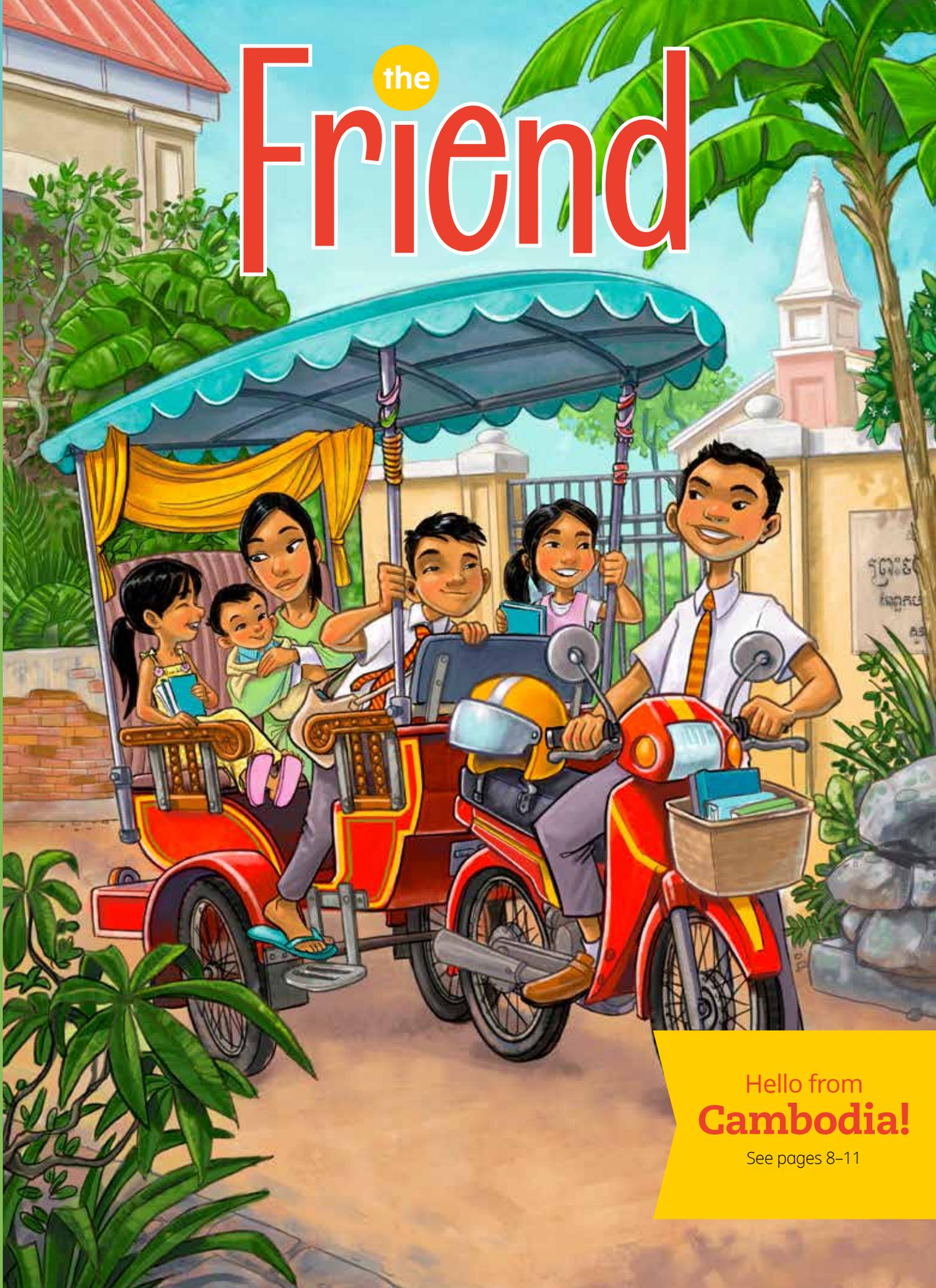


July 2019

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

the Friend



Hello from
Cambodia!

See pages 8-11

Send something in for the Kindness Garden! See how on page 39.

FRIENDS BY MAIL



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

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

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

DEAR FRIENDS,

Has anyone ever asked if you are a Christian? On page 24 you'll learn why the answer to this question is yes! Jesus Christ asked us to help share His gospel. On page 4 you can read about a boy named Oliver who did just that. Write and tell us how you share the gospel.

Keep sharing!

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.

the Friend

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



These stories and activities support this month's *Come, Follow Me* lessons at home and in Primary. Find more resources at lessonhelps.ChurchofJesusChrist.org.

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Front cover by Guy Francis
Back cover by Jennifer Bricking

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Hidden GTR Rings

Hard: How do we talk to Heavenly Father?

Harder: Playground pointer

Hardest: Alone on a bench

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**By President
Dallin H. Oaks**
First Counselor in
the First Presidency

Sharing the Gospel

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;
Primary manual, pages 113–115.

WILL YOU COME TO MY BAPTISM?

*Oliver wanted to shout
it from the rooftops for
all of England to hear!*

**By Rebecca Hogg and
Eric B. Murdock**

(Based on a true story)

*“Let no man despise thy youth; but
be thou an example of the believers”
(1 Timothy 4:12).*

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.”



“Oh. Cool,” Dylan said.

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.

See family manual, pages 114–115.

Family Night FUN

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!

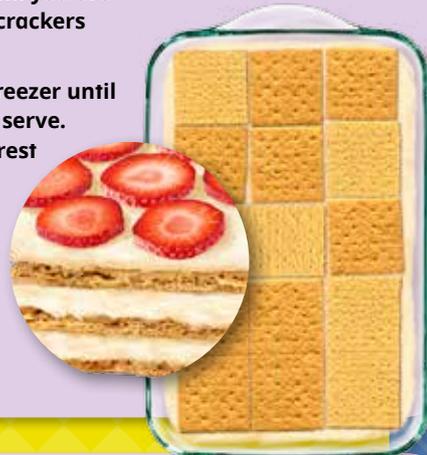
- ▶ First, get a large piece of paper or poster board.
- ▶ Next, draw pictures or cut pictures out of magazines to show ways your family can help others.
- ▶ Have each family member make a goal to help others this week. Write the goals somewhere on the board.
- ▶ Display your family plan where you can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

* *Come, Follow Me—For Individuals and Families*

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!



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.)

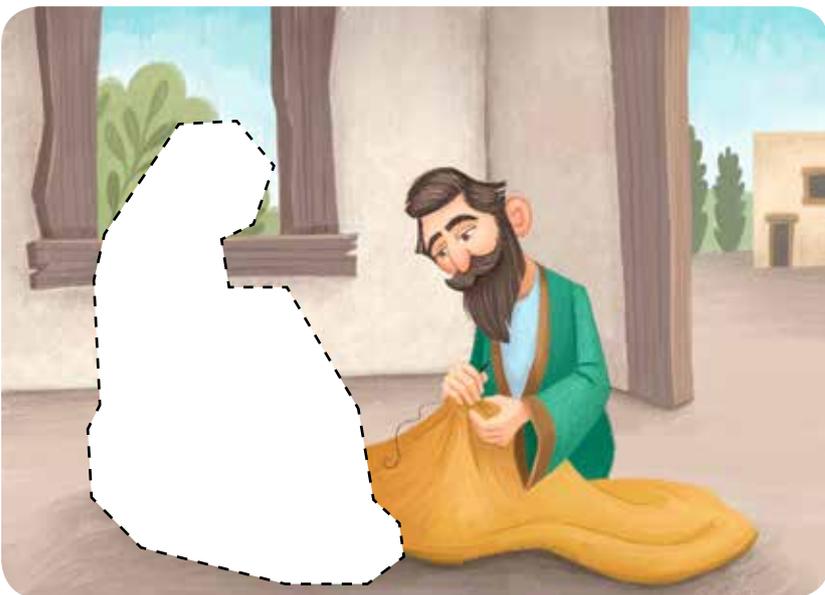
▶ Use page 7 to talk about women in the Bible. (See *CFM, page 108.) Follow up with the family helping plan you created. How did it go? Consider setting new goals this week.



▶ 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.)



Full of Good Works



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.

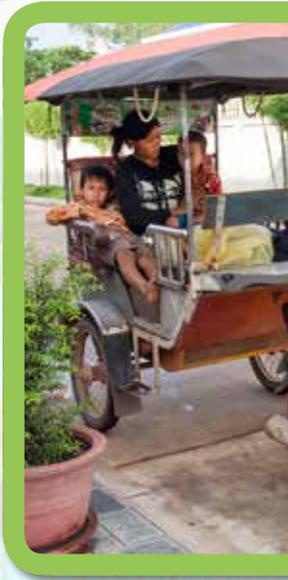
HELLO from Cambodia!



Hi, I'm Paolo.
And this is
Margo.



We're
visiting Cambodia.
Here's what
we've learned!



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!



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!

A Primary girl and a member of her branch are greeting each other. People in Cambodia use their hands to show respect.



PHOTOGRAPH OF MEMBERS GREETING EACH OTHER AND MAN ON THE MOTORCYCLE BY JAMES ILLIFF JEFFERY



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.



These Church members made a big pot of fish soup to eat together at the stake center between general conference sessions.



Thanks for exploring Cambodia with us. See you next time!

Meet some of our friends from Cambodia!



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**

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



Mara the Pioneer



By Jessica Larsen

(Based on a true story)

October 2018, Phnom Penh, Cambodia

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. Almost 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!

July 24 is Pioneer Day!

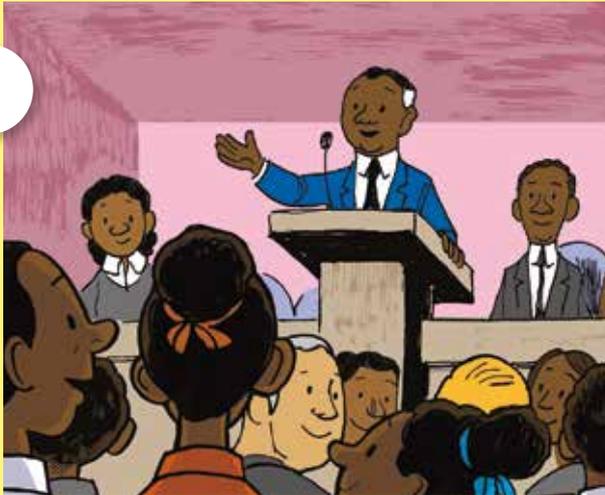
Who is a pioneer in your family?



Modern Pioneers

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.



To Be a Pioneer

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

Boldly ♩ = 69-76

F

1. You don't have to push a
(2. You) do need to have great

C7 **F**

hand - cart, Leave your fam - 'ly dear, Or
cour - age, Faith to con - quer fear, And

C7 **F7** **Gm**

walk a thou - sand miles or more To
work with might for a cause that's right To

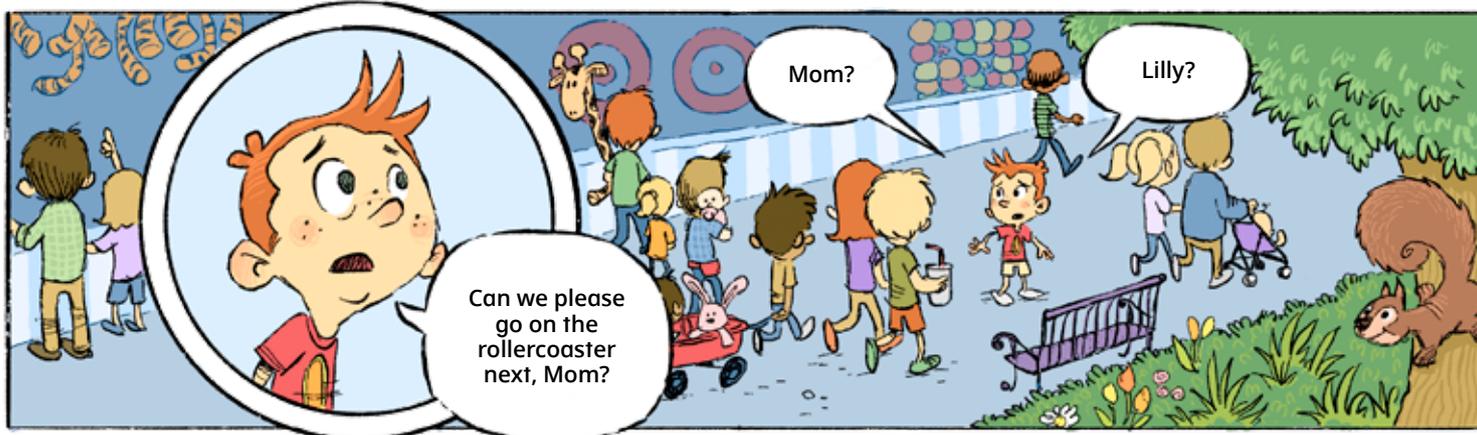
C7 **1. F** **2. F**

be a pi - o - neer! 2. You
be a pi - o - neer!

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By Eliza Broadbent (Based on a true story)





Thanks to Tucker D. from Texas for sharing this story!



We're glad you thought to pray.

The **LIVING** Christ



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

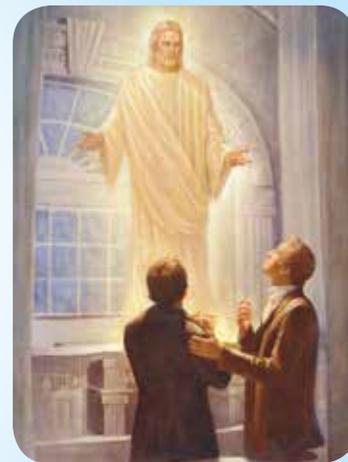
advocate: someone who supports and speaks up for someone else

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?

ADVOCATE





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.



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.

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



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.



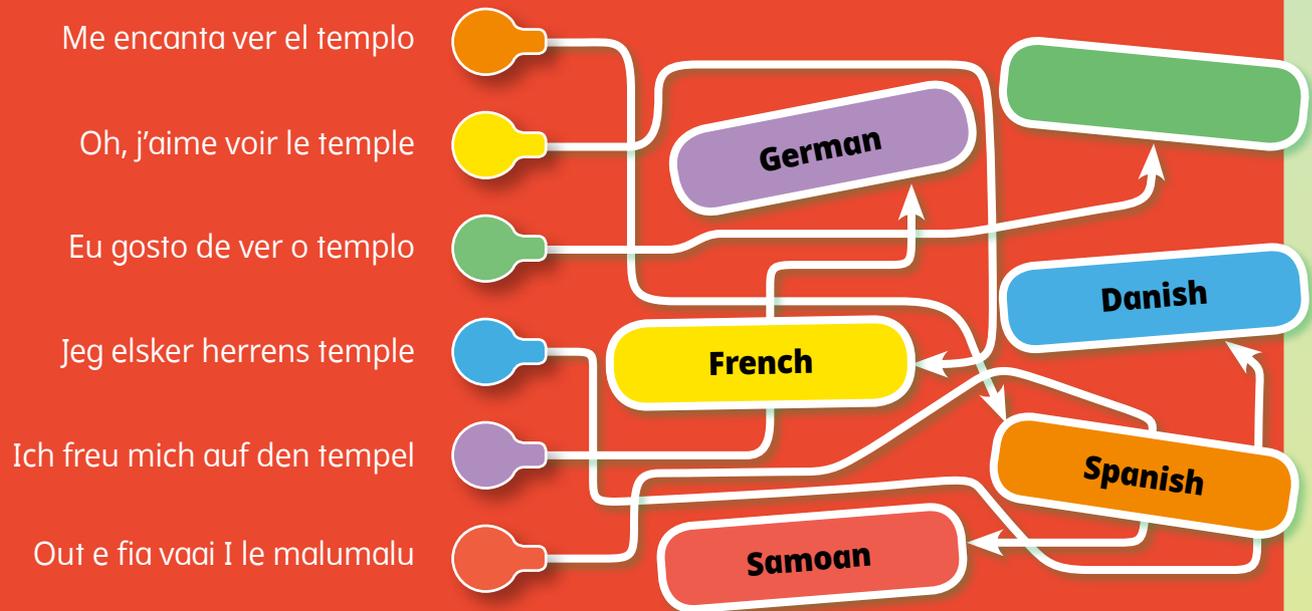


Here's what the temple will look like.

Right now members in Ivory Coast travel for 12 hours to get to the closest temple, in the country of Ghana. In a few years, these families will be able to go to a beautiful temple in their own country!

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.

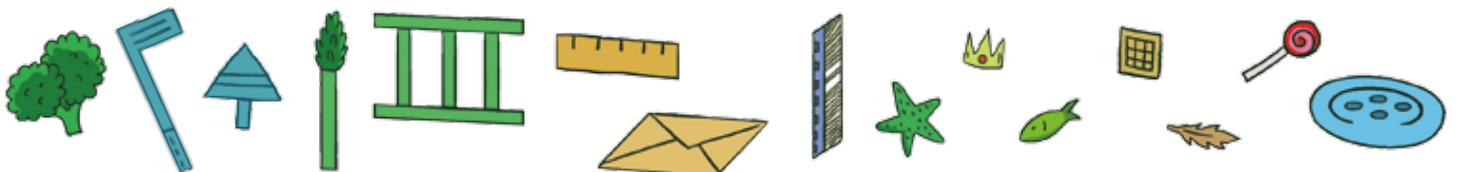


Find It!

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



ILLUSTRATION BY NEIL NUMBERMAN



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. ●



The Sikh religion began hundreds of years ago in India and is still practiced today.



THE PERFECT MATCH

By Katie Pike Brooks
(Based on a true story)

"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.



"Hi," Maggie said.

"Hello," Anna said quietly.

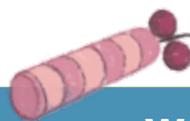
"Do you want to come play with my friends and me?" Now Anna looked up! Her green eyes sparkled brightly as a smile spread across her face.

"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.



WHEN CHOOSING FRIENDS

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

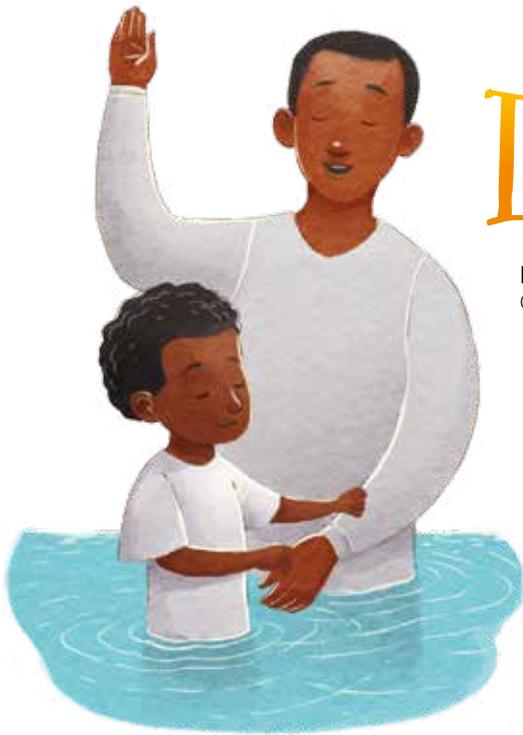
What DOES Matter

- 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



I'M CHRISTIAN!

By Marissa Widdison
Church Magazines



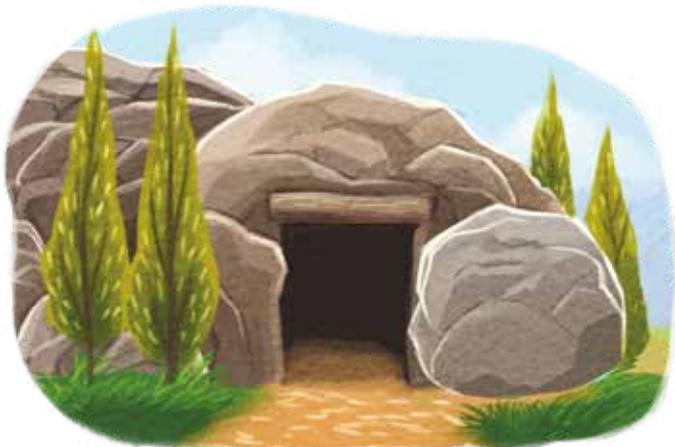
When I was baptized
and confirmed, I took the
name of Christ.
That means I choose to
follow Him and try to do
what's right.



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



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



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

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.



**By Elder
Taniela B. Wakolo**
Of the Seventy

“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. ●

It’s HIS 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."

Tiếng Việt
(Vietnamese)

Vos Vakaviti
(Fijian)

Italiano
(Italian)

Kiswahili
(Swahili)

Hrvatski
(Croatian)

NA LOTU I
JISU KARISITO
NI YALODODONU
EDAIDAI

CRKVA
ISUSA KRISTA
SVETACA
POSLJEDNJIH DANA

GIÁO HỘI
CÁC THÁNH HỮU NGÀY SAU CỦA
CHÚA GIÊ SU KY TÔ

KANISA LA
YESU KRISTO
LA WATAKATIFU
WA SIKU ZA MWISHO

CHIESA DI
GESÙ CRISTO
DEI SANTI
DEGLI ULTIMI GIORNI

Show and tell



Sometimes 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



When 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 give hugs to other people.

Ethan L., age 6, Occitanie, France



I like to help and pray with my brother.

Abnahia G., age 5, Puerto Rico

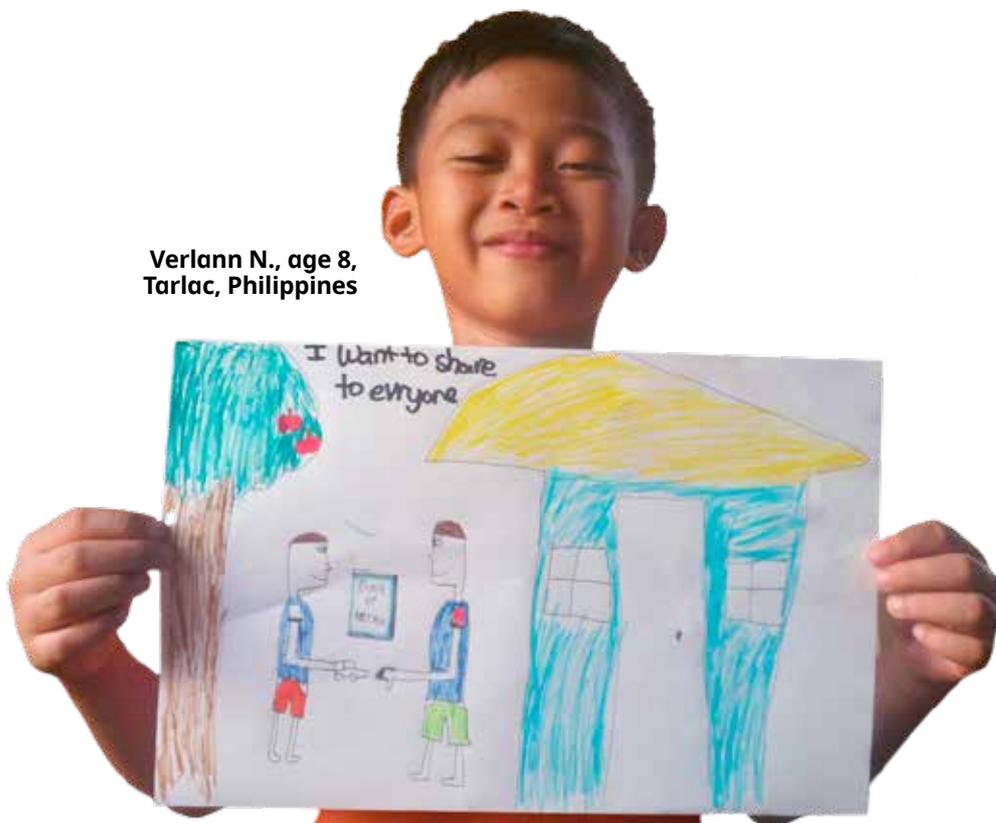
I like to play with dad.

Jatziel G., age 7, Puerto Rico

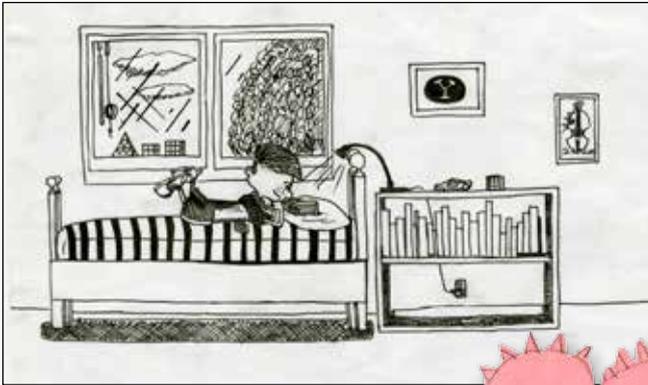


Brooke C., age 8, Alaska, USA

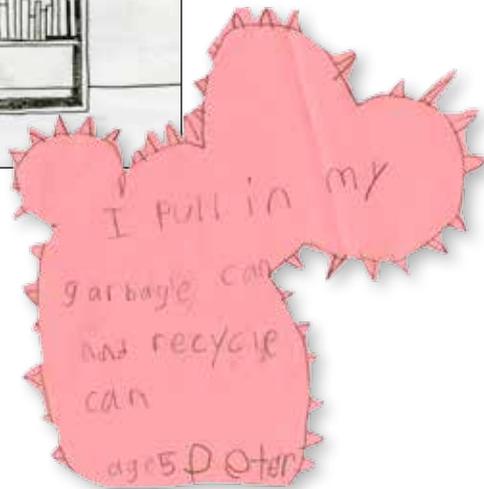
Verlann N., age 8, Tarlac, Philippines



Send something in for the Kindness Garden! See how on page 39.



Hayden S., age 11, Utah, USA



Peter D., age 5, Florida, USA



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

Tereza 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!

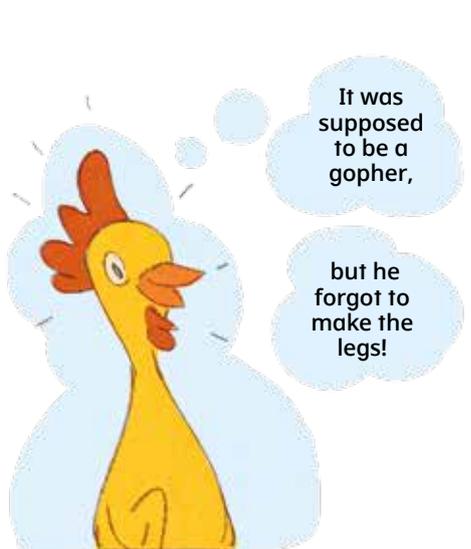
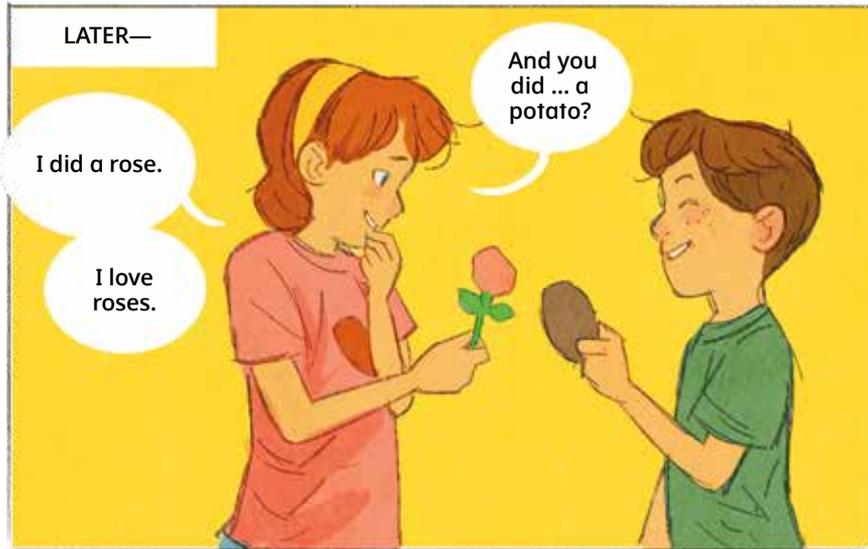
Eve R., age 10, Idaho, USA

Kyrene M., age 11, Arizona, USA



Alžběta K., age 7, Zlín Region, Czech Republic

MATT AND MANDY



for older KIDS



GOD'S AMAZING WORLD

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.

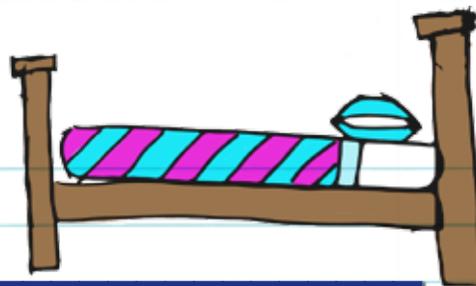
I LOVE TO SEE THE TEMPLE

PIIONEER PAGEANT



I got to play a part in the British pageant. I have really enjoyed portraying a wonderful girl. I have learnt the sorrow she felt and the brave personality she was. The opportunity of being in the pageant has bought me closer to the Saviour, and I will never forget it!

Poppy F., age 11, West Sussex, England



TIPS TO GROW ON

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

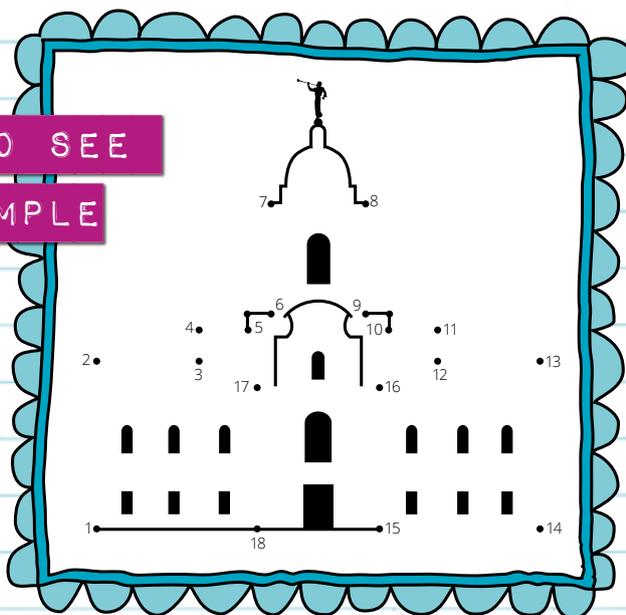
ART CHALLENGE

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.



The Arequipa Peru Temple is under construction.
Connect the dots to finish the temple!

A WHITE CAP for Florence

By Jordan Monson Wright

(Based on a true story)

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.



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.



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."



I want to be a missionary now! How can I share the gospel with my friends?

—Ready in Reno



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?

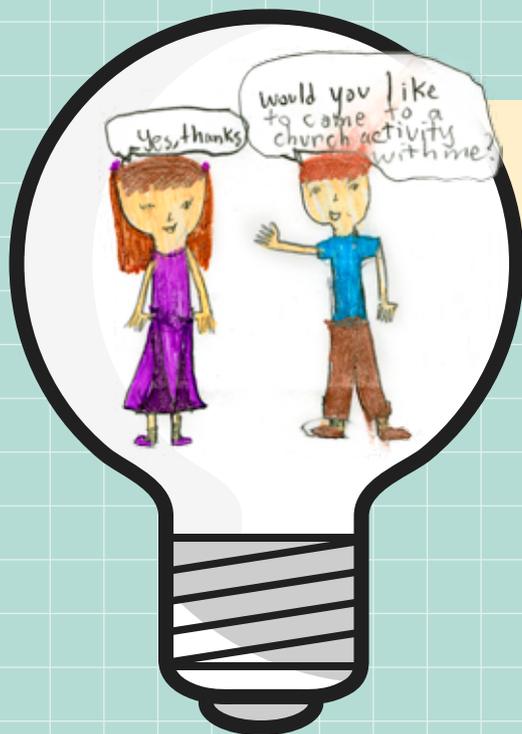
Keep shining!

The Friend

I can share the Book of Mormon with my friends.



I can invite friends to church activities.



Dear Lucy,
I would like to invite you to my house for my family home evening. We will have a lesson and a treat! please come at 5:00. Thanks, Brooklyn

I can invite friends to home evening.

Thanks to Lillia for your drawings and ideas!





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.

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.



SCORE ONE

FOR Honesty

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."

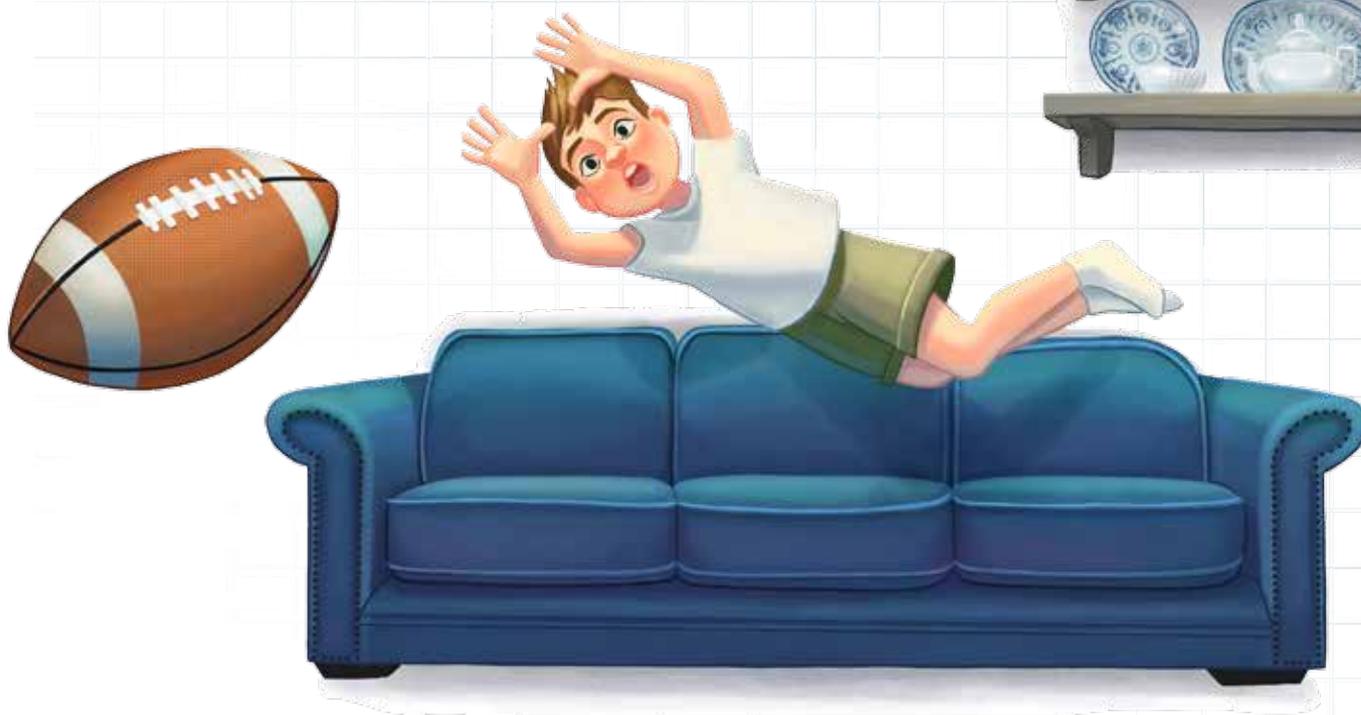
"Well, OK," said Mitch.

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.

"What'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.**



Bike-Rack BUDDIES



Mindy B., age 13, Utah, USA

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*?”

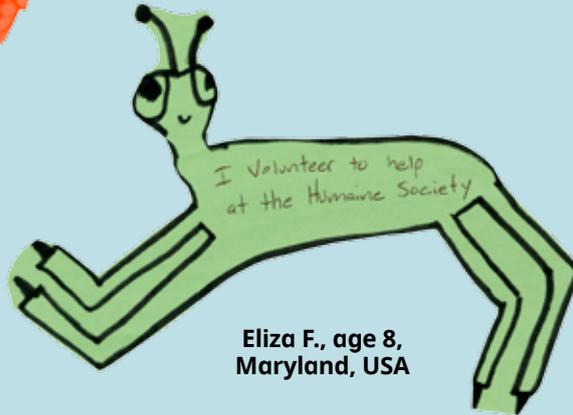
“What’s the *Friend*?” she asked, and I told her what it was. The next day I brought her a copy. After she read it, she told me she liked it, and I gave her the *New Era*. Madison read that, and we continued to meet. She told me that she wants to get baptized.

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. ●

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

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!



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3, 22, and 15.

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 Last Laugh

It's the very last laugh?

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



Please send your submission to:

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

May the *Friend* contact you with a survey?

Yes No

The following information and permission must be included:

First and last name _____

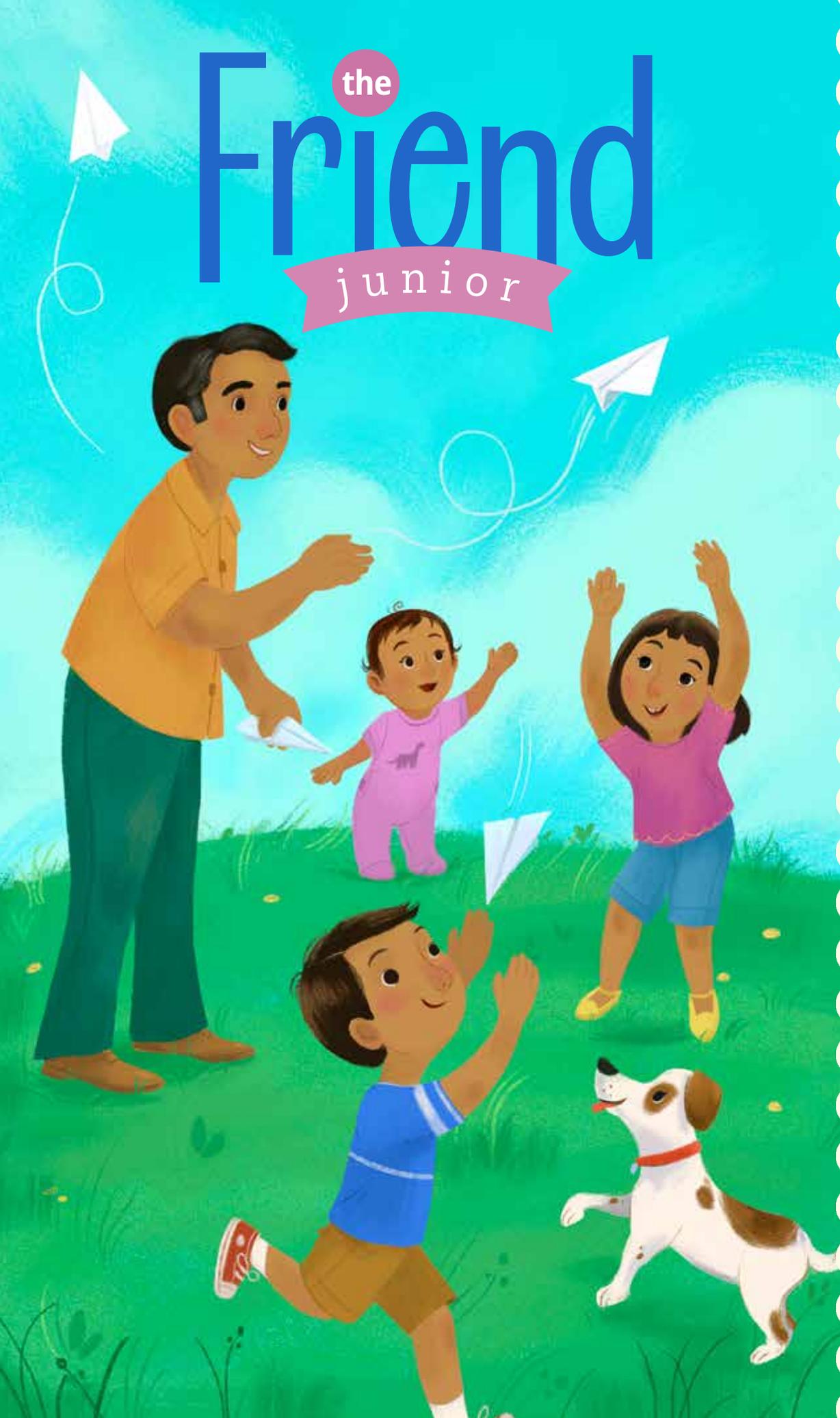
Age _____ Boy/Girl _____ State/Province, Country _____

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 _____ Date _____

Email of parent or legal guardian _____

the Friend junior



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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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.

“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.

“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.

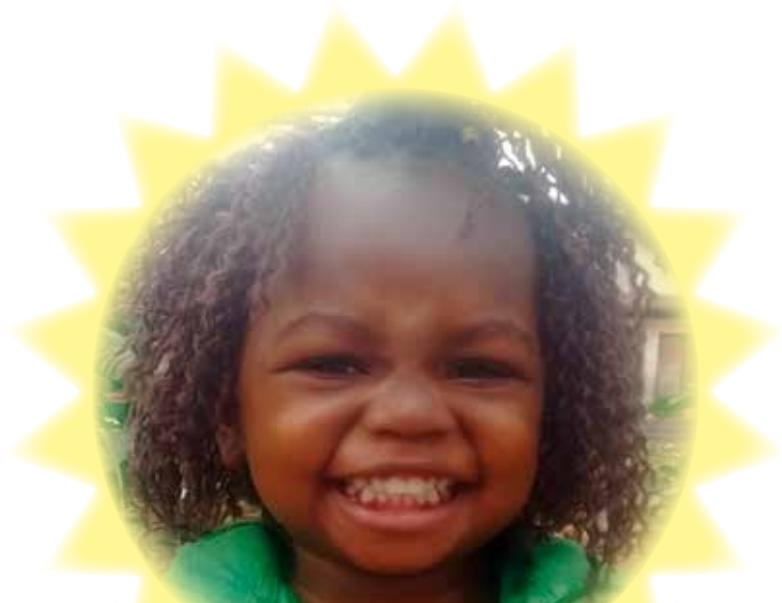
“Our family dressed up like different ancestors and ate food my parents remembered their grandparents making. We talked about the different ways our ancestors were pioneers—first to move to our country, first to go to college, first to join the Church, etc.”

—Emily H.



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



Halley, age 5, Utah, USA



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

Prayer at the Market

By Jennifer Maddy



Valerie



Mama

and

walked to the



market



Valerie

saw colorful



fruits

and silver



fish

. She smelled the beautiful



flowers

for sale.



Valerie

looked around. Where was



Mama

?



Valerie

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.

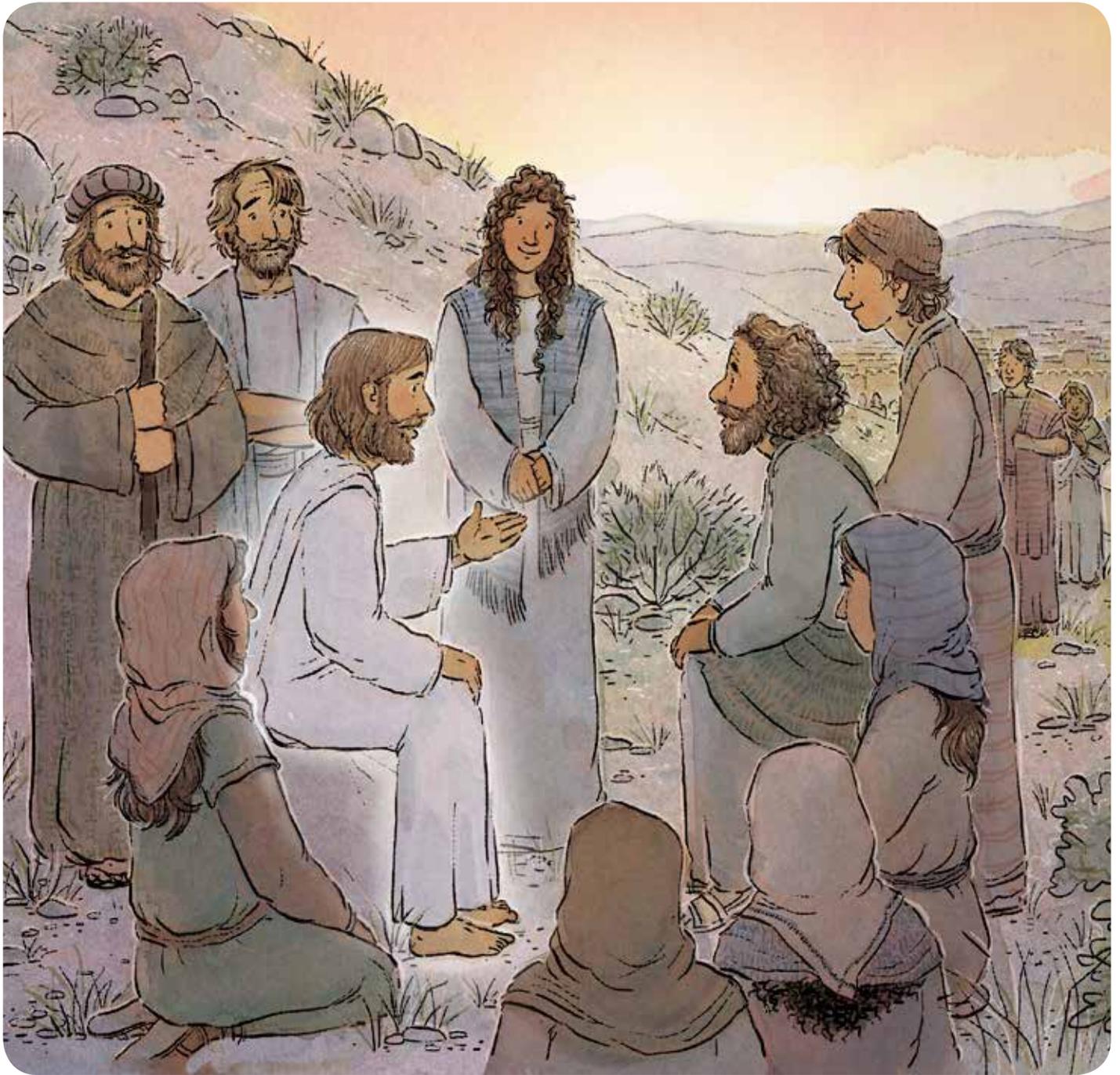
I use respectful words like "I
thank Thee for" and "Please
bless" to talk to Heavenly
Father. At the end of my prayer,
I say "In the name of _____
_____, amen."

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

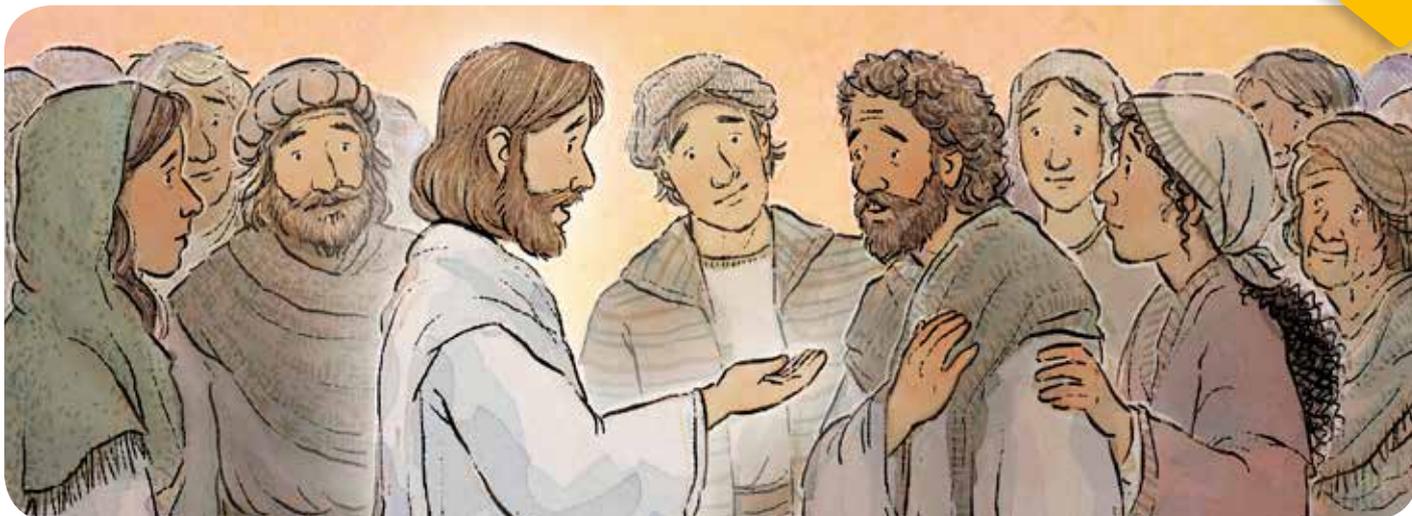
I can pray standing up, sitting down, or any
time! But when I can, I _____ to show
reverence to my Heavenly Father.



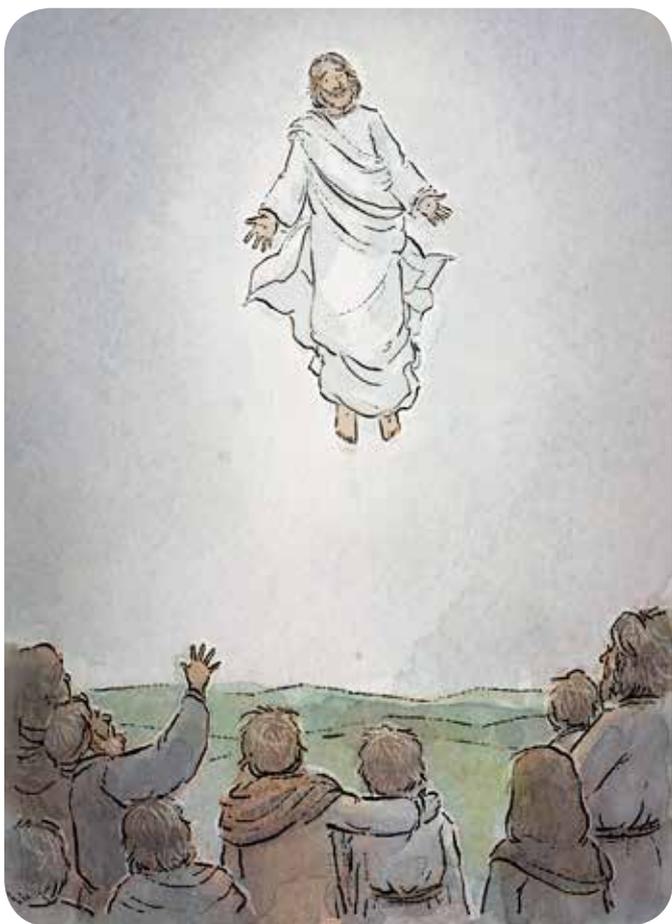
Jesus Said to Share the Gospel



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.



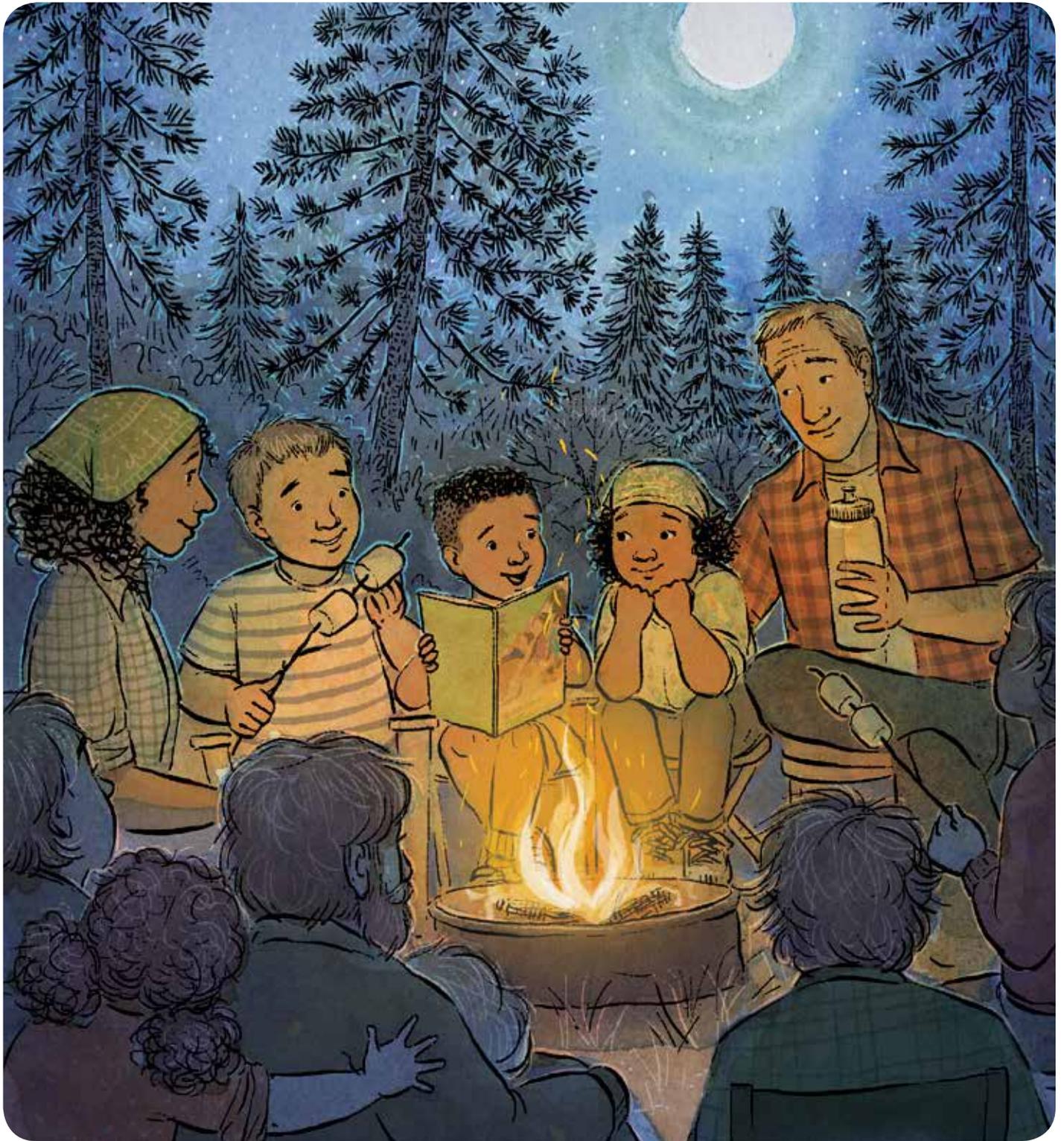
Peter was now the prophet who would lead the Church on earth.
Jesus promised that the Holy Ghost would be with them.



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.

COLORING PAGE

Jesus Wants Me to Share the Gospel



ILLUSTRATION BY APRYL STOTT

A New Friend at

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



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.