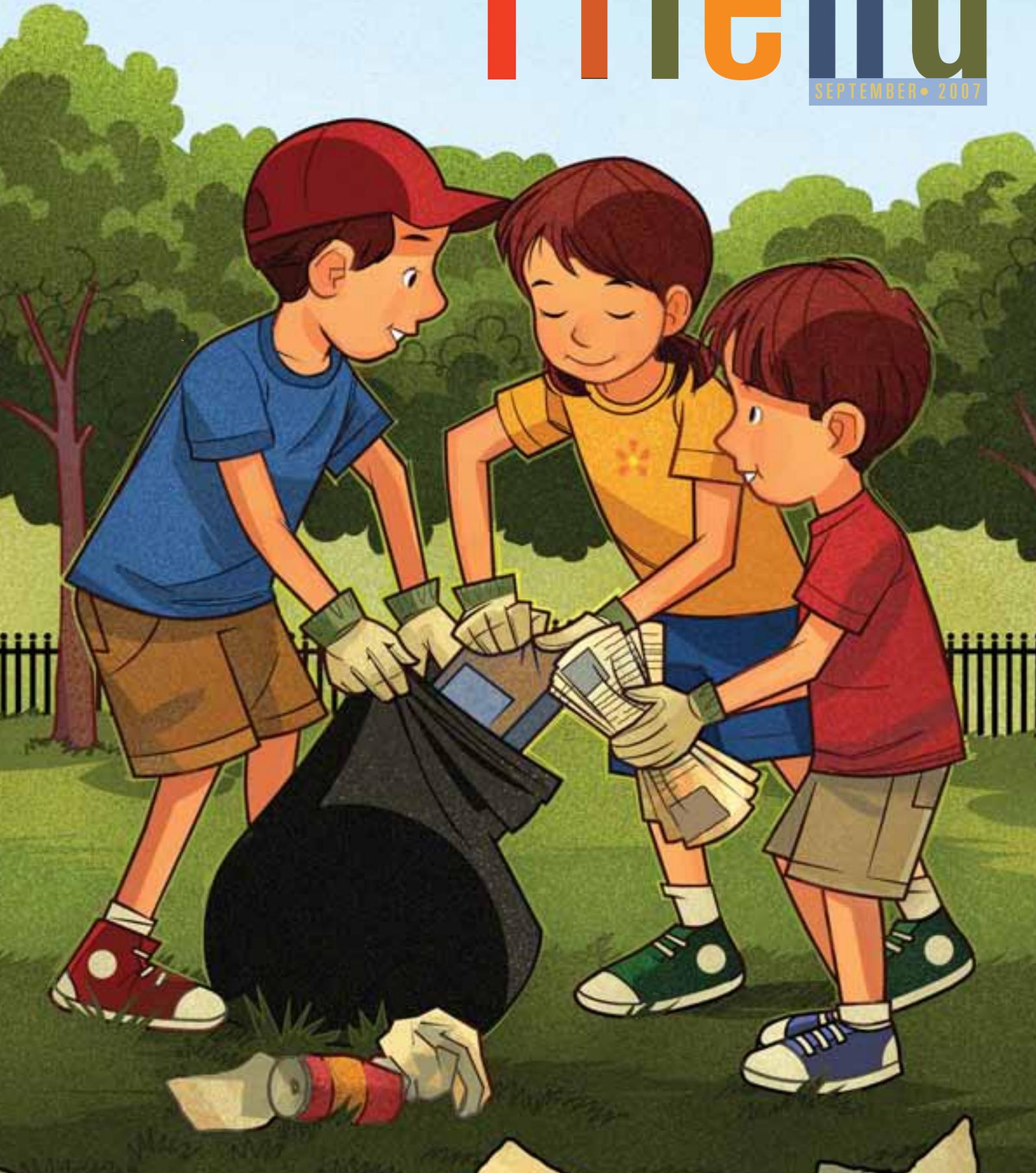


# the Friend

SEPTEMBER • 2007



# Friends by Mail



## Runaway Horse

**M**y family visited a ranch where I got to ride a white horse. Another horse spooked him, and all of a sudden he was running away with me. I was bouncing about and holding on for dear life. Finally I fell off! The only parts of me that got hurt were my right foot and the top part of my leg. Everyone said that I held on for a long time and landed well. I know that Heavenly Father helped me so I wouldn't get hurt badly. I know that He protects us all, and that we should thank Him.

Audrey M., age 10, Washington

## Friend First Aid

**L**ast week I broke my arm. My neighbor who is a nurse told us that we needed to make a splint for my arm to protect it on the way to the hospital. She asked me if we had a few magazines we could use. My mom ran and got four *Friend* magazines, and my neighbor used them to make a splint by tying them around my arm with yarn. We had to wait a very long time in the hospital, so I was able to read my *Friend* magazines. I read a lot of stories, and one of them was about a boy in the hospital. I was comforted by the stories and the priesthood blessing I was given. I felt at peace. I love the *Friend*.

Macey I., age 7, Minnesota



## Three Wonderful Letters

By Rob J.

**A** few days after the May 2006 *Friend* arrived, my six-year-old daughter, Kari, leaned over to me and whispered, "Dad, I have a secret. Let's mow the word *Mom* into our lawn and surprise her." I had seen the May cover illustration and knew how the

seed had been planted. Kari and her sisters had a giggly sense of excitement all the next week and a half. I made sure my wife was gone the Saturday morning before Mother's Day while my girls and I mowed those three wonderful letters into our front lawn. Kari told me she wanted to do this to make her mom happy and tell her she loved her.

Kari J., age 6, Utah



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September 2007

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# the friend

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



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

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Cover by Matt Smith





# Sacred Ground

BY PRESIDENT THOMAS S. MONSON  
First Counselor in the First Presidency

I recall the time when I was ordained a deacon. Our bishopric stressed the sacred responsibility which was ours to pass the sacrament. Emphasized were proper dress, a dignified bearing, and the importance of being clean inside and out. As we were taught the procedure in passing the sacrament, we were told how we should assist Louis McDonald, a brother in our ward who was afflicted with a palsied condition, that he might have the opportunity to partake of the sacred emblems.

How I remember being assigned to pass



**President Monson  
recalls an act  
of priesthood  
service that  
changed his life.**

the sacrament to the row where Brother McDonald sat. I was fearful and hesitant as I approached this wonderful brother, and then I saw his smile and the eager expression of gratitude that showed his desire to partake. Holding the tray in my left hand, I took a small piece of bread and pressed it to his lips. The water was later served in the same way. I felt I was on holy ground. And indeed I was. The privilege to pass the sacrament to Brother McDonald made better deacons of us all. ●

*From an October 2005 general conference address.*

## THINGS TO THINK ABOUT

**1. At first President Monson was fearful of passing the sacrament to Brother McDonald. Why? How did his feelings change? Why?**

**2. Why do you think President Monson felt he was on holy ground? How do you think Brother McDonald felt?**

**3. What have you learned about partaking of the sacrament? If you are preparing to receive the Aaronic Priesthood, what have you learned about passing the sacrament?**

**4. What else did you think about as you read this article?**





# Miles and Miles of Smiles

*Let all your things be done with charity (1 Corinthians 16:14).*

**BY RAY GOLDRUP**

(Based on a true story)

Marcus watched the crackling campfire as he listened to his father's lesson.

"We should all follow Jesus Christ's example so we can be happy," Dad said to the family. They were sitting on logs around the fire. "It's very important for each of us to show charity toward others," he said.

"What's charity, Dad?" Marcus asked.

Dad added more wood to the campfire. "Charity is the pure love of Christ," he explained. "We cannot be saved in the kingdom of God without it."

Marcus looked confused. Dad looked around at their family and asked, "Can each of you think of an example of charity, to help Marcus better understand what it is?"

Mom turned a marshmallow over the fire on a stick. "When Mrs. Clanton fell and hurt her hip, I helped do chores around her house," she said.

Tanner told how last week he helped the deacons

quorum collect food and clothing for some of the city's poor and homeless.

Ashley had befriended a neighborhood girl whom other girls ignored.

"Dad helped fix Mr. Johnson's roof because Mr. Johnson is in a wheelchair," Mom said.

"Does taking care of Jo-Jo count?" Marcus asked. Jo-Jo was his hamster. "I feed him and change his water and give him a new sock for his bed." Marcus bit into a toasty marshmallow.

"Any act of kindness or service we do for someone—including Jo-Jo—is charity," Dad said.

"I want to do stuff for somebody bigger than Jo-Jo, like you and Mom and Tanner and Ashley do," Marcus said. "But I'm too little, I guess."

"You don't have to be big to help someone, do you, Marcus?" Dad asked. "Or to have your prayers answered?"

Marcus smiled. "No."



“Why don’t you ask Heavenly Father to help you find someone you can help, and when the time is right, you’ll know it.”

“How will I know it?” Marcus asked.

Ashley reached over and wiped a smear of marshmallow from the side of Marcus’s mouth. “You’ll feel it about as deep down inside you as that marshmallow you just ate,” she said.

Later that night, Marcus lay curled up in his sleeping bag. He listened to the tree branches rub against the outside of the tent. “Heavenly Father, please help me find someone I can help,” he prayed. “I’m just a little kid, but Dad said you don’t have to be big to be kind or helpful to others. I help Jo-Jo and my family by being kind and doing my chores, but I want to do something for somebody else. Jesus helped lots of people, and I want to be like Him.”

One Saturday afternoon two weeks later, Marcus worked alongside his mother in their flower garden. He noticed their next-door neighbor sitting alone in her front-porch swing. She looked sad. “Mom, what’s the matter with Mrs. Walton?” Marcus asked.

Mom straightened up from bending over the flowers and looked at their neighbor. “Mr. Walton died almost a year ago, and she misses him very much. Some days are hard for her, and it looks like this is one of those days.”

Marcus stood up and looked at Mrs. Walton across the low hedge that separated the two yards. He felt a feeling deep inside him. It got bigger and warmer just like the campfire did when his father added more wood to it. “Can I pick one of our big yellow flowers and give it to Mrs. Walton?” Marcus asked.

Mom smiled and nodded.

A few moments later Marcus stood in front of Mrs.



Walton. She looked surprised. Marcus held out the flower to her. "This is for you," he said.

She took the flower and then looked at Marcus. He climbed into the swing and sat beside her. He didn't say anything. He just smiled. Mrs. Walton patted Marcus's hand, and the two of them sat there together and listened to two red birds singing in her maple tree. Then Mrs. Walton looked at Marcus again. He was still smiling.

"You've got miles and miles of smiles," she said. "Did you know that?" Marcus kept smiling. "Your smiles came at a time when I most needed them.

"We can share the love of Christ in simple acts."

**Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "The Hand of Fellowship," *Ensign*, Nov. 1988, 30.**



Thank you."

That night Marcus put clean bark shavings in his hamster's cage before going to bed. "Jo-Jo, today I worked with Mom in the

flower garden, and I helped Mrs. Walton be happy. It made me feel happy too. I don't have to be big to help others. I can be like Jesus right now." ●





# Share God's Love

BY SUSAN BICKEL

Spread a smile.  
Give a hug.  
Share a toy  
Without a tug.

Give a flower.  
Blow a kiss.  
Make a card  
For one you miss.

Shake a rattle  
For the baby.  
Be a friend;  
Don't say maybe.

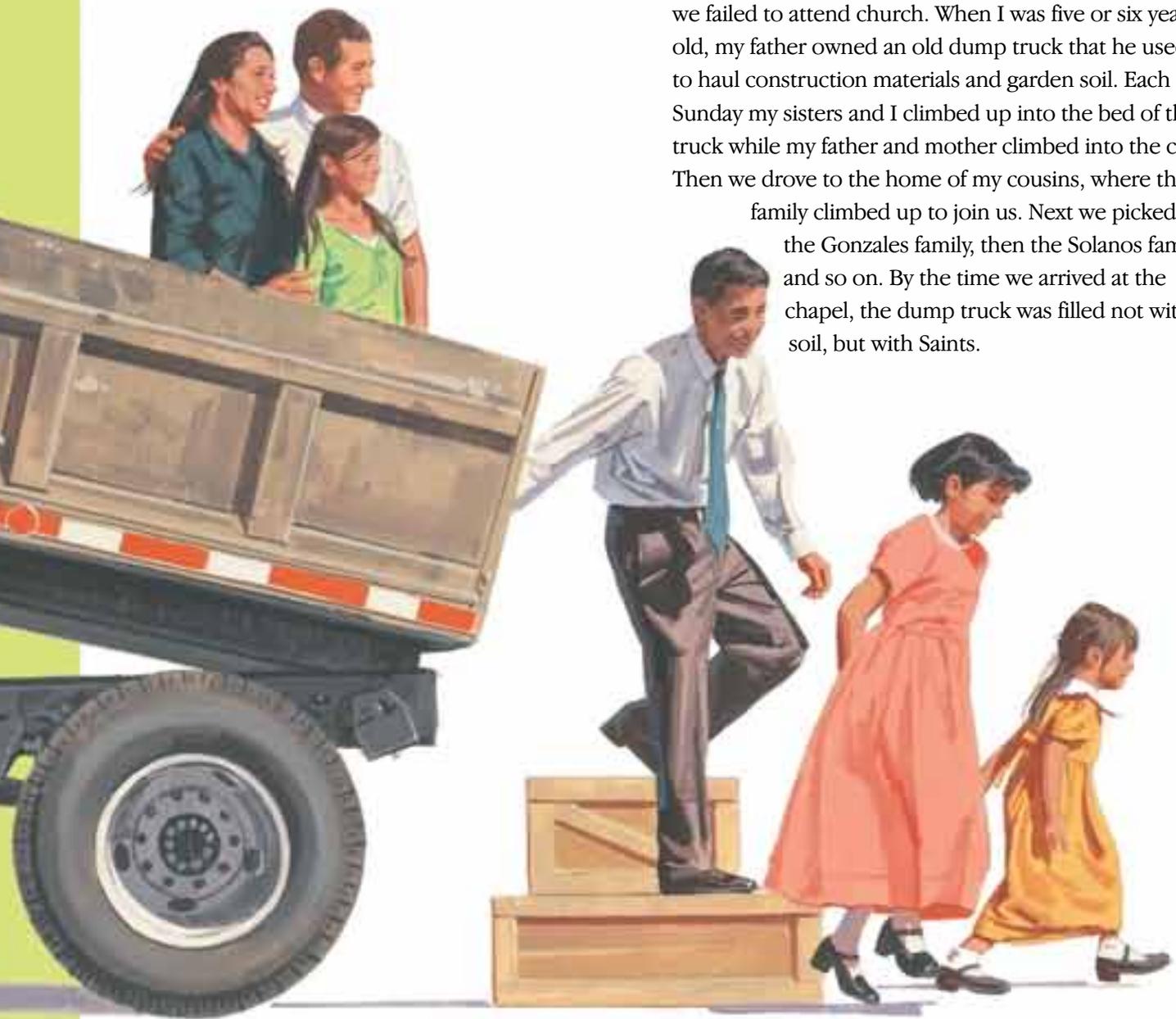
Whether you are  
Small or tall,  
Share God's love  
With one and all.



# A Truckload of Saints

*Thou shalt go to the house of prayer and offer up thy sacraments upon my holy day (D&C 59:9).*

I grew up in Monterrey, Mexico, in the state of Nuevo León. My parents were faithful Latter-day Saints, and I can't remember a single time when we failed to attend church. When I was five or six years old, my father owned an old dump truck that he used to haul construction materials and garden soil. Each Sunday my sisters and I climbed up into the bed of that truck while my father and mother climbed into the cab. Then we drove to the home of my cousins, where their family climbed up to join us. Next we picked up the Gonzales family, then the Solanos family, and so on. By the time we arrived at the chapel, the dump truck was filled not with soil, but with Saints.



**Benjamín De Hoyos as a baby  
(middle row) with his family**



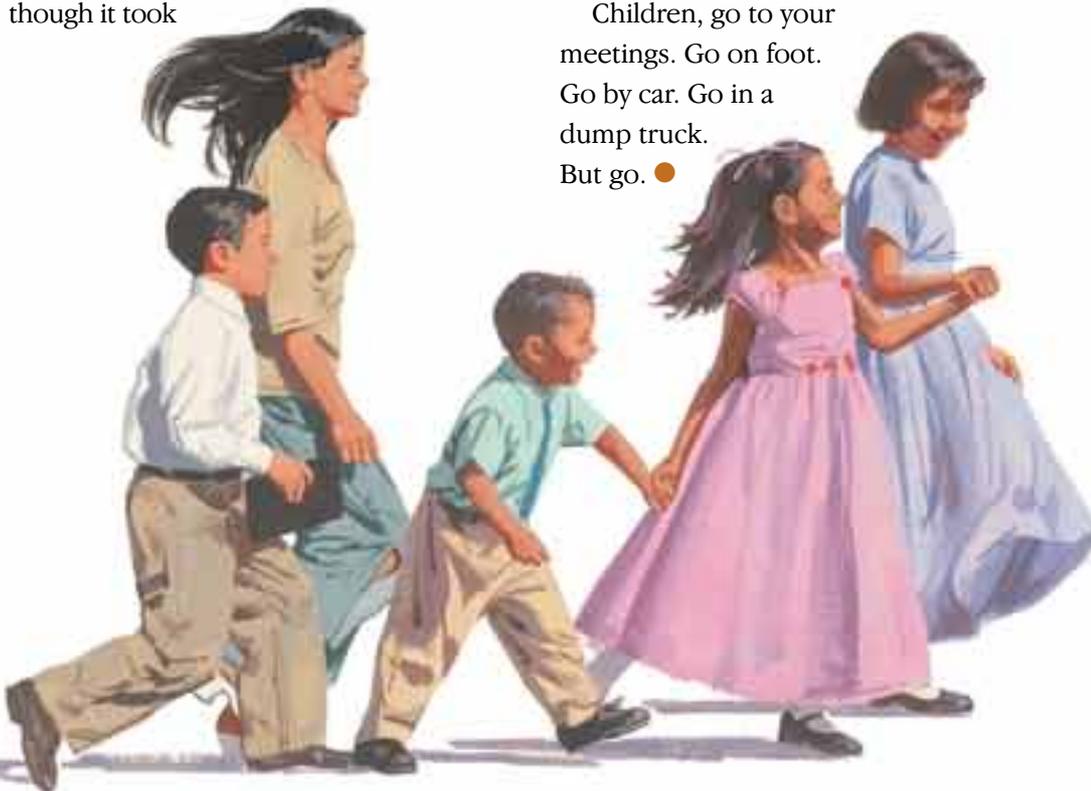
Some people who lived nearby thought it was most entertaining to watch more than 20 men, women, and children in white shirts and ties or Sunday dresses come pouring out of a dusty dump truck. Neighbors came outside each Sunday just to enjoy the spectacle. They laughed at us, but we weren't a bit embarrassed. We were happy to be going to church. We repeated that performance twice each Sunday all through the 1960s.

When the truck wasn't available, my family walked. Even if it was raining or cold or sizzling hot, we walked just the same, though it took

at least an hour going and an hour coming back. And in those days there were Church services in the morning and the afternoon. We always attended both.

When I returned to Monterrey after many years, every one of my fellow dump truck passengers was still active in the Church. That experience united us and made us strong. I still attend all my meetings. How can I do less now than I did then?

Children, go to your meetings. Go on foot. Go by car. Go in a dump truck. But go. ●



**From an interview  
with Elder Benjamín  
De Hoyos of the  
Seventy;  
by Melvin Leavitt,  
Church Magazines**



**As a missionary**

BY HELEN HUGHES

(Based on a true story)

*Bless them that curse you*

(Luke 6:28).

I will never forget the day my mother taught me how to love a mean lady.

She was my neighbor, and I was afraid of her. She had long white hair that stuck out everywhere, and she was missing some teeth. Her name was Maggie.

We lived in a yard of seven little cottages. (In England, a yard is a tiny street.) Because there was only one way out of the yard, we had to pass Maggie's cottage every day on the way to school. If she saw us, she would come to her door and shake her fists and shout. We couldn't understand a word she said, but she seemed angry and scary. Everyone ran past Maggie's house or tried to avoid it.

Everyone, that is, except my mother. She seemed to be the bravest person in the world because she wasn't afraid of Maggie one bit. She even went into her cottage! If Maggie was sick, Mum took her dinner. If Maggie was lonely, Mum went and talked with her. Mum said that sometimes she even understood what Maggie was saying.

One day I was walking home from school when I saw Mum in the yard with Maggie. Maggie's clothes were hanging on our washing line. As usual, Maggie was pointing and shouting. Then she stomped off.

"What's wrong?" I asked Mother. "What was she saying?"



# MEAN

## Maggie

“Oh, I’ve done her washing for her, and she says it isn’t clean,” Mum said.

I gasped. Mother’s washing was always *very* clean. “How could she say that? She’s so ungrateful! You should never help her again!”

Mum turned to look at me, and I could tell that she was thinking carefully about what to say. Finally, she said something that I will always remember.

“Love, I don’t do things for her so that she’ll be grateful. I do them because she needs me to do them.”

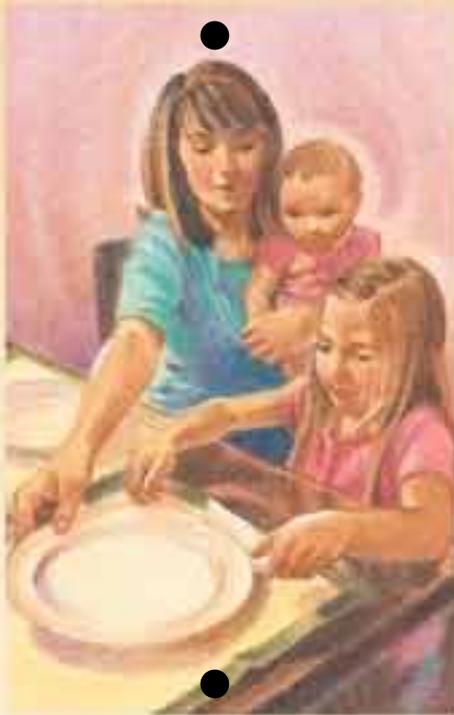
Mum went on to explain that Maggie hadn’t enjoyed the same good things in life that we had. Sad things had happened to her that made it hard for her to think and act

properly. She needed people to show her love and care, and not pay attention to how different she was.

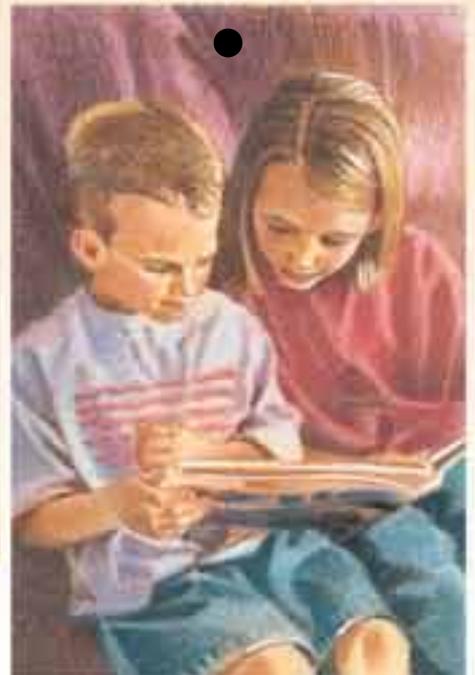
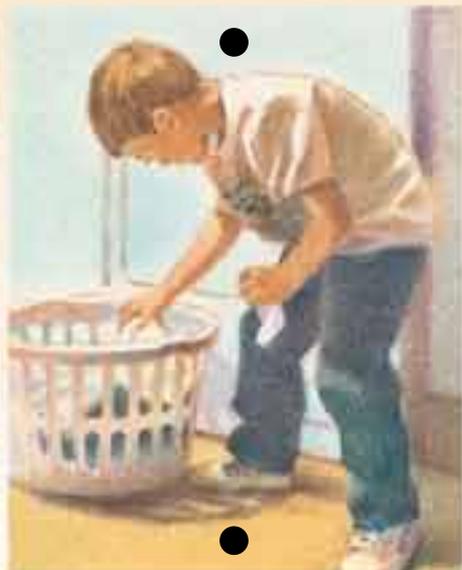
I realized that Maggie was a very important person. She was one of the “least” that Jesus spoke about when He said, “Inasmuch as ye have done it unto one of the least of these . . . ye have done it unto me.”\* Not only did Maggie need us to help her with everyday work, Heavenly Father also needed us to show her that she was loved. When we unselfishly served Maggie, we served Heavenly Father too. My mother understood this, and I’m glad she took the time to teach me. ●

\*Matthew 25:40.





●  
***And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.***  
**Mosiah 2:17**  
 ●



***Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from [www.friend.lds.org](http://www.friend.lds.org).***

# The Master Served

*When ye are in the service of your fellow beings ye are only in the service of your God*  
(Mosiah 2:17).

BY ELIZABETH RICKS



Jesus loved serving others. He was the perfect example of service. He said, “I am among you as he that serveth” (Luke 22:27). He knew that He came to earth to serve others, not to be served. Do you think it is odd that the Master served others? *Master* and *servant* are opposite words. You might think it is surprising that the greatest masters are those who serve.

During Jesus’s mortal life, He served the poor. He taught the gospel. He fed crowds of hungry people. He washed His disciples’ feet. He healed the sick and even raised the dead.

Jesus taught the importance of service. When He comes to earth again, He will say to the righteous: “I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me” (Matthew 25:35–36).



Jesus said the righteous will not remember doing any of those things for Him. Then He will tell them, “Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40). When we serve each other, we are also serving Him.

You can serve the Lord by serving those around you. You do not have to do something big to serve others. A smile can gladden a friend’s heart. Speaking a kind word, helping a brother or sister, obeying your parents—all are ways you can serve. When we willingly serve, we become more like Christ, and our faith grows.

### Activity

Mount page 12 on heavy paper. Cut out the eight pieces. Punch holes where indicated. Using yarn or string, tie a loop in the hole at the top of the picture of the Savior. Use another piece of string to connect the bottom of the picture of the Savior to the scripture. Using six more pieces of string, tie each picture of an act of service to the bottom of the picture above. Hang your mobile where it will remind you that when you are serving others, you are also serving Jesus Christ. ●

## Sharing Time Ideas

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

1. Use a scrambled word game to introduce sharing time. Write on the chalkboard the reference Luke 10:37. Then write words made up from all the letters in the last line of verse 37, "Go, and do thou likewise" (for example, "LOOKOUT, WISHING A DEED"). Draw blank spaces for each letter below the scrambled line. Invite the children to look up the scripture, and then have them take turns crossing out and rewriting one or two letters on the blank lines to spell "Go, and do thou likewise." (A flannel board or magnetic board with moveable letters would also work well for this activity.)

Explain that this is the last line in a very important story that Jesus told. Show GAK 218 (The Good Samaritan). Use the story on the back of the picture to explain why Jesus told the story. Read Jesus's words from Luke 10:30–37, and have the children follow along. After the children are familiar with the story, ask four children to dramatize it (see "Dramatization," *TNGC*, 165–66). Have the children represent the priest, the Levite, the Samaritan, and the wounded man. Read the account from the scriptures again while the participants act it out silently.

Refer back to "Go, and do thou likewise." Explain that one purpose of Jesus's story was to teach people how to be good neighbors. Ask the children how they can be like the Samaritan. Show the older children the *Faith in God* booklet. Read the ideas listed under "Serving Others" on pages 8–9. Challenge them to be more like Jesus by serving others.

For younger children: Point to different parts of the body and ask the children to think of ways they can serve using that part of their body. For example, for feet, they could say, "I could take something into another room for my mom," or for ears, "I can listen to and obey my parents."

Jesus taught us to serve others by His words and example. Sing "I'm Trying to Be like Jesus" (pp. 78–79). Divide the children into several groups. Have each group sing one phrase and point to themselves when they sing "I." Have everyone sing the chorus. Bear testimony of the love that Heavenly Father and Jesus have for us.

2. Tell the account of Nephi's broken bow (see 1 Nephi 16:18–32). Review the account by using a quiver with arrows. Draw a quiver and arrows on the chalkboard or make a simple quiver by rolling and stapling together a large piece of paper. The arrows can also be made out of paper. On each arrow in the quiver, attach a question. For example, write "Who did Nephi ask for direction in where to hunt?" (his father, Lehi) and "What did Nephi do with the food he obtained?" (shared it with his family). On each arrow write a word that relates to the question, such as obedience or sharing. After all of the questions are answered, explain that Nephi served his family by working hard, being cheerful, and being forgiving. Point to each arrow in the quiver and ask the children to liken (see "Likening," *TNGC*, 170–71) the quality written on the arrow to their own families. Ask for specific examples such as "I could share a treat I received with my little brother."

Ask the children to help you write a new verse for "Nephi's Courage" (pp. 120–21). You might begin with the line "Now, in the Book of Mormon, Nephi made a bow" and end with "Nephi was courageous. This was his reply." Invite the children to suggest lines to tell the story and complete the verse. Be prepared by writing a few suitable rhyming words on the chalkboard to motivate them, but allow them to create most of the song themselves so it has more meaning to them. Sing the song several times.

3. Enter the Primary room wearing an apron and carrying a serving tray covered with a napkin. Tell the children you want to serve them and share with them. Before showing them what you have for them, invite them to look up Galatians 5:13–14. Help them underline the words "by love serve one another" and "thou shalt love thy neighbour as thyself."

On the tray have different scripture references, pictures of service, or quotes from stories you will later tell. You might have small cups with a scripture reference written on the outside, a picture of service on a plate, or quotes taped to silverware. After the children have selected an item and looked at it or read it, ask them to share what they have learned by trading papers with someone else. Continue trading several times.

Tell stories of service. You might consider using some stories that have appeared in the *Friend* from President Thomas S. Monson, First Counselor in the First Presidency, such as the story of Uncle Elias in "Happy Homes" (Oct. 2001, 2), the story of the yellow and gray bird in "The Canary with the Best Song" (Aug. 2005, 2), and his own story in "Love" (Feb. 2002, 2).

Tell the children you want them to sing two songs. One is about a big act of service and the other is about a small act of service. Sing "I Hope They Call Me on a Mission" (p. 169) and "Smiles" (p. 267).

4. Display a large book with "The M217 Mystery" written on the front. You can make the book out of half-sized sheets of poster board or large sheets of paper. Turn to the first page of the book and read, "What is M217? Hint: It is a scripture about service." Ask the children to help you solve the mystery by searching for the scripture (Mosiah 2:17). Have half of the children turn to the Bible's table of contents and identify the books that begin with the letter *M*. Have the other half turn to the Book of Mormon's table of contents and do the same thing. Have the children look up the reference 2:17 in each *M* book (for example, Malachi 2:17). Point out that the reference 2:17 will not exist in some books. Hint again that they are looking for one specific scripture about service.

When the children correctly identify Mosiah 2:17, explain that this is an important scripture because it tells us how to serve the Lord. Display "When ye are in the service of your fellow beings ye are only in the service of your God" on the next page of the book.

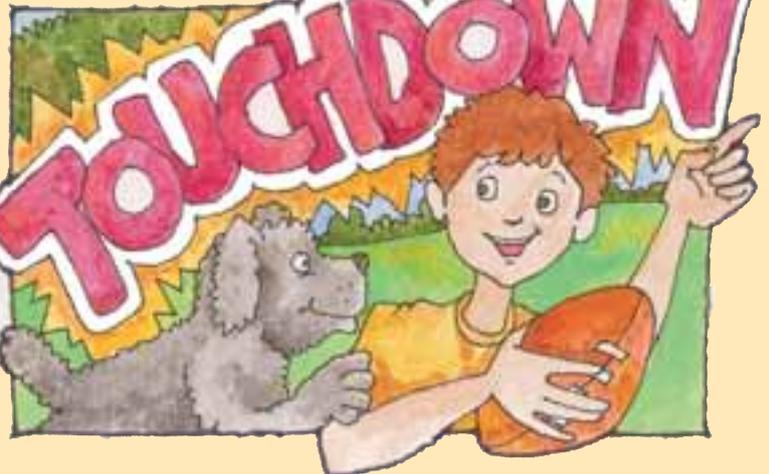
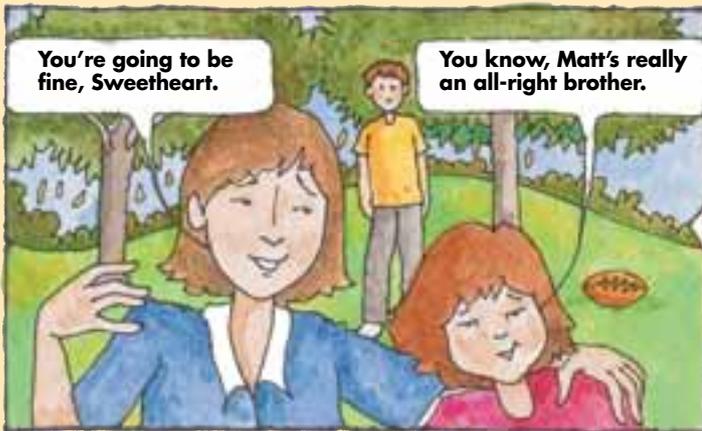
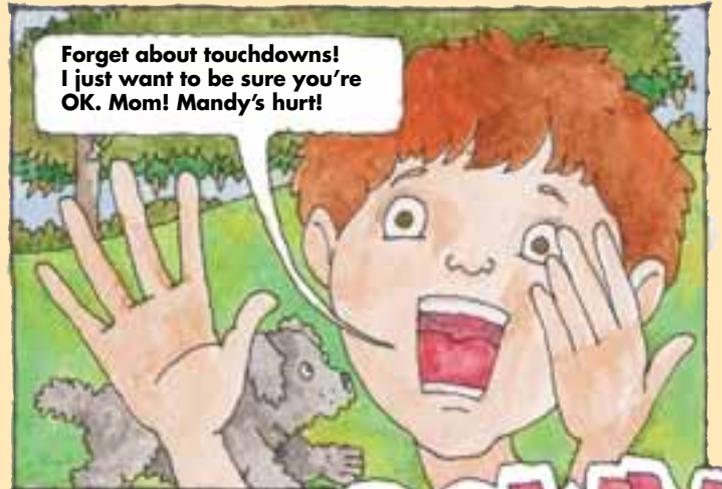
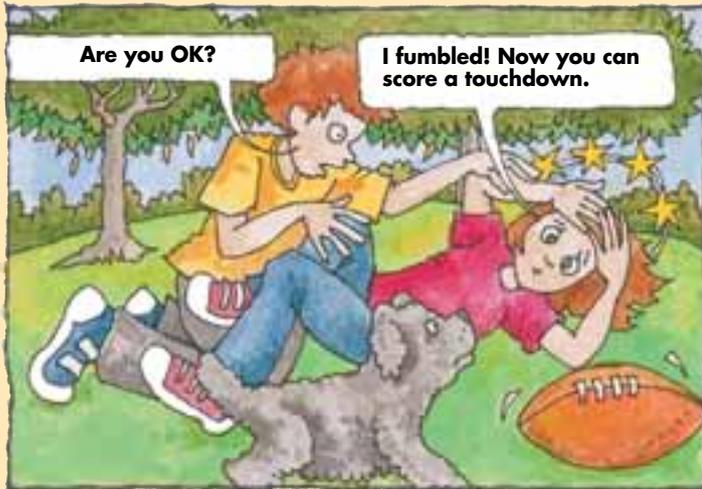
Invite children to turn the pages of your book, which show ways we can serve God. Discuss how the people are serving as you show pictures such as GAK 612 (Missionaries Teach the Gospel of Jesus Christ), GAK 611 (The Bishop), and GAK 607 (Young Girl Speaking at Church). Add various pictures from the Primary picture packets to show helping in the family. Discuss ways the children can serve others and thereby serve Jesus Christ.

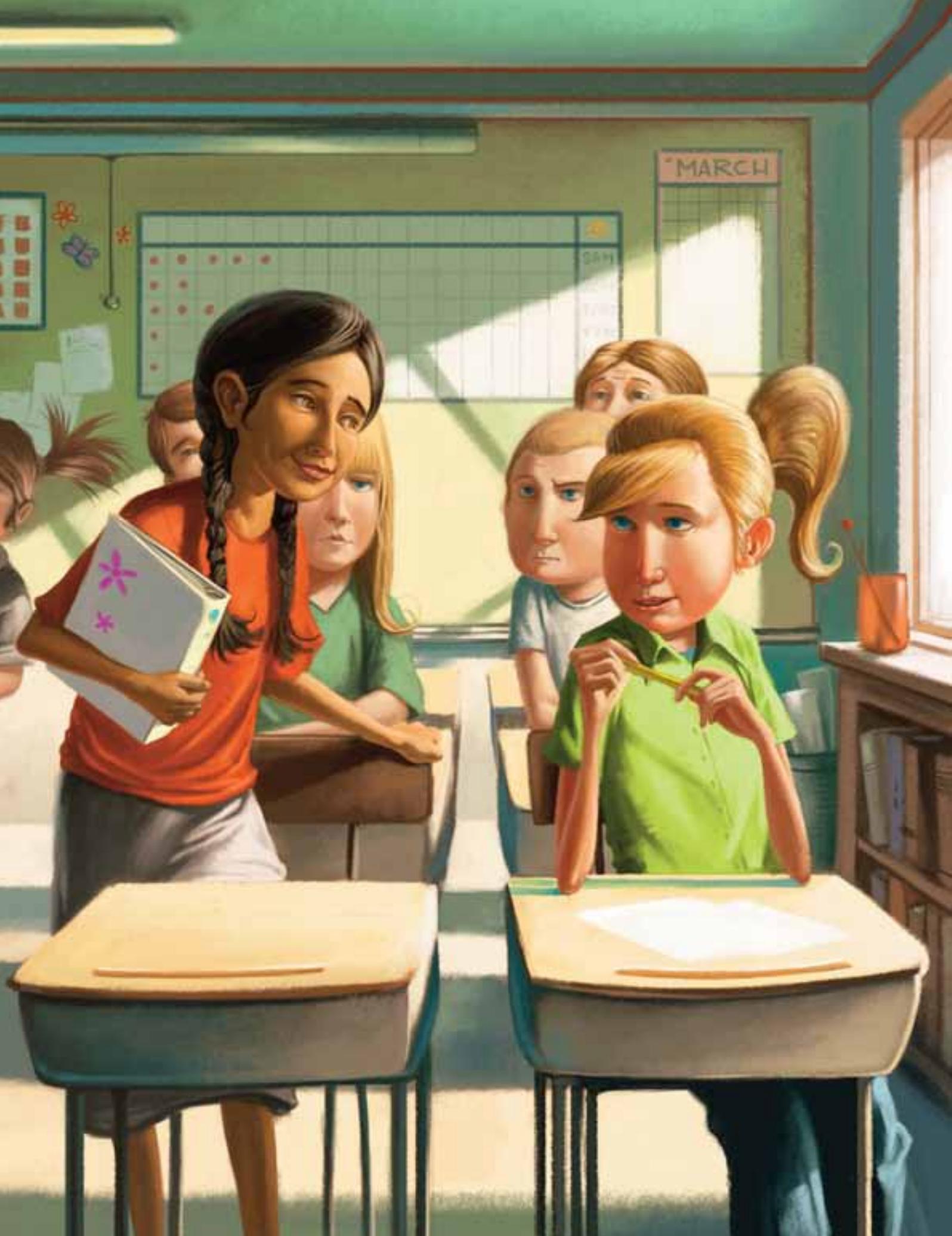
Distribute pieces of paper so the children can make their own books. Have the children fold their papers in half, write "The M217 Mystery" on the cover, and write the scripture on the inside of the cover. Challenge them to draw pictures or write sentences of ways they will serve the Lord in the coming week. Invite them to share their books at family home evening.

Sing "Fun to Do" (p. 253). Ask the children to think of ways to serve the Lord by serving others. Substitute "singing a song" with other words such as "sweeping the floor" or "serving a mission." Improve actions.

5. *Friend* references: "Ben's Busy Day," Jan. 2005, 40–42; "Service with a Song," May 2002, 16–17; "Rescued on Sunday," Nov. 2002, 34–36; "An Unusual Birthday," July 2000, 48—inside back cover; Fiction: "Nephi's Bow," June 1998, 28–32; Fiction: "Baseball and a Broken Bow," Aug. 1993, 2–5; "The Good Samaritan," May 2002, 11–13.

# MATT AND Mandy





# What's the Difference?

**BY JENNIFER ROSE**

Church Magazines  
(Based on a true story)

*Ev'ry star is diff'rent, and so is ev'ry child* (Children's Songbook, 142-43).

**M**y knees shook a little and my stomach fluttered as I stood with Mom in the office of my new school. I straightened my shirt and tried to see my reflection in the glass door. My family had just moved from another state, and now here I was on my first day of fourth grade. Would I make friends here? I wondered. Would they like me? Was anyone going to sit by me at lunch?

A lady walked out from behind the counter and gave me a big smile. "Hi, Christina, I'm Mrs. Collins. I'll take you to your class."

I nodded. Mom bent down and gave me a hug. "You'll be fine," she whispered in my ear. "I'll see you after school, OK?"

I nodded again, afraid that if I said anything, I would start to cry. Mom left the office and walked down the front steps of the school. I felt like running after her, but Mrs. Collins put her hand on my shoulder and led me down a long hallway. I glanced into classrooms and saw a few kids looking out the door at us as we walked by. Would any of them be my friends? We finally came to my classroom, and Mrs.

Collins introduced me to the teacher. Mrs. Murphy smiled. "We're glad to have you in our class, Christina," she said. "You can sit next to Melissa."

She pointed out a girl and I made my way to the empty desk next to her. I slid into my seat and smiled a little at Melissa. "Hi," I said softly.

She smiled a little too. "Hi."

I took a deep breath and tried to slow down my racing heart. Some of the kids turned around to look at me. I heard whispering and a few giggles, and I felt my face turning red. Did they not like me already?

A little while later, the class visited the school library. I tried to stay close to Melissa, but she went with a different reading group. Most of the girls quickly sat down at the round tables with their friends and favorite books. There wasn't anywhere for me to sit, so I pretended to look at different books as I walked up and down through the rows of shelves. When I came to the end of one row, I was right in front of a table of girls. I recognized one of them from my new Primary class. I swallowed hard and smiled. Maybe they could be my friends.

Suddenly, the girl closest to me leaned back in her chair, as if she were trying to get away from me. "Why is your skin dark?" she asked.

"Um...." I didn't know what to say.

"Why do you look different?" another girl asked.



“What *are* you?”

I tried to smile at their questions, but the girls weren't smiling at me. They looked like they were smelling rotten food. Just then Mrs. Murphy walked in. “OK, class, it's time to go back to the room.”

I didn't look at anyone as we walked back to the classroom. For the rest of the day, I peeked at kids around me and tried to see why those girls thought I was different. None of my old friends thought I was different. No one at my old school had ever asked me what I was, and I didn't know how to answer. I was *me*, that's what I was.

I looked at my arm, and then at Melissa's arm resting on her desk. My arm was a lot browner than hers. I scooted close to my desk and hid my arms underneath it.

“How was your day?” Mom asked when I got home from school.

“Mom, why is my skin dark?”

“Why do you ask?”

“A girl in my class asked me why. These girls wanted to know why I look . . . *different*.” I started to cry.

Mom pulled me into her arms and wiped the tears off my cheeks. “Oh, honey, everybody's different. It's not a bad thing.”

“Those girls aren't different,” I said. “They all look the same. They all have blonde hair and blue eyes.”

“All of them?”

I thought about the girls in my class. “Well, no. But why is my skin darker than theirs? I didn't think I was different. Those girls think there's something wrong with me.”

“There's absolutely nothing wrong with you,” Mom said, hugging me tight. “Do you remember

the stories about my ancestors?” she asked.

I sniffed and shrugged.

“Grandma and Grandpa Ruiz are from Texas, but their parents' families came from Mexico. They had beautiful skin like yours.

When we put my ancestors and Dad's ancestors together, you come from all over! Mexico, Scotland, Spain, England, and probably other places we haven't found in our family history yet. You are the best combination you could be!”

“I don't want to be different than kids here,” I said.

“Why not?”

“Because I want to have friends.”

Mom frowned. “Do you want to have friends who hurt your feelings like those girls did?”

I thought about it, and then shook my head. “I'll try to find friends who like me for *me*.”

The next morning at school, Melissa looked up at me as I put my backpack next to my desk. I looked at her, afraid of what she might say. Was she going to ask me why I looked different?

“Hi, Christina,” she said. “Do you want to play with me and Sarah at recess?”

I grinned and nodded. Melissa's blue eyes shined as she tucked her blonde hair behind her ears, but I noticed her wide smile the most. ●

“No man who makes [unkind] remarks concerning those of another race can consider himself a true disciple of Christ. . . . Let us all recognize that each of us is a son or daughter of our Father in Heaven, who loves all of His children.”

**President Gordon B. Hinckley, “The Need for Greater Kindness,” *Ensign*, May 2006, 58.**



# How do I gain faith in the Lord Jesus Christ?



**Hear the word of God,  
spoken and written by  
His servants.**

**Let that word sink  
deep into your heart.**

**Hunger in your soul  
for righteousness.**

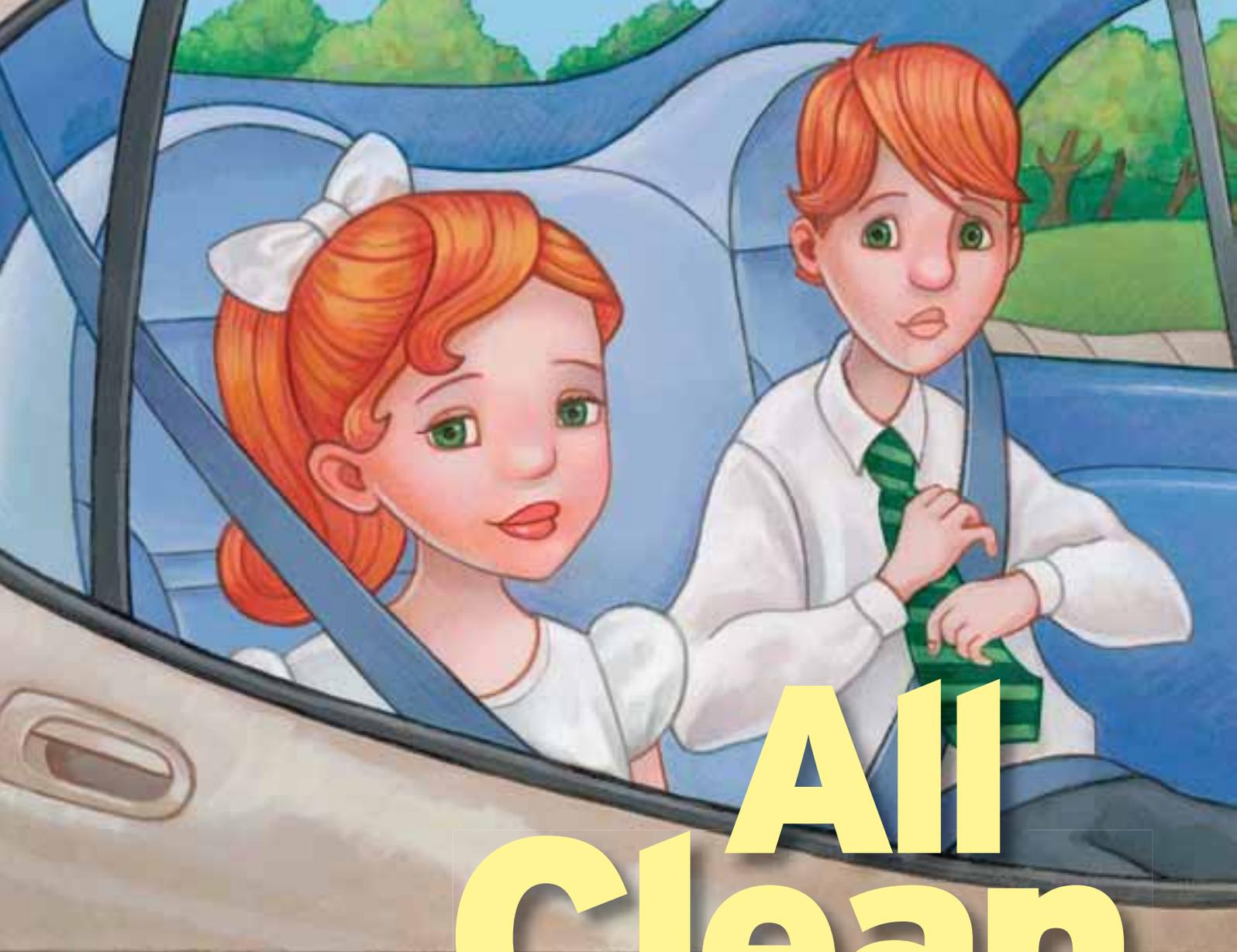
**Obediently follow gospel laws,  
ordinances, and covenants.**

**Raise your voice in mighty  
prayer and supplication,  
asking in faith to know that  
Jesus Christ is our Savior.**



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

*From "Finding Faith in the Lord Jesus Christ," Ensign, Nov. 2004, 72.*



**BY DARLENE YOUNG**  
(Based on a true story)

*With hands now pledged to do thy work, we take the sacrament (Hymns, no. 169).*

**J**ames carefully straightened his tie as he rode to the stake center. Today was his little sister Angie's baptism, and he knew he needed to look as nice as he could. He looked over at Angie. She was sitting very quietly, looking out the window. He wondered if she was scared or excited.

James remembered his own baptism day. He had been so excited to finally step into the font. He remembered how warm the water felt, and especially how warm he felt inside. He was happy for Angie.

But he was also a little bit jealous.

Wouldn't it be nice if people could be baptized more than once? What if he could ask his father to let him put on some white clothes too, go down into the water, and be washed clean?

James thought about the promises he had made when he was baptized. He knew that he hadn't been as good as he had planned to be. Sometimes he was mean to Angie. He had told a few lies. Last week he even took his friend's Frisbee without asking and hadn't returned it yet.

James began to feel sad. If only he could get baptized again so that he could start over! He would do better this time; he knew it.

At the stake center, James sat next to his mother and watched his father help Angie into the water. She looked happy. James remembered that feeling. Maybe if he told his father about the things he had done wrong, he could get baptized again. But he didn't dare ask.

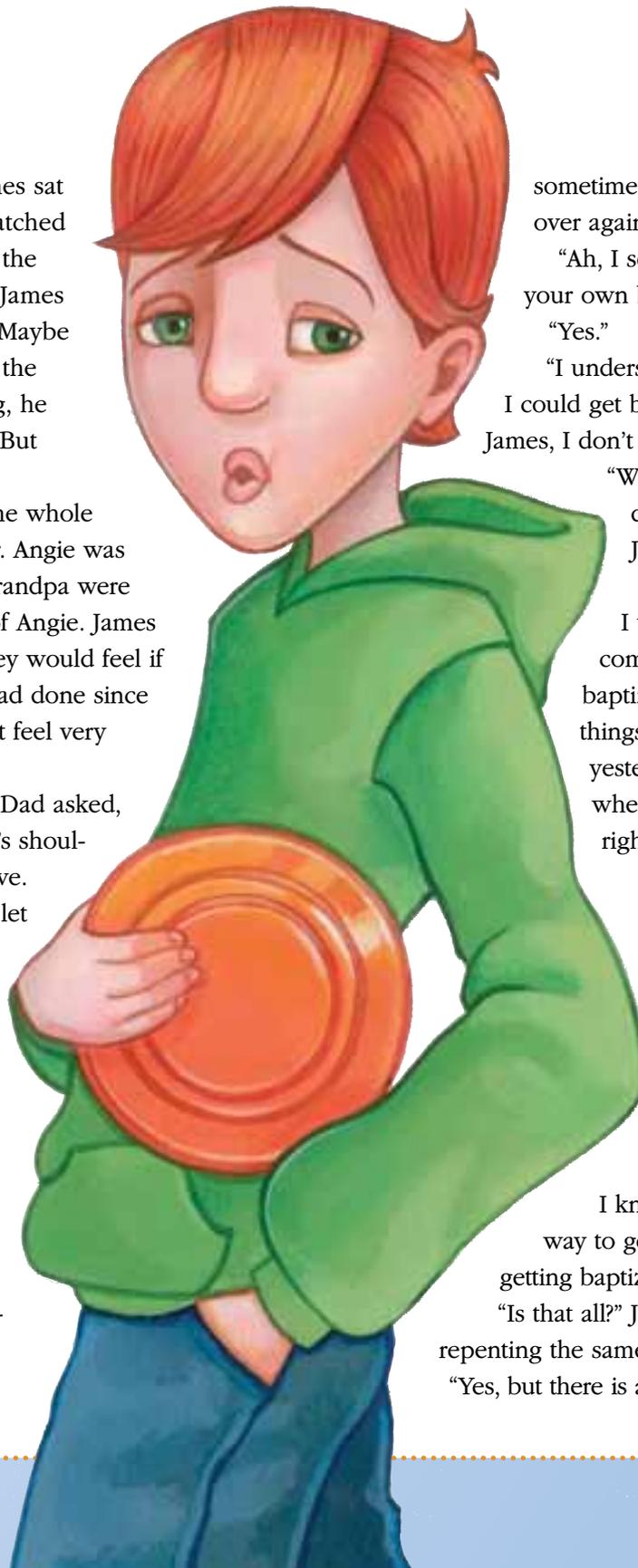
After Angie's baptism, the whole family had dinner together. Angie was beaming. Grandma and Grandpa were there too, looking proud of Angie. James thought about how sad they would feel if they knew the things he had done since his own baptism. He didn't feel very hungry.

"What's wrong, James?" Dad asked, putting his hand on James's shoulder. His face was full of love. Would he understand and let James get baptized again? Or would he be disappointed in his son?

James leaned over so no one else could hear him. "Dad, can I get baptized again?"

Dad looked closely at James. "Well, that's not exactly how things work, James. Is something bothering you?"

"Well, it's just that



sometimes I want a chance to start over again."

"Ah, I see. Are you remembering your own baptism day?"

"Yes."

"I understand that. Sometimes I wish I could get baptized again. But you see, James, I don't have to."

"Why? Because you haven't done anything wrong?" James asked.

Dad smiled. "Like you, I wanted to keep all the commandments when I was baptized. But I have done many things wrong since then. Just yesterday I lost my patience when you didn't do your chores right away, remember?"

"Yes."

"I really wanted to erase my mistake as if it had never happened."

"So you wanted to get baptized again?" James asked.

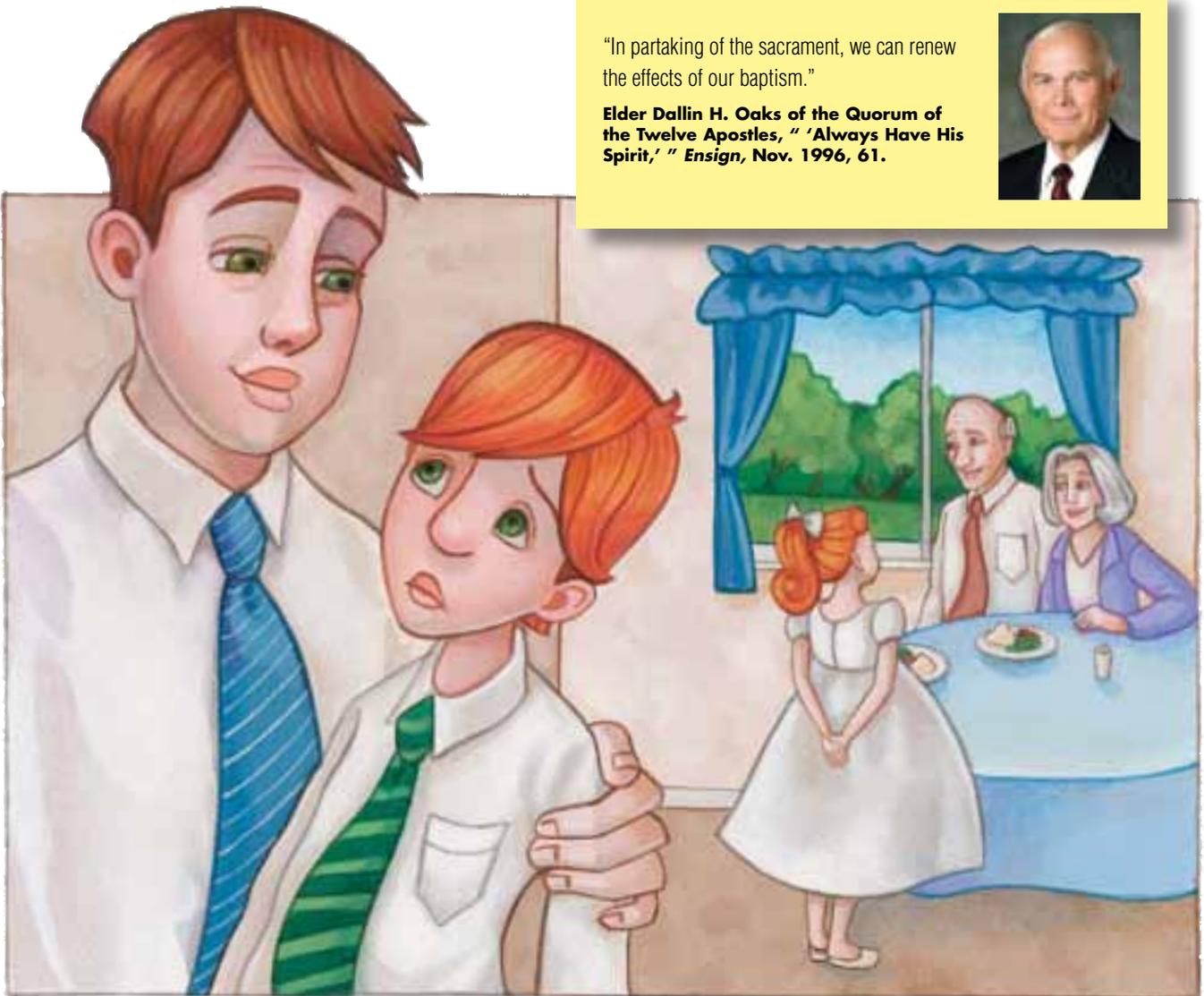
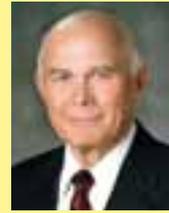
"Well, I did want to be clean again," Dad said. "But I knew that there was another way to get clean again besides getting baptized. I could repent."

"Is that all?" James asked. "I mean, is repenting the same as getting baptized again?"

"Yes, but there is another part too. Being

"In partaking of the sacrament, we can renew the effects of our baptism."

**Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, " 'Always Have His Spirit,' " *Ensign*, Nov. 1996, 61.**



baptized when you're eight is something that you do to show obedience and make a covenant to keep the commandments. After that, when you sin, you need to repent and show you really mean to do better."

James smiled. "You mean by taking the sacrament?"

Dad nodded. "When you take the sacrament you are showing Jesus that you have repented of the things you did wrong that week. And then, as you eat the bread and drink the water, you become clean, and you are ready to start over."

James remembered the words of the sacrament prayer. Each week he promised to take Jesus Christ's name upon him—just like when he was baptized. "So

I am clean if I repent and then take the sacrament?" he asked.

"That's exactly right," Dad said.

"Wow." James was quiet for a minute. Tomorrow was Sunday. He could take the sacrament then! But he had some work to do first. He wondered if Mom would let him take the Frisbee over to his friend Mark's house after they got home.

"Dad?"

"Yes, Son?"

"I'm sorry for not doing my chores yesterday. Will you forgive me?"

Dad smiled and hugged James. "Of course I will." ●

## DANIEL IN THE LIONS' DEN

BY VAL CHADWICK BAGLEY

Find and circle an arrow, a cupcake, an ice-cream cone, a kite, a megaphone, a paintbrush, a pencil, a saw, a slice of pie, a slice of pizza, a tie, a toothbrush, a top hat, and a watch. Then color the picture.





# Doing Good on the Sabbath Day

*Call the sabbath a delight, the holy of the Lord (Isaiah 58:13).*

**BY JULIE WARDELL**  
Church Magazines

1. After Heavenly Father and Jesus Christ created the heavens and earth in six days, They rested on the seventh day.



3. Attending church and taking the sacrament show Heavenly Father and Jesus Christ that we love Them and want to follow Their teachings. How we dress, behave, and listen to our teachers is important too.



2. They blessed the seventh day to be a holy day. It is a day to rest from our daily work and think about Them. We can show how much we love Them by doing good things on the Sabbath day.





4. At home we should keep the Sabbath day holy. It is a day to be with our families.



7. Visiting the sick, the aged, and our loved ones is another way we can serve.

5. We can listen to good music, play quiet games, or go for a walk with our family. Reading the scriptures, scripture stories, or the *Friend* is nice too.



6. The Sabbath is a good day to serve others. We might draw pictures or write letters to relatives, loved ones, missionaries, or people serving in the military.



8. Heavenly Father and Jesus Christ have promised that if we keep the Sabbath day holy, we will be happier and receive many blessings in our lives. ●





## FOREST FRIENDS

BY D. A. STONE

Find the names for 20 of God's creations that live in the forest.  
Look forward, backward, up, down, and diagonally.



Bear  
Raccoon  
Turkey  
Deer  
Rabbit

Fox  
Squirrel  
Chipmunk  
Porcupine  
Woodpecker

Skunk  
Blue jay  
Owl  
Wolf  
Elk

Beaver  
Opossum  
Weasel  
Eagle  
Moose

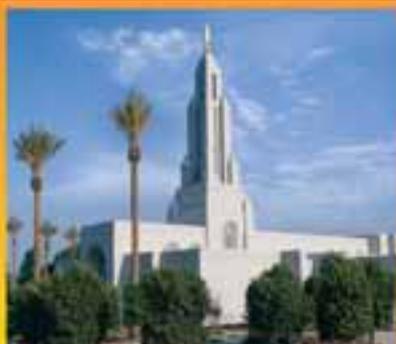
X	R	E	K	C	E	P	D	O	O	W
N	O	O	C	C	A	R	A	C	O	N
E	L	F	L	D	G	O	E	L	P	K
N	T	B	E	E	L	P	F	K	O	B
I	U	E	S	K	E	M	O	O	S	E
P	R	A	A	L	S	O	U	R	S	A
U	K	W	E	E	Q	K	A	A	U	V
C	E	A	W	E	A	E	U	B	M	E
R	Y	T	I	B	B	A	R	N	O	R
O	O	C	H	I	P	M	U	N	K	S
P	W	T	S	Q	U	I	R	R	E	L
A	B	L	U	E	J	A	Y	R	O	P



# Temple Cards

Magazines in 2002 and the April 2005 issue contained Temple Cards. Since that time, more temples have been dedicated.

Remove this page from the magazine, glue it to heavy paper, and cut out the cards. Add these cards to the cards that have already appeared in the magazine.



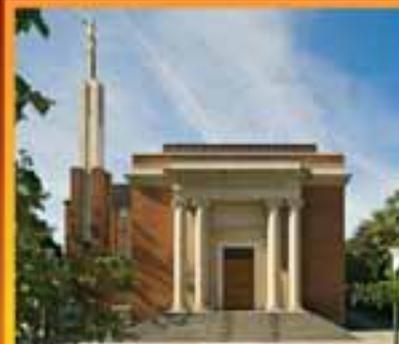
**Redlands California Temple**

Dedicated September 14, 2003,  
by President Gordon B. Hinckley



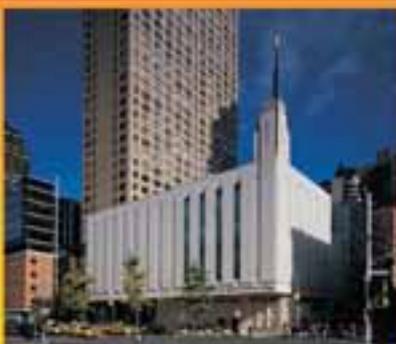
**Accra Ghana Temple**

Dedicated January 11, 2004,  
by President Gordon B. Hinckley



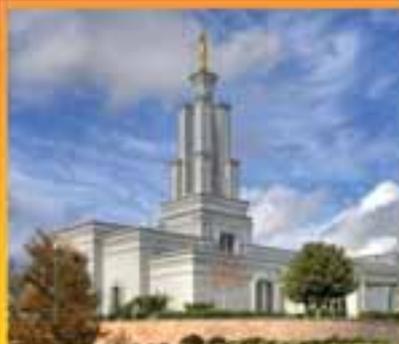
**Copenhagen Denmark Temple**

Dedicated May 23, 2004,  
by President Gordon B. Hinckley



**Manhattan New York Temple**

Dedicated June 13, 2004,  
by President Gordon B. Hinckley



**San Antonio Texas Temple**

Dedicated May 22, 2005,  
by President Gordon B. Hinckley



**Aba Nigeria Temple**

Dedicated August 7, 2005,  
by President Gordon B. Hinckley



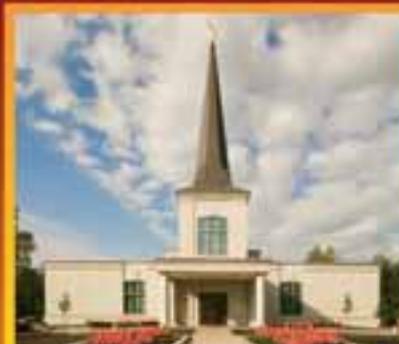
**Newport Beach California Temple**

Dedicated August 28, 2005,  
by President Gordon B. Hinckley



**Sacramento California Temple**

Dedicated September 3, 2006,  
by President Gordon B. Hinckley



**Helsinki Finland Temple**

Dedicated October 22, 2006,  
by President Gordon B. Hinckley

PHOTOGRAPH OF REDLANDS CALIFORNIA TEMPLE BY WELDON BREWSTER; ACCRA GHANA TEMPLE BY MANHATTAN NEW YORK TEMPLE AND ABA NIGERIA TEMPLE BY MATTHEW REER; COPENHAGEN DENMARK TEMPLE BY CRAIG DIMOND; SAN ANTONIO TEXAS TEMPLE, SACRAMENTO CALIFORNIA TEMPLE, AND HELSINKI FINLAND TEMPLE BY JOHN LUKE; NEWPORT BEACH CALIFORNIA TEMPLE BY WELDEN C. ANDERSEN

**Note:** To find the cards in the 2002 and 2005 issues or if you do not wish to remove this page from the magazine, go to [www.friend.lds.org](http://www.friend.lds.org).

## Our Creative Friends

### The Brave Stripling Warriors

The stripling warriors were brave.  
They would fight until their grave,  
But they focused on the war,  
And they fought more and more.  
Since they lived the right,  
No one died in the fight.  
But their foes wept in fright  
As they shrieked through the night  
Of the long, bloody war.

*Parker H., age 10, Florida*

### Love Is . . .

Family singing Christmas songs on Christmas Eve,  
A fresh hot chocolate cookie when you walk in the door,  
A hug when you don't deserve it,  
A bouquet of flowers,  
A puppy that feels like a pillow in your lap,  
When snow falls just as cotton would,  
The creamy chocolate pie of Thanksgiving Day,  
The love of a mother for her child.  
Love is happiness.

*Chelsea D., age 11, Idaho*

### Dream Sky

The night is young.  
The stars are old.  
The clouds  
Never age.

I say this as  
I slip away  
Into a world  
Beyond  
The universe.

*Camille W., age 11, Utah*

### Temples

A temple is white.  
Whenever we see it  
We think of Christ.  
So cheery and bright  
And full of light.  
We head toward  
The gates of delight  
To learn and to pray.  
We prepare for  
The shiny day.

*Alena F., age 7, Michigan*



*Abby G., age 7, Georgia*



*Jacey S., age 9, Montana*



*Savannah J., age 6, Missouri*



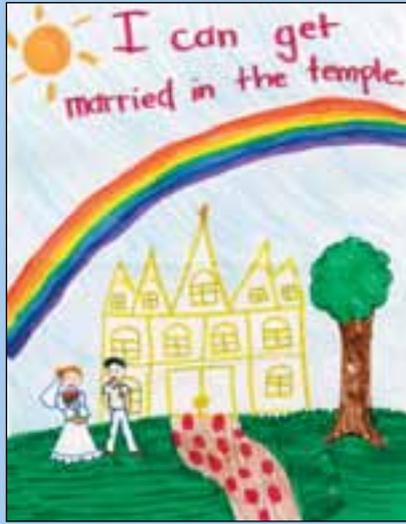
*Robert T., age 10, Hawaii*



*Truman P., age 3, Nevada*



*Cofameli T., age 6, Tonga*



*Sierra B., age 9, Utah*



*Gavin K., age 5, Utah*



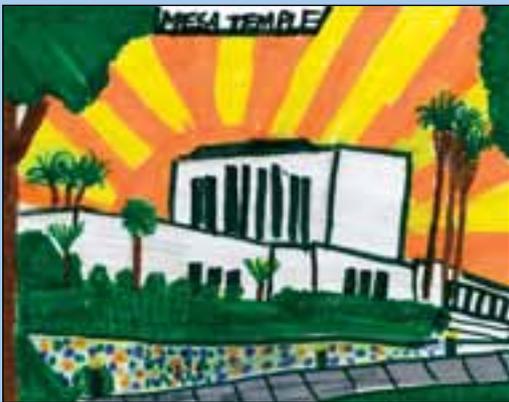
*Joshua Davis B., age 8, Virginia*



*Ella M., age 4, Kansas*



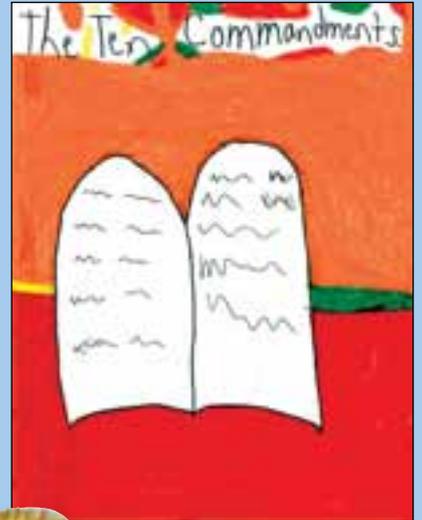
*Joel S., age 11, New South Wales, Australia*



*Spencer B., age 9, Arizona*



*Sarah L., age 10, New Jersey*



*Carter L., age 7, Tennessee*



*Rachel B., age 12, Wyoming*





# Tanner and the Happy Dance

*Men are, that they might have joy (2 Nephi 2:25).*

**BY WENDY ELLISON**

(Based on a true story)

Tanner is very good at being four. He can jump up and down on one foot. He can run in his super-fast sneakers. And he can ride his two-wheel bike.

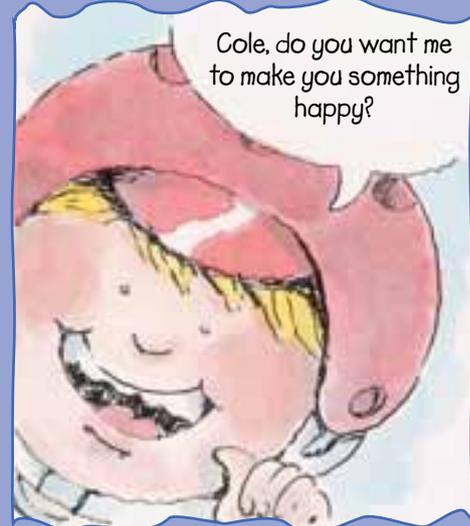


Tanner is also good at helping people be happy. His big smile and tight hugs make his family very happy.

One day Tanner was riding his bike with his friend, Cole. Suddenly Cole's bike crashed to the sidewalk. Tanner saw that his friend had scraped his arm and he was crying.



Right then Tanner had a good idea. He hopped off his bike and asked,



Cole didn't know what Tanner meant. But there on the sidewalk, Tanner did a happy dance. He jumped, kicked, and turned around as he sang.



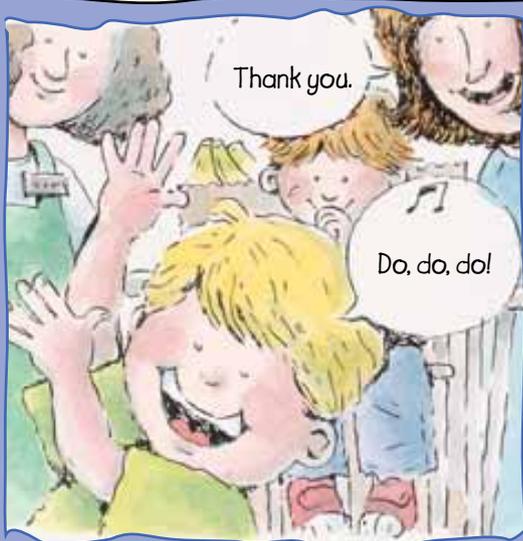
Cole wasn't crying anymore. He was laughing so hard that he was rolling on the grass.



The next day Tanner went shopping with his mom. While they stood in line, a little boy in front of them was crying.



Tanner knew he could help. He did his happy dance for the unhappy boy. The boy was soon smiling and laughing. "Thank you," the boy's mom said.



Tanner's happy dance has made lots of people smile and laugh. And Tanner knows that when he makes someone feel happy, he is happy too!



# I Can Pray for Others

BY KAREN ASHTON

Heavenly Father hears your prayers. He understands the feelings of love and concern you have for others. When you ask Heavenly Father to bless those who are suffering, remember that He knows best how to answer your prayers. After you read the captions and look at the pictures about praying for others, draw someone you would like to pray for on the blank square and fill in the blank.

Jesus said, "Pray always" (D&C 10:5).  
I can pray for those who are sick.



I can pray for those who are hungry.



I can pray for those who suffer from bad storms or an earthquake.



I can pray for those who suffer from war.



I can pray for my family.



I can pray for those who are seeking the gospel.



I can pray for -----



Heavenly Father hears my prayers for others.





## Helping Can Be Fun BY VAL CHADWICK BAGLEY

This brother and sister enjoy raking and playing in the fall leaves.  
See if you can find the two pictures that are most alike.

# Put the Wheat in



# the Buggy and Go

BY KIMBERLY WATRIN

(Based on a true story)

Look up the following scriptures: Luke 6:21, Romans 8:14, D&C 44:6. Which one do you think fits the story best? Write that scripture on the blank lines.

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**M**other, what are we going to have for dinner tonight?" Eliza quietly asked. She was hungry, and she knew that her mother had given her and her brothers and sisters the last of the potatoes for lunch.

Her mother didn't answer. Eliza's hope fell as she watched her mother scurry around the small kitchen looking for a little flour or wheat to feed her family. As Eliza's stomach rumbled, there was a knock at the door. When Eliza's mother opened the door, there stood a pretty lady carrying two small children.

"Sister Peterson, please come in. What brings you by?" Eliza's mother asked.

Eliza had seen Sister Peterson at church. She knew her husband owned a large farm and that their family always wore nice clothes.

Sister Peterson set her two children on the floor. "I was scrubbing my floors and tending to my children when a quiet thought came into my mind: 'Put the wheat in the buggy and go.' I ignored the thought and continued tending to my children," she explained.

"A few minutes later I heard the voice again: 'Put the wheat in the buggy and go.' This time the

thought was a little louder. I told myself that this was a silly thought. Where would I go with the wheat? I ignored the voice again and went back to my work."

"A third time I heard, 'Put the wheat in the buggy and go.' This time the voice was so loud that I looked around the room to see if my husband had come in from working in the fields. But no one was in the room except my two small girls who can't speak yet. I decided that I should listen, that maybe the Holy Ghost was giving me a prompting."

"I bundled up my two small children, filled the buggy with bags of wheat, and hitched the horses to the buggy. I didn't know where to go. I held the reins loose and let the horses lead me. They brought me straight to your house. Could you and your family use this wheat?" Sister Peterson asked.

Eliza's mother wept as she looked around their small house filled with young children. She replied: "My children were hungry and I didn't know what I was going to feed them for dinner. We have no food in our house. Thank you for listening to the Holy Ghost."

That night Eliza went to bed with a full stomach. She thanked Heavenly Father in her prayers for sending Sister Peterson to their house with food. ●

"We watch. We wait. We listen for that still, small voice. When it speaks, wise men and women obey. We do not postpone following promptings of the Spirit."

**President Thomas S. Monson, First Counselor in the First Presidency, "The Spirit Giveth Life," Ensign, May 1985, 68.**





# Trying to Be Like Jesus

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



## I Will Only Listen to Music that Is Pleasing to Heavenly Father\*

By Rachel O.

**D**allin O., Lee H., and Kevin W. live in Tennessee, a place known for music. And they already know a lot about notes, chords, and harmony. Dallin sings with a group at his school. Lee is learning to play the guitar. And

Kevin recently sang at a baptism and is learning to play the piano. They know that it's easy to get nervous when you perform, that it's hard to stretch to reach the right string or hit the right key, and that to become really good

you have to practice.

They practiced a lot for their Primary sacrament meeting program. They were especially excited when the organ played "The Priesthood Is Restored" while all of the children sang.

But the most important thing Dallin, Lee, and Kevin know about music is a statement from My Gospel Standards: "I will only listen to music that is pleasing to Heavenly Father."

"Music can make you feel happy or sad, depending on the kind of music that is played," Dallin says. Lee says, "Primary songs make me feel closer to Heavenly Father and Jesus." And Kevin says, "The words are really important. You have to look at the words first to know if it's a good song." They all agree that the best music is music that makes you feel reverent and happy.

*Dallin O., Lee H., and Kevin W., all age 7, Tennessee*





## By Teaching Just One

By Chelsea C.

**M**y best friend always used to say the Lord's name in vain, and every time I heard her say it I felt bad. One night I decided to pray about it. The next day when I heard her say the Lord's name in vain again, I told her that it wasn't right and that I didn't like it. That same day, she heard someone else using the Lord's name in vain and said the same thing I had said to her. I have never heard her say the Lord's name in vain again. This showed me that I can help lots of people by teaching just one. I am grateful that Heavenly Father helped me to tell my friend how I felt.



*Chelsea C., age 10, New South Wales, Australia*

## A Dangerous Game

By Dexton G.

**M**y dad, my brother, and I were hired to clean an apartment.

While we were cleaning, I found a video game. I was excited because I had just gotten a new video game player. I took the game home with me. Later that night my dad's friend came over, and I told him about the game I found. He warned me that it showed bad pictures. I got the game, broke it in half, and

threw it away because President Gordon B. Hinckley has told us not to listen to or watch these things. I felt the Holy Ghost, and I knew I had done the right thing.

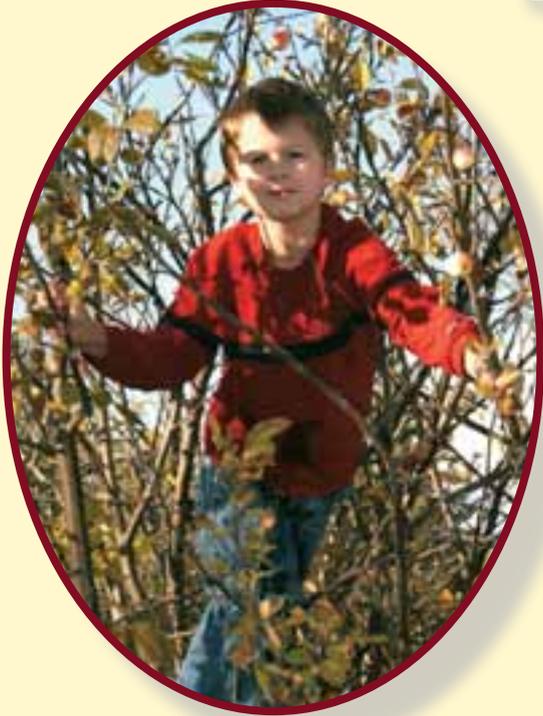
*Dexton G., age 10, Utah*

\*See My Gospel Standards, *Faith in God* guidebook, back cover.



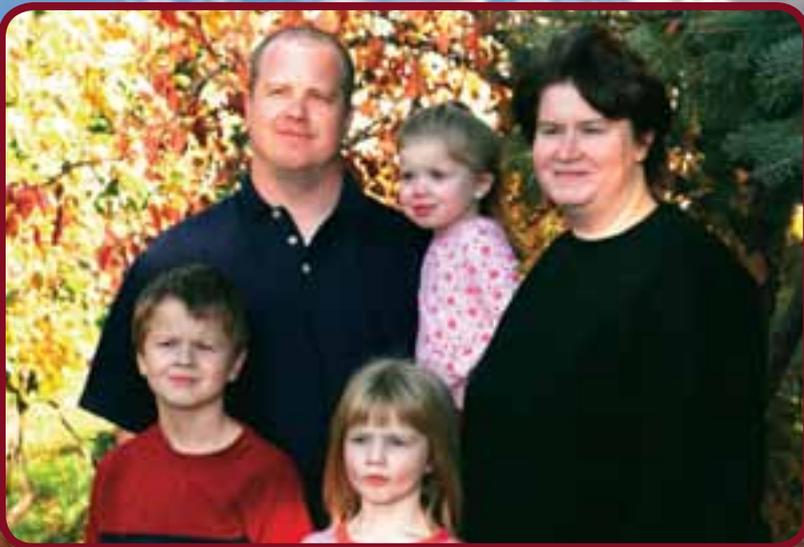
# Small Branch on the

# Big Prairie



Alex Spencer of Ituna, Saskatchewan, Canada

*The Spencer family*



Where in the world is Ituna,  
Saskatchewan, Canada?



BY MELVIN LEAVITT  
Church Magazines

### A Large and Small World

The world of Alex Spencer (8) is both large and small. Ituna is a small railroad stop, but it lies on the immense Saskatchewan prairie. A grain elevator rises above it. Green and golden fields stretch to the level horizon.

### The Branch

The Ituna Branch of the Church covers a large area and includes several towns, but it meets in a trailer. Only eight people come very often. Five of them are the Spencers. Alex and his sisters Allyssa (6) and Chloe (2) are the entire Primary, and their dad is the branch president. The other active members are elderly and are like grandparents to the children.

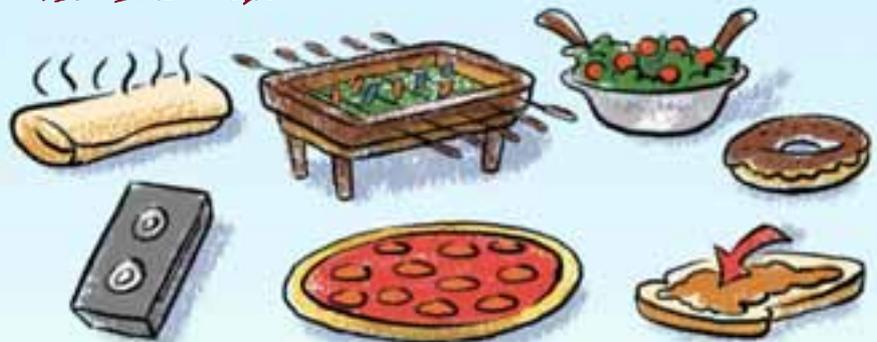
### Baptism, Primary, Scriptures, and Tithing

The branch has no baptismal font, so Alex was baptized at the stake center in Regina, the provincial capital. "At first I felt a bit scared," he remembers. "But the Holy Ghost helped me not be scared anymore." Alex likes reading the scriptures and going to Primary. He eagerly pays tithing each time he earns money. Why? "Because I love Heavenly Father and Jesus," he says.

### Cold and Warm

Ituna winters are cold, and children go about so bundled up that only their eyes show. Snow usually falls before Halloween and may not melt till Easter. Sometimes it lies packed so deep that children can

### What Alex Likes



**Perogies** (Perogies are Ukrainian dumplings made with mashed potatoes, cheese, and onions. Many of Ituna's residents have Ukrainian ancestors.)



touch the tops of stop signs. But good things blow in with the snow—the winter sports of curling, ice hockey, skating, and cross-country skiing warm things up. Alex is a snowman artist. One winter he sculpted a snow teddy bear.

### Talents

A natural athlete, Alex especially enjoys hockey, soccer, and football. But sports don't come first in his life. A year ago he quit a hockey team because it was starting to practice and play games on Sundays. He has since taken up figure skating and shows great promise.

Alex is also a talented listener. His curiosity is boundless, and when he speaks it is usually to ask a question. Otherwise he is a quiet boy. His mom is impressed with "his quiet, steady way of living the gospel."

### Best Friends and Hard Work

Alex names eight different boys as his best friends—about the number of boys his age in town. One of these friends raises chickens, and Alex helps care for them. A willing worker, he also rakes leaves each fall and enjoys the leaf fights that always break out. He even likes washing



**Above: Alex combines two of his favorite sports—hockey and soccer. Below: The Regina Saskatchewan Temple**



dishes. Really! He also cleans his room and volunteers to help his mom match socks. He picks apples and raspberries and helps make them into jam.

### Sisters

Alex is thankful for his family, but feels that one thing is missing. "I would like some brothers," he says.

Fortunately, he has outstanding sisters. "Allyssa is our happy, bubbly, spontaneous dancer," Mom says.

"Chloe has brought love into the lives of everyone around her," Dad adds.

### The Temple

All three children love the Regina Saskatchewan Temple, which is less than an hour away in good weather. Auntie Chantelle and Uncle Andrew were

married there. Ancestors from long ago receive the blessings of the gospel within its walls. "I want to go to the temple and be baptized for the dead," Alex says.

"People die," Allyssa explains. "Heavenly Father gave us temples so we could be together forever."

That's a big idea—bigger even than the vast prairies of Saskatchewan. ●



**My faith in Jesus Christ grows when I serve others.**

“When ye are in the service of your fellow beings ye are only  
in the service of your God” (Mosiah 2:17).

# Friends in the News

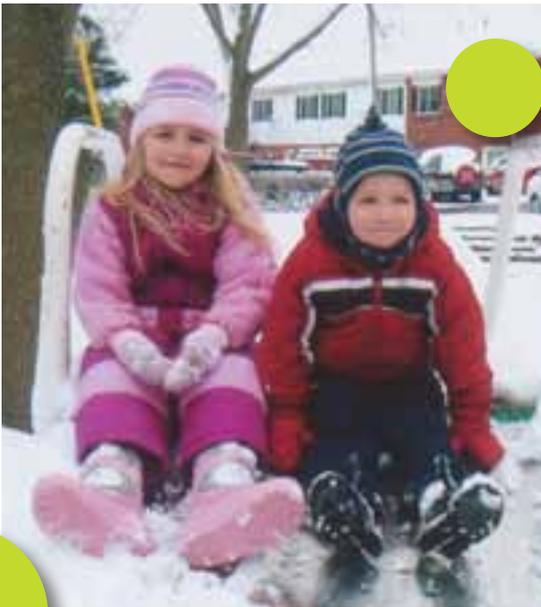


## Rosehill Ward

Each organization in the Rosehill Ward, Utah Morgan North Stake, was challenged to complete a humanitarian project. The Primary chose to collect new or used soccer balls (or money to buy balls) and then send the balls to children in Iraq. The goal was 30 balls, one from each family that had Primary children. Many children did extra chores. Some donated their birthday money, and some held a garage sale in which they sold their toys. They collected enough to send 59 soccer balls.



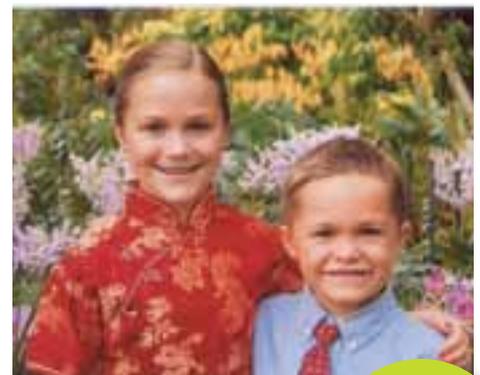
**Brandon** and **Caleb T.**, 8 and 6, Idaho, are athletic boys. Both like soccer, basketball, baseball, and riding motorcycles. Brandon also enjoys swimming, Scouts, camping, spending time with his friends, and reading the Book of Mormon. Caleb is fun to be with and a good friend. He is learning to read and enjoys watching cartoons, playing with his friends, and helping plan family home evenings.



**Emma** and **Erik M.**, 5 and 3, Nebraska, love to see the Winter Quarters Nebraska Temple and visit pioneer Church sites with their younger brother, Mason. They also like to color pictures in family home evening to send to their Uncle Bryan on his mission in Texas. They often ride bikes and play baseball together.



**Ken B.**, 5, Virginia, is an orange belt in karate. He likes playing with his friends, his cousins, and his younger sister, Reagan. He also likes singing in Primary and reading the *Friend*.



**Catherine** and **Matthew S.**, 10 and 8, Singapore, were very brave when they moved to a new country. They are good at making friends and are excellent examples to others. They like to swim, play the piano, and go on family outings. They have faith in Heavenly Father and love to read the scriptures.



**Timothy C.**, 11, Utah, was named after the brother of Nephi (see 3 Nephi 19:4) in the Book of Mormon and Timothy in the New Testament. He loves music, especially songs that have hand actions with them.



**Brianne B.**, 8, South Carolina, loves animals and has lots of reptiles for pets. She likes to read, write, draw, and sing. She was excited to be baptized, and is learning the Articles of Faith.



**Tanner C.**, 6, California, enjoys Primary and learning about Jesus. He also likes riding his bike, going to birthday parties, and jumping on the trampoline. He is happy when he keeps the commandments.



**Julia S.**, 6, Georgia, doesn't forget to pray. She likes to read scriptures and do math. She also enjoys playing with her friends on the swings. Her favorite Primary song is "Holding Hands around the World."



**Noah H.**, 4, Washington, enjoys leading the music during family home evening and likes to ride his bike. He accepted a challenge from his Primary presidency to memorize the Articles of Faith. He knows all 13.



**Robyn Margaret S.**, 4, Alberta, Canada, likes singing Primary songs. She enjoys playing dolls with her friends and going to the park in the summer. She is the only girl in her Primary class of four.



**Carrollton First Ward**

The children of the Carrollton First Ward, Carrollton Texas Stake, held a service activity in which they sewed and decorated 250 stockings to be given to the local bishops' storehouse at Christmastime. (The stockings were filled with goodies by the ward before they were donated.) Every child who came was able to sew a stocking. In addition, the children also stuffed 90 star-shaped pillows to donate to the children's ward of their local hospital.



**Kylee L. and Kambree K.**, 4 and 3, Utah, are cousins who both want to be married in the temple someday. In this photograph they are enjoying a view of the Salt Lake Temple on their uncle's wedding day. Kylee is an energetic girl who likes to play soccer, play with her friends, draw, sing, and dance. She has three sisters and a brother. Kambree is a happy girl who likes to dance, tumble, and draw. She has two sisters and two brothers.



**Riverton Second Ward**

The Primary children in the Riverton Second Ward, Riverton Wyoming Stake, helped build their Primary bulletin board on the theme of "I Will Follow God's Plan for Me." As each new month's theme was introduced, the children created new pictures that emphasized the theme, and added them to the board. By the end of the year, the finished board had helped them follow God's plan.



**Hyrum G.**, 7, Texas, plays the piano and likes soccer. He is a very fast runner. He enjoys school and is a good student. He loves Jesus and tries to be a good friend.



**Isabel H.**, 3, Minnesota, likes to color pictures, make up songs, play at the park, and have family home evening. She likes bananas and wants to be a mommy when she grows up.



**Parker B.**, 8, Arizona, was baptized by his brother J.D. He likes Cub Scouts, swimming, and especially reading. He has a gift for making everyone happy. His favorite Primary song is "Follow the Prophet."



**Savannah C.**, 9, Idaho, enjoys reading Friends in the News each month to see if she knows anybody. She likes to play soccer and board games and bake chocolate-chip cookies for family home evening.



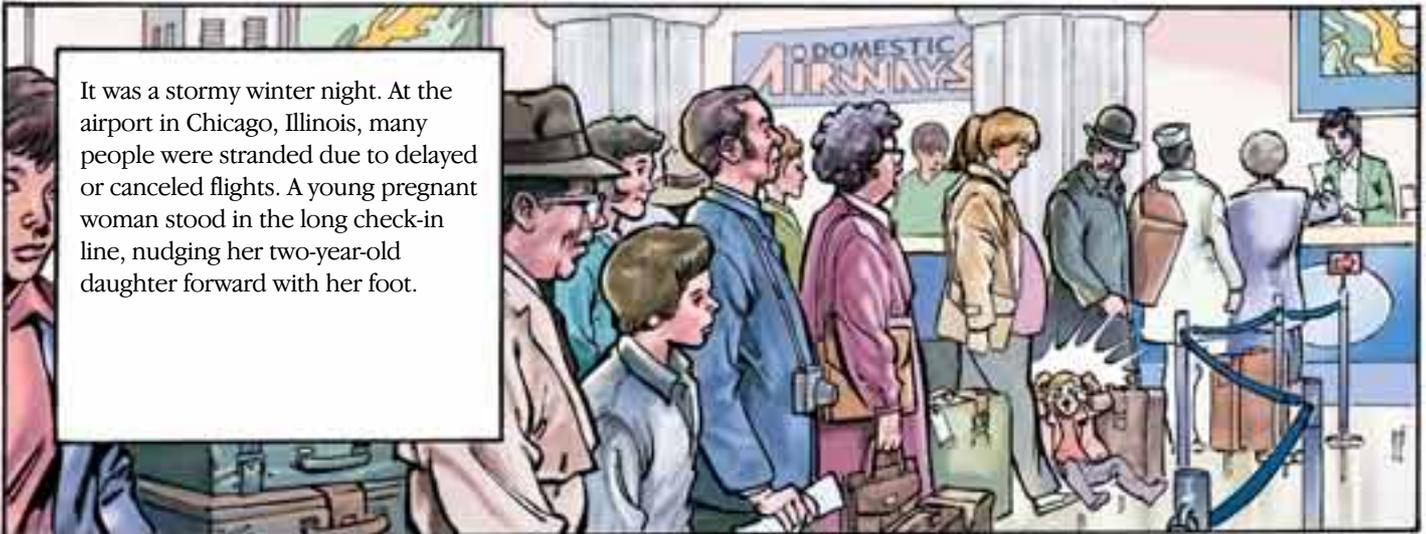
**Renee Tennielle C.**, 9, New South Wales, Australia, enjoys singing, gymnastics, and art. She wears her CTR ring at school to remind herself to be like Jesus. She wants to be an orthodontist and help people feel good about their smiles.



FROM THE LIFE OF PRESIDENT SPENCER W. KIMBALL

# A Simple Act of Service

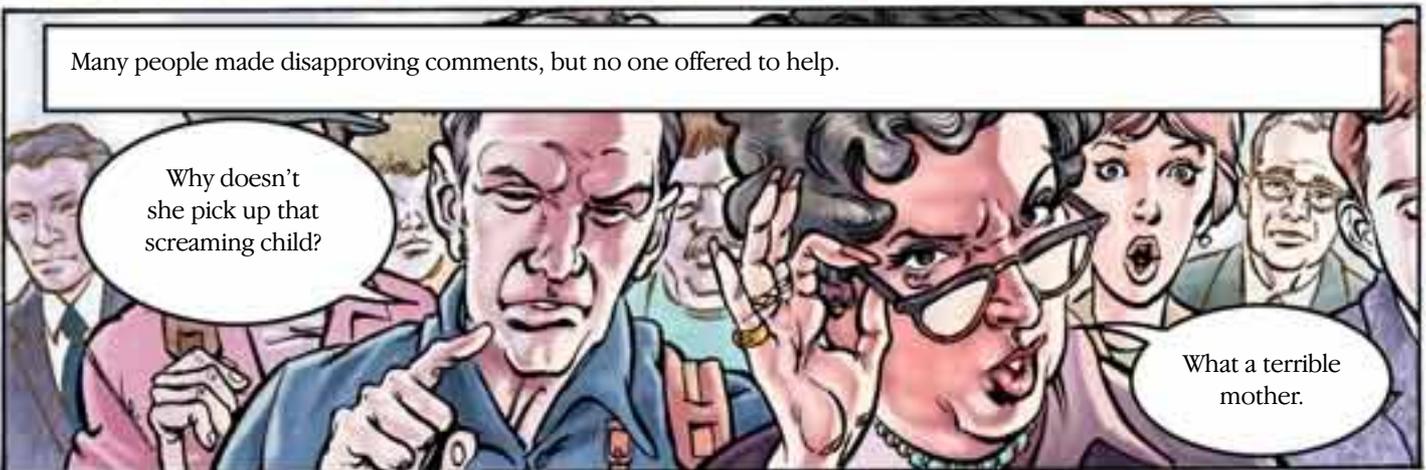
It was a stormy winter night. At the airport in Chicago, Illinois, many people were stranded due to delayed or canceled flights. A young pregnant woman stood in the long check-in line, nudging her two-year-old daughter forward with her foot.



Many people made disapproving comments, but no one offered to help.

Why doesn't she pick up that screaming child?

What a terrible mother.



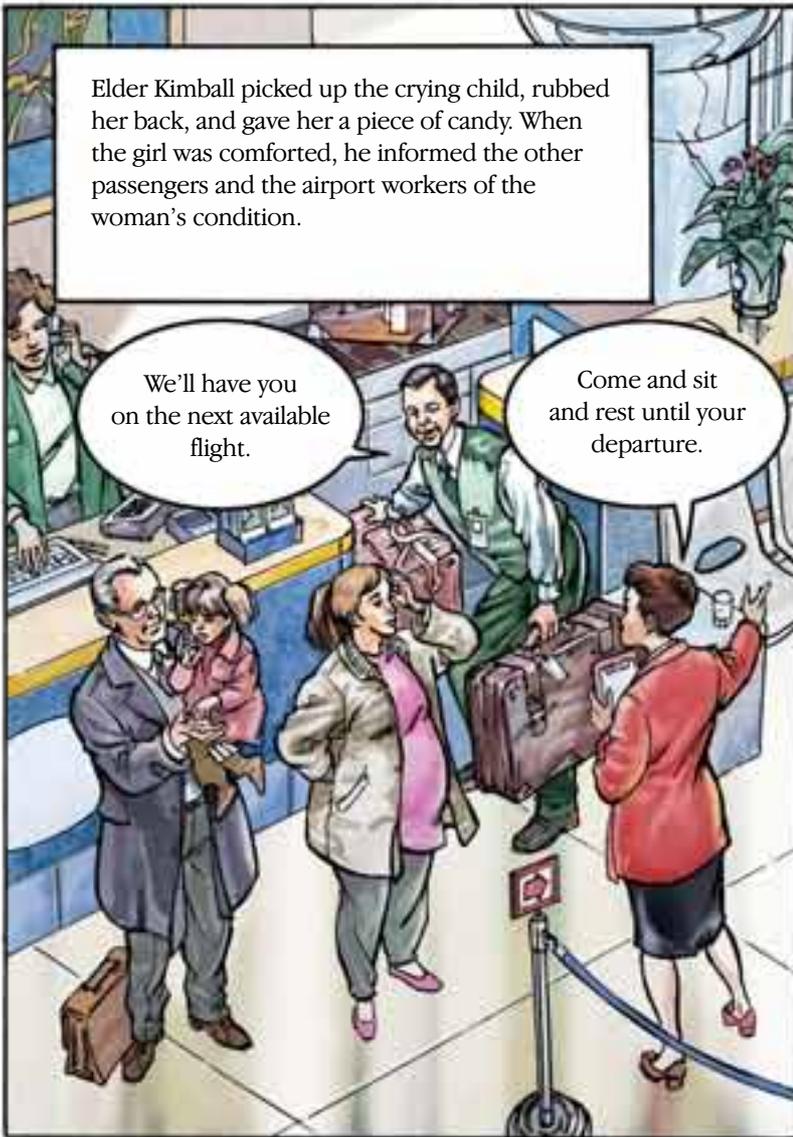
With a kind smile, Elder Kimball walked up to the woman.

Can I help you?

Thank you.

I've had four previous miscarriages. My doctor told me I can't lift anything—not even my own child.

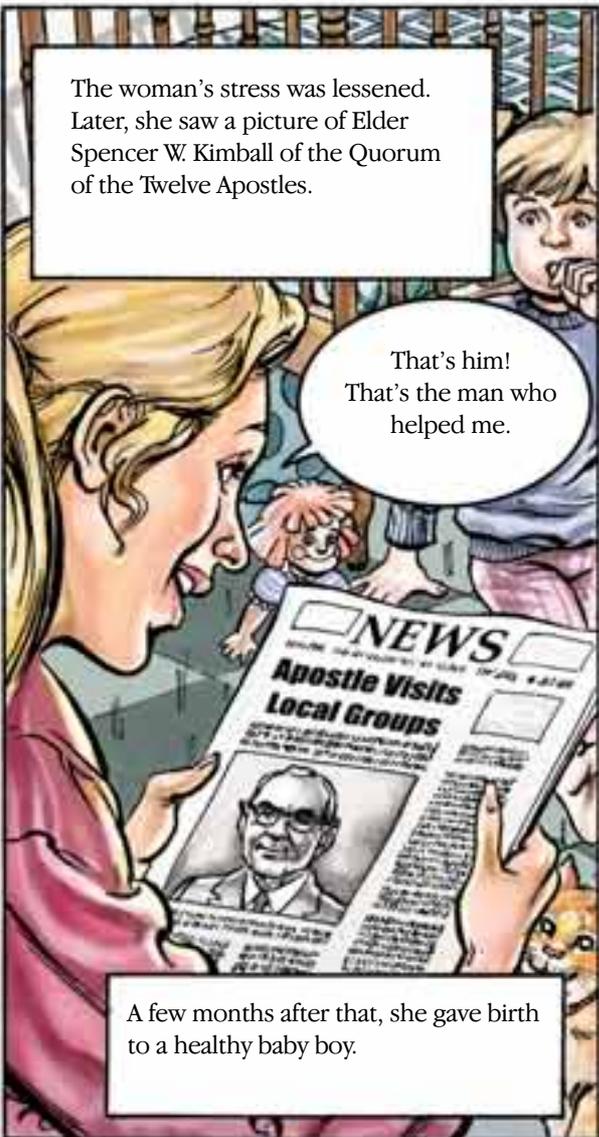




Elder Kimball picked up the crying child, rubbed her back, and gave her a piece of candy. When the girl was comforted, he informed the other passengers and the airport workers of the woman's condition.

We'll have you on the next available flight.

Come and sit and rest until your departure.



The woman's stress was lessened. Later, she saw a picture of Elder Spencer W. Kimball of the Quorum of the Twelve Apostles.

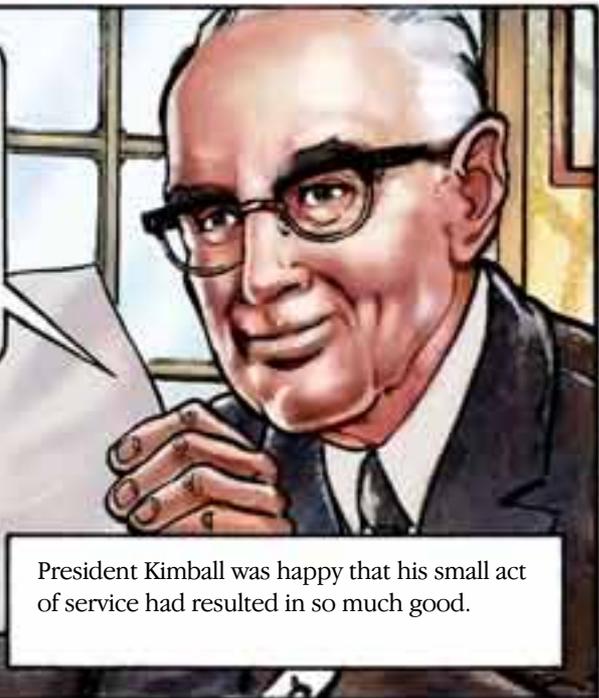
That's him! That's the man who helped me.

A few months after that, she gave birth to a healthy baby boy.



Twenty-one years later, President Kimball received a letter. It was from the son of that young mother.

*I served a faithful mission and am now a student at Brigham Young University. Thank you for helping my mother that terrible night!*



President Kimball was happy that his small act of service had resulted in so much good.

# Language

## LESSON

(Based on a true story)

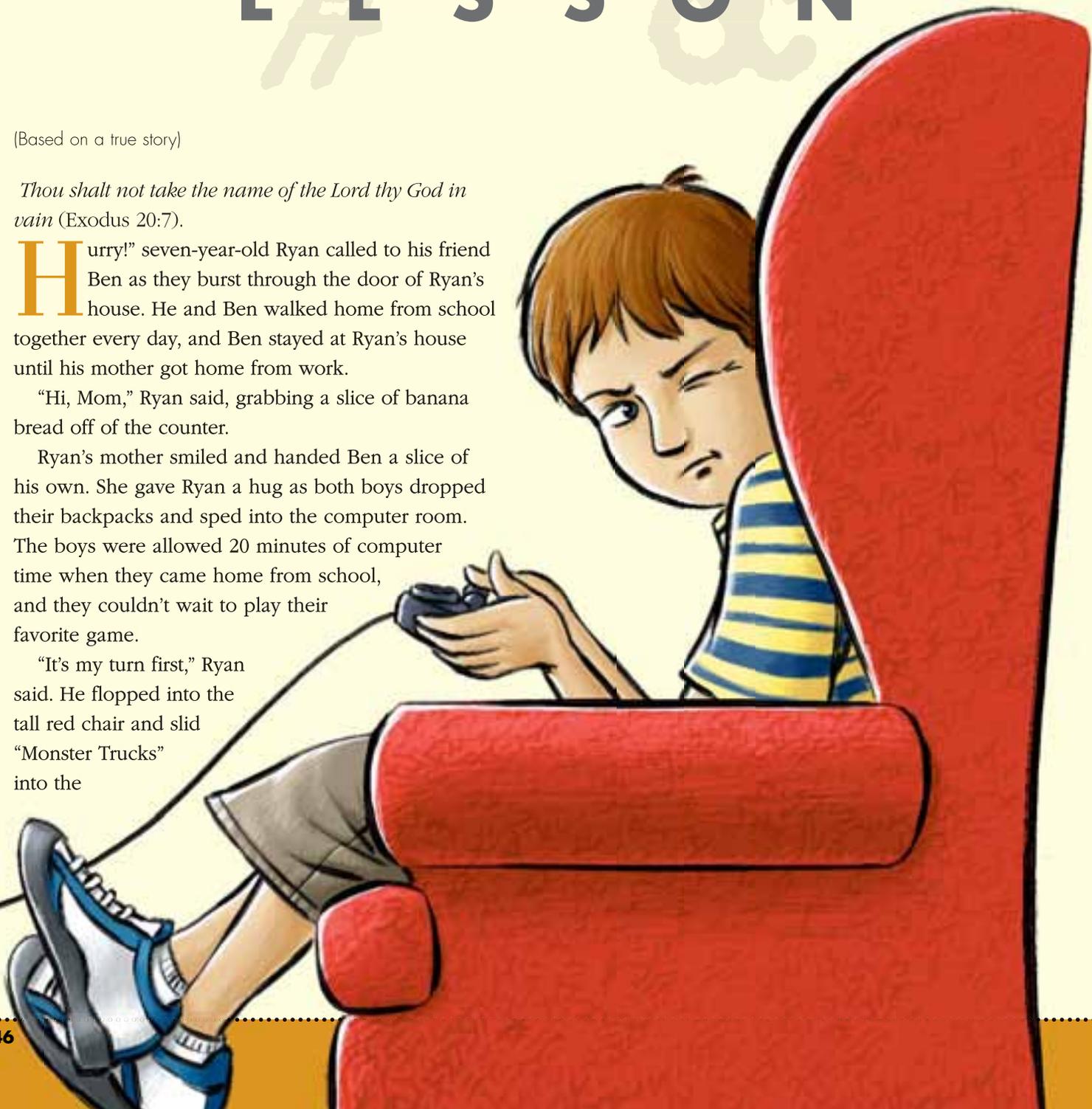
*Thou shalt not take the name of the Lord thy God in vain (Exodus 20:7).*

**H**urry!" seven-year-old Ryan called to his friend Ben as they burst through the door of Ryan's house. He and Ben walked home from school together every day, and Ben stayed at Ryan's house until his mother got home from work.

"Hi, Mom," Ryan said, grabbing a slice of banana bread off of the counter.

Ryan's mother smiled and handed Ben a slice of his own. She gave Ryan a hug as both boys dropped their backpacks and sped into the computer room. The boys were allowed 20 minutes of computer time when they came home from school, and they couldn't wait to play their favorite game.

"It's my turn first," Ryan said. He flopped into the tall red chair and slid "Monster Trucks" into the





computer. It was Ryan's favorite game, and they played it every day.

"Yeeee-ha!" Ben shouted as he watched Ryan's blue computer truck jump over three cars. Ryan gunned the truck up the side of a tall mountain.

Ben jumped up and down and yelled whenever Ryan's truck did any death-defying stunt. But as Ben got more excited, he began yelling words that made Ryan frown. Ryan cringed as Ben took the Lord's name in vain.

The day before, Ryan had spoken to his mother about Ben's language.

"Ben and his family aren't members of the Church," his mother had explained, "so he doesn't understand that it's bad to say those words."

Still, hearing Ben swear took all the fun out of the game. Then Ryan had an idea. What if he taught Ben that it was wrong to take the Lord's name in vain?

The next time Ben swore, Ryan stopped playing and turned to face his friend. "It's not nice to say those words," he said.

Ben looked surprised.

Ryan moved out of the chair so Ben could take a turn on the computer. He said, "It's called taking the Lord's name in vain. It's like insulting Him, and it hurts me to hear you do it."

Ben shrugged. "Sorry. I didn't know. I'll stop saying them." Then he grabbed the computer controls and clicked on his red truck.

Ben used good language for the rest of the afternoon, and Ryan's smile grew bigger and bigger. He and Ben were best friends, and he was sure that Ben would try hard not to take the Lord's name in vain again. Now this wouldn't stand in the way of either their fun or their friendship. ●

"You know of the profanity of the school grounds and the street. Avoid it. Never let it cross your lips. Show your loyalty to the God of heaven and to the Redeemer of the world by holding Their names sacred."

**President Gordon B. Hinckley, "Loyalty,"**  
*Ensign, May 2003, 60.*



# Kitchen Krafts

If you like cheese, check out these recipes. With your family's help, you could make biscuits for breakfast or lunch and macaroni for dinner. Don't forget dessert!

## Ham and Cheese Biscuits

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 cup milk
- 1/2 cup mayonnaise
- 1/2 cup diced cooked ham
- 1/2 cup shredded cheddar cheese

1. Preheat oven to 425°F (218°C). Combine flour, baking powder, salt, and baking soda. In another bowl combine milk, mayonnaise, ham, and cheese. Add the milk mixture to the flour mixture, stirring just until the flour is moistened.
2. Line a muffin pan with paper baking cups and fill each one 2/3 full. Bake 20 to 25 minutes. Makes 12.

## Veggie Macaroni

- 1 1/2 cups macaroni
- 1/3 cup chopped broccoli florets
- 1/4 cup chopped carrots
- 2 teaspoons margarine
- 1/4 cup chopped onion
- 3 tablespoons flour
- 1 1/2 cups milk
- 1/2 teaspoon salt
- dash of pepper
- 3 1/2 cups shredded cheddar cheese
- 1/4 teaspoon paprika

1. Boil the macaroni, broccoli, and carrots until done. Drain. Spread the macaroni, broccoli, and carrots evenly in a 9 x 13-inch (23 x 33-cm) baking dish coated with nonstick cooking spray.
2. Melt the margarine in a large saucepan and add the chopped onion. Cook until the onions are soft. Mix in the flour, and then add the milk, stirring over medium heat until smooth. Add the salt, pepper, and cheese. Stir until the cheese is melted.
3. Pour the cheese mixture over the pasta and vegetables in the baking dish, and sprinkle the top with paprika. Bake at 350°F (177°C) for 30 minutes. Makes 8–10 servings.

## Easy Cheese Dessert

- 1 cup cottage cheese
- 2 bananas, sliced
- 1/2 cup halved grapes

Top the cottage cheese with banana slices and grapes. Makes 2 servings.



## Guide to the *Friend*



The *Guide to the Friend* can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for September is "My faith in Jesus Christ grows when I serve others."

# Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read President Thomas S. Monson's article "Sacred Ground" (pp. 2-3). What made this experience sacred? Discuss ways you can make your time taking the sacrament more sacred. We can serve others during the sacrament by being reverent so they can have a sacred experience too. How can you be more reverent during the sacrament? Practice sitting reverently for a few minutes.



Christ do on the Sabbath? Then read "Doing Good on the Sabbath Day" (pp. 24-25). Plan at least two activities that you can do next Sunday.

4. Read "Tanner and the Happy Dance" (pp. 30-31). Invite your family members to take a turn doing a happy dance. Cheer when each person is finished and give him or her a hug. Then discuss other ways you can help make the people in your family happy when they are feeling sad. Try them out this week.

2. Smiling helps us feel happy. It helps others feel happy too. Smiling is one of the easiest ways we can serve others. Read "Miles and Miles of Smiles" (pp. 4-6). Have each person in your family draw a smiling face on a piece of paper. Put the face near the mirror you look in most often. There are many ways to smile. Look in the mirror and try smiling with only your eyes, then try smiling with your lips closed. Smile with your teeth showing, and then with your mouth open. Keep the picture by the mirror all week as a reminder to smile.

5. When we pray for other people we are serving them. Read James 5:16. What makes a prayer fervent? Do the activity "I Can Pray for Others" (p. 32). Before each family prayer this week, let each person suggest someone to pray for. Remind the person saying the prayer to pray for these people.

3. The Sabbath is a day to rest from doing worldly things and instead do heavenly things. Read or tell the story in Matthew 12:10-13. What kinds of things did Jesus



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# What's in the *Friend* this month?



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Learn how President Monson served as he passed the sacrament.

## page 8

How did Elder De Hoyos get to church as a child?



## page 27

Add these nine new temple cards to your collection.

