## Sunset Ridge 6th Ward Newsletter

June 2023

Brothers and Sisters,

I want to share a little story I heard way back from my high school days and was in Seminary. "A parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule 'braying' - or - whatever mules do when they fall into wells.

After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened...and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.



Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed of

him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he should shake it off and step up!

This he did, blow after blow. "Shake it off and step up...shake it off and step up...shake it off and step up!" He repeated to encourage himself. No matter how painful the blows of dirt, or distressing the situation seemed, the old mule fought "panic" and just kept right on shaking it off and stepping up!

It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of the well. The dirt that seemed would bury him, actually blessed him. All because of the manner in which he handled his adversity."

Adversity is never fun to deal with, and is hard to go through, but if we can remember to trust in the Lord, we can inch our way onward and upward. It isn't until after we go through our trials that we see the growth we gained through them. Just as stated in the Book of Mormon, in Alma 7:11-12, I know that Christ suffered in Gethsemane so he can know perfectly how to run to our aid to help us through our adversities. He is real. The power of His Atonement is real. That power is so infinite and far reaching, but yet so intimate and personal. He loves you, and is there to help you and walk with you!

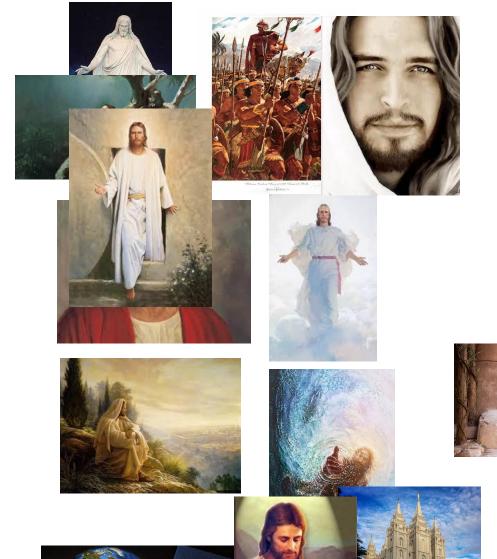
Love, Bishop Chris Selin



## <u>Announcements</u>

- June 6 Relief Society Activity
- June 24 Ward breakfast
- June 27-July 16 Old Testament Tabernacle Event
- July 13-15 Stake Young Mens Camp
- July 25-29: Stake Young Womens camp

## A pool of pictures to copy and paste from:



MORMON







