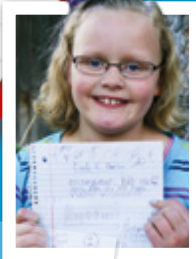


BULLETIN BOARD

Conference HEARTS

Here's a fun way to take notes during conference!



I went to the general women's session with my mom and my sister Allie. After we sat down, my mom leaned over and said, "I have a great idea. Every time you feel touched by the Spirit, draw a heart in your notebook." At the end of the meeting, I had drawn 14 hearts! The Spirit touched me that night and my testimony was strengthened!

Katie J., age 9, Utah, USA

Go to gc.lds.org for fun conference activities.

CONFERENCE HEART ROLLS

Celebrate the love we feel from our prophet during conference! Be sure to get an adult's help.

1 can cinnamon rolls
margarine or cooking spray

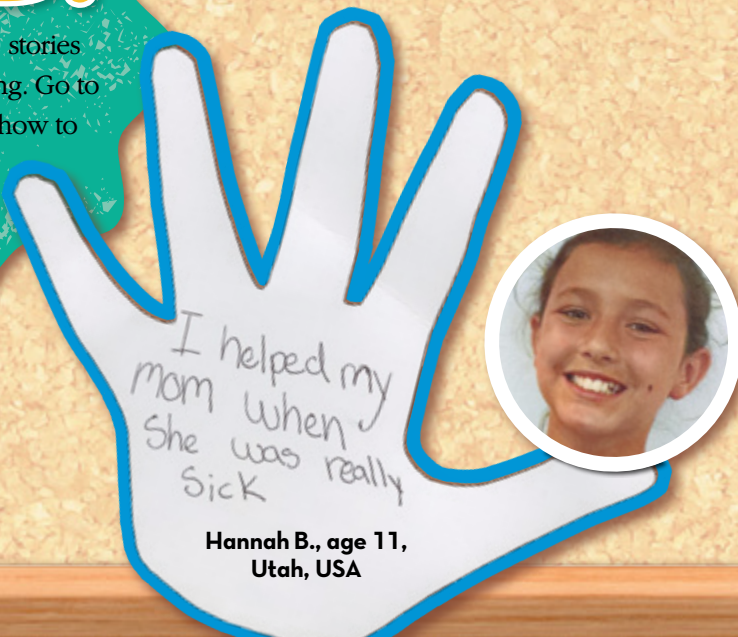


1. Spray or rub margarine in a 9-inch (23-cm) round or square cake pan.
2. Unroll each cinnamon roll, leaving the center coiled. Coil the other end so both ends are coiled. Shape it like a heart and place the hearts in the pan.
3. Bake at 350°F (180°C) for 13-15 minutes. Cool and spread frosting on top. Enjoy while you watch conference!

HEART ROLL PHOTO BY LORI MICHELLE FULLER

Give Us a HAND!

You've sent us 1173 stories about caring and helping. Go to page 15 to find out how to send us your "helping hand"!



Hannah B., age 11, Utah, USA

ILLUSTRATION BY MARK ROBISON

I will be honest with Heavenly Father, others, and myself.

—My Gospel Standards

STAND TALL!



How do you choose to be honest?