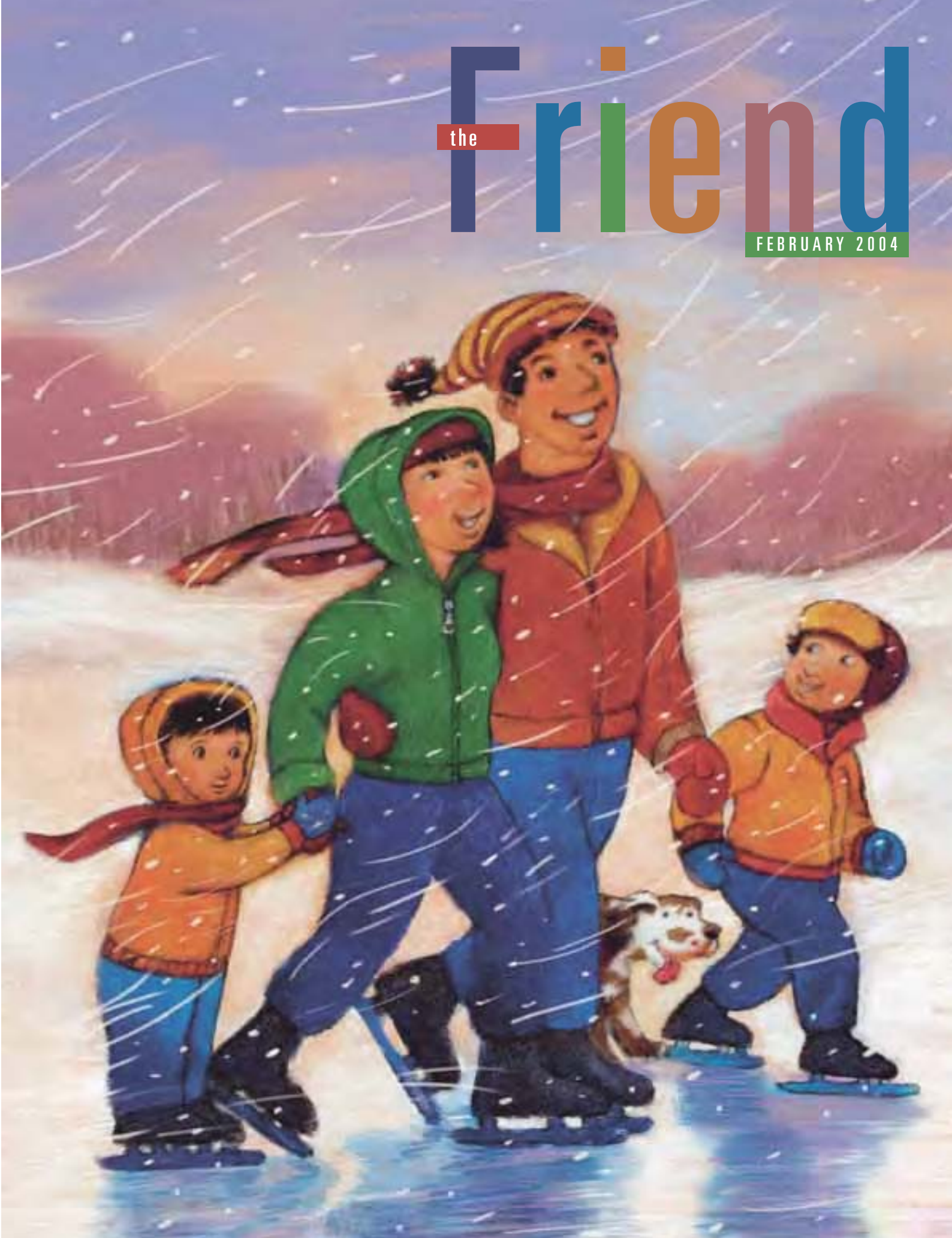


the Friend

FEBRUARY 2004



A Suggestion

The October 2002 *Friend* was really great. I read the whole issue in just two days and did all the activities. I found the hidden word, *covenant*. I even used your family home evening ideas. I liked the story "Different Walls, Same Foundation."

I have a suggestion. When you do cutout activities, leave a blank page on one side so a story isn't wrecked when I do the activities.

Sarah McComb, age 9
West Jordan, Utah

Thanks for the suggestion, Sarah. It makes a lot of sense. Unfortunately (or fortunately), there are so many wonderful things we want to share each month that we hesitate to leave any blank pages. But we'll think about it. In the meantime, perhaps you could photocopy the story.

Does anyone else have a suggestion for making the *Friend* a better magazine?

—The Editors

Peace and Love



Star (right) with one of her aunts.

When I was first a member of the Church, I would listen to Church music in bed. The first time I listened to "A Child's Prayer," I felt peace and love. I felt the Spirit strongly. As I listened to the soft voice, I began to cry. Whenever I think about how Jesus Christ died for us, I feel many feelings at once. I was baptized on February 5, 2002, and I am glad!

Star Pratt, age 10
Independence, Oregon

A Priesthood Blessing

The night before I had heart surgery, my dad gave me a priesthood blessing. Because of this blessing I was not afraid. The surgery went well, and I recovered quickly. I am thankful that my dad has the priesthood and can bless our family with it.

Stephanie Salisbury, age 7
Mapleton, Utah



I Wasn't Mad Anymore



One day while I was practicing on the piano, I was making a lot of mistakes. I got mad and started pounding on

the keys. I tried playing a different song, but I kept making mistakes and got madder and madder. I was going to quit, but I remembered that my piano lesson was the next day. So I decided to say a prayer. It was a really short prayer. I said, "Please help me to be able to play this song. Help me to stop getting mad and to be good." After my prayer, I felt a tingly feeling. I took a deep breath and let it out. I wasn't mad anymore. I played the song and only messed up twice. At my lesson the next day, I played it without making any mistakes.

Hayden Carnline, age 11
Rockdale, Texas

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Cover by Brad Teare

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HIDDEN CTR RING

Haz lo justo is how
children say "choose
the right" in Spanish.
As you look for the
Spanish CTR ring hidden
in this issue, remember
to honor your parents.



the friend

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



Come Listen to
a Prophet's Voice

Happiness

BY PRESIDENT JAMES E. FAUST
Second Counselor in the First Presidency



President Faust
teaches us how to
be happy.

Since we don't always desire that which is good, having all our desires granted to us would not bring us happiness.

The story is told of Ali Hafed, a wealthy ancient Persian who owned much land.

An old priest told him that if he had a diamond the size of his thumb, he could purchase a dozen farms. "If you will find a river that runs through white sands, between high mountains, in those white sands you will always find diamonds."

Said Ali Hafed, "I will go."

So he sold his farm and away he went in search of diamonds. After years of searching, he had spent all his money, and he passed away in rags and wretchedness.

Meanwhile, the man who purchased Ali Hafed's farm one day led his camel out into the garden to drink, and as the animal put his nose into the shallow waters, the farmer noticed a curious flash of light in the white sands of the stream. Reaching in, he pulled out a black stone containing a strange eye

of light. In the black stone was a diamond. According to the story, this marked the discovery of the most valuable diamond mines in the history of the ancient world.

Had Ali Hafed remained at home and dug in his own cellar or anywhere in his own fields, rather than traveling in strange lands where he eventually faced starvation and ruin, he would have had "acres of diamonds."¹

How many times do we look for our happiness at a distance in space or time rather than right now, in our own homes, with our own families and friends?

Live happily every hour, every day, every month, and every year. The golden pathway to happiness is the selfless giving of love. ●

Adapted from "Our Search for Happiness," *Ensign*, Oct. 2000, 2-6.

NOTE

1. Story paraphrased from Russell H. Conwell, *Acres of Diamonds* (1960), 10-14.





Grandma's Notebook

BY STACEY A. RASMUSSEN
(Based on a true story)

*Whatever thou shalt
bind on earth shall be bound
in heaven* (Matthew 16:19).

Families can be together forever through Heavenly Father's plan," Jessica and her cousins sang at their grandmother's funeral. It was a sad day for Jessica because she would miss Grandma Tolley. She enjoyed the time they had spent together working in the garden, going for walks, and having weekend sleepovers. But it was also a joyous day because Jessica knew that Grandma had longed to be reunited with Grandpa, who had passed away 17 years before.

Later that day, Jessica and her mother drove to the cemetery to visit the grave site. "The roses and carnations look so beautiful," Mom said.

"They smell terrific." Jessica sniffed a pink rose.

"I'm sure Grandma was pleased with all the family and friends who came today. She enjoyed helping others and loved all people. The beautiful flowers show they loved her, too," Mom said.

Jessica thought for a moment. Then she said, "At the funeral, Aunt Diane said that 'Families Can Be Together Forever' was Grandma's favorite song. Why was a

Primary song her favorite?”

Mom smiled. “I’m going to let Grandma answer that question for you.”

“How can Grandma answer my question when she isn’t here anymore?” Jessica asked.

“We’ll stop by her house on the way home, and I’ll show you,” Mom answered.

As Jessica walked into Grandma’s house, it was dark and quiet. Quickly she turned on a light. Everything was still in its usual place. There were pictures of Jessica and her cousins hanging on the walls. A cherished afghan was folded neatly over the back of the couch.

Mom opened a small closet door. After a bit of searching, she pulled out a pile of worn notebooks.

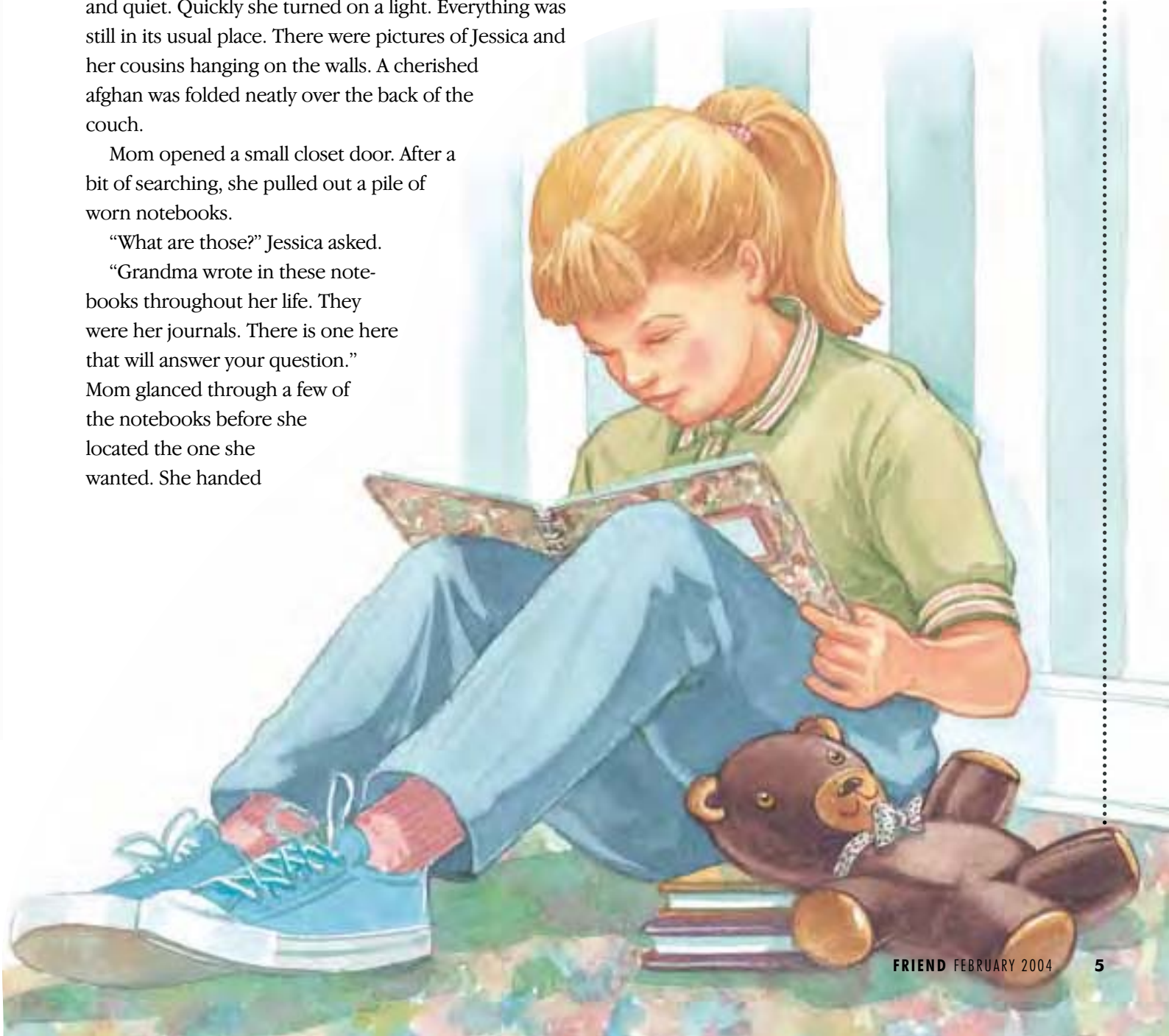
“What are those?” Jessica asked.

“Grandma wrote in these notebooks throughout her life. They were her journals. There is one here that will answer your question.”

Mom glanced through a few of the notebooks before she located the one she wanted. She handed

it to Jessica. “As you read what Grandma wrote, you’ll find out why ‘Families Can Be Together Forever’ was her favorite song.”

The next day was Saturday, and Jessica got right to work doing her chores and practicing her piano lessons. She even skipped watching cartoons so she could have more time for Grandma’s journal. Opening to the first page, she began to read.





March 14, 1941

It was a beautiful spring day as James and I drove to the county courthouse to be married. Many of our family and friends were there to witness this joyous occasion. James looked so handsome in his new suit. I am lucky to have married him. He is a hard worker and will be a good husband and father. The judge gave us many useful words of wisdom and counsel.

I always thought my wedding day would be the happiest day of my life—but I was wrong. As the judge finished the ceremony, he said, “I now pronounce you husband and wife until death do you part.” That statement will be etched in my heart until I am sealed to James in the holy temple of the Lord. I pray for the day when we will know we can be together forever.

Jessica was surprised. She had always thought her grandma and grandpa had been married in the temple. For as long as Jessica could remember, Grandma Tolley had done temple work each week with her friends. Temple work had been very important to her, and she had talked about it often.

All afternoon, Jessica continued to read. She was amazed at how hard Grandma had worked each day. She hung the laundry out on the line to dry. She carried

buckets of coal down to the basement to burn in the furnace. She sewed clothes, planted and cared for a large garden, made her own bread, spent time with her daughters, and still did things to help other people. Jessica also enjoyed learning about what her mother was like as a little girl.

June 7, 1955

This afternoon I watched the girls play outside. They were having so much fun making necklaces out of dandelions. They laughed and giggled at the silly things each would say and do. As I quietly watched, Elizabeth noticed me and ran over to give me a big, yellow dandelion. “I love you, Mom,” she said.

In my heart I thanked Heavenly Father for such precious children. They are like the sunshine that lights my day. I continue to pray and work toward the blessing of being sealed as a family in the temple. Until that day arrives, I will put my trust and faith in the Lord.

Jessica was so absorbed in the journal that she didn’t hear her mother come into the room. “Looks like



you've been doing some reading."

"Yes, I have," Jessica said. "I didn't know that Grandma wasn't married in the temple. I think it would be hard to know that after this life you would no longer be together as a family."

"It was hard for Grandma," Mom said.

"But that doesn't explain why 'Families Can Be Together Forever' was her favorite song," Jessica said.

"Keep reading." Mom smiled as she left the room.

Jessica read until late in the afternoon. As she neared the end of the notebook, she was a little discouraged at not finding the answer she had been looking for. When she was about to stop for the day, Jessica decided to read one more entry.

April 29, 1957

Today I knelt across from James in the Lord's holy temple. I have prayed for this moment for many years. I am thankful to know that we can be eternal companions. Words cannot express even the smallest portion of the joy and love I felt from Heavenly Father.

When they brought in our daughters all dressed in white, tears fell freely from my eyes. Kneeling together and being sealed as a family was the most important moment of my life. I am grateful for the knowledge that if I live the teachings of the gospel, I can have these precious daughters throughout eternity.

"Have you discovered the answer?" Mom asked that evening at dinner.

"I think so," Jessica replied. "Grandma loved her family very much. But because she was not married in the temple, her family wouldn't always be together. Grandma prayed and worked toward the day they could go to the temple. The song must have reminded her of the day she was sealed to her family."

"That's right."

"Did you sing that song when you were in Primary?" Jessica asked.

"No, 'Families Can Be Together Forever' hadn't been



written yet when I was in Primary. Several years after Grandpa passed away, Grandma heard the Primary children sing it in sacrament meeting. She felt the Spirit so strongly that she was sure Heavenly Father was speaking right to her. Grandma loved the words because they gave her comfort in knowing that her family could be together forever."

That night as Jessica knelt in prayer, she thanked Heavenly Father for a wonderful grandma. She also promised to live worthily to go to the temple. She wanted the blessing of an eternal family and the opportunity to be with Grandma Tolley again someday. ●

Stacey A. Rasmussen is a member of the Spring City Second Ward, Mount Pleasant Utah Stake.



"The only way families can be together forever is to accept and keep sacred covenants offered in the temples of God on this earth."

Elder Henry B. Eyring of the Quorum of the Twelve Apostles, "A Voice of Warning," Ensign, Nov. 1998, 33.



Friend to
Friend



From an interview with Elder H. Bruce Stucki of the Seventy, currently serving in the North America Southwest Area Presidency; by Barbara Jean Jones

As a high school football player



A Clear

And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you (3 Nephi 18:20).

I grew up in a small farming town in southern Utah called Santa Clara.

When I was a boy, my chores were to feed the chickens and gather their eggs, to feed and milk the cows, and to feed the pigs. I had one little pig I raised from birth, feeding her out of a bottle. I named her Lolly. When I called Lolly's name, she'd come running to me. I also had a gray pony named Smokey and, when I was a little older, a black horse named Lucky that I loved to ride.

While growing up, I liked to hunt and fish. When I was about 10, I received a bow and arrow set for Christmas. A few days later, I asked my mom if I could go hunting with my bow and arrows in the red sand hills behind our house. She said OK, but to be home before dark. A rabbit soon jumped out in front of me. I shot one of my arrows at it, but missed. My bow and arrow set came with only five arrows, so I really wanted to find the one I had shot. I looked and looked, but couldn't find it.

By then the sun was getting low, and I knew I had to get home soon. So I decided to do what I'd been taught to do if I needed help. I knelt down in the sand and asked Heavenly Father to help me find that arrow. When I opened my eyes, there it was, caught in a bush right in front of me. That was the first experience I can remember in which I really had a clear answer to my prayers. It was a strong beginning for my faith in the Lord and in the power of prayer.

Heavenly Father has answered my prayers many times since then. When one of my own sons was about 10, Heavenly Father saved our lives. I had my pilot's license and was flying some friends from St. George, Utah, to Grand Junction, Colorado,

so they could visit their family. I invited my son Michael to come along for the ride.

Riding his horse, Lucky, at about age 10





Answer

To get to Grand Junction, we needed to fly over some very high mountains. We were flying 15,500 feet in the air in a twin-engine plane. We were a little more than halfway there when the propeller of my left engine started racing out of control, so I had to shut it down and boost maximum power to the other engine. But even after that we started losing altitude, heading downward at about 200 feet per minute, and we still had one last mountain range to fly over.

As we got closer, I could see that the plane was sinking below the top of the mountain, and that we weren't going to make it over. In my heart I was praying that Heavenly Father would guide me through this. I started to look around for a place to make an emergency landing, but there was nowhere to land the plane safely.

Right then, words came into my mind that told me to start the damaged engine. At first I ignored them, because

**With his dog, Spot,
at age 8**



I was afraid that if I turned the engine on, it would race out of control again and maybe even blow apart. But the words kept coming back to me: "Start the engine!" I then realized that if I turned the engine on just a tiny bit, the wind would be able to easily pass through the propeller and not drag the plane down as much. The minute I turned on

the engine, the plane started to climb. We cleared that last mountain pass with less than 50 feet between us and the treetops. We finally landed safely at the airport. That taught me a real lesson in life—to pay attention to what Heavenly Father is trying to tell you through the promptings of the Spirit.

Children, Heavenly Father will guide and protect you, too, if you ask for His help. One of my favorite scriptures is from Doctrine and Covenants 84:88: "I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up." I've always found a lot of comfort in that scripture. I know it is true. ●

With his wife, Cheryl, and their children and grandchildren





FROM THE LIFE OF PRESIDENT HEBER J. GRANT

Reading the Book of Mormon



One day, Heber J. Grant's uncle asked Heber and his cousin a question.

Have you boys ever read the Book of Mormon from cover to cover?

Not yet.

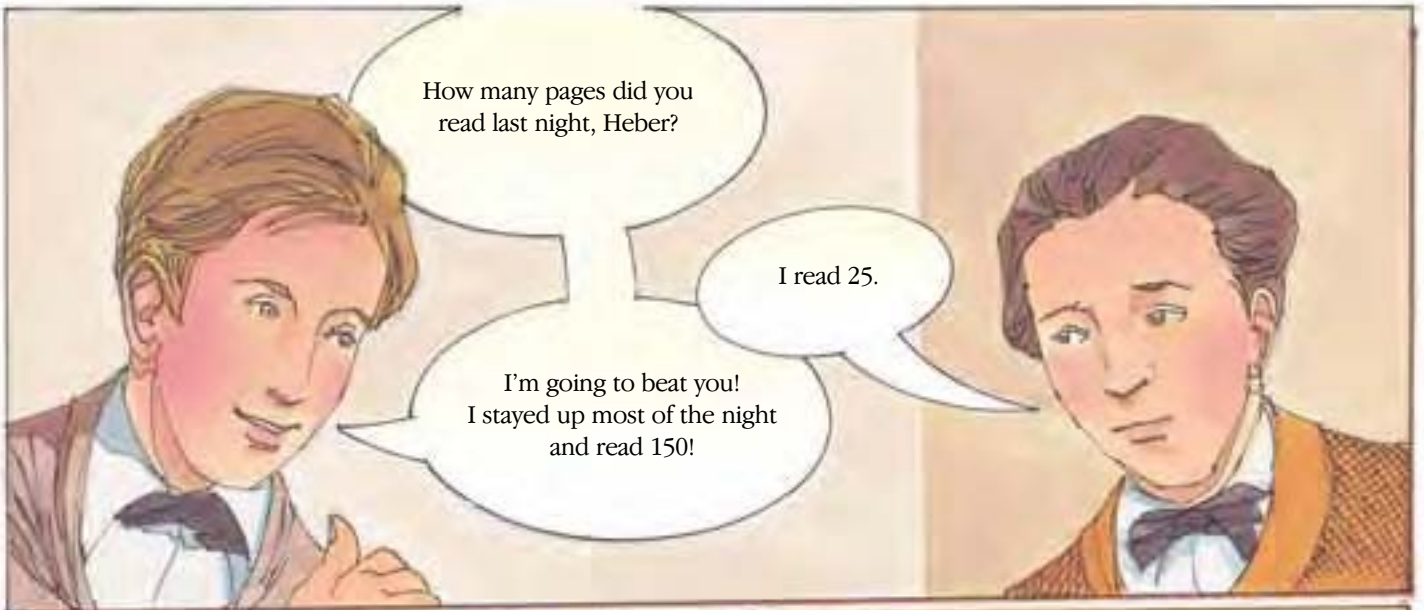
Me neither.

How about a little contest then? I'll give the first boy to finish the book a nice pair of buckskin gloves.



Heber really wanted the gloves. He started reading that same night.

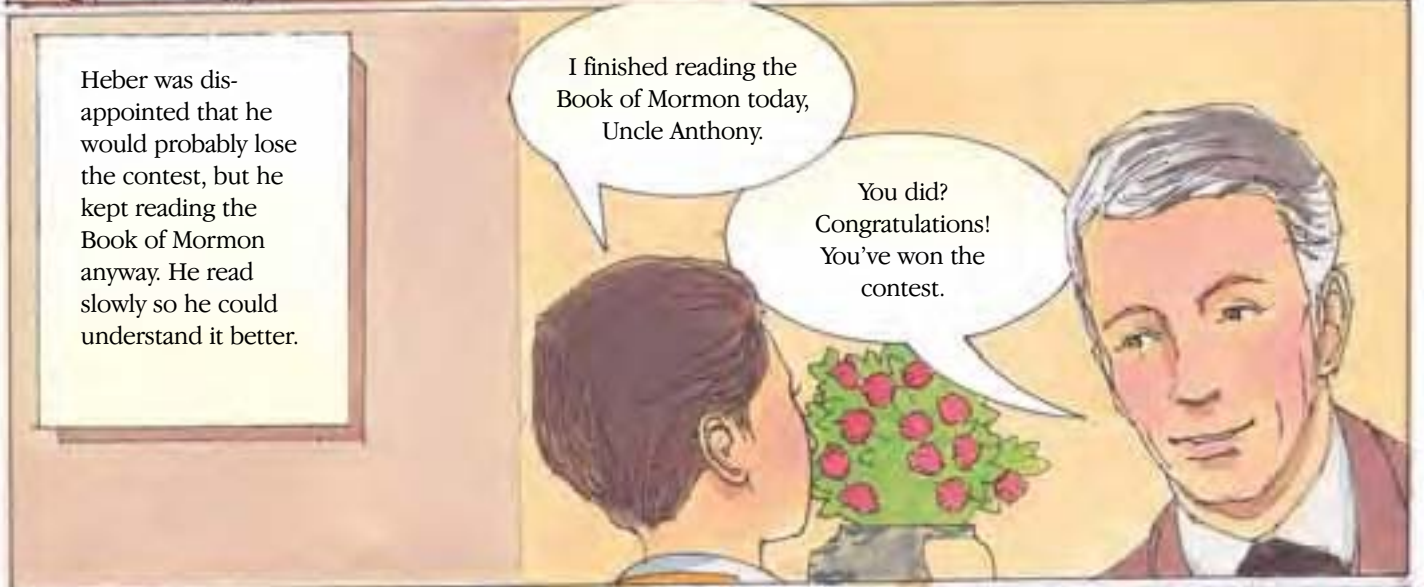
ILLUSTRATED BY MIKE EAGLE



How many pages did you read last night, Heber?

I read 25.

I'm going to beat you!
I stayed up most of the night
and read 150!



Heber was disappointed that he would probably lose the contest, but he kept reading the Book of Mormon anyway. He read slowly so he could understand it better.

I finished reading the Book of Mormon today, Uncle Anthony.

You did?
Congratulations!
You've won the contest.



Even though Heber's cousin had gotten a fast start, he hadn't read a page since. Heber was grateful he had won the gloves. But even more important, he was grateful he had gained a testimony of the Book of Mormon.

Adapted from The Presidents of the Church, ed. Leonard J. Arrington (1986), 223-24.



Make a Joyful

Nvise



BY SHEILA KINDRED

(Based on a true story)

Praise the Lord with singing (D&C 136:28).

“Let’s not sit by the Wilsons today,” Paul said to his mom as they drove to church.

“Why not?” Mom seemed surprised.

“Because their little boy embarrasses me.”

“You mean cute little Joseph? How does he embarrass you?”

“Haven’t you heard him? He’s so loud, especially during the hymns. He thinks he’s singing, but he’s just making noise.”

Mom smiled. “Ah, yes, I have heard him. I’ll tell you what, you listen very carefully to him today and think about what you hear. And next week, if his singing still bothers you, we’ll sit somewhere else.”

Paul frowned. “That means we’ll *have* to sit by the Wilsons today.”

“That’s right. But after today the problem should be solved. OK?”

“OK,” Paul sighed.

When they entered the chapel, Paul looked around until he spotted the Wilsons. They were just settling onto a bench. Joseph already had his nose in a hymnbook.

“There’s a seat just in front of them,” Mom pointed out. “Let’s go.”

As Paul sat down, Joseph put down his book and grinned at him. Paul couldn’t help smiling back. Joseph did have a special sparkle in his eyes. If only he weren’t so noisy.

After the bishop’s greeting, it was time for the opening hymn. Paul was still looking for the correct page in the hymnbook when the music began. Joseph began to wail so loudly that Paul could hardly hear the organ playing.

Paul looked at Mom and silently mouthed, “See?”

Mom smiled and mouthed back, “Listen.”





Paul listened. Joseph sang very loudly, but he wasn't singing what everyone else was singing. When the rest of the congregation paused between verses, Joseph's voice could still be heard. It just sounded like noise to Paul. Why couldn't Joseph sing the right words or at least sing at the right times? Paul glanced back at the Wilsons. Joseph held open the hymnbook for his parents. They didn't seem to notice the awful racket he was making.

After the opening prayer, Mom opened her scriptures and pointed out a verse to Paul. It was in Psalms 66:1–2 and it read, “Make a joyful noise unto God, all ye lands: Sing forth the honour of his name: make his praise glorious.”

“‘Joyful noise’? Was that what Joseph was doing?” Paul wondered.

When it came time to sing the sacrament hymn, Paul was halfway through the song when he realized he couldn't hear Joseph. Had he fallen asleep? Paul glanced back and saw Joseph sitting between his parents with his arms folded. Joseph's father held the book for them. Paul tilted his head and listened carefully. Was Joseph making any noise at all? Yes, now he could hear him. He was humming. He wasn't humming the same song everyone else was singing, but it was a reverent tune. Joseph somehow knew that this was the time for a quiet song. Paul tried to sing with more reverence.

Paul was glad there was another hymn during the meeting. This would give him another opportunity to hear Joseph sing. And sing he did! This was more like a “wake-up” hymn to Joseph. He held the hymnbook high again and sang with gusto. Paul suddenly realized that Joseph probably didn't sing the words because he wasn't old enough to read, but he didn't let that stop him. Paul wondered if he would be so brave if he couldn't read the words in the hymnbook. Would he be able to sing with as much enthusiasm as Joseph?

After that hymn, Paul's mother showed him another scripture: “For my soul delighteth in the song of the heart; yea, the song of the righteous is a prayer unto me, and it

shall be answered with a blessing upon their heads” (D&C 25:12). Paul nodded.

Joseph's singing certainly was from his heart.

Paul made one more discovery during the closing hymn. Joseph wasn't just making noise or making up words, he was actually singing the words to a song. Paul listened carefully and heard “I Am a Child of God.” Of course, everyone else was singing something else. When the congregation began singing the last verse, Joseph launched into “Jesus Wants Me for a Sunbeam.” Paul smiled to himself. This was Joseph's time to sing, too. And he was singing every song he could think of, with all his might.

When the last notes on the organ faded away, Joseph's voice could be clearly heard as he ended his song with “I'll be a sunbeam for Him.” Many people chuckled. Paul heard Joseph's mom whisper to Joseph, “Prayer time.” There was a rustle as Joseph shifted in his seat and folded his arms.

When the prayer was over, Paul's mom looked at Paul and raised her eyebrows. “Well?” she asked. “Is there still a problem?”

Paul shook his head. He turned to the Wilsons. “Hey, Joseph,” Paul said, “can I walk you to Primary? I bet they love you in singing time.”

Joseph grinned and nodded as he took Paul's hand. As they walked down the aisle, Paul started quietly humming a Primary song that had just come to his mind, “A song is a wonderful kind of thing, so lift up your voice and sing. . . .” ●

Sheila Kindred is a member of the Ames Ward, Ames Iowa Stake.



“The singing of hymns is one of the best ways to put ourselves in tune with the Spirit of the Lord.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “Worship through Music,” *Ensign*, Nov. 1994, 10.

I Feel the Spirit

Words and music by
Matthew Neeley

Reverently ♩ = 92-108

1. I feel the Spir - it, gen - tle the peace.
 2. I feel the Spir - it teach - ing with love
 3. I feel the Spir - it, qui - et and kind,

Love in my heart be - gins to in - crease.
 Truth sent from Fa - ther and wit - ness - ing of
 Prompt - ing, in - spir - ing, en - light'n - ing my mind.

Joy, faith, and com - fort, heav - en is near.
 Je - sus, my Sav - ior. I will re - joice
 Soft - ly He whis - pers. I will o - bey,

I feel the Ho - ly Spir - it here.
 Hear - ing the Ho - ly Spir - it's voice.
 Led by the Spir - it on my way.

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Susanna Ståhle

of Turku, Finland

BY EEVA STÅHLE AND TIFFANY E. LEWIS

Susanna Ståhle, age 11, of Turku, Finland, has a lot of courage. She has been riding horses since she was five years old and likes to jump them over obstacles. She says good balance and the ability to estimate the horse's steps are important. But most important is having the courage to urge the horse over the jump. When a rider feels afraid, the horse senses

fear and may refuse to jump.

Susanna has courage in other areas of her life, too. A good friend taught her to jump horses. The friend wanted Susanna to compete in jumping competitions that were held on Sunday, but Susanna told her friend she wouldn't.

As the oldest daughter in the Ståhle family, Susanna knows she needs to set a good example for her younger brother, Daniel, age 2, and younger sisters Sofia, age 8, and Emilia, age 6. One of the ways she sets an example is by helping her mother prepare dinner. But to Susanna it's not a chore. She likes cooking!

"I learn more and more every week," Susanna says.





“Lasagna is one of my favorites.” Susanna says she feels good when she is helping her family. “When you are serving, you see how good it makes others feel. It makes you happy and eager to do more.”

Susanna also helps out by taking care of her brother Daniel. She says he can make a big mess very quickly. One day Daniel decided to “wash” all the mirrors in the house and even his own head with foot cream! Susanna helped clean up, and it took almost an hour.

But Daniel isn’t always making messes. “Daniel also likes listening to stories, and sometimes he falls asleep in my arms when I’m reading,” Susanna says.

Next to jumping horses, Susanna’s favorite thing to do is curl up on the couch and read a good book. She especially likes adventure books. And when she was only two years old, she would sit for long periods of time and listen to Book of Mormon stories. Now Susanna writes her own stories. Some of her stories are so touching they make her mom cry. She likes to write about ponies and horses.

Susanna’s sister Sofia likes to paint and hopes to become an artist someday. She wants to have her work exhibited in the local library. She also enjoys swimming and biking. Although her activities keep her busy, she still finds time to play with Daniel and Emilia.

Singing and playing the piano are Emilia’s favorite things to do. She wanders around the garden and up the hill behind her

The Stähles spend time as a family gardening (above), skiing, cooking, and swimming. They are helping Sofia prepare for baptism by reading the Book of Mormon (below).



The Stähle family in 2000





Susanna and Daniel (above) enjoy reading stories together. Susanna visits the Stockholm Sweden Temple (right).

house, singing the whole way. She makes up many of the songs she sings—songs about Heavenly Father and Jesus.

The Ståhle family attends the Turku Second Ward in the Tampere Finland Stake. The closest temple to their house is in Sweden, a 12-hour trip by car and boat. But in 2000, the First Presidency announced that a temple would be built in Helsinki, Finland. The Ståhles are excited to see it completed! It will be only three hours from their home, and they know it will be beautiful. “We have pictures of our eternal family at the Sweden temple,” Susanna says. “I want to get married in the temple. Our Primary teacher told us about temples and how we can serve there.”

When Susanna’s parents go to the temple in Sweden, they often bring back Church videos that the family watches together for family home evening. The Ståhle family also likes to spend time together snow skiing, ice skating, or swimming in the lake by their house. They enjoy cooking meals as a family, and Susanna’s older brother, Mikael, age 17, makes a special dessert—chocolate cake with whipped cream.

Susanna’s favorite hymn is “Called to Serve” (*Hymns*, no. 249), which she learned in Primary. She looks up to Mikael, who will be serving a mission when he finishes his service in the army.

Susanna’s mother, Eeva, joined the Church in 1989, before Susanna was born. Sister Ståhle had a good friend who was a member of the Church, but they never talked about religion until Sister Ståhle’s sister was in a bad car accident. Soon after that, Sister Ståhle went with her friend to church. Immediately she felt that she had

come home. She was baptized a month later, and Susanna’s father, Sven, was baptized a few years later.

Now Susanna and her family are helping Sofia prepare for baptism. One of the ways the family is helping Sofia is by inviting the missionaries to their home. Sofia is also preparing by reading the Book of Mormon, a goal she set for herself.

Susanna can still remember the good feelings she had when she was baptized. A week before her baptism she had a dream she



remembers very clearly. In the dream she saw a huge mountain in front of her and a path that went straight to the top of the mountain. She saw another path that went sideways up the mountain, but it seemed well lit. She chose the sideways path and soon found herself in deep darkness. She had a sad feeling and turned around.

“Sometimes we choose the wrong path,” she says, “but we can always turn around and find the way to Heavenly Father.” Susanna is courageous enough to always find her way! ●

Eeva Ståhle is a member of the Turku Second Ward, Tampere Finland Stake. Tiffany E. Lewis is a member of the Miami Shores Ward, Fort Lauderdale Florida Stake.



Proclamation on the Family Pyramid

What do we need to have a successful family? Help these family members get to the top of the pyramid by circling the words in the puzzle that appear in bold type in the statement on the right side. Words appear up, down, across, and diagonally.

“Successful **marriages** and **families** are established and maintained on principles of **faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities.**” (See “The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102.)

X
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 V H E Q E A S G W I P H
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 W H O L E S O M E R E C R E A T I O N A L A C T I V I T I E S K



MY FAMILY

BY SHEILA E. WILSON

The family is ordained of God (“The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102).



Banay, aiga, perbe, famiglia, rodina, fjölskylda, familia, család—these words may look different, but they all mean the same thing—FAMILY! All families are different. Some families have many children, and some have a few children, or one child, or no children. Some families have children, parents, grandparents, aunts, and uncles all living together. Some children have two parents, and some have one. Some children live with their grandparents or other adults; these adults make up their family.

Heavenly Father planned for us to come to earth and live in a family. He wants the best things for us and wants us to return to live with Him one day. He gave us parents to teach us and help us make wise decisions.

You are important to your family, and your family is important to you. The important thing about families is that family members love and care for each other. An important part of living the gospel is showing love for

your family and working to have a happy family. You can show your love for your parents by being helpful and obedient (see Ephesians 6:1). When you are kind to family members, you are showing your love for them. The scriptures teach us how to love our family. They tell us to be “kind one to another, tenderhearted, forgiving” (Ephesians 4:32).

Prophets teach us the importance and the blessings of families. President Spencer W. Kimball (1895–1985) said, “The family is the basic unit of the kingdom of God on earth” (*Ensign*, May 1978, 45). President Ezra Taft Benson (1899–1994) said, “Your most important friendships should be with your own brothers and sisters and with your father and mother. Love your family” (*Ensign*, May 1986, 43). President Gordon B. Hinckley tells us, “The greatest joys of life are experienced in happy family relationships” (*Teachings of Gordon B. Hinckley*, 205).

Heavenly Father has established families to bring us happiness, allow us to learn correct principles in a loving atmosphere, and prepare us for eternal life.

Whipstitched Message Pouch

Read Mosiah 18:21. You can apply this scripture in your life by the things you say and do. Think of something kind to do for a family member. (Suggestions: make a bed, cheer up someone who is sad, do one of your brother’s or sister’s chores, help Mom or Dad around the house without being asked, set the table for dinner, give Grandma extra hugs and tell her why she is special, say “please” and “thank you” all day to Mom.)

Trace the oval on page 21 twice onto heavy paper or felt; then cut out the two ovals. Thread a large needle with yarn or embroidery floss, and tie a knot at the end. Whipstitch (bring the needle from underneath, up through the ovals, around the edge, and up through again and again) the ovals together, leaving an opening at the top (see p. 21). Insert one of the messages on page 21 (or a message of your own) into the pouch. After doing something kind for a family member, leave the pouch on his or her bed.



I love you!

You're the greatest!

Sharing Time Ideas

(Note: All songs are from *Children's Songbook* unless otherwise indicated; GAK = Gospel Art Kit, TNGC = *Teaching, No Greater Call*. Be sensitive to the family situations of the children in your Primary. Help them understand that it is not the structure of the family that is important but that family members love each other.)

1. Briefly tell the children about Heavenly Father's plan for us. Heavenly Father blessed us with families to help us return to live with Him. Give the children a copy of "The Family: A Proclamation to the World." Tell the children that it contains the Lord's teachings regarding the family. By following these teachings, we can strengthen and unify our families now and prepare to live as eternal families. As you read the first paragraph of the proclamation, have the children listen for what is at the center of His plan for His children ("The family is central to the Creator's plan for the eternal destiny of His children"). Read together the first two lines of paragraph 7 ("The family is ordained of God. Marriage between man and woman is essential to His eternal plan"). Help the children understand that "ordained of God" means Heavenly Father designed marriage and family not just as an earthly union, but one that will endure forever. Write the words from these sentences on pieces of paper, and cut out each word. On one side of the board, rearrange the words from paragraph 1. On the other side, rearrange the words from paragraph 7. Divide the children into two groups. Choose children to arrange the words in their correct order as their group repeats the sentences out loud. Scramble the words again, and see if they can do it without the groups repeating it. Encourage the children to keep their copies of the proclamation in their scriptures to use throughout the year. Suggest that they read the proclamation with their families in family home evening.

2. Divide the children into groups. Assign each group a song or hymn about home and family. Give the children a few minutes to read or listen to the words of their song or hymn to find how its ideas help us to show love for our family. Have each group sing their song or hymn and then share their ideas. Have the children draw pictures of ways they can show love for their family members (such as helping a sister pick up her toys, helping Dad with yard work, giving Mom a hug). Have as many children as possible explain their picture to the Primary. Encourage the children to show love for family members during the week. Bear testimony that their families will be blessed when they show love for each family member.

3. Heavenly Father gave the power and authority of the priesthood to His children on earth so He can guide and bless us here. Display on a tray some pictures and items that remind us of some of the blessings of the priesthood (for example: pictures of a baby for a baby's blessing, sick child for blessing the sick, number 8 for baptism, two hands for confirmation, a father for a father's blessing, sacrament tray or cups for the sacrament, temple for temple marriage).

Give the children an opportunity to choose an item or picture from the tray and tell what it represents. Replace the items and pictures on the tray, and show them to the children. Keeping the tray covered, remove an item or picture. Uncover the tray, and let the children view what remains. Have the children guess what is missing and say what it represents. Give the children an opportunity to do this a few times.

Sing a song that goes along with each priesthood blessing—for example, "The Fifth Article of Faith" (p. 125), "I Like My Birthdays" (p. 104), "Fathers" (p. 209), "Teach Me to Walk in the Light" (p. 177), "Before I Take the Sacrament" (p. 73), "I Love to See the Temple" (p. 95). Conclude by having a ward member express how the priesthood blesses his or her family.

4. Tell the children about King Benjamin's instructions to families (see Mosiah 4:14–15). Read the last half of verse 15 aloud together. It is important to show your love through your actions. Tell the children that there are many opportunities to serve family members every day.

Have the children play Family Service Charades. Using two containers, put the names of the children in one and ideas for service in the other. Have the child whose name you draw select a service and act it out for the other children to guess. If the child needs a partner to help, he or she can choose another name from the container.

Possible service ideas are writing to a missionary, making a sibling's bed, inviting a friend to family home evening, consoling a sad child, saying a prayer for someone, reading to a younger child.

5. *Song Presentation*: Draw a simple outline of a house on the board (large enough to fit the six pictures—from the GAK or the Church magazines—used in the second part of the presentation below). Pass out some paper hearts to the children. Tell the children that love can be spoken in their homes. As the pianist plays the melody to the first verse of "Love Is Spoken Here" (p. 190–91), have the children pass the hearts around and be thinking of some kind words they say in their homes. When the music stops, have those who are holding hearts share their responses. Write their responses on the board inside the house. Fill the house with "spoken words" until both verses of the song have been played through once.

Tell the children there are other ways that love is spoken in our homes. Place the pictures on the board around the outside of the house in random order. Pictures: Verse 1—family prayer, paper with word "whispers," heart paper, and the Savior. Verse 2—father blessing a sick child, parents teaching in family home evening, heart paper, and Jesus Christ (all heart papers should be the size of the pictures, with a red heart in the center of each).

Verse 1: Have the children listen as you sing the first line of the verse. Ask them to repeat it for you. As you sing the second line, have them listen for something that tells them there is love in our home (mother praying). Ask for a response, and then have them repeat that line. Sing the two lines together. Have the children listen for which word you sing on the highest note as you sing the last two lines of the verse. Ask for a response ("plea"). Tell them that a plea is a prayer. Have the children repeat those two lines for you. Have the children listen to how you sing the last line of the song (softly and gently). Ask them to repeat and sing the same way.

Verse 2: As you sing the first two lines, have the children listen for what my home is blessed with (priesthood power). Ask for responses. Have them repeat that line.

As you finish the verse, have them listen for what is crystal clear (the things our parents teach). Ask for responses and have them repeat the line. Sing the last line, and have them repeat it, singing softly. Review the second verse.

Remind the children that you have just sung about other ways that we can know that love is spoken in our homes. Choose someone who thinks he or she will be able to put the pictures in order inside our home while you sing the whole song. You may need to sing it a second time, having the girls sing the first verse and the boys sing the second, to give the child an opportunity to put the pictures in order. Bear testimony that we can feel our Savior near when love is spoken and expressed in our homes.

6. Additional *Friend* resources: Sharing Time ideas #1, 2, 3, Feb. 2002, 31; Feb. 2001, 6; June 1996, 44; July 1975, 6; Sharing Time idea #1, July 1992, 12; Feb. 1996, 22; Mar. 2003, 20. Other resource: *Family Guidebook* (item no. 31180).



Love Is Spoken Here Primary Songs about the Family

BY ANN WOODBURY MOORE

Many Primary songs from the *Children's Songbook* talk about families. Can you fill in the blanks with the right answer? Words may be used more than once. See answers on page 26.

A. brother

B. daddy

C. daughter

D. family

E. father, fathers

F. mother

G. parents

H. sister

I. son, sons

- We have been born, as Nephi of old,
To goodly _____ who love the Lord.
("We'll Bring the World His Truth," 172-73, v. 1)
- Thanks for home and _____ too,
Many things to love and do. ("Thanks to Thee," 6)
- _____ bird sits on the nest
To hatch the eggs, all three.
_____ bird flies round and round
to guard his _____. ("Birds in the Tree," 241, v. 2)
- Hannah promised God her _____ would serve with joy.
("Follow the Prophet," 110-11, v. 6)
- Let us thank him for our mealtime,
For clothes we daily wear,
For _____, home, and _____,
For his kind and loving care. ("Family Prayer," 189, v. 2)
- _____, _____, baby small,
Heav'nly Father gives us all. ("Thanks to Our Father," 20, v. 3)
- Dear _____, all flowers remind me of you.
("I Often Go Walking," 202, v. 1)
- I love _____; she loves me.
We love _____, yes sirree;
He loves us, and so you see,
We are a happy _____. ("A Happy Family," 198)
- Has given me an earthly home
with _____ kind and dear. ("I Am a Child of God," 2-3, v. 1)
- With _____ and _____ leading the way,
Teaching me how to trust and obey.
("Love Is Spoken Here," 190-91, v. 2)
- Help me to be good, kind, and gentle today,
And mind what my _____ and _____ shall say.
("I Thank Thee, Dear Father," 7, v. 2)
- Honor thy _____ all thy days. ("The Commandments," 112-13)
- Home is where there's _____,
With strength and wisdom true.
Home is where there's _____
And all the children too. ("Home," 192, v. 2)
- Then our _____ tells a story, _____ leads us in a song.
("The Family," 194)
- Abraham the prophet prayed to have a _____,
So the Lord sent Isaac as the chosen one.
Isaac begat Jacob, known as Israel.
Jacob's _____ were twelve tribes, so the Bible tells.
("Follow the Prophet," 110-11, v. 4)
- As a child of God, I've learned this truth:
A _____ is forever. ("I Love to See the Temple," 95, v. 2)
- Stories and games for ev'ryone;
Learning the gospel can be fun!
_____ and _____,
Together on _____ night! ("Family Night," 195)
- When my _____ calls me,
Quickly I'll obey. ("Quickly I'll Obey," 197)
- And we like to help _____,
For we all love her so. ("When We're Helping," 198, v. 1)
- I know a name, a glorious name,
Dearer than any other.
Listen, I'll whisper the name to you:
It is the name of _____. ("The Dearest Name," 208)



The F



The family is ordained of God.



Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ.



See the First Presidency and Council of the Twelve Apostles, "The Family: A Proclamation to the World," *Ensign*, Nov. 1995, 102. This proclamation (item no. 35602) is also available at Church distribution centers.

family

THE FAMILY
A PROCLAMATION
TO THE WORLD



Successful . . . families are established and maintained on principles of faith, prayer, repentance, [and] forgiveness.



Successful . . . families are established and maintained on principles of . . . respect, love, compassion, work, and wholesome recreational activities.

Funstuf

Ice Skating

BY JEAN POWIS

Winter is the time when we can ice skate outdoors on a frozen pond.
But there are some things that don't belong on this pond. Can you find all eight of them?



Love Is Spoken Here: Primary Songs about the Family: (1) G; (2) D; (3) E, E, D; (4) I; (5) G, D; (6) E, F; (7) F; (8) F, B, D or H, A, D; (9) G; (10) E, F; (11) E, F; (12) G; (13) E, F; (14) E, F; (15) I, F; (16) D; (17) E, F, C, I, D; (18) F or E; (19) F; (20) F or E.

Funstuf Answers

ILLUSTRATED BY ELISE NIVEN BLACK

Friends in the News



Roger Bryant Wickham, 8, Pocatello, Idaho, is a good musician who plays the violin, harmonica, and piano, and sings in the Idaho State University Children's Choir. He also enjoys swimming, baseball, soccer, and art.



Janell Turley, 11, Vancouver, Washington, likes music and art. She looks forward to turning 12 so she can be baptized for the dead in the Portland Oregon Temple.



Bryce Rowe, 5, Provo, Utah, is a happy, energetic boy. He enjoys swimming and jumping on trampolines, and he is a fast runner. He likes family home evening.



Raychelle Shumway, 6, Mesa, Arizona, likes to play dress up and play with her chickens, turkeys, cats, dogs, and turtles. She also enjoys reading the scriptures and playing with her friends.



Cody Barnhill, 8, Hemet, California, loves his pet lizard. He enjoys video games and playing baseball. He is a good brother to Bryce, Wade, and Melissa.



Alexis Millward, 8, Bancroft, Idaho, enjoys playing sports. She likes to ride horses and has competed in rodeos and horse shows. She plays the violin, and enjoys going to activity days.



Tanner Argyle, 6, Carrollton, Texas, likes to do karate, swim, and pretend to be different superheroes. Tanner works hard and is saving his weekly allowance for his mission. He is a good helper.



Nili Uili, 8, Seese, Samoa, likes soccer, tennis, ping-pong, basketball, and all her dogs and pigs. She enjoys riding horses and performing Samoan, Tahitian, Hawaiian, Tongan, and Maori dances.



Samuel Bowley, 6, Melbourne, Victoria, Australia, likes to play at the playground and enjoys soccer. He especially enjoys playing with his cousins.



Nicole Dionne, 4, Gainesville, Virginia, enjoys reading scripture stories. Her favorite song is "I Love to See the Temple," which she likes to sing wherever she goes. She has three older sisters.



Matthew Van Horn, 6, Centerville, Utah, is a good brother to his baby sister. He enjoys playing at Grandma's house, dressing up like a knight, and spending time with his dad.



McKinley Schultz, 5, Eagle Point, Oregon, likes to read Friends in the News. She enjoys swimming, riding her bike, and rollerblading. She loves her younger sisters very much.



Jarom Harevaa, 10, Pirae, Tahiti, likes to ride his bike, play basketball, draw, and eat ice cream. His favorite thing about Primary is singing.



Anna Mechelina Pronk, 4, Kirkland, Washington, likes to swim, ride her bike, dance, and play with her siblings and friends. She enjoys the songs from the *Children's Songbook* and the *Friend*.



Nathan Schmitz, 8, Shawnee, Kansas, enjoys being a Cub Scout. He likes to draw, play with friends, and ride his bike. He plays the piano, and he really likes to go on father-son camp-outs.



Marisa Hamblin, 4, Peoria, Arizona, has memorized President Hinckley's "Six Bs." She loves to play with her younger sister, and she is a good helper to her mother.



Zachary Bass, 11, Jacksonville, Florida, is the oldest of four children. He has fun playing baseball, going to Scouts, and staying with his grandparents in the summer.



Natalie Cruz Hong, 5, Melaka, West Malaysia, enjoys going to church, and she especially likes the Primary activities and songs. She looks forward to attending the temple someday.



Stephen Jordan, 9, Fort Sheridan, Illinois, likes to attend Cub Scouts, play chess, be with his family, and play the piano. He is very kind and a good example to those around him.



Adrianne Creek, 7, Independence, Missouri, is eager to be baptized. She often shares the gospel with her friends and teachers. She is a big help at home and a sweet daughter.



D. J. Dalley, 8, Chandler, Arizona, likes to build forts and explore the neighborhood with his cousin, Luke. He also enjoys reading. He is looking forward to serving a mission when he is older.



Jenna Adams, 11, Yucaipa, California, enjoys making chocolate chip cookies for her friends and neighbors. She plays the flute and piano, and she likes playing soccer. She loves to visit her cousins.



Tyson South, 6, Surprise, Arizona, enjoys playing with his friends. He likes Primary, praying, and singing Primary songs.



Hannah Hall, 8, LaVerkin, Utah, recently earned her Faith in God Award. She is a good example to her younger siblings.

Daddy's Blessing

BY JANE McBRIDE CHOATE
(Based on a true story)

We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority (Articles of Faith 1:5).

Katie sat with her parents in the bishop's office. The bishop, his counselors, and President Barlow talked with Daddy and Mommy. President Barlow was a member of the stake presidency. Grandma and Grandpa Chadwick, Daddy's parents, were also there.

Daddy was being set apart as the ward elders quorum president. Five-year-old Katie didn't understand what being set apart meant.

Mommy had told her that when someone is called to a position in the Church, Heavenly Father wants that person to receive a special blessing from those with priesthood authority.

Daddy sat in a chair in the middle of the room. "Dad, will you participate in the setting apart?" he asked Grandpa.

Tears gathered in Grandpa's eyes. "I'd be honored," he said.

Grandpa joined the other men in a circle around the chair where Daddy sat. They placed their hands on Daddy's head.

Katie saw Mommy and Grandma Chadwick close their eyes and fold their arms. Katie closed her



eyes and folded her arms, too.

President Barlow said a prayer, but it was a different kind of prayer than Katie was used to hearing. He asked Heavenly Father to bless her daddy in performing his duties.

When the blessing was over, everyone said, "Amen." Katie said, "Amen," too.

Her daddy stood and wiped tears from his eyes. "Thank you," he said to the men. "I'll do my best to help the elders in our ward."

The men in the circle all shook his hand.

Katie sat on the chair and folded her arms. "I'm ready, Daddy."

"What are you ready for, sweetheart?" Daddy asked.

"I want a blessing, too," Katie said.

Her parents exchanged glances. The other people in the room smiled.

"I think that's a good idea," Daddy said. "You aren't being set apart, but you can have a father's blessing." Then he placed his hands on Katie's head. He blessed her that she would be able to choose the right and obey her parents. At the end of the blessing, everyone said, "Amen."

Katie got down from the chair and held out her hand. Daddy shook her hand. Katie felt warm and happy inside. ●

Jane McBride Choate is a member of the Big Thompson Ward, Loveland Colorado Stake.





For Little
Friends

Happy Family Game

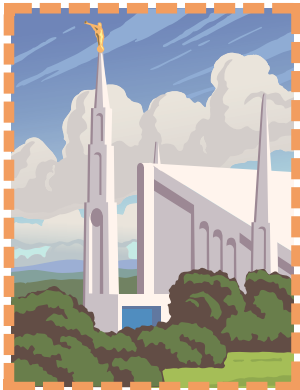
BY JULIE WARDELL
Church Magazines



Families are very important to Heavenly Father. He has provided many blessings to help families be happy. You and your family can play a game to help you remember some of these blessings.

Instructions

1. Remove this page from the magazine, glue it to heavy paper, and cut out the cards. Put the cards in a sack.
2. Take turns choosing a card from the sack, looking at the picture, and telling what blessing the pictured item brings to your family. Keep taking turns until all the cards have been chosen. ●



The Best of All

BY SHIRLEY A. HARVEY

Valentines are fun to get
All trimmed with hearts and lace,
And the lovely messages inside
Bring big smiles to your face.

But the best valentines of all
Are those you give away—
Because it makes you feel so good
To light up someone's day!



Valentine Card

To make a card for someone you love, you will need: scissors, glue, heavy paper, and a pen.

1. Cut out the bottom section of this page and glue it to heavy paper.
2. Cut out the folding heart card.
3. Sign your name below the message, then fold the card on the broken lines.





KEEP PRAYING

BY PATRICIA REECE ROPER

(Based on a true story)

If ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do (2 Nephi 32:5).

We should be home tomorrow night at seven.” Mom’s voice on the phone sounded comforting, but Desiree was still worried.

“Are you sure?”

“Oh, yes,” Mom replied. “We shouldn’t have any trouble.”

Desiree shuddered at the word *trouble*. Ever since Mom and Dad had gone to Illinois, Desiree had been afraid that something bad might happen to them. Now they were coming home, but she still felt afraid.

After hanging up the phone, she tried to concentrate on helping Grandma give her younger brothers and sister a bath. When you’re the oldest child, you have to be a good helper, even if you’re only 11. Sometimes Desiree wished she could be the youngest child in her family and have everyone take care of her, but she knew that Mom and Dad were depending on her to help.

The next day was Sunday. Even though Desiree was tired, she got up early to help her brothers and sister get ready for church. When her brothers made a game of running away from her instead of getting dressed, she missed her mom. When her baby sister threw her breakfast cereal on the floor, Desiree missed Mom even more.

After church, Desiree tried to read her scriptures, but she was too worried to pay attention. She stopped reading to pray that Mom and Dad would come home safely. As she said “amen,” she had a strong feeling that she should keep praying. She wondered why she felt this. Wasn’t one prayer enough? She kept praying, knowing that she was doing the right thing. For some reason, Mom and Dad needed the extra prayers.

At seven o’clock, Mom and Dad still hadn’t come

home. Desiree waited anxiously as an hour went by, then two.

Then the phone rang. Desiree ran to answer it, but Grandma got it first. Desiree could tell it was Mom and Dad. Finally Grandma said, “OK, she’s right here,” and handed the phone to Desiree.

“Hello,” she said nervously.

“Hi, sweetheart.”

Hearing Mom’s voice made Desiree miss her even more. “What’s wrong?” she asked.

“Oh boy, did we ever have a scary trip!” Mom exclaimed. “We were caught in a terrible snowstorm in Colorado. The winding mountain roads were packed



with ice and snow. Cars were slipping and sliding all over the road. There were many accidents. Dad and I worried that we wouldn't make it home safely."

"Oh no!" Desiree gasped.

"But while I was praying for our safety, the Holy Ghost whispered to me that you were praying for us, too," Mom said.

Desiree's eyes grew wide. "That's right, Mom! I was worried about you, and I prayed. And then I had a feeling that I should keep praying."

"I'm so thankful you did," Mom told her. "I know we made it out safely because of those prayers."

"When will you be home?"

Mom sighed. "I'm sorry, but we traveled so slowly through that snowy mess that we won't be home until tomorrow morning. We don't want to rush. We just want to get home safely."

"Yes," Desiree agreed. "Take your time." As she hung up the phone, a warm feeling of peace came over her. She knew that Mom and Dad would come home safely. As she hurried to her room to say a prayer of thanks, she was glad she had obeyed and kept praying. ●

Patricia Reece Roper is a member of the Leamington Ward, Delta Utah Stake.



“Follow Me”

BY ELDER JOSEPH B. WIRTHLIN
Of the Quorum of the Twelve Apostles

Casting their nets into the Sea of Galilee, Peter and Andrew stopped as Jesus of Nazareth approached, looked into their eyes, and spoke the simple words, “Follow me.” The two fishermen “straightway left their nets, and followed him.” (See Matthew 4:18–22.)

Have you ever wondered what it must have been like to have lived in the days of the Savior? If you had been there, would you have heeded His call “Follow me”?

Perhaps a more realistic question might be, “If the Savior were to call you today, would you be just as willing to leave your nets and follow Him?” I am confident that many would.

But for some, it may not be such an easy decision. Some have discovered that nets, by their very nature, are sometimes not so easy to leave.

Nets come in many sizes and shapes. Nets can be our work, our hobbies, our pleasures, and, above all else, our temptations and sins. In short, a net can be anything that pulls us away from our relationship with our Heavenly Father or from His restored Church.

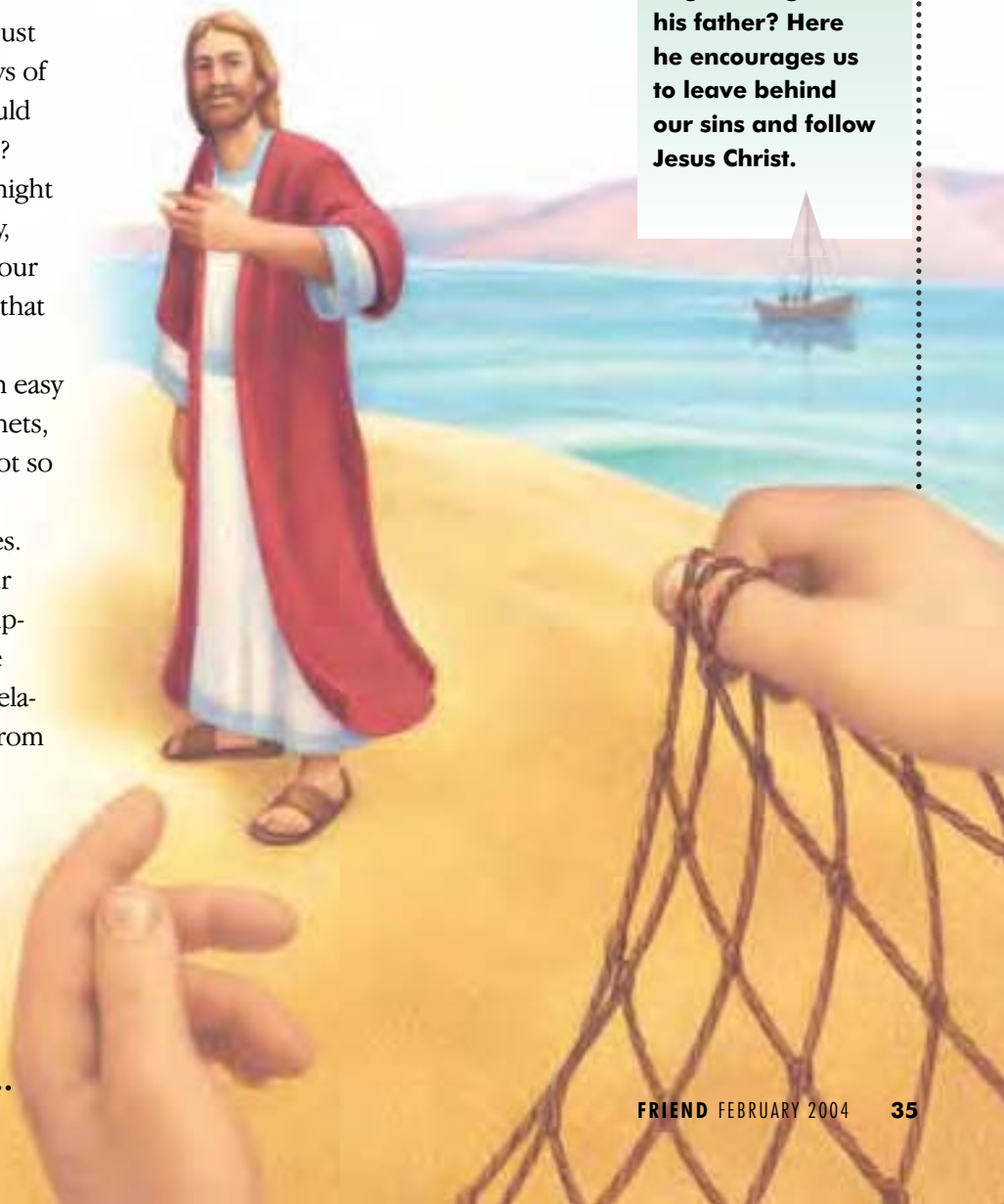
How do we follow the Savior? By obeying Him. He and our Heavenly Father have given us commandments—not to punish or torment us, but to help us come to a fulness of joy, both in this life and for the eternities to come.

When the Master of ocean, earth, and sky calls to us, “Follow me,” we should leave the entangling, worldly nets behind and follow His footsteps. ●

From an April 2002 general conference address.



Did you know that when Elder Wirthlin was young he liked to go fishing with his father? Here he encourages us to leave behind our sins and follow Jesus Christ.



Our Creative Friends



Henry Young, age 4
Aurora, Ohio



Asbleena Roberts, age 7
Palmer, Alaska



Garrett Helgesen, age 9
Centerville, Utah



Kaylee Ibolle, age 5
Surry, Virginia



Brianna Baker, age 9
Hunter, Utah



Christian Groll, age 8
Suwanee, Georgia



Ali Wilson, age 7
Fairfield, California



Madeline McPhee, age 7
Arlington, Texas



Jane White, age 8
Fountain Valley, California

The Trail of Tears

One day a farmer was to go
With his wagon through the snow,
Leaving his memories in Nauvoo,
All packed up when the day was through.

His little girls and little boys
Had to sacrifice their toys;
The farmer's wife was to have a child
In weather that was not at all mild.

Trying to stay on the right side,
The farmer put his worries aside.
His happy face and working hands
Helped them to march across the land.

When food was scarce, the weather freezing,
The farmer tried to block the breeze.
Many were sick and many were sad;
All these things made him feel bad.

After hiking mountains high,
Almost like they reached the sky,
At last, in sight—the brand new land!
The farmer's wife took his hand.

The farmer's family felt at home
After that almost endless roam.

Bethany Walker, age 11
St. Cloud, Florida

What Love Is

Love is what people do when they care.
Love is what people do to make their day.
Love sweetens the air.
When unkind words fill the air, love fades away.
When we say kind words, love comes back into our hearts.
Love is when we play nicely together.
Love is when people have fun.
Love is kind.
Love makes you feel warm inside.

Love is when people listen.
Love is when people share.
Love is when people don't fight.
When we fight, love goes away from us.

One word brings kindness into our hearts,
That word is called *love*.

Summer Chamberlain, age 9
Washington, Utah



Drake Hamby, age 6
Crossville, Tennessee

When the Rain Falls

When the rain falls,
It feels so good
Because it's raining hope,
Because it's raining faith,
Because it's raining happiness.
Because you are hopeful,
Because you are faithful,
Because you are filled with happiness.

And now the rain stops falling
And there's a pretty rainbow in the sky.

Bobbi Petersen, age 6
Wellsville, Utah

Truth

Truth is good, truth is right,
Truth we need from day to night.
Truth is honest, truth is true,
Truth is the thing that we should choose.

I hit my brother, what should I do?
Mom asks, "Son, what did you do?"
I need honesty, yes I do.

"I hit my brother, Mom. I'm sorry."
Being honest is what we should choose.

Dallin M. Robinson, age 8
Wildwood, Missouri



*Ryan Sare, age 11
Fremont, California*



*Julia Stark, age 3
Colorado Springs, Colorado*



*Rebekah Miller, age 8
Gaithersburg, Maryland*



*Richard Fountain III, age 6
Alpine, Utah*



*Oliver Åman, age 5
Gothenburg, Sweden*



*Kent Harker, age 10
Calgary, Alberta, Canada*



*Jaycee Reidhead, age 8
Tucson, Arizona*



*Stevie Michie, age 7
Purcellville, Virginia*



*Amanda M. K. Hee, age 11
Kula, Hawaii*



*Ryan Nearon, age 6
Danville, California*

My Beliefs

The Church is true, you see;
It's like a redwood tree.
They both keep on growing,
The Lord is always knowing.

I love to pray every day,
He answers my questions in every way.
Please help me, Lord,
I can't afford to lose my way.

I know Gordon B. Hinckley is our prophet today;
He is there to help me find the way.
He cares for you and me;
We are all a big family.

Because of the Church,
I don't have to search
For the gospel anywhere,
For I have it in my heart everywhere!

*Asbley Creger, age 11
Lewiston, Utah*

Follow the Prophet

President Hinckley is our prophet in the latter days,
He's built many temples near and far away,
The prophet stands for right and teaches we should, too,
So he wrote "The Six Bs" just for me and you.

Be grateful, be smart, be clean, and be true—
Be humble, be prayerful; that's what we should do.

*Alyssa Anderson, age 11
Riverton, Utah*

Someday

Someday I will do baptisms for the dead.
Someday I will be able to enter God's temple.
Someday I will be in Young Women.
Someday I will be a missionary.
Someday I will play the piano in Relief Society.
Someday I will be married in the temple.
Someday I will have children.
Someday I will teach my children the gospel.

*Tiffany Maksimuk, age 9
Pinetop, Arizona*

Please send submissions to Our Creative Friends, *Friend*, 24th Floor, 50 East North Temple, Salt Lake City, Utah 84150-3220. Drawings sent should be done with dark pens or markers on plain paper. If an adult helps with a child's submission, credit should also be given to him or her. For scheduling reasons, submissions selected may not appear in the magazine for at least 10 months. Ages shown are those at the time of submission. Children whose writings and drawings are submitted should be at least three years old. Due to the number of submissions received, they cannot all be published nor can they be returned.



My ETERNAL Family

The family is ordained of God (“The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102).

Adam and Eve established the first family on this earth. Heavenly Father commanded them to have children and to worship Him. As children were born to Adam and Eve, they taught them the gospel. (See Moses 2:28, 5:5, and 5:12.) This is Heavenly Father’s plan for families—He has sent us to earth so that we can learn from our parents and, someday, teach our own children.

Elder Richard G. Scott said, “Through the restored gospel we learn there is an *ideal family*. It is a family composed of a righteous Melchizedek Priesthood bearer with a righteous wife sealed to him and children born in the covenant or sealed to them” (*Ensign*,

May 2001, 7). When families are sealed in the temple and live worthily, they can be eternal families in the celestial kingdom.

Not all of us have been sealed to our families yet, but we can work toward having an eternal family by doing

our best. Elder Scott said, “Do the best you can. We cannot say whether that blessing [temple sealing] will be obtained on this side of the veil [in this life] or beyond it, but the Lord will keep His promises. In His infinite wisdom, He will make possible all you qualify in worthiness to receive” (*Ensign*, May 2001, 7).

We can do our best to have an eternal family by living worthy of temple blessings and loving, serving, and praying for our families. ●

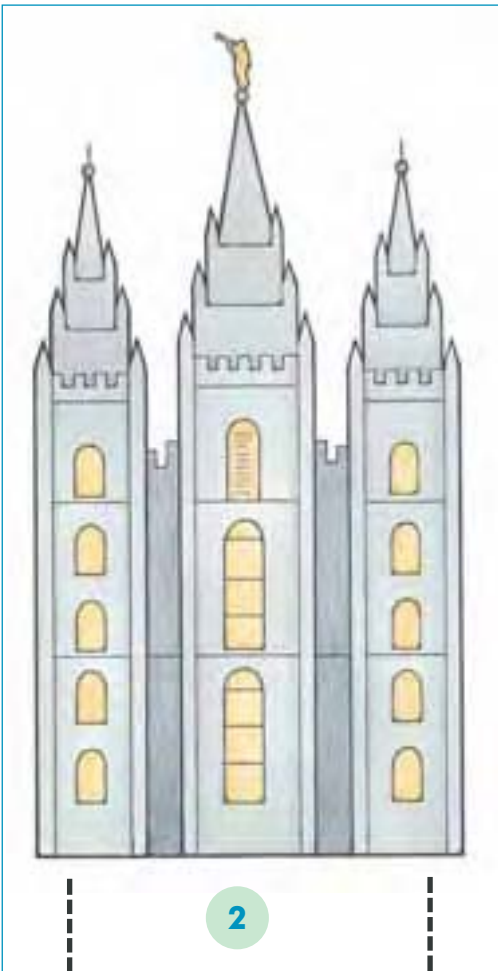
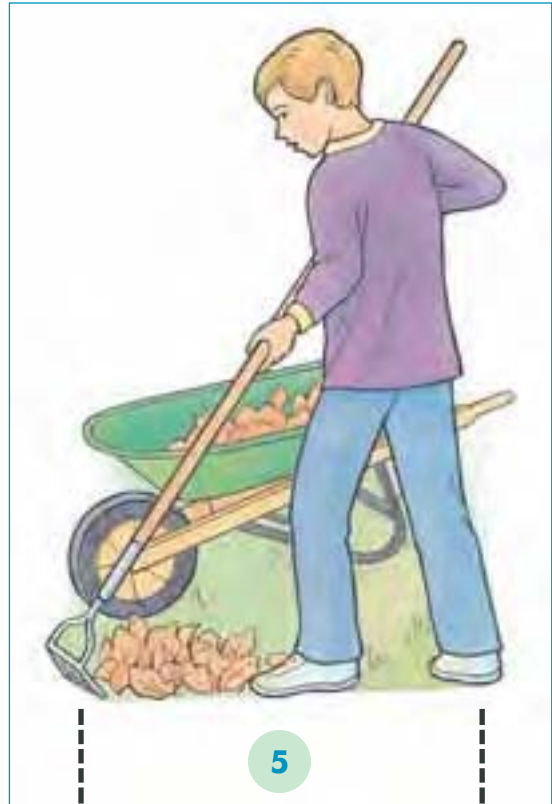
***Emphasizes the Primary monthly theme. (See “My Family Can Be Forever,” poster, *Friend*, Jan. 2004, insert.)**



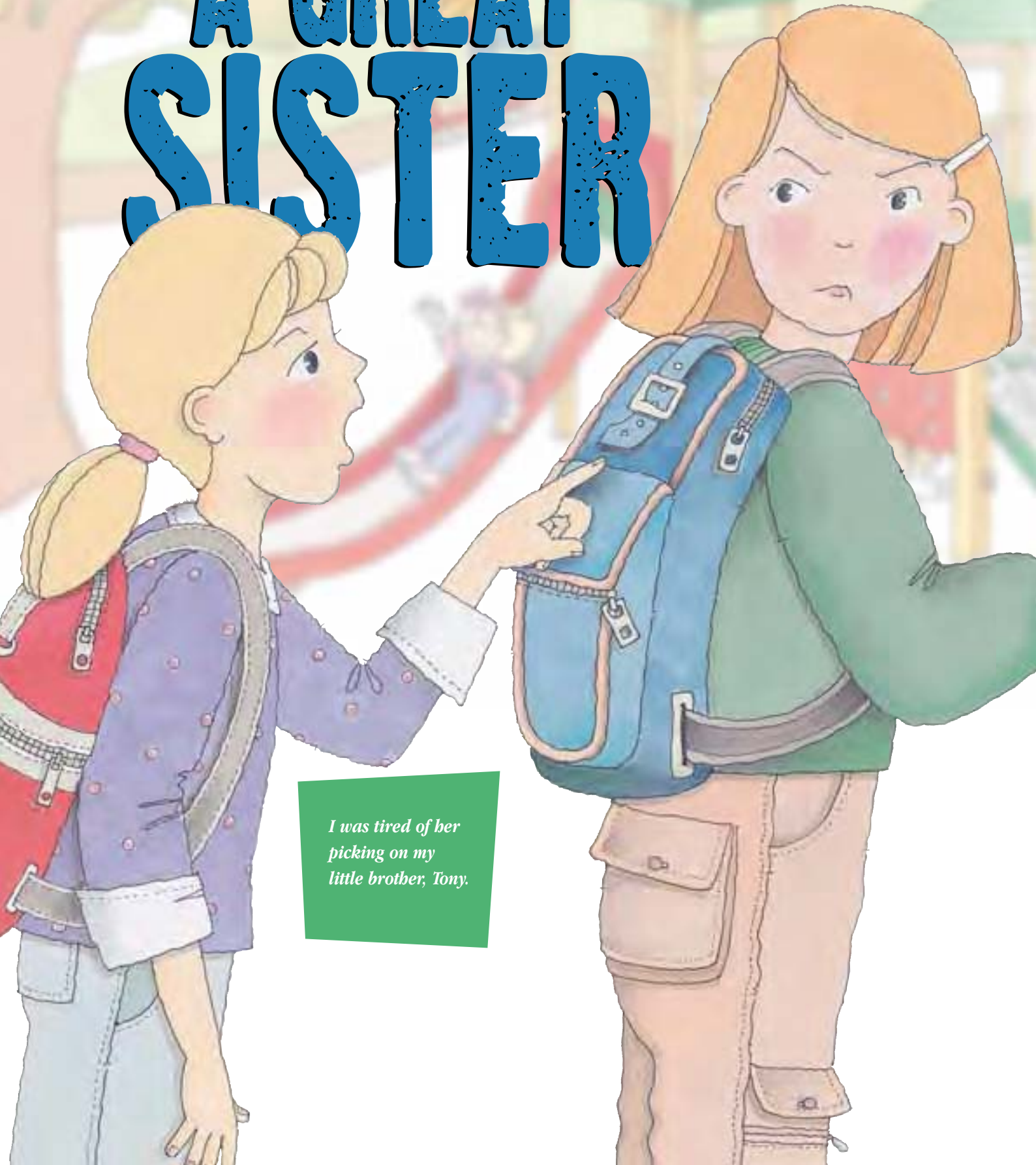
Activities and Ideas

1. Mount the figures on page 39 on heavy paper, then cut them out. Cut slits along the broken lines. Using a separate piece of heavy paper, cut out 9 strips 1” x 3” (3 cm x 8 cm). Then slide a strip into each slit on the figures so that they can stand. Display the figures where you will be reminded to live Heavenly Father’s plan.

2. In a family home evening lesson or a Primary talk, use the figures to explain that, just as Adam and Eve (figure 1) followed God’s plan for families, we can follow that plan by living worthy of temple blessings (figure 2), praying for help (figure 3), and loving (figure 4) and serving (figure 5) our family members. Discuss ways in which you can show love and give service.



A GREAT SISTER



*I was tired of her
picking on my
little brother, Tony.*



BY MELANIE MARKS

(Based on a true story)

Behold thou hast a gift, and blessed art thou because of thy gift. Remember it is sacred and cometh from above (D&C 6:10).

Leave him alone!" I yelled to Laurie Hilton, the school bully. "Pick on someone your own size."
I was tired of her picking on my little brother, Tony. If she treated him nicely—or simply let him

alone—he would be fine. It was her fault that he cried. And I hated it.

"Pick on someone my own size?" Laurie sneered. "Like you?"

I wasn't Laurie's size. She was two grades older and a head taller. "Sure. Like me." I tried to sound confident, but inside I was shaking. I didn't want to fight. I just wanted her to leave Tony alone.

The bell rang and Laurie gave me a shove. "You're going to get it after school."

Still shaking inside, I watched her stomp away. I doubted I would really "get it" after school—Laurie would probably cool off by then. But just in case, I was going to avoid her.

My stomach was in knots even before I got to music class and found out I didn't make the school play. I had really, really wanted a part. Any part. I didn't have to be the star. But I didn't even get to be an alternate.

And I sure didn't feel any better in math class when I got my test back. I made a poor grade on it—even though I had studied hard.

"How did you do?" my best friend Audrey asked. She had helped me study the night before, and she had assured me I would make a good grade.

"Don't ask," I advised. I wadded up the test and threw it in the wastebasket.

I was careful not to look at Audrey. I knew what I would see if I looked into her eyes—sympathy. I could not take that. It would make me cry.

I wished I could be like Audrey. She was good at everything. She got the lead in the school play. She got straight As in math. She was beautiful.

It wasn't fair. I wasn't good at anything. Lately I felt like Heavenly Father had forgotten about me.



"I'm hopeless," I told myself. "I wish I could forget about me, too."

When I got home, I still felt like crying. I probably would have, too, if Tony hadn't come in. "Why do you look so sad?" he asked.

I thought about telling him to get out of my room. After all, he had come in without knocking. Sometimes Tony can be a pest. But he actually looked concerned for me.

"I didn't get the part in the play," I told him.

"Oh." He sat on my bed. "Well, you like to paint.



"One of the talents that needs to be greatly magnified is sensitivity to others, and this involves reaching out and touching another heart."

President James E. Faust, Second Counselor in the First Presidency, "The Need for Balance in Our Lives," *Ensign*, Mar. 2000, 5.

Maybe you could help with the scenery."

"It's not just the play," I said. "I did really badly on my math test, too."

Then I went on to tell him how pathetic I felt—like I wasn't good at anything.

"I'll be right back," he said. When he returned he had a drawing.

"What's this?" I asked.

"It's a picture of you." He handed it to me. "I drew it in Primary." He explained that his teacher had asked him to draw something he was thankful for. "So I drew you. Maybe you're not a good actress. And maybe you're not very good at math, either. I don't know. But I do know one thing—you're a good sister. In fact, you're a great sister." He put his arms around me.

And you know what? I felt a little better.

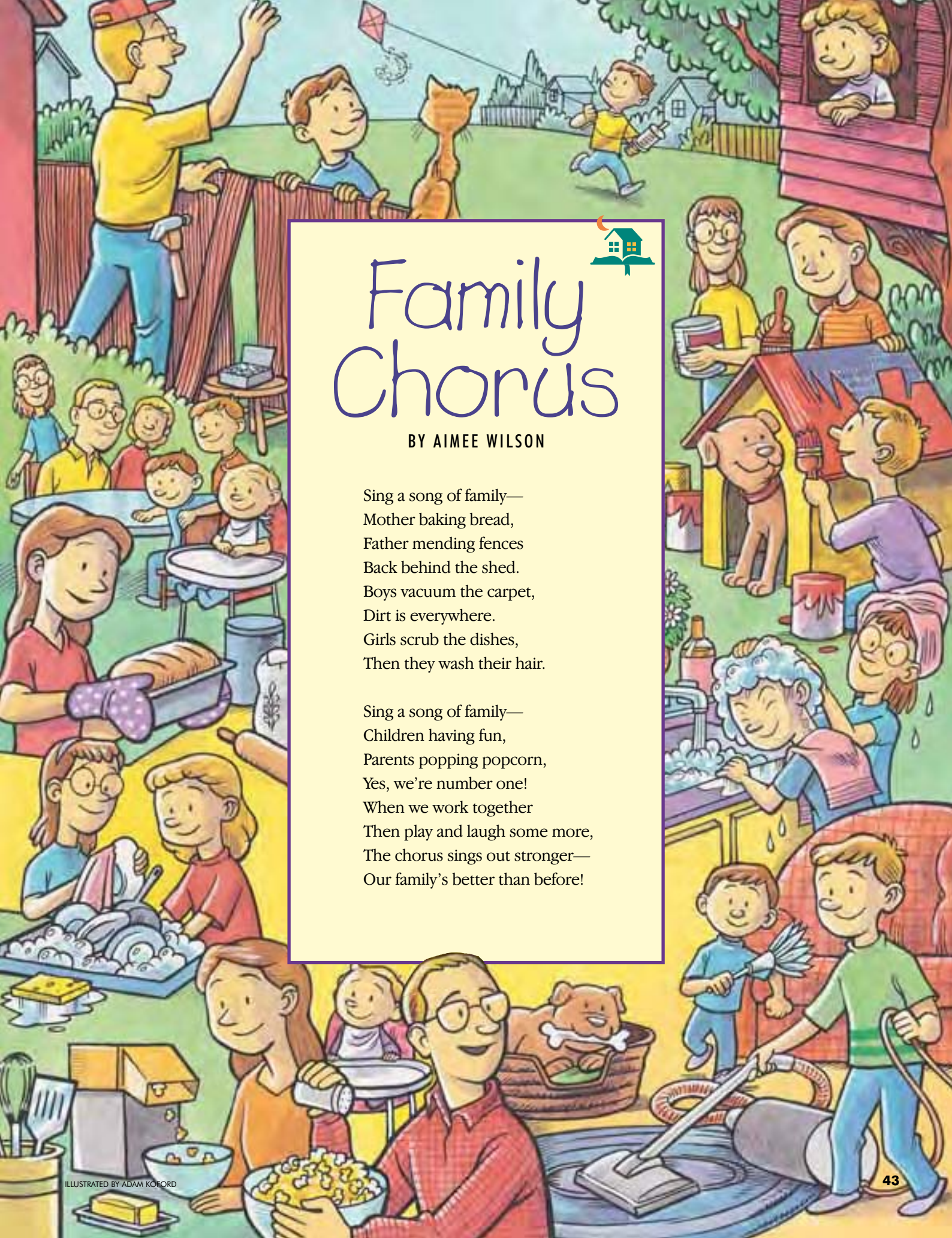
"Thanks, Tony."

"Something else," he said, sitting back on my bed. "You're really brave. You knew Laurie could hurt you, but you still stuck up for me today. You're good at sticking up for people."

When Tony left, I felt a *lot* better. He made sense. I'm not so good at some things, but that doesn't mean I'm not good at other things. Maybe the things I'm good at are really important—maybe even more important than being a good actress or a math whiz.

Heavenly Father hadn't forgotten about me after all. I knelt at the foot of my bed, figuring I should let Him know I hadn't forgotten about Him either. And while I was on my knees, I thanked Him for all of my many blessings. ●

Melanie Marks is a member of the Prince William Ward, Centreville Virginia Stake.



Family Chorus

BY AIMEE WILSON

Sing a song of family—
Mother baking bread,
Father mending fences
Back behind the shed.
Boys vacuum the carpet,
Dirt is everywhere.
Girls scrub the dishes,
Then they wash their hair.

Sing a song of family—
Children having fun,
Parents popping popcorn,
Yes, we're number one!
When we work together
Then play and laugh some more,
The chorus sings out stronger—
Our family's better than before!



Trying to Be Like Jesus

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

Lost Dog Club

By Hannah Cook

My brother Noah, my nephew Brice, my niece Kaitlin, and I formed the Lost Dog Club to find our neighbors' lost dogs and return them. We found a dog with no collar and took it around the neighborhood looking for its owner. We were walking up Alhambra Street when a lady saw us and called out the dog's name in a surprised, joyful voice: "Oh, Peaches!" She ran to her dog and gave it a big hug. I could see tears welling up in her eyes because she was so happy. She said, "God bless you all!" and gave us candy.

Hannah and Noah Cook, ages 12 and 7, are members of the Rockledge Ward, Cocoa Florida Stake.

Brice and Kaitlin Page, ages 8 and 6, are members of the Cocoa Ward, Cocoa Florida Stake.



A Huge Smile

By Brooke Call

When it was time for my little sister, Hannah, to get her cast removed, Mom and I took her to

the emergency room at the hospital. They were very busy, and so we had to wait in the hall. A little girl came in, screaming in pain and bleeding. They led us to another section of the hospital where we had to wait a long time. They moved that girl to the room next to us. I felt very bad for her as she cried. I knew how she felt because I had to get stitches once, too. I also knew that Jesus knew how she felt. That day my mom had taken me to a store so that I could buy a stuffed fabric toy with money I had earned. I thought that if I gave it to the little girl,

maybe it would help make her happier, and I thought that's what Jesus would do. So I said, "Mom, would it be OK if I gave my new toy to that girl?"

My mom said, "Of course!" We walked into the room where the little girl and her mom were. When I gave her the toy, her face lit up, and she changed from being sad and crying to having a huge smile. They both thanked me. I felt happy inside, knowing that I had chosen the right. I was trying to be like Jesus.

Brooke Call, age 7, is a member of the Ben Lomond 10th Ward, North Ogden Utah Ben Lomond Stake.



Everyone Deserves an Opportunity

By Charlotte Bury

I started attending my new senior school last September. In a school of over a thousand students, I was the only Latter-day Saint. In my

religion class of 30 people, only I and one other girl attend church of any kind. On my first day of class, my religion teacher, Mrs. Johnson*, asked us to name the holy books that are used in different religions. I said the Book of Mormon, and at first she wasn't sure which church used it. I explained that I was a member of The Church of Jesus Christ of Latter-day Saints. She asked me to choose my favorite scripture for the following week and also tell the class about my church.

The following week I read Moroni 10:4, which was the first scripture the missionaries shared with me and my mom. I told the class about the First Vision and how Joseph Smith received and later translated the gold plates. I was really nervous because my friends think that you are a geek if you go to church. I was afraid that they would make fun of me. But when I started speaking, the Spirit was with

me, and everybody listened with interest. Afterward, they asked questions.

Since then, Mrs. Johnson has started reading the Book of Mormon and the *Ensign*, although she hasn't yet come to church. Also, in every religion lesson we talk about my beliefs. And some of my friends are planning to come to church activities.

My prayer is that one day I will be just one of many Latter-day Saints at my school. Everyone deserves an opportunity to learn about Jesus Christ and His Church and return to live with Heavenly Father. If we keep the gospel to ourselves, we are being selfish. We should share it with everyone, no matter who they are. That is what Jesus Christ wants us to do, and I am trying to be like Him.

*** Name has been changed.**

Charlotte Bury, age 11, is a member of the Gateshead Ward, Sunderland England Stake.

A Good Choice

By Geoff Brown

One day I went to the library to get some books. One of the books was really good until I got to the third or fourth chapter. That's where I started not to like it because the words got bad and mean. And then there was violence and lots of

bad stuff. I stopped reading it. When I got the book, it looked good because of the cover and the award it got. I think that when you get a terrific-looking book, you should read the first few chapters and then think about whether it's good or bad.

Geoff Brown, age 10, is a member of the Minneapolis Ward, Minneapolis Minnesota Stake.





THE Valentine*

BY LINDA STOTTS

(Based on an experience of Leroy A. Watson, the author's father)



Thou shalt love thy neighbour as thyself
(Matthew 22:39).

Valentine's Day was always a wonderful time for me. Back in the early 1920s when I was a child, we delivered valentines by sneaking up to a person's house, placing the valentine in front of the door, and then kicking the door hard and running away. The person in the house would then run out and try to catch the messenger. Even though we were supposed to escape, we liked getting caught because the recipient of the valentine would always invite us back to the house for refreshments.

I was getting ready to deliver my valentines one year when Mother suggested, "Roy, don't you think it would be nice to leave one for George?"

"But, Mother . . ." I protested, my voice trailing off. I didn't want to tell her the truth—that I was afraid of George. He was a boy who appeared to be about my age. He did not attend school with us because he was mentally disabled. No one ever talked to or played with him because he seemed strange. He looked unusual—his face appeared to be flat, and he had a hard time walking. He acted differently, too. As my two brothers and I passed his house on our way to school, he would come out and try to communicate with us in grunts. Frightened, we would avoid him by hurriedly crossing the street to stay as far away as we could. As we passed by, we often noticed his mother taking him back into

the house. He seemed sad whenever this happened.

Mother seemed to read my mind. "Son, I know you're afraid, but that boy needs a friend. Will you do it?"

I reluctantly agreed. As my brothers and I walked down the street to George's house, we decided that I would be the one to deliver the valentine. Nervously I lifted the latch on George's front gate and approached the house, not knowing what to expect. Gathering all my courage, I stepped onto the porch, laid the valentine down, banged my foot against the front door, and then fled with all the speed I could muster.

As I ran through the gate and up the road, I glanced back and saw George's mother opening the door. She looked down to see the valentine on the porch.

"Please, come back!" she called.

My brothers, who were waiting on the sidewalk, returned with me to the house. We entered the front room to find George dancing around clutching the valentine to his heart, tears streaming down his happy face. George's mother grabbed all three of us, hugged and kissed us, and invited us into the cellar to pick out the biggest red apples we had ever seen.

From that time on, my brothers and I found it easy to be a friend to George. My mother had taken advantage of a great opportunity to teach us how to love our neighbor. ●

Linda Stotts is a member of the Joshua Ward, Fort Worth Texas Stake.



"If we are truly disciples of the Lord Jesus Christ, we will reach out with love and understanding to all of our neighbors at all times."

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, "Doctrine of Inclusion," *Ensign*, Nov. 2001, 36.

* In many countries, February 14 is known as Valentine's Day. It is a day when friendship or love is expressed in cards called "valentines."

Family Valentine Matching Game

This Valentine's Day, show love for your family members by noticing their talents and hobbies. To make a Family Valentine Matching Game, you will need: heavy pink and red paper, scissors, glue, old magazines and extra family photographs (with permission to use) or drawing materials.

1. Trace the heart pattern onto pink and red paper. Each family member will need six paper hearts—three pink and three red. (For smaller families, you may want to make more.) Cut them out.

2. Get permission to use extra photographs of your family members or draw pictures of them. Each family member will need three pictures of himself or herself. Cut them out and glue them onto the red paper hearts.

3. Think of three hobbies or talents for each family member. Draw or cut from old magazines pictures of the talents. Glue them onto the pink paper hearts.

4. To play, spread the hearts facedown on the floor or table. Each family member takes turns picking one red heart and one pink heart. If the person and the hobby or talent don't match, the player turns the cards back over, and it's someone else's turn. If the cards

match, the player explains how the person and the talent match. If the player can explain why the cards match, he or she keeps the pair. If the player doesn't, the person whose picture is on the card gets the pair. When all of the pairs have been found, whoever has the most wins.

If there are leftover hearts that don't match (because some items were chosen for different family members than you had planned), take turns explaining to whom the pink hearts could belong and why. Then take turns describing additional talents and hobbies of the people whose pictures are on the remaining red hearts.

5. As part of a family home evening activity, you can cooperate to make a Family Valentine Matching Game. Assign everyone a family member for whom to make the game cards.

Paste photo
or drawing
here.

Guide to the Friend



The *Guide to the Friend* can help you find stories or articles for preparing lessons or talks for church or for family home evening. Look for the FHE symbol on the pages mentioned in the Family Home Evening Ideas. The Primary theme for February is "The family is central to Heavenly Father's plan."



Family Home Evening Ideas

1. Read "Happiness" by President James E. Faust (pages 2–3). If Ali had stayed at home, he would have found the treasure he was seeking.

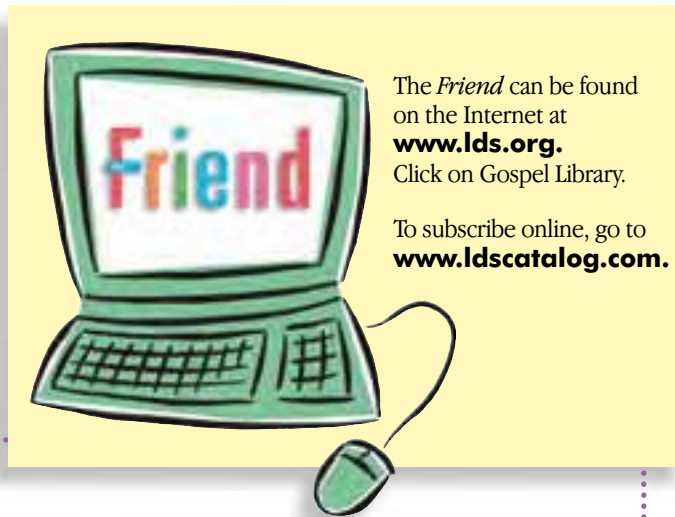
What are some of the great "treasures" you can find in your home? (love, friendship, loyalty, good examples, faith). How can each of you add to your family treasure chest? Invite a family member to recite "Family Chorus" (page 43).

2. Tell Elder H. Bruce Stucki's experiences in getting "A Clear Answer" to his prayers (pages 8–9). Share some of your experiences. Does Heavenly Father always listen to our prayers? Does He always answer the way we want Him to?

3. Follow the instructions and play the "Happy Family Game" (page 30). Tell the story "A Great Sister" (pages 40–42). Discuss some of the ways you can be great sisters, brothers, or parents. Remove pages 24–25 from your magazine, read it together, and then hang it where everyone can see it during the week.

4. Do the Funstuf activity "Love Is Spoken Here" (page 23). As you fill in the blanks on each item, sing the song the line comes from before going to the next item. End by telling the story "Make a Joyful Noise" (pages 12–14). Hum or sing as you work all week long.

5. Using the figures, teach the lesson outlined in "My Eternal Family" (pages 38–39). After you have discussed ways you can show love and give service, tell the story "The Valentine" (pages 46–47) as an example.



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(IFC) = inside front cover
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(v) = verse

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The Friend

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.....

*Successful . . . families are
established and maintained on
principles of . . . respect, love,
compassion, work, and
wholesome recreational activities
("The Family: A Proclamation to the
World," Ensign, Nov. 1995, 102).*