

the Friend



General Conference Find It:

President Nelson, ice-cream
cone, comb, sheep, sailboat,
coin, pizza, dolphin, bean,
peanut, apple, ladder, journal,
Book of Mormon, diamond

Send something in for the Kindness Garden! See how on page 39.

FRIENDS BY MAIL



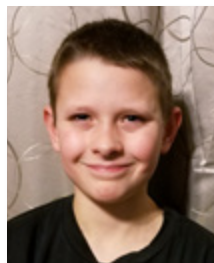
Filter Fail



I liked the story “Filter Fail” (June 2018). The girl knew what she saw was pornography and was something that Heavenly Father did not want her to look at. What I liked about the parents is they comforted her right away and fixed the filter.

Vivian S., age 7, Utah, USA

Favorite Part



My favorite part of the *Friend* is the activities like the tie quilt (Jan. 2017). I want to make a quilt and put it on my bed. I can’t wait to do more activities every month!

Levi J., age 11, Colorado, USA

The Snow-Shovel Squad

We raked our neighbor’s yard after reading “The Snow-Shovel Squad” (Nov. 2018). It made us feel happy when we were all done.

Charlotte, Jackson, and Eli T., ages 2, 6, and 4, Kentucky, USA



DEAR FRIENDS,

This month’s *Friend* is all about two of our favorite things—conference and kindness! Please write and tell us what you learned in conference last month or about an experience you’ve had with kindness. And don’t forget to send us a paper flower, plant, or bug for our kindness garden.

We love hearing from you!

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 at home and in Primary.
Find more resources at lessonhelps.ChurchofJesusChrist.org.

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Front cover by Sarah Keele

Back cover by Jess Golden

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All rights reserved. The *Friend* (ISSN 0009-4102) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, Utah 84150-0024, United States of America. Periodicals Postage Paid at Salt Lake City, Utah.

To subscribe: By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

Online: Go to store.ChurchofJesusChrist.org.

By mail: Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

To change address: Send old and new address information to Distribution Services at the above address, or change the address by phone at the number listed above. Please allow 60 days for changes to take effect.

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2393, Salt Lake City, UT 84150-0024, United States of America. Unsolicited material is welcome, but no responsibility is assumed. For return, include

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POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). **NONPOSTAL AND MILITARY FACILITIES:** Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.

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Hidden CTR Rings

Hard: Blessing the children.

Harder: Have you served anyone lately?

Hardest: Fixing the faulty furnace.



By President
Russell M. Nelson

FEED Your Spirit!

In the Sunday morning conference session, President Nelson talked about the 11-year-old boys and girls who graduated from Primary in January. He is happy when he sees them:

- **worthily passing the sacrament,**
- **learning and serving as Beehives,**
- **going to the temple,**
- **helping teach about the gospel in their families.**



President Nelson also told a story about a four-year-old boy named Blake. Early one Saturday morning, Blake grabbed a Church book and said, “I need to feed my spirit!” President Nelson said he is thrilled when children feed their spirits by feasting on the truths of the gospel of Jesus Christ.

HOW DO YOU FEAST ON THE TRUTHS OF THE
GOSPEL OF JESUS CHRIST?



“I testify that
God lives!
Jesus is
the Christ.
His Church and
the fulness of
His gospel have
been restored
to bless our
lives with joy.”

President
Russell M. Nelson



Adapted from “Come, Follow Me,” Ensign, May 2019, 88–91.

CONFERENCE News

Priesthood Power



An Aaronic Priesthood choir sang during the priesthood session of conference. Because so many 11-year-olds became deacons at the beginning of this year,

that session was probably the largest priesthood meeting ever!

Conference Quotes



“We are safely encircled in the arms of the Savior’s love.”

Elder Ronald A. Rasband
of the Quorum of the Twelve Apostles



“You are beloved. The Lord knows how hard you are trying.”

Sister Sharon Eubank
First Counselor in the
Relief Society General Presidency



“What is popular is not always what is best.”

Elder David P. Homer of the Seventy

Fun Facts

As part of conference, leaders shared a report about how the Church is growing around the world. There are . . .

- ★ 103,100 missionaries
- ★ 30,536 wards and branches
- ★ 162 dedicated temples (plus 1 more soon after conference!)
- ★ 16.3 million Church members!



Temple Talk

President Nelson said some of the temples early Church pioneers built will be closed soon so they can be fixed up. He also said new temples will be built in seven countries around the world! Match the colored boxes to fill in the missing vowels.

a e i o u

Antofagasta, Ch l

Budapest, H ng ry

Neiafu, T ng

Okinawa, J p n

Pago Pago, m r c n

S m

San Pedro Sula, H nd r s

Utah and Washington, n t d

St t s



CONFERENCE

Notes

Growing Our Faith



President Eyring said that our faith in Jesus Christ needs nourishment, like a growing plant. He said we can feel more love in our families by praying and studying scriptures together, by preparing to serve missions, and by visiting the temple.

This teaches me:

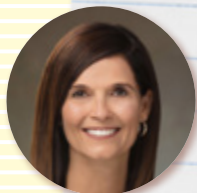
On the Lord's Team



Elder Stevenson spoke about “playbooks” that sports teams use to make plans for their games. He said that the scriptures and words of the prophets can be like a playbook for our life. They help us know what to do in different situations.

This teaches me:

Careful Covenant Keepers



Sister Craven taught us to be *careful* not *casual* about the gospel. Are we careful to watch, read, and listen to things that invite the Spirit? Are we careful about our Sabbath worship? We don't need to be formal or stuffy, but we should carefully keep our covenants.

This teaches me:

A Missionary Moment



Elder Wada told the story of a time his mother came to church before she was baptized. A young boy noticed that she needed a hymnbook and gave one to her. That boy helped Elder Wada's mother feel God's love. She decided to be baptized!

This teaches me:

Conference Activity Page



Elder Uchtdorf taught five things we can do to help people learn about Jesus. Follow the lines to complete each sentence.



Elder Gong testified that Jesus Christ is the Good Shepherd and the Lamb of God.



Show and tell CONFERENCE!



Harriet K., age 8, Northamptonshire, England, used the conference blocks picture from the April 2019 *Friend* to build her own block temple during conference!



Isla, Andrew, and Henry W., ages 12, 11, and 8, Angus, Scotland, helped their parents build this temple during conference weekend!

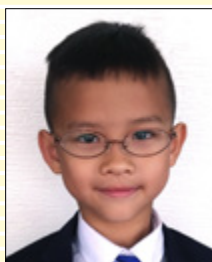
David and Juliana M., ages 4 and 6, South Holland, Netherlands, play a fun game during conference. They fill 15 bowls with snacks and put a picture of one of the Apostles or members of the First Presidency on each one. When one of the Brethren speaks, they eat what is in that cup!



Vlad P., age 4, Moscow, Russia, said, "I believe God smiles and likes it when I do good things." What good things did the speakers at conference invite you to do?



Ezra A., age 12, Idaho, USA



I like to listen to the stories and the choir singing. I also like to listen to the parables they give.

Yuri H., age 8, Taoyuan, Taiwan



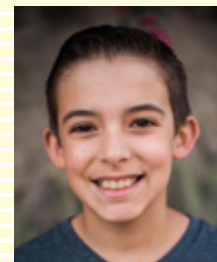


Anna B., age 10, Maharashtra, India, watched general conference with her mom. She makes sure to bring her journal and pens each conference to write down the testimonies and messages she hears.

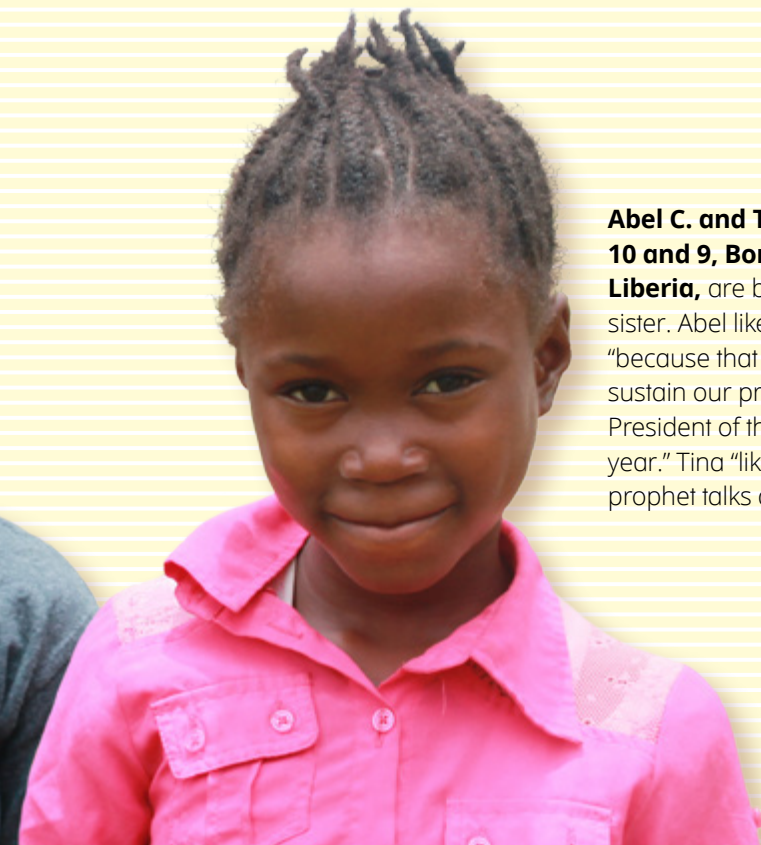


Ellie F., age 7, Utah, USA

Katya L., age 10, Moscow, Russia, said, "The most important part of Heavenly Father's plan is family." What is something you heard in conference about families?



I like watching conference because I like to learn from the prophets, and I like spending that time with my family.
David J., age 9, Sololá, Guatemala



Abel C. and Tina S., ages 10 and 9, Bong County, Liberia, are brother and sister. Abel likes conference "because that is when we sustain our prophet as President of the Church every year." Tina "likes it when the prophet talks about temples."



The conference messages reach the heart and are easy to understand. I like to listen to the prophet because the Lord speaks through him.
Andrés C., age 12, Valle del Cauca, Colombia

THE RED CUPCAKE



By Maryssa Dennis

(Based on a true story)

"I'm trying to love my neighbor; I'm learning to serve my friends" (Children's Songbook, 78-79).

It was just another regular day at school for Sam. Until the cupcakes.

"Today is Ryan's birthday," Sam's teacher, Mrs. Coley, said. "He brought a treat to share with us. Let's sing 'Happy Birthday,' and then I'll pass these out."

Sam sat up straight and watched Mrs. Coley lift the lid off the box. The cupcakes stood in neat rows, piled high with swirly red frosting. On top, there were little plastic basketballs.

Sam wanted to sing really fast so they'd be done quick. But everyone sang so slow! He stared at the cupcakes the

whole time he sang. The frosting looked like

a twisty mountain
with a cave full
of magical
creatures.
Maybe the
basketballs
should've
been
dragons in-
stead! Sam
was practi-
cally drooling
as he stared at
the cupcakes.
When the
song was
finally over, Mrs.

Coley called everyone to line up. Sam moved fast, but by the time he got to the front of the classroom, he was all the way at the back of the line. Well, not the

very back. Jenny was behind him.

Since it was his birthday, Ryan was first in line.

Mrs. Coley handed him a cupcake. Next was Emma.

Then Zoey. Sam watched them taste their frosting before they even sat down. They giggled at each other's red-stained tongues.

After what felt like five million years, it was finally Sam's turn. "Oh no!" Mrs. Coley said. "I should have counted them first!" Sam glanced in the cupcake box. It was empty. Mrs. Coley was holding the very *last* cupcake.

Sam looked back at Jenny. There wouldn't be another cupcake for her. She looked sad.

Mrs. Coley offered Jenny a granola bar,

but Sam knew what Jesus would want him to do.

"That's OK, Mrs. Coley," Sam said. "Jenny can have it."

"Are you sure?" Mrs. Coley asked. "I'm so sorry there isn't one for both of you."

Sam turned to Jenny. She gave him a small smile.

"Do you want to split it?" Jenny asked.

"That's a great idea!" Mrs. Coley said. She found a plastic knife and sliced the cupcake in half. She gave one half to Jenny and the other half to Sam.

"Thanks for sharing!" Sam said.

Jenny smiled. "You too."

Sam felt great as he walked back to his seat with his half of the cupcake. He was glad he chose to be kind to Jenny and that she had shared with him too. He didn't think anything could make him feel any better. Well . . . maybe one thing. He took a big bite of his cupcake. Yum! ●

The author lives in Utah, USA.



It was my first day of first grade, and I saw a new girl at another desk. When it was time for recess, I went over and asked her to be my friend. She said, "Yes!" I asked her what her name is. She answered, "Stella!" I told her my name was Samantha. We were best friends for the whole year!

Samantha W., age 8, Wisconsin, USA

See family manual, page 79.

Family Night FUN

Here are some ideas you could use for home evening.

SONG

"I'm Trying to Be like Jesus" (*Children's Songbook*, 78–79)

SCRIPTURE

Mark 10:13–16

ACTIVITY

1. Before home evening, put a picture of Jesus on one side of the room. (You could use the picture on page 69 of **CFM*.) Then sit on the other side of the room and read "Jesus Blesses the Children" on page FJ4. How can we "come unto Jesus" like in the story?

2. Have everyone stand up and take turns saying what they can do to come unto Jesus by following Him.

3. With each idea, take a step toward the picture of Christ. Keep helping each other think of good things until everyone is with Jesus together! Then talk about what it

means that Jesus is the Good Shepherd. (See **CFM*, page 66.)



**Come, Follow Me—For Individuals and Families*

COLOR CUPCAKES

This treat goes along with the idea below for page 8.



1. Prepare a white or yellow cake mix using the directions on the box. Divide the batter into 2 or 3 bowls. Stir a few drops of a different food coloring into each bowl.
2. Spray or line a muffin tin. Scoop the different batters into each cup until they are 2/3 full. Bake according to instructions, and set aside to cool.
3. Divide and color the frosting in the same way. Put each color into a small plastic bag. Cut one corner of each bag and squeeze the frosting onto the cupcakes. What color combinations can you come up with?


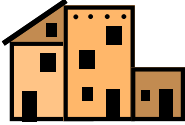
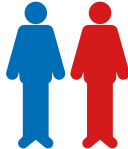
MORE IDEAS



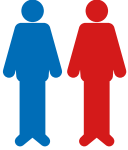
- Read Matthew 22:34–40. Then read "The Red Cupcake" (page 8). How did the boy in the story follow the two great commandments? How can you follow them? (See **CFM*, page 79.) Then try the recipe above.
- Look through the general conference section (pages 2–7) at the beginning of the magazine, and make a family goal to do something our leaders invited us to do.
- Read Matthew 25:34–40. Then read the story on page 12. Make plans to serve someone as a family. (See **CFM*, page 83.)



The Story of the Ten Lepers

One day,  was walking through a . He saw 10  who had

Jesus **village** **men**

a sickness called leprosy. Because the  were sick, they couldn't be with their

men

. They had to stay far away from people in the . The  asked




families **village** **men**

 for help. They said, ", Master, have mercy on us."  healed the



Jesus **Jesus** **Jesus**

10 . They were so happy! Out of those 10 , only 1  stopped to

men **men** **man**

tell  "  !" We can be like the thankful . We can tell

Jesus **Thank you** **man**

Heavenly Father and  "  !" for our blessings.

Jesus **Thank you**

You can read this story in Luke 17:11-19.

See family manual, pages 72-73; Primary manual, page 71.



Service for Suzie

By Richard M. Romney

Church Magazines

(Based on a true story)

Ophélie and her family walked out of the church building together.

“What an amazing general conference,” Papa said. “What was your favorite part, Ophélie?”

“I like how President Nelson asked us to do acts of service,” Ophélie said. “I like helping people.”

“I do too,” Maman said. “Let’s follow the prophet and look for ways we can help others.”

A few days later, Ophélie and Papa visited their neighbor Suzie. Ophélie really liked Suzie. She had white hair and a big smile. She was like a bonus grandma!

Suzie told them she was going to have eye surgery the next day. Ophélie was a little worried.

“Will Suzie be OK?” she asked Papa while they walked home.

“Yes,” Papa said. “She’s been having trouble seeing, and the surgery will help her see better. But she’ll need a few days for her eyes to heal.”

Ophélie told Maman about Suzie’s surgery while they set the table for dinner.

“Maybe we could do something to help her,” Ophélie said. “Like President Nelson said.”

“Good idea. What could we do?” Maman asked.

Ophélie thought about it. Ophélie’s family raked leaves in Suzie’s yard each fall. They shoveled her snow during the long Canadian winters. But now it was springtime. There wasn’t any snow. Or leaves. How could they help?

During the prayer before dinner, Ophélie asked Heavenly Father to bless them to know how to help Suzie. Then Papa helped her scoop *pâté chinois* onto her plate.

The delicious smell of the potatoes, vegetables, and ground beef made Ophélie’s mouth water. She took a bite. It was one of her favorite dinners. Especially because Maman always let her mash the potatoes! She loved helping Maman cook.

Then Ophélie had an idea. “Maman, can we make dinner for Suzie tomorrow?”

“Sure,” Maman said. “How about a *tourtière*?”

“Great,” Ophélie said. “And we could make muffins too!”

The next day, Ophélie and Papa carried a plate of meat pies and muffins outside. Ophélie spotted the beautiful purple flowers blooming in their garden. She picked some and held them together in a little bouquet. Then she and Papa walked to Suzie’s house.

Ophélie knocked on Suzie’s door. Soon Suzie answered. She was wearing dark sunglasses.

“*Bonjour*,” Ophélie said. “We brought you dinner. And muffins.”

“It’s so kind of you to think of me,” Suzie said.

“These are for you too,” Ophélie said. She handed Suzie the bouquet.

“*Très jolie*!” Suzie said. “They’re beautiful. Please, come in.”

Ophélie and Papa followed Suzie into the house. “How are your eyes?” Papa asked.

“They’re a little sore right now. That’s why I have these,” Suzie said, tapping her sunglasses.

“Can you see better now?” Ophélie asked.

“It’s still a little blurry. But I should be able to see better in a few days.”

Ophélie gave Suzie a big hug. “I’m glad you’re OK.

Can we come see you again when your eyes are better?”

“Of course. And when you see me next time, I’ll be able to see you too!” Suzie said. They all laughed.

Ophélie was glad she could serve, like Heavenly Father wanted her to and like the prophet asked. She liked helping her friend Suzie. ●



How to say...

This story took place in Canada, where many people speak French.

Ophélie: OH-fay-lee

tourtière: TOOR-tea-air (meat pie)

Maman: MAH-mah (Mom)

bonjour: bohn zhoor (good day)

très jolie: TRAY zhoh-LEE (Very pretty!)

pâté chinois: PAH-tay SHEEN-wah (Chinese pie). This dish is made with ground beef and corn topped with mashed potatoes.

See family manual, page 83; Primary manual, page 82.

HELLO from Canada!



We're visiting
Canada this
month!

Here's
what we've
learned.



Canada is in North America. It's the second biggest country in the world! It has 10 provinces and 3 territories. There are more than 196,000 Church members in Canada.



Families in Canada come in all shapes and sizes, from all over the world. This family lives in the province of British Columbia.



This is a snack a lot of kids in Canada enjoy. It's called *poutine*, and it's made with french fries covered in gravy and cheese.

In the province of Quebec, many people speak French. This girl and her mom have come to their church building to watch the *prophète et apôtres* (prophet and apostles) speak at general conference.



This boy is visiting the Cardston Alberta Temple. There are eight temples in Canada. Another one is being built in Winnipeg, Manitoba.



Winters in Canada are usually very cold and snowy—perfect for sledding!



Meet some friends from Canada!



I get excited for family home evening every week. We take turns teaching the lesson. And then after, we play games. It's fun!

**Karsen B., age 8,
Alberta, Canada**



I really love the story of the stripling warriors. They trusted God so much that they weren't afraid to go to war, because they knew that God would deliver them out of the hands of the Lamanites.

**Jessica H., age 11,
Alberta, Canada**

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



Many Canadian kids like playing hockey. They skate on ice and use hockey sticks to hit a puck into the goal. You can also play it with a ball and regular shoes, like these kids (no ice required!).

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

Mother's Day Wreath

Make this for your mom or someone else you love!



green chenille sticks



colored paper



scissors



craft glue



1. Trace and cut out lots of colored hearts. You will need four hearts of the same color and size for each flower.
2. Write things you love about your mom, or another special person, on the paper hearts.
3. Fold the hearts in half. Then glue half of one heart to the back of another heart. Then add two more hearts to make a flower.
4. Cut out leaves from green paper.
5. Twist chenille sticks together to make a circle.
6. Glue the heart flowers and leaves to the circle. Pinch them in place until they stick.
7. Give it to your mom or another special person to hang as a wreath or wear as a crown!

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.

“We solemnly testify that His life, which is central to all human history, neither began in Bethlehem nor concluded on Calvary. He was the Firstborn of the Father, the Only Begotten Son in the flesh, the Redeemer of the world.”

testify: share testimony
concluded: ended

Firstborn of the Father:
Heavenly Father's oldest child

Begotten: born
Redeemer: A name for Jesus

THE LIFE OF JESUS CHRIST

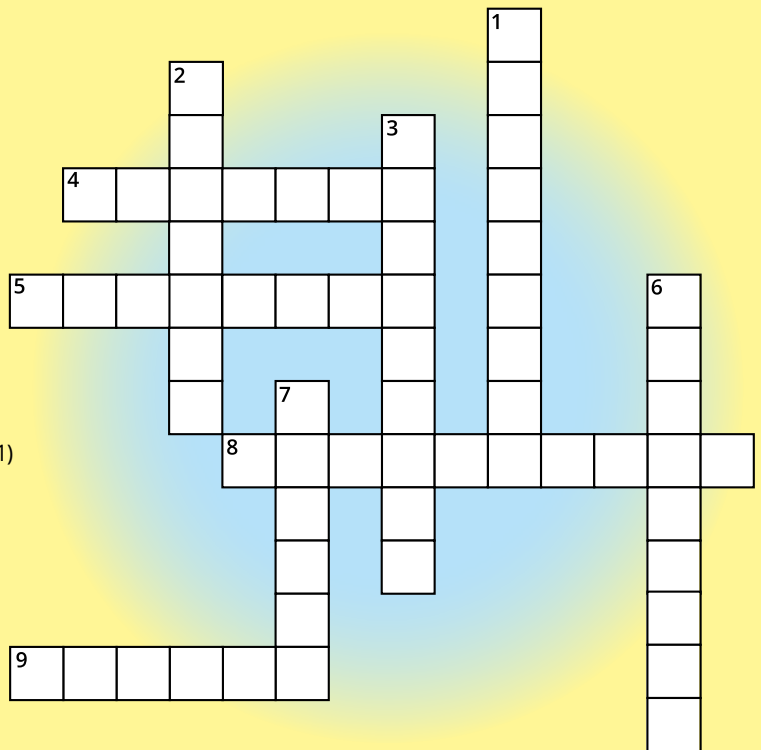
Jesus's life didn't begin when He was born or end when He died. Use the scriptures to fill in the puzzle and talk about what Jesus did in each place. Find answers on page 39.

Down

1. Where He was resurrected (John 20:11–16)
2. Where He was crucified (Luke 23:33)
3. Where He was born (Matthew 2:1)
6. Where He visited people after He was resurrected (3 Nephi 11:1)
7. Where Jesus lived before He was born (Mosiah 3:5)

Across

4. Where He taught and did miracles (Luke 4:14)
5. Where He lived as a boy (Matthew 2:23)
8. Where He prayed and suffered for our sins (Matthew 26:36)
9. Where He was baptized (Mark 1:9)



REDEEMER



Elder Cook Visits Brazil

Elder Quentin L. Cook and his wife, Sister Mary Cook, went to Brazil to visit members of the Church. They went to teach and share the love of Jesus Christ.



They visited the big city of Belo Horizonte. The name of that city means "beautiful horizon." Elder Cook said it has the most beautiful sunsets he has ever seen!

WATCH THE SUNSET

Take time to watch and enjoy the sunset as Elder Cook did. Draw a picture of the sunset you saw. Then think of a classmate, neighbor, or family member who could use a friend. Brighten their day by sharing your picture.





Elder and Sister Cook visited a missionary training center. Missionaries share the light of Jesus Christ every day!



Many people came to hear Elder Cook speak in a stake conference. He invited everyone to be a light. That means being a good example and helping others, like Jesus did.

When we are a light, we influence the world for the better.



Share the Light



colored tissue paper
a paint brush
a glass jar
clear glue
tea light

1. Cut colored tissue paper into strips about 1 inch (3 cm) wide and 2 inches (6 cm) long.
2. Use a brush to cover half of the outside of a jar with glue that dries clear.
3. Stick the strips of paper to the glue on the jar. Repeat for the other half of the jar.
4. Paint another layer of glue on top of the paper and let the paper dry.
5. Put a light inside and watch it shine!

How can you be a light at home, in your neighborhood, and at school?



Keep the Commandments

(Simplified)

Gently ♩ = 46-63

Words and music by Barbara A. McConochie

Chords: F, C7, F, B♭, C7

Keep the com - mand - ments; keep the com - mand - ments! In this there is

Chords: F, G7, C7, F, C7

safe - ty; in this there is peace. He will send bless - ings;

Chords: F, Gm, Gdim, F, G7, F

He will send bless - ings. Words of a proph - et: Keep the com -

Chords: B♭, Bdim, F, G7, C7, F, B♭, F

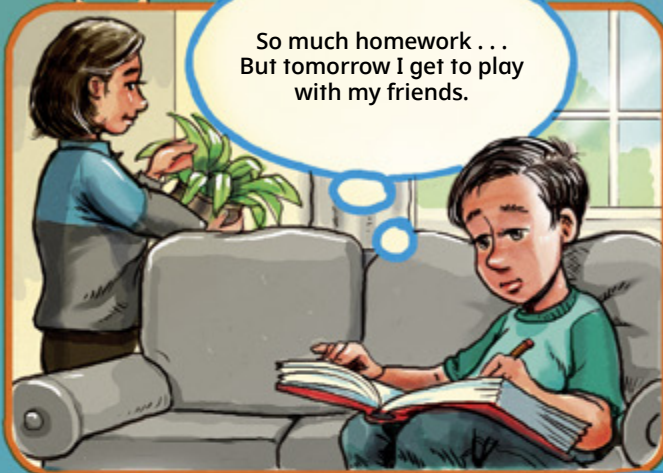
mand - ments. In this there is safe - ty and peace.

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Kindness at the Carnival

By Alanna Moses and David Dickson

(Based on a true story)



I'm so sorry,
sweetie.



I can go with you
to the carnival, if you
want. I bet we'd have
lots of fun together!



But aren't you
playing with your
friends tomorrow?



Well, you *are*
one of my
friends!



Best
carnival ever!



Kindness is one of the best gifts you can ever give.

The authors live in Colorado and Utah, USA.

GOSPEL

A

to

Use each letter to draw a gospel picture! Can you name a scripture story or Primary song that goes along with each one?

A



Abish

B



Book of Mormon

C



Creation

D



Dove

E



Empty Tomb

F



Fish

G



Garden

H



House

I



Inn

J



Joseph

K



King

L




Lion




M 
Moroni


N 
Noah


O 
Olives

P 
Prayer

Q 
Queen Esther

R 
Resurrection


S 
Sheep

T 
Temple


U 
Unleavened Bread

V 
Vine

W 
Wisemen

X 
Example

y 
Brigham Young

z 
Zacharias

Now you try!
Send in your
ideas!

See page 39
to see how.



Jesus's Parables

START

Jesus taught using parables, or stories. Help the traveler find his way through this New Testament city by answering questions about what Jesus taught. Read the scripture verses if you get stuck!

1. What tiny seed did Jesus compare to the kingdom of heaven?

(See Matthew 13:31-32.)

Strawberry seed.

Mustard seed.

2. What lost animal did Jesus use to teach about repentance?

(See Luke 15:3-7.)

The lost camel.

The lost sheep.

3. How did the good Samaritan help the injured man?

(See Luke 10:30-37.)

He shared his food and then kept walking.

He gave him first aid and brought him to an inn.

4. In the parable of the ten virgins, why did five of the women miss the wedding?

(See Matthew 25:1-13.)

They got lost on the way.

They ran out of oil in their lamps.

5. Which parable talks about how happy Heavenly Father is when someone repents?

(See Luke 15:8-10.)

A farmer plants seeds in different soils.

A woman loses a coin and then finds it.

I can conquer **GIANT** problems!



"Cease not to give thanks" (Ephesians 1:16).

Kate's stomach dropped when the soccer field came into view from the car window. She knew the Bulldogs were the best in the league. But she didn't think *this* many people would show up for tryouts.

She tightened her grip on her bag when she realized tryouts must have already started. It looked like they were doing drills. The girls were weaving between cones and sprinting across the grass. She was late! Kate jumped out of the car as soon as her mom pulled up.

She only made it a few steps before she remembered something important. She needed to say thank you! She circled back. "Thanks, Mom," she called. "Thanks for driving me and for breakfast!"

Saying thank you wasn't a big deal to a lot of people, but it was to Kate. Her favorite scripture story was the story of the ten lepers. She couldn't believe that out of the ten people Jesus healed, only one said thank you! She'd made it a goal ever since to always say thank you.

Remembering that story made the tight feeling she had

inside loosen a little bit. At least until she joined the other girls in doing drills and saw how good they were. She couldn't help worrying. *What if everyone else is way better than me?* she thought. *What if I'm the worst one here?*

But soon the coach divided them into teams for a practice game, and Kate stopped thinking of anything other than the black-and-white ball moving like lightning from one girl to the next.

She was breathing hard by the time the coach blew the whistle to end tryouts. "Great job, everyone," he said. "I'll make decisions in the next few days and let you know."

Kate walked slowly over to her bag. Her whole body was splattered with mud. And her legs felt like slow, heavy elephant legs. Worst of all, she had no idea if she'd even come close to making the team.

She was one of the last girls to leave. "Thank you," she said, smiling at the coach. He just gave her a short nod and turned back to his clipboard. But Kate felt a little better as she walked away. She might not make

By Eliza Broadbent
(Based on a true story)

THE GRATI



the team, but at least she'd been grateful.

Later that night, Kate was washing dishes with her dad when the phone rang.

"I think it's the soccer coach," Dad said, looking at the number. Kate's heart started pounding. He took the phone to the next room. Kate stayed at the sink, trying to focus all of her attention on washing the dishes.

When she heard Dad come in a few minutes later, she kept her eyes down. "What'd he say?" she asked.

"Just that my Katie is going to be a Bulldog," he said, nudging her shoulder.

Her heart skipped a beat. "I made the team?" she said, finally looking up. Dad nodded with a big smile. Kate did a happy dance, splashing water over both of them.

"Hey!" Dad said with a laugh. "I have something even better to tell you once you quit being a human water fountain." Kate paused mid-twirl. What could be better than making the number-one team in the league?

"Did you thank the coach at the end of tryouts?" he asked. Kate nodded. "Well, he wanted me to tell you



"There is one thing we can do to make life sweeter, more joyful, even glorious. We can be grateful!"

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

"Grateful in Any Circumstances," Ensign, May 2014, 70.

that he was really impressed by that. Of the 34 people who tried out, you were the only one that said thank you. He said to thank you for saying thank you."

Dad's smile was even bigger than before. Kate knew her own smile was just as big. *Just like the story of the ten lepers*, she thought. Being grateful *did* matter! ●

The author lives in Utah, USA.

See family manual, pages 72-73; Primary manual, page 71.

TUDE GOAL



MATT AND MANDY

The storm rages on.

KA-BOOM!

Wow, that was loud!

Good thing thunder can't hurt you.

WHOOOOOOO!

And we're safe from lightning in here.

But just listen to the wind howl!

I hope it doesn't damage any buildings.

Mom, Dad,

after family prayer tonight can we make a blanket fort in the living room and sleep in it?

Yeah, can we?

That'd be fun.

Later—

... and, Heavenly Father, please bless us and keep us safe.

And bless us that the storm will be over soon.

CRAAASH!
BOOOOOM!!

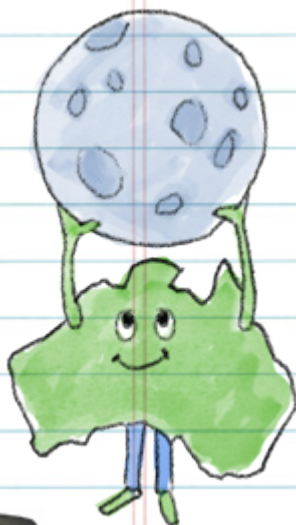
What was that?!

To be continued . . .



BRAIN TEASER

People buy me to eat, but I never get eaten.
What am I? (See page 39)



GOD'S

AMAZING WORLD

Did you know?

- Africa is the only continent that touches all four hemispheres.
- Australia is wider than the moon.
- More than half of all the people on earth live in Asia.

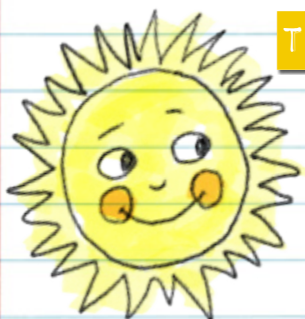
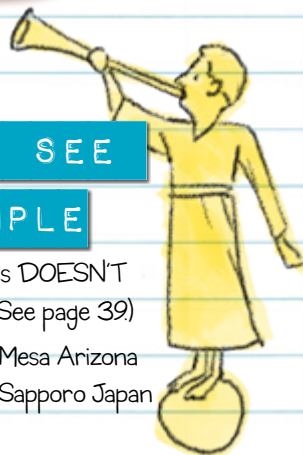
older for KIDS

I LOVE TO SEE

THE TEMPLE

Which of these temples DOESN'T have an angel Moroni? (See page 39)

- | | |
|--------------------|------------------|
| a. Bogotá Colombia | c. Mesa Arizona |
| b. Aba Nigeria | d. Sapporo Japan |



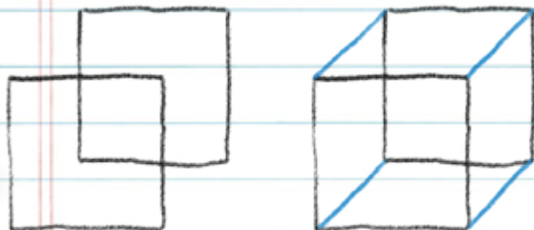
TIPS TO GROW ON

Try to spend some time outdoors every day! Fresh air and sunshine can help your mind and body be healthy.



ART CHALLENGE

Draw a 3-D cube! Start with two overlapping squares. Then connect the corners.



SCRIPTURE POWER



I was having a really hard time at school. I had the impression that I should read my scriptures. I did, and it helped, so I kept doing it. It helped me have a better day and a better attitude. And it helped my mind work better. I know that if we read the scriptures every day, we will be both spiritually and physically protected.

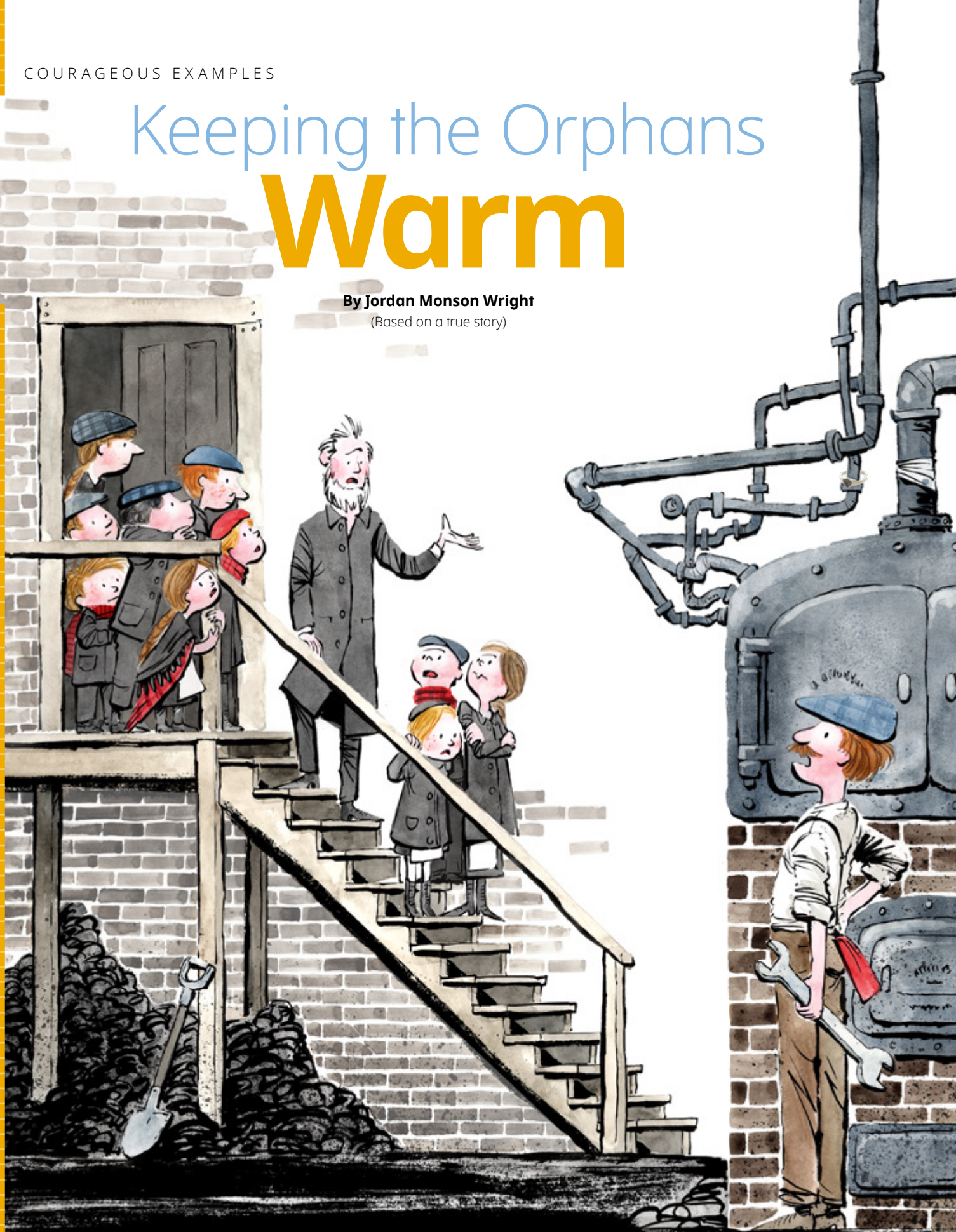
Sarah W., age 11, Idaho, USA

COURAGEOUS EXAMPLES

Keeping the Orphans Warm

By Jordan Monson Wright

(Based on a true story)



Bristol, England, 1857

George Müller buried his head in his hands. He had just learned that the large heater in one of his orphanages was broken.

What is to be done? George asked himself. *I must find warm rooms for 300 children until it is repaired.*

George didn't know what to do. But he *did* know who to ask for help. His Heavenly Father! When George was a young man, he didn't really believe in God. He lied and stole money from his friends and family and only read the scriptures because he had to for school. Then one day George met some people who loved God and tried to follow Him. George began to pray every day. He learned that God was real and would answer the prayers of His children.

When George Müller opened his first orphanage in 1836, he wanted to provide a home for children who didn't have parents. He also wanted to share his testimony of God's love. So George decided to trust that God would help him. When George needed money or food or even jobs for the orphans who had grown up and were ready to leave, he would get on his knees and pray. George had faith that if he prayed to know God's will and then asked for help, God would help him. And God did! Donations and help always came just in time. The children in the orphanages had what they needed, and George helped them see that God loved them.

As George looked at the broken heater, he knew this time would be no different. George had faith that God would help. He called workmen to come and fix the heater, but before they could come, a freezing north wind began to blow. George was worried. How would the children stay warm until the heater was fixed?

Then George remembered a story from the Bible where the walls of

Jerusalem were built quickly because the builders had a "mind to work" (Nehemiah 4:6). George got on his knees and began to pray. "Lord," said George, "would you be pleased to change the north wind to a south wind? And would you give the workmen a mind to work?"

When George woke on the morning of the repairs, the weather had changed! Even though it was December, a warm south wind was blowing. The children would be warm and wouldn't need a fire while the heater was being fixed. The repairs could begin!

The workmen spent all day trying to fix the heater. But there was too much work to finish in one day. At the end of the day, George went down to the cellar of the orphanage. The man in charge of the workers told George, "The men will work late this evening and come very early again tomorrow."

George nodded. He hoped the weather would stay good until then.

Then one of the workers spoke up. "We would rather, sir, work all night," he said.

George smiled. He remembered how he had prayed that the men would have a mind to work hard and finish the repairs as quickly as possible. By morning, the heater was fixed and the orphanage was warm and snug before the winter winds returned. George knew that God had answered his prayer. ●

The author lives in Michigan, USA.



GEORGE MÜLLER

George Müller (1805–1898) helped more than 10,000 orphans during his life. He trusted that when He served God and others, God would always help him. He wrote, "I have never been permitted to doubt during the last sixty-nine years . . . that I am a child of God, that I am beloved of God."

I have a hard time getting along with my siblings. Sometimes they're mean to me.
What should I do?

—Frustrated in Finchley



Dear Frustrated,

You can't choose how other people act, but you can control what *you* do. If your sibling is hurting you, get help right away from a parent or trusted adult. If you're just having trouble getting along, here are some things you can try. Look up each scripture for more advice.

Remember, kindness begins with you!

The Friend

★★★ WHEN YOU ★★★

CAN'T AGREE ON WHAT TO DO

- 1 **Keep Talking & DECIDE TOGETHER**
- 2 **TAKE TURNS**
- 3 **DO SOMETHING ELSE**

Amos 3:3, 1 Corinthians 1:10, Philippians 2:2, Mosiah 18:21

WHEN YOU'RE REALLY MAD

- 1 **TAKE TIME TO CALM DOWN**
- 2 **GIVE EACH OTHER SPACE**
- 3 **SPEAK SOFTLY & KINDLY**

Proverbs 15:1, Proverbs 16:32, Matthew 5:9, Ephesians 4:31

ALL THE TIME

- 1 **Try to UNDERSTAND THEIR FEELINGS**
- 2 **Say & DO NICE things**
- 3 **SHOW them LOVE**

Luke 6:31, John 13:34, 1 Corinthians 16:14, Ephesians 4:32

By Tiffany M. Leary



Maple Candy Pops

Enjoy this Canada-inspired treat! **Be sure to get an adult's help with cooking and pouring the syrup.** This recipe makes 8 maple-syrup candies.

1 cup pure maple syrup
7 cups crushed ice
8 craft sticks

- 1** Pour the maple syrup into a saucepan. Bring to a boil. Stir the syrup continuously until it reaches 235°F (113°C). Check the temperature with a candy thermometer.



- 2** Move the pan off the heat. Let it sit until the bubbles stop. Be careful because the pan and syrup are hot!

- 3** Pack the crushed ice into a pan. Pour thin lines of maple syrup over the crushed ice. The syrup will harden as it cools.



- 4** Wind one strip of maple candy around each craft stick. Let cool completely, and then enjoy!



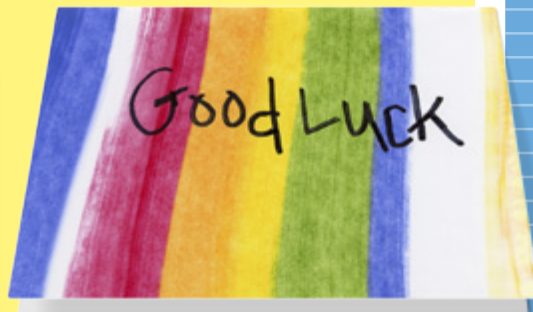
Paint-Scrape Cards

masking tape
cardstock paper cut into rectangles

acrylic paint, different colors
a piece of cardboard or plastic with a straight edge

1. Tape paper onto a flat washable surface.
2. Drip different colors of paint onto the top of the paper.
3. Use a piece of cardboard or plastic to press down on the paint, scraping the paint to the bottom of the paper.

4. Wipe any paint off the cardboard or plastic before scraping paint again.
5. Let the paper dry.
6. Fold the painted papers in half to make cards. Then write a nice note to someone.



Last Friend

STANDING



*I didn't want my
new friends to
get mad at me.*

By Monica Garcia Adams

(Based on a true story)

"Dare to do right! Dare to be true!"

(Children's Songbook, 158).

It was my first time hanging out with my new friends Becky and Sarah. I was so excited! Becky's mom dropped us off at the bowling alley, and I followed Becky and Sarah inside. I could smell hot dogs and hear something clattering in the background.

"I've never been bowling before," I admitted.

"Don't worry," Becky said. "It's easy."

"And fun!" Sarah added.

They led me to a counter, where we checked out special bowling shoes. Then we found our lane and put the bowling shoes on.

I picked up a bowling ball. It was a lot heavier than I thought it would be. Sarah showed me how to put my fingers in the holes in the ball. Then Becky showed me how to roll it down the lane.

On my first try, my ball didn't hit any pins. But after a few turns, I got the hang of it. One time, I even knocked over all the pins at once!

"Nice!" Becky gave me a high five. "That's called a strike."

When the game was over, I went with Becky and Sarah into the bathroom. They unlaced their bowling shoes.

Then Becky shoved the shoes behind the garbage can.

"What are you doing?" I asked.

Becky grinned up at me. "This is part of the fun. We always sneak out without paying!"

I froze, feeling my stomach clench. "What about the money your moms gave you?"

"We keep it," Sarah said as she slipped her regular shoes back on. "Come on, hide your shoes too."

My heart was beating fast.

I knew it would be wrong to not pay. But I didn't want

Becky and Sarah to get mad at me. I wanted them to like me.

Heavenly Father, I prayed silently, please help me be brave enough to do the right thing.

I took a deep breath. "I can't do that. It would be like stealing."

Sarah put her hands on her hips. "I thought you were our friend!"

"I am," I said. "But I don't want to steal."

Becky frowned. "My sister will be here any minute to pick us up. Just ditch the shoes and let's go!"

"Yeah, it's no big deal," Sarah said. "We do this all the time. Besides, no one will ever know."

But I would know, I thought. And Heavenly Father would know.

I shook my head. "I'm gonna go pay for mine."

Becky pursed her lips. "Then I guess we can't be friends." She and Sarah pushed past me and out of the bathroom.

After they were gone, I got their shoes out from behind the garbage can and took all the bowling shoes back to the counter.

"How was the game?" the man at the counter asked. "And where did your friends go?"

I swallowed the lump in my throat. "Turns out they weren't really my friends." I told him what happened and pulled out the money my grandma had given me. "I can pay for all of us."

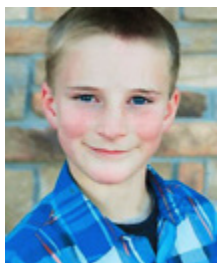
"That's OK. You can just pay for yours." The man took the money and gave me my change. "Thanks for being honest. I'm sure your parents would be proud of you."

I called my grandma to come get me. As I waited, I thought about what the man had said. A warm feeling spread through me. I knew it was the Holy Ghost letting me know I'd done the right thing. I could find friends who would help me choose the right. ●

The authors live in Utah, USA.



See Primary manual, pages 65, 74.



By Samuel T., age 10, Idaho, USA

One day I was in the bus line with my friend Mike.* We try to get in line first so we can sit in the very back of the bus. There is this girl named Savannah that is kind of rude to other kids. I've known her since second grade. Something I found out was that if you are nice to her, she's nice back. Mike, on the other hand, thinks that if someone is rude to him, he should be rude back. I admit I've done that sometimes.

That day we were at the front of the line. When our line was heading to the bus, Savannah tried to sneak in front of everyone so she could sit in the back. When she was right behind us, we tried to tell her that she couldn't cut, but she made an excuse that most people make. "We're all going to the same place," she said.

* Names have been changed.

When we got to the bus, there was some shoving. Savannah got in first. She quickly ran to the back and put her backpack where she was sitting. "I got here first," said Savannah. Mike and Savannah started arguing a bit. I told Mike that we could sit somewhere else, but he didn't listen. I started arguing with Mike. Then I remembered a line from a movie that said when we have a choice between being right or being kind, we should choose to be kind.

So I asked Savannah nicely if we could sit in the seat next to her. Mike doesn't like sharing seats, but he thought about it. "Only if you guys don't bother me," said Savannah. "Fine," Mike said. On the way home, I had a good feeling inside. You should always be kind, even if it's hard. ●

Choose to Be Kind



Kindness Garden



Audrey S., age 6, California, USA



Rhett B., age 10, Wisconsin, USA



Haley P., age 9, Texas, USA



FUNSTUFF ANSWERS

Page 17: Down: 1-sepulchre, 2-Calvary, 3-Bethlehem, 6-Bountiful, 7-heaven; Across: 4-Galilee, 5-Nazareth, 8-Gethsemane, 9-Jordan

Page 31: a plate; Mesa Arizona Temple



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ4, 12, and 32.

Front cover items

1-President Nelson, 2-ice-cream cone, 3-comb, 4-sheep, 5-sailboat, 6-coin, 7-pizza, 8-dolphin, 9-bean, 10-peanut, 11-apple, 12-ladder, 13-journal, 14-Book of Mormon, 15-diamond

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@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



the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Hi, Friends!



I like making brownies for people who feel lonely or sick and taking them to their house to make them smile.

Hannah, age 3, California, USA



We go to see the Sacramento California Temple once a month. I feel calm and peaceful when we walk around the grounds.

Elizabeth, age 5, California, USA



I help mummy cook lunch!

**Ben, age 4,
Western Australia, Australia**



I help my mommy with chores, and I pick up litter and put it in the trash.

Connor, age 4, Massachusetts, USA

Choosing Kind Words

By Jennifer Maddy



Adriana

bounced the



ball

to



Selene

. *Boing!*



Selene

caught

the



ball

and bounced the



ball

back . *Thud!*



Adriana

didn't catch

the



ball

.



Selene

called



Adriana

a mean name.



Adriana

looked sad.

"Please don't say that,



Adriana

said. "It hurts my feelings."



Adriana

bounced the



ball

to



Selene

. "I'm sorry I called you a mean

name,"



Selene

said.



Selene

bounced the



ball

back to



Adriana

. "I'm glad we can play



ball

together!"



Selene

said.

I Can Use Kind Words

Read the kind words that the children use and color each bubble.
When would you use these kind words?



Jesus Blesses the Children

By Tiffany M. Leary



Some people took their children to Jesus so He could bless them.



But Jesus's disciples told the people to leave. They didn't want Jesus to be bothered.

Jesus said to let the
children come to
Him. He said that
everyone needs to be
like a child to go to
heaven.



Jesus blessed and prayed for the children. Jesus loves children!



Jesus loves me. I come to Him by learning about Him
and trying to follow Him. ●

Read about Jesus blessing the children in Mark 10:13–16.

COLORING PAGE

Jesus Prayed for Children

SUPPORTS
**COME,
FOLLOW ME**



ILLUSTRATION BY APRYL STOTT

By Jane McBride
(Based on a true story)

Kyle was building a pretend fort. He dragged chairs over from the table. He got a green blanket from his bed. Then he got a blanket from Mom and Dad's bed.

Kyle pulled

the blankets over the chairs. He tied one blanket with some string to make a door.

*This is a good fort, Kyle thought.
It's just right!*

Then Kyle
got a favorite



**Five-Year-Olds
Only!**

book and toy. He got his pillow. He lay down inside the fort.

Sandi stuck her head into the fort. Sandi was Kyle's little sister. She was three. "Can I play too?" Sandi asked.

Kyle frowned. Sandi always wanted to do what Kyle did. But sometimes she broke his toys. Sometimes she tore his books.

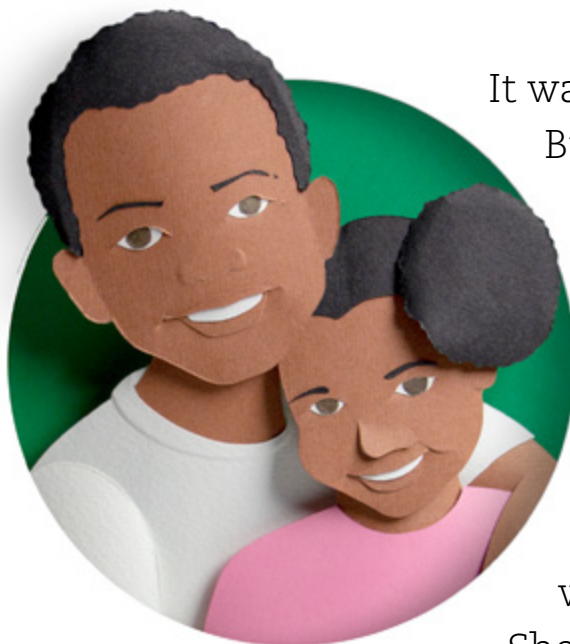
"This fort is for five-year-olds!" he said. "You're not old enough to come in."

Sandi's eyes filled with tears. "I'll be careful," she said. "I promise."

But this was Kyle's fort. He built it himself. He did all the work. Kyle shook his head. "No," he said.

Sandi trudged away. Kyle could hear her crying.

Kyle opened his favorite book.



It was about dinosaurs. But he couldn't read it. The words were blurry. He had tears in his eyes. He felt bad about being mean to Sandi.

Kyle crawled out of the fort. He went to find Sandi.

She was on her bed.

She was wrapped in a blue blanket. Her eyes looked sad.

"I'm sorry," Kyle said. "You can come in the fort. We can pretend you are five."

Sandi smiled and jumped down from her bed. "Thank you! Thank you!"

"I have an idea," Kyle said. "Let's make a sign for the fort. We'll call it *Kyle and Sandi's Fort*."

Sandi ran to get the crayons. Kyle felt good inside. Now the fort was even better. ●

The author lives in Colorado, USA.

QUESTION FOR YOU

Why did Kyle change his mind?

For Parents of Little Ones

By age four, children may already know more than a thousand words! How can we make sure that *kind* words are a solid part of their vocabulary? Here are a few ideas from fellow parents and teachers:

“ I chose our preschool class song to be ‘Kindness Begins with Me’ (*Children’s Songbook*, 145). This song says it all!”

—Ann E.

“ I remind my children which words are kind and which are not. Sometimes I ask, ‘Is that a kind word?’ and when they answer, ‘No’ (little kids are very honest), we come up with a kind replacement word.”

—Betsy J.

“ Kids learn best by example and experience. If you speak kindly to your kids and the people you interact with, your kids will learn to do the same. When a situation arises where they need correction, do it calmly and with love.”

—Brittany B.

“ I find that when kids use mean words it’s often because they don’t know what they should say instead. We practice acting out scenarios about what they should say in different situations. Then, when a conflict arises, I help them rephrase what they are trying to say with the kind words we practiced.”

—Corrinn M.

**Are there any topics you’d like this letter to address?
Send us an email at friend@ChurchofJesusChrist.org and let us know.**