

A young boy with glasses, wearing a red shirt and blue pants, sits cross-legged on a lush green lawn. He is holding an open book and looking towards the viewer. To his left is a large, leafy tree. In the background, a large, white, modern temple with a prominent spire topped by a golden statue stands on a hill under a blue sky with white clouds. The overall scene is bright and peaceful.

the friend

OCTOBER • 2007

Friends by Mail

Friendly Medicine



One night I was not feeling very good. My dad read the *Friend* to me, and I felt better. After that I noticed that every time he read the *Friend* to me I felt better. So now he reads the *Friend* to me a lot, and I always feel better.

Mali H., age 7, Washington

My First Family Fast

My cousins came from New Mexico to visit us. We had a great time. When they went home, my grandma went with them. The next day Grandma got very sick. She had to go to the hospital because her kidneys were shutting down. My mom came to me and told me what was happening. She invited me to fast with the family. She explained why prayer with fasting is more powerful than prayer alone. It was easy because whenever I



thought about food or water, I remembered what I was fasting for and forgot about food and water. Grandma started getting better as we were ending our fast. She finished her vacation and then came back home. I am grateful that we can fast.

Austin J., age 8, Utah

Jesus's Atonement

Before we came to earth, Heavenly Father presented us with a plan. In this plan we would go to earth, learn, and eventually return to heaven if we keep the commandments. We could not do this by ourselves. We needed a Savior. Two people volunteered to be our Savior, Jesus and Lucifer (Satan). Lucifer said he would force us to be good. Jesus said He would die for us. Heavenly Father chose Jesus. I have a testimony that Jesus did come to earth and that He died for everyone.

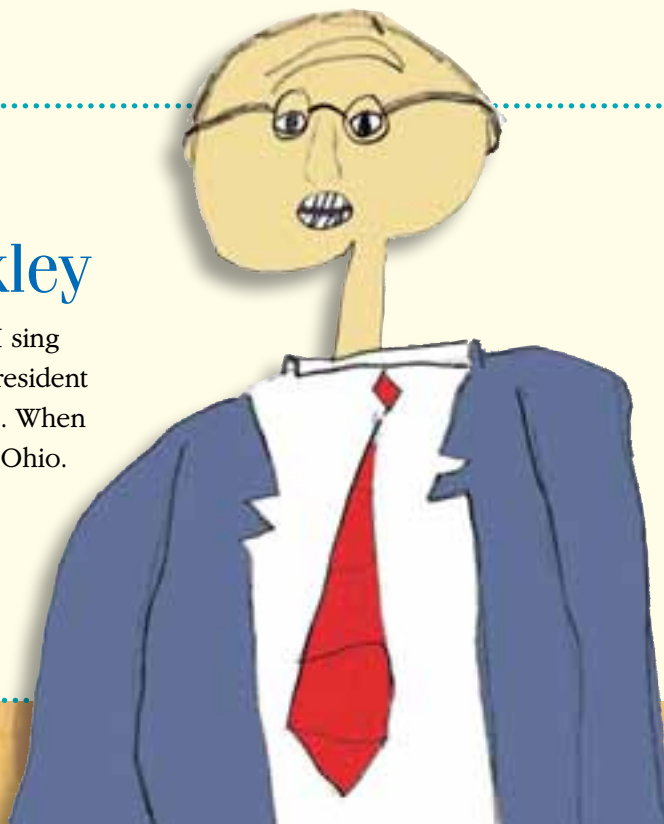
Meghan S., age 11, Colorado



President Hinckley

I think of President Hinckley when I sing "Follow the Prophet" in Primary. President Hinckley is very nice to other people. When I was five, President Hinckley said "hi" to me in Kirtland, Ohio. That was a lucky day for me. Here is a picture I drew of President Hinckley.

Victoria H., age 7, Ohio



Volume 37 Number 10
October 2007

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To subscribe: By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

Online: Go to www.ldsatalog.com.

By mail: Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0568.

To change address: Send old and new address information to Distribution Services at the above address, or change the address by phone at the number listed above. Please allow 60 days for changes to take effect.

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, UT 84150-3220, United States of America. Unsolicited material is welcome, but no responsibility is assumed. For return, include self-addressed, stamped envelope. Children's submissions will not be returned. E-mail: friend@ldschurch.org.

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POSTMASTER: Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.

the Friend

See the
Guide to the Friend
(inside back cover)
for family home
evening ideas.



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

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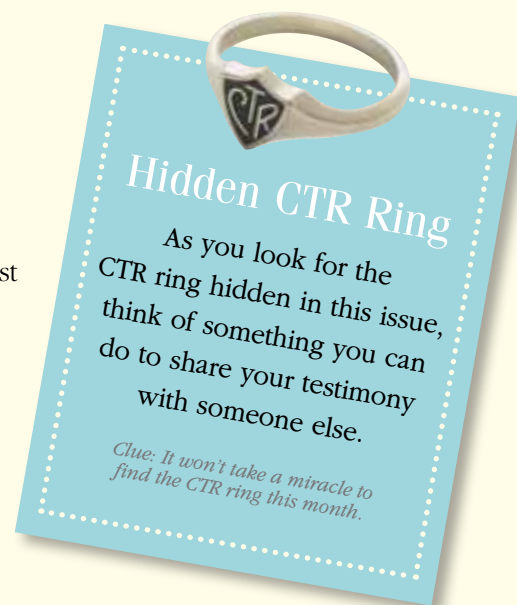
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Cover by Steve Kropp





The Empty Cart

BY PRESIDENT JAMES E. FAUST

Second Counselor in the First Presidency
(July 31, 1920 – August 10, 2007; see
pages 4–5)

Some years ago a priests quorum decided to gather food for the needy as a service project. Jim, one of the priests, was excited to participate and was determined to collect more food than anyone else. The time arrived when the priests met at the chapel. They all went out at the same time and returned at a specified time later in the evening. To everyone's surprise, Jim's cart was empty. He seemed rather quiet, and some of the young men made fun of him. Seeing this and knowing that Jim had an interest in cars, the adviser said, "Come outside, Jim. I want you to look at my car. It's giving me some trouble."

When they got outside, the adviser asked Jim if he was upset. Jim said, "No, not really. But when I went out to collect the food, I really got a lot. My cart was full. As I was returning to the chapel, I stopped at the home of a nonmember woman who is divorced and lives within our ward boundaries. I knocked on the door and explained what we were doing, and she invited me in. She began to look for something to give me.



President Faust shows how selfless service made an empty cart full and a full cart empty.

She opened the refrigerator, and I could see there was hardly anything in it. The cupboards were bare. Finally, she found a small can of peaches.

"I could hardly believe it. There were all these little kids running around that needed to be fed, and she handed me this can of peaches. I took it and put it in my cart and went on up the street. I got about halfway up the block when I just felt warm all over and knew I needed to go back to that house. I gave her all the food."

The adviser said, "Jim, don't you ever forget the way you feel tonight, because that's what it is all about." Jim had tasted the nutrient of selfless service. ●

From an October 2006 general conference address.

THINGS TO THINK ABOUT

- 1. When Jim felt "warm all over" and knew that he should go back, what do you think was happening to Jim?**
- 2. The adviser said that the way Jim felt was "what it is all about." What do you think he meant?**
- 3. What was Jim's purpose when he set out to collect food? What was his purpose by the end of the evening? How can this apply to your own life?**
- 4. What else do you think about Jim's experience?**

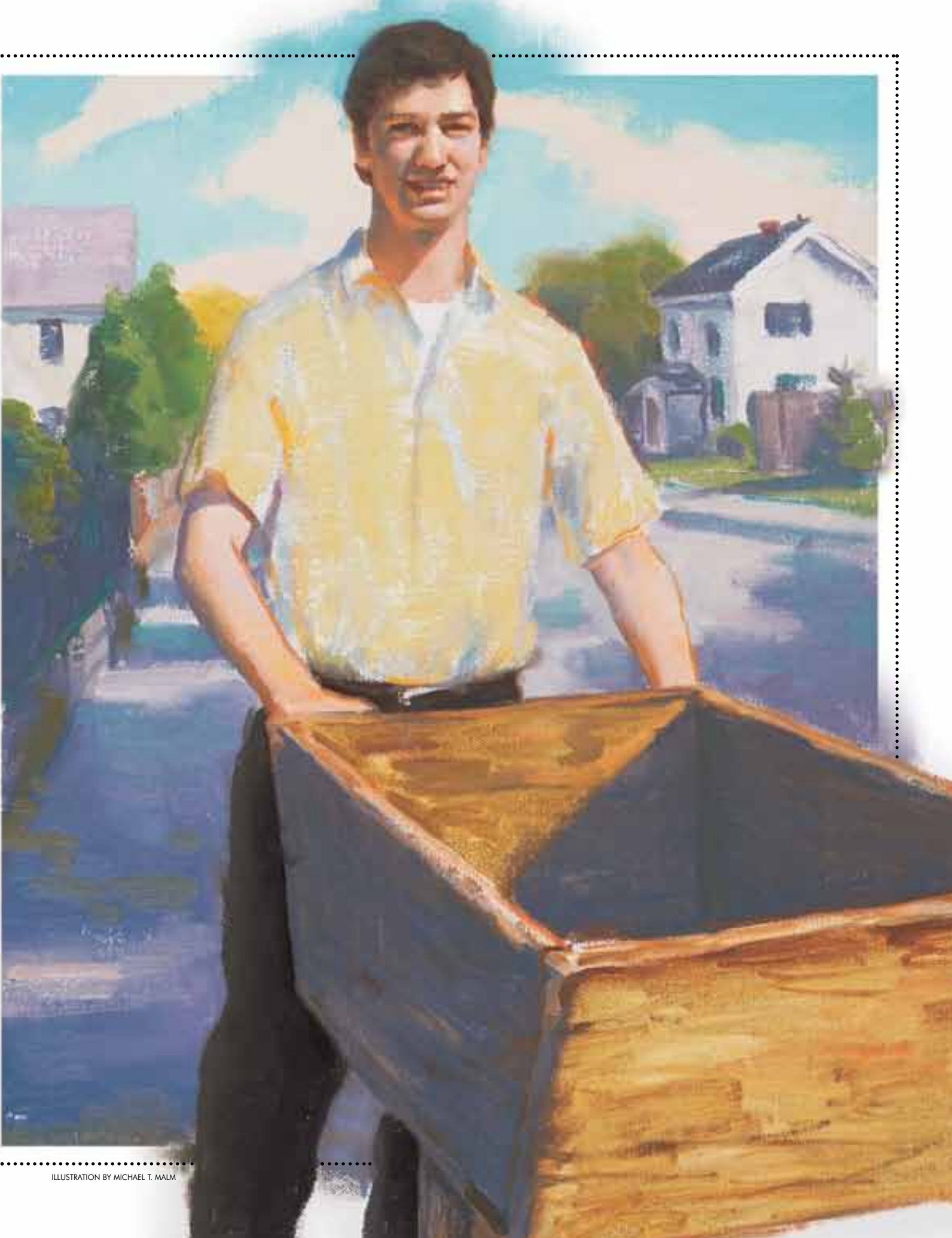


ILLUSTRATION BY MICHAEL T. MALM

President James E. Faust

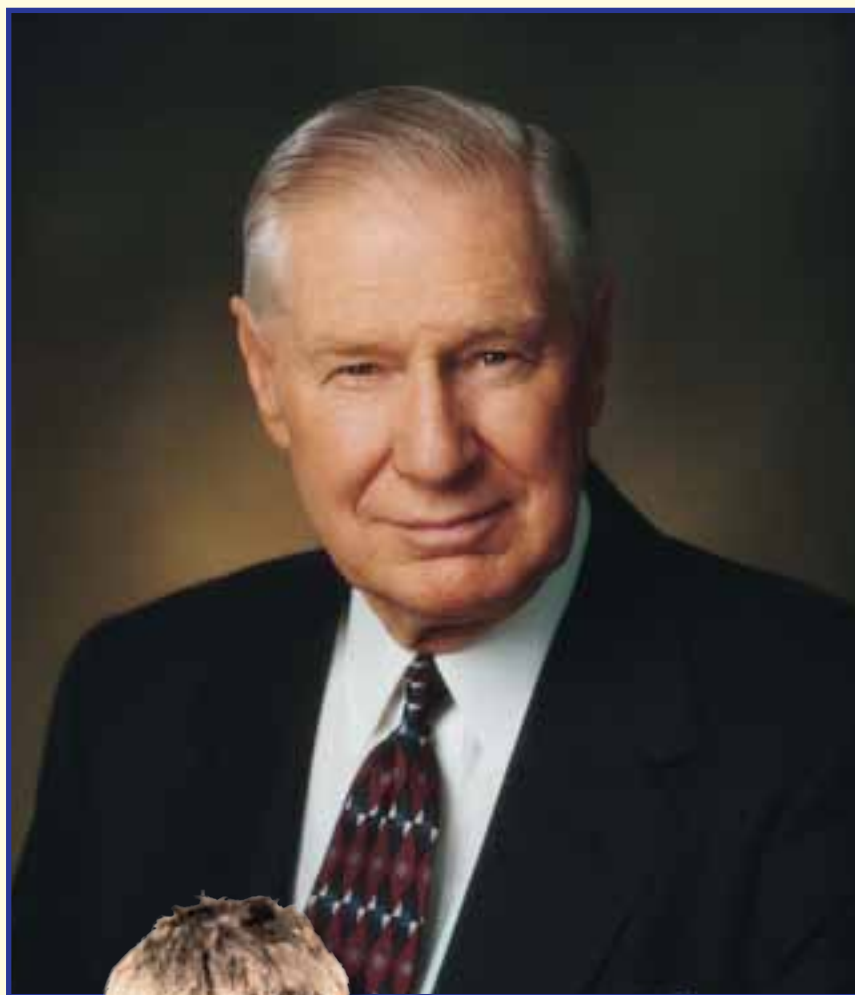
1920–2007

President James E. Faust, Second Counselor in the First Presidency, passed away on August 10, 2007.

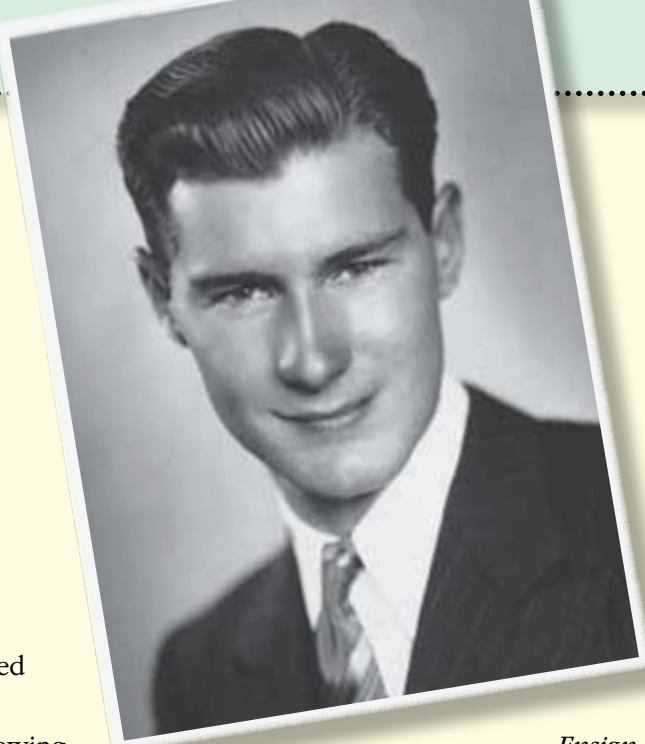
He loved children and once testified to young people: “God knows you and what you can become because He has known you from the beginning when you were His spirit sons and daughters. What you become will depend in large measure upon how you follow righteous principles and do good works” (“Knowing Who You Are,” *Friend*, July 2004, 2). President Faust is a Christlike man who lived a life of good works, serving his family and the Church.

James Esdras Faust was born on July 31, 1920, in Delta, Utah, to George A. and Amy Finlinson Faust. Friends and family knew him as Jim. As a young man, he enjoyed sports. He lettered in high school football and college track.

His father was busy with his work and Church callings, but President Faust said: “When we were playing football, he’d drop whatever he was doing and be at almost every practice every night. Not just the games—the practices. And he never missed an in-state track meet that any of us was involved in” (“Elder James E. Faust: Sharing His Love for the Lord,” *Ensign*, Oct. 1986, 7).



**From his
childhood to
adulthood,
President Faust
followed the
Savior.**



Just as his parents cared for him, President Faust cared for his family. Following a mission to Brazil, he married Ruth Wright in the Salt Lake Temple on April 21, 1943. Soon afterwards, the military sent him overseas. He couldn't see Ruth for a long time, but he wrote her a letter every day. Sometimes the letters took a while to arrive. One day Ruth got about 90 letters all at once!

President and Sister Faust have 5 children, 25 grandchildren, and 28 great-grandchildren. Even though he had many things to do, President Faust loved his family and made them his first priority. When he was called as a General Authority, he said: "With all my heart I want to thank Ruth Wright Faust for letting me share her life and giving me the hope that we can share eternity together. . . . I want my children to know that I cannot succeed in this calling unless I also

succeed as their father" ("To Become One of the Fishers,"

Ensign, Jan. 1973, 81).

President Faust worked hard at whatever he did. He graduated from the University of Utah and worked as a lawyer. People trusted him because of his integrity. He also served as a state legislator and was appointed by United States President John F. Kennedy to the Lawyers' Committee for Civil Rights.

President Faust made people feel important. He was good at remembering people's first names. When people talked to him, he paid attention, and when he asked them questions, he listened intently to their answers.

On October 1, 1978, he was ordained an Apostle. He was set apart as Second Counselor in the First Presidency on March 12, 1995. He will be remembered by his family and the Church for his love, wisdom, and faithful life. ●

With his wife, Ruth



The Glory of God



From an interview with Elder David A. Bednar of the Quorum of the Twelve Apostles; by Kimberly Webb, Church Magazines

If a person gains more knowledge and intelligence in this life through his diligence and obedience . . . , he will have so much the advantage in the world to come (D&C 130:19).

I have spent most of my life involved in education. When I was younger, I thought education meant going to school, taking tests, and getting good grades. But as I grew older, I began to learn the difference between doing well in school and becoming educated. A person can do well on tests and still not be educated. True education is learning how to learn. Once I discovered that lesson, learning became fun.

One of the primary purposes of mortality is to learn—to gain knowledge and intelligence. Doctrine and Covenants 93:36 states, “The glory of God is intelligence.” You might think intelligence means being gifted in academic

work, but intelligence also means applying the knowledge we obtain for righteous purposes.

Knowledge, both temporal and spiritual, comes in steps. My testimony grew line upon line, precept upon precept, here a little, there a little (see Isaiah 28:10)—the way it does for almost all members of the Church. As a boy, I recall my mother reading Book of Mormon and Church history stories to me. I felt a sweet, peaceful, reassuring feeling that what I was learning was true. This feeling developed into a sincere desire to learn more by studying the scriptures. Nothing has had a greater impact upon my life than reading, studying, and searching the scriptures in order to gain more knowledge and intelligence.

I grew up in California as a teenager



Is Intelligence

during a time when evil influences, such as drugs and bad music, became increasingly popular. Because of the knowledge I had been blessed to receive, I chose not to participate in those things. I was preparing to become a missionary and serve the Lord. In the mission field, the knowledge that I was serving the Lord strengthened my determination to work hard in building His kingdom. Laboring as a missionary is perhaps one of the greatest ways to learn and obtain spiritual knowledge.

The real value of learning is that it enables you in any situation to be resourceful—to figure out what to do when you have no idea what to do! We are

frequently taught in the scriptures to seek learning by study and by faith (see D&C 88:118). In our own lives, in our families, and in the Church, we can receive blessings of spiritual strength, direction, and protection as we seek by faith to gain intelligence and apply spiritual knowledge in righteousness. ●



Rain Boots and

BY DARLENE YOUNG

(Based on a true story)

Godly sorrow worketh repentance to salvation

(2 Corinthians 7:10).

Josie loved her new rain boots. They were bright pink, and when she walked they said *squinch, squinch*. She especially liked to jump into puddles because they made a big splash all over the sidewalk.

Josie's sister Lucy didn't like Josie's boots quite so much. "Stop splashing me, Josie!" she said as they walked home from school. Lucy was two years older, and she had forgotten how much fun it was to splash.

Josie wanted Lucy to have fun too. "You try it, Lucy," she said. "See how big I can splash?" And Josie stomped extra hard into the nearest puddle. The water splashed all over them. Josie was glad she had her raincoat on.

"Josie!" Lucy yelled. Lucy was *not* wearing a raincoat. She was very wet. And very angry. "Look what you did! This is my new jacket! Why do you always act like such a *baby*!"

Lucy was no fun. Why was she always so grumpy? It served her right that she got all wet. She was silly to wear her new jacket today when she should have worn her raincoat. Suddenly, Josie was angry at Lucy.

Josie ran ahead to the next big puddle and waited by it until her sister caught up to her. Then she jumped into the puddle as hard as she could.

"Josie!" This time Lucy was really, really wet.

Josie ran the rest of the way home and went right to her bedroom. A few minutes later, Mom knocked on the door and came in.

"Josie?" she said. "Lucy says you splashed muddy water all over her new clothes on purpose. Do you want to tell me about it?"

There was a hard, cold lump in Josie's tummy. She didn't want to tell Mom what had happened. "I didn't



Muddy Water



do it on *purpose*,” Josie said, but she didn’t look at Mom. The lump in her tummy was getting bigger.

“Are you sure?” Mom asked. “Because I don’t think Lucy would lie about this.”

“Well, she must be lying,” Josie said. But her voice was a little shaky.

Mom was quiet for a few minutes. Then she said, “Well, even if it was an accident, you should apologize. Lucy’s new jacket is very dirty now, and I’m not sure I’ll be able to get it clean. She’s sad about that.”

Josie kept her head down, picking at the little knots on her quilt. “OK, Mom,” she said.

Mom left Josie alone in her room.

Josie wandered around her room feeling yucky inside. Her new boots were in a corner, still wet. She tried to look at a book but she couldn’t keep her eyes on the pictures. She got out her paper dolls, but they weren’t any fun.

The yucky feeling inside was getting worse.

Finally, Josie sat down on her bed and cried. She knew she had told a lie. She knew she shouldn’t have splashed Lucy. She had been naughty and she felt terrible about it. But how could she fix things now?

Just then, Mom knocked on the door again. “Josie?”

“Come in,” Josie said.

“Josie, I can see you are very sad.”

“Oh, Mom,” Josie sobbed. “I *did* splash Lucy on purpose. I did it because I was mad. But I shouldn’t have. And I shouldn’t have lied. I’m sorry, Mom.”

Mom held Josie tight and patted her back. “You must feel pretty terrible right now,” she said.

Josie nodded. She felt muddy inside, like Lucy’s jacket.

“I know a way to make that awful feeling go away. And you do too. In fact, you’ve already started by telling me what happened. Now what should you do?”

“But, Mom, I don’t want to talk to Lucy.”

“You don’t want that yucky feeling to be with you forever, do you?”



“You can regain peace of conscience by repenting of personal transgressions that cause you internal turmoil.”

Elder Richard G. Scott of the Quorum of the Twelve Apostles, “Peace of Conscience and Peace of Mind,” *Ensign*, Nov. 2004, 16.



“Maybe she’ll forget about it,” Josie said.

“She might, but I don’t think you will,” Mom said. “If you don’t repent of the things you do wrong, they stay inside you, and they change you into a different kind of person than you want to be. But if you take care of them as soon as you can, they don’t stay with you. They disappear so that you can be your real self.”

Josie thought about it. She didn’t want to become a mean person. Even though she had been mean to her sister, she could erase that and be her better self. That sounded pretty good, but it didn’t sound easy.

“But it’s hard,” she said.

“You’re right,” Mom agreed. “Admitting you did something wrong and asking for forgiveness is one of the hardest things you’ll ever do. But I know you can do it, Josie. It’s worth it.” Then Mom went out.

Josie looked at her poster of My Gospel Standards. It said: “I will choose the right. I know I can repent when I make a mistake.” She knew she had to talk to Lucy. She knelt to ask Heavenly Father for both forgiveness and courage.

Lucy was in the kitchen eating popcorn.

“Lucy?”

“Yes.” Lucy didn’t even look at Josie. This was going to be even harder than Josie had thought.

“Lucy, I’m sorry I splashed your new jacket.”

Lucy didn’t say anything. She just looked down.

Josie took a deep breath. “I’m going to help Mom clean it. And I’m sorry that I told Mom I didn’t do it on purpose. I told her a lie. Will you forgive me?”

Lucy sat still for a few seconds. Then she took a deep breath and looked at Josie. “Yes, I’ll forgive you.”

All at once the yucky, heavy feeling in Josie’s tummy went away. She felt as clean as her new rain boots had been. She felt hungry too. “Can I have some popcorn?” she asked.

“Sure, Sis,” Lucy said. She smiled as she handed Josie the bowl. ●

Let Your Light Shine

BY REGINA THOMPSON

“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16).

Can you find the hidden words from the scripture?

- Before
- Father
- Glorify
- Good
- Heaven
- Light
- Men
- See
- Shine
- Works





Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.friend.lds.org.

How Great Shall Be Your Joy

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven (Matthew 5:16).

BY ELIZABETH RICKS



Have you noticed that when you share something like a treat or a toy, you feel good? Of course you have. You can share things other than treats or toys, like knowledge. Sharing knowledge can bring great joy—not just to the receiver but also to the giver. The best kind of knowledge to share is the gospel of Jesus Christ.

Nine-year-old Ashley felt the joy of sharing the gospel. After Ashley was challenged to share a copy of the Book of Mormon, Ashley's father drove her to her school principal's house, and Ashley gave a Book of Mormon to her. Ashley also gave the full-time missionaries her principal's name. What joy Ashley felt! (See "Nine-Year-Old Member Missionary," *Friend*, July 1997, 42–43.)

The most important thing you can share is the gospel of Jesus Christ. The Lord called Oliver Cowdery and David Whitmer to preach the gospel. He explained the

happiness they would receive:

"And if it so be that you should labor all your days in crying repentance unto this people, and bring, save it be one soul unto me, how great shall be your joy with him in the kingdom of my Father!

"And now, if your joy will be great with one soul that you have brought unto me into the kingdom of my Father, how great will be your joy if you should bring many souls unto me!" (D&C 18:15–16).

We show our faith in Jesus Christ when we share the gospel with others. And what great joy we receive when we help others know of Jesus Christ and of our Heavenly Father's plan. ●

Activity

Write your name under one of the missionary figures. Cut it out, and glue it onto heavy paper. In family home evening, put your missionary figure next to each picture, and explain to your family how the person in each situation is being a missionary. Ask your family to act out the situations in the pictures or different situations they think of and let you practice sharing the gospel.

Sharing Time Ideas

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

1. Tell the children that we influence others by our example. Prepare pieces of paper on which you have written actions that set an example, good and bad. Have some children each choose a paper. Take turns reading them. Have the children decide if the situation sets a good or bad example. Attach the papers to the chalkboard under either a "Good Example" heading or a "Bad Example" heading. For example, "I wear modest clothing" would go under "Good Example," and "I swear sometimes" would go under "Bad Example."

Help the children look up, read, and memorize Matthew 5:16. Talk about the meaning of the scripture (see "Memorization," TNGC, 171-72).

Sing "Shine On" (p. 144). Invite a child to come to the front and think of a way to let his or her light shine and demonstrate it for the Primary. While you sing the song, have the other children follow the example of the child in front. Repeat several times, inviting many children to set the example. Bear your testimony that Jesus Christ set the example for all of us, and we will be blessed as we follow His example and set a good example ourselves.

2. Ask the children to think of a time when they hear others bear testimony. Explain that even though testimony meeting is a time set aside for sharing testimonies, we can bear our testimonies at other times too. Look up 2 Timothy 1:7-8. President Gordon B. Hinckley has said, "I wish that every member of this Church would put those words where he might see them every morning as he begins his day" ("Be Not Afraid," *Friend*, Feb. 2005, 2). He says that those words will give us courage, faith, and strength. Have the children write out verse 7 and the first part of verse 8 ("Be not thou therefore ashamed of the testimony of our Lord") to take home and place it where they can see it every morning.

Help the children feel the power of the testimonies of the prophets and apostles. If available, play a recording of or read a testimony from a recent general conference or play the video *Special Witnesses of Christ*.

Teach "I Know That Jesus Lives" (*Friend*, Jan. 1991, 42-43) as a way of bearing testimony. (If you do not have access to this song, teach another song listed in the "Testimony" section of the *Children's Songbook* index.) Explain that when we say, "I know," we are bearing testimony. Have the children count how many times you say, "I know" as you sing the song (four). This song bears testimony of four different things. Display GAK 239 (The Resurrected Jesus Christ), GAK 520 (Gordon B. Hinckley), a copy of the Book of Mormon with an arrow pointing to the words "Another Testament of Jesus Christ," and a wordstrip with the word *TRUE*. Mix up the visual aids and sing the song again. Have the children put the visual aids in the correct order. Sing the song several times. Bear your testimony of the Savior, the living prophet, and the Book of Mormon.

Help for children with disabilities: Children who have difficulty speaking or being understood can sometimes use pictures to communicate. To participate in singing this song or as a way to bear testimony, a child with disabilities could be encouraged to use pictures. Post the GAK pictures, a picture of the Book of Mormon, and the wordstrip listed above, and let the child point to each picture while the other children hum the song.

3. Before Primary, make pictures of lambs (for a pattern, see the

Primary 2 manual, p. 123, or *Primary 1* picture 1-8). Make two lambs for every child: one blank and one with the child's name written on it. Attach the lambs to the walls of the Primary room.

Read John 10:14. Explain that each child is like a lamb and Jesus is the shepherd or leader (see "Comparisons," TNGC, 163-64). Cheryl Lant, Primary general president, has said: "Jesus knew each one of the children that He blessed in the New Testament account. He knew each of the Nephite children, and He knows each child today. He desires for each one of them to feel His love. He desires for each one of them to learn His word and gain a testimony. He desires for each one of them to receive the blessings of heaven that come through righteous living" ("Feed My Lambs," Primary open house, Sept. 2006, www.lds.org/pa/primary/PR_2006sep_PresMessage_eng.pdf).

Post GAK 240 (Jesus the Christ) at the front of the room. Invite the children to find their own lambs and bring them to the Good Shepherd. Ask the pianist to play "The Lord Is My Shepherd" (*Hymns*, no. 108) while the children, row by row, find their lambs and take them to the front. (Because the children may not be familiar with the hymn, you may want to explain before this activity how "The Lord Is My Shepherd" relates to the activity.) Remind them that there are many lambs that haven't yet entered into the fold by coming to Primary. Read Luke 15:4. Have the pianist play again, and invite each child to choose one of the lambs without a name on it. Invite them to think of someone whom they could invite to come into the fold. Have them write the person's name on the lamb and take it home to remind them to invite this "lamb" to follow the Good Shepherd.

Sing "Little Lambs So White and Fair" (p. 58), and testify that Jesus is the Good Shepherd and that He gave His life for us, His sheep.

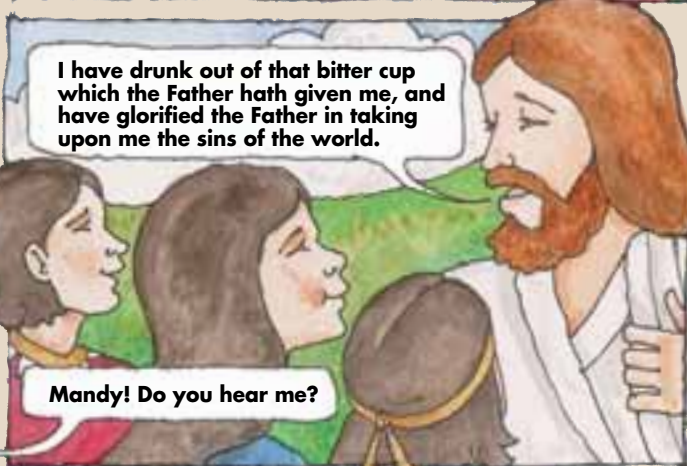
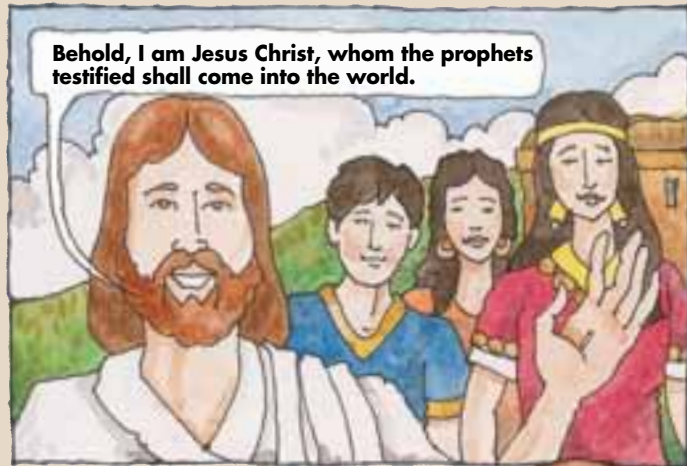
4. Invite an active member of the Church to come to Primary pretending to be an investigator. Have the guest write a large question mark on a piece of paper and attach it to his or her shirt. Explain that this person is full of questions, and you are going to play a question-and-answer game. The tricky part is that the children must sing all of their answers.

Have the guest begin by asking the children, "Who are you?" Have the pianist quietly play the introduction to "I Am a Child of God" (pp. 2-3), and then have the children sing their answer. After each song, have the guest repeat the question and the answer. For example, "Oh, I see. We are all children of God and have been sent here because He loves us." Other examples might include, "Where did I live before I was born?"—"I Lived in Heaven" (p. 4); "What is faith?"—"Faith" (p. 96); "Where did Joseph Smith get the Book of Mormon?"—"The Golden Plates" (p. 86) or "An Angel Came to Joseph Smith" (p. 86). Let the children decide what songs to sing, and give a hint only if the children need one.

Read selected excerpts from the preface to the *Children's Songbook*. Share with the children the statement: "Someday you will be leaders of the Church and of the world. What you learn from these songs will help you to be faithful and to serve righteously" (p. iii). A wonderful way to prepare to serve a mission is to learn the songs of the gospel. Bear testimony of the value of music in learning and teaching the gospel.

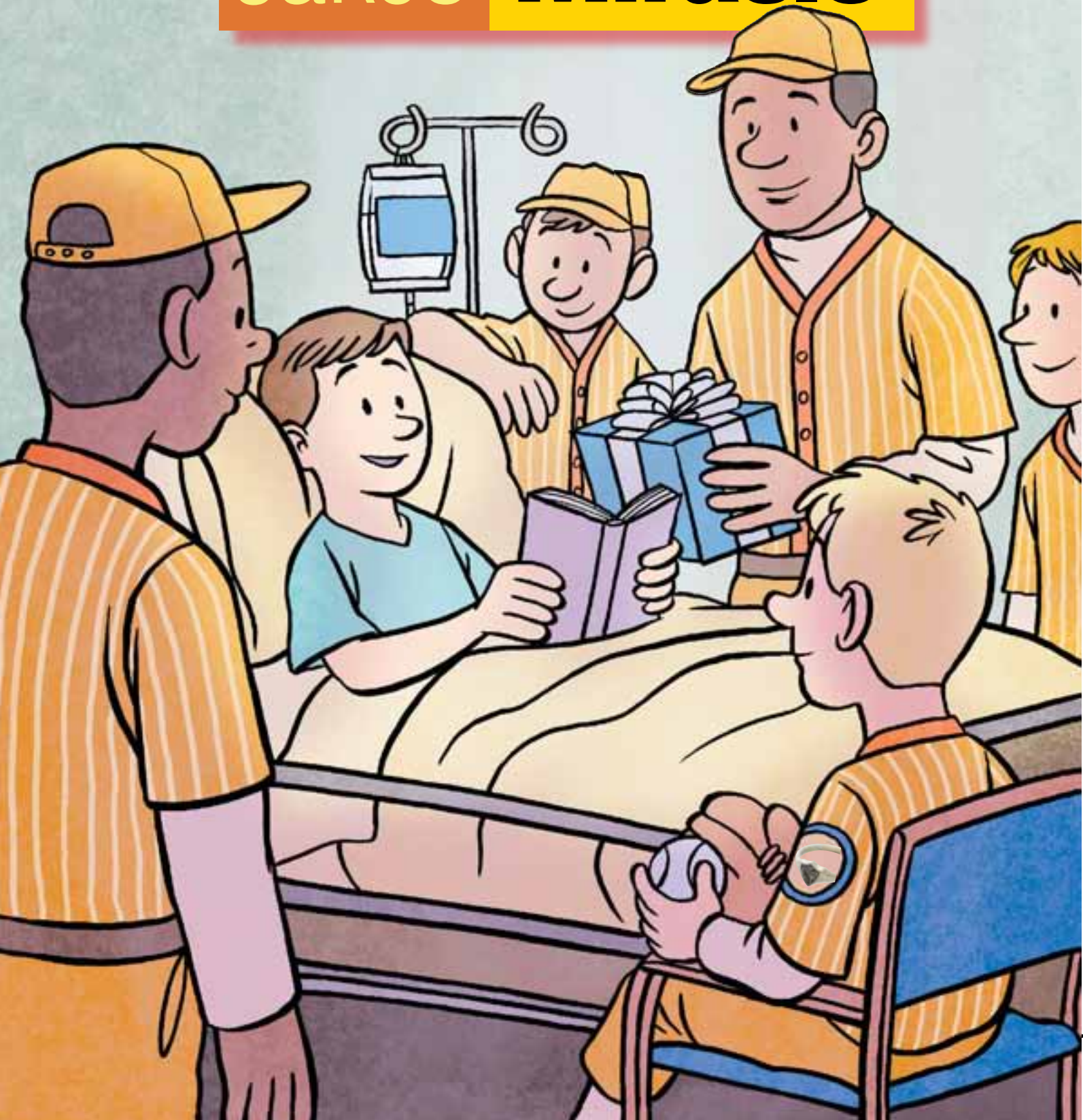
5. *Friend* references: "A Prophet's Example," Nov. 2000, inside front cover; Fiction: "Do As I'm Doing," Mar. 1999, 36-37; "A Testimony Feels Good," May 1996, 34-35; "Testimony," Oct. 1998, inside front cover; "Missionary Work," June 2004, 31; "A Jar Full of Love," Nov. 2004, 40; "My Testimony Grows," Apr. 1991, 12-13; "Missionary Preparation," Sept. 2002, 48.

MATT AND Mandy



*See 3 Nephi 11, 17.

Jake's **Miracle**



BY SUSAN DENNEY

(Based on a true story)

They did fast much and pray much (Alma 45:1).

Jake's coaches and teammates crowded around his hospital bed. "Thanks!" he said as he opened their presents—books about his favorite sport, baseball.

"Get well, OK?" one of his teammates said.

"We need our shortstop back!"

"Yeah, we need you!"

Jake smiled as they waved good-bye. He liked the baseball books but he didn't really feel like reading them. He didn't feel like watching TV. He didn't feel like doing anything. Sick with pneumonia, his throat and chest ached every time he coughed. He was so weak he had tubes attached to his arms delivering medication to his bloodstream, and whenever he stood up to go to the bathroom, his head hurt and he got dizzy.

Jake didn't get better the next day or the next. The sicker he got, the stranger his surroundings seemed. The people in the room looked fuzzy. He wasn't sure who they were. He didn't know if it was night or day.

"He's not acting like himself," he heard his mother say.

He wondered what that meant, but he didn't really care. All he knew was how weak and uncomfortable he felt and how much he wanted the pain to go away.

Finally, Jake fell asleep. He didn't know how long he slept, but it seemed like days had passed when he finally cracked open his eyes. He was starting to feel better. Two days later, he was well enough to go home.

"What happened to me in the hospital?" Jake asked his mom during the car ride home. "I don't remember much after the baseball team came to visit me."

"You were too sick to know what was going on," Mom said. "You were delirious."

"Delirious? What does that mean?"

"Your fever was so high you couldn't think straight," Mom explained. "I knew you must be really sick when you yelled at the nurse."

Jake was shocked. "I yelled at a nurse?"

"Yes," Mom said. "You didn't want to take the medicine

she was giving you. I told her it wasn't like you to be so impolite. That night you started mumbling and saying strange things in your sleep. I called for the doctor to come quickly, even though it was the middle of the night."

"What did he say?" Jake asked.

"He discovered that you had meningitis in addition to the pneumonia. I was so frightened when he said that there wasn't anything more they could do."

Jake felt like he had swallowed a rock. He had been really sick! "Then how did I get better?" he asked.

Mom smiled. "I believe it's because Dad gave you a blessing, and the ward members fasted for you. The bishop asked everyone to fast and pray for you last Sunday."

"Everybody in the ward didn't eat or drink for a whole day because of me?" Jake said.

"That's right. They also prayed. The people who fasted used their faith and asked Heavenly Father to help you get well. Even Maddie fasted for you."

Maddie was Jake's friend from down the street.

"But she's not much older than me," Jake said.

"It was her first fast. She really wanted you to get well."

Jake stared quietly down at his hands. "I can't believe everyone in the ward would do that for me."

"They were happy to do it, Jake."

Jake smiled. "So fasting really works," he murmured.

After a week of rest, Jake returned to school and the baseball team welcomed their shortstop back. Jake never forgot the people who had fasted and prayed to make him well. He knew he had been part of a fasting miracle. ●

"Fasting, coupled with mighty prayer, is powerful."

Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles, "The Law of the Fast," *Ensign*, May 2001, 73.





Growing in Faith

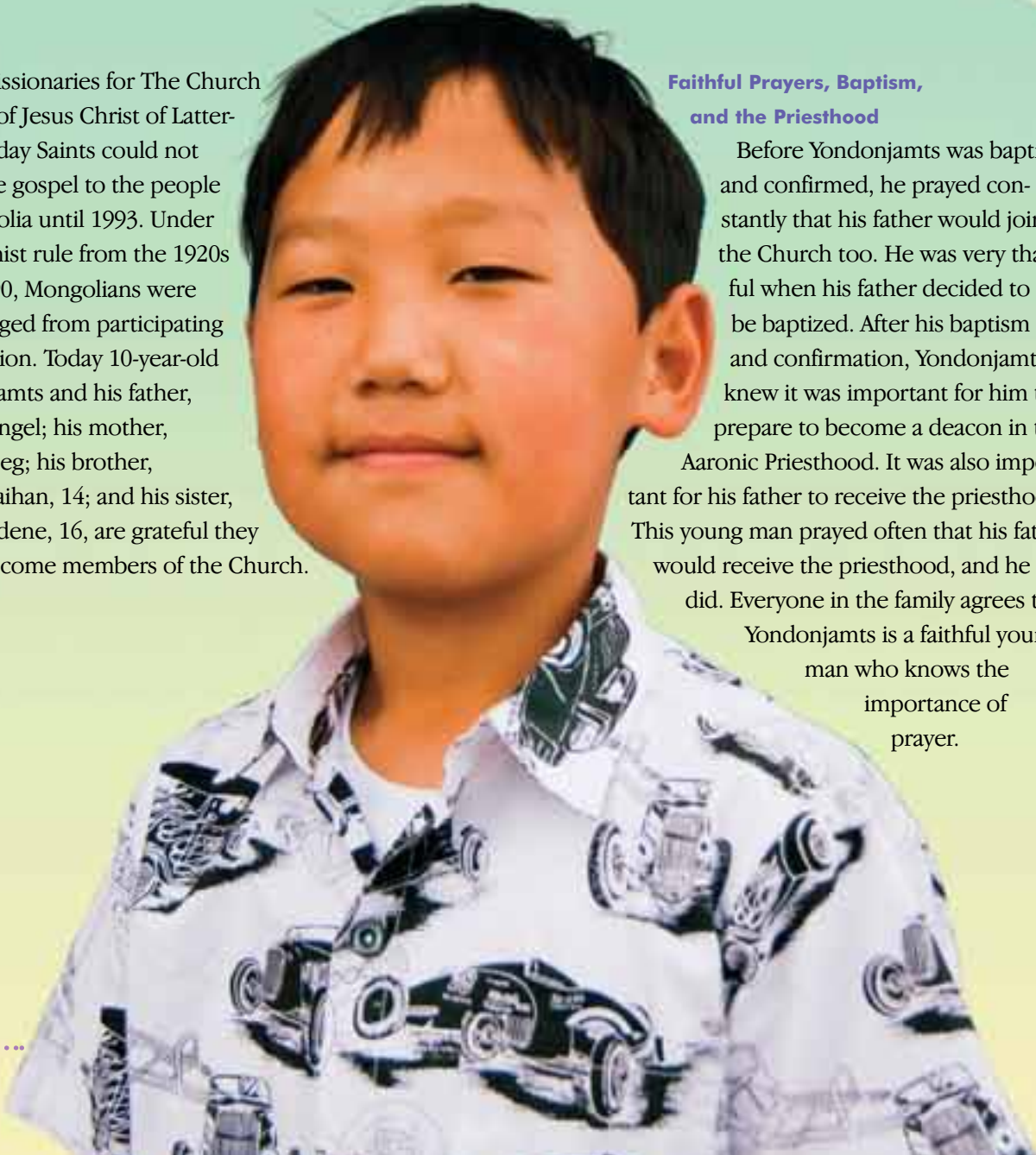
YONDONJAMTS OF ULAANBAATAR, MONGOLIA

BY DON L. SEARLE AND JULIE WARDELL
Church Magazines

Missionaries for The Church of Jesus Christ of Latter-day Saints could not teach the gospel to the people of Mongolia until 1993. Under communist rule from the 1920s until 1990, Mongolians were discouraged from participating in a religion. Today 10-year-old Yondonjamts and his father, Bayartsengel; his mother, Gantsetseg; his brother, Monkhsaihan, 14; and his sister, Bolor-Erdene, 16, are grateful they could become members of the Church.

Faithful Prayers, Baptism, and the Priesthood

Before Yondonjamts was baptized and confirmed, he prayed constantly that his father would join the Church too. He was very thankful when his father decided to be baptized. After his baptism and confirmation, Yondonjamts knew it was important for him to prepare to become a deacon in the Aaronic Priesthood. It was also important for his father to receive the priesthood. This young man prayed often that his father would receive the priesthood, and he did. Everyone in the family agrees that Yondonjamts is a faithful young man who knows the importance of prayer.



Forever Family

Just more than a year after his dad was baptized and confirmed, the family traveled to the Hong Kong China Temple. Yondonjamts was glad his family was sealed in the temple so they can be a forever family. While at the temple, he asked that a woman's name be put on the prayer roll so people in the temple could pray for her. He was concerned about her injured leg, and he was grateful when she got better.



His Favorite Things to Do

1. Play basketball.
2. Draw.
3. Make finger puppets.
4. Go to church.
5. Eat rice soup and grapes.
6. Visit the east side of the city.



Ulaanbaatar, Mongolia

School

A fourth-grader, Yondonjamts likes math and origami (folding paper into shapes). He is studying English and Mongolian in school. His favorite book is *The Happy Prince* by Oscar Wilde. His mother says he is a good student who is very obedient. The school is just a five-minute walk from his home.



Yondonjamts's school

Family Home Evening

In family home evening, the family reads the scriptures, acts out plays, sings songs, does Church history quizzes, and eats treats. Yondonjamts enjoys reading in the Book of Mormon about Alma praying for his son to learn the truth and repent. Yondonjamts likes the fact that Alma the Younger did repent and change his life (see Mosiah 27:8–31).

Preparing for a Mission

Yondonjamts wants to serve a mission someday. He is preparing to be a missionary by praying, reading the scriptures, attending his Church meetings, and trying to be faithful and righteous. He is also taking piano lessons. Because the weather in Mongolia is very cold in the winter, a mission in Hawaii appeals to him.

Where in the World Is Ulaanbaatar, Mongolia?

Mongolia is a mountainous country located between China and Russia. Ulaanbaatar is the capital.



Primary

It takes the family about 20 minutes to travel by bus to attend the Bayanzurkh Branch. In Primary, Yondonjamts likes singing and listening to the music. He enjoys sharing time too. ●



I Have Faith

in the Lord, Jesus Christ

With conviction ♩ = 76 88

Words and music by Janice Kapp Perry

mf

1. I have
(2. I have)

faith in the Lord, Je-sus Christ. I have faith He will
faith in the Lord, Je-sus Christ. I have faith He will

guide me with His light, Tho' my eyes have not seen Him and I have not heard His voice, I have
help me choose the right. He is real and He loves me, I can feel it deep in-side. I have

1. faith in the Lord, Je-sus Christ. 2. I have
faith in the Lord, Je-sus Christ. I will

keep His com-mand-ments, I will try to do what's right. I have faith in the Lord, Je-sus Christ.

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Trying to Be Like Jesus

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



Food Bank Birthdays

By Heidi M.



For his past several birthdays, Austin M. has asked his friends and cousins to bring food for

the established local food bank instead of presents. It all started on his fifth birthday after he watched a cartoon adaptation of Charles Dickens's *A Christmas Carol*. Austin became very concerned for the poor. He is a generous boy who loves to help people.

Austin M., age 10, Washington

Bus Buddy

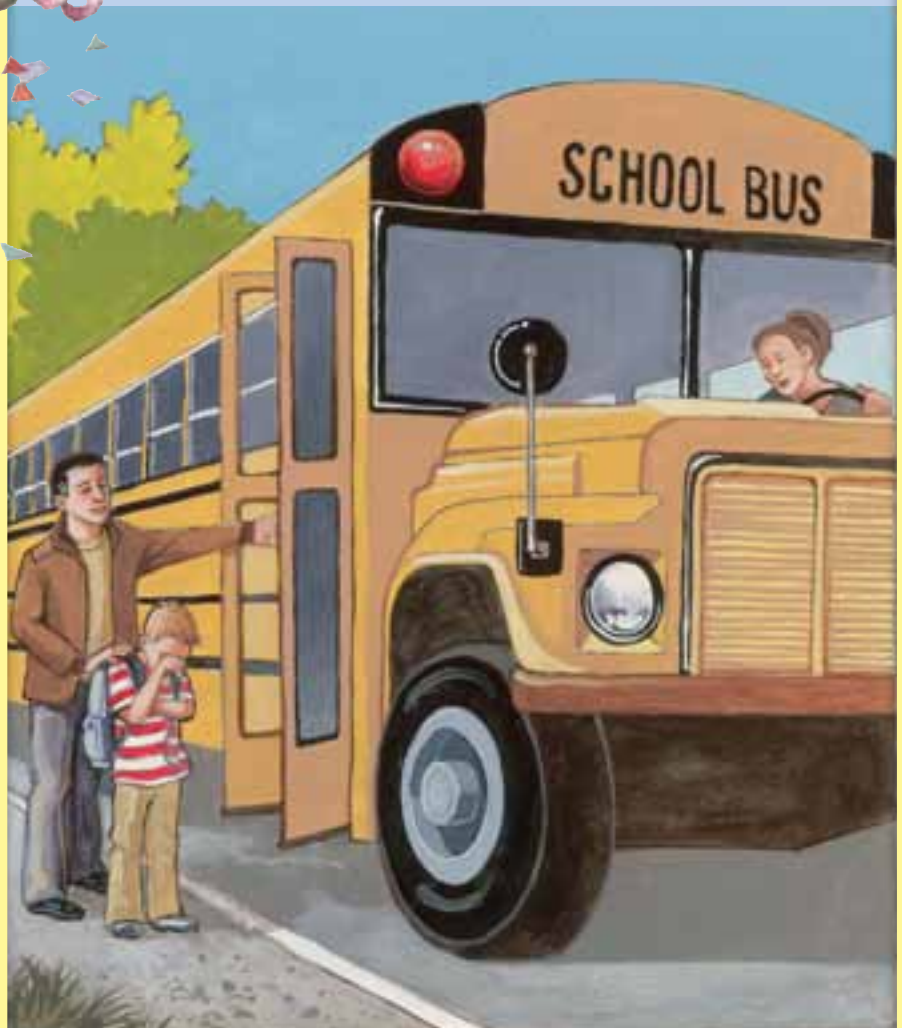
By Joshua H.

My mom was driving the school bus one morning. When we drove up to one of the bus stops, a little boy named Adam was standing there crying. He didn't want to get on the bus. His dad tried everything he could think of to help him be



less afraid, and Adam finally got on. But he sat down and kept right on crying. I asked my mom if I could change seats, and she said yes. I sat by Adam and sang happy songs to him. He stopped crying. I felt very happy.

Joshua H., age 8, Alberta, Canada





A Suitable Suit

By Rachel B.



I was at my friend's house when we decided to go swimming. I hadn't brought a swimming suit, so I needed to borrow one of hers. Her mom gave me a bikini. I told her I did not want to wear that kind of swimming suit. So she found a different one for me to wear. I'm glad I followed one of My Gospel Standards: "I will dress modestly to show respect for Heavenly Father and myself."*

Rachel B., age 8, Nebraska

The Five-Dollar Bill

By Amanda B.



My family went on a trip to Boston, Massachusetts. We visited the Bunker Hill Monument and climbed the tall tower. Afterward we went through the gift shop. I found a five-dollar bill lying on the floor. I picked it up and gave it to the park ranger. He said, "You can keep it." I told him that it wasn't mine and that someone might be looking for it. The ranger looked surprised and finally said that if nobody asked for the money by

the end of the day, he would put it in the donation box. He asked me where I lived, and I said, "Utah!" I felt happy that I was honest and chose the right.

Amanda B., age 10, Utah



Missionary VIP

By Abbi H. with help from her mom

Each student in my kindergarten class gets to be a VIP (Very Important Person) for one week and bring in their family to meet the class at the end of the week. When my family came, I was telling the other children about us and mentioned that my mom and dad were going to the temple the next day. When it was time for the class to ask



questions, one girl asked what a temple was. I did my best to explain that it is where people get married forever and where people are baptized and do ordinance work for people who have died. The whole class listened, and I was glad I got to share something that is special to my family and me.

Abbi H., age 5, Minnesota

Safe and Obedient

By Kalyse W. with help from her mom



When I went to my brother's basketball game, I made some new friends. They wanted me to play under the bleachers. I asked my mom if it was OK. She told me she didn't think it was safe. So we didn't play there, and we stayed safe. I'm glad that I have parents to help me be safe when I obey.

Kalyse W., age 6, Idaho



A Testimony to Share



BY KAREN A. KIMBALL

I have a testimony
That has begun to grow.
Gospel truths I once believed
Now I can say, "I know."

When I feel inside my heart
The Holy Spirit's there,
I can help bless others and
My testimony share.

I testify of Jesus Christ,
Of Heavenly Father's plan,
The power of the Atonement,
And eternal life for man.

I testify of Joseph Smith,
And priesthood power restored,
The fulness of the gospel
On earth forevermore.

I testify of the prophet
And Twelve Apostles too,
Living in these latter days
To lead us safely through.

I testify of lessons learned
Through study and through prayer,
Truths in the Book of Mormon,
That I've discovered there.

I share my testimony,
Then reverently I end
Like a sacred prayer that's said,
In Jesus's name, amen.



For the Birds



Riddles

BY COLLEEN FAHY

1. I can swim but can't fly,
 And my walk looks absurd.
 Though I look like a butler,
 I'm a black-and-white bird.
 I am a _____ .

2. I call out with a "Whoooo."
 I'm awake through the night.
 People say that I'm wise.
 I know that they're right.
 I am an _____ .

3. I have bright-colored feathers,
 I can learn to say words.
 Though I talk like a person,
 I'm still one of the birds.
 I am a _____ .

Jokes

1. Why do birds fly south for the winter?
2. Why did the chicken cross the playground?
3. What kind of bird never gets a haircut?

(Answers on page 48.)



Now the birds have privacy!

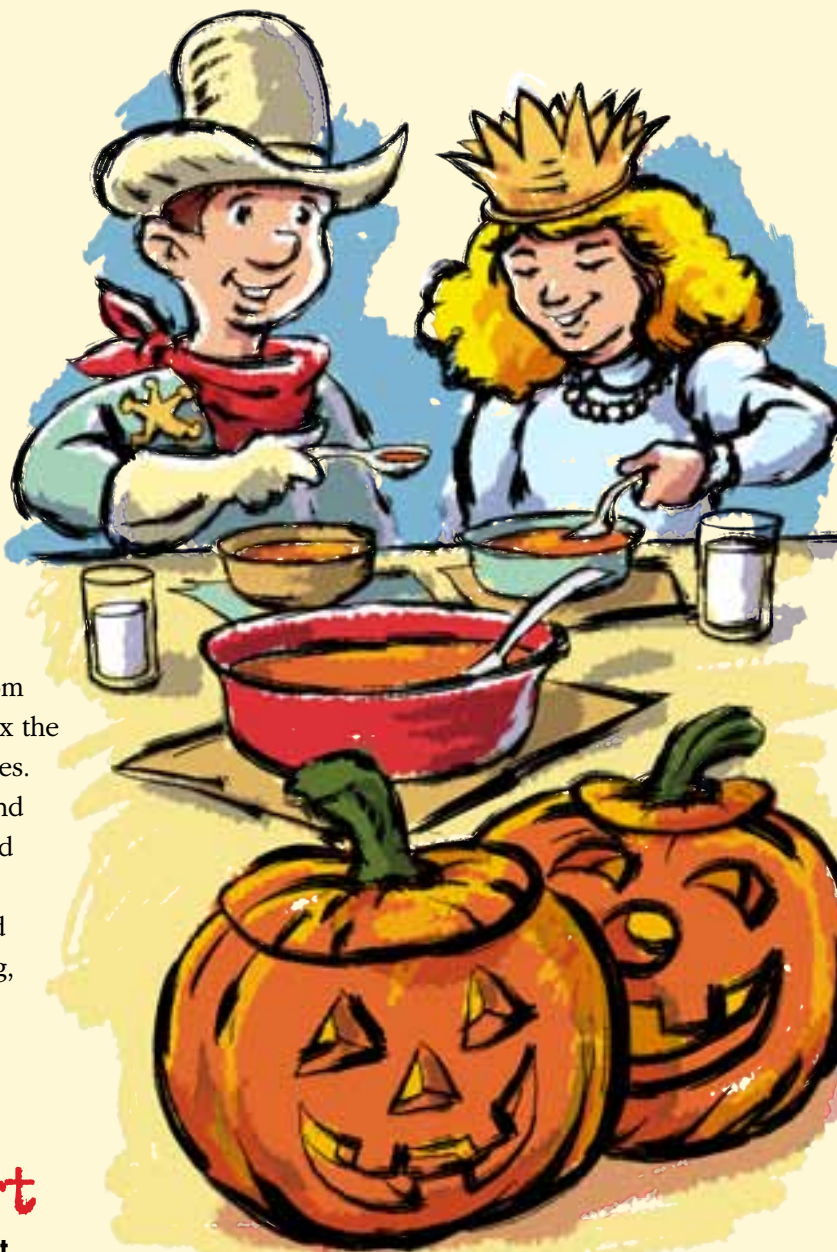


Pumpkin Soup

- 8 slices bacon
- 3 tablespoons olive oil
- 1 onion, chopped
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 8 cups water
- 2 tablespoons chicken bouillon granules
- 1 can (32 ounces/907 g) packed pumpkin
- 1 tablespoon sugar
- 1 teaspoon thyme
- 1 cup milk
- 1/8 teaspoon nutmeg
- 2 teaspoons curry powder
- salt and pepper to taste
- 1 cup grated cheddar cheese
- 1 cup Parmesan cheese

1. Cook the bacon in a heavy pot. Remove from heat, crumble, and set aside. In the same pot, mix the oil, onion, carrots, and celery. Sauté for 15 minutes. Stir in water, bouillon, pumpkin, sugar, thyme, and crumbled bacon. Bring to a boil. Reduce heat and simmer until vegetables are tender.

2. Pour the soup in batches into a blender and puree. Return to the pot. Mix in the milk, nutmeg, and curry powder. Season with salt and pepper. Serve hot with cheddar and Parmesan cheese sprinkled on top. Serves 4.



Baked Apple Dessert

- 4 Granny Smith apples (or any apples with a tart flavor)
- 8-12 unwrapped caramels
- 1/4 cup apple cider
- 4 teaspoons lemon juice
- 4 teaspoons cinnamon
- 1 teaspoon nutmeg
- 2 tablespoons butter
- 1/4 cup packed brown sugar
- whipped cream or vanilla ice cream

1. Wash and core the apples. Slice them horizontally into 1/2-inch (1.3-cm) rings and stack them in their original shape in a square baking dish. Put two or

three caramels in each apple's core. Pour apple cider over the apples and sprinkle them with lemon juice, cinnamon, and nutmeg.

2. Mash the butter and brown sugar together in a bowl, and press the mixture evenly over the apples. Cover the baking dish with foil and bake for 20 minutes at 350°F (177°C). Remove the foil and bake uncovered for 20 more minutes.

3. Set each apple on a plate and pour juice from the pan over each one. Serve with whipped cream or ice cream.

A NEW FRIEND

BY HILARY M. HENDRICKS

(Based on a true story)

Oh, come with me to Primary (Children's Songbook, 255).



1

Hannah held tightly to her mother's hand. "It's OK, Hannah. I can go with you to Primary," Mom said.

2

Hannah looked around the chapel. She didn't like this new building. But mostly she didn't like not knowing anyone.



4

Suddenly Hannah felt a tap on her elbow. She turned around and saw a girl who was just her height and wore her hair in two long braids.

"My name is Natalie," she said. "Sister Davis said that you were in our Primary class. You can come with me."

3

Last Sunday, Dad had gone

with her to Primary. There were only boys in her class. But the teacher said that there was a girl who should be back in class this week. Hannah tried to peek around the tall grown-ups to see the girl who

might be in her class.





5

The girl took hold of Hannah's hand. Hannah looked at Mom. "Thank you for helping Hannah," Mom said, smiling at Natalie.

Hannah swallowed hard and let Natalie lead her out of the chapel.

"Now I'm not the only girl in our class," Natalie said.

"Will you be my friend?"

"Yes," Hannah said with a big smile.

In sharing time, Natalie sat down next to four boys.

Natalie patted the chair next to her so Hannah would sit by her.

6

"Hi, Natalie," a boy said.

"Hi, Tait," Natalie said. "This is my new friend Hannah."

Sister Walker asked everyone to sing "When Jesus Christ Was Baptized." Hannah smiled. She had learned that song in her old Primary. "That's my favorite song," she told Natalie.

"Tait and I like it too," Natalie said.

Hannah sang with Natalie and Tait. Sister Walker held up pictures of Jesus. Hannah smiled. Maybe she liked this new Primary after all.





Preparing for a Mission

BY VAL CHADWICK BAGLEY

There are things you can do right now to help you prepare for a mission someday. To find out what you can do, read each statement and fill in the blank with the correct word from the list in the center.



Study the _____



Go to _____



Learn how to _____



Learn how to do _____

- language
- cook
- saving
- testimony
- scriptures
- church
- iron
- laundry



Share your _____



Start _____



Learn how to _____

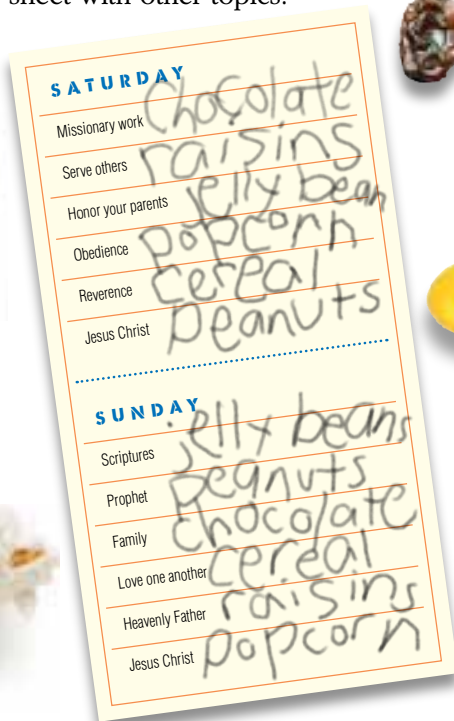


Learn a second _____

General Conference Activity

BY MARIE WALDVOGEL

This October the prophet, Apostles, and other Church leaders will speak to us in general conference. This activity will help you listen to them. You will need some type of small snack in different colors or shapes, like candy-coated chocolate pieces, different cereals, or jelly beans. Assign each color or shape a topic before the meeting starts. Then you can eat the snack each time that topic is mentioned by a speaker. See the example below. You can also make your own sheet with other topics.



SATURDAY

Missionary work

Serve others

Honor your parents

Obedience

Reverence

Jesus Christ

SUNDAY

Scriptures

Prophet

Family

Love one another

Heavenly Father

Jesus Christ

Orange-Apple Jack-o'-Lanterns





INVITATION

BY MARIANNE SORENSEN LEMON
(Based on a true story)



TO A BAPTISM

To be baptized as Jesus was . . . Is just the thing I want to do (Children's Songbook, 104).

That was excellent! You are certainly ready for the recital, Gideon," said Mrs. Allen, Gideon's violin teacher.

Gideon smiled. He enjoyed playing his violin. After he put away his instrument, he looked through Mrs. Allen's collection of stickers.

"I think I'll take this shiny one," he said, holding up a "Happy Birthday" sticker for Mrs. Allen to see.

"That's right! It's almost your birthday, isn't it?" Mrs. Allen asked.

"Yes, and not just *any* birthday. This one is extra special," Gideon said. He stuck his new sticker on the cover of his music book. "I'm going to be eight years old, and you know what *that* means?"

"No, I don't know what it means," Mrs. Allen looked confused.

"It means that I can be baptized," Gideon said.

"Oh, you weren't baptized as a baby?" Mrs. Allen asked.

"No. In our church we are baptized when we turn eight. That's when we know right and wrong and can choose between them," Gideon explained.

"I guess that makes sense," Mrs. Allen said. "I never thought of it that way."

"I have an idea!" Gideon said. "Why don't you come to my baptism and then you can see what I mean?"

Mrs. Allen was interested, so Gideon told her when and where he would be baptized.

On the day of his baptism, Gideon and Dad dressed in white pants and shirts. Gideon smiled as his mom took pictures. Then he saw Mrs. Allen and went to greet her. "I'm glad you could come," he said.

"I'm happy to be here," she said. She shook hands with Mom and Dad. They sat together while Brother Roberts conducted the meeting.

As Gideon sang and listened to the talk on baptism, he paid close attention to the words. He hoped Mrs. Allen would understand why he was being baptized at age eight.

Then it was time to be baptized. He went down into the font with Dad, listened carefully to the words of the baptismal prayer, and bent his knees to go under the water. When he came up, he wiped water from his eyes and smiled at Mom and Mrs. Allen.

He and Dad changed their clothes and slipped quietly into the row beside Mom and Mrs. Allen. They were watching "The Touch of the Master's Hand" from the *Family Home Evening* video. It was about a violin that gets damaged, but then is

**Happy
Birthday!**



repaired by the man who made it. Gideon noticed Mrs. Allen wiping her eyes as she listened to the poem and watched the master play the old violin.

After the video someone spoke on the gift of the Holy Ghost. Then Dad confirmed Gideon.

“Did you like my baptism?” Gideon asked Mrs. Allen following the closing prayer.

“It was wonderful!” Mrs. Allen said. “Now I understand why your church waits until age eight to baptize

“We are to go out to them, and to invite them to join us. We are to be missionaries.”

President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, “‘Feed My Sheep,’” *New Era*, Oct. 1987, 6.

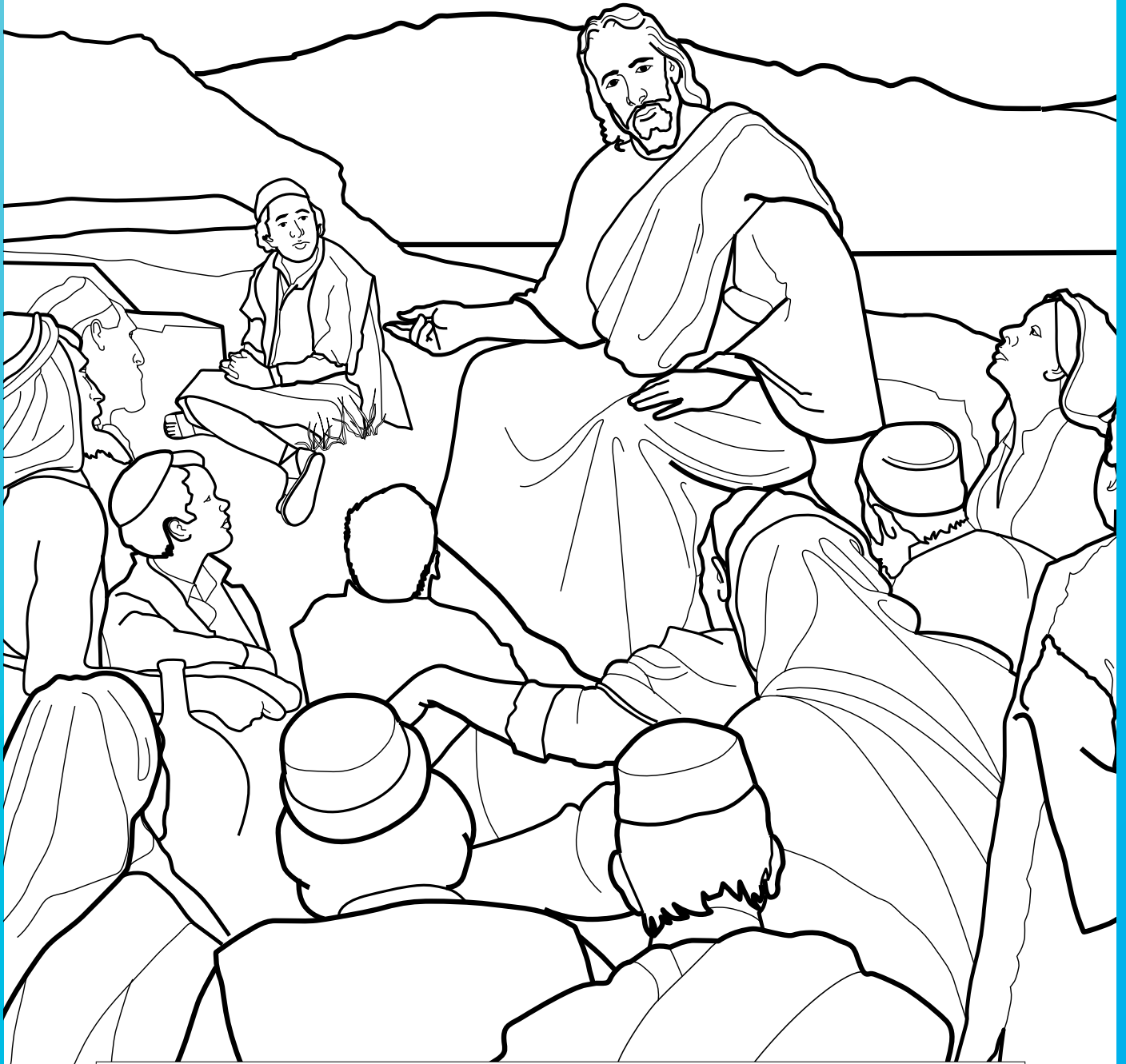


children.” She smiled. “I liked the video too, but it was awful watching that beautiful violin get damaged!”

“I know,” Gideon said. “But I’m glad it was fixed in the end. It’s kind of like repentance. I’m clean now, but when I make mistakes I can be fixed, just like that violin.”

Mrs. Allen laughed. “What a good way to think of it. I’ll remember that every time I play my violin.” ●





I show my faith in Jesus Christ when I share the gospel with others.

“Let your light so shine before men, that they may see your good works,
and glorify your Father which is in heaven” (Matthew 5:16).



1

Love

Love is a thing
That we must all have—
For our brothers, our sisters,
Especially our mom and dad.

Love is the thing
The Holy Ghost carries on
To help us with
Our family bond.

Love is the thing
That we need at birth,
Also the rest
Of our time on earth.

Cameron W., age 9, Maine

Home

Home.
A loving palace.
Home.
Protected from malice.
Home.
Forgetting any trials.
Home.
Traveling all the miles.
Home.
A loving, comforting, happy
Friend.
Staying with our peaceful
Life.
Home.
Where there is happiness.
Home.

Rachel A., age 10, Arizona



2

My Backyard

My backyard is the jungle.
My backyard is the sea.
My backyard is any adventure that I want it to be.

Searching for treasure
Or sailing the ocean blue,
Being a detective and searching for clues.

Fighting off ninjas
Or hunting down dinosaurs,
Flying like a jet pilot
Or guiding safari tours.

Saving a princess who is in distress
Or stranded in the desert
Where snakes slither and hiss.

Being at the circus
With elephants and a clown,
Having a story
Just waiting to get written down.

My backyard is the jungle.
My backyard is the sea.
My backyard is an exciting adventure
Just waiting for me.

Brad B., age 12, Utah



4



3



5

Drawings

- 1 Isaac L., age 6, Idaho
- 2 Jessica T., age 10, Nevada
- 3 Ariadane V., age 9, Utah
- 4 Cade P., age 7, Alberta, Canada
- 5 Ben T., age 7, Colorado
- 6 Sam W., age 8, Massachusetts
- 7 Austin M., age 10, Illinois
- 8 Zachary M., age 7, Washington
- 9 Eve J., age 5, Queensland, Australia
- 10 Cailin M., age 6, Hawaii
- 11 Anise C., age 11, Cayman Islands
- 12 Rachel W., age 6, New Mexico
- 13 Courtney W., age 11, California
- 14 Justin B., age 8, Utah
- 15 Brooke B., age 7, Nebraska



8



12



9



13



10



14



6



7



11



15

Standing

UP



For Molly



BY JULIE C. DONALDSON

(Based on a true story)

Look up the following scriptures: Matthew 5:11, Mosiah 23:15, D&C 121:9. Which one do you think fits the story best? Write that scripture on the blank lines.

I've got it!" Lindsay yelled as she ran backward. The red rubber ball fell with a *whump* into her outstretched arms, and her friends cheered. Lindsay loved playing kickball at school. She loved running to kick the ball, rounding the bases, and trying to get home before someone got her out. She also liked

catching the ball to get the other team out.

Lindsay looked to see who was next to kick the ball. Molly stood in front of home base, shuffling her feet and looking down at the ground. Long, tangled brown hair hid her face. Her clothes were dirty and didn't fit, and her shoes had holes in them. Lindsay and Molly were in the same Primary class at church, but they weren't really friends. Actually, nobody seemed to be friends with Molly. Most of the kids made fun of her, and sometimes Lindsay made fun of her too when Molly wasn't around.

As Molly waited to kick the ball, some kids started whispering and giggling. The pitcher rolled the ball toward home base. Molly kicked and missed. Some of Lindsay's teammates cheered while Molly's team groaned. The pitcher rolled the ball again. Molly ran and kicked as hard as she could—and missed again!

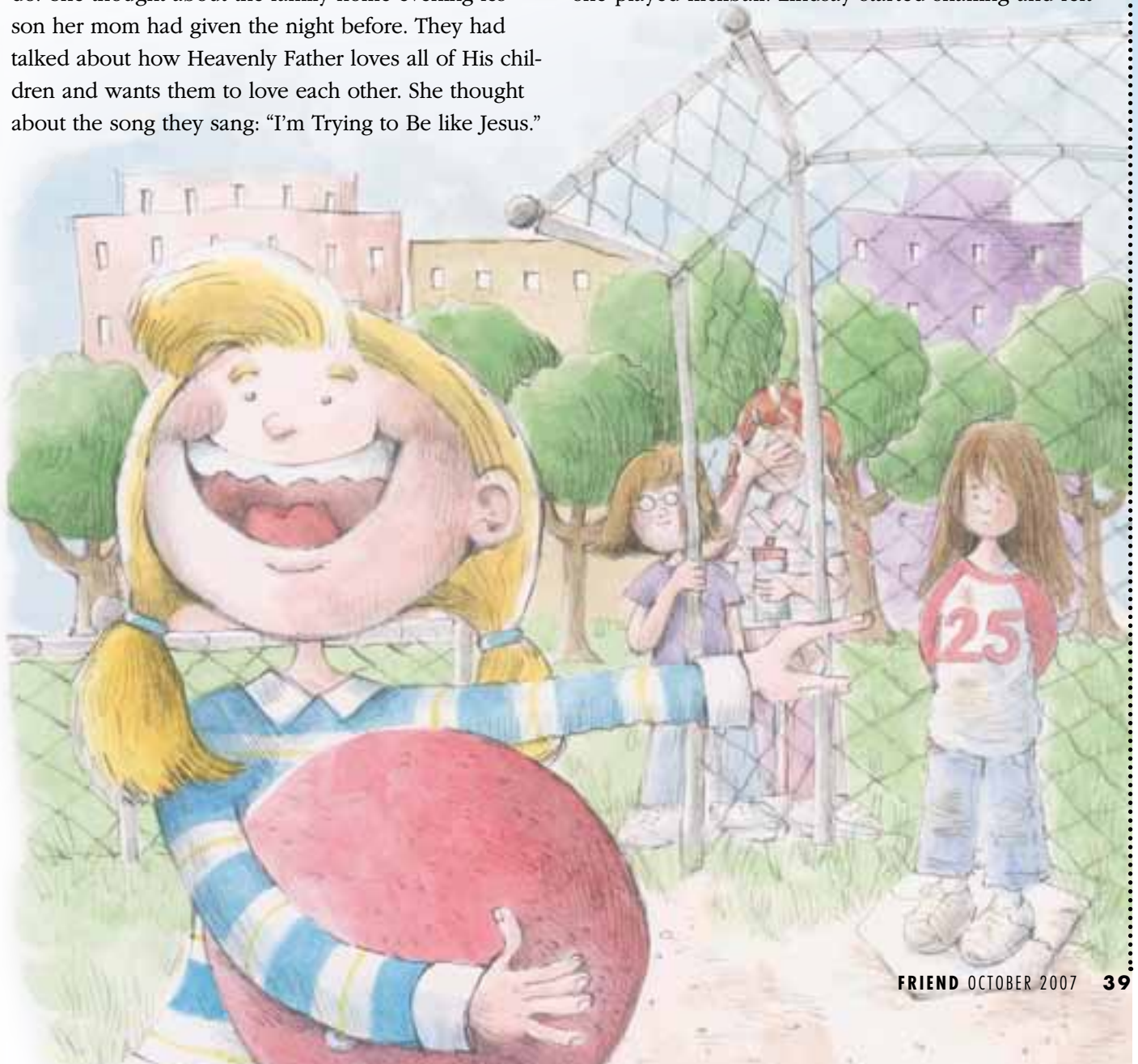
This time, Carrie, one of the school bullies, laughed loudly. "She can't even kick a ball!" she yelled. Lots of other kids joined in the laughter. Carrie and a couple of her friends started yelling mean things about Molly's hair and clothes and the way she ran.

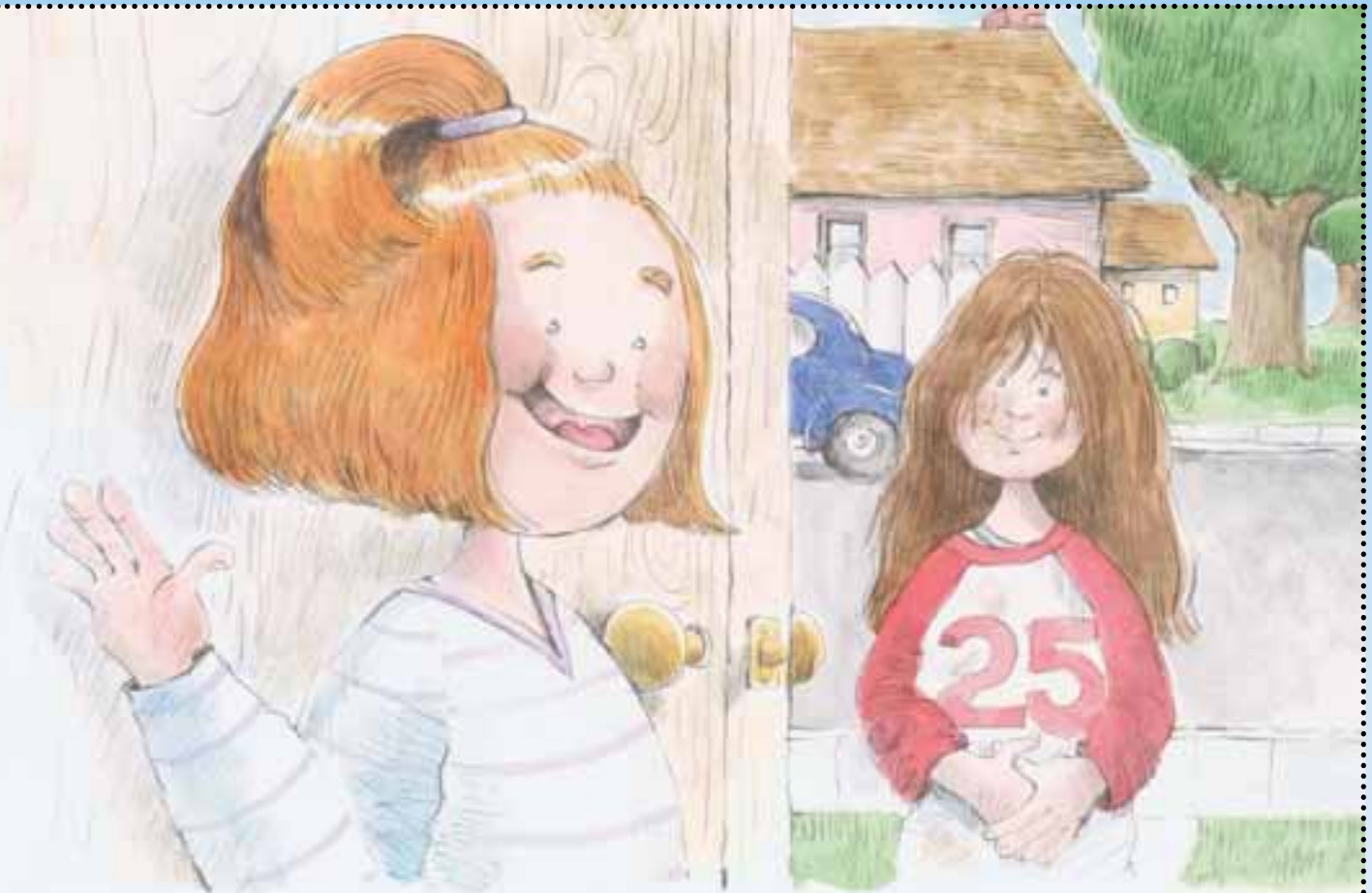
Molly looked sadder and sadder as more children made fun of her. She seemed to scrunch up inside of herself and wouldn't look up from the ground. Watching Molly, Lindsay felt sick to her stomach and wanted to make the bullies stop. But what could she do? She thought about the family home evening lesson her mom had given the night before. They had talked about how Heavenly Father loves all of His children and wants them to love each other. She thought about the song they sang: "I'm Trying to Be like Jesus."

Mustering her courage, she called out, "Leave her alone!"

It was suddenly quiet as everyone turned to look at Lindsay. Carrie and her friends stopped laughing, and one of them yelled, "What did you say?"

"I said leave her alone," Lindsay repeated. "She's doing her best." Lindsay held her breath while she waited to see what the girls would do. Carrie and her friends whispered to each other for a minute. Then they started yelling mean things about Lindsay! They made fun of her clothes, her hair, and the way she played kickball. Lindsay started shaking and felt





tears drip down her cheeks. Then the bell rang for school to end.

Lindsay ran all the way home and cried as she told her mom what had happened. “Mom, I was trying to be like Jesus and think about Molly like He does. I thought I was choosing the right, but I got made fun of! It’s not fair!”

Her mom stroked her hair. “You *did* choose the right, honey, and it *isn’t* fair. But choosing the right doesn’t mean that nothing bad will ever happen to you. Just think about Jesus.”

Lindsay remembered that Jesus had always chosen the right, but people made fun of Him, spit on Him, and even crucified Him. “Then why should I try to be like Him if bad things are going to happen to me?” she asked, wiping away a tear.

Mom hugged her close. “Bad things *might* happen to you, but I promise you that wonderful things *will* happen when you follow the Savior,” she explained. “How did you feel when you stood up for Molly?”

“I was scared, but at the same time I felt good inside. I knew I was doing the right thing.” Lindsay

started to feel a little better. “You know what, Mom? When those kids were saying all those mean things about me, I thought, ‘This must be how Molly feels a lot of the time.’ And it’s terrible! I’m never going to say mean things about her again.”

Just then the doorbell rang. When Lindsay answered it, she saw Molly standing on the porch, shuffling her feet and looking nervous. “I wanted to thank you for standing up for me during kickball,” she said.

Lindsay’s heart filled with happiness. Suddenly the bullies didn’t seem to matter that much. “You’re welcome,” Lindsay said. “Do you want to stay and play?”

Molly smiled, and Lindsay didn’t notice her clothes or shoes or hair at all. When she looked at her, she only saw a friend. ●

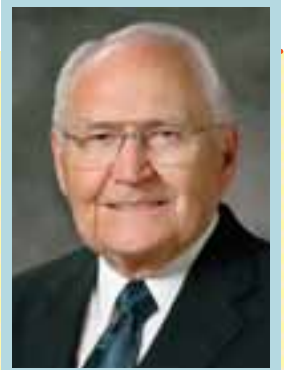
“Be not afraid to speak out for the right. . . .
Let us defend the weak.”

**President David O. McKay (1873–1970),
in Conference Report, Oct. 1968, 145.**



Why are families so important?

Continue building lasting, loving relationships for all family members.



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

You are part of that eternal unit that requires your best effort.

Families lie at the center of our Heavenly Father's plan.



Be certain you bring warmth, kindness, understanding, consideration, and a strong love to your eternal family.

In a world of turmoil and uncertainty, it is more important than ever to make our families the center of our lives.

Listen to one another, be united, work together, play together, pray together, study together. Live celestial principles together, serve the Lord together.

From "The Importance of the Family," Ensign, May 2003, 40–43; "Youth of the Noble Birthright," Ensign, Nov. 1998, 73–75; "Born of Goodly Parents," Ensign, May 1985, 21–23.



FROM THE LIFE OF PRESIDENT SPENCER W. KIMBALL

Overcoming Challenges

Throughout his life, President Spencer W. Kimball faced many health challenges.

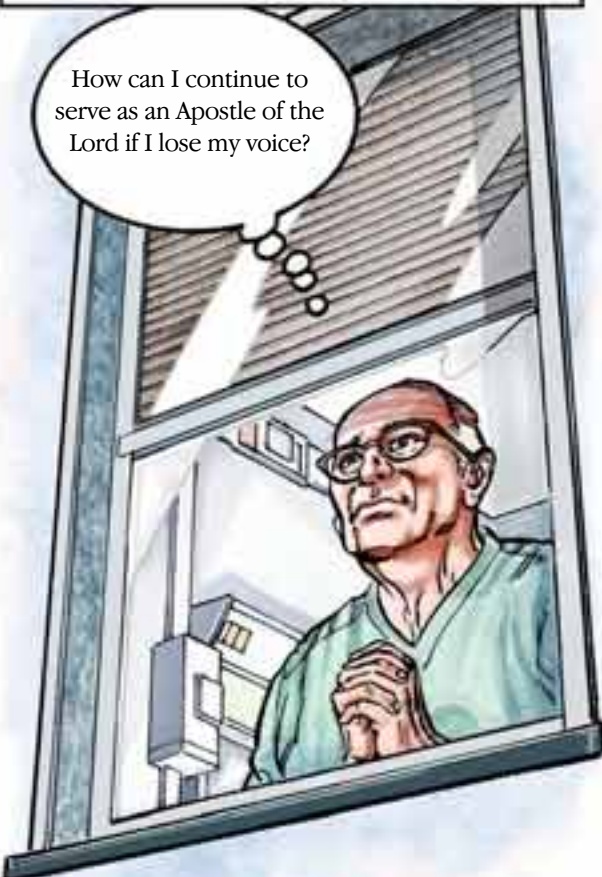
You may have cancer in your throat. I recommend we operate.



My sister died of cancer. I'd better have the operation.

The surgeries that worried him the most were on his throat.

How can I continue to serve as an Apostle of the Lord if I lose my voice?

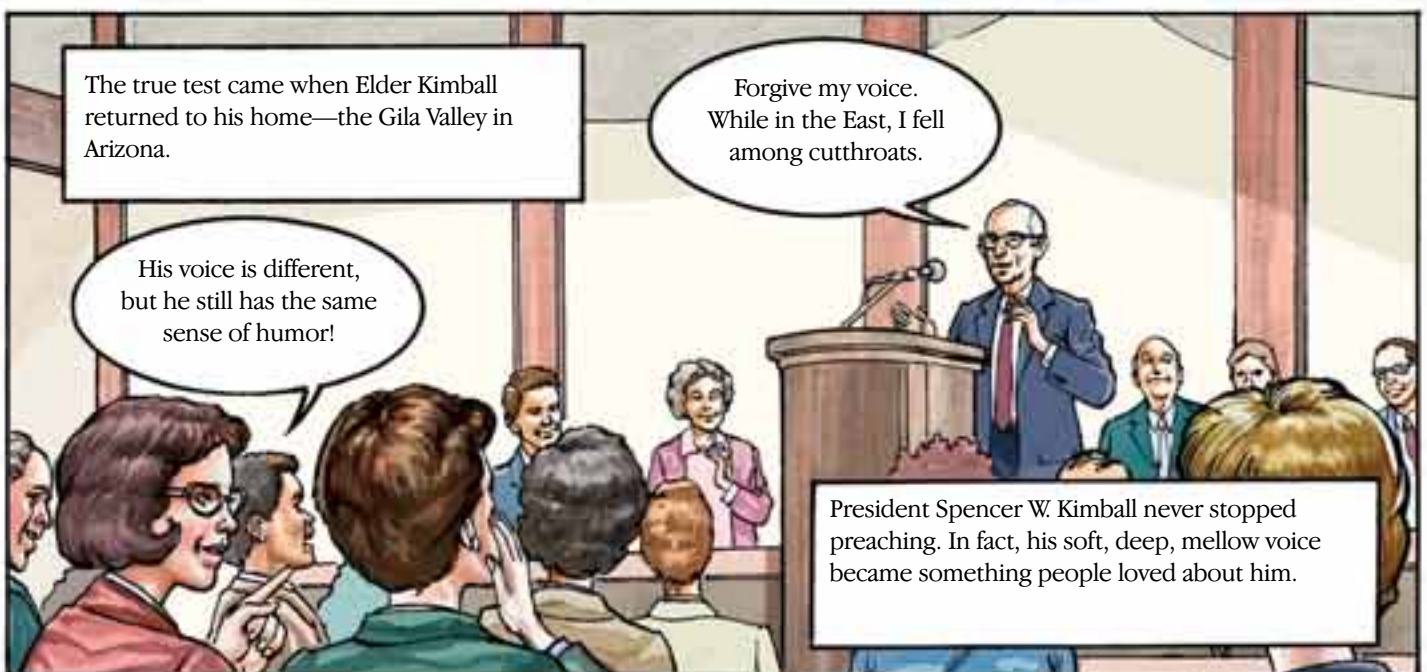
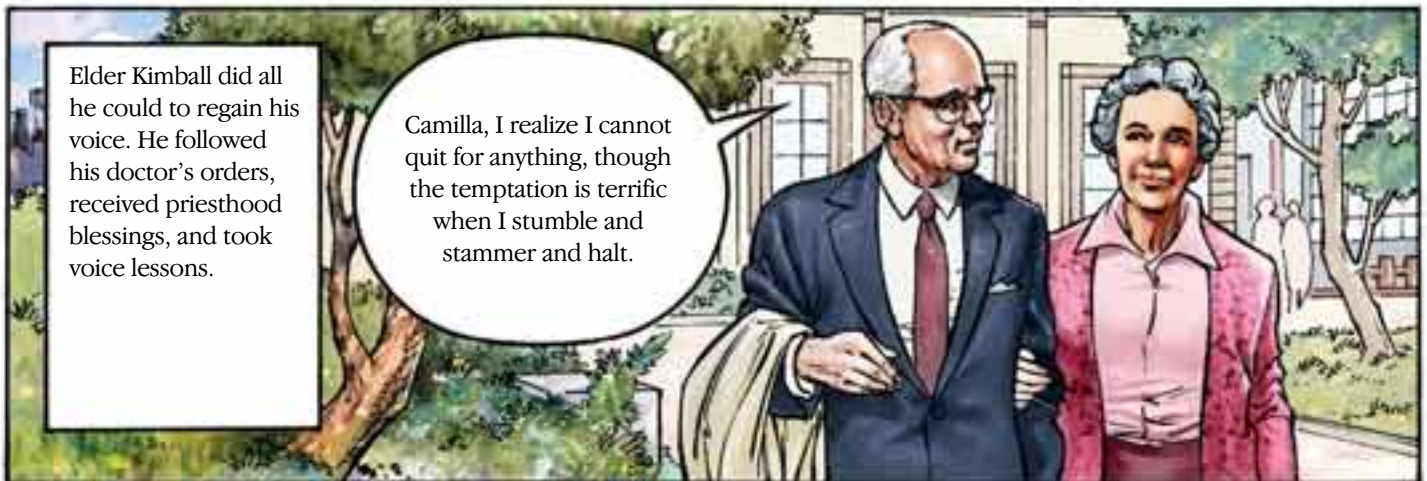
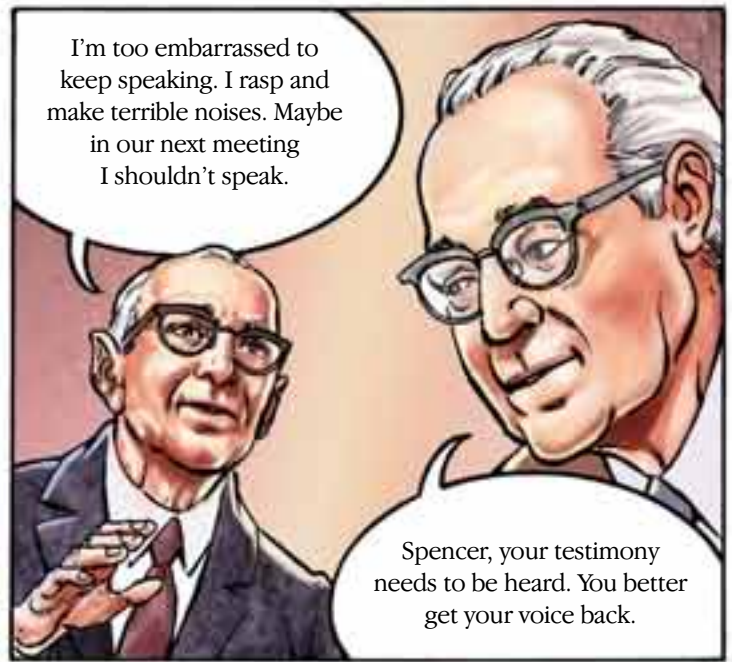


Once, as he was being wheeled out of an operating room, the attendant, angry at something, cursed, taking the Lord's name in vain.

Please don't say that. He is the person I love most in this world.



I'm sorry. I shouldn't have said it.





He who loveth God love his brother also (1 John 4:21).

Missing Michael

BY SHEILA KINDRED

(Based on a true story)

There's the steeple!" Natalie called out. She loved going to church. Sunday was her favorite day of the week, except for one thing—she was sad that her brother, Michael, chose not to go to church with the rest of the family.

As Natalie sat quietly during sacrament meeting, she thought about Michael. When he used to come to church, Natalie liked to sit next to him while she looked at her picture books about Jesus. After sacrament meeting, Michael would take her hand and walk her to Primary. "See you later, Sis," he would always say. But Michael hadn't been to church in a long time.

Natalie wished she could tie him up with her jump rope and pull him to church in her little red wagon, but she knew he wouldn't like that. What else could she do?

In Primary, Sister Chang greeted her class cheerfully. "I am so glad you are all here today," she said. "It makes me happy to see your smiling faces. But who is missing?"

Natalie looked around the room. She raised her hand. "Jed," she called out. "Jed isn't here today."

"You are right," Sister Chang said. "Jed wasn't here last week either."

"Maybe he's sick," Lisa suggested.

"Maybe he's on a trip," Boyd said.

"Maybe he just didn't want to come," Natalie said quietly.

"We need to let him know we love him and miss him when he's gone," Sister Chang said.

"How can we do that?" Natalie asked.

"We'll tell him," Sister Chang said. "Little things can often make a big difference. I made a card for you to sign, and you can each draw a special picture for Jed."

Natalie decided to draw a picture of a mountain and trees because she knew that Jed liked the outdoors. And then Natalie asked her teacher if she could draw another picture to take home.

When Natalie got home from church, she found Michael in his room listening to music. "Hi, Sis," he greeted her. "What's up?"

Natalie handed him a folded piece of paper. "I made you a card."

"For me?" Michael smiled. "Why? It's not my birthday or anything."

"Sister Chang helped me write the inside. It says, 'I miss you when you don't come to church with us. I love you.' And I signed my name."

"Thanks," Michael said softly. "It's a nice card. You did a good job."

"You're welcome." Natalie gave her brother a hug and hurried off to help Mom fix dinner. She felt happy inside. She loved her brother so much, and now he knew it too.





I Love You!

The following Sunday, Natalie was so excited when Michael decided to go to church. She held his hand as they entered the chapel. She sat quietly next to him during the service. Natalie saw Jed sitting two rows up and gave him a little wave.

Natalie loved going to church, especially when all her friends and family were there. She decided that from now on, if she missed someone, she would say so, because sometimes little things can make a big difference. ●



“It is our responsibility . . . to see that every one who is baptized is encouraged and made to feel the wondrous warmth of this gospel of our Lord.”

President Gordon B. Hinckley, “Find the Lambs, Feed the Sheep,” *Ensign*, May 1999, 110.

BY MARIANNE MONSON

(Based on a true story)

Pray unto the Father with all the energy of heart

(Moroni 7:48).

Mom, will you make me a hard-boiled egg to take to the park?" Nathan asked.

"Sure," Mom said. "Pull out the pan, please."

Nathan took a pan out of the cupboard and carefully filled it with water. Mom helped him carry it to the stove, gently placed an egg in the water, and turned on the flame. Nathan loved hard-boiled eggs. Mom set the timer and then hurried to gather the other things they needed for the park.

"Please put your shoes on," Mom told Nathan and Aria.

Nathan helped his little sister tie her laces. "We're going to the park!" he told her. He held her hand and led her to the car. Mom helped them get their seat belts on, and they were on their way.

At the park, Aria liked following the ducks. Nathan threw sticks into the stream on one side of the bridge and watched the water carry them out the other side.

"Can I have my egg now?" Nathan asked.

Mom's face froze with fear. "Oh no!" she said.

"Your egg!" She jumped up from the bench and picked up Aria. "Nathan, I need you to run really fast. We left the egg on the

stove and it could start a fire! We need to get home right away."

Mom started running back toward the car. Nathan ran as fast as he could. As he ran, he thought about something he learned in Primary: "I can pray anywhere. I can pray anytime."

"Well, I guess I can pray even when I'm running," Nathan thought. He kept running, and inside his head he thought, "Dear Heavenly Father, please bless our house to be safe. In the name of Jesus Christ, amen."

As soon as Nathan finished his prayer, he felt a warm feeling in his heart. He knew that it was the Holy Ghost letting him know everything would be all right.

"Mom!" Nathan said.

"What?" Mom slowed down a little.

"I just said a prayer in my heart and I felt a really warm feeling. I think our house is going to be OK."

Mom stopped running and smiled. "Nathan, I am so glad you told me about your prayer. I feel much better now because the Holy Ghost always tells the truth." Mom took Nathan's hand and they walked to the car.

When they got home, the pan still had bubbling water in it. "It is a running-prayer miracle," Mom said.

Nathan smiled. His heart felt warm and full. He knew that Heavenly Father had answered his prayer. "Mom, can I have my egg now? I think it's probably done."

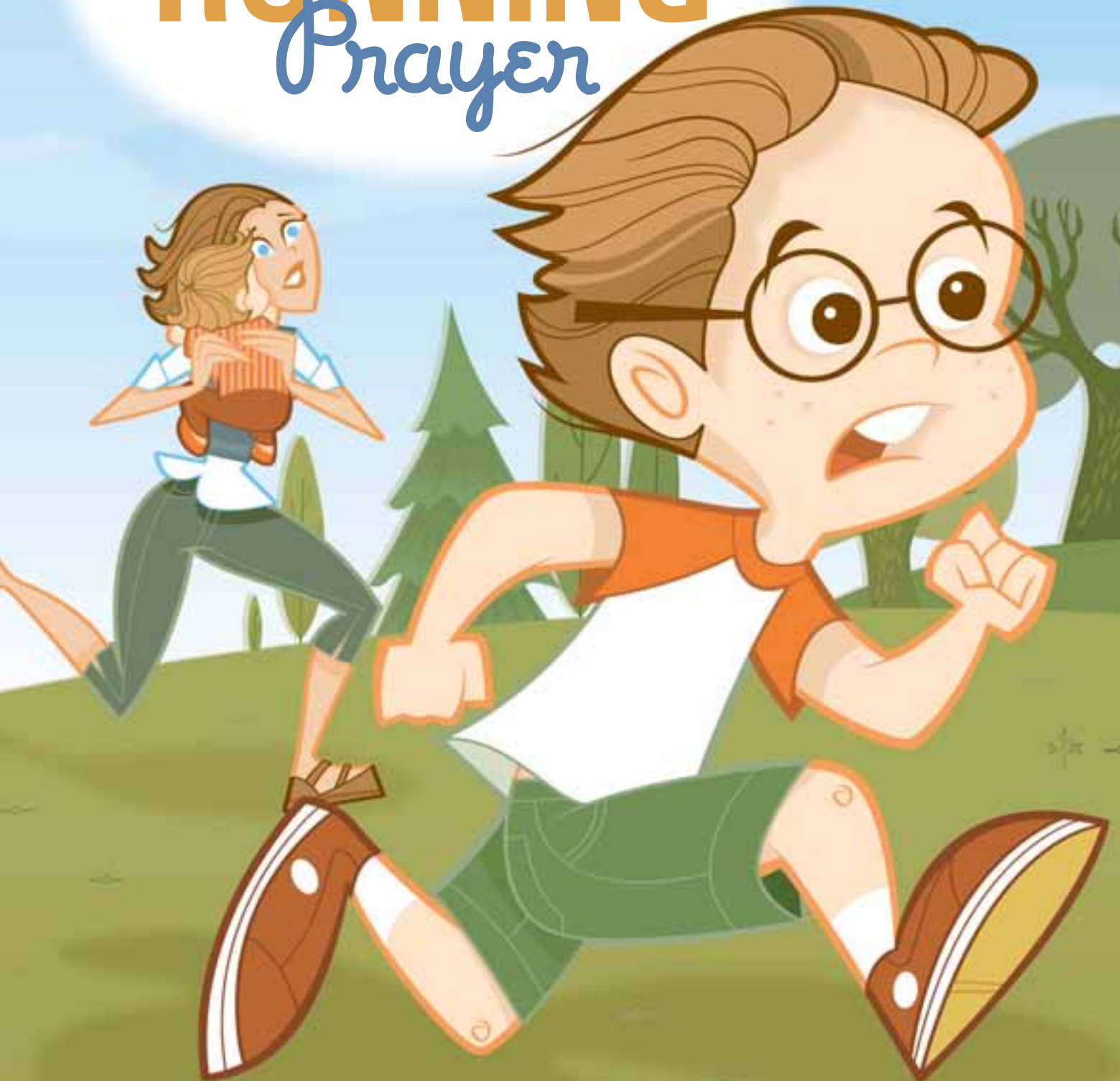
Mom and Nathan laughed. ●

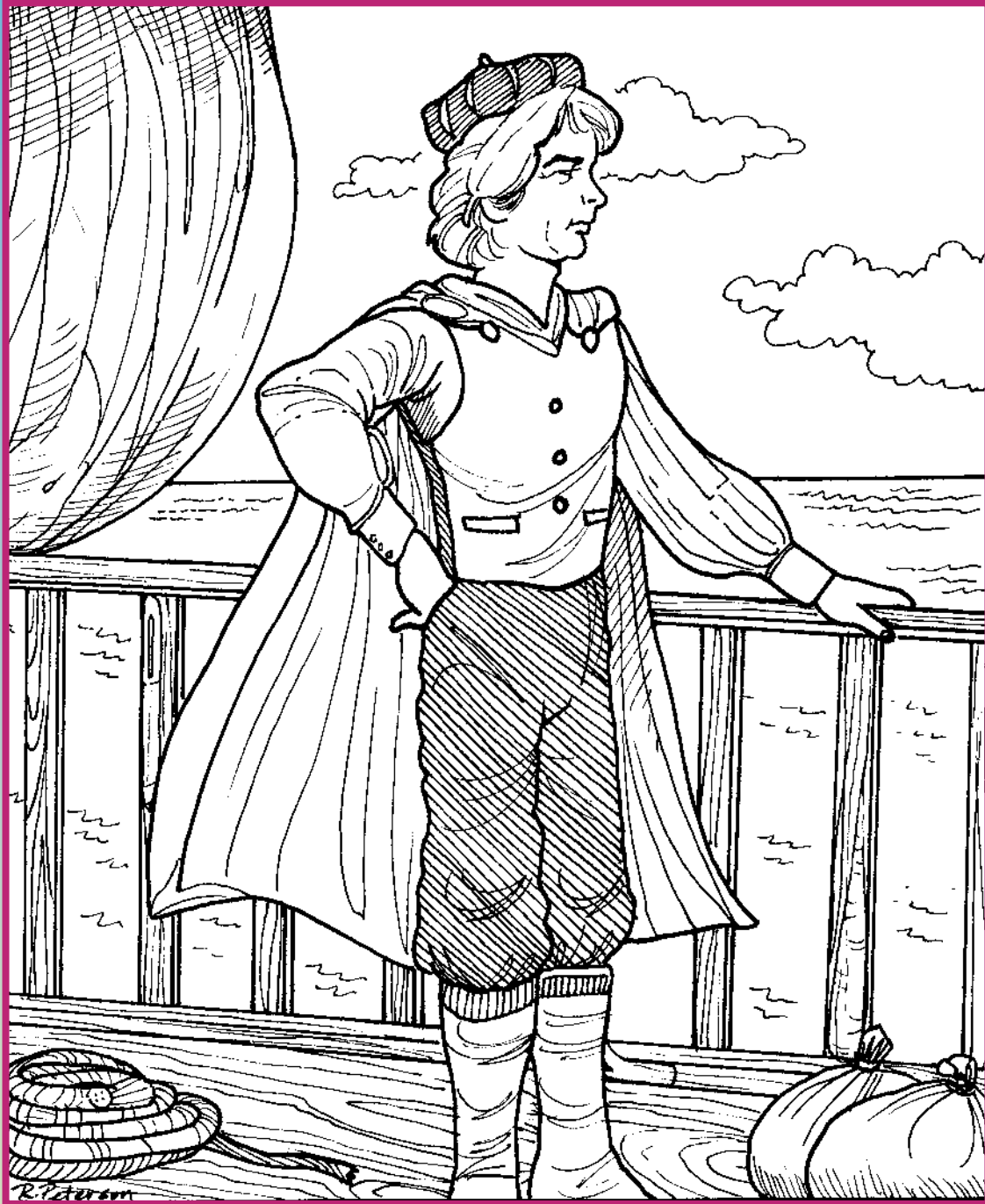
"Many prayers are spoken while we are on our knees. . . . But silent prayers of the heart also reach to heaven."

President James E. Faust, Second Counselor in the First Presidency, "The Lifeline of Prayer," *Ensign*, May 2002, 60.



The RUNNING Prayer





Christopher Columbus

BY ROBERT A. PETERSON

The great explorer Christopher Columbus was seen by the prophet Nephi in a vision. (See 1 Nephi 13:12.) “Explore” this picture until you find a boot, a carrot, a comb, an eagle’s head, a feather, a fork, a knife, a pen, a saltshaker, a spoon, a water pitcher, and a woman’s shoe. Then color the picture.



The *Guide to the Friend* can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for October is “I show my faith in Jesus Christ when I share the gospel with others.”



Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read President James E. Faust’s article “The Empty Cart” (pp. 2–3). Even though the woman in the story gave only one small can of food, her gift was generous. Tell the story of the widow’s mites (Mark 12:41–44 or *New Testament Stories*, 94–95). What makes a gift generous? Give one person in your family a small treat: a piece of cereal, dried fruit, or small candy. Then ask that person if he or she would give the treat to someone else in your family who does not have a treat. If he or she decides to give up the treat, reward the entire family with a bowl full of treats. What can we give others besides treats or money?

2. Use the diagrams in the *Children’s Songbook* to sing and sign “Love One Another” (pp. 136–37). How will people know we are Jesus’s disciples? Natalie showed her brother she loved him by writing him a note (pp. 44–45). What are some other ways to show people you love them? Choose one person in your family and one person in your ward family to show love for this week.

3. What did Yondonjants do to help his father become a member of the Church (p. 18)? Now that they have all been baptized, what does Yondonjants’s family like to do for family home evening (p. 20)? Choose your favorite scripture story. Collect towels, blankets, and other simple props and give them to your family members so they can all help you act out the story.

4. On small pieces of paper, write the words *generous, kind, modest, honest, outspoken, obedient*. Read the stories of children who are

trying to be like Jesus (pp. 22–23). Have family members guess which word describes each experience. When they select the right word, put the piece of paper on top of the story. Then help each other think of a time each of you has shown that characteristic.

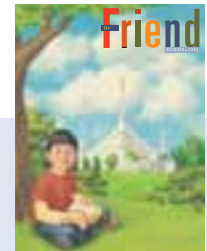
5. Read “A Testimony to Share” (pp. 24–25). Pause before reading the last word in each stanza so everyone can guess what rhyming word will come at the end of the line. When you finish the poem, see how many things you can remember the poet testifying of. What kinds of things are appropriate to share in a testimony? Invite each family member to share his or her testimony.

6. Complete the “Preparing for a Mission” activity (p. 30). Draw a circle around the pictures of activities that you are already doing to prepare for a mission. Then choose one activity you would like to start doing. For your next family home evening lesson, plan to do this activity. You might decorate a box to use as a savings bank for your mission, invite someone from your family or ward to teach you a few phrases in another language, or have a parent show you how to iron. Can you think of other skills that would be useful?



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(IBC) = inside back cover
(IFC) = inside front cover
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Manuscript Submissions

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Send children’s submissions to *Friend* Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America, in care of the appropriate department—Our Creative Friends, Friends in the News, Friends by Mail, Trying to Be Like Jesus. A written statement by a parent or legal guardian granting permission to publish the child’s photo and submission must be included. Submissions will not be returned.

What's in the *Friend* this month?



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Find out why Jim went back to the church with an empty cart.

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Who did Gideon invite to his baptism?



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What did Michael do when Natalie made him a card?

