

the Friend



How does the
Holy Ghost
help us?
See pages 24–25

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

FRIENDS BY MAIL



Something Nice

Activity day girls in **Florida, USA**, read “Something Nice for Mean Mr. Gates” (Jan. 2019) and created a tropical kindness garden! It hangs in the Primary room for other children to add their kind deeds.



DEAR FRIENDS,

Have you ever prayed for something that hasn't happened yet? When President Russell M. Nelson was a boy, he really wanted his family to go to church and be sealed in the temple. Read on page 2 about how he felt and what he did.

Then color page 3 and read his advice about what to do when you need comfort. You could even share it with a friend!

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.

Family History Quest



Thank you for “Family History Quest” (2018). We have enjoyed completing each of the tasks and used home evening time to work on them.

Max and Alice B., both age 9, Cheshire, England

Lucy Leads the Way



We put on the play “Lucy Leads the Way” (May 2018). We have a Lucy in our family and loved learning about Lucy Mack Smith's faith.

Owen, Lucy, Dallin, and Jenna H., ages 6, 8, 4, and 8, Utah, USA

the Friend

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

COME FOLLOW ME

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

STORIES AND FEATURES

- ◆ 2 **From the First Presidency:** Grateful for Parents / President Russell M. Nelson
- 4 A New Chapter
- ◆ 6 Family Night Fun
- ◆ 8 Say Hello to Halim!
- 11 Bright Idea
- 12 Hello from the Dominican Republic!
- 14 Waiting for Ian
- 16 The Living Christ
- 18 **Apostles around the World:** Elder D. Todd Christofferson
- 21 Book Reviews
- 22 The Slipper Slip-Up
- ◆ 24 The Holy Ghost Is . . .
- 26 **Friend to Friend:** Living My Standards / Sister Becky Craven
- 28 Show and Tell
- 30 Matt and Mandy
- 39 Stop and Flip

FOR OLDER KIDS

- 31 For Older Kids
- 32 Weak Things Stronger
- 34 What's on Your Mind?

Front cover by Shane Clester

Back cover by Denise Turu

Volume 49 Number 6 June 2019

The First Presidency:

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Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

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- 35 Food & Fun
- 36 Friendship Feud
- 38 Praying for Leif

MUSIC

- 17 I Know That My Redeemer Lives

THINGS TO MAKE AND DO

- ◆ 7 The Sacrament Reminds Us of Jesus
- 10 Funstuff: Father's Day Jar of Love
- 20 Funstuff: Temple Map Matching

FRIEND JUNIOR

- IBC For Parents of Little Ones
- FJ1 Guess Who?
- FJ2 Sharing the Sabbath Day
- FJ3 Sending Sunday Letters
- ◆ FJ4 **Scripture Stories:** Jesus Taught about the Sacrament
- FJ7 Coloring Page
- FJ8 Baby's Blessing Day

Hidden CTR Rings



Hard: Do dogs dream?

Harder: All aboard!

Hardest: The sound of breaking glass

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By President
Russell M. Nelson

Grateful for Parents

Have you ever had to wait for something good to happen? What can help you while you wait?



All eight of my great-grandparents joined the Church in Europe. They were very faithful in the Church. After that, some of my ancestors didn't keep living the gospel. Because of this, my parents didn't go to church very much when I was a child.

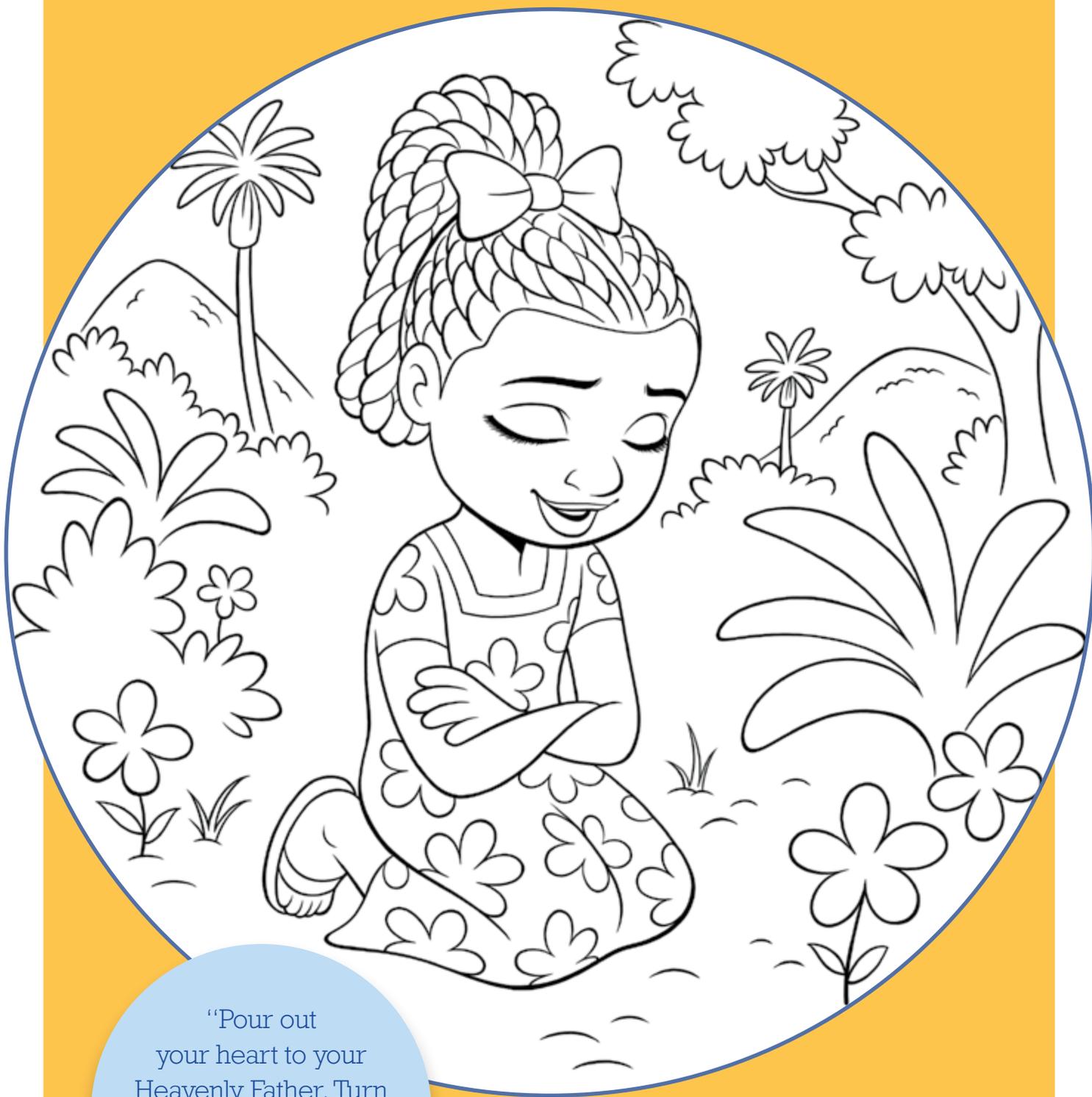
I loved my parents. They taught me very important lessons. I can't thank them enough for our happy home. But even as a boy, I knew I was missing something because our family didn't go to church very much. One day I rode a streetcar to a bookstore to find a book about the Church. I loved learning about the gospel.

When I learned about the Word of Wisdom, I realized my parents weren't living the way it teaches us to live. But I wanted them to! So one day, I broke every bottle

of alcohol in my home on the concrete floor! I thought my father would punish me, but he never said anything to me about it.

As I got older, I kept learning about the gospel. I began to understand Heavenly Father's beautiful plan. I got baptized when I was 16 years old. At Christmastime, I often said to myself, "I don't want one more Christmas present! I just want to be sealed to my parents in the temple." I waited many years for that dream to come true. When my parents were over 80 years old, we were finally sealed as a family! I felt great joy that day. Each day, I still feel so happy that they were sealed together and that I was sealed to them. ●

Adapted from "Revelation for the Church, Revelation for Our Lives," Ensign, May 2018, 93–96.



“Pour out
your heart to your
Heavenly Father. Turn
to Him for answers and
for comfort.”

—President
Russell M. Nelson

A NEW CHAPTER

By Jane McBride

(Based on a true story)

"These many blessings make me feel so thankful to be me" (Children's Songbook, 11).

Sarah was unpacking a box in her room when Mom walked in.

"Can we paint the walls yellow?" she asked Mom.

They had just moved into a different house. Sarah had been able to pick out a quilt and curtains for her new room!

"Sure," Mom said. "Yellow is a happy color."

But Mom and Sarah didn't always *feel* happy lately, not since Dad had died in an accident.

Sarah put a few of her favorite books on a little shelf by her bed.

She put her favorite

picture of Dad next to the books, where she could see it every morning when she woke up.

She heard a snuffle and saw tears in Mom's eyes.

"I love you, Mom," Sarah said, wrapping her arms around Mom's waist and squeezing tight.

"I love you more," Mom said.

The Saturday before school started, Mom and Sarah put on old clothes, moved the furniture to the middle of Sarah's room, and carefully pushed paint rollers into trays of yellow paint. After a while, the walls were covered in yellow—and so were their faces and clothes!

"You look like you've got



sunshine splattered all over you,” Mom said.

Sarah giggled. “And you look like a banana exploded next to you!”

They were still laughing as they cleaned up. But Sarah’s smile faded when she thought about going to Primary tomorrow and school the day after that.

“I’m worried about church and my new school,” she told Mom as they rinsed paintbrushes in the sink. “I won’t know any of the teachers or kids or anybody.”

Mom turned off the water and pulled Sarah into a hug.

“You’ll make friends,” Mom said. “You have a kind heart that will draw others to you. Be your wonderful self, and friends will come.”

Sarah felt a little better, but she was still nervous.

“I wish Dad were here to give me a blessing,” she said. “Like he always used to before I went back to school.”

Mom was quiet for a minute. “What about Uncle Wyatt?” she said. “I’m sure he’d be happy to give you a blessing.”

Sarah nodded. Maybe a blessing would help.

That night, Sarah’s uncle put his hands on her head to give her a blessing.

“I bless you to know that the Savior is mindful of you



as you start this new chapter in life,” he said. “He will not leave you alone.”

Sarah paid special attention to the words *new chapter*. She loved to read and was always excited to start a new chapter in a book.

The next morning Sarah and Mom went to church. After sacrament meeting Mom helped Sarah find the Primary room. A girl smiled at her and said hello.

“You can sit here,” she said, patting an empty chair next to her.

“Thanks,” Sarah said. “My name’s Sarah. I’m new here.”

“I’m Melody. And I’m new too! This is only my second week.”

Soon Sarah and Melody were talking with the other Primary kids. Their teacher was really nice.

I hope school goes well too, Sarah thought as she went to bed that night.

The next day, Sarah rode the bus to her new school. She was excited to see a few kids from Primary in her third-grade class.

Thank you, Heavenly Father, Sarah prayed silently as she ate lunch with her new friends. *Maybe this will be a good chapter, after all.* ●

The author lives in Colorado, USA.

It was scary when we moved too!

But we met lots of nice people. It's been a good new chapter!



Family Night FUN

Here are some ideas you could use for home evening!

STRAWBERRY HEARTS

1. Trim the tops off large strawberries and cut them in half, top to bottom.
2. Place the strawberries cut-side down and trim each strawberry into a heart shape.
3. Put the strawberries with other fruit on wooden skewers to make heart kebabs.



SONG

"Love One Another" (Hymns, no. 308)

SCRIPTURE

John 13:34-35

ACTIVITY

1. Pick a story in the magazine about being kind (see pages 8, 14, 36, or 38). Ask someone to read it out loud.
2. Cut out paper hearts in different colors and sizes.
3. Write or draw on the hearts things you love about each other or things you can do to show kindness in your family.
4. Put the hearts around your house to remind you to show love this week. (See **CFM*, page 88.)



MORE IDEAS

- ▶ Read "Jesus Taught about the Sacrament" (page FJ4) and do the activity on page 7. What can your family do to make the sacrament special? (See **CFM*, page 91.)
- ▶ Celebrate Father's Day with a craft (page 10) and action rhyme (page FJ1). If Father's Day is hard for your family, look for "Steven's First Future Father's Day" from the June 2015 *Friend*.



- ▶ Read Luke 24:13-32. Then read "A New Chapter" (page 4). How did Jesus "abide with" the girl in the story? How does He abide with you every day? (See **CFM*, page 99.)

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



The Sacrament Reminds Us of **Jesus**



BEFORE the sacrament, I can get ready by . . .

- Dressing in my best clothes
- Going to church
- Singing a hymn
- Listening to the sacrament prayers



DURING the sacrament, I can be reverent by thinking about . . .

- What Jesus did for me
- Ways I can follow Him during the week
- Baptism promises
- Stories about Jesus



AFTER the sacrament, I can remember and follow Jesus all week long by . . .

- Asking myself, "What would Jesus do?"
- Being kind to others
- Reading my scriptures



See family manual, pages 91–92.



**Say
Hello to
Halim!**

By Katie Richey

(Based on a true story)

“Freely ye have received, freely give” (Matthew 10:8).

Just after the bell rang, Marcus noticed a new boy standing at the front of the room by the teacher.

“Good morning, everyone,” Mrs. Becker said as everyone quieted down. “This is Halim. He is new to our school. In fact, he is new to our country.”

Halim kept looking at the floor as he said hello. Marcus thought his voice sounded kind of different. Mrs. Becker kept talking.

“We are so glad he is here and that he is going to be part of our class. I hope we can all say hello and help him feel welcome.”

As Mrs. Becker showed Halim where to sit, Marcus thought about how nervous he would feel if he had to move to a new country and a new school.

After their morning snack, Mrs. Becker said she had a surprise for the class. Marcus sat up really straight so he could see what she was pulling out of her bag. They were small buckets. She started passing them out to everyone.

“Each of us has an imaginary bucket inside of us,” she said as she handed Marcus a yellow bucket. “People fill our buckets when they do nice things for us. And we fill others’ buckets when we’re nice to them. For example, when your mom gives you a hug, she is filling your bucket. When you say something nice to someone, you are filling their bucket.”

Marcus looked at his best friend, Caleb. He got a yellow bucket too!

“This week, we’ll keep these buckets on our desks so we can write nice notes for each other,” Mrs. Becker said. She folded up a little piece of paper and dropped it in a bucket. “And that will help us remember the imaginary buckets everyone has inside. We want to be kind so that we are bucket fillers.”

Marcus pulled out a piece of paper and thought of the things he could write to Caleb,



“Each of us can develop brotherly kindness at home, at school, at work, or at play.”

President Russell M. Nelson

“These . . . Were Our Examples,” Ensign, Nov. 1991, 61.

like that he was good at sports. Then he looked at Halim. His shoulders were kind of bent over, like he was sad.

Marcus wondered if Halim had a best friend where he used to live. It must have been hard to say goodbye and scary to move so far away.

Marcus looked down at the blank piece of paper on his desk. He had an idea, then he wrote:

“Hi, Halim,

“Welcome to our school. If you want, we can play at recess. I will be your friend. I bet Caleb will be your friend too.

“From, Marcus.”

Then he carefully folded the paper up and dropped it in Halim’s bucket. Halim smiled. Marcus felt warm and happy inside. He was glad he could fill Halim’s bucket! ●

The author lives in Idaho, USA.



See family manual, pages 83, 87, and 99.

Father's-Day Jar of Love

Here's a fun and easy way to say "I love you" this Father's Day to a dad, grandpa, or someone else you love. Be sure to get an adult's help.

- clear jar
- candies or pebbles
- large craft sticks
- scissors
- markers
- tape



1. Fill the jar almost to the top with pebbles or your dad's favorite candy.
2. Write things you love about your dad on the craft sticks and stick them in the jar.
3. Cut out the tags and tape them to the outside of the jar. What other fun tags can you come up with?



Jesus loves me. Little by little,
I'm learning to follow Him.



HELLO
from the
Dominican
Republic!



Hi!
I'm Margo.
This is my
brother Paolo.



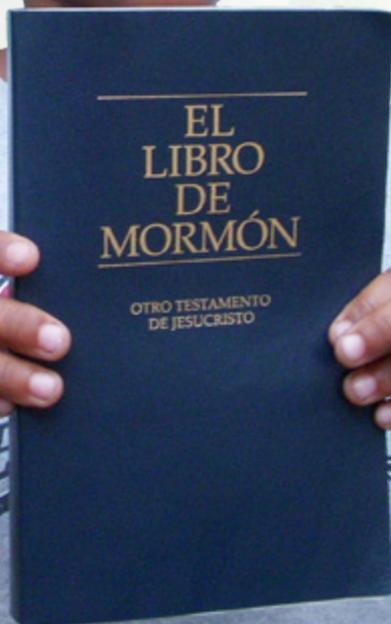
We're visiting
the Dominican
Republic. Come
along with us!

Dominican Republic

The Dominican Republic is an island in the Caribbean Sea. It's next door to the country of Haiti. About 10 million people live in the Dominican Republic, including about 130,000 Church members.

Santo Domingo 

Most people in the Dominican Republic speak Spanish. Here's a boy with *el Libro de Mormón*—the Book of Mormon.



Lots of kids in the Dominican Republic like playing baseball. It's the country's most popular sport.



These children enjoyed sharing their testimonies in the Primary program, like Ian in the story on page 14.

The Dominican Republic has one temple, in Santo Domingo. The writing says, "Santidad al Señor: La Casa del Señor." That means, "Holiness to the Lord: The House of the Lord."



Last year the prophet visited the Dominican Republic and spoke to the people in Spanish.

MEET SOME FRIENDS FROM THE DOMINICAN REPUBLIC!



I like to help the younger children in Primary when they get noisy. I write the songs on pieces of paper and help them sing. I help them understand when we read scriptures.

**Ambar O., age 11,
Dominican Republic**



I love Jesus, and I feel very close to Him. I also love the hymns and Primary songs.

**Ian R., age 8,
Dominican Republic**

Are you from the Dominican Republic? Write to us! We'd love to hear from you. Turn to page 39 for our address.

Thanks for exploring the Dominican Republic with us. Now we're off to Cambodia!



IMAGES OF FLAG, PALM TREES, BASEBALL FROM GETTY IMAGES; ILLUSTRATIONS BY KATIE MCDEE

WAITING FOR IAN

By Joshua J. Perkey
Church Magazines
(Based on a true story)



"We like to be in Primary; we're happy that you came too"
(Children's Songbook, 256).

When Ian woke up, he heard his mother singing. It was "I Feel My Savior's Love." That was Ian's favorite Primary song. He started singing along with her.

"You're awake!" she said. She was smiling and had tears in her eyes. Ian saw his dad sitting next to her. He looked happy too.

"I've been singing your favorite songs to you every day," Mom said.

Ian smiled back—but his head hurt. Actually, his whole body hurt, especially his leg.

He slowly looked around. He wasn't at home. He was lying on a metal bed in a strange room. Then he saw a nurse and lots of other beds nearby. *This must be a*

hospital, he thought.

"What happened to me?" he asked.

Mom's face turned sad. "You were in a bad accident. A metal gate fell on you. You've been in the hospital for two weeks, but you are going to be OK."

Two weeks! *Wow, that's a long time to be asleep*, Ian thought. The last thing he could remember was being at the church building, practicing for the Primary program . . .

Oh no! The program!

"Did I miss the Primary program?" Ian asked. He had been looking forward to it for so long! He loved singing with his friends.

Mom smiled and shook her head. "No, you didn't miss it. The ward decided to postpone it until you woke up

so you could be part of it.”

“Really?”

“Really,” Dad said. “All the Primary kids asked the bishop to wait. They wanted you to be there. They knew how excited you were for it.”

Ian was happy he could still be in the Primary

“Yes,” Ian said. “But it’s getting better little by little.”

“Can you walk yet?” Chaís asked.

“I haven’t tried today,” Ian said.

“Here, let’s try right now,” Chaís said. She helped him stand up. Carefully, Ian put his foot down. He moved his body forward. He was still standing! It was his first step in over a month! Everyone clapped.



program. But he had to get better first. And that took a long time. He had to stay in the hospital for a while longer. When he finally got to come home, he still couldn’t walk or play.

But his friends got to come visit him. Ian would ask them about school and church. And they would ask him when he was coming back.

“Not until my leg is better,” he would tell them. “I still can’t walk.”

October turned into November, and Ian slowly got better. One day his friends invited him to come over and watch a movie with them. Ian’s mom and dad helped get him there.

“Does your leg still hurt?” his friend Chaís asked him.

“Maybe this means you can come back to church soon!” Chaís said.

She was right. In a few more weeks, Ian’s leg finally stopped hurting. The doctors took the cast off his leg and put on a brace instead. When Sunday came, it was time for the Primary program.

During sacrament meeting, Ian walked to the front of the chapel with his friends. He stood up straight and smiled at his mom and dad. He sang the songs as loud as he could. When it was his turn, he stood at the microphone and shared his testimony. He was grateful for his Primary friends. And he was glad he could be part of the Primary program after all. ●

Ian lives in the Dominican Republic.

Go to pages 12-13 to learn about this country and see a picture of Ian!



The **LIVING** Christ



The prophets and apostles wrote “The Living Christ” to tell the world about Jesus.
Read part of it each month and memorize the words in blue.

“He rose from the grave to ‘become the firstfruits of them that slept’ (1 Cor. 15:20). As Risen Lord, He visited among those He had loved in life. He also ministered among His ‘other sheep’ (John 10:16) in ancient America. In the modern world, He and His Father appeared to the boy Joseph Smith, ushering in the long-promised ‘dispensation of the fulness of times’ (Eph. 1:10).”

“Firstfruits of them that slept” means that Jesus was the first person to be resurrected. Because He was resurrected, we will all be resurrected too!

THREE IMPORTANT VISITS

Take turns pointing to a picture and telling about a time when Jesus came back to visit people. Then you could sing “I Know That My Redeemer Lives” (page 17).



“Peace be unto you.”
John 20:18–22



“I am Jesus Christ.”
3 Nephi 11:8–17



“This is My Beloved Son.”
Joseph Smith—History 1:17

Jesus’s disciples were glad when they saw Him. How do you think you will feel when you see the Savior someday?

MINISTER



I Know That My Redeemer Lives

(Simplified)

Words by Samuel Medley
Music by Lewis D. Edwards

Peacefully ♩ = 72-84

System 1: Chords: C7, F, C7, F. Lyrics: I know that my Re - deem - er lives. What com - fort this sweet sen - tence gives!

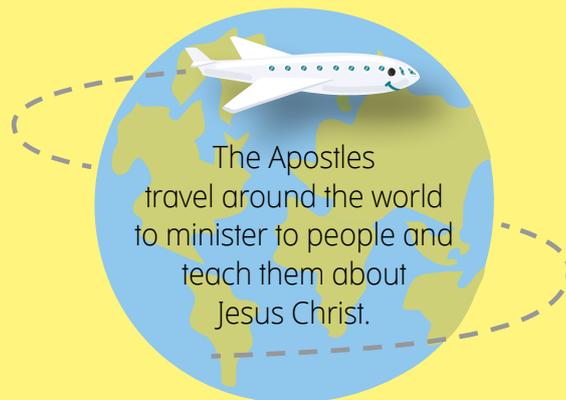
System 2: Chords: C7, F, C7, F. Lyrics: He lives, He lives, who once was dead. He lives, my ev - er - liv - ing Head.

System 3: Chords: C7, F, C7, F. Lyrics: He lives to bless me with His love. He lives to plead for me a - bove.

System 4: Chords: Bb, F, C7, F. Lyrics: He lives my hun - gry soul to feed. He lives to bless in time of need.

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Elder Christofferson Visits the Philippines



Elder D. Todd Christofferson and his wife, Sister Kathy Christofferson, visited Church members in the Philippines. It's a country made up of more than 7,000 islands. And it has more than 770,000 members of the Church!



The people were very friendly and kind. Elder Christofferson said if you visit the Philippines, you will come home with a smile on your face!

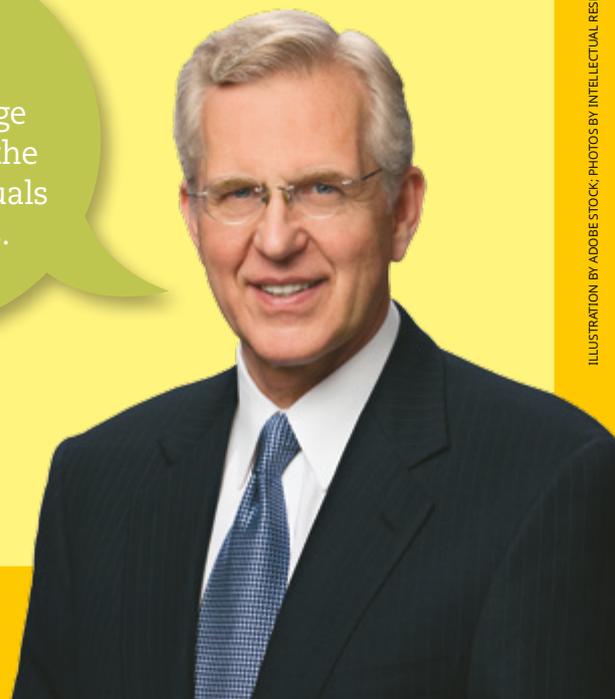


Lots of Church members from the Philippines—especially young women—serve missions. Elder Christofferson said they are known for being good at learning languages.

It is the small things that make huge differences in the lives of individuals and families.

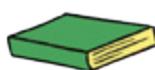
Elder Christofferson taught:

Be kind and look after others. This is called “ministering.”
Live the gospel—all of it!
Share the gospel with others.



Find It!

Maria and Daniel from the Philippines like helping their *lola* (grandmother). Today they took turns pushing her wheelchair through the park while she told them about the missionary who baptized her. See if you can find nine things below that Maria and Daniel might use on a mission someday.



hymnbook



necktie



dress shoes



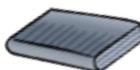
toothbrush



scriptures



pen



journal



cup



dress shoes

Temple Map Matching

By Tiffany M. Leary

Fill in the numbers for these recently announced temples on the map! The first is done for you. Go to temples.ChurchofJesusChrist.org to see a list of all the temples around the world.

1. Praia, Cape Verde
2. Phnom Penh, Cambodia
3. Bengaluru, India
4. Budapest, Hungary
5. Okinawa, Japan
6. Lagos, Nigeria
7. Nairobi, Kenya
8. Russia
9. Davao, Philippines
10. Yigo, Guam

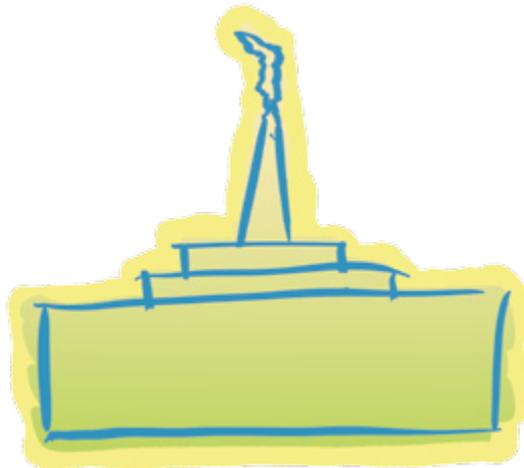


Temple Names Matching

Here are some more temples that have been announced. Match the first part to the rest of its name.

Answers on page 39.

- Puebla
- Auckland
- Pago Pago
- Neiafu
- Managua
- Tooele Valley
- Moses Lake
- San Pedro Sula
- Antofagasta
- San Juan



- Utah
- Washington
- Puerto Rico
- New Zealand
- Chile
- Honduras
- Mexico
- Tonga
- Nicaragua
- American Samoa

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

Compiled by MaryEllen Van Engelenhoven

Sister Eternal, by Dieter F. Uchtdorf, illustrated by Ben Sowards. During World War II, many people had to stand in long lines for food. Elder Uchtdorf's grandmother met a friendly lady in line who invited her to church. Her act of kindness changed his family's life forever.

Finding Winnie: The True Story of the World's Most Famous Bear, by Lindsay Mattick, illustrated by Sophie Blackall. In 1914 a young Canadian soldier rescues a black bear, and they travel together to Europe during World War I. Eventually they have to say goodbye, and Winnie finds a new home and a new friend at the London Zoo!

Look I'm an Engineer, published by DK Books. Do you know that you have everything you need to be an awesome engineer? It only takes your brain and your amazing senses to try these 15 hands-on activities. Also in the series: *Look I'm a Cook* and *Look I'm a Scientist*.

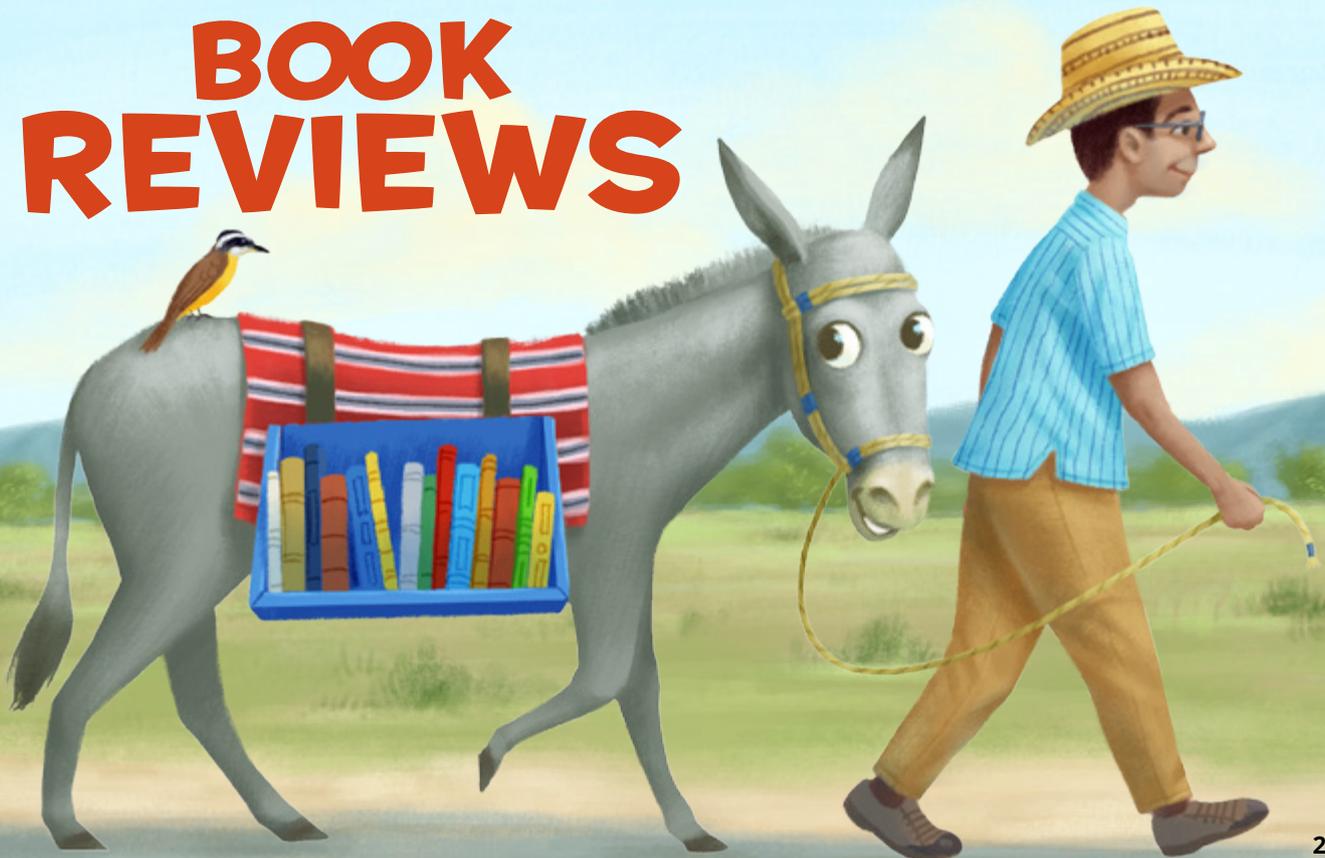
Waiting for the Biblioburro, by Monica Brown, illustrated by John Parra. If you lived in a remote village, where would you find books to read? This book is inspired by a real-life librarian who traveled by donkey over mountains and valleys to deliver books to children in remote villages in Colombia.

The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin, by Julia Finley Mosca, illustrated by Daniel Rieley. Temple was born with autism. Being a visual thinker helped her connect with animals. When she grew up, she was able to come up with ways to help farm animals. Her inventions are still used today! Written in rhyme with additional facts about Temple at the end.

Rescue and Jessica: A Life-Changing Friendship, by Jessica Kensky and Patrick Downes, illustrated by Scott Magoon. Rescue is trained to be a seeing-eye dog. Then he finds out he's better suited to become a service dog. He's worried that he's not up to the task. Then he meets his new owner, Jessica, who lost both of her legs in an accident. Despite both of their challenges, Rescue and Jessica learn to help each other find happiness.

Six Dots: A Story of Young Louis Braille, by Jen Bryant, illustrated by Boris Kulikov. After an accident left him blind at age five, Louis was determined to learn how to read. He attended the school for the blind in Paris and quickly learned there were no books for him to read. So he invented his own alphabet using six raised dots. This alphabet, called braille, is still used by the blind today.

BOOK REVIEWS



The Slipper Slip-Up



Bailey stared down at the broken slipper.

By Bethany Bartholomew

(Based on a true story)

“As you have forgiven one another . . . I, the Lord, forgive you” (Doctrine and Covenants 82:1).

Bailey loved princesses. She loved pretending to be a princess with her sister. She loved her princess books and toys. Most of all, she loved the little glass slipper she kept on her shelf. It was just like the shoe one of her favorite princesses wore.

Every night, Bailey’s dad read a story to her before bedtime. Then he read scriptures with her and helped her say a prayer.

But tonight, when Dad stood up after prayer, he bumped into Bailey’s shelf. The glass slipper wobbled. It tottered. Then it tipped off the shelf. Bailey’s eyes widened as she watched it fall. Dad tried to catch it,

but—*CRACK!* It hit the floor.

Bailey gasped. “My slipper!” It was broken in half. How could she pretend to be like her favorite princess now?

“I’m so sorry!” Dad said.

Mom came into the room. “What happened?” she asked.

Bailey felt a lump in her throat. “Dad broke my glass slipper.”

“Oh no! I know how much you loved it,” Mom said.

Dad carefully picked up the pieces of glass. “Maybe I can fix it.”

Bailey could feel hot tears running down her cheeks. Her slipper would never be the same.



As Dad left the room with the pieces of the princess shoe, Bailey hugged her mom.

Mom held Bailey tight. "I love you," she said. "I'm sorry you feel sad."

"I love you too," Bailey said. Then she thought for a moment. "And I still love Dad too."

"Maybe Dad will feel better if you tell him that you love him. It might help you feel better too," Mom said.

Bailey wanted to keep crying, but she nodded. "OK."

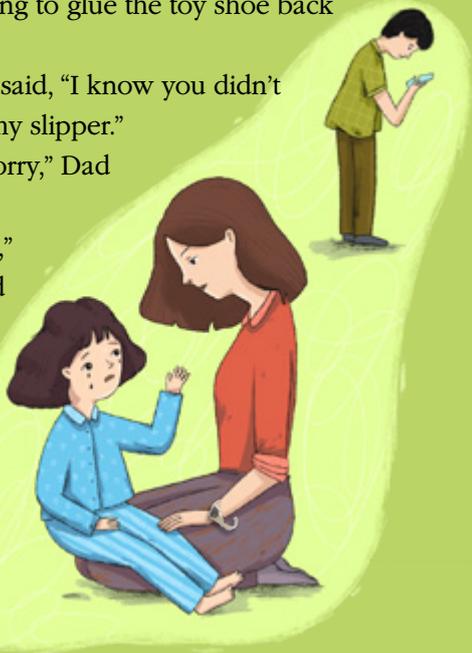
Bailey walked into the kitchen. Dad was sitting by the table, trying to glue the toy shoe back together.

"Dad," Bailey said, "I know you didn't mean to break my slipper."

"I am really sorry," Dad said.

"I forgive you," Bailey said. "And I love you."

She gave him a big hug. She didn't feel like crying anymore. She was still sad,



but hugging Dad helped her feel a lot better.

"Do you want to see what I did?" Dad asked.

He carefully turned the slipper so that she could see it better. It was in one piece again!

"You fixed it!"

Bailey said.

"I think so," Dad said. "But don't touch it yet. The glue still needs to dry."

Bailey could still see the crack in the middle where the slipper broke. But she was happy it was in one piece again.

"Thank you!" Bailey said.

"And thank you for forgiving me," Dad said. "That was a hard thing to do."

Bailey hugged her dad tight. Forgiving Dad was hard, but Bailey loved him more than any toy. ●

The author lives in Utah, USA.

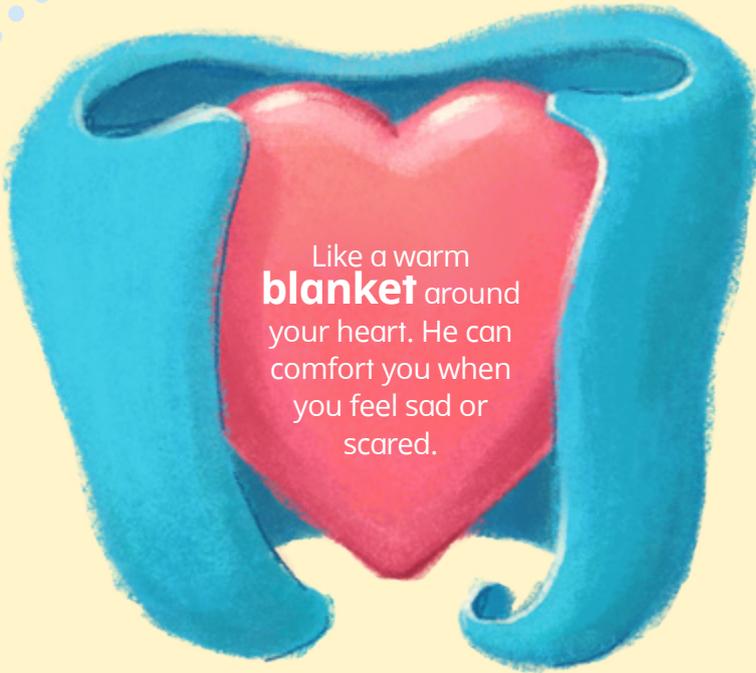


One day I was playing with a kid at school, and he got mad and threw a stick at my eye. I could have chosen to get mad or to calm down. I chose to calm down. When I got home, my mom was worried about my eye. I told her it was OK. I stayed home from school, and on my break, I read the scriptures. The scripture that I read talked about loving others. That reminded me of the kid at school.

Diego M., age 10, Florida, USA

THE HOLY G

By Marissa
Church M



Like a warm **blanket** around your heart. He can comfort you when you feel sad or scared.



Like an **alarm**. He can warn you of danger. He can guide you away from what will hurt you.



- 1. One member of the Godhead.** Heavenly Father and Jesus Christ are called the Spirit because He dwells in you.
- 2. A gift that comes with baptism.** When you are baptized, you will get a special blessing from the Holy Ghost to help you receive the Holy Ghost.
- 3. A promise from Heavenly Father.** When you receive the sacrament, you promise to keep His commandments. Heavenly Father promises to help you.



Like a gentle **teacher**. He can tell you what is true and help you remember what you've learned.

GHOST IS...

by
Widdison
Magazines

Like a **messenger** from Heavenly Father. The Holy Ghost can help you feel God's love and understand what He wants you to know.

Lead. That means He works with Christ to help us. He is sometimes invisible and doesn't have a body.

Baptism. After you are baptized, a ceremony called "confirmation" that invites the Holy Ghost to stay with you.

Follow. When you take the path following Jesus. In return, the Holy Ghost will be with you.



Like a **sign** helping you know where to go. As you make choices, He can help you stay on the path to eternal life.



Like a **best friend** who wants to be with you always! By making good choices, you invite the Holy Ghost to stay with you.

IN THE SCRIPTURES:

John 14:26

Galatians 5:22

2 Nephi 31:17-18

Doctrine and Covenants 130:22



By Sister Becky Craven

Second Counselor in the
Young Women General
Presidency

Living My Standards

“Stand as witnesses of God at all times” (Mosiah 18:9).

My dad was in the army, so we moved a lot when I was young. One of the hardest things about moving was leaving my friends behind. I had trouble making new friends because I was shy. Thankfully, people were

always friendly at school and Primary. At church it didn't matter how we were different. We were just all friends.

One way I overcame my shyness was by helping at church. It started with Primary. I shared a scripture in sharing time. I read out loud in class. Little by little, I felt more confident. This helped me to stand up for my beliefs.

When I was in fourth or fifth grade, my family lived in Maryland, USA. There weren't many Church members at my school. I had friends who were members of the Church and friends who were not.

When I was a teenager, some of my friends did things that were against my standards. But they didn't try to get me to do them. I am grateful that my friends respected my beliefs. Sometimes I felt left out because I couldn't do everything my school friends did. But I always felt good about following my standards. I decided I would live the gospel, no matter what. My testimony had grown stronger in Primary and home evening. I came to know that I am a child of God.

Years later, I found out that two of my school friends had joined the Church. I was so happy! They told me that watching me live the gospel when we were young helped them decide to listen to the missionaries.

My dear young friends, you are children of our Heavenly Father. When you remember this important truth *every day*, living the gospel will be easier. ●



I CAN
LISTEN
TO THE
HOLY
GHOST.

I can be **KIND.**

I can
dress
and act
MODESTLY.

I can do things
on the Sabbath
that help me
remember
Jesus Christ.

I CAN SHOW
RESPECT
FOR GOD, OTHERS,
AND MYSELF.

I can **REPENT** and try again
when I do something wrong.



I can be
honest.

I Can Choose the Right

I CAN TALK
ABOUT
GOD
reverently.

I can use
good words.

I can prepare now to go to the temple.

I CAN
LOOK FOR
GOOD
FRIENDS.

I can keep my
mind and body
healthy.

I can **OBEY**
my parents and
HELP
my family.

I can read, watch, and
listen to good things.



DETAIL FROM CHRIST AND THE RICH YOUNG RULER, BY HEINRICH HOFMANN

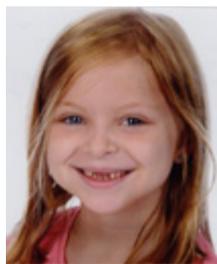
Show and tell



I look forward to getting the priesthood and going to the temple to do baptisms for the family names

my mum and I have found!

**Brigham W., age 11,
Victoria, Australia**



I help my mom with my baby brothers.

**Samantha S., age 8,
Berlin, Germany**



I love learning about Jesus and am thankful for the sacrifice He made for us.

**Sara D., age 6,
Rio Grande do Sul, Brazil**

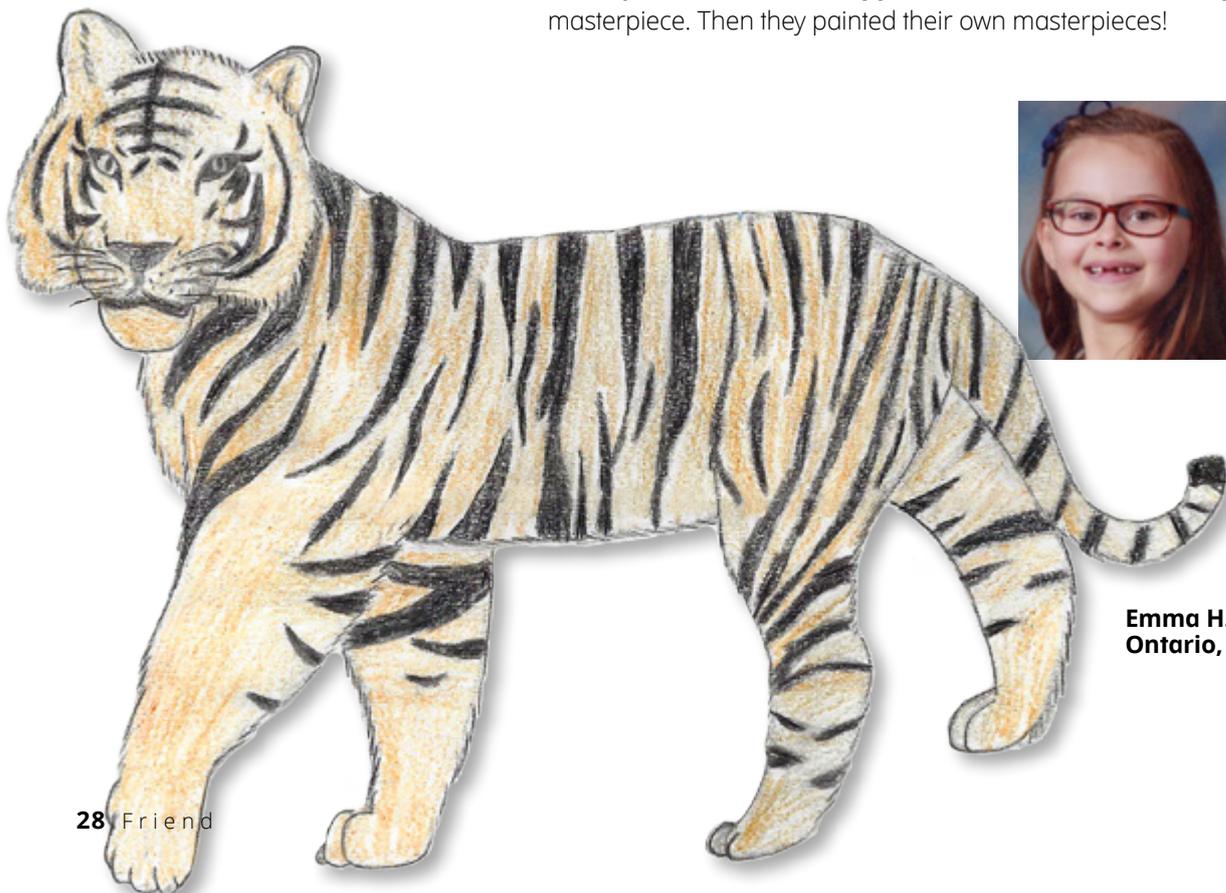


I help my parents do jobs in the house.

**Isaac J., age 6,
Western Australia,
Australia**



Primary children in **Mississippi, USA**, talked about how every person is a masterpiece. Then they painted their own masterpieces!



I played with my friend who was lonely.

**Alexis H., age 7,
Nova Scotia,
Canada**

**Emma H., age 9,
Ontario, Canada**

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



At our family reunion, we did a mini-mission activity. My companion was my cousin, and we taught our uncles and grandma a discussion. It was fun and got me excited to go on a real

mission someday!

Calvin M., age 9, Texas, USA



Aidan T., age 7, Alaska, USA



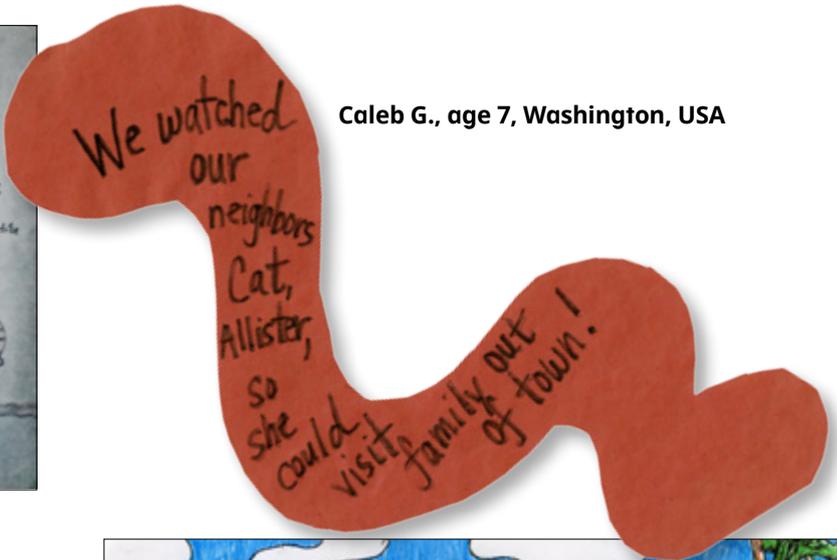
Feranmi F., age 8, Lagos, Nigeria



When I moved, I was super nervous to start third grade. The day before school started, my dad gave me a blessing. I felt like I would have an awesome school year. After a few days,

I had made a friend with someone in the ward. I am thankful for Luke and the wonderful friendship we have.

Kason H., age 11, Maryland, USA



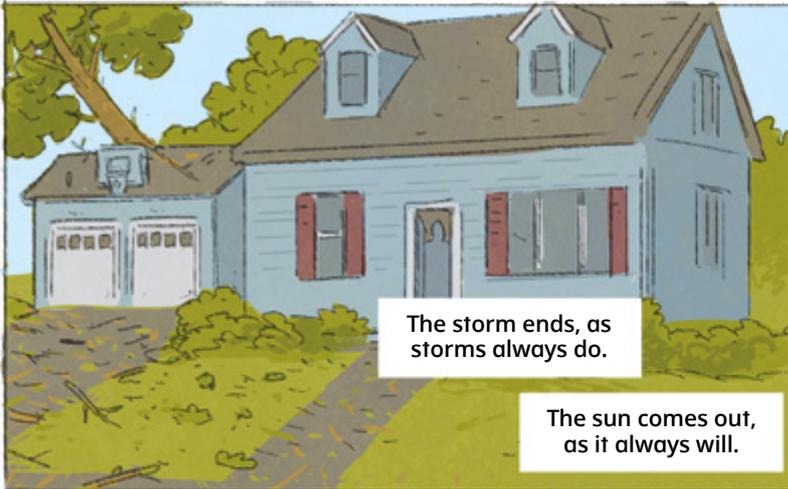
Caleb G., age 7, Washington, USA



Brynlee H., age 11, New Mexico, USA



MATT AND MANDY





GOD'S AMAZING WORLD

Did you know?

- At any moment, there are about 2,000 thunderstorms happening on earth.
- The hottest day ever recorded was 134.1°F (56.7°C), in California, USA, on July 10, 1913.
- It usually takes a raindrop about two minutes to hit the ground, but a snowflake can fall for up to an hour.



ART CHALLENGE

Draw your favorite animal using only straight lines—no curves.

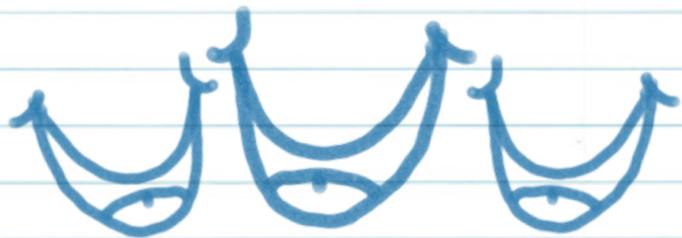


BRAIN BREAK

Make an obstacle course out of things around your house and see how fast you can go through it.

FAMILY HISTORY FUN

Do you have a funny family story? Interview a family member and write it down. Maybe you could share it for home evening.



TEMPLE TIME



I really like going to the temple to do baptisms for my ancestors because it makes me feel good knowing that I am helping my ancestors with something really important.

Gabriel G., age 12, Utah, USA

Weak Things

By Maryssa Dennis

(Based on a true story)

"If they humble themselves before me, and have faith in me, then will I make weak things become strong unto them" (Ether 12:27).

Parker liked lots of things—music, art, rocks with cool shapes. But his favorite thing was riding his dirt bike. He loved racing over hills on his bike. He wanted to be the best racer ever!

But no matter how hard he tried, he never was. As he zoomed over dirt hills and across winding trails, it looked like he wouldn't be best in this race either.

Parker crossed the finish line and braked to a stop, kicking up a cloud of dust behind him. He heard his family cheering as he squinted up at the scoreboard. Parker felt his stomach clench. *Eighth place.*

"You did great!" Dad said, clapping Parker on the back.

"No, I didn't!" Parker dumped his helmet on the ground.

"Last time you got 10th," Mom



STRONGER

said. "You're doing better every time."

"It doesn't matter!" Parker almost shouted. "I'll never get anywhere close to winning." He threw his gloves on the ground too.

"Cumulus," Mom said.

Cumulus was the code word that helped Parker calm down. When Mom or Dad said that word, Parker closed his eyes, pictured a big puffy cloud, and did the breathing exercises Mom and Dad had taught him.

Usually it worked. Parker didn't really want to think of clouds right now. But he closed his eyes anyway. He breathed in for five seconds. He held it for five seconds. And then he breathed out for five seconds. He did it over and over until he felt a little better.

When they got home, Parker tried to calm himself down by playing the piano. He sat down at the piano and started playing a song he knew. He liked

it when he could play it perfectly.

But today he messed up at the end. Parker slammed his fist onto the keys. The jarring notes rang in his ears.

Mom came in from the other room. "What's wrong?"

"I can't do *anything* right,"

Parker said.

Mom sat down on the piano bench and put her arm around Parker's shoulders. "I'm sorry you feel so



frustrated today." She picked up the Book of Mormon on top of the piano. "One of my favorite scriptures is Ether 12:27. Can we read it together?"

She turned to the right page and handed it to Parker.

"My grace is sufficient for all men that humble themselves before me," Parker read. "For if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them."

Mom smiled. "I like that promise. It reminds me that Jesus Christ can help me with my weaknesses."

Parker nodded. He liked that promise too.

"You know, you are good at so many things," Mom said. "But something you struggle with is being patient with yourself. It takes time to learn and grow and get better. And it's OK to not be the best at something." Mom gave Parker a hug. That made him feel a little better.

"Heavenly Father and Jesus can help you be patient with yourself," Mom said. "With piano and dirt bike."

The next day, Parker tried playing a new song. The first part was easy, but he kept messing up in the middle. He was almost ready to throw his music book on the floor, but he stopped. He pictured fluffy white clouds and breathed slowly in and out.

It's OK, Parker told himself. He could be patient and kind to himself. He looked at the picture of Jesus on the piano and thought of the promise his mom had read. *I'm getting a little better every day.* ●

The author lives in Utah, USA.

I keep trying to do things right, but I always mess up. I feel like I'm failing. What should I do?

-Trying in Taipei



Dear Trying,

Don't be too hard on yourself! President Nelson said, "When our imperfections appear, we can keep trying to correct them. We can be more forgiving of flaws in ourselves. . . . Perfection is pending."* Remember that Heavenly Father doesn't expect you to be perfect right away. He sent you here to learn and grow, little by little. He sent the Savior and the Holy Ghost to help us!

The *Friend*

These scriptures talk about growing little by little. Can you fill in the blanks?

- ★ "Jesus _____ in wisdom and stature, and in favour with God and man" (Luke 2:52).
- ★ "They began to prosper _____ in the land" (Mosiah 21:16).
- ★ "This is a good seed; for behold it sprouteth and _____" (Alma 32:30).
- ★ "He that receiveth light, and continueth in God, receiveth more light; and that light groweth _____ until the perfect day" (Doctrine and Covenants 50:24).
- ★ "[Jesus] received not of the fulness at first, but continued _____ until he received a fulness" (Doctrine and Covenants 93:13).
- ★ "He will give unto the faithful _____ precept upon precept" (Doctrine and Covenants 98:12).

from grace to grace

brighter and brighter

by degrees

beginneth to grow

line upon line

increased



Try these refreshing drinks from the Dominican Republic and Puerto Rico! (Read about the Dominican Republic on pages 12–15.) Be sure to get an adult's help when cooking.



Awesome Orange

- 1 12-oz (340-g) can evaporated milk, chilled
- 3 tablespoons sugar
- 1 cup orange juice, chilled
- 1/4 teaspoon vanilla

Combine the milk and sugar and stir until the sugar has dissolved. Then stir in the orange juice and vanilla.

Pineapple Pizzazz

- 3 cups pineapple chunks
- 2/3 cup coconut milk
- 3/4 cup ice

Blend the ingredients in a blender until smooth.

Beach Bash

Circle what you think is silly about this seaside celebration.



Now find what's silly about us!



FRIENDSHIP FEUD



By David Dickson
Church Magazines
(Based on a true story)



That night . . .



The next morning . . .

You're up early. Have you decided what to do about your friends?

Yes. I've been praying about it. I want to be a friend to Sadra.



I'm proud of you.



Later . . .

Hey, Sadra, I made cookies this morning. Want some?

Sure, thanks!



So, any chance you could teach me some of your awesome soccer moves later?

Sure!



Maybe our other friends will come around too!





**Magnus C., age 10,
Idaho, USA**

When I was nine, my brother Leif got really sick. He went to the hospital. My mom told my sister and me that my brother had leukemia, a blood cancer. We prayed that my brother would be OK.

My dad stayed at the hospital with my brother. Two days later we drove to the hospital to see Leif. It was the first time I'd seen him since he was diagnosed. My grandma and grandpa were there helping. When I walked in, my brother was on a bed with many tubes and needles connected to his arms. I gave him a hug and began to cry. But I felt the Spirit with me.

Heavenly Father was comforting me. He gave me love and support.

As we drove home from the hospital, the Spirit was still with me. I'm thankful that Heavenly Father blessed my family and my brother in many ways. The members of my ward helped our family. And my schoolteachers showed kindness to me. I felt the love of Heavenly Father through many people.

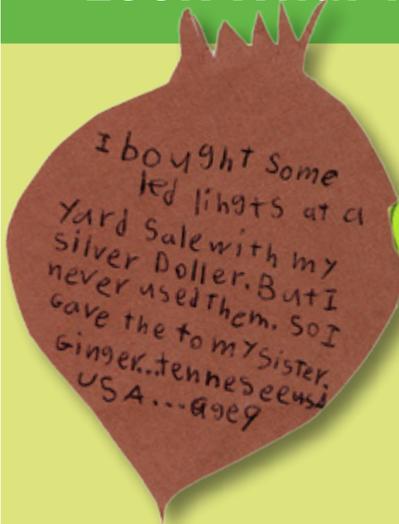
Leif has had a lot of struggles with his leukemia. Prayer and family and ward fasts have helped him so much. Leif has two years left of chemo treatment, but he has made it through the first and hardest year.

Heavenly Father sends the Holy Ghost to comfort you in times of need and inspires friends and family to help you. ●

Praying for Leif



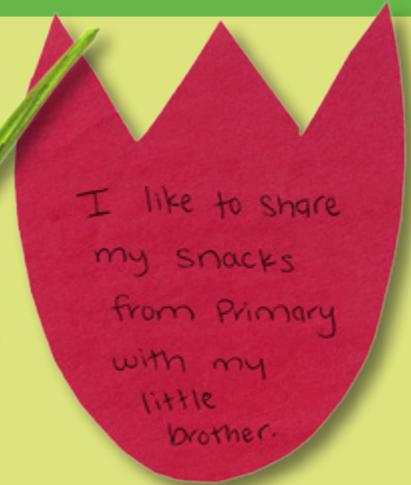
Look What You Made for the Kindness Garden!



Ginger P., age 9,
Tennessee, USA



Drake S., age 8,
Illinois, USA



Dallin M., age 4,
Alabama, USA

FUNSTUFF ANSWERS

Page 20: Puebla Mexico, Auckland New Zealand, Pago Pago American Samoa, Neiafu Tonga, Managua Nicaragua, Tooele Valley Utah, Moses Lake Washington, San Pedro Sula Honduras, Antofagasta Chile, San Juan Puerto Rico

Page 31: "Between you and me, something smells!"



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3, 2, and 23.

How to Write to the *Friend*

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

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

Please send your submission to:

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

May the *Friend* contact you with a survey?

Yes No

The following information and permission must be included:

First and last name _____

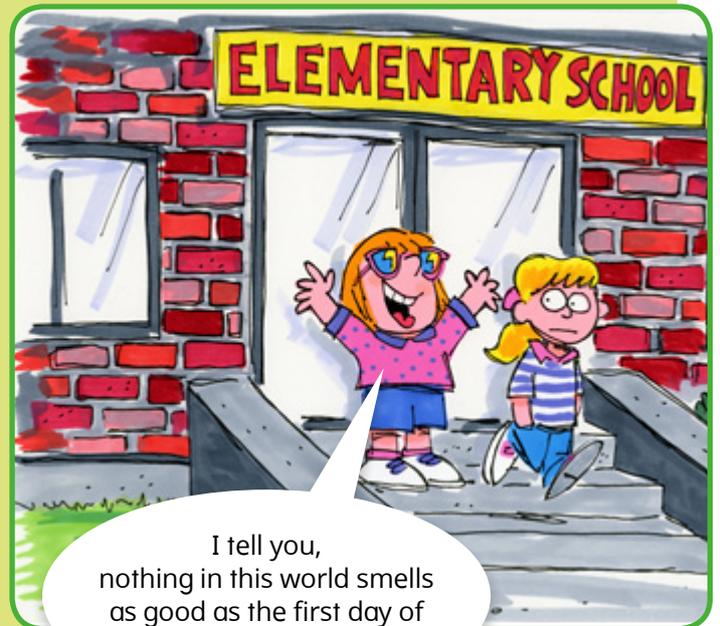
Age _____ Boy/Girl _____ State/Province, Country _____

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

Signature of parent or legal guardian _____ Date _____

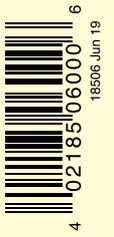
Email of parent or legal guardian _____

The Last Laugh



I tell you,
nothing in this world smells
as good as the first day of
summer vacation.

the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

ACTION RHYME

Guess Who?

By Jordan Monson Wright



*He teaches me to dribble.

He shows me how to cook.



He reads to me at
bedtime from our
very favorite book.



He helps me take good care
of my body and my mind.



He helps me to STAND UP for
what's right and true and kind.



Who could it be?
Have you already guessed?

This person is my *daddy!
And, yes, he is the best.



* Replace "daddy" with "grandpa," "brother," "uncle," etc. Or change "he" to "she" for "mommy," "grandma," "sister," etc.

Sharing the Sabbath Day

By Jennifer Maddy



“Want to ride bikes?” Alex asks.
“Thanks, but on Sundays I do things with my family,” says Tomás.



“Wait! Want to come read with us?” asks Tomás.



“We’re reading a Bible story about a guy named Daniel and a bunch of lions!”



“Lions? Cool!” says Alex.



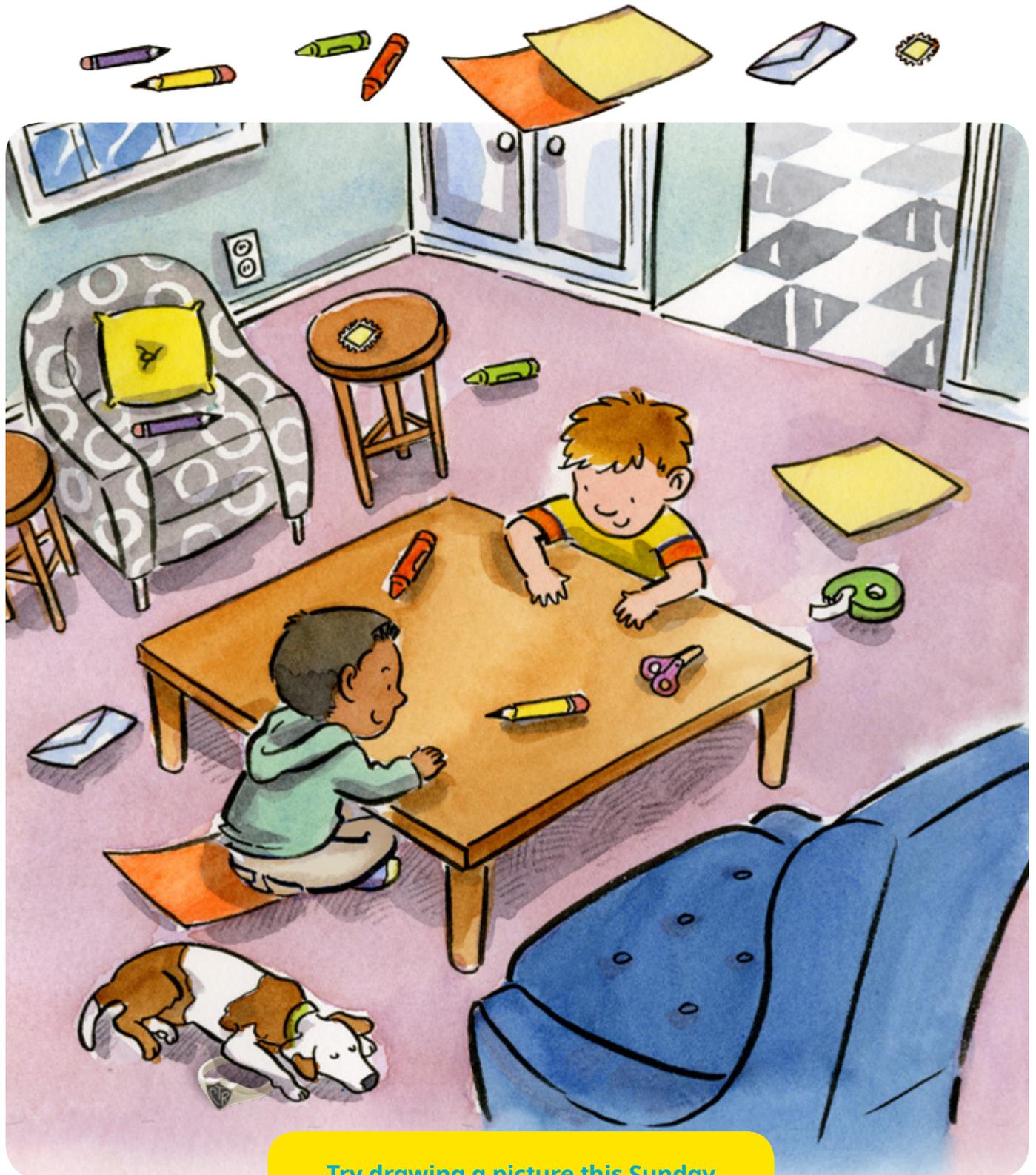
“We’re glad you’re here, Alex.”



Tomás is happy he can share the Sabbath day with his friend.

Sending Sunday Letters

Tomás draws pictures for his grandma on Sundays. Today Alex is going to help him. Can you help them find the things they need?



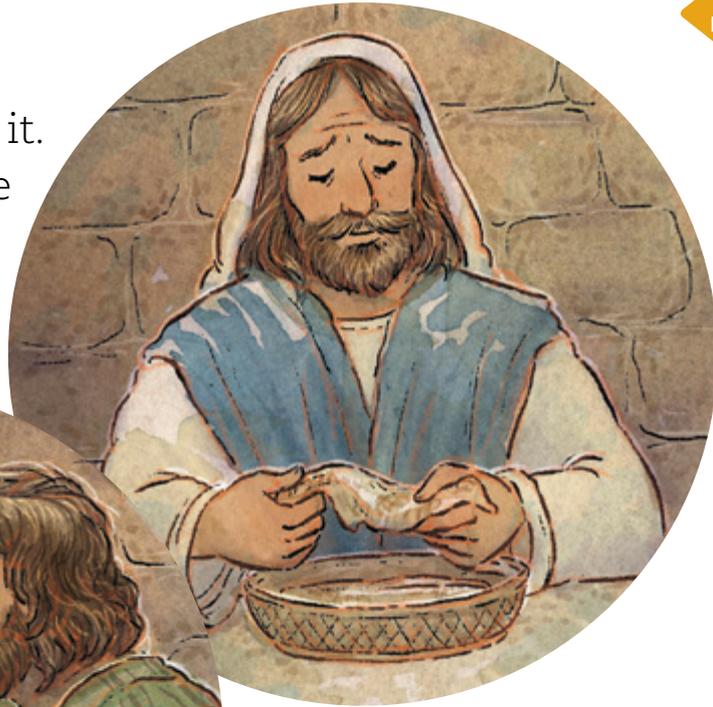
Try drawing a picture this Sunday
for someone you love!

Jesus Taught about the Sacrament



Before Jesus died, He ate a special meal with His disciples.
It was called the Last Supper.

Jesus took bread and blessed it. He gave it to His disciples. He asked them to eat it to help them remember Him.

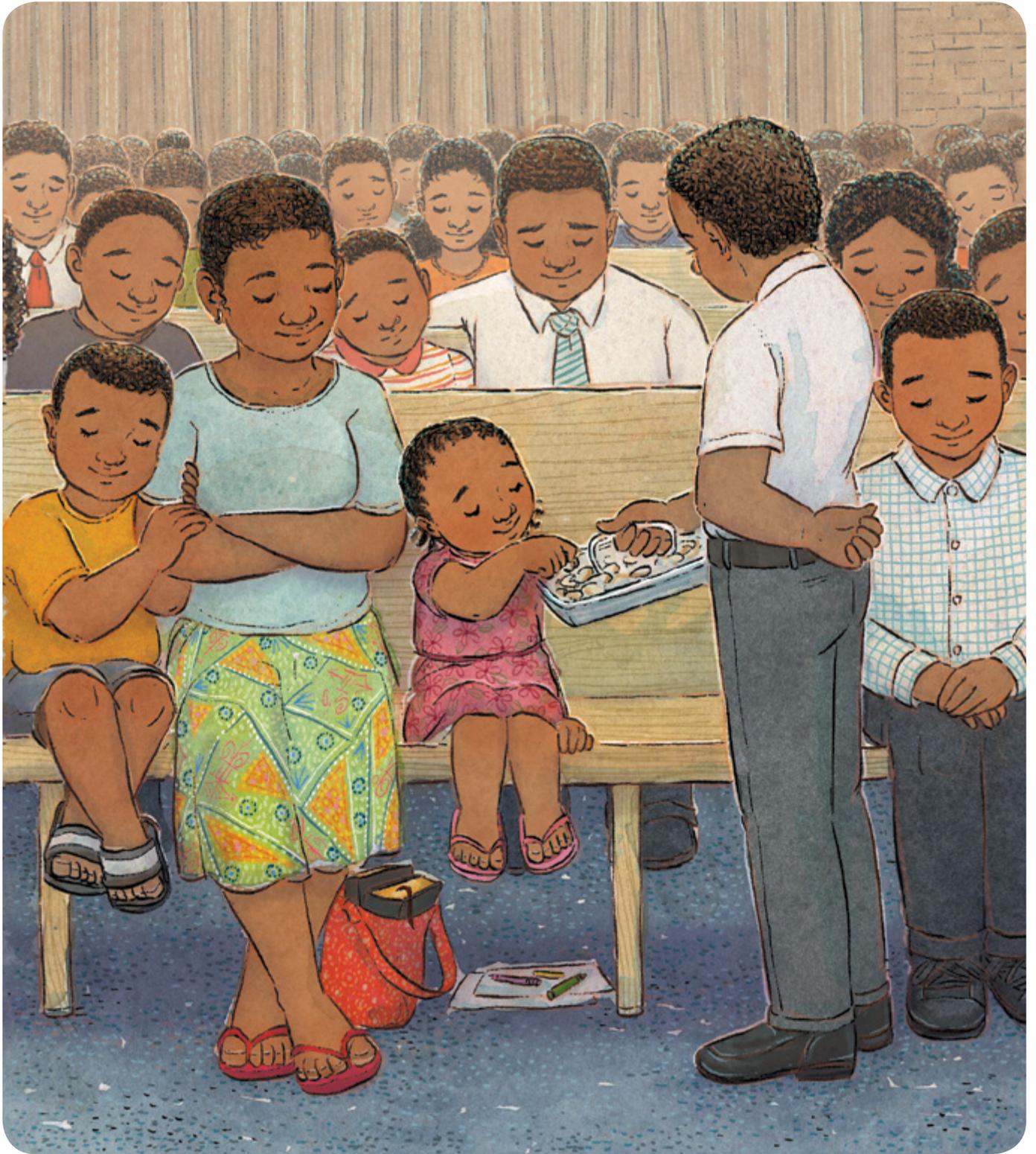


Jesus took a cup and gave it to His disciples. He told them to drink from it to help them remember Him.

Jesus and His disciples also sang a hymn together.



See family manual, page 91; Primary manual, pages 89–90.



I can remember Jesus by taking the sacrament every week, as He asked us to do. ●

Jesus Gave Us the Sacrament



ILLUSTRATION BY APRYL STOTT

Baby's Blessing Day



By Heidi Poelman
(Based on a true story)

Kate jumped out of bed.
“Good morning!” Mom said.
“Today is a special Sunday.”

“Why?” Kate said.

“We’re blessing your baby sister today.”

“Is Susie sick?” Kate asked.

“No,” Mom said. “This is a different kind of blessing. It’s for babies after they’re born. When you were a baby, Daddy gave you a special blessing too.”

Kate didn’t understand. She thought blessings were just for people who were sick. She ate breakfast and got dressed. Then it was time to go.

Kate looked at her baby sister in the car. She was in a beautiful white dress.

When Kate got to church, Grandma and Grandpa were there! So were Aunt Mindy and Uncle Tim. And Kate’s cousins!



Kate was happy to see her family. She usually only saw them on holidays. This must be a special day!

The meeting began. “Today we’re going to bless a baby,” the bishop said.

Kate watched Dad, Grandpa, Uncle Tim, and the bishop go to the front of the chapel. They stood in a circle, holding baby Susie. Everyone else folded their arms and bowed their heads. Kate listened carefully and heard her dad’s voice.

Dad blessed Susie to know that her family loved her. He blessed her to have faith in Heavenly Father and Jesus Christ. He blessed her that she would be baptized. And he blessed her that someday she could get married in the temple and have her own family.

“In the name of Jesus Christ, amen,” Dad said. Kate opened her eyes. She watched Dad hold Susie up for everyone to see.

“That was special,” Kate whispered to Mom.

“You’re right,” Mom said.

“I’m glad Susie could have a blessing,” Kate said. ●

The author lives in Utah, USA.



For Parents of Little Ones

Father's Day and Mother's Day can bring up sad feelings for children who don't have a mom or dad at home. What can we do to honor those days in a sensitive way?

Here are some ideas from parents who have transformed potentially painful days into celebrations:

“ I try to remind the kids that every family is different and that, no matter what, our Heavenly Parents will always be there for us. ”

—Erin H.

“ If a parent has passed away, you could celebrate by eating their favorite dinner or sharing favorite memories. ”

—Hayley H.

“ Our Primary has foster children, adopted children, and children who live with grandparents or single parents. One Mother's Day, I made a page for everyone to color and told the kids to pick a woman in their lives who had helped them, someone they looked up to, and to color the card for her. It seemed to go over really well! ”

—Rachel R.



“ My father wasn't present growing up, but I had male role models (uncles, teachers, ward members) who cared about me. I wrote them notes or brought them cookies for Father's Day. It's also OK to skip the holiday and just celebrate it as another day we've been given here on earth. ”

—Chelsea R.