Help your testimony grow!
See pages 8–10
I Was Honest

I found $20 on the floor of my classroom. I thought of all the things I could buy with $20, but then I remembered a story in the Friend about a boy who found a wallet at recess and turned it in to the lost and found. I gave the money to my teacher, and she gave me candy for being honest. The best part was the feeling I had inside. It was the Holy Ghost telling me I did the right thing. I know the Church is true, and I always want to be honest so I can be a missionary someday.

Andrew C., age 7, Virginia

The Friend Makes Me Grin

I love checking the mailbox, and I get especially excited when a new Friend is inside. I asked my mom to help me make the Apple Grins recipe from the October 2011 issue. I was very proud of myself. We love reading the Friend at our house.

Clara W., age 6, Virginia

Those Words

I read “Those Words” in the December 2011 Friend and realized that I had the same problem that Shelby had. I have a friend who takes the Lord’s name in vain. I’ve asked her many times not to say that. I am very proud of her because she’s starting to stop, and when she notices that she says it, she says, “Sorry, I forgot.”

Caitlin B., age 9, Missouri

How I Read the Friend

Maddie S., age 6, Utah

Dear Friends,

It takes a lot of courage to be a pioneer—whether it’s helping settle a new territory or being the first in your family to join the Church. On pages 18 and 30 you can read two exciting stories about young pioneers who faced different challenges with bravery and faith. Who are the pioneers in your family? Have you ever been a pioneer? Write and tell us your stories.

Happy Pioneer Day!

The Friend

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

IFC  Friends by Mail
2  Come Listen to a Prophet’s Voice: The Great Work of God / President Dieter F. Uchtdorf
4  Rainbow-Pop Stop
7  Bright Idea
8  Thomas’s Testimony
10  A Growing Testimony
12  Bulletin Board
14  Stories of Jesus: Alma Baptizes
16  Making History
18  In Every Footstep: Part One
20  Special Witness: Elder L. Tom Perry
21  A Whisper of Kindness
26  Stuck in the Mud
28  Showing Respect
30  Saving the Wheat
36  That’s My Little Brother
38  Show and Tell
40  Bringing Primary Home: I Choose the Right by Living Gospel Principles
42  Matt and Mandy
48  Guide to the Friend
49  Conference News

For Little Friends
32  Kelsey Makes a Mistake
34  Learning from Mistakes
35  I Can Be Honest

For Older Kids
44  An Honest Athlete
46  Friend to Friend: Never Let Go / Elder Lawrence E. Corbridge

Music
47  I Feel My Savior’s Love

Things to Make and Do
6  Kitchen Crafts: Chocolate-dipped Bananas
11  Funstuf: Pioneer Children
23  Kindness Catcher
24  Funstuf: Seek and Ye Shall Find
43  Coloring Page

Cover by Kevin Keele
In April 1830, Joseph Smith, Oliver Cowdery, and a handful of others gathered together to organize The Church of Jesus Christ of Latter-day Saints. It was a simple meeting. How the heavens must have rejoiced and glorified God—for on that day, the Church of Jesus Christ returned to earth!

Since that day, millions have discovered the truth of the restored gospel and have entered the waters of baptism. I testify that this great work of God is on the earth today. I bear witness that the Lord watches over His Church and directs it through His prophet, Thomas S. Monson.

It is no ordinary blessing to live in these latter days. These are glorious times foreseen by ancient prophets and attended by watchful, angelic hosts. The Lord is mindful of His Church. He is also mindful of those who follow the promptings of the Holy Ghost and join with their brothers and sisters the world over in helping to bring forth this great work of God. ◆

No Ordinary Blessing
To find some of the remarkable blessings the Church gives to people, look up the scriptures below. Then find the picture that matches each scripture.

Acts 22:16
2 Nephi 32:5
James 5:14–15
D&C 20:8–12
Deuteronomy 18:18
D&C 110:7–10

One day at school I got this feeling I should go talk to a new boy in class. I sat down next to him and said hello. He has now become one of my best friends. He even came to seminary once and was able to learn a little more about the Church. I followed the prompting, and the outcome was a great friend!

Benjamin F., age 15

In Primary, my teacher taught us about how we can repent to get ready to meet Jesus when He comes again. I thought about how some of my friends were being inappropriate and cussing at school. I knew I should not participate. I talked to my mom, and she helped me repent. Then I talked to my friends and got them to stop. I am glad that Heavenly Father gave me good Primary teachers so I can hear His voice through the Holy Ghost.

Adam F., age 8

My friend lost an earring one day on the playground. After searching for about five minutes, I had the feeling to pray. I whispered to my friend to pray, and she did. A few minutes later she found the front piece. Then three seconds later she found the back. I am so glad I was there to help my friend and that I can pray to Heavenly Father for anything I need.

Carleigh F., age 10

One day at school I got this feeling I should go talk to a new boy in class. I sat down next to him and said hello. He has now become one of my best friends. He even came to seminary once and was able to learn a little more about the Church. I followed the prompting, and the outcome was a great friend!

Benjamin F., age 15

One day my room was a really big mess. Then I had the thought that I should stop playing with my action figures and clean my room. After I did, I felt good inside, and I made my mom smile. I know listening to the promptings of the Spirit makes me happy.

Isaac F., age 5

Once I was trying to save money for something expensive. I didn’t have enough money, so I prayed and asked Heavenly Father for help. Then I had a feeling that I should call my grandpa. He hired me to do yard work for him, and I worked hard all summer. I was able to reach my goal because I listened to the feeling I had after I prayed to Heavenly Father.

Jonah F., age 12
It was a hot day, and Audrey and her mom were driving home from the grocery store. Among the bottles and packages was a special treat that Audrey had picked out: a box of rainbow ice pops. They were Audrey’s favorite kind of ice pop, even if they did make her mouth turn blue and red. She could hardly wait to get home, have a rainbow pop, and play in the sprinklers to cool off.

Audrey just wants an ice pop on a hot summer day, but her plans take a detour.
One afternoon my cousin and I were skateboarding down our street. I noticed one of our neighbors pulling weeds. She looked tired and hot. An idea came into my mind that we should help her, so we stopped to help her pull weeds. While we worked we got to know her a little, and she taught us about how weeds grow. My little brother saw what we were doing, and he started helping us. It was fun to work together. Afterward I felt so good and happy inside. It made me want to find more ways to help our neighbor and other people.

Samuel N., age 8, Nevada
Chocolate-dipped Bananas

1. Peel the bananas and cut them in half across the middle.
2. Push sticks into the cut end of each banana half.
3. Freeze bananas for 30 minutes.
4. Mix the chocolate chips and the vegetable oil in a glass bowl.
5. Microwave the chocolate for 30 seconds and stir.
6. Dip the bananas into the chocolate.
7. Place bananas on a pan lined with wax paper and freeze for another 30 minutes.

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

Did you know a cluster of bananas is called a hand?
Did you know the individual bananas are called fingers?
“Be still, and know that I am God.”

—Psalm 46:10
It was family home evening, and everybody had a part to do. Mom was conducting. Dad was giving the lesson. The kids were in charge of prayer, music, and activity—except for Thomas. This week it was Thomas's turn to bear his testimony, and he was feeling kind of embarrassed.

Thomas had shared his testimony before, but it had been a long time, and he couldn't quite remember what he was supposed to say. So when the opening song was over and the prayer had been said, Thomas frowned.

"It's your turn," Mom reminded him.

Thomas looked out the window at their evergreen tree, wishing somehow it could tell him what to do.

Dad sat down next to Thomas and asked him what was wrong.

_I, the Lord, give unto you a testimony of the truth_ (D&C 67:4).
“I don’t know what a testimony is,” Thomas said quietly.

“Well, I can help you,” Dad said. “It’s telling us some of the things you know are true or things you believe. You could talk about how you like reading scriptures. That always helps you feel the Spirit.”

But Thomas wasn’t feeling ready. Everyone was looking at him, waiting for him to do something. He shook his head. “I can’t. I don’t know what it is.”

Dad patted Thomas’s arm. “It’s OK. You can do it another time.”

Later that evening Thomas sat in bed holding his Book of Mormon. Dad was right—reading the scriptures always did make him feel better. He tried to read a chapter a day, but the chapters were starting to get really long. He opened his scriptures to 1 Nephi 17.

“That’s a long one!” Thomas whispered. He said a little prayer to Heavenly Father asking for help. Then he was amazed at how quickly the time passed.

Just before Thomas turned out his light, Dad came in to say good night.

“Guess what, Dad?”

“What’s that, buddy?”

“I haven’t read my scriptures for a whole week because the chapters were getting too long. But tonight I wanted to, so I said a prayer, and Heavenly Father helped me. I read the whole thing, and it felt like only five minutes. Prayer is a good thing.”

“Thomas, do you know what you just said?” Dad asked with a smile. “You shared your testimony!”

“Really?” Thomas asked. “What do you mean?”

“When you talked about prayer and how it helped you—that’s a testimony of prayer.”

Thomas’s mouth dropped open in surprise. He thought about all the times people had taught him about testimony. He realized he had shared a testimony!

Thomas felt so good he felt like laughing. He gave Dad a hug.

“Wow, I did it!” Thomas said.

“Dad, can I bear my testimony next week in family home evening? I know it’s not my turn, but I want to talk about prayer.”

“I think that’s a great idea,” Dad said.

As Dad left the room, Thomas thought about all that had happened that day. He was grateful for family, scriptures, prayer, and many other things. Right then, he was most grateful for a testimony. He knew how to share one and what it meant.
Testimonies are like beautiful plants. They grow a little at a time, and they need care and protection. Follow the directions below to make this plant healthy and bright.

When you know something is true, you have a testimony of that truth. The Holy Ghost helps you understand the truth in your mind and gives you feelings of peace, happiness, light, or warmth in your heart.

Color a flower or leaf on this page each time you read something below that you know is true.

- God is my loving Heavenly Father.
- Heavenly Father hears and answers my prayers.
- Because of the Atonement of Jesus Christ, I can live with Heavenly Father again.
- Joseph Smith restored the gospel to the earth.
- We have a living prophet.
- The scriptures teach me what Heavenly Father wants me to know.

Just as a plant grows when it receives water and sunlight, your testimony grows stronger as you make good choices. Below are some ways you can strengthen your testimony.

Color a flower or leaf on this page each time you do one of the things below to help your testimony grow.

- Pray to Heavenly Father.
- Share my testimony in family home evening or during a talk in Primary.
- Read the scriptures.
- Listen and learn during Primary and sacrament meeting.
- Write about my testimony in my journal.
- Be kind to others.
- Read what prophets have taught about testimony. (You can start with “The True and Living Church” by President Henry B. Eyring in the May 2008 Ensign.)
Pioneer children sang as they walked, but that's not all they did. Use the clues on the wagon to find which letter each symbol represents. Then write the letters in order to find out what else the children did as they walked to the Salt Lake Valley. See answer on page 48.
**Good Word**

This month’s good word is **heritage**. Heritage is something that is passed down from one generation to the next. Your heritage comes to you from your parents and ancestors and is something you will pass down to your children and grandchildren. Another word for heritage is *legacy*. Find it on page 20.

**Journal Junction**

Each month this year you can write a little bit of your own history in your journal. This month write about your grandparents. How many do you have? What are their names? Are they still living? Write down a favorite memory you have with one or more of your grandparents.
Fast Fact

When the early members of the Church crossed the plains, they couldn’t take a lot with them. Children had to leave behind most of their toys and clothes. Some of the supplies each family needed were beans, flour, salt, dried apples, bedding, nails, and fishing equipment. What would you have taken on the journey?

“The Word and Will of the Lord concerning the [pioneers] in their journeyings to the West:

“Let all the people of The Church of Jesus Christ of Latter-day Saints, and those who journey with them, be organized into companies, with a covenant and promise to keep all the commandments and statutes of the Lord our God. . . .

“Let each company provide themselves with all the teams, wagons, provisions, clothing, and other necessaries for the journey, that they can” (D&C 136:1–2, 5).

Sponge Ball

3 new rectangular sponges
ruler
pen
scissors
string

1. Use the ruler and the pen to draw lines ½ inch apart down the long side of the sponges. Cut the sponges on the lines.
2. Lay the strips on top of each other in three layers, five to six strips in each layer.
3. Loop a piece of string around the middle of the strips. Pull and knot the string tightly.
4. Fluff the pieces out into a ball. Dunk the ball in cold water, and you’ll have a cool toy to play with on a hot day!
Wicked King Noah sat with his priests and listened to the prophet Abinadi teach about Jesus Christ. Bravely, Abinadi taught about faith, repentance, and the resurrection that would come because of Jesus.

The wicked priests were angry because Abinadi said they should repent, and King Noah ordered that Abinadi should be put to death. But one priest, named Alma, listened to Abinadi and knew the things he taught were true.
Alma told King Noah to let Abinadi go. Instead, the king threw Abinadi into prison, chased Alma out of the kingdom, and sent servants to find Alma and kill him.

For many days Alma hid in the woods and wrote down everything he had heard Abinadi teach. Alma repented of his sins and then secretly taught other people about the teachings of Jesus Christ. Many people believed Alma.

The servants of King Noah were still searching for Alma, so he had to stay hidden. Alma lived in a forest far from the city. The place was called Mormon.

The people who wanted to hear more about Jesus Christ gathered together near the waters of Mormon. Alma taught them what they needed to do to be baptized. They should be willing to be called the children of God and tell people they believed in Christ. He said they should be willing to join with the other children of God and help them whenever they needed help or comfort.

To be baptized, the people also needed to promise to keep the commandments. Alma said that if they made that covenant, the Lord would pour out His Spirit more abundantly on them.

The people clapped their hands for joy and were excited to be baptized.

Alma took a man named Helam into the waters of Mormon. Alma baptized Helam, and when he arose out of the water, they were filled with the Spirit. Then Alma took each one of the people into the waters of Mormon and baptized them. He baptized about 204 people that day.

After that day the people who were baptized called themselves the Church of Christ. Alma had authority from God and ordained priests to teach the people. More people joined them and were baptized.

Alma taught the people that there should be no contention among them. They should share, work together, worship together weekly, and have their hearts knit together in unity and love. ◆

Knit Together

Alma taught that the people should have their hearts “knit together in unity and in love” (Mosiah 18:21). In knitting, each stitch is connected to every other stitch around it. Children of God are knit together in love when they reach out with kindness and friendship to everyone.
Soma, Eszter, and Kata B. live in Budapest, Hungary, a city with a history of palaces, royalty, and beautiful art and buildings. Though the children learn about the history of their city in school, they are also interested in learning about another type of history—Church history.

“I like to learn about when Joseph Smith prayed and Heavenly Father and Jesus appeared to him,” Eszter, age 7, says.

Soma, age 10, likes to read about Alma the Younger. “He was bad at first, but I like how he then chose to be good.”

Not a lot of people in Budapest know about Joseph Smith or Alma the Younger, but Soma, Eszter, and Kata, age 5, hope that as they show good examples and choose the right, more Hungarians will learn about the Church. ◆
Eszter’s favorite subject in school is art.

Soma likes to ride his bike near his home.

The family likes to spend time in the mountains near Orfu Lake. They catch fish, swim, and lie on the beach.

The Freiberg Germany Temple is the closest temple to Budapest. It is about 350 miles (560 km) away.

The Book of Mormon was published in Hungarian in 1991.

About one in every 2,200 people in Hungary is a member of the Church.

About one in every 2,200 people in Hungary is a member of the Church.
This story begins in 1842, in a Norwegian settlement near Fox River, Illinois.

Sarah Ann handed a bowl of soup to their guest. “Thank you,” Mr. James said. “I can never repay you and your mother for letting me stay here to wait out this storm.”

Sarah Ann smiled. Many travelers had enjoyed the warmth of their home. Mother could never ignore a person in need, and Sarah Ann loved her for it.

“We’re glad you could stay with us tonight. This is the coldest night I can remember in Illinois,” Sarah Ann said, taking a seat at the table across from Mr. James. “Our family moved here from New York after Father died. He and Mother left Norway to escape those who wanted to punish them for being Quakers. When they arrived in America, Father worked hard to build a house.”

As Sarah Ann told the story, she could almost smell the fresh-cut maple wood again.

“One day, our home caught fire, and everything was destroyed. When Father returned from work and saw us standing in the street, he asked Mother if we were safe. She answered yes, and Father knelt down right there in the middle of the street and thanked God for protecting us.”

“Your father must have had a lot of faith in God,” Mr. James said.

Sarah Ann nodded, wishing her father were still with them.

Soon their visitor said good night and went to bed. Mother reached for his worn socks, which had been drying by the fire, so she could mend the many holes. This was a scene Sarah Ann had witnessed a hundred times. She kissed Mother on the cheek and went to bed.

When Sarah Ann awoke the next morning, Mr. James was gone. But the house was not quiet. There was a large crowd gathered in the road outside, and Sarah Ann leaned out the window to hear what was happening.

Two men were standing in the middle of the crowd. Sarah Ann recognized them as the Mormon missionaries who had arrived in the village last week. It was obvious that whatever they were talking about was important to them.

One of the men held up a book and said, “We testify that the Book of Mormon is true. We also testify that there is a living prophet once again on the earth.”

Sarah Ann suddenly felt a warm feeling fill her heart. It surprised her. She knew in that moment that what the missionaries were teaching was true.
Sarah Ann rushed to tell Mother about the experience and her desire to be baptized. Some of Mother’s friends were members of The Church of Jesus Christ of Latter-day Saints, and even though they were good people, Sarah Ann could tell that Mother didn’t want her to be baptized.

“Sarah Ann, this is a big decision. If you still feel the same way when you are older, then you may be baptized,” Mother said.

Sarah Ann agreed. Over the next three years, she learned all she could about the Church. As she did, her faith in Jesus Christ and His restored gospel grew. No amount of time could take away what Sarah Ann felt about the gospel.

Finally, Sarah Ann was baptized. On her baptism day, Sarah Ann made a promise in her heart that she would always do whatever Heavenly Father asked her to do. She was about to find out what that would be. ♦

*(To be continued.)*
On the 24th of July, we celebrate the arrival of the pioneers in the Salt Lake Valley.

They left everything behind—their homes, their businesses, their farms, and even their beloved family members—to journey into a wilderness.

The pioneers danced and sang as they crossed the plains. It was a way they kept their spirits high in the face of tremendous hardships.

With firm faith in God and their leaders, the early pioneers went to work to create beautiful communities in the shadows of the mountains.

What a glorious legacy of faith, courage, and ingenuity those noble pioneers have left for us to build upon.

A Whisper of Kindness

By Deborah Moore
(Based on a true story)

Love your enemies, do good to them which hate you (Luke 6:27).

Carson is here today,” James’s mom said, pointing to a boy in the hallway by the Primary room.

James groaned. Carson was wearing jeans and an old shirt. James knew his mom and dad would never let him wear anything like that to church, but they would never let him get away with a lot of the other things Carson did either.

Last week at school, Carson had been kicked out of class for talking back to the teacher. He always made fun of the way James dressed and gave him a hard time for being the shortest boy at school.

“What if he yells at Sister Win or starts a fight?” James asked.

“I’m sure everything will be fine,” Mom said. “Carson has never been to church, and he’s probably nervous.”

When class started, Sister Win asked who had brought their scriptures. James raised his hand along with the rest of the class, but Carson shook his head. He looked embarrassed, which surprised James. Carson usually made a joke when he didn’t do his homework. But the more James thought about it, the more he wondered what it would be like to go to a new church for the first time.

Sister Win handed Carson her scriptures to use. When it was Carson’s turn to read a scripture, James began to worry. What if Carson tossed the scriptures on the floor or refused to read?

But Carson didn’t do any of those things. He stared at the words on the page and scowled. After a moment, James realized that Carson couldn’t read very well. James had never noticed this before at school.

What do you think James will do? Will he laugh at Carson? Will he ignore him? What would you do if you were James? Turn the page to find out what happened.
James leaned over to Carson and whispered, “Verily.”

Carson looked surprised, but he said the word and continued reading the verse. When he struggled with a word, James helped him with it. At the end of his turn, Carson looked over at James and gave a small nod.

James wasn’t sure if things were going to be different at school after this. The funny thing was that he didn’t care. He felt good knowing he had helped a boy who always gave him a hard time, and nobody could take that feeling away. ♦

One day my friends and I were playing a game on the playground when another girl joined us. She was known for bullying other kids and not being very nice. She started changing the rules of the game, and I said, “You can play your way, but we’re going to play the way we like.” She looked disappointed and walked away. Afterward I thought about what I had said to the girl. I knew I had hurt her feelings. Later I found her and said, “I’m sorry. I didn’t mean that you couldn’t play with us.” She said it was OK. That girl and I might not be friends, but I think I did what Jesus wanted me to do by being kind to her.

Raegen K., age 9, Utah

1. Cut out the Kindness Catcher from the magazine.
2. Place the printed side down and fold in half so that it forms a triangle.
3. Unfold. Then fold in half the other way.
4. Unfold. The two creases should form an X.
5. Fold each corner of the square into the center of the X. This will form a smaller square.
6. Turn over the Kindness Catcher and fold each corner to the center of the square, just like you did in step five. Your square should have four folded triangles on one side and four diamond flaps on the other side.
7. Fold the Kindness Catcher in half so that the flaps are on the outside.
8. Place your thumbs and forefingers under the flaps and push them to the center.
1. Throw away trash you see lying on the ground.
2. Comfort a family member who is sad.
3. Share with a friend.
4. Be a friend to someone at school who seems lonely.
5. Let a friend go first when playing a game.
6. Write notes to your family telling them how much you love them.
7. Finish your chores without being asked.
8. Visit someone who is not feeling well.

Kindness Begins with ME
The scriptures tell us, “seek, and ye shall find” (3 Nephi 14:7). Find the items hidden in this picture by reading the scripture verses below. Circle the item in the picture that each verse describes.

1. Zechariah 6:2
2. 1 Kings 3:24
3. Mosiah 20:1
4. Genesis 31:17
5. Proverbs 11:26
6. Matthew 15:27
7. Proverbs 26:13
8. Leviticus 13:40
9. D&C 43:24
10. Jacob 5:12
By Annie McCormick Bonner
(Based on a true story)

*Whosoever shall call on the name of the Lord shall be delivered* (Joel 2:32).

My dad looked like an angry mud monster. Our van and our moving truck were both stuck in the mud on a deserted road. Dad and Mom were trying to move them, but the mud was deep. Each time they tried to drive, the wheels spun and mud flew everywhere. Dad was getting more and more frustrated.

My brother and sisters and I stood away from the truck and van.

“Why is Daddy getting dirty?” my little sister Karen asked.

“He’s trying to get us out of the mud,” I said.

Mom tried driving the van again. The wheels spun, showering Dad with more mud. Splat!

“That’s enough. You can stop!” Dad yelled. Then he grumbled to himself.

It bothered me to see Dad upset. I could tell it was worrying Karen too.

“We’re really stuck, aren’t we?” Karen asked.

“Yes, we are,” I said.

Karen suddenly walked toward Dad. “Daddy, I have an idea,” she said.

“Not right now, honey,” he said. “Please stay out of the way.”

Mom walked past carrying a muddy blanket.

“Mom, I have an idea for Daddy,” Karen said.

“Daddy’s really busy right now,” Mom said as she shook the blanket to get the mud off of it.

“I have an idea of how we can get out of the mud,” Karen said.

“Oh, really?” I could tell Mom was only half listening. Karen raised her voice to get Mom’s attention. “We can say a prayer.”

Mom looked at Karen. Then she said, “That’s a really good idea.”
Mom led Karen to where Dad was working in the mud. “Karen has a good idea,” she told him.

Dad looked frustrated but stood up. “OK,” he said. “What?”

“Why don’t we pray and ask Heavenly Father to help us get out of this mud?” Karen said.

Dad still looked grumpy, but he said, “All right, you can say a prayer for us.”

Mom gathered our family together, and we all bowed our heads.

“Heavenly Father, we are stuck,” Karen said. “Please bless Daddy to find a way to get us out of this mud. In the name of Jesus Christ, amen.”

I didn’t know what was going to happen, but I felt comforted by Karen’s prayer.

Then Dad got an idea. He climbed into the truck, grabbed a broomstick, and put it under the wheel of the van. Mom started the engine and drove the van right out of the mud! Then Dad put the broomstick under the wheel of the truck. Mom drove the truck right out of the mud too!

As everyone got ready to go, Dad changed into clean clothes. He looked a lot less like a mud monster, and he looked a lot happier too! Dad hugged Karen and said, “Thank you for your prayer.” Then he called to the rest of us. “Everyone, we need to thank Heavenly Father for getting us out of that mud. And this time I’d like to say the prayer.”
SHOWING RESPECT

When we go to church each week, we can show respect for Heavenly Father through our actions. We are respectful when we are kind and considerate of the people and things around us.

Being respectful at church helps us feel the Spirit, and it shows Heavenly Father that we love Him.

Mark the box next to each picture that is an example of showing respect.
I will show respect at church by

I will not...

I will...

July 2012
The Lord thy God is a merciful God; he will not forsake thee (Deuteronomy 4:31).

Margaret and Neil, take this wheat to the gristmill on City Creek, please,” Mother said.

Neil smiled happily. He was only four years old, but he liked to help Mother as much as he could. He proudly took the small bag of wheat kernels in his arms.

“I’ll carry it,” Margaret announced, snatching the bag from Neil’s arms. “You’re too little. You might drop it, and you know we can’t afford to lose any of it!”

That was certainly true! When the Gardner family had arrived in the Salt Lake Valley on October 3, 1847, they had rejoiced that they had reached this sanctuary for the Saints. But that didn’t mean that everything was perfect. Now it was winter, and Neil was often hungry. Each family received a little wheat given out by weight. They ate sego and thistle roots. Once in a while hunters brought meat to the settlers.

When they got to the gristmill, Neil watched carefully as the wheat was ground. When a handful of kernels spilled on the floor while it was being ground, he and Margaret sprang to gather it up. Margaret wrapped it in her handkerchief. That evening they would parch it on the top of the stove at home. No food could be wasted.

After that cold, hungry winter, spring finally came, and Neil’s family moved to Mill Creek.

After a long winter, crickets attack the crops. Can the wheat be saved?
a few miles from Salt Lake City. They planted a small crop of wheat. When the grain came up, it looked so strong and good. How wonderful it would be to have plenty of flour next winter! But then the crickets came.

Crickets were everywhere. There seemed to be no end to them. They were big and black and ate everything in their paths. Everyone worked in the fields, trying to kill the insects. But it seemed useless. There were just so many crickets.

Finally a day of fasting and prayer was planned. Father and the other men went to Salt Lake to pray for help from Heavenly Father.

While Father was gone, Neil, Mother, and Margaret went into the fields again to fight the crickets. Neil was tired, and the thought of another hungry winter made him want to cry. As they worked, it suddenly became darker. Neil looked up and saw thousands of gulls in the sky. Mother threw up her hands in despair. “What the crickets won’t take, those birds will!” she exclaimed.

Mother sat down and cried. Neil cried too. He didn’t know what would become of his family.

Too tired to fight the bird invaders, Neil and his mother and sister watched the seagulls. “Mother, look!” Neil shouted. “The gulls aren’t eating our wheat. They are eating the crickets!”

“I believe you are right!” Mother said.

Mother, Margaret, and Neil held hands and danced in a circle. They hugged and laughed. The gulls were saving their wheat!

Suddenly, Mother stopped dancing and dropped to her knees. “Come, children,” she said. “These gulls were sent by Heavenly Father to save His children. Let us give thanks to Him.”

The three of them prayed right there in the wheat field. Neil never forgot the miracle of the gulls.
Kelsey Makes a Mistake

By Jane McBride Choate
(Based on a true story)

We believe in being honest (Articles of Faith 1:13).

1. For Little Friends

2. 

3. 

4.
Sometimes we make mistakes, like Kelsey did. When we make mistakes, we can show we are sorry. Look at the drawings on this page. Place a number in each box to show the order in which these things happened.

1. Admit you did something wrong.
2. Promise not to do it again.
4. Do your best to correct what you did wrong.
I Can Be Honest

The child in this picture is being honest. See if you can find a ball, candle, cell phone, clock, cookie, dog, doll, feather, pencil, piece of pie, scriptures, and spoon.
Father in Heaven, on this lovely day please help me be happy and kind as I play (Children’s Songbook, 22).

“Ouch!” Nate cried.

“That hurt.”

Meg looked over at her little brother. Mom had brought them to their favorite playground for the afternoon. Nate was digging in the sand near the swings. Now two girls playing near him were throwing toys at him.

“That’s not very nice,” he said. “Please stop.”

The two girls just laughed and kept throwing toys and sand.

Meg was upset. Nate hadn’t done anything to the girls. He had been playing by himself. They should be nicer to him.

Meg looked for Mom. She was talking with other adults on the other side of the playground. Meg worried that by the time she got
Mom to come help, Nate would be really hurt.
Meg decided to take care of it herself. She walked over and stood between Nate and the girls. The girls looked surprised. They stopped throwing toys.

“That’s my little brother,” Meg told the girls. “You should be nice to him.”
Then Meg had an idea. “What if we play together? Do you know how to play freeze tag?”
One of the girls smiled and said, “That’s my favorite game!”
As the girls ran off toward the field, Nate turned to Meg. “Thanks for helping me. You’re a great sister.”
Meg smiled and hugged him. She was glad she had been able to help her brother.

One day my friend and I were playing a soccer game. My friend started to tease the other team. I had a feeling that the other team was feeling bad about it. I asked my friend if he would stop, and he said yes. I felt good because I listened to the Holy Ghost.
Lincoln H., age 7, Utah

Hooray for superhero sisters!
Kayleigh S., age 11, Utah, likes to play soccer and basketball. She also runs mile races. Kayleigh likes to read, and her favorite colors are blue and purple. She has four brothers and two sisters. Kayleigh’s best friends are her parents.

Anson C., age 5, Maryland, memorizes a scripture every week. He recently memorized Proverbs 15:1. Anson tries to speak kindly to his brother and sister.

Katlynn B., age 7, California, likes to draw and enjoys taking gymnastic lessons. She attends Primary every Sunday. Katlynn is a kind friend and is a good example to her brother and sister. She is looking forward to being baptized when she turns eight.

Spencer R., age 8, Utah

Kaylea C., age 8, Arizona

Isaac F., age 7, Alaska

Skylar M., age 10, Alberta, Canada

Alyssa C., age 7, New York

**Prayer**

Pray every day.

Think hard of what to say.

We fold our arms, we bow our heads,

We stay reverent when the prayer is said.

We thank Heavenly Father for the blessings He’s brought.

We ask Him to help us do the things He has taught.

And then end our prayer with an amen,

So we can go on, happy again.

*Joshua J., age 11, South Carolina*

Everybody is different but... Heavenly Father loves us equally!

Show and Tell
Now that I am baptized I can feel the Spirit inside of me. I know the Church is true, and I know Heavenly Father lives and Jesus is the Christ. When I need help I pray, and Heavenly Father always answers my prayers. I hope I can serve a mission one day. I am so grateful for the gospel in my life and I wish everybody could feel like I do about the gospel, Heavenly Father, Jesus Christ, the prophet, and our Church. I want everybody to know how I feel about the Church!

Kayley W., age 8, England

We made a paper chain that helped us remember to serve others. Every time we did an act of service, like helping our mom or being kind to a friend, we added a link to the chain. We were excited to see the chain grow! Soon the chain stretched all the way across one room. We felt good knowing we were loving and serving those around us, as Jesus would do.

Joseph and Caleb M., ages 6 and 4, Arizona

I’m trying to read the whole Book of Mormon before I turn eight. In family home evening my dad talked about setting goals, so I decided to read three pages a day to meet my goal. Sometimes I take my Book of Mormon to school so I can read it during silent reading. My friends have asked me about the Book of Mormon, and I have been able to tell them about it. I’m happy that we can have the scriptures to read and share with others.

Emily S., age 7, Texas

I like the stories in the Book of Mormon. My favorite story is when God commanded Nephi to build a ship. I can have the Spirit with me like Nephi did when I read the scriptures and do what is right. I really want the Spirit to be with me always. I will try to go and do what the Lord commands.

Brayden T., age 6, Utah
Can you imagine going on a mission and not knowing when you would return to your family? How would you feel? What would you do to prepare?

The four sons of King Mosiah—Ammon, Aaron, Omner, and Himni—and their friend Alma went on a mission that lasted 14 years. Each of the sons of Mosiah could have been the king of their own country, but instead they followed their hearts. They and Alma had become converted to the gospel of Jesus Christ, and they wanted to share the gospel with the Lamanites, their enemies.

The young men knew they could not accomplish their mission without power from God. Alma 17:2–3 tells how they got this power: “They had searched the scriptures diligently, that they might know the word of God. . . . They had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God.”

Fasting and praying helped these young men receive blessings from God. Just like Alma and the sons of Mosiah, you can fast and pray to prepare to receive the blessings Heavenly Father has for you. ♦

Song and Scripture
• “The Wise Man and the Foolish Man,” *Children’s Songbook*, 281
• 1 Nephi 3:16
CTR Time: Praying and Fasting

As a family, discuss the importance of praying before and after a fast. The next time your family fasts, talk about a purpose for it. Begin your fast by praying and talking with Heavenly Father about why you are fasting.

Just You

Place a colorful rock on your bed as a reminder to pray and share with Heavenly Father what you are fasting about. After you pray to begin your fast, place the rock on the floor next to your bed. When your fast is over, the rock will be a reminder to kneel down and pray. You can use this rock as a reminder on fast Sunday every month and when you have special fasts with your family, ward, or branch.

You will need:
- one smooth rock or pebble
- acrylic paint or colored markers
- paintbrush

1. Squeeze a small amount of paint onto a paper plate or scrap paper.
2. Use the brush or markers to decorate the rock. Write your name on it or draw other designs or shapes.
3. Let the paint dry completely and place the rock on your bed.
4. Wash the rock and let it dry.
Let's go ride our bikes!

OK!

Not until you clean your room, young man.

I'll help you.

Thanks.

In go my righteous shoes.

Sure. They're the ones that take my feet to church every Sunday.

These are righteous shoes too. They carried you all around Sister Binton's yard when you weeded her lawn for free.

How about these? Are they righteous?

Of course! They help you keep your body healthy.

All my shoes are righteous.

Only if you are. So make sure you are.
Being kind is doing and saying nice things to others.

*Be ye kind one to another* (Ephesians 4:32).
Jacob got his best time ever—

or did he?
By Heather Oman
(Based on a true story)

They that deal truly are [the Lord’s] delight (Proverbs 12:22).

Jacob’s heart pounded as he bent into position. He shifted his weight back and forth at the starting line. The starter pointed his gun straight in the air and everything went silent.

“Bam!”

Jacob dashed into the water and began kicking his legs and churning his arms as fast as he could. This was Jacob’s first triathlon, and he wanted to do his best. He had been training hard. He was on the neighborhood swim team, and he had competed in a lot of running races. He knew he had a good chance of doing well.

Jacob finished the 50-meter swim in second place and ran to his bike. He dried off, threw on his shirt and shoes, fastened his helmet, and pedaled out of the transition area.

Jacob was supposed to ride about two miles (3.2 km) on his bike, but he wasn’t sure how long it would take. He came to an orange cone, but there wasn’t anyone to direct him. It looked like another boy had turned around at the cone, so he did too. He pedaled back to the transition area and got ready to run.

Jacob ran the last part of the course so hard he thought his lungs would burst, but he felt good when he crossed the finish line. He felt even better when he realized he was in first place! He found Mom in the crowd, but she wasn’t smiling. “Jacob, are you sure you did the bike part of the race right?” she asked.

“I think so,” Jacob said. “Your time is so fast,” Mom said. “I think you missed part of the course.”

“Let’s go walk through the bike course,” Dad said. “You can tell me where you rode your bike.”

Jacob and Dad started walking along the course, with Dad holding the course map. When they got to the orange cone, Jacob saw other bikers going past the cone—not turning around. Dad checked the map. The cone wasn’t the turn-around point. Jacob had accidentally missed a third of the course.

Jacob held back tears. He knew he had to tell the race officials he had made a mistake, but he didn’t want to. That meant he would be disqualified and that he wouldn’t get the first-place trophy.

Jacob walked up to a race official. “Excuse me,” Jacob said. “I wanted to tell you that I made a mistake. I missed a part of the bike course, so my time probably shouldn’t count.”

“It took a lot of courage to tell us that,” the official said. “Thanks.”

Jacob nodded, but his eyes filled with tears. Mom gave him a hug.

“I want to go home,” Jacob said. He felt tired and defeated.

But then he heard the race official on the microphone. “It’s been quite a race!” he said. “And we saw a great example of good sportsmanship today. We had a boy who would have won first place, but he was honest enough to admit that he made a mistake on the bike course. I want everybody to give him a big cheer.”

A cheer went up from the crowd. It took Jacob a second to realize what was happening. They were cheering for him! Not because he had won, but because he had done the right thing.

On the way home, Dad told Jacob stories about other athletes who had made mistakes. He learned that everybody makes mistakes. He also learned that sometimes being honest gets you the biggest cheer of all.
They did press their way forward, continually holding fast to the rod of iron (1 Nephi 8:30).

I grew up as a cowboy working on my family’s cattle ranch. One of my jobs was to gather hay from the fields with a dump rake, which is a giant rake pulled by a team of two horses. Driving the team, I raked up hay and dumped it into large piles. One day when I was 11, I thought I heard something broken in the rake. I pulled on the reins to stop the horses. When they stopped, I let go of the reins and jumped off to see what the problem was.

As soon as I got off, the horses turned around and looked at me. When they saw that I had let go of the reins, they bolted away, racing for the barn with the big rake bouncing along behind them. I was left far behind, alone and afraid.

When the horses got to the barn they ran through the door, but the dump rake was too big and it crashed into the barn. The doors were badly damaged and so was the rake. I knew I was in trouble.

This experience taught me to never let go of the reins, not even for a moment. Lehi’s dream in the Book of Mormon also teaches about never letting go of something—the iron rod, which is the word of God. We should never let go of the iron rod, not even for a moment. If we hold onto the gospel principles tightly, we will get where we want to go, which is back to live with Heavenly Father. If we let go of the gospel principles, bad things can happen very quickly. We must always try to choose the right and never let go of the iron rod. ♦
I Feel My Savior’s Love

(Simplified)

Expressively \( \frac{4}{4} = 76–84 \)

Words by Ralph Rodgers Jr., K. Newell Dayley, and Laurie Huffman
Music by K. Newell Dayley

© 1978, 1979 by K. Newell Dayley. Arr. © 2012 IRI. All rights reserved.

This song may be copied for incidental, noncommercial church or home use. This notice must be included on each copy made.

Practice tip: Look for places in the song where notes follow the same pattern.

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

1. I feel my Savior’s love
   In all the world a -

2. I feel my Savior’s love; Its gen - tle - ness en -

3. I feel my Savior’s love And know that he will

round me. His Spir - it warms my soul Through ev - 'ry - thing I
folds me, And when I kneel to pray, My heart is filled with
bless me. I of - fer him my heart; My shep - herd he will

see. peace. He knows I will fol - low him, Give all my
be.

life to him. I feel my Sav - ior’s love, The love he free - ly gives me.
Possible Ideas for Family Home Evening

1. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).
2. Role-play activities that are appropriate in different settings (school, the park, the store). Then read “Showing Respect” (pages 28–29) and talk about appropriate behavior at church. Make a list of how you can be more respectful at church.
3. Celebrate your own Pioneer Day! You can read Elder Perry's comments (page 20), “The Flame of Faith” (pages 18–19), or “Saving the Wheat” (pages 30–31) for inspiration. Talk about why the pioneers are important.
4. Read “A Growing Testimony” (page 10). Use the plant analogy to explain why we need to constantly nourish our testimonies. You could set individual or family goals to strengthen your testimonies.

The Friend can be found on the Internet at lds.org/friend.
To subscribe online, go to store.lds.org.
Why We Have General Conference

“We meet each six months to strengthen one another, to extend encouragement, to provide comfort, to build faith.”

—President Thomas S. Monson

Conference Stories about Children

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

• A girl feels the Holy Ghost when she prays to get along with her brother (see page 10).
• After an earthquake in Haiti, Heavenly Father helps worried parents find their children (see page 113).
• When a boy hears a prophet speak, he wants to stand and say he is on the Lord’s side (see page 14).
• A girl who chose to play soccer on Sunday realizes she made a mistake and decides she will never do it again (see page 104).

President Monson Says THANK YOU

• I thank you for your faith and devotion to the gospel.
• I thank you for the care and love you show one to another.
• I thank you for your prayers in my behalf. I have felt those prayers and am most grateful for them.

How People LISTEN to General Conference

President Monson said that even though everyone in the Church cannot fit under one roof, we can listen to general conference in many ways. How do you listen to conference?

THE CHURCH AROUND THE WORLD

A report in conference tells us how many people are members of the Church and other interesting facts:

Church members ........................................... 14,441,346
Missionaries .......................................................... 55,410
Temples ................................................................. 136
Temples announced or under construction ........... 30
Through Your Eyes

This picture reminds me of the beauty of God’s creations and how we should protect them so that other people will be able to enjoy them also.

Josh R., age 10, Florida

Do you like taking photos? We’d like to see your best shots about how Heavenly Father blesses your life. E-mail them to friend@ldschurch.org and include your name, age, and where you’re from. Please also include a sentence explaining how your picture shows Heavenly Father’s blessings in your life. Remember, we can’t publish your submission without a parent’s permission in the e-mail. If there are people in the photo, we also need to know that they gave their permission to be photographed. We’re looking forward to seeing Heavenly Father’s blessings through your eyes!

What’s online?

• How many of the children featured in “One in a Million” have you met?
Visit lds.org/friend and click “One in a Million” to get to know new friends around the world.
• Scripture Stories is a weekly radio series designed to help children know and love stories from the scriptures. Each episode features children who share their insights from the scriptures, along with music and readings of scripture stories. Visit lds.org/friend and click “Scripture Stories” to listen.