’s Office.

Bridges, Not Barricades: Fostering Understanding and Unity in a Divisive World

In a world of increasing divisiveness and contention, some feel compelled to run into the fray while others cover their ears. However, we cannot ignore the world around us, or the needs of others. Living the gospel requires us to walk away from contempt and revenge and work toward understanding, respect, and finding common ground. Most people share deep values of fairness and compassion, even if we disagree on how to obtain them. Finding the “whys” we have in common may help us constructively discuss the “how to” solutions we disagree on. As we learn the skills of disagreeing within a context of true respect and caring, the Spirit can attend our discussions.

Questions to ponder: What challenges do I have relating to people who think, believe, or act differently than I do? If I focus on being both respectful and curious during disagreements, what could I learn? How can my family benefit from seeking out those with different beliefs or backgrounds? How do principles of counseling together work to create goodwill?

Liz Darger

I was raised in Boise, Idaho. In my free time you’ll find me working on my dissertation, cheering on a niece or nephew, or playing pickleball with friends. All these things are even better if I’m doing them in Bear Lake.

Session Insight

As disciples of Jesus Christ, it is our covenant responsibility to have our “hearts knit together in unity and in love one towards another” (Mosiah 18:21). Through powerful experiences of dialoguing across difference, I have learned that as we sincerely express love and listen, we can build strong relationships of trust that yield opportunities to share our perspectives in an environment of respect. But more important, the relationships themselves change hearts—ours and theirs—and enrich all of us.
Bridging the Gap between All the Temple Offers and Our Current Understanding

Whether we live far from an operational temple, are preparing for our first temple experience, or wish we could better grasp the temple’s value and significance, a deeper understanding of temple covenants, doctrines, and promises can help us bring temple blessings closer to home. However, we are not always sure how to bridge the gap between all we hope the temple offers and where we currently are in our understanding. This session will help you discover your own process for learning, pondering, and discovery that may deepen your understanding of eternal truths found in the temple and access the promised blessings.

Questions to ponder: What is the reason prophets have said I should look to “the temple of the Lord as the great symbol of [my] membership” (President Howard W. Hunter)? What principle taught in the temple, temple experience, or story has blessed my life? What principles taught in the temple do I need to make time to study more deeply? What keeps me away from the temple? What do I hope consistent temple worship could do for me in a concrete way?

By Study and By Faith: Simple Strategies for Expanded Gospel Insights

The Lord commands us to actively “seek learning even by study and also by faith” (D&C 109:7). President Russell M. Nelson taught us that “the Lord loves effort,” so how do we prioritize feasting upon eternal truths in a chaotic world? We can find the answers to our deepest questions as we seek to “hear Him” through our gospel study. Discover strategies from which you can develop a personalized study approach to help you get more out of your daily scripture reading.

Questions to ponder: How am I hearing Him in my life through scripture study? Where can I find practical helps for studying the gospel? What can I do to be more patient to let the Spirit guide my study? What energy and time am I putting towards receiving spiritual light and knowledge? How am I balancing the sacred and the secular in my life?

Session Insight

In his first message to members of the Church, broadcast from the Salt Lake Temple, President Nelson said, “As a new Presidency, we want to begin with the end in mind. For this reason, we’re speaking to you today from a temple. The end for which each of us strives is to be endowed with power in a house of the Lord, sealed as families, faithful to covenants made in a temple that qualify us for the greatest gift of God—that of eternal life.” The centrality and importance of the ordinances and covenants of the temple are sometimes difficult to comprehend and remember in the midst of the many distractions of daily life. Our service in the temple has afforded us occasional glimpses into the significance of the temple, and those glimpses have had a profound impact on who we are and who we can become.
Connection: The Antidote to Loneliness

Elder Dieter F. Uchtdorf said, “Wherever you are, whatever your circumstances may be, you are not forgotten. No matter how dark your days may seem, no matter how insignificant you may feel, no matter how overshadowed you think you may be, your Heavenly Father has not forgotten you. In fact, He loves you with an infinite love.” As we reach out to one another and recognize and respond compassionately to the signs of loneliness in others it can help relieve their burden and ours. This session will cover how to foster connections in our relationships at home, at work, in our communities, and at church to help relieve loneliness. Also included will be ideas for connecting to the source of living water that will bring true peace and comfort.

Questions to ponder: What is the difference between being alone and experiencing loneliness? What are the outward clues that I or someone else may be lonely or hurting inside? How can I recognize the signs of loneliness? How do I know when to seek support from a qualified mental health professional? In what ways might technology isolate me rather than bringing me closer to others?

Chelom Leavitt

I was born and raised in Yakima, Washington, in the middle of apple and cherry orchards. In my free time you will find me cooking some new dish with my kids or walking to burn off the calories of some new dish.

Session Insight

“Sexual intimacy in marriage can create a strengthening bond between husband and wife and has the power to deepen a couple’s understanding and love of each other. Sadly, many people may have some negative attitudes toward sex or don’t know how to talk openly about sex with their partner. Using a gospel perspective, couples can learn to develop a positive attitude toward sex and recognize the beautiful power that sex is intended to be within a loving marriage.

Chelom Leavitt has a PhD and master’s degree in marriage, family, and human development. She is an assistant professor at BYU and studies healthy sexuality in committed relationships.
Cultivating a Deeper Faith in Jesus Christ

“By faith we understand the word and work of God” (Hebrews 11 introduction), but we often ask ourselves, what does that faith look like? We wonder how we should feel or how to help it grow. We know that faith begins with hope and belief, as even a small mustard seed that can transform our desires to believe into actions that bring additional light and truth. When we increase our faith in Jesus Christ but a small portion, our lives and those around us are blessed.

Questions to ponder: What does it mean to me to have faith in promised blessings? How do I know if my faith in Christ is strengthening? Do I only know about the Savior, or am I increasingly coming to know Him? How do I demonstrate my faith in the Savior? How does my faith in Jesus Christ bless my life and the lives of others?

Ears to Hear the Lord’s Questions

“What think ye of Christ?” (Matthew 22:42). “Lovest thou me?” (John 21:15). “Why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye?” (Matthew 7:3). These are just a few of the questions that the Lord asked His followers in ancient times. This session will explore these and other questions, and how they are equally relevant for us today as modern disciples of Jesus Christ.

Questions to ponder: How can becoming familiar with the scriptures, and the words of the prophets, help me determine what the Lord is asking me? What is it that Christ is inviting me to do? What do I need to change in my life in order to positively respond to the Lord’s invitations?

Carl Hernandez
I was born in Fresno, California, and raised in the small farming community of Tulare—both areas are located in the agriculturally rich San Joaquin Valley. In my free time, you’ll find me working in our yard pruning grape vines or fruit trees, creating or preserving woodworks, or casting my line into some of the world’s best fishing waters.

Session Insight
Laboring in the fields, orchards, and vineyards of my youth has served to bring scriptural metaphors alive for me throughout my life. Cultivating, nourishing, and growing our faith in our Heavenly Father and in His Son Jesus Christ will allow us to center our lives in our Savior’s Atonement, which will in turn give us the hope that we, and those we love, will partake of the fruit of eternal life, which is the most precious of all of our Heavenly Father’s gifts.

Brittany Beattie
I was born and raised in Utah! In my free time, I enjoy spending time with family and friends, participating in temple and family history service, and creating new adventures. I love playing games and sports, enjoying God’s creations in nature, making art, and studying the gospel.

Session Insight
I have learned that the questions the Lord asks us often give us opportunities to evaluate our heart, knowledge, faith, and conversion. I am grateful that divine questions invite revelation, learning, and inspired growth when we have ears to hear and willing hearts to respond. I believe that because of Christ’s love for us, His questions to us can help us progress from any starting point—no matter where we are.
Esperanza: A Perfect Brightness of Hope

Everyone has deeply personal hopes in their lives: hope for better relationships with family, hope for a marriage to improve, hope for a family member, hope for a child, hope for a job, hope for an addiction to be conquered, hope for an opportunity to improve themselves or their lives. As this hope flickers into life, sometimes against insurmountable odds, it can become a steppingstone to faith, action, and finding strength through Jesus Christ. When we nurture hope, powerful things can happen. Understanding hope and the role it plays in our personal development can help us find joy.

Questions to ponder: How can hope help me find joy in the everyday moments of life? In what ways can I learn to nurture the nascent hope that speaks to my heart? What are small steps I can take, acting on my hope, that will begin the process of turning more fully to the Savior?

Eric Richards
I am from San Diego, California. I love pickleball and eating chocolate. Every day.

Session Insight
Fear, worry, and anxiety can creep into our minds. And yet the scriptures are full of tips on how to combat negative thinking and to better obey the Savior’s command to “fear not.” The doctrine of hope is truly an anchor for the soul!

Growing through Grief and Loss

While we know that grief, sorrow, and loss are an important part of mortality, because these feelings are so personal they can be difficult to understand and process. We may wonder if our feelings are valid and if life will ever go on in a new, normal way. This session is intended to provide solace and hope for sisters in any circumstance of grief and loss and to encourage them to keep going and keep seeking for the hope and peace that is promised through Jesus Christ because of His Atonement. We will discuss the real and valid feelings that accompany grief and loss and how to work through the cycle of grief and ultimately find hope, healing, and peace.

Questions to ponder: What can I learn from grief and loss? How can I find peace when my heart is hurting so much? When might I need to seek help from a qualified mental health professional to help me process my grief? How can I deal with loss, grief, and challenges with an eternal perspective?

Melissa Dalton-Bradford
I was born near a wheat field in Kansas and was raised in the US Midwest (Indiana), Deep South (Alabama), Wild West (Utah), and Austria. In my free time you’ll find me hiking through the deep German forests just outside my door, volunteering with refugees, reading from the several stacks of books stationed strategically around our home, and writing articles, poetry, and books.

Session Insight
“Resurrection,” someone once wrote, “is for both sides of the tomb.” This has been my lived experience after burying my eldest child who drowned and battling up from the valley of death and out of the grave of heartache. I hope to share with our Women’s Conference community that while even the joy of the gospel does not silence sorrow, there exists the miraculous possibility that with God’s grace guiding our agency, even unbearable grief can invite growth, and that loss can beget life.
Happiness: More Than Not Miserable

Life is full of a myriad of experiences that take us through a spectrum of emotions. In the scriptures we read the promise that we are on this journey “that [we] might have joy” (2 Nephi 2:25). Sometimes we think of happiness as a life void of difficulties, but we must remember that challenges are part of our growth process during our mortal experience. As we keep an eternal perspective about life, happiness becomes a skill that we can learn and practice, both in good times and when we are going through trials or situations out of our control. Come learn strategies for cultivating happiness in your day-to-day life.

Questions to ponder: What might help me anchor my joy/happiness in Christ? Why do I sometimes feel unhappy even when I am striving to live the gospel of Jesus Christ? How can I feel happiness during challenges and trials? What are some things I can do to cultivate happiness in my own life and help others to do so as well? How can I keep a gospel perspective as I go through life’s experiences?

Neill Marriott
I was born and raised in Alexandria, Louisiana, a small town in the Deep South of the United States. In my spare time you’ll find me peering out the back window of our little farmhouse in Wallsburg, Utah, looking at cranes, bald eagles, great horned owls, or our old fat horses munching grass in the pasture.

Session Insight
This talk’s subject of lasting happiness is actually serious business. Heavenly Father wants us to be truly happy, and we can be. All of us. It requires mental and spiritual work.

David Marriott
I was born and raised in Washington, DC. In my free time you’ll find me atop my tractor looking for a place to dig a hole or at my desk deciphering, typing, and compiling recorded interviews with old relatives.

Session Insight
I believe our personal level of happiness mostly depends on trusting the source of all good and all happiness, our Savior, then holding on to His promises when times get tough—which they inevitably will!

Healing the Brokenhearted: Feeling God’s Love after Experiencing Abuse

Abuse can leave us wondering: If God loves me, why did this happen? We may think, if He allowed this to happen, He must not love me, I must not be worthy of love, I deserved this. As promised from our loving Heavenly Father, these times of pain need not last forever. We can find healing through God’s love and promises. How can our trust and faith in God bring light to our most dark and trying experiences? This session will address strategies for seeking professional help and finding healing as we turn to the Lord.

Questions to ponder: How do I feel the healing balm of the Savior, the warmth of His embrace, and His strengthening hand as I move forward with faith? How does an understanding of my inherent worth as a daughter of Heavenly Father strengthen me in the face of abuse and trial? How can I seek strength through Jesus Christ to help ourselves and others feel whole after trials? What does progress look like for me as I take time to work through pain, loss, anger, and the process of forgiveness?

Jennie Bingham
I was born in Idaho, moved to Michigan when I was seven, and then moved to Connecticut in high school. I am a New Englander who loves the mountains and misses the Great Lakes. In my free time you’ll find me either delightfully lost in a TV series or movie, kayaking, off-roading, talking with family and friends, or enjoying a good meal (lately by doing my best to single-handedly keep local food-delivery drivers employed—thanks, pandemic). I also enjoy engaging with social and systemic issues and learning to amplify and advocate wherever I can.

Session Insight
Trying to heal from the impact of abuse and learning to feel close to Deity (or to feel at all) in the wake of dehumanizing experiences can be a very personal, painful, and overwhelming journey. I have come to believe that the Savior—a “man of sorrows, and acquainted with grief” who was “despised and rejected” (Isaiah 53:3)—is a God who understands trauma. I believe that He willingly weeps with us in those dark places, even when we cannot feel. In my work as a psychologist I have seen that healing is possible. The Savior’s “grace is sufficient” (Ether 12:27) to strengthen and sustain us while we wait for His Atonement to make restitution to us for all we have lost.

Jennie Bingham has a PhD in counseling psychology and is a licensed psychologist and certified group psychotherapist.
Increasing Our Spiritual Capacity to Recognize and Receive Revelation

President Russell M. Nelson has invited, “I plead with you to increase your spiritual capacity to receive revelation.” What can we do to respond to this plea from our prophet? This session will focus on how we can recognize inspiration, ways to seek and act on revelation, possible barriers and distractions that get in our way and slow our progress in these efforts, and the many blessings that can be realized as we increase our spiritual capacity. We will also consider President Nelson’s lifelong example of seeking revelation and the way the Lord is directing His Church to invite us to live in a higher and holier way of discipleship.

Questions to ponder: How do I hear Him? What does revelation look like or feel like to me? How can I increase my spiritual capacity to receive revelation? What helps me to recognize God’s hand in my life?

Tracy Browning
I was born in New Rochelle, New York, but was raised on the island of Jamaica in the West Indies. In my free time you’ll find me reading, writing, cooking, and traveling with my family, especially to Jamaica.

Session Insight
I feel such confidence in my relationship with Heavenly Father and my Savior Jesus Christ when I come to know that “His promises are sure.” I have come to feel secure in the knowledge that as I work to live and honor my covenants, and to deepen my connection to God and to His children, that I will be supported in the personal needs of my life.

Lift Up Your Voice: Encouraging Women to Speak Out and Speak Up

President Russell M. Nelson has pled with women to take their “rightful and needful place” in their homes, communities, and in the kingdom of God and to share their impressions, insights, and inspiration with others. Women have unique insights but too frequently fail to share those insights with others. We will identify obstacles that can keep women from speaking out and tools that women can use to be more confident and effective in expressing their thoughts and opinions. We will also discuss how to encourage women of all ages to speak out and speak up and how to voice their thoughts and opinions with confidence and civility.

Questions to ponder: What makes me hesitant to speak out? When are the times that it is easier for me to voice my opinions and concerns? How have I seen men create a positive environment that is supportive of women’s voices? What can I do to be more confident in sharing my voice?

Ally Isom
I was born in Blackfoot, Idaho. I moved thirteen times, being raised in Idaho, Utah, and Arizona. In my free time, you’ll find me relishing historical fiction or biographies, preferably on a beach; writing in a leather-bound notebook with a really smooth pen, preferably in the mountains; or enjoying mole poblano, pretty much anywhere.

Session Insight
As disciples of Jesus Christ, we are called to be witnesses—of God’s truths and God’s love. We are also called to use our gifts, and those gifts include our impressions, insights, and inspiration. As we share those gifts, as we see others through God’s eyes, we will shape both the substance and outcome of interpersonal conversations and public dialogue.
Making Choices and Moving Forward with Faith in Christ

Young adulthood is full of new experiences and an onslaught of life-changing decisions. It’s no surprise that many young adults feel immense pressure during this time; some even become paralyzed with fear of making a wrong decision. “We all want to experience the best things and reach for the best options in any aspect of life,” Elder D. Todd Christofferson reminds us. “But unless you make a choice and commit to a certain direction, your life will be pretty erratic, and in the end, you will in fact miss out on most of the very best things.” Elder David A. Bednar teaches us, “In many of the uncertainties and challenges we encounter in our lives, God requires us to do our best, to act and not be acted upon, and to trust in Him.” We will focus on ways we can gain more confidence to make wise decisions, learn from failure, and move forward with faith and trust in Christ.

Questions to ponder: When I have more than one good option, how do I know what to choose? Where do I look for guidance? What can I learn from the scriptures about making decisions? What things invite the guidance of the Spirit more fully into my life? How does God communicate with me?

Rhea Maynes
I was born and raised in Orlando, Florida. In my free time, you’ll find me supporting causes close to my heart and going for neighborhood walks with my dog and toddler.

Session Insight
No matter where we’re from, many of us find times when we become paralyzed with the fear of making a wrong decision. When we trust in Him and believe in ourselves, we can move forward with faith as an agent for good in our life and the lives of those around us.

Mental Health Strategies for a Happier Life: A Personalized Toolkit

Life challenges exacerbate even small personal challenges, increasing uncertainty, isolation, and stress while potentially diminishing access to our usual coping skills and resources. Being stuck in negative emotions can leave us feeling out of control, hopeless, resentful, or rejected. Discover simple but proven strategies that can help us move through hard feelings more quickly or experience them less often.

Approaching mental health from a broad perspective that includes physical, social, intellectual, emotional, and spiritual dimensions can help us create a personalized toolkit. This may help to foster feelings of strength and hopefulness and increase creativity, courage, and connection, decrease unnecessary demands or self-expectations, increase skills and resources, and move forward toward greater resilience, gratitude, and delight.

Questions to ponder: What small, simple things have I discovered that help me feel hopeful or optimistic? What have I done in the past to help myself feel less lonely or isolated? What else could I try? How can I develop more of a “growth” than a “fixed” mindset in the face of uncertainty, setbacks, or adversity? How do I know when I need help from a qualified mental health professional?

David Morgan
I was born in Utah while my parents were BYU students. I was raised in California. In my free time, you’ll find me listening to 80s music, watching Seinfeld reruns, or going on a date with my amazing wife. When I have even more free time, I love to visit family and go to Disneyland.

Session Insight
Mental health challenges have become more and more significant in the recent past. I believe the Lord has prepared us for these circumstances. I know that the gospel of Jesus Christ, combined with revealed information regarding mental health, is sufficient to help us successfully navigate and overcome mental health challenges.

David Morgan has a PhD in counseling and is a licensed psychologist.
Navigating Marital Differences in the Lord’s Way

Husbands and wives are indeed different, by divine design. “But being different doesn’t necessarily mean that one person is right and the other is wrong—or that one way is better than another” (Elder Robert E. Wells). We should recognize and appreciate the harmony of our differences instead of comparing and allowing them to cause conflict and misunderstanding. Learn what to do when these situations of anger or frustration arise, including strategies to communicate more effectively with your spouse, and how the Savior heals wounds in your relationship. We will explore how fostering the qualities of kindness, thoughtfulness, appreciation, partnership, and loyalty can help us value and appreciate each other.

Questions to ponder: What could I do to better communicate that I’m really listening and wanting to understand my spouse—even when emotions arise? How could I help my spouse know what helps me feel heard and understood? What helps me practice not getting offended or defensive? What have I learned from the scriptures or from my life about resolving conflicts? What can I learn from the Savior’s example of communication in the scriptures?

Session Insight

A marriage relationship is so much more than just lovers and friends. We are in this for the long haul, even eternity, and that perspective changes everything. Our marriage is a partnership where we are both responsible to work hard, forgive readily and easily, and try our best to love as our Savior loves.

Tom Mullen

I was born in Borger, Texas, a small town in the panhandle. I was raised in Idaho Falls, Idaho. In my free time you’ll find me on an adventure with my family, at the beach, in the mountains, on a bike, watching or playing sports, enjoying a movie, or following Nephi’s journey. (Of course, sometimes I wonder if I even have any free time.)

Session Insight

Susie and I came from very different backgrounds. I was raised in Idaho; on the other hand, Susie’s home was literally on a Southern California beach. At the same time I was leaving to serve a mission, Susie was leaving to perform with the Ringling Brothers Circus. My parents joined the Church when I was a young boy. Susie joined the Church at age twenty-five. I am primarily an extrovert and Susie is primarily an introvert. We have learned that great relationships are like great orchestras: learning to blend rather than contend makes for beautiful music and rewarding relationships.
Not Getting Overwhelmed in the Trenches of Motherhood (and IT IS Overwhelming)

Motherhood is certainly a high and noble calling, and the greatest rewards match that description. But the day-to-day reality is it is hard, exhausting, sometimes discouraging, and even at times heartbreaking. Other days it can be beyond happy, peaceful, fulfilling, and oh so sweet and gratifying. These feelings are natural parts of motherhood, no matter the age of your children. This session will offer encouragement for the hard days and hope for happier days. We will emphasize how to find balance and simplify when possible and focusing on joy instead of pressuring ourselves to measure up and be the perfect mother in the perfect home. There is no one-size-fits-all for motherhood, but Elder Jeffrey R. Holland’s encouraging statement does apply to all: “Be peaceful. Believe in God and yourself. You are doing better than you think you are.”

Questions to ponder: How can I put the hard days of raising my children into proper perspective? How can I put less pressure on myself, create more joy in our home, and enjoy my family more? If parenting singly, what ways can I rely on the Lord to help me co-parent?

Opening Doors for Education: BYU-Pathway Blessing Women around the World

President Russell M. Nelson has taught, “Education is a religious responsibility.” Formal education may be difficult due to finances, time, family responsibilities, stage of life, or distance to a physical campus. There are many ways to fulfill the admonition to seek education even when life presents many challenges. This session will highlight women across the global Church who are pursuing their education despite remarkable odds. Opportunities through the Church Educational System, particularly the BYU-Pathway program, will be discussed.

Questions to ponder: Is now a time for me to seek more education? What is keeping me from attending school now? How would my life and my family be blessed if I received more education?

Samantha Dos Santos

I was born in Americana, Brazil. I have lived all over Brazil, but my youth time was spent in São Paulo city, so that is home. I like to travel, spend time with my family, serve others, and study the scriptures. Traveling brings me new discoveries. Hanging out with family and friends brings me joy. Serving people brings me happiness. Studying the scriptures brings me light in my soul.

Session Insight

My first thought about my topic was: Why me? I think that they made a mistake. Later, I realized how blessed I am to have an opportunity to write about “Not Getting Overwhelmed in the Trenches of Motherhood.” How inspired were the people that chose me, because it is the perfect time for me to ponder about my pregnancy and the baby growing inside of me, and how I can increase my spirituality by being a stepmom of six kids and a new mom in a few months.

Clark G. Gilbert

I was born in Oakland, California, and grew up in Phoenix, Arizona. In my free time you’ll find me at an activity with my children. Christine and I have eight children, and they are active, engaged, and one of the delights of our lives.

Session Insight

I’ve seen the power of education in the lives of people all across the world. Not only does it change the trajectory of personal self-reliance, but education also builds spiritual and personal confidence in ways that allow people to serve in the Church and build stronger families no matter their circumstances.
Preparing Children and Youth to Join the Lord’s Battalion as Full-Time Missionaries

During the COVID-19 pandemic, the home became the missionary training center. This provided families a new and expanded opportunity to be part of missionary preparation and missionary life. Although spiritual preparation and developing a testimony is very important, a person must also be prepared financially, emotionally, socially, and physically. This session is designed to provide parents and families with the tools and resources they can use to prepare for missionary service. Part of that preparation is learning how to be resilient when the mission experience is not what they expected it to be or if they return early. We will talk about strategies parents or loved ones can use to help the missionary see unexpected obstacles in their missionary service as a growth experience.

Questions to ponder: Where are the opportunities to incorporate the missionary preparation guidelines into family gospel study? How can the Children and Youth program be used to help prepare for missionary service? In what ways can I teach principles of spiritual, social, physical, and intellectual resilience and adaptability at home?

Preparing Children to Live in a World of Wondrous Diversity

Today’s children are growing up in a world of wondrous diversity in which the skills of curiosity, respect, and civility are more important than ever. Even members of the same family can differ dramatically, giving us countless opportunities to practice these skills. Creating belonging for all kinds of people and teaching children to do the same will help prepare them for friendship, family life, missionary work, and all aspects of Church service. Both how we talk to children and how we talk around children about complex issues can shape how they think and behave. When we model examining our own hearts for evidence of prejudice or mistreatment of others, engage in respectful dialogue when we differ, and apologize and forgive generously, we help prepare children to live in a world of wondrous diversity.

Questions to ponder: What basic principles or skills would help prepare children to be good global citizens, advocates for morality, and effective missionaries throughout the world? What opportunities might I have in the coming days to experience diversity or discuss diversity with children? How can I teach a culture of belonging and acceptance to children? What could I do to expand children’s exposure to and respect for people of different backgrounds and beliefs?

Paige Holland
I was born in Salt Lake City and raised in Provo, Utah. In my free time you’ll find me spending time with my husband and children, who are my best friends. We love to hike, play tennis, do board games and puzzles, explore new places, and eat! When I have a rare spare second just for myself, I love to walk, read, and listen to podcasts about gospel topics.

Session Insight
I have a testimony that missionary work is the greatest, most important work on the earth today, as President Nelson has repeatedly said. The youth of the Church are truly remarkable and so inspiring as they prepare and then serve their missions with such faith and a spirit of consecration.

Andrew Dadson
I was born and raised in Cape Coast, Ghana in West Africa. In my free time I like to learn new things, play golf, cycle, and generally enjoy the outdoors.

Session Insight
The phrase “all are alike unto God” is found in the Book of Mormon and resonates with me (2 Nephi 26:33). God’s children are everywhere—scattered across the various continents. They come with different backgrounds, cultures, experiences, and personalities. I know that to God, we are all alike. He loves us unconditionally and wants us to return and live with Him.

Milli Dadson
I was born and raised in Accra, the capital city of Ghana. In my free time I enjoy spending time with family and friends, cooking, and playing games. I love to read and learn about histories and cultures of the world. I also do volunteer work with an organization that helps children with disabilities in Ghana.

Session Insight
I have a strong testimony that every person on this earth is a child of God. He made us all the same in some ways and different in some ways. I testify that teaching our children from a tender age about our differences and how to embrace them and one another, like the Savior Jesus Christ did, will bring about mighty miracles in our world.
Promised Blessings of Covenant Keeping

Covenant making and keeping is a hallmark of God’s people. Sister Linda K. Burton shared, “Making and keeping our covenants is an expression of our commitment to become like the Savior.” We increase in spiritual power with each covenant we make with God. The better we understand the two-way promises of covenants, the better we will be able to honor the covenants we have made. Keeping our covenants can let God prevail in our lives and open the heavens on our behalf and for those we love.

Questions to ponder: How can covenant keeping help me to keep the Spirit with me always? How can I draw upon God’s power through keeping my covenants? In what ways can a focus on my portion of the covenant and God’s promises sustain me? How can a study of covenants keep me on the covenant path? The Lord is bound when I do what He says (D&C 82:10). When have I recognized the blessings of obedience?

Michalyn Steele

I was born in western New York and spent my childhood in New York on the Cattaraugus Indian Reservation of the Seneca Nation. Our family moved to Utah when I was twelve so my mother could attend BYU Law School. In my free time you’ll find me talking with friends, walking, watching a British mystery series, or doing a crossword puzzle.

Session Insight

Our Heavenly Parents are eager to have Their children bound, or sealed, to Them forever. Covenants are a means for binding us to our Heavenly Father, or tying us to Him, through the Atonement of Jesus Christ. These are bonds of perfect love and charity. In inviting us into a covenant relationship with Him, our Heavenly Father is seeking to draw us to Him and tie us to Him to experience a fullness of joy and live the higher laws that enable that joy.

Prophetic Invitations and Promised Blessings

In this very uncertain time in which we live, we are blessed to have the certain, clear voice of prophets and apostles speaking to us “in the name of the Lord and in divine plainness” (Elder Dieter F. Uchtdorf). Through His prophets, the Lord has prepared us for these times, and He will continue to prepare us, individually and as a Church, for what lies ahead. We will reflect on the inspired invitations and consider the promises and blessings that have accompanied recent prophetic counsel. These promises include, among other things, “an added blessing of safety and peace”—two things that are so needed in our lives today (Elder Neil L. Andersen).

Questions to ponder: How do I see the Lord guiding His Church through His prophets? How have I been protected and blessed by following the prophets? What recent prophetic invitations and promises have been given? What are themes that I see in recent prophetic invitations?

Barbara Morgan Gardner

I was born in Salem, Oregon. In my free time you’ll find me swimming with my husband and girls in whatever body of water is closest. When my fingers get too pruny from swimming, you’ll see me dry them off on a solid, good-smelling doctrinal book. (The cover does matter.)

Session Insight

Clearly the Lord is speaking today through His prophets and apostles. He desires to bless His daughters and has extended invitations and promised blessings and privileges that reach beyond our imagination. From the gathering of Israel to hearing His voice, from priesthood power to gratitude, the Lord, through His leaders, is inviting us to fulfill the measure of our creation and help bring in the Second Coming of Jesus Christ. This is such an exciting time!
Relationships with Loved Ones during Faith Transitions

When someone we love no longer shares our same beliefs, it may dislodge our footing and make us uncomfortable. We may wonder what more we could do (or could have done) to strengthen others on the covenant path. Loving those who have different beliefs does not undermine our own personal faith; instead, it can teach us to love as the Savior loved and to make room for everyone at our table. Loving those going through faith transitions can bring up questions, cause deep concern or pain, and instigate a time of personal reflection. When we incorporate gospel principles in our lives and treat others with Christlike love and respect, we are able to cultivate an environment of love, empathy, and kindness. We will talk about the connection between loving others and respecting their agency, and what we learn from the Savior’s example that can help us as we navigate renegotiating our relationships and interactions.

Questions to ponder: Am I willing to trust the Lord and His timing for those that I love? What are some strategies to keep myself anchored in the gospel when loved ones no longer share my core beliefs and values? How do I respect the agency of another while honoring my personal faith? How can I show love and empathy for those who are choosing a different path? How can I stay strong in the gospel and still be kind and inclusive to those who leave?

Supporting Loved Ones Who Have Mental Illness

Taking care of our mental health is as important as our physical and spiritual health—and doing so can help us find greater peace and faith. It can be difficult to know how to help loved ones who suffer with mental illness. Although the causes of mental illness are complex, the ability to get help should not be. By learning to identify when to seek help and how to support and minister to others as they seek help, we can destigmatize mental illness, make wellness a priority, and help strengthen our relationship to the Savior. This session will highlight tools and resources available to help us help those we love who have mental health concerns.

Questions to ponder: Once I learn to recognize anxiety or depression as more than just stress or sadness, how can I determine when I need to seek help from a qualified mental health professional for my loved one? How can I destigmatize mental health issues and recognize the very real effects of the mental health challenges that my loved one may be struggling with? Where can I find peace and even joy while learning to help a loved one receive help for mental health challenges?

Wendy Ulrich

I was born in Utah and raised in California. In my free time you’ll find me walking near the mountains or on a beach, often while talking to someone I love.

Session Insight

Even though I no longer practice as a psychologist, I receive requests weekly from people seeking guidance for a family member struggling with mental illness. I am so touched by the concern and love people feel for those dealing with these debilitating challenges. Even though each situation is different, there are some guidelines that can help.

Wendy Ulrich, PhD, MBA, has been a psychologist in private practice, president of the Association of Mormon Counselors and Psychotherapists, and a visiting professor at Brigham Young University-Provo.
The Abrahamic Covenant and Me: Seeking Understanding

We are each heirs to the blessings of the Abrahamic covenant. Being part of the Abrahamic covenant also carries important obligations. Fulfilling our covenant responsibilities and accessing the promised blessings requires us to understand this covenant on a personal level. Join us for an in-depth discussion about the Abrahamic covenant, its importance, its connection to events such as the coming forth of the Book of Mormon, the restoration of the gospel, the gathering of Israel, and its application to each of us.

Questions to ponder: What is the Abrahamic covenant? What blessings and responsibilities flow from the Abrahamic covenant? What responsibilities, promises, and blessings does my patriarchal blessing suggest I have within the Abrahamic covenant? What is the connection between the Abrahamic covenant, the coming forth of the Book of Mormon, the restoration of the gospel, and the gathering of Israel?

Gaye Strathearn
I was born and raised in Redcliffe, Australia. In my free time, when the weather’s good, you’ll find me pottering around in the garden. In winter you’ll find me watching Australia play cricket. I also love hanging out with friends.

Session Insight
I love to learn about how the ancients understood and experienced their covenants. Learning from them helps to deepen my understanding of the covenants that I have made and then regularly renew at the sacramental table and in the temple.

The Path Unexpected: Managing the Unpredictability of Life

This last year was filled with challenges and opportunities that we could have never expected. What we saw as “normal” life was upended in the blink of an eye. Such changes, whether planned or unplanned, can find us exhilarated, debilitated, or somewhere in between. Embracing the unknown with faith-filled flexibility and hopeful adaptability can provide stability in an ever-changing life. This session will focus on how we can develop skills to deal with uncertainty and change, to use our faith to override our fears, and reorient our perspectives to not simply endure a situation, but to enjoy the life we have been given.

Questions to ponder: What has personal growth looked like for me in times of uncertainty? What are the tools I can use to remain hopeful and focused on eternal principles? What are some strategies to create a clearer vision of my challenges and grow through tribulation? When I resist the human tendency to fear and doubt, but deliberately choose joy, optimism, and faith, and have a cheerful outlook, what blessings do I begin to recognize in my life?

Angela Ahn
I was born in Hawaii and raised in Southern California. Lest you think I’m solar powered, I served a mission in rainy Seattle and now live in snowy Utah! In my free time, you’ll find me eating intense-tasting foods, matchmaking eager or unsuspecting friends, and discussing faith, current events, and absolute fluff.

Session Insight
It seems that no one has been immune to the unpredictability of life, especially in the past year. I’m right in the trenches with you, navigating the unknown with imperfect faith and relying solely on the merits of Christ to save me. Please join me as I share some ideas that have helped me to not only survive, but to also find joy.
The Quest for Obtaining and Sharing Spiritual Gifts

President Russell M. Nelson stated, “My dear sisters, you have special spiritual gifts and propensities. Tonight I urge you, with all the hope of my heart, to pray to understand your spiritual gifts—to cultivate, use, and expand them, even more than you ever have.” Identifying and then developing these gifts and understanding the Lord’s purpose in giving them to us is a process. With personal revelation and our patriarchal blessing as our guides, we can learn how to use these gifts to build the kingdom and become who we are meant to be.

Questions to ponder: How do I come to understand which spiritual gifts I have been given? What is the process I can use to seek certain spiritual gifts? How do I know which gift I should seek and develop? How can my patriarchal blessing help me identify my spiritual gifts? How does developing my spiritual gifts allow me to serve the Lord and help others?

Trust in God’s Love, Hope, and Promised Blessings for All His Children

We are daughters and sons of a loving Heavenly Father and His plan for us is perfect. As mortals, we are subject to many temptations during our sojourn here on earth. As such, some of God’s children, of our children, choose a path that may lead them away from God. Thankfully, our all-knowing Heavenly Father, through Jesus Christ, has provided a way for us to return to Him. This truth gives us hope. Our children are God’s children also, and we are not alone in caring for them. This session will talk about how we can support and bless loved ones who are using their agency to make life choices that are not aligned with the Savior’s teachings, while exercising faith and trust in Heavenly Father and His promised blessings for all His children.

Questions to ponder: How do I gain strength, hope, and healing through Christ so I can strengthen others and see and love them as He does? How can I show more love to my loved one who is making choices that I do not agree with? How can I teach important gospel truths without passing judgment? How can I access Jesus Christ’s power to heal relationships with family members and find peace? In what ways can I find strength to let go of my worry, anger, concern, and helplessness and leave it at the Savior’s feet?
Trusting Wholeheartedly in the Lord and His Timing

Trusting in the Lord may sound easy when life is going well and there are few bumps in our road. However, because challenges, adversity, and opposition are part of The Plan, knowing that Heavenly Father and the Savior know us, love us, and want what is best for us, and that we can put our trust in Them completely is essential! We may relate to what Elder Neal A. Maxwell said, “The issue for us is trusting God enough to trust also His timing.” We will discuss how we can learn to trust Him, His plan, and His timing, without holding “back a portion of our hearts from the Lord” (Elder Patrick Kearon).

Questions to ponder: How do I begin to build trust in the Lord? What can I do to not hold back, but trust in the Lord with all my heart? What is the relationship between trusting in the Lord and patience? How can I come to better understand God’s character so I can trust Him completely?

Kay Vinson

I was born and raised in Sydney, Australia. In my free time you will find me cooking, sewing, or reading.

Session Insight

I’ve always loved these verses from Proverbs 3:5–6: “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.” These words have encouraged me to seek guidance from Heaven whenever I have a problem or concern and I am unsure of the way. As I have prayed with all my heart, sometimes the answer has been received quickly and with clarity. Other times I am still unsure of what to do, but the turmoil is gone because I know I’m not alone and I feel peace and hope, knowing that I can trust the Lord. As I have done this I have found that my ability to cope has improved, even if the concern isn’t resolved immediately or at all. Turmoil is replaced with calm and even peace.

Understanding Suicide—Hope, Compassion, and Help

In a gospel rooted in the plan of happiness, clinical depression and suicidal thoughts can be extremely difficult to navigate. Desired relief may come through personal religious devotion such as prayer, scripture study, and temple attendance, and we may need assistance from qualified mental health and medical professionals. This session will provide practical tips for understanding the complexities of suicide. We will also discuss divine promises for those who trust in and lean on the strength of the Lord. Whether we are experiencing thoughts of suicide, know someone who is, have lost someone to suicide, or want to be prepared to minister to someone who may experience these thoughts in the future, hope and help are available.

Questions to ponder: How can I learn to recognize the signs of suicidal thoughts? What are the available resources to prepare me to help those struggling with suicidal thoughts? What doctrines of the gospel give hope and strength during times of discouragement and despair? When should I seek help from qualified mental health professionals for myself or someone else? How can faith in Jesus Christ and the power of His Atonement bring peace, comfort, hope, and healing to my life?

G. Sheldon Martin

I was born in Auburn, Washington, and raised in Palmdale, California. In my free time I try to laugh as much as possible. I am an admirer of great comedy and love stand-up routines. I love spending time with my wife Nicole and our five children in the various activities and events of their lives.

Session Insight

Discussing the prevention, intervention, crisis, and healing process surrounding suicide is a sacred space. No words can adequately address such a subject and be effective without the Holy Ghost. Although there are not simple solutions to complicated situations, I do believe the Prince of Peace will not only bring world peace but will also one day bring personal peace.

G. Sheldon Martin is a licensed mental health counselor. He specializes in the areas of parenting, marriage, anxiety, depression, pornography addiction, and struggling teens.
Understanding Crucial Differences between Shame and Guilt

Although we often use the words *shame* and *guilt* interchangeably, they are different. Guilt is an honest recognition that we are not living up to our own moral standards. Shame, on the other hand, is a feeling of unworthiness or even humiliation. Understanding the difference can guide us to greater compassion for ourselves and others, deeper motivation and power to improve, more ability to discern the voice of God from the voice of the adversary, and more influence in helping others. Instead of withdrawing into shame or defensiveness, how can we respond to the Lord’s gentle invitation to seek His compassionate and redemptive power?

Questions to ponder: How do I currently understand the difference between shame and guilt? How can I distinguish between perfectionism driven by shame or fear from a healthy desire to do better and be better? How do I escape the shame cycle and seek compassion, connection, and courage? What does this mean in a gospel context? What helps me recognize (and dismiss) the voice of the adversary in my mind?

Lori Ann Draper
I was born and raised in Utah. In my free time you’ll find me spending time with my family, hiking, and biking!

Session Insight
I have a testimony that the only way to truly defeat sin and overcome the “natural man/woman” in each of us is to connect and find strength in the power of the Atonement of Jesus Christ. While shame causes us to isolate and separates us from Christ’s Atonement, godly guilt leads us to repentance, continually turning us back toward Christ.

Lori Draper has a bachelor’s degree in health promotion and a master’s degree in social work, and is an LMSW.

Lori Newbold
I was born and raised in South Jordan, Utah. In my free time you’ll find me with people. I love people (especially my family) and I will often be found at Café Rio, traveling to a new place, playing a sport, singing too loud to the radio, or chasing sunshine and a beach!

Session Insight
I worked as a mental health therapist for eight years and have seen the importance of understanding the difference between guilt and shame and recognizing how they affect our relationship with Heavenly Father. I have a strong testimony of His love for ALL of His children, and I desire to be a witness of His love in helping others understand their true identity.

Lori Newbold has a bachelor’s degree in psychology and a master’s degree in mental health counseling.
Where Can I Turn for Peace? Turning Off and Tuning Out the World

In times of social and political unrest or personal upheaval, it may seem that peace is in short supply, just when it is needed most. Jesus Christ, the Prince of Peace, taught, “Let not your heart be troubled, neither let it be afraid” (John 14:27). Come learn about spiritual and practical tools that we can implement to help us let go of fear, tune out the noise and voices of the world, and find and receive that peace of which “there shall be no end” (Isaiah 9:7).

Questions to ponder: What are some ideas for being at peace in a world with so much unrest? When have I found peace during personal trials? What helped? What have I learned that helps me let go of fear? What does this verse mean to me? “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).

Ronell Hugh

I was born in Germany and spent my formative years being raised in Germany and England before moving to North Carolina when I was sixteen. In my free time you’ll find me playing games, ping-pong, and foosball, as well as watching shows and movies with my wife and kids. I enjoy coaching youth soccer and basketball, mountain biking, golfing, and reading historical fiction and nonfiction books.

Session Insight

My life’s journey has shown me that peace of mind and heart is essential in navigating life’s turbulence. That peace comes when I put my faith, trust, and hope in my Savior Jesus Christ, and by allowing His will to work in and through me to do good in this world. At my core, I know that I’m a child of God. That knowledge gives me the strength, peace, and wisdom I need to persevere and extend love to my sisters and brothers the world over.
Activar el poder trascendente de Jesucristo en nuestra vida

El presidente Russell M. Nelson declaró: “Es doctrinalmente incompleto hablar del sacrificio expiatorio del Señor con frases abreviadas, tales como ‘la Expiación’, ‘el poder habilitador de la Expiación’, ‘aplicar la Expiación’ o ‘ser fortalecidos por la Expiación’. Tales expresiones suponen un riesgo real de centrar la fe en algo equivocado al tratar el acontecimiento como si este tuviera una existencia viviente y capacidades independientes de nuestro Padre Celestial y Su Hijo Jesucristo. . . . No existe una entidad amorfa llamada ‘la Expiación’ a la que podamos acudir en busca de socorro, sanación, perdón o poder. Jesucristo es la fuente.” ¿Qué pasos podemos tomar para activar el poder completo de Jesucristo en nuestra vida? ¿De qué manera puede Él llegar a ser real y personal para cada una de nosotras? ¿Qué bendiciones en mi vida son posibles gracias al sacrificio expiatorio de Cristo?

Preguntas para reflexionar: ¿Cómo puedo entender la expiación del Salvador? ¿Qué es posible en mi vida gracias a ella? A causa de la expiación del Salvador, ¿cómo puede Él ayudarme? ¿De qué manera mejoró lo que a mí me corresponde hacer: arrepentirme? ¿Cómo puedo hacer que la Santa Cena sea un elemento más central en la forma en que vivo? ¿De qué manera cambiará eso mi adoración durante el día de reposo? ¿Qué estoy haciendo que limita el poder de Cristo en mi vida y qué debo cambiar?

Aumentar nuestra capacidad espiritual para reconocer y recibir revelación

El presidente Russell M. Nelson nos hizo esta invitación: “Les suplico que aumenten su capacidad espiritual para recibir revelación.” ¿Qué podemos hacer en respuesta a esta súplica de nuestro profeta? Esta sesión se centrará en la forma en que podemos reconocer la inspiración, en maneras de buscar revelación y actuar de conformidad con ella, en posibles barreras y distracciones que se interponen y que disminuyen nuestro progreso en esos esfuerzos, y en las muchas bendiciones que se pueden obtener a medida que aumentamos nuestra capacidad espiritual. También consideraremos el ejemplo de toda la vida del presidente Nelson de buscar revelación, así como la manera en que el Señor está dirigiendo Su Iglesia para invitarnos a vivir en una forma de discipulado más elevada y santa.

Preguntas para reflexionar: ¿Cómo escucho al Señor? ¿Cómo siento la revelación o de qué manera se me manifiesta? ¿De qué manera puedo aumentar mi capacidad espiritual para recibir revelación? ¿Qué contribuye a que yo reconozca la mano de Dios en mi vida?

Perspectiva sobre la sesión

Llegar a comprender, experimentar, sentir y activar el poder trascendente de Cristo en nuestra vida es para mí fundamental e indispensable, ya que de Él dependemos para superar o sobrellevar con un fulgor perfecto de esperanza nuestras debilidades, nuestros dolores, enfermedades e injusticias de cualquier. Cuánto más llegamos a conocerlo: mayor capacidad adquirimos para seguir Su ejemplo y vivir cada día con gozo y verdadero propósito, independiente de las circunstancias que atravesemos. Cristo es la única fuente de poder que nos habilita y nos impulsa a alcanzar nuestro destino eterno como hijos de Dios.

Fabiana Alliaud
Nací y me crie en Montevideo, Uruguay, y en mi tiempo libre me gusta pintar, hacer stained glass (vitraux en español), probar recetas de cocina nuevas, estudiar nuevos idiomas y hacer actividades al aire libre con mi familia.

Perspectiva sobre la sesión

Mayavel Amado-Pineda
Nací en la Ciudad de Guatemala y he vivido en Guatemala, México y Argentina. En mi tiempo libre disfruto de estar con mi familia, practicar el piano, escuchar música y conocer lugares. También me gusta la fotografía.

Perspectiva sobre la sesión

Me encanta la declaración del presidente Nelson: “Si algo nos enseña la experiencia trascendental que tuvo José Smith en la arboleda sagrada, es que los cielos están abiertos y que Dios habla a Sus hijos.” Esta declaración y este conocimiento son esperanzadores y deben llenar nuestras almas de gozo, paz, ánimo y consuelo.
El camino inesperado: Cómo hacer frente a la imprevisibilidad de la vida

El año pasado estuvo lleno de desafíos y oportunidades que no podíamos haber esperado. Lo que considerábamos “normal” cambió drásticamente en un abrir y cerrar de ojos. Ese tipo de cambios, sean planificados o no, pueden hallarnos entusiasmados, debilitados o en algún punto intermedio. El abrazar lo desconocido con una flexibilidad llena de fe y con una adaptabilidad llena de esperanza puede proveer estabilidad a una vida que siempre está cambiando. Esta sesión se centrará en cómo podemos desarrollar habilidades para afrontar la incertidumbre y el cambio, para hacer uso de nuestra fe a fin de vencer nuestros temores y para dar una nueva orientación a nuestra perspectiva a fin de no solamente sobrellevar una situación, sino disfrutar la vida que se nos ha dado.

Preguntas para reflexionar: ¿Cómo ha sido mi crecimiento personal en tiempos de incertidumbre? ¿Cuáles son los recursos que puedo utilizar para seguir teniendo esperanza y para centrarme en principios eternos? ¿Cuáles son algunas estrategias para crear una perspectiva más clara de mis desafíos y para crecer por medio de la tribulación? Cuando resisto la tendencia humana de temer y dudar, y por el contrario elijo conscientemente el gozo, el optimismo y la fe, así como tener una actitud alegre, ¿qué bendiciones comienzo a reconocer en mi vida?

Perspectiva sobre la sesión

El amor de nuestro Padre Celestial es real y es posible sentirlo en cada momento de nuestra vida. Este amor perfecto es aún más fuerte cuando pasamos por desafíos y momentos difíciles. No hay nada más reconfortante que saber que hay un Padre Celestial que nos ama tanto, que está dispuesto a escuchar nuestras súplicas y ayudarnos a ser muy felices a pesar de las vicisitudes de la vida.

Estrategias de salud mental para una vida más dichosa: Un juego de herramientas personalizado

Las dificultades de la vida empeoran incluso los pequeños desafíos personales, lo cual aumenta la incertidumbre, el aislamiento y el estrés, al mismo tiempo que posiblemente reduzca el acceso a los recursos y mecanismos para hacer frente a los problemas que normalmente utilizamos. El quedarnos estancados en emociones negativas puede hacer que nos sintamos fuera de control, sin esperanza, resentidos o rechazados. Descubra estrategias sencillas pero comprobadas que nos pueden ayudar a superar los malos sentimientos con mayor rapidez o a tenerlos con menor frecuencia. El abordar la salud mental desde una perspectiva amplia que comprende las dimensiones física, social, intelectual, emocional y espiritual puede contribuir a que creemos un juego de herramientas personalizado. Esto puede ayudar a promover sentimientos de fortaleza y esperanza; a aumentar la creatividad, el valor y la conexión; a disminuir las innecesarias exigencias y las expectativas que nos imponemos a nosotros mismos; a aumentar las habilidades y los recursos; y a seguir adelante hacia una mayor resiliencia, gratitud y alegría.

Preguntas para reflexionar: ¿Qué cosas pequeñas y sencillas he descubierto que contribuyen a que sienta esperanza y optimismo? ¿Qué he hecho en el pasado que me ayuda a sentirme menos solo y aislado? ¿Qué más podría intentar? ¿Cómo puedo cultivar una actitud que sea más de “crecimiento” en vez de una actitud “fija” ante la incertidumbre, los reveses o la adversidad? ¿Cómo sé que necesito la ayuda de un profesional de la salud mental cualificado?

Susana Muñoz obtuvo una licenciatura en Matrimonio, Familia y Desarrollo Humano, y una maestría en Terapia Matrimonial y Familiar; se desempeña como terapeuta matrimonial y familiar.
Puentes en vez de murallas: Fomentar comprensión y unidad en un mundo dividido

En un mundo cada vez más dividido y contencioso, algunos se sienten compelidos a participar en la pelea mientras que otros se tapan los oídos. Sin embargo, no podemos hacer caso omiso del mundo que nos rodea ni de las necesidades de los demás. Vivir el evangelio requiere que nos apartemos del vilipendio y la venganza, y que nos esforzemos por lograr la comprensión y el respeto y por encontrar lo que tenemos en común. La mayor parte de las personas tienen en común los valores profundos de la justicia y la compasión, aun cuando no estemos de acuerdo en la forma de obtenerlas. Encontrar los “porqués” que tenemos en común puede ayudarnos a conversar de forma constructiva sobre las soluciones en las que no estamos de acuerdo. A medida que aprendamos la habilidad de estar en desacuerdo dentro de un contexto de verdadero respeto e interés, el Espíritu puede estar presente en nuestras conversaciones.

Preguntas para reflexionar: ¿Qué desafíos afronto con relación a personas que piensan, creen y actúan diferente que yo? Si me concentro en ser tanto respetuoso como curioso durante los desacuerdos, ¿qué podría aprender? ¿En qué forma podría mi familia beneficiarse al buscar a los que tienen diferentes creencias o antecedentes? ¿De qué manera los principios de deliberar en consejo obran para crear buena voluntad?

Andrea Munóz Spannaus
Nací y crecí en la República Argentina. En mi tiempo libre me encanta cocinar para mi familia y amigos, viajar y aprender sobre nuevas culturas, divertirme bailando, y sentir la paz que transmite la naturaleza. Con varias amigas tenemos una cuenta en Instagram que se llama Mi Arboleda, donde compartimos con mujeres de habla hispana de todo el mundo el gozo de ser miembros de la Iglesia y extendemos una invitación a encontrar un espacio personal para recibir revelación.

Perspectiva sobre la sesión
Mi discurso es una invitación a reflexionar en nuestras actitudes frente al conflicto. Cómo puedo disentir sin enojarme; cómo puedo respetar las opiniones de los demás. Cómo puedo, no solamente sobrevivir en un mundo en constante cambio, sino influenciarlo de una manera positiva. Exploraremos algunas herramientas para aumentar nuestro entendimiento, escuchar con intención y ser más inclusivas.
¡Te espero! Nos vemos en un ratito.

Sesiones traducidas

“Preciosas y grandísimas promesas” (2 Pedro 1:3–4)

Discurso de apertura
Somos hijas amadas de padres celestiales, procreadas por Ellos como espíritus. Como somos Sus hijas, Dios desea bendecirnos con Su más rica bendición: con todo lo que Él tiene (D. y C. 88:107). Jesucristo promete “preciosas y grandísimas promesas” si lo seguimos, guardamos Sus mandamientos y vivimos de acuerdo con nuestros convenios (2 Pedro 1:3–4). El presidente Russell M. Nelson hizo la invitación: “Mientras estudiemos las Escrituras … les animo a hacer una lista de todo lo que el Señor ha prometido que hará por el Israel del convenio…. Mediten en esas promesas; hablen acerca de ellas con su familia y amigos, y luego vivan y vean que esas promesas se cumplan en su propia vida.”

Preguntas para reflexionar: Aun cuando las bendiciones prometidas no se reciban en el momento ni en la forma que espero, ¿qué me ayuda a tener confianza en que el Señor cumplirá lo que ha prometido? ¿Qué significa para mí esperar en Jehová con esperanza (Salmos 27:14)?

Sheri Dew
Nací en Ulysses, Kansas, en una granja grande de cultivo de granos. En mi tiempo libre me encontrarán haciendo cualquier cosa que tenga que ver con deportes, con estar al aire libre y con pasar tiempo con mi familia y amigos.

Perspectiva sobre la sesión
Con todo lo que afrontamos en la actualidad, el apagar las noticias y en su lugar concentrarnos en la infinidad de promesas que nuestro Padre y Su Hijo nos han hecho nos brinda confianza y motivación.

Perspectiva sobre la sesión
Mi discurso es una invitación a reflexionar en nuestras actitudes frente al conflicto. Cómo puedo disentir sin enojarme; cómo puedo respetar las opiniones de los demás. Cómo puedo, no solamente sobrevivir en un mundo en constante cambio, sino influenciarlo de una manera positiva. Exploraremos algunas herramientas para aumentar nuestro entendimiento, escuchar con intención y ser más inclusivas.
¡Te espero! Nos vemos en un ratito.
Abrir las puertas de la formación académica: BYU-Pathway bendice a mujeres de todo el mundo

El presidente Russell M. Nelson ha enseñado que “la formación académica es una responsabilidad religiosa.” La formación académica formal puede ser difícil debido a la situación financiera, el tiempo, las responsabilidades familiares, la etapa de la vida o la distancia a un campus físico. Existen muchas maneras de cumplir con la admisión de obtener una formación aun cuando la vida presente muchos desafíos. Esta sesión destacará a mujeres de la Iglesia en todo el mundo que están estudiando a pesar de grandes dificultades. Se hablará de oportunidades por medio del Sistema Educativo de la Iglesia y en específico del programa BYU-Pathway.

Preguntas para reflexionar: ¿Es ahora el momento para que yo obtenga una mayor formación académica? ¿Qué me impide estudiar en este momento? ¿De qué manera sería bendecida mi vida y mi familia si yo obtuviera una mayor formación académica?

Cultivar una fe más profunda en Jesucristo

“Por medio de la fe, entendemos la palabra y la obra de Dios” (introducción de Hebreos 11), pero a menudo nos preguntamos: ¿Cómo es ese tipo de fe? Nos preguntamos lo que debemos sentir o cómo podemos ayudar a que crezca. Sabemos que la fe comienza con esperanza y creencia, incluso como una pequeña semilla de mostaza que puede transformar nuestros deseos de creer en actos que brinden luz y verdad adicionales. Cuando aumentamos nuestra fe en Jesucristo incluso en una pequeña medida, nuestra vida y la de los que nos rodean es bendecida.

Preguntas para reflexionar: ¿Qué significa para mí tener fe en las bendiciones prometidas? ¿Cómo puedo saber si mi fe en Jesucristo se está fortaleciendo? ¿Solo sé sobre el Salvador, o estoy llegando a conocerlo cada vez más? ¿Cómo demuestro mi fe en el Salvador? ¿De qué manera mi fe en Jesucristo bendice mi vida y la de los demás?
Invitaciones proféticas y bendiciones prometidas

En estos tiempos de incertidumbre en los que vivimos, somos bendecidos por tener la voz segura y clara de profetas y apóstoles, quienes nos hablan “en el nombre del Señor y con una sencillez de origen divino” (élder Dieter F. Uchtdorf). Por medio de Sus profetas, el Señor nos ha preparado para estos tiempos y nos seguirá preparando, individualmente y como Iglesia, para lo que está por venir. Reflexionaremos sobre las invitaciones inspiradas y consideraremos las promesas y bendiciones que han acompañado a los consejos proféticos recientes. Esas promesas incluyen, entre otras, “una bendición adicional de seguridad y paz”—dos cosas que tanto necesitamos en nuestra vida en la actualidad (élder Neil L. Andersen).

Preguntas para reflexionar: ¿De qué manera veo al Señor guiar Su Iglesia por medio de Sus profetas? ¿En qué forma he sido protegido y bendecido al seguir a los profetas? ¿Qué invitaciones y promesas se han dado recientemente? ¿Qué temas veo en las invitaciones proféticas recientes?

Barbara Morgan Gardner

Nací en Salem, Oregón. En mi tiempo libre me encontrarán nadando con mi esposo y mis hijas en cualquier extensión de agua que esté cerca o leyendo un buen libro de doctrina.

Perspectiva sobre la sesión

Es evidente que el Señor está hablando hoy en día por medio de nuestros profetas y apóstoles. Él desea bendecir a Sus hijas y nos ha hecho invitaciones y ha prometido bendiciones y privilegios que van más allá de nuestra imaginación. Del recogimiento de Israel a escuchar Su voz, del poder del sacerdocio a la gratitud, el Señor, por medio de Sus líderes, nos invita a cumplir con la medida de nuestra creación y a contribuir a que tenga lugar la segunda venida de Jesucristo. ¡Estos son tiempos muy emocionantes!

Mirad a vuestros pequeñitos: Proteger a los niños y jóvenes de los peligros en línea

Internet y las aplicaciones de redes sociales pueden brindar acceso a contenido educativo, edificante y útil. Al mismo tiempo, esa tecnología también puede presentar peligros ocultos para los niños y jóvenes. El propósito de esta sesión es proporcionar sugerencias prácticas para enseñar, de una manera apropiada acorde a la edad, sobre los peligros de las redes sociales, entre ellos el acoso cibernético, el sexteo y la pornografía. Hablaremos de cómo proteger a los niños y jóvenes de los posibles “campos de minas” y las trampas que hay en línea, así como de los recursos disponibles para ayudarnos. Aprenda cómo abrir las líneas de comunicación de manera que los hijos tengan confianza de hablar con un adulto de confianza sobre aquello con lo que se topen en línea.

Preguntas para reflexionar: ¿Qué recursos están a mi alcance para ayudarme a proteger a mis hijos de los peligros que hay en línea? ¿Qué información necesitan tener mis hijos para estar seguros en línea? ¿Cómo puedo ser una influencia positiva para proteger a los niños y jóvenes en el uso de la tecnología? ¿Dónde puedo acudir si mi hijo se ve atrapado o enredado en actividades perjudiciales en las redes sociales?

Michelle Busch-Upwall

Nací en Salt Lake City, Utah. En mi tiempo libre me encontrarán pasando tiempo con mi familia, viajando, haciendo yoga y corriendo. Me apasionan los animales, así como el voluntariado y el servicio. Creo en vivir el momento porque eso enseña el valor de disfrutar de las pequeñas cosas de la vida.

Perspectiva sobre la sesión

Esta sesión aborda las dos caras de la tecnología: un lado muestra lo que es bueno mientras que el otro muestra el lado oscuro. Esto incluye las redes sociales, el intercambio de fotos, las aplicaciones y la variedad de formas en que las personas se comunican con amigos, familiares y, a veces, con depredadores en línea. Venga preparado para pensar en cómo ha cambiado la tecnología con el paso del tiempo: desde cómo crecían los padres de entonces hasta cómo crecen los jóvenes de hoy. Aprenda a conducir con seguridad en la autopista de internet.

Michelle Busch-Upwall es especialista en educación sobre delitos contra menores en internet de la Oficina del Fiscal General de Utah.
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Which programs will BYU Continuing Education hold this summer?

At the moment the answer is still, “It depends on pandemic restrictions.” We all hope that current downward trends will continue.

We are preparing to hold the following camps and programs on campus this year. We hope with you that conditions allow this to actually happen. As we know more, we will update program websites.

We hope to see you again soon!

- Musicians’ Institute June 8–12, 2021
- Musicians’ Summer Festival June 13–19, 2021
- Design Week June 14–18, 2021
- International Folk Dance June 14–16, 2021
- Especially for Youth June–August 2021
- Sketch Comedy June 20–July 3, 2021
- Contemporary Dance Intensive June 21–July 2, 2021
- Young Ambassadors I July 5–9, 2021
- Young Ambassadors II July 12–16, 2021
- Young Authors Academy July 12–17, 2021
- ReMix I July 12–17, 2021
- Books for Young Readers July 15–16, 2021
- Theatre Workshop July 19–31, 2021
- ReMix II July 19–24, 2021
- Youth Ballroom TBA
- Education Week August 16–20, 2021
- LDS Publishing & Media Association October 7–9, 2021
- LDS Life After Divorce October/Early November 2021
BYU EDUCATION WEEK
August 16–20, 2021  |  educationweek.byu.edu

HAVING OUR HEARTS KNIT TOGETHER IN UNITY AND LOVE
MOSIAH 18:21

On-campus program, if circumstances allow. Details regarding an online offering in the fall will be posted when available.

Painting by Jorge Cocco Santángelo, “Blessing the Children” © Jorge Cocco Santángelo, Courtesy Altus Fine Art, All Rights Reserved.

BYU CONTINUING EDUCATION

RELIGIOUS FREEDOM ANNUAL REVIEW
June 15-17, 2021

Online event
One hour each day
CLE credit available

RELIGIOUSFREEDOM.BYU.EDU
This summer’s lineup of authors will be music to your ears!

Featuring:
Lesa Cline-Ransome
James Ransome
Christian McKay Heidicker
Joyce Sidman
… and more!

Mark your calendar for
July 15–16, 2021
bfyr.byu.edu

BYU Musicians’ SUMMERFESTIVAL
BYU Musicians’ SummerFestival is a six-day camp for talented musicians ages 14–18. Improve your musical skills with other young musicians from across the country.
Live the college life on BYU’s campus, meet others who are passionate about music, and receive valuable instruction from world-renowned BYU music faculty.
See the Placement Info page on the website for a list of instruments.

summerfestival.byu.edu
We are hopeful that COVID-19 conditions will allow EFY to happen in person this summer.

At least, plan on a week-long EFY virtual session with live delivery, counselor-led companies, and uplifting interactions with youth from all over.

All of these programs combine the EFY atmosphere you love with an area of emphasis you get to choose!

Visit our website and Facebook page for the latest details, including adjustments for COVID-19, and plan to join us—hopefully in person and virtually!

efy.byu.edu • @efyprogram
BYU Youth Camps 2021

For the latest youth camp updates, visit our websites:

dancecamps.byu.edu

designweek.byu.edu

DANCE CAMPS

Children & Teens Creative Dance
Contemporary Dance Intensive
International Folk Dance Camp
Youth Ballroom Dance
Youth Dancesport

yase.byu.edu

remix.ce.byu.edu
Need GE Credits?
Consider FlexGE™ @BYU

FlexGE @BYU is a great way to fulfill general educational requirements, which can be transferred to educational institutions nationwide.

Almost any student can now have the opportunity to attend BYU classes and earn BYU credit, be part of a BYU student ward, and participate in the events of BYU campus life—even students who weren’t admitted to BYU.

Find out more at flexge.byu.edu

BYU CONTINUING EDUCATION

High School, Elevated
Students can now earn a high school diploma from BYU!

BYU Online High School takes learning to a new level, giving students a world-class education and the freedom to follow their own path.

Enrollment Options
Semester Enrollment, Open Enrollment, and Adult Education

Support Team
Academic advisors, teachers, TAs, tutors

Engaging Courses
Core, CTE, music, world languages, AP, and more

BYU Online High School
Come explore new paths to help your student enjoy the graduation journey.

highschool.byu.edu