

Today ■ 5 May 2024

COME, FOLLOW ME

“A Mighty Change”

Mosiah 4–6

Next week ■ 12 May 2024

COME, FOLLOW ME

“In the Strength of the Lord”

Mosiah 7–10

ELDERS QUORUM & RELIEF SOCIETY

Motions of a Hidden Fire

President Jeffrey R. Holland

Acting president of the Quorum of the Twelve Apostles

April 2024 general conference, Saturday morning session

YOUTH

**The Lord provides prophets, seers,
and revelators to benefit mankind**

Mosiah 8:13–19

PRIESTS QUORUM

Conducting: AJ Richardson *Teaching:* Bishop Joyce

TEACHERS & DEACONS QUORUMS

Conducting: Ephraim Ramsay *Teaching:* Brother Chunielal

YOUNG WOMEN

Conducting: Lana Cheong *Teaching:* Adero Pinnock

DIRECTORY

ChurchofJesusChrist.org/directory

Jamaica 1st Ward ■ Lynbrook New York Stake

89-58 163rd Street ■ Jamaica, New York 11432

To protect the privacy of ward members' contact information, the ward directory has been removed from this version. Please refer instead to the ward directory in the Member Tools app or at ChurchofJesusChrist.org/directory

Full-time missionaries

Elders Hansen & Oziegbe Campos (English)	631.806.3686
Elders Geraschenko & Gunther (English)	917.355.2825
Elders Burnett & McIntyre (English & Creole)	332.238.8354

Ward website

jamaica1stward.org



And now, for the sake of these things which I have spoken unto you—that is, for the sake of retaining a remission of your sins from day to day, that ye may walk guiltless before God—I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick and administering to their relief, both spiritually and temporally, according to their wants.

MOSIAH 4:26

JAMAICA 1ST WARD
OF THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS

5 MAY 2024

JAMAICA 1ST WARD

OF THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS

Fast & testimony meeting

Réunion de jeûne et de témoignage

SUNDAY 5 MAY 2024 ■ DIMANCHE 5 MAI 2024

Opening hymn | *Cantique d'ouverture*

#140 ■ DID YOU THINK TO PRAY?

#75 ■ LA PRIÈRE EST COMME UN PHARE

Opening prayer | *Prière d'ouverture*

Ward & stake business | *Affaires de paroisse et de pieu*

Sacrament hymn | *Cantique de Sainte-Cène*

#193 ■ I STAND ALL AMAZED

#117 ■ MERVEILLEUX L'AMOUR

Administration of the sacrament | *Ordonnance de la Sainte-Cène*

Testimonies | *Témoignages*

MEMBERS OF THE CONGREGATION

MEMBRES DE L'ASSEMBLÉE

For more on what it means to bear testimony, see
the insert included with this program or go to

jamaica1stward.org/testimony

Closing hymn | *Cantique de clôture*

#227 ■ THERE IS SUNSHINE IN MY SOUL TODAY

#144 ■ CE JOUR, AU COEUR J'AI DU SOLEIL

Closing prayer | *Prière de clôture*

Presiding & conducting | *Présidée et dirigée par*

FRÈRE ROCHEFORT JEAN-LOUIS

1st counselor ■ 1^{er} conseiller

Organist | *Organiste*

FIONA JOYCE

Chorister | *Directrice de la musique*

SISTER KATHIANA JEAN-LOUIS

TODAY'S SECOND-HOUR MEETINGS ■ 12.10–1.00PM

Adult Sunday School (ages 18+)

English Relief Society room (1st floor)

Haitian Creole Room 201 (2nd floor)

New members & visitors Chapel (2nd floor)

YSA (young single adults 18–30) Room 401 (4th floor)

Youth Sunday School (ages 12–17) Room 303 (3rd floor)

Primary (ages 3–11) Primary room (5th floor)

To help maintain a reverent atmosphere, please silence
all mobile phones and other electronic devices.

ANNOUNCEMENTS

jamaica1stward.org/calendar

Worldwide devotional for young adults

BROADCAST

TODAY ■ SUNDAY 5 MAY ■ 8.00PM EDT

Featuring Elder Carlos A. Godoy and Sister Mônica Godoy. For
all young adults, single and married, ages 18–30.

Building cleaning

THROUGHOUT MAY

This month it is once again our ward's turn to help keep our
church building clean. We invite all members to participate
in at least one cleaning session throughout the month. More
information, including dates and times, will be provided
soon, and signup sheets will be passed around in second-
hour meetings. jamaica1stward.org/cleaning

Teacher council meetings

12.10–1.00PM

Sunday 12 May ■ room 303

Sunday School teachers

Sunday 19 May ■ cultural hall

Elders quorum & Relief Society instructors

The church's *General Handbook* (17.4) states: "In teacher
council meetings, teachers counsel together about principles
of Christlike teaching. They also counsel about how to
improve gospel learning and teaching. They use *Teaching in
the Savior's Way* as a resource."

UPCOMING YOUTH ACTIVITIES jamaica1stward.org/youth

Note updated dates and times for youth group meetings.

Youth group

Wednesday 8 May ■ 6.30–7.30pm

Cultural hall

Youth group

Sunday 19 May ■ 1.15pm

Cultural hall

Ward youth council

Sunday 26 May ■ 1.15pm

Room 303

REGULAR MEETINGS & ACTIVITIES

Choir practice

1st & 3rd Sundays ■ 1.10pm

Minister & Mingle

2nd Sundays ■ 1.15pm

Ward youth council

4th Sundays ■ 1.15pm

Gospel Principles class

Every Wednesday ■ 6.30pm

Missionary coordination

Every Wednesday ■ 7.30pm

Health & Wellness exercise group

Every Thursday ■ 6.30pm

Appointments with bishop 1st & 3rd Sundays ■ after 1.15pm

1st & 3rd Wednesdays ■ 6.00–8.00pm

Appointments must be made through the ward executive
secretary, whose name and contact information are on the back
of this program, in the Member Tools app, and in the directory at
ChurchofJesusChrist.org/directory

Sharing your testimony

Today's meeting is a fast and testimony meeting. Anyone in attendance, as guided by the Holy Ghost, is invited to share a brief testimony.

No one is obligated to bear their testimony. In fact, you may find this meeting more meaningful as you sincerely listen to others' testimonies and feel the presence of the Spirit bearing witness of the truths others share.

What is a “testimony”?

A testimony is a spiritual witness given by the Holy Ghost. The foundation of a testimony is the knowledge that Heavenly Father lives and loves us; that Jesus Christ lives, that he is the Son of God, and that he carried out the infinite Atonement; that Joseph Smith is the prophet of God who was called to restore the gospel; that we are led by a living prophet today; and that The Church of Jesus Christ of Latter-day Saints is the Savior's true church on the earth. With this foundation, a testimony grows to include all principles of the gospel.²

How do you share your testimony?

To bear testimony means to declare gospel truths as inspired by the Holy Ghost.³

In this meeting and in conversations you have with family members and friends, you may feel prompted to share your testimony. In such instances, remember that you do not need to share a long, impressive discourse. Your testimony will be most powerful when it is expressed as a brief, heartfelt conviction about the Savior, his teachings, and the Restoration. Pray for guidance, and the Spirit will help you know how to express the feelings in your heart. You will find great joy as you help others share in the hope and assurance the Lord has given you.⁴

If you choose to share your testimony, as prompted by the Holy Ghost, you may find these pointers helpful:

- **Testimonies should be brief** so that many people can participate.⁵ Generally, 2–3 minutes should be sufficient.
- This meeting should end promptly at noon. This means the last testimony shared should **end no later than 11.55am** to allow time for the closing hymn and prayer.
- Reverence is an essential part of our church meetings. It is also vital to feeling the Holy Ghost — and to helping others feel the Spirit. For this reason, Latter-day Saints **do not applaud or make other loud sounds** during our Sunday services. However, it is appropriate to respond with a vocal “amen” when a speaker ends his/her talk or testimony.
- **Focus on the Savior Jesus Christ**, his Atonement, and the truths of his gospel as restored through modern prophets. You should share stories and personal experiences only when they have directly helped you gain a testimony of gospel principles.



In the April 2023 general conference, President M. Russell Ballard (1928–2023), then acting president of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, taught:

Often in our testimony meetings on fast Sundays, we hear the phrases “I am thankful” and “I love” more than we hear the phrases “I know” and “I believe.”



I invite you to bear your testimony of Jesus Christ more often. Bear testimony of what you *know* and *believe* and what you *feel*, not just of what you are thankful for. Testify of your own experiences of coming to know and love the Savior, of living His teachings, and of His redemptive and enabling power in your life. As you bear testimony of what you *know*, *believe*, and *feel*, the Holy Ghost will confirm the truth to those who earnestly listen to your testimony. They will do so because they have watched you become a peaceful follower of Jesus Christ. They will see what it means to be His disciple. They will also feel something they may not have felt before. A pure testimony comes from a changed heart and *can be carried by the power of the Holy Ghost* into the hearts of others who are open to receive it.

Those who feel something as a result of your testimony may then ask the Lord in prayer to confirm the truth of your testimony. Then they can know for themselves.¹

1 “Remember What Matters Most”, April 2023 general conference, Sunday afternoon session

2 *True to the Faith: A Gospel Reference* (2004), pages 178–9

3 *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints* (August 2022), 29.2.2

4 *True to the Faith*, page 180

5 *General Handbook*, 29.2.2