



Suncrest 3rd Ward Relief Society

CALENDAR

DECEMBER 2025

ACTIVITIES

- **Sat DEC 6 (6 PM)**
Ward Christmas Party
- **Sun DEC 14 (6 PM)**
Stake Christmas Nativity
- **Thu DEC 18 (10AM)**
(arrive by 9:30)
Draper Temple
Endowment Session
- Please schedule your appointment
- Group: Cantarero, Jackie
- **Thu MAR 19, 2026**
Stake Relief Society B'day Party



LESSONS

NOV 23 *The Eternal Gift of Testimony*
Elder Kevin G. Brown

DEC 14 *No One Sits Alone*
Elder Carlos A. Godoy

DEC 28 *J. Annette Davis*
Cheering Each Other On

Previous and expanded versions of this communication can be found at

[Vibrant.Living](#)

PRESIDENCY MESSAGE

Trista Elms, 2nd Counselor



L-R: Lisa Foster, 1st Counselor
Suzanne Burdick, President
Chauntelle Fjeldsted, Secretary
Trista Elms, 2nd Counselor

Several months ago I was listening to a YouTube talk by Emily Belle Freeman entitled *“Learning to Trust God with Anything.”* She talks about being willing to give God control over certain areas of her life, but not others. Once, while walking on the beach, she found herself having a prayer with God, and she heard the spirit ask her, *“What do you need God to be?”* After giving it some thought, Emily decided to ask God to be great because the problem she was up against was bigger than she was. She needed him to be greater than that

problem. Next, she realized that the problem wouldn't be resolved in one day. She would need God to be abundant, continually giving help. Lastly, she needed God to be generous. As I've pondered over this the past several months, I couldn't help but think, *What do I need God to be in my own life?*

This is the season of giving, loving, and focusing on who Christ was and is to us. May we be blessed to let Christ have control over all the areas of our life. He is able, He is protection, He is the beginning of wisdom, He is good, He is my stronghold, He is forgiving, He is refuge, He is full of compassion, He is my fortress, He is hope, He is greater, He is mighty, He is counselor, He is my deliverer, He is my strength, He is my healer, He is my helper, He is there! *Who will you have Christ be in your own life?* □

BIRTHDAYS

8 Paige Foster	21 Carla McMullin
8 Laura Sines	26 Charly Ritchie
9 Lauren Kay Montgomery	27 Ruby Cantarero
13 Cabri Motalebi	27 Sylvia Scott
13 Kayla Johnson	27 Maia Anderson
15 Rebecca Allgood	29 Karen Schwab
15 Kellie Austin	30 Lisa Foster

SPOTLIGHT – LAURA LOGAN

Li, I'm Laura Logan. I'm originally from Mexico and came to Utah to attend college.

Thad and I met at the University of Utah and have been married for 28 years! We have two kids Liam, 21, and Jade, 16, and two Papillon dogs, Cheerio and Oreo.

I love serving with the Young Women, and it has truly been a joy to get to know them. One of my favorite experiences this year was attending YW camp for the first time. I loved every moment and felt so grateful to be part of it.

Fitness has been a big part of my life for over 25 years. I've been in the movement and fitness industry professionally for more than 10 of those years, and I'm a Pilates master teacher and personal trainer. I stay active in lots of ways—Pilates, weightlifting, running, and summiting mountains.

I was once a competitive runner and often placed in all my races, even winning female overall. One of my favorite running achievements was qualifying for and running the Boston Marathon. I don't compete anymore, but I still run simply because I enjoy it.

When I'm not teaching or training, I love spending time with my family and taking my dogs on long walks. One of my favorite things is going on family vacations to tropical beaches. There's something about the ocean, the sun, warm air, and slow pace that always brings me joy. I also love studying and reading all things related to health and nutrition; learning about how the body works and how to support it has been a passion of mine since I was very young. I follow a holistic approach to health and try to live my life in a way that supports my body, mind, and spirit.

I'm a bit of an introvert at heart, and it sometimes takes me a little while to open up to others, but I'm truly grateful for the warm friendships I've made in this ward. The kindness and connection I've felt here have meant so much to me.

I'm a firm believer that if I set my mind on a goal, no matter how big, I can accomplish it. One of my favorite scriptures is 3 Nephi 18:20, it reminds me that when we pray and ask in faith, the Lord hears us and will bless us according to His will. This scripture helped me gain my testimony when I was a young teenager and it continues to anchor me in my daily life.

I'm grateful for the chance to serve in our ward and be part of such a wonderful community. □



Laura Logan and her family
L-R: Jade (with Cheerio), Laura, Thad and Liam (with Oreo).

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Call her to say "Hello."

"May we labor side by side with the Lord of the vineyard, giving the God and Father of us all a helping hand with His staggering task of answering prayers, providing comfort, drying tears, and strengthening feeble knees."

— Jeffrey R. Holland

CHURCH NEWS



14 November 2025
SALT LAKE CITY News Release
RENOVATION UPDATE

A familiar dining experience in downtown Salt Lake City has returned. The Roof Restaurant, located on the 10th floor of the Joseph Smith Memorial Building, is now open following a substantial renovation. It joins other areas of the building already accessible to the public, including the lobby, mezzanine and The Garden Restaurant. □

