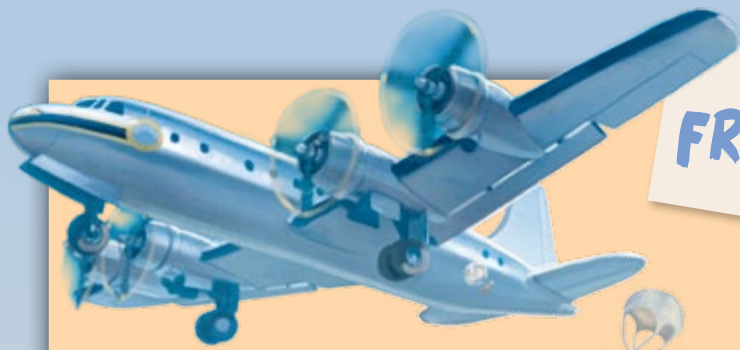


THE *Friend*



**Summer
Reading
Program!**

See pages 24–25



FRIENDS by MAIL

Thankful for People Who Care



I read "Parachutes of Hope" in the October 2010 *Friend* and I was reminded about the time that Brother Halvorsen from the story visited my class. He told us about how he shared his gum with the children in Germany after World War II and about how he wanted to help them. His story makes me glad that there are people who care for others. Thanks for putting in such a great story.

Curtis M., age 12, Utah



I Read the Book of Mormon

When I was six years old, I set a goal to read the Book of Mormon before I turned eight. I wanted to read it before I was baptized. I was reading slowly at first. For a long time, I only read a few verses a day. When I turned seven, my parents and I looked to see how many more pages I needed to read before my baptism. I started doing just enough to reach my goal, but then I began to read even more. I just finished reading the Book of Mormon—three months before my baptism! I hope other children will read the Book of Mormon too. I know it is a true book.



Sean G., age 7, Alberta, Canada

A Box Full of Friends



I love the *Friend*. I have a whole box full of *Friend* magazines. I am supposed to read 20 minutes every day, and I often read the *Friend*. I'm always so excited when it comes. One of my favorite stories ever is "New Dress, Old Rules" in the May 2007 issue. It taught me a lesson because the girl in the story felt like she wasn't as good as other girls. There have been times when I felt left out. The story helped me feel better. I can't wait until I get the next *Friend*.

Bella C., age 8, Pennsylvania

How We Read the Friend

Amy Jo and Adam I., ages 3 and 3, Utah



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

Dear Friend,

Volume 41 Number 6
June 2011

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Dieter F. Uchtdorf

The Quorum of the Twelve Apostles:

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Dallin H. Oaks, M. Russell Ballard, Richard G. Scott,
Robert D. Hales, Jeffrey R. Holland, David A. Bednar,
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THE *Friend*

See the
Guide to the *Friend*
on page 48 for
family home
evening ideas.



A children's magazine published by The Church of Jesus Christ of Latter-day Saints

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



Hidden CTR Ring

Clue: Children do many things to try to be like Jesus.

Cover by David Malan



All Because **A CHILD KNEW** the Articles of Faith

By President Thomas S. Monson

Forty-five years ago I worked with a man named Sharman Hummel in the printing business. I once asked him how he came to receive his testimony of the gospel.

He responded, "We lived in the East. I was journeying by bus to San Francisco. In Salt Lake City a young girl entered the bus—a Primary girl—who sat next to me. She was going to Reno, Nevada, for a visit with her aunt. As we journeyed westward, I noticed a billboard: 'Visit the Mormon Sunday School this week.'

"I said to the little girl, 'I guess there are a lot of Mormons in Utah, aren't there?'"

"She replied, 'Yes, sir.'"

"Then I said to her, 'Are you a Mormon?'"

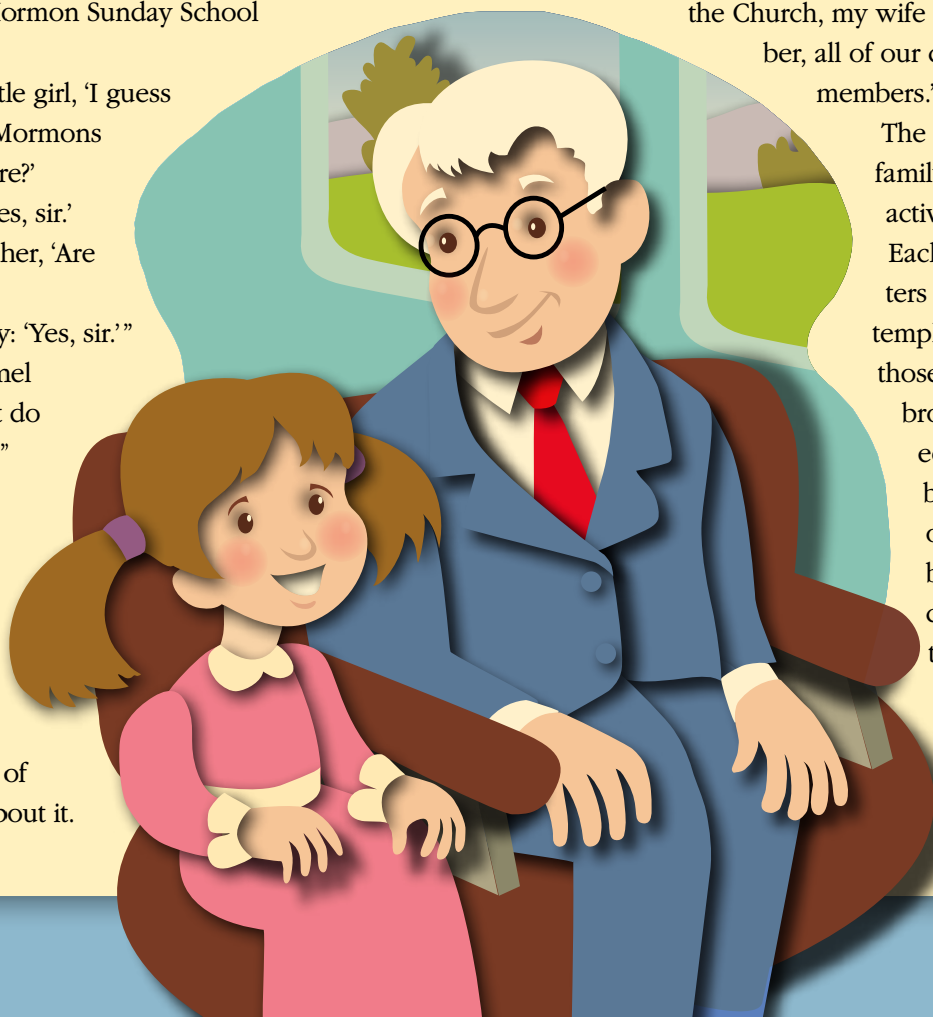
"Again her reply: 'Yes, sir.'"

Sharman Hummel then asked, "What do Mormons believe?" And that little girl recited the first article of faith; then she talked about it. Continuing, she gave him the second article of faith and talked about it.

Then she gave him the third and the fourth and the fifth and the sixth and all of the Articles of Faith and talked about all of them.

Sharman Hummel said, "I was profoundly impressed. When I arrived in San Francisco, the very first thing I did was to look through the yellow pages for The Church of Jesus Christ of Latter-day Saints. I called the mission president, and he sent two missionaries to where I was staying. I became a member of the Church, my wife became a member, all of our children became members."

The entire Hummel family remained active in the Church. Each of the daughters has been to the temple. Countless are those who have been brought to a knowledge of the gospel by the members of this family—all because a young child had been taught the Articles of Faith and had the ability and the courage to proclaim the truth. ♦





Play Articles of Faith Memory Quest at lds.org/friend!

How President Monson Learned the Articles of Faith

“An inspired teacher in my life was Erma Bollwinkel. She constantly stressed the importance of learning the Articles of Faith. In fact, we could not graduate from Primary until we successfully recited each article of faith to her—something of a challenge for rambunctious young boys, but we persevered and succeeded. I have, throughout my life, as a result, been able to recite the Articles of Faith.”

Rambunctious means active and noisy.

Persevere means to keep trying.



They Met the Challenge!

The children from Chilhowee Ward in the Knoxville Tennessee Cumberland Stake took the challenge to learn the Articles of Faith. Here's how they did it:

- * First they memorized a key word for each article of faith.
- * Then they practiced at home.
- * They played memory games in Primary.
- * Some of their families took the challenge too.
- * At the end of the challenge, the whole ward had a dinner to celebrate.



“I learned the Articles of Faith by saying them on the drive to church. Knowing them makes it a whole ton easier to share what you know about the Church with your friends. It makes you feel like you understand what the Church stands for.”
—Elizabeth S., age 11



What to **DO** With Friends

By Jenny Kartchner

(Based on a true story)

To have a friend, you must be a friend, too (Children's Songbook, 262).

Jenny's friend Shella was coming over to play, and Jenny had great plans. She wanted to show Shella her little sewing machine that really worked. She wanted to take turns jumping rope with the pink jump rope. And after that she wanted to play a game.

"Shella's here!" Mom called.

Jenny ran to the door to greet her friend. But before she could take Shella into the house, Shella ran to the backyard and exclaimed,

"Let's ride bikes!"

Jenny's younger sister Holly was outside. She pointed to a big green bike. "You can ride that

one, Shella. It's our sister Mary's, but she never rides it."

Shella's eyes sparkled. "I love to ride bikes. Can we ride all the way to the end of your road? I wish I lived on Sibyl Road. It has so many shady trees, and there aren't any cars on the road. Come on, let's go!"

Shella and Holly swung onto their bikes and started down the driveway. The next thing Jenny knew, they were pedaling down the road without her.

Jenny didn't know what to do. Her throat tightened, and tears formed in her eyes. She wanted to shout out, "Holly didn't invite you over. I did! What about my plans?"

Jenny's mind was stuffed with thoughts and questions: "Why did Holly have to get in the way? What should I do? I'm so mad and so sad. I should just forget them and go inside."

Jenny wondered if she should tell Mom or Dad. But she knew what Dad would say: "Just be a peacemaker."

Jenny looked down Sibyl Road and saw Shella riding next to Holly. They were getting farther away. She thought about how Shella didn't have a bike, and even

if she did she couldn't ride on the busy highway near her home. All her brothers and sisters were older, so she didn't have anyone to ride bikes with.

"Shella likes riding bikes, and she likes being with Holly," Jenny thought. "I guess I could ride bikes too. Maybe they didn't mean to hurt my feelings."

Jenny had a calm, peaceful feeling. She got on her bike and rode out to meet Shella and Holly.

"We made it to the end of the road and back," Shella said. "Let's do it again. I love coming to your house to ride bikes!"

All three girls pedaled up and down the street again and again. A smile spread across Jenny's face as they

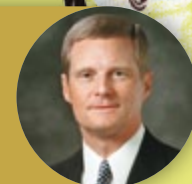
Jenny wondered if she should tell Mom or Dad. But she knew what Dad would say: *Just be a peacemaker.*

laughed together. Jenny realized that she could still have fun even if her plans didn't work out. She was happy that Shella was having such a good time. Jenny planned on riding bikes the next time Shella came over to play. ♦



"You and I cannot control the intentions or behavior of other people. However, we do determine how we will act."¹

Elder David A. Bednar of the Quorum of the Twelve Apostles



“I have
no greater joy
than to hear
that my children
walk in truth.”

—3 John 1:4





Elder L. Tom Perry of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

What **blessings** do we receive through the restored Church?



Our church is the means by which men and women find our Savior and His gospel.

The fulness of the gospel of Jesus Christ has been restored to the earth.

Joseph Smith was a prophet of God and the restorer of all things important to building the kingdom of God and preparing for the Second Coming of our Lord Jesus Christ.

It is through the Savior's restored Church that we receive all the saving ordinances necessary to return to Him.

The keys of the priesthood have been restored to man, with the power to seal on earth and in the heavens.

ILLUSTRATION BY ADAM KOFORD

From "The Message of the Restoration," Ensign, May 2007, 85–88;
"What Seek Ye?" Ensign, May 2005, 84–87.

Crash AND Tell





"I will keep my mind and body sacred and pure."

My Gospel Standards



By Danielle Kennington

(Based on a true story)

Be faithful, and yield to no temptation (D&C 9:13).

Connor sat down at the family computer and typed in the website address his friend had given him. "You've got to check it out!" his friend had said.

But as soon as the website appeared, Connor felt awful. He quickly tried to close the page, but the more he clicked, the more bad pictures popped up. In a panic, Connor hit the off button on the computer and ran to his bedroom.

Connor felt sorry he had seen those pictures. Since his baptism a few months ago, he had started to feel the special peace of the Holy Ghost. But after seeing those pictures, Connor didn't feel peace at all. He felt guilty and scared that someone would know what he had seen.

Connor was quiet during dinner. He tried to listen to his family's conversation, but the pictures he had seen kept coming back into his mind. The sick feeling in his stomach wouldn't go away.

When he said his prayer that night, Connor told Heavenly Father about the pictures he had seen. He said he was sorry and wouldn't do it again. After the prayer he felt a little more peace, but he also had a feeling that he should go talk to Mom. Connor really didn't want to tell her what had happened. What if she got angry or was disappointed?

Finally, Connor decided to talk to her. He went to Mom's room and sat on her bed, where she was reading.

"Mom, can I talk to you?" he asked.

"Sure, honey," Mom said. "What is it?"

He blurted it all out. He told her about what his friend said, and he told her about what he saw when he visited the site. Mom watched him closely, but she didn't seem angry.


"I didn't know what to do," Connor said. "So I just turned off the computer and ran away. I'm so sorry, Mom. I shouldn't have typed in that address in the first place, but I didn't know it was bad."

Mom gave Connor a hug. "Connor, I am so sorry you saw those pictures," she said. "Some people try to trick children into seeing bad things. But you did the right thing. If you see bad pictures on the computer, you need to 'crash and tell.' That means push the power button to turn off the computer and then come and tell me right away. You did exactly the right thing."

Connor felt so relieved!

"Connor, I want you to know it is not your fault," Mom said. "It was a mistake, and you don't need to feel guilty about what happened."

"But, Mom, if I did the right thing, why did I feel so bad inside?"



“The Holy Ghost lets us know when something is dangerous,” Mom explained. “That feeling you got was the Holy Ghost telling you to get away. I will put a filter on our computer that will block bad sites, but sometimes bad things still might get through. So if something like this ever happens again, you know what to do, right?”

“Crash the computer and tell you,” Connor said.

“Exactly!” Mom said.

Before he got back in bed, Connor said a prayer to thank Heavenly Father for the relief he felt. As he prayed, he felt peace from the Holy Ghost. He knew things would be OK. ♦

INTERNET SAFETY TIPS

- Get a parent’s permission before you use the Internet.
- Use the Internet only when other people—like your parents—are around.
- Unless a parent gives you permission, never give out your real name, age, address, phone number, or other personal information.
- Bookmark your favorite websites so you don’t have to search for them.

To escape from an inappropriate website:



1. Turn off the screen or the computer.



2. Tell an adult.



3. Never visit the site again.



4. If someone shows you an inappropriate site, don’t be afraid to walk away.

If you are looking for a safe, fun website to visit, check out [lds.org/friend](https://www.lds.org/friend). We have stories, coloring pages, videos, slide shows, games, and more.



A Family Hike

By Arie Van De Graaff

This family is enjoying time together while taking a hike. Can you find the hidden images in this picture?



- | | | | | | | | |
|---|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |  |
| BANANA | ENVELOPE | FOOTBALL | FORK | GLASSES | KEY | LIGHTBULB | MITT |
|  |  |  |  |  |  |  |  |
| PAINTBRUSH | PEAR | PENCIL | PIE | SPOON | TOOTHBRUSH | WATCH | WRENCH |



Bulletin Board

MISSIONARY MOMENTS

EVEN THOUGH YOU WON'T SERVE A FULL-TIME MISSION UNTIL YOU ARE OLDER, THERE ARE THINGS YOU CAN DO NOW TO BE A MISSIONARY. HERE ARE SOME THINGS CHILDREN LIKE YOU HAVE DONE TO SHARE THE GOSPEL.



The Special Witness article on how to be a missionary (April 2010) helped me be a missionary. I have been telling one of my friends about the gospel. I gave her *For the Strength of Youth*, the Bible, and the Book of Mormon. She is interested in the Church, and she likes the standards that we follow. I'm glad she felt the Spirit when I taught her.
Kailey H., age 10, Pennsylvania



I took my Book of Mormon to reading time at school. Three of my friends asked if they could read my book. I told them they could all have their own copy. Our teacher is from Turkey, so I gave him a Book of Mormon in Turkish. He said he was happy to have a book to read about God. Now all five of us read silently in class during reading time.
Jasmine C., age 10, Texas

Faith in God Challenge

A "Serving Others" activity

Serve your family by planning a picnic for them.

- Decide where to have your picnic: in a park, on a hike, in your backyard.
- Plan the meal. Choose foods that you can eat cold, like sandwiches or fresh vegetables.
- Go to the grocery store with a parent to get ingredients you need.
- Help make and pack the meal.
- Invite your family to the picnic.
- Enjoy having lunch with your family.
- Clean up your picnic area and throw away all the trash when you finish.



ONLINE SURVEY RESULTS

On a *Friend* website survey we asked if you are planning to go on a vacation this summer. There were 2,600 of you who responded! Whether you go far away or enjoy a vacation at home, try out the *Friend* summer reading chart on pages 24–25!



Journal Junction

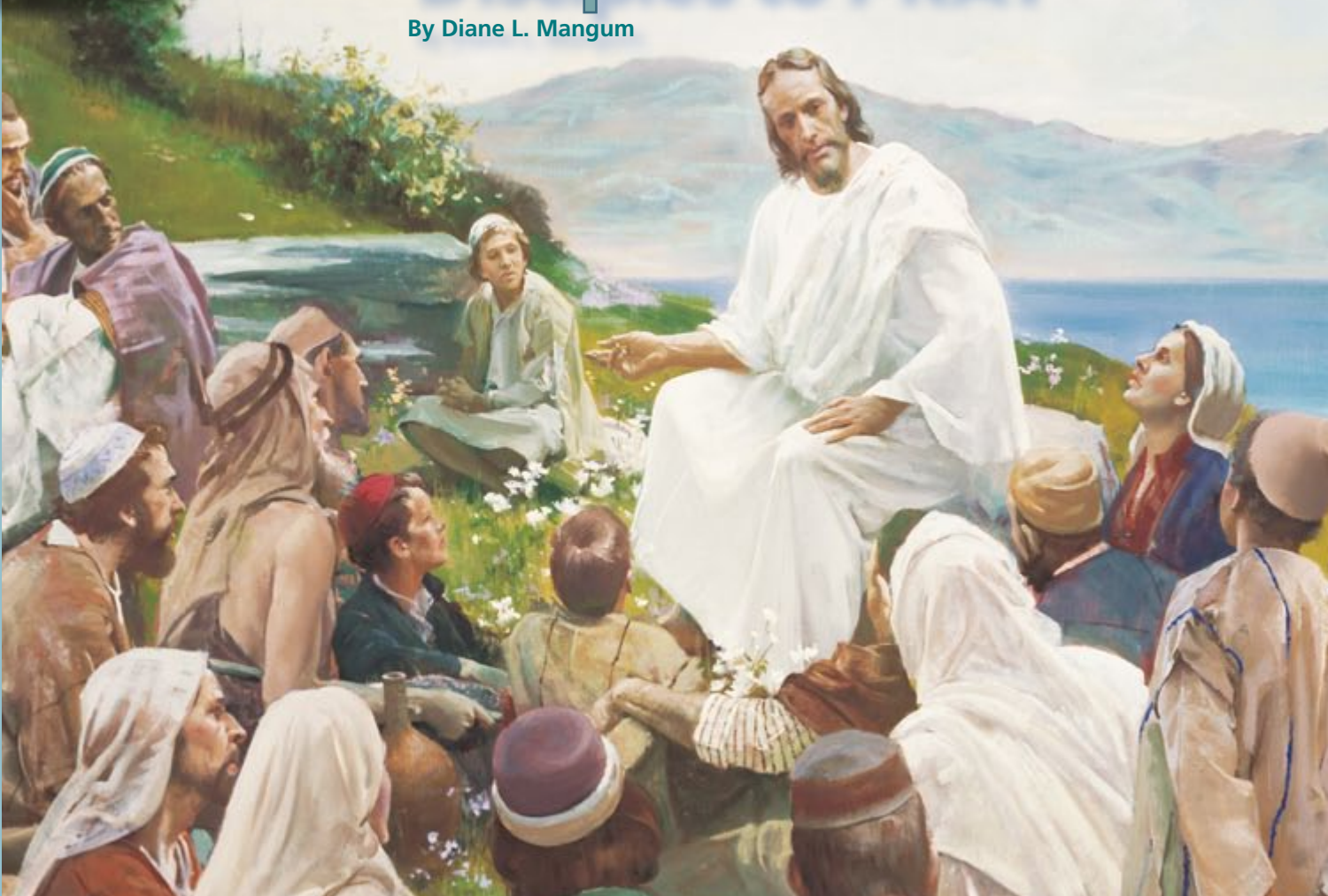
This month, write about things you like to do in your free time. Do you like to be outside or inside? Do you play with a big group, or do you like alone time? Do your activities depend on the weather? Write about something new you would like to do in the future.





JESUS Teaches His Disciples to PRAY

By Diane L. Mangum



From Matthew 5–7 and Joseph Smith Translation, Matthew 7:12–17.

All around the land of Galilee, people were astonished at the things Jesus did and said. One day a crowd followed Jesus to hear Him speak. Jesus went up to a hillside with His disciples. Then He sat down and began to teach them about the blessings of God. He said those who are pure in heart will see God. If you are sad, God will comfort you. If you are humble, gentle, or a peacemaker, God will bless you. If people say bad things about you because you are righteous, you will be rewarded in heaven.

“Ye are the light of the world,” Jesus told His disciples. He explained that a man who lights a candle

doesn’t hide it, but puts it on a candlestick so it can shine through the whole house. Be like the candle on the candlestick, Jesus said. Do not hide your faith. Be a good example and let your light shine.

Then Jesus told His followers not to be like people who loudly pray in public only so other people can see them. Quietly go in your room, He said. Shut the door, and then pray to your Father in Heaven.

Jesus gave the people a pattern for how to pray. He showed how to begin in Heavenly Father’s name. He said He wanted everything to happen just the way Heavenly Father wants it to, just as it is in heaven.

In His prayer, the Lord asked Heavenly Father to provide food for us to eat. He asked Heavenly Father

Sermon on the Mount

Jesus taught many important things to His disciples on the hillside. He also told people not to swear, to share with people who ask us for things, to serve God and not worry about earthly treasures, and to become perfect like our Father in Heaven.



A New Law

For 1,500 years before Christ came, the people followed the law of Moses, which taught them things they should and should not do. Now Jesus also taught about the things in people's hearts and the kind of people they should become.



Amen

Amen means "truly." When we say "amen" after a prayer, it means we truly agree and that the prayer is ours too.

to forgive us, as we forgive others. He showed people how to pray that they would not be led into temptation by evil things. Jesus gave glory to His Father in Heaven and closed His prayer with the word *amen*.

Jesus taught the people, "Ask of God; ask, and it shall be given you." Some people thought that God would listen to Moses and the prophets but that He would not hear them pray.

Jesus answered them with a story. He said a father would not give a stone to his hungry son when his son asks for bread. A father gives his son good gifts. Our Father in Heaven wants to give good gifts to all of His children. He listens to us and knows what we ask. Heavenly Father wants to give us all that He has. ♦



My Big Decision

By Rebecca Shaw

(Based on a true story)

Their children shall be baptized for the remission of their sins when eight years old, and receive the laying on of the hands (D&C 68:27).

Nicole, the Johnsons are coming again tonight,” Mom said. “Have you prayed like they asked you to?”

“No, not yet,” I said.

Elder and Sister Johnson are a missionary couple in our ward. They’ve been coming to family home evening to teach me the missionary discussions.

My family hasn’t always gone to church, so there were some things I didn’t understand. Now that I’m about to turn eight, Mom says that I need to decide if I’m going to be baptized.

Last week Elder and Sister Johnson taught me about how Joseph Smith prayed to find out the truth. Then they asked me to pray about getting baptized.

“Pay attention to how you feel,” Sister Johnson said. “That’s how the Holy Ghost helps us know what is true.”

I thought maybe I could wait until I’m 14 like Joseph Smith was.

Tonight for our lesson Elder Johnson stacked cups on top of each other to make a tower. He said if you don’t have a good foundation, the whole tower falls down.

“Why do you think the Church has such a strong foundation?” he asked.

I remembered last week’s lesson. “Maybe it’s because Heavenly Father and Jesus told Joseph Smith how to restore it,” I said.

“Right,” Elder Johnson said. “And we have living prophets and apostles to keep it on the right track.”

That made sense. I always had a good feeling when I heard about President Thomas S. Monson.

Then Sister Johnson asked me the question I was dreading.

“Have you prayed about getting baptized?”

“No, not yet,” I said.

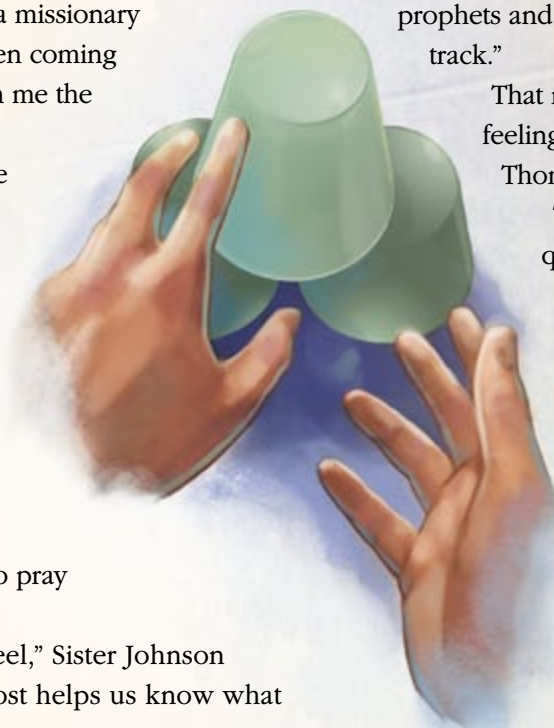
“Do you want to be baptized?” Sister Johnson asked.


I wished I could answer her, but I just shrugged my shoulders.

My little sister thinks I’m scared of being dunked in the water because that’s what she would be scared of. But I like the water, so I wasn’t sure what I was worried about.

“Are you afraid of the responsibility?” Sister Johnson asked.

As soon as Sister Johnson said that, I knew she was





"Father in Heaven knew that you would . . . be required to make some decisions that would be beyond your own ability to decide correctly. . . He included a provision for you to receive help . . . through the Holy Ghost."²

Elder Richard G. Scott of the Quorum of the Twelve Apostles



right. Mom said that after I'm baptized, I'll be accountable. That means I'll be responsible for what I choose. I'll have to be careful to keep God's commandments. I'm not sure if I'm ready for that responsibility. What if I stop going to church like my dad did?

"When you turn eight, you will be accountable for your choices even if you don't get baptized," Sister Johnson said. "But after you get baptized and confirmed, you'll have a lot more help in making good choices. That's because you'll have the gift of the Holy Ghost."

We talked about some of the commandments I would need to keep. I already knew that smoking and alcohol and drugs are bad for you, so keeping the Word of Wisdom didn't sound hard.

After the Johnsons left, I didn't feel afraid of being baptized anymore. I wanted to make right choices and keep Heavenly Father's commandments. And I was glad the Holy Ghost would help me.

I went to my room and knelt by my bed. While I was praying, I felt sure that it was a good idea to get baptized. I knew that feeling was the answer to my prayer. ♦

Creating Stories

By Jennifer Maddy
Church Magazines

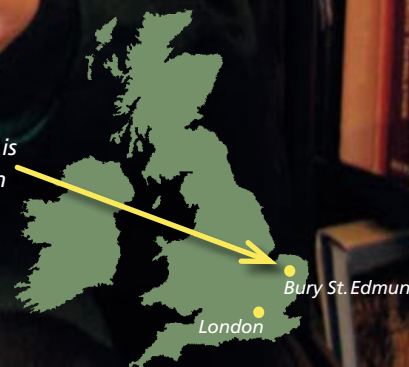
Have you

ever wanted to travel through time? Or go on an adventure or crack tough cases as a detective?

You can do all these things—just by reading some of Samuel's stories! Samuel S., age 11, writes poetry and adventure, mystery, and science-fiction stories. This young author from Bury St. Edmunds in Suffolk, England, enjoys creating exciting plots and interesting characters. And it takes time and careful planning to get everything right.



Bury St. Edmunds is about 80 miles from downtown London.



A flow chart helps me plan my stories.

A Fun Family

Samuel comes right in the middle of his family. With two older sisters and a younger brother and sister, there's never a shortage of people to play games or jump around on the trampoline with. Samuel has a long list of trampoline games that he likes to play with Connor and Rachel, including Mummy, Pig in the Middle, and Crack the Egg.

Hanging on the wall in Samuel's home is a family home evening chart where everyone gets an assignment for the week. "We open with a song from the *Children's Songbook*, and then we say a prayer," Samuel says. "We'll have a lesson, and sometimes my mom will bake a treat like **cinnamon rolls**."

In addition to yummy cinnamon rolls, Samuel enjoys his mom's chili, fajitas, and enchiladas.



Making a Plan

Writers have different ways of getting their thoughts down on paper. When Samuel starts to write a story, he creates a **flow chart** on paper first. "I'll write a general idea of each part in the story and then draw arrows to link it up with what comes next,"

he says. "When I'm writing my story, if I need help I'll look at the flow chart and write about what I've planned there."

Samuel uses the same system when he prepares talks to give in Primary. First, the Primary presidency assigns him a theme and scriptures. "I'll sit down and think about it, and then ideas come into my head and I write little notes," Samuel says. "Then I write them up more fully into my talk."



A Special Name

Just as he creates names for the characters he writes about, Samuel has his own unique story of how he came to be named for Samuel in the Bible, who heard the voice of the Lord. At first, his parents didn't know what to name him! "In the hospital, my dad was reading the *Ensign*," Samuel says. "He found an article about Samuel, so they named me that. Then he flipped the page and there was an article about Jacob and the twelve tribes of Israel. So my middle name is Jacob."

Samuel understands the importance of being named after two righteous people. "I picture myself being a bit like Samuel,"

he says. "I think of how he was obedient, and I know that is Christlike. I want to be like that." ♦



Writing Success

All of Samuel's creative planning paid off when he had some of his stories published. He turned in a writing assignment to a teacher, and she asked him for more of his stories.

The teacher worked to have Samuel's stories published as a book. They named it *The Adventure Collection*, and it was given out at a teachers' conference. The teachers who attended the conference received a copy of the book to take back to their schools. Samuel even got to speak at the conference and autograph his books. Samuel says he was really happy. "I said to my dad on the way home that I didn't want the day to end!"

Turn to page 38 to read one of Samuel's poems.

By Jane McBride Choate

(Based on a true story)

I know, in the strength of the Lord thou canst do all things (Alma 20:4).

Elder Llewellyn Harris had just arrived at a Zuni Indian village in New Mexico. It was 1878, and he was on his way to Mexico to preach the gospel. A few of the Zunis had already been baptized members of the Church, but many others wanted to be baptized as well.

A member of the tribe, Captain Lochee, invited Elder Harris to stay with his family. Three of Captain Lochee's children were very sick with smallpox.

During the night, Elder Harris heard one of the children crying and gasping for breath. Captain Lochee told Elder Harris that his 12-year-old daughter was dying. Elder Harris's journal tells what happened next: "The Spirit of the Lord moved upon me very strongly to administer to her, which I did. She revived and slept well the remainder of the night."

Then Elder Harris blessed the two other sick children, and they also recovered.

The next morning, news of the healings spread throughout the village. Elder Harris was asked to visit 25

many people. "I commenced, and as fast as I administered to them they were removed, but other sick ones were continually being brought in," he wrote.

By the time Elder Harris blessed the last person, the sun had set. The man who acted as his interpreter had also stayed there all day. He asked Elder Harris if he knew how many people he had blessed. Elder Harris said he hadn't kept count. The interpreter told Elder Harris he had counted 406 people.

Elder Harris wrote the following morning that his arms were so sore he could hardly move them. He took no credit for himself, but gave credit to the Lord for the miraculous healings. ♦

Adapted from Preston Nibley, Missionary Experiences [1975], 265-69.

Healing among the ZUNIS

families who had members sick with smallpox. For four days, he visited 10 to 20 families a day and administered to their sick. Nearly everyone he blessed recovered.

But the disease spread so rapidly that Elder Harris wasn't able to visit all the sick families. Early one morning, a Zuni woman took him to a house that had a large room. There he found sick people gathered from all over the village.

Elder Harris prayed that the Lord would strengthen him. He knew he would need help to administer to this

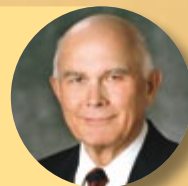




ILLUSTRATION BY PAUL MANN

"We can be healed through the authority of the Melchizedek Priesthood."³

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



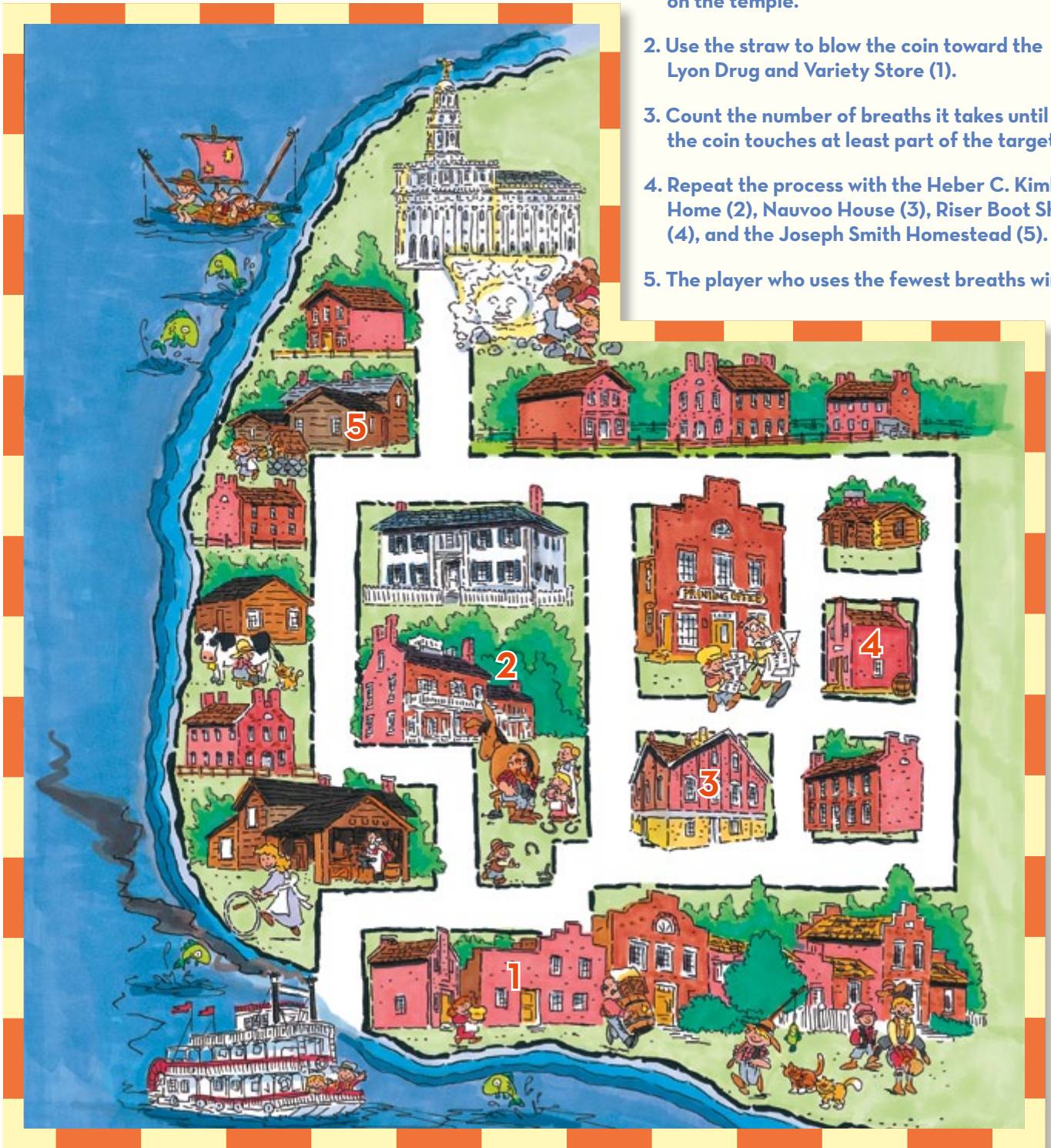


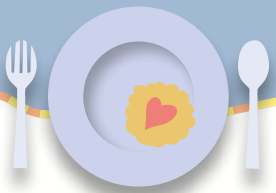
A Walk around Nauvoo

Take a walk around Nauvoo. The person who visits all five buildings in the fewest number of breaths is the winner.

Instructions:

1. You will need a coin and a straw. Place the coin on the temple.
2. Use the straw to blow the coin toward the Lyon Drug and Variety Store (1).
3. Count the number of breaths it takes until the coin touches at least part of the target.
4. Repeat the process with the Heber C. Kimball Home (2), Nauvoo House (3), Riser Boot Shop (4), and the Joseph Smith Homestead (5).
5. The player who uses the fewest breaths wins.





FRUIT SUSHI!!

Keep cool with these refreshing twists on a popular Asian food.

BANANA SUSHI

1 banana, 1 piece of fruit leather, sprinkles

1. Peel the banana.
2. Unwrap the fruit leather and wrap it around the banana.
3. Have an adult cut the wrapped banana into 1-inch (2.5-cm) slices.
4. Add a few sprinkles to the middle of each “sushi” slice.

MELON SUSHI

1 cantaloupe, 1 cucumber, toothpicks

1. Have an adult cut the cantaloupe into 12 1-inch (2.5-cm) cubes.
2. Use a vegetable peeler to peel the cucumber. Then use the peeler to slice 12 strips of cucumber.
3. Wrap a strip of cucumber around each cube of cantaloupe. Stick a toothpick through the cantaloupe to hold the cucumber on.

DIPPING SAUCE

**1 carton yogurt, any fruit flavor
1 teaspoon honey**

Mix the yogurt and honey together in a small bowl, and use it as a dip for your fruit sushi.



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

Sushi is a type of Japanese food.

It is usually made with rice, raw fish, and seaweed!

Friend Summer Read



JUNE ISSUE

Week

1

- Read Come Listen to a Prophet's Voice (pages 2-3) and go to lds.org/friend to play Articles of Faith Memory Quest.
- Do the activity on page 26. The sixth article of faith lists examples of Church leaders; draw a picture of a leader who has served you.



JULY

Week

1

- Start writing your story on pages 24-25 for idea.
 - Read "Even Though E..."
- Then interview someone you admire who had to be brave in choosing the right path.

Week

2

- Play a game using a "soft answer" rule—whispering and speaking kindly, like in "A Soft Answer" (pages 32-33).
- Read "Showing Love" (pages 36-37) and find out what question the dad asked his children every day. Ask yourself this question every day this week and practice serving others.

Week

2

- "To the Rescue!" Use CTR symbols. Draw a picture to put a CTR symbol.
- Read Matt and Mandy (page 40) with some Pioneer Pudding (page 41).

Week

3

- Hunt for the CTR ring. Then reward yourself with some fruit sushi (page 23).
- Read about Samuel on pages 18-19. Write someone a card, poem, or thank-you note.

Week

3

- Have you had any experiences? Write about one experience (with permission!) send it to the editor (for examples.)
- Celebrate your pioneer heritage. Draw the ancestors you think they would have worn, or the ones described on page 40.

Week

4

- Read "My Big Decision" (pages 16-17). Then color the picture on page 46 and post it where it can remind you about baptism.
- "A Walk around Nauvoo" (page 22) takes you around Church history sites. Draw a map showing Church sites near you, like a meetinghouse or a leader's home.

Week

4

- In "The Local Sisters" look for a friend or family member to serve them.
- Create something to serve. Post back at the projects you've done.

ing Program

By Rachel Giddings



ISSUE



our own pioneer journal. Look at
eas.
everyone Else Is Doing It" (page 27).
mire about a time when he or she
right.

(pages 2-3) shows different
a picture of your favorite place
e 45), and then travel back in time
age 23).

periences trying to be like Jesus?
e and (with a parent's
he *Friend*. (See pages 30-31

itage! Dress in clothing your
r wear pioneer costumes like
44.

okout Girls" (pages 16-17), two
ways to help their mom. Pick a
member and "look out" for a way to

end to Our Creative Friends. Look
e done this summer for ideas.



AUGUST ISSUE

- Complete an activity for your Faith in God. (See the activity idea on page 12.)
- Do the activity on page 22. Can you recite the first eight articles of faith? Practice with a parent or sibling.



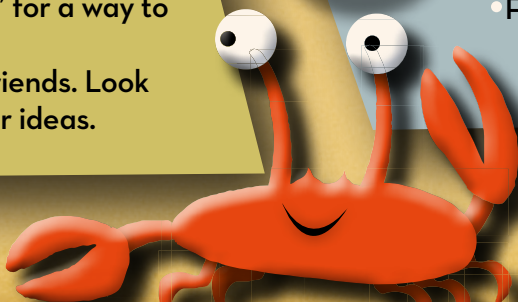
- Next time you go to church, get to know someone new, like Michael did in "Friends and Best Friends" (pages 16-17).
- Read "Reflections" (pages 44-45). Draw your portrait the way you think Heavenly Father sees you.



- Learn a new hymn or Primary song this week, like Sun Yoon and his mother did in "Music for the Heart" (page 27).
- Read "A Birthday Wish Fulfilled" (pages 2-3). Make your own collection of fuzzies and start sharing them with your family or friends.



- Make edible ladybugs (page 23) to enjoy a healthy summer treat.
- Find unique places to read the *Friend*, like some of our readers on pages 24-25.



ARTICLE OF FAITH

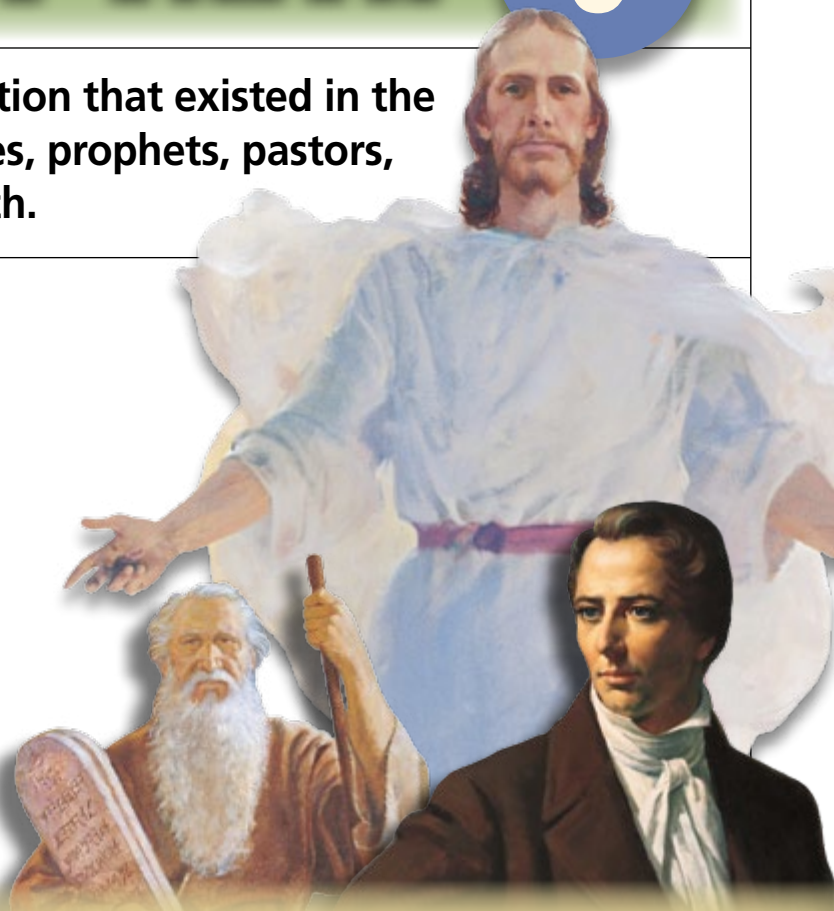
6

We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth.

Apostles and prophets who lived long ago led the Church and taught people about Heavenly Father and Jesus Christ. Today prophets and apostles also lead Jesus Christ's Church. The Church today is organized the same way Jesus organized His Church when He was on the earth. The prophet is the President of the Church and teaches what Heavenly Father and Jesus want us to do. Apostles and other Church leaders help him lead the Church.

Fill in the blanks with the correct words from the sixth article of faith, then find the words in the word search.

1. The p _____ is the only person on earth who receives revelation to guide the entire Church.
2. There are a _____ on earth today who are special witnesses of Jesus Christ. They serve in the Quorum of the Twelve and the First Presidency.
3. Bishops are p _____ over their wards. This means they take care of ward members and help and lead them to Christ.
4. E _____ is another word for patriarchs. A patriarch is called to give blessings to members of the Church.
5. People who instruct others about gospel principles are t _____.
6. When Jesus Christ was on the earth, He organized the p _____.



P	N	R	N	Q	I	M	T	K	S	X	H	W	U	V
O	R	F	J	R	M	G	E	R	R	N	F	E	D	U
S	B	I	M	D	X	B	G	Y	O	O	F	P	S	V
V	Y	L	M	T	E	U	P	A	T	M	K	V	B	E
L	X	O	Q	I	V	N	P	P	S	J	N	J	U	V
R	T	V	V	K	T	O	D	A	A	G	C	U	T	A
P	Y	E	V	F	S	I	X	H	P	B	W	B	Q	N
V	I	R	H	T	E	K	V	I	U	V	T	N	S	G
R	O	L	L	P	H	S	R	E	H	C	A	E	T	E
K	M	E	Q	B	O	F	R	E	C	E	Y	P	I	L
B	S	H	Y	P	R	R	K	Y	U	H	W	V	X	I
N	A	K	Y	Z	A	V	P	C	U	D	U	Y	K	S
H	V	U	N	X	Y	Q	Q	Z	Y	G	E	R	O	T
X	N	H	T	W	F	J	B	Q	G	R	D	L	C	S
T	N	U	H	W	I	C	H	L	K	X	E	D	L	H



From an interview with Sister Elaine S. Dalton, Young Women general president; by Megan Withers Roxas

TRUST in the Lord

Trust in the Lord with all thine heart (Proverbs 3:5).

As a young girl I followed my father everywhere he went. I always admired how dedicated he was to the Lord. He set a high standard for me of selfless service. He took a week off from work every year. However, instead of going on a trip, he would ask my family to help him paint the widow's house next door. This is just one example of many acts of service. He was always thinking of others.

When I was in high school, my father became very ill. I prayed constantly and asked Heavenly Father to bless my father to get well. He was in the hospital for one month, and then he passed away.

This was a tragedy for our family. To us it didn't make any sense because we needed our father. I prayed to understand why this happened and why Heavenly Father hadn't answered my prayers. It felt to me like the heavens were silent. I didn't get an answer to my prayers. I felt that Heavenly Father had

left me all alone. But I continued to pray.

A year later I attended a sacrament meeting where the speaker read a scripture from Proverbs:

“Trust in the Lord with all thine heart; and lean not unto thine own understanding.

“In all thy ways acknowledge him, and he shall direct thy paths” (Proverbs 3:5–6).

The Spirit witnessed to me that this was the answer to my prayer! I needed to trust the Lord. It took a long time to receive that answer, and it wasn't the one that I had wanted, but it was the *most* wonderful answer

to prayer. I wasn't supposed to understand why this happened. I was supposed to trust in the Lord.

When you trust in the Lord, you can do anything—even if it is really hard—because He does direct your path. He'll walk by your side. He'll hold your hand. He will send His angels to surround you. That's my testimony. And it is true for all of us. ♦

My father gave me a special gift the Christmas before he passed away. It was a necklace with a little silver bell. It reminded me to always listen to the Spirit and remain pure. It is a precious treasure to me.



After Hannah ate, she handed Mom her bowl. "I'm ready now."

"I don't think so," Mom said. "Go look in the mirror."

Hannah ran to the bathroom and looked in the mirror. Her hair was tangled, and she had a big white milk mustache. Hannah grabbed a cloth and washed her face. Then she brushed her teeth and combed her hair.

"Now I'm ready," she called.

"Not yet," Mom said. "Look in your bedroom for something Grandma sent you!"

Hannah ran to her room. A new dress

Hannah's New

By **Tamra S. Arthur** (Based on a true story)

My body is the temple my Father gave to me
(*Children's Songbook*, 153).

Four-year-old Hannah's eyes popped open. Today was zoo day! She jumped out of bed.

"I'm ready," she called.

"Ready for what?" Mom asked.

"Ready for the zoo!"

"Go look in the kitchen first," Mom said.

Hannah hurried to the kitchen. There was an empty bowl on the table. Then Hannah remembered. Breakfast came before the zoo.





Dress

was on her bed. It was white with red cherries on it. Red was her favorite color. But Hannah frowned.

“It doesn’t have any sleeves,” she said.

Mom went to Hannah’s closet. She pulled out a bright red T-shirt that matched the bright red cherries.

“You can wear this under the dress,” Mom said. “Then it will be modest.”

Hannah quickly put the T-shirt on and then the dress.

“Now I am ready to go to the zoo!”

“Yes,” Mom said and smiled. “Now you are ready.” ♦





Trying to Be Like Jesus



The bishop of the Kingstowne Ward, Mount Vernon Virginia Stake, encouraged the Primary children in his ward to tell the Friend how they are trying to be like Jesus. Here are their experiences.

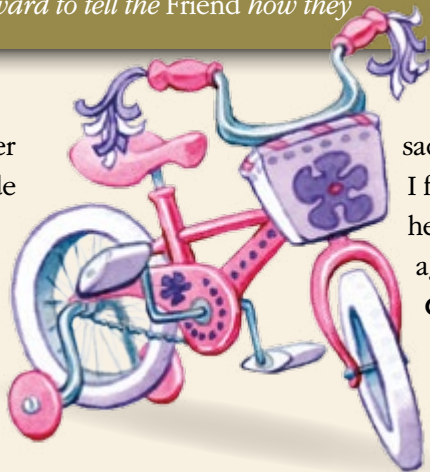
When my younger sister wants to ride her bike, I offer to carry it up the stairs from the basement for her.

Evan H., age 9

One day there were toys all over my floor. I cleaned them up all by myself without my mommy asking. When she saw what I had done, she was very happy.

Alexa C., age 4

One time my cousin dropped his treat on the ground and he was very



sad. I gave him my treat. I felt happy that I could help him feel happy again.

Caleb D., age 4

We had a family home evening lesson about showing love to others. After that, I started making my little brothers' beds to show them that I love them. It made them happy and me happy too.

Brian L., age 7

We like going to activity day. We set a goal to invite a new friend to come each month. We live far away

from the church, and the missionaries can't make it here sometimes. We thought that by bringing friends to activities we can help do missionary work.

Makayla and Makenna M., ages 9 and 9

My elderly neighbor's dog got off its leash and ran down the street. I chased after it and carried it back. My neighbor uses a cane to walk, so I'm glad I could help her.

Bryce M., age 10



My class at school had a piñata. Everyone got lots of candy except one girl. I gave her my candy. I felt really good, and we became friends.

Haily H., age 8



I try to be reverent at church. I fold my arms and walk quietly to class. I don't run or shout. Being reverent shows my love for Heavenly Father.

Sophie M., age 5

One day my big brother was sick. I turned on some Primary music for him to listen to. It helped him feel better so he could rest.

Timothy L., age 3

At preschool a new girl got pushed, and she cried. I invited her to play with me and my friend. We had fun together. I felt good inside because I made a new friend and helped her feel welcome.

Ellie A., age 4



One day my mommy was sick. I made her a sandwich to eat so she could get better.

It was hard work, but I got it done. It made Mommy happy, and she felt better soon.

Andrew L., age 5

I made my mom's bed because she had burned her finger. It made me feel good.

Elijah C., age 7

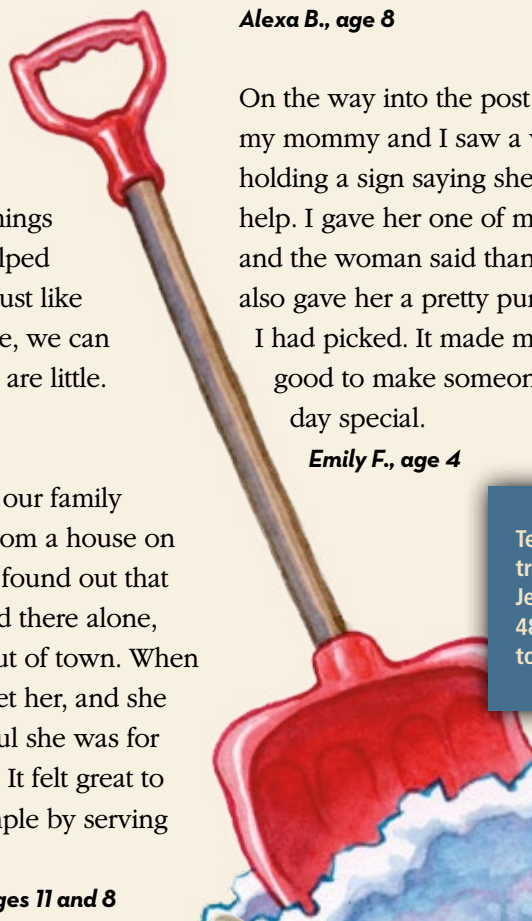


After my older sister had surgery, she couldn't walk or eat on her own. I would get things she needed and helped her eat and drink. Just like Jesus helped people, we can too, even when we are little.

Brittian M., age 5

After a snowstorm, our family cleared the snow from a house on our street. We later found out that an elderly lady lived there alone, and that she was out of town. When she returned we met her, and she told us how thankful she was for what we had done. It felt great to follow Jesus's example by serving someone else.

Maddie and Tad R., ages 11 and 8



Jesus is so important to me. I love going to Primary so I can learn about Him. I know He loves us.

Emelia C., age 5

My family took some treats to our neighbors. When we rang their doorbell they were so surprised! My brother and I felt very good. I know we should treat others kindly.

Alexa B., age 8



On the way into the post office, my mommy and I saw a woman holding a sign saying she needed help. I gave her one of my snacks, and the woman said thank you. I also gave her a pretty purple flower I had picked. It made me feel good to make someone else's day special.

Emily F., age 4

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

A Soft Answer

By Laura Hunter

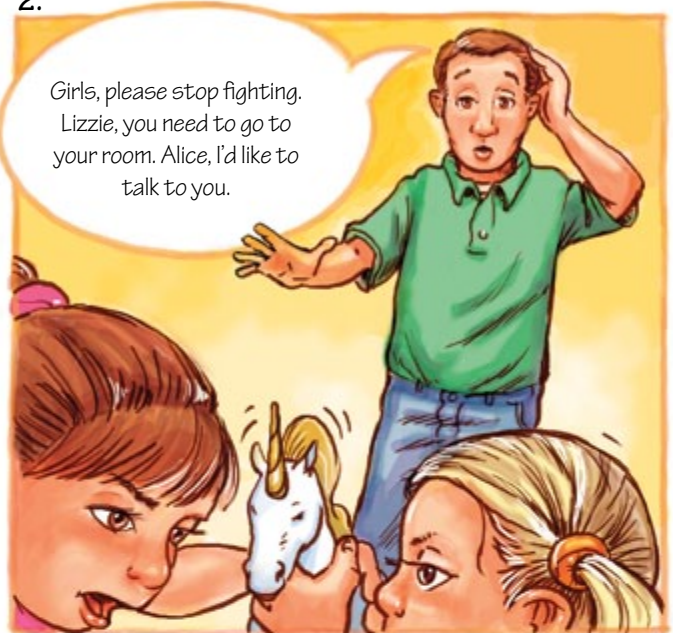
(Based on a true story)

A soft answer turneth away wrath: but grievous words stir up anger (Proverbs 15:1).

1.



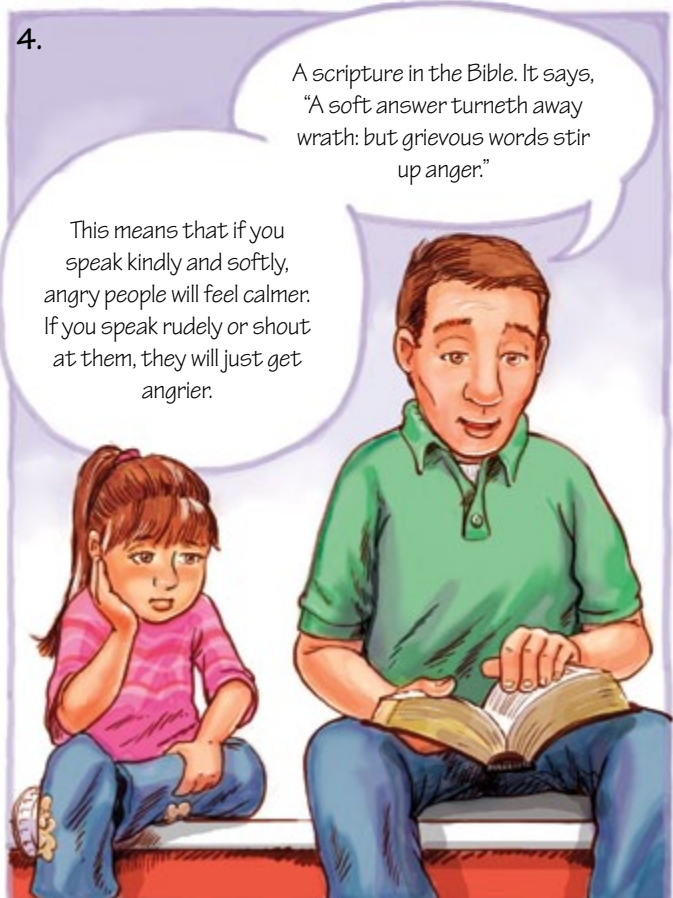
2.



3.



4.



5.

Do you think that will work with Lizzie?

Next time, just try it and see what happens.



6.

I want the fairy wings!



7. Alice remembered what Dad had told her.

Lizzie, would you like to wear my crown?
You can be a princess, and I'll be your
fairy friend.



8.

OK, I'll be a beautiful princess!

Come on, your highness.
Let's play!














































Sometimes it is hard to remember to give a soft answer when we are angry. Ask a parent to help you cut out the reminders on this page. Use it to help you make good choices and give soft answers.



Lehi's Dream

 was a prophet. He had a dream about his  . In his dream,  saw a  . White  grew on the  . The  made  who ate it happy.  ate the  . Some of his  ate the  , but some in his  did not eat the  .  also saw an  and a straight  . The  and the straight  led to the  . Some  held the  , walked along the straight  , and ate the  from the  . Other  let go of the  . These  did not walk along the straight  . They got lost in darkness.  in a large  made fun of those who ate the  . Some of the  who ate the  were ashamed. They left the  . Some of them went to the large  . These  were not happy. The  who stayed at the  were happy. God's word is like the  . When  follow it, they are happy.

Showing

By Chad E. Phares

Church Magazines

(Based on a true story)

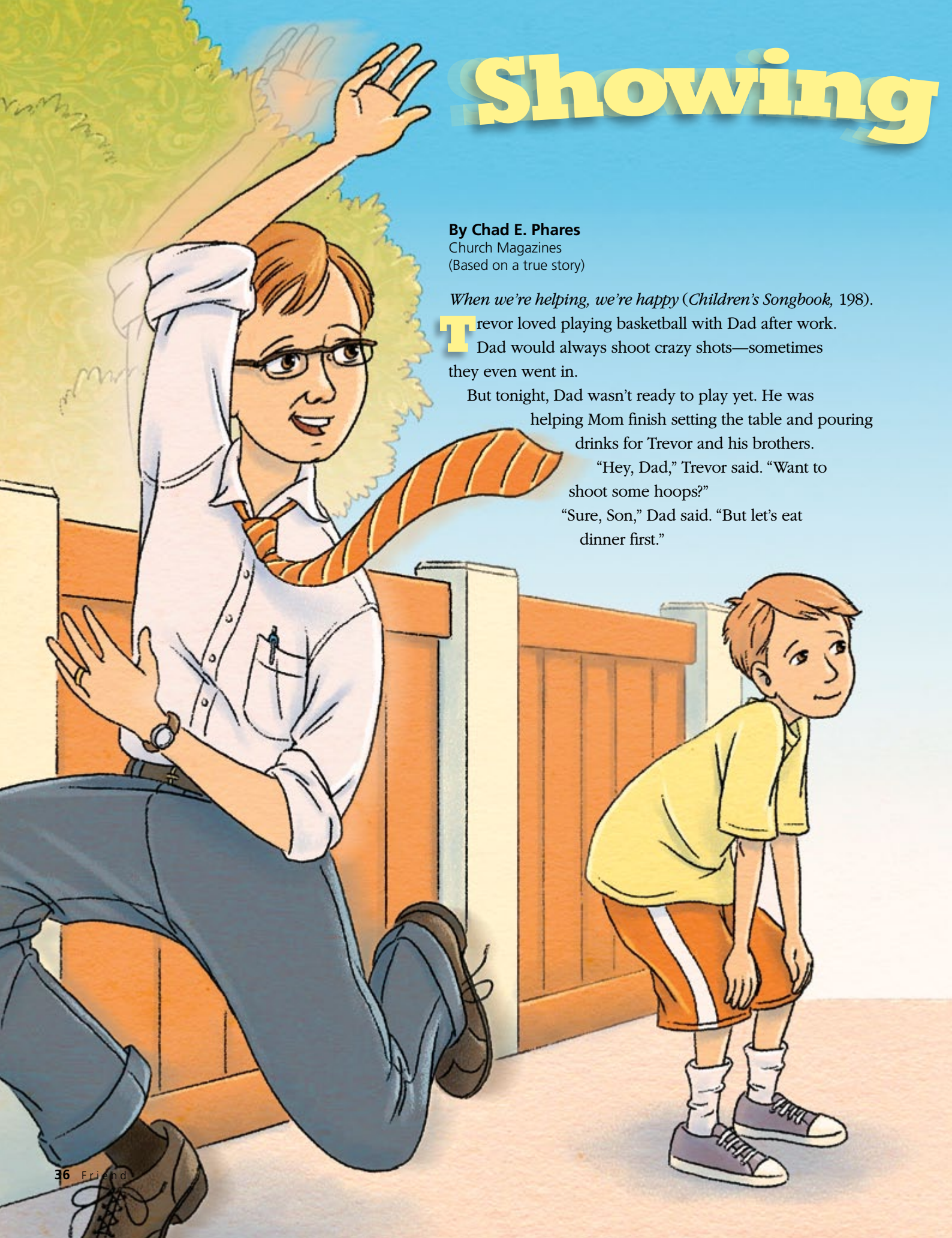
When we're helping, we're happy (Children's Songbook, 198).

Trevor loved playing basketball with Dad after work. Dad would always shoot crazy shots—sometimes they even went in.

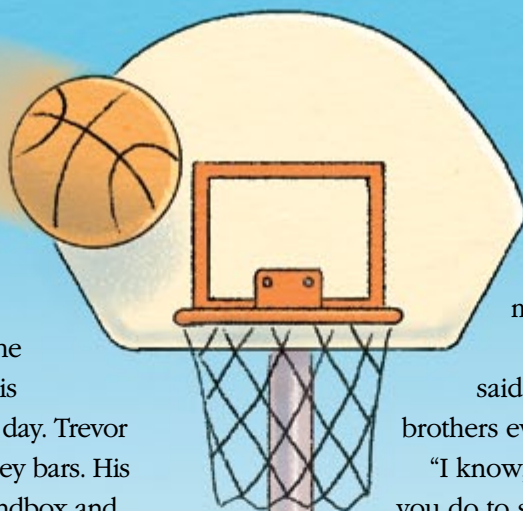
But tonight, Dad wasn't ready to play yet. He was helping Mom finish setting the table and pouring drinks for Trevor and his brothers.

"Hey, Dad," Trevor said. "Want to shoot some hoops?"

"Sure, Son," Dad said. "But let's eat dinner first."



I Love



When the family sat down to dinner, Dad said the blessing on the food. Then he asked Trevor and his brothers what they did during the day. Trevor talked about playing on the monkey bars. His younger brothers played in the sandbox and drew pictures.

“What did you do to serve someone today?” Dad asked. He always asked that.

Trevor was ready to answer. “I helped Mom fold the laundry.”

“Good,” Dad said. “I’m proud of you.”

After dinner Trevor popped up from the table and pulled on Dad’s arm.

“Dad, can we go shoot hoops now?” Trevor asked.

“In just a few minutes, Trevor,” Dad said. “First we need to clean up. It wouldn’t be fair to make Mom do all the cooking and cleaning, would it?”

Trevor helped load the dishwasher. Then he grabbed a paper towel and wiped off the table.

“Now can we shoot hoops?” he asked.

“Yes,” Dad said. “Thanks for your help.”

After shooting the ball and playing a few games of H-O-R-S-E, Dad tossed the ball to Trevor.

“Let’s play again,” Trevor said.

“Sorry, buddy,” Dad said. “I have a meeting at church.”

“But we just started playing!” Trevor said. “Do you have to go?” Sometimes he couldn’t understand why Dad had to go to so many meetings.

“Sorry, but I really do,” Dad said. He gave Trevor a squeeze. “Help your mom while I’m gone. I’ll try to be home before you get in bed.”

When bedtime came, Dad still wasn’t home yet.

Trevor frowned. “Mom, why does Dad have so

many meetings?” he asked.

“Let me ask you a question,” Mom said. “What does Dad ask you and your brothers every day at dinner?”

“I know, I know,” Trevor answered. “What did you do to serve someone today?”

“Service is very important to Dad,” Mom said. “He’s been called to serve in our ward, and he wants to do his best.”

Trevor thought about how Dad always encouraged him and his brothers to do their best.

“Do you know what else?” Mom asked. “Dad is always looking for ways to serve us.”

“He is?” Trevor asked.

“Just think about it,” Mom said. “After a long day at work, the first thing he did today was help set the table. Then after dinner, he let me rest while he cleaned up. Then he played basketball with you even though he only had a few minutes before his meeting.”

Trevor thought for a minute. He was glad Dad went outside and played with him instead of relaxing.

“I know it can be hard when Dad is so busy,” Mom said. “But he does his best to help everyone around him.”

Mom tucked Trevor into bed and left the room. A few minutes later, Trevor’s door creaked open.

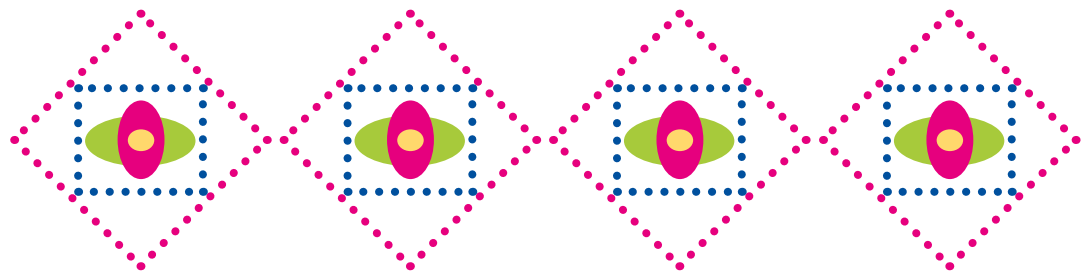
“I hope I didn’t wake you,” Dad said. “I just wanted to say good night.”

Trevor stood up on his bed and gave Dad a big hug.

“Good night, Dad,” Trevor said. “I love you.”

“I love you too,” Dad said.

Trevor was glad Dad said it, but he already knew Dad loved him. Dad showed it every day. ♦



Kindness Builds My Ward Family

The ward is family, and I'm part of it.
 I couldn't be happier, not even one bit.
 At church we're taught virtues, things we should be;
 Kindness—one I'm taught—begins with me.
 If we strive to be righteous and kind,
 We're sure to have a perfect, clean mind.
 A ward can be strengthened, and this can be done
 If we're kind to one another, just like the Son.
 A ward can be changed through its members' deeds;
 They all can be planted just like some seeds.
 If they're nurtured and cared for they will start to grow,
 A stem will shoot out, and behold and lo,
 The plant will grow and blossom into full life.
 And that is why we as members must all strive
 To have goodness and care and none any less,
 Of the great virtue we cherish, known as kindness.

Samuel S., age 11, England

Creation

Dogs, cats, bees,
 Flowers, plants, trees;
 This is what Heavenly Father made.

Stars, moons, and sun,
 Waves and sand are fun;
 This is what Heavenly Father made.

Spirit, body, birth,
 Friends, family, earth;
 This is what Heavenly Father made for us.

Christian M., age 8, California

Morning Breaks

The sun starts to dissolve into the midnight sky,
 Leaving behind a darkness to demolish all joy.
 Happy songs fade away,
 Leaving nothing to fill the void.
 The night goes meaningless till the morning breaks.
 The sky turns a deep clear,
 Becoming the brightest blue.
 People turn and face the truth,
 And you know only God could do this work.

Tessa D., age 11, Ohio

True Hero

When you donate to the poor,
 You're giving people a little more.
 Then they will have what they need,
 And they will say, "Thank you very much, indeed."

Now you have given people hope.
 The troubles they have, now they can cope.
 After all that, if you think you're worth zero,
 You're wrong. You're a true hero.

Tanner M., age 10, Maryland

Would you like to send
 us a poem or drawing?
 Turn to page 48 to
 find out how.



Grace F., age 8, California



Dallin H., age 6, Washington



Anise J., age 9, Pennsylvania



Attalia L., age 5, Queensland, Australia



Layla D., age 5, Alberta, Canada



Kate K., age 12, Montana



Chase H., age 11, Texas



Emily N., age 9, New Brunswick, Canada



Joshua J., age 9, Utah



Parker W., age 5, Idaho



Amelia P., age 11, Wisconsin



Avery M., age 7, Florida



Averie M., age 5, Illinois



Rylan C., age 7, Utah

You can use this lesson and activity to learn more about this month's Primary theme.

The First Principles and Ordinances of the Gospel

Make It Possible for Me to Live with God Again

By Ana Maria Coburn and Cristina Franco

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost (Articles of Faith 1:4).

The fourth article of faith talks about four important principles and ordinances of the gospel you need to follow so you can live with Heavenly Father again.

First, you need to have faith in Jesus Christ. To have faith in Jesus Christ is to believe that He lives, that He is the Savior, and that He loves you, even though you have never seen Him. When you have faith in Christ, you will want to do what He has asked you to do, such as pray, attend church, be kind, and keep the commandments.

One important thing Jesus has asked you to do is be baptized when you are eight years old (or older). You will be baptized by immersion—as Jesus was. That means your whole body will go under the water. Your baptism will

be done by someone who has the priesthood authority to baptize. When you are baptized, you also make a promise with Heavenly Father. You promise that you will keep the commandments, and if you do, He promises that you will have the companionship of the Holy Ghost.

After you are baptized, you will receive the gift of the Holy Ghost. Someone who holds the priesthood will put his hands on your head to give you the gift of the Holy Ghost. The Holy Ghost will guide, teach, and comfort you and will testify of Jesus Christ.

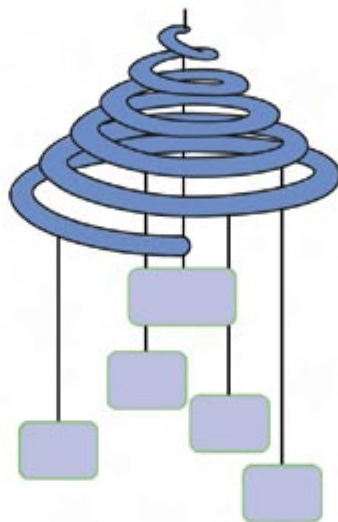
From the day you were born until age eight, you are clean and innocent because of the Atonement

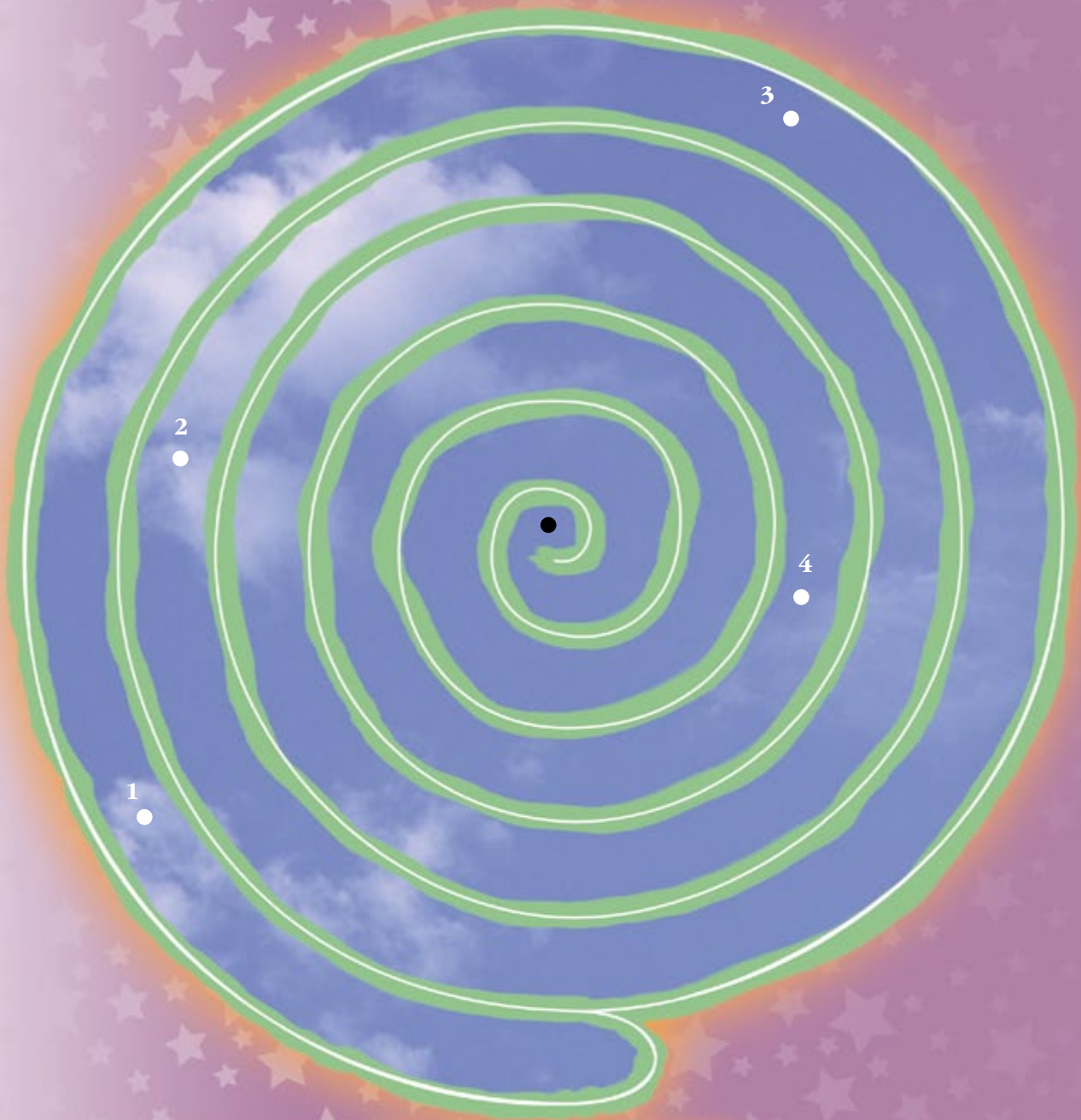
of Jesus Christ. After you turn eight and are baptized, you need to repent of anything you do wrong. To repent is to feel sorry and to ask for forgiveness from Heavenly Father and from anyone you may have hurt. After you have repented, you need to try hard not to make the same mistake again and to be more obedient to the commandments. The Atonement makes it possible for you to become clean again if you repent.

Having faith in Jesus Christ, repenting, being baptized by immersion, and receiving the gift of the Holy Ghost are important because they will help you return to live with your family forever and with Heavenly Father and Jesus Christ. ♦

Activity

You can make this springing mobile as a reminder of the first principles and ordinances of the gospel. Glue page 41 onto heavy paper. Cut out the five signs; then cut out the mobile on the solid lines. Cut or punch where indicated. Hang the signs from the mobile with string or ribbon.





●
The first principles
and ordinances of the
gospel are:

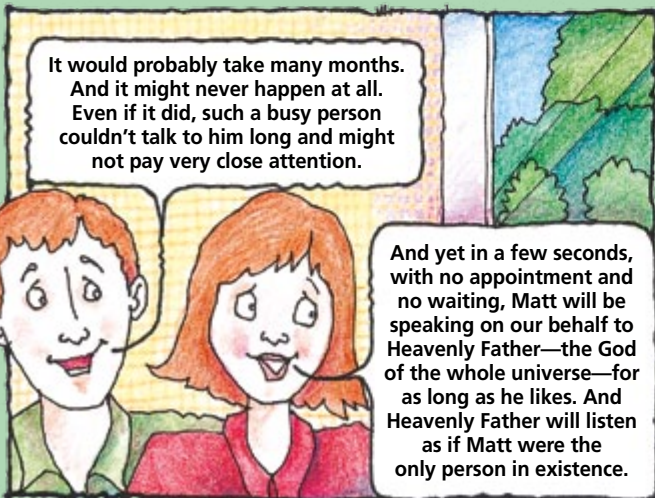
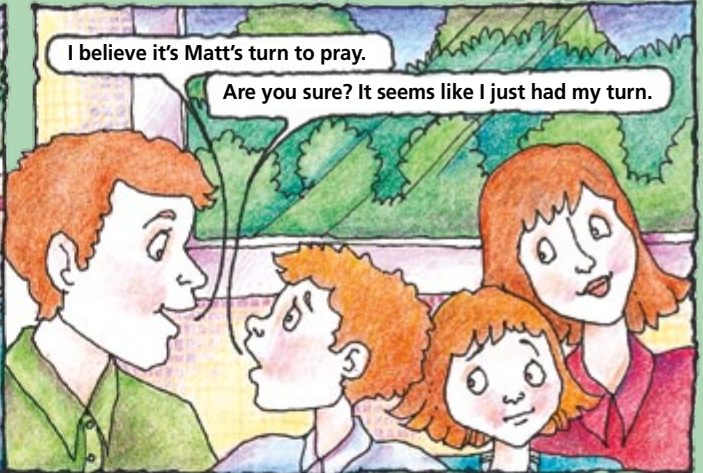
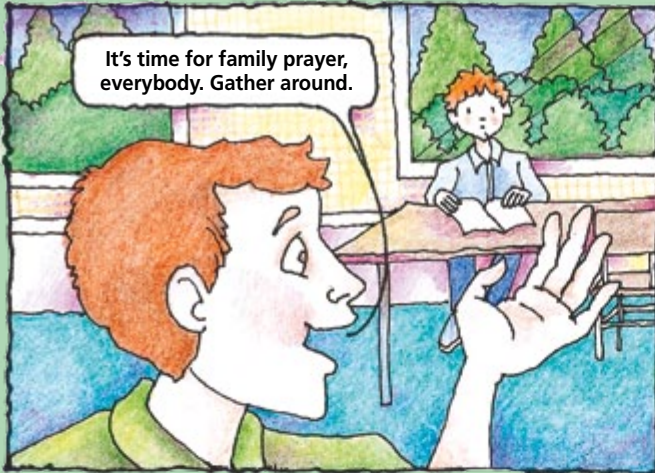
●
1. Faith in the
Lord Jesus Christ

●
2. Repentance

●
3. Baptism by
immersion for the
remission of sins

●
4. Laying on
of hands for the
gift of the Holy
Ghost

MATT AND MANDY





Truth Revealed

By MaryAlice Wallis

Follow the clues beginning with the starred word. Write the words you see in the spaces to reveal the hidden scripture. Then cross out the word. Read the remaining words in the order you see them, from left to right and top to bottom, for an additional truth. Find the answers on page 48.

*SURELY	I	NOTHING
HE	AM	SECRET
DO	THE	BUT
A	HIS	CHILD
WILL	UNTO	OF
REVEALETH	HEAVENLY	HIS
PROPHETS	LORD	GOD
THE	FATHER	SERVANTS

1. Begin at the star. _____
2. Down 2, right 1. _____
3. Down 4. _____
4. Right 1. _____
5. Up 2, left 2. _____
6. Up 2. _____
7. Right 2, up 2. _____
8. Down 2. _____
9. Up 1, left 2. _____
10. Down 4. _____
11. Right 1, up 2. _____
12. Up 2, right 1. _____

13. Down 3, left 1. _____
14. Down 1, right 1. _____
15. Down 2. _____
16. Left 2. _____
17. Up 1. _____



PRAYING

for David



By Rachel Giddings

(Based on a true story)

I set my face unto the Lord God, to seek by prayer and supplications, with fasting (Daniel 9:3).

John usually raced downstairs when Mom called him for family home evening, but tonight he was already sitting on the couch when Mom came in the living room. The smell of Dad's brownies had teased him in, but that wasn't the only reason for his smile. Every week at family home evening, Mom read the latest e-mail from John's

brother David, who was serving a mission.

"Did David talk about his wrist this week?" John asked. Last week, David had mentioned that he had been in a bike accident and might have broken his wrist.

"Let's find out," Mom said.

"Dear family," she read. "The doctor says my wrist is definitely broken. The broken bone is pushing other bones in my wrist out of alignment. I will probably need surgery. I am not in pain, and it is not swollen. It just is very broken."

Mom kept reading. David had written about his companion and the people he had taught, but John's mind was still on his brother's wrist.

"Mom? Can I say family prayer tonight?" he asked when Mom finished.

"Sure," Mom said.

The family knelt for prayer, and John made sure he prayed extra hard for David.

When they had brownies, John felt a little better, but he was still worried about his brother.

During the next week, John spent a lot of time praying for David. The next Sunday at dinner, Mom had an announcement.

"David is going to have surgery this week," she said. "But the doctors are concerned because this type of injury is difficult to heal. They aren't sure it will heal properly after the surgery."

"Will David be able to finish his mission?" John asked.

"I'm not sure," Dad said.

John stared at his plate. As much as he missed his brother, he didn't want David to have to come home from his mission.

"Dad and I have an idea," Mom said. "I know we've been praying for David, but we'd like to have a special fast for him."

"A special fast?" John asked.

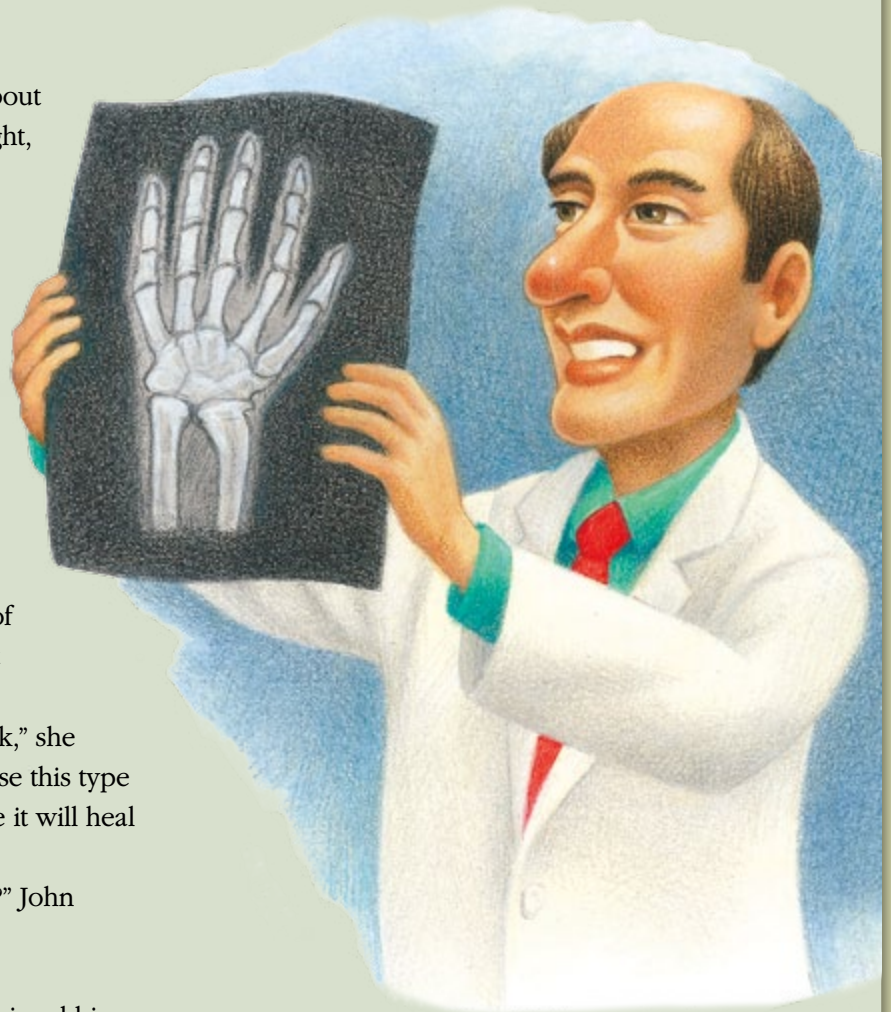
"It wouldn't be on fast Sunday, and we would ask our friends and family to fast and pray that the surgery will go well."

"We think you're old enough to fast, so you can fast with us if you'd like," Dad said.

"I like that idea," John said.

A month and a half later, after a difficult surgery and several weeks in a cast, David sent an e-mail.

"Dear family, my wrist is an interesting story, especially the reaction from my doctor. He couldn't find any



sign of the fracture! He took lots more X-rays and told me that the bone had completely healed and that he didn't need to put me back into a cast. My doctor isn't a member of the Church, but he said my healing was a miracle. It's incredible how all those prayers really worked."

John leaned over Mom's lap to read the e-mail for himself. "The fasting helped cause a miracle, didn't it?" he asked.

Mom nodded. "The fast and all those prayers." ♦

"Fasting is a principle of power. It changes lives. I testify that God is mindful of the fasting and prayers of all His children, young and old."⁴

Elder Shayne M. Bowen of the Seventy



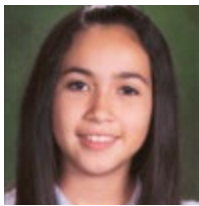


When I am baptized, I make a covenant with God.

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost (Articles of Faith 1:4).

ILLUSTRATION BY BETH M. WHITTAKER

Friends in the News



Alicia B., 11, California, has been working on her Faith in God award since she turned eight. Working on it has helped her testimony to grow. She enjoys Primary and is grateful for the Church, her family, her friends, and blessings from Heavenly Father. She looks forward to attending Young Women.



Philip S., 10, Arizona, likes to play football, basketball, and kickball. He is a good student and enjoys Cub Scouts. He loves Jesus Christ and likes to bear his testimony.



Charlize J., 3, Alberta, Canada, loves her Primary teacher. She enjoys singing "I Am a Child of God," coloring, and doing crafts. She likes following the example of her big sister and helping with her baby sister.



Taye, Scotia, and Jax B., 8, 3, and 6, North Carolina, have grandparents serving a mission in Ecuador. For Christmas, the children sent some of their leaf-raking money to help someone in need.

Joseph C., 7, Utah, got sick while hiking with his dad and older brother. He wanted to quit, but thanks to a blessing from his dad and help from some friendly hikers, he made it down the mountain safely. He knows that Heavenly Father hears and answers prayers.



Albany Ward
The Primary children in the Albany Ward, Tifton Georgia Stake, had an activity about families. They played games, made booklets for family home evening, and made pictures of their family.



August Friend Reading



South Pointe Ward
The Primary children of the South Pointe Ward, Henderson Nevada Green Valley Stake, have a *Friend* summer reading program. They read the *Friend* and keep track on their own reading chart that they can color. The children enjoy learning about the gospel from the stories and activities. At the end of the summer, the Primary has an activity with games and questions about stories from the *Friend*.

Turn to pages 24–25 to start your own *Friend* summer reading program!



Amelia W., 8, Taiwan, was asked to construct a building as a school project. She immediately came up with the idea to construct the Washington D.C. Temple. It turned out beautifully! Amelia is a big support to her family and is kind to her brothers.

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



Possible Ideas for Family Home Evening

1. Read “Crash and Tell” (pages 8–10). Discuss the Internet safety tips with your parents or family. Make a plan to “crash and tell” if you can’t get away from an uncomfortable website.

2. Read President Thomas S. Monson’s message on pages 2–3. Talk about how the girl on the bus was an example. As a family, complete the word search on page 26 and recite the sixth article of faith together.

3. Read “Healing among the Zunis” (pages 20–21) or “Praying for David” (pages 44–45).

Healing is one kind of miracle. Talk about times when family members have received blessings of healing.

4. Use the Bringing Primary Home lesson and activity to learn more about this month’s Primary theme (pages 40–41).



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(f) = Funstuf
(IFC) = inside front cover

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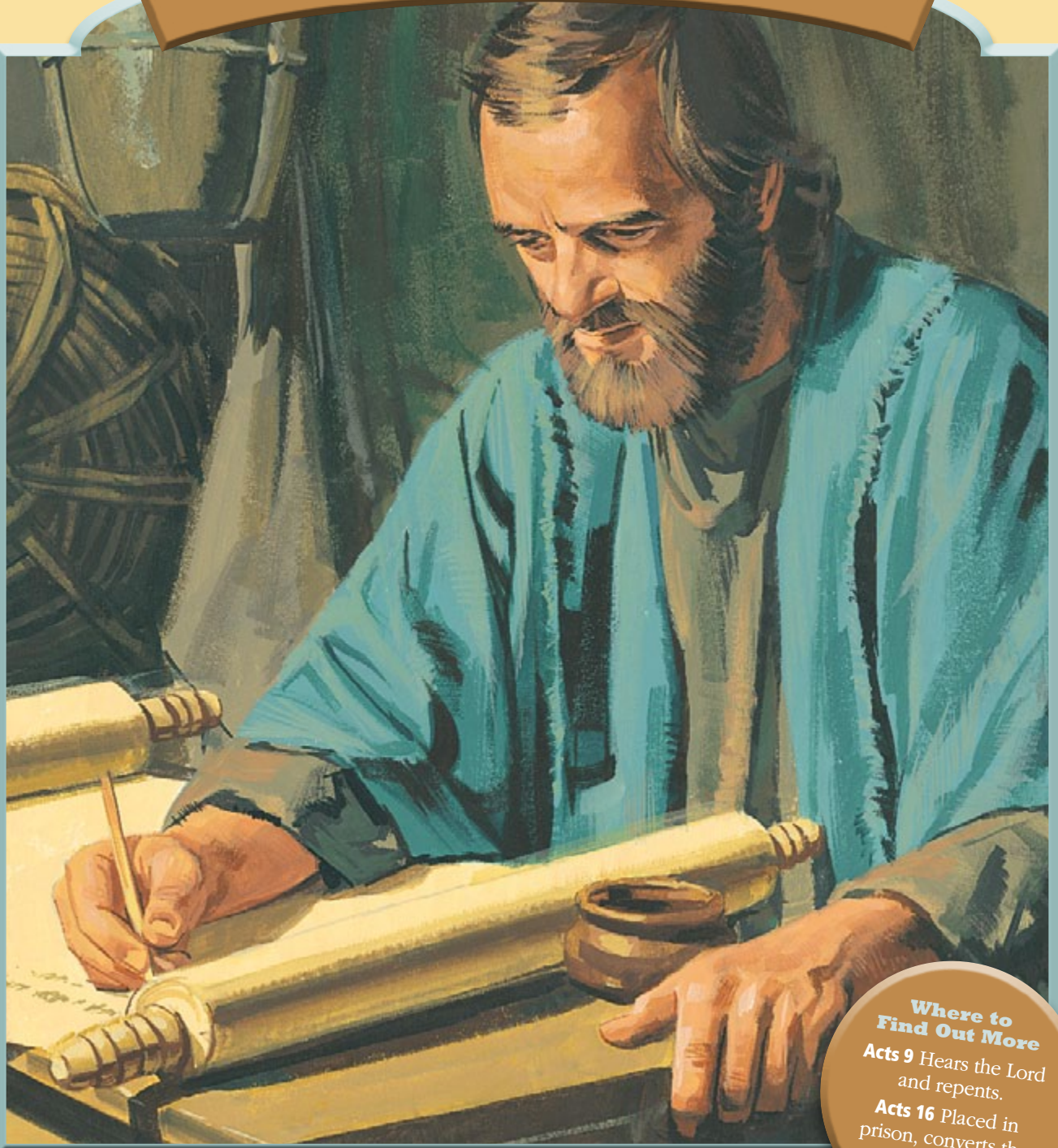
Sidebar References

1. “And Nothing Shall Offend Them,” *Ensign*, Nov. 2006, 91.
2. “To Acquire Spiritual Guidance,” *Ensign*, Nov. 2009, 6.
3. “He Heals the Heavy Laden,” *Ensign*, Nov. 2006, 7.
4. “Fasting with Power,” *Ensign*, Apr. 2009, 67.

Funstuf Answers

Page 43: “Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets” (Amos 3:7).
Additional truth: I am a child of Heavenly Father.

Paul



Cut here

Where to Find Out More
Acts 9 Hears the Lord and repents.
Acts 16 Placed in prison, converts the prison guard.

Paul persecuted Christians. Jesus Christ appeared to him and asked why he was trying to hurt members of the Church. Paul repented and became a disciple of Christ. Later, he became one of Jesus's Apostles. He was beaten and put in prison, but the Lord blessed him during his trials. He wrote letters to encourage others to follow the Lord. Some of these letters, called epistles, are in the New Testament. Like Paul, you can repent of things you have done wrong, and you can teach others about Jesus Christ.



For Children



ARTICLES OF FAITH

After doing the Article of Faith 6 activity in this month's issue, visit lds.org/friend to test your skills in the Articles of Faith Memory Quest. While you're there, see how well you know the other articles of faith.

ONE IN A MILLION

Would you like to know more about Samuel from England (page 18)? Learn more about him and other Primary children from around the world by clicking on **One in a Million** on lds.org/friend.



For Parents



THE PROPHET'S WORDS

Visit the "Prophets and Apostles Speak Today" section of lds.org for recent messages from the prophet and apostles.

FAMILY LIFE

Find inspiring thoughts and videos about family in the "Happiness in Family Life" section of lds.org.



For Teachers and Leaders



BIOGRAPHIES

Everyone can get to know the members of the Primary general presidency! To read the biographies of the current presidency, visit lds.org and click on **Organization** and then on **General Auxiliaries**.

MESSAGES FROM LEADERS

Read messages from Church leaders to help local Primary leaders and teachers in their sacred callings. In the "Serving in the Church" section of lds.org, click on **Primary** and then on **Messages from Leaders**.

