



Winter/Spring 2009

Inside this Issue

1	Letter From The President
2	Aims of the Ladies' Circle Friendship = Fellowship
3	My Testimony Sisters in Service
4	25 th Anniversary Celebration Upcoming Events Recipe Corner
5	Bible Wordsearch

The Church of Jesus Christ

We pledge ourselves to read and search the Scriptures and ask God to direct and bless our Ladies' Uplift Circle in every way. We will do our duty in visiting the sick; we will neither find fault nor offend in word or deed, but will be a help to each other and help others to the best of our ability.

Penn Mid-Atlantic Ladies' Uplift Circle

Letter from the President

*Sisterly Fellowship: Never Alone!
Never Lonely!*

Dear Sisters, Young Ladies, and Friends,

Have you ever felt alone or lonely? I surely hope not. However, feeling alone or lonely could be considered a natural part of life.

Interestingly, I could ask you to turn over this page, draw a large circle on it, and step into that circle. Now, if you could make your circle bigger, couldn't more stand there with you? Recently in a sermon, a Minister referred to old Brother William Bickerton who had an experience that he was solely responsible for carrying on the Gospel at that time. I reflected on this. Praise God that Brother Will was faithful to the Lord and that we, therefore, have the Gospel today! Perhaps, Brother Will felt alone at times or perhaps Brother Will felt lonely in his service to the Lord, but thank our Maker that *"God is faithful, by whom ye were called unto the fellowship of his Son Jesus Christ our Lord."* 1 Corinthians, 1:9

While being alone and being lonely can be natural occurrences, it is my hope and prayer that in The Church of Jesus Christ and in the Ladies' Uplift Circle through Sisterly Fellowship you are never alone and you are never lonely.

As we know, our Circle's Aim #2 is "To promote a close fellowship among sisters throughout the Church by praying and sharing their problems and joys with one another." Recently our Herndon Local Circle, where I participate as a

member, held an event that also involved the Area Circle' Visiting Sisters. We held a Fall Fellowship Weekend that began in my home and culminated at our Herndon Branch following our Sunday meetings, lunch, and dessert. We were honored to have Sister Karen Progar, GLUC President, who made the long rainy journey to visit with us and who gave a stellar presentation on "Promoting the Circle."

I personally enjoyed fellowshiping with the Sisters and the young Sisters-to-be. A highlight also for me was receiving a much-needed private lesson on adding the lace to the sacrament cloths, a talent that I am trying to develop. Another memorable highlight was listening to the beautiful testimonies of the young and of the seasoned of our Herndon Local telling why they love the Circle.

One Sister spoke of how the Circle had raised funds to acquire the current Herndon building back in the '70's, facilitating the transition of meeting and fellowshiping in the homes and the Washington, D.C YMCA to the Church building. What a blessing it was to also hear a Brother share his missionary experience of how the sacrament cloths were provided by the Ladies' Uplift Circle to further the work in Rwanda and how another Brother thanked the Ladies' Uplift Circle for contributing to the translation of the Book of Mormon into other languages!

This treasured weekend brought a closeness that, with the Lord's Spirit, will prayerfully continue to grow.

What can each of us do to encircle those around us in the Circle?

- Join your Local Circle, if you are not already a member.

- Plan and participate in regularly scheduled LUC meetings and special events.
- Fast and pray, individually and collectively, for an increase in your Local Circle.
- Call or visit Sisters, young ladies, and friends throughout the week to stay in touch, to say “Hi” or “We missed you”, or to lend encouragement, making a conscious effort to communicate with everyone.
- Send frequent and uplifting cards, e-mails, and text messages to Sisters, young ladies, and friends, including those who have not yet become part of the Circle.
- Seek out “virtual” Sisters, young ladies, and friends who can participate remotely via electronic communication in your Local Circle. The Imperial Circle has several virtual members who receive the word, the lesson, and all information pertinent to stay active.
- Stay strengthened by reading the scriptures and participating in the very uplifting GLUC Blog: <http://generalladiescircle.blogspot.com/>
- Show the love of the Lord and the joy of Sisterly fellowship.

Go out of your way to make the Circle bigger so that more can step inside the perimeter. May it be spoken of us, inside and outside our Circle: ... *And they did fellowship one with another and did rejoice one with another, and did have great joy.* Helaman 6:3

In your Local Circles and throughout our Area Circle, it is my hope and prayer that we continue to think outside the circle and draw in those who fall outside our perimeter so that our Sisters, young ladies, and friends never feel alone and are never lonely. The feeling of belonging, especially to a Godly organization such as the Ladies’ Uplift Circle, is a wonderful thing!

Many blessings and much love in Christ,

Sister Connie Frankenbery



Aims of the Ladies’ Circle

1. To assist The Church of Jesus Christ in its Missionary work, especially among God’s Covenant People, the American Native and also among the Gentiles.
2. To promote a close fellowship among sisters throughout the Church by praying and sharing their problems and joys with one another.
3. To attract nonmembers of the Church.
4. To provide wholesome, beneficial study of God’s Word and opportunities for meaningful service.

FRIENDSHIP = FELLOWSHIP

By Evangelist Anthony Ricci

Are you a friend? The Dictionary describes a friend as: “a person attached to another by feelings of affection or personal regard.” What a wonderful definition. Simply put, a friend is somebody we love. You know the most interesting part of this---the definition of friend is not determined on how the other person feels, BUT on the feelings and regard you have towards that person. Wow!!

I know we say that “this” person, or “that” person is our friend because of our good relationships with them, our positive interaction, and good feeling we have when we are around them. But in actuality the ability to be a friend does not have to be reciprocal.

Our Risen Christ sets this example. In one amazing sequence He lets us know what a friend truly is. In the Gospel of Matthew—Chapter 26th--- Jesus shares the Passover Meal with His disciples and declares one will betray him, with Judas even asking—“Master is it I?” As Jesus prays in Gethsemane, He announces, “he is at hand that doth betray me.” As I read what happens next, I am amazed at the love of Jesus---Judas approaches our Lord

and gives Him the kiss of betrayal and our Jesus says, “FRIEND, wherefore art thou come?” He was then taken into custody. How is it possible, that Jesus knowing Judas’ intent, knowing what it was going to lead to, still can address him as Friend?? Can you imagine, somebody betraying you, somebody doing evil to you, AND yet address that person as a friend?? I stand in awe—of all the times I may have disappointed my Lord, all the times I may have not done what I was supposed to do---and yet HE remains my friend. Jesus counts me amongst His friends not because of me—but because of HIM!! Jesus is attached to us by feelings of affection AND personal regard!! He loves us. He thinks highly of us. He is our friend. wow, woW, wOw, and WOW!!

I believe that with this attitude, this knowledge, this practice of friendship, it leads directly to fellowship. One of my all time favorite verses, and I repeat it often, is Psalms 119:165 – “Great peace have they which love thy law: and nothing shall offend them.” Can you imagine, loving so much that you find no offence in any person. Because as Christ set the example—to be a friend is not based on the other person---it is based on you! But let’s not take my word on it—let us see what the scriptures say about this.

Jesus states in John 15, that He calls us not servants—but His friends. He explains it further by saying that a servant knows not what the master does—but a friend knows all. Jesus explains that everything His Father revealed unto Him—He has revealed unto us—therefore we are His friends. From what I can deduce from this, a friend is somebody who lets that other person “in”. I have another word for this—FELLOWSHIP!! Christ is saying—MY FATHER AND I WANT FELLOWSHIP WITH YOU. Can you imagine? The creator of everything we see and don’t see is my friend and fellowships with me!! To bring

this into my life—do be in true fellowship, do be a friend, do I not need to allow you into my life? Alma preaches so beautiful at the waters of Mormon in the 18th chapter of Mosiah—“are you willing to bear one another’s burden that they may be light. Yea, and are you willing to mourn with those who mourn, yea, and comfort those that stand in need of comfort.” Alma asked, can you be a friend? Can you offer fellowship?

You cannot separate friendship and fellowship. True friendship leads to fellowship. This is why when the Saints see each other at conferences, camp-outs, and fellowship weekends there is such a good feeling. Our fellowship is so sweet because we are friends, we our brothers and sisters, we love each other! Can you imagine if we were not friends---how miserable our gatherings would be? We share our trials, our heartaches, but PRAISE GOD we also share our miracles and our victories! Truly, as we unite in fellowship—we can do all things. Ecclesiastes 4:12 states—“And if one prevail against him, two shall withstand him, and a threefold cord is not quickly broken.” Jesus states in Matthew 18:20—“For where two or three are gathered together in my name, there am I in the midst of them.” The old saying is true---there is strength in numbers—because when we our friends, when we fellowship---“The Friend who sticketh closer than a brother” is in our midst!

My dear readers and my dear friends, is this not what The Church of Jesus Christ is about? We are the Family of God. As we are friends, we are friends with Jesus. As we are in fellowship, we are in fellowship with Christ. I leave you with these wise words from Proverbs 18:24 – “a man (or woman) that hath friends, must show themselves friendly.”

My Testimony

We are continuing to ask all Sisters to share their testimonies. We are collecting them to create a booklet to be sold as a fundraiser. Following is a form to help with this endeavor. You may submit an electronic copy to Sisters Karen Progar at kprogar@earthlink.net or Jacqui King at jacquiking1@yahoo.com or mail a copy to Sister Karen at 277 Holt Rd., Aliquippa, PA 15001-9125.

Thank you again for your support of this worthwhile project, which now also coincides with the PMA Area’s “Every Testimony Counts” efforts.

Name:
Branch:
Date of Baptism:
Tell us about the day of your baptism:
Where were you?
What touched your heart?
Who baptized you?
How old were you?
What did you feel that day?
Share anything else that you think we’d like to know
Were there any experiences had?
Favorite hymn:
Favorite Scripture:
What I love best about The Church of Jesus Christ is:
What I love best about Ladies’ Circle:

“Sisters in Service”

As I write this article the fall colors are rapidly appearing all around and we begin to see in great detail the beauty in God’s creation. In April of this year, early Spring when everything began to come to life after a long winter sleep, the Area Ladies Circle Spring Luncheon was held in Uniontown, PA. The sisters of the Vanderbilt Circle were very excited to be hosting the event and to have the opportunity to spend time with our fellow circle sisters and recount the blessings God has

provided for us through the examples set by sisters who have gone before us. We started the event with each sister in attendance receiving a bookmark with the circle pledge on it. We presented a devotion of “Sisters In Service” and mentioned many who were leaders of the circle. Sister Sadie with 37 years as Circle President and Sister Mabel with 31 years as Circle President. We mentioned Sister Arleen Whitton who served the General Circle as President for 15 years and Sister Karen Progar who is currently serving her 6th year as General Circle President. There are many sisters who stayed in the back lines and diligently worked for the church. Sister Sarah Vancik and her devotion to the *Book of Mormon Concordance* and for years she crocheted sweater sets for the Native Americans and now her daughters are picking up the efforts. See the example we set will be carried on by those behind us as it was for us. Many sisters who have supported diligently the work in Muncey with Bible School and those who have traveled to foreign lands to hold Bible School or establish a circle. We mentioned Sister Lorraine DeMercurio who served 7 years along side Brother Nephi and their sons in Nigeria. She served the sisters there in establishing circles and setting an example. She relied on God everyday to provide and He did. Now, we have to look at ourselves and ask are we serving enough? Have we neglected to take part, to hold an office, to participate on a needed committee? Have we given to the circle and the church and to God our very best? We mentioned that in our country we have two forms of military service, Reserves, (needed on weekends and special occasions) and Active Duty (fully committed to serve, support and defend). Where do you stand, are you a Reserve or an Active Duty? We ended the devotions with the Vanderbilt Circle sisters holding up our pledge bookmarkers saying “This is Our Pledge to Serve” and our youngest

circle attendee, Lannie Uzman, age 3, shouting "Let's Do It"!!! We enjoyed a wonderful lunch and fellowship together and encourage ALL when the opportunity presents itself to spend time with your sisters; make that step forward to do it. You will be blessed.

Vanderbilt Ladies Uplift Circle
President
Sister Robin Burns

25th Anniversary Celebration

We are preparing a PowerPoint for our 25th Anniversary celebration. Please send (electronically, if you can) all Local Circle memories and historical items / photos to ??? by February 1st.



Upcoming Events - 2010:

April 17 – PMA LUC Business Meeting at Monongahela Branch – time to be determined

April 28 – May 2 – GLUC Fellowship Weekend – Nashville, TN

May 11 – PMA LUC 25th Anniversary

May 22 – PMA LUC Spring Luncheon & 25th Anniversary Celebration – Eagles Landing (Rostraver Airport Route 51) – time to be determined, more details to follow

Please contact Sister Sherri Wasik for more information on any of the Upcoming Events at 724-926-8258 or at swasik3@msn.com

Recipe Corner

Slow-Cooker Lasagna

Prep Time: 15 minutes
Cook Time: 4 hours 15 minutes
Makes 8 servings



What You Need!

1 lb. ground beef
1 jar (26 oz.) spaghetti sauce
1 cup water
1 container (15 oz.) Ricotta Cheese
1 pkg. (7 oz.) Shredded Mozzarella Cheese, divided
¼ cup Grated Parmesan Cheese, divided
1 egg
2 Tbsp. chopped fresh parsley
6 lasagna noodles, uncooked

Make It!

BROWN meat in large skillet; drain. Stir in spaghetti sauce and water. Mix Ricotta, 1 ½ cups Mozzarella, 2 Tbsp. Parmesan, egg and parsley.

SPOON 1 cup meat sauce into slow cooker; top with layers of half each of the noodles, broken to fit; and cheese mixture. Cover with 2 cups meat sauce. Top with remaining noodles, broken to fit; cheese mixture and meat sauce. Cover with lid.

COOK on LOW 4 to 6 hours or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered 10 min. or until melted.

Dear Sisters and Members of the Family of God,

Thank you all so much for your love, prayers, cards, phone calls, visits, and kindness to me and my family in the loss of my brother, Tom King. It is comforting to know that so many wonderful people are supporting us. We are thankful to God to call you our Sisters, our Family, and our Friends.

Many blessings and much love in Christ,

Sister Connie Frankenbery and the Lawrence E. King, Sr. Family

"Make a joyful noise unto the LORD, all ye lands.

Serve the LORD with gladness: come before his presence with singing.

Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

For the LORD is good; his mercy is everlasting; and his truth endureth to all generations." Psalm 100

Bible Word Search – The Birth of Christ

All the words listed below are in the puzzle – left, right, up, down or diagonally. After you have found all the words, the left over letters spell out the mystery answer.

D Y L Y R A M R
R F O R E V E R
E S R J A G J Y
H V D I N O O R
P P E A C E S O
E M M A N U E L
H S U S E J P G
S L E G N A H R

Angels
Emmanuel
Forever
Glory
Jesus
Joseph
Joy
Lord
Manger
Mary
Peace
Shepherd

Mystery Answer:

ANSWER:

Savior