Hello from Cambodia!
See pages 8–11
**He Calmed the Waters**

My favorite story was “He Calmed the Waters” (Feb. 2019) because I will be getting baptized this year! It might be scary at first, but it will be OK! It will be fun getting baptized, and my family will be there.

Kale P., age 7, Iowa, USA

---

**Testimony Plant**

I read the Friend at least twice all the way through. I made my own “testimony plant” (Jan. 2019)!

Cosette R., age 8, North Carolina, USA

---

**Coconut Ice**

We enjoyed making and eating the coconut ice-candy (Jan. 2019). We froze the coconut ice-candy outside in less than two hours because it was so cold!

Claire and Reuben S., ages 10 and 5, Alberta, Canada
These stories and activities support this month’s *Come, Follow Me* lessons at home and in Primary. Find more resources at lessonhelps.ChurchofJesusChrist.org.

**STORIES AND FEATURES**

- 2 From the First Presidency: Sharing the Gospel / President Dallin H. Oaks
- 4 Will You Come to My Baptism?
- 6 Family Night Fun
- 7 Full of Good Works
- 8 Hello from Cambodia!
- 10 Mara the Pioneer
- 14 Lost in the Amusement Park
- 16 The Living Christ
- 17 Bright Idea
- 18 Apostles around the World: Elder Neil L. Andersen
- 21 Friends and Other Faiths
- 22 The Perfect Match
- 24 I’m Christian!
- 26 Friend to Friend: It’s His Name / Elder Taniela B. Wakolo
- 28 Show and Tell
- 30 Matt and Mandy
- 32 Courageous Examples: A White Cap for Florence
- 33 For Older Kids
- 34 Food & Fun
- 35 What’s on Your Mind?
- 36 Score One for Honesty
- 38 Bike-Rack Buddies

**MUSIC**

- 13 To Be a Pioneer

**THINGS TO MAKE AND DO**

- 12 Funstuff: Modern Pioneers
- 20 Funstuff: Find It!

**FRIEND JUNIOR**

- IBC For Parents of Little Ones
- FJ1 Hi, Friends!
- FJ2 Prayer at the Market
- FJ3 When I Pray . . .
- FJ4 Scripture Stories: Jesus Said to Share the Gospel
- FJ7 Coloring Page
- FJ8 A New Friend at Lunch

**FOR OLDER KIDS**

- 31 For Older Kids
- 38 Bike-Rack Buddies

---

**Hidden CTR Rings**

- **Hard:** How do we talk to Heavenly Father?
- **Harder:** Playground pointer
- **Hardest:** Alone on a bench

---

**Volume 49 Number 7 July 2019**

The First Presidency: Russell M. Nelson, Dallin H. Oaks, Henry B. Eyring


Managing Editor: Jan Pinborough
Assistant Managing Editor: Marissa Widdison
Copyeditor: Lori Fuller Sosa
Administrative Assistant: Carrie Kasten
Writing and Editing: Ryan Carr, David Dickson, Charlotte Lorchab, Michael R. Morris, Eric Murdock, Richard M. Romney, Mindy Selu, Chakel Wardleigh
Editorial Intern: Lucy Stevenson
Managing Art Director: J. Scott Knudsen
Art Director: Mark W. Robinson
Design: Jeanette Andrews, Mandie Bentley, Sharon LaB℧nker, Cristina B. Franco, Donald L. Hallstrom, Larry S. Kasher, Erich W. Kopischke, Lynn G. Robbins
Managing Director: Richard L. Heaton
Director of Church Magazines: Allan R. Loyborg
Business Manager: Garff Cannon

© 2019 by Intellectual Reserve, Inc.
All rights reserved. The Friend (ISSN 0009-4102) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, Utah 84150-0024, United States of America. Periodicals postage paid at Salt Lake City, Utah.

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

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

To change address: Send old and new address to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

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

Submit manuscripts or art to: Friend, P.O. Box 26368, Salt Lake City, UT 84150-0024.

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

Unless otherwise indicated, individuals may copy material from the Friend for their own personal, noncommercial use (including such use in connection with their calling in The Church of Jesus Christ of Latter-day Saints). This right can be revoked at any time and for any reason. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., Rm. 13, Salt Lake City, UT 84150, USA; email: cor-intellectualproperty@ChurchofJesusChrist.org.

POSTMASTER: Send all UAA to CFS (see DMV 507.1.5.2). NONPOSTAL AND MILITARY FACILITIES: Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.
The Savior, Jesus Christ, told His disciples to share the gospel with everyone on earth. He said,

“Go ye into all the world, and preach the gospel to every creature” (Mark 16:15).

We need every member of the Church to help take the gospel to all the world.

Here are some ways you can help:

1. **Love** everyone as your brothers and sisters, like Jesus taught.

2. **Keep the commandments** so you can be a good example.

3. **Pray** to know who is ready to learn about the gospel and how you can share it with them.

4. **Help others** learn more about Jesus Christ.

Missionary work means loving and helping others. No matter how the other person responds, you are a successful missionary if you share the gospel with love!

*Adapted from “Sharing the Restored Gospel,” Ensign, Nov. 2016, 57–60.*
Sharing with Love
How can you show love today?
Match each picture with the number from President Oaks’s message.

See family manual, pages 114–115;
Oliver couldn’t wait for the week to go by. Next week was the big day he had been waiting for since he was four years old. He was going to be baptized. Oliver was so excited about his baptism that he wanted to shout it from the rooftops for all of England to hear! He couldn’t wait to tell his friend Dylan at school. 

“I can’t believe it. My baptism day is finally almost here,” Oliver said. “It’s going to be brilliant!” 

Dylan looked confused. “I thought only babies got baptized.” 

“Kids have to be at least eight to be baptized in The Church of Jesus Christ of Latter-day Saints,” Oliver said. “That’s my Church.”

Suddenly Oliver had a thought. “Would you like to come to my baptism?”

“Sure,” Dylan said. “But I need to ask my parents first.”

“OK!”

Oliver was excited that Dylan might come to his baptism. This gave him another idea. I don’t want to share my baptism with just one friend, he thought. I want to invite as many people as I can! Oliver rushed home to tell Mum he had a plan.

On Sunday, Oliver started his plan. He shared his testimony during fast and testimony meeting. At the end he said, “I’m getting baptized next Saturday, and I want everyone to come! Will you please invite anyone you know who isn’t a member, or who doesn’t come to church, to my baptism?” He felt like a missionary. He really liked that feeling!

Over the next week, Oliver invited friends, family members, and teachers to his baptism.

“It would mean a lot to me if you could come!” he told them.

As Saturday got closer, Oliver started to wonder how many people would actually show up. What if they were all too busy or didn’t want to come?

He said a short prayer that at least a few people would come. Then he stopped worrying about it. He knew he had done a good thing just by inviting them. Besides, the most important thing about the day was getting baptized.

When he got to church on his baptism day, Oliver could hardly believe his eyes. A lot of his friends were there to support him. He even saw a bunch of people he didn’t know. He waved when Dylan walked in with his parents.

When it was time to be baptized, Oliver stepped into the warm water. His dad took his hand, as they had practiced. Then he said the short baptism prayer and lowered Oliver into the water. Before he knew it, Oliver was standing up again—dripping wet and grinning. He knew he was following Jesus’s example.

After Oliver changed into dry clothes, his dad and a few other men confirmed him a member of the Church. They gave him a special blessing and invited him to receive the Holy Ghost. Afterward, Oliver got to share his testimony.

“Thank you for coming to support me on my special day. It means so much to me,” Oliver said. “I’m grateful for my baptism, and I believe this is Christ’s Church on the earth.”

Afterward, people came up to congratulate Oliver.

“Thanks for inviting me!” Dylan said. “I had a good feeling inside.”

“Everyone has been so kind!” Dylan’s mum said. “We have felt very welcomed.”

That night, Dad sat down on the end of Oliver’s bed.

“What a great day!” Dad said.

Oliver nodded. “I’m glad I could share it with my friends.”

The authors live in Kent, England, and Utah, USA.

Here are some ideas you could use for home evening.

**SONG**
“Called to Serve” (Children’s Songbook, 174–75)

**SCRIPTURE**
Acts 20:35

**ACTIVITY**
Part of being Christian is helping others, like Jesus would (see pages 24–25). Create a family helping plan together!

► First, get a large piece of paper or poster board.
► Next, draw pictures or cut pictures out of magazines to show ways your family can help others.
► Have each family member make a goal to help others this week. Write the goals somewhere on the board.
► Display your family plan where you can see it this week. (See *CFM, page 116.)

**MORE IDEAS**
► Read “Friends and Other Faiths” (page 21). Talk about how it’s important to respect people who are different from us. (See *CFM, page 111.)

► Use page 7 to talk about women in the Bible. (See *CFM, page 108.) Follow up with the family helping plan you created. How did it go? Consider setting new goals this week.

► Read “Score One for Honesty” (page 36) and talk about why it’s important to be honest. You could even act out the story—outside! (See *CFM, page 104.)

**HELPING-HANDS CAKE**
Have different family members do different steps so everyone is helping.

1. Whisk together a small package of instant pudding and 1 1/2 cups milk. Stir in a cup of whipped topping.
2. Place graham crackers in the bottom of a baking dish. Add a layer of pudding, then another layer of crackers, and another layer of pudding. Each time you add a layer, read a goal from your family helping plan. Repeat until you are out of graham crackers and pudding.
3. Keep in the freezer until you’re ready to serve. Cover with the rest of the whipped topping and add fruit on top. Cut in slices and enjoy!
These three women from the New Testament helped people. Read what they did; then match the pictures. What can you do to help someone today?

**Priscilla** and her husband made tents for a living. She taught about the gospel with her husband. They may have held Church meetings in their home. (See Acts 18:26.)

**Lydia** sold purple fabric dye. She felt the Spirit and decided to be baptized. She gave the disciples a place to stay in her home while they were traveling. (See Acts 16:14–15.)

**Tabitha** gave to the poor and sewed clothes and coats for those in need. After she died, Peter raised her from the dead. (See Acts 9:36–40.)

See family manual, page 108.
A Primary girl and a member of her branch are greeting each other. People in Cambodia use their hands to show respect.

Here’s a Cambodian Book of Mormon. The Cambodian language is called Khmer (kuh-MY). Its alphabet has 74 letters—the most of any alphabet in the world!

Most kids in Cambodia get to school and church by riding a motorcycle with a parent. Or they might take a tuk tuk—a carriage pulled by a motorcycle.

Cambodia is in Southeast Asia. About 16 million people live there. And half of the country is covered in tropical forests!
These Church members made a big pot of fish soup to eat together at the stake center between general conference sessions.

Last year President Nelson announced that the Church will build a temple in Phnom Penh, the capital city! The temple will help families like this one be sealed together forever.

Many Primary children in Cambodia are the only Christians at their school. Most people in Cambodia practice a religion called Buddhism. Their religion teaches them to be honest, peaceful, and wise. People from all over the world visit this Buddhist monument.

I feel very happy when I obey God.

Sineth B., age 6, Kampong Thom, Cambodia

After I took the discussions with the missionaries at home, I was baptized and I’m so happy!

Sina B., age 8, Kampong Thom, Cambodia

Meet some of our friends from Cambodia!

Are you from Cambodia? Write to us! We’d love to hear from you.

Thanks for exploring Cambodia with us. See you next time!
Mara buttoned her skirt and looked in the mirror. It felt funny to wear church clothes on a Saturday, but this was a special Saturday. It was general conference!

“Are you excited for the women’s session?” Mak (Mom) asked. She brushed Mara’s hair with quick, gentle strokes. “I want you to try to listen as much as you can.”

“Yes! I hope they tell pioneer stories!” Mara liked those best.

“Maybe they will,” Mak said. “Did you know your dad is a pioneer?”

Mara was confused. Her dad had never ridden in a covered wagon, like the early pioneers.

“How is he a pioneer?” she asked.

Mak nodded toward the window, toward the river. “He was fishing there when he met the missionaries. He was the first one in his family to get baptized,” Mak said. “That makes him a pioneer! Now let’s go find your grandmother.”

Yiay (Grandma) was waiting for them in the front room. Mara’s family and her grandparents all lived together. Yiay helped take care of Mara after school while her parents worked. Now Yiay stood by the moped, the big motorized scooter that carried them around the city.

“The Church has only been in Cambodia for 25 years,” Mak told Mara as she opened the door and pushed the moped onto the street. “So we’re all pioneers. Even you!”

“How am I a pioneer?” Mara wondered as she got on the moped. Mak drove the moped, with Yiay in back and Mara in the middle. Mara held on tight as they zoomed down the crowded street.

As they passed a café, the smell of tea wafted over them. Most everyone here drank tea. But Mara didn’t. She followed the Word of Wisdom. Mara grinned. That’s one way she was a pioneer!

As the moped turned a corner, Mara saw a wat, a Buddhist temple. The red pointed roof rose above the other buildings. Monks with shaved heads and orange robes sat studying in the courtyard.
Mara knew that most people in Cambodia were Buddhist. They didn't believe in Jesus Christ. But Mara did. *That's another way I'm a pioneer*, thought Mara. And today she would get to listen to the prophet!

As the moped turned into the church parking lot, Mara saw lots of women arriving. Some had walked or ridden mopeds. Others arrived in *tuk tuks*, small carriages pulled by a motorbike. Many of the women wore dresses or plain skirts, like Mara did. And some wore *sampots*, beautiful long skirts made of colorful patterned fabrics.

Mara, Mak, and Yiay sat down in the chapel with the other women. Conference had actually happened a whole week ago in Salt Lake City, Utah, USA. But now the people in Cambodia would be able to watch the broadcast in Khmer. Mara spoke both English and Khmer at home, and she also learned French in school. But many Cambodians just spoke Khmer.

The first speaker didn't tell any stories about pioneers. But then the second speaker told a story about walking up a steep dirt path on her way home from school. It was called the "boys' trail," and sometimes she would take off her shoes and walk barefoot. She wanted to do hard things so she could be like a pioneer! Mara smiled as she thought about all the ways *she* was a pioneer.

The last speaker was the prophet. He stood tall. Mara listened extra closely. "I invite you to read the Book of Mormon between now and the end of the year," he said. "The heavens will open for you. The Lord will bless you."

Mara knew it wouldn't be easy to read the whole Book of Mormon. She looked at the women around her. All of them had chosen to follow Jesus Christ. All of them had come tonight to listen to the prophet. She would follow the prophet, just as they did. She would be a pioneer! ●

The author lives in Texas, USA.

**In the October 2018 general conference, President Russell M. Nelson also announced that the Church will build a temple in Cambodia!**
President Dallin H. Oaks said, “The days of the pioneers are not past. There are modern pioneers whose achievements are an inspiration to all of us.”* Here are pictures of a modern pioneer family joining the Church in Nigeria. Can you put the pictures in order? Check answers on page 39.

* “Modern Pioneers,” Ensign, Nov. 1989, 64.
To Be a Pioneer

Words and music by Ruth Muir Gardner
Arr. by Vanja Y. Watkins

© 1980, 2019 by Intellectual Reserve, Inc. All rights reserved.
This song may be copied for incidental, noncommercial home and church use.
This notice must be included on each copy made.

1. You don’t have to push a great hand-cart, Leave your family dear, or
2. You do need to have great courage, Faith to conquer fear, And

walk a thousand miles or more To
work with might for a cause that’s right To

be a pioneer! 2. You be a pioneer!

© 2019 by Intellectual Reserve, Inc. All rights reserved.
Stay close! We don’t want to lose each other.

Can we go on that one?

That might be too scary for Lilly. Let’s find one we can all go on.

Can we please go on the rollercoaster next, Mom?

Mom?

Lilly?
I’m never going to find them!

I need to pray.

Heavenly Father, please help me find my family.

Can you help me? I don’t know where my family is.

Sure, don’t worry. Let me make a call.

Mom! Lilly! Tucker! We were so worried!

Heavenly Father answered my prayer.

Hey, Lilly, wanna go on the bumper cars?

Thanks to Tucker D. from Texas for sharing this story!
The prophets and apostles wrote “The Living Christ” to tell the world about Jesus Christ. Read part of it each month and memorize the line in red.

“Of the Living Christ, the Prophet Joseph wrote: ‘His eyes were as a flame of fire; the hair of his head was white like the pure snow; his countenance shone above the brightness of the sun; and his voice was as the sound of the rushing of great waters, even the voice of Jehovah, saying: I am the first and the last; I am he who liveth, I am he who was slain; I am your advocate with the Father’ (Doctrine and Covenants 110:3–4).”

countenance: face
Jehovah: Jesus
slain: killed
advocate: someone who supports and speaks up for someone else

A VISION OF JESUS CHRIST

On March 27, 1836, the Prophet Joseph Smith dedicated the Kirtland Temple, the first temple built after the Church was brought back to earth.

The next Sunday, Joseph Smith and Oliver Cowdery prayed in the temple and saw a vision of Jesus Christ! Jesus told them that He lives. He told them to be happy, because their sins were forgiven. Joseph Smith wrote down what Jesus looked like and what He said!

Go to temples.ChurchofJesusChrist.org to find out which temple is closest to you. Then look at pictures of temples and draw one. Every temple is dedicated as a House of the Lord! How do you think it feels to be in Jesus’s house?
DON'T GIVE UP!

Things will be OK. Heavenly Father is cheering you on!
Elder Andersen Visits Ivory Coast

One of the first steps in building a new temple is a special meeting called a “groundbreaking.” Elder Neil L. Andersen and his wife, Sister Kathy Andersen, traveled to Ivory Coast for the groundbreaking of a new temple.

Elder Andersen gave a prayer to dedicate the land for the new temple. He and Sister Andersen gave talks in French, the official language there. Sister Andersen said it makes her happy that Jesus lets us go inside His house, the temple. We receive blessings there that we can’t receive anywhere else on earth.

Let us devote ourselves... to be ready to enter the dedicated temple. Let us be more true to following the Savior.

Children used gold-colored shovels to help “break the ground” for the temple. Then construction could begin! It will take about two years to build the temple.
WE LOVE TO SEE THE TEMPLE

Here’s how children sing the words “I love to see the temple” in six different languages. Follow the line from each sentence to the correct language.

Me encanta ver el templo
Oh, j’aime voir le temple
Eu gosto de ver o templo
Jeg elsker herrens temple
Ich freu mich auf den tempel
Out e fia vaai I le malumalu

German
French
Spanish
Danish
Samoan
Find It!

The people who live in this big city love their community garden! Can you find the hidden objects?

How many veggies can you name?
Friends and Other Faiths

By Henry D., age 8, Washington, USA

For one of my Cub Scout adventures, I had to go somewhere that people worship or feel reverence. My family decided to go to the Sikh (pronounced SEEK) temple near our house. It was really cool because we’ve driven past it a lot of times. It’s a building with a flag and gold trim around the top. We got to go inside. We got to see how they worship, and we got to eat some of the food that they have after they worship.

The people could speak a different language, and all the boys’ middle names were the same: Singh. All the girls’ middle names were Kaur. They treated us very nicely. We had to take off our shoes and put on a hat or a scarf to cover our hair. We did that so that we could show respect for the way they worship. The food that they fed us was really good. They gave us juice, candies, and some sweet fried dough.

I felt amazed after I met them, because the way they worship is a lot different than the way we worship. Instead of sitting on benches, they sit on the floor. But some people whose legs hurt sit on benches. They also have a special place for their sacred books.

We took a picture with the people we met, and then we got hugs from them. I felt happy that I got to know these people a bit. I would love to go back sometime.
“Love one another” (John 13:34).

Maggie loved things that matched. She wore her dark hair in two matching braids almost every day. Her purple backpack matched her purple notebook perfectly. And she carefully sorted her food into piles of matching colors at lunchtime.

One day after lunch, Maggie walked out to the playground. She was about to join her friends when she saw someone sitting alone by the slide. It was a girl with long, blonde hair.

Maggie sat down next to the girl. “What’s your name?” she asked.

“Anna,” the girl whispered. She sniffed and wiped her eyes.

“What’s wrong?” Maggie asked.

“No one will play with me,” Anna said, looking up sadly at Maggie.

Then Maggie saw that Anna had pretty green eyes. Maggie knew another girl who also had green eyes and blonde hair. The two girls would match perfectly!
“I know someone who can play with you!” Maggie told Anna.

“You do?” Anna asked with a hopeful smile.

“Yes! Sarah from my class.” Maggie pointed to a girl jumping rope. “See her over there? She would probably play with you.”

“Oh,” Anna said. Her face melted back into a frown.

Maggie didn’t know what to do next. “Well . . . I’ll see you later,” she said, standing up and walking over to her friends.

But Maggie couldn’t forget Anna’s sad eyes. That night at dinner, she told her family about what happened.

“She needed someone to play with?” Mom asked.

“Yeah,” Maggie said, “but she wouldn’t go ask Sarah to play, even though they both have blonde hair and green eyes.”

Dad looked over at Maggie. “Why didn’t you play with Anna?”

Maggie’s mouth fell open. “Because—because—Sarah and the girl matched!”

“Hmm,” Mom said as she wiped the baby’s face. “Do you remember what Jesus says about how we should treat other people?”

“We should love them?” Maggie said. Mom smiled and nodded.

“It doesn’t matter whether our body looks the same as someone else’s,” Dad said. “It doesn’t even really matter if they think the same way we do, or believe in the same things. The most important thing is that our actions match what Jesus taught.”

Maggie felt a warm tingling in her body, and she knew that Dad was right. “I’ll remember that,” she said.

The next day at recess, Maggie looked for Anna. She found her sitting alone by the sandbox.


“Do you want to come play with my friends and me?” Now Anna looked up! Her green eyes sparkled brightly as a smile spread across her face.

“Really?” she asked.

“Really!” Maggie said, helping Anna stand. This feels like a perfect match, Maggie thought as the two ran off together.

The author lives in Utah, USA.

WHAT DOESN’T MATTER

- What they look like
- How much money they have
- How smart they are
- Whether their family is like yours
- How popular they are
- What other people say about them

WHAT DOES MATTER

- That you treat them with kindness, even if they seem different
- That they respect you and are kind to you
- That they don’t pressure you to make wrong choices
When I was baptized and confirmed, I took the name of Christ. That means I choose to follow Him and try to do what's right.

I'm Christian! I believe that Christ is God's Begotten Son—The Prince of Peace, Good Shepherd, Bread of Life, the Holy One.

I'm Christian! I read scriptures daily, learning of His life, His miracles, His teachings, His eternal sacrifice.

I'm Christian! I want the world to know Jesus died for them. Because He gave His life for us, we all will live again!

I'm Christian! When my soul feels hurt by sin or earthly cares, I turn my heart to Jesus and I know He will be there.
I'm Christian! I use what I have to help my friends in need. I try to do what Christ would do; I’m following His lead.

I'm Christian! I remember Christ the way He asked us to: I take the sacrament each week and promise to be true.

I'm Christian! Even when alone, I show integrity. I’m honest, brave, and virtuous. You can depend on me.

I'm Christian! I forgive all those who choose to do what’s wrong. I welcome peace and friendship and help people get along.

I'm Christian! I love Jesus Christ with all my heart. It’s true! It’s your turn now—please share what being Christian means to you!

**DID YOU KNOW?**
The name “Christians” was first used in the New Testament to describe people in the city Antioch who followed Jesus. You can read about them in Acts 11:26.

See family manual, page 111.
“Ye must take upon you the name of Christ, which is my name” (3 Nephi 27:5).

I was born in Fiji. My parents were not members of the Church, but they went to another church.

When I grew up, I married my wife, Anita. She was a member of The Church of Jesus Christ of Latter-day Saints. She kept inviting the missionaries over to meet me.

One day I told them they could come to dinner for the next three nights. I said they had to use only the Bible to answer my questions. Their answers were perfect. On the third night, they asked me a question.

“If you had a grocery store, what would you call it?”

“I would call it the Wakolo Family Grocery Store because it’s my store,” I answered.

“Who should a church be named after?” they asked.

It was a great question. And I knew the answer with my heart and soul. The true Church would be named after Jesus because it’s His Church. And The Church of Jesus Christ of Latter-day Saints was named after Him!

I had just one more question: “When can I be baptized?” One week later, I was.

When I was baptized, I took upon myself Jesus Christ’s name. That means I became a member of His Church and promised to follow Him. I try my best every day to live as He did. I know that this is Jesus Christ’s true Church.
The Name of the Church

In any language, the Church is still named after Jesus Christ. Match each language with the Church’s name in that language. (Check answers on page 39.) Circle the words you think mean “Jesus Christ.”
Show and tell

S
ometimes at school when I have no work to do, I read the Book of Mormon. When I read it while at school, many kids ask, “What is that?” so I tell them what it is and a little about the gospel. It makes me feel good to share.
Will M., age 12, California, USA

W
hen I was little, I was afraid of water. Even though people told me I didn’t need to worry, I was scared. The missionaries told me that Jesus Christ was baptized to set an example, and I could feel my fear go away. When I was baptized, I felt a great joy.
Sarah T., age 11, Île de France, France

I
like to help and pray with my brother.
Abnahia G., age 5, Puerto Rico

I
like to play with dad.
Jatziel G., age 7, Puerto Rico

I
like to give hugs to other people.
Ethan L., age 6, Occitanie, France

I
like to give hugs to other people.
Verlann N., age 8, Tarlac, Philippines

Brooke C., age 8, Alaska, USA
I help by feeding the chickens and gathering the eggs.  

Caleb O., age 7, Ohio, USA

I have a friend who I met at the beach during holiday. Friendship is a wonderful gift from Heavenly Father!  

Terezka J., age 6, Zlín Region, Czech Republic

I help by feeding the chickens and gathering the eggs.  

Caleb O., age 7, Ohio, USA

Pioneers  
Pioneers were faithful,  
Pioneers were true.  
Pioneers were courageous,  
And I want to be too!  

Eve R., age 10, Idaho, USA

Send something in for the Kindness Garden! See how on page 39.
Are you going to send something to the Friend for the Kindness Garden?

Hmm. Maybe I will.

I saw you taking Mrs. Craig’s trash out for her again.

What about you?

You’ve been helping that new girl at school catch up on her assignments.

Oh! Yeah.

Let’s both do it.

OK! Something you find in a garden, right?

Right!

I’ll find the colored paper.

I’ll get crayons and markers.

LATER—

I did a rose.

And you did … a potato?

I love roses.

It was supposed to be a gopher, but he forgot to make the legs!
Did you know?

• In the Philippines, and many other places, people point with their lips.
• In Japan, it’s polite to slurp your noodles loudly.
• When children in Greece lose a tooth, they throw it onto the roof for good luck.

TIPS TO GROW ON
Going to bed and waking up at the same time every day helps you sleep better.

ART CHALLENGE
Draw a CTR shield with your eyes closed—NO PEEKING!

Brain Teaser
What gets bigger the more you take out of it? See page 39

I LOVE TO SEE THE TEMPLE

Poppy F., age 11, West Sussex, England

The Arequipa Peru Temple is under construction. Connect the dots to finish the temple!
Thirteen-year-old Florence Onyejekwe reached her usual spot in the crowded outdoor market in Onitsha, Nigeria. The street was packed with sellers calling out to busy shoppers. Women balanced bundles on their heads as they walked. School had just ended for the holidays, and Florence knew her friends were enjoying the break from class. But Florence spent her holidays selling bitterleaf here at the market. It was her only chance to earn money for her school fees.

Florence did not complain, though. After all, her mother spent long hours at the market every day selling yams to buy food for the family. Mama worked so hard. Her parents both did. But without an education, there was only so much they could do. Florence was almost finished with primary school. Perhaps if she could continue her schooling, she could get a good-paying job and help her family.

When she returned home, Florence found her parents and asked, “Do you think I could go to secondary school? And maybe university?”

Mama looked at Nnam (dad) and shook her head. “University costs so much more than we have,” said Nnam. Florence looked down at her shoes. She didn’t want Mama and Nnam to see how disappointed she was.

A few days later, Florence stopped at the hospital to pick up some medicine. The hospital was almost as busy as the market, though not as loud. Florence stared at the nurses in their crisp, white caps. She pictured herself in a uniform like that, helping the sick and taking care of babies in a...
big hospital. Perhaps she could become a nurse.

Florence knew her parents were right—getting an education would be hard. But Florence knew how to work hard. She decided to try.

No matter how many chores filled her day, Florence made time to study. She passed the tests for secondary school, and Nnam borrowed enough money for her to go. Later she found out the government would help pay for her nursing school! Her dream was within reach.

But when it came time to begin nursing school, Florence felt a little doubt. What if nursing was too hard? What if she was lonely? Florence bowed her head and prayed, *Dear God, please give me the strength to go to nursing school and work hard.*

At nursing school, Florence learned to give medicine and keep tools clean from germs. Sometimes her patients got better, but sometimes they didn’t. Florence prayed often for courage. After three long years, Florence graduated with the award for best student. Her dream had come true! She got to wear the white nurse’s cap, and she was able to earn money to help her family.

Florence Chukwurah (born 1946) has worked as a nurse in Nigeria and the United States. She and her husband joined The Church of Jesus Christ of Latter-day Saints and served together in the Ghana Accra Mission. While talking about getting an education, Florence said, “I decided to be serious with my schoolwork. I made up my mind to work hard.”

Many years later, Florence visited a small branch in the Ghana Accra Mission. Her husband, Christopher Chukwurah, was the mission president there. Florence met some children in the branch who couldn't always go to school. They weren't sure what to do with their futures. They reminded Florence of herself as a child. *What can I say to help them?* Florence prayed silently.

Then she felt a clear prompting. *Tell them about your life.*

Florence thought about her life. She had worked in hospitals in Nigeria and the United States. She had married a good man, and together they had found The Church of Jesus Christ of Latter-day Saints. She had become a mother. Now she was helping missionaries stay healthy and work hard. Heavenly Father had helped her become a nurse. He had helped her do so much more than she had imagined was possible. He could do the same for these children.

Florence looked at the children and smiled. “You know those white caps that nurses wear? I saw a cap like that and decided to become a nurse...”

The author lives in Michigan, USA.
Dear Ready,

There are lots of ways to share the gospel. One of the best ways is to be a friend. When you try to follow Jesus and share His love with others, people will notice your good example. Here are some ideas from Lillia K., age 9, from Mississippi, USA. What other ideas do you have?

Keep shining!
The Friend

I can invite friends to home evening.

I can invite friends to church activities.

I can share the Book of Mormon with my friends.

Thanks to Lillia for your drawings and ideas!
Marvelous Mango Rice

Rice with mango is a popular dessert in Cambodia. It’s usually made with steamed sticky rice (also known as glutinous rice). Here’s a version you can make. Be sure to get an adult’s help.

1 cup white rice
1 14-oz (400-ml) can coconut milk
1/3 cup sugar
1/2 teaspoon salt
1 fresh mango, sliced (you could also use canned mango or peaches)

1. Cook the rice according to the directions on the package.
2. While the rice is cooking, heat and stir the coconut milk, sugar, and salt over low heat until the sugar and salt have dissolved. Set aside about 1/4 cup.
3. Stir the milk mixture into the rice and let it sit for a few minutes.
4. Pour the remaining 1/4 cup of milk over the rice and serve with mango. If you want, top it with sesame seeds or toasted coconut.

Pick-Up Challenge

Tres is a game that kids in Cambodia like to play. You can try it too!

What you need: a small ball and several sticks

How to play: Throw the ball upward. While it’s in the air, use the same hand to pick up a stick and catch the ball. Move the stick to your other hand. Repeat until you’ve picked up all the sticks. Next, try to pick up two sticks at a time, then three sticks, and so on.

Go to pages 8–11 to learn more about Cambodia.
Eli and Mitch stared at the broken plates. Now what?

By Jane McBride
(Based on a true story)
“We believe in being honest” (Articles of Faith 1:13).

Eli ran to the window when he heard the pitter-patter of rain falling outside. He saw big black clouds and watched the rain hit the sidewalk.

“Man! How am I going to practice now?” he said. Eli had just signed up for middle-school football, and he had a game coming up.

Eli’s younger brother, Mitch, came to look out the window too. That gave Eli an idea.

“Hey, Mitch,” Eli said. “Want to help me practice my football passes?”

“Inside?” Mitch asked. “Mom would get really mad.”

“She won’t find out,” Eli said. “She’s at the store. We just have to be careful.”

“Well, OK,” said Mitch.

Eli ran upstairs to grab his football. Then he and Mitch started throwing it back and forth.

Eli made a catch in front of the couch. Then another. He was getting pretty good! He threw the ball back to Mitch. The ball sailed over Mitch’s head. Mitch jumped, his
arms outstretched, but it was too high.

CRASH!

“Oh no!” Mitch said. The football had smashed into the shelf where Mom kept her fancy dishes. He and Eli rushed over and stared at the pile of broken plates.

“Maybe we can glue them back together?” Eli said.

Mitch grabbed a tube of glue from the cabinet, and they tried to fit the pieces together. But some were chipped and couldn’t be glued back right.

Maybe we could throw the broken ones away, Eli thought. Mom might not even notice. We can space out the other dishes to fill in the gaps.

But as soon as the idea popped into his mind, he knew it was wrong.

Eli had just become a deacon. He knew that honoring the priesthood meant he needed to be honest. When Dad ordained him, Dad said that there might be times when he would be tempted to do the wrong thing but that he would be able to make the right choice. Eli knew what he needed to do.

“Wha’re we going to do?” Mitch asked. “Mom’s going to be really mad!”

“We have to tell the truth,” Eli said.

When Mom got home with their baby sister, Annie, Eli and Mitch told her the bad news.

“Mom,” Eli began, “I know we’re not supposed to, but we were playing football inside. I threw the ball too hard, and it crashed into the shelf and broke some plates. It’s my fault. I’m sorry.”

Mom looked at Eli and Mitch. She looked sad for a moment, then said, “Thank you for being honest. I’m proud of you for telling me.”

“How can I make it right?” Eli asked.

“Well, you can start by helping me clean up the broken glass,” Mom said. “Then while you help me with Annie, we’ll talk about ways you can earn money to replace the plates.”

After they cleaned up the mess, Eli spent the afternoon playing with Annie. He felt bad that he broke Mom’s plates, but he learned that it always feels good to be honest.

The author lives in Colorado, USA.

See family manual, page 104; Primary manual, page 102.
It was a regular day. I was getting my bike from the bike rack after school when I saw a girl around my age at the other end of the rack. I said, “Hi, my name is Mindy. What’s yours?”

“Hi, Mindy. My name is Madison,” she said. Madison had straight brown hair and dark red glasses. She was sitting next to her bike. As I talked to her, she said a swear word, and I automatically said, “Please don’t say that.”

“OK, I’ll just say, ‘Oh my peanut butter,’ because me and my brother have an obsession with peanut butter,” Madison said.

“That seems OK,” I said.

Somehow our conversation got around to religion. She told me she wasn’t a member of the Church. Madison told me that she lived with her mom and her mom’s boyfriend. Eventually I said, “Would you like a copy of the Friend?”

“What’s the Friend?” she asked, and I told her what it was. The next day I brought her a copy. After she read it, she told me she liked it, and I gave her the New Era. Madison read that, and we continued to meet. She told me that she wants to get baptized.

Someday I’ll give her the Book of Mormon and the Ensign. I hope that Madison will get baptized and, when she’s old enough, go on a mission and get married in the temple.
Funstuff Answers
Page 12: (from left to right) 2, 6, 4, 5, 1, 3
Page 27: (in order) Croatian, Swahili, Vietnamese, Fijian, Italian
Page 31: A hole!

How to Write to the Friend
To send us a letter, drawing, poem, or flower . . .

1. Fill out the form below and send it in with your story or artwork, and include a school picture or other high-resolution photo.
2. We might edit your submission, and we can’t return it to you.

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
Date

Email of parent or legal guardian

The Last Laugh
No, just for this magazine. There will be another one next month!

It’s the very last laugh?

May the Friend contact you with a survey?
□ Yes  □ No

Look What You Made for the Kindness Garden!

Palmer P., age 5, South Carolina, USA

Eliza F., age 8, Maryland, USA

“Pray,” Mathias R., age 8, Rivera, Uruguay

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
Date

Email of Parent or Legal Guardian
For Parents of Little Ones

On July 24 we celebrate Pioneer Day! And it’s not just for families in Utah or for those with ancestors who pulled handcarts. Each of us have family members who helped pave the way for our success. Or maybe we are the pioneers! Here are some fun things parents and leaders have done to celebrate this holiday with little ones.

“"Our family dressed up like different ancestors and ate food my parents remembered their grandparents making. We talked about the different ways our ancestors were pioneers—first to move to our country, first to go to college, first to join the Church, etc."
—Emily H.

“"We sang ‘To Be a Pioneer’ (Children’s Songbook, 218) in Primary and invited converts to share their stories. While they were talking, we made homemade butter by shaking a jar of cream. We talked about what it means to be a ‘modern pioneer,’ and ended with eating rolls and butter."
—Rachel M.

“We don’t limit it to Pioneer Day—we have a home evening once a month about one of our ancestors. We tell a story about them and show a photo if we have one. We talk about the temple and how we will be with these ancestors again someday."
—Karen H.

Are there any topics you’d like this letter to address? Send us an email at friend@ChurchofJesusChrist.org and let us know.
Hi, Friends!

I can give a hug or kiss to show love.
Heemi, age 4, Auckland, New Zealand

I am a child of God. He loves me.
Nahomie, age 3, Kasaï Central, Democratic Republic of the Congo

I help clear the table.
Damien, age 3, Occitanie, France

I can give a hug or kiss to show love.
Heemi, age 4, Auckland, New Zealand

Halley, age 5, Utah, USA
Valerie and Mama walked to the market. Valerie saw colorful fruits and silver fish. She smelled the beautiful flowers for sale. Valerie looked around. Where was Mama? She was scared. She folded her arms and bowed her head. She whispered, "Heavenly Father, please help me find Mama." Valerie waited. Then she heard someone calling her name. There was Mama! "Thank you, Heavenly Father," Valerie whispered. Valerie was happy she could pray when she needed help.
When I Pray...

Ask your parents to help you fill in the blanks about prayer.

My eyes are ___________ so I can think about my Heavenly Father.

I use respectful words like “I thank Thee for” and “Please bless” to talk to Heavenly Father. At the end of my prayer, I say “In the name of ______, amen.”

My arms are ___________.
I am calm and quiet as I listen with my heart.

I can pray standing up, sitting down, or any time! But when I can, I __________ to show reverence to my Heavenly Father.
After Jesus died and was resurrected, He visited His followers. He told His Apostles to teach all people to obey the commandments and be baptized.
Peter was now the prophet who would lead the Church on earth. Jesus promised that the Holy Ghost would be with them.

After teaching His followers, Jesus returned to heaven.

The Apostles started traveling and teaching people in different lands.

I can help share the gospel too. I can be a good friend and stand up for what’s right.

Read what Jesus taught in Matthew 28 and Acts 1.
A New Friend at Lunch

By Christopher Deaver and Shannon Tuttle Liechty
(Based on a true story)

At school Austin sat in a circle with his class. His teacher taught them songs to sing. Austin sang as loud as he could.

During lunch Austin sat with his friends. They shared cookies. They ate sandwiches. They told jokes. Everyone was happy.

Except one boy did not look happy. Austin saw him sitting alone. The boy started to cry.

At home, Austin sat at the kitchen table while Dad chopped vegetables.

“How was school?” Dad asked.

“It was fun. But there was a new boy at school. I don’t think he had a great day,” Austin said.

“Why not?”

“He was sitting alone at lunch.
and crying.” Austin frowned.

“It sounds like he was pretty sad,” Dad said. “How could you help him?”

Austin rested his chin in his hands. Then he sat up straight. He had an idea. “Maybe I could talk to him at lunch! And I could ask him to sit with me and my friends.”

“That’s a good idea,” Dad said.

The next day Austin looked for the boy at lunch. The boy was sitting alone.

“Hi,” Austin said. “I’m Austin. What’s your name?”

“Hi,” said the boy. “I’m Max.”

“Want to sit with me and my friends?”

“Sure!” said Max.

Austin and Max sat with Austin’s friends. They shared cookies. They ate sandwiches. They told jokes. Everyone was happy, including Max.

The authors live in California and Utah, USA.