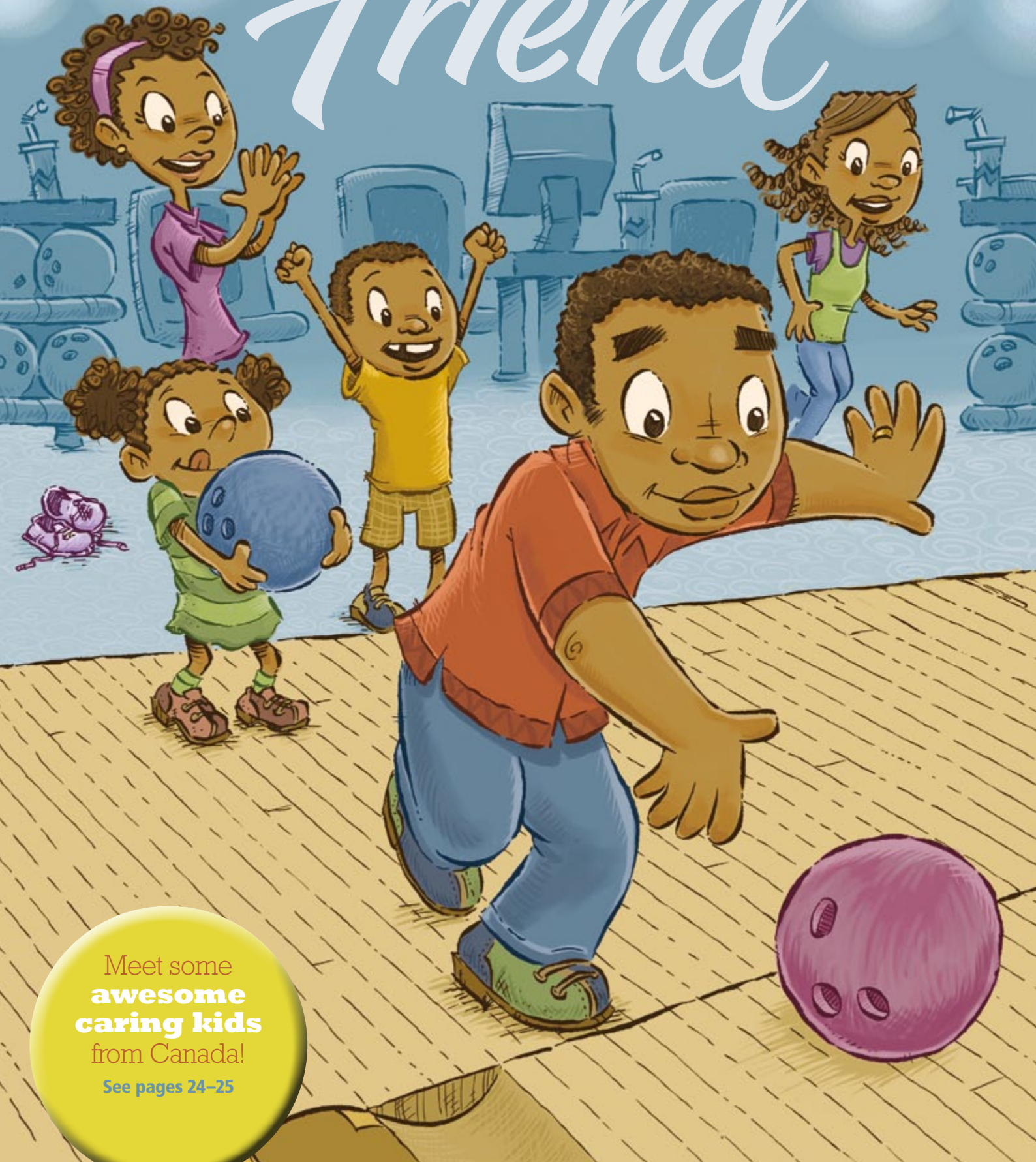


THE Friend



Meet some
**awesome
caring kids**
from Canada!

See pages 24-25



We Chose to Decide Right Now



I read an article in the March 2012 *Friend* by President Thomas S. Monson called “Decide Right Now.” He wrote about someone deciding if he should participate in sports on Sundays. My brothers and I play a lot of different sports and we

enjoy them, but we decided to make the choice right now that we will not play sports on Sundays. I know that when the day comes when I have to decide to play or not, the decision will have already been made. I’m glad my brothers are making the same choice. I want to make this decision because I want to make my Heavenly Father happy.

Cayden C., age 11, Idaho

How I Read the *Friend*



I like reading the *Friend* with my newly hatched Swallowtail butterfly.

Madeline S., age 11, Oregon

The *Friend* Helps Friends



Even though most of my friends think I am too old to read the *Friend*, I still skim through it every time it arrives in the mail. The story “Bald Heads and Buddies” on page 36 in the April 2012 issue caught my eye. I have a friend who had a cancerous tumor and lost all of her hair during treatment.

(She’s fine now.) Moved by your story, I photocopied it and sent it to her with a note explaining what magazine it was from and how it made me think of her. I hope to be as supportive of my friend as I help her through her struggles. Thank you for the inspiration.

Lucy W., age 12, Maryland

Dear Friends,

Many of you celebrate Thanksgiving this month. Our readers from Canada celebrated it in October. But it’s always a good time to think about all the things Heavenly Father has given us—and to thank Him for those blessings.

One of the things we’re most thankful for is you—our wonderful readers.

Write and tell us what you’re thankful for.

Counting our blessings,

The *Friend*

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

Volume 42 Number 11
November 2012

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THE *Friend*

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

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



Stories and Features

- IFC Friends by Mail
- 2 **From the First Presidency:** Wake-Up Calls / President Henry B. Eyring
- 4 Jumping Rope with Emma
- 6 **Special Witness:** Elder Jeffrey R. Holland
- 8 Paul's Surgery
- 11 **Bright Idea**
- 12 Bulletin Board
- 14 **Stories of Jesus:** Jesus Blesses the Nephite Children
- 16 What My Father Gave Me
- 18 Helping with a Haircut
- 21 **Friend to Friend:** A Positive Attitude / Elder Bruce A. Carlson
- 22 Thanksgiving Bread
- 24 Canadian Kids Care!
- 26 A Real Smile
- 29 Question Corner
- 30 Matt and Mandy
- 36 What's the Answer?
- 38 Show and Tell
- 40 **Bringing Primary Home:** I Can Choose to Be a Missionary Now
- 42 True Friends Stay True
- 48 Guide to the *Friend*

For Little Friends

- 32 I Can Say I'm Sorry
- 34 Find the Differences
- 35 A Beautiful World

For Older Kids

- 44 Right-Hand Man
- 46 A Day in the Life of a Missionary

Music

- 7 I Want to Be a Missionary Now

Things to Make and Do

- 9 Kitchen Crafts: Bento-Box Lunches
- 10 Funstuf: A Young Man Prepared
- 20 Funstuf: You Drew It
- 28 Funstuf: A Prophet's Counsel
- 31 Coloring Page
- 49 Book of Mormon Scripture Figures: Moroni and the Book of Mormon Promise

Cover by Garth Bruner



Learn to play the
Primary song
"I Want to Be a
Missionary Now"
on page 7.



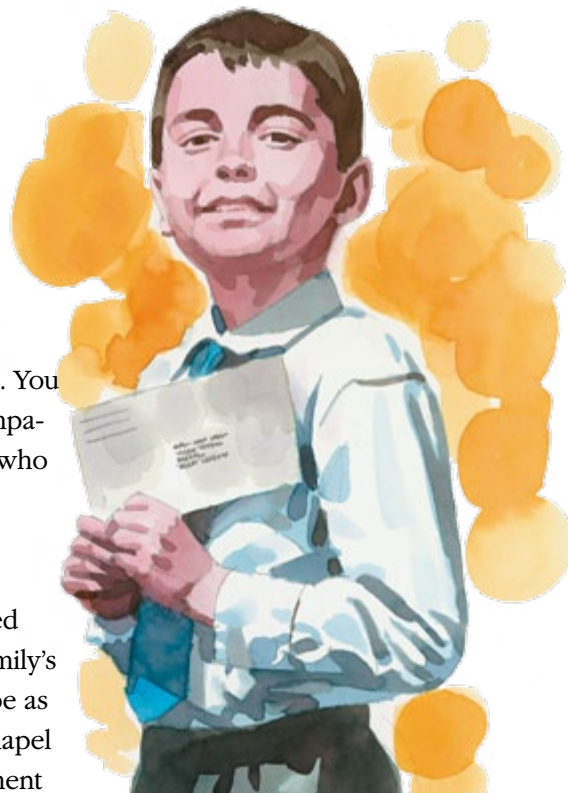
Some of our readers
are excellent artists.



From the First Presidency

Wake-Up Calls

By President Henry B. Eyring
First Counselor in the First Presidency



Our Heavenly Father hears the prayers of His children across the earth. He has invited us to participate in His work to lift up those in need.

There is a hymn about the Lord's invitation to do this work that I have sung since I was a little boy:

Have I done any good in the world today?

Have I helped anyone in need?

Have I cheered up the sad and made someone feel glad?

If not, I have failed indeed.

Has anyone's burden been lighter today

Because I was willing to share?

Have the sick and the weary been helped on their way?

When they needed my help was I there?

Then wake up and do something more

Than dream of your mansion above.

Doing good is a pleasure, a joy beyond measure,

A blessing of duty and love (Hymns, no. 223).

The Lord regularly sends wake-up calls to all of us. Sometimes it may be a sudden feeling of sympathy for

someone in need. You may have felt sympathy for someone who seemed sad or afraid at school.

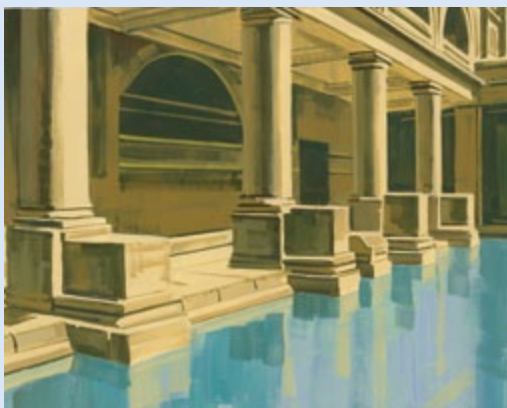
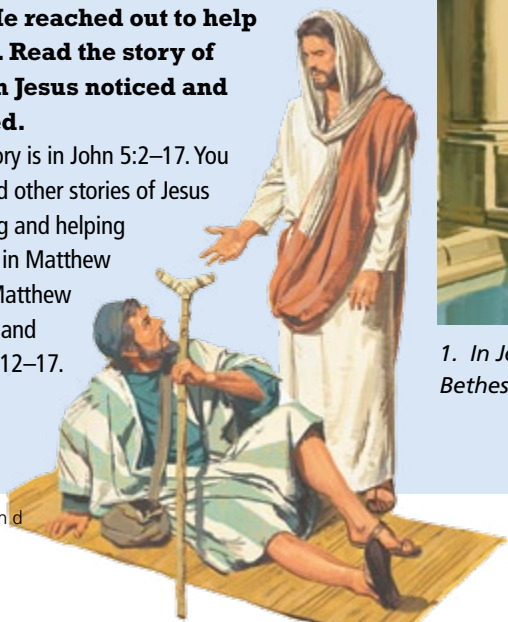
One Sunday a small child handed the bishop his family's donation envelope as he entered the chapel before the sacrament meeting. The family had just learned of someone in the ward in need. The boy's father had said something like this to the child as he placed a generous fast offering in the envelope: "We fasted today and prayed for those in need. Please give this envelope to the bishop for us. I know that he will give it to help those with greater needs than ours."

I could tell from the boy's smile and the way he held the envelope so tightly that he felt the great trust of his father to carry the family offering for the poor. ♦

The Savior Noticed

Jesus Christ noticed people in need, and He reached out to help them. Read the story of a man Jesus noticed and helped.

This story is in John 5:2–17. You can find other stories of Jesus noticing and helping people in Matthew 4:23; Matthew 8:2–4; and Luke 9:12–17.



1. In Jerusalem there was a pool called Bethesda.



2. Sick people came there because they thought there were certain times when the waters of the pool would heal them if they could get into the pool first.

Answering the Call

President Eyring said that Heavenly Father wants us to wake up and do something to help those in need. Search for words that tell some ways you can answer His wake-up call.

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

- | | | | |
|----------------|----------|------------|-----------|
| Fast offerings | Include | Peacemaker | Visit |
| Food | Invite | Service | Volunteer |
| Help | Kindness | Share | Work |

Keep Your Eyes Open!

When you keep your eyes open, you will notice many people who need help. Color one of the eyes below each time you help one of these people.



A classmate who feels left out



A brother or sister who needs help



A parent who is tired



A Primary teacher who needs help



A missionary who needs a letter



A grandparent who needs a letter or a telephone call



A friend who is sick





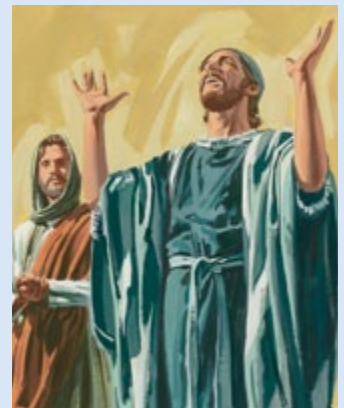
3. A man was lying by the pool who had been sick for 38 years.



4. He couldn't walk very fast, and other people kept crowding him out so he couldn't be the first one to get into the pool.



5. Jesus noticed him. He said, "Rise, take up thy bed, and walk."



6. The man did just as Jesus commanded him. He was completely healed.

By Jennifer Porter

(Based on a true story)

Oh, come with me to Primary

(*Children's Songbook*, 255).

Emma goes to our church?" I asked Sister Taylor. I was surprised that she had called Emma's name while taking roll.

"Do you know Emma?" Sister Taylor asked me.

"She's in my class at school, but I've never seen her at church," I said.

"Maybe you should invite her to come with you sometime, Maddie," Sister Taylor said with an encouraging smile.

I nodded my head slowly. I didn't know Emma very well. We played with different friends at recess. I was afraid to invite Emma to church. What if she said no? But as I thought about it, the Holy Ghost helped me feel calm inside. I knew I needed to try.

The next day at recess I saw Emma jumping rope. I grabbed a jump rope and joined her. We jumped faster and faster, laughing when our feet got tangled in the rope.

"Emma," I said, untangling my feet, "I didn't know we were members of the same church."

"Mormon?" Emma asked.

"Yes. The Church of Jesus Christ of Latter-day Saints," I said.

She started jumping again. "I was baptized when I was younger, but my family stopped going to church."

I knew I should ask her to go to church with me, but my stomach felt like it was a tangled jump rope. I remembered I had promised myself I would try, so I swallowed the lump in my throat.

"Would you like to go to church with me?" I asked.

Emma stopped jumping. "Sure. If my mom says it's OK."





After school I told my mom what had happened at recess.

“Let’s call her mom and ask,” Mom said, picking up the phone. She talked to Emma’s mom for a few minutes and then hung up. “She said that would be fine,” Mom said. “We can pick up Emma before church and take her home when we’re done.”

I was excited when Sunday came. We drove up to Emma’s apartment. She looked nervous in her pink dress. In sacrament meeting she whispered to me, “I don’t remember what to do.”

I whispered back to Emma reminding her what to do with the sacrament bread and water. During Primary I sat next to Emma, and when we got to class I introduced her to the rest of the children.

“We are so happy to have you here,” Sister Taylor said.

By the time class was over, Emma wasn’t nervous anymore. She had a big smile on her face.

I invited Emma to church and Primary activities whenever I could. She came more and more often. The children in our Primary got to know her, and soon Emma had many new friends.

One Sunday, Emma stopped me after sacrament meeting. She was with a woman who had brown hair that matched hers.

“Maddie, I want you to meet someone,” Emma said. “This is my mom.”

“Thank you for being a good friend to my daughter,” Emma’s mom said to me with a smile.

I smiled back. I was glad Emma was my friend too. ♦

My family prays for missionary opportunities. My parents teach us to share the gospel with our friends, so I like to ask my friends if they go to any church. Then I invite them to go to church with me. Even if they don’t go, I’m happy that I share the gospel with them. I asked one friend if he had the Book of Mormon, and he said no. I got a copy of the Book of Mormon from the missionaries and wrote my testimony in it. Then I gave it to my friend. When I gave him the book, he was so happy!



Marann L., age 7, Hawaii



Special Witness

By Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles

The members of the Quorum of the Twelve Apostles are special witnesses of Jesus Christ.

With so many bad things around, **how can I keep good thoughts in my mind?**

If a TV show is bad, turn it off.
If a movie is crude, walk out.



Above all, start by staying away from people, things, and places that will harm you.



Replace bad thoughts with happy memories; picture the faces of those who love you.



Pray always.
Ask for angels to help you.



Be where the Spirit of the Lord is. Make sure that includes your own home or room. Carefully choose the kind of art, music, and books you keep there.

I Want to Be a Missionary Now

(Simplified)

Brightly ♩ = 108-120

Words and music by
Grietje Terburg Rowley

1. I want to be a mis - sion - a - ry now. I don't
 (2. I) want to tell my friends a - bout our church And the
 (3. Then) I can be a mis - sion - a - ry now. I don't

1 want to wait un - til I'm grown. I want to share the
 hap - pi - ness it brings to me. I'll tell them how the
 have to wait un - til I'm grown. I'll live each day the

3 gos - pel while I'm young, For I have a tes - ti - mo - ny of my own. 2. I
 gos - pel was re - stored, Tell them how the Book of Mor - mon came to be. 3. Then
 best that I know how, And they'll see I have a tes - ti - mo - ny

3.
 2 of my own, A tes - ti - mo - ny of my ver - y own.

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Practice tip: Before you play, sing all the verses of the song and follow along in the music. Notice how the end of the third verse is different.

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

PAUL'S SURGERY

What could help Paul feel less nervous?

By Britney Rule

(Based on a true story)

Faith is knowing the Lord will hear my prayers each time I pray (Children's Songbook, 96–97).

After Paul got ready for bed, he sat on Mommy's lap in the rocking chair in his room. Mommy held Paul close as she told him the news. "The doctor says you need to have another surgery on your ears," she said. "He thinks your ears will be all better after that."

Paul fiddled with the buttons on his pajamas. He had had surgery before. The medicine made him feel sick, and he had to wear a big, white bandage around his ears until they healed. With his head bandaged, he couldn't ride his bike or play on the swings. Paul started to worry, but then he had an idea.

"Mommy, can we ask Heavenly Father to bless me?" Paul asked.

"That's a good idea," Mommy said.

They knelt on the floor and Mommy prayed,

"Heavenly Father, please bless Paul that he will be comforted during his surgery. Please guide the doctor's hands so he can help heal Paul. In the name of Jesus Christ, amen."

A warm, peaceful feeling filled Paul up inside. He was still a little nervous, but he knew that he would be safe.

A few days later, Paul went to the hospital for his surgery. He put on a hospital gown and talked to the doctor. Paul liked the way the doctor told him what was going to happen so he wouldn't be as scared. He liked to think of Heavenly Father guiding the doctor's hands to make his ears better. Paul and Mommy said another prayer, and Paul felt the same warm feeling inside. Mommy still looked a little worried.

"It's OK," Paul told her. He gave Mommy a hug. "Remember, we said a prayer."

Mommy smiled at Paul. "You are right. Heavenly Father will bless you."

When Paul woke up from his surgery, Mommy was sitting beside his bed.

"Hello, Mommy," he said sleepily.

Mommy smiled. "Hello, Paul! How do you feel?"

"Pretty good," Paul said. "Are my ears OK?"

"Yes," Mommy said. "Our prayers were answered. The doctor said that everything went well, and your ears will get better."

Paul smiled. "I knew it, Mommy," he said. "Heavenly Father answered our prayers." ♦



Tanner G., age 5, Arizona

One time I was playing with a metal pipe and I stuck it in my toe. My mom took me to the emergency room. As she went to get the papers she needed to fill out, I started praying that I wouldn't be too scared and that I would be OK. Everything turned out OK even though I needed stitches. I know that Heavenly Father answered my prayers. My mom was happy that I chose to go to Heavenly Father for help when I was scared.

Tanner G., age 5, Arizona



Bento-Box Lunches

By Apryl Stott

Children in Japan often bring bento boxes for their school lunches. Bento boxes are a whole meal in one container. Traditionally they're made with rice, meat or fish, and vegetables, but you can make yours out of your favorite healthy lunch foods. *Kyaraben*, or character bento, turns your favorite lunch foods into a picture. Here are a few suggestions to help you get started.

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

Bunny bento is made from **rice**, **grapes** (for the background and one sliced in half lengthwise for the nose), **cheese slices** (for the inner ears and cheeks), **raisins** (for the eyes), and **baby carrots** (for the background).



Star bento is made from a **peanut butter and jelly sandwich** cut into a star shape, **raisins** (for the eyes, nose, and background), **cheese slices** (for the cheeks), and **apple slices** (for the mouth and background).



Puppy bento is made from a slice of **lunch meat**, **pickles** (cut lengthwise for the ears and sliced for the spot around the eye), **olives** (cut lengthwise for the eyes and nose, and chopped into bits for the whisker dots), **cheese** (for the muzzle), and **celery sticks** (for the background).



Lion bento is made from **macaroni and cheese** (for the lion mane), a **tortilla** (cut into a circle for the head and triangles for the ears), **lunch meat** (cut into triangles for the nose and inner ears), **raisins** (for the eyes and mouth), and **soybeans** (for the background).



A Young Man Prepared

By Val Chadwick Bagley



This young man has worked hard to be a successful Scout. Help him find a book, candy cane, hairbrush, hamburger, hammer, hot dog, ice-cream cone, ladybug, cupcake, paintbrush, pencil, piece of pie, saw, and yardstick. Find and circle the letters in "EAGLE SCOUT."

“Live in
THANKSGIVING
DAILY.”

—Alma 34:38



Bulletin Board

JOURNAL JUNCTION

Each month this year you can write a little bit of your own history in your journal. This month write about what you look like. What color are your hair and eyes? How tall are you? Do you have freckles? Do you wear glasses? If you want, tape or glue a photo of you to your journal page, or draw a picture of yourself.



Good Word

This month's good word is **symbol**. A symbol is something that stands for or reminds us of something else. Look on page 15 to find out what symbol Jesus used when He taught about the Good Shepherd.

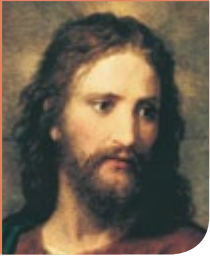


Missionaries by the Numbers



FRUIT S'MORES

Break a whole **GRAHAM CRACKER** in half so you have two squares. Spread **CREAM CHEESE** on one square and place slices or small pieces of fruit on the cream cheese. Try blueberries, bananas, strawberries, or another favorite fruit. Put the second cracker square on top of the fruit and press gently. Enjoy your fruit s'more!



STORIES OF JESUS

Jesus Blesses the Nephite Children

From 3 Nephi 17.



By Diane L. Mangum

After Jesus Christ died on the cross and was resurrected, He visited the Nephite people in the Americas. He taught a multitude in the city of Bountiful, near the Nephite temple. Jesus taught the Nephites the gospel, just as He had taught the Jews in Palestine.

The Nephites loved Jesus, and He was filled with love toward them. He told them to bring anyone who was sick to Him, and He would show them what He had done for the people in Jerusalem. The Nephites brought all those who were sick or afflicted, and Jesus healed every one.

Then Jesus told the Nephites to bring their little children to Him. The children were led to the Savior, and they sat on the ground all around Him. Jesus told everyone to kneel down, and then He knelt and prayed to Heavenly Father.

The prayer Jesus gave was so

powerful that “the eye hath never seen, neither hath the ear heard, before, so great and marvelous things as [they] saw and heard Jesus speak unto the Father.”

Jesus finished praying. The multitude around Him was so joyful that they were overcome. Jesus told them, “Blessed are ye because of your faith. And now behold, my joy is full.”

Jesus looked at the children around Him, and one by one each child came to Him. He blessed each child and prayed to Heavenly Father for them. Jesus then told the people, “Behold your little ones.”

The people looked up to heaven and saw angels coming down. It looked like they were in the middle of a fire. The angels made a circle around the children and spoke to them. The brightness of the angels circled around the children too. ♦

Other Sheep

When Jesus taught, He sometimes used sheep as a symbol for people. In Jerusalem, Jesus taught the Jews that He was the Good Shepherd and that He knew each sheep and took care of them. Jesus also said He had other sheep that He needed to teach. The Nephites were some of those other sheep that He taught.



Multitude

Multitude means a large number of people. The scriptures say that 2,500 Nephite men, women, and children saw Jesus in Bountiful.

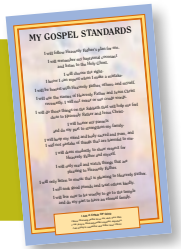


what my

FATHER

gave me

It all started with a question in a room full of people.



"I will honor my parents and do my part to strengthen my family."

My Gospel Standards

By Marissa Widdison

(Based on a true story)

To be baptized . . . by one who holds the priesthood true . . . is just the thing I want to do (Children's Songbook, 104).

I've gotten lots of great birthday presents in my life, but what I got from my dad on my eighth birthday takes the cake. And it all started when he asked me a single question in a room full of people.

That room was in our church building, and the people filling it were my family members. I had never seen so many of them in church at one time! We were all there to see my cousin Bre get baptized.

As I watched Bre's parents take pictures of her in her white dress, I started feeling really excited about my own baptism.

I went over to look at the font, thinking about what my special day would be like. Would the water be warm? Would all my family be there? I hoped I would feel the peaceful, clean feeling that I had heard other people tell about. All of these thoughts were tumbling around in my mind when Dad walked over and asked the question that changed everything.

"Chris, who do you want to baptize you?"

Here's the thing: my dad couldn't baptize me because he wasn't a member of the Church.

My mom is a convert, which means she got baptized later in life. But my dad never seemed to want to be baptized, and that made me sad sometimes. I didn't talk about it very much because I didn't want to make him feel bad. But this time, I decided to tell him.

"I want you to baptize me. You're my dad!"

I still remember the look on his face. First

he was surprised. Then he looked kind of sad. Then his expression turned thoughtful, as if he were thinking about something important.

"C'mon, buddy. We'll talk about it later," he said, wrapping his arm around me as we headed to our seats.

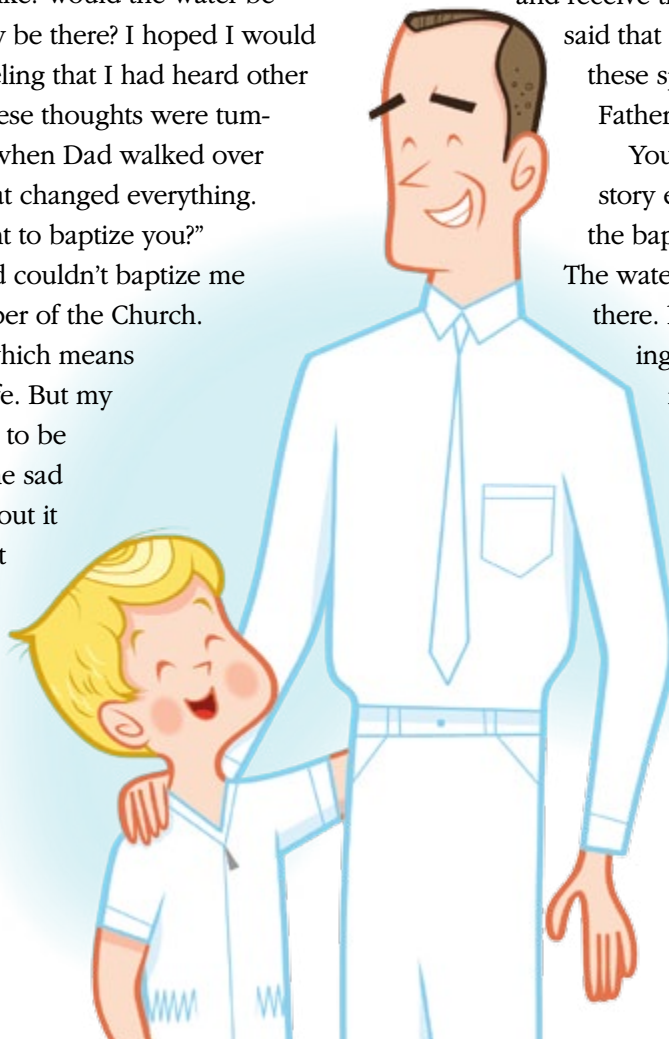
The next day, I stood with my dad again—this time in front of the bishop's office. It was time for me to meet with the bishop for my baptismal interview. I was pretty nervous, and it seemed like Dad was too. He kept pacing back and forth in front of the office door. After I had my interview, Dad walked right up to the bishop.

"What do I have to do to be able to baptize my son?" he asked.

The bishop froze, right in the middle of his handshake. You should've seen the smile that came across his face! He told my dad that he needed to be baptized and receive the Aaronic Priesthood. My dad said that he was finally ready to make these special promises with Heavenly Father.

You can probably guess how this story ends. A month later, I stood in the baptismal font dressed in white. The water was warm. My family was there. Best of all, my dad was standing next to me, ready to baptize me.

I know that lots of kids are still waiting and praying for a family member to get baptized. It's hard to wait, but we can keep being good examples and never give up hope. Knowing this makes me feel even more grateful for the decision my dad finally made—the decision that gave me the best birthday of my life. ♦



Helping with a Haircut

Hello! My name is Erin. I'm 9 years old, and I'm from Canada.

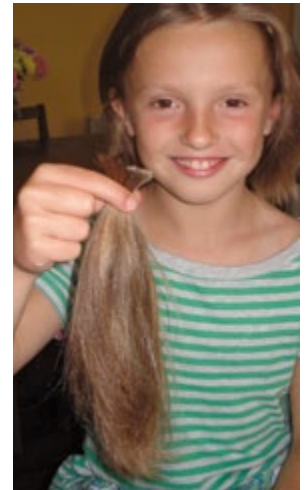
Did you know that there are islands around Canada? It's true. I live on an island called Prince Edward Island. It's off of Canada's eastern coast.

CANADA

USA



Prince Edward Island is famous because an author named Lucy Maud Montgomery lived here. She wrote lots of books about fictional children on the island. Her most popular book is Anne of Green Gables. Here I am with my sister, Allison, at the Green Gables historic farmhouse. We walked along some of the same trails that Lucy wrote about in her books.



One thing that happens in Anne of Green Gables is that the main character has to cut off her hair after trying to dye it. I recently cut my hair short too, but for a different reason. My mom and I read in the newspaper that you can donate hair for wigs for people who are sick or don't have hair. A couple of women in our branch had cancer and lost their hair, and I have an uncle and a cousin with a medical condition that makes their hair fall out. Thinking of them made me want to help. So I grew my hair out for more than a year and cut off nine inches to donate. Now some of my friends are donating their hair too!



Besides living on the same island as Lucy Maud Montgomery, I have something else in common with her: I like to write too! Some of the stories I have written are "The Scavenger Hunt" and "Adventures in Ice-Cream Land." I also like playing soccer and taking care of my grandmother's ponies.



To meet more friends from Canada, turn to page 24!

You Drew It

In the November 2011 issue, one of our *Friend* artists taught you how to draw Nephi. Several of you sent us your drawings. Here are a few of our favorites.



Tracie B., age 11, Idaho



Sarah M., age 8, Alaska



Hyrum M., age 8, Texas



Majoys L., age 8, Texas



Kirsten S., age 6, Utah



Morgan W., age 8, Utah



From an interview
with Elder Bruce A.
Carlson of the
Seventy; by Hilary
Watkins Lemon

A Positive Attitude

A merry heart doeth good like a medicine (Proverbs 17:22).

Our daughter Jani was an active four-year-old. Every morning she would jump out of bed and get ready for preschool. One Friday my wife and I noticed that she seemed to be limping, but she assured us that she was OK.

But by Monday morning, Jani couldn't get out of bed. Something was wrong with her legs. We took her to the hospital and were blessed to meet a doctor who recognized right away that Jani had Legg Calves Perthes, a disease that affected her hip bones. Because of his unique and specialized training, the doctor immediately knew how to help Jani.

For one year, Jani would have to wear a cast that would keep her legs widely separated so her hip bones could recover. She would not be able to walk or bathe. Then, for one more year, she would have to wear a brace that would continue to keep her legs widely separated but connected by a flexible bar so she could move her legs a little bit. We were very worried. How would she play? Would she be teased? She would have to be carried everywhere.

To our surprise, Jani never complained. She couldn't walk or



run, but she put roller skates on her feet and hands and learned to get around that way. She also scooted herself up and down stairs without our help. Her brace made a clicking noise, and sometimes other children would tease her. But she didn't

worry about what anyone else said. In fact, she learned how to ride a bike with her brace! She always woke up with a smile. How could we be sad for her when she was so happy? Jani taught me that a positive attitude can help us rise above our trials. ♦



Thanksgiving **BREAD**

By Florence Chen

(Based on a true story)

You're the only person who ever can be you (Children's Songbook, 142–43).

When Miss Nonchello asked the class to bring a treat to share in honor of Thanksgiving, Ying was excited to ask her mother to bake bread.

“I will make a special bread for your class,” Mom said

before Ying went to bed that night.

Ying spent the night wondering what kind of bread Mom would make. She pictured herself taking cinnamon bread to class. Everyone would like cinnamon bread. Or what if Mom made honey bread, like Emily's mother made? Her classmates would like that too. Thinking about it made Ying's tummy rumble.

The next morning, Ying imagined she could smell the aroma of baking bread. Then her eyes popped open. She really *was* smelling something!

Ying jumped out of bed and got ready for school.

Hurrying to the kitchen, Ying saw Mom wrapping something in foil.



Mom says different can be good, but Ying isn't so sure.

"What did you make, Mom?" Ying asked eagerly.

"Bread," Mom replied as Ying peeked under the foil.

Ying jumped back, staring at the flat pieces of bread she saw. It wasn't honey bread or cinnamon bread. She didn't think it was bread at all!

"That isn't bread," Ying said, disappointed. "It's like pancakes."

"Well, in the Chinese culture, we consider it like bread," Mom said.

"My classmates won't want to eat it," Ying said with a frown. She was worried about seeming different.

"You never know," Mom said, smiling. "Different can be good, and this bread is part of our family's heritage."

With a grumble, Ying took the Chinese bread to school. She knew Mom wanted her to be proud of her family, but she could only imagine her classmates laughing when they saw her treat.

A few of the students brought pumpkin pie. Others

brought popcorn and candy. Seeing how different her treat was, Ying tried to hide the bread behind the large punch bowl at the back of the classroom.

"What's that?" Steve asked.

"Bread," Ying murmured.

Before Ying could stop him, Steve opened the foil and took a sniff.

"Ooohh!" Steve said loudly.

A crowd of classmates gathered around to stare at the flat pieces of bread. A few tears formed in Ying's eyes as she braced herself for laughter.

"That looks wonderful!" Miss Nonchello said. "Who made this?"

"My mom did," Ying said, blushing.

"It smells delicious," Miss Nonchello said. "Ying, why don't you tell us about it?"

"My mom said it was Chinese bread," Ying said quietly. "But it doesn't look like bread to me."

"I think everyone is excited to try some," Miss Nonchello said.

And with that, the feast began. Ying's classmates all took a piece of the bread. Afraid to try it herself, Ying nibbled on popcorn and pumpkin pie.

"This is good!" Steve called out.

"Yeah!" Emily said as she took another piece of bread. "It's even better than my mom's honey bread!"

"Really? You think so?" Ying asked.

"We all think it's great," Miss Nonchello said with a smile. "Come have some, Ying."

Ying nervously lifted one piece of the flat bread from the pile and took a bite. It was delicious!

"I guess Mom was right," Ying thought. "Different can be good." She smiled as she took another bite, proud of her family and their delicious heritage. ♦



"Our culture and its related traditions help establish our sense of identity and fill the vital human need to belong."

Elder Donald L. Hallstrom of the Seventy



When the *Friend* visited eastern Canada, we found out that . . .

Canadian



They Care about Scriptures

The children of the **Charlottetown Branch** on Prince Edward Island add links to a paper chain when they read their scriptures. In the picture below, they are spelling out "P.E.I." for Prince Edward Island, surrounded by their giant chain.

"It helps us learn good things," said Nikalaus N., age 4. To earn his links on the chain, Nikalaus and his parents started reading and repeating an article of faith before bedtime each night. He has memorized the first nine articles of faith, and now his family has started reading Book of Mormon Stories together too.



They Care about Getting Involved

Fireworks, parades, races, and huge birthday cakes are all part of a holiday celebrating the founding of Dartmouth, Nova Scotia. Every year many Primary children from the area get actively involved by running in the two-mile (3.2 km) or six-mile (9.7 km) races. It's a fun time to share with family and friends from church—and to make new friends from the community.

They Care about Helping

Children from the **Dartmouth Nova Scotia Stake** got together to make warm, soft pillowcases for children in a local hospital. *"It helped us think about how they feel,"* said Ben S., age 11.

Using stencils, fabric pens, and sewing machines, everyone worked hard designing and decorating their gifts of love. *"I feel happy that we are caring about others and not just about ourselves,"* said Cora C., age 10.



Kids Care!

They Care about Standing Tall

The children of the **Greenwood Branch** stand tall by showing love to others and setting good examples.

"I told my friend she should stop 'dating.' She did, and now she comes to activity day." **Anna W., age 10**

"People were walking away from a girl at school. I saw she was sad, so I talked to her." **Kaylee C., age 10**

"When I take a ball to school to play four square, I look for people who aren't playing and invite them to play." **Kimball W., age 9**



When the children's branch president had a serious accident, they prayed for him and made him a big "I love you" banner. Their faith and love helped him as he recovered.

They Care about Serving



After Jeongmin K., age 11, started taking piano lessons, she wanted to learn "I Am a Child of God" along with her regular pieces. She kept adding Primary songs one by one. Then one day in Primary there was no pianist, and Jeongmin was ready to serve. She also played "If I Listen with My Heart" in the Primary sacrament meeting presentation. "When I'm playing in front of people, I imagine

I'm at home and my family is there," she says. Someday Jeongmin wants to be an organist and a piano teacher—as well as a chef, a designer, and a photographer.



A Closer Look

Finding Canada on a map is easy because it's the second-largest country in the world. Canada has two official languages, so many Canadians speak both English and French. Here are a few other fun facts:

- In Canada, Thanksgiving is celebrated on the second Monday of October.
- There is an image of a maple leaf in the middle of the Canadian flag.
- Once the temples in Calgary and Winnipeg are complete, there will be nine temples in Canada.





A REAL SMILE

By Kimberly Reid (Based on a true story)

If you don't talk as most people do, some people talk and laugh at you, but I won't! I won't!
(*Children's Songbook*, 140–41).

Ethan saw a boy on the playground who walked differently than anyone else he'd seen. The boy shuffled his feet and twisted his hands together as he walked. Ethan thought the boy looked funny.

"Hey, guys, look at this!" One of Ethan's friends ran up behind the boy and began following him, copying everything the boy did. Ethan snickered and did the same. Soon a line of boys were shuffling their feet and twisting their hands. When the boy mumbled to himself, Ethan and his friends mumbled too.

The boy stopped and turned to look at them. Did he know what they'd been doing? Ethan couldn't tell by

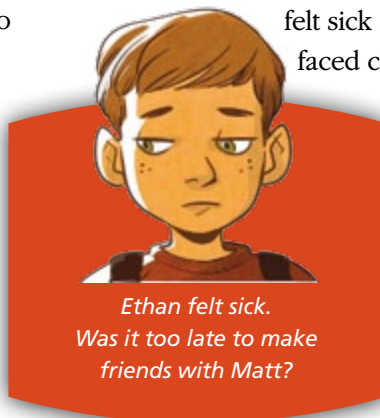
the boy's blank expression. But then the boy turned and hobbled faster, like he wanted to get away from them.

As Ethan thought about what he had just done, he felt sick inside. He realized that every day the boy faced challenges that Ethan didn't have—and he had laughed at the boy like he was a cartoon character on TV instead of a person with feelings.

"I should've helped the boy, not made fun of him," Ethan thought to himself. He knew he should apologize, but what would he say?

"I'll just forget the whole thing ever happened," Ethan decided. "Except I'll try not to laugh at people anymore."

As days went by, Ethan had a hard time forgetting. Sometimes when Ethan saw the boy and remembered what happened, he got the same uncomfortable feeling inside. He knew the Holy Ghost was telling him he



*Ethan felt sick.
Was it too late to make
friends with Matt?*

needed to do something more to set things right. Finally, Ethan gathered his courage and walked up to the boy.

“My friends and I weren’t very nice to you,” he said, “I’m sorry. I wish I hadn’t done that.”

The boy didn’t say anything at first. Then he smiled a little. “It’s OK.”

Ethan couldn’t tell if the smile was real or if the boy’s feelings were still hurt. But he didn’t know what else to say.

One Sunday, Ethan’s ward boundaries changed. He was surprised when the boy from the playground walked through the church doors, and he was thankful that he’d already apologized. Otherwise, he would have felt embarrassed when the boy saw him sitting in church, learning to be like Jesus.

“Hi,” Ethan said. “What’s your name?”

“Matt,” the boy said.

“Are you going to Scouts this Wednesday?” Ethan asked.

Matt said he was.

At Scouts that week, the boys were learning to fish. Ethan watched as Matt struggled with the fishing pole. He could hold the rod, but he had a hard time casting the line.

“Would you like me to cast it for you?” Ethan asked.

“OK,” Matt said.

Ethan cast Matt’s fishing line into the pond. He handed Matt the pole and reached for his own. “Can I fish here too?” Ethan asked.

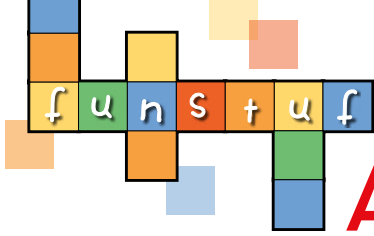
“Sure,” Matt said.

Ethan was surprised how easy it was to talk to Matt as they fished.

“See you Sunday,” Ethan said when Scouts was over.

“Yeah, see you.” This time Matt grinned so big that Ethan didn’t have to wonder. He could tell that his new friend’s smile was real. ♦





A Prophet's Counsel

By Chad E. Phares



Decode the message to find out what President Thomas S. Monson has said about being thankful for our blessings. See answer on page 48.

6 25 3 18 22 17 21 18 6 12 11 4 13 6 18 6 23 16 17
 17 22 17 4 18 20 25 23 4 12 17 13 4 6 5 18 5
 6 25 6 25 23 14 12 12 17 13 22 17 20.

1=J	5=S	9=Z	13=A	17=E	21=W	25=O
2=K	6=T	10=F	14=C	18=I	22=V	26=P
3=L	7=X	11=G	15=B	19=Q	23=U	
4=R	8=Y	12=H	16=D	20=N	24=M	

I feel like everyone in my family is good at something except me. How can I find something I'm good at?



I can't do my times tables very fast or run as fast as some of the other kids at school, but I keep trying, and I get faster every day. Keep trying new things until you find what you enjoy. Then keep doing it, and you will become good at it. I found out that I am good at biking with my dad.

Michael S., age 10, Queensland, Australia



Everybody is good at something. To find out what you are good at, try a bunch of different activities and see what you do the best. I like to run, sing, ride my bike, cook, and help people—especially my dad. Heavenly Father knows what you are good at because He is your Father, and you lived with Him before you came to earth.

Connor B., age 11, Texas



My younger sister is an amazing gymnast! For a long time I was jealous. Now I know that it's OK. She may be better than I am in gymnastics, but I know I have been blessed with talents where I can shine too. It doesn't mean I should give up practicing at the level I am at. We shine more when we practice things that we are good at.

Breely B., age 11, Utah



Have you tried asking your dad or mom to look in the newspaper or online for classes you could take? It definitely worked for me. Now I can tap dance!

Sam J., age 7, Utah



Using the *Faith in God* book will help us learn our talents. Go to the section "Developing Talents": "For all have not every gift given unto them; for there are many gifts, and to every man is given a gift by the Spirit of God" (Doctrine and Covenants 46:11).

Yasmin P., age 11, Tennessee



When I was in about fifth grade, I stopped playing the piano because I thought it was too hard. Now I see you have to put work in to become good at something. I am now working at basketball, and I'm trying the piano again. You'll find out what you're good at if you put forth the effort.

Hannah G., age 12, Utah



Not all talents have to be in music, arts, or sports. If you cannot find something that you are good at, you may need to broaden your horizons. Remember, by small and simple things great things come to pass. You could have a great talent right now and not know about it. You just need to look.

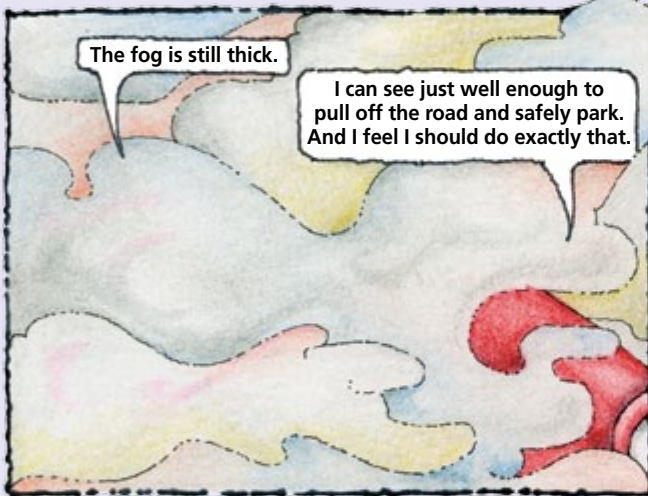
Luke J., age 12, Ohio

Share Your Thoughts!

Next question: Sometimes I get mad when my soccer team loses. How can I be a good sport?

Do you have some advice about this? Send us your answer and photo by November 30, 2012. Find our address on page 48 or e-mail us at friend@ldschurch.org. (Put "Question Corner" in the subject line.) Remember to include a parent's permission!

MATT AND MANDY






I can prepare now to serve a full-time mission.

And he said unto them, Go ye into all the world, and preach the gospel to every creature (Mark 16:15).

I Can Say I'm Sorry

By Hilary Watkins Lemon






Did you remember to clean your room?

When I forget to do my chores, I can say I'm sorry.


I'm sorry, Mom. I forgot. I'll do it right now.



I used your crayons without asking. Here they are. I'm sorry. Will you forgive me?

When I take something that isn't mine, I can say I'm sorry.


Yes, I will. Thanks for returning them.



Dad, I'm sorry I spilled. Will you please help me clean it up?

When I make a mess, I can say I'm sorry.

Of course. Thank you for telling me right away.

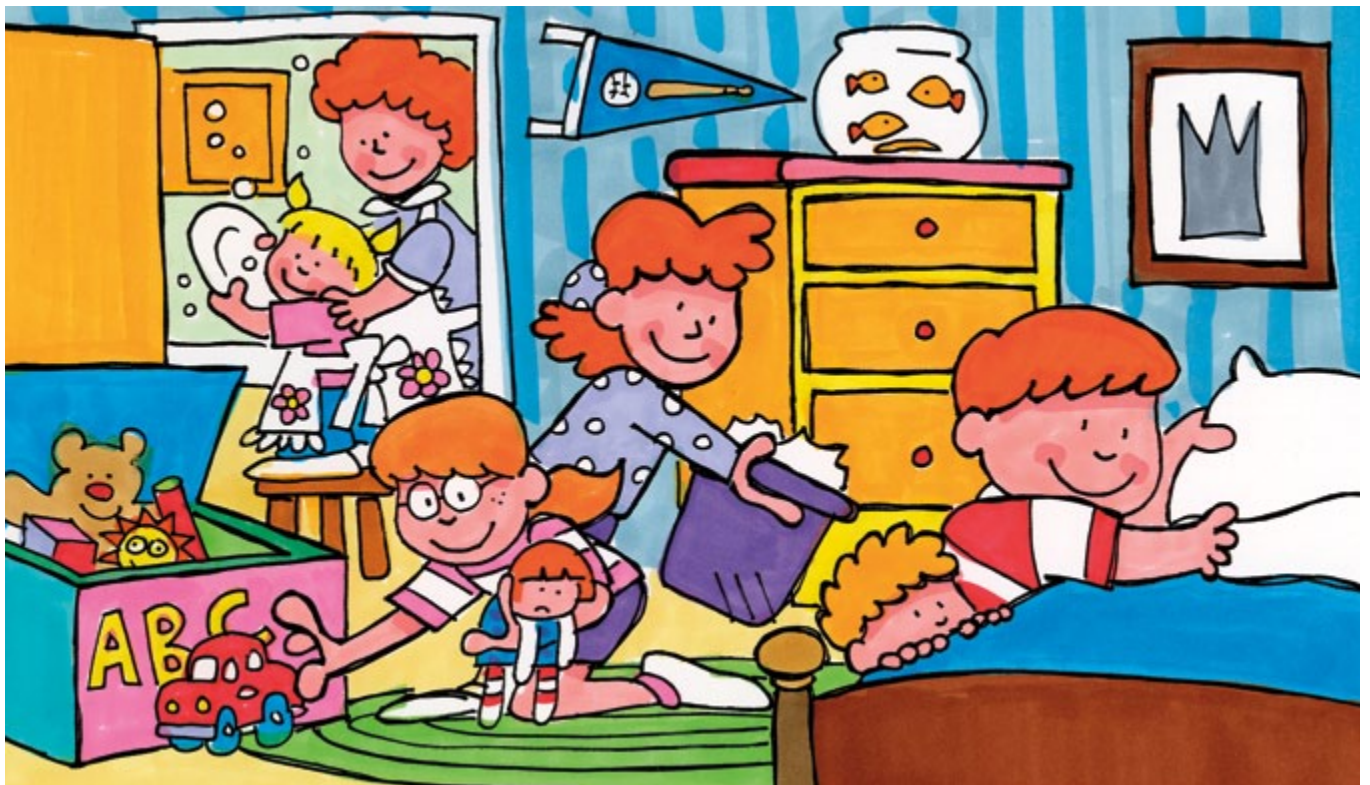


I'm sorry I knocked over your block tower, Matt.

That's OK. Now we can build a taller one together!

Find the Differences

These children are being helpful. Find the differences between the two pictures.



A Beautiful World

Heavenly Father has created a beautiful world for you. Look at the pictures, and then find them in the scene.



What's the Answer?

We are blessed to have testimonies of the gospel of Jesus Christ, but not everybody believes the same way we do. Here are some ways to answer your friends' questions about the gospel.

Why don't you play sports or go to birthday parties on Sundays?


Why don't you drink tea or coffee?

One of God's commandments is "remember the Sabbath day, to keep it holy." Instead of going to parties or sports games, I keep the Sabbath day holy by going to church, spending time with my family, and serving Heavenly Father and Jesus Christ.

Why can't you watch certain TV shows and movies or play certain video games?

What are some other questions your friends have? Talk with your parents about ways you can answer these questions.

I try to only watch and play things that make me feel good inside. Things with bad language, violence, and immodesty don't give me a good feeling, so I stay away from them.



Why don't you wear short skirts or shirts that have spaghetti straps?

When I dress modestly, I feel like I am respecting the body Heavenly Father gave me.

Being healthy is important to me. My church teaches me to not take coffee, tea, alcohol, or anything else that might hurt my body.

Why don't you swear?

I try to only say things that will make me and other people feel good. Swearing would make me feel bad about myself, and I'd make others feel bad too.

Tips for Answering Questions about the Church

Answering your friends' questions can help spread the gospel. You don't have to know everything—just remember these tips:

- People often have questions because they simply don't understand your beliefs. Don't feel like the person asking questions is challenging you.
- Let your friends know how living gospel principles makes you feel. This can help your friends better understand why you make the choices you do.

"Prepare for questions. . . Let your response be warm and joyful."²

Elder Russell M. Nelson of the Quorum of the Twelve Apostles



Show and Tell

Would you like to send something to Show and Tell? Turn to page 48 to find out how.



Megan B., age 10, Oregon



Oscar P., age 8, Guam



Spencer and Jaxson W., ages 9 and 4, California, are brothers and best friends. They like learning about World War II. When they're outside they look for snakes, lizards, and frogs. In Primary they enjoy singing and learning about their favorite Book of Mormon heroes. They like pioneer stories, and one day they want to go on a real pioneer trek.



Rian C., age 5, Utah, likes to go camping, read books, play baseball, ride his bike, and help others. He enjoys scripture study with his family. Rian's favorite scripture stories are about Jonah and the whale and the brother of Jared.



Sara H., age 8, Arkansas, is proud of her missionary brother. She is working on her Faith in God Award. Sara likes to make crafts and dress up. She has fun doing gymnastics.



Eliza T., age 8, Arizona

When Jesus Returns

When Jesus returns,
For 1,000 years He'll be our King.
Angels shall sing;
There will be peace.
Your loved ones you'll see.
The sick will heal,
And the children will
Gather round His knee.
The blind will see,
The deaf will hear,
The mute will talk,
When Jesus returns.

Maren V., age 9, Massachusetts

How do you forgive someone who has been unkind to you? See page 48 to find out how to send us your answer.



One afternoon when I was playing with my friends, I saw a boy sitting alone

in the building's shadow. I went and asked him if he wanted to play with me, and he smiled. He said that he was very happy.

Bradley J., age 8, Florida



Once my brothers and I were sledding down the hill in our backyard. My older brother

said it was time to go inside, but I said, "Once more, please!" Both my brother and I had a bad feeling about it, but he pushed me down the hill anyway. I ran into a tree and had to get seven stitches in my chin. I know that bad feeling was the Holy Ghost warning me. I should have listened!

Madelyn G., age 8, Idaho



As I was walking out of the doctor's office with my family, I saw an elderly woman

drop her things on the sidewalk. I went over to her and helped her pick up her things. She said, "Thank you, young man." I felt good because I helped her.

Jacob S., age 8, Wisconsin



One day we were looking at the movies in our house. I told my mom that we should

get rid of one of them because it was not a good movie. My mom agreed. I felt good about making that choice.

Wade C., age 7, California



A couple of years ago, my bishop asked our ward to read the Book of Mormon. I did

not want to do it because I thought it would be too hard. The next year I decided to try to read it before my birthday to prepare for my baptism. I bore my testimony in sacrament meeting about this goal, and my bishop asked the ward to do my goal with me. I'm already beginning to see a change in my life from reading the Book of Mormon.

Emma G., age 7, Florida



Amanda W., age 9, Utah



Easton S., age 6, Tennessee

I Can Choose to Be a Missionary **NOW**

Scripture and Song

- Mark 16:15
- "I Want to Be a Missionary Now" (*Children's Songbook*, 168)

The children were excited for sharing time. A returned missionary was visiting to tell about his mission in Japan. When he had arrived in Japan, everything seemed so different. The Japanese people used chopsticks instead of forks, wrote sentences using characters instead of letters, and spoke a language that was hard for him to understand. Children took their lunches to school in "bento boxes" and read books from back to front. The missionary quickly learned to love the Japanese people and the way they lived.

The Lord wants all of us to be missionaries. One way you can do that is by being a friend to those who have moved into your neighborhood or come from

another country and to those who look, speak, or dress differently. As you learn to love those who are different from you, you are preparing for the day when you are called to serve a mission. It could be anywhere in the world! ♦

CTR Activity

When people are learning about the gospel of Jesus Christ, they often have a lot of questions. Talk with your family about how you would answer the questions in the situations on these pages. Maybe you'll have a chance to answer one of them soon!





**WHAT IS A
PROPHET?**



**WHAT IS THE BOOK
OF MORMON?**



**WHAT HAPPENS
TO US AFTER
WE DIE?**



**WHAT IS THE
SACRAMENT?**



**DO I NEED TO
BE BAPTIZED?**



**HOW CAN
FAMILIES BE
TOGETHER
FOREVER?**

By Heidi Poelman

(Based on a true story)

If you want a friend, you must show that you care
(*Children's Songbook*, 262).

Come on, Sarah!" Kim called as she ran up the stairs. "I want to show you the new books I got for my birthday!"

"I can't wait!" Sarah said, following close behind.

The girls sat on the bed in Kim's room and pulled out the books. "You'll love this one," Kim said, passing Sarah a book with a dragon and a beautiful princess on the cover.

The girls read stories together until Kim's mom said it was homework time. The girls agreed that the fun always seemed to end too soon.

The next day at school, Sarah and Kim sat down in the cafeteria for lunch. They were talking about Kim's new books when three boys from the next grade walked by. One of them said something about Sarah's glasses and laughed. Everyone around them laughed too. Sarah's cheeks flushed pink. She looked over and saw Kim laughing too.

"Why are you laughing?" Sarah whispered, looking at Kim in surprise.

"Oh, they're just teasing," Kim said. "Don't worry about it."

On the way home from school, Sarah and Kim walked together as usual. But Sarah kept her head down.

"What's the matter?" Kim asked.

"Well," Sarah said, hesitating, "I don't understand why, when it's just us, you're such a good friend. But at school, when that boy said those mean things, you laughed."

"I didn't really think it was funny," Kim said. "I just laughed because everyone else was laughing."

The girls finished their walk home in silence. Kim didn't understand why Sarah was so upset.

Later that night, Kim thought of Sarah. She tried to imagine the kids at school laughing at her the way they had laughed at Sarah. Maybe they would laugh at her hair one day, or maybe they would laugh at the shirt she was wearing. Having Sarah laugh with them wouldn't feel so good.

true friends



The next morning, Kim waited outside for Sarah. When Sarah came out of her house, Kim waved. "Hey, Sarah!" she said. "I'm sorry I laughed yesterday. I should have been a better friend. I won't do that again, I promise."

Sarah smiled. "Thanks," she said.

At lunch, the girls were sitting together again when the boy who had teased Sarah walked over. He said the same thing and laughed again. This time, instead of laughing, Kim looked at him and said, "I think Sarah



One day a girl in my class started teasing my friend. I was scared to tell the girl to stop teasing, so I prayed that she would stop. The next day I told my friend that I would ask the girl to stop teasing her. My friend said that the girl had stopped and now wanted to be friends with us. I'm glad I can help my friends.

Carly H., age 7, Colorado

looks great in her glasses. I might even get a pair myself."

The boy looked around. No one else was laughing with him this time, so he walked away.

Sarah smiled at Kim. "Thanks for doing that," she said. "You really are a true friend." ♦

stay true



By Angela M. Smith

(Based on a true story)

Show forth good examples (Alma 17:11).

Cory stared at the clock in the Primary room. “When will this be over?” he wondered.

Now that Cory was in middle school, Primary didn’t seem as fun anymore. He knew all the scripture stories and the answers to all the questions. He thought the games and songs were for little kids.

Cory slumped in his chair. Then he remembered something he wanted to ask Austin about his new computer game. “I need your help on this one level,” he whispered.

Sister Evans tapped Cory on his shoulder. “Please sing,” she said. Cory waited for Sister Evans to look away and then finished talking to Austin.

HAND

On the drive home from church, Mom asked, “How was Primary?”

“Fine,” Cory said. He didn’t remember much about it.

“Sister Evans asked me if she could come over for a visit tomorrow after school,” Mom said.

Cory swallowed hard. “Um, OK.”

The next day at school, Cory worried about what Sister Evans would say. “She probably wants to remind me that I

RIGHT-



MAN

“You’ve been in Primary a long time. Sometimes when we do the same things over again, it can seem boring.”

Cory nodded.

“Well,” Sister Evans said, “I don’t want Primary to be boring. I brought a scripture to share with you. I think it might help.”

Sister Evans opened her scriptures. “This was written by the Apostle Paul,” she said. “See if you can tell what he’s talking about.” Then she read, “But now are they many members, yet but one body.

“And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you....

“Now ye are the body of Christ, and members in particular” (1 Corinthians 12:20–21, 27).

Cory asked, “When it says ‘members,’ is that like members of the Church?”

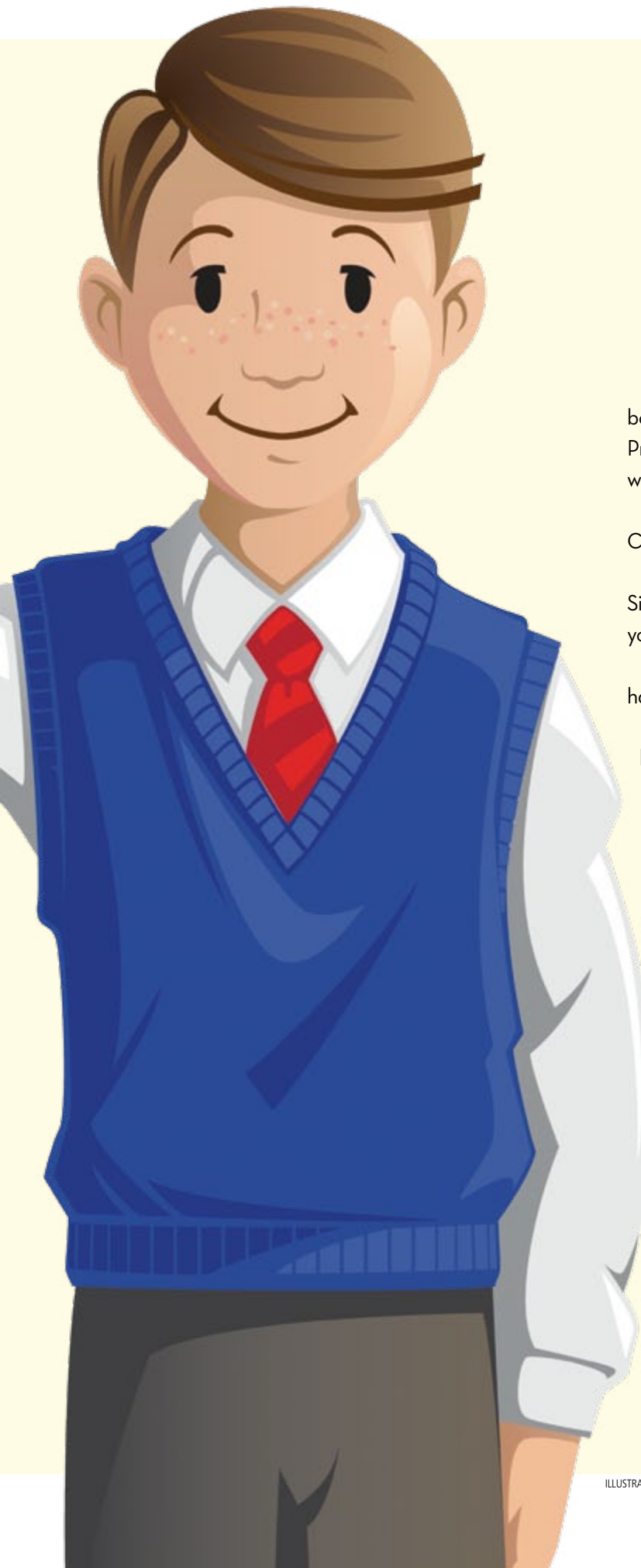


Now that Cory was in middle school, he thought Primary was for little kids.

When you need me, I’m there!



That’s why you’re my right-hand Matt!



“Exactly,” Sister Evans said. “Just like every part of the body is important, every person is needed at church. In Primary, you can be like one of those hands that Paul wrote about—a helping hand.”

“But I don’t teach the lesson or lead the songs,” Cory said.

“But when you answer questions, it helps others learn,” Sister Evans said. “And when you sing your best, the younger children feel more confident.”

“I’ll try,” Cory said. “Maybe you can call me your ‘right-hand man,’” he said, smiling.

On Sunday, Cory felt more excited to go to Primary than he had for a long time. He answered questions, and he tried to sing well so that the younger kids could hear the words.

Later, Sister Evans pointed to a boy in the Sunbeam class who was crying. “Would you mind sitting by Steven today?” Sister Evans asked Cory.

Cory sat next to Steven and helped him sing the songs. When Cory folded his arms for the prayer, Steven did too.

On the way home, Cory felt a little more grown-up. He had always known he was important to Heavenly Father. But now that he was a “right-hand man” in Primary, he knew he was also an important part of Heavenly Father’s Church. ◆

“With baptism we become part of the body of Christ; each of us has a role to play, each of us is important.”³

Elder L. Tom Perry of the Quorum of the Twelve Apostles



Hello!

We're missionaries. We have a special calling to help Heavenly Father's children understand who He is and how we can return to live with Him. We're called "full-time" missionaries because every day our time is full of missionary work.

A Day in the



When the alarm goes off at 6:30 a.m., we kneel next to our beds and pray to Heavenly Father.



Then we exercise! Sometimes we stretch or jump rope.



Then it's time to clean up, get dressed, and eat breakfast.



At 8:00 we're ready to study. We study the scriptures, *Preach My Gospel*, and sometimes another language. It's like going to school, but the Holy Ghost is our teacher.

There are a lot of things we need to do today. Do the schedule activity on the next page and you'll discover what Heavenly Father gives us for protection.



Life of a Missionary

Help us put our schedule in order by finding the activity that should happen at each of the times below. Write the name of each activity in the blanks. Then, to find out what protects us, write the boxed letters in order in the blanks at the bottom of the page.

MEETING WITH WARD LEADERS: This meeting is at the church at 7:30 p.m.

DINNER: We usually eat at 5 p.m.

VISIT OLIVIA: She lives by the Fredrick family, so we can stop by right before their appointment.

TEACH LOSDEN FAMILY: They live on the same street as the church, so we can go by right after our meeting.

VISIT RAYMOND: He is in the hospital, and visiting hours start at 2:30 p.m.

TEACH FREDRICK FAMILY: They are all home at 6:30 p.m.

TEACH ALEX: He has a break from his college classes at 1 p.m.

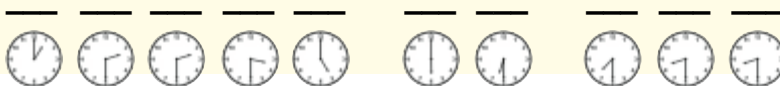
CONTACT REFERRAL: A member wants us to meet his friend. They live near the hospital, so we can go after visiting Raymond.

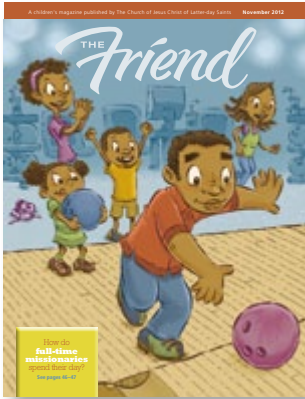


A large, light-blue, irregularly shaped area containing several clock faces and writing lines. The clock faces show various times: 1:00, 2:30, 3:00, 4:00, 5:00, 6:30, and 7:30. Below each clock face are two sets of dashed lines for writing. There are also small white boxes for writing letters. The area is divided into several sections by a central path.



What protects missionaries?





Possible Ideas for Family Home Evening

1. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).
2. Read "Wake-Up Calls" (pages 2–3). Talk about times when you have been given a "wake-up call" to help others. Brainstorm ways you can help others, starting with your own family.
3. Pair off as partners and practice your own answers to the questions in "What's the Answer?" (pages 36–37). Think of more questions that people might ask about the Church.
4. Read "Jesus Blesses the Nephite Children" (pages 14–15). Discuss these questions with your family: Why was it important for Jesus to visit the Nephites? How does Heavenly Father give people opportunities to learn about Jesus Christ today?
5. Read "Thanksgiving Bread" (pages 22–23). Make a special dish together that helps you remember your family heritage.



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Topical Index to this Issue of the *Friend*

(FLF)=For Little Friends
(f)=Funstuff
(m)=music
Attitude 21
Baptism 16
Blessings 8, 14
Book of Mormon 14, 38, 49
Culture 9, 18, 22, 24, 40
Family 6, 11, 16, 22
Fast Offerings 2
First Presidency 2, 28 (f)
Forgiveness 32 (FLF), 42
Friendship 4, 18, 24, 26, 42
Gratitude 11, 14, 35 (FLF)
Healing 14
Holy Ghost 38
Jesus Christ 2, 14, 38
Journals 12
Kindness 4, 14, 18, 24, 26, 42
Love 2, 4, 6, 11, 14, 16, 24, 26, 42
Media 6
Missionary 4, 7 (m), 12, 31, 36, 40, 46
Prayer 6, 8, 14, 30
Preparation 10 (f)
Priesthood 16
Primary 44
Prophets 2, 28 (f)
Purity 6, 38
Scouting 10 (f)
Service 2, 18, 24, 34 (FLF), 38
Symbols 12, 15
Talents 29
Thanksgiving 11, 14, 22

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Signature of parent or legal guardian _____

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity. Children whose work is submitted should be at least three years old.

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Sidebar References

1. "Cultivate Righteous Traditions," *Ensign*, Nov. 2000, 27.
2. "Be Thou an Example of the Believers," *Ensign*, Nov. 2010, 48.
3. "The Gospel of Jesus Christ," *Ensign*, May 2008, 46.

Funstuff Answers

Page 28: to live with gratitude ever in our hearts is to touch heaven
Page 47: armor of God



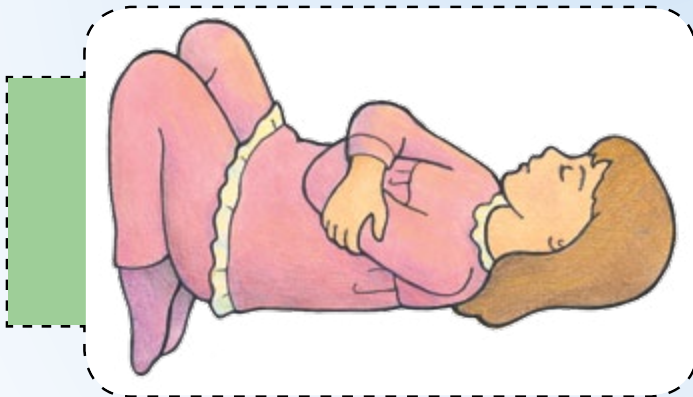
Moroni

**Moroni and the
Book of Mormon Promise**

Moroni 10



Jesus Christ



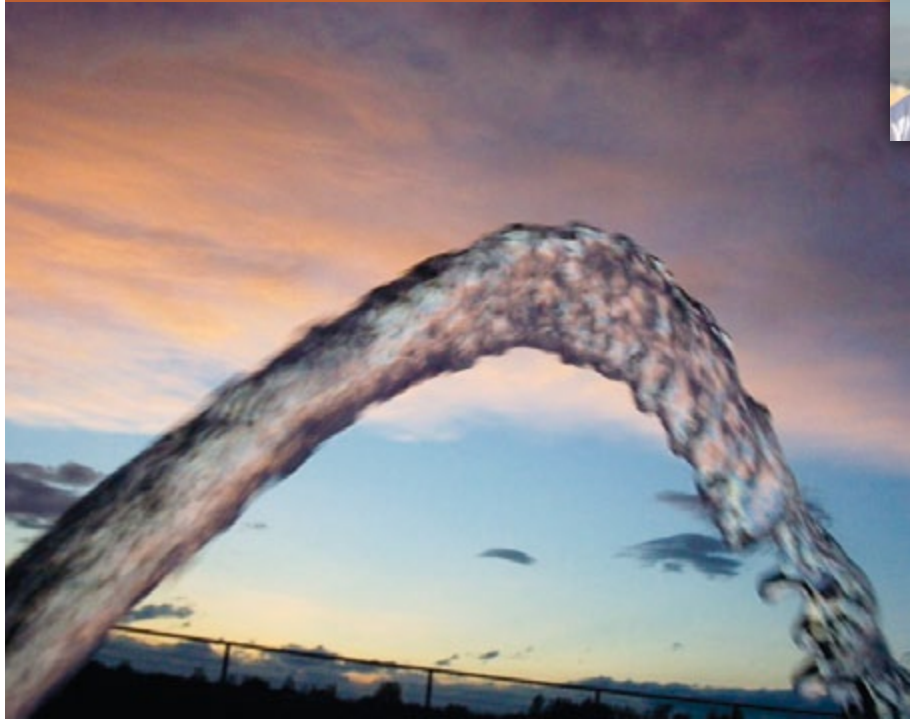
This year 10 issues of the *Friend* have contained Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

Through **Your** Eyes



I took this picture near my home. God loves us, and so he gave us food and water.

**Sarah B.,
age 10, Idaho**



Do you like taking photos? We'd like to see your best shots about how Heavenly Father blesses your life. E-mail them to friend@ldschurch.org and include your name, age, and where you're from. Please also include a sentence explaining how your picture shows Heavenly Father's blessings



in your life. Remember, we can't publish your submission without a parent's permission in the e-mail. If there are people in the photo, we also need to know that they gave their permission to be photographed. We're looking forward to seeing Heavenly Father's blessings through your eyes!



What's online?



We met Erin from Canada in "Helping with a Haircut" in this month's *Friend*. Visit lds.org/friend and click on "One in a Million" to meet Josie and Grace who live in Canada too! You can also watch 8 brand-new "One in a Million" videos available online.

What is your favorite scripture story? Visit mormonchannel.org/scripture-stories to listen to your favorite story and hear about what other kids have learned from their favorite scripture stories.

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