

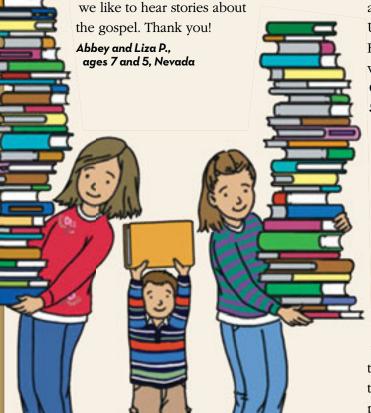


Thank You for Book Reviews



we love your book reviews! With the help of our parents, we have read 65 of the books you recom-

mended over the last few years. We checked out all of them from the library. Even our two-year-old brother has enjoyed a lot of them. We hope you never stop doing them. We love to read! We love the *Friend* because



A Visit with President Uchtdorf

Recently my mom took my two big brothers, my little sister, and me to our favorite restaurant. When we sat down we noticed that President Uchtdorf was sitting with his family at a table very close to ours. My family smiled, and



we talked quietly about his special calling. After the Uchtdorfs finished eating, they walked to our table and visited with us. President Uchtdorf was so kind—I love his big smile. We told him that our daddy had been a missionary in Frankfurt, Germany, when President Uchtdorf was president of the Frankfurt Germany Stake. He said, "Well, then tell your daddy, 'Guten Tag.'" I can't wait to be a missionary and shout to the world that the Church is true. Who knows? Maybe I'll go to Germany. Styles W., age 8, Utah

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.



Being Honest

y family and I went to an amusement park for family vacation. While we were walking in the park, I saw two one-dollar bills. I picked them up and gave them to a park worker. I felt happy inside that I was honest.

Landen S., age 7, South Carolina



Volume 40 Number 2 February 2010

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Stories and Features

- IFC Friends by Mail
 - Come Listen to a Prophet's Voice: A Banner of Faithfulness / President Dieter F. Uchtdorf
 - The Blue Beads
 - A Year on Temple Square: The North Visitors' Center
 - Losing Apollo
- Special Witness: Elder Richard G. Scott
- 12 Bulletin Board
- 14 Heavenly Father and Jehovah Created the World
- School Friends, Church Friends
- 20 The Best
- 22 Secret Servers to the Rescue
- 23 Friend to Friend: Learning to Listen / Elder José A. Teixeira
- 24 Excerpts from "The Living Christ"
- Bright Idea 27
- Trying to Be Like Jesus
- 36 Maria's New Dress
- 38 Our Creative Friends
- Sharing Time: Jesus Christ Is My Savior and Redeemer
- 42 The Two Years that Flew
- Matt and Mandy
- 47 Friends in the News
- Guide to the Friend
- Our Savior, Jesus Christ

For Little Friends

- 32 Tithing: The Best Choice
- Make a Tithing Jar
- Find the Coins
- 35 Tithing Maze

Verse

16 The Sacrament

Things to Make and Do

- 17 Funstuf
- Funstuf
- 28 Cease from Anger
- **Funstuf**
- 46 Coloring Page

Cover photograph by Christina Smith



Look for the Friend mouse to see which features are online at friend.lds.org.



Banner of Faithfulness By President Dieter F. Uchtdorf Second Counselor in the First Presidency

President Dieter F.

Uchtdorf shares some

of his thoughts on this

subject.

ohn Rowe Moyle was a convert to the UChurch who left his home in England and traveled to the Salt Lake Valley as part of a handcart company. He built a home for his family in a small town a valley away from Salt Lake City. John was an accomplished stonecutter and, because of this skill, was asked to work on the Salt Lake Temple.

Every Monday John left home at two o'clock in the morning and walked six hours in order to be at his post on time. On Friday he would leave his work at five o'clock in the evening and walk almost until midnight before arriving home.

One day, while he was doing his chores at home, a cow kicked him in the leg, causing a compound fracture. With limited medical resources, the only option was to amputate the broken leg.

Once John could sit up in bed, he began carving a wooden leg with an ingenious joint that served as an ankle to an artificial foot. Walking on this device was extremely painful, but John did not give up, building up his

endurance until he could make the 22-mile (35-km) journey to the Salt Lake Temple each week, where he continued his work.

His hands carved the words "Holiness to the Lord" that stand today as a golden marker to all who visit the Salt Lake Temple.

John did not do this for the praise of man. Neither did he shirk his duty, even though he had every reason to do so.

He knew what the Lord expected him to do. Years later, John's grandson Henry D. Moyle was called as a member of the Quorum of the Twelve and eventually served in the First Presidency of the Church. President Moyle's service in these callings was honorable, but his grandfather John's service is just as pleasing to the Lord. John's legacy of

> From an October 2008 general conference

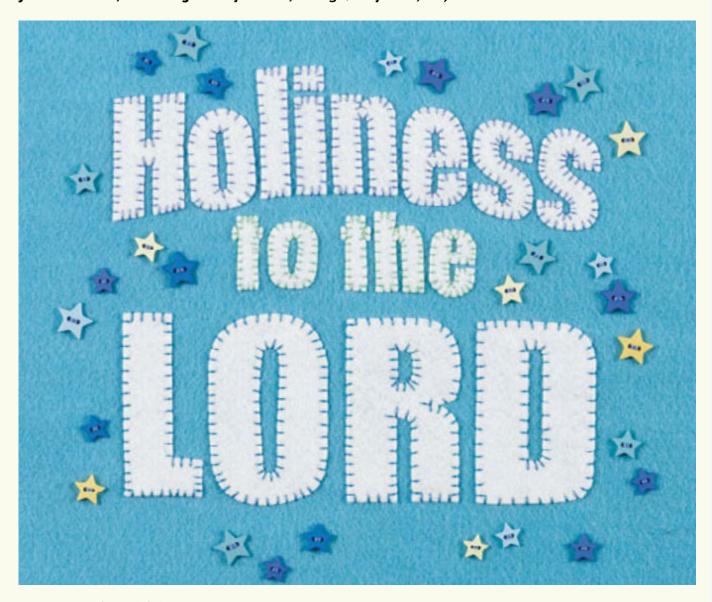
ILLUSTRATION BY DAN BURR

sacrifice serves as

a banner of faithfulness.

A Motto

All LDS temples have the words *Holiness to the Lord* on the outside. These words can be like a motto for us. They can remind us to always be faithful in listening to the Holy Ghost and obeying Heavenly Father's commandments. Then the Holy Ghost can be in our homes, just as He is in the temple. (See James E. Faust, "Standing in Holy Places," *Ensign*, May 2005, 62.)



A Banner of Faithfulness

Make your own banner to remind you to be faithful. Trace the banner design above onto a piece of white paper and cut out the letters. Trace the letters onto felt and cut out the felt letters. Use embroidery floss or fabric glue to attach the letters to a large piece of felt. If you like, decorate your banner with buttons or sequins. (To print the pattern, go to friend.lds.org.)

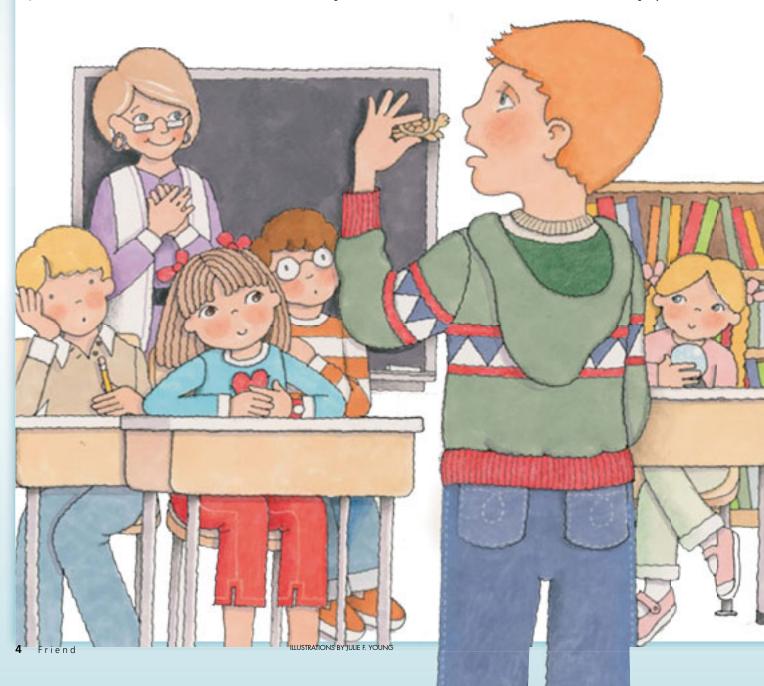


By Rachael Lewis (Based on a true story)

I want to be kind to ev'ryone, for that is right, you see. So I say to myself, "Remember this: kindness begins with me" (Children's Songbook, 145).

t was Claire's favorite part of the school day—showand-tell. Today it was Jackie's and Michael's turn. Jackie went to the front of the classroom and held up

a snow globe. Its base was covered with flowers, and inside a carousel horse seemed to float in a sea of sparkles. Jackie said that her grandmother gave her this special gift for her eighth birthday. She carefully cranked the key at the bottom of the globe, and the class "ooed" and "aahed" as a beautiful tune played.





Jackie smiled and sat down. Then Michael came forward, empty-handed. Michael didn't talk a lot, and he seemed sad most of the time. A few of the children snickered as Michael went to the front. Claire felt a knot in her stomach. She felt sorry for Michael.

Michael dug his hand into his pocket and pulled out a tiny wooden turtle. "This turtle is from my dad," Michael said softly. "He's in the military, and I haven't seen him for a long time. He sent this to me from Hawaii." Michael looked down for a moment, then said firmly, "It's very special to me." The class was quiet as Michael went back to his seat.

All day, Claire thought about Michael. She thought about how she would feel if her dad were gone for a long time.

When school ended, Claire got on the bus. She sat across from Michael. She watched him play with his precious turtle. She wanted to talk to him, but she didn't know what to say. As Michael was getting off the bus, Claire noticed that his turtle was still on the seat. She jumped up, grabbed the turtle, and hurried to the door.

"Michael," she called. "You forgot your turtle!"

Michael looked surprised. "Thanks," he said.

Look at my toy honu!

The next day, Michael sat behind Claire on the bus. Claire smiled at him, and he smiled back. When Claire got home, she discovered a plastic bag in a pocket on her backpack. Inside the bag were a note and a pretty blue necklace. The note said,

Dear Claire,

Thank you so much for returning Michael's turtle.

It reminds him of his dad, so he takes it with him everywhere. It takes an honest person to return something that is lost. This is a necklace that Michael's father sent from Hawaii. I want you to have it. Thank you again.

Mrs. Clark (Michael's mother)

Claire put the necklace on and admired the blue beads. Her whole body seemed to fill up with warmth. For the rest of the year, Claire talked more with Michael and they became friends. •

is now an
adult and has
children of her
own. She still has
the necklace of blue
beads. Each time she
wears it, she remembers
the warm feeling that comes
from being a friend and
being honest.

Honu. It's Hawaiian for turtle!

How now

The North Visitors' Center

Come with us this month for a look at this important place on Temple Square.



Isaiah was an Old Testament prophet who lived before Jesus was born. He told about Jesus's birth and about His role as our Savior. Isaiah wrote, "For unto us a child is born, unto us a son is given: . . . and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace" (Isaiah 9:6).

By Chad E. Phares

Church Magazines

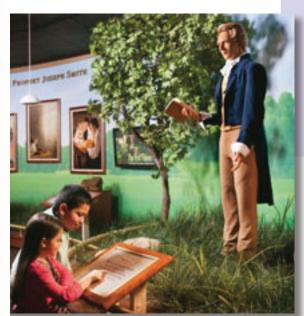
aemin and Ikani ("Kolby") I. already knew a lot about prophets. But visiting the North Visitors' Center on Temple Square helped them see in a new way how prophets testify of Jesus Christ.

That day Kolby and Kaemin got to see life-size replicas of prophets from the scriptures. They learned that even though prophets live at different times, all prophets testify that Jesus Christ is our Savior and the Son of God.



Mormon lived about 400 years after Jesus. He put together the writings of many Book of Mormon prophets in the golden plates. He also added some of his own writings. Mormon taught that we

should "believe in Jesus Christ, that He is the Son of God" (Mormon 7:5). He gave the record to his son Moroni, who buried the golden plates.



After Moroni died, there were no prophets on the earth for hundreds of years.

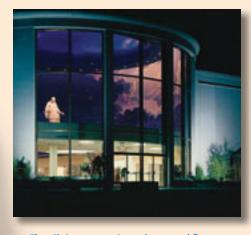
In 1823 the angel Moroni showed Joseph Smith where he could find the golden plates. Joseph translated these plates by the power of God and printed the writings as the Book of Mormon. The Bible is one testament of Jesus Christ; the Book of Mormon is another.



Starting with Joseph Smith, we have had 16 Presidents of the Church.
They are prophets who have been called of God to teach us about Jesus Christ. Our prophet today is President Thomas S. Monson.

After learning what prophets taught of Christ, Kolby and Kaemin walked up a spiral ramp to the top of the visitors' center. There they saw a large statue of Jesus called the Christus. They listened to a recording of Jesus's teachings. The things that the prophets taught about Jesus are the same things Jesus taught about Himself.

The *Christus* Statue and the Rotunda



- The Christus statue is on the second floor
 of the North Visitors' Center in a rotunda.
 A rotunda is a round room covered by a dome.
- The original *Christus* statue was created by Bertel Thorvaldsen in Copenhagen, Denmark, in the 1800s
- The Christus statue on Temple Square is carved of white marble from Italy.
- The rotunda's walls are painted with a mural of space. Behind the statue of the Savior is a painting of the earth. The North Star is directly over His head. Star constellations like the Big and Little Dippers are also included in the mural.
- The stars in the rotunda show how the sky looked in the Northern Hemisphere at midnight on April 6, 1830. That is the date The Church of Jesus Christ of Latter-day Saints was organized (see D&C 20).
- The dome ceiling is 46 feet (14 m) above the floor. The mural is 166 feet (51 m) long. More than 150 gallons (568 l) of paint were used to create the mural.





Visit www.friend.lds.org to see a video of Kolby and Kaemin's trip to the visitors' center.



Losing Apollo

By Breanna L. Gallagher

(Based on a true story)

Having a pet die or run away is a difficult experience many children face. In this story, the Holy Ghost and a wise father reassure a boy when he loses a loved pet.

ere's the ball, Apollo," Matt called to his golden retriever. "Now go and get it, boy!" He threw the ball, and Apollo ran and caught it in his mouth. Matt always had fun playing ball with Apollo. His dog had been his favorite companion ever since they got him as a puppy two years ago.

"Matt, it's time for dinner," his mother called from the porch. "So just one more throw."

"OK, Mom." Matt threw the ball so hard it rolled into the street. Without looking, Apollo immediately chased after it and was hit by an oncoming car.

Quickly, Matt and his mom ran to where Apollo lay. "He's really hurt, Matt," Mom said. "We need to take him to the vet right now."

Matt's dad and older brother rushed outside. They lifted Apollo and placed him in their car. At the veterinarian's office, Dr. Maxfield took Apollo into the examination

8 Friend



room. Matt and his parents sat in the waiting area.

"Can we say a prayer to help Apollo?" Matt asked his parents as tears streamed down his face.

Dad nodded. They bowed their heads and prayed to Heavenly Father, asking that Apollo would be healed. When they were finished Matt's tears were gone and he felt much better. He was sure Heavenly Father would help Apollo.

Finally Dr. Maxfield came in. Matt jumped up and ran to him. "Is Apollo better now? Can I go see him?"

"I'm really sorry, Matt," Dr. Maxfield said. "Your dog was badly hurt. I did all I could to help him, but he died."

Apollo was dead! Matt put his hands over his eyes and sobbed.

Later that night, Matt couldn't stop thinking about what happened. "Dad, why didn't Heavenly Father answer my prayer? I prayed that Apollo would be healed. I knew that Heavenly Father could do it." Matt wiped his eyes.

"Heavenly Father answers all prayers," Dad said. "He answered yours too—just not in the way you wanted."

"But, Dad, He didn't answer my prayer. Apollo died."

"Let me ask you a question," Dad said. "Do you remember when you asked me if you could go to the train tracks with some friends last week?"

"Yes," Matt said. There was a field a few blocks from his house that had train tracks in it. Matt had never been there before.

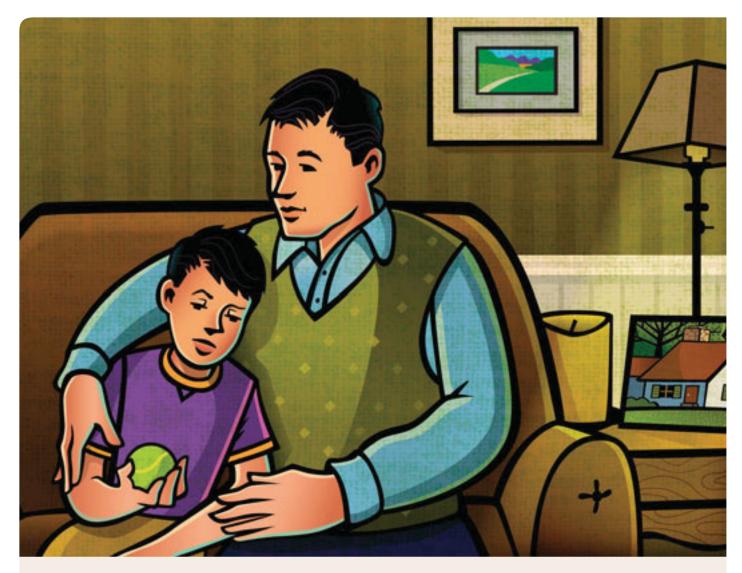
"When you asked me, you wanted me to say that you could go, right?"

Matt nodded.

"But how did I answer your question?"

"You told me that I couldn't go," Matt said.

"Even though that wasn't the way you wanted me



to answer your question, I still answered it," Dad said. "Every time you pray and ask Heavenly Father for something, He listens and answers you. But sometimes we think He doesn't answer our prayers because He doesn't answer us the way we want Him to."

"Why doesn't He answer us the way we want?" Matt asked.

"Matt, even though I said no the other day, does that mean I don't love you?" Dad asked.

Matt shook his head.

"Why do you think I told you that you couldn't go?" Dad asked.

Matt stared out the window for a moment and then looked at Dad. "I guess it's because you know that the train tracks are dangerous and that I might get hurt if I play on them."

"That's right," Dad said. "You didn't realize it, but I did. Heavenly Father also sees things that we don't. That

is why He sometimes gives us answers that are different from what we want."

"But how did Heavenly Father answer my prayer if Apollo died?" Matt asked.

"Before you prayed you were really sad. How did you feel after?"

"A lot better—like everything would be all right."

"Heavenly Father knew you would be very sad when Apollo died, so He sent His Spirit to comfort you," Dad said. "That's one way we can know that Heavenly Father loves us all."

"Even Apollo?"

"Yes, even Apollo."

"We are the children of a loving Heavenly

Sister Silvia H. Allred, first counselor in the Relief Society general presidency



Will Heavenly Father always answer my prayers?



Heavenly Father will always hear your prayers and will . . . answer them.

However, His answers will seldom come while you are on your knees praying, even when you may plead for an immediate response. Rather, He will prompt you in quiet moments.

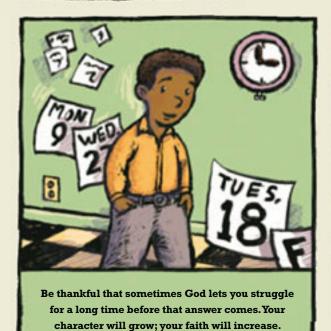


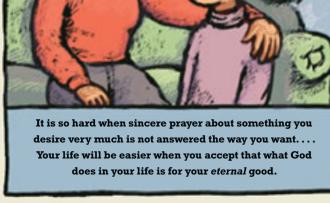
Seldom will you receive a complete response all at once. It will come a piece at a time, in packets.... As each piece is followed in faith, you will be led to other portions until you have the whole answer.



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

11





From "Using the Supernal Gift of Prayer," Ensign, May 2007, 9.

STRATIONS BY BRAD TEARE February 2010

Bulletin Board

Sweethearts

- 2 packages (6 ounces/170 g each) cherry gelatin
- 2 cups boiling water
- 1 cup cold milk
- 1 package (3.4 ounces/96 g) instant vanilla pudding mix

In a bowl, dissolve gelatin in the boiling water, then let sit until cooled. In another bowl, whisk the milk and pudding mix until smooth. Pour the mixture into the gelatin and whisk until well blended. Pour into a 13 x 9-inch (33 x 23-cm) dish lightly coated with nonstick cooking spray. Put in the refrigerator until set. Use a heart-shaped

cookie
cutter
to make
sweet treats
for your
family or
friends.





Doing service is one way you can show love for others. Cut hearts out of white or colored paper. You can leave the hearts blank, or write "I love you!" on them. Look for ways you can serve members of your family. You don't have to do big things—maybe your sister needs a little help with her homework, or your brother doesn't have time to make his bed. Then give the person a paper heart to show how much you love him or her.

Sometimes your service can be

secret. Leave a heart behind that says, ''Love, Your Secret Server!''





FRIENDLY SERVICE

My friend forgot his lunch one day, and the school gave him a sandwich that did not look very good! So I shared my lunch with him.

Christian G., age 10, California

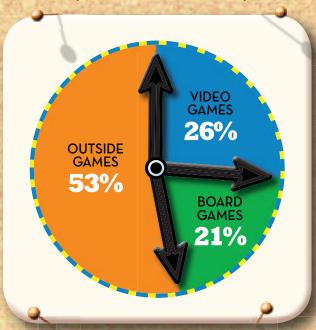
A friend from our ward asked if he could mow our yard. It was very hot, and I decided to hand him a drink of water because I

drink of water because I thought that's what Jesus would do. After that, I had the happiest feeling inside of me.

Megan R., age 9, Texas

Online SURWEY Results

Last year on a *Friend* Web site survey we asked you what games you like to play. There were 1,255 people who responded! Visit friend.lds.org every month to take a new survey.



Take some time this month to read these scriptures about love: Deuteronomy 6:5 and John 3:16. Then write in your journal about the love Heavenly Father and Jesus Christ have for you.



Heavenly Father and Jehovah Created the World

By Diane L. Mangum

The account of the Creation is found in Genesis 1.

et there be light!" Suddenly, bright light burst into the darkness of space. Heavenly Father and Jehovah* saw that the light was good. They

> called the light day and the darkness night. A new world had begun.

Heavenly Father directed Jehovah in creating the earth. Together They planned carefully so there would be food, water, animals, and everything we would need in our earthly home.

Jehovah used priesthood power to organize the elements. Everything obeyed His command. He created a planet with rocks and soil and water. He gathered together the waters to form seas and oceans.

When He said, "Let there be dry land," mountains, hills, and valleys rose up beside the seas. Above the land and the water, He created the sky and clouds.

The whole earth became God's garden. Seeds were placed in the ground to grow into trees with juicy oranges, bushes with berries for birds to nibble, and grass to cover mountain meadows.

Jehovah created the sun to shine all day so the plants could grow.
He created the moon and stars to shine in the night.
He made the earth revolve in its orbit so there would be days, seasons, and years.

He created every creature that swims and filled the skies with every bird that flies. Whales splashed. Jellyfish wiggled. Ducks paddled. And pelicans flapped.

Jehovah created kangaroos that hold their babies in their pouches while they hop and monkeys that swing from the trees with their tails. Every bug that creeps; every lizard that crawls; every creature that roars, gallops, or snorts—Jehovah made them all. Each one was created to have babies that would be like their parents. At last the earth was ready to be a home for Heavenly Father's children.

Adam and Eve were the first of Heavenly Father's spirit children to come to earth to receive a body. Heavenly Father



Jehovah formed our planet, which has land, oceans, sky, and clouds.



Old Testament, Jehovah is usually referred to as

LORD. After He was born in Bethlehem, He was

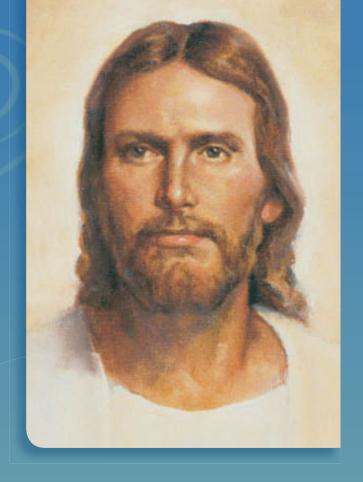
known as Jesus Christ.

FROM LEFT: DETAIL FROM *CHRIST AND THE RICH YOUNG RULER*, BY HEINRICH HOFMANN, COURTESY OF C. HARRISON CONDOY CO.; PHOTOGRAPH OF EARTH © CORBIS; PHOTOGRAPH OF BUGS © GETTY IMAGES; PHOTOGRAPH OF SEEDS BY JOHN LUKE; ILLUSTRATION BY SAM LAWLOR; PHOTO ILLUSTRATION BY CRAIG DIMOND

The Sacrament

By Leslie Neilson





Before I take the sacrament,
I'll bow my head to pray
And ponder all the things Christ did
To help me through each day.
I'll listen to the Spirit's voice;
It fills my heart with peace.
I'll take the water and the bread,
And on God's word I'll feast.
The Savior loved me, oh, so much;
He gave His life for me.
I'll live my life and do His will
For all eternity.

funstuf

The Armor of Righteousness

By Chad E. Phares Church Magazines

The Book of Mormon tells us we should "put on the armor of righteousness" (2 Nephi 1:23). One way we can do this is by following the examples of prophets, missionaries, and Church leaders.

The boy in this picture has something that belongs to each of the prophets from the scriptures listed below. In the circle next to each item, write the letter of the prophet who has the same thing.

A. Captain Moroni

Captain Moroni made this to encourage people to be brave in standing up for their beliefs (see Alma 46:12–13).

B. Ammon

With the power of God, Ammon used this to defeat the Lamanite robbers and save the lives of the king's servants (see Alma 17:37).

C. Nephi

Even though he was hungry, Nephi didn't complain when this broke. He made a new one and was able to hunt for his family (see 1 Nephi 16:18, 23).

D. Joseph

Joseph's father Jacob gave him this. Joseph's brothers were jealous. They stole Joseph's gift and sold him as a slave. Joseph became a leader of the people and forgave his brothers (see Genesis 37:3).

E. Moses

Moses had power from God. He used this to perform miracles (see Numbers 20:9, 11).





School Friends, Church Friends

By Jan Pinborough
Church Magazines

ot very long ago, Georgia B. and Amber W. were iust school friends. They were in the same class in their school in Mount Gambier. South Australia. At recess, they liked pretending to be fairies and playing "playground chasey." After school, they had fun riding bikes, scrapbooking, jumping on the trampoline, and playing in the cubbyhouse with Amber's poodle puppy, Difa.

Then something happened that made their friendship even stronger.



be hurt if Amber's mum said no.
"But I didn't care!"
Georgia says. "I felt that it was really important to invite them, even if they said no."

When Amber's mum answered the phone, Georgia told her about the fireside. Then Amber's mum went to talk to her husband about it. When she came back to the phone, the answer was yes. "I couldn't believe it!" Georgia says. "I was soooo excited."

An Invitation for Amber

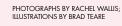
At a birthday party, Georgia had told Amber and her family about the Church. Then she found out that her mum and dad were planning a fireside to teach people about Heavenly Father's plan of happiness. Perfect! Now she could invite Amber and her family.

Georgia gave Amber a flier at school, but Amber forgot to take it home. No problem! Georgia would just call Amber's family at home to invite them. Her mother was a little worried that Georgia's feelings would

A Wonderful Book

At the fireside, Georgia gave Amber and her brother, Lachlan, a book she really loves—the Book of Mormon. Georgia says, "I love Samuel the Lamanite and how he never gave up, and how Alma the Younger was bad but became good after he repented. And I love the story of Nephi and how he was so obedient to get the plates of brass."

Amber and Lachlan immediately liked the book too and wanted to read it. Soon Amber's mum and dad read the Book of Mormon too. They learned more about the Church from the missionaries, and then they were baptized,







Where in the World Is Mount Gambier, **South Australia?**

Mount Gambier is near the southern coast of Australia. The town is built on the side of an extinct volcano. The volcano's caldera filled up with rainwater and formed a lake. Every summer, the water in the lake turns a brilliant blue color.

Georgia's **Favorite**

Playing with her doll, **Emmis** Avocado, chicken, ice cream ("but not in the same bowl," she says) Her dog, Presley

Things

cheese, Pavlova, and

More to Share

Now Amber and Georgia were more than just school friends—they were Primary friends too. Primary makes Amber feel happy. "It teaches me to follow God's commandments and to be more helpful," she says. Georgia loves Primary because her Grandmother Petal is her teacher. Her favorite Primary song is "In the Leafy Treetops."

December 16 was a very special day for Amber. It is the day she was baptized. She felt a little afraid of going under the water. "But I felt protected because my dad and the Holy Ghost were there," she says.

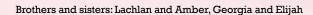
Georgia was there to share Amber's baptism day. Then she eagerly waited for her eighth birthday so she could be baptized too.

Recently Amber and her family moved far away from Mount Gambier to Perth, Western Australia. But Amber says she and Georgia will "definitely keep in contact." "I know we will still be under the same moon," Georgia says.

No matter how far apart they may be, these two girls will always be special friends. •

Amber's **Favorite Things**

Running fast Spaghetti Dogs All sports







20 Friend ILLUSTRATIONS BY THOMAS HERGENROETHER

scores on the state achievement tests. Marcus kept listening, but Mrs. Houston didn't call his name.

Marcus hoped the assembly would be over soon. He was tired of sitting, and his hands were getting sore from clapping. Most of all, he was disappointed. He wished he could be the best at something.

Finally, Mrs. Houston adjusted her glasses and smiled. "Our last awards are for perfect attendance," she said. Marcus slumped in his seat. Last month he had chicken pox, so he wouldn't be getting an attendance award either.

On the way home, Ari leaned over the bus seat and poked Marcus on the arm. "Hey, Josh got three awards, but Trina only got two," he said. "How many did you get?"

Marcus's face felt hot. "None," he said.

Marcus got off the bus and kicked a rock up the driveway to his house. Mom was in the garden pulling weeds. "How was your day?" she asked.

Marcus frowned. "We had an awards assembly, but I didn't get any awards," he said. "I'm not the best at anything."

Mom put down her weed digger. "Well, maybe it seems that way," she said. "But who does your teacher ask when she needs someone trustworthy to take a message to the office?"

"Sometimes she asks me," Marcus admitted.

"And who always reminds us when it's time for family home evening?"



"Do your best with the talents your Father in Heaven has given you. . . . All of us are endowed with abundant talent, beauty, and ability."2

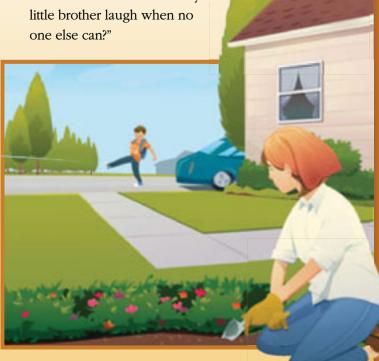
Elder L. Tom Perry of the Quorum of the welve Apostles

"I do," Marcus said.

"Who found a ten-dollar bill at the store and turned it in, even though he was saving money to buy a soccer ball that he really, really wanted?"

"I did," said Marcus.

Mom ruffled Marcus's hair a little. "And who can make your little brother laugh when no one else can?"



Marcus couldn't help smiling when he thought about his brother's goofy laugh. "Me," he said.

"Well," said Mom, "you may not think you're the best at anything, but you're doing your best to be the kind of boy Heavenly Father wants you to be. And I wouldn't be any prouder if you had come home with a whole armful of awards."

Marcus gave Mom a hug. He noticed how hot and tired she looked. "Do you need some help with the weeding, Mom?"

"Thanks, Marcus. You're the best."

Well, it's



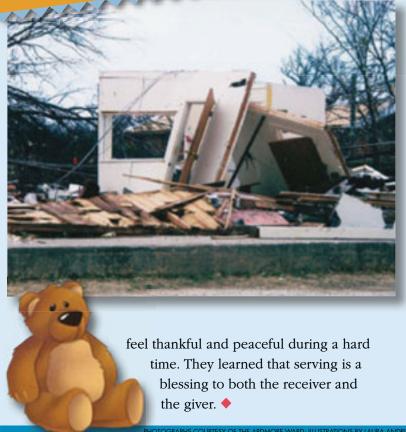
he Primary children of the Ardmore Ward in the Norman Oklahoma Stake love to serve others. Their leaders challenged them to find ways to serve in secret. When they read about the invitation to help someone in need for President Thomas S. Monson's birthday, they were excited to have a service activity. They decided to make hygiene kits and children's kits. But no one

SECRET SERVER

knew how much the kits would soon be needed.

For a few weeks, ward members donated soap, shampoo, toothpaste, crayons, soft toys, and other items for the kits. At their activity, the children packaged 15 hygiene kits and 15 children's kits. In each kit, they included a big paper heart with the scripture, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16).

Then a terrible tornado swept through their community. Many people lost their homes and belongings. The Primary gave the hygiene kits and children's kits to people in their community who needed them right away. Giving service helped the children





LEARNING TO LISTEN



From an interview with Elder José A. Teixeira of the Seventy; by Erica Wolfe



Listen to my words; walk in the meekness of my Spirit, and you shall have peace in me (D&C 19:23).

hen I was nine years old, there was a family reunion at my house in Coimbra, Portugal. My parents were busy entertaining our relatives. Everybody was talking and laughing. While the grown-ups were busy, I decided I wanted to have some fun too.

My house was close to the Mondego River, and I thought it would be fun to go fishing. I didn't want to go alone, so I took my four-year-old sister with me. I had a feeling that I should tell my mom and dad where we were going. But they were busy talking, so I decided to go without telling them.

We walked along the riverbank until we found a nice spot. I gave my sister some small rocks to throw into the water while I enjoyed fishing.

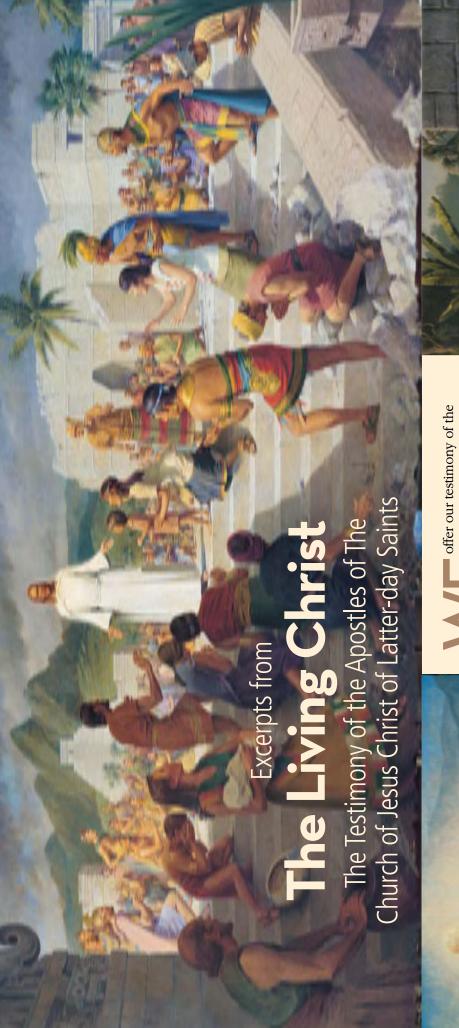
Soon my parents noticed that my sister and I weren't at home. They drove all around town looking for us. Many hours later my father noticed that my fishing equipment was missing. So he and my mom searched the riverbank until they found us.

My parents were relieved to find us, but they were also unhappy

with me. It was very dangerous to play by the river without my parents, especially for my little sister.

From this experience I learned that we always need to talk to our parents—and listen to them. They have our best interests at heart. I also learned that it is important to listen to the Holy Ghost. The Holy Ghost tried to tell me that I shouldn't go fishing without telling my parents. But I didn't listen. Even though we were having fun, my sister and I were in danger. If we listen carefully to our parents and to the Holy Ghost, we will be safe. •

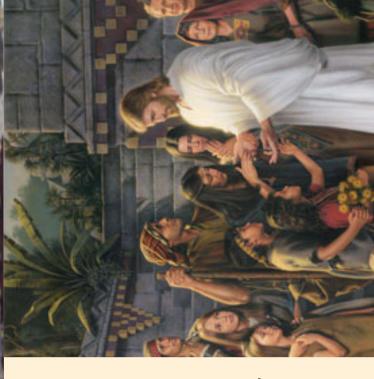


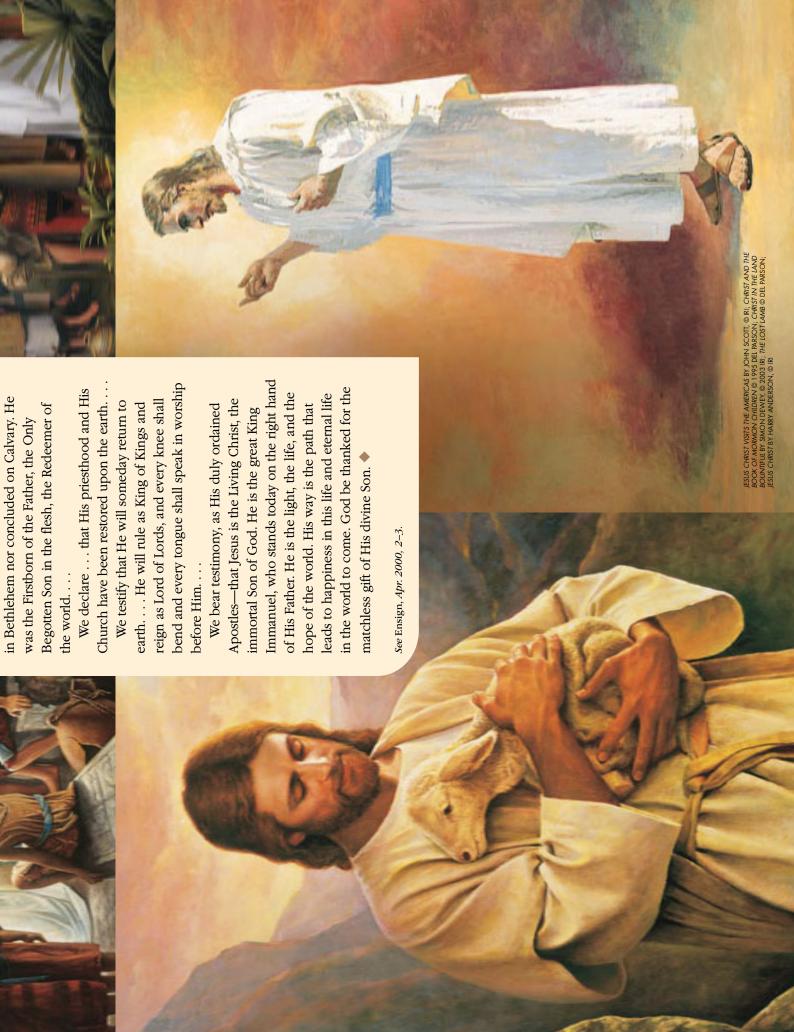


reality of [Jesus Christ's]
matchless life and the infinite virtue of His great atoning sacrifice.
None other has had so profound an influence upon all who have lived and will yet live upon

He was the Great Jehovah of the Old Testament, the Messiah of the New. Under the direction of His Father, He was the creator of the earth. . . . His gospel was a message of peace and goodwill. He entreated all to follow His example. He walked the roads of Palestine, healing the sick, causing the blind to see, and raising the dead. He taught the truths of eternity, the reality of our premortal existence, the purpose of our life on earth. . . .

We solemnly testify that His life, which is central to all human history, neither began





Seeking Service

There are many ways we can serve others every day. We do not have to wait for somebody to ask us for help. We can often find ways to help just by looking around us. Circle the opportunities for service you find in this picture.



26 Friend



"Be ye kind one to another, tenderhearted, forgiving one another."

-Ephesians 4:32





CEASE FROM ANGER

By Anna Culp

The scriptures tell us to "cease from anger" (Psalm 37:8). *Cease* means to stop doing something. When we love and forgive others, we can have "love, joy, peace, . . . gentleness, goodness, [and] faith" (Galatians 5:22–23). Take this quiz to find out how patient and forgiving you are.

Your sister wears your shirt without asking. You—



- a. get even by wearing her sweater without asking.
 - b. yell at her to give your shirt back.
- c. explain why you appreciate it when she asks you before borrowing.
- 2. Your younger brother keeps poking your arm to show you something while you are doing your homework. You
 - a. tell him to go away.
 - b. ask him please not to poke you, and take a few minutes to give him your attention.
 - c. poke his arm back until he leaves.
- 3. You bump into a classmate, and he yells at you. You
 - a. say you are sorry for the accident.
 - b. yell back so no one will think you are scared.
 - c. make a mean face.
- 4. After a hard day at school, you have chores and homework to do. You
 - a. ignore your work and play instead.
 - b. complain to your parents until there's not enough time to finish everything.
 - c. sing a song while you work to stay cheerful.

5. A girl in your class makes fun of you. You—

- a. reply with a rude comment.
- b. find a way to do something nice for her.
- c. think of ways to get back at her.
- 6. Your friend told a lie about you and later asks for forgiveness. You
 - a. forgive your friend.
 - b. ignore your friend for a few weeks, but eventually forget about it.
 - c. tell your friend you will never forgive him or her.

Check your answers below, along with an explanation from the scriptures.

- 1. c: Be "not easily provoked" (1 Corinthians 13:5).
- 2. b: "Let thine heart be softened" (D&C 121:4).
- 3. a: "A soft answer turneth away wrath" (Proverbs 15:1).
- 4. c: "Let us cheerfully do all things" (D&C 123:17).
- 5. b: "Love ye your enemies" (Luke 6:35).
- 6. a: "Even as Christ forgave you, so also do ye" (Colossians 3:13).



ILLUSTRATIONS BY DANI JONES

funstuf



By Marie Waldvogel

THAT

When Joseph Smith was searching for truth, he read James 1:5–6 and learned that he could pray to receive answers to his questions. Find these words from James 1:5:

UYNAUAOLB ALL LACKUDGH AND ΔΝΥ LGMODS ΔSK RALLOIMVL **GIVEN** ARSGG **GIVETH** EMKYDT GOD HIM BOOIOLHN LACK UDNAAAA LET **LIBERALLY** HLMTLKD MEN NOT SHALL



SMALL PLATES OF NEPHI

By Amie Jane Leavitt

A different letter from the alphabet is missing from each number below. Write the missing letter in the space that has the same number to find out:

Who received the small plates of Nephi from Jarom?

- 1. KJIBECDLMNUHAQPVTGRSWXZYF
- 2. BJHEIKLDFGNCRZYOPWTUQXSVA
- 3. LBMIJOKCRWAFHSYPUGEZQVDTX
- 4. APUDFLBZVEKJSHNMQXYWORCTG

1 2 3 4



CTRCRC TTTTTT CRCRCR TTTTTT RCRCTR TRTCTR

CTR SEARCH

By Charlotte Goodman McEwan

Circle the letters every time you find "CTR" in this puzzle. Look up, down, across, backward, and diagonally. Some letters will be used more than once. How many times can you find CTR?

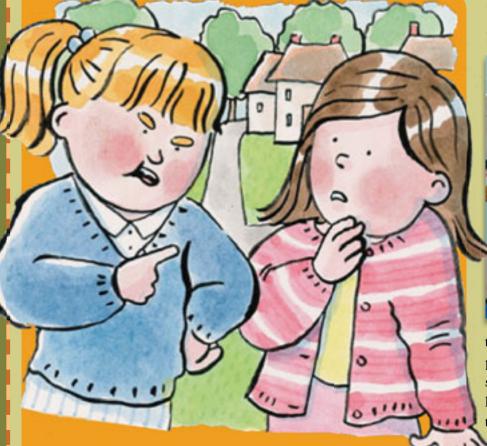


ILLUSTRATIONS BY BRAD TEARE Fe bruary 2010 **29**



Trying to Be Like Jesus

When Jesus Christ was on the earth, He followed the commandments, helped others, and showed love to everyone. Every day, children find ways they can follow the Savior's example.



Cleaning in Cardston



e went to our grandma's house in Cardston, Alberta, to celebrate Family Day. When we go to Cardston we always go for a walk around the temple. This time during our walk, we noticed some litter on the

temple lawn. We ran right over and put the litter in the garbage. We felt so good inside afterward, and were happy that we could help keep the temple looking nice.

> Katelyn and Christopher K., ages 4 and 5, Alberta, Canada

Forgiving a Friend



my friend got angry with me. She yelled and shouted at me. For two weeks I was

angry with her. After the first week, she asked me if I wanted to walk with her. I said no. Then one day I prayed and asked Heavenly Father if He would help me not be angry. The next week my friend asked me if I would walk with her, but I still said no. The next time she asked me, I wasn't angry, and we walked together from then on. Heavenly Father helped me forgive my friend. And that's how I learned that self-control works, just like Elder Gibbons said in the *Friend*.

Tabitha K., age 9, Utah

You can find Elder Larry W. Gibbons' article in the February 2009 Friend.

A Simple Request

hen I started first grade, I met some new friends. One of them kept saying Heavenly



Father's name in vain. I asked her not to say that anymore. She said she would stop.

Grace B., age 6, Pennsylvania

30 Friend ILLUSTRATIONS BY ELISE BLACK

Tell us how you're trying to be like Jesus. Turn to page 48 to find out how to send us a letter.

Standing Up

hen a group of friends and I were out at recess playing basketball, a boy started making fun of



one of my friends who was playing with us. I stood up to the boy and

very nice, and that he needed to be nice to my friend. I felt good inside because I knew that standing up for my

friend was what a good friend would do, and what Jesus would do.

Conner E., age 10, Arizona

Thinking of Others



was at the store picking out a toy to spend my birthday money on. I came across a toy that I knew my friend really

wanted. I felt a warm feeling inside of me. I decided to buy the toy for my friend and get a smaller toy for myself. When I gave the toy to my friend, he was really happy! I'm glad I can think of other people and not just of myself.

Blake L., age 9, Oregon

I Love Church!

auditioned for a play at my school. A few weeks later, I found out I had gotten one of the main parts! I was really excited, and rehearsals were going to be really fun. When I got a letter about when rehearsals were, I found out that loads of them were on the Sabbath day. I was so disappointed, so



straightaway I told the teacher in charge that I could only go to a few rehearsals, so there would be no point in me being in the play. I may have been a bit sad about losing such

a good part, but now I don't care because I love church and nothing would stop me from going!

Megan P., age 10, England



Remembering Jesus



ne day I decided to take my pocket Book of Mormon to preschool. I told my mom, "When we go

places during the day, sometimes I start to forget about Jesus. I know I can remember Him better if I bring my scriptures." During school, my teacher asked about my "little Bible." I told her it was my Book of Mormon. I told her I brought it because my dad said we should always remember Jesus. My mom told me I was being a missionary and being like Jesus as I kept my scriptures close to me all day.

Colden M., age 5, Idaho

Bring ye all the tithes into the storehouse (3 Nephi 24:10).

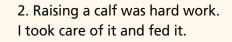
THING The Best Choice



By Elder Sheldon F. Child Served as a member of the Seventy from 1996 to 2008



1. When I was young, a neighbor gave me a newborn calf.





3. The day Dad sold the calf was a day of mixed feelings. I was going to miss the calf, but I looked forward to being rewarded for my hard work.



4. When Dad came home, he dropped 20 silver dollars into my hands. I felt like I had all the money in the world.



7. It was hard for me to give my tithing to the bishop, but it felt good to be obedient to the Lord.



8. My mother told me she was proud of me. She told me I would be blessed for paying tithing and that it was the best investment I could ever make.

From a general conference talk given in April 2008.



5. I counted, polished, and admired each coin.

Helps for Parents

We are blessed when we pay tithing (see 3 Nephi 24:10–12). You can use these activities to help teach about tithing.

- You can tell an experience of your own to teach how we feel when we live the Lord's law of tithing.
- You can use the hidden picture on the next page to help teach how much to pay for tithing.
- You can use the tithing jar craft idea on the next page to encourage children to begin paying tithing now.
- You can use the maze on page 35 to teach where tithing goes.

ILLUSTRATIONS BY DAVID HABBEN Fe bruary 2010 **33**

Make a Tithing Jar

By Paula Weed

You will need a small glass jar, colored rubber bands or yarn, and colored paper.

- 1. Wash and dry the jar.
- 2. Decorate the outside of the jar with the rubber bands. If you don't have rubber bands, you can use yarn.
- 3. Cut two large circles out of the paper.

 Place the circles over the top of the jar, and secure them with a rubber band around the rim. Trim the extra paper.
- 4. Cut a slit in the top of the paper for the money to slide through.





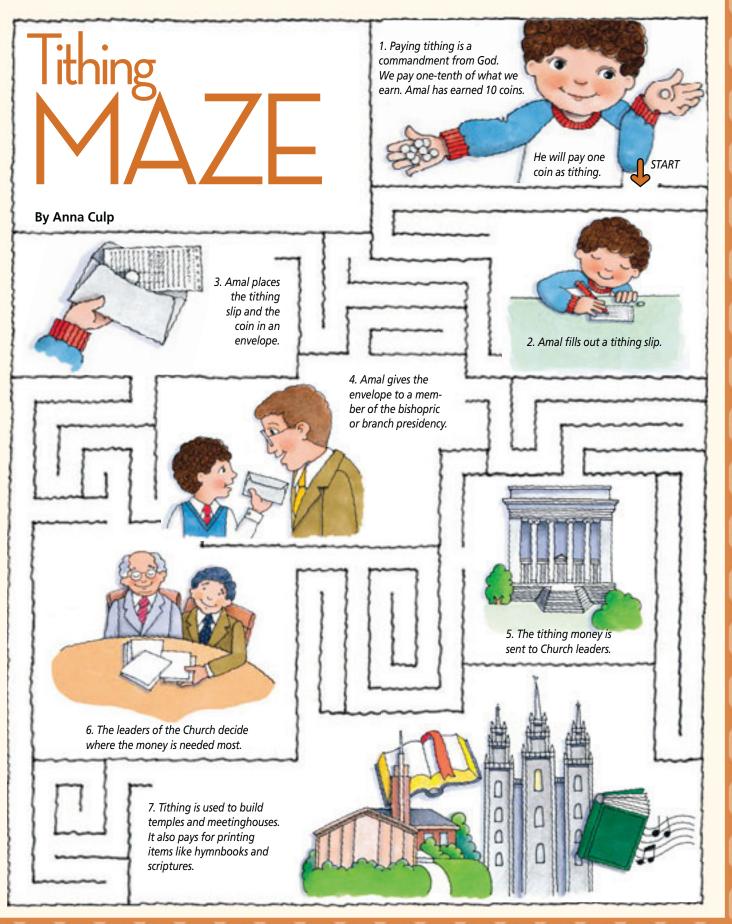


ILLUSTRATION BY JULIE F. YOUNG Fe bruary 2010 **35**

Maria's New Sincess

By Angie Bergstrom Miller

(Based on a true story)

Worship God, in whatsoever place ye may be in, in spirit and in truth (Alma 34:38).

aria twirled in the pretty new Sunday dress that her grandmother had made for her. It was pink with white ribbons. It was the prettiest dress Maria had ever had, and she felt very beautiful in it. She smiled at herself in the mirror and twirled again to make the skirt fan out. Maria was excited to go to church on Sunday to show her friends her new dress.

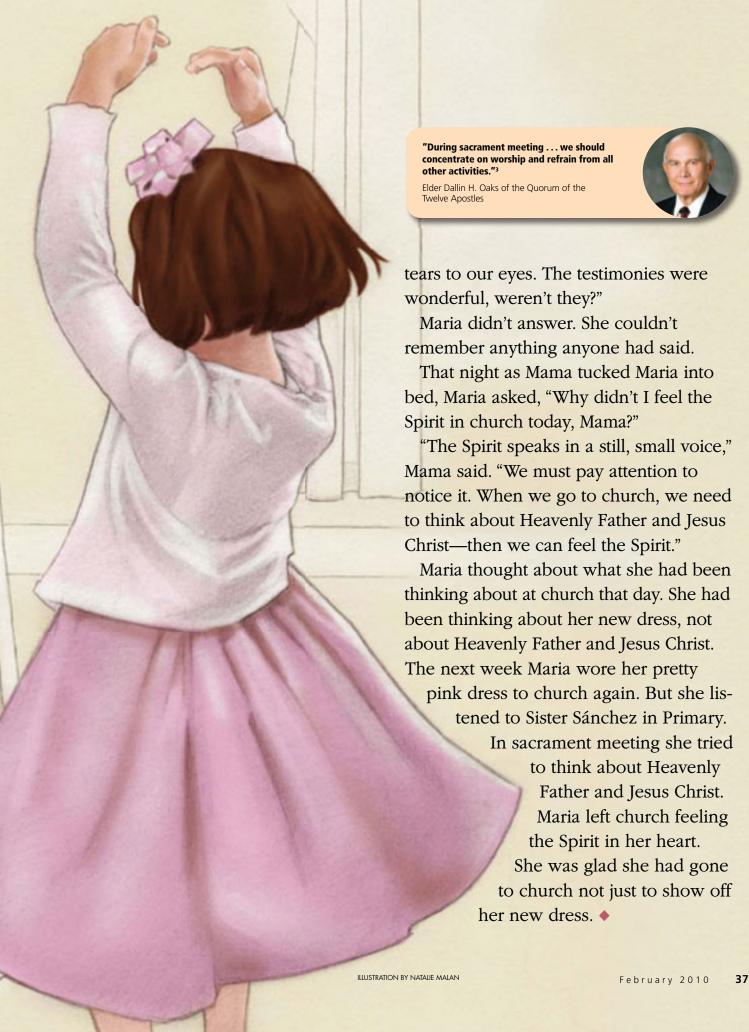
At church Maria liked hearing all her friends say nice things about her dress. In Primary she played with the ribbons on her dress instead of listening to Sister Sánchez's lesson.

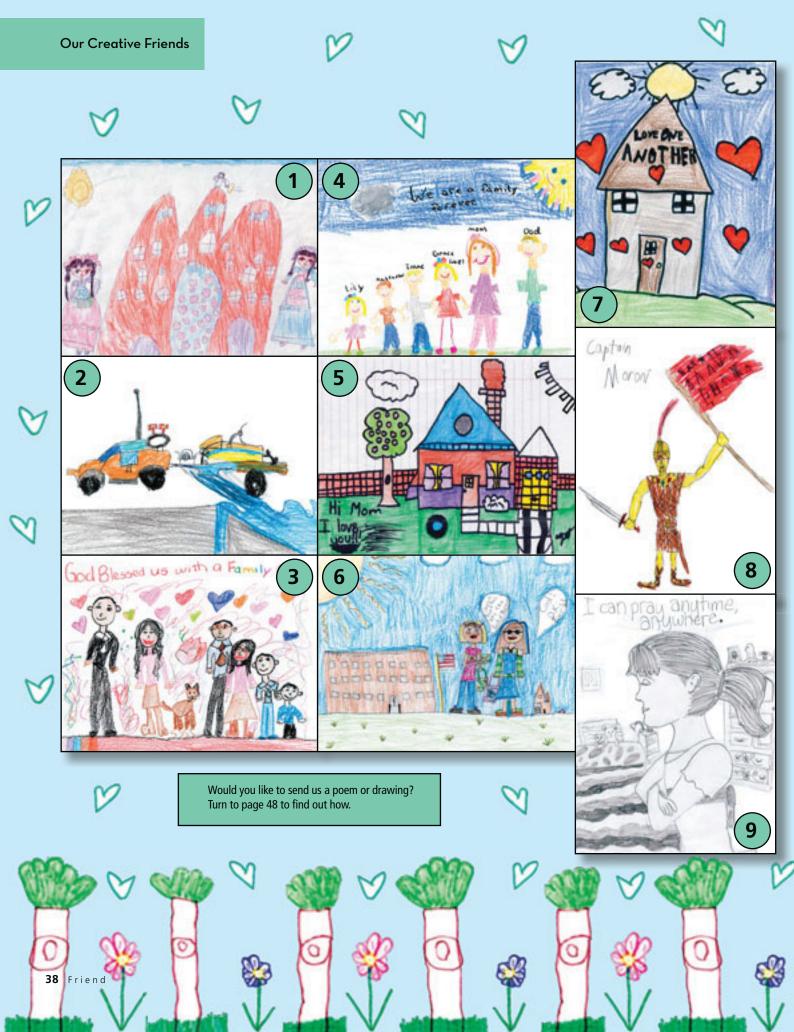
Maria didn't pay attention to the testimonies people gave in sacrament meeting either. She was busy untying and retying each of the bows on her dress over and over again.

When the meeting was over, she noticed that some people had tears in their eyes as they left the chapel.

"Why are those people crying, Mama?" Maria asked.

"They felt the Spirit today," Mama said as she wiped away a tear of her own. "And sometimes that brings







Jesus Is My Savior and Redeemer

By Sandra Tanner and Cristina Franco

avior and Redeemer are names and titles of Jesus Christ. They describe what He has done for all of God's children.

Because of the Fall of Adam and Eve, everyone will experience physical death. When we die, our spirits and our bodies will be separated. When Jesus Christ was resurrected, His body and His spirit were reunited, never to be separated again. Because He did this, all of us will be resurrected.

Jesus also paid the price for our sins so that, if we repent, we can be forgiven and live with Him and Heavenly Father again. This sacrifice is known as the Atonement of Jesus Christ. Because of His

sacrifice, Jesus is our Savior and Redeemer. The Atonement is the greatest expression of Heavenly Father's love for us. It is also the supreme expression of the Savior's love for Heavenly Father and for each of us.

This month's scripture teaches about the Atonement and God's great love for us. May your heart be filled with love and gratitude for God's greatest gift to us: His Son, Jesus Christ.

February 2010 Scripture Journal

Read John 3:16 in the New Testament.

Pray to know this scripture is true. Ask to feel God's love for you.

Memorize this scripture.

Choose one of these activities, or create your own:

• The Primary song "He Sent His Son" (Children's Songbook, 34-35) teaches how Heavenly Father showed His love for us. Learn the song, and try to do

> what it says to show your love and gratitude for the Savior Jesus Christ.

· Cut out and put together the puzzle (at right) that shows what the Atonement does for each of us. Share this with your family.

How does what you have done help you understand this scripture?

Write in your journal or draw a picture about what you have done.





Ktonement

Heavenly
Father
and
Jesus Christ

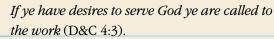
Earth

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16).

The Two Years FIL

By Janice Graham

(Based on a true story)



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hope Matt doesn't forget me," Melody thought as she sat in the backseat of the van on the way home from the airport. Her brother would be gone for two whole years on his mission to Indiana. Matt had looked so grown up in his dark suit, white shirt, and tie. After he had hugged everybody good-bye, he walked away to board the airplane without even looking back. That's how excited he was to start spreading the gospel.

Melody took out her notebook and pen, and wrote,

Matt will be gone two years. There are twelve months in one year.

 $2 \times 12 = 24.$

Matt would be gone for 24 months! That seemed much longer than two years.

Melody drew a picture of Matt in his missionary suit. Even though she was going to miss him, she wanted to help him be a good missionary. She began brainstorming in her notebook.

What I can do for Missionary Matt:

something that will help Matt be a good missionary

just from me

every month

small and sturdy so it's easy to mail

Melody put a necktie on her drawing of Matt. What about ties? A tie was flat and

small. But Matt had several ties already. A tie every month wouldn't be so helpful.

Cookies? Matt loved the chocolate-chip cookies without nuts that she made especially for him. But she didn't think her cookies would make it all the way to Indiana in one piece.

Jelly beans? Socks? Postage stamps? Those were things you ate up, wore out, or used up. Melody giggled.
Some of her ideas were silly, but she was getting closer.

Something flat just for Matt.

"That rhymes!" Melody said.

Something small, though he's tall.

Something sweet, but not a treat.

Suddenly Melody knew. She would write a poem for Matt every month. Turning to a clean piece of paper, she began her first poem. My brother is gone to Indiana,

Matthew is his name. He's gone to serve the Lord

And others just the same.

When Melody got home, she copied the poem neatly onto a sheet of stationery. At the top she wrote,

Matt, this is your first
Missionary Poem of the
Month!

Each month Melody wrote a new poem. She wrote about the light of the gospel and fasting and the temple being built nearby. She wrote about making her chores fun to do, about the Book of

Mormon, and about the seasons passing.

Sometimes when Melody sat down to write the next Poem of the Month, her mind was blank as the paper in front of her. But Melody thought and thought until an idea popped into her head. She decorated her poems with drawings, rubber stamps, and bright paper cutouts.

Matt wrote letters home almost every week. Sometimes he thanked Melody for her poems, but sometimes he didn't mention them.

"He's busy finding and teaching people the gospel, Melody," her mother said.

Melody kept writing her poems. Four. Eight. Twelve. And then she lost count. She wrote about Christmas and New Year's, and about trying her best in school. She wrote a funny poem called "Elder Ants" about how busy ants are like missionaries all over the world spreading the gospel.



"There are others whose lives are blessed when a missionary serves, such as the members of his family who . . . support him, pray for him, and try to live worthy of him."

President Gordon B. Hinckley (1910-2008)



When Melody turned 12, she wrote a poem about doing baptisms for the dead in the new temple.

At last it was time for Matt to come home. Melody began her last poem like this:

It's now been 24 long, hard months For our family and for you. But it's been a great two years, The big two years that flew!

It seemed there was hardly time to get it in the mail before Matt was home. At the airport, Matt gave Melody a big hug. He looked taller than she remembered and spoke with a quieter voice, but he was still the same smiling brother.

At home Melody watched Matt unpack. There were worn-out white shirts, socks with holes in them, and a tangle of ties. There were journals Matt had filled with stories and testimonies. There were family letters and photos of people he taught.

"Now, where are those . . . ?" Matt rummaged in his suitcase. "Ah, here they are."

"What is it?" Melody asked.

"Guess. Here's a clue. They came every month. I loved them a bunch!"

"Is that supposed to rhyme?" Melody asked, laughing. "You need some help!"

"Well, I'm not as good at poetry as you are!" Matt said.

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"You mean you saved my Poems of the Month?" Melody asked.

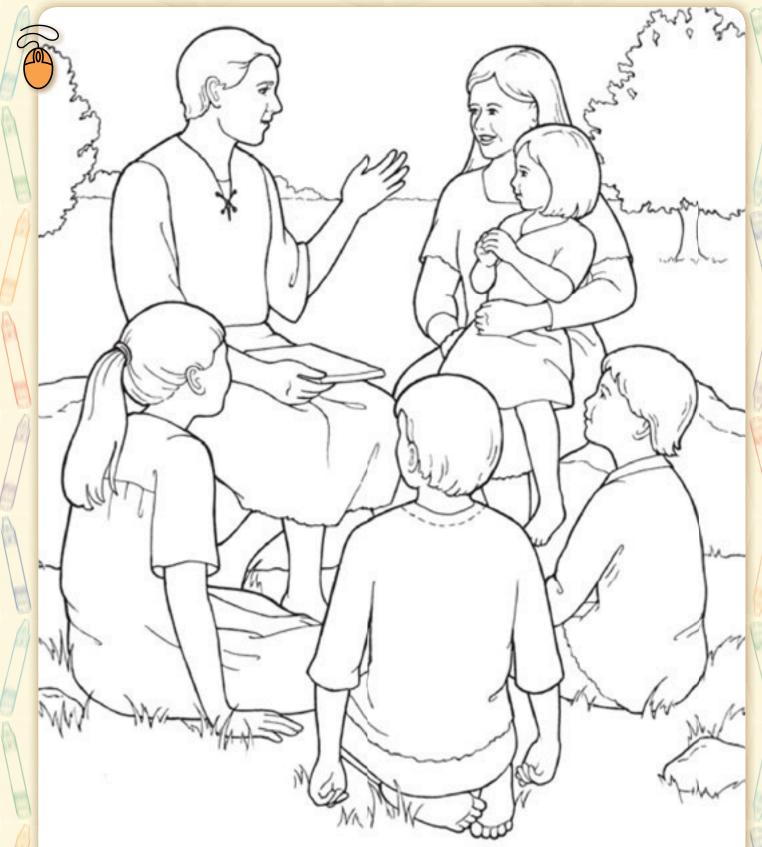
Matt handed her a large, puffy envelope. "Your poems really helped me whenever I got discouraged," he said. "You shared your testimony in those poems and made me laugh when I was sad. Melody, as long as your poems kept coming, I knew everything was fine at home."

"And I knew you were one month closer to coming home!" Melody said.

They dumped the poems out on the bed and read every one. Twenty-four poems that helped the two years fly by. •







Adam and Eve Teach Their Children

Adam and Eve blessed the name of God, and they made all things known unto their sons and their daughters (Moses 5:12).

46 Friend

ILLUSTRATION BY BETH WHITTAKER

Friends in the News







Jed, Milly, and **Leanna E.,** 8, 6, and 4, England, are creative. Jed likes to study the scriptures and write in his journal. He also likes to play football, make crafts, and collect foreign coins. Milly likes to make treats for family home evening. She makes "I Love You" cards for her family and friends. Leanna likes to visit the temple grounds. She also likes to sing Primary songs, dance, and dress up like a fairy.



Taylor W., 11, Washington, enjoys soccer, reading, and spending time with his family. He hopes to serve a mission someday.



Tori S., 9, Utah, likes to play the piano, dance, read, and bake banana bread for her neighbors. She loves the Book of Mormon and Primary songs. She is an excellent friend.



James H., 7, Nevada, likes to tell his family that he loves them. He enjoys reading, playing with his friends, playing baseball, and learning at school. His favorite Primary song is "Book of Mormon Stories." He is excited to be baptized when he is eight.

Would you like to be a friend in the news? Turn to page 48 to find out how.

Katy Texas Stake

The Primary children of the Katy Texas Stake had an activity about following the prophet. They sang, learned about President Monson, and played games. They ran an obstacle course and learned about how we should choose to live the principles the prophet teaches. They signed a banner that said, "We will follow the prophet."







Possible Ideas for Family Home Evening

1. Read "A Banner of Faithfulness" (pages 2–3), and discuss the value of sacrifice. What motivated John to walk so far to work on the temple every day, even after he had been injured? How did this show faith?

2. Before family home evening, bake a cake, a pan of brownies, or another treat that must be divided to be eaten. Invite a family member to eat the treat, but explain that it must be eaten in one bite. When it is clear this cannot be done, read "Will Heavenly Father always answer my prayers?" (page 11). Why does the Lord sometimes answer our prayers piece by piece? Why is it sometimes

better to receive things in portions?

3. Read "Heavenly Father and Jehovah Created the World" (pages 14-15). Read slowly, and invite the children to stand and imitate the animals that are described. After reading, pass out paper and encourage family members to draw one of God's creations.

4. Read "Maria's New Dress" (pages 36–37). Talk about why paying attention in Church is sometimes difficult. How can we better focus on Christ? Discuss how going to church properly rested and pondering spiritual things can help us contribute to our Sunday meetings.



Topical Index to this Issue of the Friend

(FLF) = For Little Friends (f) = Funstuf (IFC) = inside front cover (v) = verse

Bad Language 30 Baptism 18 Book of Mormon 6, 17 (f), 18, 29 (f), 30 **Book Reviews IFC** Child of God 45

Choose the Right IFC, 28, 29 (f), 30

Church History 2 Creation 14 Death 8

Anger 28, 30

Faith 2 Family 20, 23, 42 Forgiveness 28, 30

Friendship 4, 12, 18, 30 Heavenly Father 8, 11, 12, 14, 36, 40

Holy Ghost 8, 23, 36 Jesus Christ 6, 12, 14, 16 (v), 24, 30,

36, 40, 49

Journals 12, 40 Love and Kindness 4, 12, 20, 27, 28, 30,

Missionary Work IFC, 18, 30, 42 My Gospel Standards IFC, 2, 4, 17 (f), 18, 24, 26 (f), 27, 28, 30, 40, 49

Old Testament 14, 17 (f)

Prayer 8, 11, 30 Primary 18, 22, 40

Prophets IFC, 2, 6, 24, 44

Quorum of the Seventy 23

Quorum of the Twelve Apostles 11, 24, 36

Relief Society 10 Reverence 36

Sabbath Day 30 Sacrament 16 (v)

Scriptures 6, 12, 14, 17 (f), 27, 28,

29 (f), 40, 46 Service 2, 12, 22, 26 (f), 30

Talents 20

Temples 2. 30 Testimony 24, 36

Tithing 32–35 (FLF)

Sidebar References

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