

THE *Friend*



FRIENDS

by

MAIL

The *Friend* Online Is Fun



One Sunday I was sick and had to stay home from church. I wanted to watch a movie, but my mom showed me the *Friend* online instead. First I listened to stories, then I colored pictures online. Last, I played with the puzzles. There were lots of them. I liked the Primary songs that played with the pictures and puzzles. My mom and I sang with the music. The *Friend* on the Internet is fun.

Quinn A., age 5, Idaho



I Relate to the *Friend*



I really enjoy reading the *Friend* every month. I liked the story “Kendra’s Letter” in the November 2008 issue because it relates to me a bit. We recently moved from Texas to West Virginia, and I had to leave some really good friends.

It was hard for me at first, but I have made some new friends here. I still miss my old friends, but I am glad we e-mail each other often.

Micah L., age 8, West Virginia

Learning to Laugh



In October 2008 I listened to the conference talk by Elder Joseph B. Wirthlin (1917–2008) about being able to laugh when things go wrong. I don’t really want to do that because I feel embarrassed when I make a mis-

take. However, one day while at school, our class was asked to dance during the P.E. lesson. I started dancing cheerfully, but then guess what happened? I tripped! I remembered Elder Wirthlin’s advice, and I laughed.

Shelley B., age 7, England

I Love to Read the *Friend*



I love to read the *Friend* because it teaches everyone about sharing and serving. I like to read the articles from the First Presidency and Friends by Mail. Thank you for sending me the *Friend*.

Spencer P., age 11, Utah

Would you like to write us a letter?
Turn to page 48 to find out how.

Dear Friend,

Volume 40 Number 1
January 2010

The First Presidency:

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

The Quorum of the Twelve Apostles:

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

Editor: Spencer J. Condie

Advisers: Keith K. Hilbig, Yoshihiko Kikuchi,
Paul B. Pieper

Managing Director: David L. Frischknecht

Editorial Director: Victor D. Cave

Graphics Director: Allan R. Loyborg

Managing Editor: Julie Wardell

Assistant Managing Editor: Jan Pinborough

Assistant Editors: Jennifer Maddy, Chad E. Phares

Editorial Intern: Tina Marie Dean

Editorial Staff: Susan Barrett, Ryan Carr,
Jennifer L. Greenwood, R. Val Johnson, Adam C. Olson,
Laurel Teuscher

Senior Secretary: Carrie Kasten

Art Director: Mark W. Robison

Senior Designer: Brad Teare

Production: Kerry Lynn C. Herrin

Design and Production Staff:
Collette Nebeker Aune, Kim Fenstermaker, Eric
Johnsen, Scott M. Mooy, Jane Ann Peters,
Scott Van Kampen

Prepress: Byron Warner

Printing Director: Craig K. Sedgwick

Distribution Director: Randy J. Benson

© 2009 by Intellectual Reserve, Inc.

All rights reserved. The *Friend* (ISSN 0009-4102) is
published monthly by The Church of Jesus Christ of
Latter-day Saints, 50 E. North Temple St., Salt Lake
City, Utah 84150-3220, United States of America.
Periodicals Postage Paid at Salt Lake City, Utah.

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

Online: Go to ldscatalog.com.

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

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

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2432, Salt
Lake City, UT 84150-3220, United States of America.
Unsolicited material is welcome, but no responsibility
is assumed. For return, include self-addressed,
stamped envelope. Children's submissions will not be
returned. E-mail: friend@ldschurch.org.

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

Text and visual material in the *Friend* may be copied
for incidental, noncommercial Church or home use.
Visual material may not be copied if restrictions are
indicated in the credit line with the artwork. Copyright
questions should be addressed to Intellectual Property
Office, 50 E. North Temple St., Salt Lake City, UT
84150, United States of America; e-mail:
cor-intellectualproperty@ldschurch.org.

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

Canada Post Information: Publication Agreement
#40017431.

THE *Friend*

See the
Guide to the *Friend*
on page 48 for
family home
evening ideas.



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

STORIES AND FEATURES

- IFC Friends by Mail
- 2 Come Listen to a Prophet's Voice:
Give Thanks for Everything / President Thomas S. Monson
- 4 The Reading Race
- 6 A Year on Temple Square: The Salt Lake Temple
- 8 Words that Build Up
- 10 Amy's Goal
- 11 Special Witness: President Boyd K. Packer
- 12 Bulletin Board
- 14 Jehovah and the Wonderful Plan of Our Heavenly Father
- 18 Preparing for the Priesthood
- 20 Just Smile
- 22 A Friend like Carmen
- 23 Friend to Friend: My Favorite Song / Elder Kevin W. Pearson
- 24 I Know that My Savior Loves Me
- 27 Bright Idea
- 30 Trying to Be Like Jesus
- 36 The Case of the Broken Mirror
- 38 Our Creative Friends
- 40 Sharing Time: Scripture Journal
- 42 Matt and Mandy
- 43 She Painted Her Faith
- 44 The Candy Ball
- 47 Friends in the News
- 48 Guide to the *Friend*
- 49 Our Savior, Jesus Christ

FOR LITTLE FRIENDS

- 32 Teaching Tanner's Teacher
- 34 Being Like a Missionary
- 35 Help the Missionaries

VERSE

- 16 Precious Gifts

THINGS TO MAKE AND DO

- 9 Choose the Right Words
- 17 Funstuf
- 26 Funstuf
- 28 Detective Mya Heritage and the Adventures
of a Happy Family
- 46 Coloring Page

Cover by Deborah Chabrian



Look for the *Friend*
mouse to see which
features are online
at friend.lds.org.



Hidden CTR Ring

Clue: Find joy in
the journey.

Give Thanks for EVERYTHING

By President Thomas S. Monson

Many years ago I was touched by the story of Borghild Dahl. She was born in 1890 and from her early years suffered severely impaired vision. Against the advice of educators, who felt her handicap was too great, she attended college. She eventually

became the principal of eight schools.

She wrote the following in one of the 17 books she authored: "I had only one eye, and

it was so covered with dense scars that I had to do all my seeing through one small opening in the left of the eye. I could see a book only by holding it up close to my face and by straining my one eye as hard as I could to the left."

When she was over 50 years old a procedure finally restored much of the sight she had been without for so

long. A new and exciting world opened up before her. She took great pleasure in small things, such as watching a bird in flight, noticing the light reflected in the bubbles of her dishwater, or observing the phases of the moon each night. She closed one of her books with these words: "Dear . . . Father in heaven, I thank Thee. I thank Thee."

Borghild Dahl, both before and after her sight was restored, was filled with gratitude for her blessings.

Two years before she died, at the age of 92 her last book was published. Its title: *Happy All My Life*. Her attitude of thankfulness enabled her to appreciate her blessings and to live a full and rich life despite her challenges.

In 1 Thessalonians in the New Testament, chapter 5, verse 18, we are told by the Apostle Paul, "In every thing give thanks: for this is the will of God."

My sincere prayer is that we may express our gratitude always and thus find joy in the journey. ♦

From an October 2008 general conference address.

ILLUSTRATION BY RICHARD HULL



Happy All His Life

Like the woman in the story, President Monson is known as a happy person. Look below to find out some of the things President Monson has enjoyed doing with his children and grandchildren.

Roasting marshmallows and telling campfire stories

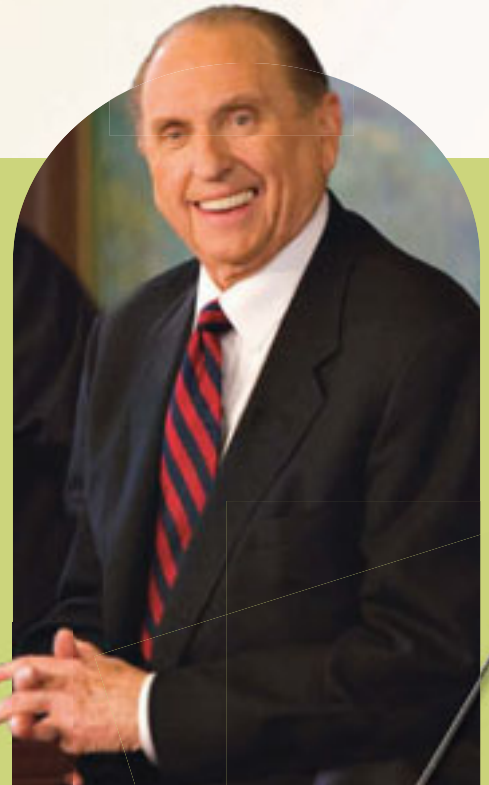
Mowing the lawn with his grandsons

Playing games with his children

Taking his children out to get ice cream

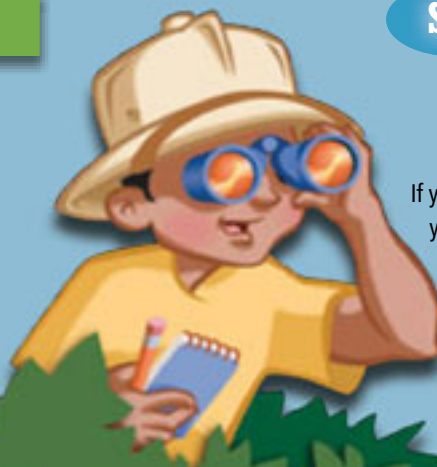
Spending time at the family cabin

Going fishing in the Provo River



Thankful Hunt

Go on a "thankful hunt." Look around your house or yard to find three things in each category that you are thankful for. Write down or draw a picture of each item.



See

Hear

Smell

Taste

Touch

If you do this activity with family members, compare your list with theirs. How many of the items are the same? How many are different?

You could also divide family members into teams and give each team a paper sack. Teams should collect one item from each category in their sack. Then have the team members tell why they are thankful for each item in their sack.

The Reading Race

By Signe Leatham
(Based on a true story)

Ye should do that which is honest (2 Corinthians 13:7).

April got to class just in time to see Miss Edwards hang the last car on the bulletin board.

“Good morning, April,” Miss Edwards said. “Are you ready for our next reading race?”

“Yes! I already have books picked out,” April said.

Reading races were one of April’s favorite things about third grade. In the last race, her paper frog had hopped to second place. This time she hoped her car would cross the finish line first.

That evening, April was reading when her older sister Annie sat down by her. “Want to play a game?” Annie asked.

“No, thanks,” April said. “I need to finish this chapter for the reading race.”

After a while, April took her reading record to

Annie. “Will you sign me off for 10 pages?” she asked.

“Sure,” Annie said. “That’s a good start.”

The next day, April was surprised to see that more than half the class was ahead of her in the race. As she sat down at her desk, she noticed a thin book on Craig’s desk.

“Are you reading that for the race?” she asked.

“Yep. I’m in eighth place now,” Craig said.

April sighed. “I’ll never catch up when I’m reading books with so many more words on a page,” she thought.

“Wow, 15 pages!” Annie said as she signed April’s reading record that night. “Good job, Sis.”

But April didn’t feel very good. She had only read 11 pages. The next day there were still six cars in front of April’s. But she knew that wasn’t the reason her heart felt so heavy in her chest—it was because she was four spaces farther ahead than she should be.

That night she added two extra pages to her sign-off sheet.



"Thirteen tonight," Annie said. She smiled at April. "Aren't you almost done with that book?"

April's eyes filled with tears. "Well, I haven't really read that many pages. But the other kids are reading easy books with fewer words on a page. I'm still reading more than they are."

"So you feel OK lying about it?"

April shook her head. She knew it wasn't right to record extra pages.

Annie smiled kindly and handed April her sheet, unsigned. "I think you know what to do," she said.

The next morning April pulled her car off the board and moved it backward.

"April?" Miss Edwards asked.

April took a deep breath. "I'm sorry, Miss Edwards. I wasn't truthful about how many pages I've read."

"I see," Miss Edwards said.

"I shouldn't have cheated," April said.

"April, you've given me an idea," Miss Edwards said. "I know some students are choosing easier books so they can read more pages. I think we'll start the race over today, and we'll move forward by time spent

reading instead of pages. How does that sound?"

April smiled.

"Thank you for being truthful, April," Miss Edwards said. "You've helped me see that what's important is that you are spending time reading books you enjoy, not *how much* you're reading."

April was glad she had told the truth. She felt even better that night when she found a note from Annie on her pillow:

Dear April,

I knew you'd do the right thing. Thanks for being such a great example!

Love, Annie ♦

"I will be honest with Heavenly Father, others, and myself."

My Gospel Standards



Hey, Mandy, I'll race you through the Friend.

Ready, set . . . read!

The Salt Lake Temple

Come with us this month for a look at this important place on Temple Square.



By Jan Pinborough
Church Magazines

It's an icy cold day in January. The towers of the Salt Lake Temple have a dusting of new snow. But Kate A. is more excited than cold. She has traveled to Temple Square from her home in Logan, Utah, for a tour of the Salt Lake Temple grounds.

It's a sacred place, with many fascinating things to see and learn about.

MEET KATE

- She is in sixth grade.
- She loves to draw, play the piano, sing, tumble, and play soccer.
- She wants to be a mother, a pharmacist, and a zookeeper.
- She has a testimony that President Thomas S. Monson is a prophet of God and that families can be together forever.

GETTING READY TO GO INSIDE

Kate says, "The temple is a very special place. I can't wait to be old enough to go inside." She turns 12 soon, so she doesn't have long to wait to do baptisms for the dead. Kate knows it's important to prepare for that day by respecting her body and keeping her thoughts and body clean.

Online Video

Go to friend.lds.org to watch a video about what it's like to go inside the temple to be baptized for the dead.



*Some of the
temple's walls
are six feet
(2 m) thick!*



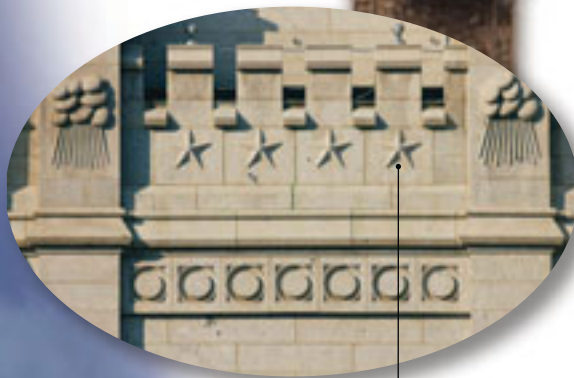
The **angel Moroni** stands on top of the tallest tower. Underneath, on a golden plaque, are the words "Holiness to the Lord."



How long did it take the pioneers to build the temple? Kate found the answer on the brass doorknobs on the temple's big wooden doors.



The Big Dipper is carved so that it points to the real North Star.



The temple's granite walls are chiseled with the shapes of the sun, the moon, the earth, clouds, and **stars**.

How Did They Build It?

Four days after arriving in the Salt Lake Valley, President Brigham Young (1801–77) walked to the spot where the temple now stands. He stuck his cane in the ground and said, "Here is where we will build a temple to our God."

Stonecutters cut huge blocks of granite from a mountain. Oxen hauled them 25 miles (40 km) to Temple Square. Hundreds of workers, including teenagers, helped build the temple. Children earned money to donate to the work, and sometimes



they played hide-and-seek among the big granite blocks!

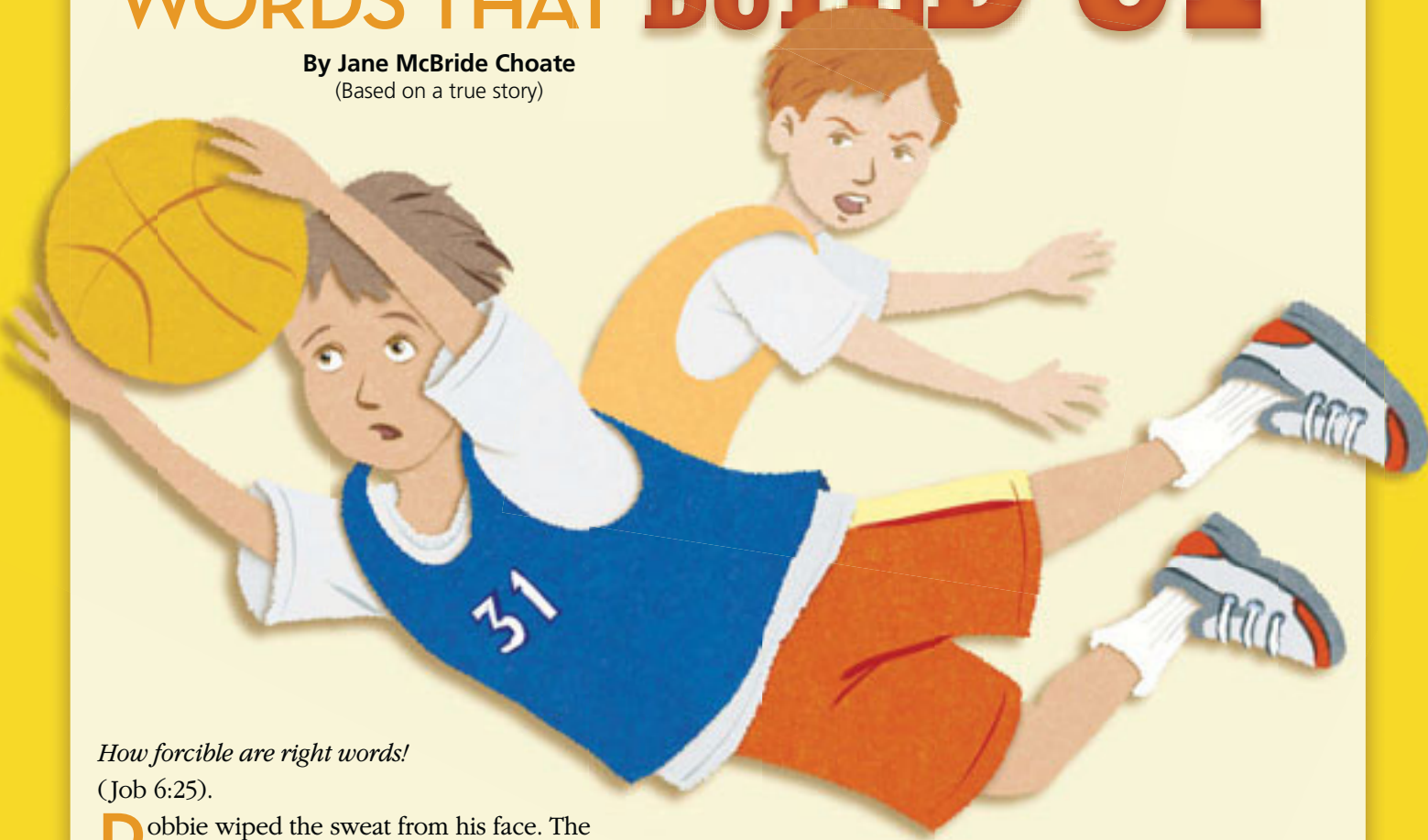
It took 40 years to finish the temple. When President Wilford Woodruff (1807–98) dedicated it in 1893, about 15,000 children went to the dedication sessions.



WORDS THAT BUILD UP

By Jane McBride Choate

(Based on a true story)



How forcible are right words!

(Job 6:25).

Robbie wiped the sweat from his face. The sun beat down on him as he played ball with other fourth-grade boys.

Seth threw the ball to Robbie. A boy on the other team lunged for it, but missed. Robbie dove for the ball and caught it before it hit the ground. The other boy called Robbie a mean name.

“Don’t let him get away with saying that, Robbie,” Seth said.

Robbie ignored the mean name and took his position. Some of the boys snickered.

Robbie couldn’t get the word out of his mind. When his team won the game, he didn’t feel like celebrating with his teammates.

That evening, Robbie told Dad what happened. “Why did he call me that word?” Robbie asked.

“Not everyone believes what we do,” Dad said. “Some people think using words like that makes them seem cool. Words have a lot of power. They can build

people up or tear them down.”

“Seth told me not to let the boy get away with saying what he did,” Robbie said.

“What did you do?” Dad asked.

Robbie looked down. “I ignored him and kept playing,” Robbie said.

“I am asking that we look a little deeper for the good, that we [stop] the sounds of insult and sarcasm, that we more generously compliment virtue and effort.”¹

President Gordon B. Hinckley (1910–2008)



Dad hugged Robbie. “You did the right thing. I’m proud of you.”

Robbie was happy to hear Dad say that. “I guess you’re right,” Robbie said, smiling. “Words do have a lot of power.” ♦



Choose the **RIGHT** Words

By Anna Culp

We can show respect, kindness, and patience to ourselves and those around us by choosing to speak kind and respectful words. Circle the answer most like what you would say to see if you are using words that build up.

1. **Your shoelaces are in a knot that you can't get untied. You get frustrated, so you**

- a. say a bad word.
- b. take a deep breath and ask for help.

2. **When you are at school, you call your teachers**

- a. by their last names only.
- b. Mrs., Mr., or Miss before their last names.

3. **Your teammate makes a mistake that costs your team a point, so you**

- a. yell something mean.
- b. say, "Good try," or, "You'll get it next time."

4. **When you are at church, you call your teachers**

- a. by their first names.
- b. Sister or Brother before their last names.

5. **Your friends start using a rude word. You**

- a. start using it too.
- b. ignore it or ask people not to use it around you.

6. **A younger child shows you a drawing she made. You**

- a. say, "I can't even tell what that is."

- b. say, "I like the colors you chose," or, "You are good at drawing."

7. **You trip in front of your whole class and hurt your knee. You**

- a. use a bad word to show how upset you are.
- b. say, "Ouch!" and get up.

8. **You accidentally run into your brother and he falls. You**

- a. tell him to stay out of your way.
- b. tell him you are sorry and help him feel better.



If you circled mostly **b's** . . .

You are choosing to use kind words and have a positive attitude. Keep using kind and respectful words, and you will continue to be a good example, a good friend, and a good family member. If you circled any **a's**, think about how you can choose better words next time.

If you circled mostly **a's** . . .

You may need to practice using kind words and learning how to have more patience and respect. Make a goal to use your words to build others up. If you circled any **b's**, keep making those good choices!

Amy's Goal

By **Melissa Merrill**
Church Magazines



As a Christmas gift, Amy wrote a letter to her dad about her experience reading the Bible.

When Amy R. decided to read the Bible all the way through, her first thought was, “Wow, this is going to take so long.”

It was 2006, and Amy had just finished President Gordon B. Hinckley’s (1910–2008) challenge to read the Book of Mormon. Because she felt so good when she accomplished her goal, she decided to read the Bible next.

“When I first opened the Bible, I thought maybe it was too much,” Amy says. “But I also knew that if I never started the Bible, I would never finish the Bible.”

Amy began reading a little bit every night, just as she had done with the Book of Mormon. She did that for the next two years.

Sometimes Amy’s schedule was busier than usual. Sometimes at night she was tired and just wanted to go to sleep. But even when these things happened, she kept going.

There were times when Amy didn’t understand what she was reading. She would pray to Heavenly Father and ask Him to help her understand. Amy says those prayers were always answered. She also says reading the scriptures helped her know how to use words such as *Thee* and *Thy* when she prays.

In December 2008, when she

was 10 years old, Amy finished the Bible. As a special Christmas gift, she wrote a letter to her dad about her experience. When her dad read the letter, his eyes filled with tears. “I almost felt like crying too because I was so happy,” Amy says. “I knew I had done a good thing.”

Does Amy have a favorite verse from her reading? No, but she says she often thinks about the people in the scriptures.

“Knowing stories from the scriptures has helped me with my problems,” Amy says. “When I start feeling bad for myself, I compare my problem to the problems of the people in the scriptures. That helps me to have a better attitude and be more thankful about my situation.

The scriptures have changed my life and helped me be happier.” ♦



Amy likes playing tennis and piano, but not at the same time!



PHOTOGRAPHS BY MELISSA RIDING



How should I take care of my body?



President Boyd K. Packer, President of the Quorum of the Twelve Apostles, shares some of his thoughts on this subject.

Avoid immodest clothing. Dress and groom to show the Lord that you know how precious your body is.



You would not paint a temple with dark pictures or symbols or graffiti or even initials. Do not do so with your body.



Avoid habit-forming stimulants, tea, coffee, tobacco, liquor, and drugs.



Keep yourselves worthy. Stay away from those environments, the music, the films, the videos, . . . and the associations that draw you into immoral conduct.

*From "Ye Are the Temple of God,"
Ensign, Nov. 2000, 72–73.*

Bulletin Board

L'Shannah
Tovah!

Gelukkig
Nieuwjaar!

HAT GOAL

Our family made a goal to knit 50 baby hats and donate them to a hospital. We finished the hats right before Christmas and delivered them. We felt happy we were doing service!

Emily and Hannah B., ages 8 and 9, Missouri



LANGUAGE CELEBRATION

Here are a few ways to say "Happy New Year" around the world. Can you guess what languages they are? (Answers at bottom of page.)

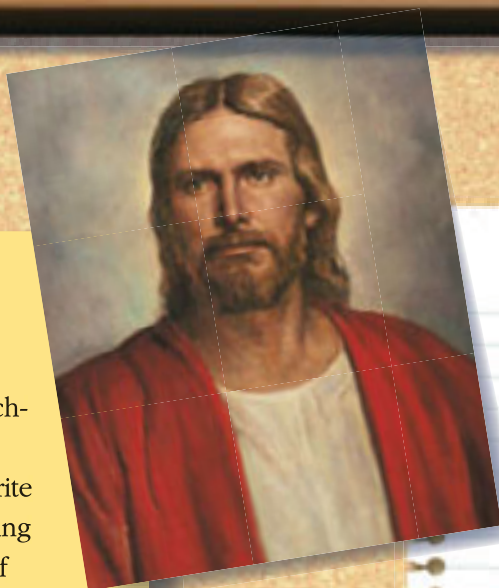
1. Gelukkig Nieuwjaar
2. Feliz Ano Novo
3. Manigong Bagong Taon
4. Kenourios Chronos
5. L'Shannah Tovah



Answers: (1) Dutch, (2) Portuguese, (3) Tagalog (Philippines), (4) Greek, (5) Hebrew.

JOURNAL JUNCTION

Take some time this month to read the teachings of Jesus Christ in John 15:9–12. Then write in your journal one thing you love about each of your family members.

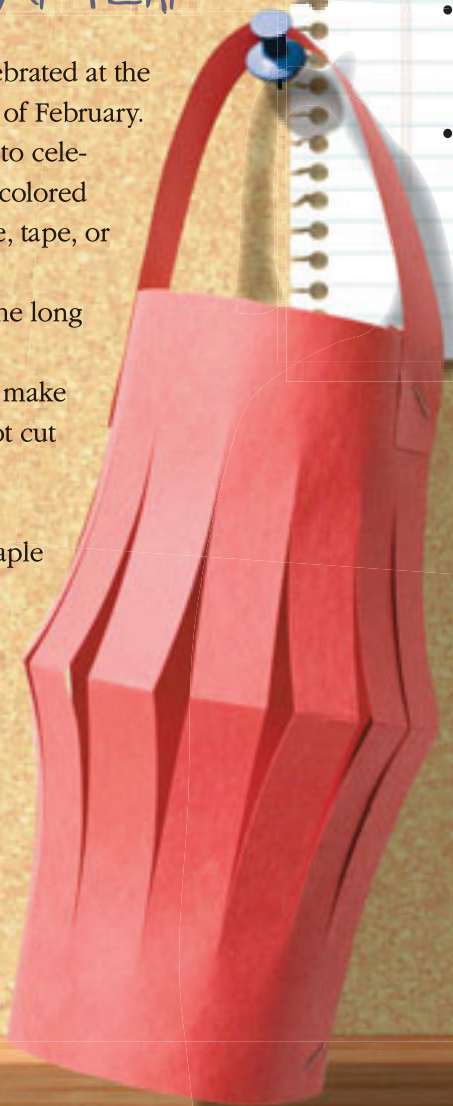


NEW YEAR'S LANTERN

By Anna Culp

In China, the new year is celebrated at the end of January or beginning of February. Make your own Chinese lantern to celebrate the new year! You'll need: colored construction paper; scissors; glue, tape, or a stapler.

1. Fold a piece of paper in half the long way.
2. Starting from the folded edge, make cuts 1 inch (2.5 cm) apart. Do not cut through to the other edge.
3. Unfold the paper. Overlap the short ends a little, and glue or staple them together.
4. Cut a strip of paper 6 inches (15 cm) long and 1 inch wide. Glue, tape, or staple it across one end of the lantern to make a handle. You might want to make several lanterns to hang up along a string!



SETTING GOALS

Many people make goals, or resolutions, at the beginning of the year. Maybe you want to play that violin piece perfectly, or enter an art contest, or improve your soccer skills. Whatever your goal is, try following these tips to help you accomplish it.

- A new goal might seem overwhelming. Work on it a little at a time instead of all at once.
- Make a calendar or a chart to check off the time you work on your goal.
- Tell your family and friends about your goal. They can help support you as you work on it.
- Heavenly Father wants you to develop your talents and learn as much as you can. Ask for help with your goal in your daily prayers.



Turn to page 10 to read about a girl who accomplished a great goal!



Jehovah and the Wonderful Plan of Our Heavenly Father

By Diane L. Mangum

Before there was a sun, a moon, or even ground to sit on, we all lived in heaven with our heavenly parents. We were their spirit children, and we didn't have physical bodies yet.

We loved Heavenly Father. And He loved us so much that He wanted us to grow up to be like Him and live with Him forever. He wanted us to

know everything He knew. But how could we learn all that?

Heavenly Father had a wonderful plan. He gathered us all together and told us about His plan. He would create a beautiful world with rivers, mountains, flowers, and animals. Then He would give each of us a chance to come to earth and have a physical body. We would be able to hold warm sand in our hands and feel soft grass under our feet.

On earth we would have families. They could feed, protect, and love us.

On earth we wouldn't be able to remember Heavenly Father, so we would need to learn about Him. The scriptures, the prophets, and our



THE NAME JEHOVAH

Jehovah is another name for Jesus Christ. In the Old Testament, Jehovah is usually called LORD. After He was born in Bethlehem, He was known as Jesus Christ.

parents could teach us about Him. We would be tempted to disobey, and sometimes we would make mistakes. Sometimes we would get sick, and eventually we would all have to die.

Jehovah was the firstborn of Heavenly Father's children. He always obeyed His Father. He was like Heavenly Father. He accepted Heavenly Father's plan. One of the other spirit children of our Heavenly Father, Lucifer, rebelled against the plan. He said we shouldn't be able to choose between right and wrong.

Heavenly Father said that for His plan to work, someone needed to go to earth to help us learn how to get back to heaven.

Someone needed to show us how to follow



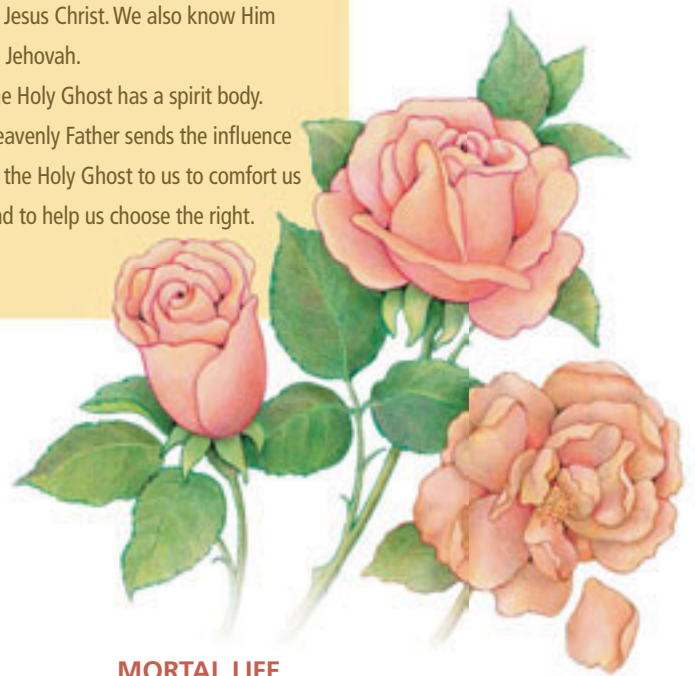
PHYSICAL BODIES AND SPIRIT BODIES

Our physical bodies look like our spirit bodies. After we die and are resurrected, our bodies will be made perfect. They will be healthy and strong. Anything that was wrong with our bodies while we were alive on earth will be corrected. We will each look like our own best self.

THE GODHEAD

The Godhead has three separate people:

1. God, our Heavenly Father, is the Father of our spirits. We pray to Him. He has a perfected body of flesh and bone.
2. Jesus Christ is our Savior. He showed us how Heavenly Father wants us to live. He died and was resurrected. Because of this, we can repent, and we will all be resurrected. Jesus has a perfected body of flesh and bone. We pray to Heavenly Father in the name of Jesus Christ. We also know Him as Jehovah.
3. The Holy Ghost has a spirit body. Heavenly Father sends the influence of the Holy Ghost to us to comfort us and to help us choose the right.



Heavenly Father. Who was obedient enough to do it?

Someone needed to atone for our sins so we could repent when we made mistakes. Who was good enough to do it?

Someone needed to die and be resurrected so we could all be resurrected and return to heaven. Who was brave enough and loving enough to do it?

Was anyone willing to do all this for us?

One person was. Our oldest brother, Jehovah, said, “Here am I, send me” (Abraham 3:27).

How we loved Him for that.

When Jehovah came to earth, He was our Savior. He was called Jesus Christ. ♦

MORTAL LIFE

Plants, animals, and people on earth are mortal. That means they will live, grow, and eventually die.

Death is part of our mortal life on earth, and it is part of Heavenly Father’s plan. If we did not die, we could not return to our home in heaven.



Precious Gifts

By Dorothy L. Elam

This year let's give a gift of love
To all who need a friend.

And try to offer hope
Where discouragement has been.

Let's share the many fruits of faith
With those who fear and doubt,

And use the gift of charity
To spread God's love about.





Word Scramble

By Chad E. Phares
Church Magazines

These words are not as they seem. Read the sentences, and then unscramble the letters to find the real words the sentence is describing.

1. A person who has as much faith as this could move a whole mountain.

SMEARED DUST

2. The woman who gave these coins gave more to Heavenly Father than the rich people did.

WOW! IT'S DIMES.

_____ , _____

3. Children come together for this part of Primary.

MINIS GATHER

4. Children learn a lot from this because it explains what it means to live the gospel.

AMAZING DEFINER

5. As children get older, reading this can help them learn more about serving family members, including grandparents.

WE AMAZE GRANNIE

6. Parents are happy when young men serve the Lord by going on these.

I MISS SON

7. "High on the Mountain Top" (*Hymns*, no. 5) is a song that is often sung at this family gathering.

MILEAGE ON HYMN FIVE

8. Going to one of these at the temple can help you recognize everything Heavenly Father does for you.

AID NOTICED

9. Children speak reverently and quietly when sharing this.

IT'S MY TONE

10. Having the knowledge that we can become this with our parents and siblings makes our minds and spirits burn within us.

MENTALLY AFIRE

ANSWERS

1) mustard seed, 2) widow's mites, 3) sharing time, 4) *Friend* magazine, 5) *New Era* magazine, 6) missions, 7) family home evening, 8) dedication, 9) testimony, 10) eternal family.



PREPARING FOR THE PRIESTHOOD

By Richard M. Romney
Church Magazines

Eleven-year-old Hansen P. of the Bangalore Second Branch, Bangalore India District, was excited. After church the older boys in the branch would be teaching him how to prepare, bless, and pass the sacrament.

First, the boys who are teachers in the Aaronic Priesthood showed Hansen how they prepare the trays of bread and fill the cups with water.

Next, the priests read through the sacrament prayers and explained how they fold the tablecloths.

Finally, the deacons

showed where they stand, how they pass the sacrament to the congregation, and how they help everyone be reverent.

“The Aaronic Priesthood is important,” Hansen says.

“There is much I must do to prepare to receive it.”

Besides learning about the sacrament, Hansen is reading the scriptures and trying to

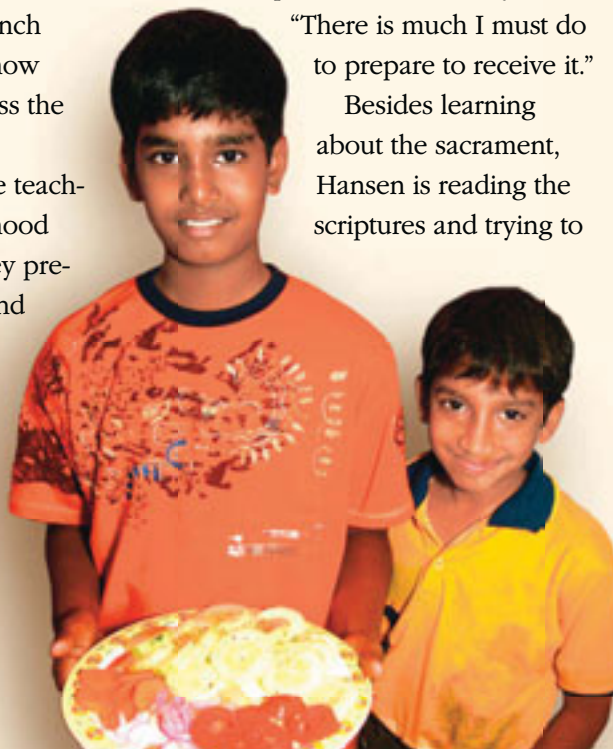
keep the commandments and obey his parents. He’s also learning about the Church in Primary and setting a good example for his nine-year-old brother, Gideon.

Priesthood Blessings

Hansen is learning a lot about the priesthood from his father, who holds the Melchizedek Priesthood and serves in the elders quorum presidency. “Daddy baptized me and, later, Gideon,” Hansen says. “When Mommy is sick, he helps give her priesthood blessings so she can become well.”

Lightening the Load

His father also helps Hansen’s mother with shopping and cooking. “He does everything he can to help





Hansen is learning about setting a good example in various settings: with Aaronic Priesthood holders in his branch, during family home evening, playing soccer, and preparing food with his younger brother, Gideon.



us,” Hansen says. And both his parents help many people, especially in the Church.

Hansen’s mother is often busy with her calling as branch Primary president. Hansen lightens her load by going to buy vegetables or by washing the dishes.

“I love my parents,” Hansen says. “We have family home evening each

week, we read scriptures as a family, and we have family prayers together.”

A Lifetime of Service

When you’re 11 years old, there is much to prepare for. “I must learn to listen even more closely to the Holy Ghost,” Hansen says. “He will guide me as I study the gospel in my priesthood quorum, in Young Men, then later on in seminary. All those things will help me prepare to be a full-time missionary. And I

must learn to help the poor and to give better service,” Hansen says. “I must prepare for a lifetime of service, because the priesthood means serving others the way Jesus Christ would if He were here.”

Hansen’s favorite scripture story is about Noah. “I love how the animals obeyed him when it was time to get on the ark.” He knows Noah had to do a lot to prepare for the future, just as Hansen has a lot to do to prepare for the priesthood. ♦

Whether you play badminton, cricket, or soccer, it’s important that you play as a team. It’s like the priesthood because in a priesthood quorum you should also work as a team.



Hansen’s Hobbies

Sports: Hansen’s favorite sport is badminton, but he also enjoys cricket, soccer, or just a footrace with his brother and their friend who lives down the street. “Whether you play badminton, cricket, or soccer, it’s important that you play as a team,” Hansen says. “It’s like the priesthood, because in a priesthood quorum you should also work as a team.”

Raising fish: Hansen hatches guppies in a rainwater bucket he keeps behind the family’s apartment.

Then he transfers them to a small aquarium. “I like the many beautiful colors and how the fish play with each other,” he says.

Singing: “Love Is Spoken Here” (*Children’s Songbook*, 190–91) is Hansen’s favorite Primary song. He and Gideon love to sing songs about Jesus, especially hymns. “Hymns help us keep love in our family,” Hansen says.



just



SMILE

By Barbara Hagen

(Based on a true story)

If you want a friend, you must show that you care (Children's Songbook, 262).

paul ran down the school steps and got into Mom's car.

"How was school?" Mom asked.

"Great!" Paul exclaimed. "We have a new girl in our class named Cristina. She is from another country, and she is just learning to speak English."

"I hope you will help her feel welcome," Mom said.

"I'd like to, but how can I do that if she can't understand me?" Paul asked.

"That's easy," Mom said. "Just smile."

"Smile? What do you mean?"

"A smile can mean hello, how are you, or have a nice day. It is an international sign," Mom said.

"I never thought of it that way before," Paul said.

A few days later, Paul was excited to tell Mom about his day.

"Mom, remember when you told me that if I couldn't talk to Cristina, I should just smile?" Paul asked. "Well, it worked!"

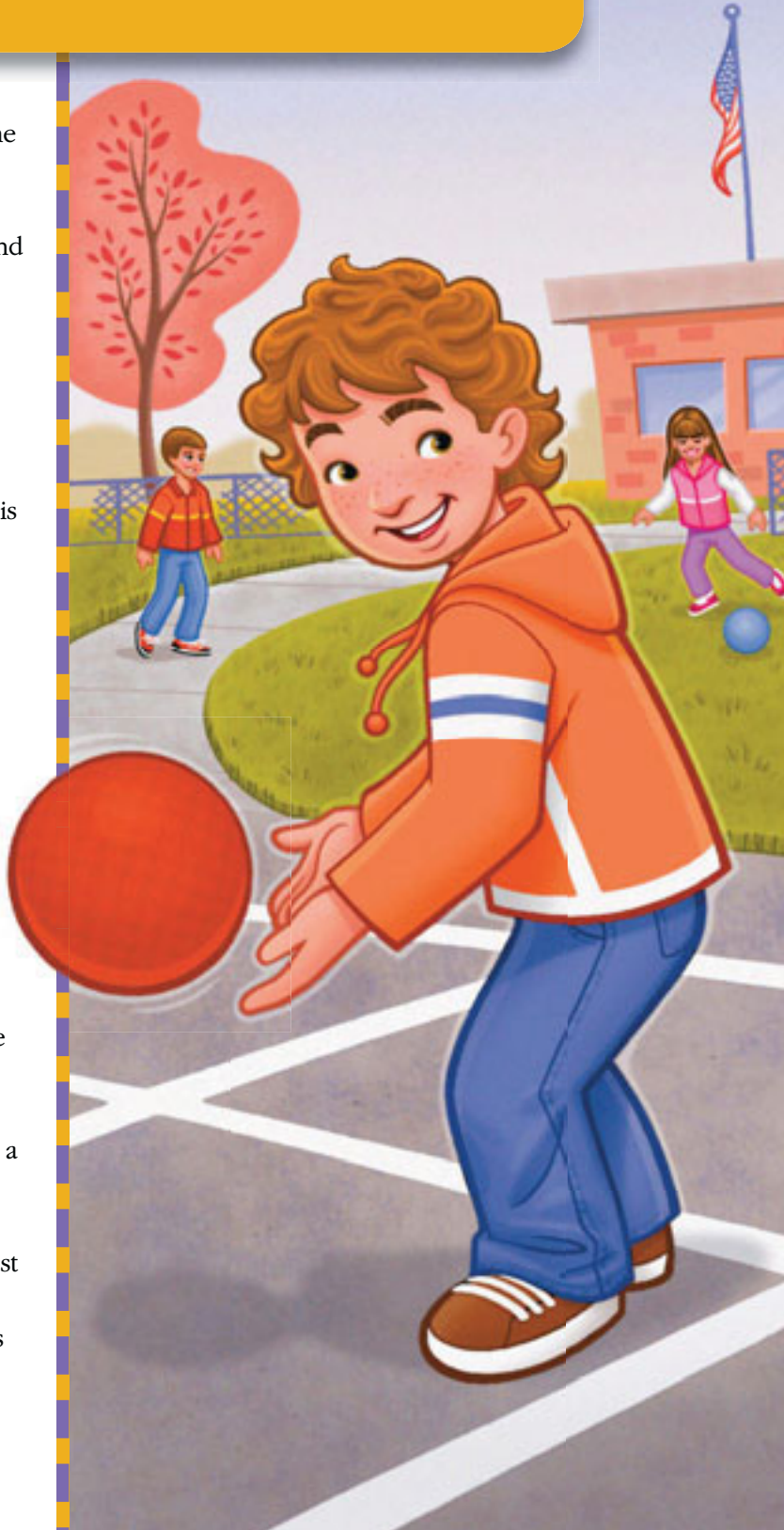
"That's great!" Mom said. "What happened?"

"During recess I noticed that Cristina was standing by herself. She had a jump rope in her hand, but she wasn't jumping. I wanted to be nice, but I didn't know what to say. Then I remembered what you said and I smiled at her. She smiled back. Then she started jumping rope, and for the rest of recess she looked happy."

"That's wonderful!" Mom said. "I'm proud of you for being nice to Cristina."

About a month later, Paul went to a school party at the roller-skating rink. As he skated around, he noticed that Cristina was standing alone at the side of the rink. Then there was an announcement over the loudspeaker: "Find a buddy to skate with for the next song."

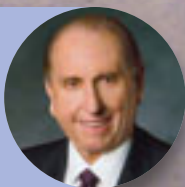
Paul skated over to Cristina. She looked surprised. He gave her a big smile and motioned for her to join him. Just like that day on the playground, she smiled brightly. As they skated with their classmates, Paul realized Mom was right. A smile means friendship in any language. ♦

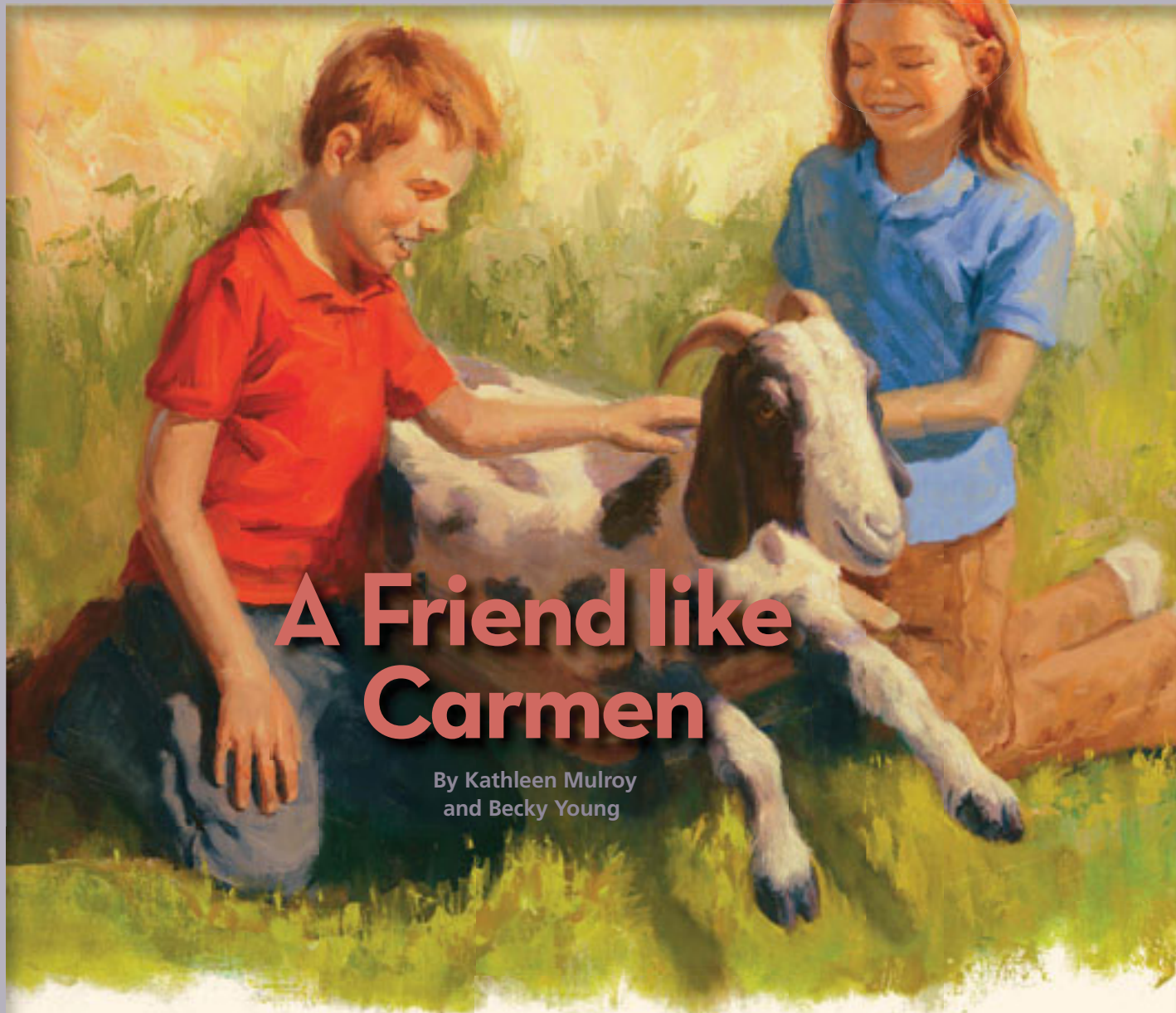




"A friendly smile, a warm handclasp, a sincere testimony of truth can literally lift lives, change human nature, and save precious souls."²

President Thomas S. Monson





A Friend like Carmen

By Kathleen Mulroy
and Becky Young

Jesus taught us to love and help each other. One way to do this is by being a good friend. This is something that Carmen does well.

However, Carmen isn't a normal friend. She is a goat. And she isn't just a normal goat. Her ears are long and fluffy like other goats, she eats plants like other goats, and she *baas* like other goats. But unlike other goats, Carmen has a special gift.

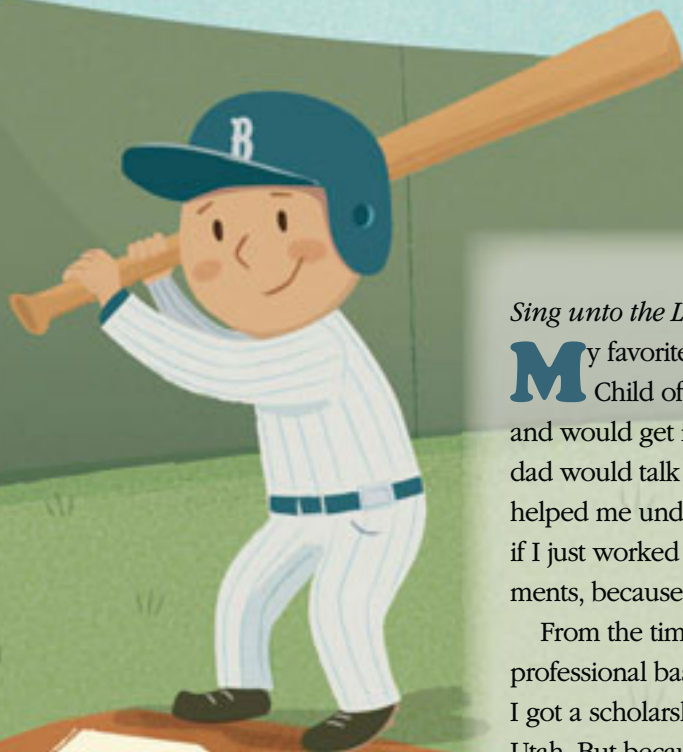
When Carmen was born, she was unable to stand or walk. To help Carmen, her owners made her a special walker. She could lie on it with her legs hanging over it and her hooves on the floor to scoot herself around.

Soon Carmen started using her walker to go on walks with her owners. This is when her owners discovered Carmen's talent for being a friend. One of

Carmen's first friends was a little boy who was afraid to talk. When he met Carmen, he smiled at her and said, "Hello, goat. I like you." Carmen replied with a "Baa!" This made the little boy smile.

Carmen made other friends on her walks, and soon her owners realized she had a gift for making people happy. They took her to classes where she learned how to be an animal therapist. Carmen and her owners started visiting children in hospitals and people in nursing homes. Carmen helped people feel happier and less lonely. She helped people smile and made lots of new friends.

Carmen isn't strong enough to walk on her own, but she has an important job to do—and that is to be a friend. ♦



Sing unto the Lord (1 Chronicles 16:23).

My favorite song has always been “I Am a Child of God.” When I was a young boy and would get into a little bit of trouble, my dad would talk to me about my potential. He helped me understand that I could do anything if I just worked hard and kept the commandments, because I am a child of God.

From the time I was nine, I wanted to be a professional baseball player. I lived for baseball. I got a scholarship to play at the University of Utah. But because of my patriarchal blessing, I knew that Heavenly Father wanted me to serve a mission. I left on a mission to Finland before the baseball season started.

It was very hard for me to learn the Finnish language, but I learned how to sing “I Am a Child of God” in Finnish. That helped me remember who I was, what I could do, and whose help would always be available to me. There is not a more powerful scripture in my mind than “I am a child of God, and He has sent me here.”* The gospel of Jesus Christ has helped me remember who I am. I believe that when you know you are a child of God, you can do anything. ♦



From an interview with
Elder Kevin W. Pearson
of the Seventy;
by Anna Culp

My Favorite Song

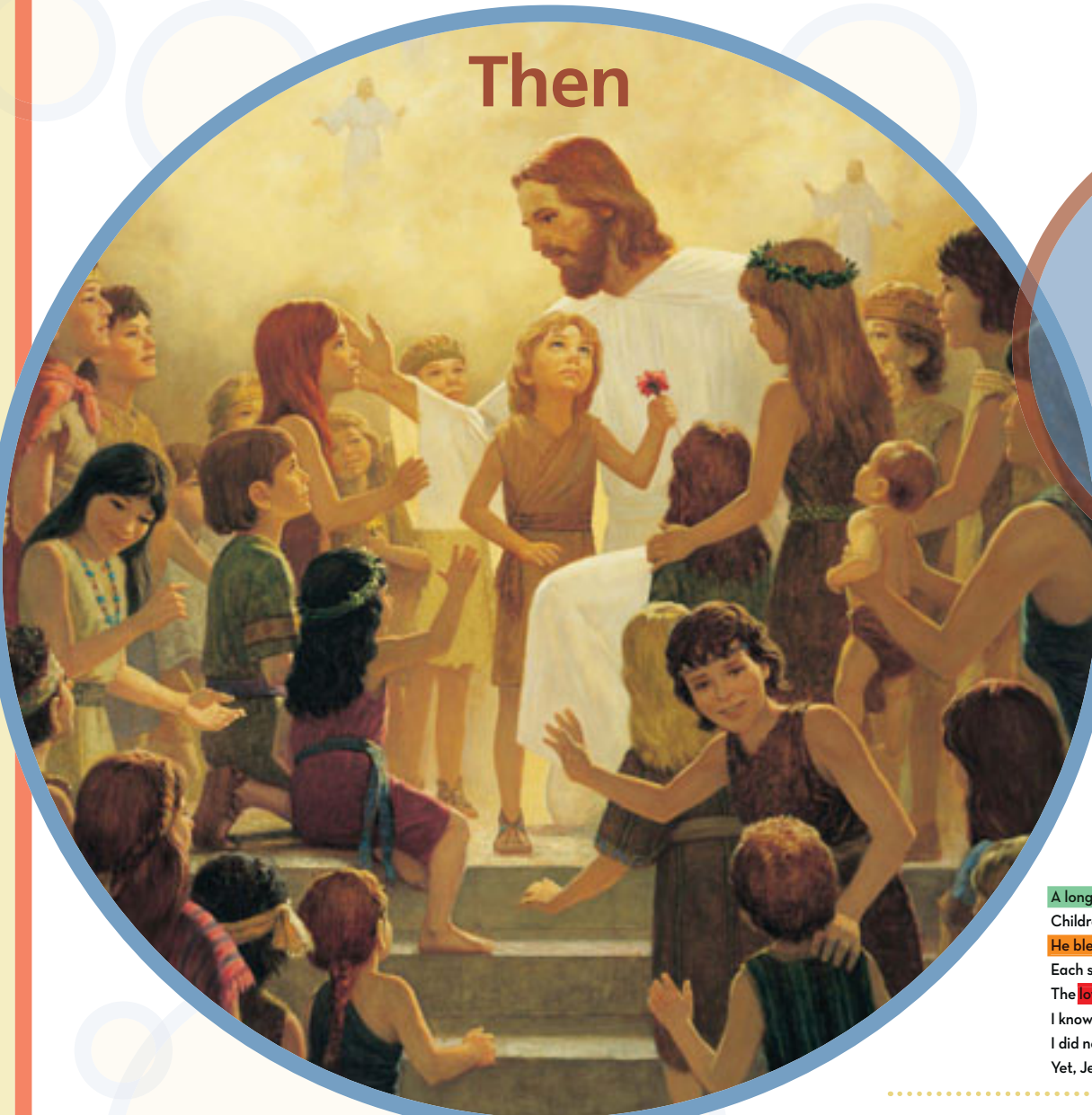
**Children's Songbook*, 2–3.

Verse 1

A long time ago in a beautiful place,
Children were gathered 'round Jesus.
He blessed and taught as they felt of His love.
Each saw the tears on His face.
The love that He felt for His little ones
I know He feels for me.
I did not touch Him or sit on His knee,
Yet, Jesus is real to me.

I Know that My Love

Then



Chorus

I know He lives!
I will follow faithfully,
My heart I give
I know that my

*Singing the chorus
to bear testimony*

A long time ago in a beautiful place,
Children were gathered 'round Jesus.
He blessed and taught as they felt of His love.
Each saw the tears on His face.
The love that He felt for His little ones
I know He feels for me.
I did not touch Him or sit on His knee,
Yet, Jesus is real to me.

Possible teaching suggestion

Compare the lines of the two verses to highlight the similarities and differences. Show the comparisons (see example above). The corresponding phrases

learning this song about the Savior.

Now Savior s Me

Verse 2

Now I am here in a beautiful place,
Learning the teachings of Jesus.
Parents and teachers will help guide the way,
Lighting my path ev'ry day.
Wrapped in the arms of my Savior's love,
I feel His gentle touch.
Living each day, I will follow His way,
Home to my Father above.

hfully.
to Him.
Savior loves me.
gives you a chance
y of Jesus Christ.

Now



Now I am here in a beautiful place,
Learning the teachings of Jesus.
Parents and teachers will help guide the way,
Lighting my path ev'ry day.
Wrapped in the arms of my Savior's love,
I feel His gentle touch.
Living each day, I will follow His way,
Home to my Father above.

n for Primary music leader:

ferences between their messages. Phrases could be colored similarly to
es could also be made into wordstrips to help the children learn them.

(This song can be found in the Friend, Oct. 2002, 46–47.
Words and music by Tami Jeppson Creamer and Derena Bell.)



I Love to See the Temple

By Robert Peterson

We should prepare ourselves to be worthy to attend the temple while we are young.

In this picture, look for a barbell, dove, heart, house, foot, key, lightbulb, schoolhouse, scriptures, and two rings; then color the picture.



bright idea

“The future
is as **bright** as
your
faith.”

President Thomas S. Monson



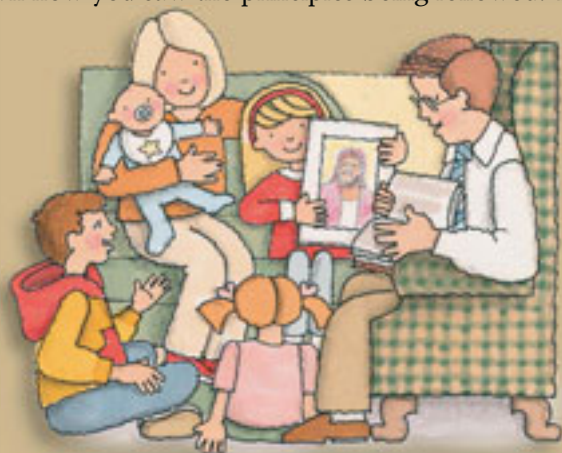


DETECTIVE MYA HERITAGE *and the Adventures of a Happy Family*

By Anna Culp and Megan Withers

Every family is different. Some families are big, and some are small. Some families enjoy playing games together, and some like to go on walks. But every family is happiest when they follow the principles found in “The Family: A Proclamation to the World.”

Look up the scripture for each principle. Then get out your magnifying glass and join Detective Heritage as she tries to catch members of your family following the principles. On the lines from the detective notebook, write down how you saw the principles being followed. Then share what you discovered with your family.



Faith—Ether 12:8–9



Prayer—Enos 1:4



Repentance—Helaman 5:11



Compassion—3 Nephi 17:6



Forgiveness—Doctrine and Covenants 64:10



Work—2 Nephi 5:15



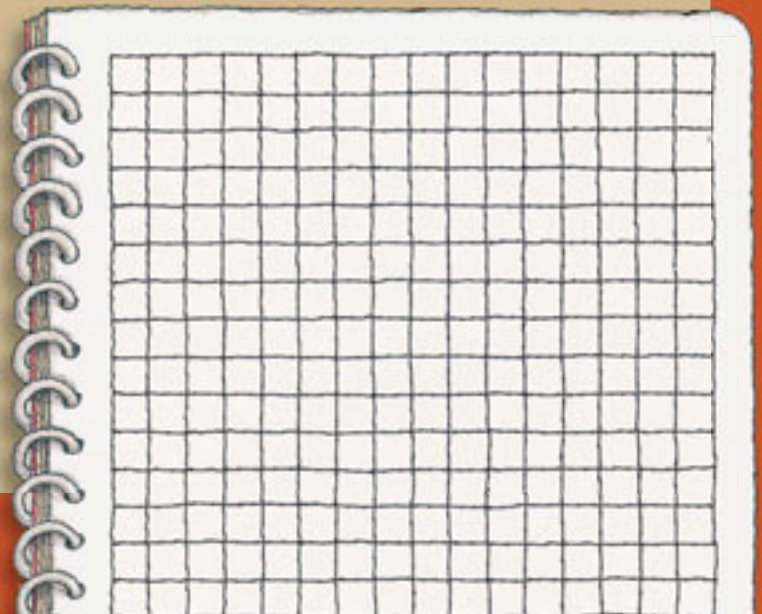
Respect—Moses 5:20

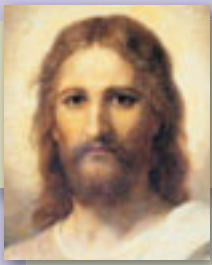


Wholesome recreational activities—1 Nephi 1:1



Love—Mosiah 4:15





Trying to Be Like Jesus

When Jesus Christ was on the earth, He followed the commandments, helped others, and showed love to everyone. Every day, children find ways they can follow the Savior's example.

Sabbath Blessings

One Sunday when I came home from church, I saw my neighbors playing outside. I wanted to play outside too, but I couldn't because in my family we don't play outside on Sunday. I felt sad. My dad told me that when he was a little boy he wanted to play outside on Sunday too. He told me he had been blessed in his life for keeping the Sabbath day holy, even when it's hard. I decided I was going to choose the right and keep the Sabbath day holy.

Cassidy T., age 6, Nebraska



Caring Cousin



My cousin was taken to the hospital because he had severe stomach pain. He had to get

lots of tests done. I wrote him a letter and told him to be brave and that I would pray for him. I also packed a good book and a treat, and we took it to the hospital. When we left, I had a very good feeling inside. I know if we do kind things for others it makes us feel good, and it makes Heavenly Father happy.

Jake S., age 7, Alberta, Canada



A Good Friend

I go to swim-team competitions to watch my brother. I saw my friend drinking coffee. I told him nicely that he should throw it away. He asked why. I said, "Because it's bad for your body." So he threw it away.

Tanner M., age 7, Arizona

No Matter What

My parents were divorced about a year ago. When my sisters and I visit our dad on the weekends, we ask him to go to church with us. Sometimes he comes and other times he doesn't. But we still love him no matter what!

Amber R., age 8, Texas





A Timely Return

We were swimming in the pool at a hotel and found a pocket watch at the bottom of the pool. We asked a lot of people if the watch belonged to them. They all said no. At the end of the day, we felt like we should go to the pool one more time with the watch. There was a family in the pool. We asked if the watch was theirs. They said it was, and they had been looking for it all week. It belonged to their dad, and it cost a lot of money. I'm glad we listened to the Holy Ghost so the watch could be returned.

Huntley, Sarabeth, and Caelin C., ages 10, 9, and 7, California

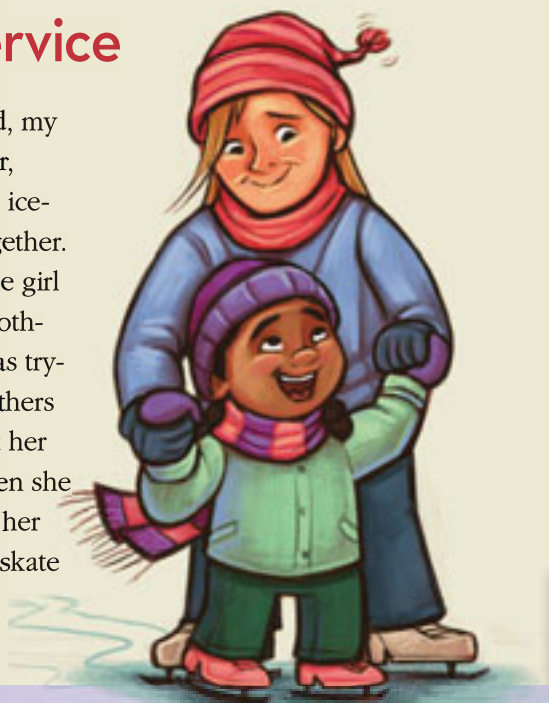
Ice-Skating Service



My dad, my sister, and I went ice-skating together. I saw a little girl and her brothers. She was try-

ing to ice-skate while her brothers were playing hockey. I taught her how to skate. I felt good. When she fell down and cried, I helped her get up. Then she was able to skate really well by herself.

Janie A., age 5, Minnesota



Prayer Example

Once I was at my friend's house. The family didn't say a prayer before meals. I said, "Can we please say a prayer before we eat?" They said, "Sure." I am glad I chose the right and suggested that we pray.

Jessica W., age 6, Idaho



Tell us how you're trying to be like Jesus. Turn to page 48 to find out how to send us a letter.

Teaching Tanner's Teacher

By Ronda Vincent

(Based on a true story)

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



1 One day Tanner got a picture of Jesus. He loved the picture. He wanted to share it with somebody. He knew that not everybody knows about Jesus.



2 “Mom, can I give my picture of Jesus to somebody?” Tanner asked.

“Sure,” Mom said. “Who will you give it to?”

“I’m going to give it to my teacher, Mrs. Young. I like her because she reads me lots of stories.”

“That’s a wonderful idea,” Mom said. “I’m proud of you.”



3 When Tanner got to preschool, he gave the picture to Mrs. Young. She was happy to get a picture of Jesus. Tanner was happy she liked it.



4 A few days later, Tanner and his family made a book that looked like the Book of Mormon golden plates. Then they wrote their testimonies in the book.

“Mom, can I take our book to school to show Mrs. Young?” Tanner asked.

“Yes, you can,” Mom said.



5 The next day at school, Tanner carried a backpack with his family's golden plates inside. He told Mrs. Young about the book his family had made. Tanner's teacher was very interested.



6 When Mom picked up Tanner from school that day, his teacher went to talk to Tanner's mother.

"Tanner brought something very interesting today," Mrs. Young said. "Can you tell me more?"

"How would you and your husband like to come to dinner at our house?" Mom asked. "We can talk more then."

"That sounds great," Mrs. Young said.



7 A few months later, Tanner and his mother went to Mr. and Mrs. Young's baptism.

"I'm very happy I shared my picture of Jesus with my teacher," Tanner said.

"I know that she is too," Mom said. "You are a big reason why Mrs. Young and her husband are being baptized today."



8 Tanner had a happy feeling as he watched Mrs. Young be baptized. He smiled as Mom leaned over and whispered, "Four-year-olds are great missionaries!"

Being Like a **MISSIONARY**

The message missionaries share with people about Heavenly Father's plan for us has always been the same. Enoch was a prophet before Jesus was born on earth. The Lord asked

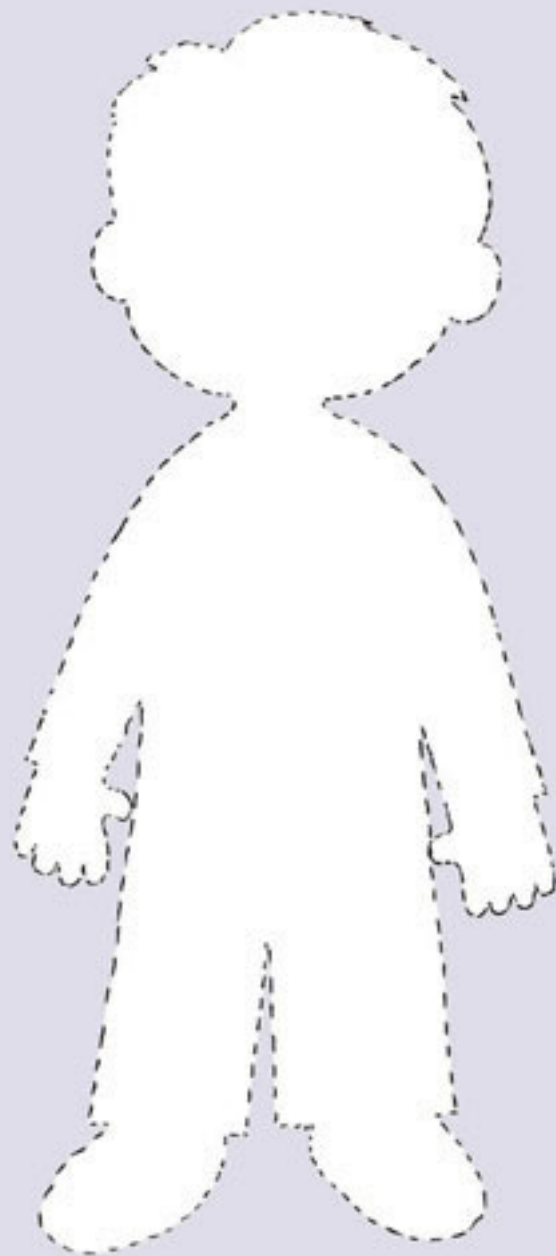
him to share the gospel, as missionaries do today. Color the picture of Enoch. Then draw missionary clothing on Tanner to show what missionaries look like today.



Helps for Parents: Explain that Enoch was asked to share the gospel. He didn't think he could because he thought he didn't know enough. The Lord told Enoch that he could do anything with the Lord's help. Because Enoch was obedient, the Lord blessed him to be able to teach the people. (See Moses 6:31–38.) Ask your children what they can do now to be good missionaries like Enoch.

Helps for Parents:

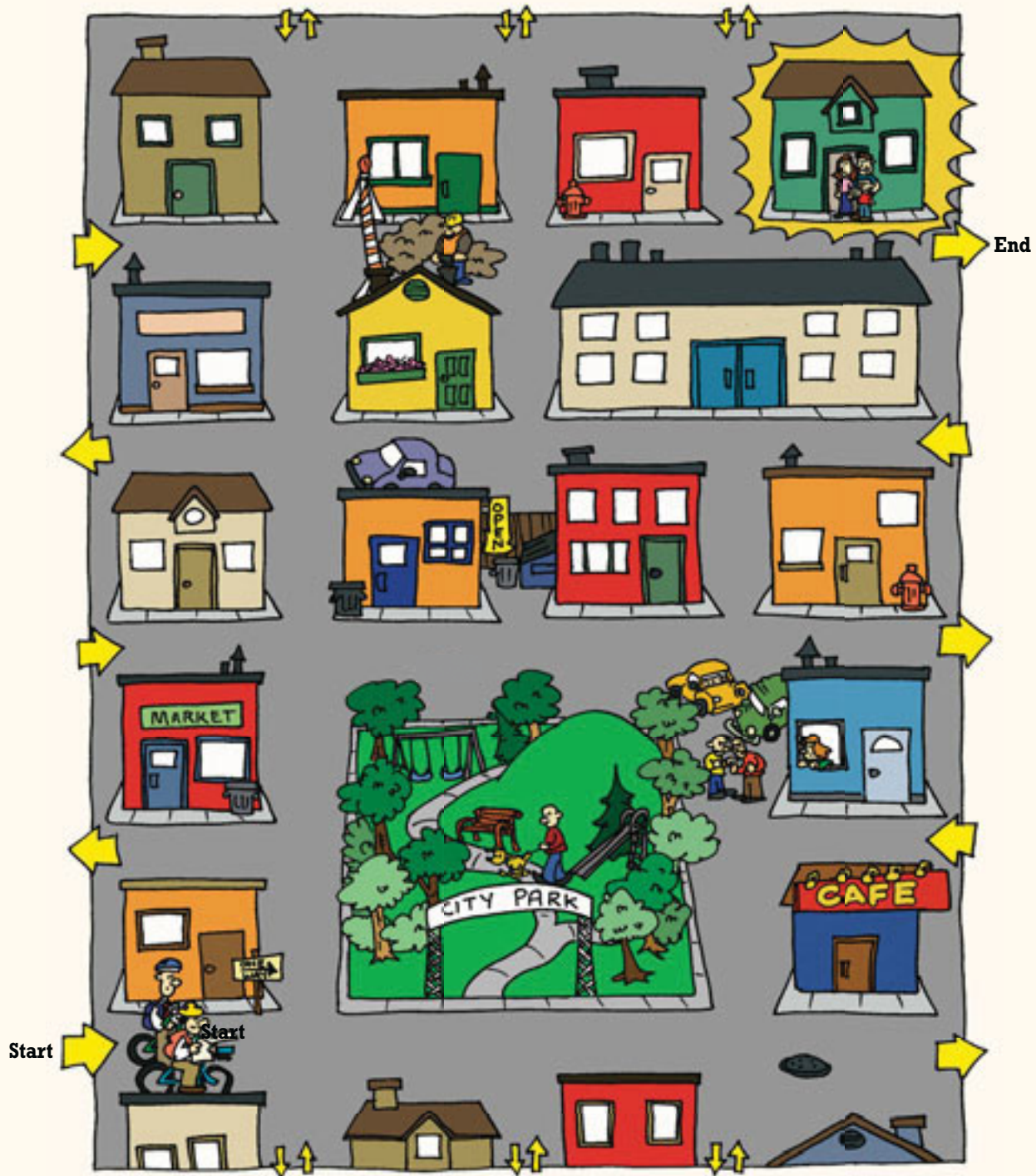
Explain that even though Tanner has not yet been called to serve a full-time mission, he can still do missionary work while he is young. Help your children draw modern-day missionary clothing on Tanner. Ask them what they can do now to prepare to become a full-time missionary. Talk about doing things such as praying, reading scriptures, and helping others.

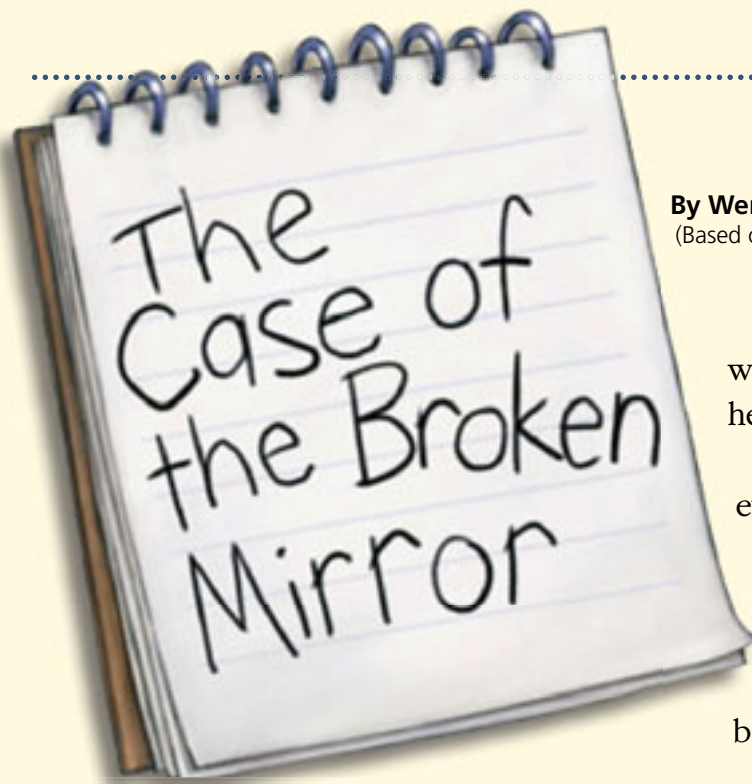


Help the Missionaries

By Arie Van De Graaff

Help the missionaries get to their teaching appointment. Pay attention to the arrows to make sure the missionaries do not turn the wrong way on one-way streets.





By Wendy Ellison
(Based on a true story)

We believe in being honest (Articles of Faith 1:13).

Mason liked pretending to be a detective. With his notebook and pencil, he wrote down fascinating facts. He inspected interesting evidence with his magnifying glass. The flashlight tucked in his belt lit up dark places, revealing hidden clues. The only thing he needed for his detective kit was a mirror for peeking around corners and peering into tiny cracks.

“Mom, do you have a mirror I can use for my detective kit?” he asked.

“Yes, I have a small one you can borrow,” Mom said. “Please be careful with it.”

“I will,” Mason promised.

The mirror fit perfectly into his pocket. With his kit complete, Mason was ready to play detective. But when he bent down to get a closer look at a possible clue, the mirror slipped out of his pocket. Mason heard a crunch when he knelt on the floor.

“Oh no!” he groaned when he saw Mom’s broken mirror on the floor. Mason felt awful. It was an accident, but he had promised to be careful. Mason

wasn’t sure he was brave enough to tell Mom he broke her mirror.

Mason had been taught in family home evening and Primary that he should always tell the truth. But right now that did not seem easy. He didn’t feel like playing anymore. He worried about what to do.

Finally, he slipped the broken mirror back into Mom’s drawer.

At dinner, Mason didn’t feel like eating. When he went to bed, he was still worried about the mirror.

The next morning, Mom called to Mason. “What happened to the mirror?” she asked, holding the pieces in her hand.

“I don’t know,” Mason said. “I put it back when I was finished playing.”

As soon as he said it, Mason felt awful. All afternoon he felt worse and worse. Telling the lie felt even worse than keeping the secret. Mason decided there was only one way he could feel better. Mason went to find Mom.

“I know what happened!” he blurted out.

“I knew you could solve the mystery of the broken mirror,” Mom said.

“It’s not a mystery,” Mason said. “I broke it. It fell out of my pocket when I was looking at clues. I’m sorry.”

“I’m glad you told me,” Mom said. “I think you know it is always best to tell the truth.”

Mason nodded yes. He was starting to feel better. It didn’t take a detective to figure out that telling the truth was always the right thing to do. ♦







Would you like to send us a poem or drawing?
Turn to page 48 to find out how.



1



2

Faith

Father in Heaven loves me.
Always believe in Christ.
Imagine God's blessings.
Trust the Holy Ghost.
Hope for the Second Coming.

Hayden K., age 10, Idaho

Heavenly Father's Plan

I believe in Heavenly Father's plan.
I know He created earth and man.
He wanted families that love and care,
So He sent us brothers and sisters to share.
He also wanted us to return to heaven,
So Jesus Christ, His Son, was given.
Choosing the right will help us in life,
So I will follow Jesus Christ.

Ben F., age 11, Texas

Scriptures

Scriptures, they are so delightful!
They make my heart happy and full.
You can feel the Spirit;
It's so strong you can almost hear it.
When you're done you say a prayer;
Then you're sure the Spirit is there.

Devri A., age 10, Utah



3



4



5



6



7



8



9



10



11



12



13



14

Drawings

1. Eden J., age 7, Colorado
2. Dax H., age 10, Idaho
3. Rachel C., age 7, Utah
4. Lori C., age 7, Hawaii
5. Hank J., age 6, California
6. Erin M., age 10, Tennessee
7. Mikey S., age 7, Oregon
8. Brenley C., age 11, Colorado
9. Elena S., age 8, Utah
10. Monica C., age 9, South Africa
11. Kelsi K., age 10, Idaho
12. Sarah M., age 8, North Carolina
13. Michael M., age 7, Utah
14. Jacob L., age 7, Mississippi

SCRIPTURE JOURNAL

By Sandra Tanner and Cristina Franco

*Scripture power keeps me safe from sin.
Scripture power is the power to win.
Scripture power! Ev'ry day I need
The power that I get each time I read.¹*

The scriptures are a record of God's teachings and dealings with His children. A scripture journal is your own book where you can write how you are learning to understand and live the teachings of the gospel. Every month this year you can learn a scripture and practice doing what it teaches. Heavenly Father will help you as you choose to learn and live by the scriptures. You will feel the power of the scriptures, and your testimony will grow.

How to Use Your Scripture Journal

Make or buy a notebook that has at least 12 pages in it. This year each issue of the *Friend* will contain a scripture and an activity for you to do in your scripture journal. If you need help reading, writing, or understanding

the scripture or activity, you can ask parents, older brothers or sisters, friends, or Primary teachers for help.

January 2010 Scripture Journal

Read the first article of faith. You can find it in the Pearl of Great Price.

Pray to know that this article of faith is true. Ask to feel

the love of Heavenly Father and His Son, Jesus Christ. This love is called charity.

Memorize the article of faith.

Choose one of these activities, or create your own:

- Help someone else learn this scripture.
- Pray for someone else to feel God's love.
- When we feel the love of Heavenly Father and Jesus Christ, we believe in Them. We believe that we are children of God. We show that we believe He is our Heavenly Father by thanking Him for our blessings. When you see your door-knob tag (see page 41), think of the blessings you have received that day.

How does what you have done help you understand this scripture?

Write in your journal about what you have done, or draw a picture of how you feel knowing Heavenly Father and Jesus love you. ♦

NOTE

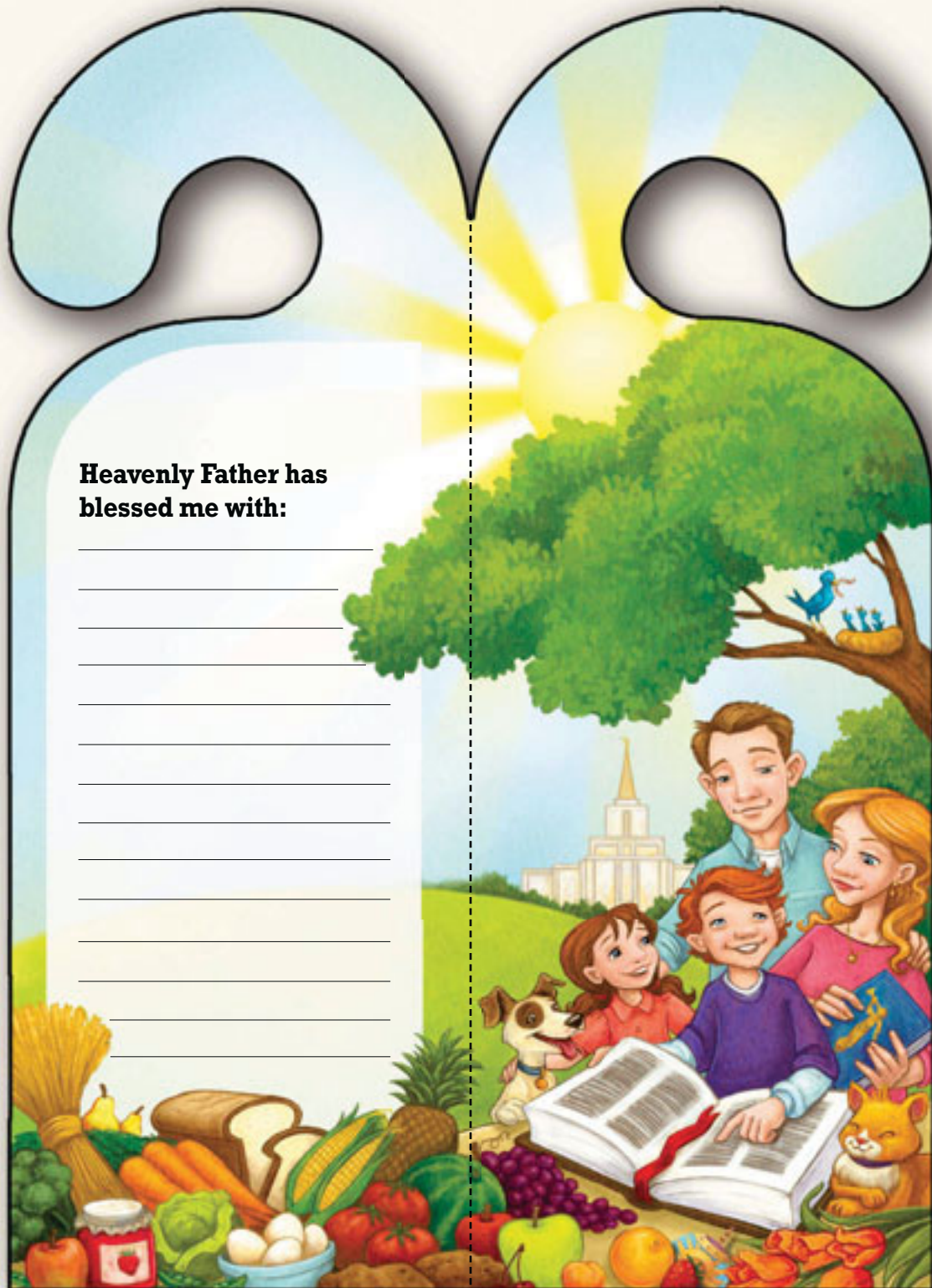
1. "Scripture Power," 2006 Outline for Sharing Time and the Children's Sacrament Meeting Presentation, 10–11.

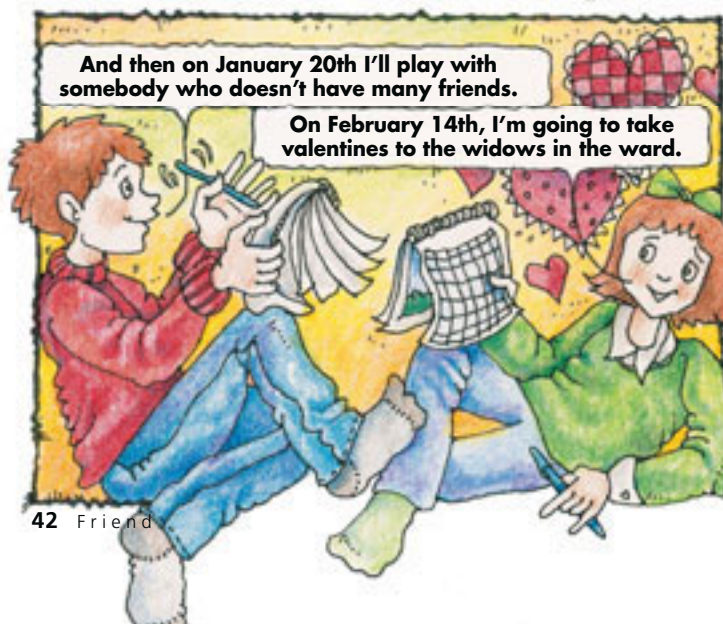
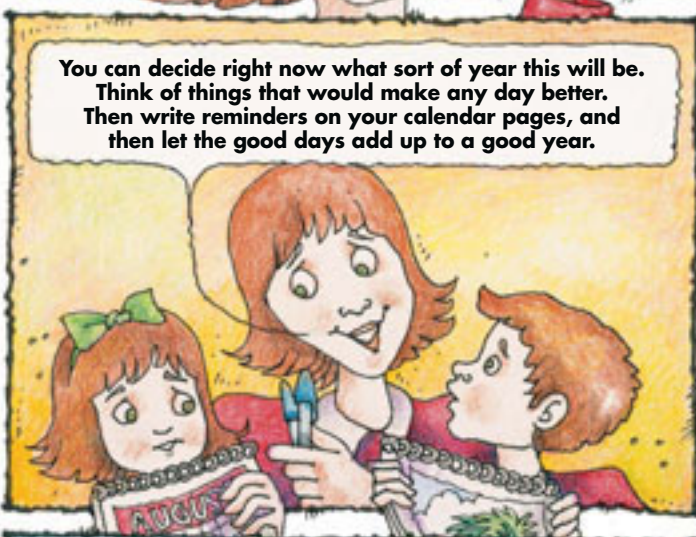
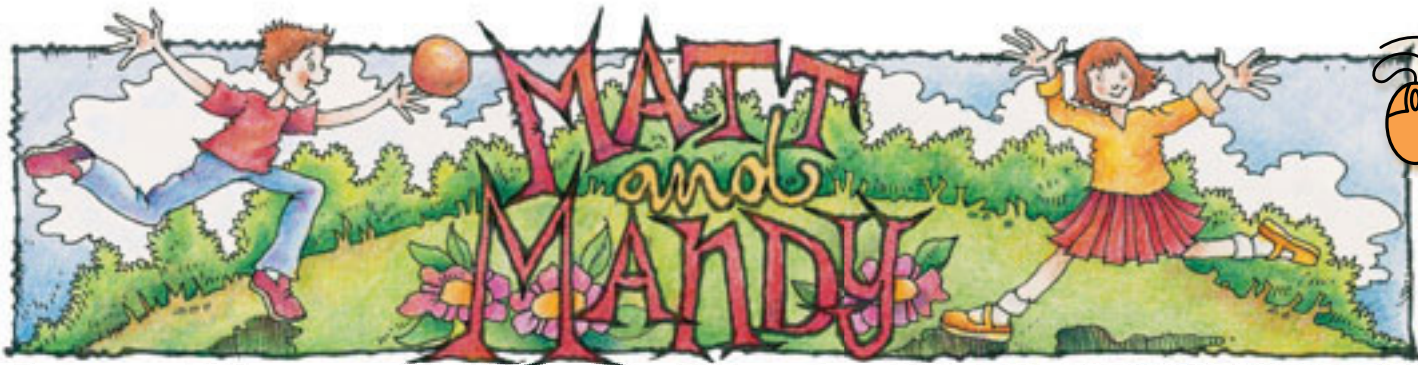


MAKE A DOORKNOB TAG

Cut out the doorknob tag below. Fold the doorknob tag on the dotted line. Think about the blessings Heavenly Father has

given you, and write some of them on the list. Hang the doorknob tag where you will see it often.





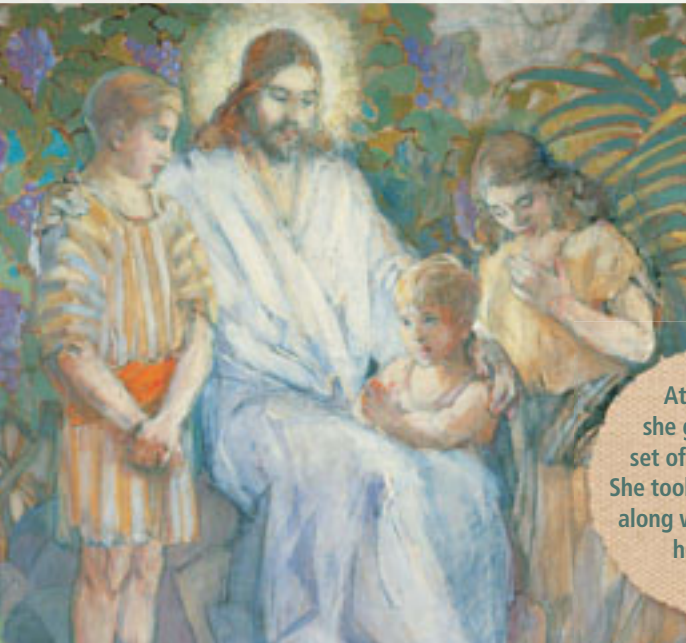
SHE PAINTED HER FAITH



Who painted all of these pictures? Her name was Minerva Teichert. She was born in 1888 in Utah and grew up on a farm in Idaho. Get to know this talented artist.

By Jan Pinborough
Church Magazines

Minerva did rope tricks and Native American dances to pay for art school in New York.



At age four, she got her first set of watercolors. She took a sketchbook along when she rode her horse, Gem.



Sister Teichert taught many children to draw and paint.

She married a cowboy and raised five children on a ranch in Wyoming. She was very busy, but she said, "I must paint."

She made over 1,000 paintings, and many show pioneers and scenes from the scriptures. She used bold brush strokes and strong colors.



Her children, grandchildren, and neighbors were models for the people in her paintings. In one painting, her husband was the model for the Apostle Peter, and her bishop was the model for Jesus Christ.



THE CANDY BALL



By J. Harvey Hapi

(Based on a true story)

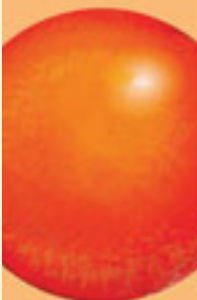
*I will tell you in your mind and in your heart,
by the Holy Ghost (D&C 8:2).*

Rachel woke up hungry. She hopped out of bed and ran to the pantry cupboard. She opened the door and scanned the top shelf. There it was—the candy jar! Inside the jar, gleaming like shiny marbles, were her favorite candies. They were irresistible red-orange balls with yummy chocolate centers.

Rachel looked around quickly to see if Mummy or Daddy was watching. She could hear their voices, but they were nowhere in sight. Quietly, she pushed a stool to the pantry and stepped up onto it. Then she reached up and unscrewed the candy-jar lid. She grabbed a handful of candy, screwed the lid back on, and raced down the hallway toward her bedroom. But when her parents' voices came closer, she ducked into the bathroom and shut the door.

As Rachel looked hungrily at her candy, she wondered, “Could I throw one in the air and catch it in my mouth?” And without a second thought she

*She threw the
candy into the
air and caught
it in her mouth.
But the candy
went right into
her throat—she
couldn't breathe!*



tossed a candy high in the air. It floated above her head, then fell down straight into her wide-open mouth and stuck in her throat. She couldn't breathe!

She tried to scream but couldn't make a sound. “Daddy, help me!” she cried in her heart. “Heavenly Father, please help me!” she prayed. Tears ran down her cheeks as she struggled for a breath that wouldn't come. She felt sick and dizzy.

Suddenly, her father burst into the room. He picked up Rachel from behind and squeezed his arms tightly around her. *Plop!* Out shot the candy into the washbasin. Rachel sucked in deep gulps of air. Daddy set her down



and held her close. “It’s all right, Rachel,” he said softly. “You’ll be fine now.”

“Thank you, Daddy,” she said. “I’m sorry I took the candies without asking. I love you.”

Mummy came into the bathroom. “What happened?” she asked.

“I heard a voice,” Daddy said. “It said, ‘Your daughter is in trouble! Go to her!’ I found Rachel in the bathroom, but I didn’t know what was wrong. Then the voice said, ‘Pick her up!’ I did, and a piece of candy flew out of her mouth.”

Mummy gave Rachel a big hug.

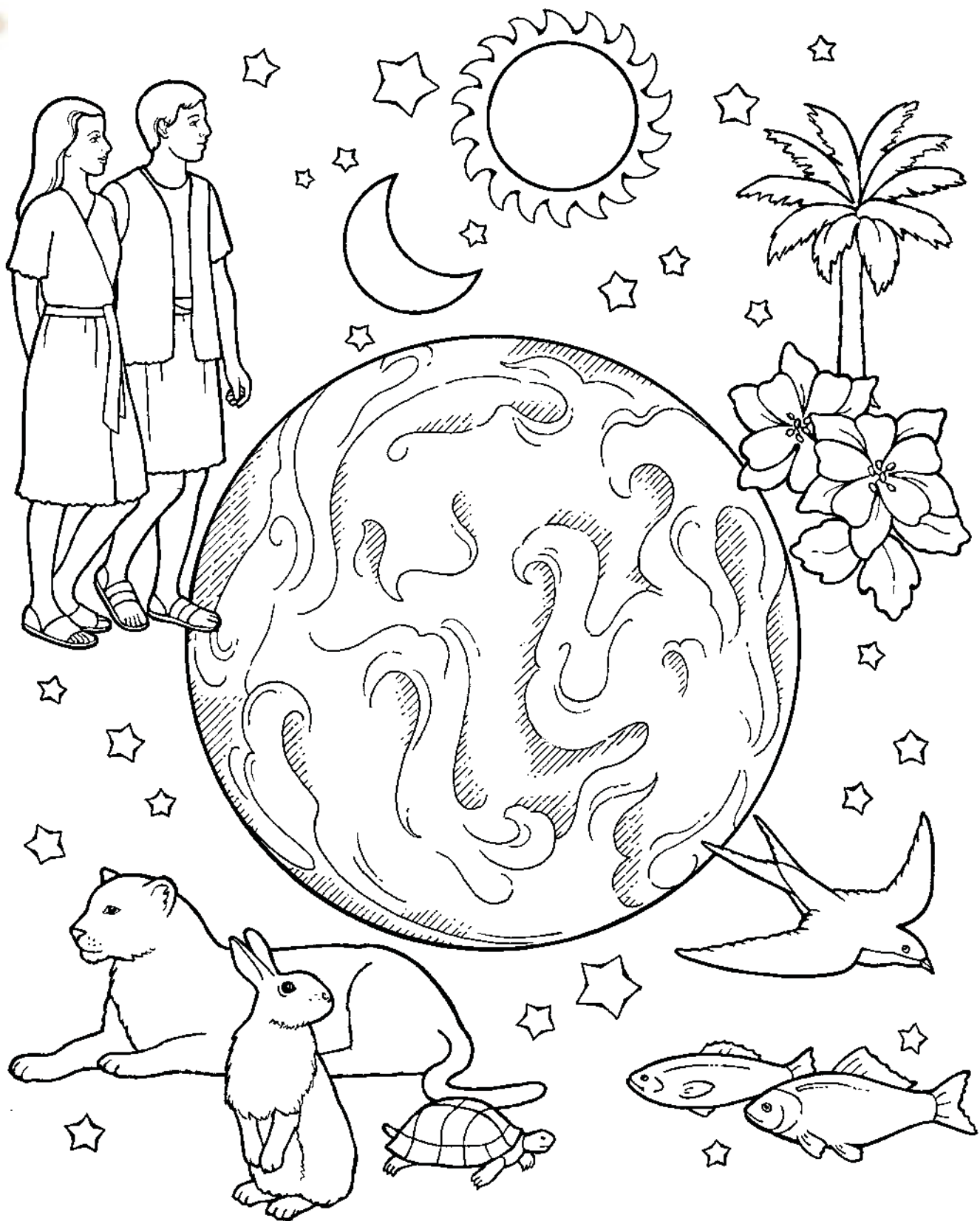
Rachel did a lot of thinking that day. She

thought about candy and about being honest. She thought about how good every breath of air tasted. She thought about how much she loved Heavenly Father and Mummy and Daddy. But most of all, she thought about the Holy Ghost. Daddy had stopped her from choking because he had listened. She wanted to be like Daddy and always listen to the Holy Ghost. ♦

“We have been given the gift of the Holy Ghost to direct us in all things.”³

Elder W. Craig Zwick of the Seventy





The Creation

God saw every thing that he had made, and, behold, it was very good (Genesis 1:31).

Friends in the News



Aspen E., 5, Utah, likes the story of Nephi sailing to the promised land. She is a big helper to her little brother. She likes worms, pirates, gardening, swinging, and drawing in her journal. Aspen is excited to go on a pioneer trek with her family.



Seth G., 5, Washington, has two brothers and four sisters who love him very much. He likes playing football with his brothers, reading the scriptures with his family, and watching general conference. He tries to read the Apostles' names on the bottom of the TV screen.



Liberty J., 5, Utah, likes being busy. She likes to play outside, ride her bike, go to tumbling, and be with friends. She enjoys Primary activities and can't wait until her younger sister, Noelle, is old enough to go too.



Lake Villa Second Ward

For an activity, the Primary children from the Lake Villa Second Ward, Buffalo Grove Illinois Stake, visited the Chicago Illinois Temple with their families. They took a tour of the temple grounds, and the Primary was given a picture of the temple. Each family had a photograph taken in front of the temple and was given their picture in a frame with the words "Families Are Forever."



Hyrum T., 3, Utah, loves the temple and enjoys visiting Temple Square in Salt Lake City. His favorite video is *The Mountain of the Lord*, and he and his dad built a model of the Salt Lake Temple out of a large cardboard box. Hyrum likes to play with his younger sisters, and he tries to be a good example. He likes to ride his bike, and his favorite Book of Mormon story is of Nephi getting the plates from Laban.



Boone and Cory G., 5 and 3, Idaho, like to play with each other and their cousins. Boone likes scripture stories, especially the story of Captain Moroni. He remembers how the Holy Ghost comforted him when President Hinckley passed away. Cory enjoys singing Primary songs. He is good at sharing and is a kind friend. Both brothers like to help their baby sister.



Kimberly, Julie, and Matthew M., 5, 6, and 3, Florida, like to share the gospel with others and are looking forward to serving missions when they are older. They like to join in the missionary discussions by singing and praying. Their favorite Primary song is "I Love to See the Temple." They start the day by reading the scriptures. Julie and Kimberly read Book of Mormon stories, and Matthew acts out parts of the stories.

Would you like to be a friend in the news?
Turn to page 48 to find out how.



Cranbrook First and Second Wards
The Primary children in the Cranbrook First Ward and Cranbrook Second Ward, Cranbrook British Columbia Stake, brought books and helped assemble educational bags that were sent to children in Uganda.



Possible Ideas for Family Home Evening

1. Read "Give Thanks for Everything" (pages 2–3), and discuss how Borghild Dahl was an example of gratitude before and after her sight was restored. Pass out crayons and paper and let each family member write one thing for which he or she is thankful in a corner of the paper. Then encourage everyone to try to draw what they named with a blindfold on. Remove the blindfolds to see how everybody did. Flip the paper over and draw the picture again, this time without the blindfold. Talk about how eternal perspective is different than sight and helps us to "see" our blessings more clearly.

2. Read "Words that Build Up" (page 8) and complete the quiz on page 9. Make a goal to speak kindly to and about each family member for a week. (You can find tips for setting goals on page

13.) At your next family home evening, have each family member report on his or her experience trying to reach the goal.

3. Turn to page 16 and read the poem "Precious Gifts." As a family, decide how to show love for another family or individual you know. You could make and deliver cookies, send a card or letter, or simply make a visit.

4. Read "The Candy Ball" (pages 44–45). Talk about what to do if you or someone else is choking. Demonstrate the universal distress signal for choking by holding the front of the neck with both hands. Encourage children to seek out parents' help in any emergency situation. Explain the importance of prayer in knowing what to do in a crisis.



Topical Index to this Issue of the *Friend*

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

Bad Language 8, 9
Baptism 32 (FLF)
Body 11, 14
Child of God 23
Choose the Right 4, 8, 9, 10, 23, 30, 36, 44
Church History 6
Creation 46, 49
Faith 43
Family 2, 18, 28
Friendship IFC, 16, 20, 22, 30
Goals 12, 42, 43
Gratitude 2, 40
Happiness IFC, 2, 14, 20, 22, 28, 32 (FLF)
Heavenly Father 12, 14, 23, 30, 40, 42, 44
Holy Ghost 14, 18, 30, 44
Jesus Christ 12, 14, 18, 22, 24, 30, 32 (FLF), 40, 46, 49
Journals 12, 40
Love and Kindness 8, 9, 16 (v), 20, 22, 24, 40, 30, 42
Missionary Work 23, 32 (FLF), 34 (FLF), 35 (FLF)
Music 23, 24
My Gospel Standards 2, 4, 8, 9, 10, 11, 14, 18, 20, 22, 23, 24, 30, 36, 40, 42, 44
Patriarchal Blessings 23
Plan of Salvation 14, 34 (FLF)
Prayer 10, 12, 30, 44
Priesthood 18
Prophets 2, 8, 20
Quorum of the Seventy 23, 45
Quorum of the Twelve Apostles 11
Repentance 36, 44
Sabbath Day 30
Scriptures 2, 10, 12, 14, 28, 40, 46, 49
Service 12, 18, 30, 42, 43
Temples 6, 26 (f)
Word of Wisdom 11, 30

Sidebar References

1. "The Continuing Pursuit of Truth," *Ensign*, Apr. 1986, 2.
2. "To Learn, to Do, to Be" *Ensign*, Nov. 2008, 62.
3. "Taking the Higher Road," *Ensign*, Aug. 2002, 43.

The *Friend* can be found on the Internet at friend.lds.org.
To subscribe online, go to ldscatalog.com.



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

The following information and permission must be included:

Full name _____

Age _____ State/Province, Country _____

I grant permission to print submission and photo:

Signature of parent or legal guardian _____

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

Would you like to send us a letter, drawing, or poem? Fill out this form, or make sure all the information is included with your submission. (Letters for Friends by Mail and Trying to Be Like Jesus must include a photo.) Submissions may be edited for length and clarity.

The *Friend* NEW OR RENEWAL SUBSCRIPTION

\$8.00 (U.S.) per year

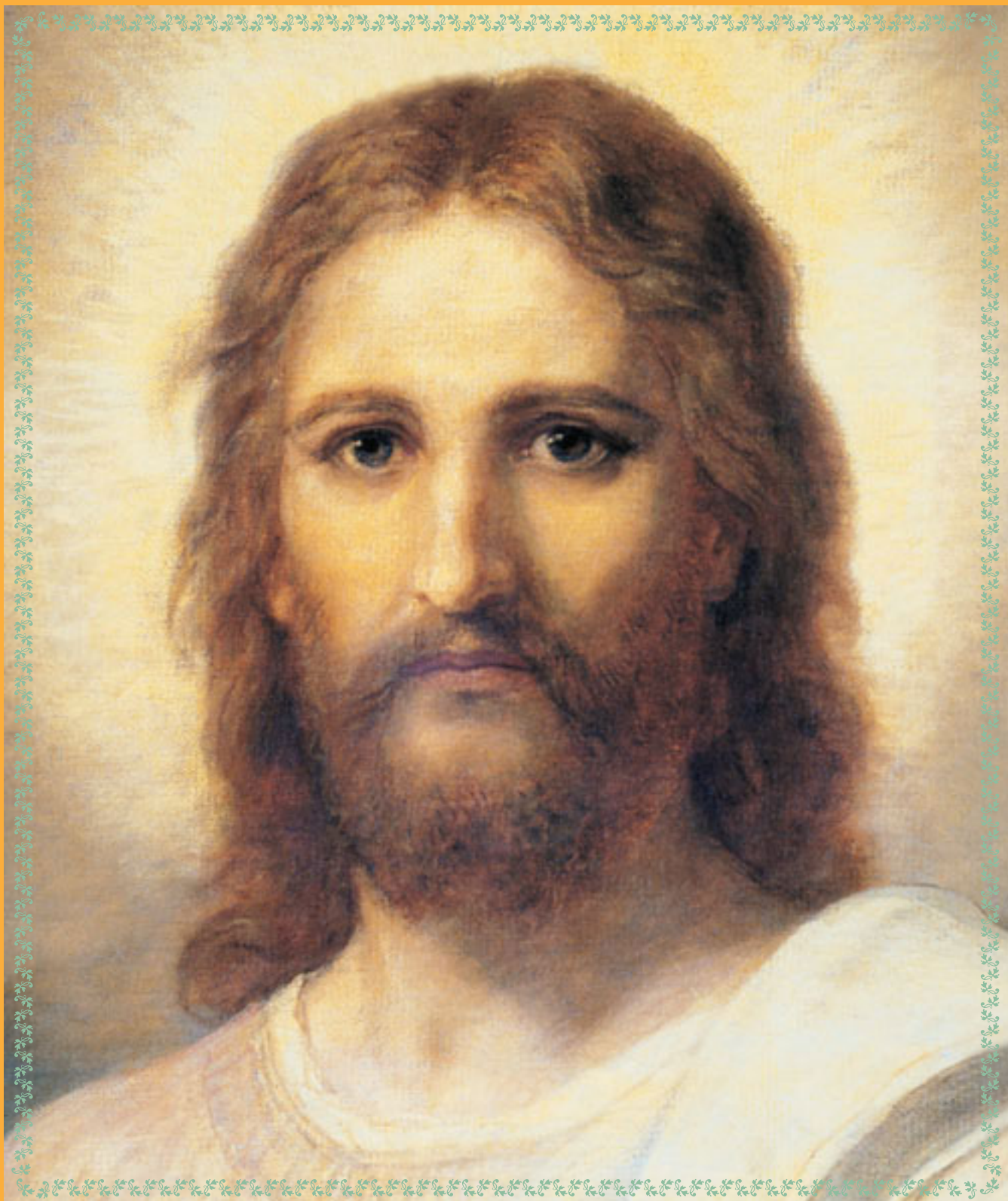
Name _____ Address _____
City _____ State _____ Country _____ Zip _____

To Subscribe: By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express. **Online:** Go to www.ldscatalog.com. **By mail:** Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

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

The *Friend* is available each month in Braille, or as a Talking Book, for the visually impaired. For more information, contact Salt Lake Distribution Services, 1999 West 1700 South, Salt Lake City, UT 84104-4233, United States of America.

Key 040204



**“And he shall be called Jesus Christ, the
Son of God, the Father of heaven and earth,
the Creator of all things from the beginning”
(Mosiah 3:8).**

What's online this month?



friend.lds.org

For Children



A YEAR ON TEMPLE SQUARE Visit friend.lds.org to watch a video and learn more about the Salt Lake Temple.

FOR LITTLE FRIENDS

On the *Friend* Web site click on **For Little Friends** to see what Tanner does to be a missionary while he is young.



For Parents



TALK PREPARATION Do you or your children need help preparing a talk? Click on **Gospel Library** at lds.org and go to **Gospel Topics** to find scriptures and magazine articles about your topic.

SCRIPTURE JOURNAL Primary children are invited to keep a Scripture Journal this year. Look at the Sharing Time page in this issue or at friend.lds.org to help your child prepare a journal.



For Teachers and Leaders



OLD TESTAMENT VIDEOS A new DVD set includes videos of many Old Testament stories, video recordings of the book *Old Testament Stories*, paintings, and quotes from latter-day prophets and apostles. You can order the *Old Testament Visual Resource* DVDs at ldscatalog.com.

SHARING TIME HELPS For help with planning inspiring, interactive Sharing Time presentations, visit lds.org/pa. Click on **Primary** and then on **2010 Outline for Sharing Time and Sacrament Meeting Presentation**.

