

KRIS BELCHER

26 March 1971 – 17 January 2020



“One Holy Thing”

In Memory of Kris Belcher: Your “One Holy Thing”

by [LDS Living](#) | Jan. 17, 2020

Makes You Think

Just after midnight on Friday morning, Kris Belcher, a beloved [Deseret Book author](#) and Time Out for Women speaker passed away. Belcher lived her life inspiring others despite many health challenges, including cancer that led to her losing her sight. In the wake of Belcher’s passing, Emily Belle Freeman penned the following: “She is finally able to see . . . it was the text I received just after midnight. And just like that, she was gone . . . one of the noble and great ones. And I held her hand, and I thought of the wisdom she gave every one of us. And the love. Oh, she knew how to love . . . and there was peace. #intothelight.”

Just last week, [Freeman spoke on the All In](#) podcast about her friend Kris Belcher’s desire to collect people’s “One Holy Thing.”

Morgan Jones: “Recently on ‘Don’t Miss This,’ you all extended kind of a challenge in Kris’s honor. And I was thinking that it would be cool to have you share what that challenge was and then to have our listeners, to

extend that challenge to them as well.”

Emily Belle Freeman: “So a couple of days ago, well, it was actually a couple weeks ago now, she called me. And she was struggling, she’s in a lot of pain, excruciating pain. And she called me in tears. And she said, ‘Can you give me five minutes and just help me get through the worst of this?’

And I said, ‘Yes. What should we talk about?’ Because she just needs a distraction at that time.

And she said, ‘I want you to tell me about your one holy thing.’

And I said to her, ‘I don’t know if I know what that means. Like, what does that mean?’

And she’s like, ‘The Spirit told me I need to hold on to holy things. And so in these terrible moments, I’m calling people and I’m asking for their one holy thing.’ And it was so interesting for me to stop for a minute and think, in the midst of the whirlwind that is life and everything that is going on, if I had to come down and say, ‘What is the one holy thing in my life right now that I am holding on to?’ what would it be? And we had a really sweet

conversation about the power of loving like God does. In my mind, that is one of the holiest things in my life right now, is just learning to love at God's capacity. And how do we do that? Like, how do we learn to do that? And we talked about that for a while, then we issued that challenge on 'Don't Miss This.' And now her bedroom wall is filled with holy things. And they are the sweetest things. Some of them have to do with like the birth of Christ. One is someone talking about her daughter singing the Primary songs. Someone talked about sacrifice and their most painful moments being their holiest things. And watching people express what their holy thing is, right now, has actually been so amazing. I can't even tell you. So it'd be fun, if you extend that challenge, I will make a commitment to write down all those things on yellow sticky notes."

As a result of the conversation with Freeman, we challenged listeners to share their "one holy thing." Answers ranged from scriptures to thoughts to people. In memory of Kris Belcher's passing, here are some of your "one holy thing" responses on the [AllIn.Podcast Instagram page](#). Read all of the comments [here](#). Thank you to each and every person who commented:

"When I find myself overwhelmed and/or not sure what 'success' looks

like in a season, I repeat to myself 'loaves and fishes' as my prayer that He'll take my meager offerings and attempts and expand them for His purposes. It's often repeated in desperate hoping." -@snyderem

"My family's cheer and group hug after family prayer at the end of every day." -@melinda.joy

"My first, and clearest, memory of an answered prayer. I knew God heard me. It was instant and clear. I know that God wanted me to know He was listening. That sure knowledge has been the foundation of my spiritual growth." -@treanahunt

"I had a period of time when I was very ill. I remember thinking whatever things I can't do . . . what I can do is always be faithful to my Heavenly Father and the sacred covenants I've made to Him. I could always pray and listen to the scriptures. Those are my holy things. I look back and remember the closeness to the Lord that came from doing those things that I could and knew the Lord knew I was giving all that I had to Him." -@jsjudd13

"My daughter received a true miracle and was healed of a brain malformation through pediatric brain surgery. Her surgeon was an angel on earth for us and it made me realize how much we can bring

about Heavenly Father's plan through service to others." -@onehm

"The last verse of Enos is what I hold onto. It's comforting to me." -@everyhomeneedsagrandma

"After my son passed away I needed to have the constant companion of the Holy Ghost. Having the Spirit was not only my direct connection with deity, but also with my son. It is where I feel peace, a feeling of calm reassurance that all is well." -@kahustead

"My one holy thing right now is my recently renewed temple recommend and all it represents to me personally." -@erinfeathers

"His ability to mend the broken moments of my life. The Savior has blessed my life with the knowledge that He fixes the things that are broken in this life. Whatever might be the case in your life. Broken hearts, broken minds, broken families, broken promises, broken dreams. He knows your heart, He knows you. He knows me and will help me maybe not exactly how I want it but in the way that my Savior knows best. I believe one day, when I see Him, it will all be mended." -@amberellensargent

"Mine is the Atonement of Jesus Christ. How lucky are we to have it? I'll be baptized into the Church this

weekend and I couldn't be more excited. Because of His Atonement I'm able to receive this beautiful gift. My amazing husband is performing my baptism. Talk about a way to bring and keep families together." -@giselle.e.sturm

"The fellowship of my ward. As a new convert, and living so far from my children and grandchildren, the encouragement and love I feel from my new 'family' is indeed a tender mercy." -@mum3katengrace

"The legacy my mom left me by her example of always thinking of others. Even when dying of cancer, she focused on her nurses and family. It helped me so much and I always think, 'What would mom do?'" -@rindaall

"2 Kings 6:16: 'Fear not: for they that be with us are more than they that be with them.' Heavenly Father watches over us and blesses us every day and when days are dark and heavy, He sends angels and armies as needed." -@mabaker49

"Knowing that we're all in this together. The bonds and genuine joy found in making friends and family relationships is the most beautiful thing to me and can withstand and endure any sadness or pain that comes. I believe that. Remembering we're all just on one big heck-of-a-rocky hike together makes me smile

and even more so when we look after each other along the way.” - @ruby_olivia_rees

“Last year my husband went to the ER because of a bad reaction to an antibiotic, but while there they discovered a massive tumor in his back. As we left the hospital, we saw a big, bright rainbow. We were told it was benign. And then later met with the surgeon who would remove it., where we then found out it was not benign, it was cancerous. As we left that appt. we drove and saw another big, bright, massive rainbow in front of us. At this same time our son was having very concerning symptoms of leukemia and we needed to run a lot of tests. As we left that appointment and went home, another big rainbow appeared. They have become our ‘Holy Thing’—the reminder that He is with us through our storms and that hope is right around the corner.” -@jodibrimhall

“My ‘one holy thing’ is music that fills my soul. Two of my most treasured and sacred favorites are ‘A Gaelic Blessing’ by John Rutter as sung by the Tabernacle Choir and Rob Gardner’s hymn, ‘Fill My Soul With Peace’ from the *Saints and Pioneers* album. Both have come to me as answers from my heavenly home in times of heartache and longing.” -@kimmythequeenbee

“My One Holy Thing was seeing Christ’s Atonement change my friend’s countenance through his repentance. Christ’s grace met me there that day.” -@debbie.craner42

“Singing Primary songs and hymns to my kiddos at bedtime. One kiddo who has been struggling with anxiety loves the song ‘Abide With Me; ‘Tis Eventide’ and recently told me it helps him feel peaceful, like he’s watching ocean waves.” - @aeallen04

“The time I have spent with loved ones (especially my children) is so precious. Whether at a Thanksgiving or Christmas meal, a school event, watching a movie, playing on the beach, exploring a museum, or having scripture study together—these moments are so holy to me. So sacred.” -@patchistan

“My one holy thing right now in my life is my weekly temple attendance. For the past four months my husband and I have been going to the temple on the same day each week and to the same session. This commitment has brought an added measure of the Spirit and God’s love into my life on a regular basis and I find myself craving even more time in the temple. This one holy thing in my life has helped me through some dark times recently and I feel forever changed by it.” -@hollylesue

“My one holy thing continues to be the loss of my son, Carson. We lost him in a tragic accident in Park City, July 2012. The heartache and despair was overwhelming but at the same time I have NEVER felt so sure of the Lord’s grace and love. I know I continue to survive because of Him. I have come to know our Savior on a personal level and it is the most holy thing to me.” -@hzbch

“My one holy thing is my relationship that I have developed with my Heavenly Father and Jesus Christ through the Book of Mormon! I love it with all my heart. It has answered my prayers more times than I can note. President Nelson asked us to ponder what our life would be like without the Book of Mormon. I don’t even want to imagine. My testimony is everything it is because of that book! My life and strength is what it is because of that book. My one holy thing? Unequivocally, the Book of Mormon.” -@comefollowmeforus

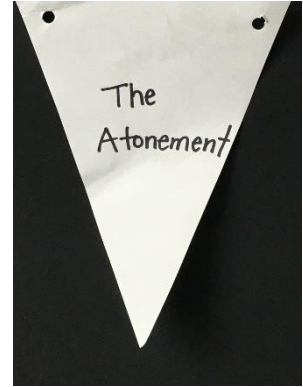
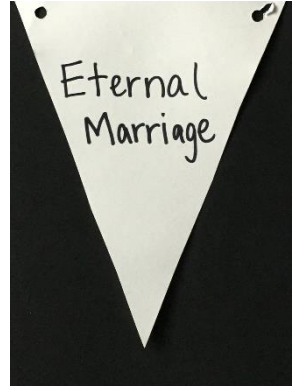
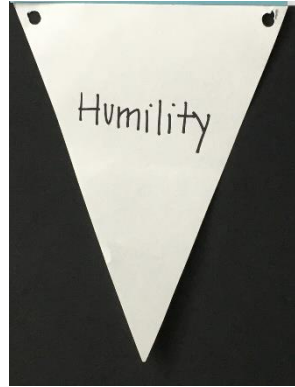
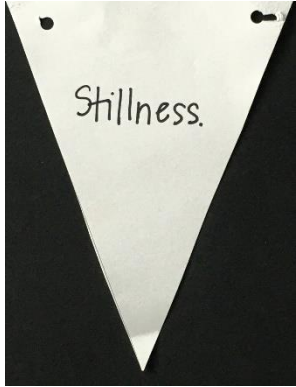
“Right this minute, my One Holy Thing is that I know Christ sits with me. He sits with me in the isolation of depression, which makes the isolation go. He sits with me in the optometrist for the 20th time, knowing they have no clue. He just sits with me.” -@anunexpectedme



As a young wife with two small sons, Kristin Warner Belcher was stricken with radiation-induced cancer, an illness brought about by lifesaving treatment she received as an infant for bilateral retinoblastoma. Five major surgeries within the space of five months left her physically and emotionally devastated — and completely blind. During that time, she discovered moments of spiritual strengthening that became holy places in her life — places of hope and healing. You can read her compelling insights about finding hope in the midst of heartbreak and tragedy in her book [Hard Times and Holy Places](#).

One Holy Thing

Hundreds of banners were carefully displayed in Kris' home to give her strength.



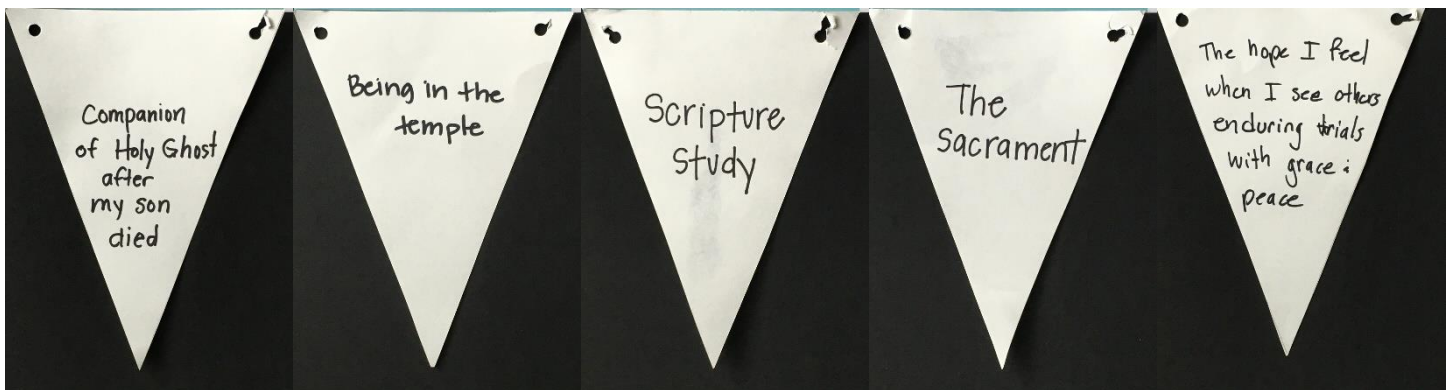
- Reading my patriarchal blessing
- Feel Holy
- Kris is everything Holy
- He will guard me well
- Serving
- The Nativity
- Enabling power of grace
- Pure, delightful, funny moments of laughter
- Recognizing inspiration
- Love
- This experience right now is a "would be temple"
- Expressing gratitude
- Being a mother
- No matter what lies ahead of me, God is already there
- Presence of Heavenly Angels
- Acting on promptings
- Seeing God's hand
- The atonement of Christ
- God's will
- The Book of Mormon
- I am known by God
- Gethsemane
- When He reaches my reaching
- You happen to be an angel
- Peace
- Remember God's love
- Act on promptings.
- Hear sweet whisperings
- Kris is a holy anchor for others
- Progression
- Trust
- Whatever God touches
- Eternal perspective
- Nature
- A safe spot
- General Conference talks
- The Lord is with us
- Waters of Mormon moments with Christ
- Knowledge

- Personal Revelation
- Faith
- The memory of the birth of each of my children
- The Lord's tender care
- A light shining in the darkness
- Good music
- Christ's plan
- Quality time spent with loved ones
- Goldie singing
- Section 60:7 I am able to make you holy
- Quiet moments with my Heavenly Father when His love is tangible
- A Heavenly Mother who loves me
- Partaking of the sacrament
- Suffering
- Ministering angels
- Meditation
- Grandchildren
- Knowledge of the plan
- Family prayer
- When I choose faith
- One more day
- Good music
- Primary songs
- Initiatory
- Forgiveness
- Remembering
- Scriptures
- Sitting in the sunshine
- Sacrament
- Temple
- Communion with God
- Getting through this minute
- Milo
- Share God's love
- The priesthood
- Intentional time
- Loving your people is a holy, scared act
- My temple recommend
- The true Christmas story
- Heavenly Father knows my name
- Shared spiritual experiences
- Hope
- Past memories of hope
- Reading my journal
- Show up with an armful of love
- Connected prayer
- Pain
- Faith that angels are near
- Tender mercies amidst the hard time
- Be a part of the journey
- Looking back to see the divine threads in your life
- Family love
- Prayer when I can be alone and say them out loud
- Endure
- Love of family and friends.
- My wife

- The 1st time I truly felt the comfort of the Holy Ghost. A family friend passed away. I was about 10.
- The love of God
- Spending time with Dad
- The Savior's powerful gift of forgiveness. So grateful to be able to try, try again. His love
- I am already enough. I don't have to prove myself for God to love me.
- The temple and now prayer
- Covenants
- Kris added much to my life even though we didn't meet often. I admire her courage, decision to keep loving the Lord, and sense of humor!
- Jesus loves me. Pure, unconditional, and infinite.
- Your faith and courage to continue onward doing good is tribute to your eternal nature. You were sealed to come forth in the morning of the first resurrection, according to your faithfulness. Well done. Continue onward.
- My family.
- Peace
- My holy place is with family! I love you Kris.
- My place that I pray.
- You asking me about me.
- Family
- I believe in Christ, like I believe in the sun. Not because I can see it, but by it I can see everything. C.S. Lewis
- For a saint that had "no" vision, Kris always saw what needed and needs done.
- Your example! You have lifted me so many times.
- Receiving personal revelation in the temple after seeking it.
- I know that Heavenly Father exists, that He knows me, and that He love me more than I can comprehend.
- The miracle and strength of the youth being sent to the earth at this time. They are a comfort to all.
- The temple experiences. I felt a hug from the other side.
- You're so loved and Christ will surround you and hold you up "For with God nothing shall be impossible." Luke 1:37
- The sacrament
- Friendship
- When the Lord told me He loved me.
- Tears
- Learning about the gospel
- Time in the kitchen with my daughters
- Seeing the temple at night.

- Come, Follow Me program with my family!
- The temple and every moment spent with Kris.
- “Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart so that fresh green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart for better things will take their place.”
- She was a good teacher.
- Be kind.
- Temple worship
- Stillness
- Smile
- The temple sealing
- The temple – Ponder on the atonement of Jesus Christ. James, you have magnified your divinely appointed role as a husband and father. You have been a role model for me.
- Being in the temple with my children and their spouses.
- Preslee
- Serving friends, family, and strangers.
- Sunrise.
- Be kind
- Being sealed as an eternal family.
- Hope
- Where all thinking about you and love you.
- Love one another!
- My brave
- Reflecting on your example.
- Humility
- The comfort of friends and family
- Promises of eternity.
- The day my husband died, just a few feet away, I awoke to an immersion of the Spirit – it was so incredible and then I realized why! It sustained me throughout the next several weeks....
- Sunday will come.
- My one holy thing to add to my life tapestry was the honor to do Kris’s nails. Big ministering experience in such a small amount of time. Thank you Kris for your light.
- My holy places are on my knees or with my family.
- Living life with an eternal perspective.
- Becoming who the Lord wants us to be.
- Love your family.

- Praying daily. Temple attendance.
- My Brave
- Trusting every day.
- Laughing with those I love.
- When we are born we are crying and everyone around us is smiling with joy. Make sure you live a life that when you leave you are the one smiling and everyone else is crying. Kris is smiling, we are crying.
- Serving people in need.
- My time in the scriptures feeling clarity and growing in knowledge.
- Love His love! We love one another, He first loved us.
- Hope that God is real and there for us.
- Having the Holy Ghost guide me.
- The many, many small instances of feeling that God knows me and loves me.
- The spirit I feel in the temple.
- Love in a family
- Light.
- A dynamic woman who bears her losses with dignity and turns her pain into windows that show us what grace can do for us. A tender man who dances with her through the unimaginable, and shows us what love can do for us. A loyal boy (and a loyal dog) who leads her by the hand while she leads them by the heart and shows us what suffering can do for us. Thank you for being my holy things.



Latest setback can't stop Lehi mom

By [Deseret News](#) Feb 19, 2004, 6:45am MST

Sharon Haddock



Kris Belcher's son Benjamin has inherited the gene that caused her retinal tumors, which took away the last of her eyesight. She says Benjamin "heals her heart." *Laura Seitz, Deseret Morning News*

LEHI — Kris Belcher has met challenges head-on since she was a baby.

Diagnosed with retinal blastoma cancer at seven months, she's never enjoyed 20-20 or even 20-200 vision. She's also never been totally free of a number of physical challenges including cancer and spinal meningitis.

The dark-haired, determined woman has fought through life pretty much relying on severely limited vision in

one eye. She graduated from Brigham Young University with a degree in recreational management, and she served an LDS mission to Kentucky.

Now, at 33, with two young boys, a new business and a husband to care for, she's totally blind.

But she's not giving up. She's scared but she's not discouraged, even though she's been through three traumatic surgeries since December after doctors found tumors in her right eye — tumors caused by the radiation treatments she'd had as an infant.

"It's OK that it's not fair. I don't feel mad. I'm not pleased, but I'm not the one in charge," Belcher said, holding 1-year-old Benjamin on her lap while 5-year-old Christopher takes flying leaps from a plastic jump toy. "We're just grateful for what we have because there was a real serious week where we didn't think I would live. We were scared to death."

"The biggest reward is that we're still a family," she added. "Somehow I'll learn to be a wife and a mother again. Somehow our little family will get stronger."

James Belcher says he has no doubt his wife will survive and surprise those around her.

"She's a survivor. She's never been the kind of person who is defeated by anything. She comes through," he said.

The Belchers had just opened a flower shop in an old home on Lehi's Main Street when Kris Belcher noticed her vision getting steadily worse.

"If we'd known what was coming, we probably wouldn't have opened the business," James Belcher said. "We would have put it on hold simply out of fear of the financial implications."

While Flowers on Main continues to grow, start-up costs and old medical bills make it hard for the family to break even. Owning his own business, however, has allowed James the freedom to come home as necessary to help his wife.

"James is the talent. He creates unique and beautiful designs," Kris Belcher said.

The two are facing the future optimistically.

Insurance is helping with the mounting medical bills and family, LDS ward members and friends are helping them cope.

"We just really, overall, feel incredibly blessed," Kris Belcher said. "We've had miracle after miracle to keep me here. The greatest comfort is my Heavenly Father. I have just felt him with me every step of the way."

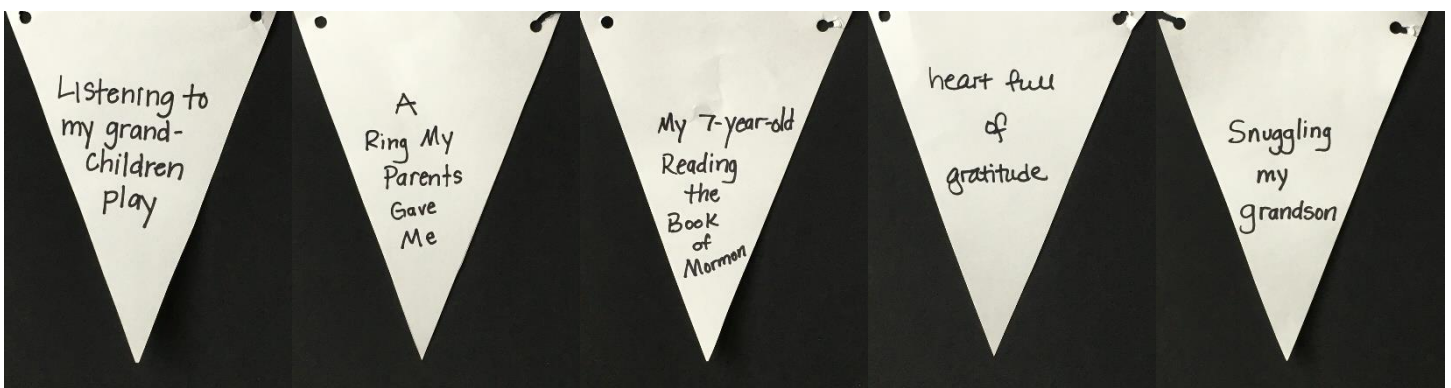
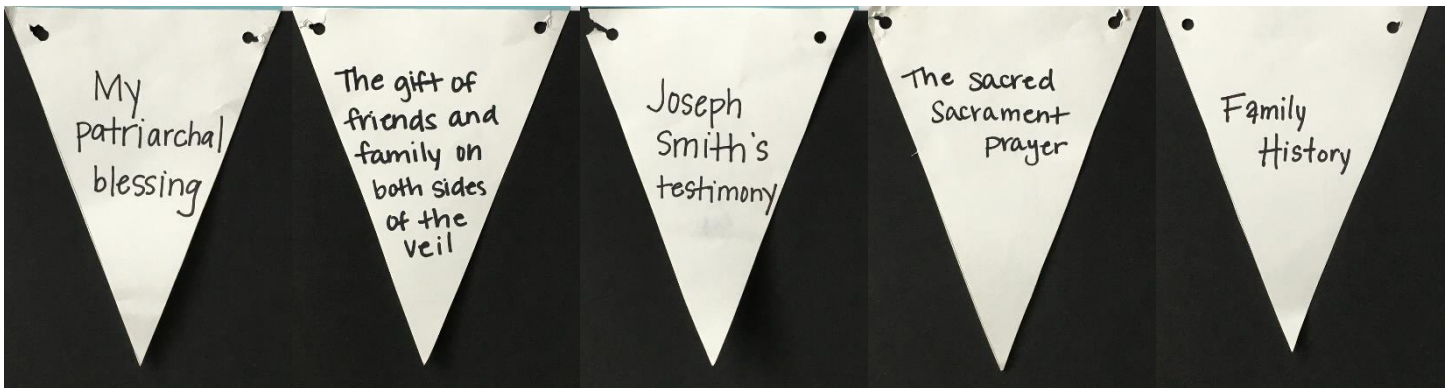
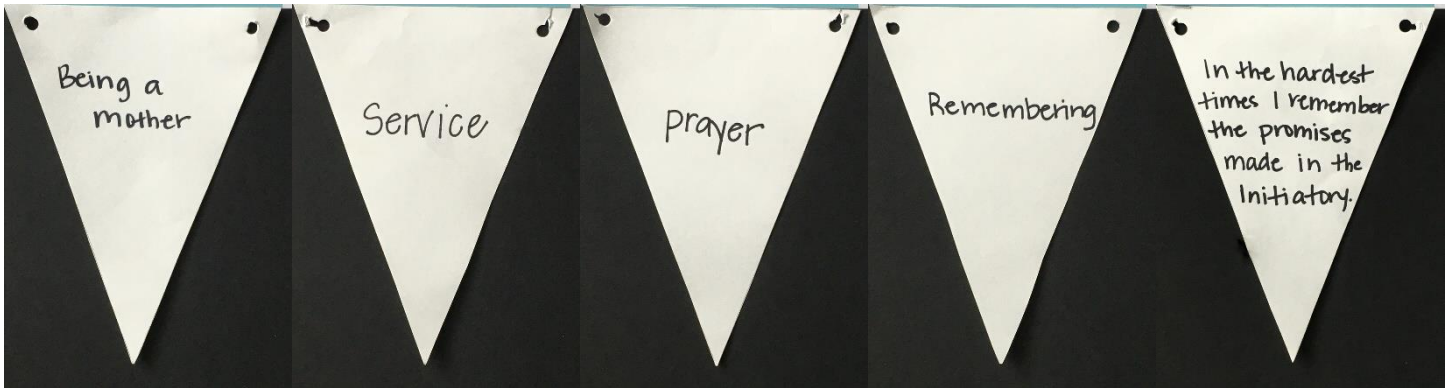
Belcher will be taking classes from the Utah State Services for the Blind and Visually Impaired to help her learn to keep house and care for her children without the ability to see. She plans to continue crocheting, which she can already do well without looking at the stitches, and working on her computer — only with speech enhancement.

She's already planning to completely organize her home so it's baby-safe and so things are where she expects them to be.

The doctors have told her the cancer appears to be arrested and her children, so far, show no signs of the blastoma which is passed on genetically, although Benjamin does have the gene.

She's taking solace in being alive and being able to hug her babies tight.

"This little boy heals my heart," she said, wrapping Benjamin in a bear hug. "I'm scared, but I hold onto the promises I've received in my (LDS priesthood) blessings."



Lehi woman's life is an inspiration to others

- Cathy Allred - Daily Herald
- Jul 4, 2009

A former Lehi Area Chamber of Commerce president and mother of two young boys, Kris Belcher co-owns Flowers on Main with her husband, gives several firesides a year, has been a Brigham Young University Women's Conference speaker and released her first book in April.

Oh, and by the way, she's blind.

"We happen to be neighbors and I knew of her story and I thought, 'Boy, that is remarkable,' said Deseret Book product director Chris Scheodinger. "She has such a wonderful sense of humor and you can't help but love her for what she is."

He was instrumental in Deseret Book requesting she write "Hard Times and Holy Places." Released in April, the book has received five star reviews.

Scheodinger attended a fireside where Belcher was guest speaker and said he was impressed not by only her story but the way she made her presentation.

"I didn't know what the project was going to be, but I knew we had to do

one," he said. "The story is so unique and so perfect for how it reflects our mission for Deseret Book Company."

Eyesight taken

A northern California native and the fourth of six children, Belcher was 7 months old when doctors discovered she had cancer in both eyes, bilateral retinoblastoma. Treatment of cancer was still in its infancy and they treated her with radiation. As a child, she had limited vision with the radiation and the tissue scarring.

"That is the key part, it caused the rest of the cancer," Belcher said. In 2003, she was diagnosed with radiation-induced sarcoma.

She and her husband, James Belcher, had opened Flowers on Main, a florist shop on Lehi's Main Street, on Nov. 6, 2003; and a few weeks later her vision began to fade. She said she went to her specialists and no one could figure out what was going on.

"My vision was just getting darker and darker," Belcher said. "And then I was inspired to get a CAT scan."

But the doctor did not agree on the CAT scan for her head even though she was experiencing growing pain. Because of the acute pain on Dec. 27 the same year, they went to a hospital emergency room and got the CAT scan.

"On my little boy's first birthday, they found a tumor behind my eye," she said.

She had surgery to take out the tumor. Before surgery she could see a little, and after surgery she had no sight.

"There was nothing," she said. "It turned out there was another tumor pushing on my optic nerve, causing blindness."

Within five months, Belcher had five surgeries, three to remove the cancer and two to repair torn brain lining called the dura mater. She spent 2004 recovering.

"It was awful," she said. "It was just the most devastating, miserable experience I'd ever had. I have never been so low as that year. I had to learn to live again. I didn't want to be blind, I didn't want to do that -- to learn to live in the dark as a mom and a wife."

Defying limits

She admits it would have been easy to quit, but Belcher made the decision as a child to reach beyond limits set by appearances. Because of her cancer treatment as a baby, her eyes would hemorrhage when she became too active.

She said the doctor told her when she was 4 to 8 years old to be as still as a china doll.

"That was hard, but that was the restriction," she said. "I had to be very calm, which is very hard for a little kid."

Perhaps it was teen rebellion that helped Belcher make her life-changing decision.

"I kind of just decided I was tired of living like this," she said. "I'm going to do something and be happy, do something about the situation."

In eighth and 10th grade, she was a cheerleader; in 11th grade she was a pom pom girl; and as a senior she became the school mascot -- a warrior princess for the Armijo Indians.

"I talked to the doctor and got permission, of course, but it was more me saying I'm going to do this," she said. While she can't fit into her brown suede beaded dress

anymore, she still remembers her cheers.

During her high school years, she began speaking at a few firesides. Belcher earned her bachelor's degree in therapeutic recreation from Brigham Young University and served an LDS mission for 18 months in the Kentucky Louisville Mission.

Bouncing back

Her second bout of cancer therapy in 2004 brought her to a new low, she said. She had to travel to the Center for the Blind in Salt Lake City to learn how to function again, how to use a computer with screen reading software and how to cook and clean.

"It took like a whole year to crawl out of that hole, probably a year and a half," Belcher said. "It took a while."

She began regaining her physical strength, then she worked on her emotional strength. And, she began speaking at firesides again.

"In 2005 is probably when I got a grip on my life," she said.

Scheidinger said he remembers seeing her playing with her children in the Belcher family backyard.

"She was jumping on the trampoline with her kids," he said. "One night

they were out playing football together and they made her quarterback. She would listen and her son would say 'throw now' and she would follow that voice."

Finding success

Another neighbor, writer and friend, Emily Freeman, said Belcher is one of the most positive people she has ever met.

"She is able to take what life gives her and turn it around to her benefit and for the benefit of others," Freeman said. "She's a very wise teacher in regards to teaching the lessons of life."

Taking those lessons, Belcher has inserted them in her book "Hard Times and Holy Places."

"Trials and difficulties can, if we let them, become holy places -- places where we can feel the power of the Atonement in our lives. Our struggles can be consecrated to our good and growth, and you and I can become more like Christ," reads an excerpt.

"I kind of told my story in the hopes of helping other people through their hard times," she said.

Being asked by Deseret Book to write a book is rare, and being asked to write her first book in two months

was a challenge. By April 2008, Belcher had been prepared for the task, she said.

Her life had changed, and a lot of miracles had happened by then that she could share with people, her stories of healing, she said.

"There were moments I knew I was not the one doing the writing," she said. Written at a slower pace, Belcher is working on her second book while she appears at more firesides and other presentations.

She has two firesides scheduled for July and has a Time Out for Women

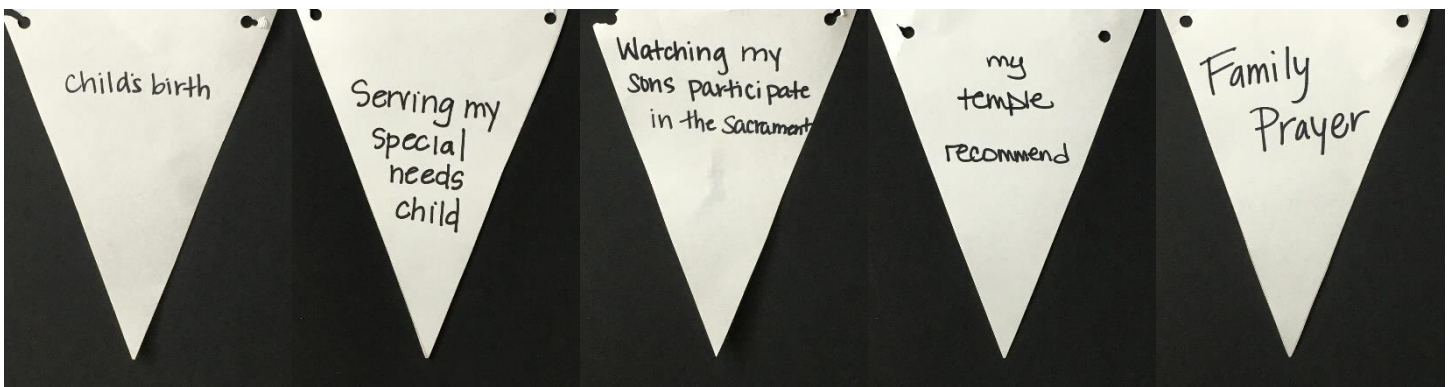
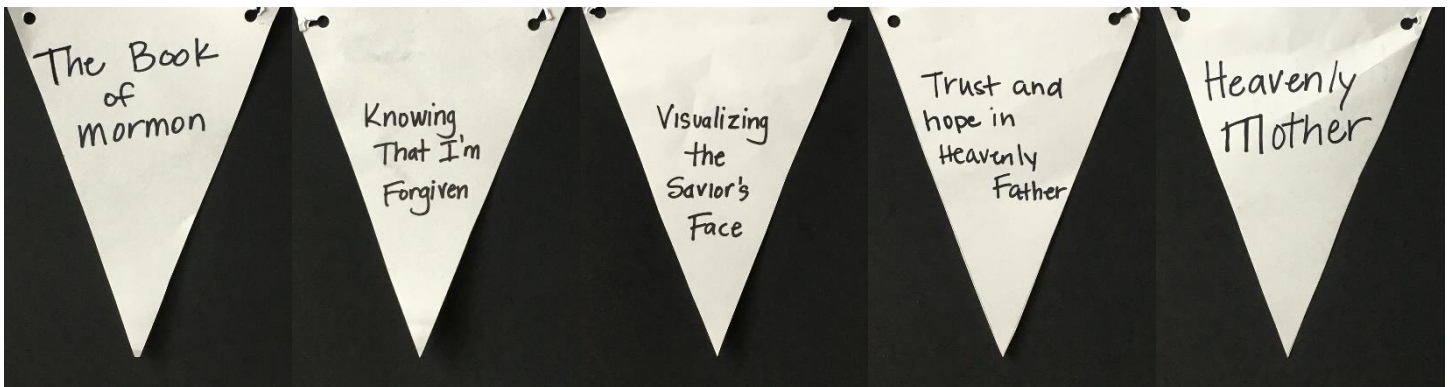
presentation in September. Deseret Book has also brought her life into the Internet limelight.

"My 10-year-old thinks I'm really popular and famous because there are clips from Time Out for Women on YouTube," Belcher said.

• **Cathy Allred** can be reached at heraldextra@digis.net.

Kris Belcher

- hardtimesandholypplaces.blogspot.com
- desertbook.com/timeout



Mormon Women Testify

Kris Belcher



As an infant, I was diagnosed with cancer in the retinas of both eyes. I was treated with radiation therapy, which saved my life and some vision. But, 30 years later, radiation induced cancer took the remainder of my sight- leaving me completely blind.

I was absolutely devastated in every way possible. It was only through the love of family and friends, and the support I received from Heavenly Father that I was able to move forward in my life of darkness. I tried to put my trust continually in God and his infinite wisdom, and prayed constantly for strength.

People would often try to give me encouragement by saying, “Kris, you are so brave! You can do this because God won’t give you anything you can’t handle.” Well, this didn’t help or encourage me. In fact, it made me feel even worse. I wasn’t brave, and I couldn’t handle

all that had happened to me. So, where did that leave me with God?

Then, I remembered something that I already knew. What they were saying wasn’t quite true. Of course, God would give me things I couldn’t handle! Why else would he send a Savior? If I were left to my own power, there would be very little I could handle.

It is the enabling power of the grace of Jesus Christ that makes it possible for you and I to live, to do difficult things, and survive and even thrive during hardship. It is through Jesus Christ that each of us will be resurrected- reunited with our perfected immortal bodies. It is through Jesus Christ that each of us can be forgiven of our sins, and it is through him that we can be reconciled with and eventually live eternally with our Father in Heaven.

When he lived on this earth, Jesus established his church and gospel in

its purity. After his death, resurrection and ascension into heaven, his true gospel was taken from the Earth. His twelve disciples were persecuted and killed, and the authority to act in the name of Jesus was lost.

This left the world in darkness for centuries. Each denomination claimed to have the truth and Christ's authority, but how could each church be true.

In 1820, a young man named Joseph Smith wondered this same thing. Which church was the true church of Christ? He followed the scriptural direction found in James 1:5, and asked God in prayer which church he should join. In answer to his sincere prayer, God the Father and Jesus Christ appeared to Joseph. They knew him by name and told him to join none of the churches. For, each church had parts of the truth, but there was not a church on the Earth containing the fullness of Christ's gospel and authority.

Joseph was tutored by heavenly messengers as he followed the direction of the Father and the Son to reestablish the church that Christ had organized when he lived among men. Part of Joseph's calling was to translate ancient scripture that recounted Christ's dealings with the

inhabitants of the America's. This record is known today as The Book of Mormon: Another Testament of Jesus Christ, named such because it was anciently an abridgement of many records made by a prophet-historian named Mormon. I know this book to be true. As I study it, and the Bible, I grow closer to my Savior and I receive strength and knowledge to move forward in my life.

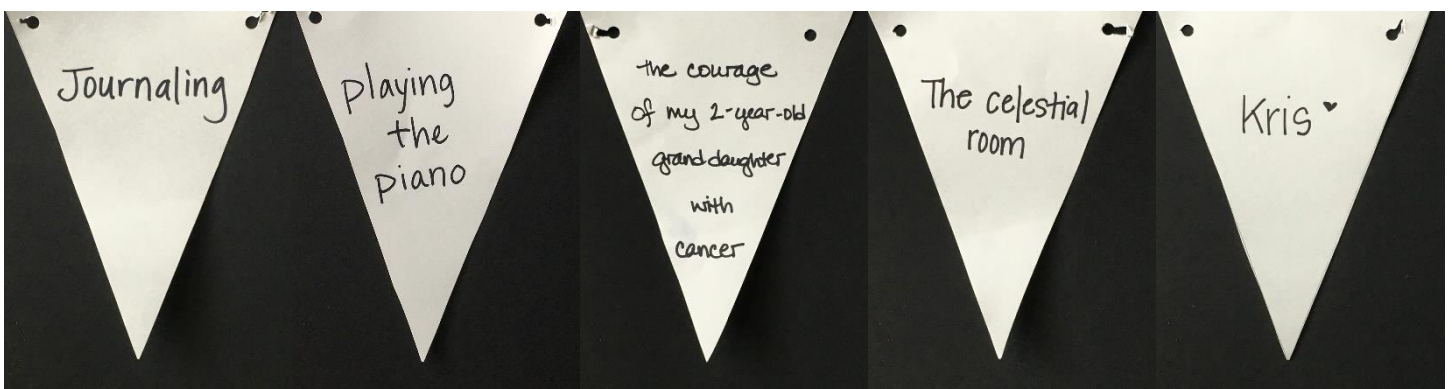
The church that Joseph Smith was commanded to reorganize, The Church of Jesus Christ of Latter-day Saints, is Christ's true church again on this Earth. It contains the fullness of Christ's gospel and his authority. My membership in this church and my understanding of Christ's true gospel is my most cherished possession. This church is led today by a living prophet who is called of God to direct and lead with authority from Jesus Christ.

I invite you to read The Book of Mormon. Pray about it and ask God in prayer if it is true. He will answer. God speaks to our spirits through the Holy Ghost, and, for me, this communication comes through feelings of peace, warmth and clarity to my mind and heart. I know that Father in Heaven will answer your sincere prayer to know of his truth.

Just as I needed Christ when I lost my vision, I need him today. Each day brings new difficulties and challenges, and it is because of Christ that I can meet those challenges. You can have this same relationship with your Savior. He waits to teach, comfort, strengthen, and lead you. He loves you

infinitely. He desires to give you all that he has received from the Father. Trust him. Seek him. He loves you. I know this is true.

This entry was posted in [Testimonies](#) on [January 16, 2012](#) by [rkm](#).



Focusing on Faith

PROVO, Utah – Jun 18, 2018 – A strong relationship with the Savior and a keen sense of humor have helped Kris Belcher through the hardest trials of her life.

Her challenges began as an infant when doctors diagnosed her with cancer in both eyes. The radiation and treatments that followed left her with limited vision. Then, in 2003, a second cancer diagnosis—a tumor behind her eye—and the five resulting surgeries left her completely blind.

“Life has certainly taken me down unexpected and often unwanted roads,” Belcher says. “I don’t know why it is surprising, because that’s what life is made of. But when those twists and turns come, I just try to hold on tightly to Jesus Christ and to the Father. They are the ones who have all knowledge, and They can see the path’s end.”

Belcher’s unexpected challenges have also brought her unexpected opportunities. She shares her journey through speaking events—averaging three or four each month—and has written two books: *Hard Times and Holy Places* and *Facing the Son*.

“When I wrote my first book, it was like going through therapy,” she recalls. “I had to deal with many feelings and questions as they arose during my writing. It seemed like a crash course in seeing the hand of the Lord in my life.”

When writing, she felt that the cancer, surgeries, and blindness that had permanently changed her life were more difficult than she could describe. “I felt that no one could understand my feelings of pain and absolute despair, but Christ could and did,” she continues. “As I wrote, I felt again that He understood and would continue helping me.”

Belcher met her husband, James, soon after she returned from serving in the Kentucky Louisville Mission and says they have been best friends ever since. “James is an incredibly talented floral designer, and we own two flower shops with our partner, Holly. They do the designing, and I do the delivering,” she jokes. “Not really. I leave the driving to those who can see.”

The Belchers live in Lehi, Utah, and have two sons, Christopher and Benjamin. “We’ve been married for twenty-one years and have endured, overcome, and triumphed together through health problems, financial

setbacks, parenting challenges, and normal life,” she says.

Belcher, who graduated from BYU in 1997 with a degree in therapeutic recreation, says she became captivated with the field upon taking her first class. “I loved that I could be a part of helping people improve the quality of their lives,” she says. “Having dealt with a disability all of my life, I have had times when something has just seemed too hard or out of reach.”

But through taking small steps, Belcher has come to feel empowered. “Mastering those skills and feeling confident would transfer to other aspects of my life,” she explains. “Wanting to give up slowly changed to feeling that I could overcome.”

And that transformation is a key to therapeutic recreation, Belcher says. “Recreation is a means of helping clients or patients master skills that can be used in other parts of their lives,” she explains. “However, it is the pervasive feelings of confidence that change the person.”

When Belcher went blind fourteen years ago, common responsibilities quickly seemed out of reach. But attending a program at the Center for the Blind in Salt Lake City helped her relearn everyday tasks, such as cooking and cleaning.

“I also learned to use a computer program that reads what is on the screen, so I can navigate on the computer with key commands instead of a mouse,” she says. “This enabled me to be connected through the web and email as well as pursue my desire to write.”

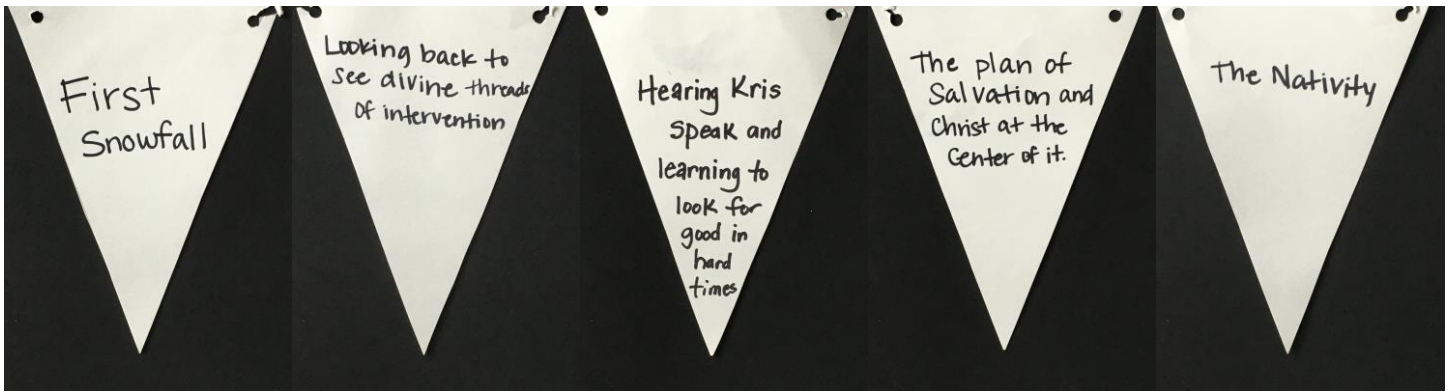
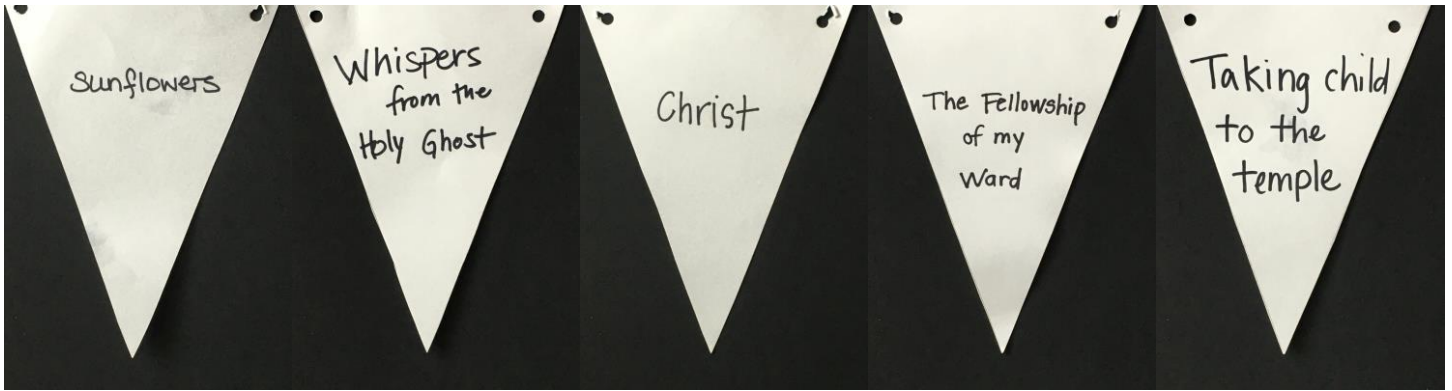
Through all her highs and lows, Belcher has felt strength come through faith. “Being honest in prayer is so important when these times of discomfort come. It is all right to tell [God] how we feel, how scared we are, how upset we are,” she says. “Once we have emptied our hearts, He can fill them with peace, comfort, and courage. Then together we can make the first step and then the next. I am so grateful He will walk the unexpected path with me.”



Alum Kris Belcher and her family have joined together to fight through trials.

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One Holy Thing