

## Our Family Friend



The *Friend* brings my family closer together and helps me feel the Spirit. My family loves the *Friend*.

Dallin C., age 11, Texas, USA

## **Keeping My Goals**



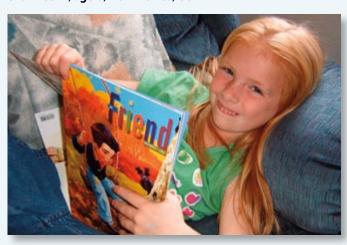
ne of my favorite stories in the January 2012 issue was "Trust and the Truth." One of my goals is to be honest. This article taught me how to tell the truth, even when telling the truth can be hard.

Madeline M., age 10, Colorado, USA

## How I Read the Friend

've just been learning to read, and I love the *Friend*. My mom and I often read it together and use the stories in our family home evenings.

Shawnee B., age 6, New Mexico, USA



# **Prayer Works**



like the story "Stones, Arrows, and Snowballs" in the January 2012 *Friend*. I know that prayer works.

Ammon P., age 9, North Carolina, USA



In our new series "On the Trail," we're inviting you to join us on a yearlong adventure. Each month we'll follow the footsteps of prophets and pioneers as we discover how the Church was restored to the earth. Our first stop is Palmyra, New York, where the Prophet Joseph Smith lived as a boy. Look for that story on pages 4–5 and for the "On the Trail" map on pages 24–25.

Happy adventures!

The Friend

P.S. New adventures are also in store for Matt and Mandy this year!

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.

ILLUSTRATION BY KEVIN KEELE

#### Volume 43 Number 1 January 2013

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Cover by Steve Kropp



Learn to play the Primary song "I Am a Child of God" on page 7.



Lots of things are hidden in Evelyn's room.



President Monson grew up during the Great
Depression, when money was scarce. When he was
12 years old, he worked hard and saved five dollars in
coins. Tommy traded the coins with his father for a fivedollar bill. He tucked his precious five-dollar bill in the
pocket of his jeans for safekeeping. He had never had that
much money before.

Tommy's family did not own a washing machine, so they sent their dirty clothes to the laundry each week. A few days later, the clean, wet clothes were delivered back to Tommy's family, and they hung them on the clothesline to dry.

When it was time for his jeans to go to the laundry, Tommy forgot to take the five-dollar bill out of his pocket, and his money went to the laundry too! Tommy was sick with worry because he knew that the people who worked at the laundry usually checked pockets for change. Even if they didn't find and take his money, he knew it would probably be lost in the washing machine.

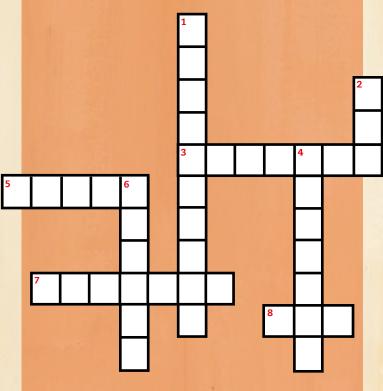
Tommy needed that money, and he had worked very hard for it. He knew there was only one thing to do. He knelt and pleaded that Heavenly Father would keep his five-dollar bill safe until his jeans came back.

After two long days, Tommy watched the delivery truck pull up to the curb. As his mother unloaded the clothes, Tommy grabbed his jeans and ran to his room. With his heart pounding and his hands trembling, he reached into the pocket. At first he found nothing, but then his fingers touched a wet five-dollar bill. Filled with relief, he offered a prayer of gratitude. He knew Heavenly Father had heard and answered his prayer.

"Since that time," said President Monson, "not a day has gone by that I have not communicated with my Father in Heaven through prayer" ("Stand in Holy Places," *Ensign*, Nov. 2011, 84). President Monson wants everyone to know that as we pray daily, we will be entitled to Heavenly Father's guidance—even in things as small as a five-dollar bill forgotten in a pair of jeans.







### **REASONS TO PRAY**

President Monson prayed for help to get his fivedollar bill back. Then he prayed to say thank you after it was returned. Put a check by each of the reasons that you pray:

| To feel close to Heavenly Father                       |
|--|
| To thank Him for what He gives me                      |
| To ask for His help                                    |
| To ask forgiveness for doing something wrong           |
| To ask for His help in forgiving someone else          |
| To tell Him how I feel                                 |
| To let Him know I love Him and to feel His love for me |
| To ask Him what I should do about something            |
| To ask Him to comfort me                               |

### PRAYER PUZZLE

The prophet Alma taught his son Helaman about prayer. Look up Alma 37:36-37 to find out how and when Alma said we should pray. Then use words from those verses to do the crossword puzzle and fill in the blanks. See the answers on page 48.

| Yea, and unto Go                          | od for all th                        | y                        |  |
|---|--------------------------------------|--------------------------|--|
| Let all thy be directed unto the Lord.    |                                      |                          |  |
| Let the                                   | of thy heart be placed upon the Lord |                          |  |
| forever.                                  |                                      |                          |  |
| with th                                   | e Lord in _                          | thy doings, and he will  |  |
| direct thee for good.                     |                                      |                          |  |
| When thou liest down a                    | t                                    | lie down unto the Lord,  |  |
| that he may watch over you in your sleep. |                                      |                          |  |
| When thou risest in the                   |                                      | let thy heart be full of |  |
| unto God.                                 |                                      |                          |  |
| A   |                                      |                          |  |

#### Across

- 3. To receive guidance and advice
- 5. The time between sunset and sunrise
- 7. The first part of the day
- 8. To ask urgently for something

- 1. Feelings of love and devotion
- 2. The entire number
- 4. Help
- 6. Gratitude

### WORDS FROM PRESIDENT MONSON

"Prayer continues to provide power—spiritual power. Prayer continues to provide peace—spiritual peace."

From "Come unto Him in Prayer and Faith," Ensign, Mar. 2009, 7.

Come explore an important place in Church history!

# HOUSES WHERE JOSEPH SMITH LIVED By Jan Pinborough Church Magazines

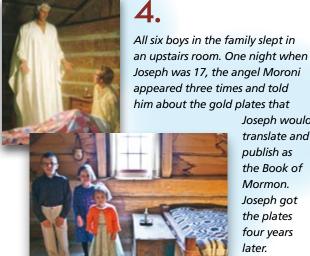
Palmyra, New York, is where the Restoration of the Church began 193 years ago. Luke, Rachel, and Julia S. visited this special place to learn more about where the Prophet Joseph Smith lived and how he helped restore the Church to the earth.



One early spring day in 1820, Joseph walked to a grove of trees near his log home and prayed about which church he should join. Heavenly Father and Jesus Christ appeared and told him not to join any of the churches. Jesus said Joseph would help bring the Lord's

Church back to earth.

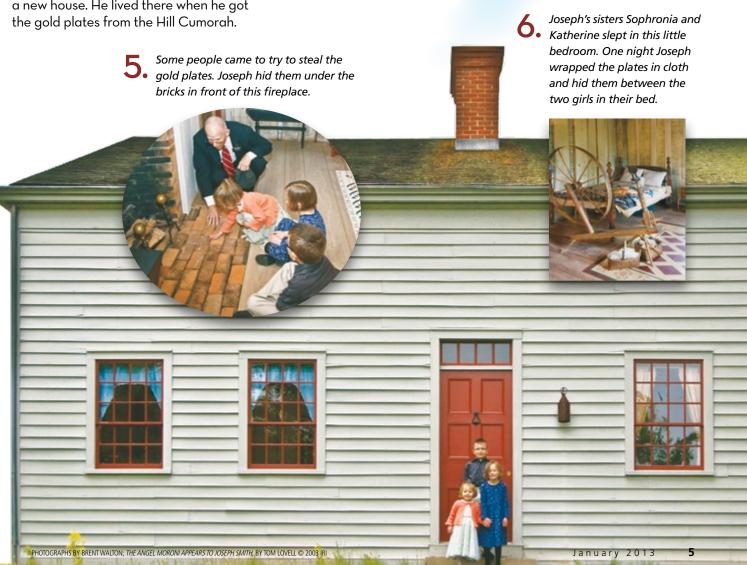




Joseph would translate and publish as the Book of Mormon. Joseph got the plates four years later.

### THE FRAME HOME

When Joseph was 19, his family moved to a new house. He lived there when he got the gold plates from the Hill Cumorah.



# Jesus Christ and the First Vision

The First Vision—when Joseph Smith saw Heavenly Father and Jesus Christ—was the beginning of the Restoration—the return of Jesus Christ's Church to the earth.

Joseph Smith learned from the First Vision that Heavenly Father and Jesus Christ are two separate beings.

It is one of three times recorded in the scriptures that Heavenly Father introduced His Son, Jesus Christ (see Joseph Smith—History 1:17). The other times were when the Savior visited the Nephites and when He was baptized (see 3 Nephi 11:7; Matthew 3:17).



# I Am a Child of God



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# Enough

### By Megan Armknecht

(Based on a true story)

The Spirit itself beareth witness with our spirit, that we are the children of God (Romans 8:16).

eth, come on! Mom's ready to go!" Beth's older sister, Rachel, said. She stood outside of their room, tapping her foot.

Beth tied a ribbon in her hair, just like the one Rachel wore. "Just a second," she said. "*Now* I'm ready!"

The girls ran to the car, and Mom drove them to the church. Today was activity day, and all of the age groups were meeting together. Beth was excited to be with her big sister, but she was nervous too. What if she couldn't do things as well as the older girls?

There were three activities for the day. First the girls learned about cleanliness and made bubble-bath jars.

"I've done this before," Rachel whispered to Beth. "It's easy." But it wasn't easy for Beth. She kept spilling the bath salts on her shoes, and her jar was messier than Rachel's.

Next they decorated journals. Beth drew red tulips on her journal cover. She smiled at her picture, but when she saw Rachel's beautiful drawing of a fairy-tale castle, Beth covered her own artwork. Why couldn't she be as talented as her sister? For a moment, she wished that she could *be* her sister.

After the girls finished their drawings, they had a devotional with Sister Foster. When Beth sat down, Rachel said, "Beth, your hair ribbon is loose. Do you want me to fix it for you?"

"OK," Beth said, but that made her feel even worse. Rachel was perfect in *everything*. Beth couldn't concentrate on the devotional because she was worrying about how she looked compared to Rachel.

After the devotional, Beth watched Rachel go up to Sister Foster.



# as You Aire

Beth was excited but nervous to be with her sister. What if she couldn't do things as well as the older girls?

"Thank you for your talk," Rachel said. "I really liked what you said about how Heavenly Father loves us for just being who we are."

Beth blinked. Was that what Sister Foster had said? She hadn't been listening.

"You're welcome," Sister Foster said. "I think we all go through times when we feel we aren't good enough, but Heavenly Father always loves us, even when we have room to grow."

Beth thought about how her parents loved her and Rachel equally, even though she and Rachel looked different and had different talents. If her parents loved her that much, Heavenly Father must love her even more. He loved every girl in the room!

Beth remembered feeling Heavenly Father's love after she was baptized. It had been like a warm blanket over her heart. She felt that way again as the Holy Ghost whispered to her that Heavenly Father loved her for who she was—His daughter. Beth decided that she didn't want to compare herself with others anymore. She just wanted to keep feeling Heavenly Father's love and sharing that love with other people instead of worrying so much about herself. It was a good feeling. Beth walked over to Rachel and threw her arms around her.

"Thanks for being my sister, Rachel," she said. "I love you."

Rachel was surprised, but she smiled. "I love you too, sis. Thanks for being who you are."



"I testify that no one of us is less treasured or cherished of God than another. I testify that He loves each of us." 1

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles



# "In some ways, OUR THESTIMONY is like a SNOWBALL that grows larger with every turn."

President Dieter F. Uchtdorf,
 Second Counselor in the
 First Presidency



# I Hope They Call Me on a Mission

2 10

Be better prepared for tomorrow by learning these skills today.

SETTING GOALS

While many people set goals at the beginning of a new year, you can set goals any time. Here's how.

1. Decide. Prayerfully think about what you could do to change your life in good ways. Keep your goals simple. You can check your *Faith in God* booklet for some goal ideas.

RULER BY MARK ROBISON; ILLUSTRATIONS BY CELESTE SMITH; PRESIDENT MONSON BY DAN BURR

2. Write. Once you decide on a goal, write down how you are going to accomplish it. Put your written goal in a place where you will see it often.

3. Track. Keep track of the progress you make toward reaching your goal. You might create a chart or

mark a calendar. If you set a goal as a family, you could set aside time in family home evening to report on the progress you make each week.

4. Stick with it. Don't give up, even if achieving your goal is harder than you expected. And remember to keep praying for Heavenly Father's help and thank Him for helping you.

"Young men, I admonish you to prepare for service as a missionary. Keep yourselves clean and pure and worthy to represent the Lord. Maintain your health and strength. Study the scriptures. . . . To you young sisters: while you do not have the same priesthood responsibility as do the young men to serve as full-time missionaries, you also make a valuable contribution as missionaries, and we welcome your service." <sup>2</sup>

—President Thomas S. Monson

Hello friends,

My companion and I set goals every
day. They help us work hard and
improve as missionaries. Page
146 of Preach My Gospel says:
"Through goals and plans, our
hopes are transformed into
action. Goal setting and planning
are acts of faith." I believe in you.

Sincerely,
Elder Achiever

Keep my body healthy.

I will do this by
exercising for at
least 30 minutes
each weekday.

Monday

Tuesday

Wednesday

Thursday

Frid.

January 2013

# Bulletin Board

# alona to a new year

If you were to ask Emerald Skye from Oahu (see pages 18-19), she would tell you that in Hawaiian "aloha" means hello or welcome. You can say "aloha" to a new year by making a colorful lei.

## Materials:

Construction paper in different colors Plastic drinking straws

Yarn

Scissors

Pencil

Hole punch

If you want to give your lei to someone special, place it on their neck, give them a kiss on the cheek, and say, "Aloha!"

## **Directions:**

- 1. Draw the outline of a flower onto different colors of construction paper.
- 2. Cut out the flowers and punch a hole in the center of each flower.
- 3. Cut the straws into 1/2-inch (1.5 cm) pieces.
- 4. Cut a piece of yarn that is 30 inches (76 cm) long.
- 5. Slide three different colors of flowers onto the yarn; then slide on a straw. Repeat until about 2 inches (5 cm) of yarn are left on both sides. Tie the ends of the yarn together into a knot.

What are some blessings that remind me of Heavenly Father's love?

# Following Jesus

# Be Giving

Jesus Christ said, "Give to every man that asketh of thee" (Luke 6:30).

Jesus gave sight to the blind and health to the sick. He gave us Heavenly Father's teachings. He gave His life when He was crucified. And He gave us the Atonement, so we can be forgiven and return to live with Heavenly Father after we die. Jesus's entire life was one of giving.

# This Month's Challenges:

Challenge 1: Give one sincere compliment to each member

Challenge 2: Help a family member by doing a chore for them. Challenge 3: Give your time to someone who needs a friend.



Most of the Laie Hawaii Temple was built with concrete made from crushed lava rock. But the builders also needed wood, which was hard to get in Hawaii because of World War I. One day one of the builders prayed and told Heavenly Father that they needed more lumber, or wood, to continue construction. After his prayer, a ship got stuck in a reef on its way to Honolulu. The owner said the local Saints could have his cargo if they would take it off of the ship. Guess

what the ship was carrying? Lumber! (From Gerry Avant, "Building a Temple in Laie, Hawaii," Church News, Nov. 18, 2010.)

## **Pineapple Delight**

Your friends and family will want to say "mahalo," or thank you, after you give them this Hawaiian dessert.

- In a large bowl, mix one can of fruit cocktail and 2 cups (475 ml) of fresh, chunked pineapple together.
- · Divide the mixture into smaller individual serving bowls.
- Top each serving with a scoop of watermelon sorbet and a scoop of coconut sorbet.

"Wherever you find yourselves on this journey through life, whatever trials you may face, there is always a point of safe return; there is always hope. You are the captain of your life, and God has prepared a plan to bring you safely back to Him, to your divine destination."\*

-President Dieter F. Uchtdorf



**By Kimberly Reid** (Based on a true story)

Busy as a man can be, he's our bishop. He finds time to talk to me (Children's Songbook, 135).

Then Jack tripped over his feet, he didn't worry. When he dropped his pencil, he didn't worry. But when he fell off his bunk bed, he worried. That hurt! Why was he being so clumsy?

Mom took Jack to the doctor.

"Walk down the hall while I watch," said the doctor. Jack thought it would be easy, but he fell down. A few days later, he couldn't use his arms very well either. The doctor discovered that Jack had a virus that made his arms and legs stop working. He would need to stay at the hospital for a while. Jack was nervous about staying overnight—especially since visitors weren't allowed to stay.

"Would you like a blessing?" asked Dad.

Jack nodded. Dad laid his hands on Jack's head and blessed him to get better. Jack felt peaceful during the blessing, but he still didn't want to stay in the hospital. He wanted to sleep in the bedroom that he shared with his brother.

"Sorry, honey. The hospital says we can't stay," Mom said. "But we'll be back tomorrow morning."

Jack couldn't get out of bed by himself. He couldn't get a drink. He couldn't go to the bathroom. There was no one here he knew. Jack felt scared.

After a few days, Jack got to know the nurses and doctors, so he wasn't as afraid. But he was bored.

A few weeks later, Jack's arms got stronger. He could push himself around in a wheelchair, so he wasn't as bored. But he was lonely. His parents came to visit every day, and sometimes his brothers and sister pushed him around in his wheelchair too. But Jack's family couldn't always be with him. They lived a long way from the hospital. His dad had to work. His brothers and sister went to school. Jack wished he didn't feel so alone.

One day a nurse smiled and said, "You have a visitor." In walked Jack's bishop! "Hello, Jack! How are you doing today?"

Jack grinned. He felt happy that the bishop knew his name.

"I brought you a present," the bishop said.

He gave Jack a toy and some candy.

not



After six weeks, Jack pushed his wheelchair down the long hallway to the hospital's front doors. He got in the car and rode home.

After a few more weeks, Jack climbed the ladder to the bunk bed all by himself. He did not slip. He fell asleep to the sound of his brother breathing

quietly below.

A few weeks later, Jack made a card with the bishop's name on it. He did not drop the pencil. He poured some candy inside the envelope and sealed it.

Jack was grateful for priesthood blessings. He was thankful for legs that could walk, arms that could climb, and hands that could write. And he was grateful for a bishop who let him know he was not alone. •

"Thank you," Jack said. At first he didn't know what else to say. But soon he was telling the bishop about how he had tried to do tricks in his wheelchair. He had tipped over and couldn't get up until a nurse came to help him. Jack didn't try tricks in his wheelchair anymore! He also told the bishop about the books he'd read, his favorite hospital foods, and the schoolwork he'd done. Jack was grateful for someone to talk to.

When the bishop stood to leave, he said, "We miss you at church. Get well soon."

The ward members had noticed Jack was gone, and they cared about him. Knowing that made Jack smile even after the bishop had left.



"Our lives of service and sacrifice are the most appropriate expressions of our commitment to serve the Master and our fellowmen."

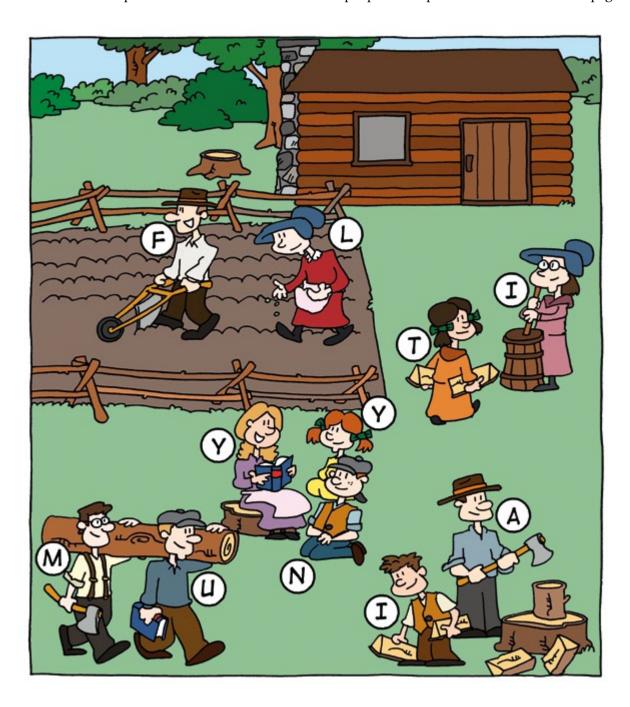
Elder Dallin H. Oaks of the Quorum of the Twelve Apostles



ILLUSTRATIONS BY MARK ROBISON January 2013 **15** 

# Working Together in Palmyra By Arie Van De Graaff

Each person in this picture has one thing in common with one other person. (Hint: It could be the same kind of hat, apron, or hairstyle.) Start with the person next to the letter "F." Write "F" in the first blank below. Then find the person who is wearing the same hat as person "F." Write the letter for that person in the next blank. Continue on until you have filled in all the blanks to spell out two words that tell about the people in the picture. Find the answer on page 48.



h

# Conference



What happened at the October 2012 general conference?

### **OUR PROPHET SPEAKS**



"Our Heavenly Father is aware of our needs and will help us as we call upon Him for assistance. I believe that no concern of ours is too small or insignificant."

—President Thomas S. Monson

# CONFERENCE BY THE NUMBERS

Young men can now serve a mission when they are **18** years old, and young women can now serve at age **19**.

**2** new temples were announced: one in Tucson, Arizona, and the other in Arequipa, Peru.

There are **139** operating temples worldwide! **29** others are planned or under construction.



# CONFERENCE STORIES ABOUT CHILDREN

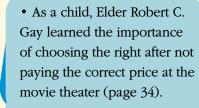
You can find these inspiring stories about children in the November 2012 issue of the *Ensign:* 

• Elder Craig C. Christensen's son learns how to listen to and feel the Holy Ghost while attending a temple open house (page 12).

• Sister Linda K. Burton talks about how a Primary child asks a boy who bullies him at school to be his partner (pages 78–79).

### PRESIDENT MONSON CHEERS US ON!

- Let us be of good cheer as we go about our lives.
- The Lord loves us and is mindful of us.
- He is always on our side as we do what is right.
- He will help us in time of need.



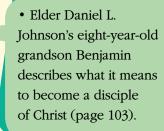




ILLUSTRATION BY KATIE MCDEE

January 2013 17

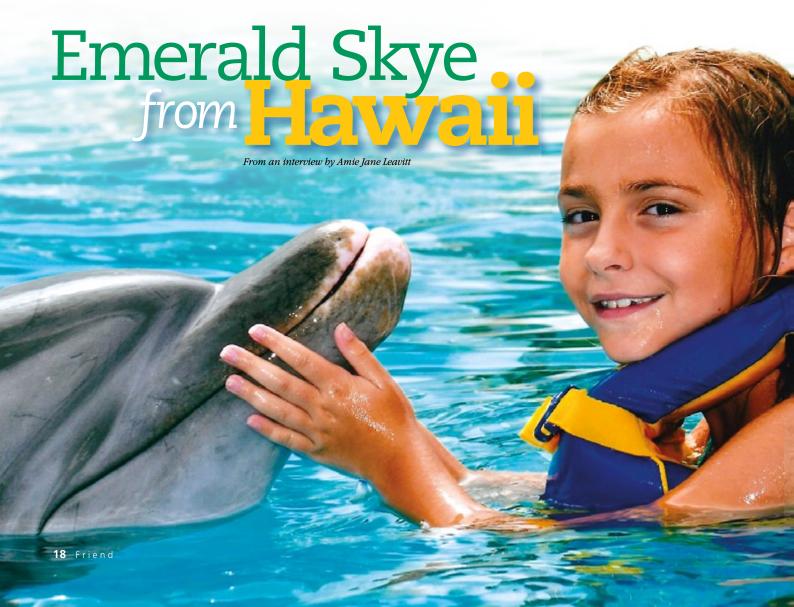
### FRIENDS AROUND THE WORLD

My friends Hoku, Minami, Sophia, Eden, Jane and I wanted to help kids in other parts of the world, so we collected lots of pennies and sent them to an organization that builds schools. I felt happy because helping others is something Heavenly Father wants us to do. And I learned that even something as small as a penny can help others.

Aloha, friends!



Have you ever seen a penny lying on the ground and passed it by? Maybe it didn't seem like it was worth enough to make a difference. Maybe you have felt that way sometimes too—like you are too small to make a difference. This is Emerald Skye F., and she wants to tell you that everyone is valuable. Everyone can make a difference!



My name is perfect for me. First of all, my birthstone is an emerald. I also have ancestors from Ireland, which is known as the "Emerald Isle." One of my favorite movies is The Wizard of Oz, which has an "Emerald City." Finally, I live on an island that is as green as an emerald.



My favorite building on the island of Oahu, where I live, is the Laie Hawaii Temple. I got to visit the temple open house before it was rededicated. I felt happy because I'd never been inside the temple before.

When I grow up, I want to be a graphic designer, a modest-clothing fashion designer, or maybe an ice-cream taster. I want to do more service projects too—maybe helping endangered pandas or earning money for cancer research. For now, I will keep doing what I love: swimming, riding my bike, and spending time with family and friends.





- The eight islands of Hawaii were created by undersea volcanoes. The Big Island of Hawaii has volcanoes that are still active today!
- The Church has been in Hawaii for a long time. The Book of Mormon was published in Hawaiian in 1855, and the Oahu Stake was the first stake created outside of North
  - To make a Hawaiian lei, see Bulletin Board on pages 12–13.

# Helping

By Betty Jan Murphy

(Based on a true story)

Love one another as Jesus loves you. Try to show kindness in all that you do (Children's Songbook, 78–79).

ance loved a lot of things about being five years old. He loved being old enough to help with the lambs on the farm. He loved giving his first talk in Primary. And he loved looking out for his three-year-old brother, Gabe.

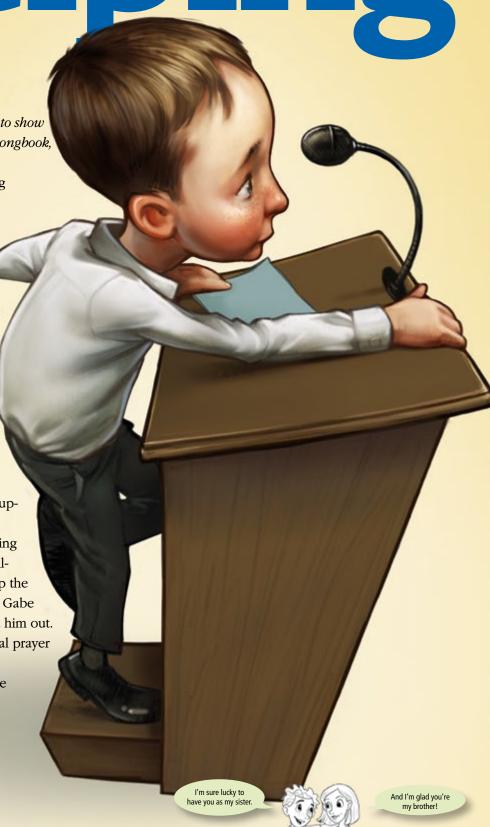
Gabe wanted to be big like Lance. When Grandma asked Lance to pick beans in the garden, Gabe got a basket and went along. When Lance swept out the chicken coop, Gabe found a broom and helped. When Lance started humming a song, Gabe hummed along too.

One Sunday Gabe looked really excited as he came out of Primary.

"Guess what?" he asked Lance. "I'm supposed to give a talk, just like you did!"

During the week, Gabe practiced telling a story about Jesus blessing the little children. Lance watched his brother hold up the pictures at just the right moment. When Gabe forgot some of the words, Lance helped him out. On Sunday morning, Lance said a special prayer with Gabe that his talk would go well.

Finally the time came for Gabe to give his talk.



# a Brother

"He looks scared," Lance thought as he watched Gabe walk to the podium and step in front of the microphone. Gabe's eyes opened wider as he saw all the children there.

Suddenly it seemed like he was frozen. Not a word came out of his mouth.

"Poor Gabe!" Lance thought. He watched nervously from the second row until he couldn't sit there any longer. He stood up and walked to the microphone, placing his arm around Gabe's shoulders.

"It's all right, Gabe. You can do it. Remember the words?" Lance whispered. After another second of silence, Lance took a deep breath. He knew that his brother needed his help.

"Today I'd like to share the story of Jesus blessing the children," Lance began. He had heard the talk so many times during the week that he knew every word. As he spoke, he kept looking over at Gabe. Little by little, Gabe relaxed. When Lance got to the last sentence, Gabe leaned toward the microphone.

"Jesus loves all of us," Gabe whispered. "In the name of Jesus Christ, amen."

Lance looked down at Gabe and smiled. Gabe smiled back. He had given his first talk—with some help from his older brother. •

Lance watched his brother's eyes open wide in fear. He knew what to do.





Every year at Christmas we have a recital for Primary. They asked me to speak. I was very nervous so I decided I would pray. I felt much better, and I had a lot of fun speaking and looking at my parents' smiling faces!

Lilac B., age 11, Connecticut, USA



### By Hilary Watkins Lemon

(Based on a true story)

They were desirous to be baptized as a witness and a testimony (Mosiah 21:35).

om?" I stood in the doorway of Mom's room. She sat at her desk, typing on her laptop. She ran the dance studio where ractice, my best friend, Jessica, and I took lessons.

"Hi, Hailey. What's up?" she asked.

"It's still OK if I go to church tomorrow, right?"

"Of course, Hailey. You know it is." She was right; I knew she didn't mind. I'd been going for three months, ever since Jessica invited me to a Primary activity. Then she invited me to church one Sunday. I'd never missed since.

More than anything I wanted to be baptized. I loved going to church. I'd learned how to pray. When I read my scriptures, my heart felt warm and calm. When I had asked Jessica's mom about getting baptized, she told me to talk to my mom first.

"One more thing," I said.

Mom turned. "Yes?"

"I just want . . . Mom, I want to be baptized."

"Baptized? I'm sure you could get baptized at your dad's church."

I just looked at the scuffed toes of my jazz shoes.

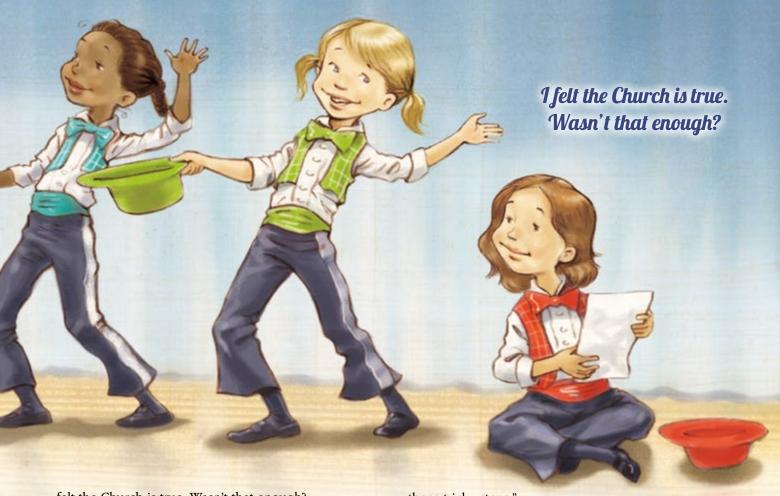
"But that's not the same as getting baptized in the

church Jessica attends, is it?" Mom said.

"No, Mom. Did you know that men who hold the priesthood can baptize with the same authority as John the Baptist?" I told her everything I'd learned about why it was important to be baptized by the right person.

"I'm impressed, Hailey," Mom said. "It sounds like you've done your research. But are you ready to make such a commitment? If you're baptized into this church, I'll expect you to be faithful to it. Do you even know all the things they believe?"

My mouth went dry. I hadn't gone to church very long, and I definitely didn't know everything yet. But I



felt the Church is true. Wasn't that enough?

Then I got an idea.

"The Articles of Faith!" I said.

Mom looked confused.

"They're thirteen statements that tell the beliefs of the Church. I could learn those."

tice, Practice

"Tell you what," Mom said. "When you've memorized all thirteen and can tell me what they mean, I'll give you permission to be baptized."

After dance class the next day I told Jessica the news. "That's great!" she said. "I learned the Articles of Faith for the Faith in God Award. It'll be easy." But I could tell something was bothering her.

"Are you OK?" I asked.

"I'm just nervous for our dance recital," she said. "I can't get all the steps right."

"Here's an idea," I said. "If you'll help me memorize and understand the Articles of Faith, I'll help you with those tricky steps."

"Deal!" Jessica said.

We practiced at Jessica's house almost every day for weeks. Soon I was able to recite and explain all the Articles of Faith, and Jessica could dance all the steps with her eyes closed.

Mom noticed Jessica's improvements during class. "All the time you two spend together is really paying off."

"If only she knew what you've

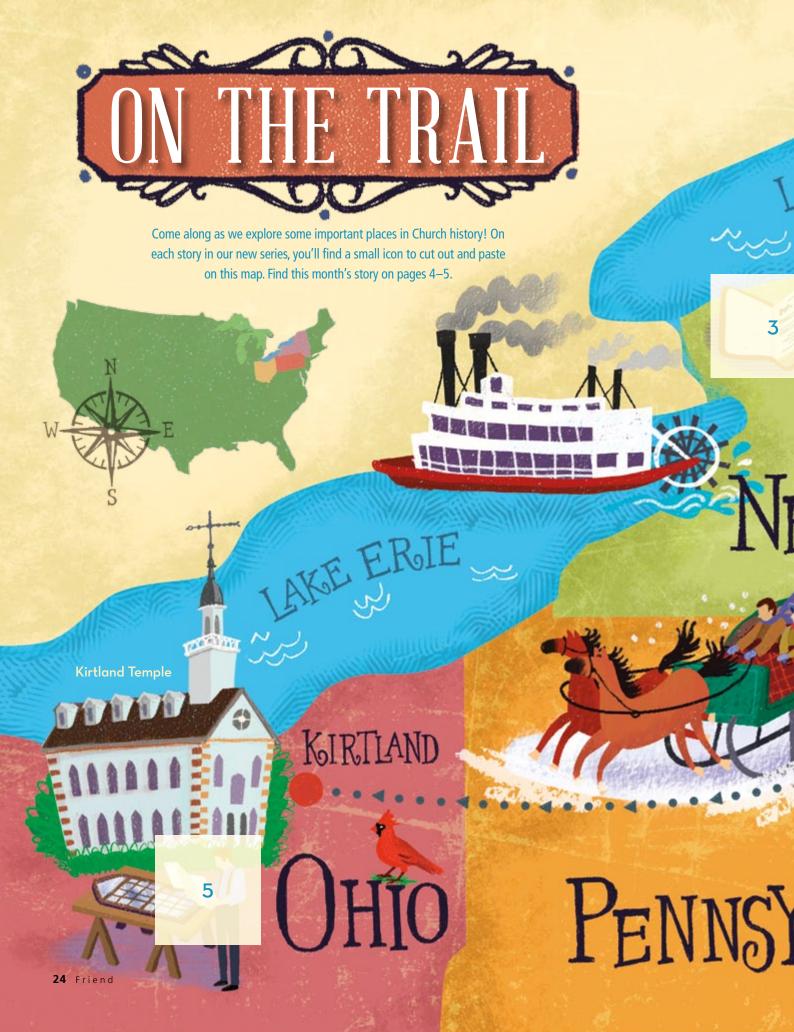
been practicing!" Jessica whispered.

The night of our performance, Mom gave me two thumbs up from backstage. I grinned back. She was excited for the dance recital, but I was more excited for the curtains to close so we could go home. I couldn't wait to show her what I'd been working on: my memory and my testimony.



"What a great blessing it would be if every member of the Church memorized the Articles of Faith and became knowledgeable about the principles contained in each."

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







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

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

# How can I get a TESTIMONY?



**Gaining a testimony begins with study** 



and prayer,



then living the gospel with patience and persistence



and inviting and waiting upon the Spirit.



The life of Joseph Smith is an excellent example of this process.

From "Receiving a Testimony of the Restored Gospel of Jesus Christ," Ensign, Nov. 2003, 28.

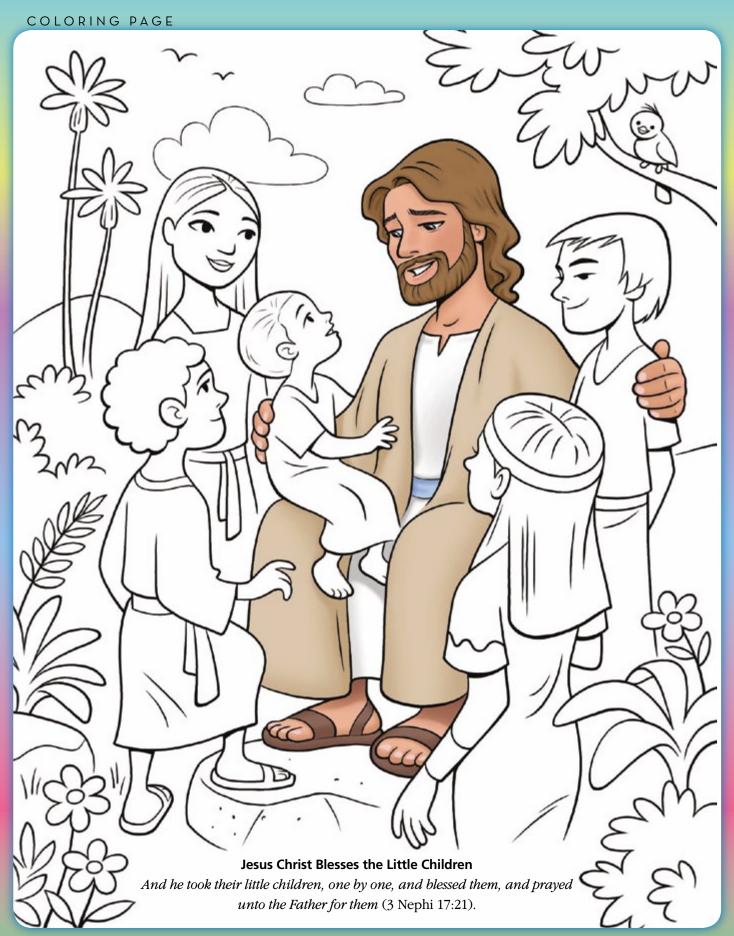


ILLUSTRATION BY JARED BECKSTRAND

January 2013 27

# A Plan for Our Family

**By Marissa Widdison** (Based on a true story)

Fam'lies can be together forever through Heav'nly Father's plan (Children's Songbook, 188).

was sitting on Mom and Dad's bed, missing them an awful lot, when the phone rang.

"Hey, Levi. Guess what?" Dad said. "Your sister Nora was born this afternoon!"

I could tell Dad was happy, but his voice also sounded weird—like he was worried.

"How big is she?" I asked, wondering if I really wanted to know the answer.

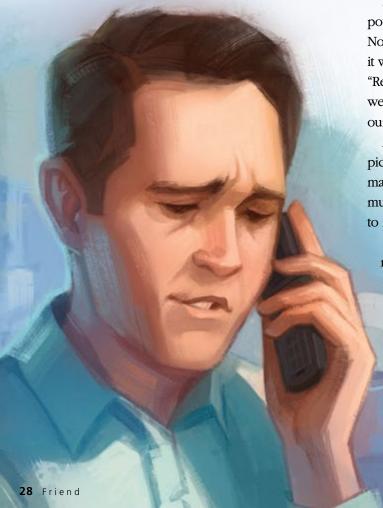
Dad was silent for a moment. "A little more than two pounds," he said. Now he definitely sounded worried. Nora was supposed to be born during Christmastime, but it was still September. "She's tiny, all right," Dad continued. "Remember to pray for her, Levi. And pray for us too so we can trust that Heavenly Father knows what's best for our family."

After I hung up the phone, I went into the kitchen and picked up a bag of beans that Mom was planning on making into soup. The package said it weighed about as much as Nora did right now. I held it in my hands, trying to imagine what a baby that size would look like.

"Her spirit was just with Heavenly Father," I thought, remembering what I had learned about the pre-earth life and the plan of salvation. I knew that even if Nora died, we would get to see her again because we were all sealed together as a family.

But I also hoped she would stay with us here on earth.

Over the next few months, Mom and Dad were at the hospital a lot. Grandma and Grandpa came to our house to help take care of me and my younger siblings. The ward



I could tell Dad was happy, so why was there worry in his voice?

fasted and prayed for our family, and nice ladies from the Relief Society brought dinners for us sometimes. Everyone wanted to know how Nora was doing.

One evening, Mom and Dad called all of us into the living room. They told us that Dad was going with the bishop to give Nora a blessing. After Dad left in his suit and tie, Mom gathered all of us around the couch to say a prayer.

"Please bless Dad as he gives Nora a priesthood blessing," Mom prayed. Her voice grew soft. "And please, if it is Thy will, allow her to come home and be healthy."

As we prayed, I could feel the Holy Ghost fill the room with peace and love. It was like Heavenly Father was telling me that, no matter what happened with Nora, it was all part of His plan.

Later that night, Dad came home and told us that something wonderful had happened at the hospital. Usually Nora's room was loud and noisy. There were lots of machines and monitors with alarms and flashing lights, and nurses and doctors were always hurrying around to help the tiny babies there. But when Dad and the bishop arrived, things were different. All of the machines were quiet. The nurses were sitting by the babies, watching over them. Dad and the bishop were able to give Nora a blessing without any interruptions.

I don't know whether Nora will grow up here on earth or return to live with Heavenly Father soon. But I do know that Heavenly Father hears and answers our prayers, and I feel peace when I remember that He has a plan for every member of my family.

## The New Adventures of























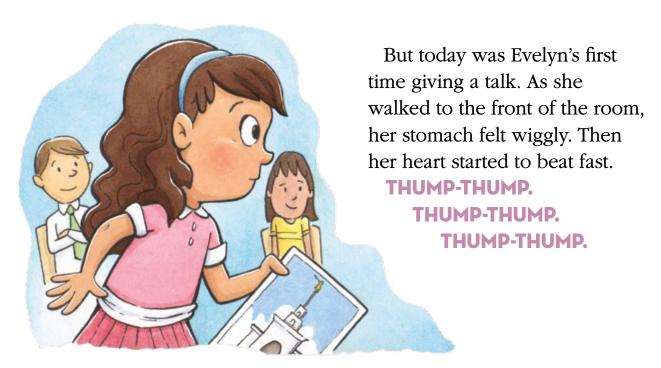


January 2013 **31** 

# Evelyn's Temple Testimony



Evelyn loved to come to Primary. She always raised her hand to say prayers. She also loved to help her teachers.



32 Friend ILLUSTRATIONS BY KATIE MCDEE



"Hi," Evelyn said when she reached the front of the room. "My name is Evelyn. My family just went to the temple so we can be together forever."



Evelyn told the Primary children about the white dress she wore. The temple was very white too. She told them that she and her parents and sister were sealed together forever.



"I know Heavenly Father loves us," Evelyn said. "He lets us go to the temple to be with our families forever."

Evelyn sat back down. She felt happy. It felt like a warm light was shining through her body. She was happy she went to the temple. •

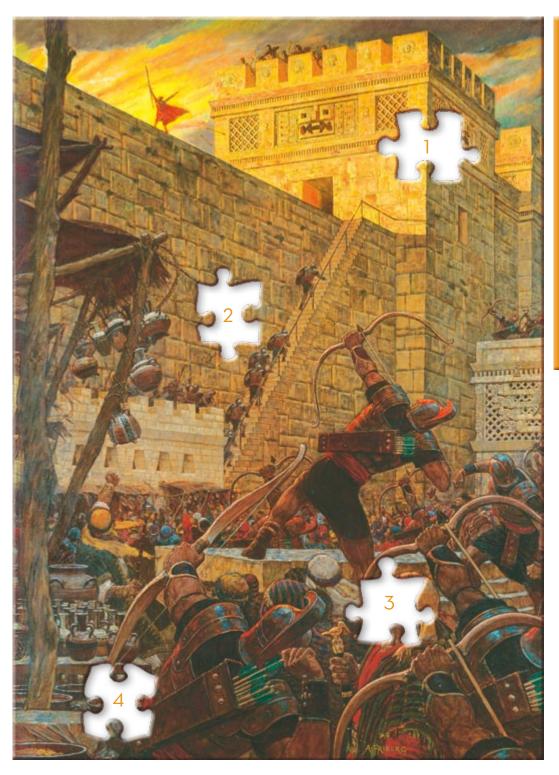
## Hidden Picture

Evelyn talked about being sealed to her family in the temple. See if you can find some of the things in Evelyn's room that she spoke about during her Primary talk. Can you find the other hidden items too?



# Samuel the Lamanite Prophesies By Chad E. Phares

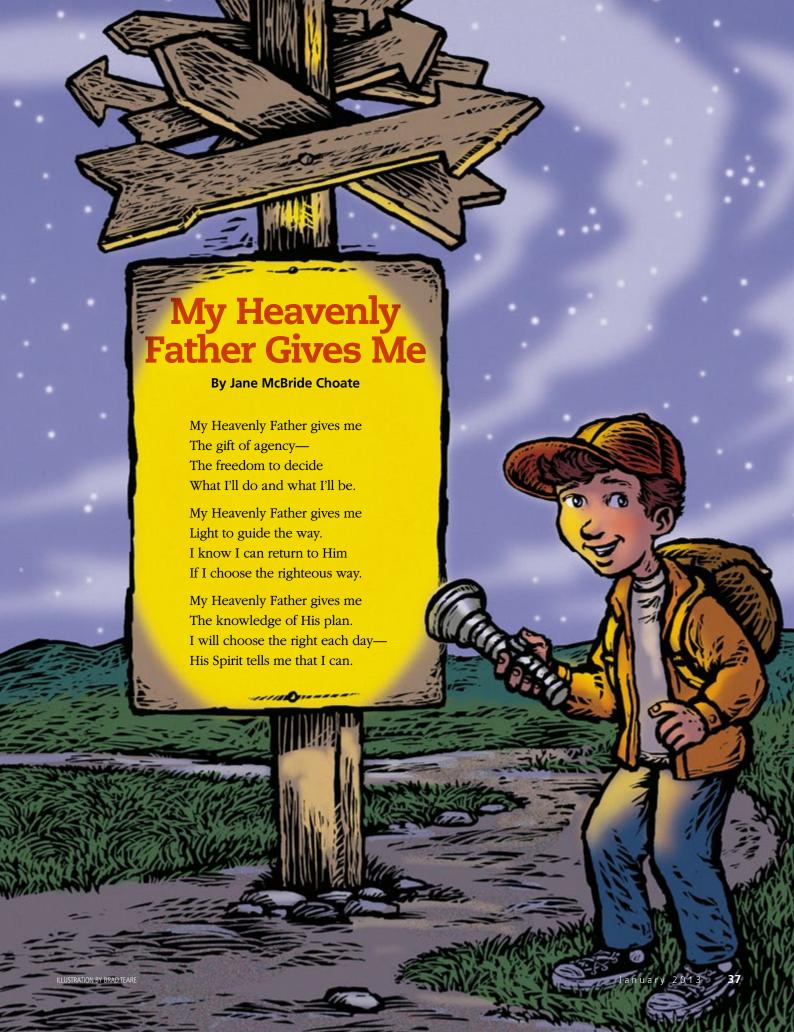
Samuel the Lamanite told the wicked Nephites in Zarahemla they needed to repent. The Nephites threw rocks and shot arrows at Samuel the Lamanite, but the Lord protected him. None of the rocks or arrows hit him.



- 1. Match each puzzle piece below with its numbered space. Find the answers on page 48.
- 2. How many
  Nephites can you
  count on the stairs?
  How many vases
  are hanging in the
  shop? How many
  arrows are near
  Samuel?



nstuf



# ິກວພ and Tell



ne morning I said our family prayer. I asked that we could show Heavenly Father how kind we could be that day. Later I got upset with my brother and was sent to my room to calm down. When my mom came to talk to me, I told her I remembered what I had said in my prayer that morning and that I didn't feel upset with my brother anymore. She said the Holy Ghost was helping me remember those words about being kind. I was able to make better choices the rest of the day. I'm grateful for prayer and for the Holy Ghost.

Maren E., age 5, Utah, USA



n my sixth birthday my parents gave me a Book of Mormon with their testimonies written inside the front cover. They challenged me to read it before my eighth birthday and baptism. As part of my bedtime routine, I read the Book of Mormon every night. Sometimes I read it while driving around or at the beach. The more I read, the better I became at reading. When I was seven and a half years old, I finished the Book of Mormon. It strengthened my testimony, and I know that the Book of Mormon is true. I feel prepared for my baptism and am excited for it. I have started to read the Book of Mormon again.

Lana B., age 7, Hawaii, USA



like to help my mom around the house. I also like to help her with my little sister and baby brother. I pray that I can be helpful because I know Heavenly Father wants me to be.

Pierce B., age 7, Illinois, USA



Garrett G., age 8, Texas, USA



y friend Kaj and I have played soccer together for three years. Last season we decided to try out for the all-star team. We tried our hardest during tryouts. The coach contacted our parents to ask if we could play on Sundays. We told the coach that Sunday was our Sabbath and we needed to keep it holy. It was hard giving up our spots on the team, but we knew keeping the Sabbath day holy was the right thing to do.

Landon B., age 11, Virginia, USA

Do you have goals for the new year? Tell us about them! See page 48 to find out how to send us your answer.



The Primary children of the **Old Hickory Ward, Nashville Tennessee Stake**, want to do their best to defend their gospel standards! To show their commitment, they all signed a My Gospel Standards poster and presented it to their bishop. They know that by living these standards they are preparing for the temple.



Ammon B., age 6, Queensland, Australia, likes family home evening. His favorite game is hide-andgo-seek, and he likes to read scriptures about Ammon because he has the same name. He wants to be a missionary like Ammon, and he has a testimony of prayer.



Shayla P., age 7, Utah, USA, likes singing "I Love to See the Temple" whenever her family drives past the Mount Timpanogos Utah Temple. She likes to make new friends at school, and she tries to treat others kindly. She enjoys going to Primary. She likes animals, especially horses.



Jadon and Mekhi M., ages 8 and 5, Colorado, USA, are brothers and friends. They look out for each other and like playing together. They are excellent readers and both play soccer and basketball. They also have a lot of fun going to baseball games. They enjoy going to church and reading the *Friend*.



Hailey L., age 10, North Carolina, USA



there sometay to get the Note South to better and to anything to the tends is a house of love and back out of the was bound. This is my beared duty.

Serena M., age 11, Utah, USA

#### **God's Creations**

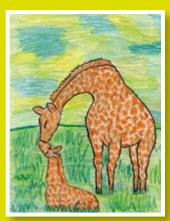
A long time ago
God created a plan.
He made the earth
For all women and men.

He made the grasses, The bushes, and trees so tall. Oh yes, it's true. He made them all.

He made the sun, Stars, and moon for light. He also made the dawn, The morning, and the night.

He made the land, The clouds, and also the sea. I know Heavenly Father and Jesus Christ Created these things for me.

Anna V., age 10, Philippines



Kelly P., age 11, Idaho, USA



Taylor O., age 9, Nevada, USA

## Heavenly Father Loves Me, and He Has a Plan for Me

The smell of baking cookies filled the air as Nataniel helped Grandma scoop dough onto cookie sheets. Grandma smiled at him. "Who loves you?" she asked.

Nataniel thought about how Grandma always made his favorite kind of cookies and kept paper on hand because she knew he liked to draw. "You do," he answered. "That's right," Grandma said. "I've known you longer than anyone besides your mom and dad. But there's someone else who has known you even longer than I have."

"Who else?" Nataniel asked.

"Someone who loved you before you came to earth," Grandma said.

"Oh," Nataniel said. "You mean Heavenly Father." "Yes," Grandma said, giving Nataniel a hug.

He smiled. Knowing he was loved made him feel warm inside.

This year in sharing time, you will learn more about the wonderful truth that you are a child of God. Heavenly Father knows and loves you. He has a plan to help you come back to live with Him someday.



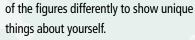


### Song and Scripture

- "I Am a Child of God" (Children's Songbook, 2–3)
- Romans 8:16

## Snowflake Craft

- Fold an 8 x 8-inch (20 x 20 cm) piece of paper in half. Then fold it in half two more times.
- 2. Use the pattern to cut out a boy or a girl snowflake. Cut away the yellow area.
- 3. Use crayons or pencils to color the figures on the snowflake. You could color each



4. In the center of the snowflake, write "Heavenly Father loves me" to remind yourself that Heavenly Father knows everything about you and that He loves you very much.



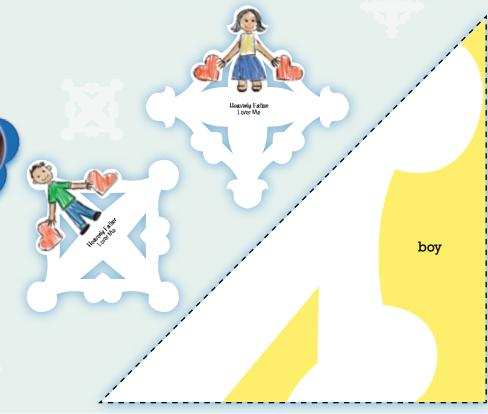




girl

## **Ideas for Family Talk**

- Just as snowflakes are different shapes and sizes, children have special qualities that make each child unique. After making snowflakes, you could take turns passing each family member's snowflake around, telling special characteristics of that person, and expressing love. Then tell each person that Heavenly Father knows and loves him or her.
- You could also pass around a mirror and have each member of the family look in it as you discuss these concepts: You are a child of God. Your Heavenly Father loves you very much. You lived in heaven with Him before you came to earth. That is why we call Him Heavenly Father. He wants you to be happy and to return to Him someday. How do you know Heavenly Father loves you?



## Ready By Merillee Booren (Based on a true story) God hath not given us the spirit of fear; but of power (2 Timothy 1:7). ary anxiously shifted back and forth in her seat as she listened to the other children in her Primary class take turns reading from the scriptures. She hoped her turn would never come. Mary had a learning disability called dyslexia. When she looked at letters on a page, they seemed to run around and switch places. When she read out loud, her words were slow and sometimes out of order. Often she read words that weren't there at all. The closer Mary's turn came, the more scared she was. When it was finally her turn, Mary couldn't stand it anymore. "I have to go to the bathroom," she said suddenly as she jumped up from her chair, sending her scriptures tumbling to the floor. Mary ran down the hallway to the Mary hoped her turn to read would never come.

# to Read

bathroom. She was glad it was empty. She stood in the corner and began to cry.

A few minutes later, she heard Sister Smith call her name as she came into the bathroom. "Mary, what's wrong?"

Mary didn't know what to say. She was so embarrassed. None of the other children had this problem. "I can't read!" she cried as she tucked her head into her folded arms.

"You can't read?" Sister Smith asked, puzzled. "I've seen you give talks in Primary. I know you can read."

Mary shook her head. "I memorize my talks. I practice them over and over so I don't have to try to read them in front of people. When I read out loud, I make lots of mistakes. I don't want the other kids to laugh at me."

"Oh, Mary, I'm sorry. I won't call on you to read out loud until I know you're ready," Sister Smith said. "And I don't believe anyone in our class will laugh at you. They are your friends."

"Kids at school laugh at me," Mary whispered.

Sister Smith wiped Mary's tears away. "Come back to class. You'll see," she said.

They walked back to the classroom together. Mary's friend Betsy sat in the chair next to Mary's, smoothing the ruffled pages of Mary's scriptures. Mary sat down, and Betsy handed her scriptures back to her.

"Who would like to read next?" Sister Smith asked. "It's Mary's turn," a boy in the class said.



Mary hesitated, but she looked around at her classmates and saw their kind faces. Sister Smith nodded and smiled too. Mary was nervous, but she found her place and began to read.

Her words came slowly. She made some mistakes, but when she got stuck, Betsy quietly whispered the right word in Mary's ear. Mary did not read as well as the other kids in her class, but no one laughed or made fun of her. Then it was someone else's turn, and the lesson went on.

As they walked to the Primary room after class, Sister Smith whispered to Mary that she was proud of her. Mary was glad she didn't have to try to hide her trouble reading anymore. "I'll just keep practicing," she thought. And she smiled, knowing she had good friends at church to support her along the way.

# A Dollar in the Pocket

Will Sam choose to be honest?



By Kate Coombs

(Based on a true story)

If thou shalt find that which thy neighbor has lost, thou shalt ... deliver it to him again (D&C 136:26).

hat's this?" Sam asked Mom, poking the pile of clothes on the kitchen chair.

"Sister Fernandez brought them over for you," Mom said.
"Why don't you try them on while I finish making the salad?"
"OK!" Sam grabbed the clothes and headed to his room.

First he tried on a couple of T-shirts, one red and one blue. They fit just fine. So did the church pants, which was a good thing. His own church pants had been looking kind of short lately.

Next Sam tried on some jeans. Jeans were great for playing in, and they had lots of pockets. Sam slipped his hands into the front pockets. His right hand felt a piece of paper, and he took it out to see what it was.

The paper was a dollar bill.

"Oh!" Sam held the dollar in both hands. With a dollar, he could buy a candy bar or a bag of chips or a soda. If Mom took him to the dollar store, he could even buy a toy.

Sam sighed and set the dollar bill on the dresser. It wasn't his.

Except—Sister Fernandez had given him the clothes, hadn't she? So in a way, she had given him the dollar. She wouldn't care, Sam thought. She wouldn't even remember.

Sam started to leave the room. He tried not to look at the dollar on his dresser, but his eyes went back to the money. He didn't feel right about keeping it.

Sam picked up the dollar and took it to the kitchen. "The clothes all fit," he said to Mom. Then he showed her the dollar. "I found this in one of the pockets."

Mom put down the salad spoon and fork she was holding. "What do you think you should do?"



Mom looked at the clock. "We have time for a quick trip," she said.

When Sam and his mother got to Sister Fernandez's house, she welcomed them inside.

"I like the clothes," Sam said. "But I found this in the pocket of the jeans." He held out the dollar.

Sister Fernandez looked pleased as she accepted the money. "That reminds me of when I was a girl and found some coins in the couch cushions. When I took them to my mother instead of spending them, she was so proud of me!"

Mom put her arm around Sam's shoulders. "Just like I'm proud of Sam."

"Sam, would you do me a favor?" Sister Fernandez asked.

Sam nodded.

"I'd like you to buy a treat for an honest boy I know," Sister Fernandez said, and she gave the dollar back to Sam. "Thank you!" Sam said. His heart felt full. He knew it wasn't because of the dollar in his hand.

That night at dinner, Mom told the rest of the family what had happened.

Sam's little sister Rachel stopped slurping her soup and said, "So you got a dollar today!"

"You got some new clothes too," Dad said. "But that's not all, is it?"

"No," Sam said. "I got something better. I got to do the right thing."

I found a five-dollar bill in the sand box at school. I gave it to a teacher even though my friends wanted me to keep it. I felt happy for doing what Jesus wanted me to do

me to do.

Carter B., age 7, California, USA



ILLUSTRATIONS BY BRYAN BEACH

January 2013 45

FRIEND TO FRIEND

From an interview with Elder lan S. Ardern of the Seventy; by Jan Pinborough, Church Magazines

# He Will Help You

Pray, he is there; speak, he is list'ning (Children's Songbook, 12-13).

hen I was young, the missionaries came to my home in New Zealand and taught my family the gospel. One of the missionaries, Elder Maughan, noticed that I didn't have a bicycle. He had a very nice purple and white bike, and he promised to give it to me when he went home from his mission.



Elder Maughan and his bike

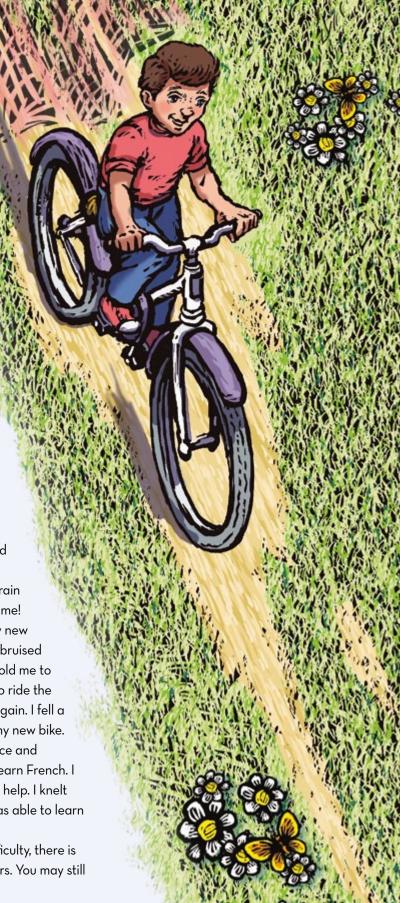
Elder Maughan kept his promise. A few months after Elder Maughan was transferred from our town, my family received a telegram. It said that Elder Maughan had put his bike on a train and that it would soon arrive for me!

I struggled learning to ride my new bike. I kept falling off, and I even bruised my lip. After a while my mother told me to

come inside. "If you and I pray," she said, "you will be able to ride the bike." We prayed together, and I went back outside to try again. I fell a few times and wobbled a lot, but I was finally able to ride my new bike.

When I was older, I was called to serve a mission in France and Belgium. At the Missionary Training Center, I struggled to learn French. I realized that I could not do it by myself. I needed the Lord's help. I knelt down and pleaded for help. I still had to work hard, but I was able to learn French. Once again, the Lord came to my rescue.

You need never feel abandoned. In your moments of difficulty, there is always Someone who will listen. The Lord hears your prayers. You may still struggle, but He will help you, just as He helped me.





# Choosing the Right

#### By Neil S. Dickson

Begin at the top left corner and move up and down or side to side to find a path of 14 connected squares that spell "CHOOSE THE RIGHT." Then write down the letters from the leftover squares in the spaces below for a special message. See page 48 for the answer.

| С | Н | А | G | Е | N |
|---|---|---|---|---|---|
| С | O | Υ | I | S | Α |
| W | O | S | O | N | D |
| Е | R | E | Т | F | U |
| L | G | П | Н | Е | R |
| F | Т | Т | Н | G |   |



## Words of the Prophet

Decode this message to find out something that President Thomas S. Monson wants us to know about temples.

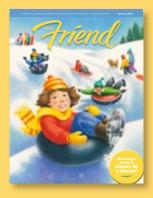
| A = 24 | N = 6  |
|--------|--------|
| B = 12 | 0 = 4  |
| C = 10 | P = 19 |
| D = 20 | Q = 14 |
| E = 11 | R = 5  |
| F = 17 | S = 7  |
| G = 2  | T = 13 |
| H = 16 | U = 22 |
| I = 3  | V = 15 |
| J = 9  | W = 26 |
| K = 25 | X = 18 |
| L = 21 | Y = 1  |
| M = 8  | Z = 23 |

 $81 \ 1211214151120 \ 125413161157 \ 24620$  737131157, 82412611 8242511 261624131115115 724105317310117 24511 6111011772451 134 24131311620 131611 13118192111 24620 134 16241511 131611 71935313 417 131611 13118192111 36 4225 1611245137 24620 3642251648117.



## Possible Ideas for Family Home Evening

- 1. Read "The Five-Dollar Miracle" (pages 2–3). Talk about how God answers our prayers.
- 2. Read "Two Houses Where Joseph Smith Lived" (pages 4–5). Talk about why it is important to learn about Church history. Pull out the "On the Trail" map (pages 24–25) and display it somewhere in the house. Cut out and paste the icon found in this month's issue (pages 4–5). Make a goal to complete this map and learn more about Church history in each month's issue of the *Friend* this year.



- 3. As a family, read "I Hope They Call Me on a Mission" (page 11). Follow the instructions and make lists of both individual and family goals. Make plans to follow up on each other's goals as you work to achieve them.
- 4. Read "Practice, Practice, Practice" (pages 22–23). Talk about why the Articles of Faith are an important part of our testimonies. As a family, memorize one article of faith together.
- 5. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity. Children whose work is submitted should be at least three years old.

Please send your submission to:

Friend Magazine

50 E. North Temple St., Rm. 2432 Salt Lake City, UT 84150-0024 Or email: friend@ldschurch.org

The following information and permission must be included:

**Full name** 

Age

State/Province, Country

I agree to the terms of the Friend Submission Agreement (Ids.org/friend/ parentalconsent) and grant permission for the Friend to print my child's submission and photo in print or online.

Signature of parent or legal guardian



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#### Sidebar References

- 1. "The Other Prodigal," *Ensign*, May 2002, 64.
- 2. "As We Meet Together Again," Ensign, November 2010, 6.
- 3. "Sacrifice," *Ensign*, May 2012, 20. 4. "The Articles of Faith," *Ensign*,
- May 1998, 23.

#### **Funstuf Answers**

Page 3: Across: 3) counsel; 5) night; 7) morning; 8) cry **Down**: 1) affections; 2) all; 4) support; 6) thanks Page 16: family unity Page 36: 1) b; 2) c; 3) d; 4) a; 6 Nephites; 9 vases; 3 arrows Page 47: **Choosing the Right**: Agency is a wonderful gift. **Words of the Prophet**: My beloved brothers and sisters, may we make whatever sacrifices are necessary to attend the temple and to have the spirit of the temple in our hearts and in our homes.

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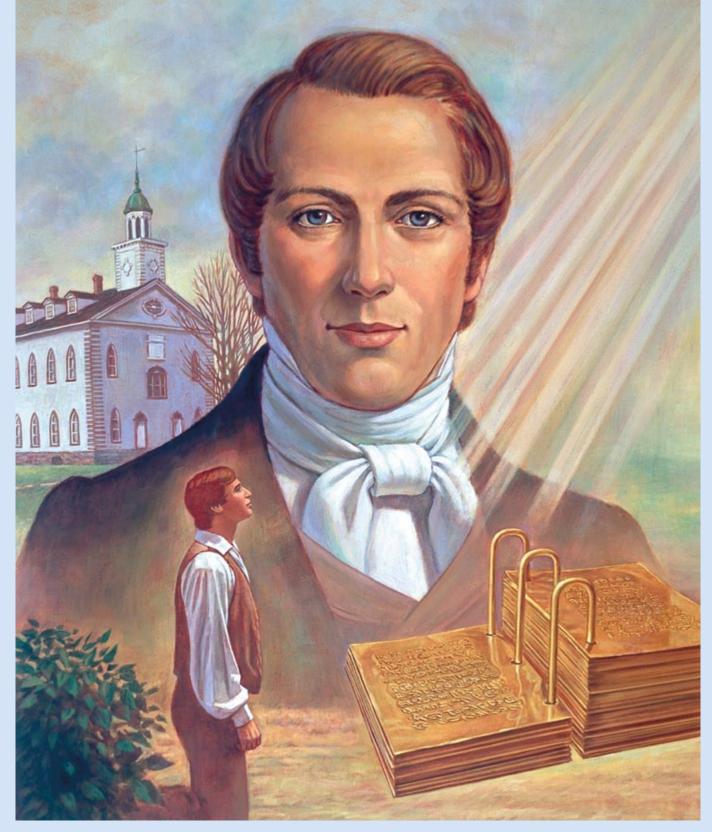
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### **JOSEPH SMITH**

**Joseph Smith** was 14 when he **prayed** to know which church was right. Heavenly Father and Jesus Christ appeared to him, and he learned that none of the churches on the earth had the whole truth. Joseph Smith helped restore the true gospel of Jesus Christ and became the first prophet of the latter days. As part of his work, he translated the Book of Mormon from **gold plates** and directed the Saints to build the first temple in this dispensation, the **Kirtland Temple**.

# Through Your Eyes



This picture of a bird's nest reminds me how much I love to watch and listen to birds in the spring and watch them migrate in the fall. I am thankful Heavenly Father has blessed me with the beauties of the earth. Ella C., age 8,

Utah, USA

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



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



## What's online?



Did you learn this month's "I Can Play It!" song? Go to Ids.org/friend and click on "I Can Play It!" to print out copies of January's song, "I Am a Child of God." You can also find recordings of other songs to listen to!

In "Practice, Practice, Practice" (pages 22–23), a girl named Hailey set a goal to learn all the Articles of Faith. You can learn the Articles of Faith too by playing the "Articles of Faith Memory Quest" game. Visit **Ids.org/friend** and click on "Articles of Faith" under "Games and Activities" to get started!

