

Joy and gratitude is a renewal that we see in nature as it utilizes adversity most impressively through the cycle of a flower from seed to blossoms. Our ward theme is the healing power of gratitude. We turn to our Prophet, Russell M. Nelson. As a doctor, President Nelson says "No matter our situation, showing gratitude for our privileges is a fast acting and long, lasting spiritual prescription." As a flower that responds to the winds and storms by becoming stronger and continues to blossom, fulfilling its measure of purpose and joy, *so can we*. President Dieter F. Uchtdorf says "Gratitude is a catalyst to all Christlike attributes." May we nourish our roots in the healing power of the gospel and in the joy of gratitude and *blossom* 🌸 **Happy Birthday!** 🌸

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How to plant your heart paper and flower paper:

Embedded in the shaped paper is a North American wildflower seed blend. Plant flat in 1/4" of potting soil and keep moist. When seedlings emerge, provide at least 4 hours of direct sunlight.

 **Enjoy blossoming!** 

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