

THE *Friend*



How can I make
the world
BETTER?

See page 22

A Friend for My Friends



A few weeks ago, I brought the *Friend* with me to school. I showed it to my friends. They loved it! They wanted me to bring it again, so I did. I felt the Spirit.

Elsa S., age 8, Alabama, USA

Sacred Sunday



I really like baseball. My friend wanted to have a pitching coach come teach us, but they wanted to do it on a Sunday. My dad told me about it but said that I could choose not to go. We told my friend that we keep Sunday sacred. They scheduled it for

another day, and it all worked out OK. When I read the story by Elder Larry Y. Wilson about not playing sports on Sundays (May 2013), I felt good about my decision!

Miles B., age 7, New York, USA

How I Read the *Friend*

Robert put together a binder of the "I Can Play It!" songs from the *Friend*. He loves practicing them every day before school so he can someday play for Primary.

Robert T., age 9, California, USA



Sharing with Our Neighbors

For family home evening, we had a lesson about sharing the gospel. We made the CTR pretzels in the January 2012 *Friend*. After baking them, we brought them to our neighbors and invited them to an activity at church. Rachael got to tell them that CTR stands for "Choose the Right." The neighbors didn't come to that activity, but we are planning to invite them to supper and other activities.

Kirsten, Emma, and Rachael K., ages 1, 2, and 3, North Dakota, USA

Dear Friends,

Have you ever noticed how many kinds of people are in the world? Some are short, and some are tall. Some can run fast, and others ride in wheelchairs. But no matter what, each one is a child of God! Look on pages 30 and 32 to learn about treating everyone you meet with kindness and respect. Then spread the word—at school, at church, and in your family!

Love,
The *Friend*

P.S. Try sharing your love by smiling at 10 people today!

Was there a letter or a story in this month's issue that helped you? Tell us about it. Turn to page 48 to find out how.

Volume 44 Number 2
February 2013

The First Presidency:

Thomas S. Monson, Henry B. Eyring,
Dieter F. Uchtdorf

The Quorum of the Twelve Apostles:

Boyd K. Packer, L. Tom Perry, Russell M. Nelson,
Dallin H. Oaks, M. Russell Ballard, Richard G. Scott,
Robert D. Hales, Jeffrey R. Holland,
David A. Bednar, Quentin L. Cook,
D. Todd Christofferson, Neil L. Andersen

Editor: Craig A. Cardon

Advisers: Jose L. Alonso, Mervyn B. Arnold,
Shayne M. Bowen, Stanley G. Ellis, Christoffel Golden

Managing Director: David T. Warner

Director of Operations: Vincent A. Vaughn

Director of Church Magazines: Allan R. Loyborg

Business Manager: Garff Cannon

Managing Editor: Jan Pinborough

Assistant Managing Editor: Marissa Widdison

Publications Assistant: Carrie Kasten

Writing and Editing: Susan Barrett, David Dickson,
David A. Edwards, Matthew Flitton, Mindy Raye
Friedman, Lori Fuller, Garrett H. Garff, Jennifer Grace
Jones, Michael R. Morris, Sally Johnson Odekirk,
Richard M. Romney, Paul VanDenBerghe

Editorial Interns: Victoria Kerin Candland,
McKelle George

Managing Art Director: J. Scott Knudsen

Art Director: Mark W. Robison

Design: Thomas S. Child, Brad Teare

Intellectual Property Coordinator:
Collette Nebeker Aune

Production: Marlene Roscheck

Prepress: Joshua Dennis

Printing Director: Craig K. Sedgwick

Distribution Director: Stephen R. Christiansen

© 2013 by Intellectual Reserve, Inc.

All rights reserved. The *Friend* (ISSN 0009-4102) is
published monthly by The Church of Jesus Christ of
Latter-day Saints, 50 E. North Temple St., Salt Lake
City, Utah 84150-0024, United States of America.
Periodicals Postage Paid at Salt Lake City, Utah.

To subscribe: By phone: Call 1-800-537-5971 to
order using Visa, MasterCard, Discover Card, or
American Express.

Online: Go to store.lds.org.

By mail: Send \$8 U.S. check or money order to
Distribution Services, P.O. Box 26368, Salt Lake City,
UT 84126-0368.

To change address: Send old and new address
information to Distribution Services at the above
address, or change the address by phone at the
number listed above. Please allow 60 days for
changes to take effect.

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2432, Salt
Lake City, UT 84150-0024, United States of America.
Unsolicited material is welcome, but no responsibility
is assumed. For return, include self-addressed,
stamped envelope. Children's submissions will not be
returned. Email: friend@ldschurch.org.

The *Friend* can be found on the Internet at
lds.org/friend.

Text and visual material in the *Friend* may be copied
for incidental, noncommercial church or home use.
Visual material may not be copied if restrictions
are indicated in the credit line with the artwork.
Copyright questions should be addressed to

Intellectual Property Office, 50 E. North Temple St.,
Salt Lake City, UT 84150, United States of America;
email: cor-intellectualproperty@ldschurch.org.

POSTMASTER: Send all UAA to CFS (see DMM
707.4.12.5). **NONPOSTAL AND MILITARY**

FACILITIES: Send address changes to Distribution
Services, P.O. Box 26368, Salt Lake City, UT 84126-
0368, USA.

Canada Post Information: Publication Agreement
#40017431.

THE *Friend*

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

See the back
cover for
family home
evening
ideas.



Stories and Features

- 2 **From the First Presidency:** Lessons from the Prophet Joseph / President Henry B. Eyring
- 4 Best Family Forever
- 6 Family Fun Time
- 7 **Bright Idea**
- 8 Ty's Courage
- 11 Better Words, Better Friends
- 12 Inviting Jacob
- 14 **Friends around the World:** Arina from Russia
- 16 Bulletin Board
- 19 The New Adventures of Matt & Mandy
- 20 Obstacle-Course Challenge
- 22 **Special Witness:** Elder M. Russell Ballard
- 26 The Stolen Soda
- 28 I Hope They Call Me on a Mission
- 30 **Following Jesus:** Be Loving
- 31 **Friend to Friend:** The Harvest / Elder Koichi Aoyagi
- 36 Feeling Better
- 38 Show and Tell
- 42 **Bringing Primary Home:** Heavenly Father Has a Plan for His Children
- 48 P.S.
- 49 **Prophet Portrait:** Howard W. Hunter

For Little Friends

- 32 I'll Walk with You
- 35 Help Ellie Find Jacob

For Older Kids

- 44 Finding Help
- 46 Oh No! Now What?

Music

- 40 I Will Follow God's Plan for Me

Verse

- 24 Pockets Full of Rocks

Things to Make and Do

- 10 Funstuff: Love Notes
- 18 Friend Figure: Vanya from Russia
- 23 Funstuff: This Is the Right Place
- 29 Funstuff: Baptism Tic-Tac-Toe
- 47 Funstuff: Fun and Games

Cover by Mark Jarman



Learn to play the
Primary song "I Will
Follow God's Plan for
Me" on page 40.



**Hidden
Russian
CTR
Ring**

Do you use
flowery language?



FROM THE FIRST PRESIDENCY

Lessons from the Prophet Joseph

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him”
(James 1:5).



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

Lesson 1: Pray

The young Joseph Smith showed us how to pray. He believed in the promise he read in the New Testament book of James (see James 1:5). He went to the grove with faith that his prayer would be answered. He wanted to know which church to join. He was **submissive** enough to be ready to do whatever he was told to do. So he prayed, as we must, already committed to obey.

Lesson 2: Feast on the Scriptures

The Prophet Joseph taught us what it means to feast on the scriptures. He said that the Book of Mormon would get a man “nearer to God by abiding by its **precepts**, than by any other book” (see the introduction to the Book of Mormon).

Lesson 3: Serve Others

Love others by serving others. That brings the Spirit. The Prophet Joseph taught that, and he lived it.

Lesson 4: Build Faith

The Prophet Joseph Smith was an example and a teacher of **enduring** well in faith.

I thank and love him as the Lord’s prophet of the Restoration. He has helped me pray with the **intent** to obey. I am better able to feast in the word and the love of God. Because of him, I feel the Holy Ghost more often. And because of what I know of the Prophet Joseph and the scriptures which were revealed through him, I more often feel the love of God for His children and for me.

My prayer is that we will endure in faith in the restored gospel of Jesus Christ. This is His Church. Joseph was His prophet. I know this by the Spirit, which tells me that it is true. ♦

Adapted from “An Enduring Testimony of the Mission of the Prophet Joseph,” Ensign, Nov. 2003, 89–92.

DID YOU KNOW?

- Joseph Smith had six brothers and three sisters.
- After a painful operation, he was in bed or on crutches from age 7 to age 10.
- As a child, he sold homemade goods from a cart on holidays.
- He enjoyed wrestling and playing catch.
- He was always kind to children.

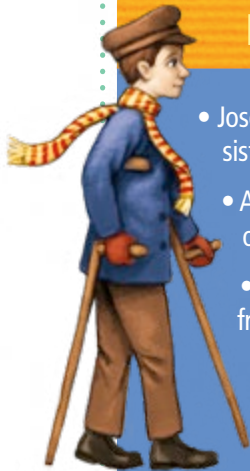
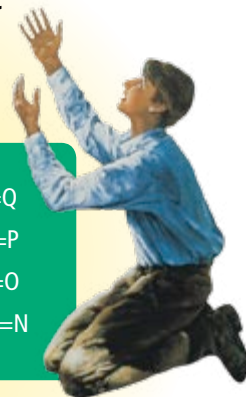


ILLUSTRATION BY MARK ROBISON

THE FIRST VISION

Use this code to learn what Heavenly Father told Joseph in the Sacred Grove. See answer on page 48.

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

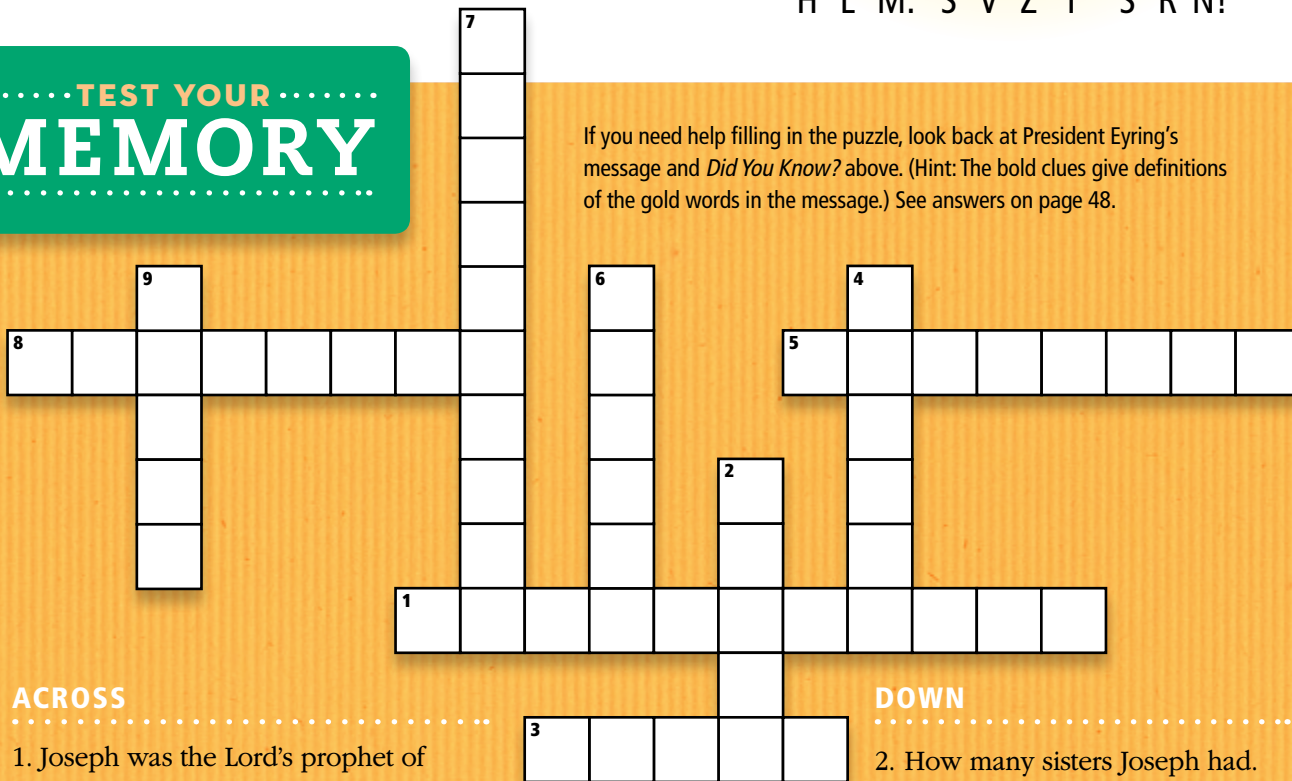


G S R H R H N B Y V O L E V W

H L M. S V Z I S R N!

TEST YOUR MEMORY

If you need help filling in the puzzle, look back at President Eyring's message and *Did You Know?* above. (Hint: The bold clues give definitions of the gold words in the message.) See answers on page 48.



ACROSS

- Joseph was the Lord's prophet of the _____.
- Joseph decided to pray after reading a scripture in this New Testament book.
- Remaining true to the commandments of God**
- Principles that teach us how to act**

DOWN

- How many sisters Joseph had.
- Purpose**
- Loving others brings the _____.
- Humble or obedient**
- Joseph taught us to _____ on the scriptures.





Best Family

The other girls were leaving Olivia out. Could anything make it better?

By Olivia Corey

(Based on a true story)

"I have a fam'ly here on earth.

They are so good to me"

(Children's Songbook 188).

Olivia hung her head as she listened to the excited whispers of the girls sitting behind her on the bus.

"I'm so glad your mom said you could get off at my bus stop with me! Did you bring the games?"

"I've got them. My mom let me bring a bag of popcorn too!"

Olivia frowned into the book she was reading. Didn't they know she could hear them? She definitely didn't

like listening to her two friends make plans for something she wasn't invited to.

Stephanie,

Rebecca, and Olivia

had been friends for a long time. They used to do everything together. But when the new school year started, Stephanie and Rebecca



Forever



"We build deep and loving family relationships by doing simple things together."¹

President Dieter F. Uchtdorf, Second Counselor in the First Presidency

found out they had the same teacher, while Olivia was in a different class! Olivia remembered the sad feeling she had in her stomach as the two girls eagerly talked about sitting next to each other in class and eating together at lunch. She had that same sad feeling now.

The bus rolled to a stop in front of Rebecca's house. Olivia watched miserably from the window as the girls jumped off the bus and ran to the front yard.

By the time the bus finally reached Olivia's stop, she could barely hold back her tears. She hurried into the house.

"How was school?" Mom asked.

Olivia started crying. "It was awful! Rebecca and Stephanie barely even talk to me anymore, and we were supposed to be best friends forever!" she sobbed.

"I'm so sorry, Olivia. It's hard when friendships start to change," Mom said. She paused for a moment. "Do you remember when we went to the temple to be sealed?" she asked, pointing at the picture hanging on the wall. Olivia looked and saw her family smiling in front of the temple. She had been a lot younger then, but she could still remember being with her parents and older sister, Jane, in the beautiful sealing room.

"Do you know why we worked so hard to get ready to go to the temple?" Mom asked.

"Because we wanted to be a family forever?" Olivia said.

"Exactly. Even if you're not best friends with Rebecca and Stephanie forever, you'll still have your family as your friends forever."

"Yeah," Olivia said. "But it's not the same."

"I know your feelings are hurt," Mom said, "but I'm glad you're home. I have a job for you and Jane."

Olivia couldn't believe her ears. Instead of helping her feel better, Mom was giving her chores!

"Go put on some old clothes and meet me on the back porch. Tell Jane to come too."

Olivia went upstairs, stomping her feet a little, and put on her work clothes.

When the girls were dressed and outside, they saw Mom walking back from the shed. She was carrying a green can, some paintbrushes, and a wadded-up sheet of plastic. When she got to the porch, she laid down the plastic and handed each girl a brush.


"You're going to let us paint something?" Olivia asked skeptically. Usually Dad did those kinds of projects.

"Yep," Mom said. "I want the back door painted by dinner time." And then she turned and went into the house.


The girls looked at each other for a long moment and then grinned. This could be fun. They dipped their brushes in the smooth, green paint and got to work. Olivia liked this job—it didn't seem like doing chores at all. Jane showed her how to move her brush in long, even strokes. Soon the girls were laughing and talking. Olivia started to remember all the fun times she and Jane had spent together. She was glad she would always have her sister for a friend.

A couple of hours later, the girls were covered in splotches of green paint and wearing huge smiles. Olivia carefully opened the shiny green door and poked her head inside. "Mom, we're done with the door," she called. "Come see how great it looks!" ◆

The author lives in Utah, USA.



We'll be best family forever too!



And best friends.

Family Fun Time



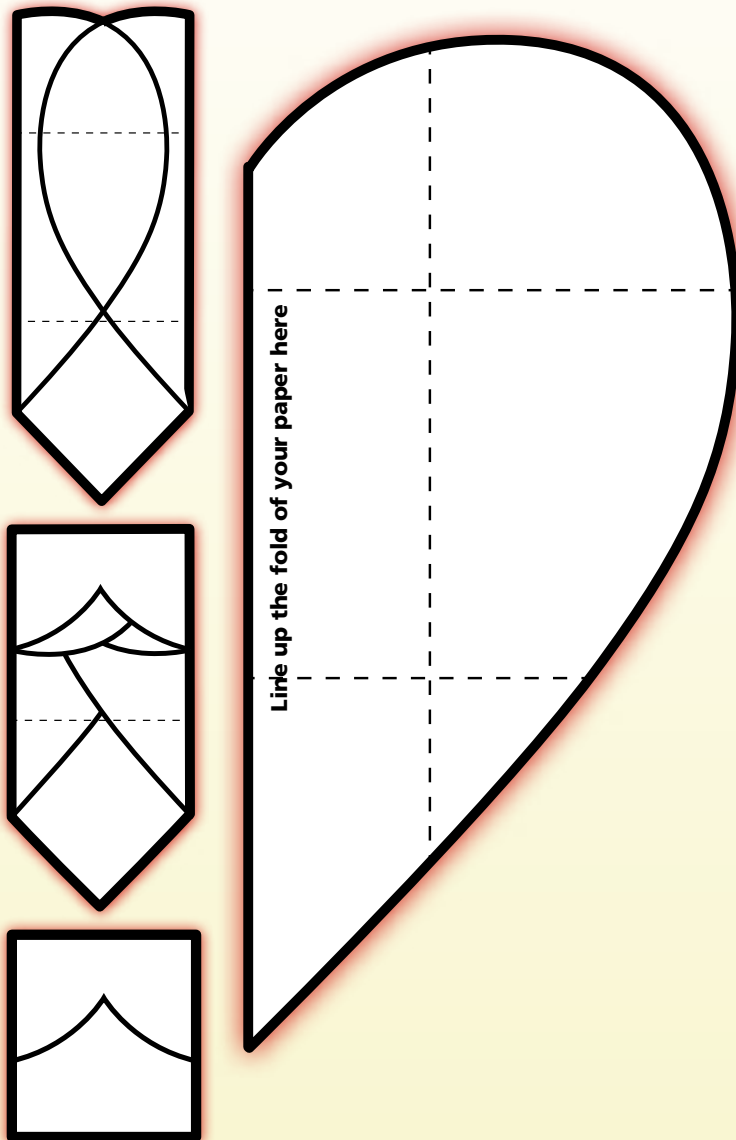
Read the story “Best Family Forever” (pages 4–5) and talk about times when your family has worked together. What things can you do to help a family member who may need extra love? Be sure to get an adult’s help with this craft and recipe.

Origami Heart Envelopes

Show your family members you love them by giving them a secret message inside this heart envelope!

You will need:
a pen or pencil
colored paper
scissors

1. Fold a paper in half. Line up the fold along the edge of the heart half on this page. Trace the heart half onto your paper. Cut it out and open the fold. You can use this to trace more hearts.
2. Fold the sides of your heart in thirds.
3. Fold the top of your heart down. Fold the pointed end and tuck it in to close the envelope.
4. Open the heart and write a special message inside. Close it up and give it to a family member.



Apple Sandwiches

Snack on these yummy apple sandwiches while you write and read your messages together!

You will need:

apples

small cookie cutters

peanut or almond butter, or chocolate hazelnut spread
toppings (raisins, chocolate chips, granola, nuts, etc.)

1. Have an adult cut an apple into horizontal slices. Cut through the whole apple, including the core.
2. Remove the core with a small cookie cutter. Use a cookie cutter with a fun shape!
3. Spread peanut or almond butter on an apple slice and sprinkle on the toppings.
4. Top with another apple slice and eat up!





By President
Thomas S. Monson

Heavenly Father Loves YOU

Heavenly Father loves
you—each of you. That love
never changes.

It is not influenced by your
appearance or by your
possessions.

It is there for you
when you are sad or
happy, discouraged
or hopeful.

It is not changed by your
talents and abilities. It is
simply there.

God's love is there for you whether
or not you feel you deserve love. It is
simply always there.

By Aimee Dean Cardon

(Based on a true story)

*“Be strong and of a good courage, fear not”
(Deuteronomy 31:6).*

Ty climbed into the car with Mom and Dad for the long trip to the hospital. He felt sick to his stomach. He would rather go to school all day than have surgery on his foot!

Over the past several weeks, Ty’s family had prayed

Dad gave you a blessing last night. Heavenly Father will help you. It’s going to be OK.”

Ty knew everything Mom said was true, but he still felt scared. Dad parked the car and turned around to face Ty.

“What can we do to help you, Ty?” Dad asked.

Ty was quiet for a long time. He thought about what Mom had said. He knew Heavenly Father could help

Ty’s Courage

that his surgery would go well. Ty had also prayed that he would not be too scared. Last night Dad had given him a blessing that he would be courageous and that the surgery would fix the problem with his foot.

So why did he still feel so nervous?

“Don’t worry, Ty,” Dad said from the driver’s seat. “The surgery is very simple, and the doctor knows what he’s doing. Everything is going to be fine.”

Ty nodded, but he didn’t feel any better. His parents had explained to him that even though he didn’t have any problems walking or running now, if he didn’t have this surgery, his foot would have problems in the future.

Maybe it would be better to just deal with the problems later on, Ty thought.

As they pulled into the parking lot of the hospital, Ty started to cry. Surgery sounded so scary!

“Sweetheart, don’t worry,” Mom said, turning around in the front seat.

“I don’t want to have the surgery!” Ty said, choking down tears.

“Ty, this surgery is a blessing,” Mom said. “We live in a time when doctors can fix your foot so you can have a healthy, active life. We have all been praying for you, and

him be ready for his surgery. Maybe he just needed to show a little more faith.

“I want to say another prayer,” Ty said.

“Who do you want to say it?” Dad asked.

“I’ll say it,” Ty said.

Sitting in the car in front of the hospital, they all bowed their heads, and Ty started to pray.

“Dear Heavenly Father,” he said, “please help me be brave so I can have this surgery. Thank you for blessing us with good doctors and medicine so I can get better. In the name of Jesus Christ, amen.”

A warm feeling of peace filled Ty as he finished the prayer.

“Do you feel that?” Mom asked.

“Yeah. Is that the Holy Ghost?” Ty asked.

“Yes,” Dad said. “That’s the Holy Ghost telling us everything’s going to be all right.”

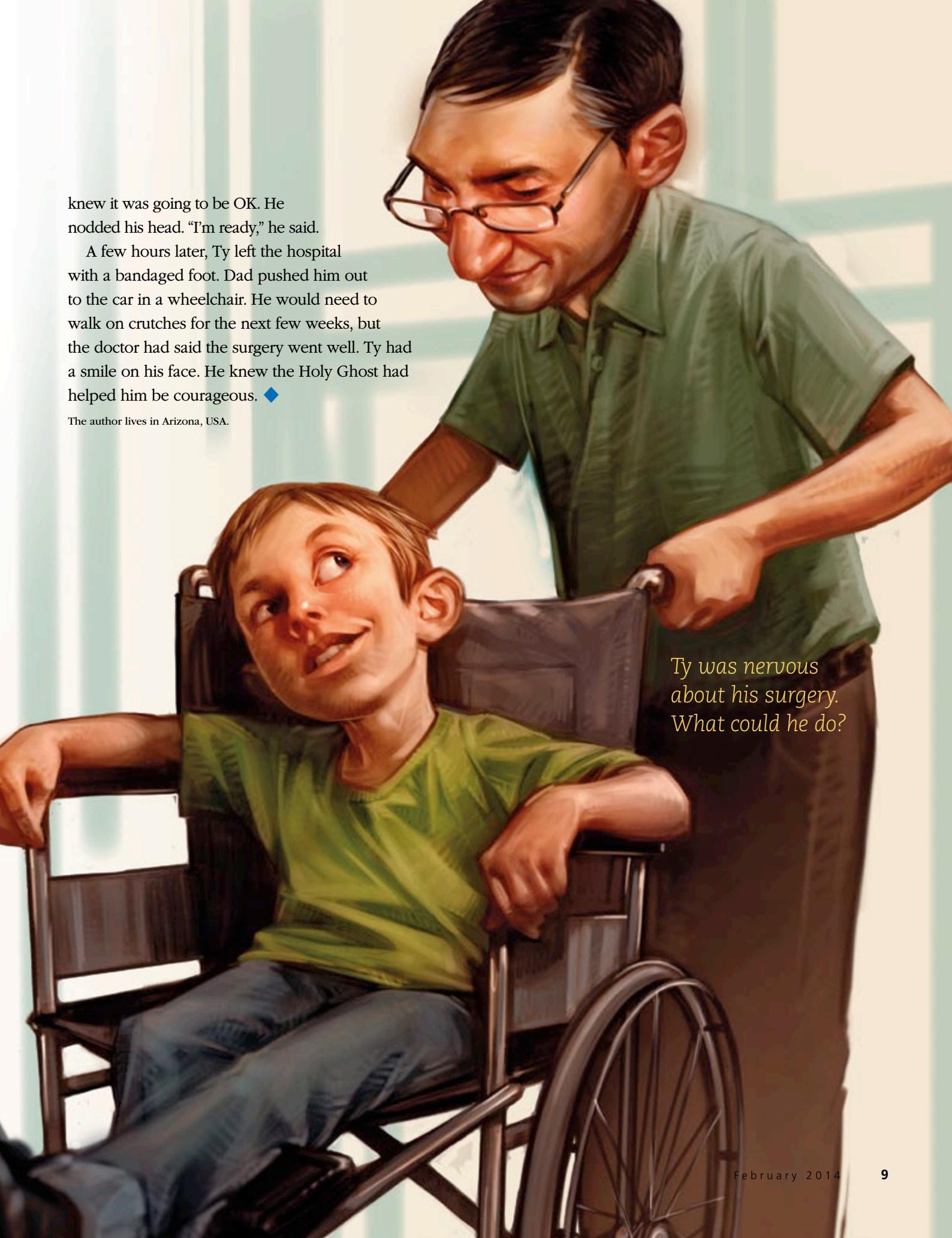
“What do you think, Ty? Are you ready to go in?” Mom asked.

Ty took a deep breath. He still felt a little nervous, but he

knew it was going to be OK. He nodded his head. "I'm ready," he said.

A few hours later, Ty left the hospital with a bandaged foot. Dad pushed him out to the car in a wheelchair. He would need to walk on crutches for the next few weeks, but the doctor had said the surgery went well. Ty had a smile on his face. He knew the Holy Ghost had helped him be courageous. ♦

The author lives in Arizona, USA.

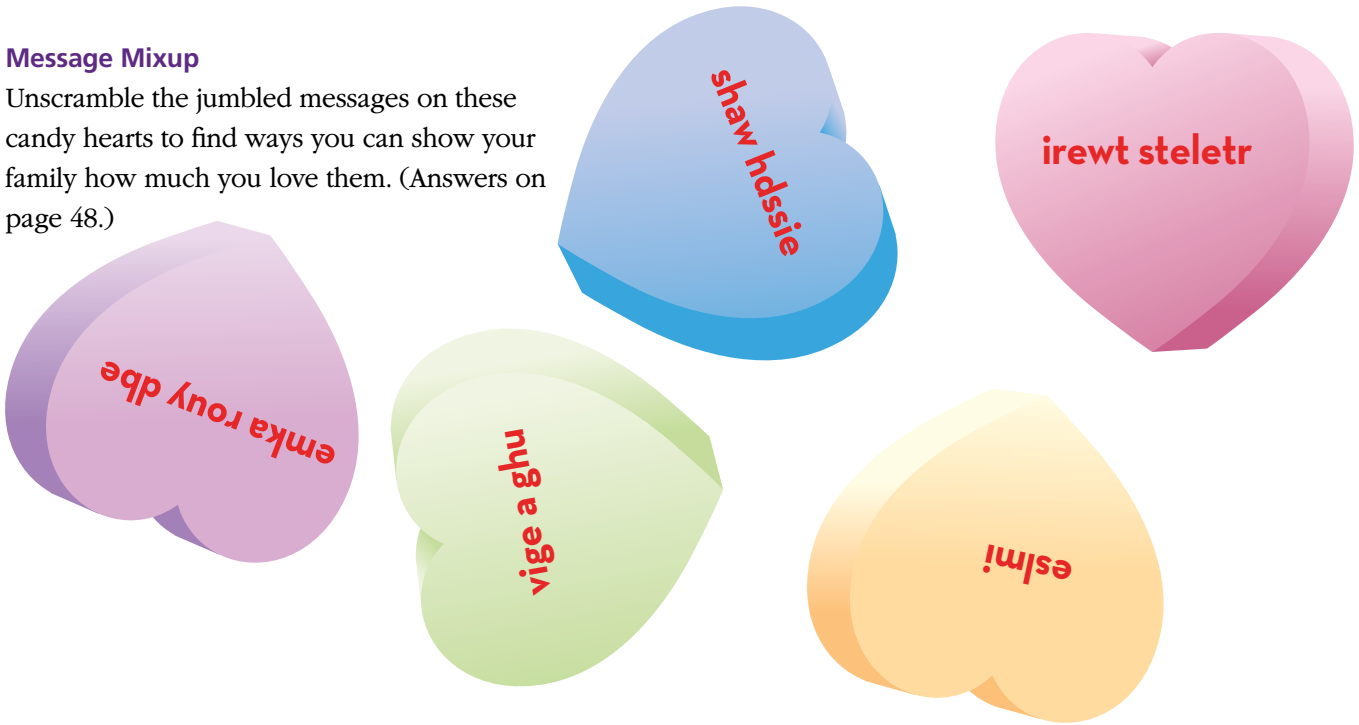


Ty was nervous about his surgery. What could he do?

Love Notes

Message Mixup

Unscramble the jumbled messages on these candy hearts to find ways you can show your family how much you love them. (Answers on page 48.)



Valentine's Day Treasure

What could be even sweeter than candy? Solve the puzzle below to find the answer.

Cross out the word *love*, whether it's written forward, backward, up, down, or diagonally. Then write the remaining letters in order, left to right and top to bottom, in the spaces below. (Answer on page 48.)

G	E	V	O	L	L	O	V	E	O
L	V	E	L	O	V	E	V	V	E
O	O	V	O	O	E	O	E	O	V
V	L	O	V	D	L	V	V	L	O
E	F	L	E	R	O	I	O	E	L
L	O	V	E	L	N	D	L	L	S

BETTER WORDS, Better Friends

It was one thing not to swear, but I decided to ask my friends to stop too.

By Keira S., age 11, Utah, USA

When I was nine, I had friends who used to swear a lot. I thought if they were doing it, maybe I could too. I talked to my parents, and they said it wasn't the right thing to do. Then I prayed to Heavenly Father and felt that it wasn't right to swear.

It was one thing to not swear, but I decided to ask my friends to stop as well. It was a little bit hard to stand up to my friends, especially the ones I didn't know well. Most of my friends accepted my wish. But others said, "This is the way I talk, so if you have a problem with it, I can stop hanging out with you." That was hard at first, but then I realized they weren't my true friends.

Sometimes if you hang out with people, you eventually get used to the way they talk or act and you can forget what's right or wrong. Making the right decision when I was nine has helped me make other good decisions since then. It taught me that I could make good decisions by talking to my parents and praying. I can know what I need to do.

Even though I knew my parents' opinion was right, I decided to pray as well to be sure about what I was doing, especially when it came to not hanging out with some of my friends. No matter how old we are, Heavenly Father is always there for us. I know I can rely on Him to tell me what I need to do.

If you feel that you need to pray about something, just do it. Even if you ask your friends what their thoughts are, their opinions may not always be correct. But Heavenly Father will always help us know what the right thing to do is. ♦



By Marissa Widdison
Church Magazines
(Based on a true story)

INVITING

"I can be a missionary now. I don't have to wait until I'm grown" (Children's Songbook, 168).

Hey, pal, you got mail," Dad said, tossing an envelope to Ryan.

"Thanks!" Ryan said. He never got mail, except for birthday cards from Grandma. Who could it be from?

"Looks like it's from Sister Ray," Dad said. He added that she was writing from a place that sounded like "the empty seat."

"What's the 'empty seat?'" Ryan asked Dad, tearing open the envelope.

Dad smiled. "Not 'empty seat'—'M.T.C.' It stands for 'Missionary Training Center.' It's where missionaries go to learn different languages and how to teach people the gospel."

Sister Ray had been Ryan's favorite Primary teacher before she left for her mission. Ryan knew serving a mission was a good thing to do, but he still missed her sometimes. He read the letter out loud. Sister Ray told about the lessons she was learning and about her companion. At the end of the letter, she told Ryan to be a good missionary.

How can I be a missionary when I'm still a kid? Ryan wondered.

Later that day Mom asked Ryan if he'd come with her to deliver some invitations. She was a Primary leader and wanted to visit the kids who didn't come to church or activities very often.

Ryan felt nervous. Sometimes he didn't like talking to new people. But he knew helping out would mean a lot to Mom.

Before long the two of them were bumping along a dirt road on the edge of town. Soon they pulled into a gated area full of trailer homes.

Ryan followed Mom to a blue trailer and watched as she rang the doorbell. A woman opened the door and invited them inside. As Ryan walked in, he could see a

boy sitting on the floor, playing a video game.

"This is my son, Jacob," the woman said. Jacob turned to look at the visitors, and Ryan smiled and sat down next to him. Soon they were laughing and talking.

"Hey, thanks!" Jacob said as Ryan showed him a secret



JACOB

This was too fun to be missionary work!

passageway that led his character to the next level of the game. “Let’s save this for later and go look at my pet iguana.”

“Cool!” Ryan said.

Ryan liked touching the smooth scales of the iguana

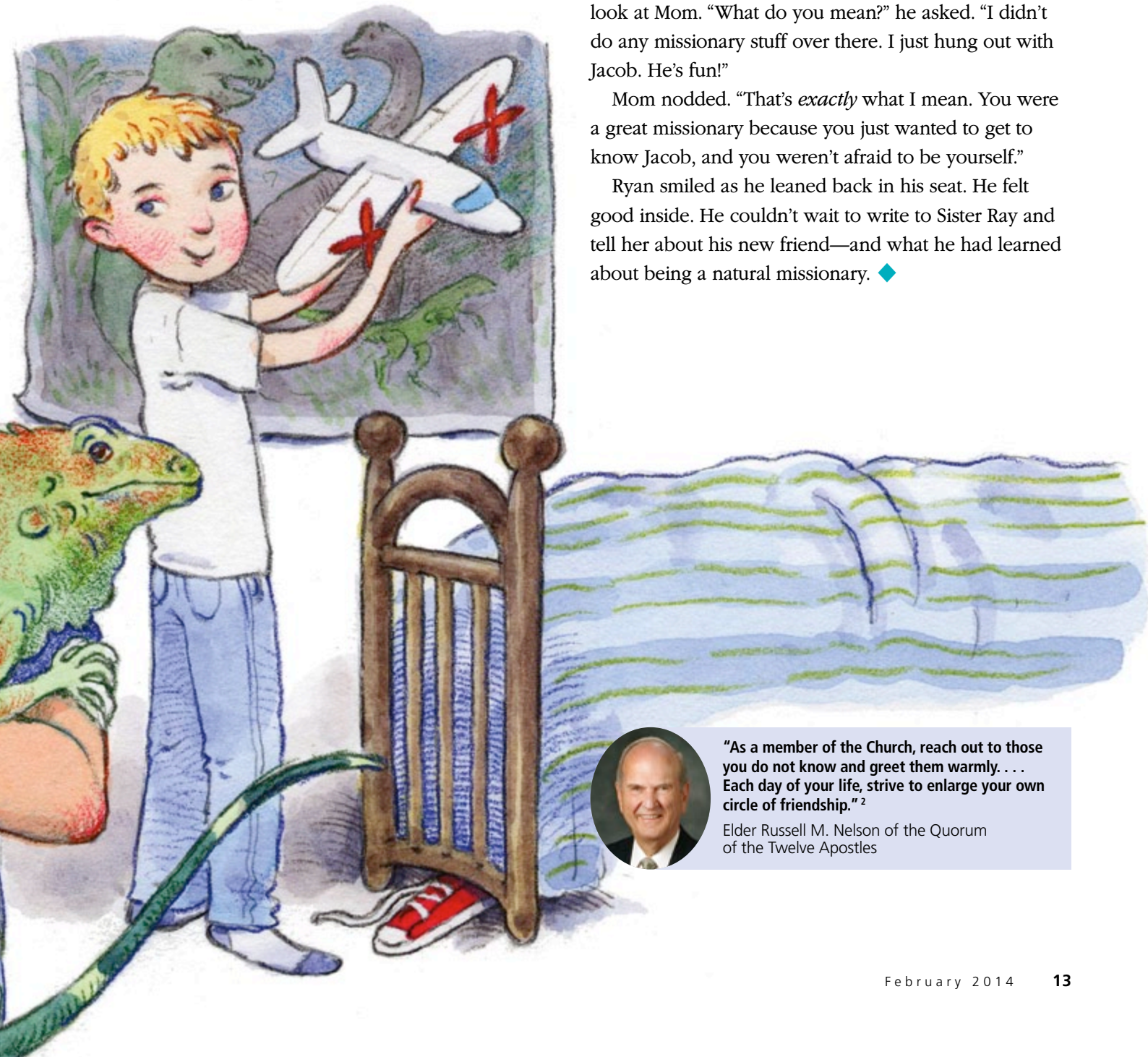
while Jacob showed him other fun things around his room. When Mom said it was time to leave, Ryan made sure to give Jacob one of the invitations.

As they drove away, Mom turned and smiled at Ryan. “You’re a natural missionary, you know that?”

Ryan’s eyebrows scrunched together as he turned to look at Mom. “What do you mean?” he asked. “I didn’t do any missionary stuff over there. I just hung out with Jacob. He’s fun!”

Mom nodded. “That’s *exactly* what I mean. You were a great missionary because you just wanted to get to know Jacob, and you weren’t afraid to be yourself.”

Ryan smiled as he leaned back in his seat. He felt good inside. He couldn’t wait to write to Sister Ray and tell her about his new friend—and what he had learned about being a natural missionary. ♦



“As a member of the Church, reach out to those you do not know and greet them warmly. . . . Each day of your life, strive to enlarge your own circle of friendship.”²

Elder Russell M. Nelson of the Quorum of the Twelve Apostles



*Privet, droog!**
I'm Arina
from Russia



**From an interview
by Amie Jane Leavitt**

Do you like to share your testimony with others? Maybe you share it in church. Or maybe you share it with your family, friends, and teachers by being a good example. This is Arina from Kazan, Russia, and she is seven years old. She wants you to know a little more about her and about the many ways she knows the Church is true.



Before I go to sleep, I read my scriptures with my mom. My favorite story is in 1 Nephi when Lehi left Jerusalem with his family. Reading the scriptures, saying my prayers, and bearing my testimony help me get ready to be baptized.

***Hi, friend!** in Russian.*



Cut out the stamp and add it to your passport from the January issue.



I love to perform on stage. I must get this from my mom, because she is a professional opera singer. I like to sing and play the violin.



I have many chances to talk about the gospel with others. I invite my friends to come to Primary with me. A while ago I taught my great-grandmother how we bless the food. Now we pray together over meals.



I have a fun life in Russia. When it's warm outside, my mom and I swim in the Volga River and walk in the park near our house. When it's cold in the wintertime, we like to ice skate. We also like to see the animals perform at the circus and watch the puppet performances at the doll theater.

PHOTOGRAPHS COURTESY OF ARINA'S FAMILY; BACKGROUND BY ISTOCKPHOTO/THINKSTOCK; ILLUSTRATION BY VAL CHADWICK BAGLEY

I LOVE TO SEE THE TEMPLE



At least once a year, my mom and I travel to the Kyiv Ukraine Temple. We ride a train to get there, and the trip usually takes us two days. We have fun looking at the many cities and farmlands that we pass. I love to visit the temple.



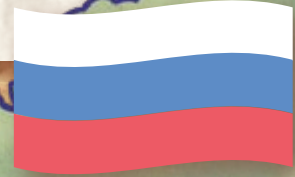
The flag of Russia

READY TO GO!

Arina's bag is packed with some of her favorite things. Which of these things are favorites of yours?



Bulletin Board



Fun Facts about Russia

Have you met Arina yet? You can read more about her life in Russia on pages 14–15. Here are some fun things you may not know about Russia:

- It's the largest country in the world—almost twice as big as Canada!
- Its national animal is the brown bear.
- It has the deepest lake in the world, Lake Baikal (1,700 m or 5,577 ft).



FAMILY HISTORY: I Am Doing It!

A collage is a collection of pictures. You can make a collage of your family using photos or illustrations.

- Ask an adult for copies of photos of family members and ancestors.
- Glue the photos on a piece of heavy paper so that all of the paper is covered. It's OK if the photos overlap a little bit.
- If you don't have photos, you can draw pictures or write names on pieces of paper and use these instead.
- For a fun family home evening, you could show your collage to your family and talk about who is in each picture.

"I am a child of God" in Russian:
Я ГОСПОДНЕ ДИТЯ

BLINIS

What's round, warm, golden, and delicious? *Blinis*! These pancakes symbolize the sun, and they are the most popular food of a Russian festival called *Maslenitsa*. You can top them with all sorts of things—like mushrooms, sour cream, fish eggs, fruit, or jam—or you can eat them with just a little melted butter. Remember to get an adult's help when cooking. (Makes 10–20 blinis.)

2 eggs

2 cups milk

1 cup flour

1/2 teaspoon sugar

1/4 teaspoon salt

vegetable oil



1. Whisk together the eggs and milk. Add the dry ingredients.
2. Lightly grease the bottom of a frying pan with vegetable oil and heat it on medium heat.
3. Ladle a thin layer of batter to cover the bottom of the pan.
4. Bubbles will start forming in the blini. Cook until all the bubbles have popped and the edges look crisp. Slide a spatula under the blini, flip, and cook the other side until lightly browned.
5. Flip the blini onto a plate and enjoy!

WHAT IF...

WHAT IF A NEIGHBOR
ASKED YOU WHY YOU GO
TO CHURCH?
WHAT WOULD YOU SAY?

PICTURE MASLENITSA

The weeklong Russian festival, *Maslenitsa*, celebrates the end of winter and the start of spring. It's also a time when people ask forgiveness for things they have done wrong during the year. Here are some fun things you might see during a *Maslenitsa* celebration.



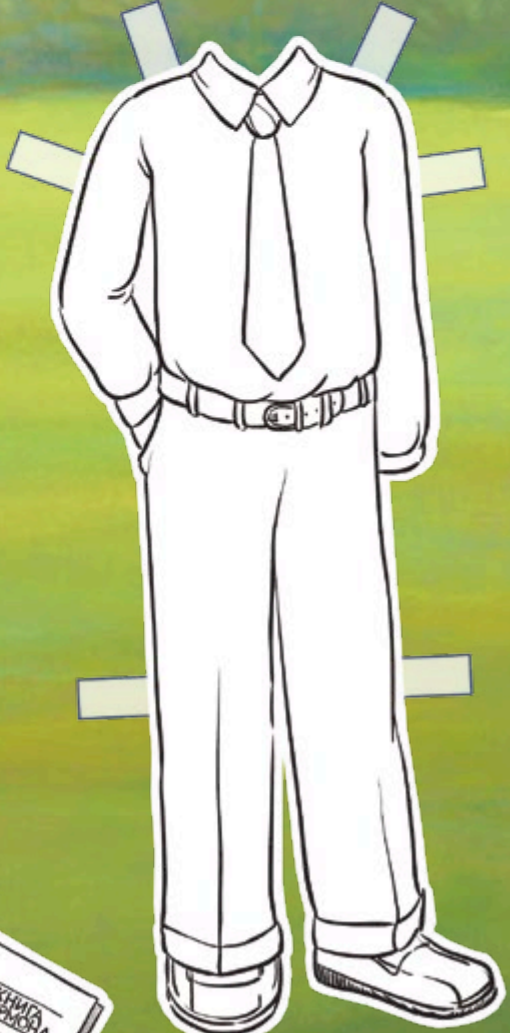
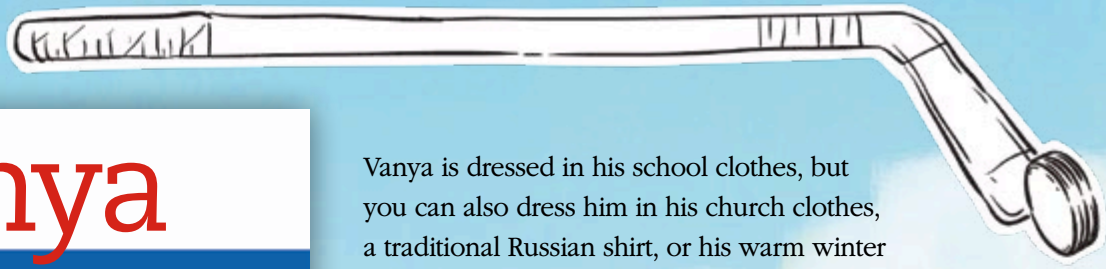
Vanya

.....from.....

Russia

Vanya is dressed in his school clothes, but you can also dress him in his church clothes, a traditional Russian shirt, or his warm winter clothes. Glue this page onto heavy paper before you color and cut out the pieces.

Print more copies at FriendsaroundtheWorld.Ids.org.

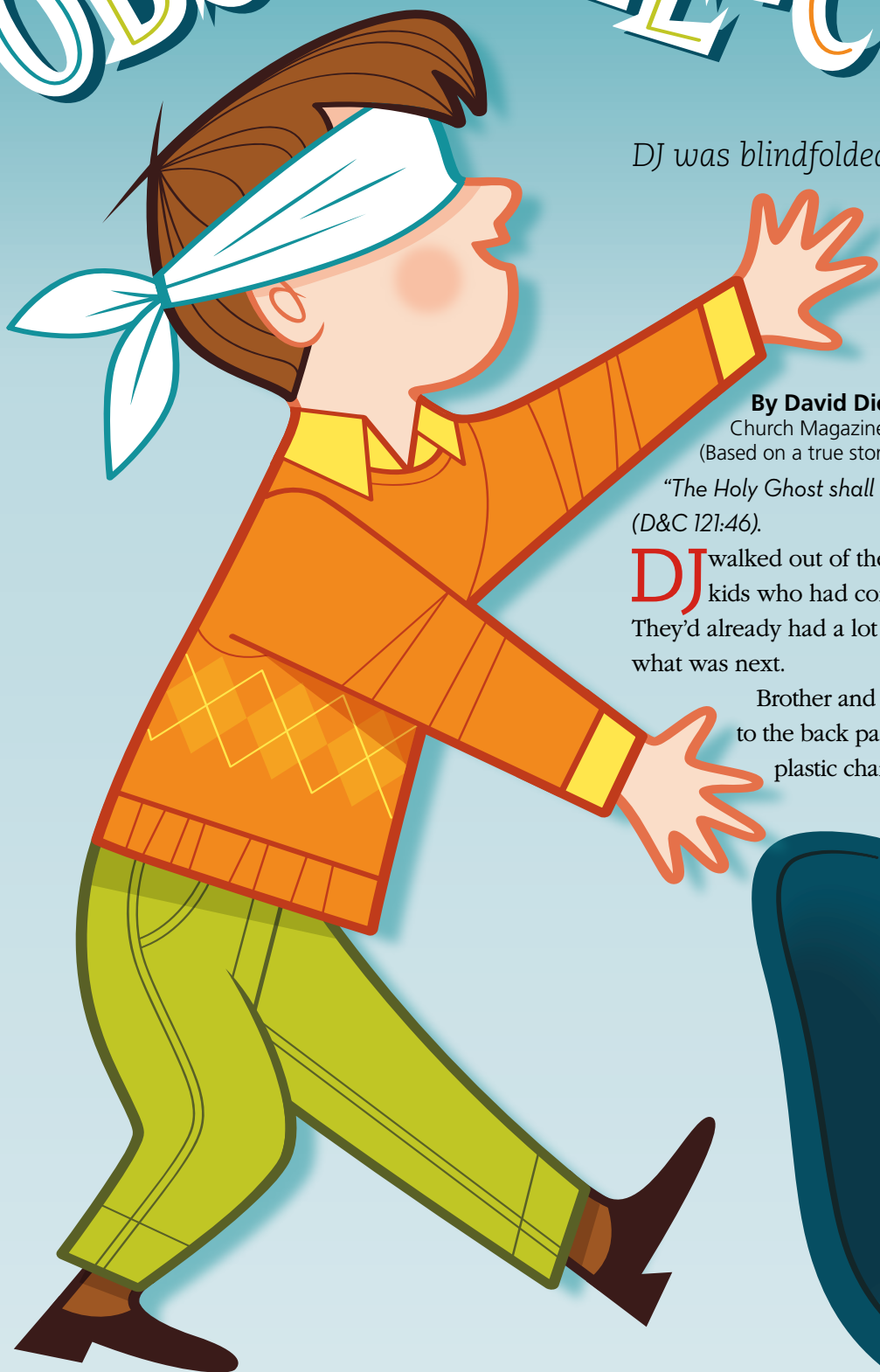


MATT & MANDY



OBSTACLE-COURSES

DJ was blindfolded—but not alone.



By David Dickson

Church Magazines
(Based on a true story)

*“The Holy Ghost shall be thy constant companion”
(D&C 121:46).*

DJ walked out of the church building with the other kids who had come to the Saturday activity. They’d already had a lot of fun. He couldn’t wait to see what was next.

Brother and Sister Jones led the group to the back parking lot. A bunch of plastic chairs were set up in a really weird arrangement—not in rows at all.

E CHALLENGE

“So,” Brother Jones said, clapping his hands together and smiling, “who wants to try our obstacle course?”

DJ’s hand shot up. Awesome! He loved obstacle courses! This one looked kind of easy, but that was OK. It would still be cool.

Sister Jones nodded to DJ, then turned to the other kids. “You’ll all have a chance,” she said with a smile. “But I’m afraid it’s not as easy as it looks.”

She pulled a blindfold from her pocket.

DJ stared at the blindfold, then back at the chairs. This was going to be a lot harder than he’d thought.

“Don’t worry, DJ,” Brother Jones said. “You’ll have help. Who would like to be DJ’s helper?”

This time his friend Sam’s hand went up first. Sister Jones sent Sam to the other side of the obstacle course. “OK, Sam, your job is to tell DJ how to get through without running into any chairs. If he needs to go left, right, back, or forward, you tell him. Understand?”

“Yup!” Sam said.

Brother Jones placed a hand on DJ’s shoulder. “DJ, listen closely to Sam’s voice. If you bump into a chair, you’ll have to take three steps back and keep trying. Ready?”

“I think so,” DJ said. It still sounded fun, but he was starting to wish he hadn’t volunteered first. He’d probably bump into at least two or three chairs.

Brother Jones tied on the blindfold. “Good luck!”

“OK,” Sam said. “Walk forward three steps.” DJ started moving his feet. It felt so strange, walking in the dark like that.

“Now another two steps,” Sam said. “Yeah. Now one more. Good. Now turn left.”

As DJ kept dodging the chairs, he started feeling confident.

“Turn right,” Sam said a minute later.

But DJ didn’t listen right away. He thought for sure he remembered a straight path right about there. He could get through faster if he kept going the way he was headed. He took a step or two without turning.

“Wait,” Sam said. “I said turn right!”

“I will in just a—” DJ bumped right into a chair. It slid across the ground. *Oops . . .*

“That’s OK,” Brother Jones said. “Just back up and try again.”

DJ felt silly. He should have listened to Sam. He carefully backed up three steps.

This time Sam talked him all the way through without another bump. The other kids clapped as DJ took off his blindfold and gave Sam a high five.

Sister Jones pointed at the chairs. “Our lives can be like this obstacle course,” she said. “It’s not always easy to see problems on our own. But we have a helper too. Can anybody tell me who that helper is?”

Shayla raised her hand. “The Holy Ghost!” she said.

Brother Jones nodded. “Exactly. He can help us avoid hidden dangers. Now who’s next?” All the other kids raised their hands at once.

DJ decided right then that he would always listen to the Holy Ghost. He knew then he would be safe from hidden dangers. ♦




At my age, what can I do to make the world a better place?

**By Elder
M. Russell
Ballard**

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

In your morning prayer each day, ask Heavenly Father to guide you to find an opportunity to serve.

Then go throughout the day looking for someone to help.



Stay focused, just like honeybees focus on flowers.

Simple, daily acts of service sweeten and nourish the world.

They help bring the Light of Christ to the world.



From "Be Anxiously Engaged," Ensign, Nov. 2012, 29–31.

This Is the Right Place

By Arie Van De Graaff

Brigham Young became sick during the trek west. When he arrived at the Salt Lake Valley, he was lying in the back of a wagon. Looking at the valley, he declared: "This is the right place," and the pioneers settled there.

See if you can find the hidden objects in the picture.



- | | | | | | | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |  |
| BANANA | BASEBALL BAT | BELL | BOTTLE | BRUSH | CHEESE | ENVELOPE | ICE CREAM |
|  |  |  |  |  |  |  |  |
| MITT | OAR | PAINT BRUSH | PEN | SCREWDRIIVER | TIE | WATCH | WATERMELON |

POCKETS

By Larry Hiller

Malcolm Tent was just fine. He was doing OK,
Till he went to his classroom one dark, stormy day,
And his teacher, Ms. Krabb, blew her cork, flipped her lid,
Blaming Malcolm for something that someone else did.

“It just wasn’t fair! It just wasn’t right!”
Malcolm said to himself at the bus stop that night.
“I will not forgive, and I will not forget!”
He promised himself in the cold and the wet.

Looking down as the rain soaked his left shoe and sock,
He saw something shiny, a rain-slickened rock.
“What a perfect reminder, my best idea yet!
This rock will remind me to never forget.”

But Malcolm soon found one rock wasn’t enough.
Turns out he was bothered by all kinds of stuff.
Malcolm got quite annoyed with the things people do
’Cause he didn’t remember that he’s “people” too.

So finding more pebbles, more stones, and more rocks,
He put them in pockets—even down in his socks.
“If you want to stay grumpy and grouchy all day,
A sore foot’s the best thing,” our Malcolm would say.)

The trouble with rocks is they’re hard and they’re bumpy.
They make your clothes saggy; you start to look lumpy.
But that’s not the worst thing that happened to Tent.
Inside he was hardening, just like cement.



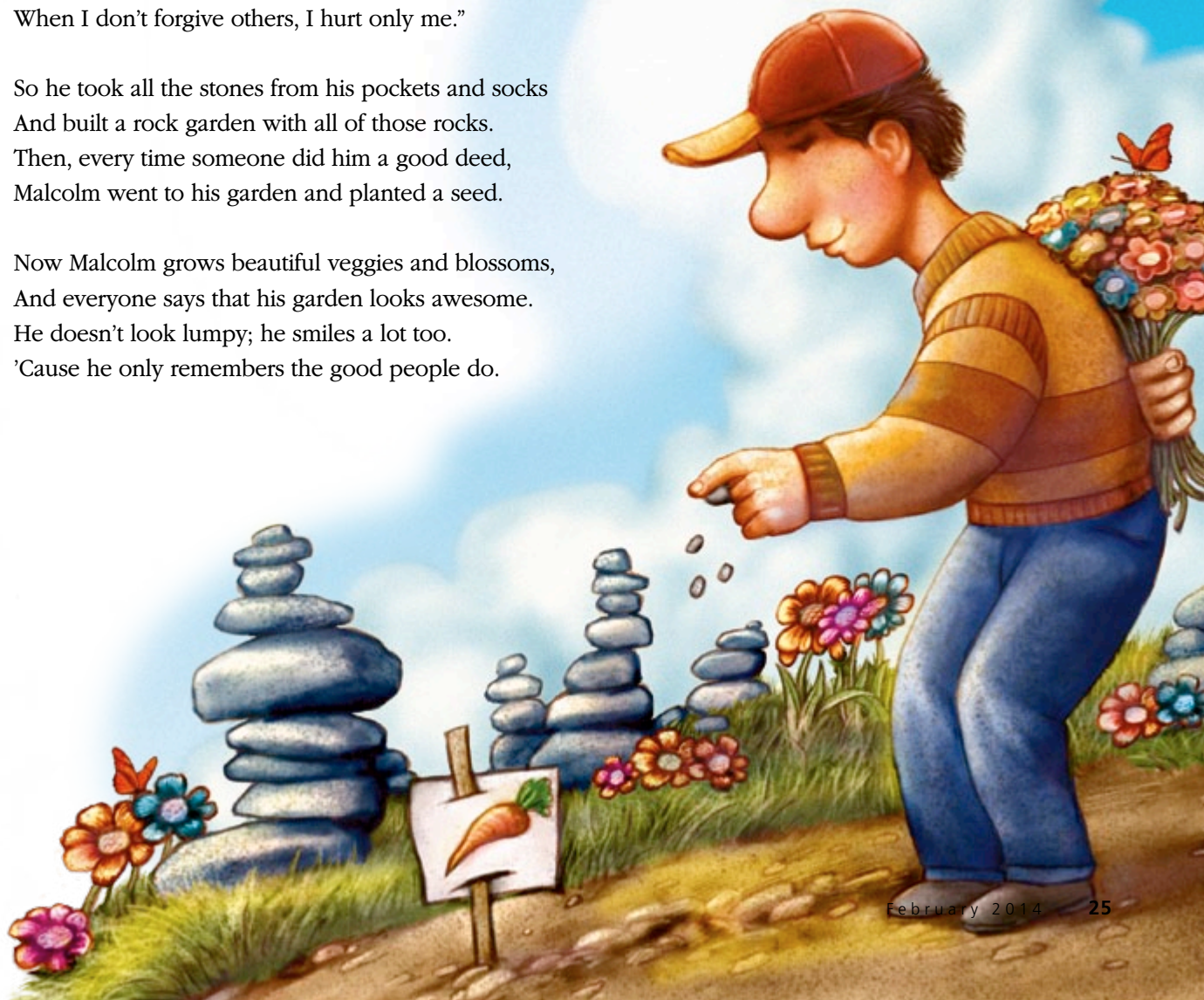
Full of Rocks

Till walking one day in the rain, all dejected,
He saw himself in a large puddle reflected.
His first thought was, *Wow! That's one big lumpy rock!*
"No, wait! That is me!" he exclaimed with a shock.

"Oh, what am I doing?" he heard himself groan.
"My heart is now nearly as hard as a stone."
After thinking all night, Malcolm said, "Now I see.
When I don't forgive others, I hurt only me."

So he took all the stones from his pockets and socks
And built a rock garden with all of those rocks.
Then, every time someone did him a good deed,
Malcolm went to his garden and planted a seed.

Now Malcolm grows beautiful veggies and blossoms,
And everyone says that his garden looks awesome.
He doesn't look lumpy; he smiles a lot too.
'Cause he only remembers the good people do.



THE STOL

By Susan Denney

(Based on a true story)

“Dare to do right! Dare to be true!”

(Children’s Songbook, 158)

Annette was excited when she got a part in the musical her city’s community theater was putting on. She sang in two numbers and had lines to memorize! The rehearsals had taken up a lot of her summer, but Annette didn’t mind because everything about being in a play was fun.

There were three other children in the play—two girls and a boy. Because they were in only three scenes, she and the other children had lots of time to explore the theater while they weren’t rehearsing. They looked in prop rooms and costume rooms and watched people building and painting sets. Heather, who was the oldest, had been in plays before, and she knew her way around backstage.

On the night before the play opened, Heather said to Annette, “Come see what I have!”

Annette followed her. She couldn’t wait to see what Heather would show her.

“Look, someone put free sodas here for us,” Heather said, showing her a small refrigerator in a room that looked like an office.

In the refrigerator were some bottles of Annette’s favorite soda. She was really thirsty, and the drinks looked delicious.

“Go ahead, take one,” Heather said.

“I don’t know . . .” Annette said. She just wasn’t sure about this.

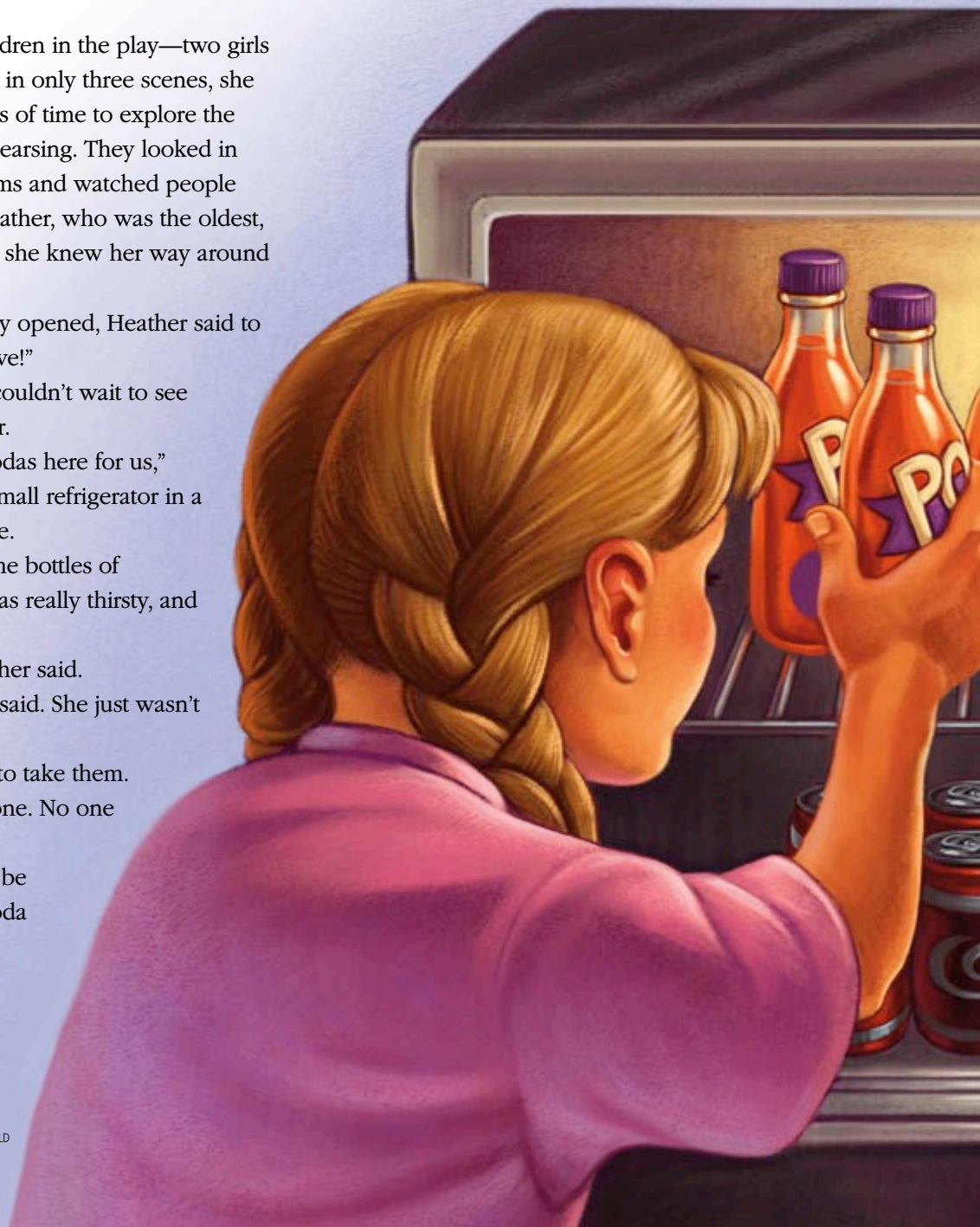
“It’s OK. They mean for us to take them. I’ve come here before to get one. No one said anything.”

So Annette decided it must be OK. She opened a bottle of soda and took a big drink. It tasted wonderful.

“Let’s go finish these in the restroom,” Heather said.

That seemed strange to Annette. But Heather was older, so Annette followed her to the restroom stalls to drink their sodas.

When Annette realized that they were hiding, she began to wonder if they were doing something wrong.



EN SODA

Were they not supposed to take the sodas? She began to worry. After the dress rehearsal was over, even the applause couldn't get rid of the sick feeling in her stomach.

The next day Annette wasn't excited about going back for opening night. All the way to the theater, she

thought about the soda she had taken. Before she got out of the car, she told her mom about what happened.

"Do you think they really were for us?" Annette asked. She hoped her mother would say yes so she could feel better again.

"How do you feel about it?" Mom asked.

"I feel terrible."

"That's the Holy Ghost telling you that you did something wrong."

"But I can't put the soda back! What do I do now?" Annette asked.

"Well, you can pray and ask for forgiveness. After the performance you can show me where you found the drinks, and I'll find out who they belonged to.

Then you can pay for the drink with your allowance."

Annette bowed her head right then and said a silent prayer. In her prayer she said she was sorry she had taken something that didn't belong to her. After the prayer she felt better.

"I'm very proud of you, Annette," Mom said.

"You are?"

"Yes. Even though Heather told you it was the right thing to do, you listened to the Holy Ghost telling you that it wasn't. We all make mistakes. But learning how to repent is an important part of growing up. Now, go break a leg."

Annette laughed. "Break a leg" is what people in the theater say to wish someone good luck.

"I will," Annette said as she waved goodbye to her mom. While she put on her makeup and costume, she felt happy. She had learned a lot more than how to be a good actress this summer. ♦

The author lives in Pennsylvania, USA.



I Hope They Call Me on a Mission

Be better prepared for tomorrow
by learning these skills today.

Get MOVING!

Most missionaries spend their days praying, reading scriptures, walking, riding bicycles, talking to people, and teaching the gospel. It's hard work! Just as it's important to be spiritually ready to serve a mission, it's also important to be physically ready to handle the work.

To be as healthy as you can be, your body needs to be active for an hour or more each day. Below are some examples of fun exercise. Talk with your parents and decide if you are getting enough activity. If you need to, set an exercise goal. (For more about setting goals, see "I Hope They Call Me on a Mission" in the January 2013 *Friend*.)

AEROBIC

- Walking
- Running
- Riding a bike
- Hiking
- Rollerblading



BONE STRENGTHENING

- Jumping rope
- Hopscotch
- Tennis
- Volleyball
- Basketball

MUSCLE STRENGTHENING

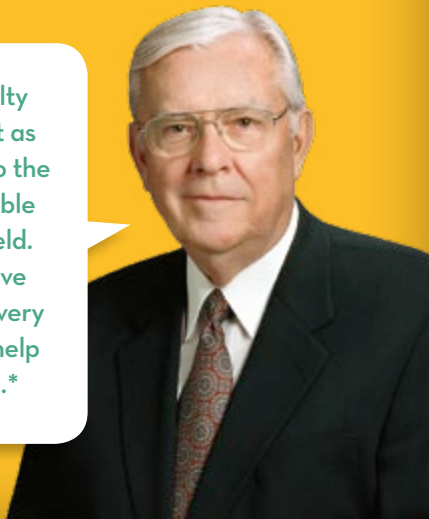
- Gymnastics
- Tug-of-war
- Sit-ups
- Monkey bars
- Climbing trees



ILLUSTRATIONS BY LANCE FRY

Some people with health problems aren't able to serve as full-time missionaries. Elder M. Russell Ballard of the Quorum of the Twelve Apostles said:

They shouldn't feel guilty about that. They are just as precious and important to the Church as if they were able to go into the mission field. But while they don't serve full-time, they can take every opportunity to find and help people join the Church.*



Hello readers,

My companion and I exercise for half an hour every morning. We also walk about six miles a day! I'm so grateful for my body. The scriptures teach that the body is a temple of the Holy Ghost (see 1 Corinthians 6:19).

Sincerely,

Sister Jogger



I've been practicing some of this stuff! Check out page 19 to see my new skills.



Baptism Tic-Tac-Toe

By Arie Van De Graaff

These nine children have recently been baptized. But that's not all they have in common. Can you find something the children in each vertical, horizontal, and diagonal set have in common? (Hint: in the top row all the boys are wearing ties.) Find clues on page 48.





Be Loving

What Jesus Taught

A man once asked Jesus, "Which is the great commandment in the law?"

Jesus answered: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself" (Matthew 22:36-39).



This Month's CHALLENGES

Help someone with a hard chore.

If someone in your family is sad, tell them how much you love them.

If someone in your family is misbehaving, think about how Jesus loves that person, and treat them kindly.

I challenge myself to . . .

Following Jesus Today

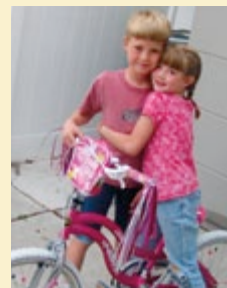


One time a boy kept bullying a girl at school. I knew she wasn't happy. So I told the teacher for her and gave her a little gift. Now we are great friends.

Kathy L., age 10, Philippines

I won a certificate to get a free bike! As I looked at the bikes, I thought of my seven-year-old sister. Her bike was having problems. I saw some good bikes for my sister, so I gave the certificate to her. She picked a great bike and loves it.

Hunter H., age 9, Utah, USA

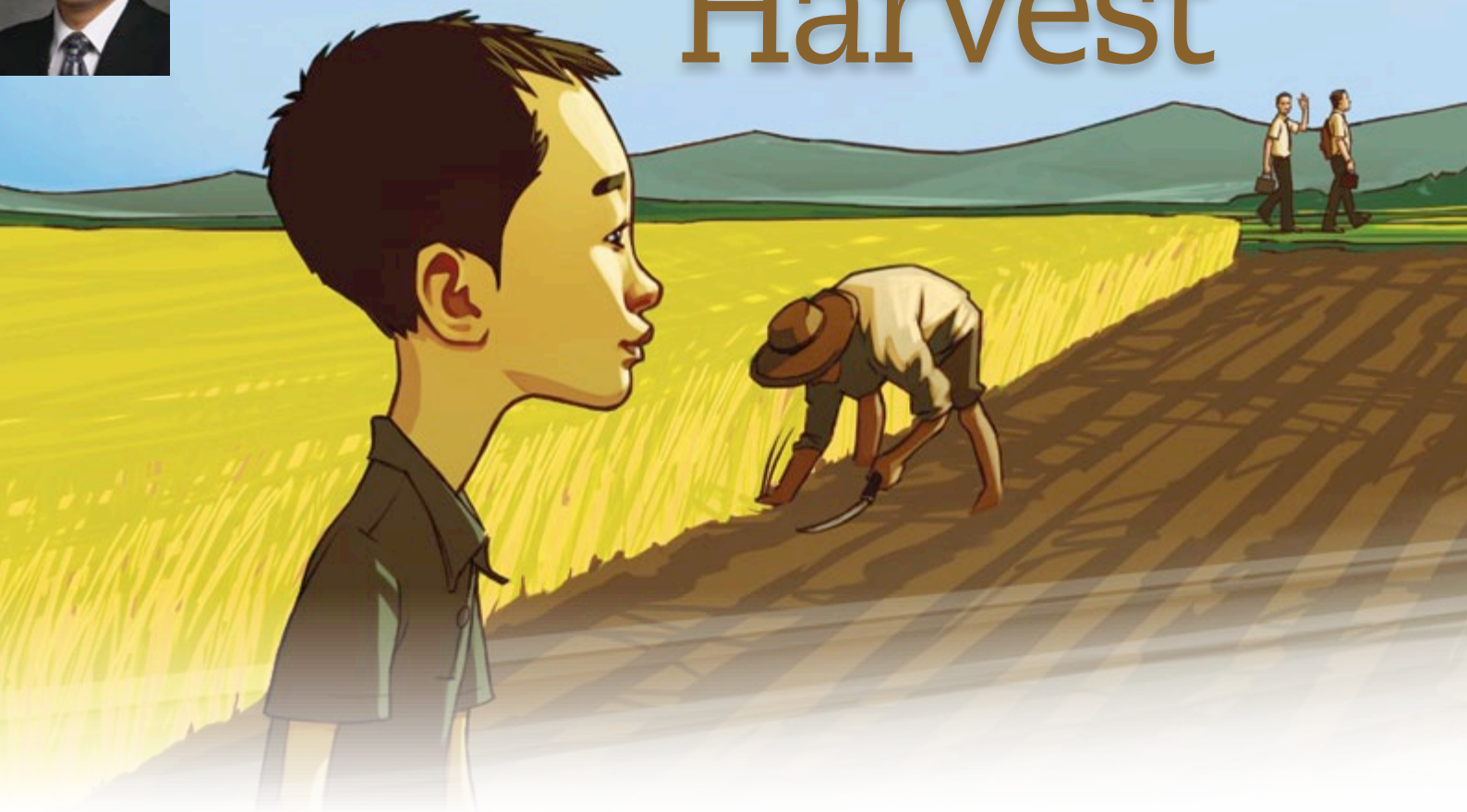




FRIEND TO FRIEND

By Elder
Koichi Aoyagi
Of the Seventy

The Harvest



“The Holy Ghost . . . will show unto you all things what ye should do” (2 Nephi 32:5).

As a boy in Japan, I wanted to learn English. But English lessons were expensive, and I did not have enough money to pay for them.

One day I saw two young men handing out flyers for free English lessons. They were missionaries from The Church of Jesus Christ of Latter-day Saints. I immediately signed up for their English class.

I sensed something special about the missionaries. They were cheerful and positive. I asked them about their church, and my heart was touched. I did not understand it at the time, but I was feeling the Spirit. Soon I wanted to be baptized.

My parents did not want me to be baptized into a church that was different from theirs. But the missionaries came to my home and lovingly talked with my parents. The Spirit touched my parents’ hearts, and they gave me permission to be baptized.

One Sunday in October, I was assigned to give an important part in a program at church. But in October everyone in my family had to work hard to harvest the rice in my father’s rice fields. That included working on the Sabbath day.

I prayed to Heavenly Father, and the Spirit planted a thought in my mind: *I could try to finish the harvest before Sunday.* I would get up early and work every morning before school. Then every afternoon I would work after school until dark.

But by Saturday night only half of the harvest was done. I went to bed discouraged that I had not accomplished my goal. Sunday morning I awoke early to go to the fields. My father came to my room and, with a gentle smile, asked why I wasn’t going to church. My heart was full of joy. I could go to church and keep the Sabbath day holy!

I am grateful to know that as we listen to the Lord’s voice and follow Him, He will always bless and guide us. ◆

I'll Walk with You

If you don't walk as most people do, some people walk away from you.



But I won't!
I won't!



If you don't talk as most people do, some people talk and laugh at you.

But I won't! I won't!
I'll walk with you.
I'll talk with you.
That's how I'll show
my love for you.



Jesus walked away
from none. He
gave His love to
everyone.



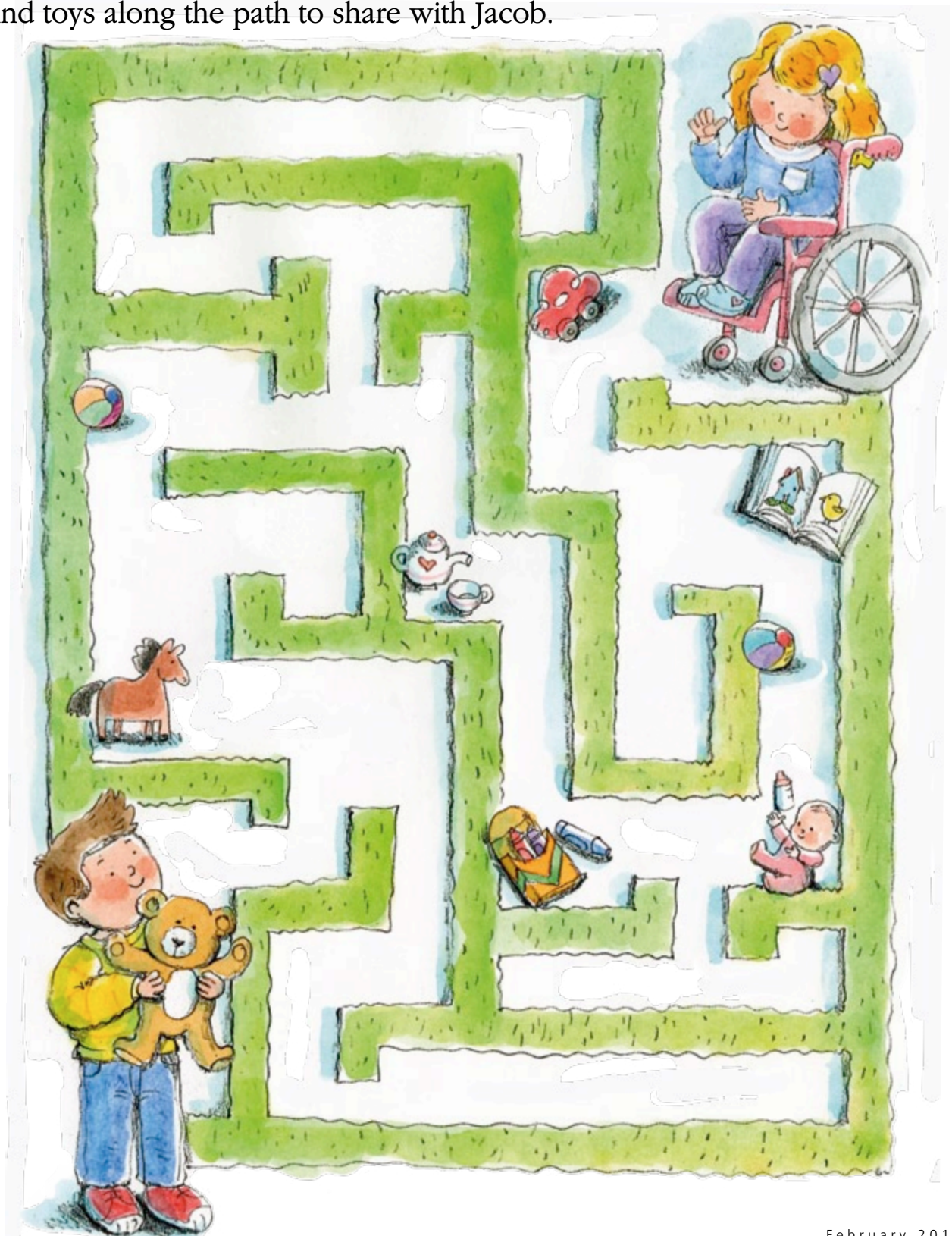
So I will! I will! ◆



From "I'll Walk with You," Children's Songbook, 140-41.

Help Ellie Find Jacob

Ellie likes to follow Jesus by giving love to everyone. Today she wants to play with her friend Jacob. Help Ellie find toys along the path to share with Jacob.



Feeling Better



By Sarah Chow
(Based on a true story)

"I'm trying to love my neighbor; I'm learning to serve my friends" (Children's Songbook, 78-79).

Laura was having a lot of fun at the Primary activity. She liked being with her Primary friends.

But then Tyler came up to her and said, "Your dad is ugly. He wears glasses."

Laura frowned and didn't say anything.

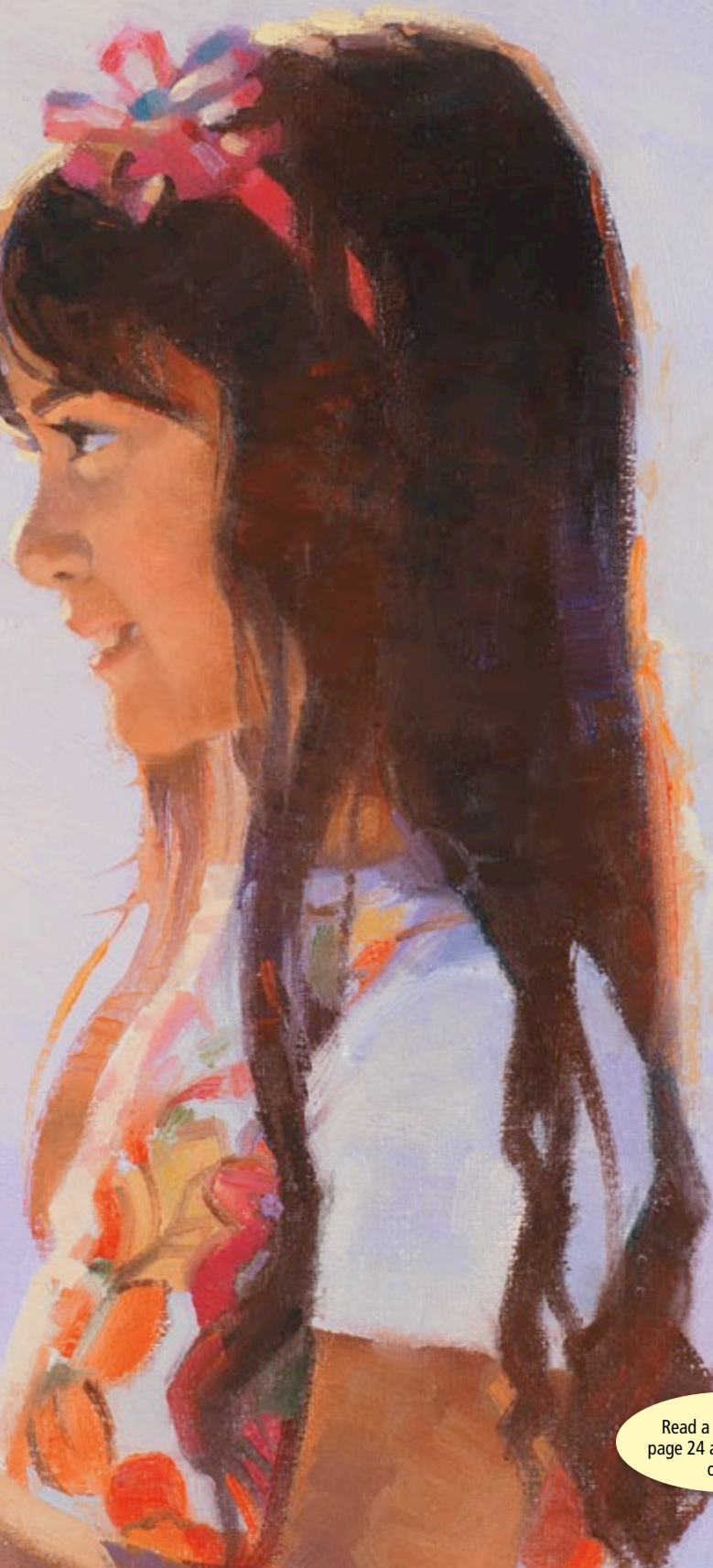
"My brother said your dad is bad at basketball," Tyler said. "He's a geek!"

Laura felt tears coming to her eyes, so she ran out into the hall. She sat down, wrapped her arms around her knees, and cried.

Why was Tyler being so mean? she thought.

Laura looked up to see Sister Morris walking toward her.

"What's the matter, Laura?" Sister Morris asked.



Laura took a deep breath and told Sister Morris what had happened. Sister Morris frowned.

“That was not very nice of Tyler to say those things,” Sister Morris said. “I will talk to him about treating others kindly.” She gave Laura a hug and held out a cookie. “Would you like a treat?” she asked.

Laura shook her head and wiped away her tears. “No, thanks.”

“How about if you come back to the activity and find someone else who would like a cookie?” Sister Morris said. She handed Laura the cookie.

Laura followed Sister Morris back to the Primary room. She liked to make other people happy. Laura looked around. She wondered who would want the cookie. Whitney, a new girl in Primary, was standing by the wall. She looked a little nervous.

Laura walked over to Whitney and held out the cookie.

“This is for you,” she said.

Whitney took the cookie and gave Laura a big smile.

Laura smiled back. Her tears were all gone. She felt much better. ◆

The author lives in Massachusetts, USA.

Read a fun poem on page 24 about forgiving others!



Show and tell



The **Primary of the Fairview Heights Ward, O'Fallon Stake, Illinois, USA**, placed a star on the bulletin board each week they listened to or read the scriptures. Each week in Primary they told their favorite scripture story.



Holden W., age 9, Utah, USA, likes to ride his bike and play ball with his dog. He likes to read the scriptures and help with family home evening. He likes family home evening so much that once he taught two lessons in one night!



My uncle is serving a full-time mission in Guatemala, and I miss him a lot. But I have learned that he is serving Heavenly Father, and when I am big, I want to serve a mission just like him.

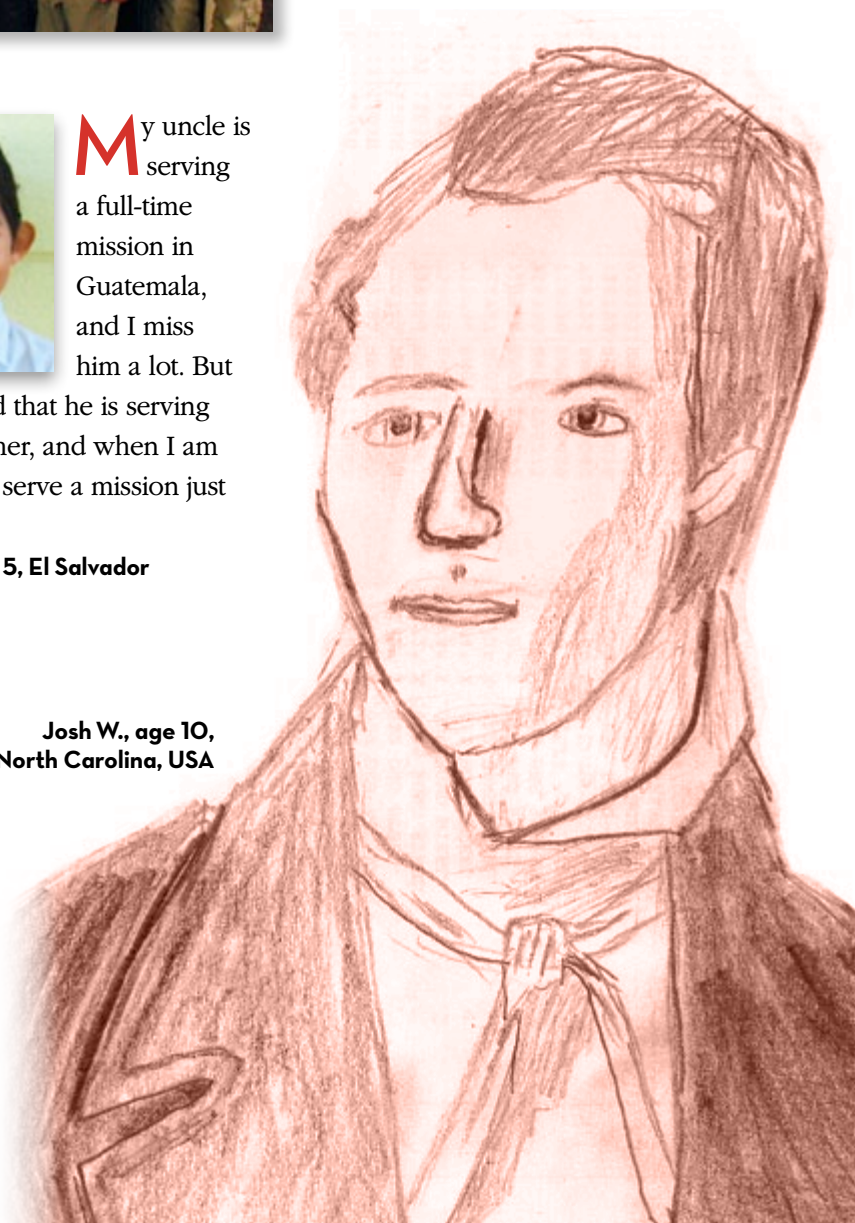
Manuel L., age 5, El Salvador

Josh W., age 10, North Carolina, USA



Today my mom wasn't feeling well, so I made her a snack: an orange, two cut-up carrots, and some chicken. Helping my mom made me feel like I was helping Jesus Christ.

Mirielle K., age 7, Czech Republic





Sarah W., age 11, California, USA



Brigham C., age 5, Mexico



Raquel C., age 7, Bolivia



My Father Lives and Loves Me

I know my Father lives,
And a special gift He gives.
The gift He gives is love.
It descends from up above.
He loves us all around,
From heaven to the ground.

Matthew B., age 9, Kansas, USA



One Sunday I was at church. My mum told me that it was fast and testimony meeting. I felt something inside me pushing me to tell my testimony. I was really nervous, but I went up anyway and talked about how excited I am to be

baptized soon. After I talked, I felt good inside. A few minutes later, I felt my tooth wobble. I thought it was going to come out, so I told my mum and went to the bathroom. When we came back, my tooth was out. I told everyone it was my "testimony tooth"! Now when I look at the space where my tooth was, it reminds me of my testimony.

Annabelle R., age 7, Scotland



Hannah H., age 8, Hawaii, USA, likes to share the gospel. She enjoys bringing friends to church and activity days. She recently made a card for her new pen pal in England and cut out a Nativity scene from the *Friend* to decorate the card. She included a pass-along card inside. She likes to be a missionary.

I Will Follow God's



Words and music by
Vanja Y. Watkins

With excitement ♩ = 92-108

mp My life is a gift; my life has a plan. My life has a pur-*pose*; in

The first system of music features a treble clef staff with a 4/4 time signature and a key signature of one flat. The melody starts with a quarter note G4 (fingered 1), followed by quarter notes A4 (5), B4 (5), and C5. The bass clef staff provides accompaniment with quarter notes G2 (3), F2 (2), and E2 (2). Fingerings are indicated by numbers 1, 5, 5, 3, 2, and 2.

heav'n it be-gan. My choice was to come to this love-ly home on earth And

The second system continues the melody in the treble clef with quarter notes D5 (1), E5 (2), F5 (3), G5, A5, B5, and C6. The bass clef accompaniment consists of quarter notes G2 (3), F2 (5), and E2 (2). Fingerings are indicated by numbers 1, 2, 3, 3, and 4.

seek for God's light to di-rect me from birth. I will fol-low God's

The third system continues the melody with quarter notes D5 (1), E5 (4), F5 (5), G5 (1), A5 (1), B5, and C6 (5). The bass clef accompaniment features quarter notes G2 (5), F2 (1/2), E2 (1/2), D2 (4), and C2 (2). Fingerings are indicated by numbers 1, 4, 5, 1, 1, 5, 5, 1/2, 1/2, 4, and 2.

plan for me, Hold-ing fast to His word and His love.

The fourth system concludes the melody with quarter notes D5 (1), E5, F5, G5, A5, B5, and C6. The bass clef accompaniment consists of quarter notes G2 (1), F2 (3), E2 (4), and D2 (2). Fingerings are indicated by numbers 1, 3, 4, and 2.

© 2014, 1981 by Intellectual Reserve, Inc. All rights reserved.

This song may be copied for incidental, noncommercial church and home use.

This notice must be included on each copy made.

Plan for Me



Musical notation for the first system of the song. The treble clef staff contains the melody with lyrics: "I will work, and I will pray; I will al - ways". The bass clef staff contains the accompaniment. Fingerings are indicated by numbers 1, 2, and 3. A dynamic marking of mf is present.

Musical notation for the second system of the song. The treble clef staff contains the melody with lyrics: "walk in His way. Then I will be hap - py on earth And". The bass clef staff contains the accompaniment. Fingerings are indicated by numbers 1, 2, 3, 4, and 5. A dynamic marking of mf is present.

Musical notation for the third system of the song. The treble clef staff contains the melody with lyrics: "in my home a - bove." The bass clef staff contains the accompaniment. Fingerings are indicated by numbers 1, 2, 3, and 4. A dynamic marking of mf is present.

Practice tip: Notice the marks near the end of the song that show where to play louder and then softer.

You can print out or listen to this song at friend.lds.org.

Heavenly Father Has a Plan for His Children

Oliver could smell Granny's brownies baking in the oven, and there was a reverent feeling in Granny and Grandad's house. Oliver had been looking forward to this special family home evening all day.

"Our lesson is about the plan of happiness that Heavenly Father made for all of us," Grandad said. "Tonight the kitchen is going to represent heaven, where we lived with Heavenly Father before we came to live on earth," he said.

"Was I there, Grandad?" asked Archie. Oliver looked around the kitchen at Granny and Grandad, Mum and Dad, and his younger brothers, Archie and Ethan.

"Yes," Grandad said. "We were all there. And when Heavenly Father told us about His plan to create a world and to send a Savior for us, we were so happy that we shouted for joy!"

Archie and Ethan laughed and jumped up and down.

"Who was the first person in our family to leave heaven and come to earth?" Grandad asked.

"You were," Oliver said.

Grandad left the kitchen. Next Granny left. Then one by one everyone in Oliver's family joined them in the bedroom.

"This room is going to represent the earth," Granny said. "What are some of the things we can do on earth to help us return to Heavenly Father?" she asked.

"Be baptized," Oliver said.

"Go to the temple," Mum said.

"Choose the right," Archie said.

Granny nodded and smiled. Then she said it was time to leave the earth and return back to Heavenly Father.

"I'll go first," Grandad said.

"Oh, Grandad, don't leave!" Ethan said.

"Don't worry," Grandad said. "Leaving the earth is part

of Heavenly Father's plan of happiness. Soon we'll be back together again."

One by one, everyone went back to the kitchen. "We're all back in heaven!" Dad said as Archie and Ethan ran into his arms.

Oliver felt as glad to see his family as if he had been away from them for a long time. He ran over to hug his brothers and Mum and Dad. Now he understood why Grandad had called it Heavenly Father's plan of *happiness*. ♦

SONG AND SCRIPTURE

- "I Will Follow God's Plan" (*Children's Songbook*, 164–65)
- Moses 1:39

IDEAS FOR FAMILY TALK

You could take turns naming some of the important things members of your family *have already done* to follow Heavenly Father's plan—such as praying, being baptized, receiving the priesthood, going to the temple, and choosing the right. Give family members a chance to tell how they felt at those special times. Then you could name some important things your family *will do in the future* and talk about the happiness that will come as you continue to follow Heavenly Father's wonderful plan.

3 Nephi 17:20
2 Nephi 32:9
Doctrine and Covenants 124:34
2 Nephi 32:5
Doctrine and Covenants 1:32
Doctrine and Covenants 33:11
Doctrine and Covenants 59:9
John 5:39
Doctrine and Covenants 110:7, 9

I WILL FOLLOW GOD'S PLAN

Write the scriptures on the left on slips of paper and put them in a bag. Take turns drawing a slip and looking up the scripture. Then glue it under the word on the step that helps us return back to Heavenly Father.

RETURNING TO HEAVENLY FATHER

Temple

Priesthood

Sacrament

Holy Ghost

Baptism

Repentance

Faith

Scriptures

Prayer

OUR LIFE BEFORE BIRTH





*It was after midnight,
but Tate knew it was
time to talk.*

Finding Help

By Kimberly Reid

(Based on a true story)

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

Tate lay awake in the darkness, blinking back tears. He had prayed for help, but it seemed like a heavy black cloud hung over him, shutting out the Spirit.

What if I never forget that awful TV show? he worried.

A few days ago, he had finished his homework early and flipped on the TV. But he hadn’t expected to see something like *that* on the screen. Tate was so shocked that he forgot to turn off the television as quickly as he should have.

It was an accident. He hadn’t meant to watch a scene like that, but now he couldn’t forget it. Sometimes it popped into his head in the middle of school, at the dinner table—even during church. At times like that, he was glad Mom and Dad couldn’t read his mind. Tate’s parents had taught him not to look at pictures of people without

clothes on. He knew that they also expected him to avoid violent TV shows, movies, and video games.

“Now I know why,” Tate mumbled to himself.

Tate got out of bed and onto his knees again. What could he do?

“Heavenly Father,” Tate whispered. “Please help me stop thinking about what I saw.” He wiped away the tears that had been forming in his eyes and listened. His heart beat faster. He thought he felt the Holy Ghost prompting him, but it wasn’t the answer he wanted.

He needed to tell his parents.

“Why?” Tate wondered. He would feel like a baby going into his parents’ room in the middle of the night. And to *tell* them? He felt embarrassed and sick all over again.

Then a clear thought came into his mind: Heavenly Father wanted him to be happy. Heavenly Father wanted him to feel the Spirit again, to think about good things, and to be honest with his family. He especially wanted Tate to become a worthy Aaronic Priesthood holder when he turned 12 in a few months. Tate realized that if he held on to what he had seen and kept it a secret, he would stay unhappy about it.

Tate knew he needed help—and the Holy Ghost had just told him where to find it.

Tate looked at the digital clock’s glowing numbers beside his bed. It was nearly 1:00 in the morning. He stood up and headed into the dark hallway toward his parents’ room. Swallowing nervously, he tapped on their door.

“Mom? Dad?”

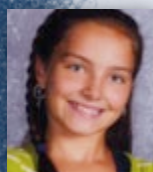
“Tate, is that you?” came Mom’s sleepy voice.

“Is something wrong?” Dad asked.

“Yeah,” Tate said. “Can we talk? And can I maybe get a blessing?”

Dad clicked on his bedside lamp and invited Tate inside. For the first time in days, Tate felt warmth, hope, and light. ◆

The author lives in Utah, USA.



My mom and I went to our town’s Christmas parade. As we left I overheard some things that weren’t very pleasant. The words kept running through my head over and over. That’s when I decided to pray to Heavenly Father. I asked that I stop thinking of the words. As soon as I finished, my thoughts cleared. I am so grateful that Heavenly Father helped me stop thinking of the unpleasant words.

Madison A., age 12, Virginia, USA

Oh No! Now What?

It can happen anywhere—at home, at school, or at a friend's house. Suddenly you see something you *know* isn't good—on a phone, TV, computer, or game device, or in a book or magazine. *Now* what can you do to feel better?



Don't just sit there. Watch or read something good. Do something active. Do a good deed. Go be around family or friends.

Remember who you are. You're not bad because of what you saw. You are a child of God, and He loves you and wants to help you be safe and happy.

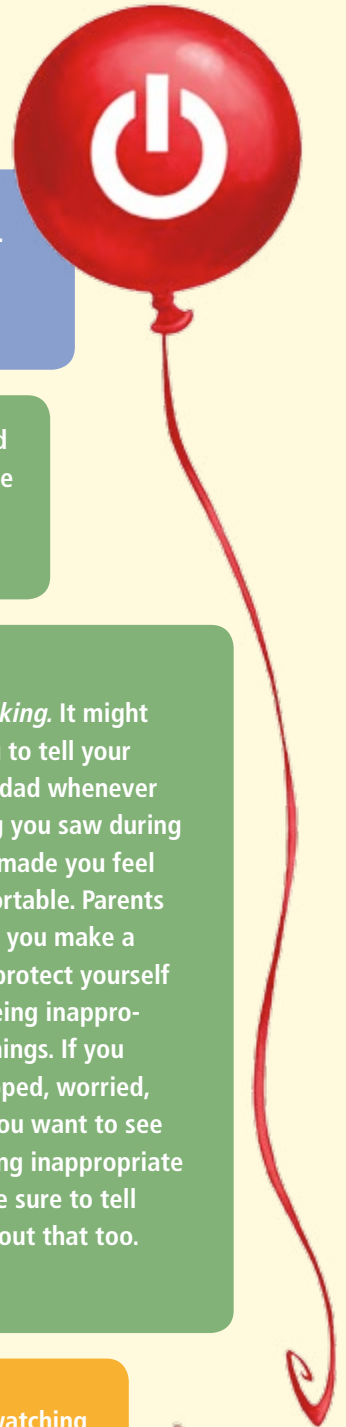
Get away from it. Turn it off. Put it down. Treat it like it's poison for your brain—because that's what it is.

Tell your mom or dad. Parents know you best, and they want to help you be safe and happy. Don't be embarrassed. What happened to you happens at some time to almost everyone.



Keep talking. It might help you to tell your mom or dad whenever anything you saw during the day made you feel uncomfortable. Parents can help you make a plan to protect yourself from seeing inappropriate things. If you feel trapped, worried, or like you want to see something inappropriate again, be sure to tell them about that too.

Let it go. Picture yourself letting go of a balloon and watching it float away. Try to relax and let what you saw float out of your mind. Now picture the temple, your family, or something else you love to see.



Fun and Games



Stick Pull

On pages 2-3, President Eyring talks about the Prophet Joseph Smith.

Joseph was very good at the game of stick pull. Sometimes he'd even win while playing against two people at once! **Here's how to play:**

1. Sit on the ground with another person facing you.
2. With your knees bent and feet touching, have each person grab a sturdy stick. (You could use a broomstick.) Each person tries to pull the other person up by pulling the stick toward him or her.

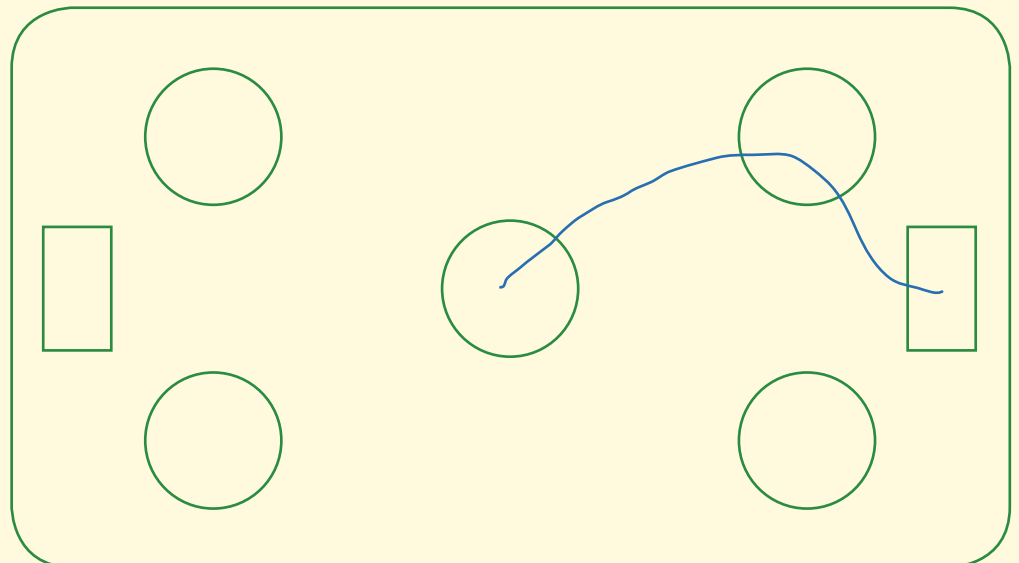
Instant Ice Hockey

In Russia, one of the most popular sports is ice hockey. Here's a fun hockey game you can create anywhere with a pencil and a piece of paper.

Draw a hockey rink as shown below. Then take turns with a friend seeing who can score the most goals. **Here's how to play:**



1. Place the point of a pencil or crayon in the middle circle.
2. Close your eyes and try to draw a line that goes through one of the circles and ends up inside the goal box.
3. If your line makes it through a circle and stops in the rectangle, you made a goal!
4. Whoever scores the most after 10 shots each is the winner.



P.S.

We hope you enjoyed this month's magazine. Please write to tell us what you liked!

How to Write to the Friend

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

1. Fill out the form below and include it with your submission.
2. Include a school photo or high-quality snapshot.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old to send us a submission.



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

The following information and permission must be included:

First and last name

Age State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian

The Last Laugh



CARTOON BY VAL CHADWICK BAGLEY

Through Your Eyes



This is a photograph of the Preston England Temple. Even though I cannot go inside the temple yet, I am grateful to Heavenly Father for the beautiful building and gardens that I can enjoy now.
Luca G., age 9, England



VISIT friend.lds.org!

- Play games and watch videos.
- Read the Friend online.

Funstuff Answers

Page 3: This is My Beloved Son. Hear Him! **Across:** 1) Restoration, 2) James, 3) enduring, 4) precepts; **Down:** 2) three, 4) intent, 6) Spirit, 7) submissive, 9) feast

Page 10: make your bed, give a hug, wash dishes, write letters, smile; good friends

Page 29: ties, hats, necklaces, snacks, balls, books, glasses, pets

Hidden CTR Ring

Did you find the ring? Look on page 11!





HOWARD W. HUNTER

Howard W. Hunter earned his **Eagle Scout Award** (the highest award in an achievement program for young men) when he was 15. He was fascinated with **genealogy** and often spent time searching the Church genealogical library or visiting family. While serving as an Apostle, he helped choose the site for the **Brigham Young University Jerusalem Center**. As President of the Church, he encouraged members to worship in the temple often and dedicated the **Bountiful Utah Temple** less than two months before his death.

ILLUSTRATION BY ROBERT T. BARRETT

Dear Parents and Teachers,

One of the most important skills we can help a child learn is emotional resilience—the ability to bounce back from difficulties and approach life with a positive outlook.

On page 24, you'll find a fun poem called "Pockets Full of Rocks." Try collecting some rocks and naming things that can weigh us down. Then read the poem together and list some ways to plant your own beautiful "garden."

With love,
The Friend

Order the
Friend at
[store.lds.org!](http://store.lds.org)



Visit "Resources for Teaching Children" at lessonhelps.lds.org for stories, activities, and media to use at home and in Primary.

Find videos and games for kids at friend.lds.org.



Family Home Evening Ideas

LOVE AT HOME: "Family Fun Time" (page 6) is about loving your family. Read "Best Family Forever" on pages 4–5 and make the origami hearts on page 6. Talk about other things you can do to make each family member feel loved.

LEARN SOMETHING NEW: Have a Russian-themed family home evening! Make delicious blinis together (page 17). Read about Arina (pages 14–15) and cut out the figure on page 18. Talk about why it's important to learn about other cultures and to respect and love all of Heavenly Father's children.

I WILL FOLLOW GOD'S PLAN FOR ME: Learn about this month's Primary theme on pages 42–43. You'll find a short lesson, a scripture, and ideas for talking with your children. You can also read "Obstacle-Course Challenge" (pages 20–21). Set up your own obstacle course and talk about how agency and listening to the Spirit are important parts of God's plan.

MEDIA SAFETY: Consider reading "Finding Help" (pages 44–45) together as a family and discuss the tips on page 46. Make a media plan to help each member of your family stay safe. You can find pornography prevention resources at overcomingpornography.org/family-and-friends.

Topics in This Issue

Courage 8
Forgiveness 24, 36
Holy Ghost 20, 31
Honesty 26
Jesus Christ 31
Joseph Smith 2
Media 19, 44, 46
Missionary work 12, 28
Plan of salvation 42
Service 22, 32, 36
Standards 11, 44

Sidebar References

1. "Of Things That Matter Most," *Ensign*, Nov. 2010, 21.
2. "Be Thou an Example of the Believers," *Ensign*, Nov. 2010, 48.