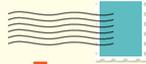


# the Friend



Learn to Hear  
Jesus Christ

See pages 2-3



# Friends by Mail

## Right Place on the Sabbath



I play baseball, and some of the games are on Sunday. I was sad I couldn't go to those games but happy I could go to church. I read "Farm-Club Fiasco" (Apr. 2019), and it reminded me that I always want to be at the right place on

the Sabbath.

**Benjamin P., age 8, New York, USA**

## 90 Years of the *Friend*!



When I was young, a subscription to the *Children's Friend* was a must. I'm still getting my copy of the *Friend* every month and just finished the Funstuff activities. It just proves that the magazine

is for everyone, even 92-year-olds! Thank you for keeping the *Friend* available to all of us.

**Carry S., age 92, Utah, USA**



## Breakfast with the *Friend*

I love reading the *Friend* at breakfast!  
**Pippa C., age 8, Utah, USA**

## Dear Friends,

We're so thankful that the COVID-19 pandemic didn't stop general conference! We got to celebrate the First Vision and hear about great blessings to come, like eight more temples! President Nelson challenged us to find ways to hear Jesus Christ (see page 2). He promised that if we do, we will have peace and know how to handle any storm. On page 28, you can see how children around the world have been learning and serving during the pandemic.

We're praying for you,

The *Friend*

## STANDARDS SEARCH!

Can you find a story in this issue about baptismal covenants?



I found it! Page\_\_\_\_\_.

**Bonus challenge!** Memorize this month's standard:

"I will remember my baptismal covenant and listen to the Holy Ghost" (*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  
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](http://lessonhelps.ChurchofJesusChrist.org).

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## Find 3 Hidden CTR Rings

**Hard:** Talk time

**Harder:** Ring around the racoon

**Hardest:** Nothin' but net

## Volume 50 Number 5 May 2020

### The First Presidency:

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Henry B. Eyring

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By President  
Russell M. Nelson

# How to HEAR Jesus Christ

During the First Vision, God the Father pointed to Jesus Christ and said, “This is my Beloved Son. Hear Him!” That message to Joseph Smith is for each of us. We are to seek, in every way we can, to hear Jesus Christ.

When we truly hear Jesus Christ, we will be guided to know what to do in any circumstance.

## How can you hear Him more clearly?



President Russell M. Nelson, “Opening the Heavens for Help,” *Ensign*, May 2020.



1

Feast daily on His words in the scriptures.



2

Go to the temple or do family history work.



3

Pay attention to the words of the prophets.



4

Listen to the whisperings of the Holy Ghost.

He will bring thoughts to your mind and peace to your heart. He will let you know what is true.

When we are surrounded by uncertainty and fear, what will really help us the most is to hear Jesus Christ.

I express my love for you. I bless you with peace and with increasing faith in the Lord.

*Adapted from President Nelson's April 2020 general conference addresses.*

# I Can Learn to Hear Jesus Christ

When have the words of Jesus Christ helped you?



# CONFERENCE

# News



## Temple Math

168 finished temples  
 14 under construction  
 35 already announced  
 + 8 temples just announced!

\_\_\_\_\_ total when all are finished

## A Symbol of Christ

The Church has a new symbol! Fill in the letters that match each part of the picture.



- \_\_\_\_\_ Jesus Christ is at the center of the Church. He is our resurrected, living Lord.
- \_\_\_\_\_ He welcomes everyone who will come to Him.
- \_\_\_\_\_ This reminds us of when Jesus came out of the tomb on Easter!

## Church News!



A new proclamation to the world about the Restoration!

A Hosanna Shout to praise Heavenly Father and Jesus Christ.



Two youth speakers in conference!



A worldwide fast on Good Friday, April 10.

## Conference Quotes



"There is peace and joy even in hard times."  
 President Henry B. Eyring  
 Second Counselor in the First Presidency

"Regardless of how we look or dress, we are one people with a Father in Heaven."

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



"The Lord will help our light shine."  
 Sister Bonnie H. Cordon  
 Young Women General President

"I know that we are all children of God, that He loves us, and that we are not alone."

Elder Ricardo P. Giménez of the Seventy



## Jesus Loves Us



**P**resident Oaks taught about four promises we have because of Jesus Christ:

1. We can repent.
2. We can feel comfort and strength.
3. We will live again.
4. We can keep learning and growing.

This teaches me:

## Sharing Gospel Love



**E**lder Christofferson talked about a family who invited their neighbor to home evenings and baptisms. They called him "Uncle Jonathan."

He didn't want to join the Church. But they kept loving, helping, and spending time with him. Twenty years later, he was baptized!

This teaches me:

## Doing Hard Things



**S**ister Jones showed a video of Primary children who got to meet President Nelson. One girl asked him if it's hard to be the prophet. President Nelson

said yes. He said that anything we do to be more like Jesus takes a lot of effort. But we can do it with His help!

This teaches me:

## Book of Mormon Stories



**E**lder Tai told about a man who read the *Book of Mormon Stories* picture book to gain a testimony. The full Book of Mormon wasn't in his lan-

guage. So he carefully read each scripture story and looked at the pictures. He prayed and felt peace and joy. He knew it was true.

This teaches me:

# Show and tell CONFERENCE!



**Gabriel F.,  
age 10,  
Minas Gerais,  
Brazil**



**W**hen I watched general conference, I learned about how Joseph Smith translated the Book of Mormon so we would have the word of God. The Book of Mormon teaches me about Jesus Christ.  
**Shalom A., age 6, Dakar Region, Senegal**



**Shelem, Josué, Mía, and Ruth C., ages 5, 8, 6 months, and 3, Durango, Mexico,** enjoyed watching general conference at home. It was a special conference!



**I** love the music of the Tabernacle Choir. I always feel peace.  
**Jared B., age 7,  
Normandy, France**



**Chien-Hsun C., age 11,  
Taoyuan, Taiwan**



**Annelle, Ruth, Sarah, and Samira K., ages 8, 2, 6, and 6, Littoral, Benin,** loved watching conference together as a family.

**Morgan and Sadie M.,  
ages 5 and 8,  
Quebec, Canada**





**E**lder Stevenson told about a woman who had cancer. Someone asked how she could still have faith. She said having faith is what gets her through all the hard things. My little brother had cancer too. We were really scared, but we still had faith, and he did get better. I know that faith can help us through hard things.

**Alayna A., age 8, Quebec, Canada**



**Davin S., age 10, Louisiana, USA**



**Ilse N., age 5, Nuevo León, Mexico**



**O**ur family made this diorama of the First Vision as we got ready for general conference. We had fun working together and sharing this with our friends.

**Felicity, Peter, and Talmage C., ages 9, 7, and 3, Wisconsin, USA**



**Isabella B., age 5, Guatemala, Guatemala**



**Gideon, Annie, Amelia, Sullivan, Adelaide, Arilyn, and Autumn W., ages 9, 7, 2, 4, 6, 1, and 11, Bavaria, Germany, loved seeing President Nelson and were grateful for the Hosanna Shout.**

Draw a picture of yourself and add your own quote about conference here!

---



---



---

**By Jane McBride**

(Based on a true story)

*"Keep the commandments! In this there is safety; in this there is peace" (Children's Songbook, 146-47).*

"I bet I can ride faster than you!" Diego called to his older brother, Caesar, as they ran through the house. It was Saturday, and their family was going on a bike ride. Diego couldn't wait to enjoy the sunny day.

"Don't forget your helmets!" Mom reminded them as they headed for the door.

Diego groaned. He hated wearing his helmet. It made his head sweaty. Plus, his friends said helmets were for babies and old people.

"But we're not going far," Diego said. "And I'm a really good bike rider."

"It doesn't matter," Mom said. "Whether we're going five feet or five miles, everybody wears a helmet."

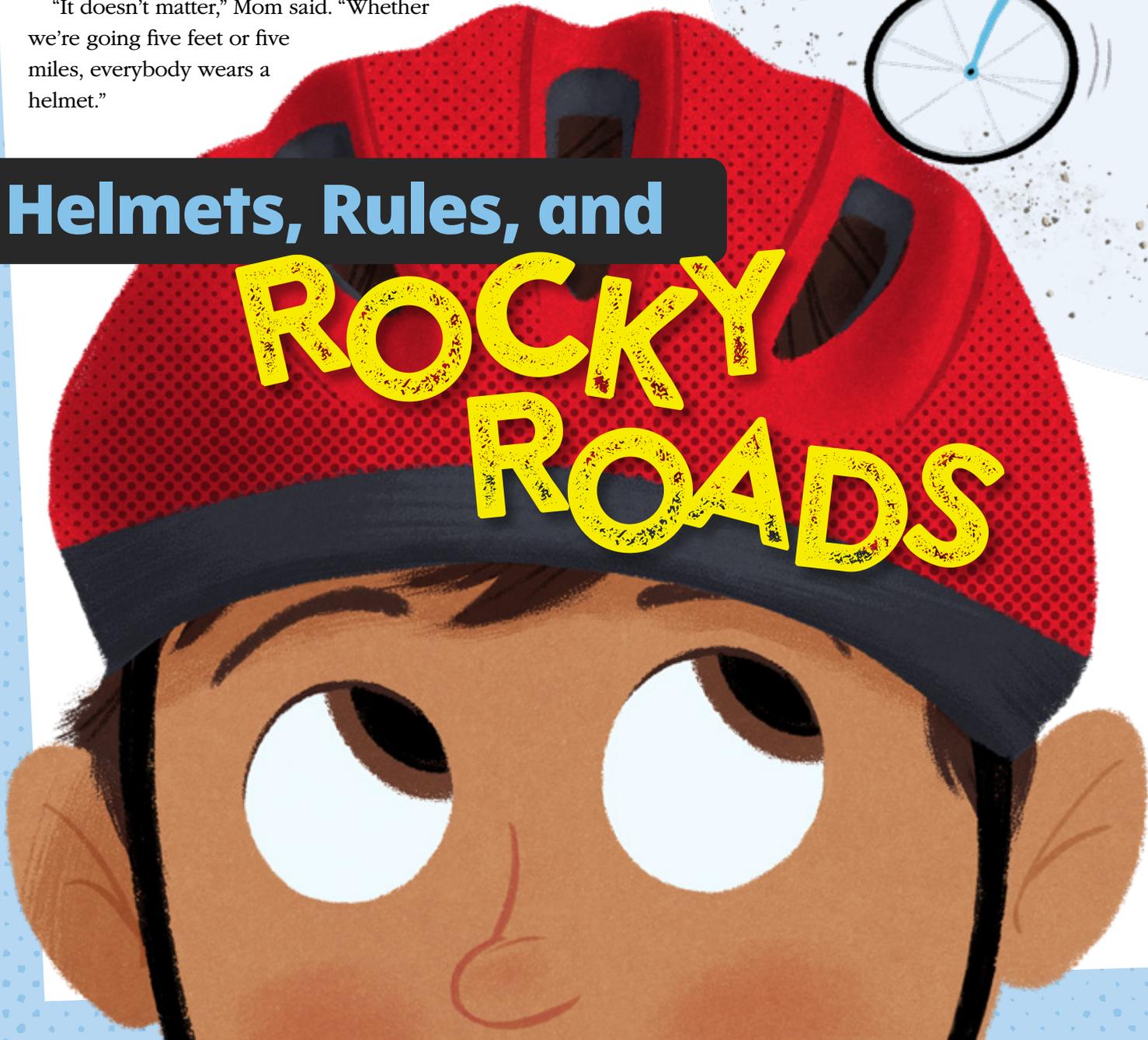
Dad poked his head around the corner. "That's the family rule, remember?"

Diego sighed. "OK." He and Caesar went back to their room. They grabbed their helmets and snapped them in place before heading outside.



## Helmets, Rules, and

# ROCKY ROADS





Soon Diego and his family were all pedaling down the street. After a while, the road narrowed, and the pavement turned into gravel. Diego smiled and gripped the handle bars tighter. He loved this part! He imagined himself as a mountain biker, bumping down a rocky trail.

Then it happened.

He felt his bike jolt to a stop, and suddenly he was flying over the handlebars!

THUD. The next thing he knew, Diego was lying on the ground. He could hear his family's voices.

"Is he OK?"

"What happened?"

"Looks like his wheel hit some metal on the road."

Diego opened his eyes. Everyone was kneeling around him.

"Are you all right?" Mom asked.

"I . . . I think so," Diego said. It felt like his mouth was full of dirt! He stretched out his leg and winced. His knee and elbow were stinging, but nothing hurt too much. After Diego rested for a few minutes, Mom helped him sit up. Diego took off his helmet.

"Oh wow," Dad said. "Look at this." He held Diego's helmet out for everyone to see. The back

of the helmet had a big dent in it.

"Woah!" Caesar said. "That could've been your head!"

When Diego felt well enough to walk, he and his family pushed their bikes back home. Then Mom carefully washed Diego's scrapes, dabbing ointment and smoothing bandages over the sore spots.

"Thanks, Mom," Diego said.

"No problem, kiddo. Our first-aid kit comes in handy every once in a while."

"I mean thank you for making me wear my helmet," Diego said. He ran a hand through the hair on the back of his head.

Mom nodded and pulled him into a gentle hug. "Rules are hard to follow sometimes, and we might not always understand why they're important," she said. "But rules from those who love you—like Heavenly Father and Dad and me—those rules are meant to keep you safe."

Caesar popped into the doorway. "Dad told me to tell you that lunch is almost ready. He made quesadillas."

"Mmmmm," Diego said. "Maybe some salsa will get the taste of gravel out of my mouth!"

Everyone laughed and walked to the kitchen.

"Don't forget to wash your hands before we eat," Dad said, setting a plate of the warm tortillas and melty cheese onto the table.

"But I don't want to wash my ha—" Diego started to say. Then he stopped himself. Maybe this was one of those rules Mom was talking about.

"You got it, Dad," he said. He turned to Caesar with a grin. "Race you to the sink!" ●

The author lives in Colorado, USA.

### ASK A PARENT OR TEACHER

When have Heavenly Father's commandments helped keep you safe or happy?

See *Come, Follow Me* for Mosiah 11–17.

# MY FAMILY NIGHT FUN

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

## Signs and Safety

For Mosiah 11–17



 **Sing** “I Will Be Valiant”  
(*Children’s Songbook*, 162).

**Print or draw** some road signs that help you stay safe, like stop signs, speed limits, and other warnings. Take turns holding up the signs and having people follow them in pretend cars! What would driving be like without those signs?

**Abinadi taught** about the Ten Commandments (see Mosiah 13:12–24). How does following the commandments keep you safe and happy?



## Care-Package Delivery Service

For Mosiah 18–24

 **Sing** “Baptism” (*Children’s Songbook*, 100–101).

**At the waters of Mormon**, Alma taught about our baptism covenants. He said that when we are baptized, we promise to “comfort those that stand in need of comfort” (Mosiah 18:9).

**Read** “Doing What Jesus Would Do” on page 20. Call or visit someone who needs extra love. You could use the ideas at the bottom of page 20 to make a care package for them!



# TREAT TIME

## Apple Nachos



Arrange **apple slices** on a plate and drizzle **caramel** and **melted chocolate** on top. You can add **toppings** like chocolate chips, crushed graham crackers, or sprinkles.

## Banana Chocolate Chip Cookies



Combine **1 mashed banana**, **1/2 cup chocolate chips**, **1/3 cup softened butter**, and **1 teaspoon vanilla**. Then add **1 cup flour** and **1 teaspoon baking powder** and mix.

Spoon dough into small balls and place on greased cookie sheet. (Makes about a dozen.) Bake at 400°F (200°C) for 10 minutes.

## Taco Dip



Combine **12 oz (340 g) softened cream cheese**, **1/2 cup sour cream**, **1/2 cup salsa**, and **1 tablespoon taco seasoning** and mix well. Spread mixture in baking dish.

Top with **lettuce**, **cheese**, **tomatoes**, and **olives**. Use **tortilla chips** for dipping.

## Family Love Notes

For Mosiah 25–28



**Sing** “Help Me, Dear Father” (*Children’s Songbook*, 99).

**The Book of Mormon** teaches us to repent and forgive others (see Mosiah 26:30–31).

**Read** “Sister Squabble” on page 12. Then cut out paper hearts and make love notes for your family members. Hide them where your family will find them throughout the week!

## Let’s Talk Testimony

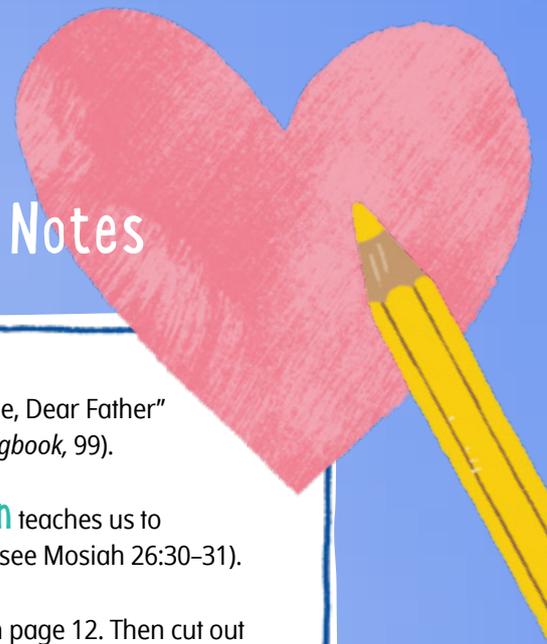
For Mosiah 29–Alma 4



**Sing** “Testimony” (*Hymns*, no. 137).

**Alma had faith** that sharing his testimony would help others (see Alma 4:19). Sharing your testimony means sharing what you believe is true.

**Have a family testimony meeting** and take turns sharing what you believe.



# Sister

## Squabble

How could Jaide make things right with her sister?

By Richard M. Romney  
Church Magazines  
(Based on a true story)

*"So I say to myself, 'Remember this: Kindness begins with me'"*  
(Children's Songbook, 145).

**"B**ridgette, have you seen my takkies?" Jaide said. Sometimes Bridgette borrowed Jaide's clothes. This time, Jaide's tennis shoes were missing.

"Bridgette!" Jaide called again. "Have you . . ."

Bridgette came into the room, holding Jaide's white shoes. Only they didn't look white anymore. They were covered with mud!

"What did you do?" Jaide said.

"I had to go outside," Bridgette said. "And it was raining. So I put on your shoes. But I stepped in some mud and . . ."

"You're always ruining my things!"

"And you're always mean to me!"

That's when Jaide heard awful words come out of her mouth: "I wish you weren't my sister!"

Bridgette started to cry. Then she ran out of the room.

Jaide started to cry too. She hadn't meant to say that.

Jaide looked out the window. Along the street she could see the lavender blossoms of the jacaranda trees.



There were lots of them where her family lived in South Africa.

Usually, seeing the pretty trees made Jaide feel happy. But right now she didn't feel happy at all. She had hurt Bridgette's feelings with those sharp, ugly words.

Now she wasn't sure what to do. She sat down at the table and looked at her scriptures. Last night she had been reading a story with Dad and Bridgette. It was about when an angry crowd came to take Jesus away.

Jaide opened her scriptures to that part and read, "And, behold, one of them which were with Jesus stretched out his hand, and drew his sword, and struck a servant of the high priest's, and smote off his ear."

The disciple must have been really angry that Jesus was being taken away. Jaide read the next verse:

"Then said Jesus unto him, Put up again thy sword into his place: for all they that take the sword shall perish with the sword" (Matthew 26:51-52).

Then Jesus healed the man's ear. Jesus was kind, even though the man was there to hurt Him.

Now Jaide realized what she needed to do. She needed to forgive her sister, like Jesus would. And then she would try to help her heal from the cutting things she had said earlier.

Jaide bowed her head and said a little prayer. "Please, Heavenly Father, help me make things right with Bridgette."

Jaide looked out at the jacaranda trees again. She got a piece of paper and started drawing. She drew a picture of their street, lined with the beautiful trees. In

the corner, she wrote, "I love you, Bridgette!" Then she went to find her sister.

Bridgette was sitting alone, staring at the floor.

"I made this for you." Jaide held out her picture of the jacaranda trees.

Bridgette looked at the picture. "Thank you! It's so pretty!"

"What I said was mean," Jaide said. "I'm really sorry."

"But I ruined your shoes."

"It's OK," Jaide said. "I forgive you. Will you forgive me for saying something horrible that I didn't really mean?"

"Yes!" Bridgette said. "Do you still want to be sisters?"

"Of course! I love you, and I want to be your sister forever."

She liked the way those loving, happy words felt coming out of her mouth. It felt good to follow Jesus. ●





Hi, we're  
Margo and  
Paolo.

Join us  
as we visit  
South Africa!

HELLO  
from  
South Africa!



**South Africa**  
is at the southern  
tip of Africa. Almost  
19 million children  
live there!



Soccer is the most  
popular sport in  
South Africa.

Many animals live in  
South Africa. The ele-  
phant, cape buffalo,  
leopard, lion, and  
rhinoceros are  
called "the Big  
Five."





There are miles of beaches in South Africa! From this beach you can see Table Mountain, a famous landmark near the city of Cape Town.



This Primary loves singing time!

Children and adults love to play a game called *mancala*. It's a counting game where you move pebbles, seeds, or marbles from one cup to another. It's one of the oldest games in the world!



## Meet some of our friends from South Africa!



I love playing with my little brother, Zinathi. It's nice to spend time creating memories with my family. It makes me look forward to spending eternity together.

**Zamu S., age 10, Gauteng, South Africa**



I love being a member of the Church because I learnt that Heavenly Father has a plan for me, and that makes me happy.

**McKenna-Paige M., age 10, Gauteng, South Africa**

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

**Thanks for exploring South Africa with us. See you next time!**

*Pap* is a popular food in South Africa that's made from ground corn. People eat it for breakfast with milk and sugar, or for dinner with meat or tomato stew.



ILLUSTRATIONS BY KATIE MCDBEE; TREE ART, BACKGROUND LANDSCAPE, CHILDREN WITH FLAGS, AND KITCHEN PHOTOGRAPH BY GETTY IMAGES

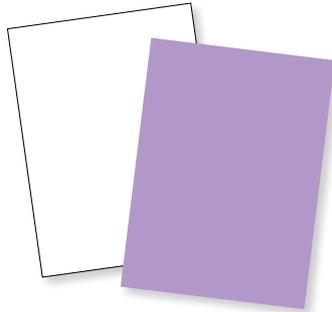
# Mother's Day Card

Make this pop-up card for your mom or someone else you love!

**SUPPLIES NEEDED:**



tape or craft glue



2 pieces of paper



markers



1.

Pick a piece of paper. Starting from the short end, make a fan by folding the paper up a little at a time, flipping after each fold.



2.

Next, fold the fan in half. Fold the other piece of paper in half to make the rest of the card.



3.

Glue the edges of your fan together to make a sort of triangle shape. Then glue the fan to the middle of the card. Now you have the top of your umbrella!



4.

Draw the umbrella handle with you and someone you love under the umbrella. Decorate your card with raindrops or anything else you'd like.

5.

Here are a few suggestions for the note inside!

.....  
Your love always keeps me safe and warm.

.....  
Thanks for keeping the storms away!

.....  
I'd share my umbrella with you anytime.

.....  
Thanks for protecting me with your love!

.....  
No storm is scary when you're next to me.

# Find It!

Alexandra loves helping out on her uncle's farm. She especially likes counting all of the chickens!  
 Find all 15 chickens with Alexandra. Then find the other hidden objects.



# I Will Be Valiant

(Simplified)

*Briskly* ♩ = 108–128

Words and music by Vanja Y. Watkins

F C7 F

The Lord needs val-iant ser-vants, To do His

Gm

work in the lat - ter day, Who fol - low the teach - ings of

C7 F C7

Je - sus And serve His peo - ple in a lov - ing way.

F (F7) F Bb

I will be His ser - vant And keep my cov-'nants val - iant - ly. I'll

(B dim) F D7 Gm C7 F

stand for truth. I'll stand for right. The Lord can de-pend on me.

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# ELDER QUENTIN L. COOK

Of the Quorum of the Twelve Apostles



Elder Cook's birthday is September 8.



He will be 80 years old this year!



He served a mission in England. One of his companions was Elder Jeffrey R. Holland.

He played football and basketball in high school.



When he was in first grade, he gave a pair of boots to a friend during a fire drill. "I didn't want his feet to be cold in the snow," he said.

He and his wife, Mary, have three children and 11 grandchildren.



**"We must live by faith and not by fear."**

Elder Quentin L. Cook

*"Live by Faith and Not by Fear," Ensign, Nov. 2007, 70.*



# DOING WHAT JESUS WOULD DO



By Julia A., age 12,  
California, USA

Recently a close friend told me some heartbreaking news. Her dog, Holly, had died! My friend, Alli, had really loved her dog.

As soon as I heard the news, I was devastated. Alli and I had spent year after year playing with and admiring Holly. Once we worked hard to give Holly a bath on a hot summer day. As soon as we finished washing her, she ran into the mud and her legs got all dirty!

I wanted to do something to help Alli feel better. So I made her a care package and delivered it to her doorstep. She loved the kindness I showed her. We spent a few moments of silence as we hugged each other and cried.

When I left, I realized I had done the right thing. Comforting someone is what Jesus Christ would have done. I know that everyone can set a good example and follow Christ. ●



## KINDNESS CHALLENGE

You can make a care package for someone who needs extra love. Here are some ideas.



Draw a picture or write a nice note.



Pack useful things, like tissues, pens, a notebook, or lip balm.



Make a treat or pack a snack.



Include something soft, like fuzzy socks or a small stuffed animal.

## "BE YE KIND"

(Ephesians 4:32)



**IDEAS FOR MAKING YOUR TIME CAPSULE**

- Decorate a cardboard box • Write answers on papers and put them in a can • Make a digital folder for pictures and answers
- Put stickers on a jar with a lid • Add your answers to [FamilySearch.org](https://www.familysearch.org)

**HERE'S A FUN ACTIVITY** to do with your family. Take turns writing or recording your family's answers. Then make a time capsule to keep the answers safe. When you read or listen to the answers in the future, it'll be a blast from the past!



What is your favorite thing to do for fun?

Who is your favorite person from the scriptures? Why?

What is something you are good at?

When was a time Heavenly Father answered your prayers?

What's something fun that not many people know about you?

When was the last time you laughed really hard? What made you laugh?

What are five things you're thankful for?

What's something hard Heavenly Father helped you with?

What is your favorite thing about yourself?

Who is your favorite teacher in school? Why?

Who is one of your friends? What do you like to do with this friend?

Your question(s):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# FAMILY HISTORY PARTY

By Christine Merrill  
(Based on a true story)





Where was Grandma Jensen born?



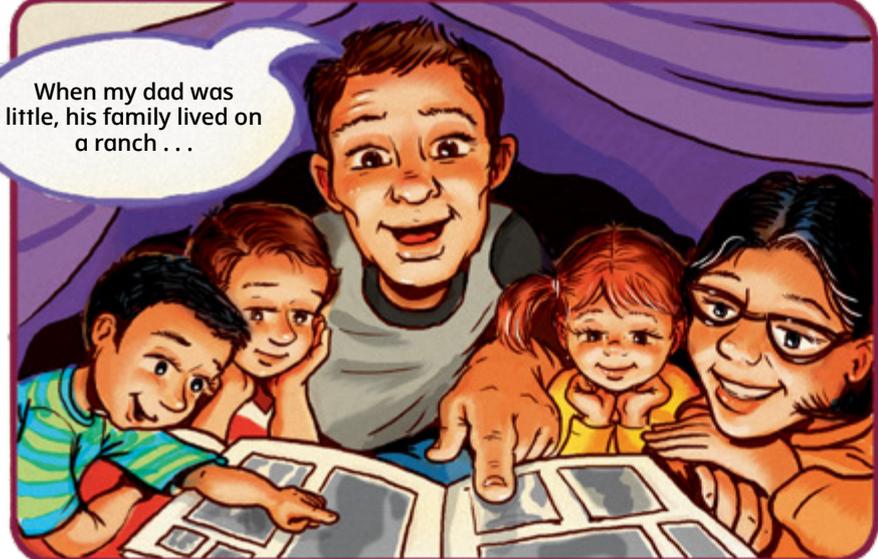
Now it's time for the great index race! The team that indexes the most names wins.



Look! That person has the same name as me.



Now we've saved the best for last. Family history story time!



When my dad was little, his family lived on a ranch ...



Later that night ...

That was the best party ever. Let's do it again tomorrow!

The author lives in Maryland, USA.

By Marissa Widdison  
Church Magazines

# ALMA'S BA

Wouldn't it be amazing if a prophet gave a talk at your baptism? In Mosiah 18:7-11, Alma talked to a group of people who wanted to be baptized.

Here's what he taught them.



When you are baptized, you agree to follow Jesus Christ and become a member of His Church (see Mosiah 18:8).

*Copy the name of the Father, the Son, and the Holy Ghost of Jesus Christ of Latter-day Saints.*

When you are baptized, you agree to help those who are sad, or who are in need of comfort. You try to comfort them and help them become better (see Mosiah 18:9).

*Write the name of someone who needs comfort.*

ILLUSTRATIONS BY JOSH BLANKENHORN

# BAPTISM TALK

*Write how the Holy Ghost makes you feel.*

When you are baptized, you promise, or covenant, to serve God and keep His commandments (see Mosiah 18:10). He promises that the Holy Ghost will help you.

*Write a way you can stand up for what's right.*

When you are baptized, you agree to tell people about God (see Mosiah 18:9). You stand up for what's right, even if it's not popular.

*Write a way you can help someone.*

When you are baptized, you agree to help people with their problems. You help carry, or bear, their burdens (see Mosiah 18:8).

When the people at the Waters of Mormon heard what Alma taught, they were so happy! "They clapped their hands for joy" (Mosiah 18:11). Ask a parent or teacher how being baptized has blessed them. God wants all of His children to have the blessings of being baptized!



the Church  
-day Saints.

baptized,  
help those  
r mourn-  
omfort  
hem feel  
18:9).

# Ali's Head Start

By Sarah Cutler Chow

(Based on a true story)



*"Bear one another's burdens, that they may be light" (Mosiah 18:8).*

Ali smiled as she closed the last bright blue envelope. Her eighth birthday was next week! She had spent the whole morning making invitations for her birthday party.

"Ready to go?" Mom asked.

Ali nodded. They were taking an invitation to her friend Tiffany in the hospital.

"I think Tiffany will be glad to see you," Mom said as she and Ali climbed into the car. "Her mom told me they had to shave off some of her hair for the surgery."

Ali's eyes got wide. "But school is starting soon! How can she go to school with no hair?"

"They didn't shave off all her hair—just a little bit," Mom said. "And taking care of our bodies is much more important than how we look."

Ali ran her fingers through her own long hair. It almost reached her waist. "I feel sad for Tiffany."

"That's why we're going to visit her," Mom said. "It's part of bearing one another's burdens."

Ali scrunched up her eyebrows. "What does that mean?"

"It means helping others when they are going through a hard time," Mom said. "It's something you'll promise to do when you get baptized."

Ali smiled. Her baptism was coming up! "So I guess helping Tiffany feel better is one way I can practice doing that?" she said.

"Yeah," said Mom. "That's a great way to think of it."

When they got to the hospital, Ali followed Mom to Tiffany's room. They walked down a long hallway with brightly painted walls and open doors. Inside the rooms, Ali could see children resting in big white hospital beds. Some of them didn't have any hair.

Finally they got to Tiffany's room. Tiffany was happy to see Ali.

Ali saw that Tiffany had a bandage on the side of her head. “How are you feeling?” Ali asked.

“Pretty good,” Tiffany said. “The doctor says the surgery went great.”

“Yay! I’m so glad you’re OK,” Ali said.

Then Ali held out a bright blue birthday invitation. “When you’re feeling better, I hope you can come to my birthday party! And maybe you can even come to my baptism.”

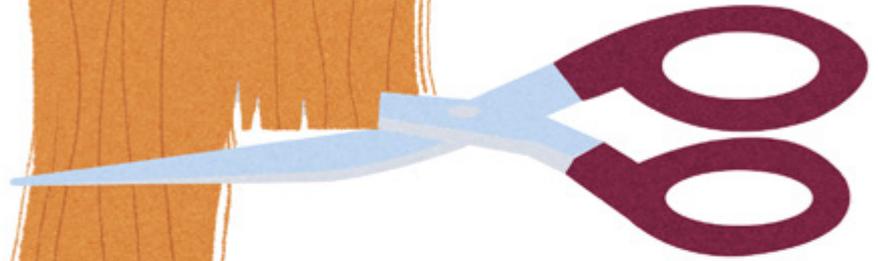
Tiffany gave Ali a big hug. “Thank you!”

When it was time to go, Ali walked back down the hallway with Mom. Ali noticed a poster hanging on the wall. It had a picture of a girl holding a long ponytail of her hair. She was smiling. The top of the poster said, “Donate Your Hair for Wigs.”

“Mom,” Ali said. “Can I do that?” She pointed to the poster.

Mom turned to read it. “But Tiffany doesn’t need a wig.”

“I know,” said Ali. “But there are lots of kids at the hospital who do!”



Mom smiled. “I think that’s a great idea.”

On the morning of Ali’s birthday party, Mom took Ali to get her hair cut. After lots of combing and snipping, Ali looked in the mirror. Now her hair reached just to her chin. She felt happy inside when she imagined a girl sitting in a hospital bed, putting on a wig made with some of Ali’s hair.

“How do you feel?” Mom asked.

“So happy that I made up a joke,” said Ali. “Want to hear it?”

Mom nodded.

“I’m getting a *head start* on my baptism promises!” Ali said with a laugh. She couldn’t wait to keep helping others bear their burdens. ●

The author lives in California, USA.

What does it mean to “bear one another’s burdens”?



# Learning and Serving at Home

Read how children around the world have been learning and serving others during the COVID-19 pandemic.

With social distancing, it's hard to stay inside, but **Alexander F., age 5, Ontario, Canada**, had a great idea. He was looking through old *Friend* magazines and asked Daddy if they could build a rocket ship together just like on one of the covers!



On Sunday, March 29, we fasted for peace in the world and healing from COVID-19. This was my first time fasting for 24 hours, and it was hard. I was hungry, but my mom told me to remember the reason we were fasting and that God will hear my prayers and accept my fasting. I grabbed my Book of Mormon and started reading. It brought me peace and filled me spiritually. God lives, and Jesus Christ loves us.

**Yarezi L., age 10, California, USA**



**Layna H., age 8, Idaho, USA**, mails homemade cards to her Primary teachers and grandparents. She loves coloring and sharing her cards with others.



We drove to look at the Houston Texas Temple. Even though the temple gates are closed, it still brings peace and comfort.

**Sophie, Claire, and Bailey B., ages 2, 4, and 6, Texas, USA**

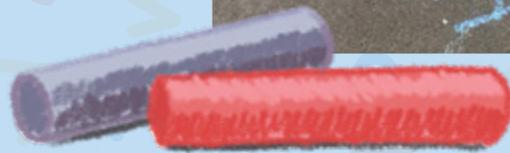


I fasted for the first time because President Nelson asked us to fast to help with the coronavirus. Fasting is hard, but I know that making a sacrifice will help. I know this because Jesus sacrificed for us. I know Jesus helped me. I know that Heavenly Father and Jesus are proud of me. My testimony is stronger because of this.

**Brendon S., age 9, Texas, USA**

I saw lots of people going for a walk by themselves, and I wanted to do something to make them happy and know that they aren't alone. Me and my family went for a walk with some chalk and left messages on the path to make other people smile.

**Samson W., age 4, Merseyside, England**



After not being able to go to church and then experiencing an earthquake in our city, we decided to sing Primary songs to older people in our neighborhood. It was like Christmas caroling but in spring! We knocked

on their doors and stood back from the house with a sign saying that we loved them and that they didn't need to invite us in. They were so surprised and happy to hear us, and it was fun! It helped us feel better when we felt scared.

**Emily and Lily D., ages 8 and 4, Utah, USA**



During this quarantine due to COVID-19, I have been learning how to index. My parents help me to learn more about my ancestors and their hobbies, favorite dishes, and more. I hope children like me can feel Elijah's spirit when they do indexing or FamilySearch at home.

**Levik T., age 8, Lima, Peru**



We feel so blessed that in the midst of the chaos caused by the spread of COVID-19, where churches are closed, we are still able to take the sacrament. We really love spending time together as a family!

**Billery, Whitney, Hyrum, Zoe, Kanisha, Brianna, and Meaghan M.I., ages 14, 12, 11, 8, 6, 4, and 3 months, Sabah, Malaysia**



# MATT AND MANDY



Mandy, you're very quiet, and you're not eating.

Is something wrong?

Today I dropped my lunch tray in the cafeteria. My food went all over the floor and on a kid's shoes.

Everybody laughed at me.

Well, I discovered that my shirt was inside out all day.

No wonder I got funny looks while I was giving my book report.

At least it was my dinosaur shirt that Franco thinks is weird.

HA! HA! HA! HA!

Mistakes happen because you're human. Learning to laugh at yourself helps.

Me? I tried to be human once, but my shoes kept falling off.

And the spaghetti *did* look better on the floor than it did on my tray.

## SECRET SERVICE!

- Secretly do a chore to help your mom or dad.
- Help fold laundry for a sibling.
- Write a nice note to a missionary or elderly neighbor.



Why did the fisherman dump peanut butter into the ocean?

See page 39.

older  
for  
KIDS

## A LOOK INSIDE THE TEMPLE

This room in the temple is called an endowment room. (The word "endowment" means "gift.") In this room, we learn more about Heavenly Father's plan for us. We also make covenants, or promises, with Heavenly Father there.



Use this word search to find where this temple is. Hint: The name of the city goes down. The name of the country goes across. (See page 39.)

D	H	A	N	J	U
E	M	J	H	R	D
J	M	L	G	O	M
X	N	Y	N	M	T
R	E	T	B	E	C
G	V	U	Y	L	W
J	L	O	D	R	E
I	T	A	L	Y	I
K	Q	A	I	A	H

## QUARANTINE CHOICES



Staying home during the COVID-19 pandemic has helped me get creative and gain a testimony. I play music, play with my bunny, read my Book of Mormon, and play with my siblings. I used to not like reading my scriptures, but now I love it. I also used to try to get out of work, and now I look for ways to help. We can all use this time to get closer to family and Heavenly Father.

**Penny C., age 9, Utah, USA**

## ART CHALLENGE

Draw a dinosaur using the letter "d."



## FAMILY HISTORY CORNER

Ask a parent or family member about a time when things didn't go like they hoped. How did they get through it? Write or draw a picture about it in your journal.

# Rose Marie Takes a Stand

By Jennifer Maddy  
and Lucy Stevenson

(Based on a true story)

Have you ever had to take a stand for something you felt was right—even though others told you to do what was popular instead?

Rose Marie Reid stood up for what she believed. She was a member of The Church of Jesus Christ of Latter-day Saints. She was also one of the world's most famous swimsuit designers.

When Rose Marie was growing up in Alberta, Canada, her mom taught her to sew. She used scraps of fabric to make clothes for her dolls. But she never thought she would become a fashion designer.

It all started when her husband needed a new swimsuit. Back then, swimsuits soaked up water and became heavy when they were wet. But Rose Marie had an idea. She cut up fabric from an old jacket and used it to make her husband's new swim trunks.

Her husband liked his swimsuit so much that he showed it to a local store. The store asked Rose Marie to make 200 suits to sell. And just like that, Rose Marie was in business!

Next Rose Marie started making swimsuits for women. They were beautiful and comfortable. They came in different sizes and fit different body types. Soon her designs were so popular that she moved to California, USA, and built



a factory for her new company.

After Rose Marie moved to California, the prophet made an exciting announcement. The Church was building a temple in Los Angeles, the city where she lived! Rose Marie wanted to help. She designed a white, sparkly swimsuit and invited Relief Society women to help sew on the sequins. She sold the swimsuits and donated the money to help build the temple.

As time went by, Rose Marie's swimsuits became more and more popular. Famous movie stars wore them in movies. But in all the dazzle and glitter of Hollywood, Rose Marie never backed down from her standards.

One time a cigarette company offered Rose Marie a lot of money to advertise their cigarettes. Rose Marie knew that smoking was against Heavenly Father's commandments. She didn't want to encourage other people to smoke. "You know the answer," she said. "I couldn't possibly support a cigarette company."

As styles changed, more women were choosing to wear swimsuits that Rose Marie felt were immodest. Everyone thought she should start designing suits in the latest styles. But Rose Marie took a stand.

"I don't like that style of swimsuit, and I don't want to design for a company that makes them," she said. Her business partners wouldn't listen. Finally, Rose Marie decided to leave the company she had started. It was a hard choice. But she knew that standing up for what was right was more important than doing what was popular.

Of all her designs, her most important project came as an

assignment from President David O. McKay and Sister Belle S. Spafford, the Relief Society General President. They asked Rose Marie to help design temple clothing.

So instead of designing swimsuits in a large factory, Rose Marie set up her sewing machine in her own home. She spent hours cutting patterns and sewing white fabric. "This clothing is beautiful and sacred and precious," she said. "Designing it is the most important calling of my life."

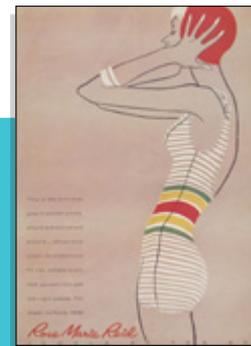
When you have a hard choice to make, you can remember Rose Marie. You can stand up for what's right. You can use your skills to bless others and serve Heavenly Father. ●

The authors live in Utah, USA.

See *Come, Follow Me* for Mosiah 11–17.



**Rose Marie Reid (1906–1978) ran her own company and was kind to her employees. She was also a mother to three children and shared the gospel wherever she went.**

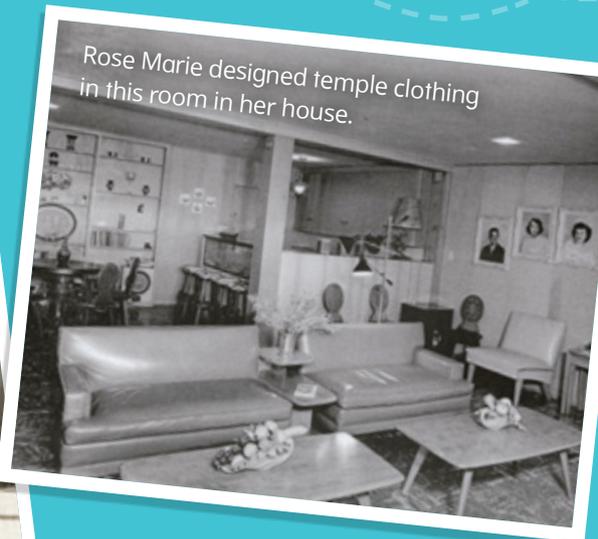


Advertisements from the 1950s for Rose Marie's swimsuit designs.

Visiting the Los Angeles temple in 1956.



Rose Marie designed temple clothing in this room in her house.



I know someone who's being bullied. I want to stand up for them, but I don't know how. What can I do?

-Timid in Tacoma



## Dear Timid,

Standing up for others is important, and it's something Jesus did when He was on earth. If you see someone being bullied at school, at church, or online, you can follow Jesus's example by speaking up and being a friend. Try some of our tips below. And don't be afraid to get help! If you see a situation that isn't safe, tell an adult.

Be brave!

The *Friend*

Act out these tips for standing up for others.

Tell the bully to **STOP.**



READ THESE VERSES TO LEARN HOW JESUS STOOD UP FOR OTHERS.

John 8:4-9  
Mark 14:3-6

Matthew 19:13-14  
Luke 22:50-51

## WALK AWAY

with the person being bullied.

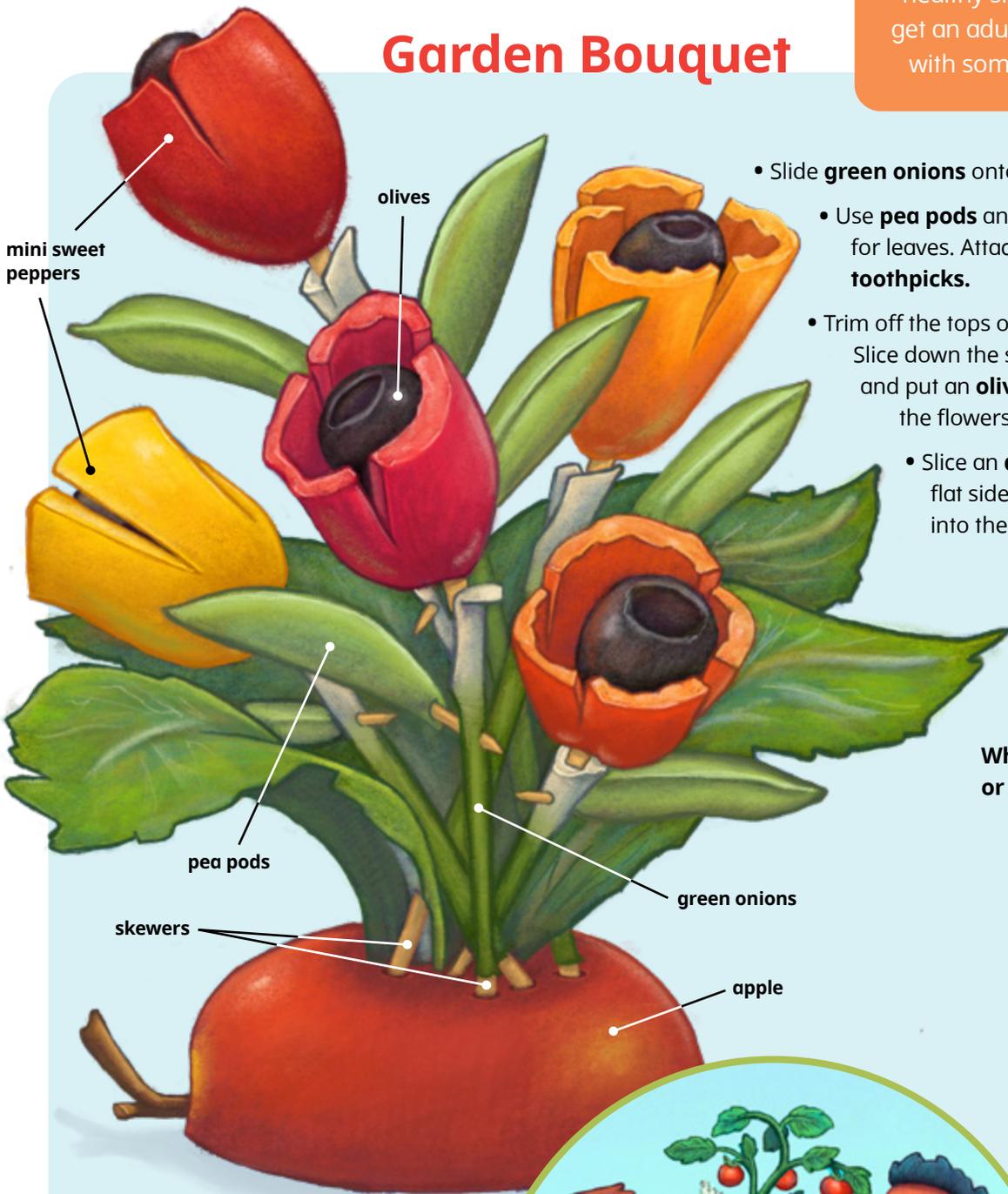


Talk to an **ADULT.**



# Garden Bouquet

This craft doubles as a healthy snack. Be sure to get an adult's help. Share it with someone you love!



- Slide **green onions** onto skewers for stems.
- Use **pea pods** and **spinach or lettuce** for leaves. Attach them to stems with **toothpicks**.
- Trim off the tops of **mini sweet peppers**. Slice down the sides to make petals, and put an **olive** in the middle. Stick the flowers on the skewer stems.
- Slice an **apple** in half and put it flat side down. Stick **skewers** into the apple so they stand up.

What other veggies or fruit could you add?

## Garden Giggles



Yeah, Mom says I have to eat more veggies. So tonight, these become PIZZA sauce!

# A Blue-Ribbon Friend

By Tana Wilson  
(Based on a true story)



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

Preston ran down the court. He caught a pass from his teammate. *Swish!* He made a basket just as the recess bell rang!

*I wish I could have made one more basket,* Preston thought as he walked into the classroom and sat down at his desk. He could hear his classmates laughing behind him and turned around to see what was going on. They were making fun of a boy named Jacob. Again.

Preston didn't know Jacob very well. He knew Jacob liked to draw. The boys were passing around one of Jacob's drawings and laughing at it. Jacob was

looking down at his desk.

*I need to do something,* Preston thought.

He walked over and grabbed the drawing. It was a picture of a police officer. "Hey, I like this picture. Do you have any others?" he asked Jacob.

Jacob smiled. He showed Preston drawings of a robot, a dog, and a dinosaur. They were good! The police officer was Preston's favorite.

"Can I have it?" Preston asked.

"Sure," Jacob said.

That night while Preston was doing his homework at the table, Mom saw the picture of the police officer. "What's this?" she asked.



"Sure!" said Jacob.

The next week, Preston and his family picked up Jacob and drove to the fair. There were lots of fun games and rides, but Preston wanted to go straight to the art booth before anything else.

Preston looked at all the drawings, but there was one he especially wanted to find.

"All right!" Preston shouted. There was Jacob's police officer. And attached to the drawing was a blue ribbon!

Jacob's eyes got big. Then he smiled. "That's my drawing!"

Mom and Preston's sisters caught up. "Mom, look what Jacob got!" Preston said, pointing to the drawing.

"That's great!" Mom said.

"A kid named Jacob in my class drew it," Preston said. "Some of the boys were making fun of it, so I asked if I could have it. Everyone stopped making fun of him after that."

Mom smiled and hung the picture on the refrigerator with a magnet. "That was a kind thing to do," she said.

Seeing Jacob's drawing on the fridge gave Preston an idea.

"Hey, Mom, you know how we're submitting drawings to the county fair?"

"Yeah," Mom said.

"What if we submitted Jacob's drawing? I bet it'd win a ribbon!"

"That's a great idea!" Mom said.

"Can we make it a surprise?" Preston asked. "I want to see Jacob's face when he sees his picture!"

Mom nodded. "I'll give Jacob's mom a call to make sure it's OK with her."

The next day, when Preston was playing basketball at recess, he saw Jacob sitting alone. Preston walked over.

"Hey," he said as he sat down next to Jacob.

"Hey."

"My mom and sisters and I are going to the fair next week," Preston said. "Want to come with us?"



"And look at yours," Preston's sister said. Preston's drawing of a tiger had won a blue ribbon too!

Preston gave Jacob a high five. No matter what other people said, he was glad they could be blue-ribbon friends. ●

The author lives in Arizona, USA.



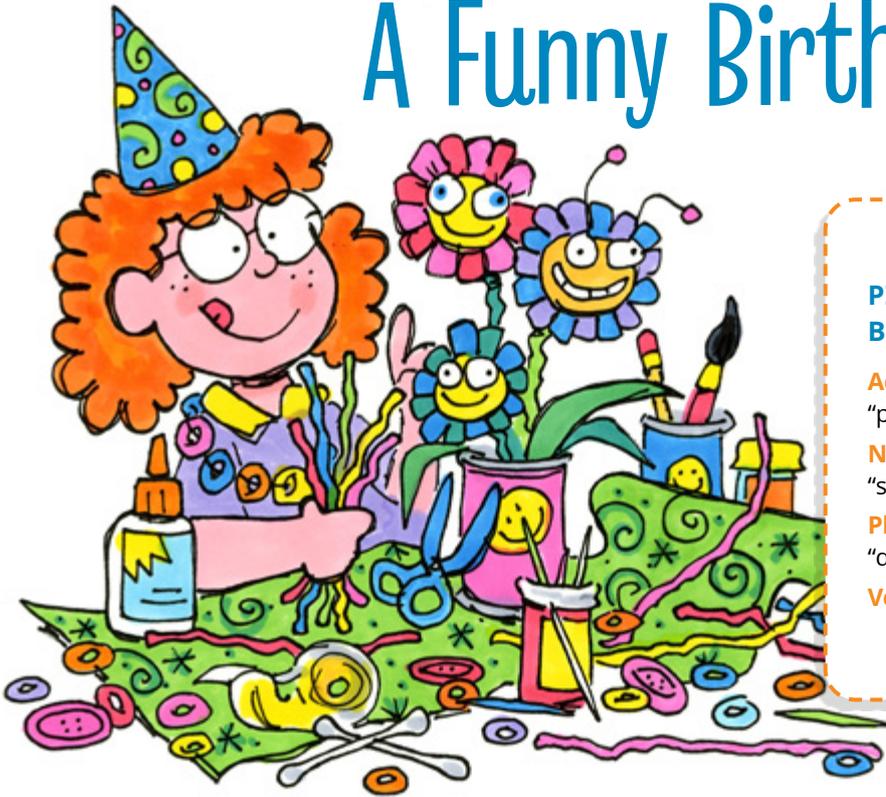
**"Our greatest joy comes as we help our brothers and sisters."**

President Russell M. Nelson

"The Second Great Commandment," *Ensign*, Nov. 2019, 100.

See *Come, Follow Me* for Mosiah 18–24.

# A Funny Birthday Gift



**PICK A WORD FOR EACH BLANK SPACE BEFORE READING THE STORY.**

**Adjective:** a descriptive word (like “fuzzy” or “purple”)

**Noun:** person, place, or thing (like “sister,” “store,” or “camel”)

**Plural noun:** more than one of a noun (like “apples” or “staplers”)

**Verb:** an action word (like “run” or “dance”)

**Hooray!** Your brother is turning \_\_\_\_\_ next week! And, being the kind sibling you  
number

are, you’ve decided to make him an extra \_\_\_\_\_ birthday present. First, grab some  
adjective

\_\_\_\_\_ and maybe a few \_\_\_\_\_ as well. It’s true that \_\_\_\_\_  
plural noun plural noun adjective

\_\_\_\_\_ are also his favorite, but your sister is giving him those already. Next,  
plural noun

\_\_\_\_\_ over to your favorite \_\_\_\_\_ store to buy \_\_\_\_\_. You’ll need some  
verb noun plural noun

\_\_\_\_\_ to make everything stick together, of course, so be sure to find at least  
plural noun

\_\_\_\_\_. It’s building time! Grab a \_\_\_\_\_, gather your supplies, then head to  
number noun

\_\_\_\_\_ and \_\_\_\_\_ for \_\_\_\_\_ to finish the craft. Wrap your brother’s  
location verb length of time

present with a \_\_\_\_\_ \_\_\_\_\_, top it with a bow, and give it to him. He’ll be sure to say  
color noun

\_\_\_\_\_ over and over again!  
silly phrase

# Book of Mormon Art Show!



Clara W., age 8, Alberta, Canada



Zeb, Kathryn, Jess, Faith, Ella, and Lily H., ages 11, 3, 15, 6, 9, and 13, Idaho, USA

## FUNSTUFF ANSWERS

Page 31: To go with the jellyfish! Rome, Italy



## HIDDEN CTR RINGS

Did you find the rings?  
Look on pages 24, 20, and 37.

## 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.

## The Last Laugh



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](mailto: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.

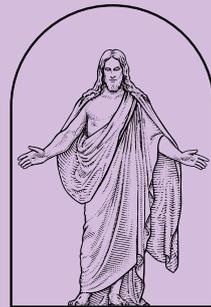
Signature of parent or legal guardian \_\_\_\_\_ Date \_\_\_\_\_

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

# the Friend junior



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16796 May 20



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

# Come, Follow Me

## for Little Ones

Having meaningful scripture study with young children can be challenging. Here are some ideas to make it easier!

FOR  
**Mosiah**  
11–17

## COMMANDMENTS

**Read Mosiah 12:33–34** together and help your little ones say, “Commandments help us stay safe.” Then make up hand motions together for this rhyme:

“This is the mountain where Moses went.  
This is the tablet the Lord did send. This  
is His finger that wrote the words. This is  
the voice that Moses heard. This is the  
cloud on the mountain tall. These are  
the commandments—count ten in all!”

Then count to ten!

FOR  
**Mosiah**  
18–24

## JOY IN BAPTISM



**Read Mosiah 18:10–11** about how Alma’s people clapped for joy when they learned about baptism. Find a picture of someone being baptized and point out what is happening in the scene. Then take turns hiding the picture and finding it. Whenever your child finds it, help them say, “I’m happy I can be baptized” and clap together for joy!

FOR  
**Mosiah**  
25–28

## I CAN REPENT



**Read Mosiah 27:23–24** together and act out the conversion story of Alma the Younger.

1. Start by walking in place.
2. Then pretend to see an angel and fall to the ground.
3. Stay still to represent the days Alma seemed like he was asleep.
4. Then stand up and say, “I can repent and follow Jesus!”

FOR  
**Mosiah 29–**  
**Alma 4**

## WAITING PATIENTLY



**Read Alma 1:25** together and help your little ones say, “Sometimes we have to wait patiently for blessings.” You could play freeze-dance to introduce the idea of patience.

1. Dance around as you listen to Primary songs or other good music.
2. Pause the music at random, and practice standing still while the music is paused.

# I'll Be Kind

By Jordan Monson Wright

1

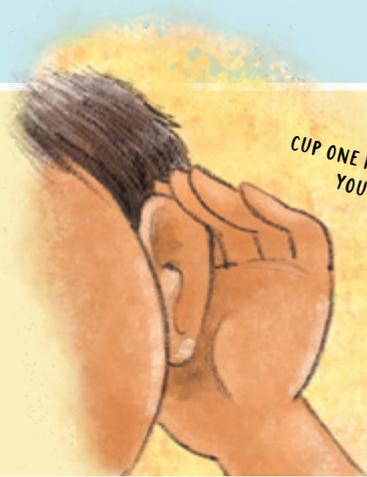
TRACE A LINE DOWN  
YOUR CHEEK WITH YOUR  
POINTER FINGER.



When you are feeling sad,  
with tears upon your cheek,

2

I'll do my best to help you!  
I'll listen when you speak.



CUP ONE HAND BEHIND  
YOUR EAR.

3

OPEN YOUR ARMS  
WIDE AND SMILE.



I'll comfort you with my best hug.  
I'll share a smile too.

4

I'll be kind like Jesus Christ  
and do what He would do.



STAND WITH  
FEET APART AND  
HANDS ON HIPS.

# Drawing Conference Words



and



are twins. Today they are watching



with . "I have a surprise for you,"



says. She gives them



and



. "When you



a special word, draw it in your



,," she says. So



and



listen.



draws a



white and tall.



draws a



full of love. They



the

talk about



, so they draw



too! "You filled your



with so many good words,"



said. "I'm happy we

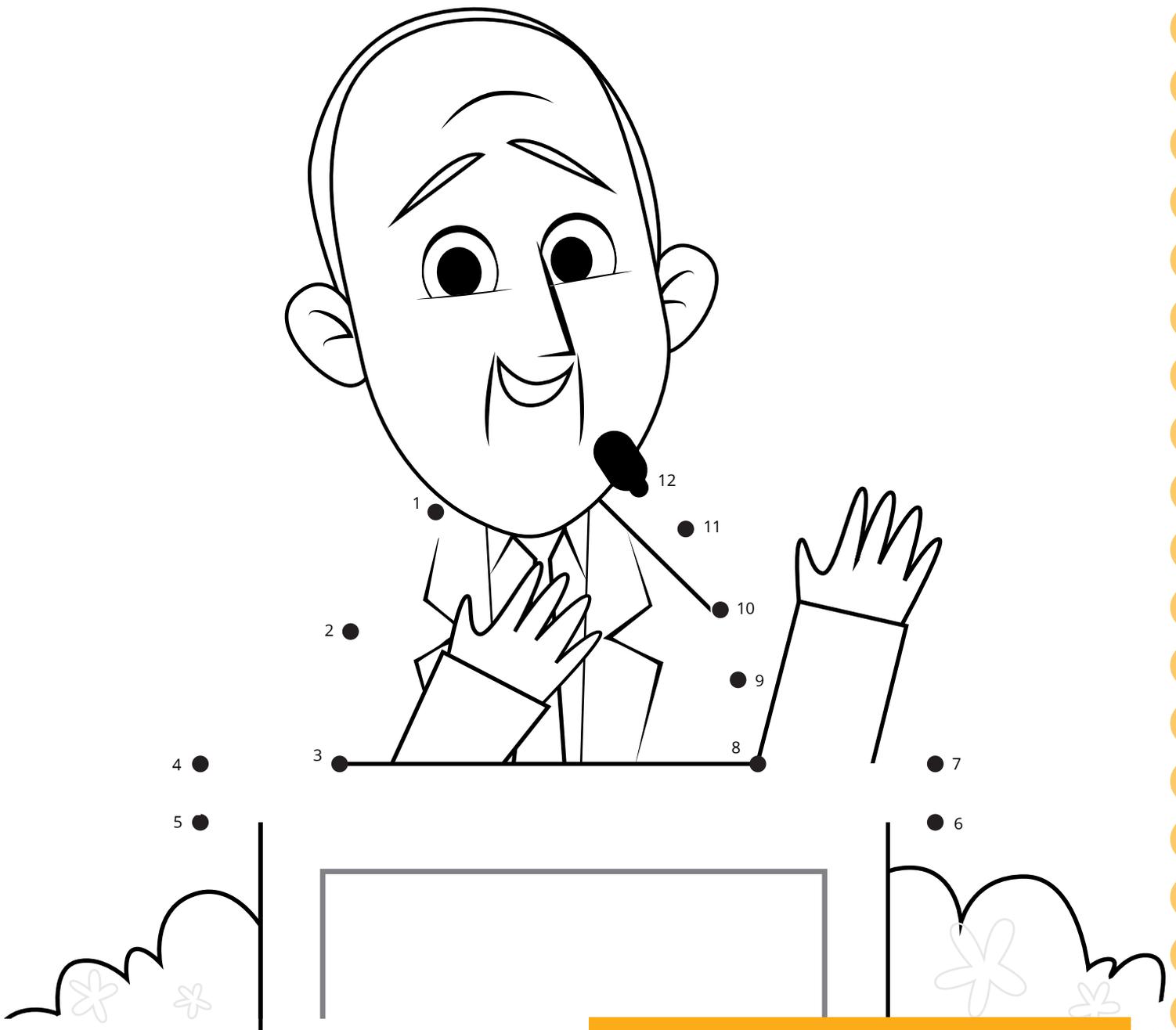
could listen to



."

# Conference Dot-to-Dot

Connect the dots to finish this general conference scene.  
Then color the prophet giving his talk.



## For Parents

How can you help your children remember the prophet's message?

# Alma Believed Abinadi



In the Book of Mormon, we learn about a prophet named Abinadi. God sent him to teach the wicked people of King Noah.



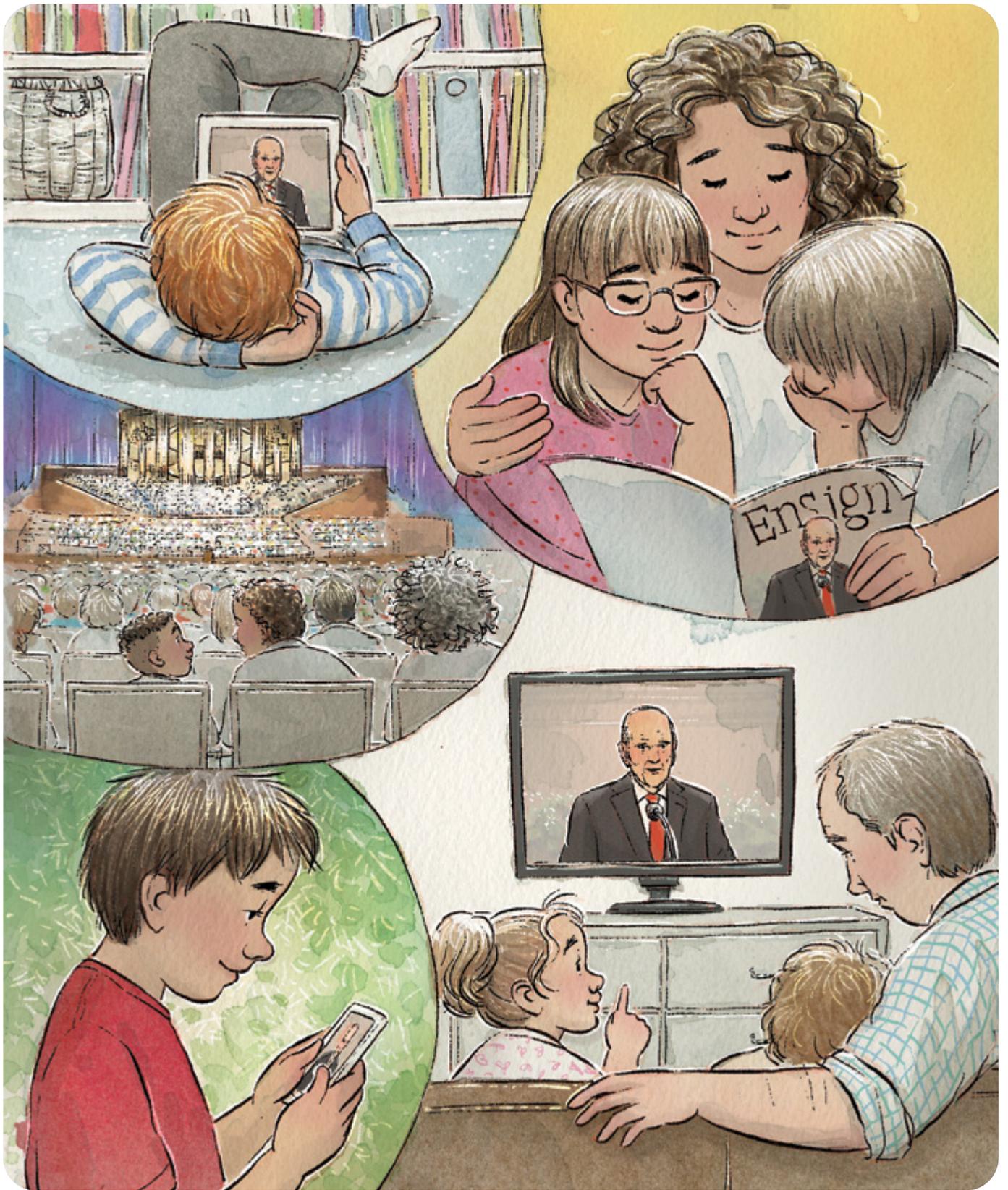
Abinadi told the king and his followers to repent and keep God's commandments. They didn't listen. They were angry with the prophet! They didn't want to change.

But one person believed the prophet. His name was Alma. He decided to repent and leave the wicked king.



Alma wrote down what Abinadi had taught. He started teaching other people about the gospel.

See *Come, Follow Me* for Mosiah 11–17.



I will listen to the prophet. Even if other people make bad choices, I can always choose to follow God. ●

# Alma Followed the Prophet



What's one way you can follow the prophet?



# The Little Bread Wagon

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

**S**ammy opened his eyes. It was a new day! He yawned. There was a yummy smell in the air.

*Mmmm, Papa is making bread!* Sammy thought.

Papa baked bread for the family every Saturday. Sammy liked to watch him take the crispy brown loaves out of the oven. Papa always gave Sammy the first slice.

*But today isn't Saturday, Sammy thought. Why is Papa baking?*

Sammy decided to find out. He walked to the kitchen and asked Papa what was going on.

"Do you remember what the bishop asked us to do?" Papa asked.

Sammy nodded. "He asked us help other people. And I helped Sister Martin take her bag upstairs, remember?"

"You did a good job," Papa said. "I decided to pray about how I could help someone. I had the idea that I could bake bread to share."

Sammy looked in the oven window. He counted the loaves of bread.

"One . . . two . . . three . . . four. Who will you give the bread to?"

"That's something I need your help with," Papa said. "I thought one loaf could go to Sister Martin. And two loaves could go to the Miller family. Who do you think we could give the fourth loaf to?"

Sammy thought about it.

"What about Mr. Lee?" Sammy asked. Mr. Lee lived in their apartment building. He didn't go outside very much. Mostly he just watched people from his window.

"That's a great idea," Papa said.

After the bread was done baking, Sammy helped Papa wrap the bread. Then Sammy got his wagon. They put the loaves inside.

"The bread wagon is ready to roll!" Sammy said.

Sammy helped Papa pull the wagon. Sammy's heart felt nice and warm, just like the bread they were about to share! ●

The author lives in Vermont, USA.

**See Come, Follow Me for Mosiah 18–24.**

ILLUSTRATIONS BY JOSH KEELE

