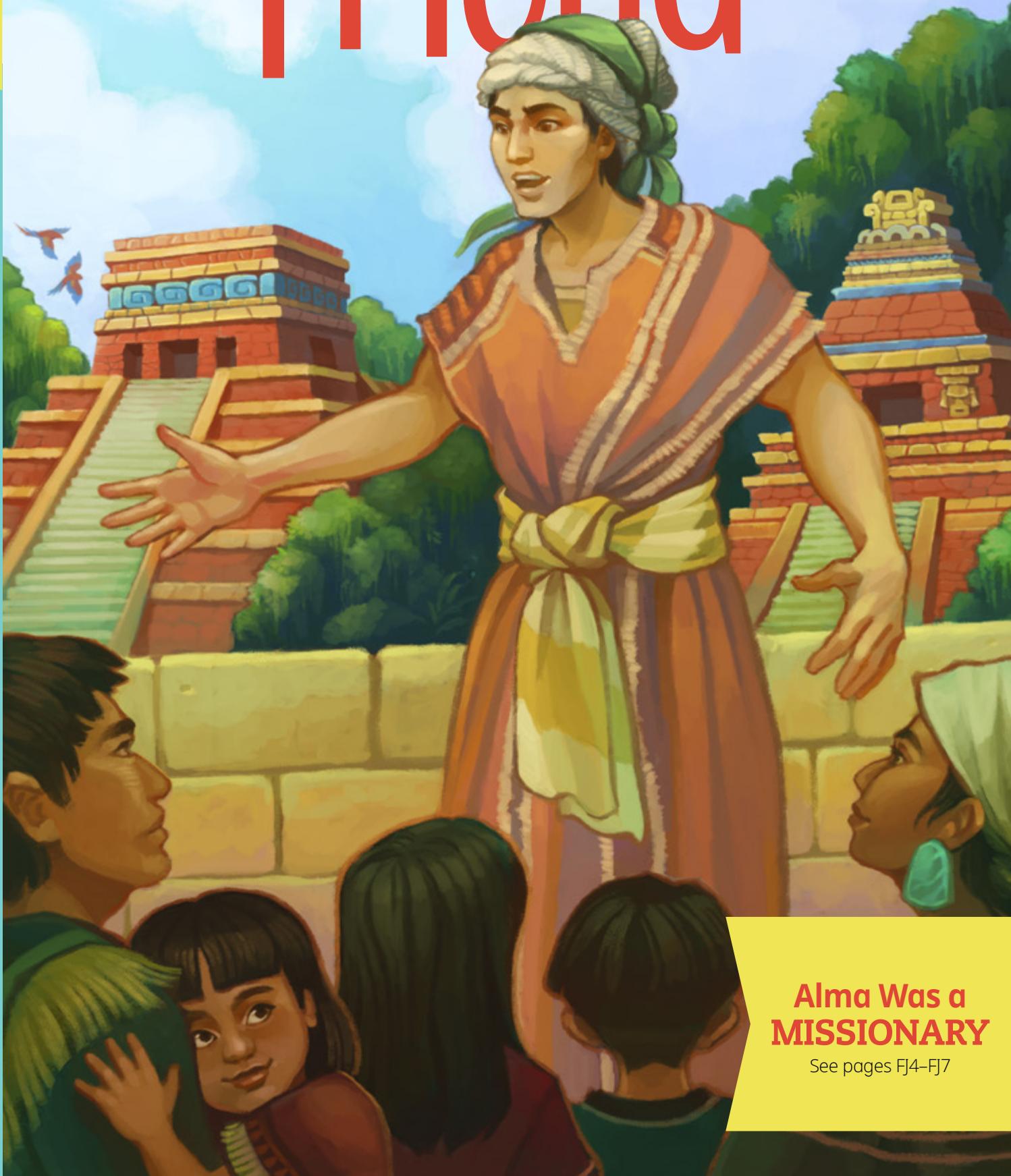


the Friend



**Alma Was a
MISSIONARY**

See pages FJ4–FJ7

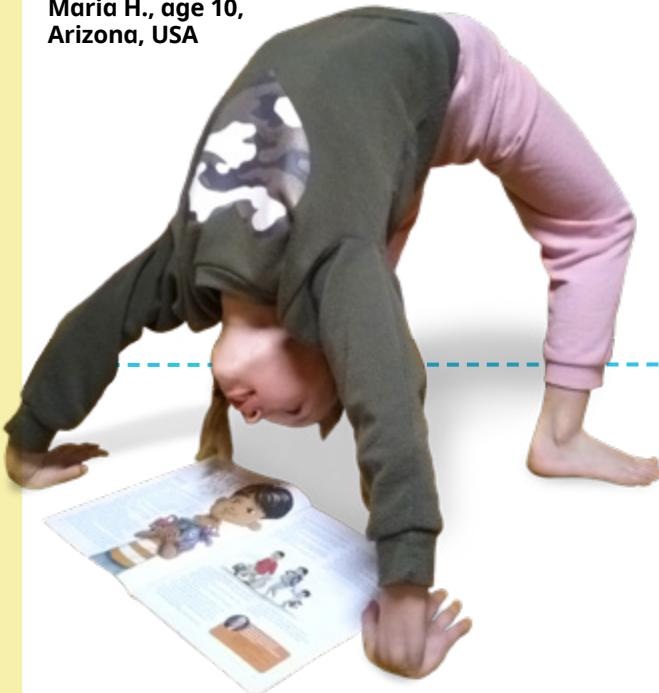


Friends by Mail

How I Read the *Friend*

I like to read the *Friend* while I'm in a bridge position!

**Maria H., age 10,
Arizona, USA**



Dear Friends,

Have you ever seen someone being left out or treated unkindly? In this month's issue you'll find stories about children who included others—in their school, neighborhoods, and families. Also, President Oaks tells about the early pioneers who came to the Salt Lake Valley. They watched out for everybody and made sure no one was left behind!

The *Friend*

P.S. Write to tell us how you're following Jesus by including others.

Inspiration Boards

We had fun making inspiration boards (Jan. 2020) based on our personal goals for the Children and Youth program.

Jakob and Fiona B., ages 9 and 7, Washington, USA



Every Story

I always read every story and do all the activities. I love the *Friend*!

Ava C., age 10, Alberta, Canada

STANDARDS SEARCH!

Can you find a story about someone who kept the Word of Wisdom?

I found it! Page_____.



Bonus challenge! Memorize this month's standard:

"I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me" (*Children's Guidebook*, 63).

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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- FJ3 Count the Pictures
- ◆ FJ4 Alma the Younger Repents
- ◆ FJ7 Coloring Page
- FJ8 A Sunbeam for Mommy



Find 3 Hidden CTR Rings

Hard: A ring for Mommy.

Harder: Let's keep your ring out of the water.

Hardest: Don't smash your thumb!

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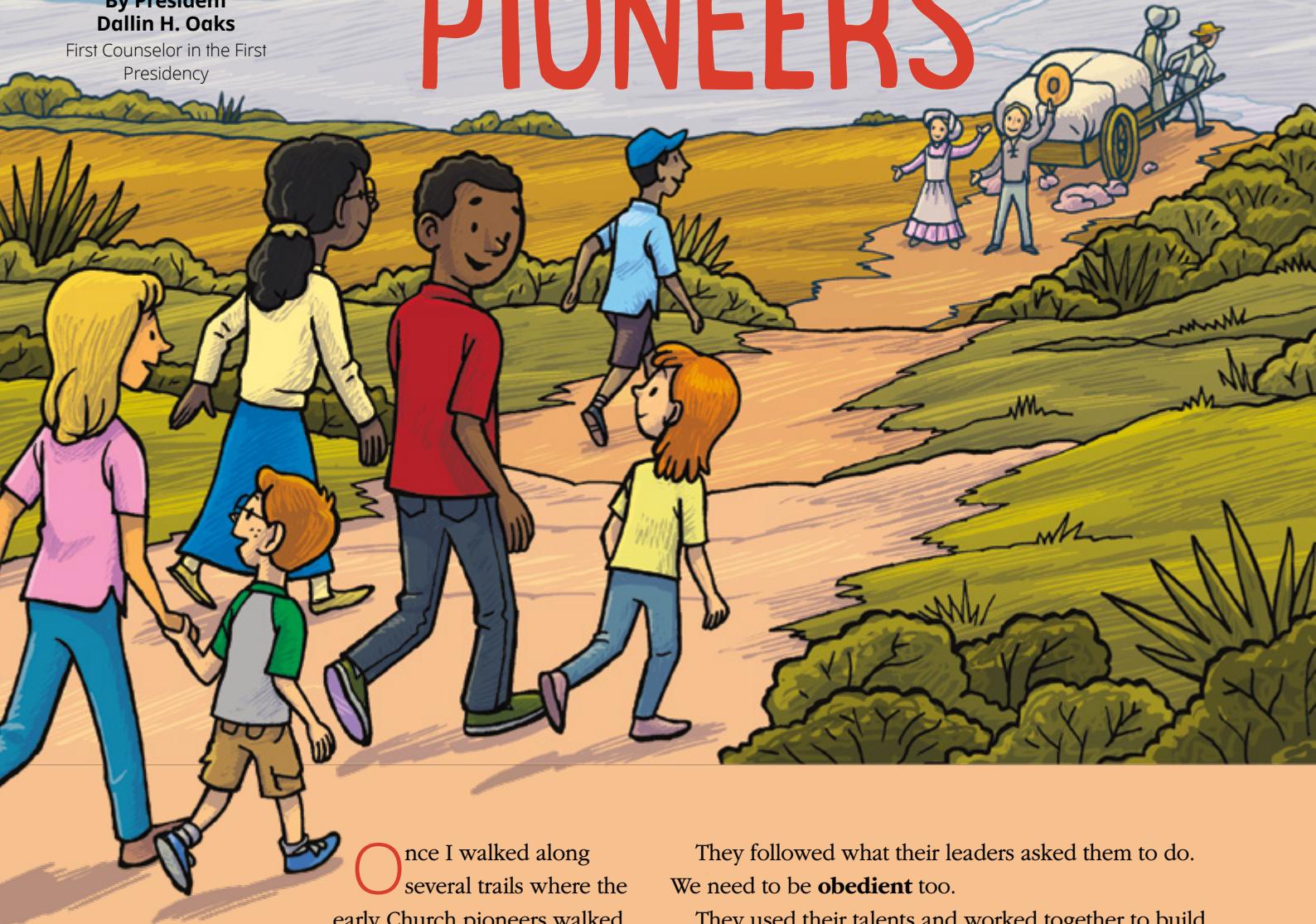
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By President
Dallin H. Oaks

First Counselor in the First
Presidency

Following the **PIONEERS**



Once I walked along several trails where the early Church pioneers walked on their way to the Salt Lake Valley. I felt very humble to walk where the pioneers walked. But it's not as important to walk where they walked as it is to live like they lived.

The pioneers stepped forward with faith into a new religion, a new land, and a new way of doing things. They trusted God. We need **faith** too.

They followed what their leaders asked them to do. We need to be **obedient** too.

They used their talents and worked together to build Zion. We need to be **unified** too.

They didn't leave anyone behind. They made sure to include those who were having trouble on the trail. We need to be **inclusive** too.

We can honor the pioneers by following their examples. ●

Adapted from "Following the Pioneers," Ensign, Nov. 1997, 72–74.

I Can Be a Pioneer

Anyone who leads the way to help make life better for others is a pioneer.

As you pass through each circle in the maze, read the ways you can be a pioneer!

Start

By teaching my family about the gospel.

By learning something new.

Finish

By helping start a good tradition.

By doing things to build my eternal family.

PRAYERS AND PLANES

By David Dickson

Church Magazines

(Based on a true story)

"Continue in prayer" (*Alma 34:19*).

Vern's eyes snapped open as he woke up. Today would be the day. He just knew it! He jumped out of bed and hurried to the back door.

Vern flung open the door and stepped onto the porch. The cold cement stung his bare feet.

There was the bench, just like normal.

And there on the bench was . . . nothing at all. No model airplane, just like normal.

Vern's shoulders slumped. "I don't understand," he muttered. "Am I praying wrong or something?"

He went back inside and poured a bowl of cereal. *Does Heavenly Father answer prayers, or not?* he wondered.

As he ate his breakfast, Vern thought back to a few weeks ago, when he went to church for the first time. The teacher who taught the lesson said that you can pray about anything at anytime, anywhere. Heavenly Father always hears your prayers! Vern felt warm and happy inside as the teacher talked about prayer.

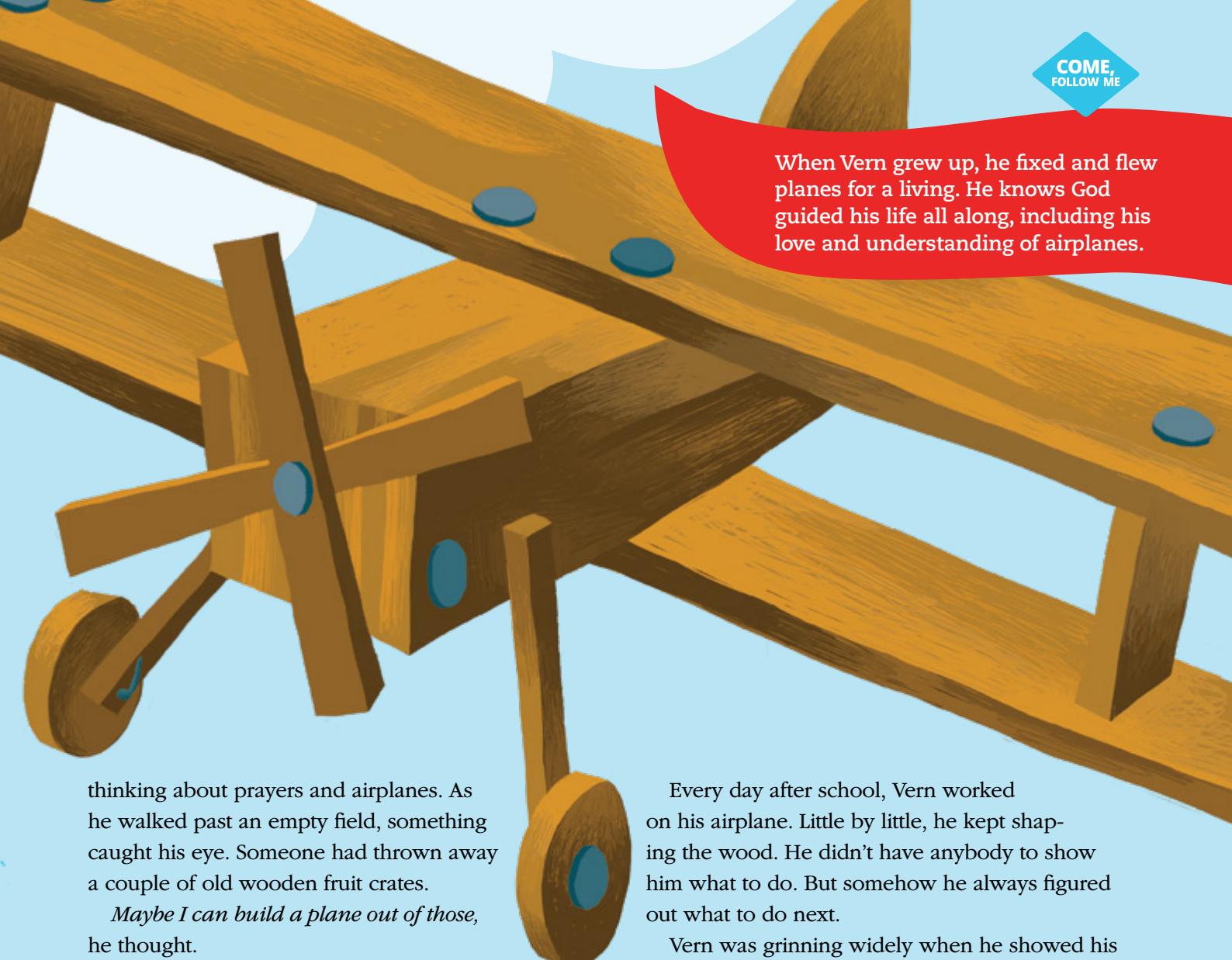
So he started praying! Each night he prayed for what he wanted more than anything else—a model airplane. "Please put it on the bench on the back porch," he'd pray. And for two weeks now, he had run out to check the porch every morning. But the plane never appeared.

Vern finished his breakfast and got ready for the day. On his way to school, he couldn't stop

"MAYBE I CAN
BUILD A PLANE OUT
OF THESE!"



When Vern grew up, he fixed and flew planes for a living. He knows God guided his life all along, including his love and understanding of airplanes.



thinking about prayers and airplanes. As he walked past an empty field, something caught his eye. Someone had thrown away a couple of old wooden fruit crates.

Maybe I can build a plane out of those, he thought.

All day at school Vern imagined what kind of plane he could build with the crates. Pretty soon his notebook was full of drawings of his ideas.

After school, Vern ran back to the empty field as fast as he could. He picked up one of the crates and carried it home.

First he pulled out all the nails and stacked the boards on the ground. Then he got the old saw and kitchen knife Mom let him use as tools. He was carefully cutting one of the boards into the shape of an airplane wing when Mom got home from work.

"What's that?" Mom asked.

"An old crate," he said. "I'm using it to build a model plane!"

Mom looked impressed. "That sounds like a great idea."

Every day after school, Vern worked on his airplane. Little by little, he kept shaping the wood. He didn't have anybody to show him what to do. But somehow he always figured out what to do next.

Vern was grinning widely when he showed his mom the finished model.

"Wow!" Mom said. "You did this all by yourself?"

He nodded. The plane had turned out even better than he'd hoped!

As Vern showed Mom all the cutting, sanding, and nailing he'd done, he suddenly realized something. His prayers had been answered after all! They just hadn't been answered the way he was expecting. Instead of giving him a plane, Heavenly Father helped him figure out how to build his own. Prayer *did* work.

That evening, Vern took his airplane outside and set it on the bench. "Heavenly Father, thanks for helping me make this plane," he prayed. "I promise to take good care of it!" •

See *Come, Follow Me* for Alma 30-31 and Alma 32-35.

MY FAMILY NIGHT FUN

These ideas go along with
Come, Follow Me—for Individuals
and Families each week.

Digging Deep!

For Alma 23–29



Sing "Keep the Commandments" (*Children's Songbook*, 146–47).

The Anti-Nephi-Lehies made a promise with God that they wouldn't fight again. They buried their weapons in the ground (see Alma 23:7, 24:17).

Take a small piece of paper and write down something you want to stop doing, like fighting or complaining. Share what you wrote, and promise to do your best to stop doing that thing. Then rip the paper into tiny pieces and bury it in the ground.

Paper Prayer Planes

For Alma 30–31

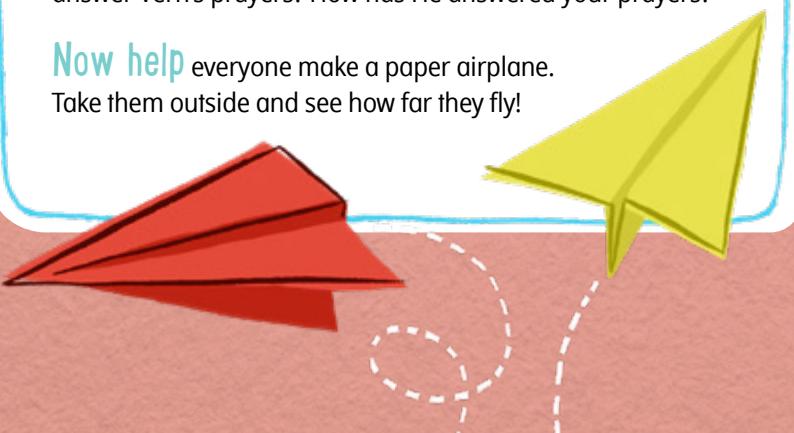


Sing "My Heavenly Father Loves Me" (*Children's Songbook*, 228–29).

The Zoramites believed they could only pray once a week from a tall tower, using the same words (see Alma 31:12–22). But Alma knew he could pray to God about anything, anytime, anywhere (see Alma 31:26–36).

Read "Prayers and Planes" (page 4). How did Heavenly Father answer Vern's prayers? How has He answered your prayers?

Now help everyone make a paper airplane. Take them outside and see how far they fly!



Growing Faith

For Alma 32–35



Sing "Faith" (*Children's Songbook*, 96–97).

The prophet Alma taught us that faith grows like a seed (see Alma 32:28–30). Faith starts small, but as we work to help it grow, it can become strong!

Color the pages for the booklet on page 24 with your family. How can you help your faith grow?

Small, Small, Tall!

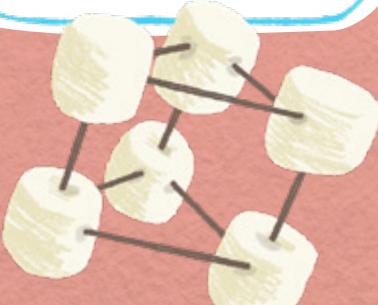
For Alma 36–38



Sing "Once There Was a Snowman" (*Children's Songbook*, 249).

Alma taught his son that by "small and simple things are great things brought to pass" (Alma 37:6). That means that the small, good things we do each day can make a big difference.

Now build something big out of something small! What could you use? You can also plan a small act of service your family could do together.



Salt and Pepper Experiment

For Alma 39–42

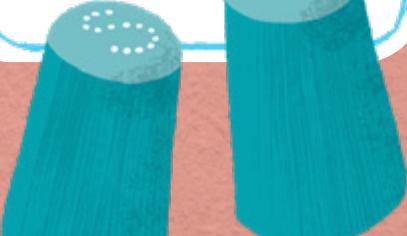


Sing "Repentance" (*Children's Songbook*, 98).

The prophet Alma had a son who made bad choices. Alma taught him to "repent and forsake [his] sins" (Alma 39:9). That means telling Heavenly Father you're sorry, asking for forgiveness, and doing your best to not make the bad choice again.

Do the salt and pepper activity

on page 34 to teach your family about repentance. How is repentance like the spoon in the experiment?



TREAT TIME

Pesto Roll-Ups



Spread **cream cheese** and **pesto** onto a **whole-wheat tortilla**. Top with **slices of sliced turkey** and **cheese**. Roll up the tortilla and cut into slices. Stick a toothpick in each slice to hold it together.

Strawberry Salsa



Combine **2 cups diced strawberries**, **1/2 cup finely diced red onion**, **2/3 cup finely chopped cilantro**, and **2 tablespoons lime juice**. Add salt and pepper to taste and serve with **tortilla chips** for dipping.

Watermelon Slush



Blend **4 cups cubed watermelon**, **2 tablespoons lime juice**, and **2 tablespoons sugar** until smooth. Pour liquid into a shallow freezer-safe dish. Cover and freeze for 1 hour. Remove dish and use a fork to mix the ice that has formed. Freeze for another 2 hours, then scrape your watermelon ice into cups. Enjoy!



BRIGHT IDEA



I can follow Jesus Christ in
small and simple ways.

(See Alma 37:6.)

I'm a Pioneer Too

With energy ♩ = 66–72

Words by Jan Pinborough
Music by Michael F. Moody

Musical score for 'The Star-Spangled Banner' in 2/4 time, treble clef, key of G major. The score shows measures 5 through 9. The vocal line consists of eighth-note chords. Measure 5: C (B2-D3-F3). Measure 6: G7 (D2-F2-A2-C3-E3-G3). Measure 7: C (B2-D3-F3). Measure 8: F (A2-C3-E3-G3). Measure 9: G (B2-D3-F3).

1. From Eng - land to Sa - mo - a, From Ken - ya to Pe - ru,
 2. Some pi - o - neers pulled hand - carts; Some sailed a - cross the sea.
 3. They lis - tened to the proph - ets, Built towns and tem - ples too.

Musical score for the first section of the piece, featuring a treble clef, a common time signature, and a key signature of one sharp. The score consists of five measures. Measure 1 starts with a C major chord (E-G-B) followed by a G major chord (B-D-G). Measures 2 and 3 show a progression from C major to F major (B-D-A), then back to C major. Measures 4 and 5 show a progression from C major to G⁷ (D-G-C-F) and back to C major. The vocal line includes eighth-note patterns and sustained notes. Fingerings are indicated below the staff: 2-1 in measure 1, 3-1 in measure 3, 5-1 in measure 4, and 5-1 in measure 5.

Brave pi - o - neers in ev - 'ry land Helped spread the gos - - pel true.
On plains and shores and moun-tains, they Blazed paths for you and me.
Their faith was strong in Je - sus Christ. Their cour - age saw them through.

A bass clef musical staff with a vertical bar line. The staff has five horizontal lines and four spaces. There are six black note heads: one at the beginning, one on the second line, two on the first space (with a vertical bar line between them), one on the second line, one on the first space, and one on the second line. Below the staff, there are ten numerical values: 5, 1, 2, 3, 5, 1, 5, 1, 2. The first two values are under the first note, the next two under the second, and so on.

The Lord has trails for me to blaze And work for me to do.

Musical score for the first section of the piece, featuring a treble clef, a key signature of one sharp, and a common time signature. The score consists of five measures. Measure 1 starts with a C chord (E-G-C) followed by a half note on E. Measure 2 begins with a F chord (B-D-A) and ends with a G7 chord (D-G-B-E). Measure 3 starts with a C chord (E-G-C) and ends with a G7 chord (D-G-B-E). Measure 4 starts with a C chord (E-G-C) and ends with a G7 chord (D-G-B-E). Measure 5 starts with a C chord (E-G-C) and ends with a G7 chord (D-G-B-E).

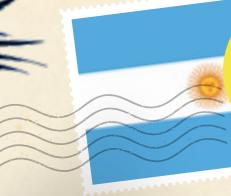
Each time I brave - ly walk with faith. I'm a pi - o - neer too!

A musical score for bassoon, page 1, featuring a bass clef and a common time signature. The score consists of two systems of four measures each. Measure 5 starts with a rest followed by a eighth note. Measures 6-7 show a rhythmic pattern of eighth notes and sixteenth-note pairs. Measures 8-9 continue this pattern. Measure 10 begins with a quarter note. Measures 11-12 conclude the section.

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HELLO from Argentina!



Hi!
We're Margo
and Paolo.



Join us
as we visit
Argentina!



Empanadas are a popular food in Argentina. They're a pastry filled with beef, corn, or fruit. Learn how to make your own on page 35!



Argentina is a country in South America. It's more than 2,000 miles (3,219 km) long. In the north, it's very hot during summertime. In the south, there are frozen glaciers all year round!



Many interesting animals live in Argentina—jaguars, condors, and penguins!



Cowboys are called *gauchos* in Argentina. They raise cattle and horses.

**Meet some of our friends
from Argentina!**

Many people buy food at outdoor markets. These boys are helping their father carry a *sandía*, or watermelon.



Ushuaia is one of the closest cities in the world to the South Pole! There are three wards in that city.



This girl visited the Córdoba Argentina Temple on the day it was dedicated. Soon Argentina will have three temples!



When President Russell M. Nelson presented the new program of goals for children and youth, I set goals to run, be a good friend, and make my prayers better. I gave my testimony in sacrament meeting that I know that if I do this program, Heavenly Father will help me.

Gonzalo L., age 7, Buenos Aires, Argentina



When we read scriptures, we learn about Jesus Christ and how He loves us. That helps me to be happy. I know that He loves me.

Emma L., age 5, Buenos Aires, Argentina



**Are you from Argentina?
Write to us!
We would love to hear from you.**

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



LILA'S CHOICE

Lila wanted to choose the right.



By Carolina Marín
(Based on a true story)

"My body is the temple my Father gave to me" (Children's Songbook, 153).

It's scripture time!" Lila said.

Lila loved reading to her little sister, Ánika, and her baby brother, Svetan. Soon Lila would be getting baptized! To be ready, she wanted to read the scriptures every day.

Lila opened the scripture storybook to the first page. Ánika and Svetan snuggled close so they could see the pictures.

"Listen carefully because I'm going to ask you questions after," Lila said. Then she started reading the first chapter.

"Before we were born, we lived in heaven," Lila read. "We didn't have bodies yet. We were spirits."

Lila, Ánika, and Svetan looked at the pictures of people dressed in white.

"Ready for your first question?" Lila turned to Ánika. "Where did you come from before you were born?"

Ánika clapped her hands. "Heaven!"

"That's right," said Lila. "And where did Svetan come from?"

"He came from heaven too," Ánika said. Svetan giggled and put his fist in his mouth. Lila and Ánika laughed. Svetan was the cutest one-year-old in Argentina!

"Our whole family came from heaven," Lila said. "Jesus did too. He came to help us so we can live with Heavenly Father again." Lila pointed to the picture of Jesus on the page.

After she finished reading, Lila kept thinking about what it must have been like to live with Jesus in heaven. She wanted to be like Him. She wanted to always choose the right!

The next day at school, Lila's tummy rumbled as she waited in line for breakfast. She could almost taste the empanadas as Señora Ruiz slid them onto her plate. They smelled so good!



Then Señora Ruiz poured Lila a cup of milk. *Uh oh*, Lila thought. The milk looked darker than usual. Sometimes her school added coffee or tea to the drinks.

"Is there any coffee or tea in the milk today?" Lila asked.

Señora Ruiz waved her hand. "A little coffee," she said. "You won't even taste it."

Lila thought for a moment. She remembered how she wanted to be like Jesus and choose the right. She knew drinking coffee was something the prophets said not to do.

"No, thanks. I won't have milk today," Lila said. She gave Señora Ruiz a smile. Then she sat down to eat.

That night, Lila helped Papi wash dishes in the kitchen. She was still thinking about the scripture story. She was thinking about the milk too.

"Papi?"

"Yes?" Papi said.

The family in this story lives in Argentina.

Turn to page 10 to learn more about their country.

The author lives in Corrientes, Argentina.

"Why did Heavenly Father want us to have bodies?" Papi thought while he rinsed another plate. "Well, He gave us bodies so we could become like Him," he said. "Your body is a home for your spirit. That's what we mean when we say our bodies are temples."

Lila nodded. She sang a song about that in Primary sometimes! "So that's why Heavenly Father wants us to take care of our bodies?"

"Exactly," Papi said.

"Today at school, they put some coffee in the milk," Lila said. "I didn't drink it, though. I'm trying to take care of my temple."

"I'm proud of you," Papi said. He dried his hands on a towel and gave Lila a hug.

Lila hugged Papi tight. She was happy to take care of the body Heavenly Father had given her. ●

Find It!

The Anti-Nephites promised God they would never use weapons to hurt people again. They buried their weapons in the ground as part of their promise. Find 23 weapons in the ground and 30 hearts above the ground.

ILLUSTRATION BY STEVEN KEELE





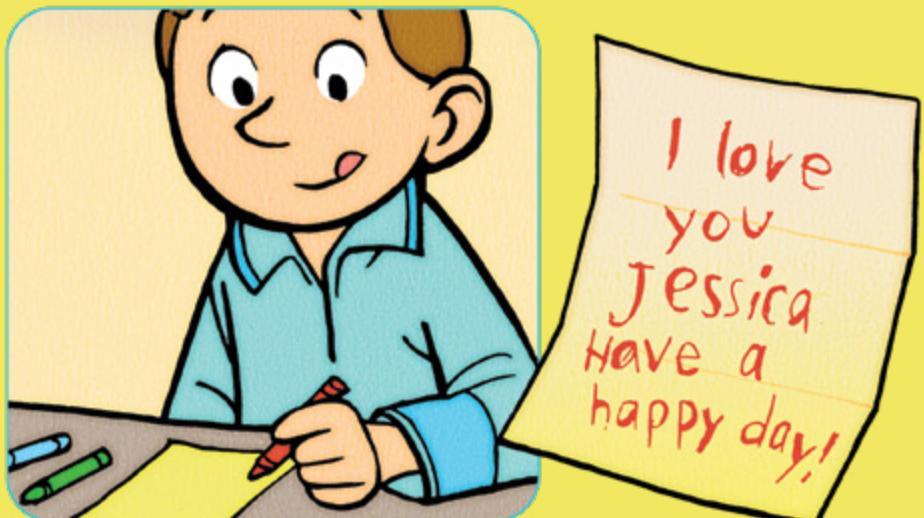
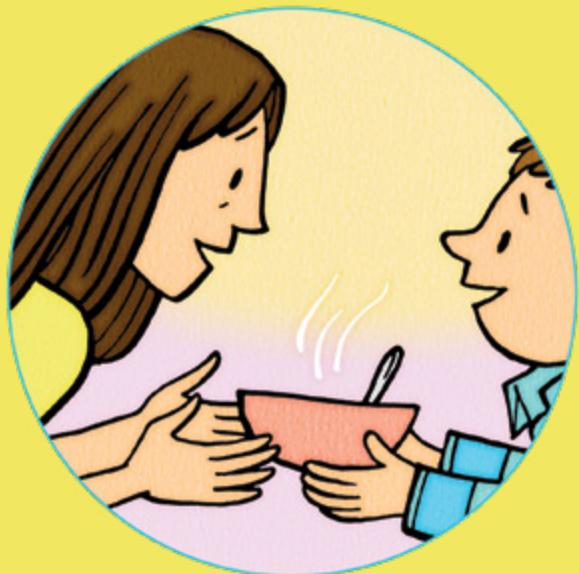
HOW ABOUT YOU?

What promises have you made? Why do you think it's important to keep a promise?

See *Come, Follow Me* for Alma 23–29.

Helping a SLEEPY SISTER





The author lives
in Utah, USA.

Small and Simple Puzzle

Like the Liahona that guided Lehi's family, simple things can help us solve big problems (see Alma 37:6, 38–44).

Can you find each of the pieces below in the puzzle?



What are small and simple ways you can follow Jesus?

See *Come, Follow Me* for Alma 36–38.

ELDER NEIL L. ANDERSEN

Of the Quorum of the
Twelve Apostles



He grew up on a dairy farm. One of his favorite chores was caring for the rabbits.



Elder Andersen's birthday is August 9! He will be 69 years old this year.



He served a mission in France.



He and his wife, Kathy, have four children and 17 grandchildren.

"No trial is so large we can't overcome it together."

Elder Neil L. Andersen

"Trial of Your Faith," *Ensign*, Nov. 2012, 40.

Different BUT TOGETHER

By Bethany Bartholomew
(Based on a true story)



"Let them worship how, where, or what they may" (Articles of Faith 1:11).

Ellie and her family were going to visit their cousins who lived far away. Ellie was so excited! She hadn't seen her cousins in a long time.

Before the trip, Ellie's parents said they wanted to talk about something.

"When we get together with family, we always say prayers at mealtime. And sometimes we talk about church, right?" Dad asked.

"Right!" Ellie said.

"Well, things will be a little different on this trip,"

Mom said. "Your aunt and uncle don't go to church anymore. And they don't like it when people talk to them about it."

Ellie frowned. "Why not?"

"We don't know all the reasons," Dad said. "But they love us very much. I think they don't want to argue with us or hurt our feelings. So they've asked us not to talk about church things with them."

Ellie nodded.

"We can still read our scriptures and pray while we're there. But we'll do it in private," Mom said.

"What about when we eat?" Ellie's sister asked.



"Let's wait and see," Mom said. "If they don't pray before we eat, we can each say a prayer in our hearts."

"OK," Ellie said. "I can do that!"

The next day, Ellie's family piled into the car. They drove until late at night. When they finally got to their cousins' house, Ellie's aunt and uncle helped them get their bags out of the car. Then everyone went to bed.

The next morning, Ellie said a prayer before going to the kitchen for breakfast. She felt a little nervous about seeing her family. But then her aunt sat down next to her with a warm smile on her face.

"Some of us are going to your cousin's salon later

today. Want to come?" she asked Ellie.

"A hair salon?" Ellie asked.

"Yep! You and your sister can get your hair done if you want."

Ellie smiled and nodded. That sounded fun!

After breakfast, they took a bus to the salon. Ellie loved watching her cousin work. Her fingers flew back and forth as she combed and braided. After everyone's hair was finished, they had a pretend fashion show in front of the salon mirror and giggled at their new looks.

The next day, it was raining hard. So everyone decided to stay inside and play board games. Ellie and one of her cousins were on a team against two of the older boys. They teased each other as they raced their game pieces around the board.

"We won!" Ellie yelled as she moved her game piece to the end of the board. They all gave each other high fives—even the older cousins, who pretended to be grumpy about losing.

After only a few days, it was time to head home. As Ellie climbed in the back of her family's car, she heard her family saying goodbye.

"We'll miss you!"

"Come back soon!"

"We love you so much!"

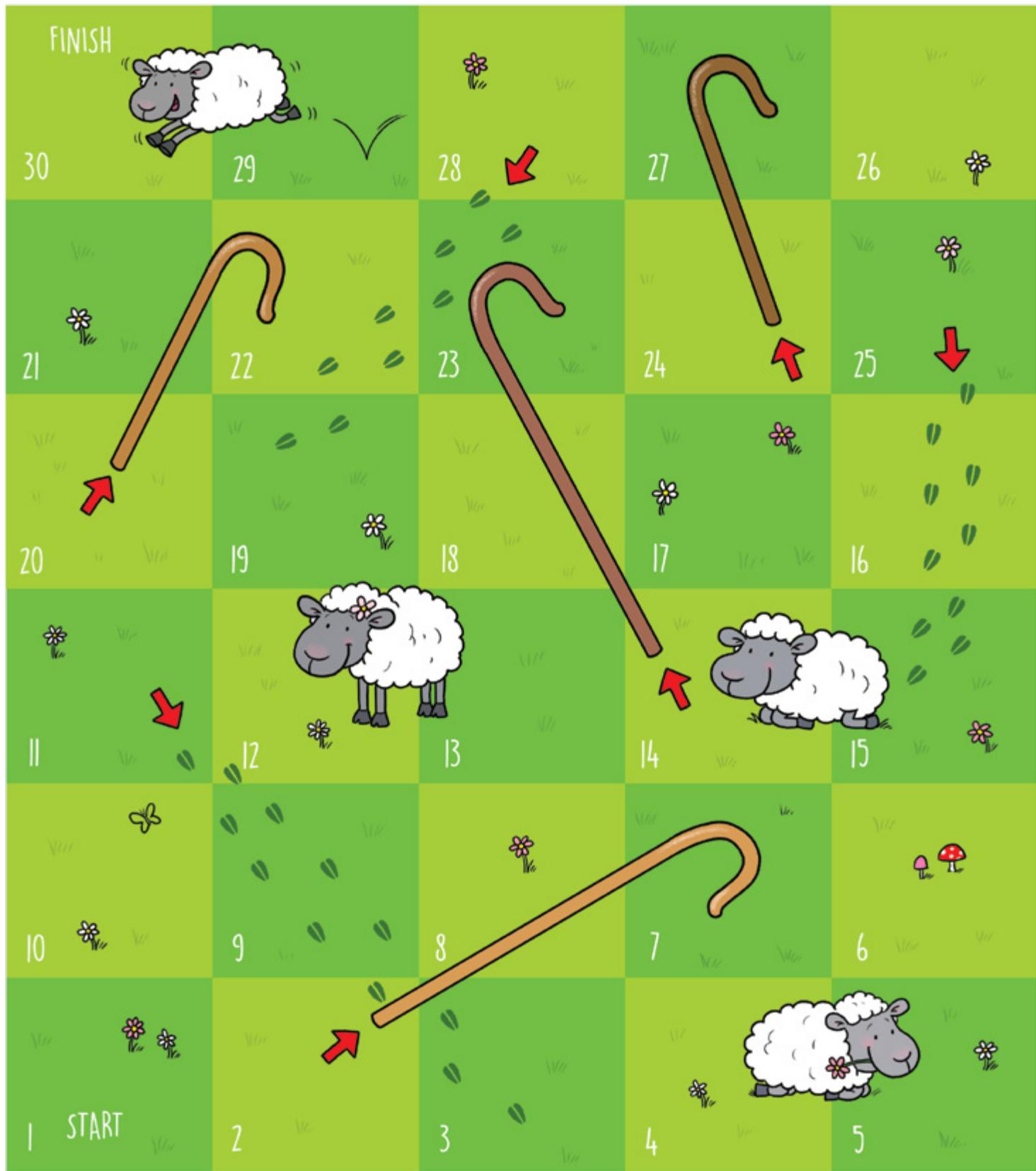
Ellie smiled and waved as their car pulled away. She had had a lot of fun. Even if they believed in different things, they could still be a happy family. ●

The author lives in Georgia, USA.

Help the Sheep

Jesus is the Good Shepherd, and we are His sheep. Here's a game you can play with one or more friends or family. To play, you will need a dice and different coins or buttons to use as markers.

On your turn, roll the dice and move that many spaces. If you land on the end of a shepherd's cane, go **UP** to the end of the cane. If you land on sheep tracks, follow the tracks **DOWN**. The first one to reach the finish square wins.





**By Charlie L., age 8,
Michigan, USA**

Once I had a friend who was being mean to others. People started telling me that I was kinder before I was friends with him. I worried that they were right.

One day when we were playing soccer at recess, I noticed that people started to leave the game. Then more and more people left. I went to see what was happening, and I saw my friend calling people names and saying the Lord's name in vain. When he said those things, it upset some of the other players. I told my friend to stop. He didn't listen.

Kind Enough to **SPEAK UP**

When we got back to class, I talked to him about it. I told him I didn't like it when he was mean to other people or when he took the Lord's name in vain. He agreed to stop.

I also repented and decided I wouldn't let anyone change who I was or make me less kind. I wanted to be a good example. After I decided to do better, I had this warm, comforting feeling in my heart. I knew that it was the Holy Ghost saying I had done the right thing.

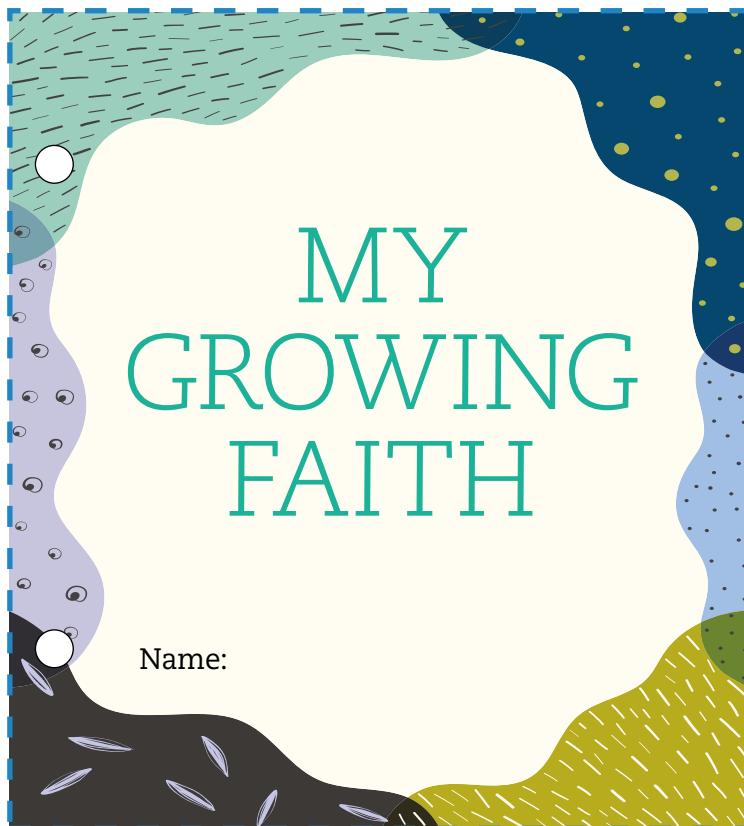
After that day, my friend stopped being mean. I know that Heavenly Father wants us to listen to the Holy Ghost and stand up for what's right. ●



KINDNESS CHALLENGE

Think of a time you did something kind or stood up for what's right. Write or draw a picture about what happened. Then send it to us at the *Friend!* (See page 39.)

Cut out and glue, staple, or tie these pages together to make a book!



Name:



4

I can also help my faith in Jesus grow by praying and being kind to others.



1

In the Book of Mormon, Alma said that the word of God is like a seed.



5

As a tree grows, it can give us sweet fruit.



2

I can plant this seed in my heart by listening to what the prophets and scriptures teach. This will help my faith grow.



3

A seed needs water and sunshine to help it grow.



6

As my faith grows, it will bring sweet blessings into my life.



7

I will keep helping my faith grow strong. Heavenly Father and Jesus Christ love me!



**By Sister
Cristina B. Franco**
Second Counselor
in the Primary General
Presidency

The Secret Ingredient



Heavenly Father wants us to serve others. My Primary teacher was a great example of service. When we came to Primary, Sister Antonietti always brought a chocolate cake. I hated chocolate cake! Everyone else liked it. But I never ate it.

One day she asked me, "Why don't you try a little piece? This cake is made with a special ingredient."

I agreed to try it. And guess what? I liked it!

Many years later my mom told me what Sister Antonietti's secret ingredient was. "Sister Antonietti didn't have much money," my mom said. "Each week she had to choose between paying for a bus ride to Primary or buying the ingredients to make the chocolate cake for your class. She always chose the chocolate cake. So instead of riding the bus, she walked more than two miles [3 km], each way, regardless of the weather."

Sister Antonietti's secret ingredient was the love she had for others! What can you do to show your love for others? ●

*Adapted from "The Joy of Unselfish Service," Ensign,
Nov. 2018, 55–57.*



Fudgy Brownies

You can share these brownies with people you love, like Sister Antonietti did! Be sure to get an adult's help.

1/2 cup melted butter	2 eggs
1/2 cup cocoa powder	1 teaspoon vanilla
1 1/4 cups sugar	1/2 cup flour
	1/4 teaspoon salt

1. Mix together the melted butter, cocoa, and sugar for about one minute. Then mix in the eggs and vanilla.
2. Stir in the flour and salt. Pour the batter into a greased 8x8-inch (20x20-cm) square pan.
3. Bake for 20–25 minutes at 350°F (180°C).
4. Allow brownies to cool before slicing.



SERVICE WORD SEARCH

cake • family • helping
service • charity • friendship
kindness • chocolate
grateful • love



F	G	G	Q	Q	R	F	E	L	C
L	R	T	N	V	S	Y	C	K	H
C	U	I	R	I	T	N	I	L	O
H	A	D	E	I	P	N	V	O	C
R	H	K	R	N	D	L	R	V	O
S	V	A	E	N	D	V	E	E	L
Q	H	V	E	Q	K	S	S	H	A
C	C	S	B	B	U	C	H	S	T
O	S	F	A	M	I	L	Y	I	E
L	U	F	E	T	A	R	G	N	P

Show

and tell

Find more art online at
[childart.ChurchofJesusChrist.org!](http://childart.ChurchofJesusChrist.org)



I was asked to give a talk in Primary. I was so nervous that my hands started sweating. When I gave my talk, I felt better thinking about Jesus and how He loves us. After I got home, I realized my talk could help teach other people about the gospel.

Davyn M., age 9, Alberta, Canada



This is me deciding if I should go to a party or go to church. I went to church because it was the right choice.

Ara A., age 8, Cheshire, England

My favorite story in the scriptures is where Jesus told the rich young man to give everything to the poor and then follow Him.

Kalia B., age 9, Île-de-France, France



My sister is a good example to me by choosing the right. We like to be nice to each other, play together, and go to church together.

Hyrum B., age 7, Île-de-France, France



I gave a card and a compliment to someone who was not very nice to me at school. It made me feel good!

Eila B., age 8, Colorado, USA

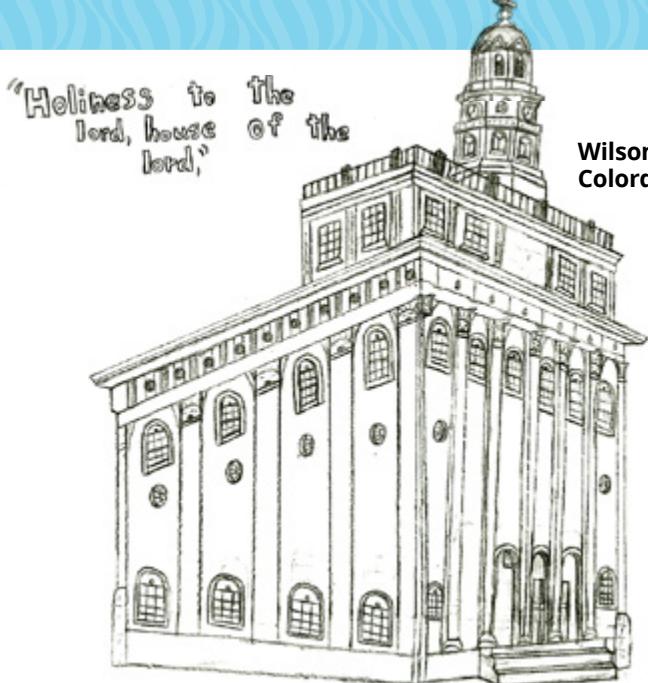


I enjoy going to church to learn and understand more about praying, studying the scriptures, and having home evening.

Munkhdelger O., age 11, Ulaanbaatar, Mongolia

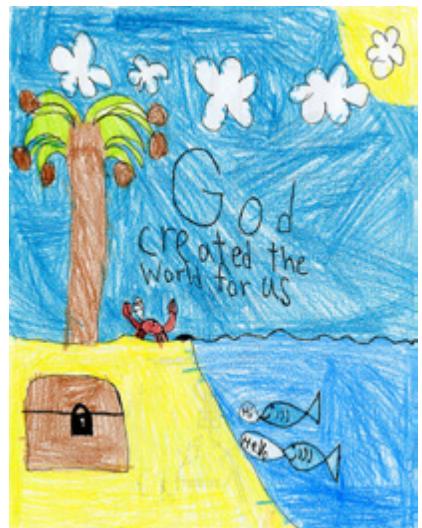


Macie B., age 9, Utah, USA



"Holiness to the Lord, house of the Lord."

**Wilson M., age 12,
Colorado, USA**



**Jamison H., age 9,
Idaho, USA**



We like watching the scripture story videos in the Gospel Library app. It helps us understand the scriptures. We track our progress in the “study plans” feature.

**Nico and Sam P., ages 4 and 6,
California, USA**

I like to help my sisters with their chores.

**Julia B., age 9,
Alaska, USA**



**Kiana L., age 7, Dubai,
United Arab Emirates**



Once during a rainstorm, the front door was accidentally left open and my aunt's four dogs got out. We couldn't find them. I remembered to say a prayer. We soon found all of the dogs. I love Heavenly Father so much.

Divinity B., age 11, Missouri, USA



Andrew S., age 9, Michigan, USA



MATT AND MANDY



for older KIDS

What animal is smarter than a talking parrot?
(See page 39.)



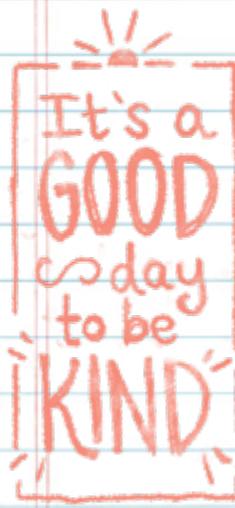
A LOOK INSIDE THE TEMPLE

In the temple, a man and a woman can be married and sealed together forever. This room in the temple is where the bride gets ready.

Unscramble the letters to find out which country this temple is in.

I C L A O M B O

Hint. The city is called Barranquilla. (See page 39.)



SECRET SERVICE

- For one day, pick up three pieces of litter wherever you go and throw them away.
- Send a nice note to a teacher.
- Draw happy messages on the sidewalk with chalk.



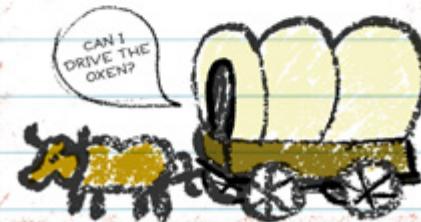
FAMILY HISTORY CORNER

A PIONEER is someone who does something new and helps others to follow.

Were you the first in your family to do something?
(Yes) (I think so)

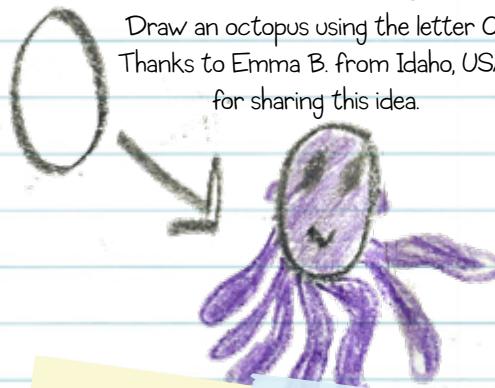
What was it?

Draw or write about it in your journal!



ART CHALLENGE

Draw an octopus using the letter O! Thanks to Emma B. from Idaho, USA, for sharing this idea.



NEW FRIENDS

One day I was at the playground with my friends playing on the monkey bars. I saw a little girl sitting on the edge of the slide all alone. I told my friends that we should play with her. We went over to her and asked her to play. It felt good helping one another.

Lindsay L., age 10, Nevada, USA



HOW
TO

LOSE A FRIEND



Had Charlotte
ruined their
friendship forever?

By Sheila Kindred

(Based on a true story)

"Let's speak of all the best we can" (Hymns, no. 233).

Charlotte's friend Joan came running toward her, grinning. "Guess what?" Joan said. "I saw the list! I got picked to be one of the soloists for the choir concert!"

Both girls shrieked and jumped up and down. "Am I on the list too?" Charlotte asked. They had gone to tryouts together.

Joan stared down at her feet. "Sorry," Joan said sadly. "You weren't chosen."

Charlotte's face felt hot and her stomach felt sick. *Why was Joan chosen and not me? I'm just as good a singer! I should have a solo too!* she thought. Before she knew it, some unkind words popped out of her mouth. "I bet you only got picked because your parents are friends with the choir director."

Joan's face turned pink and her eyes looked a little wet. "That was mean," she mumbled. Then she walked away.

During the whole bus ride home, Charlotte stared out the window. *Why did I say that?* she thought. *Joan is right. That was mean. And I don't even think it's true. She's a really good singer. Why would I hurt my best friend?*

When Charlotte got home, she prayed in her



room. "Heavenly Father, please help me know how to fix my friendship." Charlotte waited by her bed for a moment, hoping for an answer, but she still wasn't sure what to do.

Finally she stood up and pulled out her homework. It said, "Think of something you do well, then teach the class how to do that same thing badly. Write down a list of instructions to share in class tomorrow."

Charlotte said to herself, "The only thing I did well today was lose a friend."

Then she got an idea. Maybe it was an answer to her prayer! She pulled out a stack of notecards and started writing.

The next day Charlotte kept sneaking glances at Joan. Usually the girls would smile at each other during class. Today Joan wouldn't even look at Charlotte. Charlotte tapped her foot all through the lesson until it was her turn to teach the class. She swallowed hard and prayed silently, *Please, Heavenly Father, help this work.*

Charlotte tried to catch Joan's eye when she stood at the front of the classroom, but Joan wouldn't look up. Charlotte held up her cards. "These are friendship cards," she said. "One side tells you how to lose a friend, and the flip side tells you how to gain a friend."

At last Joan looked up.

Charlotte read the cards and showed them to the class:



See *Come, Follow Me* for Alma 36–38 and Alma 39–42.



"Cherish those friends who lift you and make you better . . . [a]nd be such friends to one another."

President Russell M. Nelson

"Reflection and Resolution," BYU Devotional, 1990.

"**1. Bully and laugh at others.**" She flipped the card.
"Be kind and include others."

"**2. Gossip about others.**" Flip. "Say kind things."

"**3. Get upset when people win.**" Flip. "Be a good sport."

Charlotte held up the last card.

"**4. When you are upset about something, say hurtful things that you don't mean.**" She glanced at Joan.

"And the other side says?" her teacher asked.

"Say sorry and ask them if they can forgive you."

At recess, Joan came over to Charlotte on the playground. "That was really good," she said.

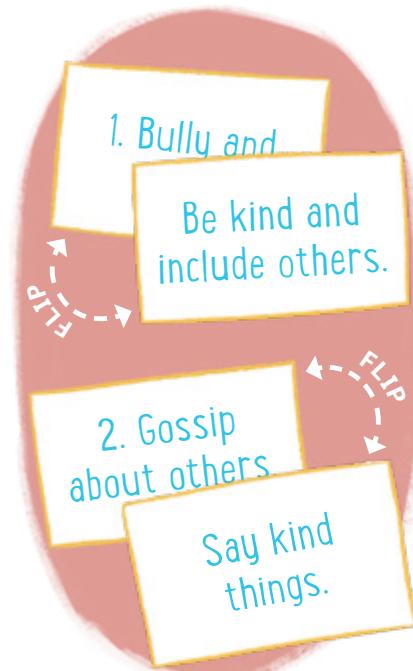
"Thanks," Charlotte said. "I'm sorry for saying those hurtful things. I didn't mean them."

"I forgive you," said Joan.

The two friends smiled at each other.

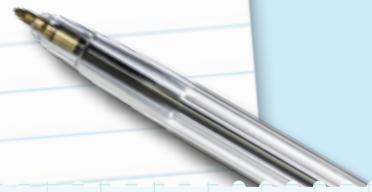
"I can't wait to hear your solo," Charlotte said. She was really glad that Heavenly Father helped her make things right. ●

The author lives in Iowa, USA.



I've never done anything really bad.
Do I still need to repent?

—Uncertain in Udine



Dear Uncertain,

Everyone needs to repent, because no one is perfect! Repenting can be as simple as praying to Heavenly Father about how your day went and telling Him what you want to do better tomorrow. We ask Him for forgiveness when we've done something wrong, and He forgives us. Some people think repentance is a scary thing. But it's a happy thing! Repentance is a gift that Jesus Christ gave us so we can learn, grow, change, and become more like Him. President Nelson says that we should repent every day. As you do, you will feel more peace and power in your life.

With love,

The *Friend*

Try this!

Like the spoon taking away the pepper in this activity, repenting can make us clean from the wrong choices we make—big or small. Because of Jesus Christ and His Atonement, all of us can repent.



You will need:

- table salt
- black pepper
- plastic spoon
- towel



1.

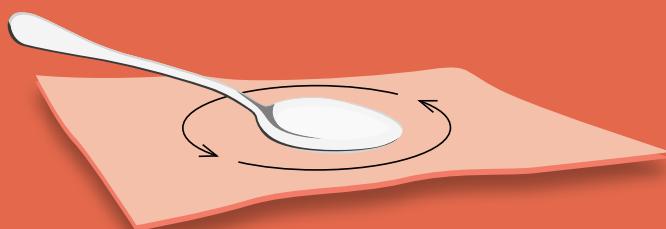
Pour some salt onto a plate. This represents how we are pure and clean before we sin.

2.

Sprinkle a little pepper on top of the salt. This represents the wrong choices we make.

3.

Now take the plastic spoon and rub it on a towel.



4.

Move the spoon slowly above the salt and pepper. The pepper will stick to the spoon!





Here's what you need:

- store-bought or home-made pie dough, chilled
- your favorite jam
- 1/3 cup sugar mixed with 1 tablespoon cinnamon

EMPAÑADAS

Empanadas started in Spain but are popular around the world! These tasty pastries are filled with beef and onions or corn and other fillings. But you can also use jam for a sweet version, like this recipe!

1. Roll out chilled dough. Cut into 3-inch (8-cm) circles.
2. Put a spoonful of jam in the middle of the circle.
3. Fold the circle over and press the edges together. Bake at 375°F (190°C) for 15–20 minutes until golden brown.
4. Sprinkle with cinnamon-sugar.

MARTÍN PESCADOR

This is a traditional game kids play at recess in Argentina. *Martín pescador* means “kingfisher,” which is a type of bird. You need at least six people to play.

1. Two children face each other and form an arch with their hands.
2. Everyone else forms a line and crosses under the arch, reciting this song: **Kingfisher, kingfisher, will you let me pass? You may pass, you may pass, except the last.**
3. Whoever is under the bridge when the song ends leaves the line and chooses a side. This continues until everyone chooses a team. Now, use the teams to play tug-of-war or something else fun!





The Surprise Mission Call

By Lucy Stevenson

Church Magazines

(Based on a true story)

Edwin Dharmaraju smiled as he walked out of the airport and into the sunshine. He could see palm trees lining the streets and smell the spices from a nearby market. He and his wife, Elsie, were back in India! They had been living in Samoa, but now they were home again.

Edwin and Elsie weren't here for just a visit, though. They had been called to serve as missionaries for The Church of Jesus Christ of Latter-day Saints. Edwin felt a little nervous. But he knew Heavenly Father would help them. Heavenly Father had already helped them so much.

Edwin and Elsie were born in India. But Edwin first heard about the Church while going to school in the United States. He went to church there once. He even read the Book of Mormon. But when he got back to India, he forgot about the Church.

Some years later, Edwin and Elsie felt like they should move to Samoa. Edwin was a bug scientist, and he took a job on the island doing research. It was there that Edwin and Elsie met the missionaries. When Edwin read



the Book of Mormon again, he felt something special. Elsie read the Book of Mormon too. They chose to be baptized, along with their sons and daughters.

After joining the Church, what Edwin wanted most was for his family back in India to learn about the gospel. The problem was that there were no missionaries in India to teach them! Edwin and Elsie wrote a letter to Church headquarters asking them to send missionaries to India.

What came next was a big surprise. President Spencer W. Kimball called *them* to serve as missionaries in India!

And now, here they were.

Their first stop in India was Edwin's brother's house. Edwin's parents and siblings were there too. Right away, Edwin and Elsie started teaching them. Their family was happy to learn about the gospel.

A few weeks later, Edwin and his family gathered around the swimming pool in his brother's yard. The pool had been cleaned, painted, and filled with fresh water. Everyone was wearing white. The women wore

flowing saris that draped over their shoulders. The men wore loose Indian-style jackets and trousers.

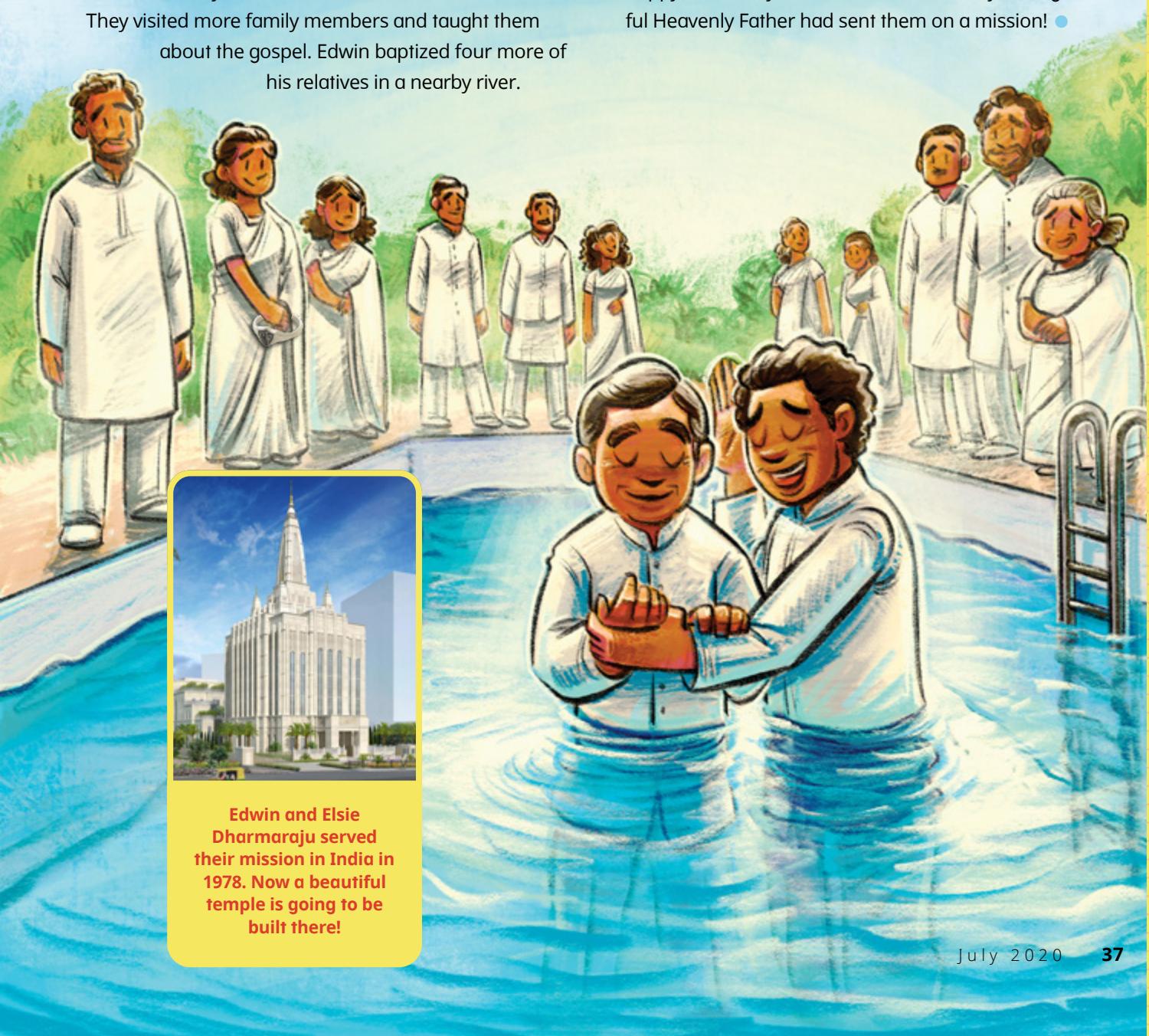
Edwin stood in the pool with his father. "Samuel David," Edwin said, "having been commissioned of Jesus Christ, I baptize you in the name of the Father, and of the Son, and of the Holy Ghost."

Edwin felt happy as he baptized his father. He felt even happier when he baptized his mom next. By the end of the day, Edwin had baptized 18 people!

The next day, Edwin and Elsie rode a train for six hours. They visited more family members and taught them about the gospel. Edwin baptized four more of his relatives in a nearby river.

Finally, Edwin and Elsie took a 16-hour train ride to visit Elsie's parents. Elsie's father was a leader in another church. He didn't get baptized, but he thought the Book of Mormon was a good book. He helped translate the Book of Mormon into Telugu, one of the languages spoken in India.

When Edwin and Elsie finished their mission, there were enough new members to start one of the first branches of the Church in India! Edwin and Elsie were happy when they returned to Samoa. They were grateful Heavenly Father had sent them on a mission! ●



Edwin and Elsie Dharmaraju served their mission in India in 1978. Now a beautiful temple is going to be built there!

Cook Like a PIONEER

Joseph Smith loved a food called johnnycake. It's like cornbread. Here's a recipe you can try with your family—if you can solve the puzzle! Answer each equation to find out how much of the ingredients to use. (Be sure to check your answers on page 39 before trying the recipe.)

Johnnycake

- | | |
|--|---|
| # of wagons + # of coyotes | = _____ cups cornmeal |
| # of violins - # of frying pans | = _____ cups flour |
| # of bags of flour - # of campfires | = _____ teaspoons baking soda |
| # of dancing pioneers - # of red bandanas | = _____ teaspoons salt |
| # of bags of flour - # of oxen | = _____ tablespoons molasses (or honey, or brown sugar) |
| # of campfires + # of wagons | = _____ cups buttermilk (or add 1 tablespoon lemon juice for each cup of regular milk as a substitute for buttermilk) |
| # of dancing pioneers - # of bags of flour | = _____ well-beaten eggs |

Mix dry ingredients. Stir in molasses and buttermilk. Add the beaten eggs and stir. Pour batter into a greased 9x13-inch (23x33-cm) pan and bake at 400°F (200°C) for 30 minutes. Enjoy with butter and honey!



Book of Mormon Art Show!



Eva S., age 10, Alberta, Canada



Theodore H., age 10, California, USA

FUNSTUFF ANSWERS

Page 31: a spelling bee; Colombia

Page 38: 3 cups cornmeal, 1 cup flour, 2 teaspoons baking soda, 1 teaspoon salt, 2 tablespoons molasses, 3 cups buttermilk, 2 eggs



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ8, 37, and 4.

How to Write to the *Friend*

To send us a letter, drawing, poem, or story . . .

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.

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 Last Laugh



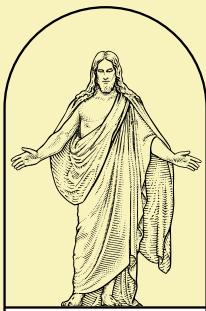
Savannah G., age 11, Utah, USA

the Friend

junior



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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Come, Follow Me

for Little Ones

Here are some activity ideas for toddlers and young children that go along with each week's reading.

FOR Alma
23-29

PROMISES



Read Alma 23:7 together and talk about how the Anti-Nephi-Lehies promised never to hurt people ever again. Draw weapons on pieces of paper. As you bury each one under a rug or towel, help your littles ones say, "I will be a peacemaker."

FOR Alma
30-31

NATURE WALK



FOR Alma
32-35

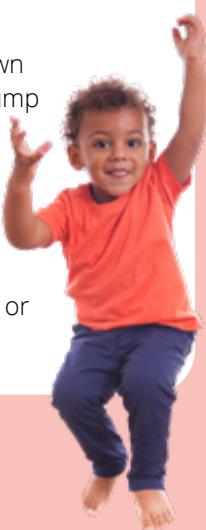
FAITH GROWS LIKE A SEED



Read Alma 32:41 together and help your little ones say, "My faith grows when I do good things." Help your children learn about seeds and plants by picking seeds out of a piece of fruit or caring for a houseplant. Explain that our testimonies grow little by little, like a seed grows into a plant.

FOR Alma
36-38

SMALL THINGS



Read Alma 37:6 together. Crouch down when you hear the word "small" and jump up and spread your arms wide when you hear the word "great." You could use the scripture verse or repeat the phrase, "Small things can make a great difference!" Talk about how small things like reading the scriptures or praying can make a great difference.

FOR Alma
39-42

BECAUSE OF JESUS



Read Alma 40:23 together and help your little ones say, "Because of Jesus, we will live again." Look at pictures of family members who have died. Help your children learn their names and faces. Testify that they can meet their family members someday.

Small and Simple

By Jordan Monson Wright



I help Dad
clear the dishes ...



And wash
them in the sink.



I help Mom
weed the garden ...



And give the
plants a drink.



I know that my actions
are simple and small,

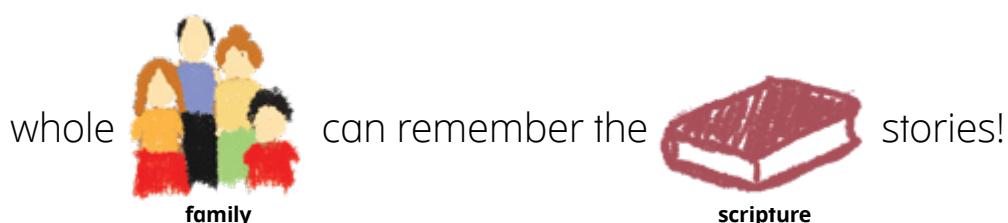


But small acts of
kindness are sure to grow tall!

See *Come, Follow Me* for Alma 36–38.

Eva's Scripture Pictures

By Haley Yancey



Count the Pictures

Can you count how many pictures there are?



Alma the Younger Repents



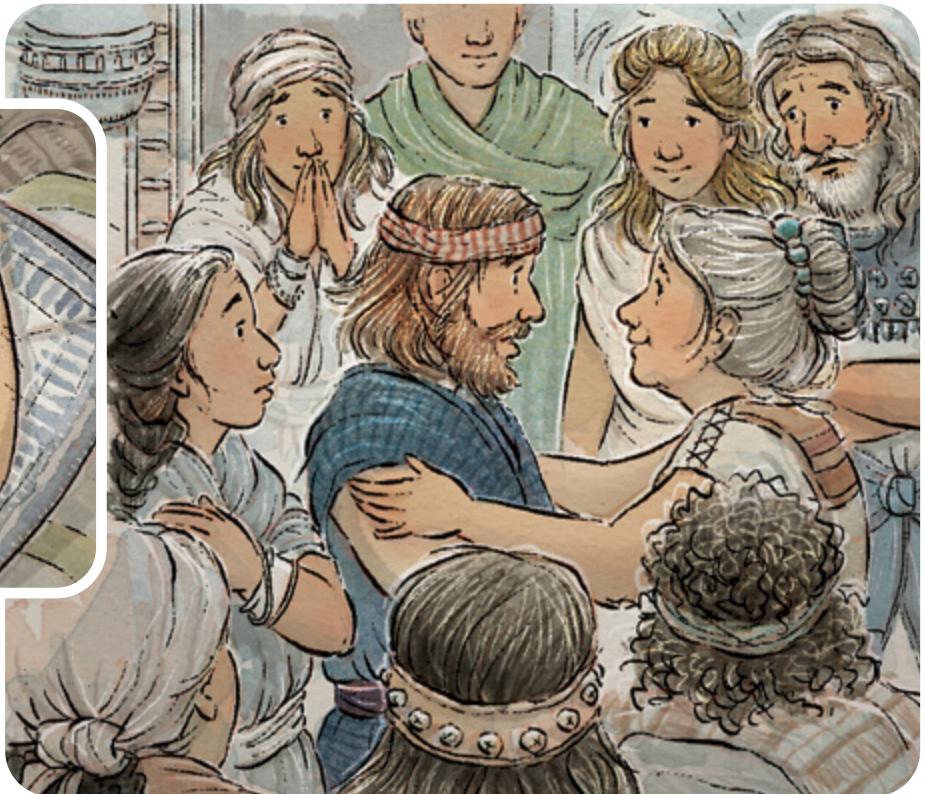
Alma was the prophet's son. He was named for his father, but he didn't believe what his father taught. He told people that the Church wasn't true.



One day, an angel appeared to Alma. The angel told Alma to repent.

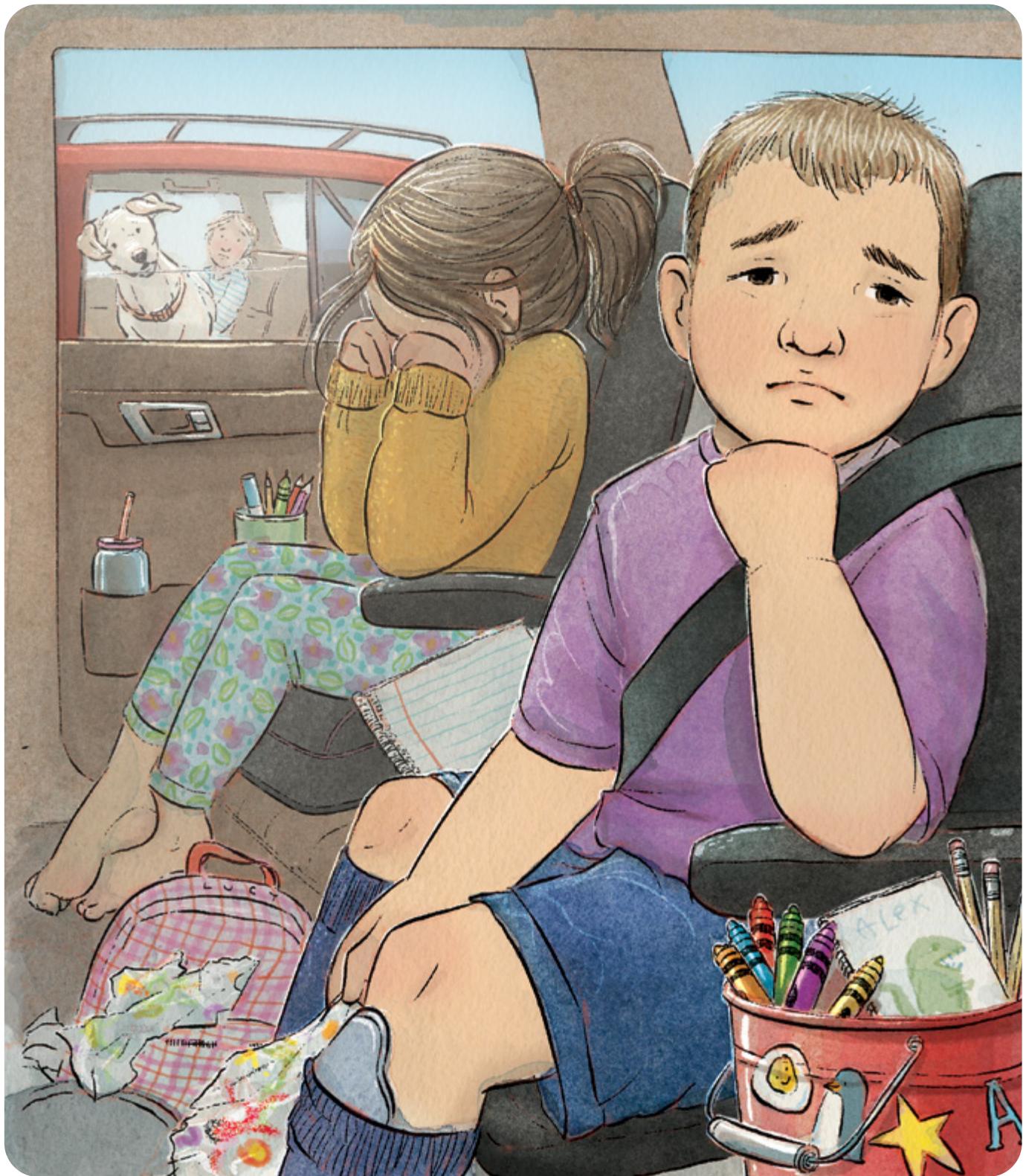


For three days, it was like Alma was asleep. He was thinking about his bad choices.



Then Alma prayed to be forgiven. And he was! He felt Jesus Christ's love. Alma woke up and taught others about how Jesus saved him.

See *Come, Follow Me* for Alma 36–38.



I can repent when I make a wrong choice.
Jesus will always be there for me. ●

COLORING PAGE

Alma Repented and Followed Jesus



When you make a wrong choice, what should you do?

A Sunbeam for Mommy

By Jane McBride
(Based on a true story)



McKay dressed in his church clothes. He put on his favorite yellow tie. McKay liked going to Primary. He liked his teacher. He liked his Sunbeam class.

But McKay also felt a little sad. Daddy, McKay, and Ryan went to church. But Mommy didn't go to church.

When McKay was in Primary, he

kept thinking about Mommy. He didn't want her to be lonely. Then he heard his teacher say that it was time to sing "Jesus Wants Me for a Sunbeam."

"That's my favorite song!" McKay said. McKay loved how happy he felt singing. He sang in his loudest voice.

*A sunbeam, a sunbeam,
Jesus wants me for a sunbeam.
A sunbeam, a sunbeam,
I'll be a sunbeam for Him.*

After the song, McKay's teacher helped everyone make a sun necklace with paper and yarn. McKay colored his bright yellow and drew a happy face. He wanted Mommy to feel as

happy as he did.

Daddy came to pick him up after class. McKay showed Daddy the sun necklace. "I want to be like Jesus. I'm going to give this to Mommy."

Daddy smiled. "That's a great idea."

At home, McKay gave Mommy the necklace. "I made this for you! You can wear it when I'm at church."

Mommy hugged McKay. "Thank you!" She put it around her neck. "I'll think of you whenever I wear it." ●

The author lives in Colorado, USA.

