

# the Friend

OCTOBER • 2009



# Friends by Mail



## The Holy Ghost Is Real

One Sunday I was reading a story from the December 2007 *Friend* called "The Holy Ghost Is Real."

While I was reading about the Holy Ghost, tears came to my eyes and I couldn't stop them. The Holy Ghost helped me to know that He is real.

Madeleine B., age 6, Illinois



## Looking Forward to the *Friend*



I look forward to the *Friend* every month because I find the stories interesting and can relate to them. I live in Missouri, and there are not a lot

of members of the Church here. I am excited to hear about children who are members of the Church all over the world.

Jake N., age 12, Missouri

Would you like to write us a letter? Turn to page 49 to find out how.

## I Love the *Friend*

I love the *Friend* because it has lots of stories and activities that I like to read and do. One of my favorite things to read is Friends by Mail. One

reason I like that page is because

it tells how Jesus helps us. When I read Friends by Mail, I see how other people have made good choices when

they were faced with hard decisions. This helps me know that I can make good decisions too.

Mariah L., age 9, Utah



## Favorite Story



My favorite story in the November 2008 *Friend* was "Same-Size Service." I liked it because it shows that it is very kind to help someone have fun when they are not having fun, but you are.

Paola H., age 7, California



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# the Friend

See the  
Guide to the Friend  
on page 49  
for family home  
evening ideas.



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

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Look for the *Friend* mouse throughout this issue to find out which features are online at [friend.lds.org](http://friend.lds.org). See if you can count how many times the mouse appears.



## Hidden CTR Ring

Clue:  
An apple a day keeps  
the doctor away.

Cover by Craig Stapley

# A Prophet's Love

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

Some years ago, President Thomas S. Monson came to a regional conference in Hamburg, Germany, and it was my honor to accompany him.

President Monson asked about Brother Michael Panitsch, a former stake president who had been one of the stalwart pioneers of the Church in Germany. I told him that Brother Panitsch was seriously ill, that he was bedridden and unable to attend our meetings.

President Monson asked if we could pay him a visit.

I knew that shortly before his trip to Hamburg, President Monson had undergone foot surgery and that he could not walk without pain. I explained that Brother Panitsch lived on the fifth floor of a building with no elevators. We would have

to climb the stairs to see him.

But President Monson insisted. And so we went.

I remember how difficult it was for President Monson to climb those stairs. He could take only a few at a time before needing to stop and rest. He never uttered a word of complaint, and he would not turn back. Because the building had high ceilings, the stairs seemed to go on forever, but President Monson cheerfully persevered until we arrived at the apartment of Brother Panitsch on the fifth floor.

Once there, we had a wonderful visit. President Monson thanked him for his life of dedicated service and

cheered him with a smile. Before we left, he gave him a wonderful priesthood blessing.

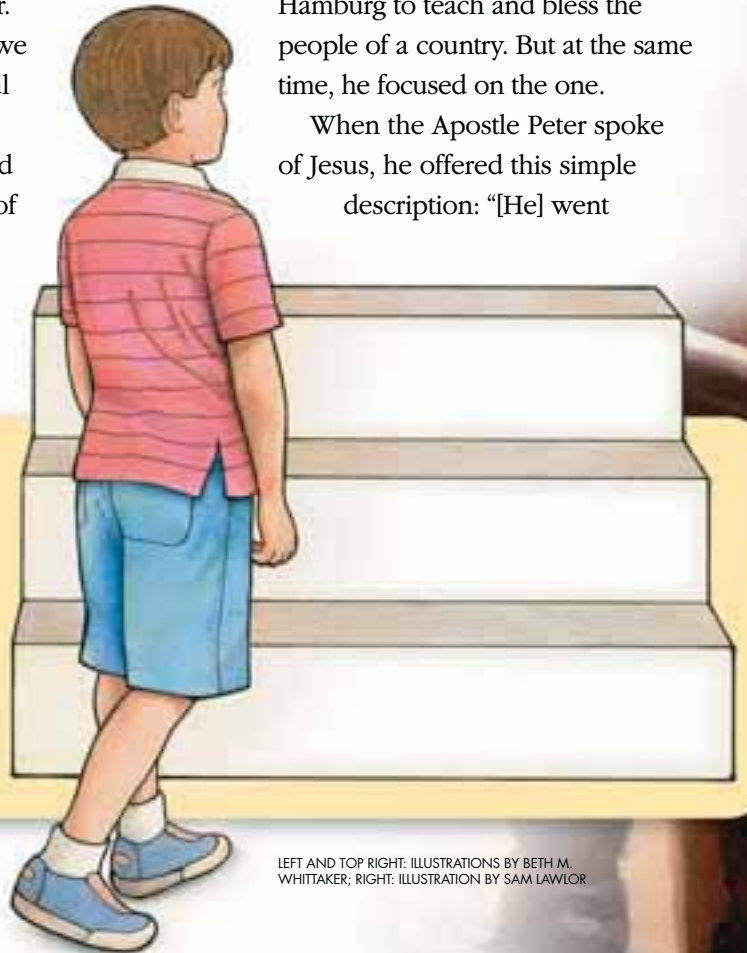
President Monson could have chosen to rest between our long meetings. He could have asked to see some of the beautiful sights of Hamburg. I have often thought of how remarkable it was that of all the sights in that city, the one he wanted to see more than any other was a feeble and ailing member of the Church.

President Monson came to Hamburg to teach and bless the people of a country. But at the same time, he focused on the one.

When the Apostle Peter spoke of Jesus, he offered this simple description: “[He] went

## CLIMBING THE STAIRS

President Monson had to walk up a lot of stairs to help Brother Panitsch. Think of three different things you can do to help someone, especially at home. Draw a picture or write on each stair step to help you remember your ideas.



LEFT AND TOP RIGHT: ILLUSTRATIONS BY BETH M. WHITTAKER; RIGHT: ILLUSTRATION BY SAM LAWLOR

## ER SPRICHT DEUTSCH (“HE SPEAKS GERMAN”)



President Uchtdorf is the first person from Germany to serve in the First Presidency. When he was a child, he spoke German. Now when he speaks in general conference, he speaks English. Look at the sentences at right from a talk President Uchtdorf gave in general conference in April 2008. See if you can translate the German words into your own language.

about doing good” (Acts 10:38).  
The same can be said of the  
man we sustain as the prophet  
of God. ●

*From an April 2008 general  
conference address.*

“I rejoice to have the great privilege of calling myself a member of  
<sup>1</sup>*die Kirche Jesu Christi der Heiligen der Letzten Tage.*” \_\_\_\_\_

“I pray that God will grant me <sup>2</sup>*Kraft* \_\_\_\_\_ and an  
understanding <sup>3</sup>*Herz* \_\_\_\_\_ to  
magnify this sacred  and an  
calling.” 

“I feel so privileged to work closely with <sup>4</sup>*Präsident* \_\_\_\_\_  
Monson. . . . He is the <sup>5</sup>*Prophet Gottes.*” \_\_\_\_\_

### ANSWERS

1. The Church of Jesus Christ of Latter-day Saints.  
2. strength, 3. heart, 4. President, 5. prophet of God.





BY DARLENE YOUNG

(Based on a true story)

*Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you* (Matthew 5:44).

Abby hadn't paid much attention when Rachel and her family moved in across the street. Abby already had a best friend. Besides, Rachel wasn't Abby's type. Rachel and her older brothers wore the kind of clothes that Abby knew her parents would never let her wear. And the Miller kids stayed up really late at night—Abby knew because she heard them yelling at each other and playing loud music.

Abby saw Rachel every day at school but didn't bother to introduce herself. She figured Rachel would find her own friends who were more like her. Sure enough, Rachel started hanging around with Kami. Kami bullied some of the other kids, and she swore a lot. Abby thought Kami and Rachel were perfect for each other.

A few weeks later, Abby stepped out onto her porch to go to school. The night before, Abby and her family had placed pumpkins on their front porch. Abby gasped as she saw the remains of the pumpkins smashed to smithereens and smeared all over the porch steps. Abby stared at the sticky, orange mess and wanted to cry. When she looked up, she saw Rachel's older

brother watching her from across the street. Abby *knew* that Rachel and her brothers had smashed the pumpkins on purpose.

She went inside and told her mom what had happened. "I know it was Rachel and her brothers," she said.

"You can't know that for sure," Mom said.

"I just know," Abby said. "And I hate them."

Abby's mom tried to tell her

that hate was wrong, but Abby didn't listen.

At school, Abby watched Rachel. Would Rachel brag to Kami about smashing the pumpkins? Was she secretly laughing at Abby?

That night after dinner, Mom asked Abby if she would try an experiment.

"I guess so," Abby said. "What is it?"

"For the rest of the week, I want you to do everything you can to replace your anger with feelings of love for Rachel," Mom said. "Pray for her. Think about her. Smile at her at school. Do whatever you can think of to show love. Then we'll talk about it."

"Five days!" Abby thought. She didn't think she could have feelings of love for Rachel, but she wanted to do what her mom asked.

"OK," Abby agreed. "I'll do it for the rest of the week. But I don't know if it will work."

Abby began by praying for Rachel. She didn't really know what to say in her prayer, so she just said, "Please bless Rachel." That day she watched Rachel more closely during school. She noticed that Rachel was having a hard time in math. "That's something I can pray about," Abby thought.

On day two, Abby prayed, "Please help Rachel do better in math." During math class, Rachel must have felt Abby watching her because she looked right back at Abby. Abby didn't know what to do, so she smiled. On the way home from school, Rachel caught up to Abby.

"Why were you staring at me in math?" Rachel asked.

Abby's heart raced. Would Rachel hit her?

"Um, I was wondering if you needed some help. I'm kind of good at math," Abby said.

"I don't need help!" Rachel said, and she ran ahead of Abby.

# The Pumpkin Experiment

On day three, Abby prayed that she would be able to help Rachel. At recess, Rachel didn't play with Kami. She came over to Abby instead. "Are you really good at math?" she asked.

Abby nodded.

"Could you help me after school?"

Abby thought about Rachel's house. She didn't want to go there. "Sure," she said. "Can you come over to my house?"

"OK," Rachel said, smiling. "How about tomorrow?"

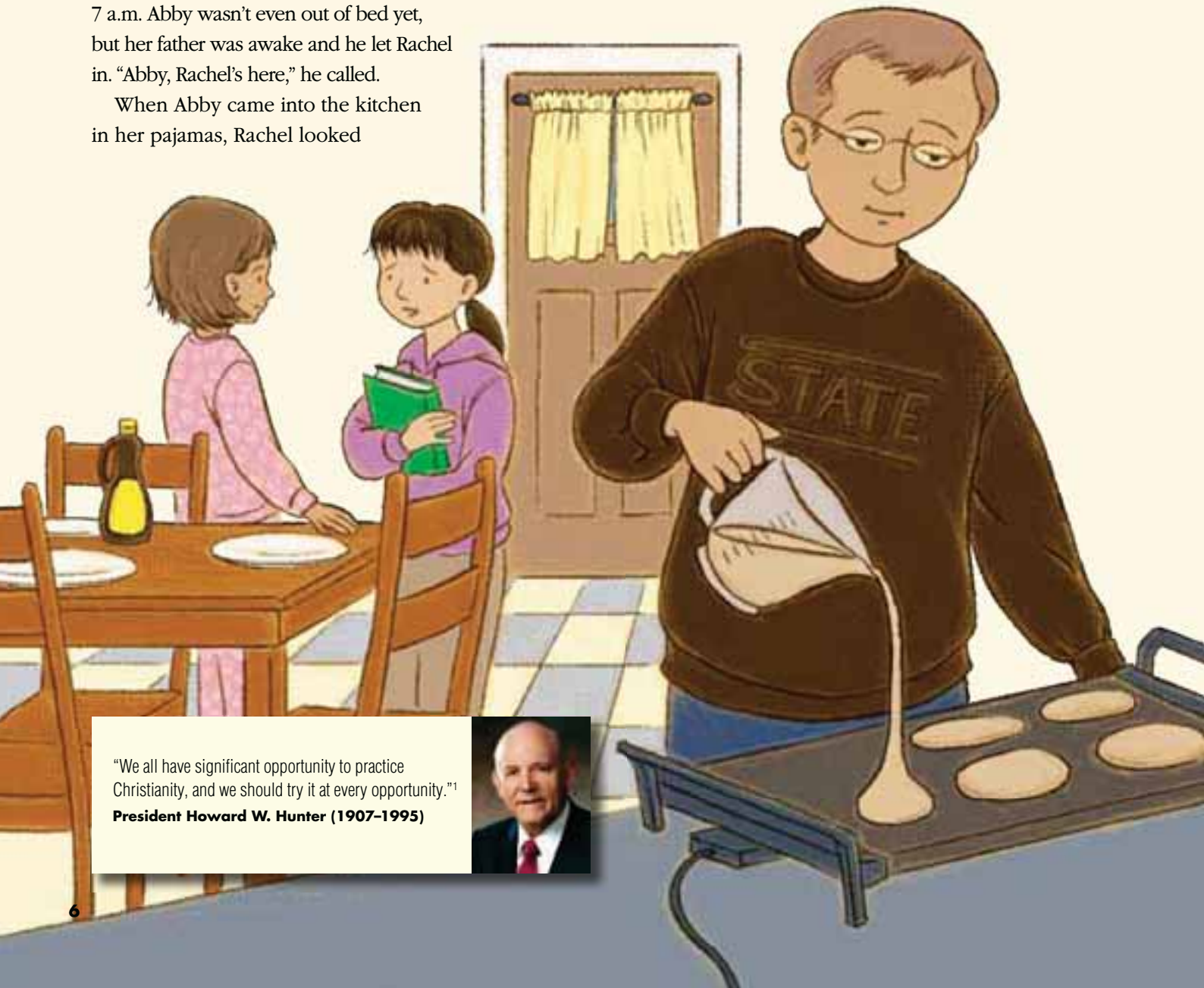
On day four, which was Saturday, the doorbell rang at 7 a.m. Abby wasn't even out of bed yet, but her father was awake and he let Rachel in. "Abby, Rachel's here," he called.

When Abby came into the kitchen in her pajamas, Rachel looked

embarrassed. "I guess I came over too early," she said. "I just didn't want to be at my house right now."

Abby was glad Rachel was in their house. She didn't want Rachel to be feeling sad at her own house this morning. Abby's dad was making pancakes. Abby smiled at Rachel and got her a plate and a fork.

On day five, Abby took Rachel with her to Primary. After church, she told her mom she had been right about the experiment. It *did* feel better to love her enemies. "Only, Rachel's not my enemy anymore," she said. "She's my friend." ●



"We all have significant opportunity to practice Christianity, and we should try it at every opportunity."<sup>1</sup>

**President Howard W. Hunter (1907–1995)**





# Cleaning the Temple Grounds

BY JOSHUA J. PERKEY  
Church Magazines

In Kentucky, in the southern United States, it gets hot and muggy during the summer. One day people noticed that green mold was growing on the fence around the Louisville Kentucky Temple. And not just a little—there was a lot!

So the Primary children of the Crestwood Second Ward in the Louisville Kentucky Stake decided to do something about it. One warm June day they had an activity. “We took rags and buckets of water and soap to clean the fence and help keep our Heavenly Father’s house clean,” said Sara M., age 10. She got soaked, but “it was fun because all our friends were there.”

Josh H., age 9, said he got a little tired cleaning the high parts of the fence. But he had lots of help. In fact, almost all of the Primary children came, about 75 in all. Many brought their brothers and sisters and moms and dads to help.



The children knew they were on the temple grounds, so they tried to be reverent. And no one complained about the hard work. “We had to scrub really hard because the stains had been there for a while,” said Megan H., age 6. But it was worth it. “I knew we were taking care of our Heavenly Father’s home.”

Sara felt the same way. “I really felt the Spirit because I knew Heavenly Father was happy we were doing that,” she said.

After the work was done, the group gathered at the Church building next door to eat hot dogs and to talk about what they learned.

The Primary children can’t wait until they can go in the temple themselves to do baptisms for the dead.

But for now, they are happy knowing they helped the outside look beautiful—just like Heavenly Father’s house should. ●

# Temples Are a Gift from Heavenly Father

BY ELDER YOSHIHIKO KIKUCHI

Of the Seventy

*All children who die before they arrive at the years of accountability are saved in the celestial kingdom of heaven (D&C 137:10).*

A few years ago, I had a stake conference assignment in California. On the flight back to Utah, a beautiful lady in her mid-70s sat beside me. Her name was Patti, and she loved to talk.

Patti told me all about her family—about her husband and her son who had died. Our conversation went on until we were about to land. I said, “Patti, you have been talking for most of the flight. Before we land in Salt Lake City, I’d like to ask you a few questions.”

I asked her sincerely, “Patti, do you know you will see your deceased husband again?”

She said, “Oh, is that possible?”

Then I asked, “Do you know you will also see again your deceased son, Matt, who died as a baby?”

Her eyes became moist, and her voice was shaking. The Spirit of the Lord touched her. She had missed them so much.

Then I prayerfully asked her, “Patti, do you know you have a loving and kind Heavenly Father, who loves you so dearly?”

She said, “Do I?”

I asked, “Patti, do you know your Heavenly Father has a special plan for you and that your family can be forever?”





“Can we?” she replied.

“Have you ever heard the plan before?” I asked.

She said, “No.”

Very sincerely I asked her, “Would you like to know about it?”

“Yes, I would,” she responded.

The Spirit of the Lord touched her deeply.

The missionaries taught Patti. Three weeks later, while she was staying in Utah, Patti called me: “Brother Kikuchi, this is Patti. I am going to be baptized. Would you come to my baptism services?”

My wife and I went to her baptism. Many members were kindly fellowshiping her. Oh, I shall never forget her joyful countenance as she came out of the water!

I shall never forget her sweet tears at the sacred altar in the Salt Lake Temple a year later. I remember her peaceful and celestial glow when she was sealed to her deceased husband and son and to her living daughter, who was already a member of the Church.

My friend Patti found the Lord Jesus Christ. Because of the temple sealing, she now knows her family is forever in the Lord. ●

*From an April 2000 general conference address.*

## A VERY GOOD BOY

**E**lder Kikuchi was born in Japan and grew up there. Every morning when he was small, he got up and got dressed. Then he bowed to his father and said, “Good morning, Father. I will be a good boy.” Then his father hugged him and said, “I love you.” His father’s beard scratched him, but he always knew his father loved him.



**Elder Kikuchi wore a kimono for this photo taken on his second birthday. Can you see the toy he is holding?**

Elder Kikuchi’s father died in World War II. His mother planted a large garden to help feed the family. She grew potatoes, pumpkins, eggplants, beans, carrots, and cabbages.

When Elder Kikuchi was 14, he worked in a tofu factory in the day and went to school at night. Then one day two young men wearing hats, rubber boots, and overcoats knocked at the door. They were missionaries. Elder Kikuchi felt the Spirit when the missionaries taught him about the gospel. Just 14 days later, he was baptized.

A few years later he went to college and graduated.

In 1977 Elder Kikuchi became the first General Authority from Japan.



**Elder Kikuchi (left) at age 13 with junior high friends.**

# The Tortilla Miracle

BY JANE MCBRIDE CHOATE

(Based on a true story)

*Come ye, and let us go up to the mountain of the Lord, to the house of . . . God (2 Nephi 12:3).*

**T**wo young men dressed in white shirts and ties came to our home in Honduras. “We are from The Church of Jesus Christ of Latter-day Saints,” they said.

Mama welcomed them in. The missionaries taught our family about the gospel of Jesus Christ. Though I was only nine, I felt the truth of their words in my heart.

“What must we do to become members of Christ’s Church?” Papa asked.

“Be baptized,” one of the elders said.

Mama, Papa, and I were baptized one month later. My brother, Tomas, who was six years old, would be baptized in two years.

While teaching us more about the gospel, the elders explained how families could be sealed together in the temple.

The closest temple was in Guatemala, many kilometers away. We would need to pay for a two-day bus ride and two nights’ lodging in the city. We had no money for such a trip, but Mama and Papa refused to let that stop us from attending the temple.

Every year our family grew corn. We used it to make tortillas to sell to travelers who passed through our village.

Mama pulled out a paper and pencil. She added up some numbers and said, “We must sell 2,500 tortillas to pay for our trip.”

My eyes widened. That was so many tortillas! “We have never sold so many tortillas,” I said.

Mama didn’t look worried. “The Lord will provide,” she said. “Raoul, you and Tomas must help your papa harvest the corn,” Mama told me.

Tomas and I helped Papa harvest the corn. Every day, Mama ground it, made the dough, and fried it. Tomas and I took the tortillas to the village.

“A bus of tourists came today,” I told Mama when we returned home the first day. “We sold many tortillas.”

“It is a miracle,” Mama said.

Every day we sold more tortillas. Within a few months we had saved the money we needed to make the journey to Guatemala.

But I was still worried. I had heard stories about robbers who stopped buses passing through the jungle. They took all the passengers’ valuables.

“What about the robbers?” I asked.

“The Lord will protect us,”

Mama said. Then she asked, “Raoul, do you believe in the gospel?”

“Yes.”

“Then you know that we must do all in our power to follow the Lord and His prophets.”

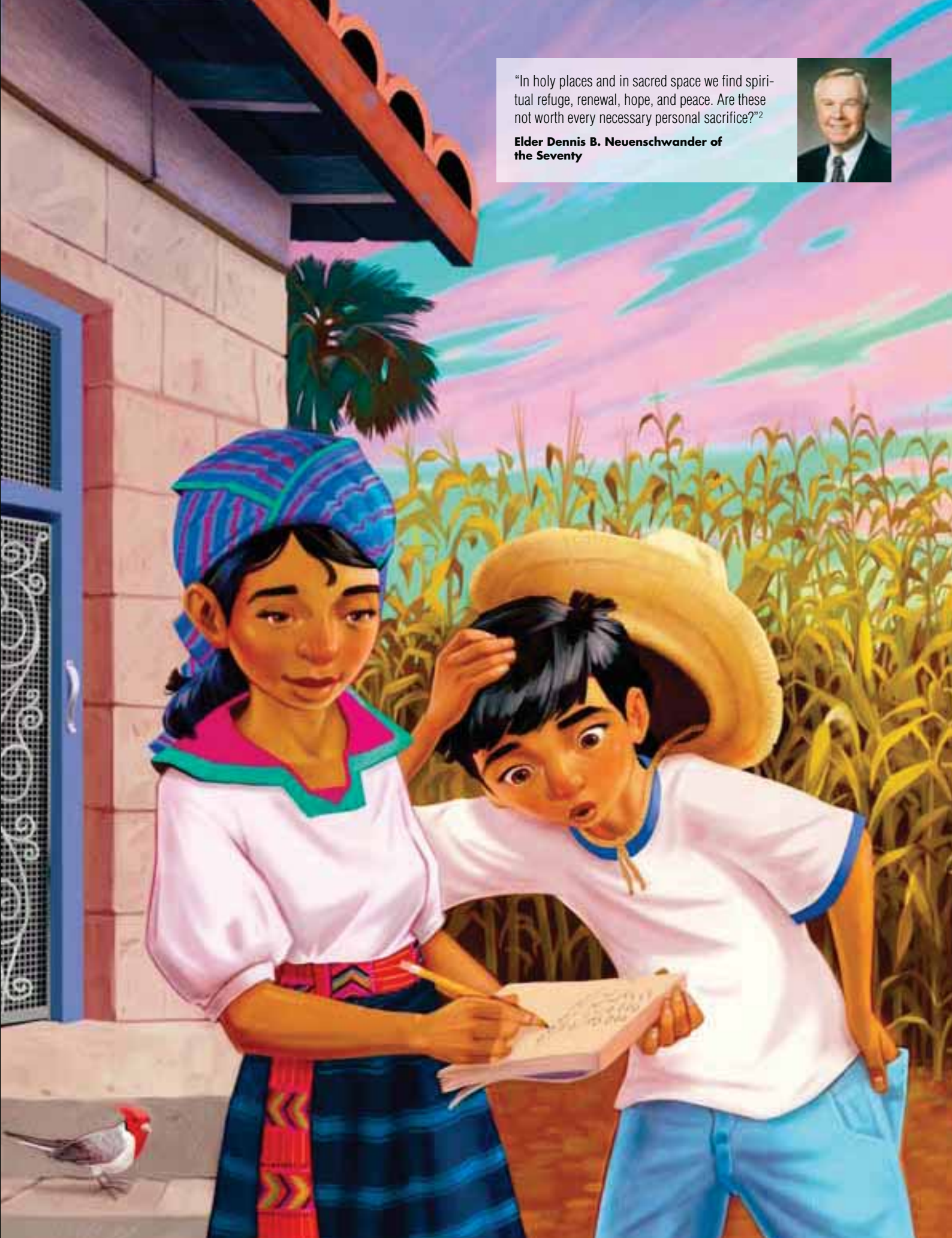
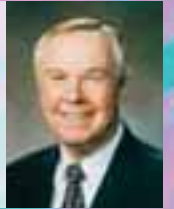
One year after we were baptized, my family was ready to make the trip to the temple. We rode to Guatemala City in a bus. I will never forget the spirit I felt as my family was sealed together for time and eternity.

That night, as I knelt to say my prayers, I thanked Heavenly Father for the blessings of the temple. ●



"In holy places and in sacred space we find spiritual refuge, renewal, hope, and peace. Are these not worth every necessary personal sacrifice?"<sup>2</sup>

**Elder Dennis B. Neuenschwander of the Seventy**



# Friends in the News

## Meet some Primary children



**Michael S.**, 8, wants to be a missionary. He is a loving boy and very helpful. He likes to draw and work on cars.



**Elizabeth A.**, 5, was excited to give her first talk in Primary. She enjoys being with her cousins at church.



**Lexi A.**, 9, likes to read, especially the *Friend* magazine. She is always the first in her family to find the hidden CTR ring.



**Mikayla D.**, 8, likes to dress up, go to Brownies, and is excited to be baptized. She will share that special day with her cousin Sebastian, who will also be baptized.



**Tyler D.**, 6, likes to help her mom at home with her little brother, Mason. She also enjoys gymnastics.



**Sierra H.**, 9, likes to draw, paint, and decorate. She loves her family and is a big help around the house. She takes her scriptures to church every week.



### Guelph Ward

The Relief Society sisters of the Guelph Ward, Kitchener Ontario Stake, worked together to make an "I Am a Child of God" pillowcase for every child in their Primary. The children were excited to receive them, and enjoy using them at bedtime.

### Phoenix Branch

Primary children from the Phoenix Branch, Durban South Africa Stake, participated in a stake activity where the children wore modest clothing and participated in a fashion show. They learned about being reverent and dressing modestly for when they go to the temple someday.



Would you like to be a friend in the news?  
Turn to page 49 to find out how.

## from Covington, Virginia!



**Erin L.**, 9, loves her four sisters very much. She likes to sing, especially Primary songs.



**Emileigh M.**, 9, enjoys doing crafts, scrapbooking, and writing. She likes Primary and is planning to memorize the Articles of Faith.



**Miranda R.**, 9, likes going to church with her two older sisters. She enjoys cheerleading and acting. Her favorite food is pasta.



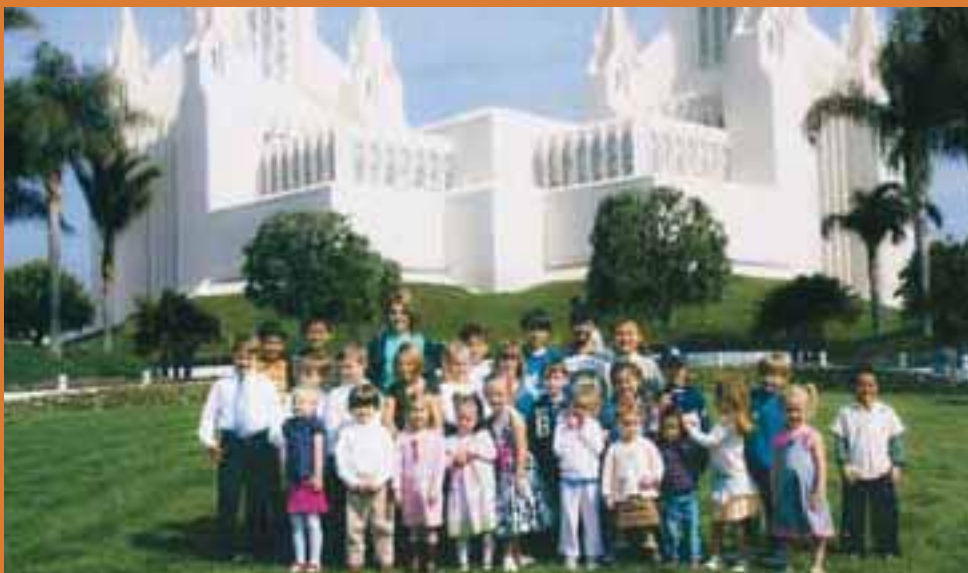
**Renate S.**, 11, is very loving and likes to help others. She wants to be a missionary. She enjoys drawing and being with her best friend.



**Hannah S.**, 3, is a sweet girl. She likes to cook and spend time with her family.



**Kiersten T.**, 7, is bright and cheerful. She likes gymnastics, playing the piano, and helping take care of her two younger brothers.



### San Diego Sixth Ward

The Primary children in the San Diego Sixth Ward, San Diego California Stake, learned about temples at an activity. They saw pictures of temples and learned why it is important to have temples today. They also learned what they can do to have an eternal family.

### Jacksonville Second Ward

The *Friend* was the theme of an activity for the children of the Jacksonville Second Ward, Wilmington North Carolina Stake. They made a Kitchen Krafts recipe, wrote how they are trying to be like Jesus, and played a Funstuf game. They also listened to President Eyring's message in the *Friend* about nourishing the faith of others.



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# THE FAMILY

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## A PROCLAMATION TO THE WORLD

### THE FIRST PRESIDENCY AND COUNCIL OF THE TWELVE APOSTLES OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

**WE**, THE FIRST PRESIDENCY and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children.

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose.

IN THE PREMORTAL REALM, spirit sons and daughters knew and worshipped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize their divine destiny as heirs of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

WE DECLARE the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

HUSBAND AND WIFE have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalm 127:3). Parents have a sacred duty to rear their children in love and righteousness,

to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

WE WARN that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

WE CALL UPON responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

*This proclamation was read by President Gordon B. Hinckley as part of his message at the General Relief Society Meeting held September 23, 1995, in Salt Lake City, Utah.*

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# We Believe the Family Is Ordained of God



*The family is central to the Creator's plan for the eternal destiny of His children* ("The Family: A Proclamation to the World").

**BY CHERYL ESPLIN**



Amalickiah was a wicked man. He promised the Nephites many things if they would make him the king. Many people believed him and turned away from righteousness.

Moroni was the captain over the Nephite armies. He was righteous and believed in Jesus Christ. When Moroni heard that many people were being led away by Amalickiah, Moroni became angry with him. He knew the people were in danger of losing their freedom.

Moroni tore off a piece of his coat and wrote on it, "In memory of our God, our religion, and freedom, and our peace, our wives, and our children" (Alma 46:12). He fastened the fabric to the end of a pole and called it the title of liberty. Then he prayed for the people and visited them, waving the title of liberty and calling on

the Nephites to join him in protecting their freedom (see Alma 46:1–21).

You live in a day when there are people like Amalickiah who want to lead us away from following Heavenly Father's plan. One of the most important parts of that plan is families.

Heavenly Father wants members of the Church to understand His plan for families. The First Presidency and the Quorum of the Twelve Apostles wrote "The Family: A Proclamation to the World" to declare what we believe about families. Like the title of liberty, the proclamation can encourage us to remember and explain what we believe. ●

## **Activity**

Remove page 14, and mount it on heavier paper. Hang the proclamation in a place where your family can see it and remember the importance of strengthening each other.

## SHARING TIME IDEAS

**October Theme: “The Family: A Proclamation to the World” teaches me about families. (Note: All songs are from *Children’s Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit, TNGC = Teaching, No Greater Call. Gospel art can also be found at [gospelart.lds.org](http://gospelart.lds.org).)**

1. **“The Family: A Proclamation to the World” is modern-day revelation.** Have the children listen for how many times they hear the words “reveal” or “revealed” as they repeat the ninth article of faith together. Teach that God continues to reveal His will to His children. This communication from God is called revelation. Give a copy of “The Family: A Proclamation to the World” to each child, and explain that the proclamation is revelation given in our day through God’s chosen servants. Have the boys read the title while the girls listen for what this proclamation is about (the family). Next, have the girls read the title while the boys listen for whom the revelation is to (the world). Tell the children that the proclamation teaches us what Heavenly Father wants us to know about families. It teaches us how we can strengthen our families and how to prepare to live in an eternal family.

Provide each class with a different sentence or phrase from the proclamation with some words missing. Have them work together to fill in the blanks with the correct words. You may want to include the paragraph number and provide the answers in scrambled order. For example: “The \_\_\_\_\_ is \_\_\_\_\_ to the Creator’s \_\_\_\_\_ for the eternal destiny of His children” (paragraph 1: plan, family, central). Invite each class to stand and recite their completed phrase or sentence. Sing the first verse of “The Family Is of God” (*Friend*, Oct. 2008, 28–29). Emphasize that the proclamation on the family is revelation from God and that we need to understand and live its teachings. Gather the copies of the proclamation; you will use them again in week three.

2. **“The Family: A Proclamation to the World” teaches the importance of marriage.** Invite a few members of the ward or branch approved by the bishop or branch president to participate in a panel discussion on the importance of marriage (see “Panel Discussions,” *TNGC*, 175–76). Ahead of time, give them the questions you will ask. Examples: How has Heavenly Father blessed you and your spouse? Could you share a story about a gospel teaching that has helped you be a good wife (or husband)? What can children do now to prepare for being married someday? You may want to suggest that the participants review “The Family: A Proclamation to the World.”

Begin sharing time by showing GAK 609 (Young Couple Going to the Temple) and asking the children what they think sharing time is about (marriage). Introduce the panel. Let the children take turns choosing and reading a question. Have the panel members volunteer their answers. Sing the second verse of “Families Can Be Together Forever” (p. 188). Bear testimony of the importance of marriage in Heavenly Father’s plan.

3. **“The Family: A Proclamation to the World” teaches my family how to be happy.** Invite two children to stand back to back. Have one child smile and the other frown. While the Primary sings “Smiles” (p. 267), have the two children turn so that the one facing the

Primary is the one representing the words being sung. Hand out copies of “The Family: A Proclamation to the World” to each child. Have the children look in paragraph 7 and circle the word *happiness*. (Teachers or older children can help the younger children.) Read paragraph 7, beginning with “Happiness in family life” and ending with “wholesome recreational activities.”

On each of nine pieces of paper, write one of the following principles: faith, prayer, repentance, forgiveness, respect, love, compassion, work, family activities. In random order, display pictures that correspond to the principles. (Examples: faith: GAK 318 [The Brother of Jared Sees the Finger of the Lord]; prayer: GAK 605 [Young Boy Praying]; repentance: GAK 321 [Conversion of Alma the Younger]; forgiveness: GAK 230 [The Crucifixion]; respect: GAK 611 [The Bishop]; love: GAK 213 [Christ Healing a Blind Man]; compassion: GAK 420 [The Prophet Joseph Loved Children]; work: GAK 615 [Serving One Another]; family activities: GAK 616 [Family Togetherness].) Let each class choose one of the papers. Have them work together with their teacher’s help to tell the Primary how the principle can bring happiness to their families. Then let all of the children suggest which picture illustrates the principle. Bear testimony that we can help our families when we follow the teachings of Jesus Christ.

4. **“The Family: A Proclamation to the World” teaches my family the importance of work.** Have the children hold up fingers to count each of the nine principles while you read paragraph 7 from “The Family: A Proclamation to the World,” beginning with “Successful marriages and families” and ending with “wholesome recreational activities.” See if they can remember the eighth principle (work). To teach the importance and value of work, tell the following story about President Dieter F. Uchtdorf. As a young boy, he worked at his parents’ laundry business, delivering laundry before and after school. For many years he had to ride a big, heavy bicycle, pulling a laundry cart up and down the streets of their town. He said, “Sometimes the cart seemed so heavy and the work so tiring that I thought my lungs would burst, and I often had to stop to catch my breath. Nevertheless, I did my part because I knew we desperately needed the income as a family, and it was my way to contribute.” Dieter knew his hard work as a delivery boy was helping his family. But it wasn’t until many years later that he learned how his hard work helped cure him of a lung disease he never knew he had. He said, “My regular exercise in fresh air as a laundry boy had been a key factor in my healing from this illness” (“See the End from the Beginning,” *Ensign*, May 2006, 43).

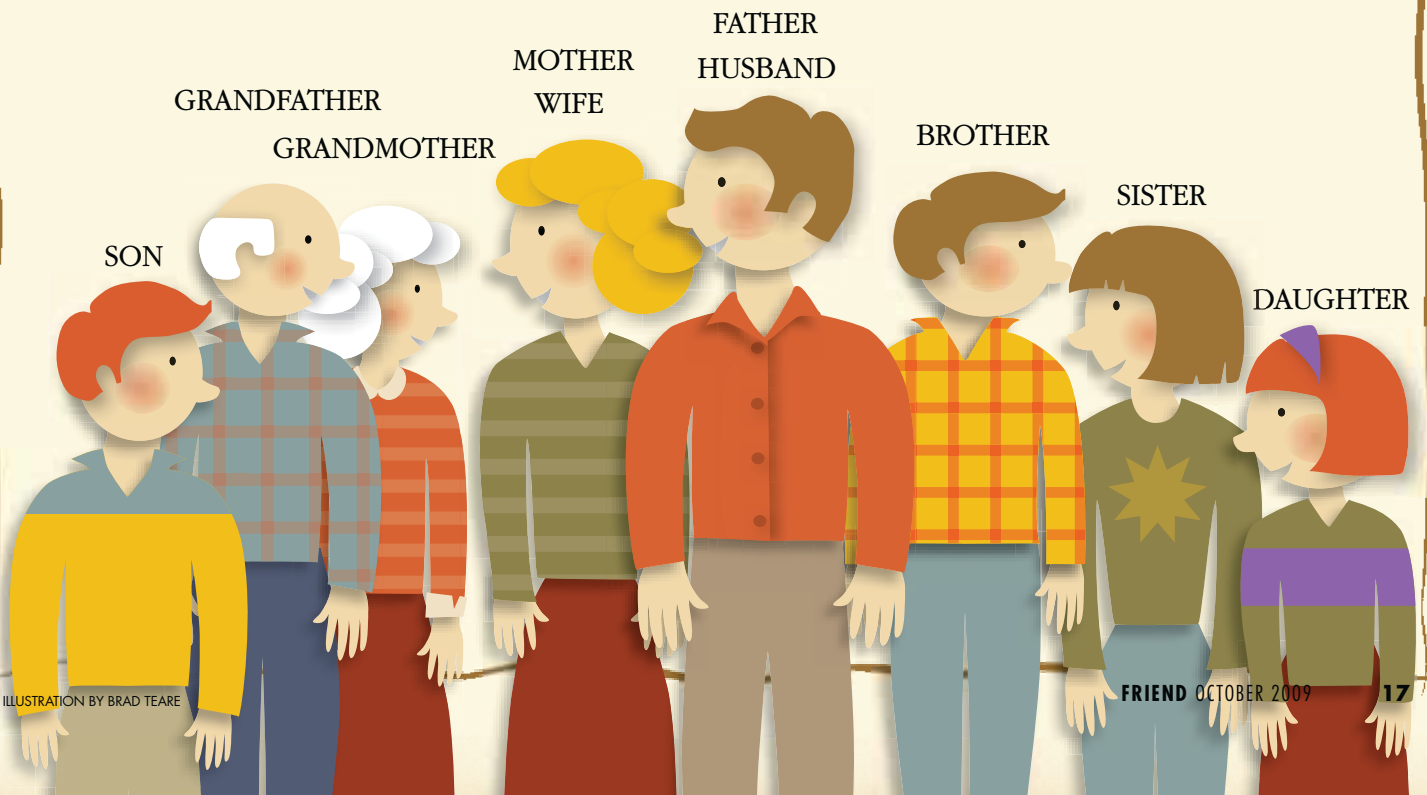
Ask: How do you think delivering laundry helped President Uchtdorf’s family? What are some things you do to help your family? President Uchtdorf said riding the bike and pulling the laundry cart was hard work. What work do you do that is hard? Besides helping his family, how did the hard work help President Uchtdorf? How does working hard help you?

5. *Friend* references: “Heavenly Father’s Plan,” June 2003, 7; “The Family,” Feb. 2004, 24–25; “My Family Can Be Together Forever,” Apr. 2005, 40–41; “The Shield of Faith,” July 2003, 39; “Together Forever,” Feb. 2002, 31; “Choose the Right Way and Be Happy,” Sept. 2005, 20–21; “Prayer and Work,” Nov. 2007, 8–9.

# The Family

“The Family: A Proclamation to the World” teaches us that “the family is central to the Creator’s plan for the eternal destiny of His children.” See if you can find the names of some of the people who are in families.

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





Coleman likes looking at dinosaur bones.



Coleman drew this fish and put it in jewelry and put it on his shirt.



Coleman and Cooper love to play.

Six-year-old Coleman Verburg of Lehi, Utah, and his three-year-old brother, Cooper, are best friends, even though the two had a rocky start. When Coleman was just two years old, he accidentally knocked his newborn brother out of his baby bouncer on Cooper's second day home from the hospital.

But things have changed a lot since then.

"Coleman is very patient with his brother," his mom says. "He is a good example because he shares his toys so freely. Cooper loves his big brother. Coleman is his hero."

### A UNIQUE CHALLENGE

One of the reasons why Cooper loves his brother so much is because Coleman is often able to talk to him more easily than he is able to talk to others. Coleman has a condition called autism,

which sometimes makes it difficult for him to communicate with other people.

Some children with autism cannot speak at all. Although Coleman can speak, he has had to work hard to learn how to share his feelings with others.

BY CHAD E. PHARES  
Church Magazines





A daisy from a park near Coleman's house.



Coleman uncovering dinosaur bones.



The tyrannosaurus is Coleman's favorite dinosaur.

### A SPECIAL BOY

Coleman has a loving nature and wants to meet lots of boys and girls. Even though it is sometimes hard for him, he wants to be friends with all the children he meets. When he goes to the park, Coleman often looks for children to play with and says hi to them. He makes a lot of friends that way.

He likes to do many of the same things other kids do. He especially likes to draw. He first started drawing happy and sad faces when he was two years old. This helped him share his feelings before he was able to do so with words. Coleman also likes to play baseball and practice karate.

Coleman liked saying nice words about his family. When nice things were being said about him, he couldn't hide his big smile. It made him feel good to hear his family say kind words about him.

### PRAYING FOR HELP

Sometimes Coleman gets scared by shadows or noises when he's in bed at night. But he knows that he can always have help when he prays for it. "Heavenly Father helps me feel better," Coleman says.

### A GOOD EXAMPLE

Coleman does a good job at being an example to people he meets. By being nice to his brother, saying kind words to his family, making friends at the playground, and overcoming his challenges, Coleman has already become a good example to many. ●

### LEARNING IN PRIMARY

Coleman enjoys going to Primary. Because he loves the music so much, he has started to learn the words to Primary songs. Even though he used to not sing in Primary, singing is now his favorite thing to do at church. He especially likes to sing "Do As I'm Doing" (*Children's Songbook*, 276).

### REMEMBERING FAMILY HOME EVENING

Coleman does a good job of reminding his parents when it is time for family home evening. At one recent family home evening, Coleman, his brother, and his mom and dad each took turns sharing things they liked about one another.

- One of his grandmothers is from Thailand. He loves the spicy Thai food she cooks.
- He likes dinosaurs and enjoys visiting the dinosaur museum near his home.
- He is good at math and loves to read every night.
- He loves to vacation at the beach in South Carolina.
- Following a schedule is important to Coleman. He likes to eat, go to school, play, watch TV, draw, and do other things in the same way each day.





# Best Friends Forever

BY CALLIE BUYS  
(Based on a true story)

*A friend loveth at all times* (Proverbs 17:17).

**K**arli sat at her desk with a fluttery feeling in her stomach. She looked around her new classroom. It looked like many third-grade classrooms, with books on the shelves, a plant in the corner, and bright posters on the walls. It also had rows of desks filled with children. Karli didn't know any of them.

Karli and her family had moved a few weeks earlier. Now, on her first day at her new school, Karli missed her old house, her old school, and her old friends.

A tear fell onto Karli's math paper as she looked down at her shirt. Before Karli moved away, she and her best friend had picked matching T-shirts, painted hearts on them, and signed their names in pink and purple sparkle paints. Karli had decided to wear her shirt to school for good luck. Now she wished she hadn't. It reminded her of all her friends going to school without her.

Karli hurried home after school and went straight to the room she shared with her sister. Moving boxes still cluttered its corners. They reminded her of a new school she didn't like and a new house that didn't feel like home.

Soon Karli's mom came in and sat on the bed. "How was school today?" she asked.

Karli looked down at the floor. "Fine," she whispered. Then tears started to well up in her eyes.

Mom wrapped her arms around Karli. "Tell me about it," she said.

"I didn't know anyone," Karli sniffed. "I don't have any friends here."

"First days in a new school are hard, aren't they?" Mom said. "But you know what? You do have friends here."

"What friends do I have?" Karli asked. "I don't know anyone."

Mom smiled. "You have your sisters," she said. "Dad and I were sealed in the temple as an eternal family, so you will always have your sisters, no matter where you go. Your sisters can be your best friends forever."

Karli thought about that. She loved playing with her older sister, Andrea, and her younger sister, Laura. But Andrea was in fourth grade, and Laura still went to kindergarten, so Karli couldn't see them during the day. She explained that to Mom.

"Mom, in our old neighborhood I had my sisters and my other friends too," she said. "I liked that better."

"Well, here you and your sisters will become better



friends than before. You can help each other through this,” Mom said.

After dinner, Karli went to her room to do her homework. She didn’t know how to work a few of her math problems, so she asked Andrea for help. Andrea knew exactly how to solve them. Then together they unpacked another moving box before bedtime.

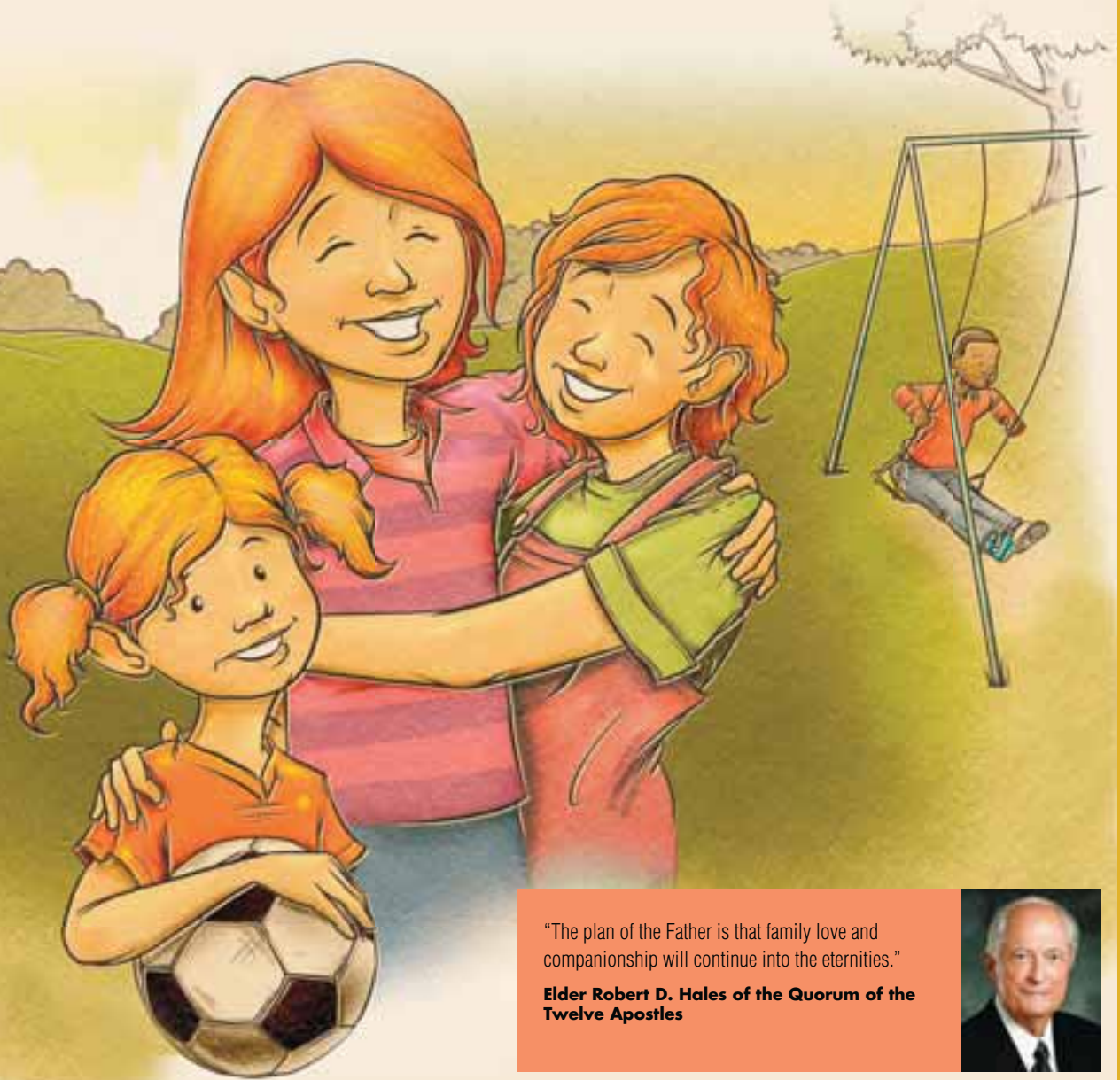
The next day in class, Karli answered all her math problems correctly. At recess, she sat on a swing by herself. She watched a group of girls talking and giggling as they played on the monkey bars. Then she saw a familiar person walking toward her. It was Andrea! Karli

hopped off the swing and ran over to her sister.

“We have the same recess,” Andrea said. “So we can play together.”

As the weeks passed, Karli, Andrea, and Laura made friends with some girls in their neighborhood. Soon they made new friends in their classes too. By the end of the school year, Karli and Andrea played together at recess with a group of new friends.

But Karli still remembered what Mom had told her. No matter how many friends she made at school, or how many special shirts hung in her closet, her sisters would always be her best friends. ●



“The plan of the Father is that family love and companionship will continue into the eternities.”

**Elder Robert D. Hales of the Quorum of the Twelve Apostles**





# Matt AND Mandy





## The Bible in Spanish

BY MEGAN WITHERS

In September, the first LDS edition of the Bible in Spanish was released. It is the first Bible that the Church has published in any language other than English. Now Spanish-speaking members around the world will have the study aids that will help them learn more about the gospel of Jesus Christ. The Spanish translations of some words from the Bible are listed below. Use your scriptures to translate the words into English.

**1. Santa Biblia**

Name of this book. It is written on the cover.

**2. Cielos**

Place where Heavenly Father and Jesus Christ live.

Genesis 1:1

**3. Sacerdocio**

Power given from God to worthy men to perform sacred ordinances.

Exodus 40:15

**4. Día de reposa**

Another name for Sunday.

Leviticus 23:3

**5. Templo**

House of the Lord, where families are sealed together.

Malachi 3:1

**6. Oración**

How you talk to Heavenly Father.

Matthew 21:22

**7. Parábolas**

Type of story Jesus used to teach the people when He was on the earth.

Mark 4:2

**8. Mandamientos**

Laws for all of God's children to obey. God gave 10 of them to Moses on Mount Sinai.

John 14:15

**9. Espíritu Santo**

Third member of the Godhead. He speaks in a still, small voice.

Acts 7:55

**10. Salvador, Señor, Jesucristo**

Three names for God's Only Begotten Son, who atoned for our sins.

Philippians 3:20

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

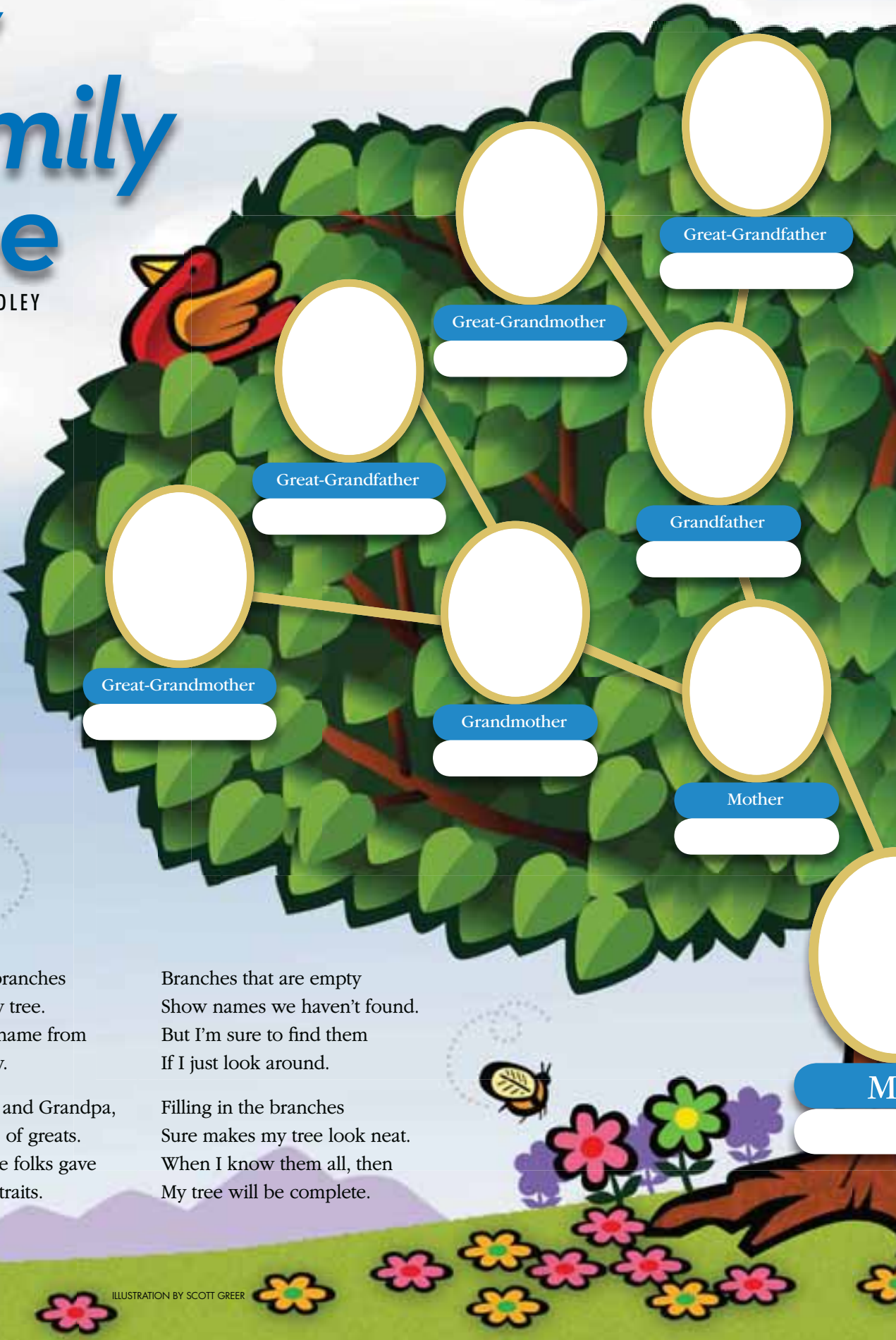
10. \_\_\_\_\_

\_\_\_\_\_



# My Family Tree

BY JELAIRE SMEDLEY

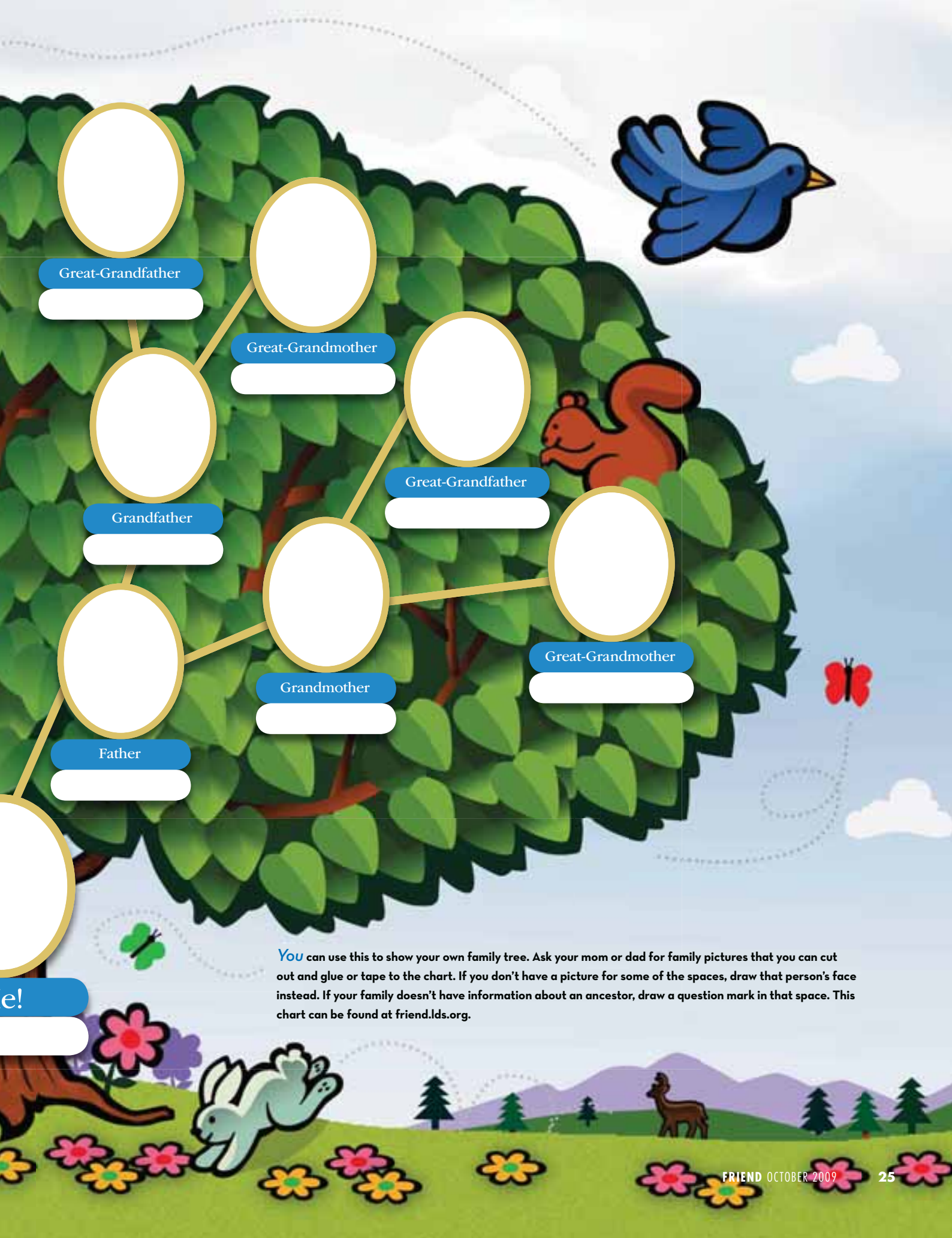


**Oh** so many branches  
Are on my family tree.  
Each one tells a name from  
My family history.

Grandma's there and Grandpa,  
And lots and lots of greats.  
Each of these fine folks gave  
Me all my many traits.

Branches that are empty  
Show names we haven't found.  
But I'm sure to find them  
If I just look around.

Filling in the branches  
Sure makes my tree look neat.  
When I know them all, then  
My tree will be complete.



Great-Grandfather

Great-Grandmother

Great-Grandfather

Grandfather

Great-Grandmother

Grandmother

Father

e!

*You* can use this to show your own family tree. Ask your mom or dad for family pictures that you can cut out and glue or tape to the chart. If you don't have a picture for some of the spaces, draw that person's face instead. If your family doesn't have information about an ancestor, draw a question mark in that space. This chart can be found at [friend.lds.org](http://friend.lds.org).

## Spot the Differences

BY CHAD E. PHARES

In October, millions of people will gather all over the world to listen to leaders of the Church testify of Jesus Christ.

In 1830, 60 people gathered in the Peter Whitmer Sr. home in Fayette, New York, for the formal organization of the Church. The first meetings and conferences of the Church were held here.

Look at the two photos of what the Peter Whitmer Sr. home looked like, and see if you can spot and circle the 11 differences between the two photos.

Look for the answers on page 49.



*What can make a piece of toast taste like apple pie?  
It's a yummy spread that's super simple to make.*

# Apple Pie Spread

BY SHERRY TIMBERMAN



**4 cooking apples (almost any kind except Red Delicious)**

**1/2 cup apple cider**

**1/2 cup sugar**

**1 teaspoon cinnamon**

**1/4 teaspoon nutmeg**

**1/8 teaspoon cloves**

1. Wash your hands.
2. Have an adult help you peel and core the apples and cut them each into 4 pieces.
3. Put the apple pieces in a glass dish and pour the apple cider over them. Cover the dish with a glass lid.
4. Microwave the apples and cider for 2 minutes. Ask an adult to help you carefully remove the lid so the steam doesn't burn you. Stir the apple mixture. Put the lid back on and cook the apples for 2 more minutes. Stir again. Cook the apples for 2 more minutes.

5. Stir in the sugar, cinnamon, nutmeg, and cloves.
6. Put the apple mixture back in the microwave. This time, don't cover the bowl. Cook on high for about 10 minutes, stirring a few times. When the spread is thick, it's ready.
7. Put the spread in a container with a lid, and put it in the refrigerator. It can keep in the fridge for about two weeks—if it lasts that long!

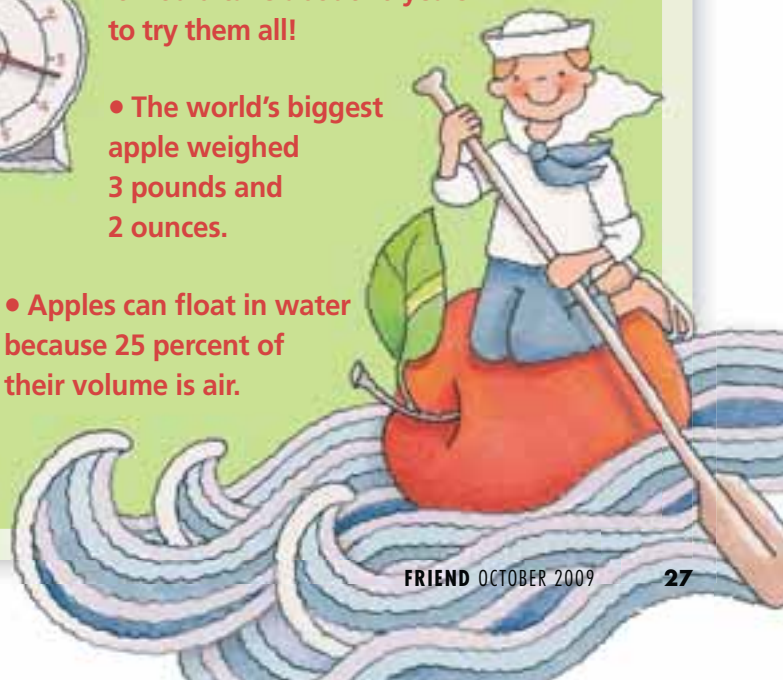
## Apple Facts

- Some people say "An apple a day keeps the doctor away." That's because apples have lots of vitamin C and antioxidants.
- Apples belong to the same family of plants as roses. No wonder apple trees have such beautiful blossoms.
- There are more than 7,500 different kinds of apples.



If you ate a different kind every day, it would take about 20 years to try them all!

- The world's biggest apple weighed 3 pounds and 2 ounces.
- Apples can float in water because 25 percent of their volume is air.





# The Best Coach

BY HEIDI RENOUF BRISCO

(Based on a true story)

*Look up the following scriptures:*

*Psalm 31:24; Isaiah 52:11; 2 Nephi 32:5.*

*Circle the one you think fits the story best.*

**E**ven over the loud cheers, Jacob could hear Coach Vance's directions.

"Stop! Look! Go left . . . score!" Coach Vance yelled, guiding Jacob to score the winning shot of their final soccer game.

Jacob's team had won the championship, and that meant only one thing: pizza party!

The whole team headed over to Coach Vance's condo for the big celebration. Many of the boys congratulated Jacob on his winning goal. Jacob felt like the guest of honor! He didn't have many friends in this new town, and he was eager to feel accepted.

As they waited for the pizza to arrive, some of Jacob's teammates began looking through Coach Vance's magazines. The boys started snickering. They called Jacob over to look too, but Jacob



immediately felt uncomfortable with the pictures they showed him.

He saw pictures of adults drinking bad drinks and smoking and women dressed immodestly. Jacob was confused and disappointed. He thought Coach Vance was perfect!

Jacob knew that looking at bad pictures was wrong. He didn't want to look, but he didn't want the other boys to tease him. He pretended to be interested, but he felt sick inside.

Suddenly, Jacob had a strong feeling he shouldn't look at the pictures. It was as though someone was telling him to stop.

"Stop now," Jacob felt again.

"Stop now, Jacob!"

Suddenly Jacob recognized the feeling: it was the Holy Ghost.

As the boys continued to look through the magazines, Jacob felt the Holy Ghost tell him even more

clearly to leave. The more he listened, the better he could hear the voice.

Jacob said to his teammates, "Guys, I don't think we should be looking at these." Then he left Coach Vance's home.

As Jacob walked home carrying his heavy trophy in his backpack, he thought about how heavy and uncomfortable it must be to carry sins around. He decided it was definitely easier and lighter to live a clean life. He decided right then to never look at bad pictures again. Jacob knew that the Holy Ghost was the best coach he could have to help him choose the right. ●

"I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me. I will only read and watch things that are pleasing to Heavenly Father."

**My Gospel Standards**





**“THE FAMILY: A PROCLAMATION TO THE WORLD” TEACHES ME ABOUT FAMILIES.**

“The family is central to the Creator’s plan for the eternal destiny of His children”

(“The Family: A Proclamation to the World”).



# Why is tithing important?



Elder Robert D. Hales of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

Tithing has been established in these latter days as an essential law for members of the Lord's restored Church.

Tithing is one of the commandments that qualifies us, by our faith, to enter the temple.

The Lord desires that all His children have the blessings of tithing.

Tithing develops and tests our faith. By sacrificing to the Lord what we may think we need or want for ourselves, we learn to rely on Him.

Pay your tithing. Unlock the windows of heaven. You will be abundantly blessed for your obedience and faithfulness to the Lord's laws and commandments.



From "Tithing: A Test of Faith with Eternal Blessings," Ensign, Nov. 2002, 26–28.



### Taylor's Testimony Song

I believe in God  
The Eternal Father.  
He will teach me, He will guide me, I will follow.  
He will teach me the commandments.  
He saves us, He leads us, He guides us, He reminds us.  
I believe in Jesus Christ  
The Eternal Savior.  
He knows the truth.  
He wants us to know the truth.  
He guides us when we don't know where to go.  
I will follow where He tells me to go.

*Taylor D., age 5, California*

### My Little Friends and Me, the Tree

I am a tree in the fall—  
A variety of colors, orange, red, yellow, brown—  
Tall compared to the small little bushes.  
I almost always whisper talking in this manner;  
I sometimes get loud  
When my little friends are being put under pressure  
By the wind,  
Digging my roots into the ground,  
Making a firm foundation.  
I dance with the wind,  
My little friends playing the peaceful music,  
Whispering the move I should make and I follow.  
I start to feel sad  
As I lose my little friends that stayed with me  
All year long until the fall came.  
I am also happy  
For a new chance to stand out and make new friends  
That will stay until next fall.

*Morgan H., age 11, Colorado*

### Tim's Choice

When Tim was walking home from school,  
Way down upon the ground  
He saw a most curious sight:  
A wallet, leather-bound.  
He picked it up and saw within,  
A neatly printed name.  
Below it was the address.  
Tim thought, "I'll return it and won't be blamed."

But as he journeyed to the house  
He saw an ice-cream stand.  
Tim was so sorely tempted,  
That he bought a five-scoop grand!

However, in his mouth  
The ice cream tasted bitter.  
For he knew if his mom could see him  
She would do much more than titter.

Tim stared down at the wallet of brown  
And knew what he must do.  
He rushed off to its owner's house,  
Good lady, Mrs. Sue.

He told her everything he'd done  
And promised to repay  
All of her money that he'd used  
On his ice cream that day.

*Adrienne H., age 10, Germany*

1. Elijah W., age 7, England
2. Alyssa A., age 10, Manitoba, Canada
3. Jacqueline R., age 11, Colorado
4. Drew C., age 11, Nevada
5. Michael L., age 7, Illinois
6. Nathan W., age 7, California
7. Kaycee C., age 7, Utah
8. Kuyo U., age 10, Hawaii
9. Josiah H., age 10, California
10. Emmalee C., age 11, Texas
11. Garrett S., age 6, Utah
12. Alondra P., age 8, Arkansas
13. McKay F., age 7, Idaho
14. Karli W., age 9, Washington

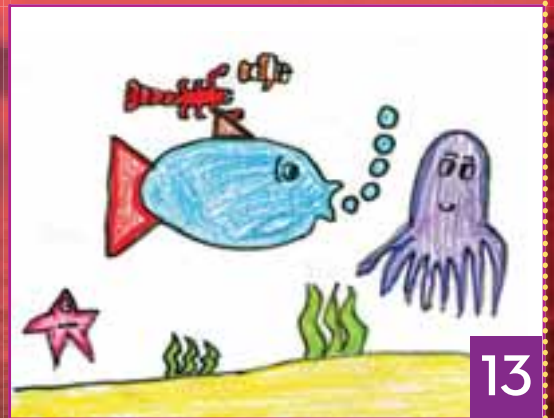




7



11



*Do as I'm doing; follow, follow me! (Children's Songbook, 276).*

# Andrew's

**Stop it!**

1



Andrew stomped his foot and stuck his tongue out at his little sister. She did the same to him.

**Stop it!**

2

Mom, I can't take it anymore. Please make Sarah stop copying me.



I don't know if we can stop Sarah from doing everything you do. Right now she is learning from your example and doing the things you teach her to do.

3



I didn't teach her that.

Yes, you did. Sarah loves you and thinks you are a great big brother. She watches what you do and tries to do the same.

# Example

BY ALLISON LEE BURTON  
(Based on a true story)

I still don't like it when she copies what I do. It gives me a headache.

4



5



Remember, Jesus set a good example for us by showing love and being kind to others. You can show Sarah a good example by doing what Jesus did.

6

Andrew thought about what Mom said. He decided he would try to be a good example. Andrew looked at Sarah and smiled.

I love you.



Sarah smiled back at him.

I love you too.





# Jesus Walks on the Water



After feeding 5,000 people with



fish

and



bread

, Jesus went to a



mountain

to pray. His disciples got on a



boat

to cross the Sea of Galilee. That



night

came to join His disciples. He walked on the



water

to get to the



disciples saw Jesus walking on the



. They were afraid. Jesus told them not

to be afraid.



Peter

wanted to walk on the



too. Jesus told



to come to Him.



climbed out of the



and began to walk on the



toward Jesus. Because the



wind

was blowing hard,



became afraid. He began to sink in the



and asked Jesus to save him. Jesus

took



's



hand

and lifted him up. Jesus asked



why he didn't

have more faith. Jesus and



walked on the



back to the



and the storm stopped.

# Fall Is Here

BY LINDA MAHOOD MORGAN

This family is celebrating the arrival of fall. See if you can find and color these items hidden in the picture: adhesive bandage, balloon, banana, bowling pin, candy corn, feather, fish, football, heart, hot dog, ice-cream cone, kite, ladder, maze, mitten, ruler, safety pin, sailboat, toothbrush, traffic signal, wishbone, and worm.





# Trying to Be Like Jesus

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

## Team Picture

For many children on soccer teams in the Mission Viejo California Stake, their teams' picture day was on a Sunday. The children decided to keep the Sabbath day holy and not be included in the pictures. Instead, the soccer players had a photo taken together in their different uniforms on another day. Each child received a copy of the "team" photo as a reminder of standing up for the right in a difficult situation.

*Written by Stephanie H., California*



## Refusing to Ride



At an amusement park, my friend and I went on one ride while my mom and my sister went on

another ride. After the ride was over, my friend asked if I wanted to go on the roller coaster. I said no because my mother had said to come right back after the ride. He said he would pay me if I went on the ride with him.

I said no. He kept adding more and more money. He even said he would pay me \$100. I said no. Later, I told my mom what had happened. She was proud of me for obeying her. I felt good that I followed the commandment to obey my parents.

*Caitlin W., age 7, New York*





## Word of Wisdom Decision



I was invited to a friend's house to play after school one day.



When I got there, my friend asked me if I'd like some iced tea. I said no. Later, I was excited to tell my family that I'd had a chance to follow the Word of Wisdom. I'm grateful for commandments that teach me how to choose the right. I know that by following Jesus Christ I will be happy and be able to live with my family forever.

*John M., age 6, New York, with help from his mom*

Tell us how you're trying to be like Jesus.  
Turn to page 49 to find out how to send us a letter.



## A Kind Hello



There's a girl on my bus who acts a little different. She doesn't have any friends, and everyone

is mean to her. I felt bad, so I went over and said hi. She wanted me to sit with her, so I did. Now I often sit with her on the way to school. She seems happier, and that makes me feel good. I have a little sister with special needs, and I hope someone will do the same for her when she grows up.

*Brittany H., age 9, Ohio*

## Teaching about Prayer



My little sister, Lily, doesn't like to say her prayers. She cries and whines when it's time to pray. One night

Lily saw me kneeling down to say my bedtime prayers. She wanted to say the prayer with me. I told her how important it is to say your own prayers to thank Heavenly Father for all your blessings. That night Lily was excited to say her prayers.

*Connor M., age 7, California, with help from his mom*



# QUESTIONS AND ANSWERS ABOUT THE TEMPLE

## What is a temple?

A temple is a sacred place to worship Heavenly Father.

It is a place to make covenants with Heavenly Father.

It is a place to feel His Spirit.

It is a place of reverence, peace, beauty, and learning.

## When can I go to the temple?

You can go to see a temple at any age. Your family can walk or drive around the temple grounds.

If you are worthy, when you are 12 you can go inside the temple and be baptized for people who didn't get baptized when they lived on earth. Baptismal fonts in temples are set on the backs of 12 oxen. The oxen represent the twelve tribes of Israel.

When you are an adult, you can go to the temple to receive your endowment. The endowment is a gift of knowledge and blessings from Heavenly Father.

## What are some other rooms in the temple?

After you receive your endowment, you go into the celestial room. The beauty and reverence help you feel close to Heavenly Father.



Celestial room in the Mount Timpanogos Utah Temple

A sealing room is where a man and a woman are sealed in marriage for eternity. They receive blessings, and if they are faithful they and their children will be together for eternity.

## What is a temple recommend?

To enter another country, you need a passport to show that you are a citizen of your country. To enter the temple, you need a temple recommend to show that you are a worthy member of the Church. Beginning at age 12, young men and young women may get a temple recommend to do baptisms for the dead. Young men need to hold the Aaronic Priesthood. You can get a recommend by going to your bishop or branch president or one of his counselors. He will ask you if you keep the commandments and if you have a testimony. If you do, he will sign your recommend, showing that you are worthy to enter the house of the Lord. Children who are going to the temple to be sealed to their parents also receive recommends.



Baptismal font in the Mexico City Mexico Temple



## Temple Questions

1. In what year were the most temples dedicated?
2. Which President of the Church dedicated the most temples?
3. How many temples are there today?
4. How many temples have been announced or are under construction?
5. How many temples are there outside of the United States?

## What do I wear to the temple?

You should wear the same kind of modest, clean clothes that you wear on Sundays when you go to church.

## What do I wear in the temple?

After you enter the temple, you will be given white clothes to change into. In the temple everyone wears white.

## Why is a statue of the angel Moroni on top of many temples?

Moroni wrote the last book of the Book of Mormon on the gold plates and buried the plates in the Hill Cumorah. Many years later, Joseph Smith translated the plates. Moroni reminds us that the gospel has been restored to the earth.

St. Louis Missouri Temple celestial room



Celestial room in the Vernal Utah Temple

## Can people who are not members of the Church go inside temples?

After a temple is built but before it is dedicated, an open house is held. Those who attend are invited to walk through the temple with a guide who explains the purpose of temples and why they are so important to members of the Church. After temples are dedicated, only Church members with temple recommends may enter.

## Where in the scriptures can I read about temples?

Isaiah prophesied about temples: Isaiah 2:1-3  
 Jesus taught in the temple when He was 12 years old: Luke 2:42-49  
 Jesus taught in the temple during His ministry: John 8:2  
 Jesus cast people who were buying and selling out of the temple: Matthew 21:12-14  
 Jesus taught daily in the temple: Mark 14:49  
 Nephi built a temple: 2 Nephi 5:16  
 King Benjamin spoke to the Nephites at the temple in Zarahemla: Mosiah 1:18-2:7  
 Christ appeared at the temple in Bountiful: 3 Nephi 11:1-17  
 The Lord described what a temple is like: D&C 88:119

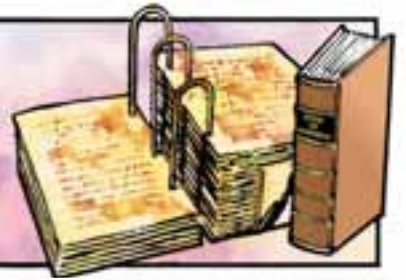


(1) 34 in 2000, (2) President Gordon B. Hinckley dedicated 88 temples, (3) 130, (4) 17, (5) 65.



FROM THE LIFE OF THE PROPHET JOSEPH SMITH

# A Generous Man



After moving to Nauvoo, Illinois, Joseph and Emma Smith built the Red Brick Store. It served as Joseph's office and as a business to support his family.

I'll take 20 pounds of flour, Emma.

Do you need anything else?

James Leach had recently moved from England to Nauvoo with his sister and her husband, Henry. James was not a member of the Church.

We've searched for work all day, Henry. I don't think we're going to find anything.

Let's ask the Prophet for help.

James had never met Joseph Smith or been near him before. He felt an overwhelming spirit just by looking at him.

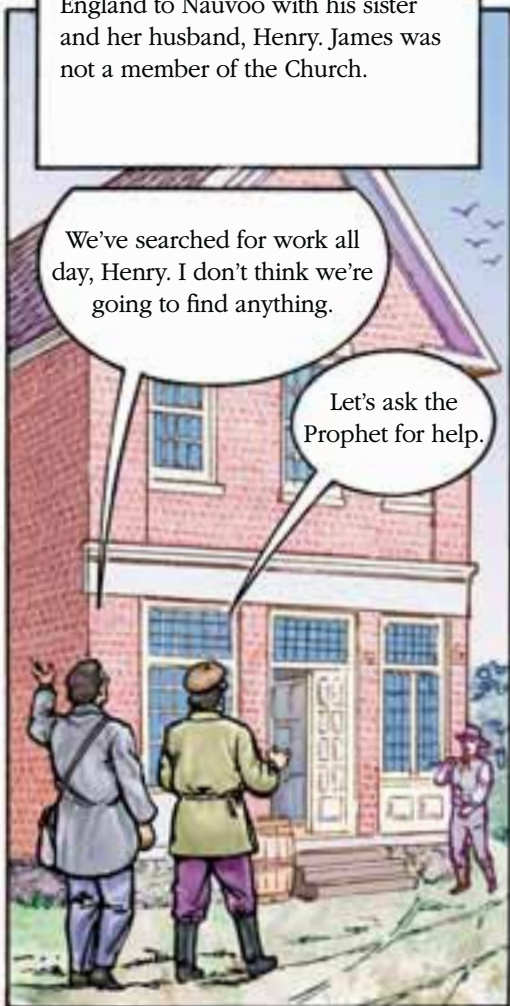
He is truly a prophet of the Most High God.

Brethren, how can I help you today?

Mr. Smith, have you any employment?

Can you make a ditch?

We'll do our best.



Joseph took the men a little way from the store and stretched out a measuring tape.

Can you make a ditch three feet wide and two and a half feet deep along this line?

When they finished the ditch, they called Joseph out to inspect it.

I could not have done better myself. Come with me.

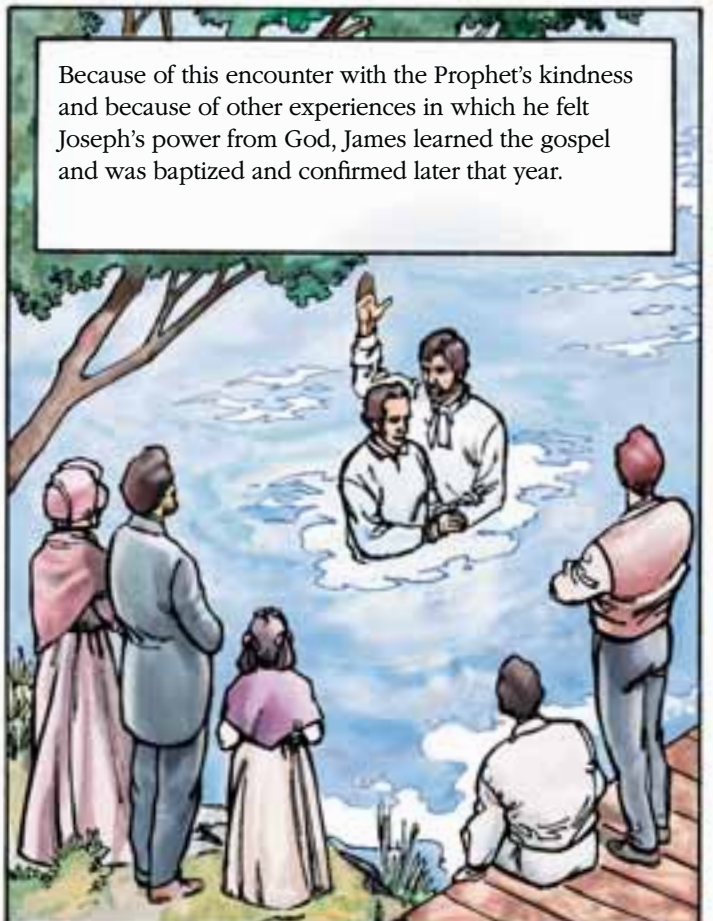
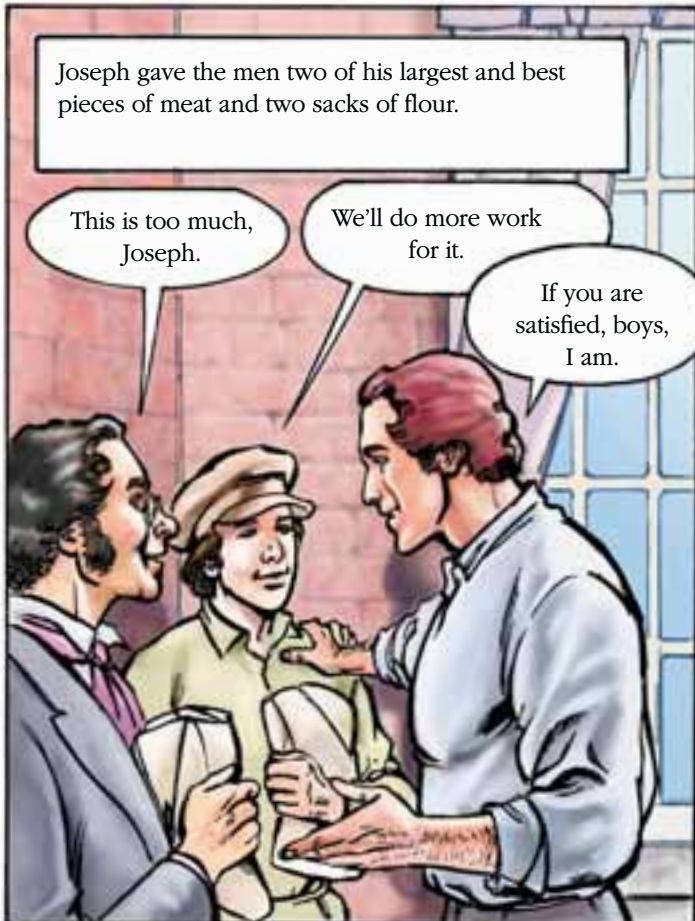
Joseph gave the men two of his largest and best pieces of meat and two sacks of flour.

This is too much, Joseph.

We'll do more work for it.

If you are satisfied, boys, I am.

Because of this encounter with the Prophet's kindness and because of other experiences in which he felt Joseph's power from God, James learned the gospel and was baptized and confirmed later that year.





BY MELODY WARNICK

(Based on a true story)

*We are as diff'rent as the sun and the sea. . . . And that's the way that it's supposed to be* (*Children's Songbook*, 263).

**M**int chip," Erin thought. "No, strawberry." She peered down at the rows of different flavors inside the ice-cream freezer.

"What are you going to have?" Erin's best friend, Stephanie, asked. She was already licking her scoop of vanilla, the same kind she ordered every Thursday afternoon when the two girls stopped at the Ice Cream Castle after their tap-dance class.

"I'm still deciding," Erin said. "They all look good." Erin had just settled on a scoop of peanut-butter fudge when the bell above the store's front door tinkled.

In walked Brad and Chris, two boys from school. Erin

cringed. Brad and Chris were mean to everyone, and Erin was afraid of them. As the boys sat down at a table at the back of the shop, Erin breathed a sigh of relief. Maybe they hadn't noticed her.

But when the girl behind the counter asked Erin what she wanted, Brad called out, "Hey, Stephanie, be careful Erin doesn't eat all your ice cream." He made an oinking sound, and Chris laughed.

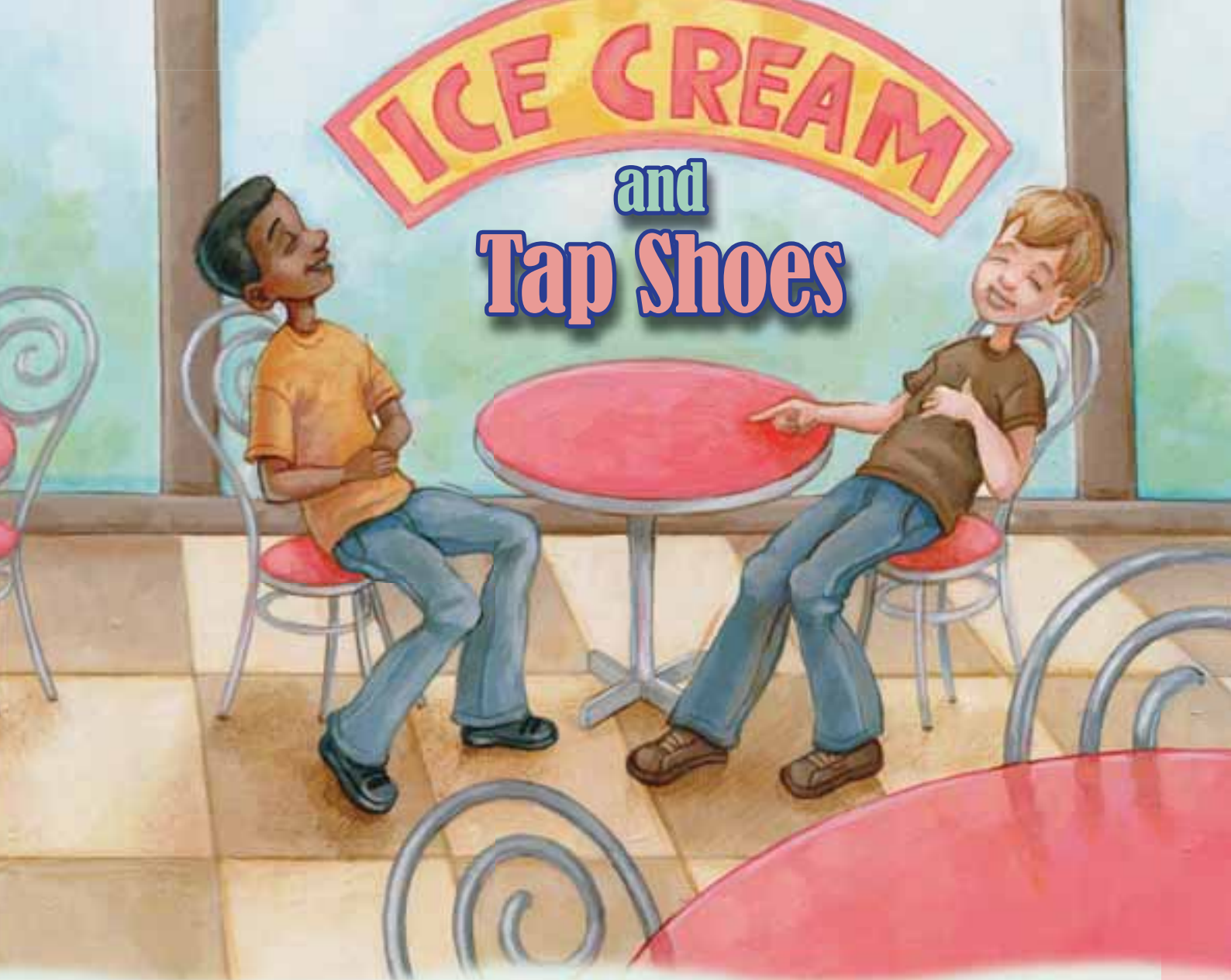
Erin's face got hot, and her legs started to shake. She wanted to run out the door as fast as she could, but she felt like she was superglued to the floor.

"Don't pay any attention to them," Stephanie whispered. "Just go ahead and order whatever you want."

But a peanut-butter fudge ice-cream cone didn't sound so good anymore. In a small voice Erin said,

# ICE CREAM

## and Tap Shoes



“Could I have a lemonade, please?”

“Are you sure that’s all you want?” Stephanie asked. “Don’t let those guys bother you.”

But Erin just nodded. It was pretty much impossible not to be bothered by Brad and Chris.

While she waited for her lemonade, Erin glanced down at her blue jeans and purple T-shirt. Leaving the house that morning, she had felt good about how she looked. Now she thought she looked horrible.

The next Thursday when they got to the dance studio, Erin and Stephanie changed into their stretch pants and shiny black tap shoes and started warming up on the scuffed hardwood floor. One whole wall of the dance room was covered in mirrors. When she caught a glimpse of herself—legs moving, arms waving—Erin

thought, “I’m bigger than the other girls. I look terrible in these dance clothes.”

Erin remembered what had happened at the Ice Cream Castle the week before, and the knot in her stomach tightened. She was about to go call her mom to come get her when Miss Yvette, their teacher, came into the room. “OK, girls,” she said. “Let’s start with some flaps and shuffles.” She turned on the stereo, and jazzy music spilled into the room.

It was too late to escape. Erin fell into line with the other girls and started moving her feet. The silver taps on the bottom of her shoes clicked and clacked, and Erin let her arms swing in time with the music. She had been taking tap-dance lessons for only a few months, but she loved hearing the sounds her feet made when



she moved them just right. Pretty soon, Erin was working so hard to keep up with Miss Yvette that she forgot about how sad she felt.

Toward the end of class, Miss Yvette said, “I want everyone to line up in the corner. We’re going to practice our turns across the floor.” As the girls in front of Erin twirled and leaped, Erin hopped a little, trying to get her feet to do what she wanted them to do. Because she was just a beginner compared to the other girls, she had to try extra hard to get things right.

When it was her turn, Erin started dancing toward the opposite corner. “Stomp-shuffle-step and turn,” Miss Yvette instructed, and that’s exactly what Erin’s feet did. She was doing it! As she turned, she caught a glimpse of herself in the mirror: blonde hair flying, body spinning, and biting her lip in concentration. As Erin reached the far wall, Miss Yvette shouted, “Bravo, Erin! Good work!”

By the end of class, Erin’s bangs were damp with sweat and her heart was pounding. Miss Yvette said, “You girls did great today. I want to congratulate Erin.

She’s only been in this class for a little while, but she’s worked really hard to catch up with everyone. She wins the prize for most improved!”

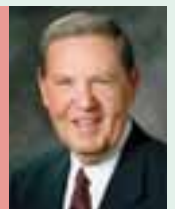
The girls started clapping. From across the room, Stephanie shouted, “Way to go, Erin!” Just like at the Ice Cream Castle, Erin felt her cheeks start to burn. But this time it wasn’t because she was embarrassed, but because she was happy.

On her way out of the room, Erin watched herself in the mirror. “So what if I’m bigger than some people?” she thought. “Everyone is different.”

Erin knew Heavenly Father had given her her body. From now on, she would be grateful for all the good things her body could do. ●


“I plead with you young women to please be more accepting of yourselves, including your body shape and style, with a little less longing to look like someone else. We are all different.”<sup>4</sup>

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





# Translating the Book of Mormon



*Answers can be found in Joseph Smith—History.*

**1. Where and how did Joseph Smith get the gold plates?**

*1:51–52*

**2. Who gave them to him?**

*1:33, 59*

**3. What did Joseph use to translate the plates?**

*1:62*

**4. Who was the main scribe who wrote down Joseph's translation?**

*1:67*

**5. Who were the three witnesses who saw an angel showing them the gold plates?**

*Introduction to the Book of Mormon*

**6. What did Joseph and Oliver Cowdery read about while translating that motivated them to pray and resulted in their receiving the Aaronic Priesthood?**

*1:68–69*

*I, Nephi, having been born of goodly parents, therefore I shall communicate unto you the words which I have written.*

# You're Not Kind to Me

BY ELDER JOSEPH B. WIRTHLIN

Of the Quorum of the Twelve Apostles  
(1917–2008)

*He that loveth his brother  
abideth in the light*

(1 John 2:10).

I remember when I was young, there was an older boy who was physically and mentally disabled. He had a speech impediment and walked with difficulty. The boys used to make fun

of him. They teased and taunted him until sometimes he would cry.

I can still hear his voice: "You're not kind to me," he said. And still they would ridicule him, push him, and make jokes about him.

One day I could bear it no longer. Although I was only seven years old, the Lord gave me the courage to stand up to my friends.

"Don't touch him," I said to them. "Stop teasing him. Be kind. He is a child of God!"

My friends stepped back and turned away.

I wondered at the time if my boldness would jeopardize my relationship with them. But the opposite happened. From that day onward, my friends and I became closer. They showed increased compassion for the boy. They became better human beings. To my knowledge, they never taunted him again.

If only we had more compassion for those who are different from us, it would lighten many of the problems and sorrows in the world today. It would certainly make our families and the Church a more hallowed and heavenly place. ●



From "Concern for the One," Ensign, May 2008, 18.



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(f) = Funstuff  
(IFC) = inside front cover  
(v) = verse

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**Sidebar References**

1. "The Beacon in the Harbor of Peace," *Ensign*, Nov. 1992, 18.
2. "Holy Place, Sacred Space," *Ensign*, May 2003, 72.
3. "The Eternal Family," *Ensign*, Nov. 1996, 65.
4. "To Young Women," *Ensign*, Nov. 2005, 29.



# Family Home Evening Ideas

1. Read "A Prophet's Love" (pages 2–3) and do the "Climbing the Stairs" activity on page 2. Make a goal to serve in the three ways you listed throughout the week.
2. Read "The Pumpkin Experiment" (pages 4–6). What effect did Abby's kindness have on Rachel? Fill a glass with water and add a few drops of food coloring. Watch as the water changes color. Just as the food coloring influences the color of the water, a person can have a great influence on someone else. As a family, discuss ways that you can be a good influence on others.
3. Turn to "My Family Tree" (pages 24–25), and read the poem on page 24. Why is it important to know your family's history? As a family, complete the family tree activity. As you fill in the spaces for your family members, find out something interesting about them such as a favorite hobby or special

experience. Record what you learn in a family journal.

4. Read "Questions and Answers about the Temple" (pages 40–41). Write down any other questions you have about the temple, and ask your parents or Primary leaders. Draw a picture of a temple and hang it somewhere that you can see it every day.



Answers to "Spot the Differences" on page 26

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## For Children

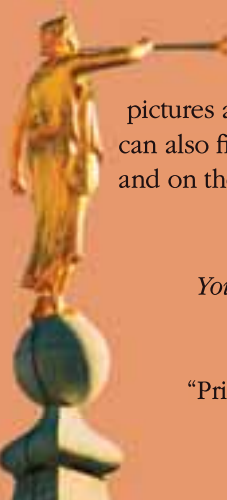
**VIDEOS** Learn about why it is important to be a good example by watching October's For Little Friends video. Click on "For Little Friends" at friend.lds.org.



**SURVEY** Tell us more about what you like by taking the short October survey on friend.lds.org.



## For Parents



**TEMPLES** Help your children become familiar with the Church's temples. At [lds.org/temples](http://lds.org/temples) you'll find pictures and information about temples around the world. You can also find questions and answers about temples in this issue and on the *Friend* Web site.

**NURSERY** The nursery manual, *Behold Your Little Ones*, can be used in the home to teach young children. In the Serving in the Church section of [lds.org](http://lds.org) click on "Primary" to read or listen to lessons and to print activities from the manual.



## For Teachers and Leaders



**MUSIC** You can download or listen to almost 200 hymns and children's songs when you visit [lds.org/churchmusic](http://lds.org/churchmusic). For an alphabetical list, click on "Music" and then on "Download a Song."

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