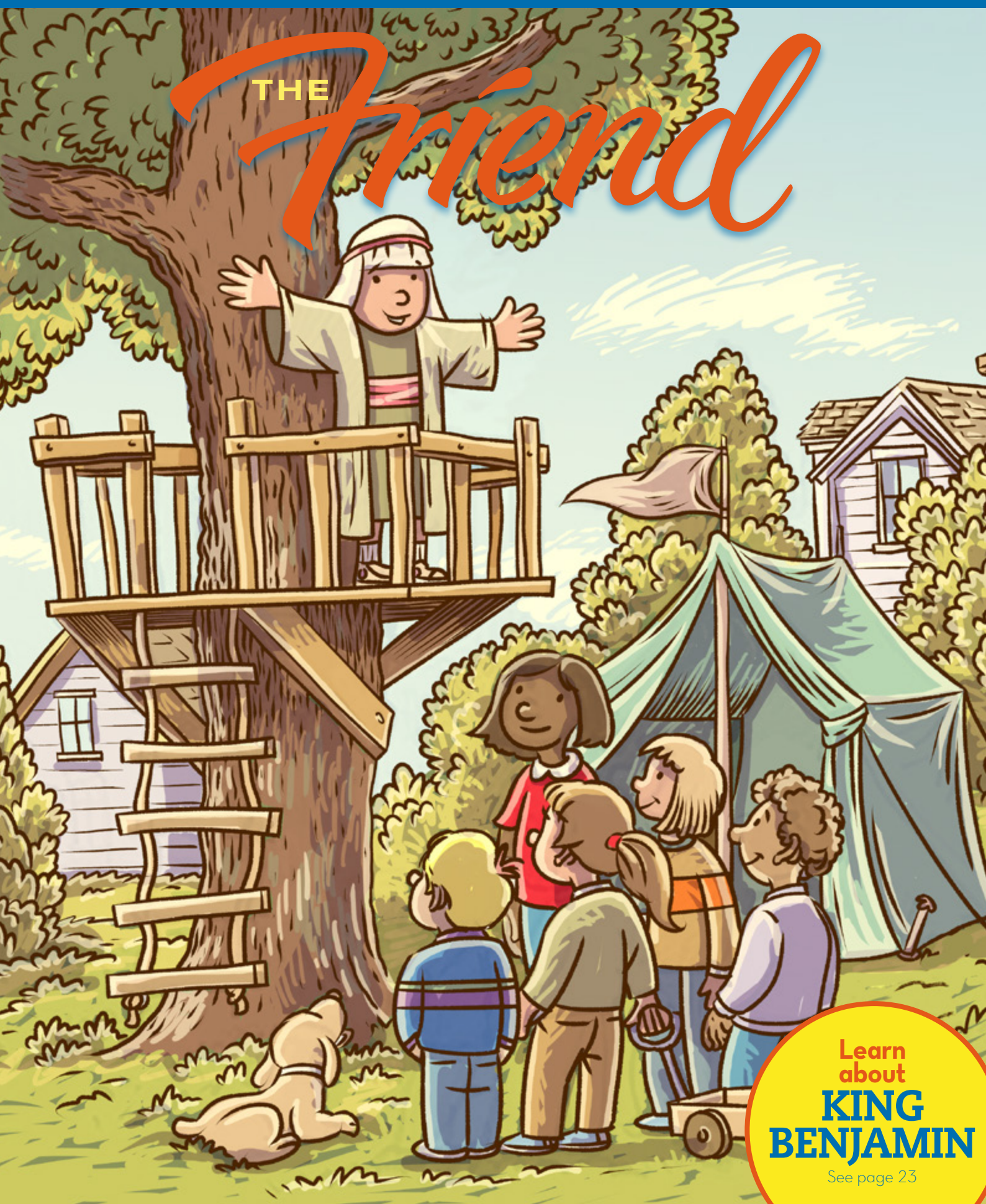


THE Friend



Learn
about
**KING
BENJAMIN**

See page 23

FRIENDS by Mail



Primary children from the **Kent Washington Stake and Spanish Branch, Washington, USA**, had a *Friend* reading challenge. Together they read 2,920 *Friend* stories!

They put a box full of *Friend* magazines to read at each Church building in the stake. Each child had a punch card to keep track of how many stories they read or listened to. They even had a stake activity using ideas and recipes from the *Friend*. They learned to keep reading, sharing, and being a friend to everyone!

Here's what some of the children had to say:



I enjoyed learning about people's lives because it helps me understand them better. My favorite story was "[David and Dad at the Derby](#)" (Nov. 2013) because they lost the race but still had fun. I felt so happy because that happened to me too.

Porter A., age 9



For six weeks our family read the *Friend* together in the car, at bedtime, and before church. We love the stories! The stake activity was fun. We can't believe that our stake read thousands of stories!

Natalie, Chad, Audrey, and Heidi P., ages 6, 9, 4, and 4

Dear Friends,

Easter is on March 27th this year. That makes this a special month to celebrate Jesus Christ and all He has done for us. On page 24 you'll find an activity you can do each week to learn more about why Easter is the most sacred day of the whole year!

Happy Easter!

The Friend

P.S. Write to tell us how you celebrate Jesus's Resurrection on Easter.

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

◆ **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons.
Find more at lessonhelps.lds.org.

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- Level 2:** What in the world?
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Volume 46 Number 3 March 2016

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FROM THE FIRST PRESIDENCY

Palm Sunday

By President Dieter F. Uchtdorf

Second Counselor in the First Presidency

It was on a Sunday about 2,000 years ago that Jesus Christ entered the city of Jerusalem during the final week of His mortal life. He rode in on a donkey, just like an early prophet said He would. A large crowd came out to greet Him and covered His path with palm leaves, flowering branches, and cloth. As He approached, they shouted, “Blessed be the King” and “**Hosanna.**”

Now, especially during the week from **Palm Sunday** to Easter morning, we turn our thoughts to Jesus Christ, the source of light, life, and love. He gave us His gospel. The gospel is the good news of Christ. It is the way of hope and joy.

As we walk the way of **discipleship**, we can feel confidence and joy—even during times of sadness and uncertainty. You and I can walk in the path of discipleship today. Let us be humble. Let us pray to our Father in Heaven with all our heart. Have faith. Seek, and you will find. Knock, and the door will be opened. Serve the Lord by serving others.

Let us remember during this Easter season that the restored gospel of our Lord has the power to fill any emptiness and heal any wound. I bear my solemn witness that Jesus the Christ lives. He is the Savior and Redeemer of the world. He will always be at our side. He will fight our battles. He is our hope. He is our salvation. He is the way. ♦

Adapted from “The Way of the Disciple,” Ensign, May 2009.

a shout of praise and gratitude

Watch videos about Jesus and the very first Easter at Biblevideos.org.



the Sunday
before Easter

being a follower of
Jesus Christ

HEARTS FOR JESUS

Many people welcomed Jesus to Jerusalem because they loved Him. What do you love about Jesus? Hang up this chain of hearts to help you remember Jesus all month long! Be sure to get an adult's help.

1. Cut out a lot of **construction paper** hearts in different colors. **Tape** a piece of **thick string** high on a door or wall.
2. Write or draw something you love about Jesus on each heart. Or find a scripture that talks about Jesus, and write the reference on the heart (see the scriptures below).
3. Tape the back of your hearts to the string. If you run out of space, hang up another string!

Tip: You could add to your heart chain each day or as part of family home evening each week.

SCRIPTURE CHASE

How many scriptures can you find about Jesus? Here are a few to get you started.

Psalms 27:1

Luke 2:11

John 3:16-17

John 20:30-31

2 Nephi 25:26

Let's do the activities on page 24 to get ready for Easter!



By Sherena Skidmore McMurdie

(Based on a true story)

"When ye are in the service of your fellow beings ye are only in the service of your God"
(*Mosiah 2:17*).

Saturday was finally here. It was time for our surprise adventure!

"I hope we're going to the trampoline park," I shouted from the backseat. Mom

wouldn't tell us where we were going, but the street we were on looked familiar. . . .

Then it hit me. We were going to the care center. Our school class had gone there a few times. We each had a "grandparent buddy" to talk to and play games with. My buddy was named Bill, and he was pretty cool.

But not as cool as a trampoline park, I thought as

BASEBALL BILL



Mom said this was going to be fun, but I wasn't so sure.

Mom pulled into the parking lot. When my brother saw the red and tan building, he groaned.

"This is going to be the worst day ever!" he grumbled. "This isn't a fun adventure at all."

Mom looked at us from the rear-view mirror. "Oh come on, give it a shot. By the time we're through, you just might change your mind."

I didn't say anything. I wasn't so sure. I helped Mom carry bags of small quilts into the lobby. It felt calm and peaceful inside.

"Do you know why I like coming here?" Mom asked. I shook my head.

"I feel the same way here as when I see new babies at the hospital," she said. "Like I'm close to heaven."

Close to heaven. I liked that.

We showed the receptionist at the front desk the quilts we wanted to hand out, and he led us to a room where we could visit.

"Is Bill still here?" I asked. "The one who's married to Ruth and likes baseball?"

One of the workers nodded. "Oh, yes! Bill is still here. We sure love him."

We started talking with some of the people, and it was actually pretty interesting hearing about their lives. And after a while, I saw Bill sitting in his wheelchair.

"Hi, Bill!"

He didn't look like he remembered me, but that was OK. I picked out a small quilt with a baseball pattern and laid it on his lap.

"He gets cold a lot, and that will really help him," said one of the workers standing nearby. "His wife will be happy to see it. She comes to visit him every day."

Our visit wasn't long, but it was long enough to see Bill smile. On our way out, we read a piece of paper posted on Bill's door that told some fun things about his life. We learned that he grew up on a farm and learned to play baseball from his stepmother.

"Hey, Mom, look!" I pointed to a line on the paper. "He was so good at baseball that he was going to sign on with a professional team! But then he served in the military instead." It was neat to learn a bit more about Bill.

Soon we were back in the van, buckling our seatbelts.

"So?" Mom asked us. "What did you think?"

I smiled. "I actually had fun. And I feel really happy. I think it's because we helped Bill."

As Mom drove home, we talked about different ways we can show people love and how the Spirit tells us when we are making good choices. We were all feeling so great that we decided to go back and visit another day.

What a great day! I thought as we pulled into our driveway. *It was a fun adventure after all.* ♦

The author lives Arizona, USA.

Turn the page for an activity to go with this story!



"May we remember the elderly and those who are homebound. As we take time to visit them, they will know that they are loved and valued."

President Thomas S. Monson

"Until We Meet Again," *Ensign*, Nov. 2014, 111.



Here are some fun FHE ideas from this month's magazine.
What other ideas can you come up with?

SHARING SUNSHINE

Read "Baseball Bill" (page 4). You can make your own blanket to give to someone. Be sure to get an adult's help.

1. Place two pieces of fleece, each about 2 yards (2 meters) long, together so the edges line up. Pin the two layers together.
2. Cut all four corners out by cutting a 4x4-inch (10x10-cm) square through both layers.
3. Cut the edges into 4-inch-long (10-cm) strips. The strips should be about 1 1/4 inches (3 cm) wide.
4. Tie the strips on the top layer of fleece to the strips on the bottom layer using double knots. Tie the strips at the corners first, then tie the rest of the strips.

Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

Sunshine Cookies



Instead of a blanket, you could give a card, draw a picture, or make these sunshine cookies! Be sure to get an adult's help.

1. Make a batch of your favorite cookies.
2. Once the cookies are cooled off, wrap a cookie in plastic wrap.
3. Cut a sunburst shape from a yellow piece of paper. Tape the wrapped-up cookie in the middle of the sunburst.
4. You can also attach a long, thin piece of green paper to the bottom of the sunburst to make a sunflower!



GETTING TO KNOW YOU

When you visit someone in a hospital, nursing home, or care center, you can ask these questions to get to know them better!

- What do you remember about growing up?
- What is a song you like?
- What would be the perfect day for you?
- How do you get through hard times?
- Do you know any jokes, riddles, or stories?



TASTY TREATS

Try these for FHE this month!

Use whole-wheat pancakes to make a sandwich with cream cheese and jam or with peanut butter and bananas.

Drizzle apple slices with honey and dip in granola, chopped nuts, or dried fruit.

Put a small slice of cheddar cheese between mini pretzels. Bake for 10 minutes at 425°F (220°C).



MORE FHE IDEAS

Here are some more FHE ideas. Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers at the bottom of this page.)



IDEA 1: Get ready for Easter! Start your Easter countdown on the first week this month. You could make the Easter countdown part of every family night this month!

IDEA 2: Grace is one way Heavenly Father and Jesus Christ help us do hard things. Find this month's Friend to Friend story to read more about it. What's something hard Heavenly Father has helped you do?



IDEA 3: Read "One Piece of Candy" or "Geography Honesty." How can you be a good example to your friends? Send in "standing tall" footprints about a time you were a good example or had to make a tough choice.



Idea 1: 24; Idea 2: 30; Idea 3: 18, 8

By Julia Ventura

(Based on a true story)

"Choose the right! There is peace in righteous doing"
(Hymns, no. 239).

South Africa, London, Reno, Argentina, Maine . . . The names of countries, capitals, cities, and states swirled through Julie's mind as she watched her geography teacher, Ms. Simmons, pass out tests at the front of the room.

Julie tapped her feet on the floor. It wasn't that she didn't like geography—she loved it! But she was nervous about labeling the map. What if she mixed up Spain and France again?

Tate turned around in his chair and handed back a stack of tests. Julie took one and handed the rest to her friend Allie

behind her. She drummed her pencil against her lower lip and stared at the paper. It had a big map of the world on it with lots of lines for her to fill in. Where should she even start?

She glanced up. That's when she noticed that something strange was going on.

One of the boys was hiding a smile and pointing toward the front of the room. Other kids were noticing and starting to whisper.

Julie looked where the boy was pointing. Her heart started to pound.

A map of the world was still taped on the board! Ms. Simmons had forgotten to take it down, and all the answers were right there for everyone to see!

GEOGRAPHY

HONESTY



Julie noticed that something strange was going on.



Quickly Julie ducked her head. She didn't want to look at the map. That would be cheating. But it was suddenly very hard to keep her eyes on her test.

Maybe I can do my best without looking, she thought. *And then I'll just double-check my answers at the end.* But no, that would be cheating too.

The longer she sat there, the worse Julie felt. Even if she didn't look at the map, she wouldn't feel completely honest if she didn't tell Ms. Simmons about it.

Holding her breath, Julie slowly raised her hand.

Ms. Simmons walked down the aisle to her desk.

Julie felt like the whole class was glaring at her. Her face turned bright red with embarrassment.

"Yes, Julie?" Ms. Simmons asked. "Do you need something?"

"Ms. Simmons, I think you accidentally left the map on the board," Julie whispered.

"Oh, dear. Thank you for pointing that out, Julie." She walked over and took it down.

Julie heard some grumbling around her, but she kept her head down and focused on her test. The tension in the room seemed to melt away. *I probably wasn't the only one who wanted to say something,* she thought. It was a lot easier to finish the test without feeling tempted to look at the board.

Julie was glad that she had kept her teacher's trust. Most important, she knew that Heavenly Father would be happy with her choice to be completely honest. *Heavenly Father,* she prayed silently, *thank Thee for giving me the courage to speak up.* ♦

The author lives in Georgia, USA.

Once I noticed that my teacher had gotten my test score wrong. I knew I had to be honest. I walked up to her desk and told her. She looked at it and said, "Thank you for your honesty." To my surprise, she told me to keep my score because I had been honest! The best reward was that I felt good inside for doing what was right.



Raquelle S., age 10, California, USA

Hidden Picture

Nicolás loves going shopping with his *abuela* (grandmother) at the nearby street market. Can you find the hidden objects? Can you also help Nicolás find six bananas for their shopping list?



Trading MOUNTAINS

for TREES



By Talmon C., age 9, Georgia, USA

When my parents first told us that we would be moving from Utah to Georgia, I was very nervous. I didn't want to leave my home, my extended family, or my friends. We knelt down as a family and asked Heavenly Father to bless us with comfort during our move and to help us find friends. I felt the Spirit, and I knew everything would be OK.

Moving across the country took four *long* days! We drove from Utah through Colorado, Kansas, Missouri, Illinois, Kentucky, Tennessee, and finally into Georgia. Georgia is completely different from Utah. Utah has beautiful mountains and deserts, cold winters and hot, dry summers. Georgia is very green with tall trees and plants that cover everything. Birds sing in the forest, and frogs croak in the creek behind our new house. My two homes couldn't be more

different. But do you know what is not different? The gospel!

The day after we moved in, we went to our new ward. It was fast Sunday. I was feeling a little shy when we walked into sacrament meeting for the very first time. But everyone was so nice and made us feel so welcome, just like my ward back in Utah. They bore testimonies of Heavenly Father and Jesus and the Book of Mormon. I even got up and bore my testimony that Heavenly Father helps us through our trials. I know He blessed me to find peace in our new home. Before too long I felt like I had always been a part of our new ward. I made many new friends.

I still miss my friends in Utah, but I love my new home in Georgia. I am thankful that Heavenly Father blessed me with such a beautiful place to live and with my new ward family and friends! ♦

It was hard when we moved. But now we love our home.



Write to us! What helped when you moved to a new home or school?



ANSWERS FROM AN APOSTLE

**From Elder
Jeffrey R.
Holland**

Of the Quorum
of the Twelve
Apostles

*Try not to think
about the world's
troubles all
the time.*

*Think the
best and hope
the best and
have faith in
the future.*

How can I not **WORRY** so much?

*The coming
years will be filled
with wonderful
chances to do
many good
things.*

*You have
a great life
ahead of
you.*

*Your
Heavenly Father
loves you.*

*From "Let Virtue Garnish Thy Thoughts
Unceasingly," New Era, Oct. 2007, 4–7.*

Meet Elder Jeffrey R. Holland



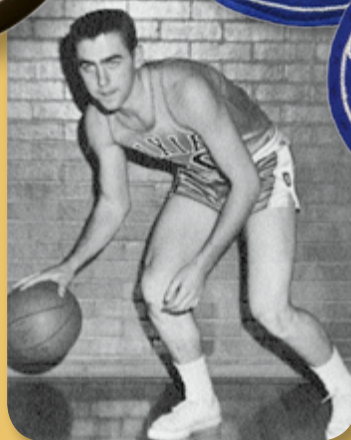
He was very obedient growing up. One night he ran all the way across town to get home before his 10:00 p.m. curfew.



He served a mission in the British Isles.

While on his mission, he decided he wanted to become a teacher.

He started as a seminary teacher in California.



In high school he played football, basketball, baseball, ran track, and was voted the school's outstanding athlete.

WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be His special helpers and witnesses. They were called Apostles. He has called Apostles to be His special helpers today. They testify of Jesus Christ to the whole world. Elder Holland is an Apostle.



He married Patricia Terry in 1963 in the St. George Utah Temple.

Watch videos about the Apostles at children.lds.org. Click on "Videos" and "Meet the Apostles."

FRIENDS WHO STAND TALL

HOLDING onto HOPE

From an interview by Daniella Subieta

The Holy Ghost and Me

Before going to stay at the hospital, I wanted to have the gift of the Holy Ghost. I didn't know if I could get baptized while I was going through treatments. But it worked out. I was baptized and received the Holy Ghost when I turned eight!

Looking for the Good

In the hospital my mommy and I talked about all the good things in my life. There were things like my body healing and the children in our ward praying for me every day. We decided there's more good than bad.

A Brother's Gift

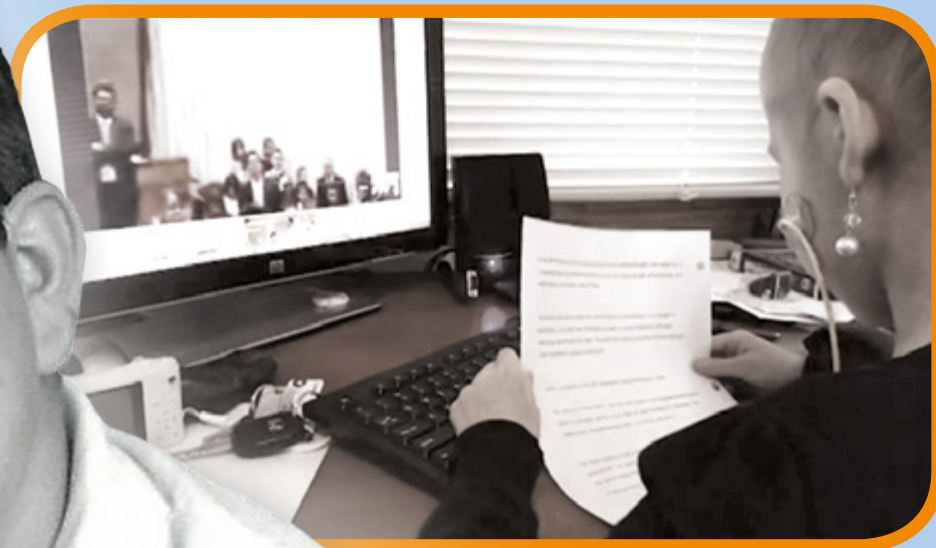
Doctors said I needed healthy bone marrow—the spongy tissue inside of the bone—from someone. My brother Alex's bone marrow matched mine, so doctors took some of his to give to me. "I was nervous and a little scared," Alex said, "but I did it anyway because I love my sister."

Hi, I'm Emma!
When I was seven I got really sick. We found out I have a disease in my blood called leukemia. But I keep fighting to be strong, no matter what!



Home from the Hospital

Now that I'm out of the hospital, I stay at home while my body heals. I like to play and make art. I'm also writing a book for school about leukemia. I go to Primary with video chat. My Primary president invited me to give a talk. I was a little nervous but mostly excited. I talked about Jesus Christ. I'm glad I got to give a talk and be a part of Primary.



Emma's Tips for Standing Tall

- Look for the good things happening in your life.
- Be creative to make things work—like when I gave a talk over video chat!
- Pray always, especially when things get hard.

Emma's Testimony

I know Heavenly Father cares about me because He gave me so many blessings. He can do the same for anyone. If you are going through a hard time, stay strong. Keep fighting no matter what, and make good choices. Even though things can start off crummy, they can end up a lot better.

SEND US YOUR FOOTPRINT

How do you follow Jesus by standing tall? Trace your footprint, and send us your story and photo, along with your parent's permission. Find out how on page 39.

Family Memory Bingo

The Sabbath is a good day for getting to know your family—past and present! Watch family videos and look through picture albums to find things to match the descriptions below. When you find something that matches, mark off the square. Once you

mark all the squares, make another card with your own ideas of things to look for!

Do this activity with your family!

If your family hasn't started adding family stories and

photos on [FamilySearch.org](https://www.familysearch.org), this might be a perfect time to start.



•BULLETIN• BOARD

PLAY MARCH 'N' SPRING!

March 20th is the first day of the spring season in the northern hemisphere. The word "spring" also means to jump forward. Practice your springing skills with this fun game!

- 1 Stand on one side of the room and have the other players line up on the other side of the room.
- 2 When you say "March!" everyone must march in place without moving forward. When you say "Spring!" everyone jumps or hops toward you.
- 3 Keep calling "March!" and "Spring!" until someone reaches you. Then it's their turn to call.



God Gives Us Good Food

This is asparagus. Each piece is called a *spear*. The spears can grow 10 inches (25 cm) in a day! And this vegetable has its very own museum: the European Asparagus Museum in Germany!



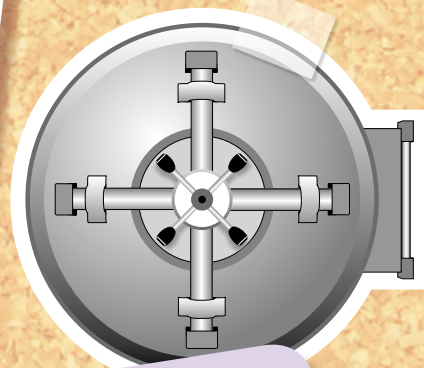
Ask Your Family
What can we do to get ready for general conference next month?

TEMPLE Connection

Have you met Emma on page 14? Soon there will be a temple in Connecticut, USA, where she lives! Here's a picture of what it will look like. Have you or your family members ever seen a temple being built or been to an open house or dedication? If so, make sure to share your stories with each other!



I LOVE TO SEE THE Temple



CYBER STRONG

I will never share passwords with anyone except my parents.

One Piece of Candy



*Sharing candy
was easy. But
what about
sharing the
gospel?*

By Brad Wilcox

(Based on a true story)

"I want to be a missionary now"

(*Children's Songbook, 168*).

Want some candy?" José held out a brown piece of candy to his friend Pedro as they rode home from school together on the city bus.

"Sure," Pedro said. He reached out to take the candy and popped it into his mouth.

José picked out a yellow candy from the small bag. The boys were quiet as the bus rumbled along. Their city in Argentina was large. They had a long bus ride each day to get to school. José's mamá always gave him money to buy a little bag of candy to help pass the time.

"Want some more?" José held out a handful of brown candies.

"Yeah, thanks!" Pedro said. "Why don't you like them? They're really good."

José paused for a moment to think and licked his lips. "I guess because they are coffee flavored."

"Why don't you like coffee flavor? It's so good."

"Well, I'm a Mormon, and we don't drink coffee, so I guess I'm not used to the flavor."

Pedro looked confused. "What's a Mormon? And why don't you drink coffee?"

"A Mormon is someone who is a member of The Church of Jesus Christ of Latter-day Saints. We believe that God wants us to take care of our bodies, so we don't drink coffee, tea, or alcohol. And we don't smoke."

"But this is just candy," Pedro said. "It's not *real* coffee."

"I know," said José. "But I still don't want to eat it."

Pedro nodded. "Well, you can give me all the brown ones. What else does your Church teach you?"

"Every Sunday we go to church and learn about Jesus and Heavenly Father. We also learn lots of fun songs. Actually, all of the kids are going to sing and talk in our Church meeting this Sunday. Why don't you ask your mom if you can come to church with me? You can meet the missionaries too."

"OK," Pedro said. "Do they have any coffee-flavored candy they want to get rid of too?"

José laughed. "No, but they have something even better to share!" ♦

The author lives in Utah, USA.

WHAT IS THE WORD OF WISDOM?

Jesus Christ gave the Word of Wisdom to the Prophet Joseph Smith to help us keep our bodies healthy and strong. You can read this revelation in *Doctrine and Covenants* section 89.

Good for us:

Fruits
Vegetables
Grains
A little meat

Bad for us:

Alcohol
Tobacco and drugs
Coffee and tea

ILLUSTRATION BY MIKE BLAKE



QUESTION CORNER

I want to be a good example to my friends. How can I help them make good choices?



I would start by just talking about what we do in our religion and by asking what they do in their family. You could pray for them and show them a scripture that cheers you up when you're discouraged.

Abigail M., age 10, Oregon, USA



It is important to be a good example, just like Jesus was. He is our perfect example. He was always kind and loving to His friends and family. I hope my friends can look at me as one of their examples—like I look to Jesus.

Kaden B., age 7, Utah, USA



A lot of kids at my school like to say bad words. I remind them that saying bad words won't make them feel good and won't help them get closer to Heavenly Father. My friends have stopped saying bad words, and they have told me that they feel a lot better.

Sydney L., age 12, Colorado, USA



I show my friends how to make good choices by talking to them about what they do that I think isn't right. I try to be nice and show them that I like to choose the right.

Lucy B., age 5, California, USA



Matthew: You can be nice to them and play with them. You can help them when they fall down.



Sara: You can pray to Heavenly Father for help. Also, you can invite your friends to church. When they go to church, they will know and learn how to choose the right. Then, they will be good examples to others.



Mishelle: You can play fair, be a good support and a friend, and give service to them. If you see someone doing something wrong, you can speak up.

Matthew, Sara, and Mishelle G., ages 6, 8, and 10, Utah, USA

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

NEXT QUESTION

"I really love my family, but sometimes I get super annoyed with them. What can I do?"

Send us your answer and photo by March 31. Email us at friend@ldschurch.org with "Question Corner" in the subject line.

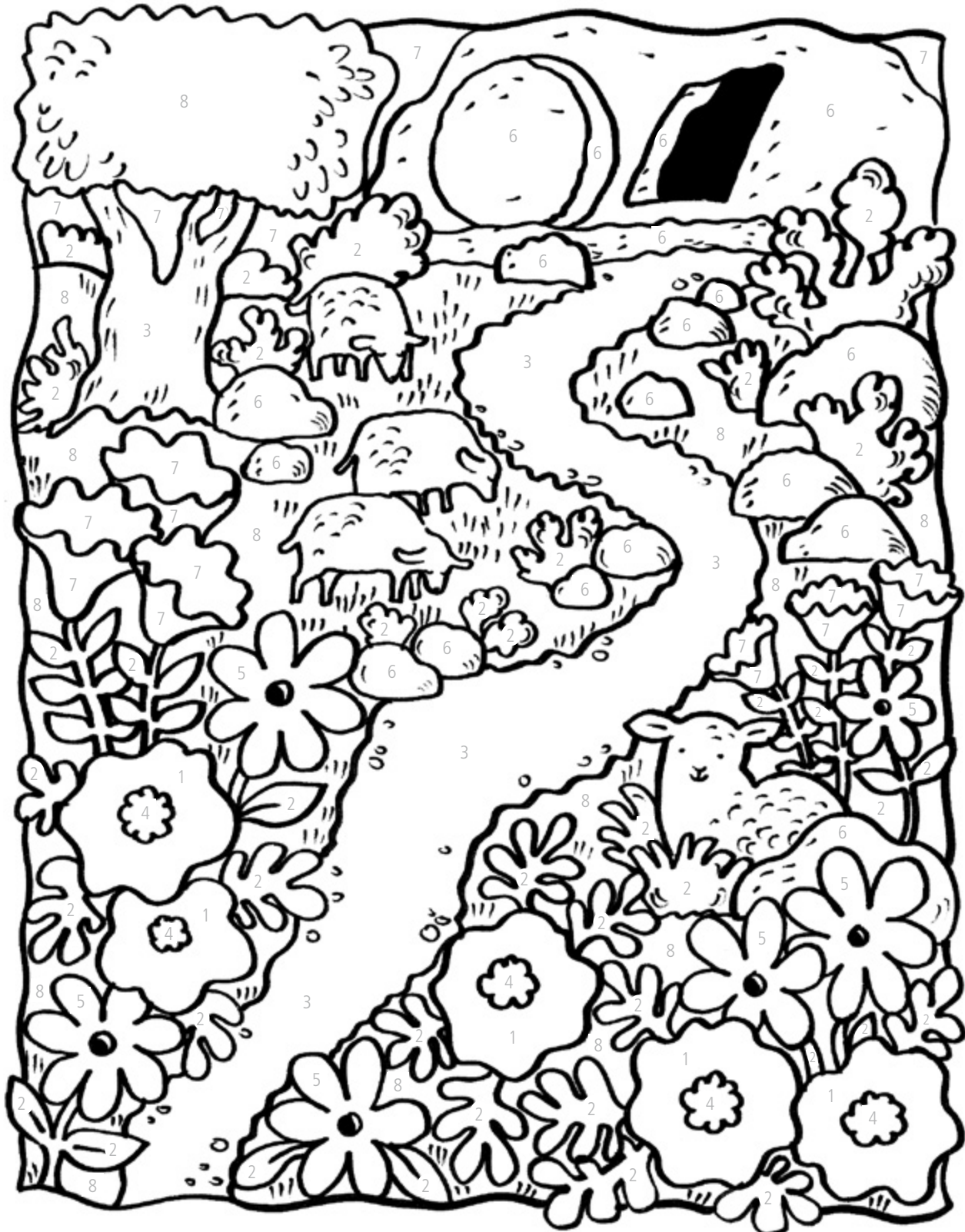
Just focus on doing what you know is right.

Actions speak louder than words.



Jesus Was Resurrected

Easter Sunday is a time to celebrate and remember Jesus's Resurrection. Because He lived again, we also will live again. Follow the directions to complete this Resurrection coloring page.



COLOR KEY

- 1—red
- 2—green
- 3—brown
- 4—black
- 5—yellow
- 6—gray
- 7—light blue
- 8—light green

Abinadi Was Courageous

Abinadi told the Nephites that Heavenly Father wanted them to repent. King Noah and his priests didn't want to repent, and they threatened to hurt Abinadi. But he obeyed Heavenly Father and kept preaching. How can you be courageous like Abinadi?



After church one Sunday, I took home some pass-along cards. I had some friends at school who weren't LDS, and I wanted to give them a card the next day. That night I started to feel nervous, so I got on my knees and said a prayer. I felt better and braver, and the next day I gave the cards to my friends. They really liked them, and I felt very happy that I gave the cards to them.

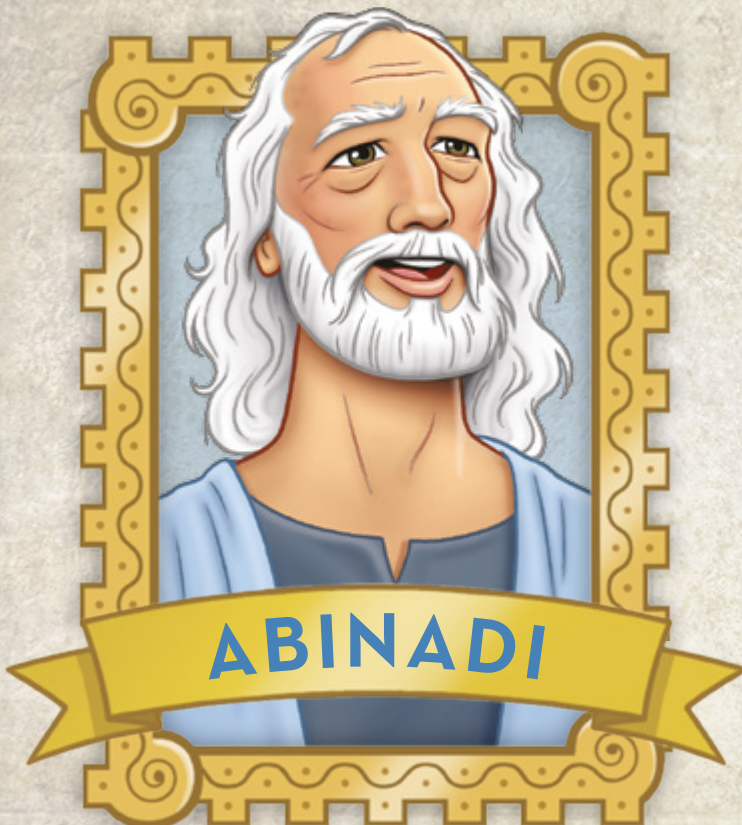
Ava M., age 8, Utah, USA



Brooks L., age 8, Florida, USA



Cut, fold, and keep this challenge card!



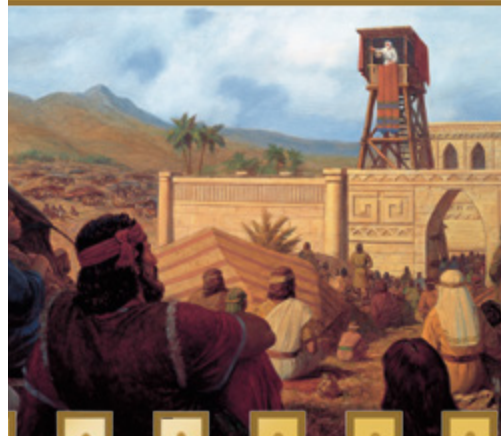
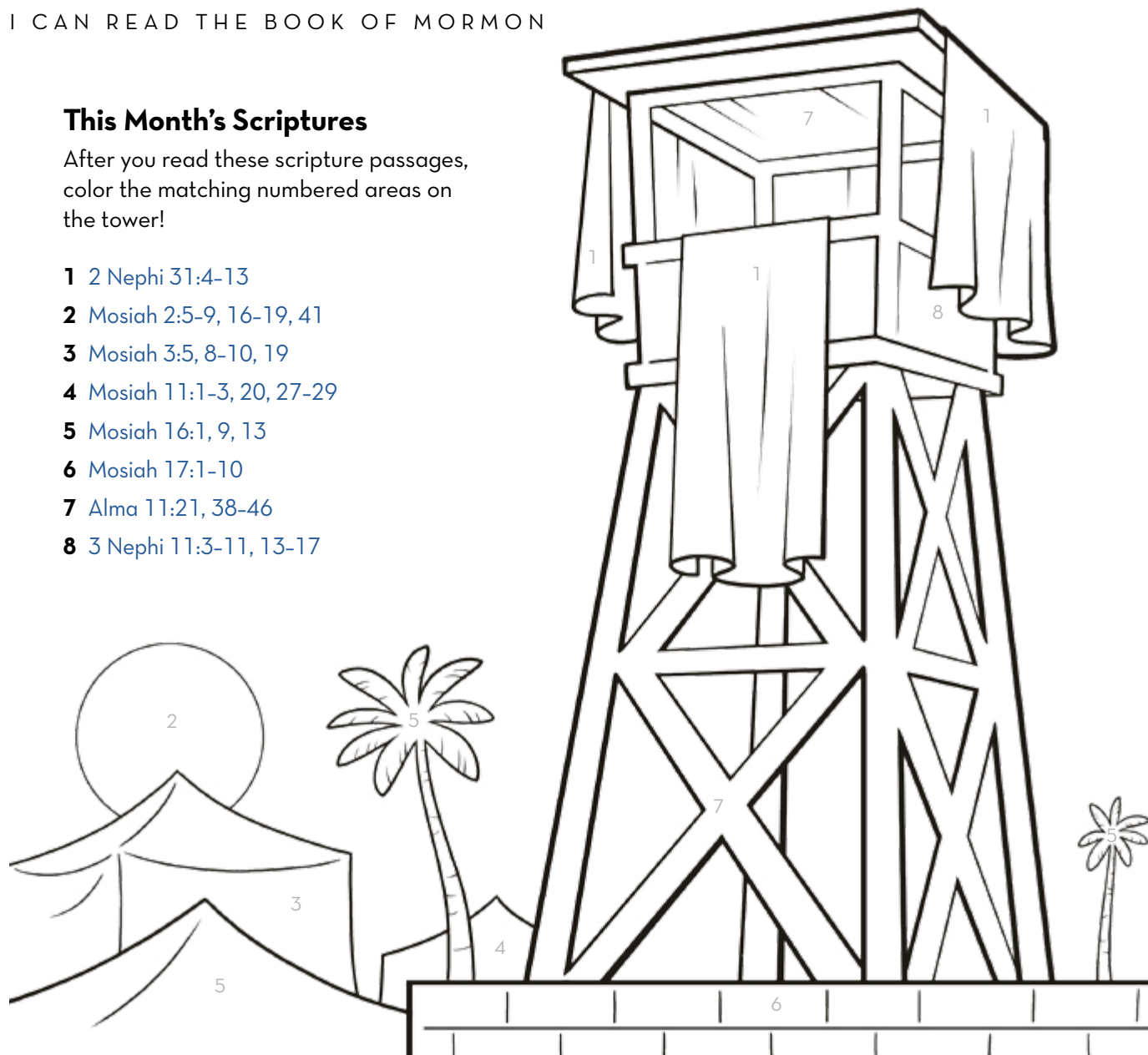
I CAN BE COURAGEOUS!

- ☐ Memorize [Mosiah 17:9](#).
- ☐ Make a good choice—even if it's a little hard to do.
- ☐ Watch chapter 14 of the illustrated Book of Mormon stories at children.lds.org.
- ☐ I challenge myself to...

This Month's Scriptures

After you read these scripture passages, color the matching numbered areas on the tower!

- 1 2 Nephi 31:4-13
- 2 Mosiah 2:5-9, 16-19, 41
- 3 Mosiah 3:5, 8-10, 19
- 4 Mosiah 11:1-3, 20, 27-29
- 5 Mosiah 16:1, 9, 13
- 6 Mosiah 17:1-10
- 7 Alma 11:21, 38-46
- 8 3 Nephi 11:3-11, 13-17



King Benjamin's Tower

King Benjamin stood on a tall tower so he could speak to many people about repentance, the Atonement of Jesus Christ, and believing in God. Read more about King Benjamin on pages FJ4–FJ6. Today, prophets speak to many people using TV, computers, and Church magazines. Look for another reading challenge next month!

One Step Closer to Easter

Week 1: Jesus Came to Jerusalem

Scriptures: Matthew 21:1, 6-11

Song: "Easter Hosanna"
(see page 33)

Hosanna Palm: Make a palm leaf to remind you of the ones people waved to greet Jesus. Cut five or six handprints out of green paper (or color white paper green). Glue them to a craft stick.

What is one way you can show your love for Jesus?

Each week this month, you and your family can learn more about Jesus and His Resurrection. He lives!



Week 2: Jesus Gave Us the Sacrament

Scriptures: Luke 22:1, 14, 19-20

Song: "In Humility, Our Savior" (*Hymns*, no. 172)

Sacrament Reminder: Make a list of words to remind you of the things Jesus has done for us. Put your list in your scriptures where you can look at it during the sacrament.

S _____
A _____
C _____
R _____
A _____
M _____
E _____
N _____
T _____

How can you remember Jesus at home or at school?

Week 3: Jesus Showed Kindness

Scriptures: Luke 22:47-51; Luke 23:33-34; John 19:25-27

Song: "He Sent His Son" (*Children's Songbook*, 34)

Easter Bag: Put these items in a bag to open next week on Easter Sunday.

(1) three coins, (2) small cup, (3) knotted string, (4) soap, (5) small piece of red fabric, (6) small toothpick cross, (7) white cloth, (8) cinnamon stick or other spice, (9) small stone, (10) folded white cloth, (11) picture of Jesus.



How can you follow Jesus by showing kindness?

Week 4: He Lives Again!

Song: "Did Jesus Really Live Again?" (*Children's Songbook*, 64)

Scriptures and Activity: As you read these scriptures, take the matching items out of your Easter bag.

- (1) Matthew 26:14-15
- (2) Matthew 26:36, 39
- (3) Matthew 27:1-2
- (4) Matthew 27:22, 24
- (5) Matthew 27:28-29
- (6) Matthew 27:31
- (7) Matthew 27:59
- (8) John 19:40
- (9) John 20:1-4
- (10) John 20:5-7
- (11) John 20:10-20



How does knowing about Jesus's Resurrection make you feel glad?

A True Pearl



By Amy M. Morgan

(Based on a true story)

"By small and simple things are great things brought to pass"
(Alma 37:6).

Jetta Pearl Stewart pulled off her bonnet and plopped down on the porch next to Father. "What's a pearl?" she asked him.

Eight-year-old Jetta knew what a pearl was, but she loved hearing Father's answer. Like always, Father explained how pearls grow in oysters, layer upon layer, until they become bright and beautiful.

"Pearls shine like you, my little Jetta Pearl," he said, smiling. Jetta smiled back. She liked being his Pearl.

At dinner that night, Father told Jetta he had an important question for her.

"Ever since you were little, you have had a special way with music," Father said. "Would you like to learn the piano?"

Jetta's eyes widened. "Oh, yes!"

"It would mean traveling far away and staying with your teacher for a while," Mother said. "No one here in Milburn can teach you."

Jetta's smile faded. She had never been away from her family for more than a day. And to be *far* away . . .

"But it's important for us to develop our talents, even when it's difficult," Father said.

Mother nodded. "You would have to work very hard."

Jetta *loved* music. And she had always wanted to play the piano. Slowly, a smile crept onto her face. "I'm going to play the piano!"

But the next morning, as Jetta watched Father hitch

Jetta wanted to play the piano, but could she leave her family?

the horses to the wagon, she didn't feel excited at all. Today she was just scared. She hadn't expected to be leaving home so soon.

Jetta slowly climbed up into the wagon next to Father.

"You ready, Jetta Pearl?" he said.

She didn't feel ready, but Jetta nodded. The wagon lurched forward.

After a while, Father glanced over at her. "Do you know how proud your mother and I are of you?"

Jetta nodded. "But what if you need my help at home?"

Father smiled. "We'll sure miss you, but this is a way only you can help. You'll be serving Heavenly Father by developing a gift He gave you."

She hadn't thought about it like that. Could her musical talent really be a gift from Heavenly Father?

Father continued. "It will take time, but little by little you'll get better at playing piano. And then you'll be able to serve lots of people."

Jetta felt her fear start to fade. She was going to learn the piano *and* serve Heavenly Father. It would be scary, but she knew that He would help her.

Father winked. "Layer by layer, my little Pearl is getting bright and shiny."

Just like Father had said, little by little Jetta learned to play the piano. She even learned how to play the organ.

After a few months, Jetta returned home. That Sunday she became Milburn's very first organist! Her heart raced as she sat at the huge organ the community had worked



to buy for her to play. It was so beautiful that Jetta was almost afraid to touch it. She had to sit on a book to reach the keys.

She took a deep breath and started to play. The notes soared across the room, full and beautiful.

Jetta sneaked a peek at the congregation. People were smiling as they sang. Jetta smiled too. Her playing

was far from perfect, but she was using her talents to serve.

She remembered Father's words: "Pearls shine like you, Jetta Pearl."

Little by little, layer by layer, Heavenly Father was making her into a true pearl. ◆

The author lives in Utah, USA.

Show and tell



The Primary music leader taught us a song that teaches that Jesus Christ is my example. If we follow

Jesus's example in obeying our parents, He will bless us.

Marcha M., age 7, Kananga, Democratic Republic of the Congo



At school, a boy used to be mean to me. My mom and I decided to invite him to our house to play.

He and I had fun. We have been friends ever since!

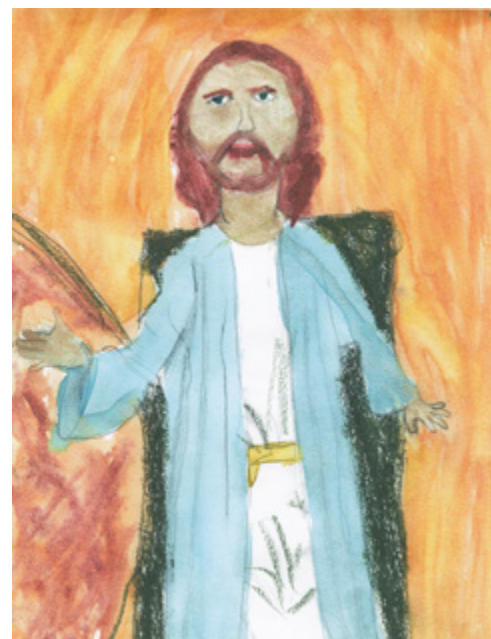
Cohen R., age 9, British Columbia, Canada



Baylee B., age 9, Colorado, USA

Jesus is my friend.
He loves my whole family.
We love Jesus too.

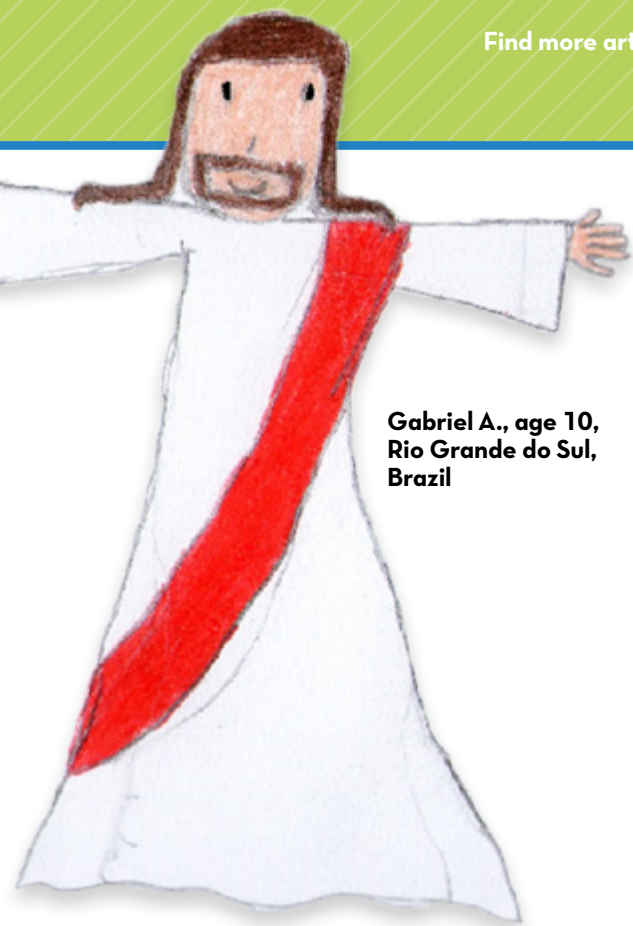
Adam S., age 6, Washington, USA



Ava G., age 9, Arizona, USA



The **Valiant 12 Class, Canandaigua Ward, Palmyra New York Stake**, stuffed more than 200 teddy bears that their Primary teacher sewed. No two bears were alike. The class sent the bears to other children in Indiana and Kentucky who had lost their homes in tornadoes. They also sent bears to children in New York after Hurricane Sandy.



**Gabriel A., age 10,
Rio Grande do Sul,
Brazil**



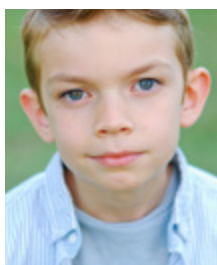
Julia U., age 3, Utah, USA,
and two of her brothers,
Jared (8) and Kevin (6),
got to be in the Easter
pageant in Mesa, Arizona.
They dressed in Bible-style
clothes and shared their
testimonies of Jesus Christ.



When my dad was in the military, we moved a lot. But one thing I know is that everywhere we

go, The Church of Jesus Christ of Latter-day Saints will be the same. This made moving so much easier for me.

Rylan W., age 9, New Mexico, USA



I went to an Easter egg hunt and filled my basket with eggs. I noticed that some kids were sad

because they had come late and didn't find any eggs. I shared my eggs with them, and it made them happy. I felt good for serving them and felt the Spirit.

Danny D., age 9, Florida, USA



My friend and I were playing when he said we should play a prank on someone. At first it sounded fun, but then I remembered President Gordon B. Hinckley's story about leaving money in a man's shoes by the roadside instead of stealing his shoes. I told my friend it wasn't a good idea and felt good for choosing the right.

Jared A., age 7, Massachusetts, USA

Standing Tall FOOTPRINTS



I will stand tall by being obedient when my parents ask me to do something.

Matthew W., age 8, Torfaen, Wales



I will stand tall by sharing in nursery and helping the little kids.

Millie W., age 3, Nevada, USA

I will stand tall by sharing in nursery & helping the little kids - Millie W.



I will stand taller in 2016 by being kind to my brother and sister.

Nathan W., age 3, Torfaen, Wales



I can stand tall by trying to memorize a scripture each week.

Miranda W., age 9, Alabama, USA



I want to save my money to buy toys for kids who don't have very many.

Marshall W., age 5, Nevada, USA

I want to save my money to buy toys for kids who don't have very many - Marshall W.



I will be obedient and listen to my dad and mom to stand taller in 2016.

Sariah W., age 6, Torfaen, Wales



I can stand tall by praying with my family and by myself.

**Benjamin W., age 8,
North Carolina, USA**



I can help with my new baby brother.

Annie H., age 5, California, USA



Send us your feet! See how on page 39.



FRIEND TO FRIEND

*Elder James B. Martino
of the Seventy; from
interviews by Michelle
Garrett and Linda Davies*



Scripture Power

When my grandson Andrew was seven, his Primary teacher challenged his class to read the scriptures for 100 days in a row.

Andrew started reading and made it to 20 days when he missed a day. So he started over. Then he made it to 25. But he missed a day again.

Here's what Andrew wrote to me:

"I was a little mad, but I tried really hard the next time. I got into the habit of reading my scriptures every night. I picked them up without thinking about it. Then I got to 100 days. When I was done, I thought, *now I can stop*. But my mom said I should keep reading. So I did, and I got good at it.

"My brother decided he would start too. I was happy that he started so he would get this good habit. He finished the Book of Mormon before he was baptized. My cousin also started reading the scriptures. I was happy that he did and that he is still doing it.

"I'm still reading my scriptures and haven't missed a day yet since. Now I'm 12, and I've been reading scriptures for over four years."

But the story doesn't end there.

Andrew and his cousin came to talk to the missionaries while I was on an assignment at the Missionary Training Center in Guatemala. They shared their story about reading the scriptures. The missionaries were impressed by Andrew and his cousin's commitment.

I am grateful for Andrew's example. Not only did he inspire his brother and cousins, but he also touched the hearts of the missionaries. Imagine how many others were inspired as a result of the missionaries who followed Andrew's example.

I'm grateful that Andrew learned the importance of scriptures. The scriptures have the power to change our lives and the lives of others, no matter how young we are when we begin to read them. ♦

I Can Do Hard Things

It's not always easy to forgive someone who hurt you or repent when you feel embarrassed. Sometimes it's hard to read scriptures every day. But Heavenly Father and Jesus Christ can help us do hard things. Their power to help us and make us stronger is called *grace*.



Look at the cartoon of Gabby and Garret below. What is hard for Gabby? How does she get help?

REMEMBER,

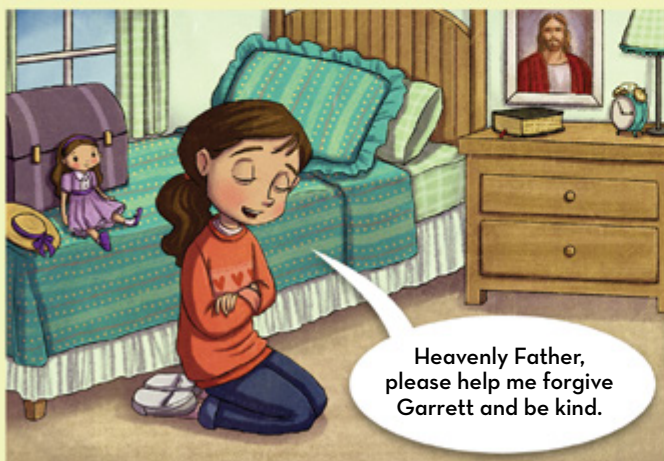
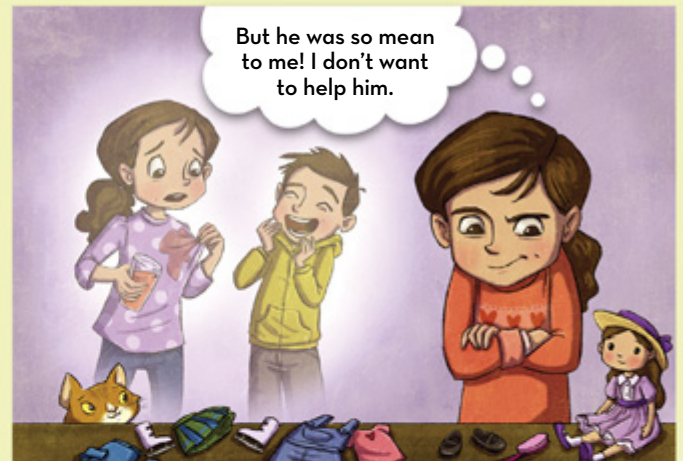
... "I can do all things...

through **CHRIST**

which **strengtheneth**

ME."

—Philippians 4:13





Emergency EVACUATION!

By Kyla H., age 10, Alberta, Canada

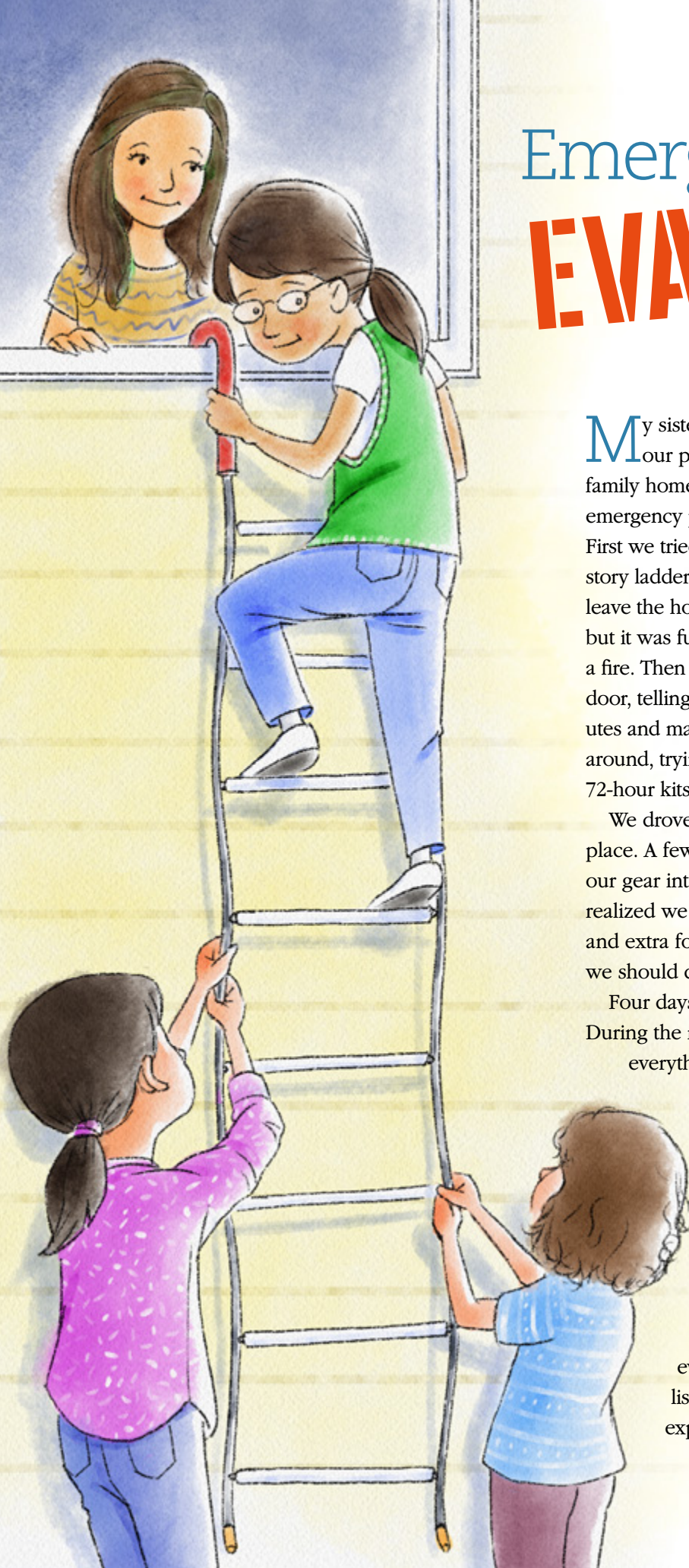


My sisters and I asked our parents to have a family home evening about emergency preparedness. First we tried out our two-story ladder, and we got to leave the house out the upstairs window. It was a little scary, but it was fun. We talked about what to do if there really *was* a fire. Then my parents pretended that someone was at the door, telling us we had to evacuate and we only had 10 minutes and may not be able to go home for a few days! We ran around, trying to find our shoes and coats. My parents put our 72-hour kits and some other items in the van.

We drove around and pretended we were going to a safe place. A few minutes later we were home again. We brought our gear into the living room to see what we had. My parents realized we forgot a few things—sleeping stuff, Dad's wallet, and extra food. We talked about things we learned and what we should do better next time. Mom made a list.

Four days later some parts of the city were flooding. During the night we were evacuated! My parents again tossed everything into the van—including the things we forgot during our practice in family home evening. We were the first to leave our neighborhood.

We drove to the church and spent the night there. It was fun! We all had sleeping bags and air mattresses and snacks and toys. My little sisters were very sad the next day when we went back home. They wanted to sleep at the church again. We were grateful my sisters and I we were inspired to have a family home evening about preparedness and that my parents listened. I'm glad we were prepared; it made the experience fun and not at all scary. ♦



Easter Hosanna

(Simplified)

Thoughtfully ♩ = 60-66

Words and music by Vanja Y. Watkins

Dm Am7 F Gm A

1. The proph - e - cies of long a - go were now at last ful - filled, When
2. When Je - sus Christ ap - peared to Ne - phites in the prom - ised land, The

Dm Am7 F Gm A Gm Am7

Je - sus, ris - en from the dead, to man Him - self re - vealed. As He came down from
right - eous peo - ple saw His wounds and came to un - der - stand That He, once dead, was

Dm Gm A Dm

heav'n a - bove, white - robed and glo - ri - fied, The peo - ple of the
ris - en up as Sav - ior, Lord, and King. As they re - joiced, now

Am7 Dm Bb Gm A Dm

prom - ised land re - ceived their Lord and cried:
we re - joice, and joy - ful - ly we sing: "Ho - san - na!"

Gm Dm

Bless - ed be the name of the Most High God! Ho - san - na!

Gm Dm A D

Bless - ed be the name of the Most High God!"

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Fishing Buddies

By **Gerry H. Moore**

(Based on a true story)

The cabin wouldn't be the same without Grandpa.

"I will turn their mourning into joy, and will comfort them"
(Jeremiah 31:13).

I don't want to go to Grandma's cabin," Jacob cried.

"Jacob," Mom said gently, "I know going there will be hard, but we want to do this for Grandma. We've always celebrated your birthday at the cabin."

"But that was before ... before ... Grandpa died."

"I know," Mom said. "We're all sad about losing Grandpa, so we need to help each other. We'll get through this together, OK?"

"OK," he said softly.

Jacob had always looked forward to being at the cabin together. He and Grandpa had been fishing buddies. But now Grandpa was gone.

"There's Grandma and Big Red!" Mom said the next day as they pulled into the cabin's driveway. Dad and Mom hopped out of the car to hug and kiss Grandma. Big Red barked and wagged his tail.

Jacob took his time getting out of the car. With dragging feet, he slowly approached Grandma.

"Oh, I'm so glad you came," Grandma

said, hugging him.

"I love you, Grandma," Jacob said softly.

When Jacob walked inside the cabin, he saw a fire crackling in the fireplace. The table was set, and colorful balloons and streamers were everywhere. A big banner over the fireplace read, "Happy Birthday, Jacob!"

Jacob tried to look happy, but memories of Grandpa were everywhere. It just hurt so much that he wasn't here. Jacob bit his lip to keep the tears back.

After dinner Grandma brought in Jacob's birthday cake with 11 twinkling candles. "Make a wish and blow out the



candles," she said.

Jacob felt a stab of sadness remembering how Grandpa always put one trick candle on his cake. He blew hard. All the candles went out. Then one sputtered and lit up again. Everyone laughed.

"I couldn't let your birthday pass without playing Grandpa's silly little trick on you," Grandma said.

After cake, Grandma gave Jacob a birthday card. "Grandpa wanted me to give this to you."

Jacob noticed her tears. He took the card. "Could I open it by myself outside?" he asked quietly.

"That would be just fine," Grandma said.

When Jacob came back inside, his eyes were red, but he smiled and said, "Grandpa said I could have his fishing rod and his good reel."

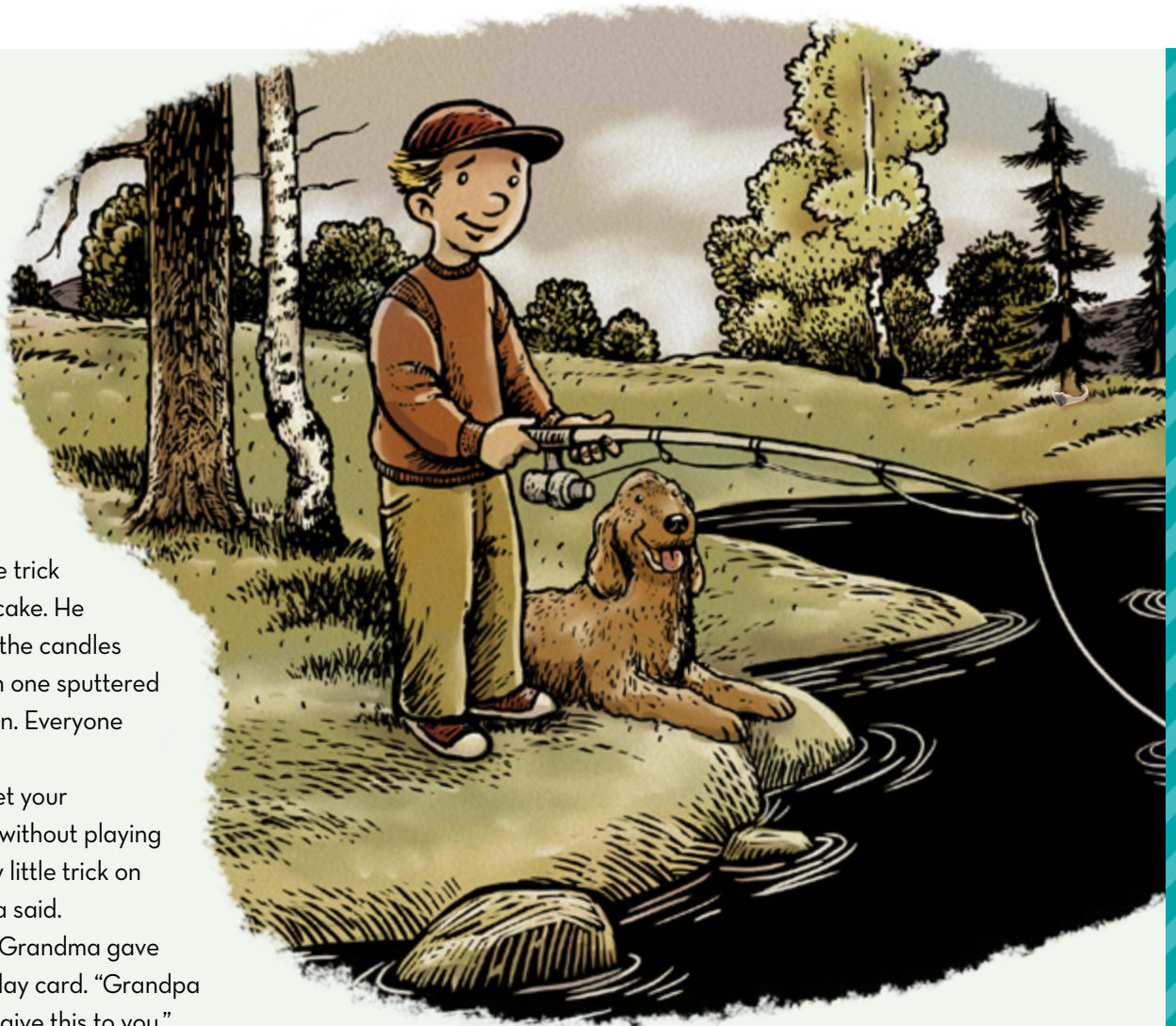
"Yes, I know." Grandma took the rod off the pole rack and handed it to Jacob. "Grandpa found a new lake last summer. He asked me to take you there for your birthday."



The next morning Jacob and Grandma loaded their fishing gear in the car. As soon as Big Red saw they were ready to leave, he took one leap and landed in the seat next to Jacob. Grandma's laughter and happy memories of Grandpa lightened Jacob's heart as they drove to the lake.

"Hang on," Grandma said as the car bounced over the road. "We'll have to hike now," she said, stopping the car.

After they'd walked for a while, Grandma stopped and pointed ahead. "There's the lake. You can see it just



through those trees." She sat down under a big tree with a book. "I'll stay here and watch. Big Red will go with you, but call out if you need anything."

Jacob was glad Grandma was letting him go to the shore alone. It made him feel closer to Grandpa.

Two hours later Jacob came trudging back to Grandma with Big Red romping beside him.

"Any luck?" Grandma called.

Jacob frowned and shook his head. But then he pulled his hand out from behind his back. "Ta da!" He held up his line with five beautiful trout dangling from it.

"Native cutthroats!" Grandma said. Those were Grandpa's favorite trout. "We'll fry them up for dinner."

"Grandma, it was great down there," Jacob said as he sat down beside her. "Next time will you come with me? Maybe we could be fishing buddies."

"I'd like that," Grandma said.

Jacob wrapped his arms around Big Red. "I felt like Grandpa was with me." Tears slowly trickled down his face.

"I cried really hard, but then I felt like I could talk to him." He looked at Grandma, and she was crying too.

"I didn't want to come here for my birthday because of Grandpa, but now I'm glad I did."

Grandma stared up at the trees. "I felt that way too. I cried a lot the first day I was up here." Grandma put her arm around him. "It's all right to be sad. Even though we know Grandpa is in a good place, we miss him, don't we?"

Jacob nodded. They sat quietly for a long time, thinking about Grandpa and enjoying the mountains he had loved.

"Let's go, shall we?" Grandma finally said. "We've got to get ready for our fish fry tonight."

Jacob reached down to help Grandma up. Big Red raced ahead of them to the car. "This is the happiest but saddest birthday I've ever had. Does that make sense?"

"That makes perfectly good sense to me."

"I'm thankful that Heavenly Father gave me such a good grandpa," Jacob said.

"Oh, yes. I am too."

"And you know what? I'm thankful He gave me a wonderful grandma like you." ♦

The author lives in Colorado, USA.



WHEN SOMEONE WE LOVE DIES

We all grieve (or react to death) in different ways.

- There's no one way to feel. You might feel angry or lonely or numb. You might not cry or even feel sad right away.
- It might take a long time to not feel so sad. Even after grief fades, it can still come back.
- It's OK to have fun or laugh or feel happy. It doesn't mean you don't love the person who died.
- Even if you trust Heavenly Father and know you'll see your loved ones again, you can still be sad when they die.
- It's OK to talk about and remember the person who died, even if it makes you feel sad.

When Lazarus died, Jesus knew He would bring Lazarus back to life. But Jesus still wept (see [John 11:32-36](#)). Jesus cares when we are sad. Because of His Atonement, He understands our grief (see [Alma 7:11-12](#)).

REMEMBERING LOVED ONES

- Write a letter of things you wish you could say to the person who died.
- Make a memory box of keepsakes or photos.
- Talk to someone else who loved the person.
- Draw a picture of the person or of your family now.

If you know someone who is grieving, show you love them, even if you don't know what to say. Spend time with them, let them talk if they want, and help them in little ways.



Creatures and Critters



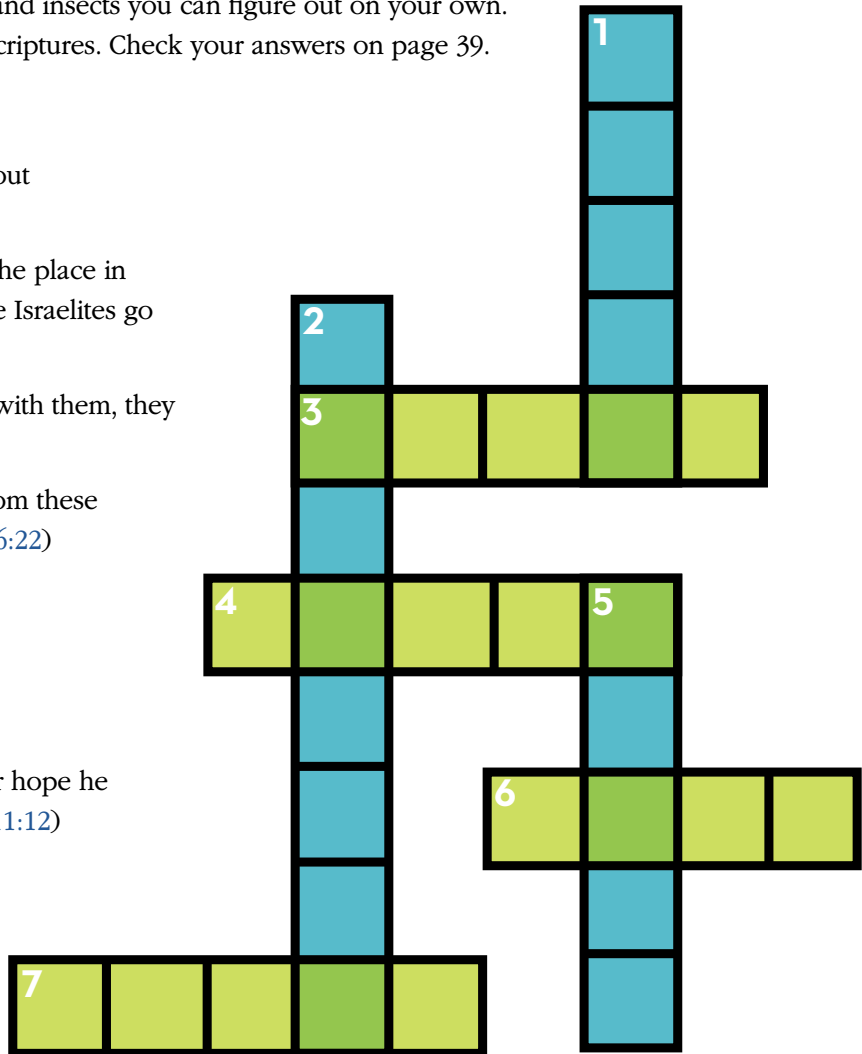
See how many of these animals and insects you can figure out on your own.
If you need help, look up the scriptures. Check your answers on page 39.

ACROSS

3. John the Baptist wore clothes made out of the hair of this animal. (Mark 1:6)
4. These happy hoppers were all over the place in Egypt when Pharaoh wouldn't let the Israelites go free. (Exodus 8:3)
6. Because the Jaredites brought these with them, they had honey for their trip. (Ether 2:3)
7. God protected the prophet Daniel from these hungry, dangerous animals. (Daniel 6:22)

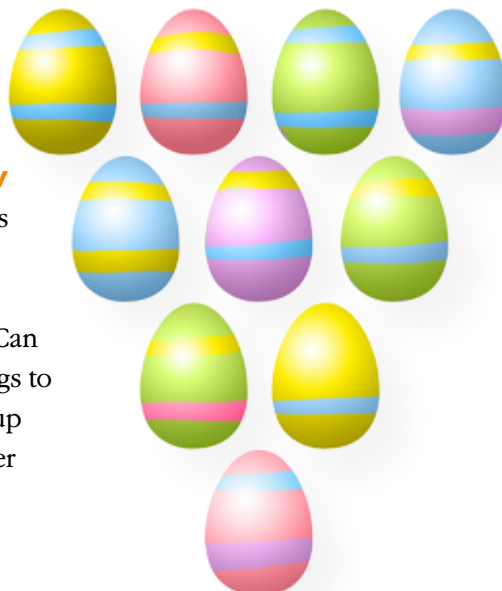
DOWN

1. Jonas spent three days in this creature's stomach! (Matthew 12:40)
2. If you ask your dad for an egg, better hope he doesn't give you this instead! (Luke 11:12)
5. Jesus told Peter three different times to "Feed my _____." (John 21:17)



Easter Egg Arrow

Zoei decorated 10 eggs with her family and arranged them into an arrow pointing down. Can you move just three eggs to make the arrow point up instead? Find the answer on page 39.



Creature CHALLENGE

Ever heard of a curelom or cumom? Those were some of the animals the Jaredites saw when they came to the promised land. (See Ether 9:19.) Draw a picture of what you think they might look like and send it to us!

MATT AND MANDY



FUNSTUFF ANSWERS

Page 37: **Across:** 3, camel; 4, frogs; 6, bees; 7, lions; **Down:** 1, whale; 2, scorpion; 5, sheep; The bottom egg moves 4 rows straight up, and the top left and right eggs move 2 rows down.



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ9 and 9!
The February level 3 ring was on page 30.

Through Your Eyes



Sometimes we need to take time to focus on the small things in life, like the details of a beautiful marigold.

Amelia K., age 11, Utah, USA

How to Write to the Friend

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

1. Fill out the form below and include it with your submission.
2. Include a school photo or high-quality snapshot.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old.

Please send your submission to:

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

The following information and permission must be included:

First and last name _____

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

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

Signature of parent or legal guardian _____

Email of parent or legal guardian _____

The Last Laugh

Hey, Dad! Come see our new way to decorate Easter eggs!



THE *Friend*

JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Here are a few ideas for showing little ones that Easter is both a holiday and a *holy* day.

Before Easter, tape up pictures around the house showing the last week of the Savior's life. You can find pictures in Church magazines or at [medialibrary.lds.org](https://www.familysearch.org/ark:/61903/3:1:3Q9M-CSK3-3?i=1&cc=2) (click on "Images"). Have your children help line up the pictures in the order they happened.

Easter is coming! If your children are old enough to notice, they're probably more excited about treats and fun than the reasons for them. Toddlers won't understand the whole Easter message, but it's never too early for them to feel the Spirit.



Consider doing egg hunts or other Easter traditions on Saturday. Then focus more on the Savior on Sunday.

You can put items inside plastic eggs that help tell the Easter story. Use a leaf for palm leaves, bread for the Last Supper, coins for the money paid to Judas Iscariot, a piece of white cloth for burial clothes, an olive for Gethsemane, and a rock for the tomb's door. Leave an egg empty to represent the empty tomb on Resurrection morning.



While you dye eggs or make Easter treats, listen to Primary songs about Easter. Talk about the words (see [music.lds.org](https://www.familysearch.org/ark:/61903/3:1:3Q9M-CSK3-3?i=1&cc=2)).



“Jesus wants me for a sunbeam,
to shine for Him each day.”
—Children’s Songbook, 60



Marta's Garden

By Jennifer Maddy



Marta

dug a hole in the



dirt



tomato

plant in the hole

and patted the



dirt

around it. Then she planted some round



onions

Next,



Marta

carefully put



watermelon seeds

in the



dirt



Marta

gave the garden



water

every day. Finally the



garden

was ready.

Mom picked



tomatoes



Marta

pulled



onions

out of the ground. Dad

carried a



watermelon

into the kitchen. Mom used the



tomatoes

and



onions

to make sauce for spaghetti. Dad cut the



watermelon

into sweet, juicy

pieces.



Marta

said, "My favorite foods are the ones we grow!"

Helping in the Garden

Many yummy foods grow in the garden. What kinds of fruits and vegetables can you find? How many garden tools can you find?



King Benjamin Teaches His People

Once there was a good king named King Benjamin. He taught his people to follow God so they could have peace.



King Benjamin was getting old. He gave his son Mosiah the scriptures and the compass called the Liahona. He wanted him to take good care of these important things.



King Benjamin wanted to talk to his people before he died. He asked them to come to the temple.

People came from all across the land. They set up their tents with their families. What would the king tell them?

The people looked up and saw the king standing on a tower. Then the king began to speak.





King Benjamin told the people what Heavenly Father wanted them to know. He told them about Jesus Christ. He told them to keep the commandments and to help other people. Then they would be called the followers of Christ. And they would be able to live with Heavenly Father again!

Today our prophet teaches us in general conference what Heavenly Father wants us to know so we can live with Him again. ◆

From Mosiah 2–5.

We Listen to Our Prophet Today



Finally a Big Brother!

By Marianne McKnight

(Based on a true story)



Nolan heard the phone ring. He ran to answer it.

"You have a new baby sister," Dad said on the phone.

"I'm finally a big brother!" Nolan told Grandma.

"Hooray!" Grandma said. "Let's go see the baby."

Nolan and Grandma went to the store. "I'm finally a big brother," Nolan told the man at the store. They got

flowers for Mom and a red birthday balloon for the baby. “My sister is zero years old,” Nolan said. “Wow!” the man said.

“I’m finally a big brother,” Nolan told the woman at the hospital. Soon they found Mom’s room. “Hi, Mom!” Nolan shouted. “Quiet voices,” Grandma said. “Hi, Mom,” Nolan whispered. “Here’s your sister.” Dad held a pink bundle. “Want to hold Anna?” Nolan washed his hands and sat down. Dad set Anna in his arms. “She’s so cute!” Nolan said. He counted her toes. He felt her fuzzy hair. Anna grabbed his finger.

“She likes me!”

Soon Anna started to cry. “Don’t cry,” Nolan said. “Your big brother is here.”

Anna gave a big yawn. Nolan giggled.

“I’ll sing my favorite song to you,” he said. “I am a child of God, and He has sent me here. Has given me an earthly home with parents kind and dear. . . .”

That night Nolan couldn’t wait to say his prayer. “I’m thankful for Mom and Dad. I’m thankful I’m finally a big brother. And I’m thankful for my new baby sister.” ♦

The author lives in Utah, USA.

