

A Dose of Vitamin L



ne day I was reading the March 2010 issue of the Friend and I came to the story "Vitamin L." After I read the story, I told my family about it, and I made

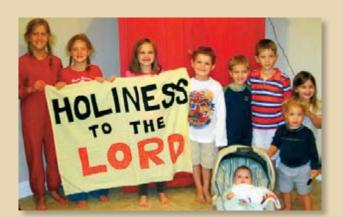
Vitamin L jar. I know having the jar has made a difference in my family. I am so happy when the *Friend* comes to my home, and I love to read it. Thank you for the *Friend*.

Maddie J., age 11, Utah

Family Home Evening with the *Friend*

Thank you for your great family home evening ideas. We used our stuffed animals to act out the story that President Dieter F. Uchtdorf shared in the February *Friend* about John Rowe Moyle. Our friends were with us, and together we made homemade ice cream and our own banner of faithfulness. We had a great time. *Emily and Katherine M., ages 10 and 8, California*

mv own



Better than Lullabies

was having a hard time falling asleep at night. My mom decided to play a CD of Primary songs. Listening to the music made me feel peaceful, and I was able to fall asleep. I started to listen to the songs every night. Pretty soon I knew



the words to all the songs. Sometimes I sing these songs during the day. Singing them makes me feel happy.

Payson D., age 6, Utah

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



Sharing My Grandparents



ast year my grandparents told me they would be away for three years while they served a mission. My mom read me a story from the July 2009 *Friend* called "Sharing Grandma." It helped me learn that even though my grandparents would

miss their home and their grandchildren, they are following the prophet by serving a mission. I am grateful

to have family members that set a good example for me.

Mazee S., age 4, Oklahoma



Volume 40 Number 10 October 2010

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Cover by Karen Sorenson



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



A Cife for Billy

By President Thomas S. Monson







erhaps the teacher you and I remember best is the one who influenced us most.

It was my experience as a small boy to come under the influence of such a teacher. In our Sunday School class, she taught us concerning the Creation of the world, the Fall of Adam, and the atoning sacrifice of Jesus Christ.

One Sunday morning she announced sadly to us the death of a classmate's mother. We had missed Billy that morning but knew not the reason for his absence. The lesson featured the theme, "It is more blessed to give than to receive." Midway through the lesson, our teacher closed the manual and asked, "How much money do we have in our class party fund?"

Depression days prompted a proud answer: "Four dollars and seventy-five cents."

Then she suggested, "Billy's family is hard-pressed and grief-stricken. What would you think of the possibility of visiting the family members this morning and giving to them your fund?"

Ever shall I remember the tiny band walking those three city blocks, entering Billy's home, greeting him, his brother, sisters, and father. Tears glistened in the eyes of all as the white envelope containing our precious party fund passed from the hand of our teacher to the hand of a grief-stricken father. We fairly skipped our way back to the chapel. Our hearts were lighter than they had ever been, our joy more full, our understanding more profound. A God-inspired teacher had taught her boys and girls an eternal lesson of divine truth: "It is more blessed to give than to receive."

From "Only a Teacher," Ensign, Jan. 1990, 2.

We Too Must Give

One of our hymns has the words "Because I have been given much, I too must give" (*Hymns*, no. 219). President Monson's class had some money and gave it to Billy's family. In the picture below, find some other things children can give.



How can you follow President Monson's example of giving cheerfully?



By Tina Dean

(Based on a true story)

Put your trust in that Spirit which leadeth to do good (D&C 11:12).

ubrey unzipped her polka-dot backpack and picked up the Book of Mormon that was lying on her bed.

"Are you almost ready?" Mom called.

"Almost!" Aubrey said.

She put the book carefully inside her backpack and knelt down.

"Heavenly Father, please help me find someone to give this to," she prayed.

Last week the missionaries had given Aubrey's family the challenge to give someone a Book of Mormon, and Aubrey had felt that she could help. Aubrey finished her prayer and walked into the living room.

"OK, let's go!" Mom said.

Aubrey jumped into the backseat of the van. She was excited to be going to the temple again with Mom and Dad. She was just old enough to participate in baptisms for the dead, and she loved the peaceful feeling she got inside the temple. This time, though, she was also excited

to share the gospel with someone.

But finding someone was harder than Aubrey thought it would be.

The drive took three hours, but Dad didn't stop anywhere except at a gas station, and Aubrey stayed inside the van. At the temple, everyone already knew about the Book of Mormon.

Afterward, when Mom and Dad took Aubrey to a restaurant and a bookstore, Aubrey didn't feel the Spirit telling her to share the Book of Mormon with anyone she saw.

When she got in the van to head home, Aubrey felt a little sad. But she knew that if she kept praying, someday the Lord would help her to be a missionary.

Then suddenly Dad pulled the van over. They were having car trouble.

"We'll pull into this gas station and see if we can find help," Dad said.

As he parked, a big white truck with a flat tire pulled up beside them. A woman got out of the truck and looked at her tire. Aubrey saw how sad she looked. The Spirit whispered that this was someone Aubrey could share the gospel with.

Aubrey got out to watch Dad help the woman change her tire. The woman said she had recently gotten divorced. She didn't know if her children would be able to live with her. Aubrey ran to the van and pulled the Book of Mormon out of her backpack.

"Mom, will you give this to that lady?" Aubrey asked. Mom smiled. "That's a good idea, but I think you should give it to her."

Aubrey felt a little shy. But then she remembered how she felt when she read the Book of Mormon. She wanted the woman to have that good feeling too.

Aubrey walked over to Dad just as the woman was getting back into her truck.

"Wait! I thought you might want to read this. It's my favorite book, and I know it's true," Aubrey said.

The woman looked a little surprised, but she smiled. "Thank you," she said, and she took the book.

Aubrey went back to the van feeling relieved. She climbed inside and told Mom what happened.

"I'm glad you prayed to be a missionary," Mom said. "Now let's pray for help so we can get home safely."

"Yes," Aubrey agreed, "because prayer works." •

A Year on The Conference Temple Square Come with us this month for a look at an important place on Temple Square. By Jan Pinborough acob E. watches general conference on TV at home with his family in Layton, Utah. But today he's excited to be visiting the Conference Center in person. That's because he gets to help show Friend readers what happens behind the scenes at general conference. "The auditorium is awesome!" Jake said. Actually, it's the biggest auditorium of its kind in the world. It can hold 21,000 people—7,000 on each of its three levels. When it's time for President Monson to begin the conference session, this sign lights up. It was an amazing experience When someone else is to stand at the same pulpit giving a talk, President where President Monson Monson can watch stands. He can read his talk him or her on one from these screens, which are of the TV screens. invisible to the camera. He can check the time on a clock on the pulpit.

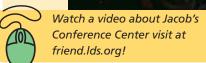
Jacob visited the video control room, where the director of the general conference TV broadcast does his job. Jacob wore the headset that the director uses to tell the camera operators when to switch to a different camera. The director also tells the lighting designer when to turn lights on and off.



In the light booth, the auditorium's 6,000 lights are controlled. A lighting designer showed Jacob how to dim the lights and turn them up. Jacob got to try out the spotlight and also to shine colored lights on the organ pipes.



What's he doing behind the pipes? Each one of the organ's 7,667 pipes has to be tuned. Brother Lamont Anderson showed Jacob how he taps a pipe to make the sound go higher or lower. The pipes are made either of zinc or wood. The biggest one, which is 43 feet tall, has the lowest sound.



Jacob was surprised to learn that conference talks are translated into 92 different languages! Before conference, a translator translates the written talks. Then during conference, interpreters for each language sit in little rooms like this one and translate any added or changed words they hear.



Meet Jacob!

He's nine years old,

Has one brother and two sisters,

Likes to play football, and

Wants to be a veterinarian.

Favorite scripture story: Ammon and the king's flocks

Favorite song: "Called to Serve"

He has a testimony of President Monson and the Apostles. Now Jacob knows more about what it takes to bring the prophet's words to people all around the world. The one thing he would like to tell Friend readers is, "Follow the prophet!"



By C. J. Gudmundson

(Based on a true story)

Thou shalt love thy neighbour (Mark 12:31).

ad, I don't want to go," Spencer said. "You promised Grandpa you would help him today," Dad said.

"I don't want to go to the dump," Spencer said. "Why doesn't Grandpa put his garbage can on the curb like everyone else?"

"You promised you would go, so you need to go," Dad said.

"This is silly," Spencer thought. Why did he have to waste a day of his vacation at the dump?

A few minutes later, Grandpa drove up in his pickup truck. Two garbage cans were loaded in the back. Spencer climbed into the passenger's seat.

Spencer thought as he stared out the window.

Grandpa pulled into his neighbors' driveway. The couple who lived there had been his grandparents' neighbors for almost 50 years. Arlo and Wanda were always nice to Spencer when he came to visit. The front door opened and Wanda walked out.

"I wish you wouldn't trouble yourself with this," she said to Grandpa as he hauled her garbage can into the truck.

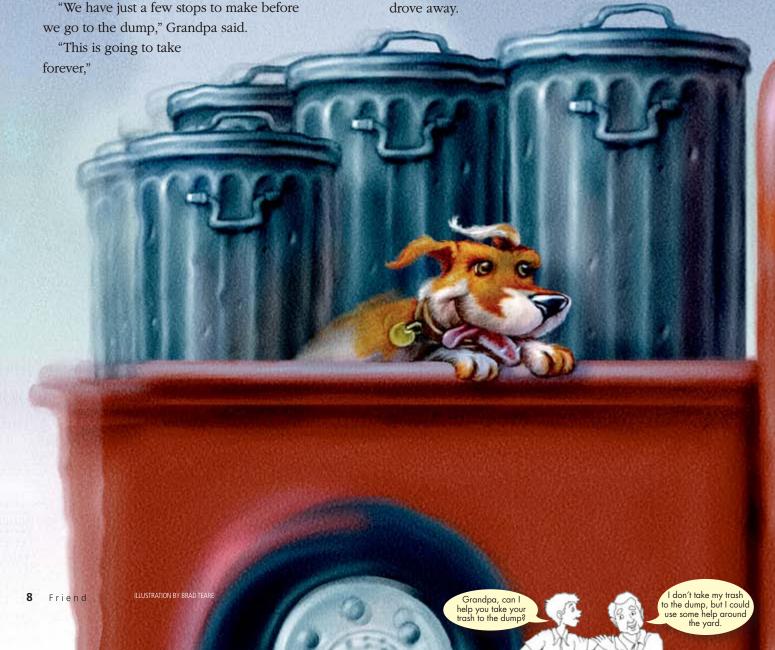
"No trouble at all," Grandpa said.

"You have the kindest grandpa in the world," Wanda said to Spencer.

"Give Arlo my best," Grandpa said.

"I will. Thank you," Wanda said. A tear fell down her cheek.

"What's wrong with Arlo?" Spencer asked as they drove away.



"He's really sick. Wanda has to do everything for him now. It's a lot of hard work, but she doesn't complain."

A few minutes later they pulled into another driveway. A small woman was struggling to keep a garbage can from tipping over as she tried to move it from the garage.

"Minnie!" Grandpa jumped out of the truck. "What are you doing?"

"I'm just trying to help," she said.

Minnie was another one of Grandpa's neighbors. Grandpa took the garbage can from her.

"I think you've grown a foot since last summer, Spencer," Minnie said, smiling at Spencer. "I'm sorry I haven't brought over any waffles, but these old hands don't do much cooking anymore."

Minnie was an excellent cook and used to bring over a batch of waffles when Spencer and his family came to visit Grandma and Grandpa.

"That's OK, Minnie," Spencer said.

"I don't know what I would do without your grandpa and grandma, Spencer," Minnie said. "This world needs more people like them."

Grandpa loaded Minnie's can into the back of the truck, and soon they were driving down a long, dusty road outside of town. "This is our last stop," Grandpa said.

"Who lives here?" Spencer asked.

"A new family that moved in a few months ago. They are having a hard time. I told them I would haul their trash for them so they wouldn't have to pay for garbage service. At first they told me I didn't need to."

"Then why do it?" Spencer asked.

Grandpa smiled at Spencer. "Because I can," he said. Spencer stared out the window, thinking about what Grandpa had just said. He realized that Grandpa didn't help people because he had to do it. He helped people because that's the kind of person he was.

Grandpa parked the truck, but before he could get out, Spencer said, "You stay in the truck, Grandpa. I'll get these cans for you." ◆

GRANDPA'S
GRANDPA'S
GRANDPA'S



Why is our Church unique?

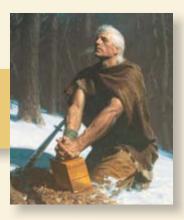


Only here is the priesthood of God, restored to earth by heavenly messengers.



Elder Neil L. Andersen of the Ouorum of the Twelve Apostles shares some of his thoughts on this subject.

Only here does the Book of Mormon stand with the Bible in revealing and declaring the full divinity and gospel of Christ.

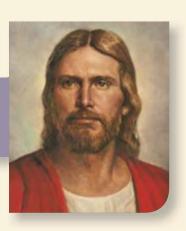




Only here are there prophets of God, bringing guidance from heaven and holding the keys that bind in heaven what is bound on earth.

Above all, we proclaim our Savior and Redeemer, Jesus Christ. . . . We must not [back away] from what is uniquely and singularly found in The Church of Jesus Christ of Latter-day Saints.

From "Come unto Him," Ensign, May 2009, 80.



Bulletin Board

Conference

You

Can.



▶ Make a list of the songs

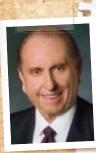
the choir sings. Choose your favorites. If they are in the hymnbook, ask your family to sing them in a few family home evenings.

Work on conference activities and coloring pages you can print from friend.lds.org.

Write down words that stand out to you. Some might be faith, love, Jesus Christ, and scriptures. Cut out each word and use string to hang them from a clothes hanger or drinking straw. Hang your mobile where you will see the important words often.

Take notes with different colored pens, markers, or pencils. You can organize the colors by day, session, or quorum

the speaker is a member of.



JOURNAL JUNCTION

to hear from our prophet and apostles at general conference.
Take some time this month to read Amos 3:7 and Doctrine and Covenants 107.91.90

Covenants 107:91-92. Then write in your journal about something you learned from President Monson or another General Authority.

a kind server

One Saturday I was watching a movie at home when my dad said he was going to visit grandma at the hospice. I called to my dad, "Wait for me, I want to come!" So off we went. We went to Grandma Billie's room, and she was in bed. She was tired. Dad and I talked with her. Every time she opened

Faith in God Challenge

A "Serving Others" activity

Plan, prepare, and serve your family a healthy, delicious meal.

- Choose a main dish; a vegetable; a bread, rice, or pasta dish; and a fruit for dessert.
- 2. Make a list and have a parent help you find the ingredients you will need.
- 3. Choose a day and time to make your meal, and invite your family to help. You can talk or sing while you cook and clean up together!





her eyes I would say, "Peek-a-boo!" and make her laugh softly. I felt as if her soul and my soul started to giggle to themselves. On the way home, I felt warm in my heart for what I did.

Tiara H., age 10, Arizona

Turn to page 8 to read a story about a boy and his grandpa giving service to others.

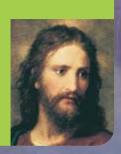


By Hilary M. Hendricks

This popcorn treat takes two hours to set. You can prepare it before a session of conference, and then enjoy it with your family afterward and talk about things you learned from the speakers.

- 1 3-ounce (85-g) bag plain microwave popcorn, popped (about 4 cups of popped popcorn)
- 2 tablespoons butter or margarine
- 1/2 cup corn syrup
- 1/2 cup packed brown sugar
- 1/2 cup chopped nuts (optional)
- Pour the popped popcorn into a mixing bowl.
 Throw away any unpopped kernels.
- 2. With an adult's help, melt the butter or margarine in a saucepan, then stir in the corn syrup and brown sugar. Continue to stir, and when the mixture boils rapidly, pour it over the popcorn.
- 3. Use a wooden spoon to stir the popcorn until it is coated with the butter mixture. Sprinkle on the nuts, if desired.
- 4. Spread the popcorn onto a baking sheet lined with aluminum foil. Let it sit at room temperature for two hours, then break the popcorn into clusters.





Jehovah Sends Jonah on a Mission

By Diane L. Mangum

h no, not Nineveh!

Jehovah had told the prophet Jonah to go on a mission to Nineveh, but Jonah did not want to go. The wicked people of Nineveh were enemies of the Jews.

Jonah decided to run away. He went down to the sea to find a boat going to Tarshish—the opposite direction from Nineveh. Then he went inside the ship to rest. The ship sailed out to sea.

While Jonah slept, Jehovah sent a great wind. Huge waves crashed all around. The sailors woke up Jonah and asked him to pray for their safety.

Jonah realized that he was the reason the sea was so rough. "Cast me forth into the sea," he said. The sailors tried to row the ship back to shore, but the wind was too fierce. At last, they threw Jonah over the side of the ship. Suddenly the sea was calm again.

Waves swirled over Jonah as he sank down into the water. But Jehovah had prepared a great fish to be near the ship, and the fish swallowed Jonah whole.

In the dark belly of the huge fish, Jonah prayed humbly for three days and three nights. He repented of trying to run away from serving people he did not like.



Finally, Jehovah spoke to the fish, and the fish spat Jonah out onto dry ground.

Once again, Jehovah told Jonah to go to Nineveh to preach repentance. This time Jonah did just as Jehovah asked.

Jonah told the people if they did not repent, the huge city of Nineveh would be destroyed. The people listened.

Even the king of Nineveh listened to Jonah. He told the people to turn away from evil and violence.

Because of Jonah's missionary work, thousands of people in Nineveh repented. Nineveh was not destroyed. And Jonah realized that Jehovah loves everyone on earth, no matter where they live or what they have done.

Jehovah is another name for Jesus Christ. He is Heavenly Father's oldest son. Heavenly Father asked Him to create the world and to help people return to Heavenly Father's presence. When Jehovah speaks to people, He is usually representing Heavenly Father. In the Old Testament, Jehovah is usually referred to as LORD. After He was born in Bethlehem, He was known as Jesus Christ.

God, our Heavenly Father, is the father of our spirits. He loves and watches over us always. We worship Him and pray to Him.



Three Days

Hundreds of years later, Jesus explained that just as Jonah was inside the fish for three days, Jesus would be buried for three days and then live again (see Matthew 12:40).

l. Although ground was broken to build this temple in February 1853, it was not completed until April 1893—40 years later.

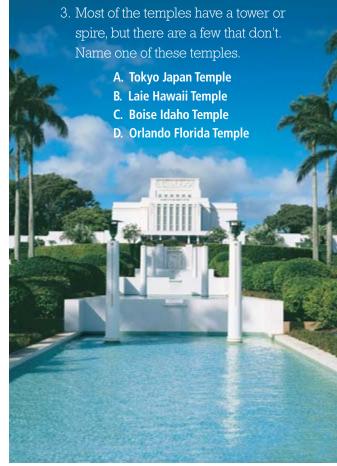
A. Salt Lake Temple

- **B.** Nauvoo Illinois Temple
- C. London England Temple
- D. São Paulo Brazil Temple

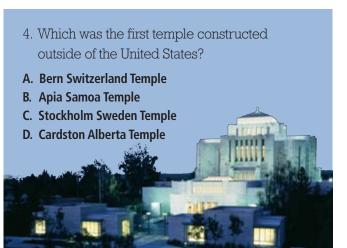
ven if you are not able to visit all of the temples, you can still learn about them. Answer these questions to see if you know some of the interesting facts that make each temple unique. You can also visit lds.org/temples to find information about these temples. Find the answers on page 48.



- A. St. George Utah Temple
- **B.** Nauvoo Illinois Temple
- C. Ciudad Juárez México Temple
- D. Bern Switzerland Temple

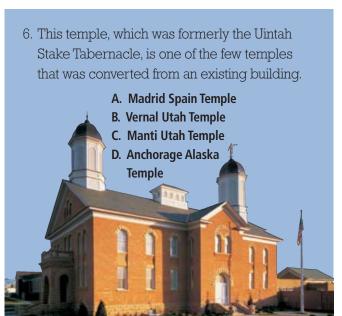


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- 5. This temple is located on the top three floors of a building that includes a mission office and a meetinghouse on its lower levels.
- A. Hong Kong China Temple
- **B.** Seattle Washington Temple
- C. Dallas Texas Temple
- D. Helsinki Finland Temple

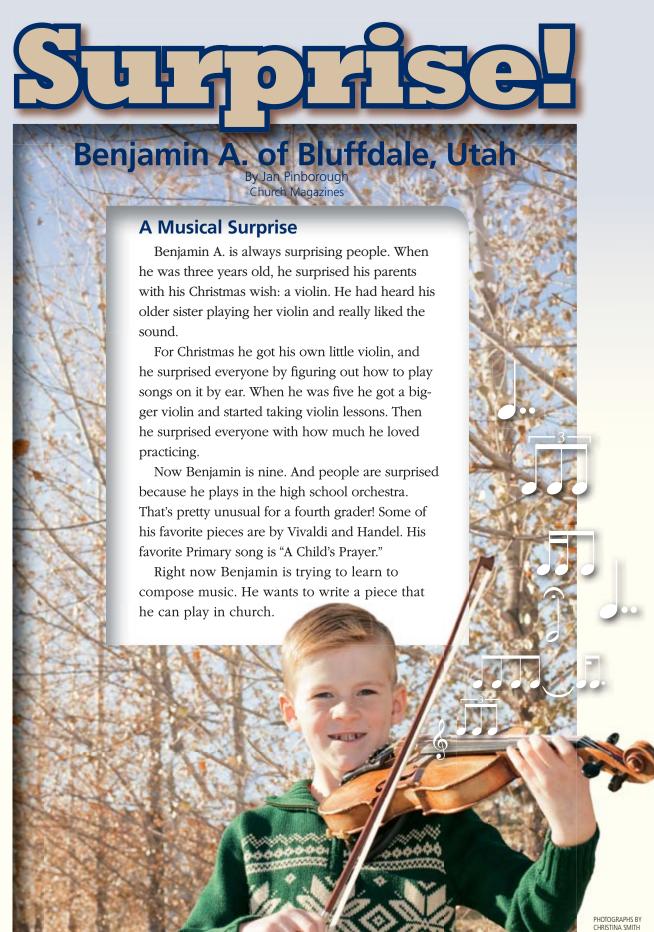




- 7. These two temples were dedicated on the same day—November 14, 1999.
- A. Halifax Nova Scotia Temple and Regina Saskatchewan Temple
- B. Guatemala City Guatemala Temple and Columbus
 Ohio Temple
- C. Louisville Kentucky Temple and Seoul Korea Temple
- D. Papeete Tahiti Temple and Fukuoka Japan Temple











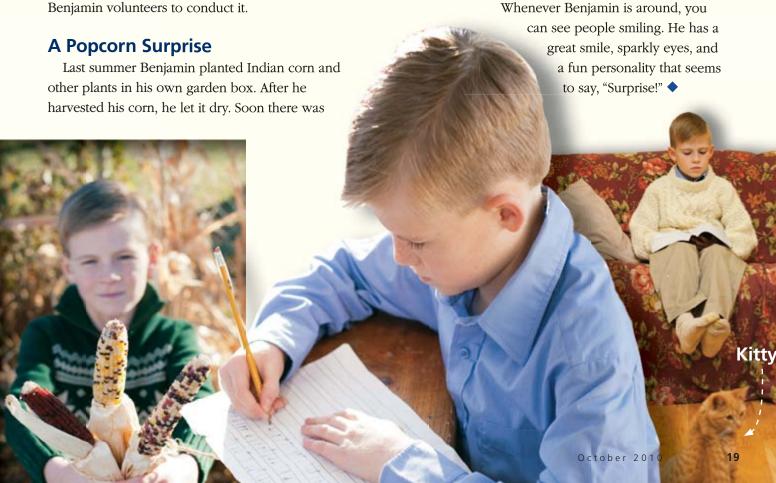
Family Home Evening Surprises

One Sunday afternoon a few years ago, Benjamin's dad gave him a piece of paper and suggested that he make something for family home evening. Now every Sunday Benjamin gets out his craft box and makes a project. He has made models of scripture stories like Jonah and the whale and Noah's ark. It's always a surprise to see what he will come up with.

Benjamin likes sharing his projects in family home evening. And when it's time to sing the opening song, Benjamin volunteers to conduct it. a special kind of popcorn popping at Benjamin's house. His family ate his whole crop at family home evening!

Benjamin is the youngest of nine children. He shares a bedroom with his older brother, Joseph. You might find them playing catch or using foam swords to act out the story of Ammon from the Book of Mormon. Joseph is also teaching Benjamin how to play rugby.

Benjamin has a favorite pet—a cat he named Kitty. He used his creativity to make a maze for Kitty out of cardboard boxes.





(Based on a true story)

There is beauty all around when there's love at home (Hymns, no. 294).

illie could hardly contain her excitement. She crunched through the brightly colored autumn leaves with her bare toes, clutching Papa's hand tightly.

"Soon I'll have some new shoes to jump in the leaves with," Tillie thought happily.

Fall had come early this year, and the tanner, Brother Marshall, did not have any leather to make shoes. So when Papa heard that a man had come from Salt Lake City to sell shoes, he was determined to get Tillie and her little sister, Lucy, a new pair for the winter months.

Papa led Tillie and Lucy into the small tent where the man was selling the shoes. Tillie gasped when she looked at the beautiful leather shoes stacked side by side. Little Lucy clapped her hands as the kind man slipped smooth brown shoes on her feet and tied the laces for her. They were soft on her toes and squeaked a little when she danced around in the tent.

Tillie looked hopefully at the shoe seller, but he shook his head sadly.

"I'm sorry, miss, but I'm afraid I don't have any shoes in your size," he said.

Papa paid the man for Lucy's shoes and thanked him, then led Tillie and Lucy outside.

Tillie choked back tears as she held Papa's hand, trying not to be envious as Lucy ran ahead, stirring up little clouds of dust with the heels of her new leather shoes. She was happy that Lucy had new shoes, but Tillie knew she needed shoes before winter. The days were already growing chilly, and it wouldn't be long until snow came.

20 Friend ILLUSTRATIONS BY BRAD TEARE

When they reached the house, Lucy ran to help Mama with the milking. Papa sat down in his favorite chair and began to untie his tall leather boots. Tillie gasped as Papa picked up a knife and began slicing leather off the tops of his boots. She knew that Papa's boots protected his feet when he worked.

When he finished, Papa handed her the strips of leather.

"Now," he said, smiling, "run over to Brother Marshall's and ask him to make you a pair of shoes."

Tillie threw her arms around Papa's neck and hugged him tightly. Then she dashed out of the house. She reached Brother Marshall's shop and handed him the leather.

"Could you please make me a new pair of shoes?" she asked.

Brother Marshall pulled a stool over for Tillie to sit on and carefully measured her feet.

"All right, Tillie, come back on Friday and your shoes will be ready," he said.

Tillie thanked him and ran back home, scattering leaves happily along her way.

That Friday, Papa and Tillie went to Brother Marshall's shop to get her shoes. She slipped them on, delighted at how warm her toes felt. They looked just like Lucy's shoes, and they even squeaked a little when she walked.

As they thanked Brother Marshall and left the shop, Tillie held Papa's hand and looked at her new shoes. Then she looked at Papa's boots, tied together now so they wouldn't fall down. Tillie felt warm inside. She knew Papa loved her very much.

When they got home, Tillie grabbed Lucy and led her outside. There was a big pile of crunchy leaves that was perfect for jumping into. •

"Because love is the great commandment, it ought to be at the center of all and everything we do in our own family."

President Dieter F. Uchtdorf, Second Counselor in the First Presidency



21



No Matter Our DIFFERENCES



From an interview with Elder Gregory A. Schwitzer of the Seventy; by Megan Withers Roxas

Be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity (1 Timothy 4:12).

y father and his family were members of another church. But before I was born, my father joined The Church of Jesus Christ of Latter-day Saints. His parents and the rest of their family remained active in their church, and our family was active in the LDS Church.

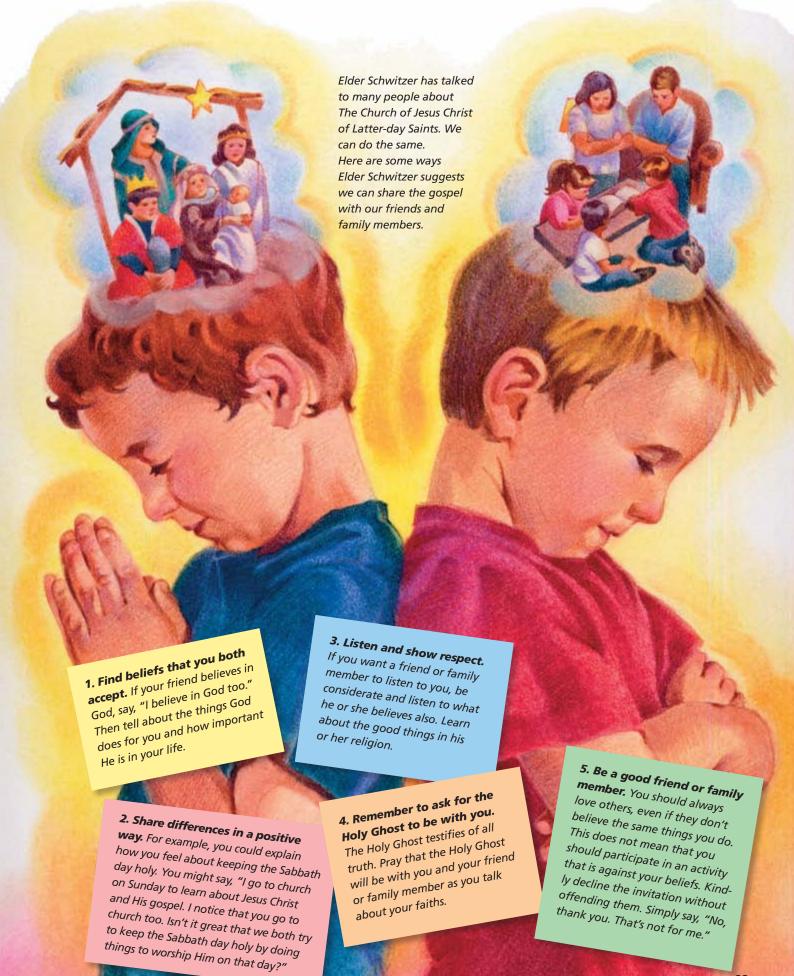
I learned about my cousins' faith by seeing their Sunday activities and how they prayed, and watching them participate in a nativity scene at their church at Christmas. They never came to our Church, but they learned about what we believed by seeing how we kept the Sabbath day holy and had family home evening. I could see how the things that were taught in my home added to what was taught in their home. It strengthened my testimony of the restored gospel.

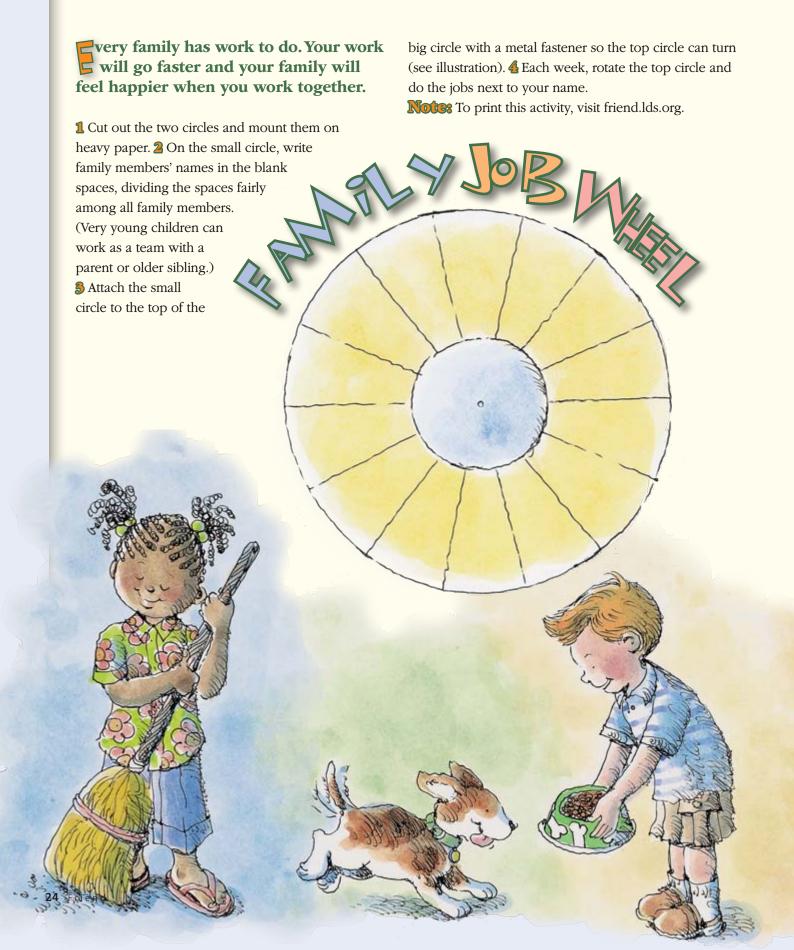
I learned about the goodness that can be found in people of different faiths. This helped me grow up with a better understanding of other people in the world. When I returned home from my mission, my grandmother was dying of cancer. She wanted to know what would happen after this life, so I taught her the gospel. She didn't join the Church, but I had faith that the testimony I shared with her about Heavenly Father's love for her and about life after death would have an impact on her in the next life.

After she passed away, my family went to the temple for her. I know that because of the work we did for her in the temple, she and my grandfather can be together forever—and I can be with them! The differences that we had can be resolved by knowing the truth and having the gospel be a part of our lives.

Children, you might not think that you have an influence on your grandparents or family members who are not members of the Church. But you have more of an influence than you think. Love your family members. Never underestimate the power of always loving your family, no matter what their religion is. •

22 Friend ILLUSTRATION BY DILLEEN MARSH



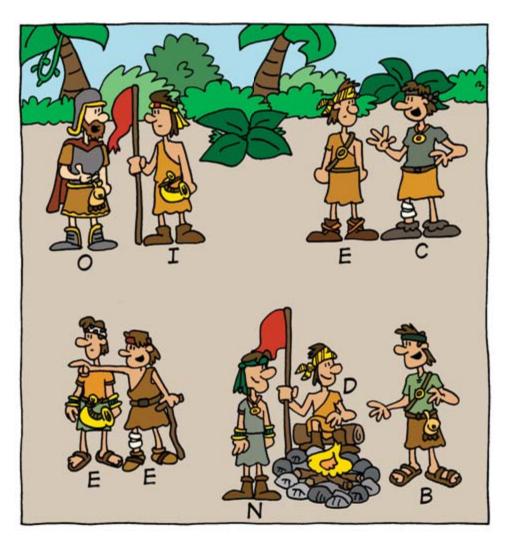




funstuf

Important Trait

By Arie Van De Graaff



Each of these soldiers has something in common with another. For example, Helaman (O) has the same pouch as the soldier on the bottom right of the page (B). Now find what the soldier with the pouch has in common with another soldier. Write the letter under that soldier in the next available space below. Continue to find similarities until all the spaces are filled with letters. The letters will spell a trait that was important to the soldiers in Helaman's army. Find the answer on page 48.

<u>OB________</u>

Hey

Pay extra close
attention to the talks
given by the prophet
and apostles during
general conference in
October. You may
want to take notes or
use the conference
notebook available on
friend.lds.org. You'll
be glad you did
when it comes time
to complete our
conference activity in
next month's issue.



RIGHT ILLUSTRATION BY MARK ROBISON







-Matthew 5:9



By Jan Pinborough Church Magazines When ye are in the service of your fellow beings ye are only in the service of your God (Mosiah 2:17).

n 1948, the children of Berlin, Germany, knew all about bombs falling from the sky. But miniature parachutes carrying candy bars? That was something new. And it was all thanks to a member of the Church who wanted to send a message of love and hope to those children.

During World War II, bombs had destroyed many homes and buildings in Berlin. After the war, the whole city looked flattened and almost deserted. Now only 2.8 million people lived in a city where 4.6 million once lived.

But now there was another terrible enemy in Berlin—hunger! The people needed about 5,000 tons of food a day, but the city had only about 100 tons. How would the people keep from starving? Several countries sent cargo planes with supplies. They brought flour, milk, dried eggs, potatoes, and other food for people to eat and coal and gasoline to keep them warm.

One of the pilots who flew a big C-54 cargo plane was an LDS young man who grew up on a farm in Utah. His name was Gail Halvorsen. He flew daily missions to Berlin.

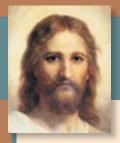
One day on his day off, Brother Halvorsen took his movie camera to the runway where the supply planes landed every three minutes. He noticed a group of children at the end of the runway watching the planes land. He talked to them. They were so brave! And they were very grateful for the food the planes brought.

He reached into his pocket and pulled out his last two pieces of chewing gum. When he gave them to the children, they broke them into tiny pieces to share. Some only got to smell the wrappers, but none of them asked for more.

Then Brother Halvorsen had a great idea. He knew Heavenly Father loved those children. He wanted them to know that they were important and that someone cared about them. He wanted them to be happy and to have hope. "Watch for me tomorrow," he said.

May I have some of your candy bar?





Trying to Be Like Jesus

Sabbath Example

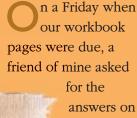


invited me to his birthday party on Sunday,

but I told him that I don't go to birthday parties on Sundays because it's our family day. We want to keep the Sabbath day holy. I was disappointed and sad to miss his party, but then his mom asked if I could come on Saturday instead. She changed the birthday party to Saturday so I could go. I was glad to be a good example.

Spencer C., age 5, North Carolina

Choosing Right from Wrong







At first I said sure. But after thinking about it, I didn't want to get a "lunch bench," one of the consequences at my school. When I told my friend it wasn't the right thing to do, I felt a strong feeling inside. Later that day my teacher announced that if anyone copied answers they would get a lunch bench, and so would the person who let them copy. I felt so relieved. I realized the strong feeling was the Holy Ghost. I know the Holy Ghost helps us choose right from wrong.

Kendra E., age 11, California



Stop Teasing Her!



ne day some boys at my school were teasing my friend because she looks different than the other children. I told the boys

to stop teasing her. I knew it was the right thing to do. My friend thanked me for helping her. I want to follow Jesus and help others.

Caroline M., age 8, Mexico

30 Friend

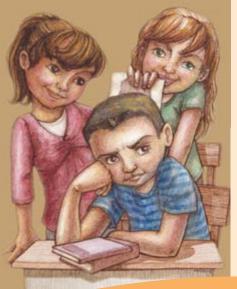
I Didn't Look



ne day at school I was in my classroom and some girls were trying to show me bad pictures. I kept

pushing them away. So finally I got up and told my teacher. I know it was the Holy Ghost that told me not to look at the pictures. I know if we follow the Holy Ghost, He will lead us to live with Heavenly Father again.

Derik J., age 7, Utah



Throwing It Away

A t school, one of my friends gave me a ticket stub to play with. I read it and it said, "beer ticket." I



know that we are not supposed to drink alcohol, so I threw it away. I felt good inside because I knew I made the right choice.

Ulrik T., age 5, Ontario, Canada

One day I had a feeling that I

Jeremy all alone at the table

should sit with him. I looked at

and thought for a minute. Then

I took a deep breath, walked to

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

A Modest Costume



y mom and dad have taught me that it's important to dress in clothes that are modest.
When it was

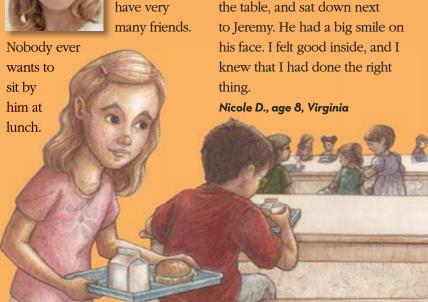
time to pick out a Halloween costume, I told my mom that I would choose a costume that was modest. I found one that I really liked, and it covered my body. I know that Heavenly Father is happy when I choose the right.

Sadie S., age 5, Arizona

Lunchtime Kindness



leremy (name changed) is a boy at school who doesn't have very



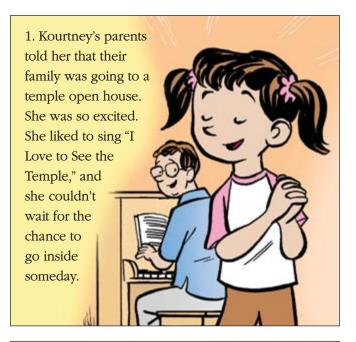


I love to see the temple. I'm going there someday (Children's Songbook, 95).

I'm Going There Someday

By Jake Frandsen

(Based on a true story)

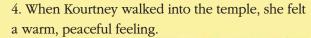


2. When the day for the open house arrived, Kourtney and her sisters combed their hair neatly and put on Sunday dresses.





3. As they drove, Kourtney and her family talked about how families are sealed together forever in temples. When the temple came into view, Kourtney couldn't wait to go inside.





32 Friend ILLUSTRATIONS BY ADAM KOFORD

5. Kourtney walked reverently by the temple baptismal font, the sealing rooms, and other beautiful rooms of the temple.



6. Finally, she walked into the celestial room. Everything was clean and beautiful. She felt calm.

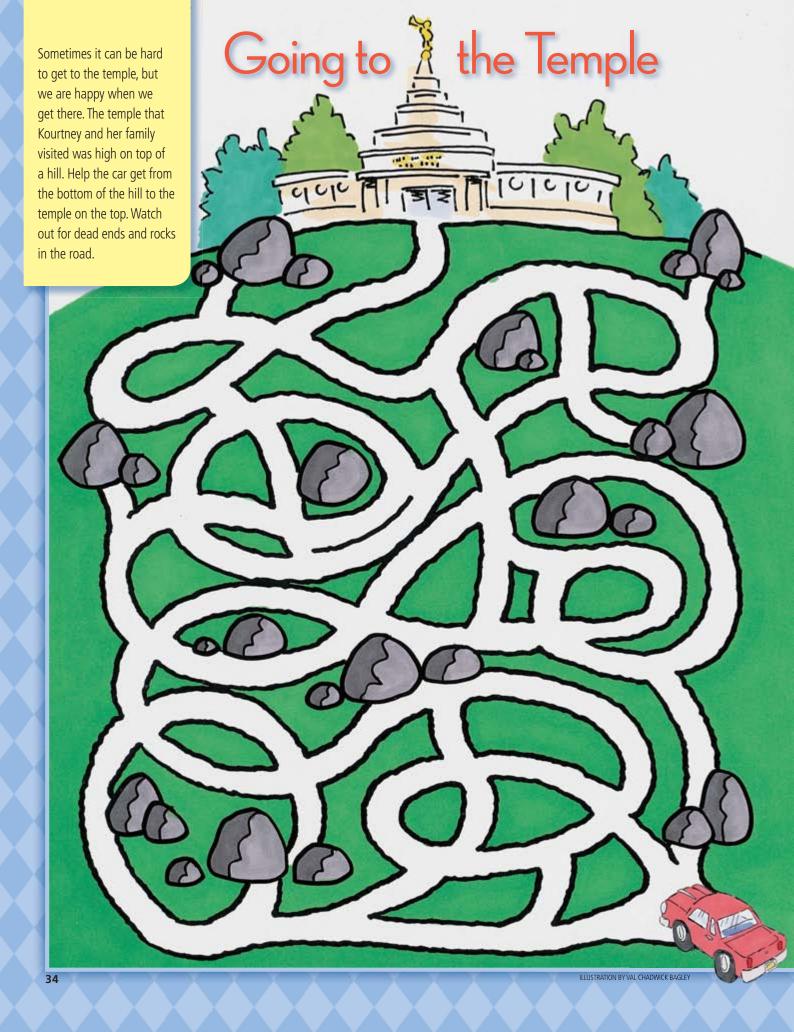




7. When Kourtney and her family finished walking through the temple, she felt so happy. She loved the temple more than ever.



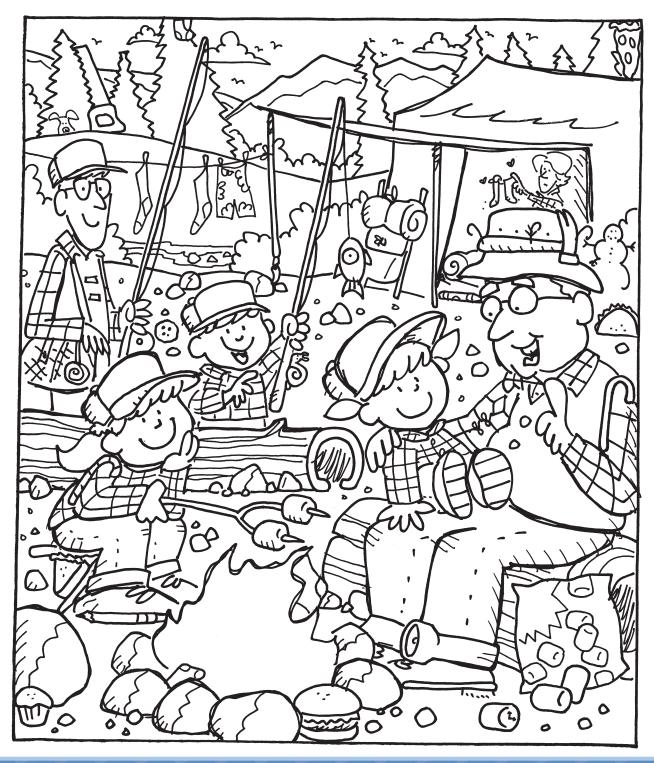
8. As her family began to drive away from the temple, Kourtney turned around and pointed. "Look, Daddy! I went there someday!"

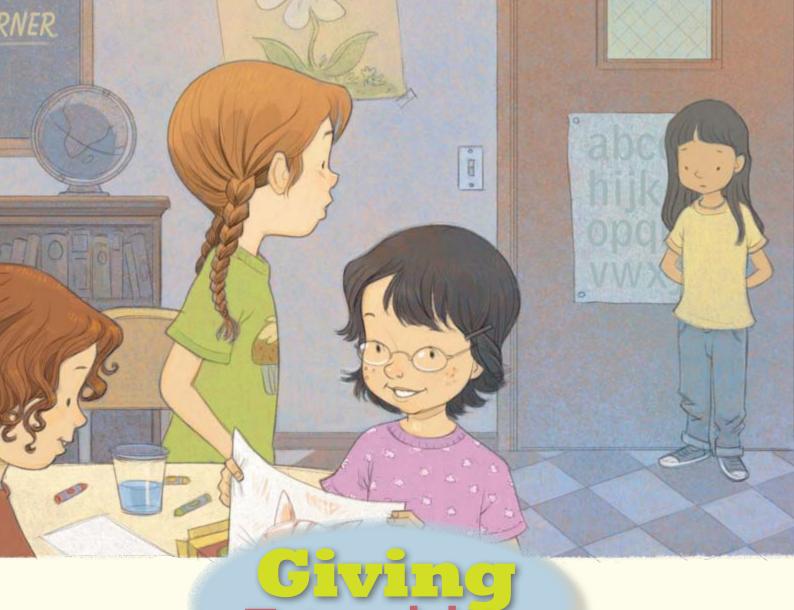


Family Campout

By Val Chadwick Bagley

This family is enjoying a campout together. Look at the picture and see if you can find a candy cane, cane, carrot, clock, cookie, crayon, cupcake, flashlight, hamburger, hammer, horseshoe, kite, lollipop, paintbrush, pencil, puppy, saw, seven socks, slice of pie, slice of pizza, snail, snowman, taco, and toothbrush. Then color the picture.





By Sarah Cutler (Based on a true story)

Give, oh! Give away

(Children's Songbook, 236).

Becky was ready for kindergarten. She knew her ABCs and some of her colors—red, yellow, blue, green, orange, and black. She knew the numbers up to 29.

Becky also knew that some of her friends from Primary would be in her class—Brooke, Chris, and Van. She was going to have fun.

When Becky saw her teacher, Mrs. Varner, she knew

she would love her. When she saw the two other girls at her table,

she knew they would be friends.

Then Becky saw a girl with long black hair standing by the door. She could tell the girl was scared. Mrs. Varner took the girl's hand and led her over to Becky's table. "This is Monica," Mrs. Varner said. "She is from Mexico.

36 Friend

She doesn't speak English yet, only Spanish. Will you girls be her friends?"

Becky nodded and handed Monica a marker. But Monica just sat and stared at the table. After a few minutes, she started to cry.

Then Becky knew what to do. Her dad had gone to Spain on his mission, and he had taught her to sing "'Give,' Said the Little Stream"* in Spanish. Becky put her hand on Monica's arm and started to sing:

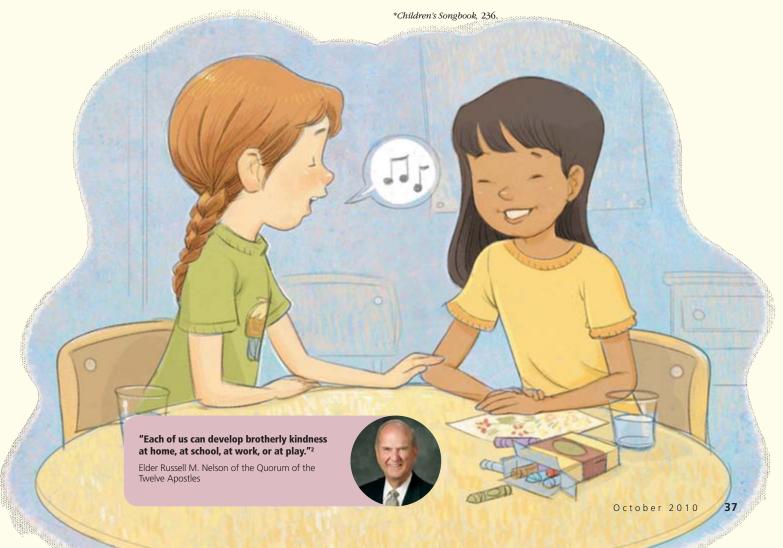
El arroyito da, siempre da, siempre da.

El arroyito da de sus aguas al pasar. Pequeño es, mas por donde va a las plantas vida da.

Y cantando dulce son, demos hoy con gran amor;

Y cantando dulce son, demos con amor.

When Monica heard the song in her language, she started to smile. Becky knew she had made a new friend. ◆





Special Day

Today is your special day. You put your white dress on. You feel the water go through your hair. And the Holy Ghost is there.

Taysja R., age 9, Utah

Genesis

The first light, the first dark, The first hoot, the first coo, The first roar, the first meow, The beginning of beginnings, And the start of the world.

Josh P., age 11, Idaho

Prayer

First I kneel, then I pray; This is what I do each day. I pray at meals and when in need. The Lord answers my prayers, indeed. I pray in the morning, day, and night; I pray for help to choose the right.

William F., age 9, California

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

Up on a Cloud

Up on a cloud I sit in the sun, Dreaming a wonderful dream Of dancing and singing and instrument playing With sound so bold and supreme.

A choir sung melodious hymns While smiling to the crowd. The conductor waved his arms in a beat To make a joyful sound.

The dancers leaped and stepped with grace As they spun around on the floor. Their clothes were white and their eyes were bright With shining smiles galore.

An orchestra played their instruments And hit each note and key. Their wonderful sound touched each heart And every spirit beautifully.

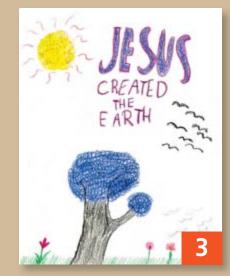
As the days passed on more people came To see this wonderful sight Of lovely creations with beautiful flare And everlasting light.

This is the greatest dream of all, To see hearts glow and gleam. Up on a cloud I sit in the sun, Dreaming a wonderful dream.

Savannah M., age 11, Missouri

Drawings

- 1. Ashlee C., age 6, Arizona
- 2. Adam T., age 9, Missouri
- 3. Leah S., age 9, Mississippi
- 4. Kess L., age 7, Utah
- 5. Emily W., age 11, Florida
- 6. Loren Y., age 7, Washington
- 7. Ty W., age 11, South Dakota
- 8. Marjorie L., age 7, Hong Kong
- 9. Rachel M., age 9, Nevada
- 10. Samuel M., age 7, Utah
- 11. Kade C., age 7, Hawaii
- 12. Kate L., age 8, Texas
- 13. Naomi B., age 6, Missouri
- 14. Suzie P., age 10, California











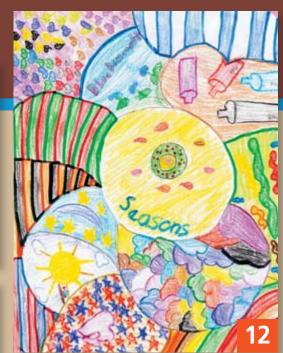




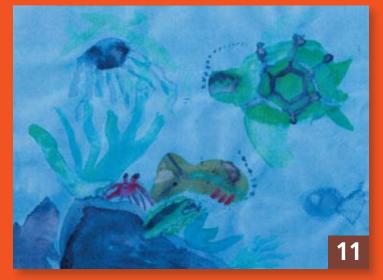














Invite All to Come unto Christ

By Sandra Tanner and Cristina Franco

The October 2009 general conference, President Thomas S. Monson taught us about serving others. He said, "Each of us can do something to help someone."*

One way we can help others is to share the gospel with them. When we teach the gospel of Jesus Christ, we are serving others because we show them the way to return to Heavenly Father. We show them how to feel the love of Jesus Christ in their lives. We share with them how to make and keep sacred covenants that bless their lives. We help them to know the bless-

ings that come from keeping the commandments.

When we teach others the gospel of Jesus Christ, we are being missionaries. We are being witnesses that the Church of Jesus Christ is on the earth today. This is an important service to others that will bless their lives forever and fill us with joy too.

October 2010 Scripture Journal

Read Moroni 10:32.

Pray to Heavenly Father to help you know that the way to come unto Christ is by becoming a member of His Church.

Memorize Moroni 10:32.

Choose one of these activities, or create your own:

- Help someone else memorize Moroni 10:32.
- Invite a friend to go to activity day or a Primary activity with you.
- Complete the activity on the opposite page. Put it where you can see it to remind you to be a missionary.
- Share your testimony. You can do this in family home evening, in a talk in Primary, or as the Holy Ghost helps you share your testimony with someone else.
- Talk to someone who has served a mission about how to share the gospel.

How does what you have done help you understand this scripture?

Write in your journal or draw a picture about what you have done. ◆

*"What Have I Done for Someone Today?" Ensign, Nov. 2009, 85.

Invite All to Charles unto Charles



I can share the gospel of Jesus Christ by inviting a friend to go to Primary with me.

I can share the Book of Mormon.

I can be a good example.

What are other things you can do to be a missionary?

Invite All to charge unto Charge



I can share the gospel of Jesus Christ by inviting a friend to go to Primary with me.

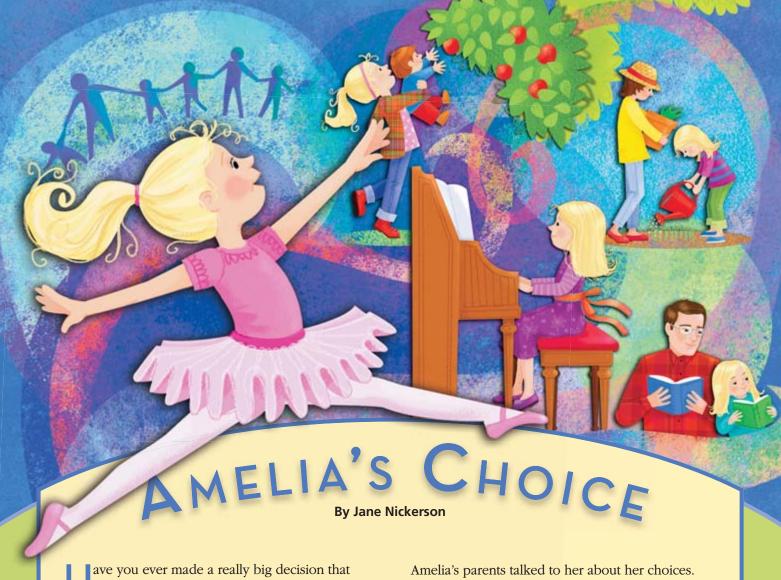
I can share the Book of Mormon.

I can be a good example.

What are other things you can do to be a missionary?

Cut out the two reminders and color the pictures. Pray to Heavenly Father to help you choose someone you can be a missionary to. Write your feelings in your Scripture Journal.





ave you ever made a really big decision that would affect not only you but your whole family? Amelia S. of Ontario, Canada, has.

When Amelia was four, she began taking ballet at a professional dance school. She learned quickly and soon was at the top of her class.

"As I danced and leaped through the air, I felt as if I could fly," Amelia says. "I could imagine I was alone on the stage—a real prima ballerina."

When Amelia was eight, her teachers said she needed to spend more time at the dance school so she could prepare for a professional audition. Amelia was a hard worker, so she didn't mind. But then the director of the school said that by the age of 12, Amelia would need to be at the dance studio whenever she wasn't at school.

"What about her family?" Amelia's mother asked.

"The studio will become her family," the director said.

Amelia's parents talked to her about her choices. She knew she wouldn't have time to spend with her brother and sisters. She wouldn't have time to play the piano.

Amelia thought and prayed about it. She wanted to do what was best for her whole family.

It wasn't easy, but Amelia decided to stop taking ballet. It was hard at first, but as time went on she knew she had made a good choice. She learned she can handle changes. Her piano playing improved. Soon she was even playing the piano at a nursing home.

Amelia is a wonderful big sister. She helps her family in their garden. They all like to watch movies together as they fold laundry. Amelia loves to read. Sometimes she plays the piano in her ward. And she is glad she chose to spend time with her family and have a well-rounded life.

By Chad E. Phares

Church Magazines (Based on a true story)

God is faithful, who will not suffer you to be tempted above that ye are able; but will . . . make a way to escape (1 Corinthians 10:13).

/hat a day," Tyler thought as he finished reading his basketball book and got out of bed to kneel for his evening prayer.

"You did a good job today," Alicia told him as she peeked her head into his room on her way to bed. Tyler was glad she said it, but he didn't feel he had made any big decision. Sure, he had made a good choice, but it came so naturally that it didn't really feel like much of a choice at all.

The day had started out like a normal Saturday. Tyler walked a block to the neighborhood playground where there were always kids to play with. Some days he played soccer, some days he played basketball, and other days he just played tag.

When Tyler got to the park, he saw a few boys huddled in the little red clubhouse near the jungle gym.

When Tyler crawled inside, he saw Anthony, Marcus, and Stephen—all boys he had played with before. He started talking with them about things like video games and what their Halloween costumes were going to be.

Then Anthony pulled out a folded-up piece of paper. "Hey, guys. Look at this picture of a girl I took from one of my dad's magazines," he said.

Marcus and Stephen moved behind Anthony to see the picture. Tyler didn't move.



"Whoa!" Marcus said. His eyes got as big as marbles. Stephen's cheeks turned red. He slapped his hand over his open mouth and started to laugh. Anthony and Marcus laughed too.

A chill ran up Tyler's back. He knew the picture was something he should not look at. He turned toward the door and crawled out of the clubhouse.

Anthony crawled out after him.

"Tyler, come look at this!" Anthony said.

"No," Tyler answered. "I don't look at those kinds of pictures."

"Why not?" Anthony said. His voice was so loud Tyler could hear it echo off the hills behind the playground. "Are you scared?"

The other boys laughed.

Anthony ran toward Tyler. As he got closer, Tyler saw Anthony's hand moving upward. Tyler closed his eyes. He felt the paper brush against his face.

"Come on, look!" Anthony said as he laughed. "Look!"

Tyler jerked his head away from the paper. It didn't matter to him how much he was teased or how much the other boys laughed. He knew he should not look.

So he ran.

Tyler ran from one side of the playground to the other, but Anthony was right behind him, holding up the picture and laughing.

Because Tyler's home was nearby, he knew the best way to get Anthony to stop chasing him was to run home. As Tyler began to run home, he saw something he had not noticed before. His sister, Alicia, was standing by the swings. As he ran past her, she turned toward Anthony.

"Leave him alone!" she yelled. Anthony, who was already slowing down, stopped and walked back to the playground.

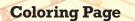
When Tyler ran through his front door, he made his way to the living room and crashed on the couch. Alicia walked in a few minutes later. "Don't worry about those guys," she said. "You did great."

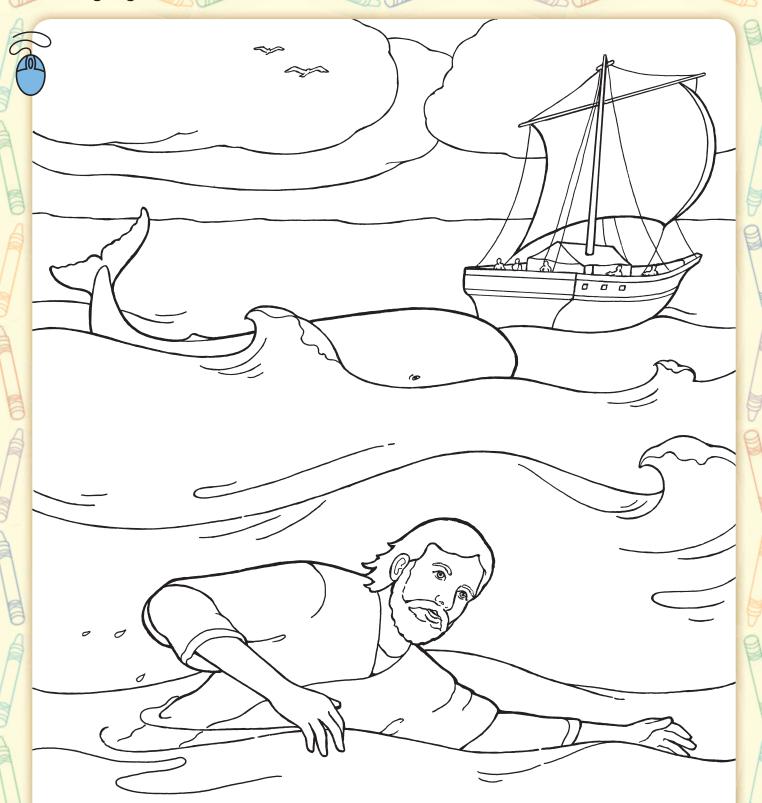
As Tyler lay in bed thinking about what had happened to him that day, he started to realize why not looking at the picture had been an easy choice for him. Tyler had already learned that he should not look at immodest pictures. Maybe today was the first time anyone had tried to show him a bad picture, but he had already made up his mind a long time ago.

"I will keep my mind and body sacred and pure."
My Gospel Standards

ILLUSTRATION BY BRYAN BEACH

October 2010





Jonah and the Great Fish

The Lord had prepared a great fish to swallow up Jonah.

And Jonah was in the belly of the fish three days and three nights (Jonah 1:17).

46 Friend ILLUSTRATION BY BETH WHITTAKER

Friends in the News



When the Primary children of the Milligan Valley Ward, Eagar Arizona Stake, learned that a four-year-old boy in their stake was being treated for cancer, they wanted to do something to help him feel better. Each child made a quilt square, and with the help of a member of the Primary presidency, they made him a warm, soft flannel quilt.







Kelli, Benjamin, and Anna M., 10, 7, and 6, Utah, enjoy spending time with their family hiking, biking, swimming, working in the garden, raking leaves, and playing together. Kelli likes to write kind notes to family members, friends, and teachers. Benjamin enjoys helping his dad work in the yard. Anna likes to help her mom make dinner.



Spring L., 12, Utah, has six sisters, two brothers, and a cat named Chug. She likes to eat grapefruit. She is a good student, swimmer, and softball player. She has a strong testimony of the gospel.



Cole R., 6, Utah, likes dancing and listening to music, especially Primary songs. He raises chickens and puts the money he earns from selling the eggs toward his mission fund.



Alexis B., 7, South Carolina, likes to sing, dance, read, and make books. She is learning to play the piano. She is excited to get baptized!



likes to read, write stories, and do math. He enjoys fishing, hunting, and playing the piano. His favorite hymn is "How Firm a Foundation." He was excited to be sealed to his parents and brother in the Denver Colorado Temple.



Toledo Second Ward

The Primary children of the Toledo Second Ward, Toledo Ohio Stake, enjoyed making posters representing what they learned about eternal families. They enjoyed coloring the posters and sharing their artwork with each other.



Zackry H., 10, Texas, portrayed Joseph Smith in a class "wax museum" at school. He gave a memorized speech about Joseph Smith in a log cabin he made out of cardboard and rolls of paper.

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



Possible Ideas for Family Home Evening

- 1. Read "A Gift for Billy" (page 2). Maybe you know people like Billy's family who are in need of compassion. As a family, plan and carry out an act of service for someone in need.
- 2. How much do you know about temples? Take the Temple Facts Challenge (pages 16–17). Learn more by studying either a temple listed in the challenge or the temple closest to you. You can find information at lds.org/temples.
- 3. Share some family history. Read about one man's service during World War II in "Parachutes of Hope" (pages 28–29). Do you have interesting stories in your family history? Talk to a parent or grandparent to learn about a story from your family; then share it with someone else.
- 4. Read "Amelia's Choice" (page 43). Sometimes families are busy. Discuss ways your family members can make time for one another. Maybe you can garden together or fold laundry while you watch a movie, just like Amelia.



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Full name

Age

State/Province, Country

I grant permission to print submission and photo in print or online:

Signature of parent or legal guardian

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(FLF) = For Little Friends
(f) = Funstuf
(IFC) = inside front cover
(v) = verse

Book of Mormon 4, 26 (f)

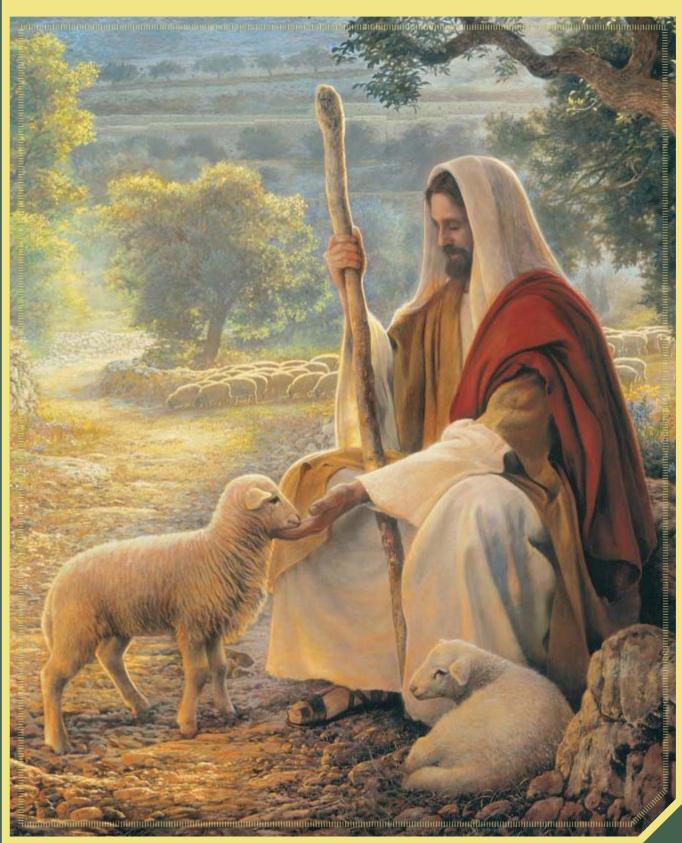
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Sidebar References

- 1. "The Love of God," *Ensign,* Nov. 2009, 21.
- 2. "'These . . . Were Our Examples,'"
 Ensign, Nov. 1991, 61.

Funstuf Answers
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6) B, 7) A, 8) C.
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"My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life" (John 10:27–28).



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