

THE *Friend*



More
Book of Mormon
Hero
cards!
See pages 24-25

FRIENDS by Mail



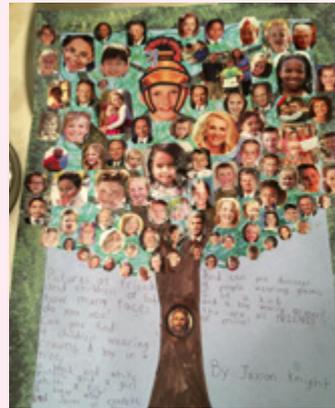
Friend Junior



I like your idea for the *Friend Junior*. I told my little sister that there was something in the *Friend* for little kids like her, and she said now there are stories that she could read.

Jackie B., age 10, California, USA

Friend Poster



I made a 100-day poster for school with 100 faces cut out from the *Friend* and *Ensign* magazines.

Jaxson K., age 8, Texas, USA

My Little Brother



I liked "Finally a Big Brother!" (March 2016). My little brother, Cole, died, and this story helps me feel the Spirit when I'm sad.

Gracie S., age 6, Utah, USA

How We Read the *Friend*

When we read the *Friend*, we use our big maps to look up the places people are from and the places where the stories take place. We are home schooled, so this is a fun way to learn geography.

Gideon, Xaeli, and Vida S., ages 5, 7, and 1, Utah, USA



Dear Friends,

All year we've been sending you cards about heroes from the Book of Mormon. Turn to page 24 to find out about some of the women in the Book of Mormon who were amazing examples of faith and courage!

Heroically,

The *Friend*

P.S. Write and tell us about a time when you've shown faith and courage.

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

◆ **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons. Find more at lessonhelps.lds.org.

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Hidden GTR Rings

- Level 1:** Music is fun!
- Level 2:** Help clean, be peaceful
- Level 3:** No hint!

Volume 46 Number 10 October 2016

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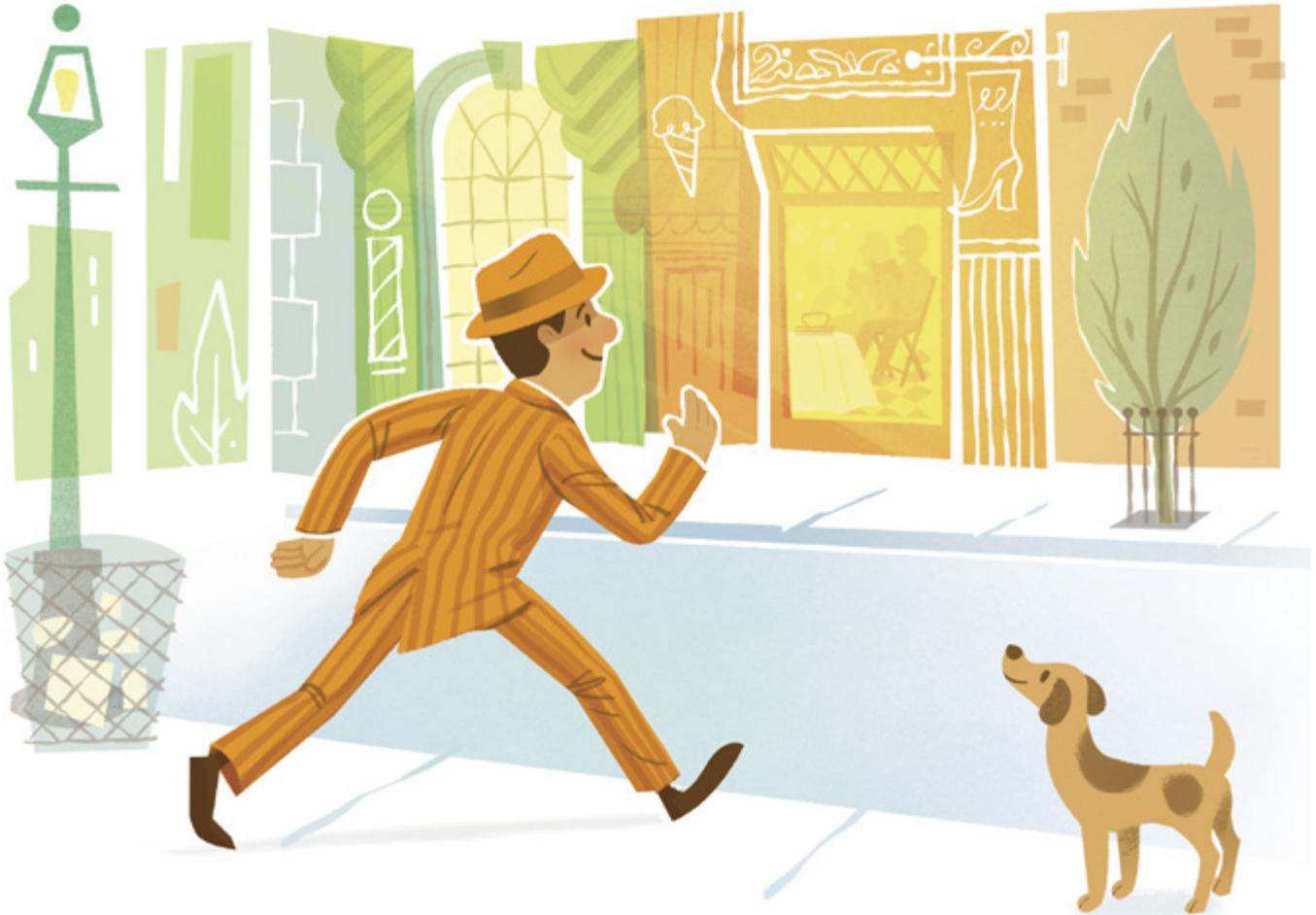


FROM THE FIRST PRESIDENCY

By **President Henry B. Eyring**

First Counselor in the First Presidency

Searching for Church



Years ago my father’s work took him to Australia. He was alone one Sunday, and he wanted to take the sacrament. He couldn’t find any information about Latter-day Saint Church meetings. So he started walking. He prayed to know which way to turn. After walking and making turns for an hour, he stopped to pray again. He felt an **impression** to turn at a particular street. Soon he began to hear singing coming from a building close by. He looked in at the window and saw a few people sitting near a table covered with a white cloth and sacrament trays.

a feeling or idea that comes from the Holy Ghost

when the Holy Ghost tells you to do something

That was only one example of a time when my father prayed and then did what the Holy Ghost told him to do. His whole life he did little things for God that he was prompted to do.

We need the companionship of the Holy Ghost. Act on the **promptings** you feel. If it is to pay tithing or visit a sad friend, you should do it. Whatever it is, do it. When you show that you are willing to obey, the Spirit will send you more impressions of what God would have you do for Him. As you obey, your power to choose the right will increase. When it seems difficult, God will send the Holy Ghost to help. ◆

Adapted from “The Holy Ghost as Your Companion,” October 2015 general conference.

AUSTRALIAN ADVENTURE

Elliott is visiting Australia with his family. Help them get to the Church building on Sunday!



HOLY GHOST SCRIPTURE CHASE

Lily learned a lot about the Holy Ghost from the scriptures, but somehow the notes she made got mixed up. Can you help her by drawing a line to match the scripture with what she learned?

3 Nephi 28:11
(page 461)

The Holy Ghost speaks to our mind and to our heart.

The Holy Ghost doesn't have a body of flesh and bones, but is a spirit.

D&C 8:2
(page 15)

We receive the Holy Ghost after we are baptized.

D&C 130:22
(page 265)

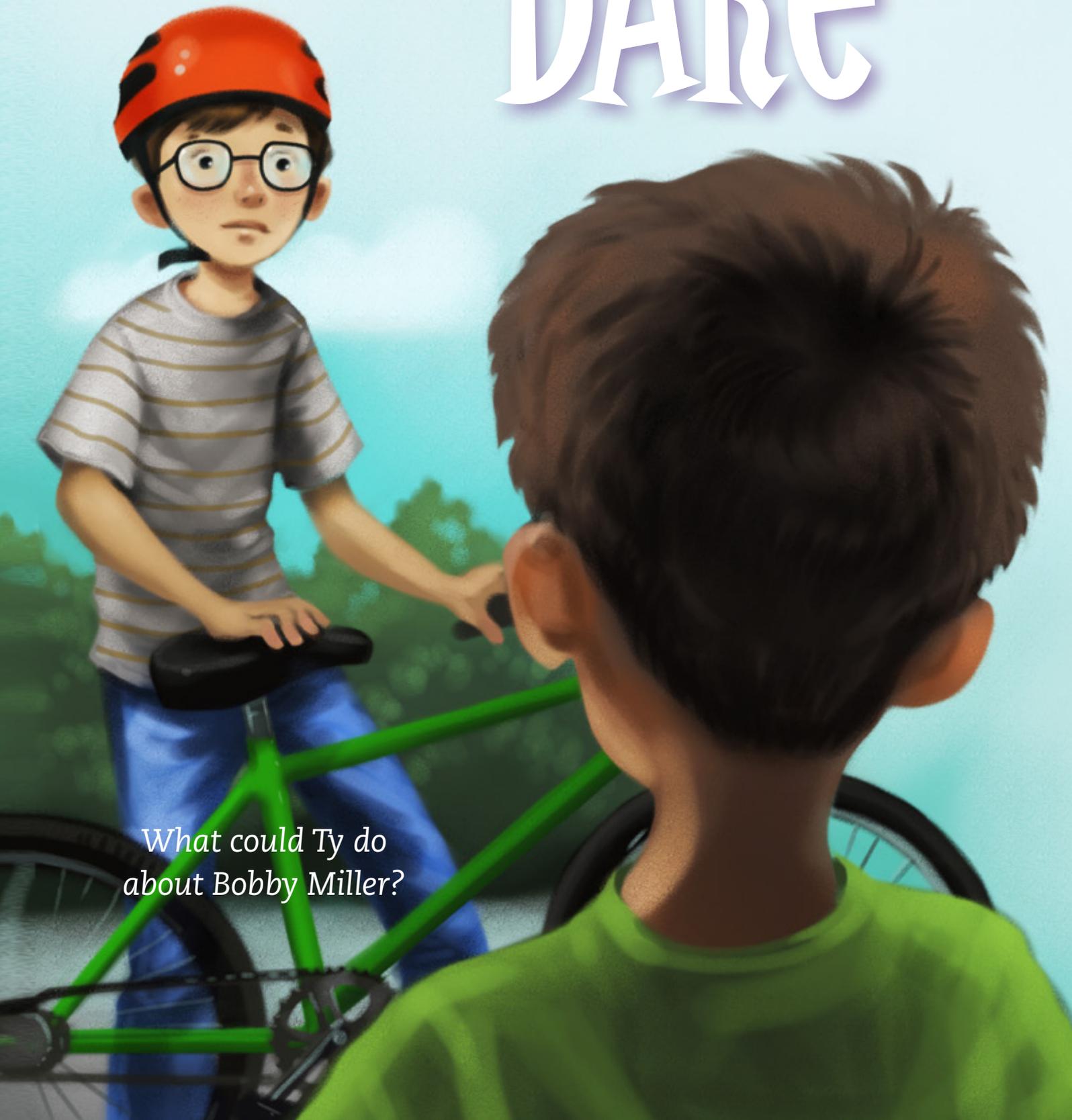
The Holy Ghost "beareth record," or testifies, of Jesus Christ and Heavenly Father.

John 14:26
(page 1,353)

2 Nephi 31:17
(page 114)

The Holy Ghost can comfort us and help us remember things.

Turning Down the DARE



What could Ty do
about Bobby Miller?

By Lori Fuller

Church Magazines

(Based on a true story)

“Dare to do right! Dare to be true!”

(Children’s Songbook, 158).

Ty woke up late and shoved on his glasses. He knelt for a quick prayer and then ran to feed his family’s huge poodle, Fifi. But Fifi had jumped the fence. Again. It took so long to find Fifi, Ty barely had time to feed himself. He grabbed a piece of toast as he ran out the door.

“Bye, Dad,” he shouted.

“Make good choices!” Dad called back, just like every morning.

Good choices. Ty thought about the biggest choice he had to face at school: what to do about Bobby Miller. Bobby was the biggest, meanest kid in the whole third grade.

Ty zipped down the street on his green bike. He’d have to hurry to get to school before Bobby. His legs pumped, the wind rushed into his face, and finally he saw the school up ahead.

Oh no! Bobby was already at the bike rack. *Don’t turn around, Bobby!* Ty thought. *Just keep walking right to your class.* But no such luck. Bobby finished locking up his bike just as Ty skidded to a stop in front of him.

“Looks like I beat you again, Ty-Ty,” Bobby said. He kicked Ty’s bike over, just because. Ty landed on the ground in a tangle of arms and legs and bike wheels, and Bobby ran off laughing.

How can I ever stop him from doing that? Ty thought. He got up off the ground and locked up his bike.

The rest of the morning went OK. Ty was just grateful Bobby wasn’t in his class this year.

When the recess bell rang, Ty ran out to play kickball. But as he ran toward his friends in the field, he didn’t see a game going on. As he got closer, he could see why. Bobby had stolen the ball and was running around the field throwing it at people. “Strike!” he yelled as he knocked Emma over. Then he threw the ball and knocked off Bryce’s glasses. Bobby just laughed and held them high over Bryce’s head. “Try to get ’em, shortie. I *dare* you.”

For a second, Ty hesitated. He definitely didn’t want Bobby to notice him. But Bryce needed help. Ty took

a deep breath. He marched over and grabbed the ball where it had rolled. “Give his glasses back, Bobby.” He tried to look fierce.

Bobby just laughed. “Oh, Ty-Ty! I’m so scared.”

“You’re ruining everyone’s recess. Please stop.”

“Whatever, Ty-Ty.” Bobby tossed the glasses and stomped off.

Ty let out a big breath. “OK, everyone! Let’s play some kickball.” He hoped he didn’t see Bobby again today.

Fingers crossed, he thought.

But when school got out, there was Bobby at the bike rack again. He grabbed Ty’s bike handle before he could walk away. “I dare you to fight me,” he said.

Ty shook his head and pulled his bike out of Bobby’s grip. The kids around them were all turning to stare.

“You thought you were so tough at recess, but who’s a chicken now?” Bobby taunted.

Someone laughed, and Ty felt his cheeks get warm. After everything that had happened today, maybe it would be OK to take Bobby’s dare and fight him. Somebody needed to teach Bobby a lesson! Besides, what if everyone thought he was a chicken?

Then Ty had another thought. *Taking Bobby’s dare wouldn’t make me tough. It would just be a really bad choice.*

“Chicken!” Bobby grabbed Ty’s shoulder as he walked away. “Come on and fight me. I *double-dare* you!”

Ty had already made his choice. He turned around. “You know what, Bobby? I’d rather be a chicken than take your dare.” Bobby just stared while Ty got on his bike and rode off.

And you know what? He didn’t feel like a chicken at all. ♦



“Decisions are constantly before us. To make them wisely, courage is needed—the courage to say no, the courage to say yes.”

President Thomas S. Monson

“The Three Rs of Choice,” October 2010 general conference

Turn the page for an activity to go with this story and to learn what to do if you’re being bullied.

Family Night FUN



DARING Role Play

Read “Turning Down the Dare” on page 4. Practice situations with your family where you might have to say no to someone. How does it feel to stand up for yourself and for what is right?

1. With your family, make a list of dares people might give you.
2. Choose someone to be a pretend bully. That person “dares” someone else in the family to do something on the list.
3. The person who’s being dared chooses what to say to the dare, just like in real life. Afterward, that person dares someone else, and so on.
4. After everyone has a turn, talk about how it felt to say no to a dare. How did it feel to be the “bully”?

Is there a topic you’d like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

Here are some fun FHE ideas from this month’s magazine. What other ideas can you come up with?

Not-So-Chicken FINGERS

Turning down a dare doesn’t make you a chicken at all! Being brave enough to stand up for others and yourself is being like Christ. Make these chicken fingers to help you remember how strong you are! Be sure to get an adult’s help. (Makes about 4 servings.)

12 ounces (340 g) boneless, skinless chicken meat, cut into 3-inch (7.5-cm) strips

1 egg

1 tablespoon honey

2 cups bread crumbs or crushed crackers

black pepper to taste

1. Preheat oven to 450°F (235°C). Whisk together the egg and honey in a small bowl.
2. Mix together the bread crumbs and pepper in a different bowl.
3. Dip chicken strips in the egg mixture, then dip in the crumb mixture until coated evenly. Use one hand for the egg bowl and the other hand for the crumb bowl so it doesn’t get too messy.
4. Place chicken strips on an ungreased baking sheet and bake until chicken is cooked through and the outside is golden brown (12–15 minutes). Serve with ketchup, honey mustard, or barbecue sauce!

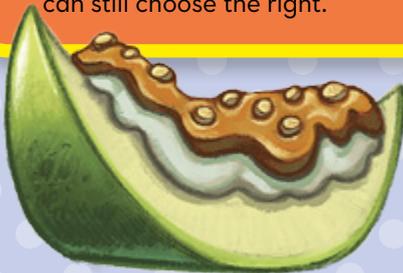




STANDING UP

If someone is being mean to you or others, it's OK to stand up for yourself!

- Always remember to pray for help and courage. You are loved, and you can be brave.
- Kindly tell them that you don't agree with what they're saying or doing, and ask them to stop.
- If the problem continues, walk away and tell an adult.
- Be a good example. Even when those around us are unkind, we can still choose the right.



TASTY TREATS

Try these for FHE this month!

- Top cream cheese with caramel sauce and chopped nuts. Serve with apple slices.
- Toss pumpkin seeds with melted butter, onion powder, and garlic powder. Bake at 350°F (180°C) for 25–30 minutes.
- Mix applesauce with a bit of yogurt and a sprinkle of cinnamon.



MORE FHE IDEAS

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



IDEA 1: Find the women hero cards to add to your Book of Mormon hero collection! Read the verses as a family. Can you draw some cards of your own? We'd love to see them.

IDEA 2: Read "The Loose-Tooth Test" and look up the scriptures at the end to see how some other prayers were answered. Tell a story about when your prayer was answered.



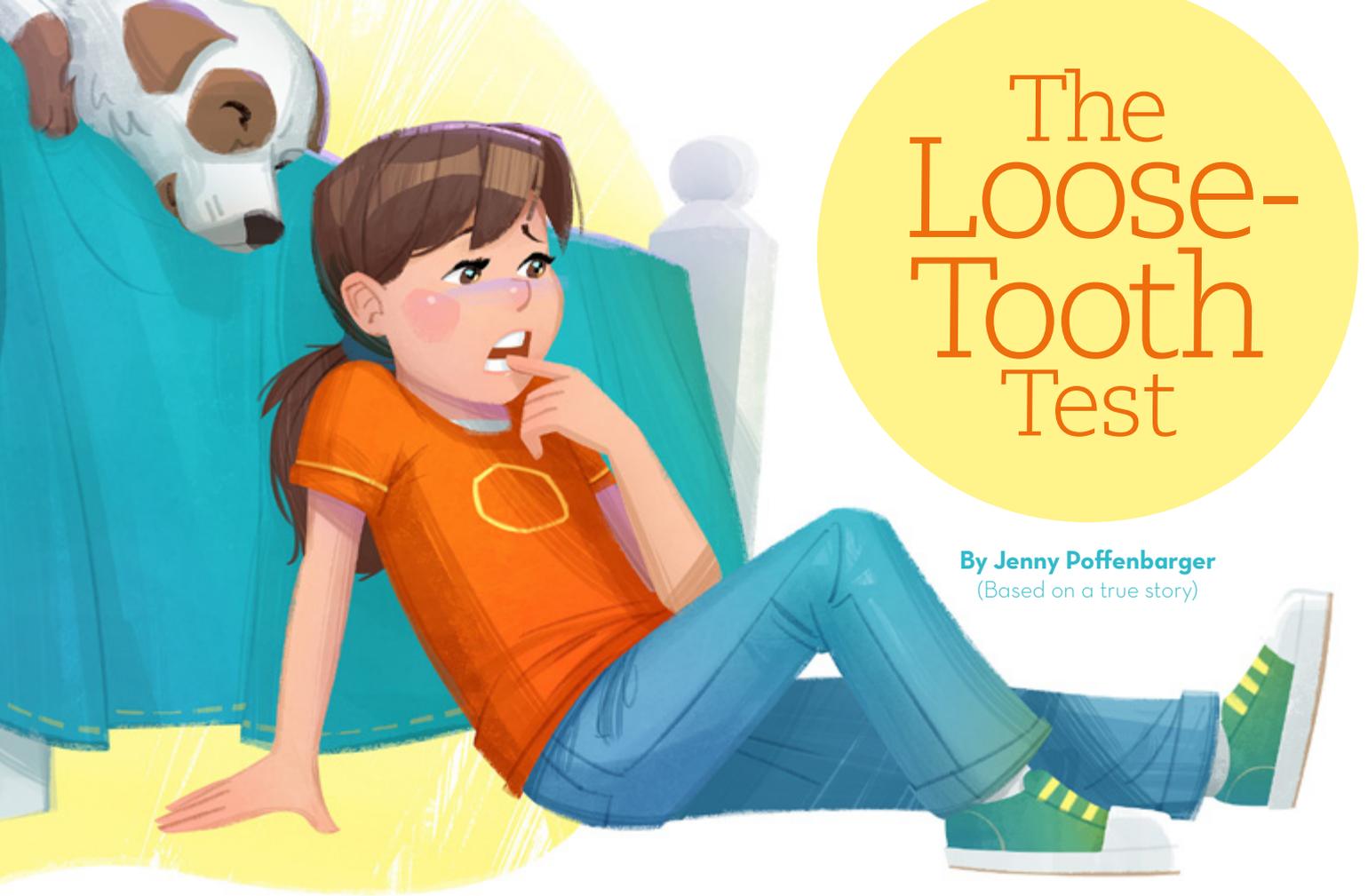
IDEA 3: Read "What I Learned from Alex" or "Lessons from Mother" and talk about who's a good example to you. How can you be a good example too?



Idea 1: 24; Idea 2: 8; Idea 3: 36, 32

The Loose-Tooth Test

By Jenny Poffenberger
(Based on a true story)



"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord" (Isaiah 55:8).

Tessa sat on her bed and wiggled her tooth as hard as she could. It just wouldn't come out! She pushed. She pulled. But the tooth was still there, and it hurt!

She slid onto the floor with a *thump!* She tried to think of what else she could do. In Primary she learned how you could ask Heavenly Father for help when you have a problem. Tessa got an idea. Maybe she could pray and ask Heavenly Father to help her tooth fall out!

She knelt by her bed and started to pray.

"Heavenly Father, I need help. My tooth hurts, and I want it to come out. I will wiggle it right after this prayer. I know that You can make it fall out." She finished her prayer and began wiggling her tooth. Nothing happened. Her tooth stayed in.

OK, she thought. *Maybe I just need to try something different.*

She remembered that her friend Amy lost a tooth once by biting an apple.

Tessa went to the kitchen. She smelled the chocolate-chip cookies Mom was baking. She could hardly wait to

try one. But first she reached for a bright green apple.

Tessa sat down at the table and said another prayer. This time she asked, "Heavenly Father, please make my tooth come out when I bite the apple."

One bite later, the tooth still hadn't budged! Tessa sighed and put the apple down. Didn't Heavenly Father hear her prayer? Didn't He want to help her?



Beep! The timer for the cookies went off. Mom opened the oven and checked the cookies.

“It looks like they need to stay in for a little longer,” Mom said.

“Why can’t we take them out now?” Tessa asked.

“We could,” Mom said, “but they wouldn’t be crispy the way you like them.”

Tessa thought for a moment. Maybe just

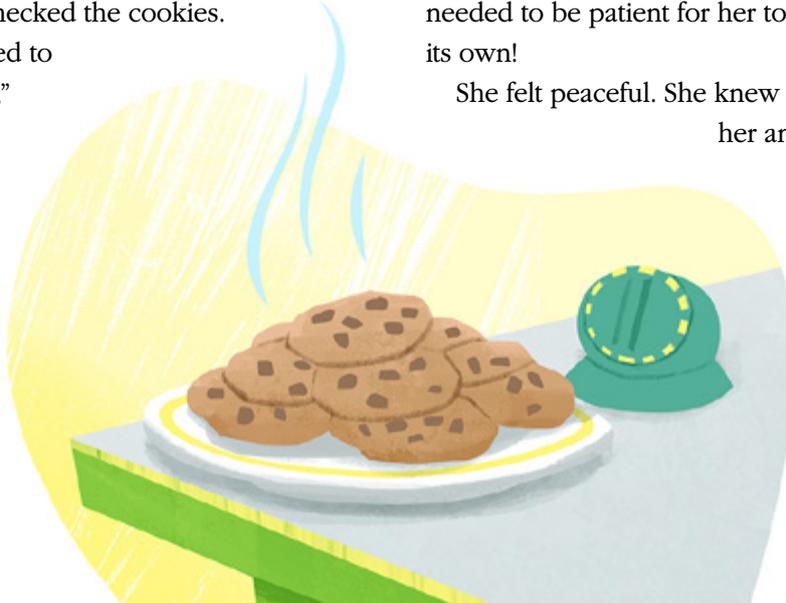
like she needed to be patient for the cookies, she needed to be patient for her tooth to come out on its own!

She felt peaceful. She knew Heavenly Father loved her and had heard her prayer.

Tessa ran upstairs to her room and knelt down.

“Heavenly Father,” she said, “thank you for hearing my prayers. I understand. Sometimes the answer is to wait.” ◆

The author lives in Virginia, USA.



PRAYER MATCH-UP

Draw a line to match the picture with the scripture story. Then draw a line to the answer Heavenly Father gave.



HANNAH



ALMA AND AMULEK



JOSEPH SMITH

After Moroni told me about the golden plates, I wanted to get them right away. But I was told to wait for four years before I was ready. (See *Joseph Smith History* 1:30, 34, 53-54.)

I pled with Heavenly Father for the chance to be a mother. I had a son named Samuel who went on to be a prophet. (See *1 Samuel* 1:9-11, 20, 27.)

We asked Heavenly Father if we could stop the bad things that were happening, and Heavenly Father heard our prayers. But He told us to let the things happen. (See *Alma* 14:9-13.)

NO

WAIT

YES

Picture Puzzle

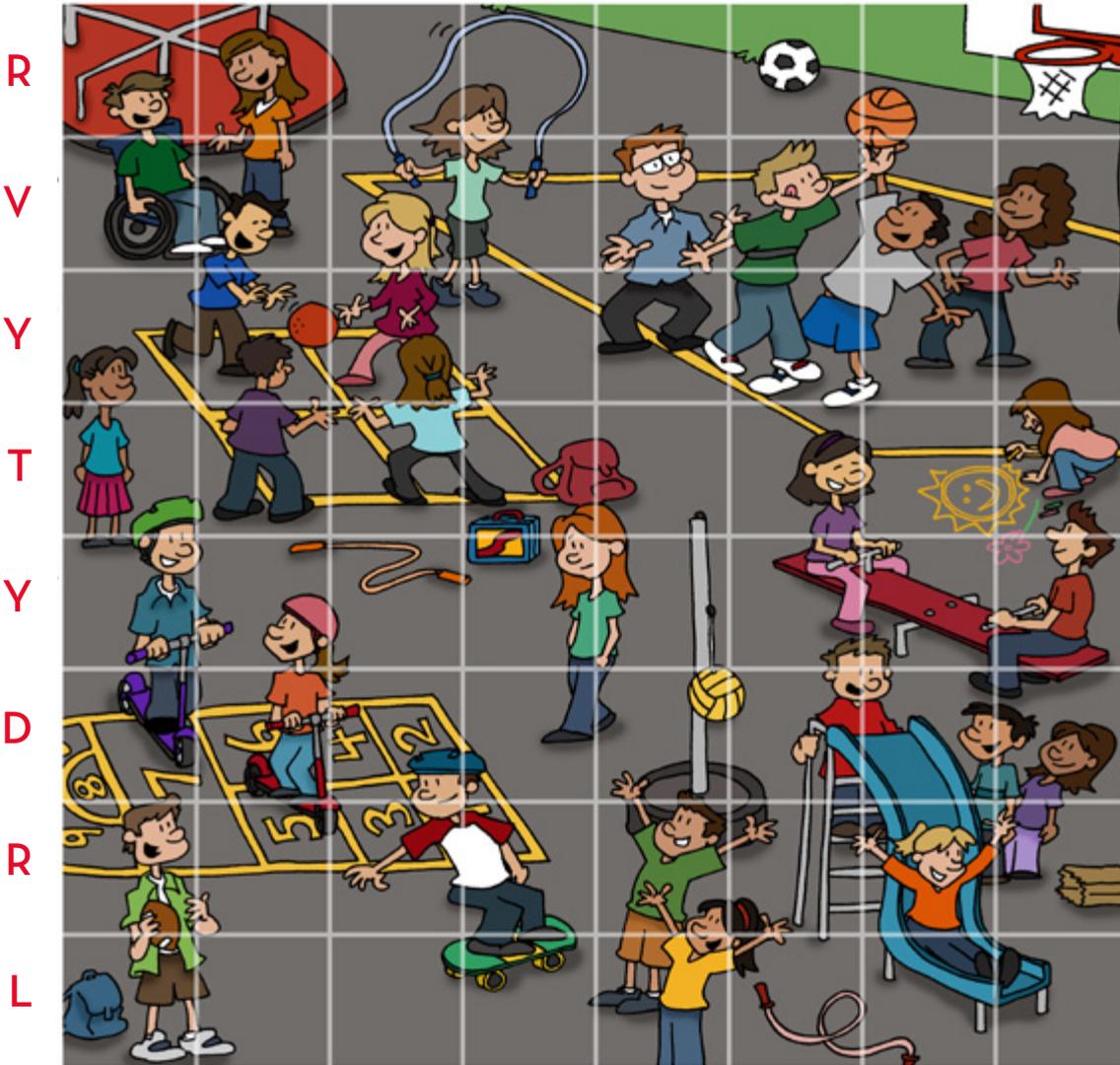
By Arie Van De Graaff

Does the world ever seem big and confusing? There's a way to find help whenever you need it! To solve the puzzle, find each of the 6 squares below in the bigger picture. Then write down the top and side letters that go with that square (the top letter first, then the side letter).

The first two letters have been done for you. Check your answer on page 39.



N A S P E Y E A



P R

How many balls can you find?

And how many wheels?





**By Spencer N.,
age 7, Texas, USA**

Our stake president gave our stake a challenge to

find family names to take to the temple. It was called a 40-day challenge because we had 40 days to find the names. During the challenge I went to [FamilySearch.org](https://www.familysearch.org).

As I was looking at my ancestors, I got this feeling that I never had before. I felt that some of my ancestors did not have their temple work done. The next thing I did was look for them on my family tree. After a while I found one ancestor who needed temple work. After that I found more ancestors needing temple work.

After a little bit I found five families needing temple work. After I found all the names, I got a warm feeling in my heart. Now my parents have family names to take to the temple. I fulfilled the stake president's challenge to find one or more ancestors that need their temple work done.

Even though I am seven years old, I am still a good example. I still have that feeling, and I am still looking for ancestors that need temple work done. This is the best experience I have ever had, and I will never forget how I felt. ♦

Go to [FamilySearch.org](https://www.familysearch.org) with a parent to find your family tree!





**From Elder
Gary E.
Stevenson**

Of the Quorum
of the Twelve
Apostles

How can I help make my home a peaceful place?



*We can make our homes a peaceful,
holy place like the temple is.*



*Help keep your home
clean and orderly.*



*Hang a picture in your home
of Jesus or of the temple.*



*Keep the scriptures in rooms where your family
can study and learn together.*

Meet Elder Gary E. Stevenson



Elder Stevenson was born in 1955. He was the second of four children and grew up in Logan, Utah, USA.

He met Lesa Higley in an Old Testament institute class in college. They were married in the Idaho Falls temple in 1979.

He served a mission in Japan. In 2004 he went back to Japan as a mission president. He considers Asia his second home.

His whole family loves outdoor activities like skiing and four-wheeling.

He was called as an Apostle in October 2015.



WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be His special helpers and witnesses. They were called Apostles. He has called Apostles to be His special helpers and witnesses today. They testify of Jesus Christ to the whole world. Elder Stevenson is an Apostle.

Hi!
My name is Story.

I lived in Turkmenistan. That's a country in Central Asia. I like to read, draw, and sew. I like stargazing with my dad. My family and I were the only members of the Church in the WHOLE country!



A Story about Story

From an interview by Jill Hacking

SEND US YOUR FOOTPRINT

How do you follow Jesus by standing tall? Trace your footprint, and send us your story and photo, along with your parent's permission. Find out how on page 39.





Learning from Each Other

My sister, Sariah, and I went to a school with kids from many countries. We loved to learn from each other and have fun.



Crafts and Fun

Sariah and I invited our friends over to play. We painted, made crafts, and had picnics. For Christmas we acted out the Nativity with our neighborhood friends.



Praying for Missy

My friend's cat, Missy, was missing. We looked all over, but we couldn't find her. I said that we could pray. My friends weren't sure how, so I showed them. We knelt down and each said our own prayer. Then we got up and started looking again. A girl ran over to us and said she found Missy! I was glad that I shared part of the gospel with my friends.



Church at Home

Because we were the only Church members, we had church at our house. We had sacrament meeting, singing time, sharing time, and Primary lessons. I played the piano for singing time.



More than Just Quietly Sitting

Do this activity with your family!

Has anyone ever asked you to be more reverent? When we're reverent, Heavenly Father and Jesus know we love Them and are trying to feel close to Them.

These children made good changes to be more reverent. What changes did they make? Glue the cards below onto paper and cut them out. Then flip them over and mix them up. Take turns flipping over two at a time until you match them all. What changes can you make to be more reverent?



BULLETIN BOARD

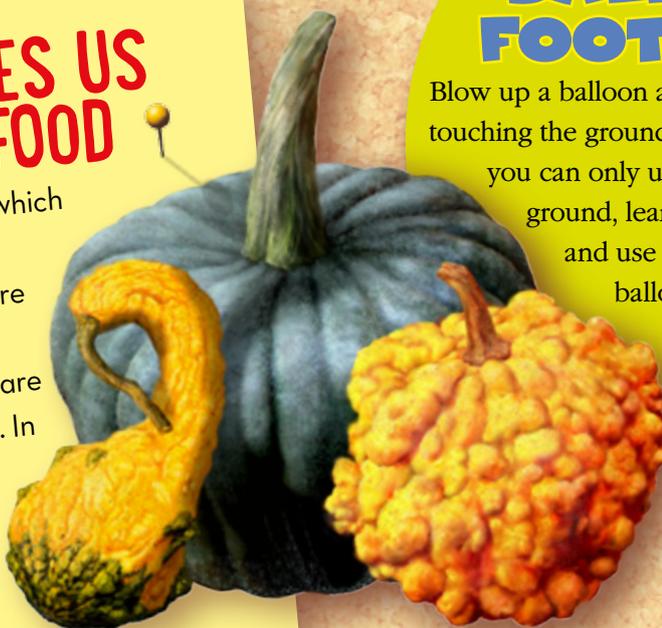


PLAY BALLOON FOOT-LIFT!

Blow up a balloon and try to keep it from touching the ground. But here's the catch: you can only use your feet! Sit on the ground, lean back on your hands, and use your feet to keep the balloon off the floor. How long can you keep the balloon up?

GOD GIVES US GOOD FOOD

These are gourds, which are popular in Turkmenistan, where Story lived (see page 14). Melons are one kind of gourd. In Turkmenistan, "Melon Day" is a national holiday! More than 500 types of melons grow there.



Ask Your FAMILY

What was your favorite talk from general conference this month?

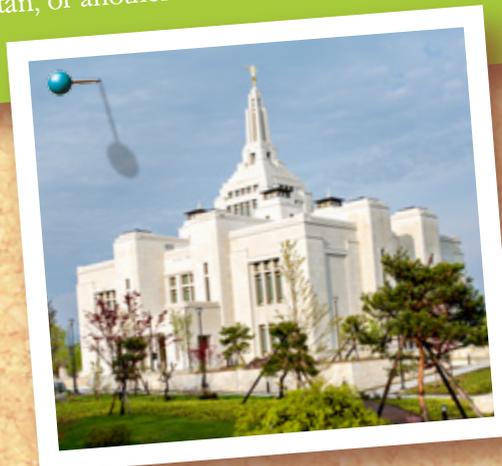
Cyber Strong

I will be a good online citizen and not do anything online that hurts people or is against the law.



Temple Connection

This is the Sapporo Japan Temple, which was dedicated in August. Are any of your ancestors from Japan, Turkmenistan, or another Asian country?



By Julia Ventura
(Based on a true story)

"I have a family here on earth. They are so good to me" (Children's Songbook, 788).

Let's grab the gear. It's fishing time!" Dad said. Hayden grinned as he looked around. Everything was bright and buzzing. They had the whole lake to themselves!

Following Dad, Hayden walked behind the car and lifted the big fishing tackle box out of the trunk. It was heavy, but he didn't mind. He'd carry one twice this heavy if it meant fishing with Dad.

Fishing poles rattled together as Dad pulled them out. "Looks like Dan fell asleep," he said. "Will you wake him up?"

Hayden held back a sigh. "Uh, sure."

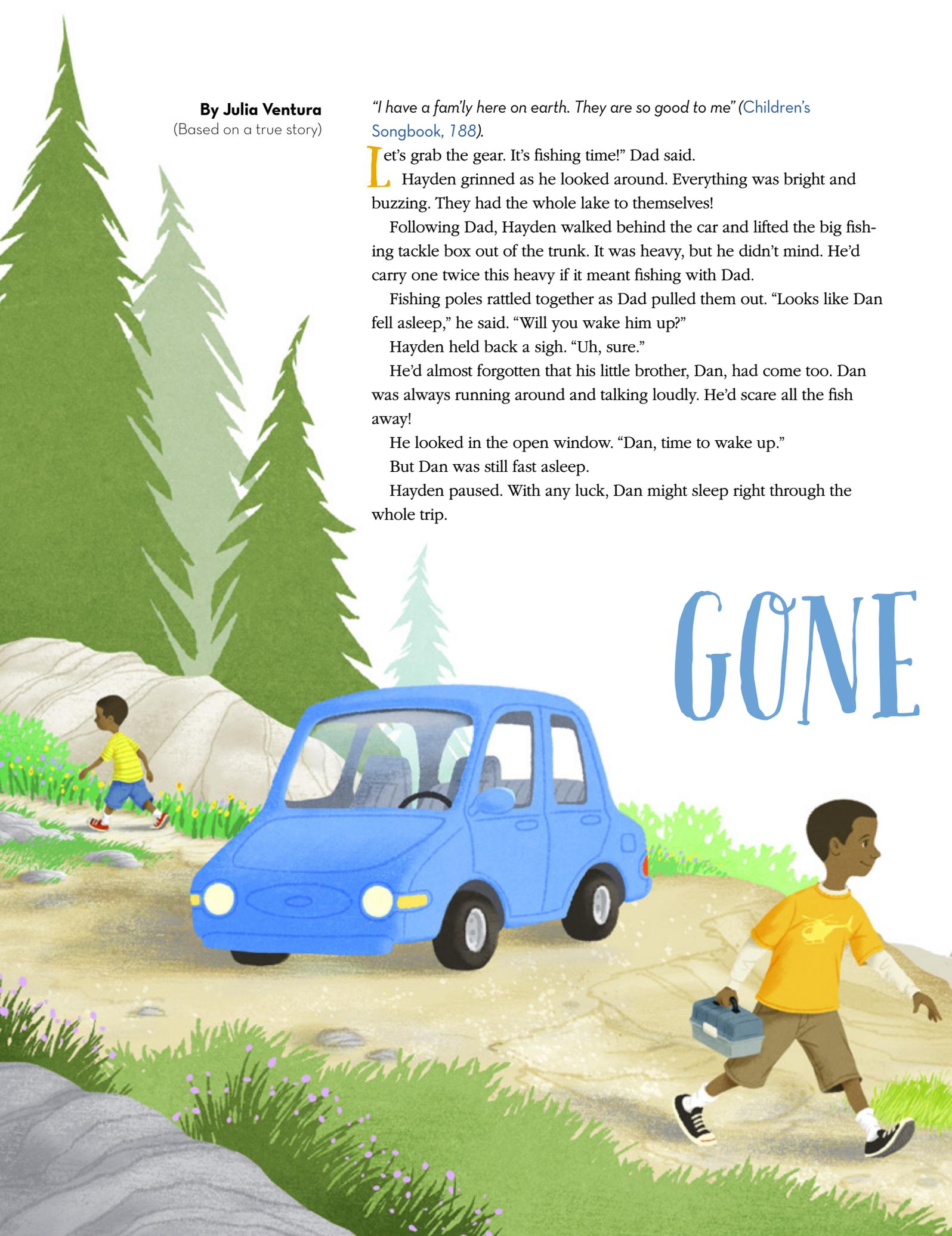
He'd almost forgotten that his little brother, Dan, had come too. Dan was always running around and talking loudly. He'd scare all the fish away!

He looked in the open window. "Dan, time to wake up."

But Dan was still fast asleep.

Hayden paused. With any luck, Dan might sleep right through the whole trip.

GONE



Hayden quietly hauled the tackle box to Dad's fishing spot on the shore.

"Here's the bait, worms and all!"

Dad took the tackle box from him. "Great, thanks." Then Dad looked up. "Where's your brother?"

Hayden glanced at the car. All of a sudden he wondered how *he* would feel if he woke up alone in a new place. Not good, Hayden decided. In fact, he'd probably feel pretty scared. And Dan was only five.

"Just a second, Dad. I'll be right back." But when he looked in the car, Dan was gone!

Hayden couldn't hear the buzzing insects anymore. Everything seemed to go quiet.

"Dan's not here!" Hayden yelled.

Dad hurried over and quickly checked the car.

"He's probably just looking for us," Dad said. "It's only been a minute. He won't be far."

Hayden tried to stay calm, but his stomach was turning somersaults. "Can I say a prayer?"

"I think that's a very good idea."

Hayden thanked Heavenly Father for his little brother and asked that they would find Dan right away so that he wouldn't feel afraid.

When Hayden finished, his heart stopped feeling so tight.

Dad put a hand on Hayden's shoulder. "What if you were Dan? Where would you go?"

Hayden noticed the door on the other side of the car was open. Dan probably hadn't seen them on the shore. Hayden pointed to a trail nearby. "I'd probably start walking that way," he said.

They hurried along the trail.

Every second felt slow and heavy. As he walked, Hayden kept saying prayers in his heart. After a few steps, they came around a bend in the trail and saw Dan up ahead.

"Dan!" Hayden shouted.

Dan spun around and smiled. "Hey, where did you guys go?"

Time sped up again. Hayden raced to Dan and hugged him tight.

"I'm so glad we found you," Hayden said. He said a quick prayer of thanks in his heart.

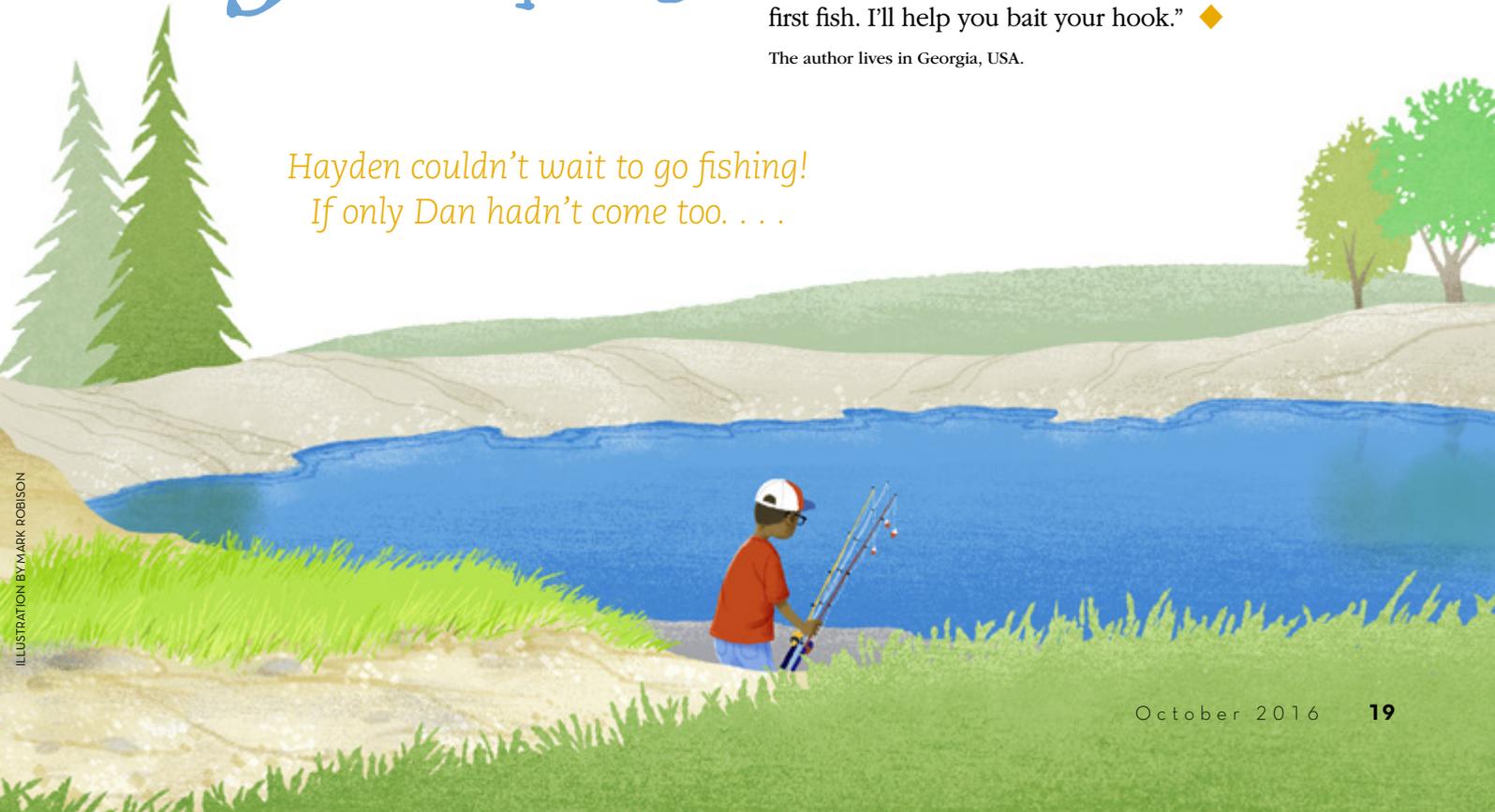
Dan just grinned. "Where are the fish?"

"Come on, I'll show you," Hayden said. His feet were itching to run to the lake. "Let's see who can catch the first fish. I'll help you bait your hook." ◆

The author lives in Georgia, USA.

FISHING

*Hayden couldn't wait to go fishing!
If only Dan hadn't come too. . . .*





I Want to Be a **RANCHER**

*I'm TaReLL McMurdie,
and I'm a rancher.*

From an interview by Linda Davies

What do you do in your job?

I plant, weed, irrigate, and harvest crops, and I take care of our animals too. We need to know about new ideas in ranching and how to do things better. I teach our children these new ideas, just like my parents taught me.

What did you have to learn to do this job?

I grew up on a farm, so I learned from my parents and grandparents. As a boy I helped out on the farm all the time. When I got older, I joined a school club called Future Farmers of America. I learned about how to run a farm, how to fix farm equipment, and a lot more.

What do you enjoy most about your job?

I love to watch the animals and crops grow. It makes me happy to say, "I grew that" or "I raised that." It also teaches our family about hard work, and there is nothing more fun than being with my horse and riding around the ranch.

How does this job help your testimony grow?

I rely a lot on Heavenly Father to bless me. I need the right weather at the right time and to know when to plant and when to harvest. I feel God has helped me in what I do and has protected me many times. The gospel helps me realize that Heavenly Father is like a farmer too because He loves to watch His children grow, just like I love to watch my crops grow. ♦



Hidden Picture

These friends are helping each other study after school!
Can you find the hidden objects?

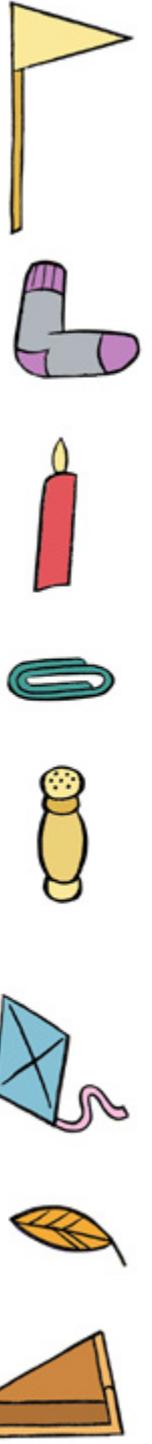


ILLUSTRATION BY DAVID HELTON

The Brother of Jared Was Faithful

The brother of Jared needed light to cross the ocean. He made 16 small stones and asked Jesus to touch them to make them glow. When Jesus reached out to touch the stones, the brother of Jared saw Jesus's finger. The brother of Jared had so much faith that Jesus showed Himself to him. Jesus told the brother of Jared that no one had ever had so much faith in Him.



My family and I were driving home from my grandparents' house after Christmas. The roads were very icy. Our minivan got stuck going up a hill. My dad got out of the van and tried to push it up the icy hill, but it wouldn't move. We were stuck. I said a prayer and asked Heavenly Father to help us. My dad got back out of the van and pushed again, and we went up the hill! Heavenly Father does answer our prayers, and He loves us.

Andrew B., age 7, Wisconsin, USA



Ruth A., age 6, California, USA



Cut, fold, and keep this challenge card!



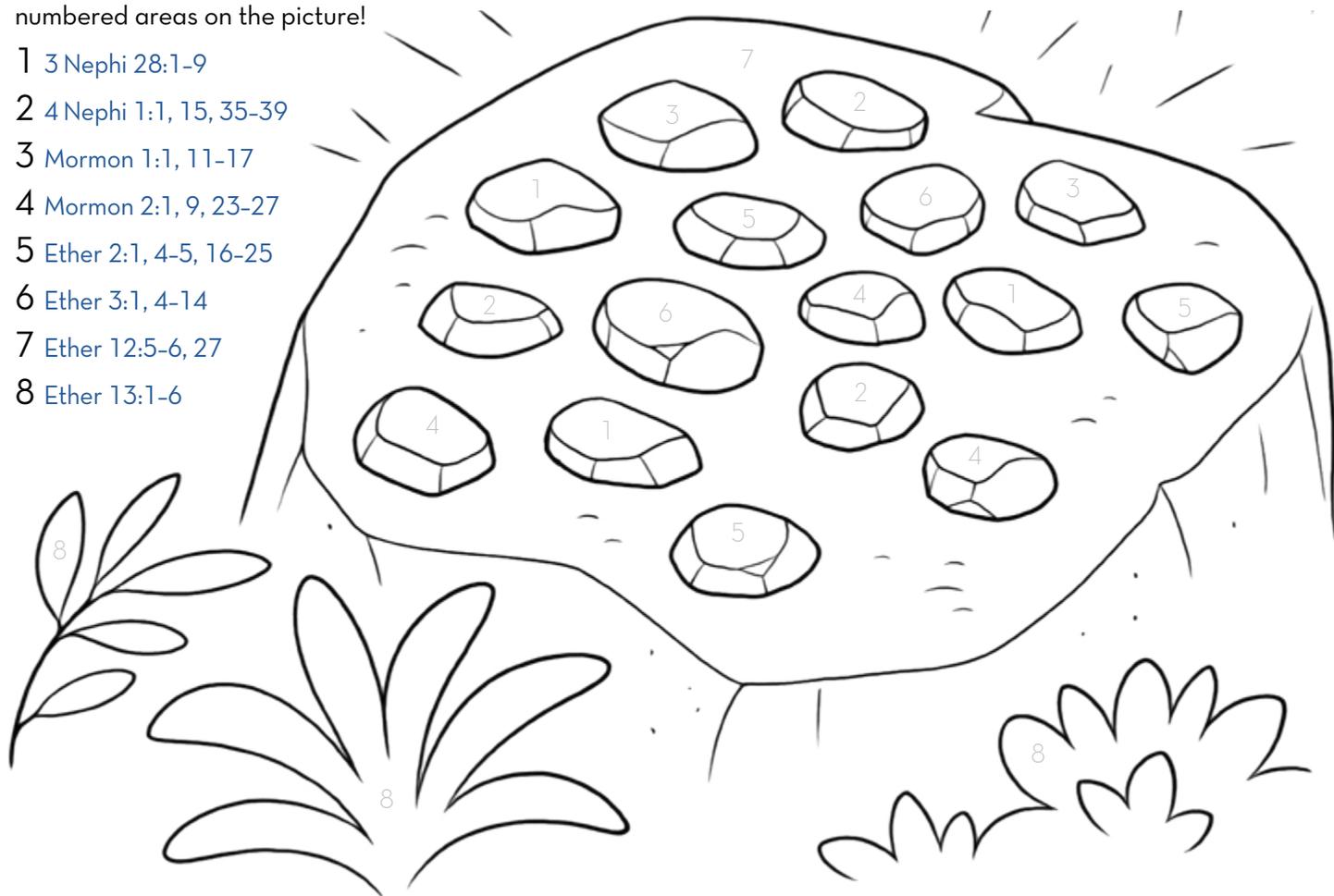
I CAN BE FAITHFUL!

- Memorize [Ether 12:27](#).
- Help give a family home evening lesson about faith using the Bible Dictionary and Topical Guide.
- Watch chapter 51 of the Book of Mormon stories at scripturestories.lds.org.
- I challenge myself to ...

This Month's Scriptures

After you read a scripture passage, color the matching numbered areas on the picture!

- 1 3 Nephi 28:1-9
- 2 4 Nephi 1:1, 15, 35-39
- 3 Mormon 1:1, 11-17
- 4 Mormon 2:1, 9, 23-27
- 5 Ether 2:1, 4-5, 16-25
- 6 Ether 3:1, 4-14
- 7 Ether 12:5-6, 27
- 8 Ether 13:1-6

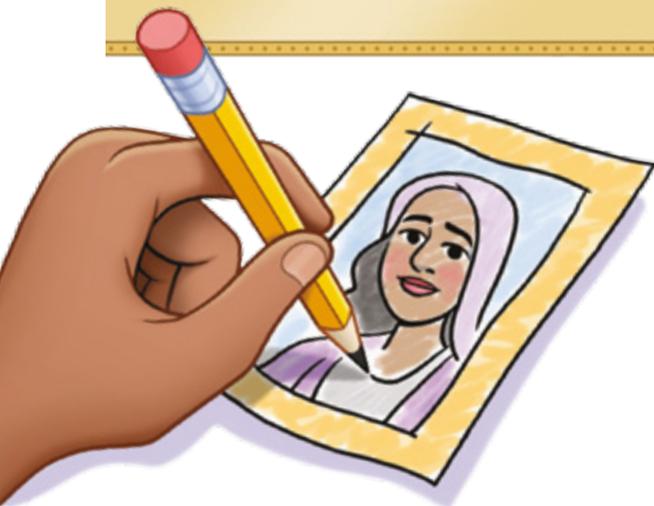


Lighting the Way

After Jesus touched the 16 stones, the Jaredites were ready to go by boat to a promised land. The stones filled the boats with light all through the long journey. The winds and waves pushed the boats to the promised land. God kept the Jaredites safe, and they prayed and thanked Him all along the way. You can read this story on page FJ4. Look for another reading challenge next month!

Women Heroes in the Book of Mormon

There are lots of women in the Book of Mormon who were good examples for us. Here are three hero cards to add to your collection!



Can you find these other women in the scriptures? (Check answers on page 39.) Make your own hero cards for them and send us a picture!

- _____ were brave. They stood up for Nephi and saved his life (see [1 Nephi 7:19](#)).
- _____ believed in God and chose to follow Nephi into the wilderness (see [2 Nephi 5:6](#)).
- _____ showed their children how to trust God (see [Alma 56:47-48](#)).



Cut, fold, and keep these challenge cards!



I CAN HAVE A TESTIMONY!

Sariah had a testimony that her husband, Lehi, was a prophet of God. She helped lead her family through the wilderness. You can be like Sariah by gaining your own testimony and sharing it with others!

- Read [1 Nephi 5:7-8](#).
- Write your testimony down or share it with a friend or family member.
- I challenge myself to . . .



I CAN CHOOSE FAITH!

Lamoni's wife didn't know much about the gospel yet, but she chose to have faith that Ammon was a prophet of God. You can be like Lamoni's wife by having faith in our prophet and apostles today!

- Read [Alma 19:2-5, 8-10](#).
- Watch a conference talk from President Monson. What did you learn from him?
- I challenge myself to . . .



I CAN SPEAK UP!

The maidservant heard the plans of her wicked master, Morianton. He was angry and beat her. She ran away and told Captain Moroni about Morianton. You can be like her by speaking up when things aren't right!

- Read [Alma 50:30-33](#).
- If someone bullies you, or if you see someone getting picked on, tell an adult you trust.
- I challenge myself to . . .

Brave Enough?

By Jill Hacking

Church Magazines
(Based on a true story)

*"Peace I leave with you, my peace I give unto you: . . .
Let not your heart be troubled, neither let it be afraid"
(John 14:27).*

Thwap, screeeee!
Christine froze in her bed. Her heart beat so hard she could feel it squeezing in her chest. *What was that noise?*

Very slowly, she turned to look at the window. The blinds were closed, so she couldn't see what was making the sound.

She kept hearing the scraping noise, and she kept imagining scarier and scarier things.

Her heart beat even faster.

She could just go into Mom and Dad's room again. She knew they wouldn't mind. But she was always so embarrassed the next day when she did that. *I'm too old to be scared at night.*

But she *was* scared. *It could be anything*, she thought. It wasn't very loud, but she kept hearing it.

She closed her eyes and said what seemed like her hundredth prayer for the night. *Heavenly Father, I can't*

go to sleep. I'm too scared. But I don't want to go to Mom and Dad's room. I want to be brave. Please help me not be afraid.

She finished her prayer and took a deep, slow breath. *It's OK*, she thought. *I can do this.*

Thwap, screeeee!

Yeah, she was pretty sure it was something trying to get through her window. She was so scared she didn't dare move a muscle. She didn't know what to do.

I could ask David, she thought. *That isn't as embarrassing as sleeping in Mom and Dad's room.*

Carefully she peeled off the covers and jumped off the bed, landing as far as possible from the window. Without looking back, she tiptoed quickly to her brother's room.

"David," she whispered, shaking his shoulder.

"Gmmmbllll." David slowly turned over and opened one eye. "Hmmm. What?"

"Uh, there's a noise outside my window. Will you check what it is?" she asked.

"Sure." David got up and shuffled to her room.

When they reached the window, he pulled up the



blinds and looked outside. It was too dark to see.

"I don't hear anything," he said.

"Just wait a minute," Christine said.

Sure enough, there it was again. *Thwap, screeee!*

David opened the window and reached out. *Snap!* He pulled a small branch back in.

"It's just the tree outside. This was scraping against your window," he said, handing her the branch.

I was scared of a stick? She felt really silly. "Thanks for looking," she said. "Sorry I woke you up."

David smiled. "You can always ask me for help."

"Thanks."

"I can stay for a little while if you want," he said.

Christine nodded. She jumped into bed and pulled her feet away from the edges. David sat on the end of her bed and scooted back to the wall.

"I wish I could be braver at night," Christine said.

"You know what's brave?" said David. "Asking for help."

"No it's not," she said. "I was scared."

David laughed. "Everyone gets scared—even me! But being scared doesn't mean you aren't brave. It

takes courage to ask for help when you're afraid."

Christine smiled. It was still dark, but she didn't feel as anxious anymore.

"I'm OK now. You can go back to sleep," she said.

David gave her a hug and walked out. He stopped in her doorway. "Night. Sleep well," he said.

"Night, David," she said back.

Christine closed her eyes. There were no more scary sounds. *Heavenly Father*, she prayed silently, *Thank Thee that David could help me. I'm glad I was brave enough to ask.* ♦



One night after we had just moved, I couldn't fall asleep. I felt scared and lonely. I said a prayer and got the idea that I could read my scriptures. I opened to *Isaiah 41:10*, "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee." I knew that my prayer was answered, and I fell asleep.

Teegan M., age 9, Texas, USA

Can you help me with my math homework? I don't get it.

Of course! I'm glad you asked.



Show and tell



I was jumping on the trampoline, and my mum called me to come for dinner. I kept jumping, and about 10 minutes later I felt that I really should go inside. Just after I got off the trampoline, a car crashed through the fence into the trampoline! I'm glad that I listened to the Holy Ghost, who protected me from being seriously hurt.

Seanna C., age 10, Victoria, Australia



Ronin L., age 11, British Columbia, Canada

My Gospel Poem

G is for God, who loves, guides, and cares.
O is for obstacles—get through them with prayers.
S is for scriptures—read them every day!
P is for prophets who show us the way.
E is for eternal, a family can be.
L is for love through eternity.

Abbie S., age 11, Idaho, USA

Playing sports is really fun for me, and it helps me be healthy and be in shape for when I am a missionary! My mom helped me get into basketball, and my cousin taught me how to play. I love my family, and I'm very protective of all of them.



David W., age 11, Georgia, USA



The missionaries asked me to think of a creative way I could share the gospel. I decided to carve a CTR shield in my pumpkin so everyone could see it when they came to my door.

Drake A., age 7, South Carolina, USA

Primary children of the **Gerona Ward, Paniqui Philippines Stake**, enjoyed doing their sacrament meeting Primary program.



Stake leaders challenged each Primary in the **Pensacola Florida Stake** to do more service. The **Pace Ward Primary** children cleaned the baseboards of their Church building. They learned that doing service is fun and feels great!

Standing Tall FOOTPRINTS



My extended family has Muslims, Catholics, and other Christians. I can teach all of them about

the gospel by inviting them to my baptism.

Melina Z., age 7, California, USA



Addison L., age 10, Utah, USA



Moroni R., age 10, Oregon, USA

Madison K., age 12, Washington, USA



I like to play my cello at my local nursing home. It makes the people who live there so happy. That makes me want to practice even more.

Moroni L., age 10, Idaho, USA



I stood up for my little buddy when a kid in my class was being mean to him.

Spenser M., age 9, British Columbia, Canada



I can forgive my brother when he forgets to be nice to me.

Ainsley A., age 4, Massachusetts, USA



I stood tall when my friends took the Savior's name in vain but I did not.

Dean A., age 6, Massachusetts, USA



When my friend broke my favorite toy, I didn't get mad at her. I was kind and forgave her.

Norah M., age 3, British Columbia, Canada



I will stand tall by reading things that are pleasing to Heavenly Father.

Liam H., age 9, Wisconsin, USA



I can be like Jesus by being kind to others.

Jeremy J., age 3, Victoria, Australia



I can be like Jesus by taking the sacrament to remember Him and Heavenly Father.

Bethany J., age 5, Victoria, Australia



I will stand tall by doing what's right.

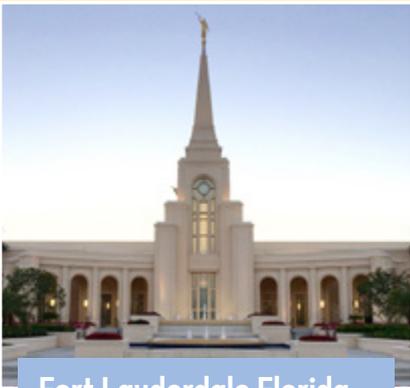
Gwen B., age 10, California, USA

Send us your footprints!
See how on page 39.



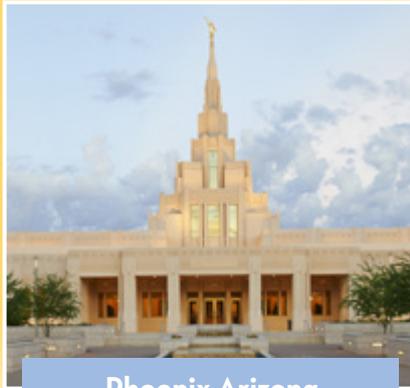
Temple Cards

Cut out this page, glue it to heavy paper, and cut out the cards.



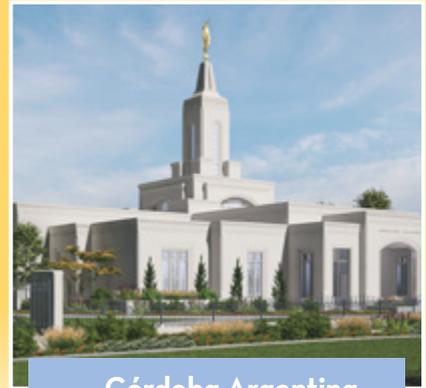
Fort Lauderdale Florida

Dedicated May 4, 2014,
by President Dieter F. Uchtdorf



Phoenix Arizona

Dedicated November 16, 2014,
by President Thomas S. Monson



Córdoba Argentina

Dedicated May 17, 2015,
by President Dieter F. Uchtdorf



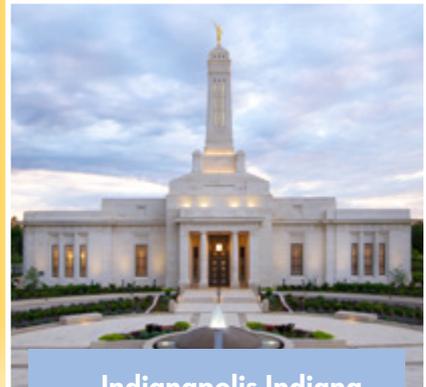
Payson Utah

Dedicated June 7, 2015,
by President Henry B. Eyring



Trujillo Peru

Dedicated June 21, 2015,
by President Dieter F. Uchtdorf



Indianapolis Indiana

Dedicated August 23, 2015,
by President Henry B. Eyring



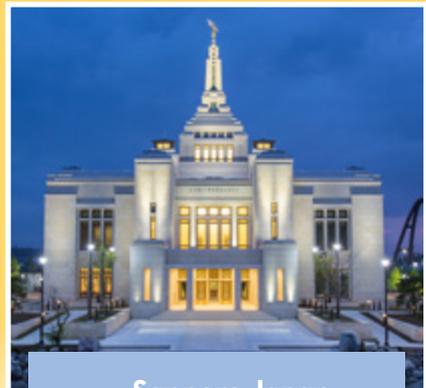
Tijuana Mexico

Dedicated December 13, 2015,
by President Dieter F. Uchtdorf



Provo City Center

Dedicated March 20, 2016,
by Elder Dallin H. Oaks



Sapporo Japan

Dedicated August 21, 2016,
by President Russell M. Nelson

There Is Love in My Family Tree

Words and music by
Janice Kapp Perry

Happily ♩ = 88-96

F Dm B^b C⁷ F

1. There is love in my fam - i - ly tree.
 2. As I search in my fam - i - ly tree,
 3. There is love in my fam - i - ly tree.

B^b F G⁷ C B^b F

I love my fam - i - ly; they love me. Some were born be - fore me;
 Stor - ies of cour-age in - spire me. Find - ing my re - la - tions,
 Heav - en - ly Fath - er has prom - ised me We can be to - geth - er,

Gm⁷ C⁷ F B^b F A⁷

Some will fol - low af - ter. We are joined to - geth - er hap - pi -
 Link - ing gen - er - a - tions — That is what the Lord ex - pects of
 Feel His love for - e - ver — Sealed to - geth - er for e - ter - ni -

Dm G⁷ F C⁷ F

ly. There is love in my fam - i - ly tree.
 me As a branch in my fam - i - ly tree.
 ty As a part of His fam - i - ly tree.

The musical score is written in 4/4 time with a key signature of one flat (Bb). It consists of four systems of music. Each system includes a vocal line with lyrics and a bass line. Chord symbols are placed above the vocal line. The first system has three verses of lyrics. The second system has two lines of lyrics. The third system has two lines of lyrics. The fourth system has three lines of lyrics. The score ends with a double bar line.

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Watch a sing-along video for this song at
children.lds.org. Click on "Videos and Music."



FRIEND TO FRIEND

Lessons from Mother

By Elder Jairo Mazzagardi
Of the Seventy



ILLUSTRATION BY MATTHEW SMITH



When I was growing up, whenever we got any money, my mother would take the very best bills—the ones that were the least wrinkled or dirty—and give them to the minister of the church we went to. She did this her whole life. She said, “This belongs to God.” Those words have stayed with me ever since.

When I was baptized into The Church of Jesus Christ of Latter-day Saints as an adult, it was not hard for me to pay tithing because my mother had taught me to obey that law.

My mother also taught me to be honest, even if it meant doing hard things. Our neighbor grew all kinds of fruits and vegetables. Sometimes his fruit would grow on our side of the fence. Once I picked some of this fruit and took it to my mom. She looked at me and said, “That doesn’t belong to us.”

I couldn’t believe it. I said, “What do you mean? It’s on our side of our fence!” Again she said, “That doesn’t belong to us.” Then she took my



hand, and we walked to our neighbor’s house. We asked for forgiveness for taking his fruit. My mother said that if we wanted something, we needed to get it honestly.

Maybe your parents are not members of the Church, or you don’t always agree with their choices. You can still learn true principles from them, such as honesty, responsibility, self-reliance, and hard work. Those principles will be great blessings in your life. ◆

ASK A PARENT!

What’s your favorite part of being a parent?

What’s the hardest part?

What makes you happy?

What’s the most important thing you do every day?

How does the gospel help you be a better parent?

What’s the last thing you do every day?

What other questions can you ask?

Be your mom or dad’s helpful shadow for a day! Write or draw in your journal about what you learned. Thank your parents for all they do.



By Jane McBride Choate

(Based on a true story)

"I love to see the temple. I'm going there someday"

(*Children's Songbook, 95*).

At breakfast when Mom reminded everyone about their family temple trip on Saturday, Carly frowned. She had completely forgotten about that. Usually she loved going to the temple, but Saturday was the day of Jennifer's party!

Jennifer was Carly's best friend, and on Saturday she was having a Halloween party. Carly could hardly wait. But now she didn't know what she should do.

"Mom, Jennifer's party is Saturday too," she said. "Would it be OK if I stay home and go to the party?"

Mom smiled. "You are 12 years old now," she said. "I think you can make up your own mind."

Carly sighed.

All week Carly worried about Saturday. The temple was far away, so her family didn't get to go very often. But Halloween parties didn't happen that often either.

I can just go to the party, Carly decided.

But that didn't feel right.

"Why do the party and our temple trip have to be on the same day?" she asked at dinner.

"You've got a tough choice to make," Dad said. "What do you think you should do?"

Carly didn't see anything wrong with going to the party.



Halloween

All her friends from school would be there, and it would probably be a lot of fun. But it wasn't a question between right and wrong, and that made it harder. Going to the party was good, but Carly knew that serving others in the temple was better.

"I guess I'll go on the temple trip," Carly said. Immediately her heart felt lighter.

The next day at school, Jennifer ran up to Carly. "I can't



n Choice

wait for the party," she said. "What are you going to wear?"

Carly took a deep breath. "I'm really sorry, Jennifer," she said. "But I can't come to your party. My family is going to the temple that day."

Jennifer crinkled her nose. "What's a temple?"

"It's a special place where we go to worship God," Carly said. "It's important to me, but I'm sorry I'll miss your party."

"It's OK," Jennifer said. But she looked sad.

"How about if you come over after school on Monday and tell me all about the party?" Carly said.

Jennifer smiled. "OK!"

Early Saturday morning Carly took her pillow and backpack out to the car. Mom put her arm around Carly's shoulder. "I'm so glad you're going with us."

"So am I," Carly said, and she meant it.

At the temple Carly listened carefully to the words of the baptismal prayer. When she thought about how each name was for a real person, she was sure there was no place she would rather be than here, being baptized for them.

On the way home, Dad said, "Because of our family, 15 people had baptisms done for them today. I know these ancestors are grateful for the opportunity to accept the gospel."

Carly settled down for the long drive home. She couldn't stop smiling. ♦

The author lives in Colorado, USA.



"Remember that it is not enough that something is good. Other choices are better, and still others are best."

Elder Dallin H. Oaks
of the Quorum of the Twelve Apostles
"Good, Better, Best," October 2007 general conference



What I Learned from Alex

By Jack G., age 12, Utah, USA

When I was in fifth grade, nobody else in my neighborhood or my school was LDS. And after church on Sundays, I'd play video games and watch TV with my friends.

After I finished fifth grade, I moved to a different state. My first day there was a Saturday. I met a kid named Alex. I hung out with him through the evening. When he had to go home, I asked him if he could hang out the next day. He said it was Sunday and he couldn't hang out. I decided to follow Alex's example by keeping the Sabbath day holy.

The next day I went to church, came home, and replaced my video-game time with reading time. That night I knew Heavenly Father was proud of me. And I thought about how proud of Alex He must be too for being a good example. Ever since then, I have kept the Sabbath day holy. ♦

Why didn't Alex want to hang out?

How do you help your family keep the Sabbath holy?

Go to page 16 for some ideas!



Families Are Fantastic!

Families come in all different types and sizes. But do you know why your family is so lucky? They have *you!* See if you can find a few different family members in the word search below.

mother
 father
 stepmom
 stepdad
 sister
 brother
 aunt
 uncle
 grandma
 grandpa
 cousin
 great-grandparent

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

Campfire Muffins

Here's a fun and easy treat you can make the next time you're sitting around a fire pit with your family. Be sure to get an adult's help.

one orange per person

a box of blueberry muffin mix (including the ingredients to make the mix)

aluminum foil

1. Cut the oranges in half. Scoop out the fruit of the orange halves and eat. Yum! Try not to poke holes in the peel when scooping.
2. Mix the muffin mix with the ingredients listed on the box.
3. Fill one half of each orange with muffin batter. You could set the oranges on a mug to avoid spilling.
4. Place the empty orange half over the filled half and wrap in aluminum foil.
5. Set directly on fire coals for around 10 minutes. Easy and *so* tasty!

Tip: You can also cook these in an oven! Set the wrapped-up oranges in a muffin tin and bake at 350°F (180°C) for 15–20 minutes.



MATT AND MANDY



Matt and Mandy are faced with a big chore this Saturday.



The kids pitch in and soon ...



A little later ...

This looks great.
Those kids worked hard.
But where are they?



Surprise!



Good work, you guys.
And a good surprise.



C'mon. I'll help you bag these leaves.
And I'll heat the chili.
Anybody want salad with their chili?

FUNSTUFF ANSWERS

Page 10: pray every day

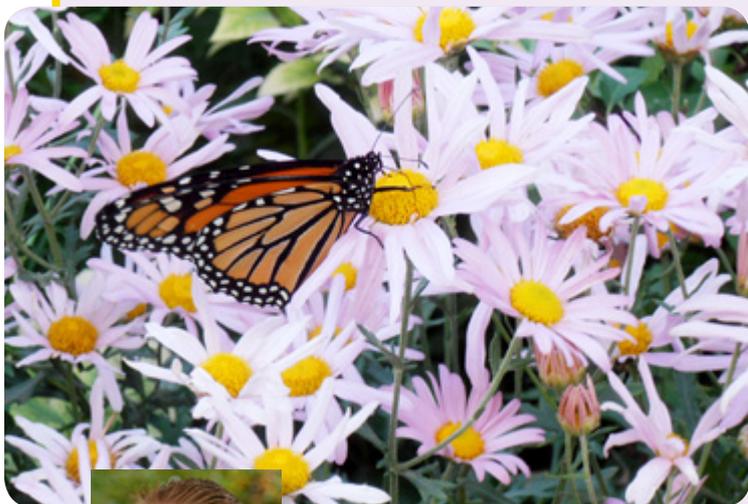
Page 24: daughter and wife of Ishmael, Nephi's sisters, mothers of stripling warriors



HIDDEN CTR RINGS

Did you find the rings? Look on pages FJ7 and 12. The September level 3 ring was on page 18.

Through Your Eyes



Heavenly Father blesses my life with nature. With nature we have so many things to be grateful for.

Gabe E., age 11, Utah, USA

How to Write to the Friend

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

1. Fill out the form below and send it in with your story or artwork.
2. Send a school picture or high-resolution photo.
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.

Please send your submission to:

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

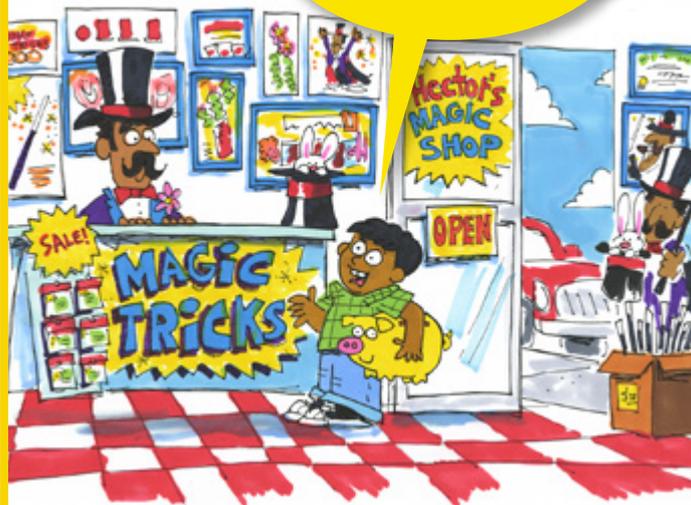
Email of parent or legal guardian



To read more, close the magazine and flip it over!

The Last Laugh

My sister keeps beating me at hide-and-seek. Do you have an invisibility cloak for sale?



THE Friend JUNIOR



4 02135-90000-0
13590 Oct 16

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



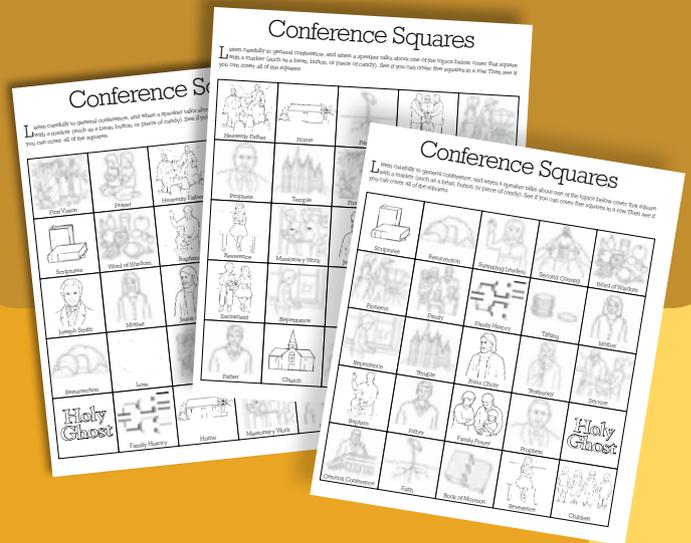
Here are some tips for a child-friendly general conference:

■ In the weeks before conference, teach your children about each of the Apostles. Include photos and facts about their lives.* Then post the photos during each session. Your children will enjoy matching them with the speaker!

■ Give them something to watch and listen for. Use the activity on page FJ3 to help children watch and listen for President Monson. If your children are a little older, they can play Conference Squares.*

■ You can also invite children to tell you when they hear a song they like. Make note of the song and learn it in family home evening.

What do you love most about general conference? In the story on page FJ2, Jacob looks forward to a special breakfast. You probably also enjoy hearing from Church leaders and having a change of pace from your usual Sunday. Your young children can look forward to the same things too!



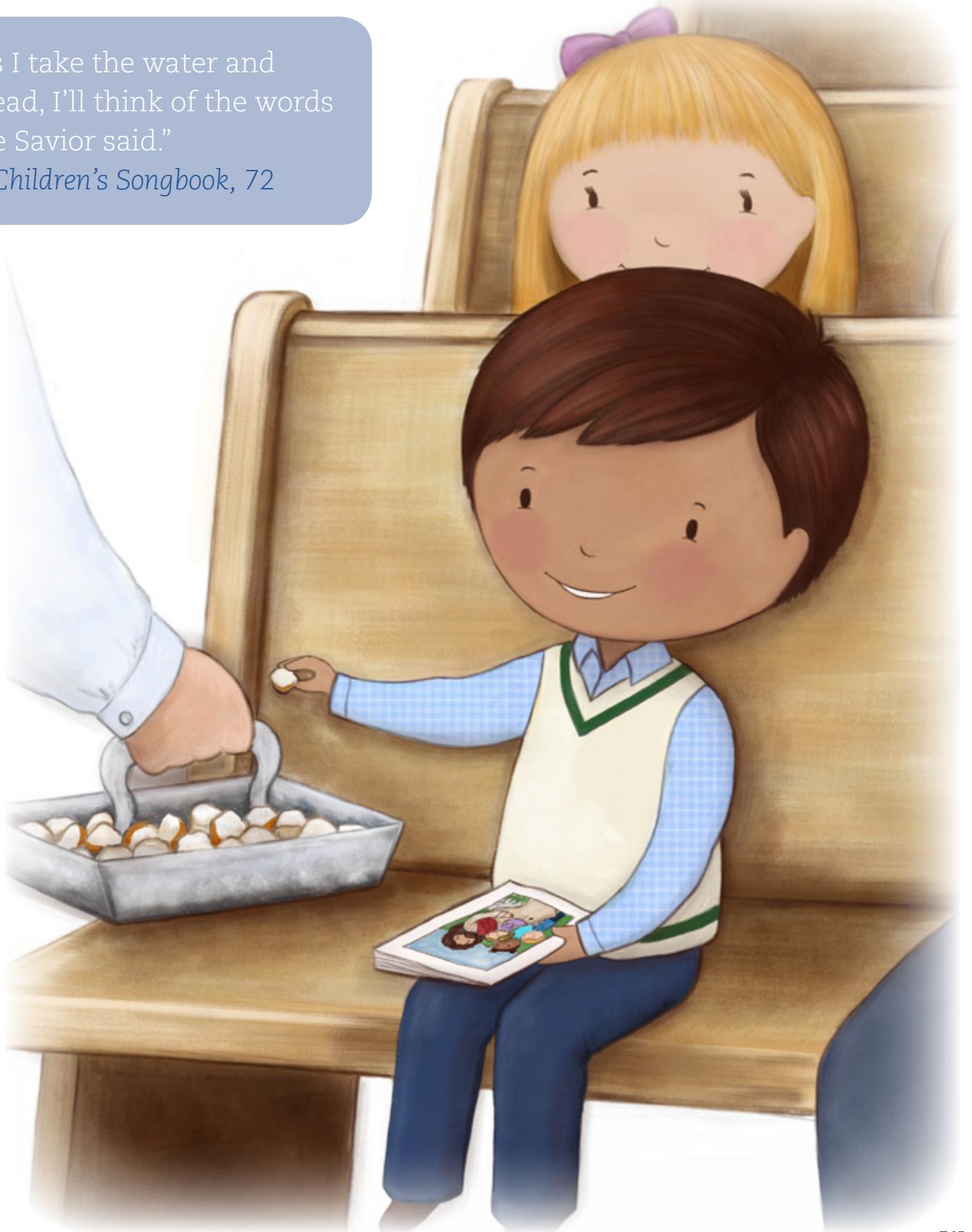
■ Provide quiet activities and snacks if you're tuning in at home. Your children can appreciate spending time with the family. They'll see you listening, and that's a big step in helping them learn to follow the prophet.

* Find these at lessonhelps.lds.org. Click on "General Conference Teaching Tips" under categories.



“As I take the water and bread, I’ll think of the words the Savior said.”

—*Children’s Songbook*, 72



General Conference Breakfast

By Jennifer Maddy



Jacob

ran into the kitchen with



Wyatt

and



Lucy

. "Let's get ready for

general conference!"



Daddy

said.



Mommy

cracked



eggs

into a



bowl



Wyatt

scooped in



flour



Lucy

poured in



milk



Daddy

sprinkled in



sugar



Jacob

stirred everything with a big



spoon



Daddy

poured batter

into a hot



pan

. The



pan

sizzled and popped!



Jacob

watched the



pancakes

cook.



Daddy

put the



pancakes

onto



plates

. Everyone carried a



plate

to the

table. After the



pancakes

were all gone,



Mommy

turned on the



TV

. "There's

the prophet!"



Jacob

said. He loved General Conference

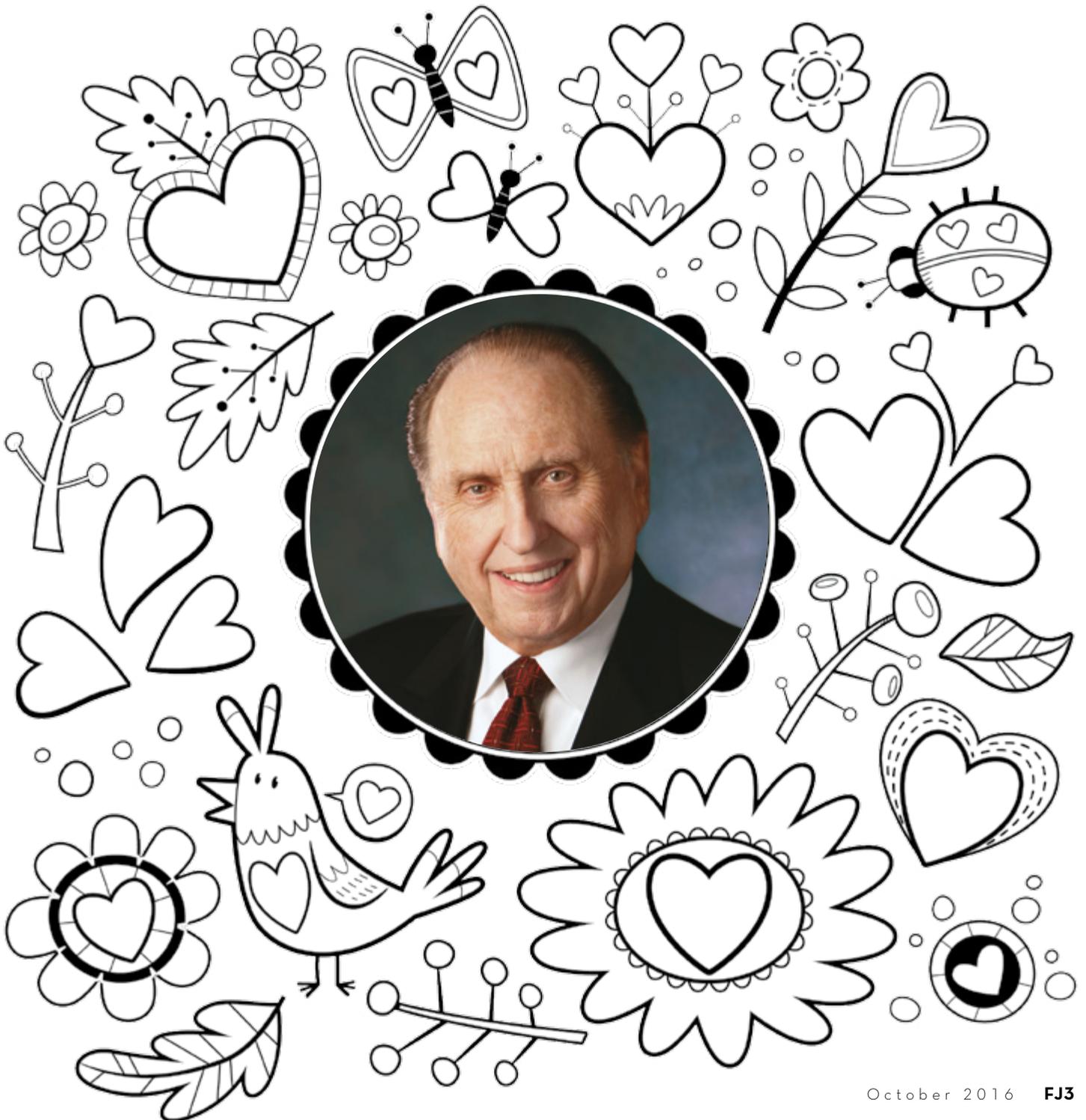


Pancake

Breakfast!

Our Prophet

This is our prophet. His name is President Thomas S. Monson.
He loves us, and he teaches us what Heavenly Father wants us to know.
Color one heart each time you see President Monson
or hear his name in general conference.



Traveling to the Promised Land



Jared and his brother lived in a valley with their families and friends. Jesus Christ visited Jared's brother. He told him to build boats to take his people across the ocean to the promised land.



The people built boats with no windows. Jared's brother worried about how they would breathe and see. Jesus said they should make holes in the boats for air.

But what about light?
The brother of Jared
made 16 clear stones.
He asked Jesus to touch
them with His finger to
make them shine.



The brother of Jared saw
Jesus touch each stone
with His finger. The stones
shone brightly. Because he
had so much faith, Jared's
brother saw Jesus Christ!



God sent great winds to blow the boats across the ocean.
When they reached the promised land, the Jaredites prayed
to thank God for protecting them.
We can be like Jared's brother when we trust God and
have faith in Jesus Christ. ◆

From Ether 2-3; 6

Music Makes Me Happy



A New Picture for May



By Jenna Kimble

(Based on a true story)

May and Ann sat by each other in Primary. They drew pictures of Jesus and of their families. They glued them in paper chains to make necklaces.

Sister Gardner asked how their families showed love.

“I ride bikes with my dad!” Ben said.

“We go to church together,” Leo said.

“My sister helps me with homework,” Ann said.

May felt sad. She didn’t ride bikes with her dad.

She went to church with only her grandma.

Sometimes she fought with her sister.

“How does your family show love, May?” Sister Gardner asked.

May put her head down on the table. “I don’t know,” she said.

Ann looked at May. She picked

up a crayon. She started drawing again. Then she held up a picture. It was a girl with long hair. It looked just like May!

“May, I drew a picture of you. It’s for my necklace. I’m going to put you between Jesus and me. I love you. And Jesus loves you too.”

May lifted up her head. The picture made her smile. She felt happy that Ann was nice to her. And she knew that Jesus loved her.

May ran over and gave Ann a hug. “Thank you!” she said. “Can I draw you for my necklace too?”

Ann smiled big. “Yes!” she said. “And let’s draw Jesus too.”

When Primary was over, May ran to show her necklace to Grandma. “Guess what!” May said. “Jesus loves me.” ◆

The author lives in Utah, USA.

