

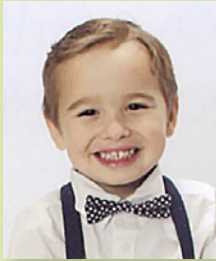
THE *Friend*



**Celebrate
fathers!**

See pages 2-5 and 8-11

Manners Matter



I loved your story on manners in the August 2014 *Friend* ("I Hope They Call Me on a Mission") because I love to say please and thank you in my house too.

Peyton G., age 3, California, USA



Dear Friends,

Have you ever wondered what a testimony is? On page 4 you can read about how a girl named Mia found the answer to that question. Then turn to page 29 for an activity to help you build a testimony of your own.

Keep building!

The *Friend*

P.S. Please write to tell us about what has helped build your testimony.

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

Excited to Read the *Friend*



My favorite story is "Chihuahuas and Choices" from May 2014. Whenever Mom gets a new issue of the *Friend*, I am the first one to read it!

Kelsey B., age 11, Washington, USA

Feeling the Spirit



I love reading the *Friend*! I get so excited when it comes in the mail! My favorite article is Matt and Mandy! I feel the Spirit when I read the *Friend*!

Ella C., age 8, Arizona, USA

How We Use the *Friend*

We liked reading the *Friend* to the "Hoodoo" rock formations in Bryce Canyon National Park!

Tyler, Brian, and Samantha L., ages 3, 8, and 6, Utah, USA





◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons.

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The Good Shepherd



Correction:
Last month's
cover was by
Melissa Manwill.

Cover by Kevin Keele



Hidden CTR Rings

- Level 1:** Scriptures and rings go together.
- Level 2:** Guitar players wear rings too.
- Level 3:** No hint!

Volume 45 Number 6 June 2015

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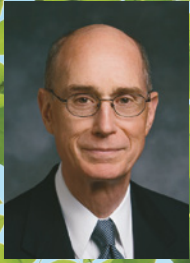
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FROM THE FIRST PRESIDENCY

Praying to Our Father

By President Henry B. Eyring

First Counselor in the First Presidency

When I was a little child, my parents taught me by example to pray. I began with a picture in my mind of Heavenly Father being far away. As I have gotten older, my experience with prayer has changed. The picture in my mind has become one of a Heavenly Father who is close by and knows me perfectly.

That change came as I gained a sure testimony of Joseph Smith's First Vision. Heavenly Father was in the grove on that beautiful spring day. He called Joseph by name. And He introduced the resurrected Savior of the world as His "Beloved Son." Whenever and wherever you pray, your testimony of that glorious experience can bless you.



Our Heavenly Father is the glorious God who created worlds through His Beloved Son. He hears our prayers just as He heard Joseph's prayer—as clearly as if they were being offered in His presence. He loves us enough that He gave His Son as our Savior. By that gift He made it possible for us to gain immortality and eternal life. And He offers us, through prayer in the name of His Son, the opportunity to communicate with Him as often as we choose.

As your teacher and your friend, I promise that God will answer your prayers and that by the power of the Holy Ghost, you can know for yourself that the answers are from Him. ♦

Adapted from "Exhort Them to Pray," Ensign, Feb. 2012, 4.



Joseph Smith

LEARNING FROM JOSEPH

wanted to know which church was true. He read in the



that he needed to ask God.



went to the



behind his



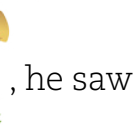
to



. When



, he saw



. They answered

's prayer.



He became the prophet of the Restoration.

A PRAYER ADVENTURE

Have an adventure searching the scriptures to learn more about prayer! Look up each scripture on the map. On the blank lines, write a few words to describe what the scripture says about prayer.

Along the way you can write in your journal about what you're learning. How have your prayers been answered?



1

Moroni 7:48

2

2 Nephi 32:8



3

D&C 19:28



4

D&C 19:38



X

D&C 112:10



Mia's Testimony



By Amelia Hawkins

(Based on a true story)

"The Holy Spirit whispers with a still small voice. He testifies of God and Christ and makes our hearts rejoice" (Children's Songbook, 105).

It was past her bedtime, but Mia wasn't in bed. She was sitting on the floor of her room, thinking about something Sister Duval had read in Primary: "The time will come when no man or woman will be able to stand on borrowed light."*

"A testimony is like a light inside of us," Sister Duval had explained. "And we each need our own. Then we can be strong when life is hard and Satan tempts us."

Mia leaned her head against her bed. *I want a testimony that the gospel is true*, she thought. But how exactly did you *get* a testimony? She knew that praying was part of it.

"I'll pray," she decided. She would pray and wouldn't stop until something happened to let her know the Church was true. She was ready to pray all night if she had to!

She got on her knees. "Dear Heavenly Father," she whispered, "I want to know if the Church is true. I want to feel it in my heart and just *know*."

Mia waited. She didn't feel anything except for the soft feeling she usually felt when she prayed. What was she doing wrong? Where was her testimony?

She had been on her knees for what seemed like a long time when the door to her room opened a little and her dad peeked in.

"I saw the light under the door," he said. "Are you up reading again?" Then he saw tears on Mia's cheeks. He knelt down and put his arm around her. "What's wrong?"

She was quiet for a minute. Then she asked, "Daddy, how do you get a testimony?"

Daddy hugged her tight. "That's a good question. *Wanting* a testimony is one of the first steps."

Mia felt the lump in her throat start to go away. She had taken the first step already.

"Getting a testimony doesn't usually happen with one prayer. And even when you have a testimony, you need to keep working on it."

"But where does a testimony come from?" Mia asked.

"A testimony comes from the Holy Ghost," Daddy said. "Have you ever felt warm and good during family home evening or at church?"

Mia thought about that. "When you gave me a special blessing before school started, I felt good." She thought some more. "And I always feel warm inside when I hear President Monson talk in general conference. And when I'm nice to my friends or when I'm reading my scriptures, I feel good then too."

Daddy smiled. "Those feelings are the Holy Ghost speaking to you. He gives you those feelings when you do something that's right or when you hear something that's true."

"I feel warm and happy now," Mia said. "Is that the Holy Ghost?"

Daddy hugged her again. "Yes. He's telling you that the things we're talking about are true. And *that's* how you get a testimony."

When Mia went to bed later, she didn't think she had a whole testimony yet, but she still had that good, warm feeling that what Daddy told her was true. She knew this feeling was just the beginning.

Mia snuggled into her warm blanket and closed her eyes. Just before she drifted off to sleep, she whispered, "Thank Thee, Heavenly Father, for helping me have a testimony. And thank Thee for my daddy." ♦

The author lives in Missouri, USA.

* Orson F. Whitney, *Life of Heber C. Kimball* (1967), 450.



Family Fun Time

Read “Mia’s Testimony” (page 4). Mia learns that a testimony can make her strong and help her when life is hard. How does a testimony do that? Use this activity to learn how to build your testimony so it can help you be strong. Read more about testimonies on page 28.

Have an adult help you with this activity and recipe.

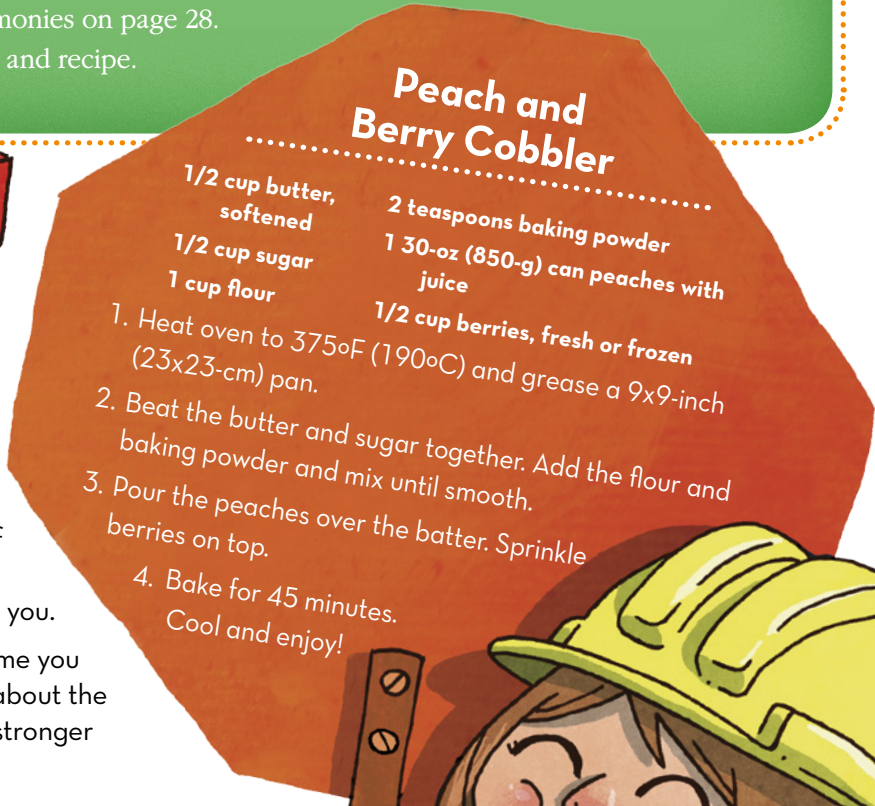


Testimony Building Blocks

Each time we gain a testimony about something in the gospel, it's like adding a new building block to a collection. Each block is important!

What things do you already know are true? Maybe you have a testimony that the Book of Mormon is true, that Heavenly Father hears and answers your prayers, or that Jesus loves you.

Build something with blocks or boxes. Each time you add a piece, say something you know is true about the gospel. Your testimony can grow bigger and stronger throughout your life.



Peach and Berry Cobbler

1/2 cup butter,
softened

1/2 cup sugar

1 cup flour

2 teaspoons baking powder

1 30-oz (850-g) can peaches with
juice

1/2 cup berries, fresh or frozen

1. Heat oven to 375°F (190°C) and grease a 9x9-inch (23x23-cm) pan.
2. Beat the butter and sugar together. Add the flour and baking powder and mix until smooth.
3. Pour the peaches over the batter. Sprinkle berries on top.
4. Bake for 45 minutes.
Cool and enjoy!



“Kindness begins with me.”

—Children’s Songbook, 145



Steven's First Future Father's Day

By Kellie George Purcill

(Based on a true story)

"While I am in my early years, I'll prepare most carefully" (Hymns, no. 300).

Steven rolled his tie right up under his chin as the rest of the Primary kids practiced the new song. Nope, no way was he going to sing this song.

The father of our home leads our family . . .

Steven looked out the window and up at the ceiling. He moved around so much in his chair that he was almost dancing. He couldn't sing even if he wanted to. Something big and uncomfortable was stuck in his throat. The rest of the Primary kept singing, learning the new words one line at a time.

With wisdom's light in all that's right;

My father's good to me ("Fathers," Children's Songbook, 209).

Steven felt a tap on his arm. His mum, who had been quietly watching from the Primary room doorway, tugged gently on his arm. She led him out into the hall. Away from his friends in Primary, Steven couldn't stop the tears from falling. Mum pulled him close into a warm, strong hug.



"It's OK to be upset," Mum said, patting his back. "I know hearing and singing that song is hard."

Steven nodded, then wiped his eyes. "I don't want to sing at Father's Day because I don't have a dad." Steven's eyes burned, and he bit his lip. "I don't want to call him Dad anymore. I haven't seen him in ages, and he doesn't even *want* to be my dad."

Steven tried really hard to not cry—but he could still hear the other kids singing. That song just made him hurt deep inside. Just like when his dad wrote and said he and his new wife had decided that he wouldn't see Steven or his brother anymore.

Mum pulled him in for another hug, and Steven let a few more tears soak into her shirt. "I'll talk to the Primary president. You don't have to sing if you don't want to. But hey—I have an idea." Mum looked straight into his eyes. "This year we won't celebrate Father's Day—we'll celebrate *Future Father's Day!*" She smiled, and he stared back.

"Huh? Celebrate *what?*"

"Future Father's Day—we're

going to celebrate how amazing you and your brother are going to be as dads someday. We'll have presents and a cake and your favorite soft drink!"

Mum kissed his forehead and then tried to fix his mangled tie. "You, Steven, are going to be a *brilliant* dad—I can tell already. Because you are already thinking about what you are going to do with your kids and planning what kind of dad you'll be."

The more Steven thought about it, the bigger his smile grew. He hugged Mum and went back to Primary feeling much better.

Two weeks later Steven stood in front of the mirror, straightening his cool new bow tie. Mum had given it to him that morning for his first ever Future Father's Day!

Steven picked up his scriptures and walked to the front door to head to church.

He smiled at his mum.

"Happy Father's Day, Mum."

Mum grinned. "Happy Future Father's Day, Steven." ♦

The author lives in Queensland, Australia.



"There is no greater honor, ... and no more important role in this life than that of mother or father."

Sister Bonnie L. Oscarson, Young Women general president

"Children of the Family Reunion," *Ensign*, May 2015, 16.



When I'm a Parent...



When you grow up, what kind of parent do you want to be? You can decide now to be a great parent!

Circle the words below that describe the kind of parent you want to be.

What can you do to practice these character traits now?

prayerful
positive
courageous
imaginative
kind
calm
committed
good listener
teacher
resourceful
unselfish
brave
adventurous
polite
easy-going
patient
chooses the right
responsible
compassionate
honest
faithful
generous
thoughtful
enthusiastic
unique
tidy
smart
laughs a lot
dependable
loving
friendly
creative
humble
happy
grateful
clean
sharing
fun

I want to be adventurous. A brave heroine mom!

I'll be fun and happy, like my Primary teacher.



These children all wore matching hats with their dads for Father's Day. Can you help each child find his or her dad in the crowd?



By Jacob Aaron Black

(Based on a true story)

"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:40).

One Sunday morning in early spring, nine-year-old Emily sat with her family in sacrament meeting. The bishop looked sad as he got up to make the announcements.

"The Schwartz family found out this week that Brother Schwartz has cancer," the bishop said.

Emily saw that both her parents had tears in their eyes. Emily knew that cancer was a serious illness. She was sad for the Schwartz family too.

After church Emily was reading in the living room when she heard her parents talking about Brother Schwartz's illness.

"He's so young," Mom said.

"I know." Dad spoke softly. "His medicine and treatment will cost a lot of money. I wish there was something we could do to help."

Emily looked out the window. The spring rains had made the neighborhood beautiful and green. The grass and flowers were growing fast. Seeing the yards all along the street gave Emily an idea. She ran to the kitchen to tell her parents.

"I want to help Brother Schwartz!" Emily said with a smile.

"What do you want to do, honey?" Mom asked.

Emily pointed out the window. "I want to mow our neighbors' lawns and give the money to the Schwartzes."

Dad smiled. "That's a great idea, Em."

That week Emily talked to lots of neighbors about

Emily's Lawn SER



mowing their lawns. By Saturday she had a full day of grass cutting lined up.

On Saturday, Emily pushed the mower up and down the yards in her neighborhood. All day. As she mowed, her arms and legs seemed to get heavier and heavier. But she was determined to keep going. She wanted to finish all the lawns.

It's for Brother Schwartz, she kept telling herself. Her arms were sore from pushing, and her legs were tired and wobbly. But she kept mowing—only a few more lawns to go.

It was time for dinner when Emily finally finished. She walked home slowly. *I've never been so tired in my whole life!* she thought.

After dinner Emily walked to Brother Schwartz's house. She was excited as she rang the doorbell.

Sister Schwartz opened the door.

"Hi, Sister Schwartz," Emily said. "I mowed a bunch of lawns in the neighborhood and wanted to give you the money to help your family."

Emily handed an envelope stuffed with money to Sister Schwartz.

Sister Schwartz started to cry. "Thank you, Emily," she said.

"You're welcome! I hope Brother Schwartz gets better." Emily turned with a big smile and headed home.

She was tired from her hard work, but she felt warm and happy because she knew that Heavenly Father and Jesus are happy when we help others. And now she just couldn't stop grinning. ♦

The author lives in Utah, USA.



FRIENDS WHO CARE

Puppies & BOTTLE CAPS

From an interview by Amie Jane Leavitt

Hi, I'm Ashton!

I belong to a service club for kids. I'm the community service coordinator. That means I get to help our adult leaders plan service for the kids in my club to do. I love doing nice things for others!

Visiting the Puppies

We went to visit the dogs at the animal shelter. We got to walk some of the dogs with adult supervision. And we gave the dogs our homemade dog biscuits!



Baking Service

Several times a year, we have a bake sale to raise money for special causes. Once we raised enough to buy transport wagons for a children's hospital.



Ashton's Tip

Heavenly Father wants us to serve and be kind to others. It will also help you be a better grown-up someday!

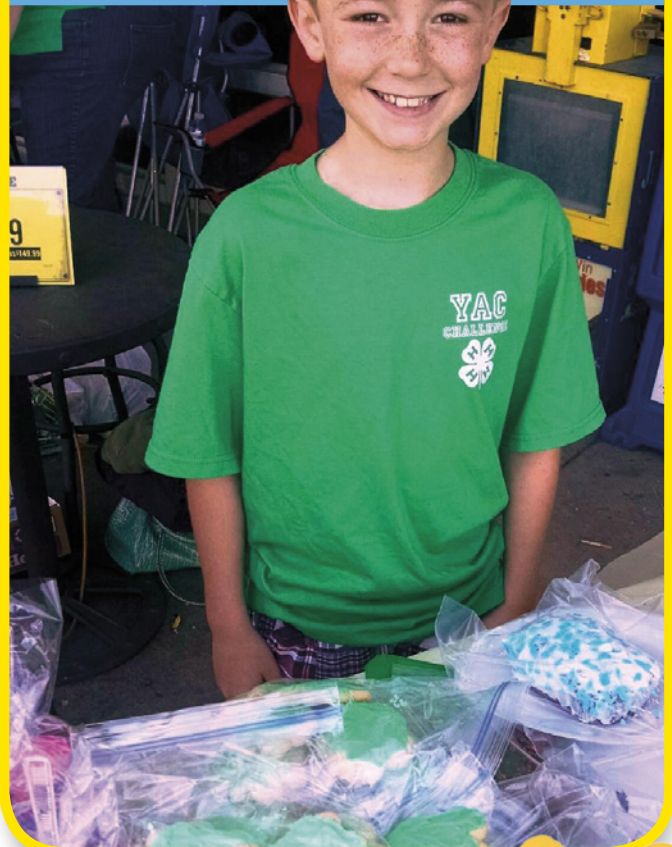


Collecting for Service

The kids in our club like to collect things! We collected bottle caps to earn money for a place that researches cures for childhood cancer. And we collected pull-tabs from soda-pop cans to make money for a charity organization.

Serving and Learning

I like spending some of my free time visiting people who are sick or lonely. It makes their day happier to have someone visit them. When I'm helping people, I learn more about them and more about myself. It's taught me how to be around people who are different from me.



HOW YOU CAN HELP

- Find out about things you can collect for people who need them or to turn in to earn cash for good causes.
- Think small. Service doesn't have to be a big, planned thing. It can be as simple as bringing a potted plant to a nursing home so someone can enjoy it.
- Don't forget your own family and friends. The people right around you can use your help.

GIVE US A HAND!

How do you follow Jesus by helping others? Trace your hand, and send us your story and photo, along with your parent's permission. Use the statement on page 48.



BOOK REVIEWS

Compiled by Jennifer Maddy

Picture Books

***The Seven Silly Eaters*, by Mary Ann Hoberman, illustrated by Marla Frazee.** The children in the Peters family all have picky tastes. As the seven children grow, Mrs. Peters can't keep up! Find out what the seven silly eaters do to surprise their busy mom.

***Where Go the Boats? Poems* by Robert Louis Stevenson, pictures by Max Grover.** Colorful, modern pictures are paired with the timeless poems of Robert Louis Stevenson. You'll find out that children from the 19th century aren't so different from you!

Transitioning Readers

***Chrysanthemum*, by Kevin Henkes.** Chrysanthemum loves her name. But on the first day of school, some of her classmates think it's not so perfect. It takes a special teacher to help Chrysanthemum feel good about her name again.

***Alexander and the Terrible, Horrible, No Good, Very Bad Day*, by Judith Viorst, illustrated by Ray Cruz.** Ever gotten gum stuck in your hair? That's how Alexander starts his day, and things just get worse from there. Follow him through his mishaps as he finds out that sometimes days just don't go very well (even in Australia).

Fiction

***Violet Mackerel's Brilliant Plot*, by Anna Branford, illustrated by Elanna Allen.** When Violet finds a red button, she knows it's the beginning of a brilliant plot to become a famous archaeologist and earn enough money to buy the blue china bird from the man who never smiles.

***Mrs. Piggle-Wiggle*, by Betty MacDonald, illustrated by Hilary Knight.** Mrs. Piggle-Wiggle has a cure for everything: the won't-pick-up-toys illness, the selfishness sickness, and even the never-want-to-go-to-bed ailment. All the children love visiting this special lady because she makes even the most boring chores fun with a little bit of imagination and creativity.



Nonfiction

***Alex the Parrot: No Ordinary Bird*, by Stephanie Spinner, illustrated by Meilo So.** Read the true story about a parrot named Alex—short for Avian Learning Experiment. A scientist sets out to prove that parrots are truly intelligent by teaching Alex letters, numbers, colors and shapes, and how to communicate with humans.

***Megastructures: Tallest, Longest, Biggest, Deepest*, by Ian Graham.** Ever wondered how the world's tallest skyscrapers and longest bridges are built? Find out in this fact-filled book. Learn about huge sports stadiums and record-breaking tunnels—and the dangers that come with them.

These reviews do not constitute Church endorsement of these books, but the books have been carefully reviewed to ensure that Church standards are observed.

.....
 "Each of us must come to our own personal testimony of the Lord Jesus Christ. We then share that testimony with our family and others."

President Boyd K. Packer,
 "The Witness,"
 Ensign, May 2014, 96.

BULLETIN BOARD



GIVE US A HAND!

So far you've sent us **7,621** stories about caring and helping! Go to page 48 to find out how to send us your "helping hand."



Carter A., age 5,
 Georgia, USA

Stand in a circle with your friends. The person with a ball says a nice thing about someone in the circle, then tosses the ball to them. That person says something nice about another person in the circle and passes the ball along.

IDEA: For Father's Day, have your dad or grandpa sit in the middle of the circle. Take turns passing the ball and saying nice things all about him!

"I will honor my parents and do my part to strengthen my family."
 —My Gospel Standards

How can **you** strengthen your family?

STAND TALL!

CONSTELLATION CHALLENGE

Constellations are groups of stars that make pictures in the night sky. Make your own constellations by drawing the stars you see and then connecting them into different shapes. See the examples above.

The best night for stargazing this month is June 16. It will be extra dark because there will a "new moon," which means the moon won't be visible.



A Feel-Good

By Laura D. Card

(Based on a true story)

“Abound in hope, through the power of the Holy Ghost”
(Romans 15:13).

Have a good time!” Julie’s mother called as she leaned on her cane and waved.

“I will!” Julie said, waving back.

Today was field day at school, which meant there would be races and awards. It was usually an exciting day, but Julie was distracted as she walked to school. She kept thinking about how much Mom had changed over the past year. Mom used to run and play and even taught Julie to stand on her head! But ever since getting sick, Mom couldn’t walk very well.

“It’s OK,” Mom usually said. “Watching you run and play makes me happy.”

Julie wanted to bring home an award ribbon for Mom so badly she could hardly stand it! There was only one problem—she was the smallest one in the class and didn’t usually win at sporty things.



Maybe if I pray, Heavenly Father will help me, Julie thought. As she prayed, a warm feeling filled her heart. She smiled. It felt like the Spirit was telling her that field day was going to be great.

At school the students were gathering into groups and teams.

“Hey, Julie! Come try this,” Sophia yelled from the long-jump line.

When it was her turn, Julie took a deep breath and ran as fast as she could. She pushed off the start line and felt the wind whip her hair as she sailed over the sand. She landed with a thump and remembered to fall forward.

“That’s the farthest I’ve ever jumped!” Julie said to Sophia when she saw her score. It wasn’t far enough to earn a ribbon, but Julie felt good inside, like she shouldn’t give up.

Soon another friend, Evie, was calling to them.

“Come try the 50-yard dash!”

Julie lined up next to lots of other kids. When the



Field Day



She was glad the races had been fun. But she also felt sad that she hadn't earned a ribbon.

Suddenly something surprising happened. Those good feelings started filling her heart again! It was like the Spirit was telling her that she should keep hoping for good things to happen. Julie smiled.

Then she felt a hand on her shoulder.

"Look what we got!" Evie squealed as she held up two ribbons. "One's for you. Our team came in second in the relay!"

Julie rubbed the shiny satin between her fingers and looked at the gold letters gleaming in the sunlight. She said a silent prayer thanking Heavenly Father for helping her feel good throughout the day.

Then she jumped up. She couldn't wait to tell Mom all about her feel-good field day! ♦

The author lives in Utah, USA.

starter yelled, "Go!" Julie pumped her legs as fast as she could.

Wow, I'm running really fast! Julie thought. She came in fourth place—not quite fast enough to earn a ribbon. Julie felt a flicker of worry. But there was still time for one more event.

Julie and her friends decided to try the relay race. After Sophia ran around the track, Julie stretched out her hand for the baton.

I think we're in first place! Julie thought as she took the baton and ran. But as she handed the baton to Evie, another runner pulled ahead.

The good feelings Julie had faded away. Still breathing hard, she walked to a nearby hill and plopped down on the grass. She wrapped her arms around her knees and listened to the cheers of students and teachers as the race ended.

Julie thought about her morning prayer. She thought about all of the times she had felt good during the day.



SPECIAL WITNESS



By Elder L. Tom Perry

Of the Quorum of the Twelve Apostles

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

How can I be guided by the Holy Ghost?

A good horse needs just a gentle tug to do what the driver wants it to do. This gentle tug is like the still, small voice.

We must always be ready to receive the gentle tug of the Holy Ghost.

If we listen carefully for the gentle promptings of the Holy Ghost, they will guide us back to our Father in Heaven.

From "Obedience through Our Faithfulness," Ensign, May 2014, 100–103.





When Elder Perry was seven years old, his family started to remodel their home in Logan, Utah, USA. They were taking out some of the walls in the house. Each day, the workers would tear down the old walls, leaving many boards full of nails. One of young Tom's tasks was to take care of these boards.

Each night after the workers had finished, Tom gathered up the boards and took them out to the back lawn. There he made a big pile of boards. Then, one at a time, he put them up on two sawhorses and pulled out all the nails with a crowbar.

After pulling out the nails, Tom did his best to straighten them. Then he threw the straightened nails into a big green bucket and stacked the boards in a neat pile. The workers were able to use the old boards to remodel the house.

Elder Perry says this project helped him learn good lessons. First, it taught him the discipline of working hard. Second, it taught him not to waste things. These lessons have helped him his whole life. ♦

5 FACTS ABOUT ELDER PERRY

Born on August 5, 1922

The L in his name stands for Lowell

Served a mission to the Northern States

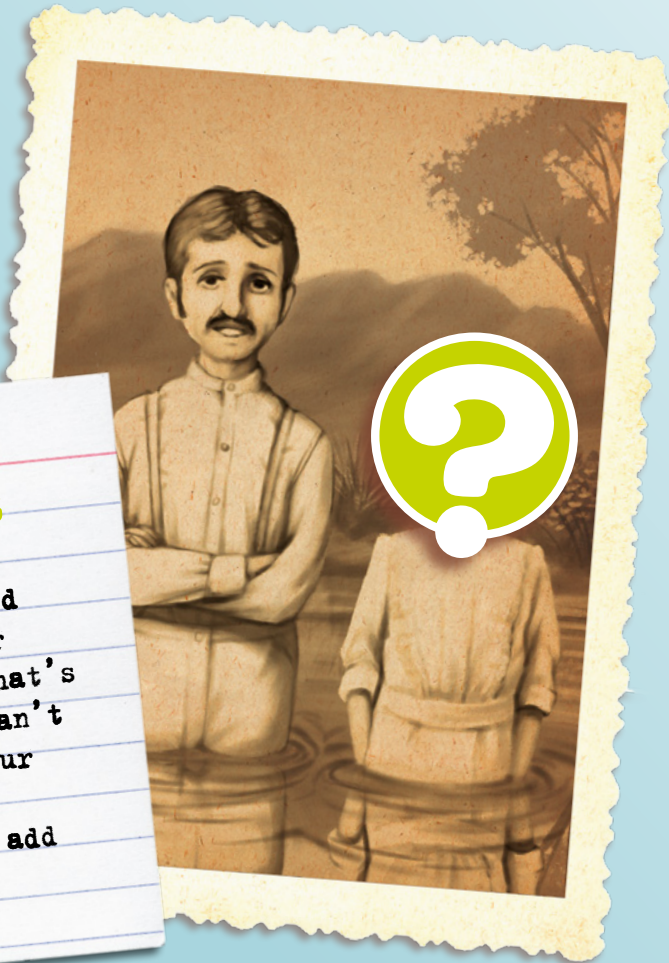
Was in the U.S. Marine Corps during WWII

Became an Apostle in April 1974

Family History Mystery

Case #6: The Mystery of the First Convert

Dear Detective,
Who was the very first person baptized in your family? Was it your mom? Your grandpa? Your great-great grandma? What's the story of their baptism? If you can't find it, ask the oldest person in your family to tell you about his or her baptism day. Record their story and add it to your evidence file.



Smart Sleuth Tip:

Make sure to collect all the evidence you need by writing down your questions in advance!

Print more tags at friend.lds.org.

Family History Mystery:
EVIDENCE FILE

MYSTERY SOLVED

We Believe

By Jon Clark

Test your smarts on the Articles of Faith. Fill in the blanks below with the article of faith number that matches the clue. Then use the letters with each clue to complete the sentence at the bottom.

Check your answer on page 48.

This article talks about ...

The gathering of Israel and restoration of the ten tribes ____ (T)

Basic principles and ordinances of the gospel ____ (S)

Obedying the laws of the land ____ (E)

The gifts of the Spirit ____ (P)

Being responsible for our actions ____ (F)

The freedom to worship ____ (C)

Seeking virtuous things ____ (O)

Believing in God's revelations ____ (I)

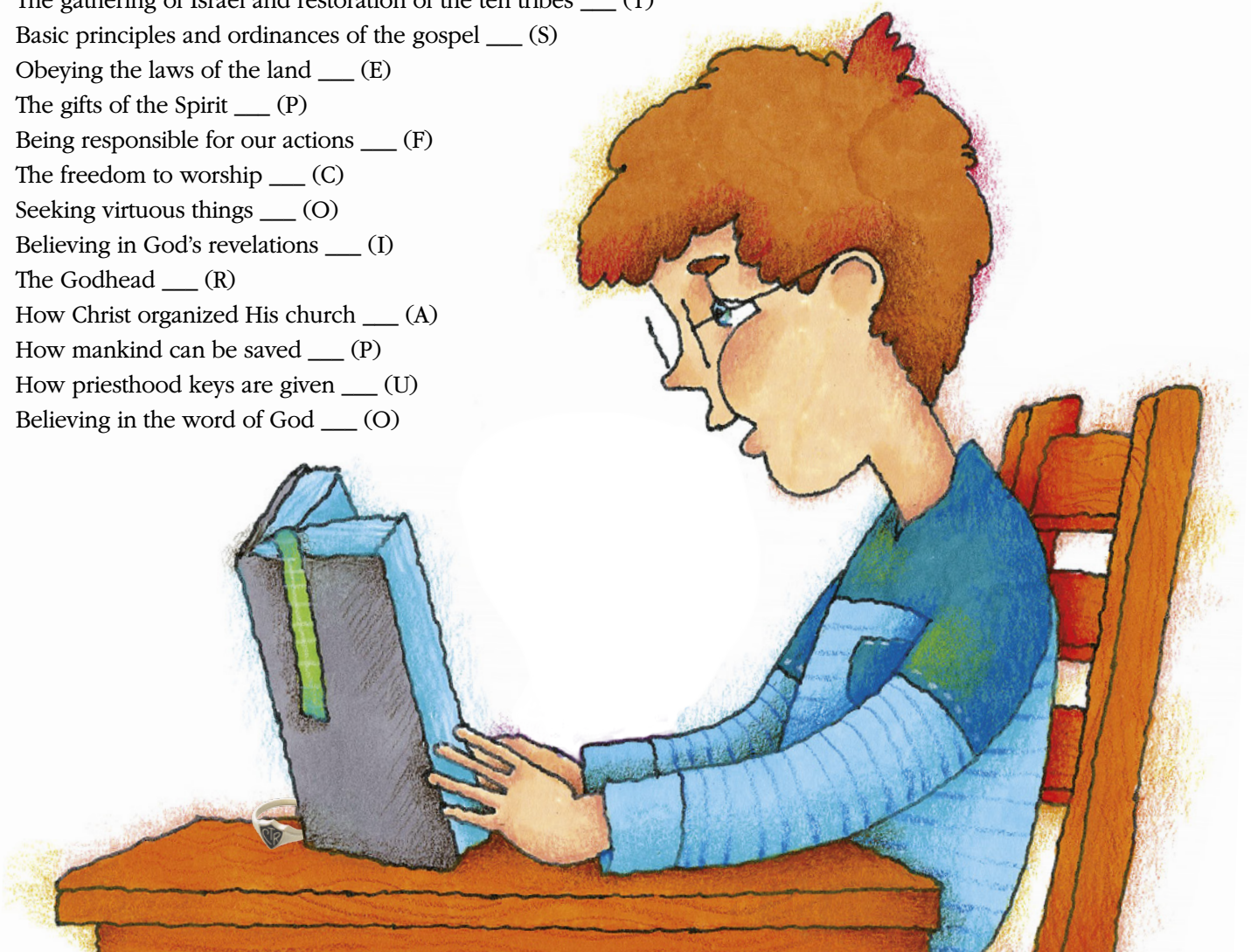
The Godhead ____ (R)

How Christ organized His church ____ (A)

How mankind can be saved ____ (P)

How priesthood keys are given ____ (U)

Believing in the word of God ____ (O)



The Articles of Faith are:

7 6 1 10 13 2 8 5 1 4 11 1 9 3 10 5 1 12 4

Three-Legged Race

Stand next to a friend. Tie your right leg to your friend's left leg. Race others, and see how far you can run without falling.

Ride the Line

Use a piece of sidewalk chalk to draw a really long chalk line (a little wider than your bike's tire) on the sidewalk or driveway. Get on your bike and try to keep both wheels on the line at all times.

Water-Balloon Volleyball

Ask a parent before you play this game. Hold a towel with a friend, and launch a water balloon over a net. Two people on the other side try to catch the water balloon with their towel. Be ready to get wet!

GET MOVING

My body is a special machine.
With lots of parts to make it shine.
From the top of my head to the bottom of my feet,
'Cause Heavenly Bodies have secrets we don't see!
("About Me," by Weezer)

and Race
middle
or see
falling!

Flashlight Tag

Play this game in the dark. The person who's "it" holds a flashlight and tags others by shining the light on them.

Balloon Bop

Divide into two teams, with each team standing or sitting in a circle. Each team tries to keep a balloon afloat by tapping it—no throwing or catching allowed.

Each time the balloon hits the ground, that team gets a point. The team with the least points is the winner. Add more balloons the next round!

Hot Lava

Pretend you are escaping from an erupting volcano! Scatter pieces of paper or towels across the grass. Try jumping from paper to paper, making sure not to touch the grass. See who can cross the grass first.

WINNING!

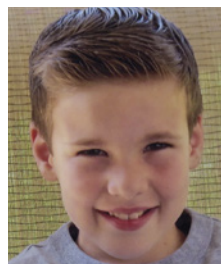
cial gift from Heavenly Father to me;

s that bend and bounce and run and laugh and see.

my head to the ends of my toes, I'm happy as can be—

y Father made me just right—I'm the very best one to be me!

ndy Simmerman)



One day I did something wrong at school and wanted to ask for forgiveness from Heavenly

Father. I found a place to be alone and prayed to Him. My friend saw me and asked what I was doing. I told him I was praying. He asked me to teach him how to pray. It felt good to teach my friend. I felt like a missionary!

Scott W., age 8, California, USA



My school was having a fundraiser that I was really excited about. My mom was worried

when she found out it was planned for a Sunday. She asked me what I wanted to do, and I said, "I love to go to church. I want to keep all of the commandments." My example gives my mom courage!

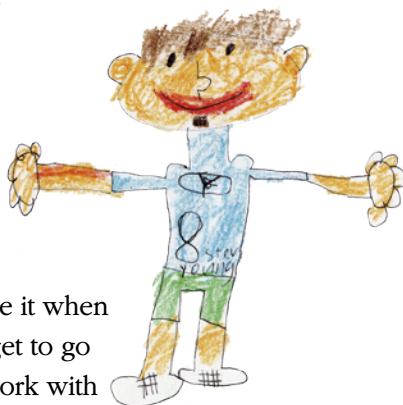
Benjamin B., age 6, Maryland, USA



My mom and I were at the store one day. I asked if I could use the "self-check-out" line by

myself. After I paid my money to the machine, the money dispenser gave me back 40 extra dollars! I heard a comforting voice telling me to be honest, so I turned in the money that didn't belong to me to a store employee. I got a warm feeling inside telling me I had done the right thing!

Jessica R., age 11, North Carolina, USA



I like it when I get to go to work with my dad because he fixes cars. We like watching football games. When we ride our go-cart, we always say a prayer first so we won't get hurt.

Justin J., age 8 Nevada, USA



I had been to the doctor after my stomach kept hurting and I had headaches for several months.

The doctor couldn't find anything wrong with me, but I kept feeling ill. My mom said that we should turn to the Lord for answers. On fast Sunday, she was inspired to put me on a special diet. Soon I was feeling great! Even though I can't eat some of the foods I like, I know I can accept this challenge because Heavenly Father and Jesus will help me through this.

Emeline B., age 9, Nebraska, USA



When my ballet teacher died, I brought flowers and a card to her mom. I knew she was

very sad. She sent me a card back saying how happy the flowers and card made her. It made me happy that I could help her feel better and let her know that I remembered my ballet teacher.

Kahri M., age 6, Switzerland

Even though the **Ayr Branch Primary, Queensland, Australia**, is small, the children still have fun learning about the gospel together. For one activity, they made family trees to learn more about their families and ancestors. They're glad to know that families are forever.



**Sherriza T., age 8,
Mexico**



Amira P., age 6, Taiwan



Everett L., age 7, Pennsylvania, USA



Eric R., age 8, New York, USA

HELPING HANDS



I help my mom cook.
Iñaki G., age 5, Argentina



I helped my friend solve a math problem.
Audrey T., age 8, Ontario, Canada



I sang a song to my baby sister to cheer her up.
Abner L., age 3, Utah, USA



A new kid moved in at school, and I was a friend to her. Now my family moved, and I am the new kid.
Lucy L., age 8, Texas, USA



I helped make treats for my neighbors.
Caleb D., age 4, Oregon, USA



I held my mom's purse and opened the door for her.
Amelia D., age 5, Wisconsin, USA



I helped my brother put his shoes on.
Johan B., age 8, California, USA



I helped clean Grandma's house.
Shayla F., age 11, Utah, USA



I held a tape measure for Dad, and I helped my brother with an experiment.
Taylor H., age 8, Idaho, USA



TELL US HOW YOU'VE SERVED!
See page 48 to send us your "helping hand."



FRIEND TO FRIEND

*From an interview with Elder
LeGrand R. Curtis Jr. of the
Seventy; by Linda Davies*



The Spirit of God

*“The Spirit whispers this to me and tells me it is true”
(Children’s Songbook, 5).*

I had two experiences when I was young that helped me gain a testimony. When I was about five years old, my family went to stake conference. The congregation stood and sang “The Spirit of God” (*Hymns*, no. 2).

As I listened, the words from the song filled my heart with a very warm feeling. Then one of the speakers gave a talk about how the sons of Mosiah were converted to the gospel, and I got the same feeling again.

At that moment I knew I wanted to be a missionary someday. I wanted to share my testimony with others.

When I was 11 years old, something else happened that helped build my testimony. My family was having a fun summer weekend at our cabin in the mountains. On Saturday night a man showed up at our cabin door with some bad news. He told us our home in Salt Lake City

had caught on fire and most of it had been destroyed.

Fire can be scary. I was very upset that our home was gone. But then my father did something I’ve never forgotten. He gathered our family of eight around him and said a beautiful prayer. He told Heavenly Father how grateful he was that our family was safe.

As my father prayed, my heart again felt that same warm feeling that I’d had in stake conference when I was five years old. I knew that when we returned to our burned home, our friends and family would be there to help. And they were. They gave us food and clothing. And they helped us rebuild our home.

How grateful I was for my parents’ faith and the example of their testimonies. The fire destroyed many precious things. But because of the Holy Ghost, I was blessed with a more precious possession—my own testimony. ♦

A spiral-bound notebook with a brown cover and blue-lined pages. A yellow sticky note is attached to the top left, featuring a pencil illustration at the top. The sticky note contains the title 'MY TESTIMONY EXPERIENCES' in red and a paragraph of text. Below the sticky note, four lines of text are written in blue ink on the notebook's lines. At the bottom of the page, there is an illustration of two children with speech bubbles.

MY TESTIMONY EXPERIENCES

Elder Curtis's experiences when he was young helped him build his testimony. Write down experiences when you felt the Holy Ghost or knew that Heavenly Father was watching over you. Put it in your journal or another safe place so you can remember it when you are older!

I felt the Holy Ghost when

I felt that Heavenly Father was watching over me when

I felt love for Jesus Christ when

My prayer was answered when

Print more copies at friend.lds.org.

When have you felt the Holy Ghost?

When I stopped reading that book with the bad pictures.

I Want to Be a **GRAPHIC** Designer

What is a graphic designer?

A graphic designer works with images and words. When you go to a website, look at the back of a cereal box, or read the *Friend*, the pictures and illustrations you see are created by graphic designers. Our designs tell stories.

Why did you want to be a graphic designer?

My dad was a designer. I loved watching him work. He taught me how to draw and how to use layout programs on the computer. ("Layout" means the way words and pictures are arranged on a page.) I liked creating things so much that I practiced on my own after school. Then, when I went to college, I took classes like art, computer design, and layout to help me be a good graphic designer.

What do you do when you go to work?

I create advertisements and websites. I work with other creative people who like doing the same things I like to do. We share ideas and listen to music all day while we work.

How does your job help you serve others?

Our company tries to make sure that what we create is beautiful so people are happy when they see or use it. When I'm making something beautiful, I think of Jesus creating the world. He made beautiful things like trees and sunsets so that we will feel good when we see those things. When I make things that make other people feel happy, I believe it makes Heavenly Father and Jesus happy too. ♦

My name is
Cameron King,
and I'm a graphic
designer.



PHOTOGRAPH COURTESY OF CAMERON KING

From an interview by Linda Davies

The Holy Ghost

(Simplified)

Words and music by
Jeanne P. Lawler

Simply ♩ = 126-138

1. When Christ was on the earth, He prom - ised He would send The
2. And when we are con - firmed By sac - red priest - hood pow'r, The

C A⁷ G⁷ C

Ho - ly Ghost to com - fort us, Our true, e - ter - nal Friend. The
Ho - ly Ghost is giv'n to us To guide us ev - 'ry hour. Oh,

F Fm G⁷ C

Ho - ly Spir - it whis - pers With a still, small voice. He
may I al - ways lis - ten To that still, small voice, And

Caug F B Em

tes - ti - fies of God and Christ And makes our hearts re - joice.
with His light I'll do what's right Each time I make a choice.

A⁷ Dm G⁷ C

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The Funny-Face

By Susan Denney

(Based on a true story)

Ben and his baby sister Ellie were all ready for church. Ellie sat on the floor with some toys. Ben looked at a book. Mommy was in Grace's bedroom helping her get ready.



Uh-oh!
Ellie wouldn't
stop crying.



Then Ellie started to cry.

"Ben, can you help Ellie?" Mommy called.

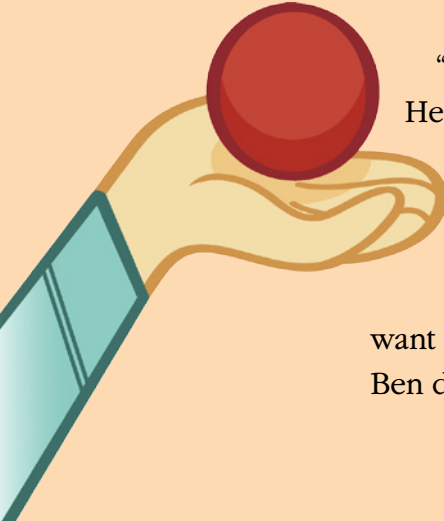
"I'll try," Ben called back.

Ben looked at Ellie crying. How could he help her feel better?

"Look, Ellie. It's your favorite teddy bear." Ben gave the teddy bear to Ellie. But she kept crying.



Fix



"Ellie, here's your ball."
He gave her a little red ball. But she pushed it away. Now she was crying even louder. She did not want her toys. What could Ben do?



"Look at me, Ellie!" Ben put his thumbs in his ears and wiggled his fingers.

Ellie looked at Ben making a funny face. She stopped crying!

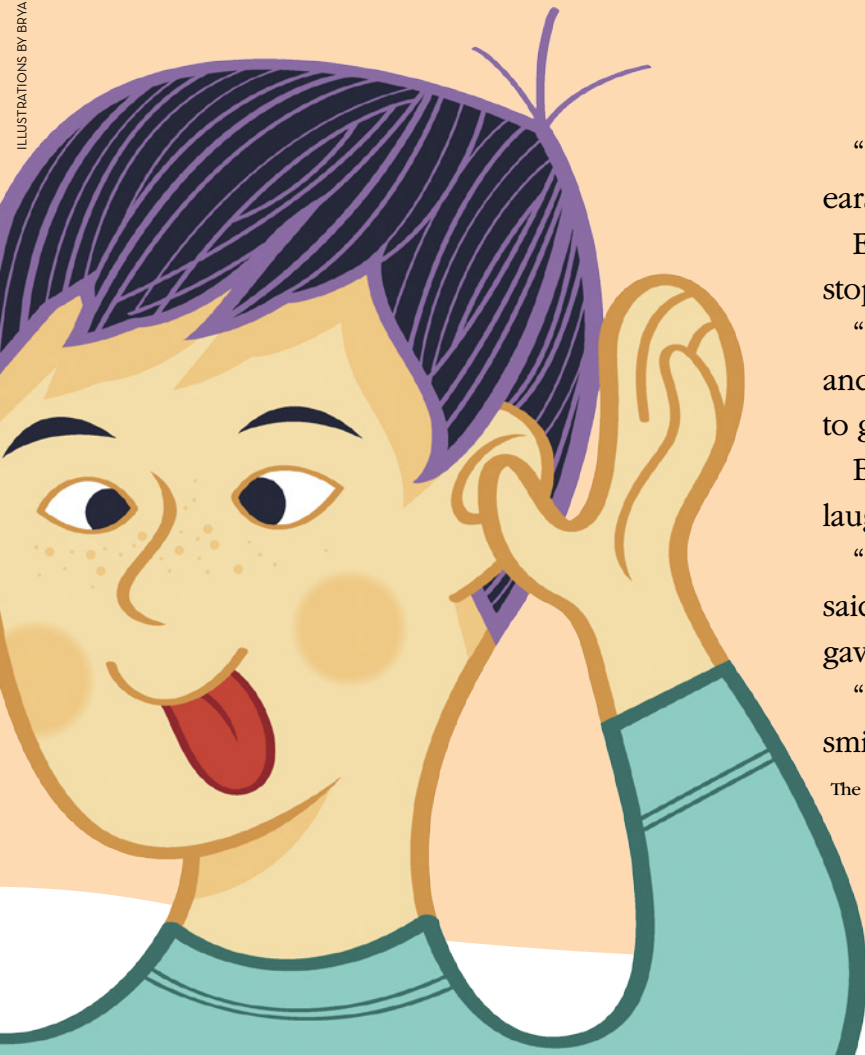
"Watch this, Ellie!" Ben stuck out his tongue and wiggled his head. Ellie smiled. She started to giggle.

Ben made another silly face. Ellie was laughing!

"Thank you so much for helping," Mommy said when everyone was ready for church. She gave Ben a big hug.

"I like it when Ellie is happy," Ben said with a smile. ♦

The author lives in Texas, USA.



Hidden Picture

This family is walking to church. But a few things are still missing!
Find the hidden objects that belong in their church bag.



- | | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| BOOKMARK | CTR RING | FRIEND MAGAZINE | GLASSES | HYMNBOOK | MANUAL |
|  |  |  |  |  |  |
| NOTEBOOK | PEN | PENCIL | SCRIPTURE BAG | TITHING SLIP | WATCH |



"Ye are the temple of God" (1 Corinthians 3:16).

The Sparkly Rock

By Jane McBride Choate

(Based on a true story)

Laney was ready for the beach! She had her sandals on. She had her bucket to make sandcastles.



Laney's whole family was going. But Aunt Amy was still on the couch. She wasn't feeling well.

"I'll stay home with you!" Laney said.

Aunt Amy smiled.

"Thank you, Laney. But I want you to have fun."



At the beach, Laney built a sandcastle and jumped in the waves. But she kept thinking about Aunt Amy. What could she do to help her feel better?

Laney had an idea. She could surprise Aunt Amy with the prettiest rock on the beach!

Laney looked and looked. Then she saw a sparkle. She picked up the rock. It had lines of blue and green and gold in it. It was perfect!



At home Laney ran inside.
“Aunt Amy, look what I found
for you!”

“Wow!” Aunt Amy said. She
gave Laney a big hug. “What a
beautiful present! Thank you.”

Laney was glad she could
make Aunt Amy smile. ♦



The author lives in Colorado, USA.

Beautiful Things

Heavenly Father created many beautiful things! Find some of the beautiful things Laney saw when she walked on the beach.





The Good Shepherd

By Erin Sanderson

One day Jesus told a story (or parable) about a shepherd who loved his sheep so much that he would even give his life to protect them. We are like the sheep in that story. And the shepherd is like our Savior, Jesus Christ. He is sometimes called the Good Shepherd.

Jesus showed His love when some parents brought their children to see Him. He said, “**Suffer** little children to come unto me, and **forbid them not:** for of such is the kingdom of God” (Luke 18:16). Then He held them in His arms and blessed them.

Close your eyes and imagine the Savior holding you in His arms and giving you a blessing. You can feel His love when you learn or think about Him. The Holy Ghost helps you feel the love of the Good Shepherd, Jesus Christ. ♦

The author lives in Utah, USA.



FAMILY TALK

Read [John 10:1–5, 11–16](#). Then make a list of ways Jesus is like a shepherd and tell about times when you have felt the Savior’s love.

Song: “I Think When I Read That Sweet Story” (*Children’s Songbook*, 56)

Scriptures: [Luke 18:15–17](#)

Videos: “Suffer the Little Children to Come Unto Me” and “Jesus Teaches that We Must Become as Little Children” ([Biblevideos.org](#))

LEARN MORE

suffer—let or allow

forbid them not—don’t stop them



OUR GOOD SHEPHERD

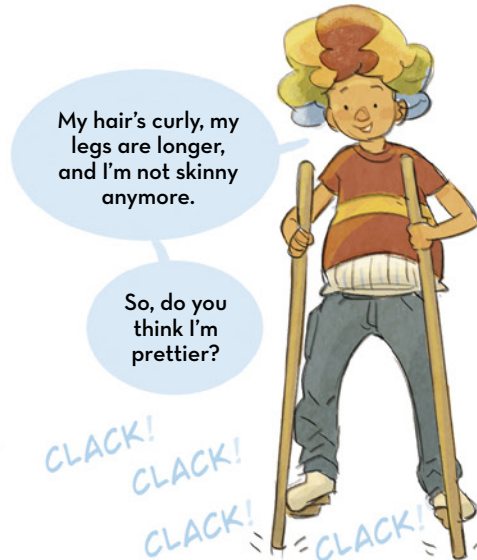
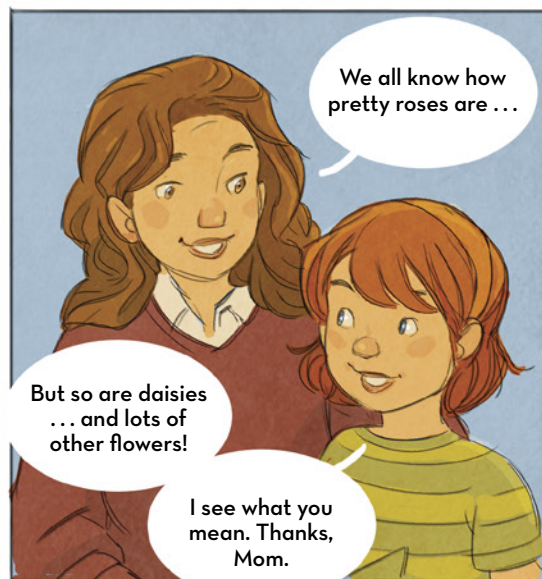
Remove this picture. Fold it like a fan along the white lines. Then open it up and look at it from the right and from the left. Who is our Good Shepherd? What does His love feel like to you?



SCRIPTURE TIP

Look up “[Harmony of the Gospels](#)” in the Bible Dictionary for a chart that shows which books tell about each event or teaching. Only the book of John tells about the Good Shepherd. Three books—Matthew, Mark, and Luke—tell about Jesus blessing the children.

MATT AND MANDY



Article of Faith 7



“We believe in the **gift of tongues**, prophecy, revelation, visions, healing, **interpretation of tongues**, and so forth.”

.....

Heavenly Father blesses us with many spiritual gifts. We can use these spiritual gifts to help others and to help Heavenly Father do His work here on earth.

“Tongues” means languages. The **gift of tongues** is the ability to speak a language, and the **interpretation of tongues** is the ability to understand a language.



Articles of Faith in Action

.....



When I was seven, I was sick with a fever for a few days. I prayed about what to do. A warm feeling came to me, and the Holy Ghost told me to ask for a blessing. I asked my dad for a blessing. He called our home teacher to come help. When my dad gave the blessing, I felt the Spirit. At the end of the day, I felt much better.

Faith M., age 11, Minnesota, USA

Memorization Tip

.....

Article of Faith 7 is about gifts of the Spirit. **Seven** and **Spirit** both begin with s!

Play the Articles of Faith Memory Quest at children.lds.org! Click on “Games and Activities.”

This Month's CHALLENGES

.....



Memorize Article of Faith 7.



Read [Joseph Smith—History 1:15–17](#). Think about the gift of visions, and bear testimony to a friend or your family about the First Vision.



Write a letter to a missionary. Ask about his or her experiences with the gift of tongues. Record his or her answers in your journal.



I challenge myself to ...

The Lookout Tower

Building a tree fort was a lot harder than David and his friends expected.

By David Dickson

Church Magazines
(Based on a true story)

"I'm glad that I live in this beautiful world Heav'nly Father created for me" (Children's Songbook, 229).

Twelve-year-old David gripped his video game controller. He was going to do it! He was finally going to beat this level!

And then it all came crashing down. He missed the last tricky turn on the racetrack. His car fell behind. He lost. Again.

"Nooo!" he said. The opening screen of the video game flashed in front of him. He'd been so close! And all his friends said the next level was the coolest in the whole game too.

I bet I could do it. Just a few more tries. He reached for the start button on his controller.

Then he glanced out the window. Did he really want to spend his whole Saturday morning playing video games?

Not really. But he just *knew* he could beat the level.

He reached again for the controller. And then David remembered the pile of boards waiting in the backyard. He glanced back at the sun shining through the window. Today would be the perfect day to start on the tree fort he and his friends had planned.

He turned off the game and walked outside. A soft breeze blew through his hair. Sunlight warmed his face.

He filled the red wagon with spare boards Dad had given him. He told Mom where he was going and then tossed a hammer and nails into the wagon before heading to Sam's house.

"What's up?" Sam said, opening the door. He noticed the wagon and tools. "Great idea!"

Sam and David stopped by Ty's house. Soon the three of them were taking turns hauling the wagon up the steep hill in the woods behind their neighborhood.

"This is heavy!" Sam said.

"And it's hot today," Ty said.

David nodded. Pulling those boards up the dirt trail wasn't easy. Every so often the wagon wheels caught on a big rock or fell into a crack.

"But it's gonna be awesome," Sam said as he yanked the wagon out of a deep crack.

David pushed from behind. "Yup. Our very own tree fort."

"With a rope swing," Ty added. "And a lookout tower!"

Talking about their plans got them excited again. Before long they finished the steep climb to the tree they'd already chosen. It had the perfect tangle of big limbs and smaller branches.

"First we need to build the ladder," Ty said. David and Sam nodded. They had already drawn plans. They would nail some short two-by-four pieces of wood sideways onto the tree for the ladder.

The only problem was, building a ladder was harder than they'd thought. The nails kept bending. One board split in half. Their arms got tired.

After they had nailed only three steps in place, David checked his watch. They'd been there over two hours! It was already time to go home and help pull weeds in the garden.

They looked at the big pile of boards remaining.

"This is going to take a long time," Ty said.

David thought about how long it might take. But he wasn't worried. And then he realized he hadn't thought about his video game at all while they'd worked. He hadn't even missed it! This fort might be a lot of work, but those ladder steps were going to last forever.

"Yeah," David agreed. "But I'll bet we'll be able to see all the way to the river once we finish the lookout tower."

The three friends headed home. They talked about how great their fort would be and decided to get an earlier start next Saturday.

The video games could wait. ♦



ILLUSTRATION BY BRAD TEARE



"It is refreshing to put aside our electronic devices for a while and instead turn the pages of the scriptures or take time to converse with family and friends."

Elder José A. Teixeira of the Seventy

"Seeking the Lord," Ensign, May 2015, 98.

The CANDY Challenge

I can do anything I put my mind to with Heavenly Father's help.

By Lillian V., age 9, New Hampshire, USA

I was eating a lot of junk food and wanted to be healthy, so I decided to make a New Year's resolution not to eat any candy for a month. Whenever I got candy I saved it in a jar. At the end of the month, I would share the candy with other people.

In the first week of January, I felt like I wasn't doing very well because I had already eaten three pieces of candy. When I realized I wasn't following my resolution, I decided to pray about it. It helped! After the first month, I decided to do it for a whole year. I haven't had a piece of candy now for 14 months! My goal was to save 400 pieces by the end of the year, but I have saved 731 pieces of candy instead.

It has been really hard at times, but it has gotten easier and easier. At school we got candy several times a week for rewards. In Primary we received candy for memorizing scriptures, Articles of Faith, and other things, all of which I did. I just saved my candy in my candy jar.

I feel like I have learned a lot of self-control and can do anything I put my mind to with Heavenly Father's help. I now set my alarm with my twin sister, Clair, at 6:25, and we get up and do personal scripture study with my older brother, John Taylor, and my mom.

I try to be healthy and eat lots of fruits and vegetables. I feel really good. I know Heavenly Father is proud of how I am treating my body. I feel like I can sacrifice more things now in lots of areas of my life. ♦

What hard things
have you done?
Tell us about it.
Turn to page 48 to
find out how.



Wow! You think we
could do that?

Hmm, let's try it
for a month.



Taco Bowl Time!

Serve whatever toppings you want on top of chips, or bake your own taco bowls! Put each topping in a small bowl and let everyone put together their own salads. Be sure to get an adult's help.



Taco Bowls

8-inch (20-cm) flour tortillas

oven-proof soup bowls

1 or 2 large baking sheets

1. Preheat the oven to 350°F (180°C).
2. Gently press a tortilla into each bowl. Put the bowls on the baking sheets.
3. Bake for 14-16 minutes, until light brown. Leave the tortillas in the bowl for 5 minutes before taking them out and filling with toppings.

Topping Ideas—Pick Your Favorites!

2 tomatoes, chopped
 1 avocado, chopped
 1 green pepper, chopped
 4 green onions, thinly sliced
 1 small head of lettuce, torn into pieces
 black olives, sliced
 1 15-oz (425-g) can corn (or thaw frozen corn)
 1 15-oz (425-g) can beans, drained and rinsed
 1 pound (454 g) ground beef, cooked and seasoned with 2 teaspoons chili powder,
 1 teaspoon cumin, 1/2 teaspoon salt
 grated cheese
 sour cream
 salsa



See "Kitchen Crafts," May 2007, for a tortilla recipe and "Christmas Workshop," Dec. 2013, for a recipe for fresh salsa!

P.S.

We hope you enjoyed this month's magazine. Please write to tell us what you liked!

How to Write to the Friend

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

1. Fill out the form below and include it with your submission.

2. Include a school photo or high-quality snapshot.

3. We might edit your submission for length or clarity, and we can't return it to you.

4. You must be at least three years old to send us a submission.



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2432
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

The following information and permission must be included:

First and last name

Age State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian

Through Your Eyes



Whenever I look at this sunflower that I planted in our garden, I think of how Heavenly Father made this a beautiful earth for all of us to live in and enjoy.

Ty W., age 8, Idaho, USA

The Last Laugh



VISIT
friend.lds.org!

- Play games and watch videos.
- Read the *Friend* online.

Funstuff Answers

Page 23: part of our scriptures

Hidden CTR Rings

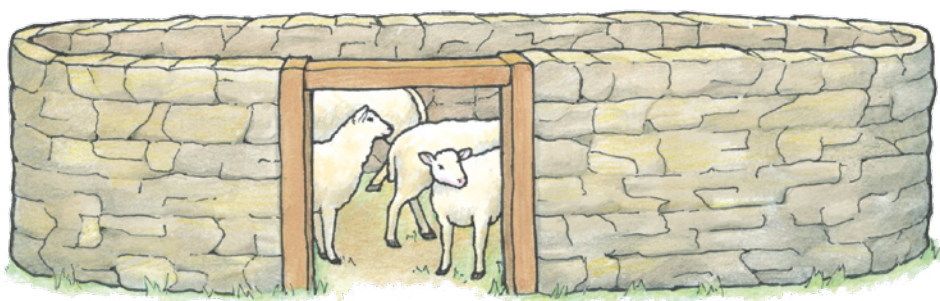
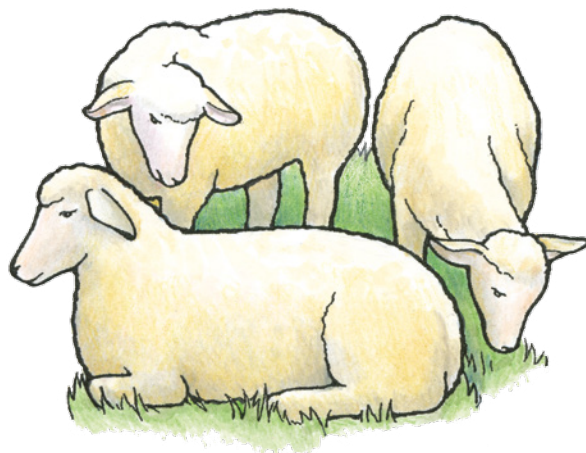
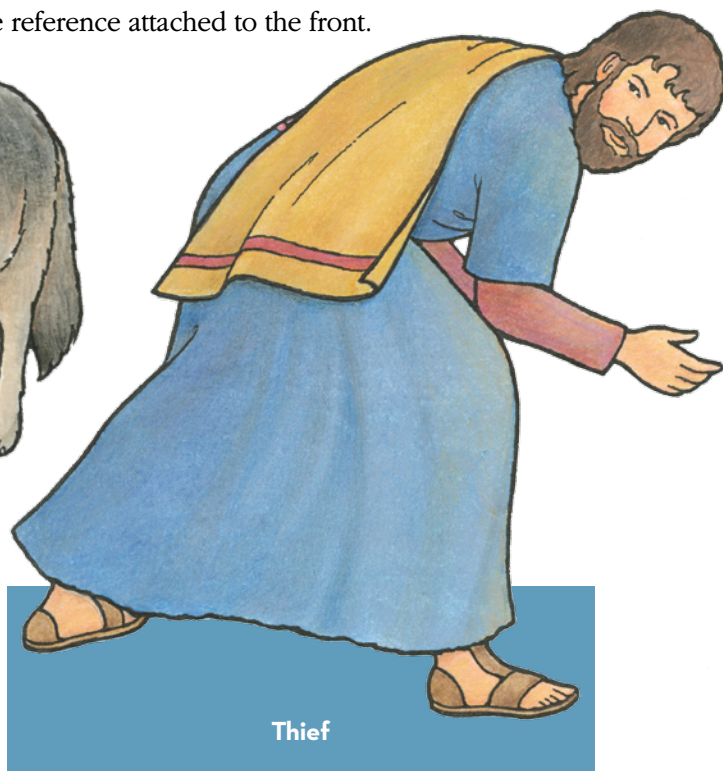
Did you find the rings? Look on pages 23 and 11! The May Level 3 ring was on page 22.



THE GOOD SHEPHERD

John 10:1-5, 11-16

Glue this page to heavy paper or cardboard. Then cut out the figures and attach them to craft sticks or paper bags. Store in an envelope with the scripture reference attached to the front.



You can print
more copies at
friend.lds.org.

Dear Parents and Teachers,

Many countries celebrate Father's Day in June, and while it's a fun time for some children, it can be a tough holiday for others. In the story on page 8, Steven learns that he can focus on the father he wants to become, rather than just feeling sad about the absence of his earthly father. There's also an activity on page 10 to help kids envision the kinds of parents they want to be. And let's make sure all children know they have loving Heavenly Parents!

Happy Father's Day,
The *Friend*

Order the
Friend at
store.lds.org!



Family Home Evening Ideas

BUILDING A TESTIMONY: Read "Mia's Testimony" on page 4. Then use the building blocks on page 6 to talk about testimony. Finish off the night by making a peach and berry cobbler (page 6). Yum!

THE HOLY GHOST: Sing or play "The Holy Ghost" (page 31). Then read about Elder LeGrand R. Curtis Jr.'s testimony on page 28. How did the Holy Ghost help Elder Curtis? How has He helped you? Write or draw about it using the questions on page 29.

BODIES ARE GIFTS: Read about one girl's choice to stop eating candy (page 46). What can you do to take better care of your body? Get moving with the games on page 24. You can also find Jackson's "One in a Million" video at children.lds.org. Jackson is grateful for his body despite his eye problems.

SCRIPTURE STUDY: Read "The Good Shepherd" on page 40 to learn about the Savior's parables. Then sing the song, read the scriptures, and watch the video listed on the page. The activity and scripture tip could be great for family night (page 41).

PRIMARY

CONNECTION

Look for the colored diamonds on the table of contents to find stories and activities that support Primary this month!

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