

THE *Friend*



**Scripture
Cards
for you!**

See pages 25–26

Colorful Cake



When I saw the cake in the *Friend* that President Monson's mother used to make (Aug. 2012), I came home and made it. It was fun and tasted really good. Here's what it looked like.

Christopher W., age 8, South Africa

Faith Like the Pioneers



I love part three of Sarah Ann's story (Sept. 2012). She kept praying, and her crops grew. When I read the three stories, I felt the Holy Ghost. I want to have faith like Sarah Ann. Thank you for writing about her in the *Friend*!

Allie T., age 7, Washington, USA

How We Read the *Friend*

Graham, Devin, and Gavin like to get together and sing the songs out of the *Friend*. It brings them closer as friends and helps them to love one another.

Graham W., Devin D., and Gavin M., all age 4, Georgia, USA



Playing for Primary



A few years ago I read an article in the *Friend* called "Primary Pianists" (April 2010). It was about some children my age learning to play the piano so they could play during their Primary sacrament meeting

program. I said to myself, "I can do that!" I started playing prelude music for Primary, and by the end of the year, I was able to play a song during the Primary program! I really love using my talent to serve the Lord.

Kennedy W., age 10, Texas, USA

Dear Friends,

Whenever you have a problem, you can find help in the scriptures.

On pages 25-26 we've put a set of scripture cards for you to cut out and place in your scriptures. When you have a problem, you can look for the card that matches your situation. Then turn the card over and look up the scriptures on the back.

Love,

The *Friend*

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.

Volume 43 Number 8
August 2013

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THE *Friend*

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Cover by Pat Hoggan



Learn to play the Primary song "A Child's Prayer" on page 10.



Hidden CTR Ring

Will finding it change you?



Quest for Testimony

Manifest: show

By President Henry B. Eyring
First Counselor in the First Presidency

Our quest for testimony begins with “a **particle** of faith” and with desire for it to grow (Alma 32:27).

A seed of faith is already planted in your heart. Like a growing plant, it must be nurtured or it will wither. Frequent prayers and obedience to the commandments will keep your testimony alive and strengthen it.

The Savior has taught us that we must also ask in prayer for a testimony of truth. The Lord taught us to pray about the Book of Mormon:

“And when ye shall receive these things, I would **exhort** you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with

Exhort: strongly urge

real intent, having faith in Christ, he will **manifest** the truth of it unto you, by the power of the Holy Ghost.

“And by the power of the Holy Ghost ye may know the truth of all things” (Moroni 10:4–5).

Your answer may not come in one powerful spiritual experience. For me it came quietly at first. But it comes more forcefully each time I have read and prayed about the Book of Mormon.

Feasting on the word of God, prayer, and obedience to the Lord’s commandments must be applied continually for your testimony to grow and prosper. ◆

Adapted from an April 2011 general Young Women meeting address.

Particle: a small piece


A GROWING TESTIMONY

Many scriptures compare gaining a testimony to growing a plant—both require time and effort. Color the picture and think about how these things help you gain a testimony.



MORONI'S PROMISE





A Light in the Dark

By David Dickson

(Based on a true story)

By small and simple things are great things brought to pass (Alma 37:6).

The smell of freshly baked chocolate-chip cookies started filling the house. Nathan caught the scent and ran as fast as he could toward the kitchen. Sure enough, Mom was pulling a cookie sheet out of the oven.

“You made cookies!” he said. He couldn’t wait to taste one. Mom’s cookies were the best.

“Yes,” Mom said. “Some are for us, and some are for Michael. I want to send him a care package.”

Nathan nodded in excitement. Michael would be so happy to get a box of Mom’s cookies out on his mission.



*Even a small gift can
be a really big help.*

“Awesome idea! Can I put something in the care package?” he asked.

“Of course,” Mom answered.

Mom handed Nathan a cookie. He thanked her and started nibbling on the treat—so tasty!—while heading to his room. He wanted to search through his things for the best gift to send.

It had to be just right. Wrapping little presents and giving them to friends and family was one of Nathan’s favorite things to do. Sometimes he’d draw a picture and wrap that. Other times he’d give away an eraser. You never knew when you might need an eraser.

Nathan kept thinking as he finished his cookie. Would Michael want a small toy? Maybe. How about a nice pen? Possibly. A pen could be useful to a missionary.

Then his eyes landed on a two-inch flashlight that could fit right in your pocket. Any missionary would love such a cool flashlight. It would be the perfect gift! Nathan wrapped the flashlight and took it to Mom, who slid it into the care package.

A few days later Dad gathered the family. “I have some news,” he said. “Michael’s mission has been hit by a hurricane.”

Nathan’s heart skipped a beat. That sounded bad! Was Michael OK?

Mom held up a hand. “He’s fine. Nobody has to worry. The worst that happened to Michael was that the power went out. But I want to tell you something he said in his letter.”

Nathan let out a sigh of relief. Michael wasn’t hurt. But still, a hurricane! He leaned forward, listening closely.

“Michael said that our care package arrived about an hour before the storm hit. He said he appreciated the cookies.”

Nathan smiled. He knew Michael loved Mom’s cookies almost as much as he did.

“But then he mentioned something else. The flashlight he keeps in case of an emergency was packed deep in a closet. He wasn’t able to find that flashlight when the power turned off and everything went dark.” Tears started forming in Mom’s eyes as she continued. “However, that wasn’t such a big problem for Michael. Does anybody want to guess why?”

Nathan thought for a second. Then a smile spread across his whole face. “My flashlight!”

Dad nodded. “Yes, Nathan. The flashlight you sent your older brother was the only light he had during that big storm. He was so grateful you sent it.”

Nathan thought about how scary it would be to go through a hurricane without any light. He was so glad he’d been able to help his big brother. Nathan felt warm inside, happy that he’d made a difference.

Now all he had to do was figure out what to send the next time Mom put together a care package! ◆

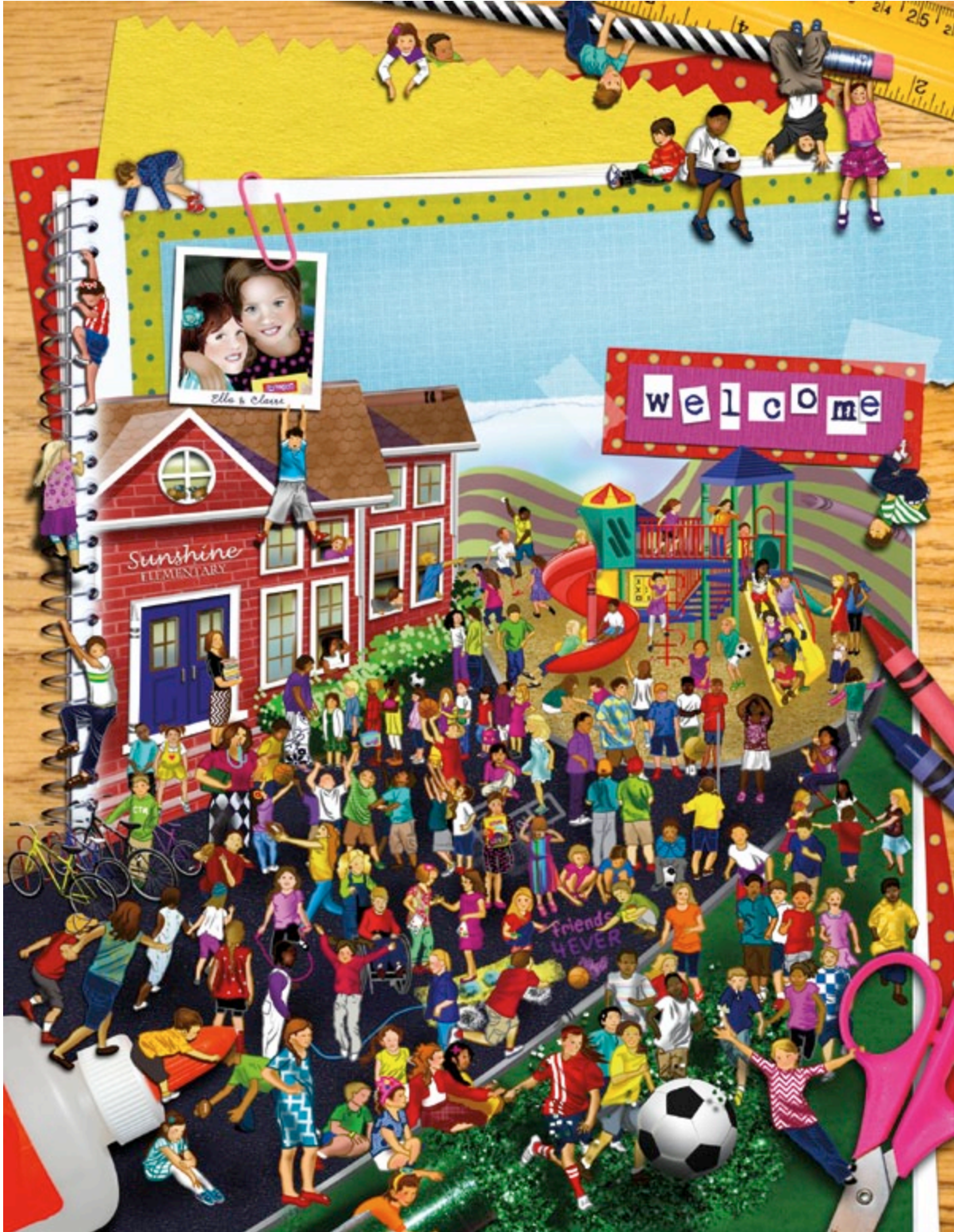


“Acting obediently on . . . promptings strengthens us.”¹

Elder Richard G. Scott of the Quorum of the Twelve Apostles

Finding a Friend

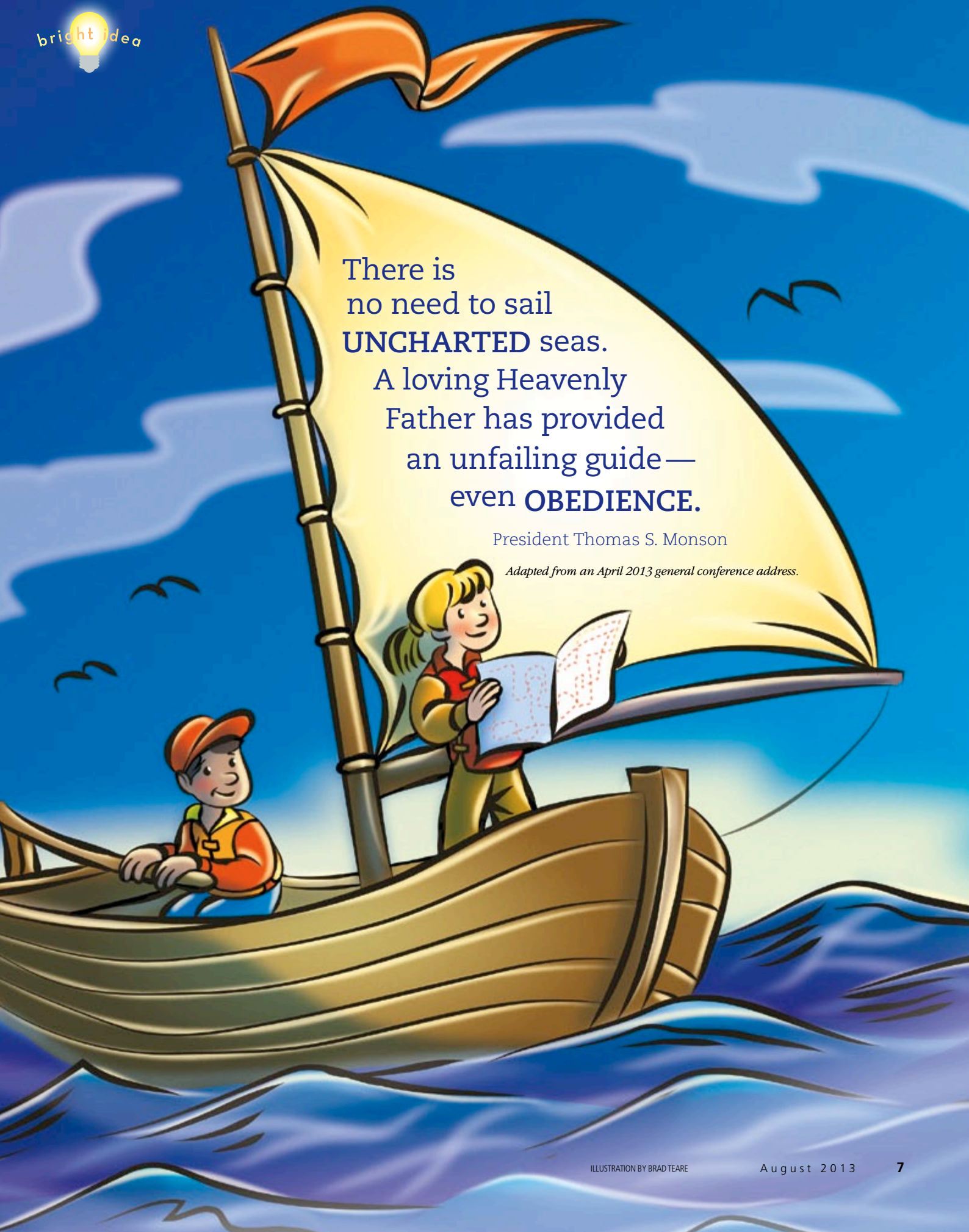
Ella noticed that Claire, a new girl in school, didn't seem happy. Ella prayed to Heavenly Father to know how she could help. She got the idea to make a welcome card. Can you help Ella find Claire? Can you also find eight crayons and five soccer balls?



There is
no need to sail
UNCHARTED seas.
A loving Heavenly
Father has provided
an unfailing guide —
even **OBEDIENCE**.

President Thomas S. Monson

Adapted from an April 2013 general conference address.



*A simple prayer
changed my family
forever.*



By Tatiana Agüero

(Based on a true story)

He will manifest the truth of it unto you, by the power of the Holy Ghost (Moroni 10:4).

I still remember the first time I saw the two men standing on our doorstep in Peru. They were wearing white shirts and ties, and they were so tall! I thought they had warm smiles.

They must be nice, I thought. My

come,” Mamá said, as if she could read my thoughts.

I knew that the missionaries had challenged my father to follow the invitation at the end of the Book of Mormon to ask God with a sincere heart if the gospel is true. So one evening I decided to help my father with that challenge. I asked if we could pray together the way the

Our Answer

parents must have thought so too because soon the missionaries were coming to our home often.

I loved listening to the missionaries and always felt they were telling the truth.

“Don’t you want to be baptized, Mamá?” I asked my mother one day.

She smiled. “I do. But I want to be baptized with your father.”

I nodded. I was nine years old—old enough to be baptized. But I wanted to be baptized with my father as well, and he wasn’t sure if he believed what the missionaries taught.

“Keep praying, and the time will

missionaries had asked. We went into my room and knelt down. He asked me who was going to say the prayer.

“You say it, please,” I said.

My father started praying to Heavenly Father. When he asked if we should be baptized, a feeling of love and peace wrapped itself around us. It was so strong that my father stopped speaking for a minute. We knew we needed to be baptized.

I’ll never forget the look in my father’s eyes after he ended that prayer.

“We have our answer,” he whispered, giving me a hug.

I smiled as I buried my head in his shoulder. The Holy Ghost had made it possible for us to know the truth (see Moroni 10:5). ◆

ILLUSTRATION BY DON SEEGMILLER



Turn to pages 2–3
to learn more about
testimonies and
Moroni’s promise!

I Find the Savior

By Tina Dean

I find the Savior when I pray
In quiet moments every day,
In scripture stories that I read,
In all the sacred hymns I sing.

In words of prophets, parents, teachers—
I find the Savior through my leaders,
Who teach me how to find the Lord
Through obedience to His word.

I find the Savior as I'm kind
And as I choose to spend my time
Helping people with their troubles,
Teaching, serving, loving others.

I find the Savior when I choose
To try my best in all I do
And ask for help when I can't see
The victor that He sees in me.



A Child's Prayer

(Simplified)

Words and music by
Janice Kapp Perry

Reverently ♩ = 63-69

Intro Part 1 3

1. Heav - en - ly

Fa - ther, are you real - ly there? And do you hear and an - swer ev - 'ry child's prayer? Some say that

heav - en is far a - way, But I feel it close a - round me as I pray. Heav - en - ly

Fa - ther, I re - mem - ber now Some - thing that Je - sus told dis - ci - ples long a - go: "Suf - fer the

chil - dren to come to me." Fa - ther, in prayer I'm com - ing now to Thee.



ILLUSTRATION BY DILLEEN MARSH

Part 2

21

Pray, He is there; Speak, He is list - 'ning.

25

You are His child; His love now sur - rounds you.

29

He hears your prayer; He loves the child - ren. Of

33

such is the king - dom, the king - dom of heav'n.

Practice tip: To play both parts at the same time, play the treble clef line of Part 1 up one octave.

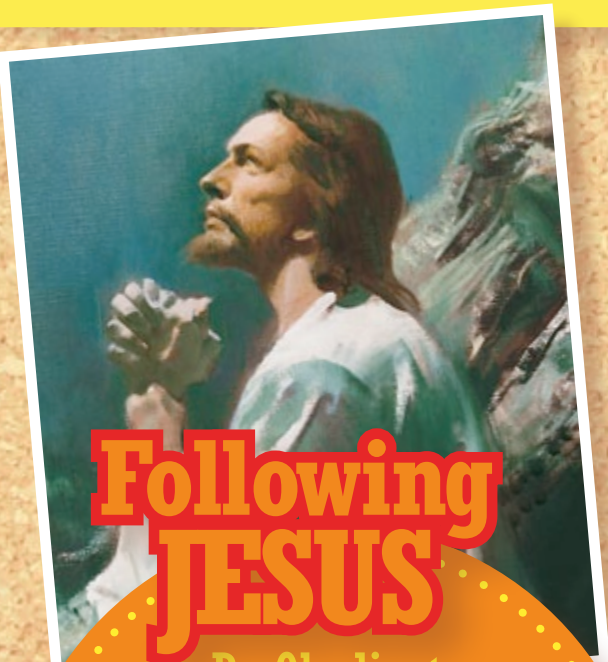
Bulletin Board



**I Love
to See the
Temple!**



Have you seen the portrait of President George Albert Smith on page 49? When President Smith dedicated the Idaho Falls Idaho Temple, he prayed for the Primary children. He said, “May Thy Holy Spirit be richly imparted to Thy young sons and daughters, that their faith may be enlarged, that they may walk righteously . . . before Thee” (*Church News*, Jan. 1, 1950).



Following JESUS Be Obedient

Jesus Christ said,
“I do nothing of myself” (John 8:28).
Jesus always did what Heavenly Father wanted. He healed the sick, taught people, and called disciples because God commanded Him to do so. When Jesus died for us as part of the Atonement, He was following Heavenly Father’s plan. Jesus said, “I seek not mine own will, but the will of the Father” (John 5:30).

This Month’s Challenges:

Challenge 1: Pray for help being more obedient.

Challenge 2: When you feel like arguing with your parents, listen instead.

Challenge 3: Before making a decision, think about what Heavenly Father would want you to do.



MOON CAKES



MISSIONARY MOMENTS



Our bishop came to our house and asked us to do missionary work. One night I was reading *Book of Mormon Stories*, and I had an idea. I had a school assignment that was a book report. I could do my book report on the *Book of Mormon Stories*! The Holy Ghost said that I should do

that. He gave me the idea to think about it. I like being a missionary. I know how to share the gospel.

Caleb B., age 7, Nevada, USA

On pages 18–19 you can meet Will from Taiwan. His family celebrates the Moon Festival by eating moon cakes. They have red filling for good luck. Here's a simple recipe you can try. Remember to ask an adult for help.

1/4 cup softened butter or margarine

1/4 cup sugar

1 egg yolk

1 cup all-purpose flour

1 cup strawberry or raspberry jam



Directions

1. Preheat oven to 375°F (190°C). Stir butter, sugar, and egg yolk together. Mix in flour to form a soft dough.
 2. Wrap the dough ball in plastic wrap and refrigerate for 30 minutes.
 3. Unwrap the dough ball and break off small pieces to form little balls.
 4. Place each ball on a greased cookie sheet and gently push your thumb into the center of each to make a small hole.
 5. Fill each hole with half a teaspoon of jam.
 6. Bake for 20 minutes or until the outside edges are slightly brown.
- Makes about two dozen moon cakes.



Ask Yourself...
How can I share my testimony today?



Exploring NAUVOO

Come along to see an important place in Church history!

By Jennifer Maddy

The dust gently rises as you walk down the street. You can see sunlight dancing on the Mississippi River. Then a horse clops by pulling a wagon. Have you gone back in time? No, you're standing on Parley Street in Nauvoo, Illinois.

In 1839 the Prophet Joseph Smith and early members of the Church settled Nauvoo and built a beautiful city and temple. They lived here until the mid-1840s, when they started their journey west. ♦

The Saints made their own fancy buttons.



Nauvoo had pretty gardens, brick buildings, and green fields. Turn to page 17 to find out what the word Nauvoo means.



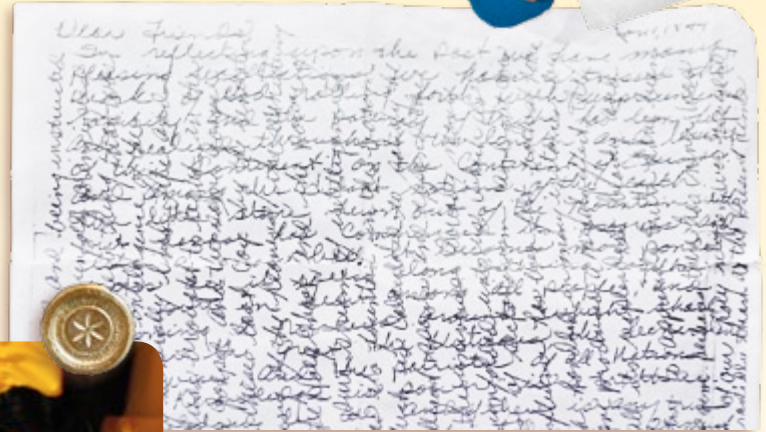
Cut out and paste to the "On the Trail" map in the July issue.



Many old buildings in Nauvoo have been restored. Missionaries dressed in 1840s clothing tell visitors about the early Saints. You can try a gingerbread cookie at the Scovil Bakery or see how shoes are made at the boot shop.



Paper and postage were expensive, so people used "cross writing" in their letters. They would write one direction, then turn the paper and write across it. Try it and see if you can read your writing!



It took three people to make rope the way the pioneers did it!



In school, children wrote with chalk on slates.

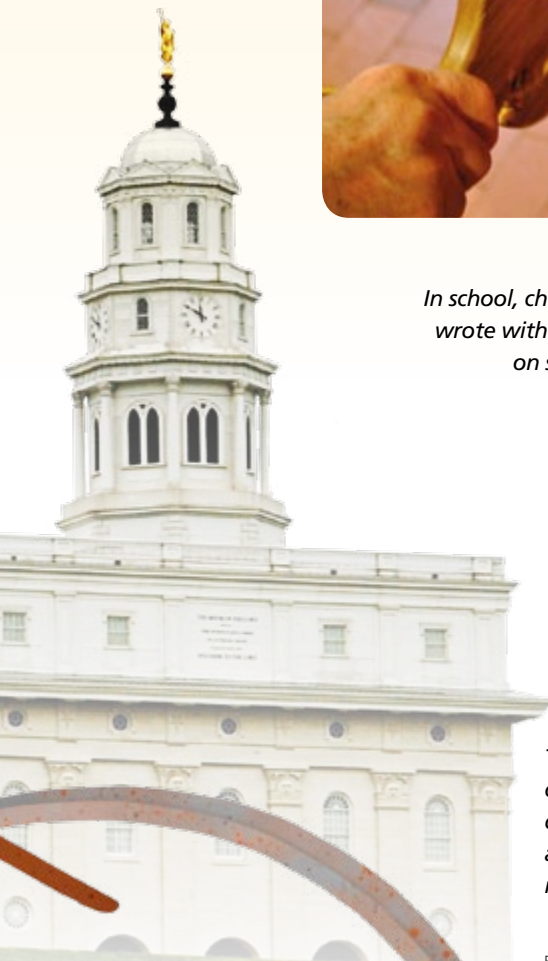


The Nauvoo Temple stands on a hill overlooking the city and river. Read more about the temple in next month's Friend.



Candles were made by tying string around a rock and then dipping it in animal fat over and over.

The light from this lantern made fun patterns on the walls and ceilings.



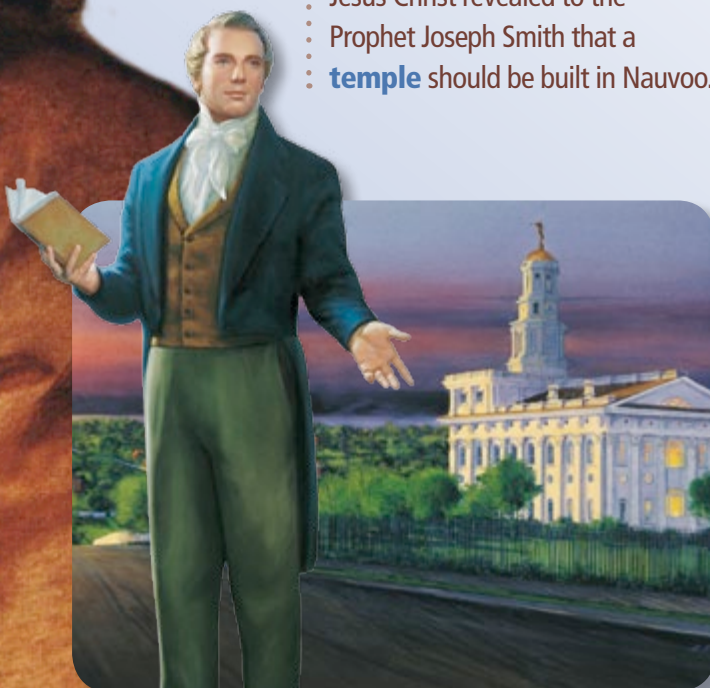
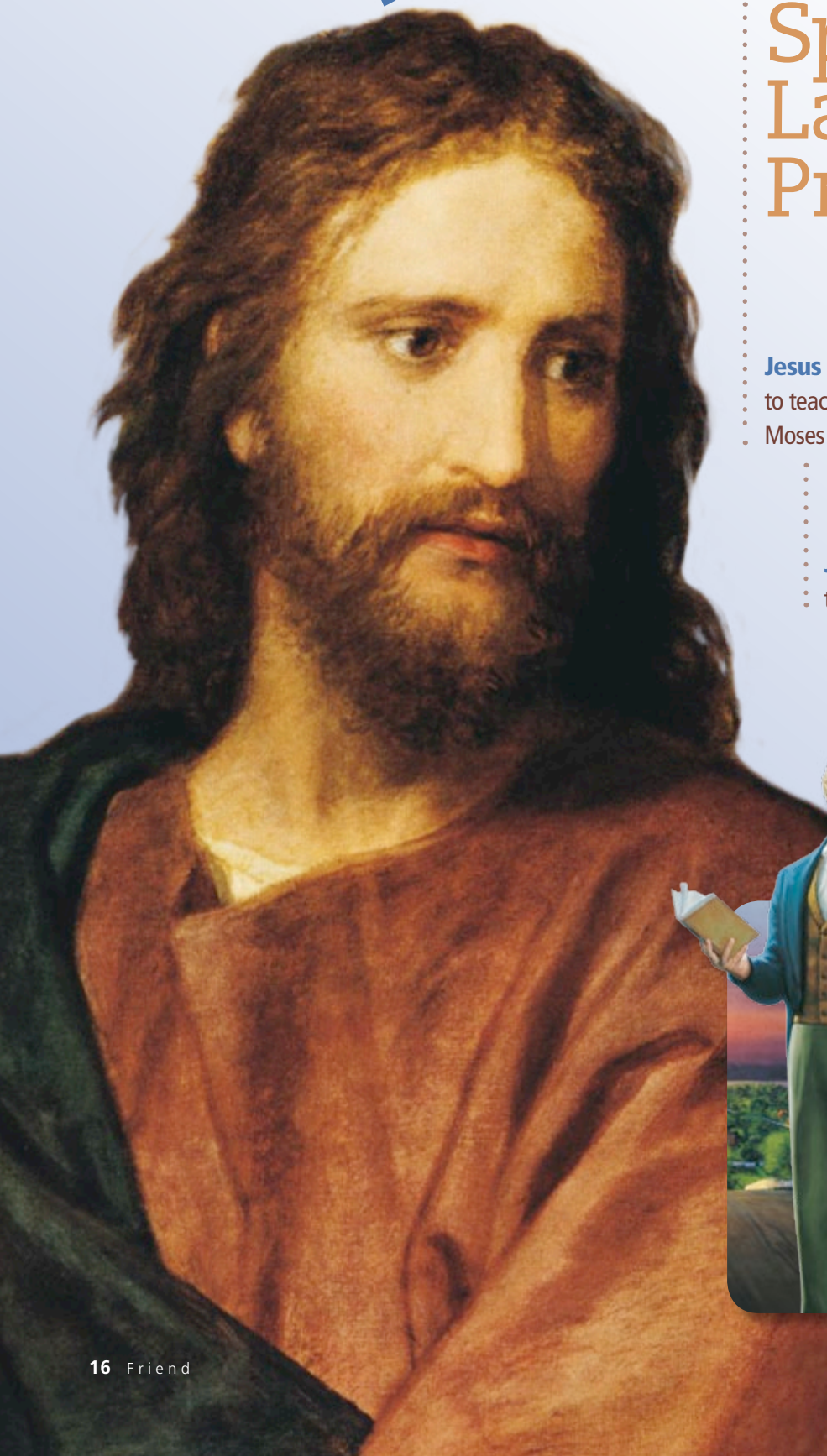
Jesus Christ

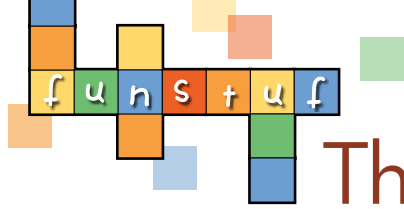
Speaks to Latter-day Prophets

Jesus Christ speaks to prophets and tells them to teach people about His wonderful gospel. Moses was a prophet. So was John the Baptist.

Joseph Smith was the first prophet of the restored Church.

Jesus Christ revealed to the Prophet Joseph Smith that a temple should be built in Nauvoo.





The Saints Gather in Nauvoo

The name *Nauvoo* comes from a Hebrew word. To learn what Nauvoo means, find out what each person in this picture has in common with someone else. Start with person B. Notice that person E is wearing the same bonnet.

Write *B* and *E* in the spaces below. Then find out what person E has in common with another person in the picture. Continue until you have used all the letters. See the answer on page 48.



Hi! I'm Will from Taiwan



What are your favorite family activities? Will C. and his brother, Allen, enjoy spending Saturdays with their family exploring new places on the island of Taiwan, where they live.

From an interview with Amie Jane Leavitt



Before we go to bed, we read the scriptures as a family. My brother, Allen, really likes the story of Moses and the brass serpent. My favorite story is about when the Lord warns Lehi to leave Jerusalem and tells Nephi to build a ship to go to the promised land.



Taiwan has many fun holidays and festivals. In September we celebrate the Moon Festival. Our whole family gets together, and we eat yummy pastries called moon cakes. You can find out how to make them on page 13.



In Taiwan we often get to do missionary work. In school I had to teach my class something I knew about honesty. I taught them how to sing the Primary song "Stand for the Right."

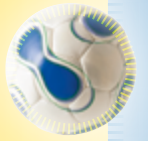
After school my brother and I walk home with our grandfather. We do our homework and eat dinner with my mom and dad. My favorite food is beef noodles, and Allen's is fried rice. We both like sweet food too.



WHAT DO YOU DO IN YOUR SPARE TIME?

Will: play computer games, Frisbee, and soccer

Allen: read books, draw, and go on walks with my grandfather



WHAT ARE YOUR FAVORITE COLORS?

Will: orange

Allen: all the colors in the rainbow

WHAT ARE YOUR FAVORITE ANIMALS?

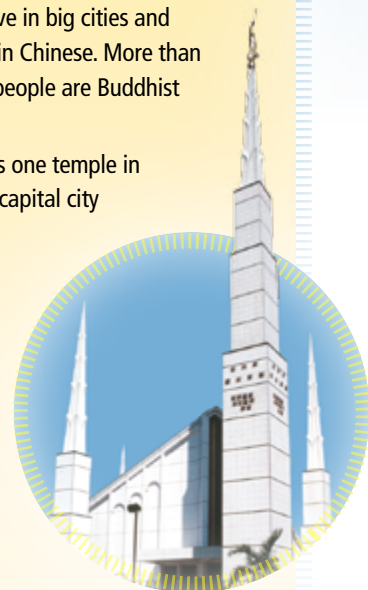
Will: dinosaurs

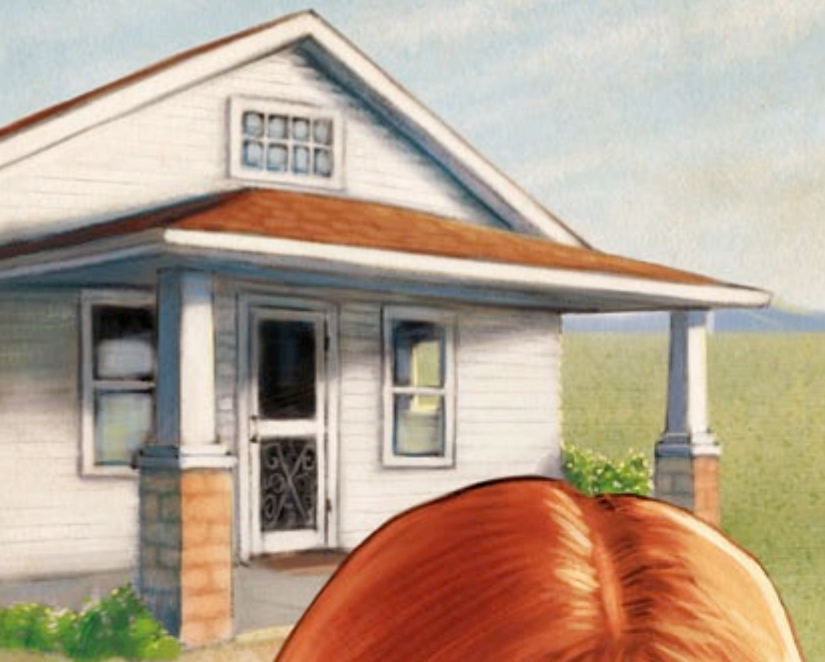
Allen: the orangutans and giraffes I see at the zoo



LET'S EXPLORE!

- Taiwan is a tropical island off the coast of China.
- Most people live in big cities and speak Mandarin Chinese. More than 90 percent of people are Buddhist or Taoist.
- The Church has one temple in Taiwan, in the capital city of Taipei.





Lydia's Thirsty Raspberries

By Sheila Kindred
(Based on a true story)

Charity is the pure love of Christ (Moroni 7:47).

The rain barrel is empty,”
said 10-year-old Lydia as she
wiped a plate dry. “May I use some
well water on my raspberry patch?”





*Lydia was worried about her raspberry patch.
But was something else more important?*

Lydia's mother sighed as she washed a bowl in the sink. "I'm afraid raspberries are a luxury during a drought. You may use the dish rinse water, but we need to save the well water."

Lydia frowned. Her raspberry jam had once won a blue ribbon at the Iowa State Fair. She didn't think her berries would be as delicious if she used dishwater on them.

Lydia's father came into the kitchen and sat down heavily. He wiped his sweaty forehead.

"Are you all right, Stephen?" Mother asked.

"I'm fine," Father said, "but I have some bad news. The well has finally gone dry."

Lydia felt a stab of worry. A lot of the neighbors' wells had already dried out. Mother twisted her apron in her hands.

"Don't despair," Father said gently, taking Mother's hand. "We still have the deeper windmill well out in the fields. I'm taking the tank truck there right now."

"May I go?" Lydia asked, suddenly feeling better. She was so glad they had that windmill!

"Yes," Mother said. "I'll save the rinse water for you."

"Thank you!" Lydia hurried outside. Maybe if she helped fetch the well water, Father would let her use some on the raspberries.

Father climbed into the truck, and they began their dusty drive to the far end of the fields. When they reached the windmill, Lydia sat up and stared. Several wagons and trucks lined the road, and a crowd of people stood around the well. All of them had tanks and barrels.

"What are they doing?"

Lydia asked.

Father narrowed his eyes.

"Getting water, it looks like."

"But it's our water!" Lydia said.

She imagined her raspberries drying out under the hot sun. "We need it. They can't just take it!"

Father parked the truck and hopped out. "Stay put, Lydia," he said.

The people around the well froze and silently watched Father approach.

Lydia couldn't hear what Father said, but when he finished talking, she was surprised that many of the people were smiling. Some even cried and shook Father's hand. Then they all worked together to fill all their barrels and tanks.

Lydia didn't understand. Why was Father doing this?

When the crowd left and Father began filling his own tank, Lydia climbed out.

"You gave away our water," Lydia muttered. Confusion and anger washed over her.

Lydia's father stooped down so he was face-to-face with Lydia. "Listen carefully, Lydia Lucille. I figure the water in this well is a gift from God. We no more own it than we own the air we breathe. As long as there is water in this well, we will share it with those in need."

Father then dipped a ladle into a bucket and handed it to Lydia. Gratefully she drank the cold, clean water. She thought about all the other people and how scary it must be for them to not have water of their own. She was glad her father decided to share.

Lydia scrambled back into the truck. She was anxious to get home and pour the dishwater on her thirsty berries. She might not get as many big, juicy raspberries this year.

But whatever she got, she would be sure to share. ♦

Even though many people used the windmill well on Lydia's farm during the summer drought of 1930, the well never ran out of water.



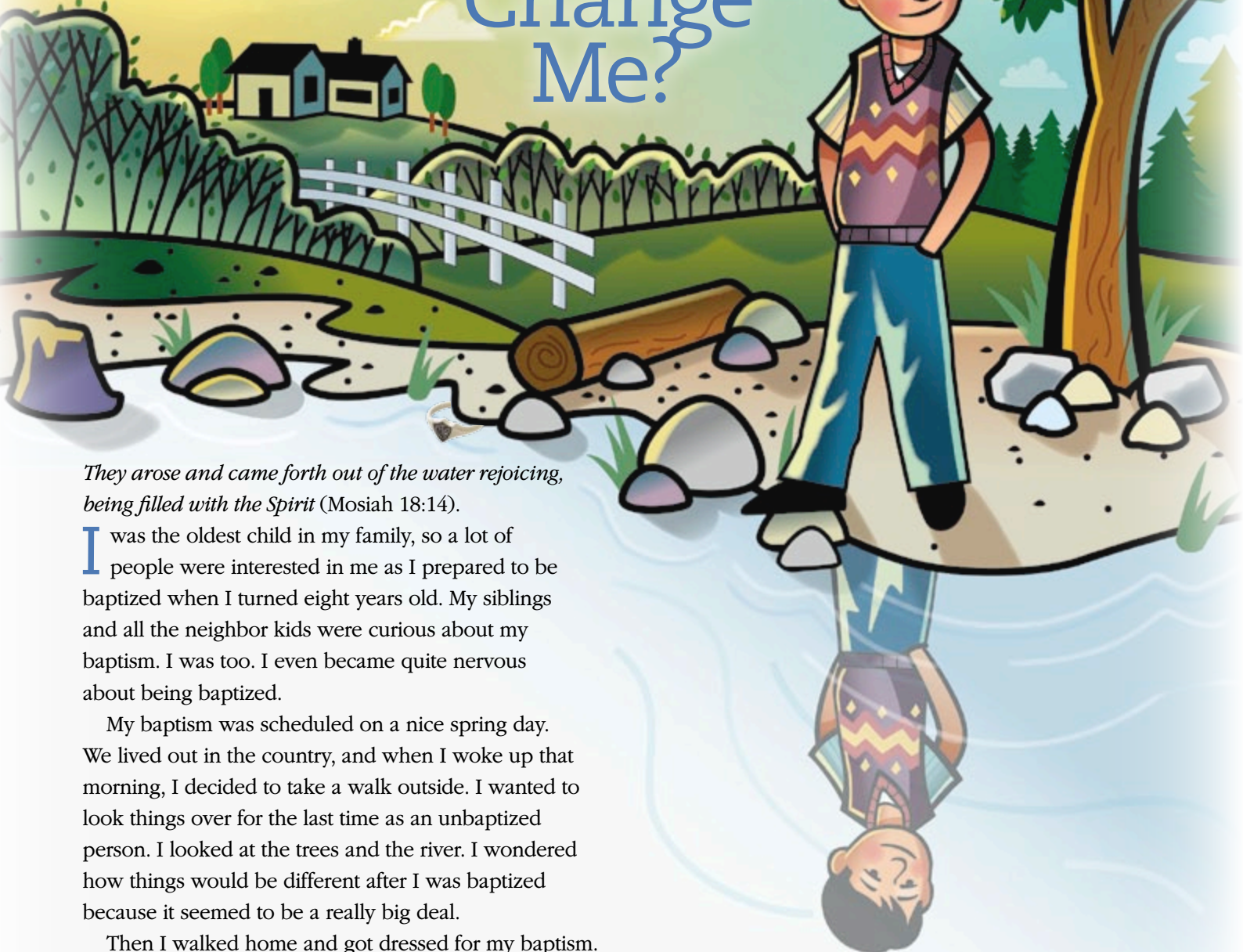
One day my family went to a river. We saw another family there. They had no water and looked really hot. We had some water bottles in our van, so I went over and gave them all of our water bottles. The dad said, "Thank you so much. You are very kind!" After that I felt good inside, and I knew I had done the right thing. That day my testimony of service grew. I know that the Savior is pleased when we serve each other.

Rachel D., age 8, Washington, USA



From an interview with
Elder Bradley D. Foster
of the Seventy; by Hilary
Watkins Lemon

Would Baptism Change Me?



They arose and came forth out of the water rejoicing, being filled with the Spirit (Mosiah 18:14).

I was the oldest child in my family, so a lot of people were interested in me as I prepared to be baptized when I turned eight years old. My siblings and all the neighbor kids were curious about my baptism. I was too. I even became quite nervous about being baptized.

My baptism was scheduled on a nice spring day. We lived out in the country, and when I woke up that morning, I decided to take a walk outside. I wanted to look things over for the last time as an unbaptized person. I looked at the trees and the river. I wondered how things would be different after I was baptized because it seemed to be a really big deal.

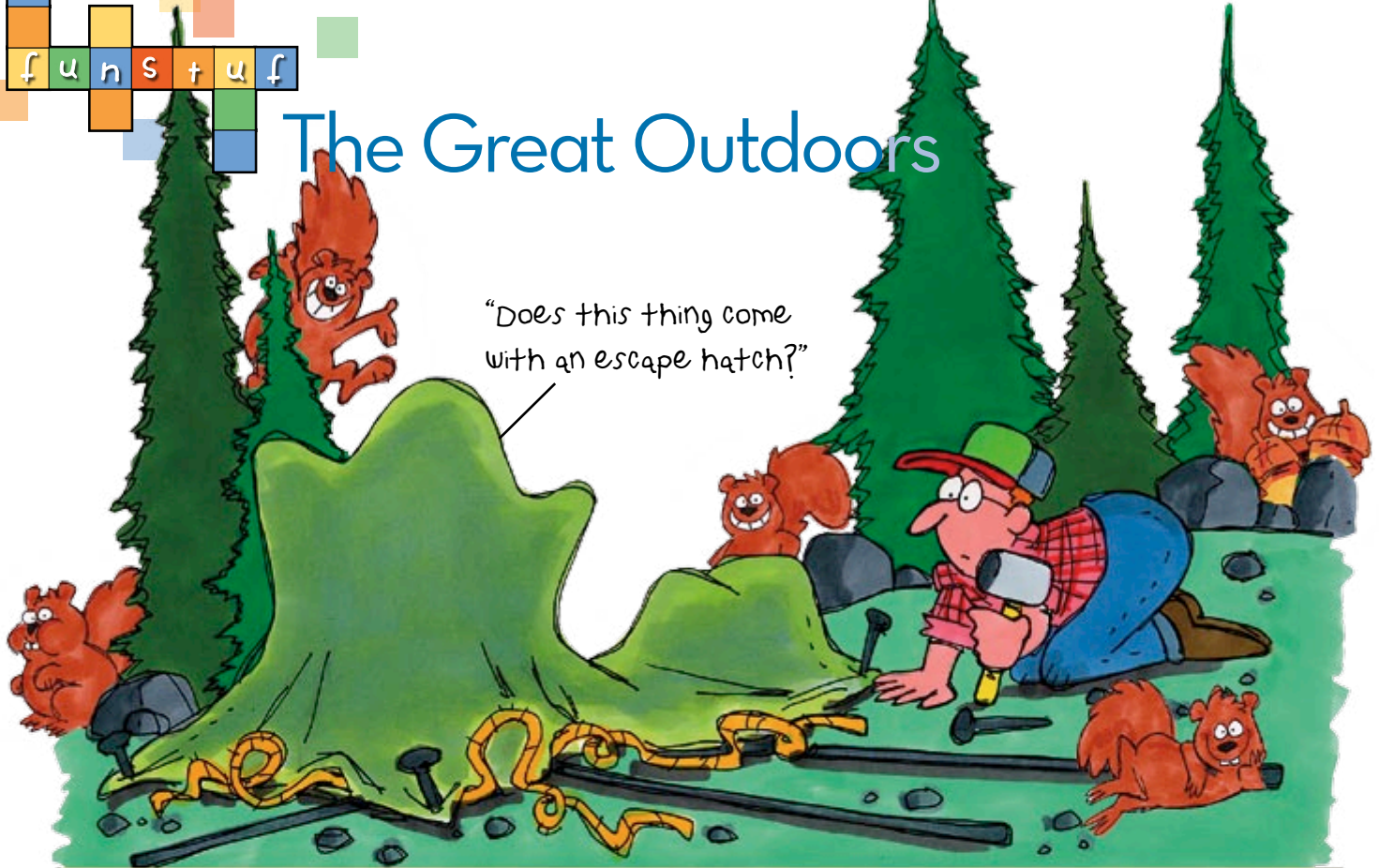
Then I walked home and got dressed for my baptism. A priest in our ward baptized me. My dad confirmed me and blessed me to receive the gift of the Holy Ghost.

After my baptism was over, I didn't look different at all. My friends came over to see if I had changed. I told them I hadn't changed—not on the *outside*. But I *had* changed on the inside. From that day on, I knew I wanted to be a better boy because of the whisperings of the Holy Ghost.

In the Book of Mormon, we read of some Lamanites who received the Holy Ghost, but “they knew it not” (3 Nephi 9:20). But on the day of my baptism, I knew the Holy Ghost had come upon me. I also knew I wanted to choose the right. I am grateful for the Holy Ghost. Every day I have tried to live so I could always have His companionship. As you try to choose the right, the Holy Ghost can also be your best friend. ♦

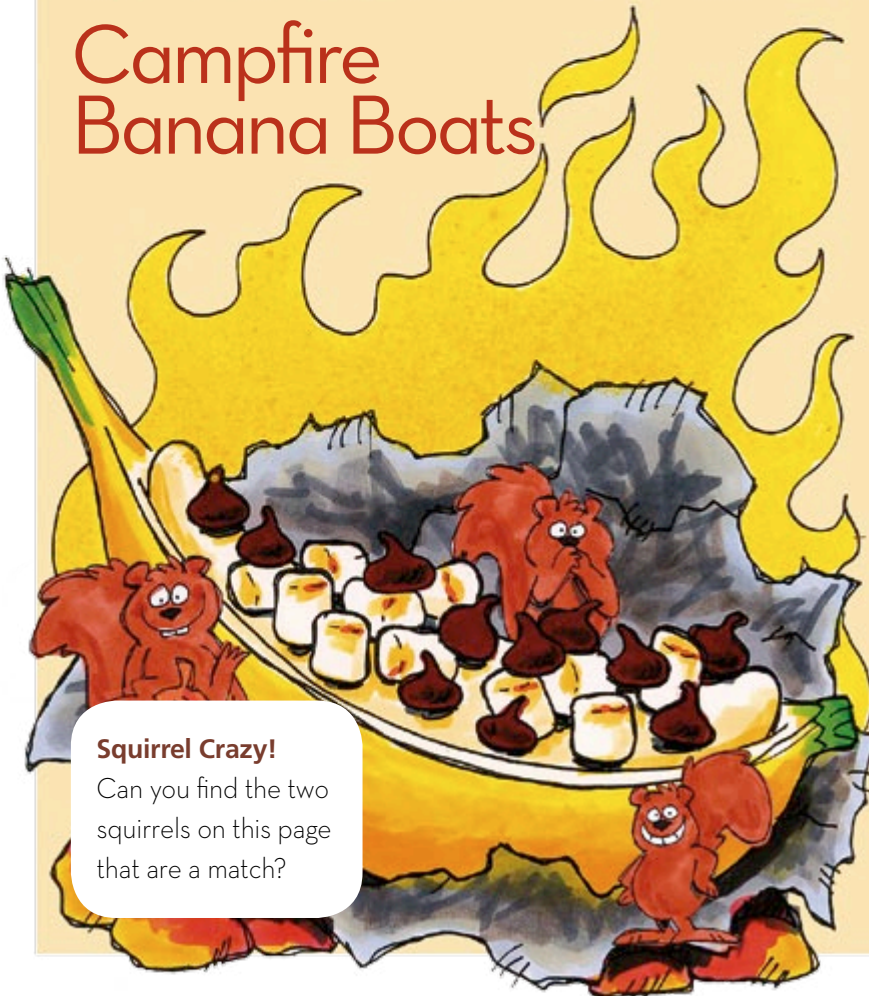


The Great Outdoors



"Does this thing come with an escape hatch?"

Campfire Banana Boats



Squirrel Crazy!

Can you find the two squirrels on this page that are a match?

Next time you go camping with your family, you can offer to plan a treat. Banana boats are tasty and fun to make. Remember to ask an adult for help, especially around a campfire.

- bananas**
- mini marshmallows**
- chocolate chips**
- tinfoil**

- 1.** Cut a V-shaped wedge out of an unpeeled banana. Keep the slice of peel for later.
- 2.** Fill the empty V with mini marshmallows and chocolate chips.
- 3.** Replace the slice of peel over the top of the filled V, then carefully wrap the whole banana in tinfoil.
- 4.** Place the banana on the hot coals of a campfire for 3-5 minutes. (Or you can bake your banana boat in the oven at 350° F (180° C) for 10-15 minutes.) Make sure the V cut stays facing up.
- 5.** Carefully remove the banana from the fire, let it cool, unwrap, and enjoy your banana boat!



Family Scripture FUN

By Tiffany Gee Lewis

In the Book of Mormon, Nephi says to “feast upon the words of Christ” (2 Nephi 32:3). One way you can “feast” is by reading the scriptures with your family every day. When you use the scriptures in your life, you are “feasting” upon the lessons the prophets teach. Here are some ideas to help your family learn from what you read:

Draw It: Get crayons or markers and paper. Read together as a family. Draw scenes, pictures, or people from what you read. Have family members guess which scripture story everyone drew!



Mark It: Design a special container for your marking pencils. Wrap an empty can or jar in colored paper. Have each member of the family help decorate it. Write your favorite scriptures or draw anything else you want on the paper. Fill the jar with marking pencils and get it out whenever you read together.



Build It: Make cities and scenes from the scriptures out of building blocks, toothpicks, sugar cubes, or any other tools you can find. You could try building the city of Jericho, the tower of Babel, or even a ship like Nephi's.

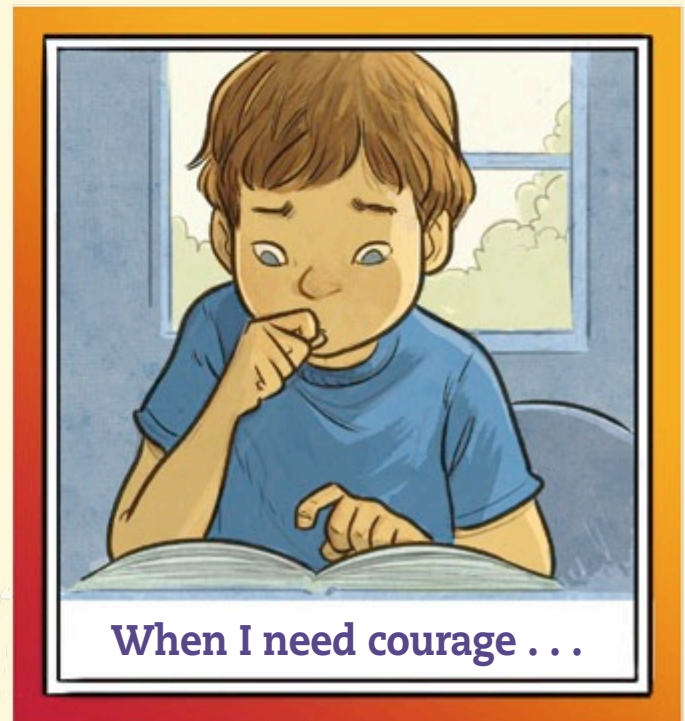
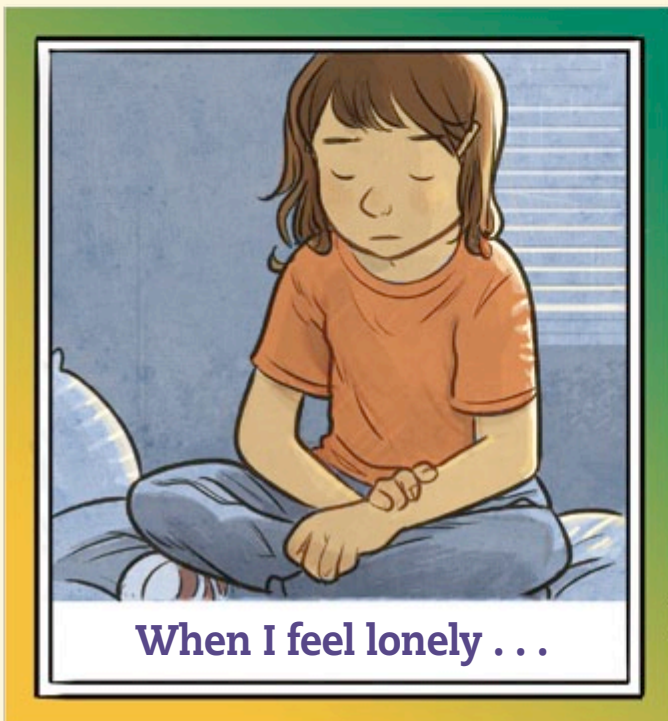
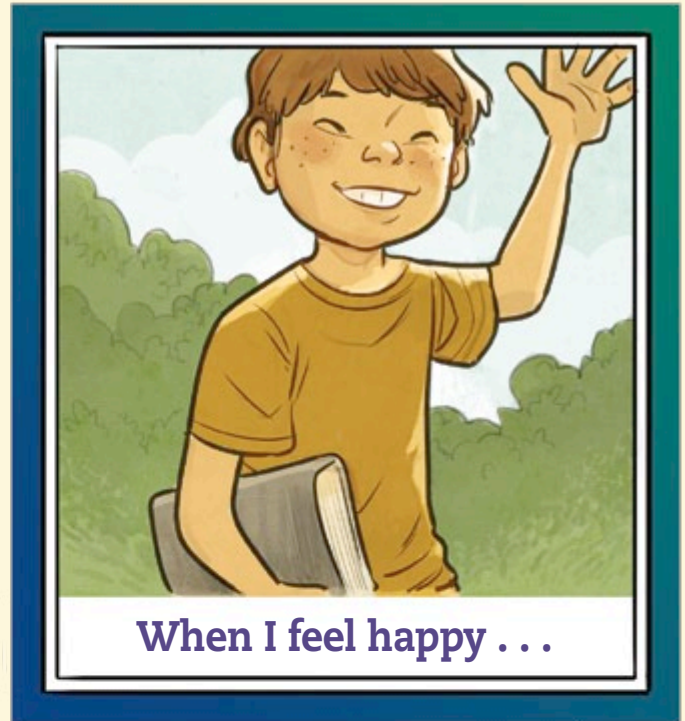
Celebrate It: When you've finished reading a whole book of scripture, have a party! Make fun foods, talk about your favorite stories, and make plans for what you'll read next.

Act It: Role-play different stories from the scriptures. Make costumes using sheets, towels, and other items you have around the house. Read right from the scriptures, write a play, or sing Primary songs, and become your favorite scripture heroes.

There's more!
Find videos, photos, maps, and more at
lds.org/scriptures/study-helps.

Scripture Cards

The scriptures can help us in happy times and in challenging times. Cut out these cards and place them in your scriptures. You can also write your own favorite scripture verses on each card!



**WHEN I FEEL HAPPY,
I CAN READ . . .**

- Psalm 118:24
- John 13:17
- Alma 26:35
- _____
- _____

**WHEN I FEEL AFRAID,
I CAN READ . . .**

- Joshua 1:9
- 2 Kings 6:14–17
- Doctrine and Covenants 50:41–43
- _____
- _____
- _____

**WHEN I NEED COURAGE,
I CAN READ . . .**

- Daniel 6
- 1 Nephi 3:7
- Alma 56:44–48
- _____
- _____
- _____

**WHEN I FEEL LONELY,
I CAN READ . . .**

- Isaiah 41:10
- 3 Nephi 17:18–25
- Doctrine and Covenants 84:88
- _____
- _____



By Elder
Jeffrey R. Holland
Of the Quorum of
the Twelve Apostles

*The members of
the Quorum of the
Twelve Apostles are
special witnesses
of Jesus Christ.*

Why is it important not to be **jealous** of others?

We are not in a race against each other to see who is the wealthiest or the most talented or the most beautiful or even the most blessed.

The race we are *really* in is the race against sin.

Coveting, pouting, or tearing others down does *not* make you a better person.

Be kind, and be grateful that God is kind. It is a happy way to live.

Pop-Top PEPPERS

Remember to ask an adult for help when you make a Kitchen Crafts recipe.

- 6 green peppers**
- 1 pound (about 3 cups) cooked shredded chicken**
- 1/3 cup chopped onion**
- 1 teaspoon Worcestershire sauce**
- 1/2 cup uncooked rice**
- 2 cups of vegetables of your choice (thinly sliced carrots, mixed vegetables, chopped tomatoes)**
- 1 cup water**
- 1 cup shredded cheddar cheese**
- 1 can condensed tomato soup**

- 1** Bring a pot of water to a boil. Cut the tops off the peppers, remove the seeds, and cook peppers in water for 5 minutes. Drain and set aside.
- 2** In a large skillet, combine chicken, onion, sauce, rice, vegetables, and water. Cover and simmer for 15 minutes, or until rice and veggies are tender. Remove from heat and stir in the cheese.
- 3** Preheat oven to 350°F (175°C). Stuff each pepper with the mixture and place peppers open-side-up in a baking dish.
- 4** In a medium bowl, combine tomato soup with just enough water to make the soup a gravy consistency. Pour over peppers.
- 5** Cover with foil and bake for 25–35 minutes, until the peppers are heated through and the cheese is bubbly.





Alpacas on the Loose!

That last alpaca wouldn't budge. What was I supposed to do?

By Romney P., age 12, California, USA

Heav'nly Father, now I pray, guide and guard me ev'ry day (Children's Songbook, 19).

Last summer I worked for my neighbor. She has a big alpaca farm right next to her walnut orchard. Alpacas look kind of like llamas, only smaller.

My job was to clean out their stalls every day. I liked the work, even if it wasn't easy.

One hot summer afternoon I showed up and my neighbor was gone. That wasn't a problem, though. She already told me I could clean the stalls any time I chose, even if she was away.

While I was cleaning, one of the alpacas knocked over a gate. In a few seconds all 14 alpacas escaped into the yard and orchard! I couldn't believe it! I felt

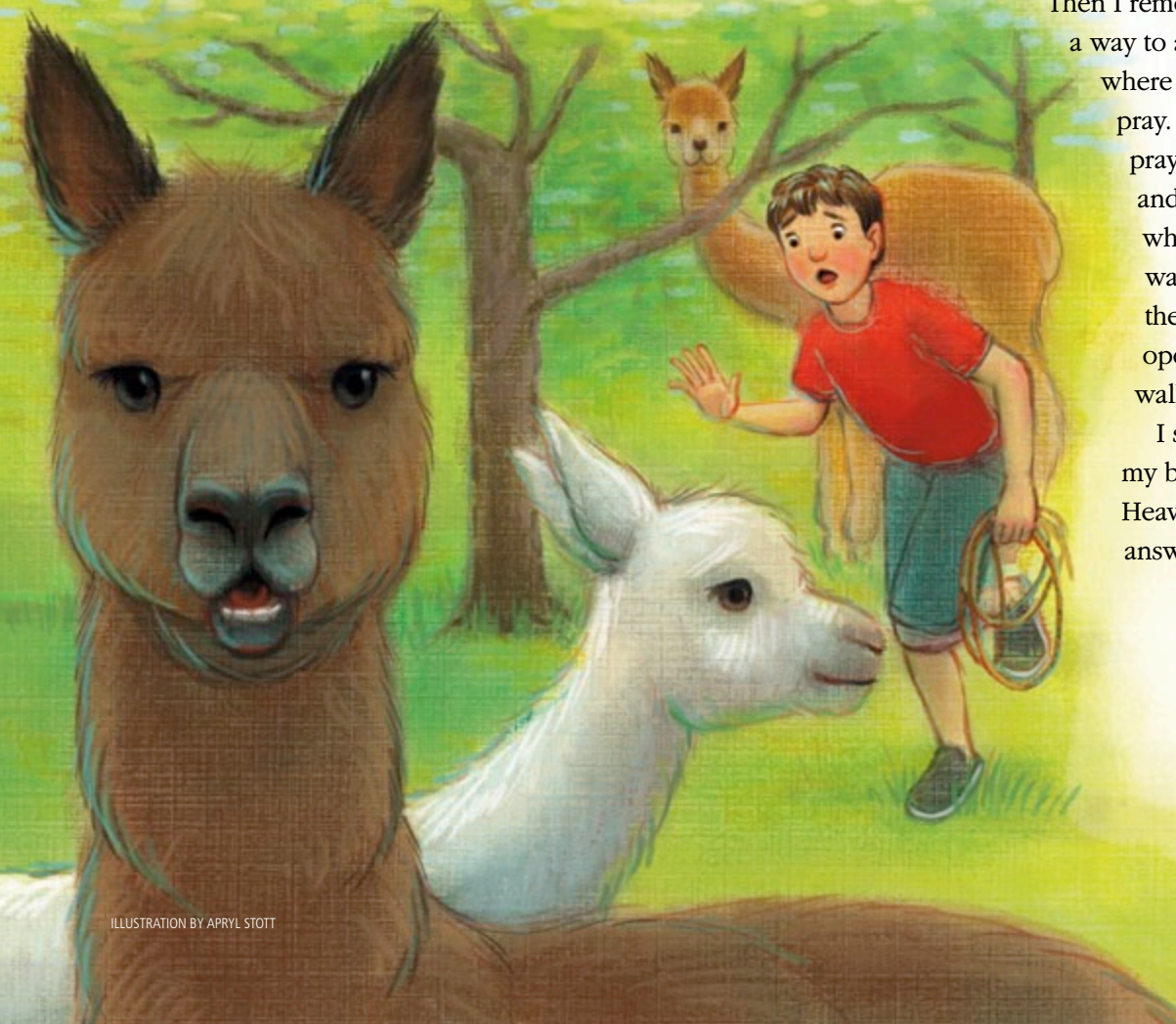
sick to my stomach. How would I ever get them back by myself?

I started scrambling as fast as I could, rounding them up one or two at a time. Fifteen minutes later my heart was pounding from all the running, but the last one finally went back into the stall. *Whew!*

Then I turned and saw a pregnant alpaca lying down by a fruit tree 30 feet away. *Ugh.* Still one more to go. I tried scaring her back into the stall, but she wouldn't budge. Then I tried pulling her with a harness and a rope that I found in the garage. No good. She lay there like a giant pile of bricks. I blew out my breath in frustration. What else could I try?

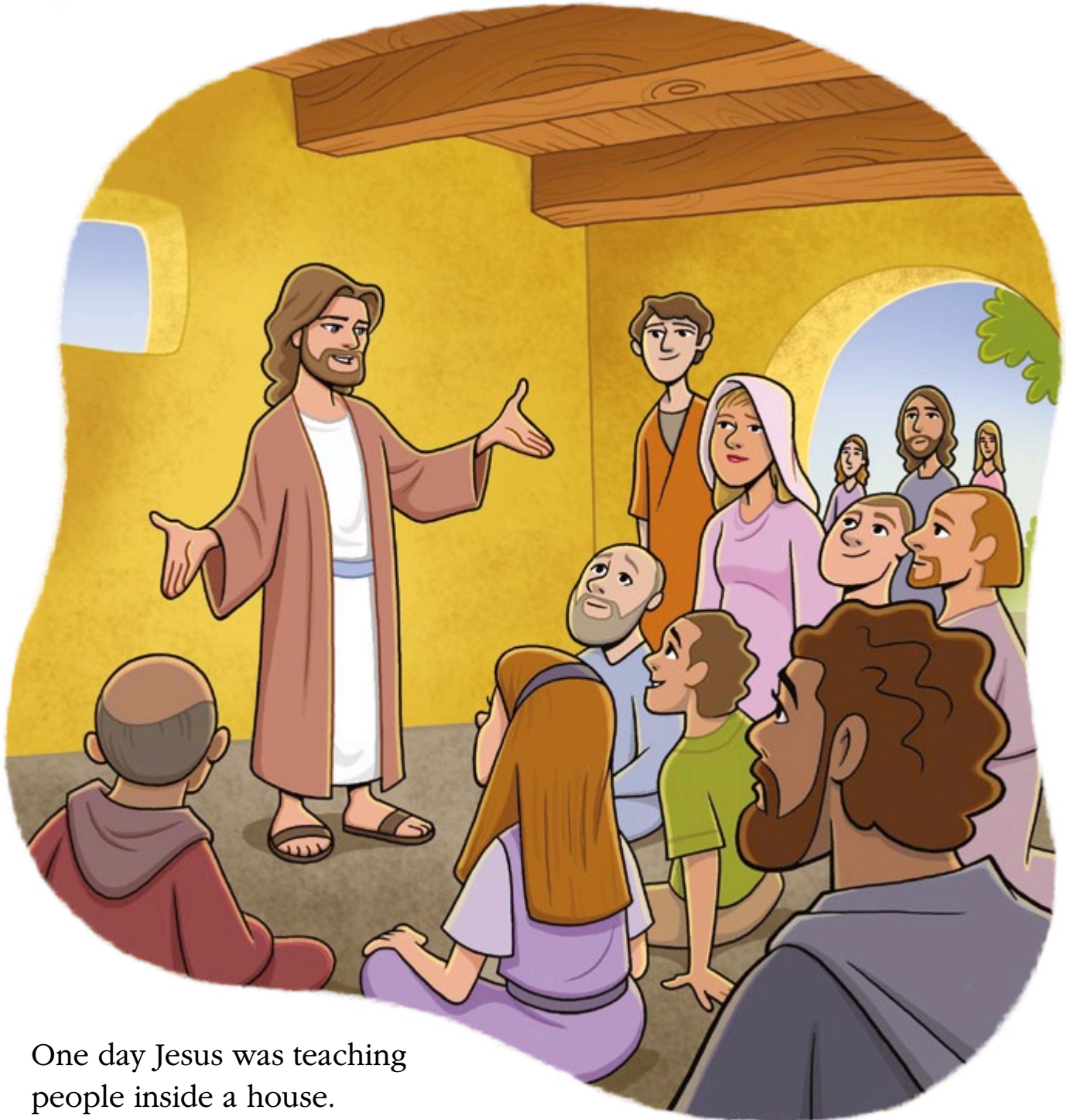
Then I remembered there's always a way to ask for help, no matter where I am. I knelt down to pray. As soon as I finished praying, I opened my eyes and could hardly believe what I saw. The alpaca was walking back toward the stall, all on her own. I opened the gate, and she walked right in.

I smiled as I rode my bike home. I knew Heavenly Father had answered my prayer. ♦



Jesus Heals a Sick Man

By Margo Mae

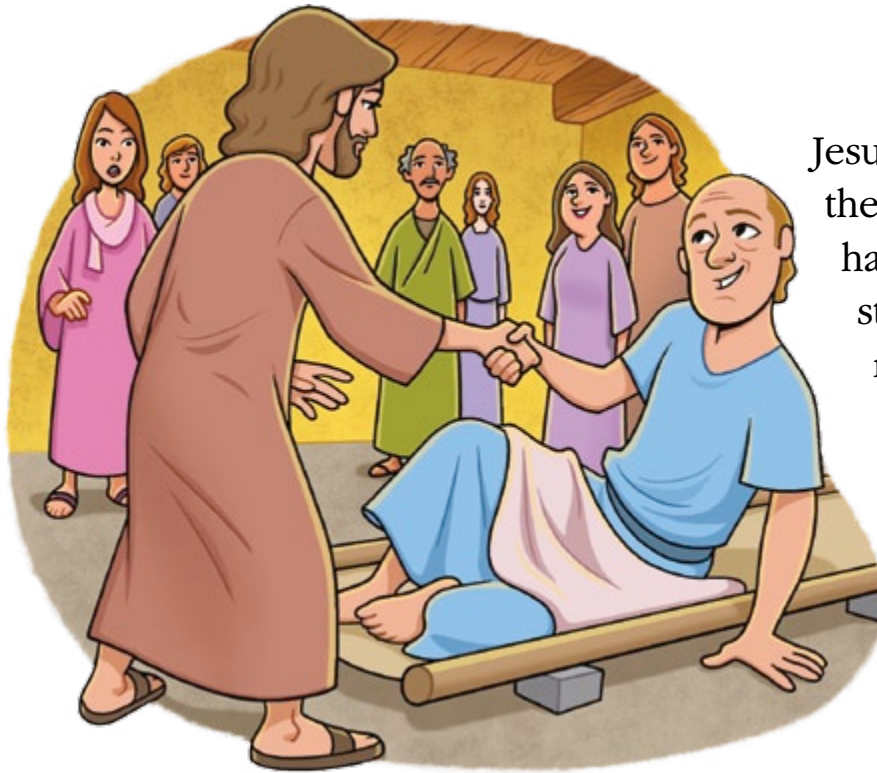


One day Jesus was teaching people inside a house.

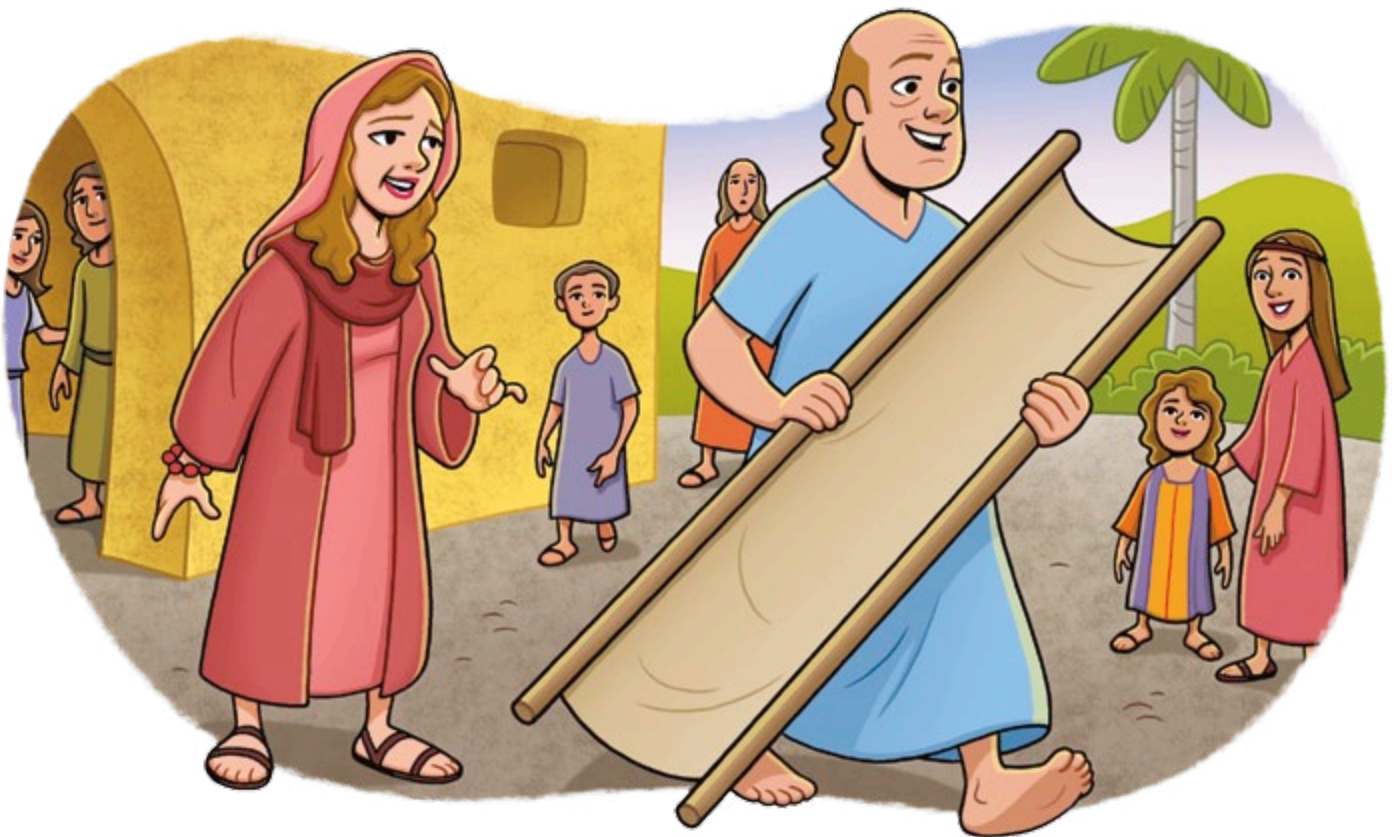
Outside the house was a man who could not walk. His friends had carried him to the house so Jesus could heal him. But the house was so crowded that his friends couldn't carry him inside.



The man's friends carried him onto the top of the house. Then they made a hole in the roof. They lowered the man and his bed into the house so Jesus could see him.



Jesus saw how much faith the man and his friends had. He told the man to stand up and walk. The man stood up. He could walk again! Picking up his bed, he went happily home.



That day Jesus Christ showed His great power by healing the man. He wanted people to know He had power to do many wonderful things. ◆

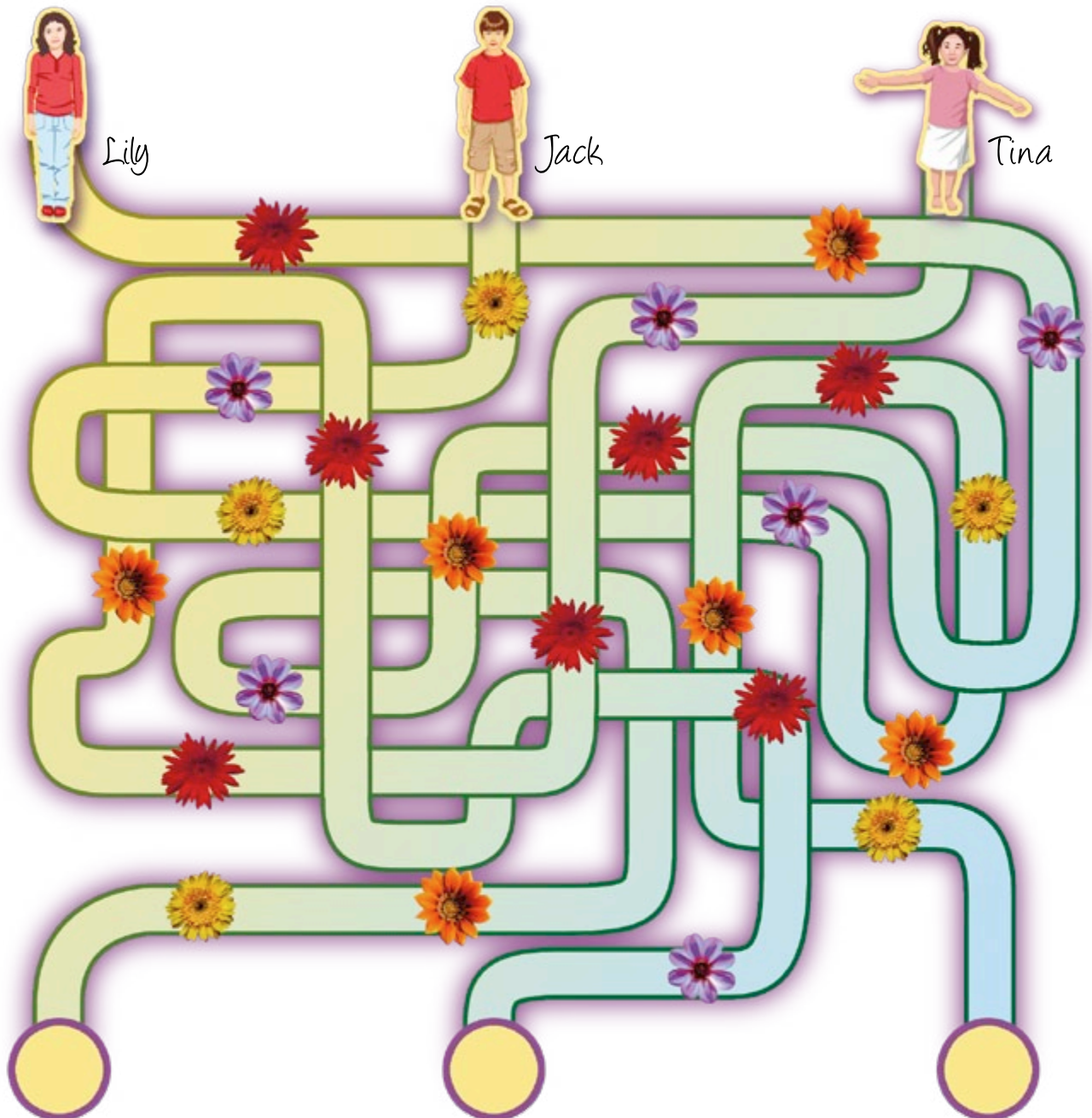
From Luke 5:17-25

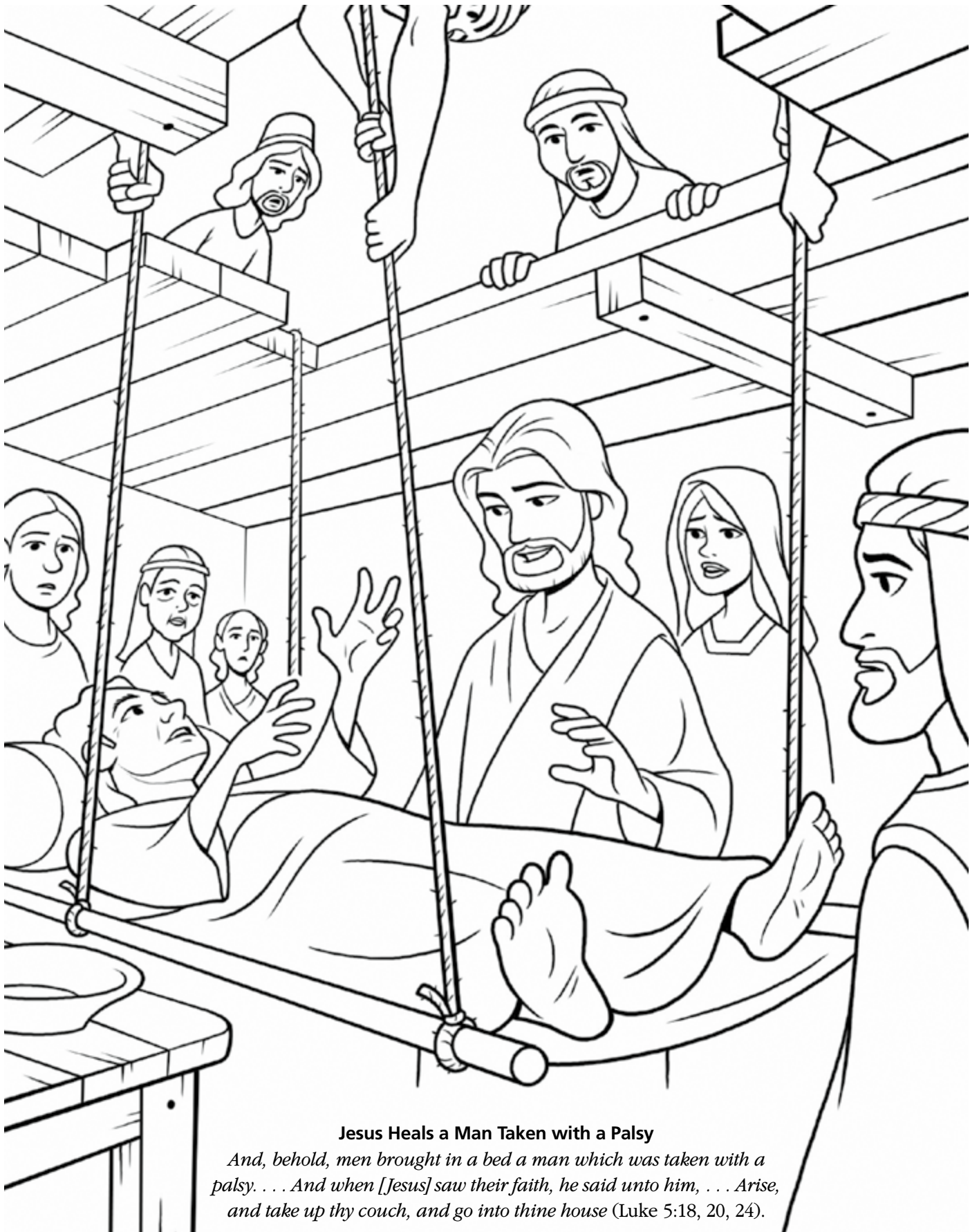
Finding Flowers



The sick man in the scripture story needed help from his friends to reach Jesus. You can also help your friends when they're sick. Jack, Lily, and Tina want to cheer up their friend Sofia. She's not feeling well.

Sofia loves wildflowers. Can you help the kids find wildflowers on the way? Whose path has the most flowers? Which color flower did they find the most? (Answers on page 48.)

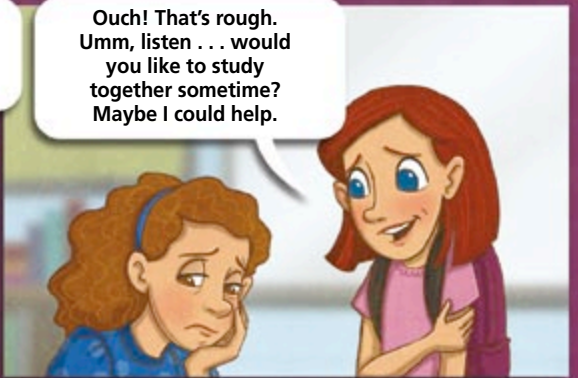




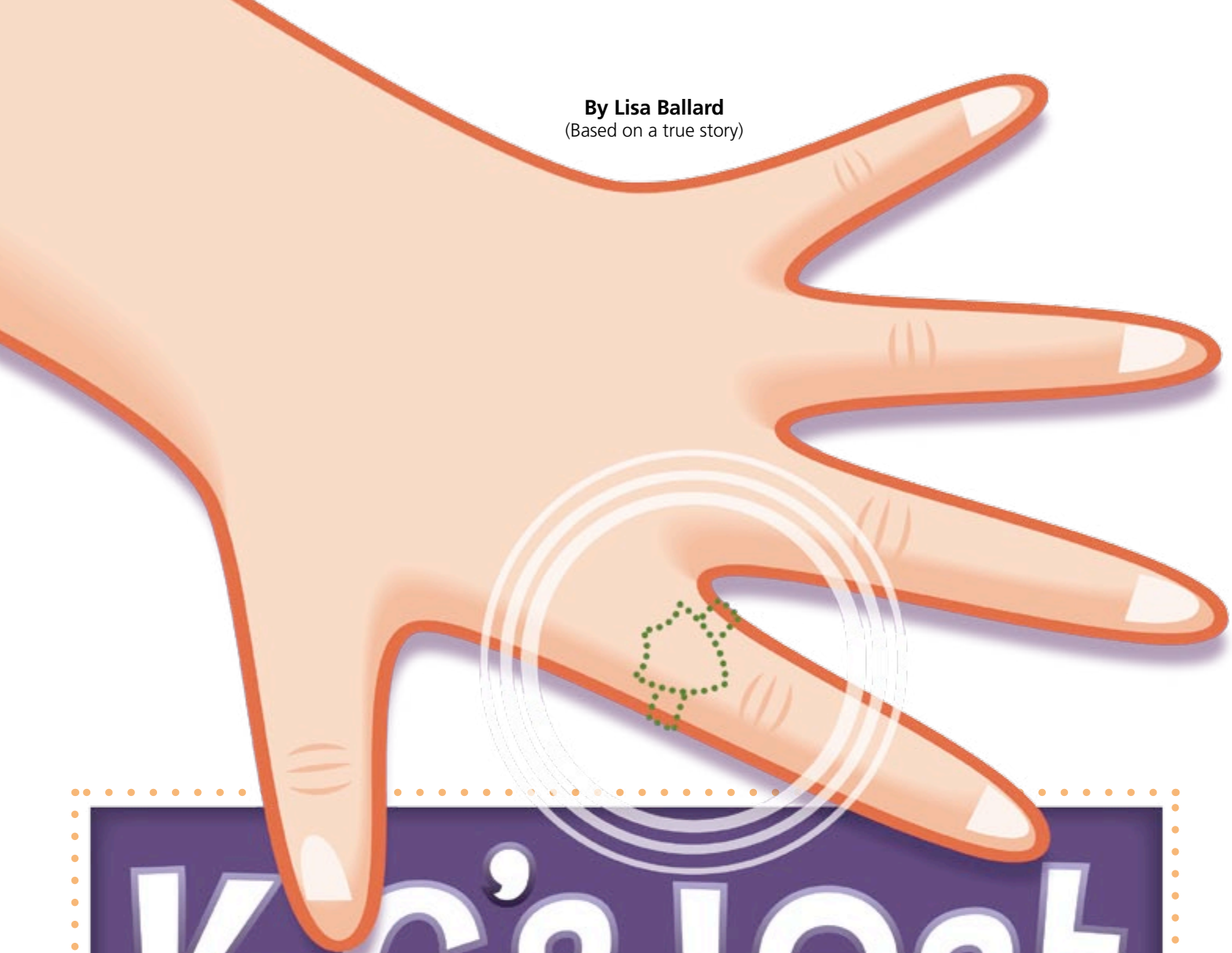
Jesus Heals a Man Taken with a Palsy

And, behold, men brought in a bed a man which was taken with a palsy. . . . And when [Jesus] saw their faith, he said unto him, . . . Arise, and take up thy couch, and go into thine house (Luke 5:18, 20, 24).

MATT & MANDY



By Lisa Ballard
(Based on a true story)



K.C.'s Lost

CTR Ring

K.C. played with his CTR ring during Primary. He tossed it from hand to hand.

Whoops! It slipped from his hands and fell to the floor. He couldn't see where it fell. Then it was time to go to class.



After Primary was over, Sister Ballard saw a CTR ring on the floor. *I wonder if K.C. left this behind,* she thought.

She slipped it in her pocket to give to him later.

A few days later, K.C. realized he had lost his CTR ring. He looked everywhere, but he couldn't find it.

K.C. knelt down. "Heavenly Father, please help me find my ring," he prayed.



That same day, Sister Ballard was making dinner. "Take K.C.'s CTR ring to him," she felt the Spirit say. *I can't go now,* Sister Ballard thought. *I'm too busy!* K.C. kept searching and praying. "Please, Heavenly Father," he said. "Please help me find it."

"Get K.C.'s CTR ring and take it to him," Sister Ballard heard the Spirit say again.

She set down the carrots and went to get the ring.



K.C. came downstairs and told his mom what had happened.

"I've prayed and prayed, but I still can't find it," he said. Just then, there was a knock at the door . . .

It was Sister Ballard!

"I felt like you needed this," she said, handing K.C. his CTR ring.

K.C. smiled as he happily put his ring back on. His prayer had been answered! ♦

Show and Tell



Afton D., age 12, Hawaii, USA

Goodbye

Only a couple fireflies
Flickered
In the trees,
Like a lightbulb
Left to burn out.
A sign that summer,
Sweet summer,
Was starting to fade.

Claire N., age 12, South
Carolina, USA



Roman L., age 7, New South Wales, Australia

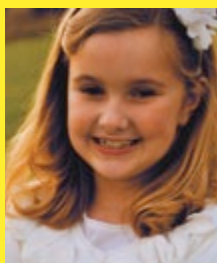


Laura K., age 9, Switzerland



Emil N., age 4, Colorado, USA, has memorized four articles of faith. He enjoys playing with friends, playing in the backyard, taking care of his garden, and

helping Dad make pancakes. His favorite color is orange. He loves his Primary class.



Grace T., age 9, Virginia, USA, is the fourth of six children. She enjoys ballet and tennis and also plays the harp. Recently Grace showed courage by learning to ride a horse,

even though she was scared. She tries hard to be a kind and loving sister to her two younger brothers.



Ethan R., age 5, Washington, USA, has recently learned to ride his bike without training wheels. He enjoys playing outside, learning to read, playing with his younger

brother, and having family home evening.

President Monson's birthday is August 21. What can you do to follow his teachings?



Dallas E., age 9, Utah, USA



I love to ice skate. About a year and a half ago, there was a competition coming up.

I got so excited to enter. Then I found out that the tryouts and the meets were on Sunday. I was so disappointed. I already knew what to do. I would miss out on the competition, but I could feel good that I was making Heavenly Father and Jesus happy.

Leah L., age 11, Minnesota, USA



When I was in kindergarten, there was a boy named Kevin who got a brain tumor. It made him

so he could not walk. Some kids were mean to him. I liked him. We were both friends.

Nicholas M., age 7, Maryland, USA

Would you like to send something to Show and Tell? Turn to page 48 to find out how.



Elizabeth C., age 8, Washington, USA



The **Lodi 2nd Ward Primary, Lodi California Stake**, celebrated President Thomas S. Monson's birthday with service. Each child completed an act of service and then filled out a card describing their service. Some children helped their family take food to a neighbor, others shared school supplies with kids that didn't have any, and lots of kids helped around the house. These cards were sent to President Monson for his birthday. They also had a birthday party and made the rainbow cake President Monson's mother made for him when he was a boy, featured in the August 2012 issue of the *Friend*.



Jayne O., age 6, Utah, USA, likes to learn about her family history, especially stories from Ireland and pioneer times. She likes to draw, create stories, read, and dance. She also likes

giving her little brother, Connor, hugs and helping him say his prayers.



Strength in Far West

By Hilary Watkins Lemon

(Based on the life of Mary Elizabeth Rollins Lightner)

Part 3: Mary Elizabeth Rollins loved her home in Independence, Missouri. She worked as a seamstress and remained faithful to the Church. Then mob violence in Independence became too great, and Mary Elizabeth and the other Saints had to flee to another part of the state.

Huddled together on the freezing ground, Mary Elizabeth and her family camped on the banks of the Missouri River and waited to be ferried over to freedom. While they waited, the Saints found out that among

all the families, they did not have enough money to ferry everyone.

“Some families will have to stay behind,” one of the men said.

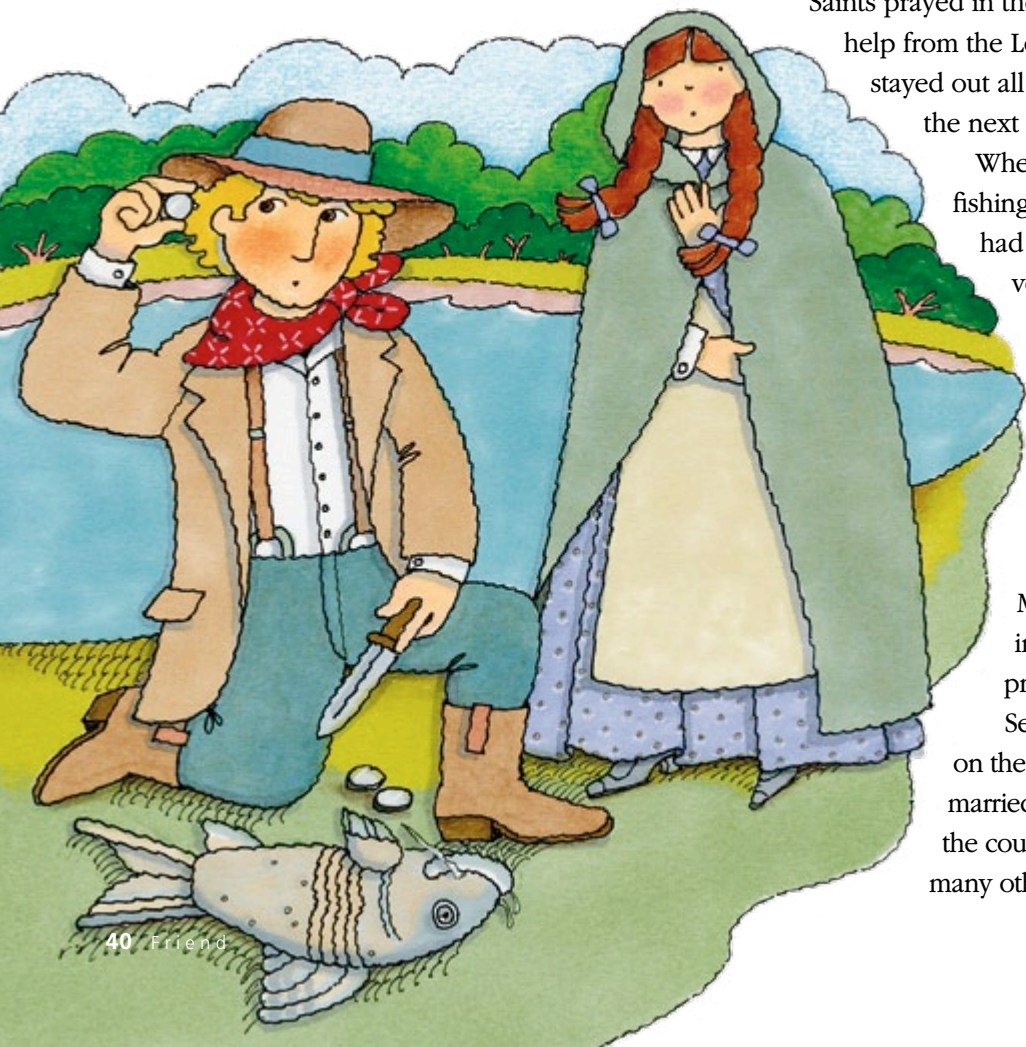
“Whoever stays behind will be killed!” a woman cried.

“Maybe the ferryman will let us pay in fish,” one of the men suggested.

A few of the men went to the shore and set up fishing lines. The rest of the Saints prayed in the cold rain for help from the Lord. The lines stayed out all night and into the next morning.

When the men checked the fishing lines, they rejoiced to see they had caught some small fish and one very large catfish. Mary Elizabeth watched while the men cleaned the fish. When they cut open the catfish, everyone fell silent. To her amazement, Mary Elizabeth saw three bright silver half-dollars inside the fish, just the amount needed for all the Saints to cross the river to safety. Mary Elizabeth joined the other Saints in a prayer of gratitude for the Lord's protection.

Several years passed after that cold night on the river's shore. In 1835 Mary Elizabeth married Adam Lightner. A few months later, the couple moved to Far West, Missouri, where many other Saints were living.





Mary Elizabeth and Adam lived in Far West for two years. It wasn't long before mobs began to fight against the Saints in Far West, just as they had in Independence.

One day a mob came to Far West and set up cannons to attack the town. Some men from the mob approached Mary Elizabeth's house. They carried a white flag to show that they came in peace. The men asked to speak to Mary Elizabeth, Adam, and Adam's sister and her husband. They gathered outside Mary Elizabeth and Adam's house.

One of the men was a general in the Missouri military. "Governor Boggs has given me orders to remove your families from Far West before we destroy the town," he said. Mary Elizabeth used to work for Mr. Boggs and his family in Independence. The Boggs family had liked Mary Elizabeth. Now Mr. Boggs was governor of the whole state, and though he disliked the Mormons, he wanted to save her.

"Will you let all the Mormon women and children leave before the fighting begins?" Mary Elizabeth asked.

"My orders are to spare only these two families. Everyone else must be destroyed," said the general.

Mary Elizabeth stood tall and said, "If that is the case, then I refuse to go. I am a full-blooded Mormon, and I am not ashamed of it."

The general tried to persuade her to leave and save her children's lives, but Mary Elizabeth stood firm. The general became angry. Suddenly a man rushed over. It was Heber C. Kimball, one of the Twelve Apostles! He helped defend Mary Elizabeth and her family from the angry general.

"Sister Lightner," said Brother Kimball, "God Almighty bless you. I thank my God for a soul that is ready to die for her religion. Not a hair of your head will be harmed. I will protect you."

"So will I," said a voice. Brother Kimball was joined by Hyrum Smith, the Prophet Joseph's brother. Other Church leaders came forward to support Mary Elizabeth and her family.

Even though the mob was ready to attack, the Saints in Far West were not harmed at that time. Mary Elizabeth took comfort that her faith in the Lord had made her strong. ◆

Mary Elizabeth Rollins Lightner eventually moved with her family to Minersville, Utah. She passed away in 1913 at the age of 95. Mary Elizabeth personally knew many early leaders of the Church and stayed true to her testimony throughout her life.

Heavenly Father Hears and Answers My Prayers



You can use this lesson and activity to learn more about this month's Primary theme.

LET'S TALK

What other scripture stories do you know where people prayed and received an answer? You can read one of these stories as a family and talk about some of the ways Heavenly Father answers our prayers.

How has Heavenly Father answered your prayers, and how did you recognize His answer? What problems do you have now that you could pray about?

SONG AND SCRIPTURE

- "A Child's Prayer," *Children's Songbook*, 12–13
- Doctrine and Covenants 112:10

Have you ever had a problem that you felt very worried about? Alma and his missionary companions did. They had been trying to teach the Zoramite people about Jesus Christ, but the Zoramites would not believe them. The Zoramites thought they were better than other people. When they prayed at church, they went up onto a tall stand called the Rameumptom and said the exact same prideful prayer each time.

Alma decided to pray for help. He told Heavenly Father how sad he was

that the Zoramites were so proud and unbelieving. He asked Heavenly Father to comfort him and his companions and give them strength in their difficult missionary work.

Heavenly Father answered Alma's prayer. He comforted Alma and his companions and helped them feel strong. (See Alma 31.)

Heavenly Father always hears our prayers, and He answers us in different ways. His answers may not come right away or in the way that we expect, but He always answers us because He loves us. ♦

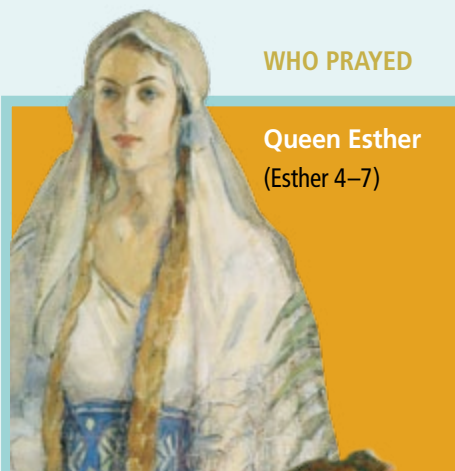
PRAYERS IN THE SCRIPTURES

Below are some examples of people from the scriptures who prayed for help with different problems and received answers. Find the boxes that go together from each column. Use the scripture references beside each picture to help you.

WHO PRAYED

WHY HE OR SHE PRAYED

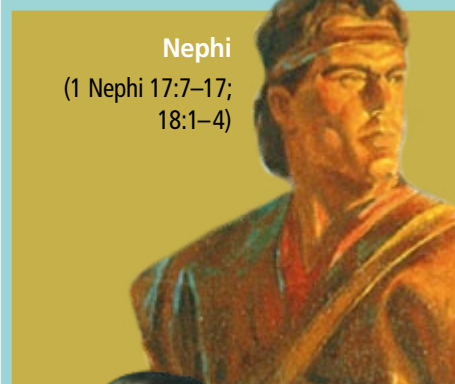
WHAT HAPPENED



Queen Esther
(Esther 4–7)

They were afraid their language would be changed so they would not be able to understand each other.

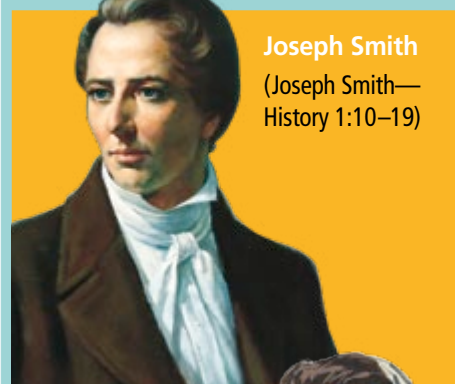
Heavenly Father told him how to make tools and build a ship.



Nephi
(1 Nephi 17:7–17;
18:1–4)

He needed to know which church he should join.

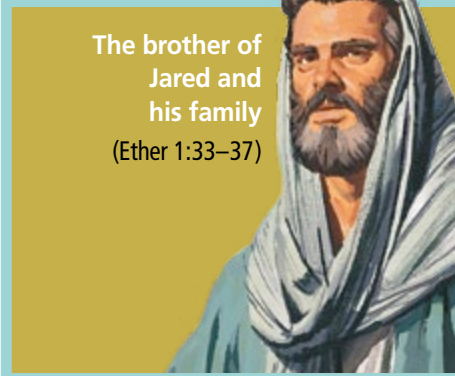
The king let her live, and she persuaded him to save her people.



Joseph Smith
(Joseph Smith—
History 1:10–19)

She needed to persuade the king to protect her people from being destroyed, but she could be killed for going before him without being invited.

The Lord had mercy on them and did not change their language.



The brother of Jared and his family
(Ether 1:33–37)

He needed to build a ship to take his family to a new land, but he didn't know how to build one and didn't have the tools he needed.

Heavenly Father and Jesus Christ appeared to him and told him not to join any of the churches.

Jessie's prayers had always been the same—until now.

By Charlotte Mae Sheppard

(Based on a true story)

Counsel with the Lord in all thy doings, and he will direct thee for good (Alma 37:37).

It's time for family prayer!" Dad called. Jessie raced down the stairs to join her family in the living room. Kneeling down between her sister, Kayla, and her brother, Aiden, she reverently folded her arms.

Dad looked over at her. "Jessie, could you say it tonight?" he asked.

Jessie nodded and bowed her head. "Dear Heavenly Father," she began, "we thank Thee for this day. We thank Thee for keeping us safe. Bless us to not have bad dreams tonight. In the name of Jesus Christ, amen."

"Amen," the family echoed. But before anyone could stand, Dad stopped them. "Just a minute," he said. "Mom and I want to talk to you about something."

Mom looked around at them, smiling. "We love how reverent you all are during our family prayers," she said. "But there's more to prayer than just being reverent. The words we say are important too."

Jessie wondered what Mom could mean. "Did I do something wrong?" she asked.

Mom pulled her into a hug. "Not at all, sweetie." She thought for a moment. "When you kids come home from school, what do I have you do?"

"Tell you about our day," Aiden said.

Mom nodded at him. "Prayers are like that. They're a chance to tell Heavenly Father about the important parts of your day, like what you're worried about or grateful for. That way you won't have to say the same things over and over."

"But the things I say over and over are the important parts," Jessie said. "I'm always grateful for my day. And I'm always scared about bad dreams."

"And that's OK," Mom said. "But I bet there are all sorts of other things Heavenly Father wants you to talk to Him about as well. Maybe you can try to think of some tonight."

So Much to Talk About





Later that night Jessie knelt by her bed. She folded her arms and bowed her head. “Dear Heavenly Father,” she began, “I thank Thee for this day. I thank Thee for keeping me safe . . .”

Jessie stopped. What else would Heavenly Father want to hear about? What *had* happened today?

She thought a moment. First she had gotten up. Then she had eaten breakfast. “I’m grateful that Mom surprised us with pancakes,” she said.

And then what? She thought some more. After breakfast she had gone to school. “And I thank Thee that I did a good job on my spelling test. And I’m sorry that I wasn’t very nice to Rachel at recess,” she added. “I’ll invite her to play with me tomorrow.”

Jessie continued to go through the rest of her day, telling Heavenly Father everything that had happened. By the time she was done, it was past her bedtime. Jessie yawned. “And please bless me to not have bad dreams,” she said. “In the name of Jesus Christ, amen.” Crawling into bed, she fell right asleep.

The next morning Jessie was the last one downstairs for breakfast. “Did you sleep in?” Mom asked, pouring her a glass of orange juice.

Jessie shook her head. “No. I got up early to say my prayers.”

As Jessie started to eat breakfast, she smiled to herself. There was just so much to talk about. ♦

“Not a day has gone by that I have not communicated with my Father in Heaven through prayer. It is a relationship I cherish—one I would literally be lost without. If you do not now have such a relationship with your Father in Heaven, I urge you to work toward that goal. As you do so, you will be entitled to His inspiration and guidance in your life.”²



President Thomas S. Monson

A BOX OF BLESSINGS

Heavenly Father blesses us every day. You can make this gratitude journal box to record how Heavenly Father blesses you. Then you can use this box of blessings to help you remember the things you can thank Heavenly Father for when you pray.

MATERIALS:

a small box with a lid
extra-strength glue stick

paper

pencil

ruler

scissors

tape

1. Trace the bottom of your box on a piece of paper. Cut the paper so it is slightly shorter than the length of the box.
2. Fold the paper accordion style, so it is slightly less wide than the width of the box. For more pages, tape another strip of paper to the last, and keep folding.
3. Glue the first page to the inside of the lid and the last page to the inside of the bottom of the box.
4. Now it's time to start adding your blessings! You can write down or draw the things you are grateful for, or you can cut out pictures. Look through old copies of the *Friend* to find some good ideas. You can also decorate the outside of your box with pictures and drawings.



HOW TO PRAY



**By President
Dieter F.
Uchtdorf**
Second
Counselor in
the First
Presidency

Pray in
Christ's name
for strength
and support.

Lift up your soul in
prayer and explain to
your Heavenly Father
what you are feeling.

Let Him know
of the trials you
are facing.

Pour out your heart
and express your
gratitude.

Ask that your ears may
be opened, that you may
hear His voice.

Ask that your eyes may
be opened, that you
may see His light.

Adapted from an April 2013 general conference address.



Possible Ideas for Family Home Evening

1 Together, read “Quest for Testimony” (pages 2–3). Fill a small cup with soil and plant a seed. Work together to care for the plant and watch it grow. It can be a reminder to nurture your testimony each day.

2 Read “A Light in the Dark” (pages 4–6). As a family, discuss what you can do to help the missionaries in your area. Write letters or draw pictures to send to a missionary you know from your family, ward, or neighborhood.



3 Use the Bringing Primary Home lesson and activity to learn more about this month’s Primary theme (pages 42–43).

4 Study the scriptures together. Use the ideas from “Family Scripture Fun” (page 24) to help your family learn from what you read.

5 Read Elder Holland’s message on page 27. Take turns sharing what you are grateful for. Use the activity, “A Box of Blessings” (page 46), to make gratitude journal boxes.

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity. Children whose work is submitted should be at least three years old.

Please send your submission to: *Friend Magazine*
50 E. North Temple St., Rm. 2432
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

The following information and permission must be included:

Full name _____

Age _____ State/Province, Country _____

I agree to the terms of the Friend Submission Agreement (lds.org/friend/parentalconsent) and grant permission for the Friend to print my child's submission and photo in print or online.

Signature of parent or legal guardian _____



Hidden CTR Ring

Did you find the ring?
Look on page 22!



The *Friend* can be found
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Sidebar References

1. “For Peace at Home,” *Ensign*, May 2013, 30.
2. “Stand in Holy Places,” *Ensign*, Nov. 2011, 84.

Funstuf Answers

- Page 17: beautiful
- Page 33: Jack; red

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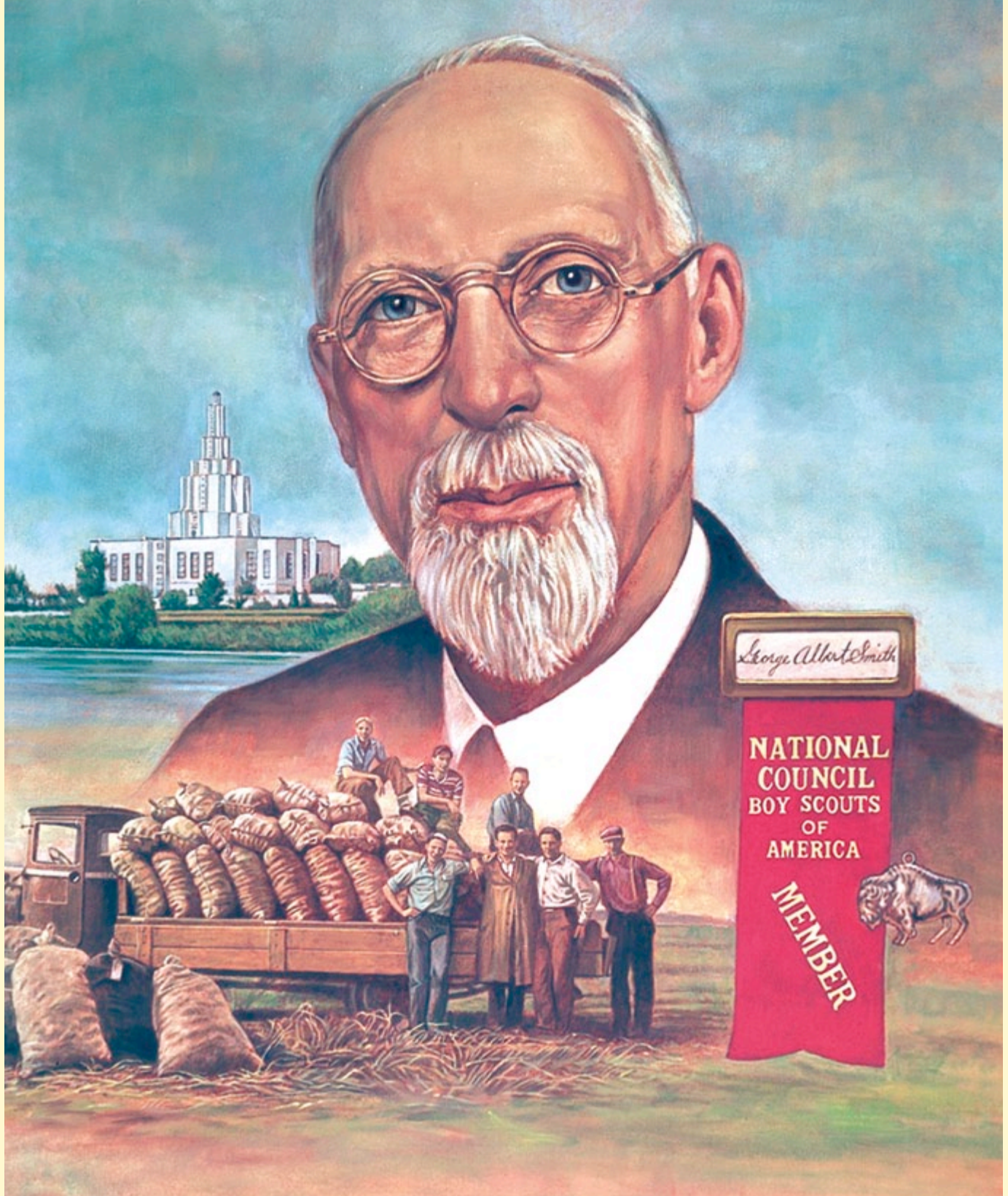
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GEORGE ALBERT SMITH

George Albert Smith was 21 when he was first called to serve the young men of the Church. He became involved with the **Boy Scouts of America**, which honored him for his service. While serving as an Apostle, George Albert Smith was also a leader in several national and international farming organizations. He dedicated the **Idaho Falls Idaho Temple**.

Through **Your** Eyes



I took this picture of the butterfly on my shoe because I love the flying things Heavenly Father has given us.

**Christian N.,
age 11, Colorado,
USA**

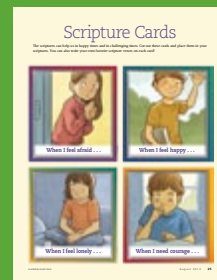
Do you like taking photos? We'd like to see your best shots about how Heavenly Father blesses your life. Email them to friend@ldschurch.org and include your name, age, and where you're from. Please also include a sentence explaining how your picture shows Heavenly Father's blessings in your



life. Remember, we can't publish your submission without a parent's permission in the email. If there are people in the photo, we also need to know that they gave their permission to be photographed. We're looking forward to seeing Heavenly Father's blessings through your eyes!

What's online?

- Watch chapters 50–60 of the online Doctrine and Covenants videos to learn more about the pioneers in Nauvoo, this month's "On the Trail" site. Go to lds.org/friend and click on "Scripture Stories" and "Doctrine and Covenants."



- Have you seen the scripture cards on pages 25–26? Go to lds.org/friend to print more copies to share with your family and friends!