Contents

- 5 What Happens after We Die? 🕮 🧿
- 6 Portraits of Faith 🗇 Esther Cox—Louisiana, USA
- 8 Ministering Principles Ministering through Family History
- **12** The First Vision: A Pattern for Personal Revelation By President Henry B. Eyring Following the example of Joseph Smith can lead to increased revelation in our lives.
- **18 Eight Truths from the First Vision** Prophets testify of truths restored.
- **22** Celebrating the Restoration 🖑 Activity ideas for families and other groups.
- 24 My Conference Notebook 🖑 October 2019 General Conference
- 26 "The Beginning of Better Days": How the Relief Society Works to Bless the World

By Tiffany Taylor Bowles

From promoting women's suffrage to sending aid around the world, the Relief Society has been and continues to be a force for good.

30 How to Manage Digital Devices and Get Your Family Back

By Geoff Steurer

Discover how to put technology in its proper place so that it serves your relationships instead of eroding them.

36 Dear Mom and Dad: 40 Parenting Tips from Teens By Chad Conrad

Teens answer the question "What advice would you give your parents about parenting?" This list is followed by the reverse—tips for teens from parents.



 Come, Follow Me Support
Quick Reads

Young Adults

Going through **hard times?** Life isn't easy, but **Heavenly Father has a plan** for each of

us. This month, young adults share how they **find hope and healing** in adversity.



40 Ten Ideas for Mastering Strong Emotions at Home By David Schramm

Strong emotions confront every family, but if left unchecked they can do serious harm. Here are some ways to deal with them.

44 Family Study Fun 🕮 🍅

46 Weekly Book of Mormon Insights 🕮 🧿

- What Did It Take to Build the Ship?
- What Blessings Did the Fall Make Possible?
- How Do We Overcome Death?
- Who Was Isaiah?

50 He Can Turn Weakness to Strength 🕮

By Elder Randall K. Bennett As examples from the Book of Mormon show, the Lord will help us if we turn to Him.

54 My Willing Heart, My Bishop, and My Schizophrenia By Sarah P. Hancock

I was excited to serve in my new calling. But my new bishop and I had some things to learn from one another.

58 What Church Leaders Are Saying about Mental Health

62 How Do I Talk to My Kids about Mental Health? 👸

64 Latter-day Saint Voices 😇

Injury leads her to question her future; husband and wife receive a special book; a man just wants to go home; seeking God saves a marriage.