

# the Friend



A new temple in **ITALY!**

See pages 14-17

# FRIENDS BY MAIL

## Good Thoughts

Choose The Right

I enjoy reading the friend every night so that I will have good thoughts when I go to bed. I love how your stories are fun but always have the best lesson. I can't wait tell the next friend. ♥ Bella

**Bella M., age 7, Kentucky, USA**

## Keep Paddling!



**Lauren H., age 10, Idaho, USA**, made the rowing crew from "Keep Paddling" (Sep. 2018).

## F-R-I-E-N-D



Funny  
Recipe  
I Love it  
easy to read  
nice stories  
do fun things

**Trenton L., age 8, Utah, USA**

## DEAR FRIENDS,

All over the world, there are kids like you who follow Jesus Christ! This year, we're visiting a different country each month. We've already been to the Philippines and Mexico. Join us as we visit Italy on pages 14-17! If you could go anywhere in the world, where would you go?

Bon voyage!

The Friend

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

# the Friend

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

COME,  
FOLLOW ME

These stories and activities support this month's *Come, Follow Me* lessons for home and Primary. Find more at [lessonhelps.lds.org](http://lessonhelps.lds.org).

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Henry B. Eyring

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## Hidden CTR Rings

**Hard:** Tell the truth!

**Harder:** Don't be late for the plate.

**Hardest:** What brings May flowers?

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**By President Henry B. Eyring**  
Second Counselor in the First Presidency

# To Be Like Jesus

One Sunday I watched a group of Primary children sing:

*I'm trying to be like Jesus; I'm following in his ways.  
I'm trying to love as he did, in all that I do and say.  
At times I am tempted to make a wrong choice,  
But I try to listen as the still small voice whispers,  
"Love one another as Jesus loves you.  
Try to show kindness in all that you do.  
Be gentle and loving in deed and in thought,  
For these are the things Jesus taught.*

Each child was leaning forward, almost to the front of his or her chair. I could see light in their eyes and determination in their faces. Jesus Christ was their example. To be like Him was their goal.

We can all become like the Savior, Jesus Christ, by living His gospel. I hope you will look for opportunities to do as He did and to love as He loves. Love is the way He leads us along to become like Him. None of us is perfect yet. But we can know that we are following His way. He leads us, and He wants us to follow Him. ●

*From "Our Perfect Example," Ensign, Nov. 2009, 70–73.*

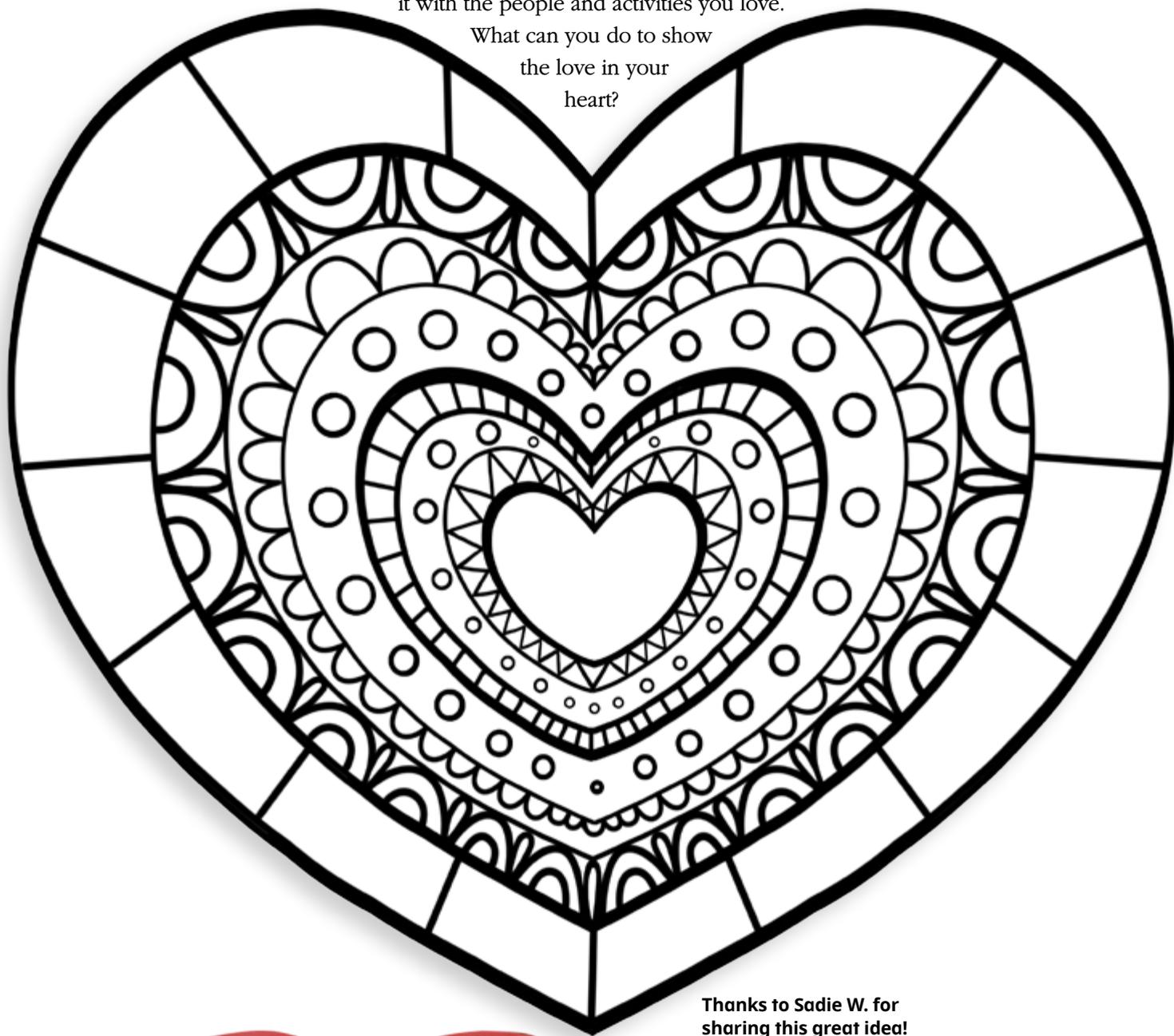


Show love  
for someone.  
Then send us a  
flower for our  
kindness garden!  
See how on page 39.



# A HEART Full of Love

Color the heart and label  
it with the people and activities you love.  
What can you do to show  
the love in your  
heart?



Thanks to Sadie W. for  
sharing this great idea!



I just got baptized by my older brother. I felt the Holy Spirit, and it made my heart feel happy. Here is a map of my heart. It shows all the things I love.

**Sadie W., age 8, California, USA**

A young boy with a large head, wearing a blue backpack, a yellow shirt, and brown shorts, stands on a sidewalk looking towards a blue car with flashing red lights. The background shows a house and a grassy area.

# MISSING MOM AND DAD

By Jet Burnham  
(Based on a true story)

*“Be not afraid” (Matthew 14:27).*

Dylan watched Mom pack her suitcase for her vacation with Dad.

“Tomorrow’s the big day,” she said. “I bet you can’t wait for all the fun things you get to do with Grandma and Grandpa!”

Dylan gave a little laugh. “Yup!” Mom and Dad had been planning their trip for a long time, and he knew they were really excited.

But why did *he* feel so *nervous*?

Dylan walked to his bedroom down the hall.

“What’s going on?” he said to his empty room.

“Why do I feel like this?” He flopped down on his bed to think. He remembered when he’d first heard about Mom and Dad’s trip. He’d been a little disappointed

that he wasn’t going with them.

But then he found out he’d be staying with Grandma and Grandpa. He loved their house! There was the huge old tree in their backyard. Perfect for climbing. There was a closet of games that they loved playing with him. Not to mention Grandma’s famous cookies!

But for some reason, Dylan wasn’t excited anymore. He couldn’t stop picturing the moment when his parents would drive away. They would be so far away for an entire week! What if he wanted to talk with them but they couldn’t answer the phone? What if they forgot about him? He’d never been away from them this long before.

Dylan decided it was time to pray. He slid off his bed onto his knees. He told Heavenly Father all the things he was worried about. “Please help me to feel happy about



the trip and to stop feeling so scared,” he prayed.

He felt a little better as he climbed back into bed. He knew Heavenly Father had heard his prayer, but how would He help? Did Heavenly Father even understand what it was like to feel homesick? Then Dylan thought about how Heavenly Father sent all His children to earth. It must be hard to send them away for so long—and so far away too. Maybe Heavenly Father *did* understand. Maybe Heavenly Father missed *him*!

Dylan started to feel warm inside.

The Holy Ghost was telling him that

Heavenly Father loved him very much. He thought about Grandpa and Grandma. He imagined the big hugs they’d give him. That made him smile. He kept imagining those hugs as he fell asleep.

The next morning Dylan felt a little better when he woke up. Something smelled good in the kitchen. Sure enough, Dad had cooked a huge stack of pancakes!

“Those look yummy,” Dylan said.

“Hey, Grandma and Grandpa aren’t the only ones who can make an amazing breakfast!” Dad said with a laugh.

Dylan grinned. He’d almost forgotten about Grandpa’s smiley-faced chocolate-chip pancakes. He didn’t say it out loud, but Dylan liked *those* pancakes even better than Dad’s. He couldn’t wait to have them again.

The rest of the morning zoomed by. Dylan helped carry the suitcases out to the car. He put on his backpack and double-checked that he had his favorite books.

Pretty soon they were pulling up to Grandma and Grandpa’s house. Grandma waved from the front porch.

“Dylan!” Grandpa called out from the doorway.

Dylan jumped out of the car and ran to them. Grandma and Grandpa gave him the biggest, longest hug in the universe. *Thank you, Heavenly Father*, he prayed silently. *Thank you for helping me not feel so afraid.* Maybe a week wouldn’t be too long after all. ●

The author lives in Utah, USA.



Once I prayed and prayed for a nice school teacher for the new year. After many months of praying, I was put in my new class, and my new teacher is so nice and happy and teaches with love. I said a thank-you prayer to Heavenly Father for answering my prayers and for taking care of me and my worries. I am so happy that we can pray to Heavenly Father about anything, anywhere, and He’ll help us.

**Ava C., age 7, Utah, USA**

# Family Night FUN

Here are some ideas you could use for home evening.

## SONG:

"Close as a Quiet Prayer" (page 7)

## SCRIPTURE:

Luke 11:9-10

## ACTIVITY

- Together, read a story in this month's magazine about prayer (see pages 4 or 22). Why is prayer important?
- Give everyone in your family a white pillowcase and permanent markers. Decorate the pillowcases with words and pictures about prayer. (Make sure to help little kids not make too much of a mess!) Or draw a picture on paper to hang by your bed.
- Use the artwork to remind your family to pray every morning and night. Heavenly Father loves you and wants to hear from you!

(See \*CFM, pages 35-36.)



## FIG COOKIES

Figs are one of the foods Jesus talks about in the Bible. Here's an easy recipe you can make to celebrate what your family is learning about the New Testament this year!

1. Combine 1 cup dried figs, 1/2 cup raisins, 1 cup quick oats, and 1/2 cup shredded coconut in a food processor.
2. Blend until it no longer sticks to the sides of the bowl.
3. Take the dough and roll it into a log shape. Slice the log into 12 cookies.
4. Put 1/2 cup shredded coconut in a bowl. Coat each cookie in the coconut. Enjoy your cookies!



## MORE IDEAS

- Play the "Lots of Ways to Say 'I Love You'" board game (pages 24-25).



- Use page 21 to learn about the Sermon on the Mount. (See \*CFM, page 34.)

- Find Italy on a map, and then take an evening walk like the Italians do! (See page 14.)



# Close as a Quiet Prayer

Quietly  $\text{♩} = 48-58$

Words and music by Sally DeFord

1. Mo - ment by mo - ment, by night or by day, My Hea - ven - ly Fa - ther is  
 2. When I am thank - ful for bles - sings He sends, He smiles as I of - fer my  
 3. Whe - ther I'm kneel - ing to seek Him in words, Or si - lent - ly pray - ing, my

not far a - way. And He will be near when I whis - per His name.  
 prais - es to Him. And when I'm a - lone and in need of a friend,  
 heart will be heard. His love will en - fold me; His pro - mise is sure.

To Coda  $\text{⦿}$   
 He is close as a qui - et prayer, \_\_\_\_\_ Close as a qui - et

1. \_\_\_\_\_ prayer. \_\_\_\_\_ 2. \_\_\_\_\_ prayer. \_\_\_\_\_ I can pray to my Fa - ther a -

bove an - y - time, \_\_\_\_\_ an - y - where. \_\_\_\_\_ When I call, He will al - ways be

D.C. al Coda  
 Close as a qui - et prayer.

$\text{⦿}$  CODA  
 Close \_\_\_\_\_ as a qui - et prayer. \_\_\_\_\_

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Watch a sing-along video for this song at [children.lds.org](http://children.lds.org). Click on "Videos."



# Praying to Understand



**Davide E., age 7, Utah, USA**

**M**y family and I went to visit my grandpa on an island called Tenerife. When we got there, I was thinking about all the things that I normally do back at home. Then I remembered church. So I asked my mom, “Will church here be the same as at home?”

“Yes, you’ll see how church is just about the same wherever you go. The chapel may look different, but everything else will be about the same!”

I thought about how the people on the island spoke Spanish. “Will people at church speak Spanish?”

“Yes.”

**Will church be the same as at home?**



I couldn’t quite understand Spanish or speak it. I was very nervous about going to church. I told my mom. She suggested that we pray and ask God for help to feel peace and not be nervous. I said the prayer and asked God to help me understand what people said.

When we got to church, I felt a warm feeling inside. After sacrament meeting the Primary president came to meet me. She actually spoke English! I told my mom, “I’m going to go to Primary class with her.”

The Primary president was very smiley and kind. She even asked me to teach her how to pronounce the names of the Book of Mormon prophets in English.

During class, one of the teachers played a song on a tape that was in Spanish. I recognized the song from home. It was “If the Savior Stood beside Me.” I felt peaceful because it reminded me of home, and I was filled with a warm feeling inside. It reminded me that the church is the same everywhere.

I may not have learned Spanish overnight, but God answered my prayer by having someone else speak my language and help me. He gave me exactly what I needed that day to make it through church and not be scared. ●

**They have Primary here too!**



# The **LIVING** Christ



The prophets and apostles wrote “The Living Christ” to tell the world about Jesus.  
Read part of it each month and memorize the words in **blue**.

“His gospel was a message of peace and goodwill. He **entreated** all to follow His example. He walked the roads of Palestine, healing the sick, causing the blind to see, and raising the dead. He taught the truths of eternity, the reality of our **premortal existence**, the purpose of our life on earth, and the **potential** for the sons and daughters of God in the life to come.”

**entreated:** asked

**premortal existence:** our life before we came to earth

**potential:** what we can become



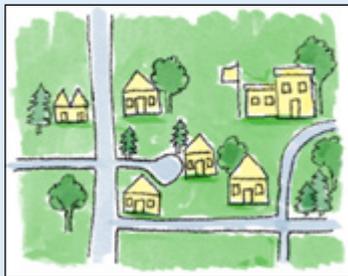
## WHAT JESUS DID

Jesus walked the roads of \_\_\_\_\_.  
He \_\_\_\_\_ the sick.  
He caused the \_\_\_\_\_ to see.

## WHAT I CAN DO



Where do I walk?  
When someone is sick, what can I do?  
When someone needs help, what can I do?  
When someone is sad, what can I do?



## My Kindness Map

Sing “I’m Trying to Be Like Jesus” (*Children’s Songbook*, 78).  
On a big piece of paper, draw a map of your home, your neighborhood, or your school. Add pictures of ways you can show an example of kindness to people you see there.

# EXAMPLE



# Faith and Raindrops

By Maryssa Dennis  
Church Magazines  
(Based on a true story)

The grass is thirsty, Mom! It's all yellow.

I know. It hasn't rained in a long time.

crunch!  
crunch!  
crunch!

Ready? We don't want to be late for church!

Next week is fast Sunday. Please fast and pray for rain.

I want to pray for rain!

Missy prayed for rain every day.



The next Sunday ...



I'm ready for church!

Why do you have your umbrella?

I think it will rain.



It doesn't look like it.



But I know Heavenly Father heard my prayers.



That's called faith!



Sometimes answers don't come right away. Now we need to wait and trust God.

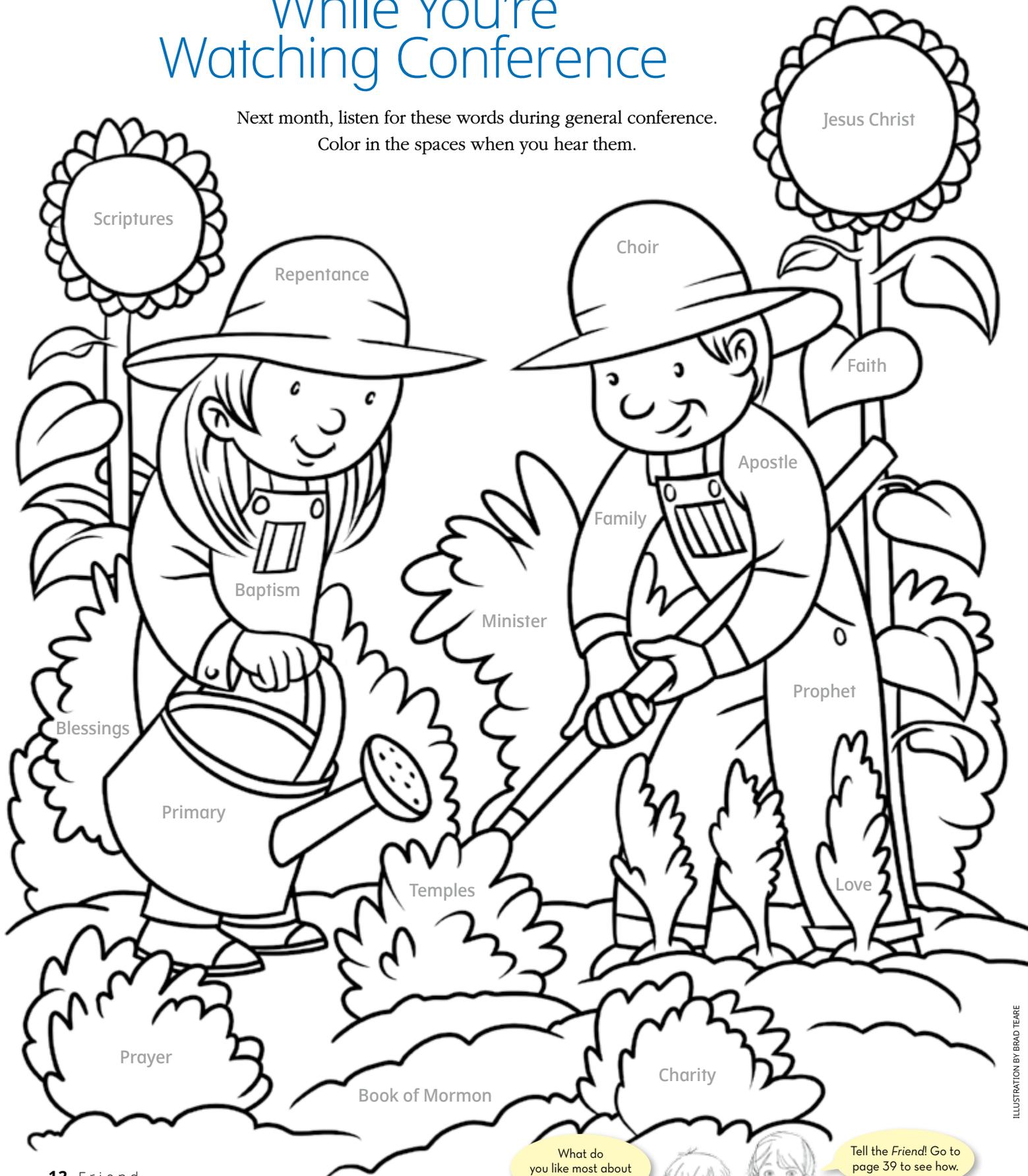
Days later ...



It's raining! Heavenly Father answered my prayers.

# While You're Watching Conference

Next month, listen for these words during general conference.  
Color in the spaces when you hear them.



What do you like most about conference?



Tell the Friend! Go to page 39 to see how.



I am a child of  
Heavenly Parents.

**They love me!**

# HELLO from Italy!



**We're Margo  
and Paolo.**

We're traveling around  
the world to learn about  
children of God.

Join us as we  
visit Italy!

Italy is in southern Europe.  
On a map, it looks kind of  
like a boot! More than six  
million people live there.

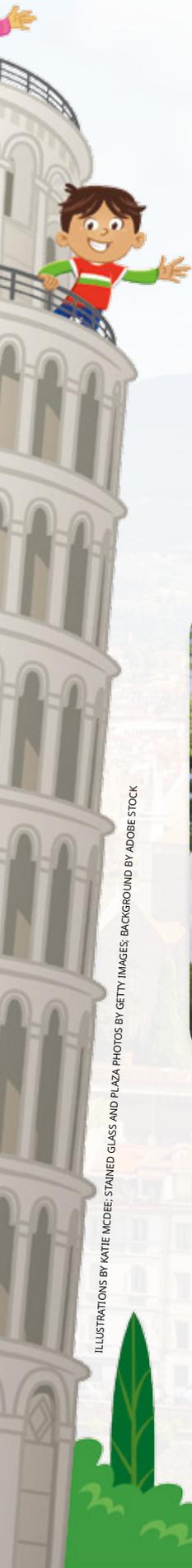


Do you know how to say "I am a  
child of God" in Italian? *Sono un  
figlio di Dio*. This girl is reading  
the Book of Mormon in Italian.



Most Italian people belong to the Catholic  
church. Some of their beliefs are different  
from ours, but they also believe in  
Heavenly Father, Jesus Christ, and the  
Holy Ghost. This is a window from a  
Catholic church building.





Before dinner, many Italian families like to go for an evening stroll, or *passeggiata*. They wear nice clothes and walk around the plaza together. They might even stop for some gelato—Italian ice cream. *Mmmm!*



Many kids in Italy come home from school to eat with their families during *pausa pranzo*—lunch break. They might have meat, vegetables, and pasta or rice.



This month, a temple is opening in Rome! It was announced in the October 2008 general conference. This will be Italy's first temple.

Thanks for exploring Italy with us. See you next time! *Ciao!*



## Meet some of our friends from Italy!



I know that Jesus lives and that He guides the prophets. It's very important to go to church so that we can learn more about Jesus. I have started reading the Book of Mormon every day because I would like to know more things about the gospel.

**Lorenzo B., age 7,  
Piedmont, Italy**



When I am near the temple, I think about Jesus and I feel excited. Finally we won't have to drive 12 hours to get to the temple. Now I will be able to get to the temple in just 50 minutes! When I'm older, I will be able to go and do baptisms in the temple.

**Olivia G., age 8,  
Lazio, Italy**

**By Marissa Widdison**

Church Magazines  
(Based on a true story)

*"I love to see the temple. I'm going there someday"*

(Children's Songbook, 95).

**G**ioele and Michele stared at the construction site across the street. They could see lots of metal beams and layers of cement.

"It doesn't look much like a temple yet," Gioele said.

"But it will someday," Michele answered.

This was the first time the brothers had seen the

place where the Rome Italy Temple was being built. Right now their family had to go all the way to Switzerland to visit the temple. But this new temple was only 30 minutes away from their home!

Michele and Gioele watched the big yellow trucks move piles of dirt.

"I think that's where one of the spires will be," Michele said. He pointed to a spot near the front of the building.

Gioele nodded. "Look! Papà is coming," he said. Their father was wearing his usual work outfit—church clothes with a white construction hat. He worked as an electrical

# WATCHING THE ROME TEMPLE GROW



engineer in the temple. They loved it when he told them about what he worked on each day. One day he told them that the statue of Christ had arrived. Another time he told them about the baptismal font.

That night, Michele made sure to say his prayers and thank Heavenly Father for the temple. He felt warm inside whenever he prayed about it.

Months went by. The curved temple walls were covered with strong stone, and two tall spires grew toward the sky. Then a small visitors' center was built nearby. Every once in a while, Gioele and Michele would go there to press their faces against the window and see what had changed.

Then one day they got a happy surprise.

"How would you like to see the angel Moroni statue being put on top of the temple?" Mom asked. The families of the construction workers had all been invited to watch.

Gioele and Michele could hardly believe it. They were so excited!

The next morning they put on white shirts and ties. When they got to the temple, they walked around it with the other families. They even got to take a picture with the golden angel Moroni. It was huge!

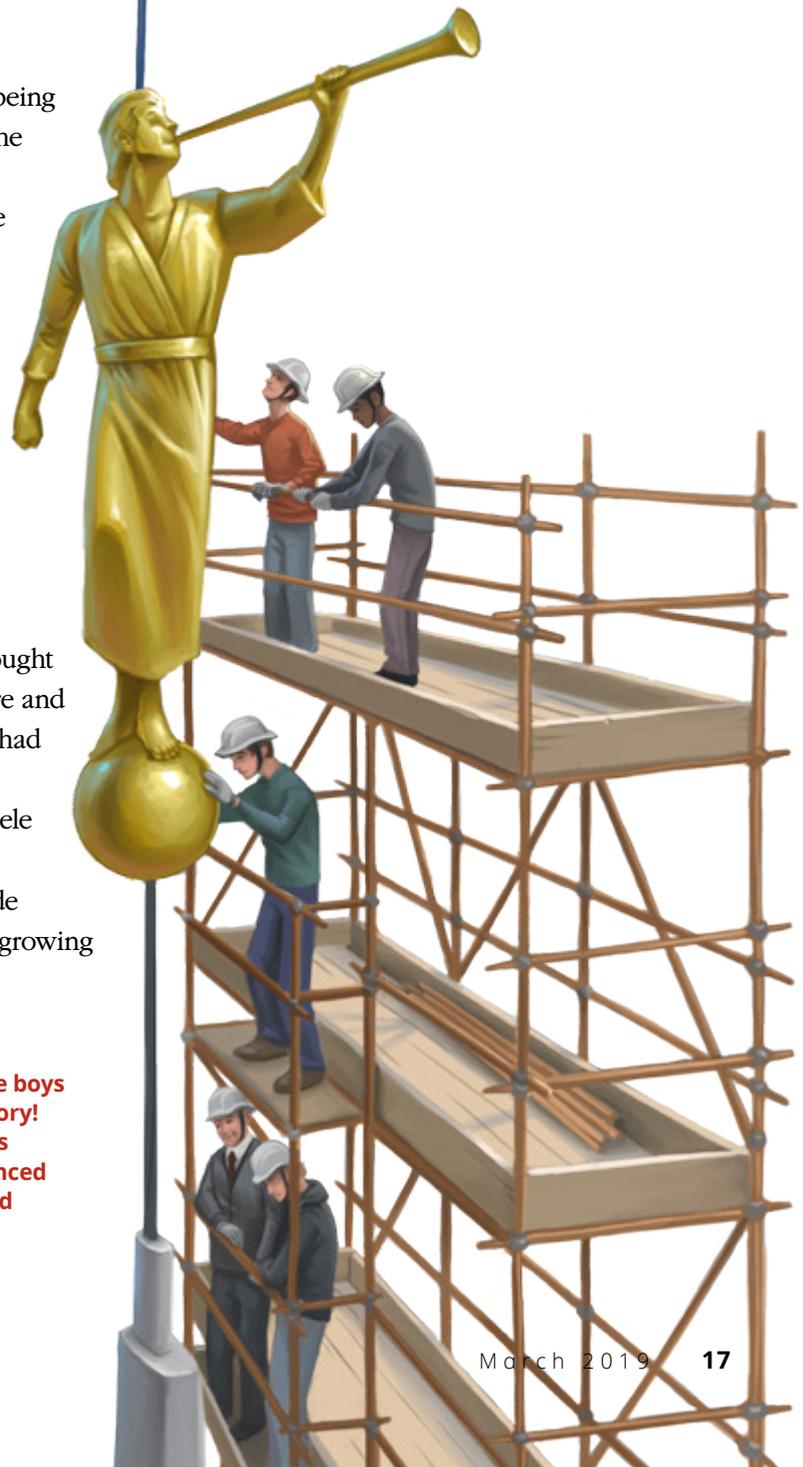
Then the workers started moving the statue. Gioele watched the giant crane carefully raise angel Moroni to the top the tallest spire. A drone buzzed around taking a video. It was so cool!

Gioele thought about all the people who would learn about the Church by visiting the temple grounds. He thought about how lots of people were going to get married there and how people were going to get baptized for people who had died.

"Now it looks like a temple," he told his brother. Michele smiled and nodded.

The brothers felt happy. They were excited to go inside the temple when they got older. Their testimonies were growing right along with the building. ●

The Rome Italy Temple is being dedicated March 10-12! Visit [friend.lds.org](http://friend.lds.org) this month to watch a video about this temple being built.



Gioele



Michele

Here are the boys from this story! Their names are pronounced *joe-EL-ay* and *mee-KEL-ay*.

# Elder Uchtdorf Visits Russia

*The Apostles travel around the world to minister to people and teach them about Jesus Christ.*

Elder Dieter F. Uchtdorf and Sister Harriet Uchtdorf went to Russia to help Church members there. Before he was an Apostle, Elder Uchtdorf often flew there as an airline captain. ●



Russia is a huge country, and it has never had a temple before. Last year President Nelson announced that a temple will be built there. Everyone is very excited!



First Elder Uchtdorf went to Moscow, the capital city of Russia. People there loved meeting him and hearing him teach. He said we can help others know about Jesus by serving them.

●  
**St. Petersburg**

●  
**Moscow**  
●

Next he went to a big city called St. Petersburg. In Russia, missionaries are called volunteers, and they look for people to help every day. They can teach people about the gospel only while they are inside a Church building. Elder Uchtdorf ate dinner with some of the volunteers who were finishing their missions and going home.



Although we don't know yet where or when the new temple will be built, Elder Uchtdorf encouraged everyone in Russia to get their lives ready for the day when a temple will be there.



Our hearts have to be ready for the temple.

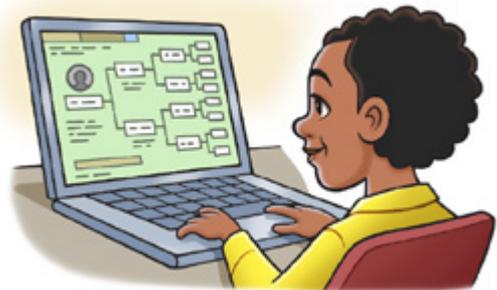


## GETTING READY FOR THE TEMPLE

What are some ways you can prepare to go to the temple someday?



Put a picture of the temple in your room.



Find someone in your family tree who hasn't been baptized yet.



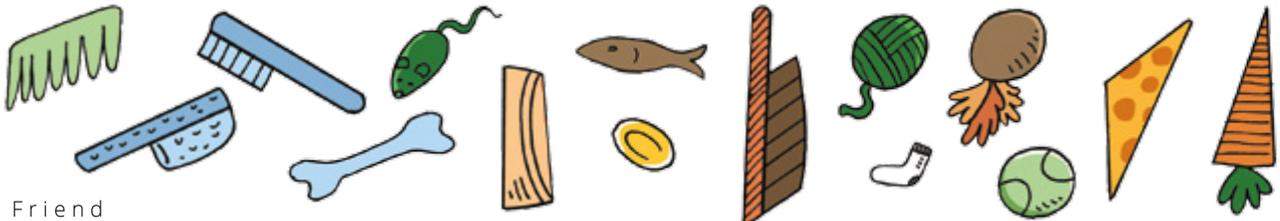
Talk about the temple with someone who has been inside.

# Find It!

These friends are putting on a pet talent show and collecting food for the food bank. Find the hidden objects!



ILLUSTRATIONS BY NEIL NUMBERMAN



# The **SERMON** on the **MOUNT**

The scriptures teach us about a special talk (or “sermon”) that Jesus gave called the Sermon on the Mount. Look up the scriptures below and match them with the pictures. The first one is done for you. ●



Matthew 7:7-11



Matthew 5:44; 7:12



Matthew 5:14-16

Matthew 6:6-15



Matthew 5:2-11



Read about the Sermon on the Mount on pages FJ4-6.



ILLUSTRATIONS BY DANI JONES

# PRAYER POWER

Who can you pray for today?

**By David Dickson**  
Church Magazines  
(Based on a true story)

*“Pray one for another”  
(James 5:16).*

**D**ad called everybody to the computer. Lucy dropped the stuffed giraffe she was playing with and hurried over. What was going on? Was it time to call Grandma online?

Dad pointed to the computer screen. “I wanted to show you part of a talk from general conference.”

Lucy squinted. It wasn’t Grandma. It was President Eyring! He was in the First Presidency.

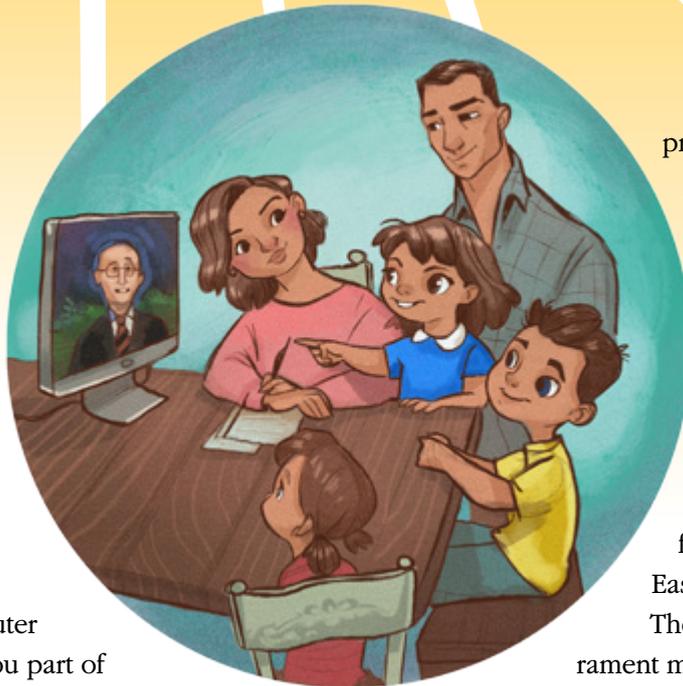
Dad pushed “play.” President Eyring taught about supporting your Church leaders. He explained how Church leaders need us to pray for them.

“That’s why we pray for the prophet. Right, Dad?” asked her little brother, David. Dad and Mom both nodded.

“Yes, we do,” Dad said. “But I also keep thinking about our branch presidency. I think they need our prayers too.”

Lucy loved President Alvarez and his counselors. They were always so nice to her. She wanted to help them.

“I’m going to pray for them,” Lucy said. “And we can



pray for them in our family prayers too!”

“I think that’s a great idea,” Mom said. “Let’s do it.”

For the next few days, Lucy tried hard to remember to pray for the branch presidency whenever she said a prayer. It only took a few extra seconds each time.

Easy!

The next Sunday in sacrament meeting, President

Alvarez stood up after the hymn. Then he said something that made Lucy’s eyes get wide.

“As a branch presidency, we wanted to thank you for praying for us,” he said. “We have felt very real strength from those prayers. We really need your faith and prayers to do our callings. Thank you!”

Lucy grinned. She looked over at David. He was smiling too. She couldn’t believe it! She was so excited that she could hardly sit still. She leaned over and tugged on Mom’s sleeve.

“Mom!” she whispered. “Did you hear what President Alvarez said?!” She wanted

to jump up and down. “It worked! Our prayers really worked!”

After church, Lucy and her family walked home together.

“God really does hear our prayers,” Mom said. “And isn’t it amazing to see how powerful it is for a group of people to pray for someone else?”

Lucy felt warm and happy inside. She and David skipped down the sidewalk



ILLUSTRATIONS BY HOLLIE HIBBERT



while Mom and Dad walked behind them. She knew Heavenly Father had heard her family’s prayers. They were truly making a difference. Just by praying!

That night, Lucy got ready to say her prayers. She thought about her Primary teacher and other Church leaders who could use some extra blessings. Maybe she would pray for them too! Lucy folded her arms and bowed her head. She knew just what to say. ●

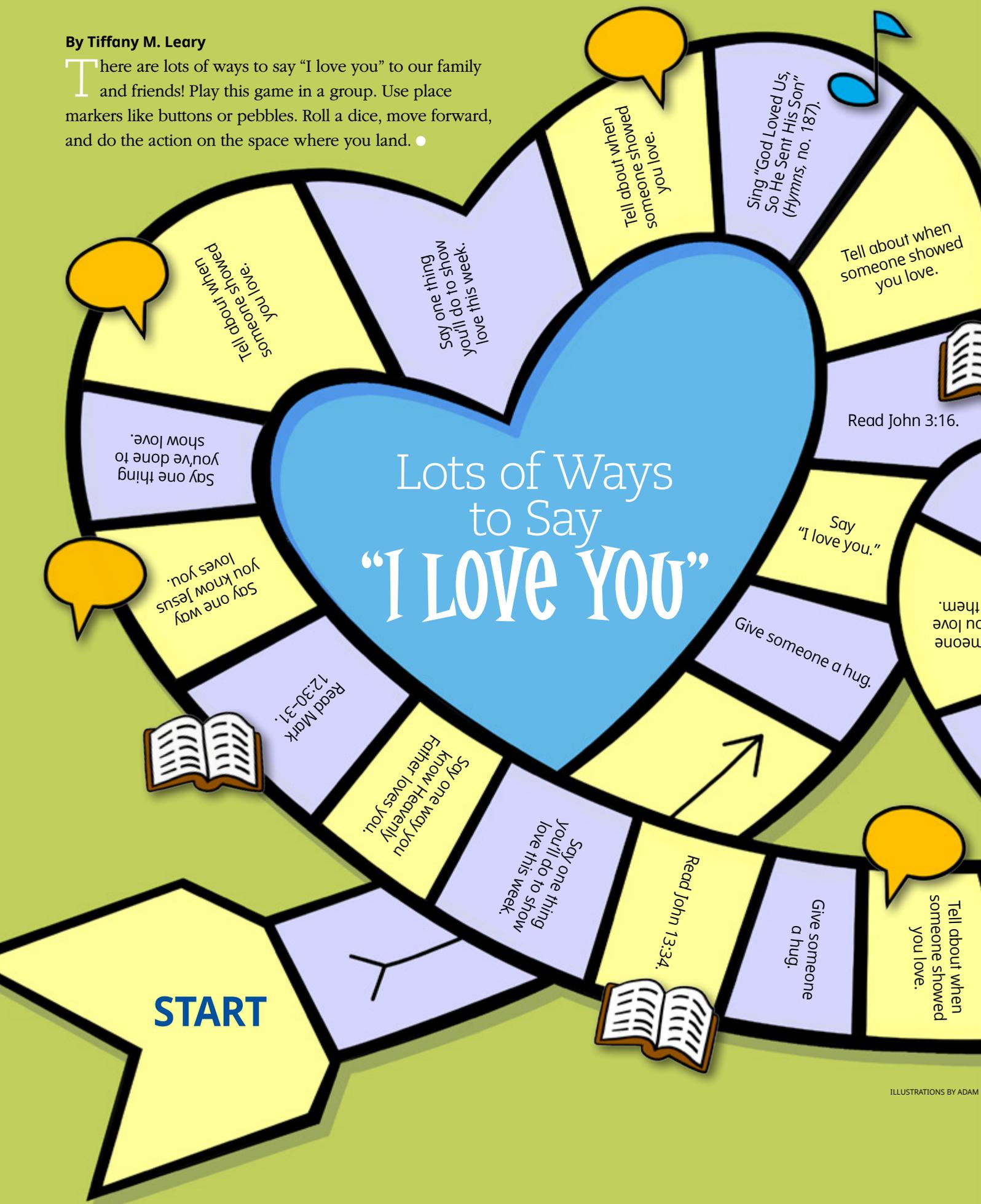


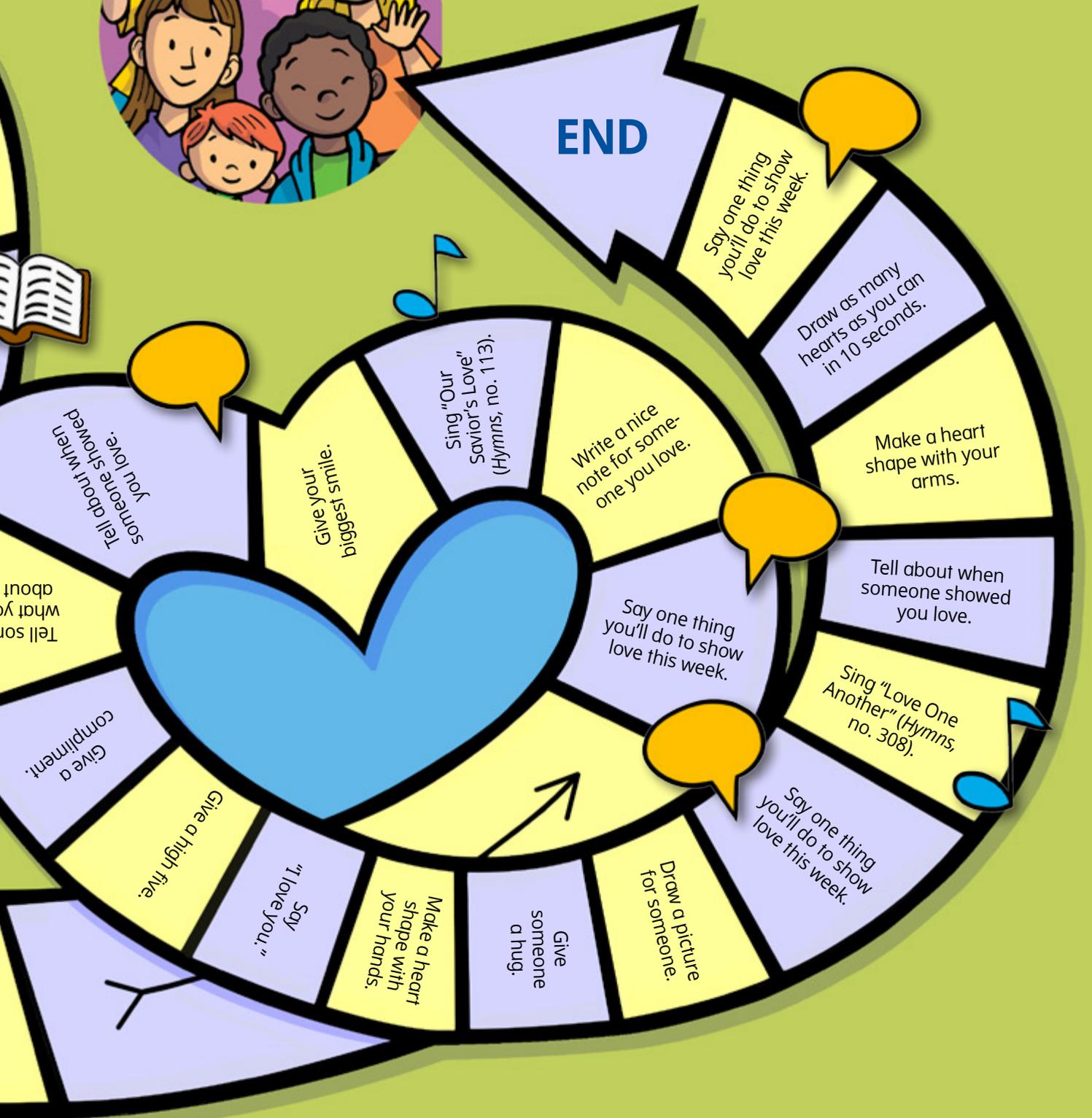
When I pray, I feel closer to Heavenly Father and to Jesus.

**Lorena Eduarda N., age 5, São Paulo, Brazil**

By Tiffany M. Leary

There are lots of ways to say "I love you" to our family and friends! Play this game in a group. Use place markers like buttons or pebbles. Roll a dice, move forward, and do the action on the space where you land. ●





¡Te queremos!



That means "We love you!" in Spanish.



**By Elder  
Massimo De Feo**  
Of the Seventy

# A Lesson from My Parents

I grew up in a small town in southern Italy. My family were not members of the Church. One day, when I was nine, two missionaries knocked on our door.

My parents weren't interested in what the missionaries had to say, but I was. So was my brother, Alberto. Our parents let us keep meeting with the missionaries. Later we got baptized and confirmed. I was 10, and Alberto was 11.

When I was 18, I asked my father to help me pay for my mission. At first he said, "No way. It's too much money." But a couple of days later, he asked me, "Do you really want to go on a mission?" And I said, "Yes. With all my heart." My father said he would help me.

I didn't understand why my father would pay such a great price for me. Then I realized it was because he



loved me. It made me think of

Jesus Christ's sacrifice for us. He paid the highest price because He loves us.

When I got back from my mission, my mother was very sick with cancer. One day she asked me to teach her to pray. She wanted to pray for me. Even in her pain, she was thinking of others. She reminded me of Jesus too. When He atoned for us, He was in great pain. But He was praying for *us*.

Even though my parents never joined the Church in this life, they were good examples for me. I am grateful for the lessons I learned from them. We can learn a lot from our parents, teachers, and leaders if we are open to what they teach us. ●

# Learning from Our Parents

When we choose to honor our parents, we are blessed (see Exodus 20:12). Color the pictures and circle the things a parent or other family member has taught you. What else can you think of?



Help others



Help make a meal



Clean up messes



Use kind words



Pray



Read

# Show and tell



**A**t school, I noticed trash on the playground. So I asked my principal if I could pick up

the trash with a friend. I am glad I am being a good citizen.

**Ellea D., age 10,  
Baden-Württemberg, Germany**



**M**y sister has cerebral palsy and can't talk or walk. I serve her each day by feeding her, playing with

her, and making her laugh. I know when I serve her, I'm serving Heavenly Father.

**Ensign T., age 10, Utah, USA**



I try to be a good and kind friend and help other people. I like to help my nana with her weeding.

**Lathan S., age 7,  
Victoria, Australia**



I love playing soccer, but sometimes my friends like to goof off. At practice one day, some friends were kicking other people's soccer balls. I prayed to have the courage to speak up. I told them we should listen to our coach. I realized that when our team doesn't listen during practices, we have a hard time in our games.

**Aiden K., age 7, Utah, USA**



I like to play the piano at activity days to bring the Spirit to our meeting.

**Maris G., age 10,  
Indiana, USA**

**Šárka K., age 8,  
Czech Republic**



I like to serve my family.

**Fernando C., age 11,  
Puerto Rico**

**Montana F., age 9,  
Washington, USA**

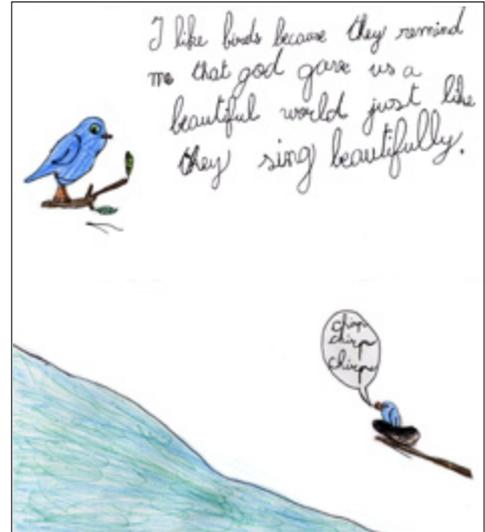




Primary children in **Staffordshire, England**, visited the Preston England Temple on a stake temple day. They had fun exploring the temple grounds and learning more about the temple.

When I go to church  
I feel the Spirit strongly.  
I know God loves me.

**Mosiah N., age 11,  
Washington, USA**



**Harper F., age 8, Haute-Garonne, France**



use kind words  
to uplift others.

**Jessica H., age 11,  
Western Australia,  
Australia**



I like to read the  
scriptures and  
also learn about the  
prophets.

**Heber M., age 7,  
Somerset, England**



**Troy and Jack D., ages 9 and 11, Idaho, USA**



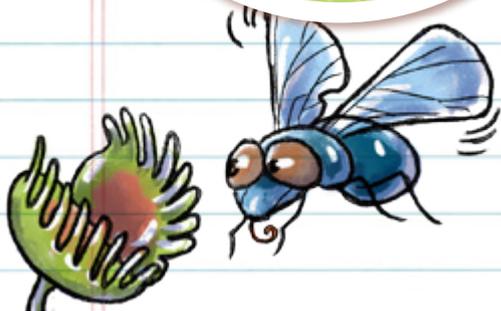
**Arthur A., age 11, North Carolina, USA**



# MATT AND MANDY



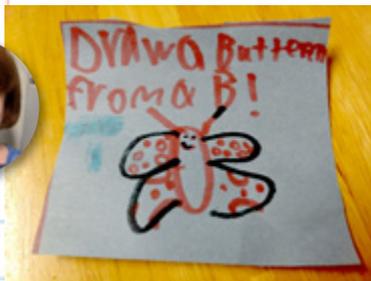
# for older KIDS



## GOD'S AMAZING WORLD

Did you know?

- Some plants eat meat by trapping insects and digesting them.
- The world's biggest pumpkins weigh over 2,000 pounds (907 kg).
- You can tell how old a tree is by counting the rings in its trunk.



## ART CHALLENGE

Draw a butterfly from the letter B!

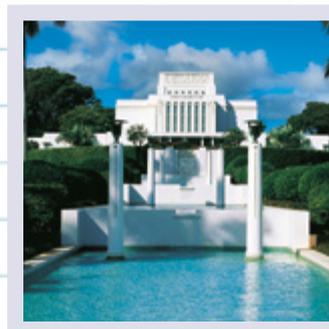
**Thanks to Alyssa A. from Texas, USA, for sharing this artful idea!**

## BRAIN TEASER

Give me food, and I will live. Give me drink, and I will die. What am I? See page 39.

## I LOVE TO SEE THE TEMPLE

Where is this temple? See page 39.



## TIPS TO GROW ON

Feel rushed in the morning? Try laying out your clothes, shoes, and bag before you go to bed.

## SCRIPTURE POWER



Every night I used to have nightmares. When I went to Primary, my teacher said that the prophet told us to read our scriptures every day. Then I got in the habit of reading them every night, and now I never have nightmares.

**Katie L., age 10, Idaho, USA**

# Becoming Dr. Cannon

By Jordan Monson Wright

(Based on a true story)

Sixteen-year-old Mattie Hughes was thrilled when she heard about what the prophet had said. Becoming a doctor was her dream. And now President Brigham Young was actually encouraging women to become doctors!

Mattie knew that some medical schools were finally letting women in. Of course, she would have to get a college degree before she could go to medical school. And she would have to save a lot of money. It would take a lot of time and a lot of hard work. She knew that.

But Mattie thought of her little sister, Annie, who had died on the wagon trip to Utah. There had been no doctor to help her when she got sick. Then Mattie's father had died. Here in Salt Lake City, Mattie knew lots of people who were sick or hurt. If Mattie became a doctor, she could help them.

Mattie decided to have faith. The prophet had said women should train to be doctors, and she wanted to be one of them! God would help her find a way to go to medical school.

Mattie worked hard to save money. She got a job as a typesetter for a newspaper. She had to carefully arrange



every letter of every word in the right order so the newspaper could be printed. After work, Mattie went to classes at the university to get ready for medical school.

Between home, work, and school, Mattie walked six miles (10 km) every day! She wore heavy men's boots



because her regular shoes weren't tough enough to trudge through the mud. She wished she could ride in the mule-drawn streetcar instead of walking, but she was saving every penny for school.

Mattie worried that she wouldn't be able to save enough money. She knew her mother and stepfather would try to help her, but they had other children to take care of. What else could she do?

Mattie decided to hold a fundraiser and ask friends and ward members to share whatever money they could spare. They were happy to help. Mattie was only the third woman to try to follow President Young's call to become a doctor, and they wanted her to succeed.

After the fundraisers, Mattie had enough to go to medical school! She traveled across the country to a university and studied hard.

Two years later, Mattie held her head high and marched onto the graduation platform to receive her diploma. She was finally a doctor! She had never felt so excited.

Mattie looked into the cheering crowd of strangers. None of her family or friends from home could be there, but she knew they were proud of her. Soon she would return home to care for them and teach them what she had learned.

After going back to Utah, Mattie worked at the Relief Society's hospital in Salt Lake City. She loved her job as a doctor. She helped treat diseases, heal injuries, and even teach classes on how to deliver babies.

Becoming a doctor had been hard work. But Heavenly Father had helped her. Now Mattie would spend the rest of her life helping others. ●

The author lives in Michigan, USA.



Martha "Mattie" Hughes Cannon (1857-1932) was a pioneer, doctor, and politician. She was the first woman in the United States to be elected state senator. She worked hard to make life better for others.

My friends say some of the things I like to do, like music and art, are "girl" stuff. Is that true?

-Concerned in Calgary



## Dear Concerned,

There's not one list of talents for girls and another one for boys. Our interests and talents make us unique, and that's a good thing! As you keep developing your talents, you can find friends who like those things too.

Keep being you!

The *Friend*

Use these clues to fill out the chart to find out what each person is interested in. Check your answers on page 39.

Tip: Put an X on what you know is *not* true. The first one is done for you.

1. The basketball player is not Talia or Sakura.
2. Pablo doesn't like flowers.
3. None of the boys like math or sports.
4. The girl who likes baking is not Talia.
5. Ethan is the only one who likes dancing.

		Ballet	Bugs	Math	Flowers	Baking	Basketball
	Sarah						
	Pablo						
	Tony						
	Sakura						X
	Ethan						
	Talia						X

Try this Italian-inspired snack!  
Be sure to get an adult's help.

## Mini Spaghetti Pizzas

12 oz. package of spaghetti (about 340 g)

2 eggs, beaten

1 1/2 cups shredded mozzarella

1/2 cup grated Parmesan

1 cup pizza sauce

**toppings:** shredded mozzarella, chopped green bell pepper, mini pepperoni

1. Preheat oven to 400°F (200°C). Bring a pot of water to a boil. Add the spaghetti and cook until it is still a little firm, about eight minutes. Strain the spaghetti and place it in a large bowl.
2. Add the eggs, mozzarella, Parmesan, and pizza sauce to the spaghetti and mix.
3. Grease a muffin tin and fill the cups about three quarters of the way with the spaghetti.
4. Sprinkle each with mozzarella cheese, bell pepper, and mini pepperoni. Then bake in the oven until the cheese on top is melted and beginning to turn gold, about 15 minutes. Enjoy!



## Birthday Bags

You can help others feel extra love on their birthday by donating birthday bags to a hospital or crisis center. Here are things you could include in the bags!

Birthday card  
Coloring book  
Crayons  
Puzzle

Fruit snacks or candy  
Stickers  
Putty or slime (to make slime, see the Feb. 2019 *Friend*)  
Bubbles  
Glow sticks  
Toy car  
Notebook and pens



**By Jane McBride**

(Based on a true story)

*"It is such a happy day when the family gets together"*

(Children's Songbook, 199).

**T** Tyler was playing tag with his cousins when he heard his grandma calling.

"Everyone come inside!" she said. "It's time for dinner!"

Tyler's whole family was together for a family reunion. Even Uncle Robert and his family had come from far away!

As everyone gathered together, Tyler noticed Grandma holding a basket. He wondered what it was for.

"I'm going to pass this basket around," Grandma said.

"It's for your phones."

Tyler heard several of his cousins groan.

"Our family doesn't get together very often," Grandma said. "This way we can listen to each other better. We can all get our phones back after dinner."

Uncle Hyrum made a funny face. "Welcome to the No-Phone Zone!" he said as he put his phone in the basket and passed it on.

Tyler looked at his phone. He liked playing games on it, and he was waiting for a text from his best friend, Ethan. With a sigh, he put his phone in the basket and handed it to his cousin. Then he heard a *ping*. Was that a text for him? He barely stopped himself from reaching for the basket again.

"Thank you," Grandma said. "Now let's say a prayer and eat."

After the prayer, Grandpa brought in a plate piled high

# The NO-PHONE Zone



with hamburgers and hot dogs from the grill. They looked delicious! Tyler helped his little brother put a burger on a bun, then grabbed a burger and two hot dogs for himself.

Grandma laughed when she saw his plate. "You eat just like your dad did when he was your age."

Tyler smiled back. "I'm a growing boy, Grandma."

Aunt Tracy laughed too. "That's exactly what your dad used to say!"

After dinner, Tyler's grandparents, aunts, uncles, and older cousins all told stories. Usually Tyler didn't stick around to hear the grown-ups talk. But this time he didn't want to leave the table. He'd never heard these stories before!

Tyler especially liked the stories about Dad.

"Did Dad ever get in trouble?" he asked.

"Oh yes!" Grandpa said. "He was always making



**"We build deep and loving family relationships by doing simple things together, like family dinner and family home evening and by just having fun together."**

Elder Dieter F. Uchtdorf  
of the Quorum of the Twelve Apostles

*"Of Things That Matter Most," Ensign, Nov. 2010, 21-22.*

crazy inventions—like toasters that also opened the blinds . . . or at least tried to!"

"What do you mean? All of my inventions worked perfectly!" Dad said.

Everyone laughed.

Grandma looked at Tyler. "We're proud of your father, and we're proud of you too!"

Tyler felt a little embarrassed, but mostly he had a happy feeling inside. Suddenly Tyler realized that he hadn't even thought about his phone for an hour.

He had been having so much fun!

When Dad said it was time to leave, Tyler gave Grandma a big hug. "Thanks, Grandma. This was the best dinner ever!" ●

The author lives in Colorado, USA.



# Service Survey

Do you ever get stuck trying to come up with ways to help people? Here's a quick "service survey" you could use!

## How can I help you today? Should I . . .



Make you a sandwich?



Bring you a drink?



Take out the trash?



Make your bed?



Read a book with you?



Watch a TV show with you?



Help you with homework?



Teach you something fun I know how to do?



Listen to you tell a story?



Tell you a funny joke?



Do your least favorite chore?



Play your favorite board game with you?



Pray with you?



Read a scripture with you?



Go for a walk with you?

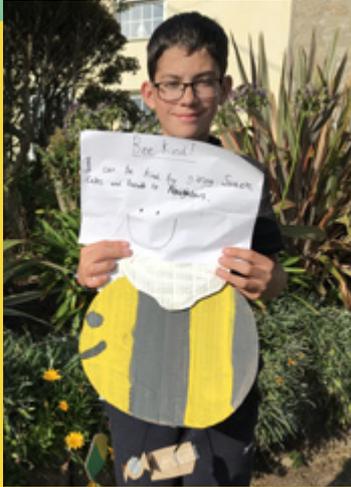


Do a silly dance with you?



**That should get you started.**  
**What other questions could you ask?**

## Look what we made for the Kindness Garden!



Henry and Oliver D., ages 11 and 10,  
Isles of Scilly, England



Elena A., age 4,  
Puerto Rico

### FUNSTUFF ANSWERS

**Page 31:** fire; Laie, Hawaii, USA (this is the fifth-oldest operating temple!)

**Page 34:** Sarah–basketball, Pablo–bugs, Tony–flowers, Sakura–baking, , Ethan–ballet, Talia–math



### HIDDEN CTR RINGS

Did you find the rings?  
Look on pages FJ3, 36, and 11.

## How to Write to the *Friend*

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

1. Fill out the form below and send it in with your story or artwork, and include a school picture or other high-resolution photo.
2. We might edit your submission, and we can't return it to you.

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](mailto:friend@ldschurch.org)

May the *Friend* contact you  
with a survey?

Yes  No

**The following information and permission must be included:**

First and last name \_\_\_\_\_

Age \_\_\_\_\_ Boy/Girl \_\_\_\_\_ State/Province, Country \_\_\_\_\_

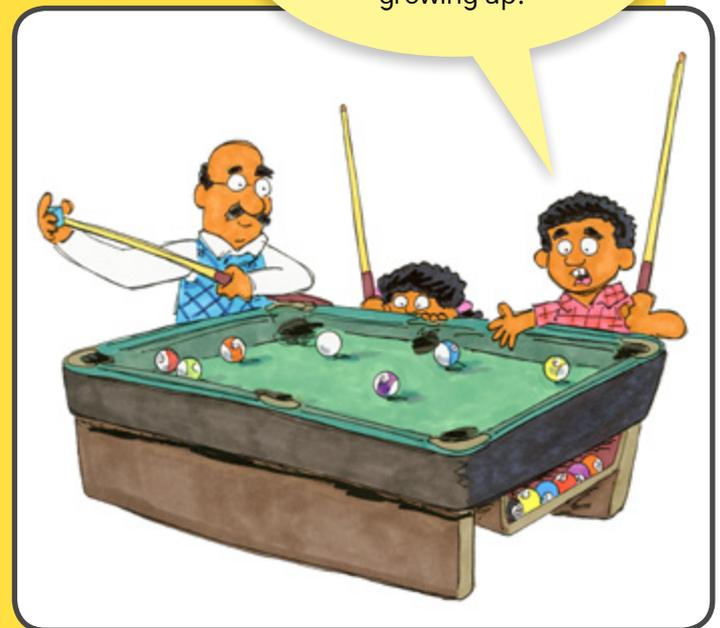
**I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.**

Signature of parent or legal guardian \_\_\_\_\_ Date \_\_\_\_\_

Email of parent or legal guardian \_\_\_\_\_

## The Last Laugh

Wow, Grandpa.  
That's three wins in a row.  
Was pool your version of  
soccer when you were  
growing up?



# Hi, Friends!



I help my mum and sister  
pack up my toys.

**Tekaea, age 3,  
Western Australia, Australia**



I like to be reverent.

**Lizzie, age 5, Somerset, England**



I donated toys to a refugee center.

**Emily, age 4, Arizona, USA**



I love Jesus!

**Moroni, age 5, Hawaii, USA**

# Being Honest Is Best



Verity

loves her name.



Verity

's name means "truth"! When



Verity

spilled her



soup

, she told



Mom

right away. Then she

helped



clean

it up. When



Verity

broke her brother's



toy boat

, she

said, "Sorry." She helped fix it with



glue

. When



Verity

colored on

the wall, she told



Dad

. Now she only



colors

on paper.



Verity

feels

good when she tells the truth.

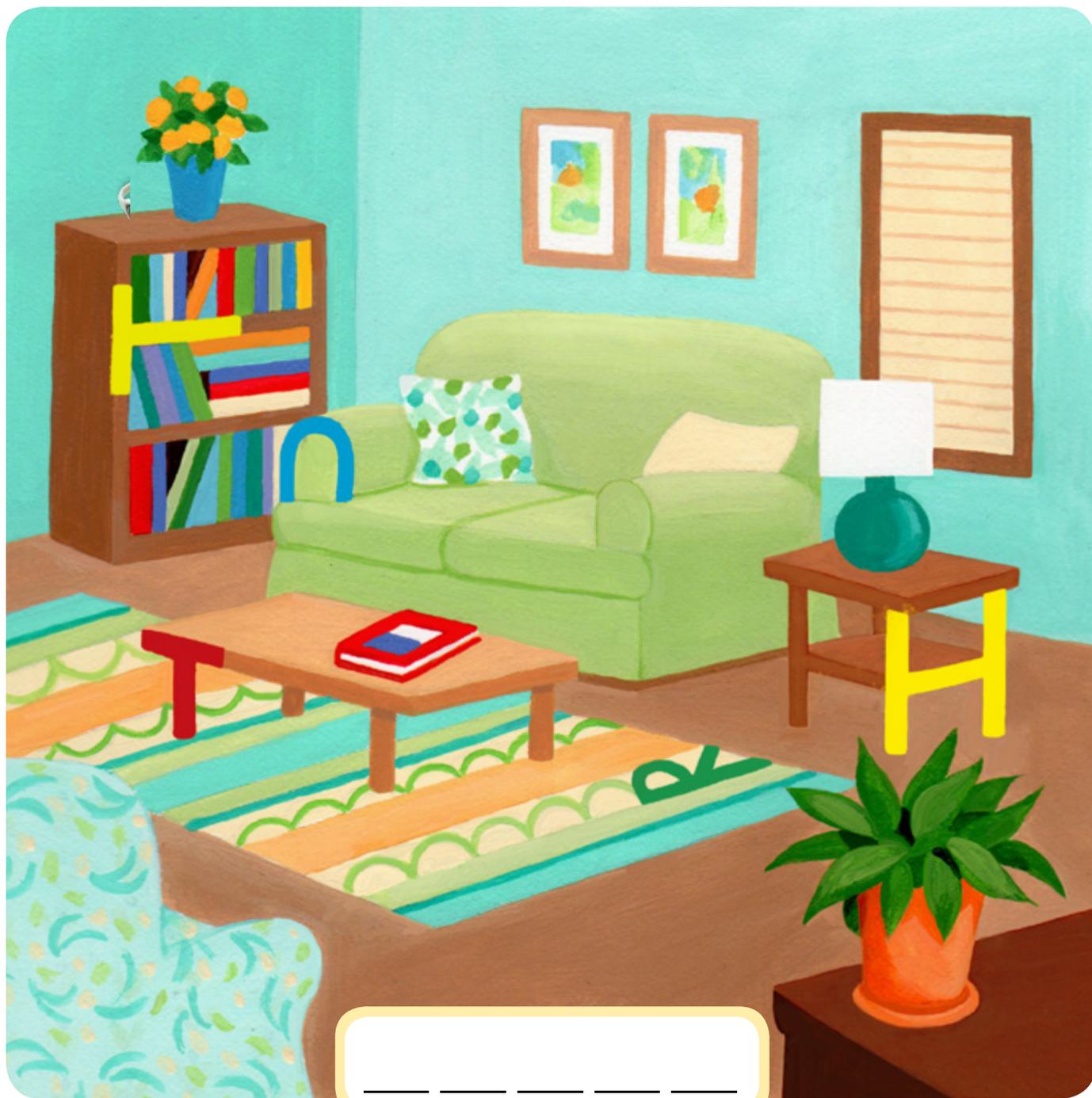


Verity

knows being honest is best!

# Circle the Truth

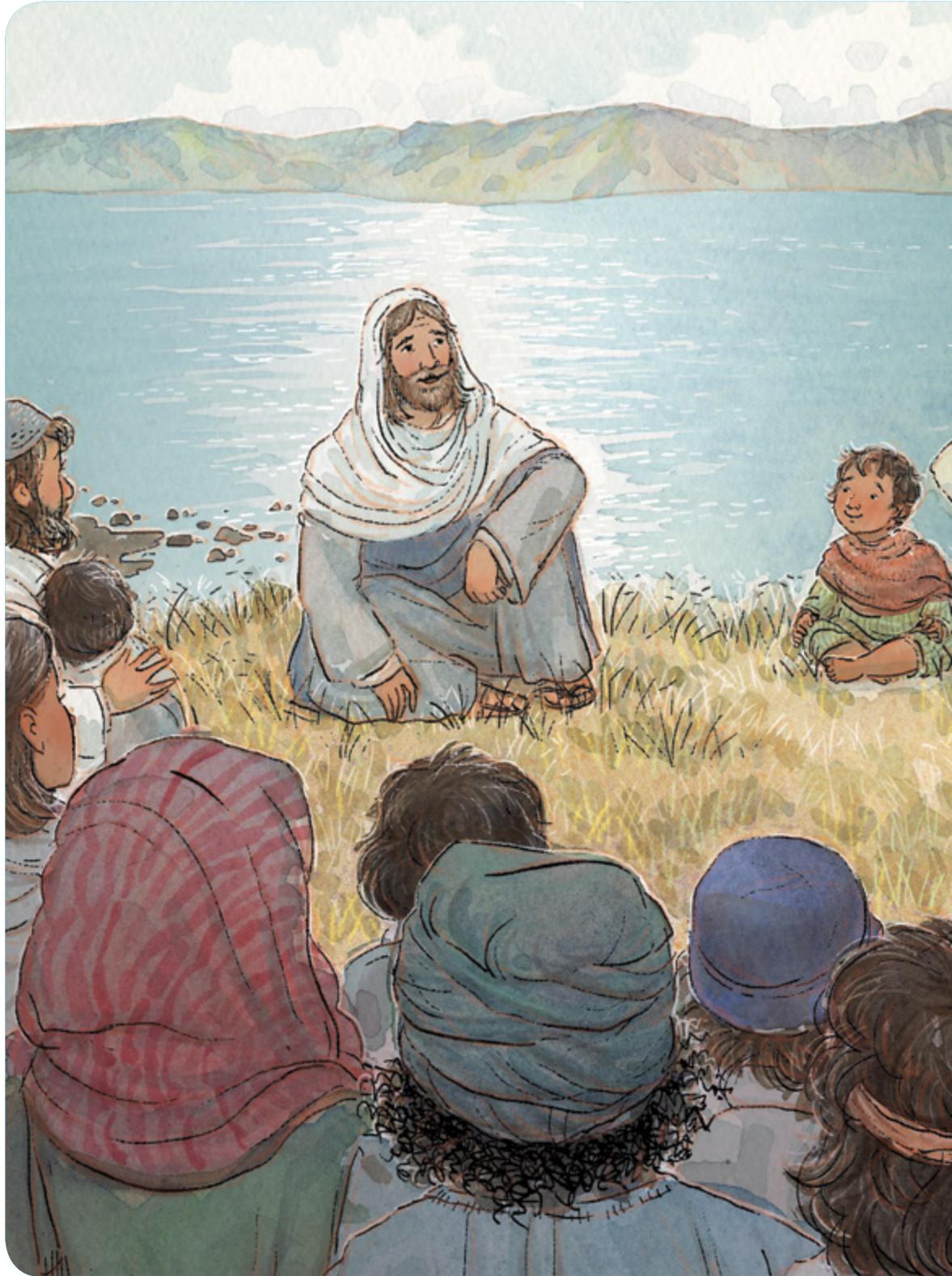
Circle the letters used to spell TRUTH in the picture below.  
Then practice writing the word TRUTH.



**Bonus:** Verity's favorite color is green.  
How many green things can you find in this picture?

# Jesus Taught about Prayer

Jesus was teaching on a hill near the sea. He taught about being kind. He taught about being a good example. He also taught about prayer.





Jesus taught that we should talk to Heavenly Father through prayer.

We can thank God for what we have. We can ask Him for what we need.

We can pray to forgive others. We can ask God to forgive us. We can pray to make good choices.



I can be like Jesus. I can pray to Heavenly Father every day. ●

*You can read these teachings of Jesus in Matthew 6:5–13.*

COLORING PAGE

# Jesus Taught Us to Pray



ILLUSTRATION BY APRYL STOTT

# Who Will Come to My Party?

By Lori Fuller Sosa

Church Magazines

(Based on a true story)

“**M**om,” Enzo asked, “can I have a cake shaped like a turtle for my birthday party?”

Mom smiled. “Probably. But your birthday isn’t for five months!”

“I know. Can we have a water fight at my birthday party too?”

“Sure,” Mom said.

“It will be fun! We can wear swimsuits!” Enzo said.

“That does sound fun.”

“Can I invite Matt and David and Arlo?” Enzo asked.

Mom paused. “Well, we can send them invitations. But we’re moving to Texas soon, remember? And your friends will stay in Arizona.”

Enzo frowned. He didn’t want his friends to miss his birthday! “Then who will come to my party?”

Mom gave him a big hug. “You will make friends in Texas too.”





When it's your birthday, we'll invite them. We will have a fun party with your new friends."

"And have a turtle cake?"

Mom laughed. "And have a turtle cake."

Enzo felt a little better. But he was still worried.

That night Enzo prayed with Mom. He asked Heavenly Father to help him find friends in Texas.

Then Enzo thought about Uncle Carlos. Uncle Carlos lived in Texas! He was lots of fun to play with. Enzo had an idea.

"Mom, can I invite Uncle Carlos to my party?"

"That's a great idea!"

Mom said.

"Can I call him right now?"

Mom laughed. She pulled out her phone and called Uncle Carlos.

Enzo heard the phone ring, and ring, and—

"Hello?" It was Uncle Carlos!

"Hi, Uncle Carlos," said Enzo.

"Can you come to my birthday party? It's in September."

"That sounds great!" said Uncle Carlos. "I will put it on my calendar. I'm excited to see you in Texas!"

Enzo was so happy. He could hardly wait for his birthday. He already had a great friend in Texas. ●

# For Parents of Little Ones

**P**raying can be hard for rambunctious toddlers. But a habit of praying will bless them for the rest of their lives! Here are some ideas from parents about helping young children with daily prayer.

“ I taught my kids about prayer by allowing them to see my husband and I pray often. They are in the habit of praying because we are in the habit of praying. Pray anywhere, anytime, and let your children be a part of that. ”

—Megan C.

“ We used a toy apple with five slices to explain the parts of prayer. You could also use your five fingers:

1. Dear Heavenly Father
2. We thank Thee for . . .
3. We ask Thee for . . .
4. In the name of Jesus Christ, amen.
5. Listen. ”

—Jennifer R.

“ I like to ask them one thing they are thankful for and one thing they want to ask for before they pray. That way, they have a sort of script in mind when they start. ”

—Danielle S.

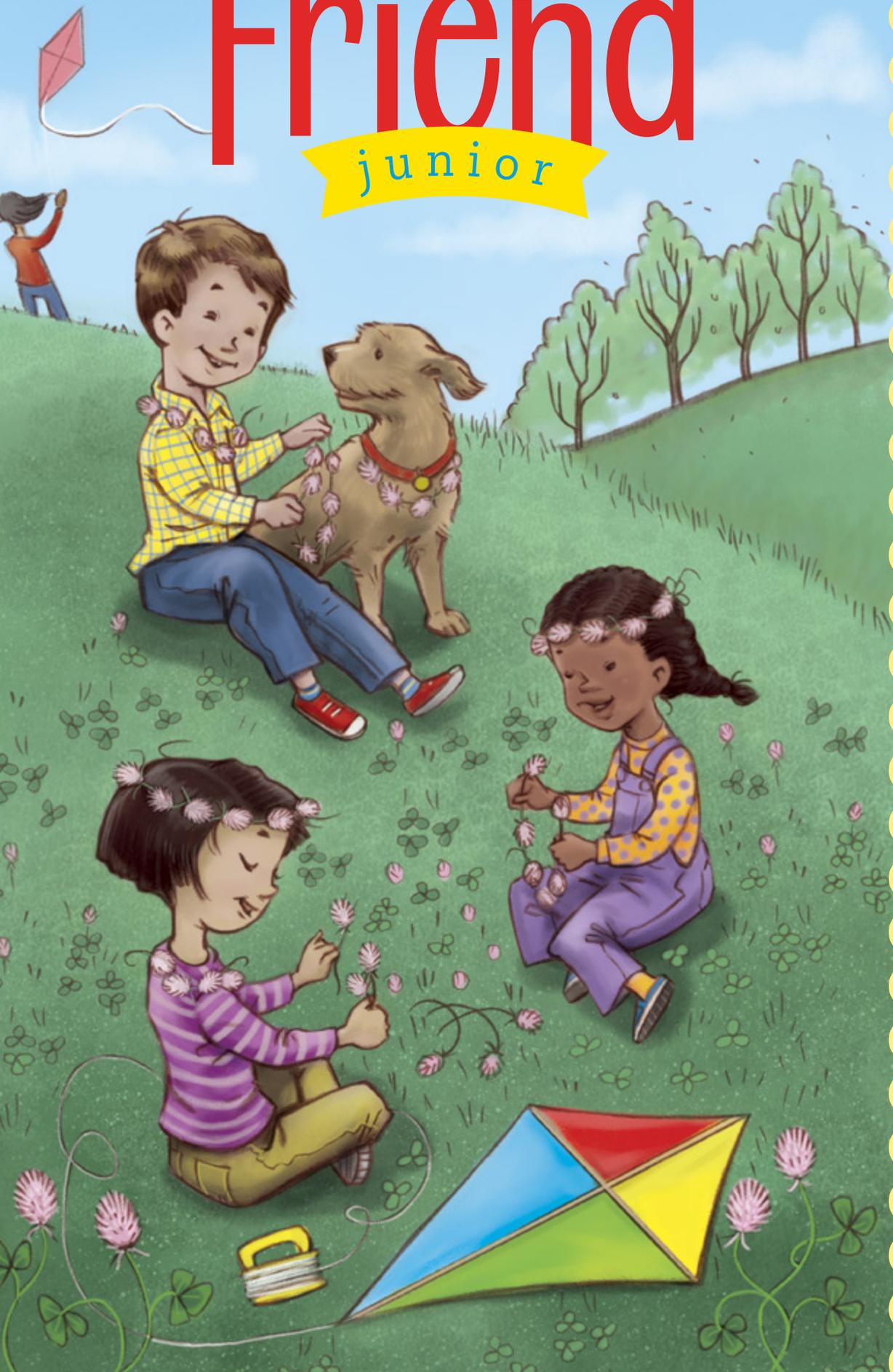
“ Each night, we have one person say family prayer, then every child takes a turn saying their own personal prayer (all together as a family). If we break to go to bed before personal prayers, we’re just not as likely to talk with them about their prayers, or make sure prayers were said at all. ”

—Niki E.



Have a tip for teaching the gospel in your home?  
Send it in! Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org).

# the Friend junior



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18503 Mar 19

THE CHURCH OF  
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OF LATTER-DAY SAINTS