

Ann M. Dibb talked about how she looks forward to the new mutual theme each year, but always takes a moment to evaluate whether she has mastered the lessons of the past year's theme. Can you name some of these past year's themes?

*2010 Theme: "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest" (Joshua 1:9; italics added).*

*2009 Theme: "Be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity" (1 Timothy 4:12).*

*2008 Theme: "Be steadfast and immovable, always abounding in good works" (Mosiah 5:15).*

*2007 Theme: "Let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God" (D&C 121:45).*

What does Sister Dibb say that she thinks of when she hears the word, "arise"?

*YOU - the youth of the Church = arising for early morning seminary, arising from knees after daily prayer, courageously arising to share testimonies and defend standards.*

What did Sister Dibb challenge us to do with our copies of For the Strength of Youth?

*Circle "For" and "You" and read from cover to cover, feel the Spirit testify that they are for YOU.*

What 2 scriptural examples did Sister Dibb share of men with great potential - one who failed to meet his, and another who never lowered his standards?

*Samson and Daniel*

What 2 examples of young women living their standards did Sister Dibb share?

*YW who asked her study partner to use clean language*

*YW who refused to drink alcohol in her hotel management class*

Sister Cook began her talk by talking about a chapter in For the Strength of Youth, and a value in personal progress that will help us do the work God has for us. What were they?

*education, knowledge*

What counsel did Sister Cook give about learning?

*Be a good student, have honesty and integrity, seek help, never give up, make a list of goals and share with parents or leaders, be selective in use of media to not distract you, surround yourself with women who can mentor you.*

What was on Sister Cook's crossstitch?

*I will bring the light of the gospel into my home.*

What did Sister Cook enter in a contest and then win a prize?

*a dress she sewed herself with the help of a mentor*

What were some benefits listed by Sister Cook about being an educated mother?

*influence educational choices of children*

*key to halt poverty cycle*

*give birth to healthier children,*

*be more confident, resilient, reasoning and good judgement*

Why did Sister Dalton say that she loved Moroni?

*"In a very degenerate society, he remained pure and true. He stood alone." He seems to say from the top of the temple: have courage - remember who you are - be worthy to enter the temple - arise and stand forth - stand above the worldly clamor*

What is a standard?

*A rule of measure by which one determines exactness or perfection*

*FTSoY: Standards to live with exactness along with promised blessings*

Where does your beauty lie?

*not makeup but in your personal purity*

Sister Dalton said in order "To make a difference in the world you must be..." what?

*Different from the world*

What did the youth in Arizona do with their journal entries stating the things they wanted to change in their lives?

*Dug a hole and buried the pages to show the commitment they made to arise and repent.*

What did Sister Dalton say about Florence Chadwick - when she fail to swim the English channel, just a mile short of her goal?  
*"The fog licked me"*

How did Florence overcome the problem of the fog?

*She kept a mental image of the coastline - Don't let the fog of moral pollution obscure your goals - (stay focused retain the image of the temple in your mind)*

What were the three signals from the Lighthouse of the Lord did President Monson talk about?

*Believe Obey Endure - signals which will guide you back to Heavenly home.*

What does the lighthouse of the Lord represent?

*an escape from threatened distruction, lost opportunities, forfeited dreams. Look to the lighthouse of the Lord - "no fog so dense, night so dark, no gale so strong, no sailor so lost but the lighthouse of the Lord can rescue" - this way to safety - this way to home.*

What things should we believe?

*You are daughters of God, He loves you, you have a glorious purpose. It is up to you to keep your testimony alive - nurture throughout life - must be continually fed so it does not fade and cool completely. Seminary (attitude humility, desire to learn) Effort required to keep flame of testimony burning brightly - but you will never regret*

What are we to obey?

*Parents, laws of God which makes your lives more fulfilling, less complicated, receive promised blessings. Keep life as free from trouble as you can. Not what will others think, but what will I think of myself? There is a time of reckoning. Every Cinderella has her midnight. Judgement day will come to all. Repent. You have the precious gift of agency. Choose to obey*

What does it mean to endure?

*To withstand with courage. Overwhelmed? Seek heavenly guidance one day at a time - life be the yard is hard, by the inch is a cinch.*