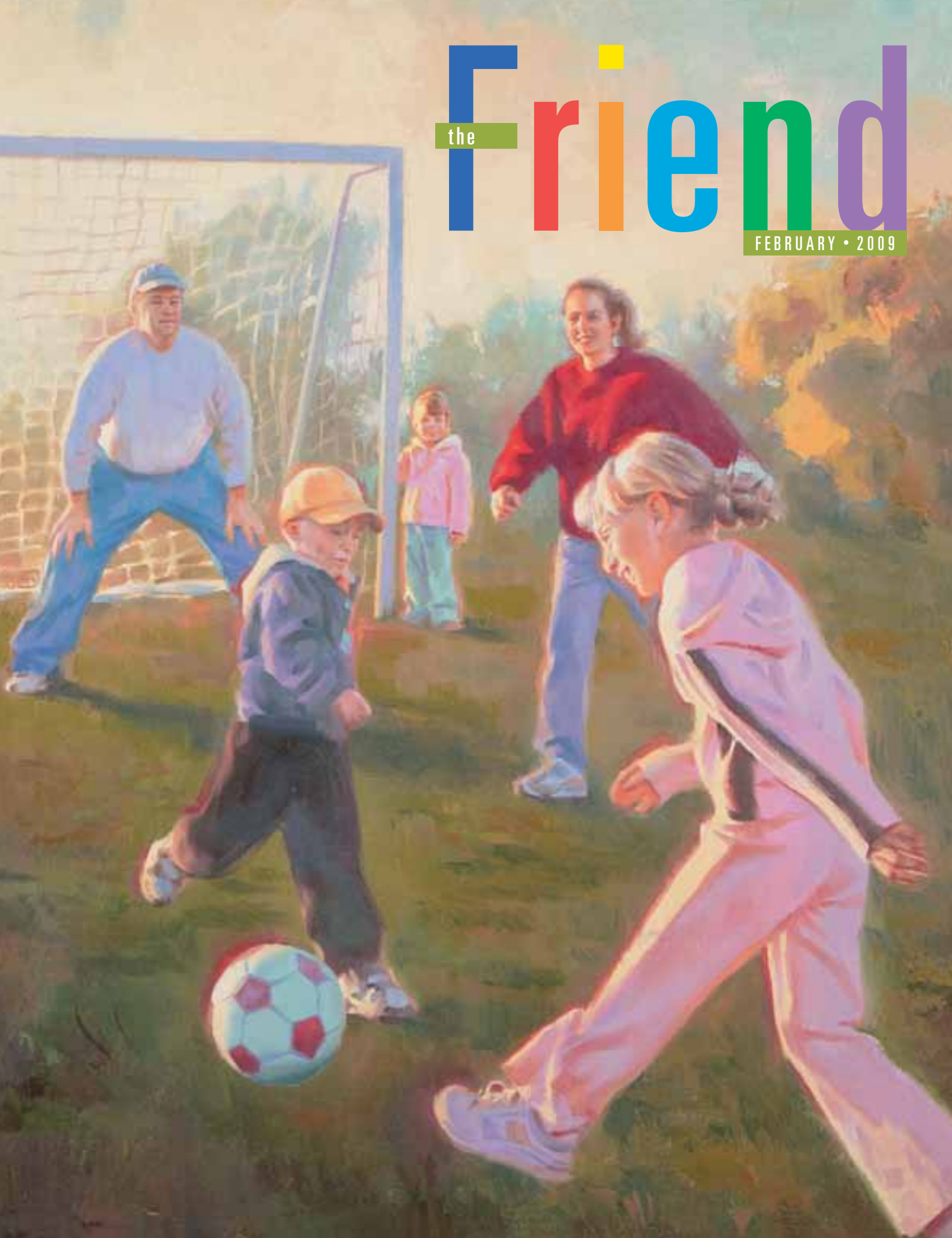


# the friend

FEBRUARY • 2009



# Friends by Mail



## A Kite Prayer



I got a kite for my birthday. It was fun to see it go up in the sky. Then the wind blew it into a tall tree. My daddy couldn't get it down, so we prayed that Heavenly Father would help me get my kite back. Every day

I went to look at my kite, but it was still in the tree. Several weeks later a big bucket truck came down our street. My mommy saw the truck and asked the men if they could get my kite down. They were happy to. I knew Heavenly Father would answer my prayer. I just had to be patient.

*Matthew S., age 6, Florida*

## A Burning Testimony



About a year ago I wanted to know if the Church is really true, so I knelt down and prayed. I asked Heavenly Father to please tell me if the Church is true. At that second I felt a burning feeling inside. It felt like

I was blushing except it was in my heart. I felt so good that I knew the Church is true.

*Tena B., age 12, New Mexico*

## Book of Mormon Goal



I set a goal to read the Book of Mormon. Since I cannot read all the words yet, I read it with my mom. I think we should set more goals to help us become more like Heavenly Father and Jesus

Christ. I want to live righteously so I can return to live with Them.

*Aaron Hyrum A., age 6, Utah, with help from his mom*

## The Falling Bike



One day I was playing with my dogs, and I was standing next to my brother's bike. Something inside me told me to stop and go away from where I was playing. I did, and as soon as I moved, the bike fell down.

My brother's bike is big, and it would have hurt a lot. I am glad that the Holy Ghost can talk to me when I am in danger.

*Lexie B., age 11, Utah*

Would you like to write us a letter?  
Turn to the inside back cover to find out how.





VOLUME 39 NUMBER 2  
FEBRUARY 2009

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# the friend

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Guide to the Friend  
(inside back cover)  
for family home  
evening ideas.



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

## Stories and Features

- IFC Friends by Mail
- 2 Come Listen to a Prophet's Voice: Help to Heal / President Thomas S. Monson
  - 4 An Activity Day Invitation
  - 7 Elder Joseph B. Wirthlin (1917–2008)
  - 8 Friend to Friend: Two Secrets to Happiness / Elder Larry W. Gibbons
  - 10 I Can Be a Missionary Now
  - 12 Sharing Time: I Will Be a Strong Link
  - 15 Matt and Mandy
  - 16 Making a Family
  - 18 Making Friends: Sally Jensen of Albuquerque, New Mexico
  - 22 Our Creative Friends
  - 28 Joseph's Journey, Part 2: Joseph's Calling
  - 31 The Law of Tithing
  - 36 Friends in the News
  - 38 Maria's Medal
  - 41 Special Witness: Elder Richard G. Scott
  - 42 Trying to Be Like Jesus
  - 44 From the Life of the Prophet Joseph Smith: A Day of God's Power
  - 46 Looking on the Heart
- IBC Guide to the *Friend*

## For Little Friends

- 32 When I Lived with Heavenly Father
- 34 So Hungry
- 35 From the Heart

## Things to Make and Do

- 21 Funstuf
- 24 Like Adam and Eve
- 26 Funstuf
- 27 Kitchen Krafts
- 48 Coloring Page



Look for the *Friend* mouse throughout this issue to find out which features are online at [www.friend.lds.org](http://www.friend.lds.org). See if you can count how many times the mouse appears.



## Hidden CTR Ring

Clue:  
*Mr. Fix-it Guy is a good helper!*

Cover by Sam Lawlor

# Help to Heal

BY PRESIDENT THOMAS S. MONSON

**D**uring World War II, I was ordained an elder—one week before I departed for active duty with the navy. A member of my bishopric was at the train station to bid me farewell. Just before train time, he placed in my hand a book: *The Missionary's Hand Book*. I laughed and commented, "I'll be in the navy—not on a mission." He answered, "Take it anyway. It may come in handy."

It did. During basic training our company commander instructed us how we might best pack our clothing in a large seabag. He then advised, "If you have a hard, rectangular object you can place in the bottom of the bag, your clothes will stay more firm." I thought, "Where am I going to find a hard, rectangular object?" Suddenly I remembered *The Missionary's Hand Book*. And thus it served for 12 weeks at the bottom of that seabag.

The night preceding our Christmas leave, the barracks were quiet. Suddenly I became aware that my buddy in the adjoining bunk—a member of the Church, Leland Merrill—was moaning in pain. I asked, "What's the matter, Merrill?"

He replied, "I'm sick. I'm really sick."

The hours lengthened; his groans grew louder. Then, in desperation, he whispered, "Monson, aren't you an elder?" I acknowledged this to be so, whereupon he pleaded, "Give me a blessing."

I became very much aware that I had never given a blessing. My prayer to God was a plea for help. The answer came: "Look in the bottom of the seabag." Thus, at 2:00 a.m. I emptied the bag. I then took to the



**President Monson testifies that we are entitled to the Lord's help.**

night-light *The Missionary's Hand Book* and read how one blesses the sick. With about 120 curious sailors looking on, I proceeded with the blessing. Before I could again stow my gear, Leland Merrill was sleeping.

The next morning, Merrill smilingly turned to me and said, "Monson, I'm glad you hold the priesthood!" His gladness was only surpassed by my gratitude—gratitude not only for the priesthood but for being worthy to receive the help I required in a time of desperate need.

If we are on the Lord's errand, we are entitled to the Lord's help. His help has come

to me on countless occasions throughout my life. ●

*From an April 2007 general conference address.*

## THINGS TO THINK ABOUT

**1. At first President Monson thought he wouldn't need *The Missionary's Hand Book* because he was going in the navy, but he found out he needed to know the things that were in it. How can knowing what is in the scriptures help you in different times and places?**

**2. Leland Merrill showed his faith in God and in the power of the priesthood by asking for a blessing. How can you show your faith?**

**3. How do you think President Monson felt, knowing that 120 other sailors were watching him give his first priesthood blessing? How can you have the courage to do what Heavenly Father wants, even when other people watching you may not understand?**





# An Activity Day Invitation

BY MARIANNE DAHL JOHNSON

(Based on a true story)

*Gather together in one the children of God* (John 11:52).

**R**emember that activity day is after school today,” Mom said at breakfast.

Clarissa sighed. “I know.”

“What’s wrong?” Mom asked. “I thought you loved activity day.”

“It’s all right,” Clarissa said.

“Remember how excited you were to go when you turned eight?” Mom asked. “And you like Sister Cobian.”

“She’s great,” Clarissa said. “It’s just hard because Ashley and I are the only two who go. I like Ashley, and she is always nice to me. But she is almost 12, and I just turned 9. I don’t really know what to say to her. It’s not that fun.”

Mom put her arm around Clarissa. “I’m sorry it’s hard sometimes. We have a small Primary without a lot of girls, but I’m sure you’ll have a good time this afternoon.”

After school Clarissa walked the one block to the church where they held activity day. Sister Cobian and Ashley greeted her happily. After the opening prayer Sister Cobian said, “I asked the Primary president about

girls who are on the Primary rolls but don’t come to activity day or Primary. I have this list of the girls and their phone numbers. I thought that if we called them before each activity day, they might come join us.”

“That’s a great idea!” Clarissa exclaimed. “It would be fun to have more girls here.”

Sister Cobian smiled. “I’m glad you like the idea, because I want to ask you to call the girls before our next activity day.”

“Me?” Clarissa gulped. She wasn’t sure about that. Sister Cobian handed her the list. She knew all the girls from school, and some of them came to church occasionally. But it might be scary to call and invite them.

“Will you do it?” Sister Cobian asked.

Clarissa looked at the list again. Some of these girls were her age. Activity day would be a lot more fun if they came too. “Sure,” she said.

Before the next activity day, Clarissa called the girls on the list. She left messages or talked to all of them. It wasn’t hard at all.

The next day at school, Olivia, one of the girls Clarissa had called, asked her if they could walk to activity day together. Clarissa was thrilled! After school Clarissa and Olivia walked to the church together.





When they entered the Primary room, Sister Cobian gave them a big smile.

Before the next activity day, Clarissa called the girls again. Olivia was excited to come again. Chelsea said she would come too. The next afternoon Clarissa felt so happy as she walked to the meetinghouse with Olivia and Chelsea.

That night Clarissa told her mother how fun activity day was with more girls. "I just wish Madison could come," Clarissa said. "She's my best friend."

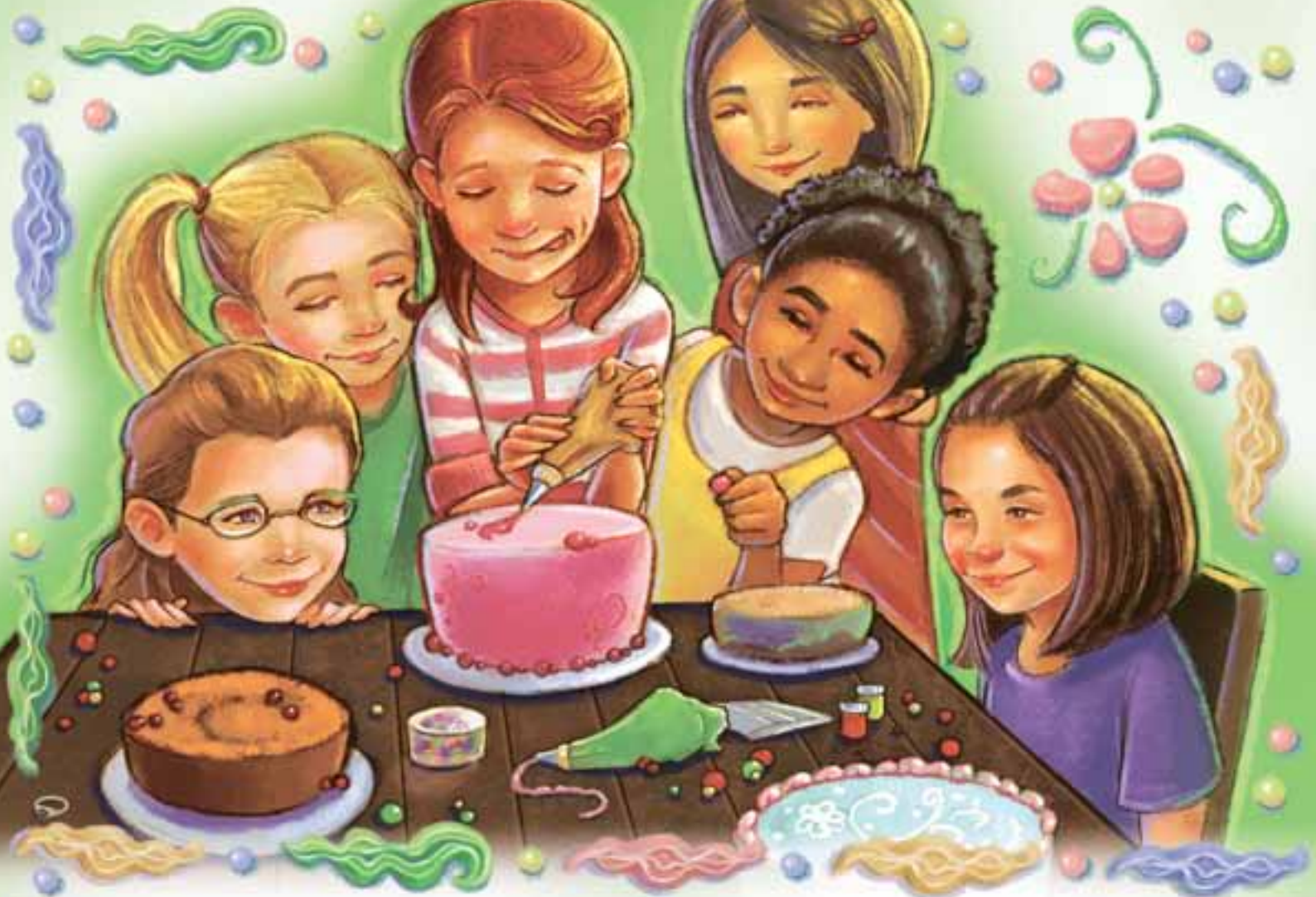
"Well, why can't she?" Mom asked.

"Mom, she's not on the list. She's not a member of the Church."

"That doesn't matter," Mom said. "You'll be doing missionary work when you invite her. You're already being a missionary by encouraging Olivia and Chelsea."

Clarissa thought about that. When she called the activity-day girls again, she called Madison too. Madison asked her mom if she could go, and her mom said yes. Clarissa couldn't believe how easy it was. She wondered why she hadn't invited Madison months ago!





At activity day that week, Sister Cobian made an exciting announcement. At their next activity day, they were going to have a special guest teach them how to decorate cakes. Clarissa and Madison smiled at each other. That sounded fun! As they left that afternoon, Madison said, “Thanks for inviting me. I want to come next time to decorate cakes.”

The very next day, Clarissa started talking to all of her friends at school about the cake-decorating activity. Madison helped. Many of their friends said they wanted to come.

“There might be 15 girls at our next activity day,” Clarissa told her mother.

“Fifteen!” Mom exclaimed. “Where did you find that many girls?”

“I’ve been inviting all the girls in my class,” Clarissa said.

“That’s wonderful!” Mom said. “But you better let Sister Cobian know so she will be prepared for that many.”

Clarissa called Sister Cobian to tell her how many girls to expect. On activity day the Primary room was crowded with girls chattering and laughing as they decorated cakes. Sister Cobian winked at Clarissa and gave her a big smile.

Afterward Clarissa helped Sister Cobian clean up. Her friend Emily came to say good-bye. “Thanks,” she said shyly to Sister Cobian. “Is it OK if I invite my older sister and my two cousins next time?”

Sister Cobian smiled. “That would be great, Emily,” she said.

Clarissa could hardly wait for the next activity day! ●



“[Invite] our friends and neighbors into the ongoing flow of family and Church activities. As we invite our friends to join us for these activities, they will also feel the Spirit.”<sup>1</sup>

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles**



# Elder Joseph B. Wirthlin

(1917–2008)

**E**lder Joseph B. Wirthlin of the Quorum of the Twelve Apostles passed away on December 1, 2008, at age 91. He was born June 11, 1917, in Salt Lake City, the oldest of five children.



When he was young, Joseph liked to sing, and he performed in operettas in elementary and junior high school. As he got older, he became a good athlete. In a basketball contest, he made 19 out of 20 free throws! He played football in high school, and his team-



mates called him “Mr. Touchdown.” He also played football at the University of Utah.

Joseph was a kind older brother and a good example. He worked hard in school and took his Church duties seriously.

He served a mission in Germany, Austria, and Switzerland in the late 1930s.

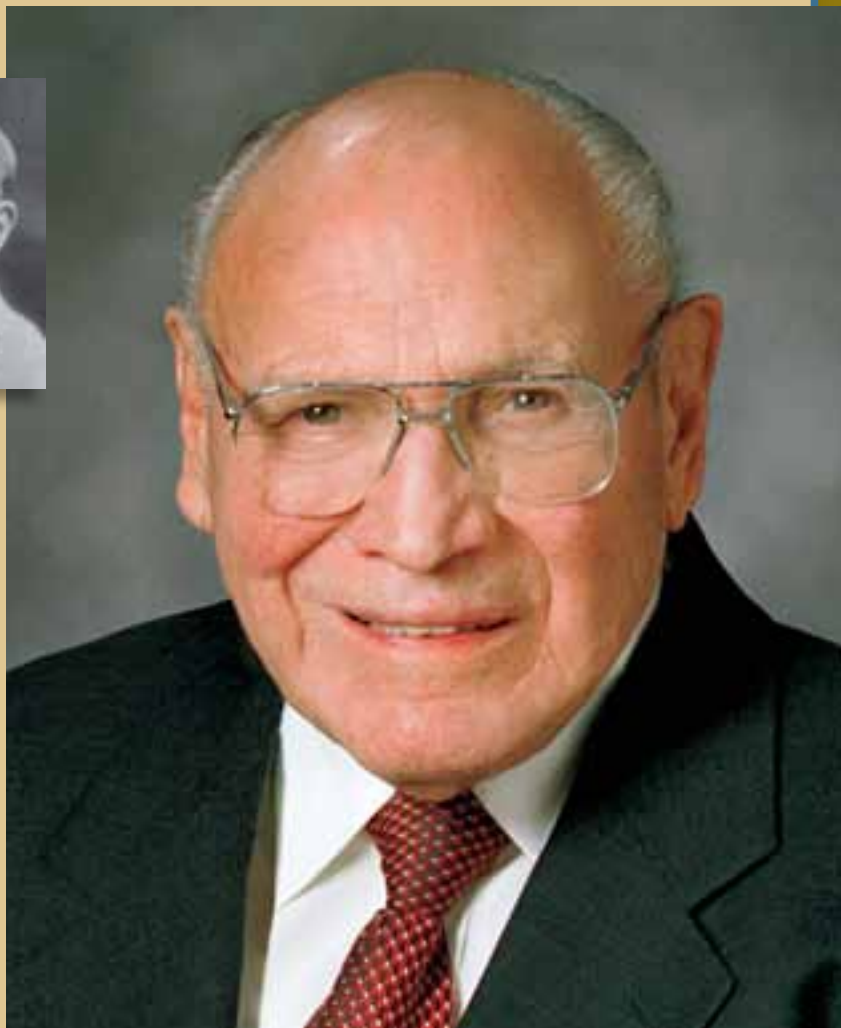
When he got home, he met and married Elisa Young Rogers.

Sister Wirthlin said she was impressed with him because he was active in the Church, a good student, and had a good sense of humor. But more than that, he was “kind and gentle,” and she “liked his spirituality.”

Elder and Sister Wirthlin have eight children. Sister Wirthlin passed away in 2006.

Elder Wirthlin was ordained an Apostle of The Church of Jesus Christ of Latter-day Saints on October 9, 1986.

He lived a life of humble, heartfelt service to the Lord. He



always tried to do his best, and he encouraged everyone else to do likewise. He said, “Let us walk in the right direction, taking one step after another. . . . We don’t

have to be perfect today. We don’t have to be better than someone else. All we have to do is to be the very best we can.”\* ●

\*“One Step after Another,” *Ensign*, Nov. 2001, 27.



Information from Don L. Searle, “Elder Joseph B. Wirthlin: Finding Happiness Serving the Lord,” *Ensign*, Dec. 1986, 8.



# Two Secrets to Happiness

*Happy shalt thou be, and it shall be well with thee (Psalm 128:2).*



From an interview with Elder Larry W. Gibbons of the Seventy; by Kimberly Reid

When I was younger, I never liked fish much. Then I moved to Boston, Massachusetts. People said, “You’ll love the fish in Boston. You have to try Boston scrod.” It doesn’t sound good, does it? Scrod is a young cod. I tried it—and I loved it. It’s the best thing I’ve ever eaten!

It’s the same way with work. I think one of the most important things to learn is how to work hard. Ask your parents for a hard chore you can do. If you try it, I promise you’ll like it.

My mother taught me to work hard. She asked me to get the work done first and then go play. One day a few of us helped my mom move a piano from upstairs to downstairs. It was a big, old piano. It wasn’t easy to move. We moved it around corners and finally down the stairs. When we set it down, my mother was glowing with happiness—just because we’d moved a piano! I said, “Mom, I think you would rather *move* a piano than *listen* to a piano.” She nodded. She loved to work.

Learn to enjoy work. When you get an assignment, do your very best. Ask your parents, “What can I do to help?” If you try it, you’ll like it. A man once told me, “You never work for anyone else.” He meant that we are the ones who benefit from working because it gives us a good feeling. You will be happier as you learn to work.

Another way to be happy is to learn self-control. When I was younger, I loved to play basketball. But I did not have good sportsmanship. Winning was everything to me. Whenever someone fouled me, I would get angry.

Then I learned that basketball is only a game. I decided to change. One day, someone elbowed me in the chest on purpose. He pushed me hard. In the past, I would have gotten angry, but this time I walked away without saying anything. I had the best feeling. I knew that I had learned to control myself. It felt better than winning!

Work hard, be a good sport, and learn self-control. As you do, you will be happier. ●







# I Can Be a Missionary Now

BY PATSY PEHRSON

(Based on a true story)

*I will be with you; and in whatsoever place ye shall proclaim my name an effectual door shall be opened unto you, that they may receive my word (D&C 112:19).*

It was dusk as Micah knelt beside his bed with his younger brother, Noah, to say their prayers. He was still thinking about their neighbor, an older man named Sam. Just then Mom appeared in the doorway.

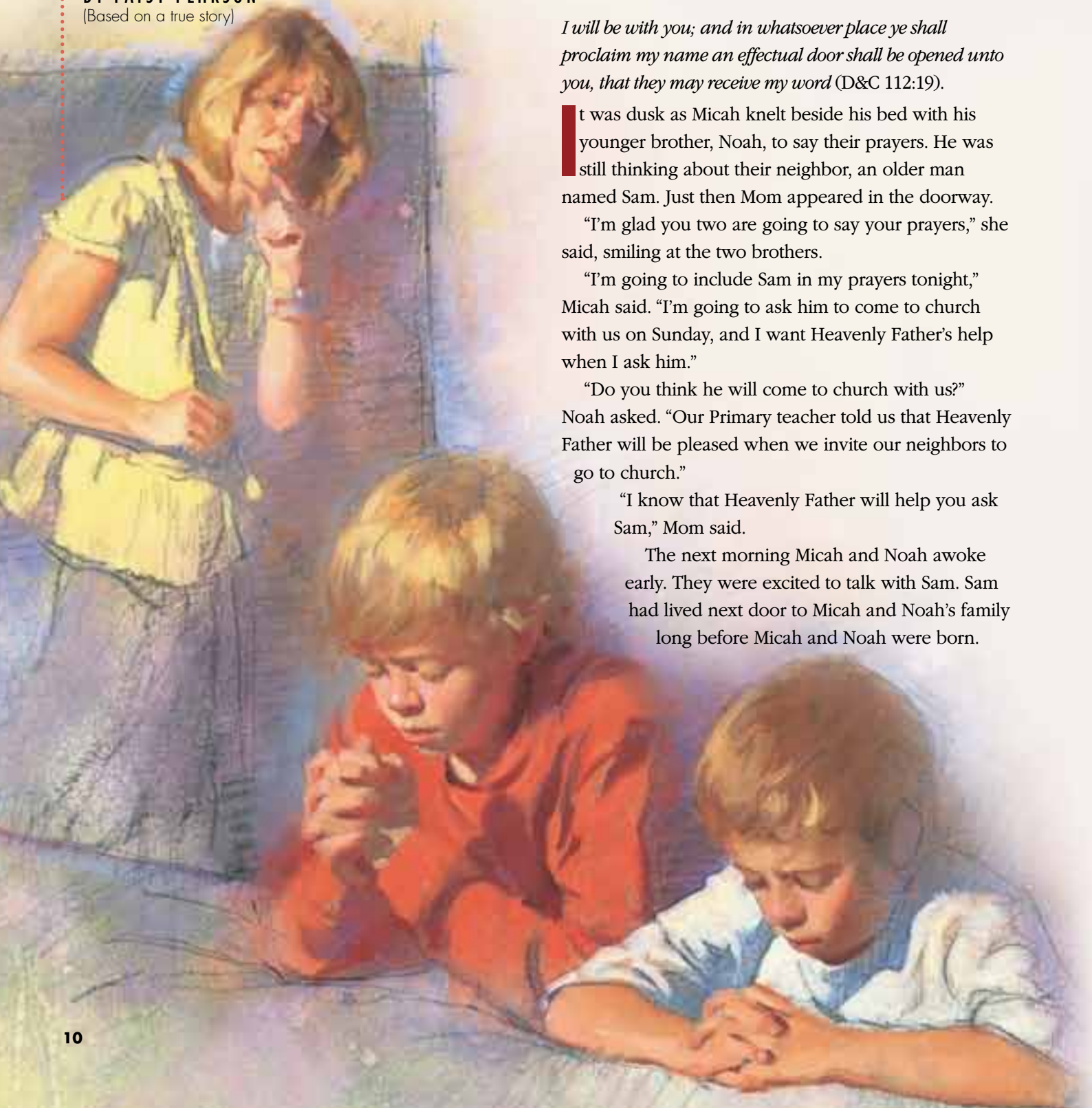
"I'm glad you two are going to say your prayers," she said, smiling at the two brothers.

"I'm going to include Sam in my prayers tonight," Micah said. "I'm going to ask him to come to church with us on Sunday, and I want Heavenly Father's help when I ask him."

"Do you think he will come to church with us?" Noah asked. "Our Primary teacher told us that Heavenly Father will be pleased when we invite our neighbors to go to church."

"I know that Heavenly Father will help you ask Sam," Mom said.

The next morning Micah and Noah awoke early. They were excited to talk with Sam. Sam had lived next door to Micah and Noah's family long before Micah and Noah were born.





Micah knew Sam had been very lonely since his wife died.

The boys made their beds without being reminded and quickly ate their breakfast before heading out the door.

“Are you scared?” Noah asked Micah.

“No. I think Sam is going to say yes,” Micah replied.

“Well, maybe I’m a little scared,” he added.

The two ran toward Sam’s house. Micah was sure that Noah was as nervous as he was. What if Sam said no? What if Sam wouldn’t want to be their friend anymore and stopped taking them and Dad fishing?

They walked in silence up to Sam’s front door. Just as they knocked at the door, someone walked around the side of the house. “Hello, boys!” he said, walking toward them. “What are you two up to today?” Even though a large straw hat hid his face, the boys knew from the voice that it was Sam. And they knew that he was smiling.

“We came to visit you,” Micah said.

“Yeah,” Noah said. He quickly added, “Micah has something to ask you.”

Micah’s heart pounded in his chest. He took a deep breath and blurted out, “Will you come to church with us tomorrow? You can ride with us—we have plenty of room—and you can sit with us at church.”

“Well, I see your family leaving for church every Sunday, and I haven’t been to a church in a long time,” Sam said. “I think that would be OK for me to go to church with you this Sunday.”

“Yea!” both boys exclaimed at the same time.

Noah said, “We leave at 9:30. We’ll pick you up then!”

As the boys ran home, Micah turned and called to Sam, who was still smiling. “See you tomorrow morning at 9:30!”

As they entered their house, Mom and Dad were waiting for them.

“What did Sam say?” Dad asked. “Is he going to church with us?”

Micah grinned. “Yes. We said we’d pick him up at 9:30.”

That night when they said their prayers, Noah and Micah remembered to thank Heavenly Father for helping them ask Sam to go to church with them.

“I feel really happy,” Micah said.

“I do too,” Noah said.

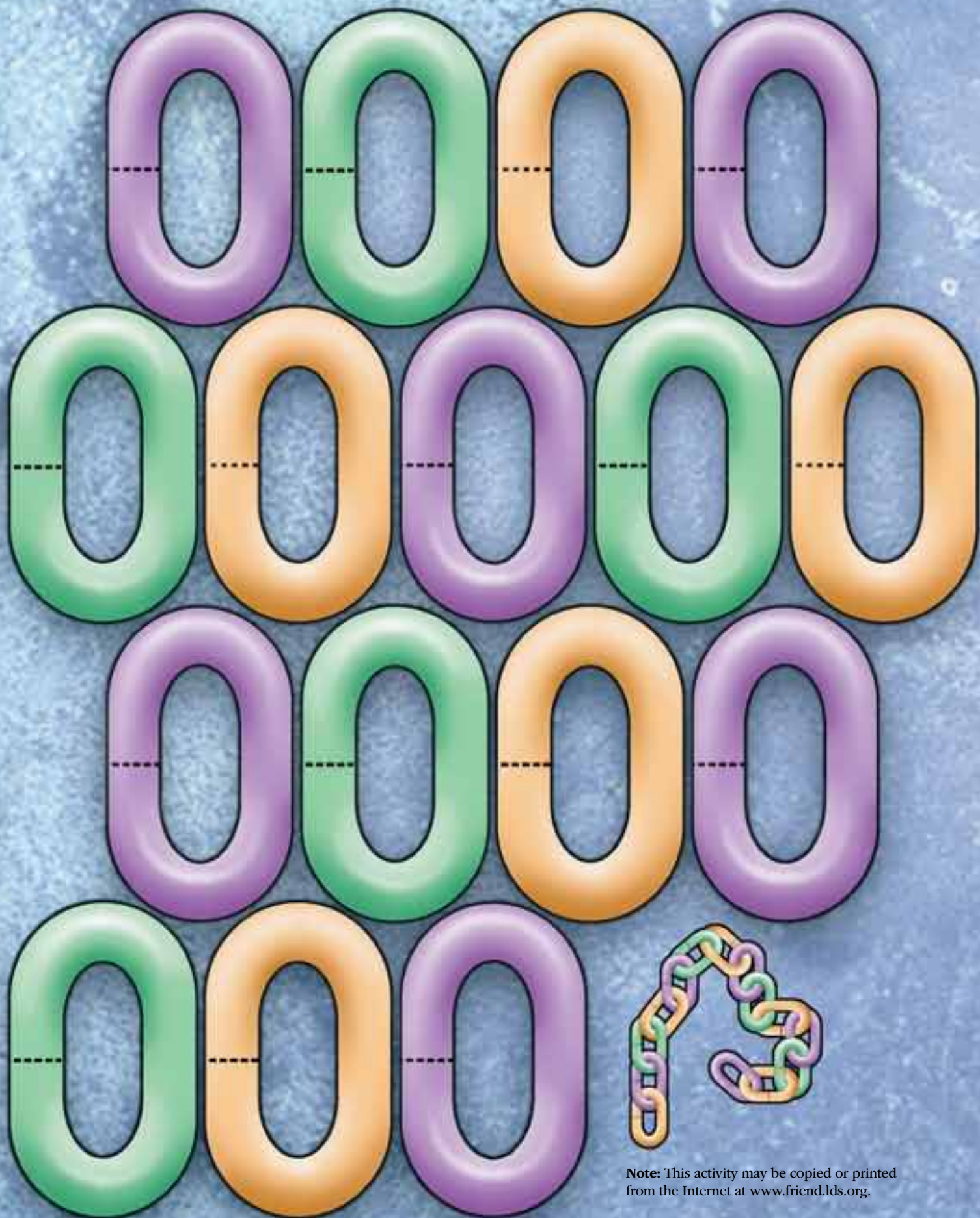
The two boys climbed into their beds, and Micah remembered something their bishop had said in sacrament meeting the week before: “Every member a missionary!” ●



“We are missionaries every day in our families . . . and in our communities. Regardless of our age, experience, or station in life, we are all missionaries.”<sup>2</sup>

**Elder David A. Bednar of the Quorum of the Twelve Apostles**





**Note:** This activity may be copied or printed from the Internet at [www.friend.lds.org](http://www.friend.lds.org).



# I Will Be a Strong Link

*The family is ordained of God* (“The Family: A Proclamation to the World”).

BY CHERYL ESPLIN



When President Gordon B. Hinckley (1910–2008) was a young man, he and his family lived on a farm during the summer.

He had this experience there:

“There was a dead tree I wished to pull. I fastened one end of a chain to the tractor and the other end to the tree. As the tractor began to move, the tree shook a little, and then the chain broke.

“I looked at that broken link and wondered how it could have given way. I went to the hardware store and bought a repair link. I put it together again, but it was an awkward and ugly connection. The chain was never, never the same.”<sup>1</sup>

Think of yourself as part of a chain—a family chain. President Hinckley said we should never let ourselves be a weak link in our family chain.

Adam and Eve were the first family on earth. They began the family chain. God told them to have children. As

Adam and Eve had children, they taught them the gospel.

Just as the children of Adam and Eve learned from their parents and then taught their own children, Heavenly Father wants you to learn from your parents. Then when you have children, He wants you to teach them. You can look to Adam and Eve and other righteous families in the scriptures to learn how to help your family be strong links in the family chain. ●

**NOTE**

1. Gordon B. Hinckley, “Keep the Chain Unbroken,” in *Brigham Young University 1999–2000 Speeches* (2000), 108–9.

**Activity**

Remove page 12, and mount it on heavier paper. Cut out each link on the solid black lines. To cut out the inside of the links, cut through the link on the broken line. Write your name on one of the links and the names of your parents, brothers, sisters, grandparents, aunts, uncles, cousins, or other relatives on the other links. Connect the links. Hang your chain where it will remind you that you are part of a family and that you can be a strong link. In a family home evening, have your family members choose a name on one of the links and tell one thing they have learned from that person that helps them be strong.

## SHARING TIME IDEAS

**February Theme: *I came to earth as part of a family.***  
**(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit; TNGC = Teaching, No Greater Call.)**

1. ***Adam and Eve were the first family.*** Write the following scripture references on the outside of six envelopes, one reference per envelope: Moses 3:24; Moses 5:1; Moses 5:2; Moses 5:4; Moses 5:5; Moses 5:12. Prepare these six wordstrips in large letters: marriage, work together, have children, pray, obey commandments, teach children. Cut the letters apart, paper clip each word together, and put them inside the corresponding envelope. Find pictures of families that illustrate each wordstrip.

Display GAK 119 (Adam and Eve Teaching Their Children). Briefly tell the story of Adam and Eve, emphasizing that through them Heavenly Father's pattern of families was established. Divide the children into six groups, and give each group an envelope. With their teacher's help, have the children read the scripture, unscramble the letters, and glue or tape them on a wordstrip. Beginning with Moses 3:24 and going in order, have each group show their wordstrip and choose a matching picture. Post the pictures around the picture of Adam and Eve. Explain that Adam and Eve taught the gospel to their children and that the family is the best place to learn and live the gospel. Sing "Teach Me to Walk in the Light" (p. 177).

2. ***Heavenly Father blesses righteous families in the scriptures.*** To help the children understand that Heavenly Father blesses righteous families, prepare a readers' theater about the sons of Helaman being protected in battle (see "Readers' Theaters," TNGC, 177). Using the scriptures as a guide, include parts for a narrator, Helaman, and the sons of Helaman (see Alma 53:10–23; 56; 57). Keep the parts simple, and point out the men's righteous qualities and how they were blessed. Use name tags or simple costumes if desired.

The scriptures record other stories of righteous families who were blessed by Heavenly Father. Divide into two groups. Give each group one of the following scripture stories: Nephi's family (1 Nephi 17:7–13; 18:1–6) and Jaredite families (Genesis 11:1–9; Ether 1:33–43). With the help of teachers, have each group read the story. Act as a reporter (use a microphone if available), and interview each group by asking questions that bring out the details of each story. You might ask a child how he or she feels about what happened in the story. Ask the children to listen for what Heavenly Father will send us when we keep the commandments as you sing together the first verse of "Keep the Commandments" (pp. 146–47). Listen to the children's responses, and help them identify blessings Heavenly Father has given to their families. Bear testimony that Heavenly Father blesses righteous families.

3. ***The priesthood blesses my family.*** Use stations to teach that the priesthood is the power and authority of God used to bless and guide us. Invite priesthood holders approved by the bishop or branch president to teach at each station. Ask the pianist to play "The Priesthood Is Restored" (p. 89) as the children move between stations (see "Stations," TNGC, 179).

Station 1: Display a picture of Jesus Christ. Use pictures to teach about the restoration of the priesthood (examples: GAK 407 [John the Baptist Conferring the Aaronic Priesthood] and GAK 408 [Melchizedek Priesthood Restoration]). Have a priesthood holder tell about his line of authority back to Jesus Christ by letting the children represent the priesthood holders in this line as he talks about them. Recite the fifth article of faith together.

Station 2: Teach the children about the ordinances and blessings made possible through the priesthood by showing a picture and sharing a personal experience that goes with the picture (examples:

baptizing and confirming: GAK 601 [Baptism]; giving a healing blessing: GAK 613 [Administering to the Sick]). Give the children an opportunity to share feelings about a blessing they've received. Make sure the children understand that if they do not have a priesthood holder in their home, they can receive blessings through home teachers, missionaries, the bishop or branch president, or relatives who hold the Melchizedek Priesthood.

Station 3: Have the children look up "Priesthood, Qualifying for" in the Topical Guide. Ask them to work in pairs to choose a scripture and find qualities that men need to qualify for the priesthood. Have them or their teachers write each quality on a piece of paper. Have the children choose a quality and tell what a Primary boy could do now to work on that quality. Sing the second verse of "Love Is Spoken Here" (pp. 190–91). Bear testimony that having the priesthood to bless us is a blessing from Heavenly Father.

4. ***God's creations bless us.*** Display pictures that represent each day of the Creation. Invite the children to look at the creations while you sing together "All Things Bright and Beautiful" (p. 231) or "The World Is So Lovely" (p. 233). Teach that Heavenly Father and Jesus Christ created the earth and everything on it for the benefit and use of people. Read together and discuss Doctrine and Covenants 59:18–20. Help the children understand the terms. For example: What is "raiment"? (clothing). What does it mean to "enliven the soul"? (to liven up or brighten). How do we use judgment and avoid excess in using God's creations?

Tape one of the following labels on eight children: please the eye, gladden the heart, for food, for raiment, for taste, for smell, to strengthen the body, to enliven the soul. Have these children sit facing the rest of the Primary. Have another child choose and hold a picture from the first day of Creation. Let the children decide which label fits that creation. Have the child wearing that label hold the picture. Ask how we show appreciation and good judgment in using that creation. Repeat for each day of the Creation. Stand the children with labels in the correct order, and read again Doctrine and Covenants 59:18–19. Bear testimony that God's creations bless us.

5. ***Song presentation:*** "How Firm a Foundation" (*Hymns*, no. 85, vv. 1 and 3). Introduce the song by singing the phrase "The wise man built his house upon the rock" ("The Wise Man and the Foolish Man," p. 281). Hold up a rock and ask: Why was the man wise to build his house upon a rock (a firm foundation)? Have the children listen for who should be our rock (our foundation) as you read Helaman 5:12.

Have a child hold the rock and a picture of Jesus Christ while you sing the first line of "How Firm a Foundation." Have the children repeat the line. On the board, write "faith in his \_\_\_\_\_." Have the children listen for the words to put in the blanks while you sing the second line of the first verse. Have them sing the line. Ask: Where do we find His word (scriptures)? Invite a child to come up and hold scriptures. Have the children sing the first two lines. Sing line three. Add to the child's scriptures until he or she is holding all the standard works, a conference issue of the *Ensign*, and pictures of modern prophets to show how abundantly the Lord has given us His word. Have the children sing line three. Ask them to listen while you sing lines four and five for the word that is repeated three times ("Savior"). Define *refuge* (place of safety), and have the children sing lines four and five. For each line in the third verse, show a picture of Jesus Christ that represents the message. Ask the children to listen again in lines four and five for the word that is repeated three times. Define *omnipotent* (all-powerful). Bear testimony that Christ is a sure foundation and that if we are built upon His gospel, we shall not fall.

6. ***Friend*** references: "Heavenly Father's Plan," June 2003, 7; "Garden of Eden," Sept. 2006, 32–33; "The Creation," Feb. 2007, 32–33; "Reverence for Heavenly Father's Creations," Nov. 1992, 46; "The Restoration of the Priesthood," May 2003, 39.



# Matt AND Mandy







# Making a Family

BY JANE MCBRIDE CHOATE

(Based on a true story)

*Look up the following scriptures: 1 John 5:2; Helaman 10:7; D&C 2:2. Circle the one you think fits the story best.*

**T**ara listened as her mother talked excitedly on the phone.

“That’s wonderful, Kevin,” Mom said.

Kevin was Tara’s older brother. “We’re so happy for you!” Mom continued. She was crying and laughing at the same time.

Mom hung up the phone and turned to Tara.

“Kevin and Chrissy got a call from their social worker. He said that Family Services has a baby girl for them.”

Kevin and his wife, Chrissy, had not been

able to have children. LDS Family Services was helping them to adopt a child.

Tara had special feelings about adoption. She had known since she was very young that she was adopted.

She never got tired of hearing the story of how she had come to her family. Her parents had volunteered to become foster parents through the county’s social services department. Tara’s birth parents hadn’t been able to take care of her, and she had been placed in foster care.

Her parents explained how police officers had brought Tara to them. Mom told her that she had been dressed in a diaper and a T-shirt and had been wrapped in a pink blanket. Tara now kept the blanket in a chest along with other special things.

“As soon as I held you in my arms, I knew that you were going to be an



important part of our family,” her mother said when she told the story.

“Will Kevin and Chrissy take the baby to the temple?” Tara asked.

Her mother nodded. “After the adoption is final, Kevin and Chrissy will have her sealed to them, just like you were sealed to us.”

Eight years ago, when Tara was three years old, her parents had adopted her. Her whole family had gone to the Denver Colorado Temple for the sealing. The story always made Tara feel good.

“How does Heavenly Father know to send this baby to Kevin and Chrissy?” she asked.

“Heavenly Father cares about every one of His children and knows what is best for each of them.” Her mother sounded very sure of that.

“If I hadn’t come to this family, I might not be a



member of the Church,” Tara said slowly. Belonging to The Church of Jesus Christ of Latter-day Saints was a very important thing in her life.

“Heavenly Father also knew that you would be a big help to our family,” her mother added.

“How do I help you?” Tara asked.

Her mother smiled. “There are so many different ways that I can’t list them all.”

“Tell me one,” Tara said.

“You are kind and loving to others,” her mother said. “You’re a good example to the rest of us because you show that love all the time. That’s just one of your gifts.”

Tara reached up and hugged her mother. “I’m glad I came to this family.”

Her mother hugged Tara back. “I am too.”

Tara thought of something. “I’m going to be an aunt!”

“That’s right,” her mother said. “Aunt Tara.”

Tara grinned. “I like the sound of that.” ●

Did you know that 250,000 children around the world are adopted each year?



“Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs.”<sup>3</sup>

**“The Family: A Proclamation to the World”**







## Making Friends

BY SARAH CUTLER

*Children all over the world love living the gospel—just like you! This month let's meet Sally Jensen of Albuquerque, New Mexico.*

### LOVING FAMILY

Sally loves her family. She has five brothers and sisters: Maggie (12), Katherine (8), Levi (6), Ann (4), and Lars (1). The thing Sally likes most about family home evening is that they can all be together. She loves being with her extended family too. Sally's favorite places are her grandparents' homes in Salt Lake City, Utah, and Seattle, Washington. She likes going to Idaho every two years for a family reunion.

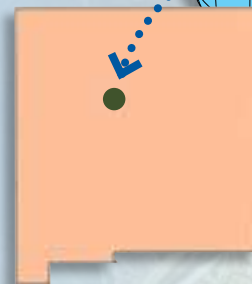
# EQUIPPED with the GOSPEL

### MAKING MUSIC

Sally plays the violin. She is in an all-violin folk music group that performs in many places. They even played for the Albuquerque International Balloon Fiesta, where hundreds of hot-air balloons from all over the world take off from Albuquerque.



Where in the World  
Is Albuquerque,  
New Mexico?





## LIVING IN NEW MEXICO

Sally thinks New Mexico is a wonderful place to live. She likes the many different cultures. Even though it's a desert, New Mexico also has many climates. There are dry desert plains and mountains with pine trees, little canyons with streams and hills of white sand, vast caves and extinct volcanoes. There are lots of places to camp, hike, and backpack. Sally goes with her family on backpacking trips that can last for several days. She says camping in New Mexico is especially good because there are hardly any mosquitoes.

**Q** is a letter that doesn't get used very often, so it might seem surprising that 10-year-old Sally Jensen's hometown in New Mexico uses "q" twice in its name. It's lucky that Sally likes spelling because "Albuquerque" can be a tricky word. But spelling's not the only thing Sally does well.





## LIVING THE GOSPEL

Sally tries very hard to be obedient to her parents. She pays her tithing, attends church, and keeps the Word of Wisdom. She also tries to show Christlike love to her younger brothers and sisters by helping them with things they can't do themselves. She gets them drinks of water, helps them get dressed, makes their beds, and reads to them. By helping her brothers and sisters, Sally helps her whole family.

### SALLY'S HOBBIES

*Reading*

*Math*

*Riding bikes*

*Knitting*

*Playing the violin*

*Playing chess*

*Baking*



### REMEMBERING JAPAN

When Sally was younger, she and her family lived in Japan for three years while her dad worked there. She learned to speak and write Japanese very well and made many good friends at school, in the neighborhood, and at church. When she was eight years old, her family moved back to America. Now

Sally misses her friends in Japan, but she remembers the rice paddies, the ocean, the trains, the mountains, and the fireworks. She also remembers trying to catch eels with her bare hands at a festival.

### SHARING THE GOSPEL

No matter where she lives or travels, Sally shares the gospel with people she loves. Her best friend, Ariel, goes to a different church. Sally's family and Ariel's family have talked together a lot about their churches. Once Sally went to one of Ariel's church services. When missionaries knocked on Ariel's door, Ariel's family invited them in to talk. ●



# Sharing the Gospel

BY WILLIAM SCHLEGL

Jesus sent His disciples out to spread the gospel to all the world. What is the reason the scriptures give that we should continue to spread the gospel through all the world? (Not all letters will be used.)

A  $52 + 35 = \underline{\quad}$

B  $52 + 16 = \underline{\quad}$

C  $23 + 23 = \underline{\quad}$

D  $15 + 14 = \underline{\quad}$

E  $44 + 55 = \underline{\quad}$

F  $18 + 14 = \underline{\quad}$

G  $29 + 29 = \underline{\quad}$

H  $53 + 25 = \underline{\quad}$

I  $37 + 24 = \underline{\quad}$

J  $12 + 15 = \underline{\quad}$

K  $42 + 10 = \underline{\quad}$

L  $45 + 36 = \underline{\quad}$

M  $55 + 41 = \underline{\quad}$

N  $35 + 29 = \underline{\quad}$

O  $28 + 12 = \underline{\quad}$

P  $22 + 15 = \underline{\quad}$

Q  $9 + 16 = \underline{\quad}$

R  $18 + 36 = \underline{\quad}$

S  $15 + 57 = \underline{\quad}$

T  $41 + 42 = \underline{\quad}$

U  $24 + 12 = \underline{\quad}$

V  $43 + 19 = \underline{\quad}$

W  $13 + 34 = \underline{\quad}$

X  $15 + 42 = \underline{\quad}$

Y  $29 + 63 = \underline{\quad}$

Z  $14 + 14 = \underline{\quad}$

“  
 29 99 46 81 87 54 99    83 78 99    47 40 54 29    47 61 83 78    83 54 36 83 78  
 87 64 29    72 40 68 99 54 64 99 72 72    83 78 87 83    83 78 40 36  
 96 87 92 99 72 83    68 54 61 64 58    72 40 36 81 72    36 64 83 40  
 54 99 37 99 64 83 87 64 46 99    83 78 87 83    83 78 99    58 54 99 87 83  
 37 81 87 64    40 32    96 99 54 46 92    96 87 92    78 87 62 99    46 81 87 61 96  
 36 37 40 64    83 78 99 96”



Would you like to send us a poem or drawing?  
Turn to the inside back cover to find out how.

**Jesus Creates the Earth**

1. Day number one  
Must have been fun.  
Day and night,  
Darkness, light.  
What He created  
Had to be sacred.

2. A firmament to divide,  
He was the guide.  
Dividing the waters  
From the others.  
What He created  
Had to be sacred.

3. Revealing dry land  
Would have been grand.  
Waters called seas,  
Our Father was pleased.  
What He created  
Had to be sacred.

4. The sun and the moon  
Were made quite soon.  
The stars came  
Just the same.  
What He created  
Had to be sacred.

5. Water creatures appeared,  
Some looked quite weird.  
Fowls came too—  
Earth was a zoo.  
What He created  
Had to be sacred.

6. Adam and Eve were made,  
One fruit He forbade.  
Everything else is OK.  
That's the sixth day.  
What He created  
Had to be sacred.

7. Day number seven,  
He was in heaven.  
Day seven was best,  
He got to rest.  
What He created  
Was very sacred.  
*Rachel S., age 9, Alberta, Canada*

**The Church**

The church is a lovely place.  
It's good for us to go.  
It makes me feel warm inside,  
Even in the snow.  
When I walk inside the doors,  
There are lots of faces I know.  
*Collette C., age 6, Utah*

**Goals of Gold**

It is the end.  
I've reached my goal,  
And it changed my soul.  
I wish, I wish, I hope, I hope  
That people like me will hang on to the rope.  
Or else one day it will rain  
And wash your goals down the drain.  
So have courage and be strong,  
And your finish line will come along.  
It is the end.  
I've reached my goal,  
And it changed my soul.  
*Carson C., age 9, North Carolina*

**Friends**

When you have friends, you never want to let them go.  
If your friendship is deep enough, it will really show,  
And all those good times will never go.  
*Emily B., age 8, New Hampshire*



*Anna R., age 5, Arizona*



*Max H., age 7, Vermont*



*Carol Fabiana C. R., age 7, Bolivia*



*Alix R., age 8, Washington*



*Michael H., age 4, Nebraska*





Tryen Cole I., age 3, Utah



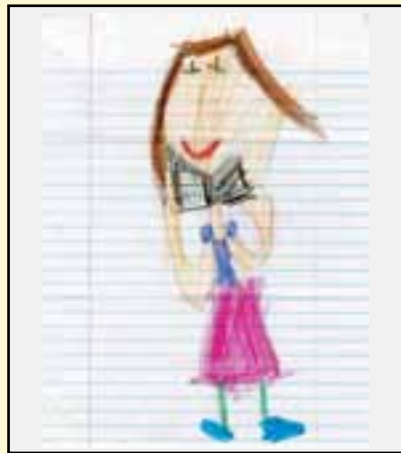
Katherine K., age 10, Kansas



Corynn E., age 5, Utah



Hailey N., age 6, Idaho



Sybil C., age 6, Texas



Kameron H., age 9, Virginia



Janelle J., age 8, California



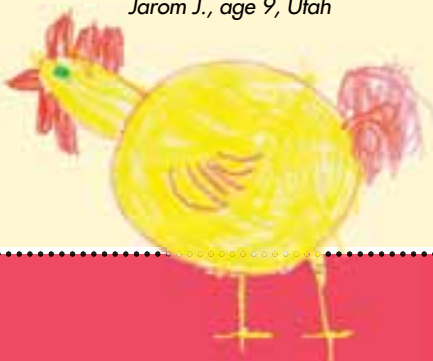
Jarom J., age 9, Utah



Joseph D., age 9, Colorado



Caleb H., age 10, Alberta, Canada





# Like Adam and Eve

BY KIMBERLY REID

Adam was a son of God.  
Adam honored Eve.  
Adam learned the difference between good and evil.  
Adam was honest in confessing his transgression.  
Adam was worthy to hold the priesthood.  
Adam worked to provide for his family.  
Adam listened to the Lord and learned the gospel.  
Adam obeyed the commandments.  
Adam taught his family the gospel.  
Adam loved his family.



**INSTRUCTIONS:** Remove these pages from the magazine. Fold the pages so the blue dots align with the yellow dots. Read how Adam and Eve worked

I am a child of God.  
I can treat women with respect.  
I can learn to choose the right.  
I can be honest.  
I can prepare to receive the priesthood.  
I can work to help my family and develop my talents.  
I can listen to prophets and ponder the scriptures.  
I can obey and repent when I need to.  
I can share the gospel.  
I can love my family and do my part to be with them for eternity.  
I can be like Adam.





together as equal partners while they were on earth. Then unfold the pages, and find out how you can follow their examples.

- I am a child of God.
- I can sustain my priesthood leaders.
- I can learn to choose the right.
- I can be honest.
- I can prepare to fulfill God's plan for me.
- I can work to help my family and develop my talents.
- I can listen to the prophets and ponder the scriptures.
- I can obey and repent when I need to.
- I can share the gospel.
- I can love my family and do my part to be with them for eternity.
- I can be like Eve.



- Eve was a daughter of God.
- Eve honored Adam, the prophet.
- Eve learned the difference between good and evil.
- Eve was honest in confessing her transgression.
- Eve became a righteous mother.
- Eve worked to take care of her family.
- Eve listened to the Lord and learned the gospel.
- Eve obeyed the commandments.

Eve taught her family the gospel.  
Eve loved her family.



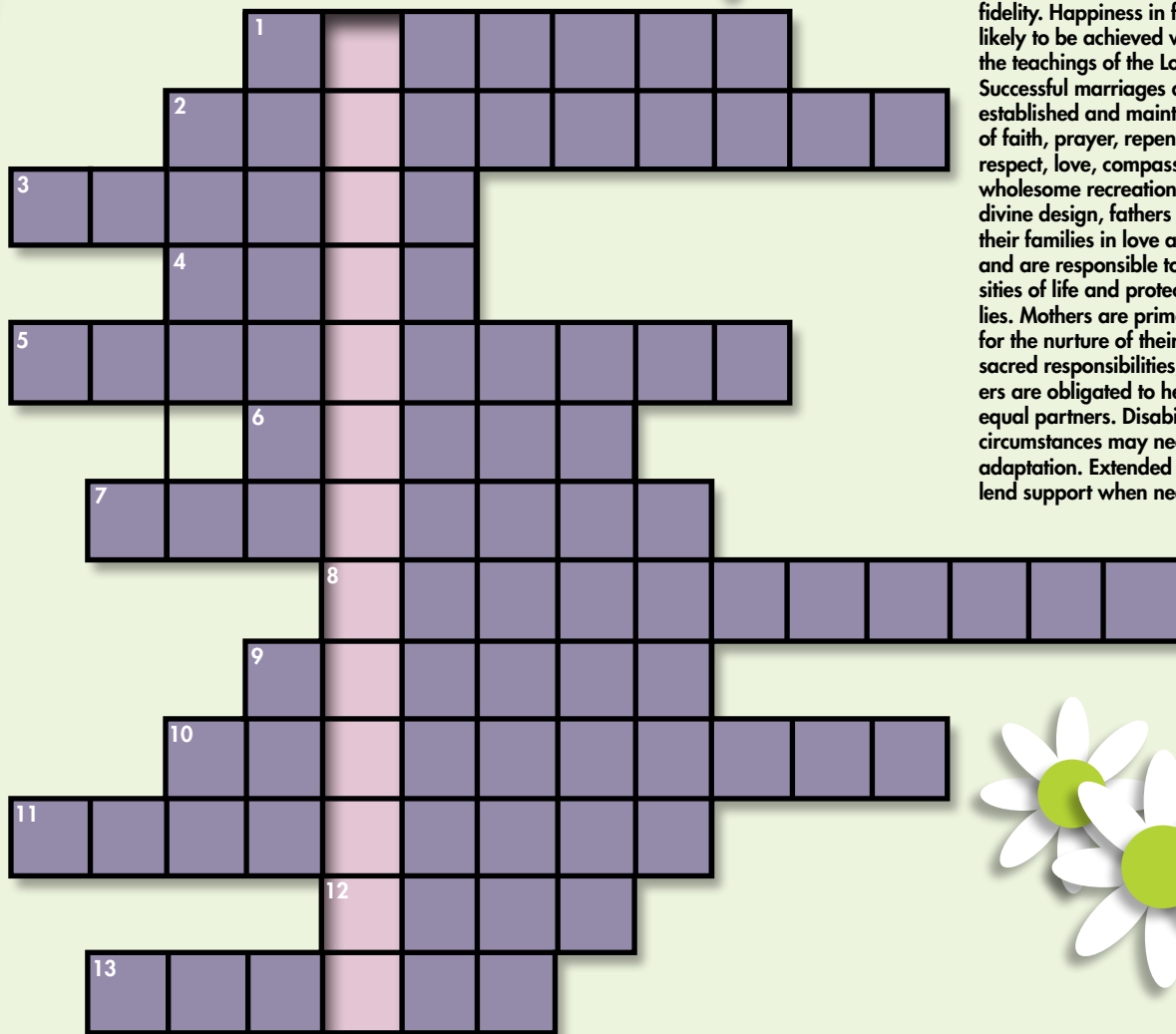


## The Family

BY LENA HARPER



The family is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.



Use the clues below and “The Family: A Proclamation to the World,” paragraph 7, to figure out the words that belong in each row of squares. When you have finished, the letters in the pink boxes will show one of Heavenly Father’s greatest gifts to you.

Clues:

1. To admire and think highly of someone.
2. Fun things you do with your family.
3. A person who cares for and nurtures you.
4. Putting forth effort to accomplish something.
5. Feeling sorrow for your sins and using the Atonement to help you not feel that sorrow.
6. Believing in something you can’t see but know is there.
7. We are all Heavenly Father’s \_\_\_\_\_.
8. To stop feeling angry with someone who has hurt or wronged you.
9. A person who presides over, provides for, and protects the family.
10. Sympathy and concern for others.
11. Feeling of great joy and pleasure.
12. Charity is the pure \_\_\_\_ of Christ.
13. A way to communicate with Heavenly Father.



*Try an old favorite with a fruity twist.*

# Apple Sandwiches

BY SARAH CUTLER

- 1 apple**
- 2 tablespoons peanut butter**
- 1 tablespoon honey**
- 2 tablespoons raisins**
- 6 slices bread**

1. Peel and grate the apple.
2. In a bowl, stir the peanut butter, honey, raisins, and grated apple together.
3. Toast the bread.
4. Spread the apple mixture between two pieces of toast and enjoy. Makes three sandwiches.

ILLUSTRATION BY DAVID HABBEN





# Joseph's Journey

## PART 2: JOSEPH'S CALLING

In Part 1, Joseph Toronto has recently been baptized, and the missionaries have counseled him to travel to Nauvoo. However, Joseph chooses to stay on his ship in Boston Harbor. When a fierce storm blows in and his ship collides with another, Joseph falls overboard.



BY AMY WEIR

(Based on the life of Joseph Toronto)

*Why should I desire more than to perform the work to which I have been called? (Alma 29:6).*

**J**oseph kicked his legs and arms and tried to stay afloat in the stormy sea. But not knowing how to swim, he knew he probably wouldn't last long. The rain made it impossible for him to see what had happened to his ship, and the waves kept pushing him deeper under the water. As he waved his arms around, hoping someone would see him, his hand hit something. It was a wooden barrel that must have gone overboard with him. He grabbed it and hung on, knowing that it was his only chance for survival.

After what seemed like several hours, the storm calmed, and Joseph saw his ship coming for him. After his men helped him on board, he went straight to his cabin. He changed into some dry clothes and lay on his bed in exhaustion, thinking about what had happened. He knew that finding the barrel had been a miracle.

Joseph remembered the Bible story of Jonah, the prophet who had run away from what God had commanded him to do. Jonah had tried to sail far away from the wicked people he was supposed to preach the



gospel to, only to be thrown overboard and swallowed by a whale. The whale spat him out on a beach three days later. Jonah repented and went to teach the wicked people.

God saved Jonah from drowning because He had a job for Jonah to do. Did God save Joseph from drowning because Joseph had a job to do? Joseph thought of the missionaries who had wanted him to go to Nauvoo. He thought of how he had stayed in the harbor instead. Joseph asked Heavenly Father for forgiveness, then went on deck as the ship arrived at its destination on the other side of the harbor.

After a few days, Joseph found a buyer for his damaged ship. Along with his life savings, he had \$2,600 in gold coins, which made him a very rich man. But Joseph wasn't tempted to spend the coins on himself. Instead, he put the money in some

small cans, tied them around his waist, and headed for Nauvoo.

It took three weeks of wagon rides and walking to get there. During the hot, rough journey Joseph looked forward to meeting other members of the Church. He imagined Nauvoo as a beautiful community with friendly people who would welcome and accept him.

But when he arrived in Nauvoo, the town was in disarray. The people were poor, and a half-built temple stood at one end of town with hardly anybody working on it. The people were certainly friendly, and they did accept him, but Joseph began to wonder why God wanted him in this broken-down town. He missed his ship and the open water—what was he supposed to do now?

To be continued . . . ●

"The great test of life is to see whether we will hearken to and obey God's commands in the midst of the storms of life. It is not to endure storms, but to choose the right while they rage."<sup>4</sup>

**President Henry B. Eyring, First Counselor in the First Presidency**





1. When was the law of tithing given to the Saints?  
*D&C 119*  
section heading

2. Which Old Testament prophet wrote the Lord's words about tithing?  
*Malachi 3*

4. How much are we commanded to give in tithing?  
*D&C 119:4*

5. What blessings are given for paying tithing?  
*Malachi 3:10*

# The Law of Tithing

3. Which Old Testament prophet paid tithing to Melchizedek, the king?  
*Alma 13:15*

6. What did the Lord command Joseph Smith to build using tithing money?  
*D&C 57:3; 97:10-12*

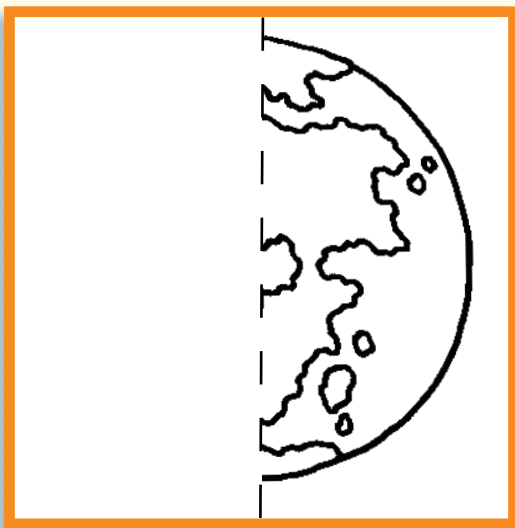


*I am a child of God, and he has sent me here, has given me an earthly home with parents kind and dear (Children's Songbook, 2-3).*

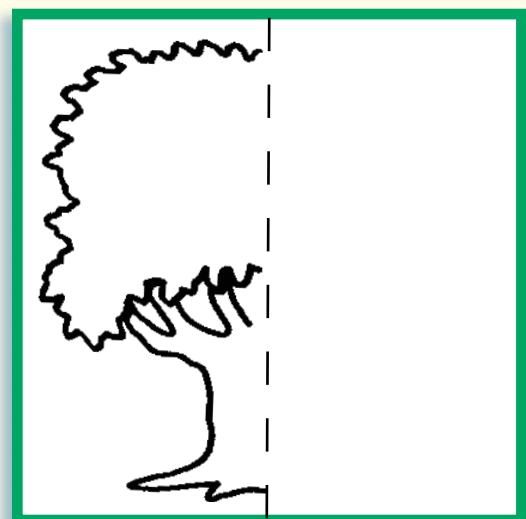
# When I Lived with

Draw the other side of each picture. Then color all the pictures and retell this true story.

1. We lived with  
Heavenly Father before  
we were born.



2. Heavenly Father had  
Jesus Christ create  
the world for us.

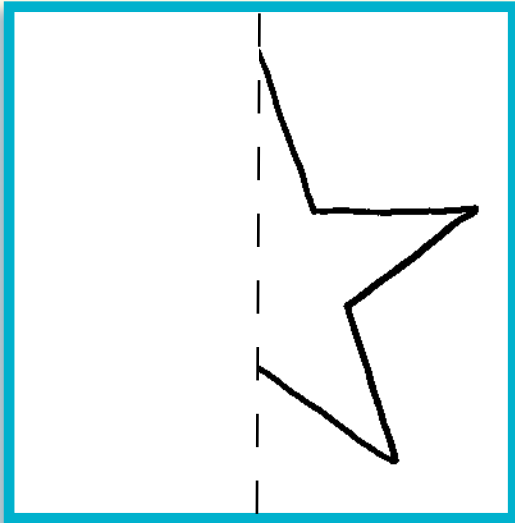


3. Then He directed  
Jesus to make the  
earth beautiful with  
trees and flowers.



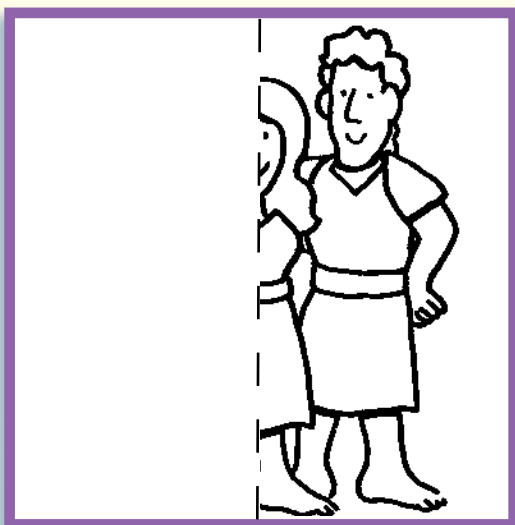
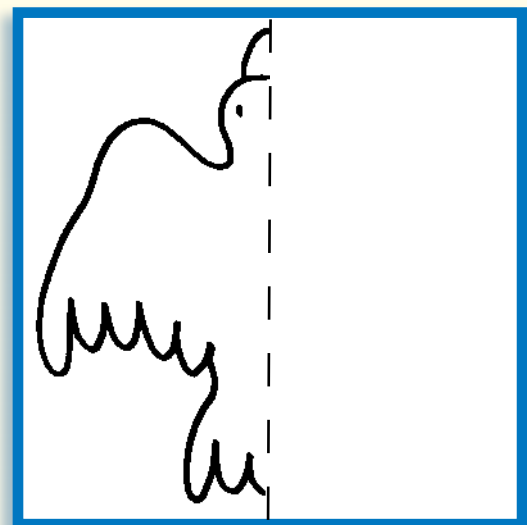
# Heavenly Father

BY PAT GRAHAM



4. Heavenly Father had Jesus make the sun, the moon, and the stars to give it light.

5. He had Jesus make the fish, the birds, and the animals and put them on the earth.



6. Then Heavenly Father placed Adam and Eve, our first ancestors, on the earth.



# So Hungry

BY SYNTHIA JOHNSON SMOUT

"I'm so hungry. What can I eat?"



Ryan

asked. "Have a



or an



,"



Mom

said.

"I'm tired of



,"



said. "Would you like some



or



?"

asked. "I'm tired of



too,"



said.



thought for a minute



asked, "How about Tooty Fruity Salad?" "Cool! What's that?"



asked. "A special



family

recipe,"



said.



got



. Then he cut the



into



slices



put them in the



. He put



in the



. While



cut



an



sliced



. He added them to the



stirred with a



. He broke a long



graham cracker

into



pieces



put them in the




with the



. "Now



you have Tooty Fruity Salad,”  said. “I like this fruity salad, but why is it tooty?”



asked. “Because it’s *too* good to be turned



,”



said.

## From the Heart

BY VAL CHADWICK BAGLEY

Find the following things: an apple core, an axe, a clock, a comb, a jewel, a kite, a ladder, a ladybug, a nose, a pair of skis, a peeled banana, a pencil, a piece of popcorn, a shoe, a smiley face, a snake, a snowman’s head, a tin can, a tooth, a whistle, and a worm.





# Friends in the News



**Christian and Victoria H.**, 10 and 6, Nevada, are brother and sister. Christian is on the honor roll and is the fifth-grade representative at school. He is learning how to fence. His favorite part of Primary is sharing time, and his favorite scripture story is Lehi's dream. Victoria enjoys drawing and coloring pictures of her family. She is learning to play the piano. She likes butterflies, singing songs, and leading the music for family home evening.

**Sean A.**, 11, Virginia, likes to help his dad, who is the Young Men president in his ward. He is looking forward to holding the priesthood.

**Maryann D.**, 6, California, enjoys music, her family, cheering for her opponents in soccer and T-ball, and inviting friends to church. Her smile brightens up her home.

**Kyson and Tayri T.**, 7 and 5, Michigan, lived on the island of Grenada before moving to the place they live now. Kyson likes catching bugs, creating art projects, and playing soccer. He has started to read the scriptures. Tayri enjoys dancing, playing with her baby sister and dolls, and singing Primary songs.



## **Temecula California Stake**

Nearly 300 Primary children from the Temecula California Stake (above) gathered with their parents for a special meeting about the Savior. They learned more about how to follow Him in faith. The children accepted a challenge to read the four gospels of the New Testament before the end of the year.

## **Gilbert Ninth Ward**

The Gilbert Ninth Ward Primary, Val Vista Arizona Stake (right), had an activity day where they did several projects for the Humanitarian Center. They knitted hats, tied quilts, assembled hygiene kits, washed dolls, stuffed soft toys, and colored alphabet books. Many of the children thought it was one of the best activity days they had ever been to.





Would you like to be a friend in the news?  
Turn to the inside back cover to find out how.



**Rivergrove Second Ward**

In the Rivergrove Second Ward, Provo Utah Central Stake, the Primary children have learned about faith and how to develop it. They enjoyed planting seeds and comparing them to faith. They learned that the Prophet Joseph Smith had faith to pray and restore the Church. They played a game that helped them remember that reading the scriptures and following the prophet strengthen their faith.



**London Dior H., 7**, Colorado, likes drawing and playing princess. She is good at math and taking her turn reading the Book of Mormon with her family. She feels blessed to have three older brothers and three older sisters. She is looking forward to being baptized.



**Daniel W., 3**, Utah, has three brothers and one sister. He enjoys playing outside and in the water. Daniel likes to go to nursery and play with his friends. He loves when his baby brother smiles at him.



**Taylor G., 11**, Virginia, enjoys dancing, cheering, and soccer. She is great at inviting friends to go to church with her so they can learn about Jesus. She also tries to set an example for her dad, hoping that one day he will join the Church.



**Crestview First Ward**

The Primary children of the Crestview First Ward, Fort Walton Beach Florida Stake (above), set a goal at the beginning of 2007 to bring their scriptures to church every Sunday. They reached their goal and ended the year with a scripture stories movie night activity.

**Eagle Seventh Ward**

The Primary children in the Eagle Seventh Ward, Eagle Idaho Stake (right), put together more than 650 craft kits and donated craft supplies to the local children's hospital. They also made a "Get Well Soon" poster to hang in the hospital playroom.



**William B., 5**, Maine, gives his two younger sisters rides on his toy dune buggy. He likes to help his dad work on the family cars and take care of the yard. He wants to be a rock climber when he grows up. His favorite song is "I Know My Father Lives."



**Calli H., 5**, Oregon, has three older brothers. She likes to sing Primary songs. She enjoys swimming, camping, playing soccer, and meeting new friends at church. She is learning to read the scriptures.



# Maria's

# ~~Mettle Medal~~

*Thy friends do stand by thee, and they shall hail thee again with warm hearts and friendly hands (D&C 121:9).*



BY CINDY AND  
JEANNE FISCHER  
(Based on a true story)

I'm nine years old and in the third grade. I love gymnastics, and last January I had worked hard preparing for a gymnastics exhibition. But as I sat and shivered through the evening, I realized that I was too sick to perform any of my routines.

Then things just got worse.

When I got over the flu, I came down with a disease that made my joints swell up so much I couldn't walk. Big purple bruises covered my legs. I couldn't do any gymnastics. I couldn't even go to school.

Every day Mom went to my school and collected all the work I missed from my teacher. I sat at home all

day and worked on it. Sometimes writing made blood vessels in my hands burst into new bruises. I really tried hard not to complain. Mom tried to cheer me up by telling me I was getting good at sewing and reading and other "sitting still" kinds of things. I'm not the "sitting still" type, though, and week after week of not moving around was really tough.





My 14-year-old sister, Jeanne, has a New Era poster in her room of a baby chick trying to crack out of an egg. The words say, "Adversity can make you strong." I wasn't sure what adversity meant, but I was sure that I was having plenty of it. I felt just like that little chick that couldn't crack out of the egg.



It took six weeks for me to get better. Finally I could go back to school and gymnastics. Although I had kept up with my schoolwork, I was out of shape and far behind everybody else in gymnastics.

I knew the first gymnastics competition of the season was in May, and I knew I would have to work really hard to get ready. I did work really hard and

was able to compete.

The next big competition was the state meet. My best friend, Natalie, and I did really well at all of our qualifying meets over the summer. We did so well, in fact, that we both qualified in all areas (vault, floor exercise, bars, and beam) to go to the state meet. We were so happy we were practically walking on air!



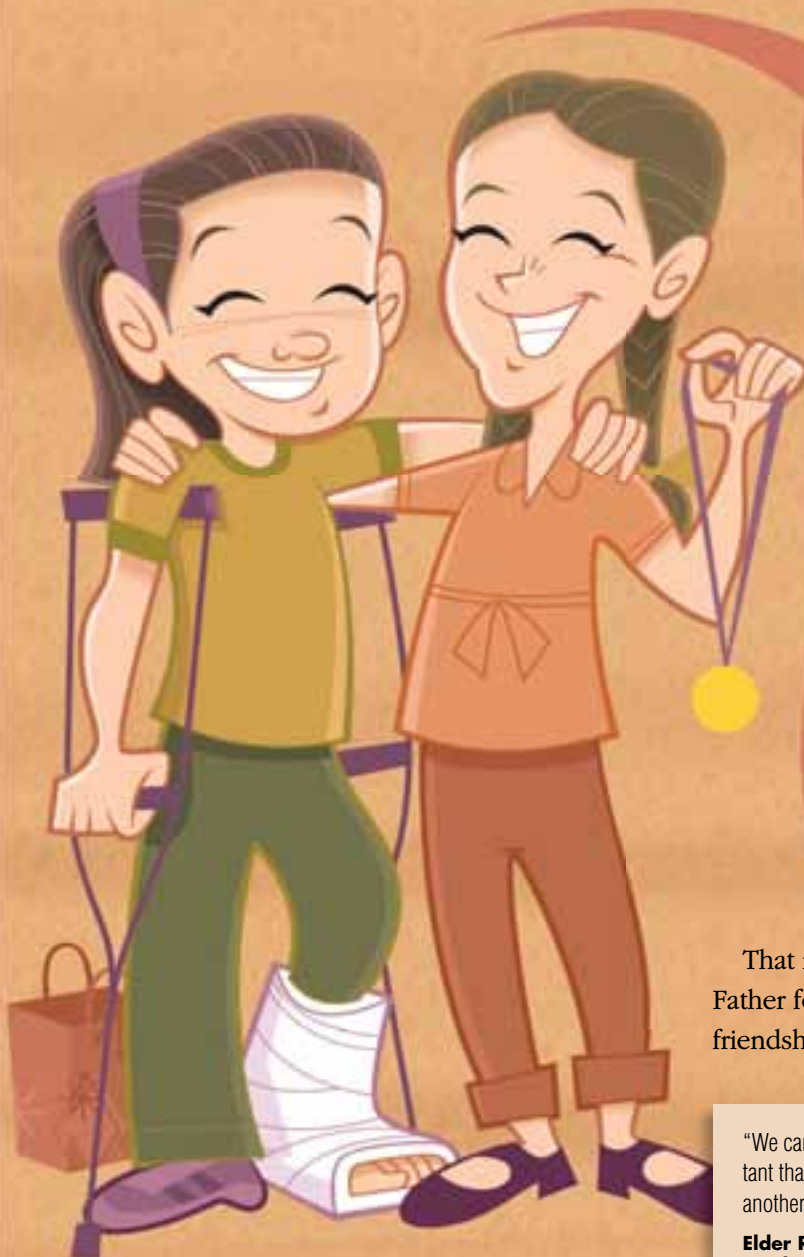
Then the unthinkable happened. Two weeks before the state meet I broke my ankle. When the doctor told me I wouldn't be able to compete, I burst into tears. I had worked so hard to make it to state. I felt sorry for myself, and I was miserable. Why did everything always happen to me? I felt like I had a big, sad hole right in the middle of me.

On the day of the state meet, Natalie and her mom came to pick up Jeanne. I knew Natalie was really sad that I couldn't go, so I tried my best to hold back the tears as I waved good-bye. After they left, I sat on the couch and cried.

When Jeanne got home from the meet, she told me that Natalie had done well and had won two medals. I was happy for her, but I still felt that big, sad hole in my heart.

The next day there was a knock at the door. I grabbed my crutches and hobbled over to answer it. It was Natalie. She was carrying a present for me in a small gift bag.

I opened the bag and pulled something heavy out of the tissue paper. It was one of Natalie's state medals that she had worked so hard for! On the back was engraved, "To my best friend, Maria." She said she knew I would have won it if I had been there.



The big, sad hole inside me melted, and I gave Natalie a giant hug. Suddenly the state meet didn't seem so important. Being friends with Natalie was what was important, and I knew I couldn't ever have a better friend!

That night when I went to bed, I thanked Heavenly Father for Natalie and for teaching me that love and friendship are more important than winning. ●

"We cannot endure to the end alone. It is important that we help by lifting and strengthening one another."<sup>5</sup>

**Elder Robert D. Hales of the Quorum of the Twelve Apostles**





# What is true conversion?

*Faith* comes by hearing the word of God and responding to it. You will receive from the Holy Ghost a confirming witness of things you accept on *faith* by willingly doing them.

This cycle of *faith*, *repentance*, and *consistent obedience* will lead you to greater conversion with its attendant blessings.

Stated simply, true conversion is the fruit of *faith*, *repentance*, and *consistent obedience*.

You will be led to *repent* of errors resulting from wrong things done or right things not done. As a consequence, your capacity to *consistently obey* will be strengthened.

True conversion will strengthen your capacity to do what you know you should do, when you should do it, regardless of the circumstances.



**Elder Richard G. Scott of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.**





# Trying to Be Like Jesus

*He that followeth me shall not walk in darkness, but shall have the light of life (John 8:12).*



## Giving Her Best

By Courtney G., Ashlyn's mother



Ashlyn read the story "Giving Our Best" in the September 2006 *Friend* about a family who gave food from

their pantry to the local food bank. Ashlyn came up to me and said, "Mom, I want to do this." I called our local food bank to find out what donations they would accept, and I talked to Ashlyn about the list. She picked out some bags to use and gave one to her little brother Cooper. They went to our pantry and picked out some things. Then we went to the store and bought baby cereal and other things. Ashlyn really enjoyed picking them out. Then we went to the food bank and gave the bags to the people working there. As we were leaving, Ashlyn said, "I feel warm inside. I feel happy. I did a good thing."

Ashlyn R., age 7, Arizona



## A Talk and a Smile



I love to give talks in Primary. One day my brother, Mack, was asked to give a talk. It was his first

time giving a talk. I was a little mad and sad because he got chosen instead of me. So I said a prayer asking Heavenly Father to help me get rid of those bad feelings. Then I felt better and I wanted to help my brother. I told him, "Mack, if you get scared during your talk, look at me and see the smile on my face." Mack gave a great talk and he wasn't too scared, but I was smiling at him anyway. Heavenly Father helps me to be happy for others.

Grace R., age 6, California

## The Right Choice



One day I went to a birthday party. The first part was watching a PG-13 movie, so I didn't go to

that part. I went in the middle of the party, and we ate pizza and cupcakes. After that we started watching another movie. It looked bad. I told my friend's mom that I couldn't watch it, so she turned it off and we played appropriate video games instead. I feel that I made the right choice. I will follow the prophet's counsel to never watch bad movies in my life.

Michael T., age 11, New York



## Honest and True



One time I got nothing wrong on a test, but when I looked more closely I saw that I forgot to fill in an answer. I told my teacher, and I got to help hold our pet snake because I told the truth. The commandment I chose to follow was, “Thou shalt not bear false witness” (Exodus 20:16). When we know something is true but don’t say it, it is the same as telling a lie. The thirteenth article of faith begins, “We believe in being honest [and] true.” Even though my teacher marked that answer wrong, I felt good inside because I knew I was following Jesus Christ’s example.

*Mikayle V., age 9, Georgia*

## Stuffed Animal Help

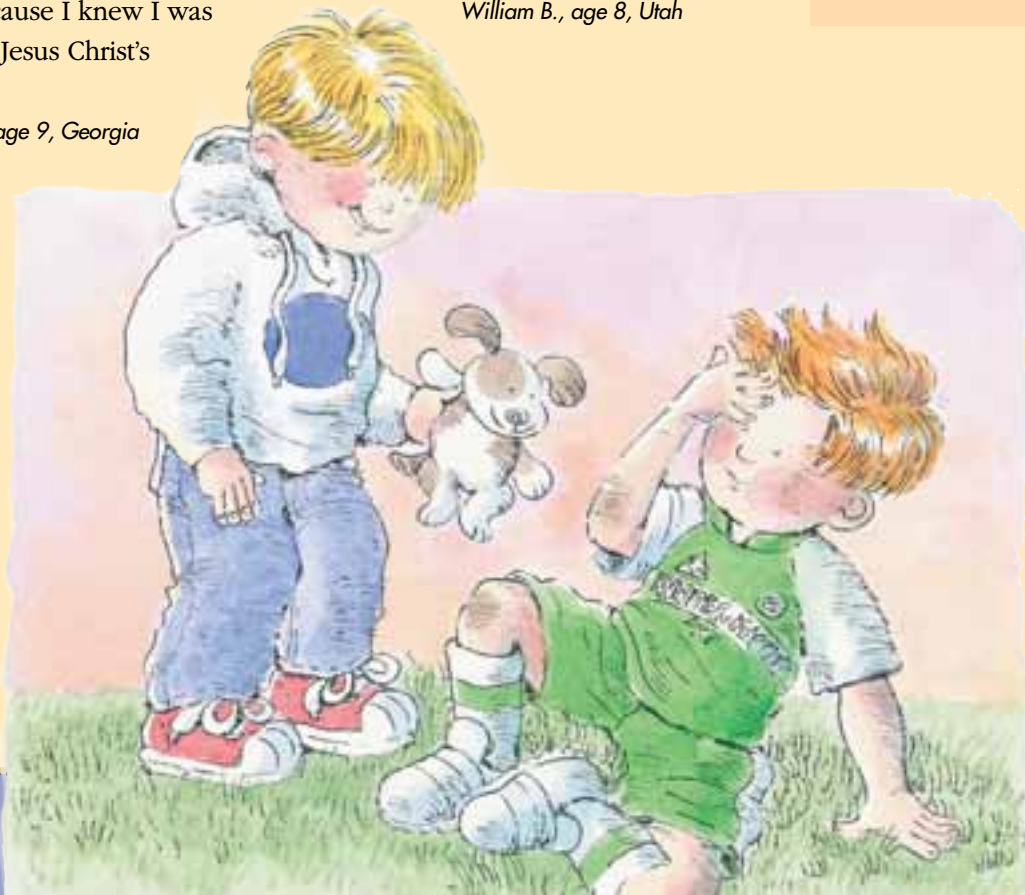


One day my brother was playing soccer. During the game, one of my brother’s teammates fell down and started crying. My mom thought I should show him my stuffed animal to help him feel better. I had just bought it, but I walked over to the boy and asked, “Would you like to play with this?” The boy looked up and said, “Yes!” The boy laughed while he played with it, and he felt a lot better. Afterward I felt really good. I knew Heavenly Father would be pleased with what I did.

*William B., age 8, Utah*



Tell us how you’re trying to be like Jesus. Turn to the inside back cover to find out how to send us a letter.

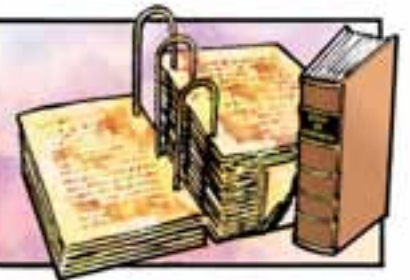




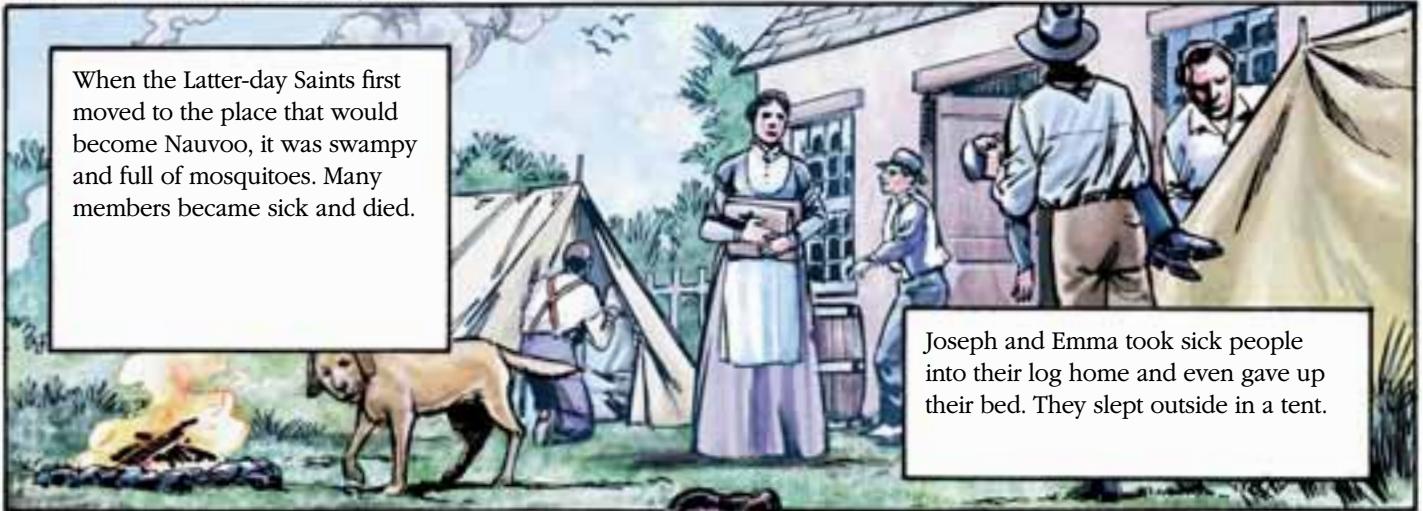


FROM THE LIFE OF THE PROPHET JOSEPH SMITH

# A Day of God's Power



When the Latter-day Saints first moved to the place that would become Nauvoo, it was swampy and full of mosquitoes. Many members became sick and died.



Joseph and Emma took sick people into their log home and even gave up their bed. They slept outside in a tent.

There was one day that Wilford Woodruff later called "a day of God's power." After a morning prayer, Joseph blessed the sick.



Brigham, do you have faith enough to be healed?

Yes, Joseph, I do.

Joseph and Brigham went to see Elijah Fordham, who was about to die. Each minute was expected to be his last.





Joseph took Elijah by the hand. Elijah did not answer at first, but everyone in the room could see the effect of the Spirit of God resting upon him.

Brother Fordham, do you know me?

Elijah, do you not know me?

Yes!

Have you faith to be healed?

I'm afraid it is too late. If you had come sooner . . .

Do you believe that Jesus is the Christ?

I do, Brother Joseph.

Elijah, I command you, in the name of Jesus of Nazareth, to arise and be made whole!

The words Joseph spoke were like the voice of God. They seemed to shake the house, and they caused Elijah to leap from his bed.



Healthy color came to Elijah's face, and he was full of life. He called for his clothes, ate a bowl of bread and milk, and put on his hat. Then he went with Joseph to bless the other sick members.





# LOOKING on the Heart

*The Lord seeth not as a man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart* (1 Samuel 16:7).

BY SHEILA KINDRED  
(Based on a true story)

**W**here are your new glasses, Adam?" Mother asked as Adam pulled on his backpack.

"I . . . uh . . . forgot where I put them," Adam muttered.

"Here they are," his older sister called out. "I found them under the sofa cushion."

"I wonder how they got there?" Mother said. "Please be more careful where you put them next time. You don't want them to get lost or broken."

Actually, Adam would have been happy if his glasses got lost or broken. He knew how they got under the sofa cushion. He put them there.

Adam didn't like wearing his new glasses. They fell off when he played soccer and were always smudged with his fingerprints. Worst of all, Adam was sure everyone at school thought he looked ridiculous in his glasses, like some four-eyed monster.

But Adam's glasses did make it easier for him to see the blackboard. So when Adam got to school that day, he could clearly read what his teacher had written on the board: Valentine's Day Party Tomorrow!

Adam frowned. Usually he looked forward to the

Valentine's Day party. He liked eating the cookies and playing the fun games. But this year he had mixed feelings about exchanging valentines.

After school Adam sat at the kitchen table with valentines spread in front of him. He looked at the list of his classmates and sighed.

"Need help addressing the envelopes?" Adam's





mother asked.

Adam shook his head. "I don't think I'll give any valentines this year."

His mother sat down next to him. "Why not?"

"The other kids think I look dumb in my glasses, Mom."

"Did they say that?" Mother asked.

"No. But they look at me funny. And Danielle stares at me. I thought she was my friend. I'm not giving a valentine to her or anyone else. Why should I? I probably won't be getting any."



"Whenever possible we should refrain from judging people until we have an adequate knowledge of the facts. . . . In all our judgments we should apply righteous standards."<sup>6</sup>

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



"Well, Adam," Mother said softly, "even with brand-new glasses, you can't see clearly into the hearts of others. I think you might be misjudging your friends. But it's your choice."

In the end, Adam decided to give out the valentines since they had already been made. He made sure to write his name on a few envelopes so he would get at least some valentines.

The Valentine's Day party was so much fun that Adam completely forgot about his worries until it was time to go home. On his way out the door, Adam grabbed his valentines bag and stuffed it into his backpack before anyone else could see how empty it was.

At home Adam dumped the bag out on his bed, and his jaw dropped. There was a valentine from every student in class, and two from Danielle.

"That's quite a haul," his mother said from the bedroom doorway. "Did you give all those to yourself?"

Adam laughed. "Only four are from me," he said. "I guess the other kids still like me after all. Danielle even wrote that she thinks I have cool glasses."

Adam was more careful with his glasses after that. He took good care of them and even got a special elastic band to hold them on when he played soccer. He was sure to wear his glasses every day because they not only helped him see better, they also helped him remember to look into the hearts of his friends. ●

I guess you can never really tell what other people are thinking, huh?

I'm thinking we should make some valentines. Let's go!





**I CAME TO EARTH AS PART OF A FAMILY.**

“The family is ordained of God” (“The Family: A Proclamation to the World”).





### Topical Index to this Issue of the *Friend*

(FLF) = For Little Friends  
(f) = Funstuff  
(IFC) = inside front cover

Book of Mormon IFC, 21 (f)  
Choose the Right 8, 28, 41, 42  
Church History 28  
Faith 2, 41, 44  
Family 12, 15, 16, 18, 24, 26 (f), 27, 34 (FLF), 42, 48  
Friends 4, 38, 46  
Heavenly Father 2, 12, 16, 32, 42  
Holy Ghost IFC  
Jesus Christ 21 (f), 32 (FLF), 42  
Joseph Smith 44  
Love and Kindness 10, 16, 34 (FLF), 42, 44, 46  
Missionary Work 4, 10, 18, 21 (f), 41  
My Gospel Standards IFC, 2, 4, 8, 13, 18, 31, 38, 40, 42  
Plan of Salvation 12, 24, 32 (FLF)  
Prayer IFC, 2, 10, 38, 42  
Priesthood 2  
Primary 4, 12, 48  
Prophets 2, 11, 12, 28, 30  
Repentance 28, 41  
Quorum of the Seventy 8  
Quorum of the Twelve Apostles 6, 7, 40, 41, 47  
Scriptures IFC, 21 (f), 28  
Temples 16  
Testimony IFC  
Tithing 31  
Work 8, 15, 31, 38

### Sidebar References

1. "Creating a Gospel-Sharing Home," *Ensign*, May 2006, 86.
2. "Becoming a Missionary," *Ensign*, Nov. 2005, 44.
3. "The Family: A Proclamation to the World," *Ensign*, Nov. 1995, 102.
4. "Spiritual Preparedness: Start Early and Be Steady," *Ensign*, Nov. 2005, 38.
5. "'Behold, We Count Them Happy Which Endure,'" *Ensign*, May 1998, 76.
6. "'Judge Not' and Judging," *Ensign*, Aug. 1999, 13.



# Family Home Evening Ideas

1. Read "Looking on the Heart" (pp. 46–47). Ask family members why they think Adam thought people didn't like him. Do we sometimes judge ourselves more than others judge us? Give each family member items they can use to make valentines for one another.

2. Read and answer the questions from "The Law of Tithing" (p. 31). After all of the questions have been answered, practice paying tithing. Talk about how tithing is usually paid with money, but for your family to practice, you will "pay" with other items. Give each family member a handful of chocolate chips, nuts, or other small food item. Have everyone set aside one-tenth of their items.

After everybody has paid their "tithing," use the remainder of the food to have a treat.

3. Have family members choose their favorite poems or drawings from "Our Creative Friends" (pp. 22–23). Ask them to talk about why they like what they chose. Ask each family member to create a poem or drawing, then show or read them to each other.

4. Read "I Can Be a Missionary Now" (pp. 10–11). Make a list with your family of some of the people you would like to invite to church. Decide on one person or family. Talk about when and how to invite them. Set a goal to invite this person or family by a certain date.

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The following information and permission must be included:

Full name \_\_\_\_\_

Age \_\_\_\_\_ State/Province, Country \_\_\_\_\_

I grant permission to print submission and photo: \_\_\_\_\_

Signature of parent or legal guardian \_\_\_\_\_

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Key 040204

# What's in the *Friend* this month?



## page 2

How does Heavenly Father help us know how to help others?

## page 38

What happens when Maria breaks her ankle before the state gymnastics meet?



## inside back cover

Find out how to send a letter to the *Friend*.

