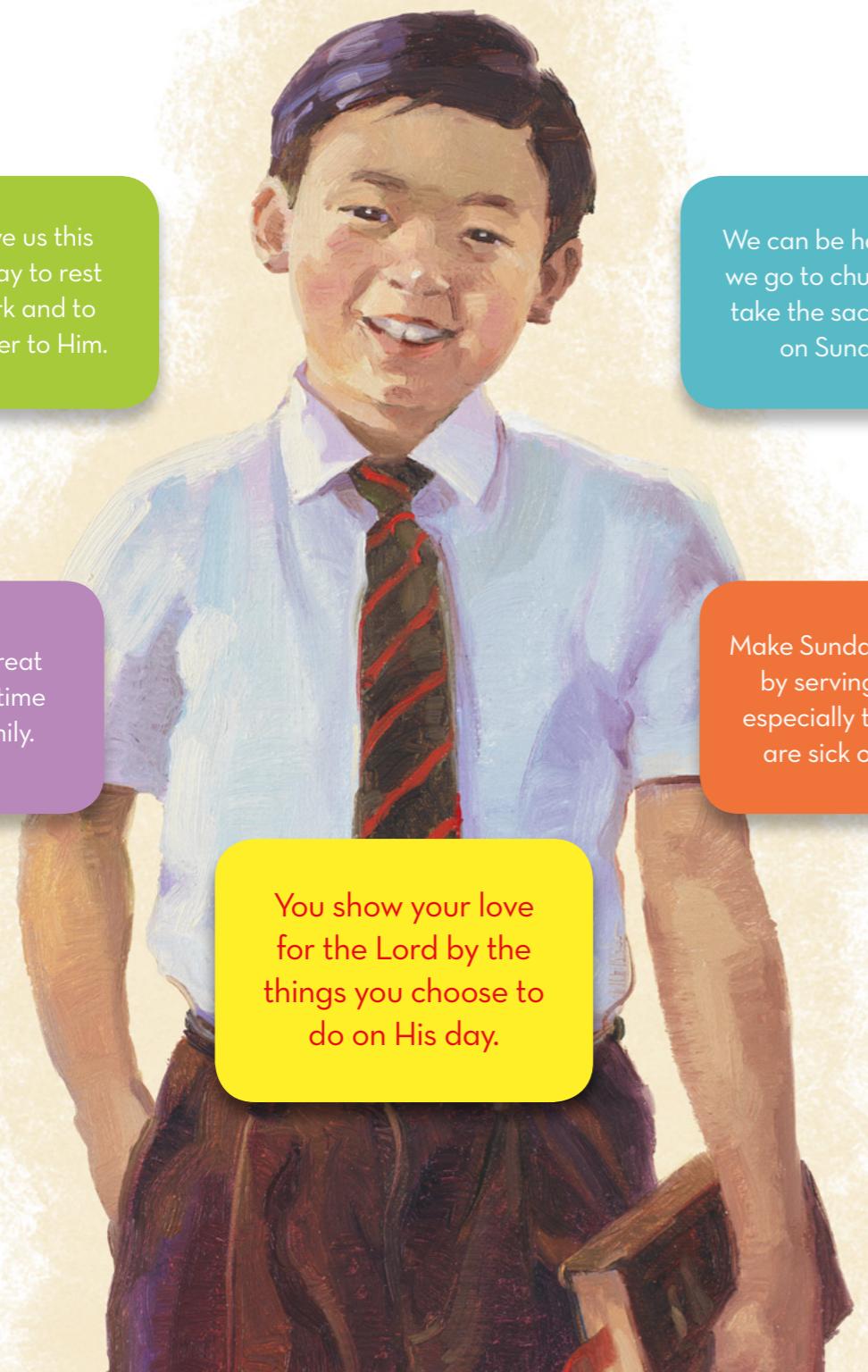




From President  
Russell M. Nelson  
President of the  
Quorum of the  
Twelve Apostles

# How can I make **SUNDAY** a special day?



Sunday is a great day to spend time with your family.

You show your love for the Lord by the things you choose to do on His day.

God gave us this special day to rest from work and to grow closer to Him.

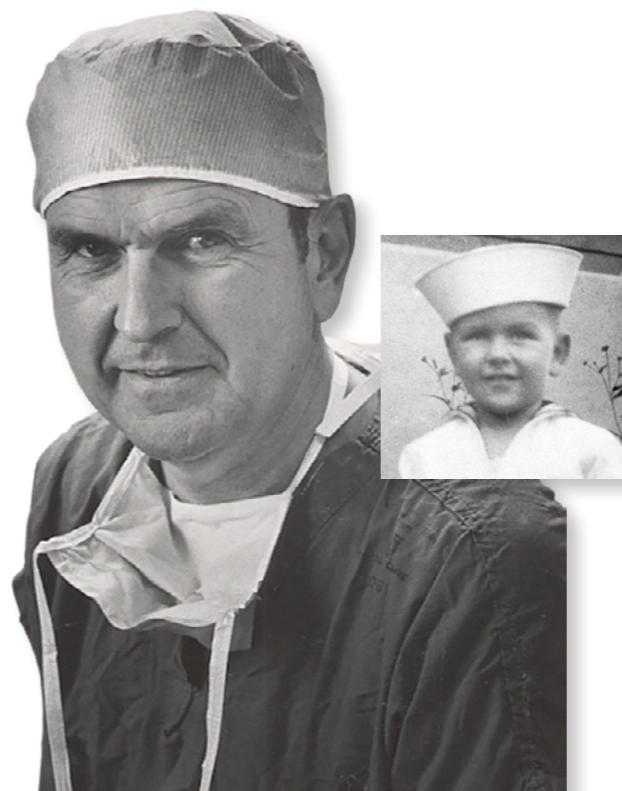
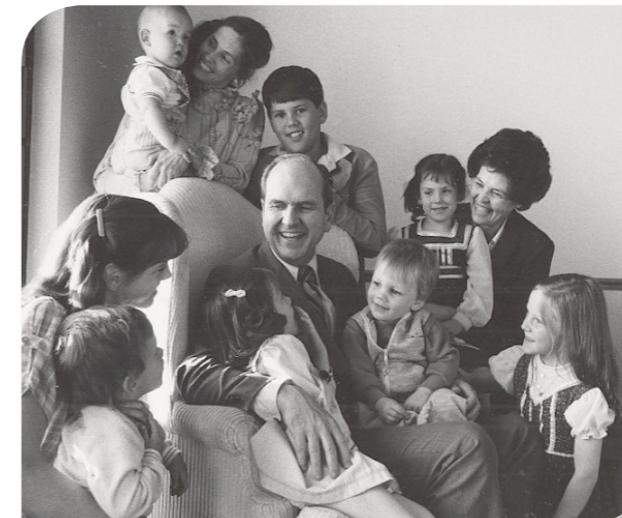
We can be happier if we go to church and take the sacrament on Sunday.

Make Sunday a delight by serving others, especially those who are sick or lonely.

From "The Sabbath Is a Delight," *Ensign*, May 2015, 129–32.

ILLUSTRATION BY DILEEN MARSH

## Meet President Russell M. Nelson



As a boy, Russell's parents taught him that family should always come first. In the evenings he would play games, read, or sing with his parents and siblings.

He did many activities in school, including football. Years later when he became a doctor, he operated on his high school football coach.



When he was 22 years old, he finished medical school with high honors. He then worked hard to become an expert heart surgeon.

He met his wife, Dantzel White, when they were in a college play together. She was the lead singer, and she had a beautiful voice. They had 10 children together before she passed away. Later he married Wendy Watson.



Music is a big part of his life. Growing up, he sang in choirs and musicals and played the piano. Now he often plays the organ at meetings with the other General Authorities.



As a doctor, he has helped thousands of sick people. But he says, "The real power to heal is a gift from God."

### WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be His special helpers. They were called Apostles. He has called Apostles to be His special helpers today. They testify of Jesus Christ to the whole world. President Nelson is an Apostle.