

THE *Friend*



FRIENDS

by

MAIL



A Year on Temple Square



Thank you for sharing “A Year on Temple Square” in your magazine and online at friendlds.org. My family has enjoyed it so much that we decided to spend a day on Temple Square

during a recent trip to Utah. We got to see the temple where our mom and dad were married. We also toured the Beehive House and talked to the sister missionaries. Our favorite part was seeing the Christus statue and watching videos about how families can be together forever. We had so much fun!

Angela, Natalie, and Sarah P., ages 4, 7, and 9, Oregon

The Friend Inspires Me



I am really grateful for the *Friend*. I especially like “Come Listen to a Prophet’s Voice.” It inspires me to choose and do what is right. I also like the *Friend* and Primary Web sites. I know the gospel is true.

Nephi K., age 11, California

The Friend Helps Me Choose

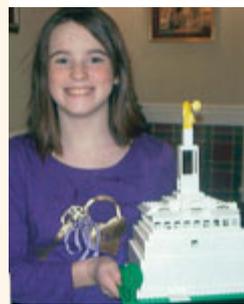


There was a story in the April 2010 issue called “The Strength to Choose.” It was about choosing to make the right decisions. In the story, Chris chose not to smoke. It reminded me that I can make my own decisions. One time my

friend asked me to play on Sunday. I said no because I wanted to follow My Gospel Standards.

Mallory P., age 10, Idaho

Building a Temple



I was sick on the day of stake conference. I wanted to keep the Spirit with me, so I made a temple out of plastic blocks.

Maddeline F., age 10, Idaho

Was there a letter or a story in this month’s issue that helped you? Tell us about it. Turn to page 48 to find out how.

Dear Friend,

Volume 40 Number 11
November 2010

The First Presidency:

Thomas S. Monson, Henry B. Eyring,
Dieter F. Uchtdorf

The Quorum of the Twelve Apostles:

Boyd K. Packer, L. Tom Perry, Russell M. Nelson,
Dallin H. Oaks, M. Russell Ballard, Richard G. Scott,
Robert D. Hales, Jeffrey R. Holland, David A. Bednar,
Quentin L. Cook, D. Todd Christofferson,
Neil L. Andersen

Editor: Paul B. Pieper

Advisers: Stanley G. Ellis, Christoffel Golden Jr.,
Yoshihiko Kikuchi

Managing Director: David L. Frischknecht

Evaluation, Planning, and Editorial Director:
Vincent A. Vaughn

Graphics Director: Allan R. Loyborg

Managing Editor: Julie Wardell

Assistant Managing Editor: Jan Pinborough

Assistant Editors: Jennifer Maddy, Chad E. Phares

Editorial Intern: Rachel Giddings

Editorial Staff: Susan Barrett, Ryan Carr,
Jennifer L. Greenwood, R. Val Johnson, Adam C. Olson,
Laurel Teuscher

Administrative Assistant: Carrie Kasten

Art Director: Mark W. Robison

Senior Designer: Brad Teare

Production: Kerry Lynn C. Herrin

Design and Production Staff:
Collette Nebeker Aune, Thomas Child, Eric Johnson,
Scott M. Mooy, Jane Ann Peters, Scott Van Kampen

Prepress: Byron Warner

Printing Director: Craig K. Sedgwick

Distribution Director: Evan Larsen

© 2010 by Intellectual Reserve, Inc.

All rights reserved. The *Friend* (ISSN 0009-4102) is
published monthly by The Church of Jesus Christ of
Latter-day Saints, 50 E. North Temple St., Salt Lake
City, Utah 84150-3220, United States of America.
Periodicals Postage Paid at Salt Lake City, Utah.

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

Online: Go to ldscatalog.com.

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

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

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2432,
Salt Lake City, UT 84150-3220, United States of
America. Unsolicited material is welcome, but
no responsibility is assumed. For return, include
self-addressed, stamped envelope. Children's
submissions will not be returned. E-mail:
friend@ldschurch.org.

The *Friend* can be found on the Internet at
friend.lds.org.

Text and visual material in the *Friend* may be copied
for incidental, noncommercial Church or home use.
Visual material may not be copied if restrictions
are indicated in the credit line with the artwork.
Copyright questions should be addressed to
Intellectual Property Office, 50 E. North Temple St.,
Salt Lake City, UT 84150, United States of America;
e-mail: cor-intellectualproperty@ldschurch.org.

POSTMASTER: Send address changes to
Distribution Services, P.O. Box 26368, Salt Lake City,
UT 84126-0368, USA.

Canada Post Information: Publication Agreement
#40017431.

THE *Friend*

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

See the
Guide to the *Friend*
on page 48 for
family home
evening ideas.



Stories and Features

- IFC Friends by Mail
- 2 Come Listen to a Prophet's Voice: Gifts of Courage / President Henry B. Eyring
- 4 Toys for Tim
- 6 A Year on Temple Square: The Church History Museum
- 8 A Happy Helper
- 11 Special Witness: Elder David A. Bednar
- 12 Bulletin Board
- 14 Prophets Foretell the Coming of Jehovah to Earth
- 16 Book Reviews
- 18 Practicing Her Talents
- 20 T. Rex T-Shirt
- 24 20 Things to Do on Sunday
- 27 Bright Idea
- 28 A Day to Decide
- 30 Trying to Be Like Jesus
- 36 A Second Thanksgiving
- 38 Our Creative Friends
- 40 November Sharing Time Theme: When We Serve Others, We Serve God
- 42 Matt and Mandy
- 44 Fear Not
- 47 Friends in the News
- 48 Guide to the *Friend*
- 49 Our Savior, Jesus Christ

For Little Friends

- 32 Super-Fast Service
- 34 What Do You See?
- 35 Noah's Ark

Music

- 22 I'm Learning the Ways of Jesus

Things to Make and Do

- 10 Funstuf
- 23 Kitchen Crafts
- 26 Funstuf
- 43 Funstuf
- 46 Coloring Page

Cover by Brad Teare



Look for the *Friend*
mouse to see which
features are online
at friend.lds.org.



Hidden CTR Ring

Clue:
Don't be afraid
to look for the CTR ring.

Gifts of COURAGE

By President Henry B. Eyring
First Counselor in the First Presidency



We have great helps to give us courage in this life. The greatest is the Atonement of Jesus Christ. Because of what He did, sins can be washed away in the

We receive the Spirit of Christ at birth. That gives us the power to know when a choice would lead toward eternal life.

The Holy Ghost lets us express thanks and ask for help in prayer with the clarity and confidence we once enjoyed with our Heavenly Father and which we will have when we return to Him. That communication with God helps banish fear from our hearts as it builds faith and love of Heavenly Father and Jesus Christ.

waters of baptism. We can renew that blessing when we partake of the sacrament in faith and with a repentant heart.

Spiritual gifts are another help. We receive the Spirit of Christ at birth. That gives us the power to know when a choice would lead toward eternal life. The scriptures are a sure guide when we read them with the Holy Ghost as our companion.

The Prophet Joseph Smith in his service had reason to be fearful. But God gave him courage.

God has given us more than enough help to banish fear and give us courage, whatever we may face in life. As we reach out for His help, He can lift us toward eternal life. ♦

Adapted from "Moral Courage," Ensign, Mar. 2010, 2.

Find the Gifts

President Eyring tells us about several gifts that give us courage. Read each scripture tag below and write the name of the gift in the blank. Then match each tag with the picture to the right. Talk with your family about how that gift can give you courage.

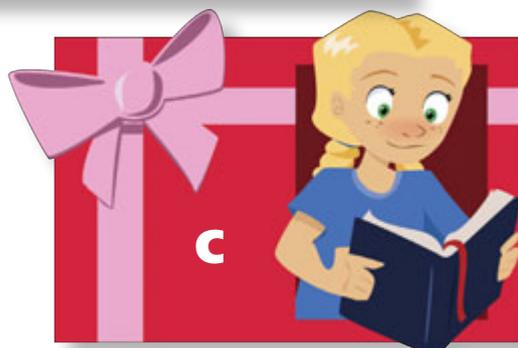
1. Acts 22:16



2. 2 Nephi 4:15



3. D&C 59:9-10



4. 2 Nephi 32:5; John 14:26-27



5. 3 Nephi 18:19



The next morning I burst into the kitchen and announced, "I want to sell my old toys and give the money to Tim."

"I think that's a great idea," Mom said.

We found a big box and filled it with toys and games I no longer played with.

"I'll bet Grandma has some old toys," Mom said.

"Maybe our neighbors do too," I said.

We drove to Grandma's house, and she helped us round up toys from her basement. Then we walked around our neighborhood and collected more. By the end of the day we had quite a few boxes full of toys and games. My heart pounded when I looked at them and thought about Tim.

On Saturday, we had a yard sale. A table in our front yard overflowed with dolls, trucks, stuffed animals, and board games. I put a picture of Tim on a large can. I told people that all of the money from our yard sale would go to help Tim and his family.

By afternoon, almost all of the toys were gone, and our can was filled with dollar bills and change.

That night I wrote a letter to Tim telling him that we were thinking of him and praying for him. I told him about our yard sale and put the letter and the money in the envelope. My heart felt warm, and I knew that I was doing a good thing for Tim and his family.

About a week later, I got a letter from Tim and his mom. They said they were filled with gratitude that I had thought to do such a thing. I knew it was Heavenly Father who helped me know how I could help. All I had to do was ask, listen, and then do it. ♦

"We are surrounded by those in need of our attention, our encouragement, our support, our comfort, our kindness."

President Thomas S. Monson



When have you been inspired to do something good? Tell us about what you did. Turn to page 48 to find out how to write to us.





The Church History Museum



Come with us this month for a look at an important place on Temple Square.

Triptych: A piece of art consisting of three panels side by side.



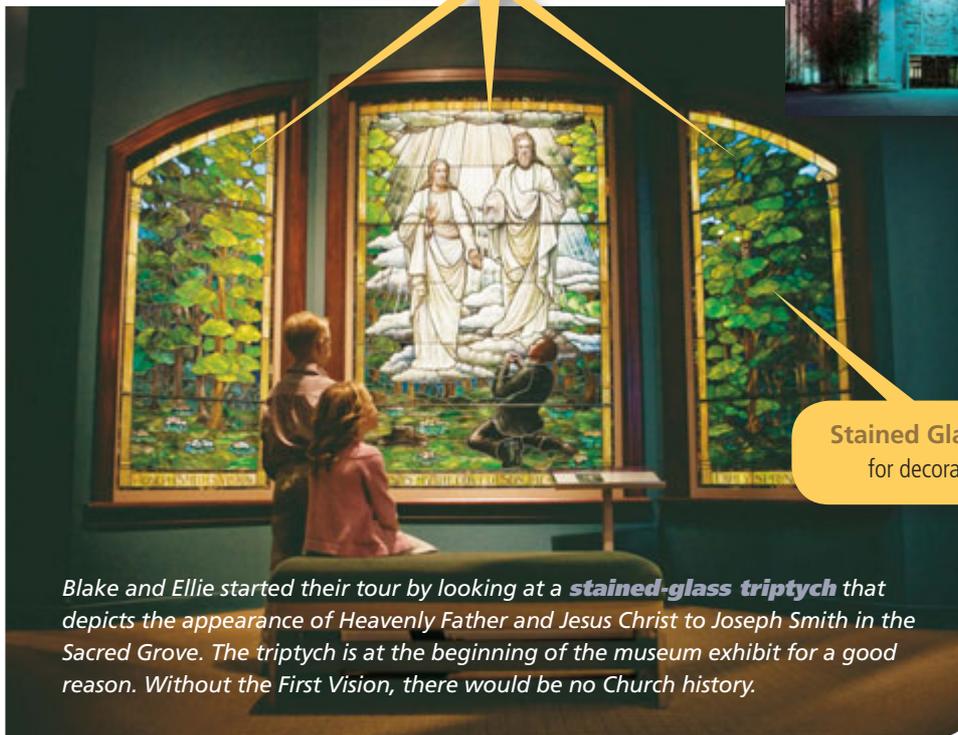
By Chad E. Phares
Church Magazines

Blake and Ellie C. weren't there when the Nauvoo Illinois Temple was built. They also weren't there when the first Book of Mormon was published or when the Salt Lake Tabernacle was finished.

However, when this brother and sister from

Layton, Utah, visited the Church History Museum in Salt Lake City, they learned that they could still feel the same spirit felt by those who were there.

Stained Glass: Glass colored for decorative purposes.



*Blake and Ellie started their tour by looking at a **stained-glass triptych** that depicts the appearance of Heavenly Father and Jesus Christ to Joseph Smith in the Sacred Grove. The triptych is at the beginning of the museum exhibit for a good reason. Without the First Vision, there would be no Church history.*

As people learned about the First Vision and the Book of Mormon, more and more converts joined the Church. Many of them gathered in Nauvoo, Illinois.

In Nauvoo, the Lord commanded the Saints to build a temple. The Nauvoo Temple was decorated with several sunstones on its exterior. At the museum, Blake and Ellie saw a copy of an original sunstone.



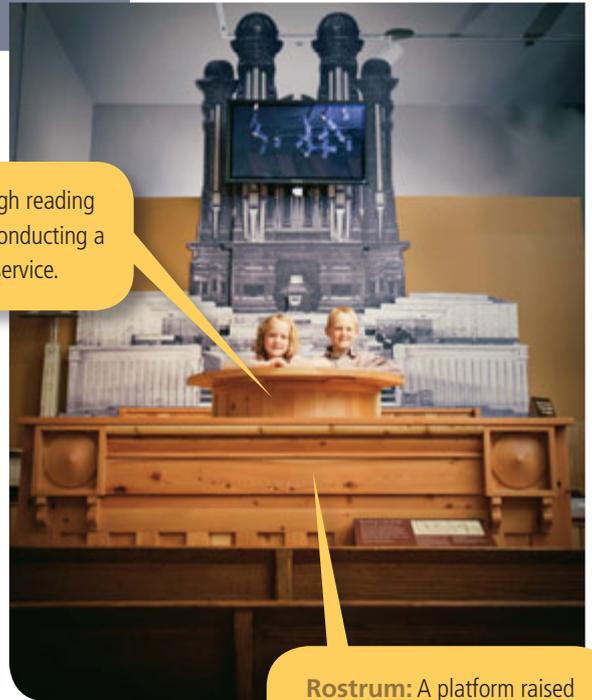


New Children's Exhibit

This month, the museum opens a new children's exhibit about the Book of Mormon. The exhibit will have displays and activities based on stories from the Book of Mormon and the importance of sharing and living its teachings.

The announcements of the construction of many of the temples have taken place from behind the **pulpit** in the Salt Lake Tabernacle. The museum includes a replica of the original pulpit and **rostrum**, as well as a few rows of pews.

Pulpit: A high reading desk used in conducting a worship service.



Printing Press: A machine that prints books, newspapers, or magazines.

Rostrum: A platform raised above the surrounding level to give prominence to the person on it.

Many temples have been built since the Nauvoo Temple was completed in 1846. There are now more than 130 temples all across the world. Many include an angel Moroni statue atop the temple.



In the years after Joseph Smith received the First Vision, the Lord commanded him to translate the gold plates, which included writings of ancient prophets. The translation was published on a **printing press** as the Book of Mormon. One of the museum exhibits includes a printing press and a Book of Mormon that was printed on it in 1830.

A Happy Helper

By Tina Dean

(Based on a true story)

Let us cheerfully do all things that lie in our power
(D&C 123:17).

Mom, I shouldn't have to do all of these dishes!" Roxanne complained. "David didn't do them last night, and now I have to do his dishes too. Can't he help me?"

"David is helping me with something else right now," Mom said.

"But it's not fair!" Roxanne said loudly.

"Please speak nicely," Mom said.

Just then, David poked his head

around the corner, laughing and making faces. "Yeah," he whispered so Mom couldn't hear. "Speak nicely!"

Roxanne put her hand under the running faucet and threw a handful of water at David.

"Roxanne!" Mom exclaimed.

Roxanne tried to explain, but Mom sent her to her room. Roxanne lay on her bed until Mom came in to talk.

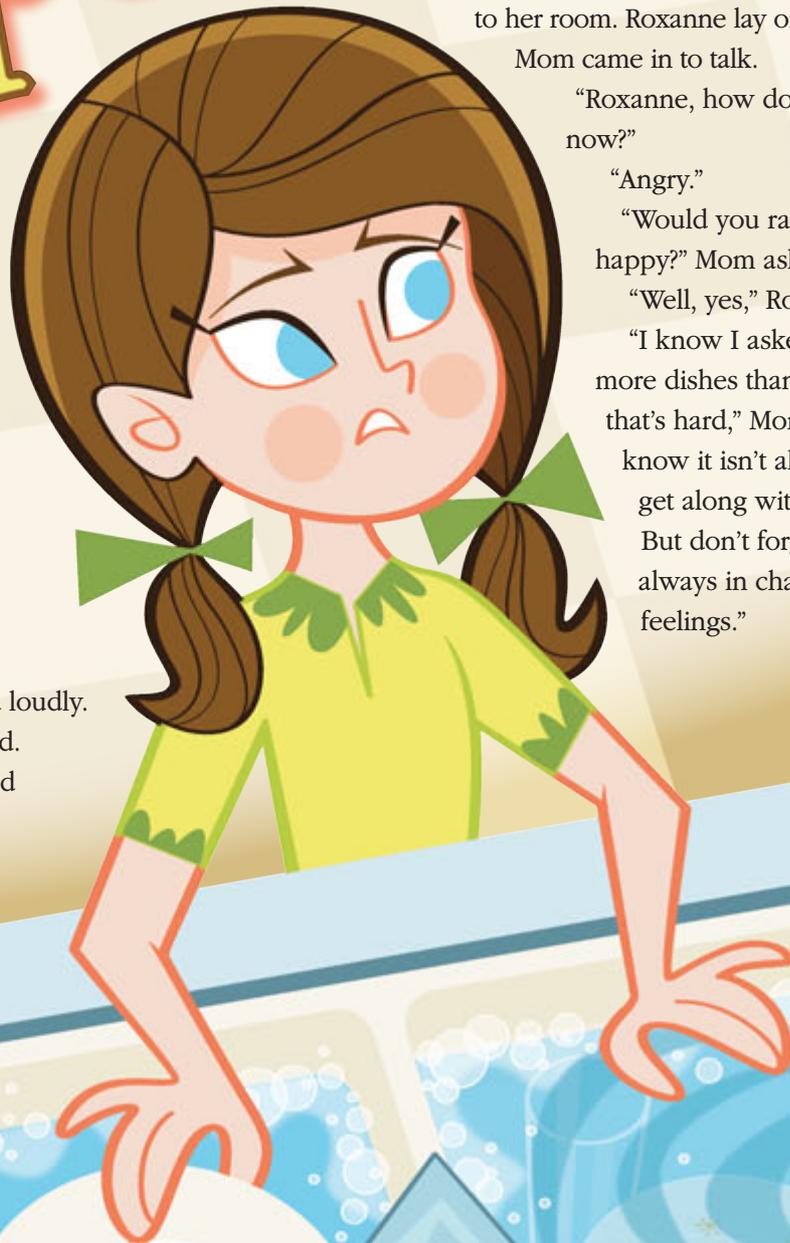
"Roxanne, how do you feel right now?"

"Angry."

"Would you rather feel happy?" Mom asked.

"Well, yes," Roxanne said.

"I know I asked you to do more dishes than normal, and that's hard," Mom said. "And I know it isn't always easy to get along with your brother. But don't forget that you're always in charge of your feelings."



Roxanne thought. Even though she would rather feel happy, it wasn't easy to let go of her anger.

"It's hard to change how I feel," Roxanne said.

"I understand," Mom agreed. "I was feeling upset because we have visitors coming tomorrow, and I'm worried that we won't be ready. But then I remembered that I would rather be happy, so I said a prayer and chose to feel good instead."

Mom gave Roxanne a quick hug. "I need your help tonight," she said. "When you feel better, I hope you will join me in the kitchen."

Roxanne did want to help Mom. She knelt down by her bed. At first she didn't feel like praying. Then she started telling Heavenly Father how she felt and asked Him to help her be happy again. She remembered how tired Mom looked and decided to pray for her too.

After her prayer, Roxanne felt calm enough to go

back into the kitchen. As she walked in, Mom smiled and handed her a sponge.

Roxanne eyed the stacks of dishes in both sinks and on the counter. She sighed, then she started washing, one dish at a time. Soon, the chore didn't seem so bad. And before the first sink was empty, she was even humming a little. ♦



ILLUSTRATION BY BRYAN BEACH



"Happiness does not depend on what happens outside of you but on what happens inside of you; it is measured by the spirit with which you meet the problems of life."²

President Harold B. Lee (1899–1973)





THANKSGIVING WORD SEARCH

November is a great time to think about what you are thankful for. Find some things you can be grateful for in this puzzle. Use the words at the bottom for help.



FAMILY
HOME
TESTIMONY
SAVIOR

FATHER
SCRIPTURES
TEACHERS
FOOD

PROPHETS
CHURCH
REPENTANCE
ATONEMENT



THE FAMILY

By MaryAlice Wallis

Circle every other letter to find an important fact about families. Write the circled letters in the spaces provided below. The first letter is circled for you.

Y[Ⓞ]LHIEM FSAKMPIVLLY PICS BOURWDNARILNIESD
LOHF YGEORD.

BE THOU AN EXAMPLE

By William Schlegl

Decipher this code to find how you can be an example. For each letter, think of the letter that comes next in the alphabet. Write that letter on the line. The first word is done for you.

LET _____
KDS MN LZM CDROHRD SGX XNTSG;

ATS AD SGNT ZM DWZLOKD NE SGD

ADKHDUDQR, HM VNQC, HM BNMUD

QRZSHNM, HM BGZQHSX, HM ROHQHS,

HM EZHSG, HM OTQHSX.

How can I prepare to serve a mission?



Elder David A. Bednar of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

The most important thing you can do to prepare for a call to serve is to *become* a missionary long before you *go* on a mission.

Increase in your desire to serve God.

Begin to think as missionaries think.

Read what missionaries read.

Pray as missionaries pray.

Avoid the worldly influences that cause the Holy Ghost to withdraw.

Grow in confidence in recognizing and responding to spiritual promptings.

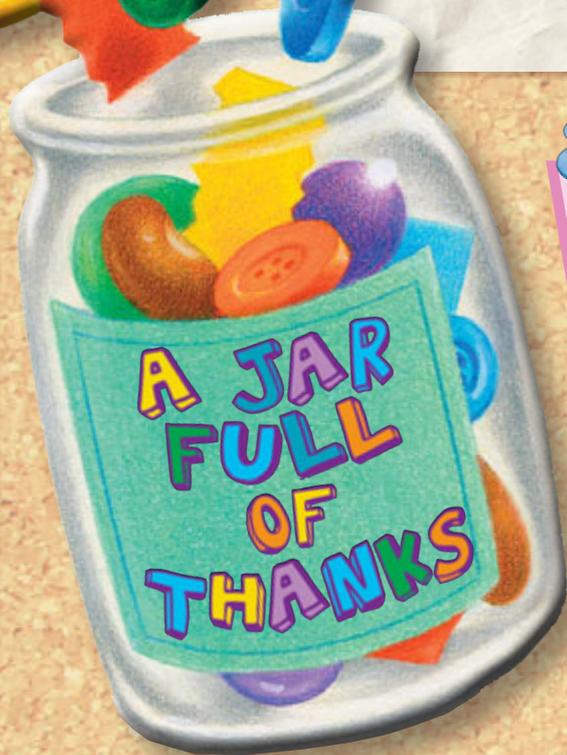
You are preparing for a lifetime of missionary service. Be a missionary at all times and in all places.

Adapted from "Becoming a Missionary,"
Ensign, Nov. 2005, 46.



ILLUSTRATION BY DAVID HABBEN

Bulletin Board



In the month of November, keep a “thankful jar” on your desk or dresser. Every day, think of one thing you are thankful for and place a small object in the jar, such as a dry bean, button, bead, or colorful piece of paper. Try to put one thing in the jar each day during the month. (If you put in more than one a day, that’s great!) At the end of the month you will have a jar full of gratitude and blessings!

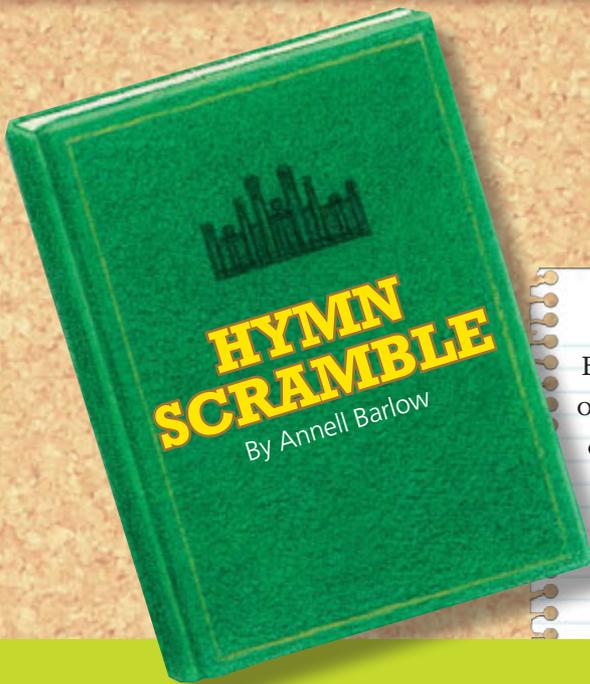
RUN,

JUMP,

PLAY!

Cat and Mouse

1. Find one small ball and one larger ball. The small ball will be the mouse, and the larger ball will be the cat.
2. Sit in a circle with three or more friends.
3. Pass the two balls around in the same direction, starting on opposite sides of the circle. See how long it takes the cat to catch the mouse!



Each of these mixed-up titles is the name of a hymn about Jesus Christ. See if you can unscramble the titles. If you need help, look up the hymn number in the hymnbook. (Find the answers at the bottom of this page.)

1. Jesus, _____ (no. 196)
c e o n f o b l u m e h b r i t h

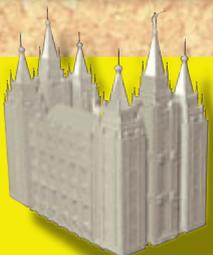
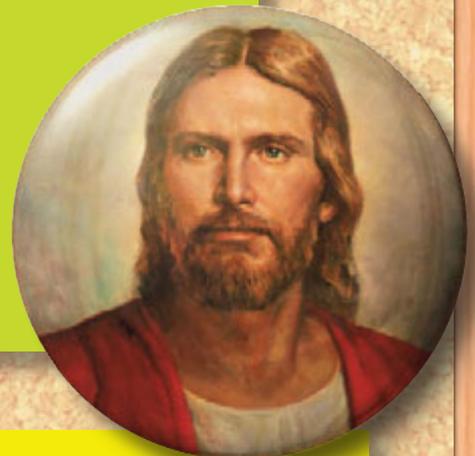
2. Jesus, _____ (no. 141)
h e t r e v y t h t h o u g f o h e e t

3. Jesus _____, _____ (no. 181)
f o z a n a t h e r r o v i a s d a n k i g

4. Jesus, _____ (no. 102)
r o v e l f o y m l u s o

5. Jesus, _____, _____ (no. 104)
v r o i a s p l i t o e m

6. Jesus, _____ (no. 234)
t h i g y m g i k n n i i o n z



JOURNAL JUNCTION

Take some time this month to read Doctrine and Covenants 124:55 and Alma 34:36. Then write in your journal about why temples are important to you, and what you can do to prepare to go to the temple.

Answers
1) Jesus, Once of Humble Birth, 2) Jesus, the Very Thought of Thee, 3) Jesus of Nazareth, Savior and King, 4) Jesus, Lover of My Soul, 5) Jesus, Savior, Pilot Me, 6) Jesus, Mighty King in Zion.



Prophets Foretell the Coming of Jehovah to Earth

By Diane L. Mangum

What an important time it was when we all sat in the Grand Council in Heaven and learned that Heavenly Father's oldest son, Jehovah, would be the Savior for us all! But when we came to earth, the memories of

that important time were wiped away. So Heavenly Father sent prophets to teach us again about His plan.

For thousands of years, prophets taught that the Savior would come to earth so we could return to live in heaven again.

More than 2,400 years before Jehovah came to earth, Noah taught about Him. Almost a

thousand years later, Moses saw Jehovah on a mountain and had a vision of God's great plan.

About 750 years before Jehovah came to earth, Micah prophesied that He would be born in the small village of Bethlehem.

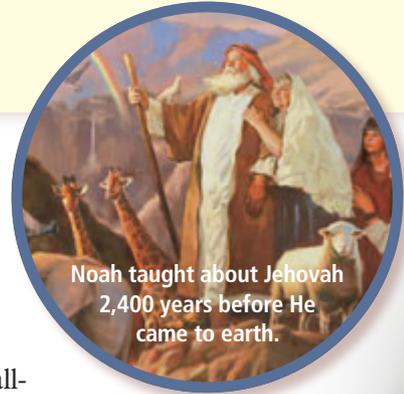
Many Names

The prophet Isaiah had a special calling to teach people about the Savior. He wrote that a young woman, a virgin, would have a baby. He described great things this baby would do and be: "For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace" (Isaiah 9:6).

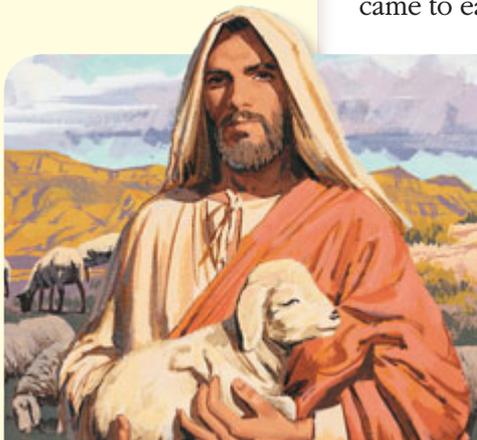
The scriptures tell us other names for our Savior. Lord, God, Redeemer, Creator, and Shepherd are all names for Jesus Christ.

What Does the Name Jesus Christ Mean?

About 600 years before Jehovah came to earth, the prophet Daniel called Him the Messiah, which means



Noah taught about Jehovah 2,400 years before He came to earth.



Shepherd

Many people in Isaiah's time knew how shepherds took care of their flocks of sheep. When Isaiah called the Lord our "Shepherd," he was teaching us that the Lord will take care of us.



Isaiah prophesied about Mary giving birth to Jesus.

“the anointed one.” In ancient times, a man was anointed with special oil when he was chosen to be a king or priest, so “anointed one” means someone chosen for a special job. Messiah is another word for Christ.

When the great day was coming that the Lord was to be born in Bethlehem,

an angel told Mary and Joseph to name the baby Jesus. The name *Jesus* means “Savior” or “God is help.” Because Jesus atoned for our sins, we can repent and receive the gift of eternal life. Jesus was chosen for this special job before the world was created. The name Jesus Christ perfectly describes what the Lord did for us. ♦

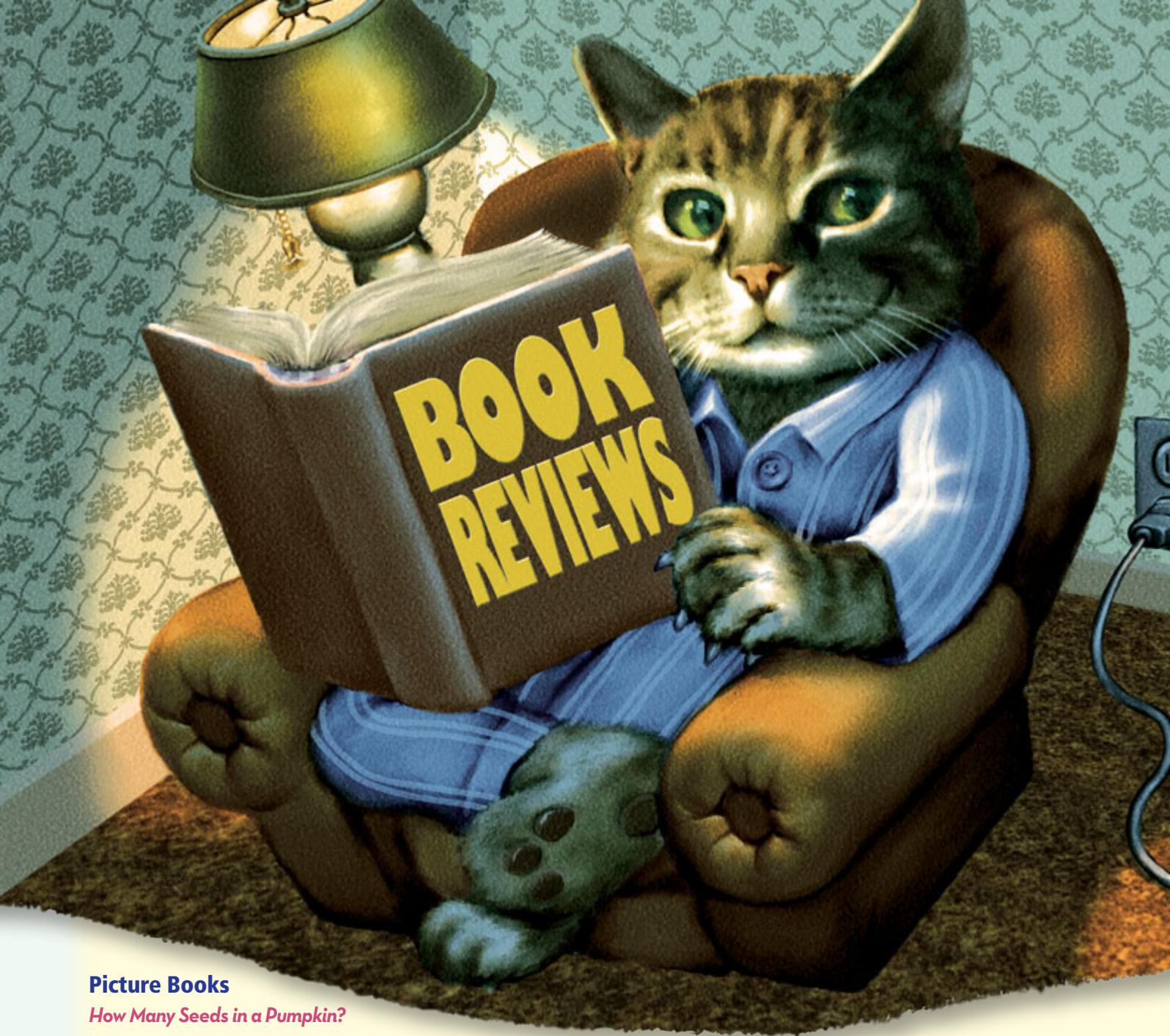


Daniel called Jehovah the Messiah, which is another word for Christ.



Redeemer

In the Garden of Gethsemane, the Lord Jesus Christ took upon Himself the sins of each of us. He redeemed us from sin so we can repent and return to live with Heavenly Father again.



Picture Books

How Many Seeds in a Pumpkin?

by Margaret McNamara, illustrated by G. Brian Karas. The biggest pumpkin always has the most seeds, right? Maybe not. Find out what Mr. Tiffin's class discovers in their messy experiment.

Velma Gratch & the Way Cool

Butterfly, by Alan Madison, illustrated by Kevin Hawkes. It's hard for Velma to start first grade in the shadow of her smart and talented older sisters. As Velma looks for ways to get

noticed (including getting sent to the principal's office), she finally discovers something her sisters have never done.

The Wheat Doll, by Alison L.

Randall, illustrated by Bill Farnsworth. Mary Ann takes her beloved wheat doll, Betty, everywhere. But then Betty gets lost outside on a stormy day. After months of searching, Mary Ann finds a special

surprise one spring day.

The Gift of the Christmas Cookie: Sharing the True Meaning of Jesus' Birth,

by Dandi Daley Mackall. Jack gets excited when he smells cookies—a treat the family hasn't had in a long time. But he is disappointed when he learns the cookies are for those in need. As his mother rolls out the cookies, Jack learns the story behind the special Christmas treat.



Rats on the Range and Other Stories,

by James Marshall. Find out what happens when a mouse becomes a cat's housekeeper, a pig buys a sports car, and rats take a vacation. Enjoy these and other funny stories about some unique animals.

Fiction for children ages 10–12

The Chocolate Touch, by Patrick Skene Catling, pictures by Margot Apple. John *loves* candy. He would have it for breakfast, lunch, and dinner if he could. Find out what happens when John wanders into a mysterious candy store and buys a special kind of chocolate.

The Doll Shop Downstairs*, by Yona Zeldis McDonough, illustrated by Heather Maione. Anna and her sisters enjoy playing with the dolls waiting to be fixed in their father's doll repair shop.

When the shop is in danger of going out of business because of World War I, Anna looks for a way to get her family through the

hard times.

My Side of the Mountain*, by Jean Craighead George. Sam is tired of city life, so he decides to go live in the forest. Follow Sam on his adventure as he builds a home, tames a wild falcon, learns to live off the land, and enjoys the wild beauty of the forest.

Nonfiction

Snowflake Bentley, by Jacqueline Briggs Martin, illustrated by Mary Azarian. Wilson Bentley loved snow. But instead of building snow forts and throwing snowballs, Wilson studied the beautiful patterns of the icy snowflake crystals. Over the years, he experimented more and more, and even learned how to photograph the tiny flakes. Learn about this farmer who became a snow scientist!

Mercedes and the Chocolate Pilot, by Margot Theis Raven, illustrated by Gijsbert van Frankenhuyzen. Life was hard for the people in West Berlin after World War II. They didn't have access to food or supplies, so pilots flew the necessities into the city day and night. One pilot decided to drop special treats for the children from his plane, and became known as the Chocolate Pilot. You can also read about the pilot on pages 28–29 of the October 2010 *Friend!*

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 ().*



Fiction for children ages 5–9

Three Little Robbers, by Christine Graham, illustrations by Susan Boase. Jo, Flo, and Mo are three little robbers who live down the lane. When they discover that an elderly woman is cold and hungry, they decide to stop their thieving ways and help her.



You can serve other children by passing on books you've outgrown. Many libraries and homeless shelters accept donations!

Practicing

Alexis S. of
Narragansett, Rhode Island

By Jan Pinborough
Church Magazines

Every school morning at 7:15, harp music cascades from a house in Narragansett, Rhode Island. Who is making such beautiful music?

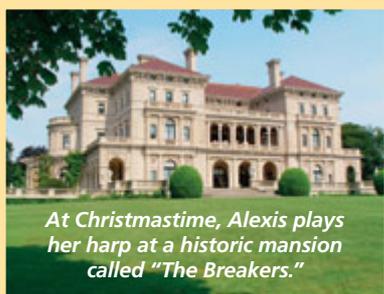
It's 10-year-old Alexis.

What's her secret formula for playing so well?

"I practice every day," she says with a smile.

Alexis almost always practices for half an hour before catching the school bus at 8 a.m.

Isn't all that practice boring? Not to Alexis. Ever since she was a baby, she has loved listening to her mother play the harp. She was excited on her third birthday when her mom gave her her first lesson.



At Christmastime, Alexis plays her harp at a historic mansion called "The Breakers."



Her Talents



Now the two play together in a harp ensemble made up of adults—plus Alexis. She likes the exciting, up-tempo pieces. At Christmastime—when the group plays for visitors in a historic mansion called “The Breakers” in nearby Newport—it makes those early-morning practice sessions worth the sacrifice.

Swish!

After school, Alexis practices another talent—sinking free throws. She started practicing about a year ago after she joined a county recreational basketball team. To her surprise, she placed third in a countywide free-throw contest! Alexis likes competing, even if it’s just in a game of H-O-R-S-E with her dad or her older brother, Dallin.

Not all of Alexis’s talents are the kind that win trophies or medals. She has a funny sense of humor that keeps her family laughing. She also likes writing. For Mother’s Day she wrote

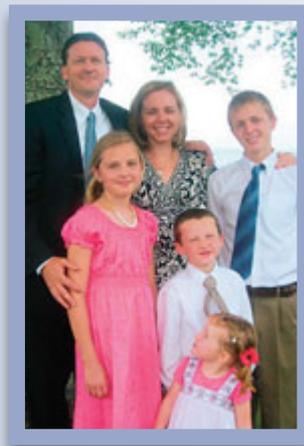
her mom a silly story about a little girl who is afraid to turn off the lights.

Gospel Talents

Alexis also has a talent for kindness. In her class at school she noticed a boy with autism who didn’t have any friends. He was having a hard time learning and behaving appropriately. Alexis and four other girls decided to befriend him. They started helping him with his schoolwork and playing with him at recess. Pretty soon, he started getting along better with others. He’s a really good friend now, Alexis says.

As the only member of the Church in her school, Alexis has lots of chances to practice living gospel standards. Sometimes it can be hard—like when she had to turn down an invitation to her best friend’s birthday party on Sunday. But Alexis doesn’t really mind. She knows it’s important to keep the Sabbath

day holy. Besides, she’s learned that the more you practice something, the easier it gets! ♦



Alexis with her family

T. Rex T-Shirt

By Sarah Cutler

(Based on a true story)

*When I am kind to others,
my heart sings (Children's
Songbook, 145).*

Carter snarled and growled
in the backseat of the car.

He could see his reflection in the rearview mirror. He looked just like a Tyrannosaurus rex! Carter held up two fingers like claws and turned to his brothers.

“Are you excited to see the dinosaurs?” he growled.

McKay and Stockton raised their fingers like claws and roared, “Yes!”

Carter's family was going to the museum to see the new T. rex fossil on display. Carter and his brothers were excited to see the skeleton of a real dinosaur. Carter was especially excited because he wanted to get a dinosaur T-shirt from the museum gift shop.

When the family arrived at the museum, Carter, McKay, and Stockton looked at everything, sometimes twice. They pushed buttons that roared different dinosaur roars. They stacked wooden dinosaur eggs into dinosaur nests. But best of all was the T. rex fossil.

The skeleton was huge! The dinosaur's clawed toes were bigger than Carter's whole head. Carter couldn't decide between smiling because he was so happy or snarling like a dinosaur.

On the way out of the museum, Dad took Carter into the gift shop. “I can tell you liked seeing that dinosaur,” he said. “Pick out a T-shirt to share with your brothers to remember the fun we had together today.”

Carter looked through all the shirts carefully. He chose a black one with a T. rex skull baring its teeth, just like the one in the museum.

In the car, Carter was so excited that he put the T-shirt on over his regular shirt right away.

“You picked the best one!” McKay said.

“It's for all of us to share,” Carter said. He leaned back so McKay could see the T. rex's teeth better. “But I really want to wear it tomorrow so I can show my friends at school.”

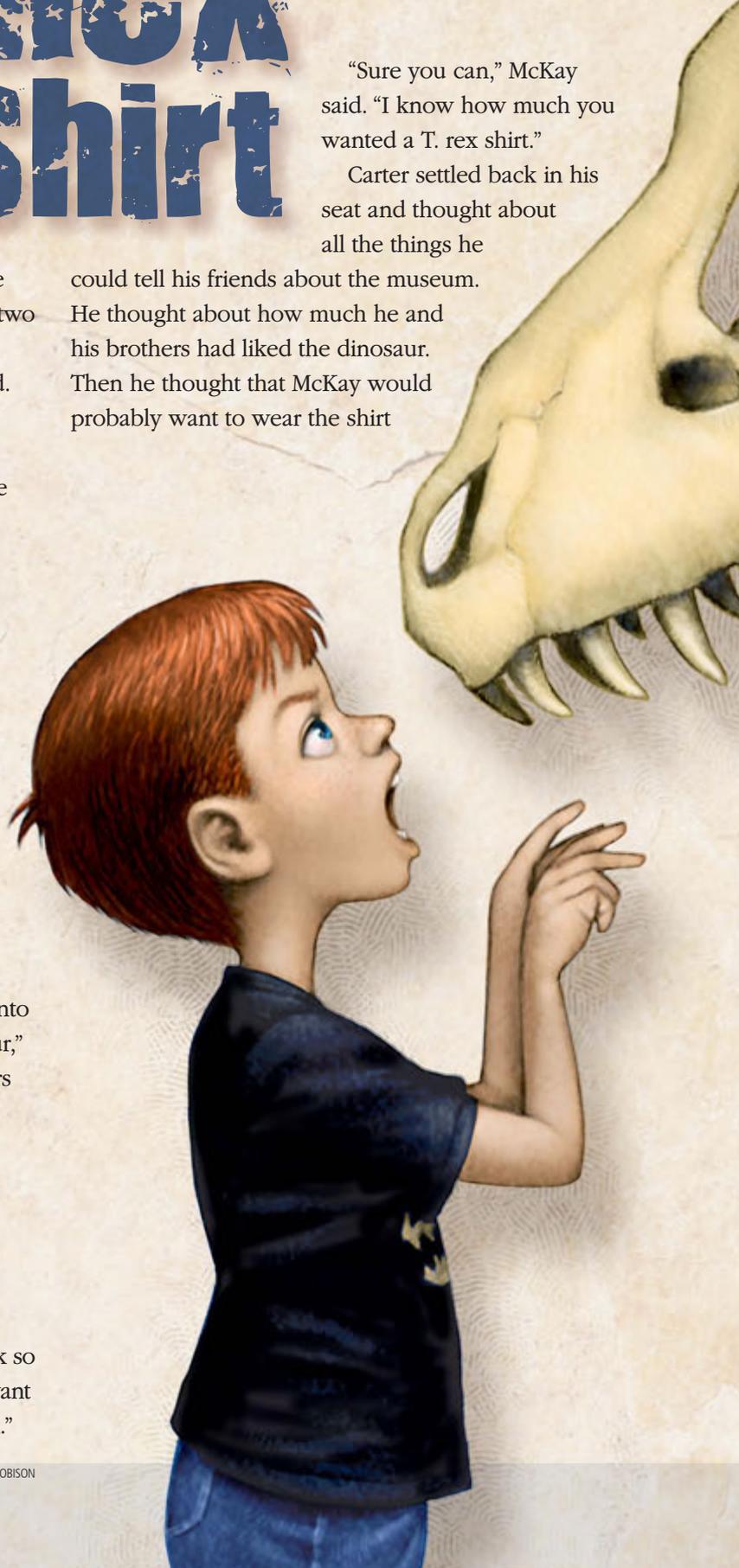
“Sure you can,” McKay said. “I know how much you wanted a T. rex shirt.”

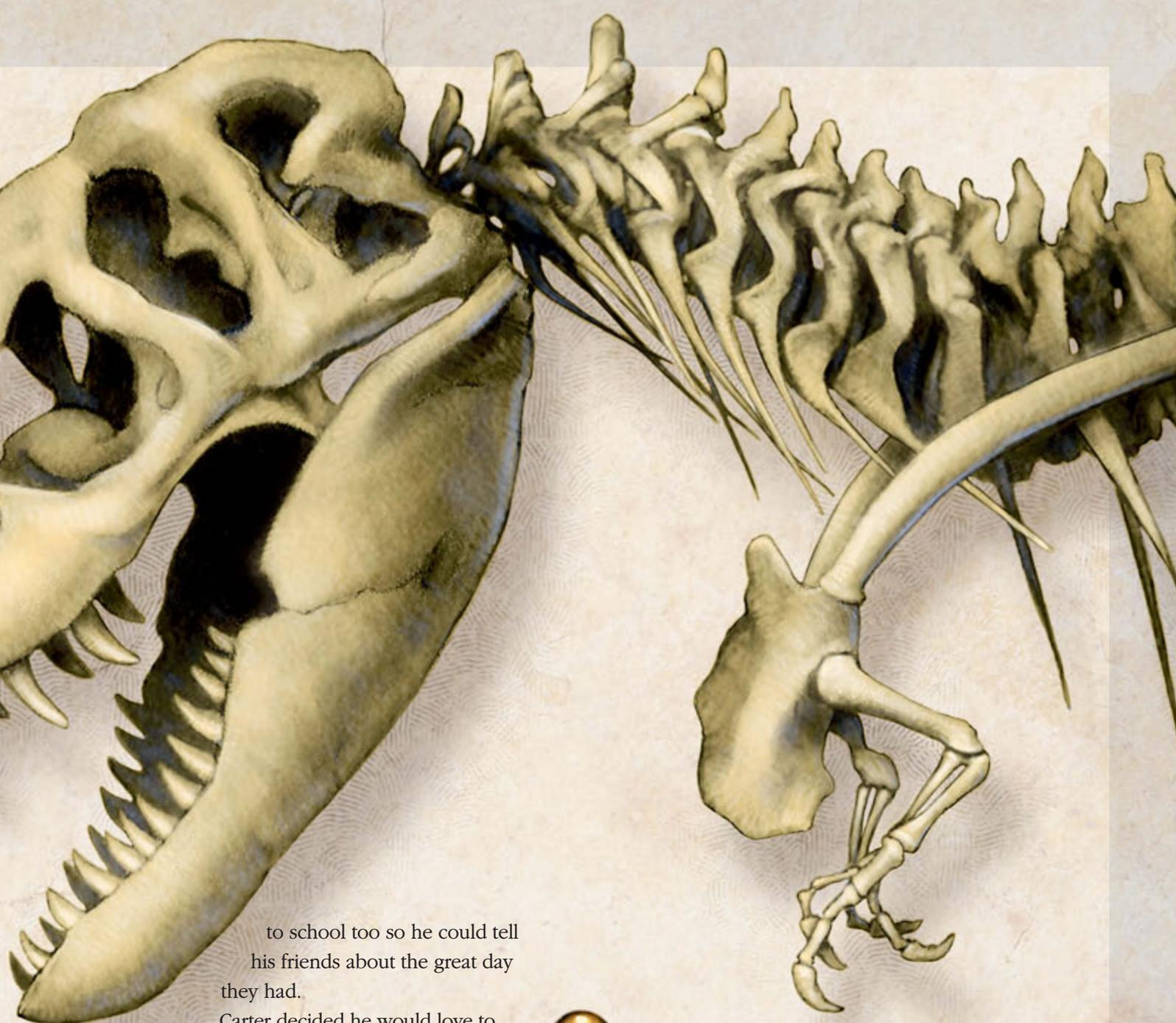
Carter settled back in his seat and thought about all the things he

could tell his friends about the museum.

He thought about how much he and his brothers had liked the dinosaur.

Then he thought that McKay would probably want to wear the shirt





to school too so he could tell his friends about the great day they had.

Carter decided he would love to see McKay happy, so as soon as they got home he took off the shirt and handed it to McKay. "You wear it to school tomorrow, McKay!" he said.

"Really?" McKay asked.

"I know you like T. rex too. I can wear it the next day."

"Wow, thanks!" McKay hugged Carter and bounded out of the room to try on the shirt.

Carter felt warm and happy knowing he had made McKay so happy.

"I was happy at the museum, and I was happy wearing the T. rex T-shirt," Carter thought. "But now I'm the happiest of all!" ♦



I'm Learning the Ways of Jesus

Happily ♩ = 104-116

Words and music by Janice Kapp Perry

1. I'm learn - ing each day to be car - ing and kind. I think of good deeds in my
2. I'm learn - ing each day to be friend - ly and fair. I try to help oth - ers; I

heart and my mind. I try ev-'ry day to give love a - way. I'm learn - ing the ways of
will - ing - ly share. I try ev-'ry day to give love a - way. I'm learn - ing the ways of

Je - sus. _____ So if I see some - one who's lost or a - fraid, I'll
Je - sus. _____ So if I see some - one who can't walk or run, I'll

of - fer to help. That's a choice I have made. Or if I see some - one who
think of some ways I can help them have fun. Or if I see some - one who

just needs a friend, I'll speak to them kind - ly and spend time with them. I
can't see or hear, I'll tell them that I'll be their eyes or their ears. I

try ev-'ry day to give love a - way. I'm learn - ing the ways of Je - sus. _____
try ev-'ry day to give love a - way. I'm learn - ing the ways of Je - sus. _____



Applesauce Muffins

Remember to ask an adult for help when you make a Kitchen Crafts recipe!

- 6 tablespoons butter or margarine**
- 1 1/2 cups all-purpose flour**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon baking soda**
- 1 1/4 teaspoons cinnamon**
- 1/2 teaspoon salt**
- 2 eggs**
- 2/3 cup brown sugar**
- 1 1/2 cups chunky applesauce**

1. Wash your hands with soap and water.
2. Heat the oven to 375°F (191°C).
3. Put 12 cupcake papers into a muffin pan. Or you can rub a paper towel covered with butter in the pan.
4. Melt the butter in a small pan on low heat on the stove.
5. Put the dry ingredients into a large bowl.
6. In another bowl, mix the eggs and brown sugar. Then add the applesauce and butter.
7. Add the apple mixture to the flour mixture and stir until mixed.
8. Use a small measuring cup to fill the muffin cups about two-thirds full.
9. Bake for about 20 minutes.



1. With your siblings, act out a story from the scriptures. If you like, use simple props and costumes. Perform the story for your parents or grandparents.

2. Spend some time with your younger siblings so your parents can rest.

3. Visit friend.Ids.org to do activities and watch video clips.

4. Ask your parents to show you old magazines, pictures and make things create Creation. You can draw pictures of e Creation. (S

20. Review what you learned in Primary by inviting family members to be the students while you teach what you learned.

19. Make a calendar for the upcoming week. Write down after-school activities, lessons, Primary activities, and school assignments that are due. Remember to include some time to relax!

18. Make up a story with your siblings or parents. One person starts the story, and each person adds to it. Each person should contribute a few times, and then assign one person to finish the story.

17. Draw a picture of something good that you did or that happened to you the week before.

16. Write in your journal. If you can't think of anything to write, write down what the weather was like that day, what your Primary lesson was about, or even what you had for dinner.

15. Look in the back of the hymnbook or *Children's Songbook* to learn how to conduct music. Conduct your family in a few of their favorite hymns or Primary songs.

14. Plan and do a family talk.



By Jennifer
Church M

parent for some
es. Cut out pic-
ake a collage of
ted during the
could also draw
each day of the
ee Genesis 1.)

5. Look at family photo albums
or watch home movies.

6. With a parent, visit an elderly ward
member or neighbor. Make a card or
drawing for him or her.

7. Work on memorizing
an article of faith for the
Faith in God requirement.

er Maddy
Magazines

things
do
Monday



8. Take an "alphabet
walk" with your family.
Find things outside that
start with each letter
of the alphabet. If you
can't go outside, stay
inside and find the items
in your home.

9. If your ward or
branch has a materials
center, check out a
video, DVD, or filmstrip
to watch.

10. Make your own
Bright Idea poster.
(See page 27 for
an example.)

ILLUSTRATION BY TRACY O'VERY COVEY

perform a
ent show.

13. Call a grandparent to ask
questions about his or her
childhood. Write down the
answers when you get off the
phone so you can help keep a
family history.

12. Work on your family home
evening assignment.

11. Write a letter to a
missionary or family
member.



Remembering Conference

By Chad E. Phares

In October we asked you to pay close attention when listening to the talks of the prophet and apostles at general conference. Now you can test yourself to see how much you remember. If you took notes or used the conference notebook from friend.lds.org, feel free to use them. Look at the topics listed on this page and draw a line from the topics to the General Authority who spoke about them. Some topics and names may be used more than once.



President Henry B. Eyring



President Thomas S. Monson



President Dieter F. Uchtdorf



President Boyd K. Packer



Elder L. Tom Perry



Elder Russell M. Nelson



Elder Dallin H. Oaks



Elder M. Russell Ballard



Elder Richard G. Scott



Elder Robert D. Hales



Elder Jeffrey R. Holland



Elder David A. Bednar



Elder Quentin L. Cook



Elder D. Todd Christofferson



Elder Neil L. Andersen



Missionary work



Obedience



Gratitude



Service



Repentance



Faith



Scriptures



Holy Ghost



Temples



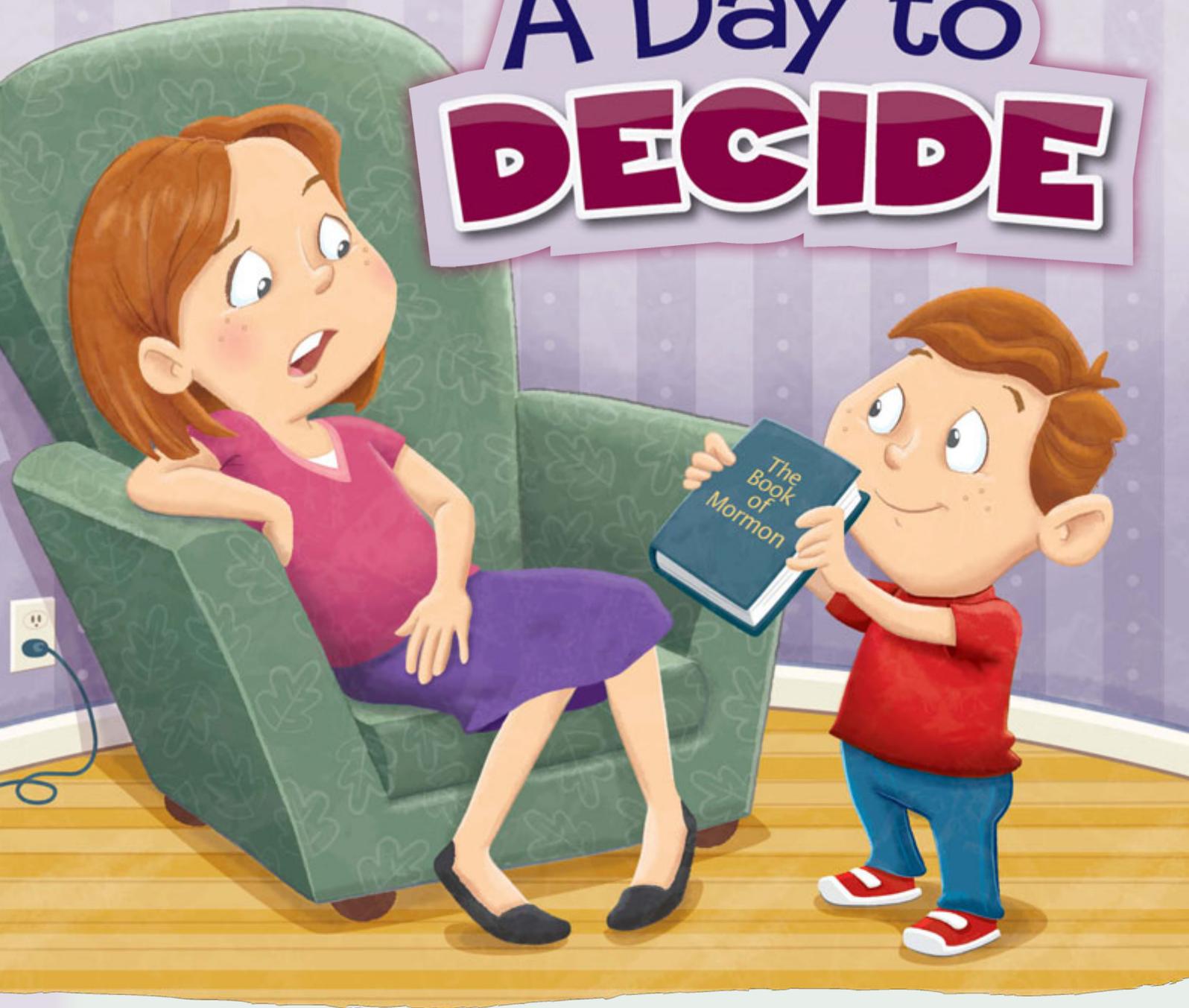
Prayer

“Praise the Lord with **singing,**
with **music,**
with **dancing,**
and with a prayer of praise
and thanksgiving.”

—D&C 136:28



A Day to DECIDE



By Ruth Kathryn Day

(Based on a true story)

The Lord blessed the sabbath day, and hallowed it
(Mosiah 13:19).

Meghan flopped down in the big chair and put her scriptures on the table in front of her. Five-year-old Tommy came and stood next to Meghan's chair. Then he picked up her scriptures.

"Meg, tell me a story," he begged.

"I will later, Tommy," she said.

"I want to hear about Abinadi."

"OK, Tommy, I will tell you the story about Abinadi after dinner."

Tommy looked disappointed about having to wait. The doorbell rang, and Dad went to answer it.

"It's for you, Meghan," Dad said.

She loved how Dad always called her Meghan, never Meg. It made her feel grown up. She stood up and walked to the door. Her best friend, Sara, was there, smiling.

"Hi, Sara. Come in," Meghan said.

"I can't, Meg. My dad has free tickets to the amusement park! Can you come?" Sara was bursting with excitement.

"I don't know," Meghan said. "It's Sunday."

"So what? These are free tickets. Come on, you have to go," Sara begged. "You're my best friend!"

"Well, I have to ask my parents."

"Hurry up and ask, then change your clothes. You can't go in a skirt," Sara said impatiently. "My dad wants to leave in 15 minutes. I'll wait for you in the car."

Meghan nearly ran into the kitchen. Dad was setting the table for dinner.

"Sara's dad has free tickets to the amusement park, and she asked me to go with her!" she said.

"That sounds like fun," Dad said. "When is the big day?"

Meghan hesitated. "Well, the tickets are for today."

"Meghan, you know what Mom and I think about those kinds of activities on Sunday," Dad said. "But I think you are old enough to make your own decisions. After all, you are 10 now."

Meghan looked at her father. He looked serious.

"You mean it, Dad?" she asked.

"Sure, I mean it. What do you think you should do, Meghan?" he said.

"Well, I know we should keep the Sabbath day holy and all that, but these are free tickets and you know how much it costs to go to the amusement park. I will be saving a lot of allowance money if I go with Sara."

"That is true," Dad said. "You would save money."

"Is it OK if I go?"

"You can make your own decision, Meghan," Dad said.

"Yahoo!" Meghan yelled. She ran to her bedroom and began to pull out clothes to wear. Then she looked up and saw Tommy standing in the doorway. He was holding her scriptures.

"Are you going with Sara?" Tommy asked.

Suddenly Meghan got a funny feeling inside. She knew what she needed to do. She smiled at Tommy

and then she dropped the shirt back into her drawer.

"No, Tommy, it's Sunday. I have to go tell Sara I can't go with her today. Then I will be back to read you that story."

Tommy grinned. "The one about Abinadi?" he asked.

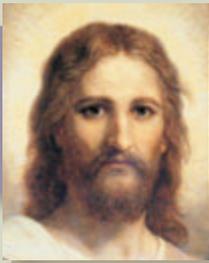
"Yes, the story about Abinadi." Meghan smiled at her younger brother and hurried outside to tell Sara. ♦



"I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ."

My Gospel Standards





Trying to Be Like Jesus

Missionary Moments



I like to tell my friends at school about Jesus. When I ask my friends if they believe in Jesus, most of them say no. So I ask them to come to church to learn about Him. One time the missionaries asked my family to give out pass-along cards to our friends and neighbors. I took one

and ran through the field to my friend's house. My friend wasn't home, but I asked his grandma to give him the card and tell him it was about Jesus. Then I ran back home through the field. The field was full of nettles, and I got cuts on my legs. My mum asked me why I went through the field when I knew it was full of stinging nettles. I told her that I wanted my friend to know about Jesus. I like to tell people about our Church. It makes me happy, and I want them to be happy too.

Amber B., age 6, England

Helping at Home



Usually during the day, it's just my mom, me, and my little brother at home. My mom was sick one day. I helped out by playing with my little brother and getting him snacks and drinks without being asked. I feel good when I am helpful, because Jesus Christ wants us to be.

Boaz S., age 4, Wyoming

The Switch to Saturday



I was very disappointed when I found out that my first baseball game of the season was on a Sunday. I wanted to keep the Sabbath day holy, so my parents told my coach I would miss the first game. Although I was sad about missing the game, I felt good that I was following Jesus. A few days before the game, my coach called to say they had rescheduled the game for Saturday. I was very glad! Not only did I get to go to my first game of the season, but I also got to be the pitcher.

Isaac P., age 9, Massachusetts



Turning Off the TV



One Saturday when my little brother and I were watching cartoons, there was a bad show on. The girls in the show were not dressed modestly. I turned the TV off. I felt very good after I did. I knew I had followed Jesus Christ.

Carson A., age 6, Texas

A Good Correction



One day my friend was using the Lord's name in vain. I asked her not to, and she asked me why. I said, "Because we don't say that." She apologized. The next time she said it around me, she corrected herself. I'm glad I could help a friend.

Sheyla H., age 10, Hawaii

An Honest Letter



During a spelling test at school my teacher said the word we were to spell. I did not understand what he said and asked him to repeat it. After he did, I still did not know what the word was. I took a quick peek at my neighbor's paper and wrote the same word on my paper. I received 100 percent on my test. That night I felt really bad about what I had done. I told my mom what I had done and that I was scared to tell my teacher. We decided to write my teacher a letter and tell him the truth. I also asked if I could retake the test. I went to school and handed my teacher the letter. He read it and said that I could not retake the test, but that he would mark the one word wrong. I felt so much better inside. I did not get 100 percent on my test, but it was worth it.

Emma W., age 10, Utah



Sharing the Prize



I went to a friend's birthday party. We ate cake and broke a piñata. When the piñata broke, everybody ran to the candy as fast as they could

to get lots and lots. There was a boy who didn't get any. I had lots of candy, so I shared with him. I felt good as I shared candy with him.

Braxton Z., age 7, Colorado

Tell us how you're trying to be like Jesus. Turn to page 48 to find out how to send us a letter.



Super-Fast Service

By Chad E. Phares

(Based on a true story) *Live in thanksgiving daily* (Alma 34:38).

1. Truman was racing around the dining room table when he saw Mom place an empty box on the kitchen counter and start to fill it with food.

What are you doing, Mom?

Thanksgiving is coming. I thought we could do service for another family by giving them food for a Thanksgiving dinner. Do you want to help?

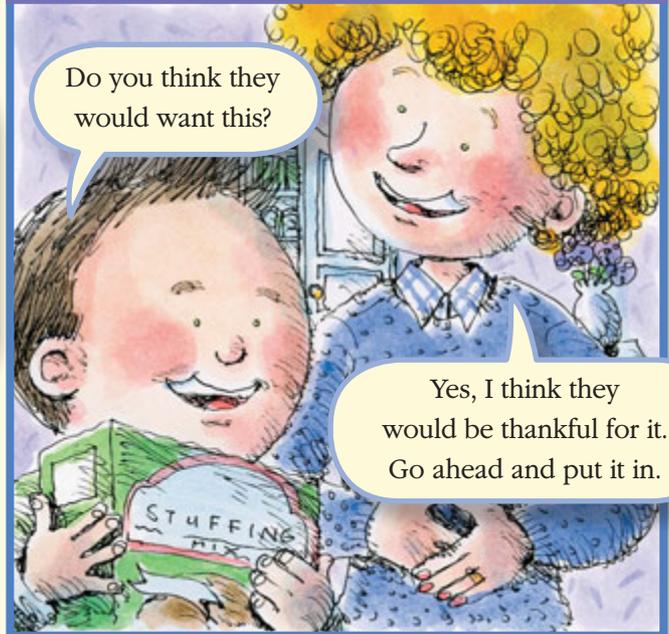
Sure.



2. Truman ran to the pantry and found a box of stuffing mix.

Do you think they would want this?

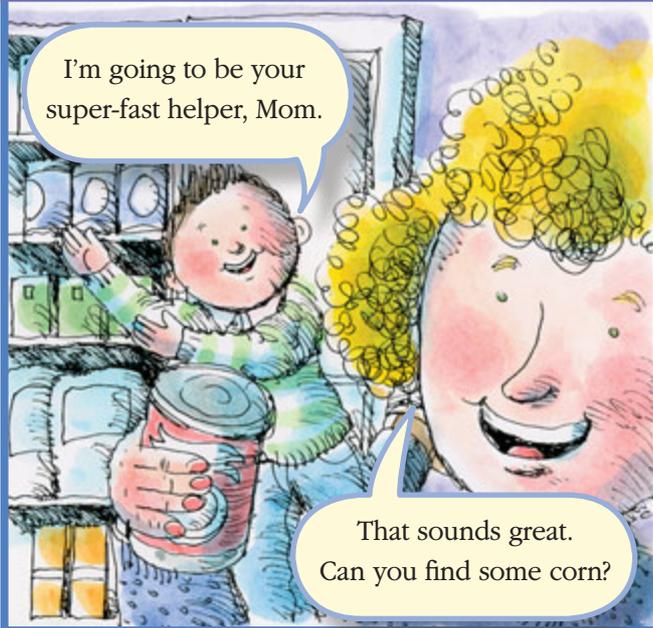
Yes, I think they would be thankful for it. Go ahead and put it in.



3. Truman raced to the box and put the stuffing mix inside. Then he ran back to the pantry.

I'm going to be your super-fast helper, Mom.

That sounds great. Can you find some corn?



4. Truman quickly looked through the pantry and grabbed two cans of corn. He rushed back to the box and placed them inside. He was having fun helping as fast as he could. He put a lot of food in the box. Later, he even helped put a frozen turkey inside.



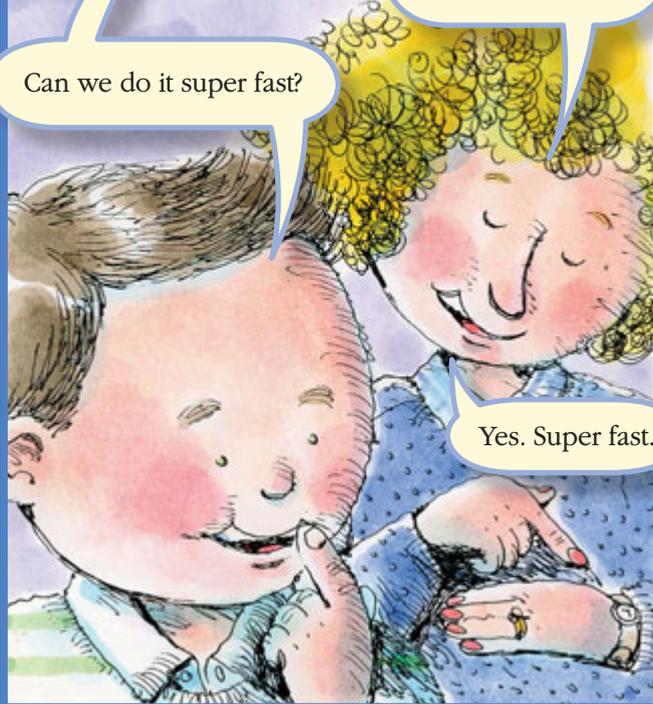
5.

Now what are we going to do?

When it gets dark, Dad will take you to deliver the box.

Can we do it super fast?

Yes. Super fast.



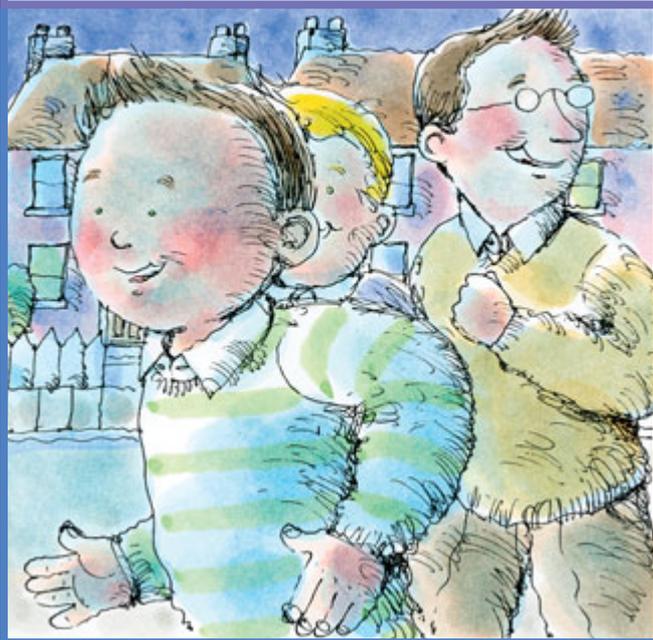
6. When it got dark, Dad, Truman, and his older brother, Ethan, carried the box to the car. They drove for a couple of minutes until Dad parked down the street from the family's house.



OK, guys. We're going to put the box on the doorstep, knock on the door, and run.

Truman was excited about the running part.

7. Dad carried the box as Truman and Ethan walked quietly behind him. When Dad put the box down on the doorstep and knocked on the door, all three of them ran back to the car as fast as they could. Truman ran faster than ever.



8. As they drove away, Truman looked out the back window. He saw someone open the door, look around, and smile. He felt good about helping a family have a Thanksgiving dinner.



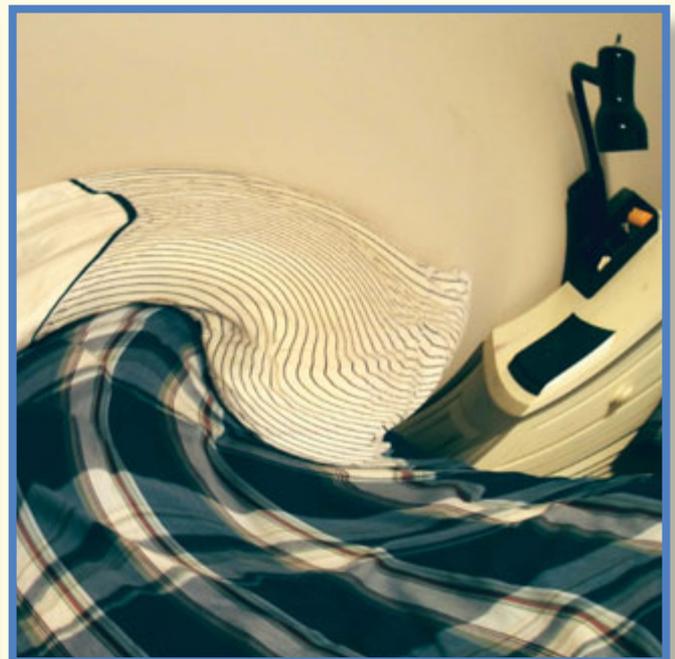
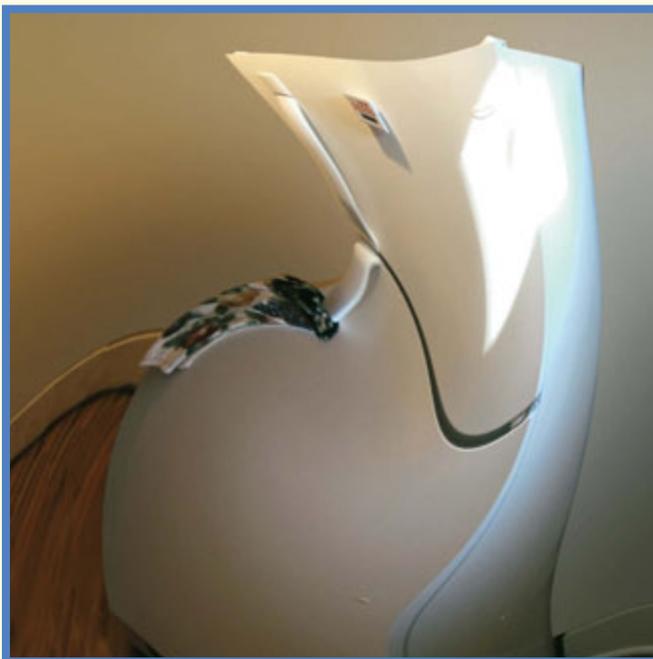
Do you think anybody saw us?

No way, Dad! We were super fast!

What Do You See?

President Thomas S. Monson has told us that our homes should be places where we can feel peace and love. Look at the swirled photos and see if you can guess what other things we might find in our homes. Use the hints to help.

1. Hint: "Thou preparest a table before me" (see Psalm 23:5).
2. Hint: We should "seek . . . out of the best books words of wisdom" (see D&C 88:118).
3. Hint: Missionaries are told to take no thought about what they should eat or drink. The Lord will provide (see D&C 84:81).
4. Hint: We should "cease to sleep longer than is needful" (see D&C 88:124).



Noah's Ark

By Val Chadwick Bagley

This family has made an ark like Noah did. Look at the picture and see if you can find an arrow, banana, belt, candy cane, clock, flashlight, football, jump rope, kite, pencil, present, ruler, saw, slice of pizza, sock, sun, tie, toothbrush, umbrella, and watermelon.



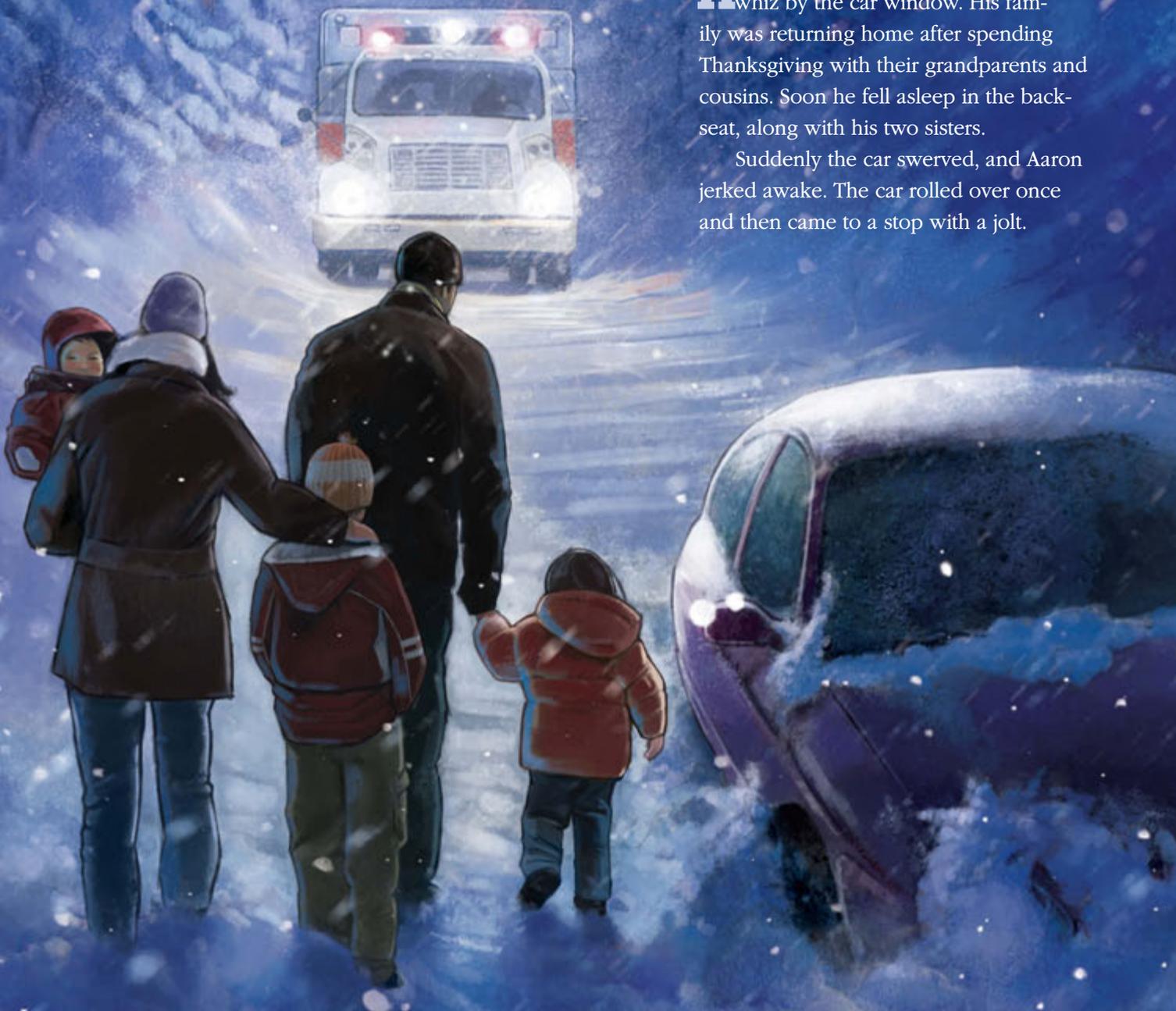
A Second Thanksgiving

By Jane McBride Choate
(Based on a true story)

Father, turn thine ear to me; let me offer thanks to thee for thy wise and tender care of thy children ev'rywhere (Hymns, no. 306).

Aron watched the snowy scenery whiz by the car window. His family was returning home after spending Thanksgiving with their grandparents and cousins. Soon he fell asleep in the back-seat, along with his two sisters.

Suddenly the car swerved, and Aaron jerked awake. The car rolled over once and then came to a stop with a jolt.



“What happened?” Aaron asked.

“I fell asleep at the wheel,” Dad said in a shaky voice. He reached out to touch Mom’s cheek. “Are you all right?”

Mom nodded and turned to look at Aaron and his sisters.

“We’re all right, Mom,” Aaron said. He was grateful his parents always insisted that everyone wear seat belts and that Kaitlyn was in her car seat.

Nicole reached for his hand. Aaron squeezed her hand in return.

The family sat huddled in the car, waiting for the ambulance to arrive.

When the paramedics arrived, they examined everyone. “It’s a miracle that your family came through alive,” one of the paramedics said.

“It *is* a miracle,” Mom said.

The ambulance took Aaron’s family to the nearest hospital. Mom got six stitches on her cheek, but no one else needed treatment.

Then they took their car to a service station to have it checked out. The car was safe to drive, so Aaron’s family resumed their trip. When they finally got home,

it was just before midnight. Everyone felt tired and shaken.

“There is something we need to do,” Mom said.

They all knelt on the living room floor. Dad paused a few moments. Then he began, “Father, we come to thee in thanksgiving.”

After the prayer, everyone remained on their knees. Then Mom got up and headed to the kitchen. “I think we all need something to eat,” she said. She pulled meat and bread from the refrigerator and started making sandwiches.

Aaron thought it was funny that they were having dinner at midnight. Then he realized they hadn’t eaten anything since lunch. “Is this like a second Thanksgiving?” he asked.

Dad smiled for the first time since the accident. “That’s right, Aaron. We have more than usual to thank Heavenly Father for.” ♦



“Let me recommend that periodically you and I offer a prayer in which we only give thanks and express gratitude.”³

Elder David A. Bednar of the Quorum of the Twelve Apostles





My Church Day Poem

During church I'm never bored,
Whilst I'm thinking of the Lord.

I love to sing a lot of hymns;
They never are very dim.

When we take the sacrament,
The feelings are magnificent.

Valiant class is very fun,
Especially when the work is done.

Young Men is always packed,
It's challenging sometimes—that's a fact.

When we leave church with our spirits full,
The rest of the day isn't dull.

Matthew T., age 12, England

Heaven

Will there be puffy clouds,
Or pedestals of blue?
Will angels have robes of white,
Or will they be every hue?
Will there be halos on our heads,
Or just plain heads of hair?
These questions will not be answered
For quite some time, I bet,
But one thing that is for sure:
Heaven is so beautiful, it will surely make you stare.

Jessop O., age 10, California

Family Home Evening

When family home evening begins,
we all sit in our chairs.
First we sing the songs, and then
we say the prayer.
The lesson starts and I can feel
God's love for everyone.
But I can't wait until the game,
'cause that's when we have fun!

Madeline B., age 8, Pennsylvania



Lyndsey H., age 11, Utah



Samuel B., age 10, Virginia



Josephine W., age 10, Ohio



Sarah M., age 9, Texas

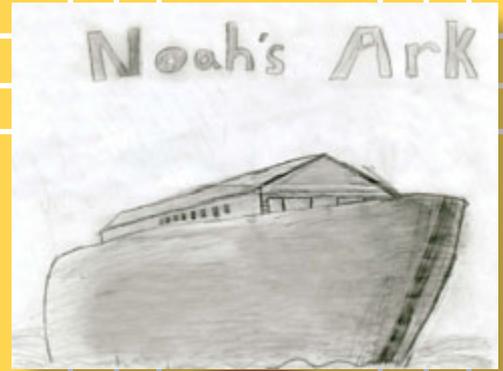


Abigail E., age 8, Vermont



Hallie G., age 8, Kentucky

Would you like to send us a poem or drawing? Turn to page 48 to find out how.



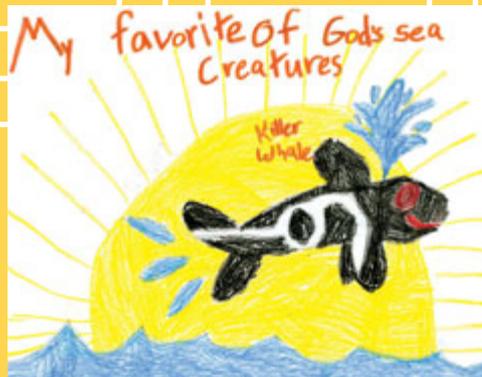
Brody O., age 11, Idaho



Zachary O., age 5, Florida



Datherine C., age 6, Philippines



Lily G., age 7, Utah



Amber B., age 11, South Carolina



Erika W., age 7, Wyoming



Christopher H., age 9, Tennessee



Cassidy B., age 10, North Dakota

When We Serve Others, We Serve God



By Sandra Tanner and Cristina Franco

Happiness comes when we obey God's commandments. Jesus Christ taught the first and the second commandments. He said, "Thou shalt love the Lord thy God with all thy heart." Then He said, "Thou shalt love thy neighbour as thyself" (Matthew 22:37, 39). We can obey these commandments by serving others. That means we do something kind for them. When we serve others we can be happy.

Jesus showed us how to do this. He came to earth to help us. Everywhere He went He helped people. He taught people the gospel. He visited and blessed people who were sick. He helped people who had disabilities. He was a friend to the lonely. By serving others, Jesus did what Heavenly Father wanted Him to do. In Mosiah 2:17 we learn that when we serve someone else we are really serving God.

President Thomas S. Monson encourages us to serve others. Children around the world serve those in need, and their happiness shines through when they share their stories.

Max said: "At my preschool I helped clean the tables and chairs for my teachers. It made me feel good to help someone without being asked first."

Carson and Kyleigh said: "When our grandma was in the hospital we decided to give her a special gift by cleaning her house really well before she got home. It

made us feel really good to do this for her."

Brittish said: "When my mom broke her leg she needed to use a wheelchair. I helped with my three brothers and sister at home, and I was able to help my mom get the things she needed. Service makes me feel great!"

When we obey the commandment to love and serve others we are serving God and we are blessed with happiness. Try it yourself and see that this is true!

November 2010 Scripture Journal

Read Mosiah 2:17.

Pray to Heavenly Father to help you understand that when you serve others you are showing your love for Heavenly Father and Jesus Christ.

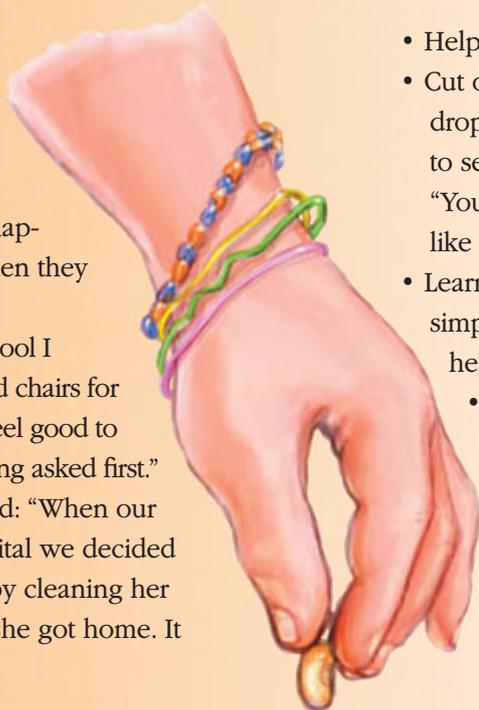
Memorize Mosiah 2:17.

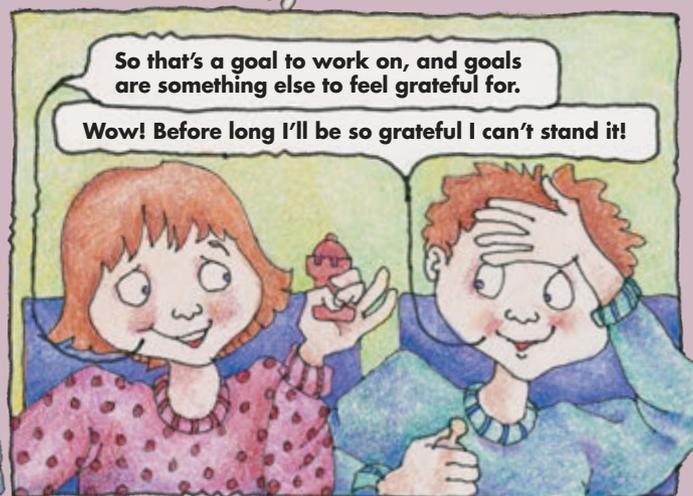
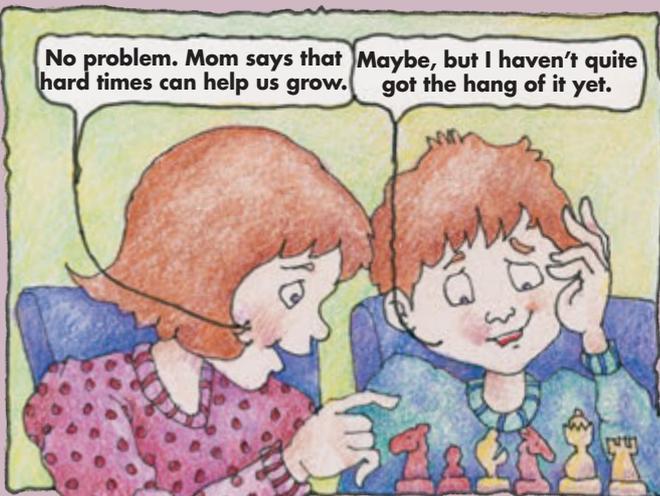
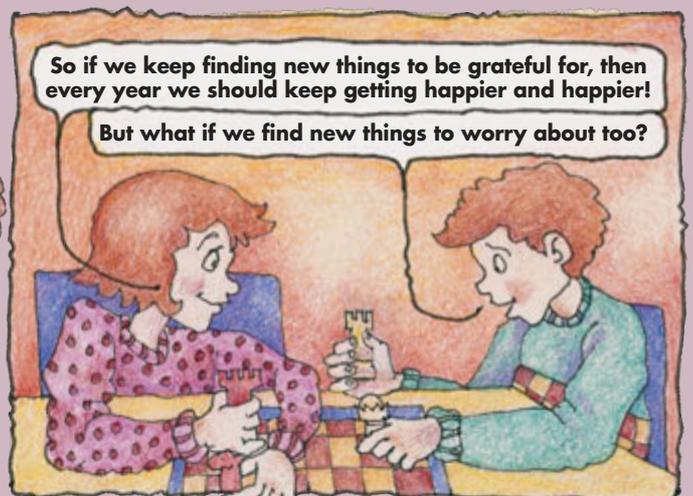
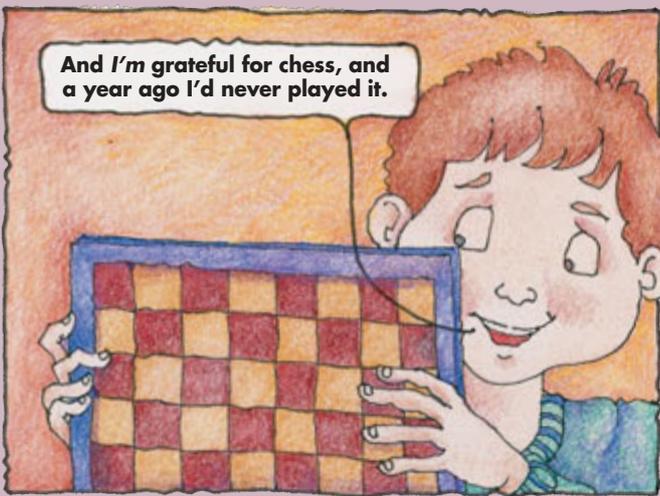
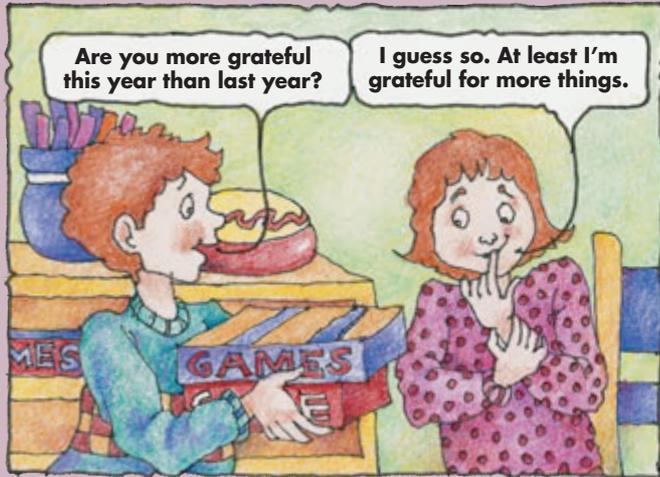
Choose one of these activities, or create your own:

- Help someone else memorize this scripture.
- Cut out the disc on page 40. Every day this month, drop a coin or button onto the disc. Do something to serve the person the coin lands on. If it lands on "Your Choice," you can pick the person you would like to serve.
- Learn to look for ways to help others. It can be as simple as giving someone a smile or a hug, or saying hello.
- Doing acts of service can help you complete goals found in the *Faith in God* guidebook.

How does what you have done help you understand this scripture?

Write in your journal or draw a picture about what you have done. ♦







Getting to the Temple

Andrew knows that as he prays, reads the scriptures, keeps the commandments, and pays his tithing, he is preparing himself to be worthy to go to the temple when he is older. Help Andrew make it to the temple. Use the directions in the key to help.



Start



Move right →

Move down ↓

Move left ←



Finish





Fear not, I am with thee; oh, be not dismayed (Hymns, no. 85).

Lucinda looked at the note and shoved it to the bottom of her scripture bag.

“Lucinda has been asked to give a talk in Primary next week,” the note said.

Lucinda did not like giving talks. Standing up at the podium and looking out at all the children seated in the Primary room terrified her. She hated the way her voice shook and sounded so strange over the microphone. Even the little Sunbeams, she thought, did a better job.

Lucinda decided she would not show the note to her mom. If Mom didn't know about the talk, then next week Lucinda could just tell Sister Fife that she had forgotten to prepare. It sounded like a good plan.

By Friday afternoon, Lucinda really had forgotten about the talk. As she sat in her room enjoying a new art project, she heard the phone ring. A few minutes later, Mom poked her head into Lucinda's room.

“Lucinda, that was Sister Fife reminding you that you were asked to give a talk on Sunday.”

Lucinda flopped down on her bed. “I don't want to give a talk,” she grumbled.

“But you always prepare such nice lessons for family home evening,” Mom said.

“But that's with our family,” Lucinda said. “This is different. I get so scared speaking in front of everyone.”

“Heavenly Father will help you,” Mom said.

“But I'm still scared.”

“Well, if you really don't want to do it, you'd better call Sister Fife and

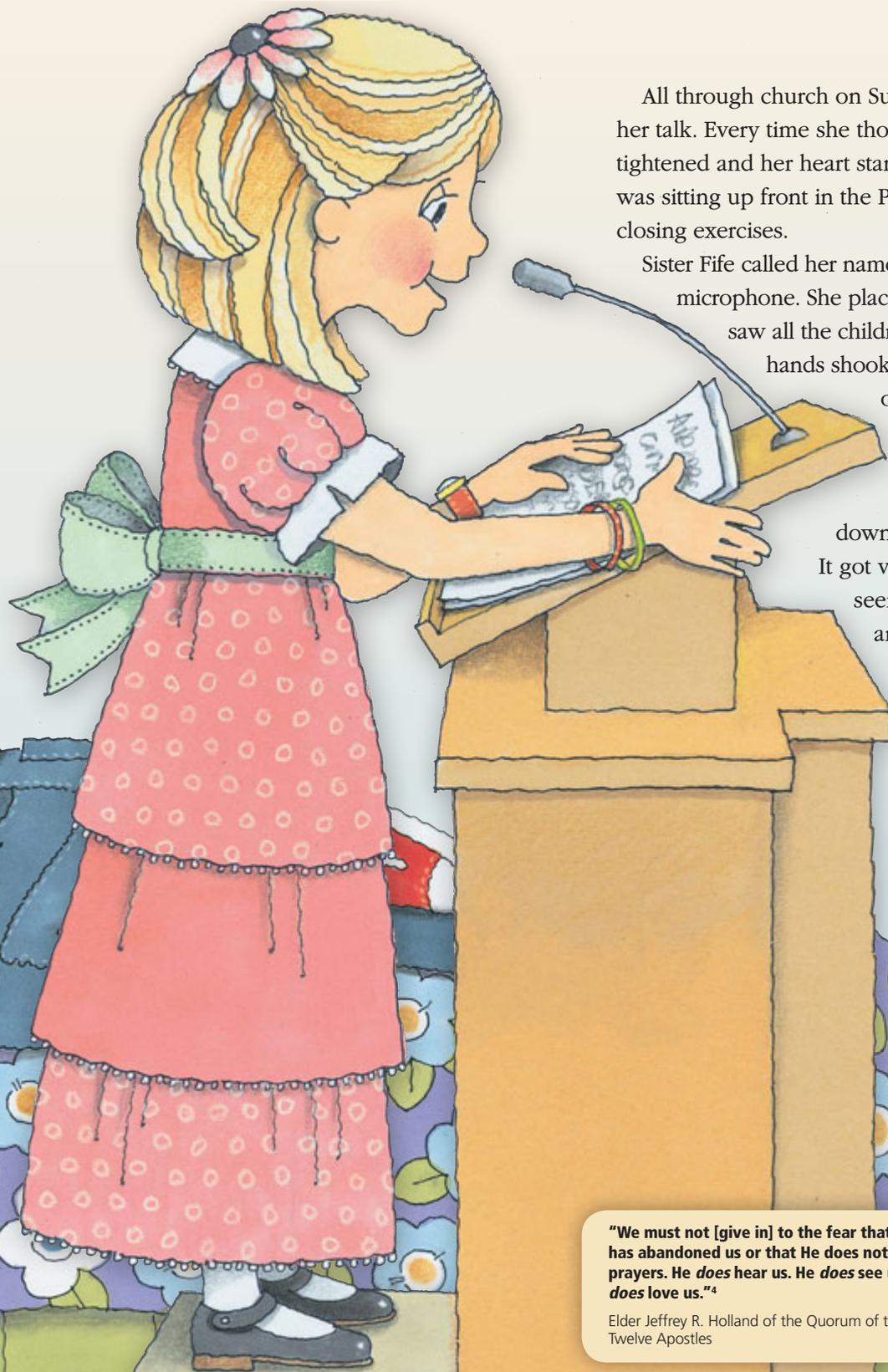
Fear NOT

By Brenda Petrucka
(Based on a true story)

let her know,” Mom said.

Lucinda buried her face in her pillow. She was too shy to call the Primary president. That would be as scary as giving the talk. There was nothing else Lucinda could do. She got up and started writing.





All through church on Sunday, Lucinda worried about her talk. Every time she thought about it her stomach tightened and her heart started beating faster. Soon, she was sitting up front in the Primary room for Primary closing exercises.

Sister Fife called her name, and Lucinda walked to the microphone. She placed her talk on the podium and saw all the children and teachers. Lucinda's hands shook. She said a silent prayer and opened her mouth, but the words just wouldn't come out. Lucinda didn't know what to do. She stood there, staring down at her paper.

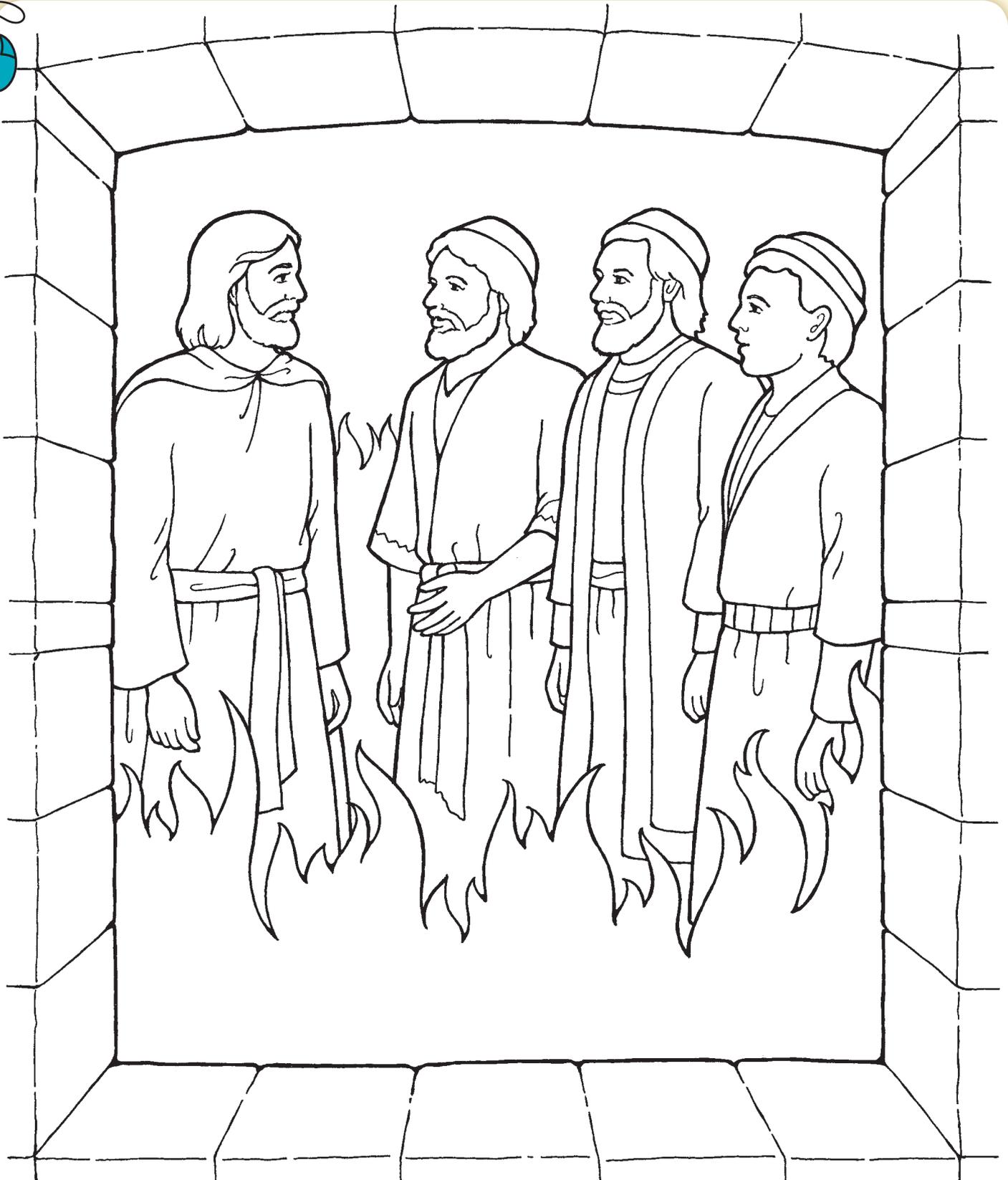
It got very quiet in the room. It seemed like a long time went by, and Lucinda was frozen with fear. Then she took a deep breath and started to speak. The words of her talk began rushing out. Before she knew what had happened, it was over.

As Lucinda sat down, a warm feeling spread through her chest. She knew that Heavenly Father had helped her. And if He could help her get through a talk, He could help her get through anything. ♦

"We must not [give in] to the fear that God has abandoned us or that He does not hear our prayers. He *does* hear us. He *does* see us. He *does* love us."

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





Righteous Men in the Fiery Furnace

*I see four men . . . , walking in the midst of the fire, and they have no hurt;
and the form of the fourth is like the Son of God (Daniel 3:25).*

Friends in the News



Alana H., 5, California, is learning to play the violin. She likes playing with her cousins and her brother. She enjoys going to school, to the beach, and walking in the redwoods.



Marquessa and Joshua T., 5 and 3, North Dakota, had fun memorizing the Articles of Faith. They learned all 13 by singing the Primary songs.



Thomas J., 6, Utah, likes to do chores, play with friends, and go swimming. His favorite day of the week is Wednesday, and Mother's Day is one of his favorite holidays. He has a younger brother and sister. He likes music and reading, and he especially likes to read the *Friend*.



Olivia W., 10, Idaho, likes to play with her friends and her kittens. She is learning the Articles of Faith. She enjoys going to activity days and baking.



Kimball E., 6, Arizona, likes school, sports, and riding his bike. He has a talent for sharing, and he is a good brother to his two sisters.

Would you like to be a friend in the news? Turn to page 48 to find out how.



Tremontion Eighth Ward

The Primary children of the Tremontion Eighth Ward, Tremontion Utah South Stake, had a pioneer activity day. They learned about pioneers, played pioneer games, and even made their own butter.



Peyton K., 8, Utah, likes to read, ride bikes, watch movies with her dad, and play with her cat and dog. She enjoys going to activity days and is working on her Faith in God Award. She tries to listen to the Holy Ghost and do what is right. She has one brother and two sisters.



Alex P., 12, Texas, went rafting one summer in Alaska. His guide gave him the correct clothing and lots of instructions. When he and the others in the raft followed those directions, they were safe. Alex realized that it was a good pattern to follow in life. He knows that listening to the instructions of prophets and the Holy Ghost will help keep him safe.



Alivia P., 9, Alaska, likes to play in the water and ride her bike. Her favorite colors are pink and purple. Her father is in the air force, and she has lived in South Dakota, Hawaii, and Alaska. She has a cat named Miss Boo.



Possible Ideas for Family Home Evening

1. Do the activity “What Do You See?” (page 34). Once you have figured out the pictures, find similar places in your own home. Discuss how these places can make your family more peaceful and loving.

2. Make a Sunday Jar. As a family, talk about keeping the Sabbath day holy and brainstorm activities that are Sunday-appropriate. (Look for ideas on pages 24–25.) Write these ideas on pieces of paper to put in a clean jar or cup. Put the jar in a room where the family will remember it. This way, your family will always have ideas for Sunday activities.

3. Read “Gifts of Courage” (page 2) and do the activity on page 3. Which of these gifts have your

family members received? Which ones are they using now to give them courage?

4. Giving talks can be scary, as Lucinda finds out in “Fear Not” (pages 44–45). One thing that makes talks less scary is being prepared. As a family, brainstorm ideas for Primary talks. Have each child write a talk and practice giving it to the family.

5. Have a missionary-inspired night. Share stories and photos from missionaries or journals of returned missionaries, or cook food that a missionary you know might eat in his or her area. Then discuss how to prepare for a mission, using Elder Bednar’s thoughts as guidance (page 11).

The *Friend* can be found on the Internet at friend.lds.org.
To subscribe online, go to ldscatalog.com.



Please send your submission to: *Friend Magazine*
50 E. North Temple St., Rm. 2432
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 in print or online:

Signature of parent or legal guardian _____

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

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity.

The *Friend* NEW OR RENEWAL SUBSCRIPTION

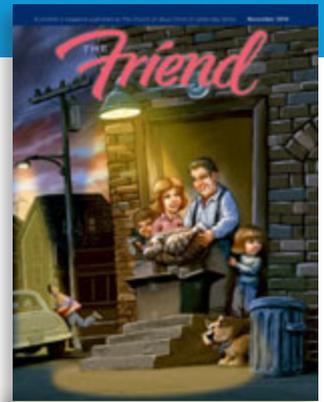
\$8.00 (U.S.) per year

Name _____ Address _____
City _____ State _____ Country _____ Zip _____

To Subscribe: By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express. **Online:** Go to www.ldscatalog.com. **By mail:** Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

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

The *Friend* is available each month in Braille, or as a Talking Book, for the visually impaired. For more information, contact Salt Lake Distribution Services, 1999 West 1700 South, Salt Lake City, UT 84104-4233, United States of America. Key 040204



Topical Index to this Issue of the *Friend*

(FLF) = For Little Friends
(f) = Funstuf
(IFC) = inside front cover
(m) = music
(v) = verse

Book of Mormon 6
Book Reviews 16
Choose the Right IFC, 24, 28, 30
Church History 6
Courage 2, 44
Family 8, 10 (f), 18, 20, 23, 27, 28, 30, 32–35 (FLF), 36
General Conference 26 (f)
Happiness 8, 20, 40
Heavenly Father 2, 4, 44
Holy Ghost 2
Jesus Christ 2, 14, 22 (m), 30, 40, 49
Joseph Smith 6
Journals 12, 40
Love and Kindness 4, 20, 22 (m), 30, 32 (FLF)
Missionary Work 11, 30
Music 12, 22 (m), 27, 28
My Gospel Standards 2, 4, 9, 12, 14, 18, 22 (m), 24, 28, 30, 40
Old Testament 14, 46
Posters 27, 49
Prayer 4, 8, 36, 44
Prophets 2, 5, 9, 14, 26 (f), 34 (FLF), 40
Quorum of the Twelve Apostles 11, 26 (f), 37, 45
Recipes 23
Sabbath Day 24, 28
Scriptures 12, 14, 27, 34 (FLF), 46, 49
Service 4, 32 (FLF), 40
Talents 18, 38
Temple Square IFC, 6
Temples IFC, 6, 12, 43 (f)
Thankfulness 10 (f), 12, 27, 36, 42

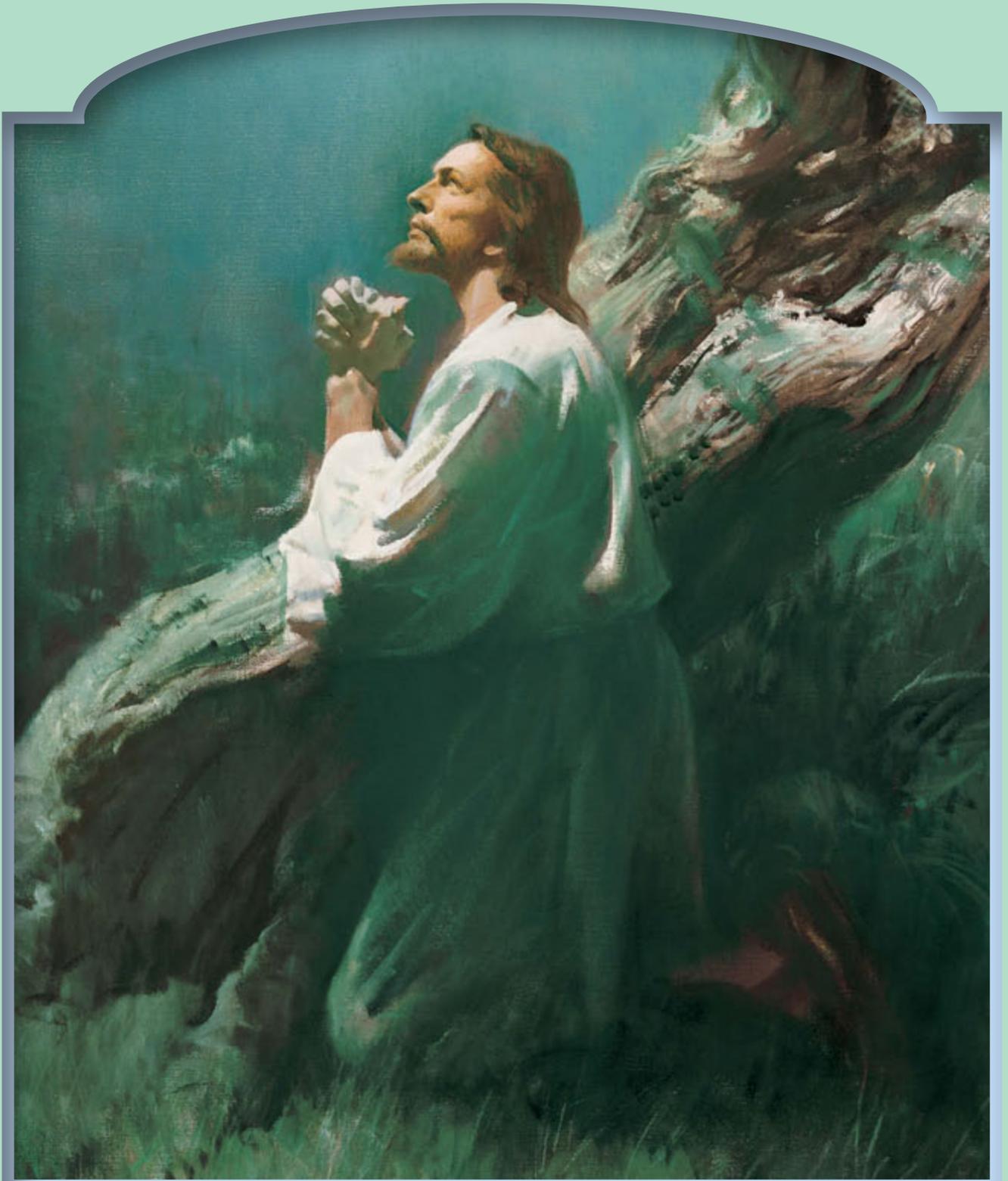
Sidebar References

1. “What Have I Done for Someone Today?” *Ensign*, Nov. 2009, 86.
2. “A Sure Trumpet Sound: Quotations from President Lee,” *Ensign*, Feb. 1974, 78.
3. “Pray Always,” *Ensign*, Nov. 2008, 43.
4. “Lessons from Liberty Jail,” *Ensign*, Sept. 2009, 29.

Funstuf Answers

Page 10: Be Thou an Example: “Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity” (1 Timothy 4:12).
The Family: The family is ordained of God.

Cut here



“For behold, I, God, have suffered these things for all, that they might not suffer if they would repent” (Doctrine and Covenants 19:16).



For Children



CHURCH HISTORY Take a trip back in time with Blake and Ellie as they visit the Church History Museum. Watch as they pretend to give talks from a model of the Salt Lake Tabernacle, get up close to a temple baptismal font, and see an angel Moroni statue. Watch the video on friend.lds.org.

VIDEO Watch the For Little Friends video to see what Truman did to help a family in need. Visit friend.lds.org and click on **For Little Friends**. While you're there, watch any of the other 25 For Little Friends videos.



For Parents



ACTIVITIES Find activities organized by topic in the Activities Archive at friend.lds.org. Print out games, flannel board art, coloring pages, and more.

PODCAST Subscribe to the *Friend* magazine podcast by visiting friend.lds.org and clicking on **Listen To Stories**.



For Teachers and Leaders



MUSIC You can download or listen to almost 200 hymns and children's songs when you visit lds.org/churchmusic. For an alphabetical list, click on **Music** and then on **Download a Song**.

FRIEND SONGS To find songs that have appeared in the *Friend*, as well as other music resources, visit friend.lds.org and click on **Find Children's Music**.

