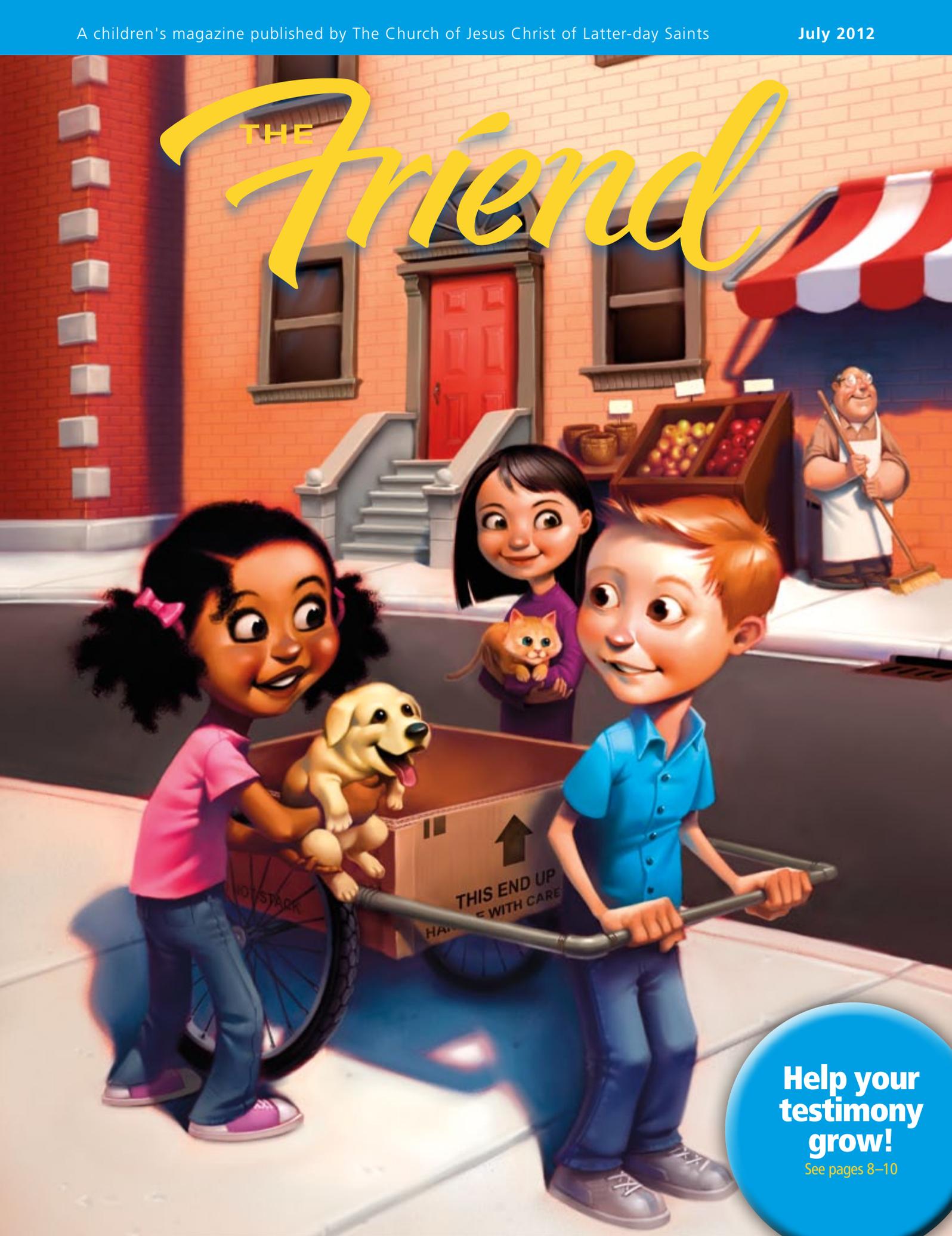


# THE *Friend*



**Help your  
testimony  
grow!**  
See pages 8–10



## I Was Honest



I found \$20 on the floor of my classroom. I thought of all the things I could buy with \$20, but then I remembered a story in the *Friend* about a boy who found a wallet at recess and turned it in to the lost and found. I gave the money to my teacher, and

she gave me candy for being honest. The best part was the feeling I had inside. It was the Holy Ghost telling me I did the right thing. I know the Church is true, and I always want to be honest so I can be a missionary someday.

**Andrew C., age 7, Virginia**

## How I Read the *Friend*

**Maddie S., age 6, Utah**



## The *Friend* Makes Me Grin



I love checking the mailbox, and I get especially excited when a new *Friend* is inside. I asked my mom to help me make the Apple Grins recipe from the October 2011 issue. I was very proud of myself. We love reading the *Friend* at our house.

**Clara W., age 6, Virginia**

## Those Words



I read “Those Words” in the December 2011 *Friend* and realized that I had the same problem that Shelby had. I have a friend who takes the Lord’s name in vain. I’ve asked her many times not to say that. I am very proud of her because she’s

starting to stop, and when she notices that she says it, she says, “Sorry, I forgot.”

**Caitlin B., age 9, Missouri**

## Dear Friends,

It takes a lot of courage to be a pioneer—whether it’s helping settle a new territory or being the first in your family to join the Church. On pages 18 and 30 you can read two exciting stories about young pioneers who faced different challenges with bravery and faith. Who are the pioneers in your family? Have you ever been a pioneer? Write and tell us your stories.

Happy Pioneer Day!

The *Friend*

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

Volume 42 Number 7  
July 2012

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# THE *Friend*

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

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



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Cover by Kevin Keele



Learn to play the Primary song "I Feel My Savior's Love" on page 47.



You can show respect each day in many ways.



# The GREAT Work of GOD

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

In April 1830, Joseph Smith, Oliver Cowdery, and a handful of others gathered together to organize The Church of Jesus Christ of Latter-day Saints. It was a simple meeting. How the heavens must have rejoiced

and glorified God—for on that day, the Church of Jesus Christ returned to earth!

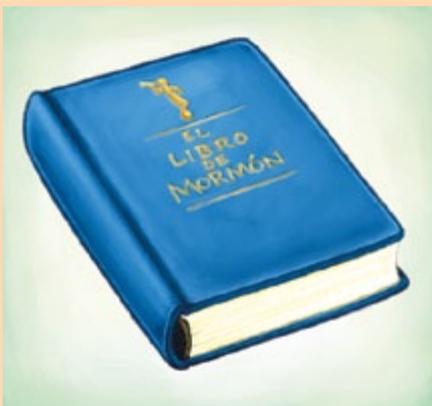
Since that day, millions have discovered the truth of the restored gospel and have entered the waters of baptism. I testify that this great work of God is on the earth today. I bear witness that the Lord watches over His Church and directs it through His prophet, Thomas S. Monson.

It is no ordinary blessing to live in these latter days. These are glorious times foreseen by ancient prophets and attended by watchful, angelic hosts. The Lord is mindful of His Church. He is also mindful of those who follow the promptings of the Holy Ghost and join with their brothers and sisters the world over in helping to bring forth this great work of God. ♦

## No Ordinary Blessing

To find some of the remarkable blessings the Church gives to people, look up the scriptures below. Then find the picture that matches each scripture.

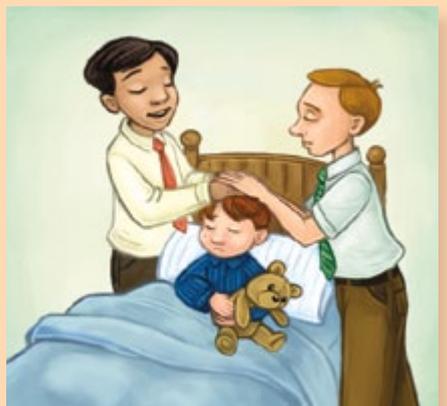
Acts 22:16  
2 Nephi 32:5



James 5:14-15  
D&C 20:8-12



Deuteronomy 18:18  
D&C 110:7-10



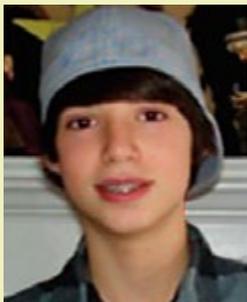
# They Listened!

Have you ever read “Come Listen to a Prophet’s Voice” for family home evening? This family from Georgia did. After they read President Uchtdorf’s message “Listen for His Voice” from the January 2011 *Friend*, each member of the family wrote about a time when he or she heard Heavenly Father’s voice through the Holy Ghost.



*My friend lost an earring one day on the playground. After searching for about five minutes, I had the feeling to pray. I whispered to my friend to pray, and she did. A few minutes later she found the front piece. Then three seconds later she found the back. I am so glad I was there to help my friend and that I can pray to Heavenly Father for anything I need.*

**Carleigh F., age 10**



*One day at school I got this feeling I should go talk to a new boy in class. I sat down next to him and said hello. He has now become one of my best friends. He even came to seminary once and was able to learn a little*

*more about the Church. I followed the prompting, and the outcome was a great friend!*

**Benjamin F., age 15**



*One day my room was a really big mess. Then I had the thought that I should stop playing with my action figures and clean my room. After I did, I felt good inside, and I made my mom smile. I know listening to the*

*promptings of the Spirit makes me happy.*

**Isaac F., age 5**



*In Primary, my teacher taught us about how we can repent to get ready to meet Jesus when He comes again. I thought about how some of my friends were being inappropriate and cussing at school. I knew I should not*

*participate. I talked to my mom, and she helped me repent. Then I talked to my friends and got them to stop. I am glad that Heavenly Father gave me good Primary teachers so I can hear His voice through the Holy Ghost.*

**Adam F., age 8**



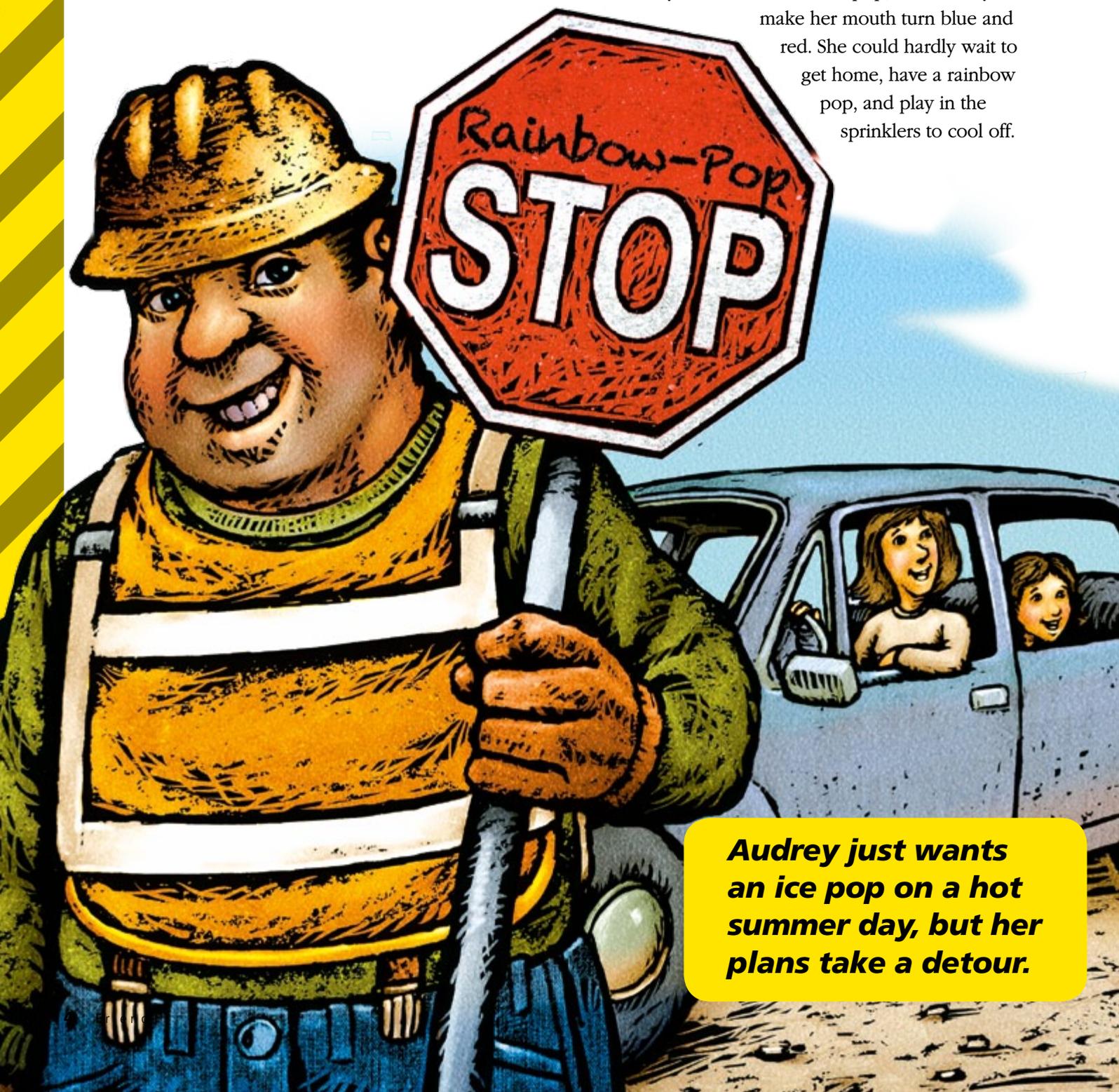
*Once I was trying to save money for something expensive. I didn’t have enough money, so I prayed and asked Heavenly Father for help. Then I had a feeling that I should call my grandpa. He hired me to do yard work for him, and I worked hard all summer. I was able to reach my goal because I listened to the feeling I had after I prayed to Heavenly Father.*

**Jonah F., age 12**

**By Sheila Kindred**  
(Based on a true story)

*Give then, as Jesus gives; there is something all can give (Children's Songbook, 236).*

It was a hot day, and Audrey and her mom were driving home from the grocery store. Among the bottles and packages was a special treat that Audrey had picked out: a box of rainbow ice pops. They were Audrey's favorite kind of ice pop, even if they did make her mouth turn blue and red. She could hardly wait to get home, have a rainbow pop, and play in the sprinklers to cool off.



***Audrey just wants an ice pop on a hot summer day, but her plans take a detour.***

“Oh dear,” Mom said, slowing down the car. “All the traffic is stopped ahead.”

As they slowly moved forward, Audrey saw several people standing in the road wearing hard hats and bright vests. They were holding up signs to stop the cars. They looked hot and sweaty.

“Roadwork,” Mom said. “I forgot they were doing that today. I guess we won’t be getting home soon. We’ll just have to be patient.”

“Mom, we need to get home soon, or all my rainbow pops will melt,” Audrey said.

“I’m sorry, but if we’re stopped a long time they probably will melt,” Mom said.

“Can I have one now?” Audrey asked.

“You know we have rules against eating in the car,” Mom reminded her.

“Especially sticky things. Sorry, honey.”

Audrey frowned. She was sad to think her rainbow

pops might be puddles by the time they got home.

Just then they pulled up next to a road worker. “I need you to wait right here, ma’am,” he said to Audrey’s mom. Then he pulled out a rag and wiped his forehead. “Sure is a scorcher,” he said.

Then Audrey got an idea. She reached into a shopping bag, pulled out the box of rainbow pops, and handed it to Mom.

Mom smiled at Audrey. “Great idea,” she said. She handed the box through the car window to the road worker. “Maybe this will help,” she said.

The man grinned. “I’ll have no problem sharing these. Thank you, ma’am.”

Mom pointed to Audrey. “It was my daughter’s idea. I bought them for her.”

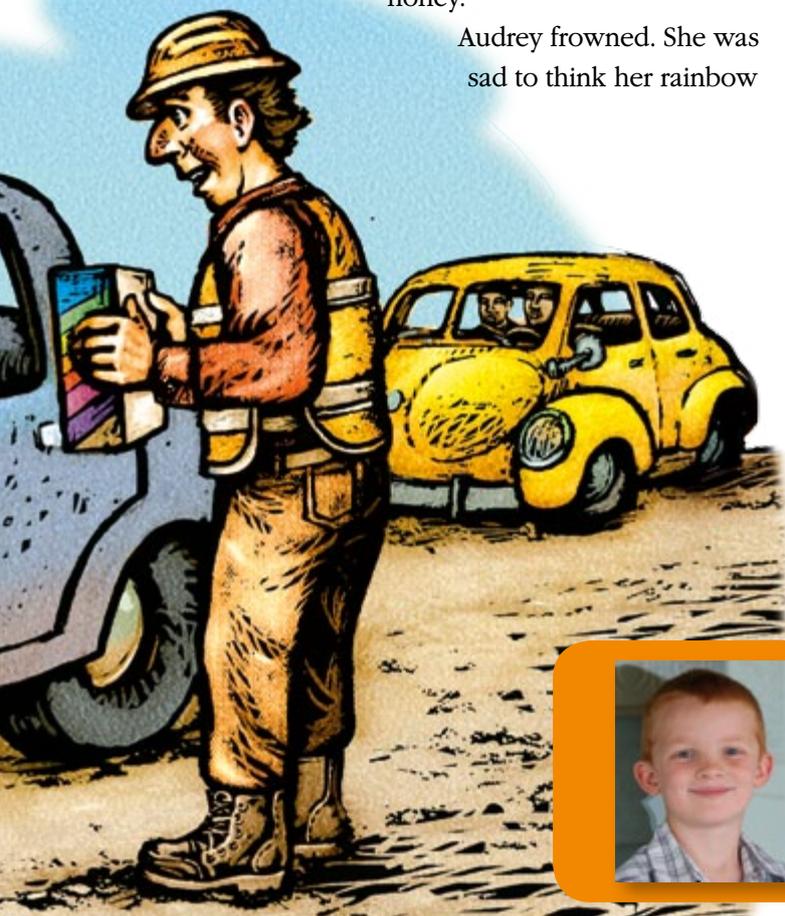
The man waved to Audrey. “Thank you, miss. You’ve made our day.”

Audrey grinned back. She was glad the rainbow pops wouldn’t be wasted.

“That was very kind of you, Audrey,” Mom said. “Maybe when we get home we can make some juice pops instead.”

“Maybe,” Audrey said. She didn’t like juice pops as much as rainbow pops, but she was still glad she gave away her rainbow pops.

As they drove past more road workers, Audrey saw some of them holding up their rainbow pops to stop traffic, while others were doing their work with red or blue mouths. Audrey was sure they all looked a little cooler and a little happier, and that made her as happy as Christmas in July. ♦



One afternoon my cousin and I were skateboarding down our street. I noticed one of our neighbors pulling weeds. She looked tired and hot. An idea came into my mind that we should help her, so we stopped to help her pull weeds. While we worked we got to know her a little, and she taught us about how weeds grow. My little brother saw what we were doing, and he started helping us. It was fun to work together. Afterward I felt so good and happy inside. It made me want to find more ways to help our neighbor and other people.

**Samuel N., age 8, Nevada**



# Chocolate-dipped Bananas



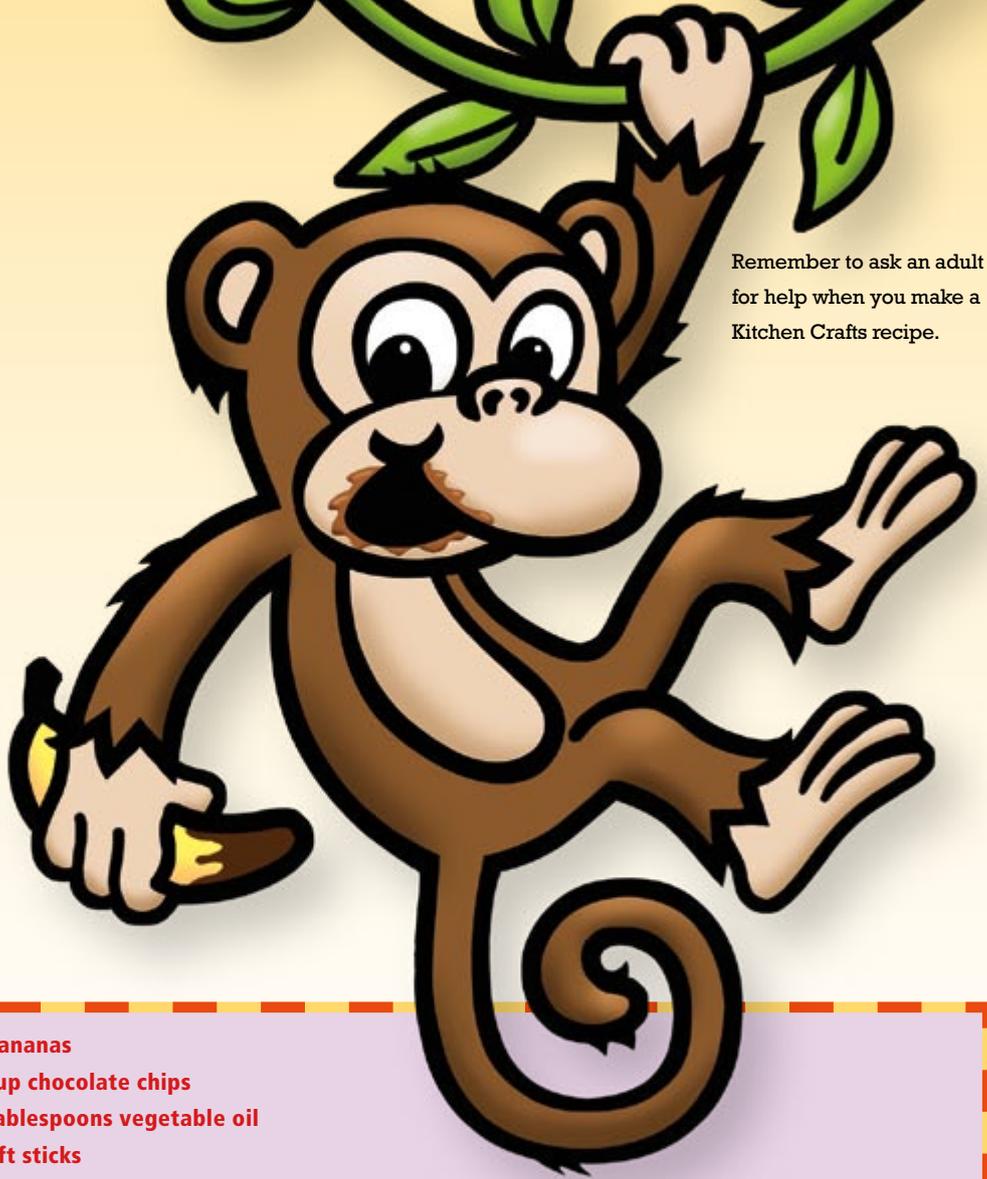
**3**  
 Freeze  
 30 minutes



**5**  
 Microwave  
 30 seconds



**7**  
 Freeze  
 30 minutes



Remember to ask an adult for help when you make a Kitchen Crafts recipe.

**2 bananas**  
**1 cup chocolate chips**  
**2 tablespoons vegetable oil**  
**craft sticks**

1. Peel the bananas and cut them in half across the middle.
2. Push sticks into the cut end of each banana half.
3. Freeze bananas for 30 minutes.
4. Mix the chocolate chips and the vegetable oil in a glass bowl.
5. Microwave the chocolate for 30 seconds and stir.
6. Dip the bananas into the chocolate.
7. Place bananas on a pan lined with wax paper and freeze for another 30 minutes.



**“Be still,  
and know  
that I am  
God.”**

—Psalm 46:10



# Thomas's TESTIMONY

By Joshua J. Perkey  
(Based on a true story)



*I, the Lord, give unto you a testimony of the truth (D&C 67:4).*

**I**t was family home evening, and everybody had a part to do. Mom was conducting. Dad was giving the lesson. The kids were in charge of prayer, music, and activity—except for Thomas. This week it was Thomas's turn to bear his testimony, and he was feeling kind of embarrassed.

Thomas had shared his testimony before, but it had been a long time, and he couldn't quite remember

what he was supposed to say. So when the opening song was over and the prayer had been said, Thomas frowned.

"It's your turn," Mom reminded him.

Thomas looked out the window at their evergreen tree, wishing somehow it could tell him what to do.

Dad sat down next to Thomas and asked him what was wrong.

**“You will find when you share your testimony it becomes stronger.”<sup>1</sup>**

Elder Robert D. Hales of the Quorum of the Twelve Apostles



“I don’t know what a testimony is,” Thomas said quietly.

“Well, I can help you,” Dad said. “It’s telling us some of the things you know are true or things you believe. You could talk about how you like reading scriptures. That always helps you feel the Spirit.”

But Thomas wasn’t feeling ready. Everyone was looking at him, waiting for him to do something. He shook his head. “I can’t. I don’t know what it is.”

Dad patted Thomas’s arm. “It’s OK. You can do it another time.”

Later that evening Thomas sat in bed holding his Book of Mormon. Dad was right—reading the scriptures always *did* make him feel better. He tried to read a chapter a day, but the chapters were starting to get really long. He opened his scriptures to 1 Nephi 17.

“That’s a long one!” Thomas whispered. He said a little prayer to Heavenly Father asking for help. Then he was amazed at how quickly the time passed.

Just before Thomas turned out his light, Dad came in to say good night.

“Guess what, Dad?”

“What’s that, buddy?”

“I haven’t read my scriptures for a whole week because the chapters were getting too long. But tonight I wanted to, so I said a prayer, and Heavenly Father helped me. I read the whole thing, and it felt like only five minutes. Prayer is a good thing.”

“Thomas, do you know what you just said?” Dad asked with a smile. “You shared your testimony!”

“Really?” Thomas asked. “What do you mean?”

“When you talked about prayer and how it helped you—that’s a testimony of prayer.”

Thomas’s mouth dropped open in surprise. He thought about all the times people had taught him about testimony. He realized he *had* shared a testimony!

Thomas felt so good he felt like laughing. He gave Dad a hug.

“Wow, I did it!” Thomas said.

“Dad, can I bear my testimony next week in family home evening? I know it’s not my turn, but I want to talk about prayer.”

“I think that’s a great idea,” Dad said.

As Dad left the room, Thomas thought about all that had happened that day. He was grateful for family, scriptures, prayer, and many other things. Right then, he was most grateful for a testimony. He knew how to share one and what it meant. ♦



# A Growing Testimony

**T**estimonies are like beautiful plants. They grow a little at a time, and they need care and protection. Follow the directions below to make this plant healthy and bright.

When you know something is true, you have a testimony of that truth. The Holy Ghost helps you understand the truth in your mind and gives you feelings of peace, happiness, light, or warmth in your heart.

Color a flower or leaf on this page each time you read something below that you know is true.

- God is my loving Heavenly Father.
- Heavenly Father hears and answers my prayers.
- Because of the Atonement of Jesus Christ, I can live with Heavenly Father again.
- Joseph Smith restored the gospel to the earth.
- We have a living prophet.
- The scriptures teach me what Heavenly Father wants me to know.

Just as a plant grows when it receives water and sunlight, your testimony grows stronger as you make good choices. Below are some ways you can strengthen your testimony.

Color a flower or leaf on this page each time you do one of the things below to help your testimony grow.

- Pray to Heavenly Father.
- Share my testimony in family home evening or during a talk in Primary.
- Read the scriptures.
- Listen and learn during Primary and sacrament meeting.
- Write about my testimony in my journal.
- Be kind to others.
- Read what prophets have taught about testimony. (You can start with “The True and Living Church” by President Henry B. Eyring in the May 2008 *Ensign*.) ♦

ILLUSTRATION BY BRAD CLARK



# Bulletin Board

## Good Word

This month's good word is **heritage**. Heritage is something that is passed down from one generation to the next. Your heritage comes to you from your parents and ancestors and is something you will pass down to your children and grandchildren. Another word for heritage is *legacy*. Find it on page 20.

# Heritage



## Journal Junction



Each month this year you can write a little bit of your own history in your journal. This month write about your grandparents. How many do you have? What are their names? Are they still living? Write down a favorite memory you have with one or more of your grandparents.

# SPONGE BALL

3 new rectangular sponges  
ruler  
pen  
scissors  
string



1. Use the ruler and the pen to draw lines  $\frac{1}{2}$  inch apart down the long side of the sponges. Cut the sponges on the lines.
2. Lay the strips on top of each other in three layers, five to six strips in each layer.
3. Loop a piece of string around the middle of the strips. Pull and knot the string tightly.
4. Fluff the pieces out into a ball. Dunk the ball in cold water, and you'll have a cool toy with on a hot day!



## Fast Fact

*When the early members of the Church crossed the plains, they couldn't take a lot with them. Children had to leave behind most of their toys and clothes. Some of the supplies each family needed were beans, flour, salt, dried apples, bedding, nails, and fishing equipment. What would you have taken on the journey?*

"The Word and Will of the Lord concerning the [pioneers] in their journeyings to the West:

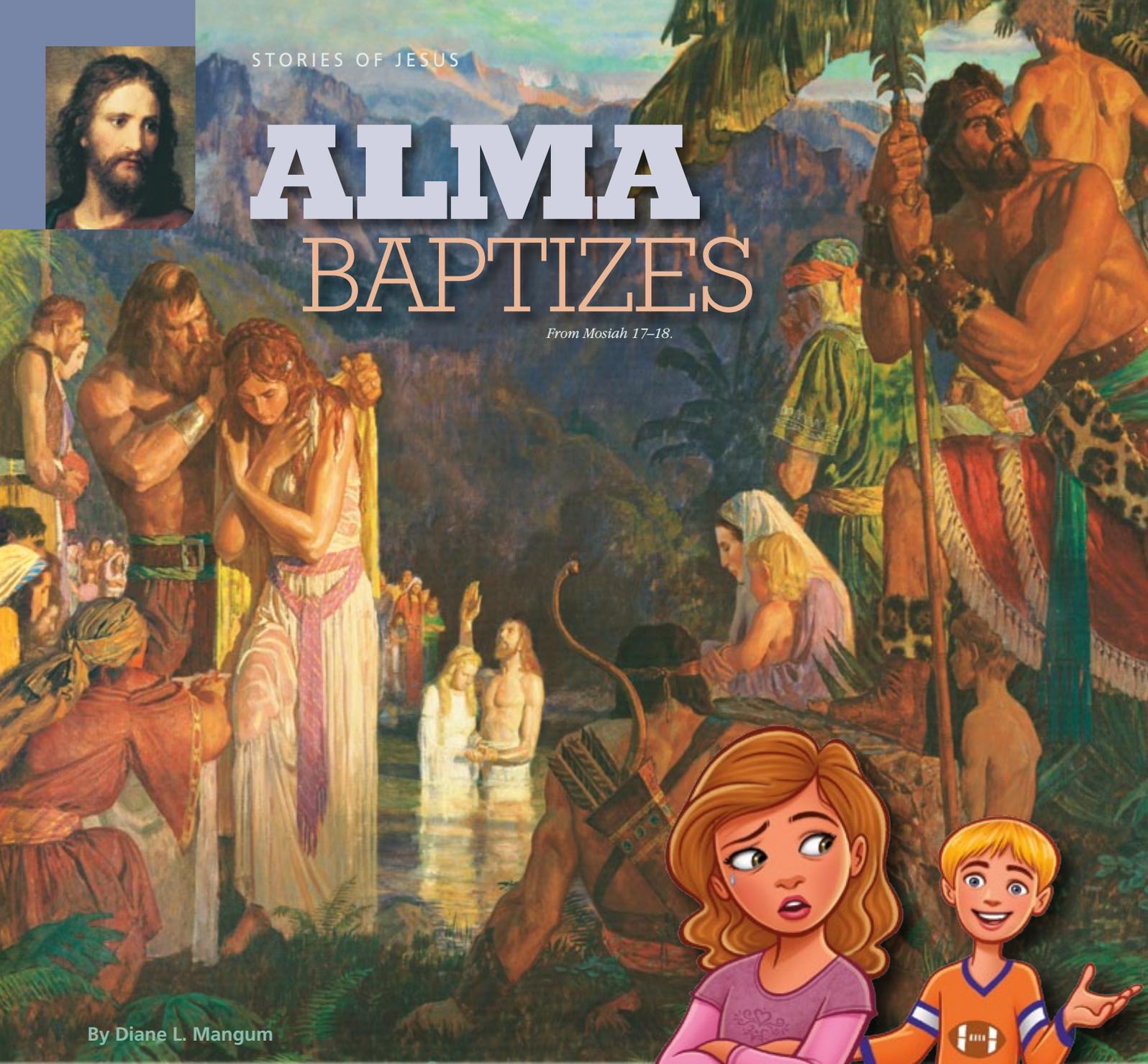
"Let all the people of The Church of Jesus Christ of Latter-day Saints, and those who journey with them, be organized into companies, with a covenant and promise to keep all the commandments and statutes of the Lord our God. . . .

"Let each company provide themselves with all the teams, wagons, provisions, clothing, and other necessities for the journey, that they can" (D&C 136:1-2, 5).



# ALMA BAPTIZES

*From Mosiah 17–18.*



By Diane L. Mangum

**W**icked King Noah sat with his priests and listened to the prophet Abinadi teach about Jesus Christ. Bravely, Abinadi taught about faith, repentance, and the resurrection that would come because of Jesus.

The wicked priests were angry because Abinadi said they should repent, and King Noah ordered that Abinadi should be put to death. But one priest, named Alma, listened to Abinadi and knew the things he taught were true.



## Contention

Sometimes people don't agree with each other, but angry words or quarreling don't help people live together in love. Kind words can help people work out disagreements.

Alma told King Noah to let Abinadi go. Instead, the king threw Abinadi into prison, chased Alma out of the kingdom, and sent servants to find Alma and kill him.

For many days Alma hid in the woods and wrote down everything he had heard Abinadi teach. Alma repented of his sins and then secretly taught other people about the teachings of Jesus Christ. Many people believed Alma.

The servants of King Noah were still searching for Alma, so he had to stay hidden. Alma lived in a forest far from the city. The place was called Mormon.

The people who wanted to hear more about Jesus Christ gathered together near the waters of Mormon. Alma taught them what they needed to do to be baptized. They should be willing to be called the children



## Knit Together

**Alma taught that the people should have their hearts “knit together in unity and in love” (Mosiah 18:21). In knitting, each stitch is connected to every other stitch around it. Children of God are knit together in love when they reach out with kindness and friendship to everyone.**

of God and tell people they believed in Christ. He said they should be willing to join with the other children of God and help them whenever they needed help or comfort.

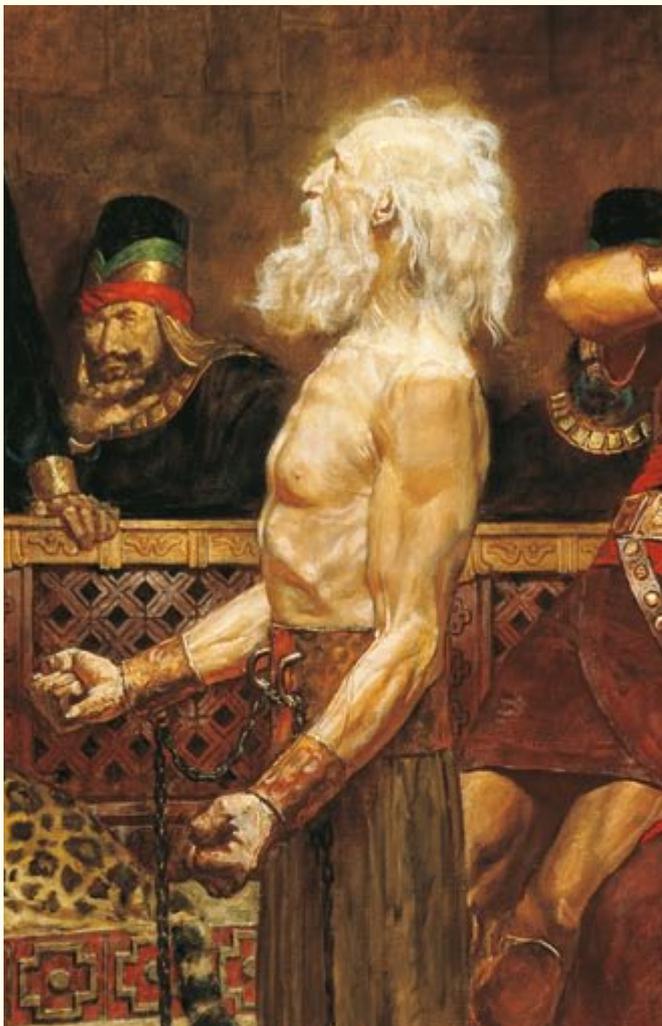
To be baptized, the people also needed to promise to keep the commandments. Alma said that if they made that covenant, the Lord would pour out His Spirit more abundantly on them.

The people clapped their hands for joy and were excited to be baptized.

Alma took a man named Helam into the waters of Mormon. Alma baptized Helam, and when he arose out of the water, they were filled with the Spirit. Then Alma took each one of the people into the waters of Mormon and baptized them. He baptized about 204 people that day.

After that day the people who were baptized called themselves the Church of Christ. Alma had authority from God and ordained priests to teach the people. More people joined them and were baptized.

Alma taught the people that there should be no contention among them. They should share, work together, worship together weekly, and have their hearts knit together in unity and love. ♦



# Making History

By Chad E. Phares

Church Magazines

**S**oma, Eszter, and Kata B. live in Budapest, Hungary, a city with a history of palaces, royalty, and beautiful art and buildings. Though the children learn about the history of their city in school, they are also interested in learning about another type of history—Church history.

“I like to learn about when Joseph Smith prayed and Heavenly Father and Jesus appeared to him,” Eszter, age 7, says.

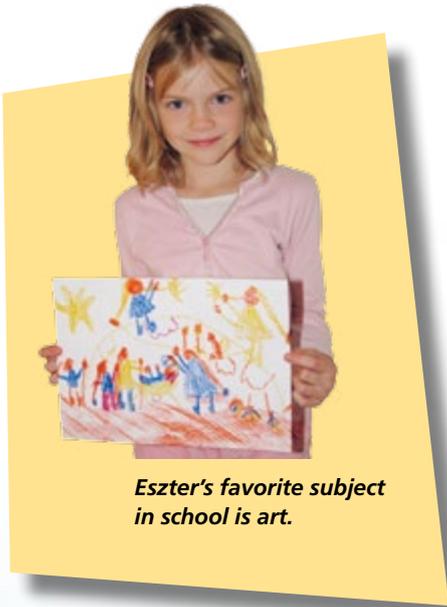
Soma, age 10, likes to read about Alma the Younger. “He was bad at

first, but I like how he then chose to be good.”

Not a lot of people in Budapest know about Joseph Smith or Alma the Younger, but Soma, Eszter, and Kata, age 5, hope that as they show good examples and choose the right, more Hungarians will learn about the Church. ♦



*The family attends church in this building, which also houses the Hungary Budapest Mission office.*

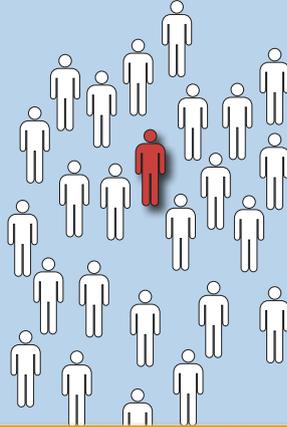


*Eszter's favorite subject in school is art.*

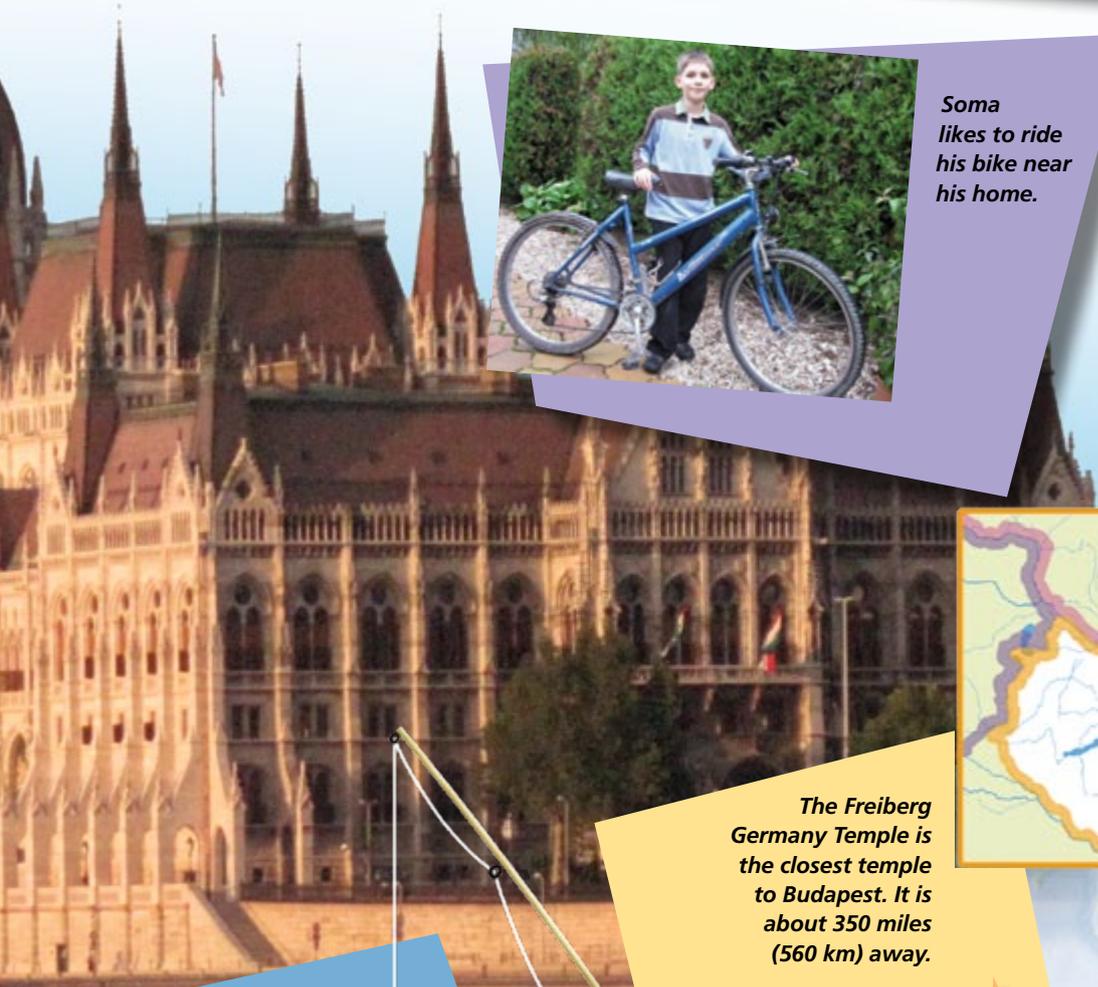


*The Book of Mormon was published in Hungarian in 1991.*

*About one in every 2,200 people in Hungary is a member of the Church.*



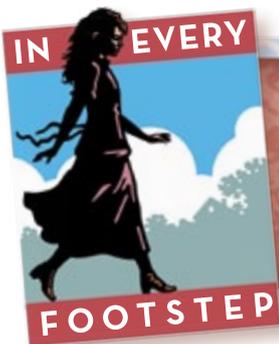
*Soma likes to ride his bike near his home.*



*The Freiberg Germany Temple is the closest temple to Budapest. It is about 350 miles (560 km) away.*



*The family likes to spend time in the mountains near Orfu Lake. They catch fish, swim, and lie on the beach.*



Part One:

# The Flame of Faith

By Megan Withers Roxas

(Based on the life of Sarah Ann Nelson Peterson)

*This story begins in 1842, in a Norwegian settlement near Fox River, Illinois.*

Sarah Ann handed a bowl of soup to their guest. “Thank you,” Mr. James said. “I can never repay you and your mother for letting me stay here to wait out this storm.”

Sarah Ann smiled. Many travelers had enjoyed the warmth of their home. Mother could never ignore a person in need, and Sarah Ann loved her for it.

“We’re glad you could stay with us tonight. This is the coldest night I can remember in Illinois,” Sarah Ann said, taking a seat at the table across from Mr. James. “Our family moved here from New York after Father died. He and Mother left Norway to escape those who wanted to punish them for being Quakers. When they arrived in America, Father worked hard to build a house.”

As Sarah Ann told the story, she could almost smell the fresh-cut maple wood again.

“One day, our home caught fire, and everything was destroyed. When Father returned from work and saw us standing in the street, he asked Mother if we were safe. She answered yes, and Father knelt down right there in the middle of the street and thanked God for protecting us.”

“Your father must have had a lot of faith in God,” Mr. James said.

Sarah Ann nodded, wishing her father were still with them.

Soon their visitor said good night and went to bed.



Mother reached for his worn socks, which had been drying by the fire, so she could mend the many holes. This was a scene Sarah Ann had witnessed a hundred times. She kissed Mother on the cheek and went to bed.

When Sarah Ann awoke the next morning, Mr. James was gone. But the house was not quiet. There was a large crowd gathered in the road outside, and Sarah Ann leaned out the window to hear what was happening.

Two men were standing in the middle of the crowd. Sarah Ann recognized them as the Mormon

missionaries who had arrived in the village last week. It was obvious that whatever they were talking about was important to them.

One of the men held up a book and said, “We testify that the Book of Mormon is true. We also testify that there is a living prophet once again on the earth.”

Sarah Ann suddenly felt a warm feeling fill her heart. It surprised her. She knew in that moment that what the missionaries were teaching was true.

What was the book that man was holding up, and how would it change Sarah Ann's life?

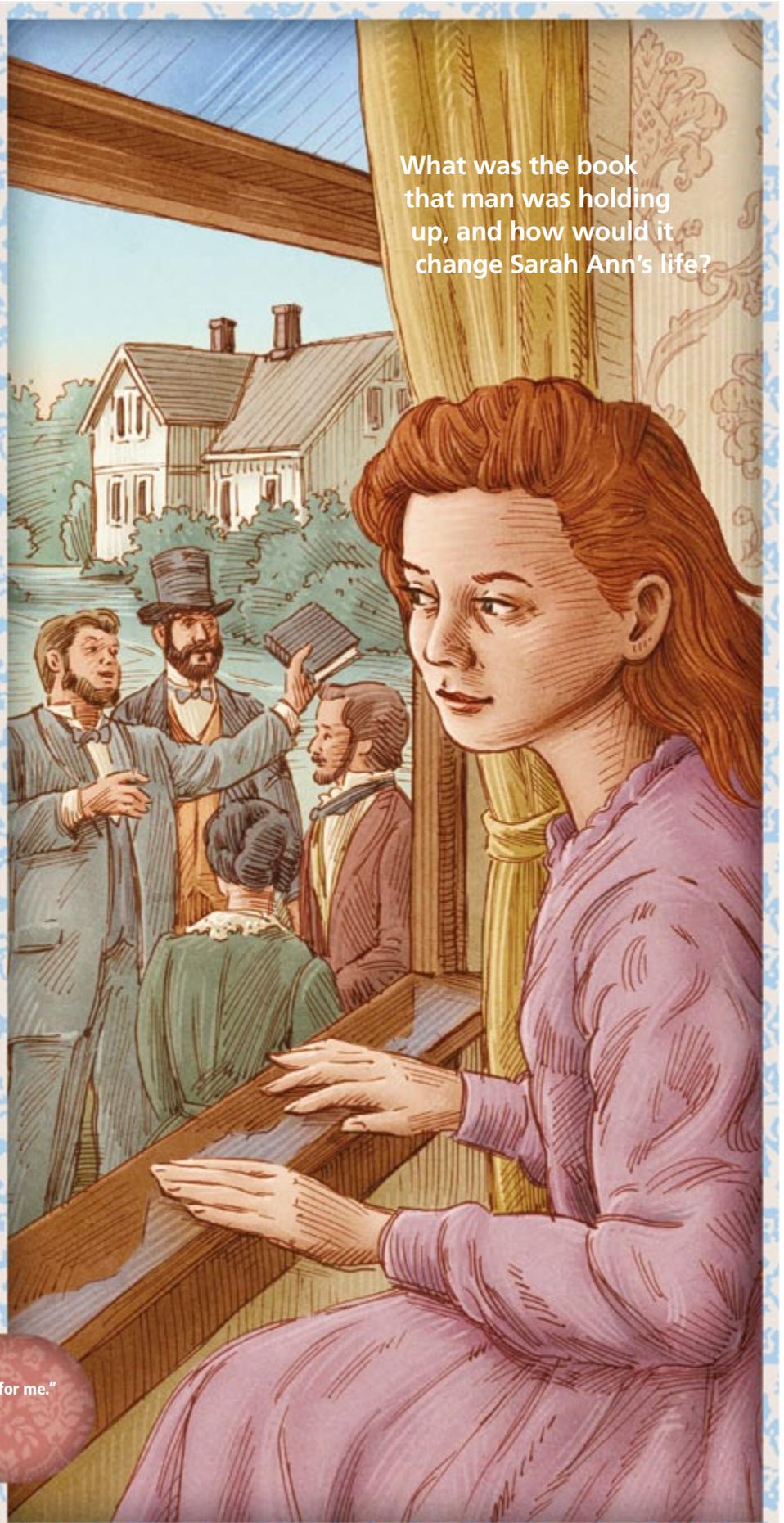
Sarah Ann rushed to tell Mother about the experience and her desire to be baptized. Some of Mother's friends were members of The Church of Jesus Christ of Latter-day Saints, and even though they were good people, Sarah Ann could tell that Mother didn't want her to be baptized.

"Sarah Ann, this is a big decision. If you still feel the same way when you are older, then you may be baptized," Mother said.

Sarah Ann agreed. Over the next three years, she learned all she could about the Church. As she did, her faith in Jesus Christ and His restored gospel grew. No amount of time could take away what Sarah Ann felt about the gospel.

Finally, Sarah Ann was baptized. On her baptism day, Sarah Ann made a promise in her heart that she would always do whatever Heavenly Father asked her to do. She was about to find out what that would be. ♦

*(To be continued.)*



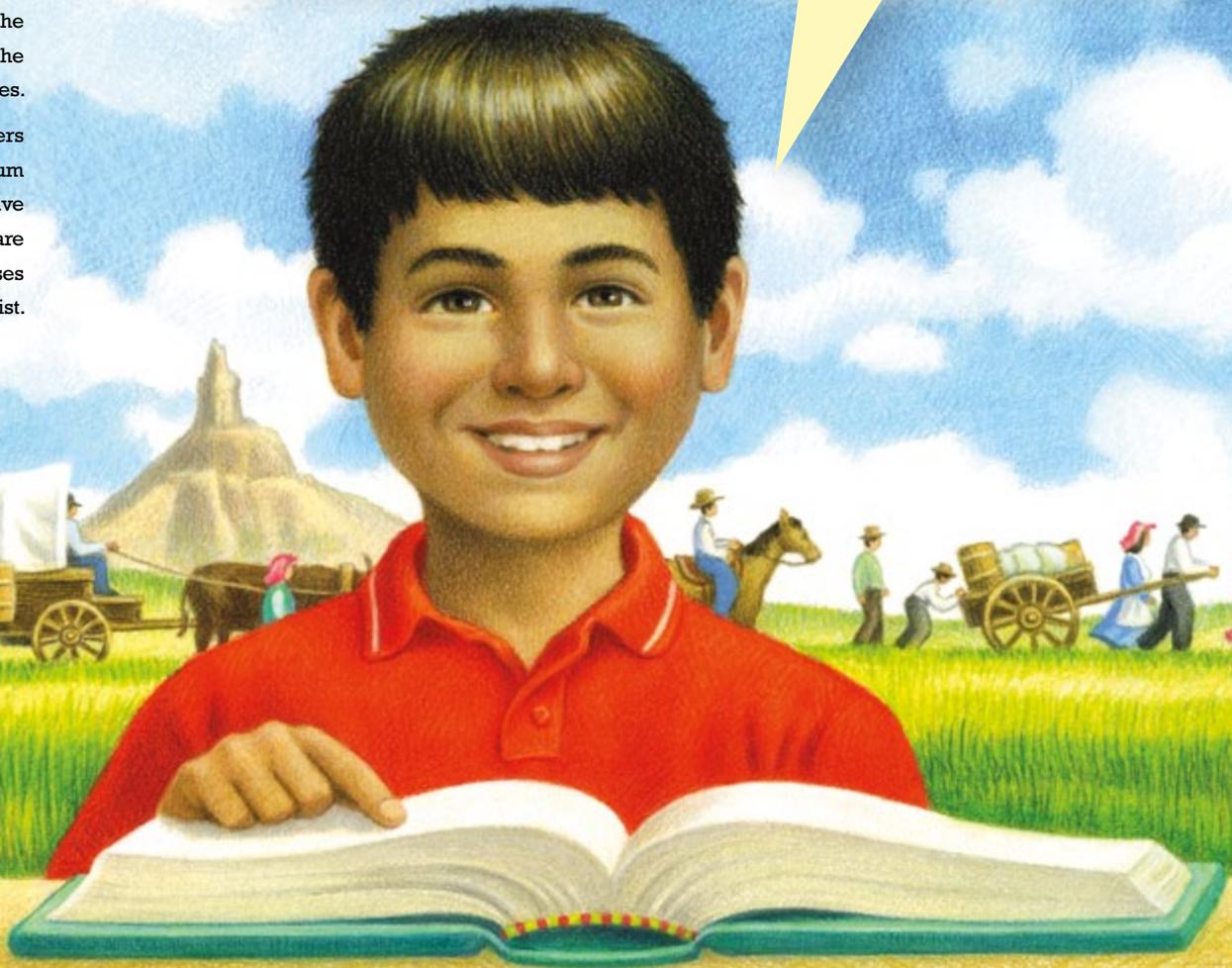
**"I will follow Heavenly Father's plan for me."**  
My Gospel Standards



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

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

The early pioneers lived so long ago.  
**What can I learn from them?**



**O**n the 24th of July, we celebrate the arrival of the pioneers in the Salt Lake Valley.

They left everything behind—their homes, their businesses, their farms, and even their beloved family members—to journey into a wilderness.

The pioneers danced and sang as they crossed the plains. It was a way they kept their spirits high in the face of tremendous hardships.

With firm faith in God and their leaders, the early pioneers went to work to create beautiful communities in the shadows of the mountains.

What a glorious legacy of faith, courage, and ingenuity those noble pioneers have left for us to build upon. ♦

*From "The Past Way of Facing the Future," Ensign, Nov. 2009, 74; "A Meaningful Celebration," Ensign, Nov. 1987, 70, 72.*

# A Whisper of Kindness

By Deborah Moore

(Based on a true story)

*Love your enemies, do good to them which hate you (Luke 6:27).*

Carson is here today,” James’s mom said, pointing to a boy in the hallway by the Primary room.

James groaned. Carson was wearing jeans and an old shirt. James knew his mom and dad would never let *him* wear anything like that to church, but they would never let him get away with a lot of the other things Carson did either.

Last week at school, Carson had been kicked out of class for talking back to the teacher. He always made fun of the way James dressed and gave him a hard time for being the shortest boy at school.

“What if he yells at Sister Win or starts a fight?” James asked.

“I’m sure everything will be fine,” Mom said. “Carson has never been to church, and he’s probably nervous.”

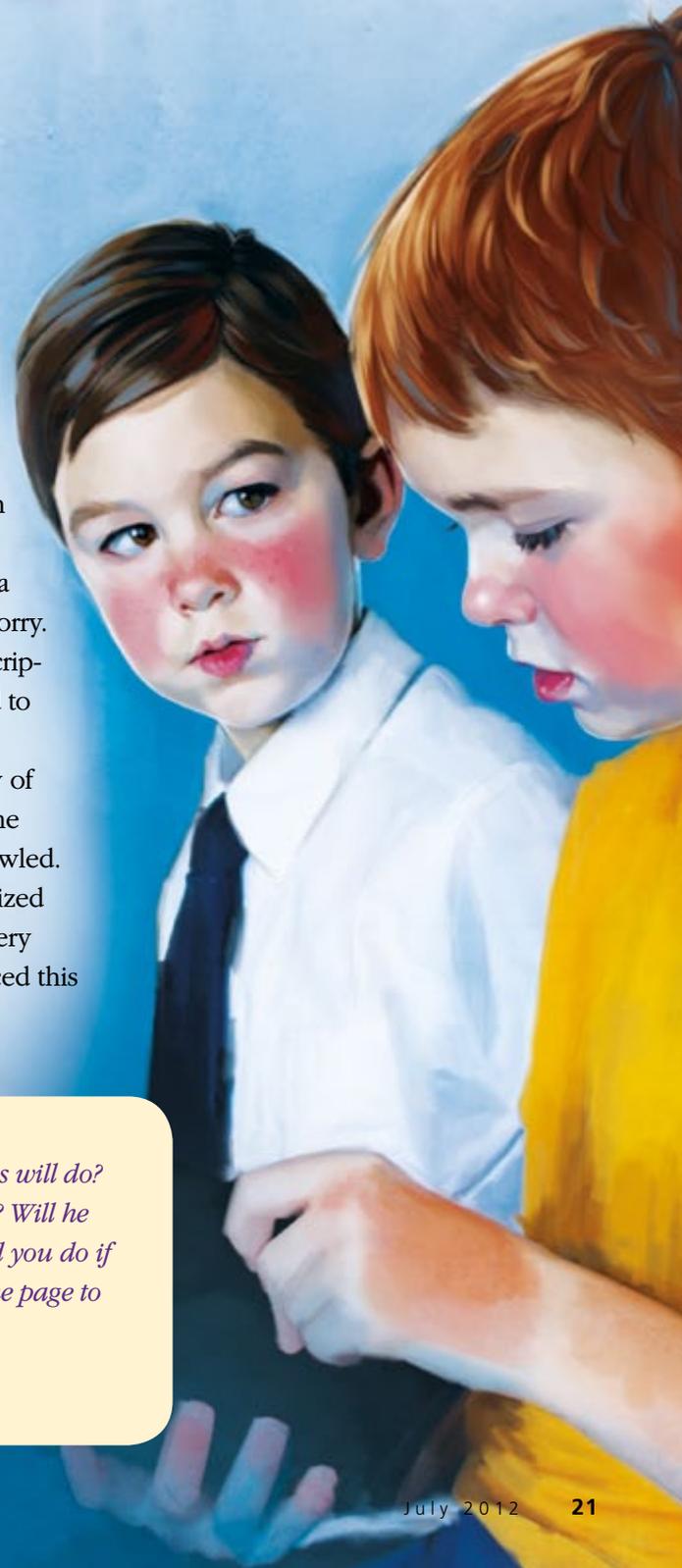
When class started, Sister Win asked who had brought their scriptures. James raised his hand along with the rest of the class, but Carson shook his head. He looked embarrassed, which surprised James. Carson usually made a joke when he didn’t do his homework. But the

more James thought about it, the more he wondered what it would be like to go to a new church for the first time.

Sister Win handed Carson her scriptures to use. When it was Carson’s turn to read a scripture, James began to worry. What if Carson tossed the scriptures on the floor or refused to read?

But Carson didn’t do any of those things. He stared at the words on the page and scowled. After a moment, James realized that Carson couldn’t read very well. James had never noticed this before at school.

*What do you think James will do? Will he laugh at Carson? Will he ignore him? What would you do if you were James? Turn the page to find out what happened.*



James leaned over to Carson and whispered, "Verily."

Carson looked surprised, but he said the word and continued reading the verse. When he struggled with a word, James helped him with it. At the end of his turn, Carson looked over at James and gave a small nod.

James wasn't sure if things were going to be different at

school after this. The funny thing was that he didn't care. He felt good knowing he had helped a boy who always gave him a hard time, and nobody could take that feeling away. ♦



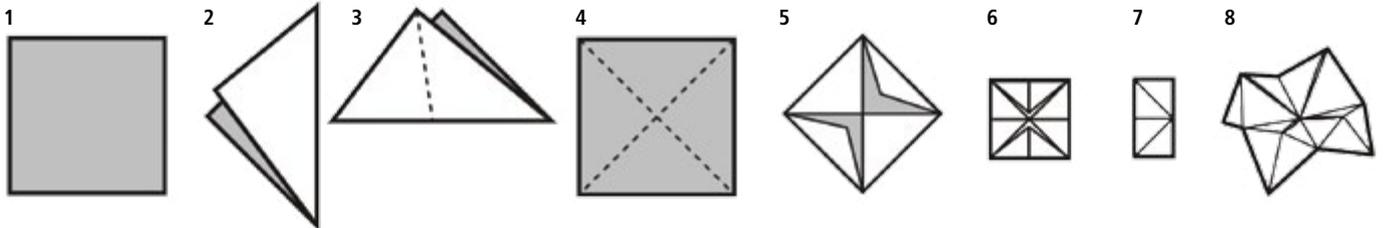
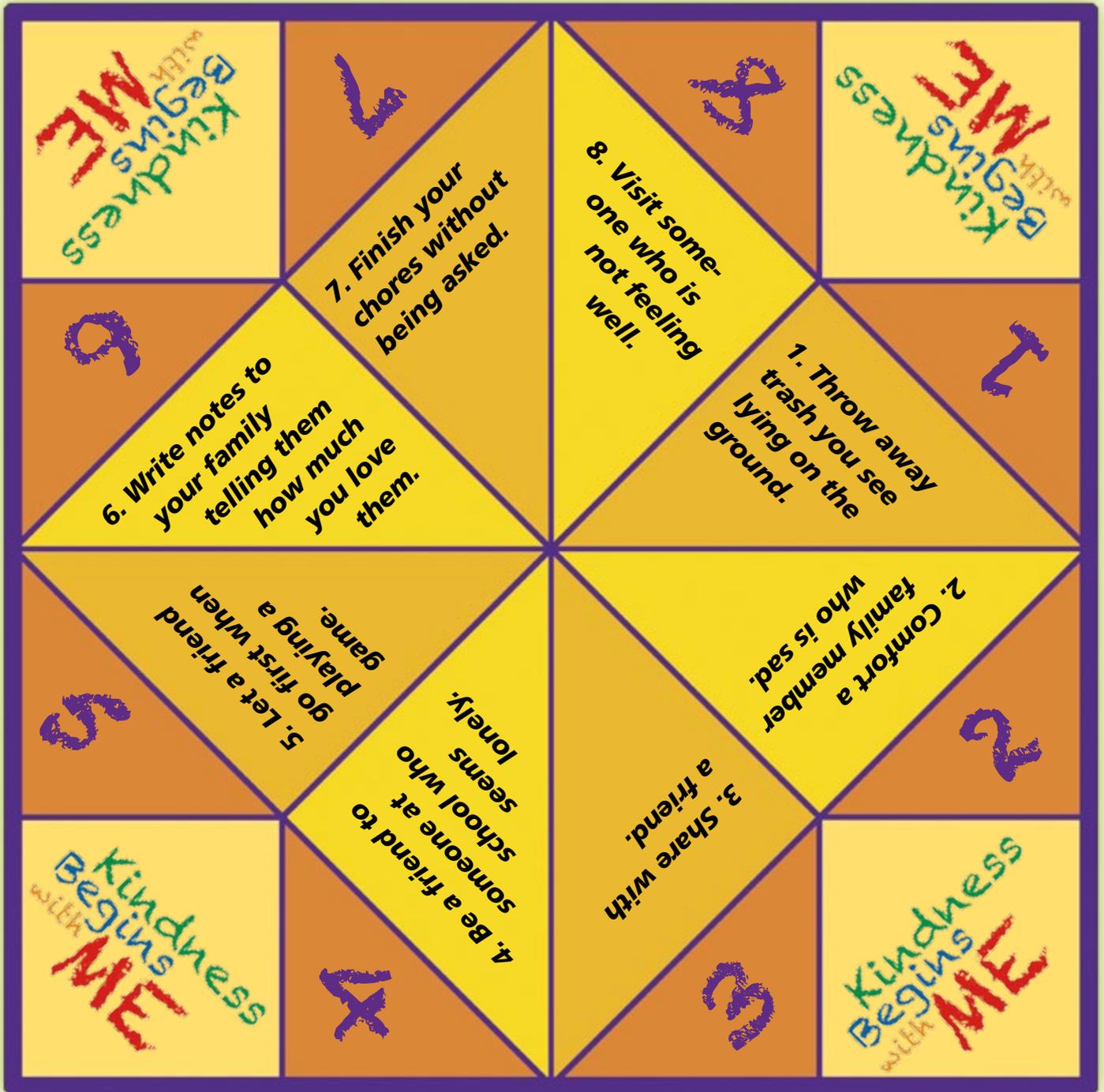
One day my friends and I were playing a game on the playground when another girl joined us. She was known for bullying other kids and not being very nice. She started changing the rules of the game, and I said, "You can play your way, but

we're going to play the way we like." She looked disappointed and walked away. Afterward I thought about what I had said to the girl. I knew I had hurt her feelings. Later I found her and said, "I'm sorry. I didn't mean that you couldn't play with us." She said it was OK. That girl and I might not be friends, but I think I did what Jesus wanted me to do by being kind to her.

**Raegen K., age 9, Utah**

## KINDNESS CATCHER

1. Cut out the Kindness Catcher from the magazine.
2. Place the printed side down and fold in half so that it forms a triangle.
3. Unfold. Then fold in half the other way.
4. Unfold. The two creases should form an X.
5. Fold each corner of the square into the center of the X. This will form a smaller square.
6. Turn over the Kindness Catcher and fold each corner to the center of the square, just like you did in step five. Your square should have four folded triangles on one side and four diamond flaps on the other side.
7. Fold the Kindness Catcher in half so that the flaps are on the outside.
8. Place your thumbs and forefingers under the flaps and push them to the center.









**By Annie McCormick Bonner**

(Based on a true story)

*Whosoever shall call on the name of the Lord shall be delivered* (Joel 2:32).

**M**y dad looked like an angry mud monster. Our van and our moving truck were both stuck in the mud on a deserted road. Dad and Mom were trying to move them, but the mud was deep. Each time they tried to drive, the wheels spun and mud flew everywhere. Dad was getting more and more frustrated.

My brother and sisters and I stood away from the truck and van.

“Why is Daddy getting dirty?” my little sister Karen asked.

“He’s trying to get us out of the mud,” I said.

Mom tried driving the van again. The wheels spun, showering Dad with more mud. Splat!

“That’s enough. You can stop!” Dad yelled. Then he grumbled to himself.

It bothered me to see Dad upset. I could tell it

was worrying Karen too.

“We’re really stuck, aren’t we?” Karen asked.

“Yes, we are,” I said.

Karen suddenly walked toward Dad. “Daddy, I have an idea,” she said.

“Not right now, honey,” he said. “Please stay out of the way.”

Mom walked past carrying a muddy blanket.

“Mom, I have an idea for Daddy,” Karen said.

“Daddy’s really busy right now,” Mom said as she shook the blanket to get the mud off of it.

“I have an idea of how we can get out of the mud,” Karen said.

“Oh, really?” I could tell Mom was only half listening.

Karen raised her voice to get Mom’s attention. “We can say a prayer.”

Mom looked at Karen. Then she said, “That’s a really good idea.”



Mom led Karen to where Dad was working in the mud. “Karen has a good idea,” she told him.

Dad looked frustrated but stood up. “OK,” he said. “What?”

“Why don’t we pray and ask Heavenly Father to help us get out of this mud?” Karen said.

Dad still looked grumpy, but he said, “All right, you can say a prayer for us.”

Mom gathered our family together, and we all bowed our heads.

“Heavenly Father, we are stuck,” Karen said. “Please bless Daddy to find a way to get us out of this mud. In the name of Jesus Christ, amen.”

I didn’t know what was going to happen, but I felt comforted by Karen’s prayer.

Then Dad got an idea. He climbed into the truck, grabbed a broomstick, and put it under the wheel of the van. Mom started the engine and drove the van right

out of the mud! Then Dad put the broomstick under the wheel of the truck. Mom drove the truck right out of the mud too!

As everyone got ready to go, Dad changed into clean clothes. He looked a lot less like a mud monster, and he looked a lot happier too! Dad hugged Karen and said, “Thank you for your prayer.” Then he called to the rest of us. “Everyone, we need to thank Heavenly Father for getting us out of that mud. And this time I’d like to say the prayer.” ♦



**Tecoa J., age 8, Texas**

Every time my family goes on a trip, we say a prayer to ask Heavenly Father for safety. One time on the way to my grandma’s house, our tire popped. I know that Heavenly Father always answers prayers. It may not be the answer we want, but He will still always answer them. No one was hurt, and we were able to get back on the road with a new tire.

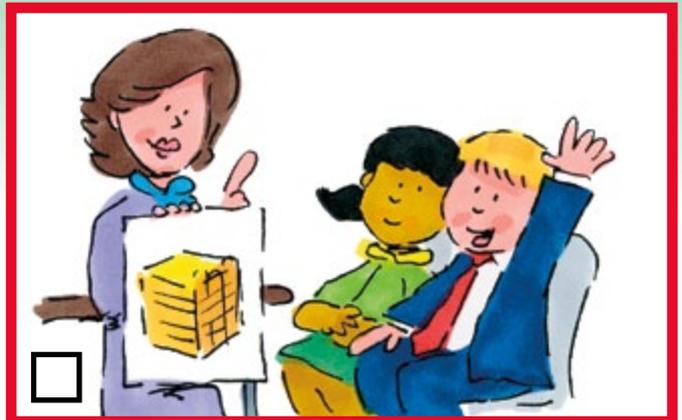
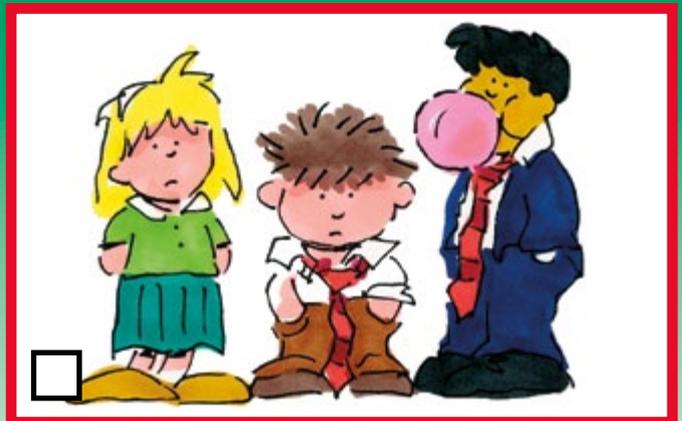
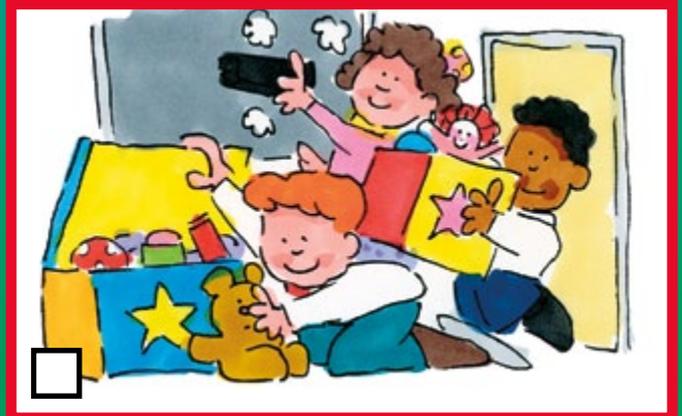
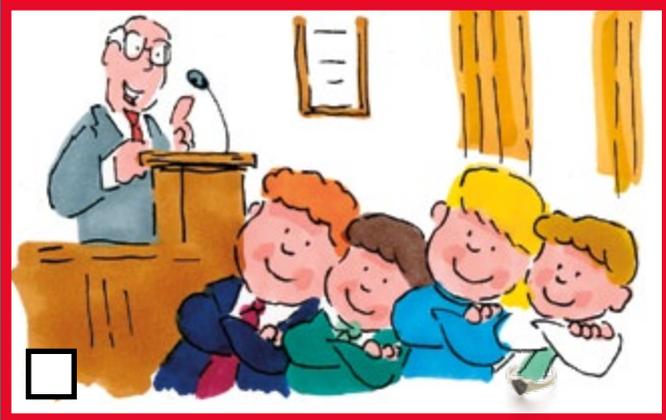
# SHOWING RESPECT

When we go to church each week, we can show respect for Heavenly Father through our actions. We are respectful when we are kind and considerate of the people and things around us.

Being respectful at church helps us feel the Spirit, and it shows Heavenly Father that we love Him.

**Mark the box next to each picture that is an example of showing respect.**





I will show respect at church by \_\_\_\_\_.

**By Marianne Dahl Johnson**

(Based on a true story)

*The Lord thy God is a merciful God; he will not forsake thee (Deuteronomy 4:31).*

**M**argaret and Neil, take this wheat to the gristmill on City Creek, please," Mother said.

Neil smiled happily. He was only four years old, but he liked to help Mother as much as he could. He proudly took the small bag of wheat kernels in his arms.

"I'll carry it," Margaret announced, snatching the bag from Neil's arms. "You're too little. You might drop it, and you know we can't afford to lose any of it!"

That was certainly true! When the Gardner family had arrived in the Salt Lake Valley on October 3, 1847, they had rejoiced that they had reached this sanctuary for the Saints. But that didn't mean that everything was perfect. Now it was winter, and Neil was often hungry. Each family received a little wheat given out by weight. They ate sego and thistle

roots. Once in a while hunters brought meat to the settlers.

When they got to the gristmill, Neil watched carefully as the wheat was ground. When a handful of kernels spilled on the floor while it was being ground, he and Margaret sprang to gather it up. Margaret wrapped it in her handkerchief. That evening they would parch it on the top of the stove at home. No food could be wasted.

After that cold, hungry winter, spring finally came, and Neil's family moved to Mill Creek,

*After a long winter, crickets attack the crops.*

***Can the wheat be saved?***



# SAVING T

**"God is mindful of the fasting and prayer of all of His children, young and old."<sup>2</sup>**

Elder Shayne M. Bowen of the Seventy



a few miles from Salt Lake City. They planted a small crop of wheat. When the grain came up, it looked so strong and good. How wonderful it would be to have plenty of flour next winter! But then the crickets came.

Crickets were everywhere. There seemed to be no end to them. They were big and black and ate everything in their paths. Everyone worked in the fields, trying to kill the insects. But it seemed useless. There were just so many crickets.

Finally a day of fasting and prayer was planned. Father and the other men went to Salt Lake to pray for help from Heavenly Father.

While Father was gone, Neil, Mother, and Margaret went into the fields again to fight the crickets. Neil was tired, and the thought of another hungry winter made him want to cry. As they

worked, it suddenly became darker. Neil looked up and saw thousands of gulls in the sky. Mother threw up her hands in despair. "What the crickets won't take, those birds will!" she exclaimed.

Mother sat down and cried. Neil cried too. He didn't know what would become of his family.

Too tired to fight the bird invaders, Neil and his mother and sister watched the seagulls.

"Mother, look!" Neil shouted. "The gulls aren't eating our wheat. They are eating the crickets!"

"I believe you are right!" Mother said.

Mother, Margaret, and Neil held hands and danced in a circle. They hugged and laughed. The gulls were saving their wheat!

Suddenly, Mother stopped dancing and dropped to her knees. "Come, children," she said. "These gulls were sent by Heavenly Father to save His children. Let us give thanks to Him."

The three of them prayed right there in the wheat field. Neil never forgot the miracle of the gulls. ♦

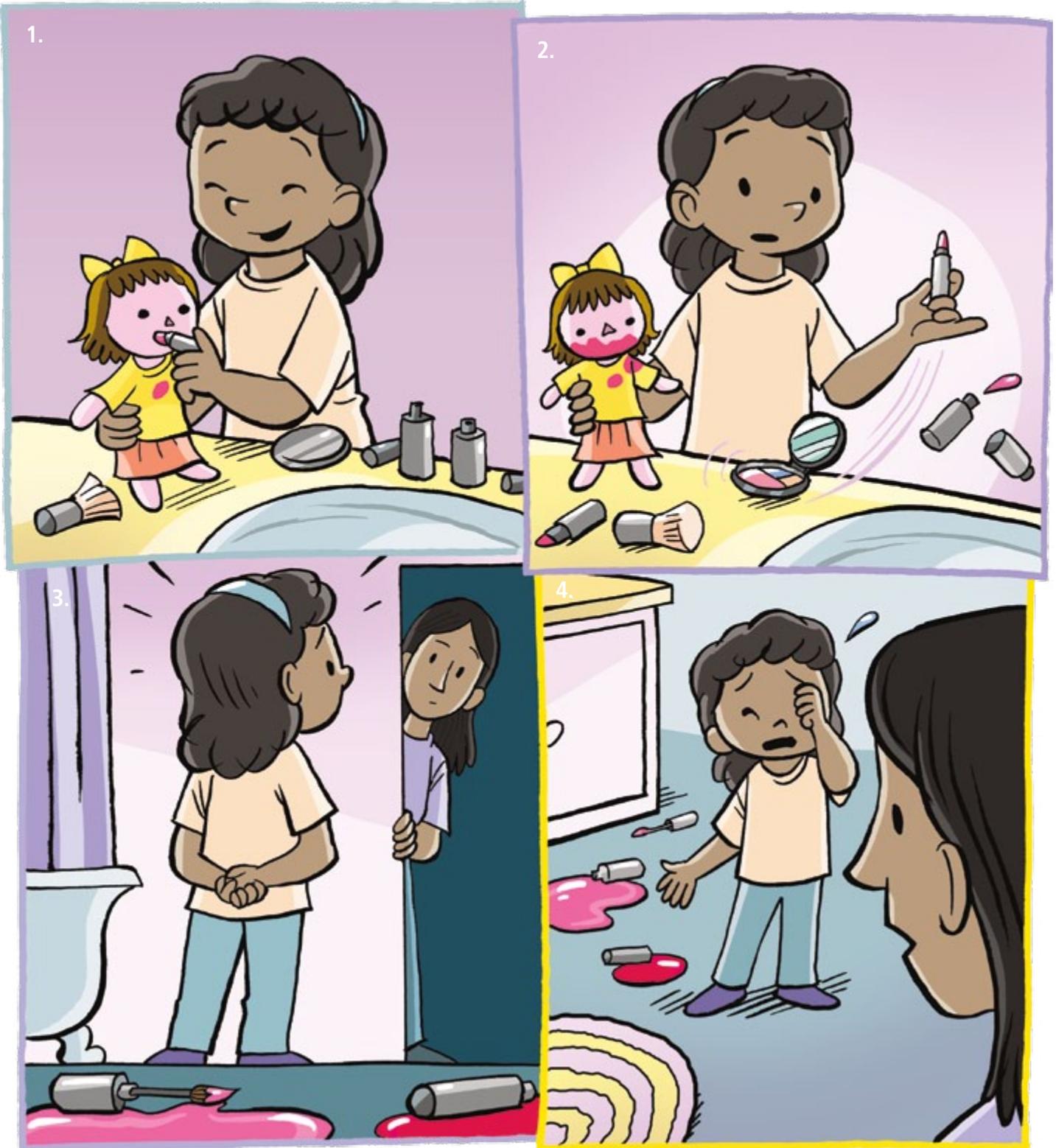


# THE WHEAT

# Kelsey Makes a Mistake

By Jane McBride Choate  
(Based on a true story)

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



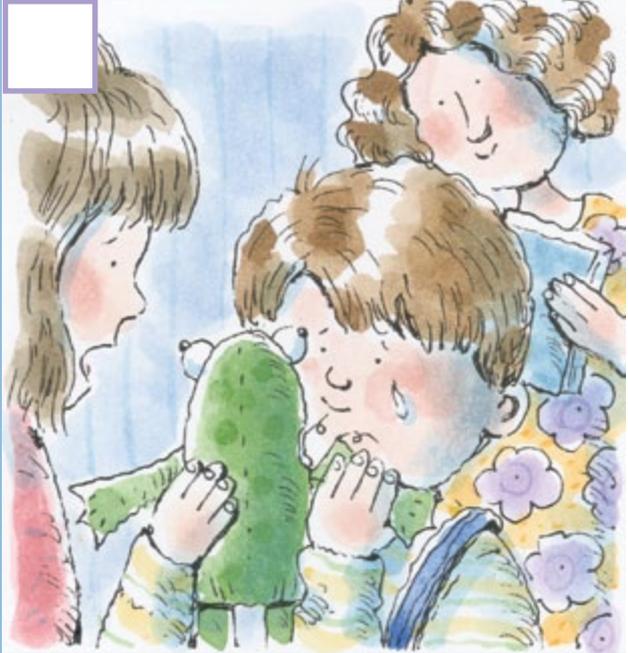


# Learning from Mistakes

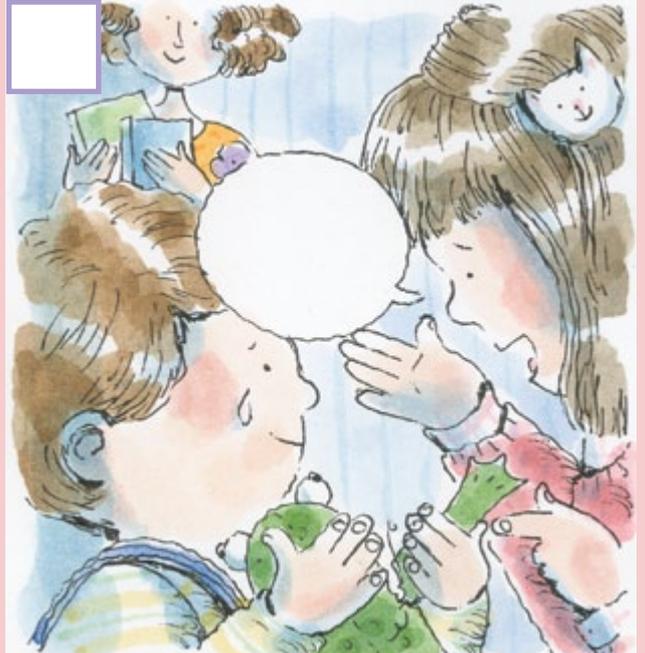
By Darcie Jensen

Sometimes we make mistakes, like Kelsey did. When we make mistakes, we can show we are sorry. Look at the drawings on this page. Place a number in each box to show the order in which these things happened.

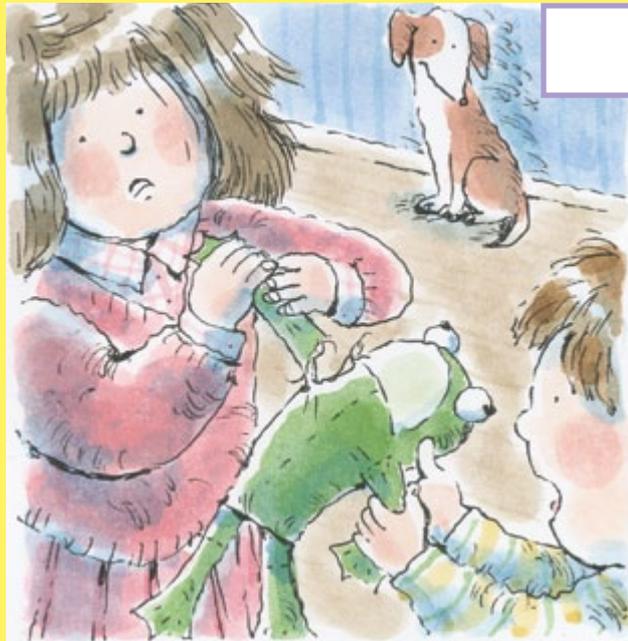
Promise not to do it again.



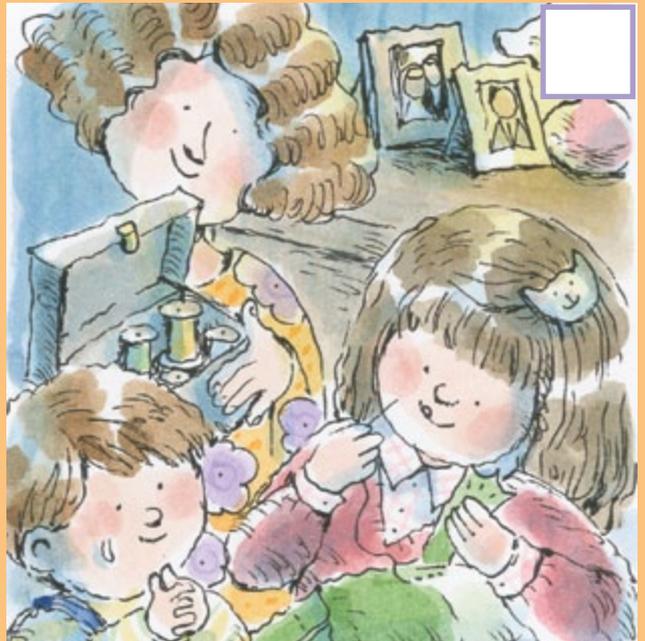
Say, "I'm sorry," and ask for forgiveness.



Admit you did something wrong.



Do your best to correct what you did wrong.



# I Can Be Honest

The child in this picture is being honest. See if you can find a ball, candle, cell phone, clock, cookie, dog, doll, feather, pencil, piece of pie, scriptures, and spoon.



*Father in Heaven, on this lovely day please help me be happy and kind as I play (Children's Songbook, 22).*

**By Darcie Jensen**  
(Based on a true story)

**“Ouch!” Nate cried.**

“That hurt.”

Meg looked over at her little brother. Mom had brought them to their favorite playground for the afternoon. Nate was digging in the sand near the swings. Now two girls playing near him were throwing toys at him.

“That’s not very nice,” he said.  
“Please stop.”

The two girls just laughed and kept throwing toys and sand.

Meg was upset. Nate hadn’t done anything to the girls. He had been playing by himself. They should be nicer to him.

Meg looked for Mom. She was talking with other adults on the other side of the playground. Meg worried that by the time she got



That's  
My Little  
Brother!



She's a  
great  
sister!





Mom to come help, Nate would be really hurt.

Meg decided to take care of it herself. She walked over and stood between Nate and the girls. The girls looked surprised. They stopped throwing toys.

“That’s my little brother,” Meg told the girls. “You should be nice to him.” Then Meg had an idea. “What if we play together? Do you know how to play freeze tag?”

One of the girls smiled and said, “That’s my favorite game!”

As the girls ran off toward the field, Nate turned to Meg. “Thanks for helping me. You’re a great sister.”

Meg smiled and hugged him. She was glad she had been able to help her brother. ♦

One day my friend and I were playing a soccer game. My friend started to tease the other team. I had a feeling that the other team was feeling bad about it. I asked my friend if he would stop, and he said yes. I felt good because I listened to the Holy Ghost.

**Lincoln H., age 7, Utah**



Hooray for superhero sisters!



# Show and Tell

## Prayer

Pray every day.  
Think hard of what to say.

We fold our arms, we bow our heads,  
We stay reverent when the prayer is said.

We thank Heavenly Father for the blessings He's brought.  
We ask Him to help us do the things He has taught.

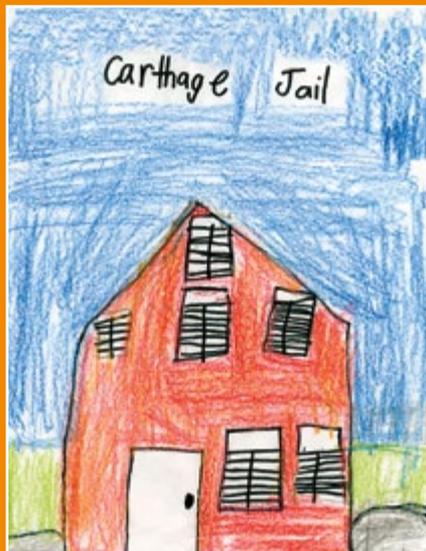
And then end our prayer with an amen,  
So we can go on, happy again.

*Joshua J., age 11, South Carolina*

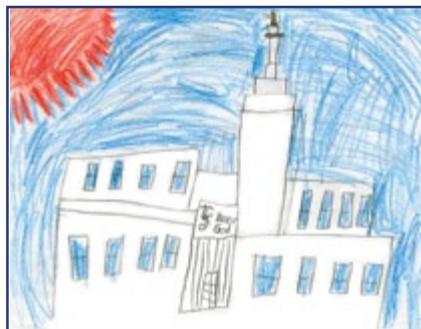
Everybody is different  
but..... Heavenly Father  
♥'s us Equally!



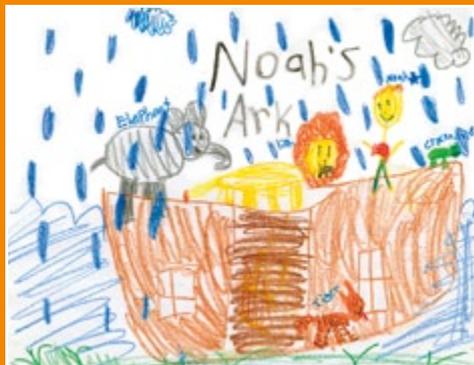
*Skylar M., age 10, Alberta, Canada*



*Spencer R., age 8, Utah*



*Isaac F., age 7, Alaska*



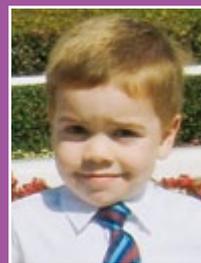
*Kaylea C., age 8, Arizona*



*Alyssa C., age 7, New York*



**Kayleigh S.**, age 11, Utah, likes to play soccer and basketball. She also runs mile races. Kayleigh likes to read, and her favorite colors are blue and purple. She has four brothers and two sisters. Kayleigh's best friends are her parents.



**Anson C.**, age 5, Maryland, memorizes a scripture every week. He recently memorized Proverbs 15:1. Anson tries to speak kindly to his brother and sister.



**Katlynn B.**, age 7, California, likes to draw and enjoys taking gymnastic lessons. She attends Primary every Sunday. Katlynn is a kind friend and is a good example to her brother and sisters. She is looking forward to being baptized when she turns eight.

How do you keep the Sabbath day holy? See page 48 to find out how to send us your answer.



**N**ow that I am baptized I can feel the Spirit inside of me. I know the Church is true, and I know Heavenly

Father lives and Jesus is the Christ. When I need help I pray, and Heavenly Father always answers my prayers. I hope I can serve a mission one day. I am so grateful for the gospel in my life and I wish everybody could feel like I do about the gospel, Heavenly Father, Jesus Christ, the prophet, and our Church. I want everybody to know how I feel about the Church!

**Kayley W., age 8, England**



**W**e made a paper chain that helped us remember to serve others. Every time we did an act of

service, like helping our mom or being kind to a friend, we added a link to the chain. We were excited to see the chain grow! Soon the chain stretched all the way across one room. We felt good knowing we were loving and serving those around us, as Jesus would do.

**Joseph and Caleb M., ages 6 and 4, Arizona**

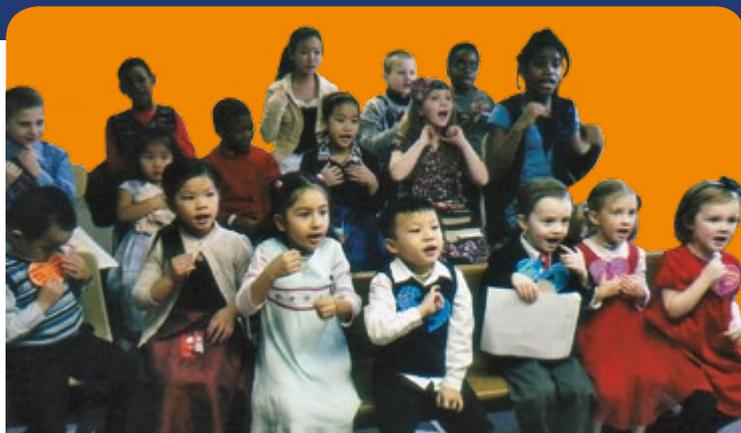


**I**'m trying to read the whole Book of Mormon before I turn eight. In family home evening my dad talked

about setting goals, so I decided to read three pages a day to meet my goal. Sometimes I take my Book of Mormon to school so I can read it during silent reading. My friends have asked me about the Book of Mormon, and I have been able to tell them about it. I'm happy that we can have the scriptures to read and share with others.

**Emily S., age 7, Texas**

Would you like to be featured on Show and Tell? Turn to page 48 to find out how to send us something.



The children in the **Milwaukee City Branch, Milwaukee Wisconsin North Stake**, have been learning about giving acts of service. They decorated cookies and cards and delivered them to other classes at church. The children also learned sign language for the song "Love One Another" and shared it with the other members of the branch.



**I** like the stories in the Book of Mormon. My favorite story is when God commanded Nephi to build a ship. I can have the Spirit with me like Nephi did when I read the scriptures and do what is right. I really want the Spirit to be with me always. I will try to go and do what the Lord commands.

**Brayden T., age 6, Utah**

You can use this lesson and activity to learn more about this month's Primary theme.

## I Choose the Right by Living Gospel Principles



**C**an you imagine going on a mission and not knowing when you would return to your family? How would you feel? What would you do to prepare?

The four sons of King Mosiah—Ammon, Aaron, Omner, and Himni—and their friend Alma went on a mission that lasted 14 years. Each of the sons of Mosiah could have been the king of their own country, but instead they followed their hearts. They and Alma had become converted to the gospel of Jesus Christ, and they wanted to share the gospel with the Lamanites, their enemies.

The young men knew they could not accomplish their mission without power from God. Alma 17:2–3 tells how they got this power: “They had searched the scriptures diligently, that they might know the word of God. . . .

They had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God.”

Fasting and praying helped these young men receive blessings from God. Just like Alma and the sons of Mosiah, you can fast and pray to prepare to receive the blessings Heavenly Father has for you. ♦



### Song and Scripture

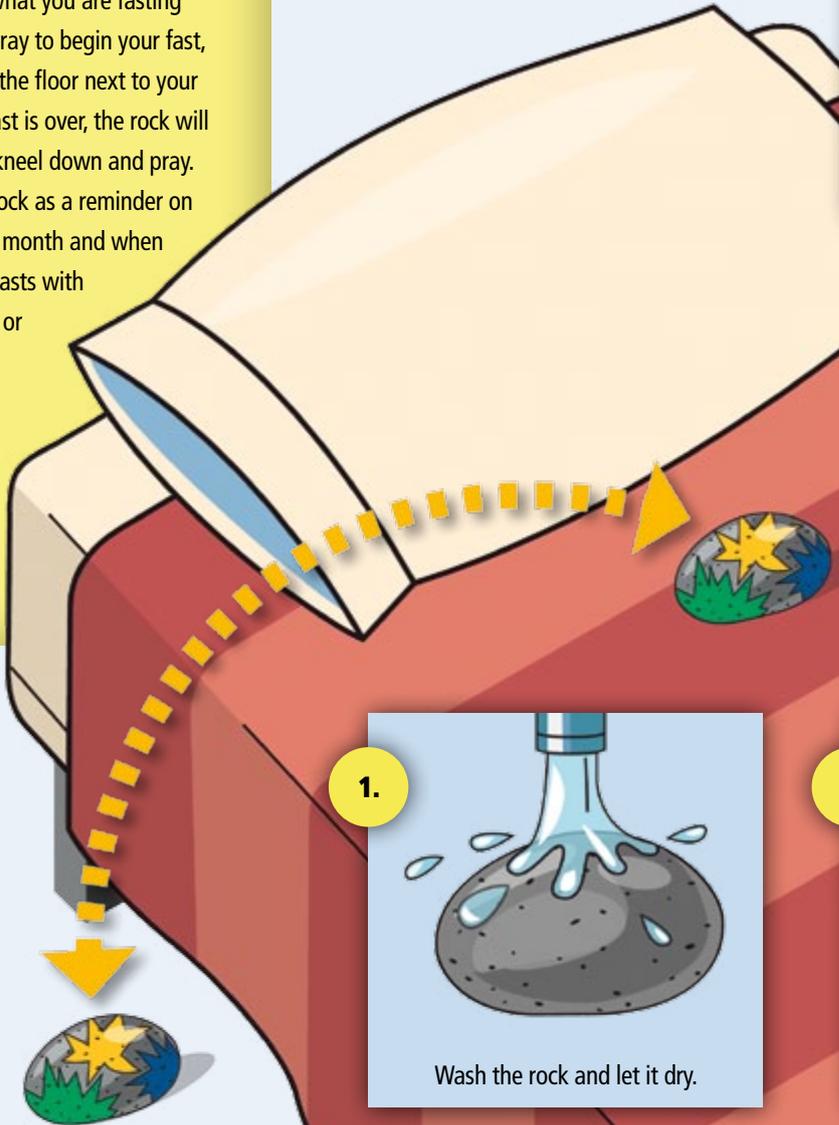
- “The Wise Man and the Foolish Man,” *Children’s Songbook*, 281
- 1 Nephi 3:16

## Just You

Place a colorful rock on your bed as a reminder to pray and share with Heavenly Father what you are fasting about. After you pray to begin your fast, place the rock on the floor next to your bed. When your fast is over, the rock will be a reminder to kneel down and pray. You can use this rock as a reminder on fast Sunday every month and when you have special fasts with your family, ward, or branch.

### You will need:

one smooth rock or pebble  
acrylic paint or colored markers  
paintbrush



1.



Wash the rock and let it dry.

2.



Squeeze a small amount of paint onto a paper plate or scrap paper.

3.



Use the brush or markers to decorate the rock. Write your name on it or draw other designs or shapes.

4.

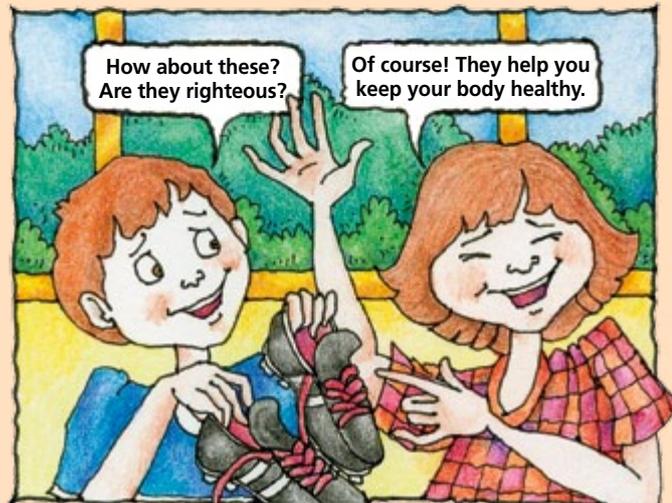
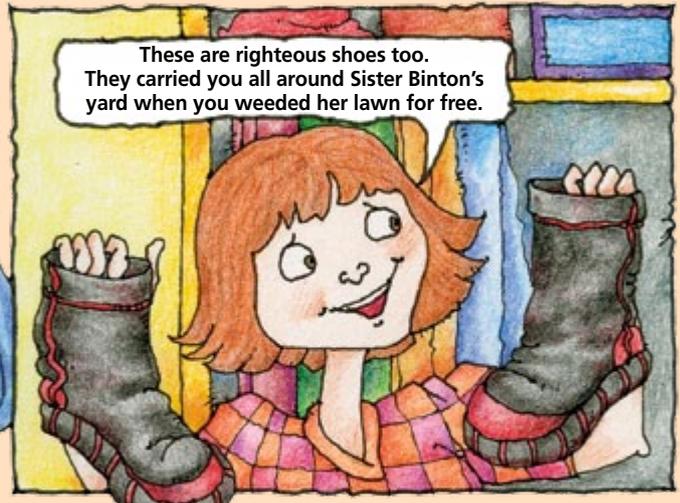
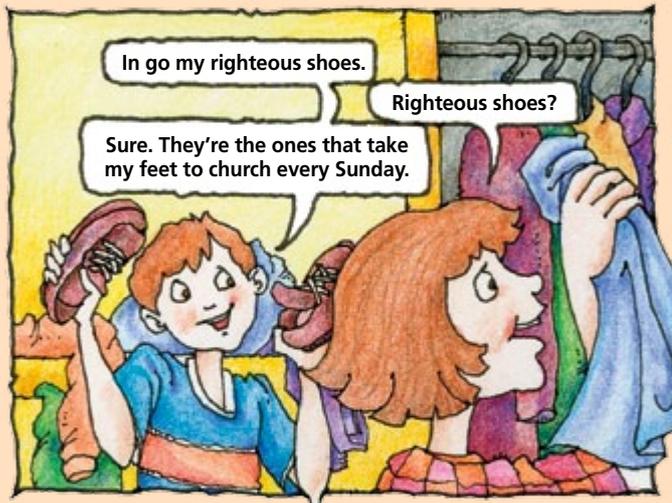


Let the paint dry completely and place the rock on your bed.

## CTR Time: Praying and Fasting

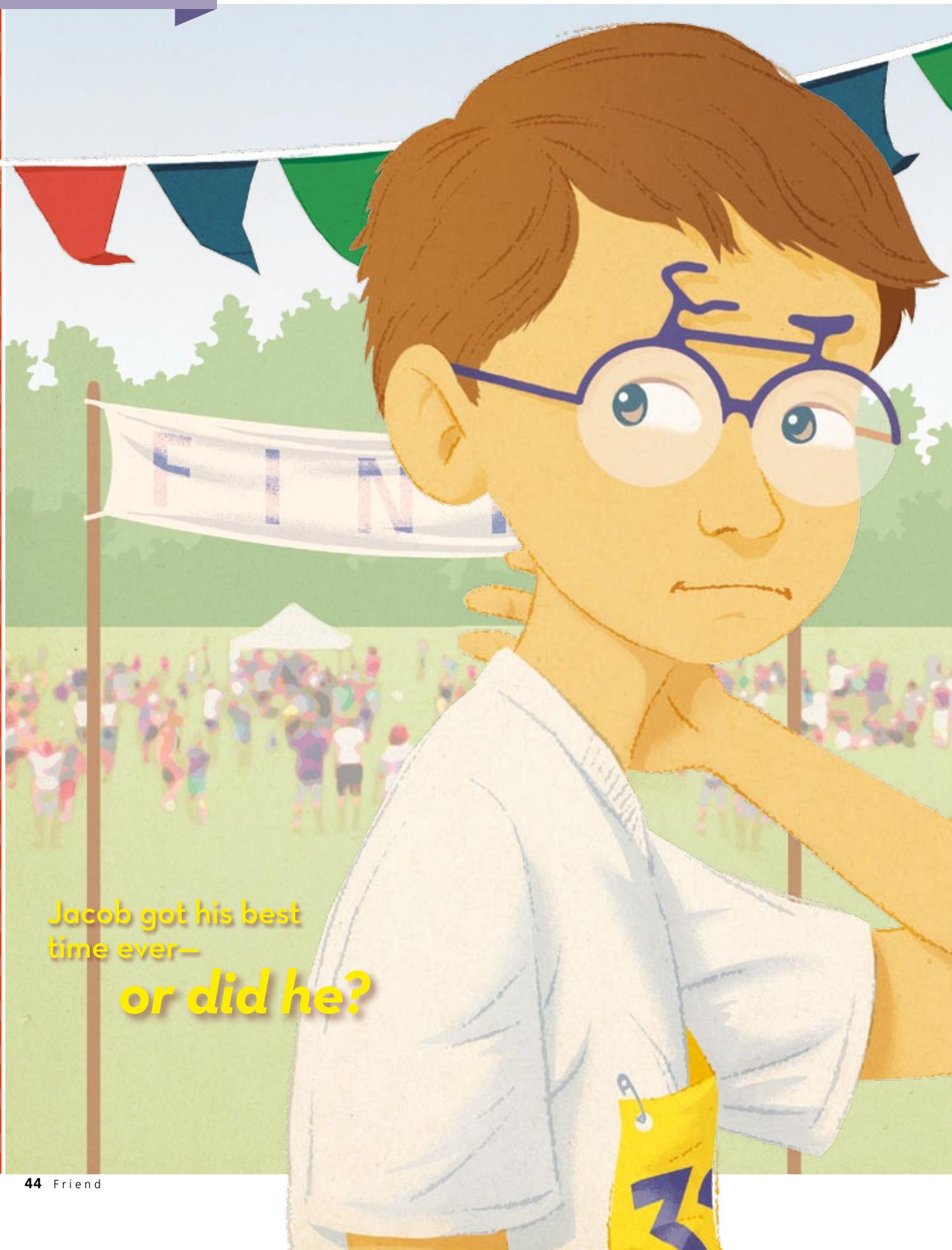
As a family, discuss the importance of praying before and after a fast. The next time your family fasts, talk about a purpose for it. Begin your fast by praying and talking with Heavenly Father about why you are fasting.

# MATT AND MANDY





**Being kind is doing and saying nice things to others.**  
*Be ye kind one to another (Ephesians 4:32).*



Jacob got his best  
time ever—  
***or did he?***



# an **HONEST** athlete

**By Heather Oman**  
(Based on a true story)

*They that deal truly are [the Lord's] delight (Proverbs 12:22).*

**J**acob's heart pounded as he bent into position. He shifted his weight back and forth at the starting line. The starter pointed his gun straight in the air and everything went silent.

"Bam!"

Jacob dashed into the water and began kicking his legs and churning his arms as fast as he could. This was Jacob's first triathlon, and he wanted to do his best. He had been training hard. He was on the neighborhood swim team, and he had competed in a lot of running races. He knew he had a good chance of doing well.

Jacob finished the 50-meter swim in second place and ran to his bike. He dried off, threw on his shirt and shoes, fastened his helmet, and pedaled out of the transition area.

Jacob was supposed to ride about two miles (3.2 km) on his bike, but he wasn't sure how long it would take. He came to an orange cone, but there wasn't anyone to direct him. It looked like another boy had turned around at the cone, so he did too. He pedaled back to the transition area and got ready to run.

Jacob ran the last part of the course so hard he thought his lungs would burst, but he felt good when he crossed the finish line. He felt even better when he realized he was in first place!

He found Mom in the crowd, but she wasn't smiling. "Jacob, are you sure you did the bike part of the race right?" she asked.

"I think so," Jacob said.

"Your time is so fast," Mom said. "I think you missed part of the course."

"Let's go walk through the bike course," Dad said. "You can tell me where you rode your bike."

Jacob and Dad started walking along the course, with Dad holding the course map. When they got to the orange cone, Jacob saw other bikers going past the cone—not turning around. Dad checked the map. The cone wasn't the turn-around point. Jacob had accidentally missed a third of the course.

Jacob held back tears. He knew he had to tell the race officials he had made a mistake, but he didn't want to. That meant he would be disqualified and that he wouldn't get the first-place trophy.

Jacob walked up to a race official. "Excuse me," Jacob said. "I wanted to tell you that I made a mistake. I missed a part of the bike course, so my time probably shouldn't count."

"It took a lot of courage to tell us that," the official said. "Thanks."

Jacob nodded, but his eyes filled with tears. Mom gave him a hug.

"I want to go home," Jacob said. He felt tired and defeated.

But then he heard the race official on the microphone.

"It's been quite a race!" he said. "And we saw a great example of good sportsmanship today. We had a boy who would have won first place, but he was honest enough to admit that he made a mistake on the bike course. I want everybody to give him a big cheer."

A cheer went up from the crowd. It took Jacob a second to realize what was happening. They were cheering for him! Not because he had won, but because he had done the right thing.

On the way home, Dad told Jacob stories about other athletes who had made mistakes. He learned that everybody makes mistakes. He also learned that sometimes being honest gets you the biggest cheer of all. ♦



# Never Let Go

From an interview with  
Elder Lawrence E.  
Corbridge of the Seventy;  
by Lindsay Stevens

*They did press their way forward,  
continually holding fast to the rod  
of iron (1 Nephi 8:30).*

I grew up as a cowboy working on my family's cattle ranch. One of my jobs was to gather hay from the fields with a dump rake, which is a giant rake pulled by a team of two horses. Driving the team, I raked up hay and dumped it into large piles. One day when I was 11, I thought I heard something broken in the rake. I pulled on the reins to stop the horses. When they stopped, I let go of the reins and jumped off to see what the problem was.

As soon as I got off, the horses turned around and looked at me. When they saw that I had let go of the reins, they bolted away, racing for the barn with the big rake bouncing along behind them. I was left far behind, alone and afraid.

When the horses got to the barn they ran through the door, but the dump rake was too big and it crashed into the barn. The doors were badly damaged and so was the rake. I knew I was in trouble.

This experience taught me to never let go of the reins, not even for a moment. Lehi's dream in the Book of Mormon also teaches about never letting go of something—the iron rod, which is the word of God. We should never let go of the iron rod, not even for a moment. If we hold onto the gospel principles tightly, we will get where we want to go, which is back to live with Heavenly Father. If we let go of the gospel principles, bad things can happen very quickly. We must always try to choose the right and never let go of the iron rod. ♦



# I Feel My Savior's Love

(Simplified)

*Expressively* ♩ = 76-84

Words by Ralph Rodgers Jr., K. Newell Dayley, and Laurie Huffman

Music by K. Newell Dayley

1. I feel my Sav-ior's love In all the world a -  
2. I feel my Sav-ior's love; Its gen-tle-ness en -  
3. I feel my Sav-ior's love And know that he will

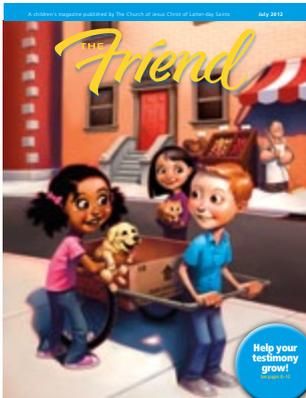
round me. His Spir-it warms my soul Through ev-'ry-thing I  
folds me, And when I kneel to pray, My heart is filled with  
bless me. I of-fer him my heart; My shep-herd he will

see. He knows I will fol-low him, Give all my  
peace. be. 1 1 1

life to him. I feel my Sav-ior's love, The love he free-ly gives me. 1 4

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**Practice tip:** Look for places in the song where notes follow the same pattern.  
You can print out or listen to this song at [lds.org/friend](https://lds.org/friend).



## Possible Ideas for Family Home Evening

1. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).
2. Role-play activities that are appropriate in different settings (school, the park, the store). Then read "Showing Respect" (pages 28–29) and talk about appropriate behavior at church. Make a list of how you can be more respectful at church.
3. Celebrate your own Pioneer Day! You can read Elder Perry's comments (page 20), "The Flame of Faith" (pages 18–19), or "Saving the Wheat" (pages 30–31) for inspiration. Talk about why the pioneers are important.
4. Read "A Growing Testimony" (page 10). Use the plant analogy to explain why we need to constantly nourish our testimonies. You could set individual or family goals to strengthen your testimonies.

The Friend can be found on the Internet at [lds.org/friend](http://lds.org/friend).  
To subscribe online, go to [store.lds.org](http://store.lds.org).



### Hidden CTR Ring

Did you find the ring? Look on page 29!

### Sidebar References

1. "The Importance of Receiving a Personal Testimony," *Ensign*, Nov. 1994, 22.
2. "Fasting with Power," *Ensign*, Apr. 2009, 67.

### Funstuf Answers

Page 11: Hard work

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](mailto:friend@ldschurch.org)

The following information and permission must be included:

Full name \_\_\_\_\_

Age \_\_\_\_\_ State/Province, Country \_\_\_\_\_

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

Signature of parent or legal guardian \_\_\_\_\_

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity. Children whose work is submitted should be at least three years old.

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Key 040204

# Conference News



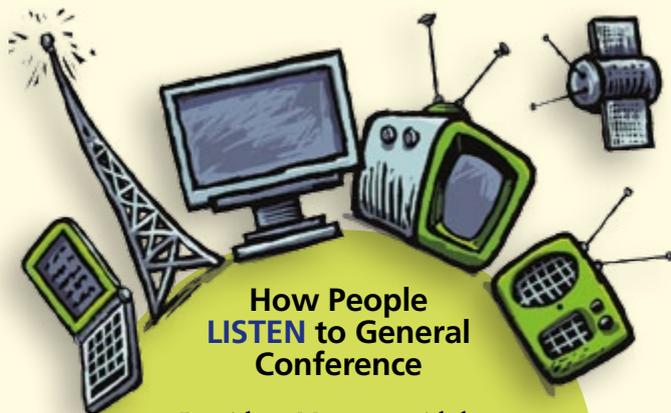
What happened at the April 2012 general conference?



## Why We Have General Conference

“We meet each six months to strengthen one another, to extend encouragement, to provide comfort, to build faith.”

—President Thomas S. Monson



### How People LISTEN to General Conference

President Monson said that even though everyone in the Church cannot fit under one roof, we can listen to general conference in many ways. How do you listen to conference?

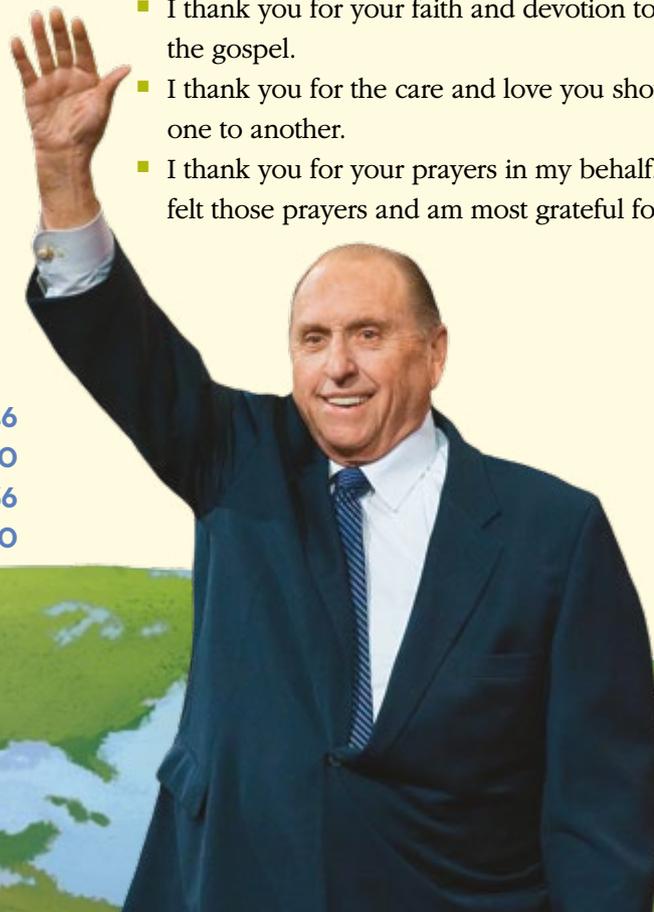
### Conference Stories about Children

You can find these inspiring stories about children in the May 2012 issue of the *Ensign*:

- A girl feels the Holy Ghost when she prays to get along with her brother (see page 10).
- After an earthquake in Haiti, Heavenly Father helps worried parents find their children (see page 113).
- When a boy hears a prophet speak, he wants to stand and say he is on the Lord’s side (see page 14).
- A girl who chose to play soccer on Sunday realizes she made a mistake and decides she will never do it again (see page 104).

## President Monson Says **THANK YOU**

- I thank you for your faith and devotion to the gospel.
- I thank you for the care and love you show one to another.
- I thank you for your prayers in my behalf. I have felt those prayers and am most grateful for them.



### THE CHURCH AROUND THE WORLD

A report in conference tells us how many people are members of the Church and other interesting facts:

Church members .....	14,441,346
Missionaries .....	55,410
Temples .....	136
Temples announced or under construction .....	30

# Through **Your** Eyes



*This picture reminds me of the beauty of God's creations and how we should protect them so that other people will be able to enjoy them also.*

**Josh R., age 10, Florida**

Do you like taking photos? We'd like to see your best shots about how Heavenly Father blesses your life. E-mail them to [friend@ldschurch.org](mailto:friend@ldschurch.org) and include your name, age, and where you're from. Please also include a sentence explaining how your picture shows Heavenly Father's



blessings in your life. Remember, we can't publish your submission without a parent's permission in the e-mail. If there are people in the photo, we also need to know that they gave their permission to be photographed. We're looking forward to seeing Heavenly Father's blessings through your eyes!



## What's online?

- How many of the children featured in "One in a Million" have you met?

Visit [lds.org/friend](http://lds.org/friend) and click "One in a Million" to get to know new



friends around the world.

- *Scripture Stories* is a weekly radio series

designed to help children know and love stories from

the scriptures. Each episode features children who share their insights from the scriptures, along with music and readings of scripture stories. Visit [lds.org/friend](http://lds.org/friend) and click "Scripture Stories" to listen.

THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS



10467 Jul 12

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