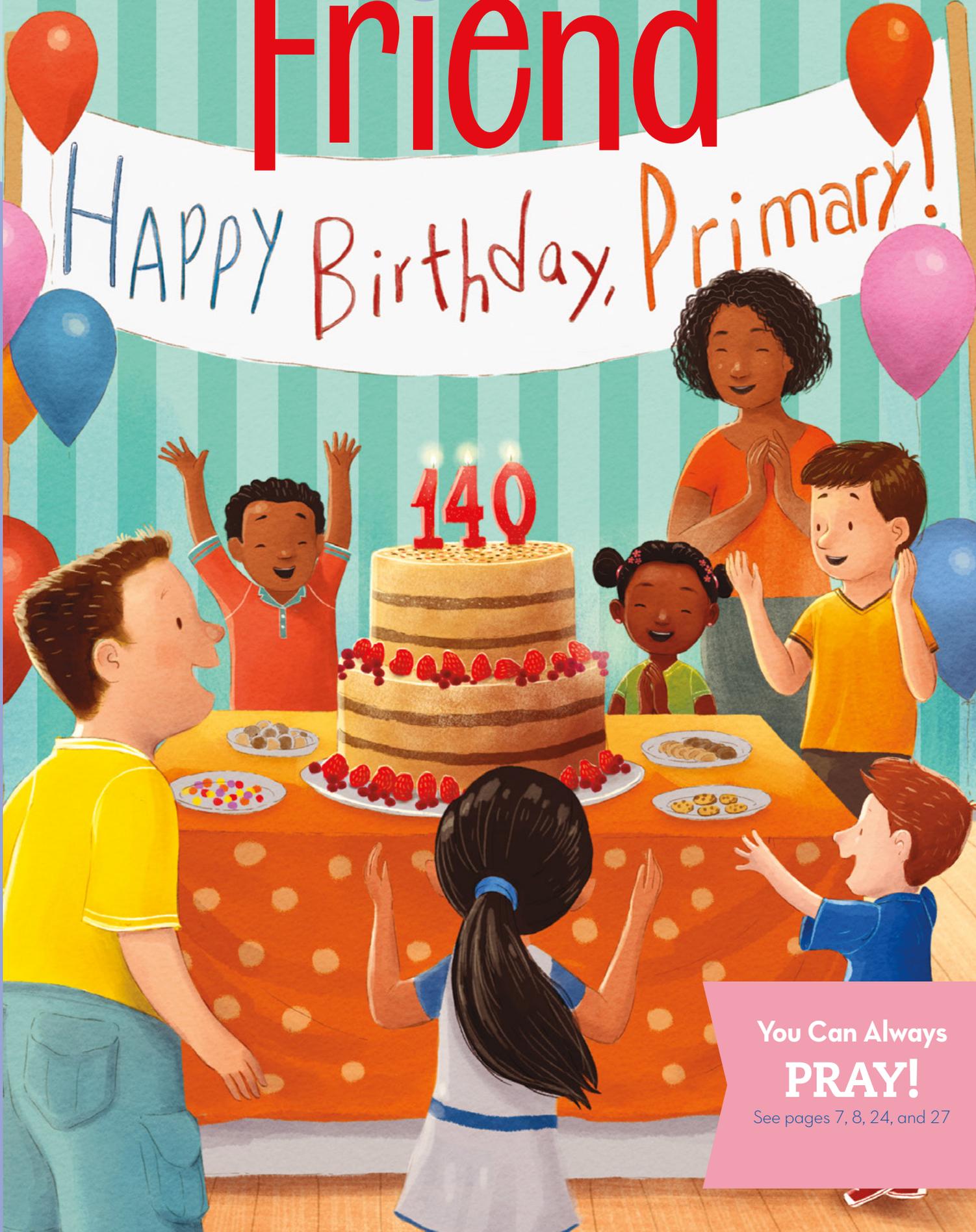


the Friend

HAPPY Birthday, Primary!



You Can Always

PRAY!

See pages 7, 8, 24, and 27

FRIENDS BY MAIL



Shine
Your
Light!

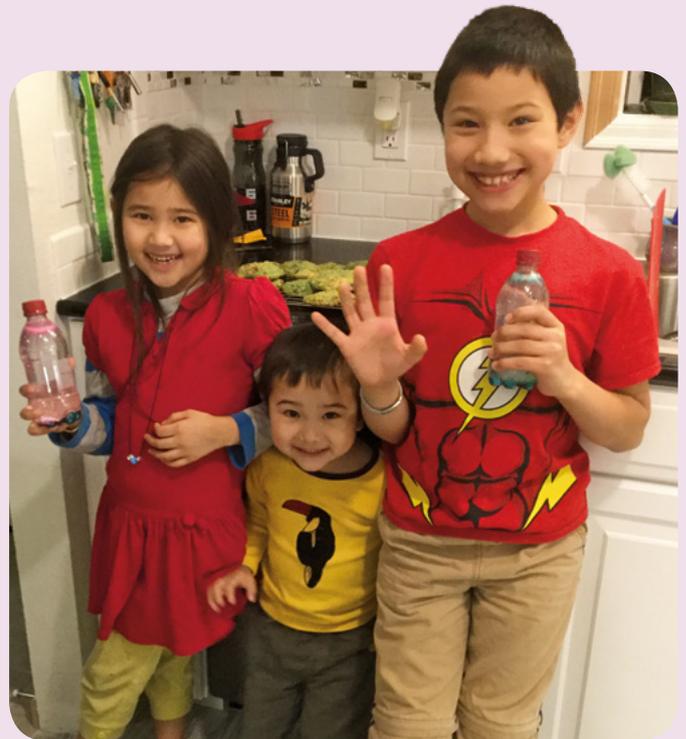
Thanks for sending in your stars! Keep them coming.
Turn to page 39 to see how.

Family History Quest



Thank you so much for the *Friend!* I saw the **Family History Quest** (Jan. 2018), and I love it! I am using this for a 10-hour project for Personal Progress.

Paige K., age 12, British Columbia, Canada



Calming Glitter Bottle

Family home evening is a blessing in our home, and we use the *Friend* to plan our lessons. We talked about what to do when feeling angry or upset. We made **glitter bottles** that were suggested as a way to calm down (Feb. 2018).

TianYue, HanYang, and KaiXing G., ages 7, 3, and 10, Oregon, USA

DEAR FRIENDS,

Primary is celebrating its 140th birthday this month! Read about it on pages 2-3 and 10. What is your favorite part of Primary? This month you could invite someone to visit Primary with you, or try extra hard to make others feel welcome. Your love can make Primary even better!

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

Primary needs you,
The *Friend*

● **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons. Find more at lessonhelps.lds.org.

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Front cover by **Andre Ceolin**

Back cover by **Josh Talbot**

Volume 48 Number 8
August 2018

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- FJ4 **Scripture Stories:** David and Goliath
- FJ7 Coloring Page
- FJ8 Wally's Wiggles



Hidden CTR Rings

Hard: Wiggle your arm

Harder: Ring around the juice

Hardest: Summertime beverage

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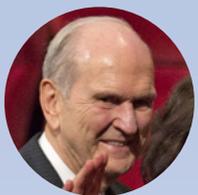
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President Nelson LOVES Primary Children!

The Primary turns 140 years old this month! President Nelson was once a child of Primary age, just like you. Now he teaches children to choose the right. In April, President Nelson visited Primary children around the world!

President Nelson met children in Bangkok, Thailand, where a new temple will be built soon. He told people how much the temple will bless their country.



Can you imagine shaking hands with the prophet and his wife? These boys met President and Sister Nelson in London, England.



Many families went to hear President Nelson speak in Nairobi, Kenya. A new temple will be built in Kenya too!

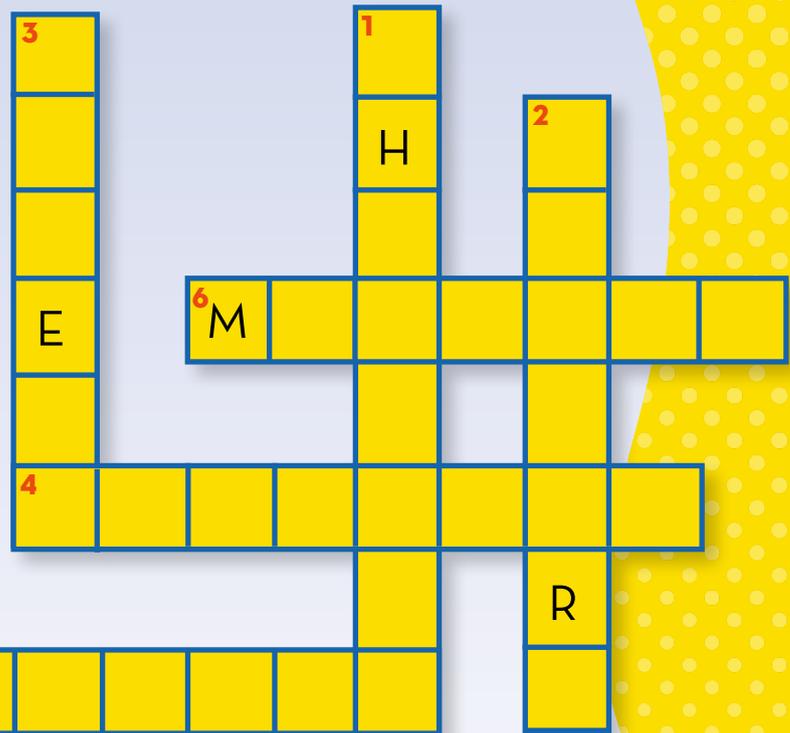
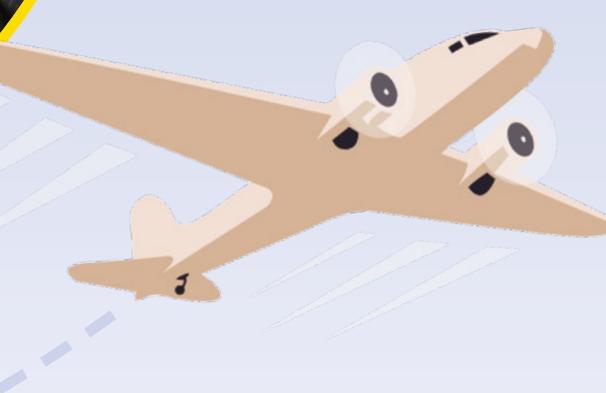
HAPPY BIRTHDAY, PRIMARY!

Finish the sentences below. Then use the words to fill in the puzzle. Check answers on page 39.

1. Sister Aurelia Spencer Rogers first came up with the idea for Primary to help teach _____ in her neighborhood.
2. President John Taylor was the prophet in 1878, when the _____ was organized.
3. Sister _____, who came up with the idea for Primary, was the first Primary president.
4. At first, Primary meetings were held on _____ afternoons.
5. Back then, children went to Primary until they were _____ years old—two years longer than children stay in Primary today.
6. Primary started with 215 children. Now there are about one _____ Primary children all over the world!



These girls saw President Nelson in Nairobi, Kenya.



PRIMARY WRISTBAND

Here's a wristband to cut out and wear. Primary will help you learn about and follow Jesus. And Primary needs you and your talents!





The NO-FIGHTING Promise

By Myrna M. Hoyt (Based on a true story)

“They took their swords, and all the weapons . . . , and they did bury them up deep in the earth” (Alma 24:17).

Today was going to be an awesome day. Timmy’s cousin Madi was coming over. And she was going to stay for a whole week! He couldn’t wait to show her his toys and play together.

When Madi came over, the adventures began right away. For the first two days, they played with toy dinosaurs and pretended to be pirates. It was lots of fun. But on the third day, things didn’t go so well. Timmy and Madi couldn’t agree on *anything*.

“Let’s go outside and turn the tree house into a spaceship!” Timmy said.

“I don’t want to. Let’s just stay inside and draw,” Madi said.

“Inside is boring!”

“No, it’s not! We always play the games *you* want to play. Why do you always get to choose what we do?”

Timmy and Madi kept arguing. They weren’t having fun anymore. Timmy didn’t like the way he felt when they fought. Then he thought of something.

“Hey, Madi,” Timmy said, “let’s be like the Anti-Nephi-Lehies.”

“The who?”

“The Anti-Nephi-Lehies. They were people in the Book of Mormon who buried their swords. They had



been in lots of fights, and they were sorry, so they repented. They promised Heavenly Father they would never fight again. Then they buried their weapons in the ground to show that they wanted to keep their promise.”

Suddenly an idea popped into Timmy’s mind. “Let’s make some toy swords and bury them and promise we won’t fight each other.”

“OK,” Madi said.

Timmy and Madi got some plastic building toys and

made different kinds of swords out of them. Some were long. Some were short. And some had lots of different colors. When they were done, Timmy and Madi carried their weapons to the rug.

“Let’s pretend the rug is a big hole,” Timmy said.

They sat down by the edge of the rug. Then one by one, they set each of their swords on the rug, pretending to bury them.

“I promise that I’m not going to fight anymore,” Timmy said, dropping his last toy sword onto the pile.

“Me too,” Madi said. “Now let’s go play! What do you want to do?”

“Let’s draw,” Timmy said with a smile.

Madi smiled back. “After that, let’s play spaceship outside.”

For the rest of the week, Timmy and Madi kept their promise. And they had a lot more fun playing together after leaving their fighting behind. ●

The author lives in Utah, USA.



Family Night FUN

Here's an idea for family home evening. What other ideas can you come up with?

Burying Bad Habits

Read "The No-Fighting Promise" on page 4. Then do this activity with your family.

1. Give everyone a piece of paper. Write down a bad habit you want to get rid of—like fighting with your siblings or complaining.
2. "Bury" the bad habit! Tear up the paper, or bury it outside. You could even plant a flower to represent replacing a bad habit with a good one.



Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

Garden Dippers

Make this snack to remind you that Jesus can help you grow good habits every day. Be sure to get an adult's help.

- 2 cans black beans, rinsed and drained
- 1 lime
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- crushed pretzels or nuts (optional)
- baby carrots
- fresh cilantro leaves

1. Pour the beans into a blender or food processor. Squeeze in the juice from the lime and add the spices.
2. Blend until smooth. Scoop into small cups and sprinkle the crushed pretzels on top.
3. Carefully poke a knife or skewer into the top of each carrot and twist to make a small hole. Insert a cilantro leaf into the hole. Then stick the carrots into the "dirt" leaf-side up.



MORE IDEAS

Drink lemonade while you read "The Lemonade Stand That Changed Everything" (page 32).



Read the story of David and Goliath (page FJ4). Then act it out!



Now I know what we can do for family night!



Yeah, but which idea do we start with?

Book of Mormon
**Reading
Club**

JOIN IN BY READING THE BOOK OF MORMON!

You can read on your own, with your family, or with a friend. Then tell us about it! (See page 39 to find out how.)

**This month's scripture:
Moroni 7:48**

“Pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ.”



My favorite Book of Mormon story is when Ammon defends the king's sheep. He was a good example of how to be brave and trust Heavenly Father.

Henry B., age 7, British Columbia, Canada



My favourite scripture is **2 Nephi 2:26** about how we are free to act and not be acted upon. This scripture teaches us that we should do things on our own and not wait for our parents to tell us. For example, we can do homework on our own and have our parents check it.

Sarah C., age 8, Lusaka, Zambia

FINDING A REAL

*It seemed like
all the friends
were already
taken.*



FRIEND

By Christy Hughes
(Based on a true story)

"To have a friend, you must be a friend, too"
(Children's Songbook, 262).

Christy stood at the edge of the playground, looking at the slides and swing sets for someone to play with. A big group of kids shrieked as they chased each other around the field. Others swung from the monkey bars. A few girls giggled and whispered under a tree.

Christy wanted to run and swing and giggle too. But she felt too shy to walk up to a group of kids she didn't know. So she kept standing there. Maybe someone would come ask *her* to play.

Christy's family had just moved, and she didn't really know anyone at her new school yet. As recess ticked by, no one came to play with her. It seemed like all the friends were taken.

How can I ever find a friend? she wondered.

The next day, Mrs. Godfrey asked a girl named Mia to sit with Christy at lunch. But Mia just talked to her friends who were sitting at the same table. Christy felt lonelier than ever. She wanted a *real* friend, someone who would play with her because they wanted to, not because they *had* to.

That night Christy prayed to Heavenly Father and asked Him to send her a real friend. Days went by. It seemed like her prayers weren't working! She knew that Heavenly Father loved her, but it was hard not to worry.

Then one day at recess, Christy noticed a girl sitting on the ground alone. Her leg was bleeding, and it looked like she was crying.

Christy was nervous about talking to her, but she didn't want her to cry alone. So she took a deep breath and walked over.

"Are you OK?"

"I hurt my knee," the girl said, looking up and holding her leg.

"Do you want to go to the nurse?" Christy asked. "I'll help you."

Christy helped the girl get up and put an



arm around her shoulder. Together they walked slowly to the nurse's office.

Christy waited while they cleaned and bandaged the girl's knee. Then they walked back to the playground.

"I'm Stacy," the girl said. "What's your name?"

"Christy."

"Are you new?" Stacey asked.

Christy nodded.

"I'm new too," Stacey said. "Want to jump rope with me?"

"Yeah!"

Soon the two girls were laughing and jumping rope together. Best of all, Christy had discovered the secret to finding a friend. It was just to *be* a friend. And Christy knew she could always do that! ●

The author lives in Utah, USA.

How Can YOU Be a Friend?

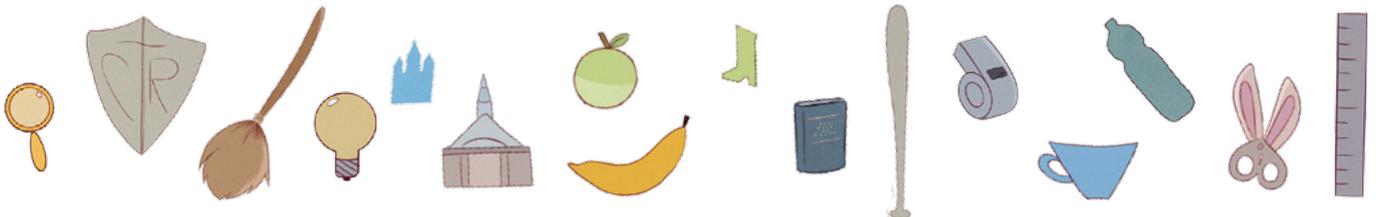
1. If you see another child alone, ask to play with him or her.
2. Hold the door open for someone.
3. Give a compliment.
4. Make a get-well card for someone who is sick.
5. Look for things you have in common with others.
6. This one's easy: Just smile and wave!

Find It!

The Primary turns 140 years old this month! Primary started with about two hundred children, but now the world is full of about one million *amazing* Primary kids like you. Find the hidden objects below.



ILLUSTRATION BY GYNLUX



“Our Heavenly Father is constantly saying, ‘I love you. I sustain you. I am with you. Do not give up.’”

—Elder Claudio D. Zivic
“He That Shall Endure unto the End, the Same Shall Be Saved,” Ensign, May 2018, 85.



Hi!
My name is
Steffani!

*I try to shine my light
by sharing my testimony.*



A Beautiful Island

I live in Sri Lanka. It's a beautiful island country near the southern tip of India. We have tropical forests, an aqua blue sea, and ancient historical ruins. I love my country!

මොර්මෝන්ගේ
පොත

ජේසුස් ක්‍රිස්තුස් වහන්සේගේ
තවත් ගිවිසුමකි

Friends from Everywhere

My school has children from many countries. Some are Christian, Muslim, Hindu, or Buddhist. We are all kind and friendly to each other.

A Shining Testimony



1. A Scary Invitation

One day the Christian students at my school had a special assembly. We were invited to share our testimonies. A hush fell over the room. No one went up to the stage. Everyone was too afraid! I am very shy, so I felt that way too.

2. “Go, Go”

Then a warm wave flowed over me, and I felt the Holy Ghost tell me, “Go, go.” I said a quick prayer in my heart. I walked up to the stage with butterflies fluttering in my stomach.



3. Sharing My Testimony

I told my classmates that Heavenly Father loves us and wants us to talk to Him often. I shared my experiences with prayer. I said I know Heavenly Father always listens to me and wants to help me. I was glad I had the courage to share my testimony. I felt like I had been a shining light in a quiet room.

4. Go and Do

My favorite scripture story is in the Book of Mormon, where Nephi says he will go and do what the Lord commands. I hope I can always have courage to do what Heavenly Father needs me to do.



SEND US A STAR!

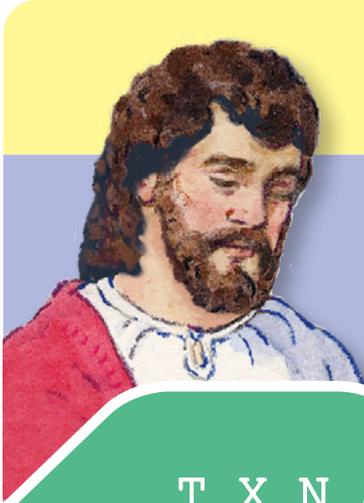
Jesus asked us to “let [our] light so shine” (Matthew 5:16). How do you let your light shine? Send us a star with your story, photo, and permission. See page 39.



"I know that Jesus Christ lives; I love Him, and I know with all my heart that He loves each of us."

By Elder Ronald A. Rasband
Of the Quorum of the Twelve Apostles

"Standing with the Leaders of the Church," Ensign, May 2016, 49.



Showing Our Love

There are many ways that Jesus shows that He loves us. And He wants us to share His love with everyone (see [John 13:34](#); [15:12](#)).

Find the words below that tell how we can share the Savior's love with others.

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

kind words

LOVE

give hugs

SERVE

pray for

share

laugh with

PUDDLES AND BLESSINGS

By Sherilyn Olsen and Maryssa Dennis

(Based on a true story)





The authors live in Utah, USA.

Temple Tracker

Ordinances are special ceremonies, like baptism and confirmation, that we need to return to God. If someone doesn't get

baptized or receive another ordinance while they are alive, we can do the ordinance for them in the temple after they have died.

Some of your ancestors might need ordinances done for them in the temple. Use the chart below to keep track. If the ordinance has already been done, color the temple picture. Then add this chart to your family history binder or box! If you don't know about some ancestors, keep praying for help and trying to find out more about them.



	BAPTISM	CONFIRMATION	INITIATORY	ENDOWMENT	SEALING TO PARENTS	SEALING TO SPOUSE
GRANDPA:						
GRANDMA:						
GRANDPA:						
GRANDMA:						
GREAT-GRANDPA:						
GREAT-GRANDMA:						
GREAT-GRANDPA:						
GREAT-GRANDMA:						



Don't forget to cut out your badge and add it to the badge keeper from January! Print past pages, or extra copies of this page, at FriendFHQ.lds.org.

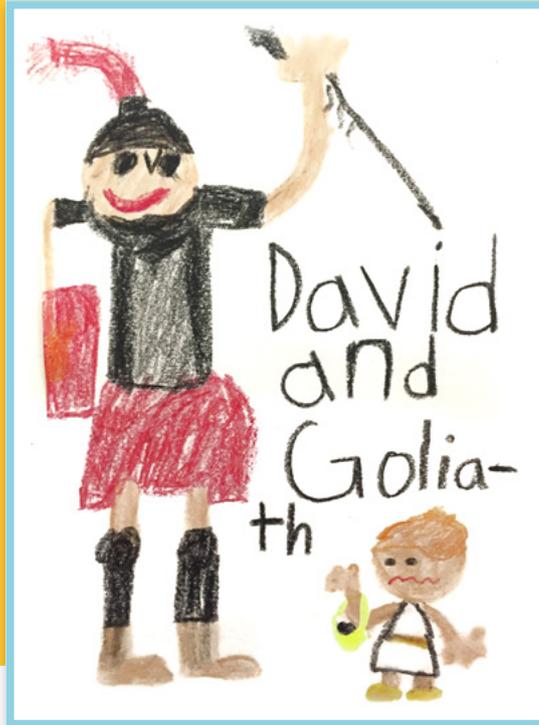
REQUEST ORDINANCES ON FAMILYSEARCH.ORG

When you're on FamilySearch.org, look for a picture of a temple in a green box. That means someone needs an ordinance done. Click on the green box. Then click the "Request" button. An adult can take that person's name to the temple. And remember that you can help with temple work when you turn 12!

David Trusted God

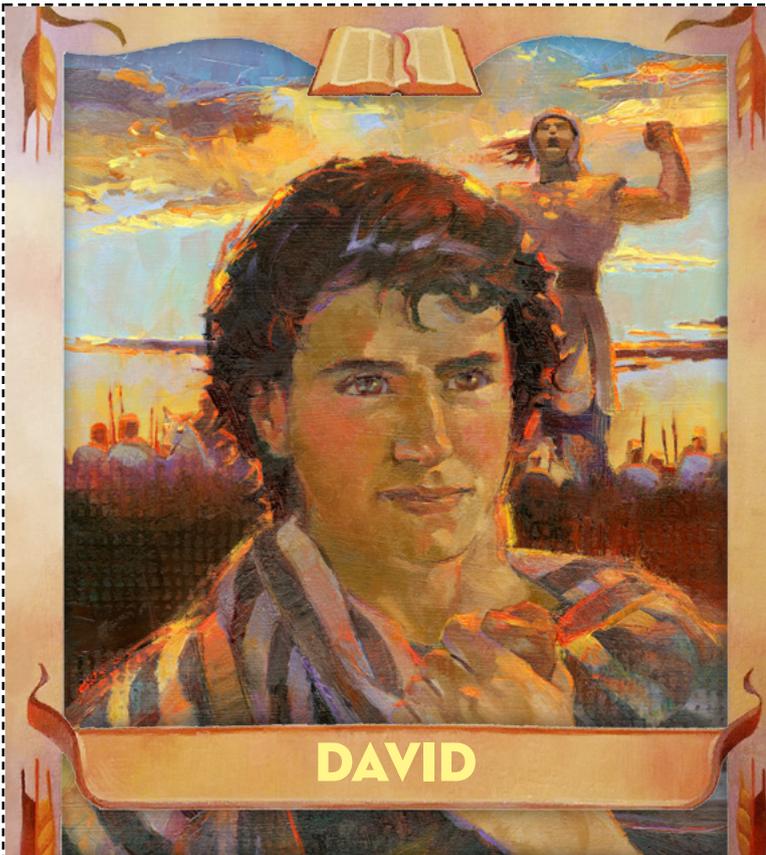
The Israelites and the Philistines were at war. A giant Philistine soldier named Goliath said that if anyone could beat him, the war would end. But no one was brave enough to fight him. David was an Israelite shepherd boy. He said he would fight Goliath. He knew God would help him. God had helped him before, like when he had fought a lion and a bear to protect his sheep. David didn't wear armor like Goliath did. Instead, he used a sling and stones. With God's help, he defeated Goliath! David later became a king.

Read about David and Goliath in 1 Samuel 17.



Tad C., age 7, California, USA

Print more cards at OTFriend2018.lds.org.



Young David trusted God and did hard things, and I can too!

- Next time something hard or scary happens, pray and ask God for help.
- Watch chapters 27-29 of the Old Testament stories at scripturestories.lds.org.
- Write in your journal about a time when God helped you do something hard.
- I will ask God to help me with ...

Show and tell



After I was baptized with my family, a new branch was opened, and it is close enough for

us to walk to church!

Anita Y., age 10, Liberia



I was racing my sister on our bikes when I felt the urge to stop and pull over on the grass. Then

a huge truck came speeding by.

I'm grateful I listened to the promptings from the Holy Ghost.

John H., age 9, Suffolk, England



I try to be a good example to my younger brothers and sisters.

Samuel B., age 8, Somerset, England

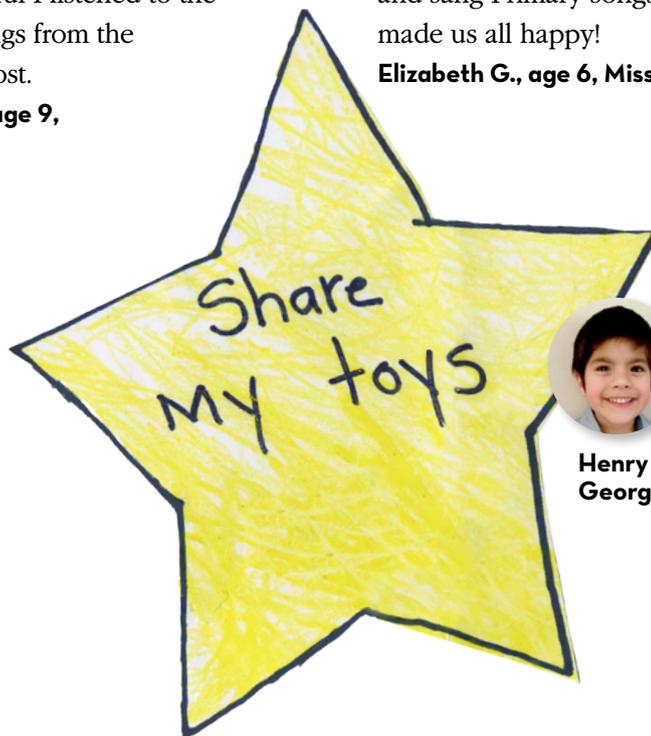
Sarah B., age 11, Utah, USA



My friends and I went to see our friend Ruth from church.

We brought carrot cake and flowers and sang Primary songs to her. It made us all happy!

Elizabeth G., age 6, Missouri, USA



Henry C., age 5, Georgia, USA



When I am afraid The Holy Ghost can help me So I can be brave.

Ammon N., age 7, Washington, USA



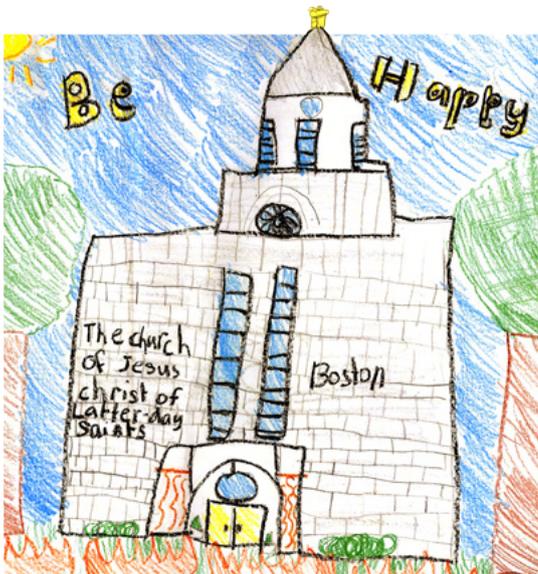
When me and my grandma take out the trash, we practice memorizing the Articles of Faith!

Sophie A., age 7, Indiana, USA

Do you have a picture or story? Send it in!

Find out how on page 39.

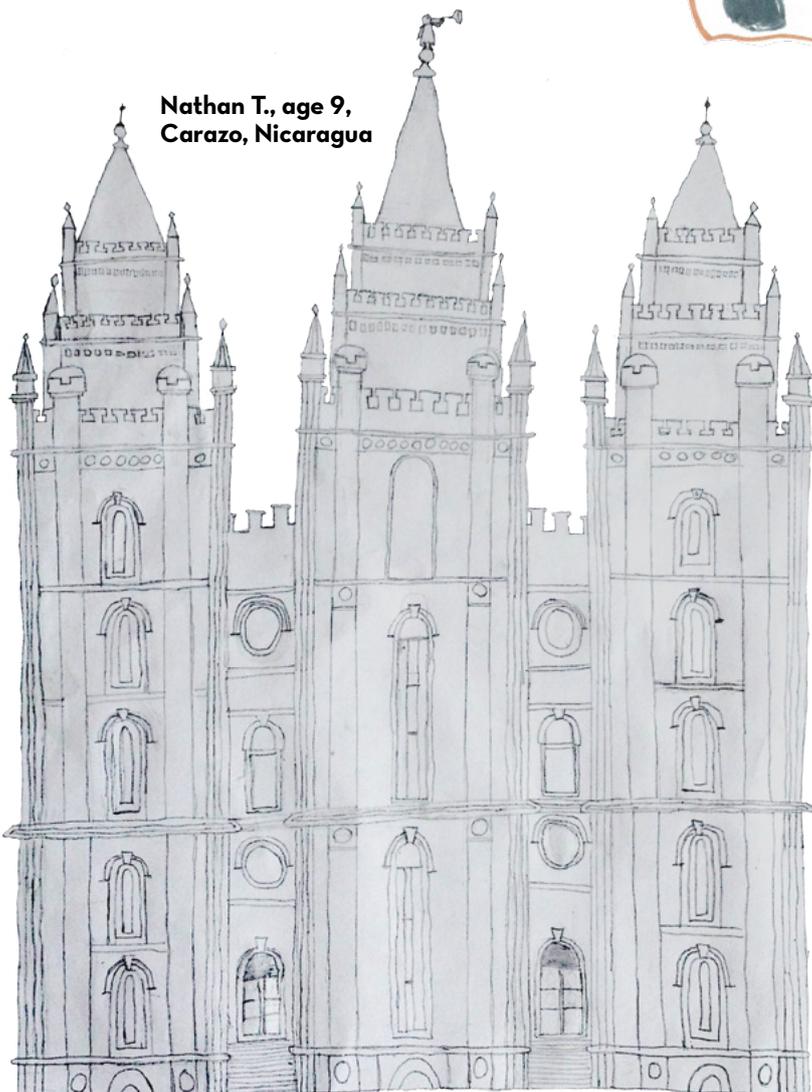




Maddox R., age 8, Massachusetts, USA



Salome W., age 6, Quebec, Canada



Nathan T., age 9,
Carazo, Nicaragua



I like to help my dad with the bees and beehives we have in our front yard!

**Evolette J., age 8,
Alberta, Canada**



I was nervous starting Cub Scouts, so I invited my friend to come with me. I am a missionary just like my older brothers!

William T., age 10, Alberta, Canada



By Elder Jörg Klebingat
Of the Seventy

Soccer and Sundays



In Germany, soccer is the most popular sport. My dad signed me up for a soccer club when I was five. We practiced three or four times a week. Games were mostly on Saturdays and Sundays. When I wasn't playing soccer for the club team, I played soccer with my friends. We played soccer almost every day until the sun went down.

When I was 15, I started playing for a team in a bigger city. Soccer became more serious. We practiced more often. We traveled to more places. We played against more teams. Soccer was my life.

Then, when I was almost 18, I was at a concert. I saw a boy about my age. He stuck out. He wasn't drinking, smoking, or swearing. I wanted to know why. I found out he was a member of The Church of Jesus Christ of Latter-day Saints. His example made me want to learn more. Later I joined the Church.

After I was baptized, I learned two things. First, I

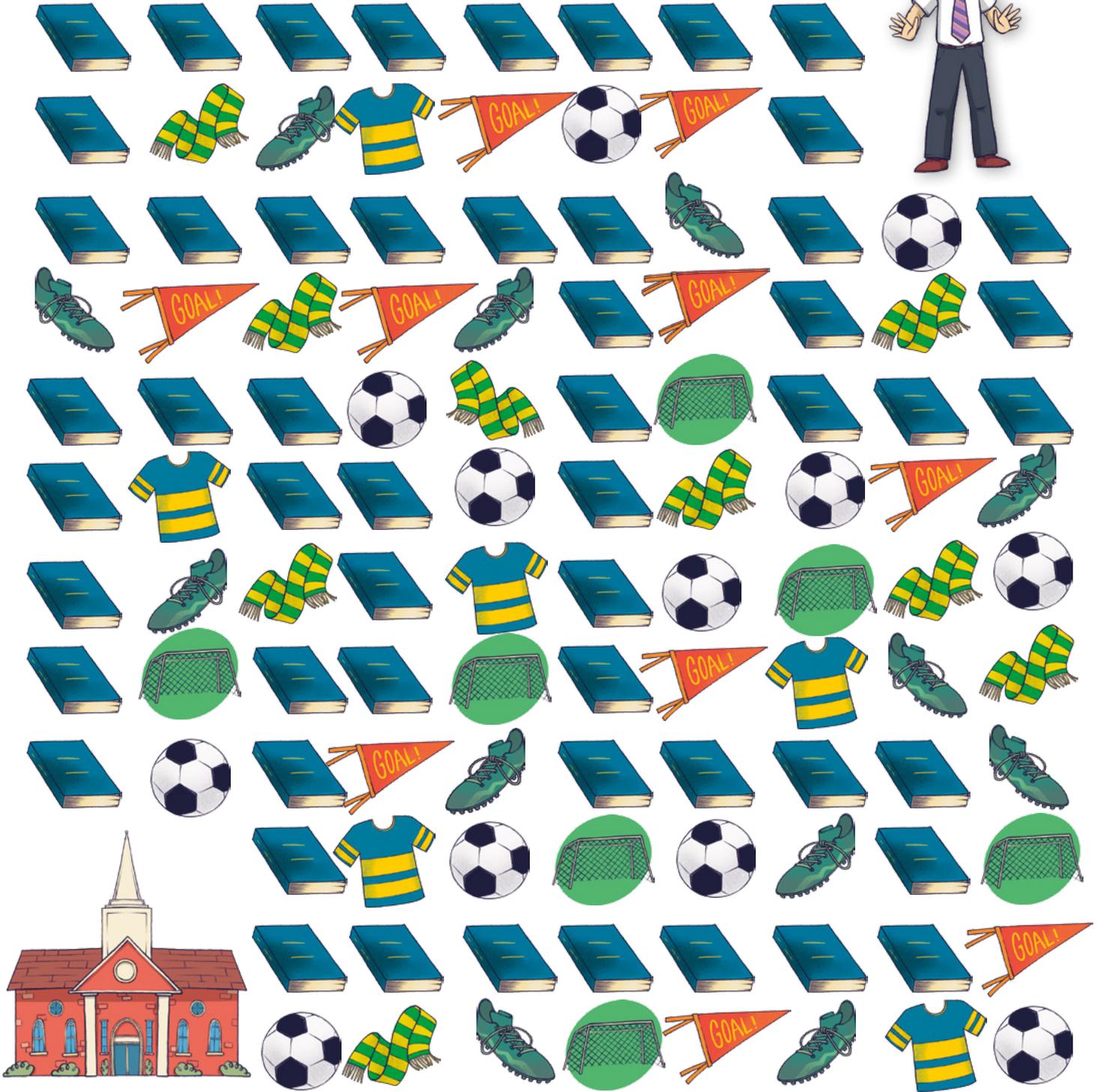
shouldn't be playing soccer on the Sabbath. I should go to church. Second, Heavenly Father expected me to serve a mission. But I was pretty good at soccer. I had a friend I had played soccer with all growing up. We each got an offer to play on a professional team. My friend took the offer. I chose to leave soccer behind and go on a mission instead. It was not a hard choice because I knew the Church was true.

But my choice was difficult for my family and friends. They didn't understand what I was doing. My parents sent me newspaper clippings of my friend playing soccer. That was not easy for me. But I never ever regretted serving a mission.

Heavenly Father has blessed me every day because I chose to serve a mission. He has blessed me with peace. I felt the good feeling that comes from making the right choice. ●

The Best Path

When we try to live the gospel and put the most important things first, we are blessed! Follow the path of scriptures to help the boy get to church.



I CAN ALWAYS



Prayer Questions

Check all the answers that you agree with.
Add answers of your own. Then share what you know about prayer with someone else.

1. Why does Heavenly Father want you to pray?

- Because I'm His child, and He wants to hear from me
 - Because He wants to help me
- _____
- _____

2. When do you pray?

- Every night and morning
 - When I'm afraid
 - When I need to make a choice
- _____
- _____

3. Where do you pray?

- In my room
 - Outside under the stars
- _____
- _____

4. What do you pray about?

- A problem I have
 - What happened during the day
- _____
- _____

5. How do you hear Heavenly Father's answers?

- When I read the scriptures
 - When I feel peaceful
- _____
- _____

Start a Prayer Journal



- Write down what you're worried about or need help with.
- Talk to Heavenly Father about it in prayer.
- After you pray, quietly listen for the Holy Ghost.
- During the week, keep watching and listening for answers.
- Write down the answers you get.



Prayer REMINDER Card



"The first, the middle, and the last thing to do is to **pray**."
—President Henry B. Eyring

.....

Prayer REMINDER Card

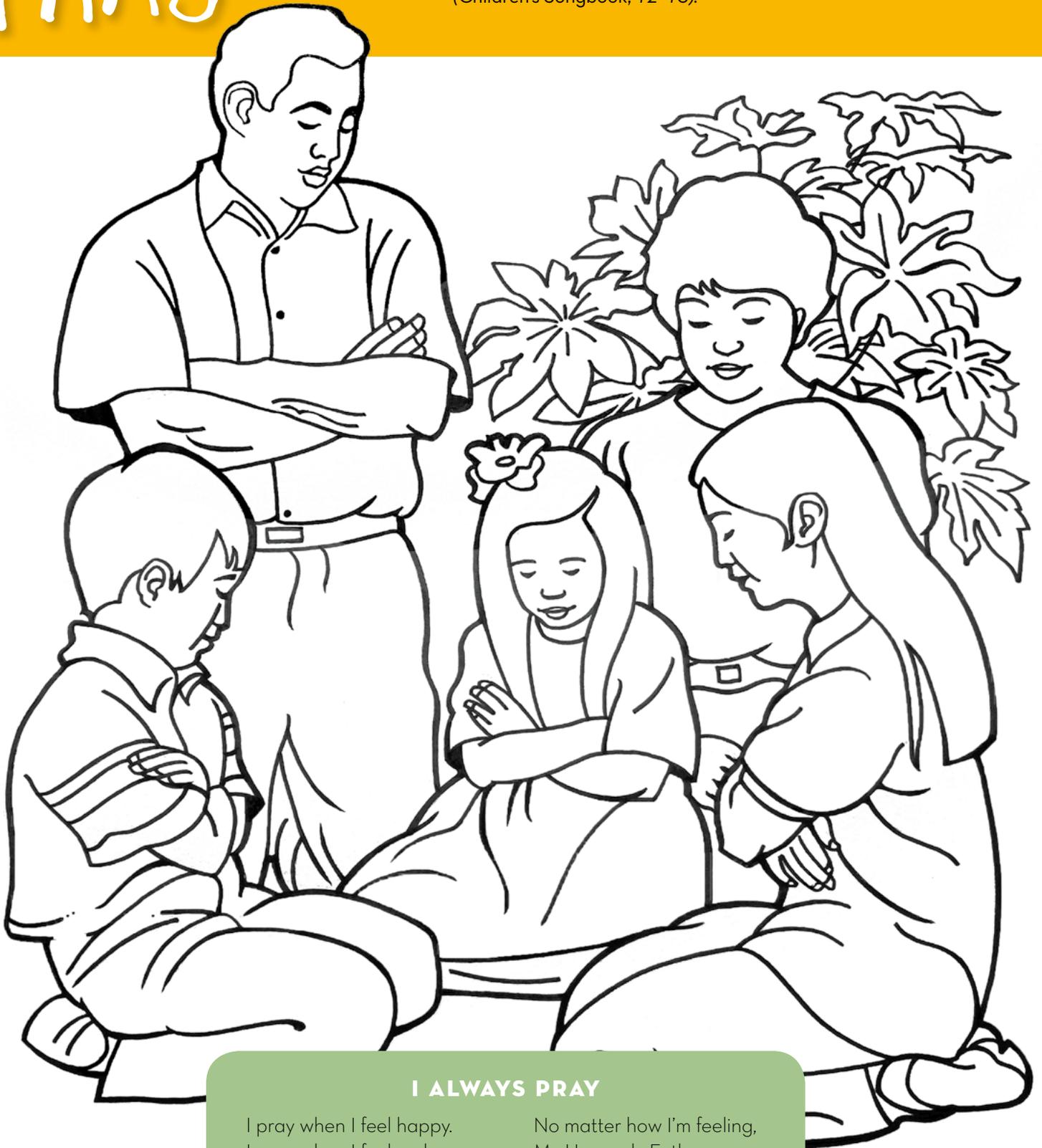


"We can come to know the Lord and trust Him through **prayer**."
—Sister Bonnie H. Cordon

.....

PRAY

*"Pray, He is there; speak, He is list'ning.
You are His child; His love now surrounds you"
(Children's Songbook, 12-13).*



I ALWAYS PRAY

I pray when I feel happy.
I pray when I feel sad.
I pray when I am frightened
And when I'm hopping mad.

No matter how I'm feeling,
My Heavenly Father cares.
So if my day is bad or good,
I always say my prayers.

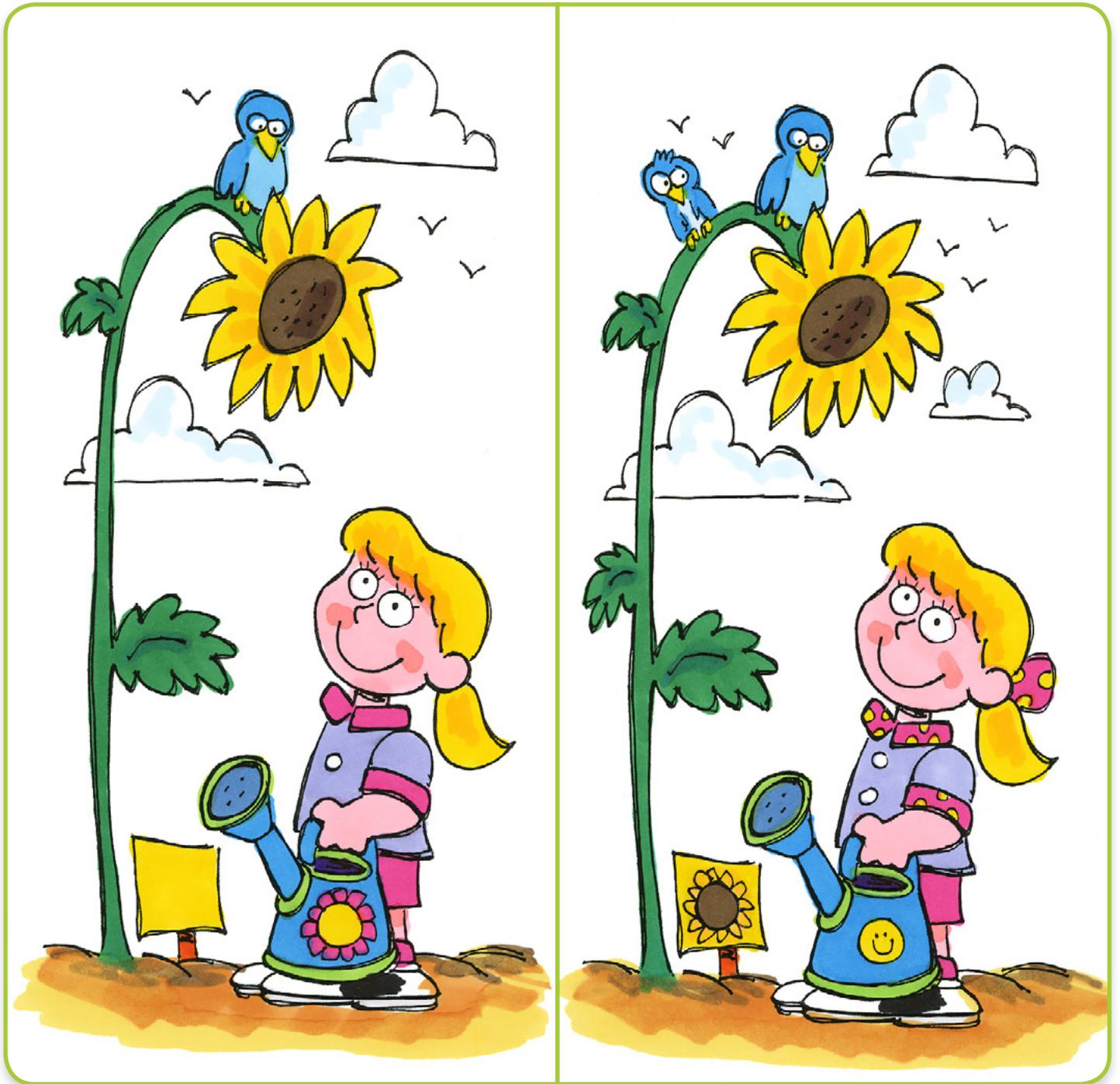
By Teresa Weaver

Grow and Grow!

By Val Chadwick Bagley

The scriptures teach us that growing our faith is a lot like growing a seed (see Alma 32).

Can you find 10 different things in the two gardens below?



I Pray in Faith

(Simplified)

Reverently ♩ = 104-116

Words and music by Janice Kapp Perry

The musical score is written in 3/4 time with a key signature of one flat (Bb). It consists of seven systems of music, each with a vocal line and a bass line. Chord symbols are placed above the vocal line. Fingerings are indicated by numbers 1-5. The lyrics are: "I kneel to pray ev-'ry day. I speak to Heav'n - ly Fa - ther. He hears and an - swers me When I pray in faith. I be - gin by say - ing, 'Dear Heav - en - ly Fa - ther'; I thank Him for bless - ings He sends; Then hum - bly I ask Him for things that I need, In the name of Je - sus Christ, A - men."

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This notice must be included on each copy made.



How could
Ellie make things
right with her
sister?

By Heidi Poelman

(Based on a true story)

*“Let us love one another: for love is of God”
(1 John 4:7).*

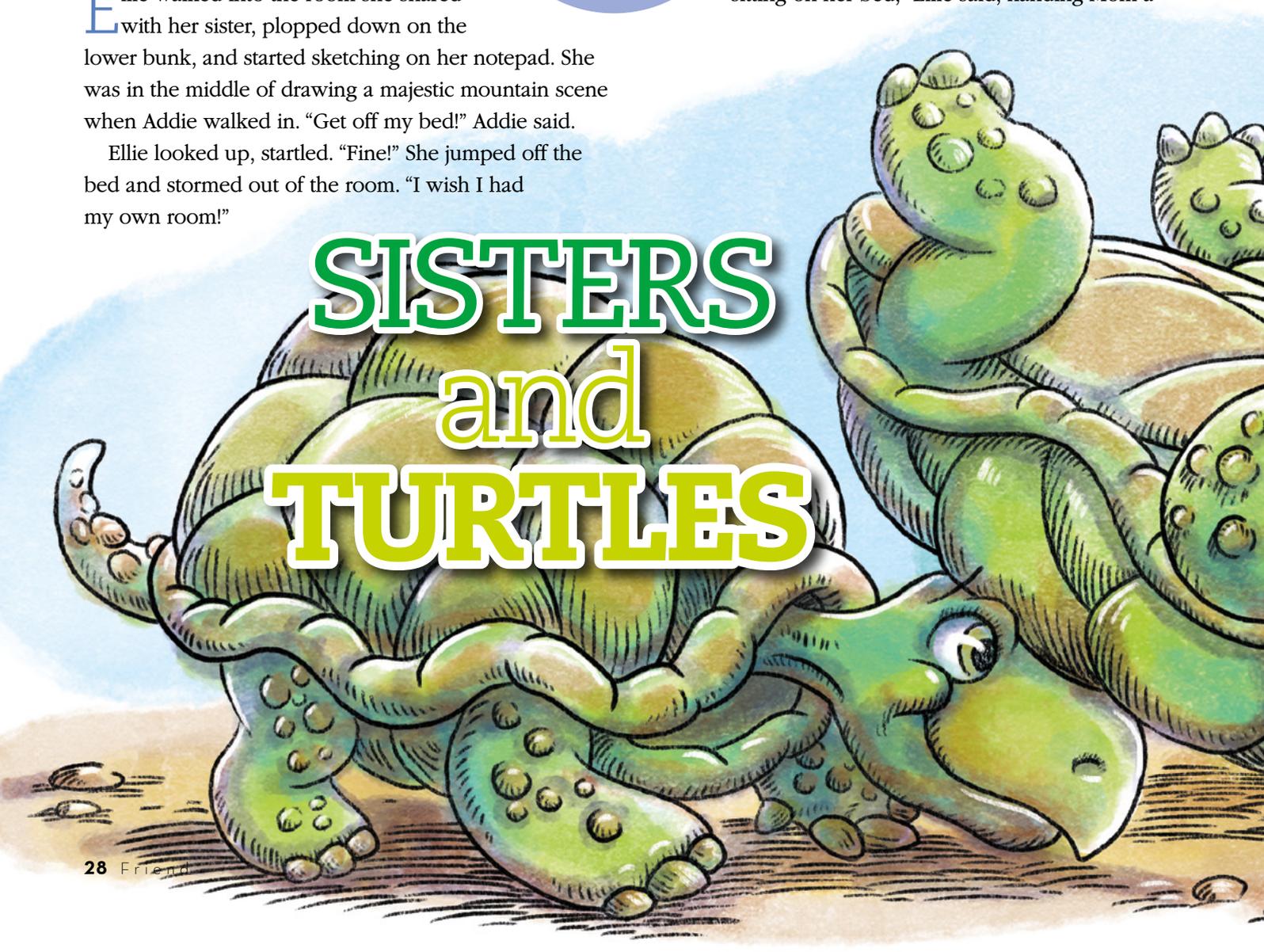
Ellie walked into the room she shared with her sister, plopped down on the lower bunk, and started sketching on her notepad. She was in the middle of drawing a majestic mountain scene when Addie walked in. “Get off my bed!” Addie said.

Ellie looked up, startled. “Fine!” She jumped off the bed and stormed out of the room. “I wish I had my own room!”

She headed to the bathroom to finish getting ready for school. “What’s going on?” Mom asked.

“Oh, Addie is just mad because I was sitting on her bed,” Ellie said, handing Mom a

SISTERS and TURTLES



hairbrush. "It's so hard sharing a room with her."

"I know. I used to feel that way with my sister," Mom said as she started brushing Ellie's hair. "Addie seems to be feeling a little grumpy lately."

"I know! I don't get it!"

"Hmm," Mom said. "What do you think we can do to help her feel better?"

Ellie thought for a minute while Mom finished putting rubber bands in her hair. Then she smiled. "I have an idea!"

She ran back to her room and opened her desk drawer. There they were—two tiny turtle charms made of glass. Ellie remembered the story Grandma told her when she gave them to her.

Once there were two turtles. One turtle had somehow gotten flipped over. Try as it might, it couldn't flip itself back over. The other turtle noticed that something was wrong. Using its nose, it flipped the first turtle over so it could stand on its feet again.

Ellie loved that story. She ran to find her sewing kit and pulled out enough string to make two necklaces. She strung one turtle on each strand and knotted the ends. She put one necklace over her head. She put the other one in a tiny box and ran to find her sister.

"Addie!" Ellie said. "I have something for you!"

"What is it?" Addie asked.

"Here. Open it!"

Addie lifted the lid and carefully pulled the turtle necklace out of the box. She looked at her sister.

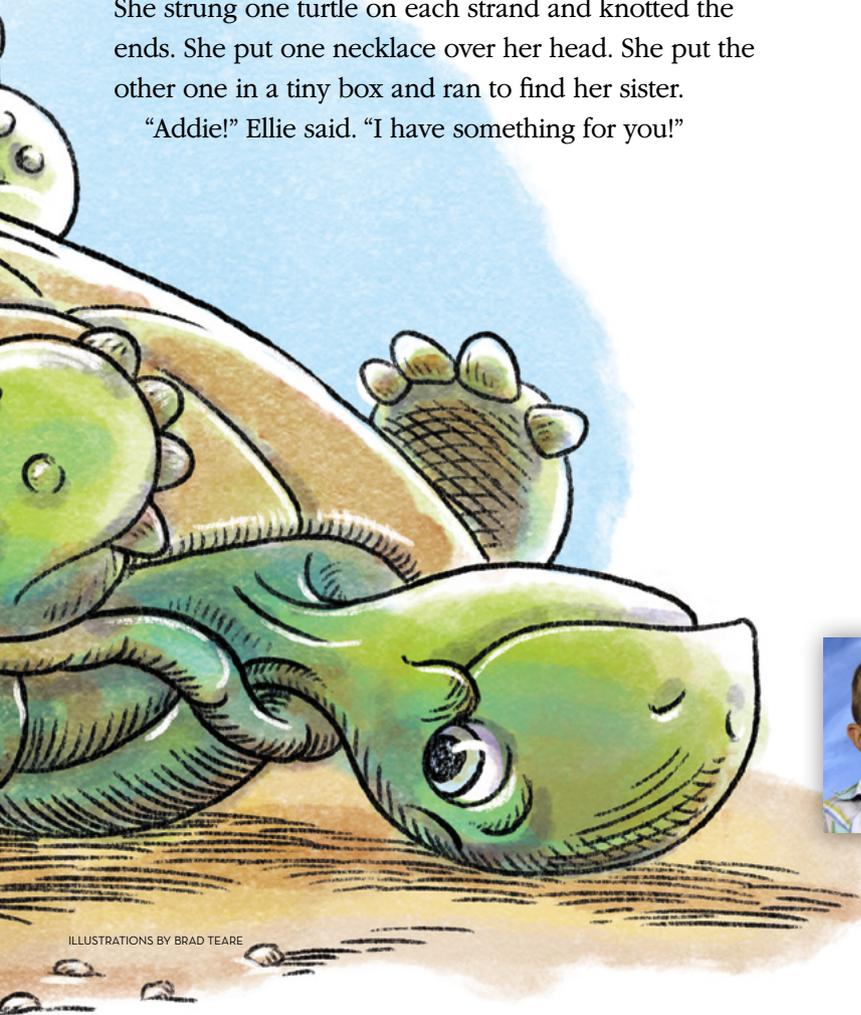
"Thank you, Ellie!"

"You're welcome," Ellie said. "Remember the story about the turtles?" Ellie helped Addie put on the necklace. Addie nodded. "Well, I always want to help you get on your feet again whenever you are sad or mad," Ellie said. "Oh, and I really do like sharing a room with you. I'm sorry about what I said."

Addie gave her sister a giant hug. "I love you, Ellie. You can sit on my bed any time you want!"

The girls ran to get their backpacks for school. As Ellie climbed into the car next to her sister, she felt warm inside. Sometimes having a sister could be hard. But most of the time it was just plain wonderful. ●

The author lives in Utah, USA.



I make cards for my family that say nice things and make them feel good. I love my family. I also send letters to my grandparents who are serving a mission.

Peyton T., age 6, Idaho, USA



MATT AND MANDY



Mandy is busy with her campaign for student council.



Matt promised to help. But he's been spending a lot of time getting to know his cousin Max in Australia.



Hey, Matt.



Hey what?



You said you'd help with my posters.

I could really use your help now.



I did promise. Be right there!



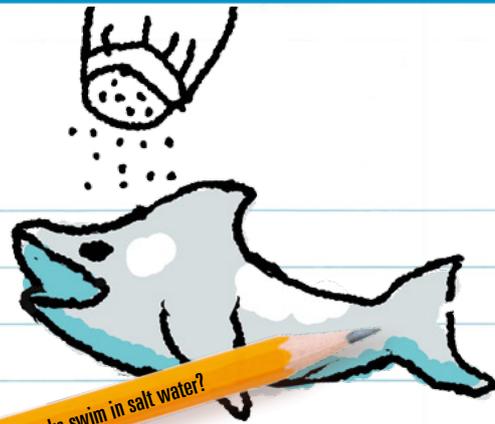
How's this?



That's great.

Hope you won't mind hanging on the wall at school for two weeks.

for older KIDS



See page 39.

DEAR JOURNAL

Write about school. What's your favorite subject? Who's your teacher?



SECRET SERVICE

- Leave a nice note on someone's car.
- Pick up trash and throw it away.
- Fill up the soap dispenser at home so it's full for the next person.



QUICK QUIZ

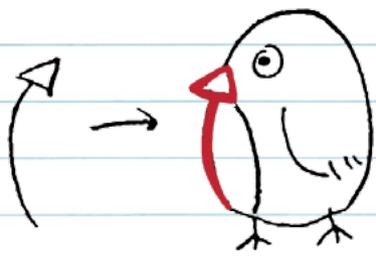
How many years did Jacob have to work in order to marry Rachel? See page 39.

- 28 years
- 14 years
- 7 years
- 5 years

Thanks to Elizabeth P., age 10, Oregon, USA, for submitting this question!

DRAW IT!

Draw a bird from an arrow!



I stood tall when I shared the gospel with my 5th and 6th grade teachers by giving them a Book of Mormon with my testimony written in it. It felt good to share the gospel, because I think that is what Jesus would have done.

Liana M., age 12, New Jersey, USA

The Lemonade Stand

That Changed Everything



By Daniella Subieta

(Based on a true story)

“Wherefore, be of good cheer, and do not fear, for I the Lord am with you, and will stand by you” (Doctrine and Covenants 68:6).

The air was chilly as my friends and I walked around the playground. We stopped at the red swing set. Usually, I loved to swing high and feel the wind blow through my hair. But when I sat down this time, I didn’t move. Ruth and Amruta sat in the swings next to me and didn’t swing either.

“I’m scared,” Amruta said. “Are you?”

I kicked the sand under my feet. “Yeah. Especially when I watch the news.”

“Me too,” Ruth said. “I’ve slept in my mom’s bed all week.”

Last week there had been a terrorist attack. Everyone was talking about it. Mom told me a terrorist attack was when bad people hurt other people who haven’t done anything wrong. I didn’t understand everything that had happened, but it made me want to cry.

After Mom tucked me into bed that night, I couldn’t fall asleep. I kept thinking about the people who had died or been hurt. How did their families feel? I wanted to help them, but I didn’t know how.

When I got home from school the next day, Mom looked a little more cheerful. “Our neighborhood is going to have a lemonade stand. We’ll raise money for the firefighters who helped during the attack. Do you want to help?”

“Yes! How will the money help the firefighters?” I asked.

“Well, it could help them pay for doctor visits. Or it could help their families,” Mom said.

“Let’s do it,” I said. Finally, something I could do!

On Saturday, Mom, my brother, and I spent all morning baking Mom’s special triple-chocolate-chip cookies to sell at the lemonade stand.

That afternoon we carried trays of cookies to the street corner. Our neighbors were waiting for us with pitchers of lemonade and plastic cups. A boy from school waved at me.

“Hey, Aaron!” I said. “Are you helping sell stuff too?”

HOW THEY HELPED!

When Hurricane Harvey hit Houston, Texas, USA, Hailey and London wanted to help. They saw news stories about libraries whose books had been ruined in the flood. Hailey and London love reading, so they decided to raise money for new books. They made more than 165 “Texas Strong” stickers. People from all over bought the stickers. Hailey and London donated all the money to their favorite library in Houston.



“Yeah! This lemonade stand was my mom’s idea.”

“Cool! Want to try a cookie?” I asked.

After eating chocolatey cookies and sipping sweet lemonade, Aaron and I hung up signs that said, “Lemonade Stand” and “Help the Firefighters!” All afternoon Aaron and I waved at cars, poured lemonade, and traded delicious cookies for crisp dollar bills.

Even when people didn’t stop, they honked their car horns and waved as they drove by. Mom said it meant they thought we were doing a good thing.

Then Aaron’s mom passed around a card to send to the firefighters. It had pink and red hearts on it. I signed my name and wrote, “Thank you for saving lives!” I drew a heart and a smiley face too.

By the end of the day, I was tired, but I couldn’t stop smiling.

“I feel better now,” I told Mom as we walked home.

“I’m so glad. When you help others, you are being like Jesus. And the Holy Ghost can help you feel safe and happy.”

When I went to bed that night, I thought about how happy the firefighters would be when they got the money and card. And I thought about how happy Heavenly Father is when we serve others. I snuggled up in my blankets and smiled. I wasn’t scared anymore. ●

The author lives in Georgia, USA.

I feel scared when I hear about bad or scary things happening. What can I do to feel better?
—Scared in Saskatchewan



Dear Scared,

When something scary happens, you can turn to Heavenly Father in prayer, to the scriptures, and to a grown-up you trust. All of these can help you feel peace. Serving others can also help the Holy Ghost bring you peace. Here are a few ideas for serving others. Put your own ideas in the blank spaces!



I see ...

- A sick family member
- A story about a terrorist attack
- A natural disaster
- People who need help in my neighborhood
- Someone being bullied

I can ...

- Make them a card or share a talent.
- Pray for the people who were hurt.
- Donate to the Church humanitarian fund or another charity.
- Plan a service activity with my family. (Go to JustServe.org for ideas.)
- Walk them away from the bully and tell an adult.



WHAT'S ON YOUR MIND?

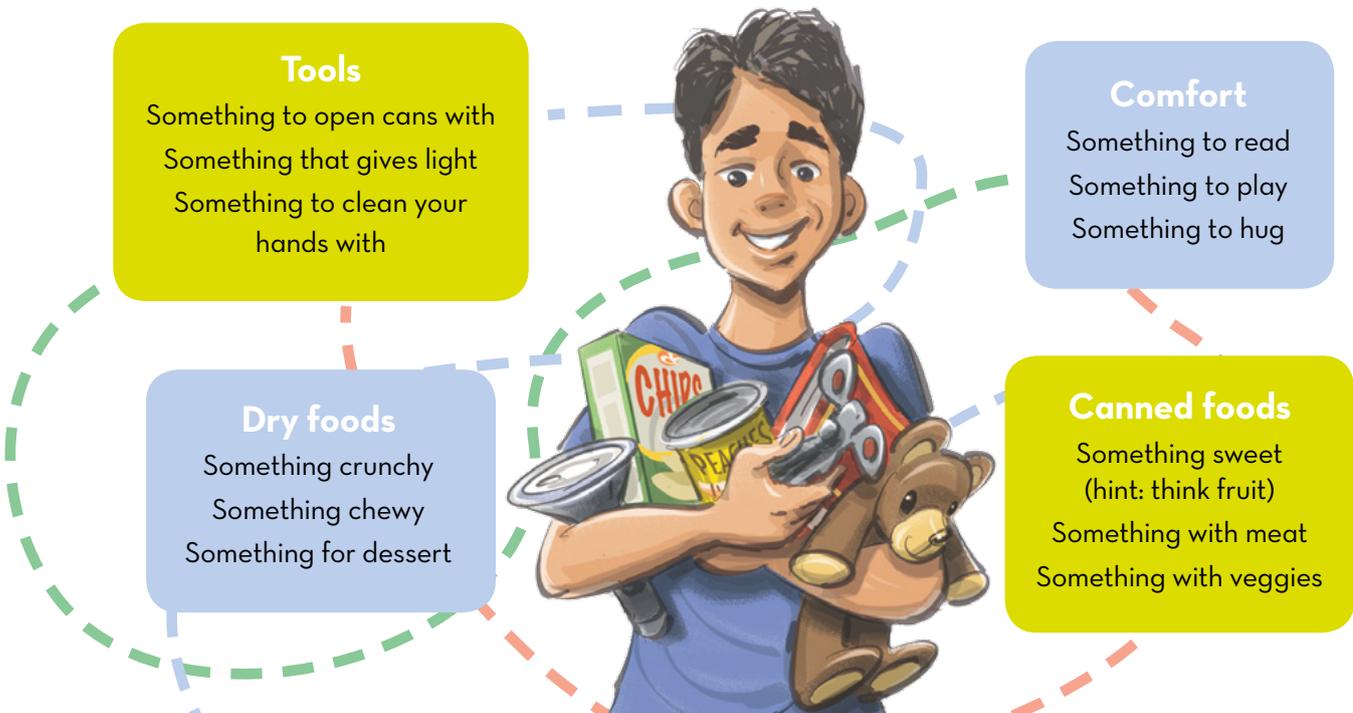
Do you have a question about the gospel, growing up, or getting a testimony? Email us at friend@ldschurch.org and put "What's on Your Mind?" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!

EMERGENCY

Scavenger Hunt

By Kenzi Parsons

The scriptures say, “If ye are prepared ye shall not fear” (*Doctrine and Covenants 38:30*). You can help your family prepare by collecting supplies for an emergency kit. Use this scavenger hunt to find items in your home. Ask a parent to help you add them to your kits.



Tools

- Something to open cans with
- Something that gives light
- Something to clean your hands with

Comfort

- Something to read
- Something to play
- Something to hug

Dry foods

- Something crunchy
- Something chewy
- Something for dessert

Canned foods

- Something sweet (hint: think fruit)
- Something with meat
- Something with veggies

Preparedness Trifle

You could make this treat from food in your emergency kit. Be sure to get an adult's help.

2/3 cup powdered milk powder mixed with 2 cups bottled water

1 small box instant vanilla pudding

1 box animal crackers or other cookies, crumbled

1 small jar raspberry jam

1 small can mandarin oranges (drain before using)

1. In a medium container with a tight-fitting lid, combine milk and instant pudding. Put the lid on tight and shake for about 3 minutes.
2. Layer the ingredients in a bowl in this order: half the cookies, 1 cup pudding, the jam, the rest of the cookies, the rest of the pudding, and the oranges.

What else do you want in your emergency kit?

As you gather your kits, make sure each person has water and food for three days, a blanket, and a change of clothes.

A FRIEND like

“Be ye kind one to another” (Ephesians 4:32).

Josh carefully colored in the last black spot on his white T-shirt. Normally he’d be grounded for a million years for coloring on his clothes. But Mom said it was OK this time. Josh was going to a Primary activity, and all the kids were supposed to dress up like their favorite book or movie character. Josh was going as Dex the Dalmatian, the mystery-solving dog!

After Mom dropped Josh off, he spotted Robbie and Nate from his Primary class. Robbie looked like a pirate, and Nate was some kind of superhero.

“What are you supposed to be?” Robbie asked when Josh came closer.

“I’m Dex from *Sticky Ricky*.”

Robbie and Nate laughed. “That show is so lame!” Robbie said.

Josh felt his face go red. “Well, who did you guys dress up as?”

“Can’t you tell?” Robbie asked. “I’m Percy, from *The Pirate’s Revenge*.”

“And I’m Captain Scorpio,” said Nate. “You seriously haven’t seen those movies? Everybody has!”

Josh looked down. “I guess my family watches different kinds of shows.”

Just then Sister McCarthy called everyone to get in a circle for a game. Josh made sure he was far away from Robbie and Nate.



The next week, Josh played basketball with some other boys from Primary. He tried his best, but he wasn’t very good at it. He couldn’t bounce the ball right or make a basket. The other boys laughed when he couldn’t throw the ball very high.

Josh ran home, trying not to cry. *I’m not doing that ever*

again! I don’t even like sports! he thought. *And I’m not going to any more Primary activities, either. I just don’t fit in.* When Josh got home, he played the piano to calm himself down. Then he read his favorite book until he felt better.

A few weeks later, a boy named Mark moved into Josh’s ward. Josh could tell right away that he was cool and popular and good at sports. Would he make fun of Josh like the other boys did?

But he was actually really nice! Mark sat by Josh and talked with him about a book he was reading. A few days later he invited Josh to play basketball.

Josh didn’t really want to play basketball. It had been pretty awful last time. But maybe with Mark there it would be better. He decided to give it another chance.

The first time Josh tried to shoot the ball, it didn’t get very far. It dropped to the ground and bounced away. Josh froze, waiting for Mark to laugh at him. But instead, Mark just grabbed the ball and smiled.

“Hey, good try!” Mark passed the ball back to Josh. “Try again.”

Later, during a game, Mark kept passing the ball to Josh. Their team lost, but Mark didn’t seem mad about it.

MARK

By Jason Lyle Black
(Based on a true story)

“Great game!” he said with a smile. “If you want, we could stay and practice for a little while.” Mark taught Josh how to hold the ball when he was shooting and how to aim for the basket. After a little while, Josh made a basket!

“Awesome!” Mark gave Josh a high five.

“Thanks for helping me,” said Josh.

“It was fun! See you tomorrow?”

“OK!”

As Josh walked home, he couldn’t stop smiling. He was glad to have a friend like Mark. And maybe one day, he could be a friend like Mark to someone else. ●

The author lives in Utah, USA.



One day I noticed a new girl at school. Her name was Huda. She came from Iraq and spoke no English, and she seemed nice. I talked to her at lunch (well, I tried to). After that, we became friends. The girls I had started being friends with basically ignored me after that because they were uncomfortable talking to Huda. Even though I lost my friendship with them, I found a better friend.

Katie L., age 11, Mississippi, USA

Temples around the World

Each temple around the world is a special house of the Lord. Use the clues below to match the temple with its picture. Check answers on page 39.

A

H



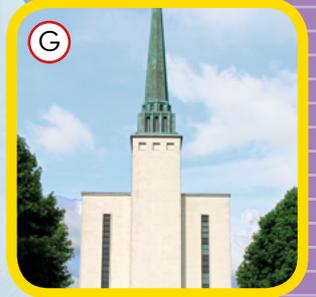
B



1 This is the temple closest to where my family lives! (Now draw that temple.)

5 The Mexico City Mexico Temple was designed to look like ancient Aztec and Mayan buildings.

G



2 The Accra Ghana Temple is surrounded by fan-shaped palm trees.

6 The Philadelphia Pennsylvania Temple has columns in front to match other historic buildings in the area.

3 The Cardston Alberta Temple has no tower, spire, or Angel Moroni.

7 The Hong Kong China Temple was built to fit into a big, crowded city.

4 There are beautiful stained-glass windows covering the front of the Sydney Australia Temple.

8 The copper spire on the London England Temple is a greenish color.

C



F



D



E



How Many Temples Are There?

Check your answers on page 39.

$$3 \times 20 \times 2 + 30 = \underline{\quad} \text{ (The number of finished temples)}$$

$$4 \times 20 \div 5 + 3 = \underline{\quad} \text{ (The number of temples being built)}$$

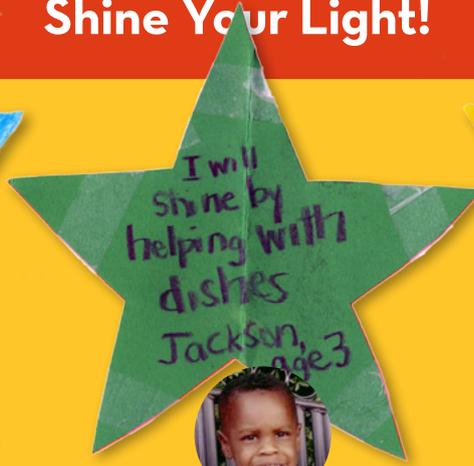
$$100 \div 2 \div 2 - 5 = \underline{\quad} \text{ (The number of temples planned but not started yet)}$$

How many temples total? $\underline{\quad}$

Shine Your Light!



**Madeleine H., age 10,
Utah, USA**



**Jackson R., age 3,
Texas, USA**



**Savannah R., age 7,
Texas, USA**

FUNSTUFF ANSWERS

Page 3: 1-children, 2-Primary, 3-Rogers, 4-Saturday, 5-fourteen, 6-million

Page 31: Because pepper water makes them sneeze!; b. 14 years

Page 38: 1-A, 2-H, 3-E, 4-F, 5-B, 6-C, 7-D, 8-G; 150, 19, 20, 189



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ9, 16, and 32.

How to Write to the Friend

To send us a letter, drawing, poem, or star...

1. Fill out the form below and send it in with your story or artwork, and include a school picture or other high-resolution photo.
2. We might edit your submission, and we can't return it to you.

Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2393
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

May the Friend contact you with a survey?

Yes No

The following information and permission must be included:

First and last name

Age Boy/Girl State/Province, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian

Email of parent or legal guardian

The Last Laugh

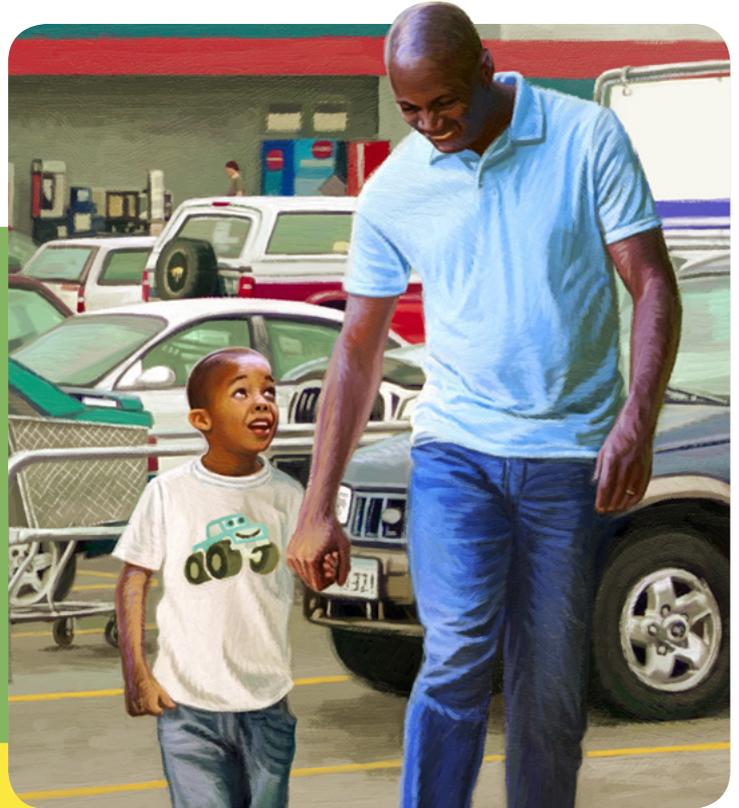


the Friend junior



For Parents of Little Ones

Don't touch the stove. Don't play with scissors. Don't run into the street. As parents, we know that obedience helps keep us safe, but children can't always see that. By teaching them about obedience and safety in different ways, we can help them understand a little better.



Here are some ideas to help your child understand obedience:

When a child asks “Why?” about a rule, take time to explain how it keeps them safe. Guide the conversation by asking, “What would happen if we didn't follow that rule?”

Keep rules short and specific. Instead of saying, “Be careful in the parking lot,” try, “Hold Dad's hand.” Whenever possible, make the rule positive instead of negative, like “Stay with the cart,” instead of “Don't run away.” Thank them when they make good choices.

Before going on an outing, like to a park or beach, review safety rules for that place. You could even consider making flashcards with pictures to remind them of important rules. Teaching beforehand is easier than trying to teach with distractions all around.

Learn the words to “Keep the Commandments” (*Children's Songbook*, 146-47) and talk about how obeying God's rules keeps us safe too.

▶▶ You can read past letters at FriendFPLO.Ids.org. ◀◀

Hi, Friends!



I set a good example for my brother by being kind and patient and helping him. I love being a big brother.

Kyler, age 4, Alberta, Canada



I made purple CTR cookies!
Camille, age 5, South Dakota, USA



I got up early and set breakfast out for my family. It made my mom happy!

Caleb, age 4, Alberta, Canada



I practice riding my bike!

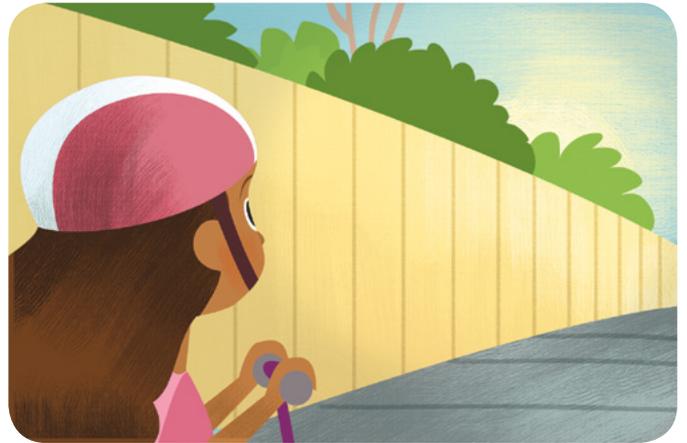
Jun, age 3, Taiwan

Racing Rules

By Jennifer Maddy



Lelah hops on her new trike and pedals down the driveway.



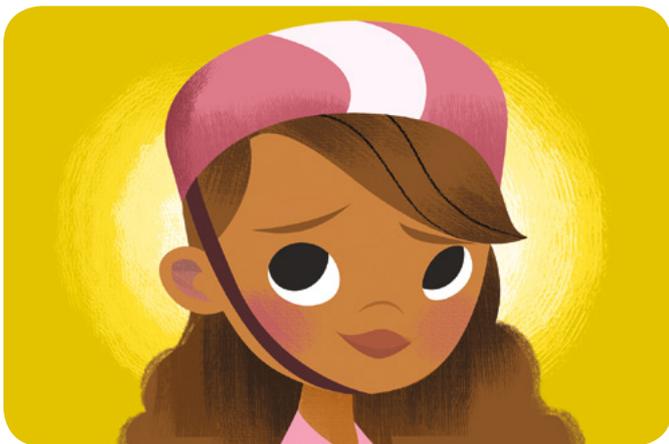
She is supposed to stay on the driveway. It's a family rule.



But Lelah wants to race down the sidewalk!



Her front tire rolls closer to the end of the driveway.



What will she choose?



Lelah races back up the driveway. Obeying the family rule gives her a happy feeling!

Making Happy Choices

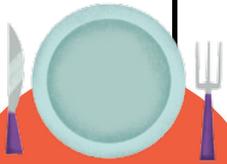
Help Lelah make more good choices today!

**Trace your finger through the maze.
As you point to each picture,
answer the question.**

Mom asks Lelah to put away her shoes. What should she do?



Kitty needs food. What should Lelah do?



Dad asks Lelah to help set the table. What should she do?



Little brother wants to play with Lelah's stuffed animal. What should she do?

David and Goliath

By Kim Webb Reid

David was a boy who took care of sheep. His big brothers were soldiers trying to protect their people. One day, David's father sent him to take food to his brothers.



When David got there, he saw a giant soldier named Goliath. Goliath said if anyone could beat him, the war would be over. But no one was brave enough to fight him.



David said *he* would fight Goliath. The king told David no. David was only a boy, and Goliath was strong and big! But David knew God would help him. Finally, the king said, “Go, and the Lord be with thee.”



David did not wear armor like Goliath did. He picked up a stone and put it in his sling. He threw the stone at Goliath’s forehead. Goliath fell. David won! He had saved his people.



Sometimes I face scary problems. When I ask God for help, He helps me be strong. ●

From 1 Samuel 17.

I Can Be a Good Example



ILLUSTRATION BY APRYL STOTT

Wally's WIGGLES

By Jane McBride
(Based on a true story)

Wally wanted to sit still in sacrament meeting. He did. Really. But it was hard.

He wiggled.



He squirmed.



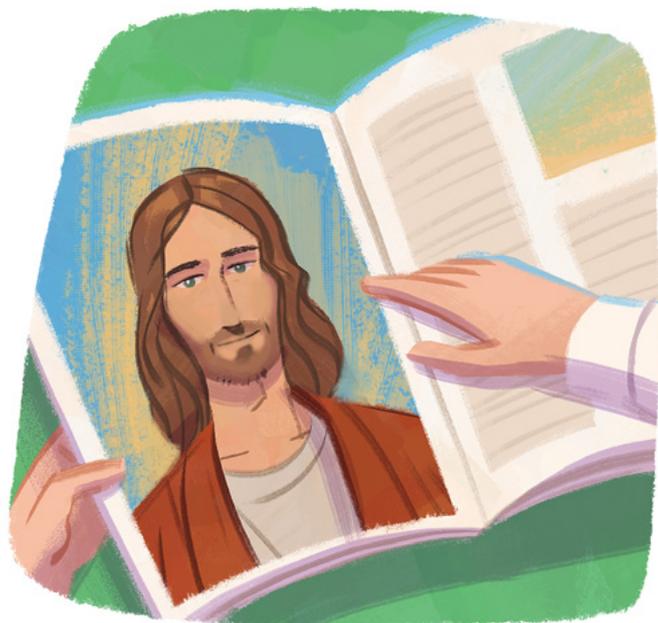
He bounced.

Mommy put her hand on Wally's shoulder.
"This is Heavenly Father's house," she whispered.
"We need to be reverent."

Wally sat still. For a minute. Then he wiggled again. How could he beat the wiggles?

Wally looked at Robby. Robby was his little brother. Robby was two years old.

Robby had the wiggles too. When you are two, the wiggles are even worse.



Wally whispered, “Robby, let’s look at your book.” It was a picture book. It was about Jesus.

Wally opened the book. Robby saw a picture of Jesus. Robby smiled.

“Jesus,” Robby said.

Wally nodded. “Let’s think about Jesus,” he whispered.

Robby was quiet. And Wally’s wiggles went away. ●

The author lives in Colorado, USA.

