

Suncrest 3rd Ward Relief Society CALENDAR

JANUARY 2026

MARK YOUR CALENDAR

- **Fri JAN 30 (8 PM) Temple Night**
(arrive by 7:30)
Draper Temple
Sealings
Reservation Names:
Jackie Cantarero or Lissa Werson
- **Sat FEB 21 (6 PM) Adults**
Sun FEB 22 (10AM) All
Stake Conference



LESSONS

1 PM: 2nd & 4th Sundays
Attend in person
OR Online via Zoom
Meeting ID: 958 2405 0414
Passcode: 84020
Link:

[https://zoom.us/j/95824050414?](https://zoom.us/j/95824050414?pwd=SWVWU0R0VGYUW1DaGdYdktWbEtRUT09)
[pwd=SWVWU0R0VGYUW1DaGdYdktWbEtRUT09](https://zoom.us/j/95824050414?pwd=SWVWU0R0VGYUW1DaGdYdktWbEtRUT09)

JAN 11 *That All May Be Edified*
Chad H. Webb

JAN 25 *The Power of Ministering to the One*
Peter M. Johnson

FEB 8 *Proved and Strengthened in Christ*
President Henry B. Eyring

PRESIDENCY MESSAGE



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

Suzanne Burdick, President

In the October 2007 General Conference, then Elder Dallin H. Oaks spoke about the good, the better, and the best things to do with our time. He said, "We have to forego some good things in order to choose others that are better or best because they develop faith in the Lord Jesus Christ and strengthen our families." He spoke of simplifying our lives to that end.

Determining what is best for us and our families is difficult in our complex and confusing world. But Elder Oaks gave us the key...choose what develops faith in the Savior and strengthens our families. To do this, we need to simplify. Unfortunately, that is much more challenging than it appears.

What takes up my time each day? Does it serve a basic need (food, shelter, etc.)? Does it build my testimony of Christ or help my family to strengthen theirs? Consider the object lesson where you need to fill a jar with balls and sand. If you pour in the sand first, there won't be room for the balls. But if you do the opposite, both will fit. Maybe this is how we can decide what should stay and what should go. What are the "must haves" in our lives--those things that cover our basic needs and those that bring us to Jesus Christ--and what are the good extras we can fit in where there's room? This may mean that we have to cut out activities that we've come to love or traditions we don't want to give up. That can be painful. If the result of focusing our time and attention on the things that address the most important needs of life, then we can't go wrong.

It's a blessing that the best things are simple. When "best" brings the peace of the gospel of Jesus Christ into our lives, it's worth whatever we need to do to keep it prominent and weed out the rest. May our new year be full of the sweet, simple things that bring our families closer together and all of us closer to Christ. □

MINISTERING MESSAGE

"A journey of gospel friendship and love begins with a first hello and no one sitting alone." Elder Garrett W. Gong. Say "hello" to the sisters around you. Acknowledge those to whom you minister. Let them know you see them and care about them. □

SPOTLIGHT — EILEEN RAGSDALE



EILEEN AND HER FAMILY — CHRISTMAS 2025. Right: Four Generations!

I grew up in Multnomah County, Oregon, a suburb of Portland. I was the only member of the Church in my high school but had great friends who had the same values I had. I attended BYU where I met Ron at a fireside in my senior year. We were married in the Salt Lake Temple the following December. We were together for 63 years until his passing in January 2020.

Ron received a scholarship to the University of Illinois where he received his PhD in chemistry and after graduation we moved from Illinois to Morristown, New Jersey where Ron was employed at Allied Chemical. There he met a gentleman who recommended Ron as a member of the International Baccalaureate Committee. Ron traveled the world teaching teachers how to teach chemistry to their local students. I went with him as often as I could but we had five children that needed me at home (two children have now passed on). During these travels I found the world to be a beautiful and wonderful place with many delightful people with their many cultures and lifestyles.

One evening the University of Utah called to offer Ron a faculty position. It didn't take long to accept the offer as both of us were delighted to return to Utah. So we packed our bags and here we are! We found our home in Suncrest 21 years ago and I love it here! I have lived in the same home for all of those 21 years and have been in 7 different wards.

My favorite foods are chocolate, ice cream, frozen snickers bars, peanut M&Ms, pizza and cookies. I collect nativity scenes and art by the Old Masters. I enjoy watching the Fine Art Auction on TV and better yet, purchasing art pieces that touch my heart.

I have had many Church callings, but the most demanding and rewarding was Relief Society president. When I was released after four years I literally felt a cloak lifted off my shoulders.

How do you pick a favorite scripture? I guess it is the one we need at certain periods in our life. But I do love 2 Nephi 32:3, "...Feast upon the words of Christ...the words of Christ will tell you all things what you should do."

I have a strong testimony of the Gospel. I have felt the influence of my Savior in my life. I know that He lives! I know that I am a child of God and that He knows and loves me. And I know he loves you too. □

BIRTHDAYS

3 Faith Sleater
3 Suzi Yebio
10 Mary Brakke
10 Dianne Flemming
13 Victoria Seely
20 Judy Haun
23 Molly Reynolds
24 Jennifer Reynolds
25 Heather Beurchett
27 Tressa Davies
27 Giovana King
30 Trin Anglin
31 Carol Myers

CURL UP with a BOOK

*Church Book *Children's Book

- *1. *Wrestling with the Restoration, Why the Church Matters*
by Steven C. Harper
- *2. *Making Sense of Suffering*
by Wayne E. Brickey
- *3. *Understanding Isaiah*
by Donald W. Parry, Jay A. Parry and Tina M. Peterson
- *4. *Understanding the Book of Revelation*
by Jay A. Parry & Donald W. Parry
- *5. *Do Princesses and Super Heroes Hit the Trails? (A Nat'l Park Adventure)*
by Carmela LaVigna Coyle
Illustrated by Mike Gordon
- *6. *My Lost Freedom, A Japanese American World War II Story*
by George Takei, Activist, Actor, American
Illustrated by Michelle Lee
- *7. *Hidden Figures, The True Story of Four Black Women and the Space Race*
by Margot Lee Shetterly
Illustrated by Laura Freeman
- *8. *Meanwhile, Back at the Ranch*
by Trinka Hakes Noble
Pictures by Tony Ross
- *9. *Mr. Finnegan's Giving Chest*
by Dan Farr
Finnegan is based on
Dick Van Dyke
Narrated by Dick Van Dyke