

Lessons from a hearing aid

As I was preparing to leave for Cambodia on a mission, I noticed that the the ear piece on my right hearing aid was beginning to break off from the body of the hearing aid. So I decided to make an appointment with my audiologist to get it repaired. I decided that while I was there I would mention that I was having a difficult time hearing , in fact I could hear just about as well without the hearing aids as I could with them – which is not very well.

He had one appointment available before I left and so I took it. When I got there he quickly fixed the breaking ear piece. When I told him about not being able to hear very well, he took one of the hearing aids and examined it with his lighted magnifying device. After a minute he took a small brush and started swiping it across the hearing aid. He then checked it again and then cleaned it some more. Finally he went to another place on the hearing aid and did the same again.

He then repeated the whole process on the other hearing aid. He then showed me what he had done. Each device has two tiny microphones that collect the sound for the hearing aid to amplify and send to the ear for me to hear. Over the years they had gotten dirty and he had cleaned the dust off of them so that they could work properly.

When I put them back into my ears, I could actually hear again.

He then showed me how to clean the microphones and how to do several other things about I could do to make sure that the hearing aids would keep functioning properly – including making sure I had some extra ear pieces in case one broke again.

As I thought about that experience and talked to our daughter about it, I learned something about our communication with

God. He wants to always communicate with us. But sometimes we can't hear what He is saying.

Occasionally that is because something breaks and we need help repairing it. More often it is just something that needs to be cleaned up. In either case when we go to God (the expert) for help and not just friends and other people, He will help us fix what is broken or teach us how to clean up whatever is causing the interference. The results may not always come as quickly as they did with my hearing aid, but they do come.

It seems counter intuitive that we should ask God to help us take care of whatever we need to do when it seems like He is not speaking to us, but that is only way that works.

My first feelings from Cambodia

I'm sitting on my balcony, my favorite place.

It's 5 am. The early morning light will soon be lighting up the sky behind the Phnom Penh skyline . All is quiet on the normally busy streets. Except the roosters are crowing.

Eight stories below the Cafe owner has his fire going in a handmade grill that is sitting in the street so he can start cooking the meat for the day's customers. The meat sits out all day in the heat! (We don't eat there) The shop keeper next to him just rolled up his door to prepare for the day's business.

There is a warm breeze blowing and I'm talking to my five little pots I planted, encouraging them to sprout and grow!!

I can hear the daily morning ritual chanting of the monks. And can vision the families in the red and blue rooftops houses below preparing for the day.

The uniformed children go to school 6 days a week. But when we walked to see the Temple site, very early on our first Sunday morning here, the students at Royal University were going to class. ???

This is a country of contradictions!!!

Many people working very hard trying to provide for their families with their food stands selling fruits, vegetables, fried bananas, guavas. Logangs, dragonfruit, big bunches of bananas, fresh sugar cane juice, fresh squeezed orange juice, corn on the cob, bowls of rice noodles topped with curry made with meat and chicken and pig blood or a green soup made from fish topped with bean sprouts, cabbage, lotus stems, sesbania blossoms, cucumber veggies, shredded banana blossoms etc...

Thousands of shops line the streets selling food, fish, plastic containers, helmets, tires and accessories for the Many motor scooters (motos) that most people ride. There are people sweeping the streets with a broom, driving tuk tuks (local taxi, an open air cart hooked to a moto or motorcycle), And our construction workers– from laborers dipping rain water out of a trench with a plastic water bottle, more skilled workers tying rebar and testing the concrete to the skilled engineers and architect designers sitting behind computers in air conditioned offices across the street.. There are beautiful skyscrapers and luxury cars and the biggest fanciest 4 story mall I've ever seen with stores like Nike, Pandora, Tommy Hilfiger, Krispy Kreme, Cold Stone, electronic stores of every kind. Even a huge movie theater with an IMAX screen !!! Unskilled workers might make \$7- 12 a day. You can buy "almost" anything here for a price. American things are very expensive!!

We go to the Temple site where the work goes on despite the

every day rain storms that turn the clay soil to mud! Yesterday I watched as the concrete truck came and waits while they test every batch that arrives. They measure the temperature and pack it into a mold and release it to test and measure the Slump. If it's too wet or dry it is rejected and they wait for another load. After it passes the test it is poured into the bucket of the big backhoe and taken (because it's too muddy for the cement truck to get close enough) to where it is needed to pour the pile caps. And workers dip buckets into the backhoe bucket and carry the concrete by hand to pour in the proper places !!!

The work in the Mission also keeps us very busy. Our first day we attended Zone Conference for 3 zones and helped serve lunch to the missionaries. The first weekend we attended Baptisms for 3 people where we met Jarom Jones, one of our grandson, Jared's missionary companions in Tacoma, Washington. We attended the Farewell Testimonial for 4 departing Missionaries at the President's Office. And last Thursday attended a meeting for all the Senior Couples with President Neang. (6 couples- 3 by Zoom who serve in the Northern Provinces up by Angkor Wat and Siem Reap). He explained his vision for the Young Missionaries And asked for our help. (Previously all the Senior couples have been attending the International English Speaking Branch, which we attended once our first Sunday here).

President asked us:

- *to attend Zone Conferences

- *help with house inspections of Missionary apartments, (which we have already done once

- *do random checks to see if the missionaries are up on time and especially home on time, because of safety. If they are not in on time they have to meet with Presiden Neang, the first offense and the 2nd time they are sent home!!!

- *take them out to eat

- *Be available for Emergency medical help, especially after

hours

*Participate in all their Baptisms and take the refreshments.
*Our assignment is the Phnom Penh North Stake (5 wards and 1 branch) to contact the Stake President to see where he wants us to attend and help.

So we're figuring out what we can do and still do our Primary assignment on the Temple site!!

On Monday, President Neang asked us to present a training at the Zone Leaders Training in his office (~20-30 zone leaders, STLs and AP,s) They have this every transfer, It was on "Be Amazing Like the Amazing Message You Teach !!!" Ken is doing wonderfully and I'm being stretched to the max!!!

Yesterday, Sister Davis messaged us to tell us thank you for our messages and invited us to join their new district for District Lunch at Mikes Burger House. She said we wouldn't get sick. We walked from the Temple site, quite the adventure, dodging the moto and tuk tuk traffic!!! So Fun to be with the young Elders and Sister Missionaries.

We blessed the food, ate hamburgers and Didn't get sick !!!
It's taken me 3 days to finish this email and my pots have sprouted with little green lettuce plants and thai basil, chives, can't remember what else except the bean seeds given to me by grandpa Rebarckik (Thank you Len) are 2 inches high after only 4 days since planting !!!

Cambodia is an Amazing experience !!!!

So Grateful to be here (most days)

So Grateful for my tiny washing machine and drying rack!!

So Grateful for clean water !!

Wanting to be grateful for my oven- I've burned everything so far ☹

So Grateful for air conditioning!! It is Soo hot and humid!

So Grateful for my balcony refuge place in the early morning!

So Grateful for the examples of these Faithful people and their sacrifice to live the gospel of Jesus Christ

So Grateful they are getting a Temple!!!

So Grateful for these Young Missionaries !

So Grateful for my Patient companion!!

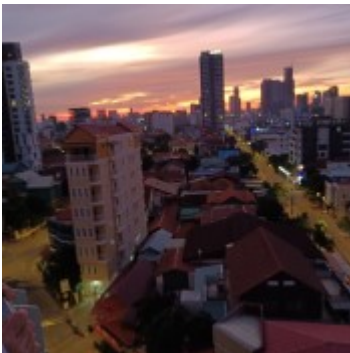
So Grateful for Temples and to be a small part of this one!

So Grateful for Family and Friends!!!

So Grateful for to a loving Heavenly Father that listens to our pleas for Help and protection!

So Grateful for Jesus Christ !!!!!

Sister Merry Jones







Creating Happiness

I have been studying the Conference talk, [“Happiness, Our Heritage”](#), by President Dieter F. Uchtdorf. I stopped and pondered statements that particularly touched me. I looked for things that I could apply to my life. Things that will help me get through hard times when they come; because they always do.

President *Uchtdorf* reminds us that we are children of God. A God whose happiness is beyond our mortal comprehension. Because he is happy, he wants us to be happy. Our Father put us on this earth to have Joy ([2 Nephi 2:25](#)). There are many things on this earth that bring happiness. Whether consciously or not, we are constantly seeking out things we think will bring us the most happiness.

President Uchtdorf suggests we look at some of the things that make God happy. Creating is one of the things that brings happiness. We are all born with an ability to create. My first thought as a single woman was, ‘Yeah, children, I know that and can’t do that at this time in my life.’ But President Uchtdorf, the inspired man that he is, is not talking about only creating children.

What can/have you created? I love to create things and was thinking about all the many things you can create. May I suggest you try it. Pick something to make or create and do it. You can work on it a little at a time or all at once. It can be something you already know how to do or something completely new. Try and, here’s the important part, don’t expect perfection. Just have fun, learn and progress on the way and don’t forget to marvel at the process. You are a living being who can do so many things. Now before you think to yourself, ‘I can’t make anything, I don’t have talent, I’m not creative;’ listen to Elder Uchtdorf’s exact words.

“You may think you don’t have talents, but that is a false

assumption, for we all have talents and gifts, every one of us (See [D&C 46:11–12](#)). The bounds of creativity extend far beyond the limits of a canvas or a sheet of paper and do not require a brush, a pen, or the keys of a piano. Creation means bringing into existence something that did not exist before—colorful gardens, harmonious homes, family memories, flowing laughter.”

There you have it. A Prophet of God says you have talent. So believe in the power God has given you and show him you will use it to be happy and to make others happy.

I like how he says, “Creation is bringing into existence something that did not exist before.”

So may I add to his list of things you can create; A smile, a letter or email, a song, family time, confidence, a dessert, comfort, painting, activities. There are so many. If you can't think of anything that feels right to you, please pray and ask the God who created you, your very Father in Heaven if He will help you, guide you, and perhaps whisper in your ear what you need to hear. Happiness can and should be yours. Go get it.