

# THE Friend

A vibrant illustration of three children flying kites in a grassy park. A large, colorful bird-shaped kite with orange, yellow, and purple feathers is the central focus. To its right, a large orange and yellow fish-shaped kite is visible. In the bottom left corner, the wings of a purple and blue butterfly are shown. The children, a boy and two girls, are holding strings and reels, looking up at the kites. The background features a city skyline under a blue sky.

**Get  
ready for  
conference!**

See page 26



# FRIENDS

by Mail



## "Just One Coin" Helped Me How We Read the *Friend*



I held a bake sale in my neighborhood and I made \$30! I was so excited, but then I remembered I should pay my tithing. At the same time, I didn't really want to pay it. Then I read "Just One Coin" (August 2011). It made me want to pay my tithing, and I did. I felt better inside.

**Makenna L., age 11, Utah**



**Samuel, Kaitlyn, and Lindsey M., ages 5, 7, and 3, Texas**

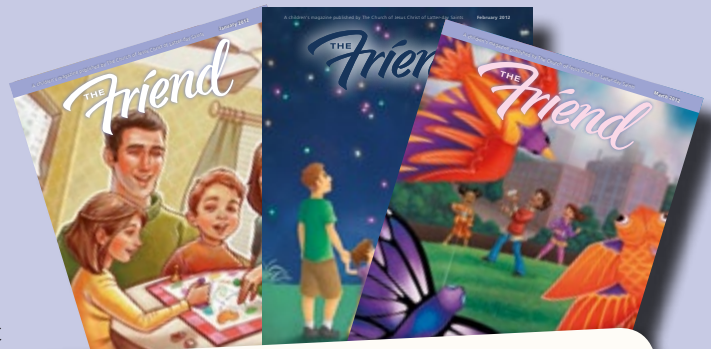
Thank you for the *Friend* Summer Reading Program (June 2011). We really enjoyed reading the stories, and the activities gave us some fun things to do.

## Everybody Should Read the *Friend*



The *Friend* helps me learn more about the Church and the gospel. It has fun stories that sometimes make me laugh and other times help me feel the Holy Ghost. I hope everybody reads the *Friend* like I do.

**Jenna M., age 9, Nevada**



## Thanks for Pioneer Pudding



We had so much fun making and eating Pioneer Pudding (July 2011). Thank you for the recipe!

**Will and Emery H., ages 6 and 7, Utah**

Dear Friends,

Almost everybody is afraid of something. Maybe it's thunder or dogs or giving a talk in Primary. The boy in the story on page 4 had a fear that he had to face. Then he remembered he could pray. What happened next may surprise you.

How have you overcome a fear?  
Write and tell us your story!

Be brave!  
The *Friend*

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

Volume 42 Number 3  
March 2012

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# THE *Friend*

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

See the  
Guide to the *Friend*  
on page 48 for  
family home  
evening ideas.



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Cover by Maryn Roos

I Can  
**PLAY**  
It!

Learn to play  
the Primary  
song "I'm  
Trying to Be  
like Jesus" on  
page 42.

**Hidden  
CTR  
Ring**

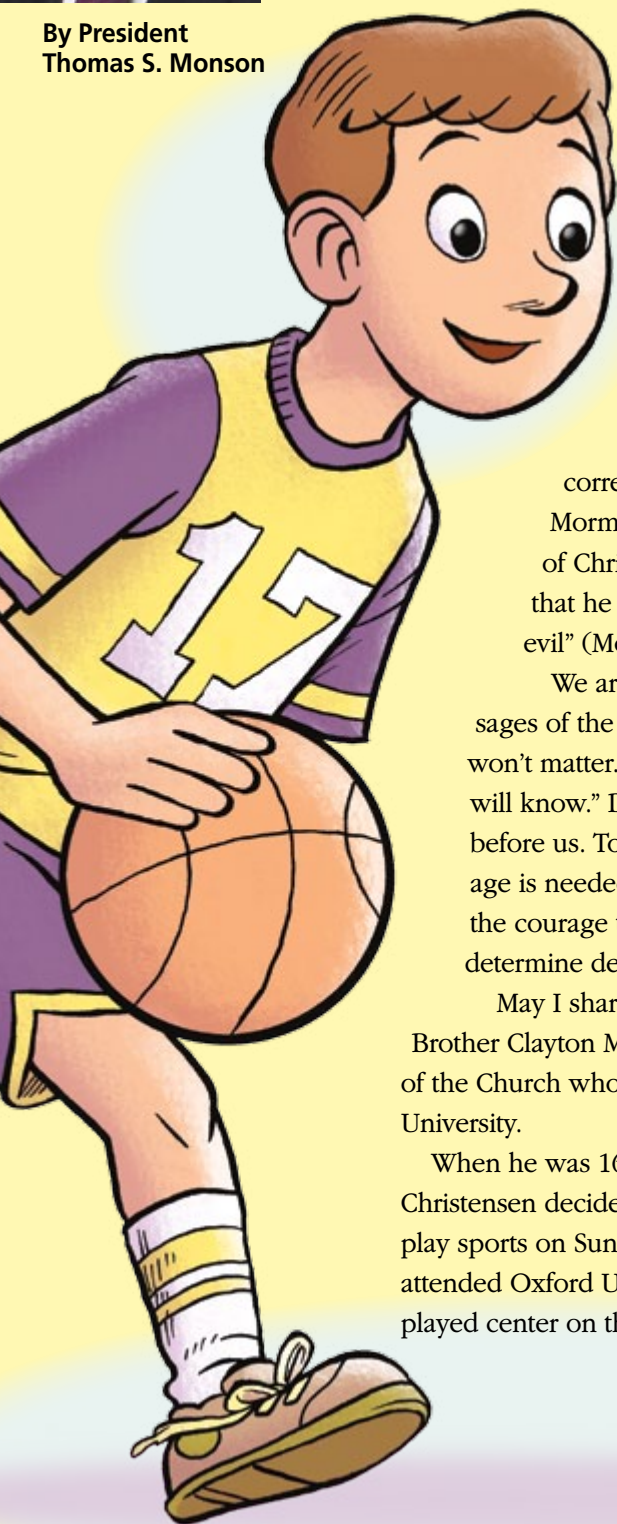


Heavenly Father wants you  
to be healthy and happy.



By President  
Thomas S. Monson

# Decide RIGHT NOW



I am so grateful to a loving Heavenly Father for His gift of agency, or the right to choose. Each of us has come to this earth with all the tools necessary to make correct choices. The prophet Mormon tells us, “The Spirit of Christ is given to every man, that he may know good from evil” (Moroni 7:16).

We are surrounded by the messages of the adversary: “Just this once won’t matter.” “Don’t worry; no one will know.” Decisions are constantly before us. To make them wisely, courage is needed—the courage to say no, the courage to say yes. Decisions do determine destiny.

May I share with you an example of Brother Clayton M. Christensen, a member of the Church who is a professor at Harvard University.

When he was 16 years old, Brother Christensen decided that he would not play sports on Sunday. Years later, when he attended Oxford University in England, he played center on the basketball team. That

year they had an undefeated season and went to the championship tournament.

They won their games fairly easily in the tournament, making it to the finals. Then Brother Christensen looked at the schedule and saw that the final game was on a Sunday. He went to his coach with his dilemma. His coach told Brother Christensen he expected him to play in the game.

Brother Christensen went to his hotel room. He knelt down. He asked his Heavenly Father if it would be all right, just this once, if he played that game on Sunday. He said that before he had finished praying, he received the answer: “Clayton, what are you even asking me for? You know the answer.”

He went to his coach, telling him how sorry he was that he wouldn’t be playing in the final game. Then he went to his Sunday meetings.

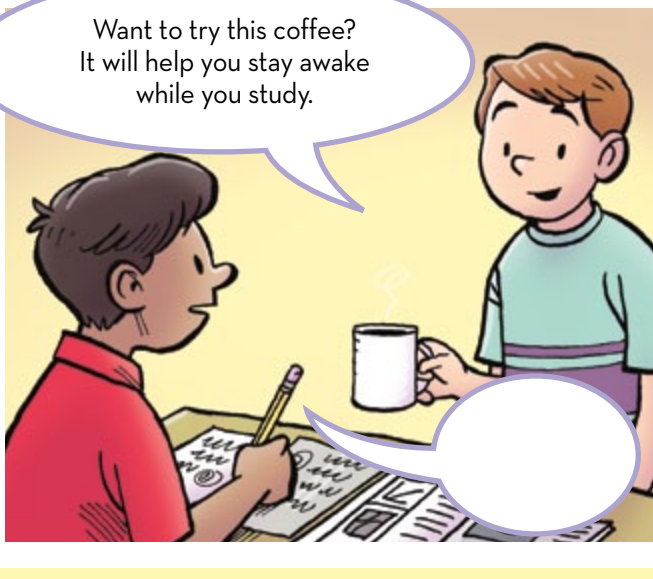
Brother Christensen learned that it is easier to keep the commandments 100 percent of the time than it is 98 percent of the time.

I plead with you to make a determination right now not to deviate from the path which will lead to our goal: eternal life with our Father in Heaven.

*From an October 2010 general conference address.*







## YES OR NO?

President Monson says it takes courage to say yes to good choices and no to bad ones. For each situation above, write either *yes* or *no* to show a courageous answer.

## 100-PERCENT PUZZLE

President Monson says it's easier to choose the right 100 percent of the time instead of choosing the right some times but not other times. Fill in the numbers to make each column and row add up to 100. Each missing number ends with either 0 or 5.

|    |    |    |    |
|----|----|----|----|
| 45 | 5  |    | 20 |
| 10 |    | 15 |    |
| 30 |    | 25 | 5  |
|    | 20 | 30 |    |

# What SCARED the Barnyard ROOSTERS

By Lynda Keith

(Based on a true story)

*Pray unto him with exceeding faith, and he will console you in your afflictions (Jacob 3:1).*

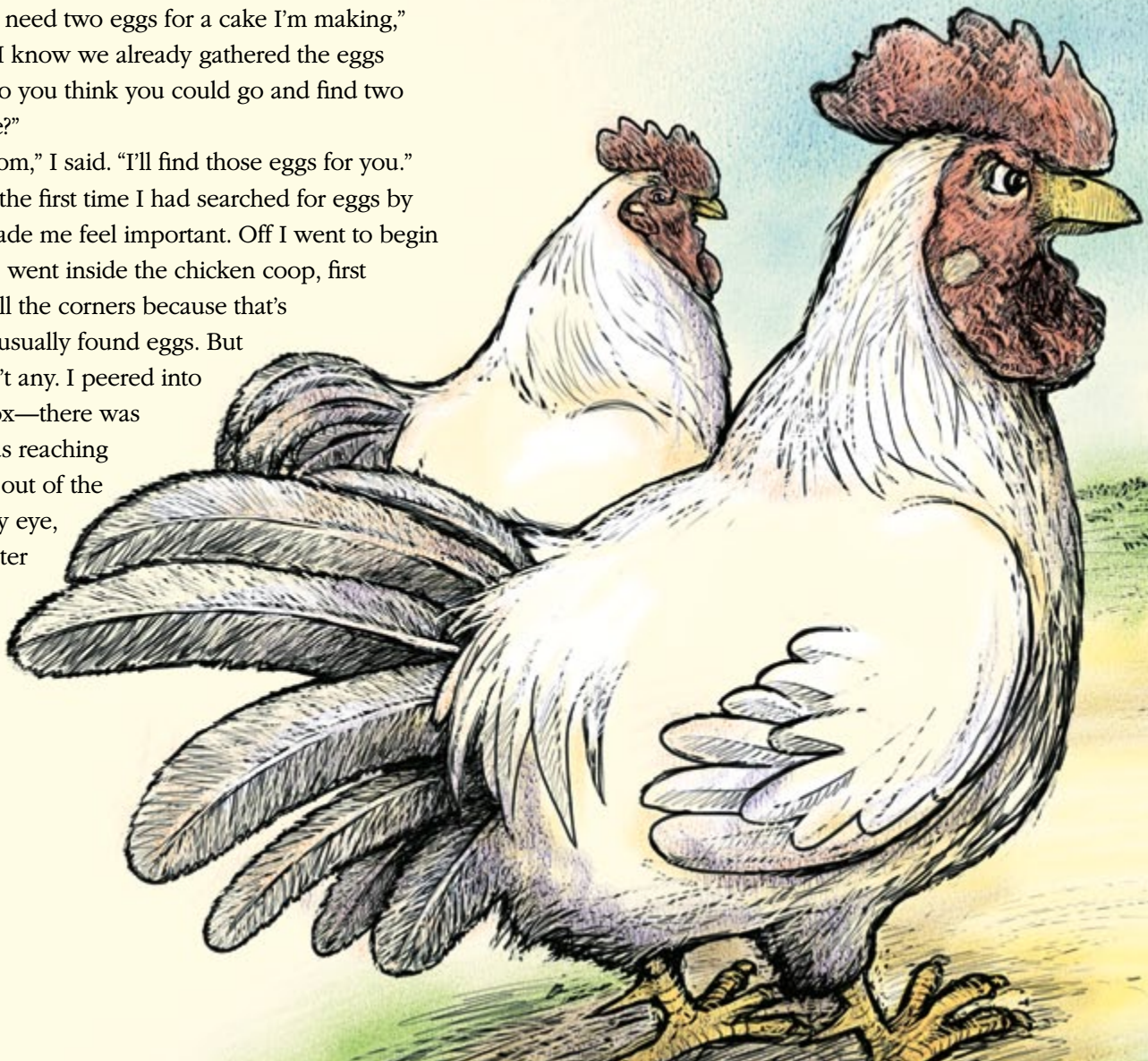
When I was about six years old, I had an adventure I'll never forget. Mom and Dad decided to raise chickens and sell the eggs to earn money. Every day Mom or Dad would take me to the chicken coop to gather eggs. One day Mom needed my help.

"Bobby, I need two eggs for a cake I'm making," Mom said. "I know we already gathered the eggs today, but do you think you could go and find two more for me?"

"I will, Mom," I said. "I'll find those eggs for you."

This was the first time I had searched for eggs by myself. It made me feel important. Off I went to begin my search. I went inside the chicken coop, first looking in all the corners because that's where Dad usually found eggs. But there weren't any. I peered into a nesting box—there was an egg! I was reaching for it when, out of the corner of my eye, I saw a rooster enter the chicken coop. My throat went dry. In my excitement

*The roosters surrounded Bobby. How could he get away?*





to gather eggs, I had forgotten about the roosters.

We had big white roosters that didn't like people. They would chase us and peck us with their sharp beaks. Usually Dad or Mom was with me and would chase them away. But now no one was there to help me.

"Stay there, rooster. Just stay there," I muttered under my breath as I backed toward the door,

keeping my eyes on the rooster. I carefully moved past the rooster until I got to the doorway. The rooster's bright eyes watched me, but I thought I could get away by backing out and running to the house.

I turned, and outside I saw two other roosters facing me. I was surrounded! If I went back in, the two would follow me. If I tried to run, they would all chase and attack me. I didn't know what to do. Tears filled my eyes. No one was around to help me—except Heavenly Father.

Mom always said if I needed help, I should kneel and pray and Heavenly Father would be there. Even though the roosters were surrounding me, even though they were coming closer, I dropped to my knees. Trembling, I began to pray.

"Heavenly Father, please help me get away from these roosters. Don't let them peck me. Please make the roosters go away."

I ended my prayer, wiped my tears, and slowly got to my feet. As soon as I stood up, a sound came from my mouth: "Putt putt putt . . . putt putt putt," like the sound a tractor makes. It surprised me. The roosters stopped, looked startled, and suddenly turned their tails toward me and ran away.

I hadn't thought to make the sound myself. I knew the Holy Ghost had put the idea into my mind. Heavenly Father had answered my prayer. I was safe. I quickly gathered two eggs and then hurried to the house to tell Mom what had happened. She was proud of me for remembering to pray when I needed help.

I was happy that I could help Mom with an important job, and I was even happier to know that Heavenly Father is always near and will always hear and answer our prayers.



**"God hears and answers the prayers of His children."<sup>1</sup>**

President Dieter F. Uchtdorf, Second Counselor in the First Presidency





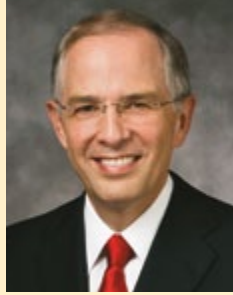


“Be **STRONG**  
and of a good  
**COURAGE.**”

—Joshua 1:9



# Why are **PROPHETS** important?



Elder Neil L. Andersen of the Quorum of the Twelve Apostles shares some thoughts on this subject.

**W**henver the Lord's Church has been established, the Lord has called prophets and apostles. Their sure witness of the living Christ is one of the greatest blessings to the Church and to the world.



**A**long with the scriptures and the gift of the Holy Ghost, the First Presidency and the Quorum of the Twelve Apostles make known the Lord's specific concerns for us and what we need to do.



**W**e have the responsibility to listen and to follow, and we have a promise that blessings will come as we believe and act on the prophets' words.



**I**f we will be attentive to the prophets' words, we will forever remain safely on the path leading to the tree of life.



*From an address given at Brigham Young University on March 4, 2007.*

An illustration of a man in a brown suit, glasses, and a flat cap, smiling and writing in a notepad. He has a vintage camera hanging from his neck. He is standing in front of a large window with vertical bars, through which a lion's face is visible. Four children are gathered around him, looking up with interest. The scene is set outdoors with green foliage in the background.

# A **BRAVE** Little Mormon Girl

**By Elizabeth Stitt**  
(Based on a true story)

Will Helen have  
the courage to  
share her beliefs?



*Thou must open thy mouth at all times, declaring my gospel with the sound of rejoicing (D&C 28:16).*

**H**urry up! I want to see the lions," Billy said, tugging on his sister's sleeve.

"I'm coming," Helen said. She jumped off the bench and grabbed Billy's hand. They trotted off to see the lions.

When they reached the lions' cage, they saw a man holding a camera and a little notebook. Children were gathered around him. A lady introduced the man.

"Children, this is Mr. Maier," she said. "He is an author visiting from New Jersey."

An author! Helen liked meeting new people, especially famous people from far away.

"I travel from place to place and write about what I see," Mr. Maier told the children. "Do any of you have a question for me?"

Helen raised her hand high in the air. Mr. Maier asked her to come to the front of the crowd. Helen scooted through the crowd until she stood near Mr. Maier.

"What are you writing about today?" Helen asked.

"Today I'm writing about Utah," he said. "Why don't you tell me about yourself?"

Helen felt her heart start to beat faster. What could she think of to tell a famous author?

"Well, I'm 10 years old," Helen said. Then she paused. Surely she could think of something more important. "And I'm a Mormon," she added.

"A Mormon?" he asked. "Tell me more."

"Well, my great-great-grandfather was Brigham Young, one of the prophets of our Church," Helen replied. "And this Church is the true faith."

"Is it really?" he asked.

"Yes, it is," she said. "What is your religion?"

"I don't have a religion," Mr. Maier said.

Helen was surprised. "Why not?" she asked.

"I don't know," he answered. "But maybe you can pray for me so I can be blessed too."

"I can do that," Helen said.

Then Helen got an idea. "Why don't you get baptized in the true faith?"

Mr. Maier smiled. "That's kind of you," he said. "I think I would like to learn more about this faith first."

When Mr. Maier returned home to New Jersey, he wrote a newspaper article about Helen. He called her a "zealous little Mormon girl." He meant that she was enthusiastic and devoted to her faith. Mr. Maier was so impressed with Helen that he wrote to her and sent her copies of his books.

A few years later, Mr. Maier passed away. When Helen was older, she received permission from Mr. Maier's family to have his temple work done. Thanks to Helen, a young man was baptized in the temple for Mr. Maier in the "true faith."

*Helen at age 8 with her brothers Billy (standing) and Russell.*



### **Salt Lake Visitor Writes About Child He Met Here**

There are so many things for a child to pray for that memory won't hold them all. So ten-year-old Helen Cannon, daughter of Mr. and Mrs. W. Tenney Cannon, Jr., 1924 Tenth East street, just can't remember whether or not she has prayed for the nicest man she ever met after he asked her to. She rather hopes she did, since he wrote about her in an eastern newspaper and sent her such a friendly little letter with the clipping.

Quite awhile ago, Helen doesn't remember the date, she met and talked religion with a man "who was awfully interested in children" at the zoo one Saturday morning. Recently she received the clipping of a story about his experiences in Salt Lake written by Marquis Maier, High-Town, New Jersey columnist.

"Yesterday I visited the Salt Lake zoo," said the article in part, "and there I met a young boy, an ardent Catholic and Helen Cannon, a zealous little Mormon girl.

We talked about many things. When I confessed that I was neither a Mormon nor a Catholic both children looked at me with pity, mingled with a sympathetic horror.

"I suggested that a prayer on my behalf, waited to heaven from the lips of so fine a pair of children might be efficacious.

"Little Helen looked dubious at first, but in a great-great-granddaughter of Brigham Young himself, just to look at her smitten one think of that grand old man with increased respect. There was no shoddy maverick strain in that great family. Then her beautiful face lighted up with inspiration. "Why don't you get baptized in the true faith? You could do that this very afternoon while the Elders are in the Temple," she urged.

"God bless little Helen," Maier concluded in the article.

And Helen emphatically declares that she will never forget Mr. Maier. She doesn't remember the Catholic boy's name.

*An article about Helen's story appeared in a Salt Lake City newspaper.*



# Extra, Extra!

## Read All about It!

Do you ever wonder what your grandparents did when they were your age? They have many stories to share. All you need



to do is ask! When they tell you about an experience, you can write it down so others can read it. Here's how to get started.

**1. Schedule a time to visit a grandparent, either in person or by phone. Or you can interview a parent.**

**2. Make a list of questions to ask. Here are some possible questions:**

- What did you do in your free time?
- What books did you like to read?
- Who was your best friend?
- What were your brothers and sisters like?
- What games did you play?
- What chores did you do?
- What was your favorite subject in school? Who was your favorite teacher? Why?
- What was your first day of school like?
- What was your baptism day like?
- What was Primary like?

- What were your parents like?
- What do you remember about your grandparents?

**3. When you visit, take a pencil or pen and a notepad to write down what your grandparent says. If possible, take a voice recorder, a video camera, or a digital camera. Remember to write down or record the full name of the person you interview, your name, and the date of the interview.**

**4. Write or type all the answers and put them in a book so you can read them often. You can also add pictures to your book. Share the stories with other family members. You will have a treasure you can keep forever.**







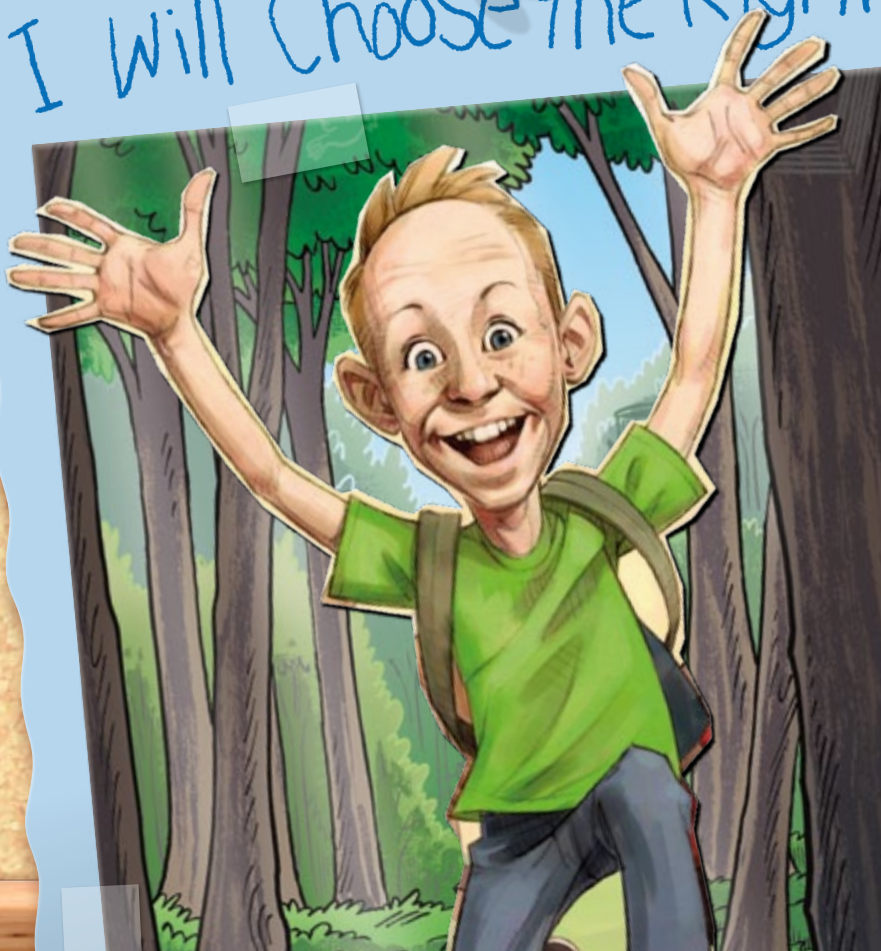
# Bulletin Board



## CONFERENCE TIME

Are you ready for general conference in April? Here's a project your family can work on as you listen to the prophet and apostles speak. The Weir family from Arkansas saves their *Friend* magazines throughout the year. As they watch conference in their home, they cut out their favorite pictures and stories from the magazines and use them to make posters for their rooms and quiet books to look at during sacrament meeting. If you watch conference at a church building, you can work on this project before or after a session.

I Will Choose the Right!



This example poster combines a picture from page 21 of the May 2011 *Friend* and part of the cover of the June 2011 issue.

PRESIDENT MONSON PHOTOGRAPH BY MATT REIER  
SCISSORS PHOTOGRAPH © GETTY IMAGES  
ILLUSTRATION BY DAVE MALAN





# Springtime Rhymes

In the Northern Hemisphere, March marks the beginning of spring. The poem below has a line for each letter in the word *spring*. Try writing your own spring poem using each letter in the word *spring*. If you live in the Southern Hemisphere, write a poem using the letters in the word *winter*. You could also write a poem using your name or even your favorite food!



## SPRING

By Alison M. Dixon

**S** is for seeds sprouting up through the ground.



**P** is for puddles to splash all around.



**R** is for rainbow, a beautiful show.



**I** is for insects that tickle my toe.



**N** is for nests with babies so small.



**G** is for God who created it all.



## HEALTHY & HAPPY

By Jane H. Lassetter

Heavenly Father wants you to take care of the wonderful body He has blessed you with. This activity can help you know if you are getting enough exercise.

1. **Keep track of your activity every day for a week using a paper or notebook. Write down what kind of exercise you do and how long you do it. Exercise can include activities such as walking to and from school, dancing, riding a bike, playing soccer, or weeding the garden.**
2. **Write down how much time you spend watching television, texting, or playing computer or video games.**
3. **Write down how much sleep you get each night that week.**
4. **At the end of the week, look at your paper. Did you exercise at least 30 minutes a day for 5 days? If you did, great! Regular exercise helps you stay healthy. Try to spend less time playing video games or watching TV. These things keep you from getting the exercise your body needs. How much sleep did you get? If it was less than 10 or 11 hours a night, you should go to bed earlier so your body can get the rest it needs to stay healthy.**



ILLUSTRATIONS BY MARK ROBISON  
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HOUSE AND APARTMENT PHOTOGRAPHS BY DAVID STOKER

## Journal Junction

Each month this year you can write a little bit of your own history in your journal. This month write about the first place you lived. Did you live in a big city or in the country?

Were you in a house or an apartment? What was your room like? You can ask your parents if you don't know, and you can write down other details they remember about your first home.







# Jacob Learns the Name of the Savior

From 2 Nephi 5:5–19; 6:1–3; 9:5–13; 10:3–5, 23; Jacob 7:1–20.

By Diane L. Mangum

**J**acob loved his older brother Nephi. He followed his example and learned how to pray, how to be obedient, and how to love the Lord.

Jacob and Nephi's older brothers Laman and Lemuel were angry with Nephi and even wanted to kill him. They and their families were called the Lamanites.

Jacob and Nephi and their other brothers and sisters took their families to live far away from the angry Lamanites. They were called the Nephites. Nephi became the king and protector of the Nephites. He was also the

prophet. Nephi ordained his younger brothers, Jacob and Joseph, to be priests and teachers.

The Nephites obeyed the Lord. Their crops grew, and they raised many animals. They built homes, and they even built a temple, where Jacob taught. For a time, the Nephite people were happy, but then they stopped being obedient to the Lord's commandments.

Jacob worried because the Nephites were becoming so wicked. He spoke to the people, teaching them that the Savior would be born near Jerusalem, far across the ocean. The Savior would provide an Atonement so that every person ever born could

repent and be forgiven of their sins. He would die and be resurrected so that every person who died would also be resurrected.

Jacob also taught that sad things happen when people choose to sin

and don't repent.

After he had talked for a long time, Jacob sent the people home. He told them to come back the next day so he could finish teaching them.

That night, an angel came to Jacob and told

## Jacob's Visions

**When Jacob was young, he saw a vision of Christ. When he was older, he was visited several times by angels who taught him.**



*Jacob taught the Nephites in the temple.*





## Sherem

After Nephi died, Jacob became the prophet. A man named Sherem came to Jacob to argue that no one can know what will happen in the future. He said this proved that Jacob could not know that Christ would come.



Jacob testified that angels had taught him and that he did know Christ would come, just like the prophets in the scriptures did. Sherem said he didn't believe him.



Then the power of the Lord came upon Sherem, and he fell to the ground. Sherem told the people that what he had done was wrong, and he testified of Christ.



him that the Lord's name would be Christ when He came to earth to live among the Jews. Even though Christ would work great miracles, wicked people in Jerusalem would crucify Him.

When Jacob taught the

people the next day, he told them what the angel had said. Jacob reminded the Nephites to "cheer up your hearts, and remember that ye are free to act for yourselves," to choose the right and follow the commandments of God.





## A true story from the childhood of President Heber J. Grant



1. Young Heber J. Grant worked hard in his thin, worn jacket. His family was poor and didn't have money to buy a new coat.



2. Heber's mother surprised him when she gave him a new, warm winter coat. She had worked hard to sew it for him.



3. Heber thanked his mother and rushed out the door to play. His coat was so warm he hardly noticed the cold weather!



4. As Heber raced down the streets, something caught his eye as he ran past an alley.





5. Heber slowly peeked around the corner. He watched as a young boy in a thin, ragged sweater crouched in front of an exhaust grate to try to get warm.



6. Heber knew how cold that boy must be. He knew the boy needed help.



7. When Heber came home, his mother immediately noticed he was not wearing his coat.

"Heber, where is your coat?" she asked.



8. Heber told his mother that he gave the coat to the boy in the alley. He began to cry. He didn't want his mother to be sad that he gave away the coat.



9. Heber's mother was not sad. She hugged Heber. She was proud of him.





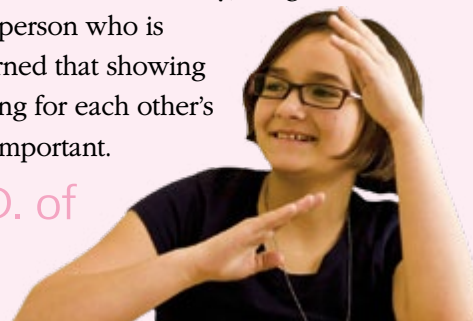
**M**y name is Isabelle, and I'm 11 years old. I live in Riverton, Utah. If you come to my house you might notice that my family does some things a little differently than other families. If my mom wants to get our attention, she turns the lights on and off. We use a videophone to make all our calls. And you'll never hear us raise our voices. This is because most of my family members are deaf—and so am I.

Being deaf means I can't hear. Instead of using my voice to talk, I use my hands to sign words. My mom, dad, and older brother are deaf, and my older sister

because it reminds me of all my hard work.

I like being in a family that can talk using sign language. When we talk about our day, we give all our attention to the person who is signing. I've learned that showing respect and caring for each other's needs are very important.

Isabelle D. of  
Riverton,  
Utah



# HANDS that TALK

is hard of hearing. When my mom learned that there weren't a lot of helps for children who are deaf or hard of hearing, she helped start a school for those children. Now I go to that school. My classmates and I like learning and doing the same things that other kids do in school.

When I'm not in school I like to jump on the trampoline, draw, and read novels. I also like to take things apart and put them back together.

Speaking of taking things apart, one summer I helped take shingles off my uncle's roof. It took a long time, and I was tired by the end! Another time I helped paint a playhouse. I got paint splatters all over my shirt. Now I like wearing the shirt

*I'd like to learn Japanese Sign Language!*



*I like to talk to my grandma on the videophone.*



*Here's my family signing, "I love you!"*





# My Family

By Diane Robinson Haines

This is my family! I'm ready to sign.  
Here they all are, one at a time.



And don't forget ME! I'm also part of our family tree.  
In God's temple we're sealed together eternally.





# Friends in The News



**Zach C.**, 9, Washington, has two brothers. He looks forward to reading the *Friend*. He likes cooking with his family and attending Primary.



**Austin** and **Ashley P.**, 4 and 2, Utah, enjoy living near Church historical sights. Austin likes learning Primary songs, reading the *Friend* with his mom, and playing with his little sister. Ashley enjoys nursery and likes to see the temple.



**Andrew P.**, 5, Minnesota, likes to draw and make machines that do special things. He is a good big brother and likes playing, going to school, and making his family smile and laugh.

**Katarina S.**, 4, California, likes to sing Primary songs in the car to practice on the way to church. She enjoys painting, and she likes learning new things in class.



## Downey Second Ward

The Primary children of the Downey Second Ward, Downey California Stake, learned about "Friends in the News" from all over the world. They learned about how much the Lord loves them, and that they are all children of God.

**Lara M.**, 8, England, was baptized on her birthday by her bishop. Her mother and two older brothers were excited to see her baptized.



Would you like to be a friend in the news? Turn to page 48 to find out how.



## Lake Cities First Ward

The Primary children of the Lake Cities First Ward, Denton Texas Stake, learned the song "The Church of Jesus Christ." They talked about how the song helps them bear testimony of what they believe and how it ends with a promise to proclaim the gospel. The children have promised to help spread the gospel.



# Abu Learns Honesty

By Ann P. Smith

(Based on a true story)

*Honesty should start with me in all I say, in all I do* (*Children's Songbook*, 149).

Abu sat outside watching people walk by on the street in front of his house. Abu was very hungry. Marian, a woman who was selling sweet biscuits, was near him, walking back and forth in the street. The biscuits looked delicious in their brightly colored wrappers. Marian carried them in a pan on her head. Abu really wanted a package of those biscuits. He knew they would be very good.

Marian stopped and set the biscuits down right in front of Abu.

"She knows I am hungry and has put the biscuits here for me!" he thought. He quickly picked up a package of biscuits.

Just then, his father saw him. "Abu, what do you have?" he asked. "Papa, I'm so

hungry! I need some biscuits," Abu said.

Papa gently took Abu into his arms. "Abu, I want you to have some biscuits," he said. "But you cannot take things from other people without asking or paying for them. Did you ask Marian if you

could have some of her biscuits?"

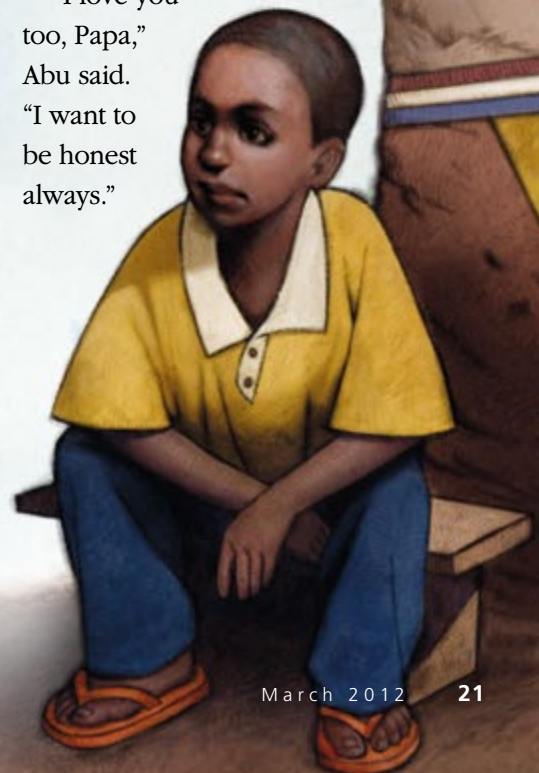
"No," Abu said, looking at the ground.

"Let's give Marian back this large package of biscuits, and I will buy you a small package. I want you to learn to be honest. Do you know what that means?"

"Tell me, Papa," Abu said.

"It means to do the right thing," Papa said. "It means to pay for things instead of stealing. It means to tell the truth instead of lying. It means to do what you say you will do. So we will pay Marian for a package of her biscuits. Marian needs the money to buy food for her children. I love you, Abu, and Heavenly Father loves you too. And He is happy when you do the right thing."

"I love you too, Papa," Abu said. "I want to be honest always."





# CHOOSE the Light



By Elder  
Gerrit W. Gong  
Of the Seventy



*If your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you (D&C 88:67).*

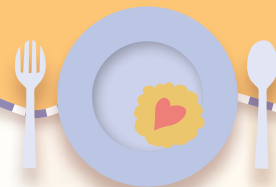
**W**hen I was a little boy, I was sometimes afraid of the dark. I often heard strange sounds at night. Before I went to bed, I would lock all the doors and check under my bed. I looked in my closet too. I wasn't sure what I was afraid of, but I still felt fearful sometimes.

As I learned to pray, I felt great comfort and peace. I noticed a feeling of light, and I knew that I would be safe and well.

One of my earliest memories is also of light. When I was young, my brother and I were sealed to our mother and father in the Salt Lake Temple. I remember my family and others dressed in white, the great light in the temple, and the peace I felt that day.

Even though these are memories from years ago, I remember what it is like to be afraid in the dark and the joy I felt in the light of the temple. When we seek to live the gospel, we are filled with light, and there can be no darkness in us. Light and faith do not coexist with darkness and fear. When we are filled with light, we feel happy and peaceful and safe. I hope we can always choose the light.





# mix-in muffins

- 1 egg, beaten
- 1 cup milk
- 1/4 cup oil
- 2 cups flour
- 1/2 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt

**mix-ins of your choice:**  
dried fruit, chopped  
bananas, chopped apples,  
chocolate chips, jelly,  
berries, chopped nuts,  
jam, butterscotch chips,  
shredded coconut, or your  
own idea

1. Preheat the oven to 400°F (204°C).
2. Line a muffin pan with 12 liners, or grease and flour the pan.
3. Mix together the egg, milk, and oil in a bowl.
4. Add the flour, sugar, baking powder, and salt. Mix until just combined. Batter will have some lumps.
5. Place 1–2 teaspoons of a mix-in in the bottom of each muffin cup. Fill each cup half full with batter. Use a toothpick to stir in the mix-in.
6. Bake for 20 to 25 minutes. Let cool for 10 minutes, and then remove the muffins from the pan.

Remember to ask an adult for help when you make a Kitchen Crafts recipe.

## kitchen trivia

Did you know that some states in the United States have official muffins? Washington's state muffin is the blueberry muffin, Maryland's is the corn muffin, and New York's is the apple muffin.

An English muffin is a flat, disc-shaped bread. It is made with yeast and isn't sweetened. It's usually split open, toasted, and topped with butter and jam or honey.



# A Book of Mormon

By Jan Pinborough

**T**he Church History Museum near Temple Square has a special exhibit called “A Book of Mormon Celebración for Children.” Gaby L., Lissie A., and Nash K. visited the museum for a look at some of the fun and interesting things the exhibit has for children to see and do.

The exhibit is in both English and Spanish. Many of the members of the Church today speak Spanish! Gaby, age 6, speaks both languages at home.



*Samuel the Lamanite stood on a wall to teach about Jesus Christ. Lissie, age 8, dresses doll figures to act out stories of Jesus's life that Samuel taught about.*

*Nash, age 10, uses big padded blocks to build a structure representing the temple in the land Bountiful. That's where Jesus Christ visited the Nephites.*



The Book of Mormon exhibit will be open through 2012.



# Celebración



The children had fun celebrating by dressing up and learning a dance from Mexico.



Gaby, age 6, turns pages of a model of the gold plates. Nearby is a Book of Mormon in Spanish.

Lissie plays a Book of Mormon game at a computer kiosk.

## Celebrate!

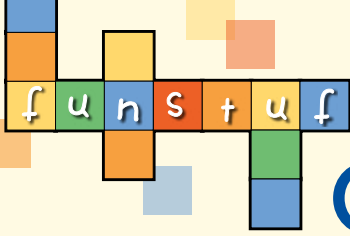
For a fun family activity, plan your own Book of Mormon celebration. Here are some ideas:

- \* Collect simple costume pieces such as bathrobes and headbands made from fabric strips. Add items such as a bow, a fishing pole, or a compass. Let everyone choose a costume and then read or act out a story from the Book of Mormon.
- \* Tape together several big pieces of paper, and make a mural showing Lehi's vision of the tree of life, the boat journey to the promised land, or another scene or story. Or you could have everyone draw a picture of the Liahona.
- \* Use pictures from the *Gospel Art Book* to explain how we got the Book of Mormon.
- \* Have each family member tell how the Book of Mormon has helped him or her make a decision or feel close to Heavenly Father and Jesus Christ.
- \* Have some easy refreshments such as fruit, or tortillas with melted cheese.

## Watch a Video






















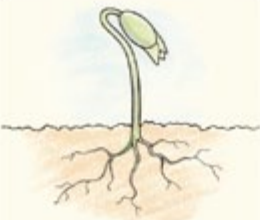



You can watch a video about Gaby, Lissie, and Nash's visit at [lds.org/friend](http://lds.org/friend).





# Conference Squares

Listen carefully to general conference next month, and when a speaker talks about one of the topics below, cover that square with a marker (such as a bean, button, coin, or piece of candy). See if you can cover five squares in a row. Then see if you can cover all the squares.

|   |   |  |   |   |
|---|---|--|---|---|
| <br>Scriptures           | <br>Resurrection | <br>Sustain Our Leaders | <br>Second Coming | <br>Word of Wisdom |
| <br>Pioneers             | <br>Family       | <br>Family History      | <br>Tithing       | <br>Mother         |
| <br>Repentance         | <br>Temple     | <br>Jesus Christ      | <br>Testimony   | <br>Service      |
| <br>Baptism            | <br>Father     | <br>Family Prayer     | <br>Prophets    |                  |
| <br>General Conference | <br>Faith      | <br>Book of Mormon    | <br>Reverence   | <br>Children     |

Print more game cards at [conferencegames.lds.org!](http://conferencegames.lds.org!)

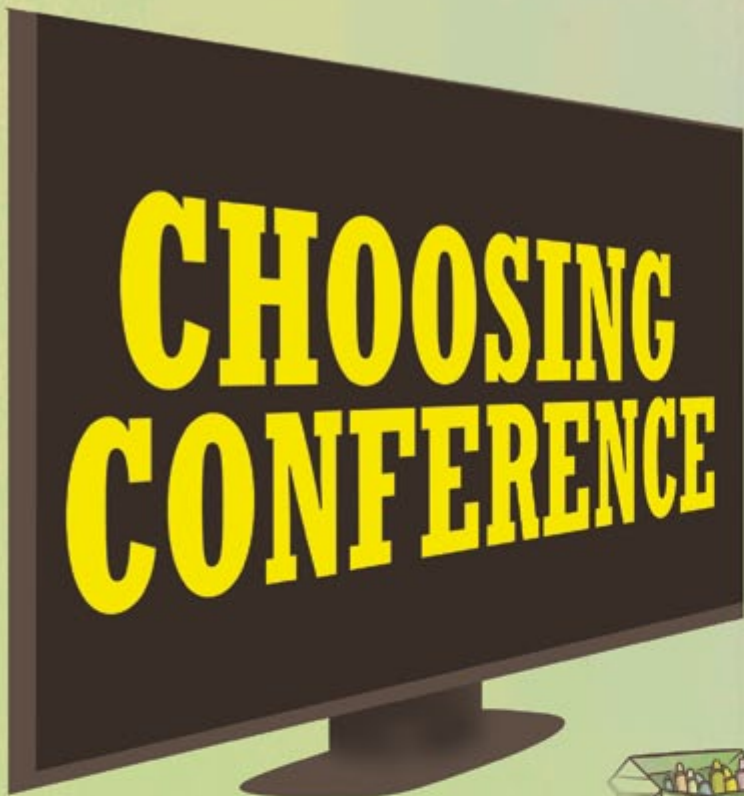




**God's prophets and apostles speak to us in general conference.**

*Learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God  
(Alma 37:35).*





**By Jennifer Ricks**  
(Based on a true story)

*We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth* (Articles of Faith 1:6).

**H**ooray! No more school until Monday!" Jennifer said as the bus pulled up to her stop.

"I'm glad too," Katie said.

Jennifer and Katie stepped off the bus.

"Want to come over and play tomorrow?" Katie asked.

"Thanks, but I can't," Jennifer said. "We have general conference tomorrow."

"What's that?" Katie asked.

"Well, it's for our church," Jennifer said. "Twice a year we listen to talks from our Church leaders—the prophets and apostles."

"You mean a bunch of sermons?" Katie asked.

"Kind of," Jennifer said. "But we can watch it on TV."

"Sounds boring," Katie said. "And it's all day?"

"It's not too bad, but if I can get off early I'll call you," Jennifer said.

"OK. See you!" Katie waved as she walked to her house.

Mom and Dad asked Jennifer and her siblings to set a

*Jennifer wants to play with Katie, but is it the best time?*

goal to watch at least one full session of general conference a day. If Jennifer watched Saturday morning, then maybe she and Katie could work on their playhouse in the afternoon.

The next morning, Jennifer awoke to the smell of warm cinnamon rolls. She heard the Conference Center organ prelude music coming from the living room. She went to the kitchen to help Mom move the cinnamon rolls from the baking sheet to the plate.

"Mom, after I watch the first session this morning, can I play with Katie this afternoon?" Jennifer asked.







**"We are a blessed people, with apostles and prophets upon the earth today."<sup>2</sup>**

President Thomas S. Monson



Mom smiled. "Well, general conference is really important, and it only happens twice a year," Mom said. "But after you watch the first session, you may decide for yourself what to do with the rest of your day."

"OK," Jennifer agreed.

"You might want to pay close attention too," Mom added. "Katie might have some questions."

As the session started, Jennifer caught herself day-dreaming about playing with Katie. Then she remembered what Mom had said. Maybe she would learn something from conference that she could share with

Katie. Maybe she could even explain to her why general conference really wasn't boring at all.

Jennifer started paying closer attention. She liked listening to the choir sing and watching as the camera scanned the faces of the singers. She liked listening to the speakers too. Although she didn't understand all of the talks, she liked it when she could recognize her favorite scripture stories or when the Apostles told stories about their own lives. Jennifer especially loved seeing the kind face of the prophet and listening to him speak lovingly of Heavenly Father and Jesus Christ. Just like going to church, listening to general conference gave Jennifer a warm, peaceful feeling inside.

After lunch, Dad turned on the TV for the afternoon session, and Jennifer followed Mom back into the living room.

"Have you decided what you are going to do?" Mom asked.

Jennifer nestled into the couch. "I think I'll just listen to conference some more," she said. "I can play with Katie next Saturday. And, after all, conference only comes twice a year."





# Trying to Be Like Jesus

## Beautiful Creations



One Sunday I was walking to church when I noticed a beautiful butterfly lying

in a wet gutter. The butterfly was stuck in the water and flapping its wings very slowly. My dad helped me lift the butterfly up

and place it on a tree branch. After a few moments the butterfly flew away. I was happy to have helped one of God's beautiful creations. I know God loves everything He created, and that He would be happy that I helped the butterfly.

**Dallin H., age 7, Colorado**



## Animal Service

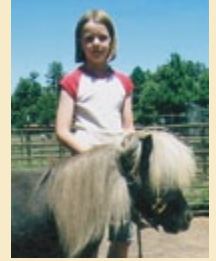
Every Saturday I help a

widow who has lots of animals.

She has miniature horses and

dogs, fish, chick-

ens, birds, and cats. I help by brushing the horses, making food bags, and cleaning the chicken coop. I am happy when I serve.



**Olivia G., age 9, Arizona**

## Sharing Time



Sometimes after reading the scriptures with my family, I get hungry. I go to the kitchen and get bananas

and apples for everyone. I try to follow Jesus Christ's example by sharing with others.

**Carter L., age 4, Alaska**



## Our Perfect Example

**M**y mom's calling is to help set up for Relief Society activities. One night she needed to help set up for an activity. When I found out she was leaving, I was in a bad mood. Then she asked me to serve with her. At first I didn't want to, but I agreed. Once we got there I helped

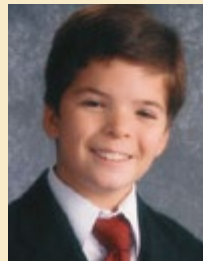


set up different stations. I liked making things look nice for the women. I forgot why I had been in a bad mood

and began to think about others. If our Lord Jesus Christ washed the feet of His disciples, then it should be clear to us that He expects us to follow His example. When I helped my mom I wasn't washing feet, but I was doing something for someone other than myself. It makes me proud to be a part of a church where members follow Jesus Christ's example.

**Katie K., age 10, Illinois**

## Clean Language



**T**here is a boy in my class at school who swears and takes the Lord's name

in vain. I have asked him to stop, but he hasn't. I don't like hearing bad words, so I am going to look for other friends and set a good example by using good language. It gives me a warm feeling in my heart when I set a good example for others.

**Jaden B., age 11, Alberta, Canada**

## Good Neighbors

**O**ne Sunday the missionaries came to Primary. They talked to us about sharing the gospel, and they



gave us pass-along cards. When I got home I told my mom that I wanted to give a card to our next-door neighbors. My mom and I went next door and I read 3 Nephi 11:10–11 to our neighbors. I also shared my testimony with them. I was happy to share the gospel with others.

**Lizzy P., age 5, Arizona**



Tell us how you're trying to be like Jesus. Turn to page 48 to find out how to send us a letter.



# Feeling the Holy Ghost

By Chad E. Phares

(Based on a true story)

*And by the power of the Holy Ghost  
ye may know the truth of all things  
(Moroni 10:5).*

1.

Benson, where are you?  
It's time for bed.

I don't want to go  
to bed.

2.

Why not?

Because there is a ghost  
in my room.

3.

There is not a ghost  
in your room.

Are you sure?

I promise.

4.

Dad, what is the Holy Ghost?

That's a good question.



5.

The Holy Ghost is a member of the Godhead. His job is to help us feel what Heavenly Father wants us to know and do.

Do we see Him?

No, but we feel Him near. He helps us feel happy.

6.

All right, now close your eyes. It's time to go to sleep. I love you.

I love you too. And I think I feel the Holy Ghost.

**Helps for Parents:** Talk with your children about some of the ways they can feel the influence of the Holy Ghost. Ask them how they feel when they choose the right and do things that invite the Holy Ghost to be near.



# INVITING THE SPIRIT

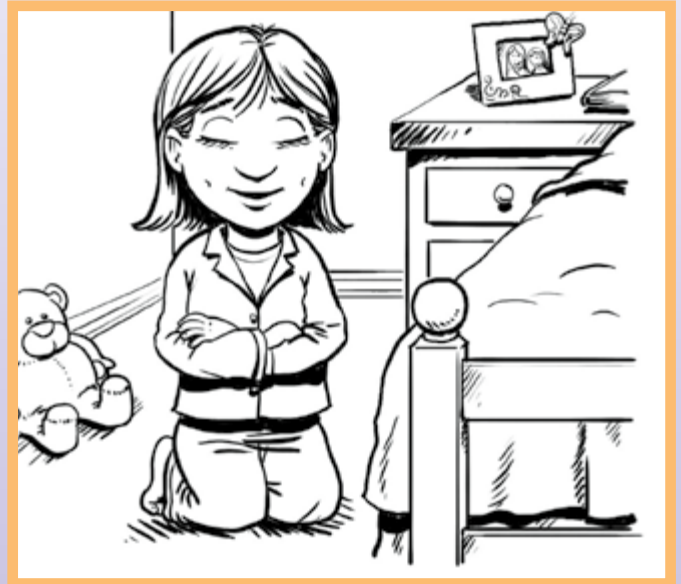
By Hilary Watkins Lemon

You can do many things to invite the Holy Ghost to be with you. The pictures below show four ideas. Pick one idea and make an extra effort to do it.

Then tell someone about how you felt as you did it. Color the picture for that idea, and then try the next one.



1. Sharing



2. Praying

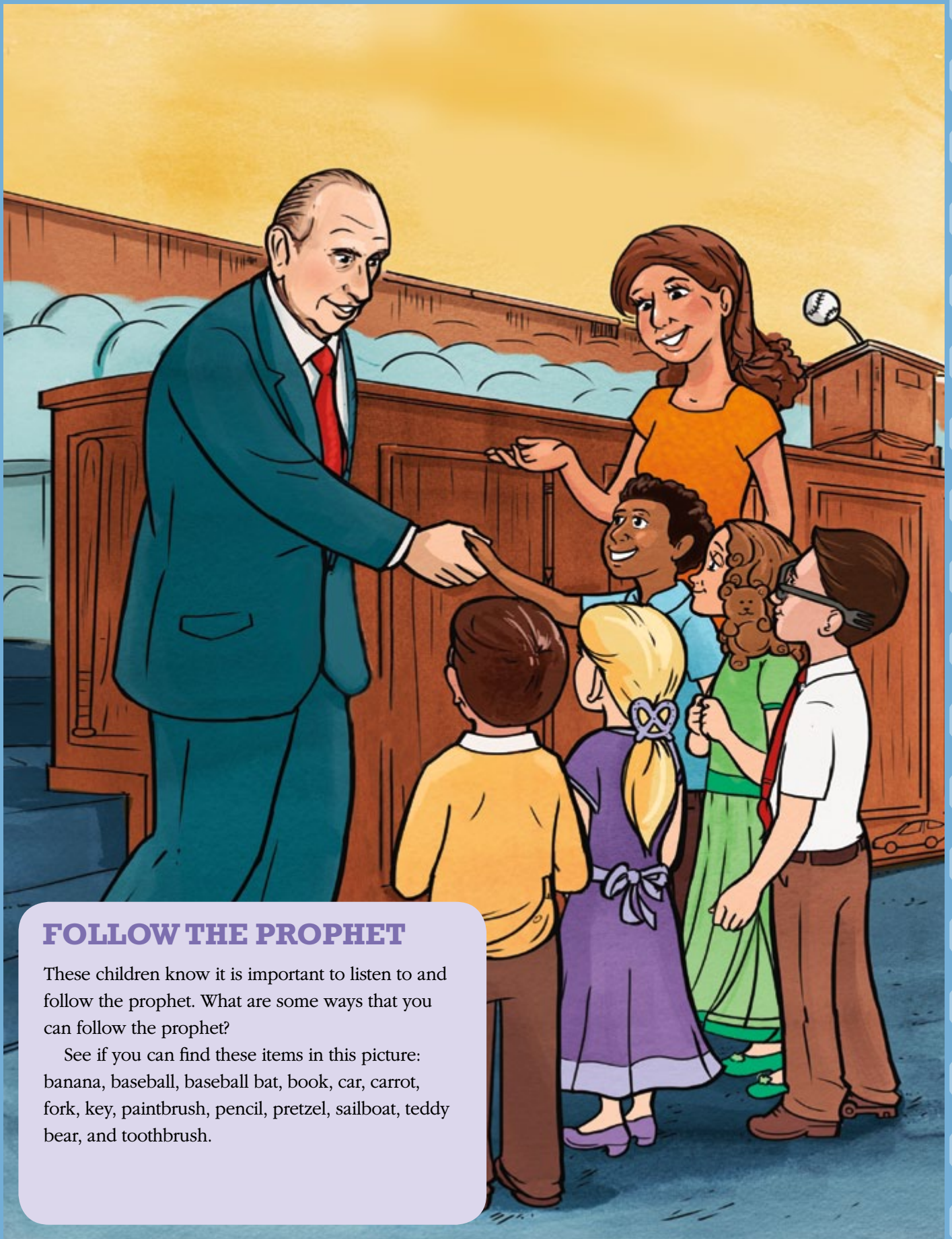


3. Helping



4. Singing





## FOLLOW THE PROPHET

These children know it is important to listen to and follow the prophet. What are some ways that you can follow the prophet?

See if you can find these items in this picture:  
banana, baseball, baseball bat, book, car, carrot,  
fork, key, paintbrush, pencil, pretzel, sailboat, teddy  
bear, and toothbrush.



What's the secret  
to doing well?

# The Two

By Jane McBride Choate

(Based on a true story)

*We shall make music to brighten the day; music will help us to lighten the way (Children's Songbook, 252).*

Heather had been taking piano lessons for three years. She felt good about the progress she had made. She could even play a few hymns.

This year, Heather also started taking violin lessons. Her violin teacher announced that she would have a recital for her students. Heather and her teacher decided she would play "Twinkle, Twinkle, Little Star" for the recital. Heather was sad she couldn't play a harder song.

At her piano lesson the next day, Heather invited her piano teacher, Sister Barton, to the violin recital.

"I'd love to come," Sister Barton said.

"I'm not very good," Heather said. "I still have a lot to learn."

"We all have to keep learning. I practice every day," Sister Barton said. She was the Primary pianist.





# Secrets

“You have to practice?” Heather asked.

“I sure do,” Sister Barton said. “And I still make mistakes.”

“I’ve never heard you make a mistake,” Heather said.

Sister Barton smiled. “I have a secret. I keep playing, and no one notices.”

“That’s a good secret,” Heather said.

“I have an even more important secret,” Sister Barton added. “I always say a prayer before I play.”

The night of the violin recital, Heather said a prayer. At the recital, her parents, older brother, and Sister Barton sat in the first row. When it was her turn, Heather played “Twinkle, Twinkle, Little Star.” Her fingers slipped at one spot, but she kept playing.

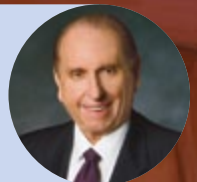
“You did a great job,” Sister Barton told Heather afterward.

Heather smiled. “I remembered the two secrets.”



**“How grateful I am for those blessed with musical talents who are willing to share their talents with others.”<sup>3</sup>**

President Thomas S. Monson





### A Daughter of God

As a daughter of God  
I can do many things.  
I'm able to be  
kind and true.

I have a body  
made in His image;  
with it there are many  
things I can do.

I'm able to serve my  
family and friends  
in so many ways I  
can't count them.

I can make beds and  
help Mom make dinner,  
then pick her a flower  
on its gentle stem.

I can jump  
and I can run,  
and laugh and  
sing and play.

Thank you, dear Father,  
for letting me be  
Your creation,  
I'm grateful today.

Marie B., age 11, Japan



Bridger B., age 9, Colorado



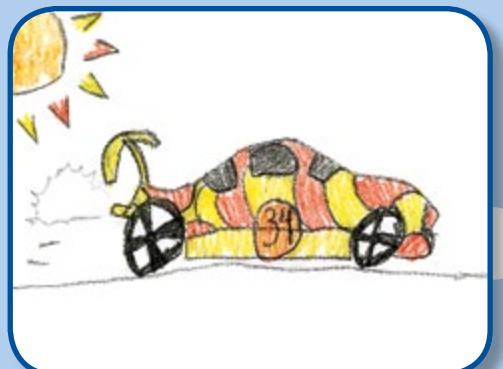
Claire W., age 9, Alaska



Corinne T., age 8, New York



Dyami M., age 10, Louisiana



Samuel J., age 7, Arizona

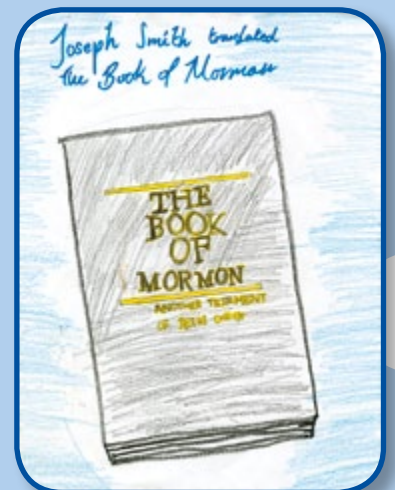
### God's Creation

The grass is green, the leaves are too.  
The sun shines brightly on me and you.  
The flowers say hello as the breeze blows by.  
I love to look at the blue, blue sky.  
The dogs chase and the kittens play.  
God has given us this beautiful day.

Morgan R., age 10, Colorado



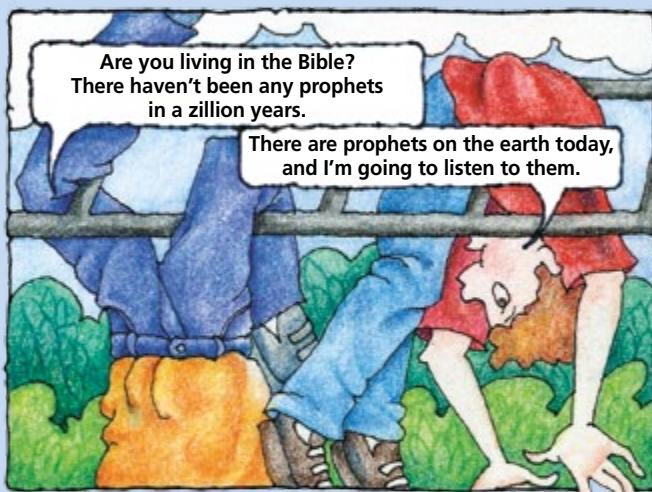
Alicia H., age 12, Utah



Jeneum K., age 8, New South Wales, Australia

Would you like  
to send us a poem  
or drawing? Turn to  
page 48 to find  
out how.







You can use this lesson and activity to learn more about this month's Primary theme.

# Living Prophets

## Teach Me to Choose the Right

**C**ristina watched President Thomas S. Monson on the screen in her stake center during general conference. He was talking about being kind to others. Cristina had a warm feeling as she listened. She knew President Monson was a prophet of God. She thought about Leah, a girl at school who was unkind to her.

She decided she would be nice to Leah and try to be her friend. Cristina wanted to follow the prophet's teachings.

Before Jesus Christ was crucified, He called the Apostle Peter to lead His Church. Peter received revelation for the Church and led the people of Christ in the right paths.

Today, President Thomas S. Monson leads the Church, just as Peter did.

Listen carefully when the prophet speaks. His teachings can help you with problems and challenges you may have. He will always lead you down the right paths, and you will be blessed when you follow him.

### CTR GAME: GETTING TO KNOW OUR CHURCH LEADERS

The Church of Jesus Christ of Latter-day Saints is led by 15 living prophets. The President of the Church, his two counselors in the First Presidency, and the Quorum of the Twelve Apostles are all prophets. Can you match the pictures of the First Presidency and Twelve Apostles to their names? Cut out the podium on page 41

and the pictures below and mount them on heavy paper. Cut slits in the chairs where shown and put the General Authorities in their correct chairs.

When you watch general conference and one of these men gives a talk, you can move his picture from his chair to the podium.







Henry B. Eyring  
First Counselor



Thomas S. Monson  
President



Dieter F. Uchtdorf  
Second Counselor



Boyd K. Packer



L. Tom Perry



Russell M. Nelson



Dallin H. Oaks



M. Russell Ballard



Richard G. Scott



Robert D. Hales



Jeffrey R. Holland



David A. Bednar



Quentin L. Cook



D. Todd Christofferson

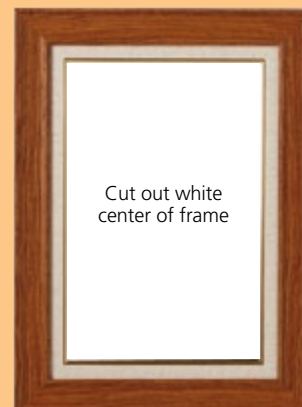


Neil L. Andersen

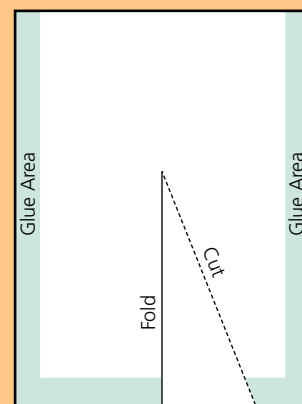


## JUST YOU

You can make a frame to hold the picture of President Thomas S. Monson. Cut out the picture, frame, and frame back. Mount them on heavy paper. Fold and cut along the lines on the frame back. Glue the sides and bottom of the frame to the frame back. Slide in the picture of President Monson.



Cut out white  
center of frame







# I'm Trying to Be like Jesus

(Simplified)

With commitment ♩ = 104-116

Words and music by Janice Kapp Perry

1. I'm try - ing to be like Je - sus; I'm fol - low - ing  
(2. I'm) try - ing to love my neigh - bor; I'm learn - ing to

in serve His ways. I'm try - ing to love as  
my friends. I watch for the day of

He did, in all that I do and say. At  
glad - ness when Je - sus will come a - gain. I

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times I am tempt-ed to make a wrong choice, But I try to  
try to re-mem-ber the les-sons he taught. Then the Ho-ly

lis-ten as the still,— small voice whis-pers, “Love one an-oth-er as  
Spir-it en-ters in-to my thoughts, say-ing:

Je-sus loves you. Try to show kind-ness in all that you

do. Be gen-tle and lov-ing in deed and in thought, For

these are the things Je-sus taught.” \_\_\_\_\_ 2. I’m taught.” \_\_\_\_\_



**Practice tip:** Clap to the rhythm of the melody line while following along with the music.  
If you have a metronome, set it to 110 beats per minute to get used to the speed of the song.

You can listen to this song at [lds.org/friend](https://www.lds.org/friend).

# The Best Soccer



By Angie Bergstrom Miller

(Based on a true story)

*Jesus said love ev'ryone; treat them kindly, too (Children's Songbook, 61).*

I clenched my fists, bit my lip, and kicked the ball that was rolling toward me. Then I frowned as I watched it soar out of bounds instead of going into the goal.

A girl named Nan had been standing on the sidelines watching our game. She ran to pick up the ball, tripping in her excitement. Everyone laughed. No one thanked her as she threw the ball back to us.

I felt guilty. I knew Nan wanted to play, but I didn't want to be the one to invite her.

Nan was quiet, with messy brown hair, thick glasses, and a squeaky voice. She didn't have one friend in our whole class. It wasn't that I didn't like her. I had just never talked to her.

That afternoon our teacher announced that she was going to move our desks around. She would make a new seating chart.

The room buzzed with excitement. My best friend, LeAnna, and I smiled at each other.

Just then Caroline leaned toward me. "I heard Nan tell Mrs. Martin she wants to sit by you. Gross!"

I sat in shock. "Why me?" I wondered. I had never been mean to Nan, but I had never been nice to her either.

"Tell the teacher you don't want to sit by her," Caroline whispered. "Otherwise no one will want to sit by you."

I looked at Nan. Her head was lowered. She must have known what everyone in the room was thinking.

Mrs. Martin called me up to her desk. I knew Nan was a child of God and that Jesus said to love everyone. But



# Player

"I will seek good friends and treat others kindly."

My Gospel Standards



if I became friends with Nan, everyone would think I was weird.

"Who do you want to sit by?" Mrs. Martin asked me.

"LeAnna," I said. That was easy.

Mrs. Martin smiled. "Would you be willing to sit by Nan too?"

I looked down at the floor and whispered, "I'd rather not."

Mrs. Martin looked surprised. "Are you sure, Angie?"

"Yes," I muttered.

The next day our desks were rearranged. I sat by LeAnna. Nan was across the room. The two girls sitting by her pushed their desks away from hers so it looked like she was sitting alone. She looked like she was going to cry.

A few weeks later Nan changed schools. A girl in my ward went to that school, and I asked her if she had met a new girl named Nan.

"I think so. What does she look like?" she asked.

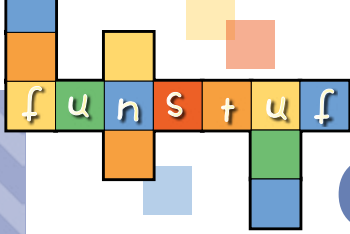
"Well, she's really quiet. Her hair is messy, and she wears thick glasses. No one in my class liked her."

"Really? It must not be the same girl," she said. "The new girl I know is really fun. Everyone likes her. She's a great soccer player."

I thought about the day Nan had watched us playing soccer. She only needed a chance and a friend. And I could have given her both.

That day I made a promise to myself to always be nice to everyone and never let a girl like Nan slip by me without trying to be her friend.





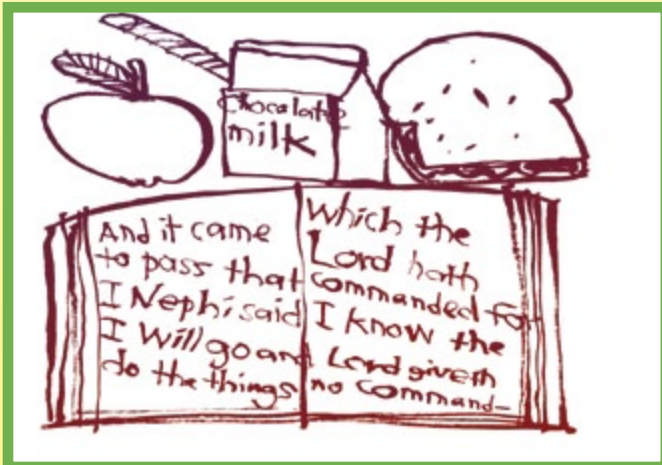
# Conference Notes

Taking notes is one way to remember what the speakers teach us in general conference. In addition to writing your thoughts and feelings, you can also illustrate some of the stories and experiences you hear about. Here are some examples of notes from addresses at the October 2011 general conference.

*Elder David A. Bednar encouraged young people to search out their ancestors and prepare to perform baptisms for them in the temple.*



*President Dieter F. Uchtdorf spoke about a man who influenced others for good by reading his scriptures at lunchtime, even though some made fun of him for doing so.*



*President Thomas S. Monson spoke about praying with faith and finding his \$5 bill in the pocket of his wet jeans.*



*President Henry B. Eyring spoke about how one of his missionary companions found joy from reading a Book of Mormon he found at the bottom of a box.*



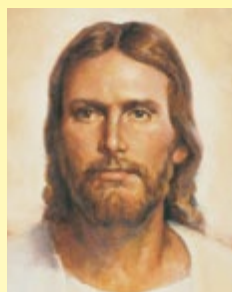
We'd love to see what kinds of artistic notes you take at next month's general conference. Fill out the form on page 48 and send us your drawings. We might use them in an upcoming *Friend*.



# Apostles of Jesus Christ

By Jennifer Maddy

In the sixth article of faith it says, “We believe in the same organization that existed in the Primitive Church.” The Primitive Church is the church that Jesus Christ established more than two thousand years ago when He lived on the earth. The Church of Jesus Christ is organized the same way today as it was then—with prophets and apostles leading His Church on earth.

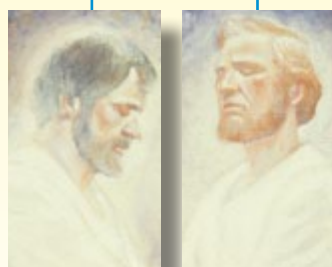


## The Primitive Church

**Peter** was one of Jesus Christ's Apostles. Before He was crucified, the Savior called Peter to be the President of the Church of Jesus Christ. When Christ was resurrected and left the earth, Peter led the Church. He received revelation from God for the whole Church.

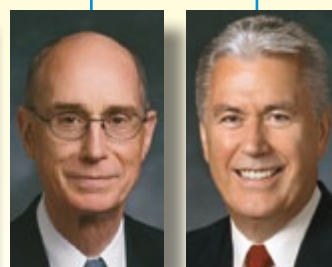
**James** and **John** were also Christ's Apostles. They were called to assist Peter. Together, the three men were the First Presidency of the Church.

These twelve men were called as **Apostles of Jesus Christ**. Their mission was to spread the gospel of Christ throughout the world.



## The Church Today

Today, **Thomas S. Monson** has been called by God to be the President of The Church of Jesus Christ of Latter-day Saints. He receives revelation from God for the whole Church. He leads the Church on the earth, just as Peter did.



President **Henry B. Eyring** and President **Dieter F. Uchtdorf** are the first and second counselors in the First Presidency. They are called to assist President Monson.



These men make up the **Quorum of the Twelve Apostles**. Just like the ancient Apostles, they have a special calling to preach the true gospel and stand as witnesses of Jesus Christ.



## Possible Ideas for Family Home Evening

1. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).
2. Have a family Book of Mormon celebration! See pages 24–25 for some ideas.
3. You can start and keep healthy habits when you work together as a family. Do the activity "Healthy & Happy" on page 13.
4. Take turns telling, reading, showing, or acting out some of your favorite family memories. What other stories are part of your family? Read the suggestions on page 10, and make plans to learn new family stories.
5. Read about ancient and modern Apostles on page 47 and discuss ways that your family can prepare for general conference next month.

The *Friend* can be found on the Internet at [lds.org/friend](http://lds.org/friend).  
To subscribe online, go to [store.lds.org](http://store.lds.org).



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I grant permission to print submission and photo in print or online:

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Children whose work is submitted should be at least three years old.

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity.



### Hidden CTR Ring

Did you find the ring? Look on page 13!

### Sidebar References

1. "Waiting on the Road to Damascus," *Ensign*, May 2011, 70.
2. "Closing Remarks," *Ensign*, Nov. 2009, 110.
3. "Until We Meet Again," *Ensign*, May 2009, 112.

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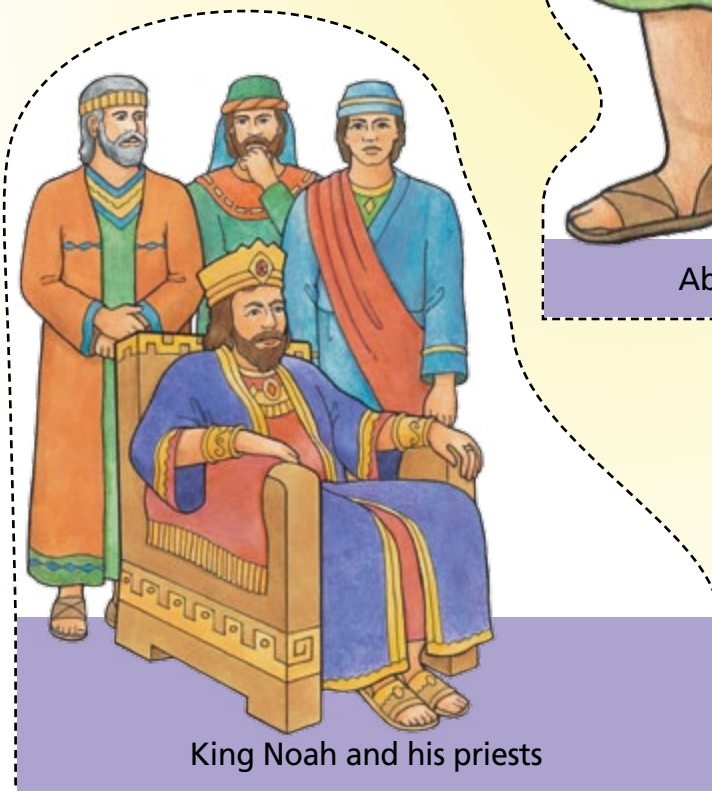
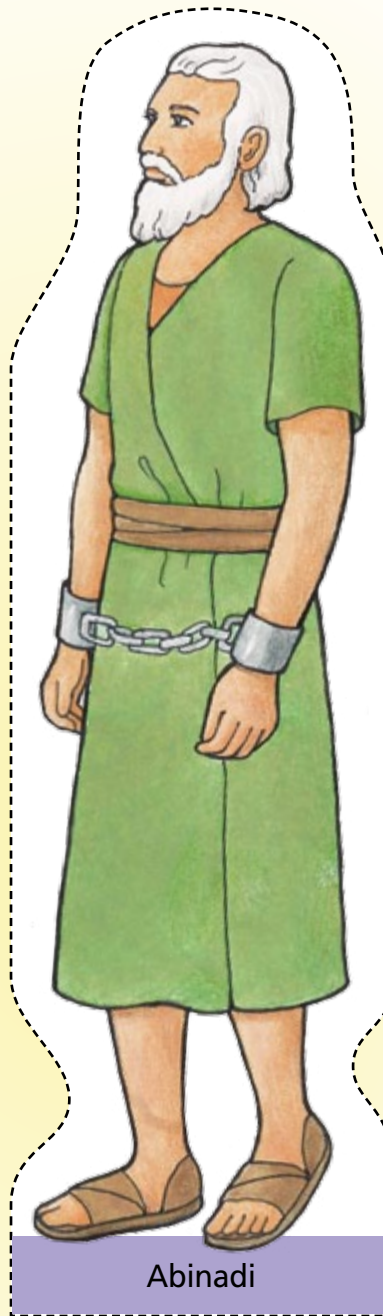
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This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



**Abinadi and King Noah**  
Mosiah 11–17



## For Children



### ARTICLES OF FAITH

Are you working on learning the Articles of Faith? You can learn all thirteen by playing Articles of Faith Memory Quest at **lds.org/friend**. Don't worry if you don't know them all yet. There are different levels of difficulty and hints to help you along.

### ONE IN A MILLION

How many "One in a Million" children have you met at **lds.org/friend**? More than 30 children are spotlighted there. Are there any near you?



## For Parents



### FAMILY HOME EVENING

Visit the "Family Home Evening" section of **lds.org** for ideas, activities, videos, and more.

### GENERAL CONFERENCE

Prepare for general conference by visiting **lds.org/general-conference**. You'll find information, children's activities, and talks from past conferences.



## For Teachers and Leaders



### MUSIC PLAYER

You can listen to and learn the Primary songs at **lds.org/churchmusic**. Click on "Music" and then "Children's Songbook." Find the songs listed alphabetically or by page number.

### BRIGHT IDEA

You can use this month's Bright Idea poster to talk about courage. To print additional copies, visit **lds.org/friend** and click on "Current Issue" and then "Bright Idea."

