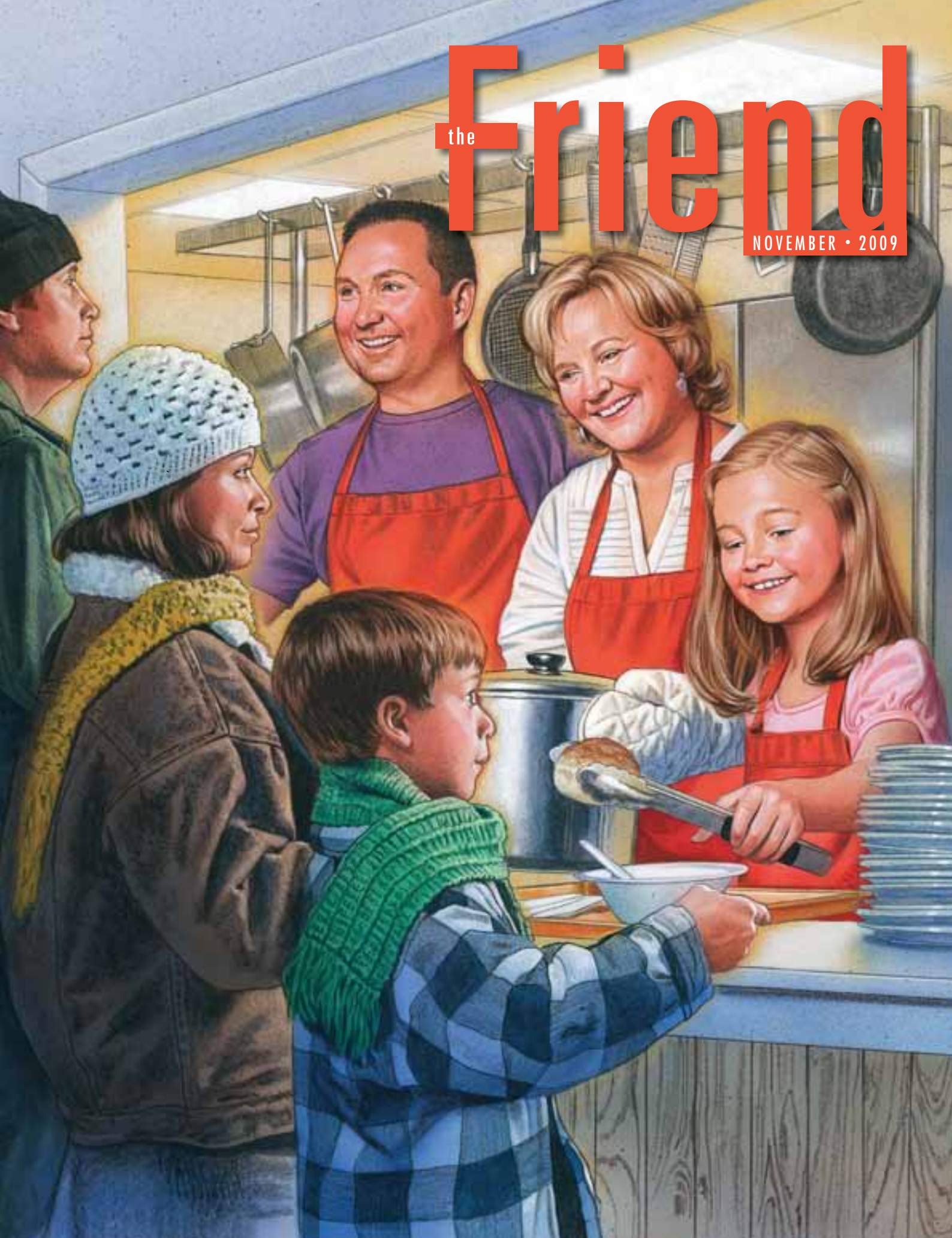


the Friend

NOVEMBER • 2009



Friends by Mail



A Priesthood Blessing



Recently, I had surgery to remove my tonsils. What I remember most about the experience is the blessing that my dad and another worthy priesthood holder gave me in the hospital before my surgery. Before the blessing I

was scared, but after the blessing I was brave and my fear went away. I have faith in Heavenly Father and know He uses priesthood blessings to encourage, heal, and strengthen His children.

Arsenio M., age 6, Japan, with help from his dad



The Story Helped Me

I liked the story “The Yellow Dress” (Nov. 2008) because it made me feel better about giving some of my things away. It also gave me some good scriptures to read.

Courtney B., age 10, Italy

Amazing Stories in the *Friend*



I liked the *Friend* story “Buzzing Bees and Baby Birds” (Nov. 2008). I think it is an important lesson to learn when you are young that Heavenly Father always answers our sincere prayers in some way—whether it is immediately or later on. Thank you for

publishing the *Friend* magazine. It always has good stories from the Apostles and Seventies. I like all the amazing stories and activities.

Nathan R., age 12, Utah

Thanks for Funstuf



My favorite part of the November 2008 issue of the *Friend* was decoding the scripture on the Funstuf page. I liked it because it was fun to decode and it included a neat scripture to read. I love the *Friend*!

Caitlin U., age 10, California

Would you like to write us a letter? Turn to page 49 to find out how.

VOLUME 39 NUMBER 11
NOVEMBER 2009

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the Friend

See the
Guide to the Friend
on page 49
for family home
evening ideas.



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

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Cover by Roger Motzkus



Look for the *Friend* mouse throughout this issue to find out which features are online at friend.lds.org. See if you can count how many times the mouse appears.



Hidden CTR Ring

Clue: Looking for the CTR ring
is fun stuff!

Fearless in Sharing the Gospel

BY PRESIDENT HENRY B. EYRING
First Counselor in the First Presidency



Mary Bommeli was my great-grandmother. Mary was born in 1830. The missionaries taught her family in Switzerland when she was 24. She was still living at home, weaving and selling cloth to help support her family on their small farm. When the fam-

ily heard the restored gospel of Jesus Christ, they knew it was true. They were baptized. Mary's brothers were called on missions. The rest of the family sold their possessions to go to America to gather with the Saints.

There was not enough money for all to go. Mary volunteered to stay behind because she felt she could earn enough from her weaving to support herself and save for her passage. She found her way to Berlin and to the home of a woman who hired her to weave cloth for the family's clothing. She lived in a servant's room and set up her loom in the living area of the home.

It was against the law then to teach the doctrine of The Church of Jesus Christ of Latter-day Saints in Berlin. But Mary could not keep the good news to herself. The woman of the house and her friends would gather around the loom to hear the Swiss girl teach. She talked about the appearance of Heavenly Father and Jesus

Christ to Joseph Smith, of the visitation of angels, and of the Book of Mormon. When she came to the accounts of Alma, she taught the doctrine of the Resurrection.

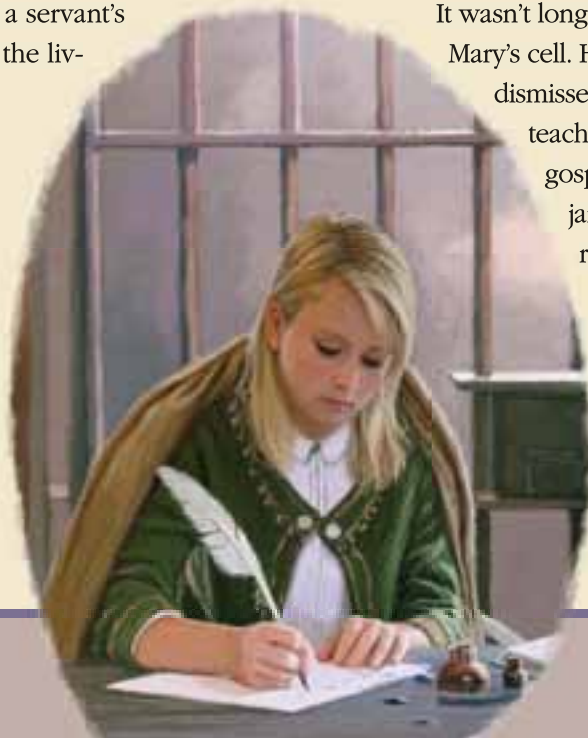
In those days, many children died very young. The women around the loom had lost children in death, some of them several children. When Mary taught the truth that little children were heirs of the celestial kingdom and that those women might again be with them and with the Savior and our Heavenly Father, tears rolled down the faces of the women. Mary cried too. All those tears got the cloth wet that Mary had woven.

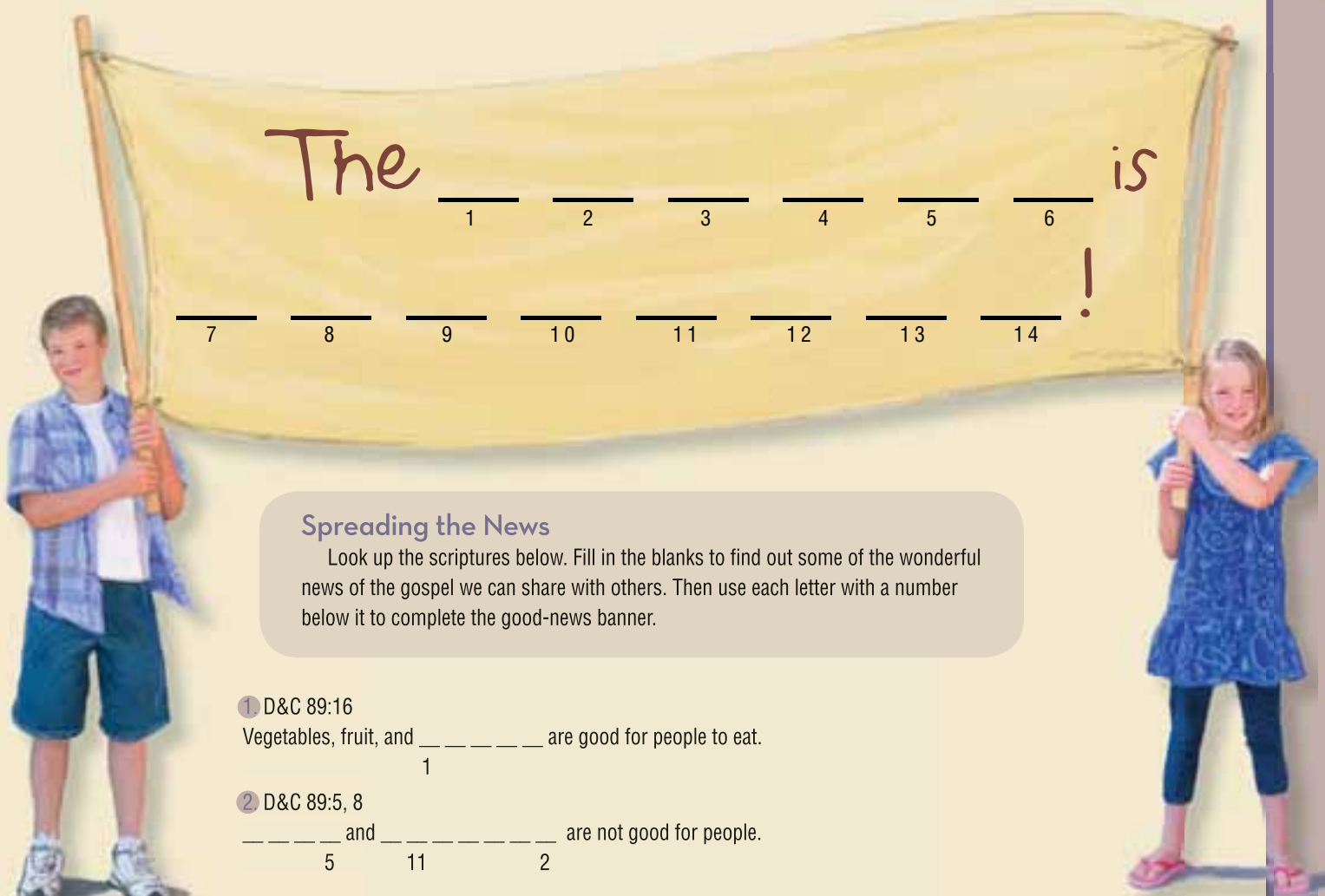
One night there was a knock at the door. It was the police. They took Mary to jail. At the jail, Mary asked for a pencil and some paper. She wrote a letter to the judge. She wrote about the Resurrection of Jesus Christ as described in the Book of Mormon, about the spirit world, and about the final judgment. In the morning she asked the policeman to take her letter to the judge.

It wasn't long until the policeman came back to Mary's cell. He told her that all charges were dismissed and that she was free to go. Her teaching the doctrine of the restored gospel of Jesus Christ [got] her cast into jail. And her declaring the doctrine of repentance to the judge got her cast out of jail.

I am grateful for the Savior's love for us and for the words He has given us. I pray that we may share those words with those we love. ●

From an April 1999 general conference address.





Spreading the News

Look up the scriptures below. Fill in the blanks to find out some of the wonderful news of the gospel we can share with others. Then use each letter with a number below it to complete the good-news banner.

1 D&C 89:16

Vegetables, fruit, and _____ are good for people to eat.
1

2 D&C 89:5, 8

_____ and _____ are not good for people.
5 11 2

3 Amos 3:7

God tells us what He wants us to know through his _____ the _____.
9 3 13

4 Joseph Smith—History 1:25

Joseph Smith saw two _____—God the Father and Jesus Christ.
4

5 D&C 138:47–48

Parents and children can be _____ in _____.
6 8

6 D&C 18:11–12

Jesus Christ has _____ from the _____, and all people can _____ and come unto Him.
7 14 12 10

Good News!

The word *gospel* means “good news.” Why did some of the women cry with happiness when President Eyring’s great-grandmother told them about the gospel? It was because some of them had babies who had died. Their churches taught that these babies couldn’t go to heaven because they hadn’t been baptized. The women thought they would never see their children again. No wonder they were so happy when Mary told them the good news that they could be with their children again!

ANSWERS

1) grain; 2) wine, tobacco; 3) servants, prophets; 4) Personages; 5) sealed, temples; 6) risen, dead, repent, Good-news banner; “The gospel is restored!”



Look up the following scriptures:

1 Corinthians 16:14;
Alma 1:27; D&C
52:40. Circle the one
you think fits the
story best.

Mom was filling out a donation slip when David and Bresciana came inside for a drink of water.

“What are you doing?” Bresciana asked. “Are you paying your tithing?”

Mom smiled. “Not this time, honey. Today I am giving some money for the people who were hurt by the tsunami.” She explained to David and Bresciana that a big wave had hurt a lot of people. Many of them had lost their homes and did not have food, clean clothes, or water to drink.

“What will happen to the people who don’t have enough food?” David asked.

“The prophet asked the members of the Church to donate money to help,” Mom said. “If you want to help, you may. Your allowance for this month is on the counter.”



David and Bresciana ran to get their money—a dollar each—and gave it to Mom. They were excited to help the people. After Bresciana went outside to play, David sat down on the couch. He kept thinking about the children who didn’t

have enough food or didn’t have a place to live anymore. It made him sad.

“I want to do more,” he thought. He went to his bedroom and opened his allowance box. There lay the money he had saved all year—\$11. He grabbed the money and ran back into the kitchen. “Mom, I want to give this money to the people too.”

When Bresciana heard about what David had done, she decided to give the money she had saved too. Mom helped them fill out donation slips so they could give the money to the bishop at church the next day.

Later that day, David heard Mom on the phone telling Grandma about the money he and Bresciana had donated.



When Mom got off the phone, David looked worried.

“David, what’s the matter?” she asked.

“I tried to do my best to help the people,” David said, “but I don’t think we can help all of them with our money. It’s not a lot.”

“Sometimes it’s more important *how* we give the money rather than how *much* we give,” Mom said. “Do you remember the story of the widow’s mite in the New Testament?”

David didn’t, so Mom told him the story. “When the people of Jesus’s time were donating money, many gave a lot of jewels and treasure. One woman was very poor. She only gave two small coins called mites. Jesus said that her sacrifice was worth more than the treasures because she had given all the money she had—just like you and Bresciana.”*

David felt better after that. On Sunday, he and Bresciana gave their donations to the bishop. The



bishop shook their hands and thanked them. David was glad he and Bresciana could help.

After church, Mom told David and Bresciana some exciting news. “Grandma just called me. Yesterday I told her about you two wanting to help the people who were hurt by the tsunami. When she shared your story today with people at church, some of them decided to give more money than before. Your example helped more people than you thought it would.”

Bresciana had a big smile on her face. David felt happy too. “Mom,” he said, “our widow’s mite really did make a difference!” ●

“Throughout history, the Lord has measured societies and individuals by how well they cared for the poor.”¹

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles



*See Mark 12:41–44.

My Gratitude List



BY JANE MCBRIDE CHOATE

(Based on a true story)

Fear not, let your hearts be comforted; yea, rejoice evermore, and in everything give thanks (D&C 98:1).

Christina sat down in the chapel with her parents as the organist began playing prelude music. Today she and her family were quiet and sad. That morning Dad told the family that his engineering company might close. Christina knew that his business was struggling, but she hadn't known how bad things were.

After the sacrament, Sister Stevens, a recently returned missionary, gave the first talk.

"One day, about halfway through my mission, I was having a really bad day," Sister Stevens said. "Nothing was going right."

Christina thought about her own family's hard times in the last year. Her father's business had to cut salaries twice, so he now got paid only part of his original salary. During the summer, her family's basement had flooded twice, damaging the carpet and furniture in her room. Now not only could she not buy the things her friends could, but she had lost some of her belongings because of water damage.

"Fortunately," Sister Stevens continued, "my companion wouldn't let me stay in a bad mood. She suggested that we make a gratitude list. We listed all kinds of things, like peanut butter, soft beds, and letters from home."

Christina listened in amazement to the small things on Sister Stevens's list. She had never thought to be grateful for things like peanut butter, beds, or letters.

"By the end of the day, I'd forgotten why I had been in a bad mood," Sister Stevens said. "It was the best day my companion and I had ever had. We decided to make a gratitude list every day."

When Christina got home, she made her own gratitude list. She wrote down clean sheets, ice-cream cones, books, and many other things. It wasn't hard at all to find things to be grateful for.



At dinner that evening, Christina looked across the table at her parents and realized she'd forgotten to list two of her most important blessings.

"I know I don't say it enough, but I love you," she said. "And I'm glad you're my parents."

Dad smiled. "Thank you, Christina."

Mom looked like she was about to cry. "That's the nicest thing you could have said to me."

Months later, Dad's business improved, and he was once again paid his full salary. But Christina never forgot the lesson she had learned about gratitude. ●



From an interview with Sister Julie B. Beck, Relief Society general president; by Lena Harper

Serving in the CHURCH

Be true, be true, and stand for the right (Children's Songbook, 159).

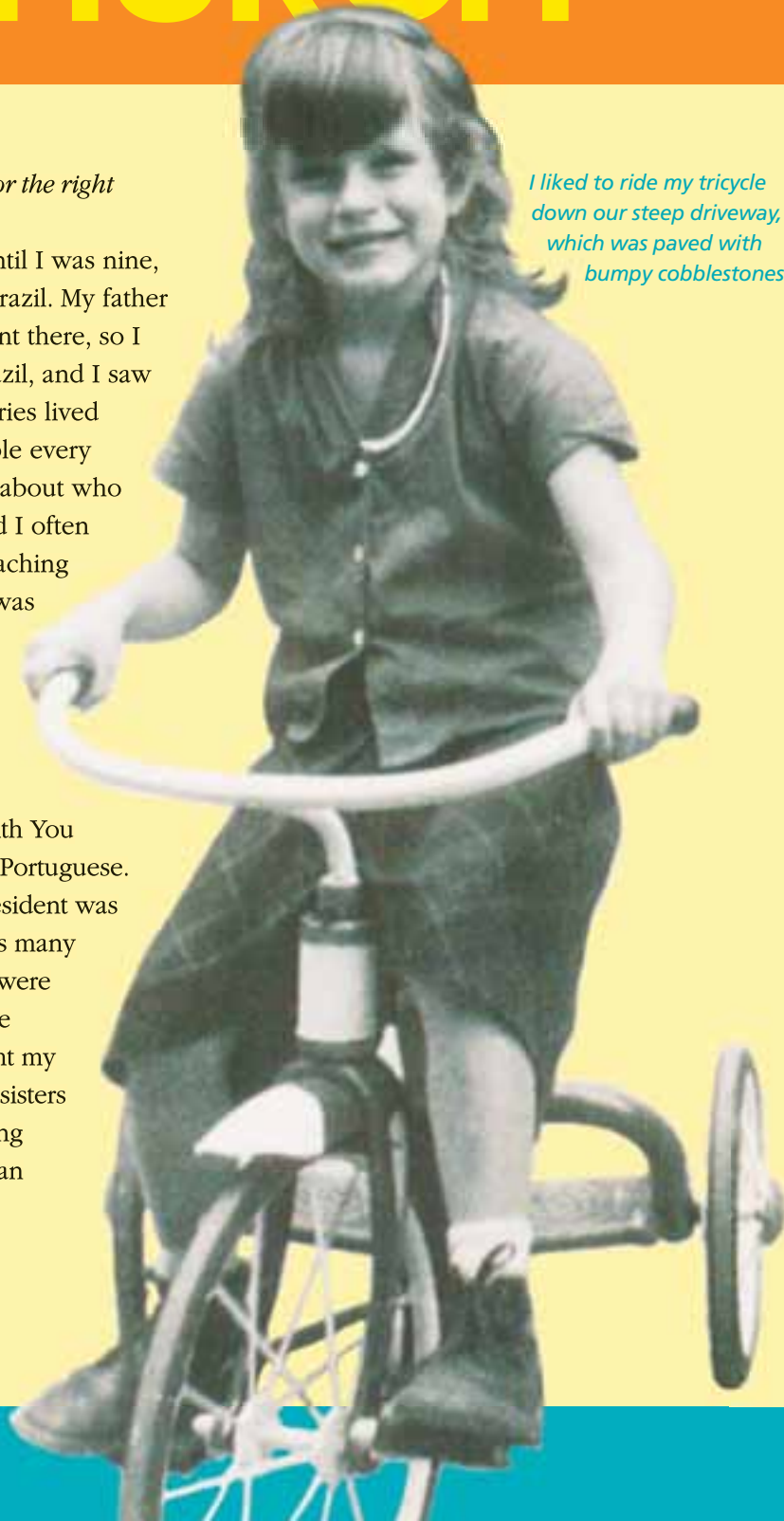
From the age of four until I was nine, I lived in São Paulo, Brazil. My father was a mission president there, so I grew up in a mission home. I was baptized in Brazil, and I saw many people get baptized. A number of missionaries lived in our home, so missionaries ate at our dinner table every night. I listened to their stories of faith and heard about who they were teaching the gospel to. My brothers and I often pretended we were missionaries and practiced teaching about the Church. It was wonderful to feel like I was part of the missionary work.

Our Primary in Brazil was very small at first. Only a few Primary songs had been translated into Portuguese. My favorite song was "The Light Divine." I also loved singing the hymns "Secret

Prayer" and "God Be with You Till We Meet Again" in Portuguese.

Being a mission president was just one of my father's many callings. My parents were always serving in the Church. They taught my nine brothers and sisters and me that serving in the Church is an

I liked to ride my tricycle down our steep driveway, which was paved with bumpy cobblestones.



Our family while living in Brazil





Sister Glória Silveira (on the right) was my Primary teacher, and her daughter Marisa was my friend. We had a reunion in São Paulo in 2008.

important part of life. They taught us to shake hands, say hello, and greet people. Our parents taught us not to be shy. Smiling, shaking hands, and saying hello were some of the ways we served in the Church.

When my parents visited other wards for their Church service, they weren't home on Sundays. Yet, even when we were alone, my brothers and sisters and I would get ourselves to church. We knew that we were expected to take the sacrament and do our part. People in the ward would ask my mother how she got us to go

to church by ourselves. She would reply, "They just get up and go because that's what they're expected to do."



In Primary I learned the Articles of Faith in Portuguese.

I believe that the testimonies of children are powerful. I hope you hang on to your testimony throughout your lives, and that you stay in the true Church. That's all you have to do—stay in and do the things the Lord asks you to do—and you will be all right. ●



Here I am with my parents, Elder William Grant Bangerter and Sister Geraldine Hamblin Bangerter; my baby sister, Peggy; and Elder Spencer W. Kimball and his wife, Camilla, when they visited Brazil.

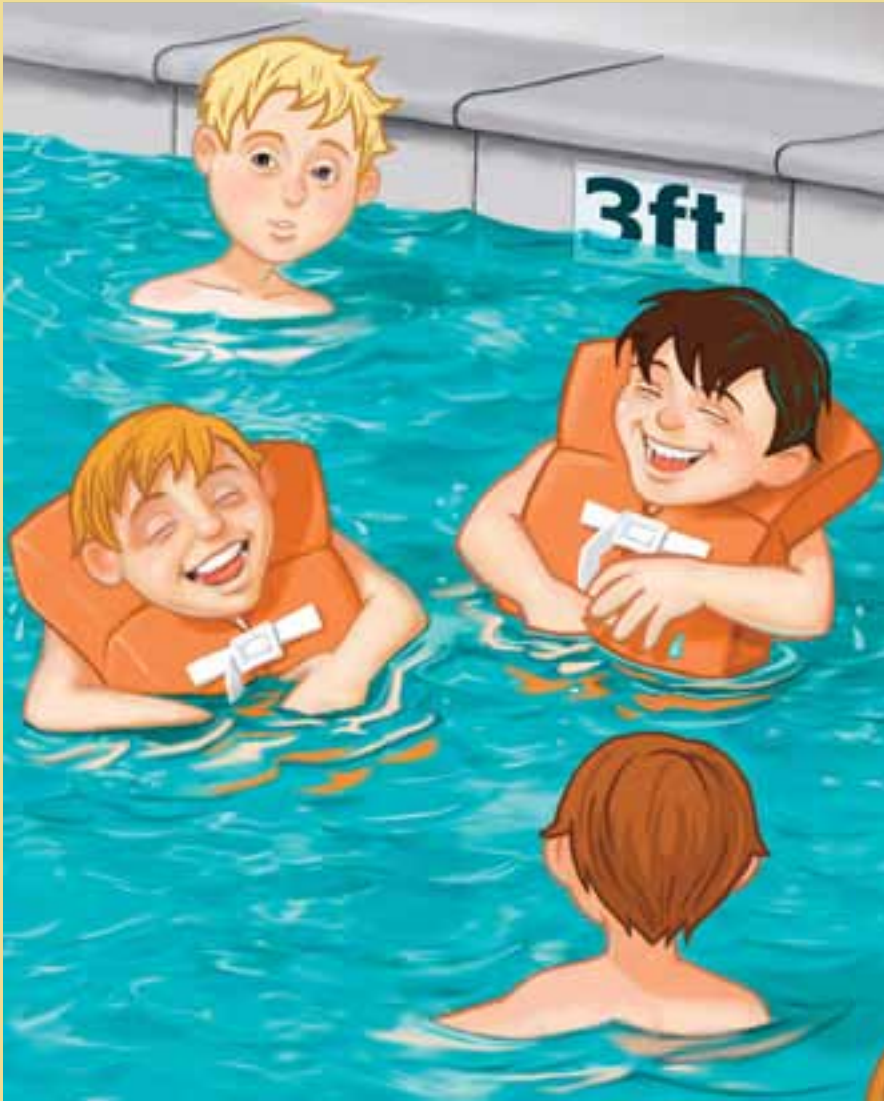


São Paulo, Brazil, was my home for five years.



Trying to Be Like Jesus

He that followeth me shall not walk in darkness, but shall have the light of life (John 8:12).



Being Modest



I had a friend who was a really nice girl, but she didn't wear modest clothes. One day she was wearing a really short skirt. I decided to talk to her and find out why. At recess, I asked her why she was wearing a short skirt. She said she thought it was cute, and she didn't have a longer skirt. I told her that short skirts aren't modest and she could wear leggings under her skirt. The next day when my friend walked into class, I was surprised! She was wearing leggings under her skirt. I am glad I could help my friend be modest.

Miriam L., age 9, Texas

A Friendly Swim



My friend and I went swimming at the swimming pool with our first-grade class. My friend had to wear a life jacket. Two girls came over and teased him about his life jacket. I got out of the pool and put a life jacket on. Then I got back in the pool and looked for my friend. When I found him he was happy I was wearing a life jacket! I try to be a good friend, and when I am, I am happy too.

Nathan H., age 7, Utah





Birthday Service

For my eighth birthday party, I asked that my friends bring school supplies instead of presents. I wanted to make school kits for the Church Humanitarian Center. My friends and family helped make 24 school kits. It was a fun activity, and I liked thinking of the children who will get the kits.

Evie F., age 8, Washington, with help from her mom

Teaching the Teacher



One day at recess I was bored, so I went over to my teacher. I was surprised when she asked me

about The Church of Jesus Christ of Latter-day Saints. She said she went to a Christian church, so I told her about ours. I told her what the sacrament represents. She told me about her church and seemed interested in what I was saying about our church. I felt glad for doing missionary work. I'm glad I had the chance to teach my teacher.

Conley K., age 10, Missouri

Helping Her Learn



When I was in the first grade, one of my classmates kept asking if she could copy off of my paper. I said,

“Stop trying to copy off my paper. I am trying to work.” Later that day, I told my mom what happened. I said, “She was trying to cheat, and that is the same as lying.” During the school year, I tried to help my classmate with her work because I knew she wouldn't learn anything by cheating. It made me feel good knowing I had done the right thing.

Leanne M., age 7, Oregon, with help from her mom

Following Jesus



My aunt was visiting my family, and she is not a member of the Church. One day, I asked her what she was

drinking. She said it was iced tea and asked me if I wanted some. I said no because we're not supposed to drink tea and because it's bad for us.

Kisione T., age 5, California

Tell us how you're trying to be like Jesus. Turn to page 49 to find out how to send us a letter.

When We're Helping, We're Happy



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

BY CHERYL ESPLIN



“I am going to shovel Sister Gourdin’s sidewalk,” Phoebe said to her mother. Sister Gourdin was an elderly neighbor.

“Can you do it by yourself?” Mom asked Phoebe. When Phoebe said she could, her mother helped her put on her boots and zip her coat.

Mom watched out the window as Phoebe began to lift the deep snow with a large shovel. Soon Phoebe had finished the sidewalk. She found Sister Gourdin’s newspaper in the snow and was excited to leave it on the doorstep.

Phoebe’s mother told her that shoveling the snow was a wonderful way to show love to Sister Gourdin.

When Phoebe’s older brothers and sister got home from school, her mother told them what Phoebe had done. “Where do you think she came up with the idea

to do that?” Phoebe’s mother asked them. And then she said, “It came from watching all of you who are such good examples of helping our neighbors.”

Phoebe’s act of service shows that no one is too young to serve others. ●

Activity

Remove page 12 from the magazine and cut out the buttons. Obtain a calendar page for November. (It can be in an existing calendar, or you can make your own with 30 squares.) In a family home evening, talk about how your family can serve each other and others this month. Each day of the month, find a time when your family is together and share what some of you did to serve someone that day. Glue or tape a button in the calendar space for that day.

Note: This activity may be copied or printed from the Internet at friend.lds.org.

SHARING TIME IDEAS

November Theme: *My family and I can serve others.*
(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit.)
Gospel art can also be found at gospelart.lds.org.

1. ***I am thankful for my family. I will serve them.*** Memorize "By love serve one another" (Galatians 5:13). Teach that when we serve our family members, it shows we love them and are thankful for them. Have the children listen for another word that means the same thing as *serv*ing while they sing the first verse of "When We're Helping" (p. 198). (Helping.)

Tell the children you want them to try smiling with their lips closed, then with their teeth showing, and then with their mouth open. Have them try smiling with only their eyes. Explain that smiling is one of the easiest ways we can serve our family. Help the children suggest other ways they can serve family members. (Examples: help cook, help mow the lawn, help a younger brother pick up toys, write a letter to grandparents, etc.) Write responses on the board. Ask a child to choose an idea from the board and act it out. Let the other children guess what it is. Choose children to act out some of the other ideas. To encourage the children to serve members of their family, give them a piece of paper to take home and ask them to draw something they do during the week to serve their family. Have them bring their paper back next Sunday to share. Take a few minutes next week to let the children tell about their acts of service.

2. ***My family will serve others.*** Use stations to teach the children the importance of serving others. Divide the children into groups and move them from station to station. (If the Primary is large, you could set up three stations at the front of the room, and members of the Primary presidency move from station to station.) Have the pianist play "I'm Trying to Be like Jesus" (pp. 78–79) during the transition between stations.

Station A. Display pictures showing Jesus Christ serving others. Teach that Jesus Christ is the greatest example of one who served others. Read together and discuss the parable Jesus used to teach us the importance of service, found in Matthew 25:35–40. Help the children understand that when we serve others we are serving God.

Station B. Show a picture of President Thomas S. Monson and point out that he has devoted his life to serving others, and often teaches us about serving others. To illustrate how President Monson learned at a young age to serve others, tell the story of "Old Bob" (see Thomas S. Monson, "The Long Line of the Lonely," *Ensign*, Feb. 1992, 4). Explain that when President Monson was once asked to describe what he would consider the ideal gift for his birthday, he said, "Find someone who is having a hard time, . . . and do something for them" (*Ensign*, Nov. 2008, 105–106). Ask the children to share things their family has done to serve others.

Station C. Tell the children that when we serve others it is like scattering sunshine. Have the music leader teach the chorus to "Scatter Sunshine" (*Hymns*, no. 230). For the younger children, sing "Jesus Wants Me for a Sunbeam" (pp. 60–61). Give each child a piece of paper with President Monson's quote from Station B written at the bottom. Have

the children draw a picture of the sun above the quote. Encourage the children to take the paper home and discuss with their family how they could serve someone in need.

3. ***I can be a good example for my family.*** Use a puzzle to teach the children that they can be a good example for their family. Post a picture of a family, such as GAK 616 (Family Togetherness). Cover the picture with a large piece of paper that has been cut into puzzle pieces. Label each piece with one of the following: 1) scriptures that teach about being an example, such as Matthew 5:14; Matthew 5:16; 1 Timothy 4:12; 2) songs that teach about being an example (look in the *Children's Songbook* topics index under "Example"); 3) questions that help the children think about being an example, such as "Your brother teases you during sacrament meeting. What will you do to be a good example?" and "Your little sister broke your new crayons. What will you do to be a good example?"

Have the children take turns removing a puzzle piece, then finding and reading the scripture, helping the music leader lead the song, or reading and answering the question. When all puzzle pieces have been removed, challenge the children to think of ways they can be a good example for their family. Share an experience when you were influenced by the example of a family member. Bear testimony of the power of good examples.

4. ***I will prepare now to become a mother or father.*** Ask the children to close their eyes and picture themselves as a mother or father. Ask: "What kind of mother will you be?" or "What kind of father will you be?" Have them open their eyes.

For younger children: Help the children suggest characteristics that describe the kind of mother or father they want to be. Write them on the board. (Examples: kind, loving, patient, helpful, happy, responsible, etc.) Teach the children they can begin now to develop these characteristics. Beforehand, write situations that would give the children an opportunity to use these same characteristics, such as, "Your little brother wants your mother to hold him, but she is trying to get dinner ready. What could you do to practice being helpful?" and "Your family has a garden, and you were assigned to care for one row. What can you do to practice being responsible?" "Your sister feels bad because she is sick and can't go to her friend's party. What could you do to practice showing love?" Pass a beanbag while the children sing "The Family Is of God" (*Friend*, Oct. 2008, 28–29). Stop the music frequently. When the music stops, read a situation and let the child with the beanbag answer.

For older children: Teach that the Lord gives instructions to parents through prophets and the scriptures. Give each class one of the following: Paragraph six of "The Family: A Proclamation to the World"; paragraph seven of the proclamation; Mosiah 4:14–15; Alma 37:35; D&C 68:25. Have each class work together to read the reference, choose one instruction from the Lord, and tell what they can do now to prepare for that responsibility. Let each class share with everyone. Sing "The Family Is of God."

5. *Friend* references: "Friend to Friend," Aug. 1994, 6–7; "Miles and Miles of Smiles," Sept. 2007, 4–6; "Trying to Be Like Jesus," July 2005, 38–39; "A Simple Act of Service," Sept. 2007, 44–45; "Eternal Service Project," May 2005, 32–34; "A Brother's Example," Dec. 2005, 8–9; "The Prophet's Counsel: The Six Bs," Feb. 2001, 24–25; "Friend to Friend," Feb. 1978, 6–7.

Autumn Surprise Pumpkin Cookies



Pumpkin Trivia

- Antarctica is the only one of the seven continents where pumpkins do not grow.
- Pumpkins are a kind of squash. Most parts of the pumpkin are edible—the seeds, meat, leaves, and flowers.
- In China, pumpkin leaves are used in soups. In Thailand, custard is cooked inside small pumpkins and served as a dessert.
- In 1997, the largest pumpkin in the world weighed in at 1,689 pounds. That's one big squash!

This recipe makes enough cookies to share with friends for a fun autumn surprise.

Autumn Surprise

- 1 boxed spice cake mix**
 - 1 small can (15 ounces/425 g) pureed pumpkin (not pumpkin-pie filling)**
 - 1 bag (12 ounces/340 g) semisweet chocolate chips, regular- or mini-sized**
- small paper sacks**
crayons, markers, or stickers
ribbon or string

1. Wash your hands.
2. Preheat the oven to 325°F (163°C).
3. Pour the cake mix into a large mixing bowl. Add the

pumpkin, and mix until the two ingredients are combined.

4. Stir in the chocolate chips.
5. Use a teaspoon to scoop a spoonful of batter. Use your finger to drop the batter onto a cookie sheet.
6. Bake the cookies for 20 minutes.
7. While the cookies are cooking and cooling, decorate some small paper sacks. You could draw and color autumn leaves or use stickers to decorate them. Then put some cookies in each sack and fold down the top of the sack. Punch two holes at the top. Thread ribbon or string through the holes and tie a bow. Now take the sacks to some neighbors for an autumn surprise.

Because of the example of his two older brothers, Matt looks forward to earning his Eagle.



Family Ties

Matt enjoys having family home evening and praying with his family. His family also likes going on road trips together. One of their favorite things to do is travel to temples around the United States. Matt is excited to perform baptisms for the dead when he turns 12.

Matt has other abilities too. He plays the piano and just started playing the drums. He also likes to play chess with Cameron and sculpt mountains and valleys out of the sand in his backyard. Matt especially likes playing with plastic building blocks. He built a fleet of spaceships out of the little blocks. His dream is to build a life-size *Titanic* out of them.

Member Missionary

When his brother Tyler got his mission call, Matt gave him all of the money he had made from making balloon animals to get ready for his mission.

Matt is already a great missionary, his mom says. He gave his two best friends a poster with the gospel standards on it so they would know what he believes in. He often invites them to Primary activities too.

Matt is also the neighborhood host. He likes to make sure everybody feels welcome at his house.



Matt and his family enjoy skiing together and swimming at a nearby hot springs. He also likes riding with his mom on her scooter. They even have matching helmets!

Scout's Honor

Matt really likes earning merit badges. Since both of his older brothers are Eagle Scouts, he has two great examples to follow. And he is well on his way. Matt has already earned merit badges in Music, Coin Collecting, and Electronics.

The Scout motto is "be prepared." Matt Lewis is definitely prepared to continue sharing the gospel with his friends. ●

Favorites

Food: Chicken wings and corn on the cob

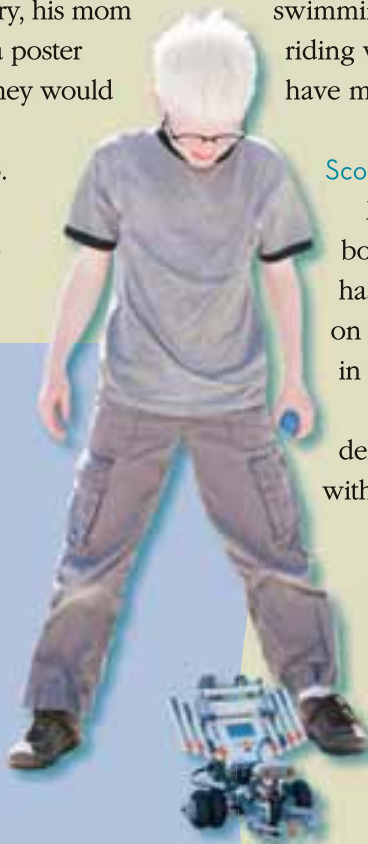
Color: Blue

Scripture story: Noah's ark

Hymn: "O My Father"

Hobby: Playing with building blocks

School subject: Math



Matthew Paul Lewis

BY JAN PINBOROUGH

Church Magazines
(Based on a true story)

My soul delighteth in the song of the heart; yea, the song of the righteous is a prayer unto me, and it shall be answered with a blessing upon their heads (D&C 25:12).

For the fourth time, Jenna tried to make her second and third fingers move quickly back and forth from B to B-flat. But her trill still



didn't sound smooth and even. Jenna rested her palms on the piano keys. She looked at the clock and sighed. Twenty-five more minutes to go.

From the kitchen, Mom called out, "Keep it up, Jenna! Your trill is definitely improving."

Jenna rolled her eyes. It wasn't that she didn't like music. In fact, she loved it. But now Mrs. Maitland was giving her harder pieces by composers like Bach and Scarlatti. Jenna's fingers couldn't get through the runs without stumbling over each other.

"This sonata is going to sound awful in the recital!" Jenna grumbled.

Keep It Up, Jenna!

Jenna stared down at her fingers. She obviously didn't have what it took to be a good pianist—not as good as Mia, the star of Mrs. Maitland's piano recitals. Jenna's fingers just weren't coordinated enough. What was the point in keeping it up if she was always going to be second best? Maybe she would ask Mom and Dad to let her quit piano.

Jenna looked around for something else to play. There was her blue *Children's Songbook*. She opened it to page 228, her favorite Primary song. "Whenever I touch a velvet rose or walk by our lilac tree." It always made Jenna feel like spring. In the illustration under the song title, the little girl's raincoat was the same color as the daffodil, and her red umbrella matched her galoshes.



Jenna smiled and put her hands back on the keyboard. She loved the part where the notes go up for "I'm glad that I live in this beautiful world" and then come back down for "Heav'nly Father created for me." The notes weren't exactly

a *run*, Jenna decided. They were more like a *walk* for her fingers. And she loved the word *expressively* at the top. It was exactly the way she liked to play. As she played the notes with their gentle, rocking rhythm, her frustration started melting away.

Jenna was starting on the second verse when Mom came in. “Sister Hardy just called,” Mom said. “She has to miss Primary on Sunday, and she can’t find anyone to substitute for her as pianist. Do you think you could do it, Jenna?”

The thought of playing in front of the whole Primary made Jenna’s stomach flutter. But she loved the

Primary songs. She would have her blue songbook, and the music wasn’t too fast or too hard.

Suddenly, Jenna felt glad that she had kept



up her piano lessons. Her fingers didn’t need to be the fastest. And she didn’t really need to be the star of the recital. She could play the songs she loved for Heavenly Father. And that made it all worth it. ●

If You’re a Music Lover

Check these out:

♪ *Hymns, Simplified Accompaniments*—This book has 158 hymns in easier arrangements, in case you aren’t quite ready to play out of the hymnbook. Your parent can order this book online at ldscatalog.com.

♪ *Pocket-sized Children’s Songbook* or *Hymns*—They’re just the right size to fit in your backpack, purse, or bedside table. You can sing in the car, on a camping trip, or in bed at night.

♪ To listen to some of your favorite songs, go to the *Friend* Web site at friend.lds.org and click on **Find Children’s Music**.



We claim the privilege of worshiping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may (Articles of Faith 1:11).

Alex raced down the soccer field, dribbling the ball with his feet. The other team began closing in. “I’m open!” Jake called.

With one fierce kick, Alex passed the ball to Jake. Jake kicked it straight into the open goal. “Score!”

The whistle blew. The game was over. Alex and Jake’s team erupted into cheers.

After celebrating, Alex ran to his mom. “Did you see that goal? Do you have any water? Can I go home with Jake?”

Mom laughed. “Yes, yes, and yes,” she said. “I’ve already talked to Jake’s mom, and I’ll pick you up at four.”

When Mom came to pick up Alex, he and Jake were playing in the backyard tree house. “Nice game, Alex,” Jake said. “See you tomorrow at school.”

On the way home, Alex was quiet. “What are you thinking about, Buddy?” Mom asked.

“About Jake,” Alex said. “He’s my best friend. And his mom’s your friend. They’re good people, aren’t they?”

“Yes, they are very good people. Why do you ask?”

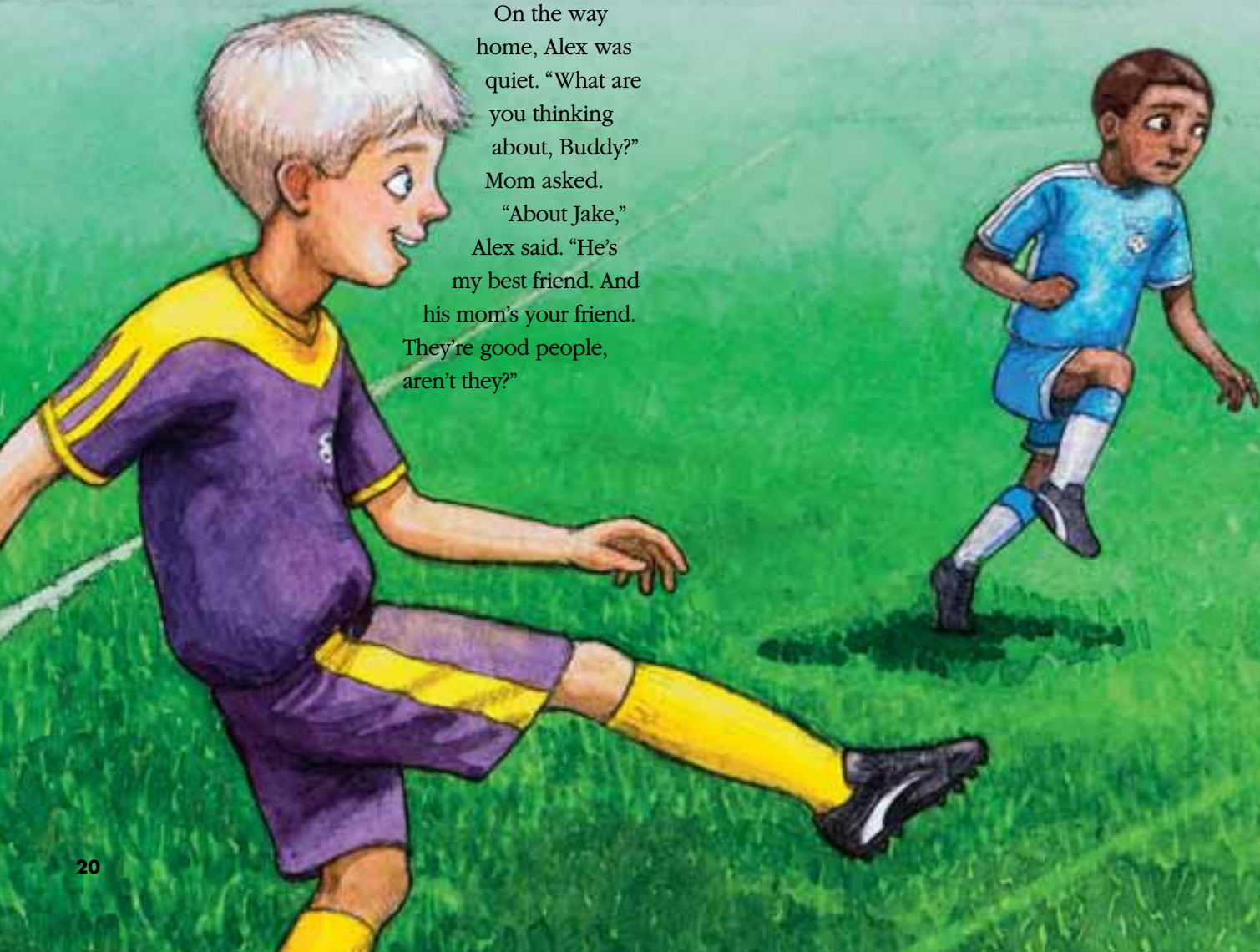
“I invited Jake to my baptism, and he said he’d come. But he said he’s not getting baptized when he turns eight. He said he was already baptized when he was a baby. And Jake goes to movies on Sunday all the time, and his mom drinks coffee, and . . .” Alex paused. “I never noticed before that we don’t believe the same things.”

“Well, we don’t believe *all* the same things as Jake’s family does. But we have a lot in common,” Mom said. “I always feel safe when you are at Jake’s house because his mom watches you carefully and never lets you play bad video games or watch movies that aren’t good.”

The Right

BY MICHELLE LEHNARDT

(Based on a true story)



“Yeah,” Alex said, laughing. “Jake’s mom is always watching. We can’t even climb on top of the tree house without her catching us!”

“And who’s the best soccer coach you’ve ever had?” Mom asked.

“Jake’s dad! He takes the time to explain things, and he doesn’t yell at us like some coaches.”

“Yes. He’s a great coach.” Mom parked the car in the driveway and rested her elbows on the steering wheel. “You’re going to have lots of friends who believe differently than we do, Alex. And as you get older, you’ll notice those differences more and more. But the

important thing is to pick friends who are kind, friends who are honest, and friends who respect your beliefs just as you respect theirs.”

Alex thought for a moment. “Jake is all those things: kind, honest, and respectful. I’m lucky to have him for a friend.”

Mom nodded. “I think so too.” ●

Kind of Friend



Friends in the News



Alexis, Aiden, Aspen, and Ash B., 10, 9, 6, and 5, Arizona, enjoy spending time together. One of their favorite activities is searching through their grandmother's craft room for spare materials to create new toys and artwork. They also enjoy reading *the Friend* together each month. This year they all go to the same school. They are good examples by being friendly and by helping younger children on the school bus.



Reva G., 11, Utah, likes her horse, P.D. She enjoys drawing, reading, and playing with friends. She plays the piano and is memorizing the Articles of Faith. She looks forward to turning 12.



Jesse W., 9, Utah, has five brothers and likes to snowboard and play soccer and football. He is thoughtful and helpful. He likes to plan the activity for family home evening. He also likes date night with his mom and dad.



Deseret-Oasis Ward

The Primary children in the Deseret-Oasis Ward, Delta Utah West Stake, had fun as they tied nine quilts. The quilts were donated to the Church Humanitarian Center.

Logan and Mason C., 5 and 3, Missouri, like playing together, especially football and with their farm toys. Logan was a good example by telling his friends not to take Heavenly Father's name in vain. Mason is excited to start preschool so he can attend school like his big brother. He loves leading the music for family home evening and always chooses to sing "Once There Was a Snowman."



McKay L., 7, California, enjoys reading and playing sports. One of his favorite books to read is the Book of Mormon. He looks forward to being baptized. He has a kind heart, is a good friend, and is a wonderful big brother.



Would you like to be a friend in the news?
Turn to page 49 to find out how.



Glory, Faith, Precious, Favour, and Promise D., 11, 8, 6, 5, and 3, South Africa, enjoy Primary and family home evening. Glory is preparing to join the Young Women program. She likes school, singing, ballet, netball, and reading the *Friend*. Faith enjoys reading the *Friend* and bearing her testimony. She loves her friends and teachers at Primary. She plays soccer and hopes to be an actress. Precious likes to play games and dance. He received awards for playing soccer, is a good listener, and bears his testimony during family home evening. Favour likes music and conducts hymns for family home evening. She enjoys asking visitors lots of questions. Promise likes to pray. He also likes going to church, singing, and playing with toy cars.



Sarah Ruth J., 5, Utah, has memorized all 13 Articles of Faith songs. She loves to hum Primary songs, play at the park with her brother Andrew, and help watch her baby brother, Jonathan. She also likes to iron with her grandma.



Idaho Falls 15th Ward
The Primary children of the Idaho Falls 15th Ward, Idaho Falls South Stake, had a special quarterly activity called "A Day with the *Friend*." They participated in story time, Funstuff, Kitchen Krafts, and Special Witness activities. Then they made fleece balls to donate to the Church Humanitarian Center.



Ben Lomond 11th Ward
The Primary children of the Ben Lomond 11th Ward, North Ogden Utah Ben Lomond Stake, filled 50 bags with school supplies and toys to send to children and orphanages in Ecuador. The project was a huge success because of the children's enthusiasm and the donations from ward members.

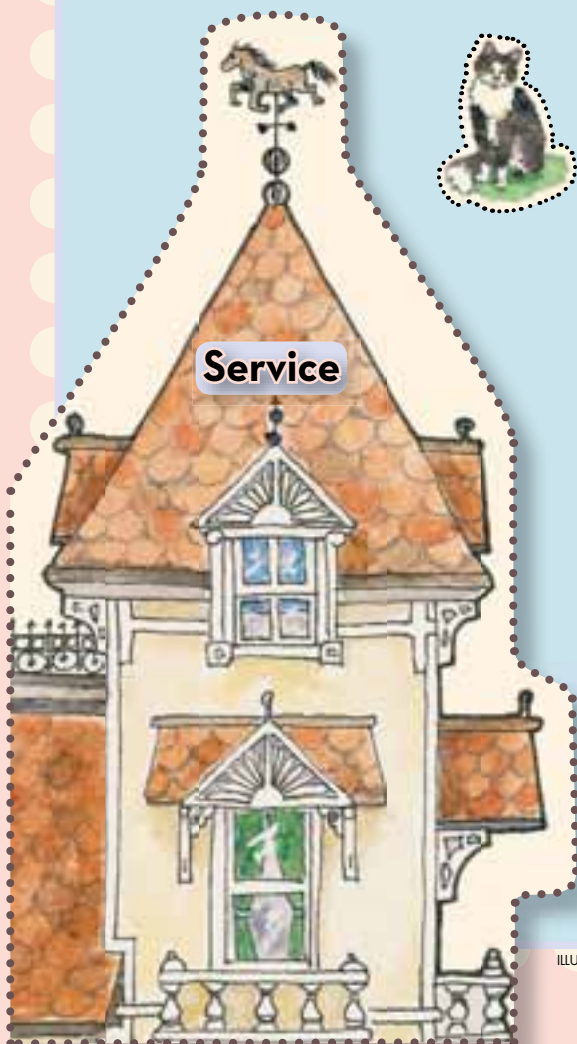
A Happy Home

BY JENNIFER MADDY
Church Magazines

Instructions: Remove these two pages from the magazine and glue them onto heavier paper. (You can also copy them or print them from friend.lds.org.) Cut out the pieces of the house and the descriptions that go with them. As you put the house together, read the description for each piece. When the house is complete, think about the things you could do to help make your own house a happy home. You can also do this activity with your family during a few family home evenings.

Service

In Matthew 25:35–40, Jesus teaches that when we serve others we are also serving Him. When you serve your family members, it shows you love them and want them to be happy. You can strengthen your love as you serve each other, and as your family serves others. Service will bring joy and happiness into your lives and into the lives of those you serve. Think of a few things you can do to serve your family members. Then help your family think of a way you can serve together.



ILLUSTRATIONS BY DENISE KIRBY



Forgiveness



ort

Faith

Faith in Jesus Christ is an important gospel principle. Even though you can't see Jesus, you and your family can trust in Him and try to follow His commandments. Think of the faith Lehi's family needed when they left their home in Jerusalem, and the faith Noah's family needed when they went into the ark. Having faith in Christ and in His gospel can bring happiness and peace to your family, even if you're having a hard time. In Alma 32:26–31 you will find an experiment about faith that the prophet Alma asks you to try.

Forgiveness

Your little brother just broke your favorite toy. Are you going to yell at him, or are you going to forgive him? Sometimes it is hard to forgive someone who has hurt you. But forgiveness is an important part of having a loving and happy home. Heavenly Father is happy to forgive us when we repent of doing something wrong, and He wants us to be kind and forgiving of our family members. Think about the story of how Joseph's brothers sold him into Egypt, and then read how Joseph forgave them in Genesis 45:1–15.



Prayer



Faith

Support

Just as a house needs a strong foundation, you and your family members need each other's support. In the Book of Mormon, King Benjamin said that Jesus Christ is "supporting you from one moment to another" (Mosiah 2:21). Try to follow His example. Something as simple as a smile can show your sister that you care about her. Maybe your dad is having a hard day, or your brother is worried about a test at school. Or maybe you're happy because someone made breakfast for you. What could you do to show that you support and love your family?



Prayer

Heavenly Father hears every prayer that you and your family say. In 3 Nephi 18:21, Jesus tells us that we should pray with our families. Having family prayer can bring your family closer together as you ask for blessings for each other and thank Heavenly Father for the things He has given you. As you pray every day, you will feel the comfort and warmth of the Holy Ghost in your life and in your home. Think of a blessing that someone in your family might need. Ask your mom or dad if it can be included in your next family prayer.

funstuff

Service Project

BY ROBERT PETERSON

These children are cleaning up around the chapel. See if you can find an ant, a bat, a boot, a duck's head, a feather, a fork, a leaf, a pen, a shark, a swan, a wristwatch, and a woman's shoe. Then color the picture.



Super Porter's Terrible Day



What Is a Cochlear Implant?

A cochlear implant is an electronic device that helps people hear better. One part of the device goes inside the ear. The part you can see on the outside of the head is like a microphone.

BY ADAM ASHBY

Eight-year-old Porter Ashby was having a bad day. He wasn't in the mood to be at the children's hospital—again. From the time Porter was a baby, he had a very serious hearing loss. He couldn't hear his mom calling his name or someone banging on pots and pans. The doctors gave Porter hearing aids, but they were uncomfortable and didn't help him hear much better.

When Porter was three years old, he went to the hospital and had an operation to get a cochlear implant in his left ear. Porter was excited about all the new sounds he could hear.

Since then, Porter has gone back to the hospital many times so the doctors can find out how well his implant is working. Usually this is fun. He gets to see his friends at the hospital and play games while the nurses test his hearing.

But not today. Porter had already been at the hospital for



Porter likes to read books, play flag football, and play on the monkey bars. He is a Wolf in Cub Scouts. He has one older brother and two older sisters. In his Primary sacrament meeting program, he signed all the songs while the other children sang.



several hours. He had already played the games and answered the questions the nurse asked him. He was tired and ready to go home.

Then the doctor wanted to test how well Porter was pronouncing words. He asked Porter to sing "Happy Birthday."

Porter said he didn't feel like singing that song, so the doctor asked him what song he would like to sing.

Porter remembered that he had been learning "Called to Serve" in Primary. It was his favorite song, so he sang both verses.

"That was amazing, Porter," the doctor said. "What a wonderful song!"

By then Porter was feeling much better. When all the tests were finished, the doctor called one of the nurses in. "Porter just sang an amazing song. Will you sing it again for the nurse, Porter?"

Porter was happy to do it. He sang his favorite song again, smiling from ear to ear. ●

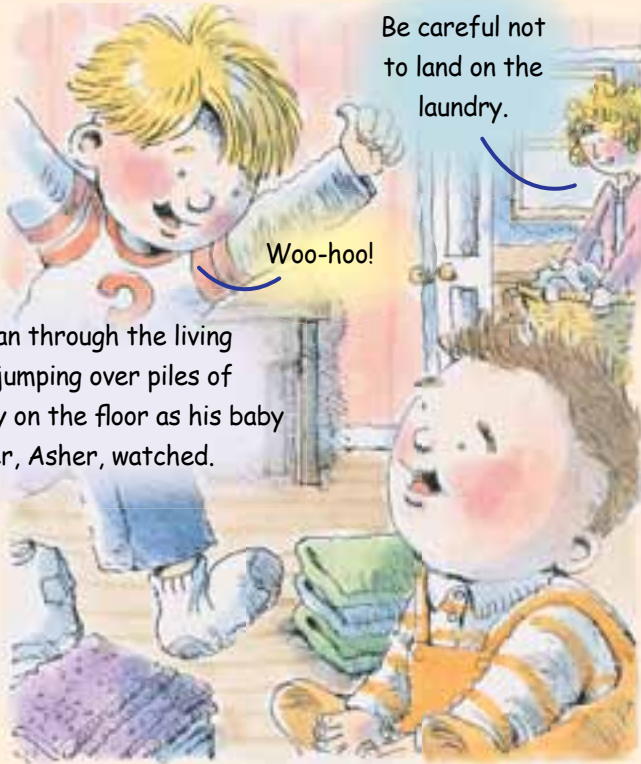
Showing Sorry

BY HILARY M. HENDRICKS

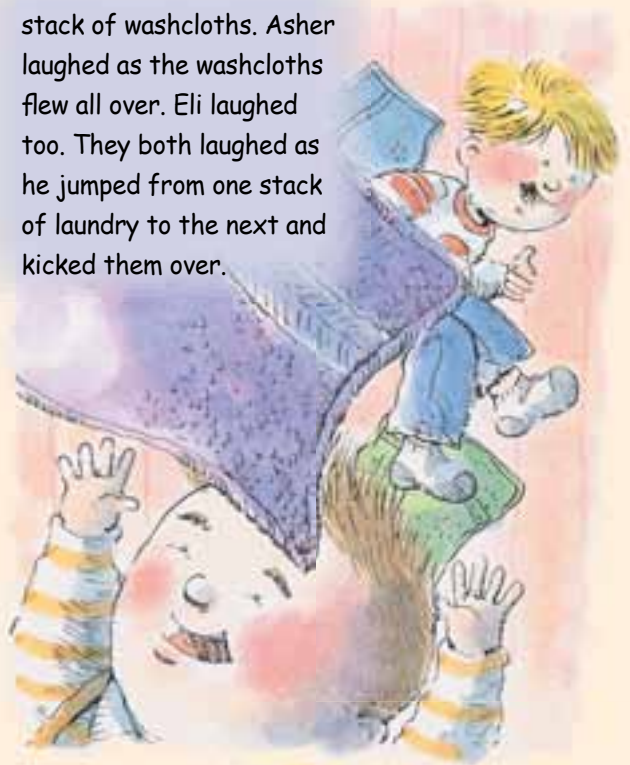
(Based on a true story)

Help me, dear Father, to truly repent, making things right, and changing my ways (Children's Songbook, 99).

1. Eli ran through the living room, jumping over piles of laundry on the floor as his baby brother, Asher, watched.



2. Eli's foot knocked over a stack of washcloths. Asher laughed as the washcloths flew all over. Eli laughed too. They both laughed as he jumped from one stack of laundry to the next and kicked them over.



3. Mom walked back into the room. Eli stopped in the middle of a kick and fell down on Asher. Asher started to cry.



4. Thank you for saying sorry, but what are you going to do to fix this problem?

I don't know. Can I go play with my toys?



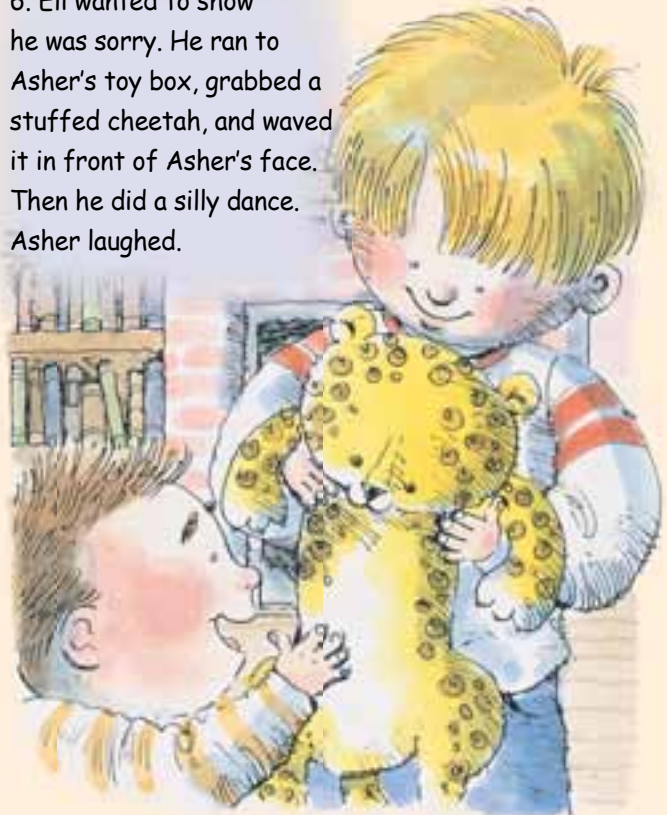
5. Eli, when we do something that hurts someone and we say sorry, there is something else we need to do.



What?

We need to show we are sorry by making things better.

6. Eli wanted to show he was sorry. He ran to Asher's toy box, grabbed a stuffed cheetah, and waved it in front of Asher's face. Then he did a silly dance. Asher laughed.



7. Next, Eli helped Mom fold all of the washcloths he knocked over.



Good job.

8. Then Eli ran to the piano and made up a new song for his mom.



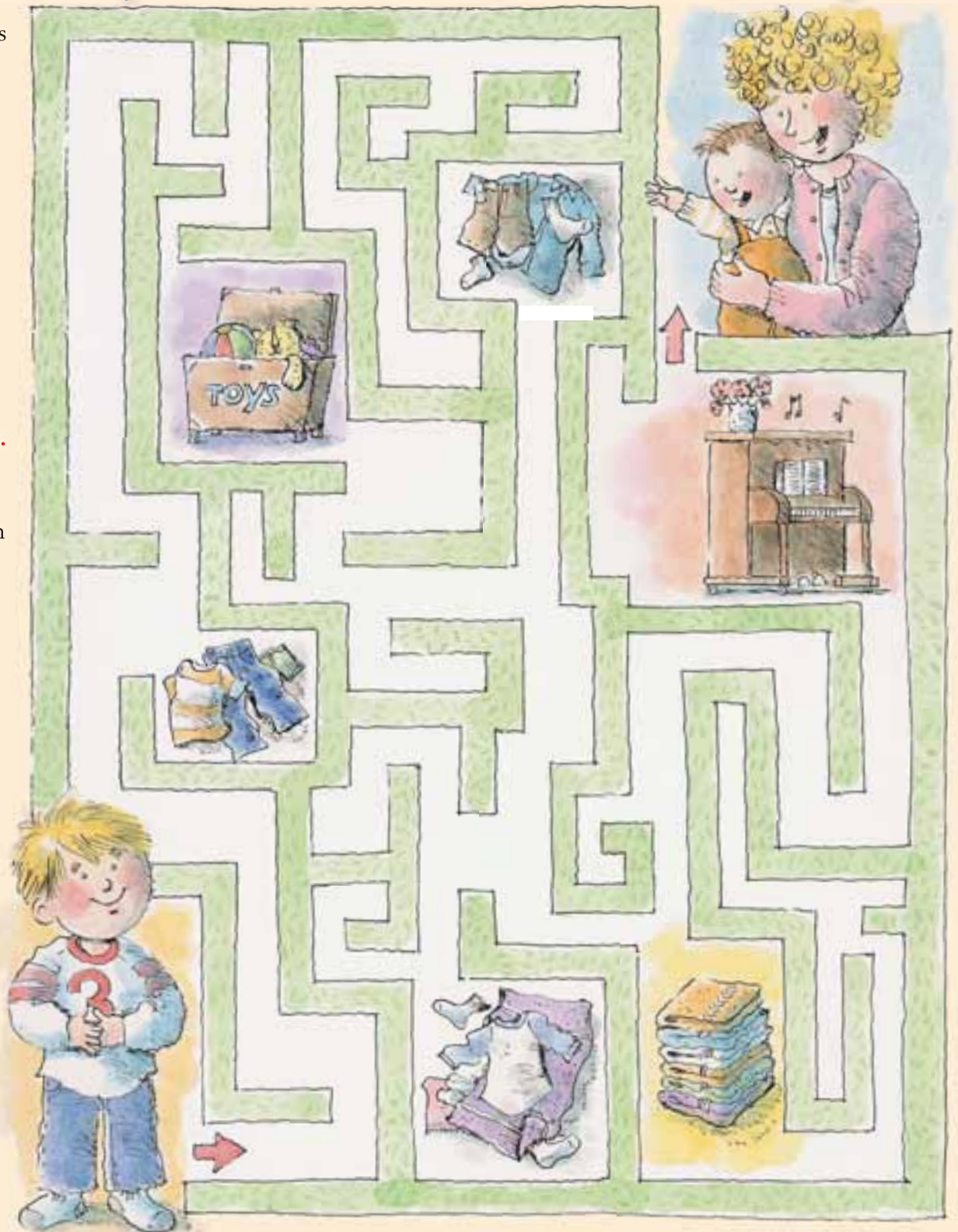
Wow, Eli. That is my most favorite song ever.

Now am I done being sorry?

Absolutely. And I'm done being angry too.


Help Eli Show He Is Sorry




Help Eli find his way through his house so he can do nice things for his mom and brother Asher to show he is sorry. **Eli needs to go past Asher's toy box, the washcloths, and the piano.** Be careful to make sure that Eli does not run into any of the messy piles of laundry as he makes his way through the house.





Jesus Heals a Sick Man



One day Jesus was teaching  in a . Some 



carried a sick  on a  to see Jesus. The sick  on the




 could not walk. The  couldn't get the sick  in the


 because there was no room to get through the . The

 took the sick  to the  of the . They

removed part of the  and lowered the sick  and his 

into the . When Jesus saw the faith of these , He told the

sick  his sins were forgiven. He told the  to pick up his 

and go home. The  stood up. He was healed. He picked up his

 and walked home. The  were amazed.

Making Your Home a Holy Place

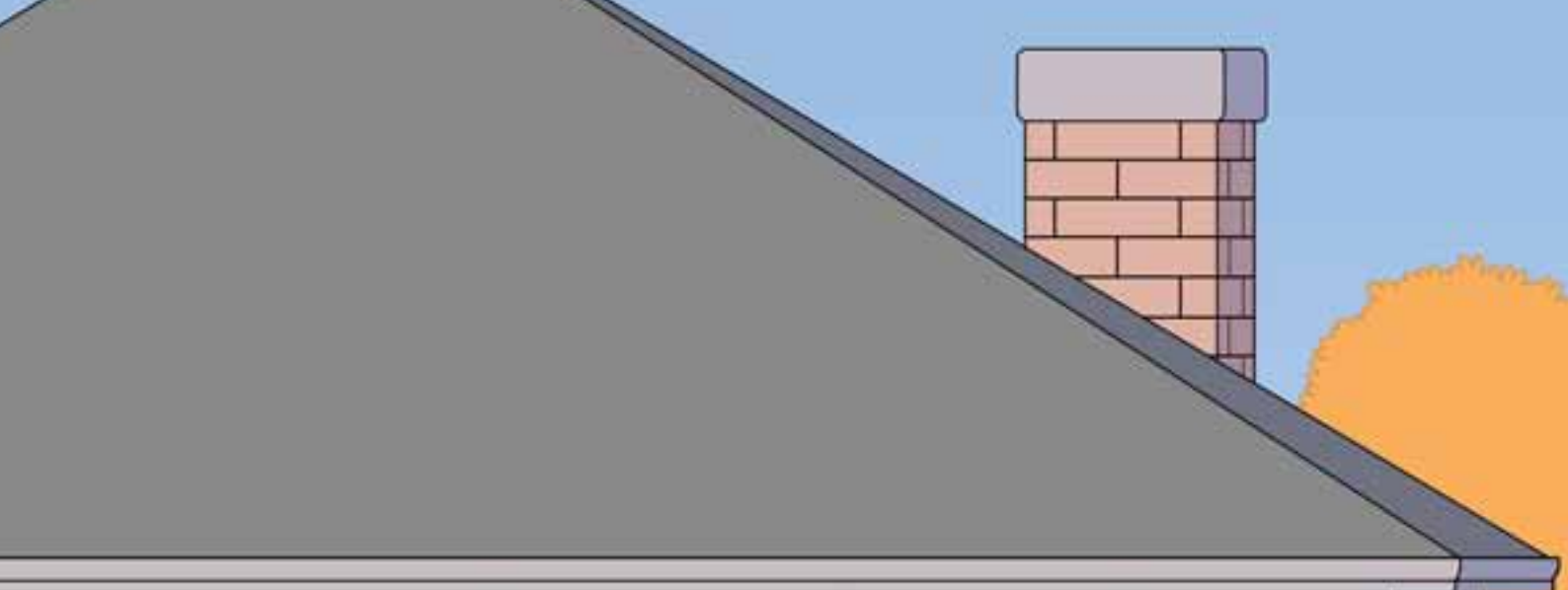
BY CHAD E. PHARES
Church Magazines

Our home can be one of the holiest places on earth. We can do things to make it easier to feel the Holy Ghost in our homes. Look at each room in this house and decide if what the children are doing will or will not make the house a holier place. If something is happening that will make it easier to feel the Holy Ghost, choose the blue letter. If not, choose the red letter. To find out what your home can be like, fill in the blanks with the correct letters from each room.

Our home can be like a

— — — — —
1 2 3 4 5 6





5 l d



6 n e



4 r p



2 e o



I'll help dry the dishes, and you clean off the mirror.

Or maybe the other way around!



BY ANA NELSON SHAW

(Based on a true story)

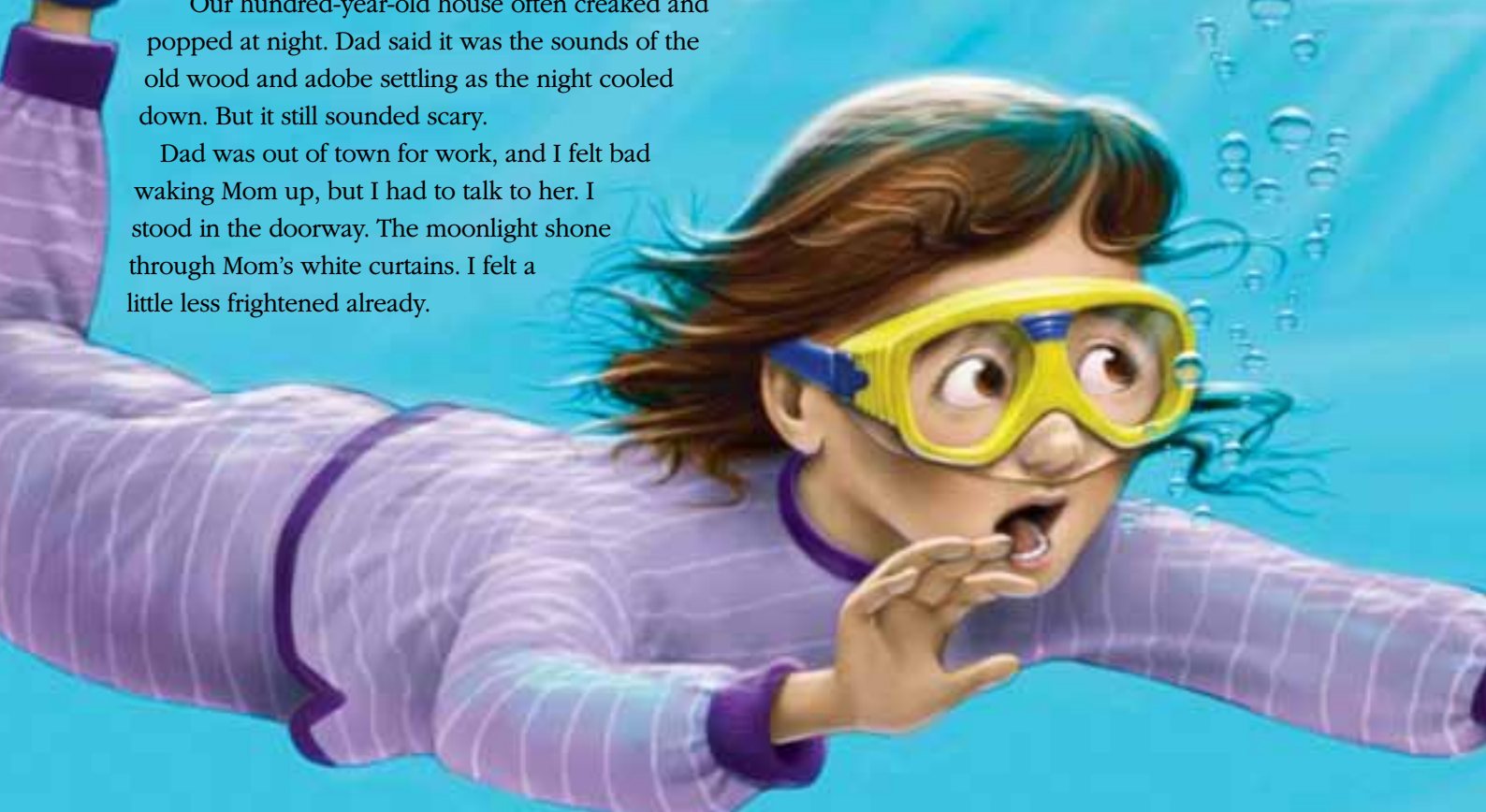
The Lord did visit them with his Spirit, and said unto them: Be comforted (Alma 17:10).

I didn't know which was louder—my footsteps in the big, silent house, or my pounding heart. I hurried through the darkness and down the stairs to my parents' room. I tried to step softly so the stairs wouldn't creak.

Our hundred-year-old house often creaked and popped at night. Dad said it was the sounds of the old wood and adobe settling as the night cooled down. But it still sounded scary.

Dad was out of town for work, and I felt bad waking Mom up, but I had to talk to her. I stood in the doorway. The moonlight shone through Mom's white curtains. I felt a little less frightened already.

No Bad Dreams



"Mom?" I called softly.

She turned over. "What's the matter?"

"I had a bad dream again."

"Oh no. Come snuggle with me, OK?"

Relieved, I climbed into the big bed. The sheets felt cool and soft. Mom hugged me tightly. "Do you want to tell me about it?"

"It was the dream with the giant shark."

"You've had that dream before," Mom said. I nodded and tucked my head under Mom's chin. "Well, you're safe, sweetheart. Sleep here with me until morning. After school tomorrow, we can talk some more."

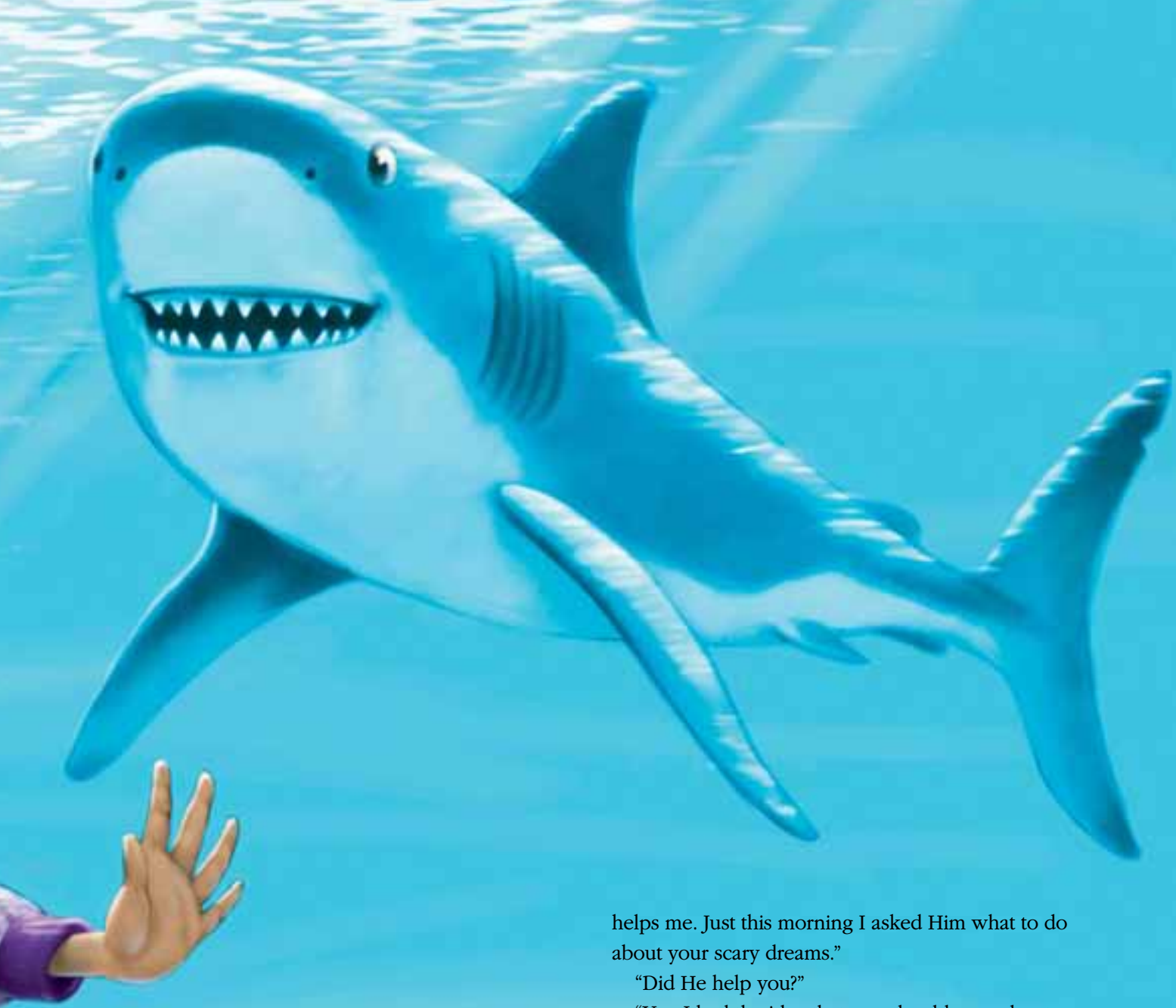
All day I wondered what Mom would say after school about my scary dreams. The shark dream wasn't the only one. Sometimes I dreamed about a prickly monster. One night I even dreamed that my family was in a car accident.

My dreams really bothered me. Sometimes I screamed and cried in the night. I even felt afraid to fall asleep.

After school, I sat down with Mom. "Are you still thinking about the giant shark?" Mom asked.

I nodded.

"What do you think you're going to do about those scary dreams?"



"Mom, they're dreams. I didn't make them start. I don't think I can make them stop."

"Probably not by yourself," Mom said. "But there's someone I ask for help when I have a problem I can't solve by myself."

"You mean Heavenly Father!" I said.

"Right! You can ask Heavenly Father to help you sleep well at night, with no bad dreams."

"In my prayers before bed?"

"Then, and any other time you're thinking about it. I know He will listen to you and help you."

"How do you know?" I asked.

"I ask Heavenly Father about problems a lot, and He

helps me. Just this morning I asked Him what to do about your scary dreams."

"Did He help you?"

"Yes. I had the idea that you should pray about your dreams, and when that idea came to my mind, I felt the Holy Ghost telling me it was a good thing to do."

"How did it feel?"

"I felt warm and happy, and I felt sure everything would be OK," Mom said. "Do you know what I mean?"

"I think so," I said. And then I noticed that I felt warm and happy inside. "Mom, that's how I feel right now!" I said.

"That's the Holy Ghost telling you that what you're learning is right," Mom said.

That night, and every night for a long time afterward, I prayed that I could sleep well with no bad dreams. My bad dreams didn't come back. Heavenly Father answered my prayer. ●

Feeling Scared?

Try This!

Have you ever felt afraid of storms, fires, dogs, or imaginary monsters? Or have you ever worried that something bad might happen? You're not alone! Everyone feels scared sometimes. The next time you do, here are some things to try.

► **Sing a song.** A Primary song like "My Heavenly Father Loves Me" or "God Is Watching Over All" (*Children's Songbook*, 228–29) can help you remember that Heavenly Father always watches over you. You can also make up a silly song about the thing you're afraid of. For example, instead of singing "Rain, rain, go away," sing, "Thunder, thunder, go away."

► **Try this breathing exercise** to help you relax:

1. Pretend you're smelling something delicious, and take a deep breath through your nose.
2. Pretend you're blowing through a straw, and breathe out gently through your mouth.
3. Repeat the first two steps for a few minutes, until you feel yourself relaxing.

► **Choose a different ending.** Having a scary thought is kind of like thinking about a story with a bad ending. For example, if

you are feeling afraid of dogs, you may be telling yourself a story where the dog bites you. Try making up a different ending for the story: "I saw my neighbor's dog. I wanted to run away, but instead I walked calmly by. Instead of biting me, the dog wagged his tail." Then draw a picture of the happy ending.

► **Change the channel.** Imagine that your mind is like a TV. If you're having scary thoughts, say out loud, "I'm going to change the channel." Then start thinking about a fun or happy time you've had. If it was a birthday party, think about what the cake looked and tasted like, what color the wrapping paper on your favorite gift was, and what games you played.

► **Talk to your mom or dad** about what you're scared or worried about. They may be able to help you feel better—like the little girl's mom did in the story on page 34.



Elder Jeffrey R. Holland
of the Quorum of the
Twelve Apostles shares
some of his thoughts on
this subject.



Does Heavenly Father love others more than He loves me?

Someone or something is forever telling us we need to be more handsome or more wealthy, more applauded or more admired than we see ourselves as being. We are told we haven't collected enough possessions or gone to enough fun places. . . . But God does not work this way.

No one of us is less treasured or cherished of God than another.

He loves each of us—insecurities, anxieties, self-image, and all.

He doesn't measure our talents or our looks; He doesn't measure our professions or our possessions. He cheers on every runner.

Walk peacefully. Walk confidently. Walk without fear and without envy. Be reassured of Heavenly Father's abundance to you always.

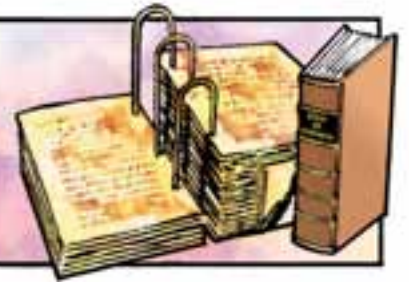
From "The Other Prodigal," Ensign, May 2002, 63–64.

ILLUSTRATION BY STEVE KROPP



FROM THE LIFE OF THE PROPHET JOSEPH SMITH

A Peacemaker



As mayor of Nauvoo, Joseph often had meetings with Nauvoo city officials. At one such meeting, Joseph looked out the window and saw two boys fighting in the street.



Joseph immediately went down to stop the fight.

Boys! This is no way to solve a problem.



The boys listened to Joseph and stopped fighting.



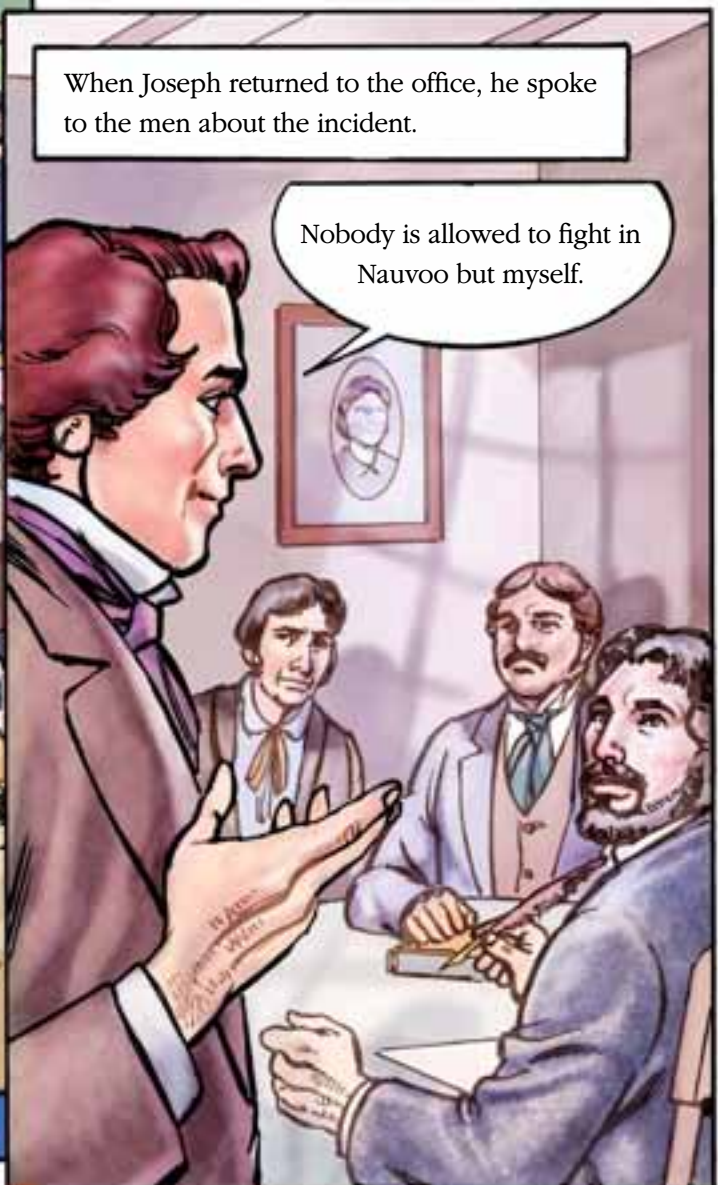
Joseph then spoke to the people who had watched the fight from the side of the road.

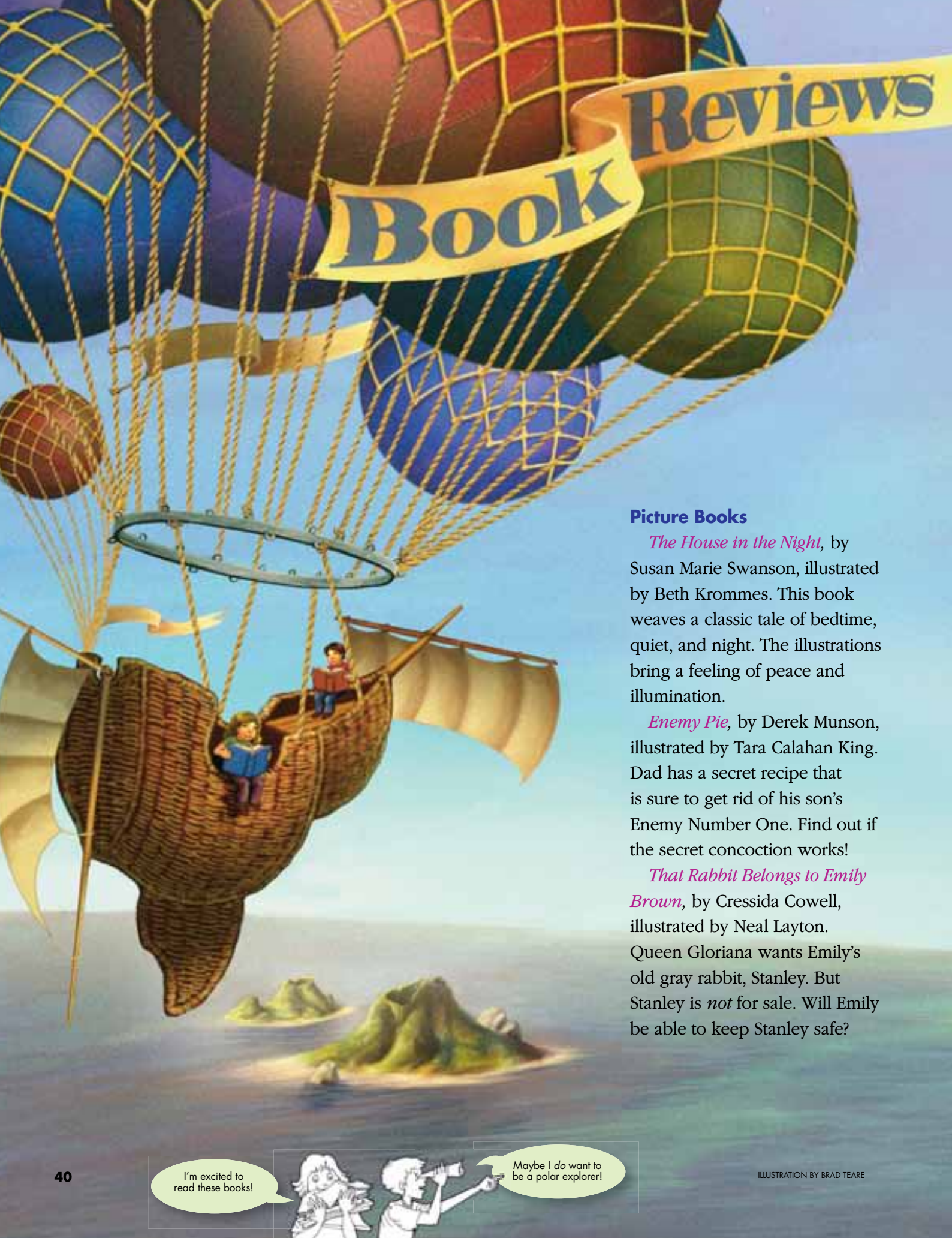
You should have interfered.
Take care that such future instances
are resolved immediately.



When Joseph returned to the office, he spoke to the men about the incident.

Nobody is allowed to fight in
Nauvoo but myself.





Book Reviews

Picture Books

The House in the Night, by Susan Marie Swanson, illustrated by Beth Krommes. This book weaves a classic tale of bedtime, quiet, and night. The illustrations bring a feeling of peace and illumination.


Enemy Pie, by Derek Munson, illustrated by Tara Calahan King. Dad has a secret recipe that is sure to get rid of his son's Enemy Number One. Find out if the secret concoction works!

That Rabbit Belongs to Emily Brown, by Cressida Cowell, illustrated by Neal Layton. Queen Gloriana wants Emily's old gray rabbit, Stanley. But Stanley is *not* for sale. Will Emily be able to keep Stanley safe?



I'm excited to read these books!

Maybe I do want to be a polar explorer!



Utterly Otterly Day, by Mary Casanova, pictures by Ard Hoyt. Mama tells Little Otter to be careful, but he's having too much fun playing! Join Little Otter on his busy—and adventurous—day.

For children ages 5–9

Abigail Takes the Wheel, by Avi, pictures by Don Bolognese. Every day, Abigail and her brother travel to school on their father's freight boat. One day there is an accident in the busy harbor of New York, and Abigail must take the wheel to reach their destination in safety.

Little Bear, by Else Holmelund Minarik, pictures by Maurice Sendak. Join Little Bear as he has a birthday, goes to the moon, and makes a wish.

Nate the Great on the Owl Express, by Marjorie Weinman Sharmat and Mitchell Sharmat, illustrated by Martha Weston. Hoot is a very special owl, and someone wants to kidnap her! Nate the Great is on the case as he takes the bird on a mysterious train ride.

For children ages 10–12

The Well-Wishers, by Edward Eager, illustrated by N. M. Bodecker. James and his friends

believe the old wishing well really grants their wishes. They each get a chance to tell their story of how their wishes helped others in need.

*The Twenty-One Balloons**, by William Pène du Bois. Professor Sherman is tired of teaching arithmetic, so he decides to take a year off and fly across the Pacific Ocean in a hot-air balloon. But his leisurely trip goes far off course. Follow him on his exciting adventure!

Nonfiction

The Real Vikings, by Melvin Berger and Gilda Berger. The Vikings are often thought of as cruel warriors, but this book follows archaeologists as they discover that Vikings enjoyed music, went ice-skating, and settled in farming communities.

Out of Sight: Pictures of Hidden Worlds, by Seymour Simon. All around us are tiny worlds that can only be seen with powerful microscopes and cameras. See some of these worlds, from inside the human body to outer space.

You Wouldn't Want to Be a Polar Explorer! by Jen Green, illustrated by David Antram. Visit Antarctica with some of

its earliest explorers, and learn about an adventure you might never want to have!

Every Minute on Earth: Fun Facts that Happen Every 60 Seconds, by Steve Murrie and Matthew Murrie. How fast can a spy plane fly? How many times do you take a breath when you're awake? Find those answers and many more interesting facts in this book.

These reviews do not constitute official Church endorsement of these books, but the books have been carefully reviewed to ensure that Church standards are observed. Please note: Occasionally, characters who are not members of The Church of Jesus Christ of Latter-day Saints do not follow the Word of Wisdom. Selections where this occurs are marked with an asterisk (*).



Filling Up with Love



BY SARAH CUTLER
(Based on a true story)

When we're helping, we're happy (Children's Songbook, 198).

Jeffrey slid the piano books into his bag and walked to the front door. "See you next week, Mrs. Roper!" he said.

"You did well in your lesson," she said. "If you want any of the apples on the porch, you can have them. I've given up."

Mrs. Roper's porch was covered with boxes of apples from her trees. She'd picked the apples a few weeks ago, and

they had been sitting outside ever since. Last week Jeffrey heard Mrs. Roper tell Mom she wanted to make apple-pie filling if she could find time.

But it looked like she hadn't found time. The apples had big brown spots, and some of them were leaking juice. Jeffrey glanced back inside, where Christy had started her lesson. Mrs. Roper looked tired.

When Mom came to pick him up, Jeffrey had an idea. "Mom, let's make Mrs. Roper's apples into pie filling," he said.

Mom smiled. "Great idea! Help me



carry some boxes.” Together they carried three boxes of apples to their car and took them home.

First they peeled the apples. “This will give Mrs. Roper’s family something good to eat,” Jeffrey told Mom.

Then they cut the spoiled parts off the apples. “This will give Mrs. Roper time to do other important things,” Jeffrey told Mom.

While they sliced the apples, Jeffrey told Mom, “This will let Mrs. Roper know how much we love her.”

Soon the pie filling was ready. Jeffrey

and Mom went back to Mrs. Roper’s house. When she answered the door, Jeffrey handed her the jars of pie filling. “These are for you!” Jeffrey said. Mrs. Roper was surprised.

When Mrs. Roper said, “Thank you!” she had a very big smile. Seeing her happy made Jeffrey feel warm and happy inside. ●

“When we reach out to bless the lives of others, our lives are blessed as well. . . . As we lift others, we rise a little higher ourselves.”²

President Dieter F. Uchtdorf, Second Counselor in the First Presidency



Matt

AND

Mandy



Let's take a quick trip around the universe in the M-and-M 4000 Space Explorer and find things to be thankful for.

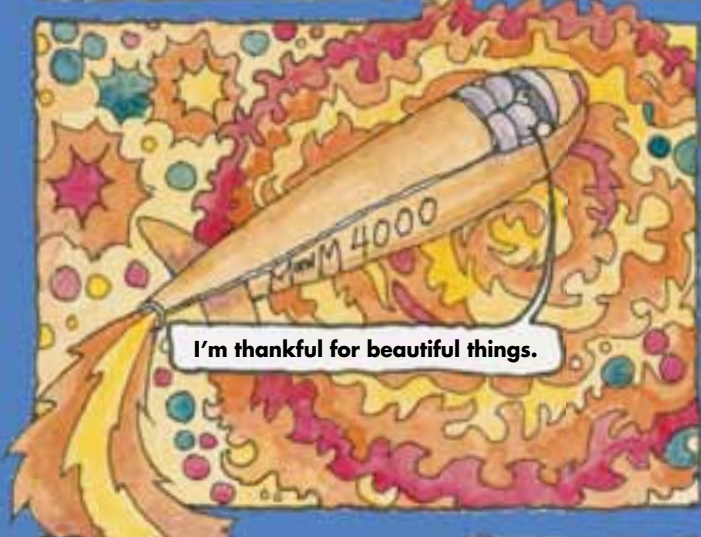
BLAST OFF



I'm thankful for all of Heavenly Father's creations.



I'm thankful for beautiful things.



Let's land on this strange planet and meet new life forms.



Initiating landing sequence. Hold on tight!

Greetings, Grandpa—I mean, strange being from the Planet Grampatron! We come in peace from Planet Earth in search of things to be thankful for.

Here on Grampatron, we are thankful for our families, especially our grandchildren.



That was a very wise alien. I'm thankful we met him.

Me too.



An illustration of a young girl with brown hair in a ponytail, wearing an orange shirt and brown pants, carrying a green folder. She is talking to a young boy with red hair and glasses, wearing a blue polo shirt and brown pants, carrying an orange folder. Three speech bubbles are positioned above them: the first says 'SAY' in orange, the second says 'SOMETHING' in green, and the third says 'NICE' in blue. The background is a soft-focus outdoor scene with green grass and trees.

SAY

SOMETHING

NICE

BY SHARON A. SOFFE

“You have nice handwriting,”
The teacher said this morning.
I could feel myself sit taller
Without a bit of warning.

“You make my job much easier
When you follow every rule.”
I smiled at this nice compliment
From the principal of my school.

“I wish that I could sing like you,”
Whispered someone standing near.
I started feeling confident
And forgot about my fear.

We played a game of basketball.
Coach said, “You’re doing better.”
Knowing that made me feel good;
Now I’m a real go-getter.

I felt so happy after school,
With my head and shoulders high.
I smiled and waved at everyone
Who happened to pass by.



12 ↑



11 ↑



1 ←

What God Has Given Us

Animals, homes, and definitely food,
The Holy Ghost, and warmth too,
The scriptures, church, and many others,
Parents, sisters, and your brothers.
This is a list of what Heavenly Father's made.
The list will go on, it will never fade.
I thank Heavenly Father for what He's given, yes I do,
I will never forget them; I will remember Heavenly Father too!

Sarah R., age 11, Michigan

God Is Always Near You

God is always near you
Whether you see Him or not.
Even when your world is black,
God will give you all you lack.

Just ask in faith,
Ask in humility,
Ask in peace and tranquility.

He'll give you strength,
He'll give you might.
He'll help you know
What is right.

So be scared no more
Because Jesus bore
The weight of all mankind
For us to live
With Him forever.
All hail to Him above.

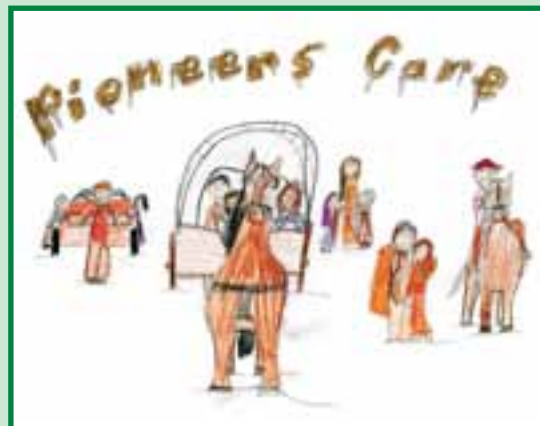
Hannah V., age 11, California

4 ↓

Would you like to send us a poem or drawing?
Turn to page 49 to find out how.



2 ←



3 ↓





10

Prophets

Every living prophet
 Has a duty to do.
 They preach the gospel,
 Which is very true.
 At each general conference
 I get to hear what they have to say.
 I very much love that day!
 Prophets do the Lord's will;
 It is the same rule still.
 I'm sorry that Gordon B. Hinckley passed away,
 But now Thomas S. Monson leads the way.
 Samantha S., age 10, Arizona



9

When I Am Baptized

When I am baptized
 I make a promise with God:
 1. I will follow Jesus.
 2. I will remember Jesus.
 3. I will keep His commandments.
 After I am baptized
 I will be confirmed.
 When I am confirmed
 Men will lay their hands on my head
 And give me the gift of the Holy Ghost.
 Beau J., age 7, Washington

8

7



- | | |
|---|----------------------------------|
| 1. Jacob O., age 8, Oregon | 7. Daniel R., age 10, Georgia |
| 2. Morgan W., age 5, British Columbia, Canada | 8. Cade C., age 9, Utah |
| 3. Jessica S., age 9, Utah | 9. Mackenzie W., age 9, Illinois |
| 4. Aliya Q., age 11, Virginia | 10. Griffin B., age 6, Utah |
| 5. Makae P., age 10, Nebraska | 11. Brayden B., age 6, Nebraska |
| 6. Hollyn C., age 11, Arizona | 12. Olivia H., age 6, Arizona |

5

6





MY FAMILY AND I CAN SERVE OTHERS.

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



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(f) = Funstuff
(IFC) = inside front cover
(v) = verse

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Sidebar References

1. "Come to Zion," *Ensign*, Nov. 2008, 39.
2. "Happiness, Your Heritage," *Ensign*, Nov. 2008, 119.



Family Home Evening Ideas

1. Read "Fearless in Sharing the Gospel" (pages 2–3) and Doctrine and Covenants 84:80–81, 83. In what ways does the Lord protect and bless those who share the gospel? Write a letter to someone who is less active or not a member of the Church. Share your testimony with him or her.
2. Read "Small & Simple Things" (pages 4–5). Talk about natural disasters that could happen where you live. If a disaster were to occur, would you know what to do? As a family, create an evacuation or safety plan. Practice the plan so your family will be prepared in case of an emergency.
3. Read "My Gratitude List" (pages 6–7). On a piece of paper write "GRRRRR" and on a second paper write "ATTITUDE." When we are unhappy, how can gratitude help us to be happier? Slide the

second paper over the first so that all the letters are covered except "GR." What word do you read? Talk about how having gratitude can make our bad attitudes go away.

4. Read "Keep It Up, Jenna!" (pages 18–19). Blow up a balloon a little at a time and stop before it is fully inflated. Like the balloon, if we quit when things get hard, we will not be able to reach our full potential. Finish blowing up the balloon. As a family, share stories of times when you didn't give up even when things were hard.

5. Turn to "A Happy Home" (pages 24–25) and read Doctrine and Covenants 109:8. Complete the activity as a family. What things can you do better to make your home a happy place?

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To subscribe online, go to ldscatalog.com.



Would you like to send us a letter, drawing, or poem? Fill out this form, or make sure all the information is included with your submission. (Letters for Friends by Mail and Trying to Be Like Jesus must include a photo.) Submissions may be edited for length and clarity.

Please send your submission to: **Friend Magazine**
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Salt Lake City, UT 84150-0024
Or e-mail: friend@ldschurch.org

The following information and permission must be included:

Full name _____

Age _____ State/Province, Country _____

I grant permission to print submission and photo: _____

Signature of parent or legal guardian _____

Children whose work is submitted should be at least three years old.

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Key 040204



For Children



VIDEOS This month Eli learns how to show he is sorry. Click on “For Little Friends” on friend.lds.org.

AUDIO Listen to your favorite stories by clicking on “Listen to Stories” on friend.lds.org.



For Parents



SIGNING Many of the Primary songs are available in video format for American Sign Language. Go to lds.org/churchmusic, click on “Music,” then click on “Other Music.”

MUSIC Visit ldscatalog.com to view and order the music items mentioned in this issue’s story, “Keep It Up, Jenna!”



For Teachers and Leaders



BEHAVIOR For ideas about how to teach children to behave appropriately in the classroom, visit lds.org/pa. Click on “Primary,” then “Teaching All Children, Including Those with Disabilities,” and then on “Teaching and Expecting Appropriate Behavior.”

ACTIVITIES Children love activities. To print out activities from past issues of the *Friend*, visit friend.lds.org and click on “Print Activities.”

