

the Friend

JANUARY • 2008



Friends by Mail

In January 2007, we asked you to tell us about a time when you faced your fears. We are very grateful to each of you who responded. Unfortunately, we can only publish a few of them. Please know that even if your letter does not appear here, your help was appreciated. Thank you!

My Sight Restored

Once, I fell off my bunk bed and hit my head very hard. I was scared because I couldn't see. My daddy gave me a blessing. He said that I would be able to see very soon. When the ambulance men came, they shined a flashlight in my eyes. I looked around and I could see again! I didn't feel afraid anymore. I am grateful for the priesthood in my home. I am glad that whenever I am scared or need help, my daddy is there to give me a blessing.

Eliza F., age 6, Minnesota



Stuck in an Elevator

A few months ago I got stuck in the elevator of my apartment building without my mom or brother. I was very afraid. The man who cleans the building found me and helped me get back to my mom. Later, Mom told me that while I was lost she said a prayer to Heavenly Father asking that I would get back safely to her. I am still nervous when I get in the elevator, but I'm more careful, and I know I can ask Heavenly Father for help.

Hallie M., age 4, Ontario, Canada



Afraid of Recess

In kindergarten I was afraid to go out to recess. Every recess I would go to the library. I did that for a long time. Then I started going to recess because my friends helped me to overcome my fear. Now I go out to recess every day. I know Heavenly Father also helped me to overcome my fear.

Olivia Ilene G., age 8, Washington



Bad Dream

One time I woke up from a bad dream. I felt very afraid, so I decided to pray. I said: "Heavenly Father, please help me to fall back to sleep. In the name of Jesus Christ, amen." Afterward, I felt comforted and safe. I was able to go back to sleep.

Tucker K., age 7, Alaska



Facing My Fear

I read the story "The Opposite of Fear" in the January 2007 *Friend* (pages 18–19). It was about a girl who did not want to go to bed. I was also scared to go to bed because I had been having bad dreams. I put a picture of Jesus in my room and thought about Him just like the girl in the story. I have felt happier since then. I love Jesus Christ.

Mia H., age 6, Missouri



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the Friend

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(inside back cover)
for family home
evening ideas.



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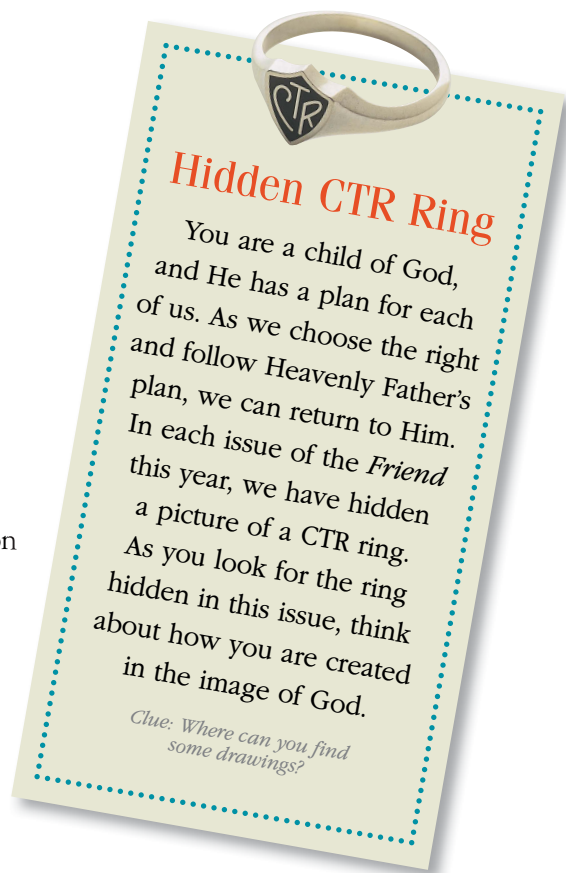
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Cover by Dilleen Marsh



The Light of a New Day

BY PRESIDENT GORDON B. HINCKLEY

I had a long-remembered meeting with a former prime minister. He had seen much of conflict and trouble in his time. He told a very interesting story of a Jewish rabbi who was conversing with two of his friends. The rabbi asked one of them, “How do you know when the night is over and a new day has begun?”

His friend replied, “When you look into the east and can distinguish a sheep from a goat, then you know the night is over and the day has begun.”

The second was asked the same question. He replied, “When you look into the distance and can distinguish an olive tree from a fig tree, then you know morning has come.”

They then asked the rabbi how he could tell when the night is over and the day has begun. He thought for a time and then said, “When you look into the east and see the face of a woman and can say, ‘She is my sister,’



President Hinckley reminds us that we are all brothers and sisters.

and when you look into the east and see the face of a man and can say, ‘He is my brother,’ then you know the light of a new day has come.”

Think of that for a few moments, my dear friends. It speaks of the true meaning of brotherhood.

The gospel of Jesus Christ is the only element that will destroy the hatred that exists among people. If they will bring this gospel into their lives, there will be a far greater measure of peace in the world. That

is why you and I are here—to teach the gospel of the Lord Jesus Christ and touch the hearts of people so that they can look upon one another as brothers and sisters, as children of our Father in Heaven. ●

From an address given at Brigham Young University on October 31, 2006, and “Words of the Living Prophet,” Liahona, Dec. 1996, 8; “Excerpts from Recent Addresses of President Gordon B. Hinckley,” Ensign, Apr. 1996, 73.

THINGS TO THINK ABOUT

1. In the story, the rabbi compares love to the light of a new morning. Why does the light of the gospel bring love into our hearts?

2. How can you share the gospel and help bring peace to others?

3. How can you experience the peace of the gospel in your own life?





The RED Marble



BY RAY GOLDRUP

(Based on a true story)

God . . . loveth our souls (Alma 24:14).

The morning sun was boiling up over the low, dry hills as Elliot trudged up the narrow dirt road. Dangling from his belt was a drawstring bag of marbles and a leather bag holding a thermos.

He left the road and slid down the side of a 10-foot-deep creek bed that was, for the most part, dry. He had promised himself and a hundred or so tadpoles trapped in two puddles that he would move them to deeper water.

He looked at the watch he had received on his 10th birthday the week before. It was barely nine o'clock, and he had until noon before he had to be home. Elliot set about herding the tadpoles into the lid of his thermos and then poured the squiggly contents into the small jug. He transported them up the creek to a deeper pool protected from the sun. He emptied the pollywogs and went back for another batch.

When he finished, he headed back to the road and saw a red-haired boy standing next to an overturned bike stuck in a tangle of brushwood. The boy pulled at the bicycle, whimpering. His pant leg was torn, his right knee was bleeding, and his face was smeared with dirt and tears.

Elliot approached the boy. "I'm Elliot."

"I'm Rusty," the boy said with a frown.

"What happened?" Elliot asked.

Rusty explained that he had been out riding his bike when three boys on bicycles forced him off the road. "They teased me and made fun of my red hair and freckles."

Elliot was shocked. "Why would they want to do that?"

Rusty shrugged and sighed. His eyes welled up and he looked away, embarrassed. "Seems like kids are always doing that kind of stuff to me. I'm so used to it I don't wonder why anymore. Maybe this time it's because I'm a new kid. Or . . . just because. One time at another school, I was in the lunch line. A kid said, 'Who do you think *you* are?' and got in front of me. Maybe some kids get picked on because they are nobodies and that's just the way it is."

"No!" Elliot said. "You are *somebody*. You're a child of God, and that makes you very important." Rusty looked confused, so Elliot told him about the Savior, the plan of salvation, and the importance of each soul. Elliot talked easily about the things he knew were true.

"How do you know all that stuff?" Rusty asked.



“I learned it in church and from my parents,” Elliot said. Rusty looked thoughtful.

Elliot opened up his bag and held out a big shooter-sized marble. “Here, I want to give you this.”

Rusty held it up to the light. It was dark red and clear. “It’s almost the same color as my hair!” Rusty said. “I . . . I can’t take this. It’s yours, and—”

“Not anymore.” Elliot smiled. “I just gave it to you. Besides, I have another just like it.”

Rusty eyed Elliot with confusion. “Why do you want me to have it?”

Elliot’s smile got bigger. “So you’ll always remember that red is a special color. To me, red is the color of love. My dad gives my mom red roses. And red can remind you that Jesus bled in the Garden of Gethsemane for us.”

A smile slowly pushed its way across Rusty’s dirt- and tear-stained face. Elliot helped untangle Rusty’s bike from the brushwood, then walked home with him. Rusty lived in a neighborhood close to Elliot’s, and they decided to play together soon.

After saying good-bye to his new friend, Elliot glanced at his watch. He was 45 minutes late getting home! He hadn’t realized the time had gone so quickly.

Entering his house, Elliot saw his mother talking on the phone. There were tears in her eyes. He felt bad; he must have worried her by being so late. He started to apologize, but she put a quieting finger to her lips, finished her conversation, and hung up the phone.

“I’m sorry, Mom. I stopped to help some tadpoles, and then a boy named Rusty—”

His mother sat him down and knelt to his level. “That was Rusty’s mother.”

“Was she upset?” Elliot blurted. “I talked to Rusty about the Church and the plan of salvation and stuff. I’m sorry, Mom. I guess I shouldn’t have.”

Elliot’s mother shook her head no. “You didn’t do anything wrong, honey. You didn’t say or do anything the Savior wouldn’t have done. Rusty’s mother told me how you helped her son. She said she has never heard him talk so happily. You made a big difference in his life—like you do in ours.” ●

“You can share your testimony in many ways—by the words you speak, by the example you set, by the manner in which you live your life.”

President Thomas S. Monson, First Counselor in the First Presidency¹





THE NEW ME

BY CHARLOTTE GOODMAN MCEWAN

I didn't think too much of me—
I'm kind of short; I'm kind of shy;
The other kids just walked right by
And acted like I wasn't there.

I didn't have too many friends.
I don't do sports. I'm not that cool.
I didn't do that well in school.
"I don't belong," I'd often feel.

Then one day I learned the truth—
I really am a child of God,
And there's a place that I belong.
Christ died for me. He loves me too.

Now I am a different me.
I have new friends. I like to laugh.
I now know why I came to earth.
I am God's child of endless worth.

YOU Are a Child of GOD



*From an interview
with Elder Paul B.
Pieper of the Seventy;
by Callie Buys*

We are the offspring of God (Acts 17:29).

When I was a young boy, we had a man in our ward whose face had been disfigured by a terrible disease. The man's appearance frightened me and other children in the ward. Then, one day when I was five or six years old, he stood up in fast and testimony meeting and bore his testimony. I don't remember what he said, but into my young heart came a powerful feeling of warmth and love.

After that experience, my fear of the man left. I didn't realize it then,

but the Spirit had touched my heart and helped me to see more than the man's physical appearance. Through those feelings, I learned that he was a beloved child of Heavenly Father and that I didn't need to be afraid of him.

Later, I had an experience that helped me understand that I too am a child of God. When I was in Primary, disturbing things were happening in the world. I remember being frightened sometimes when I listened to the news. I wondered what the future would be like.

One Sunday in Junior Sunday

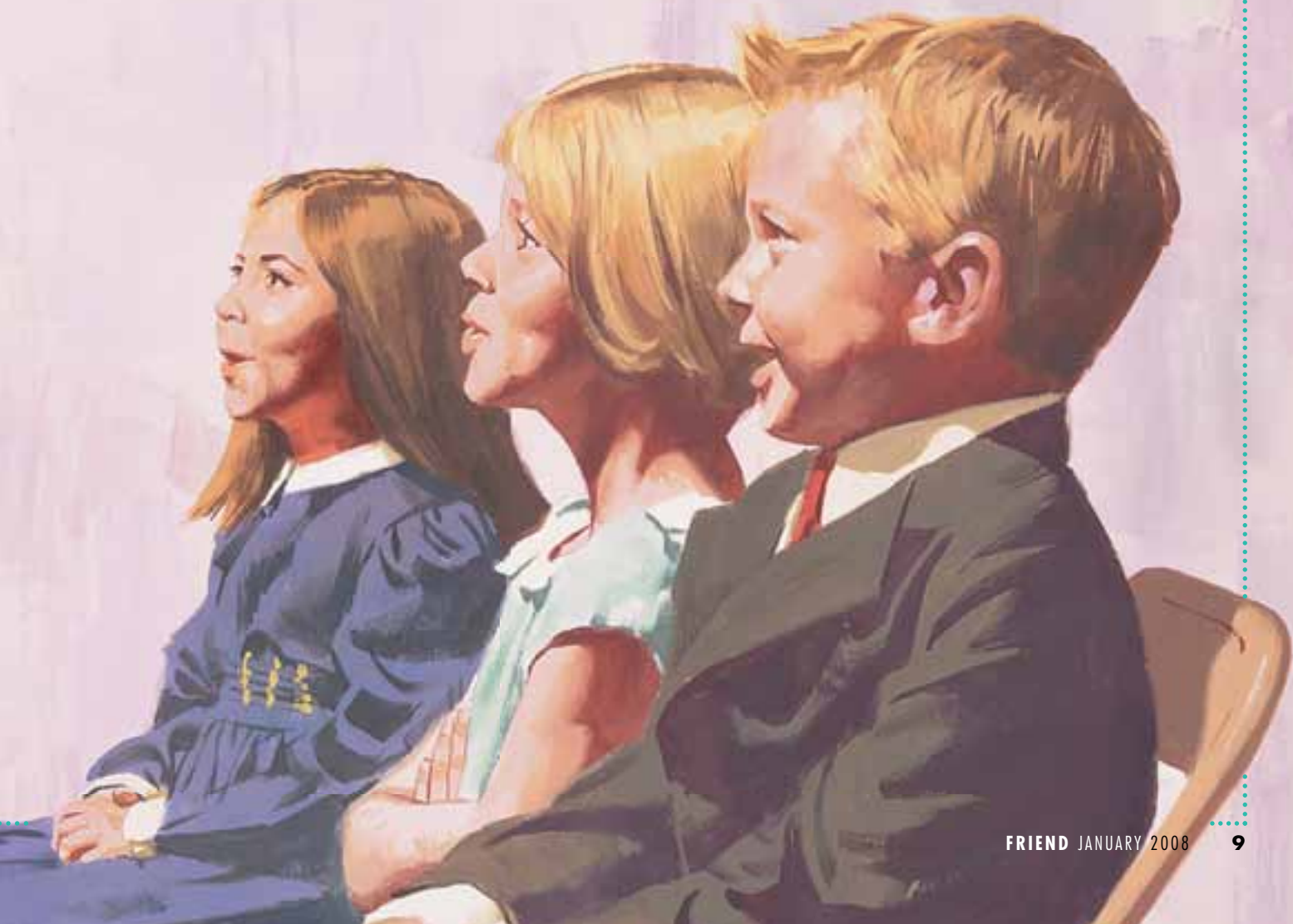
School, our leaders announced that we were going to learn a new hymn called “I’ll Go Where You Want Me to Go” (*Hymns*, no. 270). The music director taught us the words to the hymn using pictures of mountains, stormy seas, and other scenes mentioned in the words: “I’ll go where you want me to go, dear Lord, over mountain or plain or sea; I’ll say what you want me to say, dear Lord; I’ll be what you want me to be.”

As the words of the hymn ran through my mind, the feeling of warmth and love that I had felt before came into my heart again. I knew for the first time that Heavenly Father knew who I was and that I was important to Him. I knew that my life had a purpose and that everything would be all right.

I am one of 11 children. As I grew up, my parents taught us the principles of the gospel in our home. We worked hard milking cows, feeding chickens, moving

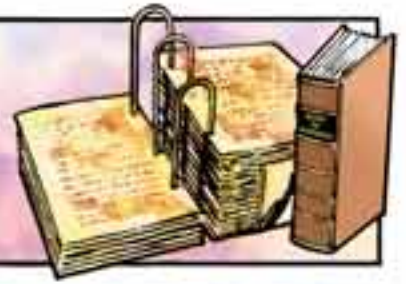
sprinkler pipe, and taking care of animals. Summers were spent planting, weeding, harvesting, and preserving fruits and vegetables. We were active in church, school, and sports. There was never enough time to get everything done. But our parents always insisted on us waking up early each morning for family scripture study and prayers before we went our separate ways. Through the years, I felt that feeling of warmth and love reminding me who I was and that everything would be all right.

I testify that each of us is a beloved child of Heavenly Father. He loves us with all of His heart. Take time to read about Him, pray to Him, and attend church to worship Him. I know that He will give you that feeling of warmth and love in your heart. Then you can know that you are a child of God, your life has a purpose, and everything will be all right. ●

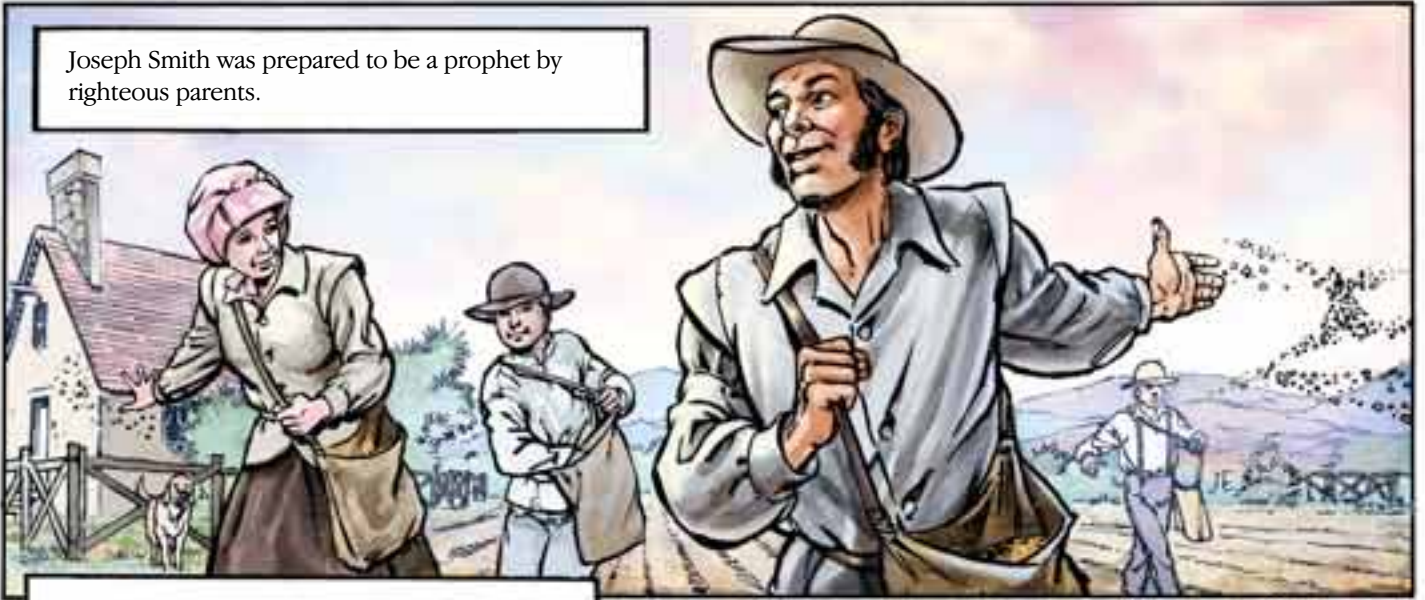




FROM THE LIFE OF THE PROPHET JOSEPH SMITH Born of Goodly Parents



Joseph Smith was prepared to be a prophet by righteous parents.



When his mother, Lucy Mack Smith, was a young mother, she became very ill. The doctor said she would die.

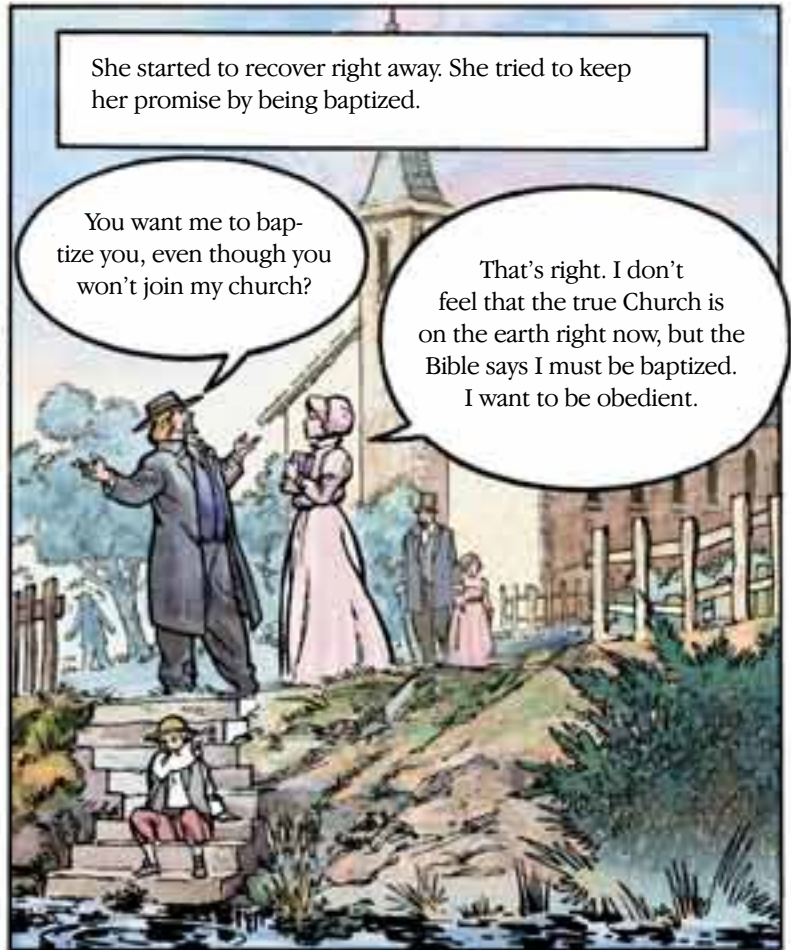
Heavenly Father, I'm not ready to die. I don't yet know what I need to do to go to heaven.

If Thou wilt let me live, I will always try to serve Thee.

She started to recover right away. She tried to keep her promise by being baptized.

You want me to baptize you, even though you won't join my church?

That's right. I don't feel that the true Church is on the earth right now, but the Bible says I must be baptized. I want to be obedient.





Joseph's father was also religious. Several years before his son's vision, Joseph Smith Sr. had visions preparing him to receive the truth. He saw a vision like Lehi and Nephi saw.



Last night I dreamed about a tree with wonderful fruit.



People inside a spacious building were making fun of us for eating the fruit.



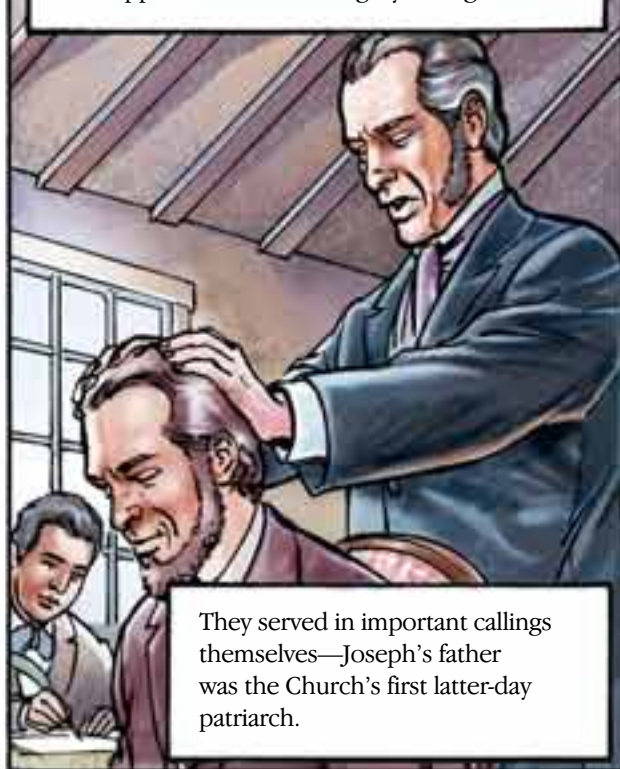
I was told that the fruit represents the love of God.

Young Joseph learned from his parents that praying and studying the scriptures were important. Because his parents taught him well, he knew how to find the answers to his questions.



Come, children, it is time for Bible study and family prayer.

After Joseph's First Vision, his family believed him and supported him in his mighty calling.



They served in important callings themselves—Joseph's father was the Church's first latter-day patriarch.

An illustration showing a child's bare foot stepping on a large, orange tabby cat. The child is wearing a purple skirt with a heart pattern. The background is a textured blue.

Mac the Prayer

BY SHEILA KINDRED

(Based on a true story)

Pray vocally as well as in thy heart (D&C 19:28).

Time for family prayer,” Dad called. I quickly finished brushing my teeth. As I hurried down the hallway, I almost fell over a ball of orange fur that dashed between my legs. “Mac!” I yelled, startled. “Why do you always do that?”

But Macaroni, our big tabby cat, ignored my protests and hurried on to my parents’ bedroom.

Mom laughed. “Mac beat you again.”

“Mac the prayer cat,” murmured my little sister as she scratched behind his ears. “He never

misses family prayer.”

“Why do you think he likes family prayer so much?” Dad asked.

“Because he knows he’ll get his ears scratched?” I suggested.

“I think he can feel the love in the room,” Mom replied seriously.

My brother giggled. “Sometimes Mac rubs his head on my bare feet when I’m kneeling, and it tickles.”

“Should we keep him out of the room when we pray?” Dad said. “Is he too distracting?”

“No!” we all said together.

Cat



“This is family prayer and he’s a part of our family,” I pointed out. “He’s welcome to come, even if he does almost trip me every night.”

We later learned that Mac was a prayer cat in more ways than one. I discovered this one afternoon when I couldn’t find my list of spelling words. I needed it to study for a big test the next day, but it wasn’t in my backpack or with my schoolbooks. I was frantic. I came out from looking under my bed and saw Mac watching me.

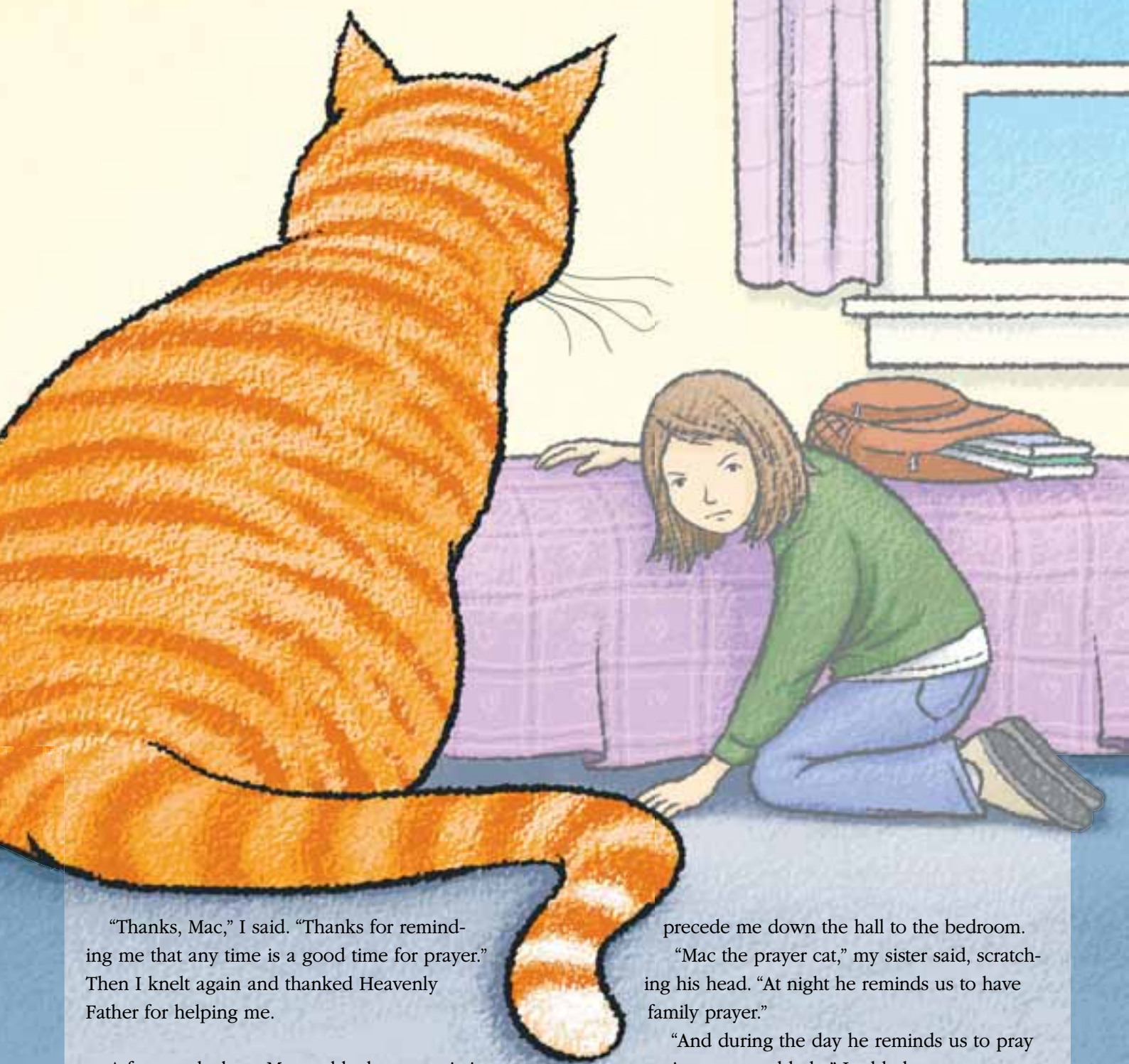
“What do you want?” I said irritably. “It’s not time for

family prayer. Go away, you silly cat.”

Mac just sat staring at me. As I looked at him, I remembered that I hadn’t prayed.

“Well, maybe you’re right,” I admitted. “This *is* probably the perfect time for a prayer.”

I knelt by my bed and asked Heavenly Father to help me find my spelling list. When I finished, I felt Mac brushing his head against my arm. I sat down and scratched behind his ears. Then I remembered! On the way home from school I had taken my list out to practice the spelling words with my friend. Quickly I felt in my coat pocket and found the list.



"Thanks, Mac," I said. "Thanks for reminding me that any time is a good time for prayer." Then I knelt again and thanked Heavenly Father for helping me.

A few weeks later, Mac suddenly went missing. He didn't come back the next day, or the next. We were terribly worried, but we knew just what to do. Dad and my brother put up posters and talked to the neighbors. Mom notified the animal shelter. And all of us prayed.

After three days, Mac came home. He was thin and dirty, but safe. We were all grateful.

That night, when family prayer was called, I was happy to stand aside and let Mac

precede me down the hall to the bedroom.

"Mac the prayer cat," my sister said, scratching his head. "At night he reminds us to have family prayer."

"And during the day he reminds us to pray anytime we need help," I added.

"Even when he's gone he reminds us to pray for him to come back," my brother said.

"And now that he's back," Mom said, "he reminds us that prayers are heard and answered."

"Can you tell how glad we are to have you in our family, Mac?" Dad asked.

In answer, Mac curled up in

"Pray humbly and frequently."

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



WHO AM I?

BY EMILY BEESON

Can you match the descriptions of Book of Mormon prophets with their pictures? Write down their names, and then check your answers on page 23.

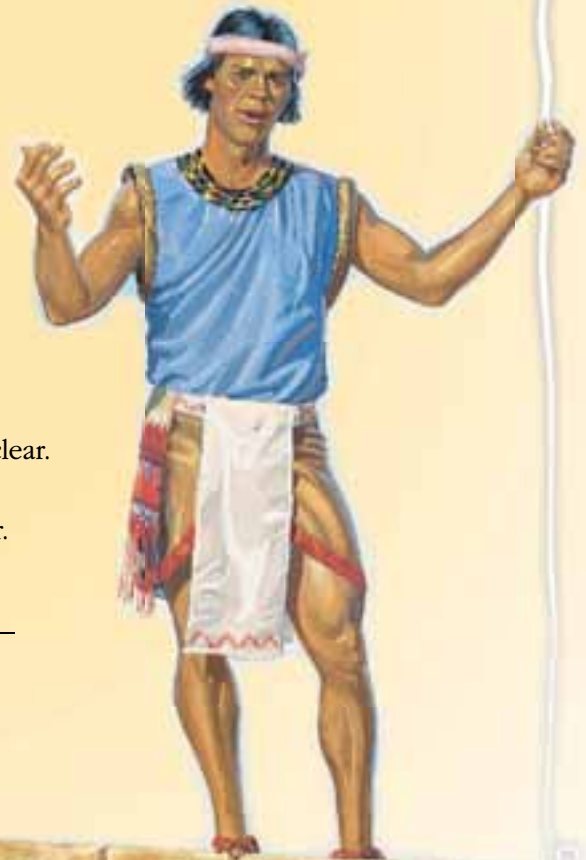


1. My brethren were hungry
When I broke my bow.
But the Liahona
Helped me know where to go.
Who am I?

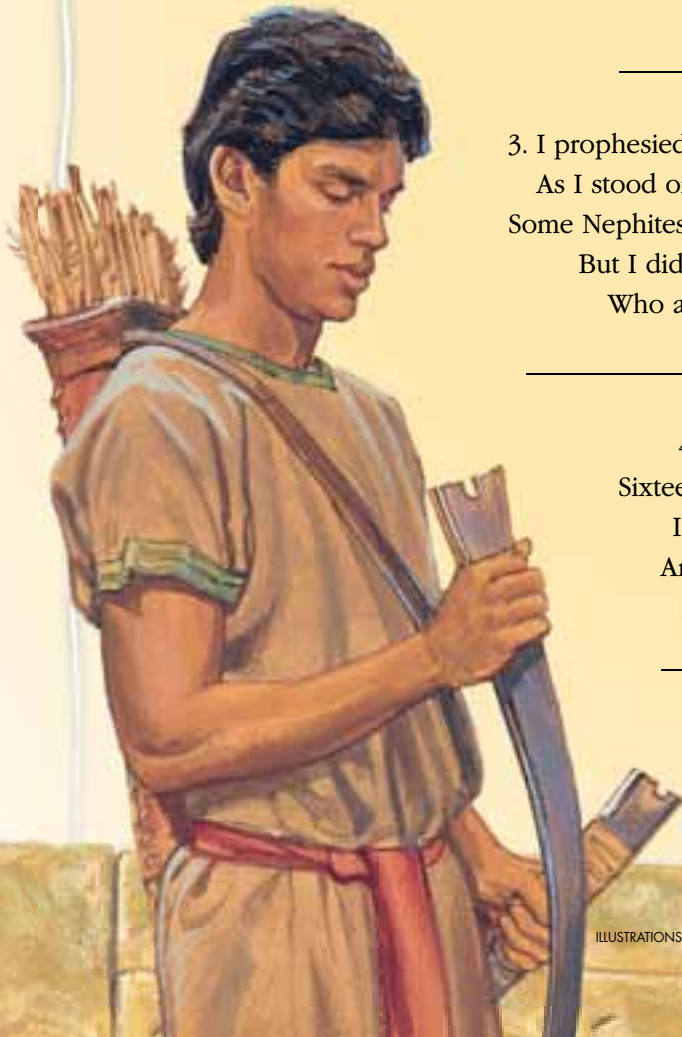


2. I poured out my soul
As I knelt down to pray.
I cried to the Lord
All night and all day.
Who am I?

3. I prophesied great things
As I stood on the wall.
Some Nephites shot arrows
But I didn't fall.
Who am I?



4. I melted from rock
Sixteen stones, white and clear.
I saw the Lord's finger
And fell down with fear.
Who am I?



The Plan of Salvation

Birth

Death

Premortal Life

Spirit World

Earth Life

Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.friend.lds.org.



Resurrection

Final Judgment

Telestial Kingdom

Terrestrial Kingdom

Celestial Kingdom

My Life Is a Gift; My Life Has a Plan



All human beings—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny (“The Family: A Proclamation to the World”).

BY LINDA CHRISTENSEN



My life is a gift; my life has a plan.

My life has a purpose; in heav'n it began.

*My choice was to come to this lovely home
on earth*

And seek for God's light to direct me from birth.

(“I Will Follow God's Plan,” *Children's Songbook*, 164–65)

These words teach that you lived with Heavenly Father before you came to earth. You are His child. Heavenly Father asked His Son, Jesus Christ, to create the earth. The earth was prepared so you could come and receive a body. You were also given agency, and you chose to come to earth and learn to follow Heavenly Father's plan.

You can learn about Heavenly Father's plan in the scriptures. Jacob, a Book of Mormon prophet, taught

that Jesus Christ was chosen to be our Savior. He would come to earth to live, take upon Himself the sins of the world, and provide a way for all of Heavenly Father's children to return to Him. Because of Jesus, you can repent and be forgiven of your sins. Jacob said, “O how great the plan of our God!” (2 Nephi 9:13).

Heavenly Father loves you. He has given you His word—the scriptures—so you can learn about His plan. If you follow His plan, you will be happy on earth and return to live with Him someday. ●

Activity

Remove page 16, and mount it on heavy paper. Cut out each shape on the solid black lines, and attach a piece of flannel or rough material to the back. Use the illustration of the completed flannel board to help you put the flannel board shapes in their correct places. Learn about the plan of salvation, and share what you have learned with your family. Consider doing this activity for a family home evening lesson.

Sharing Time Ideas

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit; TNGC = Teaching, No Greater Call.)

1. Ask the children, "What is a proclamation?" Explain that to proclaim something means to declare officially and formally that it is true. Show a picture of the First Presidency and Quorum of the Twelve Apostles and a copy of "The Family: A Proclamation to the World" (*Ensign*, Nov. 1995, 102). Discuss the importance of the proclamation, and read the second paragraph. Help the children memorize the first sentence of the second paragraph. Explain that being "created in the image of God" means that we have physical bodies and can become like Heavenly Father.

Sing the second verse of "My Heavenly Father Loves Me" (pp. 228–29), and invite the children to listen for characteristics of the earthly body that Heavenly Father has given to us (eyes, ears, mind, heart, and so on). Discuss the blessings of having a body created in the image of God. Refer to My Gospel Standards: "I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me." Talk about ways to show respect for our bodies.

Provide a piece of paper for each child with the memorized sentence written at the top: "All human beings—male and female—are created in the image of God." Invite the children to repeat the memorized sentence. Testify that the proclamation is true.

2. Say, "I have a divine destiny," and ask the children what they think that means. Discuss the meaning of the words *divine* (directly from God) and *destiny* (a predetermined plan).

Read Abraham 3:23 together. Underline the phrase "thou wast chosen before thou wast born." Share some events from Abraham's life. Emphasize that Heavenly Father knew and loved Abraham in the premortal life. Because of his obedience, Abraham received many blessings from Heavenly Father.

Share examples of others who were chosen before they were born to fulfill an important mission: Joseph Smith (2 Nephi 3:14–15; GAK 400), Gordon B. Hinckley ("Seek Ye the Kingdom of God," *Ensign*, May 2006, 82; GAK 520), and Jesus Christ (Moses 4:1–2; GAK 240).

Repeat the phrase "I have a divine destiny," and remind the children that Heavenly Father has an important mission for them to fulfill while they are on the earth. Ask, "What kinds of things do you think Heavenly Father wants you to do?" (pray, keep the commandments, be baptized and confirmed, receive the priesthood, and so on). Sing "Choose the Right Way" (pp. 160–61), and bear testimony that each person has a divine destiny, and choosing the right will help fulfill it.

3. As the children sing "I Will Be Valiant" (p. 162), ask them to listen for five action words that describe what it means to be valiant (follow, serve, keep, stand, depend). List the words on the chalkboard. Read 2 Nephi 10:23 together. Teach about the gift of agency. Discuss what it means to be valiant in our testimonies of Jesus Christ.

Make a copy of the "Preparing for Jesus to Come" game found at the back of the *Primary 2* manual. Prepare 12 small pieces of paper. Write a number on each paper, using 1 through 6 twice. Fold the papers, and put them in a container. Play the game by inviting children

to come up, draw a number, and move a marker the correct number of spaces. Read the square. If it describes a right choice, ask why this was a valiant choice. If it describes a wrong choice, ask how they could choose to be valiant. Play the game as long as time allows. Sing "I Will Be Valiant" again, and conclude by bearing testimony of the importance of being valiant in our testimonies of Jesus Christ.

4. Show "Jesus Makes the Earth" and "Adam and Eve" from the video *Bible Stories for Children, Volume 1* (approximately six minutes long). Prepare the cutouts 1-1 through 1-25 from the *Primary 1* picture packet. Following the video, invite the children to help tell the story of the Creation using the cutouts. Express gratitude for the beautiful world that Jesus Christ created for us.

Show GAK 101 (Adam and Eve). Help the children find Moses 5:4, and read the phrase "Adam and Eve, his wife, called upon the name of the Lord." Discuss what this means. Show picture 1-34 (Adam and Eve teaching their children) from the *Primary 1* packet, and read Moses 5:12. Ask, "What did Adam and Eve do to help their children?"

Ask the children how their parents teach them the gospel. Provide some examples if needed, such as being a good example and having family home evening. Sing "Love Is Spoken Here" (pp. 190–91). Bear testimony that Jesus Christ created the world and that Adam and Eve were the first parents on the earth.

For older children: Prepare a sheet of paper with a list of different terms describing events of the Creation (light, day, night, firmament, dry land, grass, tree, greater light, lesser light, and so on). Ask the children to turn to Genesis 1, find out on what day each event took place, and list the scripture reference. (Example: Light—first day, Genesis 1:3–5.)

5. *Song presentation:* "I Am a Child of God" (pp. 2–3). Focus on helping the children identify and understand the important doctrines taught in this song. Invite the children to listen as the pianist plays the melody of the chorus and to stand up when they recognize the song. When most of the children are standing, ask them to whisper the name of the song. Sing the chorus to the children. Ask the children to sing the chorus with you and listen for action words that describe what they would like someone to do for them. Sing the chorus, and list responses on the chalkboard (lead, guide, walk beside, help, teach). Ask: "Who leads us? When would it be important to have a guide? Why would you want someone to walk beside you? Why would you want someone to help you find the way? What are some things we must do to live with Heavenly Father someday?" Sing the chorus again, and testify of the blessings of having parents, teachers, leaders, prophets, and the scriptures to help us find our way back to Heavenly Father.

As you teach and review the verses of the song, use key words or phrases that will help the children remember the doctrines taught in each verse. For example: verse 1: gifts (earthly home and parents); verse 2: scriptures (His words); verse 3: blessings; verse 4: His promises are sure.

6. *Friend* references: "You Are a Child of God," May 2003, 2–3; "Heavenly Father's Plan," June 2003, 7; "Knowing Who You Are," July 2004, 2–3; "A Child of God," Feb. 2005, 24–25; "The Creation," Jan. 2005, 7, 23; "Song of Faith," Jan. 2004, 18–20.

King Matt & Queen Mandy





Ties that Bind

Be a bishop unto my people, saith the Lord, not in name but in deed (D&C 117:11).

BY KRISTEN CHANDLER

(Based on a true story)

Urgggg . . . this can't be happening!" Ryan said to himself in the mirror. He looked at the floppy ends of his tie. He had half an hour to figure this out. How hard could it be? Mom knocked on the bathroom door. "Ryan?" she said softly. "Come in," he moaned. Mom smiled at him as she opened the door. "How's it coming?" "Not so good," he said. "I wish I could get it to look like Dad's." A small frown passed quickly over Mom's face and disappeared. Ryan wished he hadn't said anything about Dad, but he couldn't help it. Mom flipped the ends of the tie around. "Do you think we could figure it out from the Scouting handbook?" She went to find it. It seemed ridiculous to Ryan that he had lived to be 12 without learning how to tie a tie. Dad used to tie it for him. But now Mom and Dad were divorced, and Dad lived across town. Mom reappeared with the book opened to a page. "Can I try?" she asked. "Sure," Ryan said, trying to be nice. Mom was smart, but she wasn't exactly known for her knot-tying expertise. Mom tied something that looked like an origami project and then undid the silky fabric and started over. After another failed attempt, she sighed heavily. Suddenly, Ryan's older sister Katie rushed

into the bathroom. "Ryan! What's wrong with your tie?" she asked, as if his tie were a mutant life-form.

"Nothing!" Mom said, pushing the fabric into shape. "Everything."

"I'm going to be late," Ryan said, trying not to sound upset. But he was upset. This was his first day to pass the sacrament since he had been ordained a deacon, and his tie looked awful.

"Well, you can't pass the sacrament looking like that," Katie said.

Mom gently pushed Katie out of the bathroom and then came back in. "I have an idea," she said.

Ryan looked at her doubtfully.

"What if you run over to the church early and ask the bishop to do it?"

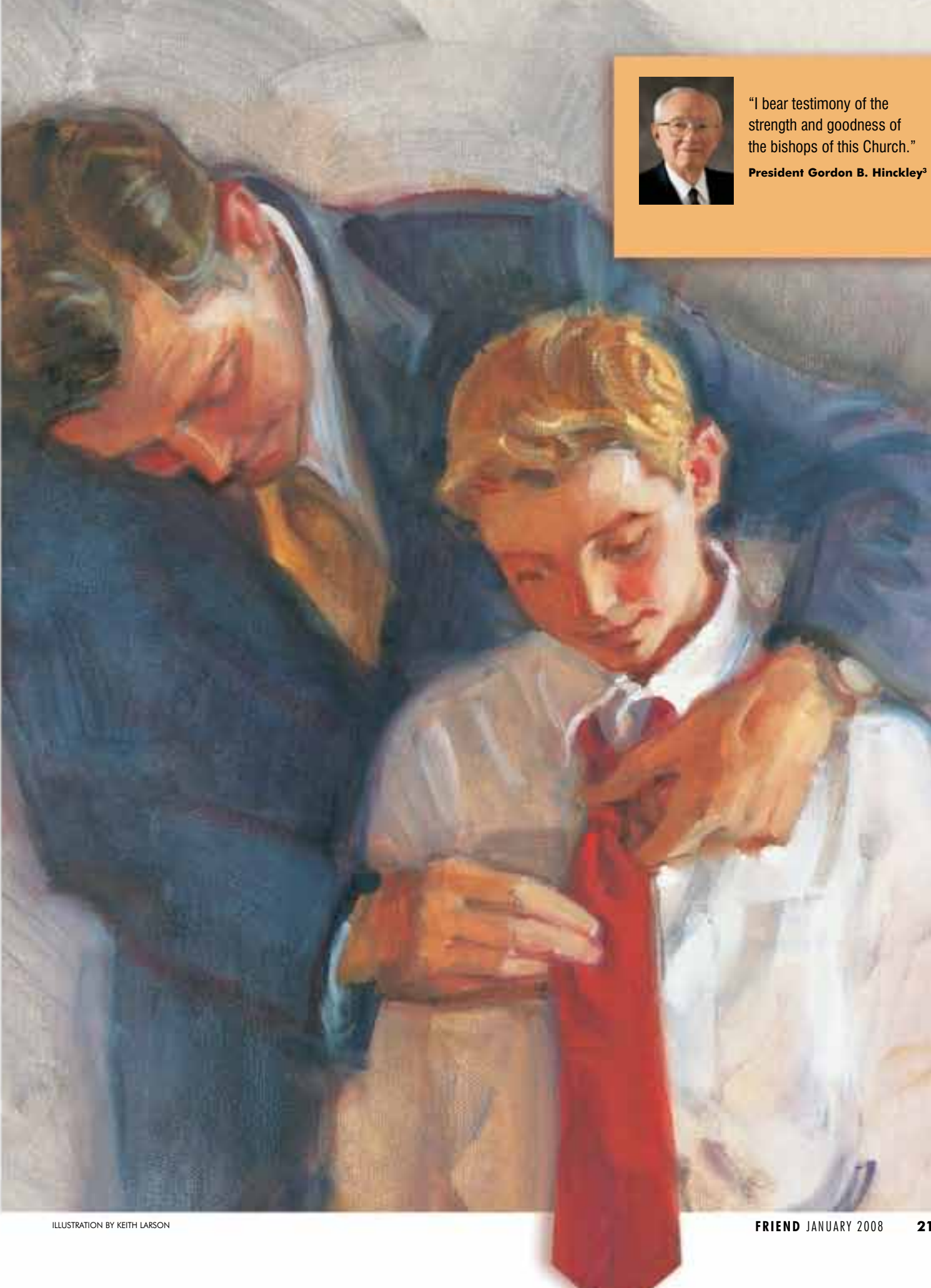
The bishop? How embarrassing! Ryan thought he would rather stay home than walk into the chapel with his tie in his hand and walk up to the bishop in front of everybody.

"I bet he helps Peter do his tie all the time," Mom said.

Peter was the bishop's son. "I doubt it," Ryan said. He frowned into the mirror and pulled at the tie.

When Ryan got to the doors of the chapel, he felt a red-hot humiliation fill his face. What would the other boys think if they saw him ask the bishop?

Why couldn't his mom do it for him? He thought about turning around. Then something



“I bear testimony of the strength and goodness of the bishops of this Church.”

President Gordon B. Hinckley³

HOW TO TIE A TIE

There are several ways to tie a tie. Here's a simple one. (These steps show your reflection as seen in a mirror.)

quiet but strong told him to go into the chapel and it would be OK.

He took a deep breath and walked through the doors. He was early, so the chapel was nearly empty except for the organist and a few people sitting at the front. And there was Bishop Anderson with his head down, quietly reading his scriptures. Just then the bishop looked up at Ryan. He put his scriptures down and walked down the aisle. He held out his hand.

"Welcome, Ryan. Are you excited to pass the sacrament today?" he asked.

"Well, I have a little problem," Ryan said.

"Don't worry. Everyone's nervous the first time. I stepped on a lady's foot when I was your age. It all turned out all right."

"No," Ryan said, holding out his tie.

"Oh. Come with me," the bishop said.

The two of them stepped into the foyer. The bishop showed Ryan how to loop the fabric, and before Ryan had time to think about it, he had a normal-looking tie. Bishop Anderson didn't make fun of him or act like he should know how to do this already. He didn't act like he felt sorry for Ryan either.

"I appreciate your asking me to help you with that," Bishop Anderson said as they walked back into the chapel.

Ryan nodded. He was still embarrassed but not nearly as much now that his tie was on.

The bishop put his hand on Ryan's shoulder. "This ward is like a big family, and I always feel better when the people in my family are taken care of." Then he walked up to the front of the chapel.

As Ryan passed the sacrament, he saw familiar, smiling faces. He thought about what the bishop had said. This ward was like a big family, and it was a family he liked being a part of. ●



1. Start with the wide end of the tie on your right side, hanging about 12 inches (30 cm) below the narrow end.



2. Cross the wide end over the narrow and back underneath.



3. Continue around, passing the wide end in front of the narrow end once more.



4. Pass the wide end up through the space between your neck and the tie.



5. Holding the front of the knot loose with your finger, pass the wide end down through the loop in front.



6. Remove your finger, and tighten the knot carefully. Hold the narrow end, and slide the knot up so it is snug around your neck.



"I told the brethren that the Book of Mormon was the most correct of any book on earth, and the keystone of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book."

—Joseph Smith

12. December
Moroni

Chapters
1-5, 10

1. January
1 Nephi

Chapters 2-4,
7-8, 18

11. November
Ether

Chapters
1-3, 6

2. February
2 Nephi

Chapters
3-5, 31

I Will
Read the

Book of Mormon

BY JULIE T. RABE

10. October
Mormon

Chapters 1, 6-7

3. March
Jacob

Chapters 1, 7

9. September
4 Nephi

Entire book

4. April
Enos, Jarom, Omni,
and Words of Mormon

Enos 1

8. August
3 Nephi

Chapters 8-11, 17

7. July
Helaman

Chapters 13-15

6. June
Alma

Chapters 14, 17-18,
53-56

5. May
Mosiah

Chapters 11-13,
17-18, 27

A keystone is the center stone at the top of an arch. It keeps the other stones locked into place. If the keystone is removed, the arch will collapse.

The Prophet Joseph Smith said, "I told the brethren that the Book of Mormon was the most correct of any book on earth, and the *keystone* of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book" (*Teachings of Presidents of the Church: Joseph Smith* [2007], 64; emphasis added).

This activity will help you track your reading of the Book of Mormon this year. Carefully remove these pages from the magazine. Cut the picture section from the bottom of this page, and hang the arch up. As you finish reading each assignment in the Book of Mormon (by yourself or with your family), cut out the appropriate picture, and glue it in the correct place on the arch. Younger children may wish to read only the chapters listed in italics. ●

Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at www.friend.lds.org.



BOOK OF MORMON BOGGLER

BY WENDI SILVANO

The names of books from the Book of Mormon are hidden in the box below. Each letter in the name is linked to the next letter in the name. Letters can be linked in any direction. Letters can be used more than once, but not in the same word. We've started you off with "Mormon." Now find the names of these books: Nephi, Jacob, Enos, Jarom, Omni, Mosiah, Alma, Helaman, Ether, and Moroni.



N	O	S	N	L	M
E	L	A	A	J	A
P	E	T	M	R	C
H	A	I	H	E	O
I	O	S	M	M	B
U	M	R	O	N	I



Kitchen Crafts

Whether or not it's snowing outside, enjoy these snowball snacks inside with family and friends.

Snowball Dessert

BY HILARY M. HENDRICKS

- 1 cup powdered sugar**
- 1/2 cup butter or margarine**
- 7 cups miniature marshmallows (one 16-ounce/454-g package)**
- 8 cups crispy rice cereal**

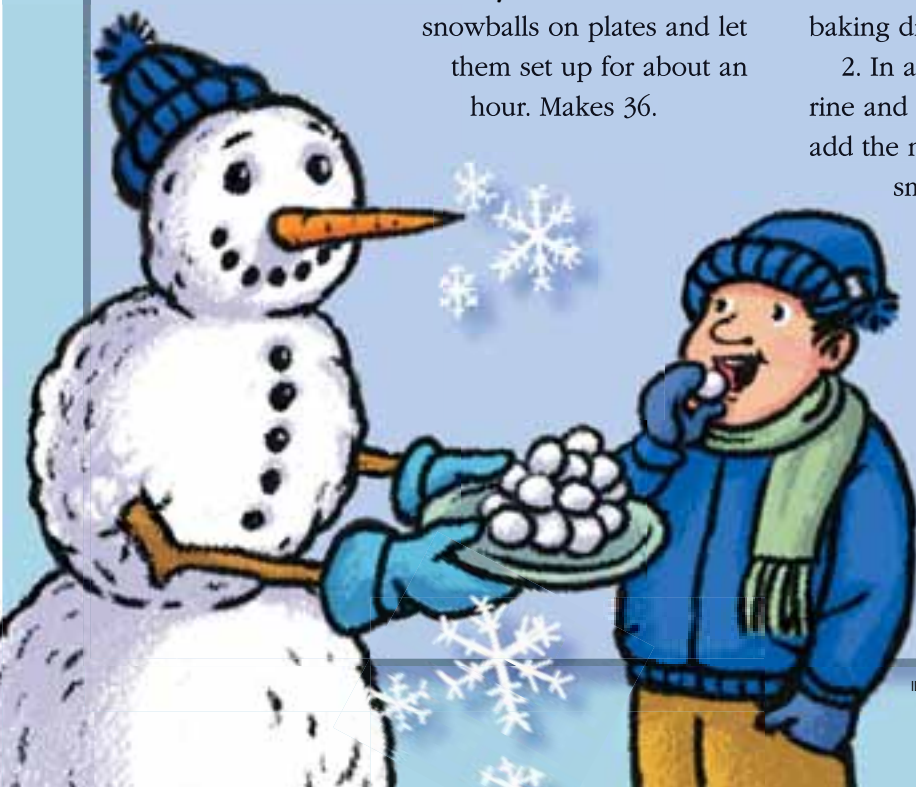
1. Pour the powdered sugar into a bowl and set aside.
2. Cut the stick of butter or margarine into four equal pieces. Set aside one piece. Melt the other three pieces in a saucepan over medium-low heat. Pour the marshmallows into the butter and stir until the marshmallows melt. Remove from heat and stir in the crispy rice cereal. Keep stirring for about 3 minutes or until the sticky mixture becomes cool enough to touch.
3. Generously coat your hands with the butter you set aside. Press a handful of the sticky mixture into a golf-ball-size snowball. Roll the snowball in the bowl of powdered sugar until it is evenly coated. Place the snowballs on plates and let them set up for about an hour. Makes 36.



Cheesy Vegetable Snowman

- 6 cups cauliflower florets**
- 1/4 cup butter or margarine**
- 1/3 cup flour**
- 2 cups milk**
- 1 cup shredded Swiss cheese**
- 1 teaspoon salt**
- 1/4 teaspoon garlic salt**
- 1/4 teaspoon pepper**
- 1 small carrot**
- 8 large black olives**

1. Fill a saucepan with water and cook the cauliflower florets for about 6 minutes or until slightly tender. Drain and pour the florets into a 2-quart round baking dish.
2. In another saucepan, melt the butter or margarine and stir in the flour with a wire whisk. Gradually add the milk, stirring constantly until the mixture is smooth. Bring to a low boil, and then remove from heat. Stir in the cheese, salt, garlic salt, and pepper.
3. Pour the cheese mixture over the cauliflower. Bake uncovered at 350°F (177°C) for 25 minutes or until bubbly. Remove from heat and let cool slightly.
4. Cut off the lower half of the carrot and peel it. Place the carrot in the middle of the cauliflower dish to look like a snowman nose. Use olives for the eyes and mouth. Makes 6 servings.



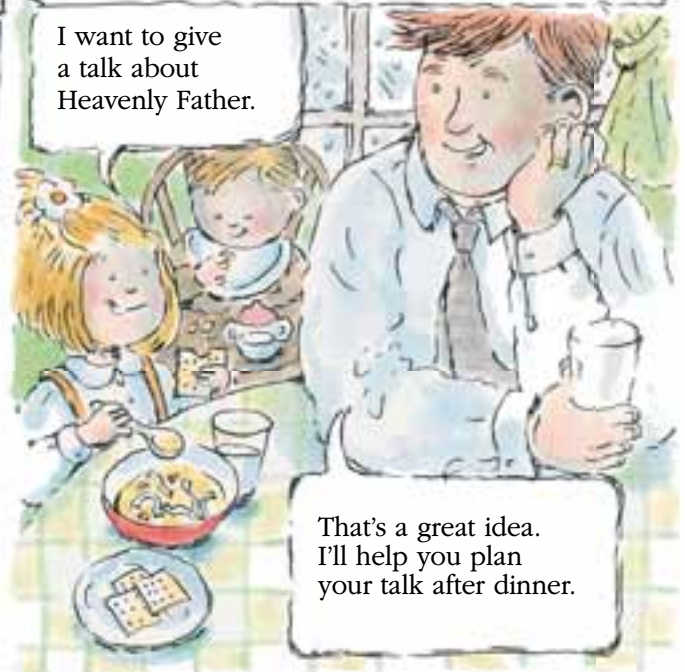
Just Like Heavenly Father

BY JANE MCBRIDE CHOATE (Based on a true story) *I am a child of God (Children's Songbook, 2).*

Krista was holding a piece of paper when her mom picked her up from Primary class.



Later, the family was eating dinner.



The next night in family home evening, Mom and Dad helped Krista practice her talk. Her little brother Joshua couldn't say any words yet, but he waved his hands happily. He made her smile.



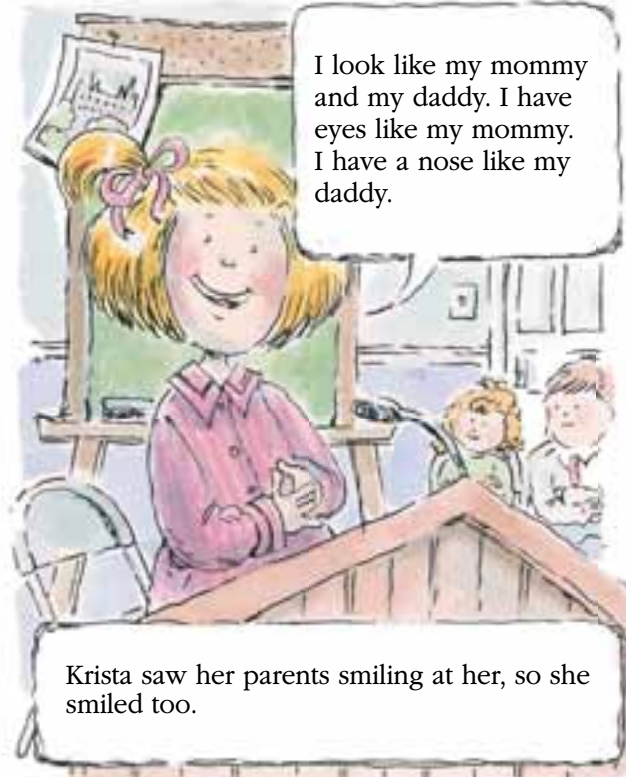
On Sunday morning, Krista put on her pink dress.



As the family walked together to the Primary room, Krista held tightly to Dad's hand.



When it was Krista's turn to give her talk, she stepped onto the small wooden box and talked into the microphone.



I am like my mommy and my daddy. I am also like my Heavenly Father because I am a child of God. I know that He loves me just like my parents love me.



Heavenly Father has given me a plan. I know if I obey His commandments I will return to live with Him someday. I say these things in the name of Jesus Christ, amen.



Krista returned to her seat. A warm glow of happiness settled over her as she thought of Heavenly Father's love for her.

My Wonderful Senses

BY AMBER LEIGH GREYSON

Ten little fingers,
ten little toes,
*(Wiggle fingers
then wiggle toes)*



Two eyes, two ears,
(Point to eyes and then ears)



One mouth, and one nose.
(Point to mouth and then nose)



My ten little fingers are
busy all day
(Hold up fingers)



Touching and feeling
as they work and play.
(Wiggle fingers in air)



My ten little toes like
to feel things too—
(Point to feet)

Thick soft grass and
very wet muddy goo.
*(Make walking
motion with feet
and pretend to
step in mud)*



My two eyes see things
wherever I turn.
*(Point to eyes and turn
head back and forth)*



My two ears listen
and help me learn.
*(Cup hands around
ears as if to listen)*



My mouth helps me
taste and talk and sing.
(Point to mouth)



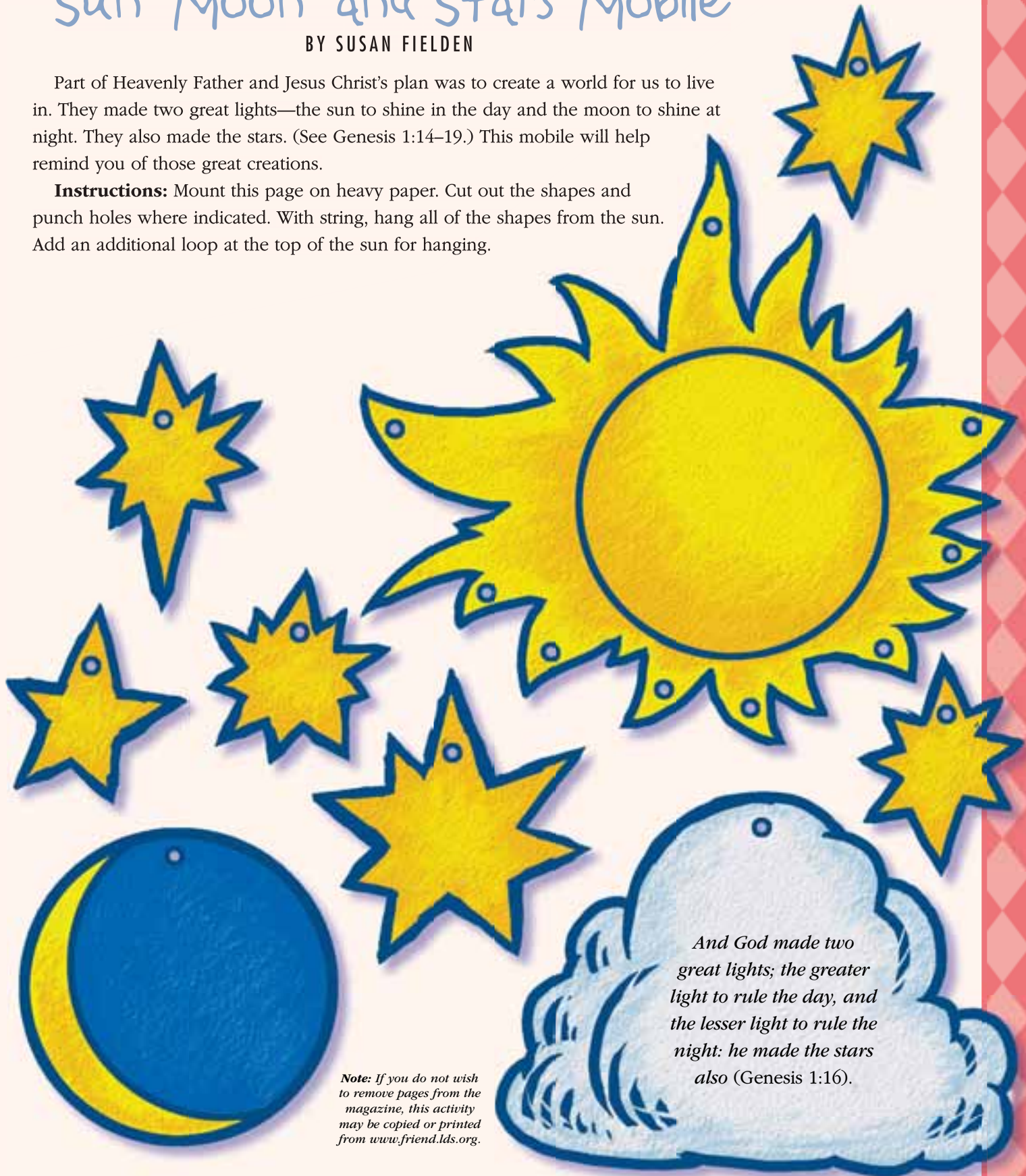
My wonderful nose
smells everything.
*(Point to nose and
take a big sniff)*

Sun Moon and Stars Mobile

BY SUSAN FIELDEN

Part of Heavenly Father and Jesus Christ's plan was to create a world for us to live in. They made two great lights—the sun to shine in the day and the moon to shine at night. They also made the stars. (See Genesis 1:14–19.) This mobile will help remind you of those great creations.

Instructions: Mount this page on heavy paper. Cut out the shapes and punch holes where indicated. With string, hang all of the shapes from the sun. Add an additional loop at the top of the sun for hanging.



And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also (Genesis 1:16).

Note: If you do not wish to remove pages from the magazine, this activity may be copied or printed from www.friend.lds.org.

Our Creative Friends

The Path to Take

When I look at the moon so bright
It lights a path for us to take.
God invites us to His light.
He says, "Come with me,
And I will help you choose the right."

Cierra T., age 9, Hawaii

Choose The Right
Way



Jake B., age 8, Virginia

One

We are one. Nicely one.
We are one under Heavenly Father's view.
We choose the right, we learn the right, all as one.
We sometimes stray from the path,
Yet we can find our way back.
We love and support each other as one.
Even when church is over, we are still one.

Derek Paul S., age 11, Arizona

The Temple

The temple is a place of peace and love.
When you are in the temple, you are reverent.
In the temple you can feel love and peace.
In the temple you can have eternal marriage.
By going to the temple you can be an eternal family.
The temple is a place where you can think about Jesus in faith.
The temple is a holy place.
In the temple you can do baptisms for the dead.
You can prepare to go to the temple.
I reverently wait to enter the temple.

*Activity day girls of the Spring Gulch Ward,
Highlands Ranch Colorado Stake*



Benson S., age 6, Michigan



Ethan J., age 8, New York



Katie G., age 8, Illinois



Breanne W., age 10, Missouri



Skylee D., age 6, Texas



Jenna H., age 9, Colorado



Davis B., age 7, Arizona



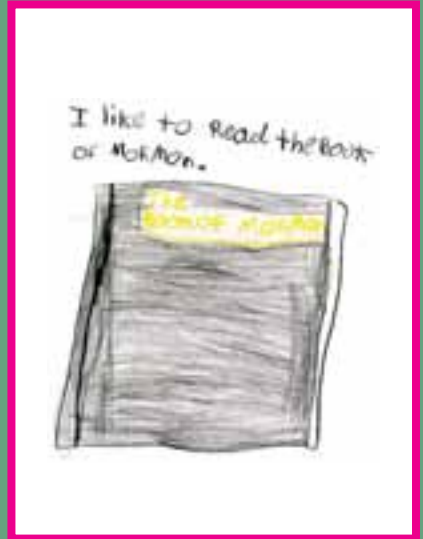
Jonah D., age 7, California



Alec G., age 7, Ohio



Logan U., age 10, Utah



Leah R., age 8, Washington



Maddie G., age 8, California



Julie D., age 10, Alberia, Canada



Roxanne L., age 11, Arizona



A Gift for Amy

BY ETHNA R. REID

(Based on a true story)

The Holy Ghost is giv'n to us to guide us ev'ry hour
(*Children's Songbook*, 105).

Amy was the fastest runner in her third-grade class. She loved to run, especially as she skimmed across the furrows in her father's plowed fields and chased the seagulls flying above her. No one—boy or girl—ever beat her in races at school. She could jump high and far too. She practiced jumping over ditch banks, even when they were wider than she was tall. If Sara or Grant asked to see her jump over a tree stump or a hedge, she would take a long run and fly over it.

Every night, Amy snuggled up next to Mom on her bed while Mom brushed Amy's hair and curled it into long ringlets. Amy's baptism was coming up, but Mom was too sick to be with her on that special day. Amy listened closely as Mom and Dad told her what to expect. They told her stories of their own baptisms. Dad had been baptized in a large stream, and Mom had been baptized in the font in the Salt Lake Tabernacle.

"I'm excited to be baptized," Amy said, "but I'm curious about the Holy Ghost."

"You've already been helped by the Holy Ghost,"



Dad said. “Remember when you wanted to be a better reader? You prayed for help, and help came. Your testimony came from the power of the Holy Ghost, and so did your faith to be healed when the bishop and I gave you a blessing when you were sick.”

Mom explained that one of the gifts of the Holy Ghost that Amy could receive was being able to see things to come*—things that would help her make wise choices.

Only five weeks after Amy’s baptism and confirmation, she and Sara and Grant climbed on top of Grant’s garage to look out over the stream and surrounding fields. Wild yellow roses grew on the banks of the stream, and the fields were sparkling green.

“Hey, Amy,” Sara said. “I dare you to jump from here onto the shed.” She pointed to the roof of the nearby shed.

Amy hesitated. She knew it wasn’t good to take dares, but she also knew that she was a good jumper. “OK,” she finally said. But as she stood up—ready to jump—she imagined herself falling to the ground between the garage and shed. She thought she saw herself lying on the ground.

Seeing the danger in her mind, Amy said: “I can’t.

It’s too far.” Sara and Grant didn’t say anything as Amy sat down. She was glad they didn’t tease her. They seemed to know that she had made the right decision.

That evening, Amy told Mom and Dad what had happened at Grant’s house. “I knew that it was a gift from the Holy Ghost. He showed me that I would fall if I tried to jump. I could see myself lying on the ground, really hurt.”

Mom held Amy close. Dad told her how thankful he was that she had listened to the Holy Ghost. And both Mom and Dad told her never to climb on Grant’s garage again!

“I won’t,” Amy promised.

Amy never forgot the gift she was given that day by the Holy Ghost and the change it made in her life. ●

*See John 16:13.

“Let the Holy Ghost be your guide. The Lord has promised us that as we live righteously, the still, small voice will come into our mind and into our heart.”

Elder Neil L. Andersen of the Seventy⁴



A Missionary in the Making

Children all over the world pray, sing Primary songs, and learn about the gospel—just like you! This month let's meet

JOHN KAY OF GLENROTHES, FIFE, SCOTLAND

BY KIMBERLY REID
Church Magazines



John helps create a happy home. He loves his sister, Phoebe, and his mum, Alison.

One bleak January morning, Alison Kay opened the door to find two missionaries standing in the rain. She invited them in. Later she found out they had been working in cold weather even though it was their preparation day. She was soon baptized and confirmed a member of the Church.

John was four years old when his mother, Alison, joined the Church. He has wanted to be like the missionaries ever since.

Tithes and Savings

John began paying tithing when his mother did. When he heard about the Humanitarian Aid Fund and the Perpetual Education Fund, he started contributing to those too.

One day the missionaries came to visit. John likes to ask missionaries where they are from, what their families are like, and how many people they are teaching and baptizing. But on this day he asked them how they paid for their missions. Parents and family members

Tithing and Other Offerings

Tithing
Fast offering

often give support, the missionaries explained. "I want to pay for my own mission," John said. At 10 years old, he's well on his way to being ready for his mission in more ways than one.

Working Hard

Besides living the gospel and saving his money, John knows that learning to work hard will help him be a great missionary. "John is very easy to teach," his mum says. He has learned to knit, iron, wash clothes, sew on a button, weed the garden, wash the car, and cook meals. His usual chores are tidying his room and putting the washing in.

What Does John Like?

1. Mum's meatloaf
2. Judo
3. Horseback riding
4. His pet guinea pig, Saturn
5. The story of Daniel in the lions' den
6. Playing with friends
7. Climbing with Dad
8. Art (his favorite subject in school)
9. Pizza
10. Climbing the big tree in his back garden, where he goes to think



Spreading Smiles

John says he tries to have a happy home by talking nicely with his family, especially with his older sister, Phoebe. “We try to listen to each other,” he says.

John’s mum says, “It’s not like John if he’s not whistling or singing ’round our house.” She is grateful for John’s caring personality because she suffers from depression. “John knows just how to treat me,” she says. “He is most loyal and responsible and has a heart filled with love.”

John looks forward to holding the Melchizedek Priesthood, not only so he can serve as a missionary but also so he can give blessings to his family. For now, he prays for them and cheers them up with his sunny personality. ●

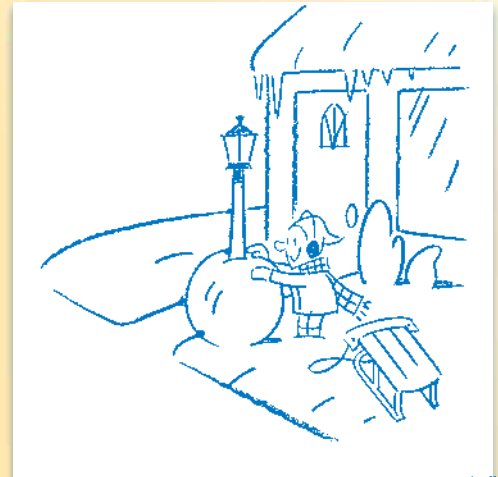
WHERE IN THE WORLD IS GLENROTHES, FIFE, SCOTLAND?

Scotland is part of the United Kingdom. It covers the northern part of Great Britain. John likes his little town of Glenrothes. He lives about five miles (8 km) away from the city center in an area that is somewhat rural. He likes the little roads and hills that surround his home. He especially likes riding his bike through the woods.



JANUARY LAUGHS

Quick—open the back door!



If we eat all the snowflakes, Dad won't have to shovel the driveway.

What do snowmen eat for breakfast?

Frosty flakes.

What do restaurants serve at the North Pole?

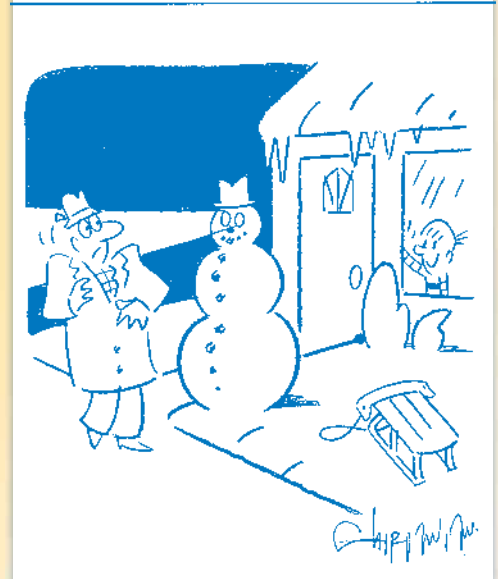
Brrr-itos and icebergers.

What is an iceberg's favorite greeting?

Ice to see you.

What do you get if you cross a snowman with a shark?

Frostbite.





Trying to Be Like Jesus

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



Scooters and Friends

While my friend and I were riding scooters around the neighborhood, he accidentally tripped over a rock, fell off his scooter, and landed on his back. Luckily we were

by another friend's house, so I helped my hurt friend over there and rang the doorbell. Steven came to the door and said, "What's wrong, William?"

"Well, Michael here fell off his scooter and landed on his back," I answered. I asked if his mom was home and he said yes. So I took Michael inside.

Steven's mom looked at his back. She said that it was only a bruise. In five minutes he felt much better. I know that Jesus would help His friends too.

William J., age 9, Michigan



Hard Not to Go



Most birthday parties I am invited to are on Saturdays.

However, one year I was invited to two of them on a Sunday. It was hard not to go as both parties were

at the Canada Games Pool, and I knew they would be a lot of fun. But I also know that it is a commandment to keep the Sabbath day holy. I decided not to go. The next year when these girls' birthdays came around, both of them held their parties on Saturday, and I was able to go.

Maria E., age 10, British Columbia, Canada

Kind Nephite Sister



I played a Nephite girl in the Mormon Miracle Pageant in Manti, Utah. When Jesus visits the right-

eous Nephites in the pageant, the children get to sit by Him and be taught by Him.

On the last night of the pageant, my group was assigned to go up to Jesus. I wanted to be the child to sit on the knee of the man playing the part of Jesus as he taught the children. I planned to walk quickly up the pageant steps where the man sat so I could sit on his knee. When it was time for the children to walk up to him, I tried to hurry, but my little brother Benjamin took my hand and said, "Wait for me. I want to be close to Jesus too."

I listened to the Holy Ghost and held my brother's hand and helped him so he could sit close to the man playing Jesus. Many children were able to get in front of us, so I didn't get to sit on his knee. I was very sad and told my mom. She said that our Savior, Jesus Christ, is very pleased with me for helping my brother. The next day my mom asked the man who dressed up as Jesus if I could sit on his knee for a picture, and he said yes.

Aleisha K., age 8, Utah



I Want to Be a Missionary Now



I have a strong testimony of the gospel and love to read the scriptures. I love sharing the gospel with

family and friends. I have given away pass-along cards and two copies of the Book of Mormon.

I love having the missionaries

in my home and appreciate the great examples they set for me. I am studying *Preach My Gospel* and reading the missionary library. This helps me be a missionary now and is preparing me to be the best missionary I can be later. I am looking forward to serving wherever Heavenly Father needs me.

Zachary Nephi S., age 10, North Carolina

How can I make the right decisions when bad things are all around?



*Elder Richard G. Scott
of the Quorum of the
Twelve Apostles shares
some of his thoughts
on this subject.*



Place the Savior, His teachings, and His Church at the center of your life. Make sure that all decisions comply with this standard.

You can live in a world of turmoil and great challenge and be at peace. You will be inspired to know what to do and to have the power or capacity to do it.

Be surrounded by true friends who accept you the way you are and leave you better because of their association.

Work at keeping your thoughts clean by thinking of something good.

Your righteous decisions determine who you are and what is important to you. They make doing the right things easier.



I AM A CHILD OF GOD, AND HE HAS A PLAN FOR ME.

“All human beings—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny”

(“The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102).

Friends in the News



Salem Ward

The children of the Salem Ward, St. Johns Arizona Stake, decorated posters that said, "We Love You!" They had their picture taken with the posters, and the pictures were sent to their ward members who are missionaries or serving in the military.



Josalyn R. and Madisen B. H., 4 and 6, Utah, are sisters and best friends. They enjoy playing the piano and singing. Madisen likes art, and Josalyn likes horses. They both love to see the temple lit up at night. They strive to follow the Savior's example every day.

Hansen Ward

The Primary children of the Hansen Ward, Kimberly Idaho Stake, took a challenge to read the scriptures with their families for one year. With every book that was read, each family received a block. The goal was to build a temple from the blocks as they watched the Twin Falls Idaho temple being built.



Nathan A., 8, Arizona, was baptized on his birthday and received a special gift—the gift of the Holy Ghost. He has a *Friend* magazine from 1979 that has a picture of his dad in it when he was nine.



Reagan Eliza W., 4, Colorado, enjoys singing Primary songs. She is a good example and helps her little sister say her prayers. She likes baking with her mom, gymnastics, drawing, and swimming.



David S., 7, Texas, likes to sing, play the piano, and ride his bike. He enjoys sports and is happy that his dad is the coach of his soccer team. He loves being a brother.



Erin B., 5, California, is thoughtful, helpful, and fun. She likes to read, draw, dance, play with her cousins, and give her mom hugs. She is a bookmark contest winner at school.





Mountain View Eighth Ward

The Primary of the Mountain View Eighth Ward, Payson Utah Mountain View Stake, had a Scripture Heroes activity. The children learned about David and Goliath, Nephi, and the brother of Jared. Then they sang songs about scripture heroes and latter-day prophets.



Savanna H., 6, Utah, likes to sing, dance, and do gymnastics. Her favorite foods are doughnuts and spaghetti. She is a fantastic sister and a good example.



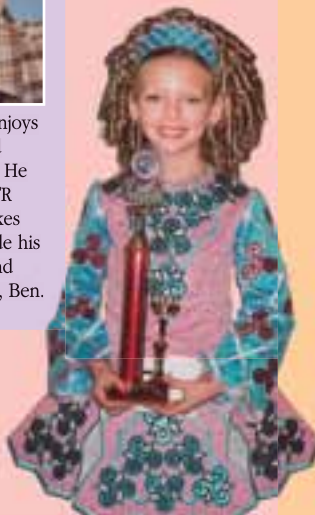
Brayden Hunter N., 5, Washington, has an older sister and a younger sister. He likes kindergarten and riding to school on the bus. He enjoys making new friends. His favorite things to do are ride his bike, play family games, and play soccer.



Cade and Kyler C., 7 and 5, Tennessee, enjoy spending time with their family. Cade is excited to be baptized. He likes riding his bike, playing soccer, and figuring out math problems. Kyler lights up the room with his smile. He never gives up, even when something is hard.

Courtney W., 11, Washington, competes in Irish dance competitions. Recently, she competed against 74 of the top Irish dancers in the western U.S. and placed 16th! She also won first place in her age category. She enjoys working hard.

Carrollton First Ward
For an activity, the children of the Carrollton First Ward, Carrollton Texas Stake, learned about temples and visited the grounds of the Dallas Texas Temple (below).



Noah B., 4, Russia, likes family home evening and reading the Book of Mormon with his mom and dad. He wants to go on a mission when he is 19. He enjoys sledding with his friends during the cold Siberian winters.



Aydan H., 5, North Carolina, enjoys school, swimming, drawing, crafts, and dance lessons. She loves her little sister and is a good friend. She likes every Primary song.



Alex R., 5, Illinois, enjoys going to Primary and learning about Jesus. He wants to wear his CTR ring every day. He likes to listen to books, ride his bike, and play pretend with his little brother, Ben.



Jill, Hailey, Claire, and **Cole Z.**, 9, 8, 5, and 3, California, enjoy each new year when they get the poster in the January *Friend*. In this picture they are holding the posters they've done at family home evening. They always find the hidden CTR ring and do the activities.



Getting PUSHY

BY JEAN LEEDALE HOBSON
(Based on a true story)

Look up the following scriptures:
Luke 17:3, Ephesians 4:32,
2 Peter 1:7. Circle the one you
think fits the story best.

When their fathers said the pond was frozen solid enough to skate on, the boys began clearing the snow to make a skating rink. On Saturday, they'd be able to play hockey.

By the time Jeremy arrived after his paper route, he expected to see the boys racing up the ice, maneuvering the puck, aiming at the net. But they were just standing around.

"Sorry I'm late," Jeremy said, skating up to them.

"There's a problem," Bill said, "and your brother is part of it! I told those squirts to beat it, but they're still here!"

Jeremy looked at his little brother, Ryan, and his friends. They were standing on the ice, looking scared.

"What's the problem?" Jeremy asked.

"They think they're going to



skate on the part we cleaned off!" Bill declared angrily.

Jeremy knew that getting mad wouldn't solve anything. He tried to keep his voice calm as he said, "The pond's big enough for all of us. We're only practicing. We don't have a real arena. They can stay out of our way."

"No way!" Bill snapped. "We cleaned it off, we use it!"

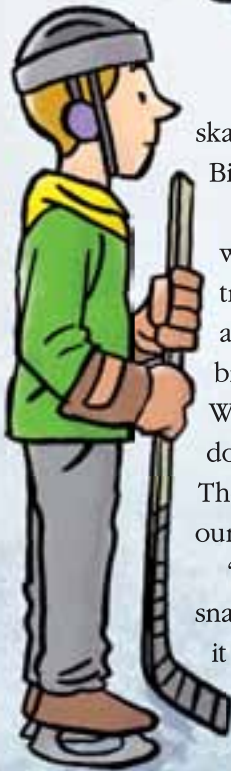
He yelled at the younger boys again, ordering them to leave.

Jeremy could see a confrontation coming.

He had seen Bill in action in the schoolyard too often. Most of the time even the older boys backed off, but pushing smaller boys around was too much.

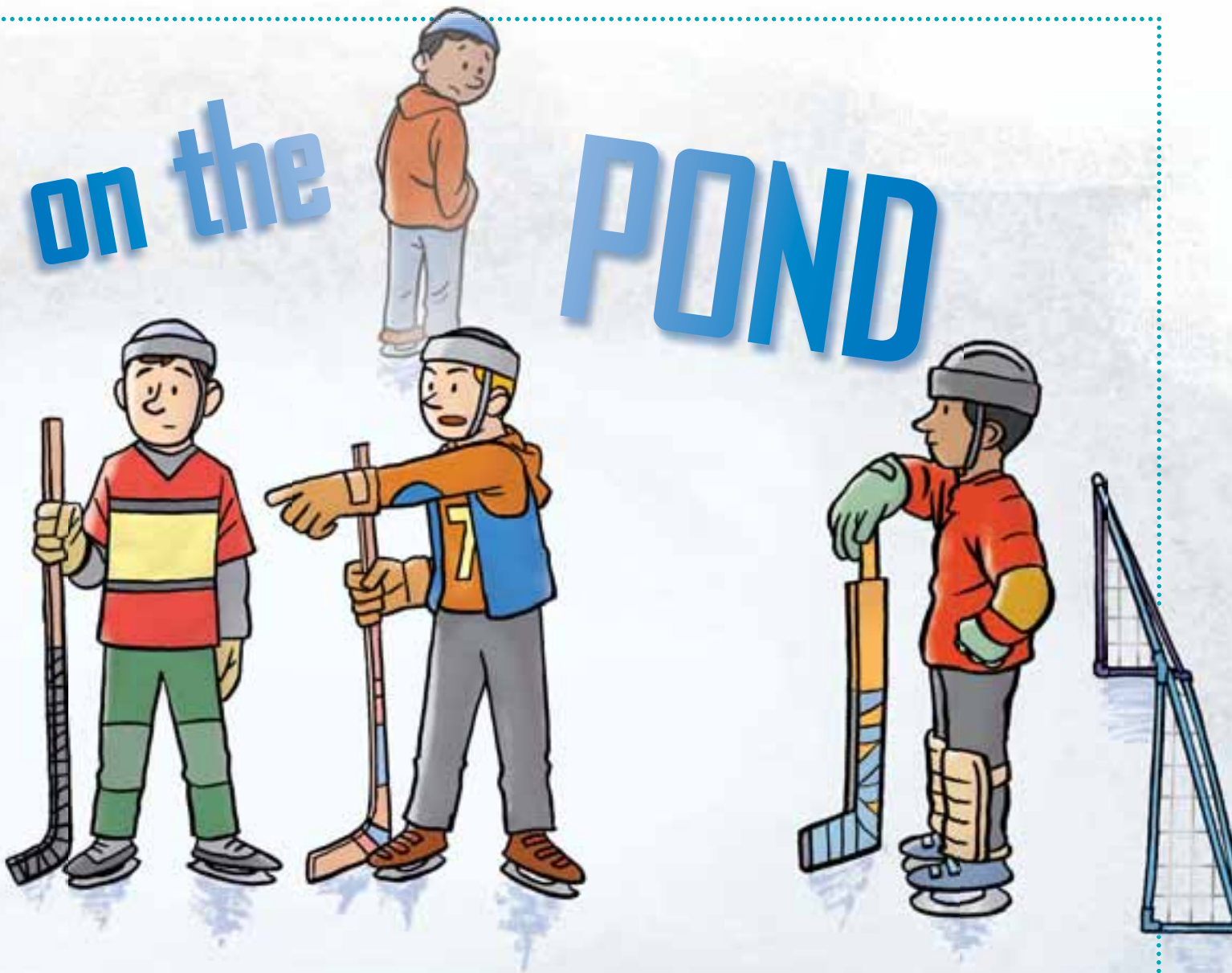
The younger children shuffled around uncomfortably, not knowing what to do. "Skate up and down the edge, boys, and stay away from us, OK?" Jeremy suggested.

"No, they *won't!*" Bill took a menacing step toward them,



on the

POND



but Jeremy hurried between.

He tried to speak quietly. "I came here to skate, not fight. But if my brother and his friends have to go, then I'm going too."

He whirled away to the bank, and his friends followed. "Way to go, Jeremy. Let Bill skate by himself," they all agreed.

Ryan looked

upset. "No, we'll go. We're just playing. You guys are practicing."

"That's not the point," Jeremy said. "Bill can't always push people around. Let's leave him to cool off by himself."

As they left, Jeremy had an idea. "Say, why don't we clean off that corner of the pond? The younger boys can have a small rink of their own."

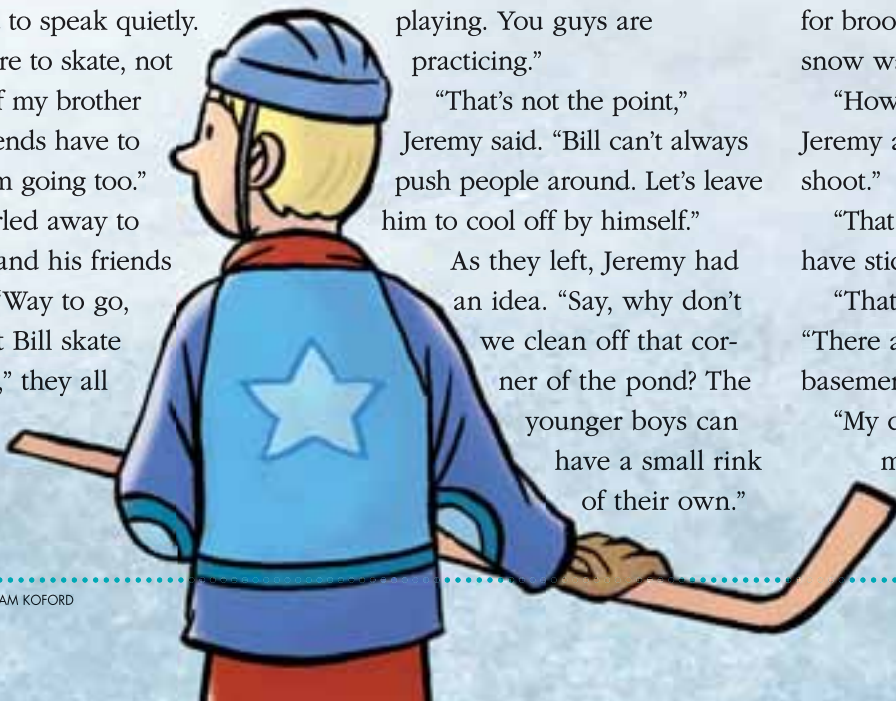
The others agreed and raced home for brooms and shovels. Soon the snow was cleared off the ice.

"How about a hockey school?" Jeremy asked. "We'll teach you to shoot."

"That would be great, but we don't have sticks and pads," Ryan said.

"That's OK," an older boy said. "There are some old sticks in our basement. We could shorten them."

"My dad says they used to wrap magazines around their legs with rubber bands to





“Be kind to one another despite our deepest differences.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles⁵



make pads,” another said.

“Right! Let’s go, guys!”

After lunch they met at the pond. They fitted the young boys with makeshift pads, hand-me-down gloves, and cut-off sticks. Everybody laughed at the getups.

The younger boys soon learned how to change direction quickly on their skates and use their sticks to keep possession of the puck. Every once in a while, Jeremy glanced back at Bill skating aimlessly on the ice, watching the fun. Then, as Jeremy watched the boys skate, he heard a voice from behind.

“I was a jerk this morning.” Bill stood there, looking embarrassed. “I mean—I’m trying to say I’m sorry, guys. OK with you if I help too?”

The group gave each other questioning looks, then one by one they nodded their approval.

“You have to mean you’re sorry,” Jeremy said. “End of bullying. Period.”

“You’ve got it!” Bill declared.

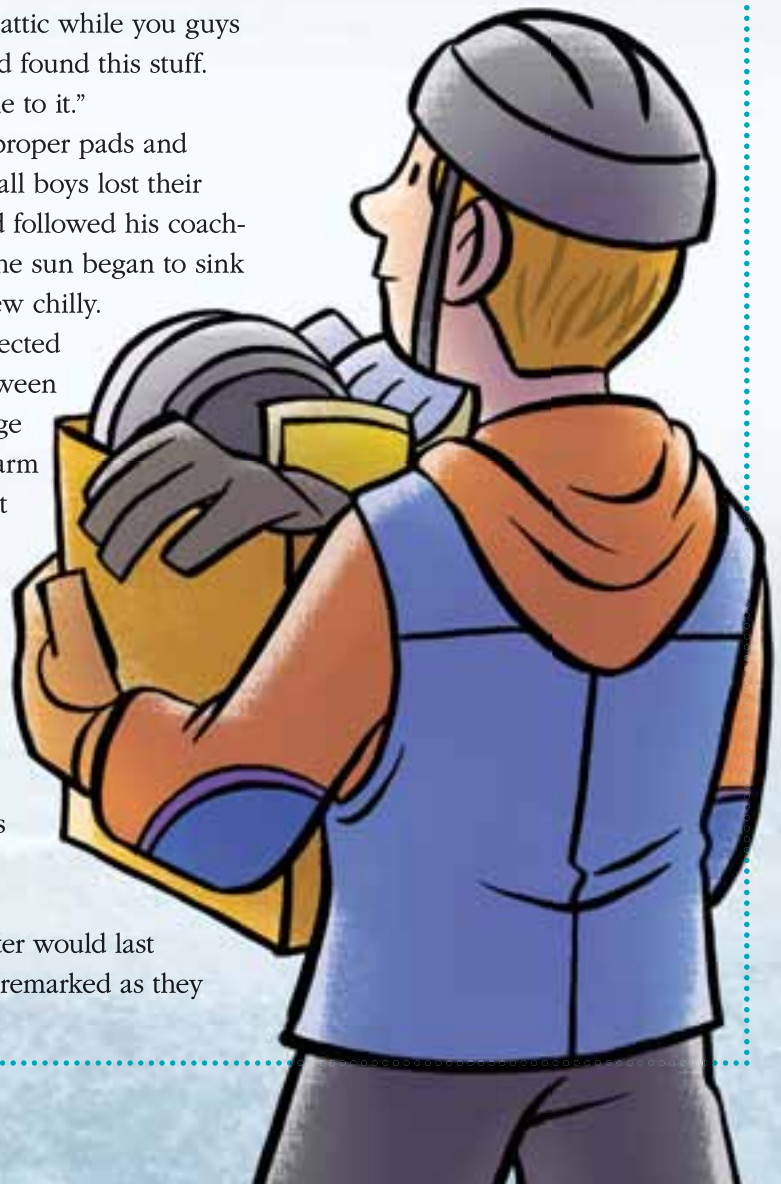
He skated back across the ice, then returned carrying a load of assorted hockey equipment. “I dug around in our attic while you guys were away, and found this stuff. You’re welcome to it.”

Pulling on proper pads and gloves, the small boys lost their fear of Bill and followed his coaching tips until the sun began to sink and the air grew chilly. But the unexpected friendship between the different age groups was warm enough to melt the ice under their skates.

As they parted, Jeremy called, “Look out, National Hockey League—here’s your future competition!”

“I wish winter would last forever!” Ryan remarked as they

said good-bye, and a chorus of voices chimed in, “Right on!” ●





The *Guide to the Friend* can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for January is “I am a child of God, and He has a plan for me.”



Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Look at the Friends in the News pages (pp. 44–45). If children have school class photos, look at those too. Point to each photo and ask, “Who is this?” Read President Gordon B. Hinckley’s message, “The Light of a New Day” (pp. 2–3). Then point to the pictures again and ask, “Who is this?” Have each child take turns saying, “my brother,” “my sister.” Discuss why we treat people as brothers and sisters—because we are all children of God.

2. As a family, prepare the chart on pages 24–25. Set family or personal reading goals. Then use your family home evening time to kick off your Book of Mormon reading. Bring snacks, pillows, and blankets to your read-a-thon.

3. What do you know about Joseph Smith’s parents? Read “Born of Goodly Parents” (pp. 10–11) and share the story. Joseph Smith’s parents helped prepare him to be a prophet. How are your parents helping prepare you to do what the Lord wants you to do?

4. Read “Ties that Bind” (pp. 20–22). As a family, follow the diagram to learn how to tie a tie—both boys and girls, in case the girls ever need to teach someone else. Then make a treat or a card to share with your bishop to thank him for the ways he helps your family.

5. Put a paper with the scripture reference John 16:13 inside a gift bag. Read “A Gift for Amy” (pp. 34–35). What was Amy’s gift? Open the gift and read the scripture to find out. The

Holy Ghost can show us what might happen and help us make good decisions. For older children, summarize how the Holy Ghost showed Elder Dallin H. Oaks what to do when he faced a robber (see “Bible Stories and Personal Protection,” *Ensign*, Nov. 1992, 39–40). When has the Holy Ghost helped your family? Write down or draw pictures of these events and put them inside the gift bag. Display the gift all week to remind you to heed the Holy Ghost.

Sidebar references

1. “A Code to Live By,” *New Era*, Sept. 2005, 8.
2. “Sweet Power of Prayer,” *Ensign*, May 2003, 7.
3. “To the Bishops of the Church,” *Ensign*, Nov. 1988, 51.
4. “Beware of the Evil behind the Smiling Eyes,” *Ensign*, May 2005, 47.
5. “Doctrine of Inclusion,” *Ensign*, Nov. 2001, 38.



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Manuscript Submissions

The *Friend* welcomes unsolicited manuscripts but is not responsible for them. Rejected manuscripts will not be returned unless a stamped, addressed envelope is enclosed. Send manuscripts to *Friend* Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America. Send e-mail to friend@ldschurch.org.

Send children’s submissions to *Friend* Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America, in care of the appropriate department—Our Creative Friends, Friends in the News, Friends by Mail, Trying to Be Like Jesus. A written statement by a parent or legal guardian granting permission to publish the child’s photo and submission must be included. Submissions will not be returned.



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(f) = Funstuff
(IBC) = inside back cover
(IFC) = inside front cover
(v) = verse

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What's in the *Friend* this month?



page 2

President Gordon B. Hinckley tells a story about brotherhood.

page 12

Find out why Macaroni is an important member of this family.



insert

To learn about Heavenly Father's plan for each of us, remove the

"I Am a Child of God" poster and follow the instructions.

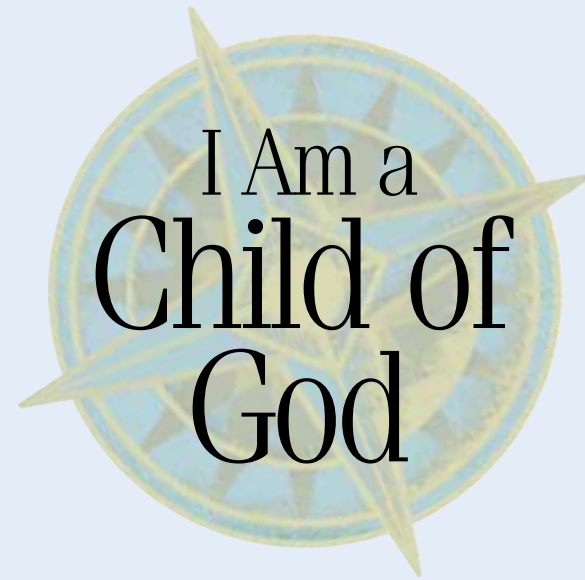


*“All of you are children of the most High”
(Psalm 82:6).*

There are wonderful children, including you, who live all over the world. They may wear different clothes than you do, eat different kinds of food, speak different languages, and live in homes unlike yours, but you are all children of God, and He loves you.

Remove this poster from the magazine. Carefully cut along the dotted lines. With the scripture side forward, attach the 12 squares in numerical order to a wall or place the poster can be seen easily.

Each month, look up the scripture reference or read the quote from “The Family: A Proclamation to



the World” (*Liabona*, Oct. 2004, 49; *Ensign*, Nov. 1995, 102) printed on the square. Memorize the scripture or statement if possible. When you have finished, turn the square over, and reattach it to the wall.

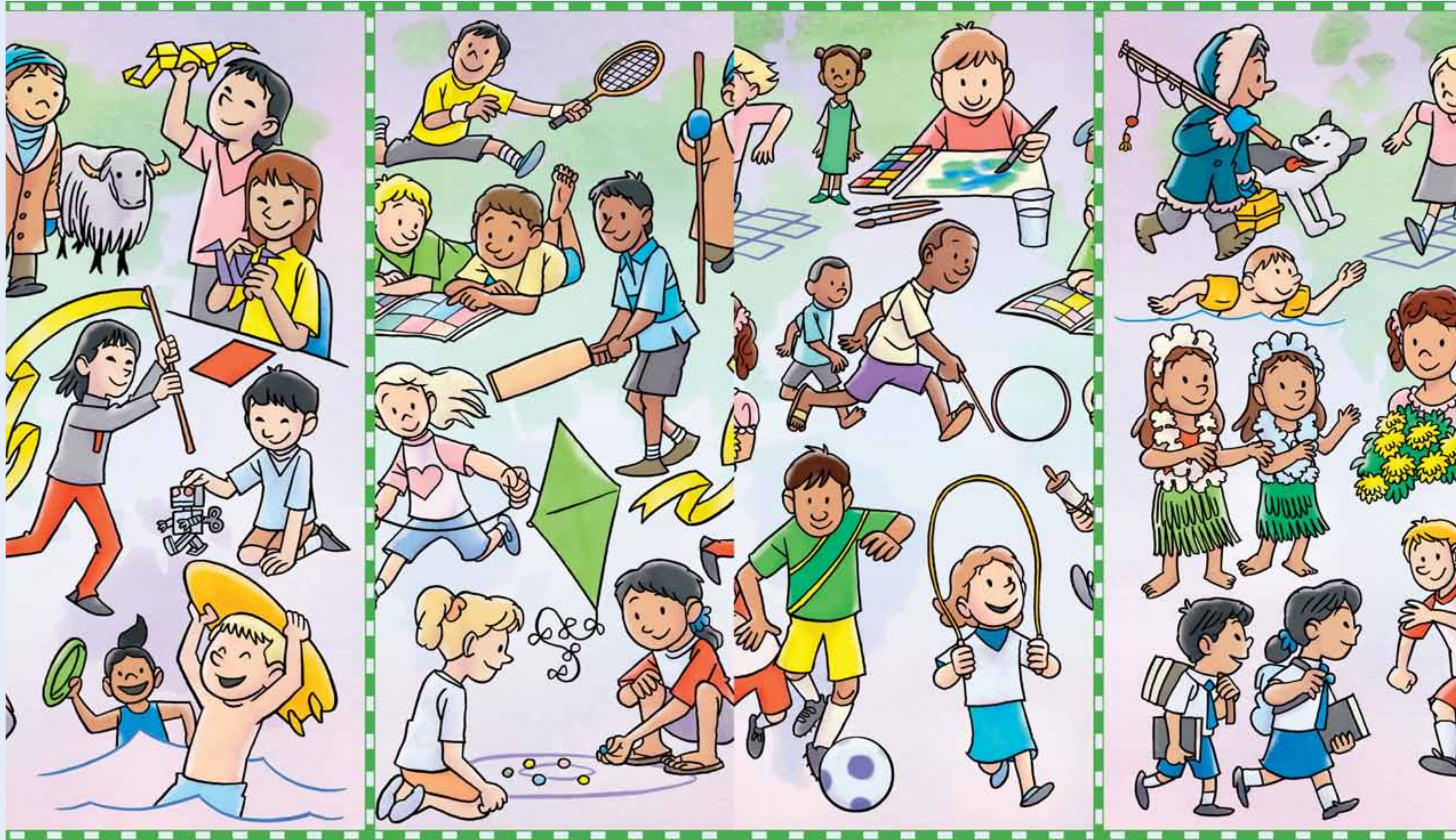
By the end of the year, your map will be complete, you will see some of your friends around the world, and you will have learned some of the important blessings and opportunities you receive as a child of God.

In each issue this year, you will find a Coloring Page with a theme and a scripture. You can color the picture, and hang it near the poster.

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<p>1. January</p> <p>I am a child of God, and He has a plan for me.</p> <p>“All human beings—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny” (proclamation, paragraph 2).</p>	<p>2. February</p> <p>The scriptures teach me about Heavenly Father and Jesus Christ and how to return to Them.</p> <p>2 Nephi 4:15</p>	<p>3. March</p> <p>Jesus Christ is my Savior.</p> <p>1 John 4:14</p>	<p>4. April</p> <p>I will follow the prophet.</p> <p>Amos 3:7</p>
<p>5. May</p> <p>Heavenly Father planned for me to come to a family. I can strengthen my family now.</p> <p>“The family is central to the Creator’s plan for the eternal destiny of His children” (proclamation, paragraph 1).</p>	<p>6. June</p> <p>The temple is a blessing for me and my family.</p> <p>D&C 124:40</p>	<p>7. July</p> <p>Because I know we are all children of God, I will share the gospel with others.</p> <p>D&C 18:15</p>	<p>8. August</p> <p>I will show my faith in Jesus Christ by being baptized and confirmed.</p> <p>D&C 68:27</p>
<p>9. September</p> <p>I can pray to Heavenly Father, and He will hear and answer my prayers.</p> <p>Mark 11:24</p>	<p>10. October</p> <p>Because I am His child, I will serve God with all my heart, might, mind, and strength.</p> <p>D&C 4:2</p>	<p>11. November</p> <p>I am thankful to know that we are all children of God.</p> <p>D&C 59:7</p>	<p>12. December</p> <p>I love my Savior Jesus Christ and His restored gospel.</p> <p>2 Nephi 25:26</p>

ILLUSTRATIONS BY ADAM KOFORD



I Am a
Child of
God

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Additional copies of the poster (item no. 02259) are available from Church distribution centers.