

the Friend

JANUARY • 2009



Friends by Mail



A Bulldog and a Prayer



When I was about four years old, my friends and I were playing hide-and-seek. Our neighbors' gate swung open, and their bulldog started to chase me. I ran as fast as I could, but the dog was right behind me. I said a prayer in my head as I ran to my mom. When I got to my mom, the owners of the bulldog came and took the dog home. I know Heavenly Father helps us.

Jameson M., age 8, Utah

The Kindness Jar



Natasha, Ryan, Rachel, Sarah, and Samuel's family has family home evening every Monday night. In fact, they plan around it and make it a priority so that nothing else takes its place. For one family home evening, they read "The

Big Jar" from the March 2008 *Friend*. Afterward, they wrote down nice things about each family member on pieces of paper. They put them in a "kindness jar," and their mom read them so that no one knew who had said what about each person. As their mom read the nice things, each person got a big smile on his or her face. "The Big Jar" and this activity helped the family be kinder to each other, and they won't forget the wonderful compliments they gave and received.

Natasha, Ryan, Rachel, Sarah, and Samuel F., ages 11, 9, 8, 5, and 3, California

Help in the Kitchen



One day my grandma was cleaning the kitchen. She asked me to empty the dishwasher, which I did. Then she thanked me and said I was done. I noticed that my grandma was still washing a few dishes. I offered to dry them and

put them away. She was very grateful. I felt much better after helping my grandma clean the rest of the kitchen.

Kelli C., age 11, Georgia

Would you like to write us a letter?
Turn to the inside back cover to find out how.

**VOLUME 39 NUMBER 1
JANUARY 2009**

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the friend

See the
Guide to the Friend
(inside back cover)
for family home
evening ideas.



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

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Cover by Steve Kropp

Look for the *Friend* mouse throughout this issue to find out which features are online at www.friend.lds.org. See if you can count how many times the mouse appears.



Hidden CTR Ring

*Clue: Children of the
Brighton Ward, Ann Arbor
Michigan Stake, memorized
all 13 Articles of Faith.*

Becoming Like Jesus Christ

BY PRESIDENT DIETER F. UCHTDORF

Second Counselor in the First Presidency



President Uchtdorf explains what it means to develop Christlike qualities.

Jesus Christ instructed His Apostles at the beginning of His mortal ministry, “[Come,] follow me, and I will make you fishers of men” (Matthew 4:19). We need to “follow Him,” and as we do this, the Savior will bless us beyond our own capacity to become what He wants us to be.

To follow Christ is to become more like Him. It is to learn from His character. The Savior invites us to learn His gospel by living His teachings. Ancient and modern prophets described it with three words: “Keep the commandments”—nothing more, nothing less.

The scriptures describe a number of Christlike attributes we need to develop during the course of our lives. They include knowledge and humility, charity and love, obedience and diligence, faith and hope. Christlike attributes are gifts from God. They cannot be developed without His help. The one help we all need is given to us freely through the Atonement of Jesus Christ.

Having faith in Jesus Christ and in His Atonement means relying completely on Him—trusting in His infinite power,

intelligence, and love. When we have faith in Christ, we trust the Lord enough to follow His commandments—even when we do not completely understand the reasons for them. In seeking to become more like the Savior, we need to rely, through the path of true repentance, upon the merits of Jesus Christ and the blessings of His Atonement.

As we develop Christlike attributes in our own lives, step-by-step, they will “bear [us] up as on eagles’ wings” (D&C 124:18). Both faith and hope will carry us across oceans of temptations, over mountains of afflictions, and bring us safely back to our eternal home and destination. ●

From an October 2005 general conference address.

THINGS TO THINK ABOUT

1. The scriptures help us learn what Jesus is like. What is one of your favorite scripture stories about Jesus?
2. Jesus was humble and faithful. What are some other words that describe Him?
3. We learn to be like Jesus step-by-step. What is one thing you can do to show your love for a friend or a member of your family?



The Talent Show

But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him (Moroni 7:47).

BY ALISON PALMER

(Based on a true story)

Marie looked out the car window as she and her Primary class drove to the nursing home. She hoped none of the girls noticed the tears that filled her eyes.

When Sister Gibson had suggested the talent show for an activity day, it seemed like such



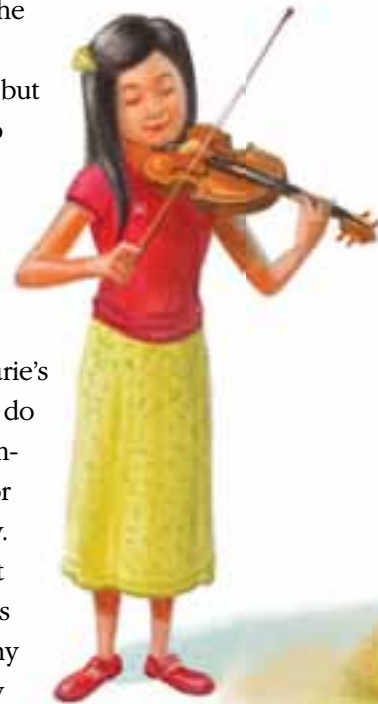
a good idea. Every girl had gone to work planning the talent she would share.

Marie had tried, but she hadn't been able to come up with anything to do.

A couple of the girls were playing the piano. One girl was playing the violin, and one was singing. Another was reciting a poem she'd written, and Marie's best friend, Shelley, was going to do a backflip. Andrea wasn't performing, but she had made cookies for everybody to have after the show.

The more Marie thought about the talent show, the more she was convinced that she didn't have any talents. She wasn't even sure why she had come. Sister Gibson had tried to make her feel better, telling her that she hadn't yet discovered a very special talent that Heavenly Father had given her. But that was hard for Marie to believe. She didn't think she'd ever be good at anything.

The gathering room at the nursing home was quiet. There were old people everywhere, and that made Marie even more nervous. She didn't know what to say to them or how to act. The other girls seemed to feel the same way too. They were huddled together, shyly looking around until Sister Gibson showed them where to sit.



Marie still felt bad as the program started. Then, just after the first piano solo, she heard someone coughing behind her. Marie turned around and saw a gray-haired woman whose body shook with each cough.

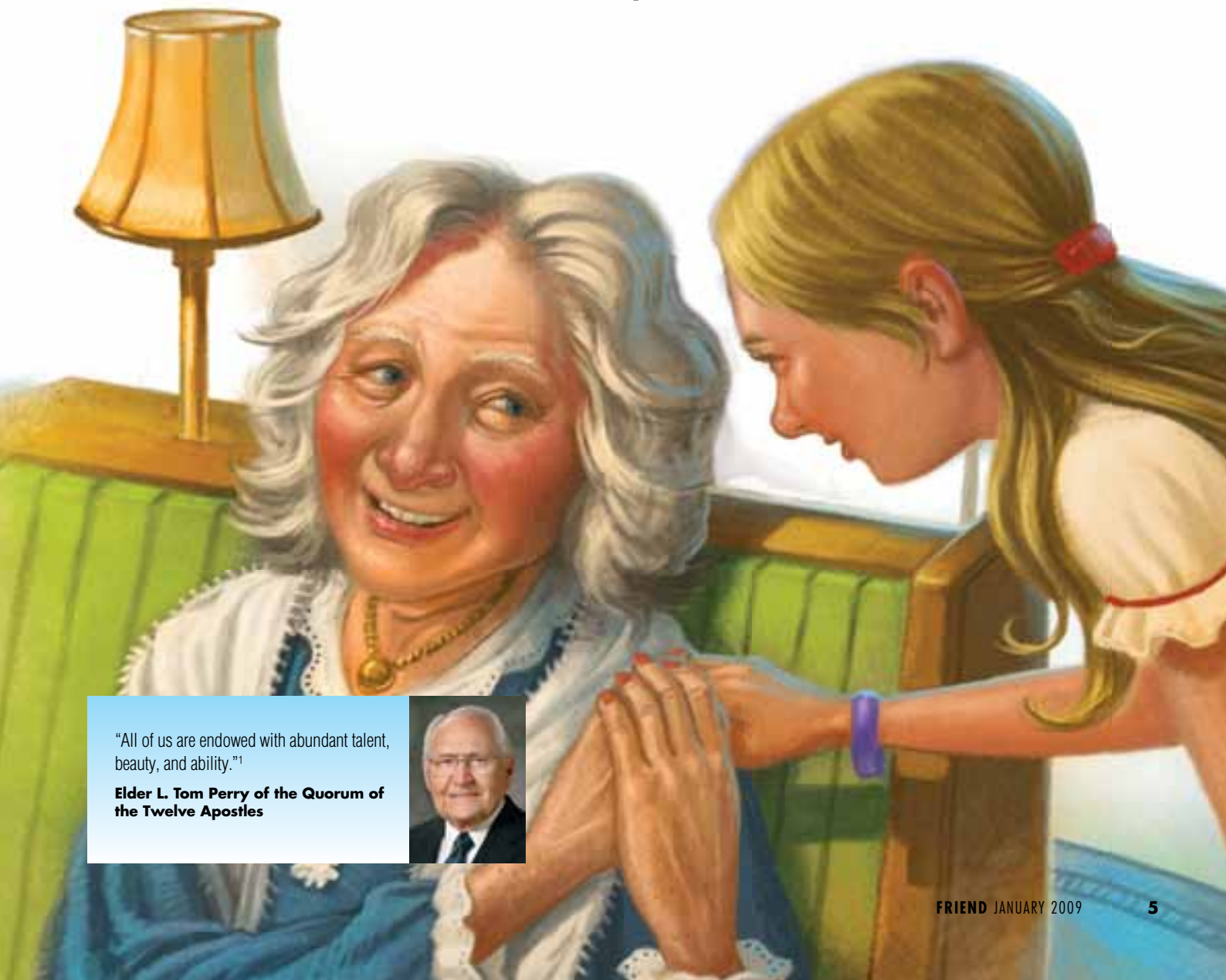
Marie stopped thinking about herself and started to worry about the woman. She quietly dug a hard candy out of her pocket and went to the woman. She put her hand on the woman's shoulder and held out the small gift. When the wrinkled hand reached for it and the woman smiled at her, Marie felt happiness and peace.

Marie stayed by the woman for the rest of the

program. She held her hand and sometimes told her about what was happening. It felt good to be doing something for someone else, and it kept her from feeling sorry for herself.

When it was time to leave, the woman hugged Marie and whispered, "Thank you for talking to me. You have a real talent for making people feel loved."

On the way back to the church, Marie was grateful to know that she did have a talent after all. When she served others, she felt Heavenly Father's love, and she helped others feel His love too. That was a pretty special talent to have. ●



"All of us are endowed with abundant talent, beauty, and ability."¹

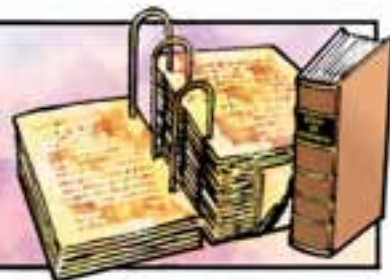
Elder L. Tom Perry of the Quorum of the Twelve Apostles





FROM THE LIFE OF THE PROPHET JOSEPH SMITH

The Publication of the Book of Mormon



In 1829 Joseph Smith, with the help of his scribe Oliver Cowdery, finished translating the Book of Mormon.

Oliver, the Lord is pleased with us.

Now we just need to publish this great book.

Joseph and Oliver went to Palmyra, New York, and spoke to Egbert B. Grandin, a printer.

We need 5,000 copies of this book as soon as possible.

It will cost \$3,000.

Since you want so many copies and this is such a big book, it may take me over a year.

Several months later Mr. Grandin became worried that Joseph would not pay. He stopped the printing of the Book of Mormon until he could be sure. Then Martin Harris gave Joseph some money.

I mortgaged my farm to pay for printing the Book of Mormon. That should put Mr. Grandin at ease.

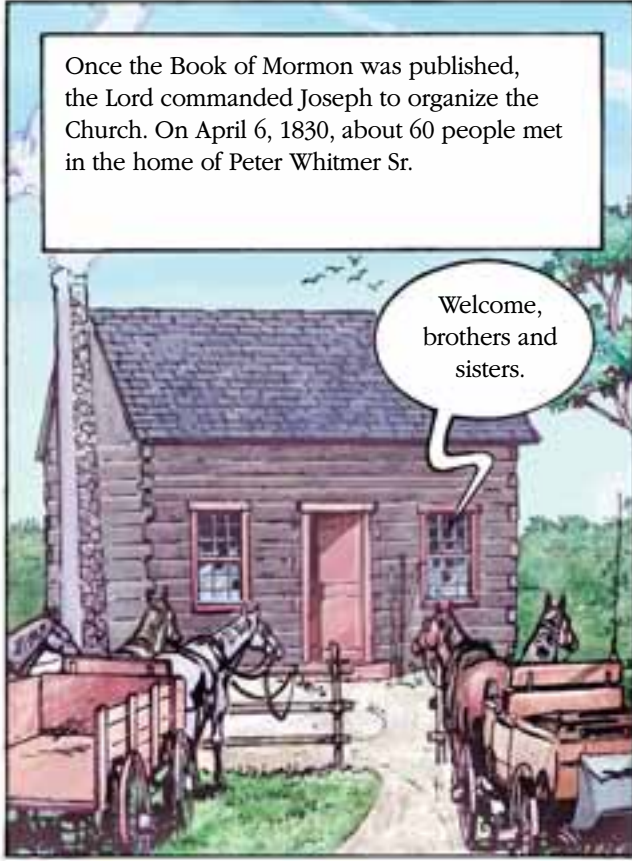
That's wonderful, Martin!



Mr. Grandin had a new press that made the printing process much faster than earlier presses.

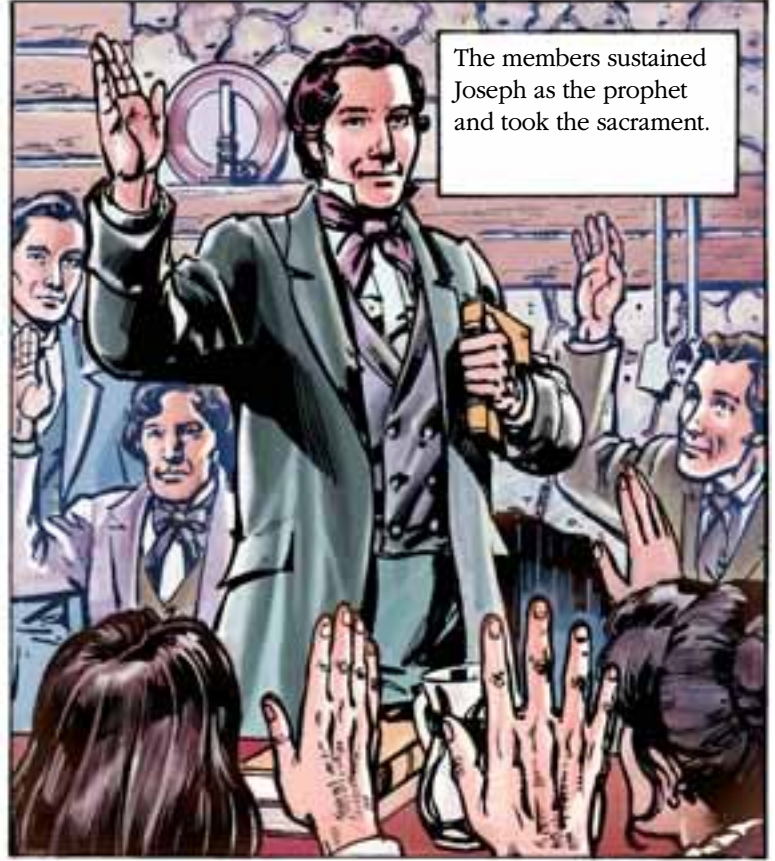
Mr. Grandin, we're almost finished, and it has been only seven months!

I don't completely understand how.



Once the Book of Mormon was published, the Lord commanded Joseph to organize the Church. On April 6, 1830, about 60 people met in the home of Peter Whitmer Sr.

Welcome, brothers and sisters.



The members sustained Joseph as the prophet and took the sacrament.



Though the Church started out with just a few members, Joseph later told some brethren in Kirtland about its destiny.

It is only a little handful of priesthood you see here tonight, but this Church will fill North and South America—it will fill the world.

BY ELDER ANTHONY D. PERKINS
Of the Seventy

My limbs did receive their strength again, and I . . . did manifest unto the people that I had been born of God (Alma 36:23).

When I was seven years old, my parents asked me why I was limping. They took me to a doctor, who said I had an incurable hip disease. It had caused my right leg to almost stop growing. Without treatment, my right leg would be four to six inches shorter than my left leg as an adult. He sent me

running again! Within 11 months, my right leg was the same length as my left.

After fifth grade, my family moved back to Colorado. I know it was no coincidence that my family moved to the only place where a doctor could help me. Heavenly Father guided my parents so I could be healed.

Because of this experience, two verses in Alma 36 have special meaning to me. I remember how the Lord healed me to do His work:

BLESSED and HEALED

to a specialized doctor who told me to keep pressure off the hip until I was full grown. Even then, I would still have a four-inch difference in the length of my legs. I had two choices: stay in bed or wear a brace. I chose the brace. I didn't feel afraid because I had faith that Heavenly Father would take care of me.

Wearing my new leg brace, I tried to do the same things other children did. I played baseball, even though I couldn't run very fast. My left leg kept growing, but my right leg stayed the same.

Then my father received a work opportunity in northern California. In our new town, I started fourth grade. I soon learned that Heavenly Father watches over His children. My parents took me to see Dr. Chan. He had been studying my disease and had an idea for a new surgery. If I was willing to take the risk, he was willing to experiment on me. I agreed, even though I would be in a body cast for up to six months. We had very good home teachers who gave me a wonderful blessing.

With the surgery, a medical miracle happened. My right leg began to grow. The cast was removed in just two months, and I learned to walk on my right leg for the first time in two years. I was soon walking and

“But behold, my limbs did receive their strength again, and I stood upon my feet, and did manifest unto the people that I had been born of God.

“Yea, and from that time even until now, I have labored without ceasing, that I might bring souls unto repentance; that I might bring them to taste of the exceeding joy of which I did taste; that they might also be born of God, and be filled with the Holy Ghost” (Alma 36:23–24).

I am grateful that Heavenly Father blessed me to have the use of my right leg. He knew the things that He had in store for me to do, and He blessed me with the health to be able to do them more easily. As a Seventy, I travel and testify of the Savior, bringing the joy of the gospel to others so that they can know and feel what I know and feel.

Heavenly Father may not always take away our trials, but He always blesses us. Through our faith in Jesus Christ, sometimes Heavenly Father heals us, and sometimes He gives us the strength to endure.

The Lord loves you and has a plan for you. He wants to bless you. Trust in Him, and you will feel His strengthening, healing power. ●



Elder
Anthony D. Perkins

An illustration of a ship's deck. In the foreground, a large wooden barrel is on the left. A man in an orange tunic and a woman in a white dress and dark vest are walking towards the right. The woman is carrying a large, dark, rectangular box on her head. In the background, there are more barrels, a dark wooden structure with an arched doorway, and the rigging of a ship. The sky is a pale blue.

Joseph's Journey

PART 1: JOSEPH'S SHIP

BY AMY WEIR

(Based on the life of Joseph Toronto)

Inasmuch as ye shall keep my commandments ye shall prosper in the land (2 Nephi 1:20).

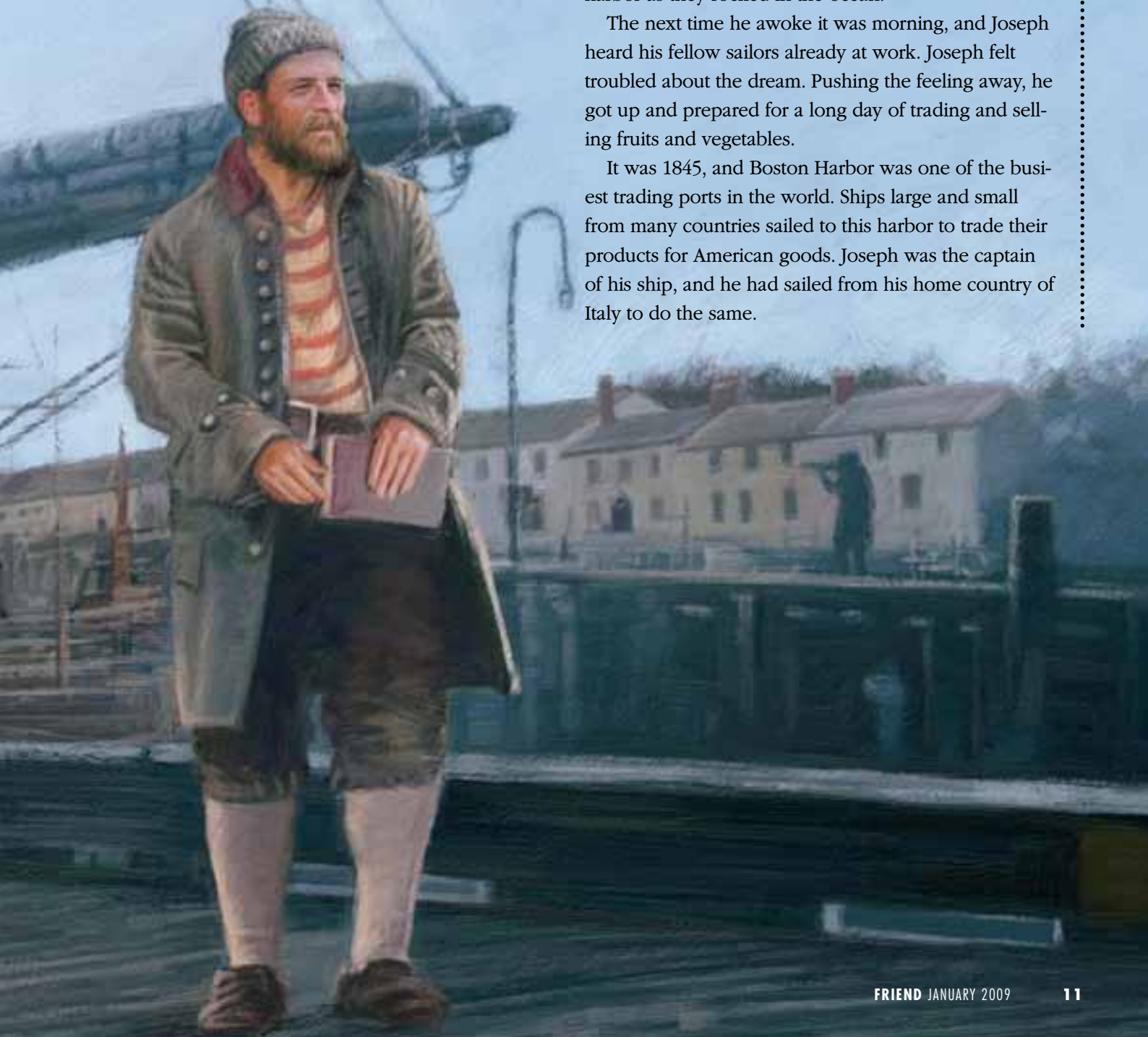
Joseph Toronto woke up in a panic and looked around the ship's dark cabin. Pulling the scratchy wool blanket up to his chin, he realized that it was just a dream that had awakened him. He'd been

dreaming about how the missionaries who had recently baptized him counseled him to go to Nauvoo. But Joseph loved being on the sea in the sunshine and salty air. Even though he couldn't swim—none of the sailors could—he planned on spending his whole life out on the water.

Joseph went back to sleep, listening to the gentle creaking of his small ship and the other ships in the harbor as they rocked in the ocean.

The next time he awoke it was morning, and Joseph heard his fellow sailors already at work. Joseph felt troubled about the dream. Pushing the feeling away, he got up and prepared for a long day of trading and selling fruits and vegetables.

It was 1845, and Boston Harbor was one of the busiest trading ports in the world. Ships large and small from many countries sailed to this harbor to trade their products for American goods. Joseph was the captain of his ship, and he had sailed from his home country of Italy to do the same.





On deck, Joseph secured the cargo as his men brought up the anchor. They were going to sail across the harbor to meet with other traders, but a flash of lightning on the horizon made Joseph uneasy. Dark storm clouds were gathering in the sky. Still, Joseph and his crew headed out, sure that they could make it before the storm hit. But they were only halfway across the harbor when the wind started churning up the water. All the ships in the harbor were being tossed around like toys.

Rain poured down, and the rumble of thunder mixed with the sound of Joseph yelling orders to his men to secure the sails and get below. They quickly tied the sails to the tall mast so the fabric wouldn't rip in the

wind, then ran to the lower decks for safety.

Joseph glanced around the top deck to make sure all his men were below, then looked up to see another ship being thrown straight at them by the wind. He jumped toward the door to the lower decks, but the two ships collided and everything went overboard, including Joseph.

To be continued . . . ●

"Why do we take our destiny in our own hands? . . . Remember, God is in His heavens. He knew what He was doing when He organized the earth. He knows what He is doing now."²

President Spencer W. Kimball (1895–1985)



Matt and Mandy agree.



The *Friend* online is a great place to find stories, games, activities, lesson ideas, and more. The *Friend* computer mouse in the magazine shows which features you can find online at

www.friend.lds.org





I HAVE A FATHER IN HEAVEN, WHO LOVES ME.

“ALL OF YOU ARE CHILDREN OF THE MOST HIGH”
(Psalm 82:6).

Note: This activity may be copied or printed from the Internet at www.friend.lds.org.

I Have a Father in Heaven, Who Loves Me

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

BY CHERYL ESPLIN



How can you really know that you are a child of God? Many children do not know that they have a Father in Heaven, who loves them and who can help them. Many children do not know they lived with Heavenly Father before they came to earth. They do not know they can pray to Him. Like you, they have forgotten what it was like to live in heaven.

You have scriptures, prophets, the Holy Ghost, and a family to teach and remind you what it was like to live with Heavenly Father as His child. The scriptures teach that in heaven you received your first lessons and were prepared to come to earth (see D&C 138:56). They also teach that the Holy Ghost “beareth witness with our spirit, that we are the children of God” (Romans 8:16). The songs “I Am a Child of God” and “I Lived in



Heaven” (*Children’s Songbook*, 2–3, 4) can remind you of who you are and where you came from.

Heavenly Father wants you to remember that He is the Father of your spirit; He created you. When you say your prayers, ask Heavenly Father to help you remember that you are His child. The Holy Ghost can help you think and act as a child of God. ●

Activity

Cut out the bookmark on page 14, and mount it on heavier paper. Fold it in half. Glue the backs together, and punch a hole at the top. Tie ribbon or yarn through the hole. Use this bookmark in your scriptures to remind you that you have a Heavenly Father, who knows you, loves you, and will always hear and answer your prayers.

The *Friend* will no longer be publishing a Primary poster in January.

SHARING TIME IDEAS

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit.)

January Theme: *I am a spirit child of Heavenly Father.*

1. *Heavenly Father loves me and has a plan for me.* Using *Primary 6*, page 2, as a guide, prepare drawings and wordstrips of the plan of salvation figures and display them in order on the board (or write and draw them on the board before sharing time). Begin sharing time by telling the children that Heavenly Father loves us and has given us a perfect plan. Jesus Christ is the central figure in the plan, and if we follow Him, we can return to live with our Father in Heaven. Divide the *Primary* into four groups, and assign each a different phase of existence. Hand out paper, pencils or crayons, scripture references, and a song or action (listed below). Have each group read their scriptures with the help of their teachers, then draw one thing that happens in that phase of the plan. When the groups are ready, teach the plan of salvation in order, using the groups to help you teach each part. (For example, the groups could point out the figures that represent their phases, show their illustrations and explain what they show about life in that phase of existence, or help lead the other children if there is a song or action.) As you teach each phase, emphasize what we did or are expected to do.

Premortal life: D&C 138:56; Moses 4:2; Abraham 3:22–23 (action: raising hands and whispering “Hurrah!”).

Earth life: Abraham 3:24–25; Articles of Faith 1:3 (song: “Keep the Commandments” [pp. 146–47]).

Spirit world: Alma 40:11–14; D&C 138:30–32.

Kingdoms of glory: celestial—D&C 76:81; terrestrial—D&C 76:71; celestial—D&C 76:92–96 (song: “Families Can Be Together Forever” [p. 188]).

Recite together the first sentence of 2 Nephi 9:13. Bear testimony that following Heavenly Father's plan will bring us peace and happiness.

2. *I lived with Heavenly Father before I came to earth.* Ask for a volunteer to tell one thing he or she has learned about the premortal life. Recite together Doctrine and Covenants 138:56, substituting the words *they* and *their* with *we* and *our*: We lived with Heavenly Father and were given responsibilities. Display pictures of people in the scriptures who were given responsibilities in the premortal life to help accomplish Heavenly Father's work (examples: Jesus; Mary, mother of Jesus; Adam and Eve; John the Baptist; Joseph Smith). Make wordstrips that tell the work each person did on earth. Pass around the wordstrips in a sack while the pianist plays “I Will Follow God's Plan” (pp. 164–65). When the music stops, have the child holding the sack read a wordstrip and match it with the correct picture.

Ask each class to discuss a responsibility that they might have in the future (examples: missionary, father or mother, Primary teacher, bishop). Have the classes discuss with their teachers what they can do now to prepare for that responsibility and whatever other responsibilities may come to them. Make wordstrips of different colors with phrases from “I Will Follow God's Plan” that tell what we can do now to prepare for our responsibilities (examples: “seek for God's light,” “I will follow,” “I will work,” “I will pray”). Have the children wearing the same color as the wordstrip stand up when that phrase is sung. Testify of the importance of preparing now for responsibilities we have been given.

3. *I am created in the image of God. My body is a temple.* Show a picture of a temple. Ask: “Have you ever seen a temple? What do you think about when you see a temple or a picture of a temple? Why do you think people work so hard to keep the temple beautiful and clean?” Explain that a temple is a sacred, holy place.

Help the children memorize 1 Corinthians 3:16. Explain that, just like the temple, our bodies are sacred and holy. We need to take good care of them. President Gordon B. Hinckley (1910–2008) said: “Did you

ever think that your body is holy? You are a child of God. Your body is His creation” (“A Prophet's Counsel and Prayer for Youth,” *New Era*, Jan. 2001, 11). Show GAK 114 (Daniel Refusing the King's Meat and Wine). Tell what happened to Daniel and his friends when they treated their bodies like temples by refusing to eat or drink unhealthy things (see Daniel 1:5–20). Display objects that represent sleep, good food, exercise, cleanliness, and modesty (examples: pillow, fruit, ball, comb, necktie). Have the children pass around the objects while they sing “The Lord Gave Me a Temple” (p. 153). Stop the music frequently, and invite the children holding an object to tell one thing they can do to treat their bodies like temples. Repeat as time allows. Testify that, just like the temple, our bodies are sacred and holy.

4. *The family is ordained of God and is central to His plan.* Write on the board “The family is ordained of God.” Have the children say it together. Erase all but the first letter of each word, and have the children recite it again. Continue to erase letters and have the children recite until all the letters are gone. Ask: “Why do you think Heavenly Father planned for us to live in families?” Have one of the older classes stand and sing the first line of the chorus to “The Family Is of God” (*Friend*, Oct. 2008, 28–29). (Let the class and teacher know beforehand that you would like them to sing.) Ask: “In what ways can a family help us become who God wants us to be?” Show a picture of Joseph Smith's family (3-7 from the *Primary 3* picture packet).

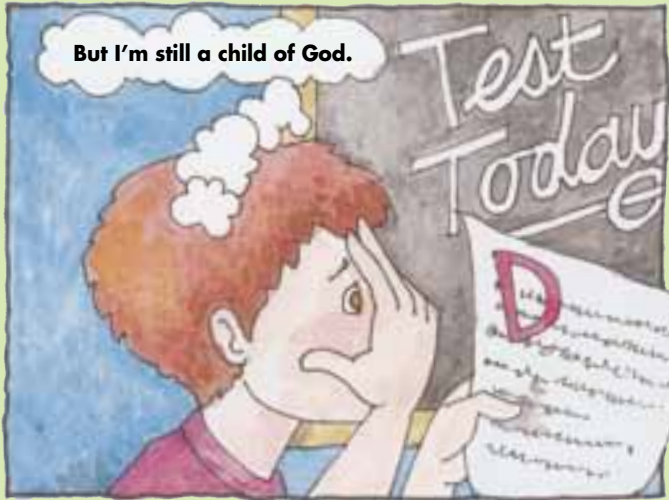
Read together Joseph Smith—History 1:22, 50. Point out that Joseph's father supported Joseph Smith and helped him accomplish his mission, while others didn't believe him. Beforehand, and with the bishop's or branch president's approval, invite several adults or children to share a positive experience when the love and support of a family member helped them. Hand out paper and pencils, and invite all the children to write or draw a picture of one thing they will do this week to build love in their family. On the same paper have them write “The family is ordained of God.” Ask the children to discuss what family members can do to show love for one another.

5. *Song presentation:* “The Family Is of God” (*Friend*, Oct. 2008, 28–29). While the pianist plays the song, ask the children to close their eyes and think about something they like to do with their families. Teach the song's chorus first by having the children hum with the music. Ask them to listen for why God gives us families as you sing the first phrase of the chorus. Take responses, then sing the phrase together. Have them listen for the message while you sing the second phrase of the chorus. Sing the second phrase together and then the entire chorus several times.

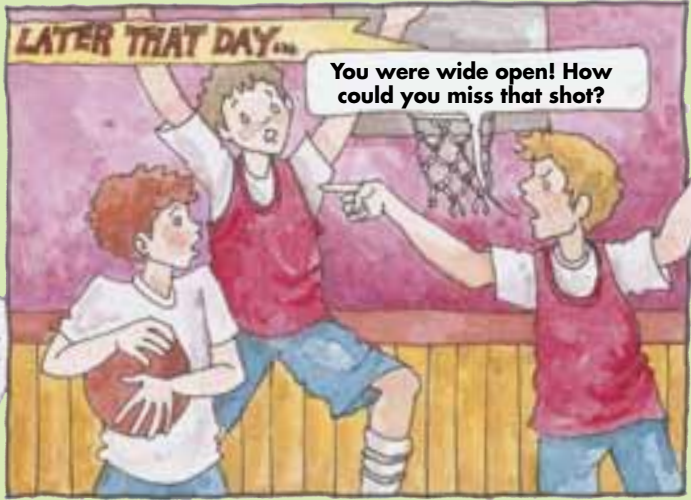
Have the children listen and watch while you sing the first verse using actions. For example, when singing “It's me!” point to yourself; point to them when singing “It's you”; and make a hand motion to include everyone when singing “all others too.” Teach the second verse by explaining that Heavenly Father designed the roles of a father and mother. In advance, make wordstrips of the words in the song that describe some duties of a father (preside, provide, protect, love, teach, lead). Display them out of order. Ask the children to listen while you sing so they can help put them in order. After doing this, have the children sing the verse a few times while you remove one word each time. Do the same in verse three for mother (care, prepare, nurture, strengthen, teach). Bear testimony that Heavenly Father gives us families to help us become who He wants us to be.

6. *Friend* references: “The Plan of Salvation Offers Me Peace,” Mar. 1994, 14; “The Plan of Happiness,” Jan. 2005, 14–15; “Special Witness,” June 2008, 31; “My Body—a Temple,” May 2002, 18; “Ye Are the Temple of God,” May 2002, 44; “My Family,” Feb. 2004, 20. Additional reference: Robert England Lee, “Teaching Our Children the Plan of Salvation,” *Ensign*, Sept. 2001, 32–39.

Matt AND Mandy



But I'm still a child of God.



LATER THAT DAY...

You were wide open! How could you miss that shot?



But I'm still a child of God.



STILL LATER...

Matt, your picture—

I don't care if you don't like it! I'm still a child of God.



But I do like it. What did you say you were?

A child of God. And so are you.



I am?

We all are.

Wow!

With All Your Heart

Children all over the world love and worship Jesus Christ—just like you! This month, let's meet Ricardo Fortuna of Santo Domingo, Dominican Republic.

BY RICHARD M. ROMNEY

Church Magazines

Whatever Ricardo Fortuna does, he does with enthusiasm. This eight-year-old from Santo Domingo in the

Dominican Republic plays baseball with the energy of a professional. He joins his friend and his brother to race toy trucks or stage an imaginary battle between dinosaurs. He gets excited when his mother invites him into the kitchen to cook *tostones* (fried plantains).

Ricardo eagerly joins in during family home evening. He prays earnestly with his family every morning and evening. He reads and reads his scriptures. And he wishes he could go to Primary more than once a week! Whatever Ricardo does, he does with his heart.

There is one thing that Ricardo does with *all* his heart—he loves the Lord. He knows it is a commandment because he read it in the Bible: “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (Matthew 22:37).

“That means you love Him all that you can,” Ricardo says. That love was particularly evident in his family’s apartment as they celebrated Christmas. Each night the family read scriptures about the Savior’s birth. Some told about what happened in the Holy Land. Others told about what happened in the New World.

Ricardo says it is important to remember Jesus Christ at Christmas because that’s when people celebrate His birth. “But it’s important to think about Jesus every day and to follow His example,” he says. “We should remember that He taught us about Heavenly Father and how to worship Him and that He also sent us the Holy Ghost.”

Inside the front door of the Fortuna family’s apartment hangs a large painting of the Savior. No matter where in the room you go, you can



see Him. “It reminds us to think of Him,” Ricardo says, “not only at Christmas but all through the year.”

Ricardo’s Favorite Scripture

Ricardo loves the Articles of Faith, particularly number five, which he can recite *muy rápidamente* (very quickly). “We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof,” he quotes. “That tells us that the Lord calls the leaders of His Church and that we teach the gospel with authority.”

Fun Food

It takes time to make his favorite treat, *tostones*, but Ricardo thinks it is worth every minute. He and his mother carefully peel and slice the plantains, which look like bananas but are not sweet.

They fry them in hot oil, let them cool, and carefully

pat them dry. Then comes Ricardo’s favorite part. He places each slice in a wooden press and smashes it flat. Then each slice is fried again. He particularly likes to eat *tostones* with sausage.



Good Examples

Ricardo often plays with his little brother, Marcus, and with another friend, Manuel, a Latter-day Saint who lives in a neighboring apartment. He knows that true friends encourage each other to do what is right.

Ricardo says it is important to think about Jesus Christ every day. With his father, he often looks at the painting that hangs in their apartment, and Ricardo reads scriptures about the Savior’s life.



ATLANTIC OCEAN

WHERE IN THE WORLD IS SANTO DOMINGO,
DOMINICAN REPUBLIC?

CUBA

DOMINICAN REPUBLIC

PUERTO RICO

HAITI

SANTO DOMINGO



“Because they look to me for an example, I must set a good example for them,” he says.

Ricardo is also close to his mother and father. “I love my mama and my papa,” he says. “They help me, and they play with me. They teach me, and they read with me. They say prayers with me every morning and every night.”

He also looks to President Thomas S. Monson as an example. “I know that he is a prophet of God and that he speaks the word of God,” Ricardo says. “I know he says his prayers and reads his scriptures, so I should too.”

And Ricardo says Jesus Christ is the greatest example. “He teaches us to do what is right, to be obedient, to pray correctly, and to be reverent and respectful.” ●



Ricardo lives in the Dominican Republic, which shares an island with Haiti. He cooks plantains and sausage, enjoys baseball, and plays with toy dinosaurs and trucks.

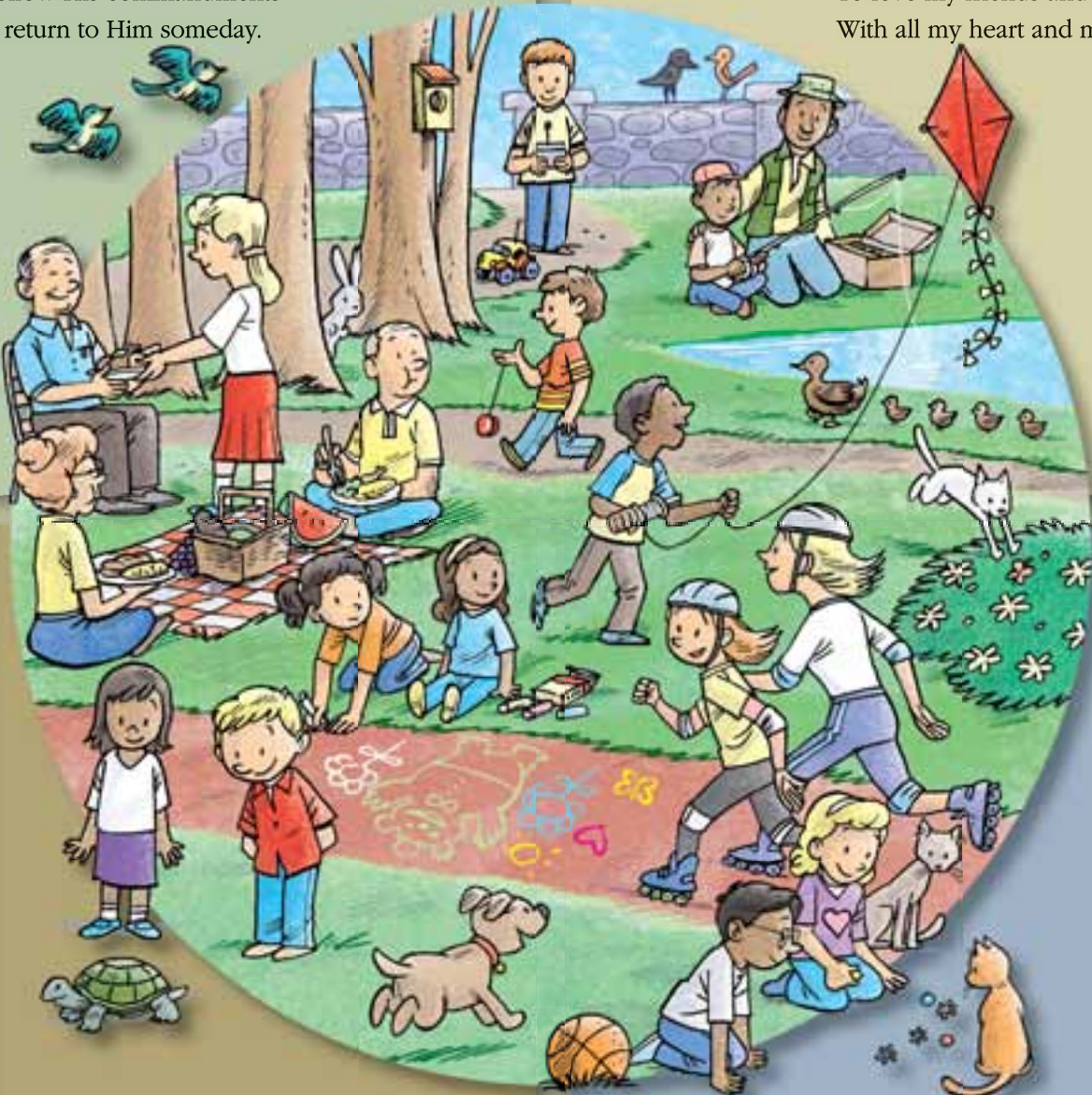


A Plan for Me

BY JANE MCBRIDE CHOATE

I know my Heavenly Father
Wants me to obey,
To follow His commandments
And return to Him someday.

I know my Heavenly Father
Wants me to be kind,
To love my friends and family
With all my heart and mind.



I know my Heavenly Father
Wants me to choose the right,
To know His word and do His will
With all my strength and might.

I know my Heavenly Father
Has a plan for me.
I know I can fulfill it
If I live righteously.



Trying to Be Like Jesus

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

Dancing on Saturday

My older sister, Aurelia, and I took a jazz dance class this past school year. It was fun, and we were really



looking forward to our costumes and doing the recital. Then the schedule came out, and our class had been scheduled for the Sunday performance instead of the one on Saturday. We decided to choose the right and e-mailed the dance teacher that we wouldn't be able to be in the show so we could keep



the Sabbath day holy. It took courage! The next time we went to our dance class we got a surprise.

The teacher said that she didn't want us to not be able to participate, and that we could do a special duet of our dance on Saturday instead. We did, and everyone said it was great. We felt happy that we had chosen the right.

Summer and Aurelia W., ages 9 and 11, Florida

Sharing a Prayer



One day my friend Foxx came over to my house. At night, my family reads the scriptures and prays

together. Foxx is not a member of the Church, but I asked him if he'd like to join us in doing those things and he said yes. After we read the scriptures and prayed, Foxx told us his favorite Bible story. I felt good because I was being a missionary. I am going to ask him if he can come to church with me someday.

Aaron R., age 9, Virginia

The Friend for a Friend



One night, my family and some friends had a family home evening. We had the lesson and the

closing prayer, and then had a treat. When it was time for our friends to leave, my mom and I told one of my friends about the *Friend* magazine. She is taking discussions from the missionaries and hadn't heard about the *Friend*, so I let her look through it. She really

liked it. I let her have the August 2007 *Friend*. I'm glad that I can share the gospel with others.

Annah S., age 10, Utah



Being Kind

When Braeden started kindergarten, he loved meeting new friends and having fun with them. In his



class he noticed one boy who was a little different than some of the other children. Sometimes the boy had a hard time sitting still, listening to the teacher, or behaving. Braeden knows that Jesus Christ loves everyone, and he really wants to be like Jesus. Braeden is kind to the boy in his class, just like Jesus wants him to be.

Braeden B., age 6, Georgia, with help from his mom

Tell us how you're trying to be like Jesus. Turn to the inside back cover to find out how to send us a letter.

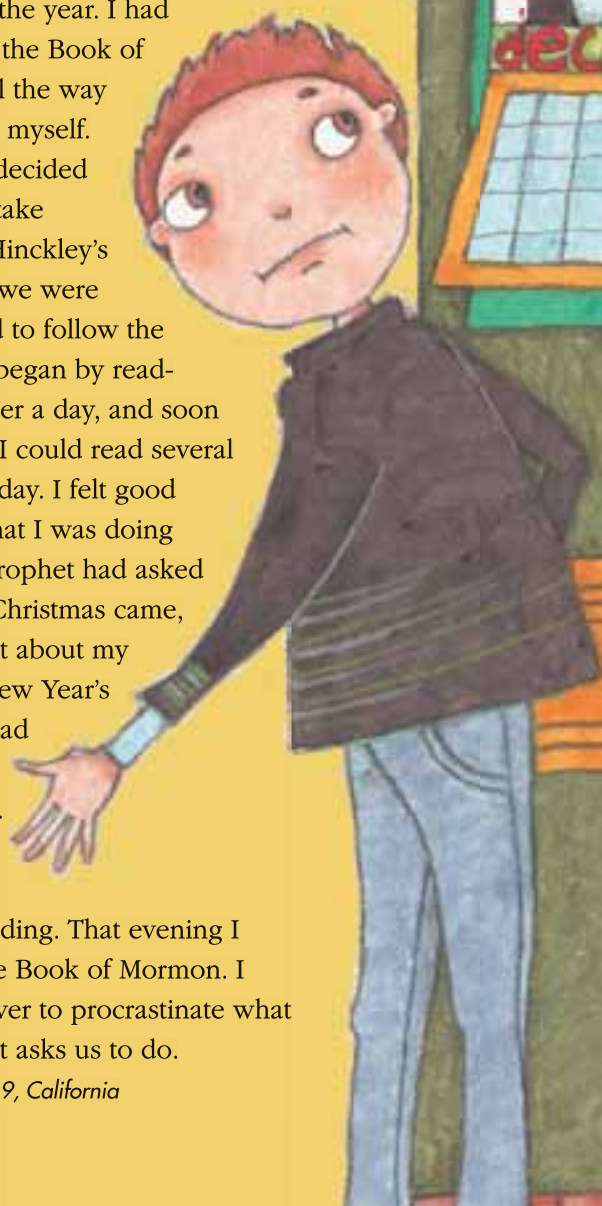
Setting a Goal



In 2005, President Gordon B. Hinckley (1910–2008) asked members of the Church

to read the Book of Mormon by the end of the year. I had never read the Book of Mormon all the way through by myself. My family decided we would take President Hinckley's challenge; we were determined to follow the prophet. I began by reading a chapter a day, and soon found that I could read several chapters a day. I felt good knowing that I was doing what the prophet had asked me to do. Christmas came, and I forgot about my goal. On New Year's Eve I still had 115 pages left to read. I spent most of the day reading. That evening I finished the Book of Mormon. I learned never to procrastinate what the prophet asks us to do.

Justin H., age 9, California



Joseph Smith Timeline

1805

December 23, 1805

Joseph Smith Jr. is born to Joseph Sr. and Lucy Mack Smith in Sharon, Windsor County, Vermont.



1820

Spring of 1820

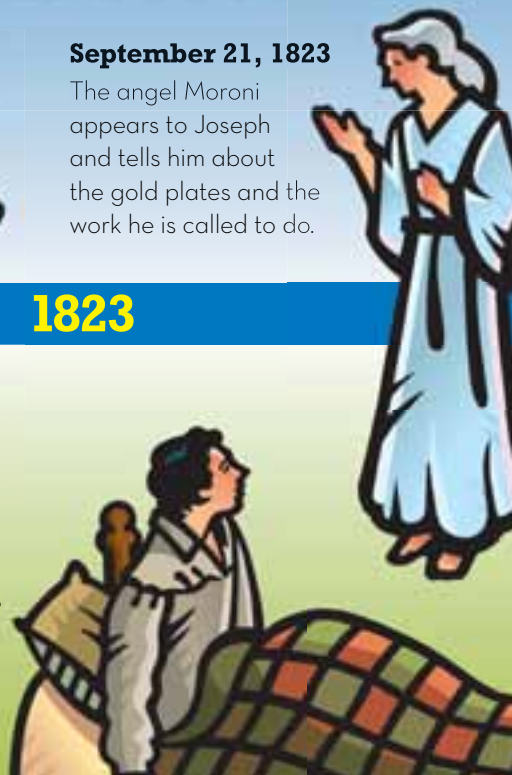
At age 14, Joseph becomes confused about which religion to join. He goes into the woods to pray and sees God the Father and Jesus Christ. They tell him that none of the churches are true.



1823

September 21, 1823

The angel Moroni appears to Joseph and tells him about the gold plates and the work he is called to do.



If you'd like, you can take these two pages out of the magazine, cut out the top and bottom sections, tape the two ends together, and

1833

February 27, 1833

The Word of Wisdom is revealed (see D&C 89).



1836

1836

The Kirtland Temple is completed. Jesus Christ appears to Joseph Smith and Oliver Cowdery there.



1839

1839

Under Joseph's direction, the Saints begin building Nauvoo.



January 18, 1827

Joseph marries Emma Hale. They were married 17 years and had 11 children. Some of their children were adopted, and six of their children died in infancy.



May 15, 1829

The priesthood is restored. John the Baptist confers the Aaronic Priesthood on Joseph Smith and



March 26, 1830

The Book of Mormon is printed and made available to the public.



1827

1829

1830

September 22, 1827

Joseph receives the gold plates from Moroni and begins translating them.



Oliver Cowdery, and they baptize each other. A short time later, Peter, James, and John confer the Melchizedek Priesthood upon them.

April 6, 1830

Jesus Christ's Church is organized again upon the earth. Joseph Smith is sustained as prophet, seer, revelator, translator, and Apostle of Jesus Christ.



hang the timeline on your wall or bulletin board.

Information from Joseph Smith—History, Teachings of Presidents of the Church: Joseph Smith, JosephSmith.net, and History of the Church.

1840

1840
Missionaries sent by Joseph Smith arrive in Great Britain. More than 6,000 people join the Church.



1842

March 1, 1842

Joseph publishes the Articles of Faith and the book of Abraham in the *Times and Seasons* newspaper.



1844

June 27, 1844

Joseph and Hyrum Smith are martyred in Carthage Jail, which seals the testimony of the Prophet. The Church of Jesus Christ of Latter-day Saints continues to grow to fill the whole earth.



The Names of the Savior

BY MARIE WALDVOGEL

Through the Atonement, Jesus Christ has made it possible for us to be together with our families forever. In the word search below, look for some of the many names of the Savior.

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



ADVOCATE
 ANOINTED ONE
 BREAD OF LIFE
 CHRIST
 CORNERSTONE
 CREATOR
 EXEMPLAR
 FIRSTBORN
 GOOD SHEPHERD

HOLY ONE (OF ISRAEL)
 JEHOVAH
 JESUS
 JUDGE
 KING OF HEAVEN
 LAMB OF GOD
 LIGHT OF THE WORLD
 LORD
 MEDIATOR

MESSENGER (OF THE COVENANT)
 MESSIAH
 ONLY BEGOTTEN SON
 REDEEMER
 SAVIOR
 SON OF MAN
 WORD

CAR CREATIONS

Use food to make a shape of a car on your plate. Then enjoy eating your healthy, speedy snack.

BY SHANNA BUTLER

1 whole-wheat tortilla

2 slices deli meat

2 slices cheese

fresh spinach

2 graham crackers

red fruit leather

1. Microwave the tortilla for 10 to 20 seconds to make it soft. Place the deli meat and cheese on the tortilla until the tortilla is covered. Scatter spinach leaves over the tortilla.

2. Roll up the tortilla and put a toothpick in both ends to keep it from unrolling. Put the tortilla roll in the freezer for 15 minutes to make it easier to slice. Then slice your tortilla into spirals.

3. Place each graham cracker on a plate. Tear off rectangular pieces of fruit leather and stick them to the graham crackers to look like windows on a car. Put two tortilla spirals below each graham cracker to look like wheels.

Cora's



BY MICHELLE FRANSEN

(Based on a true story)

Cease from anger (Psalm 37:8).

Cora was having a bad day. The dog jumped on her with muddy paws and got her favorite shirt dirty. She accidentally hit her head with a toy. Her sister wouldn't play the game Cora wanted to play, and Cora got in trouble with Mom for arguing with her sister.

"I'm having a bad day!" Cora said as tears filled her eyes.

"You are choosing to have a bad day," Mom said.

Bad



"You can choose to have a good day instead."

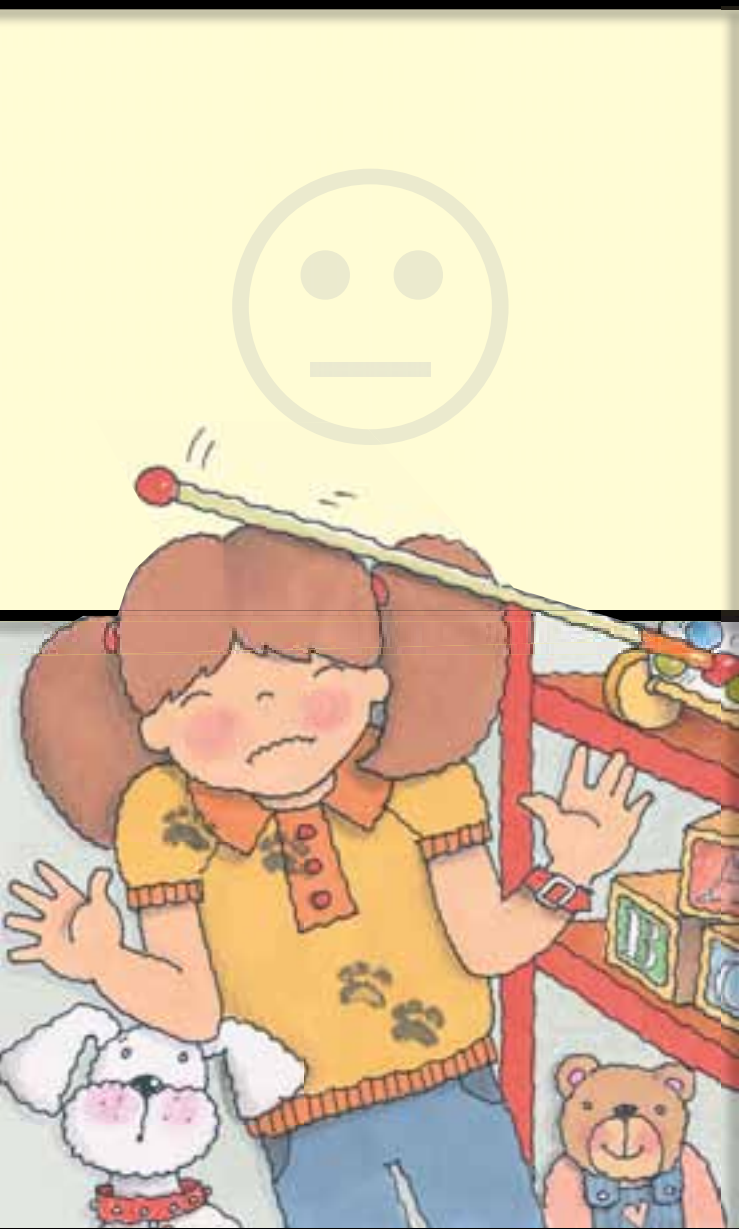
Cora felt mad. "No, I can't!" she cried. "I'm having a bad day!"

Mom held Cora while she cried. "Have you tried praying?" she whispered into Cora's ear. "Maybe you should ask Heavenly Father for help."

"I don't want to pray," Cora said.

"Sometimes it's hard to feel like praying, but that is when we need to pray most of all," Mom said.

"Let's pray together. I'll pray first, and then you can pray." Mom folded her arms around Cora.



Cora did not want to listen to her mom's prayer. Everything had gone wrong, and she wanted to be mad. She was mad at the dog, the toy, and her sister. She was even mad at Mom. But something inside Cora whispered, "It's time to pray. You need to listen."

Reluctantly, Cora bowed her head and closed her eyes. As Mom prayed, Cora felt her anger fading. In its place she began to feel peace and love.

But then she remembered what had happened to put her in such a bad mood. As she thought about her anger, the good feelings went away.



Day

Cora felt torn. She liked the sweet feeling of peace she had started to feel, but she was still mad and wanted to stay mad. Which should she choose?

Mom ended the prayer and said, “OK, now it’s your turn, Cora.”

Cora folded her arms and bowed her head. All the while, her anger fought to stay in her mind. She wondered about the good feelings she had felt during her mother’s prayer—were those from Heavenly Father? Could He really make her feel better? With those questions in her head, she



gotten so angry in the first place. Cora finished her prayer and looked at Mom.

“Mommy, I feel better now! Heavenly Father answered my prayer!”

Cora’s mom hugged her tight. “Sweetie, I am so happy for you. And I know Heavenly Father is pleased with you for praying.”

“Heavenly Father must love us a lot if He wants to help us be happy,” Cora said.

“Yes, He does, Cora. He loves us very much.”

“Mommy, can I go now? I want to play with my sister again,” Cora said. She was ready to have a good day. ●

began to pray. She told Heavenly Father that she was having a bad day and that she was mad. She told Him everything that had happened and asked if He would help her feel better.

At that moment, she knew what she needed to ask for. She told Heavenly Father that she did not want to be angry anymore and asked Him if He would take the angry feelings away.

As Cora prayed, she felt the peace and love return. This time she wanted those feelings to stay. She thought about the things that she had been angry about, and they didn’t seem to matter anymore. In fact, she couldn’t remember why she had

“Others don’t make us angry. There is no force involved. Becoming angry is a . . . choice, a decision; therefore, we can make the choice not to become angry. *We choose!*”³

Elder Lynn G. Robbins of the Seventy



What is integrity?

What can I do to have it?



Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

We show our integrity by caring for and serving others.

To me, integrity means always doing what is right and good, regardless of the immediate consequences. It means being righteous . . . , not only in our actions but, more importantly, in our thoughts and in our hearts.

The Lord expects us to live lives of integrity and to be obedient to his commandments.

Let us strive for personal, practical integrity in every endeavor, regardless of how mundane or inconsequential it may seem.

Having received the Spirit of Christ to know good from evil, we should always choose the good.

Elder Joseph B. Wirthlin passed away on December 1, 2008, at age 91. You can learn more about his life in next month's *Friend*.

From "Personal Integrity," Ensign, May 1990, 30-33.

Friends in the News



Jake and Jed P., 6 and 6, Utah, are twins and best friends. They like to play football together. They enjoy going to Primary, reading the *Friend*, and participating in family home evening. They both are good at helping their family members, and they like to help their mom make dinner.

River First Ward

The Primary children in the River First Ward, South Jordan Utah River Stake, are learning to follow Jesus Christ. For an activity, they learned about the Humanitarian Center and put together school kits for children who don't have the supplies they need to help them learn. The Primary children learned that serving others brings feelings of peace and joy.

Rochester First Ward

The Primary children of the Rochester First Ward, Rochester Minnesota Stake, had a pioneer activity. They learned about the pioneers who journeyed from Nauvoo to Salt Lake many years ago. They learned about how the pioneers worked, played, and sang. The children dressed as pioneers and had a parade.



Heath, Jesse, and Heather L., 5, 2, and 7, Alaska, love their dad. The day after Thanksgiving he left to serve in the army for one year. These children enjoy reading the *Friend* and like going to church with their family and friends.

Would you like to be a friend in the news?
Turn to the inside back cover to find out how.



Rebekah, Colter, and **Aaron D.**, 10, 8, and 3, Oregon, love each other. Rebekah likes helping with the humanitarian efforts in her ward. Colter is excited to be baptized. Aaron enjoys helping his mom around the house.



Kendall M., Emma W., Hannah W., Wyatt W., and **Kaden M.**, 6, 4, 6, 7, and 8, Arizona, are cousins. During the Christmas season they put together 36 hygiene kits. They took the kits and 120 rolls of toilet paper to a homeless shelter in Mexico.



Preston Sixth Ward

For a summer activity, the children of the Preston Sixth Ward Primary, Preston Idaho South Stake, played water games to learn gospel principles. They played tug-of-war over a sprinkler to learn about holding tight to the iron rod. In another game, they learned about the importance of teamwork using wet sponges.



Max, Mary, and **Grace D.**, 2, 9, and 5, Pennsylvania, enjoy playing together, outside or inside. Max wants to be a missionary when he grows up. Grace likes doing arts and crafts, and she recently learned to knit. She enjoys nature, bike rides, and basketball. Mary likes to read. She enjoys singing and conducts the music during family home evening.

Brighton Ward

The bishop of the Brighton Ward, Ann Arbor Michigan Stake (right), challenged the Primary children to memorize all 13 Articles of Faith. The children in the picture completed the challenge and joined the bishop for a party to reward them for their hard work.



Nathanael B., 7, Utah, can't wait to be baptized. He enjoys reading, playing with his two younger brothers, and wearing his CTR ring. He is a good example to his family and friends.



Samantha Lauryn W., 3, Colorado, likes to share smiles, hugs, and kind words. She enjoys reading stories, dancing, and riding her scooter. She likes learning about the ancient and latter-day prophets, especially Jonah and David.



Benjamin and Marina S., 11 and 7, Wyoming, like to read. Benjamin enjoys playing the guitar, building snow forts, sledding, and being outdoors. He is carefully preparing to receive the priesthood when he turns 12. Marina enjoys writing, art, marking her scriptures, swimming, and riding her bike. She is excited to be baptized and to receive the gift of the Holy Ghost.



Benjamin T., 5, Utah, likes to make his little sister laugh. He is learning to ski and has fun building with his toys. He enjoys singing Christmas songs all year, especially "Hark! The Herald Angels Sing."



Daniele B., 10, Ontario, Canada, is a third-year Girl Guide and enjoys the Guiding program. She is an artist and swimmer. She looks forward to attending Primary each Sunday. Daniele loves animals and hopes to be a veterinarian someday.

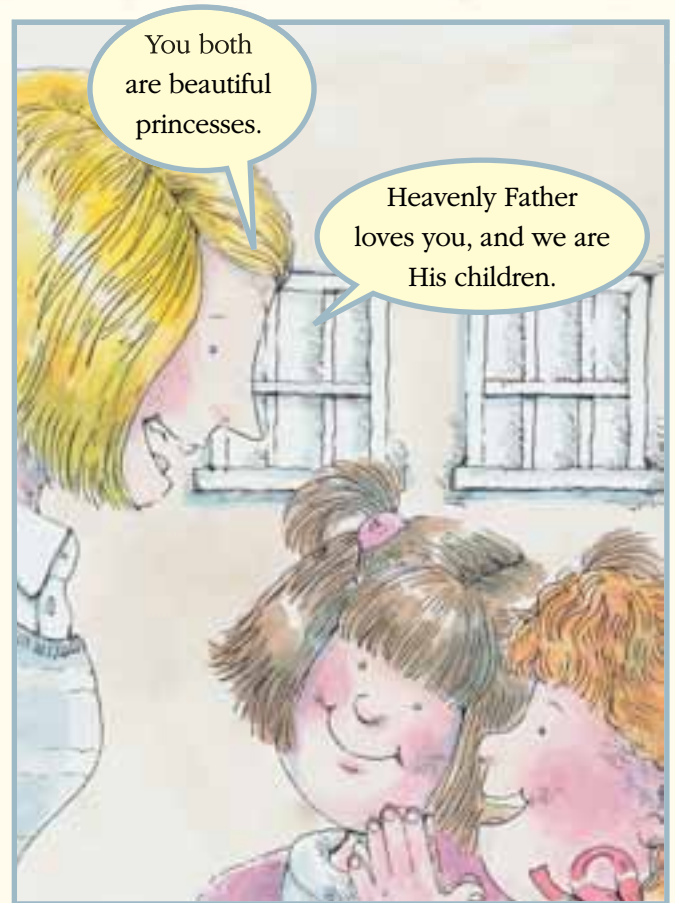
A Child of God—No Matter What!

BY OLIVIA DAHL COBIÁN

(Based on a true story)

I know my Father lives and loves me too. The Spirit whispers this to me and tells me it is true (Children's Songbook, 5).

Liliana was excited to go to Primary. She wanted to show Sister Lee her new dress.



Then Sister Lee showed the class some paper crowns.

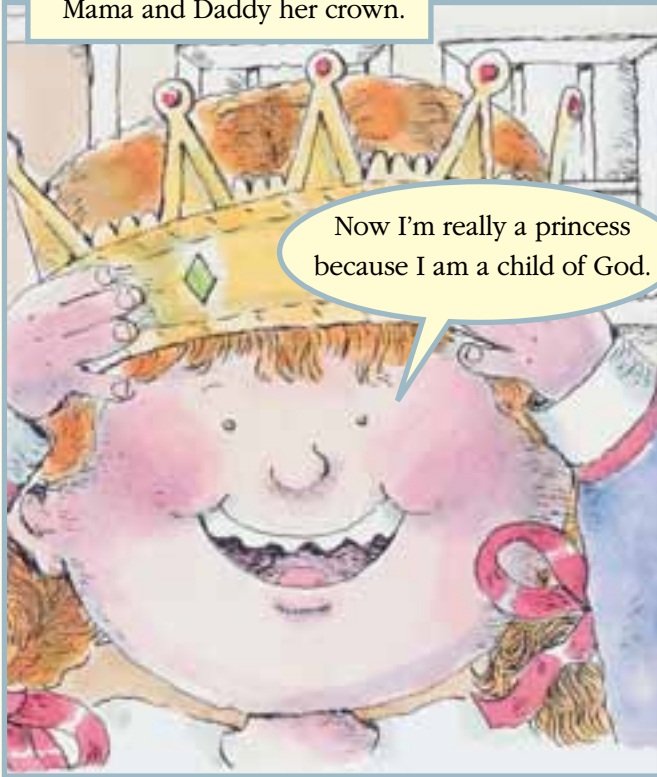


The children said the words together and then sang "I Am a Child of God." It was one of Liliana's favorite songs.

Sister Lee placed the crowns on their heads, one at a time.

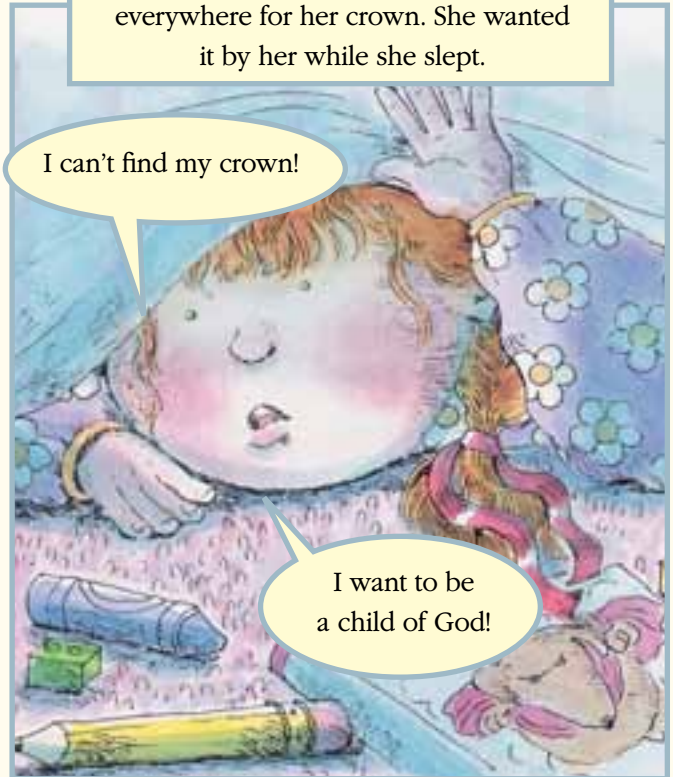


Liliana couldn't wait to show
Mama and Daddy her crown.



Now I'm really a princess
because I am a child of God.

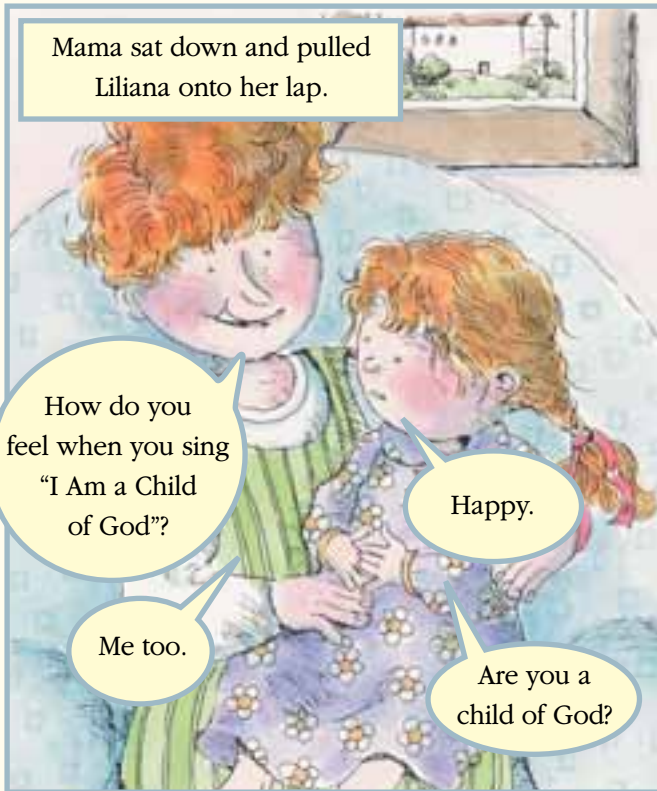
When it was time for bed, Liliana looked
everywhere for her crown. She wanted
it by her while she slept.



I can't find my crown!

I want to be
a child of God!

Mama sat down and pulled
Liliana onto her lap.



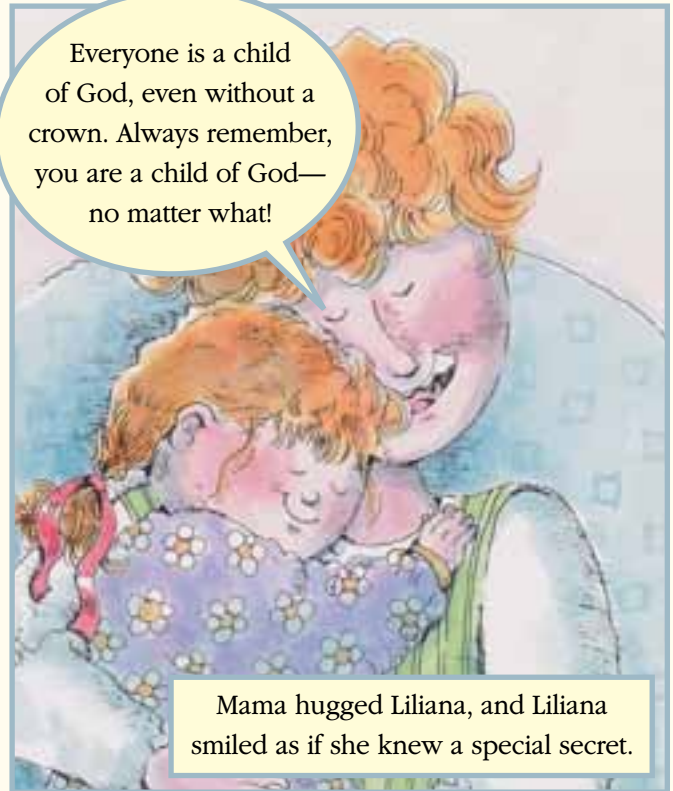
How do you
feel when you sing
"I Am a Child
of God"?

Happy.

Me too.

Are you a
child of God?

Everyone is a child
of God, even without a
crown. Always remember,
you are a child of God—
no matter what!



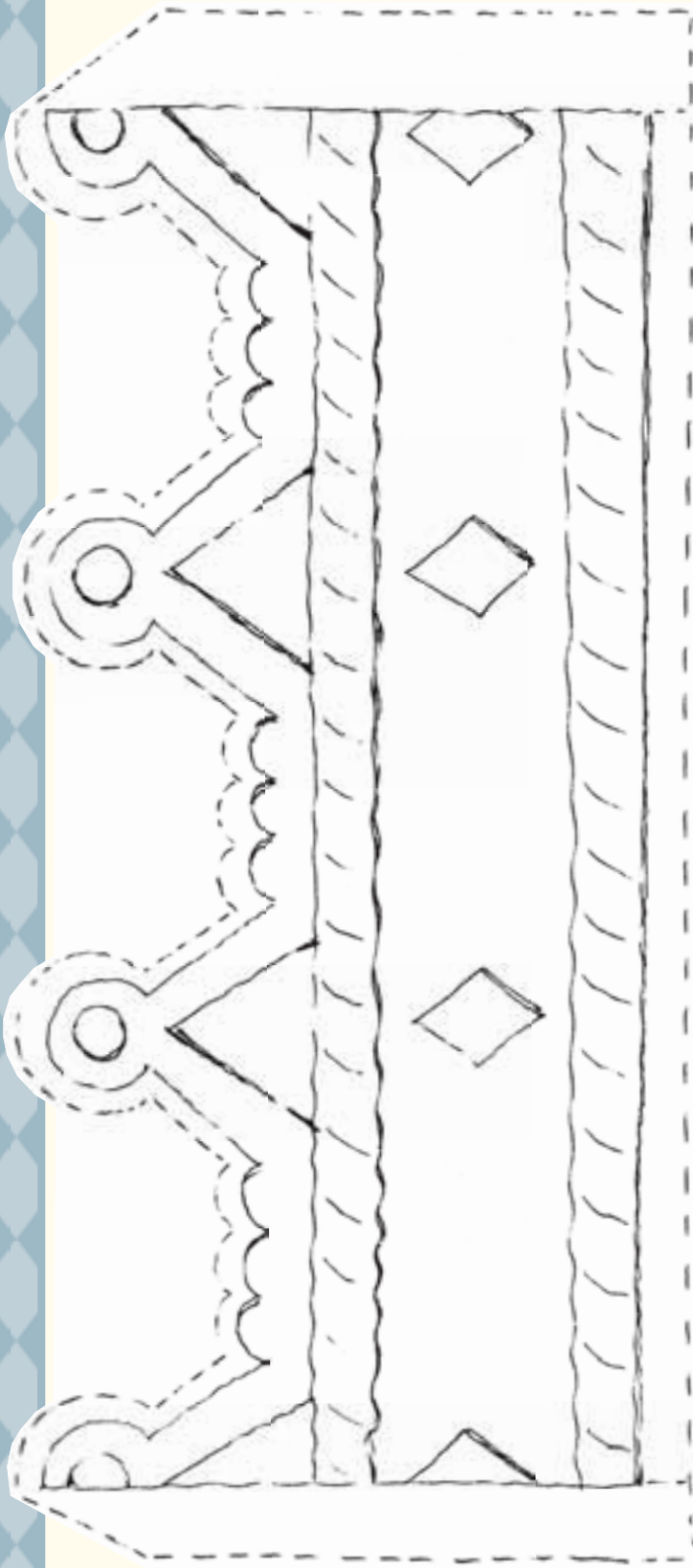
Mama hugged Liliana, and Liliana
smiled as if she knew a special secret.

A Royal Crown

Heavenly Father loves you and wants you to be happy. Always remember that everyone is a child of God—no matter what! Have your mother or father help you make this crown to remind you that you are a prince or a princess, a son or a daughter of Heavenly Father.

You will need: a pencil, white and colored paper, scissors, white or gold poster board, colored markers, glue, and a stapler or paper clips.

1. Make a pattern by tracing the crown on this page onto the white paper. Cut it out.
2. Trace the pattern three times, end to end, onto the poster board.
3. Color your crown and decorate it with different colors of paper for jewels. Have someone write I AM A CHILD OF GOD on it.
4. Cut out the crown and overlap the ends to form a circle.
5. Place the crown on your head and adjust it to the right size. Glue, staple, or paperclip the ends together.



Snowman Fun

BY VAL CHADWICK BAGLEY



Look closely and you will see that not all of these pictures are the same.
Can you find the two that are?

Ben's Week

BY LANA KRUMWIEDE

(Based on a true story)

The Lord blessed the sabbath day, and hallowed it
(Mosiah 13:19).

Ben rested his arm on the suitcase next to him in the car. Mom and Dad were driving him to Grandpa's house. Ben was going to stay with his grandpa for one whole week. No brothers, no baby sister—just Ben and Grandpa.

Ben had talked to Grandpa about their week together. Grandpa said it was Ben's week and they could do all of Ben's favorite things. Ben looked out the window. Did he remember to pack everything? He had packed his lucky fishing hat, his sunglasses, and his favorite books.

"Now, remember," Mom said from the front seat, "Grandpa isn't a member of our church. He's a good person and a good grandpa. But some things at his house will seem different to you."

"Like what?" Ben knew his grandpa didn't go to church. But he hadn't thought about how that would be different.

"You might have to remind him that you don't drink iced tea," Dad said.

"OK," Ben said.

"You won't be able to go to church on Sunday, but you can keep the Sabbath day holy in other ways," Mom said.

"I will," Ben said.

When they arrived at Grandpa's house, Grandpa was waiting for them on the porch. Ben was the first one out of the car. "Grandpa!"

"How's my favorite seven-year-old?" Grandpa gave Ben a big hug.

"Are you ready for your very own special week? You get to choose what we do together."

"Can we go fishing?" Ben asked. "I brought my lucky fishing hat."

"Sure we can," Grandpa said.

"And can we go to the zoo?" Ben asked. "I brought my sunglasses."

"Sure we can," Grandpa said.

"And can we read together?" Ben asked. "I brought my favorite books."

"Sure we can," Grandpa said. "And I think we need a shopping trip so you can pick out a toy at the store."

"Wow," Ben said. "This is going to be a great week!"

On Friday, Grandpa and Ben went fishing.

On Saturday, Grandpa and Ben went to the zoo.

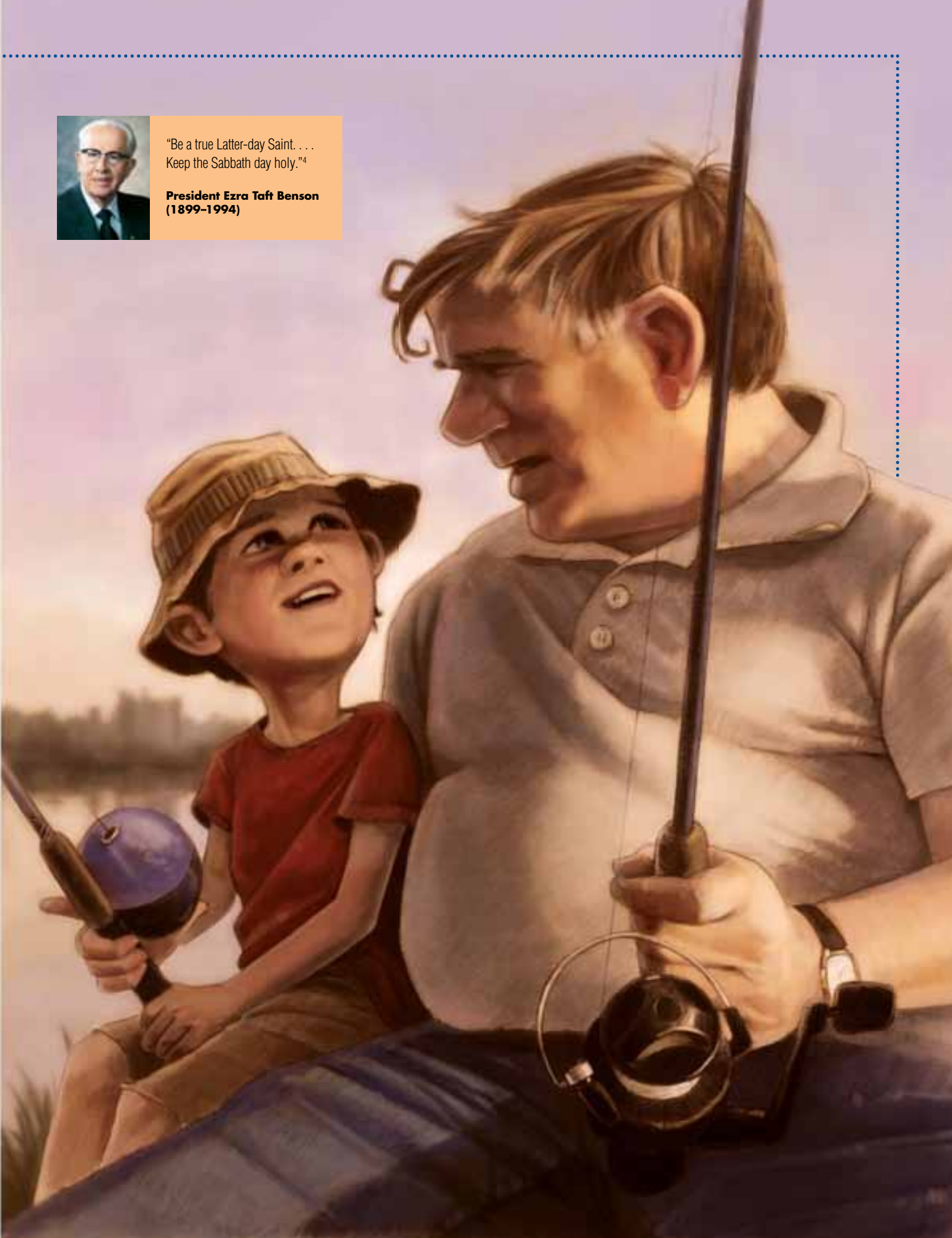
The next day, Grandpa made pancakes for breakfast.





"Be a true Latter-day Saint. . . .
Keep the Sabbath day holy."⁴

**President Ezra Taft Benson
(1899–1994)**



"Today is our shopping day," Grandpa said.

"Yippee!" Ben exclaimed. "What kind of toy should I get?"

Then Ben remembered—it was Sunday. How could he explain to Grandpa about not shopping on Sunday?

After breakfast Ben said a prayer in his room. He asked Heavenly Father to help him explain to Grandpa about keeping the Sabbath day holy.

After the prayer Ben sat on his bed. Grandpa called to Ben, "Just let me put on my shoes, and we'll be off."

Ben took a deep breath and stood up. He found Grandpa tying his shoes.

"Grandpa, thank you for taking me fishing and to the zoo. But I think today we should take a rest."

"What do you mean?" Grandpa asked. "I promised to take you shopping."

"I know, but do you think we could go another day?"

"Are you OK? Are you sick?"

"No, Grandpa," Ben said. "Today is Sunday. At my house we don't go shopping on Sunday."

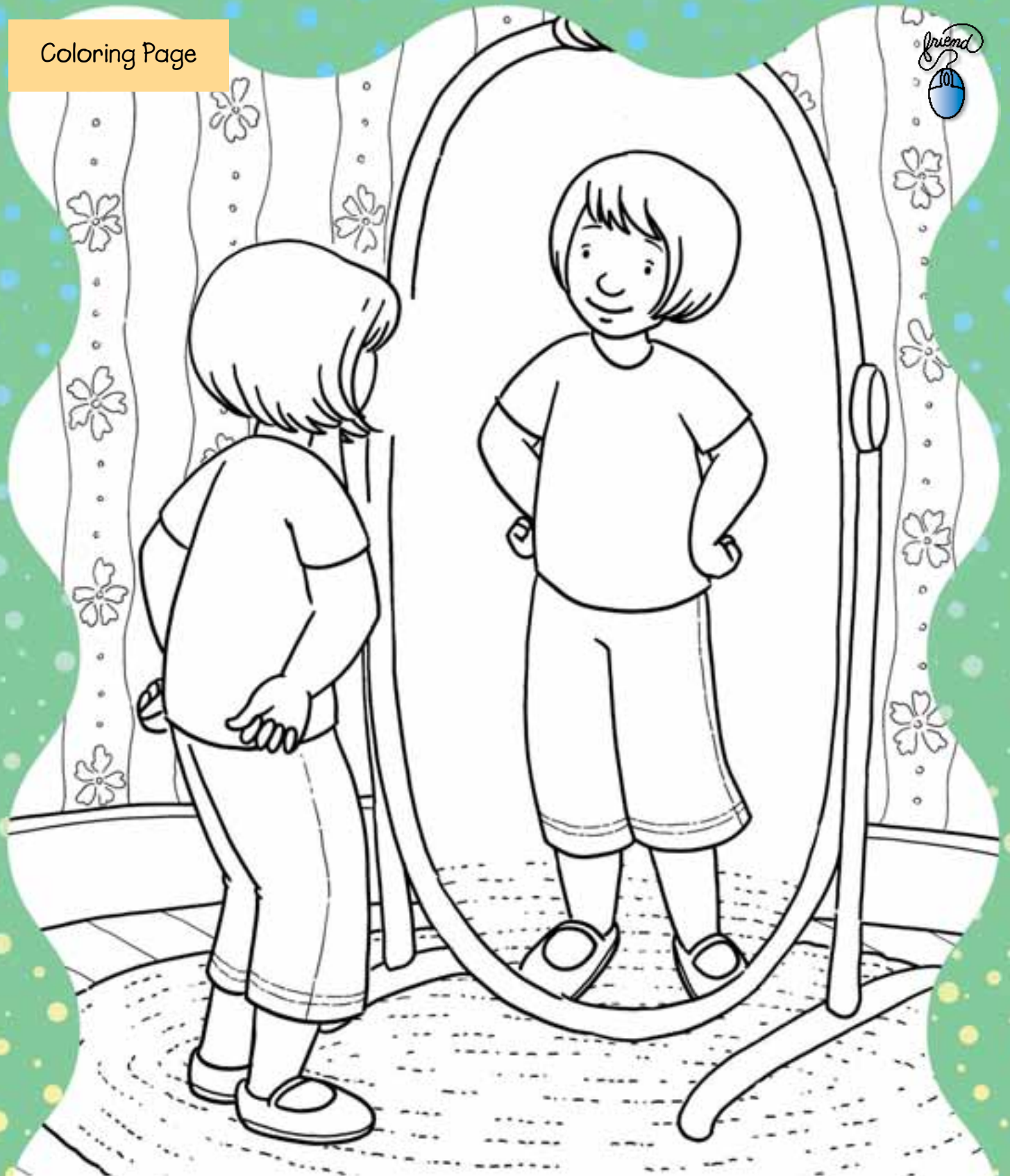
Grandpa didn't say anything.

"Can we stay home today?" Ben asked. "We can take a walk. We can read books."

Grandpa smiled at Ben. "Sure we can," he said. "It's your very own week, so you get to choose."

Ben gave Grandpa a big hug. "I knew this would be a great week," Ben said. ●





I AM A SPIRIT CHILD OF HEAVENLY FATHER.

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

BY DIANE IVERSON

(Based on a true story)

Of all that thou shalt give me I will surely give the tenth unto thee (Genesis 28:22).

Ali looked glumly at her tithing jar. Every time she earned money, she divided it into a jar for tithing, a jar for savings, and a jar for spending money. She had worked hard helping a neighbor stack firewood and pull weeds, but her older sister Carrie had tended the neighbors' dog and worked picking raspberries for a whole week during the summer. Carrie had earned more money, and her tithing jar showed it.

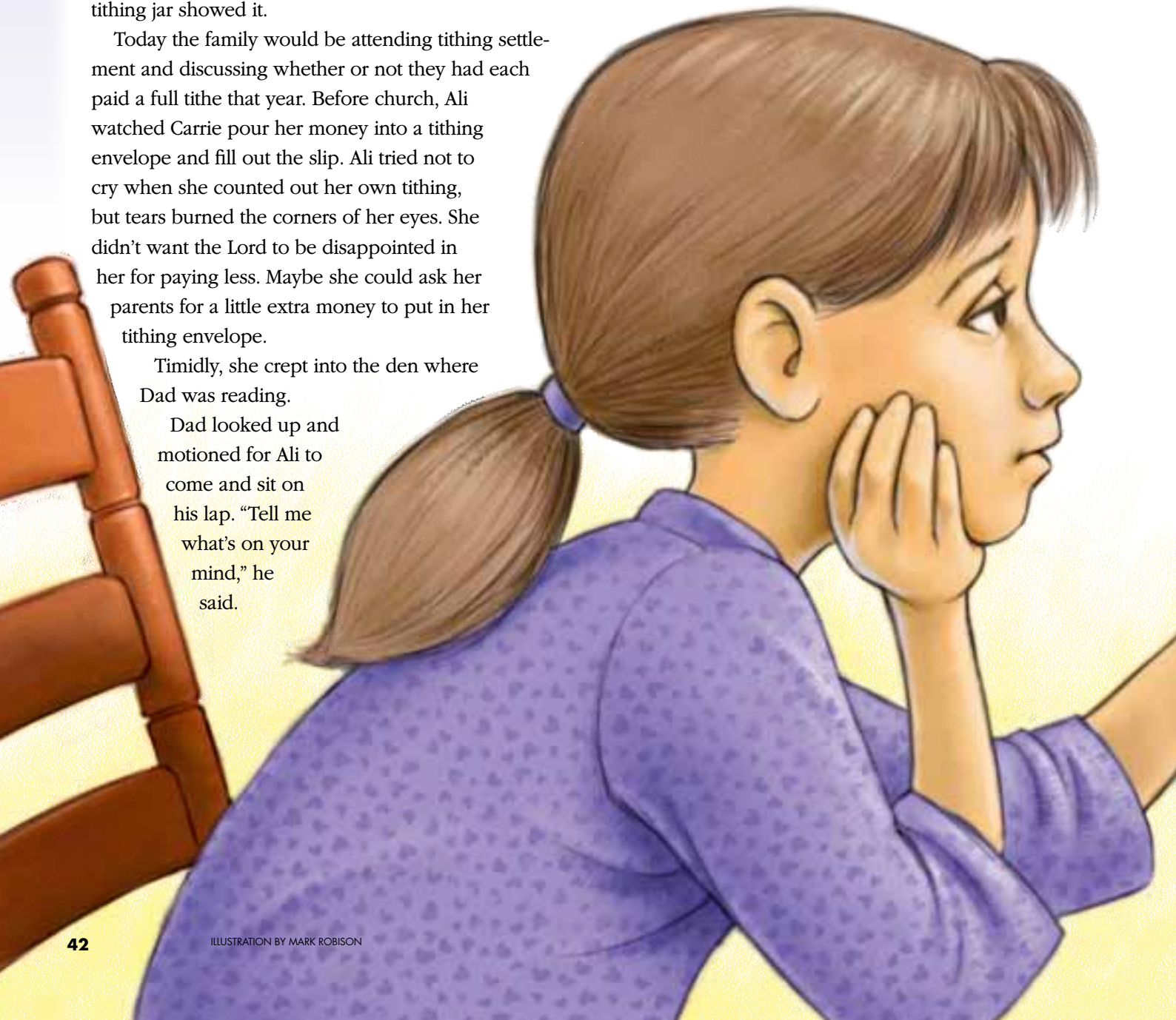
Today the family would be attending tithing settlement and discussing whether or not they had each paid a full tithe that year. Before church, Ali watched Carrie pour her money into a tithing envelope and fill out the slip. Ali tried not to cry when she counted out her own tithing, but tears burned the corners of her eyes. She didn't want the Lord to be disappointed in her for paying less. Maybe she could ask her parents for a little extra money to put in her tithing envelope.

Timidly, she crept into the den where Dad was reading.

Dad looked up and motioned for Ali to come and sit on his lap. "Tell me what's on your mind," he said.

Ali bravely held the tears back. "Daddy, is my tithing too small?" she asked in nearly a whisper. "I earned \$22.50 this year, so I only have \$2.25 in tithing to give the bishop today. Carrie has way more than I do. Will Jesus or the bishop be mad at me?"

Dad smiled and looked into her eyes. "Ali, tithing is one-tenth of what we earn. Carrie did a lot of different jobs over the summer. She worked hard for what she earned, don't you think?"



is my tithing too small?



Ali remembered Carrie coming home from picking raspberries, looking tired and a little sunburned. She also remembered Carrie taking care of the Hamiltons' dog. Ali nodded.

"You also worked really hard for your money," Dad said. "Those pieces of firewood that you stacked were heavy and hurt your hands. You were even more tired after you weeded the garden. Isn't that right?"

Ali easily remembered how heavy her arms had felt carrying all those huge pieces of wood, and how her hands had stung when she washed them after pulling weeds. She *had* worked hard.

"Ali," Dad said, "it doesn't matter to the Lord how much money a person earns as long as he or she works honestly for the money. Then He asks us to give back to Him just one-tenth of what we earned. It doesn't matter if we earned a lot or a little, as long as we give 10 percent to the bishop."

"So the bishop will be happy with both me and Carrie even though we have different amounts of tithing?" Ali asked.

"That's right," Dad said. "And Heavenly Father and Jesus will be pleased too."

Ali could hardly speak because she was so happy. It all made sense. As long as she obeyed the commandments, the Lord would be happy with her. Now she could give the bishop \$2.25 and feel just right about it in her heart. ●

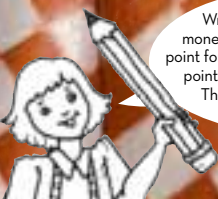


"Tithing is a token of gratitude, obedience, and thanksgiving—a token of our willingness and dedication."⁵

Elder Yoshihiko Kikuchi of the Seventy



Write down the amount of money you have, using a decimal point for the cents. Move the decimal point over one space to the left. That's the amount you owe for tithing!



Our Creative Friends



1



4



7



2



5



8



3



6



9

Drawings

- 1 Ethan G., age 4, Arizona
- 2 Emerald Skye F., age 6, Hawaii
- 3 Jordyn C., age 11, Idaho
- 4 Jared L., age 10, Utah
- 5 Alexander G., age 6, England
- 6 Danielle H., age 7, Florida
- 7 Madison K., age 9, British Columbia, Canada

- 8 Ian W., age 8, Kansas
- 9 Alisyn D., age 4, Washington
- 10 Nathan S., age 10, Virginia
- 11 Gabriella H., age 5, California
- 12 Josh B., age 9, Colorado
- 13 Isaac T., age 7, Utah
- 14 Sophie W., age 6, Louisiana
- 15 Jacob W., age 8, Minnesota

This I Know

I'm a daughter of Heavenly Father,
A truth that means so much to me.
By faith I'm living; my heart I'm giving.
In Him I know my destiny.

If we only follow His commandments,
If we listen and obey,
He will simply never ever leave us—
This I promise you today!

Life knows gladness, some tears and sadness,
And I may stumble, I may fall.
But His hand guides me as He walks beside me,
For I know He loves us all.

This I know: He loves us all!
Estella C., age 7, Ontario, Canada

Happiness Is

Having commandments
A loving Heavenly Father
Peaceful feelings
People's smiles
I love you said
Not being mean
Eternal families
Sweet loving friends
Sweet loving families
Brittany H., age 9, Idaho

The World Heavenly Father Created for Me

Heavenly Father created this world for you and me.
He made it so we can live together in unity.
The birds, the trees, and the sea,
All created for you and me.

We are all happy as we can be,
Together with a family.
Together, loving, kind, and true,
We want to be friends with you!
Andrew M., age 10, Washington

Would you like to send us a poem or drawing?
Turn to the inside back cover to find out how.

Primary

When we come to Primary
We wear our Sunday best.
We sit with friends and teachers.
When we listen we are blessed.
We learn the scripture stories;
We learn of Jesus too—
Of how He blessed the children.
We know the gospel is true.
Hurricane Utah Third Ward Junior Primary

10



11



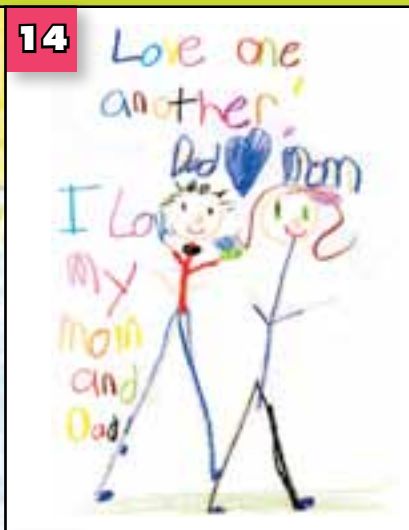
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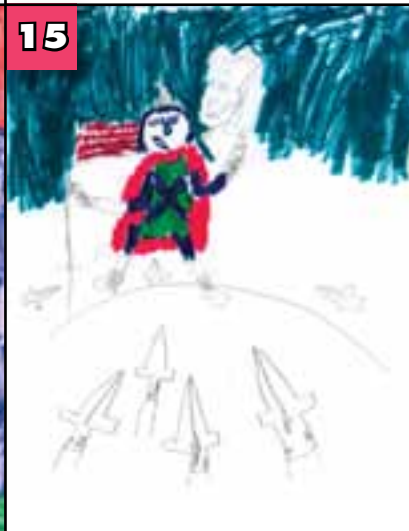
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14



15



A Friendly

Answer

BY SARAH CUTLER
(Based on a true story)



Look up the following scriptures: *Matthew 5:4; Alma 34:19; D&C 121:9. Circle the one you think fits the story best.*

Chris sighed. “Do I have to go to school today?” Mom looked up from tying Alicia’s shoes. “What’s the matter, Chris? You love school.”

“I used to,” Chris said. He took his little sister’s hand and started the walk to school.

“Today we’re going to make applesauce!” Alicia said as they walked down the hill. She loved her first-grade class. She reminded Chris of how he used to feel about school. Before they moved, he ran to school every morning because he was so excited to do math, work in his writing group, and do science experiments with his friends. Sometimes he played four square with Michael and Ryan at recess. Other times he stayed inside with Janet and Caleb so they could help their teacher organize the class’s books.

But now his family had moved to a new state, and even though he still got to learn about math and writing and science, it just wasn’t the same. Chris didn’t have a single friend at school. He walked into his classroom by himself, stared at his desk while his teacher talked, and sat alone at lunch. At recess he wandered around looking for shiny rocks, but he didn’t really want to keep them.

He tried to smile and be a good example for Alicia as he dropped her off at

her classroom, but he just didn’t feel very excited about another lonely day.

“How did school go, Chris?” Mom asked when he got home.

“It was OK, I guess. I don’t really have any friends, though.”

“Do you remember what we talked about in family home evening yesterday?” Mom asked.

Chris tried to remember. Alicia had planned a game of musical chairs, Mom had picked out Primary songs to sing, and Chris had helped Mom make the treat. Then he remembered the lesson. “Dad told us about praying for help,” he said.

“That’s right,” Mom said. “I know you’ve been reading your scriptures about how much God loves us. Heavenly Father wants you to be happy, so if you have a problem, you can ask Him for help.”

“Do you think I could pray to Him to help me find friends?”

“Let’s try it,” Mom said.

As Chris said his prayers, he felt like Heavenly Father was right there, listening to him. The next day, as Chris walked to school with Alicia, he still felt a little lonely, so he said a prayer in his mind: “Please help me to find some friends at school today.”

School started just like every other day: he



walked into his classroom by himself, stared at his desk while his teacher talked, and sat alone at lunch. But during afternoon recess Carlos from Chris's class ran up to him. "Hi, Chris! I'm having a birthday party on Friday night." Carlos handed Chris an orange invitation.

Chris was excited to get home and tell Mom about his new friend. He burst in the front door, but before he could say anything, Mom said, "Chris, I just got a phone call from Jared's mom in our ward. She invited you to Jared's birthday party at the zoo on Saturday morning."

Chris was amazed. He told Mom all about Carlos's birthday party. When he was finished, Mom handed him a letter. "This came in the mail," she said.

Chris looked at the blue envelope. He never got any mail except from Grandma. He tore it open and inside was an invitation that read: "Dear Chris, you're invited to my birthday party on Saturday night." It was from another classmate.

Chris looked up at Mom. "Three birthday parties in one weekend?"

Mom smiled. "Heavenly Father answered your prayer."

"That's right," Chris said. "I'm going to go thank Him right now." ●



"I hope you will gain a testimony that Heavenly Father loves you and that He answers your prayers."⁶

Sister Margaret S. Lifferth, First Counselor in the Primary General Presidency



Alphabet Mystery

BY LENA HARPER

Some of the letters of the alphabet have disappeared! Put on your detective hat, pull out your magnifying glass, and search through each set of letters to find which letters are missing. Write them in the blanks provided, and then unscramble them. Match each

picture by each alphabet set to the picture at the bottom to uncover a hidden message about you. (*Hint: Some numbers have two alphabet sets, which means there are two of the same letters missing.*)

1. ABFGJKMOPQRSTUVWXYZ



2. ABCDEGHIJKLMNOPQRSTUVWXYZ



3. ABCDEFJKLMNPOQRSTUVWXYZ
ABCDEFGIJKLMNOPQRSTUVWXYZ



4. BCDEFGHIJKNOQRTUVWXYZ



5. ABCDEFGHIJKLMNPOQRSTUVWXYZ
BCDEFGHIJKLMNPOQRSTUVWXYZ



6. BCDFGHIJKLMNOPQRSTUVWXYZ



7. ABCDEFGHIJKLNPRUVWXYZ



8. ABCDEFGHIJKLMNOPQRSTVWXZ



9. ABCDEFGIJKLMNOPQRSUVWXYZ



“ _____ ” (_____ 82:6).



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of the Friend

(FLF) = For Little Friends
(f) = Funstuff
(IFC) = inside front cover
(v) = verse

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Sidebar References

1. "Staying Power," *Ensign*, July 2003, 42.
2. "God Will Not Be Mocked," *Ensign*, Nov. 1974, 9.
3. "Agency and Anger," *Ensign*, May 1998, 80.
4. "To the Children of the Church," *Ensign*, May 1989, 82.
5. "Will a Man Rob God?" *Ensign*, May 2007, 98.
6. "A Testimony of Heavenly Father," *Friend*, Aug. 2006, 8.



Family Home Evening Ideas

1. Invite family members to describe people they love and respect. These people could include friends, neighbors, parents, siblings, or Church leaders. Write the words on a piece of paper. On another piece of paper, ask family members to describe some of the Savior's characteristics. Point out similar words on the two lists. Explain that one of the reasons why the people they described are loved and respected is because they have some of the same characteristics as the Savior. Then read and discuss "Becoming Like Jesus Christ" (pp. 2–3).

2. As part of family home evening, have a family talent show. Give everyone enough time to prepare something for the show. Afterward, read

"The Talent Show" (pp. 4–5). Talk about how everyone has different talents, and that each one is a blessing from Heavenly Father.

3. Look at the Joseph Smith timeline together (pp. 24–25). Then ask family members to answer some questions about the timeline. For example: "Was Joseph Smith baptized before or after the Book of Mormon was published?" Use the timeline to answer the questions. Bear your testimony about the Restoration of the gospel.

4. Read "A Child of God—No Matter What" (pp. 34–35). Then turn to page 36 and follow the instructions to make a crown for each family member. Talk about what it means to be a child of God.

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The following information and permission must be included:

Full name _____

Age _____ State/Province, Country _____

I grant permission to print submission: _____

Signature of parent or legal guardian _____

Children whose work is submitted should be at least three years old.

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What's in the *Friend* this month?



page 2

President Uchtdorf tells us three words that help us follow Jesus Christ.

page 36

Make a crown to remind you that you are a child of God.



page 46

How does Chris find friends in his new school?

