

THE *Friend*



How to make
a friend—
**even if you
feel shy**
See pages 44–46



Soft Answers Are the Best Answers



I used to fight with my brothers about things that weren't important. Then I read "Soft Answers and Muddy Paws" in the December 2011 *Friend*. I realized that soft answers are the right answers. That story has really helped me to not fight

with my two brothers. Now that I have read the story, whenever I almost get in a fight, I say a soft prayer and walk away. Soon after, I am able to come back and say, "I love you!" Thank you for that story!

Samantha M., age 9, Utah

Thanks for "Trust and the Truth"

I really liked "Trust and the Truth" in the January 2012 *Friend*. It teaches that if you don't lie, in the end it all pays off. I also enjoy reading the comics and looking for the CTR ring.

Josh G., age 11, Washington



A Friendly Sunday



One Sunday I was bored. My dad told me there were still some activities in the *Friend* I had not completed yet. My dad and I did the Funstuf pages and the coloring pages. At the end of the day, it was a fun Sunday!

Samantha C., age 10, North Carolina

How We Read the *Friend*



These cousins like to read the *Friend* in front of the world's largest ball of twine!

Lilianna, Lincoln, and Olivia M., and Spencer S., ages 2, 4, 9 months, and 3, California

Dear Friends,

Almost everyone has played a game called "Follow the Leader." We're celebrating President Monson's birthday on August 21 with a new yearlong series called "Follow the Prophet."

Each month, we hope you'll look for ways you can follow President Monson's example and teachings.

Write and tell us how you are trying to follow the prophet!

Happy August!

The *Friend*



Was there a letter or a story in this month's issue that helped you? Tell us about it. Turn to page 48 to find out how.

Volume 42 Number 8
August 2012

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All rights reserved. The *Friend* (ISSN 0009-4102) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, Utah 84150-0024, United States of America. Periodicals Postage Paid at Salt Lake City, Utah.

To subscribe: By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

Online: Go to store.lds.org.

By mail: Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

To change address: Send old and new address information to Distribution Services at the above address, or change the address by phone at the number listed above. Please allow 60 days for changes to take effect.

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2432, Salt Lake City, UT 84150-0024, United States of America. Unsolicited material is welcome, but no responsibility is assumed. For return, include self-addressed, stamped envelope. Children's submissions will not be returned. E-mail: friend@ldschurch.org.

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POSTMASTER: Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.

THE *Friend*

A children's magazine published by The Church of Jesus Christ of Latter-day Saints

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Guide to the *Friend*
on page 48 for
family home
evening ideas.



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Cover by Sam Nielson



Learn to play
the Primary
song "Love
One Another"
on page 9.



Hidden
CTR
Ring

What should I do when
my friends don't choose
the right?



Watch for a year of stories from the life of President Thomas S. Monson

Learning to Serve Others

By Heidi S. Swinton

Thomas Spencer Monson was named for his grandfather Thomas Condie. Young Tommy learned many lessons from his grandfather, who lived just a few houses away. The lesson he best remembers was about how to serve others.

One day when Tommy was about eight years old, he and his grandfather were sitting on the front-porch swing. An elderly man from England lived on the same street. His name was Robert Dicks, but most of the neighbors just called him “Old Bob.” He was widowed and poor.

Old Bob came over and sat down on the porch swing with Tommy and his grandfather. He said that the small adobe house where he lived was going to be torn down. He had no family, no money, and nowhere to go.

Tommy wondered how his grandfather would respond to the sad story. His grandfather reached into his pocket and pulled out a

small leather change purse. He took out a key and put it in Old Bob’s hand. “Mr. Dicks,” he said kindly, “you can move your things into that empty house of mine next door. It won’t cost you a cent, and you can stay there as long as you like. And remember, nobody is ever going to put you out again.” Tears filled Old Bob’s eyes.

Tommy’s mother also taught him how to love and serve others. Every Sunday before the Monson family ate dinner, Tommy’s mother prepared a plate of roast beef, potatoes, and gravy for Old Bob. Sometimes it also included Tommy’s mother’s famous ribbon cake with layers of green, pink, and yellow cake and chocolate frosting. Tommy’s job was to deliver the dinner to Old Bob.

At first Tommy did not understand why he couldn’t eat first and then





WORDS FROM PRESIDENT MONSON

“I believe that love is shown by how you live, how you serve, and how you bless others. When we serve others, we are showing them that we love them, and we are also showing Jesus Christ that we love Him.”

From “Friend to Friend,” Friend, Oct. 1996, 7.

take the plate over. But he never complained. He would run quickly down to Old Bob’s house, balancing the full plate. Then he would wait anxiously as Old Bob came slowly to the door.

The two would then trade plates—Bob’s clean plate from the previous Sunday and Tommy’s plate piled high with food. Then Bob would offer a dime as payment for the kindness.

Tommy’s answer was always the same: “I can’t accept the money. My mother would tan my hide.”

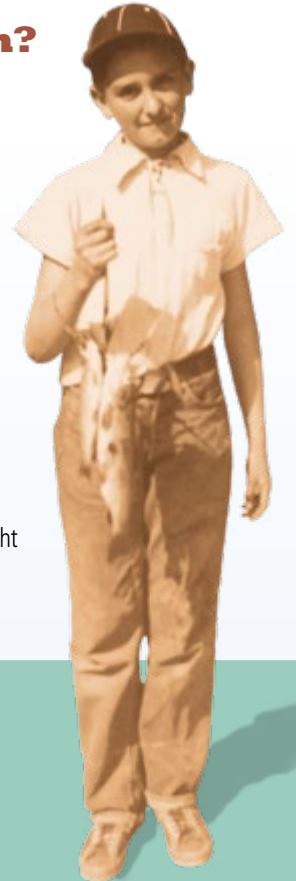
The old gentleman would pat Tommy’s blond hair and say, “My boy, you have a wonderful mother. Tell her thank you.” When Tommy reported the compliment from Old Bob back to his mother, her eyes glistened with tears.

Showing charity, giving unselfishly to others, putting others first, and being a good friend and neighbor were important in the Monson home. They have become the hallmarks of President Monson’s life. ◆

How Are You Like President Monson?

What do you have in common with the prophet? Below is a list of things that describe President Monson when he was young. Mark the box next to the ones that you have in common.

- | | |
|---|---|
| <input type="checkbox"/> He had an older sister. | <input type="checkbox"/> He liked homemade ice cream. |
| <input type="checkbox"/> He was the second child in his family. | <input type="checkbox"/> He had a library card. |
| <input type="checkbox"/> He was born on a Sunday. | <input type="checkbox"/> He liked to play with his cousins. |
| <input type="checkbox"/> He was the oldest brother in his family. | <input type="checkbox"/> He liked being with his grandpa. |
| <input type="checkbox"/> He had a nickname. | <input type="checkbox"/> He lived next to train tracks. |
| <input type="checkbox"/> He had five brothers and sisters. | <input type="checkbox"/> He ran errands for his mother. |
| <input type="checkbox"/> His dad often made breakfast for him. | <input type="checkbox"/> He liked to go fishing. |
| <input type="checkbox"/> He gained a testimony of the gospel when he was young. | <input type="checkbox"/> He was baptized when he was eight years old. |



NAMES AND NICKNAMES

Match each of President Monson’s names and nicknames with the situation when it was used. See answers on page 48.

- | | |
|---|--------------------------|
| 1. What people called him at church and at school when he was young | a. Dad |
| 2. What members of the Church call him today | b. Nervous Willy |
| 3. What his grandchildren call him | c. Tom or Tommy |
| 4. What his children call him | d. Thomas Spencer Monson |
| 5. A nickname his mother gave him because he liked being busy doing things instead of resting | e. President Monson |
| 6. His full name, which was used when he was baptized | f. Grandpa |

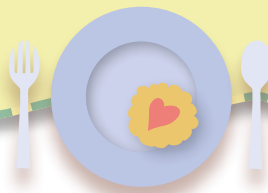
Do you have a nickname that describes something special about you?

ILLUSTRATION BY PAUL MANN; PHOTO BY MATT REIER (TOP); PHOTO COURTESY OF MONSON FAMILY (RIGHT)

I have an older sister!



And I like homemade ice cream—I guess we’re both like President Monson!



Remember to ask an adult for help when you make a Kitchen Crafts recipe.

COLORFUL LAYERED CAKE

President Monson's mother, Gladys, was famous for her cakes.

Sometimes she colored the layers of her cakes—green on the bottom, pink in the middle, and yellow on the top. Then she covered the cake in chocolate frosting. To celebrate President Monson's birthday this month, try this cake recipe. You can make the layers the same colors as Sister Monson used to do, or try your own color combinations.



3 cups all-purpose flour
3 teaspoons baking powder
1/4 teaspoon salt
3/4 cup butter, softened
1 cup sugar
1/2 cup water
1 teaspoon vanilla extract
3/4 cup milk
6 egg whites
food coloring
chocolate frosting

1. Preheat oven to 350°F (177°C). Grease and flour three 9-inch (23-cm) round cake pans.
2. In a medium bowl, combine flour, baking powder, and salt.
3. In a large bowl, cream butter and sugar. Stir in water, vanilla, and milk.
4. Gradually add the flour mixture to the wet mixture. Stir well after each addition of the flour mixture.
5. In a bowl, beat the egg whites with a hand mixer until stiff. Egg whites should be frothy and form soft peaks. Gently fold egg whites into the batter.
6. Divide the batter evenly between three clean bowls. Mix food coloring into each bowl until the batter

is the desired color. Pour the batters into the three prepared pans.

7. Bake for 25 minutes or until a wooden toothpick inserted in the center of each pan comes out clean.
8. Remove pans from oven and let cool on a wire rack for 1 hour. Then remove the cake from the pans and cool on the wire rack for another 30 minutes.
9. Spread your favorite chocolate frosting in between the layers of the cake, and then stack the layers. Frost the sides and top of the cake.

“May your homes be
filled with love
and **courtesy**
and with the
**Spirit of the
Lord.”**

President Thomas S. Monson
From the April 2012 general conference



LEAVING BAD



By Sarah Chow

(Based on a true story)

Be ye clean, that bear the vessels of the Lord (Isaiah 52:11).

Jenny buried her face in her hands. All she wanted was to go home, but Amy and Mandy were so interested in the movie that Jenny didn't know what to say. This was the worst night she could remember.

Jenny had been looking forward to a fun evening when she arrived at Amy's birthday party. When she walked in, she found Amy and Mandy looking at a magazine.

"Hi, Jenny!" Amy said. "Come read with us!"

How could Jenny forget the bad things she'd seen?

Jenny sat down and looked over Mandy's shoulder. Immediately she saw a picture she knew she shouldn't look at. Amy and Mandy giggled. Jenny stared at the floor. She didn't know what to say. Amy and Mandy were two of the most popular girls in school, and Jenny wanted them to like her.

Finally Amy put down the magazine. "Let's play a game!" she said.

Jenny was relieved. Now she could have some fun.

Amy pulled out a word game. Jenny was excited.

"I play this game with my family all the time," she

BEHIND

"I will choose the right. I know I can repent when I make a mistake."

My Gospel Standards



said. "It's one of my favorites."

Jenny put together her word: "listen." She smiled at her friends. "Look! It has six letters! I've never been able to make such a long word in this game before!"

Then Mandy put down her word. It was a naughty word Jenny's family didn't use. Mandy and Amy giggled. Jenny couldn't decide if she should ask them to stop. She kept making regular words, but Mandy and Amy kept making bad words. The more they giggled, the worse Jenny felt.

Jenny was relieved when Amy's parents came in to check on them. With grown-ups around, Jenny was sure no one would say bad words or look at bad pictures.

"Are you ready for the movie?" Amy's parents asked.

Jenny sat on the couch with Amy and Mandy to watch the movie, but this wasn't like movies Jenny watched at home. The movie bothered her. Should she say something? Should she leave? Jenny didn't know what to say. So she just sat there feeling worse and worse.

When Jenny's mom came to pick her up, Jenny almost ran to the car.

"What's wrong?" Mom asked as Jenny buckled her seatbelt and started crying.

"I feel so yucky!" Jenny said. She told Mom all about the party.

Mom's face was serious. "Jenny, I'm so sorry that happened. If you are ever in a bad situation, remember that you can always call Dad or me to come get you."

Jenny nodded. "I know," she said. "I should have called."

When they got home, Jenny went to her room and tried to act like everything was fine, but all she could think about was the bad things she'd seen. How could she forget them?

A while later she heard a knock

on her door. It was Mom and Dad.

"I hear you had a bad night," Dad said.

"I feel so yucky inside," Jenny said.

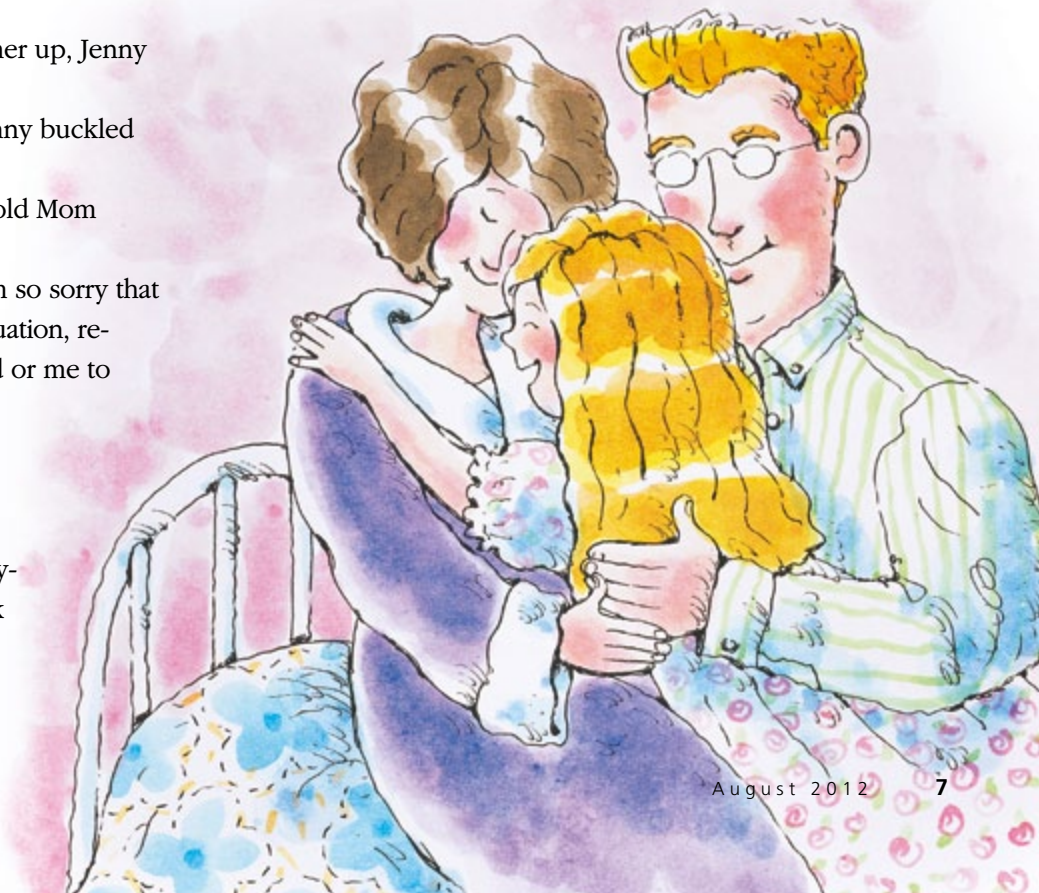
"How do you think you can feel clean again?" Dad asked.

Jenny thought about it. "Will you pray with me?" she asked.

"Of course," Dad said.

Mom and Dad knelt by Jenny. Jenny prayed that she wouldn't feel yucky anymore and asked to be forgiven for staying around things she knew she shouldn't.

Jenny finished her prayer. She felt better. The yucky feeling was gone. She felt different from how she had been feeling all night. The Holy Ghost was helping her feel happy again. Jenny decided this was the way she wanted to feel all the time—no matter what. ♦





My friend sometimes does things I know aren't right. What should I do?



I had a friend who made fun of others and treated them rudely. I knew I wouldn't want to be treated like that, so I decided to stand up to my friend. Even though she's no longer my friend, I'm glad I chose the right. I feel much better being around friends who treat others and me with respect.

Rylie M., age 9, Idaho



First, I would set a good example. Second, talk to them. Third, pray. This is a very good way to keep your testimony strong and to receive an answer about your friend. I know that whatever you decide to do,

Heavenly Father will always have a plan for you. He will help you when you are helping others.

Anna M., age 11, Idaho



This year in school my friends started to use the Lord's name in vain. I asked them not to use that word, and they stopped! I am very glad the Holy Ghost and Heavenly Father helped me have the courage to do what was right.

Jens A., age 9, Colorado



Right now I am going through tough times with my friends, but here are some helpful tips: 1) Talk with your parents. 2) If you have an older sister, talk to her. She will know your pain. 3) Take a break from your

friend for a couple of days and hang out with a different friend. You may eventually be friends again!

Chloe S., age 11, Oregon



When your friend starts doing things you're not comfortable with, you should stick up for yourself and tell your friend what is right. My advice is to tell your friend about the gospel. Tell him or her about the Ten Commandments and how you can follow them. If you are a missionary, it can really change someone's life.

Karlee K., age 10, Idaho



Try asking your friend not to say or do whatever it is. If that doesn't work, try asking a parent for advice or telling a teacher or other grown-up. If you still need help, PRAY! What better way to get out

of a sticky situation? Good luck!

Sophie H., age 10, Colorado

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

Next Question

Sometimes no one sits by me at church, and I feel lonely and like I don't fit in. What can I do?

Do you have some advice about this? Send us your answer and photo by August 31, 2012. Find our address on page 48 or e-mail us at friend@ldschurch.org. (Put "Question Corner" in the subject line.) Remember to include a parent's permission!

Love One Another

(Simplified)

Words and music by
Luacine Clark Fox

Reverently ♩ = 100-120

As I have loved you, Love one an -

Detailed description: This system contains the first two staves of music. The top staff is in treble clef with a key signature of one flat (Bb) and a 3/4 time signature. It features a melody starting with a quarter note G4, followed by quarter notes A4, Bb4, and C5. The bottom staff is in bass clef with the same key signature and time signature, providing a simple accompaniment of quarter notes G2, F2, and E2.

oth - er. This new com - mand - ment:

Detailed description: This system contains the next two staves. The top staff continues the melody with quarter notes D5, E5, and F5. The bottom staff continues the accompaniment with quarter notes D2, C2, and B1. A finger number '2' is written above the second measure of the top staff, and '5' and '1' are written below the first and second measures of the bottom staff respectively.

Love one an - oth - er. By this shall

Detailed description: This system contains the next two staves. The top staff continues the melody with quarter notes G5, F5, and E5. The bottom staff continues the accompaniment with quarter notes G2, F2, and E2. A finger number '3' is written above the second measure of the top staff, and '5' is written below the second measure of the bottom staff.

men know Ye are my dis - ci - ples, If

Detailed description: This system contains the next two staves. The top staff continues the melody with quarter notes D5, C5, and B4. The bottom staff continues the accompaniment with quarter notes D2, C2, and B1. A finger number '1' is written above the first measure of the top staff, and '3' is written above the second measure. A sharp sign (#) is placed above the first measure of the bottom staff.

ye have love One to an - oth - er.

Detailed description: This system contains the final two staves. The top staff continues the melody with quarter notes G4, F4, and E4. The bottom staff continues the accompaniment with quarter notes G2, F2, and E2. A finger number '1' is written above the first measure of the top staff, and a flat sign (b) is placed below the second measure of the bottom staff.

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Practice tip: Bring out the melody by playing your right hand more loudly than your left.

You can print out or listen to this song at lds.org/friend.

elevator

*Alone in an elevator.
What now?*



By Cynthia Bradford

(Based on a true story)

Cry unto God for all thy support (Alma 37:36).

Harrison was excited. Today he and his mom were taking his little sister, Samantha, to the hospital to get her blood checked. They went every week, and Harrison's favorite part of the trip was riding the elevator in the big, busy hospital. He was finally tall enough to push the button to take them to the right floor. Harrison heard the elevator *whoosh* as it started moving up.

prayers

When they stepped off the elevator, Mom asked Harrison, "Do you remember what your special job is?"

"I hold Samantha's hand and let her squeeze it real tight while the doctor does the tests," Harrison said.

Samantha was only two years old, but she could squeeze Harrison's hand super hard and cry very loudly when she was scared. Harrison liked helping her, and he was glad Mom trusted him with such an important job.

While they waited to see the doctor, Harrison asked, "Mom, is Samantha going to cry when she has her blood test?"

"I don't know," Mom said. "But I said a prayer in the elevator on our way up asking Heavenly Father to comfort Samantha during her tests today."

"Really? A prayer on the elevator?"

"Yes," Mom said. "That's a great thing about prayer. If we need extra help or if we're sad or scared, we don't have to wait for family prayer or bedtime prayer. We can say a silent one to Heavenly Father anytime or anywhere."

Harrison smiled and thought about this until the nurse called them back. The appointment went just like

all the other appointments, except this time Samantha didn't cry at all. Harrison knew his mom's prayer had been answered.

After they said good-bye to the doctor, they got on the elevator. Harrison couldn't remember which button to push. He started to ask Mom for help just as she said, "Oh! I forgot the diaper bag. Let's hurry and grab it."

Harrison watched Mom step off the elevator, carrying Samantha. He was about to follow her when the doors suddenly closed, leaving him alone in the elevator.

Harrison was scared. He looked at all of the buttons and didn't know what to do.

Then he remembered what

Mom had said about prayer. He could pray right now—even in an elevator. He closed his eyes and folded his arms. "Dear Heavenly Father, I am lost and scared and don't know what to do. Can you please help me find my mom and sister again? In the name of Jesus Christ, amen."

Harrison opened his eyes and didn't feel scared anymore. He knew his prayer would be answered. He looked at the buttons on the elevator and saw one with a big star on it. That was the one he needed! He pushed it and felt the elevator start to move.

The doors opened, and Harrison recognized the lobby of the hospital. He looked around for Mom. Suddenly a door from the stairwell opened, and Mom came running out with Samantha. "Harrison, I was so worried! Are you OK?"

Harrison smiled and gave Mom and Samantha a big hug. "I said a prayer and knew what to do. Heavenly Father really does answer prayers—even on elevators!" ♦



One day I went to our chicken coop to get some eggs. When I went to leave, the gate latch wouldn't open. I realized I was trapped. I started getting scared and yelled for help. No one answered. I knelt down and prayed for someone to help me. A few minutes later my little sister came running to the gate. She said she had heard a voice telling her to go to the chicken coop. Because she listened to the Spirit, she was able to rescue me.

McKenna B., age 8, Utah

Bulletin Board



MISSIONARY MOMENTS

Even though you won't serve a full-time mission until you are older, you can do things now to be a missionary. Here are some ways children like you have shared the gospel.

GOOD WORD

This month's good word is *virtue*. Having virtue means that you are modest and that you keep your body and mind clean and pure. Having virtue helps you feel the Holy Ghost and be a good example to others. It also helps you be strong and healthy. The word virtue also means "strength." Find this word on page 16.

One day at recess I was talking to my teacher about my baptism. She didn't know what a baptism was, so I explained it to her. I was happy to tell my teacher what a baptism was, and I felt the Spirit telling me I did the right thing.

Kanyon Z., age 9,
Colorado



My stake president called three families from the stake to attend a branch. My family was one of the three. I was excited and sad. I was going to miss my friends in my ward. But I am a missionary now, and I enjoy my new branch. I know that we don't have to be called on a mission to be missionaries. So don't wait until you get called!

Kirsi G., age 11, Arkansas



Journal Junction

Each month this year you can write a little bit of your own history in your journal. This month write about your first day of school. Were you scared? Excited? What kind of school was it? Who was your teacher? You can ask your parents if you don't know, and you can write down other details they remember about that day.

"There is no end to the good we can do, to the influence we can have with others. . . . Let us radiate the light of the gospel at all times and all places, that the Spirit of the Redeemer may radiate from us."*



—President Gordon B. Hinckley (1910–2008)

WAYS TO BE A GOOD FRIEND

- When someone talks, listen! Don't look at other things or play with your phone or MP3 player. Show you're interested in what the person is saying.
- Be supportive, not jealous. Sometimes a friend of yours might get something you want. Maybe it's a new bike or a part in a play. Try to be happy for your friend instead of envying him or her.
- Don't gossip. Speak kindly about others. Be someone your friends can trust.
- Be aware. Does your friend seem sad or angry? Don't ignore it. Ask what's wrong and offer to help.



Samuel the Lamanite Prophecies of Christ

By Diane L. Mangum

From Helaman 13–16; 3 Nephi 1:12–22.

Discouraged, Samuel the Lamanite started walking home. He had been preaching repentance to the Nephites in Zarahemla, but they would not listen. Instead, they chased him out of the city. As Samuel traveled back to his own land, the voice of the Lord stopped him.

The Lord told Samuel to go back to Zarahemla and

teach the words the Lord would put in his heart. The Nephites had become wicked and full of pride, and they needed to hear a prophet.

Samuel returned to Zarahemla, but the people would not let him in the city. But Samuel was determined to find a way. He had been sent by the Lord to preach, and that's what he would do! He climbed to the top of the city wall, stretched out his hand, and started to teach.

In a loud voice Samuel called down to the Nephites. He warned them that the city of Zarahemla would be destroyed because they loved riches and wickedness and never thanked God for their blessings. He told them that they could not be happy by doing bad things.

The spirit of prophecy filled Samuel. He told the people that in five more years the Son of God would be born on the earth. There would be one day and a night and another day, and it would all appear to be one long day with no darkness at all. The sun would go down, but it would not get dark; and a bright new star would appear in the sky. This special night would be the night before the Savior was born.

Samuel said that God gave them knowledge and



A Heavenly Message

An angel of the Lord visited Samuel the Lamanite and sent him to visit the Nephites in Zarahemla. The angel told Samuel to teach the Nephites the good news of the gospel, but they would not listen.



A Day, a Night, and a Day

Five years later, there was a night that was as bright as day even though the sun went down, and a new star appeared. The next day, Jesus Christ was born on the earth, just as Samuel the Lamanite had prophesied.

made them free to choose for themselves if they wanted to do good or evil. Good choices would bring blessings, but choosing evil would bring sorrow.

Some of the Nephites were angry with Samuel. They threw stones and shot arrows at him as he stood on the wall. But the Spirit of the Lord was with Samuel, and the stones and arrows could not hit him. As men climbed up to grab him, he jumped down from the wall and ran safely away to his own country.

Even though some of the Nephites did not listen to Samuel, many believed his words, especially when they saw that arrows could not hit him. Those people went to Nephi, the Church leader, and asked to be baptized. ♦





Women Are Important in the Church!

By Elder Quentin L.
Cook of the Quorum
of the Twelve
Apostles

*The members of
the Quorum of the
Twelve Apostles are
special witnesses of
Jesus Christ.*

Women are daughters of our
Heavenly Father, who loves them.

Women of the Church today
are strong and faithful.

God placed within women divine
qualities of strength, virtue, and love.

Much of what we accomplish in the Church
is due to the selfless service of women.

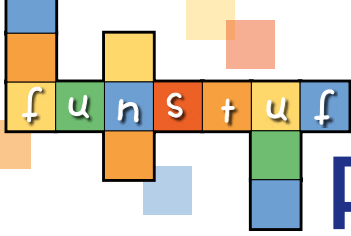
Wives are equal to their husbands.
Wives and husbands work side by side
to meet the needs of the family.

Latter-day Saint
women are
incredible!

*From "LDS Women Are
Incredible!" Ensign,
May 2011, 18–21.*



ILLUSTRATION BY DAN BURR



Puzzle Page

Find some of the words that Elder Quentin L. Cook of the Quorum of the Twelve Apostles uses to describe women and their importance.

- | | |
|------------------|-----------|
| DAUGHTERS | SACRIFICE |
| DIVINE QUALITIES | SELFLESS |
| EQUAL | SERVICE |
| FAITHFUL | STRENGTH |
| FAMILY | STRONG |
| INCREDIBLE | VIRTUE |
| LOVE | WIVES |

S I T D A U G H T E R S S Z V
 X A M I C L E K L R O T E Q C
 Z T C L U R H B F Q R R I E V
 X W O R G P I T J W D E T U A
 E V D K I D U E S I N N I T V
 E Q A N E F L M F V Z G L R Z
 F W U R V R I A T E Q T A I R
 Z M C A V K I C D S G H U V C
 E N E L L T Q A E H X K Q T E
 I C U A H B S S E L F L E S Y
 Y X I F S T R O N G X E N L R
 Q H U V M L O A Y I G A I C U
 F L G F R F E D O Q R M V R F
 A Q L V M E R M V V A B I G S
 L M N X J O S R I F Q E D W X

Solve the code to find out why the 2,000 soldiers had faith they would be blessed when they battled the Lamanites. See answer on page 48.



“
 17 8 12 11 8 10 9 14 12 12 21
 17 10 22 15 8 17 14 11 17 8 12 18 6
 20 24 17 8 12 6 19’ 17 8 10 17
 18 3 17 8 12 11 9 18 9 21 24 17
 9 24 22 14 17’ 15 24 9 13 24 22 7 9
 9 12 7 18 16 12 6 17 8 12 20”

- | | | | |
|-----|------|------|------|
| 1=J | 8=H | 15=G | 22=U |
| 2=C | 9=D | 16=V | 23=K |
| 3=F | 10=A | 17=T | 24=O |
| 4=X | 11=Y | 18=I | 25=Q |
| 5=Z | 12=E | 19=S | 26=P |
| 6=R | 13=W | 20=M | |
| 7=L | 14=B | 21=N | |

Prayers, Notes, and Natural Disasters

Although these two girls speak different languages and live more than 6,000 miles (9,600 km) apart, they have something special in common: they both found ways to keep a positive attitude when natural disasters struck their hometowns. Take a look at the true stories of Honoka O. from Japan and Maggie W. from Missouri. During sad and scary times, what helped them stay faithful and optimistic?



Honoka

Konnichiwa! My name is Honoka, and I live in Chiba Prefecture, Japan. I like to play, jump rope, and draw. My dream is to be an illustrator someday. I was at school when a big earthquake happened.



Maggie

Hello! I'm Maggie from Joplin, Missouri. One night my mom saw storm warnings on the news, and we all went to the basement. The loud whistling wind scared me. I was worried about my friends and our animals. After the storm, I was grateful my family was safe and our house didn't have much damage.





My favorite scripture story is about Lehi's dream. I think Primary is very important because I can learn a lot about God and Jesus. I love sacrament meeting because I can feel myself becoming clean when I take the sacrament, and that makes me so happy.

When the earthquake hit, my first thoughts were, "This is scary!" and "I wonder if my family is OK." I prayed in my heart that they would be safe and that people's lives would be spared. Later I found out that none of my friends had been hurt. At that time, I felt that God had protected us. I know that God and Jesus live.



Lots of other homes and businesses were destroyed by the tornado that came through town. I felt sad for people who lost loved ones. My parents and older brother and sister decided to help

clean up our town. It made me think of the scripture, "When ye are in the service of your fellow beings ye are only in the service of your God" (Mosiah 2:17).

I wanted to help clean too, but my mom said it wasn't safe for a child. Then I felt the Holy Ghost share a great idea to make people feel happy. I made 20 thank-you notes to give to volunteers. I spent lots of time making each card special so that people could feel the Spirit and know they were very important to our town.

I learned that even if you can't do certain things to serve, you can always think of other ways to serve. Heavenly Father will bless you for serving Him and your fellow man.



Grandma's

Feather Blizzard

By Jean Hedengren Moultrie

(Based on a true story)

God loveth a cheerful giver (2 Corinthians 9:7).

Grandma came to visit when Dad took Momma to the hospital to have the new baby. Since I'm the oldest, I knew I could help Grandma a lot. I showed her where the plates and glasses went and which blankie Susie needed for her nap. I told her that Annie preferred cheese sandwiches to peanut butter and jelly. I helped set the table and clean up the dirty dishes.

"Joshua, you are so helpful," Grandma said.


After dinner, Grandma read stories from Susie and Annie's fairy-tale books. Then she let me pick out some stories from my favorite dinosaur books.

"I never get tired of reading about brontosauruses, tyrannosauruses, and triceratops," Grandma said. "And that reminds me of something." Grandma walked over to her suitcase and opened it. She pulled out a fossil with the print of a leaf preserved in a rock. "I found this on the farm," she said, handing it to me.

At bedtime, Grandma helped us read the scriptures before family prayer.

In the morning, Dad called to say he was bringing Momma and our new baby home. We all hurried to finish up our chores. My sisters and I stacked the toys in the toy box and washed and dried the dishes. Grandma mopped and vacuumed floors and finished folding the clothes she had washed.

We were getting tired after all our work. Grandma sat down on the bed and picked up a pillow to fluff it up. Suddenly the seam on one side of the pillow split open, and feathers scattered everywhere. Grandma tried to stuff the feathers back in, but they flew around her like a blizzard of snow. Susie and Annie squealed and ran through the storm of feathers. I forgot I was supposed



Grandma's visit brings fossils, feathers, and surprise service.



to be helping and joined in, sending more feathers swirling across the floor.

Grandma grabbed a broom and dustpan, but sweeping only scattered the feathers more. Grandma sank into a chair and wiped her forehead with her handkerchief.

I stopped running and looked at Grandma. She had worked so hard, and now Momma would come home to a big mess. I stopped galloping around and told Susie and Annie we needed to help Grandma clean up. I found a large paper bag, and we started gathering up handfuls, but feathers still littered the room.

I got the vacuum and turned it on. *Whoosh!* The vacuum sucked up feathers like fall leaves swirling into a leaf catcher. Then my sisters and I went out on the porch and plucked feathers out of our hair.

Grandma looked relieved. “Thank you, Joshua,” she said. “I couldn’t have done it without you.”

When Momma arrived home, we crowded around to hug her.

“Did the neighbors’ chickens escape from their henhouse?” she asked. “I saw a few feathers on the porch.”

Grandma and I looked at each other and laughed as we all went to meet the new baby brother Dad was holding in a bundle of blankets. ♦



In my Primary class we learned about service. One day I played on the *Friend* website for a while. Then I started picking up the playroom. I didn’t tell anybody. My mom was so surprised when she came in. She was happy that I cleaned up the entire playroom by myself. I felt good too.

William C., age 6, Oklahoma



Part Two:

Miracle on the Plains

By Megan Withers Roxas

(Based on the life of Sarah Ann Nelson Peterson)

In Part 1, Sarah Ann describes how her family traveled to the United States from Norway. She hears Mormon missionaries preach and knows what they say is true. Sarah Ann is baptized and promises the Lord that she will always do whatever He asks her to do.

Chardon Point, Iowa, 1849

Sarah Ann was too weak to open her eyes, but as she listened to the crickets chirping nearby she remembered where she was—in a covered wagon camped near a creek in Iowa. Despite painful muscle cramps, Sarah Ann smiled softly, grateful to still be alive.

The crickets were interrupted by the sound of two people talking quietly outside the wagon. Sarah Ann tried to hear what was being said.

“How is she today, Anna?” asked a man with a Norwegian accent.

“I am afraid she isn’t doing well,” Anna said. “Nothing is working. She has a very bad case of cholera.”

Sarah Ann recognized their voices. The man was Canute Peterson. Sarah Ann had known him since she was a young girl. When Canute’s parents died, Mother had welcomed him into their home as though he had been part of the family. The woman, Anna, was Sarah Ann’s nurse.

“I wish that something could be done,” Canute said.

“I do too. Sarah Ann is such a wonderful young woman.”

Sarah Ann let out a cry. The pain was almost more than she could bear. Sarah Ann thought about the events that had led her to where she was now. When she was

baptized, she had promised the Lord to do whatever He asked her to do. A short time after that, the prophet Brigham Young told the Saints to gather in the West. Sarah



Ann packed a few belongings and joined a wagon team of other Saints. They had traveled 200 miles (322 km) when Sarah Ann became sick with cholera.

A tear rolled down Sarah Ann's cheek. "I want to live to see the place that the Lord has prepared for the Saints," she thought.

Meanwhile, Canute walked along the edge of a nearby creek in the woods. As he walked, he felt a gentle prompting from the Holy Ghost to pray for Sarah Ann. He knelt down and prayed that Sarah Ann's pain would

lessen. As he prayed, Canute felt the Spirit tell him what he should do.

"I know that if I give Sarah Ann a priesthood blessing, she will be healed," he thought.

As Canute returned to the wagon, he could hear Sarah Ann groaning. Anna and the other nurses filled the wagon, making it difficult for him to get close.

Putting all of his faith in the Lord, Canute went to the side of the wagon, put his hands under the wagon cover, laid them on Sarah Ann's head, and gave her a blessing.

As soon as Sarah Ann felt the hands on her head, she knew whose hands they were even though she couldn't see Canute.

When the blessing ended, Sarah Ann's pain immediately stopped.

"I am healed!" Sarah Ann exclaimed.

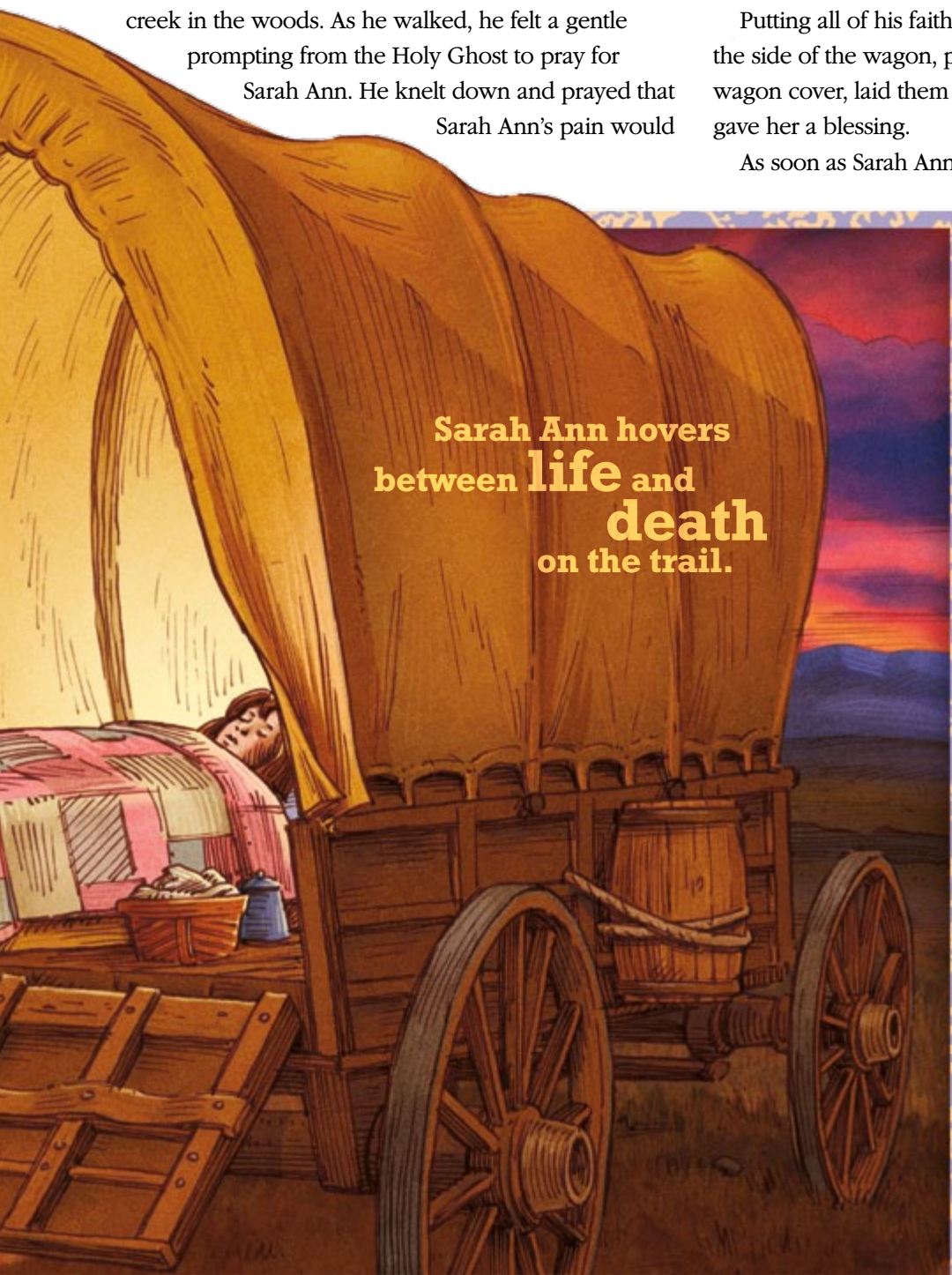
"You are not in any pain?" Canute asked.

"None at all. It's a miracle! Thank you for giving me a blessing, Canute. I know that God has healed me through the priesthood power you hold."

Within an hour, Sarah Ann was up and trying to help others who were sick.

The wagon company was soon able to continue the journey. Sarah Ann felt closer to Canute than she ever had before. As they traveled, the two of them spent a lot of time together. They soon began to fall in love. ♦

(To be continued.)



**Sarah Ann hovers
between life and
death
on the trail.**

Leute's HOME

By Adam C. Olson
Church Magazines

Every night Leute's family gathers in their traditional Samoan *fale* (fah-leh), an oval-shaped hut on stilts. It is about 15 feet (4.6 m) long and 10 feet (3 m) wide and has no walls, though sometimes they put up sheets for privacy.

Leute, age 10, and her family sit in a circle on the floor and have family scripture study. They sing hymns and discuss family matters before going to sleep.

This time they spend together each night is called *sā*, meaning "sacred." It is a time that most families in Samoa spend together.

Prophets have taught that our homes should be sacred like the temple. No matter what our home looks like, there are things we can do to help invite the Holy Ghost into our home and to make it a beautiful, happy place of peace and learning. ♦

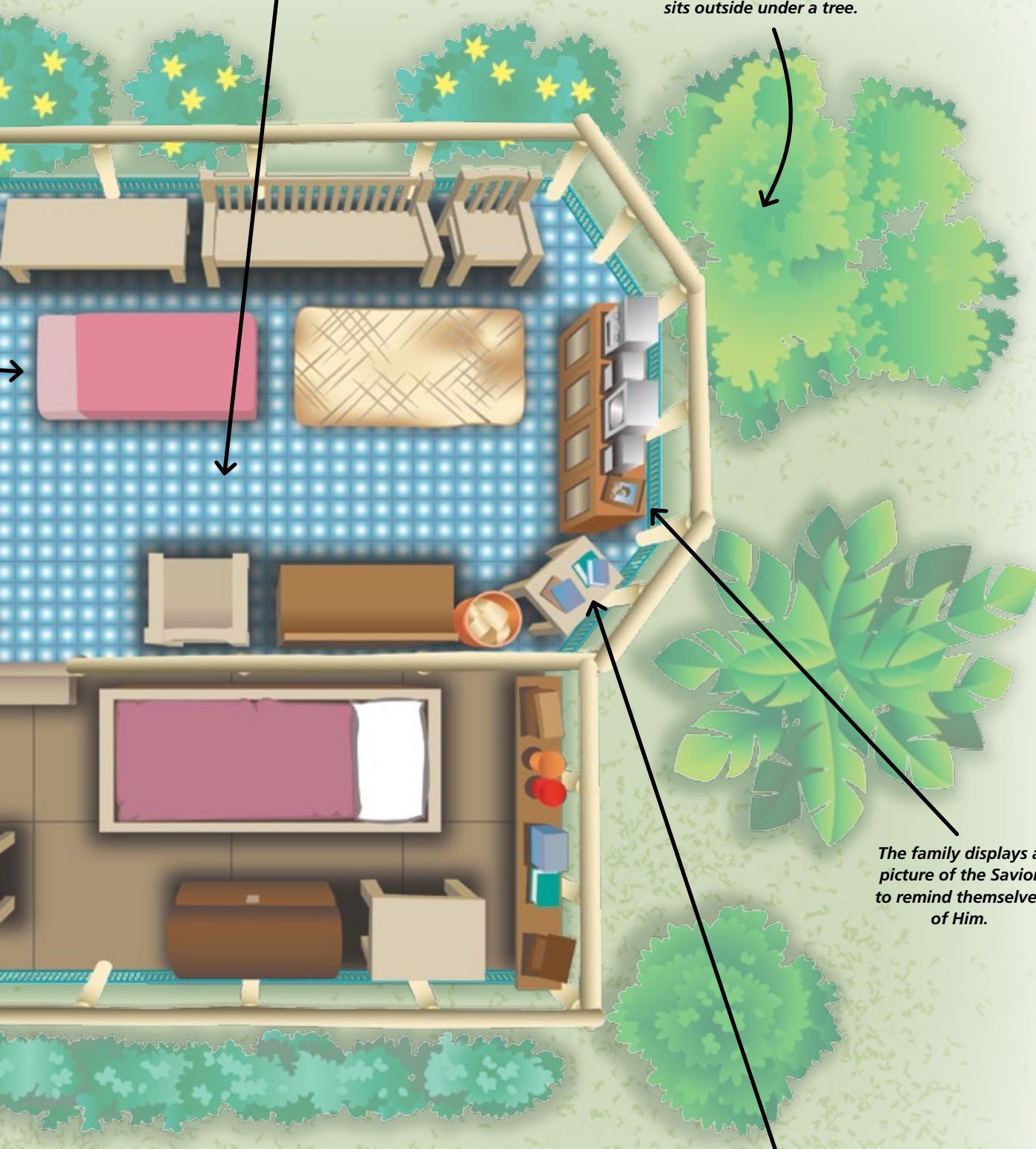
After rolling out her bed mat and hanging her mosquito netting, Leute says her personal prayers.

Often the family will gather at Leute's grandparents' fale for family home evening.



The family gathers in their fale for family prayer, scripture study, and family discussions almost every night.

When Leute wants to study the scriptures by herself, she often sits outside under a tree.



The family displays a picture of the Savior to remind themselves of Him.

Mealtimes are important family times. The family cooks over an open fire or using hot stones in a ground oven called an umu kuka.

The family keeps their scriptures, manuals, and Church magazines on a table.



Special



By Brad Wilcox

(Based on a true story)

The prayers of the faithful shall be heard
(2 Nephi 26:15).

You pray funny!” Lucia said after Whitney finished saying a blessing on their lunch.

“No, I don’t,” Whitney said. “Why did you say that?”

“We don’t say prayers like that at my church,” Lucia said.

“What do you mean?” Whitney asked as

*Why do we pray
with fancy words?
Whitney is about
to find out!*

Words

she picked off the crusty part of her grilled cheese sandwich.

“When you pray it sounds old-fashioned.”

“It’s just the words you read in the scriptures,” Whitney said. “I don’t think it’s weird.”

A car horn honked outside. Whitney looked at the kitchen clock. “That’s probably your mom to take us to soccer practice.”

The girls grabbed their sandwiches and raced out the door. “Bye, Mom,” Whitney called. “See you after practice.”

Whitney didn’t think much about what Lucia had said about her prayer until later that evening when Dad gathered everyone for family prayer.

“Whose turn is it tonight?” Dad asked.

“I think it’s Russell’s turn,” Mom said.

Russell bowed his head and began to pray. He thanked Heavenly Father and asked for blessings. Whitney listened closely as Russell prayed. His words *did* sound different from the way people usually talk: “We thank *Thee* . . . We ask that *Thou wilt* bless . . . Help us follow *Thy* prophet . . .” Russell finished and everyone stood.

Whitney went to get ready for bed. She changed into her pajamas and brushed her teeth. Then she opened her closet and chose one of her best dresses for church the next day. She took it off the hanger and laid it across the back of her desk chair.

“Hey, Whit,” Dad said as he came into her bedroom with a stack of folded clothes. “Mom told me what Lucia said at lunch. Did that bother you?”

“No, not really,” Whitney said. “Well, kind of. Why *do*

we pray with fancy words? Why not just talk the way we usually do?”

Dad picked up Whitney’s soccer uniform from off the floor where she had dropped it earlier that day. “Why don’t you wear this to church tomorrow instead of that dress on your chair?”

“Very funny, Dad,” Whitney said as she grabbed her shorts and shirt. “This is what I wear to soccer—not to church.”

“There’s a difference?” Dad asked.

“Of course,” Whitney replied.

“Right,” Dad said. “The reason we wear our Sunday best to church is to show respect and reverence for Heavenly Father. We dress differently than we do for other occasions. It’s the same way with the words we use when we pray. The words we say show love and respect.”

“So when we say those words, Heavenly Father knows we are treating Him in a special way?”

“That’s right,” Dad said. “I’m sure Heavenly Father listens and understands either way, but when we use words like *Thy blessings* instead of *your blessings* and *Thou hast seen* or *Thou seest* instead of *you have seen* or *you see*, it’s kind of like . . .”

Whitney lifted the dress from the chair. “It’s like our prayers are all dressed up in their Sunday best!” ♦

“When we address our Heavenly Father, we should . . . clothe our prayers in special language of reverence and respect.”¹

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles



Buddy's HEART



Can a broken rock help Buddy heal?

happy and fun to be around. Now he was sad and wanted to be alone.

Buddy's birthday was coming up. He didn't want a party. He didn't want anybody to see him or stare at him. Mom told me that Buddy and his family prayed that Heavenly Father would help him to feel different about himself. He knew he was a child of God and that his family loved him, but he still didn't want to see his friends.

Before I went to visit Buddy, I asked Heavenly Father how I could help my friend. On my way out of my bedroom I saw my rock collection on the shelf. Something told me to give Buddy the big quartz rock. The rock didn't look like much on the outside, but it had bright crystals inside.

I wrapped the rock in blue paper and headed to Buddy's house. He didn't want to see me at first, but he finally told his mom it was OK. When I went in his

By Ray Goldrup
(Based on a true story)

For man looketh on the outward appearance, but the Lord looketh on the heart (1 Samuel 16:7).

After my friend Buddy was in a car accident, I didn't see him for a while. I guess he didn't want to see his friends because he had some scars on his face.

One day I decided to call him on the phone. He said if I saw him I wouldn't want to be his friend anymore. "I'm ugly," he said, and I could tell he was crying.

Before the car accident, Buddy had always been



room, he was wearing a bandana to cover part of his face. I handed Buddy his birthday gift. When he opened it, he just stared at the rock.

“Uh, thanks,” he said.

“It’s better than it looks,” I said. “Grab your dad’s hammer, and come outside with me.”

We went into Buddy’s backyard. I put the rock on the ground and hit it with the hammer. It broke open, and Buddy’s eyes widened with surprise. “Wow, cool!” he exclaimed as he saw the crystals inside glinting in the sun.

Then I realized why I had been prompted to give Buddy the rock. “It’s just like you,” I said. “People who know you don’t care what you look like on the outside.

What’s important is your heart.”

Buddy didn’t say anything as he gazed at the quartz, but I could tell he was smiling under the bandana.

Buddy decided to have a birthday party with his friends, and he didn’t wear the bandana over his face. He was his old self again. He still had scars, but he didn’t mind and neither did we. We knew what was inside, and that’s what was important. ◆

“Rather than being judgmental and critical of each other, may we have the pure love of Christ for our fellow travelers in this journey through life.”²

President Thomas S. Monson





Be thou strong and very courageous
(Joshua 1:7).

When Elder Vaughn J. Featherstone was visiting our area for a conference, my wife and I wanted our family to know something about him and his family. So we read a story to our children about Elder Featherstone’s son, who hurt his leg in an accident.

The boy had wanted to compete in an upcoming track meet, but he couldn’t run in any of the events because of his hurt leg. However, at the meet he found an event he could enter—the sit-up contest. As the contest began, Sister Featherstone was worried when she saw how many

sit-ups her son was doing. But he wouldn’t give up. He did 1,001 sit-ups, winning the blue ribbon.

After hearing this story, our nine-year-old son, Rick, who had been training for the Cub Scout Olympics, said, “I want to beat that boy’s record.”

“That’s a great goal,” my wife and I told him. “You’ll need to build up to that by doing a little more each night.”

“No!” came Rick’s response. “I want to do it tonight.”

Right there on our living room floor, Rick started doing sit-ups. After about 250 we said, “That’s very good, Rick. Now you can go to bed and tomorrow night you can do some more.”

But Rick wouldn’t give up. When he got to 500 sit-ups, we could see in his eyes that he wasn’t going to stop. He did 1,004 sit-ups that night. My wife and I know that even if we had given a hundred lessons on never giving up on our goals, they wouldn’t have meant as much to our family as Rick doing 1,004 sit-ups that night. ♦



ILLUSTRATION BY BRYAN BEACH

Preparing for the Temple

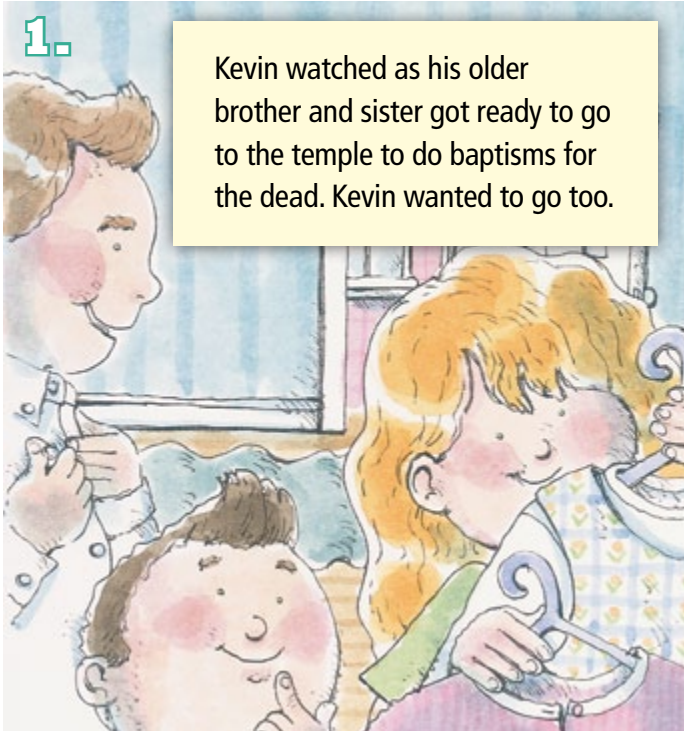
By Val Chadwick Bagley



The girl in this picture has a goal to be married in the temple. See if you can find a baseball, belt, book, boot, candy cane, crescent moon, crayon, envelope, football, garden shovel, golf club, hammer, hoe, ice cream cone, kite, mailbox, paint brush, pencil, ruler, sailboat, saw, screwdriver, slice of pie, sock, star, sun, and toothbrush.

Serving Heavenly Father

By Jane McBride Choate
(Based on a true story)

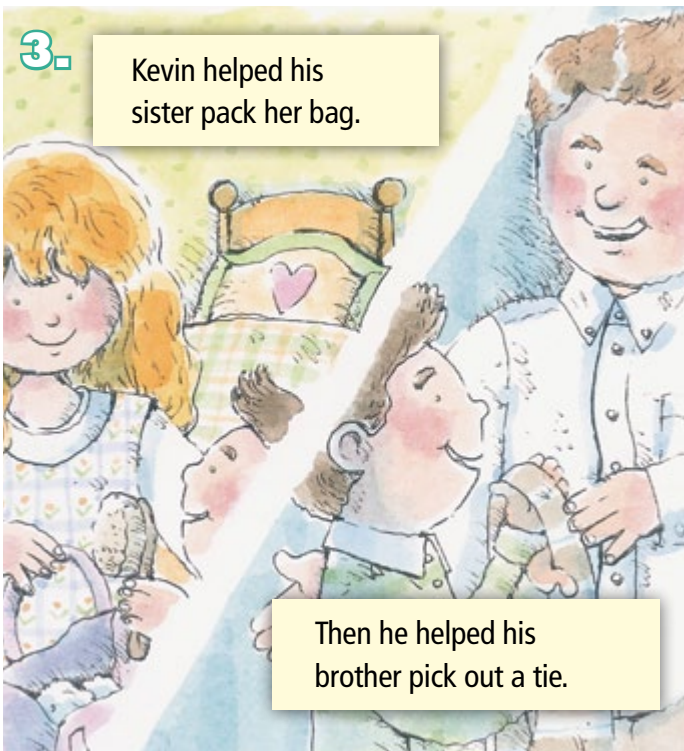


Kevin watched as his older brother and sister got ready to go to the temple to do baptisms for the dead. Kevin wanted to go too.



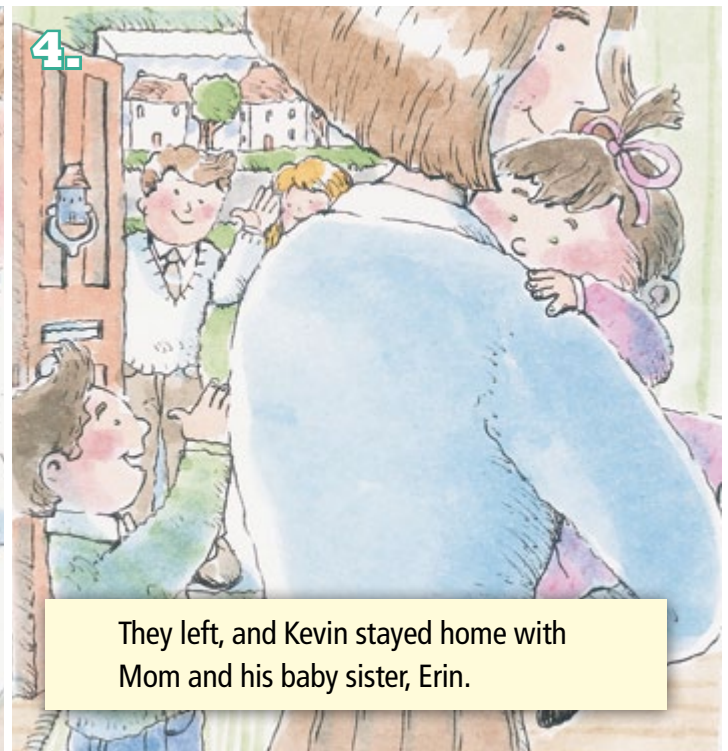
Dad, can I go?

You're not old enough yet, but I'm glad that you want to serve. When you turn 12, you can go too.



Kevin helped his sister pack her bag.

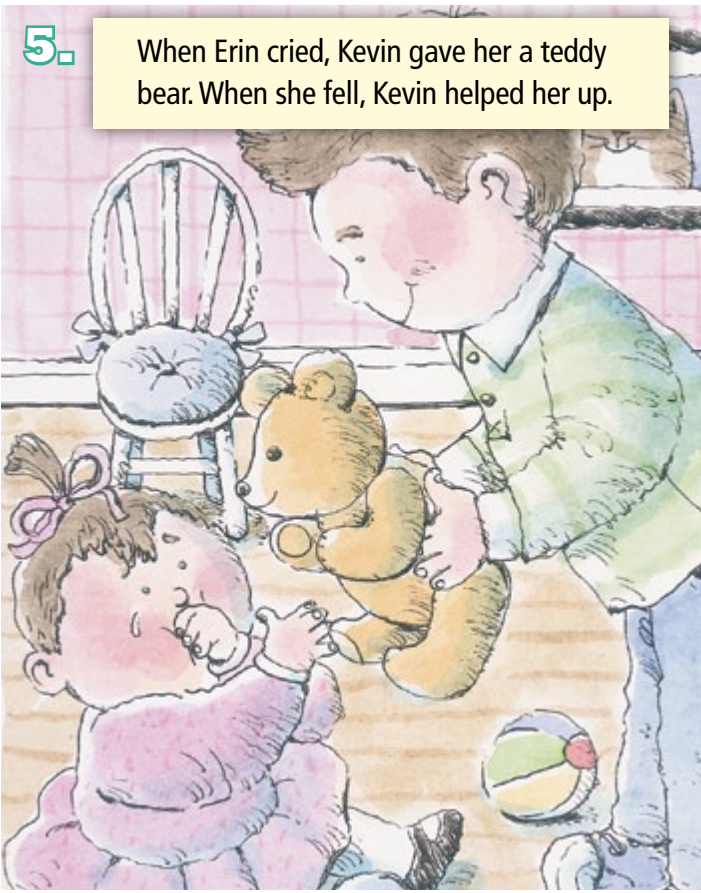
Then he helped his brother pick out a tie.



They left, and Kevin stayed home with Mom and his baby sister, Erin.

5.

When Erin cried, Kevin gave her a teddy bear. When she fell, Kevin helped her up.



6.

I know Heavenly Father is happy with the way you are serving Him today.



But I didn't go to the temple.

7.

Yes, but you helped your brother and sister get ready. And you are helping me take care of Erin.



8.

When you help other people, you are serving Heavenly Father.



Fun Service

Look closely and you will see that not all of these pictures of service are the same.
Can you find the two that are the same?



Do Your Duty

President Thomas S. Monson teaches that it's important to do our duty.

Can you spot the five differences between these two pictures? Which child has done her duty?





COOL Cars

By Melissa D. Stubbs

(Based on a true story)

I love you, and you love me. We reach together for the best we can be (Children's Songbook, 263).

Most of the time Ben liked to share. He liked to share Daddy's toast and Mom's cookie. He liked to share Mike's football and Anne's book. He liked to share Max's wagon.

But Ben did not like to share his cool cars, not even with Max. "Mine!" Ben said.

Ben filled his hands and pockets with cool cars. He hid them in the corner and under the couch pillows. If Max wanted to play with him, Ben felt angry. "My cool cars!"

One day Mom pulled Ben onto her lap. She gave him a hug and a kiss. "Does Daddy share his toast with you?" Mom asked.

"Yes," Ben said.

"Does Mommy share her cookie with you?"

"Yes."

"Does Anne share her book and

does Mike share his football with you?"

"Yes."

"When you play with Max, does he share his wagon?"

"Yes."

"When we share with you, we feel happy. You feel happy too," Mom

said. "If you share your cool cars with Max, you will feel happy, and Max will feel happy. You can play together, and you won't feel angry anymore."

Ben stayed on Mom's lap for a minute. Then he got down and took two of his cars out of his pocket. He gave one to Max. Ben smiled, and Max smiled. Ben didn't feel angry anymore. Sharing made him feel happy. ♦

Ben likes sharing . . . except when it comes to his cool cars.



I have a bag of jewels. One day my little brother William wanted a jewel from my special bag. So I gave him one, and he was very happy. I am trying to be like Jesus by sharing.

Krista Z., age 6, South Carolina

Show and Tell



Connor B., age 7, North Dakota



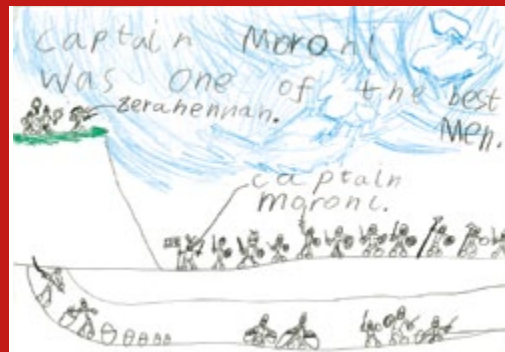
I read the Book of Mormon out loud every day with my family before I go to school. This has helped me practice my reading. When I got my report card, I was the most advanced reader in my class. I know it is from reading the scriptures that I have become a good reader. It makes me smile when I read the Book of Mormon.

Caleb W., age 7, Wyoming

Would you like to send something to Show and Tell? Turn to page 48 to find out how.



Shawnee E., age 8, New Mexico



Simeon J., age 6, England



Ethan S., age 6, California, is a great older brother to his two sisters. He also helps his mom in the kitchen. Ethan enjoys learning about animals. He has visited the zoo, and he likes to play with his dog.



Natalie J., age 5, North Carolina, likes to make new friends. She also has fun reading books and playing games with her family. Natalie likes to get letters from her brother who is serving a mission.



Cèlin T. and Corrine B., ages 9 and 9, Washington and Oregon, are good friends who like music and dancing. Even though they are miles apart, they try to keep in touch. The girls encourage each other to dress modestly and to keep their baptismal covenants.

How do you serve your family?
See page 48 to find out how
to send us your answer.



A few days before I started first grade, I was feeling a little nervous. We learned about priesthood blessings in Primary, so I asked my dad to give me a blessing to help me not feel so nervous. He did, and afterward I felt much better. I am grateful for the priesthood and that my dad can give me a blessing when I need it most.

Ellie R., age 6, Utah



One Sunday, my Primary teacher taught us about faith. She helped us plant sunflower seeds. I took mine home and planted them in the flower bed. It took a long time, but we got a lot of rain and sun, and the sunflowers grew taller than our house! Our faith can grow big like the sunflowers. We need to pray, read the scriptures, and keep the commandments. My mom says that if I give my faith the things it needs, it will grow tall and strong like my sunflowers.

Michael H., age 8, Tennessee



We had a family home evening lesson on modesty. I learned that we should dress modestly to respect ourselves because our bodies are temples. I've noticed that there are many people who do not dress modestly. That makes me sad because they are not doing what Heavenly Father wants us to do. I want to dress modestly and try my best to choose the right. I know that it is the best way for me to be able to return to Heavenly Father.

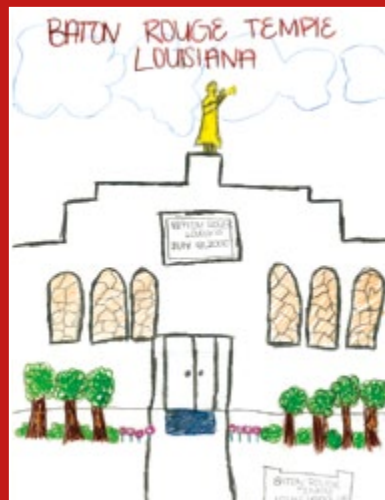
Haley C., age 5, Indiana



Aubrey J., age 11, Colorado



Jacob L., age 7, Victoria, Australia, likes going to Primary. He has memorized the Articles of Faith. Jacob also likes math. He placed ninth in a national math competition.



August B., age 12, Louisiana

Temples

Temples are great in every single way,
Beautiful and sacred to this very day,
Standing firm on their foundations
As a light unto the world—
Beautiful buildings being unfurled.
When I am twelve, I will go in.
There the Lord's work I will begin!

Asiel V., age 11, Texas

You can use this lesson and activity to learn more about this month's Primary theme.

I Choose to **Fill My Life** with Things That **Invite the Spirit**

We can read in the Bible an amazing story about Shadrach, Meshach, and Abed-nego. King Nebuchadnezzar threw these three friends into a fiery furnace because they refused to worship a golden image he had created. The three Israelites told the king they would worship only God. Because the young men were faithful, God delivered them from the furnace and saved their lives. (See Daniel 3.) This story is about trusting in God and being faithful and courageous. It is also about good friends who help each other choose the right.

Together, Shadrach, Meshach, and Abed-nego chose to keep their promise to worship only God. They chose to have faith that God would save them. They chose to not fear the king but to trust in God. President Henry B. Eyring, First Counselor in the First Presidency, said, "All of us need true friends to love us, to listen to us, to show us the way, and to testify of truth to us" ("True Friends," *Ensign*, May 2002, 29).

Remember, good friends will make a difference in your life by helping you choose the right. Look for friends like Shadrach, Meshach, and Abed-nego, and be a friend like they were! ♦

Song and Scripture

- "I'm Trying to Be like Jesus," *Children's Songbook*, 78–79
- Articles of Faith 1:13

Just You

Here are some ideas for being a good friend:

- At the end of a week, write in your journal what you did to be a good friend to someone.
- Think about ways you could show your love for your friends.
- Write down how you and your friends can strengthen your faith in God.
- Share with a parent or Primary leader what you are doing to be a good friend.

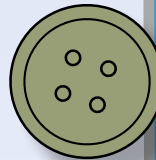
You helped a girl when she got hurt on the playground. Move forward one space.

You invited a new student to share your bus seat. Move forward one space.

CTR Game: Friendship

Play this game to learn more about how to be a good friend. You will need a bean or button for each player and small pieces of paper with "1," "2," or "3" written on them. Place these papers in a sack or envelope.

To play, one person chooses a paper and moves his or her bean or button that many spaces. Read what's on the space and follow the instructions. The game is not over until everyone reaches the end as a good friend!



A girl dropped her lunch tray, but you didn't help her pick it up. Move back one space.

You shared your lunch with a boy who didn't have one. Move forward one space.

You included someone in your game at recess. Move forward one space.



You ignored a visitor in Primary. Move back one space.

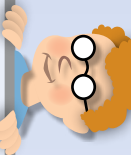
Your family visited a new neighbor. Move forward one space.

END

You helped a younger brother with his chores. Move forward one space.

You laughed at a boy who looks different. Move back one space.

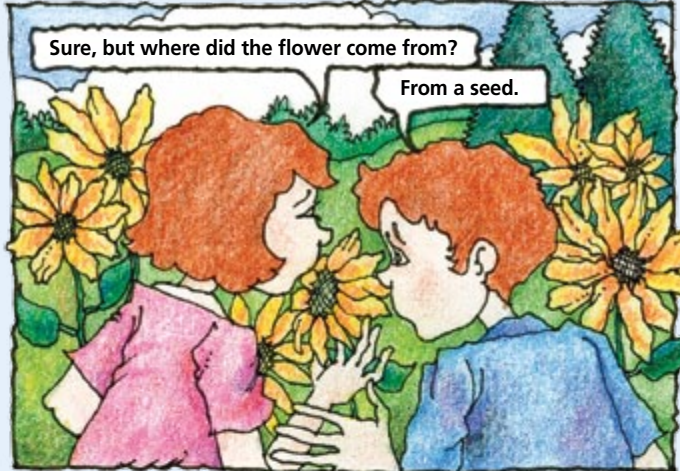
You shared the gospel with a friend. Move forward one space.



You gave others the courage to make right choices. Move forward one space.

You teased your friend and hurt her feelings. Move back one space.

MATT AND MANDY





I choose to fill my life with things that invite the Spirit.

*If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things
(Articles of Faith 1:13).*

By Mindy Raye Friedman

(Based on a true story)

I can do all things through Christ which strengtheneth me
(Philippians 4:13).

Mom, I'm bored," Mindy said.
Mom had just picked Mindy up from her piano lesson, and now they were at the stake center waiting for Mindy's sisters to finish rehearsing for the stake musical.

Her older sister, Jessica, and younger sister, Krista, had both gotten parts in the play. But Mindy didn't get a part. She envied her sisters a little, but she was also kind of glad she wouldn't have to perform in front of the whole stake. That sounded scary.

"Well, why don't you go find some other kids who aren't practicing right now?"

Mom said.

"OK," Mindy said.

Mindy left the cultural hall and followed the sound of voices to a nearby classroom. Peeking in the door, she saw several kids she didn't know.

"They must be from other wards in the stake," Mindy thought.

She wanted to meet them, but she was too afraid to say hello. Instead, she walked back to the cultural hall and sat down by Mom.

"Didn't you find the other kids?" Mom asked.

"I found them, but I don't know any of them," Mindy said.

"It's not that hard to meet people," Mom said. "When I was your age, I was really shy too, but then I decided I didn't want to be shy anymore. I made a goal to meet one new person every day."

But I'm Too Shy

Will Mindy overcome her fear of meeting people?



"I don't know, Mom. I don't really think I can not be shy," Mindy said.

"If you just try, it will get easier," Mom said. "You can start small with just one person. Look, a girl is sitting over there by herself. Why don't you go say hello?"

Mindy tried to think of an excuse, but she knew she should take her mom's suggestion. She said a quick prayer asking Heavenly Father to help her, took a few deep breaths, and walked over to the girl. "Meeting one person does seem a lot easier than approaching a whole group," she thought.

"Hi," Mindy said.

"Hi," the girl replied. "My name is Shalee. What's yours?"

"My name is Mindy." There was a bit of silence, and then Mindy thought of a question to ask. "Are you in the play?"

"No," Shalee said. "But that's my dad up there practicing," she said, pointing to the stage.

"My sisters are in the play too," Mindy said.

Their conversation went on as they learned about each other. Pretty soon practice was over, and it was time to go home.

"Who is your new friend?" Mom asked on the way home.

"Her name is Shalee, and she's 11 like me," Mindy said. "She was really nice."

"And it wasn't scary?" Mom asked.

"Well, I was scared to talk to her at first, but I'm glad I did," Mindy said. "Maybe meeting new people isn't so hard after all." ♦

"I was very shy in high school. . . . I was afraid to try. . . . Live up to your potential. Don't be afraid to try. Have confidence in yourself."³

Elder L. Tom Perry of the Quorum of the Twelve Apostles



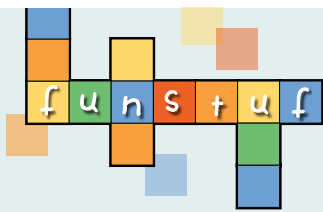
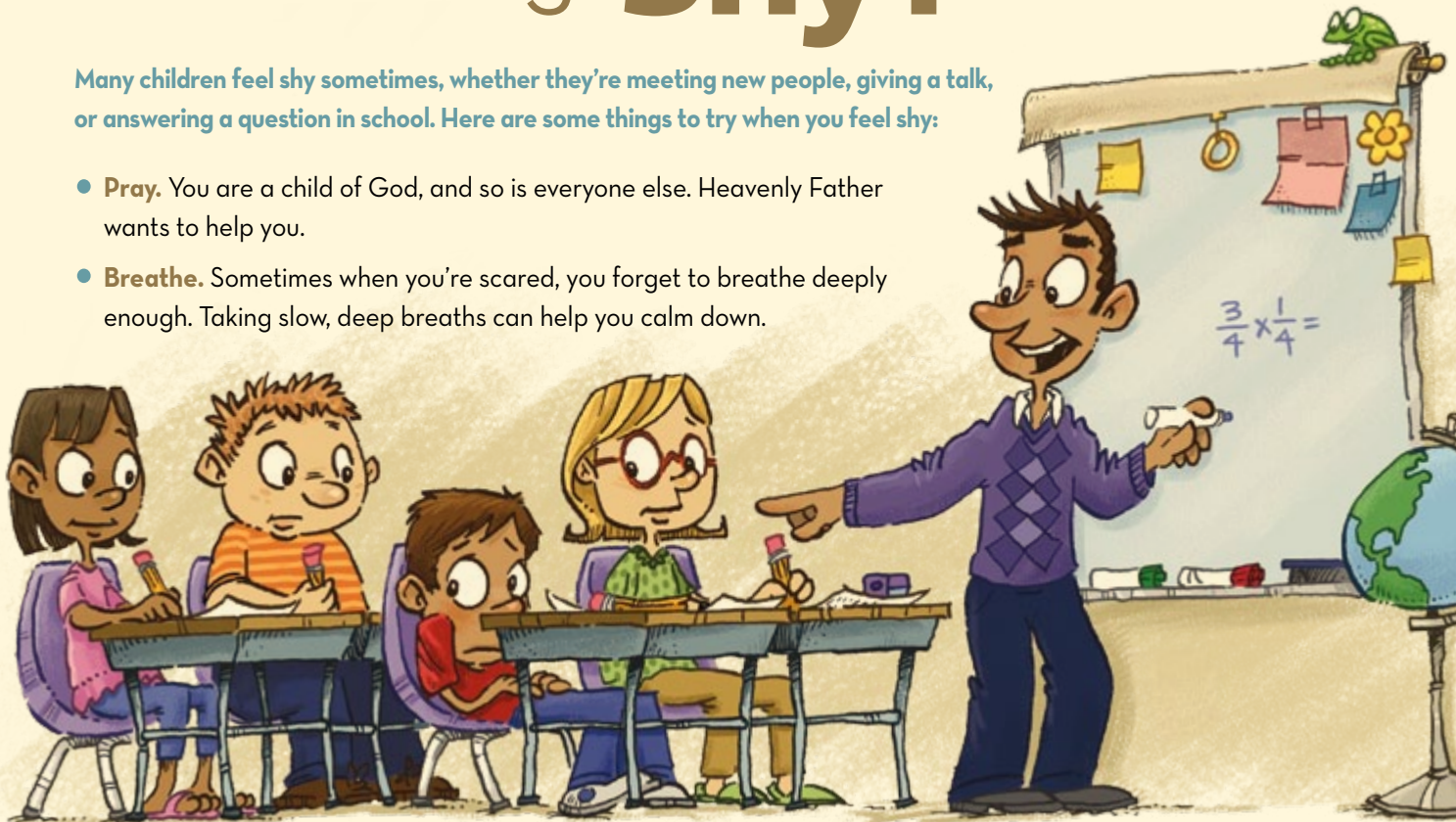
Turn the page for some tips about overcoming shyness.



Feeling Shy?

Many children feel shy sometimes, whether they're meeting new people, giving a talk, or answering a question in school. Here are some things to try when you feel shy:

- **Pray.** You are a child of God, and so is everyone else. Heavenly Father wants to help you.
- **Breathe.** Sometimes when you're scared, you forget to breathe deeply enough. Taking slow, deep breaths can help you calm down.



Your Own Time Line

By Amie Jane Leavitt

Time lines show us the order of when important things happened. They can show events from hundreds of years ago, a few years ago, or even a couple of days ago.

Page 47 shows a time line of the life of the Prophet Joseph Smith. Notice how it includes important events in his life.

Use the time line below for your own life so far. After filling in your name and the date and place of your birth, add other events such as your baptism and confirmation dates, family vacations, when you started school, when you learned to tie your shoes, and when siblings were born. You can also add small photos or drawings if you'd like.

A Time Line of the Life of

I was born in

WAY TO BE

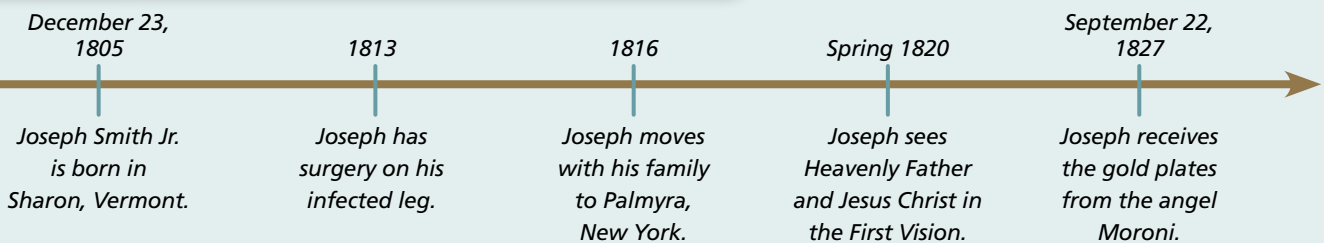
- **Smile.** Sometimes when you're feeling shy, other people may think you don't want to be their friend. Smiling tells them that you are nice.
- **Try.** When you are in a situation where you're feeling shy, you need to leave your comfort zone. Start small, and work up to harder things.
- **Practice.** Think about what you will do and say before you get into the situation. You can even practice with family or friends.
- **Help.** Think about and help others around you. Remember, someone who seems unfriendly may be shy just like you!
- **Don't give up!** It may take a while before you learn to overcome your shyness, but don't stop trying.



LEFT: ILLUSTRATION BY GARTH BRUNER; ABOVE: ILLUSTRATION BY LAURA ANDROS



A Time Line of the Life of Joseph Smith Jr.





Possible Ideas for Family Home Evening

1. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).
2. Read "Question Corner" (page 8). Talk about what you can do when your friends make bad choices.
3. Read "Leute's Home" (pages 24–25). Draw your house and map out areas where you do things to invite the Spirit.
4. Read about sharing in "Cool Cars" (pages 36–37). Talk about why we need to share and how your family can be better at sharing.
5. Honoka and Maggie both experienced natural disasters (see pages 18–19). The Church often sends humanitarian aid to communities hit by disasters. To see how your family can serve, go to [lds.org/service/humanitarian/help](https://www.lds.org/service/humanitarian/help).

The Friend can be found on the Internet at [lds.org/friend](https://www.lds.org/friend).
To subscribe online, go to store.lds.org.



Hidden CTR Ring

Did you find the ring? Look on page 8!

Sidebar References

- Sidebar References
1. "The Language of Prayer," *Ensign*, May 1993, 15.
 2. "Charity Never Fails," *Ensign*, Nov. 2010, 125.
 3. "Sharing Family Heritage," *Ensign*, Sept. 2006, 8.

Funstuf Answers

Funstuf Answers
Page 3: 1) c; 2) e; 3) f; 4) a; 5) b; 6) d
Page 17: "They had been taught by their mothers, that if they did not doubt, God would deliver them" (Alma 56:47).

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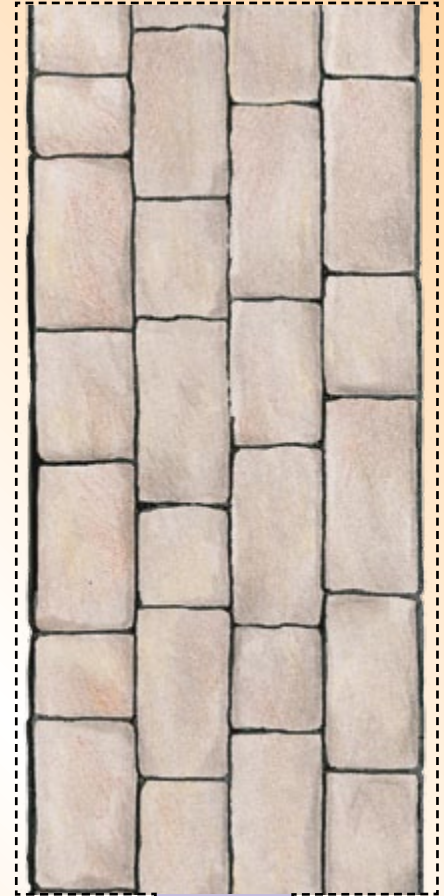
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This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



Samuel



Samuel the Lamanite
Helaman 13–14, 16

Through **Your** Eyes



Heavenly Father makes it possible for families to be together forever by being sealed in the temple.

Abigail W., age 8, Maryland



Do you like taking photos? We'd like to see your best shots about how Heavenly Father blesses your life. E-mail them to friend@ldschurch.org and include your name, age, and where you're from. Please also include a sentence explaining how your picture shows Heavenly Father's blessings



in your life. Remember, we can't publish your submission without a parent's permission in the e-mail. If there are people in the photo, we also need to know that they gave their permission to be photographed. We're looking forward to seeing Heavenly Father's blessings through your eyes!



What's online?



"Prayers, Notes, and Natural Disasters" in this month's *Friend* features Honoka's experience when a natural disaster struck Japan. To learn more about Honoka, visit lds.org/friend and click on "One in a Million." You can watch videos about Honoka and other children around the world.

Looking for a way to bring more peace into your home or make car rides go faster? Visit lds.org/friend and download "Stories from the *Friend*," a podcast with stories and Primary songs.