

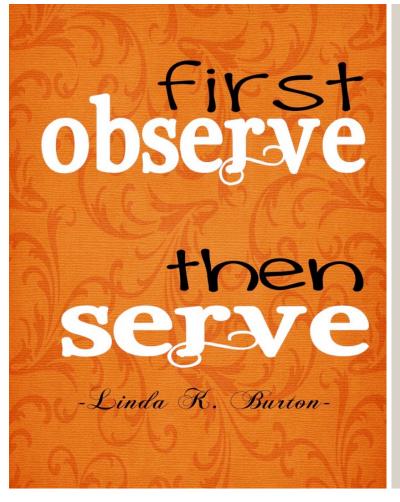
Hey Sister!

Visiting Teaching can be a marvelous blessing in your life and it's easier than you may think! Although a personal visit with a spiritual message is preferred each month we know that your life and your sisters' lives can get chaotic and a personal visit may not always be possible. So what do you do when a personal visit isn't possible?

- -Call your sister on the phone and talk
- -Mail a note
- -Drop off a goodie
- -Go for a walk together
- -Have a sincere conversation

These all count as visiting teaching visits/contacts and a lesson does not need to be done each month, but at least once a quarter.

*Don't forget to report your visits to your district supervisor!



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