

# the Friend



**Hello from  
DR Congo!**

See pages 14-17



Send something in  
for the Kindness  
Garden! See how  
on page 39.

## FRIENDS BY MAIL



### Reading through Thunderstorms



I live where there are a lot of thunderstorms and heavy rain, which can be scary for me. Whenever a storm comes, I immediately grab the *Friend* magazine and begin reading it to help me feel better. I always feel the Holy

Ghost when I read the *Friend*.

**Danielle J., age 11, Virginia, USA**

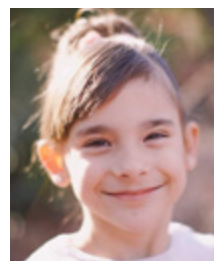
### Coconut Ice!



Thank you for sharing the coconut ice recipe (Jan. 2019). After we read "The Ice-Candy Mission Fund," we made some of our own popsicles. They were delicious! We had a family popsicle night and will be making them again soon!

**David and Nelson C., ages 3 and 1, Alberta, Canada**

### A Better Person



I like reading the *Friend*. It makes me happy, and I can feel the Spirit in my heart. The *Friend* has helped me to be a better person.

**Bianca C., age 9, New Mexico, USA**

### DEAR FRIENDS,

Have you ever seen someone being left out or bullied because they looked, talked, or believed differently? On page 2 President Oaks has a message about being nice to everyone, not only to people who are like us.

Then turn to page 28 to see how children have been showing kindness, like Jesus Christ did!

We love you,

The *Friend*

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

# the Friend

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

COME,  
FOLLOW ME

These stories and activities support this month's *Come, Follow Me* lessons at home and in Primary.  
Find more resources at [lessonhelps.ChurchofJesusChrist.org](http://lessonhelps.ChurchofJesusChrist.org).

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Front cover by Macky Pamintuan

Back cover by Emma Gillette

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- FJ8 The Great Family Shoe Hunt



## Hidden CTR Rings

**Hard:** What time is it?

**Harder:** Who's your favorite superhero?

**Hardest:** Feeling sick.

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**By President  
Dallin H. Oaks**  
First Counselor in the  
First Presidency

# Loving Others as Jesus Loves Us



ILLUSTRATION BY JARED BECKSTRAND

Jesus gave His disciples an important commandment: “Love one another, as I have loved you” (John 15:12). As followers of Christ, we should live peacefully with others. That includes people who don’t believe the same things we do.

Here are some ways we can love others as the Savior loves us:

- ▶ Be kind to people who are different.
- ▶ Show respect for their beliefs.
- ▶ Never bully or insult anyone.
- ▶ Be a good listener.
- ▶ Be polite. Don’t argue angrily.
- ▶ Stand up for what is true.
- ▶ Tell others about the gospel in a humble way.  
“[Speak] the truth in love” (Ephesians 4:15).

Our Savior’s commandment to love one another as He loves us is probably our greatest challenge. I pray that we can try to show love in all we do. ●

*Adapted from “Loving Others and Living with Differences,” Ensign, Nov. 2014, 25–28.*



## Make a Friendship Chain!

1. Cut out the paper strips below, and tape a colored one together to make the first link in your chain.
2. When you do one of the activities, add that strip to your chain, plus another colored one.
3. Add your own activity to the blank strip.

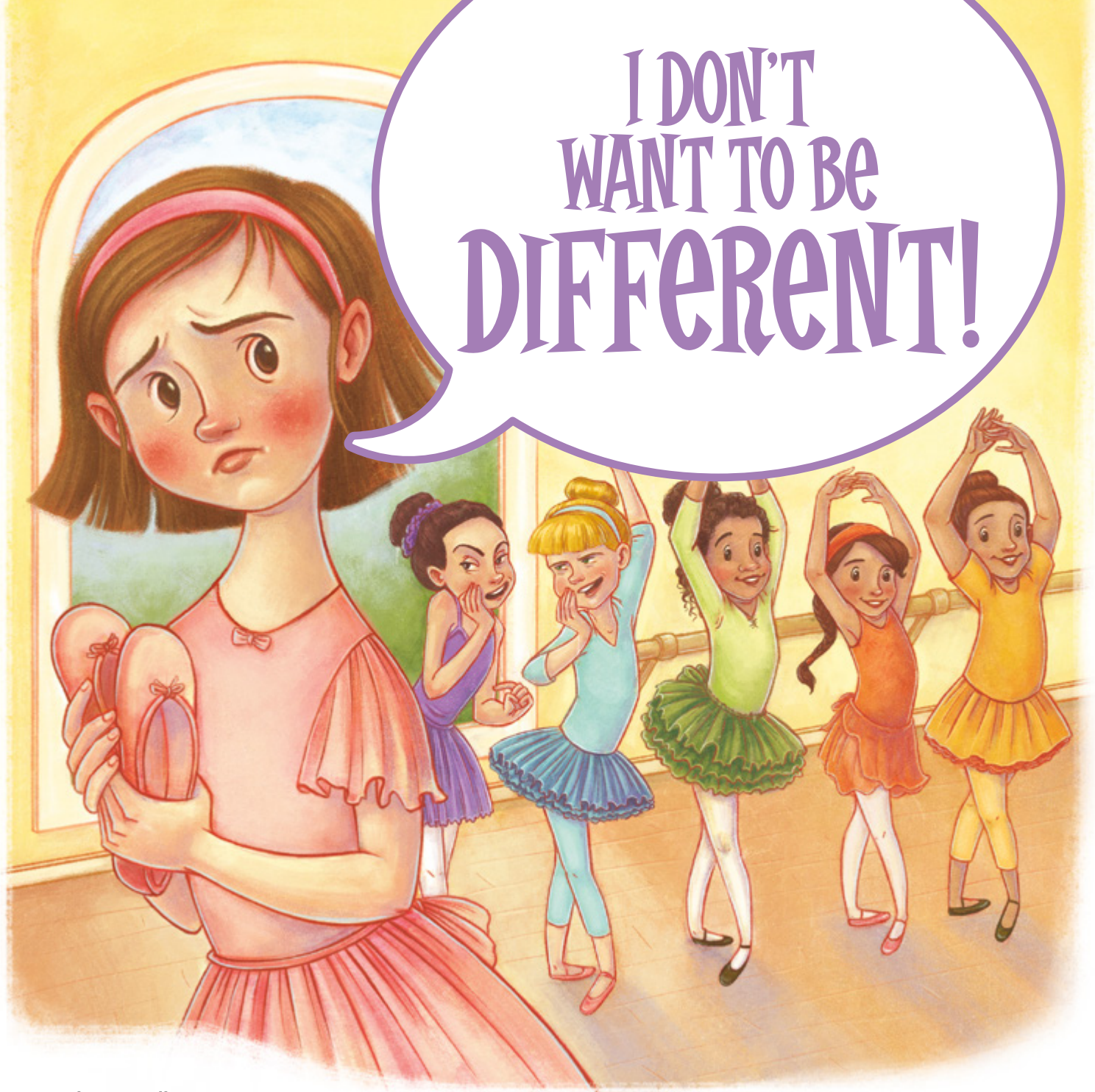


Ask someone who speaks another language  
how to say "hello" in their language.

Ask a friend to teach you about a tradition  
in their family, religion, or culture.

Invite someone new to play with you.

Learn about children around the world by watching  
"One in a Million" videos at [children.ChurchofJesusChrist.org](http://children.ChurchofJesusChrist.org).



**By Eliza Broadbent**  
(Based on a true story)

*"The worth of souls is great in the sight of God"*  
(Doctrine and Covenants 18:10).

**M**ika always looked forward to dance class. She loved listening to the music. She loved practicing her butterfly skip and getting it just right. And she especially loved it when the whole class moved together. When they did that, it was like the dancers were all the same. It felt like she wasn't the only one with Down syndrome.

Today they were learning a new dance step. Mika watched her teacher leap into the air. She watched the other girls try. Some figured it out right away. Mika tried over and over, but she just couldn't get it right.

"Will you help me, Teacher?" Mika asked.

The girl next to her looked at Mika. Then she leaned over to her friend. "Why does she talk like that?" she whispered. Both girls turned and looked at Mika.

When Mika got home, Mom was kneading dough in





the kitchen. She had flour on her cheek. Usually that would make Mika laugh. But today she just dropped her bag to the floor and sank into a chair at the table.

“How was dance?” Mom asked.

“Terrible,” Mika said. “I asked for help, and a girl said I talk funny. Then she stared at me.” Mika looked down. “I don’t want to go to dance anymore.”

“Oh, Mika! I’m so sorry,” Mom said. “Dad and I love watching you dance. We’re so proud of how hard you work!”

Mika felt tears starting to come. “I don’t like the Down syndrome in me. I wish it wasn’t so hard for me to learn new things. I even have to practice talking!”

Dad sat down by Mika and put his arm around her. “Mika, we love you *so much*. We wouldn’t change one thing about you.”

But Mika just shook her head and buried her face in her arms. “I don’t want to be different. I want my Down syndrome to be taken out of me!”

Mom and Dad were quiet for a few moments.

“I have an idea,” Mom said. Mika peeked out over her arms. “Why don’t you pray and ask Heavenly Father how *He* feels about you?”

Mika thought about that. She liked saying prayers. Slowly, she nodded. “Can you write down the question so I’ll remember what to ask?”

Mom wrote the question down. Then Mika took the paper and went to her room to pray.

A few minutes later, when she came into the kitchen, Mika’s face was lit up like a light bulb.

“Heavenly Father answered!” she said.

“What did He say?” Mom asked.

“He said, ‘Mika, I love you just the way you are,’” she said. “And He said it with a **LOUD** voice!”

The next week at dance, Mika didn’t worry about what the other girls thought about her. Instead, she noticed another girl, Sara, who looked sad. Sara was having a hard time learning some of the new steps too.



When Mika got home, she decided to write a note to Sara. She drew lots of hearts. Mom helped her with the spelling.

“Dear Sara,” Mika wrote. “You’re a great dancer. I want to be your friend. I am happy you are in my dance class.”

Mika couldn’t wait to give Sara the note. She wanted Sara to feel happy and loved at dance too. ●

The author lives in Utah, USA.



# Family Night FUN

Here are some ideas you could use for home evening.

## SONG

"Every Star Is Different" (*Children's Songbook*, 142)

## SCRIPTURE

Ephesians 4:32

## ACTIVITY

- ▶ Read "I Don't Want to Be Different!" (page 4). Talk about how God loves each one of us.
- ▶ Give a paper and crayons to each family member. Have each person write their name at the bottom of the page and draw an outline of their head in the middle.
- ▶ Have everyone pass their paper to the person next to them. Add something to the head—like eyes or hair—to look like the person whose name is on the paper. Then write something nice about them on the page.
- ▶ Keep passing the papers, adding to the pictures and writing nice things, until everyone gets their own paper back. You can strengthen your family by being kind and seeing the best in each other! (See family manual, page 155.\*)

\* *Come, Follow Me—For Individuals and Families*

## GARDEN CUPS

Fruit flowers

Gummy worms

Pudding and cookie crumbs



ILLUSTRATION BY TANNER GARLICK

GARDEN CUP PHOTO BY ASHLEY BARNETT

## MORE IDEAS

- Look at the art and quotes on pages 28–29 and talk about how you've been kind this week. Then make the garden cups above!
- Memorize Philippians 4:13 as a family. Then remove the poster on page 21 and hang it where you'll see it all week. (See family manual, page 158.\*)
- Read "Paul's Missionary Journeys" (pages FJ4–FJ6). Paul wrote the scriptures we are studying in *Come, Follow Me* this month! Talk about what you have learned from the scriptures this week.

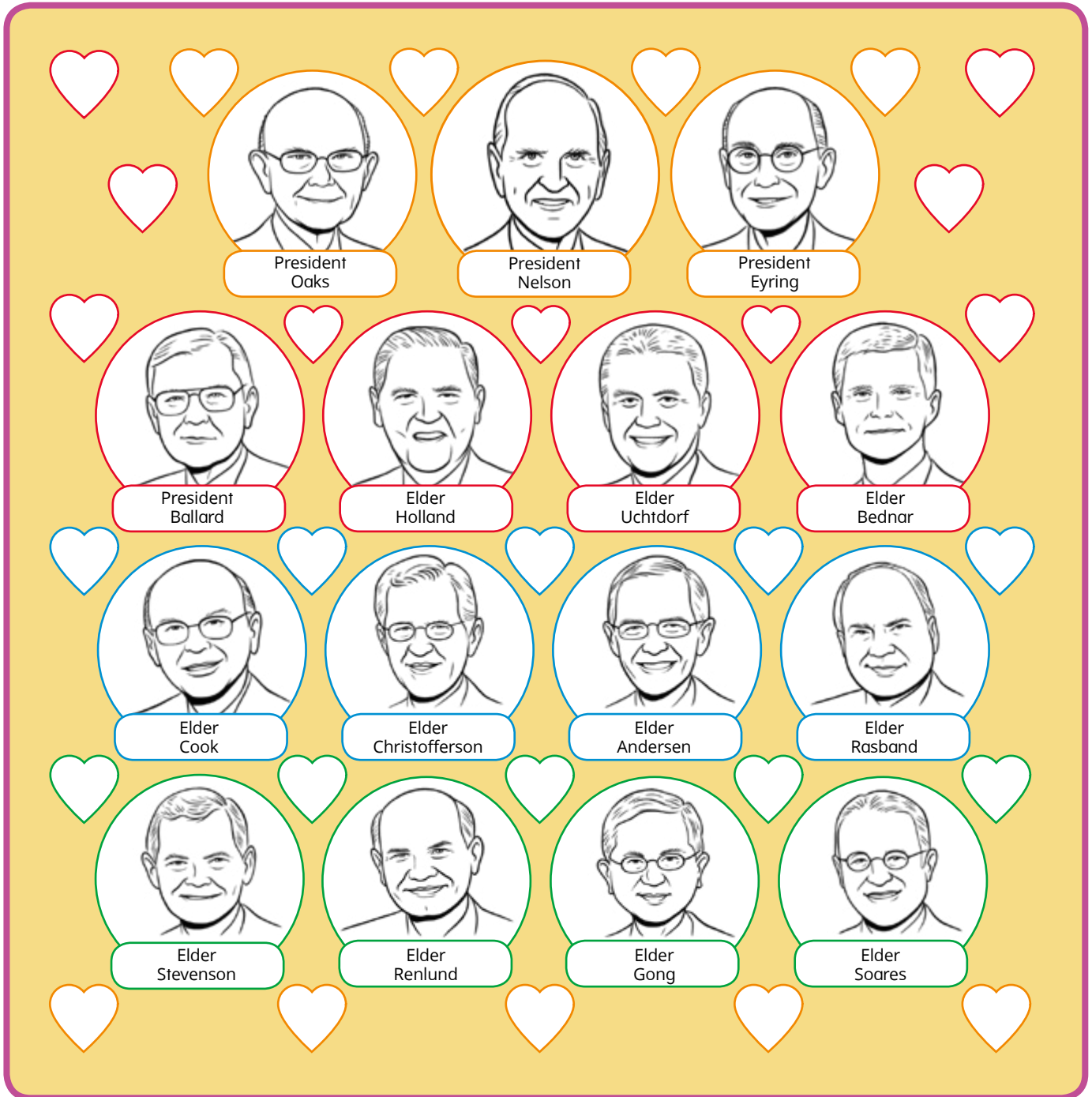




# Prophets and Apostles

Jesus Christ leads the Church through prophets and apostles (see Ephesians 2:20).  
Color the pictures during general conference of

the people who speak, or after conference as you remember your favorite talks. Color a heart every time you hear someone mention Jesus. He loves you!



See family manual, page 155.

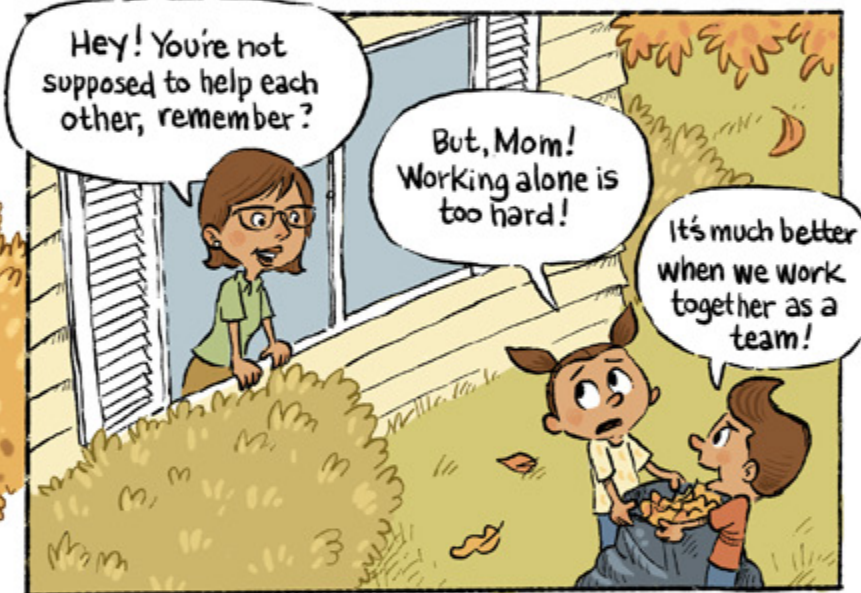
# Frowns, Smiles, and Leaf Piles

By Erin Daly and Charlotte Larcabal

(Based on a true story)







A

# RHyme

## Every Time

A *hink pink* is a pair of rhyming words that match a definition. See if you can solve these.

The first one's been done for you.  
Check your answers on page 39.

1. When a rose wants to get clean after playing in the mud.

FLOWER SHOWER

2. What the dogs did to get Noah's attention while they were on the boat.

\_\_\_\_\_

3. A trail through the woods that you can only use if you add, subtract, and multiply to solve problems along the way.

\_\_\_\_\_

4. When the coins in your pocket have a sense of humor.

\_\_\_\_\_

5. When it's your turn to clear the table, you could put these rollers on your feet to get the job done fast!

\_\_\_\_\_

6. What a baby cat puts on her paw to keep it warm.

\_\_\_\_\_

7. These leaves and branches drop pepper on you when you walk under them. *Achoo!* Bring tissues!

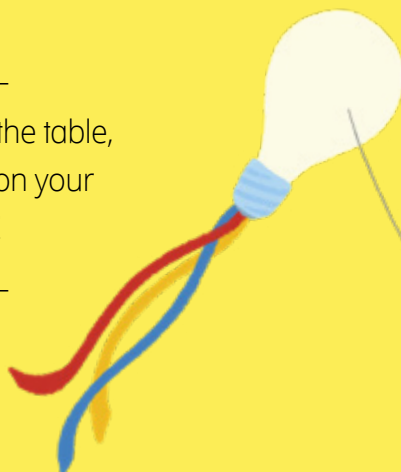
\_\_\_\_\_

8. Something on the end of a string that flies and makes the night brighter.

\_\_\_\_\_

9. Boys wear this around their necks on Sunday and when pretending to be secret agents!

\_\_\_\_\_





# The **LIVING** Christ



The prophets and apostles wrote “The Living Christ” to tell the world about Jesus Christ. Read part of it each month and memorize the line in blue.

“We testify that He will someday return to earth. ‘And the glory of the Lord shall be revealed, and all flesh shall see it together’ (Isaiah 40:5).

He will rule as King of Kings and reign as Lord of Lords, and every knee shall bend and every tongue shall speak in worship before Him.

Each of us will stand to be judged of Him according to our works and the desires of our hearts.”



## WHEN HE COMES AGAIN

When Jesus Christ comes back to earth, everyone will worship Him as our Lord and King. After He comes again, there will be no sin or sickness or fighting anywhere on earth. Even animals will get along with each other.

Look up 2 Nephi 21:6. Point to the animal pairs that the scripture says will get along after Jesus Christ returns to earth.



Now draw a picture of who the scripture says will lead the animals, and sing “When He Comes Again” (page 12).

# KING OF KINGS



# When He Comes Again

(Simplified)

Words and music by  
Mirla Greenwood Thayne

*Reverently* ♩ = 96-108

1. I won - der, when He comes a - gain, Will her - ald an - gels  
2. I won - der, when He comes a - gain, Will I be read - y

4 2 1 5

sing? there Will To earth look be white up - on with His drift - ed snow, Or And  
lov - ing face

4

will the world know spring? I won - der if one  
join with Him in prayer? Each day I'll try to

3 2 1 2 4 5

star do will shine Far And bright - er than the rest; Will  
His will And let my light so shine That

2 4

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Original song © 1952 by Mirla Greenwood Thayne, Provo, Utah; renewed 1980. Used by permission.

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day - light stay the whole night through? Will song - birds leave their  
oth - ers see - ing me may seek For great - er light di -

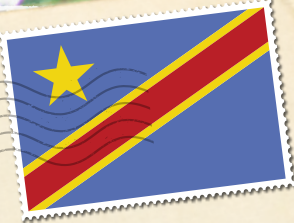
ness? I'm sure He'll call His lit - tle ones To -  
vine. Then, when that bless - ed day is here, He'll

geth - er 'round His knee, Be - cause He said in  
love me and He'll say, "You've served me well, my

days gone by, "Suf - fer them to come to me."  
lit - tle child; Come un - to my arms to stay."

# HELLO

from the  
Democratic  
Republic of  
the Congo!



Hi, we're  
Margo and  
Paolo!



We're visiting the  
Democratic Republic  
of the Congo, or  
DR Congo.

This is **DR Congo**.  
About 80 million  
people live here.

This is an okapi.



A big part of DR Congo is covered in  
rainforest. It's home to all sorts of  
interesting animals, like okapi,  
elephants, gorillas, and rhinos.

DR Congo is known for  
traditional art like wooden  
statues, woven baskets,  
and masks.







Our missionaries started teaching people in DR Congo in 1986. Now almost 60,000 people there belong to The Church of Jesus Christ of Latter-day Saints.

In DR Congo, most people speak French at church. That's the country's official language. Almost 250 other languages are also spoken there!



This year, DR Congo got its first temple! The Church members there are excited to have a temple in their country.

Thanks for exploring DR Congo with us. See you next time!

## Meet some of our friends from DR Congo!



One Sunday, there were soldiers everywhere, and my parents said it was going to be difficult to go to church. I told my parents that we should attend at least sacrament meeting. Together we showed faith and went to church to honor the day of the Lord.

**Prodi K., age 7, Kinshasa, Democratic Republic of the Congo**



I love helping others. One day in my class, a child was sad during recess because he had nothing to eat. I went to him and shared with him what I brought to eat.

**Célia Tshidibi K., age 5, Kinshasa, Democratic Republic of the Congo**

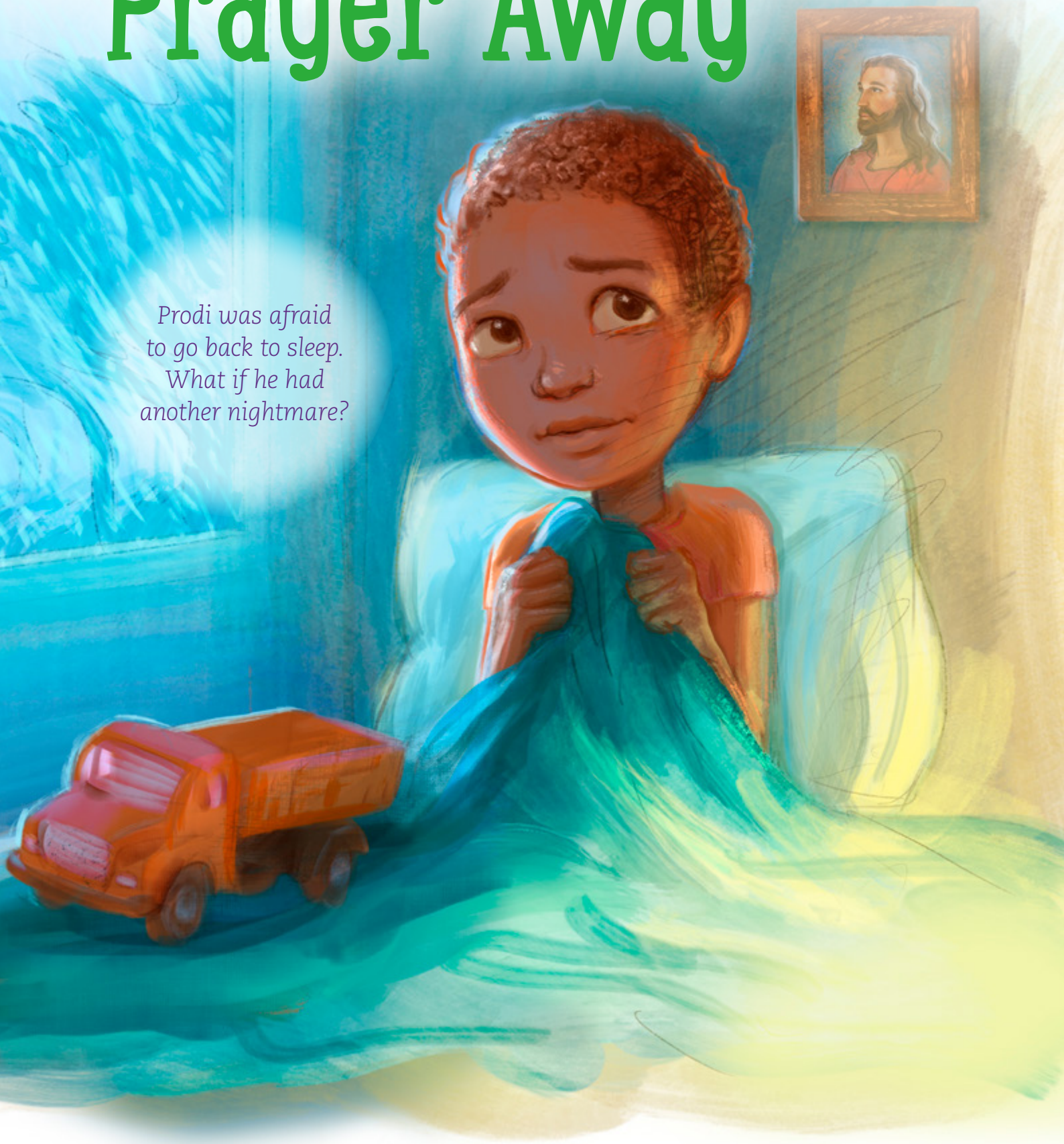
**Are you from DR Congo?  
Write to us!  
We'd love to hear from you.  
See page 39.**





# Just a Prayer Away

*Prodi was afraid  
to go back to sleep.  
What if he had  
another nightmare?*





**By Lucy Stevenson**  
Church Magazines  
(Based on a true story)

*"Pray, He is there"*

(Children's Songbook, 12-13).

**P**rodi sat up in bed with a jolt.  
His heart was beating fast.

Rain pattered on the roof as he sat in the darkness. He could hear water dripping from the African fig tree outside his window, and the air felt sticky and warm. Prodi took a deep breath and tried to relax. It was just a dream.

He crawled out of bed and peeked at his parents. Mama and Papa were sleeping peacefully. His little sister, Célia, was curled up in her bed too. Everything was OK. His family was safe.

Prodi climbed back into bed and tried to go back to sleep. He tossed and turned, then tossed and turned some more. He knew his dream wasn't real, but it had been so scary! Even though he was tired, he was afraid to fall asleep again. What if he had another nightmare?

Prodi lay on his back and looked at the ceiling. He tried to think of happy thoughts. *Heavenly Father, are you really there? And do you hear and answer every child's prayer?* A wave of warmth came over Prodi as he thought of the words of his favorite Primary song. Sister Kioska had taught them that Heavenly Father was always watching over them. They could pray to Him anytime, anywhere.



Prodi knew what to do.  
He got out of bed and knelt  
down to pray.

"Dear Heavenly Father," he  
prayed, "I'm really scared. Please  
keep my family safe. And please help  
me to go to sleep and not have any more  
bad dreams."

Prodi finished his prayer and climbed back in bed.  
His body relaxed, and his mind felt peaceful. Soon he  
was asleep.

When morning came, Prodi woke up to the warm  
sun shining through the window. He could hear pots  
clanging in the kitchen. Célia was at the table eating  
leftover cassava. Mama was warming some up for  
him to eat too.

"*Bonjour,*" Mama said. "How did you sleep?"

"I had a really scary nightmare," Prodi said. "But then  
I said a prayer. Heavenly Father helped me feel safe."

"I'm sorry you had a bad dream," Mama said. She  
hugged Prodi close and didn't let go for a long time.  
"But I'm so glad you said a prayer. It sounds like  
praying really helped you."

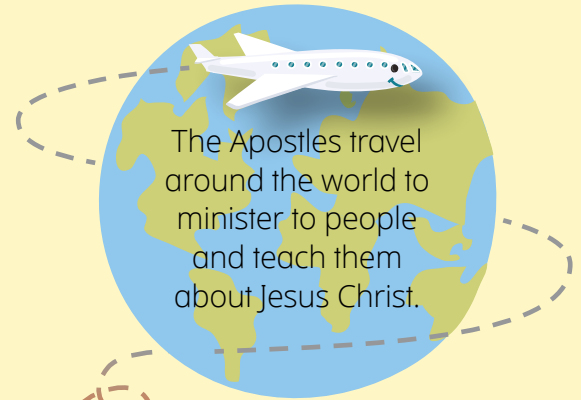
"It did," said Prodi. "I was able to fall asleep again,  
and I didn't have any more bad dreams." Prodi  
hugged Mama tight. He was glad to know that no  
matter how scared he felt, Heavenly Father was just a  
prayer away. ●



Go to  
page 15 to  
meet the boy  
from this  
story!

# Elder Renlund Visits Children

Elder Dale G. Renlund visits many places with his wife, Sister Ruth L. Renlund, to help people learn about Jesus Christ. He gives talks and speaks to missionaries. Wherever he goes, his favorite thing is meeting and shaking hands with children. Sometimes he even visits them in Primary!



In Japan

In Peru

In Bolivia

In South Korea

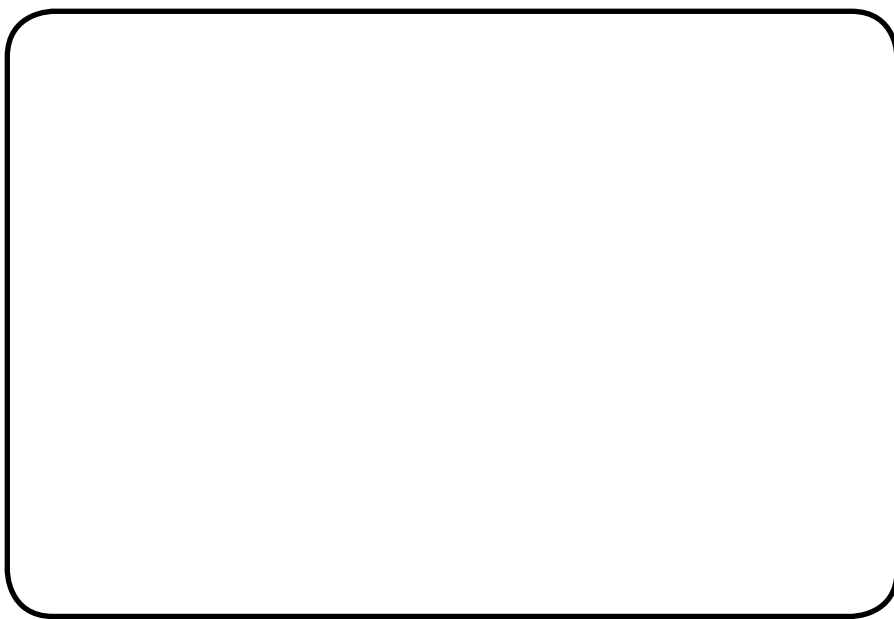
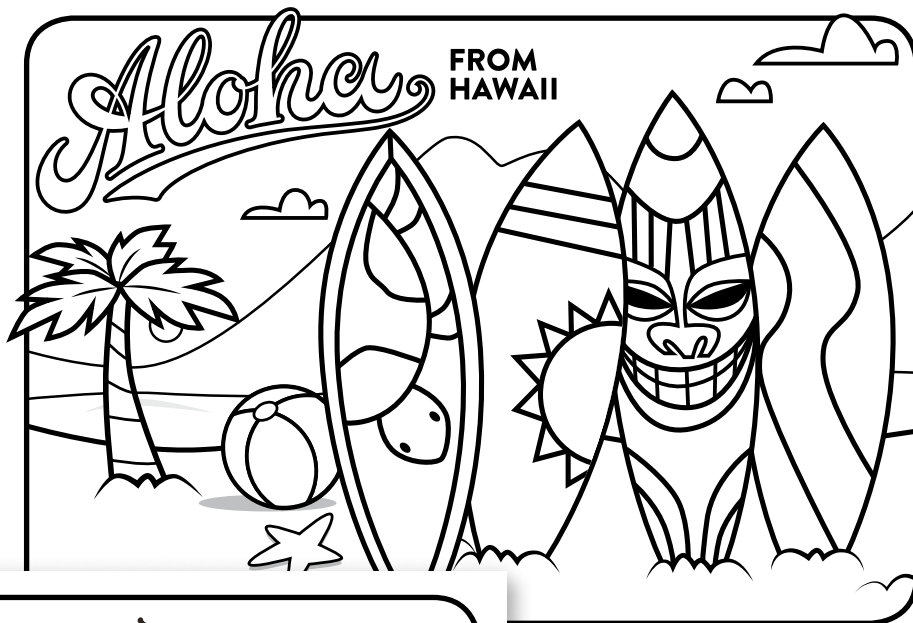
Do you want to know a secret? The *Friend* is my favorite Church magazine. I always read it first!

Elder Renlund wants children everywhere to know that Heavenly Father knows them and loves them.



## POSTCARDS FROM AROUND THE WORLD

Color the postcards from some of the places Elder and Sister Renlund have visited. Then draw your own postcard!



# Find It!

This girl drew the armor of God that she learned about in the scriptures (see Ephesians 6:11).  
Can you find the hidden objects? (Hint: some of them are in the drawing.)





I can do all things through  
**Christ, who strengthens me.**

(See Philippians 4:13.)



**By Mackenzie Parsons**  
(Based on a true story)  
The author lives in Utah, USA.

*"It is fun to have a friend who will play with you. . . .  
But to have a friend, you must be a friend, too"*  
(Children's Songbook, 262).

**M**ackenzie felt miserable. Her best friend, Bekah, had moved all the way to Texas with her family. Mackenzie tried to have fun without Bekah, but it just wasn't the same. Playing by herself just wasn't fun. Mackenzie missed having someone to giggle with and play superheroes and princesses together. She missed Bekah.

Without Bekah, Mackenzie had no one to show her drawings to or sit with in Primary. She liked the other kids

# THE PHONE CALL

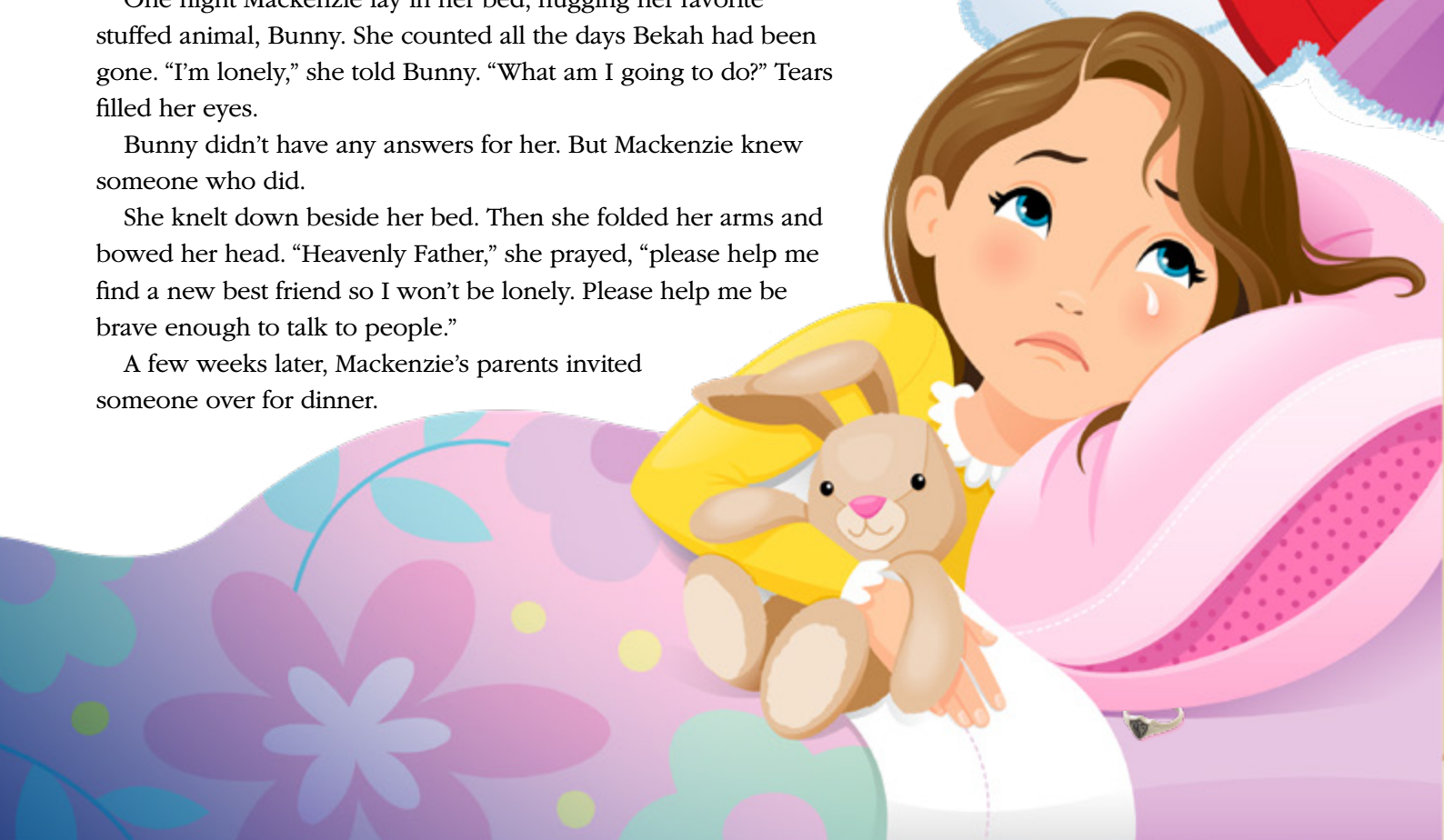
in her class, but none of them were her best friend.

One night Mackenzie lay in her bed, hugging her favorite stuffed animal, Bunny. She counted all the days Bekah had been gone. "I'm lonely," she told Bunny. "What am I going to do?" Tears filled her eyes.

Bunny didn't have any answers for her. But Mackenzie knew someone who did.

She knelt down beside her bed. Then she folded her arms and bowed her head. "Heavenly Father," she prayed, "please help me find a new best friend so I won't be lonely. Please help me be brave enough to talk to people."

A few weeks later, Mackenzie's parents invited someone over for dinner.







His name was Brother Bryce. He was new in the ward. During dinner, Brother Bryce turned to Mackenzie and said, "My family is still in Colorado while I look for a house here, but I have a daughter about your age. Would you like to talk to her on the phone?"

Mackenzie's heart started pounding. *What am I going to say? What if she thinks I'm boring?* Then Mackenzie remembered her prayer. *Heavenly Father can help me be brave.*

"Sure," Mackenzie said in a small voice.

Brother Bryce pulled out his phone and called his family. Then he handed the phone to Mackenzie. She bit her lip nervously.

"You can sit on the couch while you talk," Dad suggested with a smile.

Mackenzie nodded and headed to the living room. She sat on the couch and hugged a pillow tightly. She took a deep breath and raised the phone to her ear.

"Hello?" Mackenzie asked.

A quiet voice answered, "Hi."

Mackenzie took another deep breath. "My name's Mackenzie. What's yours?"

"Hannah," the girl said after a short pause. "Do you like books?"

Mackenzie smiled. "I love books. Do you like superheroes?"

"Superheroes are my favorite!" Hannah's voice sounded excited.

"What about princesses?"

"Definitely!" Mackenzie said with a grin.

Before they knew it, Mackenzie and Hannah were talking about all kinds of things. They could have talked forever, but Brother Bryce had to leave. And his phone battery was about to die!

"I can't wait for you to get here!" Mackenzie said.

"Me too!" Hannah said. "You're really cool!"

That night, Mackenzie knelt beside her bed with a huge smile. "Thank you, Heavenly Father," she prayed, "for helping me find a brand-new friend." ●



Mackenzie and Hannah have been best friends for 15 years. They grew up and went to college together. They're still best friends today!

# Words Matter

The words we say  
Trace your finger a  
words you say can

You thanked your  
dad for making  
dinner.

You said, "I love  
you," to your sister.

You spread rumors  
about Mitch to your  
other friends.

You told a mean joke  
about Zane. Then  
you laughed and said,  
"Just kidding."

You told Lila she  
did a good job at  
her soccer game.

You complained  
when your mom  
asked you to  
set the table.



make a big difference.  
along the lines to see how the  
make others feel.

She felt sad that you  
didn't help her.

He sat alone  
at lunch.  
He felt sad  
and lonely.

He smiled and  
looked very happy.

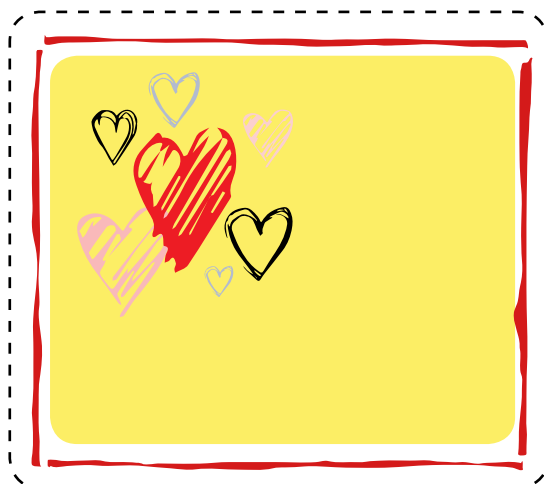
She felt cared for  
and important.

She felt more  
confident  
next time she  
played.

He felt bad  
about himself  
and wondered if  
it was true.

## WORDS STICK!

Help your family feel loved by sticking kind  
notes around the house. Cut out the cards  
or make your own.





**By Sister  
Joy D. Jones**

Primary  
General President

# The Temple Challenge



*“The hearts  
of the children shall turn to  
their fathers” (Doctrine and Covenants 2:2).*

One Sunday my counselors and I visited a Church meeting. We gave talks about the temple and the special things that happen there. After the meeting, a 12-year-old boy named Colby came up to me and shook my hand. We chatted about the temple. Then I challenged him to find a family name to take to the temple.

A short time later, I got a letter from Colby. Here’s what Colby told me:

“I went home and found a new name. It turns out that I found my third great-grandfather!

“A while later I went to the temple and got baptized for him. It was really special because my brother got to baptize me and my dad got to confirm me for him.

“I felt a warm feeling inside that brought peace. I feel like what I did for my grandfather was really good because now he can go to the celestial kingdom to live with his family. For the whole rest of the day, I felt really good inside.

“I also found out that no one knows who my third great-grandpa’s parents were, so I can find their names and take them to the temple too!”

What an outstanding example Colby is! No matter how old you are, you can be an example to your family and friends. You can share the gospel with everyone you know—even your ancestors! ●





## Temple SCRAMBLE

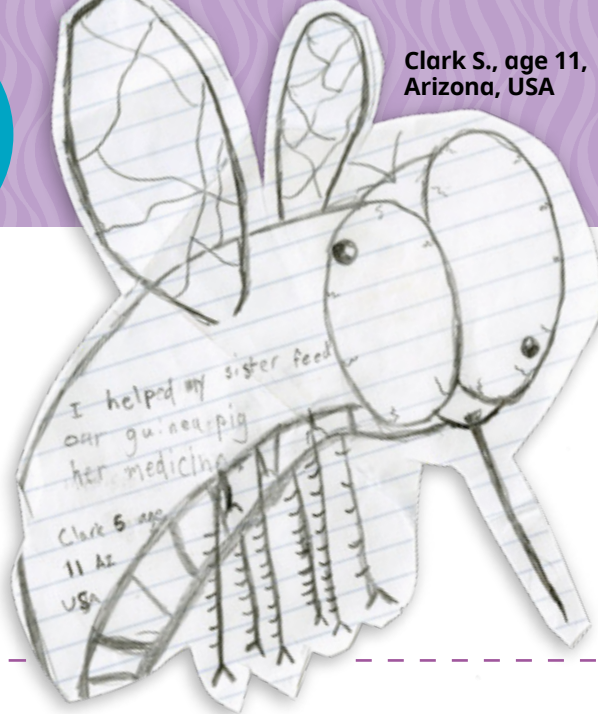
This girl has taken a family name to the temple.  
Can you put the pictures in order?



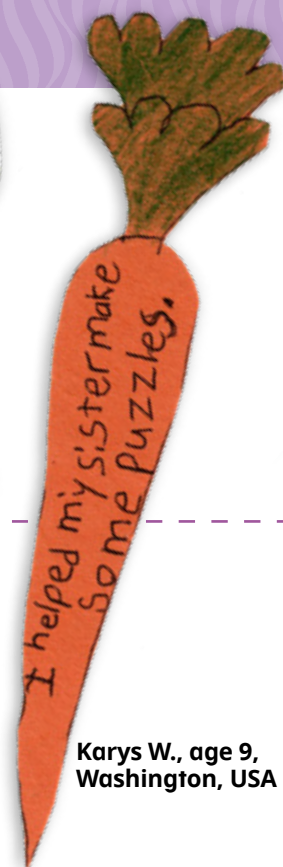


# Show and tell

Clark S., age 11,  
Arizona, USA



Helen M., age 8,  
Utah, USA



Karys W., age 9,  
Washington, USA

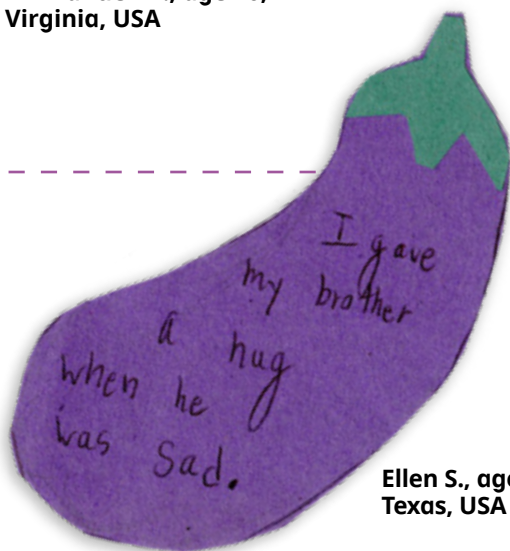
Viola P., age 11,  
Washington, USA



Emmanuel M., age 10,  
Virginia, USA



Ellen S., age 13,  
Texas, USA



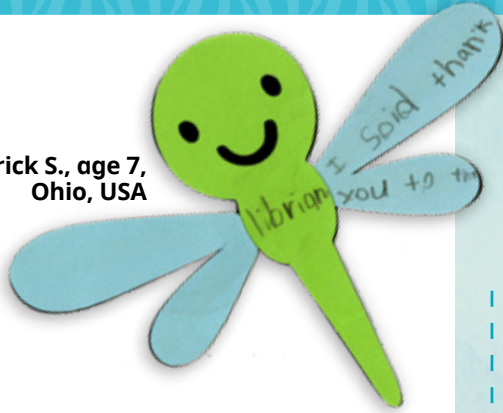
Nayeli P., age 7, Utah, USA





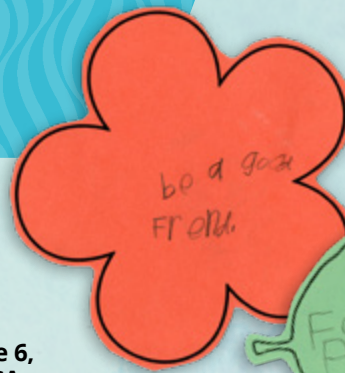
Thanks for sending your pictures and stories for our **Kindness Garden**!

Merrick S., age 7,  
Ohio, USA



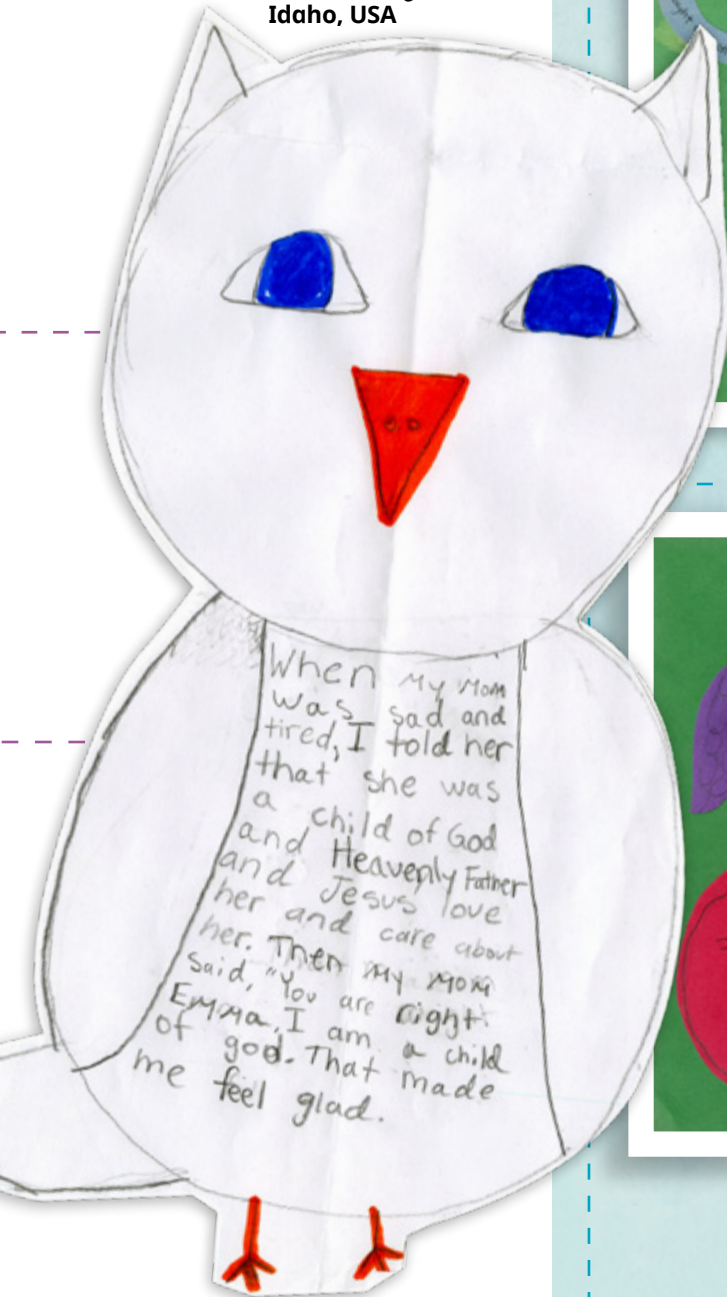
Abigail E., age 7,  
Sololá, Guatemala

Cannon Q., age 5,  
Sololá, Guatemala



Silas S., age 6,  
Oregon, USA

Emma H., age 10,  
Idaho, USA



Thatcher E., age 5, Tennessee, USA



Cadance E., age 8, Tennessee, USA



# MATT AND MANDY





# for older KIDS

WORK TOWARD

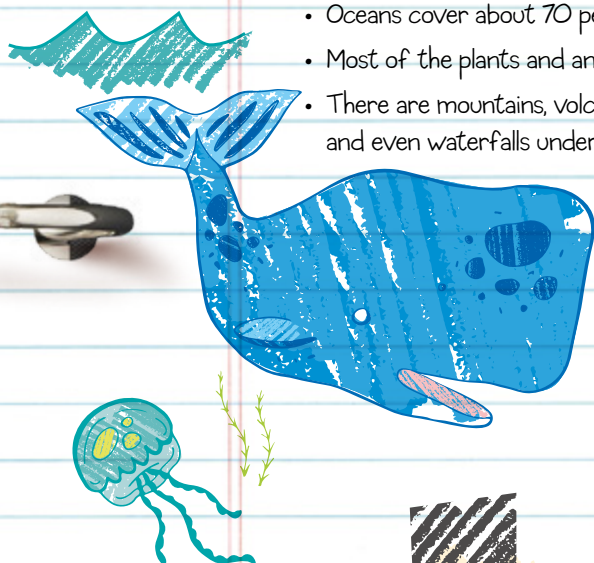
YOUR DREAM!

Meliton Gonzalez Trejo wanted to help the Church, and he worked hard to make his dream come true (see page 32). What is something you want to do in life? It's never too early to start working toward your dreams!

## GOD'S AMAZING WORLD

### Did you know?

- Oceans cover about 70 percent of our planet.
- Most of the plants and animals on earth live underwater.
- There are mountains, volcanoes, canyons, lakes, rivers, and even waterfalls under the ocean's surface.



Why did the cookie go to the doctor?  
See page 39.



## ART CHALLENGE

Draw or paint a picture using only dots. (This style of art is called "pointillism"!)

**Londyn S., age 9,  
New Mexico, USA**



## FAMILY HISTORY FUN

Draw a picture of one of your ancestors and put it in your journal.



## SCRIPTURE POWER



This year my family began studying the New Testament using the home-centered learning that President Nelson announced in conference. I am grateful for a living prophet who leads and directs our Church, and I am grateful for the opportunity to study the scriptures with my family each week.

**Cannon A., age 10, Arizona, USA**





# Serving the Lord in Spanish

By Jennifer Maddy

(Based on a true story)

Imagine that your friend handed you the best book he or she had ever read. You open the cover . . . and discover you can't read the book. It's in a different language! What would you do?

In the early years of the Church, the Book of Mormon was printed only in English. President Brigham Young called two missionaries to preach the gospel in Mexico and translate the Book of Mormon into Spanish. But they needed more help to do it. Little did they know that across the ocean, God had prepared a man who could give them exactly the help they needed.

Meliton Gonzalez Trejo came from a wealthy family in Spain. He studied hard in school and became an officer in the Spanish Army. He was always interested in religion, but nothing he found felt quite right. One day he heard another officer talk about a group of people who called themselves "Saints." They belonged to The Church of Jesus Christ of Latter-day Saints, and

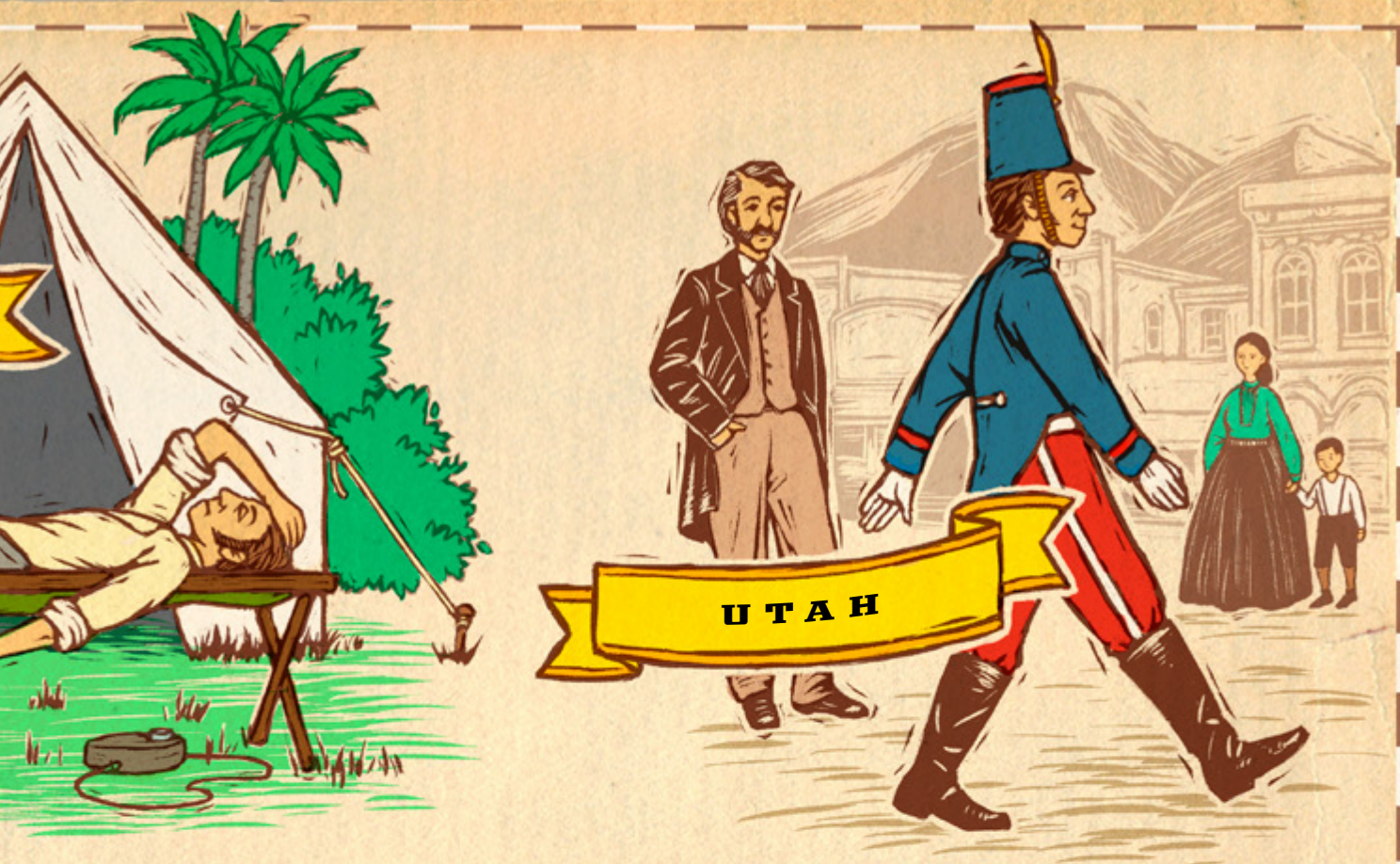
a prophet of God had led them to the Rocky Mountains in the United States. Meliton felt a strong desire to meet them. He joined a military expedition to the Philippines, hoping he could get to the United States later. But Meliton got so busy with his work that visiting the Saints started to feel less important.

Then Meliton became very sick. He remembered why he had come to the Philippines and prayed to God about what he should do. That night, Meliton had a special dream. He knew he was supposed to leave for the Rocky Mountains.

Once Meliton recovered from his illness, he continued his journey to the United States. He arrived in California on July 4, 1874, and headed toward Salt Lake City.

When Meliton arrived in Salt Lake, he ran into a problem. He could read English but had never spoken it. He couldn't communicate with anyone! But he decided that if he couldn't talk to people, he





would get their attention another way. Meliton put on his Spanish Army uniform and marched up and down the city streets. Just as he hoped, many people noticed him! Finally he was spotted by a member of the Church named Brother Blanchard, a university professor who spoke Spanish. Brother Blanchard helped Meliton get settled in Salt Lake and taught him the gospel. Soon Meliton was baptized.

Brother Blanchard also introduced Meliton to President Brigham Young. Meliton told President Young that more than anything, he wanted to translate the Book of Mormon into Spanish.

President Young asked Meliton to help the missionaries who were going to Mexico translate parts of the Book of Mormon into Spanish. Meliton spent many weeks translating the English words into Spanish. Each night he reviewed his translation with the missionaries. They spoke some Spanish but felt this important translation needed a native Spanish speaker. They knew Meliton was an answer to their prayers.

In 1875 the translation was published. It was called

*Trozos Selectos del Libro de Mormon* (Selected Passages from the Book of Mormon).

The missionaries were now ready to go to Mexico. They loaded 1,500 copies of the translated scripture onto horseback and started on their journey. For the first time, Spanish speakers were able to read the Book of Mormon in their own language! Even though Meliton had lived thousands of miles away in Spain, Heavenly Father led him to exactly where he needed to be. Because of Meliton's courage and faith, he helped bring the word of God to countless people. ●

The author lives in Utah, USA.



Meliton Gonzalez Trejo (1844–1917) served several missions in Mexico and baptized some of the first members of the Church there. In 1886 Meliton helped finish translating the entire Book of Mormon into Spanish.



I saw a picture of a person without clothes on. It made me feel really weird. I'm not sure what to do. Help!

—Unsure in Uniontown

## Dear Unsure,

What you saw was probably pornography. Pornography means pictures, videos, or books that show people with little or no clothes on. You might hear some people call it porn. It is disrespectful of the bodies Heavenly Father gave us.

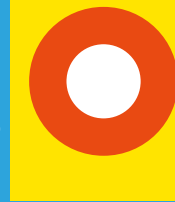
When you see something like that, you might feel curious. But don't keep looking at it, because it isn't good for you. Instead, talk to an adult you trust and tell them what you saw. They can help you understand the thoughts and feelings you had and help you stay safe in the future. The Holy Ghost can also help you know what isn't good for you—and help you find things that are!

We love you!

The Friend



Cut out this TAG and keep it by your TV or computer.



If you see bad media, remember to **TAG!**



**T**—When you see media that is bad for you, **turn** away from it. Turn off the phone or TV, shut down the computer, close the book or magazine, or walk away.



**A**—Tell an **adult** you trust about what you saw and how it made you feel. They can answer your questions and help you stay safe.



**G**—Do something **good** to fill your mind with happy, healthy thoughts. You could sing a Primary song, draw a picture, or invite a friend to play. Remember that Heavenly Father loves you!





By Brooklyn P., age 9, Utah, USA

Last year I picked out a book at the library about a girl who started a blog. I thought it would be a fun book because the main character was the same age as me, and my mom is a blogger. So I thought it would be a book I could relate to.

I had only read a few pages of the book when the girl took the Lord's name in vain. I didn't feel very good inside after I read that part. But I kept reading, hoping it was just a one-time thing. I read a few more pages, and she said it again.

I went and told my mom about what I'd found. I didn't know if I should keep reading or not. My mom told me it was my choice. But she agreed it probably wasn't a good thing to keep

reading if the girl was saying things we knew to be wrong. My mom said that it especially wasn't good if she was taking the Lord's name in vain.

I thought I would see if it happened more, so I flipped through the book. I found that taking the Lord's name in vain was the way this girl regularly talked. I decided to return the book to the library without reading any more.

I felt sad that the author of the book took the Lord's name in vain. But after I returned the book to the library, I felt happy that I made the right choice. I know I was following "My Gospel Standards" from my *Faith in God* book that says, "I will only read and watch things that are pleasing to Heavenly Father." I know we are

only supposed to use the names of  
Heavenly Father and Jesus reverently and with respect. ●

Should I KEEP Reading?





**By Angela Krusi**

(Based on a true story)

*"Help me with others my blessings to share"*

(Children's Songbook, 22).

**K**atie smiled as she hurried to her piano lesson.

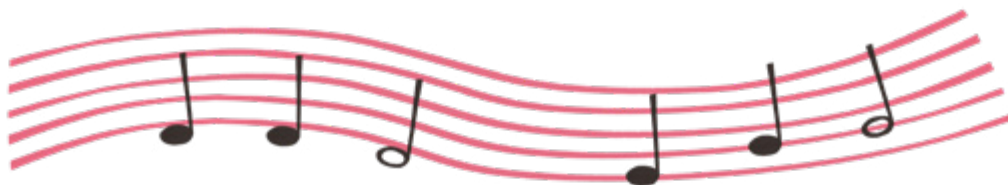
Today was Store Day! Every time she practiced the piano, she earned points to spend on prizes. Katie had worked hard, and she couldn't wait to see all the cool things she could buy.

She looked at the row of prizes carefully. There were candy bars, colored pencils, baseball cards, and even a book of jokes. Then Katie noticed two little red and white boxes. She picked one up and opened it. Inside the box was a shiny red harmonica. The other box had a shiny red harmonica too.

Katie counted up her points. She had enough for the harmonica. In fact, she had enough for both harmonicas! She would give the other one to her little brother Ryan. He was going to be so excited! Katie could hardly wait.







When Katie got home, she tied a little ribbon around the box and gave it to her brother. "My own harmonica?" Ryan asked when he opened it.

"Yeah!" Katie said. She pulled out her matching harmonica to show him. "We both have one!"

"How will we tell them apart?" he asked.

Katie showed him where she had marked an "R" in black marker on the side of his harmonica. "Yours has an 'R' for Ryan, and mine has a 'K' for Katie."

Ryan smiled. He took a deep breath and blew into his harmonica. Then he laughed. "You're the best," he said.

Katie loved seeing how happy the harmonica made Ryan. He carried it in his pocket everywhere he went. He even tucked it under his pillow before he went to bed.

A few days later, Ryan came inside from helping Dad in the yard. He was crying. "What's wrong?" Katie asked.

"My harmonica," Ryan said. "I can't find it anywhere."

"I'll help you look for it," said Katie. They went outside and crawled through the grass, searching behind bushes and under rocks. Dad helped them look too.

"Do you think we should say a prayer?" Ryan asked.

"Maybe Heavenly Father can help us find my harmonica."

"That's a great idea," Dad said.

They knelt down in the grass and Ryan said a prayer.

"Heavenly Father, please help us find my harmonica."

The three of them kept looking, but it was nowhere

to be found. Ryan went to bed without his harmonica under his pillow and cried himself to sleep.

Seeing Ryan so sad made Katie feel sad too.

"Heavenly Father, please help Ryan to not feel so upset. Please help him find his harmonica." Katie finished her prayer and climbed into bed.

Then an idea popped into her mind.

She crawled out of bed and pulled out her own little red harmonica. She washed it with soap and water. She could still see the "K" written on the side, but the harmonica's shiny red color made it look brand new. After Ryan fell asleep, Katie sneaked into his room and slipped the harmonica under his pillow. Then she went back to bed and tried to fall asleep. She was so excited to see Ryan's face. It felt like waiting for Christmas morning!

The next day, Katie woke up extra early. Soon Ryan was awake too. She heard him yell in surprise and ran to his room. Ryan was holding the harmonica, smiling big. "Look! It's my harmonica!"

Then Ryan noticed the little "K" written on the side. "Wait," he said. "This one's yours."

"I know," said Katie. "It's for you!"

"Really?" Ryan asked. "But I thought Heavenly Father was going to answer my prayer."

"I think He did," Katie said back with a big smile. "He just let me help Him!" ●

The author lives in Utah, USA.





# CONGO CHICKEN STEW

*Muamba nsusu* is a peanut-chicken stew that's popular in the Democratic Republic of the Congo. Here's a version you can make at home. Be sure to get an adult's help!

**1 medium onion, diced**  
**1 large carrot, diced**  
**2 tablespoons oil**  
**1/2 cup peanut butter**  
**1 cup tomato sauce**  
**2 cups chicken broth**  
**2 pounds cooked chicken, chopped**  
**cooked rice**

1. In a large pot, cook the onion and carrot in the oil for a few minutes until they're soft.
2. Add the peanut butter and tomato sauce and mix well.
3. Stir in the chicken broth a little at a time.
4. Add the chicken and let it all cook together for several minutes until the stew has thickened. If you want, stir in a teaspoon of crushed red pepper or a dash of cayenne pepper to add some spice.
5. Serve over rice. Enjoy!



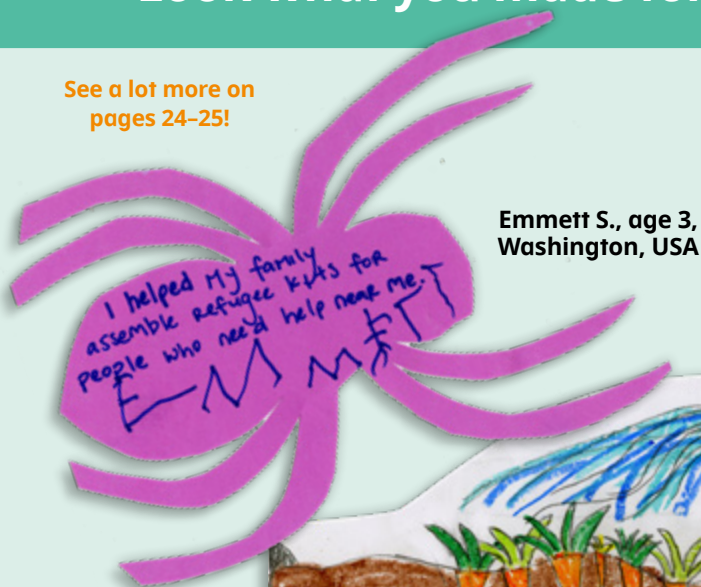
## Jungle Search

Can you find the six hidden animals? Color in each one.

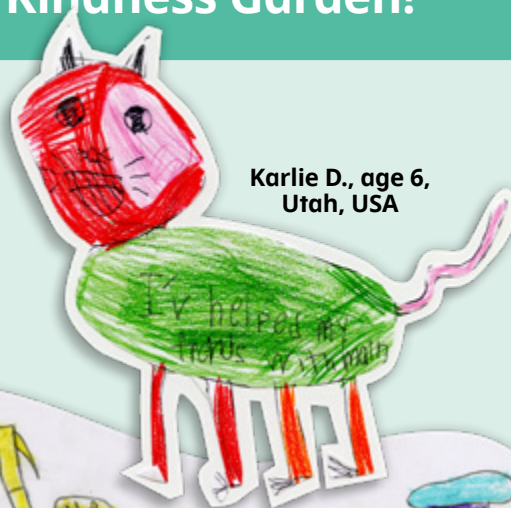


# Look what you made for the Kindness Garden!

See a lot more on  
pages 24–25!



Emmett S., age 3,  
Washington, USA



Karlie D., age 6,  
Utah, USA

Mason B., age 10,  
Nevada, USA



## FUNSTUFF ANSWERS

**Page 10:** 1-flower shower, 2-ark bark, 3-math path, 4-funny money, 5-plates skates, 6-kitten mitten, 7-sneeze trees, 8-kite light, 9-spy tie

**Page 31:** Because he felt crummy!



## HIDDEN CTR RINGS

Did you find the rings?  
Look on pages FJ2, 22, and 32.

## How to Write to the *Friend*

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

1. Fill out the form below and send it in with your story or artwork, and include a school picture or other high-resolution photo.
2. We might edit your submission, and we can't return it to you.

Please send your submission to:

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

May the *Friend* contact you  
with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

Age Boy/Girl

State/Province, Country

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

Signature of parent or legal guardian

Date

Email of parent or legal guardian

## The Last Laugh





the  
**Friend**  
junior



THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS



# For Parents of Little Ones

**H**ow have the *Come, Follow Me* lessons made a difference in your life this year? We know family scripture study can be hard—especially with young children. Here are a few tips from parents who found creative ways to make the lessons a positive part of their regular routines.

“I use the *Come, Follow Me* Primary manual with my young kids at home. I figure it's OK if they do the same activity twice because repetition helps them remember.”

—Jean C.

“I pair the doctrines from *Come, Follow Me* lessons with Church videos. We watch a video, I teach a doctrine, and my children say and sign it back to me (we're a bilingual ASL/English family). Simple, yet meaningful!”

—Michelle H.

“We use *Come, Follow Me* when the kids are in bed at the end of the day. They aren't running around, and they're very interested because the longer we study, the longer they get to stay awake.”

—Holly H.



“We read and talk about one section of *Come, Follow Me* during breakfast. It takes just a few minutes, which is good for short attention spans, but it's enough to get familiar with the topics. Then we review in home evening.”

—Nichole E.

ACTION RHYME

# Beautiful World

By Jordan Monson Wright



Stars in the sky,



Leaves on a tree,



The roar of the ocean,



The hum of a bee . . .



I think the world is beautiful,  
and everything I see



Shows that God is my Father and  
He made this world for me.



# Taya's Scripture Time



Taya reads scriptures with her family.



Mom and Dad help her.



They act out scripture stories.



On Sunday, Taya listens to the Primary lesson.



"I know this story!" she says.



Taya shares what she knows with her Primary class. She feels happy and warm inside.

# The Scriptures Teach about Jesus

Taya loves to learn about Jesus in the scriptures.

Color the picture of Jesus below.





SCRIPTURE STORIES

# Paul's Missionary Journeys

By Marissa Widdison

Church Magazines



The Apostle Paul traveled to different lands to teach people about Jesus. There were no cars or airplanes back then, so he walked a lot! Sometimes he traveled by ship.





Paul taught people in churches and homes.  
He taught people on rocky hilltops and city streets.

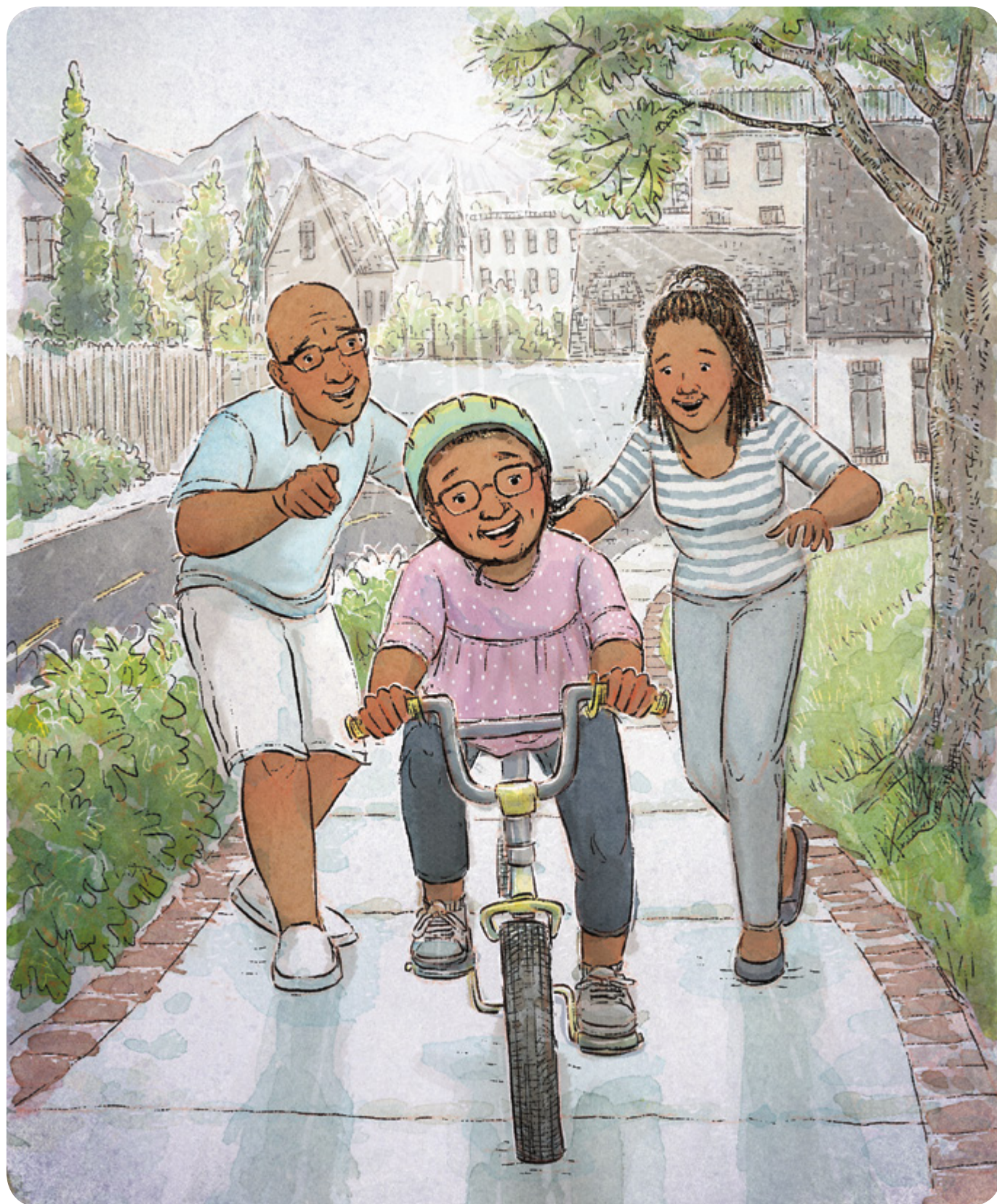


Many people didn't like what  
Paul taught. Sometimes Paul  
got sent to prison. Sometimes  
Paul got sick.



But through all these hard  
things, Paul had faith. He said,  
"I can do all things through  
Christ." He knew Jesus would  
help him be strong.

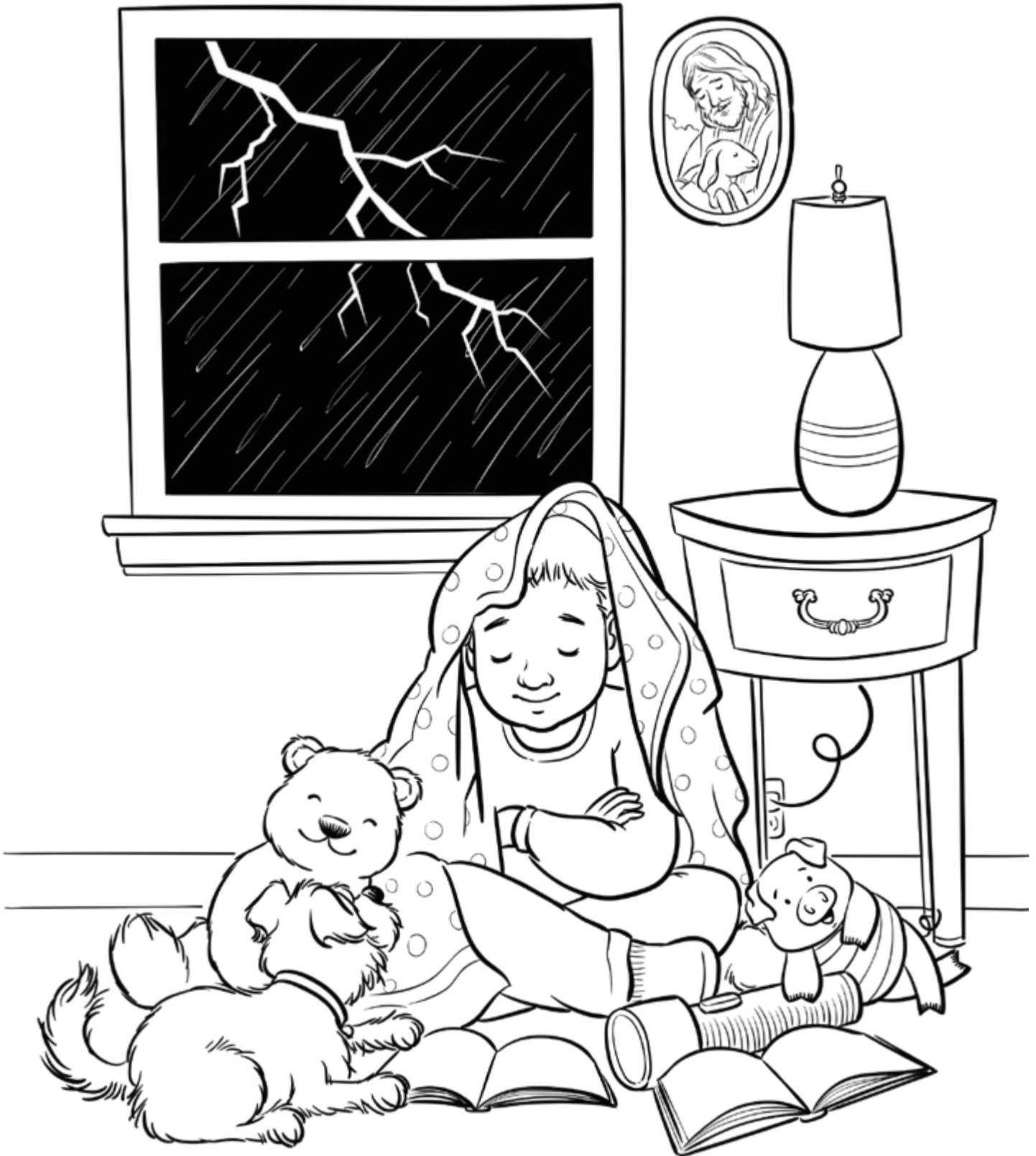




Jesus Christ can help me be strong too. He loves me, and I love Him! ●



# Jesus Can Help Me Do Hard Things





# The Great Family Shoe Hunt

By Jane McBride

(Based on a true story)

The flood was bad. It washed away houses. Now some people didn't have homes.

Cameron wanted to help. But how?

On Sunday, the Primary president said, "We're collecting shoes for families who were in the flood."

That night, Cameron talked to Mom and Dad. "Can we look for shoes for home evening?"

"Great idea!" Mom said.

"We'll call it the Great Family Shoe Hunt," Dad said.



At home evening, Dad said a prayer. "Dear Heavenly Father, we have been given so much. Help us to share."

Then the hunt began. Cameron

ran to his room. His brother and sister ran to look for shoes too. Cameron looked in his closet. He found a pair of church shoes. Then he found a pair of tennis shoes. The shoes didn't fit anymore. But they were still good shoes.







Everyone came back to the living room. They had found five pairs of shoes to share!

“Now let’s fix them up,” Mom said.

They rubbed away spots. They polished. They put in new laces.

The shoes looked almost new!

On Sunday, Cameron’s family took the shoes to Primary.

“Thank you!” the Primary president said. “When we help others, we are following Jesus.”

She gave each child a small paper footprint. The footprint said “Following Jesus.”

Cameron smiled. He liked following Jesus. ●



The author lives in Colorado, USA.