

FRIENDS by Mail

Morning Tradition

When I started school at age five, my mom and I started a tradition of morning devotional where we would read one story out of the *Friend* and one story from the scriptures during breakfast. Now I'm in middle school and enjoy reading the *New Era* at morning devotional!

**Laura F., age 11,
Texas, USA**



CTR Shields

For my family home evening lesson, I taught a lesson on how to choose the right, and we made CTR shields (Nov. 2016).

Evan H., age 6, Texas, USA



Friend First!



I love reading the *Friend* and try to get to be the first one in my family to read it! Everyone should read it!

Cade O., age 12, California, USA

DEAR FRIENDS,

Do you ever worry? Some worrying is a normal part of life. But what if you can't stop worrying about things? On page 22, Ella gets help for dealing with her anxious thoughts. You can find other tips from us on pages 24-25.

One thing you don't have to worry about is how much Heavenly Father and Jesus love you. And we love you too!

You are great,
The Friend

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

Pesos for Heavenly Father



I liked "Pesos for Heavenly Father" (April 2016) because the grandma uses the last of her money for tithing, even though she needs food. I learned that if you have faith in Heavenly Father and keep the commandments, He will bless you.

**Ashlynn P., age 8,
Dhaka, Bangladesh**