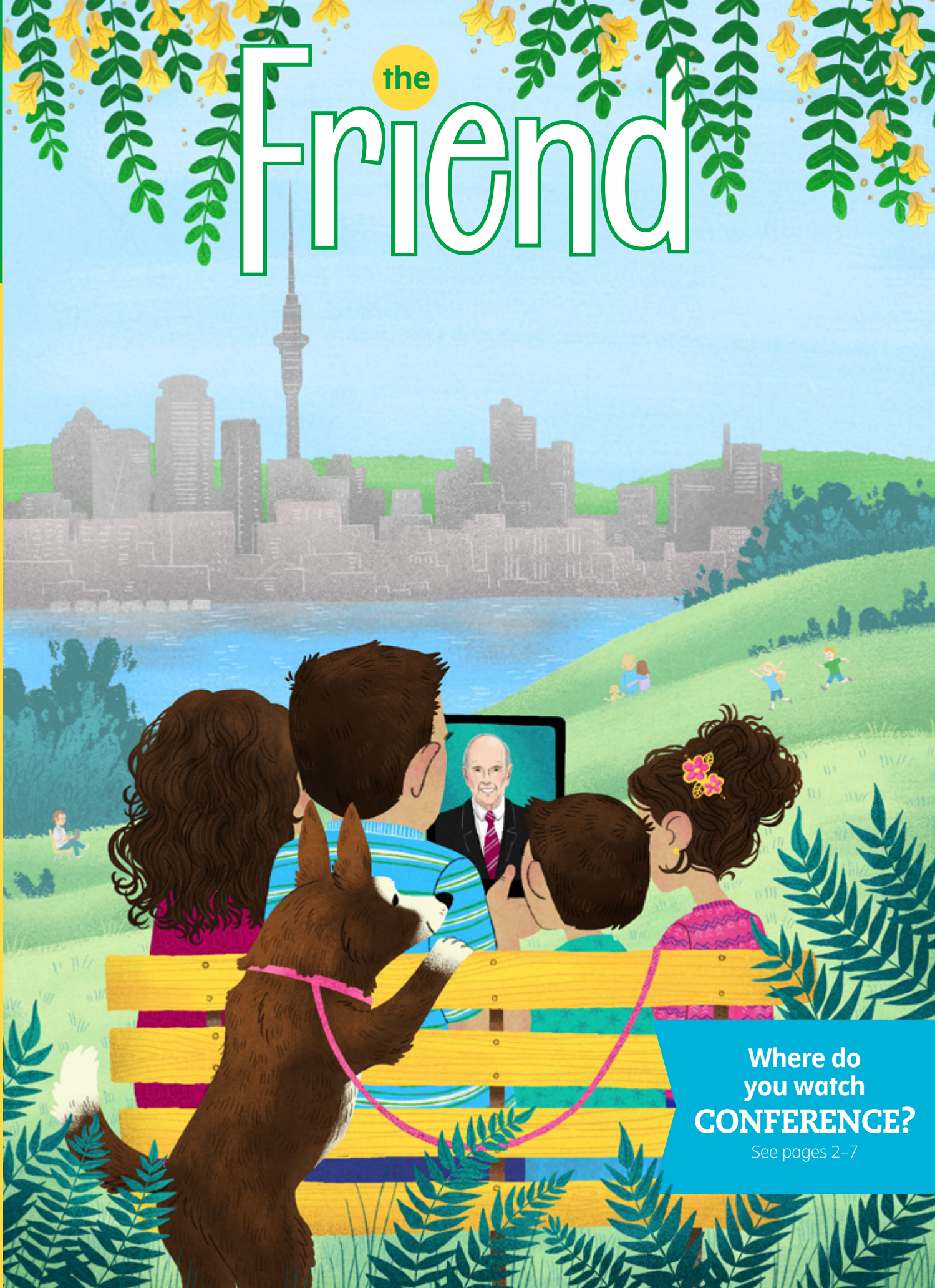


the Friend



Where do
you watch
CONFERENCE?

See pages 2-7

Thank you for the fun things you've sent for the Kindness Garden!

FRIENDS BY MAIL



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*

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

the Friend

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

COME,
FOLLOW ME

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

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Hidden GTR Rings



Hard: Oink!

Harder: Monkeying around

Hardest: "Can" you find it?

Front cover by Erin Taylor
Back cover by Carolina Farias

Volume 49 Number 11 November 2019

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By President
Russell M. Nelson

HELPING Our Brothers and Sisters

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.

Adapted from "The Second Great Commandment," Ensign, Nov. 2019.

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.



"Our greatest joy comes as we help our brothers and sisters, no matter where we live in this wonderful world."

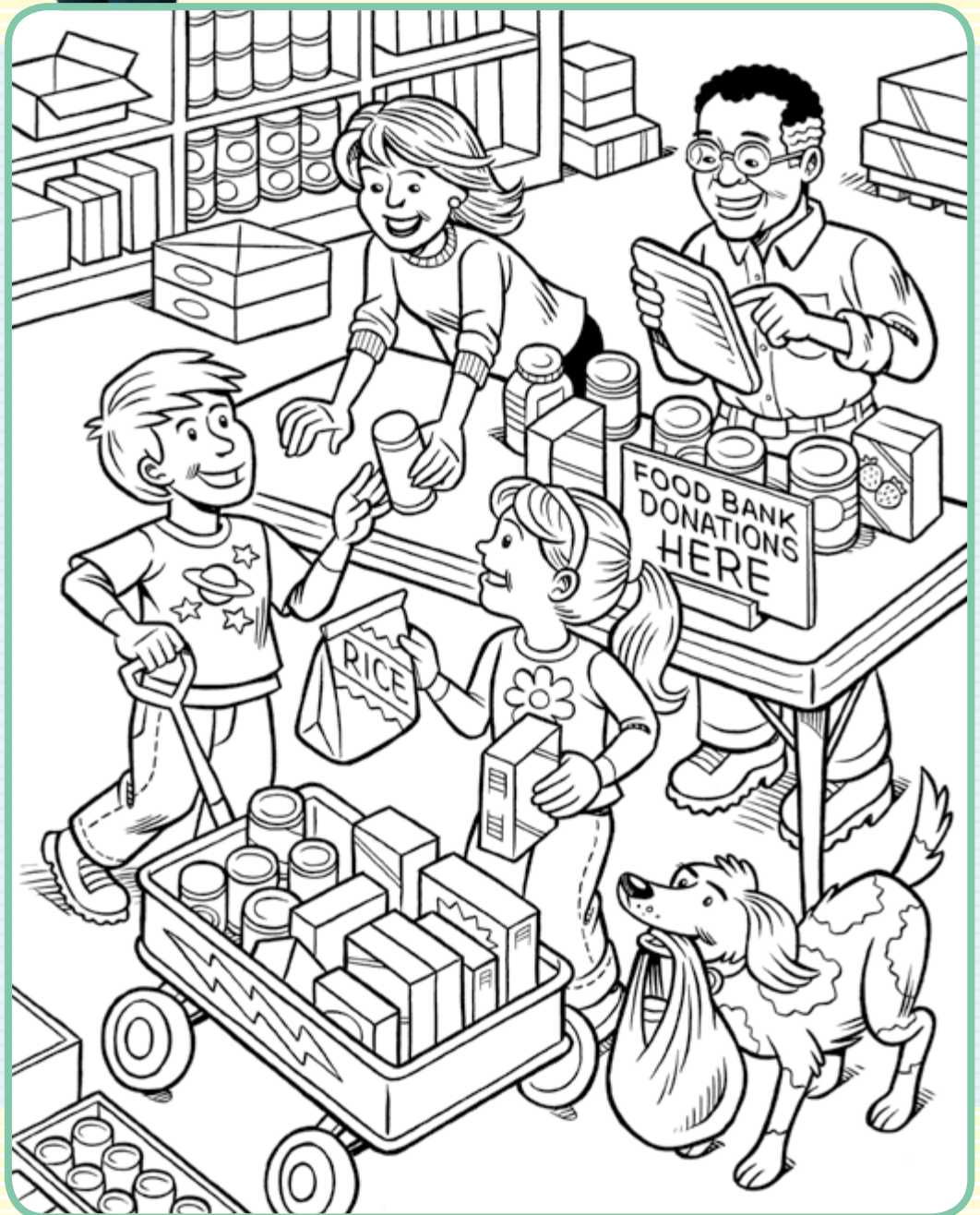
President Russell M. Nelson



- 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?

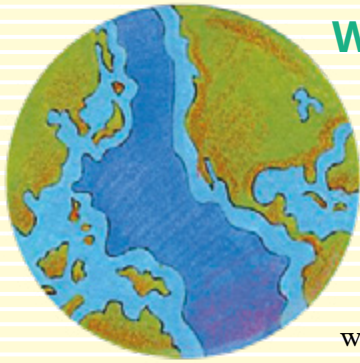
- When you are old enough, you can fast, or go without food, once a month. Then you can donate the cost of that food as a fast offering.
- You can also donate money to the humanitarian fund.
- You can find ways to help in your own neighborhood and community—such as donating to a food bank, like these children are doing.



FOOD BANK ILLUSTRATION BY DAVID HELTON



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 | a. Papua New Guinea |
| 2. McAllen | b. Utah, USA |
| 3. Cobán | c. Philippines |
| 4. Taylorsville | d. Texas, USA |
| 5. Port Moresby | e. Guatemala |
| 6. Orem | f. Arkansas, USA |
| 7. Freetown | g. Utah, USA |
| 8. Bentonville | 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!



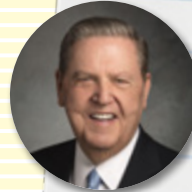
Loving Our Neighbors



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:

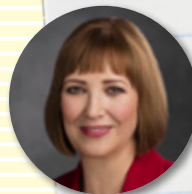
The Book of Mormon



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:

Show and tell CONFERENCE!

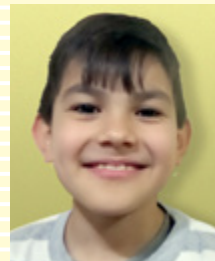


Jesse and Jonelle T., ages 6 and 8, Kuala Lumpur, Malaysia, like coloring with other Primary children while watching general conference at church. Their sister, **Janeelyn T., age 10,** feels the Spirit when she hears the Tabernacle Choir start singing.



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.

Stephen J., age 8, Margibi, Liberia



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.

Lucas F., age 10, Chaco, Argentina



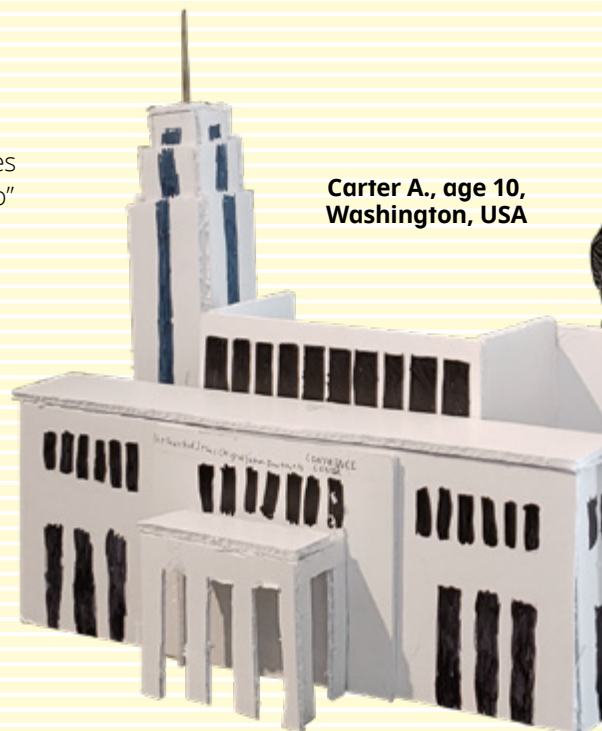
Moryatu C., age 5, Western Area, Sierra Leone, is excited for a temple to be built in her country! "I like general conference because they talk about Jesus, and I love Jesus," she said.



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!



Aja S., age 8, Queensland, Australia



Carter A., age 10, Washington, USA



**Chelsea-Jade K., age 8,
Western Cape, South Africa**



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**



Felicity A., age 8, Oregon, USA



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."



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!"



Draw a picture of yourself and add your own quote about conference here!



Oh no!
I'm
stuttering!

By Jane McBride
(Based on a true story)

"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?"

THE PRIMARY TALK



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



Family Night FUN

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*

HAVING FAITH, TRUSTING GOD

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)



MOSES
(Hebrews 11:24-29)



SARA
(Hebrews 11:11-12)



ABRAHAM
(Hebrews 11:8-9)

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.

God told me to build an ark. Because I obeyed, my family and I were saved from the flood.

God told me to lead the slaves out of Egypt. We crossed the Red Sea on dry ground.

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.

By David Dickson
Church Magazines
(Based on a true story)

"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. ●



* In a lot of countries, "maths" is short for "mathematics."



Turn the page to read more about New Zealand!

HELLO
from New
Zealand!



Hello!
We're Margo
and Paolo.

We're in New
Zealand—come
along with us!



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.



This girl is holding a photo of the beautiful temple in Hamilton, New Zealand. Soon another temple will be built in the city of Auckland.

Meet some of our friends from New Zealand!

New Zealand is a country in the Pacific Ocean. It has two main islands, and about 5 million people live there.



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




Thanks for exploring New Zealand with us. See you next time, in Colombia!



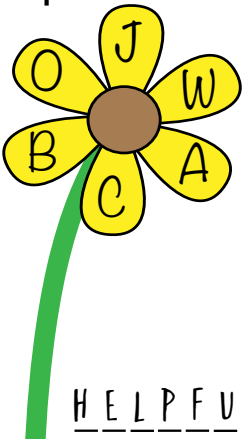
Are you from New Zealand? Write to us! We'd love to hear from you.

Kindness Flowers

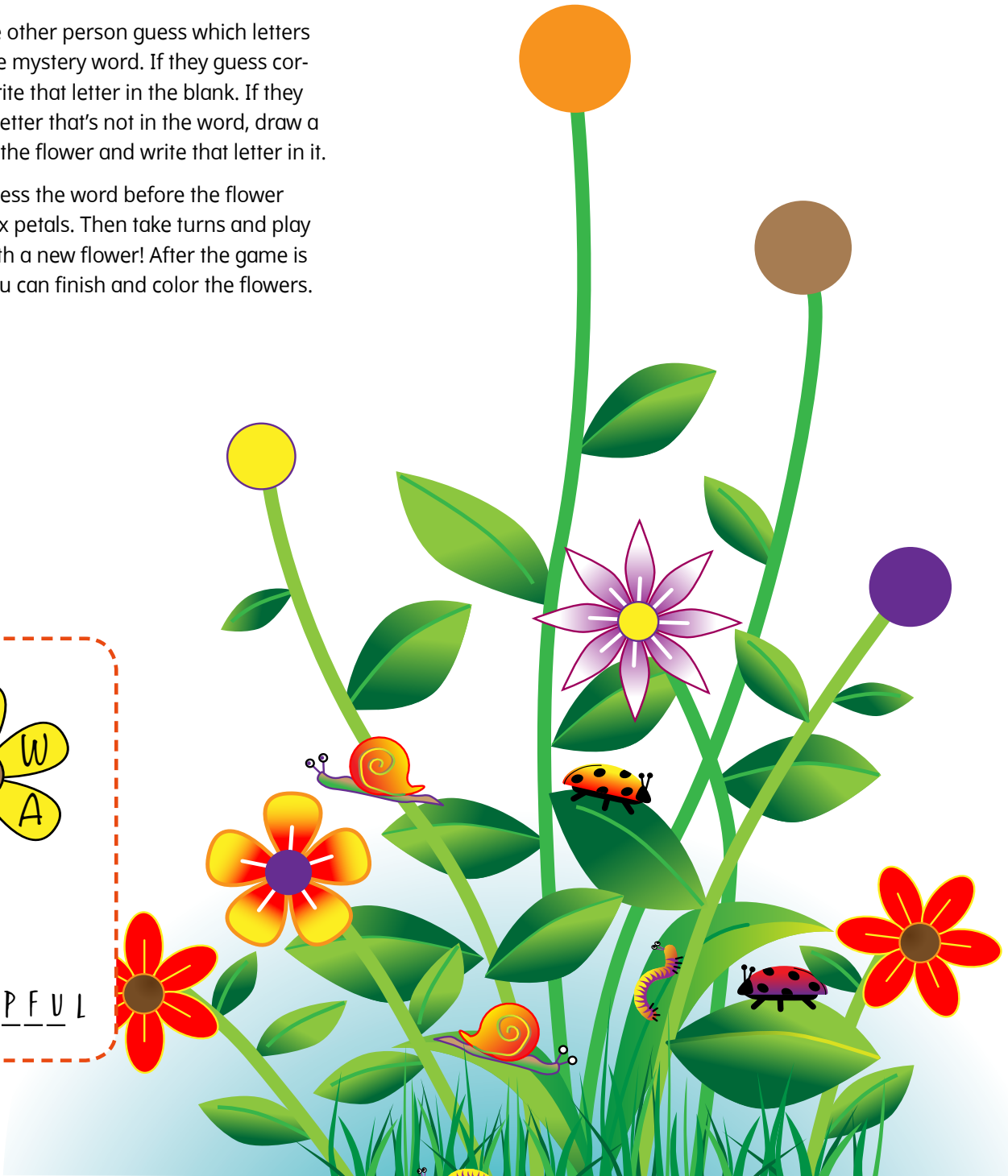
Here's a kindness game you can play with a friend or family member.
It's like the game "hangman," but a lot friendlier!

-  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



GIVING KINDNESS BACK

I noticed
that sometimes you
are sad, and I hope my
card will help you
feel happier.



**Brooklyn M., age 8,
British Columbia, Canada**

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.

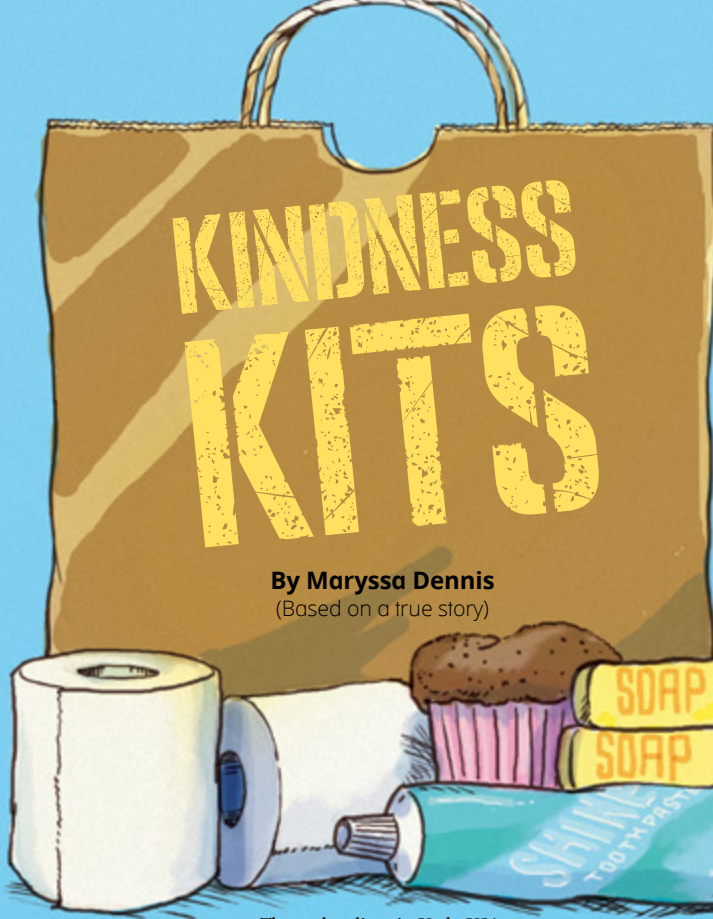
Yesterday I came home from school a little bit sad because he was unkind to me again. Mommy said he was probably unhappy. I decided that instead of letting him make me feel sad, I was going to try to cheer him up. So I wrote him a card. It said that I noticed that sometimes he was sad, and I hoped my 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! ●

A little kindness goes a long way!

Play a kindness game on page 16.





By Maryssa Dennis
(Based on a true story)

The author lives in Utah, USA.





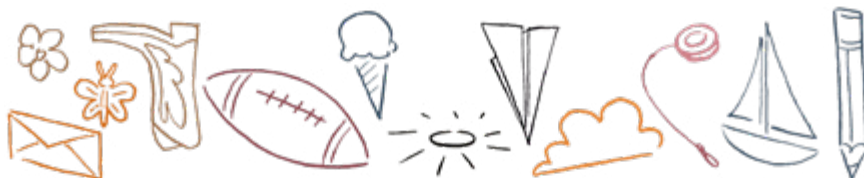
Thanks to Cayden and Ammon G. for sharing their story with us.

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

(Simplified)

Words by Jaclyn Thomas Milne
Music by Carol Baker Black

With feeling ♩ = 92-104

C G F C

1. I love to read the ho - ly scrip - tures, And ev - 'ry time I
2. So prayer - ful - ly I'll read the scrip - tures Each day my whole life

G C G F

do, I feel the Spir - it start to grow with - in my heart— A
through. I'll come to un - der - stand. I'll heed the Lord's com - mand And

C B \flat C7 F G

tes - ti - mo - ny that they're true. Search, pon - der, and
live as He would have me do.

C Dm G C F G

pray Are the things that I must do. The Spir - it will guide, and

C Dm G7 C

deep in - side I'll know the scrip - tures are true.

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HEAVENLY FATHER GIVES US THE SPIRIT OF LOVE.

(See 2 Timothy 1:7.)



Elder Gong Visits Italy



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.



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!

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.



Find the video "Excerpts from 'The Living Christ: The Testimony of the Apostles'" at ChurchofJesusChrist.org.



Stories of Jesus



1. A dove flying in the sky
2. An injured man sitting on the ground
3. A woman by a well
4. Birds eating seeds
5. A woman holding a basket
6. A man sitting on the ground



Jesus

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?

7. A dove in the sky (see Matthew 3:16)

8. A man carried on a donkey (see Luke 10:30-37)

9. A man with a bell (see John 4:6-30)

10. A man with sandals on the ground (see Matthew 13:1-9)

11. A man holding a lamp and a bottle of oil (see Matthew 25:1-13)

12. A man 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)

ILLUSTRATION BY DILLEEN MARSH

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.”

duly: in the correct way
ordained: given priesthood authority

immortal: living forever, never dying
Immanuel: name for Christ that means “God with us”

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”: I _____ 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 _____

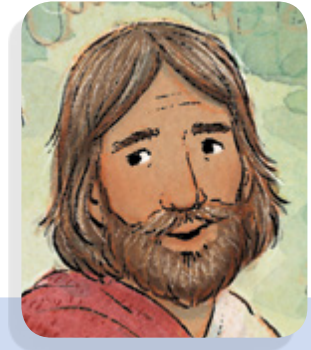
_____!

THE LIVING CHRIST



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?



Almighty

Beloved Son

Creator

Deliverer

First Begotten

Good Shepherd

Holy One

Immanuel

Jehovah

King of Kings

Lamb of God

Lord

Master

Messiah

Prince of Peace

Redeemer

Savior

Son of God

C	R	E	A	T	O	R	N	L	L	N	W	Q	P	D
M	A	S	T	E	R	Q	A	O	B	C	G	Z	R	E
J	W	Y	C	Q	H	M	H	L	M	G	D	Z	I	L
B	E	V	W	R	B	Q	M	Y	G	P	D	W	N	I
N	E	T	T	O	G	E	B	T	S	R	I	F	C	V
I	K	L	F	H	S	I	D	W	E	R	J	L	E	E
N	M	G	O	S	O	O	H	H	S	E	E	O	O	R
S	O	M	I	V	G	L	P	F	O	M	H	R	F	E
D	A	A	A	F	E	E	Y	F	U	E	O	D	P	R
K	H	V	O	N	H	D	Q	O	J	E	V	V	E	K
B	I	N	I	S	U	L	S	F	N	D	A	R	A	K
H	O	N	D	O	Q	E	G	O	C	E	H	F	C	G
S	L	O	R	I	R	P	L	P	N	R	S	B	E	A
P	O	K	I	N	G	O	F	K	I	N	G	S	A	I
G	W	G	Y	J	A	L	M	I	G	H	T	Y	Q	U

My favorite scripture about Jesus is _____.

SEEING A NEW FRIEND



*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 AND MANDY

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 ...

and ...

I'm grateful that my eating arm wasn't injured.

HA!
HA!
HA!

HA-HA!

BRAIN TEASER



What invention lets you see through walls?
See page 39.

older
for
KIDS

TIPS TO GROW ON

Take a few minutes each day to calm your mind. Close your eyes and focus on feeling your breath going in and out 10 times.



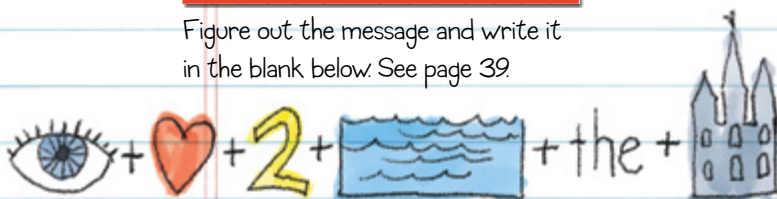
GOD'S AMAZING WORLD

Did you know?

- Dolphins call each other by name using special whistles.
- Bears can smell food from miles away.
- Crows can use tools, solve puzzles, and play pranks.

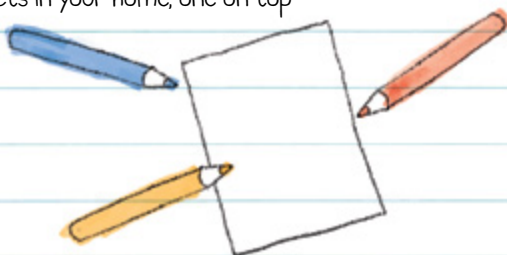
TEMPLE MESSAGE

Figure out the message and write it in the blank below. See page 39.



ART CHALLENGE

Make a piece of art by tracing around different objects in your home, one on top of another:



SCRIPTURE POWER



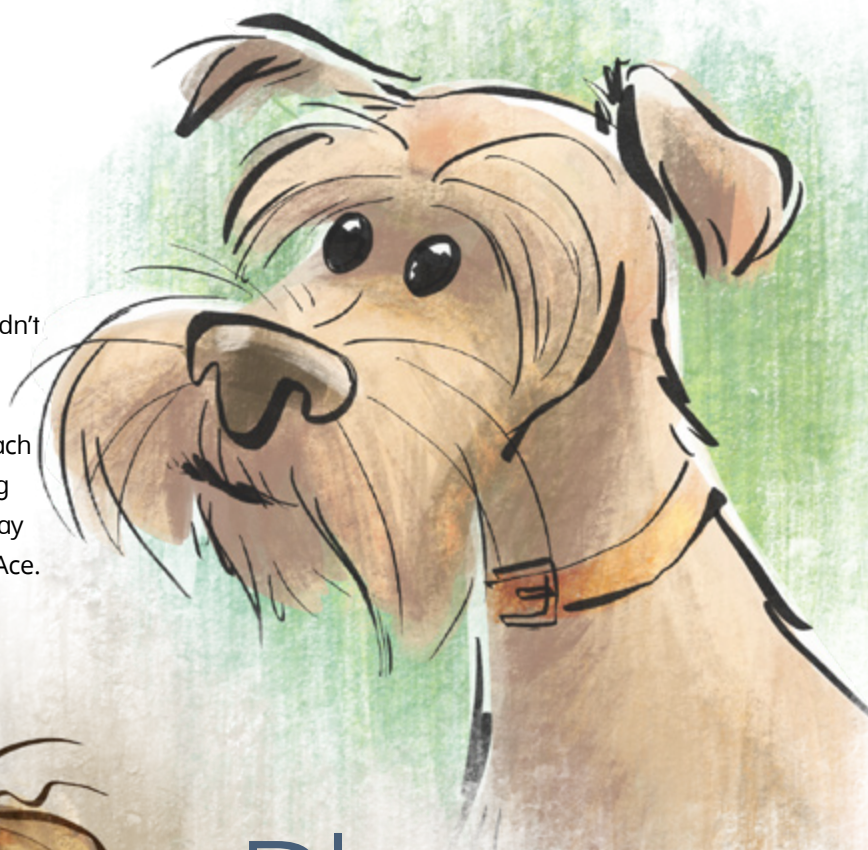
One day at church, we learned about the importance of scriptures. My teacher told how she hangs scripture verses on her door so she can always see them. I wanted to do the same thing! Soon my door was covered with scriptures that I could see and read every day. I am very glad that the scriptures help 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!

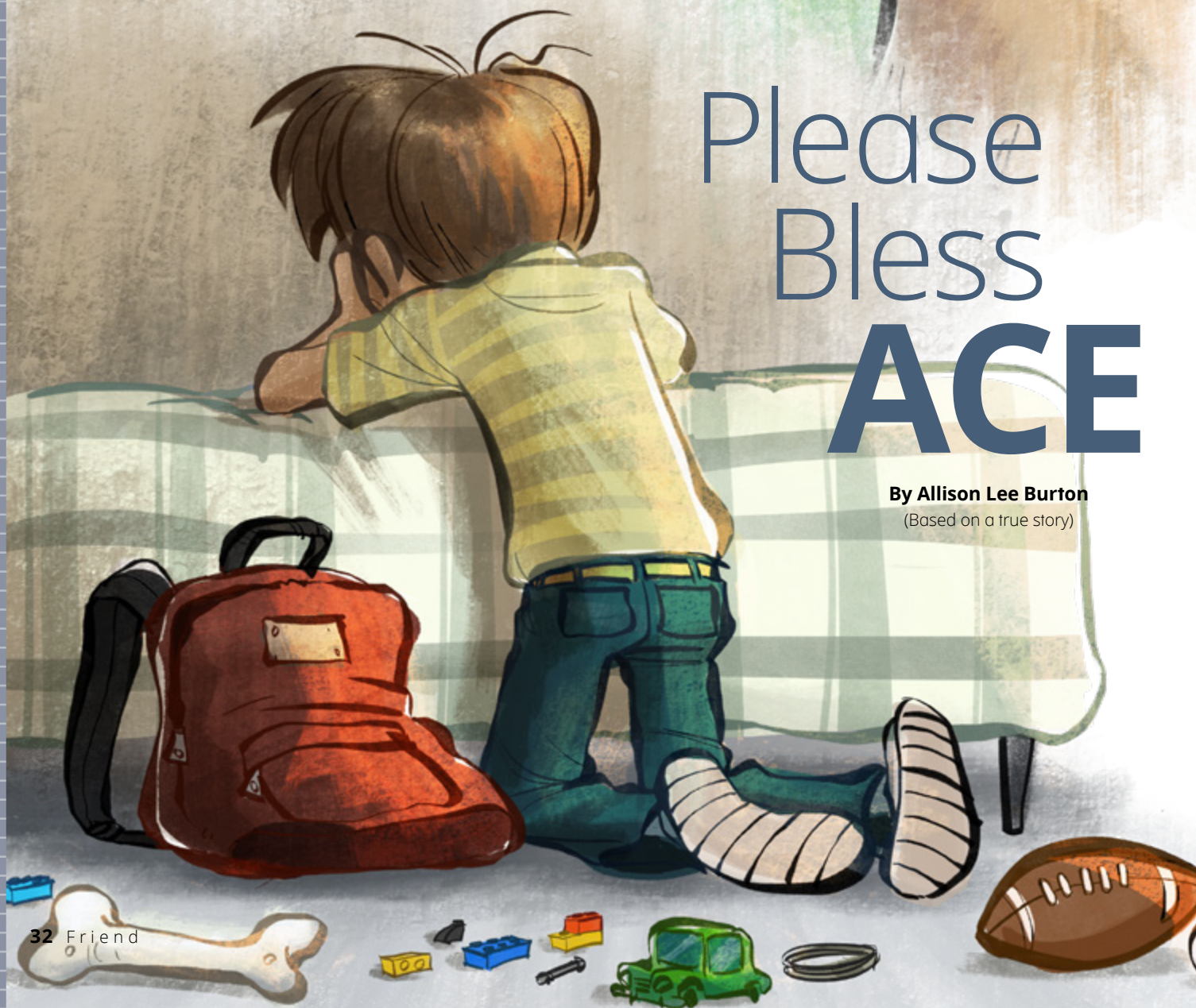
Dad was at the veterinarian's office now with Ace. Zach wished he could be there too, instead of stuck getting ready for school. With a sigh, he knelt by his bed to say a prayer. "Heavenly Father, I'm really worried about Ace.



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.



Do you know someone who has died?

Turn the page for some ideas to help you.



Someone I love died, and I miss them a lot.
How can I stop hurting so much?

—Sad in São Paulo

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 cup white sugar
- 1/4 cup golden syrup or light corn syrup
- 1/3 cup water
- 2 teaspoons baking soda
- vanilla ice cream

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

W K H R S A K
 T G U M B O O T S W F
 A K D S I W C N H I O L H
 G N I E Y G H A G T P S A E
 H F O W A T O G S I W O K D
 J T S I Q C P U A O D A G
 A P M D K L G M P S H
 T R A M P I N G F
 O K D

Let's go tramping in the wop-wop.

Don't forget to wear your gumboots!



By Mackenzie Brown

(Based on a true story)

"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

Searching for

Why did this store just have boring food?



every 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

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.

Sir Crunch-a-Lot

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.



"We can choose to be grateful, no matter what."

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

"Grateful in Any Circumstances," *Ensign*, May 2014, 75.



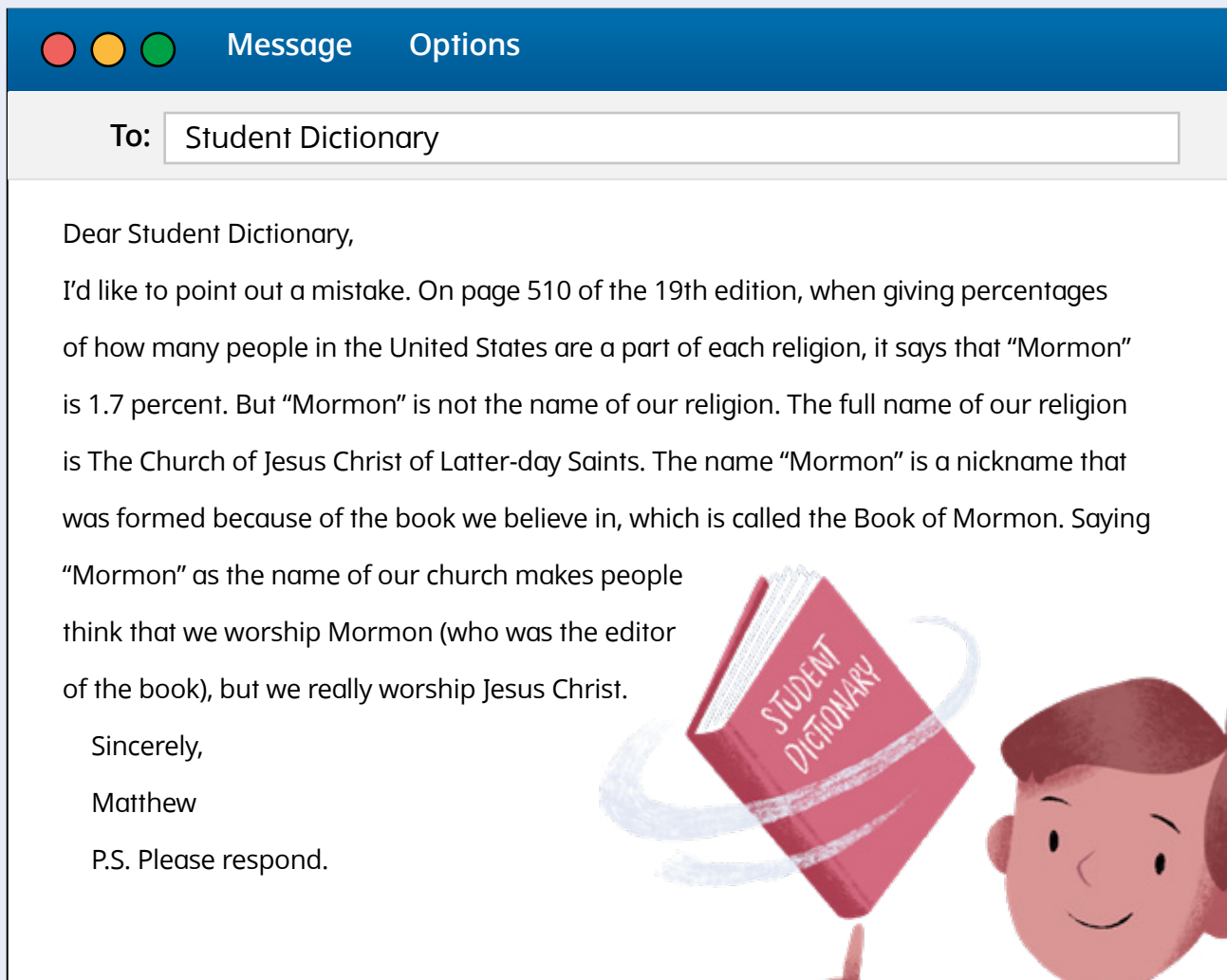
Dear Student Dictionary



By Matthew B., age 11,
California, 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.

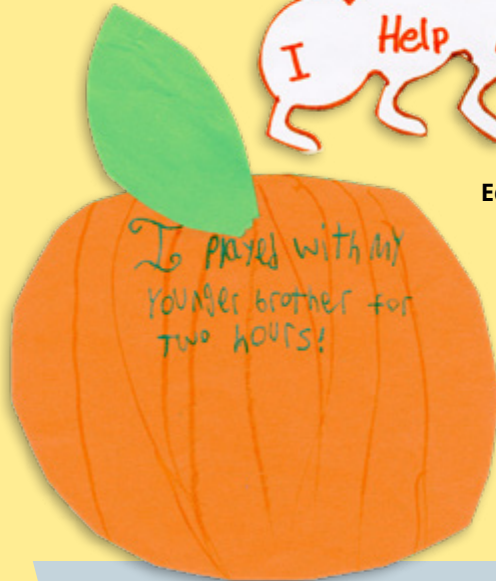


A month later, they responded! They thanked me for my message and said they would make the change. They even offered to send me a copy! ●

Look what you made for the Kindness Garden!



Edison A., age 9, Hawaii, USA



Rachel L., age 11, Wisconsin, USA



Sophia T., age 7, Idaho, USA

FUNSTUFF ANSWERS

Page 22: hope, Immanuel, apostles, immortal, everlasting life, testimony, HE LIVES!

Page 31: a window; "I love to see the temple"

Page 34: 1-d, 2-b, 3-a, 4-e, 5-f, 6-c



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ6, 29, and 18.

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 Last Laugh



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2393
Salt Lake City, UT 84150-0024
Or email: friend@ChurchofJesusChrist.org

May the *Friend* contact you with a survey?

Yes No

The following information and permission must be included:

First and last name _____

Age _____ Boy/Girl _____ State/Province, Country _____

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

Signature of parent or legal guardian _____ Date _____

Email of parent or legal guardian _____

the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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 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.

“ 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.



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

Being an Example

By Lucy Stevenson



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



toys



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.



Ivy

and



Max

are kind too.



Ivy

and



Max

want to be like



Jesus

. You can be like



Jesus

too!

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?

James Taught the Gospel



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!

See family manual, pages 178–181; Primary manual, page 177–179.



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

I Can Learn from the Scriptures



ILLUSTRATION BY APRYL STOTT

A PRAYER in the Fog



By Leslie Nicholes Mellinger
(Based on a true story)

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

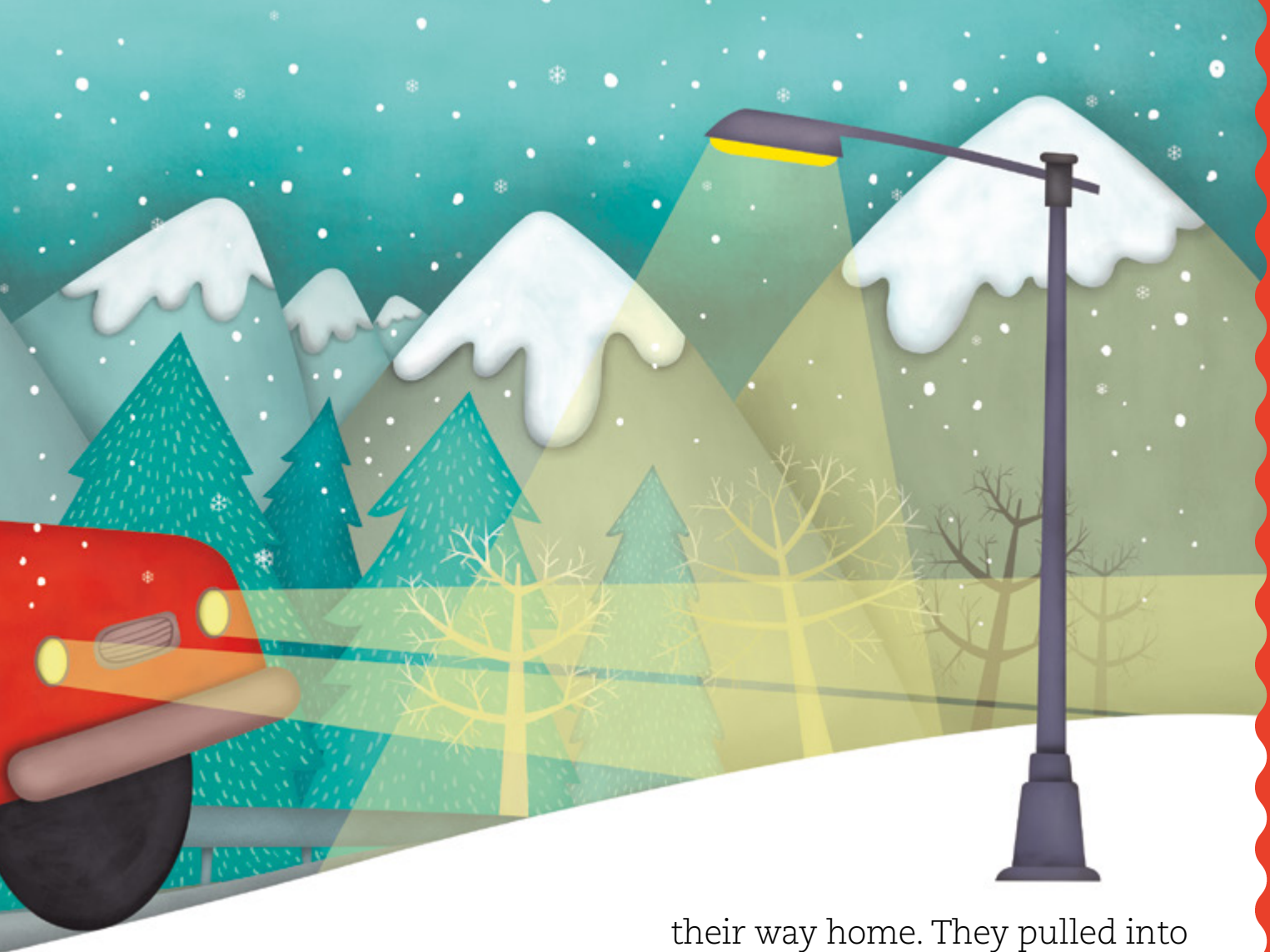
Mom drove slowly. The lines on the road were getting harder to see.

“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.