

THE *Friend*



Celebrate
PIONEERS!

See pages 4, 29, and 36

FRIENDS by Mail

How We Read the *Friend*

We like reading the *Friend* with each other. We talk about the stories and have fun together as we look for the hidden pictures!

Benjamin, Aaron, and Melvirah S., ages 11, 10, and 7, Nairobi, Kenya



Peaceful Inside



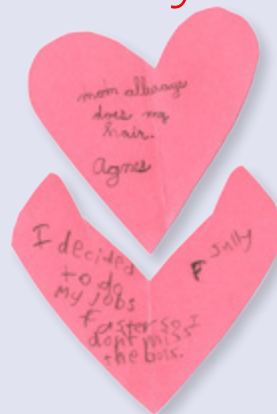
One night when I was feeling scared, my mom suggested that I should read the *Friend*. After I read it, I felt peaceful inside and fell asleep. I am very grateful for the *Friend*!

Ginny L., age 7, New York, USA

Family Home Evening

I taught family home evening, and we made these hearts (Jan. 2017) to show our love for Jesus and others. Thanks for the fun activity!

Sullivan F., age 6, Oregon, USA



Prayer Mobile

At family home evening, we made the *prayer mobile* (Feb. 2017). We learned about how Jesus led the example of prayer. Thanks for the idea to help us have more meaningful prayer.

Nora H., age 5, Utah, USA



DEAR FRIENDS,

July is special because it's the month we celebrate pioneers. Early pioneers bravely traveled with wagons and handcarts to the Salt Lake Valley. Today's pioneers are brave people who make good choices so their future families can be blessed. How will you celebrate on July 24? Find some ideas on pages 4-6. Learn a pioneer song on page 29, and read how our friend Tyrus is a pioneer (page 14).

Happy Pioneer Day!

The *Friend*

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons. Find more at lessonhelps.lds.org.

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Front cover by Shawna JC Tenney

Back cover by Daniela Volpari

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Hidden CTR Rings

Level 1: Do you wear your ring to bed?

Level 2: On the phone? Choose the right!

Level 3: Journals have rings too.

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By President
Dieter F. Uchtdorf

Second Counselor
in the First Presidency

Don't Stop Seeking



Two faithful missionaries were serving in Europe in an area where not many people were listening to their message and being baptized. They felt like they should try meeting people in a four-story apartment building. They started on the first floor and knocked on each door, giving their message about Jesus Christ and the **Restoration** of His Church. No one would listen to them. They knocked on every door on the second floor. Again, no one would listen. The third floor was the same. And so was the fourth—until they knocked on the last door of the fourth floor.

when Jesus Christ's Church was brought back to earth

When that door opened, a young girl smiled at them. The missionaries gave their message to the girl, her sister, and her mother and then gave them a copy of the Book of Mormon. The mother finished reading the whole book in a few days! Not long after, this wonderful family was baptized.

The charming young woman who opened the door is now my wife, Harriet. She has blessed the lives of many people through her happy personality and her love for the gospel. She truly is the sunshine of my life. How grateful I am that the two missionaries did not stop at the first floor! How often have I given thanks that they kept going—even to the fourth floor, last door.

In our search to be close to God, let us remember the Lord's promise: "Knock, and it shall be opened unto you" ([Matthew 7:7](#)). Will we give up after trying a time or two? Or will we keep **seeking**? God "rewards those who **earnestly** seek him" ([Hebrews 11:6](#), New International Version), but the reward is not usually behind the first door. So we need to keep knocking. Don't give up. Seek God with all your heart. Exercise faith. Walk in righteousness. I promise that if you will do this, you will receive the answers you are looking for. ♦

searching or looking

trying really hard

Adapted from "Fourth Floor, Last Door," Ensign, Nov. 2016, 15–18.

SEEKING ANSWERS

When you have questions about life and the gospel, where can you find answers? Fill in the sentences below, and then use the words to fill in the puzzle! Check your answers on page 39.



When I read the _____,

I can search for answers there.



Good _____, who encourage me to choose the right, can help me find answers.



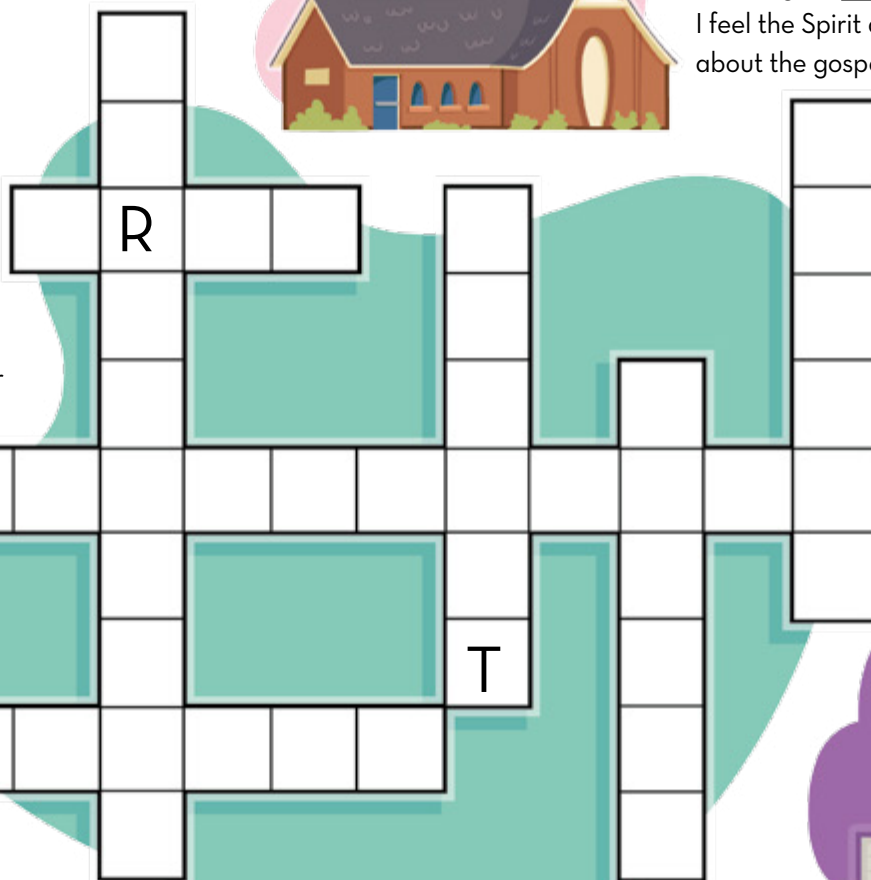
As I do peaceful things to invite the _____, answers will come to my mind and heart.



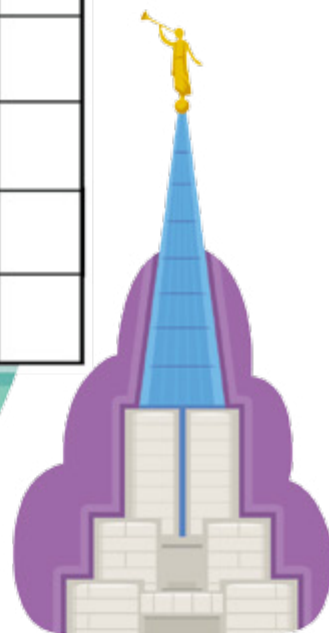
When I go to _____, I feel the Spirit and learn more about the gospel.



I can always _____ and talk to Heavenly Father about the questions I have.



One day I can get my _____ blessing, which will give me advice and guidance.



I can get ready to go to the _____ when I'm old enough and find answers there.

Pioneer Night

By Nettie Hunsaker Francis

(Based on a true story)

"Whenever I think about pioneers, I think of brave women and men" (Children's Songbook, 222).

"Mom, what are we doing for family night?" Benjamin asked as he and his younger brother, Sammy, walked into the kitchen for a drink.

"Do you mean Pioneer Night?" Mom said with a smile.

"What?" Benjamin asked. "I thought today was Monday. You know, *family* night."

Mom nodded. "It's Monday all right. But tonight we're having a special Pioneer Night."

Benjamin frowned a little. He liked family night. He wasn't sure he wanted to do anything different.

"What's Pioneer Night?" Sammy asked.

"Well," Mom said, pulling out a kitchen chair and sitting down at the table with them, "one hundred and seventy years ago, Mormon pioneers crossed the plains in wagons and handcarts to get to Utah. On July 24, 1847, the first pioneers arrived in the Salt Lake Valley."

"Wait. Isn't today July 24th?" Benjamin asked.

"Exactly! It's Pioneer Day. In Utah it's even a state holiday," Mom said. "There are parades and fireworks to honor the pioneers."

"But we don't live in Utah," said Benjamin.

"Well, that just means we have to think of creative ways to celebrate," said Mom. "So we're having Pioneer Night. Will you help me get ready?"

Benjamin and Sammy nodded. As they helped Mom, Benjamin felt more and more excited. Soon Dad got home from work.

"What's this?" he said when he saw the kitchen table



set with checkered napkins, glass jars, and pie tins.

"It's Pioneer Night!" Benjamin said, handing Dad a red bandana to tie around his neck. He and Sammy were both wearing cowboy hats from their costume box.

"This looks fun!" said Dad. Then he sniffed the air. "And something smells really good." Mom was stirring a pot of stew at the stove.

"Before we eat, we have to make butter for the cornbread," said Sammy.

Mom poured cream into a jar and screwed the lid on tight. After shaking for a few minutes, she handed the jar to Sammy. They all took turns shaking until there was a lump of butter inside!

After dinner they had a special family night. Dad showed them a black-and-white picture.

"This is Joseph Francis, your great-great-great grandpa," Dad said. "He came to the United States with his family when he was 13 years old."



Dad talked about how Joseph sailed from England and then worked in a factory to earn money to cross the plains. Benjamin couldn't believe a boy who was just older than he was had done so many hard things.

Then Mom shared a story from her family history. "My mother, your grandma Hunsaker, met the missionaries when she was 13 years old. When she prayed to know if their message was true, she felt the Holy Ghost tell her to be baptized. Because of her decision, I grew up knowing about the gospel. My mother is a pioneer because she set a righteous example for others to follow."

Benjamin liked that. Maybe there were ways *he* could be a pioneer! He was still thinking about it when Dad said it was time for the closing song and prayer.

"Now we can have the treat!" Sammy said. Mom handed everyone a cookie, some candies, and a few other yummy things. She showed them how to make wagons with marshmallows like white canvases on top.

"These wagons sure taste good," Sammy said as he took a big bite. "I'm glad the pioneers went to Utah."

"And I'm glad we don't always have to make our own butter!" Benjamin said with a laugh. His life was different from the early pioneers, but he knew they all had one thing in common: they all believed in the gospel of Jesus Christ! ♦

The author lives in Nevada, USA.

Turn the page to see how to make your own wagons!



"We follow in the footsteps of the ultimate Pioneer—even the Savior—who went before, showing us the way to follow."

President Thomas S. Monson

"True to the Faith of Our Forefathers," *Ensign*, July 2016, 4–5.

Family Night FUN

Here are some family home evening ideas from this month's magazine. What other ideas can you come up with?

SPECIAL PIONEER Night

Read "Pioneer Night" on page 4 and have your own pioneer family night! Try one of these activities to help celebrate the pioneers.

1. Churn butter! Fill a jar halfway with heavy cream, add a pinch of salt, screw on the lid, and start shaking. When the cream separates from the cloudy liquid, empty out the liquid. Keep shaking until the cream becomes a yellowish ball. Enjoy!
2. Talk about pioneers in your family. Benjamin's great-great-great grandpa crossed the plains and his grandmother joined the Church when she was young. Both were pioneers!
3. Hold sack races! The pioneers used potato sacks, but you can use pillowcases. Put both feet in your pillowcase and hop to the finish line!

Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.



Marshmallow Covered Wagons

Many pioneers crossed the plains in covered wagons. They fit what they could in the wagon and left everything else behind!

graham crackers

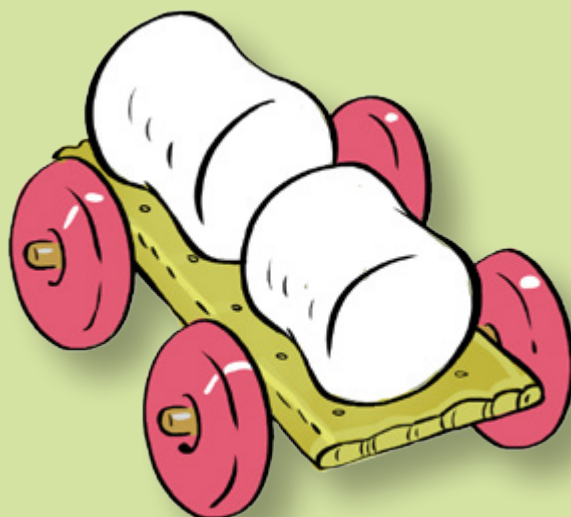
frosting

large marshmallows

pretzel sticks

any hard candy with a hole in the middle

1. Break one graham cracker into quarters.
2. Use frosting to stick two marshmallows to the top of your graham cracker quarter.
3. Use frosting to stick two pretzels to the bottom of the graham cracker. These are your wagon axles.
4. Put a piece of candy on the ends of both pretzel sticks to make wheels. Use frosting to hold them in place. Enjoy your marshmallow covered wagon!





CHALLENGING CHANGES

Do you ever feel worried when things change? The pioneers faced big changes but still found ways to be happy.

You can too!

- Focus on what won't change, like Heavenly Father's love for you.
- You might have some feelings you don't understand. That's OK! Talk to a parent or write about your feelings in a journal.
- Look for the good things that might come from a big change. For example, if you have to change schools, think about the chance to make new friends.

BONUS TREAT

Try this tasty treat!

Be sure to get an adult's help.

Peel and chop 4 bananas. Put them in the freezer for several hours. Blend the frozen banana slices with 1 cup strawberries and 1/4 cup cream. Freeze the mixture for at least 3 hours. Enjoy your strawberry-banana ice cream!



MORE FHE IDEAS

Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



IDEA 1: Read "Modesty Means..." and draw another cartoon about modesty together! Then make a family modesty goal for the next week.



IDEA 2: Ask a parent about a time they fasted for special blessings. Read "Fasting for a Prophet" and "Question Corner." What was it like when you fasted? Or talk with your family about when to start fasting.



IDEA 3: Read "The Magic Wallet" and take turns acting out tough choices you might have to make. Then celebrate your good decisions with fruit pizza!



Idea 1: 8; Idea 2: 16, 18; Idea 3: 22, 35

Modesty Means...

By Jordan Wright

Modesty is a lot more than how we dress. It's how we act, speak, and treat people. It's one way we show respect for ourselves and for Heavenly Father.

Wow! You're like the queen of spelling tests! I wish I were like you.

Thanks. I can help you study if you want.



Modesty means not bragging or showing off and accepting compliments kindly.

Do you want to see some cool pictures?

I don't look at that kind of stuff. Let's ride our bikes instead.



Modesty means showing reverence and respect for ourselves and other people's bodies.

I'm ready for school!

We can go to the pool tomorrow, but today we're going to school.



Modesty means wearing clothes that cover our bodies properly and fit the activity.

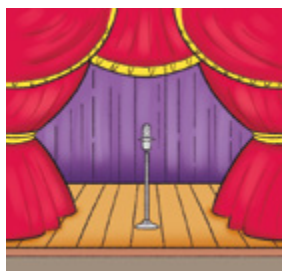
Hey, Josh! I'm really glad you could make it! Come sit by me.



Be sure to be kind instead of judging others for the way they dress.

Where to Wear?

Part of being modest is wearing the right clothes for where you are and what you're doing. Write or draw pictures of what you think is modest for each situation below. Then talk with a parent about your answers.



CHALLENGE

"I will dress modestly to show respect for Heavenly Father and myself" (My Gospel Standards).



Write down a modesty goal (how you talk, dress, or act) and stick it on your mirror.



Read [1 Corinthians 6:19](#). Ask a parent why your body is sacred and how to protect it.



Accept a compliment without bragging. Then give a compliment!



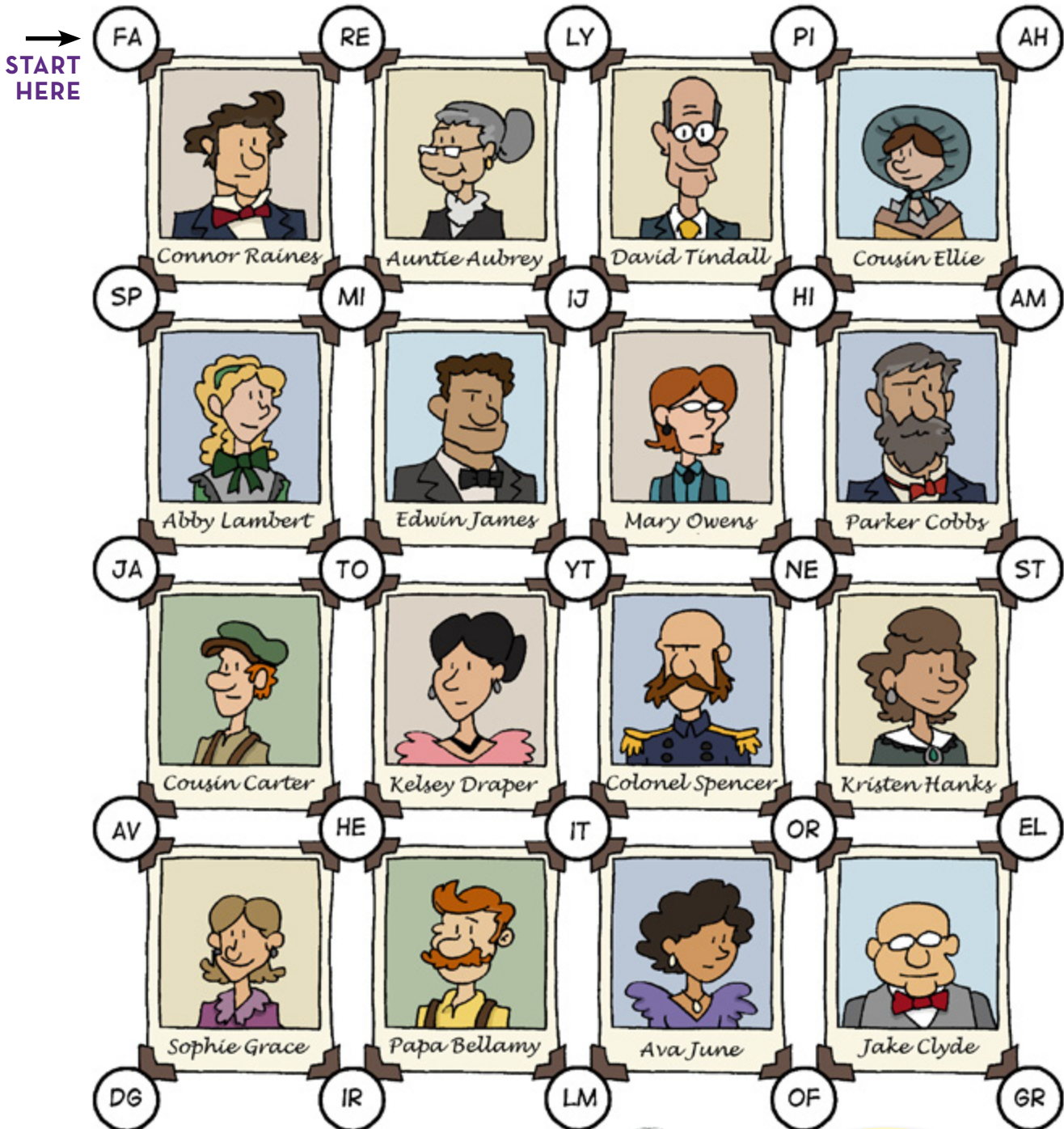
I challenge myself to ...

Print cards at CTR2017.lds.org.

Family Search

By Arie Van De Graaff

Pretend you just heard a family story about someone who joined the Church while at college. They're the first member of the Church in your family! You didn't hear their name, though, so do this activity to find out who it was. Start in the upper left corner and draw a straight line from each two-letter bubble that spells out the phrase "Family History—The Spirit of Elijah." When you're done, look for the one photo that doesn't have a line through it. This is the family member you're looking for! Check your answer on page 39.



Remember that story mom told us about Aunt Julie?

Yeah! She learned about the Church from her best friend.



I learn about Jesus
when I listen in
family home evening.





**By Elder M.
Russell Ballard**

Of the Quorum
of the Twelve
Apostles

What is a family council?

A family council is a meeting on any day of the week. It can be with just you and a parent or with your whole family. It's a time when you can . . .



Turn off electronics
and look at and
listen to each other.

Tell your parents
about your worries
or fears.



Make goals and
write them down.




Offer to
help a sibling
during a
hard time.



Combined with prayer, a family council can invite the Savior's presence in your home.
It can help your family be happy.

From "Family Councils," Ensign, May 2016, 63–65.



When Elder M. Russell Ballard was growing up, his dad owned a peach orchard and kept honeybees. Russell didn't always like going near the bees with his dad. But years later Russell learned things about honeybees that he thought were really awesome.

Russell was amazed at how much honeybees can get done when they work together. He learned that each bee does only a small part. They have to go to millions

of flowers to get even a little honey for their hive, which is like their family. When all of those bees do their best, they help the hive grow.

Russell learned that, like the busy bees, we all need to work together and help each other. We might feel like we only do a little bit to help, but together those little things can make a big difference. ♦

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



Busy Like a Bee



Standing Up with Kindness

From an interview with Jordan Wright

Hi!

My name is Tyrus.

My ancestors were pioneers who moved from Wales to Utah. Now my family's moved to England.

We're pioneers too—but in the other direction!

Living in England

I like England because it's really green and it has a smaller carbon footprint. I like to go to the aviation museum and catch crabs at the coast. I like to sit on the top front row of the double-decker bus. It's bumpy and feels like a roller coaster.



Bullied at School

Some kids at school thought my accent sounded funny. They started making fun of me. It got worse and worse. I wanted to quit school.

Making a Plan

I told my parents what was happening. My mom thought we should make a slideshow about what it's like to be an immigrant. I was excited!



TYRUS'S TIPS FOR DEALING WITH BULLIES

- Tell a trusted adult and work with your teachers.
- Learn to control your reactions. Bullies like to see you get upset.
- Try to help them understand you, and try to understand them.

Praying for Help

The day before the slideshow, some of the bullies scattered my school uniform all over the changing room. One of my socks was in the bin, and my trousers were in the toilet stall. Someone was sitting on my shirt, and someone else was sitting on my other sock. I definitely wanted to quit school. That night my dad gave me a priesthood blessing. I prayed that I would not get discouraged.

Sharing My Slideshow

At school the next day, I was nervous. Would people like the slideshow? I ran the computer, and my mom told the kids to pretend they had to move far away. They were amazed that I only brought one suitcase, one carry-on, and one box of toys with me when I moved. Some people even said they wanted to visit Utah for Christmas.

Standing Up with Kindness

After the slideshow, things got a little better. Kids at school know more about me and are trying to be kind. Now I know I can stand up to bullies. But I can do it in a nice way, like by showing a slideshow. Jesus was kind to the people who hurt him. So being kind is how I follow Jesus.



How do you follow Jesus by showing love?

Send us a heart with your story, photo, and permission. See page 39.

Fasting for a Prophet

Silioti loved President Kimball. She wanted him to get better.

By Rebecca J. Carlson

(Based on a true story)

This story took place in Tonga in 1981.

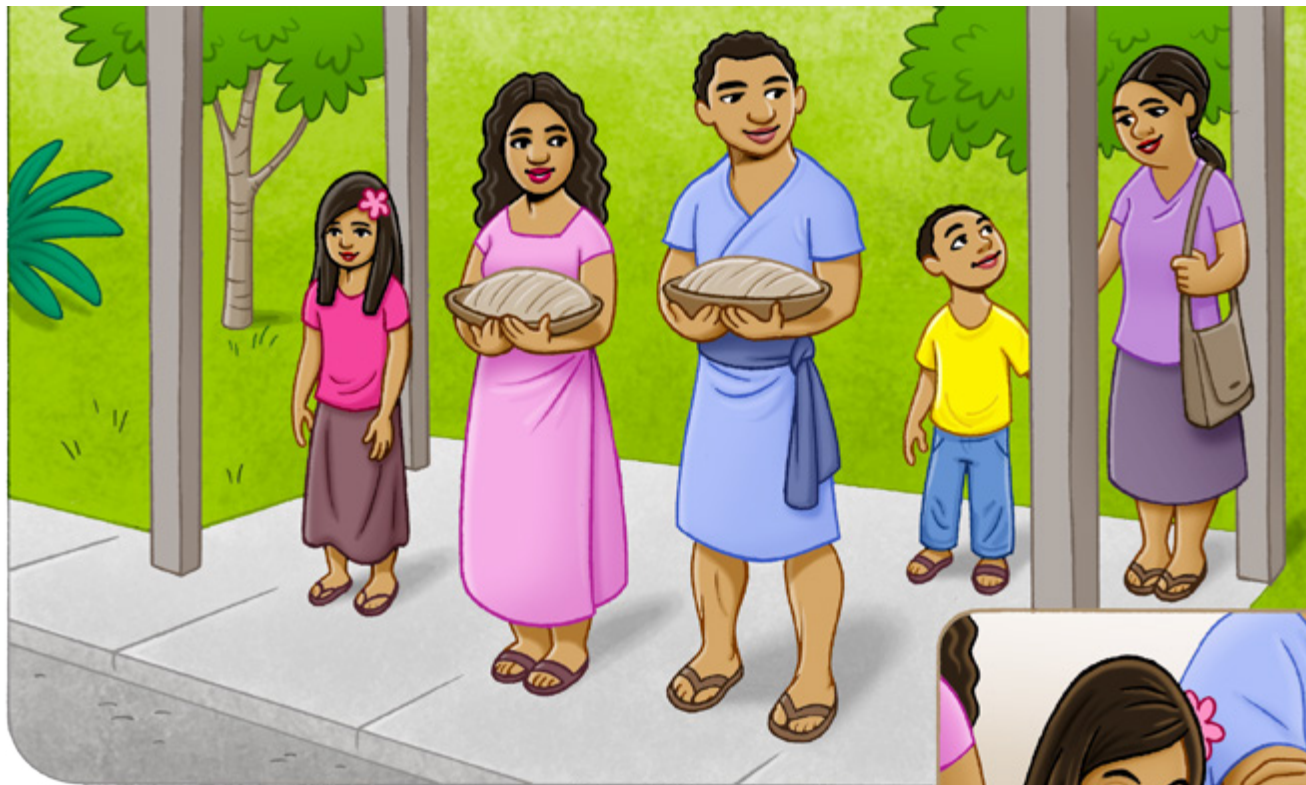
Silioti walked home from school past trees of yellow papayas and rosy ripe mangoes. When she saw the fruit, she remembered how hungry she was. She also remembered that today was a special day. Today everyone in her stake in Tonga was fasting for the prophet, President Spencer W. Kimball. The prophet was sick and needed an operation. Tonight everyone in the stake would meet to pray and end their fast together.

When Silioti reached her house, she smelled food cooking in the *'umu*, the pit oven. Her stomach grumbled. Silioti was glad she was old enough to fast now, but fasting on a school day was so much harder than fasting on a Sunday.

Silioti tried to forget how hungry she was. She found firewood and cleaned up the leaves that had fallen from the tall breadfruit trees that shaded her yard.

Heavenly Father will understand if I take a tiny sip of water, Silioti thought as she washed her hands after chores. Then she thought of how much she loved President Kimball. She





wanted him to be well again. She decided she would wait.

Silioti sat down on the porch and laid her head in her mother's lap. She was so tired.

"You can end your fast if you need to," Mother said.

"But I want to fast," said Silioti. "I can do it."

When Father came home from work, everyone in the family helped uncover the 'umu. They took out the pork wrapped in leaves, the fish, and the breadfruit baked in coconut milk. Then they wrapped the food in cloth and carried it out to the road to wait for the bus.

They met other families on the road, all with their own bundles of food. They all smiled and talked as

they climbed on the bus together. Silioti found a little space next to Mother. She smelled the good food as the bus bumped along.

It was dark when the bus reached the chapel. Inside,

Silioti knelt with her parents, her brothers and sisters, and hundreds of other members of The Church of Jesus Christ of Latter-day Saints.

During the prayer, Silioti prayed in her heart, *Please let President Kimball get well again*. She knew every person in the room was praying for the same thing. A calm feeling inside told her that President Kimball would be OK.

When she opened her eyes, she saw tears on the faces of the people around her. All of these people had fasted, and she had fasted with them. It had been hard, but she had done it!

President Kimball survived his operation and served as the prophet for four more years. ♦

The author lives in Hawaii, USA.



WHY DO WE FAST AND PRAY?

"Fasting and prayer go together. When we fast and pray with faith, we are more receptive to receiving answers to our prayers and blessings from the Lord."

Preach My Gospel: A Guide to Missionary Service (2004), 79.



How do I know when I'm old enough to start fasting?



On fast Sunday, we usually go without eating or drinking for two meals. We also give the money our meals would have cost to help people who need it. That's called a "fast offering." While we are fasting, we can remember our blessings, pray for people, and feel close to Heavenly Father. You can begin fasting when you and your parents feel you are ready. If you aren't able to fast because of a health problem, you can still pray and feel the Holy Ghost while others are fasting.



I would know I am old enough because I would have a feeling from the Holy Ghost telling me that it is the right time to fast. And then I would ask my mum and dad if that feeling was right.

Brooklyn R., age 7, Auckland, New Zealand



I knew I was old enough to start fasting when I felt like I wanted to, and the Holy Ghost told me I was doing the right thing. When I started, I did it step by step. First I would fast one meal. Then I would try two.

Anne D., age 9, Nevada, USA



When I get baptized, I think I'll feel ready to start fasting. I can pray to Heavenly Father for His help and ask Him when and how I should start.

Brian K., age 7, Washington, USA



You can pray to Heavenly Father to see when you should start fasting. I know that Heavenly Father can answer your prayers.

Liam P., age 7, Utah, USA



It's fine to fast when you want to help bless others and feel the Spirit. It would be a good time to fast after you are baptized.

Eddie O., age 9, California, USA

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

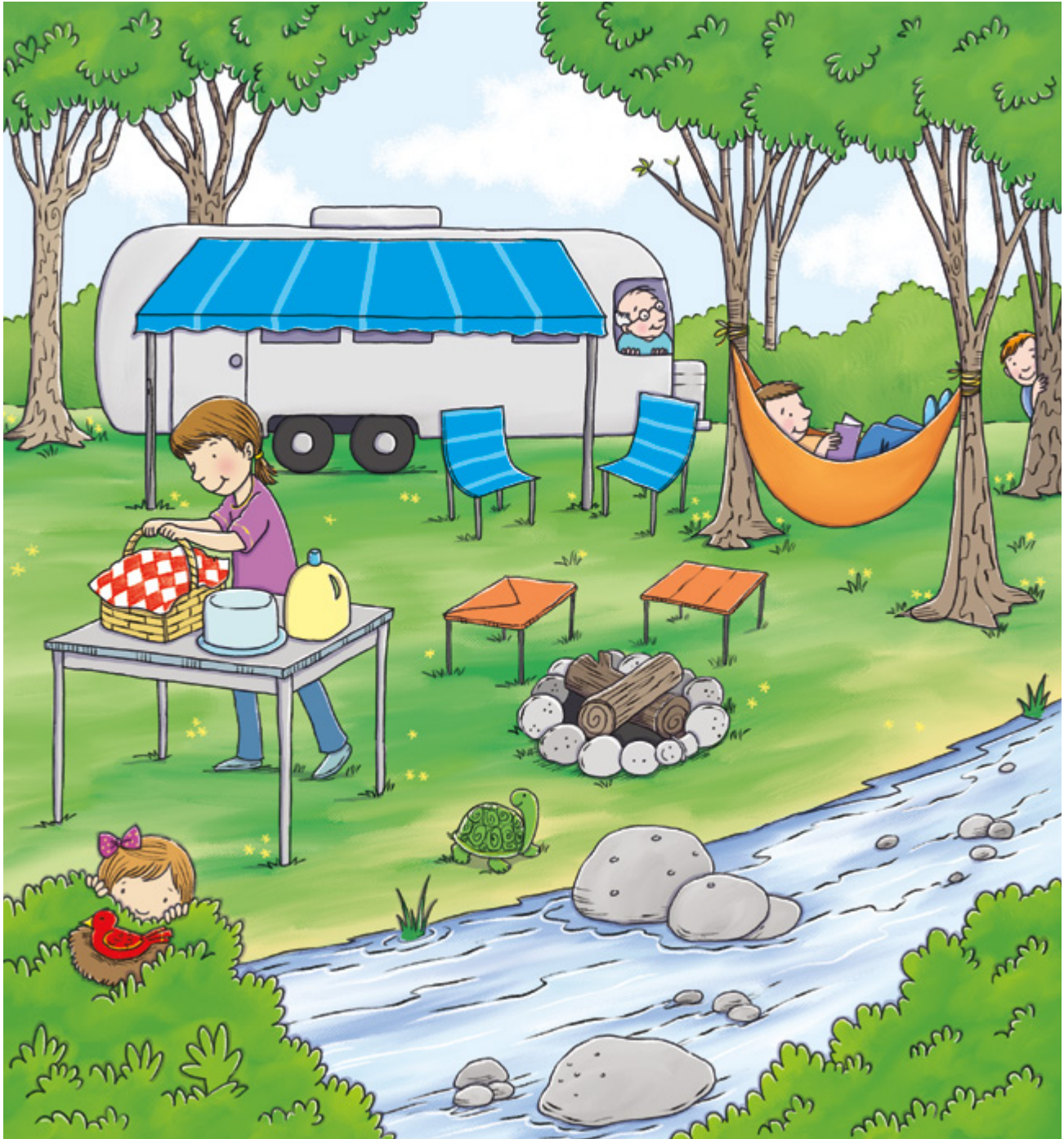
WHAT ARE YOUR QUESTIONS?

Next year the *Friend* wants to answer your questions about the gospel, growing up, or getting a testimony. Email us at friend@ldschurch.org and put "I Have a Question" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!

Read more Question Corner answers at FriendQC.lds.org.

Find It!

This family discovered that hide-and-seek is even more fun on a camping vacation!
Can you find the hidden objects?





**By Elder
Larry S. Kacher**
Of the Seventy



Bright Examples

From an interview with Linda Davies

I would like to tell you about two young girls I know who were shining examples in sharing the gospel. When our daughter Nellie was almost eight years old, our family lived in Switzerland. Nellie was excited to be baptized. Just before her birthday, we had family home evening with our friend Tina. Tina had been taught by the missionaries. But she wasn't sure if she wanted to be baptized.

After our lesson we asked Tina to pray. Tina didn't speak much English, so she prayed in Chinese. We didn't understand her words, but we felt the Spirit when she prayed.

Later that night Nellie asked if she and Tina could be baptized on the same day. We didn't know how Tina would feel about that idea. But we all agreed that Nellie should at least call and ask. To our surprise, Tina said yes!

Nellie and Tina were baptized that weekend. Later,

Tina told us a wonderful story. She reminded us about her prayer at our family home evening. In her prayer she had asked Heavenly Father to let her know if she should be baptized. When Nellie called later that night, Tina knew that Heavenly Father had heard her prayer.

Our friend Jasmine was a good example to us too. Jasmine was 12 years old. Her family became our good friends when we lived in the Middle East. In her country, Church members can't talk about the gospel with others. It's against the law. But Jasmine decided she could share the gospel by doing what Jesus did. She could show love and kindness to others. Wherever Jasmine went or whatever she did, she tried to be like Jesus. She was a bright example to others.

Nellie and Jasmine show us how we can be examples of Jesus Christ. We can do this no matter how old we are or where we live. ♦

A Message for You

Write the first letter of the word that describes each picture. Check your answers on page 39.

How can I share the gospel with anyone at anytime?

By _____



How? By _____ & _____



BONUS:

Write and draw your own picture message for a friend!





By Amanda Waters

(Based on a true story)

“Choose the right way and be happy. I must always choose the right” (Children’s Songbook, 160).

“You’re it!” Mandy said. She tagged her little brother and then swam away. Mandy’s family was staying in a motel until they could move to their new home. It was fun eating ravioli warmed up in the microwave for lunch. And they got to swim in the motel pool almost every day!

But there was one not-so-good part about the motel. The motel manager’s office was right under their room, and the manager thought Mandy and her brothers and sisters were too loud. “How can I rent rooms when it sounds like a herd of elephants are over my head?” he asked Dad.

After lunch Mandy’s little brother Aaron jumped off the bed and hit the floor with a *thump*. Mandy winced and looked up at Mom.

“No jumping. Tiptoe, please,” Mom said.

But it was too late. The phone rang.

Uh-oh, thought Mandy.

Mom picked up the phone. Mandy could hear her apologizing to the manager.

Mom’s shoulders sagged as she hung up the phone. “Edward and Mandy,” she said, “I need to put Aaron and Emily down for a nap. Will you please take Kristine and Daniel for a walk?”

As they started across the motel parking lot, Mandy spotted something small and brown on the ground.

It was a wallet. And it had money in it!

“Look, Edward!” she said, holding the wallet up high.

“We need to take this to the manager’s office right away,” said Edward.

Mandy felt her stomach clench. Why did they have to take it right now? Couldn’t Mom or Dad return it later?

But Mandy knew the right thing to do.

The children opened the office door and timidly stepped inside. The manager frowned. “Um, we found this wallet in the parking lot,” Mandy said. Her hand shook as she set the wallet on the counter.

A man was standing at the counter, looking worried. “You found it!” he said when he saw the wallet. “Thank you, kids!”

Mandy looked up at the manager. His frown was gone, and his eyes were twinkling.

After they left the office, Daniel asked, “Was that wallet magic?”

“Why do you think it’s magic?” asked Edward.

“Because it made the grumpy man happy!”

Edward shook his head. “The wallet wasn’t magic,” he said. “He was happy because we did the right thing.”

Mandy had a warm feeling inside. She never knew choosing the right could make people so happy.

A few days later, Mandy and Dad went to pay the week’s bill. The manager smiled at Mandy. He had only called once since they found the wallet—and just to thank them for being honest. Mandy felt like they’d made a new friend.

Choosing the right really is magical, Mandy thought. She waved goodbye, and the manager waved back. *And he really isn’t so grumpy after all.* ♦

The author lives in Nevada, USA.



One day at recess, someone dropped their quarter. I picked it up, and even though I wanted to keep it, I gave it to one of the teachers. I felt good because I chose the right. I learned that if you find something that is not yours, don’t keep it, even if you like it, because that would be stealing.

Tyler B., age 7, Oregon, USA



It's THINKING of FATHER above,



When I'M REVERENT, it shows in
my words and MY DEEDS.

1 Fold along this line. Then glue
both sides of the paper together.

2 Cut along the dotted lines to
make pages.

A FEELING I get when I
think of HIS BLESSINGS.

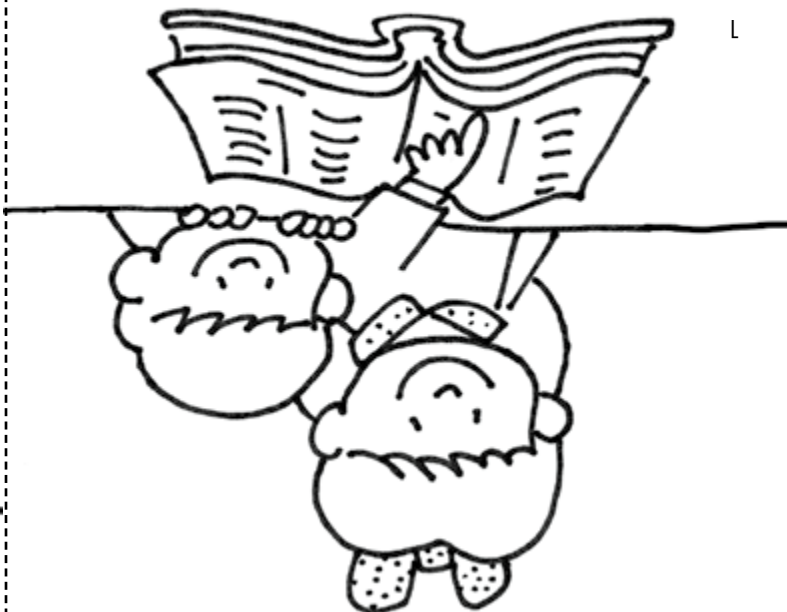


I'm REVERENT,
for reverence
is LOVE.



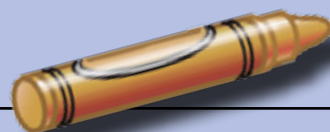


The PATHWAY to follow IS CLEAR.



Reverence is MORE than just
QUETLY SITTING:

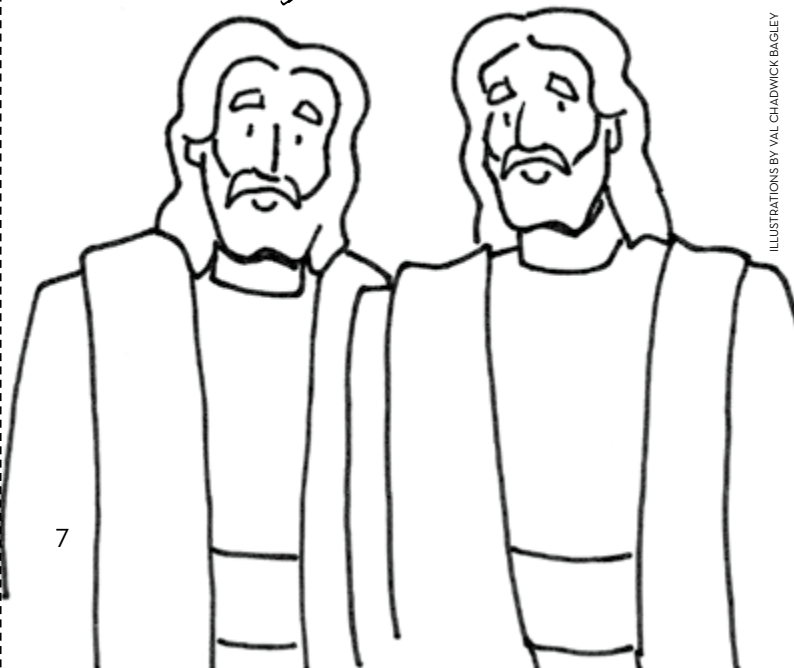
- 3** Put the pages in order and staple the edge.



- 4** Trim off the instructions. Now color and read your book!



And when I am REVERENT,
I know in my heart HEAVENLY FATHER
and JESUS are near.



ILLUSTRATIONS BY VAL CHADWICK BAGLEY



Reverence Is LOVE

By Maggie Olauson
(Children's Songbook, 31)

STAPLE HERE

STAPLE HERE

Show and tell



If anyone asks me what the Church teaches, I recite the Articles of Faith for them. Our branch meets in my grandpa's living room. He is the branch president. When I was baptized in the ocean, I became the 10th member of the Church on our island!

**Anakin F., age 10,
Mabuiag Island, Australia**



**Preston B., age 10,
New Mexico, USA**

I gave a Book of Mormon to a friend and invited her and her family to our Primary program. I was so happy when they came.

Connie C., age 6, Florida, USA



**Lois H., age 11,
California, USA**



In the **McQueen Ward, Arizona, USA**, Primary children learned about the sacrifices pioneers made to build temples. They used blocks to build a replica of the first temple in Arizona.



I needed help giving my school captain speech because I was so nervous. I prayed for help.

Later I was voted school captain!
**Lockyer L., age 11, Queensland,
Australia**

My dad doesn't go to church, but I try to keep the commandments when I am at his house and show an example of living the gospel of Jesus Christ.

Dashel P., age 6, Colorado, USA



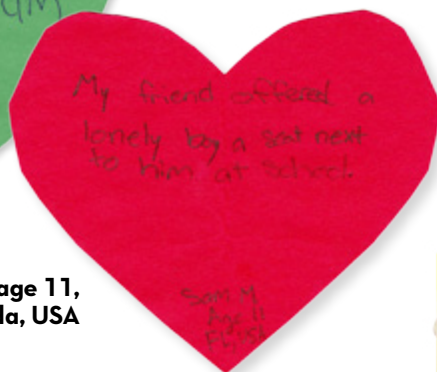


Emma B., age 11, Texas, USA



Brigham W., age 5, Rhode Island, USA

Sam M., age 11, Florida, USA



Anna T., age 7, Arizona, USA



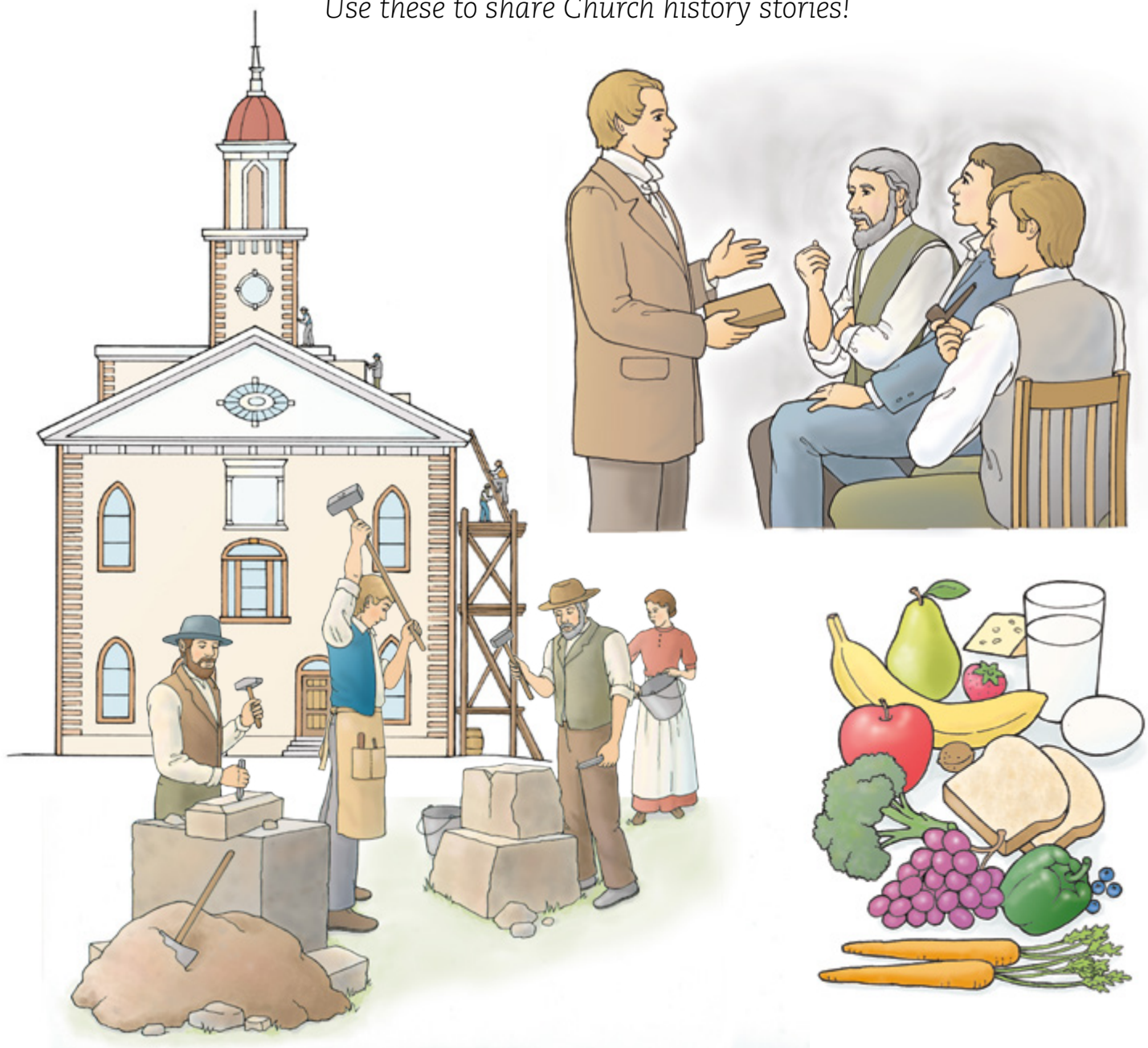
Tyler B., age 11, Utah, USA



After talking in sharing time about what it means to be modest, Primary children in the **Saline Ward, Michigan, USA**, drew pictures showing how they can be modest.

Kirtland and the Word of Wisdom

Use these to share Church history stories!



While the early Saints lived in Kirtland, Ohio, the Lord told them to build a temple. (Read about what happened after the temple was dedicated in D&C 110.) The Lord also told Joseph Smith to start a school to teach Church leaders about the gospel. Many men at this school smoked or chewed tobacco. Joseph and Emma didn't like the smoky, messy tobacco. When Joseph asked the Lord what to do about it, he received the revelation we now call the Word of Wisdom. You can read it in D&C 89.

Find more Church history figures at lessonhelps.lds.org under the category "Scripture Figures."

Come, Come, Ye Saints

(Simplified)

Words: William Clayton
Music: English folk song

With conviction ♩ = 66-84

1 2 1 1 2 1

Come, come, ye Saints, no toil nor la-bor fear; But with joy wend your way.

5 1 3

2 1 1 2 1 3 4

Though hard to you this jour-ney may ap-pear, Grace shall be as your day. 'Tis

5 3 5 1

bet-ter far for us to strive Our use-less cares from us to drive; Do

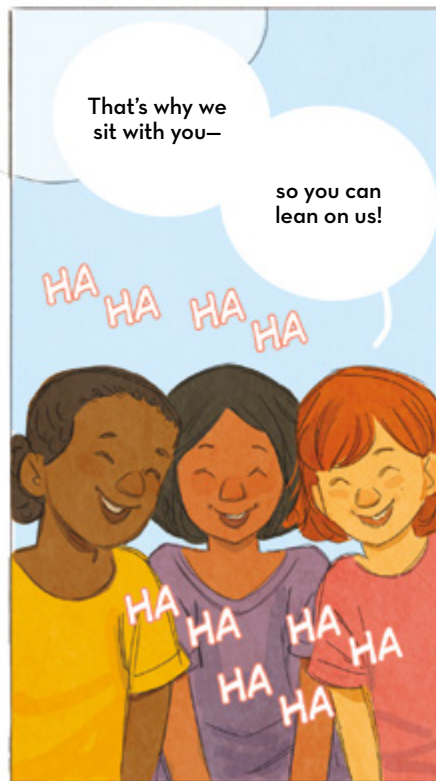
3 1 3 1 2 1

this, and joy your hearts will swell— All is well! All is well!

5 2 1 5

Arr. © 2017 by Intellectual Reserve, Inc. All rights reserved.
This song may be copied for incidental, noncommercial church and home use.
This notice must be included on each copy made.

MATT AND MANDY



What did O say to 8?

See page 39.

older for KIDS

DEAR JOURNAL

Write about a time you did something wrong. How did you feel? How did you make it right? How did you feel after that? What did you learn?



QUICK QUIZ

Who had a coat of many colors?

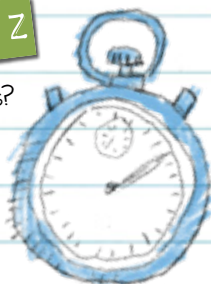
☐ Nephi

☐ Joseph

☐ Adam

☐ Mary

See page 39.



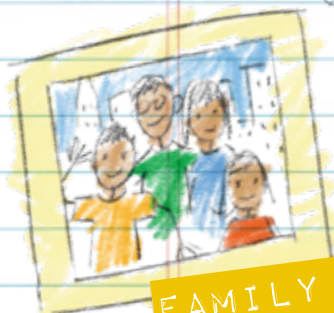
I love to see the temple. My family and I went to the Phoenix Arizona Temple open house. Right when I stepped inside I felt the Spirit, and it was all quiet and peaceful. It was a great experience.

Tucker E., age 11, Arizona, USA

THINK ABOUT IT

"We can forgive, and we can be free!"

—Elder Kevin R. Duncan of the Seventy



FAMILY HUNT

Make a photo album of things your family has done this summer. If you don't have any photos, draw pictures. Upload your album to FamilySearch.org for your future family to see.



MY HAIKU

Jesus died for us.
On the cross He hung. He said,
"I will live again."

Greta H., age 11, Utah, USA



Best Camp

EVER!

By Margaret McGary
and Maryssa Dennis

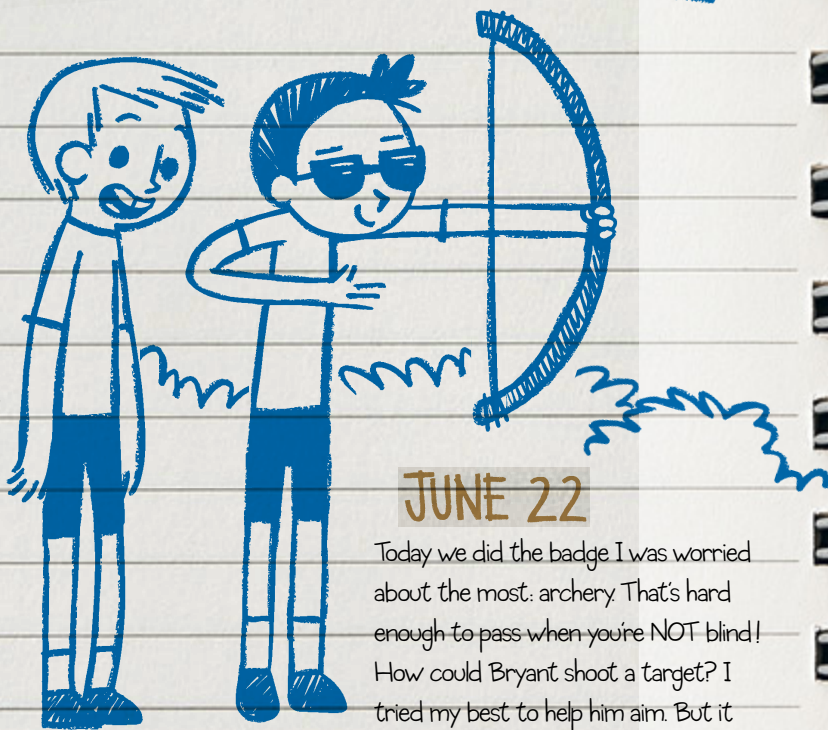
(Based on a true story)

JUNE 20

So... I'm kind of worried. I was asked to be Bryant's buddy at Scout camp this year and help him pass his merit badges.

But here's the thing ... Bryant's blind.

He can do lots of stuff on his own, but sometimes he needs a little help. Like someone helps him so he can pass the sacrament. But that's a lot different than passing a merit badge. I hope he can do it. I'm going to do my best to help him. He's my friend, and I want him to have fun at camp.



JUNE 22

Today we did the badge I was worried about the most: archery. That's hard enough to pass when you're NOT blind! How could Bryant shoot a target? I tried my best to help him aim. But it was hard for him to hear me because the other boys were cheering so loud behind us! Everyone wanted him to pass.

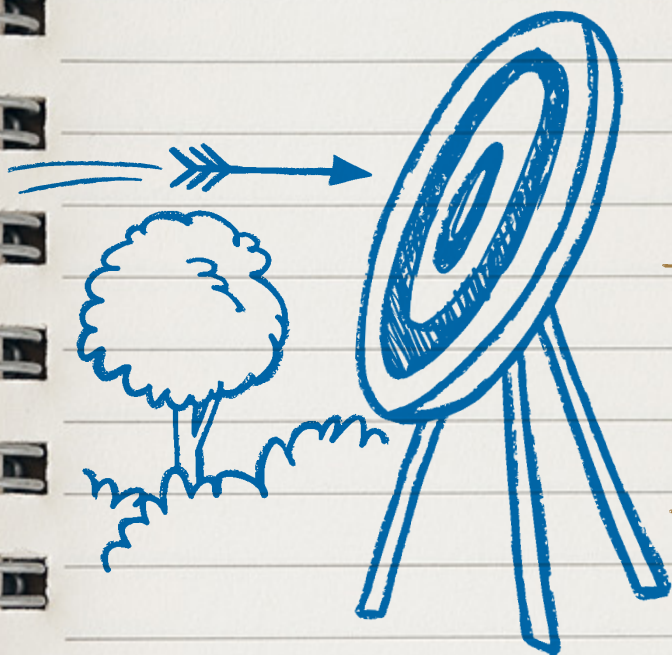
And he did! We were so happy, we patted him on the back and jumped around like crazy!

JUNE 21

Today is the first day of camp, and we did the swimming merit badge. A leader threw a brick into the pool, and we each had a turn to jump in and get it. I wasn't sure how Bryant would do, but I tried my best to help him know where to go. I shouted directions to him from the side of the pool. He probably couldn't hear underwater, but he didn't give up. He kept feeling around until he found the brick. He finished on time and earned his badge.

It was awesome!





JUNE 23

I'm soooo tired. I barely got any sleep last night. In the middle of the night I heard a freaky noise and poked Bryant to wake him up. It went kind of like this:

Me: Bryant! What's that noise?



Bryant: Um, I think it's a frog.

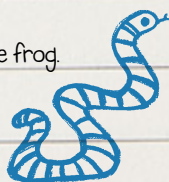
Me: I don't think so. Could it be a snake?

Bryant: Nah, snakes don't make noise. ... Maybe it was a coyote?

Me: You said it was a frog!

Bryant: Maybe a coyote is chasing the frog.

Me: Or maybe the frog is chasing a coyote.



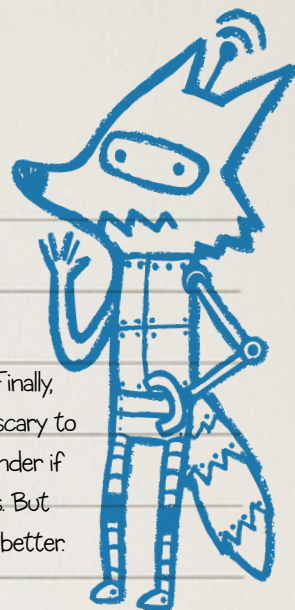
Bryant: Hahahaha! Maybe it was an alien!

Me: A robot alien!

Bryant: Dressed like a coyote!

Bryant and me: HAH-AHA!

We were cracking up all night! Finally, we got some sleep. It was kind of scary to hear weird noises in the dark. I wonder if that's how Bryant feels sometimes. But joking with Bryant helped me feel better. I'm glad he's my friend.



JUNE 24!!

It's the last day of camp, and it's been great! I thought it would be hard to help Bryant, but it was actually lots of fun. He's really cool and funny. And he can do lots of things!

JUNE 25

When I got home, I told Grandma all about camp. I told her it was the best Scout camp ever and that it was really fun being Bryant's buddy. Grandma read Mosiah 2:17 to me. It says, "When ye are in the service of your fellow beings ye are only in the service of your God." She said that when I helped Bryant, I was serving God too. I'd never thought of it that way before, but I felt the Spirit tell me that it was true. It's awesome that I could serve God and help my friend.

Bryant's really cool. He always keeps trying and shows me that we can do hard things—sometimes with a little help. He reminds me that Heavenly Father is always there to help. And Bryant helped me be brave when I was a little scared. So I guess Bryant was really serving me too! ◆

The authors live in California and Utah, USA



Fighting Off Falsehoods

By McKelle George

Movies, music, and things you see online might make you feel bad about yourself. Practice battling Satan's lies with Heavenly Father's truths by matching each falsehood with a truth. Remember—Heavenly Father loves you, and His truth always wins! Check your answers on page 39. (The first one has been done for you.)

..FALSE..

1. I don't look good enough.
F

2. I'd be happier if I had nicer stuff.

3. No one loves me.

4. I'm not special.

5. Heavenly Father has forgotten about me.

6. I'm not talented.



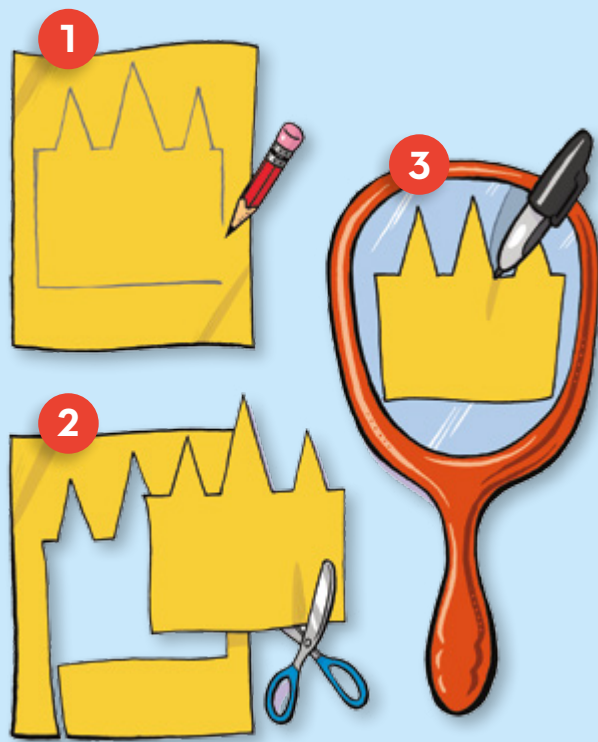
..TRUE..

- A.** “No matter how dark your days may seem, . . . your Heavenly Father has not forgotten you.” —President Dieter F. Uchtdorf
- B.** We can always know that God loves us (see [1 Nephi 11:17](#)).
- C.** We all have talents and gifts, but we don't all have the same ones (see [D&C 46:11](#)).
- D.** “Your Heavenly Father has known you for a very long time. You, as His son or daughter, were chosen by Him to come to earth at this precise time, to be a leader in His great work on earth.” —President Russell M. Nelson
- E.** “Those things which provide deep and lasting happiness and gratitude are the things which money cannot buy: our families, the gospel, good friends, our health, our abilities, the love we receive from those around us.” —President Thomas S. Monson
- F.** “We each have our own unique look and outward design, like temples. We also have a spiritual light within us, like temples.” —Sister Neill F. Marriott

ILLUSTRATION BY STEVEN KEELE

Temple Mirror

Trace an outline of your favorite temple. Cut it out, and use a permanent marker to trace it onto a mirror. Decorate however you like. When you look into the mirror, think about how you are preparing to enter the temple someday.



Fruit Pizza

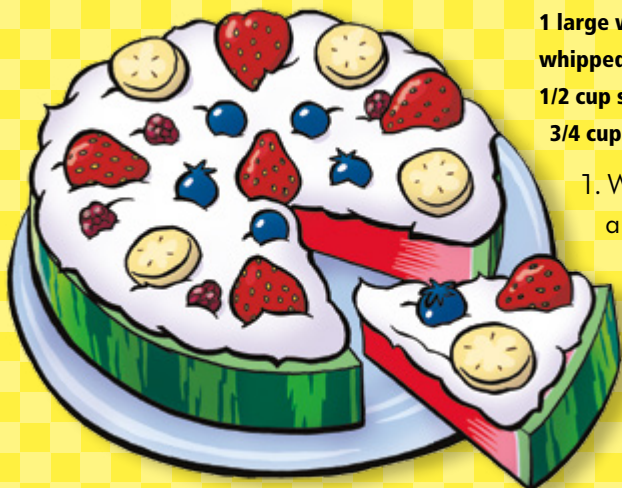
1 large watermelon

whipped cream or whipped topping

1/2 cup sweetened shredded coconut

3/4 cup berries or other fruit of your choice, chopped

1. With an adult's help, slice the watermelon so you have a circle like a pizza.
2. Spread the whipped cream across the circle.
3. Sprinkle on the coconut.
4. Top with berries, grapes, sliced bananas, or anything else you'd like.
5. Cut your fruit pizza into triangle slices and enjoy!



Journey of Miracles

By Jessica Larsen

(Based on a true story)

The Platte River, Nebraska, 1863

“W^{hoa}, there!” Mary pulled back on the reins, and the oxen slowed. “Everyone all right?” She looked at her three youngest siblings, who rode on the oxen’s backs. They nodded.

The Platte River lay before them, wide and muddy. “What now?” her younger brother Jackson asked. He was only nine, but he was helping Mary drive the oxen. Father lay in the back of the wagon, still sick from his stroke.

“We don’t need to cross the river,” said Mary. “But we can follow it.” There was no road to Zion, but the river should guide them as they headed west. “Giddyap!”

Mary didn’t know that the Mormon pioneers always crossed the Platte River and traveled a different way. By not crossing the river, Mary’s family was entering Indian Territory.

They would not see another wagon train for the rest of the long journey.

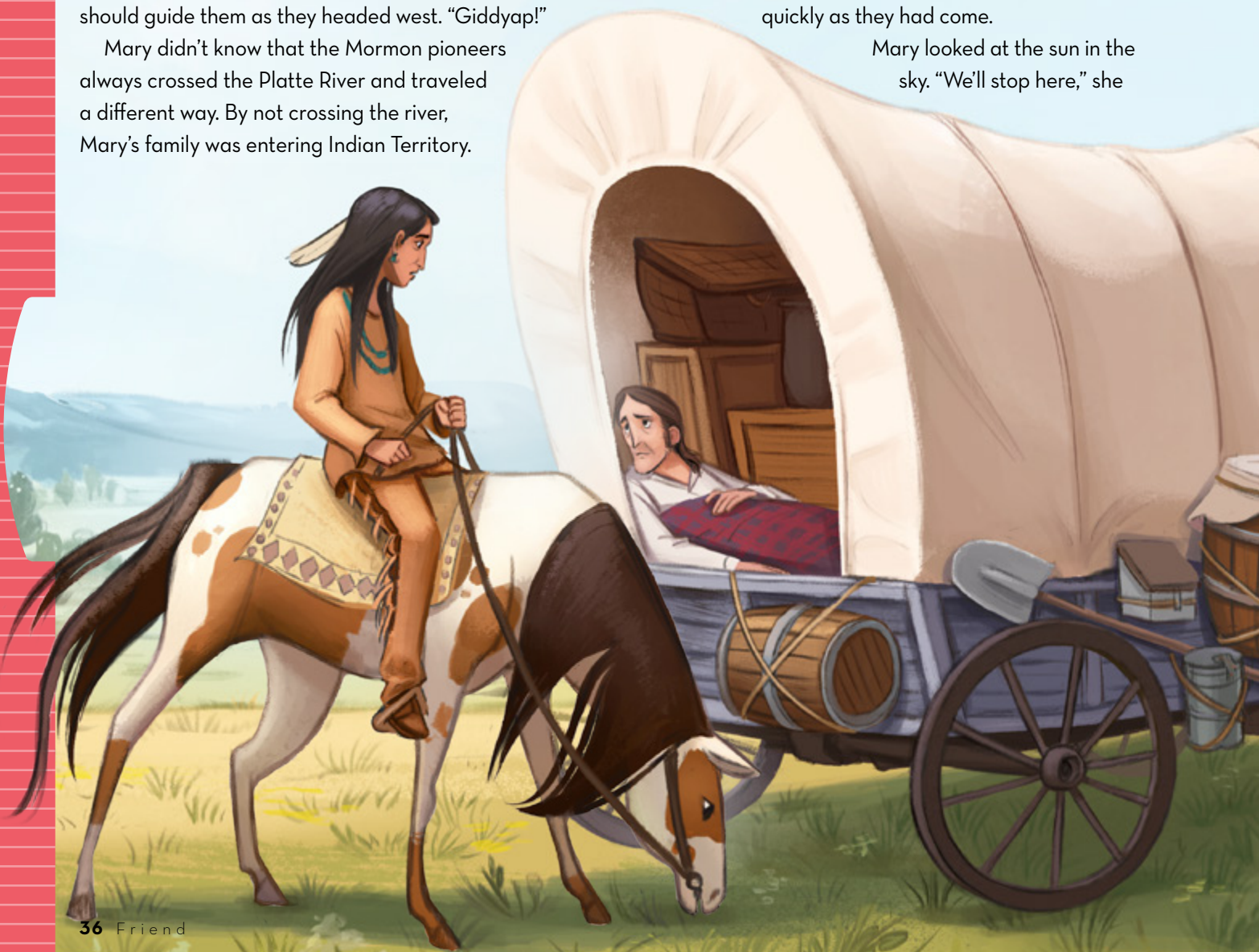
Weeks later, Mary saw a cloud of dust approaching. “Steady,” she whispered to the oxen and herself. “Steady.”

The dust cleared to show a small group of Indians riding on horses. One of the men rode up to the back of the wagon, where Father was lying.

The man’s eyes were kind. “He is sick?” he asked, pointing to Father.

“Yes,” Mary whispered. The man called out something in his own language, and the Indians all rode off as quickly as they had come.

Mary looked at the sun in the sky. “We’ll stop here,” she



told Jackson. She lifted Sarah and the twins down.

"Mary, come look!" Jackson said. The man with the kind eyes was riding back toward them, something heavy in his hands.

"Wild duck," he said. "And rabbit. For you." Mary could only stare, speechless, as he dropped the game into her arms. With another nod, he rode off into the twilight.

"Food!" Mary exclaimed. "Meat!" The man's gift was truly a miracle.

More miracles happened on their journey. A buffalo herd came toward them but then parted around the wagon, going on either side of it. A dust storm carried one of the twins into a river, but Mary was able to save her.

But the journey was still difficult. Every day the wagon looked more worn, and the oxen looked more tired. The ground was steep and rocky. The mountains were hard to cross. But Mary and her family kept plodding forward.

They were just coming down from a tall summit when Mary saw a man driving toward them in a wagon.

"Maybe he can tell us the way to Lehi, Utah!" she said to Jackson. They had an uncle who lived there.

"You're in Echo Canyon, not far from the Salt Lake Valley," the man said when she asked where they were. "But where is the rest of your party?"

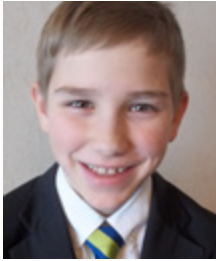
The whole story came out, and the man listened in amazement. "You've traveled over 1,000 miles (1,609 km) all by yourselves?" He shook his head with admiration. "You are one brave girl. Let me tell you the way to Lehi. You're nearly there."

"Nearly there," Mary whispered to herself as the man drew a rough map in the dirt. Nearly to Zion. "I think we might make it, after all."

Mary and her family made it to Lehi, Utah. She later married and had a large family of her own. Her example of faith and courage has blessed many people. ◆

The author lives in Texas, USA.





By Gary P., age 11, Utah, USA

I was at my friend's house, and we were riding our bikes. My friend's neighbors were riding their bikes too.

We all decided to play cops and robbers. We played and played for about an hour. It was fun! Finally we were tired, so we put down our bikes and sat in the grass. I was so excited. I had made some new friends!

Then a kid picked up his cell phone. He scrolled through it. Then he said, "Hey, guys, look at this!" He showed us a funny video. It was really funny! And then he showed us another video. All of a sudden, I felt a bad feeling. They watched the video over and over. I felt worse every time. Again and again. Worse and worse. I was scared. If I left, my friend might not be my friend anymore. But if I kept watching, I wouldn't be having faith.

Finally, I whispered to my friend, "I need to go home."

He said, "Why?"

"I don't like these videos."

"OK, bye," he said.

As I rode my bike back home, I felt the bad feeling slip away. An amazing feeling replaced it. I got the gift of the Holy Ghost a few years ago, and I felt it that day.

I had followed the Holy Ghost. ♦

Friends and Faith



Building a Temple

Join us each month to see how the Payson Utah Temple was built!

By Amie Jane Leavitt

There are twelve oxen around the base of the baptismal font. They represent the twelve tribes of Israel. Only the front half of the oxen is made because the back half would be hidden in the walls of the font. Three oxen face north, three face west, three face south, and three face east. This is the way the oxen were arranged in the baptismal font in Solomon's Temple in the Old Testament.



Fun Fact: In the Payson Utah Temple, one of the oxen is a "door." It can slide out when the font needs to be worked on!

FUNSTUFF ANSWERS

Page 3: scriptures, Spirit, friends, church, pray, patriarchal, temple

Page 10: Edwin James

Page 21: following Jesus Christ's example; being kind, being a friend

Page 31: Nice belt!; Joseph

Page 34: 1, F; 2, E; 3, B; 4, D; 5, A; 6, C



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3, 20, and 7.

How to Write to the Friend

To send us a letter, drawing, poem, or paper heart...

1. Fill out the form below and send it in with your story or artwork.
2. Send a school picture or other high-resolution photo.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old.

The Last Laugh



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2393
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

May the Friend contact you with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

Age

Boy/Girl

State/Province, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian

Email of parent or legal guardian

THE Friend

JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones

Family prayer teaches little ones both the blessings of prayer and the great feeling of belonging to a family!

Think of family prayer as a time to connect with both God and each other. It may even become a favorite time in your child's day! You can help make family prayer a regular—and happy—experience.



Here are some ways to help:

■ Choose a regular time when family prayer will always happen. Is it in the morning before everyone leaves? At night before bed? Maybe both? How will you remember? Ask your children for ideas. Be creative! (Maybe a prayer rock or phone alarm?)

■ Before you pray, ask each family member what they want you to say. What are they thankful for? What blessings do they need? Including each child's thoughts and requests as you pray will help them pay more attention to your words and then listen for Heavenly Father's answers.

■ You might start a tradition of giving hugs after family prayer or inviting everyone to say something they like about a family member. (You could choose a different person each day.)



You can read past letters at FriendFPLO.lds.org.

Hi, Friends!



I took my CTR ring and the Friend for show and tell at my preschool.

I liked being a missionary!

Lindsay, age 4, North Carolina, USA



Jacob, age 4, Colorado, USA



I like to watch ants because they are hard workers and they remind me to work hard.

Beckham, age 5, Washington, USA



Jane, age 4, California, USA

Prayers and Butterflies

By Jennifer Maddy



Grandma fell and hurt her leg.
Sarah is worried about her.



"What can we do to help
Grandma?" asks Dad.



"Let's say a prayer," says Sarah.



"Please bless Grandma that
she will feel better."



"Let's draw pictures for her!" says Sammy.
"Grandma loves butterflies!" says Sarah.



Sarah is thankful for prayer. So is Grandma!

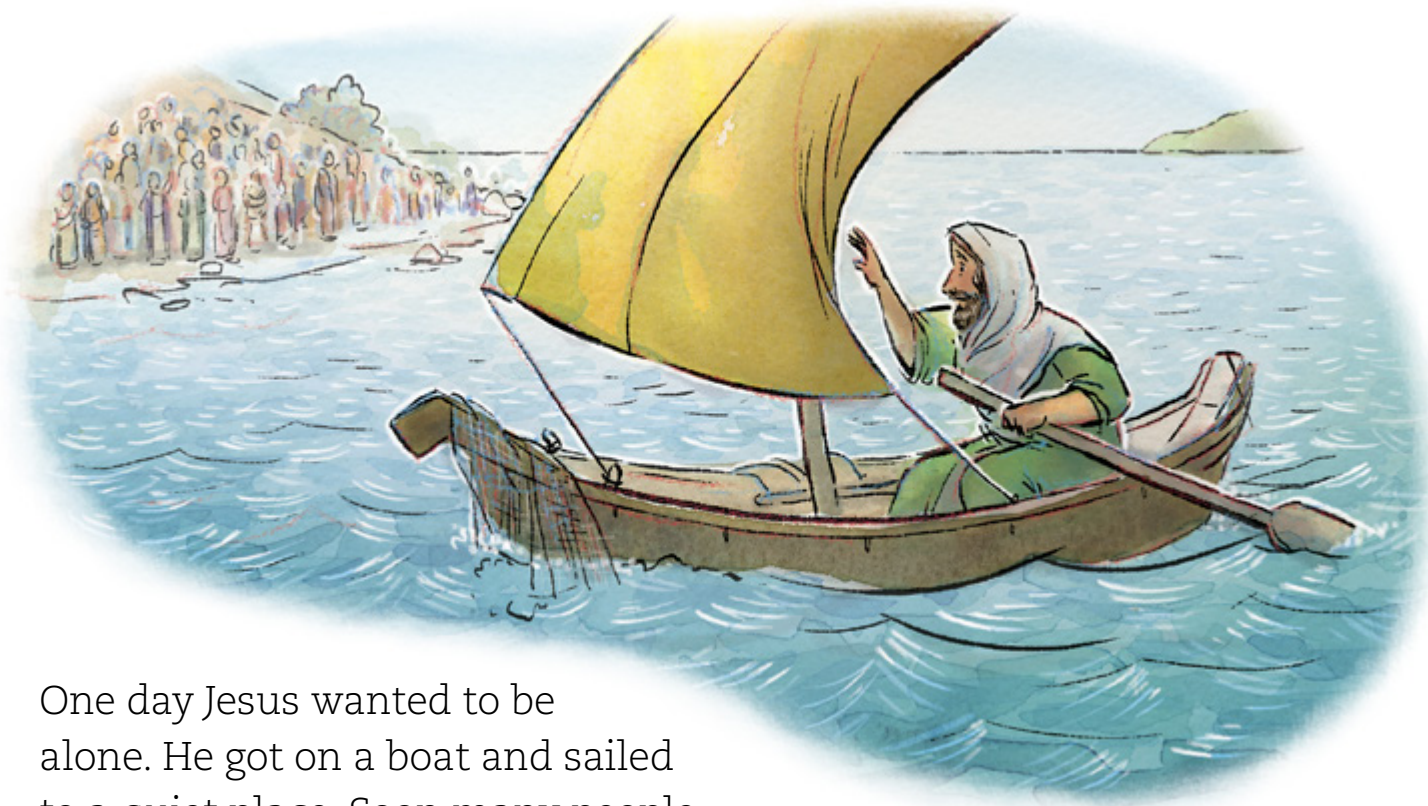
Helping Others

Look for people who are helping others feel better in the hospital. How can you help someone feel better when they are sick or sad?



Jesus Fed Many People

By Kim Webb Reid



One day Jesus wanted to be alone. He got on a boat and sailed to a quiet place. Soon many people followed Him there.

Jesus taught the people and healed the ones who were sick. At the end of the day, everyone started feeling hungry. Jesus's disciples wanted Him to send the people away to buy food in the city.



Jesus told His disciples to feed the people so they wouldn't have to leave. A boy had five loaves of bread and two fish. But it wasn't enough to feed everyone.



Jesus blessed the food and broke it into pieces. Then the disciples passed it out to the people. Would there be enough food?



Thousands of children, women, and men ate the bread and fish.
After they finished eating, 12 baskets of food were left over!
It was a miracle. Miracles still happen on earth today. ◆

From Matthew 14:13–21.

COLORING PAGE

I Love the Scriptures



ILLUSTRATION BY APRYL STOTT

Charlie's BIG Weekend

By Margo Mae

(Based on a true story)

Dasch couldn't wait to play with Charlie!

Charlie was the class teddy bear. He was brown and furry. He had his own clothes. He even had a baseball hat.

Each weekend, one student took Charlie home. It was Dasch's turn.

Dasch was excited. He had a baseball hat to wear too.

Dasch and Charlie had fun. They ate cheese pizza. They played video games. They had a



sleepover.

On Sunday, lots of people visited. Dasch's sister was leaving on a mission. She was going far away. Everyone said goodbye.

Charlie said goodbye too. His big weekend was almost over.

The next day Dasch took Charlie back to school. Dasch stood in front of the class. "What did you and Charlie do?" his teacher asked.

Dasch was nervous. He held Charlie tight.

Should he tell about the pizza?

The video games? The sleepover?

Should he tell about Sunday? The kids in class didn't go to his church. What if they laughed?

Dasch thought about his sister. He knew what she would do.

He took a deep breath. He told all about his weekend, even about his sister's mission. He told how Charlie said goodbye.

Everyone clapped. They didn't laugh at all!

Dasch smiled. He was brave just like his sister. Maybe he was a missionary too! ◆

The author lives in California, USA.

