

THE *Friend*



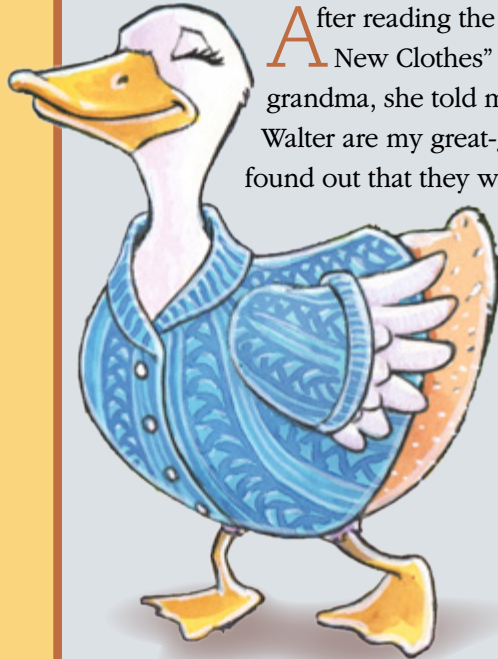
HEALTHY
from head
to toe!

See pages 24-25

FRIENDS by Mail



The Ducks' New Clothes



After reading the story "The Ducks' New Clothes" (July 2016) to my grandma, she told me that Ann and Walter are my great-great-grandparents! I found out that they were the first people in our family to be baptized!

**Ada H., age 10,
Utah, USA**

Coloring Fun!

We loved coloring on the new paper in the *Friend*! It was so easy to use markers. Thank you!

Cara and Alana S., ages 7 and 9, California, USA



Lots of Llamas



I love llamas, and it made my day when I saw two llamas in the art for "A Growing Crop" (Sept. 2016). Thank you!

Dominic V., age 10, California, USA

How We Read the *Friend*

We were so excited when we received our first *Friend* since moving to England! When we noticed the British pennant on the January cover, it reminded our family that the *Friend* is read by kids all around the world.

Benjamin, Cassius, Minerva, and Micaijah W., ages 10, 7, 4, and 1, Cambridgeshire, England



DEAR FRIENDS,

Father's Day is this month in some parts of the world. On page 32, a boy talks about the cool things he learned while running with his dad. Even if you don't have a father on earth who is part of your life, you are a beloved child of Heavenly Parents. Think about Heavenly Father this Father's Day, and pray to feel how much He loves you. No matter what our families are like, we can look forward to a happy future! (See page 12.)

We love you,
The *Friend*

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

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

STORIES AND FEATURES

- 2 **From the First Presidency:** Hope for My Family / President Henry B. Eyring
- 4 Welcome to Cousin Camp
- 6 Family Night Fun
- ◆ 8 **CTR Story:** Martin's Choice
- 11 Book Reviews
- ◆ 12 **Answers from an Apostle:** Elder D. Todd Christofferson
- 14 **Friends with Heart:** Making Dolls, Making Friends
- 16 Question Corner
- 18 An Extra Dose of Love
- ◆ 20 **Friend to Friend:** Being Like Shiblón / Elder Michael T. Ringwood
- 22 Tickling Trouble
- 26 Show and Tell
- 30 Matt and Mandy
- 39 Stop and Flip

FOR OLDER KIDS

- 31 For Older Kids
- 32 Running with Dad
- 34 Ready to Rest
- 35 Snacks & Crafts
- 36 **The Way to Zion, Part 1:** Mary's Promise
- 38 The Book of Mormon Club

MUSIC

- ◆ 29 The Iron Rod

THINGS TO MAKE AND DO

- 10 Funstuff: Find It!
- ◆ 17 Funstuff: Tithing Blessings
- ◆ 24 Healthy from Head to Toe
- ◆ 28 **Church History Figures:** The Book of Commandments

FRIEND JUNIOR

- ◆ IBC For Parents of Little Ones
- FJ1 My Light
- FJ2 Little Builders
- FJ3 Time to Build
- FJ4 **Stories of Jesus:** Jesus Healed People
- ◆ FJ7 Coloring Page
- FJ8 Praying with Zara

Front cover by Simini Blocker
Back cover by Brandon Dorman

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Hidden CTR Rings

Level 1: How bright is your light?

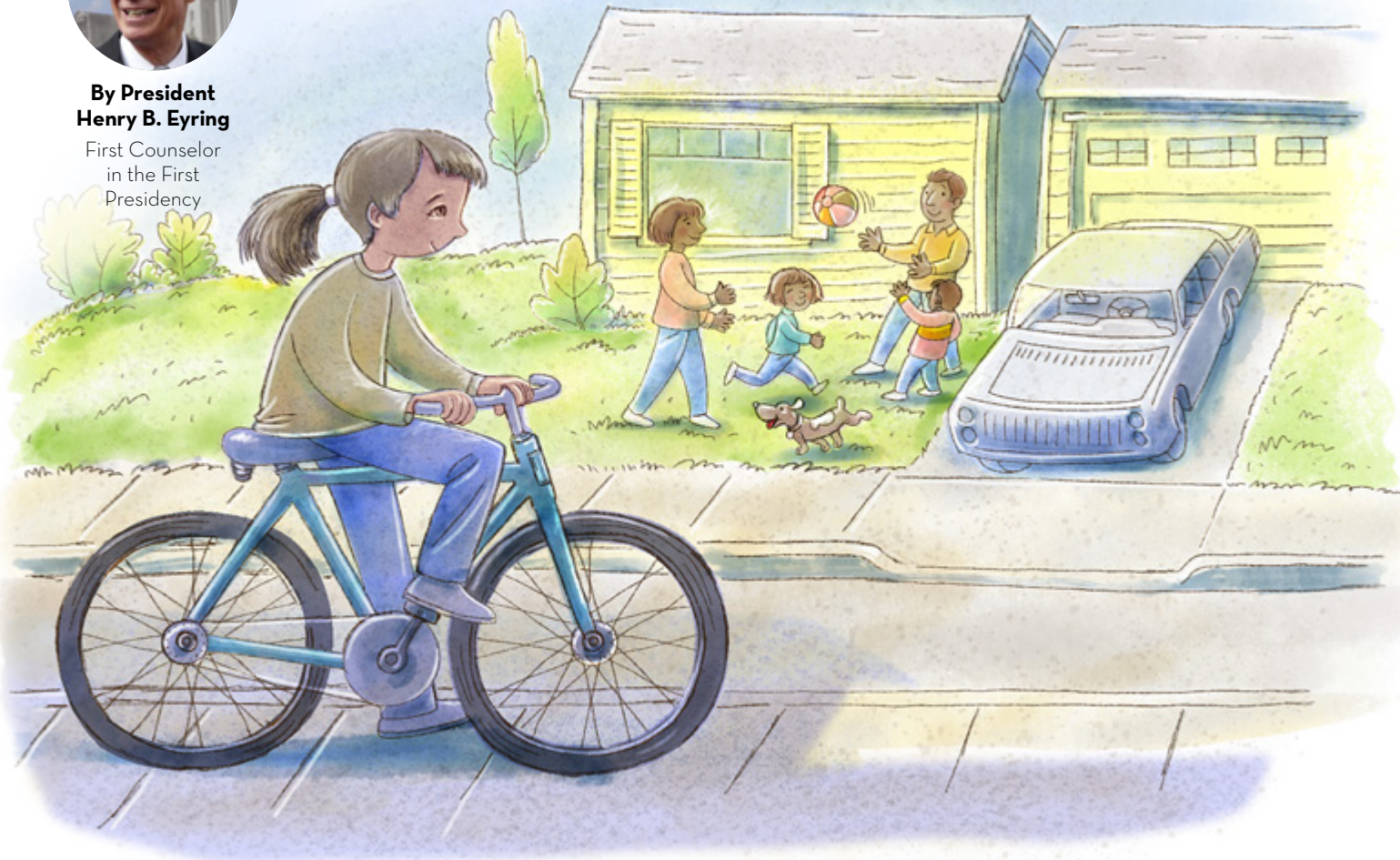
Level 2: Give us a hand.

Level 3: Just what the doctor ordered.



By President
Henry B. Eyring

First Counselor
in the First
Presidency



HOPE for My FAMILY

All of us hope for the joy of living in loving families forever. Some of us have seen family love in the lives of others, but are still waiting to feel it ourselves. Others of us might be missing loving family members who have died.

Heavenly Father gave the gift of His Son, Jesus Christ, to make it possible for families to continue forever. Because of the Savior, we will all be resurrected. We can become worthy of the celestial kingdom, where families live together in love forever.

Once I was worried that my family might not be together forever because of the choices of other people. The prophet told me, “You are worrying about the

wrong problem. You just live worthy of the celestial kingdom, and the **family arrangements** will be more wonderful than you can imagine.” That **counsel** gives me peace.

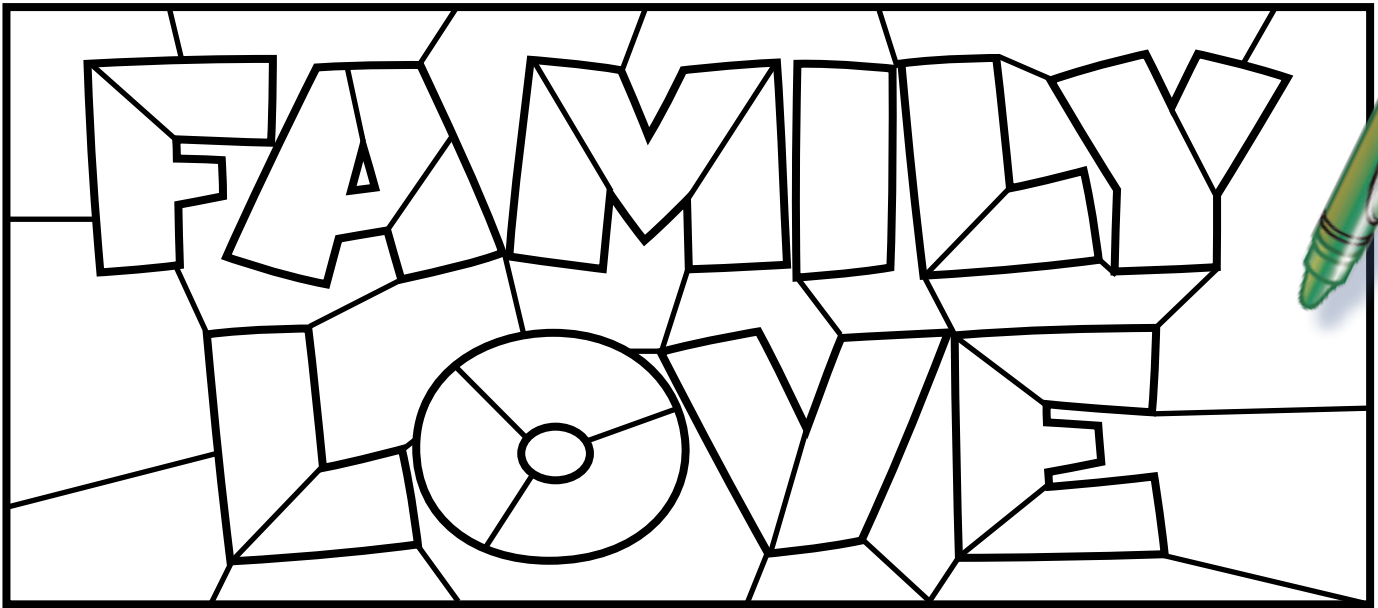
To anyone else who is worried, I offer my **witness**: Heavenly Father knows and loves you. You are His spirit child. You were with Him and Jesus Christ before this life. The Holy Spirit and the Atonement of Jesus Christ will help you feel family love now and in the world to come. ♦

how families
are organized

advice

testimony

Adapted from “The Hope of Eternal Family Love,” Ensign, Aug. 2016, 4–5.



I LOVE MY FAMILY

Color “family love” by following the instructions below! If more than one person is coloring, take turns answering the questions. You can skip, repeat, or go out of order if you need to.

- Think of a time a family member was kind to you, and color a section purple.
- Think of a way you can help your family, and color a section red.
- Think of one way you know your Heavenly Parents love you, and color a section blue.
- Think of a nice thing someone in your ward or branch family did, and color a section green.
- Think of something funny a family member did, and color a section orange.
- Think of a way you can help your ward or branch family, and color a section brown.

AMOR FAMILIAR

People all over the world love their families! Match the words in different languages with the families they describe. Hint: It helps to try saying them out loud! Check your best guesses on page 39.

- 1 broer en drie zussen _____
- 2 father and daughter _____
- 3 abuela y dos niños _____
- 4 mama na mtoto _____
- 5 nanay at tatay _____

A



B



C



D



E





By Breanne Richards

(Based on a true story)

“When ye are in the service of your fellow beings ye are only in the service of your God” (Mosiah 2:17).

Carson could hardly sit still. He was excited to go to Grandma’s house! Every summer Grandma invited all the cousins over to her house for a three-day “Cousin Camp.” Each year the camp had a different theme. Carson couldn’t wait to see what they were going to do. When Carson and his cousins got to Grandma’s house, she met them at the door.

“Welcome to Cousin Camp!” Grandma said. “This year’s theme is service. For our first activity, we’re going to make posters for our local firefighters.”

Everyone split into two groups. Carson joined a group and eyed the candy piled in the center of the table.

“Use this candy to create a kind and fun message for the firefighters,” said Grandma.

Carson and his cousins worked together to make the perfect poster. Carson drew a big red fire truck and taped on his favorite candy.

When they arrived at the fire station, the firefighters were really happy with the

posters. They showed Carson and his cousins around the firehouse and even let them sit in the fire truck!

At breakfast the next day, Carson’s cousins tried to guess the next Cousin Camp activity.

“I think we’ll do yard work for Grandma’s neighbors,” Ava said.

“Maybe we’ll make food for people who are hungry,” said Nash.

“Or clean up the park!” said Natalie.

Grandma smiled. “Those are great ideas, but today we’re going to make fleece blankets for children at the hospital. Everyone pick some fabric, and then I’ll show you what to do.”

Carson looked through the stack of fabric and picked one with soccer balls on it. He loved soccer!





“Want to help me with my blanket?” Carson asked Caitlin.

“Sure!” said Caitlin.

“OK. I’ll cut strips along the edges, and you can tie them in a knot.”

Caitlin nodded and concentrated on tying each knot. Soon they were finished, and the blanket looked great! When they got to the hospital, Carson and Caitlin gave their soccer blanket to a girl who was sick. She loved soccer too!

During Cousin Camp, Carson and his cousins also served each other. They helped Grandma make meals. They helped each other make their beds, and they held doors open for each other. Carson never realized there were so many ways to serve! He thought about all the things he could do to keep serving after Cousin Camp was over.

“Today’s the last day of Cousin Camp,” Grandma said during breakfast the next day. Carson was sad it was almost over. He was having a blast!

“You can choose what we do today,” said Grandma.

Hailey and Zoie loved animals, so everyone collected old towels to give to a veterinary clinic. Oliver had the idea to give water bottles to people who were homeless. One man was grateful because it was very hot that day!

Grandma said, “You’ve all done an amazing job serving others! I know Heavenly Father and Jesus Christ are happy with the way you’ve all served.”

“Grandma,” Carson asked, “can we do the same thing for Cousin Camp next year?” ♦

The author lives in Utah, USA.

Turn the page for an activity to go with this story!



“Whether our service is to our fellow-men or to God, it is the same.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles

“Why Do We Serve?” *Ensign*, Nov. 1984, 12.

Family Night

Fun

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

SWEET SURPRISE

Is there someone in your neighborhood who needs a sweet surprise? Read "Welcome to Cousin Camp" on page 4 and make a candy poster like Carson's.

1. Get a large piece of poster board, markers or pens, tape, and different candies with large words on the wrappers. (Don't have candy? Cut out pictures and words from magazines instead.)
2. Write out your message on the poster board and tape on the candy to replace some of the words. For example, if you have a stick of rock candy, you could say, "Thanks for everything. You rock!"
3. After you deliver your poster, read Mosiah 2:17. Why does Heavenly Father want us to serve each other? How do you feel when you help others?

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

Energy Bites

When you're busy helping others, you might need some extra oomph! Try these energy bites.

2 ripe bananas

2 cups rolled oats

1/4 cup peanut butter (or your favorite nut butter)

1/4 cup honey

1/2 teaspoon cinnamon

1/4 cup chocolate chips (optional)

1. Mash up the bananas in a large mixing bowl.
2. Stir in the oats, peanut butter, honey, cinnamon, and chocolate chips.
3. Scoop 2 tablespoons of the mixture and roll into a 1-inch (2.5-cm) ball. Repeat with the rest of the mixture.
4. Refrigerate for 2 hours. You can store the energy bites in the refrigerator.



YOU CAN DO IT!

What do you say to yourself when you need to do something tough? Try these!

- Instead of "I can't do this," try "I'm strong, and I can do hard things!"
- Instead of "This is too hard," try "This will take some hard work, but it's worth it."
- Instead of "I'm not good at this," try "I'm not good at this yet, but I'll keep working on it!"



BONUS TREAT

Have a parent cut four oranges into slices. Peel off the rind and white pith. Mix together 2 tablespoons orange juice, 2 tablespoons lemon juice, 1 tablespoon sugar, and 1/4 teaspoon cinnamon. Pour juice over oranges and enjoy!



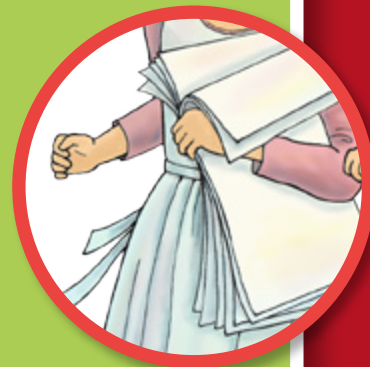
MORE FUN IDEAS

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



IDEA 1: Tell a story about a time you kept the Word of Wisdom. Now read "Martin's Choice" and fill out the challenge card together. You can print more cards at CTR2017.lds.org so you can each have one!

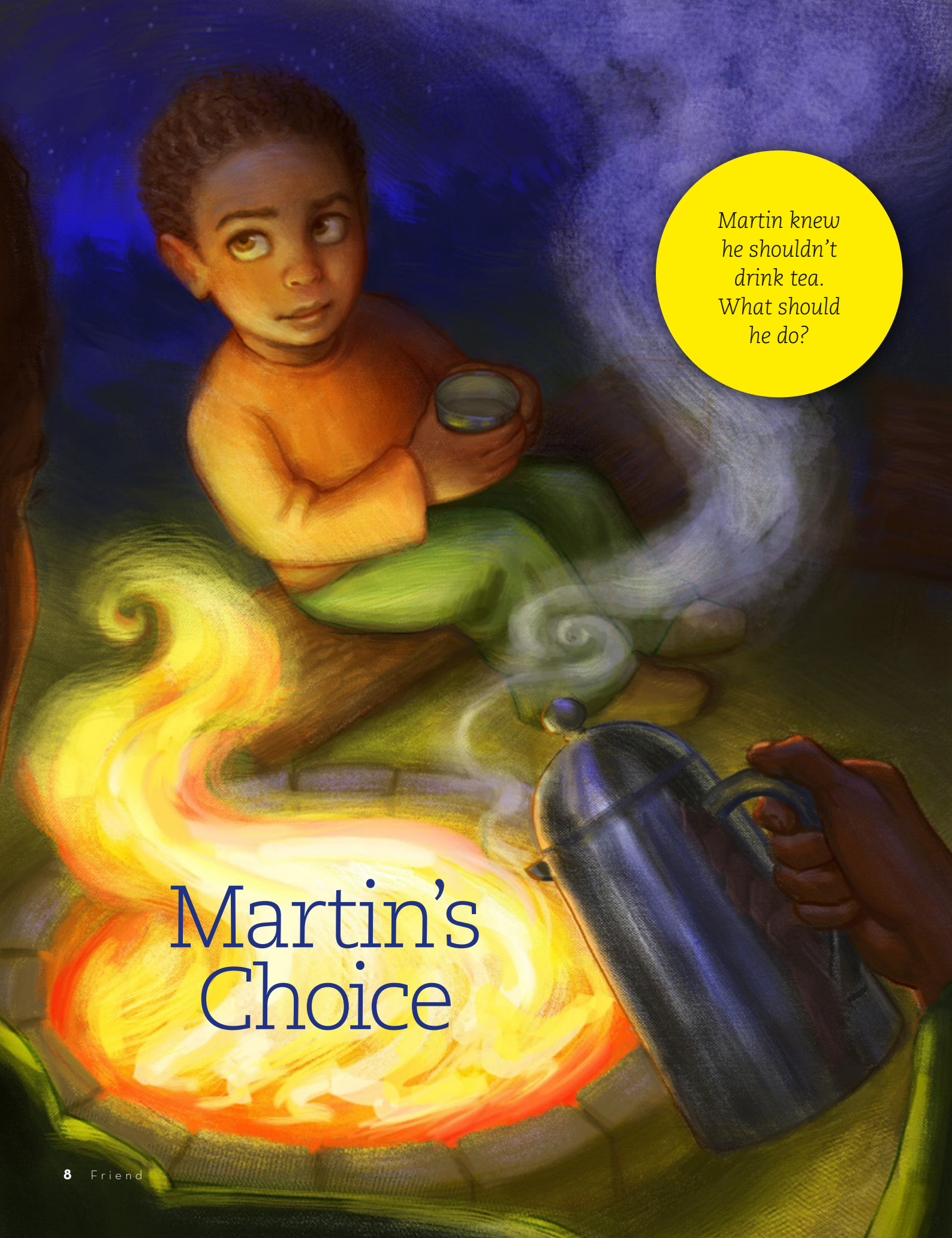
IDEA 2: The Church history figures this month are two brave girls not much older than you! Read their story and use the cutouts to tell it to your family.



IDEA 3: Read "Tickling Trouble" and talk about how we can take care of the bodies Heavenly Father gave us. Try one of the exercise challenges from "Healthy from Head to Toe!"



Idea 1: 8; Idea 2: 28; Idea 3: 22, 25

An illustration of a young boy with dark skin and curly hair, sitting on the ground at night. He is holding a small cup and looking up with a thoughtful expression. A bright campfire is in front of him, and a hand is pouring tea from a silver kettle into his cup. The background is a dark, starry night sky.

Martin knew
he shouldn't
drink tea.
What should
he do?

Martin's Choice

By Lindsay Tanner and Bethany Bartholomew

(Based on a true story)

“Be true, be true, and stand for the right”

(Children’s Songbook, 159).

Martin woke up slowly. His mom was shaking his shoulder.

“Martin,” she said, “it’s time to wake up.”

Martin rubbed the sleep out of his eyes. The sky was still dark, but he knew what time it was. His family woke up at 5:30 every morning to read the Book of Mormon together. It wasn’t always easy to get up so early.

Martin rolled out of bed and walked slowly to join his family. He stretched and yawned really wide. His brothers and sisters looked sleepy too, but they were all there.

Each person read for five minutes. At first Martin wanted to go back to bed. But he kept listening. Each verse seemed to make him feel better and better. By the time they were done reading, Martin felt spiritually strong.

And spiritual strength was something Martin needed every day. In Kenya, there were only a few Church members Martin’s age, and they all lived far away.

After school Martin always went to a boys’ club run by a Catholic church. One week the club went on a camping trip together. Martin had a lot of fun. He sang camping songs. He chopped logs. He even helped build a campfire.

But on the second day, one of the leaders brought out a teapot. “We’re going to have tea now,” he said.

The other boys were excited. They drank tea at home for special occasions. They all grabbed their cups and waited for the leader to fill them.

Martin felt a little nervous. He knew that he shouldn’t drink tea. But he didn’t want to offend his friends.

Then he remembered how he felt when he kept the commandments. When his family followed the prophet

and read the Book of Mormon together, he felt happy. When they didn’t, he didn’t feel as happy.

Martin knew what he had to do.

“No, thank you,” he told the leader when he came to fill Martin’s cup. “I don’t want to drink tea.”

The leader looked surprised, but he let Martin drink water while the rest of the boys drank tea. Some of the boys wanted to know why Martin didn’t drink tea, but none of them made fun of him. Martin felt happy. He knew the Word of Wisdom would make his body strong. And he was glad that he had been strong enough to do the right thing. ♦

The authors live in Utah, USA.

Print cards at CTR2017.lds.org.



CHALLENGE

“I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me” (My Gospel Standards).

☐ Read the Word of Wisdom in D&C 89 and find what it says is good for you.

☐ Make a list of harmful things you won’t eat or drink.

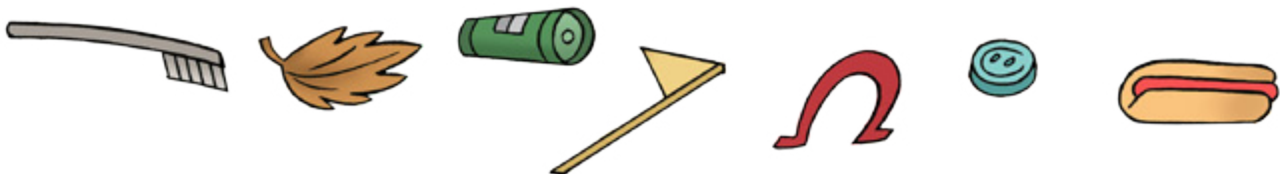
☐ Ask your parents or leaders how they keep their thoughts clean and pure.

☐ I challenge myself to ...



Find It!

What does *your* family love to do? This family likes to build models together! Can you find the hidden objects?



Book Reviews

Compiled by MaryEllen Van Engelenhoven

Picture Books

***Are You Ready to Play Outside?* by Mo Willems.** Elephant and Piggie are excited to play outside, but rain washes away all their plans. See how they make the most of their rainy day!

***Bink and Gollie*, by Kate DiCamillo and Alison McGhee, illustrated by Tony Fucile.** Bink loves peanut butter and Gollie loves pancakes, but they can still have fun adventures together. Sometimes compromise is the only way these two friends can make those adventures work! Two other books round out the series.

***Whoosh!* by Chris Barton, illustrated by Don Tate.** When Lonnie Johnson hooked up his latest invention to the bathroom sink to test it out, a powerful stream of water shot across the room. And unexpectedly, one of the most popular toys of all time was invented!

***The House that Jane Built: A Story about Jane Addams*, by Tanya Lee Stone, illustrated by Kathryn Brown.** How did one person make a difference in the lives of hundreds of thousands of people? Read the true story of how Jane Addams turned her dreams of helping people into reality.

***Fanny's Dream*, by Caralyn Buehner, illustrated by Mark Buehner.** Fanny is a hard-working farm girl who waits for her fairy godmother and dreams of marrying a handsome prince. But when Heber proposes, Fanny decides to marry him. Then one night, Fanny's fairy godmother shows up. What will she do?

***What Do You Do with a Problem?* by Kobi Yamada, illustrated by Mae Besom.** What do you do with a problem that won't go away? Do you run away and hide? What if the problem keeps getting bigger the more you worry about it? And what if you find out something amazing about the problem?

***5,000 Awesome Facts (About Everything!)*, published by National Geographic Kids.** Did you know that cold water weighs more than hot water, no



two fingerprints are alike, and ancient Egyptians made marshmallows? Now you know three of the facts in this book. Check it out to read the other 4,997!

Chapter Books

***Like Pickle Juice on a Cookie*, by Julie Sternberg, illustrated by Matthew Cordell.** When the best babysitter in the world moves away, how can Eleanor ever be happy again? Find out how Eleanor learns to deal with the new beginnings in her life.

***Some Writer! The Story of E.B. White*, by Melissa Sweet.** Read the true story of the author of *Charlotte's Web*, told with beautiful art and his own letters, photos, and manuscripts. It might even inspire you to write your own story!

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

Find more book reviews at [lessonhelps.org](https://www.lessonhelps.org) under "By Category."



By Elder D. Todd Christofferson

Of the Quorum
of the Twelve
Apostles

Why are fathers so important?



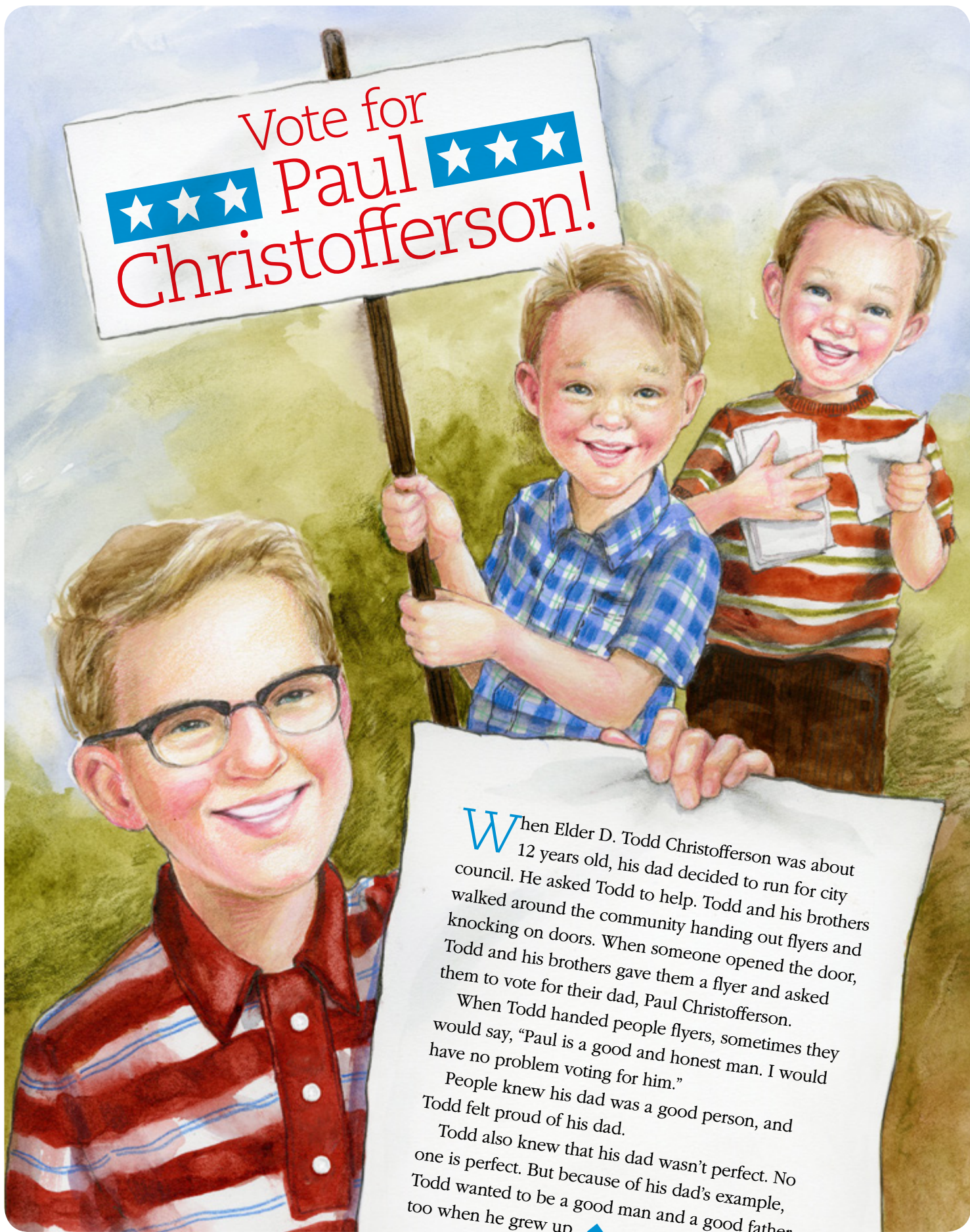
Adapted from "Fathers," Ensign, May 2016, 93–97.

Heavenly Father is our Father. He loves us perfectly, and He works to help us be happy and return to Him.

He planned for fathers to love, protect, and take care of their families. Fathers and mothers are equal partners.

Fathers' most important work is to teach their children and help them love Heavenly Father.

If you don't have a father living with you, you are not any less important or valued. Heavenly Father can help us become righteous fathers or mothers someday.



When Elder D. Todd Christofferson was about 12 years old, his dad decided to run for city council. He asked Todd to help. Todd and his brothers walked around the community handing out flyers and knocking on doors. When someone opened the door, Todd and his brothers gave them a flyer and asked them to vote for their dad, Paul Christofferson.

When Todd handed people flyers, sometimes they would say, "Paul is a good and honest man. I would have no problem voting for him."

People knew his dad was a good person, and Todd felt proud of his dad.

Todd also knew that his dad wasn't perfect. No one is perfect. But because of his dad's example, Todd wanted to be a good man and a good father too when he grew up. ♦



Making Dolls, Making Friends

From an interview by Jordan Wright

Hi!

I'm Jackson, from Germany, and this is my brother, Josiah, and my sister, Cora Jade.

1

A Great Idea

Lots of people come to Germany when they're not safe in their countries anymore. They're called refugees. The kids don't have any toys, so I gave them some of mine. Then I had a great idea. I asked my mom if we could make dolls for them.





2

Sewing with Mom

I love to sew with my mom. I pushed the pedal on the sewing machine and put the stuffing in the dolls.



3

Happy Notes

My family collected some clothes and toys to give to refugees here. We drew pictures for them of things that make us happy.



4

New Friends

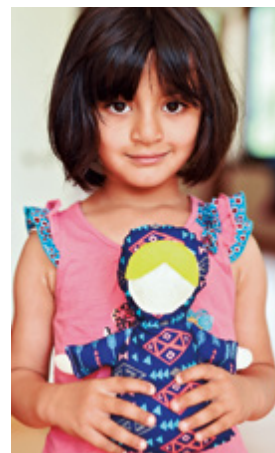
We took the dolls to the refugee camps and gave them to kids there. I like making new friends!



5

I Am a Child of God

They sang songs for us, and we played our instruments for them. Some people who were sad smiled when we played "I Am a Child of God." It felt really, really, really good.



6

Jesus Loves Us

The kids we met are like us in lots of ways. All of us like to sing and get toys and play outside. I know Jesus loves them, and He loves me.

JACKSON'S IDEAS

Always look for people you can help.

Pretend you are a kindness elf and do secret service.

Make dolls for kids who don't have any toys.



For more ideas on helping refugees in your area, visit lds.org/refugees.



QUESTION CORNER

I want to make new friends, but I'm really shy. What can I do?



You can say a prayer, and if someone is playing a game that you like to play, you can ask if you can play with them.

Davis L., age 10, Colorado, USA



Be friendly and smile. Just remember you are a son or daughter of Heavenly Father and He is watching over you. After that, if you still haven't found a friend, talk to a parent or teacher.

Katelyn R., age 10, Virginia, USA



Say a prayer to Heavenly Father to tell Him what you're going through, and He will bless you. Remember He is always there for you. Be yourself and be confident in who you are. People like that and will want to be your friend.

Faith B., age 10, California, USA



I moved to Texas just a year ago, and I was nervous about making new friends. Some of the things that helped me were to be myself around people and try to be friends with everyone. I also talked to my parents about my day after school, and they would encourage me to try again. I tried to smile at others and look for other kids who needed a friend.

Brett A., age 12, Texas, USA



You could look for someone who needs help and then go over and help them. They might ask your name. Pretty soon you might be playing as friends.

Avery R., age 7, Saudi Arabia



Paige: I can ask in a soft voice if they want to be my friend.

Adrie: I try to be brave, and I also pray in my head that Jesus Christ can help me.



McKenzie: I am moving away in July, and I don't know if I will make new friends. But the way I have always been able to make friends is by smiling at them. If you are shy, maybe they are too. Just try talking to them. That is the best way. Smiling and talking.



Paige, Adrie, and McKenzie W., ages 6, 8, and 11, Utah, USA

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

WHAT ARE YOUR QUESTIONS?

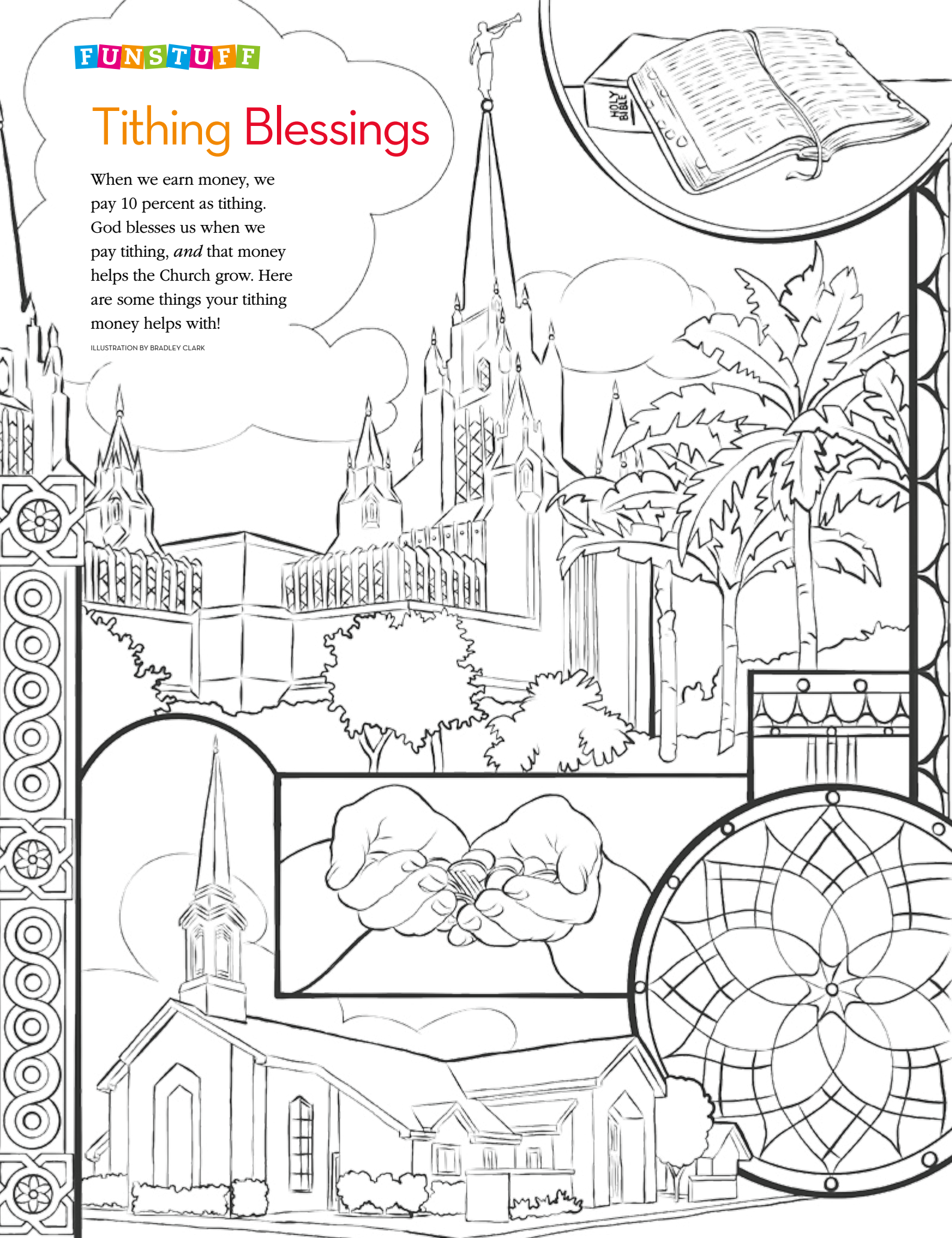
Next year the *Friend* wants to answer your questions about the gospel, growing up, or getting a testimony. Email us at friend@ldschurch.org and put "I Have a Question" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!

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

Tithing Blessings

When we earn money, we pay 10 percent as tithing. God blesses us when we pay tithing, *and* that money helps the Church grow. Here are some things your tithing money helps with!

ILLUSTRATION BY BRADLEY CLARK



An Extra
Dose of

LOVE



*So that's why
Mom wanted
cards and
stamps for her
birthday!*

By Jane McBride

(Based on a true story)

“Mourn with those that mourn; yea, and comfort those that stand in need of comfort” (Mosiah 18:9).

“**W**hy do we have to come so *early*?” Ashley grumbled as she and her parents and brothers sat down in the chapel. Mom and Dad wanted the family to be at church a whole 15 minutes before sacrament meeting started! She’d barely had time to eat breakfast and brush her teeth before it was time to go.

“I like to watch people as they come in,” Mom said.

Ashley noticed Mom looking at the people as they walked into the chapel.

“What are you looking for?” She glanced at the Mendez family as they walked in, but she didn’t notice anything different from usual.

Mom’s gaze moved from one person to the next. “I’m trying to see who might need some extra love.”

“How can you tell?” Ashley asked.

“I notice if anyone seems sad,” said Mom. “Or worried.”

“But how do you know?”

“I look at their faces, especially their eyes,” Mom said. “People’s eyes often show their true feelings.”

“Huh. I guess that makes sense.” Ashley paid closer attention to the people around the room. Mom was right! Some ward members had eyes that seemed a little sad. Sister Henderson looked like she’d been crying. Brother Henderson wasn’t there. Ashley remembered her parents saying that he was very sick with cancer.

Mom wrote down some names in a notebook she kept in her purse. Then the prelude music started, and she put away the notebook.

Later that day Ashley found Mom writing cards. “Are those for the people we saw at church?”

Mom looked up from her writing and nodded. “This is just my little way of helping others. We can’t always take away their problems, but we can try to help. A

card shows that someone cares. It’s like an extra dose of love.”

An extra dose of love. Ashley liked that! “How can you know everyone who needs a card?”

“I can’t,” said Mom. “That’s why I pray first. I ask Heavenly Father for His help.”

“Does He tell you who needs a card?” Ashley asked.

“Sometimes I keep thinking about a person. That’s one of the ways the Holy Ghost can speak to us.” Mom signed the card she’d been writing. “I don’t know all the problems people have. Only Heavenly Father knows that. But I want to help where I can.”

Ashley remembered that Mom had wanted a box of cards and stamps for her last birthday. Now Ashley knew why.

That night Mom put a stack of stamped cards on the counter, ready for tomorrow’s mail.

“How many did you write?” Ashley asked.

Mom smiled. “Eight today. I may write a few more during the week as I think of people.”

Ashley thought of her friend Janine, whose parents were getting divorced. Janine was really upset about it and had been crying after school. “Can I use one of your cards?” Ashley asked. “I want to send one to Janine. Maybe it’ll help her feel better.”

“Of course you can.”

Ashley searched through Mom’s box of cards and picked one with bluebirds on it. She found a pen and started to write. “Dear Janine. . . .” ♦

The author lives in Colorado, USA.



Sister Fairbanks just got home from the hospital. She had to have knee surgery. I made two berry trifles to give to Sister Fairbanks to let her know that we want her to get better quickly and to have a happy Fourth of July. Hopefully it helped to cheer her up!

Kyle C., age 6, Florida, USA



By Elder
Michael T.
Ringwood

Of the Seventy

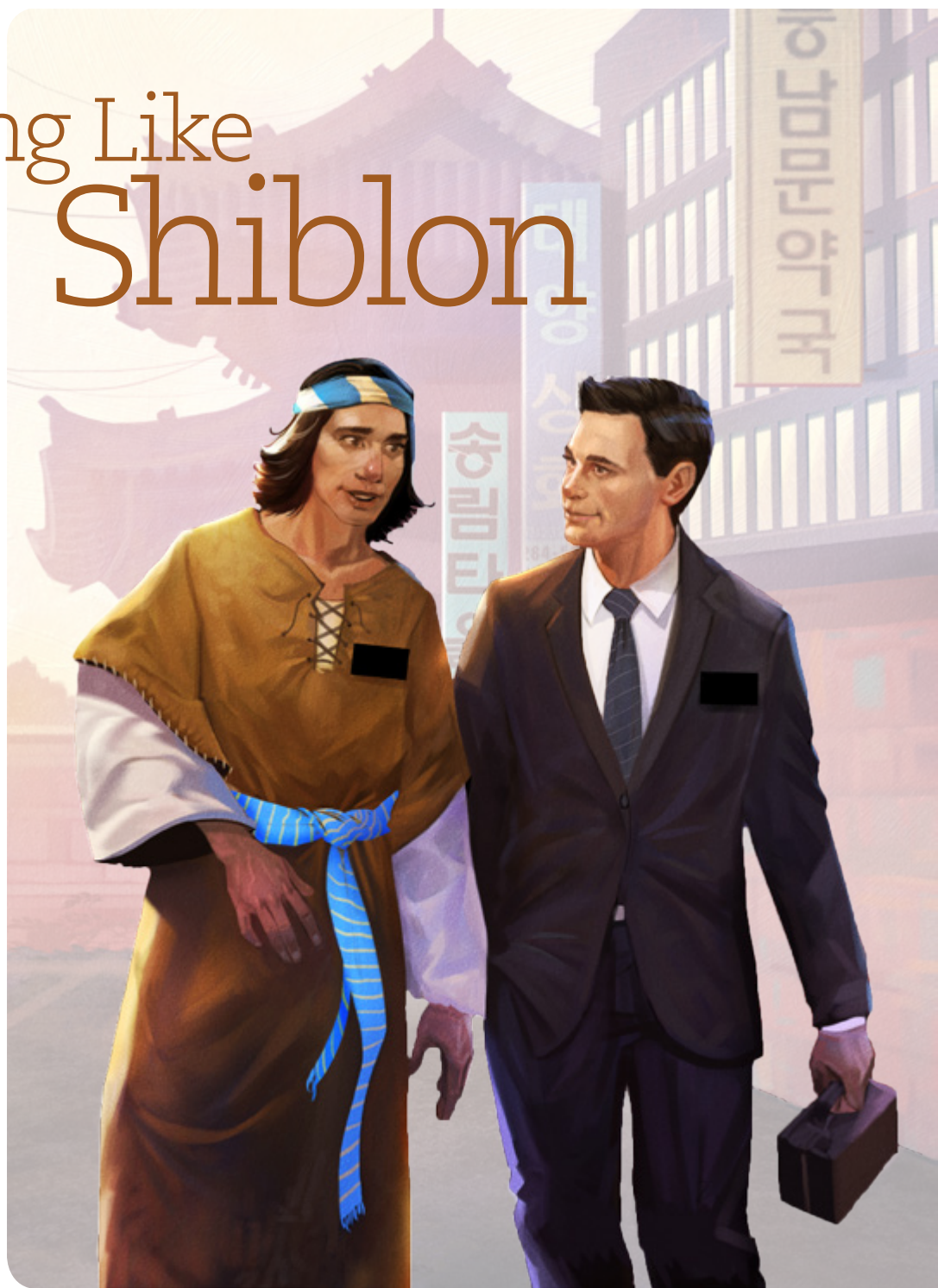
Being Like Shiblon

“I say unto you, my son, that I have had great joy in thee already, because of thy faithfulness and thy diligence” (Alma 38:3).

My Book of Mormon hero is Shiblon. He was truly good. He didn’t worry about what other people thought about him. He only cared about obeying Heavenly Father. His dad, Alma the Younger, trusted him. Alma was glad that Shiblon had kept the commandments since he was young (see Alma 38:2).

And Shiblon kept choosing the right. He helped others because he loved them and because he loved God. He did what was right because he knew it was right. He wasn’t trying to get a reward.

On my mission in Korea, I worked with a missionary who was a lot like Shiblon. He was faithful and obedient to Heavenly Father. But other missionaries didn’t think he was a very good missionary. I wanted them to know they were wrong about him! But my mission president said, “Heavenly Father knows that he is a good missionary, and so do I. And now you know too, so who else really matters?”



We might think it’s too hard to be like Shiblon and do what is right just because it’s right. But the gospel can help us! When we are baptized, we start to become better people. When we take the sacrament, we renew our covenants. We can become like Heavenly Father wants us to be. ♦

Finding Your Heroes

Lots of people in the Book of Mormon were good examples like Shiblon. Find some of them on this page. (Check answers on page 39.) Who are your Book of Mormon heroes?

1 Unscramble the names.

a. lemuas _____

b. iabinad _____

c. pnieh _____

d. osne _____

e. ahirsa _____

f. mmano _____

g. jimnbena _____

h. mala _____

i. mronmo _____

j. sabih _____

2 Can you match the name of each hero with their description?

- I am a king who built a tower to talk to my people. I taught them to serve others and follow Jesus.
- I left everything behind to obey Heavenly Father and help lead my family to the promised land.
- I am a Lamanite prophet who stood on a city wall and prophesied about Jesus Christ's birth.
- I collected Nephite records and wrote them on the golden plates. The Book of Mormon was named after me!
- I preached repentance to King Noah. I stayed faithful to my testimony even when he burned me at the stake.
- I had to get the brass plates and sail to the promised land. My faith in Jesus Christ helped me be brave.
- I am a righteous Lamanite. When Ammon came and taught the king, I could finally share my testimony of Jesus.
- I prayed all day and night to Heavenly Father. I prayed for Heavenly Father to bless my friends and my enemies.
- I was wicked, but an angel told me to repent. I became a great missionary. I have the same name as my father.
- I was a missionary to the Lamanites. I protected the king's sheep from robbers.



3 Now find them in the word search!



L	L	M	U	E	Z	N	W	H	N
A	T	E	N	O	O	D	B	A	E
F	B	O	U	M	P	E	S	I	P
Z	S	I	R	M	N	X	A	R	H
E	O	O	S	J	A	J	A	A	I
C	M	H	A	H	B	S	Q	S	K
D	P	M	I	D	A	N	I	B	A
J	I	R	A	M	M	O	N	E	D
N	V	E	L	I	O	F	U	B	H
S	A	M	L	A	I	P	H	Z	V

TICKLING



TROUBLE

By Lori Fuller

Church Magazines
(Based on a true story)

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

"Mom!" Lizzie shouted. "Max keeps tickling me! Even when I told him not to."

"I do not!" Max shouted back. "I only tickled her a little bit. And *she* was poking *me*!"

"Kids!" Mom called down the hall. "I thought we were going to build a blanket fort. Stop fighting and come help."

Lizzie darted away and ran to the family room. But Max was still grumpy.

Why is Lizzie such a tattletale? he wondered as he

It's only fun when everyone's having fun!

dragged his feet. *Tickling's fun, isn't it? Besides, Lizzie always pokes me, and I don't like that either.*

When Max got to the family room, Mom had already pulled out a pile of blankets. He reached for his favorite yellow one, but Lizzie grabbed it first.

He yanked it out of her hands. "That's *mine*!"

"Give it back!" Lizzie snatched up a pillow and hit him on the arm.

"Stop!" yelled Max. But Lizzie just whacked him on the other arm.

"Whoa, whoa, kids!" said Mom. "This isn't how we build a fort." She sat down on a couch cushion on the floor and pulled Max and Lizzie down next to her. "Let's all take a deep breath."

Max looked behind Mom and glared at Lizzie. Then he took a sort-of deep breath.

Mom put her arms around Max and Lizzie. "If someone's doing something you don't like and they don't stop, how does that make you feel?"

"Not good," said Lizzie quietly.

"Yeah," said Mom. "Poking and tickling and pillow fights are only fun when everyone's having fun. We respect each other by stopping when we're asked to stop."

"But it's just tickling," said Max.

"Well, it might just be tickling to you. But it might really bother Lizzie," said Mom. "Heavenly Father gave us each amazing bodies to take care of and protect. And that means it's OK to say 'stop!'"

"So no more poking?" Lizzie asked.

"I hate being poked!" Max said to Mom. "What if we made a new family rule? When someone doesn't want to be touched and says 'stop,' we stop right away."

"That's an excellent idea," Mom said. "What do you think, Lizzie?"

Lizzie smiled. "I like it, especially if that means no tickling too."

"Good," said Mom. "If someone's touching you, and you don't like it, you can tell them no."

"Even if *you* are the one bothering us?" Max grinned.

"Yup. Even if it's me or Dad or Lizzie or a friend—stop means stop. And if they don't listen and touch you anyway, you can tell me or Dad right away."

"But isn't that tattling?" Lizzie asked.

"It's not tattling," Mom said. "And you should tell even if the other person says not to."

"Does this mean I don't have to hug Aunt Mindy when she comes?" Lizzie asked. "She hugs too tight, and I don't like it."

Mom smiled. "Yeah, Mindy's hugs are pretty strong. You can just wave goodbye instead and say 'no thank you' if she wants to hug. It's OK. There are people *I* don't like to hug either."

Max made his eyes look big and sad. "Does that mean you don't like hugging *us*?"

Mom just laughed and pulled Lizzie and Max into a big hug. "No, silly, you are my very favorite people to hug. Now let's finish our fort!"

They stood the couch cushions up to make walls. Then they pulled over the kitchen chairs and draped blankets across them. Lizzie and Max crawled inside and pushed another cushion into the entrance to make a door.

Lizzie smiled and reached out to poke Max.

"Stop," Max said, and Lizzie's finger stopped right in front of him. He grinned and stuck his finger out, ready to poke her back. "OK. Now go." ♦



HEALTHY

from Head to Toe

Our bodies are gifts from God. He wants us to take good care of them. Let's learn the numbers they need to take good care of your body.



Your **THOUGHTS** make a big difference in how you feel! Thinking good things about yourself and others will help you feel happy and healthy. What's something you love about yourself?

You will be healthier and happier if you close those eyes and **SLEEP** well. Turn to page 34 for help getting enough sleep!

One of the most important things you can do to keep your body healthy is to eat good **FOOD**, like fruits and veggies! How many healthy foods can you name in one minute?

Don't forget your **TEETH**! Brush them every day and then use those pearly whites to **SMILE**. Next time you're brushing your teeth, try humming a couple of Primary songs.

Some body parts, like the ones covered by a **SUIT**, are special and should only be touched in public. Let's touch these parts: your head, arms, and legs except for doctors and nurses who are helping take care of you. No one should touch your body in a way that makes you uncomfortable or that you trust right away. If someone tells you to do something like this, one tells you to say no.

We should respect the bodies of other people. If they don't want to respect our bodies, we haven't already, read "Trouble" on page 35.

THY

Head to Toe

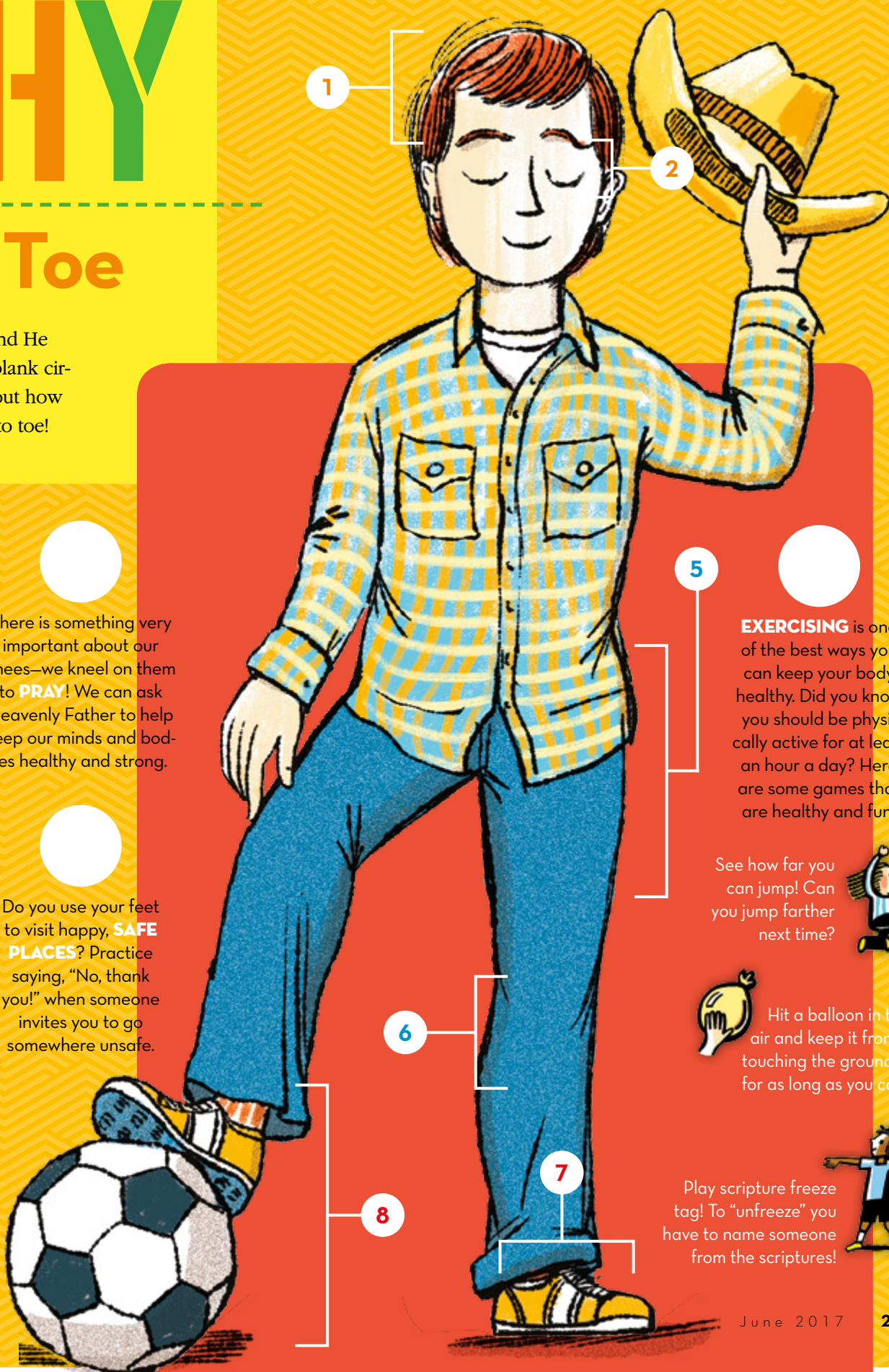
Heavenly Father, and He
of them. Fill in the blank cir-
go with to learn about how
body—from head to toe!

parts, like
by a **BATHING**
and should stay
No one should
s of your body
or parents who
care of you. If
these parts of
ay that makes
le, tell an adult
y, even if some-
u not to.

There is something very
important about our
knees—we kneel on them
to **PRAY**! We can ask
Heavenly Father to help
keep our minds and bod-
ies healthy and strong.

Do you use your feet
to visit happy, **SAFE**
PLACES? Practice
saying, “No, thank
you!” when someone
invites you to go
somewhere unsafe.

t the
e and ask
dy too. If
d “Tickling
22.



5

EXERCISING is one
of the best ways you
can keep your body
healthy. Did you know
you should be physi-
cally active for at least
an hour a day? Here
are some games that
are healthy and fun!

See how far you
can jump! Can
you jump farther
next time?



Hit a balloon in the
air and keep it from
touching the ground
for as long as you can!

7

Play scripture freeze
tag! To “unfreeze” you
have to name someone
from the scriptures!



6

8

Show and tell



I was excited, happy, and kind of scared when my mom found out she was going to have twins. After they were born, I didn't always feel like helping my mom and was annoyed with the extra work. So I try to calm myself down by thinking of a happy thought or playing with my sisters to help the bad feelings wash away.

Jania H., age 8, Maryland, USA

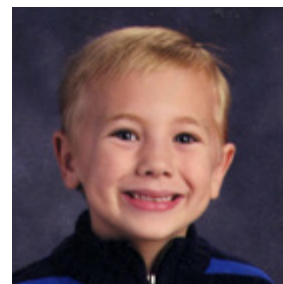


Yuvraj P., age 8, Maharashtra, India



We decided to do a neighborhood food drive for our local food bank. One Saturday we passed out flyers. Later we collected the donations in our neighborhood, which came out to be 360 pounds (163 kg)!

Abigail and Isabel J., ages 11 and 9, Georgia, USA



My big brother and I are the only members of the Church in our school. We try to be kind to everyone, just like Jesus would.

Isaac A., age 7, Pennsylvania, USA



Activity day girls in the **Rigby 2nd Ward, Idaho, USA**, talked about what modesty and dressing appropriately for all occasions mean. They also learned how to make patterns for skirts, and each girl was able to sew her own skirt!

God Has Given Us

God has given us blue, blue skies and a sun that shines down.

God has given us beautiful trees with bark that's a beautiful brown.

God has given us a wonderful world that we enjoy day by day.

All He asks is to follow His path to live with Him someday.

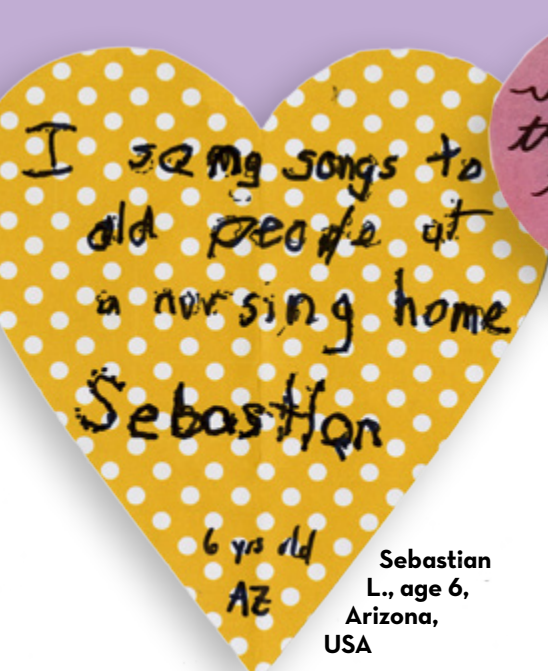
Tenna R., age 12, Iowa, USA



Natalie R., age 8, Ohio, USA

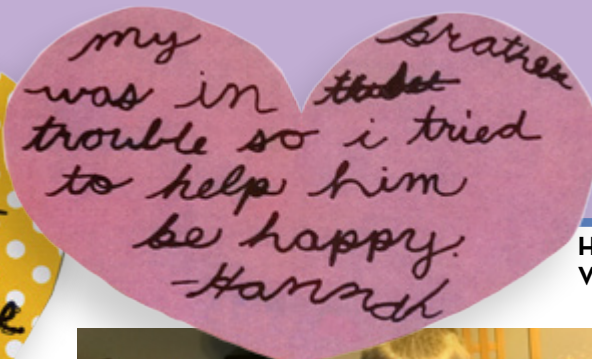
Look at all those hearts!

Yeah, I think there used to be a map behind them ...



6 yrs old
AZ

Sebastian
L., age 6,
Arizona,
USA



Hannah E., age 10,
Vermont, USA

Find more art online at
childart.ids.org!



Andrew, Katie, and Ashley M., ages 8, 5, and 10, Washington, USA



We were staying at my grandma's, and a big storm came and blew sticks and tree limbs all over

her big yard. I made a plan and secretly started to clean it up. Soon the rest of my family started helping me. My mom said I was a good example for everyone else, and it was fun to work together!

Brandt S., age 7, Alabama, USA



Dieme M., age 11, Utah, USA



Megan C., age 9, Kansas, USA

Filling the World with Love This year we're filling our map of the world with your loving hearts. Find out how to send us your heart on page 15!



The Book of Commandments

Use these to share Church history stories!



Mary Elizabeth and Caroline Rollins

The words Jesus Christ spoke to Joseph Smith are called revelations. Some of these revelations were published in the Book of Commandments. While this book was being printed, people became angry with the Church members who had moved to their town. They threw the printing press into the street. Two sisters named Mary Elizabeth and Caroline Rollins gathered as many pages of the Book of Commandments as they could. They ran into a cornfield to hide from the angry men, and Heavenly Father kept them safe. The revelations in the Book of Commandments later became part of the Doctrine and Covenants.

Find more Church history figures at [lessonhelps.lds.org](https://www.lessonhelps.lds.org) under the category "Scripture Figures."

The Iron Rod

(Simplified)

Words by Joseph L. Townsend
Music by William Clayson

Boldly ♩ = 80-96

Hand 1 (Treble Clef):

1 To Ne - phi, seer of old - en time, A vi - sion came from God, Where -

Hand 2 (Bass Clef):

5 1 3

Hand 1 (Treble Clef):

F in the ho - ly word sub - lime Was shown an i - ron rod.

Hand 2 (Bass Clef):

5 1 5 1 4 1

Hand 1 (Treble Clef):

C Hold to the rod, the i - ron rod; 'Tis stong, and bright, and true. The

Hand 2 (Bass Clef):

3

Hand 1 (Treble Clef):

G C G7 C G7 C

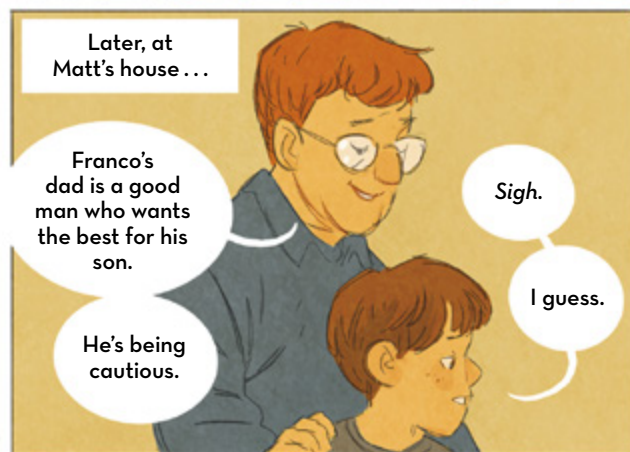
i - ron rod is the word of God; 'Twill safe - ly guide us through.

Hand 2 (Bass Clef):

3 5 4 1

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MATT AND MANDY



for older KIDS

MY HAIKU

Faith, faith, He is there.
He loves you in every way.
He is Jesus Christ.

Ashton H., age 8,
Utah, USA



DEAR JOURNAL

Write about a missionary experience you've had, or write down ways you can share the gospel. Make a missionary nametag to remind yourself to be a missionary every day!



QUICK QUIZ

What was the name of Abraham's son?

- ☐ Isaiah
- ☐ Samuel
- ☐ Jacob
- ☐ Isaac

See page 39.



BRAIN TEASER

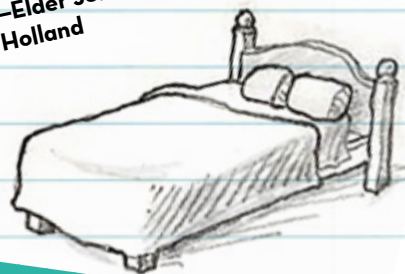
What gets wetter the more it dries?

See page 39.

THINK ABOUT IT

"The great thing about the gospel is we get credit for trying even if we don't always succeed."

—Elder Jeffrey R. Holland



SECRET SERVICE

Make someone's bed without them knowing.



This year one of my goals is to read my scriptures more. Me and my mom read scriptures every night together. We use a chart with little squares on it and color in a square every five minutes we read our scriptures.

Maddie T., age 9, Massachusetts, USA

By Teg McBride
(Based on a true story)

RUNNING



"I'm very glad that he's my dad, and I know he loves me too" (Children's Songbook, 211).

TJ shivered. Even with the warm air blasting through his bedroom vent, he was still cold! He missed Hawaii more than ever.

TJ missed surfing in the ocean and hiking in the mountains. He missed his friends. Ohio was OK, and it was fun to see snow again, but he still felt pretty lonely.

And cold.

TJ heard a soft knock on his door, and Dad stuck his head into the room. "Hey, buddy," Dad said.

TJ smiled. "Hey, Dad." Right before they moved, Dad had come home from military deployment in Afghanistan. Moving was hard, but having Dad home was awesome!

Dad sat next to TJ on the bed.

"I just had an idea," Dad said. "Let's run a half-marathon together. We'll make our own training plan. We can even start running tomorrow. What do you think?"

TJ looked out the window. It would take a lot of work to get ready for a 13-mile (21-km) race. "How can we run in the snow?"

"Why not? We can do anything together. It'll be an adventure!"

It was still dark the next morning when they left the house, TJ with a pocket full of jellybeans and Dad with a bottle of water strapped to his belt. They both wore long-sleeved shirts, sweatpants, hats, and gloves, but every muscle in TJ's body still clenched against the freezing wind.

I can't believe I let Dad talk me into this, he thought.

It was hard at first, but as he and Dad ran and talked together, TJ almost forgot to notice the cold. Dad told TJ about his adventures as a kid and how serving a mission had changed his life. They talked about their favorite movies and cars and how Dad met Mom in Texas. TJ tried to convince Dad that ham and

with Dad

"I can't believe I let Dad talk me into this," TJ thought.



pineapple pizza was way better than pepperoni.

Before TJ knew it, they were back home.

We did it! he thought. He gave Dad a high five. Then they went inside for hot chocolate.

Together Dad and TJ mapped out a four-month training plan. They would train inside on a treadmill during the week, and every Saturday morning they would go for a long run outside. On Friday and Sunday they would rest.

One Saturday, TJ skipped and stayed in bed, but as soon as he heard the front door shut, he wished he'd gone with Dad. When TJ asked Dad how the run was, Dad said, "It was OK, but I missed you. It wasn't the same without my running partner."

After that TJ never missed a run. Soon he was looking forward to their Saturday runs all week! While they ran, TJ told Dad about his new school and Dad talked about military training and some of his adventures around the world. TJ's favorite stories were from Dad's mission. He hoped he

could go on a mission someday, just like Dad.

By the time the snow melted, TJ decided he kind of liked Ohio. He still missed his friends in Hawaii, and he still didn't like the cold, but he noticed his loneliness fading away. He was glad he'd done something challenging and stuck to their plan. He was part of an awesome two-man running team, and together they could do anything. He couldn't wait to run their race! ♦

The author lives in Ohio, USA.



This year, I started cross-country. I was afraid I'd be the slowest on the team. I prayed for help. The next morning, I read the August 2015 *Friend*. One quote caught my attention: "And [they] shall run and not be weary, and shall walk and not faint" (D&C 89:20). Now whenever I'm not the fastest, I think of this quote to keep me going. I knew it was an answer to my prayers.

Samantha W., age 11, Washington, USA

Ready to Rest

By Jan Pinborough

*Having a good day starts with getting enough sleep the night before.
Here are some tips to help you wind down and get a good night's sleep!*

Make Your Own Routine

- Turn off bright lights, phones, tablets, and TVs to let your brain know it's time to rest.
- Take a warm bath to relax.
- Listen to quiet music or read a favorite book.
- When you turn off the light, think of three good things about your day. Then think about three people who love you.
- If a worry comes back, picture yourself putting it in a balloon, letting it go, and watching it float up to the sky.



Don't forget your PJs!

PRAYER—Tell Heavenly Father about your day. Thank Him for the good things. Ask for His help with what's worrying you. Then leave those things in His hands.

JOURNAL—Writing about your day can help clear your mind. Write something you're grateful for or something nice you did. Think about those as you fall asleep!

SCRIPTURES—Read for a few minutes to focus your mind on Heavenly Father's love for you. Here are some verses to try: John 14:27; John 13:34; 1 John 4:7, 16, 19; 3 Nephi 17:9-13.



Father's Day is June 18 this year. Celebrate dads, grandpas, and fathers from your family history!



Father's Day Origami



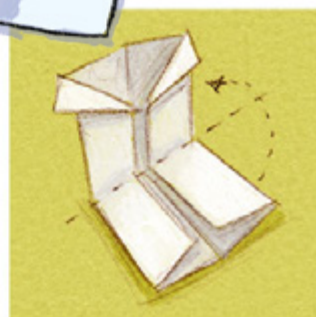
1. Fold a rectangular piece of paper in half lengthwise.



2. Fold both halves in toward the middle crease.



3. Fold two corners outward into triangles.



4. Fold the top of the rectangle up so that it sticks out a little over the triangles. Flip the paper over.



5. Use scissors to cut a notch in each side of the overhanging piece.



6. Fold down the corners of the overhanging piece so that they meet in the center.



7. Tape or glue down the collar of the shirt. Decorate—try taping on a paper necktie or just drawing one on.



8. Write a note on it for your dad, grandpa, or someone you admire, and give it to them on Father's Day!

Breakfast Kabob Ideas

Fruit

French toast, cut into squares

Cooked sausage, ham, or bacon

Serve with syrup or powdered sugar



Fun fact! Australia and New Zealand celebrate Father's Day on the first Sunday in September. (If you live down under, remember to try this craft in a few months!)

Mary's Promise

By Jessica Larsen

(Based on a true story)

Richmond, Missouri, USA, June 2, 1862

“**M**ary, what do you see?” Mary’s stepmother spoke softly from her sickbed.

“The fighting seems to be getting closer,” said Mary, looking out the window. The American Civil War was being fought just a few miles away. The sound of gunshots had filled the air since morning. Mary turned to her stepmother. “I’m so sorry. I don’t think we can leave the house to get the doctor.”

“Come closer.” Mary sat next to the bed and took her stepmother’s hand. “I know your father is still not well,” Mary’s stepmother said quietly, “but you need to take the family to Zion—your brother, your sister, and the twins. Don’t give your father any peace until he goes to the Rocky Mountains! Promise me!”

Mary knew how much her family wanted to go to Salt Lake City. After they heard the gospel and were baptized, they had left England to join the Saints in Zion. But would it even be possible? She glanced at her father, who sat silently in his chair. Three years ago, Father had suffered a terrible stroke that had paralyzed his left side.

Mary took a deep breath. “I promise,” she whispered.

Soon Mary’s stepmother closed her eyes for the last time.

One morning soon after, Mary decided it was time to tell her father about her promise. “I know I’m just 14,” she said, “but I must take our family to Zion.” She heard the twins waking. “I need to go get breakfast started,” she said. “But just think about it, please.”

A few days later, Father called Mary over. “It’s all arranged,” he said. His speech was still slurred from the stroke. “I’ve sold our land and the coal mine so we can buy a wagon, some oxen, cows, and a few supplies. A wagon company is leaving soon for the West. They’re not

Latter-day Saints, but we can travel with them as far as Iowa. When we get there, we can join a party of Saints going to the Salt Lake Valley.”

Mary threw her arms around him. “Thank you, Father.” Soon they would go to Zion!

The days passed quickly as Mary helped get the family ready for their travels. “Everything is going to be all right,” she told herself. “Soon we’ll be in Zion.”

But then Father fell ill. From the way his mouth drooped on one side, Mary feared it was another stroke.



"He's too sick to travel," she told the leader of the wagon company. "We just need a few days for him to recover."

"We can't wait," the man said briskly. Seeing Mary's face, he softened his tone. "You can stay here until he's ready to travel, and then you can catch up with us." With no other choice, Mary agreed.

A week later, Mary got her family ready to travel again. "The twins and Sarah can ride on the oxen," she told Jackson, her nine-year-old brother. "Father can ride

in the wagon, and you can help me drive the oxen."

"I'm scared," Sarah said in a small voice. She was only six, and she looked tiny on the ox's broad back. The four-year-old twins looked at Mary with wide eyes.

"We'll just make good time and catch up with our group!" Mary said with forced cheerfulness.

On and on the Wanlass family traveled, for miles, and then for days. Finally, even Mary had to admit the truth.

The wagon party had not waited for them. Mary and her family would have to travel to Zion alone. ◆

To be continued . . .

The author lives in Texas, USA.



The Book of Mormon Club



By Sydney D., age 10, Idaho, USA

I love to read! Reading is one of my favorite hobbies. When I was in second grade, I began reading bigger chapter books of all different genres. Now I read every spare moment that I can! I read in the morning, when I finish my work at school early, and on the way to violin lessons. Sometimes I even sneak a book under my covers to read after bedtime.

Last year, I had the idea to start a book club with a few of my friends who also enjoy reading. We took turns choosing a book for everyone in the club to read, and then we would get together and have fun talking about our book. One day, my mom suggested that my friends and I start a Book of Mormon club! She thought that it would be a fun idea to read the Book of Mormon together. My friends love the Book of Mormon too, so they also liked the idea. Now we all read one book in the Book of Mormon at a time, and then we get together and talk about what we are learning after each book. Sometimes we play fun games, do a craft, or have treats.

The Book of Mormon is sometimes challenging to read, but I feel happy that I am choosing to read the scriptures along with my other books. I love learning about the gospel with my friends! ♦

YOUR BOOK OF MORMON CLUB

You could have a Book of Mormon club with your family—or even by yourself. And you can even read just one verse a day! Write and tell us about your experience reading the Book of Mormon. How does it help you feel the Holy Ghost, resist temptation, overcome fear, and receive help from Heavenly Father?



“I implore each of us to prayerfully study and ponder the Book of Mormon each day.”

President Thomas S. Monson

“The Power of the Book of Mormon,” *Ensign*, May 2017, 87.

Building a Temple

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

By Amie Jane Leavitt

Many of our temples have beautiful stained glass windows. An artist sketches out the design. Colored glass is melted and poured into thin sheets. Then it's cut into specific shapes. Another artist arranges the glass into the designed pattern and joins the pieces together with a soldering (pronounced *soddering*) iron and solder—a special metal made of tin and lead.



The Payson Utah Temple has about 1,000 stained glass windows with around 260,000 pieces of hand-cut glass! The glass is full of apple blossom designs to represent nearby orchards.

FUNSTUFF ANSWERS

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

Page 21: Samuel, 3; Abinadi, 5; Nephi, 6; Enos, 8; Sariah, 2; Ammon, 10; Benjamin, 1; Alma, 9; Mormon, 4; Abish, 7

Page 31: a towel; Isaac



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ1, 7, and 18.

How to Write to the Friend

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

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

Please send your submission to:

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

May the Friend contact you with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

Age

Boy/Girl

State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian

The Last Laugh

This, my friends, is called a marshmallow. And you don't even have to catch it first!



Have a cartoon idea? Send it in!

June 2017

39



THE *Friend* JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Here are four ways to help your children learn to get along:

■ Give your children words and phrases to use. Instead of just saying, “Use your words,” tell your children exactly which words to use. “Say, ‘I would like a turn now’” or “Say, ‘I would like to play with you.’” Little ones don’t have quick access to very many words yet, and it will take a lot of practice before they do.

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

As a parent, you probably don’t want to play referee within the walls of your own home. Good news—you shouldn’t have to! You’re a coach, and your children are on the same team, even if they don’t realize it yet.

As you try to coach your children instead of referee them, they will feel secure in your love and grow to love each other more.



■ Use stories. Children will like hearing about the times you learned to appreciate your brothers’ and sisters’ differences, especially if those brothers and sisters have grown into favorite uncles and aunts.

■ Point out the good. When children are having fun together, make sure they notice. “I’m so grateful you have each other!” and “That was really nice of your sister to share with you. She must really love you.”



■ Call time outs.

Coaches call players off the field to rest and regroup. With rest instead of punishment in mind, you might provide a cozy time-out space for your child, like a comfy chair.

POEM
My Light

By Amanda Hill



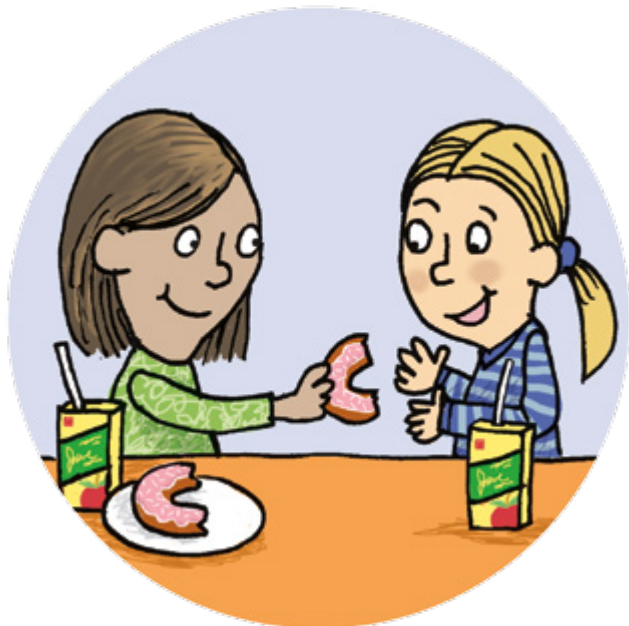
Even though I'm little,



I have a tiny light.



It sparkles, shines,
and twinkles



When I choose the right.

Little Builders

By Jennifer Maddy



Let's build a house!



Here's the front door.



The kitchen is ready!



The bedroom looks cozy.



We built a house!



The best things about this house
are the builders!



Time to Build

Point to the things you
would use to make a fort!



STORIES OF JESUS

Jesus Healed People

By Kim Webb Reid

One day a man named Jairus asked Jesus to come to his house. His daughter was sick and needed a blessing.



As Jesus was on His way to Jairus's house, a woman who had been sick for 12 years saw Jesus. She believed Jesus could heal her. She reached out and touched the edge of Jesus's robe.



The woman was healed!
Jesus said she was healed
because of her faith.

Then someone came
with terrible news. Jairus's
daughter had died. Was it
too late for Jesus to bless
her?

Jesus told Jairus not
to be afraid but to
believe. When Jesus got
to Jairus's house, He
told Jairus's daughter
to arise. She opened
her eyes. She was alive
again! Her parents were
amazed.





We can have faith in Jesus too. His healing power is still on earth today, and we can ask for a priesthood blessing whenever we need one. ◆

From Mark 5:22–43.

COLORING PAGE

I Love My Family



ILLUSTRATION BY APRYL STOTT

Praying

By Sherrie Gavin

(Based on a true story)

One hot summer day, Reese and Cheyenne invited Zara over to play. Mum made a snack. The girls sat at the table to eat.

Mum sliced mangoes from their mango tree. She put apple slices and grapes on a plate. Reese looked at the delicious food. She remembered to say a prayer before eating her snack. She asked Zara, “Do you pray at your house?”

“What’s that?” Zara asked.

“Like this,” said Cheyenne. She folded her arms and bowed her head. She asked a blessing on the food. When she was done, she said, “See? Like that. Easy!”

“We don’t do that at our house. We just eat,” said Zara.

Reese had never thought about not praying. “Mum,” she said, “do we have to say prayers?”



with Zara

Mum smiled as she carried cups of ice water to the table. "We like thanking Heavenly Father for what He has given us. We're going to keep saying prayers. But it's OK if other people don't."

Reesey knew Mum was right. She was happy when her family prayed. Maybe praying would make Zara happy too. "You could try it," she said to Zara.

Zara smiled. "Maybe I will," she said and ate a slice of mango.

"I like it when we pray," said Cheyenne. "It makes me feel happy inside."

Reesey and Cheyenne were happy they could tell their friend about praying. They all finished their snacks and ran back outside to play. ♦

The author lives in Queensland, Australia.

