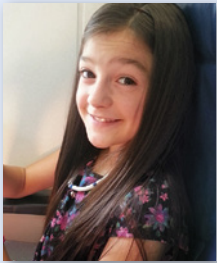


## Help through Tough Times



This summer with my baby-sitting money, I bought an iPod, and now I listen to the *Friend* on it. I love the *Friend*! As soon as it comes in the mail, I sit down and read it page by page. My sister has cancer, and the

*Friend* is helping me through the tough times and has given me hope.

**Alaina F., age 11, Utah, USA**

Listen to the *Friend* online at [friend.ids.org](http://friend.ids.org)!

## Flying with the *Friend*

We take the *Friend* with us on the plane when we fly to visit our cousins on the East Coast and the West Coast. We read the *Friend* from coast to coast!

**Emily W., Lucille N., C.J. W., and Ben N., ages 10, 8, 5, and 9, Virginia and California, USA**



## How My Family Uses the *Friend*

Our family really loves cooking together. The recipes in the *Friend* are some of our favourites! We cut the recipes out and put them in a folder to use all the time. We are so excited when the *Friend* comes so we can find new recipes to try!

**Maya, Savannah, and Carson A., ages 8, 4, and 6, Ontario, Canada**



## Dear Friends,

We need your help! You already know that the *Friend* has lots of great things to learn and do. But your parents might not know. Show your parents this month's *Friend*. Then choose something out of it to do with your family!

Thanks for sharing.

The *Friend*

P.S. Please send us a picture of what you and your family did. We'll be putting some of your pictures in each issue!

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.