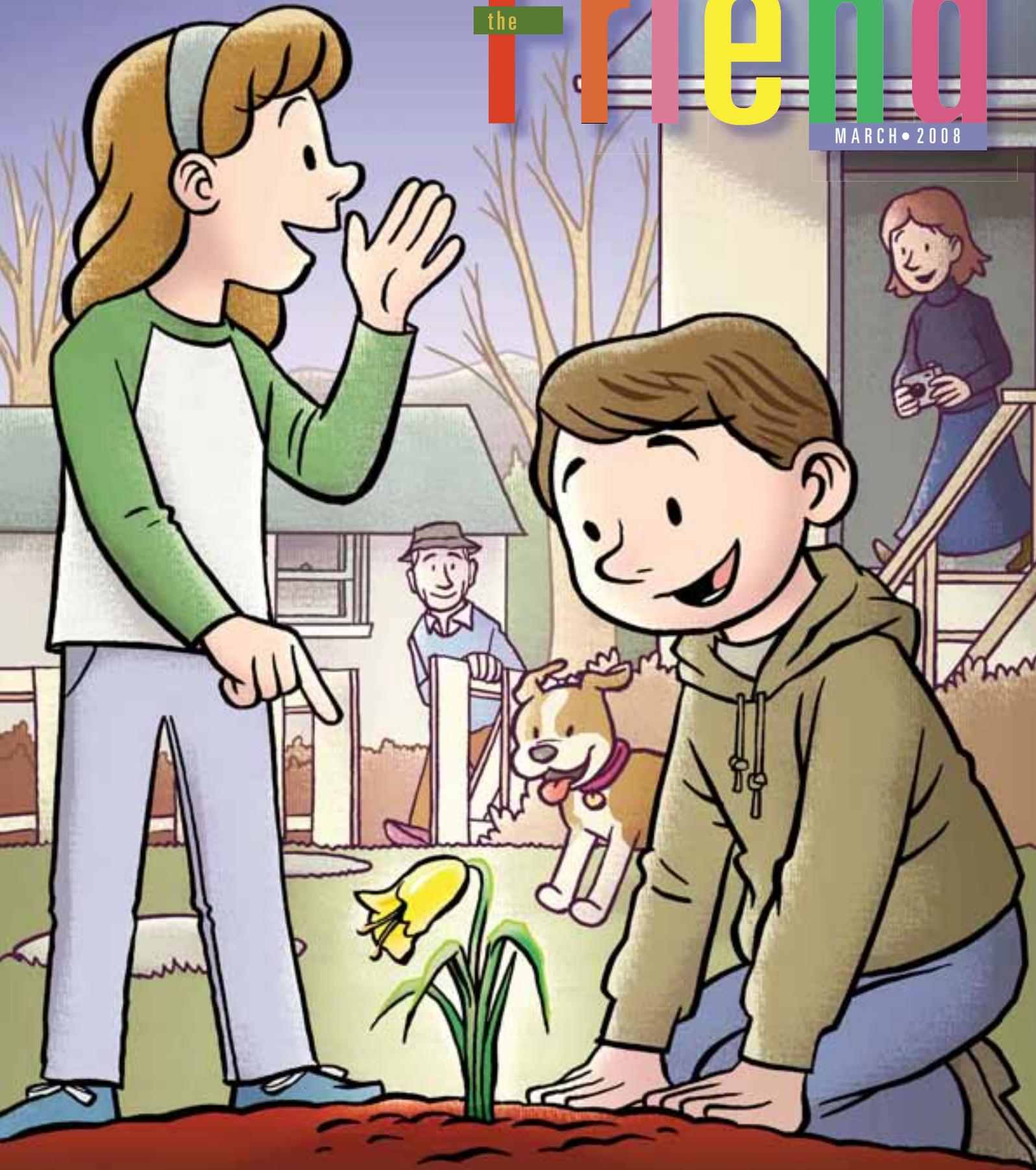


# the friend

MARCH • 2008



# Friends by Mail

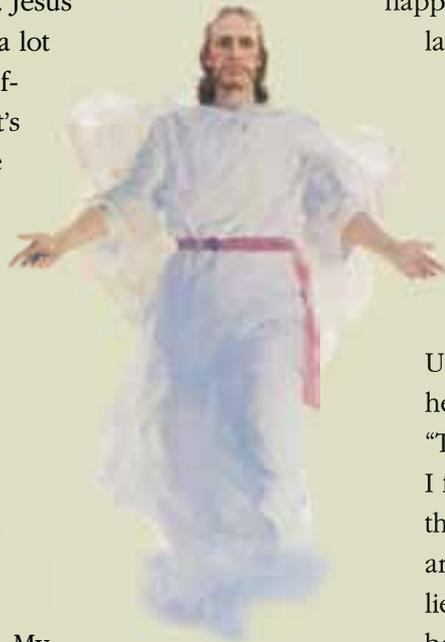


## True Meaning of Easter



**E**aster can be fun with chicks and bunnies, but it's really about the Resurrection of Jesus Christ. And He did it all for us. It is sad when people just forget about it. Jesus went through a lot of pain and suffering for me and all the world. It's just wonderful! My family has the Easter bunny come a night early. Then our family can think about the true meaning of Easter on Sunday.

Alexis M., age 9, Utah



## How to Have a Happy Family



**I** love my family and try hard to help them when I can. I feel sad when I see families or parents who are struggling. I want to help them learn how to be a better and happier family. My dad is a lawyer and sometimes

he has cases about families who are not choosing the right and that makes them very unhappy.

My idea was to help make a program to teach mothers and fathers and children to love each other better. I even wrote a letter to the president of the United States to ask what is being done to help families. Then yesterday I was reading "The Family: A Proclamation to the World." I felt so happy that President Hinckley and the Apostles also want families to have love and do things that are right. I think if families will live the gospel every day they will be a lot happier.

Jonathan H., age 8, Arizona

## Sharing My Talent



**I** love to sing. My favorite songs are Primary songs that help me share my testimony and my love for the Savior. I sang "I Am a Child of God" in sacrament meeting when I was three years old. By sharing my talent, I

feel good and help others feel the Spirit. I was able to share my talent with more than 400 people recently when I was asked to sing "The Star-Spangled Banner" at a picnic for the governor of Maryland. I was not even nervous because I knew that Heavenly Father would help me do my very best.

Tyson D., age 6, Maryland, with help from his mom

## Sick

**I** was sick one day. Instead of watching TV, I decided to read the *Friend*. Then I was sick on Sunday, and I had to stay home from church. I felt bad for not going to church so my dad gave me a Sunday School lesson. I felt much better.



Kaiden W., age 7, Idaho

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March 2008

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# the Friend

See the  
Guide to the Friend  
(inside back cover)  
for family home  
evening ideas.



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

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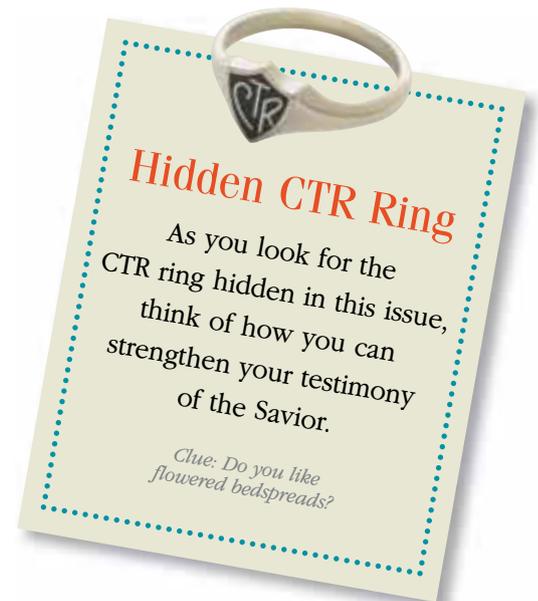
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Cover by Adam Koford







# Helping the Lambs

BY PRESIDENT HENRY B. EYRING  
Second Counselor in the First Presidency

**T**he Savior taught Peter and His other Apostles to nourish others. You remember that in the Bible account He fed them before He taught them. He had been crucified and then resurrected. His servants had gone to Galilee. They had fished through the night, catching nothing. When they drew near to shore, in the dawn, they did not at first recognize Him. He called out to them, telling them where to cast their nets, and when they did the nets were filled. They rushed to greet Him on the shore.

They found a fire of coals with fish cooking and bread. The Master let them eat first. Then He taught them of spiritual feeding and gave a commandment to them which still stands for each of us.

“So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs” (John 21:15).

A child can do things to nourish the faith of others. Children could invite a recent convert to come with them to a meeting. Children could smile and greet a new member coming into a class.

By doing simple things we will be granted power to nourish tender faith. The place to start is with our own hearts. We can try to see those we are to nourish as our Heavenly Father sees them.



President Eyring teaches that children can help others strengthen their faith in Jesus Christ.

Every word we speak can strengthen or weaken faith. We need help from the Spirit to speak the words which will nourish and strengthen. There are two great keys to inviting the Spirit to guide what words we speak as we feed others. They are the daily study of the scriptures and the prayer of faith. The Holy Ghost will guide what we say if we study and ponder the scriptures every day. Heartfelt, constant pleading for the companionship of the Holy Ghost will surely bring blessings to us and to those we love and serve.

You and I can be part of a great work. We can by simple obedience help the Lord to take the lambs, His lambs, into

His hands and take them in His arms home to their Father and our Father. ●

*From an October 1997 general conference address.*



## Things to Think About

1. As a member of the Church, we can all help nourish lambs. What do you think this means? Whom do the lambs represent?
2. What kinds of words can you say to your friends and family that might help strengthen their faith?
3. Can you think of someone Heavenly Father might want you to help? How will you find out what Heavenly Father would like you to do?

# A BLESSING OF STRENGTH



BY KIMBERLY REID

Church Magazines  
(Based on a true story)

*I know that he shall rise again in the resurrection at the last day* (John 11:24).

I didn't have any brothers or sisters, but soon I would have two! Mom was going to have twins. Dad packed up the things in our extra bedroom and hauled them to the basement. Then he put together two cribs, one on each side of the room. Grandma and Mom made two quilts, one blue and one yellow. Sometimes I practiced setting the table for

five instead of three. Everything was ready—all we had to do was wait. Mom told me that when the leaves started changing and the air got cooler, I'd know that my brothers would be born soon.

But one summer morning, I found my mom sitting next to the bathtub. She was holding her stomach and crying.

"What's the matter?" I asked. I was scared.

“It’s not time for the babies to be born yet, but they’re coming,” she said.

Dad took Mom to the hospital while Grandma stayed with me. Usually Grandma would take me somewhere fun, like the zoo or the state capitol building. But not today.

Finally, the call from the hospital came. Grandma told me that I had two new brothers, Aaron and Carl. “Tomorrow I’ll take you to see them,” she said.

I couldn’t wait! “Do they have red hair, like me?” I asked.

“I’m not sure,” Grandma said. She told me that they wouldn’t look like other babies I had seen because they were born three months early. Their skin was very delicate, and they were less than half the size of most newborn babies.

“Will we see Mom at the hospital?” I asked.

“No. Mommy is resting at a different hospital,” Grandma said. “The twins are so weak that as soon as they were born, they rode in a helicopter to another hospital.” She said that Dad and Grandpa had given them a priesthood blessing so that they could be strong.

Before bed, I prayed for my brothers. Then I dreamed. Would Mom let me help tuck them into bed at night? When they were older, would they play with me in the backyard? Part of me was worried. Would I be left out because there were two of them and only one of me?

The next morning, Grandma looked sad.

“Can we go to the hospital now?” I begged.

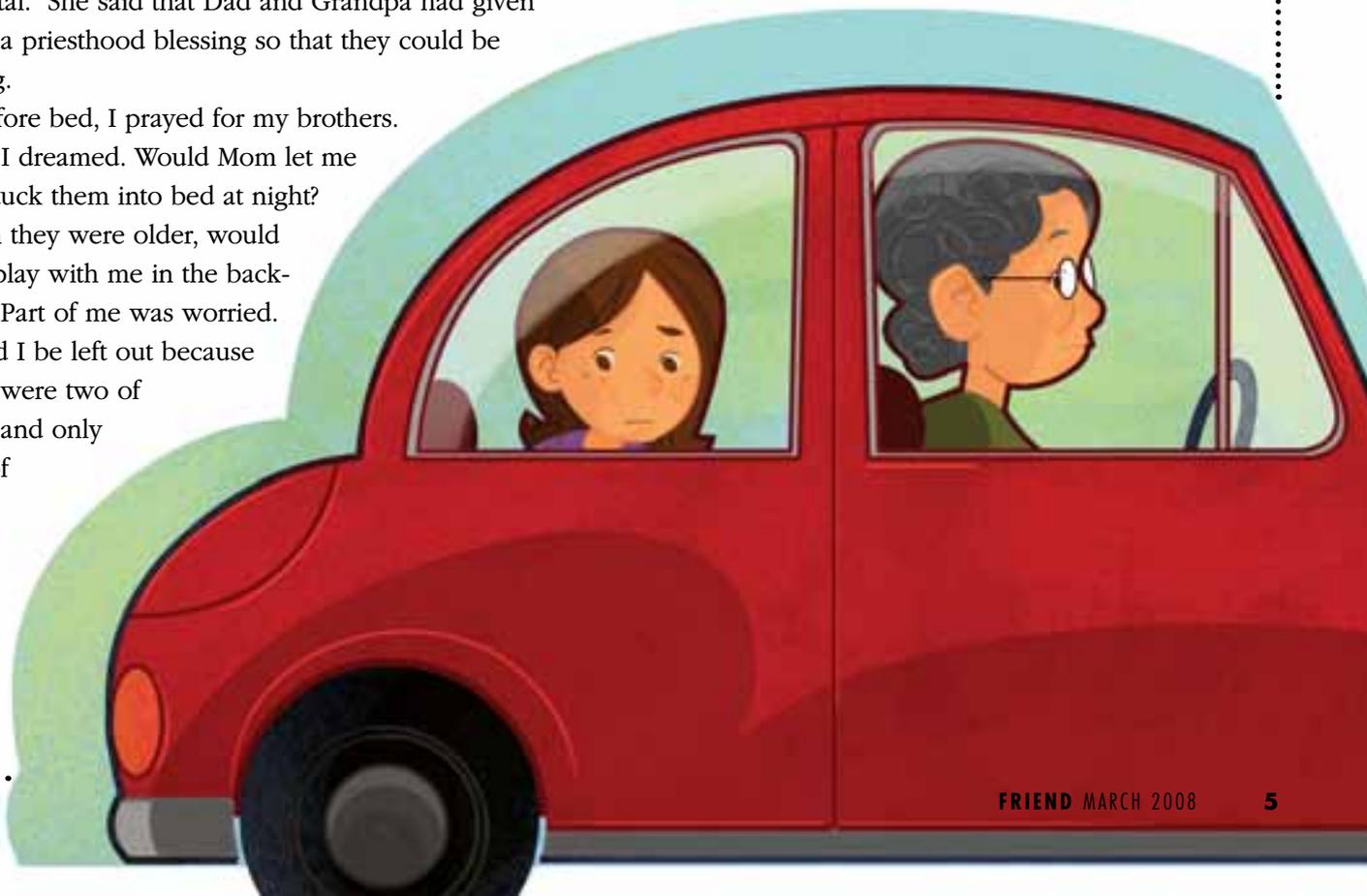
“Yes, honey, we can go see Carl,” Grandma said, “but Aaron died last night. His little lungs weren’t strong enough to keep breathing.”

I couldn’t believe it. My brother had died?

“I’m sorry I didn’t take you to see him yesterday,” Grandma said.

I frowned. I thought Dad gave Carl and Aaron blessings so they could be strong. I had learned in Primary that not all prayers are answered the way we want, but I wondered why not. Whenever I was sick and Dad gave me blessings, I felt better. I wanted my brothers to get better too.

I sadly peered out the window as Grandma drove to the hospital. When we got there, Dad met us. A nurse helped me tie a mask over my mouth and nose. She washed my hands and fingernails with a scrub brush, then let us in to meet Carl.





“There’s your new brother,” Dad said. Carl was covered by a clear box. He was teeny and red. Tubes were in his mouth and needles were in his arms.

“What are they doing to him?” I croaked. “Why is he in there?”

“So he can stay warm,” Dad said. “The tubes are to help him breathe, and the needles give him food.” Then Dad opened a little circle-shaped door on the side of the box. “Go ahead. Touch him.”

I was afraid to. Carl barely seemed alive, and I didn’t want to hurt him.

“It’s OK,” Dad whispered, so I reached through the little door and brushed Carl’s hand with my finger. His little hand curled around my finger. I giggled. He squeezed so tight!

“He won’t let go!” I laughed. Dad smiled. Carl’s hand barely reached around my finger, but I couldn’t pull it away. His grip was too strong.

“Dad’s priesthood blessing worked,” I thought. Carl didn’t look very strong, but he was. Many weeks later, Carl came home to live with us.

It was sad to watch Dad take apart the second crib and move it out of Carl’s room. Sometimes I felt sad that I would never set five places at the table. But Mom and Dad told me to remember that Aaron was still a part of our family, even if he couldn’t be with us now. Someday we would all be resurrected, and we could be an eternal family.

Until then, Mom said we could make Aaron a part of our lives if we remembered him. She made a page in our Book of Remembrance for him and saved a piece of paper with his tiny ink footprints on it. She also saved a piece of his hair. It’s red, just like mine. ●

“The divine plan of happiness enables family relationships to be perpetuated beyond the grave.”

**“The Family: A Proclamation to the World”<sup>1</sup>**



# I Shouted for Joy

B ELSIE PALMER

I shouted for joy when I heard of God's plan  
To create an earth for the family of man.

I shouted for joy when He told us that we  
Would each have a body and our own family.

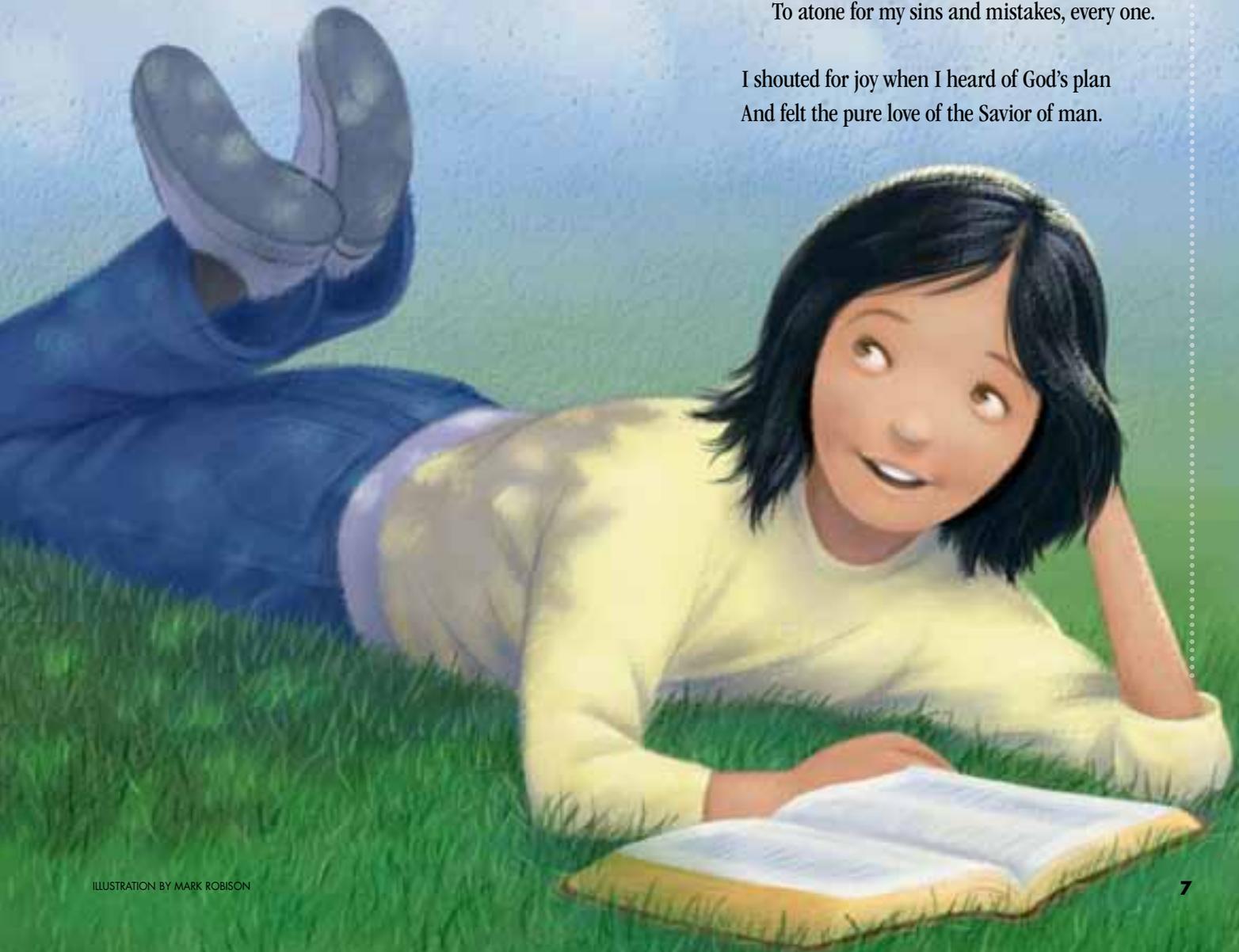
I shouted for joy when I learned we'd be free  
To choose to do right and to use agency.

I shouted for joy but I knew that each sin  
Would keep me from coming again unto Him

To live in His presence in mansions above.  
But I shouted for joy when I learned of God's love,

A love that would offer His very own Son  
To atone for my sins and mistakes, every one.

I shouted for joy when I heard of God's plan  
And felt the pure love of the Savior of man.



# Jesus Knows



*The Lord said . . . I know thee by name* (Exodus 33:17).

In my childhood, my family went through some very troubled times. My parents divorced when I was five. My mother remarried, but divorced again. My three younger siblings and I all lived with our mother in one room in one of the worst parts of Glasgow, Scotland. Home life was quite dark, challenging, and poor.

When I was about 10, I went to a little Christian Sunday School group that met at the end of the street. We sang songs, and a teacher taught us Bible stories. One Sunday, our teacher told us the story of Zacchaeus.

Jesus was passing through the city of Jericho, and there was a great crowd of people surrounding him. A man named Zacchaeus wanted to see Jesus pass by, but Zacchaeus was not very tall. He ran ahead and climbed a tree so he could see Jesus in the midst of the crowd.

Jesus looked up and called him by name: “Zacchaeus, make haste, and come down; for to day I must abide at thy house.”

Zacchaeus was not a popular man. He was a tax collector. Many people, seeing with whom Jesus was going to spend the day, murmured because they didn’t think Zacchaeus was worthy. Yet Jesus chose

to spend time with him.

We don’t read much in the scriptures about what happened while Jesus was in Zacchaeus’s home, but we do know what the result was. Zacchaeus repented and became converted. Jesus said *that salvation* house of Za 19:1–10.)

I wonder the name of

He know my name? If this thing called salvation could come to the home of Zacchaeus, could it come to my family? If Zacchaeus could be saved, could I? I know now that the Holy Ghost prompted me to think those thoughts.

Within two years, I discovered that the Lord *did* know my name and that salvation *could* come to my family. The Lord sent missionaries from His Church to find us. My mother was not very interested in religion, but the missionaries knocked on our door on a very rainy, wet day. They had been out working all day long, and they were soaked to the skin. My mother invited them in to get warm. When I came home from school, the missionaries were sitting by our electric heater, steam rising from their clothes. That began our teaching experience. A few weeks later, we were baptized and confirmed members of The Church of Jesus Christ of Latter-day Saints.

## Your Name



From an interview with Elder David S. Baxter of the Seventy

Being members of the Church has been a great blessing in our lives. We found peace, direction, and hope. I grew up to serve a mission, marry in the temple, and become the father of four children. I became the first person in all the generations of my family to attend university, and I enjoyed a successful career.

Children, Jesus is real. He lives. He knows you one

by one, name by name, wherever you are in the world. Whatever your situation is, know that you are better than you think you are. There is such goodness in you! Even if there are things in your life that are very hard—even if there is some pain—remember always that Jesus loves you. As you simply do the best you can and try to follow Him, you will go on to do great things. ●



BY ANNETTE ALGER

(Based on a true story)

Look up the following scriptures:

1 Corinthians 16:14; Mosiah 2:17; D&C 42:38.

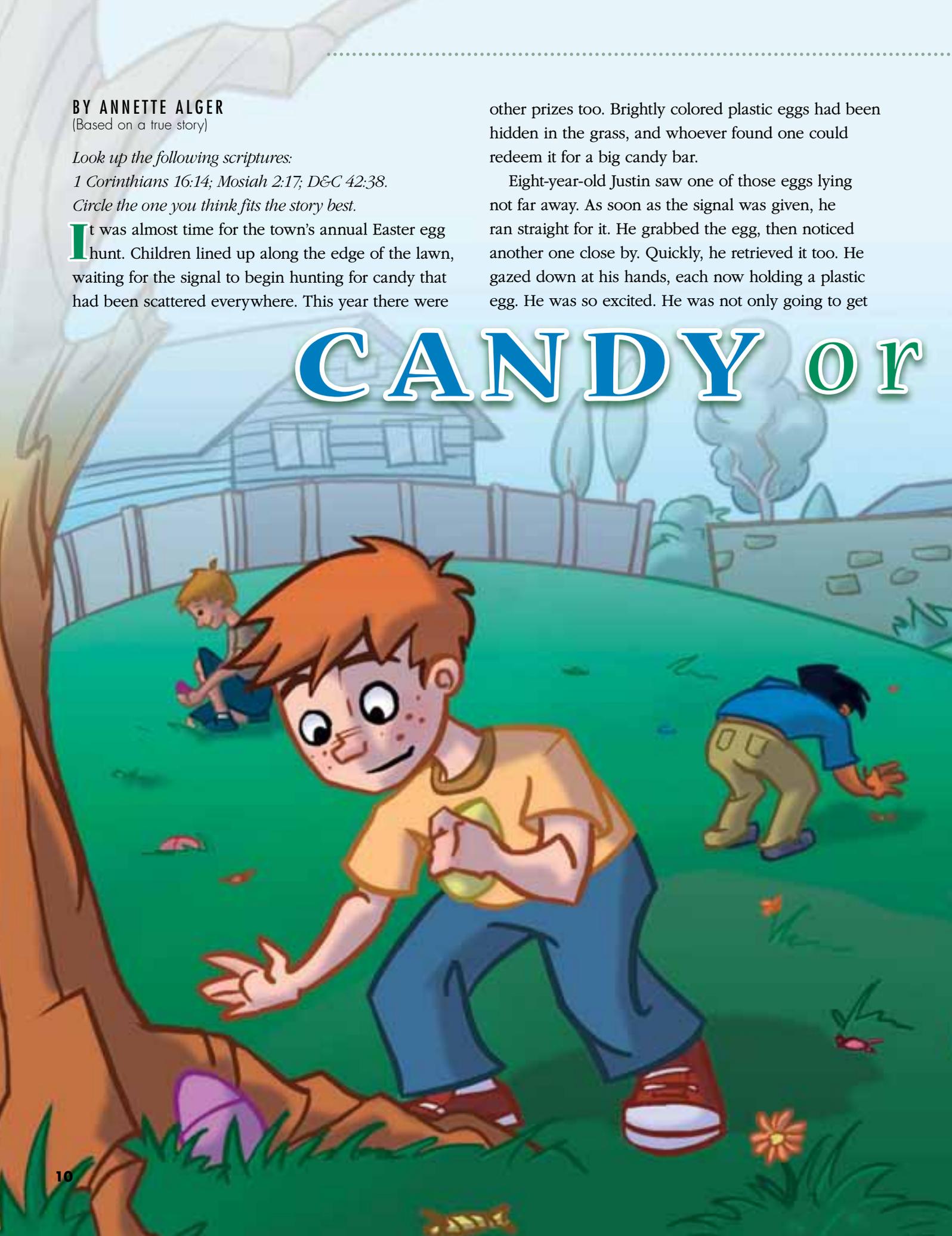
Circle the one you think fits the story best.

**I**t was almost time for the town's annual Easter egg hunt. Children lined up along the edge of the lawn, waiting for the signal to begin hunting for candy that had been scattered everywhere. This year there were

other prizes too. Brightly colored plastic eggs had been hidden in the grass, and whoever found one could redeem it for a big candy bar.

Eight-year-old Justin saw one of those eggs lying not far away. As soon as the signal was given, he ran straight for it. He grabbed the egg, then noticed another one close by. Quickly, he retrieved it too. He gazed down at his hands, each now holding a plastic egg. He was so excited. He was not only going to get

# CANDY or



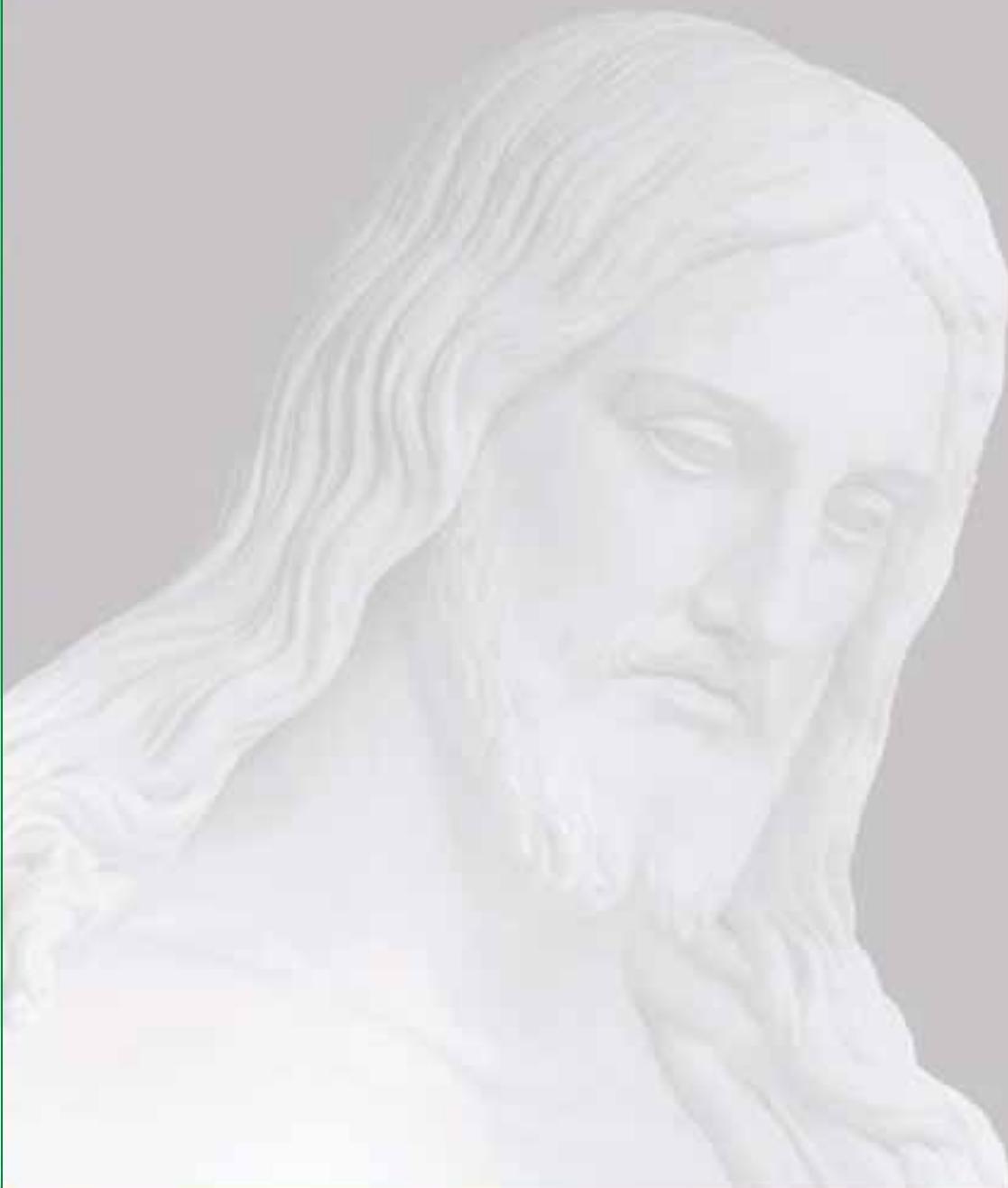
one, but *two* delicious, gigantic candy bars!

Then he looked up and saw a mother with her two sons. He could see that the boys were blind, and their mother was holding their hands trying to help them find some treats. As Justin watched them, he noticed that before the mother could lead her sons to candy, another child would spy it and promptly scoop it up. This happened again and again. The hunt was almost over and the boys' hands were still empty.

Once more, Justin looked down at his hands and his treasured eggs. Then he quietly tiptoed over to the boys, bent down, and placed an egg on the ground by each of them. The mother, with a tear streaming down her cheek, mouthed the words, "Thank you." She guided her sons' hands downward and they discovered the precious eggs. Their faces lit up with excitement. Justin got a big grin on his face. He didn't get any candy bars that day, but he still felt like a winner. ●

# KINDNESS?





<i><b>I will follow His example.</b></i>	<i><b>I will be true.</b></i>
<i><b>I will share the gospel.</b></i>	<i><b>I will speak more reverently.</b></i>
<i><b>I will be kind.</b></i>	<i><b>I will think of His commandments.</b></i>

# If the Savior Stood Beside Me

*And we have seen and do testify that the Father sent the Son to be the Saviour of the world (1 John 4:14).*

BY LINDA CHRISTENSEN



Do you have a friend you like to play with? Do you have a friend you can talk to about things that are important to you? Do you have a friend who loves you and wants you to be happy?

Friends are an important part of your life. Friends help you learn new things and cheer you up when you feel sad. Friends can help you choose the right. Jesus Christ is a special friend. He is the Savior. He loves you and wants you to choose the right. He knows that when you make good choices, you will be at peace.

This year in Primary you are learning the song “If the Savior Stood Beside Me.” The words to the third verse remind you that He is near you, even though you can’t see Him. He is watching over you, and He loves you.

*“He is always near me, though  
I do not see Him there,*

*And because He loves me dearly, I am in His watchful care.*

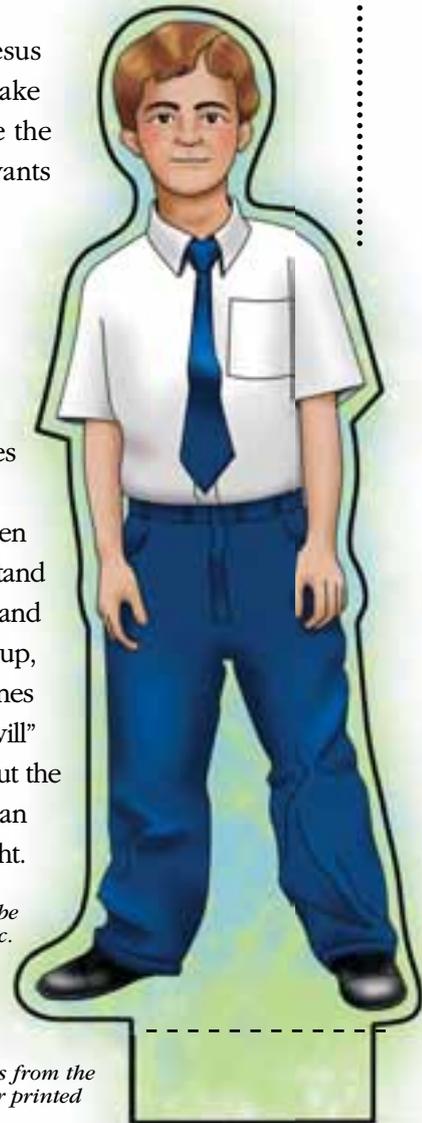
*So I’ll be the kind of person that I know I’d like to be  
If I could see the Savior standing nigh, watching  
over me.”\**

When you think about Jesus Christ, it will help you to make good choices so you can be the kind of person the Savior wants you to be. ●

## Activity

Remove pages 12–13 and mount them on heavy paper. Cut out the diorama, each “I will” statement, and the figures of the boy and girl. Fold the diorama forward on the broken line, and glue tabs so it can stand up. Fold the tabs on the boy and girl figures so they can stand up, and glue them on the solid lines on the diorama. Glue the “I will” statements on the diorama. Put the diorama in a place where it can remind you to choose the right.

\*New Era, Aug. 2007, 8 or Friend, Oct. 1993, 14. This song can also be found at [www.lds.org/churchmusic](http://www.lds.org/churchmusic).



## Sharing Time Ideas

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit; TNGC = Teaching, No Greater Call.)

1. Ask the children to listen for the phrase that begins with "I believe" as they sing "The Church of Jesus Christ" (p. 77). When they have discovered the phrase "I believe in the Savior, Jesus Christ," write it on the chalkboard.

Share the parts of the following scriptures that mention the Savior: Isaiah 43:3; 1 John 4:14; 1 Nephi 13:40; D&C 43:34. Point out that these references are in different books of scripture, yet all of them mention the Savior Jesus Christ.

Show GAK 307 (King Benjamin Addresses His People) and tell the story of King Benjamin. Invite the children to open their scriptures to Mosiah 3:3, and read together what the angel said to King Benjamin. Read parts of Mosiah 3:4–10, and invite children to share what they know about the life of the Savior. Provide paper and crayons for the children to illustrate one or more events from the life of Jesus Christ.

Show "What Think Ye of Christ?" from the *Family Home Evening Video Supplement 2* (item no. 53277000). Bear your testimony of the Savior.

2. Write this message on the chalkboard: *A Special Message: I can be forgiven when I \_\_\_\_\_ because of the \_\_\_\_\_ of Jesus Christ.* Read the message to the children and explain that during sharing time they will learn about two important words that will complete the message.

Tell the story of Alma the Younger. Discuss with the children the repentance process. Read Mosiah 27:24 and help the children memorize this portion of the scripture: "I have repented of my sins." Use the following GAK pictures to teach about the Atonement: 227 (Jesus Praying in Gethsemane), 230 (The Crucifixion), 232 (Jesus's Tomb), 234 (Jesus Shows His Wounds). Help the children understand that Jesus Christ paid the price for our sins so that we can repent and live with Heavenly Father again. Write the words *repent* and *Atonement* in the message on the chalkboard.

Provide a pencil and a copy of the message for each child. Invite the children to fill in the blanks in their message, then read the message together. Encourage them to share this important message with their families. Bear testimony that Jesus Christ loves us, and that because of His Atonement we can repent and live with Heavenly Father again. Sing "I Feel My Savior's Love" (pp. 74–75).

*For older children:* Use simple objects and the scriptures to teach about the Atonement. See *Primary 6*, lesson 45, enrichment activity 6.

3. Show GAK 208 (John the Baptist Baptizing Jesus), and briefly share the account of Jesus's baptism. Teach that Jesus Christ is our example and that He showed us how to do the will of Heavenly Father.

Prepare stations for the children (see "Stations," *TNGC*, 179). At each station, invite a teacher to relate the story of a scripture hero who was obedient and did the will of Heavenly Father. (Examples: Nephi, Esther, Daniel, Ammon, etc.). Sing the chorus to "Nephi's Courage" (pp. 120–21) to signal to the children when it is time to move to the next station.

Following the activity, remind the children that Heavenly Father wants all of His children to do His will. Show GAK 618 (My Gospel Standards), and invite children to come up and take turns reading the standards. If time permits, have the children explain ways they can live the gospel standards by making good choices. Help the children understand that when they make good choices, they are doing the will of Heavenly Father. Sing the chorus of "Nephi's Courage" once more. Bear testimony

of the blessings that come when we do Heavenly Father's will.

4. Show GAK 403 (The First Vision) and briefly review the events of the First Vision. Share Joseph Smith's testimony of Jesus Christ found in D&C 76:22–23. Tell the children that because of Joseph Smith, we know Jesus Christ lives today. Show GAK 236 (The Ascension of Jesus) and briefly share the account of the ascension of Jesus. Read Acts 1:10–11. Tell the children that Jesus Christ will come again.

Create a matching game about the events of the Second Coming by using *Primary 7*, lesson 46, enrichment activity 1. Choose eight statements from the activity. On one side of a sheet of paper, write the first half of a statement and the corresponding scripture. For example: "Only Heavenly Father knows," JS—M 1:40. On the back of the paper, write one of the words in this sentence: "Jesus Christ lives today. He will come again." Continue until you have eight clues, with one word of the sentence on the back of each clue.

Place GAK 239 (The Resurrected Jesus Christ) on one side of the chalkboard and the clues to the matching game on the other side with the statement and scripture facing out. Invite a child to choose a statement. Have the children find the scripture reference and read to find the answer. When the correct answer is found, turn over the clue to reveal the word. Place the word in any order under the picture of the Savior. Continue until all the words are under the picture.

Invite the children to unscramble the words to discover the statement. Read it together. Bear testimony that the Savior lives today, and that He will come again.

*For younger children:* Simplify the matching game by asking the children to listen for clues as you read parts of the scripture. For example: Read the statement, "Jesus will be dressed," and then invite the children to listen for a color word as you read, "And the Lord shall be red in his apparel." When the children recognize the color word, explain that when Jesus comes again He will be wearing red. Turn over the clue to reveal a word, and place it under the GAK picture in the proper order. Read the statement to the children.

5. *Song presentation:* "If the Savior Stood Beside Me."\* Refer to the diorama on page 12 to help you teach this song. Choose GAK pictures that correspond to the "I will" statements on the diorama. For example: GAK 208 (John the Baptist Baptizing Jesus), "I will follow His example"; GAK 612 (Missionaries Teach the Gospel of Jesus Christ), "I will share the gospel." These pictures will also correspond to the lines in the song.

Draw a large question mark on the chalkboard and talk about what it is. Ask the children to listen for a question as you sing the first line of the song. Ask, "What would you do if the Savior stood beside you?" Show them the diorama and explain that the Savior is near them, even though they can't see Him.

Display the GAK pictures on the chalkboard. Sing a phrase of the song and ask the children to find the matching picture. When the correct picture is chosen, ask a child to hold the picture as you sing the phrase several times so that the children become familiar with it. Then place the picture at the bottom of the chalkboard. Continue to teach the song by singing a phrase to the children, having them find the matching picture, singing the phrase several times, and then placing the picture in order. Define words that might be unfamiliar. Bear your testimony of the Savior Jesus Christ, and how thinking about Him helps you make good choices.

6. *Friend references:* "A Friendly Experiment," July 2006, 28–30; "Jesus Christ Will Come Again," Dec. 1999, 10–11; "Jesus Is My Savior," Apr. 2006, 26; Fiction: "Parable of the Ketchup," Apr. 1999, 32–34; "Friend to Friend," Aug. 1996, 6–7.

# My Life Has a Plan

BY JANE MCBRIDE CHOATE

Match the descriptions on the right with the word or phrase on the left. See answers on page 26.



- |                      |   |
|----------------------|---|
| 1. Plan of salvation | a. Number of spirits who followed Satan's plan  |
| 2. Council in Heaven | b. A place of testing   |
| 3. Body              | c. The oldest son of Heavenly Father; He gave glory to His Father                           |
| 4. Heavenly Father   | d. The ability to make choices  |
| 5. Two-thirds        | e. Presented a plan where we may return to heaven   |
| 6. Earth             | f. A plan to help us become like Heavenly Father  |
| 7. Jesus Christ      | g. What we receive when we come to earth  |
| 8. Agency            | h. Number of spirits who followed Heavenly Father's plan                                    |
| 9. One-third         | i. A meeting in the premortal existence where we gathered to hear the plan of salvation     |
| 10. Satan            | j. Presented a plan that glorified himself and did not allow us the ability to make choices |

Making Friends

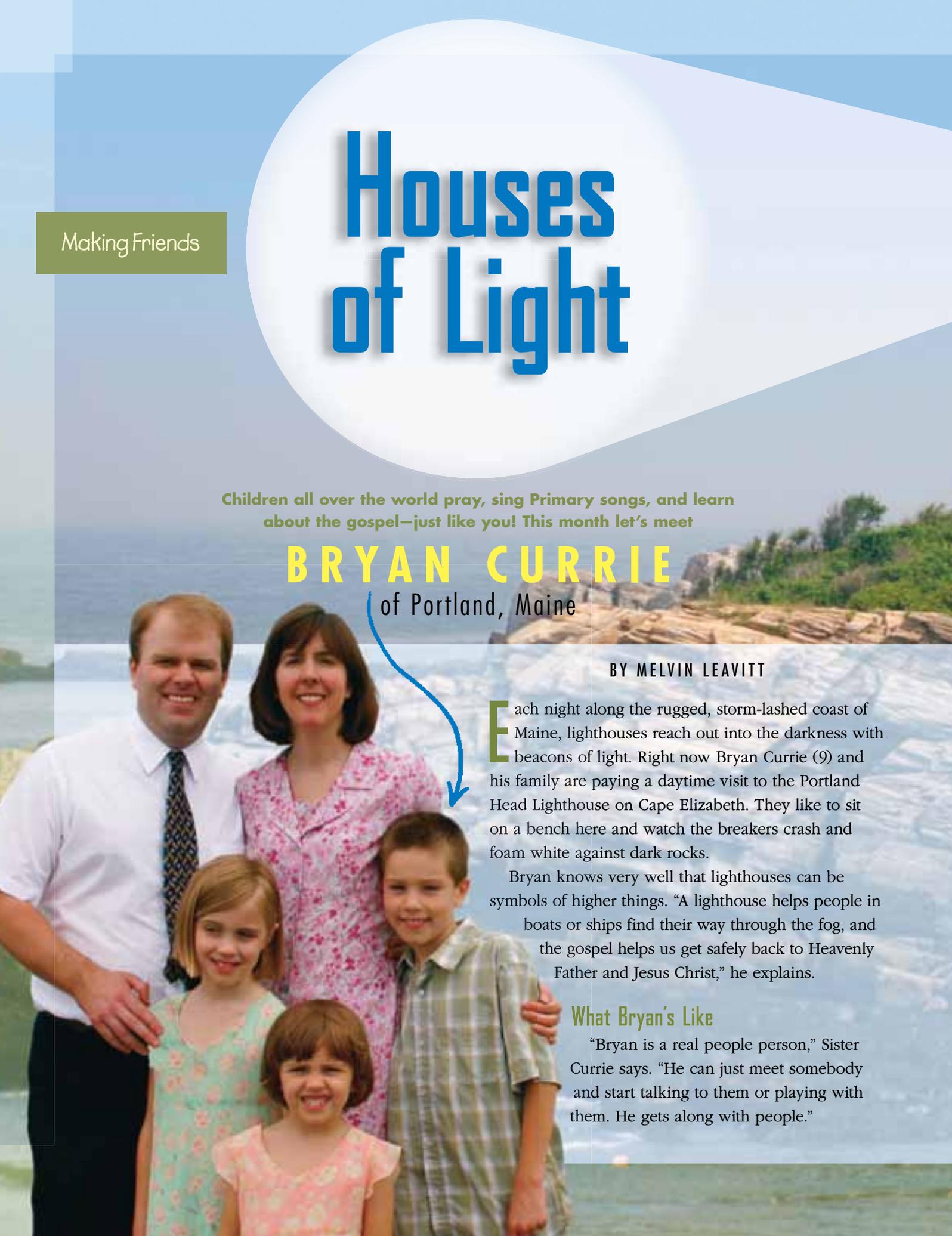
# Houses of Light

Children all over the world pray, sing Primary songs, and learn about the gospel—just like you! This month let's meet

## BRYAN CURRIE

of Portland, Maine

BY MELVIN LEAVITT

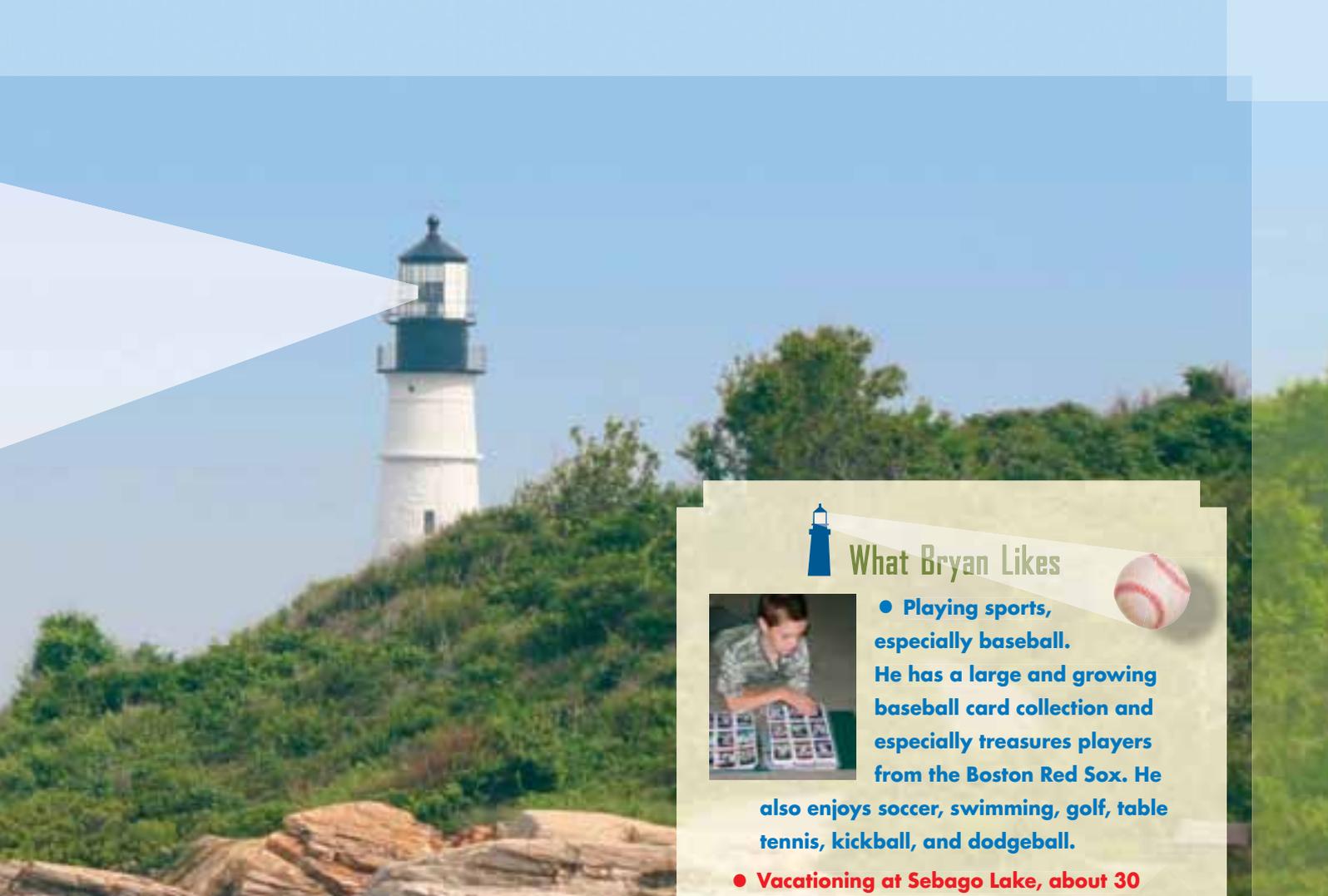


Each night along the rugged, storm-lashed coast of Maine, lighthouses reach out into the darkness with beacons of light. Right now Bryan Currie (9) and his family are paying a daytime visit to the Portland Head Lighthouse on Cape Elizabeth. They like to sit on a bench here and watch the breakers crash and foam white against dark rocks.

Bryan knows very well that lighthouses can be symbols of higher things. “A lighthouse helps people in boats or ships find their way through the fog, and the gospel helps us get safely back to Heavenly Father and Jesus Christ,” he explains.

### What Bryan's Like

“Bryan is a real people person,” Sister Currie says. “He can just meet somebody and start talking to them or playing with them. He gets along with people.”



## What Bryan Likes



● **Playing sports, especially baseball.** He has a large and growing baseball card collection and especially treasures players from the Boston Red Sox. He

also enjoys soccer, swimming, golf, table tennis, kickball, and dodgeball.

● **Vacationing at Sebago Lake, about 30 miles away.**

● **Splashing down slides at water parks.**

● **Zooming down the sled run** Dad builds past the house on good snow years.



● **Reading books and studying math. He is in accelerated math and reading programs at school.**



“Bryan knows a lot about the gospel,” Brother Currie adds. “When the missionaries come by they sometimes ask him questions. He just snaps the answers right off.”



## Sister Power

Bryan’s sisters, Rachel (5) and Alicia (7), are fun, kind, and compassionate. “When I’m not feeling well, they both take care of me,” Sister Currie says.

## Friends and Gerbils

Bryan’s taste for geography is obvious when he mentions some of his many friends. As he names them, he makes clear exactly where they live in relation to the Currie home. He can explain not only how to find his old



friends, but how to make new ones: “Making a new friend doesn’t take just a few days,” he cautions. “It takes more than a week.”

The Curries once had three gerbils—Speedy, Chucky, and Harry. Only Harry still survives. Technically, he is Alicia’s pet, but

since the cage is in Bryan's room, he gets to enjoy the chewing-and-digging show.

## Conversion

Bryan's mom joined the Church when he was five years old. Several years later, Brother Currie also became a member. Bryan waited until he was nine years old to be baptized so his dad could perform the ordinance.

"It feels good to all be in church together," Bryan says.

## Prayer

"When I'm sad, I pray," Bryan states. "Then I feel a lot happier because for some reason I always remember something happy—like going on a vacation with my family. I think maybe Heavenly Father reminds me of all the fun stuff I've done so it can push the sad stuff out of my head."

The whole family prays when a big storm blows in off the Atlantic Ocean. "It's scary," Bryan explains. "We're afraid the big tree in our front yard will fall down on our house. A tree *did* fall on our house once."

## Favorite Family Home Evening

Bryan's favorite family home evening lesson was one his mom gave on repentance. She hid paper footprints around the house. Each footprint had a step of repentance written on it. The children first had to find the hidden steps. "I found some and let Rachel find some," Bryan recalls. Then the family talked about each one and put them in order on the floor. Then each person walked on the footprints, naming the steps of repentance as he or she went.

## Bryan's BIG Goal

"I want to be a missionary. I've been reading the scriptures to prepare."

## A Shining Light

Bryan knows that all Latter-day Saints have been called to be a light to the world and that his home is a "lighthouse" for neighbors and friends. His family is looking forward to going to yet another house of light—the holy temple—where they will be sealed for time and eternity. They want all the light they can get. ●



# Kitchen Krafts

When you're hungry and in a hurry, try one of these after-school pizza snacks.

## Pita Pizza Pockets

BY DEANNA ADAMSON

- 2 tablespoons spaghetti sauce**
- 1 slice pita bread, cut in half to make two pockets**
- shredded mozzarella cheese to taste**
- 1/2 cup chopped ham or pepperoni, divided**
- Parmesan cheese to taste**

1. Spread a tablespoon of spaghetti sauce inside each pita pocket. Add mozzarella cheese, meat, and Parmesan cheese.

2. Place pita pockets on a microwave-safe plate and microwave for 30 seconds or until the cheese melts.

## Pizza Dip

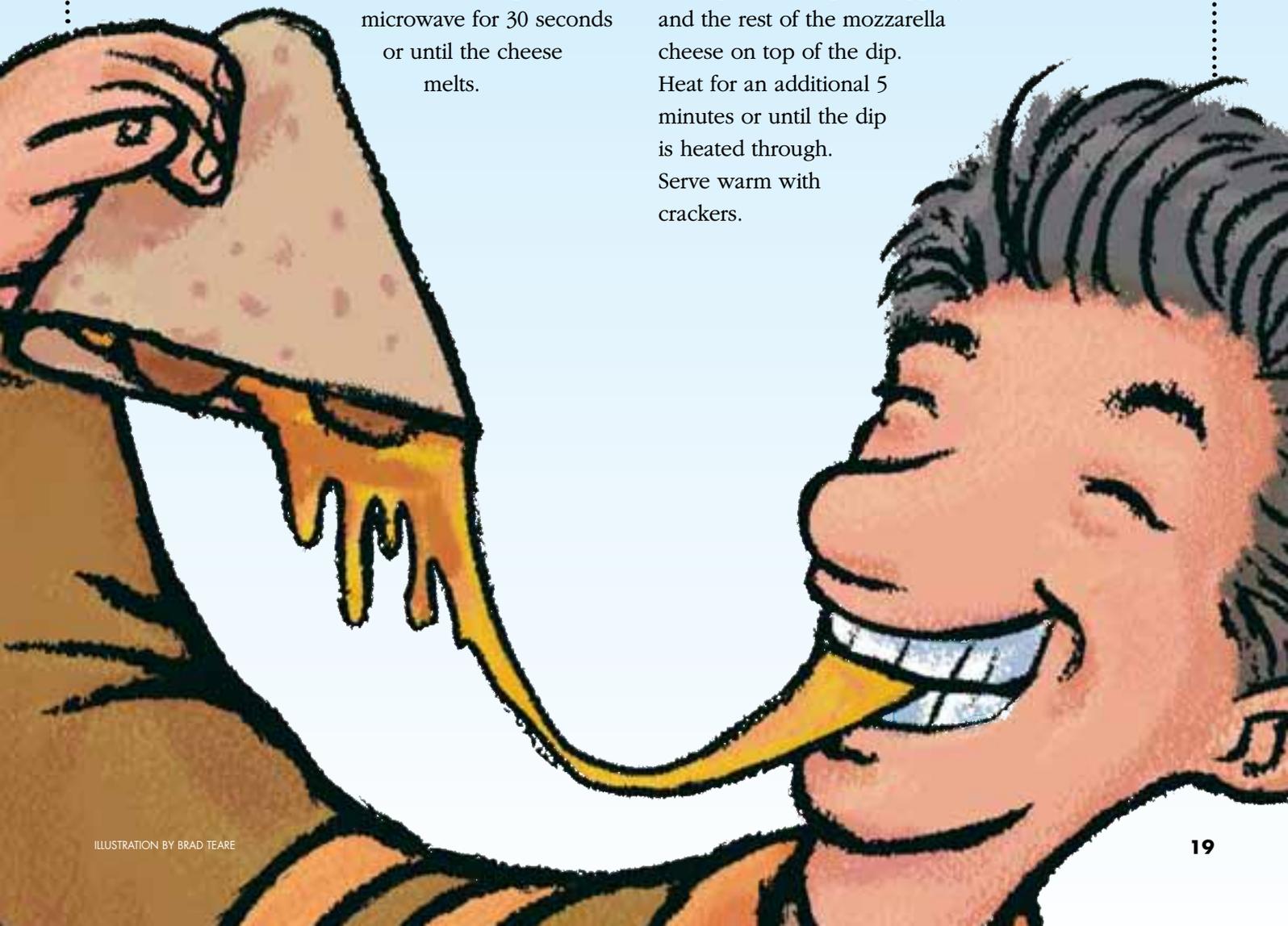
- 8 ounces (227 g) ricotta cheese**
- 1 1/2 cups mozzarella cheese, divided**
- 1/2 cup mayonnaise**
- 1/2 cup spaghetti sauce**

### Toppings:

- 1/2 teaspoon garlic powder**
- 1 teaspoon Italian seasoning**
- 1/4 cup chopped pepperoni or cooked sausage**
- 1/4 cup chopped green pepper**
- 1/4 cup chopped olives**

1. Heat the oven to 350°F (177°C). Mix the ricotta cheese, 1 cup mozzarella cheese, mayonnaise, and spaghetti sauce in a bowl. Pour the mixture into a 9-inch (23-cm) pie plate and bake for 10 minutes.

2. Sprinkle the pizza toppings and the rest of the mozzarella cheese on top of the dip. Heat for an additional 5 minutes or until the dip is heated through. Serve warm with crackers.





BY CLARE MISHICA

(Based on a true story)

*Let your speech be always with grace*

(Colossians 4:6).

**N**ettie,” I hollered, picking up a pair of socks that were draped over my fishbowl like a lampshade.

“Oops,” giggled Nettie as she charged into our bedroom. She knocked over the stack of books on my nightstand as she tried to stop.

“That’ll be ten cents,” I ordered as I dropped the socks in her hand. Every time Nettie left her stuff on my side of our bedroom, I made her put ten cents in the big jar on my shelf. Mom told me I could do that if I thought it would help. Nettie was really sloppy, and I was the lucky one who had to share a room with her.

Nettie dropped a dime in the jar and jammed her socks into her jumbled-up drawer. She turned to run out, and I pointed to the books she’d scattered all over the floor.

“Good thing I don’t have to pay ten cents apiece for these,” she joked. “I’d owe you my allowance for two years.”

“Funny,” I said. “You wouldn’t have to pay anything if you kept your messes on your own side of the room.”

“I know,” Nettie sighed, trying to stack up my books. She knocked them over again with her elbow before she’d finished.

“Slow down a little,” I grumbled, grabbing my *Birds of North America* book before she ripped the pictures.

“Taylor is waiting for me to play baseball,” Nettie said. “I’m going to show her how to hit a home run.”

“Oh, just go,” I finally told her.

“Thanks,” she said. She dropped the books on my bed and raced off. Of course, the books bounced back onto the floor. Somehow everything Nettie touched seemed to end up on the floor.

ILLUSTRATIONS BY MARK ROBISON

That week, Nettie's luck didn't improve. She tossed her soccer uniform and shin pads on my bed, and that added up to sixty cents including the socks. Then she flooded Mom's pot of violets when she watered them, and the water made puddles on the shelf and streaks down the wall. Next, she broke a plate when she tried to help dry the dishes, knocked her bike over and bent the pedal, and lost one orange tennis shoe.

"If you slowed down you wouldn't be such a disaster," I told Nettie. "And you would be able to find your stuff if you were neater."

Nettie didn't say anything. She knew I was right.

For one moment, Nettie's luck changed—Taylor's family invited her to go camping with them that Friday. But her luck didn't last long. Friday morning, Nettie came down with the flu.



I went in our room to talk to her. She gave me the same look she'd made the day her pet worm Wiggles died.

"I'm sorry you can't go camping," I told her. I was sorry for me too. I had been looking forward to a break from sharing a room.

"That's OK," she said. "It's probably good that I can't go. I would have wrecked everything!"

"What do you mean?" I asked.

She sniffled, and not from the flu. "What if I knocked down the tent or broke the lantern or fell in the lake? I do everything wrong. I'm a big disaster. You said so yourself."

I didn't know what to do or say as the tears slipped down Nettie's cheeks. I felt horrible. My heart thumped in my chest. What had I done? I'd never thought about how everything I said made Nettie feel bad about herself. I always told her how she messed up, but I never told her what she did right.

"Nettie, you are a good friend," I said. "I'm sure Taylor wishes you were there right now. You try to help her. In fact, you try to help everyone."

"Really?" Nettie asked, wiping her nose.

I nodded. "Yep. You're always helping Mom with the chores. She appreciates that."

"She does?"

"Of course," I told her. "You're the nicest helper I know, and I'm sorry I didn't tell you before."

"Thanks," Nettie said. She was smiling and looking a little better.

When Nettie dozed off to sleep, I quietly took the big jar off my shelf and took it to Mom. I had an idea.

Later that day, Dad took me to the store. I returned with a brightly wrapped box just for Nettie.

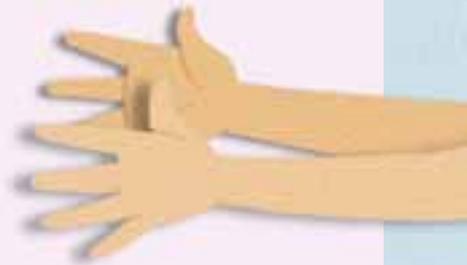
“A present?” she asked. “Because I’m sick?”

I shook my head. “No. Because I love you.” I showed her the empty jar. “I never should have made you pay me. The present rightly belongs to you.”

Nettie squealed and hugged me so hard I almost dropped the jar. “You’re the greatest sister,” she said.

“You’re pretty great yourself,” I said.

I looked at the empty jar in my hands and thought about it. Then I opened my closet and put the jar on the top shelf. I didn’t want it anymore. Instead of filling the jar with dimes, I planned on filling Nettie up with good feelings about herself. I knew I could do it because Nettie had shown me how much power my words had. From now on, I would be much more careful about how I used them. I wasn’t the greatest sister yet, but maybe I could be a good one if I tried. ●



“None of us need one more person . . . pointing out where we have failed or fallen short. . . . What each of us does need is family . . . who believe in us, and who believe we’re trying to do the best we can.”

**Elder Marvin J. Ashton of the Quorum of the Twelve Apostles (1915–94)<sup>2</sup>**



# My Eternal Family

BY C. G. LINDSTROM

Beginning at the letter with a \*, move around the circle, skipping every other letter to find words about eternal families. Using the spaces below, write out each word as you find it. See answers on page 26.

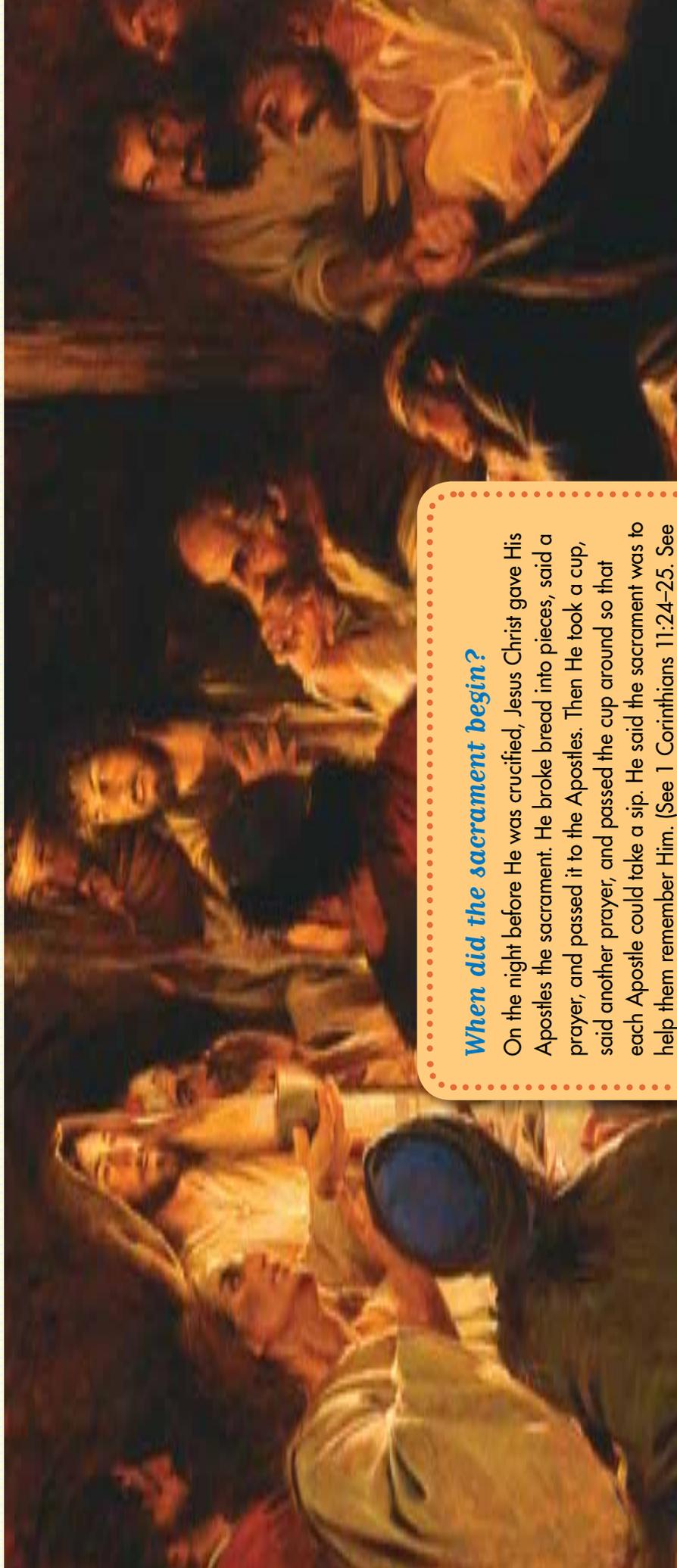


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# Questions and Answers about the Sacrament

BY MARILYNNE LINFORD



## *When did the sacrament begin?*

On the night before He was crucified, Jesus Christ gave His Apostles the sacrament. He broke bread into pieces, said a prayer, and passed it to the Apostles. Then He took a cup, said another prayer, and passed the cup around so that each Apostle could take a sip. He said the sacrament was to help them remember Him. (See 1 Corinthians 11:24-25. See also 3 Nephi 18:7, 11.)

## *Why do we have the sacrament today?*

When the Church was restored in the latter days, Jesus told Joseph Smith that it is important for members of the Church to meet together often to partake of the sacrament. When Jesus visited the Nephites, He also gave them the sacrament. Like people in the time of Jesus and people in Book of Mormon times, we take the sacrament to promise (covenant



*Where can I read about the sacrament?*



with) Heavenly Father that we are willing to remember Jesus Christ and keep His commandments.

Matthew 26:26-28; Mark 14:22-24;  
Luke 22:19-20; 3 Nephi 18:1-11;  
Moroni 4-5; D&C 20:46,  
58, 75-79

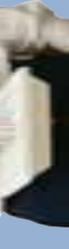
### Who can prepare the sacrament?

Any worthy priesthood holder except deacons can prepare the sacrament. Teachers in the Aaronic Priesthood, young men ages 14-15, usually prepare the sacrament.



### Who can pass the sacrament?

Any worthy priesthood holder can pass the sacrament. Deacons in the Aaronic Priesthood, young men ages 12-13, usually pass the sacrament.



### Who can say the sacrament prayers?

Any worthy priesthood holder except deacons and teachers can administer the sacrament prayers. Priests in the Aaronic Priesthood, young men ages 16-18, usually say the sacrament prayers.



The Aaronic Priesthood holders prepare and pass the sacrament, and administer the sacrament prayers with reverence. They remember that Jesus also did these things.



### How can I show my love for Jesus during the sacrament?

If you can read, sing the words to the sacrament song with the congregation. If you can't read yet, hum.



Listen to the prayers on the bread and water.

### Remember Him.

Think about the promises you make to Heavenly Father. You promise

to remember His Son, Jesus Christ, to be willing to take Jesus's name upon yourself, and to keep His commandments.

Think about the promises Heavenly Father makes to you. Heavenly Father promises you one of His greatest gifts—that His Spirit may always be with you.

### The covenants of baptism and the sacrament are similar.

If you have been baptized, the sacrament makes it possible for you to renew the covenants (promises) you made when you were baptized. Read Mosiah 18:8-10 and D&C 20:37 for a reminder of those promises.

# Find the Differences

BY VAL CHADWICK BAGLEY



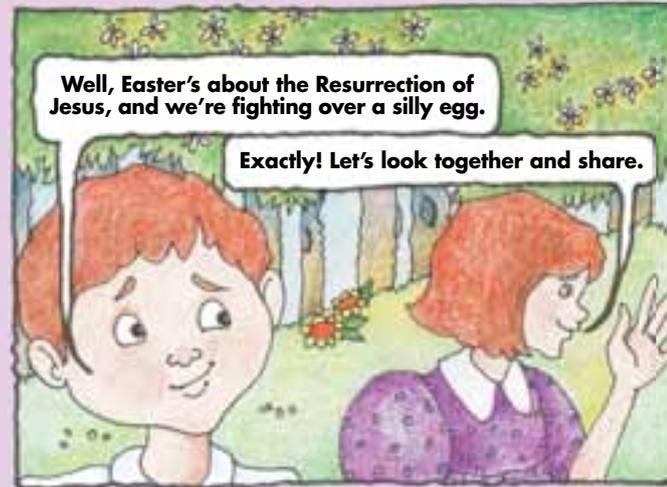
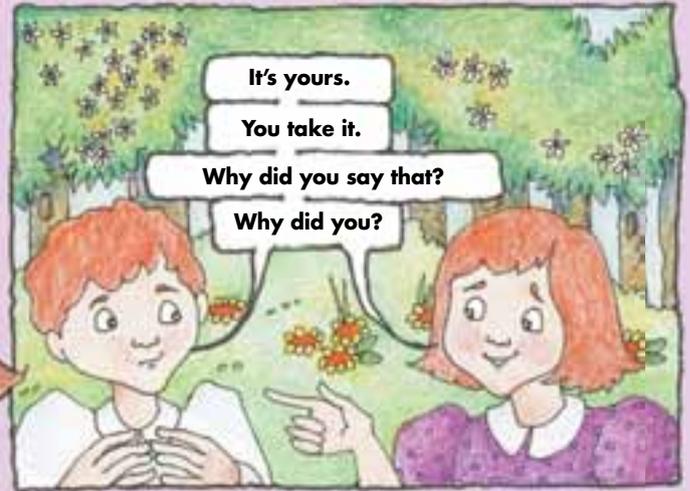
This girl is having an interview with her bishop before her baptism. How many differences can you find between the two pictures?



**Funstuf Answers**

*My Life Has a Plan:* 1) f, 2) i, 3) g, 4) e, 5) h, 6) b, 7) c, 8) d, 9) a, 10) j.  
*My Eternal Family:* home, parents, children, love, temple, gospel.

# Egg & Mandy



# Our Creative Friends



## Do You?

Do you want to be like  
Nephi and Lehi?  
Or do you want to be like  
Laman and Lemuel?  
I want to be like  
Nephi and Lehi!  
Do you?

*Dalley S., age 7, Utah*

## If There Were No God

We wouldn't have families, plants, or beautiful things.  
There wouldn't be churches or butterflies with wings.  
We wouldn't have friends, shoulders to cry on,  
Love and life, and of course, grass to lie on.  
We wouldn't have dogs or toys like Buzz.  
There wouldn't be cats or pillows with fuzz.  
But when I think of all these things,  
I remember why I am here.

*Dallin L., age 10, Nevada*



## In Six Days

He built the earth so big and round.  
He filled the world with beautiful sound.  
He made the ocean and the land.  
He made the mountains big and grand.  
He made the rivers vast and flowing.  
He made the trees upward growing.  
He made the night when owls take flight.  
He made the days with glorious light.  
He made the sun and all its rays.  
He did it all in six days.

*Joe C., age 11, California*

## Holy Ghost

**H**elpful  
**O**ne of the Godhead  
**L**istens  
**Y**ou are promised it when  
you're eight  
**G**uides  
**H**ope-giving  
**O**nly if you're righteous  
**S**pirit  
**T**estifies of Jesus Christ

*Mykel C., age 9, Idaho*

## My Friend

My friend is loving.  
My friend is caring.  
My friend has a sweet heart.  
My friend is very cute.  
My friend is brave.  
My friend is graceful.  
My friend loves me very much.  
My friend is my little sister,  
Tressa Belle.

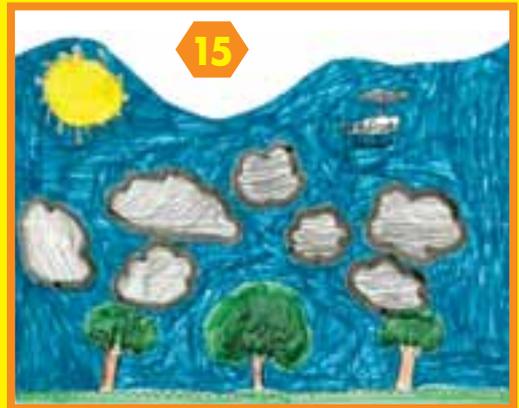
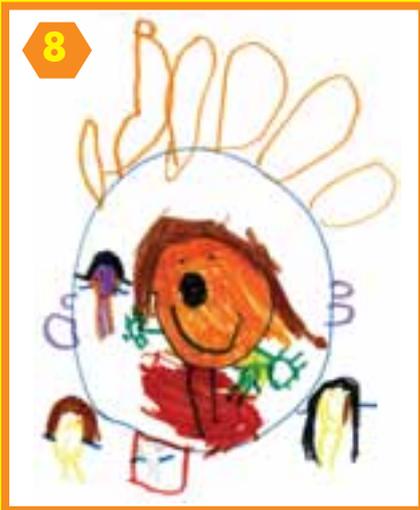
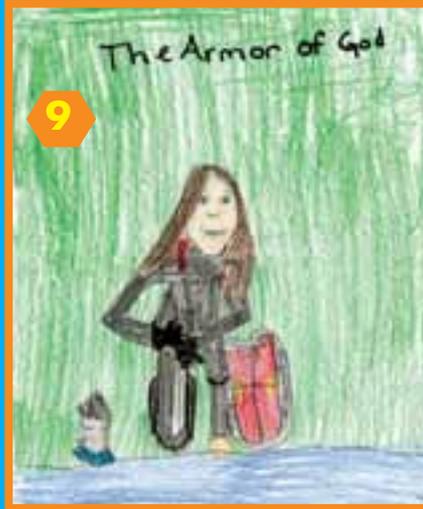
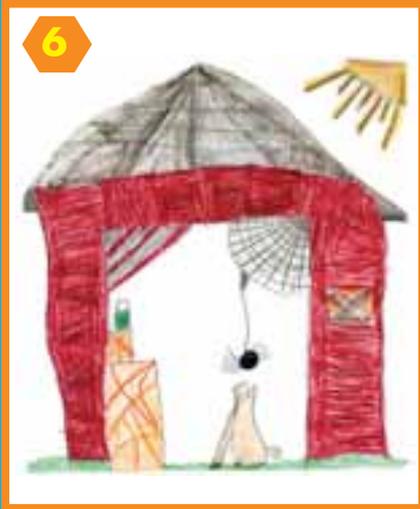
*Ali B., age 10, Utah*



## Drawings

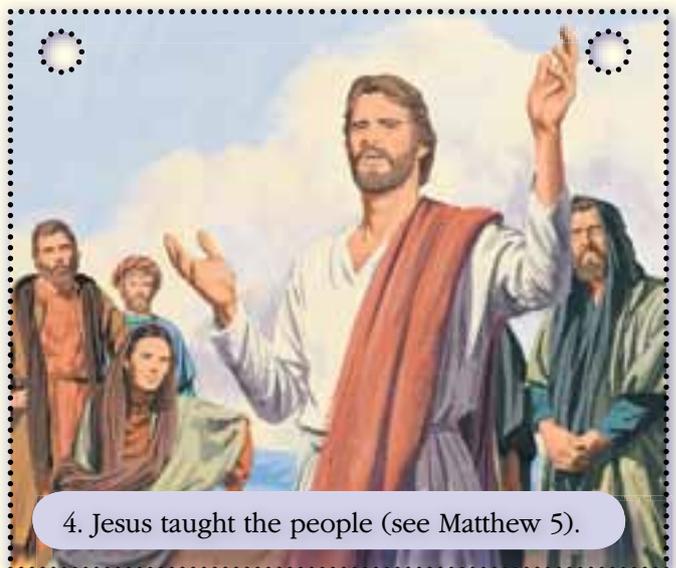
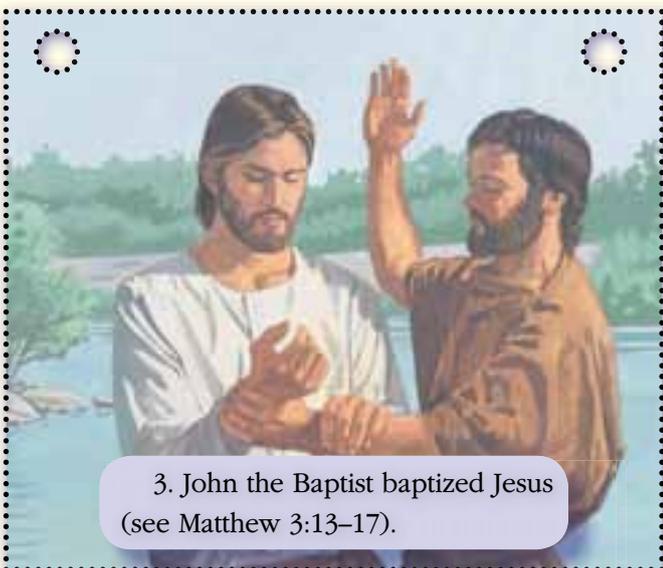
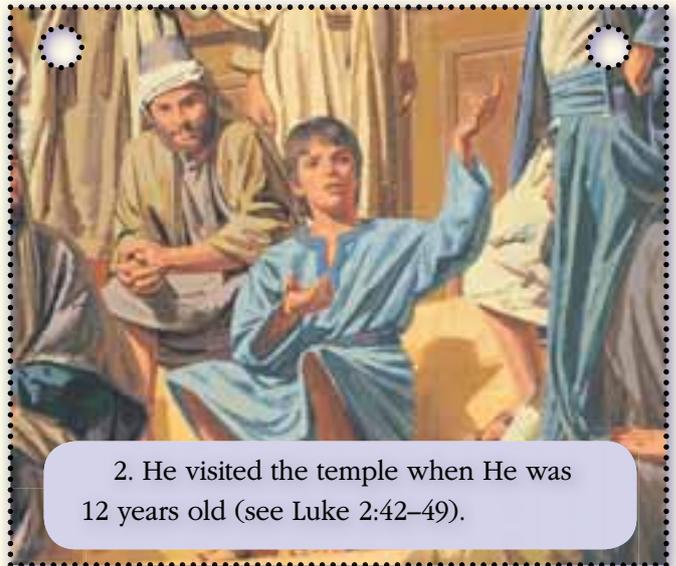
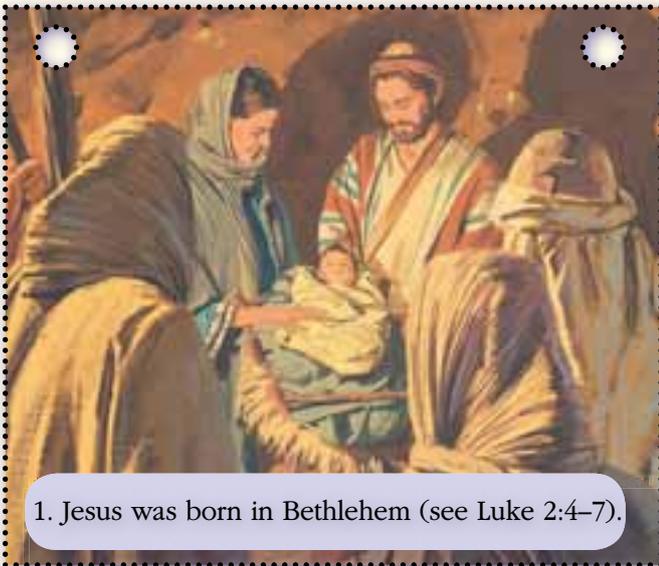
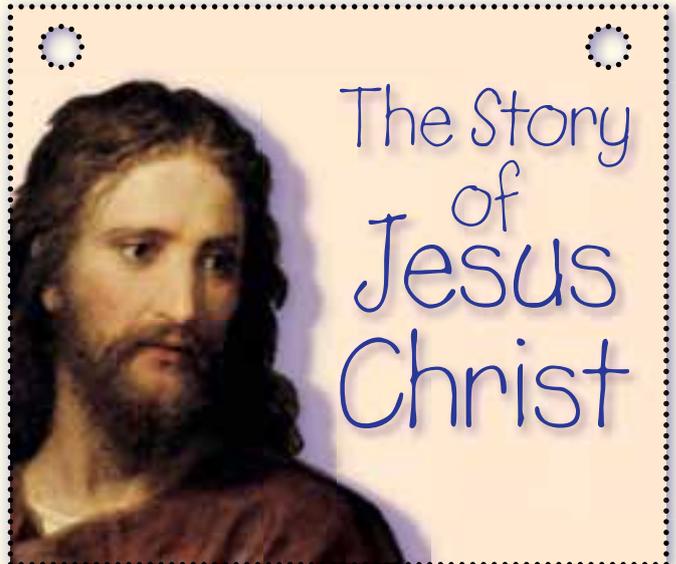
- 1 *Cody L., age 6, Connecticut*
- 2 *Felicia Z., age 8, Victoria, Australia*
- 3 *Rachel Elizabeth K., age 9, California*
- 4 *Emma S., age 8, Iowa*
- 5 *Johnny K., age 6, Alberta, Canada*
- 6 *Ali W., age 8, Montana*
- 7 *Ethan S., age 6, Arizona*
- 8 *Grace L., age 4, Idaho*
- 9 *Madison D., age 9, Michigan*
- 10 *Grant I., age 9, Utah*
- 11 *Ryan G., age 7, Florida*
- 12 *Shaylie I., age 7, Utah*
- 13 *Johnathan B., age 10, Texas*
- 14 *Kaylie M., age 7, Arizona*
- 15 *Jeremy Ryan C., age 11, Nevada*

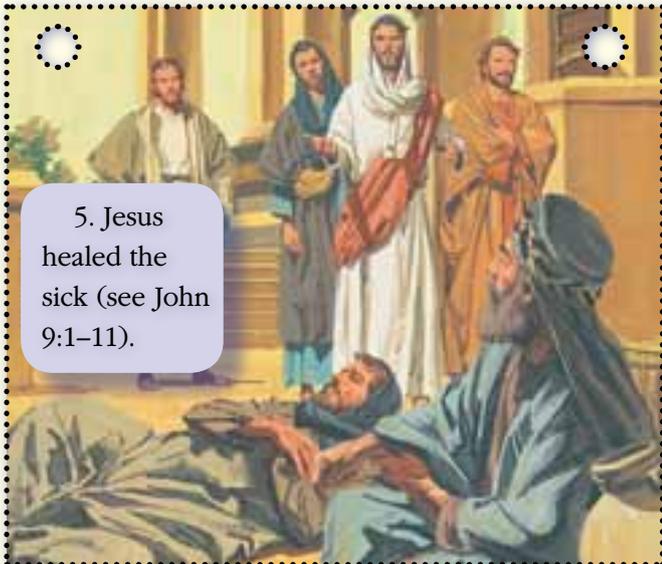
Please send submissions to **Our Creative Friends, Friend Magazine, Rm. 2430, 50 East North Temple Street, Salt Lake City, Utah 84150-3220, United States of America.** A written statement signed by a parent or legal guardian granting permission to publish the child's submission must be included. If an adult helps with a child's submission, credit should also be given to him or her. For scheduling reasons, submissions selected may not appear in the magazine for at least a year. Ages shown are those at the time of submission. Children whose writings and drawings are submitted should be at least three years old. Due to the number of submissions received, they cannot all be published, nor can they be returned.



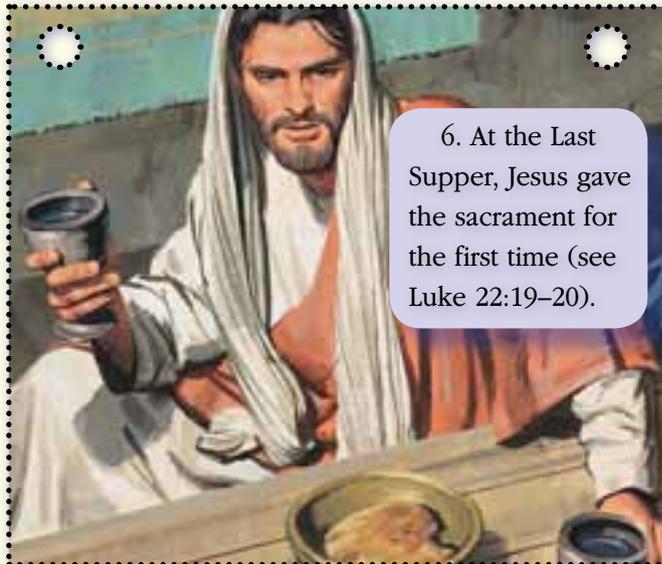
**Instructions:** Mount these two pages on heavy paper, then cut out the picture pages on the broken lines. Punch holes along the tops of the pages as marked. Place the picture pages on top of each other with the title page on the top. Line up the holes, and tie your book together with ribbon or yarn.

**Note:** If you do not wish to remove pages from the magazine, this activity may be copied or printed from the Internet at [www.friend.lds.org](http://www.friend.lds.org).





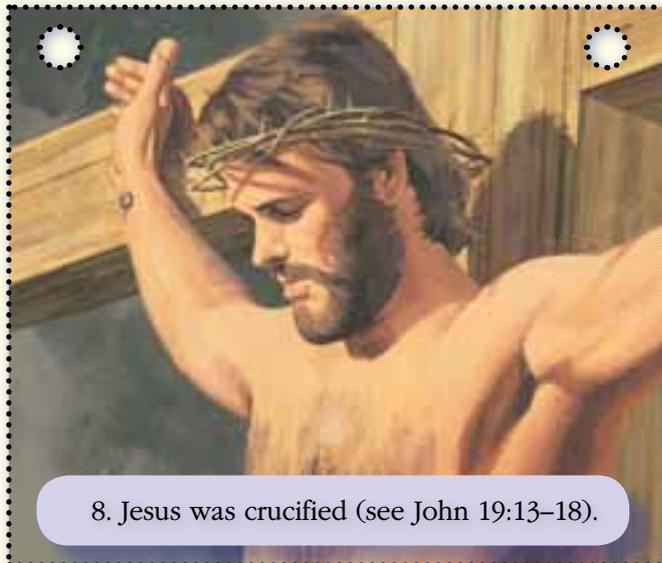
5. Jesus healed the sick (see John 9:1–11).



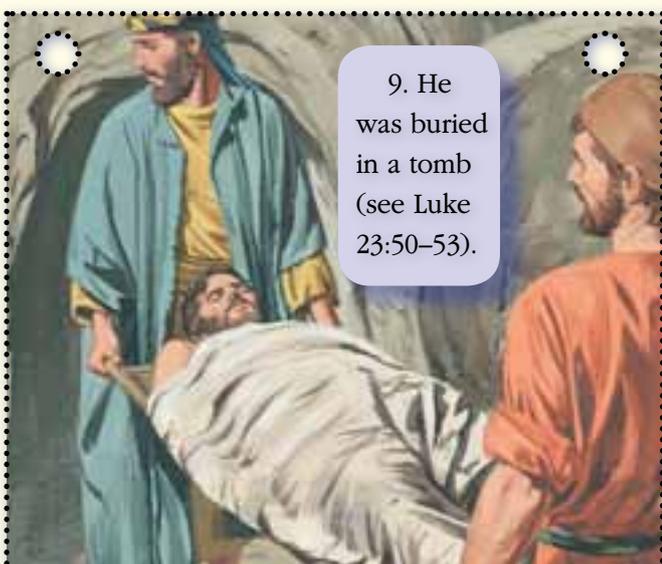
6. At the Last Supper, Jesus gave the sacrament for the first time (see Luke 22:19–20).



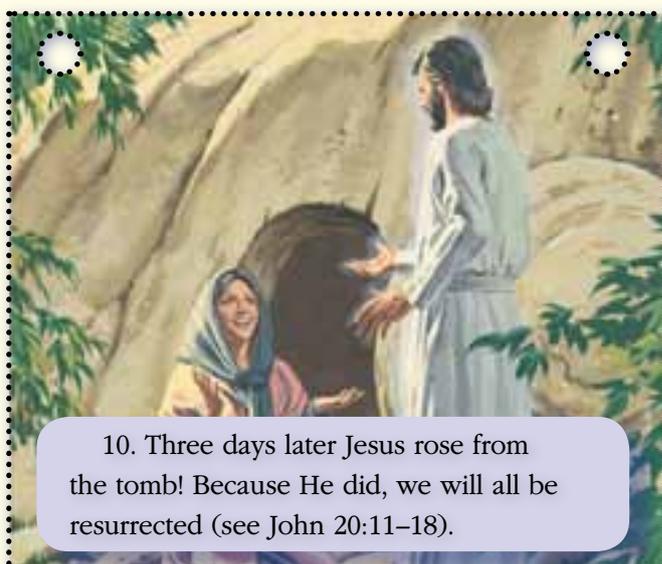
7. In the Garden of Gethsemane Jesus suffered for our sins (see Luke 22:39–44).



8. Jesus was crucified (see John 19:13–18).



9. He was buried in a tomb (see Luke 23:50–53).



10. Three days later Jesus rose from the tomb! Because He did, we will all be resurrected (see John 20:11–18).



# Kind, Like Jesus

BY JILL TEW

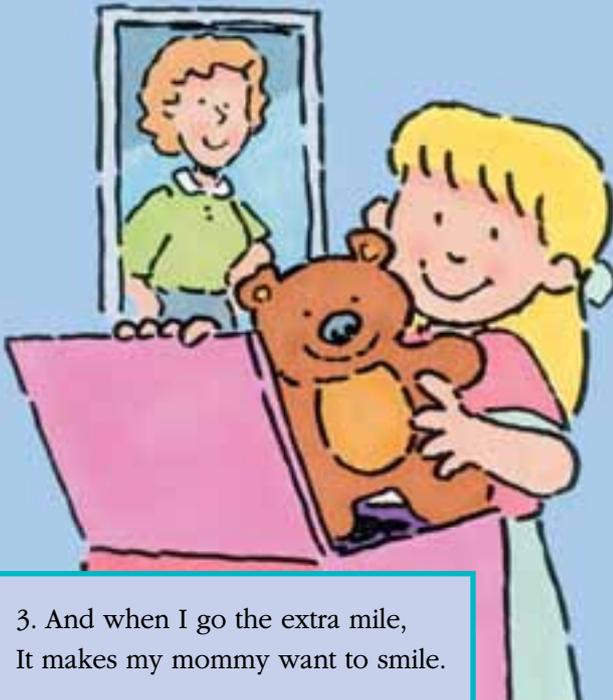
1. I am kind as I share my toys,  
When I play nicely with girls and boys.



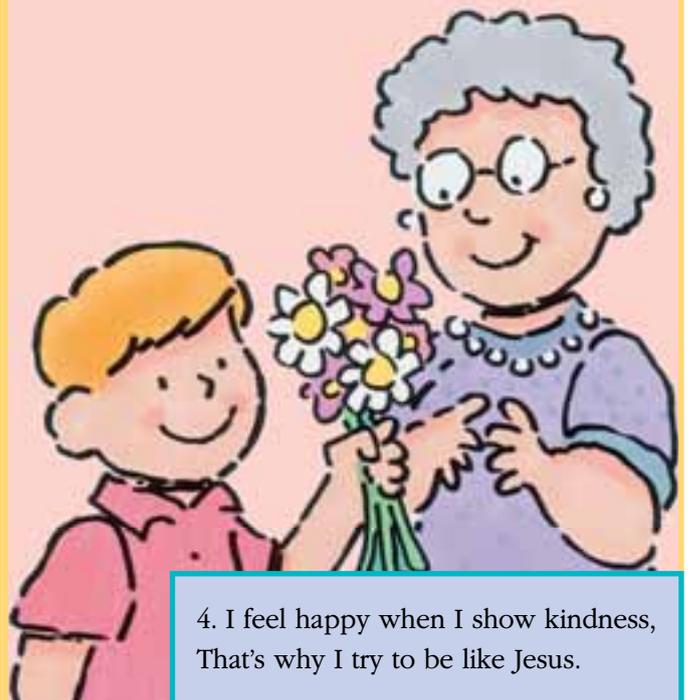
2. I like to give my dad a hug  
And lots of kisses filled with love.



3. And when I go the extra mile,  
It makes my mommy want to smile.



4. I feel happy when I show kindness,  
That's why I try to be like Jesus.



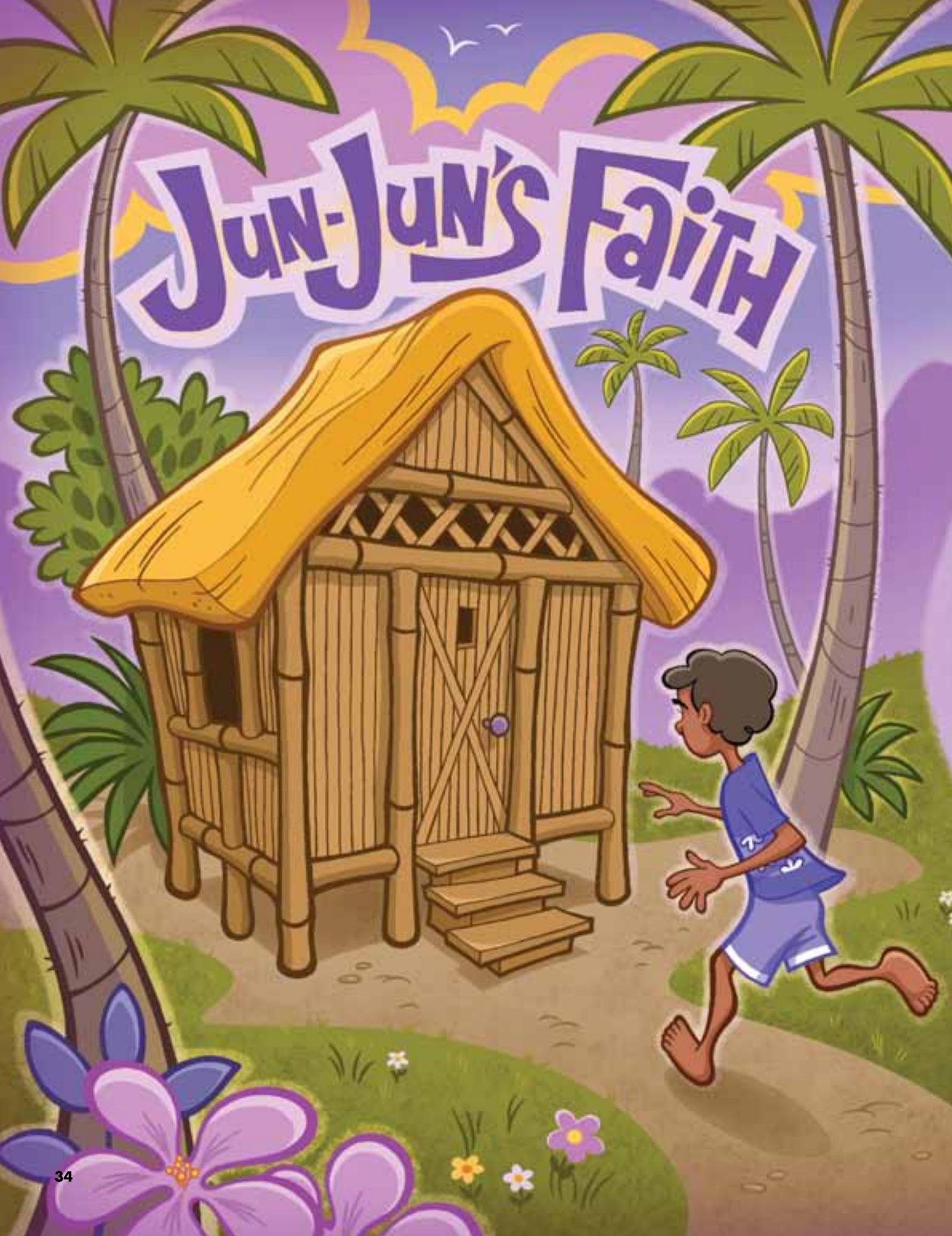


# Kite Flying

BY VAL CHADWICK BAGLEY

This brother and sister enjoy flying kites together. Can you find the two pictures that are most alike?

# JUN-JUN'S FAITH



BY JULIE C. DONALDSON

(Based on a true story)

*Is any sick among you? let him call for the elders of the church* (James 5:14).

I couldn't get the money," Jun-Jun told his father, out of breath from running.

Father, holding Jun-Jun's crying baby brother, looked worried. Suddenly, Jun-Jun was scared. The baby had been crying for two days with a terrible sickness in his tiny body. Mother had also been sick for many days, hardly able to breathe as she lay on the bamboo floor of their small hut in the Philippines. Jun-Jun had gone to a friend's house to try to borrow money for medicine. But their friends had no money either. The boy felt helpless. He was only 10 years old—what could he do?

Just then, he heard someone at the door. "*Tao po!*" a voice called. "Someone is here!"

Father opened the door. "*Magandang gabi!*" the sister missionaries said. "Good evening!"

The sisters' smiles quickly vanished when they saw the worried look on Father's face and heard the baby crying. "What's wrong?" Sister Clawson asked as she stepped inside their home.

Father explained that he hadn't been able to go to work because he was taking care of everyone, and now they had no money for medicine.

Jun-Jun was relieved to see the sister missionaries. They had been visiting his family for many months, teaching them about Jesus. He and Father had been reading the

Book of Mormon together, and he always felt happy when they did. Maybe the sisters could help!

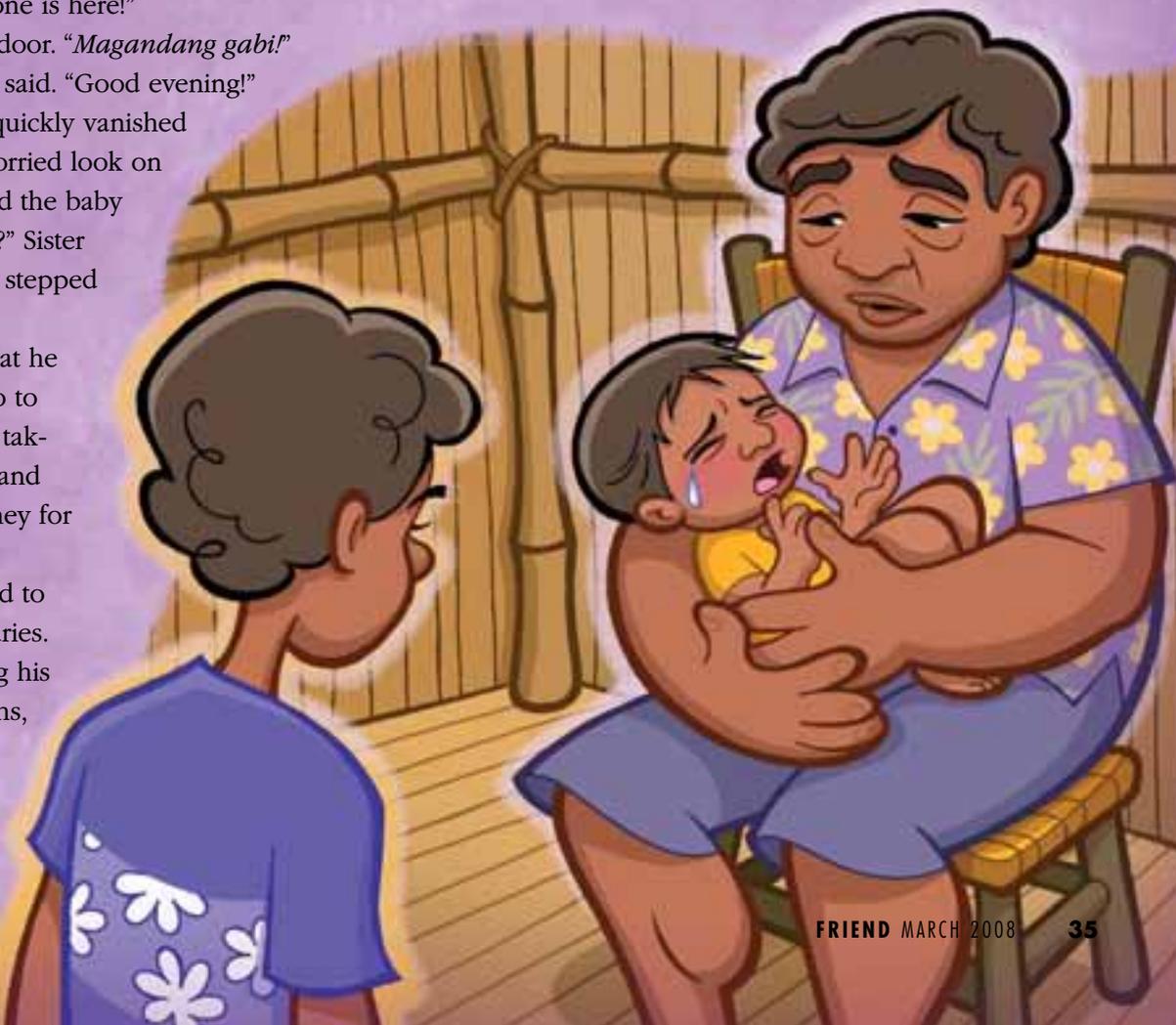
"Can you give us money for medicine?" Jun-Jun asked the sisters.

"We can't give you money," Sister Clawson said, "but there is something even greater than money or medicine. Do you remember what we taught you about the priesthood?"

Jun-Jun nodded his head. He remembered. The priesthood was power from God.

"Men who hold the priesthood can give blessings to heal those who are sick," Sister Clawson explained to Jun-Jun's father. "Do you want us to ask priesthood holders to come and give your wife and baby a blessing?"

Father nodded. "Oo," he said. "Yes." Tears welled up in his tired eyes.





Sister Elizan looked at Jun-Jun and asked, “Do you have faith that your mother and baby brother can be healed by the power of the priesthood?”

Jun-Jun felt a warm, peaceful feeling in his heart—the same feeling he had when he read the Book of Mormon. But he wasn’t sure if that was faith. “I think so,” he said.

“Good,” Sister Elizan said. The sister missionaries left and returned later with two men dressed in white shirts and ties.

Jun-Jun’s baby brother was still crying and gasping for breath. The men took the baby in their arms. One of them poured a little oil onto the baby’s head and said a short prayer. Then the other one spoke in the name of Jesus Christ by the power of the priesthood. It sounded like a special prayer. He was talking to Heavenly Father and asking Him to bless the baby. During the blessing, the baby stopped crying for the first time in two days. After the blessing, he

coughed up white phlegm.

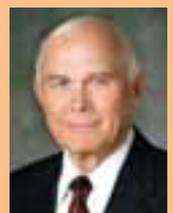
“That’s why he couldn’t breathe!” Father exclaimed. He held his baby close, listening with relief to his normal breathing.

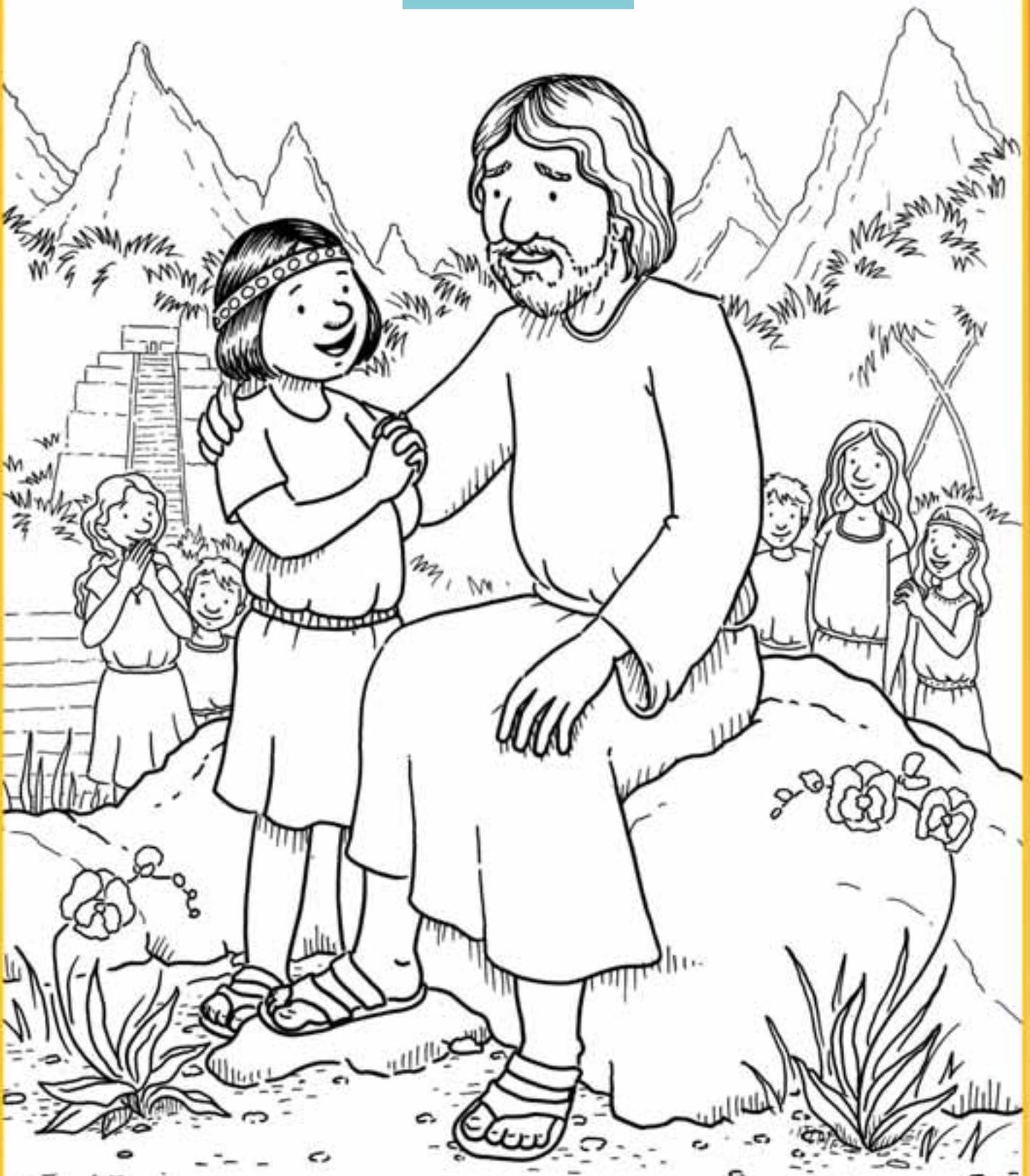
Jun-Jun saw a new look come into Father’s face. He looked strong again. Now Jun-Jun knew what it meant to have faith. He could see it on Father’s face. He could feel it in his own heart. He knew that Heavenly Father knew their family, and that He had blessed them through the priesthood. Jun-Jun felt so happy he started to cry.

“Now I know what faith is,” Jun-Jun said with a smile. “I have faith.” ●

“The healing power of the Lord Jesus Christ . . . is available for every affliction in mortality.”

**Elder Dallin H. Oaks of the Quorum of the Twelve Apostles<sup>3</sup>**





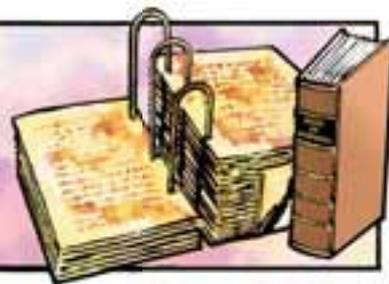
**JESUS CHRIST IS MY SAVIOR.**

“And we have seen and do testify that the Father sent the Son to be the Saviour of the world” (1 John 4:14).

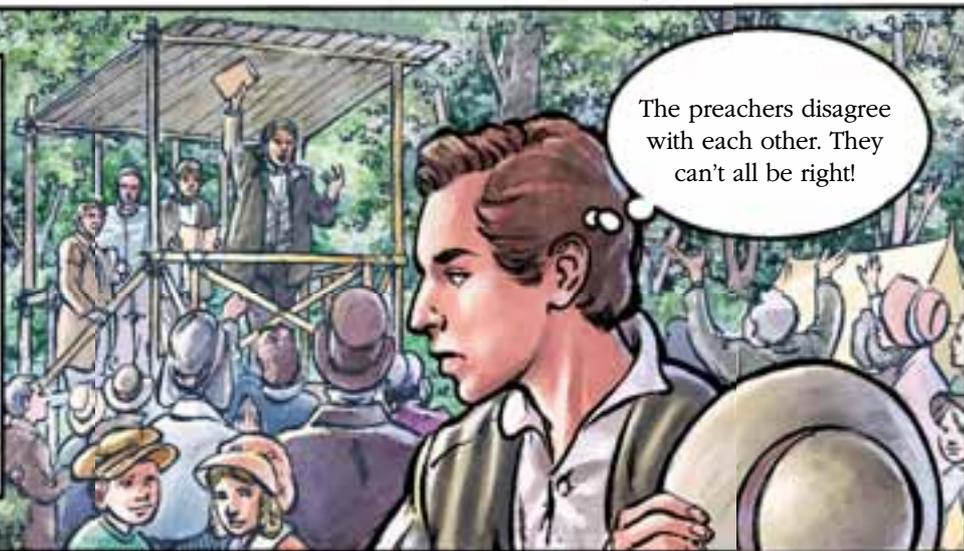


FROM THE LIFE OF THE PROPHET JOSEPH SMITH

# The First Vision



When Joseph was fourteen years old, many people in his hometown were excited about religion. Preachers gave sermons to try to get people to join their churches. Joseph learned about the different churches, but he couldn't decide which one to join.



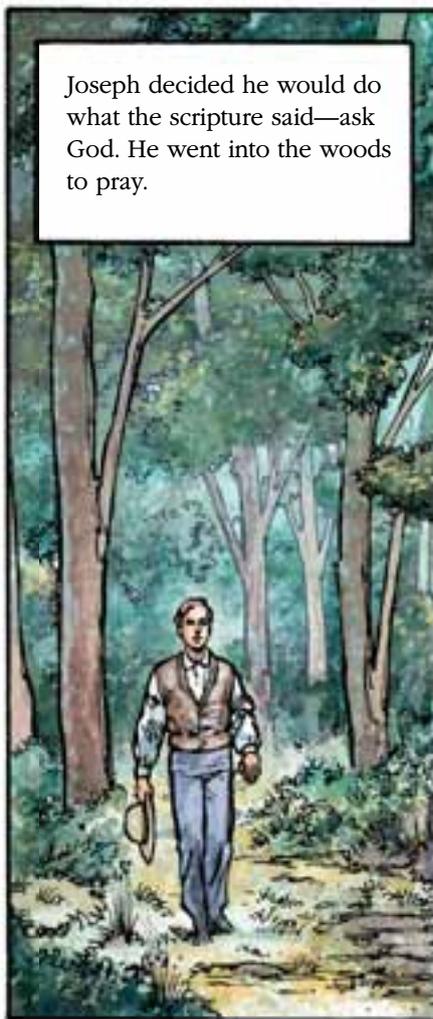
The preachers disagree with each other. They can't all be right!

One day, as he was studying the Bible, he read James 1:5. Then he knew what to do.



"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him."

Joseph decided he would do what the scripture said—ask God. He went into the woods to pray.



He had never prayed out loud before. He looked around to make sure he was alone, then knelt down.

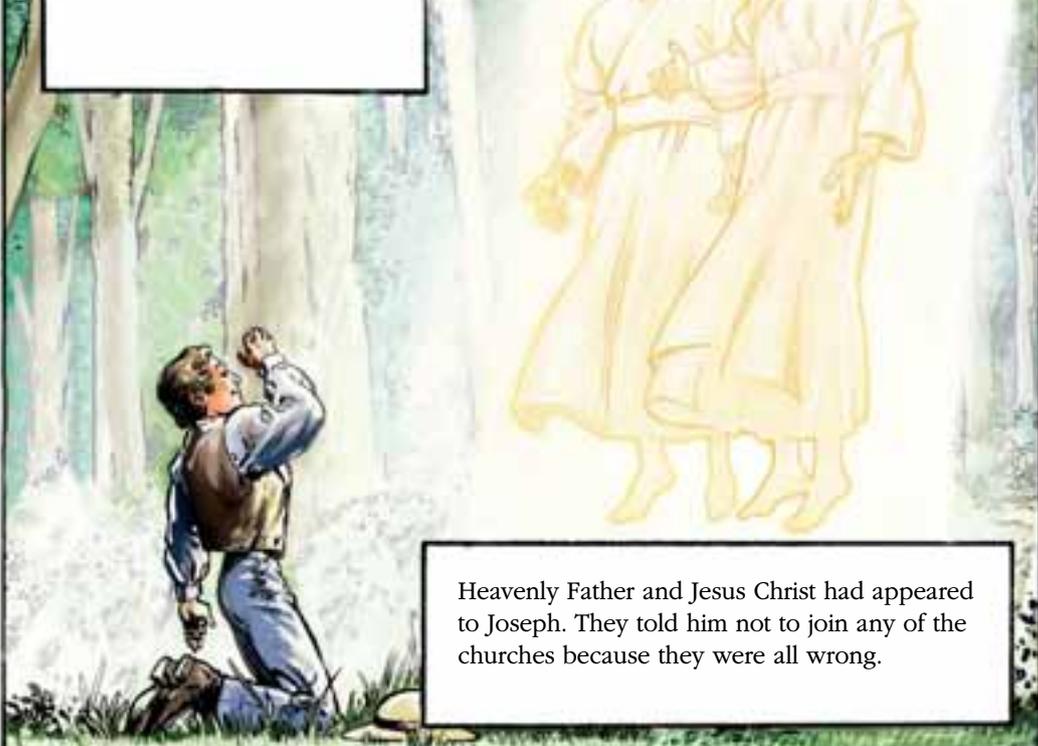




As soon as he tried to speak, he was surrounded by thick darkness and he was afraid he would be destroyed. He prayed to be saved from this evil power.



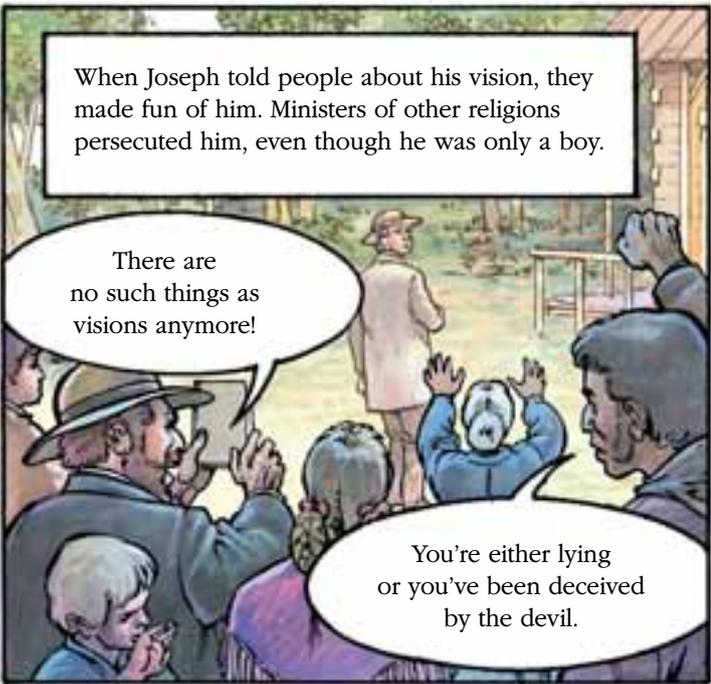
Joseph later said: "Just at this moment of great alarm, I saw a pillar of light exactly over my head, above the brightness of the sun, which descended gradually until it fell upon me. . . . I saw two Personages, whose brightness and glory defy all description, standing above me in the air.



One of them spake unto me, calling me by name and said, pointing to the other—*This is My Beloved Son. Hear Him!*"

Heavenly Father and Jesus Christ had appeared to Joseph. They told him not to join any of the churches because they were all wrong.

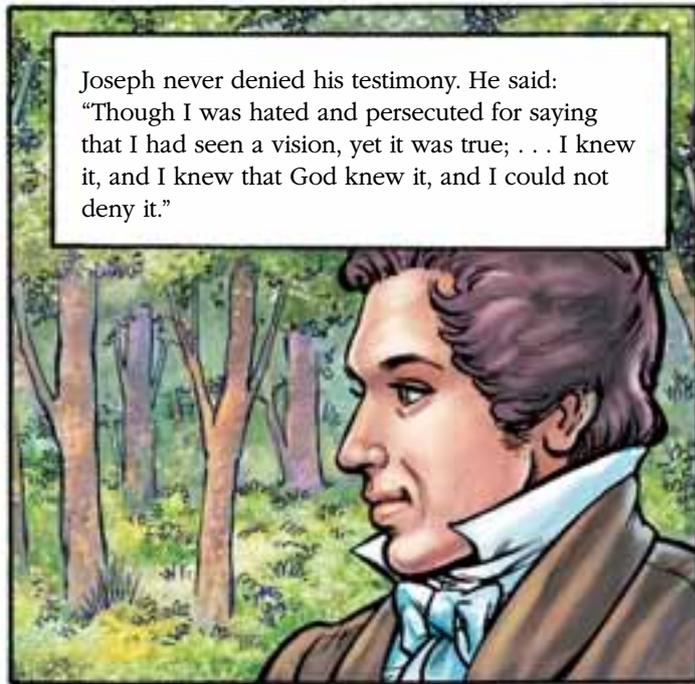
When Joseph told people about his vision, they made fun of him. Ministers of other religions persecuted him, even though he was only a boy.



There are no such things as visions anymore!

You're either lying or you've been deceived by the devil.

Joseph never denied his testimony. He said: "Though I was hated and persecuted for saying that I had seen a vision, yet it was true; . . . I knew it, and I knew that God knew it, and I could not deny it."





# Trying to Be Like Jesus

*He that followeth me shall not walk in darkness, but shall have the light of life (John 8:12).*

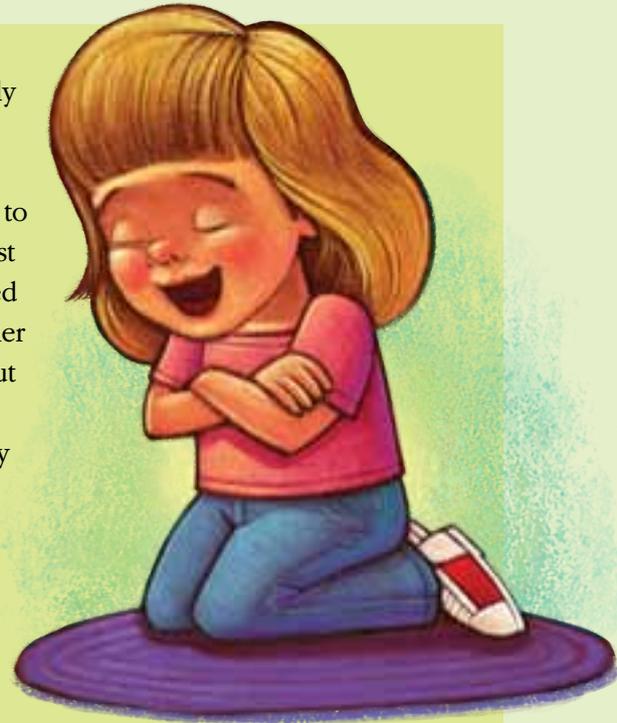
## Sunday Party Decision

I was invited to my best friend's birthday party and was so excited to go. When Mommy told me it was on Sunday, I thought it might be OK to go since she was my friend. Mommy told me I could go



into my room and ask Heavenly Father what I should do. I went into my room and asked Heavenly Father if I should go to the party. I felt that I should just go to church that day. We called my friend's mommy and told her we wouldn't be at the party, but would like to have my friend come and play. The next Friday my friend came to my house to play, and we had so much fun! I felt good that I did what Heavenly Father wanted me to do.

*Baylee H., age 5, North Carolina*



## Friendly Language



On the first day of fifth grade I met a new boy in my class. During lunch recess we were playing in the field

when he started to use bad language. So I went to get a drink and I thought of what to say. I also said a prayer that I would know what to say to him. When I was done I walked up to him and said, "If you keep on using bad language I can't play with you anymore." He said he would stop, gave me a high

five, and now we are good friends. Because I talked to him, now he doesn't use bad language. I'm thankful that Heavenly Father and Jesus helped me and gave me the courage to stand up for what's right.

*Brandon R., age 10, California*

## School Supplies Standards

My mom took me shopping for school supplies. I found the prettiest and coolest backpack in



the whole store. I was so excited to buy it! I looked at all the pretty girls on the front. They had cute faces and cool hair, but their outfits were not modest. I showed my mom the backpack. She asked, "Well, what do you think, Allee?"

In Primary we're learning about baptism and what it means to belong to Jesus's family. I know that Jesus would be embarrassed if I had a backpack like that. I told my mom that the backpack was really cute, but that I didn't want to get it. So then I found another backpack that was modest and cute. I'm glad I chose the right.

*Alexa T., age 6, Utah, with help from her mom*



## A Good Reader



**O**ne day, my mom wanted me to read but I didn't want to. I got mad at her and tried to get her to not make me read. I went to my room and prayed, and then I started reading. I'm glad I started reading because that's what Heavenly Father wanted me to do. I am thankful Heavenly Father helped me by sending His Spirit.

*Lavear W., age 6, Ohio*

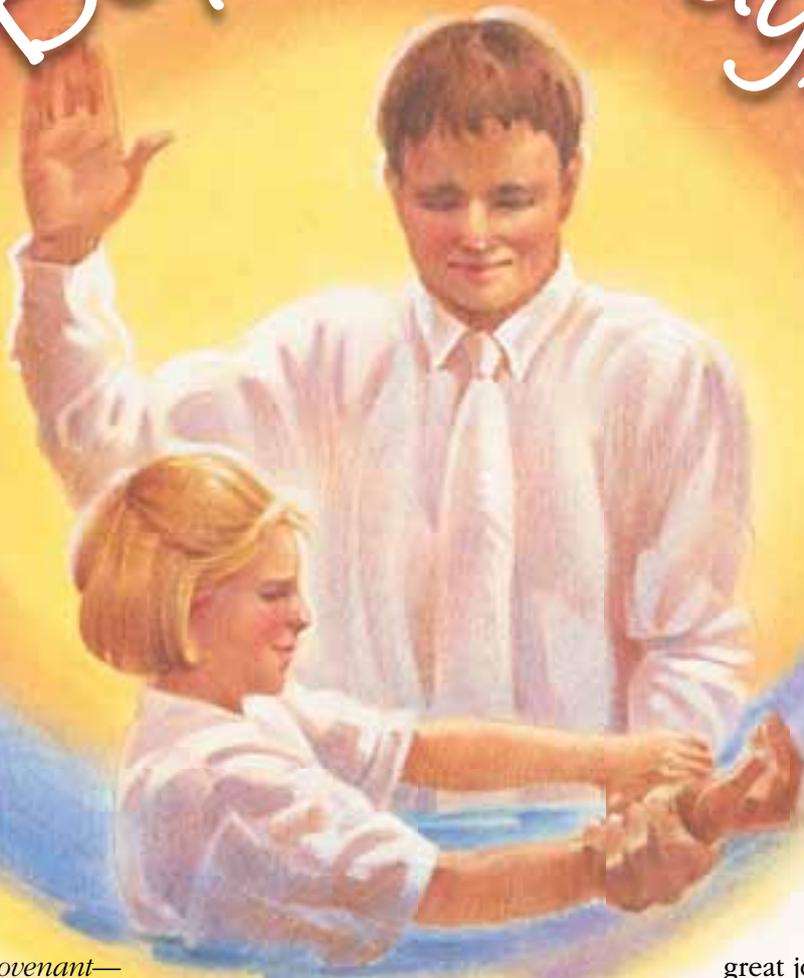


## Soaked Service

**M**y family signed up for picking up food-bank bags from house to house in our area. As we started, I began to have a good feeling inside. As I ran from house to house, that good feeling grew and grew. Even though it was raining and I was soaking wet, I felt very warm inside. I knew I was helping others, and Heavenly Father and Jesus would be proud of our family.

*Lucas F., age 10, Alberta, Canada*

# Baptism Day



BY HILARY M.  
HENDRICKS

(Based on a true story)

*And this shall be our covenant—  
that we will walk in all the ordinances of  
the Lord (D&C 136:4).*

After the talk, our first baptism today will be Alison's," the bishop's counselor announced, smiling at me and my dad.

"Oh, we'd be happy to go last," Dad joked.

Uncle Calvin gave Dad's shoulder a friendly punch.

"You'll do great," he whispered.

Just a few months before, my dad had been ordained an elder in the Melchizedek Priesthood. This would be his first time performing a baptism. I felt proud of him and happy as we sat together in our white clothes.

Soon my dad and I stepped into the baptismal font. He gave me a wink. I held his arm and plugged my nose while he said the short prayer and

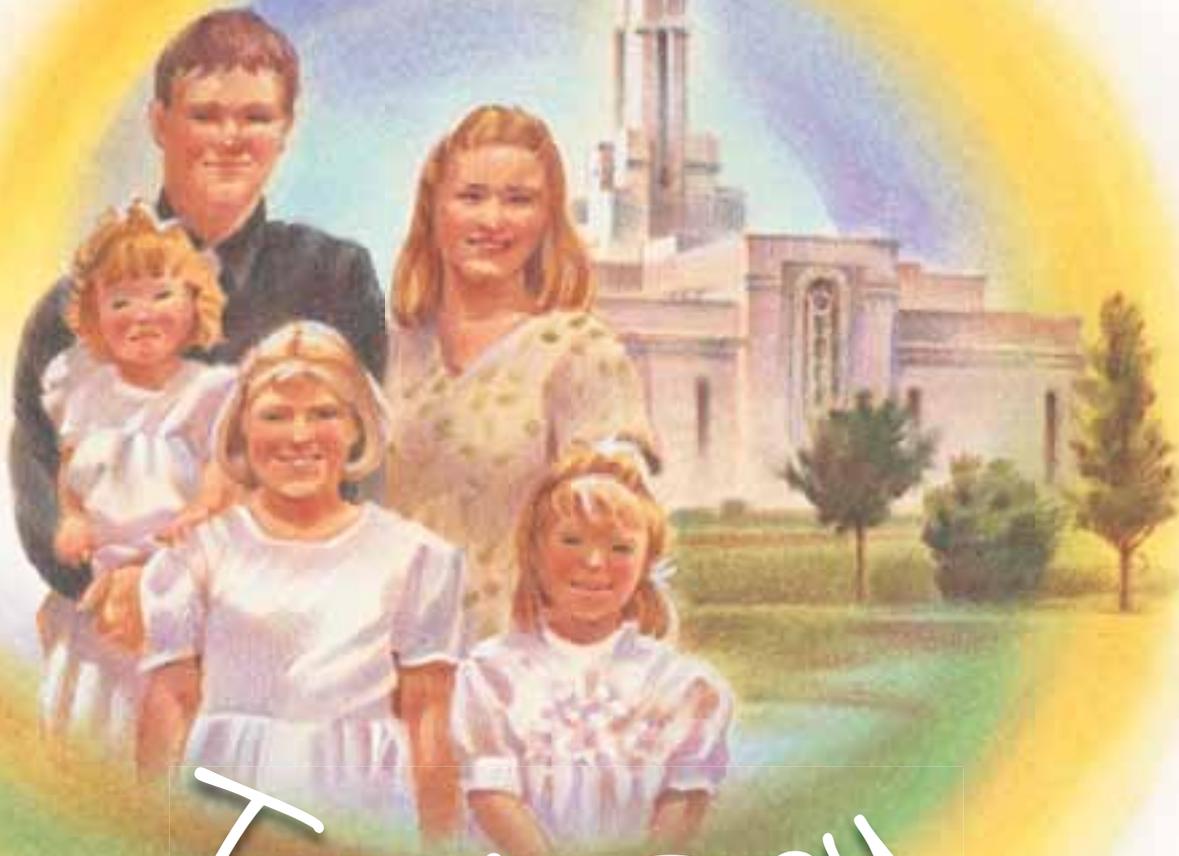
lowered me into the water. He did a great job! As I stood up, I felt the warm water streaming off my face.

The warmth of the Spirit whispered to me that I'd made the right choice.

Not many months later, Mom and Dad had some exciting news. Our family was going to be sealed in the temple! My sister Shaelyn and I clapped and jumped up and down, we were so happy.

I soon learned that because I was now eight years old and had been baptized, I would need to have an interview with my bishop before I could go to the temple. I liked Bishop Jex a lot, but I thought that an interview for a temple recommend would be very important, and that made me nervous. What if I answered some of the questions wrong?

Mom came with me to the church for my interview. Bishop Jex shook my hand. "So you want to go to the



# Temple Day

temple, young lady?” he asked.

I nodded.

“Not many people have the opportunity to be interviewed for a temple recommend so soon after they are baptized,” he told me. Then he took a binder from his desk and flipped it open. Inside, he pointed to a white piece of paper with some lines on it and lots of places to write information.

“This is a limited-use recommend,” he explained. “Your name goes here, and my signature goes here. You’ll give this to the temple workers, and they will know you are worthy to be in the temple.”

Bishop Jex asked me about the things I do to keep the covenants of baptism—going to church, treating my sisters kindly, repenting when I make a mistake. “Keeping our baptism promises is what we do to be worthy to make temple promises,” he said. “It sounds to me like you are working hard to do everything

you promised God you would do.”

After we talked for a few more minutes, he wrote my name on the paper and handed it to me. I had my temple recommend!

After my interview with Bishop Jex, I met with the stake president because he needed to interview me and sign my recommend too. Then I was ready to go to the temple! On the day of the sealing, we drove to the Mount Timpanogos Utah Temple. My sisters and I were introduced to the temple workers who would take care of us and help us get ready. The workers took us to a room where my baby sister, Breanna, colored pictures and played with blocks, and Shaelyn and I watched a movie about what being sealed would be like. I felt warm and peaceful in the temple.

We changed from our church clothes into white dresses, and then the temple workers took us to the sealing room. When we walked in, there were our

grandparents, lots of aunts and uncles, and of course our mom and dad. Everyone who looked at us started to cry—even my big, tough dad.

“You three look just like angels,” Mom said.

“Do you girls know what we’re doing here today?” the temple sealer asked.

“We’re being sealed to our parents,” Shaelyn said.

“And what does that mean?” he asked.

“We can be together as a family forever,” I said.

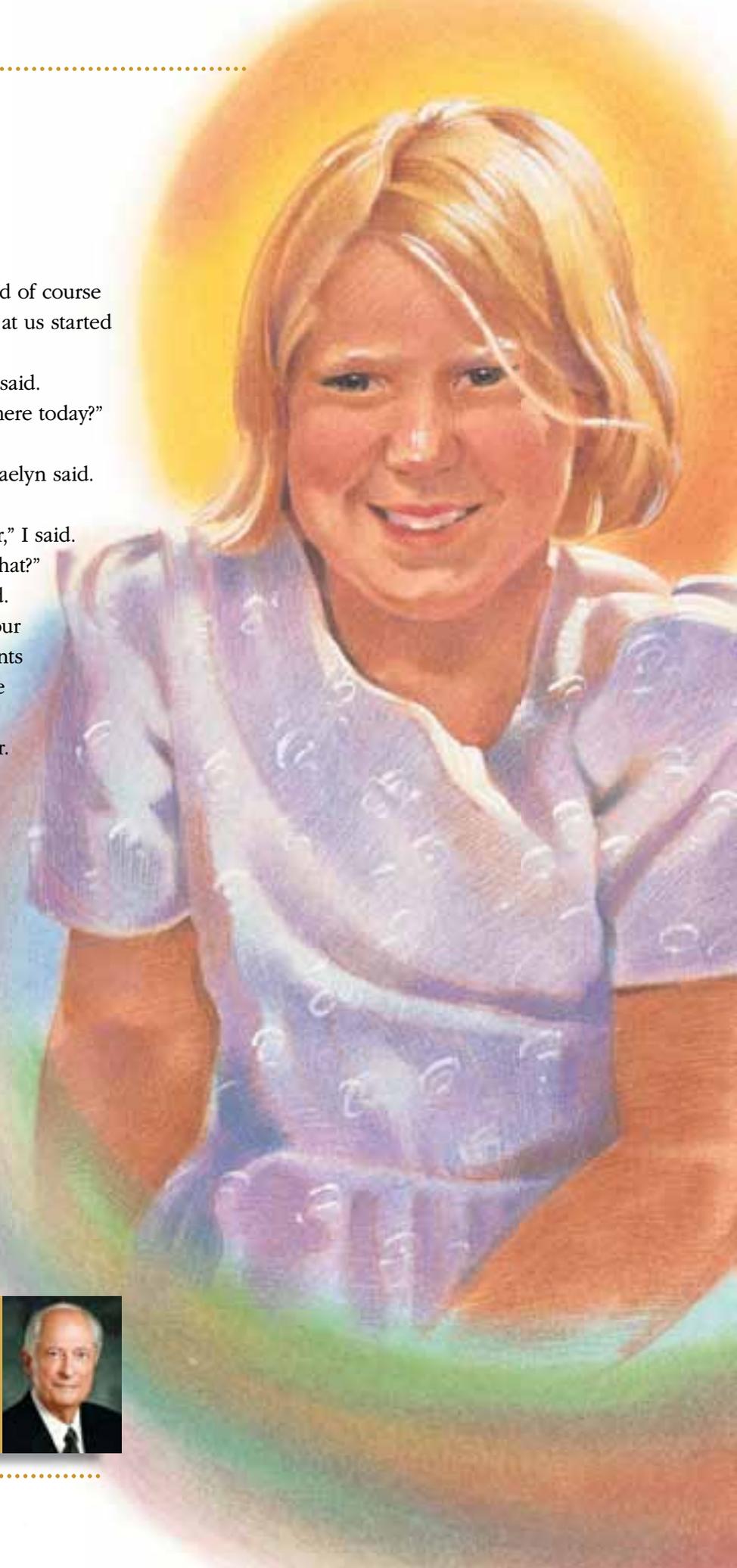
“Right,” he said. “Together forever, if what?”

“If we keep the commandments,” I said.

“Exactly. You do as you promised at your baptism—to follow Christ. And your parents keep the promises they made today in the temple to follow Christ. You should work hard each day to love and help each other. Someday, you girls will come here again and make the same promises they have made. Heavenly Father promises that when you all return to live with Him, you can be together as a family.”

After the sealer said the words of the ordinance, everyone gave us hugs. “We’re so proud of you,” my grandparents told me. “We love you so much!”

The warmth of the Spirit that I felt when I was baptized whispered to me again. I knew our family had made a good choice. I felt so happy that we could promise to follow Jesus Christ. I know He will help us live so that we can be together for eternity. ●



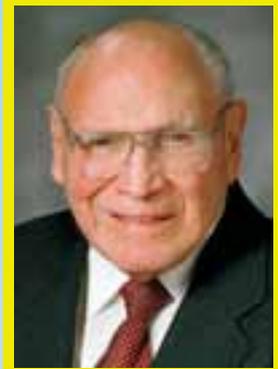
“Our baptism and confirmation is the gateway into His kingdom.”

**Elder Robert D. Hales of the  
Quorum of the Twelve Apostles<sup>4</sup>**





# How can I improve my prayers?



*Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.*

Meditate for a while on the things for which you really are grateful. . . . They don't have to be grand or glorious.

Thinking of things we are grateful for is a healing balm. . . . It changes our focus from our pains and our trials to the abundance of this beautiful world we live in.

We should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice.

Think of those things you truly need. Bring your goals and your hopes and your dreams to the Lord and set them before Him.

Approach Him with reverence and humility. Don't worry so much about whether your words are polished or not. Worry instead about speaking from your heart.

*From "Improving Our Prayers," Ensign, Mar. 2004, 26-27.*

# Friends in the News



## Golden Colorado Stake

The activity day girls and their dads in the Golden Colorado Stake enjoyed a fun evening together '50s style! There was dancing, a hula-hoop contest, a bubblegum-blowing contest, and yummy food.



**Maria S.**, 4, Maine, is a very active girl. She says, "I run really fast. Run, run, run!" She likes to build sand castles in her sandbox, swing on her swing set, dance ballet, draw, and sing.



**Johnathan Marshall Levison G.**, 10, Utah, was named after three of his ancestors. He likes lasagna, science fiction, and flashing light sabers. He would like to go to China on his mission.



**Stephanie M.**, 10, Manitoba, Canada, won the "Recycle for Manitoba" poster contest in her art class. She wants to be a professional artist. She likes to read and play with her stuffed animals.



**Chase E.**, 4, Texas, enjoys going to Primary and learning about saying "I'm sorry." He knows all the verses to his favorite song, "Book of Mormon Stories." He likes to play with his little sister, Haley.



**MegAnn C.**, 9, Minnesota, enjoys drawing, composing songs, attending activity day, and reading. She has fun making snow forts with her brother McKay and their dog Tober.



**Dallin H.**, 8, North Carolina, was excited to be baptized by his dad. He likes Cub Scouts, in-line skating, bike riding, and playing Primary songs on the piano. He is trying hard to choose the right.

Please send submissions to Friends in the News, Friend Magazine, Rm. 2430, 50 East North Temple Street, Salt Lake City, Utah 84150-3220, United States of America. A written statement signed by a parent or legal guardian granting permission to publish the child's photo and submission must be included. For scheduling reasons, submissions selected may not appear in the magazine for at least a year. Ages shown are those at the time of submission. Children whose photos are submitted should be at least three years old. Due to the number of submissions received, they cannot all be published, nor can they be returned.



## Watauga Ward

The Primary children of the Watauga Ward Primary, Kingsport Tennessee Stake, enjoyed participating in the children's sacrament meeting program. The congregation liked the presentation because the children sang and talked from the heart.



**Hannah and Hilary S.**, 11 and 11, Georgia, each have a favorite animal. Hannah likes the panda bear and Hilary's favorite is the koala bear. Hannah plays the trumpet and likes to go to baseball games with her dad. She loves her dog Ringo. Her favorite Old Testament story is about Queen Esther. Hilary enjoys in-line skating with her sisters, and playing sports, especially volleyball. She likes to play the clarinet and reads the Book of Mormon every night.



**Noah N.**, 8, Idaho, read the Book of Mormon before he was baptized. He has learned a lot and has a testimony and love for Jesus Christ. He is now reading the Doctrine and Covenants.



**Hunter O.**, 9, Montana, is a Cub Scout and enjoys attending his meetings. He likes to read fantasy books and the *Friend* and *Boys' Life* magazines. He plays the piano and has two brothers and one baby sister.



**Sarah E.**, 7, Texas, likes to read, play soccer, and play with her brothers and her dog. She wants to be a teacher or veterinarian. She enjoys school, cooking, playing the piano, and making friends.



**Eliza Marie I.**, 6, Utah, likes to play soccer, basketball, and T-ball. Her favorite Bible story is about Adam and Eve. She enjoys taking pictures, playing with her cousins, and visiting her grandpa and grandpa.



**Kaylee W.**, 4, Nevada, has memorized the first four articles of faith. Her mother says that Kaylee gives awesome family home evening lessons. She often cleans her room without being asked.



**Curtis B.**, 10, Arizona, enjoys participating in Scouts, cooking, riding his bike, and drawing. His favorite Old Testament prophet is Noah. When he grows up he would like to serve a mission, be a good father, and become a museum curator.



**Jenina and Jesson D.**, 11 and 10, are from the Philippines. Jenina likes to swim, play the piano, and dance. She is a caring sister to her brother Jesson. She enjoys Primary and family home evening. Jesson likes to draw, play basketball, and attend Valiant activity days. He is a good example at home and at school.



**Oxford Ward**

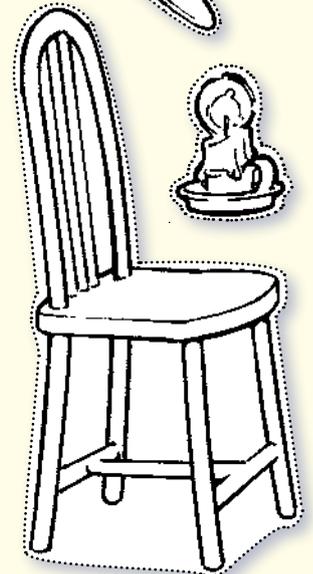
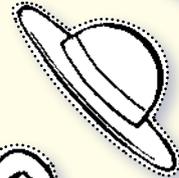
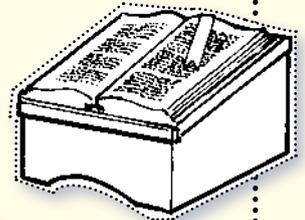
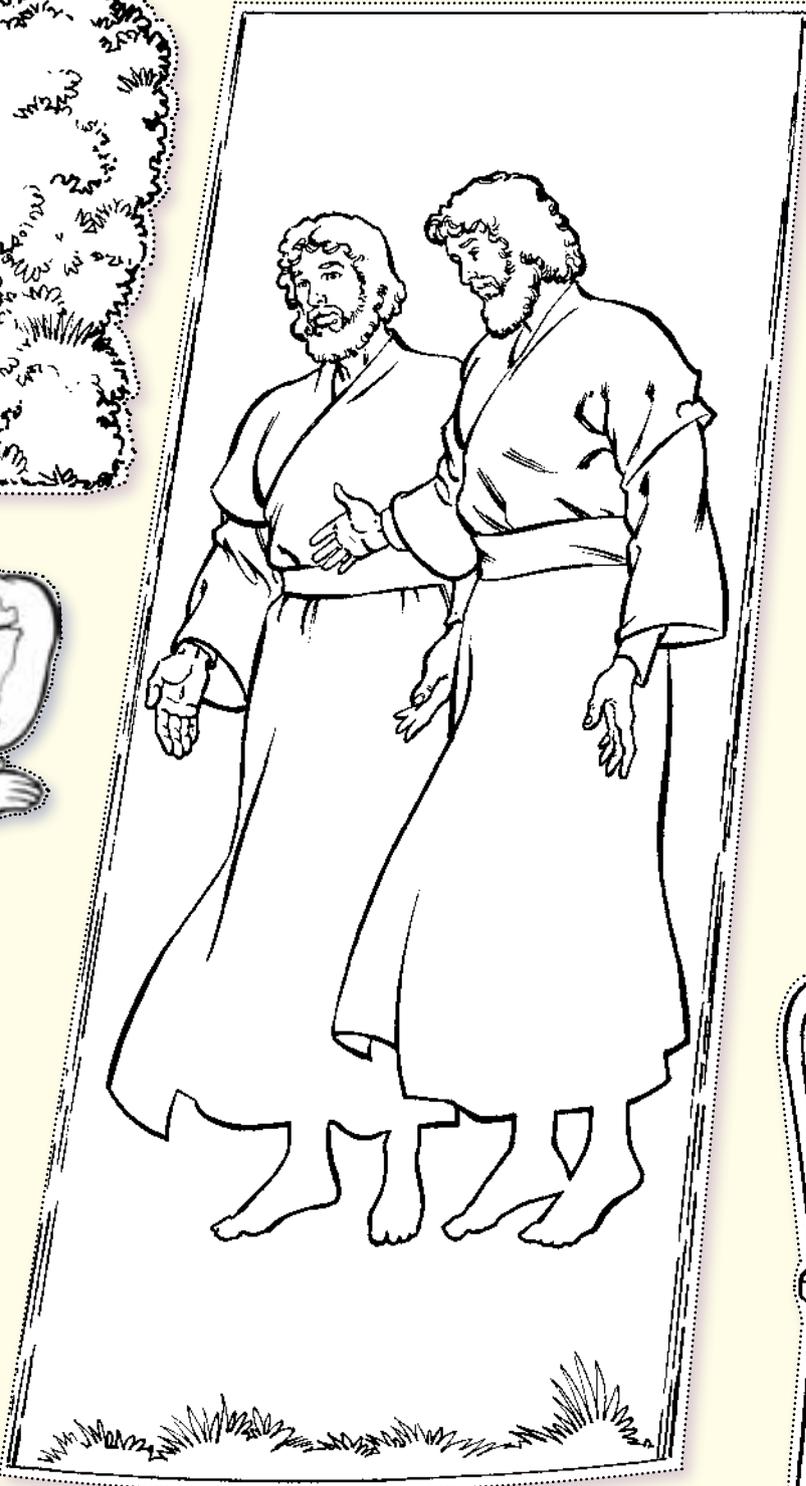
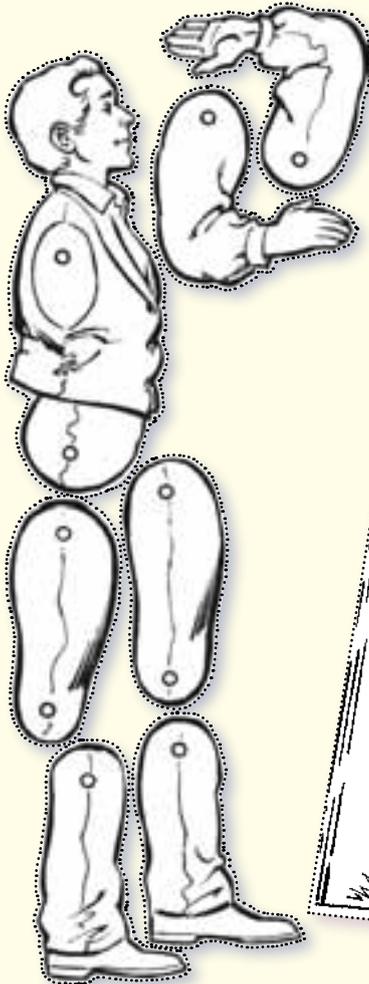
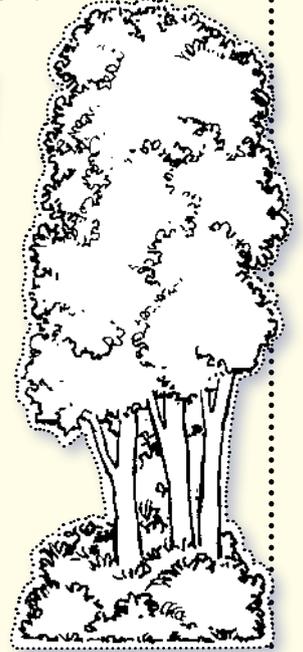
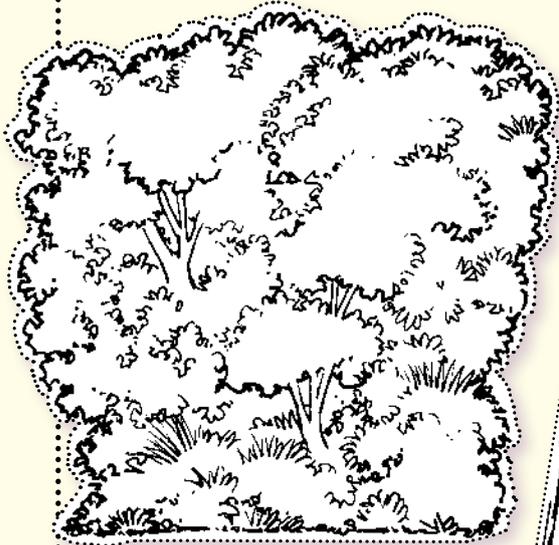
The Primary children of the Oxford Ward, Granger Utah South Stake, were encouraged to collect pennies and other coins to be donated to the Primary Children's Medical Center. They were reminded to read the words "In God We Trust" printed on each coin. The children collected 648 coins and 2 dollar bills.



# JOSEPH SMITH'S FIRST VISION



**Instructions:** Remove this page from the magazine and color the figures. Mount them on heavy paper and cut them out. Read the story on pages 38–39, then retell the story using the figures. Assemble the Joseph Smith figure with brass fasteners so he can kneel and pray.



The *Guide to the Friend* can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for March is “Jesus Christ is my Savior.”



## Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read President Henry B. Eyring’s message, “Helping the Lambs” (pp. 2–3). As a family, role-play situations in which another’s faith can be nourished. Then look up “Jesus Christ, Good Shepherd” in the Bible Dictionary and read some of the scriptures listed. What can you do to help the Lord’s lambs into His fold?

2. Display an empty jar and read “The Big Jar” (pp. 20–22). Give your family members pieces of paper, and ask them to write down one nice thing they saw another family member do that day. Put the papers in the jar. During the week, invite your family to add to the jar with kind acts they witness. On Sunday, read all the papers to see how your family members have “filled each other up” with kindness.

3. On separate pieces of paper, write the questions from pages 24–25 about the sacrament. Sit in a circle with your family. Have someone read a question, and have the person to the right answer it. Other family members can help if the person doesn’t know the answer. Also refer to the answers in the *Friend*. Continue around the circle. Read the scriptures listed, and encourage each other to think about what you’ve learned when you take the sacrament on Sunday.

4. The restoration of Christ’s Church on earth began with Joseph Smith’s simple prayer. Color and cut out the figures on page 48, and use them to tell the story of the First Vision (pp.

38–39). Then read Elder Joseph B. Wirthlin’s thoughts on prayer (p. 45).

5. As a family, make your own Trying to Be Like Jesus page (pp. 40–41). Have each family member think of a way he or she has tried to be like Jesus Christ recently. Write all the experiences on a large piece of paper, and sign your names under them. Add your photos or illustrations if you’d like.

### Sidebar references

1. *Ensign*, Nov. 1995, 102.
2. “The Tongue Can Be a Sharp Sword,” *Ensign*, May 1992, 19.
3. “He Heals the Heavy Laden,” *Ensign*, Nov. 2006, 8.
4. “The Covenant of Baptism: To Be in the Kingdom and of the Kingdom,” *Ensign*, Nov. 2000, 9.



The *Friend* can be found on the Internet at [www.friend.lds.org](http://www.friend.lds.org).

To subscribe online, go to [www.ldsacatalog.com](http://www.ldsacatalog.com).



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(f) = Funstuff  
(IFC) = inside front cover  
(v) = verse

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### Manuscript Submissions

The *Friend* welcomes unsolicited manuscripts but is not responsible for them. Rejected manuscripts will not be returned unless a stamped, addressed envelope is enclosed. Send manuscripts to *Friend* Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America. Send e-mail to [friend@ldschurch.org](mailto:friend@ldschurch.org).

Send children’s submissions to *Friend* Editorial, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America, in care of the appropriate department—Our Creative Friends, Friends in the News, Friends by Mail, Trying to Be Like Jesus. A written statement by a parent or legal guardian granting permission to publish the child’s photo and submission must be included. Submissions will not be returned.

# What's in the *Friend* this month?



## page 2

How can you strengthen the faith of others?

## page 10

What does Justin win?



## page 30

Make a book about the Savior's life.

