

# YOUNG WOMEN

"So many wonderful things are ahead. In coming days, we will see the *greatest* manifestations of the Savior's power that the world has ever seen. Between now and the time He returns "with power and great glory," (JS-Matthew 1:36), He will bestow countless privileges, blessings, and miracles upon the faithful." - President Russell M. Nelson

## Mark your Calendars!

### Youth Temple Experience

**Thursday, July 6th beginning at 8:30 a.m.** at the Washington, DC Temple Visitors Center. Workshops with temple missionaries, baptisms for the dead, and more. Lunch will be provided.

### For the Strength of YOUth Night

Join us on **Sunday, August 6th at the Martinsburg Stake Center from 6:00 p.m. - 9:00 p.m.** for a deeper dive into the FSY booklet and standards (hint: Jesus Christ is the Strength of YOUth!). For all youth 11+, church dress, please.

### Regional Mega Dance

Youth turning 14+, please join us at the **Frederick Stake Center on Saturday, August 19th from 6:00 p.m. - 9:00 p.m.** for a decades themed mega dance! More details and a flyer to come.



## Presidency Message

I don't know about you, but in my house, "have you seen my phone charger?" is a question heard often and on repeat daily. If we go on a trip, we make sure we take our chargers. We keep chargers in our homes, our offices, and our cars. I'm in the daily habit of charging my phone, but do I focus the same daily energy in keeping my spiritual batteries charged?

In our most recent testimony meeting, I listened to several of our youth bear their testimonies about FSY. I listened to them testify of friendships they made, lessons they learned, how frequently and strongly they felt the influence of the Holy Ghost, how their testimonies were

## Bowling!

Our next Stake Youth Activity will be held **Saturday, September 9th from 6:00 p.m. - 9:00 p.m. at the Shepherd University Game Center.** Pizza, bowling, billiards, and games galore! For all youth 11+.

## Regional Mega Dance

Youth ages 14+ are invited to join in an 8-stake mega dance on **Saturday, August 19th from 6-9pm at the Frederick Stake Center.** Details forthcoming.

## RAD

Mark your calendars for **Regional Activity Day (RAD) at the Columbia, MD Stake Center on Saturday, October 14th.** Youth turning 14+ are invited. Details forthcoming.

## Social Media

Please make sure to join our Social Media pages and check out our stake website or all the latest stake youth related information.

[www.martinsburgstakeyouth.org](http://www.martinsburgstakeyouth.org)

IG Martinsburg.Stake.Youth

FB Martinsburg, WV Stake Youth

\*Our next youth SYLC meeting will be Sunday, July 9 at 3:00 p.m. in the High Council room of the Stake Center\*

strengthened, and how they can't wait to go back. I couldn't help but think how bright their lights were shining and how spiritually charged they seem. I imagine it's similar to how I feel after General Conference weekend or after I go to the temple...spiritually pumped up, excited, absolutely convinced I'm going to do "all the things" to keep that spiritual momentum going. And then life steps up and laughs in my face. Schedules get hectic, trials pop up, and the Kindle app becomes more tempting than the scriptures.

In a talk by Elder Allen F. Packer entitled "Keep Your Spiritual Batteries Charged" he says, "If a battery is left unattended, its electrical current will drain, and over time it will lose its charge. We've got to continue to charge it at a level that is higher than the drain of energy from the battery. If we're in an environment that we can't totally control, where our spiritual battery is being drained, then it's important that we do something to recharge our spiritual batteries. Otherwise, there will come a time when we really need the power of faith, the priesthood, or revelation, and we won't have it. We can continually charge our own batteries through our prayers, our personal study, gospel conversations, attending seminary, and in our classes on Sunday."

A battery can't charge itself, and it's not something we can do just once and forget about it. While the bigger things like temple attendance can recharge our batteries, it also comes daily in living the gospel, saying our prayers, reading our scriptures, and being around good people that lift us up. Let's make sure we're "plugged in" daily and keeping our spiritual batteries charged!

Sister Liz Vaughn  
Martinsburg Stake Young Women 1st Counselor