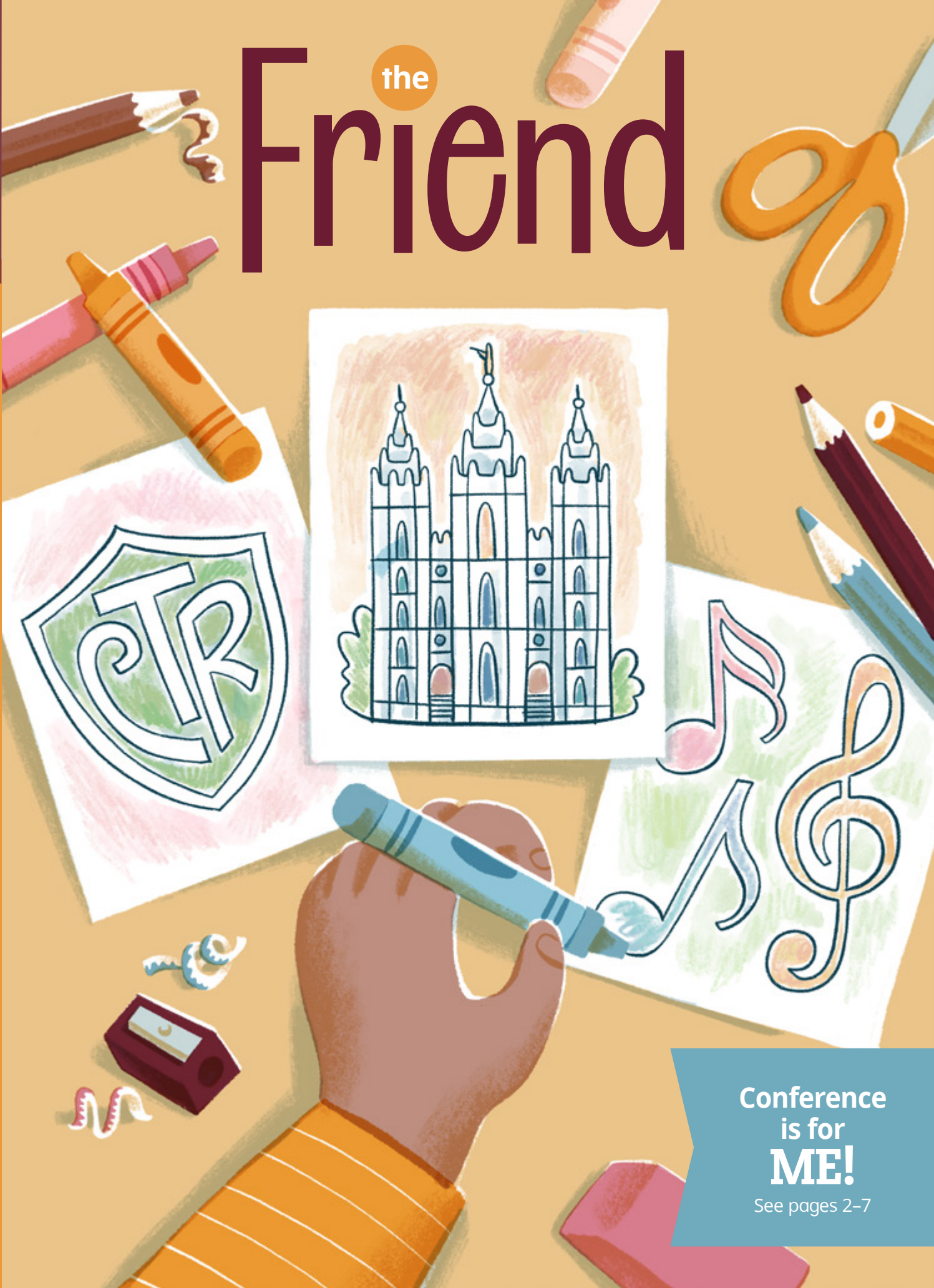


the Friend



Conference
is for
ME!

See pages 2-7



Friends by Mail

Limonada Suíça



We love learning about the countries, cultures, people, and temples of the world through the *Friend*! Thanks for the yummy Brazilian limeade recipe (Feb. 2020)!
Owen and Derek T., ages 8 and 3, Alaska, USA

Build a Temple



We have fun building together and saw the idea to build a temple (Dec. 2019). It was cool to use our crane to place angel Moroni on top!
Nathan, Alex, Dillon, and Bryson D., ages 6, 9, 9, and 4, Illinois, USA



Fun with the *Friend*

We had fun making and eating *pani popo* rolls (March 2020)! They were delicious.
Allie, Micaela, and Isaac R., ages 9, 8, and 11, Missouri, USA

Dear Friends,

This month you can read about a boy who wrote down things he was thankful for and put them in a Thankful Jar. Turn to page FJ8 to find out what interesting animal he included. What would you put in your Thankful Jar? We're feeling thankful for all the Church leaders who taught us in general conference last month!

We love you!

The *Friend*

P.S. You're always at the top of our thankful list!

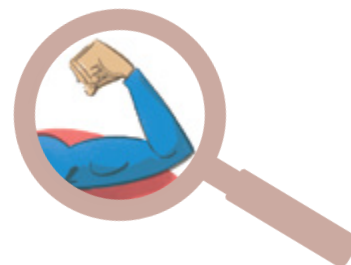


STANDARDS SEARCH!

Can you find a story about choosing good language instead of bad words?

I found it! Page _____.

Bonus challenge! Memorize this month's standard: "I will choose the right. I know I can repent when I make a mistake" (*Children's Guidebook*, 63).



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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Find 3 Hidden CTR Rings

Hard: A child of God

Harder: Step by step

Hardest: Hung out to dry

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Henry B. Eyring

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All rights reserved. The *Friend* (ISSN 0009-4102)
is published monthly by The Church of Jesus
Christ of Latter-day Saints, 50 E. North Temple St.,
Salt Lake City, Utah 84150-0024, United States of
America. Periodicals Postage Paid at Salt Lake
City, Utah.

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

Online: Go to store.ChurchofJesusChrist.org.

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

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

Submit manuscripts or art to:
Friend Editorial, 50 E. North Temple St. Rm. 2393,
Salt Lake City, UT 84150-0024, United States of
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Services, P.O. Box 26368, Salt Lake City, UT 84126-
0368, USA.

Canada Post Information: Publication Agreement
#40017431.



By President
Russell M. Nelson

We Are Moving Forward!

During the past few months, a global pandemic, wildfires, and other natural disasters have turned our world upside down. With social distancing, face masks, and video meetings, we have had to learn to do some things differently. Yet the work of the Lord is steadily moving forward!

Missionaries are doing their work in new, creative ways. Many are doing more teaching than ever.

People are doing much more family history work.

Temples had to be closed for a time. But by the end of 2020, we will have broken ground for 20 new temples!

Many new wards and stakes have been created.

More people are studying the gospel at home.

The Church has given pandemic aid for 895 projects in 150 countries.

Through it all, our Heavenly Father and His Son, Jesus Christ, love us! They care for us! They and Their holy angels are watching over us. I know that this is true.



“I PRAY that you may FEEL the LORD’S PERFECT LOVE FOR YOU.”

President Russell M. Nelson

Temples Bless People All around the World



"The Lord's ordinances and covenants prepare us for eternal life."

President Russell M. Nelson, "A New Normal," *Ensign*, Nov. 2020.



Draw a picture of yourself in front of the temple!

News!

This conference was the second one that people could see or hear only through technology. More people watched or listened this time than ever before!

How Many?

Follow the squiggly lines to match each number to the right fact.

3 — Primary songs that were sung at conference

112 — new temples that were announced

6 — languages conference was shared in

4 — new magazines coming in January 2021

96 — languages the Book of Mormon has been translated into



"We are loved and will be helped by our Heavenly Father and His Son, Jesus Christ."

President Dallin H. Oaks,
First Counselor in the
First Presidency

"After we *kneel* in prayer, we need to get up from our knees and do what we can to help."

President M. Russell Ballard
of the Quorum of the
Twelve Apostles



Conference Quotes



"[The Lord] knows how to help us rise above our daily difficulties."

Sister Cristina B. Franco,
Second Counselor in the
Primary General Presidency

Temple Tiles

Write an **a** in each blank tile to discover where the newest temples will be built!

T r w , Kirib ti

S o P ulo E st, Br zil

Lindon, Ut h, US

Port Vil , V nu tu

Gre ter Gu tem I City,
Gu tem I

S nt Cruz, Bolivi



President Russell M. Nelson reminded us that everyone is equal in God's eyes, no matter the color of their skin. He said we should lead the way in showing "respect for all of God's children."

Conference Notes

Pulling Weeds



President Eyring told a story about when he was a boy. He was pulling weeds in the garden. "This is too hard!" he said. His mom smiled. She told him it was supposed to be hard because life is a test. He learned that doing hard things is part of Heavenly Father's plan.

This teaches me:



Chickens and Tithing



Elder Gong told about a boy in South America who raises chickens. He sells the eggs to help buy windows for his family's house. And he always pays his tithing first! Elder Gong said this boy would see the windows of heaven open. That means he will be blessed for choosing the right.

This teaches me:



Noticing Others



Sister Craig felt the Holy Ghost tell her to stop looking at her phone in line at the store. One day she noticed an elderly man in front of her in line. He said it was his birthday, but nobody else knew. She was glad she took the time to notice others.

This teaches me:



One Step at a Time



Elder Whiting said that he and his wife climbed a very tall mountain in Japan called Mount Fuji. They focused on just taking the next step until they reached the top. Elder Whiting said that this is how we become more like Jesus Christ—one step at a time.

This teaches me:

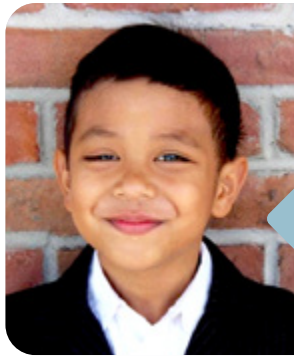


SHOW and tell CONFERENCE!



I loved Elder Godoy's talk about angels here on earth. It reminds me to try to be one of Heavenly Father's angels to someone else.

**Talai R., age 11,
Tuālāuta, American Samoa**



My favorite story was about not looking on your phone while waiting in line so you can make new friends. It was good to see President Nelson and the Apostles wearing face masks and sitting apart from each other.

**Gilead M., age 6,
Western Visayas, Philippines**



**Angelica Z., age 8,
Rimini, Italy**



I heard the words "Jesus" and "Saviour" so many times that I ran out of tokens to place on my conference notebook!

**Wesley F., age 3,
New South Wales, Australia**



I love general conference because we get to listen to the prophet and eat cinnamon rolls with my family. My favourite thing that I learned was that Heavenly Father is gathering us right now!

**Anna O., age 9,
Leinster, Ireland**



In conference, we heard many times that this is an extraordinary time and that much will happen before the Second Coming. It is a special commandment from Jesus to prepare spiritually and materially. I love Heavenly Father and Jesus Christ.

**Jona H., age 10,
North Rhine-Westphalia, Germany**



I liked hearing about Jesus Christ and the music of the choirs.

**June M., age 7,
Waikato, New Zealand**

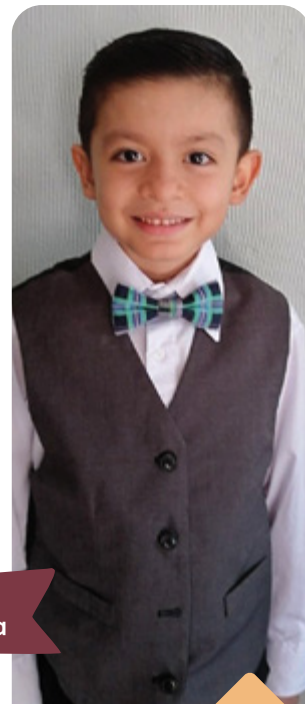


I love that we were all connected by the Spirit and through technology for conference. We heard words of hope and were reminded that we are all children of our Heavenly Father regardless of our circumstances.

**Alicia B., age 12,
Dar es Salaam,
Tanzania**



**Andersson C., age 9,
Guatemala, Guatemala**



It was good to be reminded that God will forgive us when we repent.

**Aaron C., age 9,
Nuevo León, Mexico**



I like how President Nelson said we should love everyone and not treat people differently because of the color of their skin.

**Layna H., age 8,
Idaho, USA**



**Robyn B., age 11,
Carmarthenshire, Wales**

Listening to the story about Jesus calming the storm was important to me. I wrote the words "Peace, be still" in my notebook because it made me feel the Spirit. I know that things will be OK even when they are hard.

**Fraser S., age 9,
Ontario, Canada**





120

Happy People

By Elizabeth Child

(Based on a true story)

“Your sorrow shall be turned into joy” (John 16:20).

“What are we doing for our Ellen Project this year?” Mark asked at dinner. “Can we collect eyeglasses again?”

“No, let’s do what we did last year!” said Caleb.

“Remember? We earned money doing jobs. Then on Ellen’s birthday we walked around town helping people. I put coins in parking meters so people wouldn’t get tickets.”

“I paid for someone’s lunch!” said Mark.

“What did I do? I can’t remember.” Abby looked at Dad.

“You saw a mom and baby sitting in the rain,” Dad said. “So you—”

“Oh yeah! I gave them my umbrella.”

Dad spooned peas onto Abby’s plate. “Do you

remember why we do service each November?”

Mark remembered how sad they all felt when Ellen, his baby sister, died two years before. He still felt sad about it sometimes, especially during special family times or when Mom cried.

“I remember,” Mark said. “When it was almost Ellen’s first birthday, we were sad, so we made up ‘Ellen Projects’ to help people. Mom said serving helps us feel thankful for what we have.”

“And when we feel thankful, we feel happy,” Mom said. “Even when we are missing our baby.”

Suddenly Mark had an idea. He remembered the note his Primary teacher gave him to thank him for giving a talk in Primary last week. Her note made him feel warm and happy inside.





"I know!" Mark said. "Let's write thank-you notes for our project this year."

"How many would we write?" Caleb asked.

"We could all write one note a day," Mark said.

"Let's see." Dad put down his fork. "Ellen's birthday is in 23 days. If we each write one note a day from now until then, that would be . . . 115 notes!"

Caleb did some math in his head. "That's 120 happy people! Because the five of us will be *really* happy after writing all those notes too."

For the next 23 days, Mark and his family tried hard to notice helpful things people did for them. The first week, they wrote thank-you notes to their grandparents and school and Primary teachers.

The second week, Mark wrote to his friends, his coach, and the garbage collector. Caleb wrote to the

bishop, the bus driver, the people at his favorite bakery, and the school janitor. Abby wrote to her doctor and the grocery store clerk who gave her a sticker.

One afternoon, Abby stared at her paper. "This is getting hard," she said. "I don't know anybody else!"

"It's fun!" Mark said. "There are so many people to thank."

The last week, Mark wrote to his dentist and his piano teacher.

Caleb wrote to his coach, a playground teacher who helped him when he got hurt, the librarian, and the road workers fixing holes in the street.

Abby wrote to cousins and to Mom, Dad, Mark, and Caleb.

On November 23, the family wrote thank-you notes to Ellen. Abby looked at the sky. "I said thank you to baby Ellen for helping me so much."

"How has she helped you?" asked Mom.

"She showed me how many people do nice things," Abby said.

"This is my favorite Ellen Project so far!" Mark bounced on his toes. "It makes me want to help people more, even if I never get a thank-you note." ●

The author lives in Utah, USA.



See *Come, Follow Me* for Ether 6–11.

MY FAMILY NIGHT FUN

These ideas go along with
Come, Follow Me—for Individuals
and Families each week.

Book of Mormon Treasure Hunt

For Mormon 7–9



Sing “Book of Mormon Stories”
(*Children’s Songbook*, 118–19).

Mormon and Moroni knew that the Book of Mormon would be very important for us someday (see Mormon 7:9; 8:14). Our prophet today, President Nelson, has taught that it’s worth more than any treasure (see “The Precious Book of Mormon,” *Friend*, Jan. 2020, 2).

Time for a treasure hunt! Have someone in your family hide a copy of the Book of Mormon and leave clues to help everyone else find it. Share why the Book of Mormon is a treasure for you!



Rock Art

For Ether 1–5



Sing “Choose the Right Way” (*Children’s Songbook*, 160–61).

The brother of Jared helped his family travel to the promised land. He asked the Lord to touch 16 stones so they could have light in their barges (see Ether 2–3).

Use the activity on page 24 to make rock art that tells the story of the brother of Jared. Take pictures of your art and send them to us for Show and Tell!



TREAT TIME

Green Pita Pizzas



Spread some **olive oil** on pieces of **whole-wheat pita bread**. Then top with chopped **spinach**, shredded **mozzarella**, and a sprinkle of **garlic salt**.



Microwave for 1 minute or until cheese is melted.

Fro-Yo Sandwich



Place a scoop of softened **frozen yogurt** between **2 graham crackers**. Roll edges in **chocolate chips** and freeze until firm.



Saying "Thank You"

For Ether 6–11



Sing "I Thank Thee, Dear Father" (*Children's Songbook*, 7).

When the brother of Jared and his family made it to the promised land, they sang and prayed to say thank you to Heavenly Father (see Ether 6:9).

You can be thankful too! Read "120 Happy People" on page 8 and write thank-you notes to people you feel grateful for. How many notes can you send this week?

Draw Your Story

For Ether 12–15



Sing "Faith" (*Children's Songbook*, 96–97).

Moroni wrote about people in the scriptures who were able to do hard things because they had faith (see Ether 12:12–22).

Can you think of a time when your faith in Jesus Christ helped you do something hard? Draw a cartoon about it, like the story on page 22! Then share it with us at the *Friend*.

HEY, PARENTS AND LEADERS!

Here are some things to look for in 2021:



Church history cards



A worldwide invitation to help like Jesus



Stories of pioneers from around the world

Thankful

Words and music by
Shawna Belt Edwards

Joyfully ♩ = 110

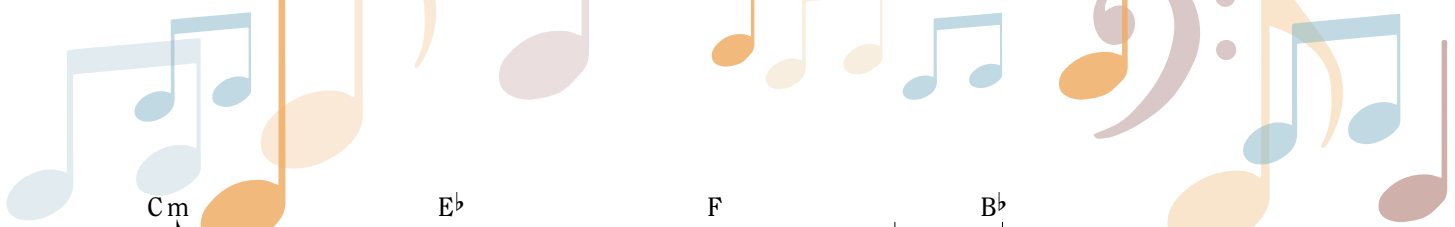
Musical notation for the first system of the song. It features a treble and bass clef with a key signature of two flats (Bb and Eb) and a 3/4 time signature. The melody is in the treble clef, and the bass line is in the bass clef. The first four measures are marked with chords: Cm7, F7, Bb, and F.

Musical notation for the second system. It features a treble and bass clef with a key signature of two flats. The melody is in the treble clef, and the bass line is in the bass clef. The first two measures are marked with a Bb chord, and the last two measures are marked with a Cm chord. The lyrics are: 1. One for each bless - ed day. Two, ev - 'ry heart and 2. Eight for the chance to grow. Nine, heart and

Musical notation for the third system. It features a treble and bass clef with a key signature of two flats. The melody is in the treble clef, and the bass line is in the bass clef. The first two measures are marked with a Gm chord, and the last two measures are marked with a C7 chord. The lyrics are: breath I take. Three for my fam - i - ly. hands and soul. Ten for the eyes to see

Musical notation for the fourth system. It features a treble and bass clef with a key signature of two flats. The melody is in the treble clef, and the bass line is in the bass clef. The first two measures are marked with a Cm7 chord, the next two with an F7 chord, and the last two with a Bb chord. The lyrics are: Four, all they mean to me. Five, just to All God has giv - en me. I could go

Musical notation for the fifth system. It features a treble and bass clef with a key signature of two flats. The melody is in the treble clef, and the bass line is in the bass clef. The first two measures are marked with a Gm chord, the next two with an Eb chord, and the last two with a Bb chord. The lyrics are: be a - live. Six for the earth and sky. And sev - en for on and on Count - ing the whole day long. I know He is



Cm Eb F Bb

heav - en,
with me, For ev - 'ry good thing that I have comes from God.

F Gm Bb

— Ev - 'ry day, ev - 'ry hour, — There are

Eb Cm Eb F7

bles - sings He sends — with - out num - ber or end. If I

Bb F Gm Bb

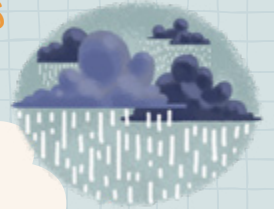
count - ed a hun - dred or a thou - sand, I'm

Eb Bb Cm7 F

sure there would still be more to be thank - ful

THANKFUL WORDS

SCRIPTURES • PROPHETS • FAMILY • CLOUDS • FLOWERS • COMMANDMENTS
 TEACHERS • FRIENDS • REPENTANCE • TEMPLES • HOLY GHOST
 JESUS CHRIST • WATER • FRUIT • TREES • OCEANS • ANIMALS
 FISH • RAIN • VEGETABLES • REPTILES • CONTINENTS



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

ILLUSTRATIONS BY KIRK PARRISH

CHALLENGE:

Try to think of one or more thankful words for each letter in the alphabet!
 Now tell Heavenly Father in prayer what you're thankful to Him for.

A _____ B _____ C _____



BRIGHT IDEA

Let your light shine

by doing good
in the world!

(See 3 Nephi 12:16.)





G'day, mate!
We're Margo
and Paolo.



We're traveling
around the world to
learn about children
of God. Join us as we
visit Australia!

Hello from Australia!



Australia is one of the biggest countries in the world. It is the only country that is an entire continent.

Australian rules football, or "footy," is a sport played on a cricket field with a rugby ball. Players can dribble the ball like a basketball or kick it like a football to score.



There are about 150,000 members of the Church in Australia.

The Sydney Australia Temple is one of five temples in Australia.





The Sydney Opera House is one of the world's most famous buildings. You can see it on this family's walk!



The Great Barrier Reef is the largest coral reef in the world! It's home to many kinds of ocean life.



Koalas and kangaroos are just two of many animals found only in Australia.



Meet some of our friends from Australia!



I've been remembering the books in the Book of Mormon this year by learning to sing "The Books in the Book of Mormon." I sing it every Sunday with my family.

George T., age 5, Tasmania, Australia



My family and I prayed that everyone affected by the bush fires would be OK. I'm grateful for the power of prayer. I know my Heavenly Father hears and answers my prayers.

Amani T., age 10, Victoria, Australia

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

Thanks for exploring Australia with us. See you next time!



The GREAT BIG One-Girl Primary Program

By Richard M. Romney
Church Magazines
(Based on a true story)



“I guess I’m just a one-girl Primary now,” Bella said to Mum. The only other family with kids had moved away from their small branch in Australia. Now she was the only Primary-age kid left.

Mum gave Bella a hug. “That does sound a bit lonely.” Then she smiled. “At least I’m the Primary president, so you won’t get *too* lonely! Maybe you can talk with the branch president about the sacrament program.”

Bella laughed. “Dad is the branch president!”

“And he’s just coming in the door,” Mum said.

“What’s wrong, possum?” Dad asked Bella as he walked in.

“It’s time to get ready for the Primary program,” Bella said.

“But now I’m the only one in our Primary.”

“We will do what we always do in our little branch,” Dad said in his most official-sounding voice. “We’ll all pitch in.”

And that was exactly what happened. First, Mum emailed some Primary leaders she knew in other countries. They sent videos of their Primary kids singing songs. “Now you can practice by singing along,” Mum said. Bella watched the videos and sang the songs every day. Seeing other kids enjoying the same songs she did helped Bella to feel less lonely.

Then a missionary couple serving in the branch found out Bella was getting ready for the program. “We’ll visit Primary each week to practice songs and talks with you and your mum,” they said. “And our grandchildren will send a video, so you can practice by singing with them too.”



The videos wouldn't be used in sacrament meeting, so Bella would have to sing alone or have others sing with her. That was a bit scary, but all of the practicing helped Bella feel brave.

Soon a returned missionary who had served in the branch called Bella's family. "I hear you're planning a Primary program," he said. "May I come?" A family who used to live in the branch and now lived in the outback also called. "We'll come too!" they said.

On the day of the Primary program, the branch meetinghouse was nearly full. After the sacrament, Dad, as the branch president, introduced the program. Mum said a bit about Primary being a worldwide Church organization with more than a million children, of which Bella was one. "And a very special one," Mum added.

Then Mum and Dad stood on one side of Bella, and the senior missionaries stood on the other. Bella gave a short talk about Jesus. Then Mum, Dad, and the missionaries joined her to sing a Primary song. Bella gave another short talk about Heavenly Father. Then the whole congregation sang a song together. Bella remembered the words because she had practiced so much. And when she sang with her parents, the missionaries, and the whole congregation, it felt like everyone was part of the Primary.

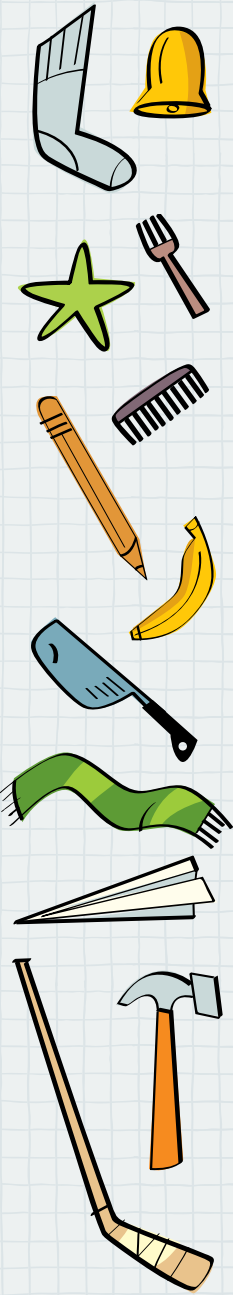
Soon the meeting was over. When they got home, Mum said, "Well, Bella, what did you think of our one-girl Primary program?"

"It was perfect!" Bella said. And she meant it. ●

Find It!

These children volunteer to keep the shoreline near their home clean and beautiful.
Find 12 seashells and 10 crabs. Then find the other hidden objects.

Find these 12 hidden objects.



ILLUSTRATIONS BY DAVID KLUG

I Can Help!



By Bella C., age 10, Iowa, USA

Because of COVID-19, our local hospitals needed more face masks for the care providers. The Relief Society needed help sewing elastics on the masks. I volunteered and sewed the elastics on more than 80 face masks in two days.

A lot of the service on the website [JustServe.org](https://www.justserve.org) is for people 11 and older. I am always disappointed that I can't help, so I was excited that I was able to participate in our ward's service project! I was grateful to be able to help the community. ●

You can find ways to serve too! Go to [JustServe.org](https://www.justserve.org) to find some ideas.



HYRUM BEATS THE BAD WORDS

By Marianne Dahl Johnson
(Based on a true story)



!@\$?!



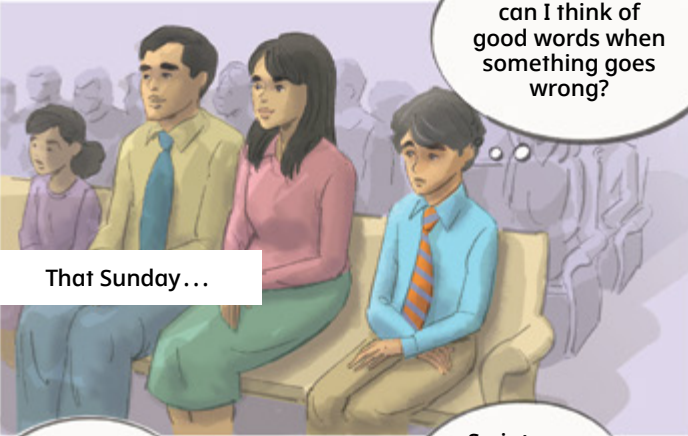
Oh no!



Heavenly Father, please help me have clean thoughts and not think of bad words.



How can I think of good words when something goes wrong?



That Sunday...

Scripture power keeps me safe from sin. Scripture power is the power to win. Scripture power! Every day I need the power that I get each time I read.*



That's it!

*?@!



Scripture power keeps me safe from sin...

!@\$?!



Scripture power is the power to win.

Scripture power! Every day I need the power that I get each time I read.



The author lives in Nevada, USA.

*"Scripture Power" by Clive Romney

The Brother of Jared



1 The brother of Jared had to build a ship to help his family get to the promised land. The ships needed to be completely tight so no water would get in. He didn't know how they would get air or light. (See Ether 2:16-17.)

2 He climbed a mountain and prayed for help. He got an answer right away! Jesus told him to cut holes in the ship that he could plug and unplug for air. (See Ether 2:18-21.)

3 For light, Jesus didn't give an answer right away. He told the brother of Jared to see if he could find an answer. The brother of Jared thought hard. He had an idea! (See Ether 2:22-25.)



4 He brought 16 clear stones and asked the Lord to touch the stones to fill them with light. Jesus Christ reached out to touch the stones with His spirit body, and the brother of Jared saw His hand. (See Ether 3:1–8.)



5 Now the brother of Jared was able to take his family safely across the ocean (see Ether 6:2–12). Like the brother of Jared, sometimes the Holy Ghost will tell us clearly what to do, and sometimes we'll need to search for answers. Either way, God hears us and loves to bless us.



MAKE YOUR OWN ROCK ART

Go outside and find 16 stones of different shapes and sizes. Use them to create a scene from this story!

Send us a picture of what you made! See how on page 39.

See *Come, Follow Me* for Ether 1–5 and Ether 6–11.

Like a STAR

By Carrie Salisbury and Sydney Squires
(Based on a true story)

"I know Heavenly Father loves me" (Children's Songbook, 163).

Carrie dug through her duffel bag. Had she remembered to pack a skirt?

Yes—there it was, at the very, very bottom: a little dirty and a little wrinkled, but there!

Carrie ran out of the tent with her skirt on. "Look, Mom!" She twirled.

"Oh, I'm so glad you found it!" Mom wiped a smudge off of Carrie's cheek. "Let's get you in the car."

Carrie ran across the campsite and climbed into the car with her younger brother and sister. Her brother,

Bryan, had put on a tie, and Alaina had put on her dress.

They drove down the long, winding road out of the mountains.

"It's so nice to get back in the valley!" Dad said.

Carrie nodded. She stared at the houses and big, important-looking buildings.

A few months ago, Dad's job changed. Then just a few weeks ago, Mom and Dad told her that they couldn't keep their house anymore. Carrie had packed her duffel bag, which Mom called her "life bag," with her toothbrush, shoes, and some clothes. Whatever didn't fit, like toys, she had left behind. The only extra thing she'd been able to bring was her violin.

At first it was fun living at a campsite. But camping for weeks and weeks wasn't so fun. They didn't have extra money for gas, so they never got to go



anywhere else. But today they were going to church. Carrie would finally be able to go to Primary again!

The further they drove, the more Carrie's stomach tied itself into tight knots. She liked to look her best for church. But the campsite didn't have showers, and her fingernails and the creases of her hands were filled with dirt. She couldn't wash or braid her hair either.

They pulled up to the church. Bryan and Alaina climbed out quickly with Mom and Dad. Carrie followed slowly, her arms folded tight.

When it was finally time for Primary, Carrie kept her eyes on her sneakers. Some kids stared, but others were really nice. She talked with a few kids, but it was hard to try to make friends. She probably wouldn't see them again.

When they got back up to the campsite at the end of the day, Carrie's heart was heavy. She missed her old Primary, and she missed staying in one place and seeing the same friends every week. Mom and Dad said they wouldn't be at the campsite for too much longer, but Carrie didn't know where they'd live next.

After a while, Carrie pulled out her violin. At first she just played a few notes here and there. She paced beneath the tall trees and looked out at the meadow. Carrie took a big, deep breath and said a prayer in her heart. She told Heavenly Father how sad and hurt

she'd felt today. She wanted to have a house again so that they didn't have to stay in this campsite anymore.

Finally Carrie raised her violin. Slowly she started to play her favorite Primary song. She sang along in her head.

"I am like a star shining brightly, smiling for the whole world to see."

Carrie looked up between the tall trees. Violin music filled the campground. This song reminded her that Heavenly Father had created a beautiful world. He made everything perfectly and with love—including her. Heavenly Father loved her for her.

Carrie smiled as she played the last lines: *"I can do and say happy things each day, for I know Heavenly Father loves me."* ●

The authors live in California, USA, and West Midlands, England.

Carrie grew up to be a violin teacher who helps people feel comfort and belonging through music. She and her children share music to raise money for community food pantries to help other people in need. You can read more about Carrie and her family in "Gabriel's Cello" (Friend, Dec. 2017).



WHAT'S DIFFERENT?

Abinadi was a brave prophet in the Book of Mormon. Can you find 10 differences between the two pictures of Abinadi preaching to King Noah?



ILLUSTRATIONS BY ARIE VAN DE GRAAFF

A PUZZLE IN REVERSE

Read the clues to solve the riddles. Hint: In each riddle, either the third or seventh word spelled backwards is the answer! The first clue is circled for you. Answers on page 39.

1. Samantha's two pets were too short to reach the couch on their own, so she gave them this to help them out.

2. The sky turned cloudy and dark. "Rats!" Dad said, putting his telescope away. He couldn't see even one of these.

3. With the songs playing on a loop, the kids never had to leave this watery playground to start up the music again.

4. Scruffy's big paws wouldn't fit inside his new shoes. And Fuzzball's paws were too small for his shoes. So this was the perfect solution.

5. "You look stressed," Aunt Jennie said. "But you're in luck! I've been baking all morning. These might cheer you up."

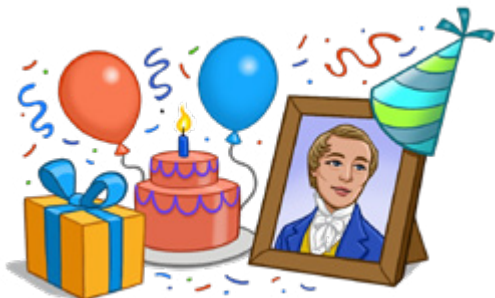
6. Jian didn't stop scrubbing these until he could see his face shining back in the metal. Mom and Dad would be surprised the next time they cooked dinner in these!



ELDER GERRIT W. GONG

Of the Quorum of the
Twelve Apostles

Elder Gong shares a birthday with the Prophet Joseph Smith (December 23)!



He enjoys meeting with people of all ages.



He has been all over the world, including Antarctica! He liked seeing the penguins.



He and his wife, Sister Susan Gong, have four children and three grandchildren.

“Heavenly Father does hear every child’s prayer.”

Elder Gerrit W. Gong

“Covenant Belonging,” *Ensign*, Nov. 2019, 80.

MATT AND MANDY



for older KIDS

FAMILY HISTORY CORNER

Make a favorite family recipe! You could also try a food from a place your family comes from.



What do you always find in the middle of the ocean?

See page 39.



SECRET SERVICE

- Leave a kind note for someone to find.
- Secretly do a day (or week!) of chores for your sibling.
- Wave at people while you're on a walk.



A LOOK INSIDE THE TEMPLE

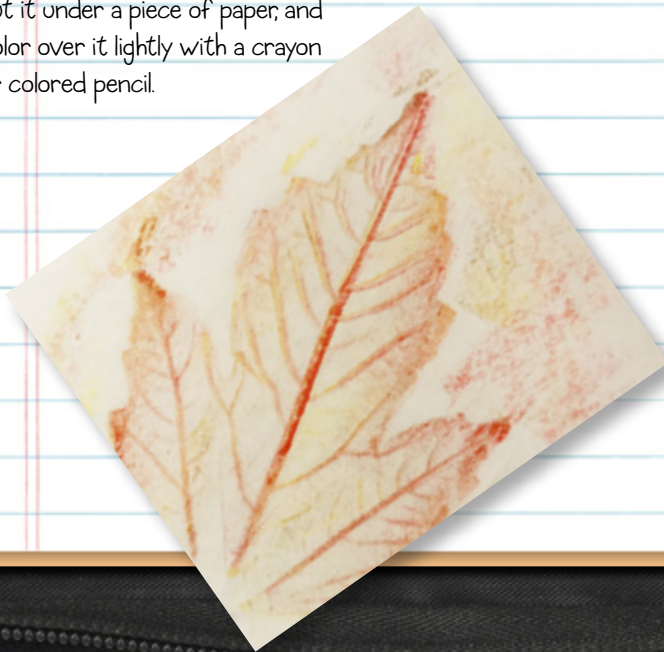
Sometimes waiting is hard! But in the temple, waiting is a special time to feel the Spirit. Each temple has places where people can read scriptures and listen to peaceful music while they wait to do temple baptisms or other ordinances.

Circle every third letter to find out what country this temple is in. The first one is done for you. (See page 39)

S E H P W A C B I Y M T O L I

ART CHALLENGE

Make some nature art! Find a leaf, put it under a piece of paper, and color over it lightly with a crayon or colored pencil.



INVITING MY FRIEND



I recently invited a friend to a stake activity. She said she was pretty confused about most of it. But when she heard the missionaries' stories, she said she felt a warm, happy feeling inside. Then she said that she wanted to come again! I said I would invite her to more activities when I could. I really hope she studies the gospel more.

Samantha T., age 9, Arizona, USA

Going inside God's House

Rachel was excited to go to the temple, but now she started feeling kind of panicky.

By Lucy Stevenson Ewell

Church Magazines
(Based on a true story)

"The God of love and peace shall be with you" (2 Corinthians 13:11).

"There's the temple!" Dad said, pointing out the car window.

Rachel leaned forward in her seat. She could see the tall white spire in the distance with the golden angel Moroni on top. It was beautiful!

All her life, Rachel had looked forward to going inside the temple. Now she was just minutes away from going inside for the first time! Mom and Dad had even helped her find family names to be baptized for.

Rachel had heard about how peaceful the temple was. But as their car pulled into the temple parking lot, Rachel started feeling kind of panicky.

I'm going inside God's house, Rachel thought. What if I'm not ready? What if I'm not worthy? She swallowed hard



as Mom parked the car.

"You OK?" Dad asked as they got out.

"I'm a little nervous," said Rachel.

"It'll be great," Mom said. "There will be lots of kind temple workers to help you."

"And we'll be there too." Dad gave Rachel's arm a gentle squeeze.

That made Rachel feel better. But just a little.

Rachel and her parents walked through the temple doors. A man in a white suit was at a desk. "Welcome to the temple," he said, smiling. Rachel showed him her recommend. Some nice temple workers gave her a white

jumpsuit in her size.

Rachel tried to feel the peace everyone had talked about. But new worries kept popping up in her mind like crazy popcorn kernels. *What if the water's cold? What if I don't know where to go? What if I do something wrong?*

When Rachel went into the locker room to change, she knelt down in the stall and prayed. "Heavenly Father," she whispered, "please help me feel more calm."

Please help me to feel peace.”

Rachel’s worried mind felt a little clearer as she finished her prayer. She stood up, zipped on her white jumpsuit, and walked out to meet her parents by the baptism font. She was feeling better already!

There were some other kids waiting to be baptized, so Rachel sat on one of the soft benches to wait. It helped a lot to watch them and see how it was done.

Then it was Rachel’s turn. She gave a temple worker the cards with her ancestors’ names. She took a deep breath and stepped into the water. It was warm!

Rachel listened as the young man baptizing her said the words to the baptism prayer. As she came up out of the water, she felt like her ancestors were giving her a big hug for doing this for them. She felt like she could almost hear them whisper, “Thank you.”

After Rachel changed into her dry clothes, she was



confirmed for the ancestors she was baptized for. When she and her parents walked back out the temple doors into the sunshine, Rachel felt good inside.

“So, what did you think?” Dad asked.

“I loved it,” Rachel said. “I loved it with my whole heart.”

As they drove away, Rachel smiled as she watched the temple disappear in the distance. She really had felt peace inside the Lord’s house. And she could honestly say that she loved to see the temple. ●



I love to see the temple. It is a holy place and is the house of God. Soon I will be able to go inside and do baptisms. I’m so excited!

Dallin W., age 11, Utah, USA

I'm nervous about leaving Primary soon. Everyone in Young Women and Young Men is older and more experienced than me. What if I don't fit in?
—Out-of-Place in Ottawa



Dear Out-of-Place,

It's normal to be nervous about moving up with the older kids. But it doesn't matter that you're younger than they are. You have goodness to contribute, and you belong! Try looking for ways you can serve others in your class or quorum. Ask Heavenly Father for help and try to just be yourself! And someday when you're older, you can remember how you felt now and be kind to the kids who are new.

You've got this!

The *Friend*

Meet some of our friends who have been in your shoes! Here's what they have to say . . .

For me, going to Young Men felt pretty normal, like moving up to another class in Primary. Be yourself! You'll be all right.

**Levi M., age 12,
Illinois, USA**



Talking to my older sister about Young Women helped. The advice I would give is be kind to everyone and they will be kind back.

**Madge P., age 12,
Alberta, Canada**



I was probably more excited than nervous. My favorite part of Young Women is how all of our activities can relate to being more like Jesus.

**Shay L., age 11,
Idaho, USA**



Being in Young Men is fun, so don't worry. The best parts are the weekly activities and passing the sacrament.

**Latrell T., age 13,
Queensland, Australia**



Dot Art

The Aboriginal people in Australia use dot painting to tell stories and create beautiful artwork. Here's a craft for you to make your own!

colored paper
paint brush
paint
pencil with flat-top eraser

1. Draw or paint the shape of an animal on your paper. You could paint an animal from Australia, like a kangaroo or koala!
2. Now grab a pencil. Lightly dip the eraser end of the pencil in colored paint. Press the eraser onto the paper to paint dots on the page.



Banana Damper

Damper is a traditional Australian bread. Travelers would sometimes make this bread outside over a campfire with hot coals. Here's a version you can try! Remember to ask an adult for help.

3 cups self-rising flour	2 bananas, mashed
1/4 cup brown sugar	1/2 cup milk
1/3 cup butter, cubed	1/2 cup walnuts (optional)

1. Mix the flour and brown sugar together. Add butter and stir with a fork until crumbly.
2. In a separate bowl, add milk to the mashed bananas and mix.
3. Add the banana mixture to the crumb mixture. Use a fork to stir until just combined.
4. Turn the dough onto a greased cookie sheet and pat into a large round. Gently press walnuts into the top (optional). Dough will be soft and sticky.
5. Bake at 350°F (180°C) for 40 minutes.





Help Passing the Sacrament

By David Dickson

Church Magazines
(Based on a true story)

“With hands now pledged to do Thy work, we take the sacrament” (Hymns, no. 169).

Brayden watched the deacons pass the sacrament up and down the aisles.

How am I going to do that? he wondered. January was only a few weeks away, and then he’d be a deacon. But he couldn’t carry a tray and use his walker at the same time.

After sacrament meeting, Mom helped move Brayden into his transport chair. Then she pushed him to Primary. All through class, Brayden kept wondering about how he’d pass the sacrament.

“Hey, Brayden, can you talk for a minute?” Brother Larsen and Mom were waiting in the hall after Primary.

“Sure!” Brayden said. He loved hanging out with the Larsens, especially their son Josh. Josh was a good friend, almost like a big brother, really. And Brother Larsen was kind of like a dad to Brayden. A really *cool* dad! He was

also one of the advisers in Young Men.

Mom pushed Brayden into an empty classroom.

“I’ve been thinking about you,” Brother Larsen said. “You’re going to be a deacon soon.”

“Yep.”

“And that means passing the sacrament.”

Brayden nodded. “Yeah.”

But how? he wondered again.

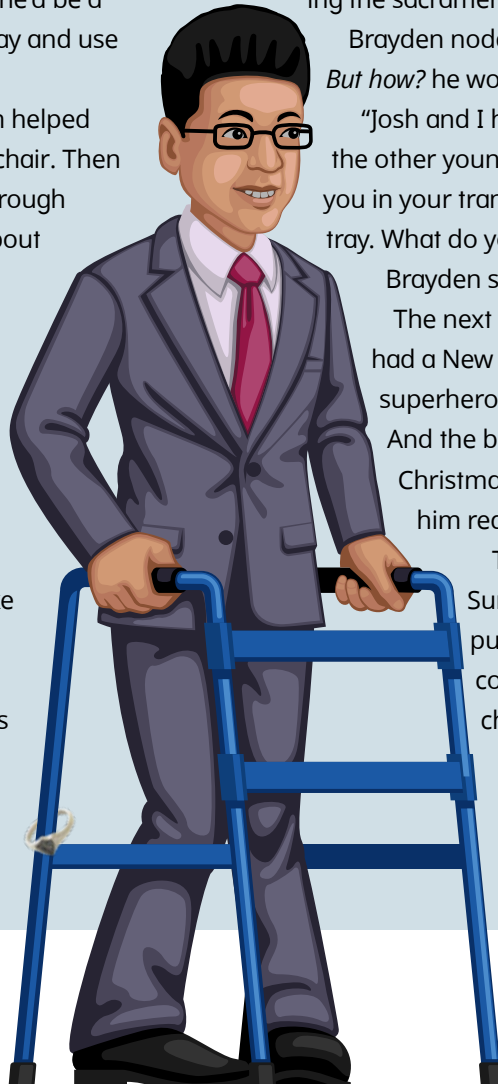
“Josh and I had an idea. He and the other young men would like to take turns pushing you in your transport chair. That way you can carry a tray. What do you think?”

Brayden smiled. “I think it sounds great.”

The next couple of weeks went by in a flash. He had a New Year’s Eve party that was a *ton* of fun—a superhero movie night followed by board games. And the book on robotics that Mom gave him for Christmas was awesome. Just the thing to get him ready for the robotics team at school!

Then before he knew it, it was his first Sunday as a deacon. His sister, Rylie, pushed Brayden next to the other deacons before she went to sit by Mom in the chapel.

Brayden was glad to be part of such a great deacons quorum.



“Hey, Brayden, you ready?”
Josh said quietly as he sat near
Brayden.

“I think so,” Brayden said. His
assignment was for the rows
on the left. That sounded easy
enough. But his stomach still felt
twisty.

“Good morning, brothers and
sisters,” began the bishop.

The meeting felt normal but
different at the same time. It had
all the normal pieces. But his own
part was brand new.

One of the older boys blessed
the bread. After the congrega-
tion said, “Amen,” Josh handed
Brayden the bread tray. The cool
metal handle pressed against
Brayden’s palm as he gripped
it tight. Josh pushed Brayden
slowly and reverently to the left
side of the room.

Brayden handed the tray to
Sister Wright. She smiled at him,
ate a piece of the broken bread, and then passed the tray
down her row.

I’m doing it, thought Brayden. I’m passing the sacrament!

“Thanks for helping me today,” Brayden said to Josh
after church was over. Then he gave him a mischievous
smile. “But that doesn’t mean I’m going easy on you next
Friday night for video games!”

Brayden and Josh laughed. Brayden was glad he got
to pass the sacrament. He knew what an important and



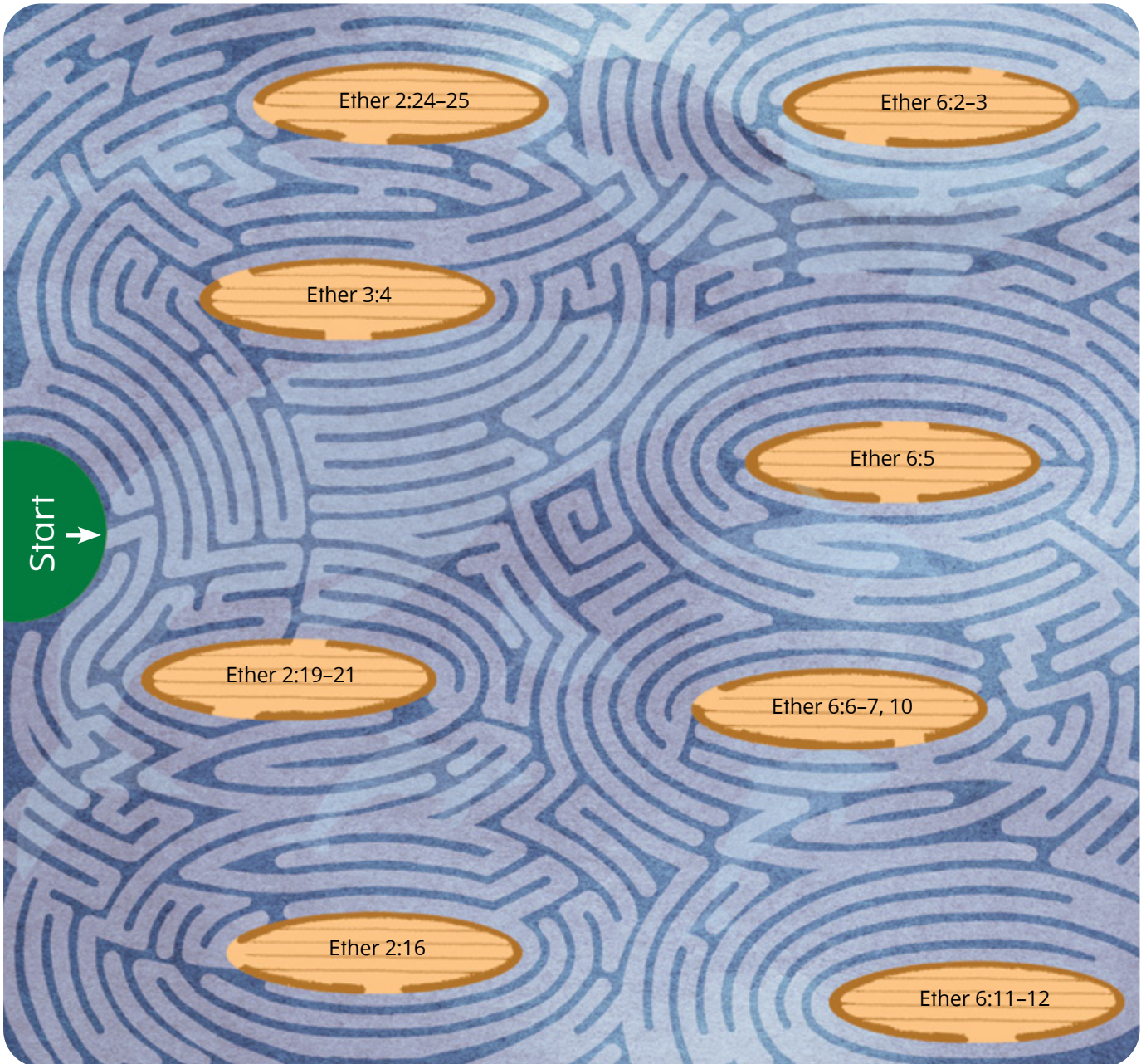
sacred ordinance it was.

He was also glad to be part of such a great deacons
quorum with friends who were willing to help him! He
would be glad to help them too. Especially if anybody
ever needed help building an awesome robot! ●

Jaredite Maze

By Haley Yancey

The Jaredites traveled in barges to cross the ocean. They had faith that the Lord would take them to the promised land. Follow the maze through each barge to learn about the Jaredites' journey. Be sure to read each scripture along the way!



See *Come, Follow Me* for Ether 1-5 and Ether 6-11.

Book of Mormon Art Show!



"Nephi's Boat," Yael, India, and Theo C.,
ages 4, 4, and 8, Alberta, Canada



"Lehi's Dream,"
Jacob and George G.,
ages 10 and 7,
Rhineland-Palatinate,
Germany

FUNSTUFF ANSWERS

Page 28: 1, step; 2, star; 3, pool; 4, swap; 5, desserts; 6, pots
Page 31: the letter "e"; Haiti



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ1, 36, and 27.

How to Write to the *Friend*

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

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



Clara W., age 9, Iowa, USA

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.

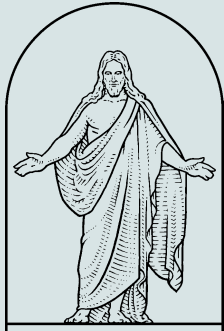
Signature of parent or legal guardian _____ Date _____

Email of parent or legal guardian _____

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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Come, Follow Me

for Little Ones

Here are some activity ideas for toddlers and young children that go along with each week's reading.

FOR
Mormon
7-9



MIRACLES

Read Mormon

9:19 together and help your little ones say, "God is a God of miracles." Go to **children**

.ChurchofJesusChrist.org and watch the sing-along video for the song "The Miracle." If your children are old enough, you could learn to sing the chorus together. (For extra help, find the lyrics in the June 2018 *Friend*.)

FOR
Ether 1-5



THE PROMISED LAND

Read Ether 3:4 together and review the story of how the brother of Jared built ships to travel to the promised land. (You could use the illustrated story on pages FJ4-6 of the October 2016 *Friend*.) Then hide 16 stones and help your children find them. When you're done, help your little ones say, "God can help me solve my problems."

FOR
Ether 6-11



BEING THANKFUL

Sit on a bed with your children and cover yourselves with a blanket, or do something else to build a pretend barge. Be sure to bring a flashlight! **Read Ether 6:5** together and act out being "tossed upon the waves" with a "furious wind." Then **read Ether 6:9** together and help your little ones say, "I can be thankful." Pick a favorite Primary song to sing together before leaving the barge!

FOR
Ether 12-15



DOING HARD THINGS

Read Ether 12:27 and help your little ones say, "Jesus Christ can help me be strong." Invite your children to try doing something physically hard, like moving a chair or lifting a heavy book. Then help them successfully complete the challenge. Show them a picture of Jesus and explain that Jesus can help us do hard things and make weak things strong.

ACTION RHYME

Like Him

By Jordan Monson Wright



God is my Father,
and I'm His child,
so it comes as no
surprise . . .



That my body
looks like His!
(Though mine's a
smaller size.)



We both have
shoulders,
arms, and
hands.



We both have
ears and eyes.



I want to grow to be
like Him—good and
kind and wise.

See *Come, Follow Me* for Ether 1-5.

Thankful Thea

On Monday,  helped  find her stuffed . "Thank you!"




Mommy **Thea** **teddy bear**

Thea said. On Tuesday,  buckled  safely into the .



Daddy **Thea** **car**

"Thank you!" Thea said. On Wednesday,  pulled  in the

Mommy **Thea**

. "Thank you!" Thea said. On Thursday,  helped  cross




wagon **Daddy** **Thea**

the . "Thank you!" Thea said. On Friday,  shared a slice of


street **Mommy**

. "Thank you!" Thea said. On Saturday,  gave  an

apple **Daddy** **Thea**

. "Thank you!" Thea said. On Sunday,  taught 

ice-cream cone **Mommy** **Thea**

about Jesus. "Thank you!" Thea said.  was thankful all week long!

Thea

See *Come, Follow Me* for Ether 6–11.

Happy Helping

Daddy is helping Thea put her toys away.
Can you help them find all 10 blocks to put in the toy box?



Thank you
for helping
me.

You're
welcome!

Mormon's Plates



In Book of Mormon times, people didn't have books or computers like we do now. So they wrote important things on thin pieces of metal called plates.

Prophets like Nephi, Alma, and Ether wrote on lots of metal plates. They wrote what happened to their people. They wrote about the gospel of Jesus Christ.



God asked a prophet named Mormon to gather the most important parts from all of these plates. Mormon and his son, Moroni, wrote them all on a set of gold plates.

Because Mormon was the one who put most of this book together, it is called the Book of Mormon. Like the Bible, it teaches about Jesus Christ.



See *Come, Follow Me* for Mormon 1–6 and Mormon 7–9.



I can learn about Jesus by reading the Book of Mormon. Even though these prophets lived long ago, their words help me today. ●

Read about this story in Mormon 1–7.

Mormon Put Together the Book of Mormon



What is your favorite Book of Mormon story?



The THANKFUL

Jar

By Jane McBride
(Based on a true story)

Mrs. Jennings held up a big glass jar for everyone in Henry's class to see. "This is a Thankful Jar. Every day, I'll ask one of you to share something you're thankful for."

Henry raised his hand. "Like what?"

"Anything," Mrs. Jennings said.

"Your family. A pet. Your friends. I'll write down what you say and put it in the jar."

How could Henry choose only one thing? All day he thought about the Thankful Jar. When Mommy picked him up, he couldn't wait to tell her all about it. "I want to make a Thankful Jar for home! We can all write down things we're thankful for. Maybe we can fill the whole jar!"

"Great idea!" Mommy said.

"Will you help me?" he asked. "I can't spell all the words."

"Of course I will."

While Henry ate lunch, he thought of what he was thankful for. He waited while Mommy put his baby sister in her crib. Finally, Mommy helped him find a big jar. She cut some paper into wide strips. Henry grabbed a crayon.

"How do you spell 'sister'?" he asked.

Mommy spelled the word out loud. Henry carefully wrote the letters down. She helped him spell *sunshine* and *brothers* and *Daddy* and *snow* and *Primary* and *hermit crabs* and other words. It took a long time to write them all. By the time Henry finished, his fingers were tired!

But Henry still had one more thing

to write. He wrote *Mommy* on a slip of paper without any help at all. Then he showed Mommy what he had written.

"Look, Mommy!" Henry said. "I'm thankful for you!"

Mommy gave him a big hug. "I'm thankful for you too."

Henry smiled. He was happy he had so many things to be thankful for. ●

The author lives in Colorado, USA.

