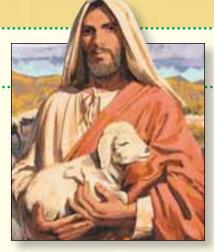


Friends by Mail

In June 2007, we asked you to tell us about a time when a parent, teacher, leader, or friend has been a "shepherd" in your life by warning you of danger or leading you on the right path. We are very grateful to each of you who responded. Unfortunately, we can only publish a few of your letters. Please know that even if your letter does not appear here, your help was appreciated. Thank you!



Stranger Danger



When I was nine years old, we had a family home evening lesson on safety. My mom taught us about stranger danger and what to do if we were ever in harm's way. I didn't think much about the les-

son until about six months later. I was jogging home when a man driving a dark car stopped and yelled at me to get in his car. I was scared and worried that he would hurt me if I didn't get in his car, but then I remembered the family home evening lesson. I ran in the other direction away from the car and the man drove off. I told my mom what had happened and she called the police. Mom told me that she had prayed that day for my protection, and she had felt inspired to plan the lesson on stranger danger. My mom and dad are Jesus's helpers. They are two of the shepherds who are here to protect and watch over me. I am grateful for them.

Matthew B., age 10, Utah

Hunter's Warning



went on a fathers and sons' campout with my ward. My friends and I hiked down a canyon. We chose the oldest boy, Hunter, to be our leader. When we came to a curve in the canyon, Hunter warned us that

we shouldn't go around the curve. He had a feeling that something bad would happen if we did. So we turned around and walked in the other direction. Later, when we were hiking with our dads and we went around that curve, Hunter's dad almost stepped

on a rattlesnake! A rattlesnake's rattle is a warning, but the Holy Ghost can warn us about all kinds of danger. I am thankful Hunter listened to the Holy Ghost so we could all be safe.

Ethan L., age 10, Arizona

Guidance from My Mom and the Holy Ghost



asked my mom if I could play outside with my friends. She said, "Yes, but don't go too far." When I got outside, my friends were waiting for me. "Should I get my scooter?" I asked. "Sure," said Derek. Sam said

they were going to the park. I remembered what my mom had told me, and I heard a voice say, "Don't do it. Don't do it." I said that I wouldn't go. Right after they left a car passed by. I knew I probably would have been hit. I am happy for my mom and the Holy Ghost who guide me through my life.

Thomas K., age 8, Nebraska

Sunbeam Teachers



Sunday is my favorite day of the week because I get to go to Primary and learn about Jesus. I love my Sunbeam teachers. I am grateful for them. They teach me how to choose the right and how to follow

Jesus. I also like to share the things I have learned with my family. They keep us on the right path. Emery H., age 3, Utah, with help from her mom Volume 38 Number 6 June 2008

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Cover by Brandon Dorman



The First Vision

BY PRESIDENT DIETER F. UCHTDORF Second Counselor in the First Presidency

I attended church in many different locations and circumstances: in humble back rooms, in impressive villas, and in very functional modern chapels. All of these buildings had one important factor in common: the Spirit of God was present—the love of the Savior could be felt as we assembled as a branch or ward family.

The chapel in Zwickau had an old airdriven organ. Every Sunday a young man was assigned to push up and down the sturdy lever operating the bellows to make

the organ work. I sometimes had the great privilege to assist in this important task.

While the congregation sang our beloved hymns of the Restoration, I pumped with all my strength so the organ would not run out of wind. The bellows operator sat in a seat that offered a great view of a stained-glass window that beautified the front part of the chapel. The stained glass portrayed the First Vision, with Joseph Smith kneeling in the Sacred Grove, looking up toward heaven and into a pillar of light.

During the hymns of the congregation and even during talks and testimonies given by our members, I often looked at this depiction of a most sacred moment in world history. In my mind's eye I saw Joseph receiving knowledge, witness, and divine instructions as he became a blessed instrument in the hand of our Heavenly Father.



President Uchtdorf shares his testimony of Joseph Smith's First Vision.

I felt a special spirit while looking at the beautiful scene in this window. I saw a picture of a believing young boy in a sacred grove who made a courageous decision to earnestly pray to our Heavenly Father, who listened and responded lovingly to him.

Here I was, a young boy in post—World War II Germany, living in a city in ruins, thousands of miles away from Palmyra in North America and more than a hundred years after the event actually took place. By the universal power of the Holy Ghost, I felt in my heart and in my mind that it was true, that Joseph Smith saw God and Jesus Christ and heard Their voices.

The Spirit of God comforted my soul at this young age with an assurance of the reality of this sacred moment that resulted in the beginning of a worldwide movement destined to "roll forth, until it has filled the whole earth" (D&C 65:2). I believed Joseph Smith's testimony of that glorious experience in the Sacred Grove then, and I know it now. God has spoken to mankind again!

From an April 2005 general conference address.

THINGS TO THINK ABOUT

- 1. Does it matter what kind of building you go to church in? What does matter?
- 2. What do you think "the universal power of the Holy Ghost" means? What might this have to do with the many people who are joining the Church across the world?
- 3. Do you have a testimony of Joseph Smith's First Vision? What can you do to gain one?



Not Just for a

BY WENDY ELLISON

(Based on a true story)

That thereby they might gather themselves together, to go up to the temple (Mosiah 1:18).

aturday started just like any other day. The sun rose over the mountains next to Kolin's home, and the light trickled in through his bedroom window. On another day he might have tried to hide under his covers and stay in bed. But Kolin yawned and stretched and crawled out of bed because something special was going to happen, and he needed to get ready.

Usually Saturday was a day to play with friends or help in the yard or stop in to visit Grandma and Grandpa after errands. He often wore comfortable clothes that were good for getting dirty. Instead, he dressed in his Sunday best that Mom had cleaned and pressed for him. He buttoned his white shirt and carefully tucked it in. He put on his socks and shoes and slipped his tie around his neck—Dad would help him tie it. When Mom called, "It's time to go," he was ready.

With everyone buckled safely in the van, Dad drove down the street and around the curve in the road. Kolin smiled when they got to the temple. He saw its smooth surface glistening in the sunlight and the colorful stained-glass windows that stretched toward the spire and the angel Moroni.

Kolin had seen the temple many times. He had been inside a temple before too: once when he was sealed to his parents when he was six months old and again after his parents adopted his younger brother, Kaden. Kolin was too young to remember either of those times, but as he grew he learned that what had happened there

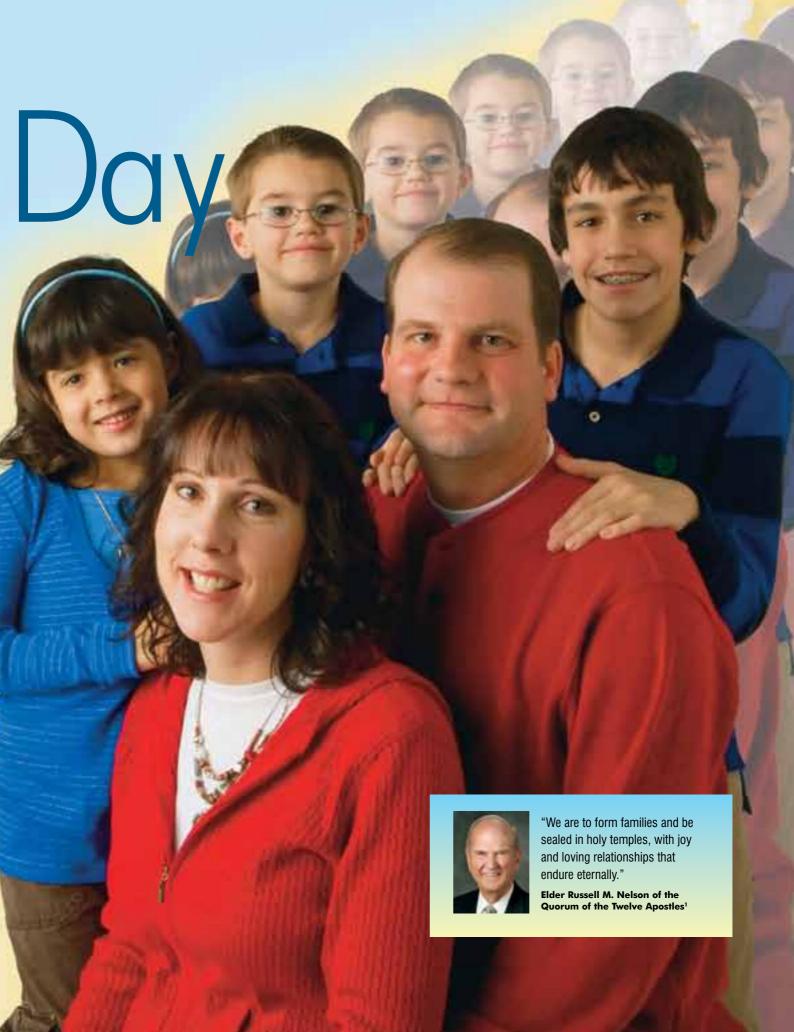
was important. And Kolin understood that after this special Saturday visit, his adopted baby sister, Shayla, would be part of the family forever, just like her big brothers.

On any other day Kolin liked laughing and talking. But when he entered the big temple doors with his family, he tried to leave all his wiggles and giggles outside. He knew it was a sacred place.

Friendly temple workers took Kolin, Kaden, and Shayla to a room especially for children, where they dressed in white and stayed until it was time to go to the sealing room where Mom and Dad were waiting. In the sealing room, Kolin saw his grandpa and grandma, aunts and uncles, family friends, and some members of his ward. It was a happy day, even though some people wiped away tears.

The temple sealer greeted the boys with a firm handshake and a smile. He said they looked nice in their white clothing. He encouraged them to always make good choices so they could prepare for missions and come back to the temple. And then he reminded them of the importance of what was about to happen. After that he began the sealing ordinance.

When the sealing was over, Kolin and his family stood and looked into the mirrors across the room. He saw himself with his dad, mom, brother, and baby sister. The reflection didn't end, just like his eternal family. Kolin knew that because of the temple, his family could be together not just for that day, but forever.



They Spoke to Us

Quotes from the April 2008 general conference

"Show kindness and respect for all people everywhere. The world in which we live is filled with diversity. We can and should demonstrate respect toward those whose beliefs differ from ours."

President Thomas S. Monson

"President Monson . . . is a man of amazing gifts and talents. He is the prophet of God. His faith and loving heart extend to every nation, tongue, and people."

President Dieter F. Uchtdorf

"This is the true Church, the only true Church, because in it are the keys of the priesthood." President Henry B. Eyring



"There is only one way to become personally converted. It is through a witness of the Spirit as we study these very scriptures that testify of Jesus Christ. It comes as we pray and as we fast. It comes only when we have a deep desire to know the truth."

Cheryl C. Lant, Primary

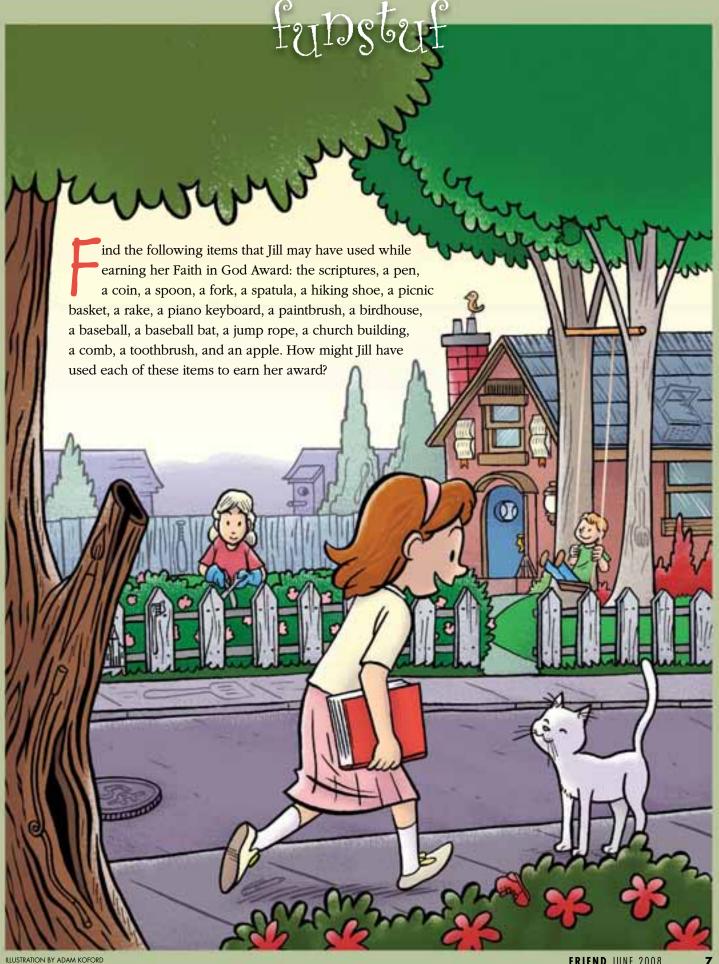
General President



"There are some simple things you can do to help your mother. You can pick up your toys when you are finished playing with them, . . . and do other chores—without being asked. You can say thank you more often. . . . Most of all, you can put your arms around your mother often and tell her you love her." Elder M. Russell Ballard



"Live by your standards. Stand up for what you believe in. Sometimes it is not easy, and you may be standing alone for awhile. . . . Pray for guidance and protection from the Lord. . . . He will become a trusted friend, and you will discover that your example will attract many friends who will take courage from your strength of character." Elder W. Craig Zwick



FRIEND JUNE 2008





Faith in God







our desire that boys and girls will develop greater faith and courage by learning and living the gospel, serving others, and developing their talents" (First Presidency letter, Apr. 2, 2003).

In today's world you will need great faith and courage. You can develop these qualities by praying every day, reading your scriptures regularly, and keeping the

Above (from left): Margaret S. Lifferth, first counselor; Cheryl C. Lant, president; and Vicki F. Matsumori, second counselor.

BY THE PRIMARY GENERAL PRESIDENCY

ine-year-old Shelby gave the opening prayer in family home evening. "Shelby," Mother said, "I think you are almost done with one of the Faith in God activities. You said the closing prayer for family home evening just a few weeks ago. Now you need to share your feelings about how prayer protects us and helps us stay close to Heavenly Father and the Savior."

Shelby left the room and returned with her journal. She read how a few days earlier she had prayed in the backseat of the family car for help when the car would not start. Almost immediately a neighbor had arrived to help fix the problem. Shelby remembered to pray because she had been thinking about the Faith in God activity.

Like children all over the world, Shelby found that Faith in God is more than a program. It is a way to build faith as you practice living the gospel of Jesus Christ.

When the Faith in God program was introduced in 2003, President Gordon B. Hinckley, President Thomas S. Monson, and President James E. Faust said in a letter, "It is





commandments. These and other ways of living the gospel are part of the basic requirements listed in the guidebook. When you turn eight, you will receive the *Faith in God* guidebook.

In some areas of the world, children gather together twice a month with an activity-day leader to build friendships, practice living the

gospel, and have fun. In other parts of the world where there are few members of the Church or large distances between members, children work on Faith in God with their family or by themselves. Whatever your situation, the most important thing is that you find a way to practice living the gospel of Jesus Christ.

Primary leaders can help you.
Primary presidency members can encourage you and give you a chance to report on completed activities. Teachers can help you memorize the Articles of Faith. For boys living in the United States and Canada, den leaders can coordinate Scouting activities with Faith in God goals.

Faith in God is also a way to strengthen your family. Lindsey had just turned eight and received her copy of the *Faith in God* guidebook. Her parents reviewed the guidebook with her. Lindsey volunteered to give the lesson for family home evening. She chose one of the topics in her *Faith in God* guidebook. With the help of her family, Lindsey presented family home evening and also completed an activity.

Other families have also used Faith in God to help them with family home evening. One family chose a different article of faith to study and memorize each week. Another family let their children choose an activity from the guidebook when it was the child's turn to give the lesson.

For a parent-child service project (see guidebook, p. 9), Michael's family decided to make apple pies that each family member could take to someone. Michael asked if he could take his pie to a family who had been unfriendly. Although his mother was concerned, Michael persisted. Michael's family delivered the pie. They discovered that the

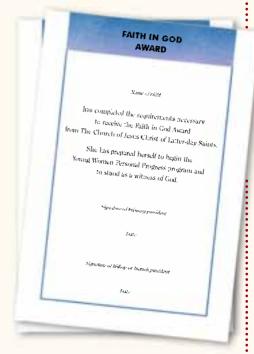
be better prepared to receive the Aaronic Priesthood or to become a righteous young woman. You will have established patterns for righteous living and will have had opportunities to live the gospel, serve others, and develop your talents. Best of all, you will have strengthened your testimony of Jesus Christ.



family was having hard times and that the unfriendliness was not directed at them. The two families became great friends because Michael wanted to live the gospel of Jesus Christ.

When you complete the requirements, you will receive the certificate at the back of the guidebook. Your Primary president and the bishop or branch president will sign it. But the greatest blessing is that you will have practiced doing the things that can help you live the gospel and be strong and courageous.

When you complete the requirements for Faith in God, you will also





My Gospel Standards Matching Game

Draw a line to connect the halves that go together. Use the back of your Faith in God guidebook for help.

	ותו	
I wil	ll tol	low

I will remember my baptismal covenant and

I will choose the right. I know

I will be honest with

I will use the names of Heavenly Father and Jesus Christ reverently. I will

I will do those things on the Sabbath that will

I will honor my parents and

I will keep my mind and body sacred and pure, and

I will dress modestly to

I will only read and watch things that

I will only listen to music that

I will seek good friends and

I will live now to be worthy to go to the temple and

not swear or use crude words.

do my part to strengthen my family.

I will not partake of things that are harmful to me.

are pleasing to Heavenly Father.

treat others kindly.

Heavenly Father's plan for me.

help me feel close to Heavenly Father and Jesus Christ.

is pleasing to Heavenly Father.

do my part to have an eternal family.

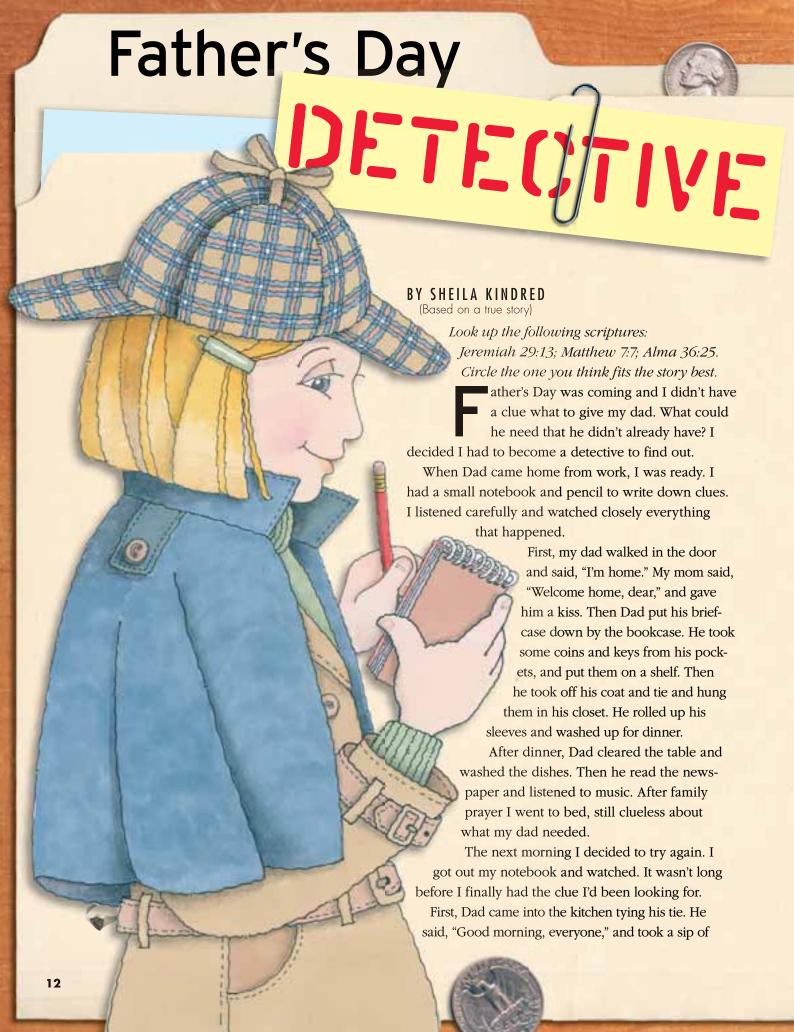
listen to the Holy Ghost.

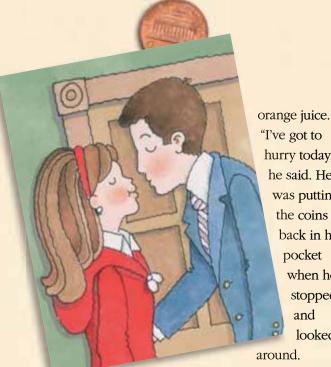
show respect for Heavenly Father and myself.

Heavenly Father, others, and myself.

I can repent when I make a mistake.

order⊚ corbis FRIEND JUNE 2008 1





"I've got to hurry today," he said. He was putting the coins back in his pocket when he stopped and looked

"Have you seen my keys?"

he asked me.

I jumped up and found them on the floor near the bookcase.

"Thanks, sweetheart," he said, kissing my cheek. "Lucky for me you have such sharp eyes."

He waved good-bye, and I returned his wave with a big grin. I was happy because now I knew exactly

what to make my dad for Father's Day.

I asked my mom for a clean, empty tin can with the top removed. She made sure there were no sharp edges. I covered the outside of the can with gold paper. From some old magazines I cut out pictures of things that had to do with money and keys—a piggy bank, a treasure chest, a door

lock, and a sports car. I glued the pictures onto the gold paper. My mom then sprayed the can with a clear sealant. While I waited for the can to dry so I could wrap it, I made a card for Dad with a drawing of a detective on it.

On Father's Day, when Dad opened my gift, he looked confused. "This is a very pretty tin can," he said.

"It's for your extra coins," I pointed out. "And so you don't lose your keys anymore."

Dad's eyes lit up and he smiled broadly. Right then and there he got up and put the can on the bookshelf. "Perfect," he said as he dropped his coins and keys in with a

> clatter. "How did you know this was exactly what I needed?"

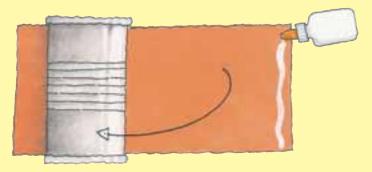
I just smiled.

My dad used that tin can every day after that. Whenever I heard the familiar clatter of coins and keys, I felt happy inside. That sound meant my dad was home. And I felt a surge of love for him, knowing that I had been able to give him something he really needed. All I had to do was open my eyes and look for the clues.



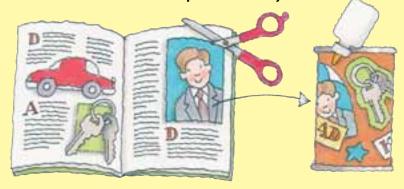
Keys and Coins

To make this gift, you will need: scissors; colored paper; clear-drying glue; a clean, empty can that has no sharp edges; magazines; a paint-brush; a small dish; and water.



1. Cut the colored paper to fit around the outside of the can.

Glue it in place and let dry.



2. Find words and pictures in old magazines that have to do with money, keys, and Dad. Cut them out, glue them on the paper-covered can, and let dry.



3. Put some glue into a small dish, thin it with a little water, and mix. With your fingers or a small paintbrush, spread the glue mixture lightly over all the clippings and let dry.



Homemade Frozen Yogurt

Whip up yummy homemade frozen yogurt in your own kitchen. Mix together 16 ounces of fat-free or regular vanilla yogurt with your favorite fruits, and spoon the mixture into serving-size freezer containers with lids. Store the containers in the freezer. To serve, remove the lid and soften the yogurt in the microwave for about 45 seconds. Here are some examples of flavor combinations you can try.

Converting ounces to grams:

16 ounces = 454 grams

8 ounces = 227 grams

4 ounces = 113 grams

Cherry Vanilla

Use 16 ounces of fresh or frozen pitted cherries.

Strawberry Mango

Use 8 ounces of fresh or frozen sliced strawberries and 8 ounces of fresh or frozen chopped mangoes.

Berry Berry Good

Use 4 ounces each of fresh or frozen blueberries, raspberries, sliced strawberries, and blackberries.

Peachy Walnut

Use 16 ounces of fresh or frozen chopped peaches and 1/2 cup chopped walnuts.

Tropical Pineapple

Use 8 ounces of fresh or frozen chopped pineapple and 8 ounces of fresh or frozen chopped papaya.

Tangy Treat



I will follow Heavenly Father's plan for me.	I will remember my baptismal covenant and listen to the Holy Ghost.		I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.	I will dress modestly to show respect for Heavenly Father and myself.
I will choose the right. I know I can repent when I make a mistake.	I will be honest with Heavenly Father, others, and myself.		I will only read and watch things that are pleasing to Heavenly Father.	I will only listen to music that is pleasing to Heavenly Father.
I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.	I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.		I will seek good friends and treat others kindly.	I will live now to be worthy to go to the temple and do my part to have an eternal family.
I will honor my parents and do my part to strengthen my family.				
			Note: If you do not wing pages from the magazing may be copied or prin	ine, this activity

I'll Prepare Myself While I Am Young



Let this house be built unto my name, that I may reveal mine ordinances therein unto my people (D&C 124:40).

BY LINDA CHRISTENSEN



Temples are a blessing to you and to your family. There are more than 120 temples all over the world. Do you know the name of

the temple closest to you? Is there a picture of a temple in your home? Has someone in your family been to the temple to make sacred covenants?

The Primary song "I Love to See the Temple" (*Children's Songbook*, 95) teaches that a temple is "a house of God, a place of love and beauty." It also teaches that a temple is "a holy place where we are sealed together." The next time you sing this song, listen for the words "I'm going there someday." This is a promise you are making to yourself and to Heavenly Father that you will be worthy to enter His holy house.

Activity

Remove page 16, and glue it to heavier paper. Cut out the temple on the solid lines, fold on the dotted lines, and glue the tabs to the inside of the walls to form a box. (The temple should be at the front of the box.) Cut out the My Gospel Standards cards (p. 16), and place them inside the temple box. Choose a gospel standard from the box, read it, and decide what you can do to live the standard. In family home evening, share how living this standard can prepare you to enter the temple someday.

Place the temple box and the My Gospel Standards cards in a special place to remind you to make good choices. As you read a gospel standard and decide how to live it, remember these words from "I Love to See the Temple": "I'll prepare myself while I am young; this is my sacred duty."

ILLUSTRATION BY DAVID W. MEIKLE FRIEND JUNE 2008 17

Sharing Time Ideas

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit; *TNGC* = *Teaching, No Greater Call.*)

1. Prior to sharing time, draw two simple pictures of a temple. Cut one of the pictures into 12 rectangles to represent building blocks. Number the pieces from 1 to 12. Use the second picture as a model for the children to look at as they build the temple. Cut a piece of paper into 12 sections, and write one action word from the first 12 My Gospel Standards on each piece of paper. (Action words: follow, remember, choose, be, use, do, honor, keep, dress, read and watch, listen, seek.) Fold the papers so the action word is hidden. Provide copies of the *Faith in God* guidebook, or display GAK 618 (My Gospel Standards).

Play the temple-building game. Begin by reading D&C 124:40 together. Write the phrase "let this house be built" on the chalkboard. Place the uncut picture of the temple under the phrase. Help the children recognize that it requires work and sacrifice to build and attend the temple.

Invite a child to choose a paper and read the action word. Have the children look in My Gospel Standards for the word. When it is found, read the standard together. Invite the child or class to think of a way to live that standard. Then invite the child or class to find building block 1 and put it on the chalkboard to begin building the temple. Continue until all the action words have been chosen and the building blocks have been placed to complete the picture.

Read the last gospel standard together as a Primary. Emphasize that all the gospel standards discussed are things that children can do to have an eternal family. Bear testimony of the blessings of the temple and the importance of being worthy.

2. Hold up a sack that has scriptures inside. Give several clues to help the children guess what is in the sack. When they have guessed, open the scriptures to Malachi 3:10, and read the phrase "Bring ye all the tithes." Ask the children to guess what commandment this scripture describes. Help the children find the scripture and read it together, listening for the promise "pour you out a blessing."

Invite the children to name some blessings Heavenly Father has given them, and make a list on the chalkboard. Give each child a sheet of paper. Ask them to choose one blessing and draw or write the blessing on the paper. When they are finished, ask them to quietly roll their paper into a ball. Sing the chorus of "Nephi's Courage" (pp. 120–21) as you gather the balls and place them in the sack.

Hold up the sack with the blessing balls inside. Ask a priesthood leader to come to the front of the room and hold out his hands. Before you pour the balls into his hands, ask the children what they think will happen. Pour the balls into his hands, and watch them overflow. Read the promise: "pour you out a blessing, that there shall not be room enough to receive it." Help the children understand that when we obey the law of tithing, Heavenly Father blesses us with so many blessings that there is not room enough to receive them.

Ask the children what happens to their tithing. Help them understand that it helps build temples. Sing the chorus of "Nephi's Courage," and encourage the children to "go and do" by paying their tithing.

3. Display family history items such as journals, photographs, or books of remembrance. Discuss the importance of keeping records of our families. Help the children find D&C 138:47–48, and read it together. Discuss the importance of temple work so that families can be sealed together forever.

Briefly explain the process of finding and preparing names of family members for temple work. Share a positive personal story of submitting a name for temple work, or tell the story "Finding Grandpa Oskar" (*Friend*,

Aug. 2002, 46–47). Sing "Family History—I Am Doing It" (p. 94). Provide a pedigree chart and a family group record for each child, and allow time for them to fill out the portions they know. Hold up a *Faith in God* guidebook, and remind the children that completing a pedigree chart and a family group record is an activity in the guidebook. Encourage them to complete this activity with their families. Invite the children to bring the completed forms back to Primary and share what they learned about their families. Bear testimony of the importance of family history work and the blessings of the temple, where we can be sealed together as families.

4. Ask the children to listen for one word that describes the temple. Sing the phrase, "For the temple is a holy place," from "I Love to See the Temple" (p. 95). Show pictures of different temples, and ask the children to describe behaviors that would be appropriate in a holy place.

Invite a member of the bishopric or branch presidency to talk about the temple recommend interview. (Some items that could be addressed: appropriate dress for the interview, questions that will be asked, and whom the priesthood leader represents during the interview.) Then discuss how being reverent, dressing modestly, and speaking kindly can help prepare the children to be worthy to enter the temple. If time allows, share positive personal experiences or stories from the *Friend* that teach about living these three gospel principles. Sing "I Love to See the Temple," and bear testimony of the blessings of attending the temple.

5. Song presentation: "I Love to See the Temple" (p. 95). Ask, "What do you love to see?" Get responses, and then ask the children to listen for something you love to see. Sing the phrase "I love to see the temple." Invite a child to hold a picture of a temple, and sing the first phrase of the song together. Ask the children to listen for when they will go to the temple. Sing the phrase "I'm going there someday." After the children have guessed the answer, sing both phrases together.

Ask the children to listen for three things they will do when they attend the temple. Sing the phrase "To feel the Holy Spirit, to listen and to pray." Sing the phrase together. Ask them to listen for three things that describe the temple as you sing the phrase "For the temple is a house of God, a place of love and beauty." Sing the phrase together. Ask a child to read D&C 88:119. Explain that this verse describes a temple. Have them listen and raise their hands when they hear the words "house of God."

Sing the last phrase of the song, and have the children echo it back to you. Sing the first verse together. Bear testimony of the importance of preparing to attend the temple by living gospel standards.

Continue to ask questions, and have the children listen for the answers as you sing the second verse to the children. Emphasize the word *covenant*, define it in simple terms, and discuss the covenant made at baptism. Help the children understand that making and keeping sacred covenants is part of temple worship.

Children learn to sing a song by hearing it many times. Try these suggestions as you review this song: (1) Add simple actions to key words. For example: "see"—touch eyes; "listen"—touch ears; "pray"—fold arms. (2) Prepare a two-sided sign that has "Softer" on one side and "Louder" on the other. Invite the children to watch the sign for the clue to sing softly or loudly (but still reverently). (3) Divide the room in half, and invite the children to sing to each other, alternating phrases of the song.

6. Friend references: "Temples Bless Families," July 2004, 18; "Grandma's Trunk," May 2006, 24–25; "The Blessings of Sacrifice," Dec. 2002, 8–9; "Worthy of the Temple," Sept. 2002, 42; "A Modest Choice," May 2000, inside back cover; "Choosing Kindness," Jan. 2007, 8–9; "Speaking Kind Words," Jan. 1997, 26–27.



ILLUSTRATIONS BY SHAUNA MOONEY KAWASAKI FRIEND JUNE 2008 19

BY VICKI H. BUDGE

(Based on a true story)

I'll walk with you. I'll talk with you. That's how I'll show my love for you (Children's Songbook, 140–41).

hen I woke up the first morning of summer vacation and remembered where I wad to go, I felt nervous. I was going to visit a man named John.

My Primary teacher, Sister Chichenoff, had asked each person in our class to "adopt" a grandparent at a nearby nursing home. She told us if we learned to love one another like Jesus taught, we would find real joy. At first I thought her idea was good.

Sister Chichenoff had made it sound like a privilege. "Hey, Nick," she said. "I assigned you to a special person. This man could really use a friend."

"You can count on me," I said. "I'll be his friend."

"He doesn't mix with other people much and he only has one leg. He could use someone who cares about him and will push him around in his wheelchair."

"I'll do it," I said.

Sister Chichenoff reached out and took hold of my arm. "This man doesn't like people," she said. "He doesn't like to talk to anyone, and he doesn't like to go in his wheelchair. In fact, they tell me he is quite a grouch."

"Why give him to me?" I asked.

"Because John needs someone to talk to," Sister Chichenoff said. "He is a lonely man, and I told the administrator *you*

were the person John needs."

I was afraid to meet someone who didn't want me to be there.

I wondered if he'd yell at me. By dinnertime, I was so afraid that I went in my room and prayed. I knew Heavenly Father wasn't afraid of John.

Sister Chichenoff met us that evening with her husband. Brother Chichenoff was funny, so I asked him to stick with me. He was also big, and I planned to hide behind him if John yelled at me.

When we walked into John's room, he did not yell. He didn't say anything. He sat in his bed and ignored us.

My friends and I liked monster riddles so I decided to try one.

"What do sea monsters eat?" I asked.

John glared.

"Fish and ships."

Brother Chichenoff broke out laughing but John kept glaring. I changed the subject. "Um—how about a ride through the nursing home?"

To my surprise, John nodded yes. The evening didn't turn out as bad as I thought it would.

The next week I didn't want to go back, but I





wasn't afraid. When we got to the nursing home, John was already in his wheelchair.

"Been waiting for you," he said.

"How about a ride?" I asked.

"Sure. Let's go."

Brother Chichenoff and I still did most of the talking, but John grumbled a few words. When it was time to go home, he motioned for me to come closer.

"What happened to the apples on the monster's apple tree?" he asked.

"Well, I . . . um, I don't know."

"They all grue-some. You know g-r-e-w-some." John chuckled at his joke. Brother Chichenoff and I laughed.

John's face lit up like a lightbulb when I walked in. And each week he had a riddle for me.

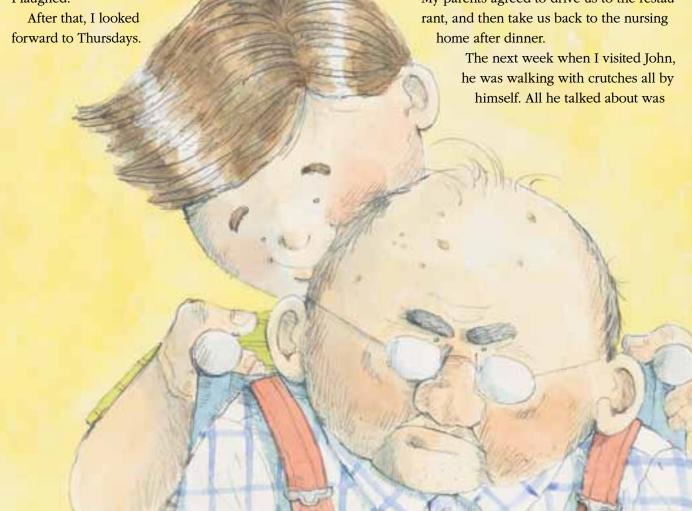
John told us stories of fishing and hunting years ago. He told us how he cut his leg on an old camper door and it got infected, and that's why he had only one leg.

Several months later, John told me a secret. "Hey, Nick. Guess what's two weeks from tonight? My birthday. I'll be 88."

"Wow! Let's do something special," I said. "What would you like to do?"

"I'd like to go somewhere and have a big chicken dinner."

> "OK," I said. "It will be my present to you." My parents agreed to drive us to the restaurant, and then take us back to the nursing



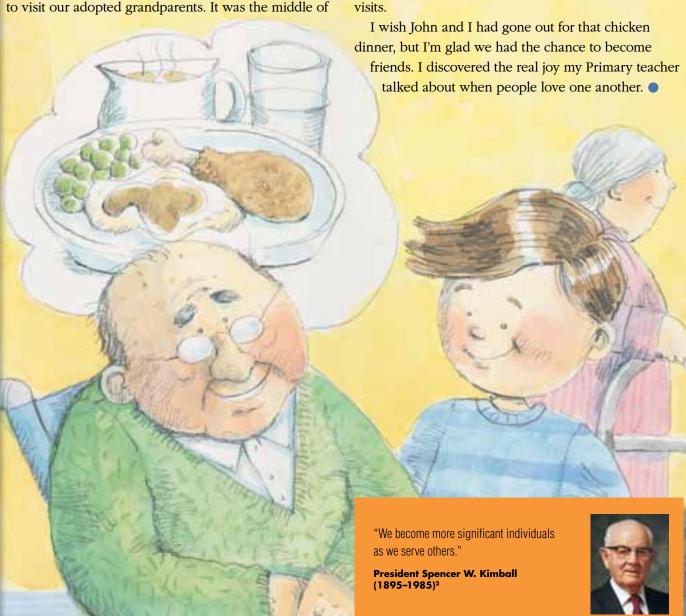
FRIEND JUNE 2008

going out next week for his birthday dinner. He was so excited. I was too.

A few days later, the phone rang early in the morning. It was Sister Chichenoff calling to say that John had died during the night.

On John's birthday, I sat in the nursing home with the Chichenoffs, my parents, and some of the kids from my Primary class. It wasn't evening and it wasn't time to visit our adopted grandparents. It was the middle of the afternoon and we were attending John's funeral. We were the only people there besides a few who worked at the nursing home.

As I sat there and listened to the story of John's life, it was hard not to cry. The nursing-home workers said his life had changed and gotten better after the children from the "Mormon Church" started coming to visit. I knew my life had changed because of those visits.



Latter-day Prophets



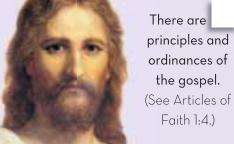
*Succeeding Presidents' names may be substituted on this line. *Words:* Cynthia Lord Pace, b. 1955. © 1980, 1986 IRI; revised 2008 *Music:* Vanja Y. Watkins, b. 1938. © 1980, 1986 IRI

Amos 3:7; Ephesians 4:11–12 Doctrine and Covenants 1:38 The sixth article of faith





Jesus Christ blessed the children

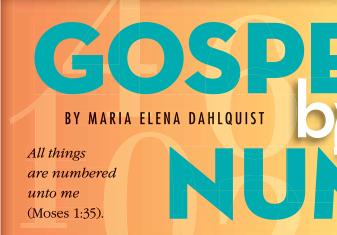


qualities

Can you name

of charity? (See 1 Corinthians 13:4-7.)







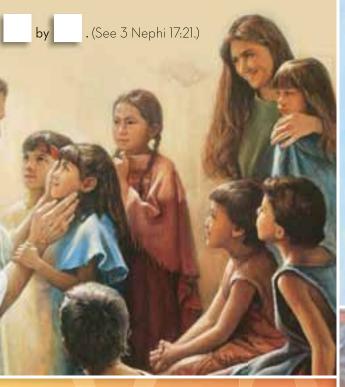


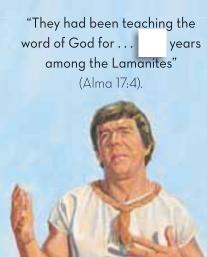
seventy times

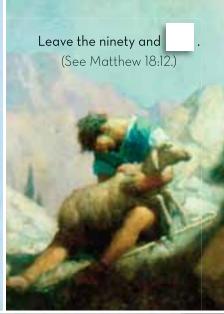
(See Matthew 18:22.)



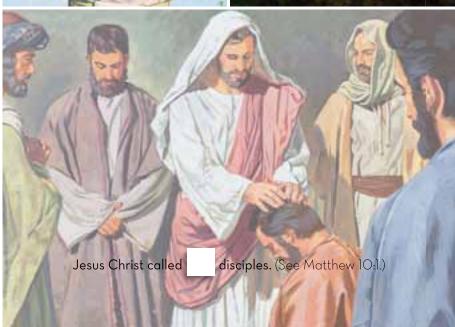
days of dark Savior's death. (S



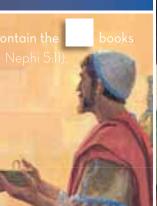


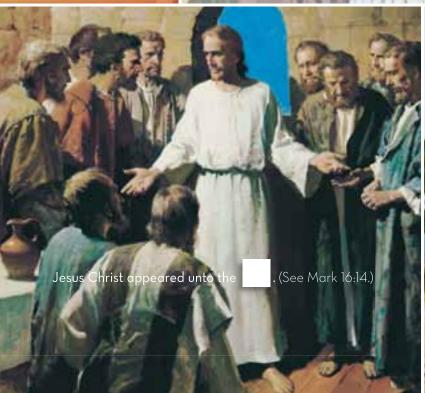


Fill in the blanks, using the scripture reference if you need help.



ness marked the See 1 Nephi 19:10.)







-fanstaf

Gifts for Father

BY C. G. LINDSTROM

Each of the four Collins children, including Amanda, decided to make gifts for their dad. One of them made a giant chocolate-chip cookie. From the clues below, can you discover who gave each gift?



- 1. Elizabeth doesn't bake cookies.
- 2. Stephen did not make the picture frame, but his brother did.
- 3. One brother made the scripture bookmark and one of his sisters made the card with heart stickers on it.
- 4. Alex and Stephen want to be just like their dad.
- 1. _____ made the giant chocolate-chip cookie.
- 2. _____ made the picture frame.
- 3. _____ made the scripture bookmark.
- 4. _____ made the card with heart stickers on it.

Sunday Best Brazil

BY NATHAN N. WAITE

Keep the sabbath day to sanctify it (Deuteronomy 5:12).

n Minas Gerais, Brazil, it's never winter. The only seasons are a dry season and a wet season. It can be a hot and humid place! The Primary children in the Conselheiro Lafaiete Branch have learned the blessings that come from wearing their Sunday best, even when it's very hot.

Sister Patrícia da Costa was serving as Primary president when she began to worry about the dress standards in her Primary. "It's hard for the children to wear Sunday best because of how hot it is," she says. "Also, no one had given it much importance before." Although dressing up for church may seem like a small matter, Sister da Costa knew it would help the Primary children show respect for Heavenly Father. The children

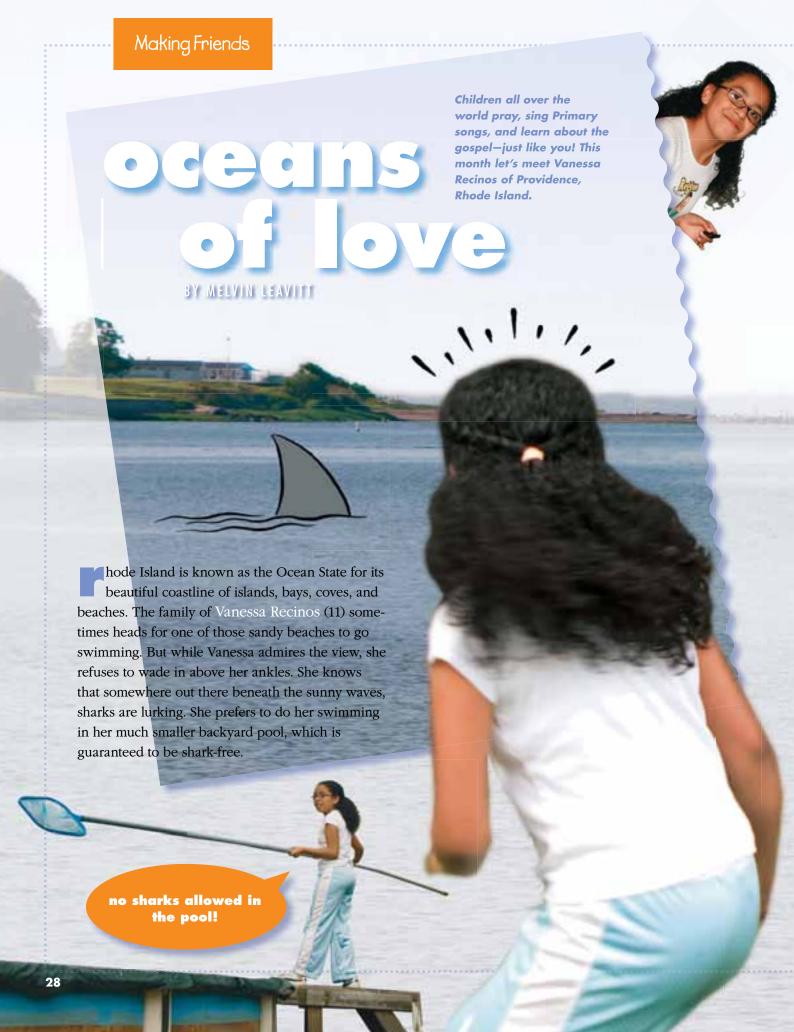
would be establishing good habits for the future. The Primary set goals. Families got Sunday clothes for the children who didn't have them. They even held a "parade" in Primary to show proper Sunday clothing.

It wasn't easy, but they reached their goal. "On the day of the Primary presentation in sacrament meeting, everyone was dressed appropriately," says Sister da Costa. "It was wonderful!"

Many members of the branch have noticed the difference. The children are more reverent, and now they decide to dress up on Sunday without their parents' telling them. And there has been one more unexpected blessing: less-active parents have started coming to church again, thanks to the examples of their children.



ILLUSTRATION BY JOHN ZAMUDIO FRIEND JUNE 2008 27





Vanessa's family is her greatest joy. Vanessa has two loving parents; three sisters, Marilyn (12), Katrina (15), Marissa (18); and a brother, Lester (22). Her parents are from Guatemala. They met at church, and the Church remains the center of family life. They share family home evening, scripture reading, church attendance, and family prayers. They try to live together in love as the Savior taught. Eager to spread the joy she finds at home, Vanessa often teaches cousins and friends about the gospel.

family fun

The Recinos family has fun by just being together. They laugh. They talk. They sing. They joke. They also like to go bowling, watch movies, play basketball and soccer, eat out, and, of course, swim together. Mom works at night in a nursing home, so she often goes to sleep during the movies, but no one minds because the family is together.

vanessa's favorites

Sport: Basketball

Art: Drawing, singing, and dancing. She is studying the violin too.

Food: Caldo de res (a rich beef broth) and macaroni and cheese

Primary Song:

"Families Can Bel Together Forever"

School Subjects:

Gym, art, and math

PHOTOGRAPHS BY MELVIN LEAVITT AND VICTOR CAVE

vanessa's dreams

play for the Women's National Basketball Association be a professional artist and writer



"People used to tease me because I was short and was failing English, but I raised my grade.
When children teased me, I just prayed for help and tried to ignore them. They don't tease me a lot anymore."



advice to other children

"Try your best. Follow instructions. Don't forget what God's plan is."

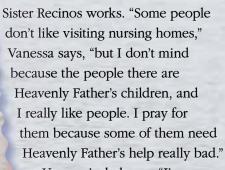
where in the world is providence, rhode island?

what vanessa's family likes about her

Everyone in the family agrees that Vanessa is a kind, happy person. She loves to laugh and is almost always smiling. What makes her so happy? "My life," she says.

Her mom says, "The members at church love her. She has won their hearts because she is so sweet and loving. She likes to help others, especially the younger children in Primary."

She also likes to visit elderly people at the nursing home where



Vanessa's dad says, "I'm very pleased with her. She's doing great in school and in church. She's our little girl, but she's growing up. I'm so happy to have a daughter like her."





Our bodies are temples, and the Spirit of the Lord should dwell there and shine through. We can learn important lessons by comparing the Church's temples to our physical bodies as temples.

Elder David A. Bednar of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.





A member of the Church must be worthy and have a recommend to enter *into* a dedicated temple.

What We Take
into
Our Temple

We should take *into*nour bodies only things that will positively affect us both spiritually and physically.





The Church's temples are recognized throughout the world for their beauty. The buildings are made of the finest materials and constructed with true craftsmanship.

What We Put **on** Our Temple We must be thoughtful and careful about how we dress and what we put on our personal temples. Like it or not, other people make judgments about the restored gospel by what they see us in.





Imagine our reaction if we saw graffiti on the exterior of one of our Church's temples. The very thought of finding such inappropriate markings on a temple is offensive.

What We Do to Our Temple We must not participate when the fads and fashions of the world entice us to mark, to pierce, to deface, or to disfigure our personal temples.





Temples are built and dedicated to accomplish righteous purposes. Sacred ordinances are available only in the Lord's house.

What We Do with Our Temple Our personal temples must be used to accomplish righteous purposes. Our physical body is a blessing, a timeless trust, and makes a forever family possible.



ILLUSTRATIONS BY BETH WHITTAKER

FRIEND JUNE 2008

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

A Happy Helper



one day I was up in the tree fort in our backyard, when all of a sudden I noticed that our neighbors' cat,

Kiska, had escaped from her home. I knew that the neighbors didn't want her to be outside because she could run away. I was able to catch Kiska. I felt happy that I had helped Kiska be safe so she could go back to her family. This experience helped me gain a testimony of faith in Jesus Christ because He said I should help others and think of their needs before my own and that I would feel happy if I did.

Cameron J., age 6, Virginia, with help from his brother and mom



Book of Mormon Courage



every morning I read the Book of Mormon with my family. I have learned about Ammon, Nephi, and Abinadi. All of them stood up for what they believed and didn't give up, even when it got hard.

One day, I was playing with two friends. One of my friends said there was no God. Then she said to my other friend, "What do you think?" My other friend said, "I don't want to be part of this."

I stood up like Abinadi and told her all about God. It made me happy to bear my testimony. I am grateful the scriptures gave me courage.

Cassie R., age 7, Arizona

32 ILLUSTRATIONS BY BRAD TEARE

I Will Only Read Things that Are Pleasing to Heavenly Father*

While I was looking for something to read I found a book that I knew was really interesting, but I also knew that it had a bad part in it because my brother had accidentally read it before. I really wanted to read the book, but I had a feeling telling me not to. I knelt down and asked Heavenly Father to help me find a better book, and as soon as I looked up I saw a book that I really liked. I know Heavenly Father leads us to right choices and will always answer our prayers.

Sage K., age 11, Utah

*See My Gospel Standards, Faith in God guidebook, back cover.

Cookie Kindness



n Easter weekend in 2004, when I lived in Utah, a very special person in my ward

passed away. It was Sister Marjorie Hinckley, President Hinckley's wife. My mom was asked to make a dessert to take to the family dinner after the funeral. We decided to make my two favorite cookie recipes. I wanted to help my mom make the cookies, so

we worked hard. While we were making them, I had a wonderful, warm, happy feeling inside. It was the Spirit letting me know that what I was doing was right. My mom and I talked about how Jesus taught that when we serve others, we are really serving God.

The next morning we put all the cookies on a platter to take to the dinner. I put on my white shirt and tie to deliver the cookies. I hope they helped make the Hinckley

family feel better.

Cosmo M., age 5,

Minnesota, with help
from his family

Hole Honesty

ne day I was in our kitchen and my foot felt funny. I started rubbing it on the wall. After a while I started bouncing it, but I did it too hard and made a hole in the wall. Later that week as I was getting ready for bed, I heard my mom and dad talking about the hole and wondering how it got there. Before I went to bed, I told my mom that I made the hole. I was honest like Jesus

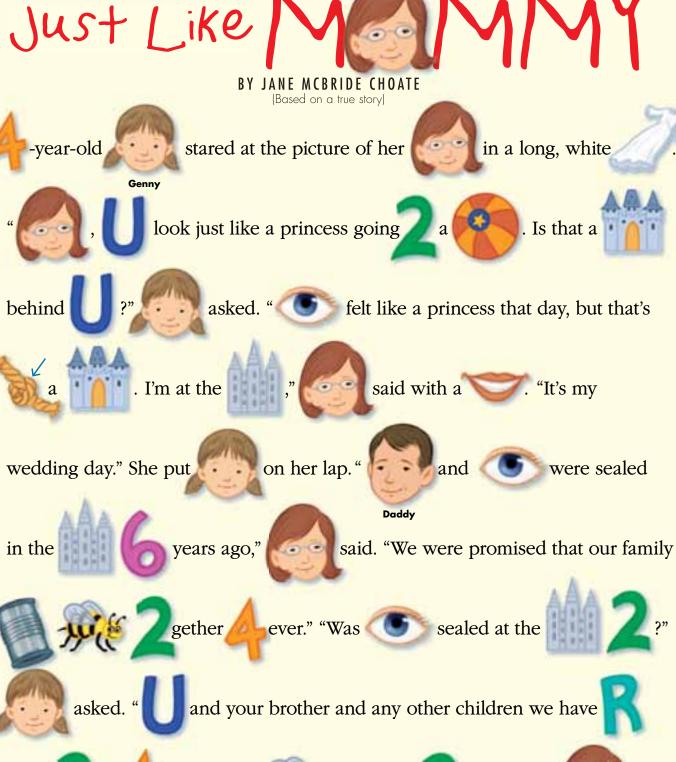
is honest. It felt good to choose the right.

Mason D., age 8, Maine, with help from his dad



I love to see the temple. I'm going there someday (Children's Songbook, 95).

Just Like

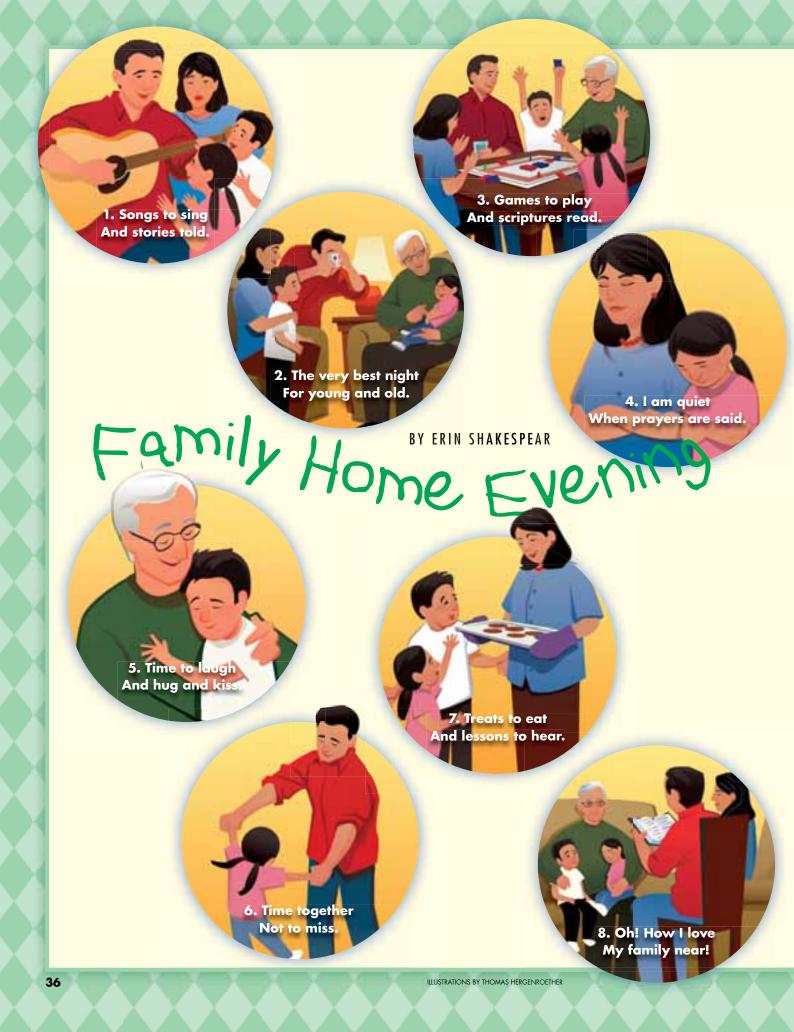


34 ILLUSTRATIONS BY MARK ROBISON

ever just by 💯

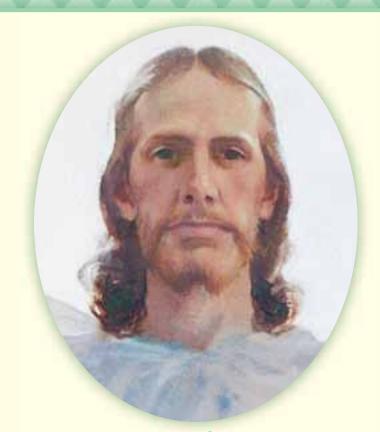
Hing born in Our family,"







1. God's House



2. Learning about Jesus

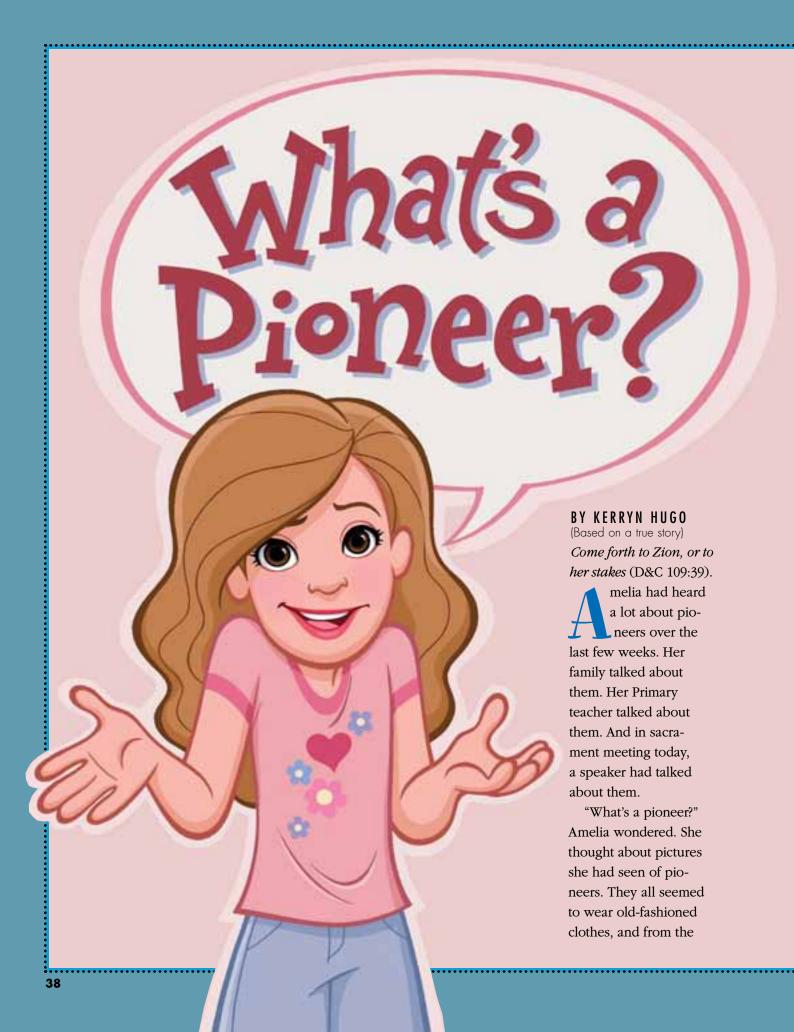
Temple Blessings

Look at each labeled picture and tell how that temple blessing can make you happy. Write the name of the temple nearest to your home in the space provided, and then draw a picture of it.



3. Temple Sealings

4. _____ Temple





way their houses and wagons looked, Amelia thought they must have lived in the "olden days." Maybe Poppy could tell her what a pioneer was. He was the oldest person Amelia knew!

"What's a pioneer, Poppy?" Amelia asked.

"That depends on what kind of pioneer you mean," her grandfather replied. "A pioneer is someone who does something new to prepare a way for other people. Someone who discovers how to make a plane that flies is a pioneer; so is someone who discovers new medicine to make sick people better. Or a pioneer could be someone in a family who goes to live in a new country."

"Do we have pioneers in our family?" Amelia asked Daddy later as they cooked dinner.

"We sure do," Daddy said. "Our pioneers came to Australia from different countries. A lot of them came from England, and some came from Germany. Some of Mummy's pioneers came from Scotland."

"Did they come to Australia in the olden days?" Amelia asked.

"Many did, Sweetie," Daddy said as he chopped the carrots. "They came here a long time ago in big ships. But Granddad Swann flew here in a plane from England only a few years before I was born."

Amelia wondered if the pioneers had just come to live in Australia. Maybe they went to other countries too. Mummy might know.

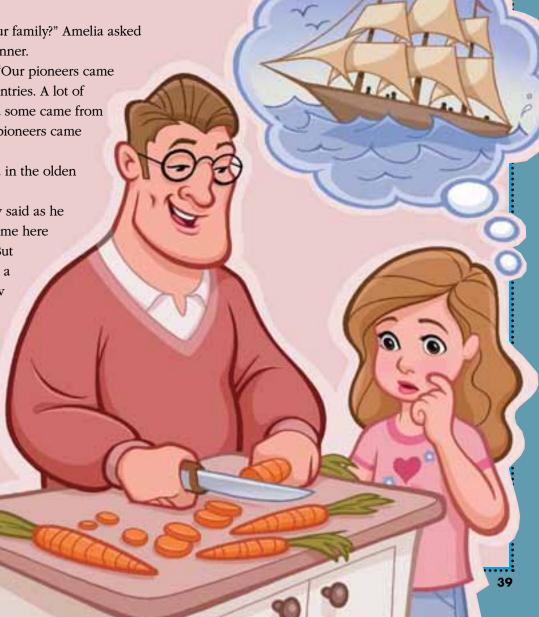
"Pioneers left their own countries and went to live in many other lands, not just Australia,"

Mummy said.

IIIUSTRATIONS BY JARED BECKSTRAND

"Did you know that a lot of people who joined our Church in the olden days left their own countries to live in America?"

The next Sunday in Primary, Sister Killalea showed the class some pictures of early Church pioneers. "These pioneers wanted very much to obey Heavenly Father," Sister Killalea said. "But they were teased and tormented by angry people who didn't understand about obeying Heavenly Father. A lot of these early



Church pioneers left their homes and walked a long, long way to a place where they could live in peace. When you go home, see if you can find out some things that happened to these pioneers to tell the class about next week."

That evening, Amelia and Nanny were having a chat on the phone. "Nanny, you know the early Church pioneers who walked and walked?" Amelia said. "What happened to them on their trip?"

"Things were very difficult for them," Nanny replied. "Most of them got hungry or cold or sick. Some even died. And many babies were born in wagons or under trees because there were no hospitals."

"I'm glad I'm not a pioneer," Amelia said. "Aren't you, Nanny?"

Nanny thought for a moment. "I know I wasn't born in the olden days, and I wasn't born in another country. Nor did I go on a long walk like some other pioneers. But I'm still a pioneer."

Amelia was amazed. "A pioneer? Why are you a pioneer?"

"Because when the missionaries taught me the gospel, I decided to join the Church, just like the early Church pioneers did," Nanny explained. "Some of my family and friends were angry that I chose to obey Heavenly Father. Like other pioneers, I had to leave my home and go somewhere else to live."

"Were you sad?" Amelia asked.

"Yes, I felt very sad," Nanny said. "But I'm glad I was a pioneer, because Poppy and our children—including your mum—are all members of Jesus Christ's true

Church. And I'm also happy, Amelia, because you too are learning about Heavenly Father and Jesus and the right way to live."

When Mummy tucked Amelia into bed that night, Amelia smiled. "Nanny's a pioneer!"

"Yes," Mummy said, "and you can be a pioneer too when you try hard to choose the right and help share the gospel with your friends."

As Amelia drifted off to sleep, she felt happy to know all the things she had found out about pioneers. Some were old and

some were young. Some lived in other countries and some lived right here in Australia. Some lived a long time ago and some live today. And Amelia could be a pioneer too!

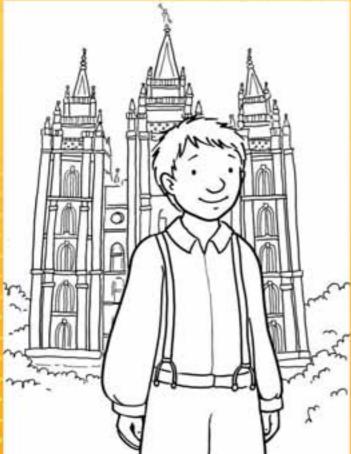
"A dictionary defines a pioneer as 'one who goes before, showing others the way to follow.'
Oh, how the world needs pioneers today!"

President Thomas S. Monson³









Draw a picture of yourself in front of a temple.

THE TEMPLE IS A BLESSING FOR ME AND MY FAMILY.

"And verily I say unto you, let this house be built unto my name, that I may reveal mine ordinances therein unto my people" (D&C 124:40).

Our Creative Friends













Summer Fun

Summer is time to have lots of fun. We eat a ton of hot dogs on a bun.

We go to the pool

To get nice and cool.

We like to go on hikes

And ride our bikes.

It's fun to go on trips

And have lemonade to sip.

The monsoons

Don't start till after June.

We daydream

While eating ice cream.

We go to the mall

And love when our friends call.

We read lots of books

From the library we took.

We love to eat watermelon.

How hot it gets,

There's no tellin'!

Chandler, Gillian, and Nelson L., ages 12, 9, and 4, Arizona, with help from their parents

Sister

Like a flower in the sunshine, I warm your heart with a song. Like a sister unto others,

I will be your little one!

With a warm heart you are the one and only sister I know.

I surely love you, and I know you love me too.

Like flowers in the sunshine

We are warmed with gentle love,

And by our mother and father We are cared for with love.

J'nae B., age 10, Oregon

Happy!

Be happy! Be happy! For the Church. Be happy! Be happy! For a prophet. Be happy! Be happy! For the *Friend*. Be happy! Be happy! For life.

Jacob M., age 9, Utah

The Church of Jesus Christ

I learn from prophets and scriptures. Like a map they guide my way to Heavenly Father.

I'm learning about the gospel by Listening to the bishop in the chapel, Listening to my father in family home evening,

And from choosing the right every day,

Helping others when in need, Praying every day and night, Keeping watch for a good deed.

I learn from Joseph Smith praying About the churches, Asking which one is true. Jesus Christ says none are for you.

I want to be like the Savior, And I can.

He died for all of them and us So when I die I can go to the celestial kingdom.

Like my father I want to go on a mission. I'll help teach others about the gospel So they will go to Heavenly Father too.

Jacob N., age 9, Kentucky

Drawings

- 1 Benjamin M., age 5, Nova Scotia, Canada
- 2 Seviah D., age 4, Colorado
- 3 Hannah E., age 8, Washington
- 4 Emily F., age 5, New Hampshire
- 5 Brianna J., age 8, Iowa
- 6 Andrew L., age 9, Idaho
- 7 Kevin H., age 7, Wisconsin
- 8 Ephraim O., age 5, Utah
- 9 Spencer C., age 8, Arizona
- 10 Joseph M., age 9, Florida
- 11 Paige S., age 4, Maryland
- 12 Madison J., age 9, Oregon
- 13 Megan R., age 6, Texas
- 14 Derek C., age 8, Nebraska
- 15 Halle N., age 8, Utah

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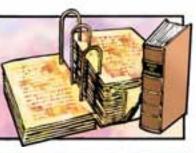
FLOWER © PHOTOSPIN





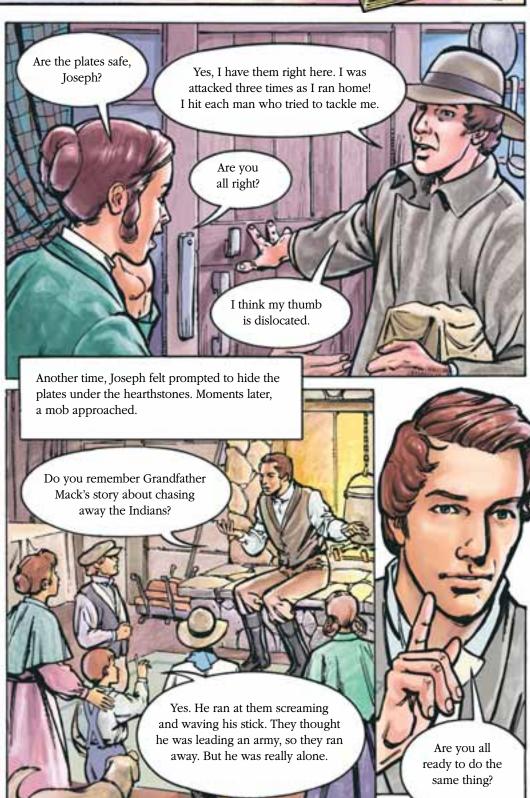
FROM THE LIFE OF THE PROPHET JOSEPH SMITH

Protecting the Gold Plates

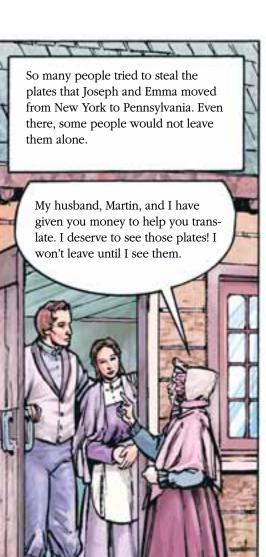


One night, Joseph was told that a mob was coming to try to steal the gold plates. He ran to get them from their hiding place in a hollow log.



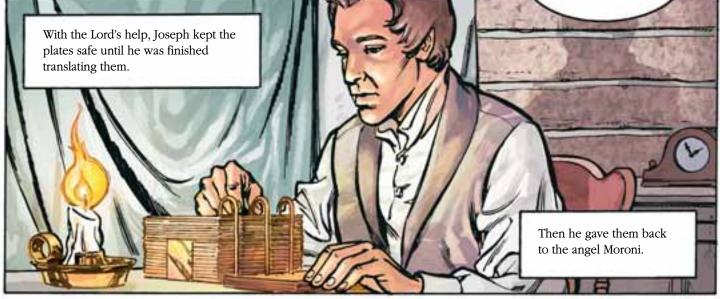






When Mrs. Harris didn't find the plates in the house, she decided to look for them in the woods. It was hours before she came back. Emma, I didn't think there were snakes in this part of the country in the winter. I'm sure I found the place where Joseph buried the plates. But as soon as I started to clear away the snow, a horrible black snake appeared and hissed at me.

I was so frightened I ran all the way back here!



Friends in the News



Lindsey S., 8, California, is spunky and social. She works hard in school and likes to dance, do gymnastics, and play soccer. She reads the scriptures daily and has memorized the Articles of Faith.



Benjamin, Bryant, Katharine, and Andrew V.; Julia, Nathan, and David J.; Stephen, Callison, and Bensen J.; and Brigham and Brooklyn T. are all cousins. They gathered from their homes in Oklahoma, Tennessee, Utah, and Arizona for a family reunion. Together they went to the Mormon Battalion Visitors' Center in California.

Mitchell F., 6, Wyoming, likes to read the Book of Mormon with his family every night. He enjoys

going to school, learning about science, playing with his friends and younger siblings, and riding his bike.



Cole R., 7, Arizona, enjoys memorizing the Articles of Faith. He also likes swimming and watching movies about outer space.



Olivia Julene R., 6, Kentucky, is a talented artist and enjoys reading, baking sugar cookies, and snuggling. Some of her favorite things are shiny rocks, animals, and babies. She likes singing in Primary and making people feel loved.



The Sanford Ward, Fayetteville North Carolina West Stake, held an activity called "Getting to Know Your Friend." The Primary children rotated through six stations where they did activities from that month's Friend, including Kitchen Krafts, Come Listen to a Prophet's Voice, Funstuf, Our Creative Friends, and some of the stories. They love the Friend and the wonderful and fun things to learn and do.

Ill Follow Him in Faith



Timmy R., 11, Alaska, has four brothers and three sisters. He enjoys playing basketball and has caught many king salmon. He is learning to play hymns on the organ.



Matthew and Nicole C., 7 and 8, Washington, are brother and sister. Matthew helps his mom make dinner and wash dishes. He helps his dad fix things around the house. He is excited about getting baptized after his next birthday. Nicole likes to draw pictures and make lists. She is a good example to her classmates and family because she is kind to those around her and smiles often.







Zach, Hannah, and Jenna R., 10, 8, and 5, Utah, enjoy spending time together. Jenna likes going to kindergarten and playing with friends. Her favorite Primary song is "A Child's Prayer." Hannah is a big helper to her family. She enjoys playing with her brother and sisters. She likes to teach tricks to her dog, Copper. Zach likes spending time with his father, especially playing football. He is looking forward to being ordained to the priesthood.



Sophia, Rachel-Rose, and Aslan H., 6, 5, and 2, New Zealand, like to dance and dress up. They enjoy Primary and nursery and have fun when they get together with their cousins. They like to do a family service project every month, which they call "servicing others."



Philomath Ward

The Primary children of the Philomath Ward, Corvallis Oregon Stake, have worked hard memorizing the Articles of Faith. For each one they memorized, a footprint was put on the wall of their Primary room. With over 320 footprints, they have gone around the entire room and are heading around again.



Kamree Jo W., 6, Idaho, is very good at making friends. She likes church and has a strong testimony. She helps her mom and enjoys playing with her sister, Aubree, and brother, Kelton. She likes climbing things, trying new things, and sports.



Corey B., 10, Washington, is involved in Webelos Scouts. He likes to play soccer and basketball. He also likes school and does very well. He has four sisters and tries to help them all he can.



submissions to Friends in the News, Friend Magazine, Rm. 2430, 50 East North Temple Street, Salt Lake City, Utah 84150-3220, **United States of** America. A written statement signed by a parent or legal guardian granting permission to publish the child's photo and submission must be included. For scheduling reasons, submissions selected may not appear in the magazine for at least a year. Ages shown are those at the time of submission. Children whose photos are submitted should be at least three years old. Due to the number of submissions received, they cannot all be published, nor can they be returned.

Please send



Staci H., 9, Arizona, likes to write in her journal, go to Primary, and bake with her mom. She dances, plays the piano, and does gymnastics. She has two older sisters.

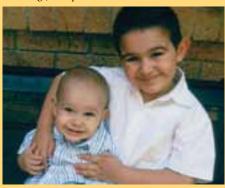


Austin B., 10, Utah, enjoys reading and sportsespecially BYU sports. He is a great older brother to Samuel, Annie, and Clara. He reads his scriptures each day. His family loves him very much.

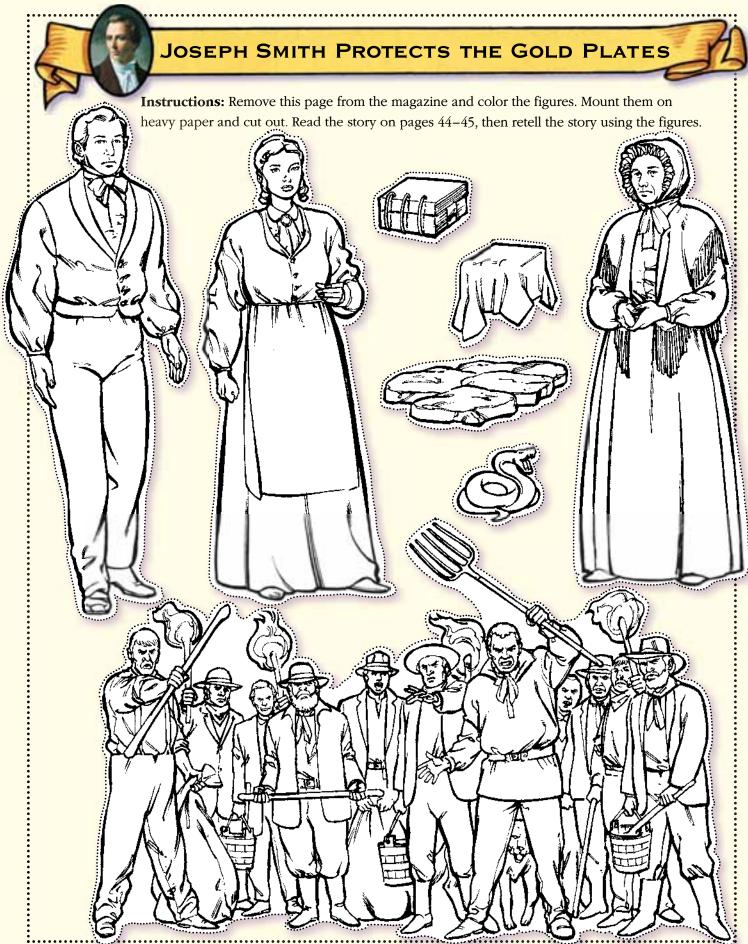
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Emily B., 5, California, is a sharp, busy girl. She has two older brothers and an older sister. Her family has a dog, Sunshine. Emily enjoys learning at school, Primary, and the swimming pool. She follows her siblings' good example of choosing the right.



Reuben and Jayden P., 1 and 5, Queensland, Australia, share a wonderful sense of humor. Jayden likes jumping on the trampoline with his dad and Aunty Zara. He is a proud big brother. Reuben loves being with his family.



The Guide to the Friend can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for June is "The temple is a blessing for me and my family."



Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read "Faith in God" (pp. 8-10). Make plans to use the

Faith in God guidebook in some of your future family home evenings by assigning specific lessons or dates when lessons from the Faith in God guidebook will be taught. Complete the "My Gospel Standards Matching Game" (p. 11), and write down specific goals to keep these standards all your life.

- 2. Read "A Friend in Need" (pp. 20-22) and the story of the good Samaritan (Luke 10:30-37). Make a list of some people who could use an extra friend—a schoolmate, a neighbor, or a ward member. Discuss how you can be a friend to each of these people. Then go as a family to visit one of the people on your list. Listen to them and love them.
- 3. Complete the "Gospel by the Numbers" activity (pp. 24-25). Look up each of the scriptures and tell the story or discuss the principle in each scripture. Draw your own pictures representing the 15 gospel items.
- 4. Show a picture of a temple. Read 1 Corinthians 6:19 and Special Witness by Elder Bednar (p. 31). Write down goals that will help you treat your body like a temple. Start following Elder Bednar's counsel by

having a fashion show where everyone wears modest, clean clothes. Then eat a healthy snack.

5. Read "What's a Pioneer?" (pp. 38-40) and share a few stories about your ancestors. Even if your ancestors didn't cross the plains like the early Church pioneers, what did they do to be pioneers? As a family, set an important goal and record it in your journal. Regularly note your progress in family home evening until the goal is accomplished.

Sidebar references

- 1. "Roots and Branches," Ensign, May 2004, 29.
- 2. "The Abundant Life," Ensign, Oct. 1985, 3.
- 3. "'Come, Follow Me,' " Ensign, July 1988, 5.



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(f) = Funstuf

(IBC) = inside back cover

(IFC) = inside front cover

(m) = music

(v) = verse

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What's in the *Friend* this month?



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Where did President Uchtdorf attend church when he was a child?



What treat can you make with your family?





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Use the scriptures to fill in the blanks.