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holy spirit, and be preserved pure and innocent and drink freely from the fountains of Eternal life. Be full of faith, hope and charity, and the love of God dwell in your heart and his peace in your habitation and the destroyer pass thee by. Listen to the still small voice. Honor your father and your mother, and keep yourself pure and you shall be happy and enjoy every righteous desire of your heart. The Lord loves thee because of thine integrity, thou art one of God's elect, and was chosen before you was born, to come through good parents in the Lineage of Ephriam, and to receive the fulness of the everlasting Gospel with all its ordinances, sealings, and blessings, and with a worthy companion stand at the head of a numerous posterity, share in the blessings of the Holy Priesthood in crowns and Kingdoms and reign with him in the eternal worlds. Thou shall also do a great work in the redemption of the dead and stand as a Savior unto many of your kindred. You shall have communion with holy beings and behold the face of your redeemer, be ever grateful that you have been born of goodly parents, and that your lineage is of Ephriam for great are the promises and blessings to those noble spirits, that have come on the stage of action through that lineage in these the last days and you are one of these noble ones, because of pride and the disception of the world, for the day cometh speedily, if you are meek and faithful that you shall shine in Eternal splendor in the kingdom of our God and with your fathers house and all the Redeemed of your Kindred stand on Mount Zion in the morning of the first resurrection arrayed in the robes of rightness and wear a glorious crown. These are your blessings and I seal them upon you by virtue of my office through your faithfulness I seal you up unto Eternal life, in the name of Jesus Christ, even so, Amen.

TRIAL

Read before the Y. L. M. I. A. conference held in Ogden City, Weber Co. Sept. 23, 1889.

When the heart is overwhelmed and burdened with sorrow there is nothing that can comfort the weary soul so much as kind words, spoken with sympathy. Yet we oft times do not care where the jest may strike, or the hint may fall. But many a heart has been broken by harsh words--only an idle word. We do not always regard the feelings of others but say things which cause their very hearts to be wrung with sorrow and deep anguish. We do not stop to consider the afflictions and trials of others, but selfishly think that our trials are the greatest. We do not know the feelings of others, therefore we often judge hastily and unjustly. All have their trials and each thinks he has as much as he can bare. When we are thus in trouble and receive no comfort, no sympathy, no justice from those who are nearest to us, we almost feel to despair and weep as if forsaken. But dear Sisters, let us cheer up although the clouds hang thick and low and apparently