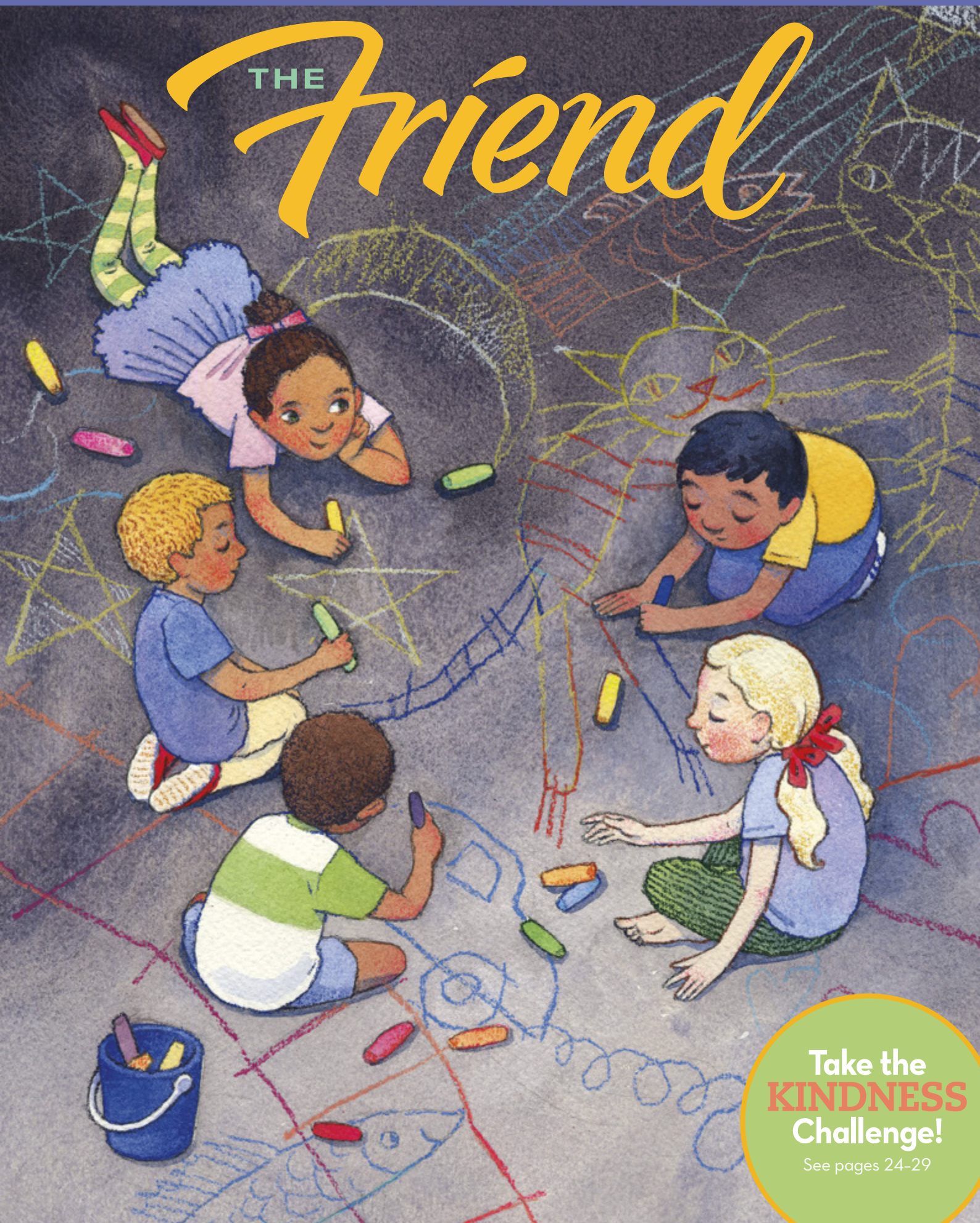


# THE *Friend*



Take the  
**KINDNESS**  
Challenge!

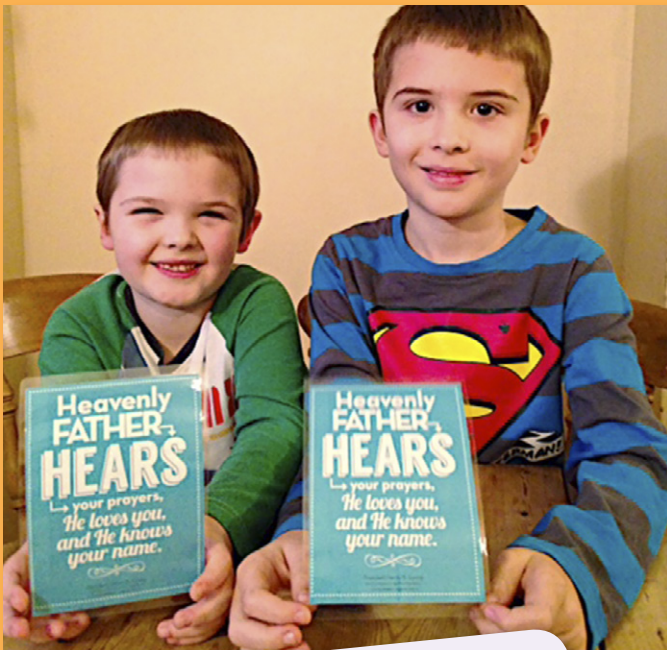
See pages 24-29

# FRIENDS by Mail

## How We Use the Friend

After reading “A Prayer in the Attic” (Feb. 2015) for our bedtime story, we made bookmarks from President Henry B. Eyring’s quote. He said, “Heavenly Father hears your prayers, He loves you, and He knows your name.”

**Jacob and Ben M., ages 6 and 8, Derbyshire, England**



## Being a Friend



I made this Friend Ship (Feb. 2015) with my mom. We talked about being a good friend. I said if someone at school was sad, I would invite them to play with me!

**Eli S., age 4, New York, USA**

## Long-Distance Reading

My nana and papa read the *Friend* with me by video chat because we live very far apart. We show each other the cover so we are in the same magazine. Then we choose a page and read to each other. We can even find the hidden pictures together!



**Evelyn S., age 5, Connecticut, USA**

## Dear Friends,

Almost everybody knows how it feels to face bullying. It could be on the playground, on the computer or phone, or even at church. Read about kindness on pages 24–29, and challenge yourself to help put an end to bullying! We are all children of God, and every child of God deserves to be treated with kindness and respect.

With love,

The Friend

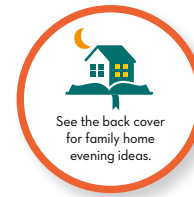
Was there a letter or a story in this month's issue that helped you? Tell us about it. Turn to page 48 to find out how.

# Come!

See all your helping hands  
at Temple Square!

**When:** September 25–October 9, 2015

**Where:** Joseph Smith Memorial Building lobby  
Salt Lake City, Utah



## ◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons.

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- Level 2:** Share your sweets
- Level 3:** No hint!

Cover by Kristin Kwan

### Volume 45 Number 10 October 2015

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FROM THE FIRST PRESIDENCY

# Grateful No Matter What

**By President Dieter F. Uchtdorf**

Second Counselor in the First Presidency

Everyone’s life is different, but all of us experience hard times. Sometimes we may feel sad or lonely. Sometimes we may be sick or confused. But there is one thing we can always do to make life sweeter and more joyful. We can be grateful!

It’s easy to count our blessings when life is going well. But the Lord also expects us to be thankful during hard times. Instead of being thankful *for* things, we can be thankful *in* our **circumstances**—whatever they may be.

We can choose to be like the Mormon pioneers. During their slow and painful trek toward the Great Salt Lake, they sang and danced and praised God instead of complaining about how hard the journey was.

your situation or what your life is like

We can choose to be like the Prophet Joseph Smith, who was a prisoner in Liberty Jail. While there, he wrote a letter encouraging the Saints to “cheerfully” do good things and have faith in God (D&C 123:17).

Being grateful during hard times does not mean that we are happy with our circumstances. It does mean that we have faith to look beyond our challenges. When we are grateful, we trust God and hope for things we may not see but which are true. By being grateful, we follow the example of our beloved Savior, who said, “Not my will, but thine, be done” (Luke 22:42).

May we “live in thanksgiving daily” (Alma 34:38). May we always show by word and deed our gratitude to our Father in Heaven and to His Beloved Son, Jesus Christ. ◆

*Adapted from “Grateful in Any Circumstances,” Ensign, May 2014, 70–77.*



# LIGHTS, CAMERA, ATTITUDE!

Many scripture heroes had good attitudes even during hard times. Read the scriptures about the people below. How did they act during their trials? How can you be more like them? Act out their story and send us a picture!

- Ruth and Naomi (Ruth 2:2, 17-18, 20)
- Paul and Silas (Acts 16:19, 23-25)
- Nephi (1 Nephi 18:11, 15-16)
- Joseph Smith (D&C 123:17 and [section heading](#))



## MANY WAYS TO SAY THANK YOU



Match the different ways of saying thank you with the countries where those languages are spoken. Some of these languages are spoken in lots of countries! Check answers on page 48.



1. gracias (Spanish) \_\_\_\_\_
2. malo (Tongan) \_\_\_\_\_
3. thank you (English) \_\_\_\_\_
4. shukriyaa (Hindi) \_\_\_\_\_
5. spasiba (Russian) \_\_\_\_\_
6. arigatō (Japanese) \_\_\_\_\_
7. asante (Swahili) \_\_\_\_\_
8. merci (French) \_\_\_\_\_



# Happy to Help

By Amie Jane Leavitt

(Based on a true story)

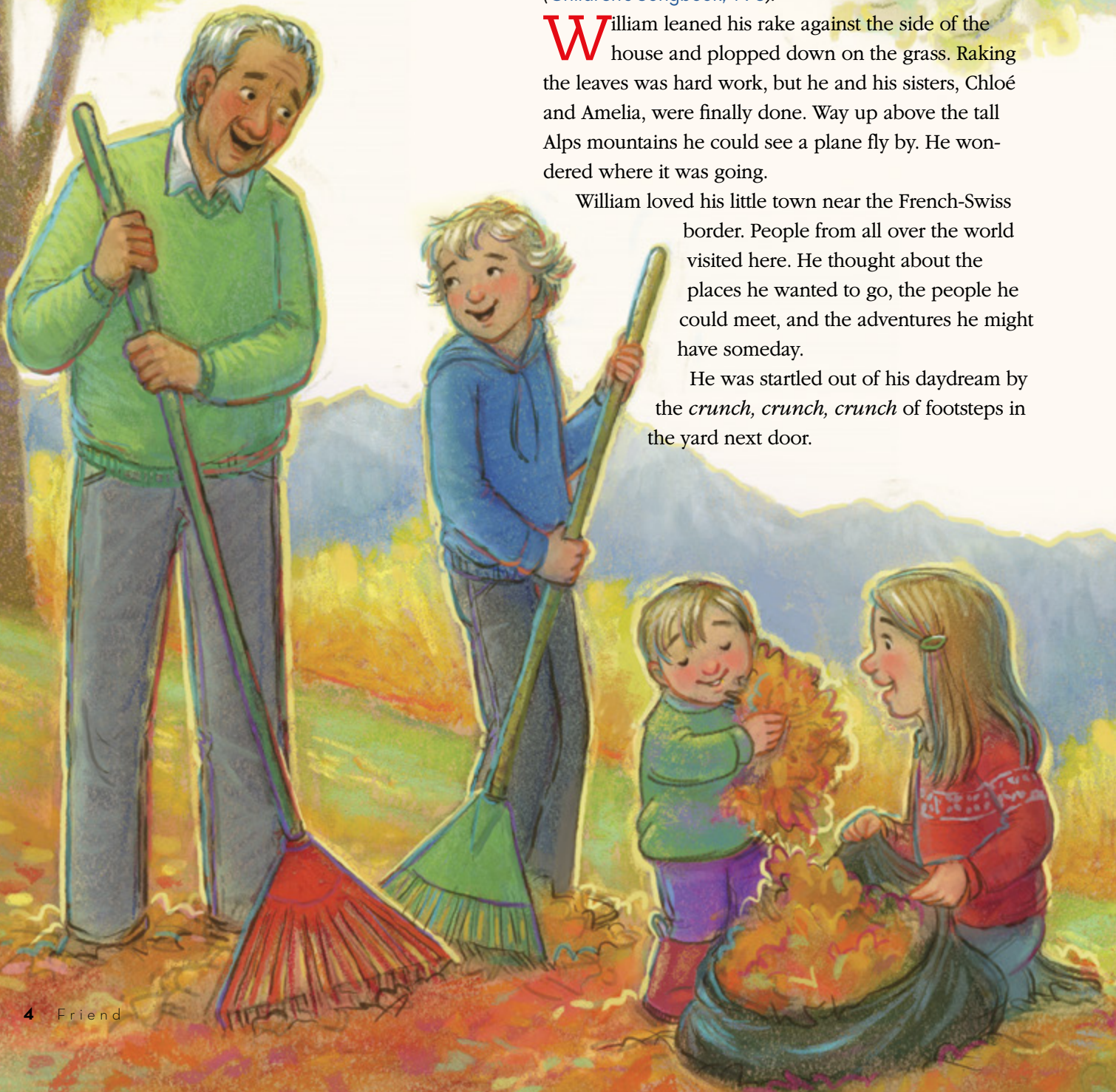
*"When we're helping, we're happy"*

(Children's Songbook, 198).

William leaned his rake against the side of the house and plopped down on the grass. Raking the leaves was hard work, but he and his sisters, Chloé and Amelia, were finally done. Way up above the tall Alps mountains he could see a plane fly by. He wondered where it was going.

William loved his little town near the French-Swiss border. People from all over the world visited here. He thought about the places he wanted to go, the people he could meet, and the adventures he might have someday.

He was startled out of his daydream by the *crunch, crunch, crunch* of footsteps in the yard next door.



“Pat must be getting ready to rake his leaves,” William said to his sisters. “I’m sure glad we’re done with ours.”

“Me too,” Chloé said.

*But if raking leaves was hard for three people, it must be really hard for one!* William thought. Pat’s wife, Pam, had just had surgery, so Pat would have to rake his leaves all by himself.

Mum always said, “When we’re helping, we’re happy!” William thought that probably meant helping Pat, even though they were tired and had already raked a whole yard.

William looked over at Chloé and Amelia, who were building tiny twig houses in the grass. “Should we go help Pat?” he asked. “We can help him finish pretty fast.”

Chloé and Amelia agreed and followed William. Even Samuel, who was only two, toddled behind them.

“Want some help?” Amelia asked as they walked around the bushes into Pat’s yard.

“I sure would! But you kids have been raking all afternoon. I bet you’re tired.”

“That’s OK,” William said. “We want to help. After all, when we’re helping, we’re happy!”

As they worked, Pat told the kids fun stories from his life. Pat was from India, but he had lived all over Asia and Africa.

After the leaves were bagged, William looked over and noticed the apples scattered around the two tall apple trees in Pat’s yard. Their work wasn’t quite done yet. William stooped down and started gathering apples. He sorted the rotten ones from the good ones as he went along. Chloé and Amelia ran over to put the apples in piles.

Pat rolled his old green wheelbarrow out from the shed. “Let’s put the rotten ones in here. Then you can take the good ones home with you.”

“That’s OK, Pat. We don’t need to take your apples,” William said.

“I want to give them to you,” Pat said. “After all, when I’m giving, I’m happy!”

That night during dinner, the children told Mum and Dad how much fun they’d had helping Pat and hearing his stories.

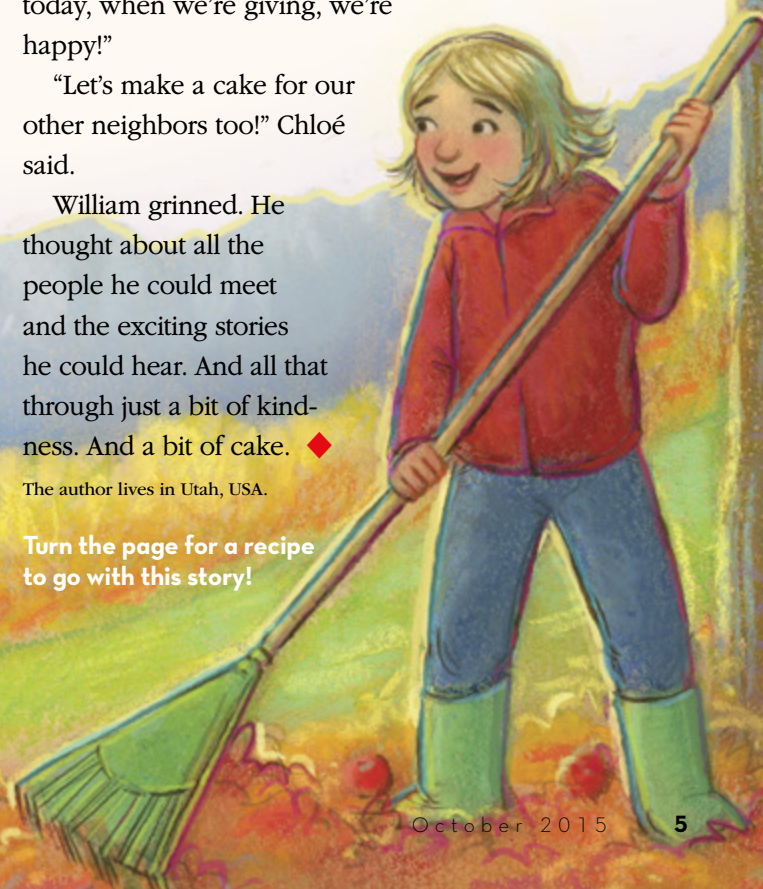
Suddenly William had an idea. “I know what we can do with the apples he gave us!” He jumped up and grabbed a copy of the *Friend* from the bookshelf. “I think Pat and Pam would really like this,” William said, turning to a recipe for apple cake. “And like Pat said today, when we’re giving, we’re happy!”

“Let’s make a cake for our other neighbors too!” Chloé said.

William grinned. He thought about all the people he could meet and the exciting stories he could hear. And all that through just a bit of kindness. And a bit of cake. ♦

The author lives in Utah, USA.

**Turn the page for a recipe to go with this story!**

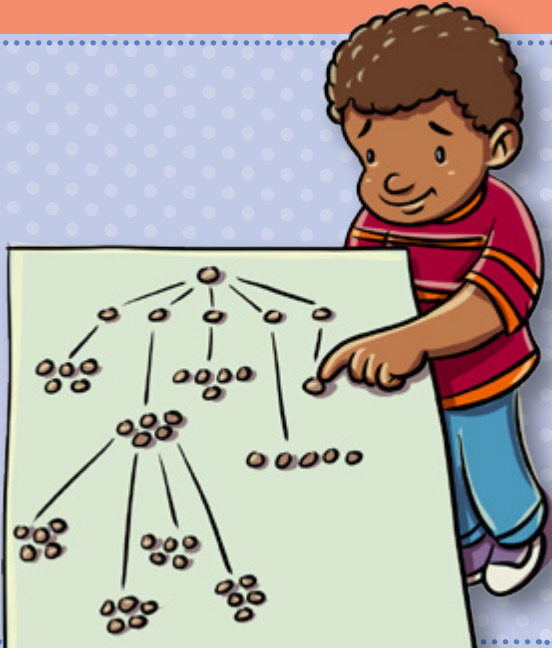


# Family Fun



# Time

Read “Happy to Help” (page 4). When we are kind, we help others be kind too! Be sure to get an adult’s help with this activity and recipe.



## “Bean” Kind

You will need a jar or bowl and a lot of dried beans.

**Step 1:** Imagine you did one nice thing for five different people. Put a bean on the table to represent you, then put five beans below to represent the people you helped. What if each of those people helped five others? Put five more beans under each “person.” Keep going until you run out of beans. Now count them up! How many people were helped because you were kind to five people?

**Step 2:** Every time you do something nice, put a bean in the jar. Can your family members each do five kind things every day for a week?

**Step 3:** At the end of the week, count out all the beans in the second jar. This is how many people your family helped! What if each of those people helped five others? Multiply the total number of beans by five. See how far your kindness can reach!

## French Apple Cake

You can make a tasty apple cake like William’s family did! Serve it with whipped cream or vanilla ice cream.

$\frac{3}{4}$  cup flour

$\frac{3}{4}$  teaspoon baking powder

pinch of salt

2 large eggs

$\frac{3}{4}$  cup sugar

1  $\frac{1}{2}$  teaspoons vanilla extract

$\frac{1}{2}$  cup butter, melted

4 large apples, peeled and cut into 1-inch (3-cm) pieces

1. In a small bowl, whisk together the flour, baking powder, and salt.
2. In a large bowl, beat the eggs until foamy, then whisk in the sugar and vanilla. Whisk in half of the flour mixture, then gently stir in half of the melted butter. Repeat with the rest of the flour mixture, then the rest of the butter.
3. Fold in the apple pieces until they’re coated with the batter and scrape them into a buttered 9x9-inch (23x23-cm) cake pan. Smooth the top with a spatula.
4. Bake at 350°F (180°C) on the center rack of the oven for 45–50 minutes or until a toothpick comes out clean when you stick it in the center.







No matter what  
anyone says,  
I am strong.  
I am loved.  
I can be brave  
and kind.  
I AM A CHILD  
OF GOD.



# A Winning Decision

*This was her chance to play on the winning team—how could she say no?*

**By Marissa Widdison**

Church Magazines  
(Based on a true story)

*“Remember the sabbath day, to keep it holy”  
(Mosiah 13:16).*

Miranda hurried through the front door, thankful that her house was cooler than the hot summer weather outside. She was sweaty from playing her last soccer game of the season and frustrated because the Teal Turbos had lost. Again.

Mom came into the room carrying a water bottle and a bag of leftover orange slices from the game. “You played a great game. Being goalie is a rough job.”

Miranda *had* played well—she had blocked a lot of shots and kicked harder than usual. But most of the other girls on her team had never played soccer before,

and today made it official: they had lost every game this season.

“I just wish I could be on a team that won once in a while, you know?” A few tears leaked out of the corners of Miranda’s eyes and fell onto her blue-green jersey. As she squeezed her eyes shut, the phone rang.

Mom picked up the phone and after a moment said, “It’s for you.”

“Hi, Miranda? This is Tom, coach of the Chili Kickers. I was watching your game today. You looked great out there.”

Miranda’s heart started beating faster. The Chili Kickers was the best soccer team in the league!

“Our team is going to the regional championship games next month. You played so well today that I want you to come with us as a back-up goalie.”

Miranda’s heart nearly leaped out of her chest. This was her chance to play with a winning team!

“I’d love to come!” Miranda said. They talked for a few minutes about the details before she hung up and ran



Isn't exercise good for us all the time?





into the other room to tell Mom. Together they started writing the dates of the practices and games on the family calendar.

Suddenly Mom stopped writing, her pen hovering above one of the calendar squares.

“Uh-oh. Miranda, these games are on Sundays. Here, look.” She pointed to the game schedule and turned to Miranda with a worried frown. “What do you think we should do?”

Miranda’s heart sank, and she bit her lip as she thought about her options. Mom might let her play if she asked, but when she thought about playing on Sunday—and especially about missing church—she got a sick feeling in her stomach. She knew Sunday was for going to church and worshipping Heavenly Father, and she couldn’t really do those things while playing soccer.

“I think I should probably call him back and tell him I can’t play,” Miranda said. She tried hard not to cry. Even though she knew it was the right choice, it was hard to give up something she wanted so badly.

“And you know what I think?” Mom said, giving her a big hug. “I think you are one great kid.”

That Sunday, as Miranda sat in Primary, she thought about the good decision she had made. The coach was surprised when Miranda had called and said she couldn’t play soccer on Sundays. He had tried to get her to change her mind, but she had stuck with her decision. Now, as she listened to the Primary songs and lessons, Miranda smiled. The peaceful feeling in her heart told her that she was in the right place. She’d made a winning decision after all. ◆

Well, Sunday is for spiritual exercise—like going to church and reading scriptures.



# The **SABBATH** Is a **DELIGHT!**

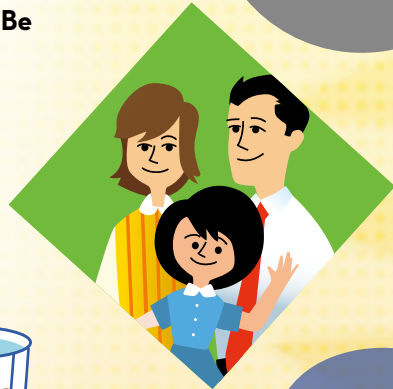
We celebrate the Sabbath on **Sundays.**

Like we give one-tenth of our money to tithing, we can set aside one-seventh of our time for the Lord.

Match the sentences with their pictures. Then cut them out, glue them together, and make a mobile to remind you to keep the Sabbath day holy. Be sure to get an adult's help.



The word Sabbath means "rest." After creating the world for six days, the Lord rested.



One of the Ten Commandments is to "remember the sabbath day, to keep it holy" (Exodus 20:8).



One of the Ten Commandments is to "remember the sabbath day, to keep it holy" (Exodus 20:8).

Isaiah called the Sabbath "a delight" (see *Isaiah 58:13*). What does your family do to make Sunday a happy, holy day?

Like we give one-tenth of our money to tithing, we can set aside one-seventh of our time for the Lord.

Print more copies at [friend.lds.org](http://friend.lds.org).

We take the sacrament on the Sabbath to remember Jesus Christ.



The word Sabbath means "rest." After creating the world for six days, the Lord rested.



When deciding what to do on the Sabbath, we can ask ourselves, "What sign do I want to give the Lord to show Him that I love Him?"



Adapted from President Russell M. Nelson, "The Sabbath Is a Delight," Ensign, May 2015, 129–132.

OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# Our Women Leaders

These women are wives, mothers, and grandmothers. Here are some other fun things about them! You can print more cards at [friend.lds.org](http://friend.lds.org).



**Sister Carole M. Stephens**

*First Counselor  
Relief Society General Presidency*



**Sister Linda K. Burton**

*General President  
of the Relief Society*



**Sister Linda S. Reeves**

*Second Counselor  
Relief Society General Presidency*



**Sister Carol F. McConkie**

*First Counselor  
Young Women General Presidency*



**Sister Bonnie L. Oscarson**

*General President  
of the Young Women*



**Sister Neill F. Marriott**

*Second Counselor  
Young Women General Presidency*



**Sister Cheryl A. Esplin**

*First Counselor  
Primary General Presidency*



**Sister Rosemary M. Wixom**

*General President  
of the Primary*



**Sister Mary R. Durham**

*Second Counselor  
Primary General Presidency*

- Grew up playing in the banana trees in her backyard with her four younger brothers.
- Loves swimming and reading books to her grandchildren.
- Loves to read the Book of Mormon and stories about Jesus.



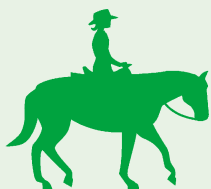
- Loved roller-skating, hopscotch, kickball, and neighborhood games as a child.
- Was called as a Primary chorister while living in New Zealand as a teen.
- Studied in college to become an elementary school teacher.



- Was sealed to her parents when she was five, after her mom was baptized and her dad started coming to church again.
- Sang in choirs and was captain of a drill team called the Bonnie Lassies.
- Taught seminary and loves religion classes. Met her husband at institute.



- Liked horseback riding as a child, and rode in the local rodeo parade.
- Was baptized when she was 22 years old.
- First job was working in a library. Later, loved reading bedtime stories to her 11 children.



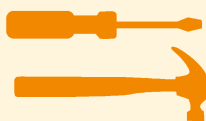
- As a child, loved reading under the apricot trees and climbing trees with her two older brothers.
- Was art editor of her high school's magazine and studied literature and graphic design in college.
- Lived in eight different U.S. states and in Sweden twice!



- Liked reading in the farmhouse attic when she wasn't working or playing in the orchards and fields.
- Spent a summer in France as a teen.
- In college, was a student teacher in a high school English class.



- Learned not to take dares when she got her tongue stuck on cold metal.
- Studied dance in college.
- As a mother, was like a nurse, teacher, baker, and gardener, and had her own tool bag to fix things!



- Sometimes switched with her twin sister to trick people!
- Taught third grade after graduating from college.
- Loved learning about geography and now visits some countries she dreamed of visiting.



- Put out a fire and saved her brother from being badly burned on their farm in Wyoming, USA.
- Liked reading and playing sports, especially basketball.
- Taught school for two years after graduating from college.



# My Golden Ribbon Dance

I could share my testimony through dance!



By Hannah A., age 10, Utah, USA



At the end of my ballet class, my dance teacher said, “Girls, we have a Golden Ribbon Dance to watch today.” A Golden Ribbon Dance is a dance you choreograph yourself and perform for your class. Afterward you can choose a golden

ribbon. But the really exciting part is that the teachers choose 10 of these dances to be performed in the Christmas recital.

My friend Addie got into position to perform her dance, and the music started. She began dancing really gracefully and beautifully. As she flowed with the music, I started thinking about a dance I could create.

When I got home, I looked online for some music for my Golden Ribbon Dance. I searched for LDS music, and the first thing that popped up was “Have I Done Any Good?” I listened to the music and loved it, so I started making up my dance. I was so excited that when I was about half finished, I ran downstairs and showed my mom. She loved it!

My dance company’s theme this year was “Art in Motion,” so I was supposed to choose some art to inspire my dance. We looked through some LDS art about service. We found four pictures that I liked. My favorite was one called *The Good Samaritan*.

I practiced and practiced and practiced so I could be ready to perform. I even showed my sister and sister-in-law, and they both loved it.

When I felt ready, I brought all my pictures to class. I chose four girls to hold the pictures behind me during my performance. As I danced, I wasn’t even thinking about whether I would get chosen for the Christmas recital. I just had a really warm, peaceful feeling inside as I shared my testimony about Jesus with art, music, and my very own dance! ♦

## QUESTION FOR YOU

How can you use your talents to share your testimony? Write and tell us!

By Hilary Watkins Lemon

(Based on a true story)

*“Help me with others my blessings to share”*

(Children’s Songbook, 22).

As we walked toward our front door, my heavy trick-or-treating sack kept bumping my leg.

“I can’t wait to count all the candy I got,” I said to my brother Josh. “I bet I set a record!”

“No kidding,” Josh said. “My bag is breaking my arm!”

Our little sister Bekah hopped up the front steps and opened the door. We rushed in and dumped our candy on the floor. Mom and Dad had a rule that we

could eat only a few pieces of candy on Halloween night, so I wanted to make sure I chose the best ones.

I turned to Josh, who was hunched over two piles.

One was big and had some of the best candy a kid could get. The other pile was pretty small.

*Josh is allergic to most of this!*

I suddenly remembered. In all of the excitement, I had forgotten that my brother has dairy, nut, and soy allergies. Most candy makes him sick.

I felt kind of sad when I saw the puny pile Josh could eat. But then I noticed he had a smile on his face.

“I did great! Look at all of this,” Josh said.



# The CANDY



Josh was allergic to most of his candy.

So why was he smiling?

“Yeah . . . um, that looks like a lot of good candy,” I said, trying not to make him feel bad.

Josh gave me a funny look, like he could tell exactly what I was thinking.

“It’s OK, Joseph,” Josh said. He started dividing up the big pile of candy he couldn’t eat. “I know my pile of safe candy doesn’t look like much, but I have awesome plans for the rest of it.”

“Like what?” I asked.

“Well, first I’m giving two suckers to Bekah, because she loves them, but she was too shy to go trick-or-treating at the house that was giving them away.”

Josh held out a couple of lollipops to Bekah, who squealed and grabbed him in a sparkly pink hug.

“Next I’m gonna save these for my friend Max, because he loves candy with peanut butter in it. He was sick this week, and I’m not sure if he got to go trick-or-treating.”

As I watched Josh push a bunch of the candy off to the side, a warm feeling grew inside my heart.

“It’s really cool of you to give away your candy like that,” I said.

“Well, I like helping people when I can. Plus, I’m not giving up all of it. The rest is for trading.”

I looked at my own small mountain of treats. I saw a pack of fruity candy that I knew Bekah liked.

“Here, Bekah. Want this?”

“Yes! Thank you!”

The warm feeling grew even bigger. I felt that Jesus would want me to share what I had too.

Josh had the right idea—it felt really good to share with someone I love. ♦

The author lives in Texas, USA.



Once in church I drew a picture of a rainbow. My little brother wanted to draw a picture too, but there was no paper left. So I ripped my rainbow picture in two and gave one half to him. He colored in my picture and gave it to my mom for Mother’s Day. And then I felt the Holy Ghost.



Esther F., age 7, Utah, USA

Plan



QUESTION CORNER

# What do you love most about being a member of the Church?



I like that during the sacrament we get to take the bread and water in remembrance of Jesus Christ. The bread reminds us of His body, and the water reminds us of His blood. When we're taking the sacrament, we can close our eyes and think of all the things Jesus did for us.

**Ava J., age 9, North Carolina, USA**



I love going to Primary and singing songs.

**Hayden H., age 5, Utah, USA**



I like to learn about Jesus Christ, and I like going to Primary and making friends.

**Catherine W., age 7, North Carolina, USA**



I like learning that families can be together forever. (*Renee*)

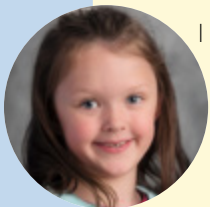
I can have friends, I can read the scriptures every day, and I can learn the gospel. (*Ralph*)

**Renee and Ralph E., ages 9 and 10, Metro Manila, Philippines**



I love that I get to make a lot of new friends and I can teach my friends who aren't members about the gospel. I get to listen to general conference and listen to the prophet and the apostles speak. Family home evening is also really fun because sometimes we go out for ice cream. Yum!

**Savannah H., age 12, Washington, USA**



I love it when I feel the Holy Ghost. I can feel the Holy Ghost a lot while listening to talks and lessons. I also feel it when I help others.

**Kaylee C., age 7, Virginia, USA**



My favorite thing is that we can learn and play at the same time, and we can learn more about Jesus Christ. I like learning about Him because He's my Savior. (*Liz*)

I like to learn about Jesus, and I know that Jesus loves us. (*Lalo*)

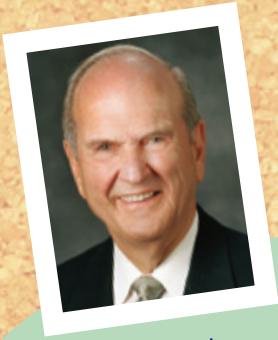
**Liz and Lalo S., ages 8 and 6, California, USA**

.....  
**NEXT QUESTION**

**“When my mom and dad argue, I feel very worried and sad. What can I do?”**

Do you have some advice about this? Send us your answer and photo by October 31, 2015. Find our address on page 48 or email us at [friend@ldschurch.org](mailto:friend@ldschurch.org). (Put “Question Corner” in the subject line.) Remember to include a parent’s permission! Use the permission statement on page 48.

Responses are intended for help and perspective, not as pronouncements of Church doctrine.



# • BULLETIN BOARD

"When we love somebody, we show it by doing something nice."

President Russell M. Nelson, President of the Quorum of the Twelve Apostles, "Focus on Values," New Era, Feb. 2013, 4.



Trevor S., age 7, Kansas, USA

## Quick Bites

Spread cream cheese on a whole-wheat tortilla and layer it with pepperoni and spinach. Roll it up and slice it. Pack a small container of marinara sauce as dip.



GIVE US A HAND!

So far you've sent us

**14,027**

hands! Go to page 48 to find out how to send us your "helping hand."

## STAND TALL!

I will only listen to music that is pleasing to Heavenly Father.

—My Gospel Standards



What type of music do you listen to?

Find sing-along videos at [children.lds.org](http://children.lds.org).

## HANGING LEAVES

Make this craft to bring nature inside!

1. Go in your yard or go on a walk with a parent and collect the very best leaves you can find.
2. Find a good, sturdy stick about 1 foot (30 cm) long.
3. Cut four pieces of string, each about 1 foot (30 cm) long. Tie one end of each string along the stick. Tape or tie four or five leaves along each string.
4. Cut a piece of string about as long as your arm and tie it to each end of the stick. Hang up and enjoy your piece of nature!



*From an interview  
by Jenn Adams Wilks*

Hi!  
I'm Ellie!

# Dreams



I have Proximal Focal Femoral Deficiency (PFFD), which made one leg grow slower. My left leg was nine inches (23 cm) shorter than my right. Doctors thought they might have to amputate my leg, but we found a doctor in Florida who could lengthen it. The “fixator” he attached made my bone grow a millimeter every day. Over the summer, my leg grew five inches (13 cm)! I got a blessing before one of my surgeries, and I know it helped.





## Winter the Dolphin

*In Florida I met a dolphin named Winter. Her tail got caught in a crab trap, but she was able to swim again with a prosthetic tail. A volunteer taught me how to make Winter dance and do other tricks. Winter never gave up, so I didn't want to give up either.*

*I have a stuffed dolphin that I take with me to all of my surgeries. It's missing the tail, just like Winter! It helps me have hope.*

## What I Do For Fun

*I play piano, swim, rock climb, and ski. I also like to paint, make bracelets, and sew and cook.*

# and Dolphins

## How I Help Others

*A lady who used to be my Primary teacher is paralyzed, so I wrote nice things on hearts to put on her door and gave her a treat. I also wrote a poem about my dream of walking again. Because I've been through a lot, I try to help others who are going through hard things.*

*I've had a dream, a very real dream,  
One that's lasted my whole life through.  
I dream about running, skipping, and dancing  
And tumbling like cheerleaders do...*

*It was a hard and overwhelming year for me,  
But I feel so very blessed that my dreams  
came true.*

*I am grateful for miracles and answers to  
prayers.*

*I now have no doubt that dreams can  
come true.*

## HOW YOU CAN HELP

- If someone is on crutches, see if they need help carrying things.
- Visit a friend when they've been sick. Bring a craft or game to do with them.
- Cheer up people when they're having a hard time.



## GIVE US A HAND!

**How do you follow Jesus by helping others? Trace your hand, and send us your story and photo, along with your parent's permission. Find out how on page 48.**



SPECIAL WITNESS

# How can I show kindness to others?

**By Elder  
Dallin H. Oaks**

Of the Quorum  
of the Twelve  
Apostles

*The members of  
the Quorum of the  
Twelve Apostles are  
special witnesses of  
Jesus Christ.*

*We should all  
follow the gospel  
teachings to  
love our  
neighbors.*

*We should love all  
people, be good listeners,  
and show respect for  
what others believe.*

*We should especially  
be kind to our family  
members.*

*We should avoid bullying,  
insulting, or saying things  
that might hurt others.*



*From "Loving Others and Living  
with Differences," Ensign, Nov. 2014,  
25–28.*

# Families Can Be Together Forever

**W**hen Elder Dallin H. Oaks was a 12-year-old deacon, he went with his bishop to take Christmas baskets to the widows who lived in their ward. A widow is a woman whose husband has died. The backseat of the bishop's car was filled with baskets of grapefruit and oranges. The bishop waited in the car while Dallin took a basket to each door. He would knock on the door and say, "The bishop asked me to give you this Christmas basket from the ward."

When they had delivered all the baskets but one, the bishop stopped the car in front of Dallin's house. He gave Dallin the last basket of fruit and said, "This is for your mother."

After the bishop drove away, Dallin stood in front of his house wondering, snowflakes falling on his face. His father had died when Dallin was seven. But he had never thought of his mother as a widow. His mother had always taught her children that they had a father and that



she had a husband and that they would always be a family because of their temple marriage.

Dallin knew that other boys and girls had dads who played with them and took them fishing. And it hurt sometimes that his dad wasn't there. He knew he wouldn't see his dad for a very long time. But he also knew that someday they would all be together again as an eternal family. ♦

*Adapted from "Christmas Memory," Church News, Dec. 11, 2010.*

## 5 FACTS ABOUT ELDER OAKS

Born on August 12, 1932

The *H* stands for Harris

Worked in college as a radio announcer

Was president of Brigham Young University

Became an Apostle in May 1984



# Family History Mystery



## Special Detective Profile: Your Favorite Scripture

DEAR DETECTIVE,  
The scriptures can give us strength, courage, and hope. What is one of your favorite scriptures? Write it down and put it in your evidence file. You can ask your family members to write down their favorite scripture and a story about how their favorite scripture has helped them. Add their stories to your evidence file.

### SMART SLEUTH TIP

It's easy to interview your family when you're all together at dinner or family home evening.

My favorite scripture:

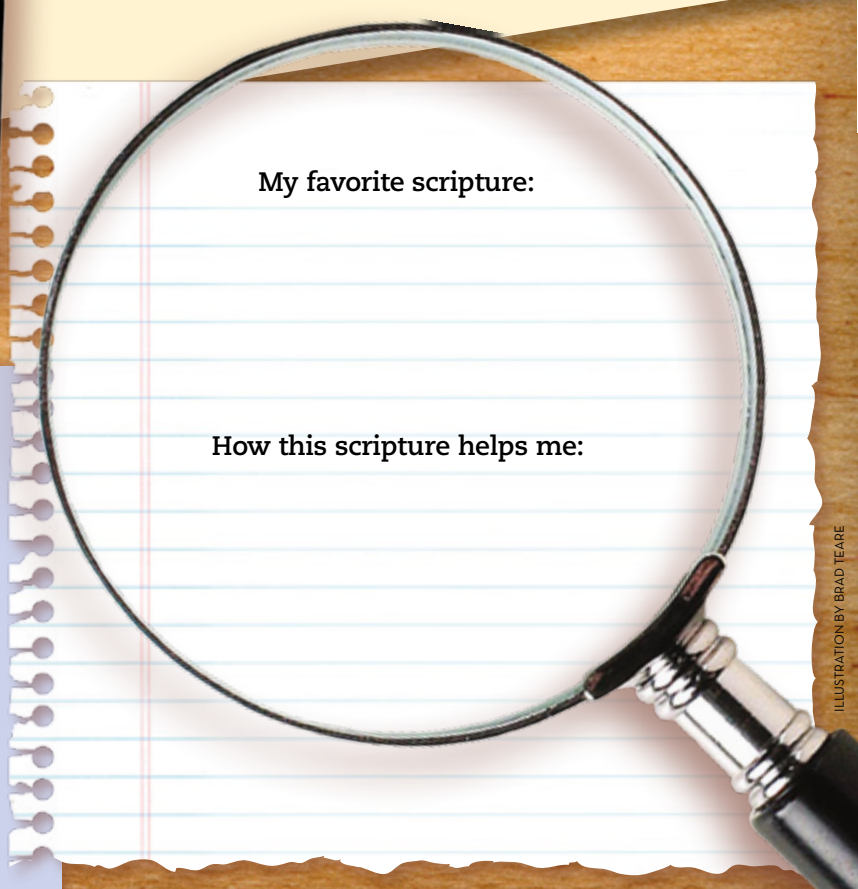
How this scripture helps me:

Print more tags for your "sleuth kit" at [friend.lds.org](http://friend.lds.org).

Family History Mystery:

# EVIDENCE FILE

# MYSTERY SOLVED





# Why We Have TEMPLES

Find these words about temples. Then use the blue letters to finish the sentence that tells why we have temples. Check your answer on page 48.



\_\_\_\_\_

help me and my family come unto

\_\_\_\_\_.

- baptism
- covenant
- eternity
- families
- holy
- marriage
- ordinance
- recommend
- sacred
- seal

## Draw a Temple

Draw a picture of a temple you would like to go inside someday. Then write something you can do now to get ready.



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

# The Bullying Problem / 1

Bullying is when someone hurts another person on purpose—and keeps doing it. It can be physical—like shoving, hitting, or destroying property. Or it can be with words—like name-calling, threatening, or spreading rumors. It can also be saying or writing mean things in person, on a phone, or online.

Bullying hurts everyone. Here's how you can help stop the problem!



## If you are being bullied...

- Firmly tell the bully to stop.
- Act brave and walk away.
- Tell a trusted adult.
- Take a friend along so you and the bully aren't the only ones around.
- Remember that you are loved! Mean words and actions may hurt, but they don't determine who you are. Do things you enjoy, and spend time with friends who are nice to you. You are a child of God!

## If you see someone being bullied...

- Say, "Hey, stop that!" to the bully. Then say, "Come on. Let's go," and walk away with the person who's being bullied.
- Talk to a trusted adult about what's going on.
- Tell your friends you're going to stick up for the person who's being bullied. Ask them to help too.
- Invite the person to play or sit with you. A friendly smile can help too!



## GET CREATIVE!

Think of ways to make your world a little kinder—at home, school, and church. One boy wrote a nice note about each person in his class. It made his school a kinder, happier place!

# The Kindness Challenge

Everyone deserves to be treated like a child of God. Challenge yourself to be more kind!



## Kind, Mean, or In Between?

Jesus showed love and kindness to everyone around Him. Take this quiz and think about how you can follow His example.

- 1. Your friend makes a mean joke about your younger brother. You:**
  - a. Laugh. It was pretty funny!
  - b. Walk away. You don't like to see your brother being teased.
  - c. Say, "Hey, don't tease him." Then take your brother with you to do something else.
- 2. A teacher asks you to help with something. You:**
  - a. Roll your eyes and say, "No way!"
  - b. Pretend not to hear. Maybe she'll ask someone else.
  - c. Say, "Sure!" and lend a helping hand.
- 3. Your friend sends you an embarrassing picture of someone you know. You:**
  - a. Pass it along to your friends.
  - b. Get rid of it.
  - c. Talk to an adult you trust about what to do.
- 4. The Primary chorister asks everyone to get into groups, and a visitor is being left out. You:**
  - a. Quickly join a group so you won't get stuck with someone you don't know.
  - b. Don't worry about it. The Primary president will put her in a group.
  - c. Introduce yourself and invite her into your group.



## If you answered...

**Mostly a:** You may be hurting others without realizing it. You can ask yourself, "How would Jesus want me to treat others?" Then look for ways to show your kindness.

**Mostly b:** You're not exactly being mean to others, but you aren't sticking up for them either. Think about how you can share even more kindness—at home, at school, and at church.

**Mostly c:** You are being kind. You're also setting a good example for others to follow.

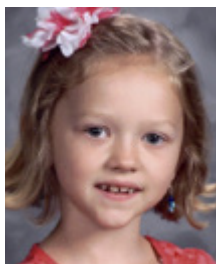
# Show and tell

# Kindness!



I noticed one kid in my class sitting in the corner of the field at recess. Then I saw someone bullying him. I went to get the safety guard to help. After that I started playing with the boy that got bullied. I knew I did what Heavenly Father wanted me to do.

**Conner G., age 7, Utah, USA**



I just moved to a new house, a new town, and a new school, and it is hard sometimes.

There are not many members of the Church in my class. Heavenly Father has helped me do what is right so my friends can feel the light of Christ through my example. I know Heavenly Father loves me and helps me be strong.

**Madyson D., age 7, Oregon, USA**

The ARMOR OF GOD



**Samuel S., age 11, Texas, USA**

**Tabitha S.'s** Primary class from the **Middleton Fourth Ward, Idaho, USA**, made a special quilt for her. The quilt is her favorite color and has each class member's name and handprint traced on it. Tabitha feels the love of her Primary class each time she is snuggled up in her quilt.



**Sophia H., age 12, New Zealand**



**Lavona R., age 5, Indonesia**, loves to sing, dance, and read the *Friend* with her brother, Jay. She is thankful to Heavenly Father because He gave her a family who loves her.





Once when I was playing soccer goalie at school, I missed the ball. Someone yelled, “You’re such a bad goalie!” I didn’t feel very good after I heard that. I ran into one of the bathroom stalls and started crying. After I said a

prayer, I felt much better and went back to playing soccer. I’m glad I can remember that special day when I felt the Holy Ghost help me for the first time.

**Alli S., age 6, Lima, Peru**



The **Second Ward Primary in the Moses Lake Stake, Washington, USA**, took the challenge from general conference to serve their friends and neighbors—both members of the Church and those of other faiths. They went door-to-door inviting other children to Primary and weekday activities. They know they can serve Christ by loving and serving those around them.

# HELPING HANDS

**14,027**  
hands and counting!



I watch my brothers and sister while my mom goes to the temple.

**Sadie B., age 6, California, USA**



I helped my baby sister to get her teddy.

**Jonah M., age 6, Hertfordshire, England**



I helped my grandma rake leaves and my grandpa fill the water trough for the horses.

**Leanne A., age 5, Washington, USA**



I told Grandma that I loved her.

**Ezra D., age 4, Florida, USA**



I helped stand up for my sisters.

**Laura R., age 11, Utah, USA**



I tell my mum I love her to make her happy.

**Porter C., age 3, Queensland, Australia**



I helped my mom with seven chores—and a cheerful attitude.

**Lynn N., age 9, California, USA**



I gave a talk in primary.

**Leo L., age 9, Hawaii, USA**



I wiped the table clean for a party.

**Adam Z., age 5, Minnesota, USA**



On Sundays I usually prepare my sisters and me a snack to eat.

**Victoria B., age 10, California, USA**



**TELL US HOW YOU’VE SERVED!**

See page 48 to send us your “helping hand.”

# THE WORTH OF SOLES



**By David Dickson**

Church Magazines  
(Based on a true story)

*“Remember the worth of souls is great in the sight of God”  
(D&C 18:10).*

**B**en stood with his friends after school in the hot sun as they waited for the bus home. He wished for the thousandth time that there was some shade at the bus stop!

“Hey, here comes Frankie,” one of his friends said. Frankie was part of their group.

“Dude, your shoes are so old they must’ve been made out of dinosaur skin!” Vince said once Frankie got closer. Ben laughed at the joke as he glanced down at Frankie’s feet. Yup, his friend had on the same pair of tennis shoes he’d worn all school year. It was almost summer vacation. By now, the ratty shoes had holes in them and were falling apart.

They liked to give him a hard time about it, but Frankie always laughed it off.

Sure enough, Frankie was chuckling along with everybody else. But then Ben noticed something he hadn’t seen before. Frankie’s smile seemed different somehow. Like he was trying to cover up that he really *was* upset.

Something cold turned in Ben’s stomach.

His friends teased Frankie about the old shoes until the bus rolled up. This time, though, Ben didn’t laugh with them. He couldn’t help but feel like they’d hurt Frankie’s feelings.



As Ben plopped down onto the hot green vinyl seat of the school bus, he kept remembering the look on Frankie's face from a few minutes earlier. Frankie walked to the back of the bus and chose a seat by himself.

Ben looked down at his lap. Had they gone too far? He knew Frankie's family didn't have a lot of money. In fact, now he wondered if those old scuffed shoes were his only pair besides church shoes.

Even though Ben had snagged a window seat on the bus, he couldn't enjoy the ride home.

The next day Ben's bad feeling grew worse. He thought about how he would feel if his friends made fun of what *he* wore. How often had they done that to Frankie?

And then he saw his friend at school. Ben's eyes widened. Frankie was wearing new shoes! Not just new shoes, but cool new shoes. Ben felt another stab of guilt as he wondered if Frankie's family could afford them.

At recess he grabbed a basketball and went over to shoot some hoops with Frankie. "So, where'd you buy those shoes?" Ben asked. "They're awesome!"

Frankie shook his head and said quietly, "I didn't. DJ bought them for me."

Ben nearly dropped the basketball. DJ was one of

the kids they hung out with at school. A kid who, now that Ben thought about it, never teased Frankie.

While the rest of them had made fun of Frankie, DJ did something nice instead.

*I'm supposed to be Frankie's friend,* Ben thought. *Why hadn't I been nice too?*

Ben cleared his throat and stopped bouncing the ball. "Hey. So, um, I'm really sorry about yesterday. You know. At the bus stop. That wasn't nice of us."

Frankie just shrugged. "It's OK."

"Hey, wanna play a game of one-on-one?" He passed the ball to Frankie. "You can start!"

Frankie's face lit up in a smile, and Ben knew how he wanted to act from then on. He wanted to help make his friends happy every chance he could. ◆



In third grade, most kids don't like a boy in my class named Isaiah. He has autism and has a hard time learning and speaking. So I help him by saying positive things to him and playing with him at recess. Now my friends want to help too. So we made up a game called

Run and Seek. This makes him happy!

**Eden W., age 9, Tennessee, USA**

We feel a lot of different emotions every day—happy, playful, proud, embarrassed, angry, scared, loving. They're a normal part of life, but some emotions can be hard to deal with. Here are some tips that can help.

# How Are You Feeling?

By Mackenzie VanEngelenhoven



## BE A DETECTIVE.

What are your emotions telling you? Guilt can be telling you to repent or apologize. Fear can be telling you to get out of a dangerous situation. Sadness can be telling you to take time to grieve a loss. Hopefulness can be telling you to not give up.

## TAKE A BREATH.

If you're angry or stressed, take a deep breath. Count to 10. Think of something that makes you happy. Calm yourself down so you don't say or do something you'll regret.

## THINK OF A SOLUTION.

If your emotions are making it hard to focus or get along with others, it's important to think of ways to make things better. A parent or friend can help you come up with ideas.

## TALK ABOUT IT.

Talk with a parent or good friend about what you're feeling. This can help your emotions feel less overwhelming.

## DRAW A PICTURE.

If you're having a hard time saying how you feel, draw a picture of it instead.

## TAKE A BREAK.

If something is frustrating or upsetting you, take a break. Do something to take your mind off the problem—go outside, play a game, or read. Then come back to the problem.

## LISTEN TO OTHERS.

Make sure you're listening to people around you. Don't let your emotions make so much noise they drown everyone else out.

## PRAY.

Talk to Heavenly Father about how you're feeling—the good things and the bad things. He wants you to tell Him how you feel!



# Because I Am a Child of God

With confidence ♩ = 84-90

Words by Jan Pinborough  
Music by Michael F. Moody

1. It does - n't real - ly mat - ter if I'm short or if I'm tall, Or if I like to sing or read a  
2. When - ev - er thun - der crash - es and the wind goes howl - ing by, Or when a bul - ly threat - ens me or  
3. If ev - er I should want to be dis - hon - est or un - kind, Or things that are not good or true be -

book or throw a ball, No mat - ter if I fin - ish first or if I trip and fall, I  
tear - drops fill my eye, Be - fore my fear starts grow - ing, I still know just what to try. I  
gin to cloud my mind, I lis - ten for the voice that brings the peace I need to find. I

know I'm loved be - cause I am a child of God.  
al - ways pray be - cause I am a child of God. A child of God. He watch - es night and day. He  
think of Him be - cause I am a child of God.

cheers me on and hears me when I pray. No mat - ter what, I won't give up. I'll

lis - ten and o - bey. I'll choose the right be - cause I am a child of God.

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This notice must be included on each copy made.

# The Doll in the Green

By Jane McBride Choate

(Based on a true story)

When Aunt Jane came to visit, she always brought a present for Hannah and her little sister, Cara. Hannah held her breath as Aunt Jane opened her suitcase and reached inside. Aunt Jane's eyes twinkled as she pulled out two dolls—one dressed in blue and one in green.

Hannah reached out to touch the doll in the dark green velvet dress. "I've never seen anything so beautiful," she said.

Frilly lace trimmed the dress. It looked old fashioned. The doll's face and hands were carefully painted. Her eyelashes looked so real that Hannah just had to touch them.

"I picked these two dolls out especially for my two favorite nieces," Aunt Jane said.

Hannah laughed. "We're your *only* nieces, Aunt Jane."

Aunt Jane smiled. "That doesn't mean you're not my favorites!"

Cara looked at the doll in the green dress. She smoothed her fingers down the dress. "She's really pretty."

Hannah showed the other doll to Cara. "This one's pretty too."

Cara barely even looked at the doll in the blue dress. "I want



# Dress

*Hannah saw the longing in Cara's eyes, and her heart sank. What should she do?*

this one," she said, pointing to the doll in the green dress.

Hannah saw the longing in Cara's eyes, and her heart sank. What should she do?

Then Hannah looked at the blue dress the other doll was wearing. It looked a lot like a dress her grandma had given Hannah last year. It even had a white collar and red trim around the hem like Hannah's dress.

Hannah looked back at Cara's face. Then she picked up the doll in the blue dress. "I like this one," she said. And she really did. ◆

The author lives in Colorado, USA.



# Hidden Picture

Doing chores as a family can be just as fun as playing together! Can you find the hidden objects?





*"I'm trying to love my neighbor; I'm learning to serve my friends" (Children's Songbook, 78).*

# Parker's Pumpkins

By Ray Goldrup  
(Based on a true story)



Parker was helping Daddy plant a garden. He wished his brother Eric was here to help. But Eric was far away on a mission.

“I’ll never be big like Eric,” Parker said. “How can I go on a mission like him?”

“Don’t worry,” Daddy said. “You’ll grow.”



Daddy handed Parker some pumpkin seeds. He helped Parker plant them.

“These little seeds will grow into big pumpkins?” Parker asked.

“If you take good care of them,” Daddy said.

Parker came out to look at the garden every day. He watered it, and soon tiny sprouts came up. The leaves got bigger. Parker carefully pulled up weeds.





By fall his pumpkin plants had grown. And there were big orange pumpkins!

Parker grabbed Daddy to show him. “You took great care of your pumpkin plants!” Daddy said.

“Yup! And I’ll take good care of me, so I can get big too.” Parker grinned. “And when I’m big, I can go on a mission just like Eric!” ◆

The author lives in Utah, USA.



# The Pumpkin Patch

How many pumpkins did Parker grow? Can you find the other hidden objects?





# Peter, Cornelius, and the Angel



**By Erin Sanderson**

**A**fter Jesus was resurrected and returned to heaven, Peter and the other Apostles preached in many places, but only to Jewish people.

Cornelius was an officer in the Roman army. He believed in God, but he was not Jewish. An angel appeared to him and told him to send for Peter. Cornelius sent his men to find Peter, and the Holy Ghost told Peter to go with them.

At Cornelius's house, Peter taught all the people who had gathered there. He told them about the gospel of Jesus Christ, and they felt the Holy Ghost and knew it was true. When Peter's friends found out that he had preached to people who weren't Jewish, they were shocked. But Peter told them he had learned that the gospel of Jesus Christ is for everyone. (See [Acts 10:1–48; 11:1–18.](#)) ♦

**Use the scripture figures inside the back cover to tell this story.**



### GET READY TO SHARE!

One way to become a good missionary is to try to be more like Jesus. Cut out the badges and fill in a trait you would like to practice. Maybe you could work on being “Elder Kind” or “Sister Grateful.” Put your badge where it can remind you of your goal. Send us a picture of you with your badge!

**Elder**

**Sister**

**Sister**

**Elder**



### FAMILY TALK

Read [Matthew 28:19-20](#). Talk about how we can share the gospel with everyone. Think of questions your friends or neighbors might have about the gospel. You can practice asking and answering the questions by role-playing with your family.

**Song:** Choose a song about missionary work, such as “We’ll Bring the World His Truth” (*Children’s Songbook*, 172).

**Scripture:** [Matthew 28:19-20](#)

**Video:** Go to [Biblevideos.org](http://Biblevideos.org) to watch “Peter’s Revelation to Take the Gospel to the Gentiles.”



### SCRIPTURE TIP

We can understand the scriptures better when we share what we are learning. Read a scripture passage with your family and talk about what difficult words or phrases mean, what the scripture means to you, and ways to apply it in your life.



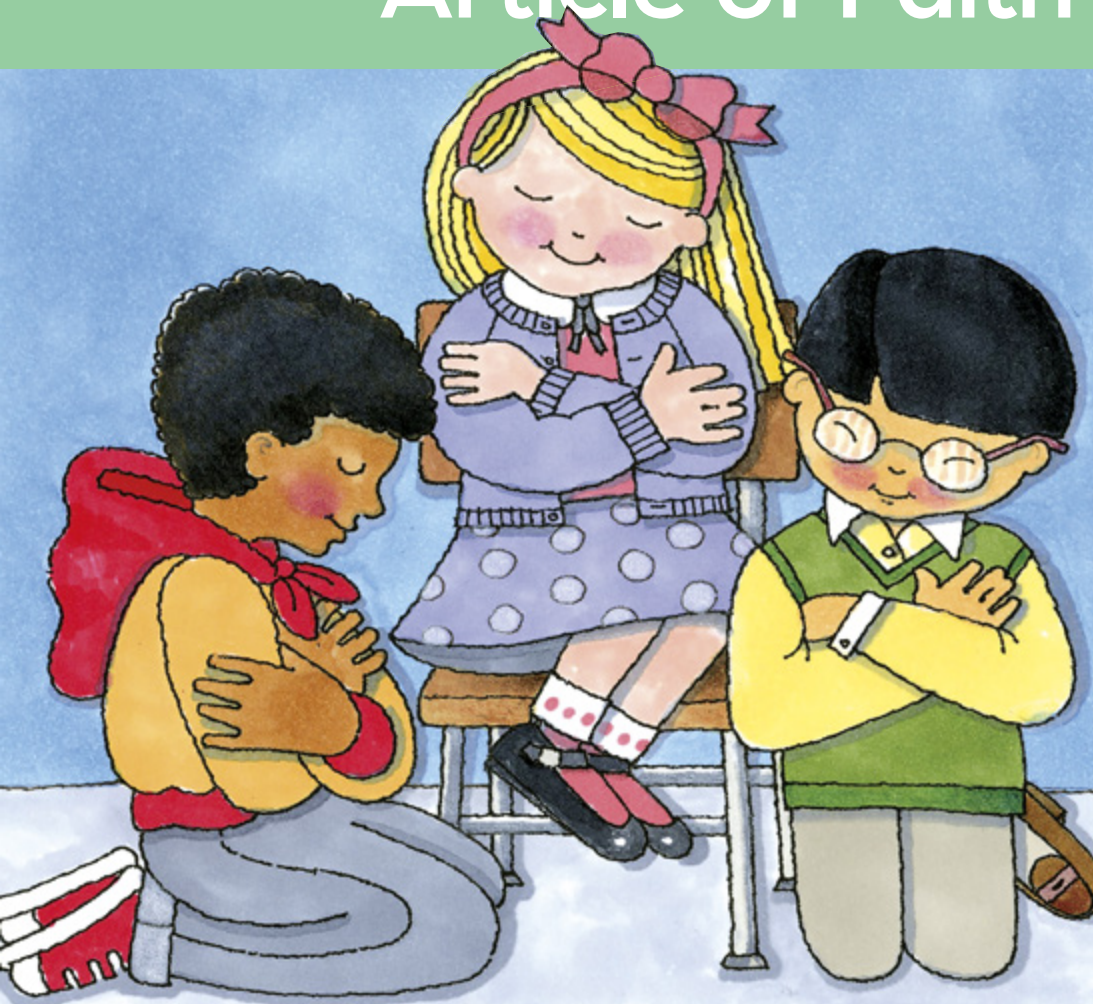
### LEARN MORE

Before Peter was called to be a disciple, he was a fisherman known as Simon. Jesus gave him the name Peter, which means “stone” or “rock.” After Jesus left the earth, Peter was the chief Apostle and led the Church. He held the keys, or authority, of the priesthood.

# MATT AND MANDY



# Article of Faith 11



“We claim the **privilege** of worshipping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them **worship** how, where, or what they may.”  
.....

In the early days of the Church, some people did not want members of the Church to hold meetings or build temples. But Heavenly Father wants all people to respect other people’s churches and religions. A **privilege** is a special opportunity. **Worshipping** includes praying, going to church, and reading scriptures. We believe that everyone should have the opportunity to worship in the way they believe.



## Articles of Faith in Action

.....



*The missionaries taught me the gospel when I was 10. When I asked my dad if I could be baptized, I was so sad when he said no. I prayed and had faith in the Lord. I asked my dad a couple more times. One night I asked, and he said yes. I was so excited! That night I prayed to Heavenly Father and said thank you. On Sunday I got baptized.*

So have faith and pray to the Lord.

**Quirino S., age 11, Utah, USA**

## Memorization Tip

.....

**Eleven** rhymes with **heaven**, and Article of Faith **11** is about our freedom to worship Heavenly Father.

Print more cards at [friend.lds.org](http://friend.lds.org).

## This Month's CHALLENGES

.....



Memorize Article of Faith 11.



What blessings do you have because you’re a member of The Church of Jesus Christ of Latter-day Saints? Write your ideas in your journal.



Have you ever seen someone get teased because of what they believe? What could you say to stand up for them?



I challenge myself to ...

\_\_\_\_\_

# Standing Strong

By Michelle Lehnardt  
(Based on a true story)

"Dare to do right! Dare to be true!"

(Children's Songbook, 158).

**Thunk.** Erik heard the lacrosse ball land in his teammate Cody's stick. He instantly turned and raced to the other team's goal. Catching Cody's eye, he raised his stick, caught the ball from Cody, and sent it sailing into the goal.

"Score!" Erik's team began cheering before the goalie even saw the ball in his goal. They had won, 5-2!

His teammates high-fived and shouted congratulations. Erik couldn't stop grinning. When he'd moved to his new school, Erik had worried he wouldn't make friends. But his lacrosse teammates had been nice to him from the start, helping him find his classes and saving him a seat at lunch.

After the game, Cody invited everyone over to his house for pizza. Still in their sweaty jerseys and grass-stained pants, the boys gathered in Cody's basement, going over the game and their best plays. The smell of pepperoni pizza filled the air, and Erik grabbed a large slice and a soda.

After a while, things quieted down, and Erik noticed a group of boys on the couch gathered around Cody's phone. "What're you looking at?" Erik asked.

Cody smiled as he pushed his phone in Erik's face. "You'll love this. Look."

Erik flinched, then turned away. It was the kind of photo he knew he shouldn't look at. *This is pornography*, Erik thought. "I don't want to see it."

"Then how about this one, or this one, or this one?"

Cody said, as he scrolled through more pictures.

"I don't want to see any of them." Erik backed away.

The rest of the boys joined in with Cody. "C'mon, there aren't any adults around. Your parents will never know."

"Don't be a baby. Everybody looks at this stuff."

"Aren't you even a little curious?"

Erik was curious. But he'd been taught that looking at pictures of people without clothes on was wrong. If he was



curious, he needed to talk to his parents about it.

"Can't we do something else?" he pleaded.

The boys agreed to turn on a movie, and Erik moved to the back of the room, trying to become invisible.

Just a few minutes into the movie, Erik felt uncomfortable when more bad images filled the screen. He slowly stood up, mumbling, "I think I'll go home now."

None of the other boys seemed to notice as Erik walked up the stairs and slipped out the front door.

Squinting into the afternoon sun, Erik began walking home. He felt tired, sweaty, and lonely, but he also felt peaceful. He felt good about his decision. And when he told his parents about the afternoon, they hugged him and told him they were proud of him.

At school on Monday, Erik thought the boys would have forgotten about the weekend. But when he walked to his usual seat at the lunch table, Cody teased, "Was the movie too scary? Did you have to go home to your mama?"

"You might want to sit somewhere

else," another boy said. "What we're talking about is too mature for you."

As the days and weeks went on, the boys kept teasing Erik. They still passed the ball to him and complimented him on good plays. But they didn't invite him to post-game parties.

After the last game of the season, Cody caught up with Erik. "You could come to the party, but you'd probably have to call your mommy. See ya."

Once again, Erik rode home with his dad. "I thought things would be different by now. I thought the boys would respect me. I thought they might even change what they watch because of my example. Aren't we supposed to be blessed for doing what's right?"

Dad nodded. He was silent for a minute, then said, "We are always blessed when we follow Christ, but sometimes we aren't blessed in the way we expect. You know Mom and I pay tithing every month, but I still lost my job last year and we had trouble paying our bills.

ILLUSTRATIONS BY GUY FRANCIS



## WHAT CAN YOU DO?

We were blessed, but not with money. You chose the right, and while that doesn't mean you'll be blessed with friends, you *will* be worthy to pass the sacrament when you turn 12 next year. And you'll be worthy to go to the temple."

Erik nodded. "I know you're right. But I'm still really lonely at school."

"You'll make good friends, but it might take some time," Dad said. "And remember, every good person stands alone at times. Christ stood alone. You can turn to Him when you need help."

Erik bit his lip and stared out the window.

"Do you know why we're careful about what we read, watch, and listen to?" Dad asked.

"Because we want to have the Holy Ghost with us?"

"Exactly," Dad said. "Pornography offends the Holy Ghost. Trust me, you want the Holy Ghost as your friend. He will help you with everything you do. You also have your mom and me and your siblings. We love you. We will always want to spend time with you."

Dad reached over and ruffled Erik's hair. "It's not the team party," Dad said, "but we could stop and get ice cream to share with the family when we get home."

Erik smiled back at Dad. "That sounds better than the team party." ♦

The author lives in Utah, USA.

**Erik's teammates showed him pornography, or bad pictures of people with little or no clothes on. Here are some things to do if you see pornography. Talk about these steps as a family.**

- 1.** Call it what it is. Say "that's pornography" or "that's immodest" or "that's a bad picture."
- 2.** Turn it off or turn away.
- 3.** Tell a parent or trusted adult what you saw and how you felt. You might feel ashamed or embarrassed, but speaking up will help you let go of those feelings.
- 4.** Do something positive and happy. Play outside, sing a Primary song, or do an act of service.
- 5.** Pray to Heavenly Father for help focusing on good things. Remember that He loves you, no matter what.

**Heavenly Father wants you to be happy you have a body. Looking at pornography disrespects the bodies of others and can keep you from appreciating your own body. It drives away the Holy Ghost, which we need with us so we can see ourselves and others as Heavenly Father wants us to. We can be safer and happier when we make good media decisions.**



Find a great video and family home evening lessons on this topic at [lds.org/go/CyberStrong](https://lds.org/go/CyberStrong).



# I Am CYBER STRONG!

Just like it's important to practice good habits that keep your body strong—like eating right, exercising, and washing—it is important to practice healthy online habits too. When you are cyber strong, the things you do digitally bring you closer to Jesus Christ.



## I have a turn-away plan.

Just like there are good things online, there are also bad things online that could hurt me. My family has a plan for turning away from bad media. **I don't have to be scared, because I am prepared!**

- If I see something online that feels wrong, I will...
- If anyone asks for my personal information, I will...
- If someone is being cyber-bullied, I will...

# STRONG

## I spend time away from screens.

It feels good to step away from electronics and focus on other happy things, like talking with family and friends and enjoying nature.

# STRONGER

## I find good things online.

I use uplifting websites and apps that could be described by the 13<sup>th</sup> article of faith. My family visits pages like [friend.lds.org](http://friend.lds.org), [children.lds.org](http://children.lds.org), and other safe places to find stories, activities, pictures, and videos to enjoy and share with others.

# STRONGEST

For more resources, go to the topic “Media” at [lessonhelps.lds.org](http://lessonhelps.lds.org).  
And be sure to read the story on page 44!

P.S.

We hope you enjoyed this month's magazine. Please write to tell us what you liked!

## How to Write to the Friend

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

1. Fill out the form below and include it with your submission.
2. Include a school photo or high-quality snapshot.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old to send us a submission.



Please send your submission to:

Friend Magazine  
50 E. North Temple St., Rm. 2432  
Salt Lake City, UT 84150-0024  
Or email: [friend@ldschurch.org](mailto:friend@ldschurch.org)

The following information and permission must be included:

First and last name

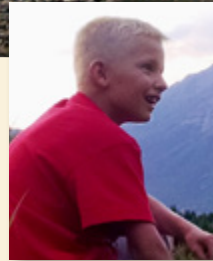
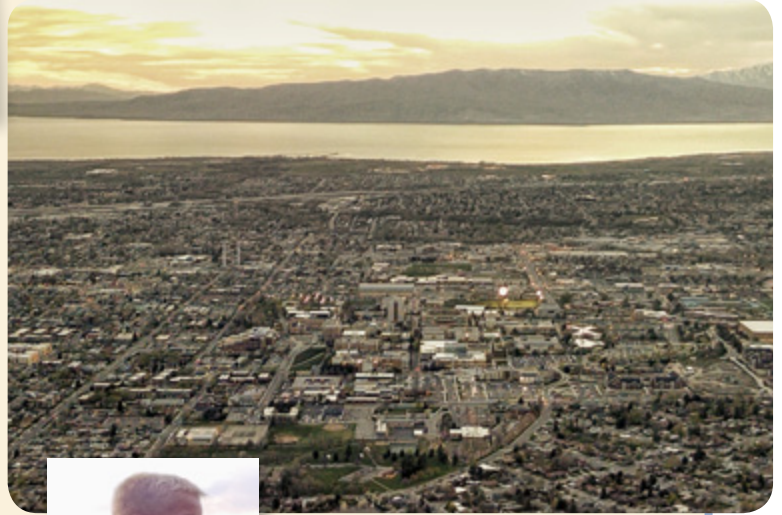
Age Boy/Girl State/Province, Country

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

Email of parent or legal guardian

## Through Your Eyes



I love the beautiful sight of my city that meets me when I hike up the mountain. It reminds me of everything God has given me and what He wants me to do with it.

Michael H., age 11, Utah, USA

## The Last Laugh

How do you like my new goalie gloves?



VISIT  
[friend.lds.org!](http://friend.lds.org)

- Play games and watch videos.
- Read the *Friend* online.

### Funstuff Answers

Page 3: 1, D; 2, A; 3, B; 4, F; 5, G; 6, E; 7, C; 8, H  
Page 23: temples, Christ

### Hidden CTR Ring

Did you find the rings? Look on pages 33 and 15! The September Level 3 ring was on page 34.



# PETER TEACHES THE GOSPEL

Acts 10:1–11:18

Glue this page to heavy paper or cardboard. Then cut out the figures and attach them to craft sticks or paper bags. Store in an envelope with the scripture reference attached to the front. Read about this story on page 40.



Cornelius



Peter



Cornelius's Friends



Angel

Print copies at [friend.lds.org](http://friend.lds.org). Watch "Peter's Revelation to Take the Gospel to the Gentiles" at [Biblevideos.org](http://Biblevideos.org).

# Dear Parents and Teachers,

Many children recognize the names and faces of members of the First Presidency and Quorum of the Twelve Apostles. Are your kids also familiar with the sisters who help lead the Church? This month's magazine includes cards on pages 11-12 that you can use to get to know these faithful women in a more personal way. Then listen for some of them to speak at general conference this month!

With love,  
The *Friend*

Order the  
*Friend* at  
[store.lds.org!](http://store.lds.org)



## Family Home Evening Ideas

**FRIENDSHIP:** Read "The Worth of Soles" (page 28) or "Happy to Help" (page 4). Then check out other content listed under the topics of friendship and kindness in this month's magazine, like the quiz on page 25. You can also find a movie about kindness at [friend.lds.org](http://friend.lds.org).

**SUNDAY IS A SPECIAL DAY:** What makes the Sabbath day special for you? Read about Miranda's choice in "A Winning Decision" (page 8), and make your own mobile from page 10.

**SCRIPTURE STUDY:** Talk about your favorite scriptures and complete the challenge on page 22. You could also watch a sing-along video of "Seek the Lord Early" on [children.lds.org](http://children.lds.org).

**MAKE A TURN-AWAY PLAN:** Come up with a family plan for getting away from bad media. Read "Standing Strong" (page 44) for ideas and talking points. Help your family be cyber strong! (See page 47.)

## PRIMARY CONNECTION

Look for the colored diamonds on the table of contents to find stories and activities that support Primary this month!

Find more teaching resources at [lessonhelps.lds.org](http://lessonhelps.lds.org).

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