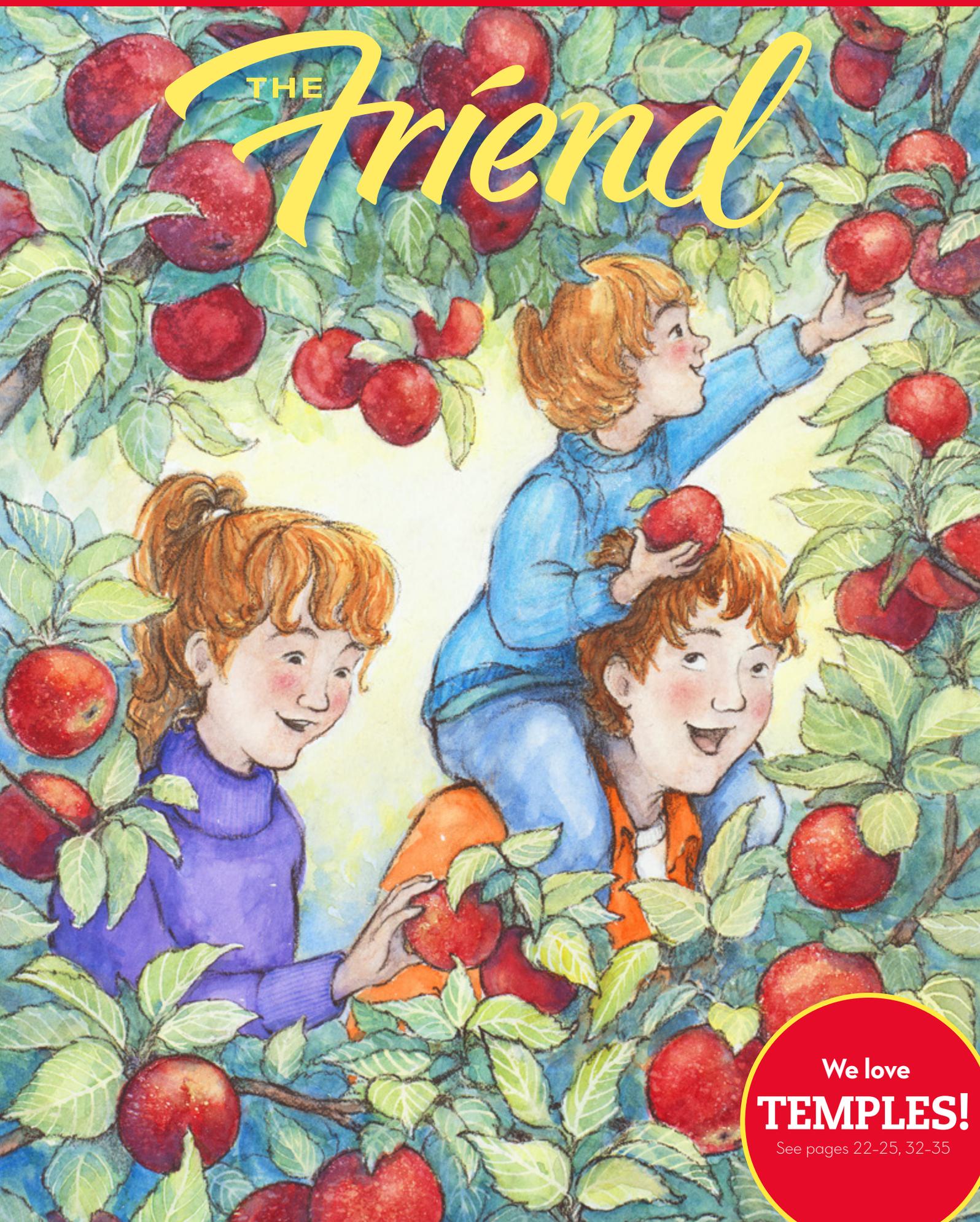


# THE *Friend*

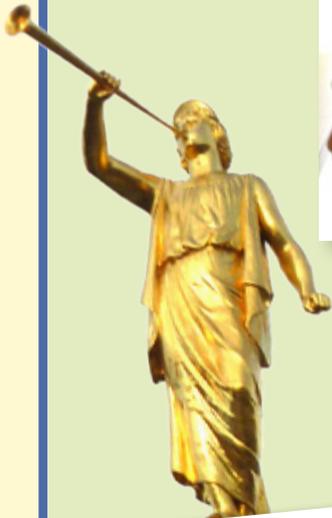


We love  
**TEMPLES!**  
See pages 22-25, 32-35

# FRIENDS BY MAIL

## Easter Egg Fun

I had fun making peanut butter Easter eggs from the April 2017 issue with my sister! Thank you, *Friend*! **Lamont T., age 10, Hawaii, USA**



## One in a Million



We felt prompted to watch the *One in a Million* videos on



the *Friend* website before we moved for a few months. We moved to Alaska, where Joey from one of the videos lives, and he welcomed us to the ward! Thank you for the *One in a Million* videos!

**Elias and Emma W., ages 9 and 10, Arizona, USA**

## Geography and Cousins



We were reading a *Friends by Mail* letter (March 2017) and saw that we have cousins living where those readers are from!

**Ben and Amelia S., ages 9 and 8, New Zealand**

## How I Read the *Friend*

I visited the old military fort at Presidio San Francisco National Park and brought my *Friend* along. It was very windy!

**Audrey A., age 6, California, USA**



## DEAR FRIENDS,

It's never too early to get ready to go inside the temple someday! Meet some kids in France and Japan who got to watch temples near them being built (page 22). Then learn the temple song on page 24! Finally, make a handkerchief to take to a temple dedication in the future (page 35).

What do you love about the temple?

The *Friend*

P.S. Two temples are being dedicated later this year. Go to [temples.lds.org](http://temples.lds.org) to find out which ones!

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](http://lessonhelps.lds.org).

## STORIES AND FEATURES

- 2 **From the First Presidency:** Bread and Gratitude / President Dieter F. Uchtdorf
- ◆ 4 Sarah and the MRI
- 6 Family Night Fun
- 8 A Friendly Primary Visitor
- 10 **Friend to Friend:** Elder Perry, Chickens, and Me / Sister Bonnie H. Cordon
- 14 **Friends with Heart:** Everybody's Buddy
- 16 Helping Gilly
- 18 **A Brave Example, Part 2:** Jane's Journey
- 20 **Answers from an Apostle:** Elder Robert D. Hales
- ◆ 22 From Paris to Sapporo
- ◆ 25 **CTR Story:** The Temple Dedication
- 26 Show and Tell
- 30 Matt and Mandy
- 39 Stop and Flip

## FOR OLDER KIDS

- 31 For Older Kids
- ◆ 32 Finding Lydia
- ◆ 34 Temple Trip Tips
- ◆ 35 Snacks & Crafts: Temple Crafts
- ◆ 36 Worthiness Worries
- 38 Helping Out, One Pencil at a Time

Front cover by Katherine Blackmore  
Back cover by Jess Golden

### Volume 47 Number 10 October 2017

#### The First Presidency:

Thomas S. Monson, Henry B. Eyring, Dieter F. Uchtdorf

#### The Quorum of the Twelve Apostles:

Russell M. Nelson, Dallin H. Oaks, M. Russell Ballard, Robert D. Hales, Jeffrey R. Holland, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen, Ronald A. Rasband, Gary E. Stevenson, Dale G. Renlund

Editor: Hugo E. Martinez

Assistant Editors: Randall K. Bennett, Carol F. McConkie

Advisers: Brian K. Ashton, Bonnie H. Cordon, LeGrand R. Curtis Jr., Edward Dube, Sharon Eubank, Donald L. Hallstrom, Douglas D. Holmes, Erich W. Kopschke

Managing Director: Richard I. Heaton

Director of Church Magazines: Allan R. Loyborg

Business Manager: Garff Cannon

Managing Editor: Jan Pinborough

Assistant Managing Editor: Marissa Widdison

Copyeditor: Lori Fuller

Administrative Assistant: Carrie Kasten

Writing and Editing: Maryssa Dennis, David Dickson, Matthew Flitton, Charlotte Larcabal, Michael R. Morris, Eric Murdock, Richard M. Romney, Mindy Anne Selu

Editorial Intern: Shannon Tuttle

Managing Art Director: J. Scott Knudsen

Art Director: Mark W. Robison

Design: Thomas S. Child, Brad Teare

Intellectual Property Coordinator: Collette Nebeker Aune

Production: Marlene Roschek

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Troy K. Vellinga

## MUSIC

- ◆ 24 Teach Me about the Temple

## THINGS TO MAKE AND DO

- 11 Women Leader Cards
- 13 Funstuff: Conference Quest!
- 17 Funstuff: Pumpkin Time
- 28 **Church History Figures:** A New Prophet
- 29 Funstuff: Find It!

## FRIEND JUNIOR

- IBC For Parents of Little Ones
- FJ1 I Like to Help
- FJ2 Helping Mrs. Brewster
- FJ3 Matching Leaves
- FJ4 **Stories of Jesus:** Jesus Visited Joseph Smith
- FJ7 Coloring Page
- FJ8 Ashlyn's Family Tree



## Hidden GTR Rings

**Hard:** Careful you don't rake it up!

**Harder:** Visiting the temple is fun.

**Hardest:** Choosing the right is sweet!

© 2017 by Intellectual Reserve, Inc.

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

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

**Online:** Go to [store.lds.org](http://store.lds.org).

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

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

**Submit manuscripts or art to:**

*Friend* Editorial, 50 E. North Temple St. Rm. 2393, Salt Lake City, UT 84150-0024, United States of America. Unsolicited material is welcome, but no responsibility is assumed. For return, include self-addressed,

stamped envelope. Children's submissions will not be returned. Email: [friend@ldschurch.org](mailto:friend@ldschurch.org).

The *Friend* can be found on the Internet at [friend.lds.org](http://friend.lds.org).

Unless otherwise indicated, individuals may copy material from the *Friend* for their own personal, noncommercial use (including such use in connection with their calling in The Church of Jesus Christ of Latter-day Saints). This right can be revoked at any time and for any reason. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., FL 13, Salt Lake City, UT 84150, USA; email: [cor-intellectualproperty@ldschurch.org](mailto:cor-intellectualproperty@ldschurch.org).

**POSTMASTER:** Send all UAA to CFS (see DMM 507.1.5.2).

**NONPOSTAL AND MILITARY**

**FACILITIES:** Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

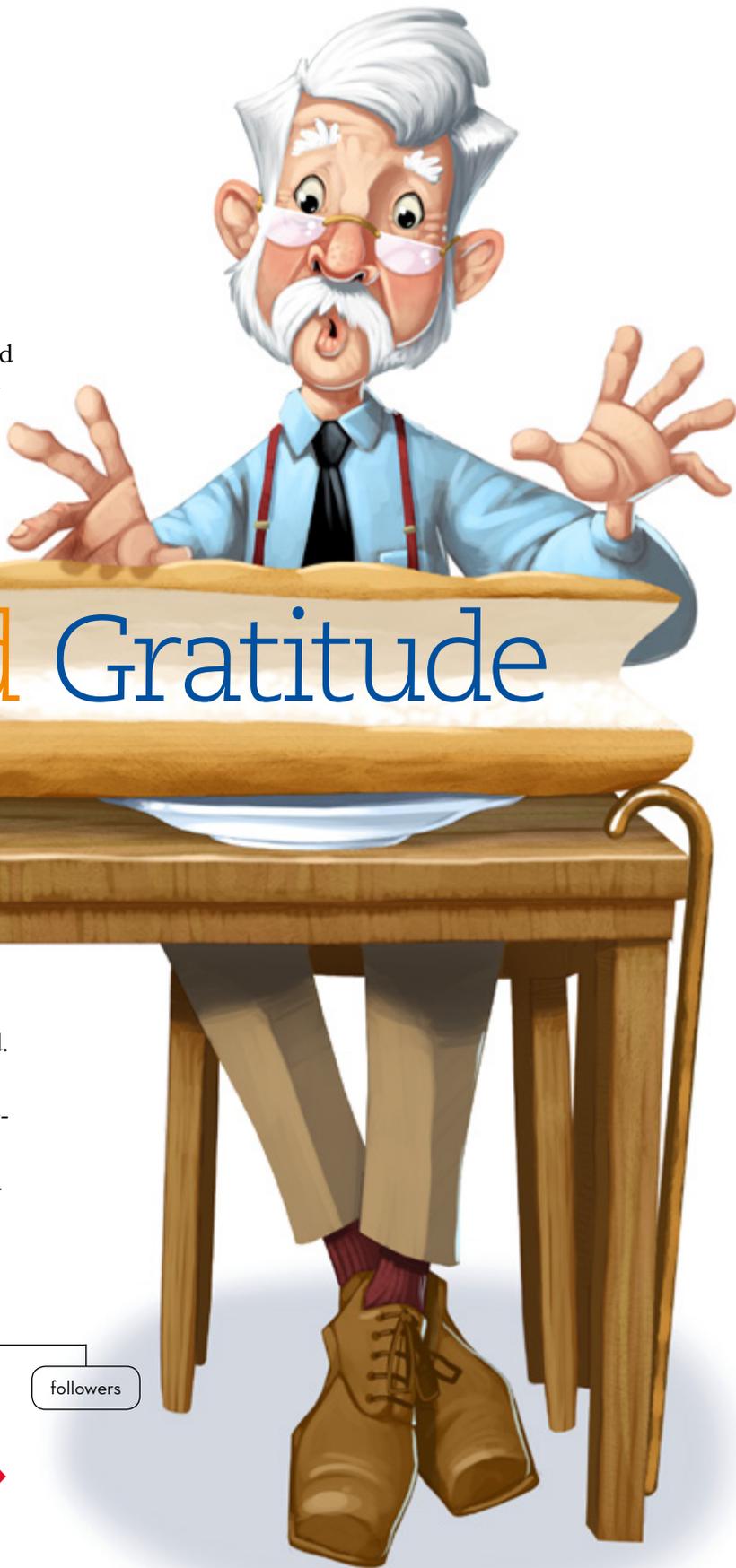
**Canada Post Information:** Publication Agreement #40017431.



By President Dieter F. Uchtdorf  
Second Counselor in the First Presidency

There is an old story of a waiter who asked a customer if he had enjoyed the meal. The man said that everything was fine, but it would have been better if they had given him more than two slices of bread.

The next day, when the man came to eat again, the waiter gave him four pieces of bread. The man said he



# Bread and Gratitude

still wished he had more. So the next day, the waiter gave him eight pieces! But the man *still* wasn't satisfied.

Finally, on the fourth day, the waiter was really determined to make the man happy. So he took a nine-foot-long (3-m) loaf of bread, cut it in half, and with a smile, served it to the customer. Instead of being grateful, the man looked up and said, "The food was good, as always. But I see you're back to giving me only two slices of bread."

As **disciples** of Jesus Christ, we are commanded to "thank the Lord [our] God in all things" (D&C 59:7). If we focus on the blessings we think we are missing, it can make us unhappy. Choosing to develop a spirit of gratitude will bring us true joy and great happiness. ♦

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

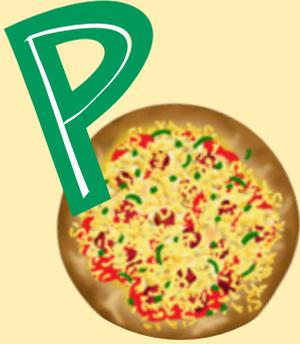
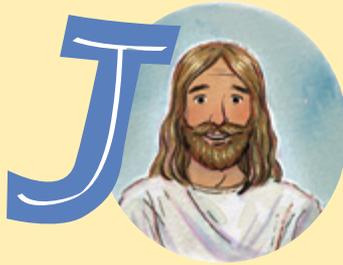
followers

Happy Thanksgiving to our friends in Canada!



## THANK-PHABET

For each letter of the alphabet, come up with something you're thankful for!



### TIM LOSES THE GRUMPS

Don't read the story yet! First, fill in each blank. The words under each blank tell you what kind of word to use. Then read the story out loud! Then try new words and see how the story changes! Try having a friend write your words in the blanks before you see the story.

**noun:** a person, place, or thing (like "foot" or "balloon")

**adjective:** a word that describes something (like "squishy" or "hairy")

Tim frowned as he lay in bed. It had been an awful day. First he had to help take care of his sister, and she had spilled \_\_\_\_\_ \_\_\_\_\_ on the floor! Then, at school his class studied \_\_\_\_\_ \_\_\_\_\_  
**color**     **food**     **adjective**  
\_\_\_\_\_ all day. When he got home, he found out his favorite toy \_\_\_\_\_ was broken. Tim's  
**animals**     **noun**  
grumpy thoughts stayed with him as he fell asleep that night.

Suddenly, Tim was taking care of his sister, only now she was \_\_\_\_\_ feet tall! It was much harder  
**big number**  
to help her, and they couldn't play peek-a-boo the way they usually did. When Tim walked to school, he  
found out that his teacher had been replaced by a \_\_\_\_\_ ! Instead of learning, he had to  
**adjective**     **noun**  
clean \_\_\_\_\_ all day. And at home, all of Tim's toys had turned into \_\_\_\_\_ !  
**nouns**     **nouns**

Just then, Tim's alarm went off with a loud \_\_\_\_\_ . Tim sat up and rubbed his eyes. It had been  
**animal sound**  
a dream! He laughed while playing peek-a-boo with his sister. He smiled while giving his book report at  
school. Even though his favorite toy was broken, he was happy there were other things he could play with.  
Tim was glad he could feel grateful instead of grumpy!

# Sarah and the MRI



**By Juliann Doman**

(Based on a true story)

“When Christ was on the earth, He promised He would send the Holy Ghost to comfort us, our true, eternal friend” (Children’s Songbook, 105).

“It looks like Sarah will need to have an MRI of her back,” said Dr. Frank. He smiled at Sarah. “I’m going to schedule one for tomorrow. I’ll be back in a few minutes.”

Sarah’s back had been hurting for a while. When she woke up that morning, it hurt so much that it was hard for her to stand up straight, and she could barely walk. Sarah and her mom had come to see Dr. Frank to find out what was wrong.

“Another MRI?” asked Sarah, looking up at Mom. She’d had an MRI once before. She remembered how scared she had felt in the big tube that took pictures of the inside of her body.

“I’m sorry, Sarah,” said Mom. “But the pictures will help Dr. Frank learn what’s wrong with your back. I know you can do it. And I’ll be right there with you.” Mom squeezed Sarah’s hand.

“But you can’t come inside with me,” said Sarah. Her head dropped, and a tear slipped down her cheek. Mom could be with her in the room, but once Sarah went into the machine’s tunnel, she would be alone.

Mom put her arm around Sarah. “That’s true, but do you know who *can* be there to comfort you?”

Sarah remembered a name she had heard for the Holy Ghost: *the Comforter*. Maybe the Holy Ghost could help her not feel so afraid.

“The Holy Ghost?” Sarah asked.

Mom nodded. “That’s right. You can pray for the Holy Ghost to help you. Dad and I will pray for you too.”

That gave Sarah a great idea. “Can I ask Dad for a blessing?”

Mom smiled. “Of course. I know he’d love to do that.”

That night Dad placed his hands on Sarah’s head and gave her a priesthood blessing. As he blessed her that she would be comforted by the Holy Ghost, a soft warmth filled her body. The feeling stayed with her all night.

The next day Sarah lay on the bench that would slide into the big tube in the MRI machine. She repeated in her

head the words Dad had used during her blessing: *The Holy Ghost will be there to comfort you*. Sarah squeezed Mom’s hand tight. Then the nurse slid her into the tube.

The MRI machine made funny noises while it took pictures of her back. Sarah had to lie very still so the pictures wouldn’t be blurry. She panicked for a minute, but then she felt that warm feeling again. It felt like one of Mom’s hugs. Or a snuggly blanket. She knew that everything would be OK. Before she knew it, the MRI was over!

In Dr. Frank’s office, he showed Sarah and Mom the pictures of Sarah’s back. “You did a great job lying still,” Dr. Frank told Sarah as he knelt down beside her. “These pictures of your back show that you will need surgery to help you walk better.”

Sarah gulped.

“We’d like to do the surgery soon,” Dr. Frank said, looking up at Sarah’s mom. Then he turned back to Sarah. “It might take a few weeks afterward for you to feel like your old self again, but after seeing you today, I know you’ll do great.”

Sarah tried to think about all the things she’d do after Dr. Frank fixed her back. *I’ll be able to run and swim—and jump in a big pile of leaves*. She missed doing all those things. But surgery was even scarier than an MRI! Then Sarah remembered her prayers and her special blessing. Heavenly Father had sent her the Comforter. He would help her again.

She looked at Dr. Frank. “Then can I jump in a big pile of leaves?” she asked.

He grinned. “Then you can jump in a big pile of leaves.” ♦

The author lives in Colorado, USA.

**Turn the page for an activity to go with this story!**



When I was five, I needed surgery to get my tonsils and adenoids taken out. I was really nervous and afraid. My dad gave me a blessing. After the blessing, I wasn’t nervous anymore, and we were both happy because we felt the Holy Ghost.

**Analise F., age 6, Utah, USA**

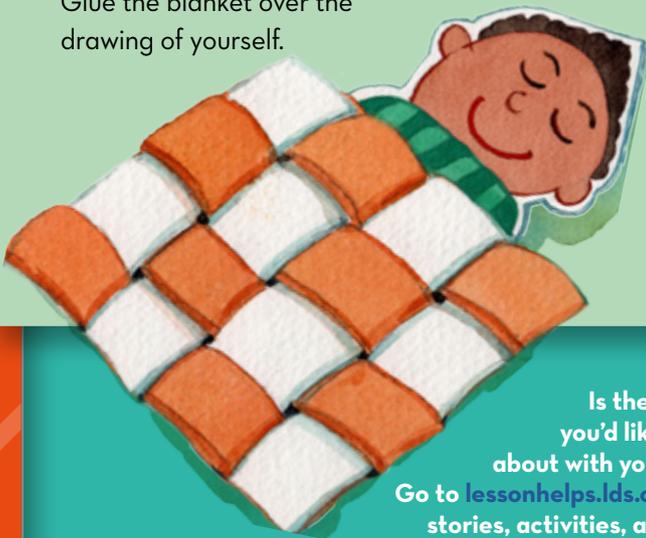
# Family Night FUN

Here are some family home evening ideas from this month's magazine. What other ideas can you come up with?

## WRAPPED IN COMFORT

The Holy Ghost is sometimes called the Comforter. Read "Sarah and the MRI" on page 4. When Sarah was comforted by the Holy Ghost, she felt like she was being wrapped in a blanket. How else can the Holy Ghost help you? Do this activity with your family! (You could all wear blankets for this lesson!)

1. Draw a picture of yourself lying down.
2. Cut several strips of paper. Write a different way the Holy Ghost can help you on each one. (Hint: Read [John 14:26](#), [Moroni 8:26](#), [Moroni 10:5](#), and [D&C 42:17](#).)
3. Weave the papers together to make a blanket. Glue the blanket over the drawing of yourself.



Is there a topic you'd like to learn about with your family? Go to [lessonhelps.lds.org](https://www.lds.org/lessonhelps) to find stories, activities, and media.



## APPLES in a Blanket

Make these tasty edible blankets with your family! Be sure to get an adult's help.

apples, sliced

1 can of refrigerated crescent-roll dough

cinnamon-sugar

butter, melted

1. Separate the dough into triangles. Arrange the triangles in pairs to make rectangles.
2. Brush each rectangle with butter and sprinkle with cinnamon-sugar.
3. Layer two or three apple slices on the top half of a rectangle. Fold the dough up from the bottom to mostly cover the apples.
4. Seal the edges and brush the folded dough with butter. Sprinkle with more cinnamon-sugar.
5. Bake at 375°F (190°C) for 12 minutes or until golden brown.

## PREPARING FOR A PRIESTHOOD BLESSING

Here are some tips to help you feel the Holy Ghost when you get a priesthood blessing.

- Turn off electronics so you won't be distracted.
- Say a prayer before you receive your blessing to help you clear your mind and focus on the Spirit.
- Listen carefully to the words of the blessing. How do they make you feel?

## BONUS TREAT

Put 3/4 cup peanut butter and 1/2 cup honey in a pan. Cook and stir over medium heat until smooth (get an adult's help). Remove from heat and mix in 3 cups oats or a favorite cold cereal. Spread the mixture in a square pan and refrigerate until firm.



## 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:** Get ready for general conference by reading "A Friendly Primary Visitor." Draw a control tower and write down one thing the prophet has asked us to do.



**IDEA 2:** Read "Ashlyn's Family Tree" together. Then draw your own family tree. Who is next to you on your tree? You can also read "Finding Lydia" and tell a story from your family history!



**IDEA 3:** What temple do you live closest to? Farthest from? Read "From Paris to Sapporo." Draw a picture of the temple to remind you to prepare to enter the temple someday.

Idea 1: 9; Idea 2: F18, 33; Idea 3: 23

By Kelly Owen

(Based on a true story)

*"Follow the prophet; he knows the way"*

(Children's Songbook, 110-111).

"It's time for our friendly visitor!" Sister Palmer said.

Elijah could hardly stay in his seat. He was so excited.

"Who will it be?" whispered Lily Kate.

"I don't know," Elijah whispered back.

Sometimes a special visitor came to Primary.

It was always someone different, but the visitor usually talked about a story from the *Friend* magazine. That's why Sister Palmer called him a *friendly* visitor.

One time the visitor was dressed up like a farmer and read a story about a boy who took a watermelon without asking.

Elijah stared at the door, waiting. All of a sudden, a tall man with a black helmet and a vest came through the Primary door.

"It's a pilot!" whispered Brinkley.

"That's my dad!" said Lily Kate.

Brother Owen was a helicopter pilot. He asked Lily Kate to come to the front of the room and pretend to fly a helicopter with him. Lily Kate put on a helmet and safety gear, and she and her dad started to fly. They listened to the control tower on the radio so they would know which way to go and where to land. It was so much fun pretending to fly through the clouds!

Then Brother Owen looked at Elijah.

"I have time for one more flight," he said. "Do you want to try?"

Elijah nodded. He jumped up from his seat and ran to the front of the room.

Brother Owen helped Elijah put on his gear and flight gloves. They got ready for takeoff. But this time Brother Owen said they didn't need to listen to the control tower. He said the weather was beautiful and they knew how to fly.

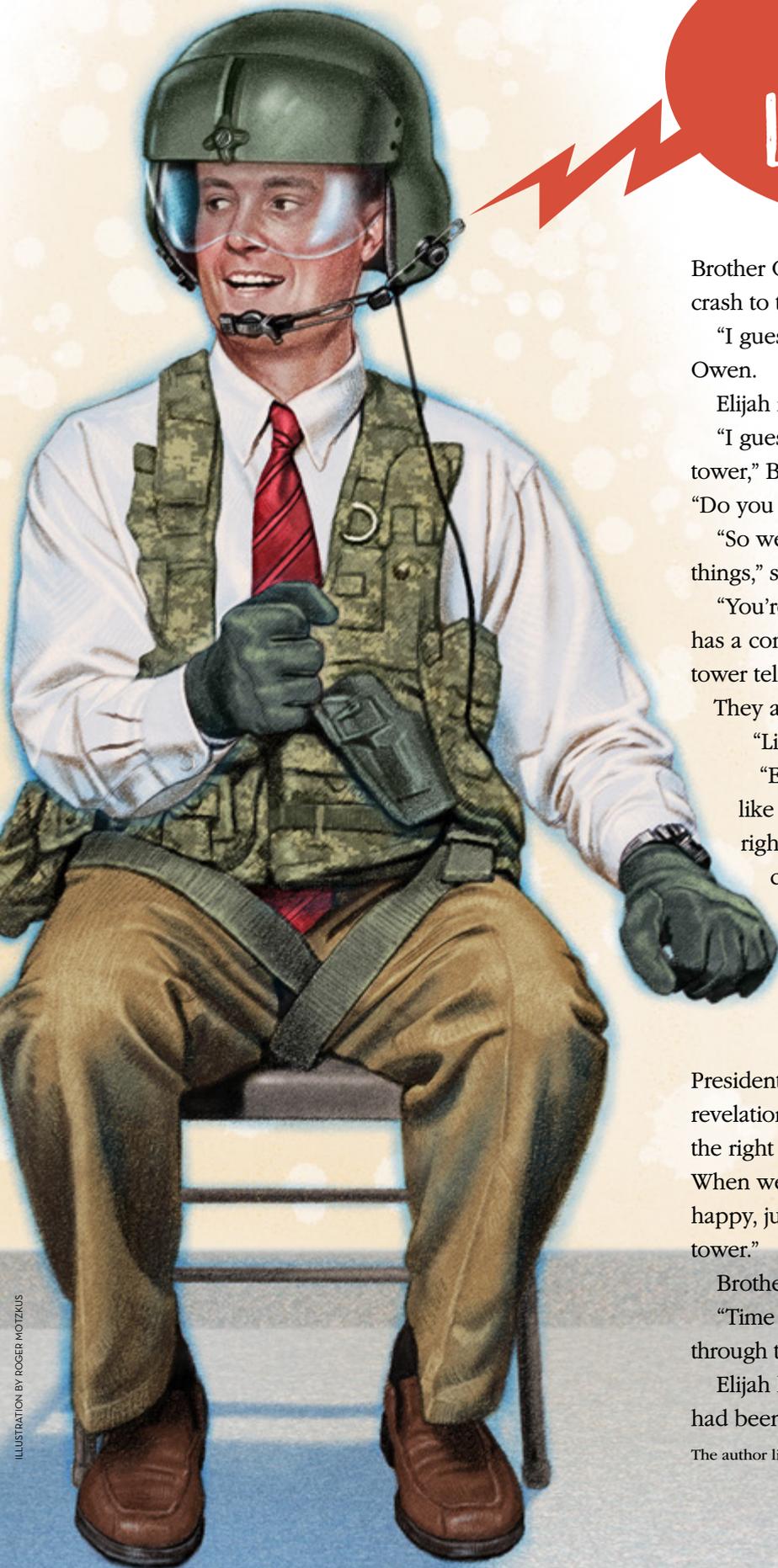
Elijah held out his hands like he was steering the helicopter. It was great! They made noises like they were flying through the air. *Zoom!*

"Oh no!" said Brother Owen. "A tree! Look out!"

Elijah tried to fly away from the tree, but it was too late.

# A Friendly Primary Visitor





A TREE!  
LOOK OUT!

Brother Owen shook their chairs as they pretended to crash to the ground.

"I guess we made a mistake, huh?" asked Brother Owen.

Elijah nodded.

"I guess we should have listened to the control tower," Brother Owen said. He turned to the other kids. "Do you know why it's important to listen to the tower?"

"So we can have a good flight and not crash into things," said Lily Kate.

"You're right," said Brother Owen. "The control tower has a computer that can see everything. The control tower tells the pilots if they are going the right way.

They also make sure there's no danger ahead."

"Like really tall trees," Elijah said.

"Exactly!" said Brother Owen. "And guess who is like a control tower for us? He helps us choose the right and teaches us important things in general conference."

"The prophet!" one of the kids called out.

"That's right! Like a control tower, President Monson can see the big picture." Brother Owen held up a picture of President Monson from the *Friend* magazine. "He gets revelation from our Heavenly Father to help us stay on the right path. He warns us if there are dangers ahead. When we listen to our prophet, we can be safe and happy, just like the pilots who listen to their control tower."

Brother Owen gave the kids a salute.

"Time to fly home," he said. Then he disappeared through the Primary doors just as fast as he had come in.

Elijah liked all of the special friendly visitors. But this had been his favorite one of all. ◆

The author lives in Georgia, USA.



**By Sister  
Bonnie H. Cordon**  
First Counselor  
in the Primary  
General Presidency



## Elder Perry, CHICKENS, and Me

*From an interview with Linda Davies*

*“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven”  
(Matthew 5:16).*

When you grow up on a farm, you learn that everyone has a job. As a 10-year-old, my job was taking care of our chickens.

At first the baby chicks were cuddly little balls of yellow fuzz. But then they grew into chickens. Whenever I fed them, they’d peck at my ankles. It really hurt!

My father was serving as stake president. During that time, Elder L. Tom Perry came as the visiting General Authority. He and his family visited our home, and we loved listening to his inspiring words.

But the magic of the moment was broken when my mother asked, “Bonnie, have you fed the chickens yet?”

I had completely forgotten about those chickens and didn’t want to leave. But Elder Perry brightened up and asked, “Does someone need to feed chickens? Lee and I can help you!”

I couldn’t believe it! An Apostle would actually help *me* feed chickens!

I grabbed my flashlight, and Elder Perry, his son, and I started walking. I knew the way, so when we came to a ditch, I knew I had to jump. But Elder Perry didn’t know it was there, so he stumbled into the ditch and got his shoe wet. I was horrified.

He was very kind, and we kept going. Soon we reached the coop, and the three of us fed the chickens.

On the way back home, Elder Perry asked if he could hold the flashlight.

“Bonnie,” he said, “now I can see where I’m going too. Walking with your light, I couldn’t see very well, so I fell. In a way, this light is like our testimonies of Heavenly Father. Each one of us needs our own testimony.”

What a perfect lesson from a wise and loving Apostle! It is one I will never forget. ◆

## BRIGHT TESTIMONIES

The pictures in this maze show things you can do to gain a testimony and keep it bright. Can you get to all five before you get to the end of the maze?



## WOMEN LEADER CARDS

Meet the Primary General Presidency!



**Sister Bonnie H. Cordon**

First Counselor  
Primary General Presidency



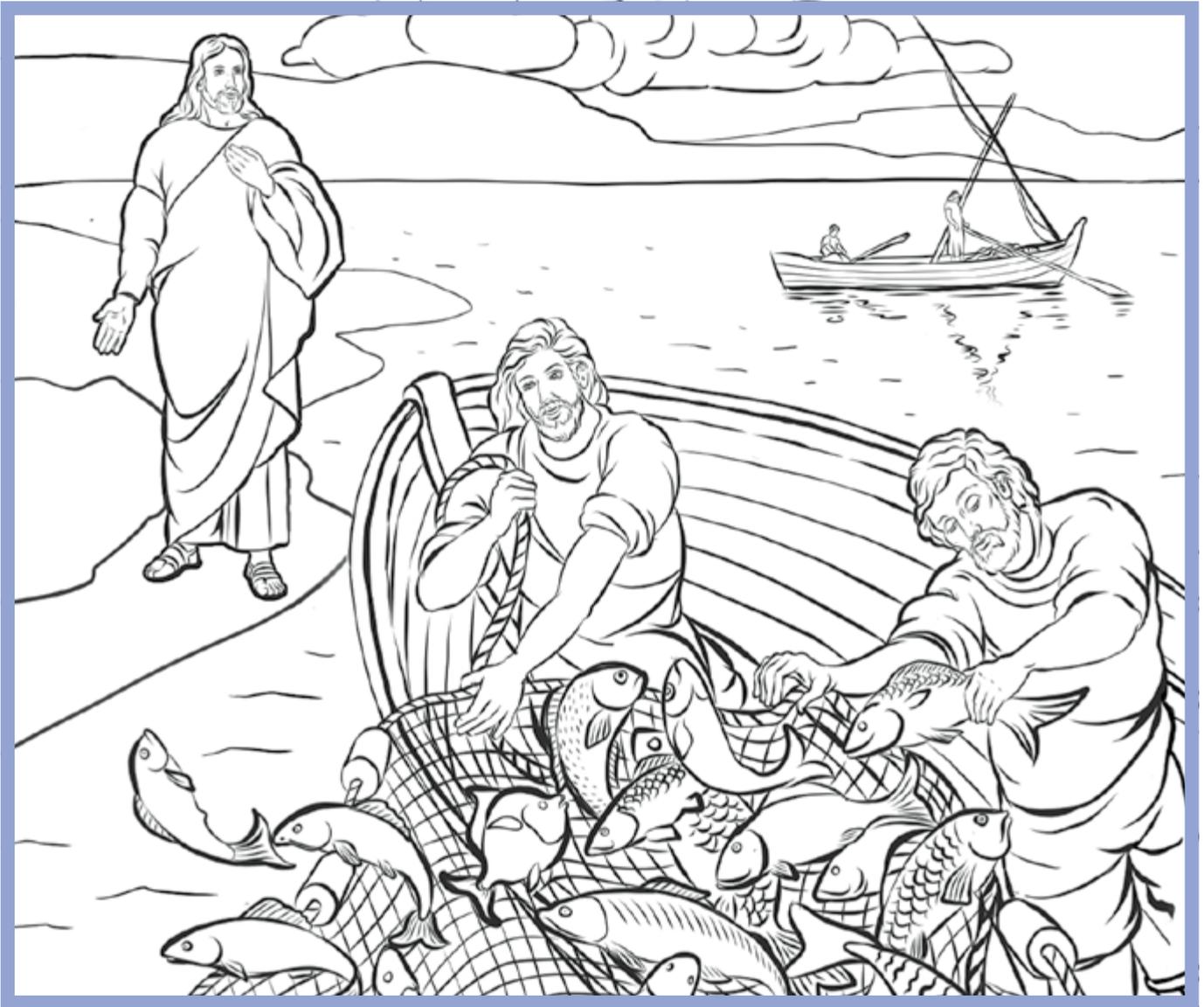
**Sister Joy D. Jones**

General President  
of the Primary



**Sister Cristina B. Franco**

Second Counselor  
Primary General Presidency



- Born in Argentina, the oldest of three children.
- In Primary, became best friends with a boy who later became her husband!
- Worked with her husband, Rodolfo, in a watch and clock shop.



- Loves eating popcorn and having popcorn parties with her family.
- Carried stacks of library books home to read before school and on weekends.
- Studied home and family sciences in college.



- In grade school, raised chickens and sold eggs.
- Studied education in college and served a mission in Portugal.
- Loves to scuba dive, ski, hike, and meet people around the world.

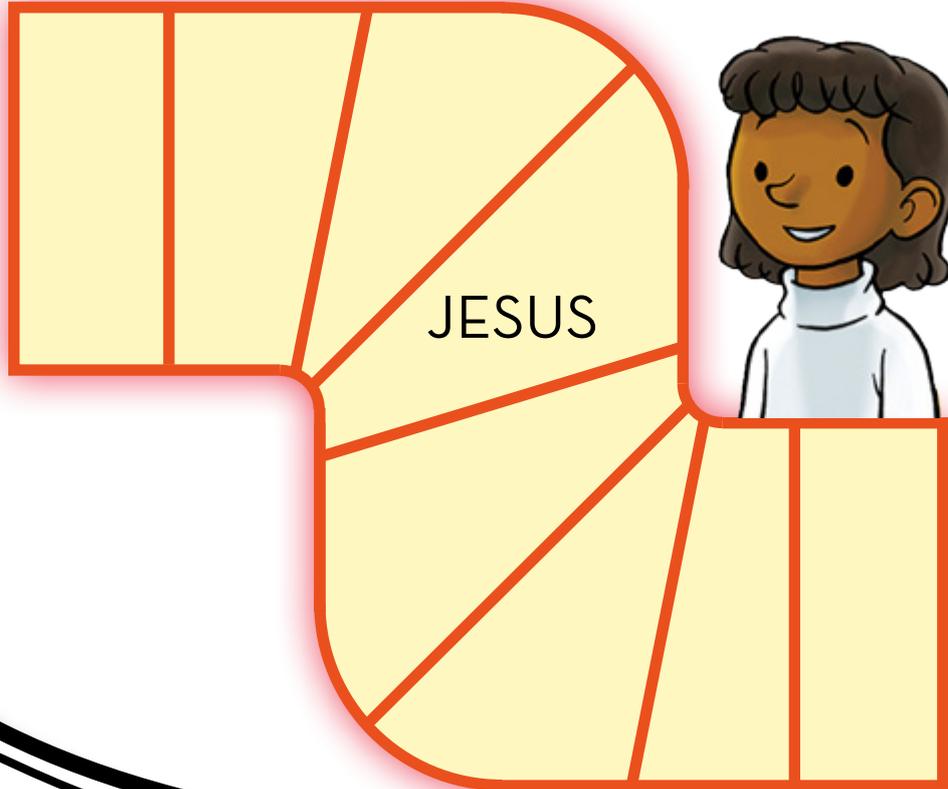


# Conference Quest!

Here's a fun game to play with your family during conference. Print or draw a copy of this activity for everybody. Fill in the empty spaces along the path with words from the list, or think of your own. When a speaker says the next word on your path, move a coin or bead forward. No skipping spaces!

START

- Apostle
- Blessings
- Book of Mormon
- Faith
- Family
- Hope
- Joseph Smith
- Kindness
- Love
- Prayer
- Prophet
- Service
- Scriptures
- Temple
- Testimony



FINISH



## CTR Shield

Conference helps us choose the right. Make your own cool CTR shield!



- 1** Use crayon to color the shield.
- 2** Color over with black crayon as dark as you can.
- 3** Use your fingernail or a coin to scrape a pattern.

Print this page at [friend.lds.org](http://friend.lds.org).  
Find more conference activities at [gc.lds.org](http://gc.lds.org).

# Everybody's Buddy

*From an interview with Jordan Wright*

**Hey,  
I'm Tyler.**

I live in Missouri, USA.  
I try to follow Jesus  
by being a friend to  
my siblings, kids at  
school, and anyone  
who needs a buddy.



## My Family

I love my family. I have an older sister, Sammie, and an older brother, Spencer. Sammie is four years older than me, but we have a lot in common. I make up games for us to play, like the taco challenge. That's when you roll yourself up in the heaviest blanket you own and try to scoot across the floor to the other side of the room without unwrapping the taco. It's super fun!



## Spencer and Me

I really look up to Spencer. He has autism, and it's my job to help him with his chores, like taking out the trash. I love to help tuck him into bed at night. When I learned to read, I started reading to Spencer. It's something we like to do together, even though we read the same two stories every time! Sometimes I imagine helping Spencer when I'm an adult so my parents can serve a mission. I like the idea of us being roommates!



## Following Jesus

When people meet Spencer, they don't always know what to say or do. But just smiling and saying "Hi" makes him really happy. I think being kind is the main way we follow Jesus.

## TYLER'S TIPS FOR BEING A BUDDY

- Smile and say "Hi."
- Treat people the way you want them to treat you.
- Find things you can do together.



SEND US A HEART!

How do you follow Jesus by showing love?

Send us a heart with your story, photo, and permission. See page 39.

## The Buddy Bench

My school has a Buddy Bench where kids can sit at recess if they're feeling left out and need a friend. One day I saw a younger boy I didn't know sitting on the Buddy Bench. I asked him to come play with my friends and me. We walked around and talked. We all had a good time.

It's fun to be a buddy!





## Helping Gilly



**Brenda L., age 11,  
Washington, USA**

**A** new girl moved into my ward when I was just starting fifth grade. Her name was Gilly (short for Gillian).

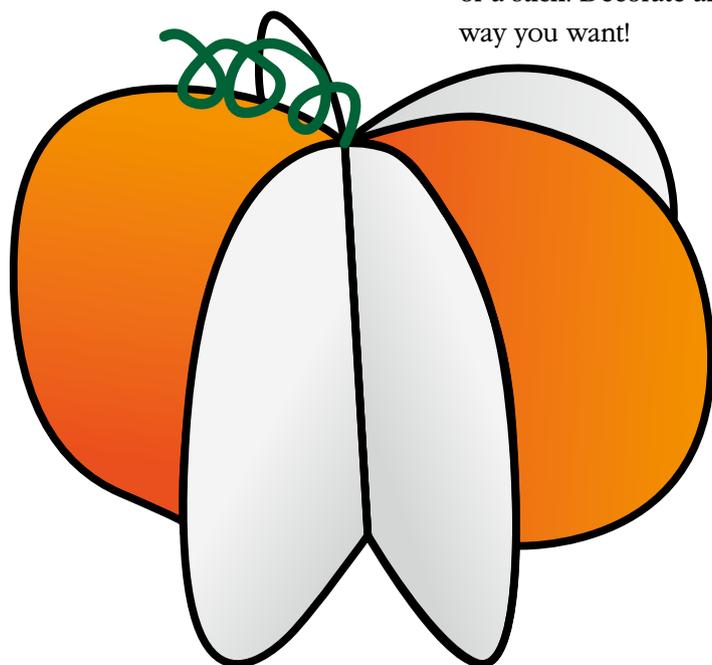
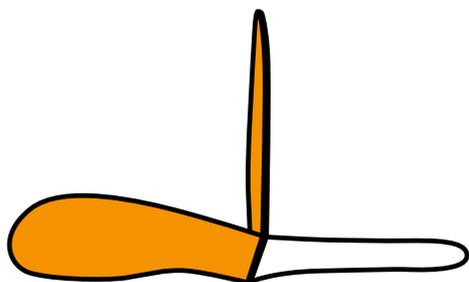
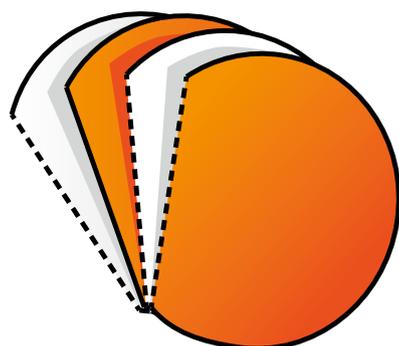
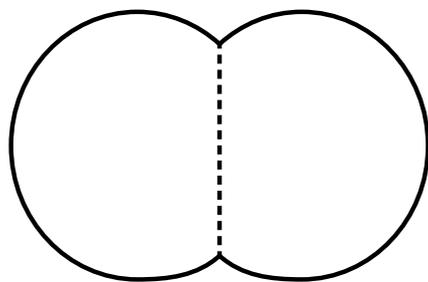
Gilly was in my Primary class. But she stopped coming to church for a while. One Sunday I called and told her that the other girls in my class and I missed her and

hoped to see her at church again. And we did see her at church again!

Now I go to middle school and sit by Gilly in health class, along with two other girls from our Primary class. I really enjoy being a missionary now and a friend. I like helping people feel happy and fit in. I want people to feel the Spirit and the same warm happiness that I feel at church. ♦



# Pumpkin Time



## 3-D Paper Pumpkins

1. Fold a piece of paper in half. Draw half a pumpkin shape along the folded edge. Cut it out to use as a template.
2. Fold six (or more) sheets of construction paper or cardstock in half. Trace the template and cut out the pumpkin shape for each.
3. Line up the creases of two folded pumpkin shapes and glue one half to the other half.
4. Keep gluing the halves together until you're out of pumpkin shapes. Glue the last two halves together to complete the circle.
5. Spread out all the halves so the pumpkin can stand by itself. Glue on a stem made out of paper, pipe cleaners, or a stick. Decorate any way you want!



## Scrumptious Seeds

Scrape out the seeds from a pumpkin or winter squash. Rinse off most of the pumpkin goop. Dry the seeds on a paper towel. Toss them in a bowl with oil and other seasonings. Spread the seeds on a baking sheet and bake at 325°F (160°C) for about 25 minutes or until golden brown.

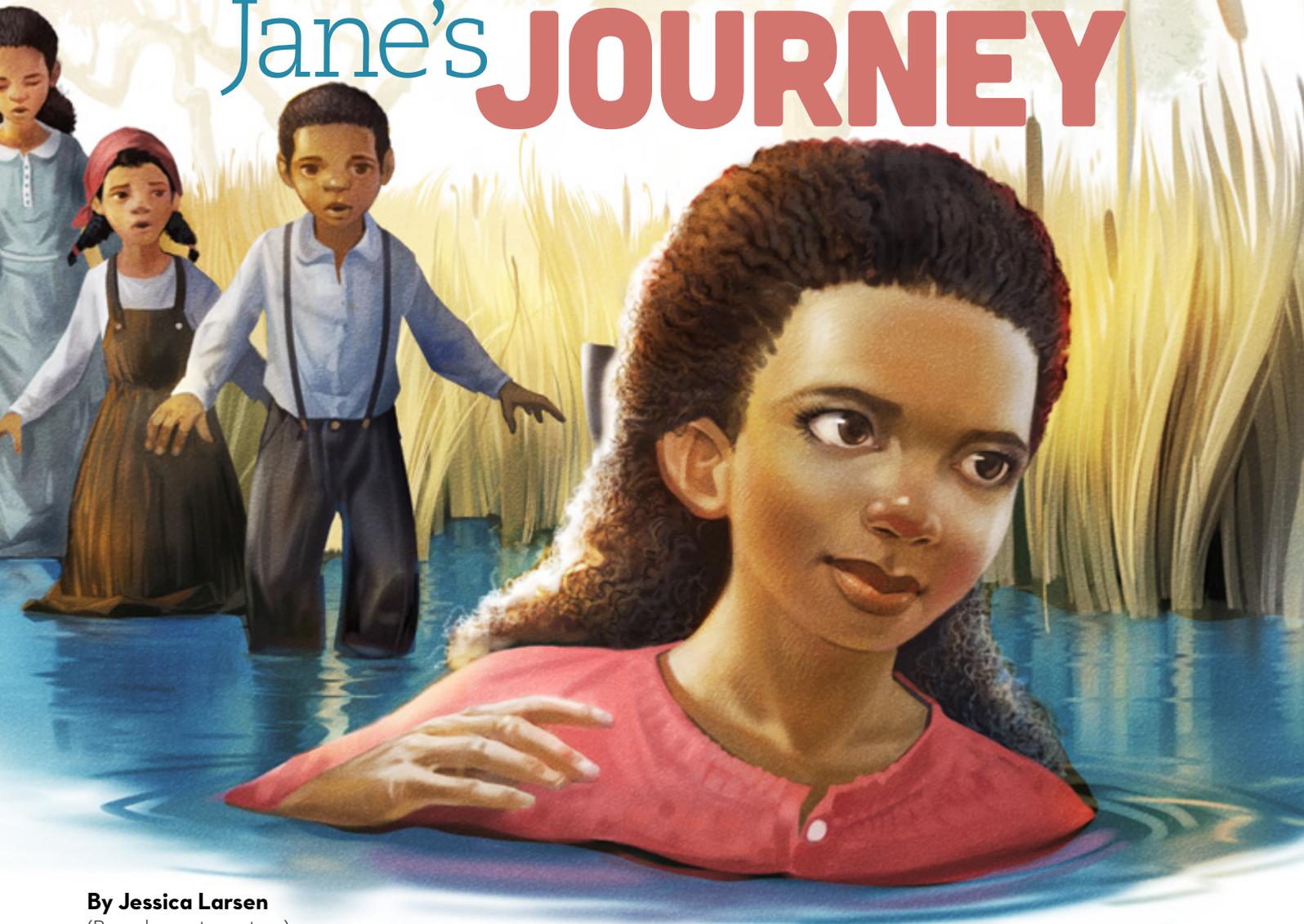
## Be creative with the flavors you try! Here are some ideas:

- olive oil, salt, and pepper
- coconut oil, cocoa, vanilla, and white sugar
- vegetable oil, salt, cayenne pepper, chili powder, and lime juice
- olive oil, paprika, garlic powder, onion powder, and brown sugar



*Be sure to get an adult's help.*

# Jane's JOURNEY



**By Jessica Larsen**

(Based on a true story)

*New York, USA, 1843*

Jane Manning watched the boat float from the harbor out to Lake Erie. She felt like her dreams were floating away with it.

Just one year ago, she had joined The Church of Jesus Christ of Latter-day Saints and decided to move to be with the other Saints in Nauvoo. Her mother and seven other family members had traveled with her down the Erie Canal to Buffalo, New York. But in Buffalo, they weren't allowed on the boat because of the color of their skin.

"What do we do now?" her brother, Isaac, asked quietly.

The question echoed in the frosty air. Nauvoo was still 800 miles (1,287 km) away. They could give up and head home, or try to travel later. . . .

But Jane couldn't wait! She knew the Book of Mormon was true. God once again spoke through prophets. She needed to get to Nauvoo with her family.

Jane squared her shoulders and looked westward. "We walk."

And walk they did. Until their shoes wore out. Until their feet cracked and bled and they had to pray to be healed. Sometimes they slept outside, and the frost was so heavy it felt like falling snow. Some people threatened to put them in jail, thinking that they were escaped slaves. They didn't know that the Mannings were a free black family. And still they walked, singing hymns to pass the time.

They were nearing Nauvoo when they reached a river.

“No bridge,” Isaac said.

Jane nodded. “We’ll just have to walk through it, then.” As she stepped into the river, the water came up to her ankles. Slowly, she inched forward. The water swirled up to her knees and then past her waist. By the time she reached the middle of the stream, the water came up to her neck! Luckily, it didn’t get deeper, and all the Mannings crossed safely.

At last they came to Nauvoo. Jane could see the beautiful limestone walls of the Nauvoo Temple on a hill overlooking the valley. Even though it wasn’t finished yet, it took her breath away. Someone directed them to the house where the Prophet Joseph lived.

A tall, dark-haired woman stood in the doorway.

“Come in, come in!” she called. “I’m Emma Smith.”

The next few minutes were a blur. Jane met the Prophet, and he set up chairs around the room for all the Mannings. Jane sank into the chair gratefully and listened as Joseph introduced them to everyone there, including his friend Dr. Bernhisel. Then Joseph turned to Jane. “You have been the head of this little band, haven’t you?” he asked.

“Yes, sir!” answered Jane.

Joseph smiled. “God bless you! Now I would like to hear about your travels.”

Jane told about their injured feet and sleeping in the snow and crossing the river. Everyone listened quietly. “But it wasn’t terrible,” she finished. “We went on our way rejoicing, singing hymns and thanking God for His infinite goodness and mercy to us in blessing us,

protecting us, and healing our feet.”

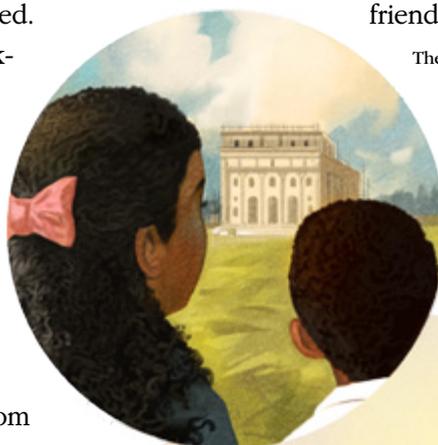
There was silence for a moment. “What do you think of that, Doctor?” Joseph finally said, slapping the man’s knee. “Isn’t that faith?”

“If it had been me, I fear I should have backed out and returned to my home!” Dr. Bernhisel admitted.

Joseph nodded and turned back to Jane and her family: “God bless you. You are among friends.” ◆

The author lives in Texas, USA.

Jane Manning lived with Emma and Joseph Smith for several months. She married Isaac James, and they were among the early settlers of Utah Valley. She remained a faithful member of the Church even though she faced many challenges. When she died in 1908, President Joseph F. Smith (1838–1918) spoke at her funeral.





**By Elder  
Robert D. Hales**  
Of the Quorum of  
the Twelve Apostles

# How can the Holy Ghost help me?

The Holy Ghost is the third member of the Godhead.  
He testifies of Heavenly Father and Jesus Christ.



The Holy Ghost  
also helps us make  
important choices.

He gives us spiritual  
gifts. He gives us  
knowledge and  
helps us remember  
important things.

He speaks to our minds  
and hearts gently. We each  
might hear Him differently.

He teaches us.  
He gives us hope.  
He helps us do good.

He helps us be  
clean from sin.  
He comforts us.

From "The Holy Ghost," Ensign, May 2016, 105–107.



# Guided by the Holy Ghost

Elder Robert D. Hales learned to follow the Holy Ghost to help others. One night Elder Hales needed to get ready for a special dinner. But on his way home, he felt like instead he should stop and check on a widow that he home taught. When he knocked on her door, she said, “I have been praying for you to come.” Elder Hales knew that the Holy Ghost had told him to go see her.

Another time, Elder Hales was at a stake conference. He was not feeling well. He planned to go home right after the meeting. But after the closing prayer, Elder

Hales felt like he should stay and shake hands with everyone. When one young man came to shake his hand, Elder Hales felt like he should give him a special message. Later the stake president told Elder Hales that the young man was going through a hard time. Getting to talk to Elder Hales was a special experience for him. Elder Hales knew that the Holy Ghost had told him to stay and to talk to the young man.

When we listen to and follow the Holy Ghost, we can help other people. We can also have help to do what’s right. And we can have peace and comfort. ◆

# From Paris

From an interview with Amie Jane Leavitt

*We live on different sides of the world, but we felt the same way when temples were built near us!*



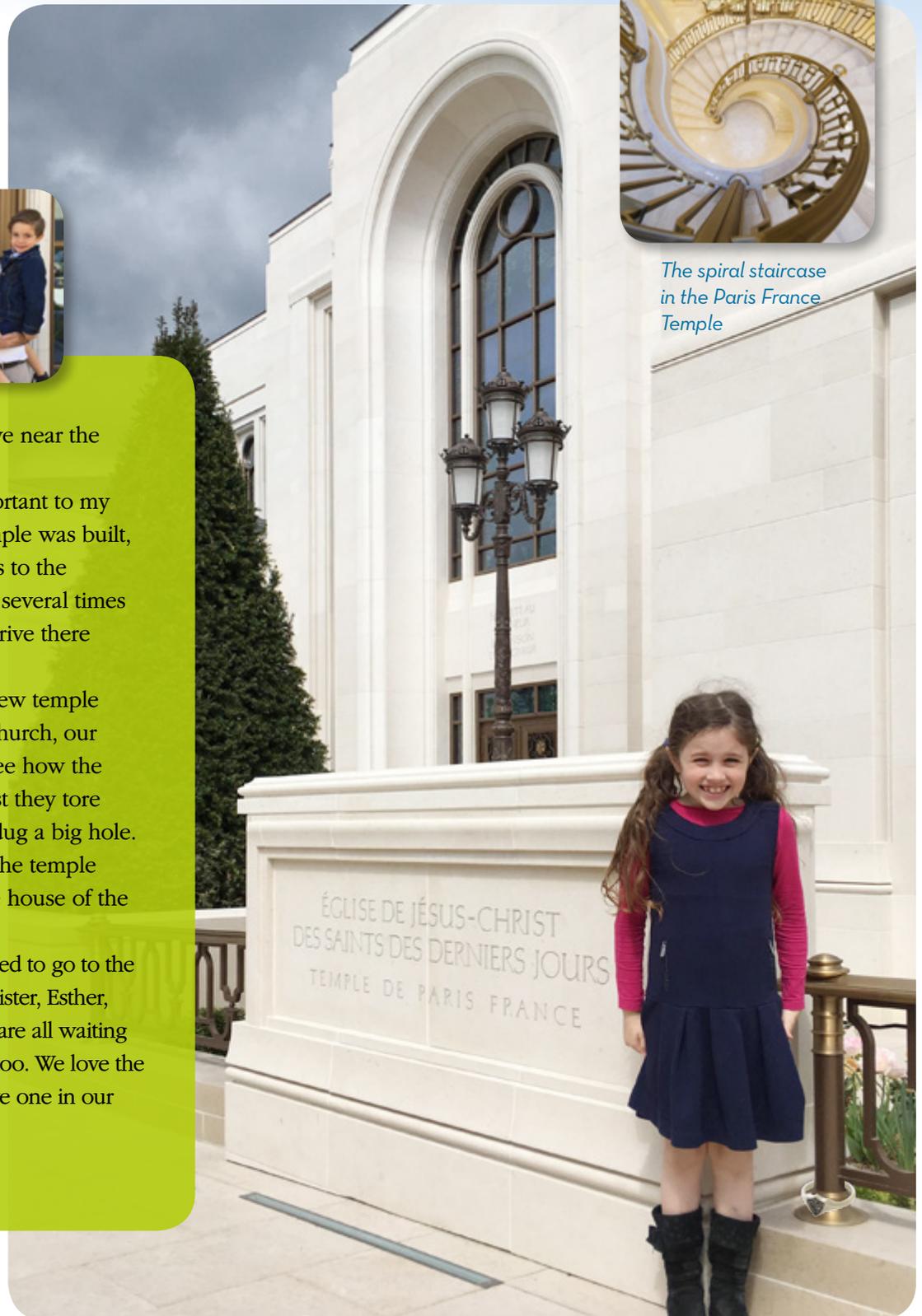
*The spiral staircase in the Paris France Temple*

**M**y name is Rachel. I live near the Paris France Temple.

The temple is really important to my family. Before the Paris Temple was built, we would go on family trips to the Frankfurt Germany Temple several times a year. It took 10 hours to drive there and back!

We loved watching the new temple be built. Every week after church, our parents drove by to let us see how the construction was going. First they tore down an old building and dug a big hole. Then they started building the temple higher and higher. Soon the house of the Lord was there!

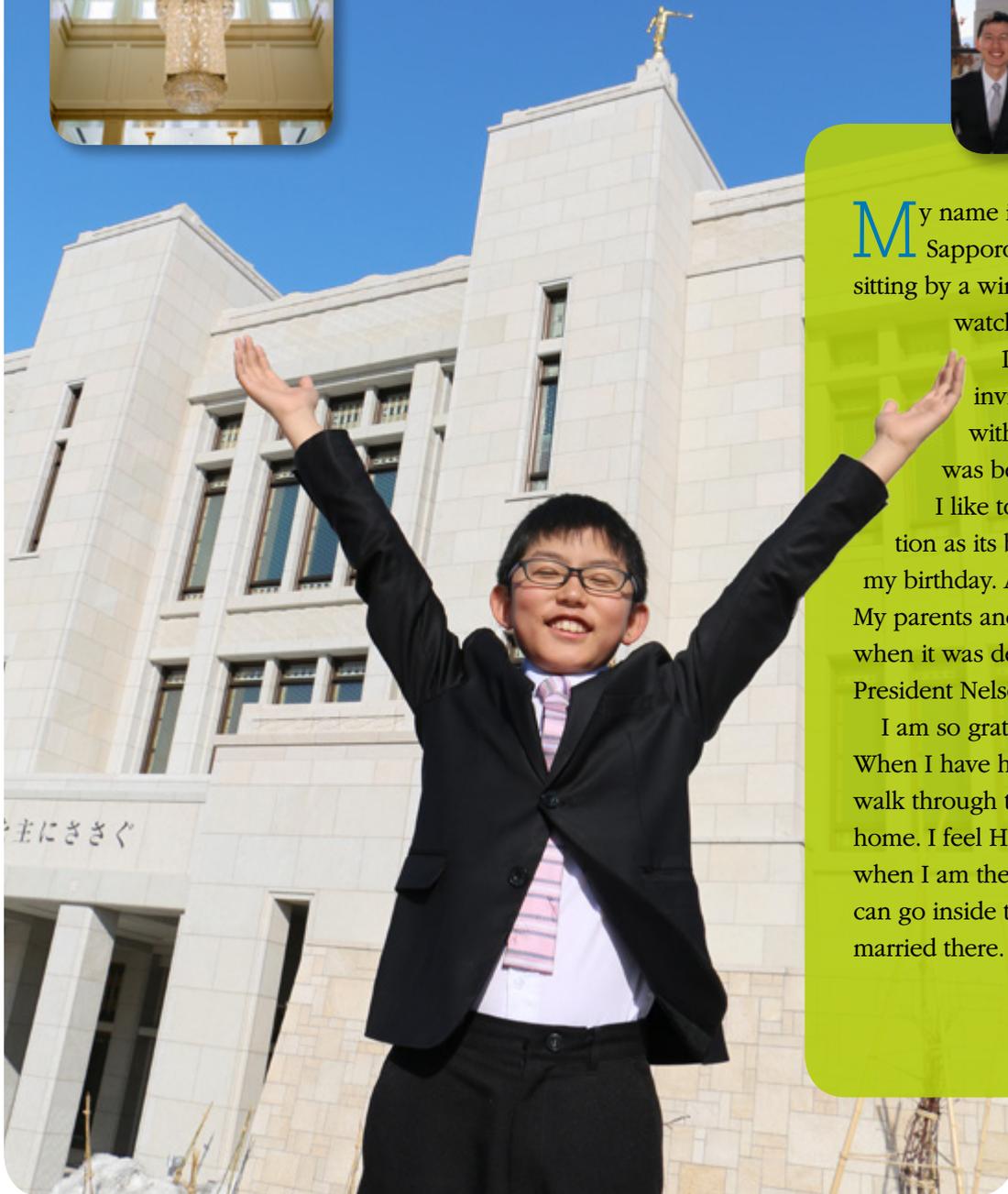
My siblings and I are excited to go to the temple someday. My oldest sister, Esther, gets to do baptisms first. We are all waiting anxiously for our turn to go too. We love the temple and are happy to have one in our very own city!



# to Sapporo



The chandelier in the celestial room of the Sapporo Japan Temple



**M**y name is Koshi. I live near the Sapporo Japan Temple. I loved sitting by a window in my house and watching the temple be built.

During the open house, I invited my good friend to come with us. He thought everything was beautiful.

I like to think of the temple dedication as its birthday. That day was also my birthday. And President Monson's too! My parents and I got to be in the temple when it was dedicated. I even got to meet President Nelson.

I am so grateful to live near the temple. When I have hard days at school, I can walk through the grounds on my way home. I feel Heavenly Father's love for me when I am there. I look forward to when I can go inside to do baptisms and later get married there. ♦

The author lives in Utah, USA.

# Teach Me about the Temple

Words and music by  
Lynne Perry Christofferson

*Gently* ♩ = 74

The musical score is written in G major (one sharp) and 4/4 time. It consists of seven systems of music, each with a vocal line and a bass line. Chord symbols are placed above the vocal line. Fingerings are indicated by numbers 1-5. The lyrics are as follows:

1. I see the light of the tem - ple at night. As it shines it re - minds me  
 2. I see the light of the tem - ple at night, And its glow is a sym - bol,  
 I must pre - pare so that I can go there, And I need some - one to guide me. Please  
 Help - ing me think of the safe - ty and peace That come from the ho - ly tem - ple. Please  
 teach me a - bout the tem - ple. Please show me how to pre - pare. Then  
 all of my life I will try To be wor - thy to en - ter  
 there. Please teach me a - bout the tem - ple. I want to  
 know so that some - day I may go. go.

© 1995 by Lynne Perry Christofferson. Arr. © 2013 by Lynne Perry Christofferson. All rights reserved.  
 This song may be copied for incidental, noncommercial church and home use.  
 This notice must be included on each copy made.



# The Temple Dedication



By CJ A., age 8, Utah, USA

**M**y first ever temple dedication was for the Provo City Center Temple. When I heard Elder Dallin H. Oaks first start speaking, I knew it would be wonderful. And it was. The first song and speaker I heard, my soul was filled with peace. As I took notes, I knew that what the Apostles were saying was true.

If you're young, I challenge you to take notes, not only at dedications but at your Church meetings too. I hope you feel the Spirit as much as I did at the Provo City Center Temple dedication. ♦



Print cards at [CTR2017.lds.org](http://CTR2017.lds.org).





## CHALLENGE

“I will live now to be worthy to go to the temple and do my part to have an eternal family” (My Gospel Standards).

- Go to [temples.lds.org](http://temples.lds.org) to find a picture of a nearby temple. Draw it or print it out to put in your room.
- Talk to someone you know who has done baptisms or been sealed in the temple.
- Write in your journal about why you want to go to the temple.
- I challenge myself to ...  
\_\_\_\_\_  
\_\_\_\_\_

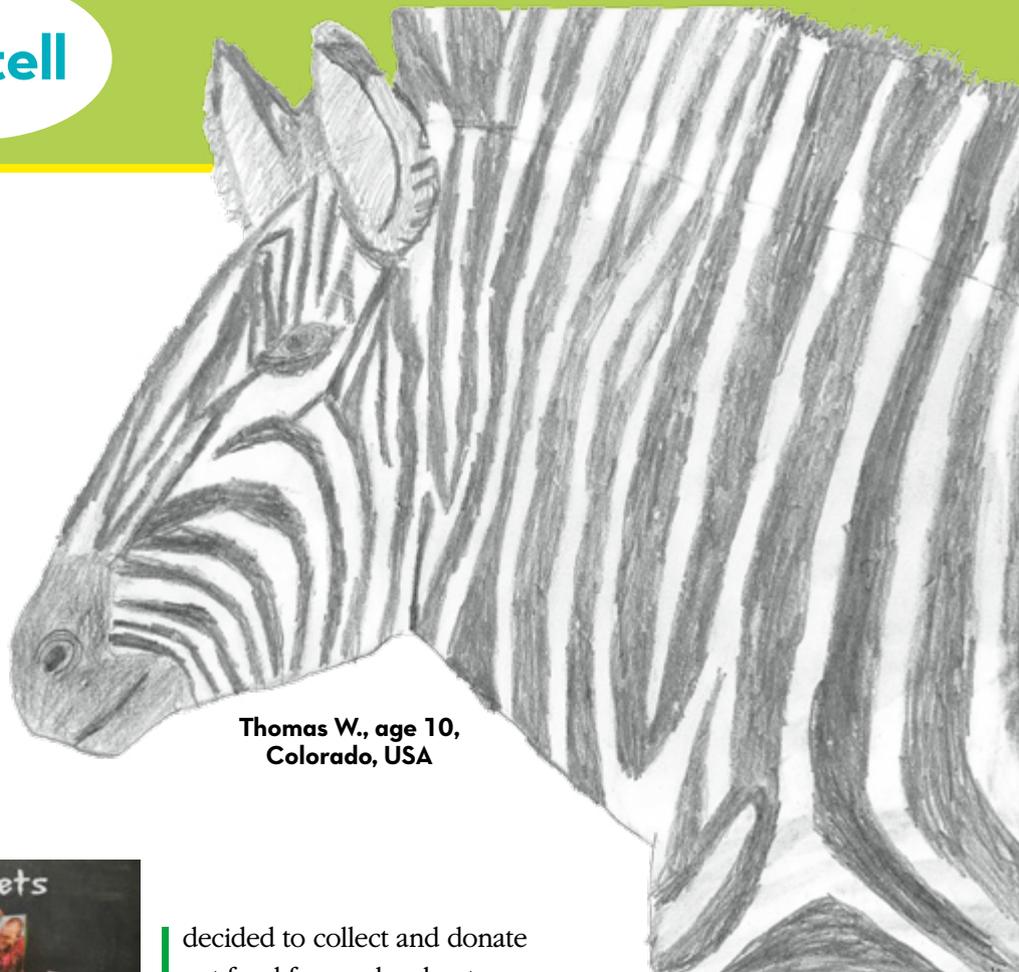
# Show and tell



I had a hard time learning how to ride my bike without training wheels. I became scared to ride my bike

because I had crashed a few times. I said a prayer on my bike and was able to learn how to ride it without being afraid. I'm grateful Heavenly Father blessed me.

**Reese H., age 6, Utah, USA**



**Thomas W., age 10, Colorado, USA**



I decided to collect and donate pet food for our local pet pantry program. I named it #operationfeedthepets. It made me feel good to help families that need help feeding their pets.

**Julio A., age 7, Florida, USA**



I like to help my sister find clothes to wear to church on Sundays.

**Ephraim B., age 7, Rivers State, Nigeria**

Primary children in the **Cobblestone 2nd Ward Primary, Utah, USA**, earned blocks by bringing their scriptures to church and by reading about Jesus and choosing the right. They built 12 different Book of Mormon scenes and had fun growing their testimonies of the scriptures!



Testimonies  
Eternity  
Memories  
Peace  
Love  
Eternal Father

**Kylie E., age 11, Arizona, USA**



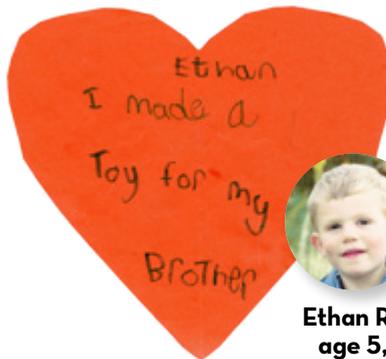
Primary children in the **Jackson Mississippi Stake, Mississippi, USA**, built cardboard box temples for their stake family history day. As they built their own temples, they talked about what it would be like to build a real temple.



**Paige O., age 10, Connecticut, USA**



**Malia B., age 9, Florida, USA**



**Ethan R., age 5, Wales**



**Natalie W., age 11, New Jersey, USA**



**Micaela G., age 10, California, USA**

**Filling the World with Love** You've sent so many hearts that we're out of room on our map! But don't worry, we found something else to fill. Send us your heart—see page 15 to find out how.



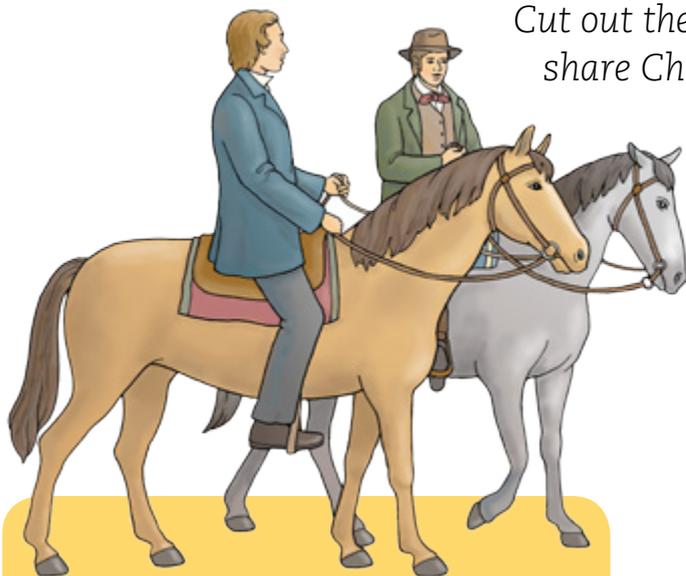
Called to serve!

**Brian K., age 7, Washington, USA**



# A New Prophet

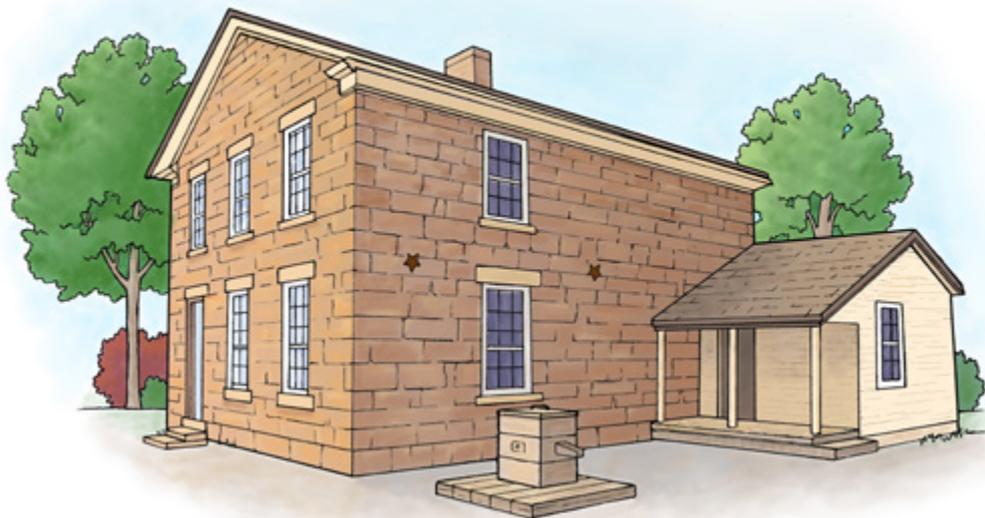
Cut out these figures to help you share Church history stories.



Joseph and Hyrum



Brigham Young

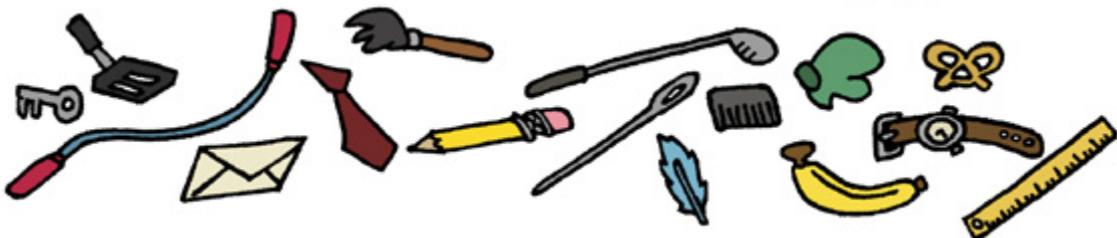


In 1844, Joseph and Hyrum Smith went to Carthage Jail to wait for a trial. Bad men broke into the jail and killed the Prophet and his brother! The Saints weren't sure who the next prophet should be. Later, at a meeting where Brigham Young spoke, a miracle happened. Many people said that he looked and sounded just like Joseph Smith! They knew he would be the next prophet. Now we know that when a prophet dies, the President of the Quorum of the Twelve Apostles becomes the next prophet.

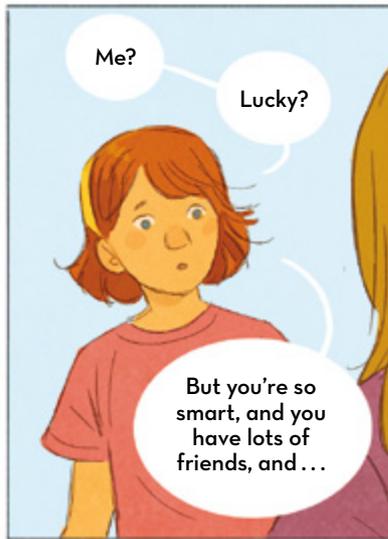
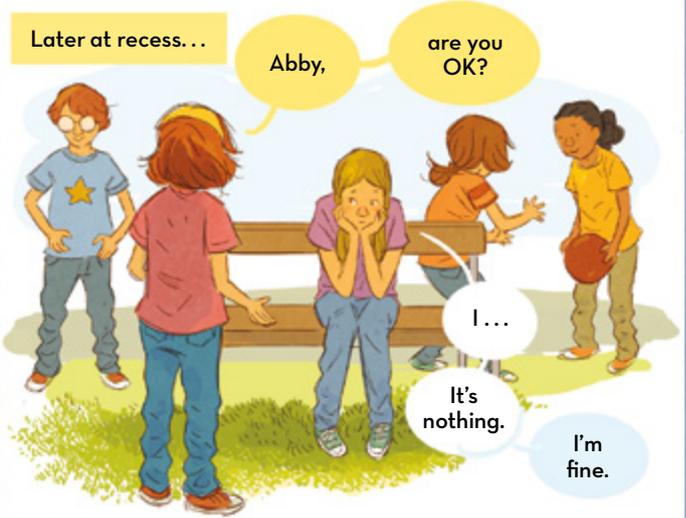
Find more Church history figures at [lessonhelps.lds.org](http://lessonhelps.lds.org) under the category "Scripture Figures."

# Find It!

Nephi's brothers Laman and Lemuel got angry at him when they were crossing the ocean. Heavenly Father sent a big storm after they tied Nephi to the boat. Can you find the hidden objects?



# MATT AND MANDY



# older for KIDS



## BRAIN TEASER

What has hands but can't clap?  
See page 39.

## DEAR JOURNAL

Think of a time when you felt the Holy Ghost. Write about it!



## MY HAIKU

Though a boy I am,  
Yet a man I soon will be.  
Prepare and live clean.

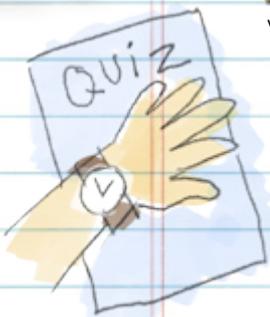
Ian T., age 12,  
California, USA



## QUICK QUIZ

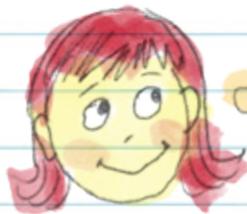
Who said, "I will go and do the things which the Lord hath commanded"?  
Can you find the verse? See page 39.

- |                                |                                 |
|--------------------------------|---------------------------------|
| <input type="checkbox"/> Laman | <input type="checkbox"/> Lemuel |
| <input type="checkbox"/> Nephi | <input type="checkbox"/> Mosiah |



## THINK ABOUT IT

"Each of us may feel the influence of the Holy Ghost differently."  
-Elder Robert D. Hales



## SECRET SERVICE

Say something nice to five different people today. You could make someone's day with just kind words and a smile!

Good morning!

Nice to see you!



Olivia S., age 11,  
Berlin, Germany

I make people laugh and smile throughout the day  
-Olivia

# Finding LYDIA



*All of her friends were counting down to their 12th birthdays, but Lydia wasn't ready.*

**By Lexie Borg**

(Based on a true story)

*"I keep records of my loved ones on my own family tree" (Children's Songbook, 94).*

Lydia sighed as she kicked a pebble, sending it bouncing along the concrete.

Her birthday was just a few days away. Usually she couldn't wait for her birthday, but not this year. This year she was turning 12, and that meant graduating from Primary and going to Young Women.

But Lydia didn't want to! She loved Primary. She loved sitting with her class, and she loved her teacher's activities. Most of all, the Primary chorister made learning songs so much fun. In Young Women, she wouldn't get to sing that much. All her friends were counting down to their 12th birthdays, but Lydia wasn't ready.

Lydia found another little rock to kick. It skidded down the road ahead of her.

*Why can't I just be excited like everyone else?* she thought. She had prayed to be happy and to know that going to Young Women would be a good change. But she didn't really feel like she'd gotten an answer yet.

The pebble bounced into the grass. Lydia pushed it

back onto the sidewalk with her toe.

"You just need to focus on the good things," her friend Maya had told her at school today.

What good things? Lydia was trying to come up with some on her walk home.

She liked being outdoors, and girls' camp sounded fun. She also loved the temple. Her family had been visiting the temple grounds since Lydia was little. So . . . getting a temple recommend and doing temple baptisms . . . those were things to look forward to.

Lydia counted on her fingers: girls' camp, the temple, baptisms. That made three good things. But still. She wasn't ready to give up Primary!

She walked through the front door, sliding her jacket off her drooping shoulders.

"Is that you, Lydia?" Mom called as Lydia closed the door.

"Yeah, it's me." She tried to sound happy, but she was still feeling pretty discouraged.

Mom hurried into the room. "I have great news!" She'd worked on family history that afternoon. After hitting a couple of dead ends, she found a distant cousin who needed temple ordinances done.

"It was like magic!" Mom said. She and Lydia had been looking on FamilySearch for a long time without finding anyone who needed temple ordinances done. Mom moved over to the computer and pointed at the screen. "I kept looking in her family line, and you have to see the next person I found!"



Lydia rushed to the computer and read the name. "Lydia Elizabeth Graham. Mom, she has my name!"

Mom grinned. "I know! Plus her husband and siblings all need temple ordinances done. Isn't it

exciting that you're turning 12 just in time to help another Lydia get baptized?"

Lydia felt so much more peaceful inside. Maybe this was an answer to her prayer. She could hardly wait to be baptized for Lydia!

She hugged Mom and smiled. "Maybe turning 12 isn't so bad." ♦

The author lives in Colorado, USA.

## CLIMB YOUR FAMILY TREE!

Visit [FamilySearch.org](http://FamilySearch.org) with an adult to discover who is in your family tree. Don't "leaf" it for others to do!

- Find family members by clicking on the Family Tree tab. You can view the chart different ways, like a fan or with lines.
- Check out pictures of your family members. Which ancestor do you look like the most?
- Read their documents and memories. Add your own if you have some!

What makes you excited about turning 12?



# Temple Trip Tips

Are you going to the temple for the first time after you turn 12?  
Here are some tips for a good trip!

## Get Ready...



**H**ave an interview with your bishop. He will probably talk to you about your testimony and your feelings about Jesus.

Ask someone you know about their first temple trip.

Have someone help you find family members on [FamilySearch.org](https://www.familysearch.org) who need temple ordinances done. If you can't find any, help a ward member with their family names.

## Get Set...



**P**ick out some clothes that you would wear to church and get them ready the day before.

Put your recommend in a place where you won't forget to bring it.

Put long hair in a braid or ponytail, and bring a brush to use afterward.

## Go!



**P**ray to feel the Spirit, and pray for the people you are doing temple ordinances for.

Listen to uplifting music on the way to the temple, like what you would listen to on Sunday.

Don't worry about not knowing what to do. There will be people in the temple to help you every step of the way!

## IF YOU HAVE TO WAIT

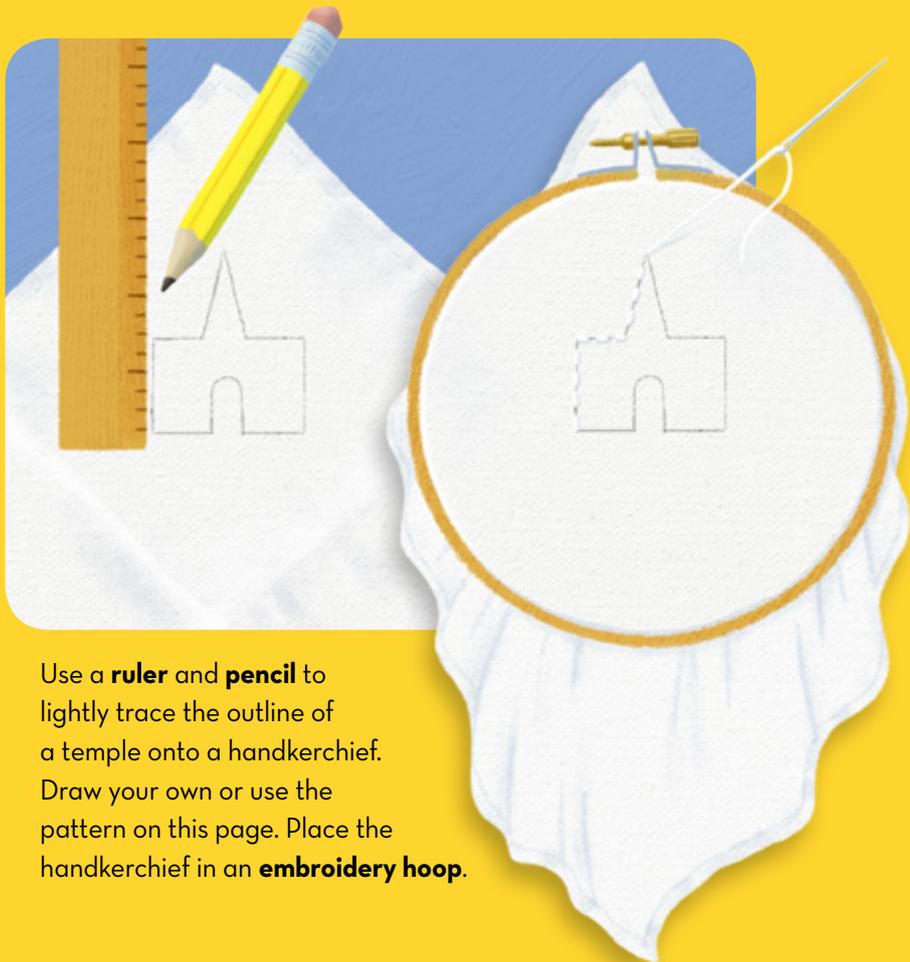


If you have to wait to go to the temple for any reason, it's OK—Heavenly Father loves you no matter what. Keep doing good things that help you feel the Spirit. Look forward to the time when you will go inside the temple.

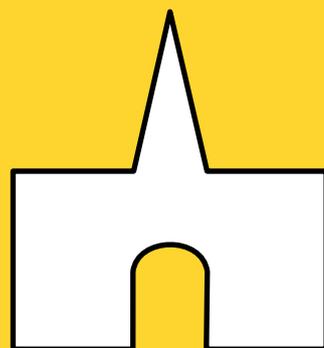
# Temple Crafts

The Meridian Idaho and Cedar City Utah Temples will be dedicated later this year.

Is one of these temples near you? At temple dedications, everyone waves a white handkerchief. Make either an embroidery or puff-paint version of this special handkerchief to take with you to a dedication!



*Be sure to get an adult's help!*



Use a **ruler** and **pencil** to lightly trace the outline of a temple onto a handkerchief. Draw your own or use the pattern on this page. Place the handkerchief in an **embroidery hoop**.

### FOR EMBROIDERY:

Cut an armlength of white **embroidery floss** and tie a knot on one end. Thread the other end through a **needle**. Follow this picture to sew backstitch. Or use up and down stitches to sew on top of the pencil line. Tie a knot when you're done.



**FOR PUFF PAINT:** Use white **puff paint** to trace over the pencil line. Let dry for 4-6 hours.



## Sugar Cube Temple

- **sugar cubes**
  - **school glue**
  - **cardboard**
- Start your temple by gluing the first layer of cubes to cardboard. You could cut out a small hand-drawn Moroni statue, glue it to a toothpick, then glue it to the spire.

Matthew turned his head away.  
But the picture stuck in his mind.

# Worthiness WORRIES



**By Christine Merrill**

(Based on a true story)

“Jesus is our loving friend. He is always near”

(*Children’s Songbook*, 58).

Matthew’s family went to New York City for spring break. He saw some really cool things—the Statue of Liberty, the Manhattan Temple, and a lot more. But he saw one thing that definitely *wasn’t* cool: a huge ad on a building with a really immodest picture on it.

Matthew turned his head away. But the picture stuck in his mind. He tried thinking about other things. But that just reminded him of what he was trying to forget!

As weeks passed, he got more and more frustrated. Then one night at dinner Mom said something that made things even worse.

“Matthew, I can’t believe you’re almost 12,” she said. “It’s time to have your bishop’s interview for the Aaronic Priesthood.”

Dad smiled at Matthew. “I’ll call and set it up.”

Matthew stopped eating. What if he wasn’t worthy to be a deacon because he couldn’t forget the bad picture? Mom and Dad kept smiling and talking. They didn’t seem to notice anything was wrong.

A few days later Matthew overheard Mom talking to Grandma on the phone. “Matthew seems to be worried about turning 12,” she said. “Maybe he’s worried about passing the sacrament.”

So Mom *had* noticed! Would he get in trouble if she knew what was *really* wrong?

After Mom said bye to Grandma, Matthew sat down on the couch. “I heard you talking about me seeming worried and stuff.” He took a deep breath. Then he blurted everything out. About how hard he’d tried to forget what he’d seen, but couldn’t.

“Maybe I’m not ready to be a deacon,” he said.

Mom put her arm around him. “First, you need to know that you didn’t sin by seeing that picture. It wasn’t your fault. Also, being worthy doesn’t mean being perfect.”

Part of Matthew’s worry disappeared, but not all. “So then why is it so hard to get that picture out of my head? Why does it make me feel so bad?”

“Well, it still hurt your spirit. And it might take a while for those thoughts to fade away,” Mom said. “But the great news is that Jesus Christ’s Atonement can help heal

us from everything, even things that aren’t our fault. Do you remember the scripture you learned for the Primary program?”

“Yeah—*Alma 7:11*. It says that Jesus takes people’s pains and sicknesses.”

“That means He can help you feel better again,” Mom said. “You’ve felt a lot of pain lately, haven’t you?”

“Yeah,” Matthew said.

“Well, you can pray and ask for His help. And you can have faith that He wants to help you and *can* help you. You can’t do it by yourself.”

Matthew nodded. The whole time he’d been fighting bad thoughts, he hadn’t wanted to pray. He’d felt too embarrassed.

That night, he knelt and asked Heavenly Father to help him stop thinking about what he’d seen and to help him feel worthy to have the Aaronic Priesthood. Then he fell asleep faster than he had in a long time.

On Sunday, Matthew got dressed for his interview with the bishop. He felt happy and thankful for Jesus Christ’s Atonement. Now when the bishop asked if he was ready to receive the priesthood, he knew he could answer, “Yes!” ♦

The author lives in Maryland, USA.



- 1 Tell a parent or trusted adult as soon as possible. You don’t have to carry the bad thought alone.
- 2 Tell Heavenly Father about it and ask for His help.
- 3 Imagine putting the bad thought in a balloon and letting it float away.
- 4 Do something fun or something to help someone.
- 5 Read a story from the *Friend*, or learn about something you’re interested in.



# Helping Out, One Pencil at a Time

By Caleb H., age 10, Germany

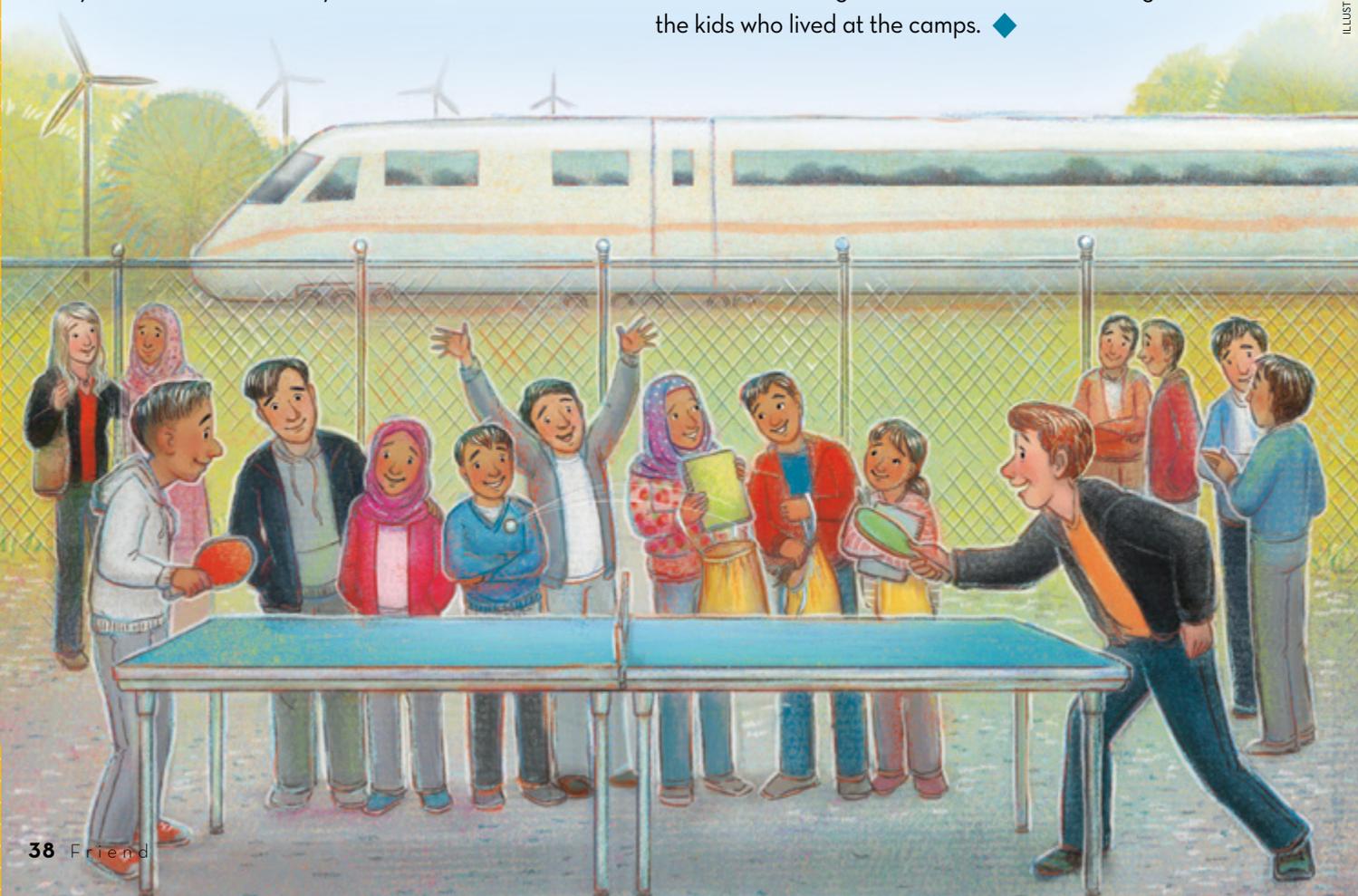
It all started when my stake set up a project to help refugees. I really liked the project, so I asked my mom to tell my schoolteacher about it, and my teacher wanted to do something with the fourth grade. To set the example for the project, my sister, Maddie, and I went door to door asking for donations.

The day came to present the project to the rest of the fourth grade. I was a bit nervous. Actually, I was super freaked out, but I did my best. I told all the other fourth graders what we needed for school kits for the refugees. I told about how we went door to door, and I gave them a challenge to try to do better than me in raising money. Together we made over 100 kits! We put in notebooks, pencils, and other school supplies. We also added a note to say, "Welcome to Germany!"

My mom and I took the kits to the refugee camp. I wouldn't say the camp was nice, but there was a playground and an area for learning academics. There was a train next to the camp that was really loud, and the kids told me it sounded like jets flying by in Syria and other places like that. Maybe it sounded like bombs to the kids who had heard them in their home countries.

I met a few kids at the camp my age, including Daniel, an awesome chess player. I didn't get to play chess against him, which was too bad because I love chess, but they invited me to play foosball and ping-pong. The boys told me that they missed their homes and really wanted to leave the camp and go to school again.

After we played foosball and ping-pong, we handed out the kits. I feel good that I could do something kind for the kids who lived at the camps. ♦



# Building a Temple

By Amie Jane Leavitt

The Angel Moroni statue is made from fiberglass and covered with a very thin layer of gold. A big ring is attached to the top of the statue. A chain is attached to the ring, and the chain is hooked to a crane. Then the crane lifts the statue off the ground and carries it through the air. Workers ride in a metal lift to the temple's steeple. They install the statue onto the steeple, remove the chain and ring, and ride back to the ground.



**Fun Fact:**  
The statue has a lightning rod to protect it during thunderstorms.



Join us each month to see how the Payson Utah Temple was built!

## FUNSTUFF ANSWERS

Page 31: a clock; Nephi (1 Nephi 3:7)



## HIDDEN CTR RINGS

Did you find the rings?  
Look on pages FJ2, 22, and 7.

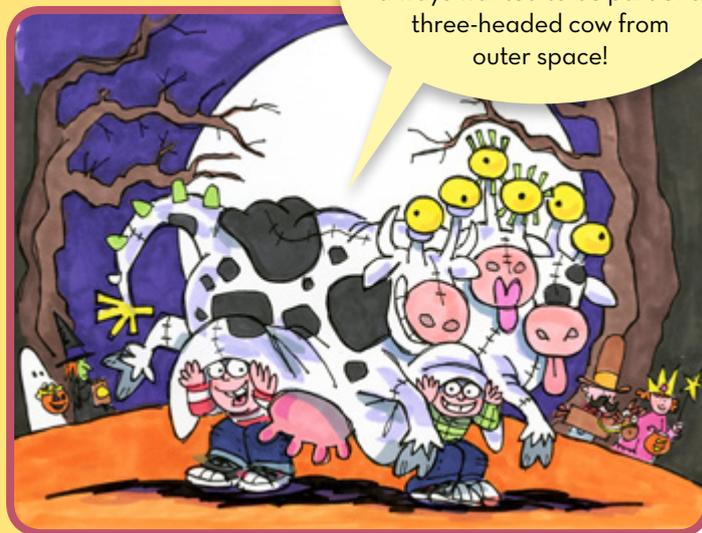
## How to Write to the Friend

To send us a letter, drawing, poem, or paper heart...

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

## The Last Laugh

Your mom is the BEST at sewing costumes! I've always wanted to be part of a three-headed cow from outer space!



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](mailto: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



# THE Friend

JUNIOR



4 0213413000 2  
13413 Oct 17

# For Parents of Little Ones



**Y**our children may have heard the Primary song that says, “Reverence is more than just quietly sitting.” And yet they may think that “being reverent” just means “hold still and be quiet.” How can you help little ones experience the deeper, sweeter blessings of reverence?

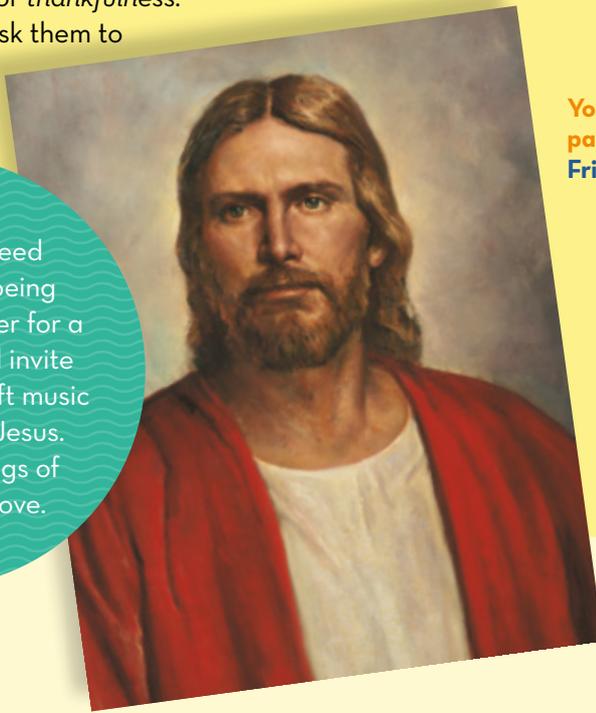
## Here are some ideas:

**1.** Point out times when they are feeling a sense of awe and reverence—gently holding a newborn baby, stargazing for the first time, or hearing a story about Jesus. “How do you feel inside? Can you tell me about those warm feelings? That is reverence.”

**2.** Teach them words that go along with reverence. Words like *love*, *respect*, or *thankfulness*. For older children, you might ask them to draw pictures of those words.

**3.** Help them think about how being reverent helps others listen. “When you are trying to listen to a story, does it help if others are quiet? What if others are noisy?” Explain that they can help church be a reverent, happy place where people listen and learn about Heavenly Father.

**4.** Little ones need lots of practice being reverent. Set a timer for a minute or two and invite them to listen to soft music or a story about Jesus. Share your feelings of reverence and love.



You can read past letters at [FriendFPLO.lds.org](http://FriendFPLO.lds.org).

POEM

# I Like to Help

By Debbie Pettey

On **Monday**, Mommy washed the clothes.  
I helped her fold the socks.  
On **Tuesday**, Daddy dug a hole.  
I helped him carry rocks!



**Wednesday** night I helped my sister  
Put away the dishes.  
On **Thursday**, brother had a chore.  
I helped him feed his fishes!

**Friday** after school was out,  
We raked up all the leaves.  
On **Saturday**, Dad washed the car.  
I helped him find his keys!



**Sunday** is the Sabbath day.  
We rest from all our chores.  
But I'll be ready **Monday**,  
So I can help some more!

# Helping Mrs. Brewster

By Jennifer Maddy



"Mrs. Brewster's yard has lots of leaves!"  
Jackson says.



"Want to rake with me, Ryan?" Jackson asks.  
"No, thanks," says Ryan.



"Whew! This is hard work," says Jackson.



"Thanks for helping me, Ryan!"



"Thank you so much!" says Mrs. Brewster.



"We're happy to help!" say Jackson and Ryan.

# Matching Leaves

This picture has five pairs of matching leaves. Can you find all of the pairs? How many red leaves are there? How many yellow leaves?



STORIES OF JESUS

# Jesus Visited Joseph Smith

By Kim Webb Reid

Many years after Jesus was resurrected, a boy named Joseph Smith had a question. He didn't know which church he should go to.

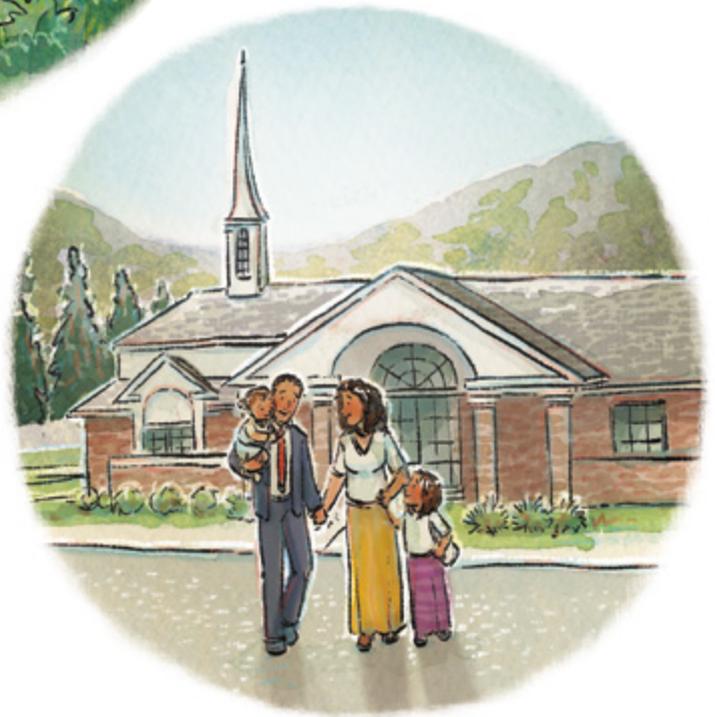


Joseph read the Bible. It said that Heavenly Father will answer our questions if we pray to Him. Joseph went to the woods and prayed to Heavenly Father.



Heavenly Father and Jesus came down from heaven. Jesus said Joseph should not join any of the churches because they were not teaching all the things that were part of His Church.

When Joseph grew up, he helped bring Jesus's Church back to earth. It is called The Church of Jesus Christ of Latter-day Saints. It helps people learn about Jesus and Heavenly Father.





Reading the scriptures teaches me more about Heavenly Father.  
When I pray, He can answer my prayers too. ◆

COLORING PAGE

# The Sabbath Is a Holy Day



ILLUSTRATION BY APRYL STOTT

# Ashlyn's Family Tree



**By Robyn Buttaris**

(Based on a true story)

**A**shlyn was excited to show Grandma what she got in Primary.

“Look, Grandma!” Ashlyn said. “It’s my tree.”

Grandma smiled. “Your *family tree*,” she said.

Ashlyn nodded. The tree had seven faces connected by lines. “Which one are you, Grandma?”

Grandma pointed to the tree. “I’m here, and Grandpa is here. This one is your dad. We’re *his* parents.”

“Who’s here?” Ashlyn asked.

“Grandma and Grandpa Clark,” Grandma said. “They’re your mom’s parents.”

“And this is me!” Ashlyn pointed to the picture at the bottom.

“You’re right!” Grandma said.

“But where are Jace and Maggie?” Ashlyn asked.

“It doesn’t show brothers and sisters,” Grandma said.

Ashlyn thought about that. Sometimes Maggie pulled Ashlyn’s hair. Sometimes Jace wanted to draw in her notebook. But Ashlyn was still glad to have them in her family.

She drew two more faces next to her on her family tree.

“I made it even better,” Ashlyn told Grandma. She pointed to where she had drawn Maggie and Jace.

Grandma put her arm around Ashlyn. “I think you made a perfect family tree.” ◆

The author lives in Utah, USA.

