Get a group of friends or family members and stand in a circle. Reach your arms out in front of you and hold hands with two different people across the circle. When everyone is ready, try to untangle your arms without letting go of your hands.



I will get help from my parents when buying anything online

GOD GIVES US GOOD FOOD

Have you met Jesse on page 14? Artichokes are the state vegetable of California, USA, where he's from. Artichokes are flower buds that haven't bloomed yet. The bottom is the "heart" and is the main part that's eaten. You can eat the soft part of the leaves too.

QUESTION CORNER

"My older brother is serving in the military, and I miss him a lot! How can I feel closer to him?"

Send your answer and photo by September 30. Email us at friend@ldschurch. org with "Question Corner" in the subject line. Use the permission statement on page 39.