

March 2020

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

the Friend



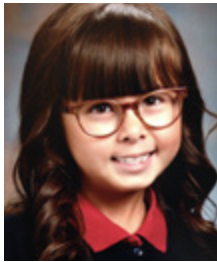
Learn about
ENOS!

See pages 24–25



Friends by Mail

"Feeling Sad?"



My grandparents' dog was sick, and they took her to the vet. They found out she had cancer, so they put the dog to sleep. It made me really sad. Then I saw that the *Friend* had come. I opened it and saw at

the bottom of the page Matt and Mandy saying, "Feeling sad? Go to page 24 for the 'Feelings First-Aid Kit'" (Sept. 2018). I turned to it, and it really helped me. Thanks for making it!

Keilani B., age 9, Utah, USA

Bedtime Reading

I like it when my mum reads me the *Friend* magazine before bedtime.

Tommyle S., age 4, Queensland, Australia



The *Friend* Goes Camping!

My family likes to go camping. My mom and I read stories from the *Friend* in the hammock. It made me feel good and happy. We even saw an owl at our campsite!

Violet P., age 5, British Columbia, Canada

Dear Friends,

Two hundred years ago, Joseph Smith knelt in the Sacred Grove to ask Heavenly Father which church he should join. Heavenly Father and Jesus appeared to him and talked with him face to face. On page 2, President Oaks explains that Heavenly Father can speak to us in many different ways. And on page 3 you can do a dot-to-dot picture of one way we can listen for Heavenly Father's voice.

Love,
The *Friend*

STANDARDS SEARCH!

Can you find a story in this issue about playing and singing good music?

I found it! Page_____.

Bonus challenge! Memorize this month's standard:

"I will listen only to music that is pleasing to Heavenly Father" (*Children's Guidebook*, 63).



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
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COME,
FOLLOW ME

These stories and activities
support this month's *Come, Follow Me*
lessons at home and in Primary.
Find more resources at
lessonhelps.ChurchofJesusChrist.org.

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Find 3 Hidden CTR Rings

Hard: Popcorn popping

Harder: A warm hug

Hardest: Vrrroooooom!

Volume 50 Number 3 March 2020

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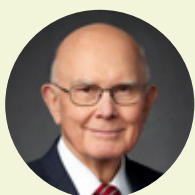
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How Does Heavenly Father Speak to Us?

Here are some of the ways we can hear Him:



**By President
Dallin H. Oaks**

First Counselor in the
First Presidency

Heavenly Father can speak to us in many different ways. When Joseph Smith prayed about which church was right, Heavenly Father and Jesus Christ appeared to him and talked to him face to face. But usually Heavenly Father speaks to us through the Holy Ghost. He gives us thoughts in our minds and feelings in our hearts.



A feeling that Jesus loves us
and that the gospel is true



A comforting feeling when we
are sad or lonely



A happy feeling after we
have repented



A good feeling when we hear
beautiful music or see
inspiring art



A peaceful feeling that
something is a good choice



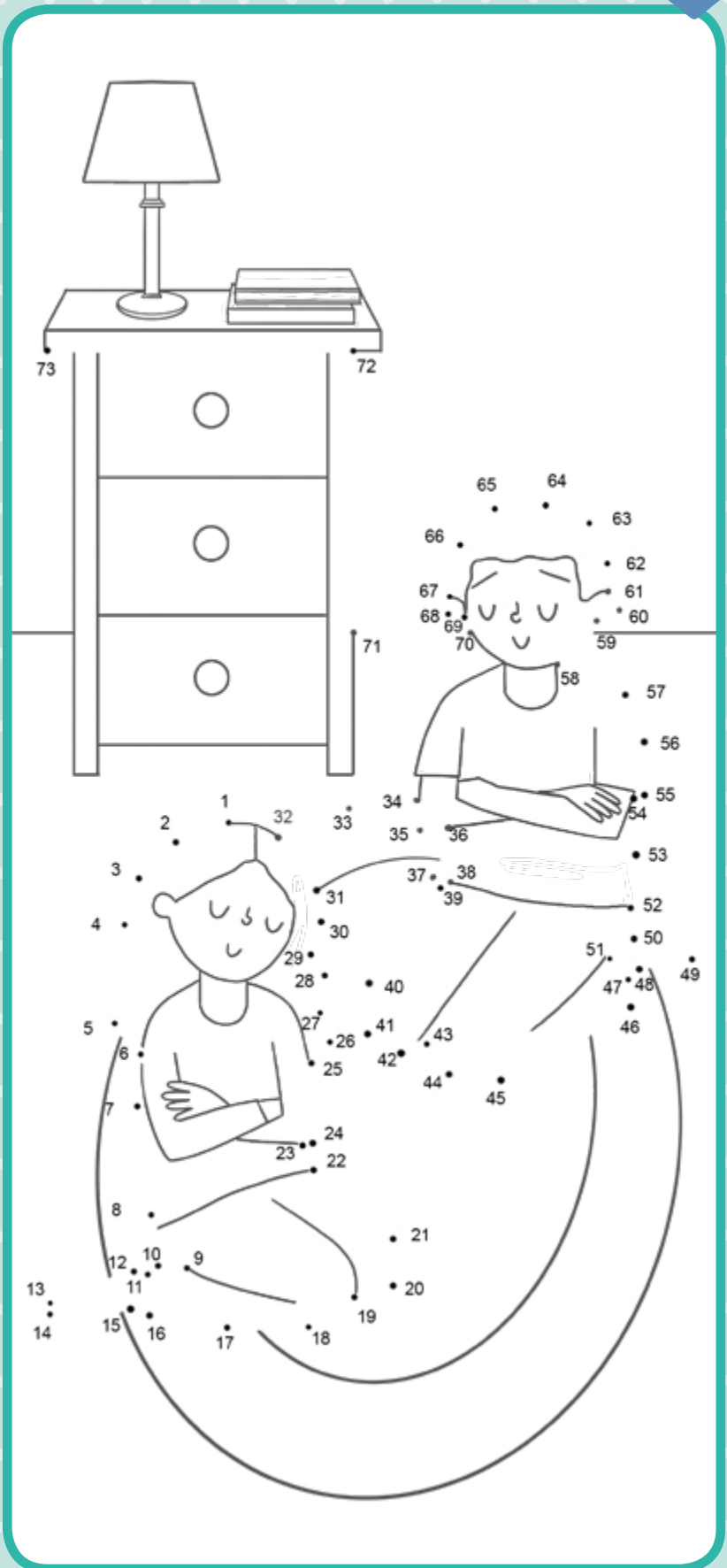
A warning feeling that
something is wrong



Choose the Right and Listen

When Heavenly Father speaks to us through the Holy Ghost, it's called "revelation." Heavenly Father and Jesus Christ don't give us revelation about everything we do. But we don't need to worry. If we're trying to choose the right and listen to the Holy Ghost, They will help and guide us when it's important. ●

Adapted from "Eight Ways God Can Speak to You," New Era, Sept. 2004, 4–8.



**See Come, Follow Me for
Enos—Words of Mormon.**

March 2020

3



By Gayle Kinney-Cornelius
(Based on a true story)

"Freely ye have received, freely give" (Matthew 10:8).

"Good morning, birthday boy!" Mama said. "Come and get some birthday breakfast."

Marcus jumped out of bed and hurried to the kitchen to eat his sweet oatmeal and berries. "Thanks, Mama!"

After breakfast, Marcus ran to his room and reached under his bed for his box of drawing things. Marcus loved oatmeal, he loved soccer, and he loved race cars. But most of all, he loved *drawing*.

Marcus pulled out his notebook and markers. He started drawing a race track with a bright orange race car zooming around.

Pretty soon his race car was almost perfect. All it needed was some cool red stripes. He pulled the lid off his red marker. But it was all dried up!

Oh no! Marcus thought. *I wanted to make the stripes red!*

He grabbed the blue marker. *Oh well. I guess blue stripes will be OK,* he thought. But the blue marker was all dried up too.

Marcus frowned. He definitely needed new



markers. Usually he got a new set of markers for his birthday, but Dad had just lost his job. His family didn't have a lot of money right now. So Marcus would just have to wait. At least he would still get a birthday cake tonight.

With a sigh, Marcus put his drawing things back in the box and slid it under his bed. Soon his friend Peter would be over to play.

When the doorbell rang, Marcus ran to the door.

"Happy birthday!" Peter said. "We're the same age

When the day was over, Marcus lay in bed and thought about his fun day. He got to play with his best friend, and he got new markers!

But a thought kept bothering him. Peter was really quiet when Marcus opened his birthday present from Auntie. *Did my present make him sad?* Marcus wondered.

Then Marcus remembered something. Peter's dad had lost his job too. *What if Peter didn't get any presents on his birthday?* That thought made Marcus sad. But maybe there was a way he could help.

The next morning, Marcus woke up early. He found the crumpled wrapping paper from his present. He pulled out his markers and wrapped one of each color in the paper. Then he put the present by Peter's front door and hurried away before anyone could see him.

When Marcus got home, he looked at his set of markers. There was only one of each color now. Marcus sighed. Then he pictured Peter unwrapping his surprise and smiled. Maybe Peter would come over to play after he found his present. Then they could draw race cars together! ●

The author lives in Vermont, USA.



again!" Peter was exactly one week older than Marcus and lived nearby. Marcus loved having a birthday in the same month as his friend.

Marcus and Peter played soccer in the backyard. Then they built rocket ships out of boxes. Marcus had so much fun that he almost forgot about the markers.

Then there was a knock at the door. "Marcus," Mama called. "Auntie is here to see you!"

"Happy birthday, Marcus!" Auntie said. She handed him a present wrapped in bright paper.

Marcus tore off the paper and couldn't believe what he saw inside. A new set of markers! And even better, there were two of each color.

"Thanks, Auntie!" Marcus gave her a big hug. Then he ran to his bedroom to finish his race-car picture. Peter watched him add the last red stripe. It was perfect!



MY FAMILY NIGHT FUN

These ideas go along with
*Come, Follow Me—for Individuals
and Families* each week.



Prayer Power

For 2 Nephi 31–33



Sing “I Pray in Faith”
(*Children’s Songbook*, 14).

Heavenly Father wants us to pray to Him.
Read “Praying for Uncle Dan” (page FJ8).

Think of someone who could use your
prayers. Remember to pray for them with your
family and in your own prayers.
You could also decorate a
card or send a message
to let them know you
care. What else
could you do
to help them?



Building Blocks of Faith

For Jacob 1–4



Sing “The Wise Man and the Foolish
Man” (*Children’s Songbook*, 281, or page 9).

The prophet Jacob taught that God can
help us make our faith “unshaken” (Jacob 4:6–7).
What’s one thing you can do to help your faith
grow strong?

Now build a tower out of blocks or other
things at home. How strong can you make it?

Fruit Fun

For Jacob 5–7



Sing “Dare to Do Right”
(*Children’s Songbook*, 158).

The prophet Jacob taught about missionary work by telling a story about trees. He compared sharing the gospel to helping trees grow good fruit (see Jacob 5).

Cut out paper fruit in different colors. Have everyone write one way they can share the gospel. You could even make a tasty fruit treat for dessert (see Treat Time)!

Scripture Story Pop-up

For Enos–Words of Mormon



Sing “A Child’s Prayer”
(*Children’s Songbook*, 12–13).

Learn about Enos! Read his story on page FJ4 or in Enos 1:1–12.

Do the craft on pages 24–25 to make a scripture scene of his story. You could also use these pages to talk about how to pray.



TREAT TIME

Apple Nachos



Arrange **apple slices** on a plate and drizzle **caramel** and **melted chocolate** on top.



Add **toppings** like chocolate chips, crushed graham crackers, or sprinkles.

Cocoa Bean Dip



Strain and rinse well **1 16-oz can black beans** (about 450 g).



Blend until smooth with **1 tablespoon water**, **1/3 cup honey**, **1/2 teaspoon vanilla**,

1/4 teaspoon salt, **1/4 cup cocoa powder**, and **2 teaspoons coconut oil** (optional).

Serve with crackers, strawberries, or apple slices for dipping.

Sweet-Potato Fries



Peel **2 large sweet potatoes** and cut them into strips. Place strips on cookie sheet and drizzle **2 tablespoons olive oil** on top.

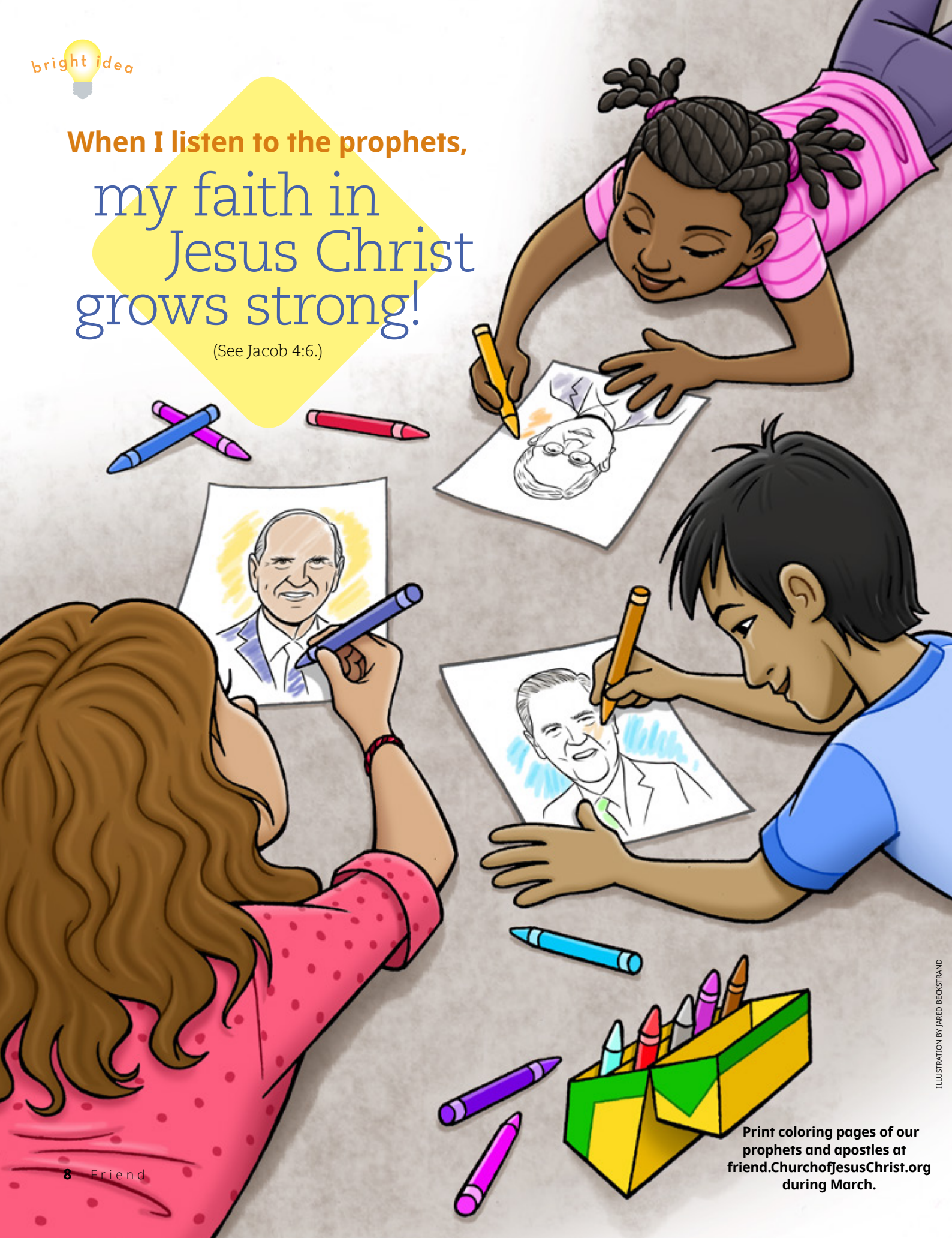


Season with **salt** and **pepper** to taste.

Bake at 450°F (230°C) for 25 minutes, stirring fries occasionally.

When I listen to the prophets,
my faith in
Jesus Christ
grows strong!

(See Jacob 4:6.)



The Wise Man and the Foolish Man

(Simplified)

Brightly ♩ = 112-120

Southern folk song

G D7

1. The wise man built his house up - on the *rock*, The
 2. The *rains* came down, and the *floods* came up, The
 3. The fool - ish man built his house up - on the *sand*, The
 4. The *rains* came down, and the *floods* came up, The

D7 G

wise man built his house up - on the *rock*, The wise man built his
rains came down, and the *floods* came up, The *rains* came down, and the
 fool - ish man built his house up - on the *sand*, The fool - ish man built his
rains came down, and the *floods* came up, The *rains* came down, and the

D7 G

house up - on the *rock*, And the *rains* came tum - bling down.
floods came up, And the house on the *rock* stood still.
 house up - on the *sand*, And the *rains* came tum - bling down.
floods came up, And the house on the *sand* washed a - way.

Actions: *Rock* Plant right fist solidly in palm of left hand.
Rains Let hands descend from high in the air.
Floods Raise hands with palms up.
Sand Wiggle fingers and move arms back and forth in front of body.
Washed away Wiggle fingers and move arms out away from the body.

Matthew 7:24-27
 Helaman 5:12

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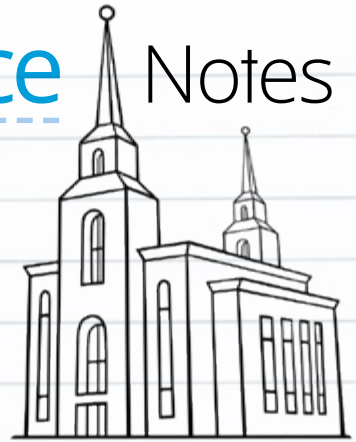
COLOR WHEN YOU HEAR...



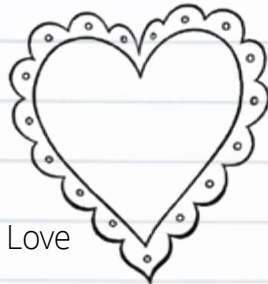
Book of Mormon



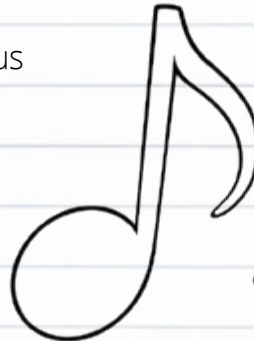
Jesus



Temple



Love

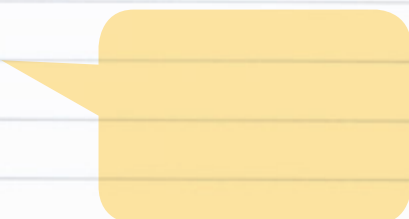


Music



Prayer

OTHER WORDS YOU HEARD



DRAW THE
SPEAKERS!



COLOR
WHILE
LISTENING
TO THE
PROPHET



FOLLOW
THE PROPHET

General conference will be April 4-5.

Music for a Better Day

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

Elizabeth kicked an empty coconut shell down the dirt road. She frowned as it rolled away. Today had not been a good day.

Not at all!

Lagi said something mean to her at school. No one had played with her at recess. And then her art project got ruined. She'd worked on it for weeks!

"It's not fair!" Elizabeth said. Who invented bad days anyway?

Elizabeth plucked a hibiscus flower. At least that was one good thing. In Samoa she could always find beautiful flowers. Even on a bad day.

She twisted the pink flower into her hair and walked home.

"*Talofa!*" Dad said. "How was your day?"

Elizabeth looked down. "Not very good." She walked past the noisy pigs in their yard and sat next to Dad on the porch.

Dad listened as she told him all about her hard day.



"I'm so sorry," Dad said, hugging her. "Days like that are really hard. Want to know something that might help?"

She nodded. "Yes, please!"

He started singing a song that Elizabeth knew well. It was a beautiful song that Dad sang to Mom all the time. She laughed and pushed on his shoulder. "Daa-aad! That doesn't fix anything."

He grinned. "I'm serious! Good music can always help your day go better. And, speaking of music . . ."

Elizabeth knew what he was going to say. It was time to practice piano.

More than anything, Elizabeth wanted to learn piano so she could play songs in church. She already loved singing with her family. Especially with Dad. But playing piano was harder. Her fingers had to work to find the notes.

"I don't know if I feel like practicing today," she said.



change. She felt peaceful. Elizabeth smiled. She was feeling the Holy Ghost!

Dad started humming. He stood next to her and began to sing.

She kept playing, and Mom joined in too. Elizabeth kept thinking about all the ways God blessed her and her family.

At the end, Dad leaned down. “Feeling any better?” he asked.

“Yes!” she said. “You were right. Good music *did* make my day better!” ●

Dad stood up. “Maybe it would help to think about what you’re playing.”

Then he took off his sandals and went inside to help with dinner. Elizabeth took off her sandals and followed him.

The sheet music for “Fa’afetai i Le Atua” sat on the keyboard. Elizabeth loved this Samoan hymn. It was all about giving thanks to God.

Elizabeth turned on the electric keyboard and started playing. “Think about what you’re playing,” Dad had said.

Elizabeth decided to try it. She thought about all the things she was thankful for. Her family. Her house. Music. Beautiful Samoa.

Her fingers started to find the notes more easily. After a while, her feelings began to



What helps you feel better on hard days?

Turn the page
to learn more about
Samoa!



HELLO from Samoa!



Talofa!

We're Margo and Paolo.
Join us as we visit Samoa!



Samoa is an island country in the Pacific Ocean. It has two main islands and four smaller islands.



Many people in Samoa live in *fales*, which are houses without walls. People cook over a fire outside.



Many Samoan people love to sing! These children are getting ready to sing in Primary.

O LE EKALESIA A
IESU KERISO
O LE AU PAIA O ASO
E GATA AI

Here's how to say
"The Church of Jesus Christ of
Latter-day Saints" in Samoan.



Lots of people raise pigs and chickens
and use dogs for hunting.





Coconuts are a popular food in Samoa. Everyone helps harvest them and remove the outer covering. The shells are often burned as fuel for cooking fires.



Meet some of our friends from Samoa!



I love to sing Primary songs. My favorites are "Mother, Tell Me the Story" and "I Am a Child of God."

Mary V., age 5, Savai'i, Samoa



I know Heavenly Father hears and answers my prayers.

Alex S., age 11, Upolu, Samoa

**Are you from Samoa?
Write to us!
We'd love to hear from you.**



Thanks for exploring Samoa with us. See you next time!

Because they live on islands, Samoans are never far from the ocean!



Hayfields and Priesthood Blessings



By Elder
Jack N. Gerard
Of the Seventy

"The Comforter . . . is the Holy Ghost" (John 14:26).

When I was a boy, my family had a small farm with cows and hayfields. Growing up on a farm was hard work. Also, I had bad allergies, and the dust from the hay sometimes made me sick.

One hot summer day, my brother and I were working in the field. The wind was blowing hard, and there was a lot of dust in the air. My eyes were watering. It was hard to breathe. My nose even started to bleed because I'd rubbed it so much.

When my mother came out to the field and saw me, she told me to come inside the house. She had me lie on the couch with a wet cloth on my face. A few minutes later, she came back with two farmers in overalls.

The farmers were members of our ward. They placed their hands on my head and started to give me a blessing. My dad wasn't a member of the Church then, so he didn't hold the priesthood. But I'll never forget the feeling I had as those men blessed me. It was warm, peaceful, and calming. And I didn't feel so sick anymore.

Later in life, I realized that feeling was the Holy Ghost. The Holy Ghost is sometimes called the Comforter. I like that name because it was the Holy Ghost that brought me comfort. It made me feel better on the outside and on the inside.

The Holy Ghost is a great blessing. Look for the comfort the Holy Ghost brings and try to have it with you every day. ●

From an interview with Eliza Broadbent.



Comfort from the Holy Ghost

There are many ways you can feel comfort from the Holy Ghost. Find a path through the maze to see just a few.



START



"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).



FINISH



Eddy and the BOOK OF MORMON

By Lucy Stevenson

Church Magazines
(Based on a true story)

"I love to read the holy scriptures"
(Children's Songbook, 109).

"How was school today?" Dad asked as he poured Eddy a glass of milk.

Eddy swallowed a bite of green beans and looked down at his plate. "It was OK."

"Just OK?" Mom asked.

Eddy nodded. "Some kids laughed at me during reading time," he said. "I don't like reading in front of people."

Some words were hard for Eddy to pronounce, so reading out loud always made him nervous, especially when other kids made fun of him.

"I'm sorry," Dad said.

"Thanks, Dad. Can you pass the rice, please?"

Eddy knew Mom and Dad probably wanted to hear more about reading time, but he didn't feel like talking about it. He was glad his big brother, Eric, had lots to say about his first day of soccer practice.

After dinner, Eddy stood up to go to his room.

"Wait," Eric said. "We almost forgot to read scriptures!"

Eddy's family had been trying hard to read the Book of Mormon. Reading right after dinner seemed to be the best time because everyone was together. But it was still hard remembering to read every day.

"We almost forgot again!" Mom said. "What can we do to help us remember?"

"Maybe we should pray about it," Eddy said.

"Heavenly Father can help us."

"That's a great idea!" Dad said. "Will you say the prayer?"

Eddy nodded and bowed his head. "Heavenly Father, please help us know how we can remember to read the scriptures."

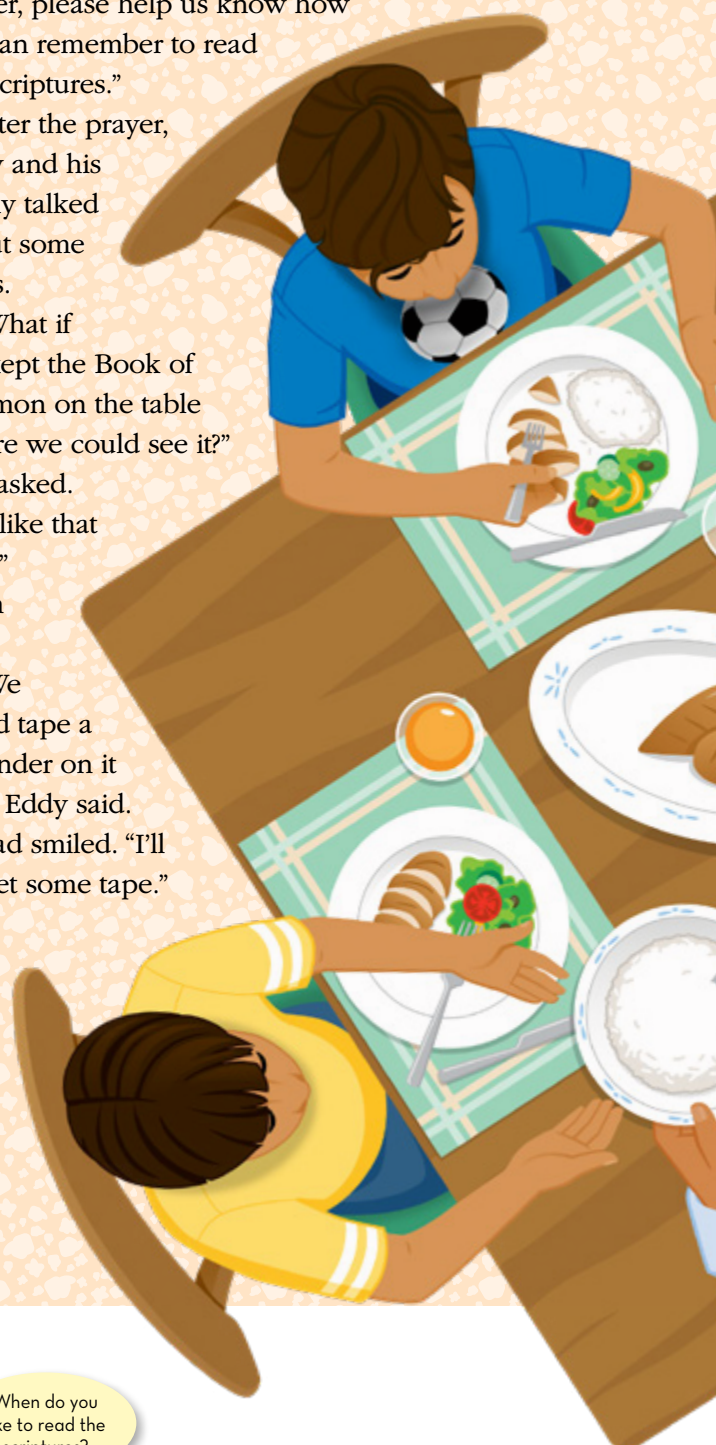
After the prayer, Eddy and his family talked about some ideas.

"What if we kept the Book of Mormon on the table where we could see it?" Eric asked.

"I like that idea," Mom said.

"We could tape a reminder on it too," Eddy said.

Dad smiled. "I'll go get some tape."



We like to read the Book of Mormon at breakfast.

When do you like to read the scriptures?

Eddy cut a strip of white tape and put it on the front of the Book of Mormon. Then he took a marker and wrote “Read!” across the tape.

“There,” he said. “Now we won’t forget.”

Every night, Eddy and his family saw the Book of Mormon on the table. And every night, they remembered to read. It was working!

Eddy liked reading the Book of Mormon. He especially liked the story of Nephi building a ship. Nephi’s brothers made fun of him, but that didn’t stop him. Nephi trusted God, and God helped him do hard things.

“Nephi’s my hero,” Eddy said after reading one night.

A few days later, it was reading time again at school. When it was Eddy’s turn, he heard some kids already starting to laugh. Instead of worrying about what they would say, Eddy took a deep breath and thought about Nephi. A peaceful feeling came into his heart as he said the first word.

When Eddy finished reading, he felt good. He still messed up a few times, but Eddy didn’t care. He knew he had done his best.

“How was reading time?” Mom asked at dinner.

“It was good,” Eddy said. “A few kids still laughed, but it didn’t bug me. I just thought about what we’re reading in the Book of Mormon, and it helped me a lot.”

Dad and Mom smiled.

“We’re so proud of you!” Dad said.

“Thanks!” Eddy said. After dinner, he reached across the table for the Book of Mormon. He couldn’t wait to read what happened next. ●



“As you prayerfully study the Book of Mormon *every day*, you will make better decisions—*every day*.”

President Russell M. Nelson

“The Book of Mormon: What Would Your Life Be Like without It?”
Ensign, Nov. 2017, 62.

Find It!

This family enjoys working together to gather food to eat. Can you find 15 coconuts?
Then find the other hidden objects.



ILLUSTRATION BY CHUCK DILLON





I LIKE TO BE A FRIEND



Kiera A., age 10, Utah, USA

One day at recess, my friend Brooklyn and I saw a younger girl from another grade sitting next to the wall, crying.

“What’s wrong?” Brooklyn asked.

“I don’t have any friends to play with,” the girl sniffed.

She told us her friends had moved away. Now she didn’t know anyone in her grade to play with. I felt bad for her. I knew how it felt to lose a friend.

“We know how you feel,” Brooklyn told the girl.

“Maybe after school you could talk to your mom,” I said.

The girl nodded.

“Do you have a journal or diary to write in? It helps,” I said.

We spent the rest of recess talking and giving her tips on how to make new friends.

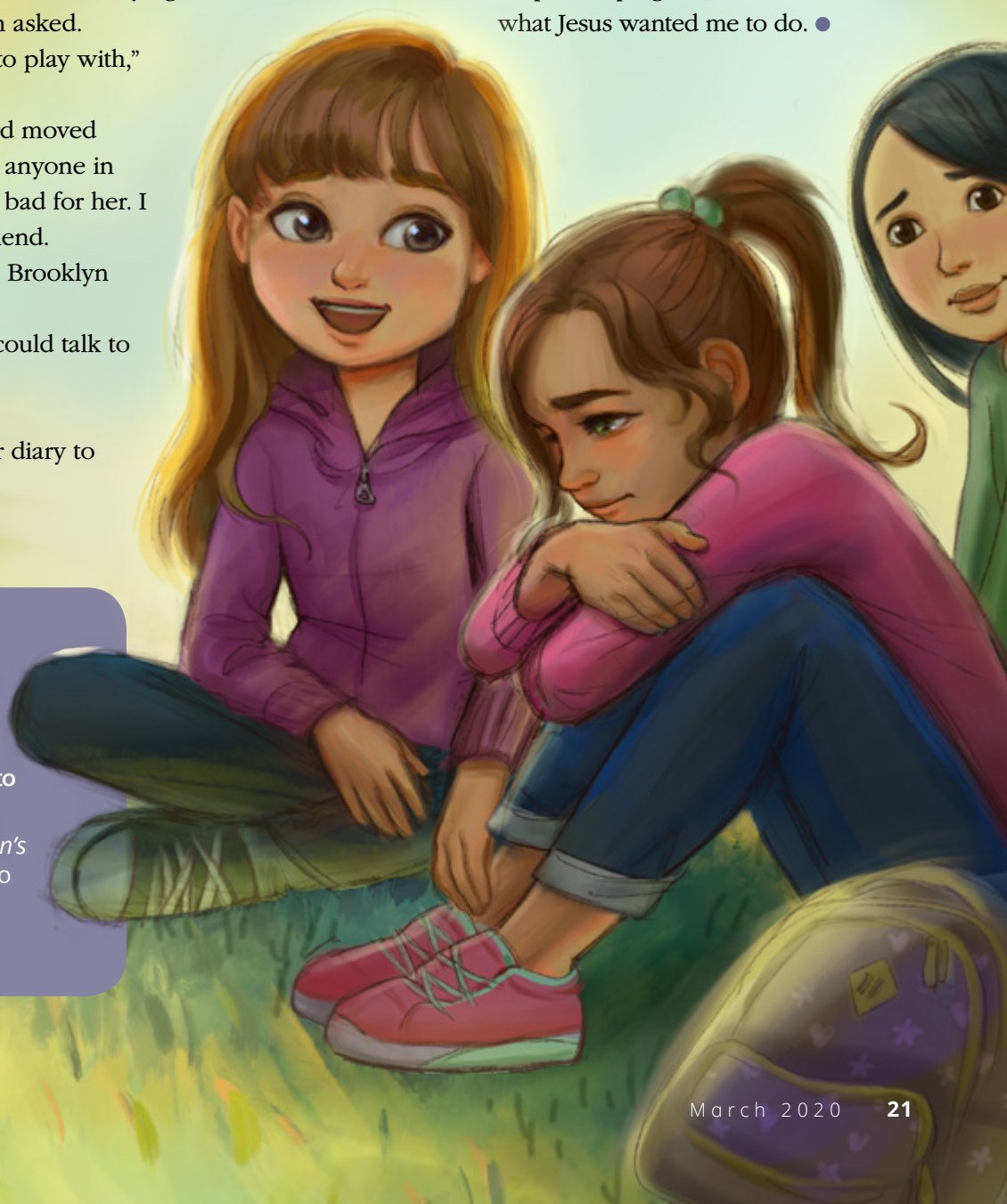
The bell rang, and we had to leave to go back to class.

I felt the Spirit helping her, and I knew I did what Jesus wanted me to do. ●

KINDNESS CHALLENGE

Do you have tips for making new friends? Write to us! We’d love to hear them.

You can use your *Children’s Guidebook* to set a goal to make new friends.





This light will keep the kittens warm tonight. It's bedtime for everyone!



You can play with the kittens tomorrow.



Go check the kittens.



Where did that thought come from?





The author lives
in Utah, USA

I CAN PRAY

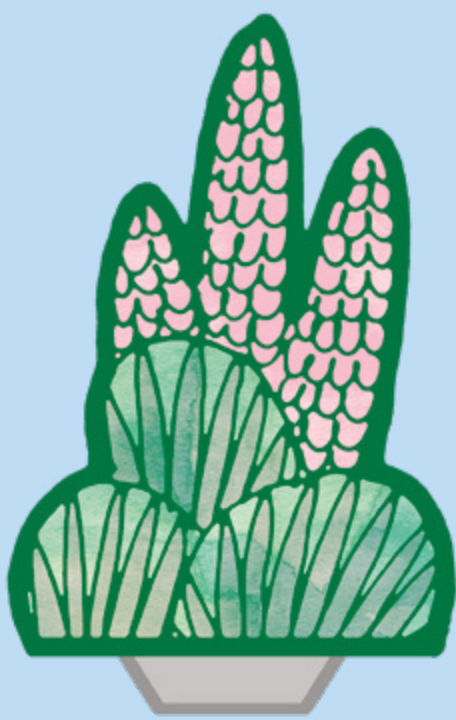
Enos prayed all day
Read about it in Enos 1
or in the story "Enos"

When You Pray:

- Start with "Dear Heaven"
- Thank Him for blessings
- Tell Him about your feelings
- Ask Him for help with things
others who need help
- End with "In the name of Jesus"
- Take time to listen to Him

You don't need to pray all day
you. You can feel it through
Sometimes answers come
But God *always* answers

Glue on
these pictures
small box of
of cardboard
scene of Enos



LIKE ENOS

and felt God's love!
in the Book of Mormon
Prayed" on page FJ4.

enly Father . . ."

ngs.

eelings or questions.

n what you need, or pray for

p.

e of Jesus Christ, amen."

the Holy Ghost.

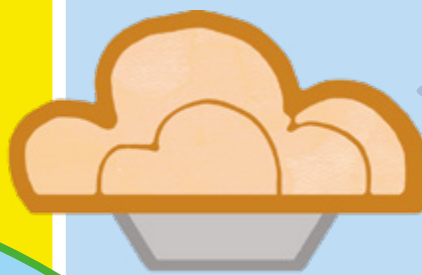
l day to feel God's love for

ugh thoughts or feelings.

swers take time.

ays hears you!

or tape
ures in a
or on a piece
d to make a
nos's story.



COME,
FOLLOW ME



ILLUSTRATIONS BY ADAM KOFORD



ELDER DIETER F. UCHTDORF

Of the Quorum of the Twelve Apostles



He likes banana split ice cream!

He and his wife, Harriet, have two children, six grandchildren, and five great-grandchildren.



Elder Uchtdorf will be 80 years old this year!



As a young boy in Germany, he rode his bicycle to deliver laundry for his family's business.

He was baptized in a public indoor swimming pool.



He was a fighter pilot in the German Air Force and a B747 airline captain.



“Remember: If God is with you,
who can be against you?”

Elder Dieter F. Uchtdorf

See “Making Choices for Eternity,” *Ensign*, Oct. 2002, 30.

A Goal to Serve

These friends decided to help their neighborhood by picking up trash at the park. The pathways show where the friends walked. Follow each path! Who picked up the most trash? Who saw the most squirrels? Answers on page 39.



Show and tell



I was playing video games when my dad turned off the TV for home evening. *Ugh!* I thought. In home evening, we learned about John the Baptist. Later that night, thinking about what I learned made me feel good inside.

Alex J., age 9, Kansas, USA



Magan S., age 12, Alberta, Canada



Roan S., age 10, Oregon, USA



When I was baptized, I felt very happy to take this great step, knowing that by being baptized and confirmed I was following Jesus.

**Sary Del Mar R., age 8,
Calle del Cauca, Colombia**



My sister made a mistake in her new church activity book and needed a new one. I

hadn't done anything in mine, so I gave my book to her. I knew Jesus would share too!

**Elizabeth M., age 7,
Glasgow, Scotland**





Nigel K., age 7, Alberta, Canada



Eliza D., age 10, Idaho, USA



I was having a play date with my friend when she saw a picture on my wall. She asked who was in the picture. I said it was Jesus. I am grateful I know about Jesus and was able to share that with my friend.

Annabelle W., age 6, New Jersey, USA



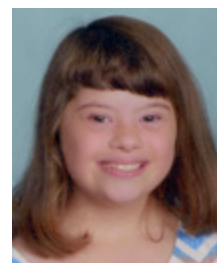
We should pray to Heavenly Father to help us.

Yohann P., age 8, Brittany, France



We made Mother's Day cards for our mum. We like making cards for Mum and Dad!

Levi and Nolan Q., ages 6 and 8, Staffordshire, England



I comfort others by giving them a hug when they are sad.

Anna R., age 11, Missouri, USA



When my dog, Tucker, died, I was sad for a long time. I prayed that I wouldn't be sad, and after a few days I felt better. I knew it was a gift from Heavenly Father.

Jayne D., age 7, Virginia, USA



older for KIDS

What do you call a bear with no teeth?

See page 39.

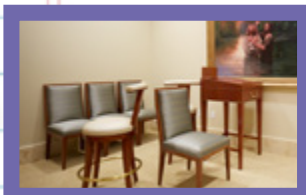
FAMILY HISTORY CORNER

Your family history includes what happens to you every day! Draw these things in your journal to remember your experiences.

- Your house
- Your school
- Your favorite food



A LOOK INSIDE THE TEMPLE



Each person you're baptized for in the temple also needs to be confirmed a member of The Church of Jesus Christ of Latter-day Saints. You can stand in for your

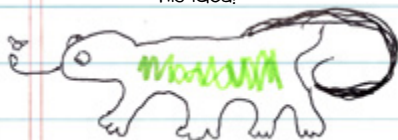
ancestors as they receive the Holy Ghost! Can you crack the code to find out which temple is in the picture? (See page 39)

M 13 5 18 9 4 9 A 1 14

A 9 4 1 8 15

ART CHALLENGE

Draw a lizard using the letter J.
Thanks to Matthew M. for sharing his idea!



MY TESTIMONY

A couple of Sundays ago during sacrament meeting, it was time for people to go up and share their testimonies. Suddenly I got an urge to go up to the microphone and tell everyone my testimony. I was shaking, but I knew I could do it. No matter how scared you feel, you should try to share your testimony. It doesn't have to be to the whole church. It can even be to one person!

Ruth G., age 10, Nebraska, USA

I kept dreaming about a beautiful building!

By Katie Morrell

(Based on a true story)

Anthony's Dream

Anthony was surprised when he woke up. This was his third time having the same dream! In the dream, a tall man showed him a beautiful building. *What could it possibly mean?*

As a schoolteacher, Anthony had visited many places outside his village in Nigeria. The building from his dream didn't look like anything he had seen before. Maybe it didn't actually exist. But there was just something special about it.

As years passed, Anthony still thought about his dream, but he was worried about other things. A war started in Nigeria. It wasn't safe for Anthony and his wife and children to leave their house. It was hard being inside all day. Anthony missed seeing his friends and students.

One day Anthony found an

old magazine in his house. When he opened it, he saw something that looked familiar. It was the beautiful building from his dream! It was *real*.

The building belonged to The Church of Jesus Christ of

Latter-day Saints. *I've never heard of that church*

before, Anthony thought. He wanted to learn more about it, but because of the war, he still couldn't leave his house. He would have to wait.

When the war finally ended, Anthony sent a letter to the Church's headquarters in Salt Lake City. He asked if they would send missionaries to teach him and his family. "Can you build your church in my town?"

This is the building I saw in my dreams!



I built
this little chapel
so we could
have a place
to meet!

Anthony wrote. "Please send me scriptures so I can teach the other villagers."

Anthony was sad when he received a letter from Church headquarters: "Right now we don't have any missionaries in your country." Back then, black men couldn't hold the priesthood. And the Church wasn't organized in much of Africa.

But Anthony was good at being patient. Even though he couldn't get baptized yet, he kept his faith strong.

The Church sent Anthony and his family the Book of Mormon and other Church books. Anthony studied the books and taught what he learned to his neighbors.

So many people were interested in the gospel that Anthony needed a place for everyone to meet.

On a road lined with banana trees, Anthony built a little chapel with a blue door and shutters. A sign on the building read, "Nigerian Latter-Day Saints."

Years went by. Then one day Anthony heard wonderful news. God told the prophet that *all* worthy men could have the priesthood. The Church was sending missionaries to Anthony's village!

The missionaries were surprised to find a church building and so many people ready to be baptized. They were amazed at the faith of Anthony and the other villagers.

"It has been a long, difficult wait," Anthony told

the missionaries, "but that doesn't matter now. You have come at last."

Anthony was the first person baptized in the Ekeonumiri River in Nigeria. When the new branch was organized, he was called to be the branch president. His wife, Fidelia, was the Relief Society president. They were sealed together in the temple years later. After dreaming about a temple, he finally got to go there!

Anthony continued sharing his faith with others. He often told people that the seed of the gospel planted in Nigeria would grow into a great tree. The world would be surprised by its growth.



Baptized
at last!

Anthony was right. Today there are more than 170,000 members of the Church in Nigeria—and a beautiful temple! The gospel seed Anthony helped plant continues to grow around the world today. ●

The author lives in Utah, USA.

Anthony Uzodimma Obinna
(1928–95) served as president of the first official branch in Nigeria. He said, "God is great and performs wonders. No human power can withhold God's work in this world."

I want to make friends, but I don't know how.
What can I do?
—Lonely in Limerick

Dear Lonely,

Lots of other kids are looking for a friend too. So why not be the first to smile and say hello? It won't always work out, and that's OK. Keep trying, praying, and helping others.

We love being your friend!
The Friend

Write
what you
could say
in each
situation.



HELP OUT



SAY SOMETHING KIND



ASK A QUESTION



INTRODUCE YOURSELF



DO SOMETHING FUN TOGETHER

Pani Popo

These Samoan coconut rolls are sticky and sweet! Don't forget to get an adult's help.

12 frozen dinner rolls from package (or a favorite roll recipe)

1 10-oz can coconut milk (about 300 ml)

1/2 cup sugar

1. Prepare rolls in a greased baking dish and let rise according to package instructions.
2. Combine coconut milk and sugar in bowl and mix until sugar is dissolved. Pour about 2/3 of coconut mixture evenly over rolls.
3. Bake rolls at 350°F (175°C) for 20–30 minutes (or according to package/recipe instructions).
4. Remove from oven and pour remainder of coconut mixture on top. Rolls will be sticky on bottom.



Siapo

Siapo is a cloth made in Samoa from the bark of paper mulberry trees. The bark is scraped and beaten to become soft, then set out in the sun to dry. Artists use dyes from berries, nuts, and other things in nature to paint patterns on the cloth. Here's how to make your own pretend Siapo cloth!

**1 paper bag
acrylic paint**

1. Tear a large rectangle or square from the paper bag.
2. Crumple the paper into a tight ball. Then uncrumple it and lay it flat. Repeat several times until the paper is soft like fabric.
3. Paint lines across the "cloth" to separate it into sections. Then paint different shapes, lines, and patterns in each of the sections.
4. Set your cloth out to dry. Hang it up when it's done!



BACKGROUND WEDDING TAPA FROM WIKIMEDIA COMMONS; LEFT, PHOTO BY ASHLEY BARNETT; STEP BY STEP IMAGES FROM GETTY IMAGES

Lily's First Calling

*Lily was brand new to Young Women.
How could she be class president?*

By Jane McBride

(Based on a true story)

"By love serve one another" (Galatians 5:13).

"I don't know if I can do this new calling," Lily whispered to Mom. They were waiting outside the bishop's office after church.

Lily had just been called as president for her Young Women class. She was excited. But also really scared. She had just turned 11 in December and was the youngest girl in her class. How could *she* be the president?

Lily looked down at her lap and noticed she had torn up the paper she was holding. She always did that when she was nervous. Little pieces of paper were all over her dress.

"I've only been in Young Women for a few months!" Lily said, biting her lip. "I don't know how to be a leader."

"It's OK to be nervous," Mom said. "But you'll do great!" She grabbed Lily's hand and gave it a squeeze. "Remember when you took cookies to Amanda?"

Lily nodded. A few months ago, Lily's friend Amanda was sick with the

flu. Lily baked cookies for Amanda and made a big word search for her to do so she wouldn't be bored.

"Yes," Lily said. "But what does that have to do with being a good class president?"

Mom helped Lily clean up the torn pieces of paper.

"Because," she said, "you had a good idea, and you followed through. You care about people. That's a big part of being a good leader!"

"Really?" Lily asked.

"Really," Mom said, smiling. "Jesus was the perfect leader because He cared about people and helped them. You can try to do that too."

Lily grinned. She hadn't thought of that. She took a deep breath. "Thanks, Mom."

Bishop Roston stepped out of his office. "Are you ready, Lily?"

She nodded. Together, she and Mom went into the bishop's office.

Lily sat in a chair while Bishop Roston and his counselor put their hands on her head. They set her apart for her new calling and gave her a blessing. Lily listened carefully to the words.

During the blessing, Bishop Roston told her to always listen to the Spirit and to her heart. He also told her that if she was



WHAT DOES IT MEAN TO BE "SET APART"?

When you get a calling in the Church, you get a special blessing that gives you authority to do your calling. This gives you extra help and guidance as you help do Heavenly Father's work.



faithful and prayed to Heavenly Father, He would help her know what to do.

Lily felt peaceful as she heard those words. She knew that feeling was from the Holy Ghost.

After the blessing, Lily shook hands with the bishop and his counselor.

"Lily, you are kind, and you're capable. You will be able to bless the girls in your class," Bishop Roston said, smiling.

"Thank you," Lily said. "I'll do my best!"

As she turned to leave, Lily noticed a picture of Jesus on Bishop Roston's desk. *I can help people too!* she thought.

On the way home, Lily thought of ways she could help the girls in her class. She thought about Suzanne, who had broken her arm on her trampoline last week.

I bet Suzanne could use some love right now, she thought.

"Can I visit Suzanne tonight?" Lily asked Mom. "I have an idea about something I can do for her!"

After all, Lily thought with a smile, that's what Jesus would do. President Lily was ready to serve! ●

The author lives in Colorado, USA.

See Come, Follow Me for Jacob 1-4.



Jesus's Helping Hand



Arsen, age 9

Once we went to a children's play center. One of the activities was a very tall hill, which you had to climb up using a rope. I tried to do it many times, but I could only make it three-quarters of the way. Just before I could reach the top, I would fall and slide down to the bottom of the hill.

I felt like I would never be able to reach the top. Then an employee quickly climbed up the hill and gave me her hand from there. With her help, I easily got to the top.

At that moment I thought about Jesus. He does the same for us. When we do the best we can but still aren't reaching our goal, He gives His helping hand to us. This experience was very spiritual for me, and I will remember it all my life. ●

Book of Mormon Art Show!



Andrea R., age 9, Cambridgeshire, England



Jonah H.,
age 7,
Wyoming, USA

FUNSTUFF ANSWERS

Page 27: most trash—red; most squirrels—blue

Page 31: a gummy bear; Meridian Idaho (Hint: A=1, B=2 . . .)



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ9, 23, and 4.

How to Write to the *Friend*

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

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@ChurchofJesusChrist.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



Bailey B., age 10, Utah, USA

Send in your
own cartoons!

March 2020

39

the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

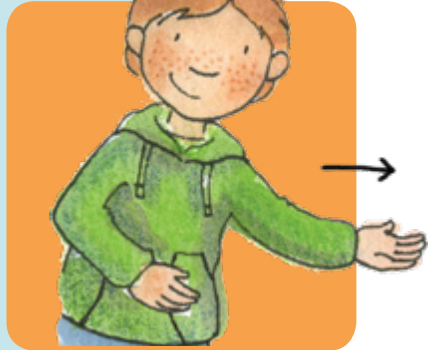
ACTION RHYME

Feasting on the Scriptures

By Jordan Monson Wright



The scriptures
are the words
of Christ.



They show the
way to go.



I love to learn the
words of Christ.



They help my
faith to grow.



I don't just want a
nibble. I don't just
want a bite.



I want to *feast* upon His words
and learn to do what's right.

Harry Shares



Harry is playing with toys. He is having fun.



Harry sees a girl who looks sad.



"Do you want to play with me?" Harry asks.



Harry shares toys with her.



Now they are both having fun!



Jesus is happy when we share with others.

A Room Full of Sharing

These children are happy when they share!



Can you find these toys in the picture above?



See *Come, Follow Me* for Jacob1-4.

Enos Prayed



Enos was hunting in the forest. He started thinking about God.

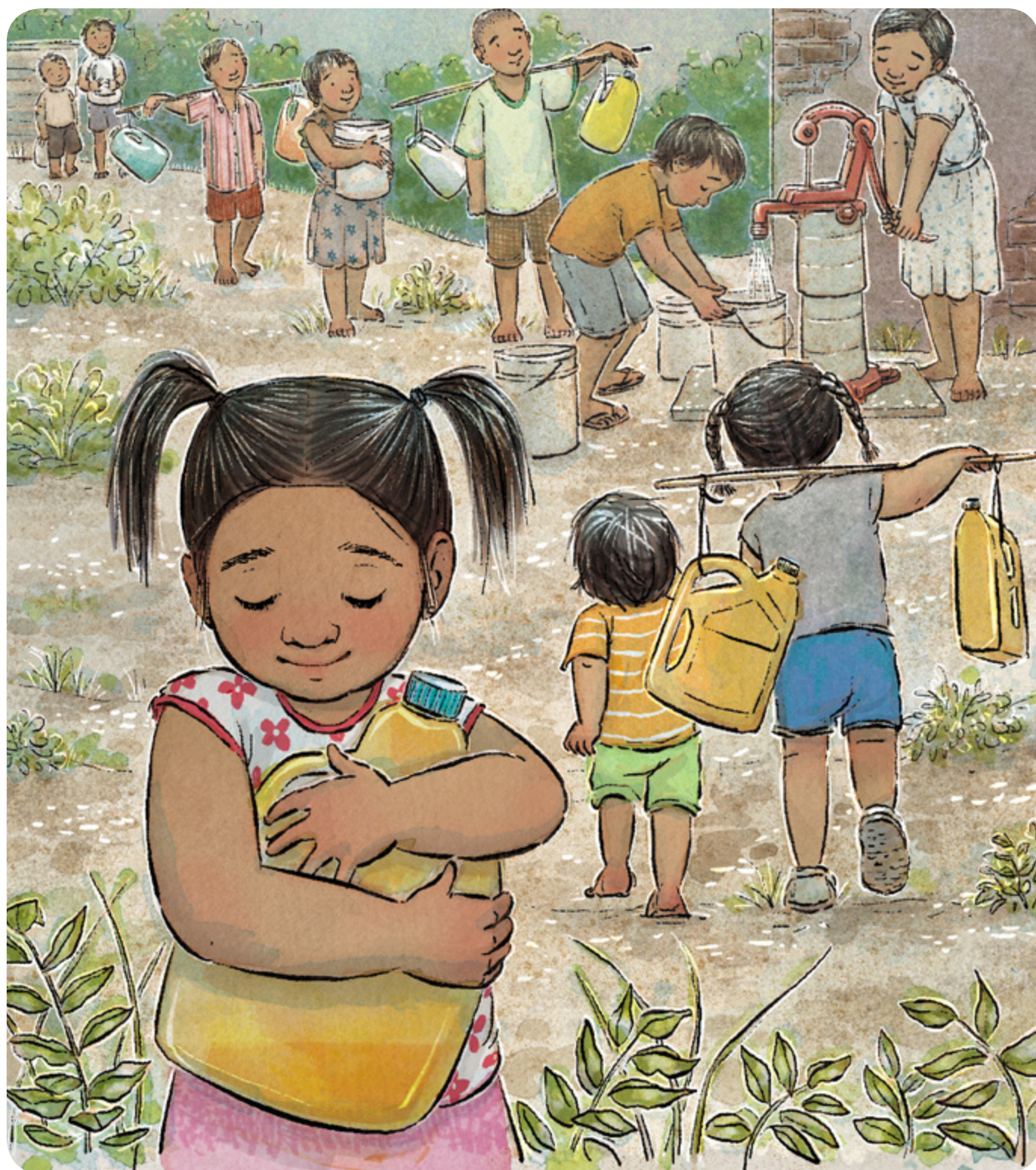


He wanted to know God better.
So he prayed. He heard God's
voice!

God said that because
Enos had faith in Jesus,
his sins were forgiven.
Enos was happy. But he
didn't stop praying.

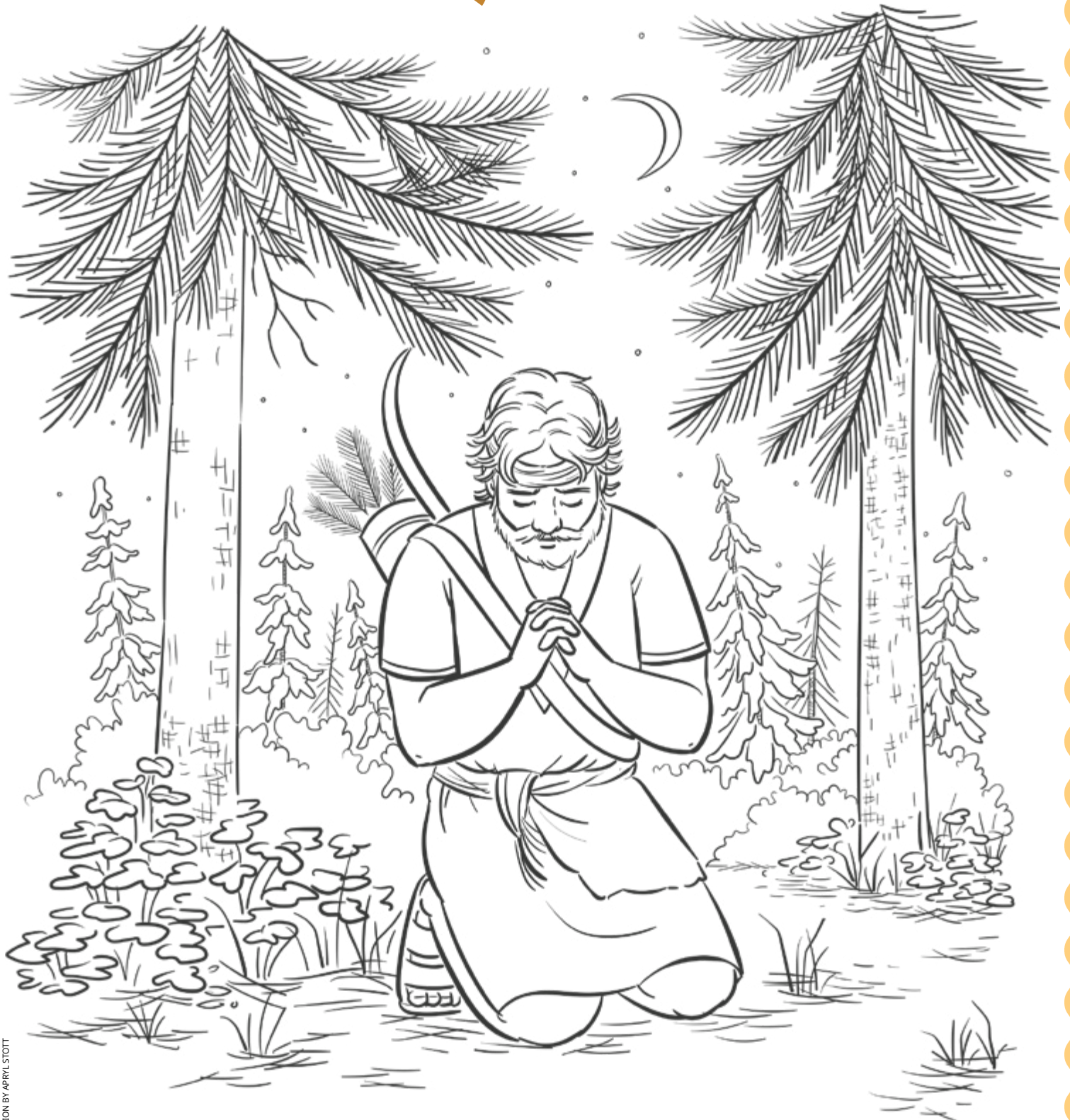


Enos prayed for his friends.
He prayed for his enemies. He
prayed about the scriptures.
He kept praying for a long time!



I can pray to God anytime, anywhere. I can help other people by praying for them. ●

Enos Prayed with Faith



Who needs your prayers today?

Isabelle loved to pray! In the morning she said a “good morning” prayer. She thanked Heavenly Father for the sunshine and a new day.

At lunchtime Isabelle told Heavenly Father about her day so far. She prayed for help to be nice to her sisters when they got home from school.

PRAYING for Uncle Dan

By Marissa Widdison
Church Magazines
(Based on a true story)

At bedtime Isabelle’s family prayed together. They always started by talking about people who might need extra blessings.

Tonight Daddy said, “Please pray for Uncle Dan. He lost his job.”

Isabelle felt sad. She didn’t know a lot about grown-up work, but she knew that losing a job was bad. She loved her uncle. He made yummy popcorn. And last time he came over, he showed her how to do a cartwheel!



"I'll pray for him to find a job," Maria said. She was one of Isabelle's older sisters. It was her turn to pray out loud for the family.

The next day, Isabelle asked Daddy if Uncle Dan found a job yet.

"Not yet," Daddy said. "Sometimes prayers aren't answered right away."

"So should we keep praying for him?" Isabelle asked.

Daddy nodded. "That would mean a lot to Uncle Dan."

Every day, Isabelle and her sisters prayed for Uncle Dan. They prayed for him to find a job. They prayed for him to

have enough money. They prayed for him to feel loved.

Isabelle was glad she could help Uncle Dan with her prayers. Praying for him made her happy.

Her family helped Uncle Dan in other ways too. One day they helped Uncle Dan clean his house. Another day, Isabelle and Mommy stopped by to watch a movie with Uncle Dan.

Weeks went by. Finally Daddy had good news.

"Uncle Dan has two job interviews this week!" Daddy said.

Isabelle felt happy. She was glad she could pray for the people she loved. ●



What did Isabelle do to help Uncle Dan?

Come, Follow Me for Little Ones

Here are some activity ideas for toddlers and young children that go along with each week's reading.

I CAN
TRY TO BE
LIKE JESUS
EACH DAY.

For 2 Nephi 31–33

Read 2 Nephi 31:16 together and help your little ones say, "I can try to be like Jesus each day." Play a follow-the-leader game, like "Simon Says" or "Do As I'm Doing." Talk about how Jesus Christ is the perfect example for us to follow.

For Jacob 5–7

Read Jacob 5:61 together and help your little ones say, "I can teach people about Jesus." Then color nametags and dress up like missionaries! Practice talking about the scriptures and Jesus. You could sing a missionary song together, like "I Want to Be a Missionary Now" (*Children's Songbook*, 168).

For Jacob 1–4

Read Jacob 2:18 together and play a sharing game. Give each person a toy and set a timer. When it dings, everyone should run to someone else and say, "God is happy when I share!" and trade toys.



For Enos—Words of Mormon

Read Enos 1:4–5 together and help your little ones say, "I can pray to Heavenly Father anytime, anywhere." You could use five fingers to review the parts of prayer: 1) start with "Dear Heavenly Father," 2) thank Him for blessings, 3) tell Him about your day, 4) ask Him for what you and others need, 5) end "in the name of Jesus Christ, amen." Or create actions for the rhyme, "I close my eyes. I bow my head. I listen while a prayer is said."