

the friend

MARCH • 2009



Friends by Mail



Catch Me!



Once I was helping my mom with laundry in the basement. My brothers and sister were coming down the stairs. I was standing at the bottom of the stairs when my sister started to fall! Somehow I was able to catch her by grabbing her shirt with one hand. I think that

was a miracle because the Holy Ghost helped me know where to stand and gave me strength to catch her, even though I was only three and she was two.

Taylor H., age 7, Pennsylvania

Song of the Heart



A few months before my baptism, I went to the baptism of two of my friends. Both of them sang a song during their baptism service. When we got home, my mom suggested I write down my feelings about being baptized, since I write a lot of songs. I went

into my room and wrote down a few thoughts. My mom said what I had written was very special, and that we should have my grandma put my words to music. So we did. A few months later, at my own baptism I sang the song I had written. I was really nervous, but I felt the Spirit help me. I'm really glad to have my very own baptism song!

Whitley J., age 8, Arizona

Temple Trip



One day, my aunt babysat me in the waiting room when my parents were in the Chicago Temple. When they were finished, I asked my mom, "Did your heart feel good when you came into the temple?"

My mom said, "Yes. Did yours?" I said yes. I know temples are Heavenly Father's house.

Bonnie T., age 7, Illinois

Would you like to write us a letter?
Turn to the inside back cover to find out how.



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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

Stories and Features

- IFC Friends by Mail
- 2 Come Listen to a Prophet's Voice: The True Church / President Henry B. Eyring
 - 4 Standing Up for Caleb
 - 6 Forgetting the Notes
 - 8 Friend to Friend: Courage to Live the Gospel / Elder Erich W. Kopischke
 - 10 Making Friends: Jared Azzarini of Porto Alegre, Brazil
 - 14 Sharing Time: "Mine House Is a House of Order"
 - 18 Sunday Stations
 - 22 Our Creative Friends
 - 28 Emergency Day Drill
 - 31 Special Witness: Elder Russell M. Nelson
 - 32 Friends in the News
 - 38 Joseph's Journey, Part 3: Joseph's Promise
 - 42 Trying to Be Like Jesus
 - 44 From the Life of the Prophet Joseph Smith: A Life of Kindness
 - 46 In the House of the Lord
 - 48 Matt and Mandy
- IBC Guide to the *Friend*

For Little Friends

- 34 Daddy's Sunshine
- 36 Faith Is like a Seed
- 37 A Day to Choose the Right

Verse

- 27 A Simple Recipe

Things to Make and Do

- 13 Funstuf
- 17 Kitchen Krafts
- 24 My Family
- 26 Funstuf
- 41 Coloring Page
- 47 Funstuf

Cover by Jennifer Tolman



Look for the *Friend* mouse throughout this issue to find out which features are online at www.friend.lds.org. See if you can count how many times the mouse appears.



Hidden CTR Ring

Clue: If you're prepared for an emergency you shall not fear.

Come Listen to
a Prophet's Voice

The TRUE CHURCH

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

My testimony that this is the true Church began in my childhood. One of my earliest memories is of a conference meeting. A man was speaking whom I did not know. I knew only that he was someone sent to our little district in the mission field by someone who held the priesthood. I do not know what he said. But I received a powerful, certain witness before I was eight, even before I was baptized, that I was hearing a servant of God in the true Church of Jesus Christ.

In my teen years, I felt the power of priesthood quorums and of a loving bishop. I still remember and can feel the assurances that came when I sat in a priests quorum next to a bishop and knew that he had the keys of a true judge in Israel.

That same witness came early in my life on two Sundays. In each case I was present on the day that a stake was organized. Seemingly ordinary men whom I knew well were called as stake presidents. I raised my hand on those days and had a witness come to me that God had called His servants and that I would be blessed by their service and for sustaining them. I have felt that same miracle countless times across the Church.

I saw that those stake presidents were lifted up to their callings. I have seen the same miracle in



President Eyring tells how he gained his testimony that the Church is true.

the service of President Monson as he received the call to preside as the prophet and President of the Church and to exercise all the keys of the priesthood in the earth. Revelation and inspiration have come to him in my presence, which confirms to me that God is honoring those keys. I am an eyewitness.

I bear you my solemn witness that this is the true and living Church of Jesus Christ. Heavenly Father will answer your fervent prayers to know that for yourself. ●

From an April 2008 general conference address.

THINGS TO THINK ABOUT

1. In family home evening, talk about experiences you or your family have had that help you know the Church is true. Then draw a picture of one of those experiences. If you want to, show your picture and share your testimony.
2. Who are some Church leaders, including home teachers and bishops or branch presidents, who have helped you and your family? How can you show your appreciation to them?
3. Think about how you felt when President Thomas S. Monson was sustained as prophet and President of the Church in general conference in April 2008. Record your feelings by drawing a picture or writing in your journal.



STANDING UP

FOR CALEB

BY AMY S. TATE

(Based on a true story)

Remember . . . brotherly kindness (D&C 4:6).



It started out like any other day at school. Our teacher, Miss Blackstock, was writing on the chalkboard while I sat daydreaming at my desk. Then our principal walked in with a boy I had

never seen before. The principal whispered something in Miss Blackstock's ear, and everyone got quiet trying to listen.

The boy stood at the front of the classroom while the other kids stared at him. His faded plaid shirt hung loosely. There was a hole in the knee of his pants. With slumped shoulders, he dug his hands

deep into his pockets and stared at the floor.

After the principal left, Miss Blackstock said, “Class, I would like you to meet Caleb Sanders. He recently moved here from Montana. That is quite a distance from here! Caleb, you may take the seat next to Luke.”

She pointed to the seat next to mine, and the class watched as Caleb nervously made his way down the aisle. As Miss Blackstock turned back to the chalkboard, whispers filled the room. Some of the kids were saying mean things about the way Caleb was dressed.

“Look at those weird boots,” someone said.

“He could hike up the Himalayas in those!” another boy chimed in.

I glanced over at Caleb, but he just sat there staring at his blank notebook page and clutching his pencil. I knew that he must have heard them because I saw him shifting uncomfortably in his seat. Then a couple of boys snickered so loudly that Miss Blackstock stopped writing.

“I see that everyone is eager to talk to Caleb, so let’s have him come up here and tell us a little bit about himself,” she said.

The class got quiet and stared at Caleb. I felt sorry for him. The boy who sat behind him kicked the back of Caleb’s chair and jeered, “Go ahead, mountain boy.”

Caleb slowly made his way to the front of the class. His hair partly covered his eyes, and his boots scuffed the floor when he walked. The kids around me snickered again. I knew that Miss Blackstock was trying to help, but I was afraid this would only make things worse.

One boy raised his hand and asked, “Where did you live in Montana, under a rock?”

The class burst into laughter.

The girl on the front row asked, “Does everyone in Montana dress like you?”

I felt my face getting hot as anger welled up inside me. If someone didn’t stop this, I knew Caleb would remain an outcast for the rest of the school year. But if I stuck up for him, the kids might laugh at me too.



“We should always think about how others feel. We should be kind to everyone, as Jesus was. He loves all of us. It doesn’t matter how we look.”¹

Cheryl C. Lant,
Primary general president

Then I remembered what my stepmom told me when I tried out for the soccer team. She told me about David in the Old Testament. David was the youngest of all his brothers, but the Lord chose him to be king. It didn’t matter what he looked like. Sometimes people judge others by their appearance, but the Lord looks on the heart.

I knew Caleb needed help, so I raised my hand. Miss Blackstock called on me. Caleb didn’t look up. He probably expected me to make fun of him too.

“I’ve heard that there are some cool parks in Montana with great hiking trails. What are they like?” I asked.

The class got quiet. I felt my face turning red again, but Caleb smiled. I could see that he was relieved to answer a kind question. In a quiet voice he started to speak.

He told us that his family had lived on a large ranch in Montana, and he had even owned a horse. He told about his favorite trail in Glacier National Park and how he had encountered a real live bear. As he told more and more about his home, the other kids began asking questions about the bear, the hiking, and the rock climbing.

After school I wasn’t sure if anyone would sit by me on the bus. I held my backpack close and stared out the bus window. Suddenly, I felt a tap on my shoulder. It was Caleb.

“Can I sit here?” he asked shyly.

“Sure!” I said, moving over to make room.

I never would have guessed how that day would turn out. I am glad I had the courage to be nice to Caleb. Now he has many friends—and I’m proud to be one of them. ●

Forgetting the Notes



BY LENA HARPER

(Based on a true story)

Let your hearts be comforted; for all things shall work together for good to them that walk uprightly (D&C 100:15).

Ashley pulled her stuffed-animal elephant to her chest and closed her eyes. She pictured the notes of her song, “The Elephant and the Flea,” just as they were on her music. She took a deep breath, opened her eyes, and smiled. Her turn was next, and she was sure she would remember the music she had so carefully memorized.

This was her first piano recital, and Ashley was nervous. The small room was packed with people, and she hardly knew any of them. But her mom was there, and her piano teacher, Miss Stewart, sat smiling at the front of the room near the piano. The students had been asked to dress to represent their songs, so Ashley carried a stuffed-animal elephant with a flea on its nose.

A little boy finished his song and stood up. He bowed while everyone clapped loudly. He did well. He didn't forget any notes in his song.

Ashley swallowed. What if she messed up? Would they still clap for her? What would her mom and her piano teacher think?

Mom reached over and put her hand on Ashley's back. “It's your turn,” she whispered. Then she saw the nervous look on Ashley's face and added, “You'll do fine.”

Ashley stood up and started to picture the notes in her head one last time. Then she walked slowly to the front of the room.

After announcing her name and the title of her song, she placed the elephant on the edge of the bench, sat down next to it, and stared at the piano keys. She knew she could remember the notes. She had practiced so hard; she had to remember. She started playing. Her fingers danced across the keys as she made it through the first part of the song perfectly. Then she got to the second part. This part had always been tricky. Ashley tried to play the right notes, but her fingers and her brain forgot what came next.

Everyone watched her sit silently at the piano. How could this be happening? Miss Stewart searched through a pile of music and pulled out Ashley's piece. She stood up and began walking toward Ashley. How embarrassing if she had to use the actual written music when she was supposed to have it memorized! Just before Miss Stewart could put the music on the piano, Ashley started playing again. Instead of starting where she had stopped, she skipped the middle part and began to play the short ending, which she remembered.

Embarrassed, Ashley finished the song and hurried back to her seat. She didn't bow, and she didn't look at anyone. The audience clapped, but Ashley was sure it wasn't as loud or as long as it had been for the little boy before her.

“You have not failed as long as you have tried.”²

President Gordon B. Hinckley (1910–2008)



“It's OK,” her mom said. She put her arm around Ashley and kissed the top of her head. “You did so well.”

But Ashley knew she hadn't done well at all.

When the recital was over, Ashley walked quickly toward the door. She couldn't stand the embarrassment. A lady stepped in front of the door, stopping her from escaping.

“You did so well up there. I just love that you can play the piano at such a young age,” she said.

A man joined in. “I really liked your song,” he said.

More people walked by and smiled or patted Ashley on the back. Then Miss Stewart put her arm around Ashley's shoulder. “You did a wonderful job,” she said. She smiled, then moved on to talk to some other piano students.

Ashley felt much better on the ride home. She had messed up, but that didn't matter so much anymore. Everyone seemed to understand. Ashley had tried her best, and that was enough. ●

I didn't win the class art contest—again.



Cool picture! I know a place where that will look great!

Courage to Live the Gospel



**From an interview with
Elder Erich W.
Kopischke of the
Seventy, serving as
First Counselor in the
Europe Area
Presidency;
by Hilary M. Hendricks**

Be not afraid, . . . for the Lord thy God is with thee (Joshua 1:9).

My father, Kurt, was a young boy in Poland during World War II. Often he felt hungry, cold, and frightened. Then something wonderful happened. His 10-year-old friend Otto Dreger invited him to go to Sunday School with members of The Church of Jesus Christ of Latter-day Saints. In Sunday School, Kurt and Otto learned they were children of God. They sang songs. They learned to pray. Kurt loved the way he felt when he went to church: peaceful and

happy. He asked his parents and his sister to go with him. Before long my father and his family were baptized. The gospel of Jesus Christ helped them feel brave through difficult times.

My father was very bright, and he wanted to study at a university. At that time the government where he lived chose who could attend universities and who could not. The government did not want people to



believe in God. Dad was told that he could attend the university only if he would stop belonging to the Church and talking about Heavenly Father and Jesus Christ.

My father knew he could not give up his faith. Instead, he and my mother, Helga, decided to leave their home. They boarded a train for West Germany, praying that they would be allowed to enter that country. At the border the police officers checking the trains did not check the compartment where my parents were riding. So they were able to begin a new life in a country where they could worship God. Two months later I was born.

Like my parents, I needed courage to live the gospel. I spent one year as a soldier in the German army. Most of the soldiers used bad language, smoked, and did other things I knew I should not do. Sometimes I felt alone, but I always tried to keep Heavenly Father's standards. My officers respected my commitment and allowed me time off to participate in Church activities.

On the last night of a soldier's service, the soldier and his friends would drink a lot of alcohol and have a rowdy party. I thought and prayed about what I should do when my last night came. When it did, I told the group of soldiers serving with me, "Let's do something that has never been done before." We dressed in our



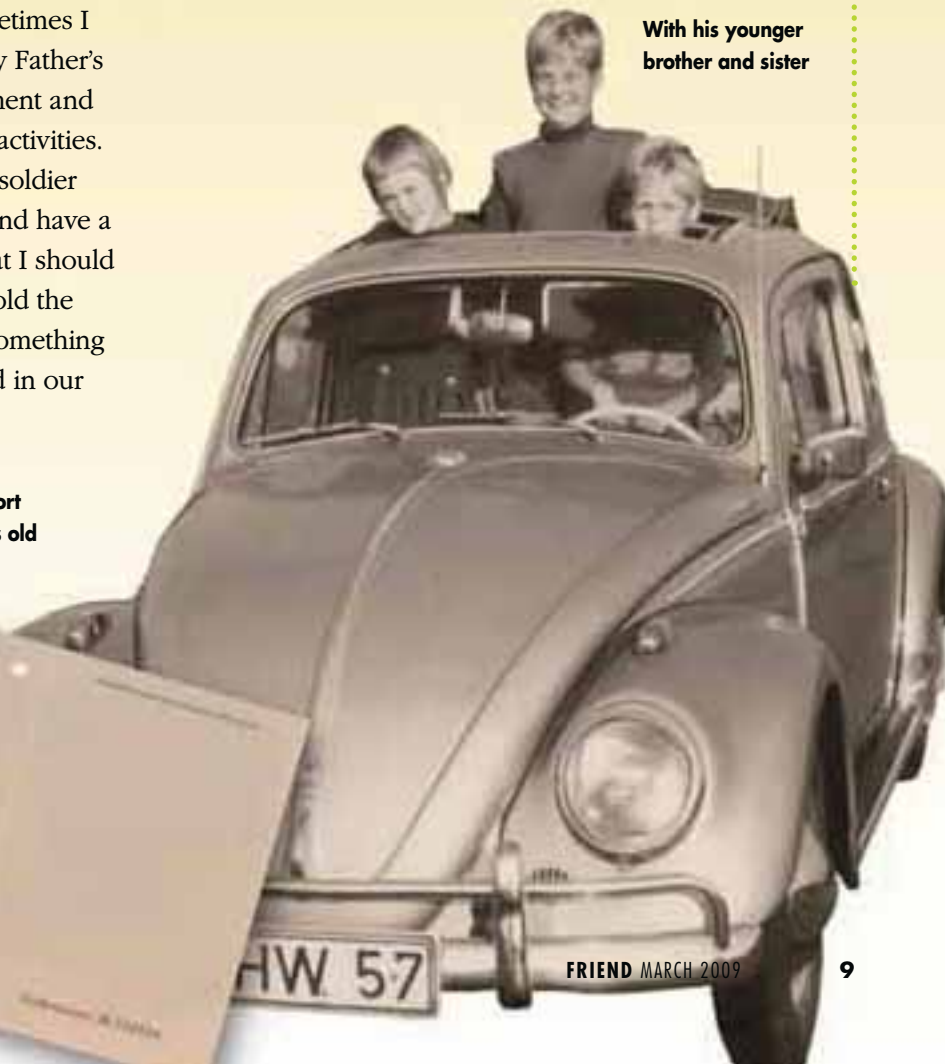
At age 10

best suits and went to say a quiet good-bye to our army leaders. Our major couldn't believe it. I felt that Heavenly Father had guided me to find an answer to my problem. Looking back, I can see that the greatest blessings in my life have come by following the counsel

of prophets and keeping God's commandments.

Sometimes your friends may want you to do things you know are not right. Never forget your promise to live Heavenly Father's standards. As you try to follow His commandments, He will bless you to know what to say and do. He will help you not to feel afraid. Like my father's friend Otto, you can share with your friends what you know about Heavenly Father and the ways you feel His love. Your courage to do what is right will make a difference! ●

With his younger brother and sister



Elder Kopischke's passport when he was four years old



Lifted by Prayer

BY ADAM C. OLSON
Church Magazines

**Children all over the world pray to Heavenly Father—just like you!
This month let's meet Jared Azzarini of Porto Alegre, Brazil.**

Jared Azzarini, age 10, was devastated as he watched his coach and teammates board their flight to Goiânia for the Brazilian National Gymnastics Championship without him. He had prayed as hard as he could that the airport officials would let him on the plane so he could compete with his team. But they said he could not travel without his original birth certificate. All he had brought was a copy. The original was at home.

So while his team prepared to defend the national title that he had helped win in their age group the year before, he went home with his mother. He thought about his coach's last words to him: "If you

competition, the whole team will lose. We need you."

The next available flight was the following morning. It would get him to the competition, but just in time—without a chance to warm up or get used to the equipment.

"Mom," he said when they arrived at home, "you taught me that when we pray earnestly, the Lord will answer our prayers. I have prayed with all my heart, and nothing happened. If I go on the flight tomorrow, I will have no chance."

Jared's mom reassured him that "with God all things are possible" (Matthew 19:26). She called the airport. Within half an hour, the airline called and asked if Jared could get to the airport immediately. A seat had opened up on a flight that would leave right away.

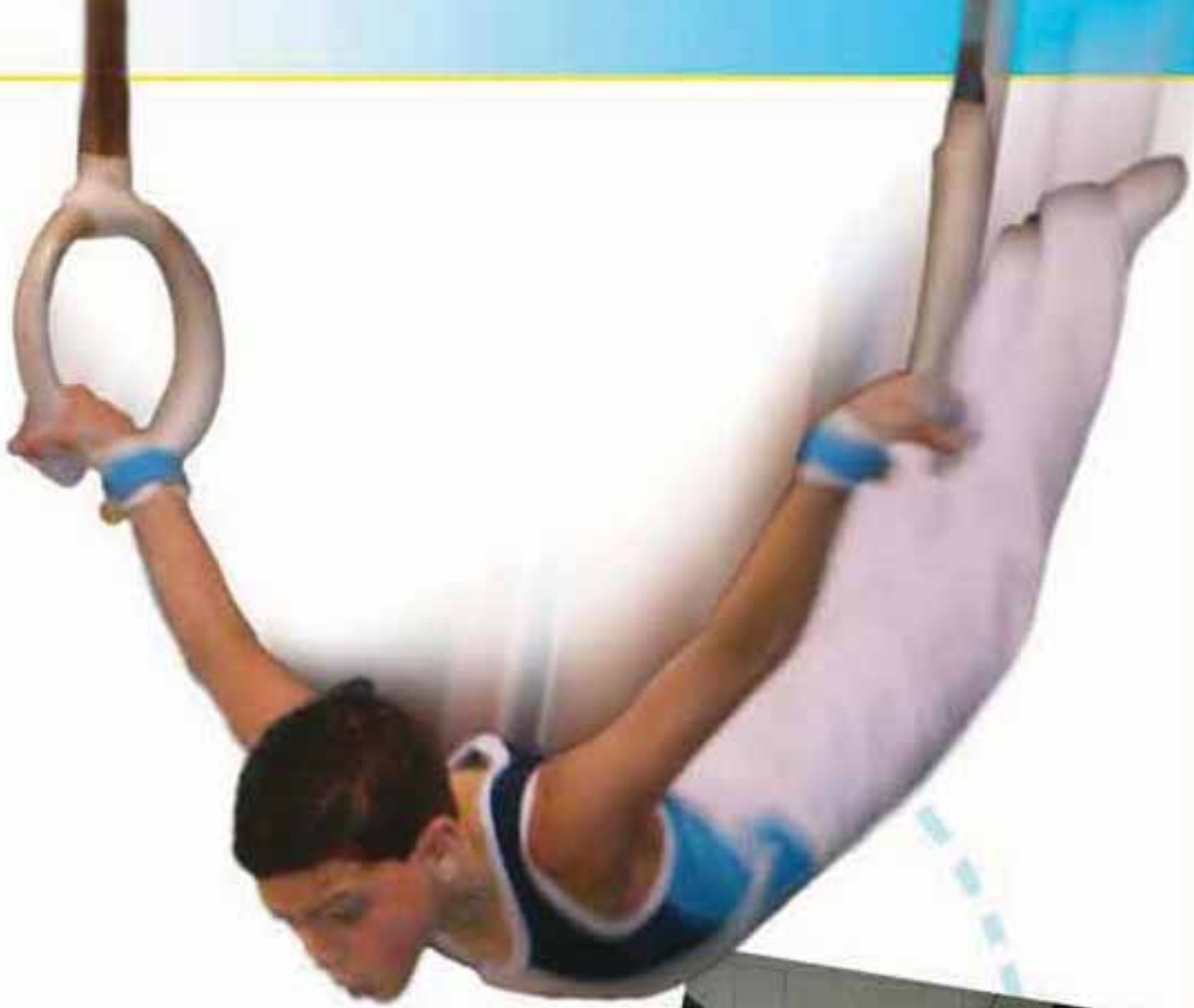
"Heavenly Father really *does* answer our prayers!" Jared thought as he hurried to his room to thank Heavenly Father.

Jared, a member of the Intercap Ward, Porto Alegre Brazil Partenon Stake, made it to the competition in time to earn a third-place individual finish and help his team win their age division's national championship again.

Jared and Gymnastics

When Jared was six, his mother enrolled him in the only class available for his age at the local university: gymnastics. The instructor was amazed to learn that Jared didn't have any experience. The university's coach





tested Jared and helped him get a tryout with a well-known gymnastics club. Jared made the team, and four months later he earned an individual sixth place at a state competition.

His goal is to one day compete in the Olympics. To reach that goal, he trains five hours every day but Sunday.

Jared and the Word of Wisdom

Jared tries to keep his mind and body pure and not partake of things that are harmful. He knows he must take good care of his body if he wants to be a good gymnast. But his Olympic goals aren't the only thing prompting him to take care of himself. "If I don't keep the Word of Wisdom, besides spoiling my health, I will not be able to go back to live with Heavenly Father. The Word of Wisdom is a commandment," Jared says.



Jared's Example

None of Jared's teammates are members of the Church, so he is careful to set a good example and treat others kindly. Jared has invited his friends to spend the weekend with him before and has taken them to church. He lent them white shirts and ties. "I always try to be ready to help," he says. "I pray for my teammates who are competing and even teach them how to pray."

Jared uses the names of Heavenly Father and Jesus Christ reverently. He does not swear or use crude words, and he tries to help others do the same. He says, "My teammates watch each other so they will not say bad things, at least in front of me."

Jared's Family

Jared loves his family. "Anything I do with my family is wonderful," he says. Jared's brother, Sam, is one year older. The two of them enjoy doing things together, especially singing. They even sang at a special meeting where Bonnie D. Parkin, then Relief Society general president, and Cheryl C. Lant, Primary general president, were speaking. ●



Where in the World Is Porto Alegre, Brazil?



Jared's Favorites

Primary song: "A Child's Prayer" (*Children's Songbook*, 12–13)

Food: Rice, black beans, and mashed potatoes. Jared says, "And, of course, as a good *gaucho* [a person from the state of Rio Grande do Sul], I love a good barbecue."

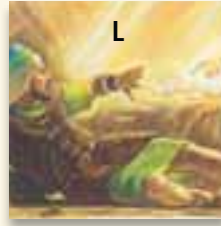
Sports: Gymnastics and soccer

Hobby: Video games

Scripture: James 1:5—Jared says, "I love the history of Joseph Smith's life."

School subjects: Science, history, and physical education

Pets: Two dogs and two cats



Walk by Faith BY LENA HARPER

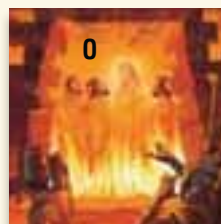
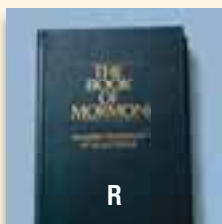
Faith is a belief in something that you cannot see, but you know is true (see Alma 32:21; Hebrews 11:1). To learn more about how you can have faith and how others have had faith, read the scriptures and match them to the pictures they go with. Then put the letter from each picture in order in the blanks at the bottom.

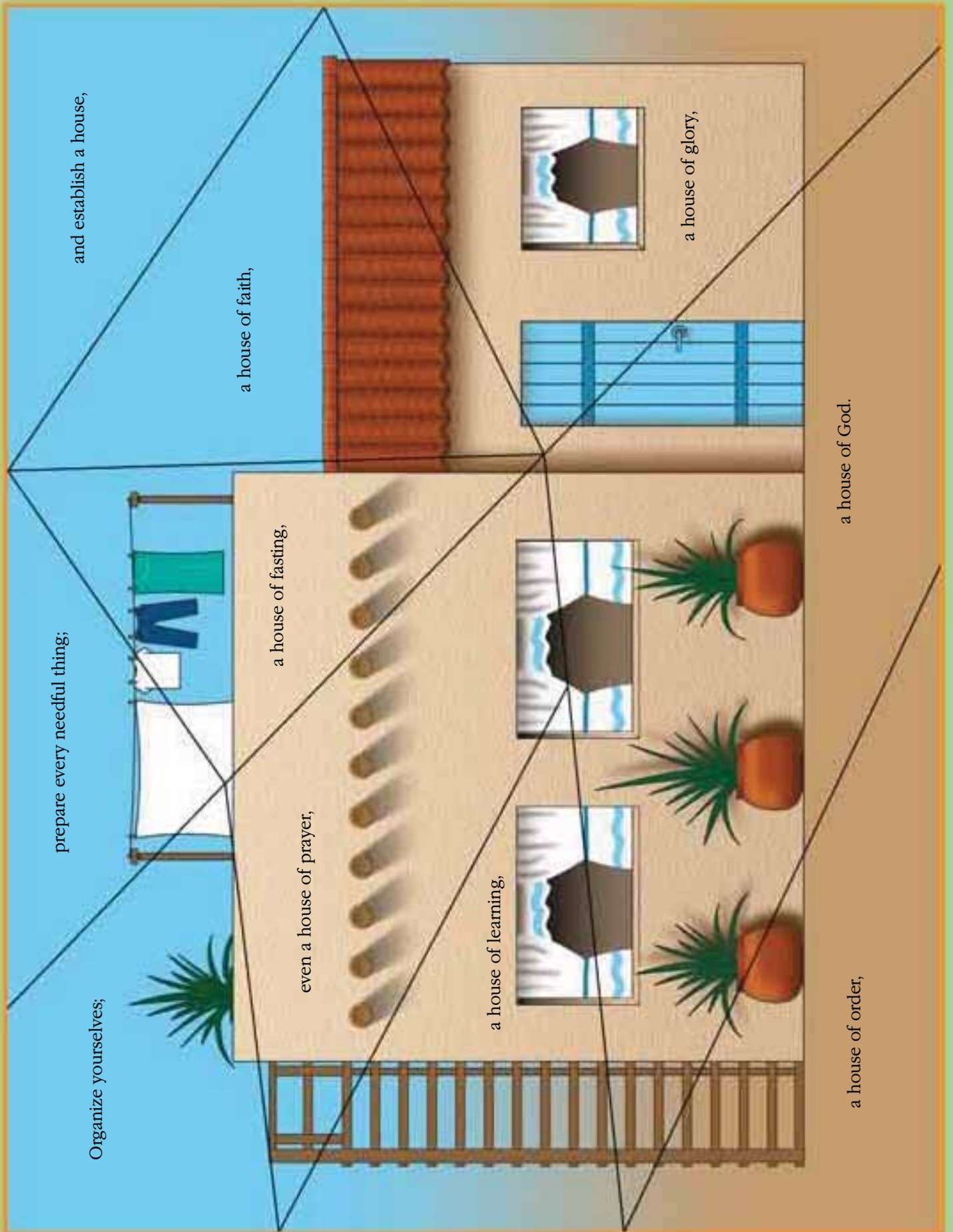


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|--------------------|----------------------------------|
| 1. Hebrews 11:7 | 11. 3 Nephi 28:4-12 |
| 2. Alma 32:26-33 | 12. Ether 12:20-21 |
| 3. Luke 8:43-48 | 13. Alma 32:41 |
| 4. Mark 10:49-52 | 14. Daniel 6:19-23 |
| 5. Enos 1:4-8 | 15. 2 Nephi 4:34-35 |
| 6. Moroni 10:4 | 16. Hebrews 11:23-29 |
| 7. Hebrews 11:17 | 17. Ether 12:13 |
| 8. Ether 12:7 | 18. Joseph Smith—History 1:11-17 |
| 9. 1 Nephi 3:7 | 19. Moroni 8:25 |
| 10. Daniel 3:23-28 | 20. Alma 8:30-32 |



“Be _____, _____.”





and establish a house,

a house of faith,

a house of glory,

prepare every needful thing;

a house of fasting,

a house of God.

Organize yourselves;

even a house of prayer,

a house of learning,

a house of order,

“Mine House Is a House of Order”

Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God (D&C 88:119).

BY CHERYL ESPLIN



The Lord said, “Mine house is a house of order” (D&C 132:8). The temple is the Lord’s house, but our homes can be a house of order too. A house of order is a home where we try to do as Jesus taught. It is a home where we can feel love and peace.

Heavenly Father has given parents the responsibility to teach and care for their children with love and kindness. He has given children the responsibility to obey and honor their parents. Heavenly Father wants every member of the family to work together to make his or her home a happy, peaceful place where the Spirit can be.

Elder Glenn L. Pace of the Seventy told how his youngest daughter helped their family do things the Lord’s way. He said: “She was the one who reminded us to have family prayer. She was the one who tried to get us excited about family home evening. She devised treasure hunts; she fixed treats; she would do anything to try to get the family excited about having family home evening” (“Friend to Friend,” *Friend*, Feb. 1997, 7). ●

Activity

Remove page 14 from the magazine, and mount it on heavy paper. Cut out the puzzle pieces. Read Doctrine and Covenants 88:119, and then put the puzzle together in the correct word order, matching the verse.

When you have completed the puzzle, say the scripture several times and try to memorize it. Think about things that you can do to help your family have a home like Heavenly Father wants you to have—a home where you can feel love and peace, a home where you can feel His Spirit.

SHARING TIME IDEAS

March Theme: *Family members have important responsibilities.*

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

1. **Fathers preside over, provide for, and protect the family with love.** Show shoes that represent different responsibilities of a father (athletic shoes, casual shoes, Sunday shoes, work shoes, and slippers). To show that fathers have many responsibilities, have children stand in the shoes they think are best for a father to wear when exercising, going home teaching, going to church, going to work building roads, and comforting a child in the middle of the night. Teach and discuss the responsibilities of a father found in paragraph 7 of "The Family: A Proclamation to the World" (*Ensign*, Nov. 1995, 102). Sing the second verse of "The Family Is of God" (*Friend*, Oct. 2008, 28–29).

Have children role-play while you tell the story of Nephi, emphasizing the influence and role of his father, Lehi (see 1 Nephi 1; 2). Beforehand, make name tags for the children to wear that represent characters in the account. Involve as many children as possible. Bear testimony that one of the most important responsibilities a father has is to lead his family. Encourage the children to write a note expressing their love for their fathers and to put it in one of his shoes.

2. **Mothers nurture the family.** Have several older children come to Primary prepared to sing the first verse of "The Dearest Names" (p. 208). Every time they come to the word *mother*, they should whisper it into a different child's ear. At the end of the song, have those children whisper it to the children on both sides of them. Ask the children to raise their hands if they know what sharing time is about. Teach the responsibilities of a mother as found in "The Family: A Proclamation to the World," paragraph 7. Help the children understand that *nurture* means "to help grow and develop." Beforehand, write on pieces of paper some things a mother does to nurture her family. Put the papers in a container. (Examples: making dinner, rocking a baby, giving a hug, reading to a child, and so on.) Have children take turns choosing a paper and pantomiming the action while the others guess what it is. Bear testimony of the influence of mothers.

3. **I will obey my parents.** Invite a Primary leader to tell about a time she obeyed her parents. Have her share the consequences. Have the children turn to Colossians 3:20. Explain that this verse was written by Paul, who was an Apostle of Jesus Christ. Before reading the verse together, tell the children to look for answers to these questions: To whom is Paul speaking? What does Paul tell them to do? Read the scripture, and ask for responses. Then ask: What are some of the ways obeying your parents has helped you stay safe or helped you choose the right? Sing "Quickly I'll Obey" (p. 197). Toss a beanbag to several children, and ask them to tell one thing their parents ask them to do that they could obey. Testify of the importance of obeying parents.

4. **I have many family members who can help me.** Play the following guessing game. Make labels that say "grandfather," "grandmother," "uncle," "aunt," and "cousin." Choose an older child to wear a label on his or her back. Show the label to the Primary, except for that child. Tell the child that the label represents a member of a family. Have the children give the child clues to guess which label he or she is wearing. (Examples: I live in your grandmother's house. Or, I am your grandmother's son. Or, I am your mother's brother.) Repeat for each label. Teach that grandparents, aunts, uncles, and cousins are all part of our family and that Heavenly Father planned for us to support and help each other. Invite the children to think of times when an extended family member helped or supported their families. Ask the children to think of an extended family member they could help in some way. Help them make a sack puppet to represent this person (see "Puppets," *TNGC*, 176–77). Have the children sing "I Have a Family Tree" (p. 199) using their puppets. Ask a few children to show their puppets and tell what they can do to help that person. Have the children take their puppets home as a reminder to discuss with their parents what they felt they could do to help a family member.

5. **Song presentation:** "My Eternal Family" (*2009 Outline for Sharing Time and the Children's Sacrament Meeting Presentation*). Have the children listen to the music a few times. Then play the music again, and have the children tap out the rhythm of the melody notes by lightly tapping their fist into the palm of their other hand to represent hammering like a builder. Find pictures that represent key words of the first verse (see *Primary 1* picture packet). Tape or glue each picture to a box. Write the key word on the opposite side of the box. First teach the song by showing the key words. When the children learn a phrase, stack the box as if you are building a house with blocks. When the children can sing the verse all the way through using the key words, put all of the boxes randomly ordered in a line with the pictures facing forward. Sing each phrase, and let the children choose a picture they think matches the phrase. If it matches, have a child put the box back in place to build a house with the picture side showing. Every time the children sing the words "I am a builder," have them tap their fists to the rhythm.

Teach the second verse by cutting a picture of a family into puzzle pieces. On the back of each piece write a key word from each phrase of the second verse. Teach the phrase using the key word. When the children know the phrase, put the piece on the board to show the picture side. Repeat with each piece until they have completed the puzzle of the family. Teach the chorus.

6. **Friend** references: "Alma the Younger Repents," Sept. 1991, 18–21; "A Happy Home," May 2004, 14–16; "A Mother's Influence," Apr. 2007, 8–9; "Heavenly Father Answers Prayers," Oct. 2003, 8–9; "Important People," Apr. 2002, 8–9; "Stop!" June 2005, 46–48; "Ben Obeyes," Oct. 2006, 30–32; "The Silo," Sept. 2003, 30–32; "A Dress for Primary," Jan. 2004, 42–44; "A Letter to Grandma," Oct. 2005, 4–6; "Sammy's Sabbath Dilemma," Apr. 2006, 34–35. Additional reference: "On Top of Old Mossy," *New Era*, Mar. 2005, 26–28.



Adventurous Breakfast

BY ARLETTE N. BRAMAN

How would you like to try an easy recipe that's more than 600 years old? Cook some quinoa (pronounced *keen-wah*) for breakfast or a snack. Quinoa is a grain that grows high in the Andes Mountains in South America. The Incas, who ruled parts of South America for hundreds of years, used quinoa to make flour. They also put it in soups and ate it cooked. Are you ready for an ancient treat?

1 cup quinoa (found at grocery stores or natural-food stores)

**2 cups water
milk**

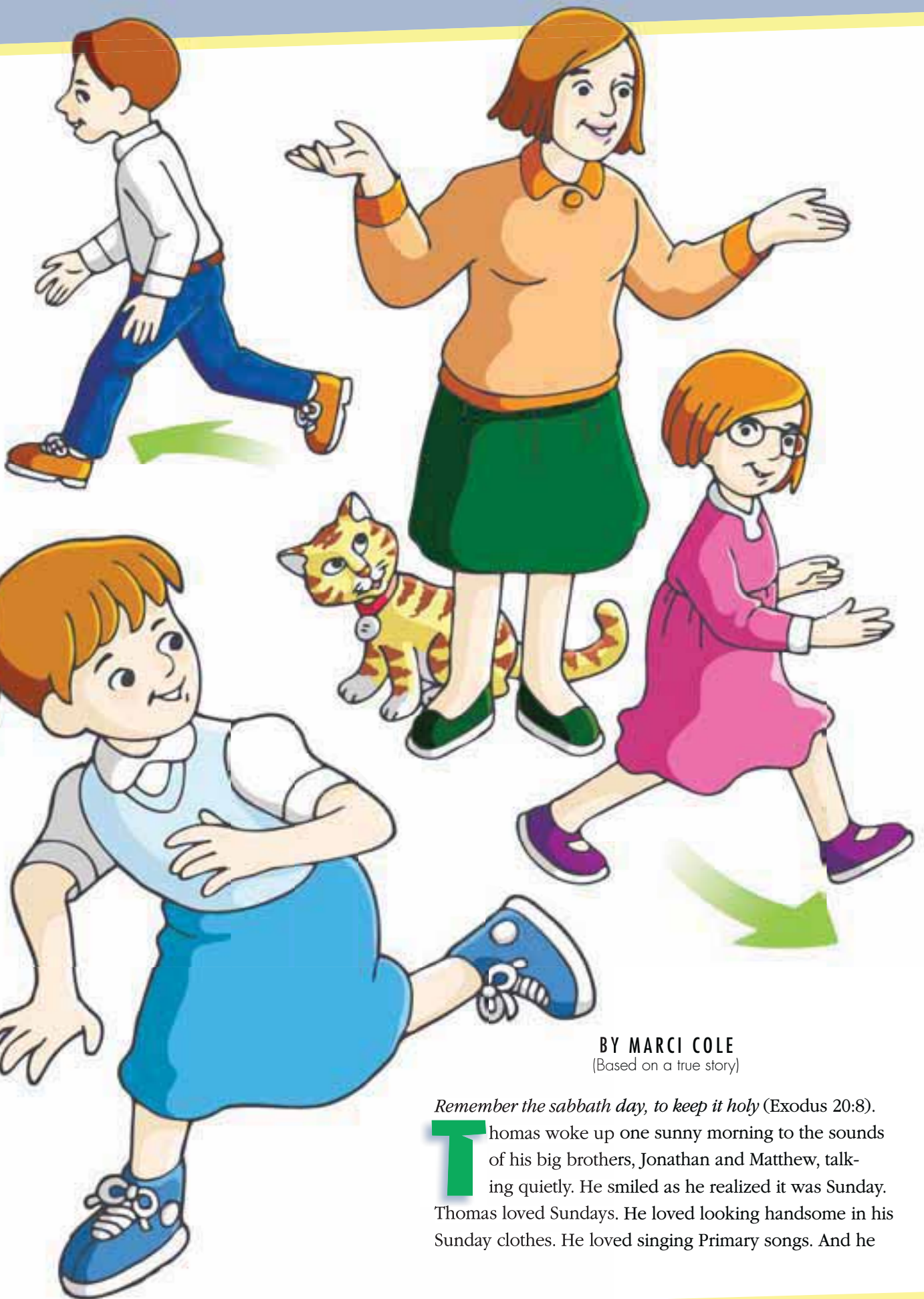
toppings of your choice (brown or white sugar, syrup, honey, cinnamon, raisins, or sliced fruit)

1. Using a strainer with very small holes, rinse the quinoa under cool running water. Then put it in a

pot with the 2 cups of water.

2. Bring the water to a boil on high heat. Stir often. After the water boils, reduce heat and let simmer until the water is almost gone (about 10 to 15 minutes). Continue stirring often.

3. Turn off the heat and scoop the quinoa into 2 small bowls. Stir in a little milk, then add the toppings of your choice.



BY MARCI COLE
(Based on a true story)

Remember the sabbath day, to keep it holy (Exodus 20:8).

Thomas woke up one sunny morning to the sounds of his big brothers, Jonathan and Matthew, talking quietly. He smiled as he realized it was Sunday. Thomas loved Sundays. He loved looking handsome in his Sunday clothes. He loved singing Primary songs. And he

SUNDAY



STATIONS

especially loved his Primary teacher, Sister Brandon. He couldn't wait to go to church!

Then Thomas frowned. He remembered that church didn't start until after lunch. Sunday mornings seemed to drag on forever. What could he do until it was time to get ready for church?

After breakfast, Mom came into Thomas's room. "Thomas, hurry and put away your toys," she said, smiling. "We're going to do something new that I think you will like."

Thomas quickly picked up his toys and went into the living room, where his brothers and sisters were waiting. "Today we're going to do Sunday stations," Mom announced.

Thomas had never heard of Sunday stations before. He hoped he would like them.

"One station will be at the table," Mom explained. "Two will be on the couches, and one will be at the computer. You will have 10 minutes at each station."

Now Thomas was really curious. Usually he wasn't allowed to use the computer on Sundays. Mom gave a few more instructions and then let each child go to a different station.



Thomas headed straight for the computer, but his sister Katrina had beat him to it. So Thomas sat down at the table instead. There he saw the *Faith in God* and *Duty to God* booklets that belonged to his sisters and brothers. "What can I do here?" he asked Mom. "I'm not old enough to have a *Faith in God* book."

Mom pointed to a sheet of paper and a box of markers. "You don't have a *Faith in God* book yet, but you do have faith, and you can make a goal to help it get stronger," she said.

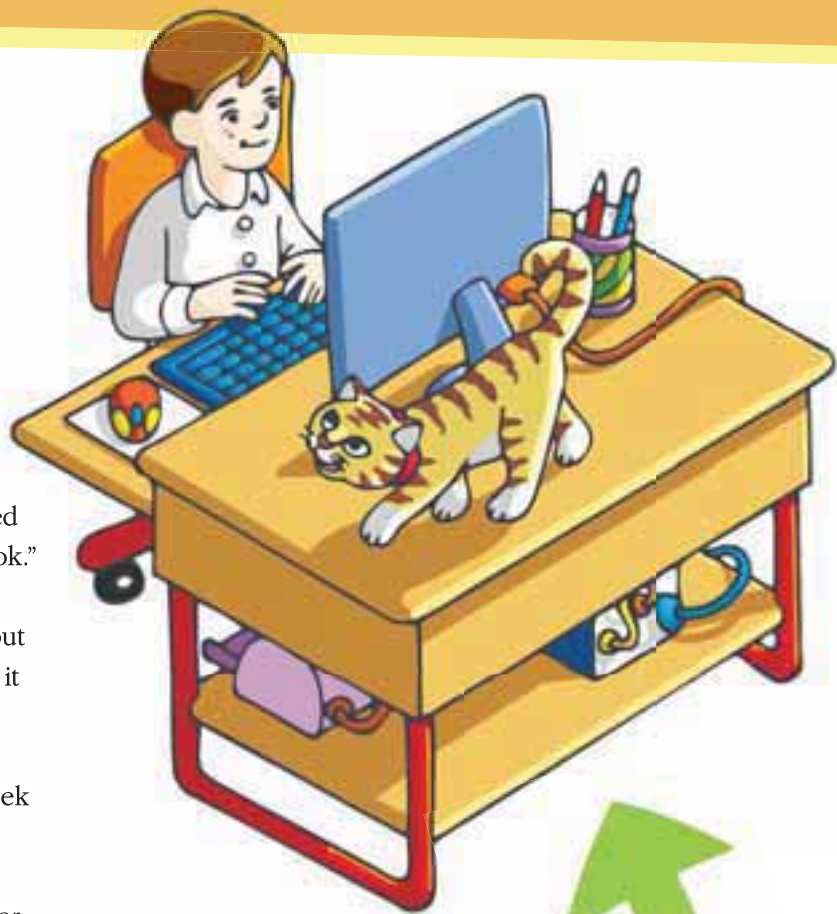
"How?" Thomas asked.


"Well, just think of something you can do this week to follow Jesus," Mom suggested. "Then write your goal on this paper so you can remember it." Mom patted Thomas on the back and set the kitchen timer for 10 minutes.

Thomas thought hard about how he could follow Jesus. He watched Mom helping his brothers and sisters with their stations. "I know," he thought. "Mom is like Jesus because she is nice." He smiled as he carefully wrote the words *I will be nice* on his paper.

Mom came over and gave Thomas a hug. Then she showed him where his sister Miriam had glued her picture inside the cover of her booklet. Mom drew a square on his paper, and Thomas drew a picture of himself in his Sunday clothes and colored it with markers. He was admiring his picture when the timer went off.

The next station was the computer. Mom explained that Thomas could send an e-mail to





someone he loved. He decided to send a message to his cousin Moroni, who had been sick. “Hi, Moroni,” he wrote. “How are you? I hope you are feeling better.”

Just then the timer went off. “Time sure goes by fast when I’m doing stations,” Thomas thought. Then he typed his name, clicked on “send,” and hurried to the couch.

At the next station, Thomas found a phone. “I know what this is for,” he thought. Mom helped him dial Grandpa’s phone number. Thomas was surprised to learn that Grandpa didn’t know about Sunday stations. Usually, Thomas was the one who had a question, and Grandpa had the answer. So Thomas explained about Sunday stations. He and Grandpa had a great time talking. When he heard the timer, Thomas said, “I love you, Grandpa!” and handed the phone to Mom.

The reading station on the couch was Thomas’s last station. Mom listened to Thomas read the story of Captain Moroni and the title of liberty. Then they had just enough time for Mom to read a letter in the *Friend*.

When the timer went off for the last time, everyone stood up and stretched. “Let’s pick up and make lunch now,” Mom said. Wow! It was lunchtime already. Then it would be time to get dressed for church.

As Thomas gathered the magazines and scripture storybooks from the couch, he had a happy feeling inside. “Mom,” he asked, “can we do Sunday stations again next week?” He could tell by Mom’s smile that they would. ●



“This is the season of opportunity for families to stand tall and be counted among the faithful who obey the fourth great commandment: ‘Remember the sabbath day, to keep it holy.’”³

Bishop H. David Burton, Presiding Bishop

Our Creative Friends



Jesus's Love

Jesus loves us.
 We know this because
 He died for us.
 He made us food and gave us shelter.
 He made it all better.
 We love Him,
 And He loves us forever.
Tyler S., age 9, California

Tree Scene

Cloudy, bright, and blue sky.
 Very green and empty tree.
 Warm and bright and dry earth.
Sophie S., age 10, Pennsylvania

I Need

Prayer is talking.
 Prayer is listening.
 Prayer is answering.
 I need prayer.
 Faith is believing.
 Faith is knowing.
 Faith is hoping.
 I need faith.
 Jesus is teaching.
 Jesus is loving.
 Jesus is forgiving.
 I need Jesus.
Isaac M., age 8, Utah

Heavenly Father Created Me

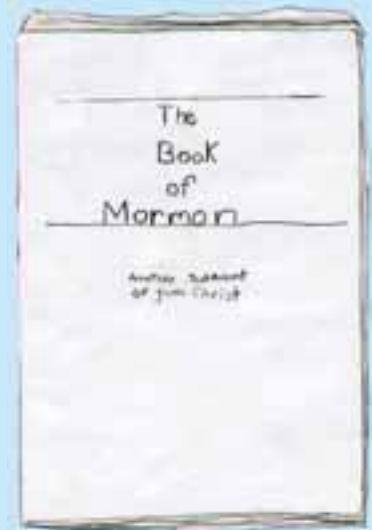
Heavenly Father created me.
 He gave me eyes so I can see.
 He gave me a nose to smell a flower.
 He taught me to pray every hour.
 He gave me two ears so His words I can hear.
 He sent me the Holy Spirit to know that He is near.
 He gave me a mouth so I can share
 The gospel with friends to show that I care.
 He gave me hands to serve with love,
 To thank my Father in Heaven above.
Andi D., age 10, Montana

To Be Righteous

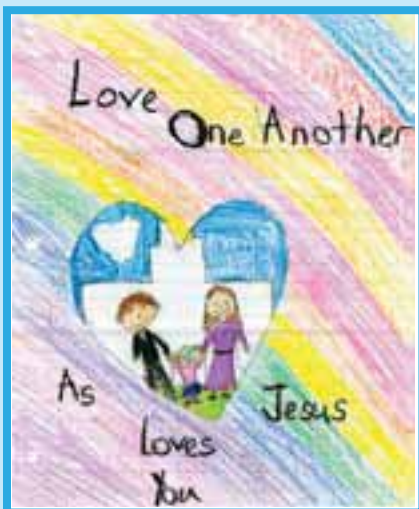
We preach the gospel.
 We teach the gospel.
 We'll be more strong
 With a good song.
 We'll read the scriptures
 And look at the pictures.
Alexis P., age 7, Arkansas



Emma W., age 7, Arizona



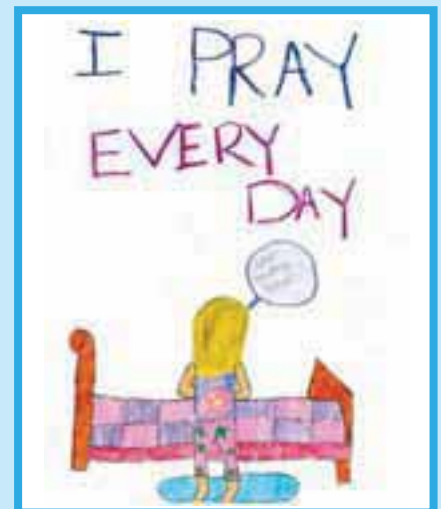
Mason M., age 7, Texas



Kyandra C., age 10, Colorado



Talia A., age 6, Alberta, Canada



Cassie P., age 9, Utah

Would you like to send us a poem or drawing? Turn to the inside back cover to find out how.



Matthew H., age 7, Idaho



Bailey M., age 11, British Columbia, Canada



Cameron M., age 6, Utah



Jessie Y., age 6, Montana



Bradley H., age 9, California



Katelyn S., age 9, Missouri



Mikayla Beth F., age 8, Virginia



Madison W., age 3, Washington



Adam N., age 5, Ohio



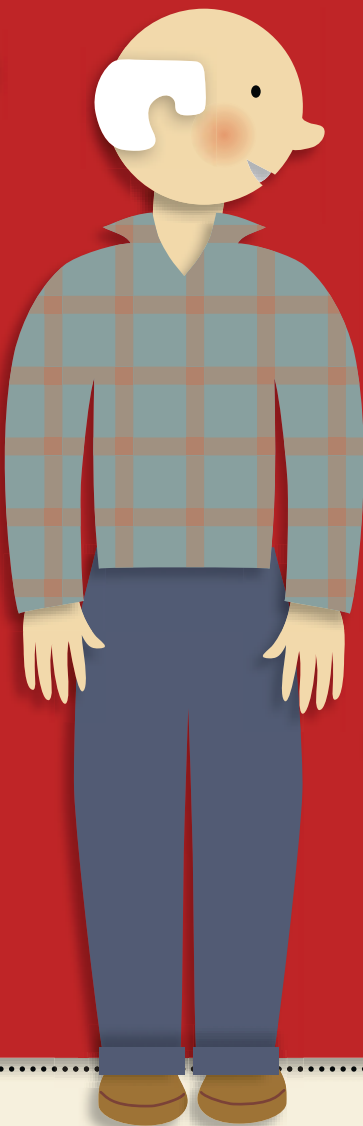
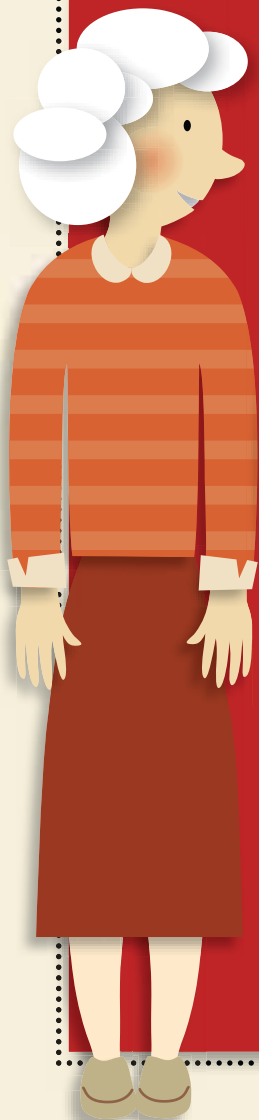
David D., age 4, Indiana

MY FAMILY

Mount these pages on heavy paper. Color and cut out the family members and the house. Make copies of the pages if you need more figures. Write the names of your family members on the figures and place them in the house. Ask each person in your family to tell you something special about himself or herself, or ask other family members for suggestions. If some of your loved ones live far away, you could send them a letter or an e-mail or call them. Tell your family you love them.

Grandma

Grandpa



Sister



Brother



Dog

Cat



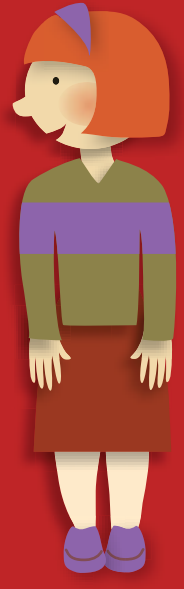
Note: This activity may be copied or printed from the Internet at www.friend.lds.org.



Brother



Sister



Baby



Dad



Mom



Fold here-->

Primary Songs

BY BRITNEY RULE



Can you make sense of these Primary song titles?





1.  + me of  + a +

2. When  am 

3. , , , and 

4. The  + N 

5.  + P the 

6.   2 C the 



A Simple Recipe

BY JANE LAMB

I know a simple recipe that anyone can make.
It isn't for an apple pie; it isn't for a cake.
You need not stir in sugar. Don't add a pinch of salt.
It isn't for a cookie. It isn't for a malt.
It comes from Heavenly Father, who watches from above.
You start with just your family; add kindness, faith, and love.
Throw in some joy and laughter, and of course a cup of care.
Don't forget to add the sharing and a generous dose of prayer.
Make sure you stir it really well, so everyone can see
You've made a happy, loving home from this simple recipe.

EMERGENCY DAY DRILL

BY HEIDI POPE

(Based on a true story)

If ye are prepared ye shall not fear
(D&C 38:30).

Cassidy sat on the living room floor examining all the items in her emergency backpack—granola bars, hard candy, canned tuna and crackers, a coloring book and crayons, a flashlight with batteries, a small travel game, a whistle, an emergency blanket, paper and a pencil, and other small things.

“Mom, is today an emergency day?” five-year-old Cassidy called out. “I want to use my backpack!” Cassidy and her family had gotten the emergency backpacks for Christmas from an aunt and uncle.

“No, not today,” Mom answered. “I know there are a lot of neat things you would like to use out of your backpack, but if we

In the U.S., it's called a flashlight, but in England it's a torch?

Right!

have an emergency you'll be glad you've kept them all together." Mom stood at the doorway. "Come on, let's put all the backpacks on the top shelf in the hall closet. Then we'll know where to find them in an emergency."

Cassidy began putting things back inside her backpack. "I want to have an emergency so I can use my stuff," she said.

Mom sat down on the floor to help Cassidy put the items back. "Do you remember hearing about the people whose homes were destroyed by a big wave called a tsunami?"

"Yes," Cassidy answered, looking concerned.

"That was an emergency," Mom explained as she zipped up Cassidy's backpack. "It's a situation that happens quickly when people are not expecting it."

"Emergencies are bad things, aren't they?" Cassidy asked.

"They can be very serious," Mom replied. "But when bad things happen it can give us comfort to have something prepared—something we can grab quickly if we need to."

"Like our backpacks?" Cassidy asked eagerly.

"Exactly," Mom said. "You don't need to wish for an emergency though. Let's plan an emergency day drill. We'll pretend there is an emergency and that we can only use the snacks and things we have in our backpacks. When we are done, we can replace the things we've used and

plan another emergency day drill to keep us on our toes."

"Yes!" Cassidy shouted. "That sounds fun!"

"The Lord promises us that if we are prepared we shall not fear," Mom said.

"We should tell the rest of the family about our idea," Cassidy said.

"Good idea. We'll talk about it tonight at family home evening," Mom said.

That evening just before dinner, Cassidy was reading a book in the living room. Her brother and sisters were finishing their homework in the basement. The lights flickered a few times, and then the electricity



went out. The winter sky was already dark, and for a few moments it was impossible to see anything.

“Mom!” Cassidy yelled.

Mom answered from the kitchen in a calm voice, “It’s OK. Just stay where you are. I’ll come get you.”

Cassidy blinked her eyes several times to adjust to the darkness. Then her mother reached out and took her hand.

“There you are!” Mom said. “Now we need some light.”

“There’s a flashlight in my emergency backpack!” Cassidy said excitedly.

They walked carefully through the dark house toward the hall closet.

“Who turned out the lights?”

Cassidy’s older brother, Adison, shouted.

“It’s dark down here!” her sister Olivia called.

“We’ll get a light for you!” Cassidy said as she held tightly to Mom’s hand.

When they reached the closet, Mom pulled down Cassidy’s backpack and got out the flashlight. “That’s better,” Mom said. She quickly pulled down everyone’s backpack, and Cassidy got out the flashlights so that everyone would have their own light.

Dad came in through the door to the garage. “Boy, it sure was dark out there. It took me a while to find the door,” he said. “Were you scared?” he asked Cassidy.

“Yes, but I knew where my flashlight was, so that made me

feel better,” she answered.

Looking out the window, they saw that the electricity was out all over the neighborhood, and a thick fog had rolled in.

The family gathered in the living room with their emergency backpacks and everyone chatted excitedly. Dad searched his backpack for his emergency radio and began to listen for a weather report. After a few minutes he announced, “Well, it doesn’t appear to be a winter storm. Hopefully, the power will be back on by morning. Your mom and I have decided that we will use this opportunity to have an emergency drill.

You each can use only the things you have in your backpacks. Use them wisely, just in case the power is out for longer than we expect. Now that we are all here, we will start family home evening with a prayer of thanks that we were prepared for this minor emergency.”

Cassidy pulled a granola bar out of her backpack. She leaned over to Mom and said, “It turned out to be an emergency day after all.” ●



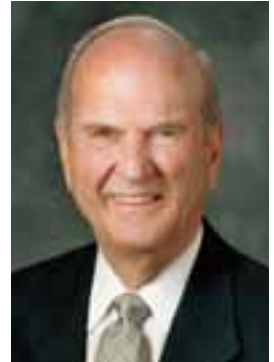
“Using our resources and worldly goods wisely and extending their life will help us become more self-reliant.”⁴

Elder L. Tom Perry of the Quorum of the Twelve Apostles



What should I know about prayer?

Elder Russell M. Nelson of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.



Fill in the areas containing a dot with one color; then fill in the rest of the areas with different colors.

We may pray to Him any time.

Prophets have long told us to pray humbly and frequently.

Prayers can be offered even in silence. One can think a prayer.

A loving Father in Heaven wants to hear from His children. Through prayer, we can show our love for God.

We pray privately, with our families regularly, at mealtime, and in daily activities.

Jesus revealed that we pray to a wise Father who knows what things we have need of, before we ask Him.

Friends in the News



Sand Creek Second Ward

Primary children in the Sand Creek Second Ward, Idaho Falls Lincoln Stake, pretended to take a journey to the promised land. They dressed up like Nephi and his family, and built and decorated cardboard boats.



Parkwood Ward

The Primary of the Parkwood Ward, Austin Texas Oak Hills Stake, had a mini-MTC activity. The children wore missionary name tags and made piggy banks. They also sang "Called to Serve" and learned to tie a tie, iron a shirt, and say "I am a missionary for The Church of Jesus Christ of Latter-day Saints" in seven languages.

Mikell S., Utah; **Jamie P.**, Nevada; **Brandon P.**, Utah; **Amy D.**, Utah; and **Brooklyn B.**, Utah, are eight-year-old cousins who were baptized on the same day. They were also blessed on the same day when they were babies.



Would you like to be a friend in the news?
Turn to the inside back cover to find out how.



Moria and **Caleb H.**, 5 and 4, Vermont, are best friends and love each other very much. When they are separated, they miss each other and can't wait to get back together again. They like singing Primary songs together.



Avery B., 7, Manitoba, Canada, is the oldest of four siblings and has twin sisters. She likes playing with her doll Sally and helping her mom. Avery likes it when her family pretends to be superheroes. She enjoys reading the Book of Mormon.



Jax C., 5, Virginia, likes to read Book of Mormon stories about strong good guys like the stripling soldiers and Moroni. He enjoys seeing his friends in Primary and hums songs at home, even though he is too shy to sing in sacrament meeting.



Elizabeth D., 6, Idaho, is a good example to her little sister Kate. She likes playing with Kate and giving her piggyback rides. She enjoys Primary and giving her mommy and daddy hugs and kisses.



Cory W., 7, Utah, is excited to be baptized. He enjoys sports, reading about animals, and playing the piano. He keeps a picture of the stripling soldiers in his room to remind him to be like them.



Buena Vista Virginia Stake

Cub Scouts in the Buena Vista Virginia Stake attended a four-day Cub Scout day camp with their friends. Twenty of the boys who went are from three wards and one branch in the stake.



Mallory P., Jayla T., Makayla B., Tessa W., and Halle H., 5, 4, 4, 6, and 5, are members of the Twin Falls Idaho 12th Ward Primary, Twin Falls Idaho Stake. They are also in the same dance class. This picture was taken before their Primary talent show. They are all trying to follow Jesus Christ in faith.



Gridley First Ward

The Primary children of the Gridley First Ward, Gridley California Stake, had an activity where they played games about faith and learned how to follow Jesus. Each child received a T-shirt to remember to "follow Him in faith."



Chloe J., 8, Maine, likes to eat shrimp and pepperoni pizza. She enjoyed her baptism. She likes going to the beach and wants to be a writer or movie director someday. Her favorite song is "Follow the Prophet."

Daddy's Sunshine

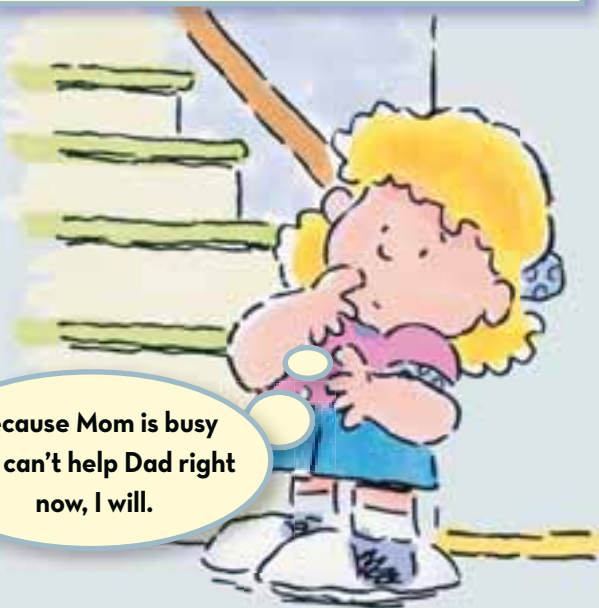
For where your treasure is, there will your heart be also (Matthew 6:21).

BY MARISSA WIDDISON (Based on a true story)

Emily was playing with blocks when her dad slowly walked through the front door, dropped his briefcase on the floor, walked up the stairs, and sat on his bed.



Emily knew her dad's job was hard sometimes. She didn't want her dad to be unhappy.



Emily went upstairs and quietly peeked into her parents' bedroom. She saw Dad sitting on the edge of the bed with his elbows on his knees and his face in his hands. Emily remembered the words to the Primary song she sang on Sunday: "Jesus said love everyone; treat them kindly too."



As Emily thought about the song, an idea came to her mind. She ran to her bedroom and began to hunt through her toy box. She set aside the dolls, cars, and smooth rocks until she found her favorite thing in the whole world—a beautiful red princess ring.



Emily rushed back into her parents' room.



Emily climbed on Dad's lap and dropped the ring into his hand.



Emily felt warm all over as Dad gave her a big hug. She had helped Dad be happy, and that was worth all the rings in the world.

Faith Is like a Seed

BY CHAD E. PHARES



1. My faith is like a tiny seed
*(Hold thumb and index
finger close together.)*



2. That is hard for me to see.
*(Make circles around eyes with
thumbs and index fingers.)*



3. But when I read the scriptures
(Open hands in front of self.)



4. Faith grows inside of me.
(Put both hands on chest.)



5. And when I say a prayer
(Fold arms.)



6. I feel it in my heart.
(Put hand on heart.)



7. My seed of faith becomes a tree
(Put hands above head.)



8. When I do my part.
(Point thumb at self.)

A Day to Choose the Right

BY CHERYL SLINKER

1

I wake up early to start my day with so many things to do.



2

I put on my clothes and brush my hair, like my mommy asked me to.



3

I help my daddy with outside chores as I rake leaves in the yard.



4

I play with my sister all afternoon, even though sharing is sometimes hard.



5

As night-time comes, it's time for bed. Daddy reads stories I enjoy.



6

Mommy gently kisses the top of my head and tells me I've been a good boy.



7

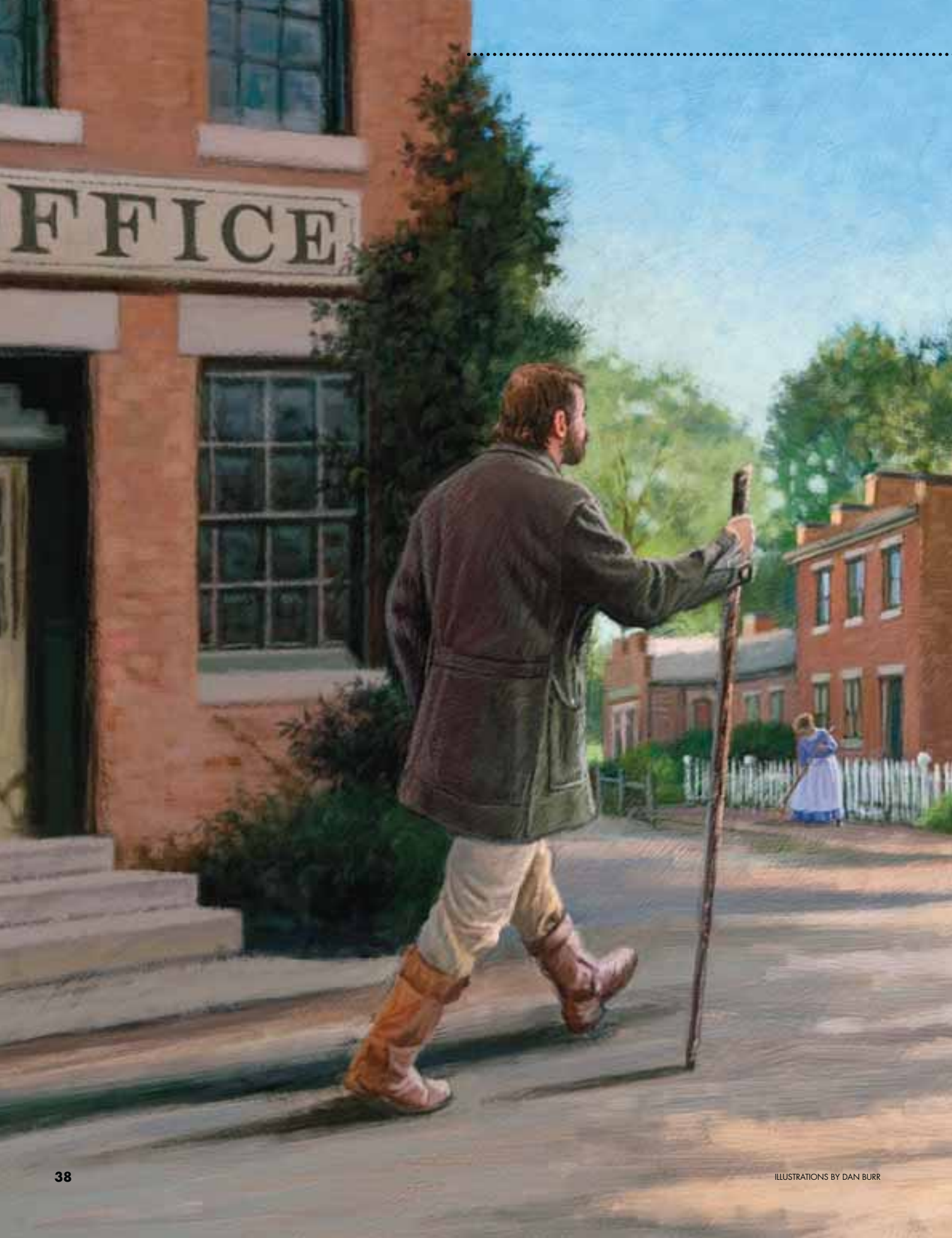
I peek out my window to see the moon and whisper a quiet good night.



8

As I say a prayer, I'm thankful this day I remembered to choose the right.





Joseph's Journey

PART 3: JOSEPH'S PROMISE

BY AMY WEIR

(Based on the life of Joseph Toronto)

Look up the following scriptures: Romans 8:14; 3 Nephi 13:33; D&C 97:12. Circle the one you think fits the story best.

In Parts 1 and 2, Joseph Toronto has recently been baptized, and the missionaries have counseled him to travel to Nauvoo. However, Joseph chooses to stay on his ship. He falls overboard during a fierce storm but is miraculously saved. Joseph realizes that God must have a job for him to do. He sells his ship and sets out for Nauvoo with \$2,600. He looks forward to being in beautiful Nauvoo with other Saints, but becomes discouraged when he finds the city poor and in disarray.

Joseph sat with a heavy heart, confused as to why he had been led to Nauvoo. His thoughts were soon interrupted by some passing townspeople talking about a meeting that everyone was invited to. A man named Brigham Young was to be the speaker.

Joseph stood up and asked a young woman about this meeting. She explained that the leader of the Church, Brigham Young, wanted to speak to everyone in town at the town hall. She pointed down the street to a large building.

The town hall was muggy from the afternoon heat and the large number of people packed into it. Joseph found a place near the back and sat down. A man



stood at the pulpit and began to speak. Joseph knew this must be Brigham Young, for his burning heart told him that he was listening to a man of God.

Brigham Young began by thanking the people for coming. He then told them that he knew of their hardships and lack of money. But he said they must pay their tithing regularly so the temple could be finished, and that the temple should be their most important priority. He also told them that more food for the workers and more money for the building materials were desperately needed.

Joseph still had most of the \$2,600 in the cans he had strapped around his waist—he had only spent a small amount to get to Nauvoo. As Brigham Young spoke of the need for money, the cans seemed to get heavier and heavier. But as the prophet spoke of the importance of the temple, Joseph’s heart became lighter and lighter. He knew why he had been guided to Nauvoo.

After the meeting, Joseph went straight to Brigham Young’s office and introduced himself. He told President Young about the missionaries, about the storm that

almost drowned him, and about God leading him to Nauvoo.

Brigham Young then watched as Joseph unstrapped the belt from around his waist and rolled the gold-filled cans across the table. “I want to give myself and all I have to the kingdom of God,” Joseph said.

When Brigham Young opened the cans and saw what was inside, he was touched by Joseph’s sacrifice. The money would be enough to finish the temple. Brigham laid his hands on Joseph’s head and gave him a blessing. In the blessing he promised that Joseph and all his posterity would always have the things they needed if they remained faithful.

The temple was completed, and Joseph Toronto became part of Brigham Young’s family, later traveling with them to the Salt Lake Valley. ●

“When needed and earned, you can enjoy divine inspiration to know what to do and, when necessary, power or capacity to accomplish it.”⁵

Elder Richard G. Scott of the Quorum of the Twelve Apostles





FAMILY MEMBERS HAVE IMPORTANT RESPONSIBILITIES.

“Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God” (D&C 88:119).



Trying to Be Like Jesus

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

Praying for Dad

I belong to a family of five, and we attend church every Sunday, all except my dad. He is not a member of the Church, and this makes me sad. He is a very good dad and sometimes comes to parties or trips organized by the ward. I would like it if he always came.

My mom taught me in Primary that Heavenly Father listens to our prayers and wants to help us. So I

said a prayer that He would help my dad understand how much the gospel means for our family.

One Saturday I was about to watch TV when something happened. My dad came and said there were better things I could be doing instead of sitting in front of the TV. "For example," he said, "what would you think if I read you a nice story from the *Liahona*?"

So he sat down with me and my two little brothers and read to us. I don't know how my dad knew those stories were in the *Liahona*. But I do know that Heavenly Father had listened to my prayers and answered, touching my dad's heart so he read something in the Church magazine.

I thank my Heavenly Father because He listens to my prayers.

By Rebecca C., age 10, Italy, with help from Maurizio E. D. Bisi





An Honest Amount



I was shopping with my mom and I saw some money on the floor, so I told my mom. She picked up the bills, and it was \$430! I did what Heavenly Father would want me to do and took the money to the service counter. They asked for our names and phone number. The employee called us about 10 minutes later and said the owner had claimed the money and had left \$10 for me as a reward for being honest. It gave me a good feeling.

Brandon S., age 5, Utah

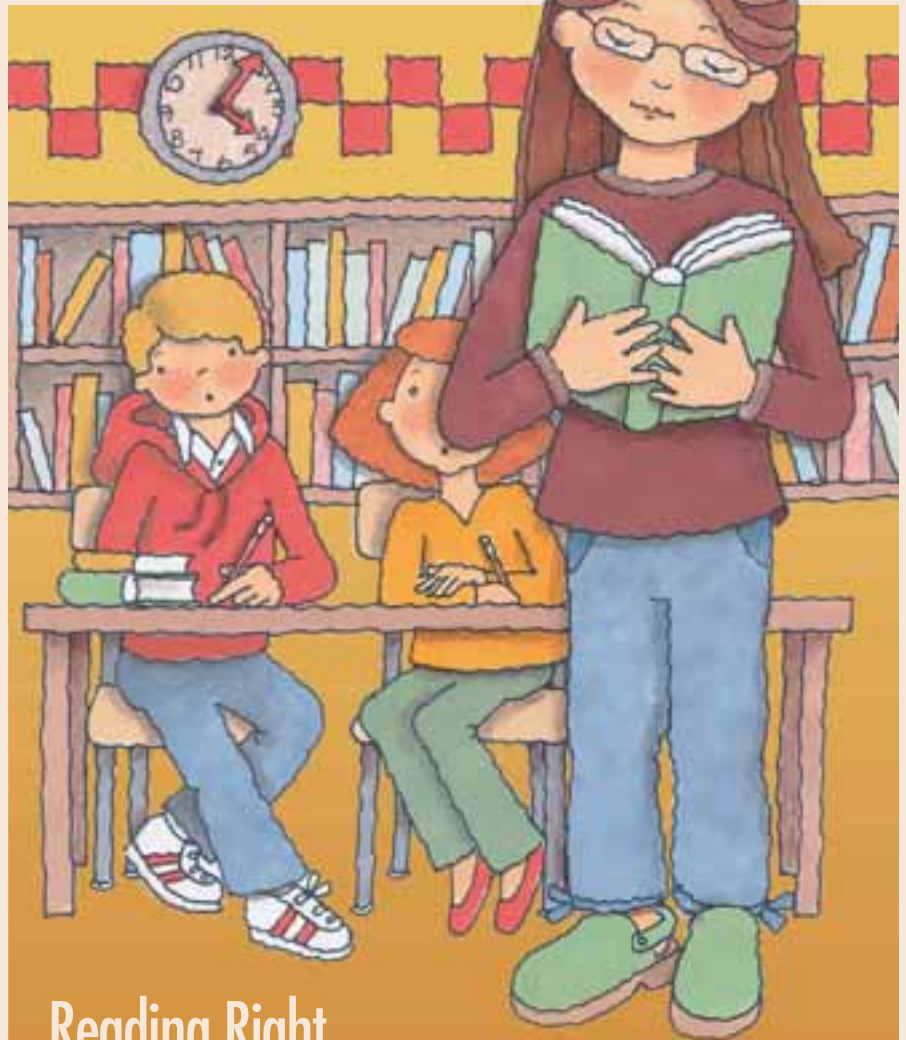
Helping after a Fire



When I found out that my brother's friend's house burned down in a fire, I went to my room and gathered toys and books to give to him. Even though I had never met this boy, I knew that Jesus would want me to help him.

Porter F., age 7, New York

Tell us how you're trying to be like Jesus. Turn to the inside back cover to find out how to send us a letter.



Reading Right



One day I was at an after-school book club. While I was reading the book out loud, I came across a sentence that took the Lord's name in vain. I got a little scared to say that sentence. So I paused and said a little prayer in my head asking

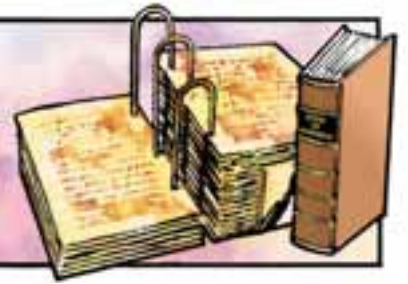
Heavenly Father what I should do. Everyone was staring at me. I was uncomfortable, but I knew the right thing to do. I changed the sentence and didn't swear. My book-club teacher corrected me and said it the other way, but I didn't care. I had a warm feeling inside of me. I knew I had made the right choice to not say the Lord's name in vain.

Elizabeth G., age 9, Missouri



FROM THE LIFE OF THE PROPHET JOSEPH SMITH

A Life of Kindness



One day, just after it had rained in beautiful Nauvoo, Margarett McIntire and her older brother Wallace were walking to school.

Hurry up, Wallace, or we'll be late.

I'm coming.

My boots are stuck, Margarett!

Mine are too. There's too much mud.

The children found they couldn't get out, so they started to cry, thinking they would have to stay there.

What's this?

Brother Joseph!

We're stuck.

Joseph pulled the two children out of the mud.

He cleaned the mud off their boots.

He dried their tears.

You look very pretty today, Margarete. Don't worry about the mud—it will come off.

Cheer up, young man. You're a very good older brother. Keep taking good care of your sister.



Margarete later recalled the experience: "Was it any wonder that I loved that great, good, and noble man of God?"



In the House of the Lord

BY SARAH CUTLER

(Based on a true story)

He shall build the temple of the Lord

(Zechariah 6:12).

Chris shuffled his feet a little to hear the *brush, brush* sound they made in the blue paper booties covering his shoes. He was standing in line with his family, waiting to go into the San Diego California Temple for the open house.

Dad bent down and put a hand on Chris's shoulder. "Temple open houses are very special," he said. "I remember when I went to the Provo Utah Temple open house. I had watched the workers building it from just an empty field up to a finished temple. When we were inside, I knew it was Heavenly Father's house. I was a little bit older than you are, but you'll remember this your whole life, just like I did."

Mom turned toward them. "That's right. I remember when I went to the Seattle Washington Temple open house a long time ago. That's why we drove all the way here. Getting to tour a temple before it's dedicated is a very special opportunity."

Chris thought about their long drive through the desert to get to San Diego. There had been nothing interesting to look at out the windows, and his little sister cried most of the way. Even his older sister got a little bit tired of all the driving. But since they had come so far, he knew it was important.

Chris folded his arms and walked as quietly as he could in his blue paper shoes through the temple tour. He couldn't remember ever being somewhere so beautiful. The carpet was white. The windows were tall. The pictures on the walls were beautiful. It felt more reverent than any place he had been before.

As they walked up the stairs, Chris held tightly to the handrail. He was smiling brightly.

Mom whispered to him, "How do you feel?"

Chris looked up at her and Dad. "I feel like I'm holding the iron rod." ●



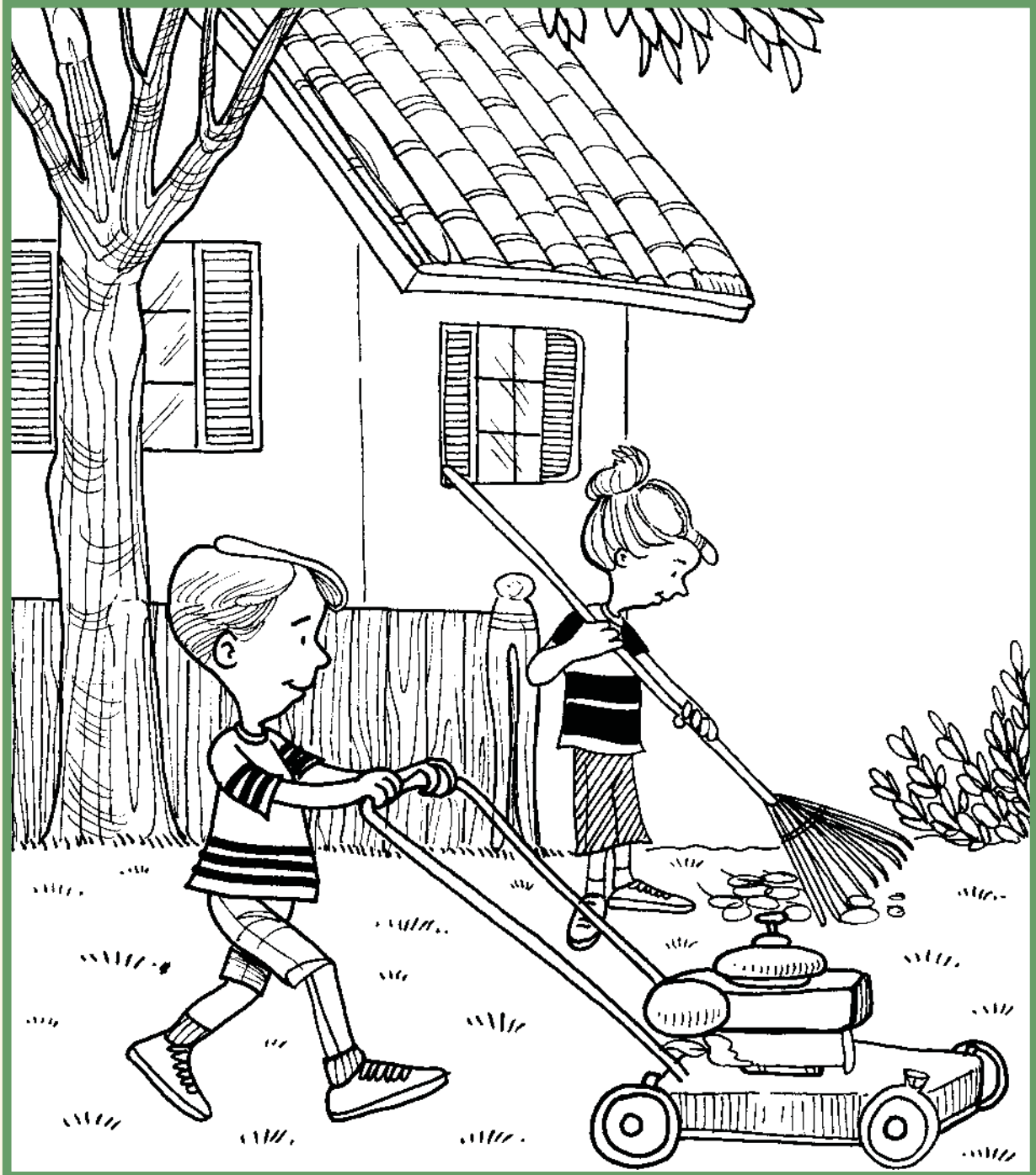
The San Diego California Temple was dedicated in April 1993.



A House of Order

BY ROBERT PETERSON

Each person has an important responsibility in his or her family. In this picture, look for a banana, candle, clothespin, comb, crayon, hairbrush, hammer, ring, screwdriver, shovel, spoon, and toothbrush.



Matt AND Mandy



I don't know how it feels to have your mom die, but it must be awful.



But she isn't gone. Her spirit is still alive, and she'll be resurrected someday. You will see her again.



That's easy for you to say!

Yes, it is! Because I know it's true!



That's easy to say too. How do you know it?

The same way you can.



And how is that?

Let's go inside where it's a bit warmer, and I'll tell you.



Family Home Evening Ideas

Topical Index to this Issue of the *Friend*

(FLF) = For Little Friends
(f) = Funstuff
(IFC) = inside front cover
(v) = verse

Baptism IFC
Choose the Right 8, 37 (FLF), 38, 42
Church History 38, 44
Confidence 6
Faith 13 (f), 36 (FLF)
Family 8, 10, 14, 17, 18, 24, 27 (v), 28, 34 (FLF), 41, 47 (f)
Friends 4, 48
Heavenly Father 2, 8, 14, 27 (v)
Holy Ghost IFC
Jesus Christ 2, 8, 14, 42
Joseph Smith 44
Love and Kindness 4, 24, 34 (FLF), 42, 44, 48
Missionary Work 10, 48
Music IFC, 6, 26 (f)
My Gospel Standards IFC, 2, 4, 8, 10, 14, 24, 31, 37 (FLF), 42
Prayer 10, 31, 42
Preparedness 6, 17, 28
Presiding Bishopric 21
Primary 14, 24, 26 (f), 41
Prophets 2, 7, 38
Quorum of the Seventy 8, 14
Quorum of the Twelve Apostles 30, 31, 40
Sabbath Day 18
Scriptures 13 (f), 14, 41
Temples IFC, 38, 46
Testimony 2, 8, 48
Tithing 38
Word of Wisdom 10

Sidebar References

1. "The Savior's Love," *Friend*, Mar. 2006, 9.
2. "Excerpts from Recent Addresses of President Gordon B. Hinckley," *Ensign*, July 1997, 72.
3. "A Season of Opportunity," *Ensign*, Nov. 1998, 9.
4. "Becoming Self-Reliant," *Ensign*, Nov. 1991, 66.
5. "He Lives," *Ensign*, Nov. 1999, 88.

1. Read "The True Church" (pp. 2–3), and talk about how President Eyring gained his testimony. Ask family members to talk about what things they have done or seen in their lives that have helped their testimonies grow. Give family members an opportunity to share their testimonies.
2. Read "Standing Up for Caleb" (pp. 4–5). Ask family members to stand up each time something unkind is said about Caleb. After the story is read, talk about how when unkind things are said about others, we should pray for the courage to stand up for them. Talk about ways you can help people you know who are sometimes picked on.
3. Talk about what it means to keep the Sabbath day holy. Then read "Sunday Stations" (pp. 18–21). Talk to family members about what kinds of Sunday

stations you could have in your home to help keep the Sabbath day holy. Make a plan to do these stations on an upcoming Sunday.

4. Do the "My Family" activity (pp. 24–25). After each person has said something special about himself or herself, give other family members an opportunity to say something nice about that family member as well.

5. Read "Emergency Day Drill" (pp. 28–30). Talk about why it was good that Cassidy's family was prepared for an emergency. Then make a list of emergency items that would be good for your family to have. If your family already has emergency supplies, look through them to make sure everything works and nothing is expired.

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What's in the *Friend* this month?



page 2

How old was President Eyring when he gained a testimony of priesthood leaders?

page 17

Learn how to make a recipe that's more than 600 years old.



page 28

Find out how you can be ready if the lights go out.