

the Friend

Following Jesus Together



Conference
is for
YOU!

See pages 2-7

Dear Friends,

Heavenly Father speaks to us through His prophets. And last month, we got to hear from the prophets and apostles at general conference! The words we hear at conference are important for all of us. They tell us how to become more like Jesus Christ.

What was your favorite part of conference? Go to pages 2–7 to remember some of the great messages that were shared during conference!

Love,
The *Friend*



WHO AM I?

We played the “Who Am I?” game (June 2020) and loved it! Thank you for fun games and good stories! We also like to listen to the *Friend* audio stories while we eat. It helps us have the Spirit in our home.

**Valentine and Juliet P., ages 4 and 6,
Arizona, USA**



WE LOVE TO SEE THE TEMPLE

Lars, Maren, and Livia B., ages 6, 11, and 3, visited the St. Paul Minnesota Temple.



WHERE WE READ THE *FRIEND*

Brothers Marcelo and Alejandro A., ages 6 and 3, read the *Friend* in Spanish in Nuevo León, Mexico!

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 Guy Francis

The Friend Volume 51 Number 5 May 2021

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To subscribe or change address: Go to store.ChurchofJesusChrist.org, or send old and new address information to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, United States of America. Please allow 60 days for changes to take effect.

Submit manuscripts or art to: *Friend* Editorial, 50 E. North Temple St. Rm. 2432, Salt Lake City, UT 84150-0024, United States of America. Unsolicited material is welcome, but no responsibility is assumed. Children's submissions will not be returned. Email: friend@ChurchofJesusChrist.org.

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POSTMASTER: Send all UAA to CFS (see DMM 707.4.12.5). 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.



Here is the CTR ring in Norwegian!

Hard: Slide on down.
Harder: Visit Norway.
Hardest: Raise the roof.

Find 3 Hidden CTR Rings



By President
Russell M. Nelson

Faith Will Move Mountains

Everything good in life—and every blessing—begins with faith. In the Bible, Jesus promised that if we “have faith as a grain of mustard seed,” we will be able to move mountains (Matthew 17:20). Your mountains may be loneliness, doubt, illness, or other problems.

The mustard seed represents a small but growing faith. The mustard seed starts small but grows into a tree large enough for birds to nest in its branches. I ask you to start today to increase your faith. Here are some ways you can build your faith and trust.



The Savior is never closer to you than when you are facing or climbing a mountain with faith.

President Russell M. Nelson

1

Learn about Jesus Christ by reading the scriptures. Learn about His miracles.

2

Choose to believe in Him. Think about Him every day.

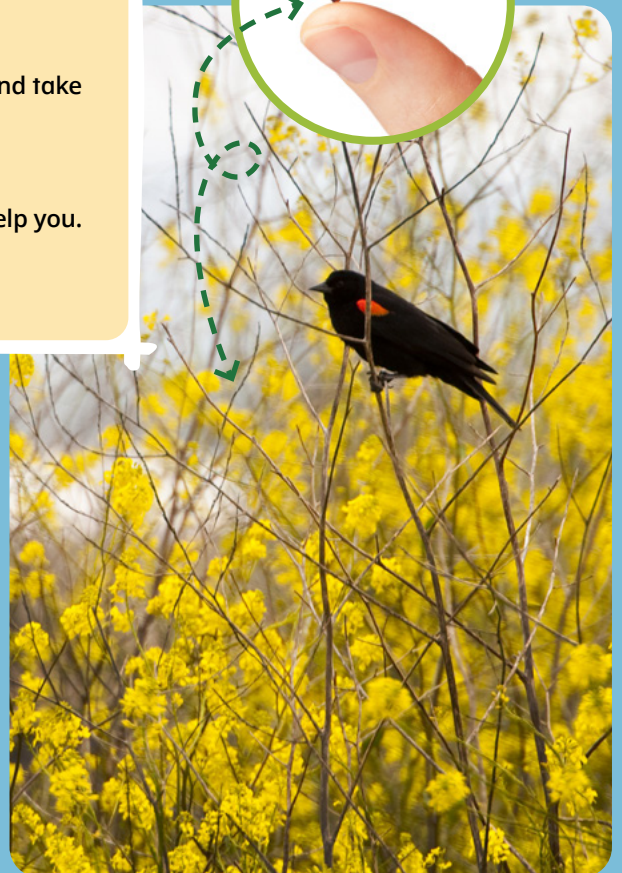
3

Act in faith. Be baptized and take the sacrament.

4

Ask Heavenly Father to help you.

Your faith in Jesus Christ will move mountains. Faith will help you turn challenges into amazing opportunities. ●



Adapted from “Christ Is Risen; Faith in Him Will Move Mountains,” Liahona, May 2021.



Jesus Christ Is Risen

"He is risen to bless the lives of all of God's children, wherever they live."

President Russell M. Nelson

Conference News

New Primary Presidency

A new Primary General Presidency was sustained on Saturday afternoon:



Sister Camille N. Johnson
PRESIDENT



Sister Susan H. Porter
FIRST COUNSELOR



Sister Amy Wright
SECOND COUNSELOR



"[I] pray that we all will remember what our Savior has done for each of us and that we all will love and serve Him."

President Dallin H. Oaks, First Counselor in the First Presidency



"Everyone has the right to be loved, to feel peaceful, and to find safety at home."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles



"It is not so much about what we are going through in life but what we are becoming."

Elder Edward Dube of the Seventy



Children's Choirs

Primary children from South Korea sang "I Love to See the Temple." Women and children from around the world also sang "I Am a Child of God."



Temple Math

President Nelson announced 20 new temples in 11 countries!

168 dedicated
+ 35 under construction
+ 28 already announced
+ 20 just announced

= _____ total temples

Testimonies around the Globe

In the Sunday morning session, we heard speakers from every continent except Antarctica! What continent do you live on?

Conference Notes



We Will Live Again

Sister Aburto taught about

Jesus Christ's Resurrection. Then she told a story from her life. When she was nine, her brother died. She wondered, "Where did he go? Will I see him again?" She learned that because of the Resurrection, her brother will live again! The Holy Ghost helped her feel comfort and hope.

This teaches me:



Trying to Be Like Jesus

Elder Stevenson shared a

story about being kind. A boy named Minchan and his classmates made fun of a boy at school. When he learned how sad it made the boy, Minchan felt so sorry! He apologized. He told his classmates to stop bothering the boy. Minchan became the boy's friend. He followed Jesus's example.

This teaches me:



Service in the Temple

President Eyring said that

when his daughter was young, she went to the temple to do temple baptisms. She was the last one being baptized that day. But there were still many names left. The temple workers asked again and again, "Can you do more baptisms?" Each time, she said yes. She was determined to serve the Lord.

This teaches me:



Helping Others

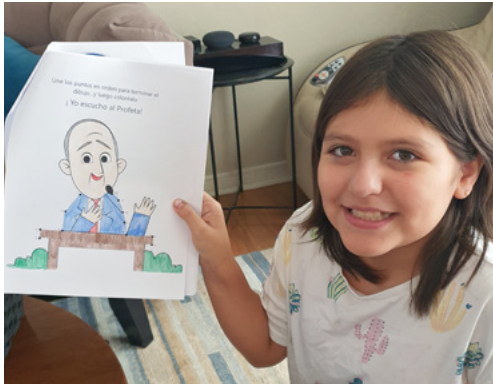
Elder Becerra said that

when he was a boy, his dad would look out for people in need. He would say, "Pobrecito" (poor little one). Then he would find a way to help. Elder Becerra learned to have compassion for others. Each person is a child of God, and we can help them.

This teaches me:



Conference Show and Tell

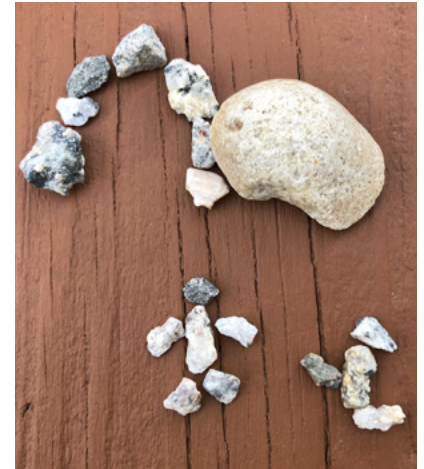


I love to hear the prophet. Hearing the music makes me happy!

Camila A., age 10, Santiago, Chile



Franco L., age 8, Huánuco, Peru



Ezra A., age 8, Virginia, USA



My favorite part of conference was when the prophet announced many new temples for families to be sealed forever.

Seth L., age 11, Rewa Province, Fiji



I played conference bingo!
Joshua B., age 4, Missouri, USA



I felt the Spirit when I heard President Nelson say all things are possible through faith. I loved the Primary songs and sang along!

Ayana O., age 9, Nairobi, Kenya



I really liked Sister Aburto's talk. It helped me know that families are forever and that life doesn't end when we die.

Lucy D. age 11, Wiltshire, England



Dane, Drew, Dantley, and Denver E., ages 9, 6, 8, and 11, Laguna, Philippines, wrote down important words they heard and drew pictures to go with them.



Lexi, Kylee, and Braden Q., ages 4, 10, and 7, Virginia, USA



We ate a yummy breakfast and played conference bingo. We had fun and felt the Spirit.

Drake R., age 10, Alberta, Canada

We like general conference because we can see the prophet and apostles and hear their stories.

Andry and Aro R., ages 9 and 7, Gauteng, South Africa



Raegan A., age 10, Texas, USA



Ella H., age 11, California, USA

Send in your own art and stories!
Go to the back cover to see how.

Locked Out!

By Amber Healey
(Based on a true story)

"Put your trust in that Spirit which leadeth to do good"
(Doctrine and Covenants 11:12).

Emma jumped over the cracks in the stone sidewalk. It was a bright, sunny day. She and Mama were walking to the grocery store.

"Mama, how far away is the sun?" she asked.

"I'm not sure," Mama said.

Emma squinted up at the sky. "Do you think a rocket will ever go to the sun? Do you think it's hotter than lightning? Do you think . . ."

Mama laughed. "Your questions are getting harder and harder!"



*Maybe Emma
could help!*

Emma laughed too. She had lots of questions. Mama always did her best to answer them. That was one reason why Emma liked going on walks with Mama.

Emma looked around her neighborhood. Taxis drove down the stone street. People rode by on bikes. Lots of people were out walking too.

Then Emma looked across the street. A little girl was sitting on the steps outside an apartment building. It looked like she was crying.

Emma slowed down. Should she stop to help? Maybe the girl wanted to be left alone. Sometimes Emma wanted to be left alone when she was sad.

Emma stopped walking. Most of the time Emma wanted someone to talk to when she needed help. And maybe *she* could help!

She grabbed Mama's hand. "Look, Mama. I think that girl needs some help."

Mama looked across the street. "I think you're right."

Emma held Mama's hand as they crossed the street. She walked up the steps to where the girl was sitting.



BUZZZZZZ!

"Hi," Emma said. "Do you need help?"

The little girl sniffed and looked up at them. Her arms were wrapped around her knees, and her eyes were red and puffy.

"I . . . I'm locked out of my apartment." She took a deep breath. Her voice was shaky and quiet. Emma knelt down next to her to hear her better.

"I can't read," the girl said. "I don't know what button to push to get back in."

Emma looked at the wall outside the apartment building. There were lots of little buttons. Each button had a name on it. Next to the buttons was a speaker.

"What's your last name?" Emma asked.

"Schneider," the little girl said.

Mama read through all the buttons until she found one that said "Schneider." She pushed it.

Buzz!

The button made a loud sound. Then a voice crackled through the speaker.

"This is the Schneiders. How may I help you?"

Mama spoke into the speaker. "Hi! My daughter and I are outside with a little girl who says she got locked out."

The girl stood up fast and ran over to the speaker.

"Mama," she said, "I couldn't read the button to get back in, and these people helped me!"

The voice on the speaker sounded surprised. "Leni! I thought you were in your room! Don't worry. I'm coming down there right now."

After a few seconds, a lady came running outside. The

girl ran up and gave her a hug.

The lady turned to Emma. "Thank you for helping my little Leni!"

Emma smiled. "It was easy to help."

They waved goodbye and walked back down the stairs. Emma's whole body felt warm. She thought of one more question for Mama.

"Helping that girl was easy. Why do I feel so happy about it?"

Mama squeezed Emma's hand. "That's the Holy Ghost telling you that you made a good choice."

Emma smiled. She was glad she stopped to help. ●

This story took place in Central Hungary, Hungary. The author lives in Utah, USA.



SCRIPTURE TIME FUN

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

Stand in Holy Places

FOR DOCTRINE AND COVENANTS 45



Sing “Choose the Right Way”
(*Children’s Songbook*, 160).

Jesus Christ taught that we should “stand in holy places” (Doctrine and Covenants 45:32). A holy place can be anywhere we have the Holy Ghost with us.

With your family, list some things that help you stand in holy places, like being kind or praying. How do those things prepare us for Jesus Christ’s coming? Stick the list somewhere you’ll see it often.



Talent Time

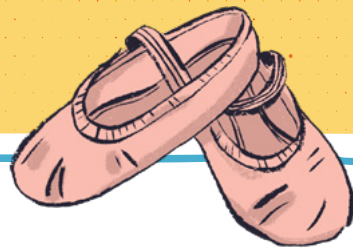
FOR DOCTRINE AND COVENANTS 46–48



Sing “I’m Trying to Be like Jesus”
(*Children’s Songbook*, 78–79).

Heavenly Father gave each of us spiritual gifts (see Doctrine and Covenants 46:11–26). That means He gave us special talents. Everyone is unique and important to Heavenly Father!

Think about what gifts you have. Then put on a family talent show! Share the gifts Heavenly Father has given you with others.



Follow the Light

FOR DOCTRINE AND COVENANTS 49-50



Sing "Teach Me to Walk in the Light"
(*Children's Songbook*, 177).

Jesus Christ taught, "That which is of God is light" (Doctrine and Covenants 50:24). The gospel is like a light that leads us out of darkness and confusion.

Hide an item in a dark room and try to find it. Then look again with a flashlight or small lamp. How does the gospel help you find your way?



Be Honest!

FOR DOCTRINE AND COVENANTS 51-57



Sing "Do What Is Right" (*Hymns*, no. 237).

Jesus taught that we should "deal honestly" with each other (Doctrine and Covenants 51:9). That means telling the truth and being fair with others.

Come up with situations you might face in everyday life—like finding money that someone lost or losing something you borrowed. Act out what you would do to "deal honestly."



Thankful Journals

FOR DOCTRINE AND COVENANTS 58-59



Sing "I Thank Thee, Dear Father" (*Children's Songbook*, 7).

Jesus taught, "Thou shalt thank the Lord thy God in all things" (Doctrine and Covenants 59:7).

Make thankful journals with your family! Fold pieces of paper together like a book and decorate the cover. Every night before you go to sleep, write or draw three things you are grateful for.



By Maryssa Dennis

Church Magazines

(Based on a true story)

"I have a family here on earth. . . . I want to share my life with them through all eternity" (Hymns, no. 300).

Zamu sped across the yard on his blue bicycle. His two-year-old brother, Zinathi, was right behind him on his red scooter.

"Come on, let's go again!" Zamu said when they reached the edge of the yard. He turned around and pedaled as fast as he could back to the front. The wind rushed over his face.

"Zamu and Zinathi!" Zamu shouted.

Zinathi laughed. He shouted with Zamu.

"Zamu and Zinathi! Zamu and Zinathi!"

They rode across the yard, back and forth, back and forth, until Zamu's legs were too tired to pedal anymore.

"Let's take a break," Zamu panted.

"Come over here and rest," Dad called from the trampoline.

Zamu parked his bike and took Zinathi by the hand. He helped his little brother climb onto the trampoline.

Then he climbed up and sat beside Dad.

"Were you having fun?" Dad asked.

"Yeah!" Zinathi said.

Zamu lay back on the trampoline with a sigh. The sky above him was bright blue, and the sun felt warm on his skin.

"It's a beautiful day, isn't it?" Dad said.

Zamu nodded. He closed his eyes and listened to the birds sing while Dad talked to Zinathi. He was getting sleepy.

"Zamu."

He opened his eyes. Zinathi was leaning over his face.

"What?" Zamu asked.

"Let's go!" Zinathi pointed to his scooter.

"Not now. I'm resting."

Zinathi's mouth slipped into a frown.

"Sorry," Zamu said. "I'm too tired."

Zinathi tugged at Zamu's arm. "Come on!"

Bicycle Brothers



"No! I already played with you!"

"Zamu," Dad said.

Zamu looked over at him.

"One day, when he's older, Zinathi will remember how you used to play together. The memories you make now will live in his heart."

Zamu looked back into his little brother's big brown eyes.

"Please?" Zinathi asked.

Zamu still didn't feel like playing. But he did want to make memories with Zinathi.

He smiled. "OK."

Zinathi's face lit up. "Yay!"

Zamu hopped down from the trampoline and helped Zinathi get back on his scooter. Then he swung his leg over his own bike.

"Ready?" he asked.

"Yeah!"

Together they rode across the yard. "Zamu and Zinathi!" they shouted again.

Zamu was still tired, but it was a good kind of tired. His legs felt strong as he pedaled behind Zinathi. *I hope Zinathi will remember this*, he thought. *I'll remember it forever.* ●

This story took place in Gauteng, South Africa. Thanks to Zamu S. for sharing your story!



Want to make memories with someone you love? Turn to page 35 to make a plan!



ELDER COOK *Visits the Philippines*

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



While Elder Quentin L. Cook and Sister Mary Cook were in the Philippines, a big volcano erupted. They were glad they were there to help and comfort people.



Elder Cook thanked Church members for their Christlike service to each other and to friends of other faiths.



The air was so ashy that it was hard to breathe. People had to leave their homes. Many families slept in Church buildings.



Elder Cook told the people that Heavenly Father loves them and that He would help them.

The Savior's
Atonement gives peace
regardless of what we
are faced with. *

* Adapted from *Church News*, Jan. 14, 2020.





My Power to Choose

Brightly ♩ = 112

Words and music by Nathan Howe

F B \flat E \flat Gm Dm F C

1. Be - fore the world be - gan, we gath - ered in a fam - i - ly. And we
 2. I'm choos - ing ev - 'ry day to be the best that I can be. As I
 3. And when I make a wrong choice, I know my Sav - ior still loves me. I will

Am Dm E \flat B \flat F C F

shout - ed for joy as we chose the Fa - ther's plan through the gift of a - gen - cy.
 learn for my - self how to fol - low Je - sus Christ, I can feel Him guid - ing me.
 choose to re - pent and help oth - ers on their way. I will use my a - gen - cy!

B \flat C Am Dm Gm C A

A - gen - cy means that I can choose my path as a part of God's plan. The

Gm C F B \flat E \flat C F

way I use my pow - er to choose is shap - ing the per - son I am.

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Watch a sing-along
 video for this song at
friend.ChurchofJesusChrist.org.
 Click on "Videos."



HELPING HANDS AROUND THE WORLD

MEET SOPHIE

from Norway

Meet Primary children helping others, like Jesus did.



All about Sophie

AGE: 7



LANGUAGE:
Norwegian

FROM: Norway

GOALS AND DREAMS:

- 1) Get baptized soon.
- 2) Learn to play the piano.
- 3) Travel to new places.



FAMILY:

Mom, Dad, and younger brother, Jacob

Sophie's Helping Hands

Sophie's grandparents live by the sea. Sophie and her younger brother, Jacob, love to help their grandmother clean the beach by carefully removing pieces of glass and other items. They make sure the beach is clean and safe for both animals and people.

Sophie says, "Jesus taught us to love each other and to help each other. Taking care of nature and helping to keep it clean and safe for humans and animals is a way of helping others. By taking care of the world around us, we take care of the home of all people. The world God created for us is a great blessing!" ●



Sophie followed Jesus by caring for His creations. Turn the page to read a story about how Jesus helped Heavenly Father create the earth.

Sophie's Favorites



PLACE: Home

STORY ABOUT JESUS: The story of Jesus's birth

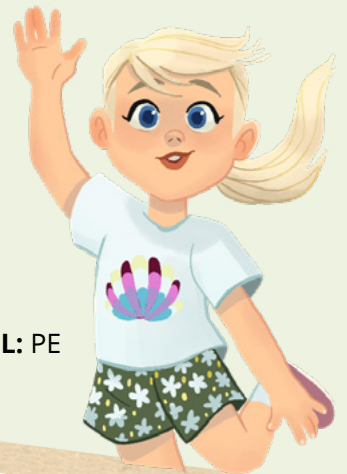
PRIMARY SONG: "Book of Mormon Stories"
(*Children's Songbook*, 118)



FOOD: Tacos



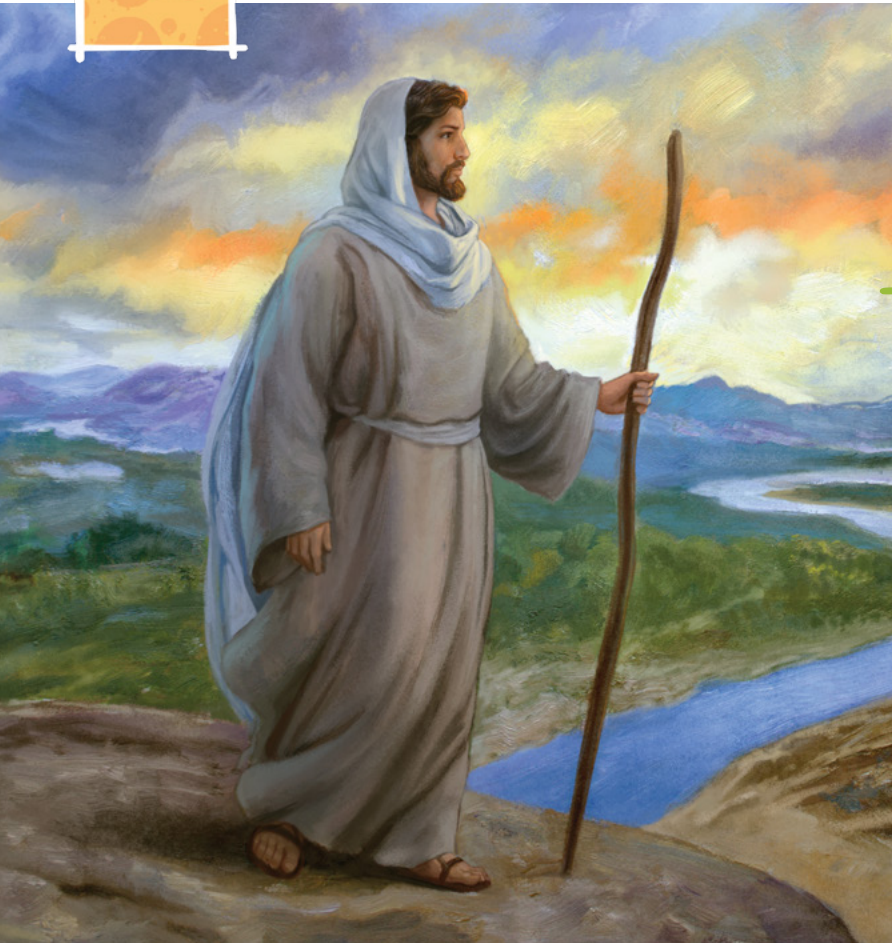
COLOR: Pink



SUBJECT IN SCHOOL: PE

"Let us put our faith
in the Lord Jesus Christ
into action!"

President Russell M. Nelson, "Opening the Heavens
for Help," *Ensign* or *Liahona*, May 2020, 73.



Jesus Helped Create the Earth

Jesus Christ helped Heavenly Father create the world we live in. They told Adam and Eve and their children to take good care of the earth. We should also treat all of Their creations with kindness and respect. ●

You can read this story in Genesis 1.

I CAN CARE FOR THE EARTH

☐ How can you help take care of the world Heavenly Father and Jesus Christ created?

☐ Say a prayer and make a plan to help.

☐ Do your plan!



Cut out this card to remind you to keep helping like Jesus.



I care for the earth by taking my brother and sister on nature walks in the garden. I show respect for lizards, clams, and other creatures. I love the earth!

**Ezra N., age 7,
Florida, USA**

How are you trying to help others, like Jesus did? Write and tell us!





ADVENTURES IN NORWAY

with Margo and Paolo

Look at the sky!

Norway is one of the best places to see the Northern Lights.

Sometimes it's sunny all day in Norway—even at night!

That means we have more time to look at these fjords.

And all those reindeer. What a beautiful world Heavenly Father created!



Join the
Helping Hands Team

Sophie and her brother followed Jesus by helping clean trash off the beaches. You can help keep Heavenly Father's world clean and beautiful too!

Challenge: Pick up litter around you. Walk on a path instead of trampling plants. When possible, reuse or recycle items instead of throwing them away.



SOCCER AND THE SABBATH

Samuel's Saturday got in the way of his Sunday.



score was 0-0. Samuel wanted to keep watching. But he couldn't stop yawning.

"Time for bed, Samuelito," Mamá said gently. "You need to get some sleep so you can stay awake in church tomorrow."

"But Mamá," Samuel said, "it's two of the best teams in Honduras!"

Papá looked at the clock. "All right. You can keep watching. But you need to get up on time tomorrow."

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

"Saturday is a special day. It's the day we get ready for Sunday"
(Children's Songbook, 196).

Samuel loved to watch television with Papá, especially on Saturdays. Papá worked hard

all week. But on Saturday, Mamá cooked *pastelitos de piña* (pastries with pineapple filling), and they all watched TV together.

One Saturday night, they decided to watch a *partido de fútbol* (soccer game). But the game started late, and it would last for a long time. When the first half was over, the



See *Come, Follow Me* for Doctrine and Covenants 58–59.

The game got even more exciting in the second half. Samuel was wide awake now! He and Papá were both cheering. First there was a corner kick. Then the goalie made a great save. One team scored, and then the other. Before Samuel knew it, the game was over. It ended in a 1-1 tie.

The next morning, Samuel was so tired that he didn't want to get out of bed. But he knew that going to church was important.

During sacrament meeting, Samuel started to fall asleep. His head kept nodding. Mamá poked him to help him stay awake. But he was so tired that he didn't pay attention to the speakers.

"I think your Saturday is getting in the way of your Sunday," Papá said.

In Primary, Samuel's teacher talked about keeping the Sabbath day holy. She asked what the children could do to make Sunday special. Samuel thought for a minute. Then he said, "Go to bed on time on Saturday!"

When they got home after church, Samuel talked to Mamá and Papá. "I had fun watching the game last night," Samuel said. "But I should have gone to bed earlier. I think we should use part of Saturday to get ready for Sunday."

"I agree," Papá said.

Mamá nodded. "Me too."

The next Saturday, there was

another game on TV.

"What should we do tonight?" Papá asked. "The game goes late again."

"We could watch a movie instead," Mamá said.

"Or we could go for a walk," said Samuel.

"Is a walk OK with you?" Papá asked Mamá.

"Of course," Mamá said. "It's just nice to be together as a family."

"And when we come home," Samuel said, "we can all get a good night's sleep. Then we'll be ready for Sunday!" ●

This story took place in Honduras.



Cut out these cards, fold on the dotted line, and tape them closed.



LOUISA BARNES PRATT

1802–1880

“I determined to trust in the Lord and stand bravely.”

- She worked as a seamstress to support her family while her husband, Addison, was on a mission.
- She took her children to the Salt Lake Valley in a covered wagon.
- She served a mission with her husband in French Polynesia.
- On her mission, she learned the Tahitian language and shared the gospel.

In S. George Ellsworth, *The History of Louisa Barnes Pratt* (1998), 65.

“It is a spiritual feast to . . . hear [Nabota and Telii] pray.”

- They were some of the first Church members from the island of Tubuai in French Polynesia.
- They learned the gospel from Elder Addison Pratt.
- They gave him a place to stay, taught him to speak Tahitian, and traveled with him.
- They taught others on the island about the Church and helped them live the gospel.

Addison Pratt in the *Millennial Star*, August 1, 1845, 59.



NABOTA AND TELII

Find It!

Emma and Lily love to draw temples when they watch conference with their grandparents.
How does your family watch conference? Can you find the hidden objects?





Write Yourself a Note

If something goes wrong and you're feeling bad, try writing yourself an encouraging note!

ENCOUR

When you have a hard day
yourself. But Heavenly Father
not give up. He wa

What happened:

I didn't do well
on a test.

What

My fr
somet
t



Encouraging words:

I can keep trying and
learning. I can pray
for help, and I won't
give up.

Encou

Heavenly
me. I ca
f

Jesus Christ Loves You!

Here are some of the Savior's words that can
bring you comfort.

"Fear not; I will help thee" (Isaiah 41:13).

"My peace I give unto you. . . . Let not your
heart be troubled" (John 14:27).

"Mine angels [will be] round about you,
to bear you up" (Doctrine and Covenants
84:88).

"Keep lovi
He

Elder Jeffrey R. Holland of

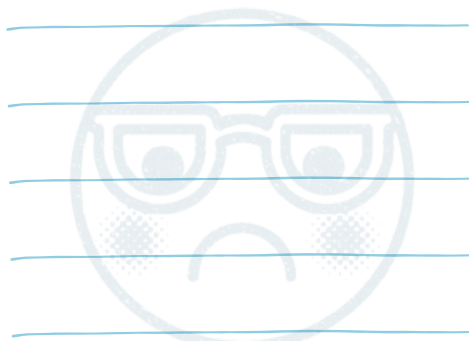
ENCOURAGING WORDS

When you make a mistake, you might feel discouraged or bad about it. But your Father loves you. He is patient. He wants you to keep trying and encourages you to be kind to everyone—including yourself!

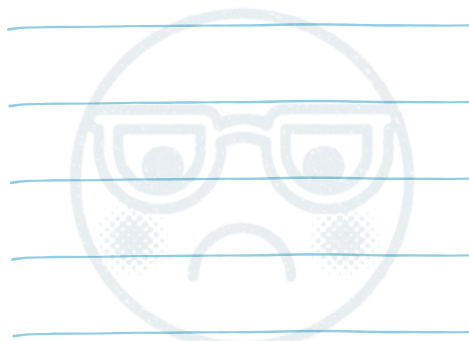
What happened:

My friend said
something mean
to me.

What happened:



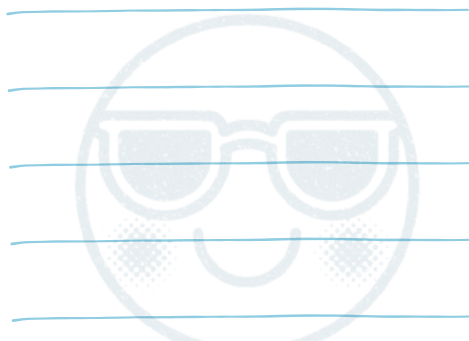
What happened:



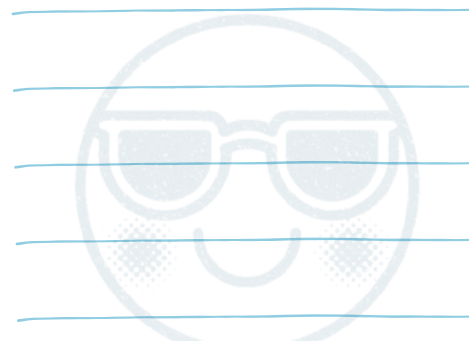
Encouraging words:

Father loves
me. He can be a good
friend.

Encouraging words:



Encouraging words:



Keep trying. Keep trusting. Keep believing. Keep growing.
Heaven is cheering you on today, tomorrow, and forever.”

—The Quorum of the Twelve Apostles, “Tomorrow the Lord Will Do Wonders among You,” *Ensign* or *Liahona*, May 2016, 127.

A Statue of Jesus

By Haley Yancey
(Based on a true story)

Mamãe, can we go see the Jesus statue at the visitors' center today?

I want to go too!

Let's wait until it stops raining.

Hours later ...

Can't we just get a little wet from the rain? We don't mind!

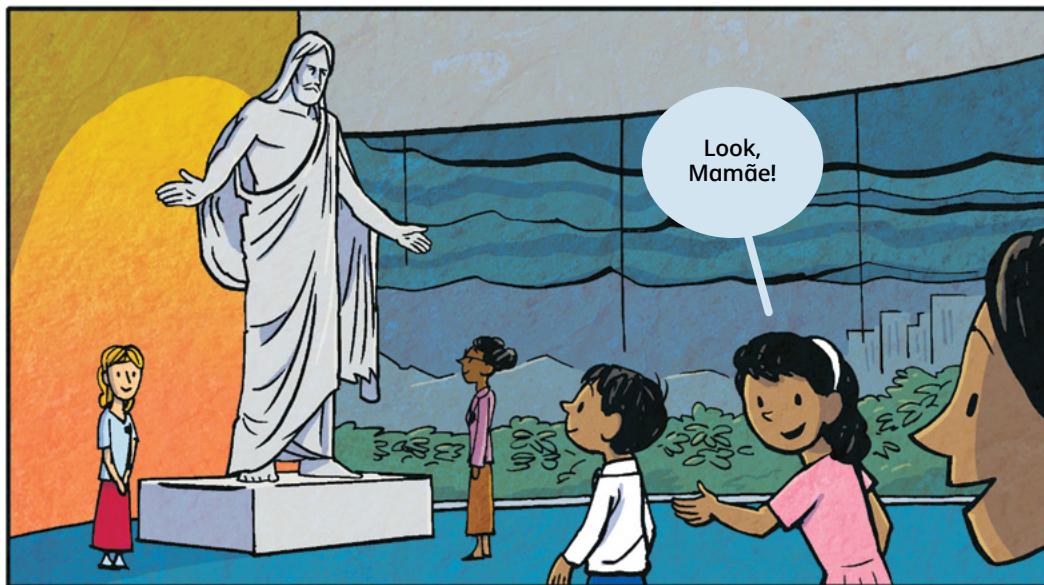
OK! Let's grab our raincoats.

I want to wear my Sunday clothes.

That's a great idea!

Let's hurry!

We're almost there!



*This story took place in Brazil.
The author lives in California, USA.*

Our Family Move



**By Boston B., age 11,
Abu Dhabi,
United Arab Emirates**

My family and I recently moved to Abu Dhabi. It was very different from where we'd lived before. Our ward

was different, and our house was different. We were all struggling to get used to the new place.

I started to think of ways I could help my family. I watched my younger siblings so my mom and dad could unpack boxes and set up the house. I also tried to help my family feel at home. I learned songs on my guitar that my mom and sister would like and that they could sing.

Pretty soon we got our house all set up. I still like to do those things for my family. It makes me feel happy and feel love from Heavenly Father. I know that when I serve others, I serve Heavenly Father and Jesus Christ. I know that it makes Them as happy as I am. ●



What Are Your Gifts?

Spiritual gifts are blessings or abilities that God has given to each of His children (see Doctrine and Covenants 46:11–26). We can use our gifts and talents to help others!

Circle the things you are good at. Put a star by the things you want to practice more. Write some of your own ideas too.



Serving



Faith



Cooking



Creating



Loving



Teamwork



Writing

Caring for
animals



Sports

Learning





MATT and MANDY



At home evening, the Coopers are learning the sixth article of faith.

Dad, for five points, what does "Primitive Church" mean?

"... the same organization that existed in the Primitive Church ..."

It's the Church Jesus Christ set up while He was on earth.

Correct.

"... namely, apostles, prophets—"

Mom, why were prophets and apostles so important?

Jesus asked them to lead the Church under His direction.

Eventually, most of the apostles were killed.

No one was left to guide the Church through revelation.

Until Jesus restored His Church through...?

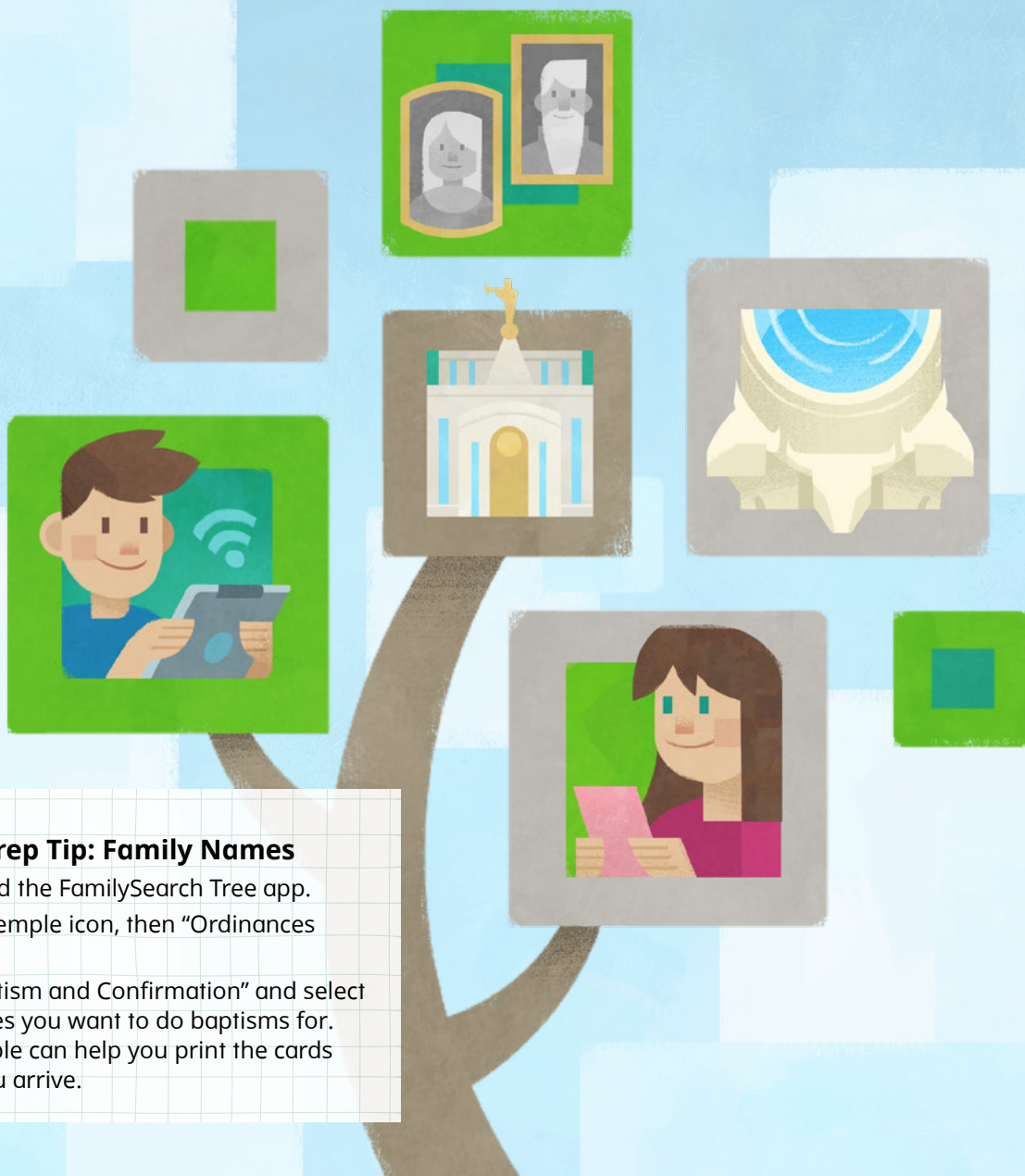
The Prophet Joseph Smith!

That's right! You've each earned a million points!

Article of Faith 6

"We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth."

For Older Kids



Temple Prep Tip: Family Names

- Download the FamilySearch Tree app.
- Tap the temple icon, then “Ordinances Ready.”
- Tap “Baptism and Confirmation” and select the names you want to do baptisms for. The temple can help you print the cards when you arrive.



Be an Example

I listen to my parents and try to be an example to those around me. At school, I try to do what's right even when others are doing bad things.

Kiana M., age 11, Western Australia, Australia

Family History Corner

Make a list of your talents! You could ask your friends and family for ideas too. Do you know any family members who share the same talents as you?

SAM BEAZLEY

LABOUR MISSIONARY IN NEW ZEALAND

By Nancy Harward and Lucy Stevenson Ewell

(Based on a true story)



New Zealand is an island nation in the South Pacific Ocean.



The Hamilton New Zealand Temple was the first temple built in the Southern Hemisphere.



More than 300 labour missionaries helped to build the temple.

Sam carried an armful of planks to the construction site and set them down. At the moment, there were only wooden beams standing. But soon the planks and beams would become a building. Sam couldn't think of a better way to spend his Saturday than to help build a brand-new chapel!

Sam liked building things. Sometimes it was hard for him, though. When he was a boy, his hands were badly hurt in an accident. Even now, when Sam was grown up, his fingers were still stiff. Sometimes it was hard to pick things up or hold tools.

Carefully Sam picked up his hammer. He had to try harder than some of the other workers, but he didn't mind. He just wanted to help. He knew he was doing God's work. And if he was doing God's work, surely God would help him!

Sam was busy working when he heard someone come up behind him. "That is good work you are doing," the person said.

Sam turned. It was Elder Biesinger! He was a Church leader who was helping to organise building projects in New Zealand.

"Thank you," Sam said.

Elder Biesinger smiled. "How would you like to be a labour missionary? Right now missionaries are working to help build a Church school for teenagers. We need more helpers, and I think you'd do a great job."

"I would love to," said Sam. He couldn't wait to serve the Lord as a missionary!

By Monday morning, Sam was an official labour missionary. He helped pour cement at a factory to make heavy blocks. The blocks were used to help build the school. Some of them were even used to build the Hamilton New Zealand Temple!

Day after day, year after year, Sam worked hard. He always did his



As a boy, Sam helped take care of his family's goats.



When he grew up, Sam also worked on the city council.



He also served a family history mission with his wife, Irene.

Sam knew he was doing God's work.



best. Eventually, Sam was asked to be in charge of the brick factory. He led the other labour missionaries in their duties and made sure their work was done well.

Sam had fun too! He and the other missionaries sang songs together. Sometimes they performed their music to encourage others to come and help. Whether Sam was building, singing, or getting to know someone new, God helped him do good work.

Years later, Sam was called on another mission. But this one was different. He would not be using his hands to build things. Instead, he would be using them to help people inside the temple—the same temple he had helped build!

As Sam stood inside the temple in his white clothes, he felt peace. He was grateful for all the good things God had helped his hands to do. ●

The authors live in Waikato, New Zealand, and Utah, USA.

My FIRST Fast

By Alice A., age 9, Indiana, USA



My family and I were watching President Nelson on TV when he said something that caught my attention. He said that there was going to be a worldwide fast!

I wanted to fast, but I had never done it before. Recently the COVID-19 pandemic had started, and we were stuck at home. I knew that I had to do my part. My mom couldn't fast because she had a baby a few months ago. My little sister and brothers were too young to fast. It would be just me and my dad.

I decided I was only going to skip breakfast because this was my very first time fasting, and I didn't know how long I would last. On Saturday night I had a good dinner, and then my family said a prayer for my dad and me to start our fast.

The next day we had home church, which is what we had been doing since the pandemic started. I was trying to distract myself from the fact that my sister was eating and that I was really hungry. After church, I played hymns on the piano.

Later I looked at the clock, and it was almost lunchtime! I had no idea how fast time had gone. I had completely forgotten that I was fasting!

I decided to say a prayer to break my fast. During the prayer, I felt the Spirit more strongly than I ever had before. I felt that everything was going to be OK. It was a great experience.

Ever since that first fast, I have done every fast that the prophet has asked us to do, and I have felt the Spirit strongly every time. ●



Making Memories

Think of a person who is special to you.
Draw a picture of your favorite memory with them.



Now think of someone you want to make more memories with. Write your ideas here.

Who I will make memories with:

What we will do:

When we will do it:

Charlotte's Family



By Charlotte Larcabal

Church Magazines
(Based on a true story)

Charlotte pushed her fingers into her ears. Singing time was usually her favorite part of Primary. But today she didn't want to hear the songs they were singing. She had asked if she could sit in the hall instead.

She stared at the green carpet, trying not to cry. It didn't work.

Someone walked up beside her. Charlotte quickly wiped away her tears and looked up.

It was Sister Henry. "What's wrong?" she asked.

Charlotte swallowed. "Those songs are about happy families and being together forever," she said quietly.

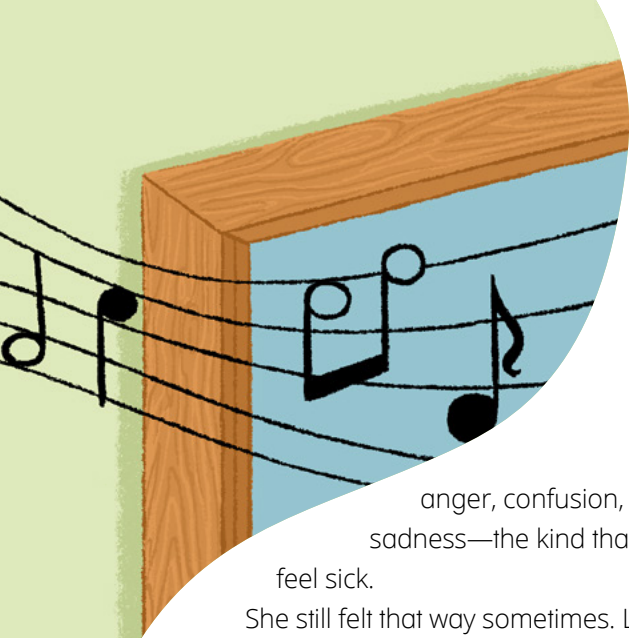
"Oh. I see." Sister Henry sat down beside Charlotte.

A few months ago, Charlotte's parents had called a family meeting. Dad explained that he was moving.

"So it's kind of like you're getting a divorce?" Charlotte had asked.

"Not kind of," Mom said. "We both love you, but yes, we are getting divorced."

Charlotte remembered how her skin felt cold and hot at the same time. Then all of her feelings erupted! Fear,



anger, confusion, and deep sadness—the kind that made you feel sick.

She still felt that way sometimes. Like when Mom and Dad sat on opposite sides of the pool at her swim meets. Or when her little brother cried for Mom when they stayed at Dad's house.

Or when they were singing about families in Primary.

"When my parents got divorced, it felt like someone was punching me in the stomach," Sister Henry said.

"Over and over again."

Charlotte was surprised. "Your parents are divorced too?"

Sister Henry nodded. "They got divorced when I was about your age."

Charlotte looked at her hands. "Sometimes when we sing 'Families Can Be Together Forever,' I think, 'Except for mine.'" She squeezed her eyes closed. "I get so mad. And that's bad, isn't it?"

Sister Henry shook her head. "No. I used to feel sick whenever I saw kids with both of their parents together."

"Yeah!" Charlotte said. "It's like they're in a happy family club, and I'm not. Everything is different now."

"It's normal to feel mad, sad, or scared now—however you feel," Sister Henry said. "Divorce is hard. But I promise that you will feel better. Your family is still your family, even if it looks different now. It helped me a lot to

remember that my parents still loved me, and would for all eternity."

Charlotte smiled. She liked Sister Henry.

Sister Henry leaned closer to Charlotte. "But you know what helped me the most?" she whispered.

"What?" Charlotte whispered back.

"I learned that I still have a perfect, happy family," Sister Henry said. "And so do you. We all do, no matter what our earthly family is like right now."

Charlotte crinkled her nose. "How?"

"Well, our earthly families aren't perfect, but our heavenly family is. So no matter what happens, we have heavenly parents who love us and a wonderful heavenly home waiting for us."

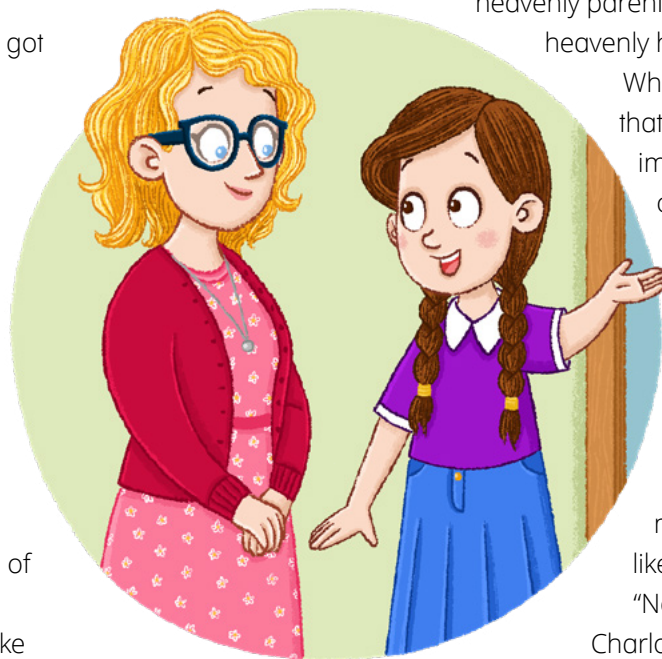
When Charlotte thought about that, she felt a little hopeful. She imagined what it would be like one day when she saw her heavenly parents again.

"Maybe when we're singing about families, I can think about my heavenly family," Charlotte said. Sister Henry nodded.

Charlotte had just one more question. "Does it look like I've been crying?"

"Not a bit," Sister Henry said.

Charlotte stood up. "Then I think I'm ready to sing." ●



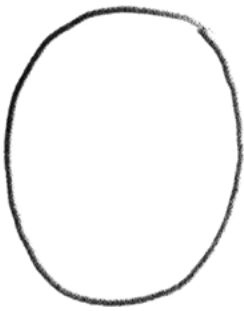
"Each [person] is a beloved spirit son or daughter of heavenly parents."

*"The Family: A Proclamation to the World,"
Ensign or Liahona, Nov. 2010, 129.*

Draw Joseph Smith



The Prophet Joseph Smith was 14 when he went to the Sacred Grove to ask which church to join (see Joseph Smith—History 1). See if you can draw the prophet of the Restoration!



for little friends

Can **you** find the missing piece to our puzzle?



Can you find these pictures in the next pages?



Taara's New Friend



Taara sees a boy at church. He is sitting by himself.



Taara doesn't speak his language. How can she be friends with him?



She has an idea!



Taara draws a picture for him.



He draws a picture and gives it back.



Taara smiles. It's fun to make a new friend!

Love in Every Language

There are all kinds of children in the world. And Heavenly Father loves them all! He wants us to love them too. How many hearts can you find?

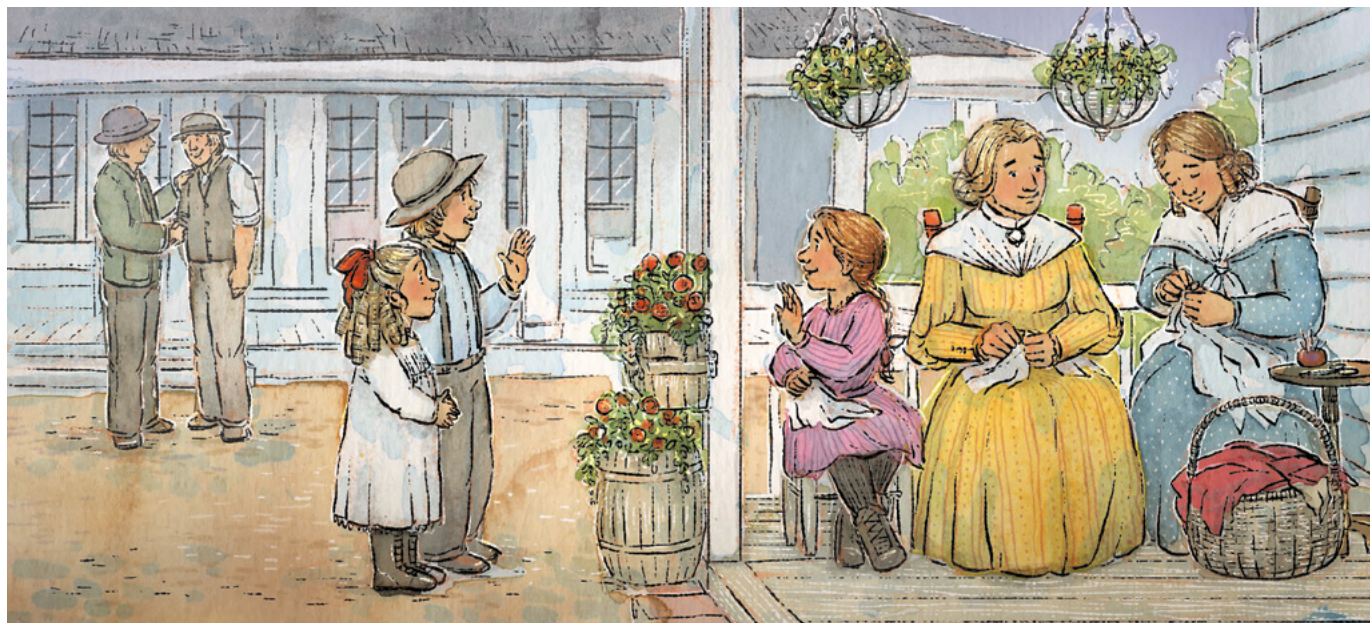




The Saints Build a New Home

After the Church was restored, more and more people learned about the gospel. They chose to be baptized. They were called "Saints."

Some of them moved so they could live near other members of the Church. The Saints helped and strengthened each other.



Other people did not like the Church. They tried to hurt the Saints. They forced them to leave their homes.



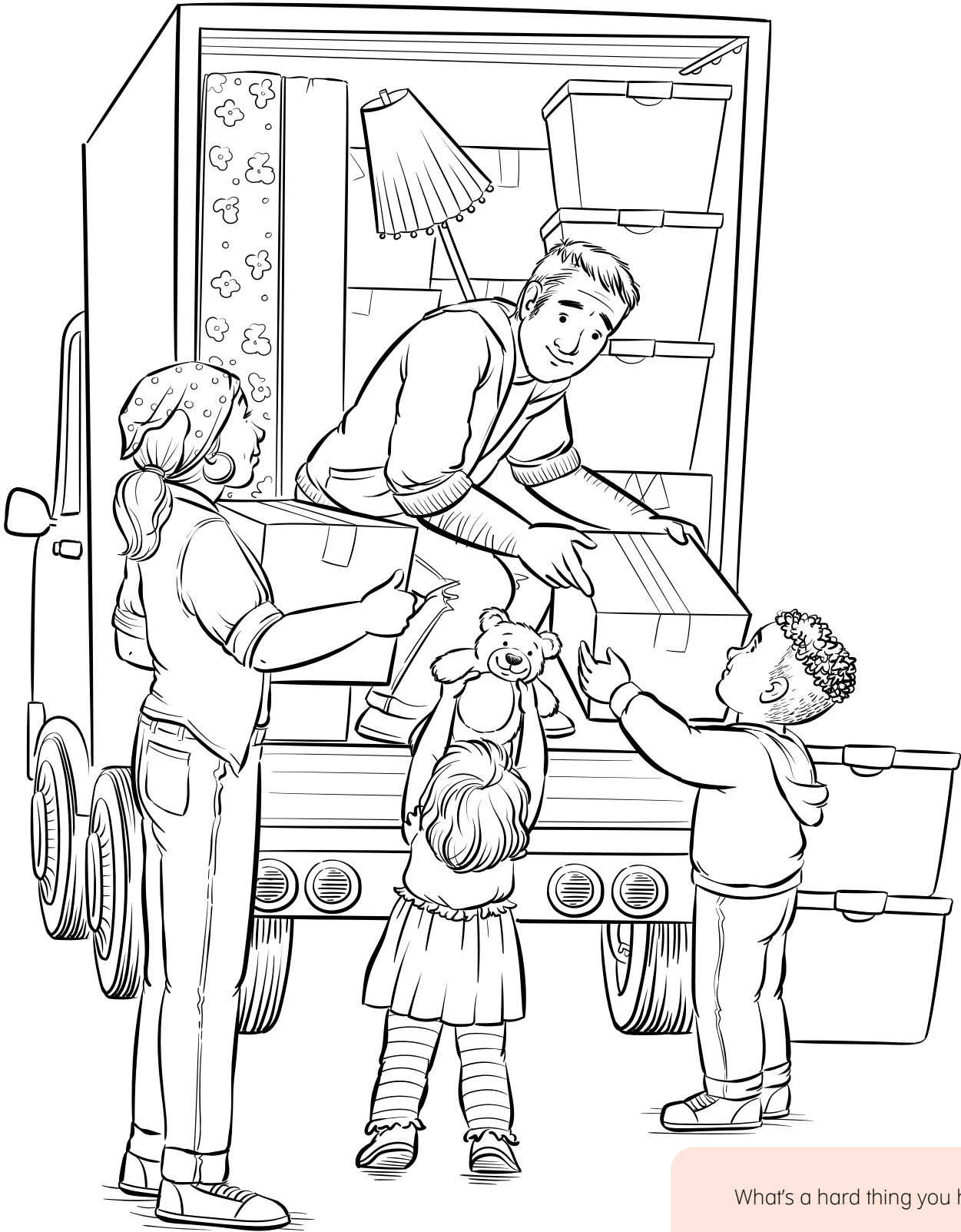
The Saints had faith that God would help them. Even though it was hard, they moved to a new place. They worked together to build a new city.



I can face hard things with faith. I can help others during hard times too. ●

See *Come, Follow Me* for Doctrine and Covenants 58–59.

I Can Do Hard Things



What's a hard thing you have done?



A BIRTHDAY CROWN

By Jane McBride
(Based on a true story)

"I'M HOME!" Daddy called. He was home early for Wyatt's birthday. Wyatt turned five today!

Wyatt ran to him. Daddy gave him a big hug. "After lunch, you and I will go to the park," Daddy said.

"Just us?" Wyatt asked. He loved his mom and his little sister, Maria, but sometimes he wanted to do things with just Daddy.

"Just us," Daddy said.

Mommy made a lunch with all of Wyatt's



favorites. She also made a crown out of gold paper and glitter.

"Is that for me?" Wyatt asked, eyes wide.

"It is," Mommy said.

It was a special birthday!

Wyatt wore the crown to the park. It kept slipping off his head, but he didn't mind. "Daddy, does my birthday crown make me special?" he asked.

Daddy smiled. "A birthday crown is fun, but it's not what makes you special. You are special because you are a child of God! And so is everyone else. That means everyone is special too."

Daddy and Wyatt played on the playground. Wyatt went down the slide.

"Do you think I can go down the slide too?" Daddy asked.

Wyatt giggled. "You're too big."

Wyatt climbed up the ladder to go down the slide again. A girl was in front of him. She was afraid to go down. Wyatt thought about how everyone was special to Heavenly Father.

"You can do it!" he said.

She slid down the slide. So did Wyatt.

"Good job!" Wyatt said. She smiled at him, and he smiled back.

Being kind made Wyatt happy! He knew everyone was special, whether they had a birthday crown or not. ●

The author lives in Colorado, USA.



Time to Be Reverent

By Christine Graham

1

I hop-hop-hop
like a rabbit.

2

I sway like a
wind-blown tree.

3

And then it's time
to be quiet,

4

Time to listen and
learn reverently.

5

I stretch out my arms
like a starfish.

6

I buzz like a striped
bumblebee.

7

And then it's time
to be quiet.

8

Time to listen and
learn reverently.

1



2



3



4



5



6



7



8





SCRIPTURE TIME FUN for Little Ones

You can use these ideas to help teach from Come, Follow Me—for Individuals and Families each week.

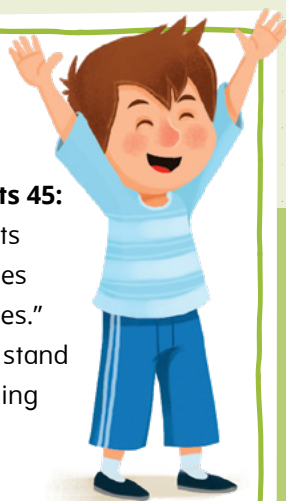
1
2
3

For Doctrine and Covenants 49–50:

Read Doctrine and Covenants 50:41. Help your little ones say, “Jesus Christ loves me.” Flip through pages of a Church magazine and see how many pictures of Jesus you can count.

For Doctrine and Covenants 45:

Read Doctrine and Covenants 45:32 and help your little ones say, “I can stand in holy places.” Play a game to see who can stand up first and say one good thing they did that day.



For Doctrine and Covenants 51–57:

Read Doctrine and Covenants 51:9 and help your little ones say, “I can be honest!” Tell your child a story about a time you chose to be honest.



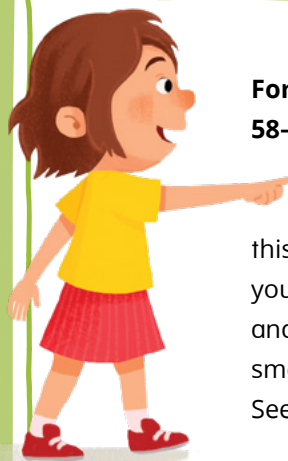
For Doctrine and Covenants 46–48:

Read Doctrine and Covenants 46:11. Then help your little ones fill in the blank: “I am good at . . .” Help them recognize their talents and spiritual gifts.



For Doctrine and Covenants 58–59:

Read Doctrine and Covenants 59:7. Then play this gratitude search game with your little ones. Go on a walk and say, “I spy something (red, small, etc.) that I’m grateful for.” See if they can spot it!





DEAR PARENTS,

Families come in all different shapes and sizes, but they are all an important part of God's plan for us. Here are a few stories to look for in this month's magazine. You can read them with your children and talk about ways to make your own family stronger.

- A boy spends time with his little brother to make happy memories (page 12).
- A girl whose parents have divorced feels comfort in being part of a heavenly family (page 36).
- A boy helps his family when they move to a new country (page 28).

With love,
The *Friend*



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Or email: friend@ChurchofJesusChrist.org

The following information and permission must be included:

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Age

Boy / Girl

State / Province / Region, 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

May the *Friend* contact you with a survey?

☐ YES

☐ NO

