



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

The Sculpting of Our Souls

Sister Tamara W. Runia · First Counselor in the Young Women General Presidency

Words to remember

- *“Let’s choose Christ, who can heal the wounds of this world while carving out room for joy!”*
- *“Consider this: Christ’s work in your life and His love for you are bigger than your present story. And He can fix what feels badly broken.”*

In Sister Tamara W. Runia’s own words, from the talk.

Sister Tamara W. Runia, First Counselor in the Young Women General Presidency, said she loves fixing things: knots in shoelaces and necklaces, and stains. Some even call her “the stain whisperer.” It’s natural, she said, to get frustrated when something comes along that we cannot fix.

Thirteen years ago, her oldest son, Ryan, woke up on a Monday, kissed his wife and four young children goodbye, and left for work. A few hours later he collapsed and died from a heart condition no one knew he had. The next day was his two-year-old daughter Piper’s birthday. As the family lit the candles and sang, Piper looked for her dad, and Sister Runia realized this was something I would not be able to fix.

She shared a scripture that changed how she sees her life. Joseph Smith was in Liberty Jail, pleading for a break. Instead the Lord told him, “All these things shall give thee experience, and shall be for thy good.” Sister Runia said experience is valuable, and the only way to get it is to go through it. There isn’t another way. Earth is like a laboratory where we learn to become like Christ.

She admitted she grew up thinking the gospel was like a big umbrella. If you keep the commandments, pay tithing, and live the Word of Wisdom, you’ll be blessed. Those are true promises! But she learned we are all going to get rained on, sometimes hard. “The gospel isn’t the umbrella; it’s the solid rock we’re standing on during the storm—that ‘sure foundation ... whereon if men build they cannot fall.’”

When an angel asked Nephi a hard question, Nephi said, “I know that he loveth his children; nevertheless, I do not know the meaning of all things.” Sister Runia said God’s love has moved her from asking why to saying, “I know that God loves me, so what is supposed to be happening here?” At Ryan’s funeral, she told the family she didn’t understand why this happened. “But let me be clear: Not understanding is not the same as not believing.”

She taught that each of our stories is personal, so we don't have to compare our lives with others, and purposeful, because our suffering means something. "It's not a detour from the path; it gives purpose to our path."

At the funeral, Ryan's seven-year-old son, Jack, gave a Primary talk he and his dad had worked on. He loves Lego bricks and follows the instructions, just as Heavenly Father has a plan that guides us. His mom asked what he would do without the picture on the box. Jack said he would still stick to the plan, "Yes, because you can trust the one who designed it, and it always turns out."

The day before he died, Ryan was set apart as elders quorum president. He visited a neighbor whose family had just left him and told him, "You can curse God and blame Him, or you can turn to Him and let Him heal you." Sister Runia said, "We all have a choice right now. Let's choose Christ, who can heal the wounds of this world while carving out room for joy!" She also said, "Consider this: Christ's work in your life and His love for you are bigger than your present story. And He can fix what feels badly broken."

She ended with her brother Kent's college art class. He had to sculpt a clay bust of himself. The eyes looked terrible, but he didn't want help. After struggling alone, he finally humbled himself and asked. The teacher carved so fast and deep it startled him, but within minutes the eyes came to life. The piece was still uniquely me, Kent said, but a master's hand had shaped it.

Sister Runia said a sculpting is happening in each of our souls. The Savior waits for an invitation before He goes to work, and sometimes His work feels hard. But "God is shaping us into something only He knows we can become." One day we will thank Him for all of it, because we shall see him as he is, and we shall be like him.

Scripture to look up: Helaman 5:12. Jesus Christ is the sure foundation, the solid rock we stand on during every storm.

Let's talk about it

What did this talk teach us about the Savior? What is one small thing our family can do this week?

Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/13runia](https://www.churchofjesuschrist.org/study/general-conference/2026/10/13runia)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

The Gift of Testimony

Elder Gérald Caussé · Quorum of the Twelve Apostles

Words to remember

- *“Our testimony is not a talent to be hidden. It is a gift to be shared—with grateful hearts and in a spirit of humility and love.”*
- *“There is great power in a sincere, humble, and heartfelt testimony. It need not be long, eloquent, or dramatic—it only needs to be true.”*

In Elder Gérald Caussé’s own words, from the talk.

Eighteen years ago, Elder Gérald Caussé and his wife, Valérie, received a phone call from President Thomas S. Monson, who called him as a General Authority Seventy. The next morning, as he prayed for comfort, he felt prompted to open a Church magazine lying on the kitchen table. His eyes went straight to this promise: “Be of good cheer, and do not fear, for I the Lord am with you, and will stand by you; and ye shall bear record of me, even Jesus Christ.” He realized his main job was simply to bear witness of the Savior. Everything else would be in the Lord’s hands.

Eleven months before this talk, he was called as an Apostle. When he first met with the First Presidency and the Twelve, President Dallin H. Oaks invited him to bear his testimony of Jesus Christ. Peace filled his heart, and those same words returned with power. He knew nothing could be more meaningful as his first act as an Apostle than to bear witness of the Redeemer.

Before He ascended, the resurrected Savior told His Apostles, “Ye shall be witnesses unto me.” Apostles today are special witnesses of Christ. But Elder Caussé taught that bearing witness is not limited to prophets and apostles. It extends to all his disciples. At baptism we covenant to “stand as witnesses of God at all times and in all things, and in all places.”

A testimony is personal. It grows through faith, seeking, living the gospel, and the quiet influence of the Holy Ghost. “Your testimony may be different from mine or that of other family members or fellow Saints,” he said. “Please trust it, nurture it, and bear it, because it is uniquely yours.”

He used to wonder, Why me? Why was I so privileged to receive a testimony? Then he learned to ask a better question: “What does the Lord expect me to do with this gift?” His answer: “Our testimony is not a talent to be hidden. It is a gift to be shared—with grateful hearts and in a spirit of humility and love.”

He taught that testimony and love go together. Saying I know is a way of loving our neighbor, because we want to share the most precious thing we have. And saying “I love you” sincerely is a way of bearing witness of Jesus, the source of perfect love. He hoped our lives would be full of many I knows and many I love yous.

His niece once bore her testimony at Young Women camp. She was so nervous she only said, “I know that God loves me” and “I know that God has a plan for me.” Afterward she felt discouraged because she couldn’t speak like the other girls. Her mom asked, “Do you believe what you said?” “Yes.” “Then that’s all that matters.” Elder Caussé said, “There is great power in a sincere, humble, and heartfelt testimony. It need not be long, eloquent, or dramatic—it only needs to be true.” It is the Spirit, not words, that testifies.

From Enoch and Moses to Joseph Smith to more than 90,000 missionaries today, the pattern is the same: simple people stand and declare what they know, and the Holy Ghost confirms it. When the young Alma was in deep anguish, he remembered his father’s testimony of Jesus Christ, and that memory became the spark that led him to repent. Elder Caussé asked how many people around us are like Alma, waiting to hear our witness.

He invited us to look every day for chances, as the Spirit prompts, to bear witness of Jesus, even for a minute or two: at home, in meetings, while ministering, on social media, or in everyday talks. We can say things like “I love our Savior, Jesus Christ” or “The gospel brings joy to my heart.” As we share, our own testimonies grow stronger. He closed with his witness that we have a loving Heavenly Father and that Jesus Christ is the source of every good gift.

Scripture to look up: Mosiah 18:9. Covenant disciples stand as witnesses of God at all times, in all things, and in all places.

Let’s talk about it

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

Prophets, Seers, and Revelators

Elder Vaiangina Sikahema · General Authority Seventy

Words to remember

- *“What a blessing it is to live in a time when apostles and prophets are on the earth.”*
- *“I witness of the truths of the restored gospel and of living prophets, seers, and revelators in the sacred name of Jesus Christ, amen.”*

In Elder Vaiangina Sikahema's own words, from the talk.

In 1947, Elder Vaiangina Sikahema's grandparents were serving a full-time mission on a small, isolated volcanic island in the Kingdom of Tonga. They were poor farmers with no formal education. Grandpa was 28 and Grandma was 25, and they had three children: two little girls, ages four and three, and a 10-month-old son, their only boy.

That June, Elder Matthew Cowley, an Apostle, was coming to Tonga. Only twice before had an Apostle visited: David O. McKay in 1921 and George Albert Smith in 1938. For Saints across the Pacific, it was the chance of a lifetime. Reaching him meant a long voyage, stopping first at their home island of Vava'u.

They sailed into a storm. A 16-hour trip stretched into two and a half brutal days at sea. Grandma wrote in her journal, “We were completely soaked, ... battered, and sick, ... too weak to eat. ... I held Vilimanulea to my chest until finally arriving to Vava'u.” She held her baby to her chest the whole way. But the storm left him badly dehydrated, and with no medicine, he died. Within two days they buried him and continued their voyage. Elder Sikahema compared them to pioneers who buried children on the trail.

Why keep going? He said they were sailing toward an apostle who held priesthood keys, the authority for the ordinances that would one day seal them as an eternal family. And they wanted to sit at the feet of an apostle who would teach them so they could bless others on their island.

Elder Sikahema then taught about why prophets matter. After the ancient Apostles died, there was no revelation to the Church for centuries. The prophet Amos called it a famine, not a famine of bread, nor a thirst for water, but of hearing the words of the Lord. People would run to and fro to seek the word of the Lord, and shall not find it. Amos also said, “Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets” Paul warned that after he left that grievous wolves would come into the flock.

Then Joseph Smith knelt in a grove of trees. He saw two Personages, and one said, pointing to the other, This is my beloved son. Hear him. Through Joseph, priesthood authority, ordinances, new scriptures, and knowledge of God's plan were restored. Elder Sikahema quoted Elder Jeffrey R. Holland, who declared that the heavens are open and God reveals His will to prophets today.

Elder Sikahema shared a warning the Lord gave Joseph Smith: those who receive the oracles of God should be careful not to treat them as a light thing. Today we can easily watch and hear prophets on our devices, and he worried that many of us take them for granted. He said, "As we begin this opening session of the 196th Semiannual General Conference of the Church, let us not be guilty of holding 'the oracles of God ... as a light thing'" (Doctrine and Covenants 90:5).

He also noted that early in Church history some leaders were embarrassed by Joseph Smith's poor writing and didn't want his revelations published. But the Lord declared that whether He speaks by His own voice or by the voice of His servants, it is the same (Doctrine and Covenants 1:38).

Elder Sikahema said he is grateful for grandparents who left him a legacy of faith and courage in the face of difficulties. If they would sail through a storm and grief to hear an Apostle, how carefully should we listen to prophets we can hear at home?

Scripture to look up: Amos 3:7. The Lord reveals His will to His servants the prophets, so we should never take living prophets lightly.

Let's talk about it

What did this talk teach us about the Savior? What is one small thing our family can do this week?

Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/15sukahema](https://www.churchofjesuschrist.org/study/general-conference/2026/10/15sukahema)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

Jesus Christ Is the Great Deliverer!

Elder Kevin J. Hathaway · General Authority Seventy

Words to remember

- *“To Kenzie and all who wait for divine deliverance, I testify that the Lord is not delayed, distracted, or derelict in His deliverance. He has not forgotten you. He does not take joy in your suffering.”*
- *“Some miracles are immediate, some come after long waiting, and some await the Resurrection.”*

In Elder Kevin J. Hathaway's own words, from the talk.

Elder Kevin J. Hathaway began with questions: “Have you ever felt left out, wondered if you were enough, lost someone you loved, faced illness, experienced family difficulties, or carried a burden no one else could see?” His message was that Jesus Christ delivers the righteous from these and every other affliction of mortality.

Jesus descended below all things and suffered pains, afflictions, and temptations of every kind, so He understands our suffering and knows how to help us. Elder Hathaway said, “His deliverance is certain; the question for most righteous followers is not if He will deliver but how and when He will do so.”

His own family learned this suddenly. As they drove in two cars to begin serving as mission leaders, two large tires came loose from a semi-truck in a construction zone and struck both cars at high speed. The airbags went off, the cars were destroyed, and the family was stranded by the road, wondering why this happened when they had left everything to serve. In that moment the Spirit brought peace: everything would be all right. They weren't rescued instantly, but that assurance gave them hope. With help from many people, they started their mission on time and without serious injury.

Elder Hathaway said this shows a pattern of deliverance in the scriptures:

1. Opposition comes to everyone and can bring hard questions and strong feelings. Joseph Smith cried out in Liberty Jail, “O God, where art thou?” Helaman's stripling warriors felt grief and fear. Elder Hathaway said these feelings are not sin or weakness. They are a moment when we choose whether to turn toward Jesus.
2. Sincere seeking brings assurance. We turn to God through prayer, fasting, and scripture study. Alma's people in bondage cried mightily to God, and King Darius fasted all night while Daniel was in

the lions' den. As we keep our covenants, the Savior visits us in our afflictions.

Here Elder Hathaway told about Sister Kenzie Brinkerhoff. On her last preparation day before going home from her mission, her father, Kelly, called to say he loved her, was proud of her, and couldn't wait to hug her. That night he was killed in a car accident. Weeping, she asked, "President, how could this happen when I was one week away from hugging my dad?" Weeks later she told Elder Hathaway, "The past few weeks have been the most awful and the most sacred time in my life. I have never clung so tightly to my covenants. I know that Jesus knows what this feels like, and He will heal me."

3. Christ's grace helps us endure. It doesn't remove the pain, but it is an enabling power that gives us strength beyond our own, so we can "cheerfully do all things that lie in our power" and then wait for God's help.

4. Deliverance comes in the Savior's time and way. Elder Hathaway testified that the Lord is not delayed, distracted, or derelict in His deliverance. He said, "He has not forgotten you. He does not take joy in your suffering." Lessons learned while waiting can bring growth an earlier rescue might not.

What about when it seems too late? Jairus was told his daughter had died. But Jesus said, "Be not afraid, only believe," and raised her from death. Elder Hathaway quoted Elder Patrick Kearon: "Jesus specializes in the seemingly impossible." Some miracles come right away, some after long waiting, and some in the next life. He ended with the Lord's promise: "I will seek that which was lost, and bring again that which was driven away, and will bind up that which was broken, and will strengthen that which was sick."

Scripture to look up: Alma 7:11–12. Jesus Christ took upon Himself our pains and afflictions so He knows how to help and deliver us.

Let's talk about it

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

A Higher and Holier Fast

Elder Ulisses Soares · Quorum of the Twelve Apostles

Words to remember

- *“His example teaches us that fasting and prayer may not remove every burden from our path, but they draw heaven near and endow us with divine power to overcome or endure whatever circumstances we may face, giving us the spiritual fortitude to remain faithful to the Father’s will.”*
- *“As you do so, I promise, in the name of our Savior, Jesus Christ, that miracles will come into your life.”*

In Elder Ulisses Soares’s own words, from the talk.

Elder Ulisses Soares of the Quorum of the Twelve Apostles said he had prayerfully pondered the blessings that come as we draw near to God through the law of the fast. He testified of the sanctifying spiritual power that comes when we live it in a higher and holier way. Fasting, he said, brings strength, guidance, peace, and divine help.

He pointed to Isaiah 58. There the Lord taught that fasting is more than going without food. It is an act of worship that draws us closer to Him. Isaiah recorded these promises: “Then shall thy light break forth as the morning, and thine health shall spring forth speedily. ... Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am.” Elder Soares said, “What a tender promise: light after darkness, healing after weariness, and the comforting assurance that when we call upon the Lord, He is near.”

President Joseph F. Smith taught that fasting helps the body be ruled by the spirit and brings us nearer to God. Elder Soares said a sincere fast goes together with earnest and intentional prayer. When we fast and pray, we become more humble, more aware that we depend on the Lord, more open to the Holy Ghost, and better prepared to receive personal revelation.

Jesus showed us how. Before His ministry began, He went into the wilderness and spent 40 days fasting and communing with His Father. Of all the things He could have done to prepare, He chose to seek complete alignment with His Father’s will. Strengthened, He overcame Satan’s temptations and began His mission. Elder Soares said that fasting and prayer may not remove every burden from our path, but they draw heaven near and endow us with divine power to overcome or endure.

Fasting is not just a test of self-control or a way to ask for one particular blessing. It helps us line up our wishes with the Lord's wishes. Even when answers don't come the way we expect, fasting and prayer help us trust Him and accept His will.

Fasting also turns our hearts toward others. Isaiah taught that a true fast helps "to let the oppressed go free" and "break every yoke." Joseph Smith said a person filled with God's love ranges through the whole world, anxious to bless the whole human race. Today, we do that through generous fast offerings. Each offering, even if it seems small, becomes a gift of compassion. It follows the Savior, who came to earth and suffered so He would know how to help us.

Elder Soares said he has seen fasting bless people quietly and tenderly: softening hearts, strengthening testimonies, and changing lives. He has personally felt more inspiration as he has tried to live this law better.

He invited us to ponder Isaiah's teachings and fast more intentionally as part of our worship. He promised that miracles will come into our lives, that we will draw nearer to the Savior, receive strength to overcome weaknesses, and become more sensitive to others' needs. He testified that Isaiah's promises will be fulfilled for us: "Then shall we 'call, and the Lord shall answer'; we shall cry, and He shall say, 'Here I am.'"

Let's talk about it

What did this talk teach us about the Savior? What is one small thing our family can do this week?

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

The Hour of Your Mission Is Come

Bishop Sean Douglas · Second Counselor in the Presiding Bishopric

Words to remember

- *“You are what you preach. You are not only the messengers but also living examples of the message.”*
- *“I wish to wholeheartedly add: There is still plenty of room and a special place reserved for each one of you! We need you! ‘Come join the ranks!’”*

In Bishop Sean Douglas's own words, from the talk.

Bishop Sean Douglas of the Presiding Bishopric serves on the Church's Missionary Executive Council. He said he has a deep love for missionaries, who are divinely commissioned by the Savior. He quoted President Dallin H. Oaks: We invite all of God's children to come unto Christ by repentance and baptism and confirmation in order to open the doors of the celestial kingdom to the sons and daughters of God. No one else can do this. Missionaries are called to assist in this great work. He said that today more missionaries are serving in more missions, and more people are being baptized, than ever before.

Speaking to missionaries of all ages, he said, “You are an army of righteousness with the doctrine of Christ as your purpose. You are a force of faith, power, love, and joy. You are what you preach.” They are not only messengers but living examples of the message. “Make no mistake—you are doing the most important work you could be doing.”

A few months earlier, he watched two of his great-nephews, brothers, speak in sacrament meeting before leaving for missions at opposite ends of the earth. They were beaming and eager to go. They reminded him of the sons of Mosiah, who wanted salvation declared to every creature for they could not bear that any human soul should perish. Their desire to serve rose above every other goal, and that is what makes missionaries special and helps them radiate the light of Christ.

For a season, he said, school, dating, careers, family time, and even sleeping in on Saturday take a back seat. “Yes, the Lord's expectations are high for you! But, oh, is it worth it!” He quoted President Russell M. Nelson: “Nothing else compares in magnitude, nothing else compares in importance, nothing else compares in majesty.” He told youth they were taught and prepared before they were born to invite others to come unto Christ. “Take care not to become distracted. Prioritize it; don't let anything get in the way. You are needed!”

While Bishop and Sister Douglas led a mission in Lima, Peru, one of their missionaries was Elder Merlin Sanchez. Merlin was baptized at almost 24, then stopped coming for a while. A faithful friend helped him start his mission papers anyway. At 25 he came back to church, and a desire to serve swelled in his heart. Because his papers were mostly done, he could go, and the Lord removed obstacles one by one. When asked why he wanted to serve, he said, “I only want to be close to Jesus Christ and to follow Him.”

He served with the same companion twice, eight months total. They had opposite personalities but became united in purpose. A few months after his mission, Merlin met his wife. On their wedding day, he was called as a bishop: “Quite the wedding gift!” Today they have three children, and he serves as a stake president. They cannot fathom what their lives would be like without his mission.

To converts he said, “To you wonderful young converts of the Church, a mission may not have been on your radar, but it ought to be now.” To the rising generation: put a mission high on your list and don’t be distracted by things of far less worth. He mentioned Amulek, who said, “For I was called many times and I would not hear.” Prophets teach that the Lord asks every worthy, able young man to prepare for and serve a mission, and that for young women it is a powerful but optional opportunity to pray about. “There is still plenty of room and a special place reserved for each one of you! We need you! ‘Come join the ranks!’”

He ended with the Lord’s words to Thomas B. Marsh in 1830 and asked us to put our own names in them: “Lift up your heart and rejoice, for the hour of your mission is come; and your tongue shall be loosed, and you shall declare glad tidings of great joy unto this generation.” The Lord promised to prepare a place for missionaries’ families and to open the hearts of the people.

Scripture to look up: Doctrine and Covenants 31:3. The Lord told Thomas B. Marsh, “The Hour of Your Mission Is Come” Bishop Douglas invited us to put our own names there.

Let’s talk about it

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

O Be Wise

President D. Todd Christofferson · Second Counselor in the First Presidency

Words to remember

- *“Gambling is built on the desire to obtain something for nothing. Its structure requires that any gain comes at others’ expense.”*
- *“Remembering President Oaks’s comments about ‘opportunity cost’ and the opportunities lost when a person devotes time and money to gambling, my plea again is not only to refrain from gambling but to use the time and resources saved thereby for doing good.”*

In President D. Todd Christofferson’s own words, from the talk.

President D. Todd Christofferson of the First Presidency said he felt a bit like the Book of Mormon prophet Jacob, who felt the Spirit pushing him to talk about a hard subject with “boldness of speech.” With a sense of duty, he turned to the subject of gambling.

He began with a story President Gordon B. Hinckley once told about U.S. President Calvin Coolidge, a man of few words. When Coolidge came home from church, his wife asked what the preacher spoke about. “Sin.” “Well, what did he say?” “He was against it.” President Hinckley said he could answer the question about gambling just as briefly: We’re against it.

Gambling means risking money or something valuable on how something will turn out. President Christofferson said it has troubled people since ancient times, and time hasn’t made it any better. But recently the smartphone has turned gambling from something people did once in a while into something available all the time, privately. About 46% of adults worldwide gambled in the last year, and the gambling industry made about \$758 billion in 2025. He pointed out that the industry’s money is the gamblers’ loss. Its whole business depends on customers losing.

He named three growing kinds: online sports betting, online casino-type games, and prediction markets, where people bet on whether something will happen, even, he said that the timing of the second coming. He wondered how anyone could ever collect on a bet like that.

Young people are especially affected. In the United States, 36% of boys ages 11 to 17 said they gambled last year, rising to almost half of boys by age 17. Many young women ages 18 to 29 gamble too. Gambling can become consuming. It takes time from school, relationships, and work, crowds out good things, and grows greed. People know the house always wins, but they think it won’t win against them.

President Oaks teaches us to ask, “Where will this lead?” Every choice has an opportunity cost. Time and money spent gambling can’t be spent on something worthwhile.

Even if someone thinks they can gamble for fun without harm, President Christofferson asked us to think about our example. Children and people who are newer or weaker in the faith may follow us. The Apostle Paul taught that even something harmless to us could become a stumbling block to them that are weak. “Every soul is precious, and Christ died for him, for her, as He did for you.” President Christofferson said, and Christ died for each one.

Most of all, gambling is morally wrong. It is built on wanting something for nothing, and any gain comes at someone else’s expense. That’s hard to fit with the commandment to love our neighbor. President Oaks taught that it leads us away from the giving path of Christ.

President Christofferson pleaded with us to live life on a higher plane. A life well lived means helping others, working on worthy things, and “It is being and doing better without others doing worse.” He asked us not only to avoid gambling but to use the time and money we save for good, to be anxiously engaged in a good cause. He ended with Jacob’s words: “O be wise; what can I say more?”

Scripture to look up: Jacob 6:12. Jacob ended his teaching by pleading with his people to be wise, the counsel President Christofferson took for his title.

Let’s talk about it

What did this talk teach us about the Savior? What is one small thing our family can do this week?

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