



## **Gathering African Saints to the Temple | A How I Lead Interview with Brenda Angle**

March 19, 2025

Kurt Francom: Have you ever heard of scrupulosity? This is a mental health concern that is impacting more Latter-day Saints than you think. Scrupulosity is religious obsessive-compulsive disorder, where individuals are hyper-obsessed about their worthiness and repentance. Sam Baxter, a former bishop, sat down with me to talk about his lifelong struggle with scrupulosity and how he got treatment. You can watch this interview for free in the Mentally Healthy Saints library by going to [leadingsaints.org slash 14](https://leadingsaints.org/14). This gets you 14 days free access to Sam Baxter's interview about scrupulosity and 25 plus other interviews about ministering to those who struggle with mental health. The content is priceless for leaders, so visit [leadingsaints.org](https://leadingsaints.org) for free access. So my name is Kurt Francom, and I am the founder and executive director of Leading Saints, and obviously the host of the Leading Saints podcast. Now, I started Leading Saints back in 2010. It was just a hobby blog, and it grew from there. By the time 2014 came around, we started the podcast, and that's really when it got some traction and took off. 2016, we became a 501c3 nonprofit organization, and we've been growing ever since. And now I get the opportunity of interviewing and talking with remarkable people all over the world. Now this is a segment we do on the Leading Saints podcast called How I Lead, and we reach out to everyday leaders. They're not experts, gurus, authors, PhDs. They're just everyday leaders who've been asked to serve in a specific leadership calling, and we simply ask them, How is it that you lead? And they go through some remarkable principles that should be in a book, that should be behind a PhD. They're usually that good. And we just talk about sharing what the other guy's doing. And I remember being a leader, just simply wanting to know, okay, I know what I'm trying to do, but what's the other guy doing? What's working for him? And so that's why every Wednesday or so,

we publish these how I lead segments to share. Hey, good news. This is the How I Lead episode where you get to meet Brenda Angle. Long story of how I got connected to Brenda, but I'm so glad I did. And we wanted to rush this episode because it is time sensitive. There's some cool things happening that Brenda's involved with. But obviously, first of all, in this episode, we talk about being a leader in the church who has been divorced and what that's like. How do you reconcile some of those feelings when you feel sidelined, whether it's because of a divorce or other things? And a really fascinating discussion. I think many will benefit. This is almost like two episodes in one that we have here, because that first part we talk about her leadership experience or her journey through being divorced, but also then later serving in some leadership and having more of a full heart for those who have had a similar life experience. And then we talk about Brenda's humanitarian efforts. And she's been involved in Africa, in Eastern Africa, in so many ways. And many of you know, whether you remember it or not, but President Nelson has announced the temple in Nairobi, Kenya, that's actually done and about to be, have the open house and things. Brenda talks about this interesting dynamic of how members in Africa sometimes don't have, you know, they're so far away from temples at times, they don't really have a full concept of what the temple is and why they should be excited about it and those things. And so she's organizing a really cool trip where she's getting as many Latter-day Saints is possible just to get to the dedication and the open house of the Nairobi Temple. Now, you may think, well, wait a minute, Kurt. Why don't you just wait and have them go when they're ready to take out their endowments, right? Well, the church has funding and things to actually get the members there for their endowment, but this is kind of the step before that. where we help members kind of shift that paradigm of really understanding the holiness of the temple, what the temple is, we want them to touch and feel and walk through the temple, and then that propels them on this path of actually going through the temple for their own endowment. So a really big deal that this part of the world is getting a temple like everywhere else. And so listen to the end and look for links in the show notes about ways that we're going to kind of do a flash fundraiser for this group that Brenda's putting together in order to get Latter-day Saints in Eastern Africa to experience the temple. So it's going to be awesome. And let's jump into this interview. Here we go. My interview with Brenda Angle. Brenda Angle, welcome to the Leading Saints podcast.

Brenda Angle: Thank you. So good to be here.

Kurt Francom: Yeah, this is a quick one. We're hoping to turn around pretty fast. We'll explain why. But through various networks and connections, we were able to connect. And you're just one of those people I come across from time to time. I'm just so intrigued by your background and experience on so many other facets. And I think you put it well, before I hit record, that you exist to help struggling saints. Is that a fair way to put it?

Brenda Angle:

I do. I do. That's what I spend my life doing. I love it. And yes

Kurt Francom: Nice.

Brenda Angle: I call it making my mess my message and helping other people to take theirs and doing something good with it. So nice.

Kurt Francom: And so that's led to you being a life coach to being an author and any other realms that we should mention.

Brenda Angle: Oh, man, being a mom of nine kids and 40 grandkids and just life. Life is the greatest teacher. That's my greatest tutor. Besides the Savior. Yes.

Kurt Francom: And what do you think, like, just speaking generally, when I talk with individuals like you or therapists, or, you know, people who interact with, with Latter Day Saints, sort of on that, on that real, you know, just the the real level, right? The authentic level? Like, what are you seeing out there? What are people struggling with? What are the typical concerns you run into?

Brenda Angle: Just just generally speaking, I would say, Number one is just knowing who we are. And I know President Nelson's asked us that when we can find out who we are, it resolves a lot of of issues and trust, just trusting. There's a lot of anxiety, which means we're struggling with just trusting and we're trying to fix things. We're trying to make things work. We're trying to figure them out. But we're we're forgetting to trust. And it's hard when you've been through hard things. So I think those two components are maybe the biggest that I see.

Kurt Francom: Yeah, because I mean, we often I mean, just like any group of humans, we, we set, we point towards ideals of life. And we set point towards frameworks in life that help like the gospel. I mean, it's a phenomenal framework. Now, is it, you know, 100% as far as giving you all your wish and dreams and taking all problems out of your life. I think all of us, you know, chuckle if anybody said that. And so life gets messy, like you said, right? And so how do we navigate that? That mess is often where people struggle.

Brenda Angle: And that struggle is where we get strong. So it's like, we knew we were going to have that. It's part of life. But man, when it hits us, we're like, wow, man, I don't know what to do with this now. Even though I supposedly have all the textbook answers. It's like, okay, now it's real. What am I gonna do?

Kurt Francom: So tell me a little about I've had a chance to read your book. Is it have you published more than one book or?

Brenda Angle: I have two books, Why Not Me? And then Breaking the Yolks that Bind Us. That's like 64 simple little things to help break out and move forward. And I love those. Those are assignments I give people. Usually what I speak on when I speak just lots of just simple tools, doctrine, principles, Some really fun things, some deep things that just like, if you're in a rut, here we go. Try some of These.

Kurt Francom: Yeah. So, and obviously the, the, why not me is sort of playing off of the question that a lot of us ask is why me? Why, why am I suffering all these, these struggles and adversities? And so you kind of can flip that and find deeper meaning.

Brenda Angle: That's right. That's exactly right. We were usually all brought to our knees and ask that question at one point, which I have definitely done myself. And We got to find a bigger perspective, a bigger purpose to the pain and the struggle, and that can open up our life for us and get us going.

Kurt Francom: You mentioned as we were talking about this interview, just some left turns that maybe your life has taken as far as things you didn't expect. You found yourself single later on in life. You mentioned nine kids. What do you remember from that as far as just your relationship with the church and what that meant for you going forward? What points should be highlighted There?

Brenda Angle: Well, I remember thinking during that, that if I wasn't a member of church, this would be so much easier because I'd had a lot of callings. I knew everybody. Our home was the gathering place. We were sort of like, you know, my kids were amazing kids. Yeah, it got really hard. So the gospel part of it and navigating through what even priesthood leaders thought and how, you know, all of that got tough, like really, really, really tough. And I'm so grateful for it, because I'll have people say, Oh, my goodness, Brenda, look what's going on. Like, I'm not believed. I'm being sidelined. I'm being this. I'm like, Hey, I can probably top your story. But you know what? we get to this is our, this is where we get to show where, where we're at. And we're gonna get through this and move through it. And I know how you feel. And I understand. And so let's get going. Let's hold on. Because if you don't hold on, where are you going to be at? And so that's my, my biggest thing was like singles that really get kicked in the gut. And it's so common and very seems to be getting more common and which is sad and tragic. But yeah.

Kurt Francom: Yeah. So correct me if I'm wrong, but did you kind of feel like you were on this path, like the storybook path of like, you know, are you doing all the things you had the great family, the gathering place, you were the family that maybe a lot of people looked up to, and then suddenly, you're not. And so people in our community, whether they intend this or not, they kind of don't know how to how to approach you how to engage with you anymore, how to talk about, you know, the members of your family, or I don't know, like, is that is that a fair way to frame that to do?

Brenda Angle: They don't know what to do. Like I remember going to church for at least six months and having people just avoid me. And here I I'm like, Miss social, like I have served everybody there. I'm like, and all of a sudden, boom, and it's not because they're bad people or anything. It's because they don't know how to handle. And in my case, they'd heard a lot of things that maybe they Maybe that's what they believed, or it's all they knew. I had a man come up to me one time, and this is after months of being there alone, and he just put his arm around me. He didn't say anything. He just put his arm around me, and he hugged me, and he walked away. And I was in such a rough place, and I spent all day making that man of strawberry pie. I

just wanted to thank him for reaching out. But I decided if I know somebody's struggling, I'm not going to let them go through it alone. I can't. I want to be there with Them.

Kurt Francom: Yeah, and I guess it's I feel like we all know this stuff, but it's just a good reminder and to talk with somebody who's maybe been through where it's just the simple moments of like, oh, there they are at church, they're sitting by themselves, or I'm going to make sure I, you know, just say hello for 30 seconds and chat and check in and, and let them know that we love them type of type of thing. Right.

Brenda Angle: Absolutely. It's priceless. I can't even emphasize that. Just be present with them. The details don't matter. Sometimes we want to know, like, well, what happened? Like this family, like, what's it? And, you know, most people still don't know. And it doesn't even matter. It matters that we mourn with people that mourn, that we keep our baptismal covenants, that we are there to help succor them. That's what matters. And there are some people that are so good at it, and I want to get good at that. I just want to be good at being present with them and helping them move through it.

Kurt Francom: Yeah. And I think there is a, I don't know, I don't want to make something that's not there, but I've thought about somehow creating some episodes, some content around this dynamic of, you know, like, for example, the stake president who called me as bishop is now divorced. And yeah. you know, we're in touch. And, you know, I've run into other stake presidents, bishops who either, you know, end up divorced, or they just have this complete, life changing dynamic. And before it was sort of so easy to approach these people there, you know, we can put them in a box, they are the church leader, they, they've sort of figured it out, like they're the sage, like they have some good advice. And then when they're not, we're sort of like, ah, And I know a lot of people can sometimes approach those past leaders, those past respectable people, that's sort of where we've classified them in a way of like, maybe you did something wrong. If you only did more of that, you must have broke this. When in reality, it's just mortality a lot of the time, right? Absolutely. Yes.

Brenda Angle: And it can be a faith crisis. Like when we hold people up so high, it's our expectations of them. And I think we've got to be really careful of that, that it can, it can help, um, like hurt our own testimony, which our testimony shouldn't be in that. But sometimes we just put some, even, even apostles or, you know, we've gone through things where people find, you know, fought with a prophet or whatever. And it's like, It's really, you know, our relationship to God and ourselves and getting back on our lane and living in our lane and not letting that take us out. But it is very difficult to see and we have a lot of pain with that. We hate to see really good people go through those kind of tragic things. It's awful for us, but the Lord sees a different path and plan and we're all here for experience and we've got to leave it to Him.

Kurt Francom: So how long has it been now since you've been single?

Brenda Angle: 10 years. I'm thinking around that. Yeah.

Kurt Francom: Wow. Okay. And you mentioned to me, it sounds like you went through a period where you weren't sure where you fit and do it all in the church and the community wasn't sure where you fit, right? But then suddenly there were some callings that came your way and did you kind of feel like you found that place again?

Brenda Angle: I did. I believe the Lord compensates us for our losses. That's a great quote. And he promised me that when I was at my lowest, that he would compensate me. And he has. And you got to hold on for that, too. And all of it hasn't happened, but much of it has. So I moved out of the area that I was in, which was really needful. and moved to another place and, and was immediately given a pretty good church calling as far as busy and leadership. And I cried for like a month because I just I'd already done that. And I just, I don't know, I just, it was direction for me on what the Lord wanted me to do for the next little bit.

Kurt Francom: So that was so you cried in a way of you cried in a way of like, you did not want to do this type of thing.

Brenda Angle: I didn't want to do it but I knew I knew it was and it was it helped save me like I service saves us like I am the biggest proponent of service and yeah and getting in there and loving people and losing yourself in that and what I noticed is this this place that I was in nobody judged me they're like oh, did your husband die or something, you know, and I'd have to say, well, like, I couldn't say the D word for five years, like, I couldn't even say I was so embarrassed. But people, they, they were so good. And they took me anyway, I was able to serve and love and then I got another calling and, and that one. And just for reference, I'll just tell you that it was a stake Relief Society President, because when I got that, and I was coaching a lot of singles, a lot of people had been divorced, and they thought they were sidelined by the church with callings, or like, I don't even have a calling. One guy told me, I've been the door greeter for five years. And I said, Well, be a good one. And he said, I am the best one. I said, Okay, I want you to move up front in church. And so he moved up front. and was called to be Sunday School President. Anyway, so there's a part of us that have got to not hang back and get in there, right? So anyway, I'm talking to singles and they're like, so what do you do? And I said, well, I just got called to be stake Relief Society president. I know it's like kind of like strange and they're like, what? we didn't know you could do that. Like, is this a new policy? And I'm like, I don't think so. I'm, I think even my dad, okay, so this is funny. He's a bishop twice stake presidency for nine years, 10 years. And he's like, Brenda, I didn't know they could do that. I blew people's minds. It's like, but I love that because I had people come out and say that makes me feel good that we aren't We aren't just like damaged and can't ever be and it's like, no, we're still the same people. We're going to still serve and we're still going to do it. God and my favorite place is just being a ministering sister. Like that's my favorite and I don't care where where I'm at. But that was that was interesting that that it did help people to know that that was a possibility, which I know that happens all over the church. But yeah.

Kurt Francom: You've said this word a few times as far as feeling sidelined. That's an interesting concept to me. I remember even in my own experience where I went through this decade of various church leadership assignments from bishopric to being the bishop to being in the stake presidency, and then it was all over. We moved and it was sort of over. for years, it kind of had

this feeling, not that I would frame it this way, but I kind of felt like I was being sidelined. Like, don't they know, like the experience I bring to this place and I could help out so much if they just put me in that chair and I could, you know, and, and, and it wasn't so much I was being sidelined. It was just like, no, that season is just over for now. You know, now I'm serving as an Elders Quorum President, I kind of feel like I'm going to reintroduce for this season as long as it'll last. But it is like, I think the adversary really works on that. Like, isn't it awful now that you're sitting on the bench, you know, like they don't want you and these things.

Brenda Angle: Yeah, why do we make something out of these callings? Because we're all people just serving and it can be tough when you when you don't have that, you know, responsibility anymore. But sometimes it's just the really cool experience of being close to people and serving people. And while I've never missed getting changed from a calling, really, I do miss that connection with people. And so that that's a great, great blessing. But you can get that nursery. Oh, my goodness. I love that. Sure.

Kurt Francom: Yeah. And reframing that really helped me of sitting like, you know, with my experience, like the things I've, I've been able to experience up to this point, the callings I've had, it really makes me a different kind of member. And so I'm going to reengage, I'm going to be a leader without that formal calling and reach out to maybe those that are literally on the sidelines, or those that, you know, that need more administering, I can actually do that where when I was a bishop, I was too busy, you know, I couldn't take time to sit with that person in the foyer or do this or that now I can. And so to me, I just, you know, this is an, this is a asset I have my experience that I can be a better, regular, you know, Joe Schmo church member, you know?

Brenda Angle: Absolutely. Well, on the other side of that I've had, I've had a lot of people coaching them to say, you know, I've never had a calling of any significance. And I'm like, Well, what does that mean? But you know, it's like in, you know, they always that it's like they've they've always wanted to have something never have. And I think we just put so much on that. And that's goes back again to having high expectations for for those people in those callings as well. We just have to be so careful about and some of the greatest people ever were just scout leaders for like 30 years. I knew a guy just 30 years just serving these kids like what is better than that? Like, really? But why do we do this? I don't know.

Kurt Francom: It's human nature, right? And I think it's sometimes in these more saturated areas of the church. You know, there's just a lot of people, a lot of people who can serve. And so these seasons come and go. And and I have to remind myself that a lot of, you know, it's just I'm not in that season. That's OK. But others get the opportunity because, you know, if I was called as a bishop again, my heart would almost hesitate and break, be like, wait, like there's others that need this opportunity. Like, yeah, I've had my go, like give it to someone else, you know. So, yeah, it's interesting. That's right. Anything else about that time as being a single divorcee as a stake Relief Society president that comes to mind?

Brenda Angle: I feel like the best part of that was having people get hope in the fact that I knew their pain and I knew their struggles. And it was a really highly leadership stake. People had been leaders all over the world and just really, anyway, and so I really did feel like that that was

one of the purposes for me to be there was to really have empathy, which is what our trials teach us to have empathy for those who are struggling and to be able to put my arm around them. And they would just say, it means something because you know what I'm going through. And, and that's, that's a great opportunity. And that's why I tell people, whatever your struggle is, reach out to those that have the same one, because they'd rather hear from someone who had a son, you know, a child die, or someone to commit suicide, talk to them, then someone like me that has not gone through that. And So I think that was, that was great. But I got to rub shoulders with some of the most amazing, amazing leaders. And what the Lord did was he compensated me completely with, I remember sitting down in the first stake meeting with our stake president, and he got out a pencil and paper. And he just said, Tell me what the women need. Tell me what you want us to do. And that had not been my experience before when I was stake Relief Society president. It had really come a long ways and I just, I didn't know what to even say. I'm like, whoa, but it was just such a great experience to see how we're, we're growing and coming and we're, we're, we're just moving in a great direction there. So I love that. I loved it. that experience.

Kurt Francom: So I got to ask, maybe you don't remember, but what did you say when he pulled out that pen and paper?

Brenda Angle: Oh, I had stuff. Oh, I had so much stuff. Yes, I did. The first thing that I told him was that I want the bishops to connect with Relief Society presidents on a weekly, if not couple times a month basis. Most of my Relief Society presidents were not meeting with their bishops and things like that. So it's like, that's why we're in there is to help bring in this other side and say, Oh, yes, and we, yeah, I had a good list.

Kurt Francom: That's cool. And I just love that exercise of like, you know, not that the stake president has to do everything that you mentioned, but that would be great. You know, you probably felt very heard by the time you left that office that day. Any other advice that comes to mind? I'm just thinking of those maybe who've gone through a divorce. I think a lot of leaders go to a place of like, well, let's give them space. Let's not, you know, let's not give them a calling. They have so much stress already. You know, they're trying to do that with a big heart when in reality that the member going through all that can interpret of like, oh, now I'm kind of being alienated in my ward. You know, any advice you give to church leaders as far as like those individuals are sort of fresh off a divorce?

Brenda Angle: I just helped a guy in the stake presidency back in Georgia he's he's assigned over the single adults and it is so tough because you've got such a wide variety and every spectrum and you know some. some want to be invited over for Thanksgiving dinner, and some feel dumb and don't want to. And so I think it's just approaching it very careful, find out what, what, what, what could I do to help bless your life? Like, would you love to be involved with our family? Would you love for how could we best serve you? And that's where ministering brothers and sisters could really come into play. But it just finding out what it because some want to come to the activities. And some are like, I will not cross that threshold. Like, it's so scary. You've just got all of our widows divorce, some have never been married, some never have children, like everyone is just so unique. And it really takes a spirit to, to and and to be present with them and



figure out what it is that's important for them. But I, everyone needs to feel loved and wanted, and valued. and in callings or in as a ward member, like they really need to be a part of that family.

Kurt Francom: Yeah, I bet it's tricky just because those individuals probably don't know exactly what they need. You know, they're kind of just trying to find their footing as it is. And so I would always say, I think You know, what I typically see just in general when somebody goes through a difficult time is like maybe the church leader reaches out early in the process, but then they kind of get busy or distracted. And then, you know, six, seven, eight months go by and that person thinks, man, they haven't even checked back in or, you know, so just that, that touch point is, you know, on a regular basis saying, I'm just checking in.

Brenda Angle: Such a good point. It's just some consistency there, especially with leadership. It means a lot because we often see the bishop or stake president, maybe kind of how we might see the savior in there is like, like trying to connect to Him and feeling His love through them, because they are in that place in the church. And while it's not 100% the right way to do it, but there is definitely something, because they do have stewardship over us, and it's hard to feel like you're floundering and kind of pushed aside.

Kurt Francom: Yeah, for sure. Really good. All right. Like I mentioned, there's so many angles and topics that we can talk about in with your background of things. Tell me about your your humanitarian work in Africa. What? How did that all get started?

Brenda Angle: Well, I, like I said, service is, is just something that works every time if we if we are in a tough place, and we can find somewhere, it could be next door neighbor, it could be your ministering sisters and brothers, it could be anything. I love all of those. But for some reason, I just had this draw to, to humanitarian in Africa, and very blessed to be able to go down with a group and, and get involved. And as I got in it, I started, you know, branching out, I loved working with church members, this little branch, it was like 10 members. And now it's like got hundred and fifteen, and every time we go, there's baptisms. These people are just coming and going. It just fills your soul. It's so, so exciting to see the Saints in Africa so happy and joyful, and they just love God. And what started me off when we'd go down, we'd do Days for Girls kids, and we'd talk to the girls about how special they are and how much God loves them, because they aren't often treated that way. And in fact, devalued as a person, seen more as something God gave the men to be used. And so we would talk to girls. So when I went down there, I said, I'm going to talk to the boys. And they're like, Oh, no, we don't talk to the boys. And I'm like, Well, I'm going to because I can't tell the girls how special we are without teaching the you know, the boys, and I just taught him the proclamation that God wants you to be to protect the women. And they're like, God wants us to I'm like, Yes, he does. And they love God. So it was just like, Oh, my goodness, I believe I leave these groups, and these boys put their fists in there. And I'm like, What is your responsibility to women? And they're like, we are their protectors. And they took literally walking by my side, like to I'm like, Okay, you know, just protecting. It was just so fun, because they love God. These people love And so I can talk about anywhere I go. And anyway, so, so we got into this branch, a couple of the branches down there and helping them. And I had a young man that I gave a Book of Mormon to, and he and I just so

connected. And he joined the church, baptized 15 people right off, and he's just this awesome kid. And so, wow, what a miracle and a blessing. So anyway, that's Africa. I love it. I've been there probably about 14 times. I've connected up with Mully who tell all of you out there listening, watch his movie. Mully from Kenya, he was just the guest speaker guest, the guest at the Christmas concert for Oh, cool. I keep saying tabernacle choir. And that's not how you say it.

Kurt Francom: But no, that's a tabernacle choir at Temple Square, right?

Brenda Angle: He's a good man. He's adopted 32,000 children, he'll be. So we're getting this temple trip together. We had this great idea of, of inviting the saints to go to the temple. They don't know much about the temple. They didn't grow up with knowing about it. They've never seen one. It's not like us who just is surrounded by it. And we're taught since we're little, they have no idea. So we're like, let's take them to the open house in Nairobi. This is out of Tanzania. and let them see it and experience and then they can go home and get their recommends and go back and get endowed because that would be our main goal. And so we invited Mully to come from Kenya. He's wanting to come and bring 70 of his people and we put this sign up out there to see who would come from Tanzania and we thought we might get 30 people. I think we're probably going to have a good 150, 200 of these early, early fresh saints get on buses and go with us over. So it sort of grew into this big undertaking. It's like a good problem, but wow. Yeah.

Kurt Francom: Yeah. So have you focused on a certain part of Africa with a lot of your humanitarian work or you've been all over?

Brenda Angle: This group I'm with, we drill wells mostly in Tanzania and then we've gone into Uganda. And Malawi, we've done a lot of wells in Malawi, really, really needed, and some in Kenya. So we branched out a bit, but most of our work has been in Tanzania.

Kurt Francom: So a lot of that, that's mainly Eastern Africa, right?

Brenda Angle: Yeah, Eastern Africa.

Kurt Francom: Gotcha. And has it always been through a specific humanitarian organization or?

Brenda Angle: Yes, yes, I go with Hearts and Hands for Humanity is the organization that I went with. I'm also involved with some other humanitarian groups that go down as well. So I've got my feet in a few different pots down there. But Hearts and Hands is, is how we're doing this temple trip.

Kurt Francom: And yeah. And then so how many years collectively have you been involved with humanitarian work There?

Brenda Angle: Probably about eight years.

Kurt Francom: Oh, wow. Great. And maybe just give us more of a general, you know, you talk about this, this temple dynamic with how people are, they're familiar with the temple, but they

don't kind of have that experience with it. How else would you describe just your observation of the church in Africa currently?

Brenda Angle: I just see humble, people who love God. And they don't make it crazy complicated. They're very simple. They feel deeply and they love deeply. And, you know, when I was talking just two weeks ago, I was there talking to him about the temple and this experience and they want what God wants them to have. It's a very, very sweet and there's going to be all kinds and people who they're so poor and they're so struggling that there are going to be those who might see it as a vehicle to something better, which it is, but more in a monetary sense. But, you know, I took some money from Sister Oaks actually gave me \$100 when I was going and said, just do something, you know, with the branch. She's like, just do something. And so I went there and asked the branch president, like, Is there something you could do with people here? Is there somebody who really needs something? He goes, No, we're doing pretty good. I'm like, these people have one meal a day. They have to walk, you know, six hours to get water or whatever, like their life is so hard, but he, he just said, I can't think of anything. And so that's who they are. They're most of the ones I see are, are just they want a better life for their families, and they love God.

Kurt Francom: Yeah. Yeah. And they just are attracted to the gospel, right? Just that.

Brenda Angle: Yes, they're just drawn.

Kurt Francom: Yeah. And what are you seeing as far as just the, like the institutional church there as far as area presidencies or what the church is doing, you know, obviously, they have their own humanitarian efforts and things like that, or, you know, ways that the church is helping, you know, move people towards the temple or anything else come to mind as far as what the actual institutional churches is doing?

Brenda Angle: Well, we, you know, got a 70 over Kenya, and they just made their first stake in in Dar es Salaam, which is in Tanzania. And so we're, we've spent a lot of time with like, a couple of last mission presidents there. They're both natives of Africa. And you know, these guys are pretty new and pretty in there. It's just fascinating to watch. They have the dedication, they don't need so much help that we enable them and that we take away that sweet purity that they have, because they have a lot of good things we don't have here that we're missing and their simpleness and their simple life and they're just not being offended and so loving and willing to do what God asked them to do, and just all kinds of stuff, not that we're not, but our life is busy and fast paced. And we're, we have all this cultural stuff going on. And we have, we have a lot that I learned from Them.

Kurt Francom: Yeah, yeah, just those little nuances we take for granted, right? That, you know, of course, you just go to the stake president's office, and there is an office and they know how to use it, they know how to log in, they, you know, can just move that process forward. And sometimes maybe cultural hiccups there that confuse members or make it more difficult than it has to be.

Brenda Angle: There's a lady there that had been a member for quite a while and there without any church, but she had joined a long time ago. She's really old and sick. And she said, Brenda, I just want a patriarchal blessing before I die, which she's not going to get because you have to have a stake and you have to have all this stuff. And so all of that is just it's it's it's hard stuff, but it's The newness and the freshness and the devotion is just so inspiring. It's wonderful.

Kurt Francom: What was the feeling when a temple was announced there in Nairobi? How do they interpret that? Are they excited, like we're excited here, or are they maybe still not understanding the accomplishment that that is or that step?

Brenda Angle: I suspect those that have been in the church a while are just elated and overjoyed. The ones that I've been working with, they just don't know what to be excited about. And so we're trying to teach them, and actually this little branch started doing temple prep classes just for them to take this trip in there so they understand more. We just take for granted all of that. They know the scriptures, they know that there was Solomon's temple and all that. It's exciting to them, but they don't really know how excited to get about that, because endowment is sealing your family together forever. I tried to teach them that when I was there a couple weeks ago. What does that mean to them, and how does that word even translate? When they were translating it, the missionaries were translating it to them. I don't even know. So we've got a long ways to go. That's kind of why we thought, well, let's get them over there and let them be there physically. It's only a six-hour drive. let them feel the spirit, these people, they can feel the spirit.

Kurt Francom: Yeah. So yeah, that's interesting, because, you know, we hear these stories about members across the world, you know, maybe in less than first world countries who make significant sacrifice to travel to do their temple work. And, and so we often hyper focus on that of how can we get temples closer to people? Or how can we get people closer to temples? so they can do their work. But we often maybe miss that step, especially in these countries that are so new to the church or members that are so new to the church, they don't even maybe understand the significance in order to reach for it. And so by giving them an experience with the temple, like the open house or the dedication, that can maybe shift that paradigm. And then they're like, Okay, I can't wait to come back and do my work now that I have a deeper understanding of just how holy this place is.

Brenda Angle: That's what we're hoping. That's kind of our idea of that. And it will work. They're so excited. We can't believe that we had... I mean, they're very, very excited to go. And I don't even know if they know what they're so excited about. They're excited.

Kurt Francom: It's a good field trip. I'm always game for a field trip.

Brenda Angle: Let's go see something. That's true. We're having them put some skin in the game. They've got to get, it's called an emergency passport for just a little bit. They have to get a yellow fever shot. They have to do some stuff to be able to go. We want them to participate in it. We don't want to hand things to them. That's probably one of the toughest stuff all over in these countries. is don't go in and ruin them. Let's don't go in and enable them. Let's give them

some fish and teach them how to and let's give them things that will help them improve their country, but not hurt them. And I see a lot of do-gooders hurting. hurting people there for sure.

Kurt Francom: Yeah, the whole monetary and charitable industry, you know, there's a lot of good happening, but there's sometimes some shady stuff that happens far too much, unfortunately.

Brenda Angle: Absolutely.

Kurt Francom: Maybe break down the dynamics, because I think this is something that we as a leading Saints organization would love to figure out ways we can help. Essentially, you need funds to pay for the buses and maybe meals or room and board type of thing once they get there? What's the dynamic of actually getting people to the Nairobi temple?

Brenda Angle: Well, it's not real expensive, but we probably should have raised the money before we invited them. We just did not expect this. And like I say, a lot of United States missionaries are there and they are so excited. Oh my goodness, these guys are so excited. They can't cross into another country. So they can't even go and they're so bummed. They're really working with these people. They're just so excited. So yes, we've got to bus them in a six-hour bus drive into Nairobi. We'll have to stay the night because of the drive, get up the next morning, go through the temple, and then bring them home, and we'll feed them. feed them and give them water, although they could do the whole trip without anything because they're probably used to that. That will be very expensive. We figured out it would be probably about \$100 a person to get them there and back, including helping them if they need help with emergency passport or whatever so that they're not, because some of them are so poor that that would never happen. That's what we're looking at right now. So it's not a lot. It'll be a pretty simple trip. And then if they come back and get their endowments or their temple recommend to do their endowments or get families and then get family sealed, whatever the church actually has a fund that helps them go get their their first time endowment. So that's really cool to find that out that they have that, which is great.

Kurt Francom: Yeah, so hopefully this trip will sort of put them on that path or in that mindset of, of getting to the temple, it will speed it up for sure.

Brenda Angle: There's no doubt.

Kurt Francom: So is there a specific number of like people that you're trying to get there or a number of buses or I mean, there's a lot of people aware of it want to join or I give us the numbers as far as what you're aiming for.

Brenda Angle: They're, they're aware the missionaries are working at and in both these towns where we have the the branches, Arusha and Moshi, and we have investigators signed up. We have, you know, mostly members, but a lot of investigators. We told them to invite their neighbors if they're interested in the gospel. So it's helping the missionaries with work. It's just put a little bit of energy into the whole thing.

Kurt Francom: And is there a certain, like, I imagine each bus, I don't know, the typical bus here is about 40 people. I mean, is that what you're looking at?

Brenda Angle: That's probably about it. Well, when I was there two weeks ago, this bus passed me and there was three people in the one bucket seat of the passenger up front, you know, three people sitting on us. These guys are used to loading in where we don't want to do that to them. But we're probably looking at 10 buses or so, we get 150 people, we could have 200. We could put most of these bus sizes, you could probably put 25 comfortably on it. So we may have to get a little more cramped. And then we'll have one of us on each of the buses. And, you know, we'll do some teaching, we'll let them teach us, we'll sing a lot of songs. It'll be kind of fun. So if anybody wants to come and go, you can. It'll be great. And then we'll go into there and meet Mully with his family. And the Seventy will help us go through there with him. And he's bringing his choir, who are unbelievable. If you want to look up the Mully's choir, and we're going to have them sing out on the temple grounds. It's going to be kind of cool.

Kurt Francom: Awesome. Well, that's exciting. I hope you'll send and share some pictures of the event. And like I said, I think this is why I want to get the episode out as soon as possible is we as a leading saints organization would love to facilitate some of that. So we're going to put a link in the show notes that will point to a specific form and Obviously, all donations through there is coming through Leading Saints, so it's tax deductible. And then we'll pass each one of those dollars on to this effort of getting as many of these awesome Latter-day Saints to experience the temple and get in the mindset of engaging further with the doctrine there and the temple and their own ordinances that can happen there. So, yeah, this would be fun to partner on and make happen.

Brenda Angle: That is very exciting and we're very, very grateful.

Kurt Francom: Awesome. Very cool. Well, I think this is great. I think there's some good energy behind this and that we can maybe help some Saints in Africa and what a wonderful effort that will be. Well, let me first ask you this question before I ask my last question. If people wanted to learn more about you, about your coaching, if they feel like a sideline single adult that just needs someone to talk to, where would you send Them?

Brenda Angle: I'm a life coach and a trainer, so [faithbasedlifecoachingacademy.com](http://faithbasedlifecoachingacademy.com) is the website for my life coaching. And the books that I wrote are on Amazon, *Why Not Me* and *Breaking the Oaks that Bind Us*. *Hearts and Hands for Humanity* is the organization that we're doing this temple trip with.

Kurt Francom: Awesome. Perfect. And last question I have for you is as you reflect on your time as a leader, how has being a leader helped you become a better follower of Jesus Christ?

Brenda Angle: I In so many ways, and I'm so grateful for the leadership opportunities so that I could be a better follower. Even if they pass around something for a Relief Society activity, I know the time they put in, I know their hopes for this, and I'm in, like I want to be in. recognizing that people can look really good at church and really good when you see them out, and that

being a leader, you've got to see that so many people, well, everyone bears burdens and struggles. And so I look at people in a different way, like not having expectations of them in their life, knowing that they've all got a story, and they all could use an arm around them. So yes, I'm grateful. I'm grateful that I was able to be a leader so that I can be a better follower and be a better support and be the person that looks around for something to do to help. It's so appreciated as a leader to have those, you know, like say this STP, same 10 people, and it's like, I want to be one of those that can show up for them to support Them.

Kurt Francom: And that concludes this how I lead interview. I hope you enjoyed it. And I would ask you, could you take a minute and drop this link in an email, on social media, in a text, wherever it makes the most sense and share it with somebody who could relate to this experience. And this is how we develop as leaders, just hearing what the other guy's doing, trying some things out, testing, adjusting for your area. And that's where great leadership is discovered. So we would love to have you share this with somebody in this calling or a related calling, and that would be great. And also, if you know somebody, any type of leader, who would be a fantastic guest on the How I Lead segment, reach out to us. Go to [leadingsaints.org](http://leadingsaints.org) contact. Maybe send this individual an email letting them know that you're going to be suggesting their name for this interview. We'll reach out to them. See if we can line them up. So again, go to [leadingsaints.org](http://leadingsaints.org) slash contact, and there you can submit all the information and let us know. And maybe they will be on a future How I Lead segment on the Leading Saints podcast. Remember, to watch the interview about scrupulosity, go to [leadingsaints.org](http://leadingsaints.org) slash 14 for free access to the Mentally Healthy Saints virtual library.

Elder Gordon B. Hinckley: It came as a result of the position of leadership which was imposed upon us by the God of heaven who brought forth a restoration of the gospel of Jesus Christ. And when the declaration was made concerning the only true and living church upon the face of the earth, we were immediately put in a position of loneliness. The loneliness of leadership from which we cannot shrink nor run away, and to which we must face up with boldness and courage and ability