Where do you watch CONFERENCE?
See pages 2–7
**Pitch Your Tents**

During general conference, we used the “Pitch Your Tent” cutouts (March 2018) to create a 3D model and added quotes from President Nelson’s talk!

*Ava and Maryanne P.*, ages 8 and 6, Washington, USA

**How I Read the Friend**

I love reading the *Friend*. It’s like the most fun thing ever for me!

*Benjamin H.*, age 7, Georgia, USA

**Better with the Friend**

One Sunday, I was too sick to be around other people, but Mommy needed to bring my older siblings to church. While they went inside to church, we stayed in the car and read and did activities in the *Friend*. It made me happy even when I wasn’t feeling well enough to go to church.

*Olivia R.*, age 6, Illinois, USA

**Dear Friends,**

A new program is beginning in January to help you grow in the ways Jesus did. It’s called Children and Youth, and it’s for everyone who’ll be turning 8 or older next year. You and your parents are invited to learn all about it at a special broadcast this month!

**When:** Sunday, November 17, at 4 p.m. MST

**Where:** Watch at church or at ChurchofJesusChrist.org

With love,

*The Friend*

---

Thank you for the fun things you’ve sent for the Kindness Garden!
A children’s magazine published by The Church of Jesus Christ of Latter-day Saints

These stories and activities support this month’s Come, Follow Me at home and in Primary.
Find more resources at lessonhelps.ChurchofJesusChrist.org.

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In his talk in the Sunday morning session of general conference, President Nelson said, "Latter-day Saints, as with other followers of Jesus Christ, are always looking for ways to help, to lift, and to love others." He told about some ways people need help in the world today:

- 1 out of 9 people don’t have enough food.
- Unclean water makes many people sick.
- 70 million refugees have had to leave their homes.
- People need medicine, glasses, and wheelchairs.
- Disasters like hurricanes, fires, floods, and earthquakes happen around the world.

Three Ways the Church Helps

- Over a period of 35 years, Church members have given more than 2 billion dollars to help people. It doesn’t matter what religion, race, or country the people are from.

- Even before a hurricane hits, the Church starts planning how to help.

- Church members in yellow vests rush to lend a helping hand!

How Can You Help?

- When you are old enough, you can fast, or go without food, once a month. Then you can donate the cost of that food as a fast offering.

- You can also donate money to the humanitarian fund.

- You can find ways to help in your own neighborhood and community—such as donating to a food bank, like these children are doing.
CONFERENCE News

Where in the World?
President Nelson announced eight new temples! Match the cities with the countries (and states) where they will be.

1. Bacolod
2. McAllen
3. Cobán
4. Taylorsville
5. Port Moresby
6. Orem
7. Freetown
8. Bentonville

a. Papua New Guinea
b. Utah, USA
c. Philippines
d. Texas, USA
e. Guatemala
f. Arkansas, USA
g. Utah, USA
h. Sierra Leone

Answers: 1-c, 2-d, 3-e, 4-b, 5-a, 6-g, 7-h, 8-f

Conference Quotes

“ Heavenly Father does hear every child’s prayer.”
Elder Gerrit W. Gong of the Quorum of the Twelve Apostles

“Read and study the Book of Mormon every day, every day, every day.”
Elder Peter M. Johnson of the Seventy

“Our promise to always remember the Savior gives us strength to stand for truth and righteousness.”
Sister Lisa L. Harkness, First Counselor in the Primary General Presidency

Get Ready!
The next general conference will celebrate 200 years since Heavenly Father and Jesus Christ appeared to Joseph Smith. President Nelson invited us to get ready by reading about the First Vision. Color in each scripture icon as you read the verses from Joseph Smith—History.

STAND as a Witness
President Nelson announced that anyone who has been baptized can be an official witness at another person’s baptism. That means you can be a witness at a baptism if you’ve already been baptized!
Loving Our Neighbors
President Oaks taught about the two great commandments—to love God and to love our neighbor. Sometimes other people choose not to follow the commandments. When that happens, we can still keep the commandments and love our neighbors along the way.

This teaches me:

Jesus Hears Us
Elder Holland told the story of Jesus healing a blind man. The man cried out for help to find Jesus in a noisy crowd. We need to keep Jesus at the center of our lives. As we do this, He will hear us and help us too.

This teaches me:

The Book of Mormon
Elder AlliAUD talked about staying with his uncle and aunt, before he was a member of the Church. They weren’t allowed to preach the gospel to him, but his room had many copies of the Book of Mormon. He read it in Spanish and prayed about it. The Holy Ghost told him it was true, and he was baptized!

This teaches me:

Sharing the Gospel
Sister Franco talked about a woman who is so happy to be a member of the Church. Every morning she prays for God to help her find someone who needs to hear about the gospel. Then she brings a Book of Mormon or pass-along card to share with them.

This teaches me:
Amelia, Geneva, Thomas, and Henry M., ages 13, 5, 8, and 11, Massachusetts, USA, like watching their grandma Linda play the organ during general conference. She waves her pinky finger to say a special “hello” to them when she plays!

Stephen J., age 8, Margibi, Liberia

The best thing I like about general conference is being able to see the prophet and apostles teaching. I like to learn the gospel of Jesus Christ.

Lucas F., age 10, Chaco, Argentina

We watch the Saturday sessions of conference at home, and on Sunday we go to the stake center. My favorite part is when the prophet announces the new temples. I like to draw our leaders when they speak.

Jesse and Jonelle T., ages 6 and 8, Kuala Lumpur, Malaysia, like coloring with other Primary children while watching general conference at church. Their sister, Janeelyn T., age 10, feels the Spirit when she hears the Tabernacle Choir start singing.

Moryatu C., age 5, Western Area, Sierra Leone, is excited for a temple to be built in her country! “I like general conference because they talk about Jesus, and I love Jesus,” she said.

Carter A., age 10, Washington, USA

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Lucas F., age 10, Chaco, Argentina
Amelia N., age 10, Glasgow, Scotland, loved when Sister Cordon announced the new Young Women theme. “I especially like the part that says, ‘I am a beloved daughter of Heavenly Parents,’” Amelia said. “I’m super excited to go to Young Women, and I can’t wait until I turn 11!”

General conference helps me feel the Holy Ghost through a feeling of peace. My parents and I wake up early to read the scriptures and get ready to go to church so we can be on time to watch conference.

Gabriela S., age 8, Rio Grande do Sul, Brazil

Kekoa and Ziva W., ages 9 and 6, Washington, USA, especially liked President Nelson’s talk about helping people all over the world. Kekoa said, “I liked listening to how the bishops use fast-offering funds to help people in need.” Ziva said, “I felt sad for people with no food or water but happy that we can help.”

Felicity A., age 8, Oregon, USA

Draw a picture of yourself and add your own quote about conference here!
“Be not afraid” (Matthew 14:27).

“Dennis, will you give a talk in Primary next week?” Sister Harris asked. “We’d love for you to talk about a prophet in the Book of Mormon.”

Dennis gulped. He had shared a scripture and said a prayer in Primary before, but he wasn’t sure he could give a whole talk. What if he stuttered? He went to speech therapy, but it was still hard to speak clearly when he got nervous.

“I’ll try m-my best,” he said. Sister Harris smiled. “That’s all that Heavenly Father asks of us.”

Dennis couldn’t stop thinking about the talk for the rest of Primary. As soon as his family left church, he blurted out, “I’m scared of giving a talk!” His voice trembled, and he felt hot tears in the corners of his eyes. “What if I mess up? What if I trip on my way to the microphone? Or what if I can’t remember what to say and freeze like a human statue?”
Mom smiled and put her arm around his shoulders. “I believe in you, and I have faith that Heavenly Father will help you.”

“Does Heavenly Father know I’m scared?” Dennis asked, wiping his eyes.

“Yes! Heavenly Father always knows how we feel,” Dad said. “He and the Savior understand everything we go through. They love us with all Their hearts.”

Dennis felt better after that. That night, he prayed about what he should say in his talk. He decided to share a scripture story. He thought of when Nephi’s bow broke. Nephi was brave and faithful, even when his older brothers were mean to him.

The next day Dennis wrote down that story in his own words. Mom helped him spell the words he didn’t know. Dennis practiced telling the story every day for the rest of the week.

On Sunday morning, Dennis said his talk to his family one last time. But he was still a little nervous. “Dad, will you give me a blessing?” he asked.

“I would love to,” Dad said.

Dennis sat in a chair, and Dad put his hands on top of Dennis’s head. Dennis listened carefully as Dad spoke. Dad blessed him that he would be calm and that he would be able to say what he wanted to say. “Dennis, your Heavenly Father loves you very much,” Dad said. “His peace will be with you.”

Dennis felt a warm, calm feeling. He knew what Dad said was true.

When it was time for Dennis to give his talk, he walked to the front of the Primary room. He felt his knees shaking, but that didn’t stop him. And he didn’t trip! He looked to the back of the room and saw his parents smiling at him. He smiled back.

“Nephi and his family lived in the desert for years. But one time, Nephi b-broke his bow, so they couldn’t get f-f-food.” Dennis stopped. He was stuttering! He thought about giving up, but then he remembered his blessing. He took a deep breath and kept going.

“Nephi made a n-new bow and caught some food for his f-family. I know that Heavenly F-Father will help us as we try to do what’s right. In the name of Jesus Christ, amen.”

As Dennis sat down, he felt a warm, calm feeling again. He had given a whole talk! God had helped him, just like Dad had promised in the blessing. ●

The author lives in Colorado, USA.

We recently did a Primary program, and I had a part for the first time. In years past, I was too afraid to even try to get up there in front of everyone at sacrament meeting. I am 100% sure Heavenly Father helped me be brave! If you are ever nervous, I know He can help you overcome your fears too.

Jaylee P., age 8, Kentucky, USA
Here are some ideas you could use for home evening.

**GRATITUDE GRANOLA**

This treat goes with the first idea below. Have family members say something they’re grateful for as they add each ingredient! Be sure to get an adult’s help with cooking.

1. Preheat oven to 250°F (120°C).
2. Mix together 1/2 cup brown sugar, 1/2 cup honey, 1/4 cup oil, 1/2 teaspoon cinnamon, and a pinch of salt in a small bowl.
3. Pour the honey mixture over 4 cups rolled oats and stir to combine.
4. Press the oats onto a greased cookie sheet.
5. Bake for 1 hour, stirring every 15 minutes.
6. After the granola cools, you can add dried fruit, nuts, or chocolate!

**SONG:** “Faith” (Children’s Songbook, 96)

**SCRIPTURE:** Hebrews 11:1

**ACTIVITY**

► Play the “Having Faith, Trusting God” matching game on page 11. Then cut out the pictures of each person and put them in a bowl.

► Take turns picking a picture. Talk about how each person had faith in God’s promises. How were they blessed?

► As a family, talk about how you can show faith this week. (See family manual, pages 175–176.*)

**MORE IDEAS**

- Read “Searching for Sir Crunch-a-Lot” (page 36), and then make the treat above. What is your family grateful for?

- Read “James Taught the Gospel” (page FJ4). Then memorize James 1:5 as a family. Talk about how this verse led Joseph Smith to receive the First Vision. (See family manual, page 178–180.*)

- Read “The Primary Talk” (page 8). How was Dennis blessed by the power of the priesthood? How can the power of the priesthood bless your family? (See family manual, page 175, 180.*)

*Come, Follow Me—For Individuals and Families*
Hebrews 11 talks about faithful people who trusted God and followed Him. Match the picture of each person with their story. (Look up the scriptures if you need a hint!)

**NOAH**  
(Hebrews 11:7)  
God told me I would be a mother. Even though I was too old to have children, I had a baby! Now my family is as numberless as the stars in the sky or sands on the seashore.

**MOSES**  
(Hebrews 11:24–29)  
God told me to build an ark. Because I obeyed, my family and I were saved from the flood.

**SARA**  
(Hebrews 11:11–12)  
God told me to lead the slaves out of Egypt. We crossed the Red Sea on dry ground.

**ABRAHAM**  
(Hebrews 11:8–9)  
God told me to travel to a new land. I obeyed, even though I didn’t know where I was going. I was led to a promised land where I could raise a family.

Use Hebrews 11:1 to fill in the blanks below:

“Now _____ is the substance of things _____ for, the evidence of things ___ _____.”

This means that when we have faith, we trust God, even if we can’t see the answers right away. Stay faithful!

See family manual, page 175; Primary manual, page 175.
"I know that my redeemer liveth" (Job 19:25).

"OK, class," the teacher said. "We're done with maths. It's craft time!"

Ismay smiled as the whole class started chatting. Ismay loved craft time. This was the only chance she had to talk with her friends during class.

"Can you believe Christmas is next month?" Mason asked.

Ismay nodded. "I can't wait!" Ismay thought about her favorite treat. She could almost taste the pavlova, buried in whipped cream and topped with blueberries and kiwifruit. *Mmmmmm*

"What's your favorite Christmas tradition?" Ava asked.

"Oh, that's easy," Mason said. "Barbecue at the beach! Mum and Dad spend weeks getting ready for it. It's the best food in the world!"

Ismay grinned. She loved doing that too. But it wasn't her favorite. "Ours is going to see the pohutukawa trees," Ismay said. "We have a picnic under them."

Pohutukawa trees bloomed at Christmastime. That's why people called them New Zealand Christmas trees. Their pretty red blossoms made Ismay think that even the trees were celebrating Jesus!

"Well, my favorite is what we do on Christmas Eve," Ava said. "We go to a church service and talk about when Jesus was born. Then we each get to open one present."

Everyone around her got excited about
opening presents. They started talking about what they wanted for Christmas.

Just then, Charlotte dropped her scissors and crossed her arms. She looked grumpy all of a sudden. “Jesus isn’t even real! Besides, Christmas is just about giving presents that nobody needs.”

Then Charlotte picked her scissors back up and started cutting quickly. Everyone was quiet for a moment.

“Actually,” Mason finally said, “I really do need a new scooter.”

Ismay’s other friends laughed. They kept talking about what else they wanted for Christmas.

But Ismay didn’t laugh. She felt sad because of what Charlotte said about Jesus. She wanted to say something. But would that only make Charlotte more mad?

Ismay kept working on her craft for another minute.

Then she turned to Charlotte. “You know what you said about Christmas? Well, I don’t feel that way,” she said quietly. “To me, Christmas is about being with family and friends and showing love to people.” She took a deep breath. “And it’s about Jesus. He is real.”

Charlotte rolled her eyes. “Prove it!”

Ismay blinked. Prove it? How? “I . . . I can’t,” she said. Then she put her hand over her heart. “But I feel it in here. I believe He’s real and that He loves me. He loves you too.”

She felt so good inside when she said that! A warm, happy feeling washed over her. For just a second, she thought she saw Charlotte’s face get brighter. But then her grumpy frown came back.

“Whatever,” Charlotte said. But her voice didn’t sound quite so angry anymore.

Later that night, when Ismay told her family what happened, Mum said, “I’m proud of you. I think you planted an important seed today. Who knows what that will grow into someday?”

A seed! Ismay thought again about the beautiful pohutukawa trees they would soon visit. Those trees started out as seeds too. Then, over time, they grew tall and beautiful.

“Thanks, Mum!” Ismay felt glad she could plant a seed about Jesus. That was the best Christmas gift she could give anyone.
Most people in New Zealand speak English, but many also speak Māori. This boy is reading Ko te Pukapuka a Moromona (the Book of Mormon) in Māori.

The Māori people, the first people in New Zealand, came in boats from far away. Today they remember their ancestors through dancing and art.

Thousands of kiwi birds live in New Zealand. They are about as big as chickens, and they can’t fly! People who live in New Zealand are nicknamed “Kiwis.”

Fun fact: New Zealand has more sheep than people! Sheep farming is an important business here.
New Zealand is a country in the Pacific Ocean. It has two main islands, and about 5 million people live there.

Meet some of our friends from New Zealand!

Jesus loves us for who we are, and we should love each other.

Caylin-Rose T., age 11, Auckland, New Zealand

I love my family, and I love Heavenly Father and Jesus and what They created.

Adam H., age 8, Auckland, New Zealand

Are you from New Zealand? Write to us! We’d love to hear from you.

November 2019
Kindness Flowers

Here’s a kindness game you can play with a friend or family member.
It’s like the game “hangman,” but a lot friendlier!

Think of a kind word that describes the other person (like “brave” or “funny”). Draw a blank line for each letter of the word.

Have the other person guess which letters are in the mystery word. If they guess correctly, write that letter in the blank. If they guess a letter that’s not in the word, draw a petal on the flower and write that letter in it.

Try to guess the word before the flower has all six petals. Then take turns and play again with a new flower! After the game is done, you can finish and color the flowers.

Example:

HELPFUL
My name is Brooklyn. There is a boy in my grade 3 class who has been quite mean to me throughout the whole year. When I asked my mom why he’s mean to me, she told me that sometimes people try to make you feel bad when they’re sad about their own lives.

Yesterday I came home from school a little bit sad because he was unkind to me again. Mommy said he was probably unhappy. I decided that instead of letting him make me feel sad, I was going to try to cheer him up. So I wrote him a card. It said that I noticed that sometimes he was sad, and I hoped my card would make him feel happier. I put a candy on the card and gave it to him. When he read it, he smiled. Then he said, “Thank you, Brooklyn.” He has been nice to me ever since.

My mom says that I showed Christlike love and saw him through the Savior’s eyes. If someone’s not kind to you, try being kind to them. It might take a month or a year, but you might finally get a smile back!
By Maryssa Dennis
(Based on a true story)

On the way to church, I saw people who looked like they didn't have homes.

Church was great, wasn't it?

Now what should we do?

We could write letters to Grandpa or visit Sister Gomez. Or is there someone else we could help?

Good idea!

I'll find a list of donations the homeless shelter suggests. Let's see what we have at home.

Can we give something to them?

On the way to church, I saw people who looked like they didn't have homes.
Can we make some muffins to give to them too?

You bet.

A little while later . . .

Hi! We wanted to give you these.

They have lots of good stuff in them—even muffins!

Thank you!

God bless you.

I'm glad we helped people today.

Me too!

Thanks to Cayden and Ammon G. for sharing their story with us.

And sharing their great example!
Find It!

This whole family has so much to be thankful for! Jamir and his sister, Kaliah, have just been adopted into their new family. Can you find the hidden objects?
Search, Ponder, and Pray

Words by Jaclyn Thomas Milne
Music by Carol Baker Black

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With feeling

1. I love to read the holy scriptures, And every time I do, I feel the Spirit start to grow within my heart—A testimony that they're true. Search, ponder, and pray, Are the things that I must do. The Spirit will guide, and deep inside I'll know the scriptures are true.

2. So prayerfully I'll read the scriptures Each day my whole life through. I'll come to understand. I'll heed the Lord's command And live as He would have me do. Search, ponder, and pray, Are the things that I must do. The Spirit will guide, and deep inside I'll know the scriptures are true.

Words and music by Carol Baker Black.
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HEAVENLY FATHER GIVES US THE SPIRIT OF LOVE.

(See 2 Timothy 1:7.)
Elder Gong Visits Italy

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

Elder Gerrit W. Gong and his wife, Sister Susan Gong, traveled to Italy when the Rome Italy Temple was dedicated. It’s the first temple to be built in a place where Jesus’s Apostles taught in Bible times!

We feel Jesus’s love for each child when we meet children everywhere in the world.

Elder Gong, the First Presidency, and the other Apostles had their picture taken in the new visitors’ center. They stood in front of statues of Jesus Christ and His Apostles.

These children came with their families to hear President Russell M. Nelson dedicate the new temple. When they are old enough, they can do temple baptisms there!


November 2019
1. A dove flying in the sky (see Matthew 3:16)
2. An injured man carried on a donkey (see Luke 10:30–37)
3. A woman by a well (see John 4:6–30)
4. Birds eating seeds on the ground (see Matthew 13:1–9)
5. A woman holding a lamp and a bottle of oil (see Matthew 25:1–13)
6. A man sitting next to a pig (see Luke 15:11–32)
The stained-glass window in the visitors’ center of the Rome Italy Temple is full of stories about what Jesus taught and what He did. Can you find them in this coloring page? What do they teach us about Jesus?

1. A dove flying in the sky (see Matthew 3:16)
2. An injured man carried on a donkey (see Luke 10:30–37)
3. A woman by a well (see John 4:6–30)
4. Birds eating seeds on the ground (see Matthew 13:1–9)
5. A woman holding a lamp and a bottle of oil (see Matthew 25:1–13)
6. A man sitting next to a pig (see Luke 15:11–32)
7. A basket full of bread and fish (see Luke 9:13–17)
8. A girl holding her mother’s dress (see Mark 5:39–42)
9. A boy looking up at Jesus (see Mark 10:13–16)
10. A rooster (see Luke 22:54–62)
11. A rich man standing on a balcony (see Matthew 19:16–26)
12. A boat (see Mark 4:35–41)
The LIVING Christ

The prophets and apostles wrote “The Living Christ” to tell the world about Jesus Christ. Read part of it each month and memorize the line in green.

“We bear testimony, as His duly ordained Apostles—that Jesus is the Living Christ, the immortal Son of God. He is the great King Immanuel, who stands today on the right hand of His Father.”

THE IMMORTAL SON OF GOD

Use the hints on this page to fill in the blanks. The highlighted letters give the final message! See answers on page 39.

We have this through the Atonement of Christ (see Moroni 7:41): __ O __ __

Name for Christ that means “God with us”: __ __ __ __ N __ __ L

Special men called to teach about Jesus (hint: there are 12 of them): A __ __ S __ __ __

Word that means “living forever, never dying”: __ M __ __ __ __ A L

We are promised this if we believe in Christ (see John 6:47):

E __ __ R __ __ __ __ __ N __ L __ F __

What you know is true: __ __ __ T __ M __ __ Y

__ __ __ __ __ __ __!
Names of Jesus

There are many different names used for Jesus Christ in the scriptures. Can you find some of these names in the word search?

My favorite scripture about Jesus is ________________________________.
Beth had never met someone who was blind before.

By Ruth O’Neil
(Based on a true story)

“It is fun to have a friend who will play with you” (Children’s Songbook, 262).

Beth skipped to her room to pick up her toys. A new family from church was coming over for dinner, and they had a girl her age. Mama said her name was Cara. Beth couldn’t wait to meet her!

When the doorbell rang, Beth ran to the front door. “Hi! I’m Beth.”
“We’re the Palmers, and this is our daughter, Cara,” said the dad.

Right away, Beth could tell there was something different about Cara. Cara didn’t look right at Beth when she talked. When everyone walked to the table to eat, Cara’s dad held her arm. And before they started eating, Cara’s mom told her where each food was on her plate. Could Cara not see?

“I’m blind,” Cara said. “So Mom helps me know what I’m about to eat.”

Beth remembered a story from the Bible about a blind man that Jesus healed. But she had never met someone who was blind before.

After dinner, Mama said, “Beth, why don’t you and Cara play in your room?”

Beth looked at Mom with wide eyes. She wasn’t sure what to do.

Cara smiled and held out her hand. “Lead the way!” she said.

Seeing Cara smile made Beth feel better. She took Cara’s hand and led her down the hall to her room. Then Beth let go of Cara’s hand to get some toys for them to play with.

Cara stood in the doorway. “If you tell me where there’s a bed or a chair, I can sit down,” she said.

“Oh!” Beth turned around. “Sorry about that!”

“It’s OK,” Cara said. “Where should I go?”

Beth tried to think of a way to explain where the chair was.

“Is it to my right or to my left?” Cara asked.

“To your right,” Beth said, starting to understand. “Take two steps.”

Cara took two steps to her right. She put her hand out, felt the chair, and sat down perfectly.

“Thank you,” she said. “Now let’s play!”

“How can you play with toys if you don’t know what they look like?” Beth asked shyly.

“I feel them,” Cara said. “Here—hand me something, but don’t tell me what it is.”

Beth handed Cara a toy and watched as she felt it all over. Cara grinned. “It’s a sock monkey.”

Beth laughed. “That’s right! Mama and I made it together.”

“Someday I’m going to learn to sew too,” Cara said.

“Really?”

“Yeah! I’ll be able to feel all the stitches. Maybe I can learn to make a sock monkey like yours.”

Cara hugged the sock monkey close.

“You can keep that one, if you want,” Beth said.

“But you and your mom made it together,” said Cara. “Don’t you want to keep it?”

That made Beth giggle because there was a whole pile of sock monkeys on her bed! “I have plenty!” She began to plop them on Cara’s lap one at a time. “We made this one, and this one, and this one, and all of these.” Cara and Beth laughed.

“So really, you can pick one to take home!”

Beth said.

“Thanks!” As Beth watched Cara feel each monkey and pick one to keep, she realized she had made a new friend.

“I’m glad I met you tonight,” Beth said.

“Me too,” said Cara. “Someday, I’ll make a sock monkey to give to you!”

The author lives in Virginia, USA.
Matt’s about to have surgery on his broken arm. Dad and Brother Johnson gave him a priesthood blessing.

Thanks for coming on such short notice, Tyrell.

I’m glad you asked me.

A few hours later—

Is the surgery over already?

Yes, and the doctor says everything went fine.

We’ll be able to take you home today.

At school the next week—

Yeah, I was climbing a tree when a branch snapped!

I was lucky something stopped my fall.

What was it?

The ground!

Two weeks later at Thanksgiving dinner,

Matt tells what he’s grateful for—

. . . and that my fall wasn’t worse

. . . and that I learned I can do hard things

. . . and for doctors and nurses, and priesthood blessings . . .

I’m grateful that my eating arm wasn’t injured.
One day at church, we learned about the importance of scriptures. My teacher told how she hangs scripture verses on her door so she can always see them. I wanted to do the same thing! Soon my door was covered with scriptures that I could see and read every day. I am very glad that the scriptures help me connect with and get closer to my Father in Heaven.

Jordan R., age 11, Utah, USA
“I sought the Lord, and He heard me” (Psalm 34:4).

Zach had never felt more worried in his whole life. His dog, Ace, had swallowed something he shouldn’t have eaten, and it was stuck inside him. If Ace didn’t have surgery right away, he would die!

Dad was at the veterinarian’s office now with Ace. Zach wished he could be there too, instead of stuck getting ready for school. With a sigh, he knelt by his bed to say a prayer. “Heavenly Father, I’m really worried about Ace.

Please Bless ACE

By Allison Lee Burton
(Based on a true story)
Please help the surgery to go all right. Please bless Ace to live, and please help me not feel so worried.”

Zach knew Heavenly Father loved him and heard his prayer. The worried feeling in his stomach melted away a little bit, and he felt more calm inside. Zach zipped up his backpack and ran to catch the bus. Everything was going to be OK.

At school, Zach kept thinking about Ace. Ace was such a healthy dog. But he got sick so quickly! What if Ace dies before I can say goodbye? All of Zach’s worried feelings rushed back. Zach took a deep breath and remembered the peace he felt after he prayed that morning. Heavenly Father would answer his prayer, wouldn’t He?

When Zach came home from school, he ran straight inside to ask Mom how the surgery went. “Mom! How’s Ace?”

“He’s OK,” said Mom. “He’ll be home soon, but he’s going to be pretty sore. We’ll need to be gentle with him.”

Zach let out a big sigh as Mom gave him a hug. He was so relieved. And he couldn’t wait to see Ace!

When Ace came home, Zach’s family gave him extra care. They brought him his favorite toys. They talked to him and told him how much they loved him. They gently rubbed the fur on his back. Zach took time to scratch Ace’s ears. Ace loved the attention. He seemed to be getting better and better.

But the next week, Ace got sick again. He stopped eating and drinking and seemed very tired. Zach’s stomach sank as he watched his parents drive away to take Ace back to the vet.

When Mom and Dad walked through the door a few hours later, they were alone. They gathered the family together and explained that Ace had died. Zach felt numb. He could hear his brothers and sisters crying and felt tears on his own cheeks.

Zach thought about his prayer before Ace’s surgery—the prayer that brought him so much comfort and peace. He had asked Heavenly Father to bless Ace to live, but now Ace had died. This wasn’t what he prayed for at all!

Mom came over and sat next to Zach on the couch. “Ace was such a good dog,” she said. “We had so many happy times with him.”

Zach smiled a little as he remembered scratching Ace’s ears in just the right spot. Then he thought about the past week. Ace had lived for 10 more days after the surgery. Zach got to spend time with him and show Ace how much he loved him.

Maybe Heavenly Father really did answer my prayer, Zach thought. A warm feeling came over him like another hug. He still missed Ace, and he still felt sad. But he also felt peace. Zach knew that Heavenly Father had heard his prayer, even if the answer wasn’t exactly what he wanted. He knew Heavenly Father loved him. And because of that, everything really would be OK.

The author lives in Virginia, USA.
Dear Sad,

Everyone grieves in their own way. You may feel sad or angry or confused or empty. Whatever you feel, just let yourself feel it. Try not to force yourself to feel a different way. You may never stop missing the person you love. But over time, it won’t hurt so much. Things will get easier.

Try writing down your feelings. Talk about it with a family member, friend, teacher, or counselor. And always remember to pray to Heavenly Father. He can help you get through even the hardest times.

With love,

The Friend

---

Look up these scriptures and match them with the truth they teach.

1. John 14:18, 26–27  
   a. Jesus Christ understands how I feel.
2. Doctrine and Covenants 121:7  
   b. Hard experiences won’t last forever.
3. Alma 7:11–12   
   c. Someday there will be no more pain or death.
4. Mosiah 16:8   
   d. The Savior and the Holy Ghost will comfort me.
5. Isaiah 41:10   
   e. Because of the Resurrection, I will see my loved one again.
6. Revelation 21:4   
   f. Heavenly Father is always there for me.

Check answers on page 39.
Hokey Pokey!

A popular flavor of ice cream in New Zealand is hokey-pokey, or honeycomb toffee. Here’s how to make a version at home. **Be sure to get an adult’s help.**

1. Line a tray with wax paper. Measure the baking soda so it will be ready later.
2. Mix the sugar, syrup, and water in a large pot. Then turn the stove to low heat.
3. Let the mixture melt together. Do not stir!
4. When the sugar has dissolved, turn up the heat to medium and let it bubble for three minutes (without stirring), or until it reaches 300°F (150°C).
5. Remove from heat. Quickly whisk in the baking soda for a few seconds and let the mixture foam up. Then quickly pour it onto the wax paper. Don’t flatten it with a spatula, or the bubbles will disappear.
6. Let the toffee cool at least an hour. Then break it into pieces and mix into vanilla ice cream.

Kiwi Quest

Here are some fun words from New Zealand. Now find them in the word search! As a bonus, the puzzle itself is shaped like the country’s national bird: the kiwi.

**chocka:** full

**gumboots:** rubber boots/galoshes

**haka:** a ceremonial dance

**hongi:** a traditional greeting made by touching foreheads and noses together

**kiwi:** a flightless bird and a symbol of New Zealand

**togs:** swimming suits/swimwear

**tramping:** hiking

**wop-wop:** the middle of nowhere
“I help you, and you help me, and that’s the way it’s supposed to be” (Children’s Songbook, 263).

Mom pushed the grocery cart up and down the aisles of the bishops’ storehouse while Mackenzie looked for her favorite cereal. All she could find were the boring kinds, like corn flakes and oatmeal. Where was the Sir Crunch-a-Lot? She sighed and pulled a bag of granola off the shelf and put it in the cart.

Mom said the bishops’ storehouse was the Church’s store, and it helped people like them who didn't have a lot of money. Mackenzie didn’t understand. She knew Dad lost his job, but why did that mean she had to eat boring food?

Mackenzie followed her mom to the front of the store. Mom gave a slip of paper to the woman at the counter. Mom and the woman talked for a moment, and then Mom rolled their cart out to the car.

“Mom, why did you give her that paper instead of money?” Mackenzie asked.

Mom smiled. “You know we came here because we don’t have a lot of money right now, right?”

Mackenzie nodded and started putting groceries in the car.

“Well, when people at church pay their fast offerings...
“We can choose to be grateful, no matter what.”

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles

“It’s been a tough month, that money helps people who are having a tough time.”

“Like us,” Mackenzie said.

“Right,” said Mom. “Some of that money buys food for people who need it. Your dad and I visited with the bishop, and he told us we can shop here for a few months until Dad gets a job. That paper was a list of the things we need.”

Mackenzie raised her eyebrows. “So other people are paying for this food? That’s really nice of them. But why don’t they have better cereals?”

Mom laughed as they finished putting the groceries in the car. “Well, they might not have some of the things you love, but it’s good food. I’m really grateful for it because it means we won’t be hungry.”

“Yeah, I guess so,” Mackenzie said. But she couldn’t help thinking of a big bowl of Sir Crunch-a-Lot.

The next day at school, Mackenzie stared at the ham sandwich and apple in her lunch bag. She frowned. Most of her friends were eating pizza from the cafeteria, and it smelled delicious!

Then Sarah, her friend from church, sat down next to her. Mackenzie noticed that she didn’t have any lunch.

“Why aren’t you eating?” Mackenzie asked.

“My family is fasting for my uncle,” Sarah said. “He doesn’t have a job right now, so we’re praying for him.”

Mackenzie’s jaw dropped.

“But it’s not even Fast Sunday!”

“Yeah, it’s pretty hard being hungry at school,” Sarah said. “But I wanted to fast with my family.”

Mackenzie remembered how Mom said fast offerings helped pay for their groceries. She thought of all the kind people who fasted on Fast Sunday and gave money to help her family have enough to eat.

Suddenly pizza didn’t seem so important, and neither did Sir Crunch-a-Lot. She said a silent prayer to thank Heavenly Father. Then she took a big bite of her sandwich. Gratitude made everything taste better. 

The author lives in Utah, USA.
Mom, I want to be a member of the youth battalion!” I said after watching President Nelson’s special devotional for the youth. I looked for ways to be a youth-battalion member. I tried to be extra kind to people at school. I stood up for someone who was being teased.

After watching President Nelson’s talk in general conference about calling the Church by its full and correct name, I knew there was something I could do about it. I remembered a section of my student dictionary that talked about religion and called us “Mormons.” I immediately wrote the following email to the student dictionary.

Dear Student Dictionary,

I’d like to point out a mistake. On page 510 of the 19th edition, when giving percentages of how many people in the United States are a part of each religion, it says that “Mormon” is 1.7 percent. But “Mormon” is not the name of our religion. The full name of our religion is The Church of Jesus Christ of Latter-day Saints. The name “Mormon” is a nickname that was formed because of the book we believe in, which is called the Book of Mormon. Saying “Mormon” as the name of our church makes people think that we worship Mormon (who was the editor of the book), but we really worship Jesus Christ.

Sincerely,
Matthew
P.S. Please respond.

A month later, they responded! They thanked me for my message and said they would make the change. They even offered to send me a copy!
How to Write to the *Friend*

To send us a letter, drawing, poem, or flower . . .

1. Fill out the form below and send it in with your story or artwork, and include a school picture or other high-resolution photo.
2. We might edit your submission, and we can't return it to you.

The following information and permission must be included:

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I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child’s submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian

Date

Email of parent or legal guardian

May the *Friend* contact you with a survey?

Yes  No

The Last Laugh

I thought for sure we had some olives in our food storage!
For Parents of Little Ones

We are so inspired by busy parents who find ways to make holy habits work in their lives. How do you stay spiritually nourished while taking care of young children? Here are ideas from other parents.

“I downloaded the BYU Speeches podcast and listen while getting ready in the morning, while driving around, and while getting ready for bed. I love it!”
—Kellee P.

“I find I am most uplifted through music! And when I can pair music and taking care of children together, it’s even better. I love singing Primary songs to my kids. We talk about the messages of the songs. This is so nourishing to my own spirituality.”
—Andrea J.

“I just have to accept that my study time is going to be short and full of interruptions. I often have a child on my lap or on the chair next to me as I study. I give them something to scribble on and read out loud to them from the scriptures or manual. Sometimes I explain what the verses mean and ask them questions from the book. Some days are better than others. Often I can’t even remember what I studied, but I feel blessed for at least making the effort.”
—Emily J.
Hi, Friends!

My brother was in time out, and I brought him his favorite toy to help him feel better.
Frederick, age 3, New Hampshire, USA

I sing “I Am a Child of God” to my friends and sister when they are sad.
Lily, age 3, British Columbia, Canada

I serve my neighbor by pulling her weeds.
Brooklyn, age 5, Utah, USA

I was brave and gave my first talk in Primary!
Sterling, age 3, North Dakota, USA
Ivy is a good example to her brother Max. Ivy kneels by her bed to pray. Then Max wants to pray too. Ivy puts away her toys. Then Max puts away his toys. When Ivy reads the scriptures, Max reads the scriptures with her. Max and Ivy learn about Jesus in the scriptures. Jesus was a perfect example. Jesus was kind to everyone. And Ivy and Max are kind too. And Max and want to be like Jesus. You can be like Jesus too!

See family manual, page 167; Primary manual, page 166.
Trying to Be Like Jesus

Jesus was kind to everyone. Draw a line to match the pictures of Jesus with ways you can be kind too.

Ask your little one:
How can you be kind today?
Did you know that Jesus had brothers and sisters? One was named James. When he grew up, he helped lead the Church.

James taught that we should be patient. He also taught about faith. He wrote his teachings down. Now they are part of the Bible.
One special verse is James 1:5. It says that if we have questions, we can ask God. Many years after James wrote this scripture, a boy named Joseph Smith read it. He prayed to know which church to join. Joseph’s prayer was answered! James had helped Joseph know what to do when he had a question!

When I have questions, I can ask God, like James taught!
COLORING PAGE

I Can Learn from the Scriptures
Henry and Mom were driving home. Gray clouds filled the sky. They even touched the ground. “This is a heavy fog,” Mom said.

Mom drove slowly. The lines on the road were getting harder to see.

“Are we going to get home OK?” Henry asked.

“I hope so,” Mom said. “It might take longer than usual. But I’m being careful.”

Henry could barely see the trees. He could barely see the buildings. He trusted Mom. But he felt lost.

Then Henry thought of something.
“Can I say a prayer?” he asked.

“That’s a great idea,” Mom said.

Henry prayed. He asked Heavenly Father to make the fog go away so they would be safe. Then Henry opened his eyes. But the fog was still there. And now snow was falling!

Just then, lights along the highway came on. As they passed one light, they could see the next light up ahead. Mom followed the lights. Henry and Mom finally found their way home. They pulled into the driveway. Mom looked at Henry. She smiled.

“Heavenly Father answered your prayer,” Mom said. “The fog didn’t go away. But the lights came on. And the lights helped us find our way.”

Henry smiled. He knew Mom was right. Henry bowed his head and said another prayer. This time the prayer was to tell Heavenly Father thank you.

The author lives in Utah, USA.