

10 Friend

LISTEN AND LEARN

When we listen and learn in sacrament meeting, we can become a little better each week! Here are some ideas:

- Take a notebook or journal to sacrament meeting.
- Listen carefully to what the speakers say.
- When something stands out, write down how you feel about it.
- Decide one thing to do during the week because of what you learned.



TASTY TREATS Try these for FHE this month!

- Mix 2 cups pecans, 1/3 cup maple syrup, 1 1/2 teaspoons cinnamon, and 1/2 teaspoon salt in a pan. Cook over medium heat until thickened. Spread on waxed paper to cool.
- Cut 4 large pears in half. Drizzle
 with 1/3 cup honey mixed with 2 tablespoons lemon juice. Broil for 6-8 minutes.
- Make mini sandwiches with dinner rolls, ham or turkey, and cheese.



MORE FHE IDEAS

Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



DEA 28 Make and decorate tithing jars! Read "First Things First" and talk together about how your family pays tithing. Maybe fill out a tithing slip together.





Heroes? Why are they heroes? Read "You Are Super!" What superpowers can your family practice? (You could wear capes for this lesson!)

idea 1: 36; **idea 2:** 26; **idea 3:** 24