

Lindon

# CHARACTER

Connection



## COURAGE

APRIL 2012

**Courage: "The ability to confront fear in the face of pain, danger or intimidation!"**

**- Anonymous**

---

### WHAT IS COURAGE?

Good Question! So just what is courage and what does it have to do with anything? Each of us has a unique set of skills, experiences, desires, and values. What requires lots of courage for one person may require little or none for another.

I am reminded of a scout outing I had the opportunity to attend with my three older sons years ago. We were to go to southern Utah and back pack into the area known as Robber's Roost. Everyone was excited and ready for a great adventure. The outing was for three days and would require each of us to repel down a series of drop offs as we were hiking.

Well, I am sure many of those there were looking forward to the opportunity to repel down the cliffs. However, for me it was not something I was real excited about. I am not very fond of heights! The thought of stepping off of a cliff backwards actually made me feel a bit of anxiety! With each opportunity to repel, I became increasingly less fearful. It was an amazing experience, one I will not forget.

Just last year, I returned to Robber's Roost with my youngest son. I am not proclaiming to be a great courageous person. However, for me this last trip was a more pleasant experience. I had more courage and was not as fearful. I was able to overcome my fears

We all have opportunities to be courageous every day. We hear of many great and courageous acts by people we know and by strangers who make the news for the amazing things they are able to accomplish.

Many in military service are placed in circumstances where they are given to courageous moments. Law Officers, Paramedics, and Fire

Fighters are thrust into situations where at any given time they are required to have courage and make life changing decisions for other people.

For each of us, let us do the simple things that require courage: tell the truth when it would be easier to say nothing, spend time with someone whom others dislike, tell a close friend how you feel about him or her, say no to drugs and alcohol, address a long standing and unspoken conflict, be honest in our dealings with others, make time for the sick or lonely neighbor, be a friend to the friendless, sacrifice some time for service. Simple acts such as these require courage and will make a difference.

Courageous decision-making won't always be easy; it wasn't meant to be. President Thomas S. Monson of the LDS Church has said:

*"Life's journey is not traveled on a freeway devoid of obstacles, pitfalls, and snares. Rather, it is a pathway marked by forks and turnings. Decisions are constantly before us. To make them wisely courage is needed: the courage to say no, the courage to say yes. Decisions determine destiny."*

What is courage? It is doing the right thing. Making the tough decision to stand up for what is right! Each one of us will continue to have the opportunities every day to have courage.

Let us all have courage and continue to enjoy the wonderful lives we all have living in this great city of Lindon, Utah!

*"Be strong and of good courage" Joshua 1:9*

Brett Frampton, Lindon City Councilmember

## FAMILY ACTIVITIES

– In L. Frank Baum’s *The Wonderful Wizard of Oz* the Cowardly Lion asks Oz to give him courage. The wizard pours some liquid from a square green bottle into a green-gold dish and bids the Cowardly Lion to drink it. Oz explains, “You know, of course, that courage is always inside one, so that this really cannot be called courage until you have swallowed it.” Serve green punch and talk about the courage of the lion before and after his visit to Oz. Talk about challenges to family members and the traits and courage they already possess that help them meet their challenges.

–Mary Bryant said, “Courage is the power to let go of the familiar.” Play a new game, visit a new site, or experience something good that your family has never tried before.

–Joseph Pulitzer was born on April 10, 1847 in Mako, Hungary. At 17 he left home in search of military adventure, but was rejected because of poor eyesight and health by the armed forces of Austria, France and Great Britain. Finally, he enlisted with the Union Army to fight in the Civil War. Afterward, he became a citizen and a laborer, then a reporter for a German-language newspaper. Later he bought a struggling New York paper and turned it into the largest circulating newspaper in the nation. Part of his fortune was used to fund a journalism school and the Pulitzer Prizes in journalism, literature, drama and music. How important is courage in starting and succeeding in new and unfamiliar experiences?

*By Laura Clement*

## BOOK LIST

“The Legend of Sleeping Bear” by Kathy-Jo Wargin

“Cello of Mr. O” by Jane Cutler

“One More Border” by William Kaplan and Shelley Tanaka

“The Lost Sailor” by Pam Conrad

“Seven Brave Women” by Betsy Hearne

## KID’S CORNER

*“Courage means doing what you need to do regardless of your fear. You might be afraid of your abilities or be embarrassed or uncomfortable doing something you might fail at. Sometimes it means standing up for others or for what is right and going against the crowd. We might be afraid of the social consequences including rejection or even physical pain. When others are cruel or intentionally misunderstand you, especially in front of others, it would be easy to “react” the way they are acting. Sometimes it takes courage to walk away! Courage is doing your duty with integrity regardless of the consequences.”*

*--Cynthia Bybee*

*“There are too many people praying for mountains of difficulty to be removed, when what they really need is courage to climb them.”*  
–Unknown

*“No man is an island; entire of itself, every man is a piece of the continent, a part of the main.”*  
--John Donne

*Lindon Character Connection is a not-for-profit organization encouraging the enhancement of character development in our community. We are accepting financial support. If you can help please send contributions to:  
Lindon Character Connection  
c/o Alpine Foundation  
575 N 100 E  
American Fork, UT 84003  
(You may also give your donation to any executive board member.)*

*Lindon Character Connection Board:  
President.....Kathy Allred  
Secretary/Treasurer.....Beckie Goodrich  
Teacher Curriculum.....Laura Clement  
Website..... Julia Schwerdt*

**Lindon Character Connection**  
[www.lindoncharacterconnection.com](http://www.lindoncharacterconnection.com)



