

Introduction.

How Principle of Fast offering came about in this disp.,  
Fasting for Spiritl Developm.  
Lack of food. . . .  
Time of Drouth and cricket invasion was beginning of fast and the offering of that which we forgok - 1855.

First three yrs - ~~Rat~~ the Saints placed themselves on Rations  $\frac{1}{4}$  to one pound av  $\frac{1}{2}$  Veg & Milk but no grtr altmt  
1850 at end of 3 yrs - 12000 people and abundant harvest no mre rationing.

Food supply good until 1855  
Drouth - Grasshoppers -  
Cattle died in severe winter of 1855-56

Immigration - Gold Hunters on way to Calif.

Fast was proclaimed for 1st thurs in each month. - Chgd.

(SACRED) (JUDICIOUSLY) SPENT.

-2-Even those with food went on ration, to help those who were destitute.

Heber C. Kimball wrote Son then on a mission in England. He said "Money will not buy flour or meal, only in a few places, and but very little at that. I can assure you that I am harassed constantly; I sell none for money, but let it go where people are truly destitute. Dollars & cents do not count now in the territory of Utah.

In spite all this - Presidency of church could report - Not a murmur - nor repining - nor complaining, but rather a firm determined reliance upon the Lord of hosts and their continued exertions for sustenance.

Little sympathy from citizens east or west.  
- - speculation that this mite settle the Utah question - Religious Society - BRAD IVINS

Only those who have not been taught the law, or who like little children, do not comprehend it, are exempt from the requirements of repentance for violations of the law.

Repentance has been defined as being "a heartfelt sorrow for sin producing a reformation of life." Repentance is ~~not~~ not a self-pity for sins consequences.

If we truly repent, we will try to rectify the wrong we have done, and ~~never~~ resolve never to do it again.

True repentance helps you as much as the one you have wronged, for it cleanses you of bitterness and hate.

①  
a  
The word FAST is used to signify a self-imposed restraint with respect to the eating of food. Historians tell us that the custom of fasting dates back to the early history of the human race. They believe that it was first practised because of the beneficial influence that it has on the health and also because of the increased power such voluntary abstinence gives the spirit in holding under subjection the purely physical appetites of the body. ~~XXXXXX~~

President McKay, however, says it might be nearer the truth that fasting originated when the Lord first revealed to man the gospel plan, thus antedating ~~the~~ even the law of Moses, when an annual fast day was prescribed. (See Lev. 23:27-29)

Whatever its origin, it can be noted that several benefits are attached to the observance of the custom. The principles associated with fasting seem to point to the fact that it produces (1) physical benefits; (2) intellectual activity; and (3) spiritual strength.

We believe that the greatest benefit of all is the spiritual strength derived by the sub-~~ject~~ jection of the physical appetite to the will of the individual.

President McKay further states that gaining self-mastery, like gaining eternal life is not accomplished by a man doing one great thing, but there are many things by observing of which, self control may be achieved; He said that if there were no other virtue in fasting but gaining strength of character, that alone would be sufficient justification for its total acceptance.

But ~~that~~, in the Church, there is, with the practice of fasting, the giving of a fast offering, and also, of course, prayer.

b  
The underlying purpose and far-reaching benefits of ~~which make~~ the monthly observance of fast day make it one of the most significant features of this latter-day work.

There is the spiritual uplift that comes from a Christlike desire to serve one's fellow man, and also an economic means, which, when carried out by a perfect and active organization, will supply the needs of every worthy poor person within the confines of the organized areas of the Church.

*Kind these are faithful*  
When we ~~success in seeking out~~ those faithful who are in need of help, or when they come to us, we are enabled through these funds, which must be judiciously ~~handled~~, to provide the assistance that the Lord would have us give, and with supplies from our storehouses, provided through our welfare program, able to provide that which the Lord would want us to provide.

It is not made necessary for us, ~~as~~ as we meet worthy members in need, to make an appraisal of what agency or group outside of the church might ~~xxxxxx~~ be best suited to take over this responsibility, ~~or~~ - or make a determination of what ~~xxxxxxxx~~ forces might best be martialed to bring pressure on groups or agencies outside the church to assume this charge.

(depression)  
A letter from the first presidency in 1933 makes this statement. "The Lord will not hold us guiltless if we shall permit any of our people to go hungry, or to be cold, unclad, or unhoused during the approaching winter. Particularly will he consider us gravely blameful if those who have heretofore paid their tithes and offerings to the Church when they had employment, shall now be permitted to suffer when the general adversity has robbed them of their means of livelihood. Whatever else happens, these faithful persons shall not be permitted to come to want or distress now."