

LAURI CARRIGAN

Safety of His Arms



Lauri Carrigan Fireside Program

- **Audience** is all church members teen through adult. Most of the firesides that Lauri performs are Stake youth firesides and their parents. But she performs to all, including Relief Society programs and Single Adult Wards and Stakes.
- **Music** is inspirational Christian. Lauri is LDS. Most songs are ballads, all music is chapel appropriate. Music samples can be found on www.lauricarrigan.com fireside songs include:
 - Sing For You
 - He Knows You
 - Safety of His Arms
 - Remember Gethsemane
 - Friendship Lane
 - Until Then (video)
- **Message** –
 - *Inspire faith* – that our Father in Heaven knows each individual by name and He knows our hearts and intentions, the value of each soul is great.
 - *Strengthen hope* - that our Father in Heaven has a plan for us, that He feels our pains and sorrows whatever they may be. That He provided a Savior for us that has suffered for us and has felt the pain of this world. And that in as much as our Father In Heaven Loves us, we must love ourselves and find value and goodness for ourselves and our lives. To overcome the adversary and trials of this life we must improve our self worth.
 - *Encourage charity and giving*. As we learn to love ourselves and find purpose with our lives, we must share this love with others. We must be friends to those in need and give purposeful charity and give unconditionally so that through our actions others may know of our Father In Heavens love and feel his spirit.

The fireside culminates with a touching four minute live song and church approved video presentation on giving and service.

With music and spoken word Lauri performs for about 1 hour. Total fireside with prayers and opening song 1:10 to 1:15.

Lauri Carrigan Bio/Introduction

Singer/Songwriter Lauri Carrigan (pronounced: Lari Kerigan)

Lauri Carrigan's music and voice are the culmination of a lifelong love for all styles of music, ranging from Christian to pop to country. Her only demand is that her music be spiritually uplifting. In fact, Lauri has loved music since she was old enough to sing along, and for almost as long, she's entertained others with her purity of passion and voice.

But life has not always been a fairy tale for this now-mother of four. Despite her naturally uplifting, almost bubbly personality, Lauri, since a young teen, has suffered through the feelings and the pains associated with depression. Often confusing these feelings of depression for a low self esteem and little or no self worth, Lauri felt alone and mostly sad with-in her inner being during her teenage, pre-adult and even adult years. However, Lauri was afraid to show her true emotions and definitely afraid to tell others as depression carries with it such

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a negative stigma. Lauri finally sought treatment, and spent hours educating herself on this commonly misunderstood but widely suffered ailment. Finding that her depression was no fault of her own but actually caused by a medical condition, Lauri started what will ultimately be a life long daily maintenance program that controls her depression. Part of this daily maintenance includes Inspirational music, composing, writing and sharing her music with others. For Lauri, Inspirational music was “life changing”, as it sustained her during her most difficult times.

Lauri now travels to Church and Community events world wide with a special message to help and inspire others, who like her, want to, or need to embrace a better life, the life they truly want. Through music and spoken words tonight, Lauri wishes to *inspire your faith, and strengthen your hope*. She will teach you the importance to feel good and love yourself, and then *encourage your charity and giving* so that you may love others. That they may feel of your spirit and through you, the love that our Father in Heaven has for each one of us. Brothers and Sisters, Lauri Carrigan now presents, Safety Of His Arms.

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